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I would like to express my sincere gratitude to the Primary Aldosteronism Centre of Excellence (PACE) for awarding me the PACE Research Capacity Building Travel Awards to attend the annual meeting 2025 of the Endocrine Society of Australia (ESA). The financial support provided through this award made it possible for me, as a PhD student based in Melbourne, to travel to Perth and participate in this important national meeting. The opportunity to attend in person was invaluable in expanding my knowledge, presenting my research, and building professional connections within the endocrine community.

The ESA Annual Scientific Meeting 2025 was held from the 19th to the 22nd of October in Perth, jointly with the Society of Reproductive Biology (SRB) and the Australia and New Zealand Obesity Society (ANZOS). It brought together clinicians and researchers from across Australia and overseas to share the latest advances in both basic and clinical endocrinology. The conference featured a vibrant program of oral and poster presentations and a series of inspiring invited lectures. The Endocrine Hypertension Group of the Hudson Institute of Medical Research, to which I belong, made a strong contribution with five poster presentations, three oral presentations, and two invited talks focusing on primary aldosteronism (PA).

During the meeting, I gave an oral presentation based on our recent publication in *The Lancet Diabetes & Endocrinology* (October 2025), which was a systematic review and meta-analysis investigating the impact of post-treatment renin status on cardiovascular, renal, and mortality outcomes in medically treated patients with primary aldosteronism. We found that patients whose renin became unsuppressed after medical treatment had significantly lower risks of cardiovascular events and death, suggesting that renin normalisation may serve as a useful biomarker of adequate medical therapy. This finding has important clinical implications for optimising long-term outcomes in patients with PA. Following my presentation, I received insightful questions regarding how frequently and at what time points renin should be measured after starting treatment. These discussions revealed a key gap in current evidence – no studies have investigated optimal renin monitoring strategies in this context. This feedback helped refine and strengthen the focus of my PhD research, which aims to develop evidence-based strategies for optimising medical management of PA.

Among the invited lectures, Professor Gail Adler's presentation on the biological and clinical significance of the mineralocorticoid receptor was particularly impactful. Her talk offered valuable insights into how precision medicine could guide MRA therapy. This provided a strong conceptual framework for understanding how targeted therapy can be personalised to maximise benefit for individual patients.



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The conference also provided excellent opportunities for networking. I attended both the Conference Dinner and the Endocrine Hypertension Group dinner, where I had the chance to meet endocrinologists from other Australian states and researchers specialising in mineralocorticoid receptor biology. These exchanges broadened my professional network and deepened my understanding of how basic science discoveries can be translated into clinical practice.

Overall, attending the ESA Annual Scientific Meeting through the support of the PACE Travel Award has been an invaluable experience. It not only enabled me to share my research with peers and leaders in the field but also significantly contributed to my capacity building in PA research and to my professional development as a clinician-scientist. I am truly grateful for PACE's generous support, which has played a meaningful role in advancing my training and future research.