Letters

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The 8th meeting of North European Young Diabetologists

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The 8th annual scientific meeting of North European Young Diabetologists (NEYD) was held from 8 to 10 May 2019 at Frederiksdal Hotel in Kgs, Lyngby, Denmark. The NEYD succeeds the Anglo-Danish-Dutch Diabetes Group (ADDG) that was founded in 1982, thereby continuing more than 35 years of annual scientific meetings. The 3-day meeting is still based on the original idea of offering talented young diabetes researchers, both basic scientists and clinicians, from the UK, the Netherlands and Denmark an opportunity to present and discuss their research in a stimulating and informal atmosphere that is not usually present at large international congresses. The meeting is organized and chaired by representatives from each of the three participating countries who are themselves junior diabetes researchers. The meeting’s main sponsor was the Danish Diabetes Academy and additional funding was generously given from MSD Denmark, Sanofi (Netherlands) and NAPP (UK).

This year’s meeting was attended by 24 young researchers, who had been selected based on abstracts of their research work, and, true to tradition, they were joined by three senior discussants to provide ‘expert’ comments and encourage lively discussions. Professor Vinod Patel from the University of Warwick (Coventry, UK), Professor Elco de Koning from Leiden University (Leiden, Netherlands) and Professor Jens Meldgaard Bruun from the University of Aarhus (Aarhus, Denmark) did a great job sharing their broad scientific and clinical knowledge within the field of diabetes. As always, a wide range of topics were presented by the delegates. Sessions ranged from autoimmune and monogenic forms of diabetes to diabetes in different ethnic populations, gut hormones and sodium-glucose transporters in diabetes and the role of obesity and adipose tissue. Presentations which stood out included the validity of diabetes risk assessment models in African populations, novel methods for imaging of the Langerhans islets in vivo and gut-derived glucagon in totally pancreatectomized individuals. As usual, the meeting had many lively discussions in which all delegates participated enthusiastically.

Highlights of the meeting were the traditional senior debate and a fascinating talk by Professor Elco de Koning on state-of-the-art pancreas and islet cell transplantation. The topic for the debate this year was ‘Where resources are limited, how should we focus treatment and prevention of diabetes – mainly lifestyle or drugs?’, with Professor Jens Meldgaard Bruun defending lifestyle and Professor Vinod Patel defending drugs. A quick show of hands prior to the debate showed that Professor Vinod Patel had the hardest job, but after the debate he had succeeded convincing several hands to shift side, although lifestyle remained the most popular choice.

Networking with peers from other countries is always a key part of NEYD and a relaxing boat trip on the nearby lakes and a walk in the park surrounding the Sophienholm Art Museum provided the perfect backdrop for delegates and seniors to share ideas.

The meeting closed with the prize for the best presentation based on both scientific content and presentation skills, which this time was awarded to Xanthe van Dierendonck from Wageningen University and Research (Netherlands), who gave a vibrant presentation on her favorite protein Hilpda, which is involved in lipid accumulation in adipose tissue macrophages.

Next year the 9th NEYD Scientific Meeting will be held on 27 to 29 May 2020 in Edinburgh, UK. Details of the application procedure will be announced in the late autumn 2019, in the UK by the Young Diabetologists and Endocrinologists’ Forum (youngdiabetologists.org.uk) and Diabetes UK (diabetes.org.uk), in the Netherlands by the Dutch Association for Diabetes Research (addrm.nl) and in Denmark by the Danish Endocrine Society (endocrinology.dk) and Danish Diabetes Academy (danishdiabetesacademy.dk). Please also visit NEYD on Facebook.

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Competing interests

None declared.

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