



# Thyroid NewsLetter

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Encouraging the Highest Standards of Research and Patient Care

## MESSAGE FROM THE PRESIDENT

Welcome to the Spring Issue of the BTA newsletter. With the conference season in full flow, I would like to urge you to attend the BTA annual meeting which will be held on June 14th in London. The executive committee has organised a stimulating programme with outstanding national and international speakers including a state-of-the-art symposium on Advances in thyroid Nodules and Cancer. Full details are contained in the Secretary's report, and I look forward to seeing many of you in my first year as President: please do register today!

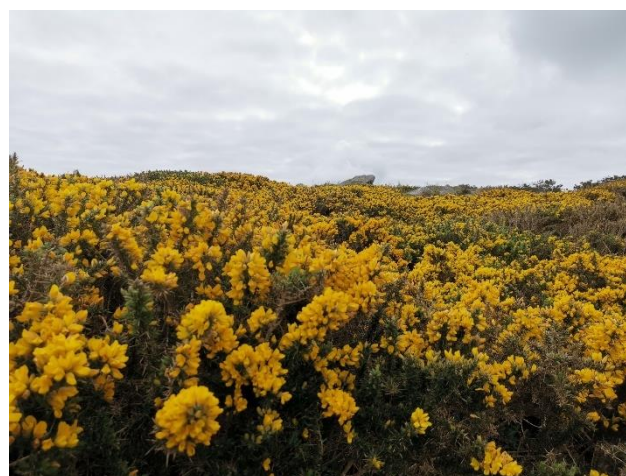
I am sure you are all aware of the stellar work that the British Thyroid foundation do in strengthening our links with patients. The BTF patient information leaflets are regularly updated and, recently, I had the pleasure to work with Alison Waghorn, President of the BAETS, to update the BTF information on what to expect following thyroid surgery. Indeed, I regularly signpost my patients to the BTF website and the information leaflets provided. In addition, the BTF have been instrumental in hosting a number of webinars for primary care physicians in liaison with the MIMS team. These have covered topics including management of hypo- and hyperthyroidism and have been very well received by all.

Finally, I would like to highlight an extremely insightful book written by Petros Perros entitled: "Seeking thyroid truths – a guide for

the curious". This has been written for patients and for anyone interested in the thyroid and covers a wide range of topics including the basics of thyroid gland function as well as extremely useful guidance on how to find, access, interpret and apply good quality evidence relating to thyroid diseases. I found it very well structured and easy to follow and would thoroughly recommend it. Laudably, all payments received from the publisher have been pledged to the BTF.

I hope you are all enjoying a bit of the long-awaited sunshine and that you manage to have a well-deserved break over Summer. I look forward to seeing you all soon.

**Kristien Boelaert, BTA President**



## From the Secretary

### BTA Annual Meeting 2024

We are very pleased to invite you all to the 72<sup>nd</sup> Annual Meeting of the British Thyroid Association, which will be held face-to-face at the excellent venue of the Royal College of Pathologists, London on **Friday 14<sup>th</sup> June 2024**.

As you can see, we have an exciting programme covering a breadth of thyroidology, and I am particularly looking forward to George Murray Lecture from Professor Graham Leese. In addition to the two interesting symposia with updates on thyroid diseases, we also have several oral and poster presentations of recent research in thyroid disorders.

I would like to congratulate Rashida Khan, Katie Brookes, Selvambigai Manivannan, Nwe Aung, Salo Guchmazashvili, Jessica Fear, Hassan Massalha, Lauren Quinn and Alan Yap, who have been awarded travel grants to present their research at the meeting.

I hope many of you will be able to join us at the meeting. We have a hugely reduced registration fee for trainees and nurses, please encourage your trainee and nurse colleagues to register.

**Please visit the BTA website** for further information and to register:

<https://www.btf-thyroid.org/Event/bta-meeting-20242>

Deadline for registration online: **Friday 31<sup>st</sup> May 2024**.



72<sup>nd</sup> Annual Meeting of the British Thyroid Association  
(Royal College of Pathologists, London; Friday 14<sup>th</sup> June 2024)  
Programme

Time	Title	Speaker
0900	Registration, Coffee	
0925	Welcome Address	Kristien Boelaert, BTA President
0930	Symposium: Advances in Thyroid Nodules & Thyroid Cancer Chairs: Christine May & Martin Read	
	Updated classification of thyroid pathology: what the clinician needs to know	Fernando Schmitt, Porto
	Molecular profiling for the diagnosis and management of advanced thyroid cancer	Jon Wadsley, Sheffield
	Genetics of syndromic thyroid cancers	Hannah Nieto, Birmingham
1100	Tea/Coffee & Poster viewing	
1130	Oral Communications (Clinical & Basic) Chairs: Nadia Schoenmakers & Peter Taylor	
1245	BTF Award Winner Update: Longitudinal changes in thyroid function in survivors of the Whickham cohort – association with health	Salman Razvi, Marian Ludgate
1300	Lunch & Poster viewing	
1400	British Thyroid Foundation Update	Cheryl McMullan, Julia Priestley
1410	George Murray Lecture (Sponsored by the RSR Limited): Personalizing Thyroid Epidemiology Chair: Kristien Boelaert	Graham Leese, Dundee
1445	Tea/Coffee Break & Poster Viewing	
1515	Symposium: Updates in thyroid diseases Chairs: Nicola Zammitt & Simon Pearce	
	Year In basic thyroidology	Graham Williams, London
	Immunotherapy for thyroid eye disease	Mario Salvi, Milan
	Immunotherapy-related thyroid dysfunction	Safwaan Adam, Manchester
1645	Prizes & Close of the Meeting	Bijay Vaidya, BTA Secretary

### BTA Trainee Day 2024

We had another hugely successful BTA Trainee Day on the 8<sup>th</sup> March 2024. In the virtual meeting, we had 3 bite-sized masterclass lectures on how to approach discordant thyroid function tests (Prof Mark Gurnell), hyperthyroidism in pregnancy (Dr Jackie Gilbert) and low-risk thyroid cancer (Mr Neil Sharma), followed by case-presentations from trainees.

Congratulations to Dr Emma Watts (winner) and Dr Mariana Abdel-Malek (runner-up), who won prizes for the best case presentations.

The recordings of the masterclass lectures from the meeting are available to watch free for a limited period at the BTA website.

I would like to thank Dr Fahad Arshad and Dr David Tansey, joint convenors of the trainee day, for brilliantly organising the trainee educational day.

### **Joint BTA-BTF Webinars**

In collaboration with the MIMS Learning, we recently had Joint BTA-BTF Webinars on Hypothyroidism and hyperthyroidism, which were well-received. The Next webinar will on Tuesday evening, **22<sup>nd</sup> October 2024**, Topic: Thyroid nodules and goitre, Speakers: Dr Carla Moran and Mr Ram Moorthy. Although the webinar is mainly for general practitioners, all interested healthcare professionals are welcome to register free. Further details will be published on the BTA and BTF websites soon.

### **Travel Grants to Attend ETA Meeting**

BTA is offering up to 2 travel grants (£750 each) to trainee or nurse BTA members presenting at the European Thyroid Association Meeting (Athens, Greece; 7-10 September 2024).

To apply, please email me with a copy of accepted abstract for presentation at the meeting. If there are more than 2 applications, the BTA Ex-Com will select the two best abstracts.

Deadline for application: **31<sup>st</sup> May 2024**.

### **Finally**

This is my last message as BTA Secretary in the newsletter as I will be stepping down from the role after the BTA Annual Meeting in June. I wish to thank all BTA ExCom members, and specially Prof Simon Pearce (Past President), Prof Kristien Boelaert (President), Dr Jackie Gilbert (Past Treasurer) and Dr Earn Gan (Treasurer), for their continuing support in the last 3 years. I am grateful to Julia Priestley, Cheryl McMullan and Bethany Frost at the British Thyroid Foundation for their superb administrative support. I am also thankful to Jane Bussell, who has been maintaining the BTA website for nearly a decade and wish her a very happy retirement. Although at times challenging, I have thoroughly enjoyed the role, particularly interacting with you BTA members through the newsletter, emails, or in-person during BTA meetings. I am delighted that Dr Nadia Schoenmakers is taking over the role from me as I am sure that she will be an excellent BTA Secretary.

**Bijay Vaidya, BTA Secretary**  
**[b.vaidya@exeter.ac.uk](mailto:b.vaidya@exeter.ac.uk)**

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## **Update from the British Thyroid Foundation**

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### **'Meet the Experts' webinars for patients and healthcare professionals**

We have continued our series of educational webinars featuring healthcare professionals from all disciplines. Our experts discuss aspects of the diagnosis and treatment of thyroid disease and give patients a valuable opportunity to have their questions answered. These events are popular with

patients and clinicians and can be used to improve patient understanding and help the decision making process. Please share details of these events with any patients and colleagues who may benefit from them. Recent topics covered include:

- Thyroid disease and wellbeing
- Endocrine Disrupting Chemicals and their effect on thyroid health

- Thyroid surgery

All webinars are available to watch online on the [BTF website](#).

## BTF leaflets

Did you know that last year the BTF sent out over 36,000 patient information leaflets free of charge to hospitals? If you would like to order patient literature for your hospital or clinic please order them through our [leaflet order form](#).

Three of our leaflets have been reviewed and updated recently. To see the latest version visit our website:

- [Guide to Thyroid disorders and Osteoporosis](#)
- [Guide to Thyroid Surgery](#)
- [Guide to Psychological Symptoms](#)

## Low iodine diet

The Low Iodine Diet (LID) is recommended for people who will be treated with RAI for thyroid cancer. Following feedback from patients and a review of the most recent evidence the LID factsheet has been updated. You can view the latest version of the LID on our website:

[Low iodine fact sheet](#)

## Keep in touch with the BTF

If you would like to be kept up to date with our events and activities, please follow us on social media. You can also subscribe to our regular newsletters for healthcare professionals by emailing [info@btf-thyroid.org](mailto:info@btf-thyroid.org) with the subject header 'Subscribe'.



**Julia Priestley & Cheryl McMullan**  
**British Thyroid Foundation**

## FUTURE MEETINGS

- British Thyroid Association Annual Meeting, London, UK, 14 June 2024 (<https://www.british-thyroid-association.org/dont-miss>)
- Endocrine Society Annual Meeting (ENDO2024), Boston, USA, 1-4 June 2024 (<https://www.endocrine.org/meetings-and-events/endo-2024>)
- European Thyroid Association, Athens, Greece, 7-10 September 2024 (<https://www.eta2024.com/>)
- British Association of Endocrine & Thyroid Surgeons Annual Meeting, London, UK, 3-4 October 2024 (<https://www.baets.org.uk/baets-2024-annual-meeting-london-3-4-oct-2024/>)
- Joint Irish-UK Endocrine Meeting, Belfast, UK, 14-15 October 2024 (<https://www.endocrinology.org/events/joint-irish-uk-endocrine-meeting/joint-irish-uk-endocrine-meeting-2024/>)
- American Thyroid Association, Chicago, USA, 30 October-3 November 2024 (<https://www.thyroid.org/2024-annual-meeting/>)