

WHAT'S HAPPENING AT GRS

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Past president's farewell letter

It is a great pleasure to welcome you to our latest newsletter. Now that my time as President has come to an end, my heart is filled with deep gratitude. This journey has been a unique privilege, and I am deeply grateful for the trust you placed in me throughout my term. I am incredibly proud to share that our society remains active and vibrant. We continue to closely monitor the latest scientific breakthroughs and clinical developments in the field of growth hormone, which is clearly reflected in our recent initiatives. We have successfully organized another impactful workshop and have just returned from our Congress in Prague. Today, we also begin a promising new chapter. It is with great joy and total confidence that I welcome our new President, Adda Grimberg. I am certain that her leadership, vision, and competence will guide our society to even greater achievements. But it's not all about science; this edition is also about gratitude. We want to take a moment to honor friends who have dedicated so much of their lives to this field. Our goal with this newsletter is to keep every member informed about our society's activities. More importantly, we want this to be an open invitation: we encourage everyone to actively participate in the GRS. Your involvement is crucial to driving the GRS mission forward. Thank you for your continued support, partnership, and commitment.
Margaret

Welcome letter from the new GRS President

This newsletter marks a time for passing of the baton. Thank you for electing me as the new president of GRS; I am honored to serve you all in this capacity! I also want to extend heartfelt gratitude to the previous leaders of our society and the fantastic team we have assembled to carry us forward. Thank you to Sally Radovick, our immediate past president, for her leadership, and to Margaret Boguszewski, with whom I look forward to working in her new capacity as current past president, for her energy and enthusiasm in directing society activities. Deep thanks to Martin Bidlingmaier (secretary), Jens Otto Jorgensen (treasurer) and Gudmundur Johannsson (liaison to ESE), who will remain in their positions and provide their experience, dedication and organizational savvy to society continuity. I look forward to continuing working with Darlene Berryman, current council member, and welcome our new council members (alphabetically), Mai Arlien-Søborg, Brad Miller, Katharina Schilbach, and Kevin Yuen, all new to the council but each having contributed to past society activities. Thank you to our supporting members and sister societies for partnering with us. We look forward to planning new workshops (and their reports), meetings and other events in support of our society's mission, to promote scientific research and clinical advancement in the fields of growth hormone (GH) and insulin-like growth factors (IGFs). This is particularly exciting as we approach the 70 th anniversary of the first published report of human GH treatment in 1958 (more to come on that!). But beyond all this, as the photos illustrate, GRS affords us the opportunity to cultivate friendships and collaborations around the globe – how lucky are we?!

Adda Grimberg
President Elect, The Growth Hormone Research Society



PREVIOUS MEETING

Symposium on “Safety of GH Treatment in Children and Adults: State of the Art”

Joint Congress of the European Society of Endocrinology and the European Society for Paediatric Endocrinology, Copenhagen, Denmark – May 2025

In May 2025, the GRS organized a symposium on “Safety of GH Treatment in Children and Adults: State of the Art,” chaired by Dr. Martin Bidlingmaier and Dr. Margaret C. S. Boguszewski, during the first joint congress of the European Society of Endocrinology and the European Society for Paediatric Endocrinology, held in Copenhagen, Denmark.

The first lecture of the GRS symposium was delivered by Dr. José Donato Júnior (São Paulo, Brazil), who addressed the topic “Concerns with GH Replacement Based on Preclinical Studies.” He presented evidence from experimental and animal models suggesting that exposure to GH during critical periods of development may induce neuroinflammation, insulin resistance, and potentially impair the development of various tissues. The second lecture, entitled “How to Optimize the Safety of GH Treatment in Children, with a Focus on the Risk of Malignancy,” was presented by Dr. Hanneke van Santen (Utrecht, the Netherlands). She demonstrated that GH treatment is safe in most approved pediatric indications, emphasizing that special care is required when used in patients at high risk, such as those with cancer predisposition syndromes. The final lecture was presented by Dr. Philippe Touraine (Paris, France), who addressed the topic “Safety of GH in Adults with Hypopituitarism.” He showed that GH treatment improves several clinical parameters and quality of life in this group of patients. However, he emphasized the importance of monitoring long-term effects on glycemic homeostasis, particularly in high-risk groups such as older adults and individuals with obesity, prediabetes, or a family history of diabetes. Regarding malignancy, no increased risk has been observed to date. The latter two speakers also highlighted the importance of the GRS consensus statement on the safety of GH treatment in survivors of cancer and pituitary tumors, published in 2022 (Boguszewski MCS et al., European Journal of Endocrinology).

The GRS Consensus Workshop – “An update on Long-Acting Growth Hormone Preparations” Fraueninsel, Germany - October 2025

In 2015, the Growth Hormone (GH) Research Society (GRS) organized a workshop focused on the development of long-acting growth hormone (LAGH) products. In the decade since, LAGH compounds have been approved for treating children and adults in several countries. The GRS determined that a reappraisal of the efficacy and safety of all LAGH products in both children and adults would be a timely contribution to the clinical management of individuals with GH deficiency (GHD); therefore, a workshop was convened in Fraueninsel, Germany, to provide an update on LAGH preparations. Forty-six experts in the GH field from 14 countries, representing five continents, participated in the three-day meeting. Invited speakers provided reviews of publications on LAGH over the last decade, and breakout groups discussed questions related to the presentations. On the final day, the working document was presented for review and open discussion by all participants. Topics discussed included the efficacy and safety of LAGH in children and adults, real-world adherence and clinical experiences, real-world data on dose equivalence, anti-drug antibodies, and registries, among others. After several rounds of discussion, the writing team finalized the document, which has now been submitted for publication.



11th International Congress of the Growth Hormone Research Society, Prague – May 2026

The 11th International Congress of the Growth Hormone Research Society (GRS), held in Prague on 8–9 May 2026, brought together leading researchers and clinicians to discuss advances in growth hormone (GH) deficiency, long-acting GH therapies, translational science, and emerging covert actions of GH. The meeting highlighted new consensus recommendations for GH replacement in cancer survivors, challenges in diagnosing and managing GH deficiency in conditions such as Cushing's disease, and the growing role of genetics in understanding childhood GH deficiency and treatment outcomes. A major focus of the congress was the efficacy and safety of long-acting GH preparations, the subject of the most recent GRS Consensus Workshop. Presentations provided pediatric and adult perspectives, compared long-acting and daily GH replacement using transcriptomic approaches, and reviewed new clinical evidence on long-term safety and effectiveness. The program also explored broader physiological and pathological roles of the GH/IGF-I axis. Topics included the relationship of GH with obesity, anorexia, aging, fibrosis, liver fat accumulation, as well as nutritional regulation of the somatotroph axis and its potential implications for acromegaly treatment. Selected abstracts highlighted advances in basic and translational science, biomarkers, precision dosing strategies, and clinical outcomes in both pediatric and adult GH deficiency. Overall, the congress emphasized precision medicine, long-term safety monitoring, and the expanding understanding of GH biology, reflecting the field's continued evolution toward more individualized approaches to patient care.

UPCOMING MEETINGS

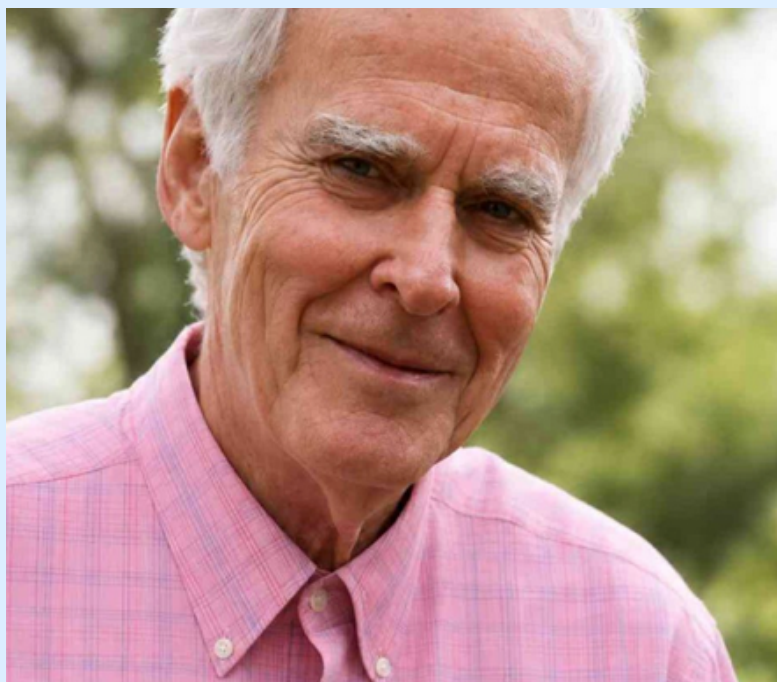
GroPro Meeting 2026 — Growth Hormone and Prolactin: Basic and Translational Science

Announcing the 2nd GroPro Meeting, to be held in Querétaro, México, October–November 2026, under the auspices of the Pituitary Society. GroPro originated from the long-standing Gordon Conference on Prolactin and the subsequent FASEB SRC on the GH/PRL Family in Health and Disease. In 2024, GroPro evolved into an independent conference format, with the first successful GroPro Meeting held in Stirling, Scotland. The goal of GroPro is to hold scientific meetings every two years focused on the fundamental biology and translational relevance of these two pituitary hormones, including their complex range of target tissues and physiological actions. The meeting maintains the “all inclusive” residential format of previous conferences while aiming to reduce costs and promote strong participation from students, early-career researchers, and speakers from developing economies. The 2nd GroPro Meeting will be chaired by Tatiana Fiordeliso, Yazmín Macotela, Darlene Berryman, Paul Le Tissier, David Grattan; Sebastian Neggers, and will bring together international experts in basic, clinical, and translational endocrinology.

Publications

Consensus and controversies about diagnosing GH deficiency: a Delphi survey by the GH research society. Arlien-Søborg MC, Radovick S, Boguszewski MCS, Bidlingmaier M, Johannsson G, Grimberg A, Ho KK, Biller BMK, Choong CS, Hoffman AR, Backeljauw P, Boguszewski CL, Bollerslev J, Brue T, Chanson P, Christ E, Cianfarani S, Clayton PE, Cohen P, Dauber A, Fliseriu M, Gebauer J, Giustina A, Higham CE, Horikawa R, Höybye C, Juul A, Lodish M, Luo X, Mauras N, Miller KK, Melmed S, Neggers SJCMM, Karavitaki N, Rosenfeld R, Ross R, Savendahl L, Schilbach K, Collett-Solberg PF, Strasburger CJ, Tritos NA, van Santen HM, Yuen KCJ, Jorgensen JOL. *Pituitary*. 2025 May 7;28(3):57. doi: 10.1007/s11102-025-01526-z

In Memoriam: Honoring Our Pioneers



David R. Clemmons (1947–2026)

The Growth Hormone Research Society mourns the passing of Dr. David Robert Clemmons, former President and founding member of the Society, who died on May 3, 2026, at the age of 78. Dr. Clemmons was a pioneering scientist, distinguished clinician, devoted mentor, and visionary leader whose work transformed modern endocrinology. Widely regarded as one of the architects of contemporary insulin-like growth factor-I (IGF-I) biology and the clinical application of serum IGF-I measurements, he made seminal contributions to our understanding of growth hormone and IGF physiology and pathophysiology. His research fundamentally shaped the field and produced a body of work that ranks among the most highly cited in endocrinology. A defining aspect of Dr. Clemmons' legacy was his leadership in establishing international standards for growth hormone and IGF-I measurement. As a driving force behind landmark consensus statements, including the influential 2011 Clinical Chemistry consensus on the standardization and evaluation of GH and IGF-I assays, he helped guide the development, validation, harmonization, and clinical interpretation of assays used worldwide. These efforts continue to influence endocrine diagnostics, therapeutic monitoring, and research in academia and industry. Dr. Clemmons also played a pivotal role in international acromegaly consensus conferences and in shaping the scientific programs of both the Growth Hormone Research Society and the Pituitary Society. His thoughtful leadership fostered collaboration across disciplines and continents, strengthening the global endocrine community. For more than four decades at the University of North Carolina at Chapel Hill, Dr. Clemmons distinguished himself as an investigator, educator, and academic leader. His many honors included the Endocrine Society's Gerald D. Aurbach Award for Outstanding Translational Research and recognition as one of the world's most highly cited physician-scientists. Beyond his scientific achievements, Dave will be remembered for his wisdom, kindness, generosity, and unwavering commitment to mentoring young investigators. His scientific legacy, friendship, and humanity will continue to inspire generations to come.

The GRS extends its deepest condolences to his wife Kathy, his daughters Amy and Anna Katherine, his grandchildren, and all who had the privilege of knowing him.



In Memoriam: Professor Juliane Léger (1954–2025)

Professor Juliane Léger passed away in Paris on September 27, 2025. A distinguished Professor of Developmental Biology at Université Paris Cité and a prominent member of the Endocrinology and Diabetology Department at Robert-Debré Hospital, she was a leading figure in her field and served on the council of the Growth Hormone Research Society. Professor Léger dedicated her entire career to the Assistance Publique-Hôpitaux de Paris. Following her pediatric residency, she was appointed Chef de Clinique at Necker Hospital in 1984, later joining Robert-Debré Hospital upon its opening in 1988. Her trajectory was marked by excellence: she became a Hospital Practitioner in 1990, a University Professor in 2003, and an esteemed member of the joint Inserm – Université Paris Cité research unit (U1141). Her commitment to the European Society of Paediatric Endocrinology (ESPE) was profound, notably through her service on the Clinical Practice Committee. Alongside Prof. Malcolm Donaldson, she co-founded the ESPE-Maghreb School of Pediatric Endocrinology, a pivotal initiative that fostered the discipline across the Maghreb and Francophone Africa. In 2005, she established the Reference Center for Rare Endocrine Growth and Development Diseases (CRESCENDO), which she coordinated until 2023. Her leadership extended to the Firendo rare disease network, where she served as deputy coordinator (2013–2022), and to the Endo-ERN, where she was the pediatric chair for the Thyroid MTG. In recognition of her extraordinary impact, she received numerous accolades, most notably the prestigious Andrea Prader Prize in 2022. Professor Léger's contributions spanned the full spectrum of pediatric endocrinology. She was instrumental in implementing screening for congenital hypothyroidism across France and Europe and played a key role in advancing growth hormone treatments for various conditions, including GH deficiency, children born small for gestational age, and anorexia nervosa. Beyond her scientific achievements, she was a passionate educator and an exceptional mentor to generations of young physicians. Professor Juliane Léger's legacy lives on through her husband, Jean-Marc, her daughters, Sophie, Pauline, and Alice, her granddaughters, and all those she loved. To those of us who had the honor of working alongside her, we remain profoundly grateful for the privilege of sharing in the life and career of such an exceptional woman. *Jean-Claude Carel, Laetitia Martinerie, Élise Bismuth, Laura Atger, Ahlam Azar, Elodie Fiot, Caroline Storey, On behalf of the medical and paramedical team of the Department of Pediatric Endocrinology and Diabetes, Université Paris Cité, Hôpital Robert-Debré, France, and the French Society of Pediatric Endocrinology*



In Memoriam: Kerstin Albertsson-Wikland (1947–2024)

Born on July 5, 1947, Kerstin passed away in Mölndal, Sweden, on October 8, 2024, at the age of 77. At the time, she was still actively involved with the University of Gothenburg as a senior researcher. Kerstin began her research in physiology alongside her medical studies, becoming a licensed physician and earning her PhD in 1975, before specializing in pediatrics in 1985. She was appointed Associate Professor of Physiology in 1981 and Associate Professor of Pediatrics in 1985. In 1994, she became a full Professor of Pediatrics at the Sahlgrenska Academy. In 2009, she received the Göteborgs Förtjänstecken—the city of Gothenburg's premier civic honor—and in 2017, she was honored with the Andrea Prader Award from the European Society of Paediatric Endocrinology (ESPE). Her research spanned a broad spectrum, ranging from animal model physiology to pediatric endocrinology and child growth. In the 1980s, Kerstin and her colleagues established Växthuset (The Growth House), a pediatric endocrine center at Sahlgrenska University Hospital equipped for clinical practice, laboratory analysis, and research. Her unique ability to conduct longitudinal studies provided groundbreaking insights into child development. Tasked by the National Board of Health and Welfare with creating growth references, her standards have since been used for millions of children in Sweden and abroad. Notably, the methodology she developed for continuous hormone measurement was even utilized in the Apollo space missions. Her work on growth hormone (GH) secretion revolutionized global treatment protocols, including pioneering studies on daily GH injections. Furthermore, she helped create an independent patient registry that has become vital for analyzing the efficacy and safety of growth hormone treatments. Driven by her talent for cross-disciplinary collaboration, her research encompassed psychology, sociology, speech therapy, and several medical specialties. This included genetics, where she played a leading role in developing national care programs, such as those for girls and women with Turner syndrome. Beyond her research, Kerstin was a dedicated mentor, supervising 32 PhD students to completion—15 of whom have since become associate or full professors across five different countries. Kerstin carried with her a lifelong passion for gardening, literature, and classical music. She is survived by her son, Joakim, and his family, and her daughter, Johanna. Literally until her last breath, she remained dedicated to ensuring that her research would continue. Those of us who had the privilege of being part of Kerstin's life owe her a debt of gratitude that goes far beyond the new knowledge she shared. *Margaret Boguszewski and Jovanna Dahlgren, In the name of her former students and colleagues of the University of Gothenburg.*

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