

NEWSLETTER

STRENGTHENING CARE FOR
WOMEN WITH ANDROGEN
EXCESS DISORDERS

SAN ANTONIO
October 2025

**23rd ANNUAL
MEETING**

**New Perspectives
and Insights into
Reproduction
in PCOS**

CHAIR EDITOR

Joop Laven

MD, PhD

Erasmus Medical Centre
Rotterdam, The Netherlands

CO-EDITORS

Alyse Goldberg

MD, FRCPC

University of Toronto,
Toronto, Canada

Jamie Benham

MD PhD FRCPC

University of Calgary,
Calgary, Canada

Sujata Kar

MD DNB (OBGYN)

KCHPL, Bhubaneswar



Outline



- 01 President Foreword
- 02 Highlights from Annual Meeting
- 04 EC-SIG
- 08 Research Leader Spotlight
- 11 Consumer Engagement
- 12 Member Engagement
- 14 Calendar of Events
- 15 Call for Newsletter Content

FOREWORD FROM THE PRESIDENT

Dear members of the Society!

One year has passed since I became president of the society. The year has been eventful in many ways, and I think we, as a society, have moved closer to the goals we have – building networks, endorsing science, and improving care for women with androgen excess and PCOS.

It was lovely to see many of you at our Annual Meeting in San Antonio, and I thank especially those who came from far distances to meet us. The scientific program was superb -Thank you Maria Forslund and Aled Rees! Jamie Benham and Tina Gorsek, the early-career activities were excellent, and I was so happy to see how many young people you got to engage with women's health and PCOS. This was also the first joint meeting with a patient organization, which truly made our efforts visible to patients who were "next door". I hope many of you had the opportunity to stop by and talk to patients and their representatives. Thank you, PCOS Challenge, for taking on this task! We hope to continue this collaboration with other patient organizations in our upcoming meetings.

The upcoming year will also be eventful. The significant effort will be to decide on the new name for the syndrome, which will also affect our society, name, logo, visibility, webpage update, etc. We may have mixed feelings about this and change is not always easy. But looking at polls on how we have voted over the years, it is clear that the majority of both patients and professionals support the name change. The new name will elevate the syndrome, care, and science to the next level, improving the health of those affected by it. The board 2026-2027 will have their hands full on dissemination work, and we hope you will be part of that challenging task.

This year will also bring fantastic meetings and opportunities to connect. Melanie Cree and Rebecca Campbell have built a beautiful program for our Prague, Czech Republic Meeting in May 9th, 2026 with topic "New therapeutic approaches in PCOS". Please come and join us there! The year and end of



the presidency will have its highlight when we meet in Levi, Kittilä, Finland, just before Christmas. We will again plan the program with Aled and Maria, and the theme will be announced soon! Please make your reservations early enough. Consider also cottage rental, as we only have a limited number of hotel rooms available for this Winter Wonderland meeting! Bring your family to meet Father Christmas in Rovaniemi or in Levi, plan for a reindeer or husky ride, and go snowshoeing under the Northern Lights.

Lastly, I would like to thank the board, our executives, and other active members for their efforts to improve our society during this year. Welcome, Lisa Moran and Michael O'Reilly, to our board. Jamie Benham and Alyse Goldberg, Sujata Kar, and Joop Laven, thank you for making this Newsletter so fantastic. Outside the nominated roles, we are also keen to have a new person join us to improve our society.

With all this, I greet you from wintry Oulu!

Enjoy your holidays, relax, and be ready for an active and eventful 2026!

Warm regards

Terhi Pittonen
President, AE-PCOS Society

AE-PCOS ANNUAL MEETING

By Jamie Benham

The AE-PCOS Annual Meeting was held October 23–25, 2025, at the Plaza San Antonio Hotel & Spa in San Antonio, Texas. Prof. Terhi Piltonen, Dr. Maria Forslund, and Prof. Aled Rees opened the meeting and welcomed attendees.

Day 1 Highlights

Prepregnancy & Weight Session:

- Laura Reich shared data from the Growing Up Today Study on obesity and PCOS.
- Dr. Suhaniya Smarasinghe presented findings from the BAMBINI trial on bariatric surgery and spontaneous ovulation.
- Dr. Samantha Schon discussed the use of GLP-1 receptor agonists for preconception weight management.

Oral Presentations:

- Sarah Corapi presented a trial on time-restricted eating for PCOS.
- Julia DiTosto discussed how metformin and hormonal contraceptives affect cardiovascular risk.
- Dr. Shmuel Halpert reported on depression and anxiety risks across ages in PCOS.

The day ended with a Welcome Reception on the Oasis Lawn—an excellent chance to reconnect and meet first-time attendees.

Day 2 Highlights

Ricardo Azziz Distinguished Researcher Award Lecture:

Prof. Ray Rodgers presented new biological insights on ovarian development and PCOS origins, along with a historical overview.



Waterloo Foundation Award Lectures:

- Dr. Mauro Silva discussed linking reproductive and behavioral research.
- Rosie Bauer presented on genetic variation in PCOS.

Fertility & Infertility:

- Gustaw Eriksson shared research on the endometrium in PCOS.
- Dr. Shruthi Mahalingaiah presented pregnancy outcomes from the Apple Women's Health Study.

Patient Advocacy and Support Groups Panel:

Moderated by Dr. Kathy Hoeger, global advocacy leaders discussed research priorities in infertility and pregnancy. Dr. Aled Rees also reviewed the UK Priority Setting Partnership's top 10 PCOS research priorities.



Azziz-Baumgartner Family Early Career Investigator Awards:

- Abbey Kalay presented on ovarian phenotypes.
- Dr. Tina Gorsek Sparovec shared a skeletal muscle transcriptomic atlas.

Oral Presentations:

Presentations covered fertility trends in PCOS, small-molecule androgen inhibitors, and menopausal symptoms at age 46.

Day 2 ended with a conference dinner on the Oasis Lawn.

Day 3 Highlights

AE-PCOS Society Update:

Presented by Prof. Anuja Dokras.

Pregnancy & Child Outcomes Session:

- Dr. Jessica Chan discussed how PCOS phenotypes relate to pregnancy and neonatal outcomes.
- Dr. Nicolas Crisosto presented on the health of children born to women with PCOS.

Morning Abstracts:

Topics included differences in outcomes between spontaneous and assisted conception, metabolic effects of prenatal AMH, and the biology of andro-



gen-related endothelial dysfunction.

Walter Futterweit Award in Clinical Research Lecture:

Prof. Jeff Chang reflected on decades of PCOS research and clinical insights.

PCOS & Reproduction Session:

- Prof. Joop Laven discussed the MYPP trial on myo-inositol for preventing pregnancy complications.
- Prof. Estzer Vanky presented long-term data on prenatal metformin exposure and childhood health.

Oral Presentations:

Talks covered mood and quality-of-life effects of



OCPs and metformin, predictors of disordered eating, and AI-assisted ultrasound interpretation.

The meeting ended with thanks from Prof. Terhi Piltonen and Prof. Rebecca Campbell, and announcements for upcoming meetings.

Upcoming AE-PCOS Meetings

AE-PCOS Update Meeting: May 9, 2026 — Prague, Czech Republic

Annual Meeting: December 10–12, 2026 — Kittilä, Lapland, Finland

We were delighted to see so many colleagues in San Antonio and look forward to future AE-PCOS events!



EARLY CAREER SPECIAL INTEREST GROUP

By Jamie Benham

The Early Career Special Interest Group (EC-SIG) aims to support the professional development of early career professionals who have an interest in androgen excess disorders and polycystic ovary syndrome.

The EC-SIG objectives set by the Leadership Committee in collaboration with EC-SIG members are:

1. To expand collaborations between EC-SIG members.
2. To increase social media presence of EC-SIG to promote members and connect with early career professionals internationally.
3. To improve EC-SIG members knowledge about PCOS awareness initiatives.

The EC-SIG holds four meetings annually over Zoom. In addition, several Meet the Professor sessions are planned each year and in person events at AEPCOS meetings.



2025 Leadership Committee

Marla Lujan

Faculty Mentor

Melanie Cree

Faculty Mentor

Jamie Benham

Chair

Tina Gorsek

Chair

Join EC-SIG!

Please contact
EC-SIG if you're
interested in joining:
aepcos.ecsig@gmail.com

Upcoming EC-SIG Events

The next EC-SIG meeting will be held in January. Meeting invite details will be sent to all EC-SIG members by email.

January 26, 2026 at 5 PM EST

Our next Meet the Professor Session features Prof. Michael O'Reilly

Save the Date for April 23, 2026 at 10:30 AM EST

Join the EC-SIG at the AE-PCOS Update Meeting in Prague!

Details to follow

EC-SIG CORNER

EC-SIG Highlights

Many EC-SIG members had the opportunity to attend the Annual Meeting in San Antonio, Texas this October. The event offered a vibrant setting for learning, networking, and engaging with leaders across the field. Members highlighted the meeting as an invaluable experience that strengthened their professional connections and broadened their insight into emerging developments.

EC-SIG Meet & Greet

To kick off the Annual Meeting, a warm and engaging Meet & Greet session was hosted just beforehand. Participants had the opportunity to connect informally, share ideas, and get acquainted with new and returning members of the community. The gathering provided a relaxed atmosphere that set a positive tone for the meeting, encouraged collaboration, and helped build momentum for the discussions that followed.

Leadership Development Session for Trainees and Early-Career Professionals

A dedicated leadership session was held for trainees and early-career clinicians and researchers, offering them valuable guidance, insights, and practical strategies for professional growth. The session provided an engaging forum to discuss leadership skills, career development, and opportunities for future involvement within the field. Participants left with renewed confidence and actionable tools to support their ongoing advancement.





A special thanks to Prof. Elisabet Stener-Victorin and Associate Prof. Snigdha Alur-Gupta for leading the Early Career Panel on Shaping Your Academic Journey: From Training to Taking the Lead and to Professors Terhi Piltonen and Kathy Hoeger for providing their insights on Building Leadership Pathways in Academia and the AEPCOS Society.

Final-Day Networking Session

On the final day, a dedicated networking session brought EC-SIG members

together with established clinicians and researchers from across the field. The event provided an open and welcoming space for meaningful conversations, mentorship opportunities, and the exchange of ideas. Participants appreciated the chance to build connections, seek guidance, and strengthen collaborations as they advance in their careers. Thank you to Professors Madhuri Patil, Joop Laven, Richard Legro, Marla Lujan, Aled Rees, and Rebecca Campbell for joining the EC-SIG members their insightful contributions as mentors.

Early-career panel & topics:

**Prof Elisabet
Stener-Victorin**



**Associate Prof
Snigdha
Alur-Gupta**



Shaping Your Academic Journey: From Training to Taking the Lead

- Career path and motivation
- Finding the right PhD or Postdoc position
- Building a competitive CV, successful job application, and Interview

Mid-career panel & topics:

**Prof Terhi
Piltonen**



**Prof Kathleen
Hoeger**



Building Leadership Pathways in Academia and the AEPCOS Society

- Entering early - mid career stage
- Preparing for leadership: training and development
- Choosing and prioritising leadership roles
- Getting involved in the AEPCOS Society and professional networks

EC-SIG MEMBER HIGHLIGHTS

- The EC-SIG hosted a Meet the Professor session with Dr. Paolo Giacobini, Research Director at the French National Institute of Health and Research (INSERM) in Lille, France online in November.
- EC-SIG members had a chance to learn about Dr. Giacobini's career in neuroendocrinology and his research exploring central control of reproduction. A great discussion about translating research into clinical practice followed.



Meet the Professor

AE-PCOS Early Career SIG
Online Session:

 November 27th
7am (EST)

speaker

Dr. Paolo Giacobini
Research Director at the
French National Institute of
Health and Medical Research
(INSERM) in Lille, France

www.ae-society.org



RESEARCH LEADER SPOTLIGHT

Ray Rodgers

**Ricardo Azziz Distinguished
Researcher Award Winner**

School of Biomedicine
[Robinson Research Institute](#)
[The University of Adelaide](#), AUSTRALIA 5005
Email: ray.rodgers@adelaide.edu.au
Home page:
<http://www.adelaide.edu.au/directory/ray.rodgers>



1. Please summarize a research highlight in 1-2 sentence

I have worked on ovarian function nearly all of my life but I started it backwards from a developmental view point. Firstly the corpus luteum, then the hormone producing enzymes in the ovulatory follicle, then developing follicles, follicular fluid formation, primordial follicles, stroma and then I tackled PCOS and that took us into the study of developing fetal ovaries. Our discoveries were able to correct misinterpretations in the text books about how the ovary develops and highlighted prominent roles of stroma and these may be pertinent in the aetiology of PCOS.

2. What was your best takeaway/clinical pearl that you learned from this conference?

Whilst the AE-PCOS society has focused on guidelines, consumer engagement and patient health and well being, for me it was great to see some very serious biochemical analyses using state of the art approaches, like single cell RNA analysis. These approaches generate a lot of data for scientists to analyse further in the hope of discovering more about what PCOS is and how best to manage or even prevent it.



Tina Gorsek

Postdoctoral Researcher Karolinska Institutet

E-mail: tina.gorsek@ki.se

Visiting address: Solnavägen 9,
Biomedicum B5, 17165 Solna



My research applies single-cell RNA sequencing to characterize cell type-specific transcriptional alterations in skeletal muscle from women with PCOS, both before and after metformin treatment, uncovering mechanisms linked to fibrosis and skeletal muscle dysfunction.

My biggest takeaway from the conference was how inspiring it is to be part of such a supportive and collaborative community. The quality of the research presented was truly outstanding, from basic science to clinical studies. The openness of colleagues to share ideas, give feedback, and encourage early-career researchers made the experience incredibly motivating.



*Abbey Kalay***Azziz-Baumgartner Family
Early Career Investigator Award winner**

A research highlight for me at the 23rd AE-PCOS conference was population-based data showing that women with PCOS may experience improved fertility over time and a delayed reproductive aging trajectory. Although the maternal age at first birth was higher in women with PCOS in the population studied, a similar proportion ultimately had at least one child compared to controls.

A key clinical pearl that I learned from this conference was the importance of phenotype-specific considerations in the diagnosis and management of PCOS. Given the heterogeneity of the condition, tailoring treatment based on whether a patient's presentation is predominantly hyperandrogenic, ovulatory, or metabolic can improve patient outcomes compared to a one-size-fits-all approach.



CONSUMER ENGAGEMENT



The APPG on PCOS is a cross-party group of Members of Parliament (MPs) committed to improving awareness, diagnosis, and care for PCOS. Verity has been instrumental in this work gathering widespread evidence for the report which was launched in September 2025. This is the UK's first-ever Parliamentary Inquiry report into PCOS, which gathered evidence from patients, clinicians, researchers, and key stakeholders nationwide.

This comprehensive inquiry revealed systemic challenges such as delays in diagnosis, inconsistent care pathways, a lack of healthcare professional training, and fragmented services that impact the physical and mental health of millions living with PCOS.

The APPG report, supported by evidence and advocacy from Verity, includes clear recommendations to the government, NHS, and research funders aimed at improving diagnosis times, integrating care, and increasing access to mental health and fertility support services. The APPG continues to lobby for the implementation of these recommendations through parliamentary debates, public events, and ongoing engagement with policymakers.

Verity's role ensures that the lived experiences of people with PCOS shape parliamentary discourse and policy development, helping to drive sustainable, patient-centred change across the UK healthcare system.

MEMBER ENGAGEMENT

We are pleased to share news from our members:

Stanley Andrisse, PhD, MBA

I am pleased to share that on July 11, 2025, I was granted tenure at Howard University College of Medicine. This milestone reflects my ongoing commitment to endocrine research, medical education, and advancing opportunities for justice-impacted scholars.

From Prison to Ph.D. to Tenured Professor at Howard University | The Dig at Howard

University <https://thedig.howard.edu/all-stories/prison-phd-tenured-professor-howard-university>

Dr Jillian Tay

Dr Jillian Tay in an unprecedented achievement, the Monash Centre for Health Research and Implementation has celebrated a remarkable double victory at the Endocrine Society of Australia's (ESA) 2025 Annual Scientific Meeting, with Professor Helena Teede awarded the Senior Plenary Award and her former PhD student, Dr Chau Thien (Jillian) Tay, receiving the Early Career Researcher Plenary Award.

The Endocrine Society of Australia represents over 1,000 endocrinologists and researchers across Australia and New Zealand. Its annual Plenary Awards recognize the nation's most outstanding contributions to endocrine research.

Professor Teede's Senior Plenary Award recognizes her transformative contributions to female endocrine, reproductive, and metabolic health research, establishing MCHRI as a world-leading centre for women's health research. Her mentorship has shaped the next generation of researchers-exemplified by Dr Tay's parallel recognition.

Dr Tay, an endocrinologist at Monash Health and research fellow at MCHRI, pursued her PhD under Professor Teede's supervision, alongside Professor

Lisa Moran and Associate Professor Anju Joham. Her research journey began with witnessing a young woman diagnosed with PCOS but offered no support-an experience that transformed her career trajectory toward PCOS research and advocacy.

Most significantly, both awards recognize their collaborative leadership on the 2023 International Evidence-Based PCOS Guideline. Professor Teede led this landmark guideline, while Dr Tay served as Evidence Lead, conceiving and directing an international network of 28 early career researchers across eight countries. Together, they conducted 52 systematic reviews that doubled evidence-based recommendations from 31 to 77.

This guideline-endorsed by over 70 countries and integrated into the AskPCOS app—now reaches over one million users across 195 countries, earning the 2023 Engagement Australia Partnerships for Global Impact Award.

This dual recognition celebrates not only individual excellence but the power of mentorship and collaborative research transforming care for 140 million women globally living with PCOS.



Daniel Dumesic

Congratulations

Congratulations to **Dr Dumesic** on being named the Chair Elect, Androgen Excess Special Interest Group, American Society of Reproductive Medicine, 2025-2026 as well as a Guest Editor for 2025-2026 special collection on Polycystic Ovary Syndrome: Origins and Implications. Reproduction.

Dr. Marla Lujan

Dr. Marla Lujan has been awarded two NIH grants to continue efforts to improve diagnostic experiences for individuals with PCOS.

The R01 award, entitled "Emergence of PCOS During Adolescence" is a 5-year multi-center longitudinal cohort study that will define the trajectory of PCOS symptoms during early adolescence (first 3 years post-menarche) and develop a nomogram of ovarian form and function across the first 8 gynecological years. Collaborators on the grant include Dr. Heidi Vanden Brink at Texas A&M University, Drs. Romina Barral and Tania Burgert at Children's Mercy Kansas City, and Drs. Kathleen Hoeger and Jyotsna Gupta at the University of Rochester. This research will directly enable the earliest possible detection of PCOS and resolve the ambiguity related to the role of ovarian morphology in the diagnosis of PCOS during adolescence.

The R21 award is a multiple-PI project entitled "Artificial Intelligence for the Automated Detection of Polycystic Ovary Syndrome on Ultrasonography." This 2-year project with Dr. Iman Hajirasouliha at Weill Cornell Medicine and Dr. Kathleen Hoeger at the University of Rochester will apply deep-learning approaches to a robust 3D archive of sonograms from individuals across the reproductive spectrum to generate a novel imaging-based model for the detection of PCOS on ultrasound.

Collectively, these two new NIH-funded projects will usher new opportunities for more timely and standardized diagnoses of PCOS, facilitating earlier intervention, and possible prevention, of this major problem in women's health.

CALENDAR OF EVENTS

Update Meeting: "New Therapeutic Approaches in PCOS"

Date:
May 9, 2026

Location:
Prague, Czech Republic

Abstract Submission Deadline:
Tuesday, January 20, 2026,
at 5:59 PM (EST)

Website:
<https://ae-society.org/meetings/>



2026 AE-PCOS 24th Annual Meeting

Date:
December 10–12, 2026

Location:
Kittilä, Finland

ENDO 2026

Date:
June 13–16, 2026

Location:
McCormick Place West, Chicago, Illinois,
USA

Website:
<https://www.endocrine.org/meetings-and-events/endo-2026-save-the-date/dates-and-info>

ASRM 2026 – ASRM Scientific Congress & Expo

Date:
October 24–28, 2026

Location:
Baltimore, Maryland, USA

CALL FOR NEWSLETTER CONTENT

Want to be featured in next issue?
Share with us any news or announcements.
We want to hear from you!

Interested members please
email newsletter@ae-society.org.
Use the subject line "Member engagement"

Join up on social media:

Our AEPCOS society has several
social media accounts!
Please follow us on

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 [Androgen Excess & Polycystic Ovary Syndrome Society](#)



EC-SIG plans to start a 'Ted Talks' type series
EDGE-PCOS = Evidence-based Dissemination
of Guidelines and Expertise (in) PCOS that
features EC-SIG members.

Do you have ideas or want to contribute?
Contact Dr.basselwa@gmail.com



AE-PCOS
24th Annual meeting,
December 10-12, 2026
Kittilä - Lapland - Finland