

2014 Joint ADIPS/SOMANZ Annual Scientific Meeting Report - Queenstown, New Zealand

The ADIPS-SOMANZ Joint Meeting for 2014 was deemed by everyone to be a huge success. This year the meeting took place in the picturesque setting of Queenstown, New Zealand, and in the days leading up to the conference there was some of the season's best snow. We had beautiful clear views looking out at the snow-capped mountains and the beautiful turquoise waters of Lake Wakatipu. Some even took the opportunity to take to the nearby ski slopes before the conference started.

The meeting started with a heated debate between David McIntyre (for) and Tim Cundy (against) on the topic of whether we should be all taking up the new WHO-endorsed diagnostic criteria for GDM. Both parties presented eloquent arguments and it was decided to be a draw. The heat was diffused by the following welcome drinks.

Friday sessions kicked off with some excellent presentations. We had a case-based revision on the different types of monogenic diabetes with Rinki Murphy. Peter Sly then presented a lecture on early life exposure to environmental toxicants and risk of T2DM and obesity, which may have made everyone start planning an overhaul of their kitchens to purge all plastics and non-stick frypans. Sandra Lowe presented the fabulous work SOMANZ has done to create an updated Hypertension Guidelines. After lunch we had a gut microbiota-themed afternoon. We learnt from Gerald Tannock about our 20 trillion gut microbes, and we're introduced to the potential roles for probiotics and prebiotics. These themes were further explored in the presentations of Julian Crane and Leonie Calloway looking at trials of probiotics in the prevention of eczema and GDM respectively. Karin Lust was the closing speaker for the day with a difficult management case which sparked much discussion.

Saturday we had Alan Barclay shed some light on the fructose debate. The take home message was to only limit food choices when there is good evidence to support this and to otherwise maintain the pleasure of eating - which seems like an excellent message! After this we delved into the field of epigenetics with Allan Sheppard and we were enchanted by the humble water flea, *Daphnia*. These sessions were followed by some excellent update sessions on the management of pregnancies complicated by Hyperparathyroidism, Congenital Adrenal Hyperplasia and Thyroid disease run by Aidan McElduff, David Cole, and Penny Hunt and Emma Parry respectively.

The final day of the conference was split into SOMANZ and ADIPS streams which were both very popular. Rosamund Hill presented an excellent overview of headache in pregnancy. Cecilie Lander a very practical guide to sensible prescription of AEDs in pregnancy. Peter Sly delved further into the health issues to children of home environment exposures to toxicants.

Jonathan Morris presented a review of the balance of risks in determining the best time to deliver in patients with diabetes in pregnancy. Then following morning tea the meeting concluded with further excellent presentations of cases in multiple sclerosis and stroke, presented by Deborah Mason and Lucille Wilkinson.

The poster presentations were also commended on their quality and the breadth of the researchers from medical students to post-doctoral.

Report By Dr Kate Poulsen

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