ENDONEWS
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A PUBLICATION OF THE ENDOCRINE AND METABOLISM SOCIETY OF NIGERIA (EMSON)
NEWSLETTER
Creating awareness and disseminating knowledge of endocrinology

JULY – SEPTEMBER 2023 (3RD QUARTER)
THE SIMPLE “MATHEMATICS” OF LIPID-LOWERING THERAPIES TARGETS IN ASCVD  
...Michael A. Olamoyegun

- LDL-C is central to the pathophysiology of atherosclerotic cardiovascular disease (ASCVD)
- Reducing LDL-C to appropriate guideline-directed goals is key to reducing ASCVD risks.
- How much LDL-C lowering to expect from any given lipid-lowering (LL) statin is expressed as a simple mathematical formula to guide to achieving LDL-C goals for patients with and at risk of ASCVD.
- Risk of developing atherosclerotic plaques and CVD events is associated with cumulative exposure to LDL-C.
- Achieving optimal LDL-C levels early in life and maintaining throughout may be more beneficial than later intervention with LLT (this is akin to ‘legacy effect’)
- ASCVD burdens dictate the treatment goals.
- ASCVD Burden = Clinical risks + LDL-C with ≥ 50% reduction from baseline.

ESC/EAS Guidelines: Treatment Goals for LDL-C Across Categories of CVD Risks

<table>
<thead>
<tr>
<th>CV Risks</th>
<th>SCORES</th>
<th>LDL-C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>&lt;1%</td>
<td>&lt;3.0 mmol/L (&lt;116 mg/dl)</td>
</tr>
<tr>
<td>Moderate</td>
<td>1 to &lt;5%</td>
<td>&lt;2.6 mmol/L (&lt;100 mg/dl)</td>
</tr>
<tr>
<td>High</td>
<td>5 to &lt;10%</td>
<td>&lt;1.8 mmol/L (&lt;70 mg/dl)</td>
</tr>
<tr>
<td>Very high</td>
<td>&gt;10%</td>
<td>&lt;1.4 mmol/L (&lt;55 mg/dl)</td>
</tr>
</tbody>
</table>

NOTE: Potential future goal in very high risk: < 1.0 mmol/L (39 mg/dl)

Intensity of Lipid Lowering Therapies (LLT)

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Average LDL-C reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate intensity Statin</td>
<td>30%</td>
</tr>
<tr>
<td>High intensity Statin</td>
<td>50%</td>
</tr>
<tr>
<td>High intensity Statin ezetimibe</td>
<td>65%</td>
</tr>
<tr>
<td>PCSK9-targeted siRNA therapy</td>
<td>50%</td>
</tr>
<tr>
<td>PCSK9 inhibitor</td>
<td>60%</td>
</tr>
<tr>
<td>PCSK9 inhibitor + High intensity Statin</td>
<td>75%</td>
</tr>
<tr>
<td>PCSK9 inhibitor + High intensity Statin + ezetimibe</td>
<td>85%</td>
</tr>
<tr>
<td>ACL inhibitor</td>
<td>15%</td>
</tr>
<tr>
<td>Selective cholesterol-absorption inhibitor</td>
<td>20%</td>
</tr>
</tbody>
</table>

NOTE: ASCVD risk reduction in patients with type 2 diabetes mellitus:

- With LVH/HF: SGLT2 inhibitor
- With ASCVD only: GLP1 RA
- Modification of CV risk factors: hypertension, hyperglycaemia, dyslipidaemia, & obesity (diet & physical activity)
EMSON AGMSC 2023 REPORT

The 2023 AGMSC tagged Garden City 2023 has come and gone with very exciting and memorable events taking place through out the 4 days event. The theme for the conference was ‘Diabetes Mellitus Foot Syndrome: Multidisciplinary Care Approach-where are we now?

The meeting was preceded by a preconference update revision course which was held on the 19th of September, 2023 at the I.C.T. Centre, University of Port Harcourt Teaching Hospital, Port Harcourt. About 50 Participant were present with topics ranging from non-communicable diseases, endocrine conditions (adrenal disorders, diabetes, thyroid nodules, short stature) as well as imaging, quality assurance and testing in endocrinology. The conference which was held at the prestigious Hotel Presidential had in attendance about 200 registered delegates.

The keynote lecture was delivered by Venerable Professor Christian Okafor. Special appreciation to the local organizing committee of the 44th AGMSC ably led by Professor Sunny Chinenyene and Prof. Chioma Unachukwu, and to the National Executive Council of the Endocrine and Metabolism Society of Nigeria (EMSON) for giving us a memorable ceremony.

AWARD WINNERS AT THE CONCLUDED EMSON AGMSC PORT HARCOURT

Consultants' Category
Oral presentation
1. Dr I. Odeniyi- LUTH
2. Dr A. Isiawve-Rainbow specialist hospital
3. Dr A. Anidi-Ugwu - Uph

Poster presentation
1. Dr Bozimo G- FMC Yenogoa
2. Dr Lamidi- Osun State specialist hospital Osogbo
3. Dr Mamza A- UMTH

Residents' category
Oral presentation
1. Dr Njoku GH - FUTH Owerri
2. Dr Ede O - LUTH
3. Dr Anikpo NC - FUTH Abakaliki

Poster presentation
1. Dr Ede O- LUTH
2. Dr Wariboko CM- Uph
3. Dr Maluze John- ESUTH

EMSON ZONAL MEETINGS FOR 2023–
The EMSON Zonal meetings continues, watch out for more information on the WhatsApp group platform.

EMSON 2024 HOST
The Host of EMSON 2024 AGMSC will be hosted by the Southwest city of Abeokuta, Ogun state. We look forward to having a great time in Ogun State as much as we did in Port Harcourt.

PROFAUGUSTINE OHWOVORIOLE
The remains of our Great Professor of Endocrinology Prof Augustine Ohwovoriole has been laid to rest in his country home at Agbon-Olomu Kingdom, Delta State, Nigeria in a ceremonious event attended by friends, family, industry big wigs and fellow colleagues on 29th September 2023. We pray that Almighty God keeps his soul and grant him eternal rest Adieu Prof Augustine Efedaye Ohwovoriole.

EMSON AME COLLABORATION
“Associazione Medici Endocrinologi (AME) Italy 2023” Call for Abstracts
As part of the collaboration between AME and EMSON, AME would like to invite members of EMSON, and in particular the ‘young researchers’ to send Abstracts for its 22nd national congress that will take place in Rome from November 9th 2023. The call is open for cases report, case series or clinical studies on endocrine topics. Best poster will be virtually displayed during the congress and in the AME website. We are waiting for your content.

Useful information: Deadline: 31st of October 2023
Send the abstract to: abstract@associazionemediciendocrinologi.it
Editing Instruction and useful information:
- Abstracts should be written in English
- Single page with vertical layout
- Maximum 4000 characters (including spaces)
- Size A0 (841mm x 1189mm or 33.11 x 46.81 inches)
- White background and use few colors (max 4 of black, grey, yellow and red) Calibri font, single line spacing
- Hyperlinks, animated images and animations are not allowed

Report the name of the authors immediately below the title, with their affiliation and the e-mail address of the corresponding author All abstract should be sent as PDF together with the first page of the form you can find attached in the email to: abstract@associazionemediciendocrinologi.it before the 31st of October.

[emsonsecretariat@gmail.com]
INTERNATIONAL CONFERENCES

Some notable upcoming International Conferences to be held in 2023 are given below;

- 4th Asia Pacific Congress on Diabetes and Endocrinology October 16-17, 2023 VANCOUVER, CANADA
- 2nd World Congress and Expo on Diabetes VANCOUVER, CANADA October 16-17, 2023
- 4th World Summit on Diabetes Expo NEW YORK, USA October 21-22, 2023
- 6th International Conference on Diabetes, Hypertension and Metabolic Syndrome SINGAPORE CITY, SINGAPORE October 23-24, 2023
- 17th International Conference on Endocrinology, Diabetes and Metabolism BALI, INDONESIA November 13-14, 2023
- 7th Annual Conference on Diabetes and Endocrinology PARIS, FRANCE November 16-17, 2023
- 17th European Diabetes and Endocrinology Congress DUBAI, UAE November 20-21, 2023
- 19th World Congress on Endocrinology & Diabetes AMSTERDAM, NETHERLANDS November 22-23, 2023
- 27th International Conference on Diabetes, Endocrinology and Healthcare SINGAPORE CITY, SINGAPORE November 27-28, 2023
- 32nd International Conference on Clinical Diabetes, Diabetic Medication & Treatment PARIS, FRANCE December 04-05, 2023
- 5th Global Summit on Diabetes and Endocrinology DUBAI, UAE January 11-12, 2024
- 33rd International Diabetes and Healthcare Conference DUBAI, UAE January 11-12, 2024
- 30th International Conference on Human Metabolic Health- Diabetes, Obesity & Endocrinology DUBAI, UAE February 01-02, 2024
- 33rd European Diabetes Congress PARIS, FRANCE February 08-09, 2024
- 7th Annual Meeting on Diabetes and Endocrinology LONDON, UK March 14-15, 2024
- 5th Annual Conference on Diabetes LONDON, UK March 25-26, 2024
- 19th International Conference on Endocrinology and Metabolic Disorders MADRID, SPAIN April 04-05, 2024
- Association of Clinical Endocrinologists of Nigeria (ACEN) 2024 will hold at Uyo, Akwa Ibom State, in April 2024.