



MESSAGE FROM THE PRESIDENT

Thank you to colleagues at the University of Birmingham for hosting the 2018 BTA meeting. Given the sad news that Theo Visser, an outstanding thyroid researcher had passed away this year, it was fitting that the opening symposium focussed on thyroid hormone metabolism (A Bianco) and transport (E Visser) - areas of science to which Theo made enormous contributions; his achievements are recorded more fully (<https://www.karger.com/Article/FullText/489259>; <https://www.liebertpub.com/doi/10.1089/thy.2018.29062.mem>) here.

Marian Ludgate gave the George Murray lecture, recognising research achievements spanning thyroid autoimmunity, ophthalmopathy, pregnancy outcome and most recently the role of the microbiome; congratulations to Nadia Schoenmakers (Cambridge), Rebecca Thompson (Birmingham) and Ilaria Muller (Cardiff) for prize-winning presentations. Innovations this year included excellent reviews of "A Year in..." clinical (Vanderpump) and basic (Bassett) thyroidology respectively and a trainee-led hot clinical cases session; if popular, these formats could feature in future meetings.

Following NHS England guidance that liothyronine will continue to be available on prescription, it is disappointing that there is still much uncertainty around this. The uncertainty, with liothyronine-treated individuals either being denied ongoing prescriptions or needing to source the treatment themselves at their own cost, seems very much against patients' interests ([http://www.thelancet.com/journals/landia/article/PIIS2213-8587\(18\)30334-6/fulltext](http://www.thelancet.com/journals/landia/article/PIIS2213-8587(18)30334-6/fulltext)).

The issue has been discussed in the House of Commons and Lords ([https://hansard.parliament.uk/Lords/2018-](https://hansard.parliament.uk/Lords/2018-06-20/debates/5A689F14-D2F8-4796-8732-CBD0E3B3E508/BrandedHealthServiceMedicines(Costs)Regulations2018)

[06-20/debates/5A689F14-D2F8-4796-8732-CBD0E3B3E508/BrandedHealthServiceMedicines\(Costs\)Regulations2018](https://hansard.parliament.uk/Lords/2018-06-20/debates/5A689F14-D2F8-4796-8732-CBD0E3B3E508/BrandedHealthServiceMedicines(Costs)Regulations2018)). Following this the BTA, BTF and other patient groups (e.g. The Thyroid Trust, Thyroid UK, ITT) have submitted evidence which documents how NHS England guidance is not being followed nationwide. Following such representation, I am pleased to report that patient groups and the BTA have recently had useful dialogue with NHS England and hope to report on this further in the New Year.

Thyroid topics featured strongly in the British Endocrine Societies meeting in November 2018. Particular highlights included the Pitt-Rivers lecture by Robin Peeters on genetic determinants of the thyroid axis; screening (P Taylor) or treatment of thyroid dysfunction (K Boelaert) or iodine deficiency (S Bath) in Pregnancy; and thyrotoxic crises (C Moran). Impromptu talks on Central Hypothyroidism (N Schoenmakers) and Thyroid Grey Cases (P Perros), constituted an excellent Thyroid Masterclass.

We look forward to the next British Thyroid Association meeting on **Friday 10th May 2019** at St Thomas's Hospital in London. The exciting programme includes a Symposium on Hot Topics in Thyroid Autoimmunity; George Kahaly, a leading investigator in this field, will give the George Murray lecture. Kristien Boelaert will report on NICE guidelines on Thyroid Disease, ahead of publication later in 2019. In a dedicated session, clinical trainees can discuss evidence-based management of prismatic thyroid cases. I urge our membership to make this a well attended meeting.

Finally, I draw your attention to a one day meeting entitled "Resolving Uncertainties in

Diagnosis & Management of Thyroid Neoplasia" at Churchill College Cambridge on **8th March 2019**, supported by the Society for Endocrinology. The multidisciplinary programme (radiology, endocrinology, thyroid surgery, pathology, oncology) seeks to highlight uncertainties;

those interested can also attend a workshop to foster future, UK-based, research in this area. Please contact Carla Moran (cm682@medschl.cam.ac.uk) if interested.

Krishna Chatterjee, BTA President

BTA 2019 London

This year the British Thyroid Association Annual Meeting comes back to London. The scientific conference will take place on Friday 10th May 2019 in St Thomas' Hospital. The trainee component of the meeting will run as a parallel break out session on the same day. We now have a list of confirmed speakers for what promises to be an exciting meeting.

BTA TRAINEE DAY MEETING & ANNUAL SCIENTIFIC CONFERENCE FRIDAY 10 MAY 2019

MEETING HIGHLIGHTS

George Murray Lecture

- ❖ Professor George Kahaly (Mainz, Germany)

Key Speakers

- ❖ Dr Joanne Jones (Cambridge): Pathogenesis of alemtuzumab induced thyroid autoimmunity
- ❖ Dr Onyebuchi Okosieme (Cardiff): Factors influencing survival in Graves' Disease
- ❖ Dr Nadia Schoenmakers (Cambridge): Year in Basic Thyroidology
- ❖ Dr Kristien Boelaert (Birmingham): Update on NICE Guidelines on Thyroid Disease

Trainee Session: When & how to apply guidelines to clinical cases

- ❖ Dr Carla Moran (Cambridge)

Oral Communication Sessions (Clinical & Basic)

Abstracts for the conference should be submitted by e-mail to cm682@medschl.cam.ac.uk as a word document (not exceeding 250 words) under the headings: background, methods, result, and conclusion. The abstract submission deadline is **31st March 2019**.

Trainee Cases at the BTA conference

This year's BTA conference will include a trainee session on clinical cases. After acceptance of their case for discussion, trainees will be paired with a mentor who will help with discussion of the case at the meeting. We will review guidelines pertaining to the case and discuss how these might be used to guide management. **This is an exciting new opportunity for your trainees to interact with experts outside their institution.** Cases should be submitted as an abstract not exceeding 200 words under the headings: Background, Case presentation, Discussion, along with a list of relevant guidelines to: cm682@medschl.cam.ac.uk. The submission deadline is **31st**

From the Secretary

Some of you may be aware that the General Data Protection Regulation (GDPR) came into force on Friday May 25th 2018. In line with this we have updated our Privacy Policy to clearly outline the information we collect and how and why we collect it (https://www.british-thyroid-association.org/sandbox/bta2016/privacy_notice-_bta-june_2018docx.pdf). You don't have to do anything as nothing has changed regarding how you hear from us and how we process your data.

Please be advised that we use a mailing list for the storage and collection of names and e-mail addresses. If you no longer wish to receive e-mails about news, events or organisational updates you can unsubscribe at anytime by emailing me (cm682@medschl.cam.ac.uk).

Carla Moran, BTA Secretary

Update from the BTF

BTF patient literature – updated and available in Urdu, Arabic and Polish

The BTF information guides have been reviewed and updated this year and we are delighted that all the new leaflets are now available to read on and download from our website. (<http://www.btf-thyroid.org/information/leaflets>).

Translations of the leaflets in Urdu, Polish and Arabic will also soon be available on the BTF website. We are grateful to the patients and BTA members who helped with the review and translation process.

Thyroid and Pregnancy Guidance

New guidance for pregnant women with thyroid disease is now available on the BTF website. Thanks to Dr Onyebuchi Okosieme and Dr Anh Tran who helped with this work.

<http://www.btf-thyroid.org/projects/pregnancy/375-pregnancy-and-thyroid-disorders-guidance>

Doctors can also order our pocket sized **Thyroid and Pregnancy Alert Cards** which set out the key messages for women who may be considering pregnancy. Please contact pregnancy@bf-thyroid.org to order

these to give to patients and to pass on to GP colleagues for use in primary care.

BTF patient literature is free of charge

Patients regularly tell us that having access to reliable information can make an invaluable difference to how they manage their diagnosis so we are grateful to all the medical professionals who direct their patients to our resources. Hard copies of all our literature is free of charge to hospitals so if you would like us to send you copies for your patients please complete the

Leaflet Order Form on our website and return it to us. (<http://www.btf-thyroid.org/bulk-literature-order-form/view/form>)

BTF Research Award 2019

The deadline for the next BTF Research Award is **31st January 2019** so we look forward to receiving applications before that date.

<http://www.btf-thyroid.org/professionals/research-award/159-btf-research-award-application>

Julia Priestley & Cheryl McMullan, BTF

FUTURE MEETINGS

- Resolving Uncertainties in Diagnosis & Management of Thyroid Neoplasia- an SfE Themed Scientific Meeting, Friday 8th March 2019, Churchill College, Cambridge.
- 67th Annual Meeting of the BTA, Friday 10th May 2019, St Thomas Hospital, London
- 42nd Annual Meeting of the European Thyroid Association, 7th to 10th September 2019, Budapest, Hungary
- 89th Annual Meeting of the American Thyroid Association, 30th Oct to 3rd November 2019, Chicago, USA
- Society for Endocrinology BES Meeting, 11th to 13th November 2019, Brighton