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I was extremely grateful to receive the PACE Capacity Building Travel Award to attend the ENDO Society conference on 12th-15th July 2025 in San Francisco, USA. I was also fortunate enough to attend the International Aldosterone Conference on 10th-11th July which was also taking place in San Francisco.

At the ENDO Society conference, I presented a poster titled "The Utility of 24-hour Urinary Aldosterone Concentration Analysed by LC-MS/MS for the Diagnosis of Primary Aldosteronism". While confirmatory thresholds for 24-hour urinary aldosterone based on immunoassay are well described, the utility and diagnostic cut-off of 24-hour urinary aldosterone measured via LC-MS/MS for the diagnosis of PA is not established. The research that I presented on behalf of our team is retrospective data looking to help establish a diagnostic cut-off for 24-hour urinary aldosterone measured via LC-MS/MS for the diagnosis of PA. The main finding in our study was that 24-hour urinary aldosterone excretion ≥ 23.5 nmol/24h, when measured by LC-MS/MS, had high sensitivity and specificity to identify PA in cases with 24-hour urinary sodium ≥ 190 mmol/24h. I had thought-provoking discussions with multiple professional colleagues during the time of my poster presentation that have helped contribute to the content of our final manuscript.

It was incredibly inspiring to hear such esteemed experts presenting on topics related to primary aldosteronism at the conference. I particularly enjoyed the presentations from Professor Morris Brown regarding newer forms of managing of PA with targeted thermal therapy. It was also great to be present in person for the panel presentation on the new Endocrine Society Guidelines for PA.

It was fantastic to establish new networks and connections at the conference. I was able to foster relationships with colleagues that I had previously collaborated with and additionally, I made professional connections with highly respected researchers. Of note, I had the great pleasure of meeting in person with Professor Ute Scholl from Germany who we are collaborating with regarding a case report on a patient with familial hyperaldosteronism recently identified at the Princess Alexandra Hospital in Brisbane.

This PACE travel award afforded me the ability to travel to an outstanding international conference that promoted my capacity building in primary aldosteronism and significantly contributed to my professional development.