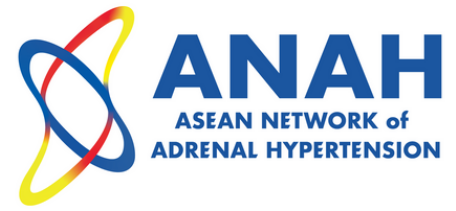


ANAH UPDATES



Adrenals.eu

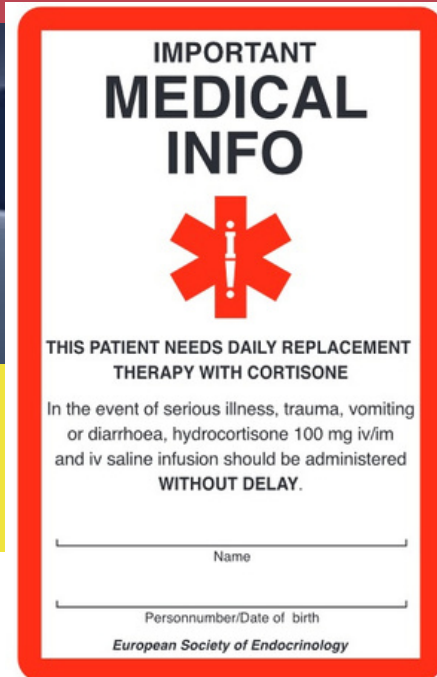
Everything about adrenal gland disorders

Spotlight on ANAH Project: The Steroid Cards

Adult and pediatric cards are now accessible on the Adrenals.EU website for your use in your respective countries.

Available language versions include Adult versions: Singapore Chinese, Malaysia, Thailand, Vietnam, Cambodia, Myanmar.

Pediatric versions: Singapore Chinese, Vietnam, Cambodia, Myanmar.



Coming Next:

Steroid cards will be printed and delivered to your hospital locations.



ANAH WEBSITE IS UP!

Patient Education

About the ASEAN Network of Adrenal Hypertension

Members

Research and Publications

Resources

Steroid Cards

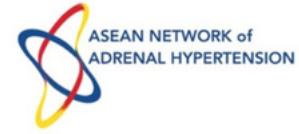
Patient Education

Events

How to Join Us

Diseases of the adrenal glands are complex diseases. We have resources which may be useful for you to learn about the diseases.

What is Primary Aldosteronism?



About ANAH

The ASEAN Network of Adrenal Hypertension (ANAH) is a collaborative research network started in 2022 by recognised disease experts in Southeast Asia. ANAH unites experts from Brunei, Cambodia, Indonesia, Malaysia, Myanmar, Philippines, Singapore, Thailand and Vietnam.

Adrenal hypertension occurs when the adrenal glands produce too much hormone(s) leading to medical conditions such as pheochromocytoma, Cushing syndrome, and primary aldosteronism. While adrenal hypertension affects 5-20% of all patients with hypertension, many are left undiagnosed and inadequately treated, leading to heart attacks, strokes, and chronic kidney disease.

Events

About the ASEAN Network of Adrenal Hypertension

Members

Research and Publications

Resources

Events

How to Join Us

Inaugural Annual General Meeting at Bangkok, 18 November 2023



ANAH members can be up-to-date on the ANAH's newest updates.

The website serves as a platform to share publications, events, patient resources as well as connect disease experts in Southeast Asia.

[Go to the website](#)



Publications by the ANAH Group

Our first study has focused on the availability and affordability of managing primary aldosteronism in the region. This study has shed light on the lack of available resources required to manage primary aldosteronism (lack of assays, lack of facilities / skill personnel for adrenal vein sampling), as well as challenges for patients to afford tests and treatment.

The publication is now available at the *Journal of Clinical Endocrinology & Metabolism*.

The Journal of Clinical Endocrinology & Metabolism, 2024, 00, 1–8
<https://doi.org/10.1210/clinem/dgae039>
Advance access publication 23 January 2024
Clinical Research Article



Health Care Challenges in the Management of Primary Aldosteronism in Southeast Asia

Norlela Sukor,^{1,2}  Sarat Sunthornyothin,³ Thang V. Tran,⁴ Tri Juli Tarigan,⁵ Leilani B. Mercado-Asis,⁶ Satha Sum,⁷ Moe Wint Aung,⁸ Alice M. L. Yong,⁹ Tania Tedjo,¹⁰ Michael Villa,¹¹ Nang Ei Ei Khaing,¹² Elena Aisha Azizan,^{1,2} Waye Hann Kang,¹³ Vivien Lim,¹⁴ Ada E. D. Teo,¹⁵ Meifen Zhang,¹⁶ Hieu Tran,⁴ and Troy H. Puar^{16,17} 

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[Access Publication](#)



Study Proposals

Kick-starting meaningful research collaborations



In January 2024, we have started our first round of Study Proposal Call. We encourage ANAH members to explore research ideas and collaborate in projects to improve the awareness and treatment of adrenal hypertension in the ASEAN or Asia-Pacific region.

Approved proposals will also be shared with members on a quarterly basis.

Sharing of Study Proposal

Title: Challenges in the diagnosis and management of adrenal insufficiency (AI) in ASEAN countries.

Principal Investigator: Dr Eng Pei Chia, National University Hospital, Singapore

Primary objective: To determine the clinical presentation of patients presenting with AI.

Method: Questionnaire-based survey administered in 10 ASEAN countries to assess:

- Common presenting features of patient with AI in ASEAN
- Choice of most appropriate test for assessment of the HPA axis.
- Management strategies and challenges faced by physicians within ASEAN
- Availability and affordability of investigations and dynamic tests for patients managed for AI in ASEAN.

Interested members who are keen to collaborate on this project can reach out to ANAH Secretariat at yiling.teo@scri.cris.sg.

Please stay tuned for the next round of Study Proposal Call !

How to Join Us

We welcome anyone who is keen to collaborate and share a common goal with us. Ways to join ANAH:

1. Access ANAH's website (on this [link](#)) for registration form
2. Contact ANAH Secretariat at yiling.teo@scri.cris.sg.
3. Scan QR code

