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ASEAN FEDERATION OF ENDOCRINE SOCIETIES (1981 - 2003)



*Renewing our
Commitment
to the ASEAN
Region*



*Renewing our
Commitment to the
ASEAN Region*



ASEAN Federation of Endocrine Societies
(1981 - 2003)

12th AFES Commemorative Book Committee

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 Malaysian Endocrine and Metabolic Society
 Philippine Society of Endocrinology and Metabolism
 Endocrine and Metabolic Society of Singapore
 Endocrine Society of Thailand
 Vietnam Association of Diabetes and Endocrinology

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Foreword



ELIZABETH PAZ-PACHECO, MD

Immediate Past President

Philippine Society of Endocrinology and Metabolism

The Endocrine Societies of ASEAN are proud to present this commemorative book on the ASEAN Federation of Endocrine Societies (AFES) with the theme: *Renewing our Commitment to the ASEAN region*.

It is said that no one can look forward unless he has completely gone back to his past. In the meeting of the AFES Presidents October 2002, this fact became clear. As each President shared programs and problems of each member society, it dawned upon the group that it is time to honor the Founding members, without whose vision this biennial gathering of endocrinologists would not be possible.

Tremendous support and increased attendance in the meeting are certainly measures of success, but as Dr. Augusto D. Litonjua, Founding Member from the Philippines has so eloquently put in his message, the focus has to go beyond this. AFES needs to lead in the development of an ASEAN focus in its programs, directives, researches, and plans.

It is therefore the most opportune time to pose the challenge to all, as we celebrate over two decades of existence. We congratulate and thank our Founding members and all the leaders who have carried the torch, and pray that the flame will ever be bright for the benefit of the generations of patients in our region who above all need cost-effective management of their diseases.

AFES (1981-2003): Renewing our Commitment to the ASEAN Region

Elizabeth Paz-Pacheco, MD
Immediate Past President
Philippine Society of Endocrinology and Metabolism

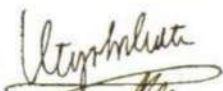

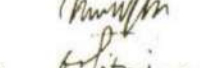
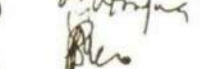

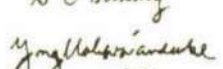

As we celebrate the 12th AFES Congress in Singapore 2003, it is most fitting to look back and reminisce this organization's beginnings... lest we forget.

The year 1963 marked a very special time in the Federation history. The Philippine Society of Endocrinology and Metabolism (PSEM), then in its second year of existence, hosted the 3rd Asia- Oceania Congress of Endocrinology in Manila where 200 participants from 11 countries gathered. It was in this meeting that the idea of a Federation of Endocrine Societies in the Region was adopted.¹

It took several years for this idea to re-emerge in July 1979. The opportunity to meet the various physicians arose during the 14th Singapore-Malaysia Congress of Medicine. Professor Lim Pin of Singapore convened a meeting of endocrinologists from the ASEAN region on July 22, 1979. Preliminary inquiries had elicited strong interest from all the national endocrine societies to participate in this regional professional and academic enterprise. A management committee was formed to explore the idea. This committee consisted of Dr. Syafril Syabuddin (Indonesia); Professor Mustafa Embong (Malaysia), with Professor Lim Pin (Singapore) as Chairman and Dr. Peter P.B. Yeo (Singapore) as Secretary.²

In 1980, Prof. Thanpuying Srichita C. Bunnag of Thailand had the opportunity to meet with her colleagues, Prof. Utoyo Sukaton of Indonesia; Prof. B.E. Mustafa of Malaysia; Prof. Augusto D. Litonjua of the Philippines and Prof. Peter P.B. Yeo of Singapore on several occasions concerning the effort of attracting more physicians to be interested in the field of Endocrinology. There was, as expected unanimous agreement and strong endorsement of the formation of an ASEAN association of endocrinologists. At that meeting Prof. Mustafa Embong, was nominated as Chairman of the Steering Committee while Prof. Augusto D. Litonjua volunteered to undertake the task of drafting a constitution for the Association. They also agreed to organize an ASEAN endocrinology conference on a regular basis to promote exchange of knowledge and closer cooperation among endocrinologists in the region. The conference was to be held every two years. They also unanimously agreed that the first conference would be held in Indonesia in the following year (1981), so that, as a show of respect, Professor Utoyo Sukaton, being the oldest member in the group, would be elected the first president of the ASEAN Federation of Endocrine Societies (AFES).³ After a long discussion of benefits and risks, they finally established and officially formed the Association of South East Asian Nations (ASEAN) Federation of Endocrine Societies (AFES) in a meeting held at the Merlin Hotel in Kuala Lumpur, Malaysia with the Executive Committee composed of two representatives from each component endocrine society.⁴

The draft constitution of AFES prepared by Prof. Augusto D. Litonjua was adopted and endorsed by representatives of member societies from the five ASEAN countries.³ The signing of the AFES Constitution and the holding of the 1st AFES Convention (November 27 - 28, 1981) was in Jogjakarta, Indonesia, beneath the shadows of the great Asian temple in Borobudur.⁵ The first Congress was named "ASEAN Diabetes Update 81".⁶ The five component societies that signed the constitution were: **The Indonesian Society of Endocrinology** headed by Prof. Utoyo Sukaton and Dr. Slamet Suyono; **The Malaysian Endocrine and Metabolic Society** represented by Asso. Prof. Dr. Mustafa Embong; **The Philippine Society of Endocrinology and Metabolism** represented by Dr. Augusto D. Litonjua; **The Endocrine and Metabolic Society of Singapore** represented by Assoc. Prof. Dr. Peter P.B. Yeo; and **The Endocrine Society of Thailand** headed by Prof. S.C. Bunnag and Dr. Yong Uahwatanasakul. It was agreed that the Secretariat of the Federation shall be based in a country to be determined by the Executive Committee every two years.

1. Prof. Utojo Sukaton	(INDONESIA)	
2. Dr. Slamet Suyono	(INDONESIA)	
3. Assoc. Prof. Dr. Mustafa Embong	(MALAYSIA)	
4. Dr. Augusto D. Litonjua	(PHILIPPINES)	
5. Assoc. Prof. Dr. Peter P.B. Yeo	(SINGAPORE)	
6. Prof. S.C. Bunnag	(THAILAND)	
7. Dr. Yong Uahwatanasakul	(THAILAND)	



THE ASEAN FEDERATION OF ENDOCRINE SOCIETIES

CONSTITUTION

1. NAME

The name of the Association shall be the ASEAN (Association of South East Asian Nations) Federation of Endocrine Societies. Component Societies consists of:

- i. The Indonesian Society of Endocrinology (BERKENI)
- ii. Malaysian Endocrine and Metabolic Society, MENS
- iii. Philippine Society of Endocrinology and Metabolism, Incorporated
- iv. The Endocrine and Metabolic Society of Singapore.
- v. The Endocrine Society of Thailand (EST).

2. PLACE OF BUSINESS

The Secretariat shall be based in a country to be determined by the Executive Committee every two years

3. OBJECTIVE

The objects of the Federation shall be:

- a. To promote and coordinate activities among the component endocrine societies.
- b. To advance the knowledge and practice of medicine in the field of endocrinology and metabolism in the member countries.
- c. To promote research in endocrinology and metabolism, emphasising on regional problems.
- d. To organize regular scientific meetings and practical demonstrations on subjects relating to endocrinology and metabolism.
- e. To acquire, establish, print and publish books, magazines periodicals, leaflets or other literary or scientific works that the Federation may think desirable for the promotion of its objectives.
- f. To receive cash or bonds or share certificates from any person or group so disposed, on behalf of the Federation, and also to borrow or raise money to invest and deal with money so derived for the purpose of enhancing the study and research in endocrine and metabolic diseases.

4. MEMBERSHIP

Membership shall be of two kinds:

a. a. Ordinary Members:

Members of component endocrine societies shall automatically be members of the Federation. Their privileges are to attend meetings, receive publications and to be eligible to hold office in the Federation.

b. Honorary Members

Distinguished persons who have rendered notable service to the Federation or to the advancement of endocrinology and metabolism, may on the recommendation of a member of the Executive Committee be elected honorary members by a simple majority at the executive committee meeting. They will be permitted to attend all general and scientific meetings organized by the Federation and to receive publications of the Federation.

5. SUBSCRIPTION

There shall be no collection of subscription fee. The National Society of the country in which the Secretariat is based will bear administrative expenses during that period.

6. EXECUTIVE COMMITTEE

- a. The governing body of the Federation shall be the Executive Committee.
- b. The Executive Committee shall consist of two members nominated by each of the member societies from whom will be elected a President and an Honorary Secretary.
- c. The President shall act as chairman at all committee meetings. In his or her absence, the Executive Committee shall elect an acting chairman.
- d. The Honorary Secretary shall keep all records of the Federation and shall be responsible for their correctness. During the period of office, he shall supervise the overall administration of the Federation and will keep minutes of all committee meetings. He or she shall be responsible for all official correspondence related to the Federation.
- e. In the interval between biennial meetings, the Executive Committee shall exercise management and discretion in the business and conduct of the affairs of the Federation.
- f. Minutes shall be kept of all meetings of the Executive Committee.
- g. The quorum at meetings of the Executive Committee shall be at least one representative from each component society.
- h. The biennial meeting shall be held at a place and time as determined by the Executive Committee.

7. PROHIBITION

The Federation shall not indulge in any political activity or allow its funds and/or premises to be used for political purposes.

8. INTERPRETATION

In the event of any question or matter arising out of any point which is not expressly provided for in the constitution, the Executive Committee shall have power to use its own discretion and whose decision shall be final and binding on all members of the Federation unless and until countermanded by a resolution of a general meeting.

9. DISSOLUTION

The Federation shall not be dissolved except with the consent of not less than two-thirds of the Executive Committee members expressed in person or by proxy at a meeting convened for this purpose or by postal vote.

AFES was established with the goal of strengthening the cooperation and understanding among member scientists of ASEAN countries to provide better medical care in the field of endocrinology and metabolism in each of the member nations. With the achievement of this goal, it was hoped that there will be an improvement in the quality of life and the delivery of appropriate preventive measures.

The first Executive Committee meeting of the Federation was held in conjunction with the Federation's first scientific meeting. Prof. Utoyo Sukaton of Indonesia was the first President of the AFES; he organized the first AFES Congress. The first Secretary was Dr. Slamet Suyono. It was the first opportunity among member nations to share and exchange knowledge in the field of Endocrinology. Since then, the AFES has been held every two years with the host country being rotated following the alphabetical order.⁴ The Journal of the ASEAN Federation of Endocrine Societies (JAFES) was initiated and has been subsequently circulated to all members of each nation's society. Prof. Mustaffa Embong continues to be its editor-in-chief.

After the very successful inaugural year of the Federation, the seat of office of the Executive Committee was transferred to Thailand. The Second AFES Congress and the Pre-Federation Course "Diabetes Mellitus in General Medicine" were held on November 26 - 29, 1983 at the Bangkok Palace Hotel as part of the bicentennial celebration of Bangkok, the capital of Thailand. The course was under the auspices of the Joslin Diabetes Center, Harvard Medical School, International Diabetes Federation, the AFES and the Endocrine Society of Thailand under the leadership of Prof. Thanpuying Srichitra C. Bunnag, who became the second President of the Federation.⁴ During the preparation for the 2nd Congress, the ASEAN Diabetes Prevention and Control Project was proposed. This ASEAN-Australian collaboration, led by Prof. Mustaffa Embong, dealt with primary health care in diabetes.⁶

Subsequent Congresses were as follows:

AFES Congress	Date	Venue	Country	Theme	AFES President
3 rd	December 1-6, 1985	Shangri-la Hotel, Kuala Lumpur	Kuala Lumpur, Malaysia	Diabetes for Practicing Physicians	Prof. B. Embong Mustaffa
4 th	December 5-10, 1987	Manila Garden Hotel	Manila, Philippines	"New Horizons in the Management of Endocrine Problems" Interaction in Endocrinology- the ASEAN Experience	Prof. Augusto D. Litonjua
5 th	1989	Mandarin Hotel	Singapore		Dr. Peter P.B. Yeo
6 th	July 2-4, 1992	Horizon Hotel	Jakarta, Indonesia		Prof. Slamet Suyono
7 th	November 24-27, 1993	Hilton Hotel	Kuala Lumpur, Malaysia		Prof. B.A.K. Khalid
8 th	December 6-9, 1995	Philippine International Convention Center	Manila, Philippines	Emerging Trends in Endocrinology	Dr. Mary Anne Lim-Abrahan
9 th	December 3-6, 1997	Shangri-la Hotel	Singapore	Advances in ASEAN Endocrinology	Dr. William Chew
10 th	December 1-4, 1999	Montien Riverside Hotel	Bangkok, Thailand	Regional Advance in Endocrine Research	Dr. Apichati Vichayanrat
11 th	November 7-11, 2001	Bali International Convention Center	Bali, Indonesia	Toward Better Care for Endocrinologic Problems in ASEAN Region: From Molecular to Clinical	Dr. Sidartawan Soegondo

October 26, 2002 was a historic day as the five presidents of the AFES member societies gathered at the Bailey Room of the Raffles City Convention Center in Singapore for a meeting hosted by the current AFES President and President of the Endocrine and Metabolic Society of Singapore, Dr. Daphne Khoo. In attendance were Prof. Sidartawan Soegondo, President - **Indonesian Society of Endocrinology**; Prof. Wan Mohamad Wan Bebakar, President - **Malaysian Endocrine and Metabolic Society**; Prof. Elizabeth Paz-Pacheco, President - **Philippine Society of Endocrinology and Metabolism**; Dr. Daphne Khoo, President - **Endocrine and Metabolic Society of Singapore**; Prof. Apichati Vichayanrat, President - **Endocrine Society of Thailand**; and Prof. Tran Duc Tho and Dr. Pham Thi Hong Hoa, President and Secretary General of **Vietnam Association of Diabetes and Endocrinology**, respectively. Included in the agenda was a discussion on Vietnam Association of Diabetes and Endocrinology's entry into the AFES. It turned out to be a fruitful and enjoyable day as each member nation presented individual programs and shared the concerns and problems of each society.⁷ On November 18, 2002, the Vietnam Association of Diabetes and Endocrinology (VADE) was officially admitted into the AFES, the 1st new member since AFES's inception in 1979.⁸

On December 2, 2003, during the Cultural Night of the 12th AFES in Singapore, a most fitting event will be held at the Esplanade - Theatres on the Bay. During this special occasion, the Founding Members shall be honored and applauded for all their efforts in initiating and nurturing this beloved organization. And while tremendous support and increased participation are certainly measures of success, AFES faces the continuing challenge to lead in the development of an ASEAN focus in its programs, researches and directions. Let us all face this challenge and bring greater success to AFES. Long live AFES!

¹ PSEM History: The PSEM through the years (1962-2000): Commitment, Stability and Progress, Dr. Rosa Allyn G. Sy

² Prof. Lim Pin, AFES Historical Information, The Endocrine and Metabolic Society of Singapore

³ Prof. Dato' Mustaffa Embong, Founding Member Message, The Malaysian Endocrine and Metabolic Society

⁴ Prof. Thanpuying Srichitra C. Bunnag, Founding Member Message, The Endocrine Society of Thailand

⁵ Dr. Augusto D. Litonjua, Founding Member Message, Philippine Society of Endocrinology and Metabolism

⁶ 4th AFES Congress Souvenir Program. Manila, Philippines, December 5-10, 1987

⁷ PSEM Endocrine Update, Vol. 5 No. 3, November 2002, From the President's Desk - Dr. Elizabeth Paz-Pacheco

⁸ Dr. Daphne Khoo, President's Message, The Endocrine and Metabolic Society of Singapore









THE INDONESIAN SOCIETY OF ENDOCRINOLOGY

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 E-mail: endo_id@indo.net.id

National Executive Board of The Indonesian Society of Endocrinology 2003-2006

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 Chairman I : Pradana Soewondo, MD
 Chairman II : Jose RL Batubara, MD
 Secretary : Imam Subekti, MD
 Treasurer : Gatut Semiardji, MD

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 Prof. John MF Adam, MD
 Sjafi'i Piliang, MD

Editor for The Indonesian Diabetes and Endocrinology Journal
 : Prof. Askandar Tjokroprawiro, MD
 Djoko Wahono Soeatmadji, MD

Education : Ahmad Rudianto, MD
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 Tri Hanggono Achmad, MD

Research : Prof. Ketut Swastika, MD
 Agung Pranoto, MSc, MD
 Maryantoro Oemardi, MD

Advancement on
 - Pediatric Endocrinology : Aman Bhakti Pulungan, MD
 - Reproduction Endocrinology : POGI
 - Basic Endocrinology : Herawati Sudoyo, MD, PhD





Prof. Slamet Suyono, MD

Founding Member

Past President, AFES 1989-1991

1963	MD
1968	Internist
1968-1969	Training on Hyperlipidemia and Endocrinology, l'Hopital de la Pitie, Paris, Head : Prof. J.L. de Gennes
1973	Post graduate Course on Diabetes Mellitus, Brussels
1981	Secretary General of Steering Committee Asean Diabetes Up-date, Jogjakarta, Indonesia
1984	Course on Clinical Endocrinology, Academy of Medicine of Singapore, Singapore
1981 -1983	Secretary General Asean Federation of Endocrine Societies
1982 - now	Executive Committee and Editorial Board Journal of Asean Federation of Endocrine Societies
1981 -1986	Secretary General Indonesian Society of Endocrinology
1982-1985	Chairman of the Indonesian Association of Internal Medicine, Jakarta Chapter
1983-1987	Member of Asean Diabetes Working Croup
1984 -1987	Secretary General of the Indonesian Association of Internal Medicine
1987.1990	Vice Chairman of the Indonesian Society of Endocrinology
1991	Professor of Medicine, University of Indonesia
1992-2003	Chairman of the Diabetes and Lipid Center Dr. Cipto Mangunkusurno Hospital / Faculty of Medicine, University of Indonesia
1993 -1996	Chairman of I L I B (International Lipid Information Bureau) Indonesia
1993 -1996	President of PAPDI (Indonesian Society of Internal Medicine) - first term
1993- 1996	Committee on Health Services of The Indonesian Society of Gerontology
1993 -1995	Vice Chairman of PERKENI (Indonesian Society Endocrinology)
1994	Council Member of ISLA (Indonesian Society of Lipid and Atherosclerosis)
1995	Founder Member of Asian - Pacific Society of Atherosclerosis and Vascular disease
1996-1997	Chairman of Asian International Lipid Information Bureau (ILIB Asia)
1996-1999	President of Indonesian Society of Internal Medicine (second term)





Assoc. Professor Sidartawan Soegondo, MD

President

The Indonesian Society of Endocrinology

Regarding the enormous challenge, AFES is such an important institution to establish networking between the Indonesian Society of Endocrinology and societies all over ASEAN that could enhance coordination, cooperation, knowledge exchange, and friendship among us. In this view, I should suggest that AFES should include more ASEAN Countries such as Cambodia and Brunei Darussalam to join the AFES.

In this great opportunity, I would like to thank The Endocrine and Metabolic Society of Singapore for hosting an important venue the 12th AFES Congress and the Philippine Society of Endocrinology and Metabolism for their good cooperation on gathering information for accomplishing the Commemorative Booklet.

Congratulations, and I am eager to meet you on 12th AFES Congress.



The Indonesian Society of Endocrinology: Facing the Challenges

Today, the Indonesian Society of Endocrinology consists of 42 internist-endocrinologists (18 of them are Full Professors); all of them are above the age of 40 and the youngest is 44 years old. So far, there has not been any internist-endocrinologist working outside the universities (13 universities across Indonesia). For this reason, it is urgent to increase the number of internist-endocrinologists. Therefore, 13 universities developed training centers to accomplish more internist-endocrinologists in Indonesia. Pediatric endocrinologists and reproductive endocrinologists have the same problem.

In that respect and with the desire to advance the field of endocrinology and to promote coordination among endocrinologists in Indonesia, during the 6th National Congress of the Indonesian Society of Internal Medicine at Medan, 1978, an issue emerged to develop an Indonesian society in endocrinology. Consequently, the Indonesian Society of Endocrinology was established on 30 June 1978 in Medan, North Sumatra. The founders were Kadri (Medan), Supartondo (Jakarta), Slamet Suyono (Jakarta), and Utoyo Sukaton (Jakarta).

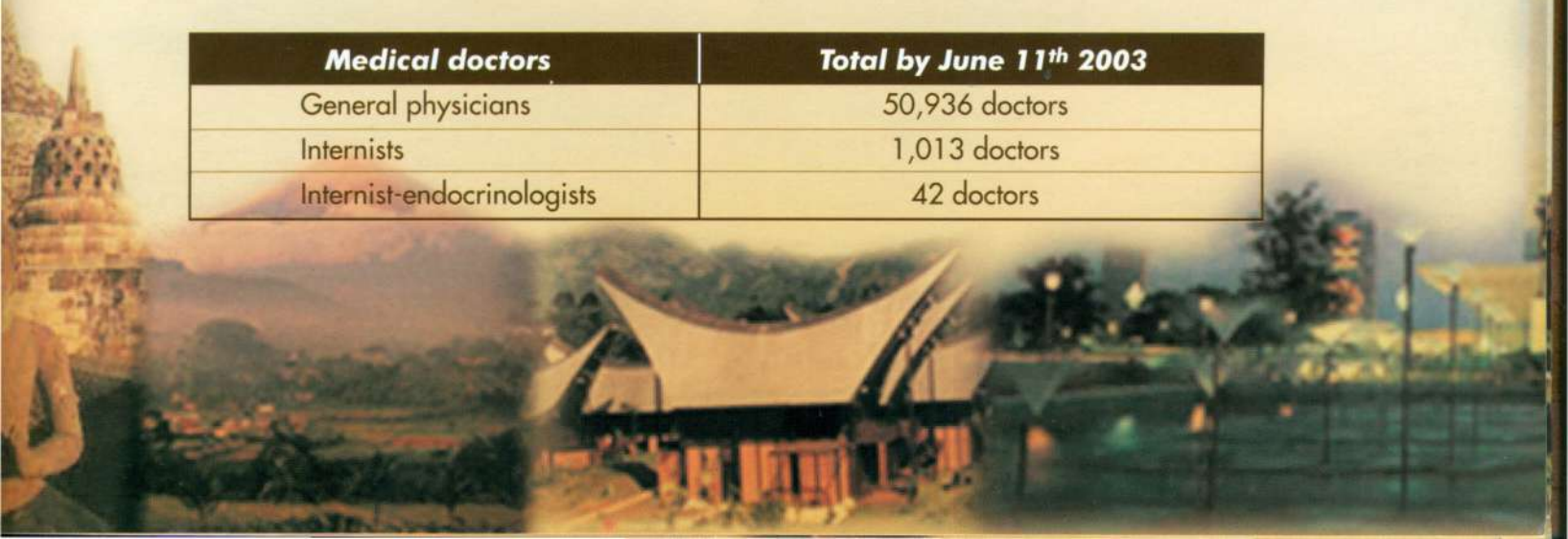
The Indonesian Society of Endocrinology held their first National Congress in 1988 (after 10 years). Until year 2003, there were six national congresses (every 3 years) and Presidential elections were held six times. The Secretariat of the National Executive Board resides in Jakarta. There are now 13 branches all over Indonesia, including Medan, Padang, Palembang, Jakarta, Bandung, Jogjakarta, Semarang, Solo, Malang, Surabaya, Bali, Makassar, and Manado. Each branch consists of more than 300 members. The larger islands such as Kalimantan and Papua do not have medical faculties, and therefore do not have branches there. Hence, cooperation in management of diabetes is important to cover those areas.

Indonesia has the 5th highest prevalence on diabetes. Diabetes mellitus is one degenerative disease that is surely rising in Indonesia; relating to changes in lifestyle and the development of other factors of diabetes. Several studies have indicated increasing prevalence of DM in Indonesia.

	Year	Diabetes prevalence
Epidemiologic studies	1980	1, 5-2, 3% adult
Jakarta	1982	1, 7%
Jakarta	1993	5, 7%
Depok (suburban Jakarta)	2001	12, 8 %
Prediction	2020	4% from 178 millions adult

By the year 2020, Indonesia will consist of 178 million citizens (>20 years old). Among them are approximately 7 million people with diabetes (4%). This is an enormous number to be handled by GPs and Internists alone. At the present time, Indonesia has 50,936 general physicians, with only 1,013 internists who are distributed poorly around Indonesia.

Medical doctors	Total by June 11th 2003
General physicians	50,936 doctors
Internists	1,013 doctors
Internist-endocrinologists	42 doctors



**The Indonesian Society of Endocrinology
Executive Board**



Left to right: Imam Subekti (Secretary), Pradana Soewondo (Vice President), Sidartawan Soegondo (President), Jose RL Batubara (Vice President), Gatut Semiardji (Treasurer)





MALAYSIAN ENDOCRINE & METABOLIC SOCIETY

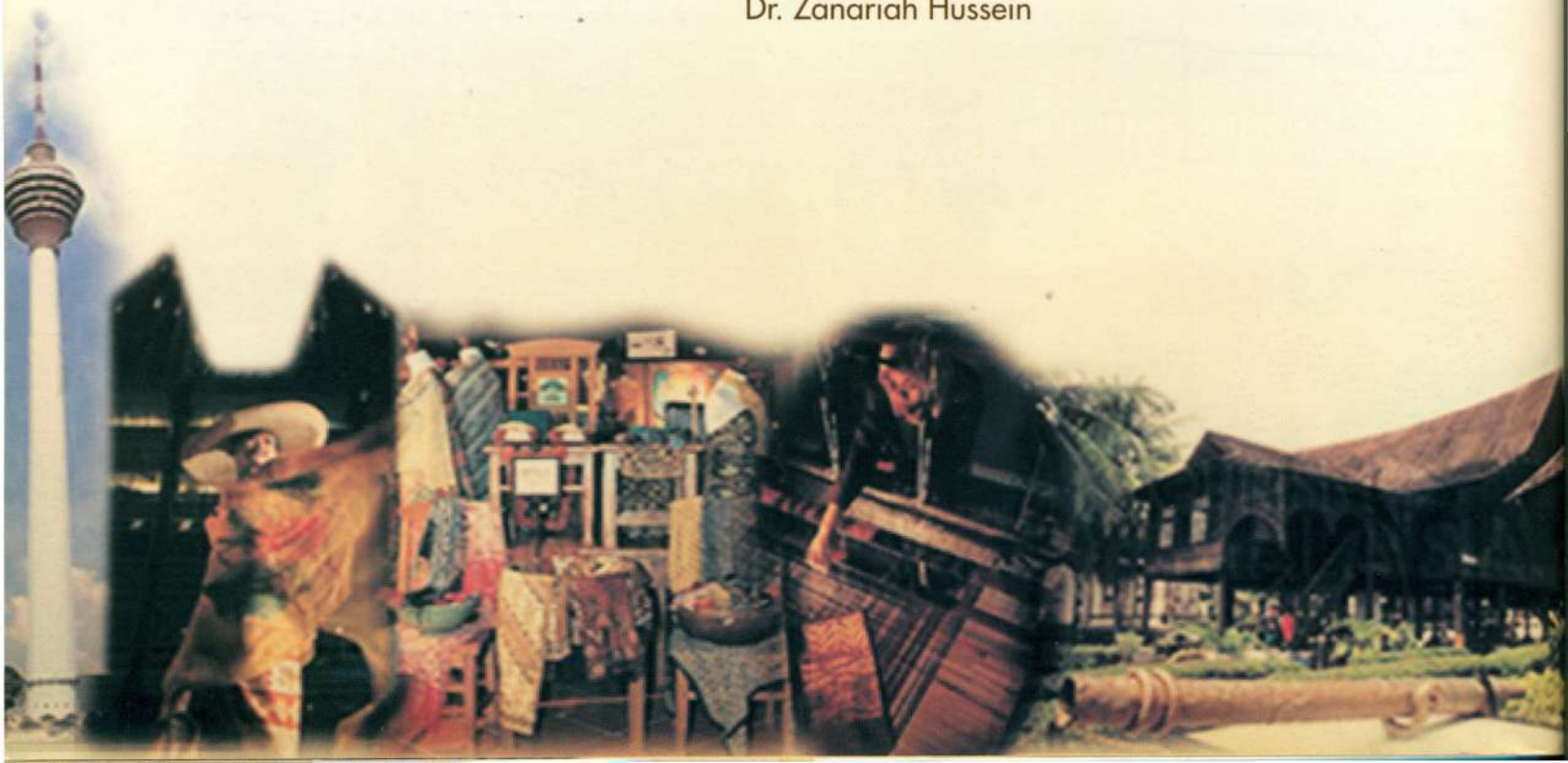
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MEMS Executive Council Members Year 2003

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Vice-President	:	Assoc. Prof. Dr. Nor Azmi Kamaruddin
Hon Secretary	:	Dr. Wan Nazaimoon Wan Mohamud
Asst Secretary	:	Assoc. Prof. Dr. Hapizah Mohd Nawawi
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		Mr. Hisham Abdullah
		Dr. Norshinah Kamarudin
		Dr. Letchuman GR

Coop Members	:	Dr. Malik Mumtaz
		Dr. Zanariah Hussein





Prof. Dato' Mustaffa Embong

Founding Member

Past President, AFES 1985-1987

I recall that the idea of an association amongst endocrinologists in ASEAN was first mooted by Professor Lim Pin of Singapore. He had asked me (in 1979) to help look into the formation, as he was busy with his new appointment. Being young and enthusiastic then, I took up the challenge.

What followed was a number of informal discussions with representatives of endocrine societies of ASEAN, namely the Indonesian Society of Endocrinology, Malaysian Endocrine and Metabolic Society, the Philippines Society of Endocrinology and Metabolism Inc, the Endocrine Society of Thailand, and the Endocrine and Metabolic Society of Singapore. In general, there was support for the formation of an ASEAN association but on one occasion I was taken aback by the objection from a member from the Philippines. Dr Villadolid, at a meeting in Indonesia (Jogjakarta) felt that there was no necessity for an association. Later, we were lucky to have Professor Augusto D. Litonjua, representing the Philippines Society of Endocrinology and Metabolism Inc, who strongly supported the formation of an association of endocrine societies in ASEAN.

In 1980, as chairman of the Malaysian-Singapore Congress of Medicine, I took the opportunity to invite representatives of the ASEAN endocrine societies to attend the congress. A meeting was held at the Merlin Hotel (now Concord Hotel) in Kuala Lumpur to formalise the formation of AFES. The meeting was attended by representatives of all the endocrine societies of ASEAN including Professor Utoyo Sukaton and Dr. Slamet Suyono of Indonesia, Professor Thanpuying Srichitra Bunnag of Thailand, Professor Augusto D. Litonjua of the Philippines and Dr. Peter Yeo from Singapore, Dr. Arlene Ngan and Dr. Mustaffa Embong of Malaysia. There was, as expected unanimous agreement and strong endorsement of the formation of an ASEAN association of endocrinologists. At that meeting that I chaired, I was nominated Chairman of the Steering Committee while Professor Litonjua volunteered to undertake the task of drafting

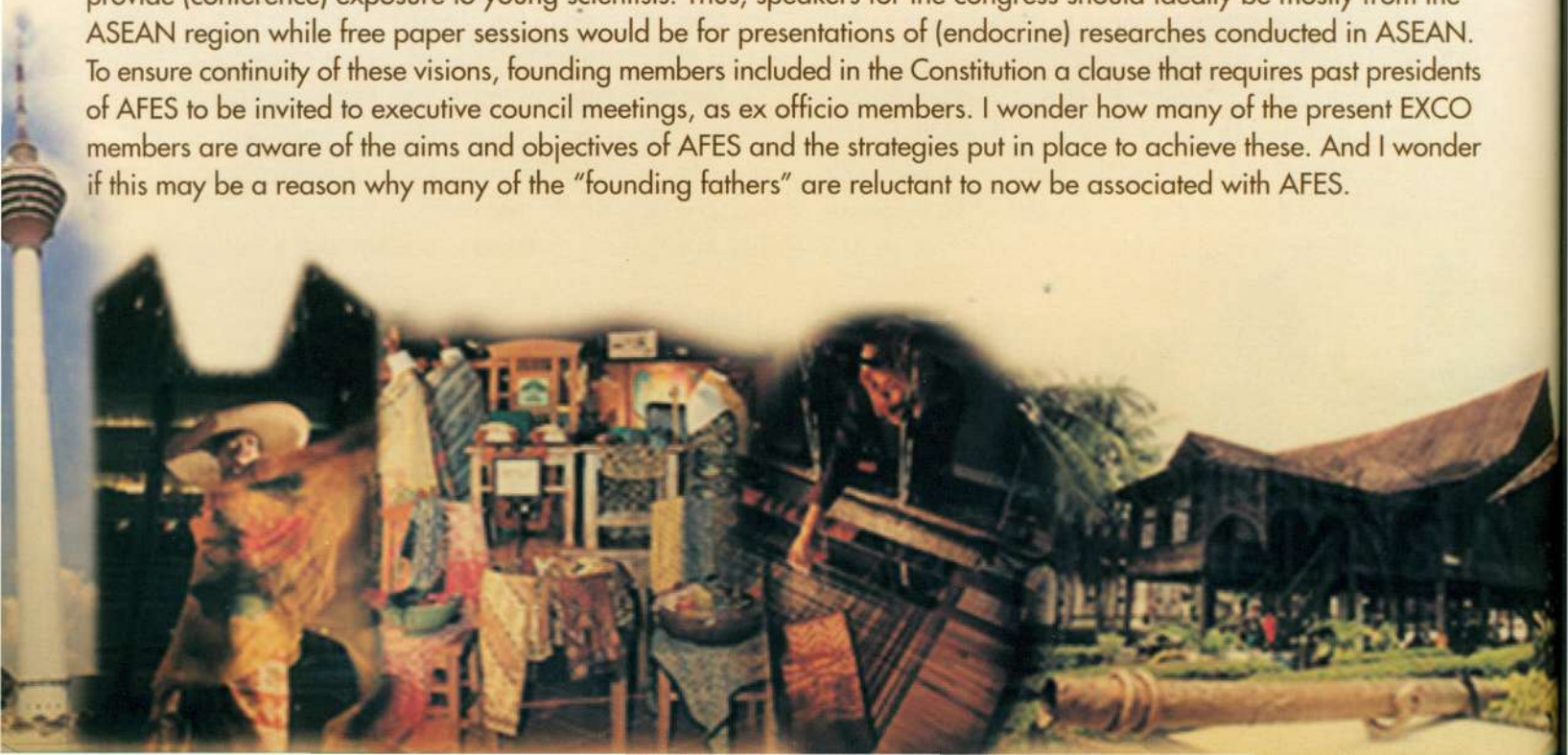


a constitution for the Association. We also agreed to organise an ASEAN endocrinology conference on a regular basis to promote exchange of knowledge and closer cooperation amongst endocrinologists in the region. The conference was to be every two years. We also unanimously agreed that the first conference would be held in Indonesia in the following year (1981), so that, as a show of respect, Professor Utoyo Sukaton, being the oldest member in the group, would be elected the first president of the ASEAN Federation of the Endocrine Societies (AFES).

The first AFES conference was held in Jogjakarta in 1981 as planned with Professor Utoyo Sukaton as the (first) President of AFES. The draft constitution of AFES prepared by the Philippines was adopted and endorsed by representatives of member societies from the five ASEAN countries. It was also agreed that the 2 yearly AFES congress would be held in turn by member countries, by alphabetical order. Following Indonesia, the next AFES congress should then be held in Malaysia, but at the request of Professor Thanpuying Srichitra Bunnag, members agreed to hold the next congress in Thailand to coincide with the bicentennial celebration of the formation of the Thai Kingdom. Professor Bunnag was thus elected as the second president of AFES. Two years hence (1983), the second AFES Congress was held in Bangkok. Reverting to alphabetical order, the third AFES Congress was subsequently held in Kuala Lumpur in 1985 with Professor Mustaffa Embong, the third president of AFES (1985-1987) as chairman. The next congress (1987) was held in Manila, Philippines with Professor Augusto D. Litonjua as chairman and president, followed by a meeting in Singapore. Thus was established the AFES congress tradition, held every two years, in turn by member societies.

It is worthwhile to record here that the persons who contributed most to make AFES a reality were Professor B. E. Mustaffa (Malaysia), Professor A. Litonjua (Philippines), Professor U. Sukaton and Dr. S. Suyono (Indonesia) and Professor (Dame) S. Bunnag (Thailand). These five individuals became very close friends over the years and were responsible for the success of AFES in spite of the many challenges. Colleagues from Singapore then could not contribute much as Professor Lim Pin was busy as a Vice-Chancellor and Dr Peter Yeo subsequently migrated to the U.S.

I am happy to note the renewed interest to revitalise AFES. I believe that a lot more needs to be done to realise the "dreams" of the founding "fathers". In addition to organising an AFES congress (every two years) and publication of the official AFES Journal to promote collaboration and exchange of knowledge and to promote endocrinology (and endocrinologists) in ASEAN, founding members had put in place a number of strategies for implementation. These include the establishment of a directory of all endocrinologists in member countries to facilitate contact and collaboration. We also envisaged regular meetings amongst members (not only during the 2-yearly congresses) to discuss and adopt common approaches to management ("clinical practice guidelines") of endocrine diseases in this region and to design and conduct collaborative researches. The AFES congress was to be a platform to promote local expertise and to provide (conference) exposure to young scientists. Thus, speakers for the congress should ideally be mostly from the ASEAN region while free paper sessions would be for presentations of (endocrine) researches conducted in ASEAN. To ensure continuity of these visions, founding members included in the Constitution a clause that requires past presidents of AFES to be invited to executive council meetings, as ex officio members. I wonder how many of the present EXCO members are aware of the aims and objectives of AFES and the strategies put in place to achieve these. And I wonder if this may be a reason why many of the "founding fathers" are reluctant to now be associated with AFES.





Professor Wan Mohamad Wan Bebakar, MD

President

Malaysian Endocrine and Metabolic Society

It is a pleasure for me to welcome all delegates and distinguished speakers from all over the world to AFES Congress organized by Singapore Endocrine Society. On behalf of Malaysian Endocrine and Metabolic Society (MEMS), I would like to congratulate Organising Chairman of AFES Congress for successfully organized the congress.

MEMS had been incepted in 1981. It has been actively involved in advancing the knowledge and practice of medicine in the field of endocrinology and metabolism through promotion of research and organizing post-graduate teaching course as well as organizing congresses. MEMS had successfully organized two to three of such courses per year since its inception. Starting this year MEMS offering two research grants per year to any junior members for conducting research in the field of endocrinology. It also provides travel assistant for members to attend conferences locally and internationally. MEMS is recognized by Malaysian Government as professional society and members are invited to be in various strategic committee related to endocrine.

MEMS is working very closely with our partner in pharmaceutical industry and recently had signed two memorandum of understanding with two multinational pharmaceutical companies to run Diabetes National Program in improving diabetes management in Malaysia. We also conducted national endocrine teaching courses in collaboration with other established institutions like Mayo Clinic and University of Sydney.

MEMS is most willing to assist any members of ASEAN Federation Societies who wish to pursue their training in the field of endocrinology in Malaysia. We hope there will be more collaboration work between endocrine societies in ASEAN particularly research in the field of endocrinology.

On behalf of MEMS, I would like to express the society's sincere appreciation and gratitude to Singapore Endocrine Society for their effort in making this congress success.

My special thanks to Dr. Daphne and her committee for materializing the event despite of so many unavoidable obstacles.



The Malaysian Endocrine and Metabolic Society: *Spearheading Endocrinology; Seat of JAFES*

This year marks the twentieth anniversary of the founding of the Malaysian Endocrine & Metabolic Society (MEMS). MEMS was the brainchild of a few individuals. They were among others Prof. Mustafa Embong, Prof. Dr. Khalid Abdul Kadir, Dr. Anuar Zaini, Dr. Nafisah Adeeb and Dr. Arlene Ngan. It was formed in 1983, two years following the formation of its sister organization, the Malaysian Diabetes Association. The founding president was Prof. Embong and he continued to be at the helm of the organisation until as recent as 2001.

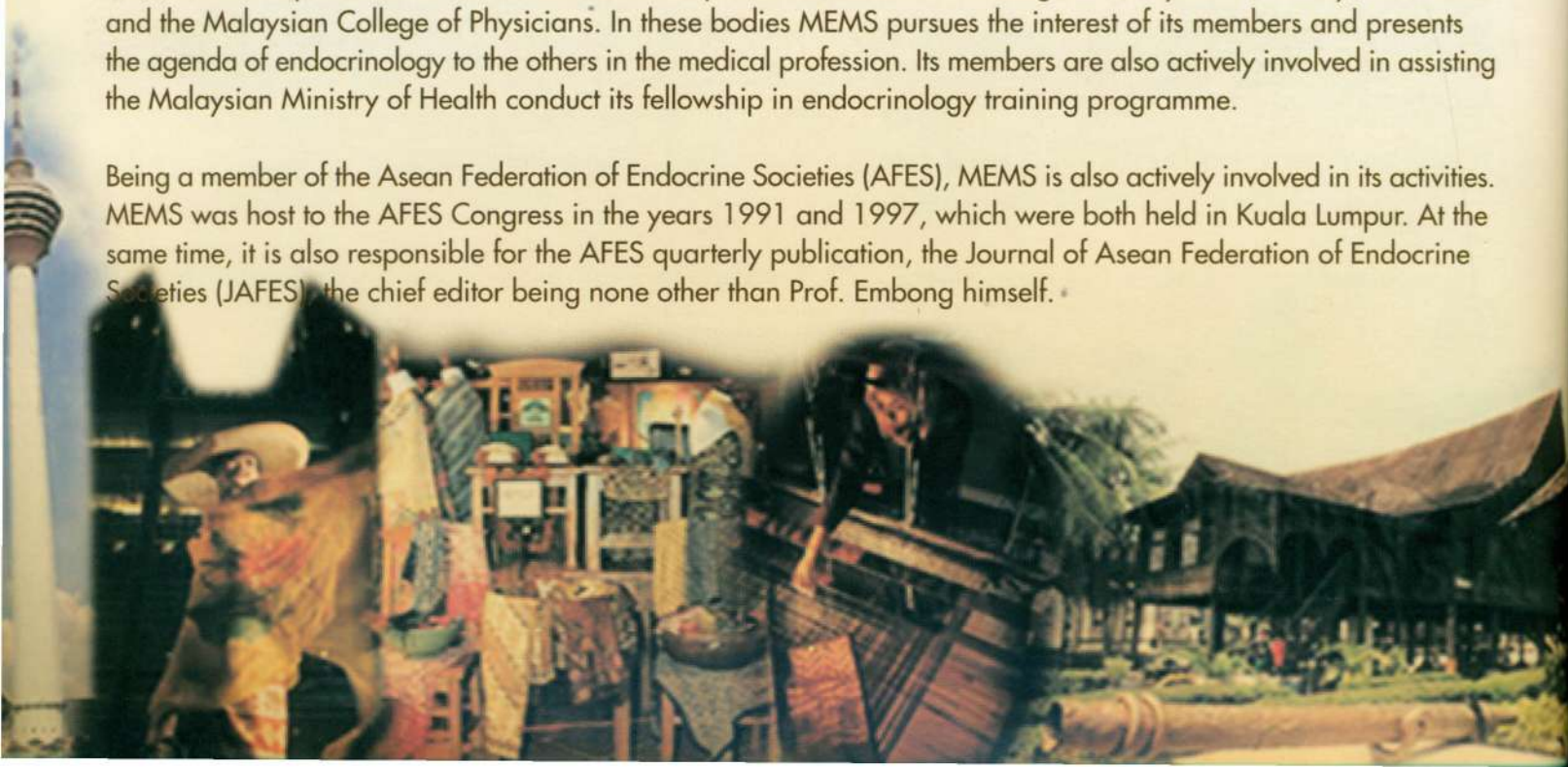
Over the years MEMS has developed into a professional body, the objectives of which were to advance the interest and understanding of endocrinology among the Malaysian medical fraternity and public. Among its earlier activities was its infamous road show where its small group of dedicated endocrinologists would travel around the country and organize and conduct endocrine courses for the local doctors. During these road shows many social activities were also organised such as fishing trips and picnics that helped to increase the bond and spirit of belonging among its members. Many would-be and budding endocrinologists were attracted by the dedication and motivation of this small group of teachers and would later go on to pursue this interesting field of medicine themselves.

Currently MEMS regularly conducts twice-a-year endocrine courses for post-graduate doctors and as well as general practitioners in various parts of the country. These courses are preceded by practical workshops such as those on thyroid ultrasonography and fine needle aspiration techniques. In addition to its dedicated local faculty, MEMS also invites international experts to these courses. In 2000 MEMS successfully conducted a joint meeting with Mayo Clinic, which was well attended by both local and overseas participants. The other regular activity is that of the Combined Clinical Meetings which are held every month in different centers in the capital. During these meetings, members from different institutions would present interesting and difficult cases. With the support of the pharmaceutical companies, MEMS is also able to conduct CME programmes on a regular basis throughout the country.

Individual members of MEMS are also actively involved in teaching and research in their own right and sit on various teaching and research chairs in the country. Some also represent the country in organisations such as the International Diabetes Federation (IDF) and the Asia-Pacific branch of the World Health Organisation (WHO).

MEMS is also represented in numerous other local professional bodies including the Malaysian Academy of Medicine and the Malaysian College of Physicians. In these bodies MEMS pursues the interest of its members and presents the agenda of endocrinology to the others in the medical profession. Its members are also actively involved in assisting the Malaysian Ministry of Health conduct its fellowship in endocrinology training programme.

Being a member of the Asean Federation of Endocrine Societies (AFES), MEMS is also actively involved in its activities. MEMS was host to the AFES Congress in the years 1991 and 1997, which were both held in Kuala Lumpur. At the same time, it is also responsible for the AFES quarterly publication, the Journal of Asean Federation of Endocrine Societies (JAFES), the chief editor being none other than Prof. Embong himself.



**Malaysian Endocrine and Metabolic Society
Executive Council Members**



L-R: Assoc. Prof. Dr. Nor Azmi Kamaruddin (Vice-President), Prof. Dr. Wan Mohamad Wan Bebakar (President),
Dr. Zanariah Hussein (Consul Member)

not in picture: Dr. Wan Nazaimoon Wan Mohamud (Hon. Secretary), Assoc. Prof. Dr. Hapizah Mohd Nawawi (Asst. Secretary),
Ms. Khalidah Mazlan (Hon. Treasurer), Prof. Dr. Ikram Shah Ismail (Committee Member),
Mr. Hisham Abdullah (Committee Member), Dr. Norshinah Kamarudin (Committee Member),
Dr. Letchuman GR (Committee Member) Dr. Malik Mumtaz (Consul Member)







THE PHILIPPINE SOCIETY OF ENDOCRINOLOGY AND METABOLISM, INC.

OUR MISSION

To lead in the pursuit of excellence in Endocrinology

OUR VISION

Quality endocrine care, education and research
in every region of the Philippines by 2010

PSEM Officers and Board of Directors Yr. 2003

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Augusto D. Litonjua, MD

Founding Member

Past President, AFES 1987

A message: A DREAM UNFULFILLED?

More than 25 years have passed since the three milestones in the life of AFES, to wit; 1) The original suggestion of Professor Lim Pin of Singapore that the region form its own endocrine federation, 2) The convening of the ASEAN endocrinologists by Professor Mustaffa Embong at the Hotel Merlin, Kuala Lumpur to bring that suggestion to fruition, and 3) The signing of the AFES Constitution and the holding of the first AFES Convention in Yogyakarta, Indonesia beneath the shadows of that great Asian temple, Borobodur. At this point in time, one wishfully asks, - has AFES achieved its objectives?

The objective of making it known that there are endocrinologists in this region, and having them recognize each other, I believe, has been accomplished. But, the objective of setting our own – the ASEAN way – of solving the endocrine problems in the region, I believe, has dismally failed. For up to now, we have no ASEAN protocol for managing our GDMs, we have no ASEAN way to educate our diabetic patients, we have no ASEAN fact finding into why the region has a lot of thyroid problems – protocols and recommendations which ASEAN doctors can follow, and follow with pride, because they are crafted by ASEAN endocrinologists for ASEAN patients out of ASEAN statistics.

As it is, our AFES conventions are dominated by foreign participants, which make this every two year event no different than attending a conference in a non-ASEAN country. While it is essential that we interact with our colleagues from more advanced nations, we fail to meet ASEAN problems with ASEAN solutions.

Might there be a different direction for AFES to take? When could it truly be a switch to light the beacon to guide our physicians in solving our endocrine problems? Is this wishful thinking?





Roberto C. Mirasol, MD

President

Philippine Society of Endocrinology and Metabolism

The ASEAN Federation of Endocrine Societies (AFES) is synonymous with regional excellence in Endocrinology. Every two years, all the bright minds in the ASEAN region get together to exchange ideas, compare notes and enjoy fellowship with one another. It is an event we all look forward to despite the political climate in the host country where it will be held.

Since its inception 22 years ago, AFES has grown tremendously. It has become a venue for young researchers and scientists in the region to present their original papers. Through its international and regional experts, we get the latest information in endocrinology. AFES has been our voice in the international arena. It provided us with a "benchmark" by which our individual endocrine societies follow.

We salute all the dedicated and committed men and women who started AFES. We commend the strong determination of all the different societies to sustain and make it relevant to the times. We laud the effort of our endocrine leaders to inspire our young endocrinologists to continue their legacy.

AFES is here to stay for a long time as long as there is a need for excellence in endocrinology. LONG LIVE AFES!



The Philippine Society of Endocrinology and Metabolism: *Four Decades of Leadership and Excellence in Philippine Endocrinology*

1961 marked the birth year of the leading organization of physicians involved in endocrinology in the Philippines. Dr. Augusto D. Litonjua spearheaded the trailblazing efforts, together with Mr. Meneleo Hernandez of Organon Philippines, by inviting interested basic science teachers and clinicians from the medical schools of UP, UST, UE, FEU and MCU. This gathering of individuals dedicated to endocrinology was envisioned to facilitate exchange of new knowledge in the field, encourage mutual help in the study of endocrine problems and promote the advancement of endocrinology as a specialty in the country. In December of that year, the Philippine Society of Endocrinology and Metabolism (PSEM) was formally organized, with Dr. Augusto D. Litonjua presiding as Chairman and Dr. Elena Eustaquio-Icayan serving as secretary. The rest of the organizing committee included Dr. Carmen Asuncion, Dr. Asuncion Bernales, Dr. Benjamin Buensuceso, Dr. Jesus Bustos, Dr. Gabriel Carreon, Dr. Jesus Nolasco and Dr. Alfredo Ortiz. Shortly thereafter, the PSEM, with an initial membership of 16, held its first convention and inducted into office its first set of officers namely; President, Dr. Augusto D. Litonjua; Vice-President, Dr. Gabriel G. Carreon; Dr. Elena E. Icayan, Secretary-Treasurer.

PSEM grew steadily through the years, initially focusing on dissemination of knowledge about endocrinology locally and increasing its membership. Subsequently, it started building both national and international alliances and in the process, gaining national and international recognition. In 1963, under the helm of Dr. Leland Villadolid, the PSEM hosted the 3rd Asia Oceania Congress of Endocrinology in Manila, with 200 participants from 11 countries. Two landmark events emerged from this congress: the organization of a regional federation of endocrine societies, later known as the Asean Federation of Endocrine Societies (AFES), and the official acceptance of the PSEM as a member of the International Society of Endocrinology (ISE). In 1966, under the leadership of Dr. Benjamin Buensuceso, the PSEM formulated its Constitution and By-laws, which were subsequently approved by the Securities and Exchange Commission.

The years that followed witnessed the continued growth and success of the PSEM as a professional subspecialty medical society. Headed by dynamic and capable leaders in the field and guided patiently by its founding members and past presidents, the PSEM has geared its major activities to each and every aspect of endocrine practice:

- Continuing education through its annual conventions, weekend updates in endocrinology and diabetes, thyroid forum, its publications specifically the quarterly PSEM Endocrine Update, the interhospital endocrine grand rounds
- Training of endocrine fellows, the future leaders in the field through its accredited training institutions - initially the University of the Philippines-Philippine General Hospital and Makati Medical Center, and later Santo Tomas University Hospital and St. Luke's Medical Center.



- Certification of qualified endocrinologists through the certifying arm, Philippine Specialty Board of Endocrinology and Metabolism (PSBEM) - the PSBEM has certified 68 diplomates to date.
- Promotion of endocrine research - support of research initiatives in the field; the annual endocrine fellows' research forum, now in its 5th year, and the PSEM Research Grants in Endocrinology and the PSEM-Servier Research Grant in Diabetes.
- Forming of alliances with national and international societies - as a specialty society of the Philippine Medical Association (PMA), a component society of the Philippine College of Physicians (PCP), and a member of the International Society of Endocrinology (ISE); hosting international endocrine meetings like the 7th Meeting of Asean and Pacific Endocrine Societies in 1994 and the very successful 8th Congress of the ASEAN Federation of Endocrine Societies (AFES) in 1995. Again in December 7-10 2005, the PSEM will be co-hosting the 13th AFES Congress in Manila.

Today, the PSEM, is as strong as ever, from the initial 16 members in 1961, it now has 134 members. Through the four decades of its existence, the PSEM has developed and matured into a highly organized society, charting the future with clear directions and goals, as concretized in its Mission and Vision. Indeed, the PSEM continues to lead the way towards excellence in endocrine practice in the Philippines.



**Philippine Society of Endocrinology and Metabolism
Officers and Board of Directors**



Standing from left: Dr. Patricia B. Gatbonton (Director); Dr. Elizabeth Paz-Pacheco (Immediate Past President);
Dr. Gabriel V. Jasul, Jr. (Director); Dr. Leilani Mercado-Asis (Director); Dr. Laura Trajano-Acampado (Treasurer)

Seated from left: Dr. Josephine Carlos-Raboca (Secretary); Dr. Roberto C. Mirasol (President);
Dr. Rosa Allyn G. Sy (Vice-President)

Not in the picture: Dr. Cynthia H. Manabat (Director)







S I N G A P O R E

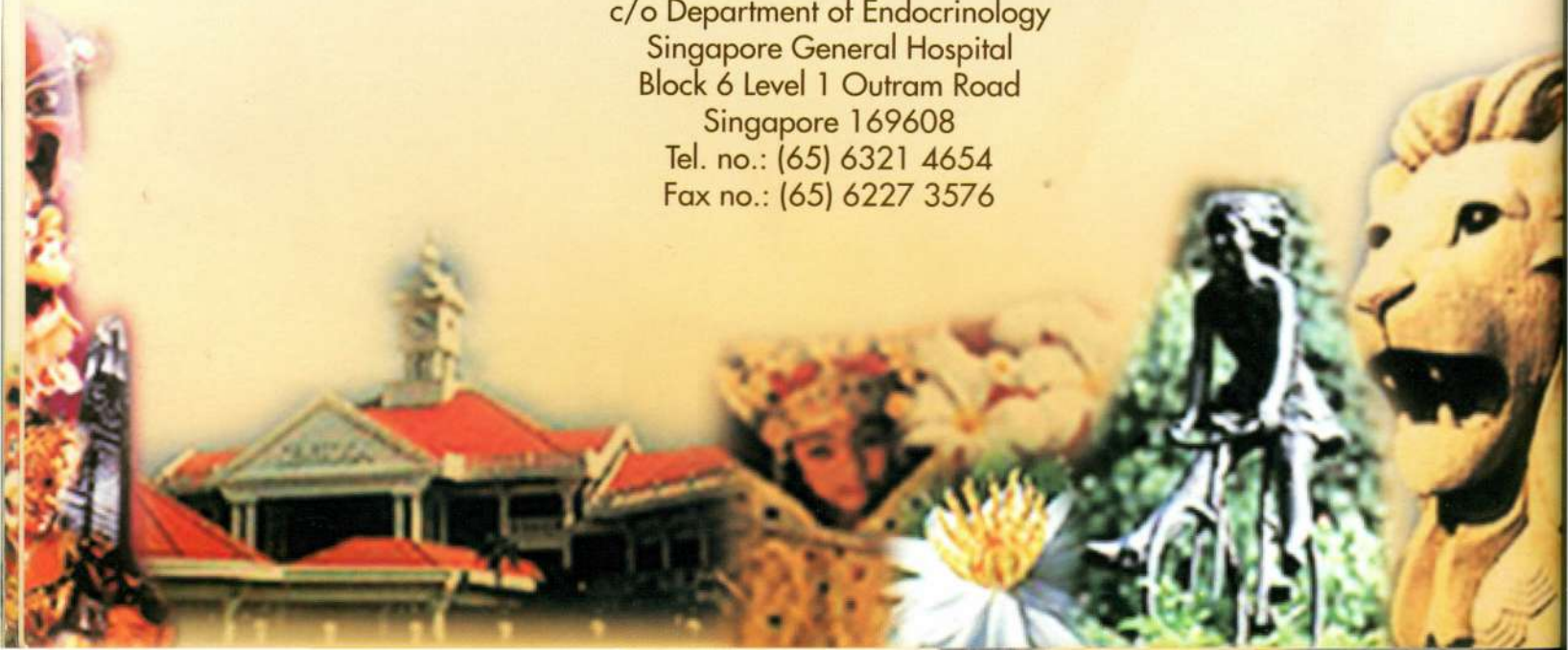
**ENDOCRINE & METABOLIC
SOCIETY OF SINGAPORE**

**EMSS Office Bearers and Executive Committee
Year 2003 - 2004**

President	:	Dr. Daphne Khoo
Vice-President	:	A/Prof. Rajasoorya
Honorary Secretary	:	Dr. Michelle Jong
Honorary Treasurer	:	Dr. Winston Kon
Committee Members	:	Dr. Chionh Siok Bee
		Dr. Vanessa Au
		Dr. Goh Su Yen
		Dr. Angela Koh
		Dr. Daniel Wai
		Dr. Yeoh Swee Inn
		Dr. Ho Su Chin
		Dr. Melvin Leow

EMS SECRETARIAT

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Professor Lim Pin
Founding Member

It is my pleasure to join the organizing committee in welcoming delegates to the 12th AFES meeting. AFES has grown in size and stature since its foundation some 2 decades ago. This is specially gratifying to me personally because as the founder president of the Endocrine and Metabolic Society of Singapore (EMSS), I had the privilege of initiating and presiding over the formation of AFES itself. Over the years the objectives of AFES clearly have not changed, namely, to share clinical and scientific experiences and to promote collaboration among fellow endocrinologists across national boundaries in ASEAN. The way these objectives can be met has been greatly enhanced by the advances and growing availability of information technology. However, the greater ease of remote communication still needs to be complemented by face-to-face interaction and discussions, not least to renew friendship and establish new contacts and to foster the sense of fellowship and camaraderie amongst ourselves.

I am glad EMSS is hosting the AFES meeting this year. The organizing committee has spared no effort to make it a success. I am confident they will uphold the high standards expected and I wish all of you a very profitable, enjoyable and memorable meeting.





Daphne Khoo, MD

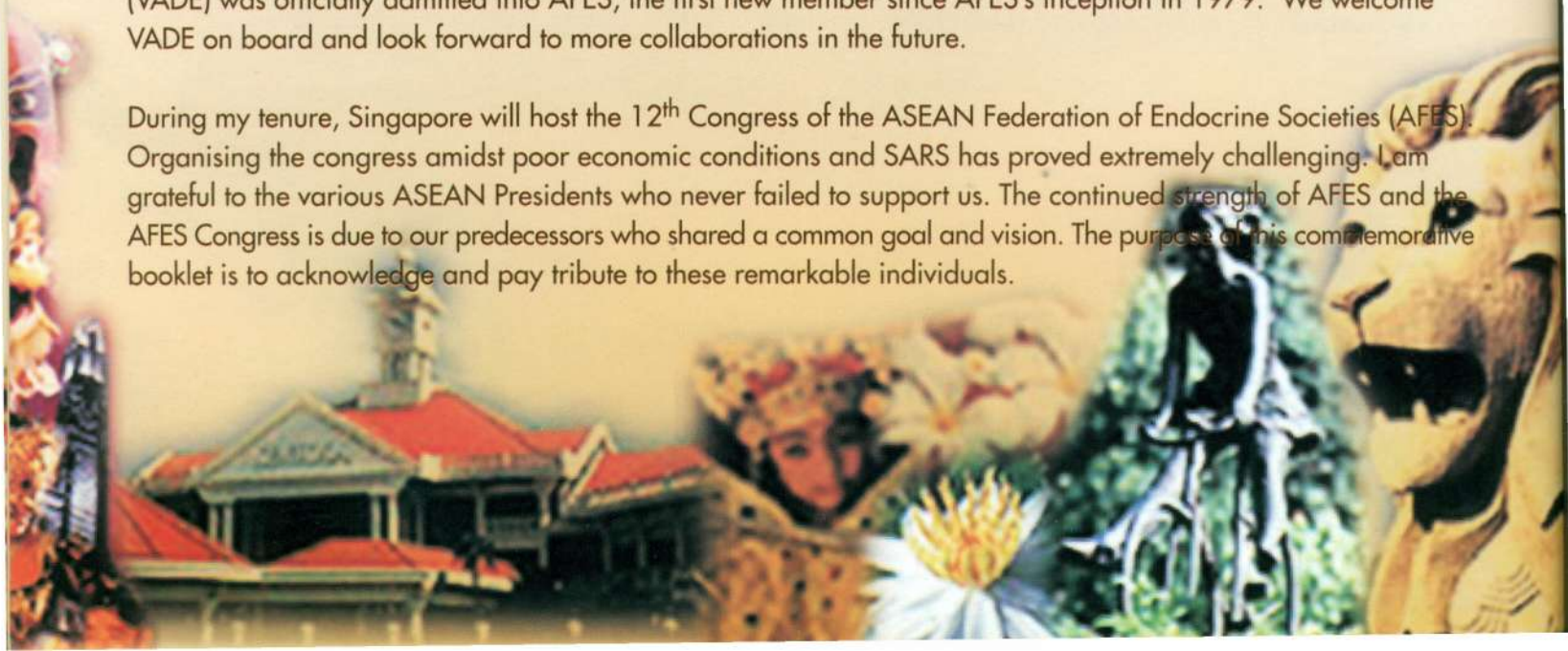
President

*Endocrine & Metabolic Society of Singapore
2001-2003*

The Endocrine and Metabolic Society of Singapore (EMSS) has gone from strength to strength over the years. The number of trained endocrinologists in Singapore currently stands at approximately 40 with some 3-4 endocrinology trainees recruited annually. Metabolic diseases such as diabetes, obesity and hyperlipidaemia have been identified as high priority areas in Singapore. Of late, osteoporosis has received increasing attention. While iodine deficiency has never been an issue, thyroid diseases, particularly Graves' Disease, are common constituting the second most frequent indication for referrals to endocrine centres after diabetes. The country now has 5 accredited training centres for endocrinology and fellows from Malaysia, Vietnam, Brunei, Philippines, Indonesia, Myanmar and China have spent time in these centres. In recent years, there has been an increasing emphasis on research and this year, EMSS initiated the forming of national diabetes as well as pituitary-adrenal research networks. The society awards 2 research grants annually with preference given to young investigators. Increasing numbers of our members are moving into research careers, enrolling into PhD and clinician-scientist programmes. Education of family physicians on endocrine topics remains a key role of the society which co-sponsors at least one such talk each month.

EMSS is proud of its long association with AFES. The founding fathers of EMSS also played key roles in the setting up of AFES. On 26th October 2002, EMSS was privileged to host the first meeting of AFES Presidents to discuss Vietnam's application to join AFES. On 18th November 2002, the Vietnam Association of Diabetes and Endocrinology (VADE) was officially admitted into AFES, the first new member since AFES's inception in 1979. We welcome VADE on board and look forward to more collaborations in the future.

During my tenure, Singapore will host the 12th Congress of the ASEAN Federation of Endocrine Societies (AFES). Organising the congress amidst poor economic conditions and SARS has proved extremely challenging. I am grateful to the various ASEAN Presidents who never failed to support us. The continued strength of AFES and the AFES Congress is due to our predecessors who shared a common goal and vision. The purpose of this commemorative booklet is to acknowledge and pay tribute to these remarkable individuals.



The Endocrine and Metabolic Society of Singapore : *Towards Excellence in Endocrinology*

The **Endocrine and Metabolic Society of Singapore (EMSS)** was first formed in 1978. The primary aims of the society were to:

- a) Advance the knowledge and practice of medicine in the field of endocrinology and metabolism
- b) To promote research in the Republic of Singapore in endocrinology and metabolism
- c) To organize regular scientific discussions and practical demonstrations on subjects relating to endocrinology

The early membership comprised of endocrinologists, gynaecologists, general physicians, biochemists, family physicians, paediatricians and surgeons. As a start, endocrine lectures and symposia were held in conjunction with the Chapter of Physicians of the Academy of Medicine, Singapore. Research grants were first awarded in 1980.

The founders of EMSS were also keen to see the development of a regional endocrine society embracing similar objectives. The idea of forming an ASEAN Federation of Endocrine Societies (AFES) was floated amongst the endocrinologists from the various ASEAN countries in July 1979. The opportunity to meet the various physicians arose during the 14th Singapore-Malaysia Congress of Medicine. Professor Lim Pin convened a meeting of endocrinologists from the ASEAN region on the 22nd of July 1979. A pro-team management committee was formed to explore the idea further. Singapore's first representatives were Professor Lim Pin and Associate Professor Peter PB Yeo.

By 1983, the society was well established. The number of research grants peaked at this time. Grants awarded that year included:

- a) Effects of steroid hormones on the rat hypothamic-pituitary -gonadal axis
- b) Serum 17OH progesterone, testosterone, dihydrotestosterone and sex hormone binding globulin response to human chorionic gonadotropin stimulation and exogenous testosterone in children with varying degrees of hypospadias
- c) Derangement of lipid metabolism in thyroid disorders
- d) Role of steroid hormones in early embryonic development and implantation
- e) Serotonin and reactive hypoglycaemia

The quality and diversity of the research reflected the vibrancy of the endocrine community at that point. The society's annual scientific meeting that year included luminaries such as Prof. Reginald Hall as well as numerous internationally renowned diabetologists.

Despite a promising start, membership of the society dwindled in the mid and late 80s as multiple new specialist societies were formed. Nonetheless the society continued in its mission of holding regular talks and supporting endocrine research. It hosted the AFES Congresses in 1989 as well as 1997. In the early and mid 1990s, the Singapore government recognized the need to train more endocrinologists and this led to a resurgence of interest in the society's activities. The number of registered endocrinologists in Singapore has grown some fourfold over the past 15 years. The recent years have seen some important developments in EMSS. In 2002, the society in conjunction with the Diabetic Society of Singapore and the Association of Diabetes Educators of Singapore certified the first batch of accredited diabetes educators. 2003 saw the society setting up national diabetes as well as pituitary-adrenal networks to promote research in these areas. As more and more young individuals enter this exciting and constantly evolving field, we are optimistic that the society will scale new heights in its efforts to meet its' members needs in terms of support and promotion of endocrine education and research.



**Endocrine and Metabolic Society of Singapore
Executive Committee Members 2003**



Standing from left: Dr. Lim Su Chi, Ms. Christina Ang, Dr. Goh Su-Yen, Ms. Jocelyn Fan, Dr. Angela Koh, Dr. Daniel Wai

Seated from left: Dr. Chionh Siok Bee, Assoc. Prof. C. Rajasoorya, Dr. Daphne Khoo, Dr. Michelle Jong

Not in picture: Dr. Vanessa Au, Dr. Ho Su Chin, Dr. Winston Kon, Dr. Melvin Leow, Dr. Yeoh Swee Inn, Ms. Celestine Lee



BE 2524



AD 1981

สมาคมต่อมไร้ท่อแห่งประเทศไทย

THE ENDOCRINE SOCIETY OF THAILAND

**The Endocrine Society of Thailand
Executive Board Yr. 2002-2004**

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Thanpuying Srichitra C. Bunnag, MD, PhD

Founding Member

Past President, AFES 1982 - 1983

I would like to thank you and the Organizing Committee of the 12th AFES Congress in Singapore for giving a deep concern in giving recognition to the founding members of the AFES.

By the end of 1964, when I began to work at King Chulalongkorn Memorial Hospital, Faculty of Medicine, Chulalongkorn University, there were only few endocrinologists in Thailand as well as other ASEAN countries. Around 1979, my colleagues, Associate Professor Sunit Chandraprasert, Professor Dr. M.R. Puttipongse Varavudhi and I planned to form the Endocrine Society of Thailand which was then established in 1981. At the same period, I had the great opportunity to contact and meet Professor Utojo Sukaton, our eldest brother from Indonesia, Professor Dr. B.E. Mustaffa-Malaysia, Professor Augusto D. Litonjua - Philippines, Professor Peter P.B. Yeo, Singapore for several occasions concerning our united cooperation in attracting and building up more physicians to be interested in the field of Endocrinology. After long discussion of benefits and risks, we all finally established the ASEAN Federation of Endocrine Societies in the meeting held at Merlin Hotel, Kuala Lumpur, Malaysia.

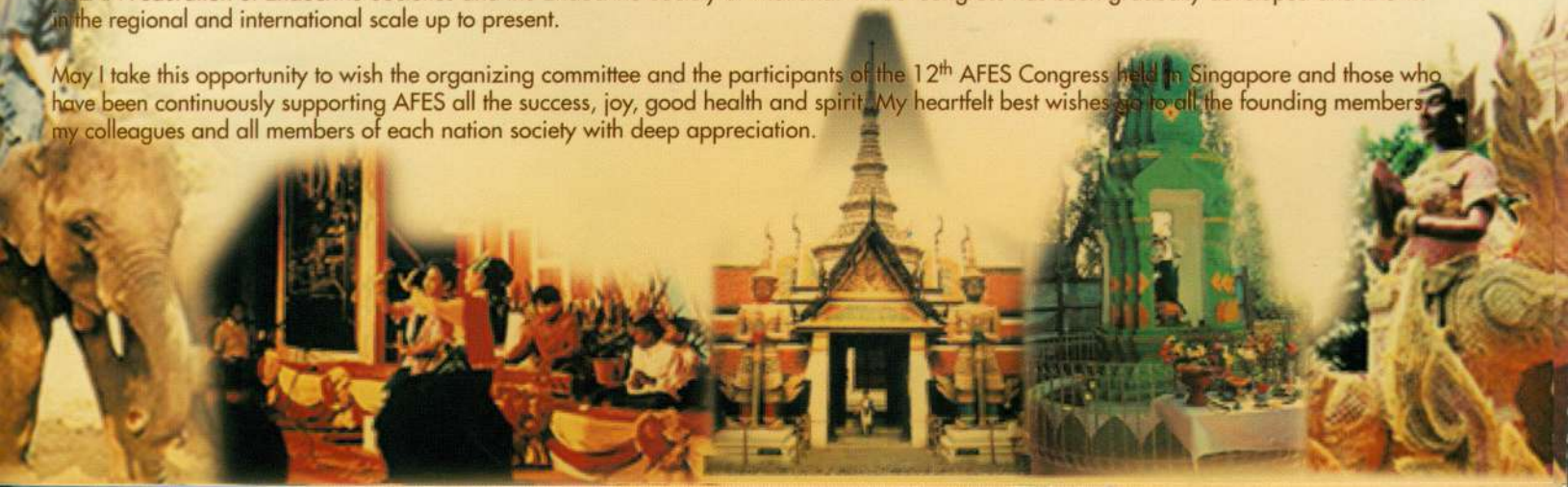
The objectives of the AFES, as outlined in the constitution, are as follows:

1. To promote and coordinate activities among the component endocrine societies.
2. To advance the knowledge and practice of medicine in the field of endocrinology and metabolism in the member countries.
3. To promote research in endocrinology and metabolism with an emphasis on regional problems.
4. To organize regular scientific meetings and practical demonstration on subjects related to endocrinology and metabolism.
5. To acquire, establish, print and publish books, magazines, periodicals, leaflets or other literary or scientific works that the Federation may think desirable for the promotion of its objectives.

Above all, the goal of AFES is to strengthen the cooperation and understanding among member scientists of every ASEAN countries in order to meet the goal of AFES for the better medical care in the field of endocrinology and metabolism in their own native lands to improve the quality of life of people suffering from endocrine and metabolic diseases as well as promotion of healthcare and to deliver appropriate preventive measures in non-communicable diseases. Professor Utojo Sukaton was the first President of AFES, who organized the first memorable AFES Congress in Yogyakarta, Indonesia in 1981 to live up the spirit that was first experienced among members in sharing and exchanging knowledge. After that time, the AFES has been held every two years by taking turn to be the host country and usually going by alphabetical order. The journal of ASEAN Federation of Endocrine Societies (JAFES) has been subsequently circulating, distributed to all members of each nation's society.

Bangkok Palace Hotel was the venue of the Second AFES Congress as a part of bicentennial celebration of Bangkok, the capital city of Thailand in 1983. We had a great pleasure to hold the main 2nd Congress of AFES and the Pre-Federation Course "Diabetes Mellitus in General Medicine" on 26-29 November, 1983 under the auspices of the Joslin Diabetes Center, Harvard Medical School, International Diabetes Federation, the ASEAN Federation of Endocrine Societies and the Endocrine Society of Thailand. AFES Congress has been gradually developed and known in the regional and international scale up to present.

May I take this opportunity to wish the organizing committee and the participants of the 12th AFES Congress held in Singapore and those who have been continuously supporting AFES all the success, joy, good health and spirit. My heartfelt best wishes go to all the founding members, my colleagues and all members of each nation society with deep appreciation.





Wannee Nitiyanant, MD

President

The Endocrine Society of Thailand

Dear Colleagues,

First of all, allow me to thank Dr. Daphne Khoo and Dr. Elizabeth Paz-Pacheco who initiate and make this commemorative booklet successfully printed out.

It gives me great pleasure to see the ASEAN Federation of Endocrine Societies matures more than two decades. In my opinion, the federation has achieved its own objectives to a certain extent. The outstanding achievement is the continuity of the congress activities. The biennial meeting creates great opportunity for the members of each association to exchange new information, ideas and knowledge. Moreover, the friendship and cooperation between member countries have been strengthened.

Many thanks to all founder members for their vision and task to establish the federation. My appreciation and congratulation send to the first president of the ASEAN Federation of Endocrine Societies and all the successors who devoted their effort and time to keep the federation in progress.

In deed, Dr. Daphne Khoo, the present president of the ASEAN Federation of Endocrine Societies and all council members of AFES have nicely stimulated everybody to think about our federation. All tasks achieved were recorded in this commemorative booklet. It is now and next steps that how should the federation move. I hope that this coming "President Meeting" (meeting of council members of AFES) during the 12th Congress of the ASEAN Federation of Endocrine Societies in Singapore will bring up some action plan for future movement of the federation.

Certainly, contribution and cooperation from each country association members are of vital importance. I am sure, the willingness and bond of friendship among association members of AFES will bring about the progressive advancement of our federation. So, everybody please join!



The Endocrine Society of Thailand: Training and Research Towards Promoting Health for All

The Endocrine Society of Thailand was established in 1981 in connection with the organization of the ASEAN Federation of Endocrine Societies (AFES). The Society's major goals were to be the center for endocrinologists, scientists and those interested in endocrinology, be the center responsible for training in endocrinology, promoting scientific activities and research in endocrinology and establishment of connection with other international endocrine societies. The Society's constitution has 14 items. The items were modified once in 1999, reflecting changes in membership fee and election process as well as number and term of the executive board.

At the beginning, the Society was only able to recruit less than 100 members. They were endocrinologists, doctors and scientists interested in endocrinology. The members were gradually built up to 400 at the present. Throughout 22 years of three presidential careers, the Endocrine Society of Thailand has made significant progression. Sincere thanks to all of the former presidents, Prof. Sunthorn Tandhanand, Prof. Thanpuying Srichitra C. Bunnag and Prof. Apichati Vichayanrat.

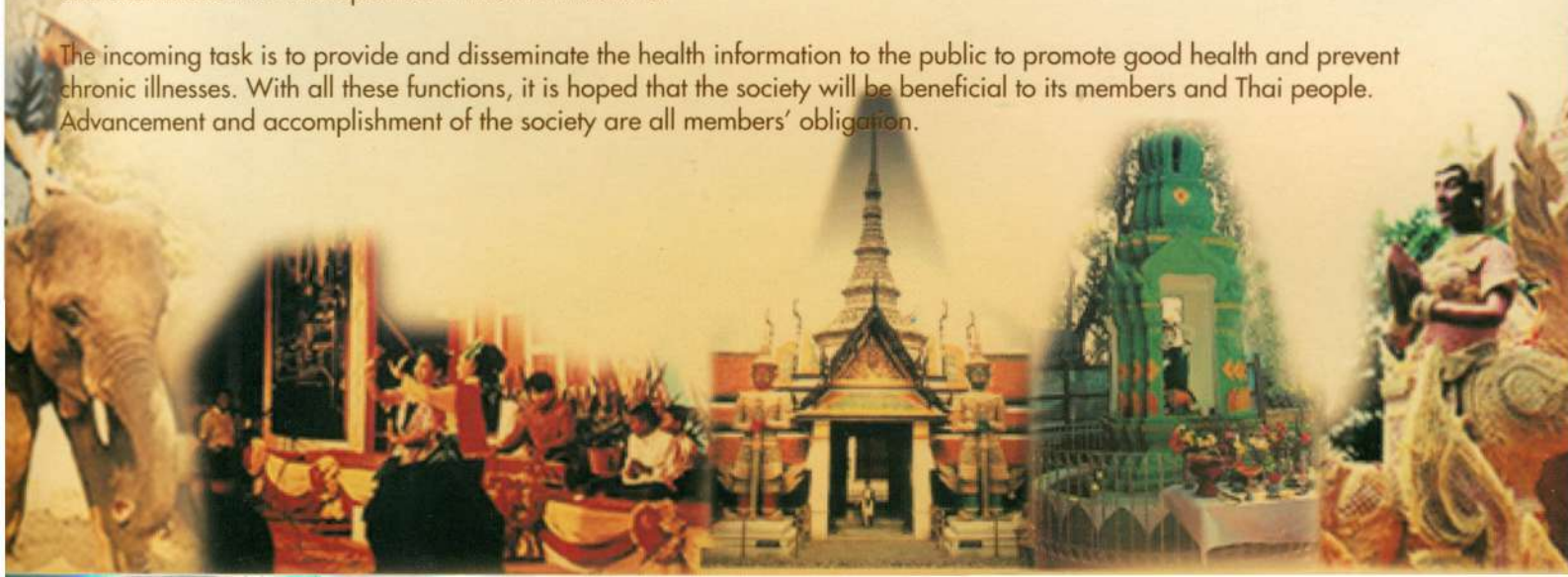
The scientific activities of the Endocrine Society of Thailand started off with the annual meeting, educational course for general practitioners and inter-hospital conferences. Ten years ago, under the presidency of Prof. Thanpuying Srichitra C. Bunnag and Prof. Rajata Rajatanavin as the Chairman of Scientific Committee, an "Endocrine Weekend" was initiated. "Endocrine Weekend" is not only the forum for scientific brush-up but also serves as a relaxing atmosphere for getting together among members' families, acquainting new friends and strengthening friendship. These activities are actively continuing to the present year.

The Endocrine Society of Thailand offers many grants and awards yearly to its members. They are as follows:

1. "Grant for Attending the Meeting" is given to investigators for presentation the scientific works in the international meetings, started in 1997.
2. "Servier Award for Distinguished Clinical Research in Diabetology" started in 1997. The award goes to the best paper in diabetology presented in the Annual Meeting of the Endocrine Society of Thailand.
3. "Aventis Distinguished Diabetes Service Award" started in 2001. This award has 2 categories. One is for "person" who devoted to diabetes care and the other one is for those working in "team" devoting to diabetes service.
4. "GlaxoSmithKline Diabetes Research Grant" is given to researcher who applied for support of research work in the area of type 2 diabetes mellitus. The grant started in 2001.
5. "Endocrine Society Award for Distinguished Research in Endocrinology" started in 2002. The award goes to the best paper in endocrinology presented in the Annual Meeting of the Endocrine Society of Thailand.
6. "GlaxoSmithKline Endocrine Research Award" beginning this year, is awarded to one with valuable publication during the past year.

The training curriculum of subspecialty in Endocrinology and Metabolism was started in 1993. The diploma is under the auspices of the Royal College of Physicians of Thailand. Currently, there are approximately 80 certified endocrinologists by this board management. The society also works in concert with the Royal College of Physicians of Thailand in the training and examination for the diplomas in Internal Medicine.

The incoming task is to provide and disseminate the health information to the public to promote good health and prevent chronic illnesses. With all these functions, it is hoped that the society will be beneficial to its members and Thai people. Advancement and accomplishment of the society are all members' obligation.

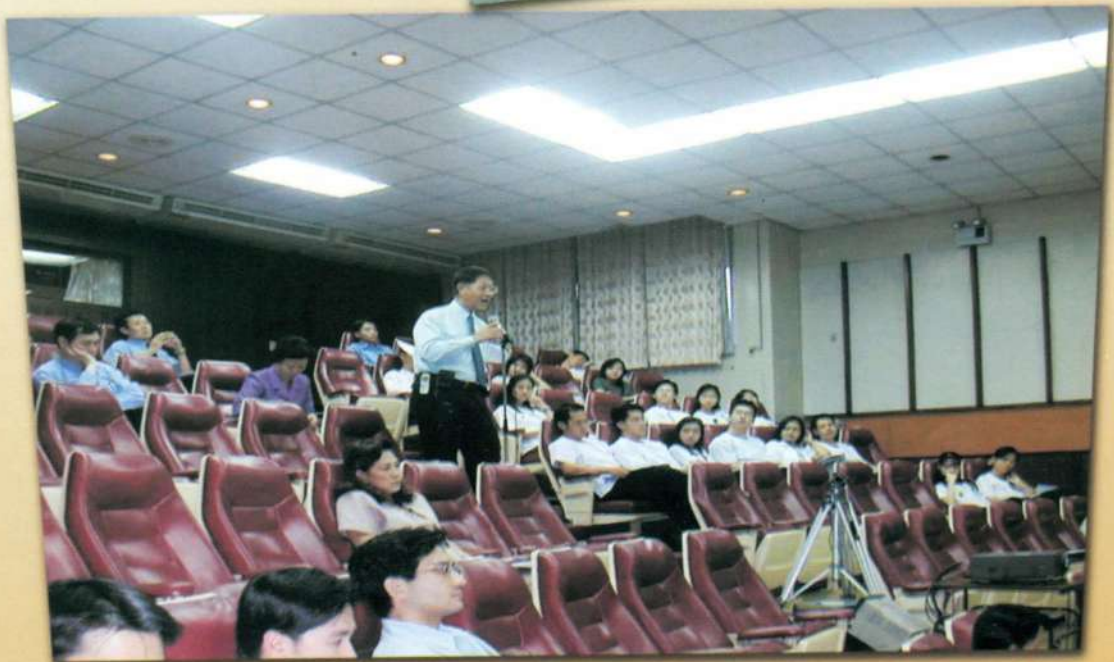


The Endocrine Society of Thailand Council Members



Seated from left: Dr. Thep Himathongkam, Dr. Apichati Vichayanrat, Dr. Sunthorn Tandhanand, Dr. Wannee Nitiyanant,
Dr. Rajata Rajatanavin

Standing from left: Dr. Boonsong Ongphiphadhanahul, Dr. Sompong Suwannawalaikorn, Dr. Supawadee Likitmaskul,
Dr. Chardpraorn Ngarmukos, Dr. Yupin Benjasuratwong, Dr. Ajmpica Mangklabruks, Dr. Ampha Suthijumroom,
Dr. Chaicharn Deerochanawong, Dr. Thavatchai Peerapatdit



VIETNAM ASSOCIATION OF DIABETES AND ENDOCRINOLOGY

Bachmai Hospital, 78 - Giaiphong Avenue, Hanoi, Vietnam
Tel: 84. 4. 5760 732 Fax: 84. 4. 8691 607

VADE Officers Yr. 2003

President	:	Prof. Tran Duc Tho
Vice-President	:	A/Prof. Mai The Trach Prof. Nguyen Thu Nhan Prof. Thai Hong Quang A/Prof. Nguyen Hai Thuy A/Prof. Nguyen Thy Khue
General Secretary	:	Dr. Pham Thi Hong Hoa
Deputy General Secretary	:	Dr. Ta Van Binh A/Prof. Tran Huu Dang Dr. Nguyen Thi Bich Dao

- Central Committee includes 23 other Doctors





Prof. Tran Duc Tho

Founding Member

President, Vietnam Association of Diabetes and Endocrinology

It is our great honor to attend the 12th AFES Congress in Singapore as the youngest member in AFES family. On behalf of Vietnam Association of Diabetes and Endocrinology (VADE), I would like to express my sincere thank and deep gratitude to Presidents of AFES Societies, particularly to Dr. Daphne Khoo, for their effort to support VADE accede to AFES.

In Vietnam, Endocrinology is considered as a rather young science. In the years from 1960 to 1980, there was only some doctor working as endocrinologist, and endocrine diseases weren't studied as (in) other countries. However, in recent years, along with the development of our economy, these diseases have increased dramatically. From 1990 to 2000, the prevalence of diabetes was double, and in big cities, the prevalence is as high as 4%. Due to bad awareness, the majority of our patients are diagnosed late or when they have complications, that's why the treatment is difficult. At the moment, we meet big challenges like both the developed countries and the developing countries.

Although VADE is only 2 years old, but its branches founded earlier in Hanoi and HoChiMinh city had taken part actively in practice medicine in the field of diabetes and endocrinology for long time. Now, VADE is playing key role in running National health Programs in the domain of endocrine, like Diabetes program, or Early detection and management hypothyroidism in neonatal and infant, or Iodine deficiency disorders control Program... Projects sponsored by pharmaceutical companies are carried out, with the aims at early detection and better management diabetic patients. Training is always our most important duty; from 4 to 5 doctors and nurses have opportunity to go abroad to study in endocrine and metabolic field each year. In addition to 2 national scientific Congress in 2001 and 2003, symposia, and short training courses are opened regularly in both cities and provinces. It brings Vietnamese Endocrinologists valuable knowledge and experience because the lecturers come from many countries, including ASEAN such as America, Australia, France, Singapore, Malaysia... they are specialists not only in fields of thyroid, diabetes or osteoporosis but also in fields of cardiovascular, diabetic nephropathy...

There are now nearly 100 endocrinologists, working in central hospitals only but in coming years, when department of endocrinology is established at provincial hospitals, we certainly need more well-trained staffs. Finding the assistance from AFES Societies, especially in the field of training, is one of the top priorities in the plan of VADE. Being an official member of AFES has opened new prospect for success and effective in co-operation between VADE and AFES Societies. I myself believe that our colleagues will have more chance to take part in researches and activities of AFES to improve their professional knowledge.

On this occasion, I would like to send my warmest greetings to all delegates and speakers to the 12th AFES Congress. Many thank to the Endocrine and Metabolic Society of Singapore for effort in organizing successful this Congress despite of SARS epidemic and world-wide economic slowdown. I look forward to receiving you in Vietnam in future.





Professor Mai The Trach

Founding Member

First Vice-President, Vietnam Association of Diabetes and Endocrinology

- Full Baccalaureate 1952 (Paris France)
- PCB and 1st year of medicine 1954-1956 (Paris France)
- Doctor of Medicine 1960 (Ha Noi-Vietnam)
- Chief of Department of Endocrinology of Nguyen Tri Phuong hospital (Ho Chi Minh City)
- Chief of Department of Endocrinology in Medicine Faculty-Ho Chi Minh City Professor of Endocrinology
- Consultant cabinet (from 1992)
- Member of French language association for studying diabetes and metabolic disease (ALFEDIAM)
- Member of International Federation of Diabetes (IDF)
- Former President of Association of Studying Diabetes and Endocrine Disease - Ho Chi Minh City



Vietnam Association of Diabetes and Endocrinology: *The Birth of a New Endocrine Partner in ASEAN*

It was on October 2001 during its first National Congress that the Vietnam Association of Diabetes and Endocrinology (VADE) was founded. VADE was formed based on its two main components, the Hanoi City Association of Endocrinology and the Ho Chi Minh City Association of Endocrinology, with the great contribution of its two Presidents, Prof. Tran Duc Tho and A/Prof. Mai The Trach respectively. Dr. Pham Hong Hoa, Deputy Head of the Department of Endocrinology at the Bachmai Hospital in Hanoi, also made her great part on the founding process of VADE. She was responsible for seeking the permission from the government to establish VADE. Prof. Tran Duc Tho was subsequently elected President of the newly formed organization, with A/Prof. Mai The Trach appointed Vice-President together with four other Vice-Presidents and Dr. Pham Hong Hoa as General Secretary. There are other Professors and doctors who have given their hands to the founding process of VADE. They are Prof. Le Huy Lieu, the late president of Hanoi Association of Endocrinology and A/Prof. Nguyen Thy Khue, present head of the Department of Endocrinology at the Ho Chi Minh City Medical and Pharmacy University. The headquarters of the association was then established in Hanoi City, the capital of SR Vietnam. The membership is about 500 including doctors, pharmacists, and other specialists working in related fields.

During the past years, VADE has held scientific activities in Hanoi, Hue, and Ho Chi Minh City. Its first Scientific Congress was on October 2001 in Hanoi City and the second was held in Ho Chi Minh City last April 2003, participated by 300 Vietnamese doctors, pharmacists and foreign speakers. The next National Congress is scheduled in 2005. VADE has co-organized meetings with other associations on Lipid Disorders and Diabetes Mellitus complications. VADE has also conducted short training courses for local hospitals in Hanoi, Hue, and Ho Chi Minh City and other provinces. It has provided specialty documents, text books in Endocrinology for its members and published journals in Endocrinology and Metabolism Disorders. VADE members have participated in national health programs such as Epidemiological survey on Diabetes Mellitus and the Prevention and Treatment of Iodine Deficiency.

VADE has established international cooperation. Leaders of VADE have attended regional and international scientific meetings. It has invited foreign specialists from Japan, Singapore, Australia, France, and USA to conduct lectures for Vietnamese doctors. It cooperated with non-government organizations to set up Diabetes Centers in Hanoi and VADE has signified its interest to join other international endocrine and diabetes societies and federations in the Asia-Pacific region especially the ASEAN Federation of Endocrine Societies (AFES). Vietnamese endocrinologists have been participating in the AFES congresses since 1993. In 1997, during the AFES Congress held in Singapore, Vietnamese representatives presented two reports authored by Dr. Nguyen Thy Khue (Choray Hospital, Ho Chi Minh City) and Prof. Le Huy Lieu (Bachmai Hospital, Hanoi).

On October 2002, during a meeting in Singapore, hosted by the Endocrine and Metabolic Society of Singapore, Vietnam Association of Diabetes and Endocrinology (VADE) officially joined AFES.



Vietnam Association of Diabetes and Endocrinology Central Committee Members



From Left to Right

First Row: Dr. Nguyen Van Hoa, Department of Internal Medicine, Thanh Nhan Hospital – Hanoi; Dr. Nguyen Van Quynh, Head, Department A1, 108 Hospital – Hanoi; Dr. Nguyen Kim Luong, Department of Internal Medicine, Thai Nguyen General Hospital – Thainguyen Province; Dr. Thai Thi Tuyet Mai, Department of Endocrinology, Nguyen Trai Hospital – Ho Chi Minh City; Dr. Nguyen Thi Bich Dao, Vice-President, Ho Chi Minh City Association of Endocrinology and Diabetes; Dr. Pham Thi Hong Hoa, General Secretary, Vietnam Association of Diabetes and Endocrinology; Prof. Thai Hong Quang, Vice-President, Vietnam Association of Diabetes and Endocrinology; Prof. Nguyen Thu Nhan, Vice-President, Vietnam Association of Diabetes and Endocrinology; Dr. Bui Thi Hiep, Vice-President, Hanoi Association of Medicine; A/Prof. Nguyen Thy Khue, Vice-President, Vietnam Association of Diabetes and Endocrinology; Dr. Nguyen Thi Hoa, Department of Endocrinology, Nguyen Tri Phuong Hospital – Ho Chi Minh City; Dr. Diep Thi Thanh Binh, Vice-President, Ho Chi Minh City Association of Endocrinology and Diabetes; Dr. Ngo Thi Hanh, Department of Endocrinology, Viet Tiep Hospital – Haiphong City; Dr. Nguyen Thi Hoan, Head, Department of Endocrinology, National Children Hospital – Hanoi; A/Prof. Cao Quoc Viet, Department of Endocrinology, National Children Hospital – Hanoi; Dr. Nguyen Vinh Quang, Hospital of Endocrinology – Hanoi

Second Row: Dr. Nguyen Quoc Huy, Department of Internal Medicine, 175 Hospital – Ho Chi Minh City; Dr. Nguyen The Thanh, Department of Internal Medicine, Nhandan Giadinh Hospital – Ho Chi Minh City; Prof. Mai The Trach, Vice-President, Vietnam Association of Diabetes and Endocrinology; Prof. Tran Duc Tho, President, Vietnam Association of Diabetes and Endocrinology; Prof. Tran Dinh Ngan, Head, Department of Endocrinology, 103 Hospital – Hatay Province; Dr. Ta Van Binh, Director, Hospital of Endocrinology – Hanoi; Dr. Pham Van Lang, Department of Internal Medicine, 175 Hospital – Ho Chi Minh City; Prof. Nguyen Vuong, Head, Department of Pathology, Bachmai Hospital – Hanoi; A/Prof. Tran Huu Dang, Head, Department of Gerontology, Hue Central Hospital – Hue Province; Dr. Vo Hoang Minh Hien, Head, Department of Endocrinology, Choray Hospital – Ho Chi Minh City; Dr. Tran Thi Bich Thuy, Nguyen Tri Phuong Hospital – Ho Chi Minh City; A/Prof. Nguyen Hai Thuy, Vice-President, Vietnam Association of Diabetes and Endocrinology; Dr. Phan Huy Anh Vu, Department of Internal Medicine, Dongnai Hospital – Dongnai Province; Dr. Trinh Ba Thoai, Department of Internal Medicine, Danang Hospital – Danang Province

Not in picture: Dr. Do Dinh Thang, Deputy Head, Department of Endocrinology, Choray Hospital – Ho Chi Minh City;
Dr. Nguyen Trong Khin, Associate Dean, Thaibinh Medical Faculty – Thaibinh Province;
Dr. Tran Quang Khanh, Department of Endocrinology, Ho Chi Minh City Medical and Pharmacial Faculty







Journal of the AFES



Professor Dato' Dr. Mustaffa Embong

Editor-in-Chief

Journal of the ASEAN Federation of Endocrine Societies (JAFES)

I am honored to be invited to say a few words on this auspicious occasion.

The Journal of the ASEAN Federation of Endocrine Societies (JAFES) was one initiative taken by the Federation to promote exchange of knowledge amongst members and to provide a platform to encourage young ASEAN endocrinologists to undertake research and publish findings.

The JAFES was planned in 1981 as a 6-monthly publication. The first publication of JAFES was undertaken by the Indonesian Society of Endocrinology in 1982, with articles sourced from the first AFES Congress held in 1981. The earlier arrangement was for the publication secretariat to be rotated every two years amongst member societies. The member society that had organised an AFES congress would thus be responsible to publish four issues of the Journal over the two years following the congress. This arrangement however did not work well: publication was erratic – it was always delayed and for many years, there was none.

In order to salvage this noble initiative by founding members, in 1997 Malaysia volunteered to be the permanent secretariat for JAFES and Professor Mustaffa Embong was appointed Editor-in-Chief. This has provided some stability to the publication as authors can now submit articles directly to a permanent secretariat. In order to provide a regional ownership, two editorial boards were established: one local (Malaysian) and an ASEAN editorial board consisting of two representatives from each member countries. Members of the latter were responsible in encouraging submission of papers to the Journal and could also act as "collecting centres" and reviewers for articles submitted by the respective country, before forwarding these to the permanent secretariat for publication.

JAFES is distributed free to all ASEAN endocrinologists through the respective societies. The cost of publication is offset through advertisements in the Journal. Member societies also contributed: the arrangement is that the member society that had just completed the AFES Congress would contribute a sum (from the proceeds of the congress) to cover for the publication of two issues of the Journal. Unfortunately, the cost of publication has significantly increased over the years (it is now about RM 10,000.00 per issue) while the two-yearly contribution remains almost the same!

While financial constraint is an issue, the bigger challenge is to ensure that JAFES is published regularly and on time. To make the Journal more current and relevant, we had hoped to publish four issues per year (quarterly publication). We have not been able to do that – in fact, for the last two years, we could only publish one issue of JAFES per year! We face two major problems: lack of articles and lack of reviewers. Many have complained that they are not keen to submit articles to JAFES because it is not in the *Index Medicus*. It is really a catch-22 situation as we cannot possibly be admitted into the *Index* unless we could ensure regular publication of high quality, peer-reviewed papers. Others complain that it takes too long to publish in JAFES. One reason for this is that we have to wait until sufficient number of articles is in place before publication (and this would take a long time if members are not submitting!). Another reason is the long delay before papers are reviewed (some never came back from reviewers in spite of repeated reminders!). We hope more (senior) members will come forward to volunteer as reviewers so that we can keep publication on time. It would also help if members of the ASEAN Editorial Board could encourage (especially young) endocrinologists from their respective countries to submit articles for publication in JAFES. I must acknowledge that we have received frequent contributions from Malaysia, Thailand and lately, from the Philippines. Professor Khalid Kadir (Malaysia) and Professor R. Rajatanarim (Thailand) have been extremely helpful in encouraging their young colleagues to submit articles to JAFES.

JAFES is the official Journal of the Federation and it would be a shame if its publication has to stop for lack of support from members. My sincere request is for members to be more committed to ensure success of our JAFES - the Journal that we can be proud of. JAFES would be topical and relevant with more articles from members and a team of expert reviewers. Please submit articles for publication in your JAFES. Please also volunteer as reviewers.

Malaysia has held the JAFES Secretariat since 1997, for almost seven years now. Perhaps it is time to pass the baton.

The Future of AFES



Daphne Khoo, MD

President

ASEAN Federation of Endocrine Societies (AFES)

The ASEAN Federation of Endocrine Societies was formally established in Kuala Lumpur on 22nd July 1979 by a core group of ASEAN endocrinologists and the first AFES Congress was held on 7th December 1980. Since then the congress has rotated biennially in alphabetical order through the member countries of Indonesia, Malaysia, Philippines, Singapore and Thailand. Through the shared vision and common sense of purpose of our founding members and the icons of ASEAN endocrinology that followed in their footsteps, AFES and the AFES Congress have gone from strength to strength. The endocrine communities within each member country have very different problems. In some countries, providing good basic medical care and public health issues such as iodine deficiency remain important problems. In others globalization and improved economies have resulted in an increase in lifestyle diseases such as diabetes, obesity and the metabolic syndrome. The numbers of trained endocrinologists within the region remain vastly inadequate to cope with total number of endocrine patients. 2002 saw the entry of Vietnam into AFES, our first new member since inception of the organization. Endocrinology in Vietnam is in its infancy and it is hoped that the more mature endocrine communities within AFES will contribute to accelerating the development of endocrinology in its newest member nation.

The last 6 years have been difficult ones for the region and the AFES Congress organizers. Since 1997, the Congress has been affected by the Asian economic crisis, September 11th and most recently SARS. Despite these problems, attendances at the meetings have remained healthy. This is testament to the strong spirit of cooperation and support between member countries. I hope and trust that Vietnam will be but the first of a number of other countries to join the expanded AFES fold. Let us work together in friendship and collaboration to help each other and to serve the needs of endocrine patients throughout our region.

Southeast Asia

