

ASEAN Network of Adrenal Hypertension (ANAH)

NEWSLETTER

Event Highlight:

AFES-ANAH Joint Symposium



In collaboration with the ASEAN Federation of Endocrine Societies (AFES) Congress 2025, ANAH co-organised a symposium from 14 to 16 November 2025 at the Ariyana Convention Centre, Da Nang City, Vietnam.

ANAH sessions focused on global clinical insights and diverse perspectives in the field of adrenal hypertension. Participants enjoyed meet-the-professor sessions, interactive case-based learning discussions, and valuable networking opportunities with thought leaders and experts in the field.

The event saw a great turnout of 1200++ participants comprising of clinicians, healthcare professionals and researchers in endocrine community from ASEAN and APAC countries.

Presentations, provided by speakers, are available on [ANAH's website](#).

Event Highlight:

AFES-ANAH Joint Symposium



Event Highlight:

AFES-ANAH Joint Symposium: Primary Aldosteronism Guidelines Discussion

This session was kindly
supported by:



The second day of the symposium focused on primary aldosteronism (PA). ANAH organised a panel session to discuss on the PA guideline that was recently released in August 2025.

Panellists include Prof Austin Lin (TW), Prof Vincent Wu (TW), Prof William Young* (US), Asst Prof Troy Puar (SG), Prof Gregory Kline* (CA) and Dr Nguyen Quang Bay (VN). The session was chaired by Dr Wasita Parksook (TH) and Dr Tran Thi Ngoc Hieu (VN).

*Profs William Young and Gregory Kline are co-authors of the PA Guidelines. The Guideline can be accessed via [link](#).

This comprehensive discussion provided practical guidance on implementing the updated guidelines across diverse healthcare settings, addressing real-world challenges in screening, diagnosis, and management of primary aldosteronism



(Far left) Prof Austin Lin, Prof Vincent Wu, Prof William Young, Asst Prof Troy Puar (Centre), Prof Gregory Kline (Centre) and Dr Nguyen Quang Bay, Dr Wasita Parksook and Dr Tran Thi Ngoc Hieu (Far right).

Primary Aldosteronism Guidelines: Main Discussion Points

Guideline Updates

Drs Wasita Parksook and Tran Thi Ngoc Hieu Tran opened the session by highlighting the significant changes between the 2016 and 2025 Endocrine Society Guidelines, setting the stage for deeper exploration of clinical implementation challenges.

Screening Practices The panel addressed critical screening questions, including whether universal screening should be offered to all hypertensive patients. Dr Nguyen Quang Bay shared practical considerations of measuring aldosterone-renin ratio (ARR) and potassium levels — specifically whether to correct hypokalaemia before testing. Prof Austin Lin discussed the availability and practicality of different laboratory assay platforms in the region, including Liquid Chromatography-Tandem Mass Spectrometry (LC-MS), radioimmunoassays (RIA) and immunoassays.

Diagnostic Testing Profs Gregory Kline and Vincent Wu shared their experiences with aldosterone suppression testing, discussing when this confirmatory test remains clinically useful in current practice.

Subtyping and Localisation The discussion covered patient selection criteria for adrenal venous sampling with Prof William Young, whilst Asst Prof Troy Puar explored emerging roles of molecular imaging and hybrid steroid profiling in determining disease lateralisation.

Medical Management The final segment addressed long-term medical therapy, including the frequency and utility of renin monitoring in guiding treatment adjustments. Prof Austin Lin concluded by discussing challenges in long-term patient monitoring and the potential roles of non-steroidal mineralocorticoid receptor antagonists and aldosterone synthase inhibitors.



Thank you!

We thank our speakers for their generous sharing of expertise, session chairpersons for their facilitation, sponsors and participants who joined us at the symposium.

This would not have been possible without like-minded individuals like you who share our commitment to advancing adrenal hypertension research and healthcare outcomes.



Group photo with speakers and guests at the ANAH Get-Together Dinner

ANAH RESEARCH:

JANUARY 2026 STUDY PROPOSAL SUBMISSIONS

We invite ANAH members to explore research ideas and collaborate in projects to improve the awareness and treatment of adrenal hypertension in the ASEAN or APAC region.

Key dates:

Proposal Submission Period: 6 January 2026 - 31 March 2026

Proposal Review: 1 - 22 April 2026

Proposal Approval: May 2026

Research Focus Areas:

We encourage proposals that focus on, but are not limited to, the following areas:

- Adrenal Hypertension: Primary Aldosteronism, Pheochromocytoma, Cushing's syndrome
- Adrenal tumours: Adrenocortical Carcinoma, Adrenal Incidentalomas
- Adrenal Insufficiency

An email on study proposal submission will be sent by ANAH Secretariat before 6 January 2026. Please contact ANAH Secretariat yiling.teo@scri.cris.sg if you have questions.

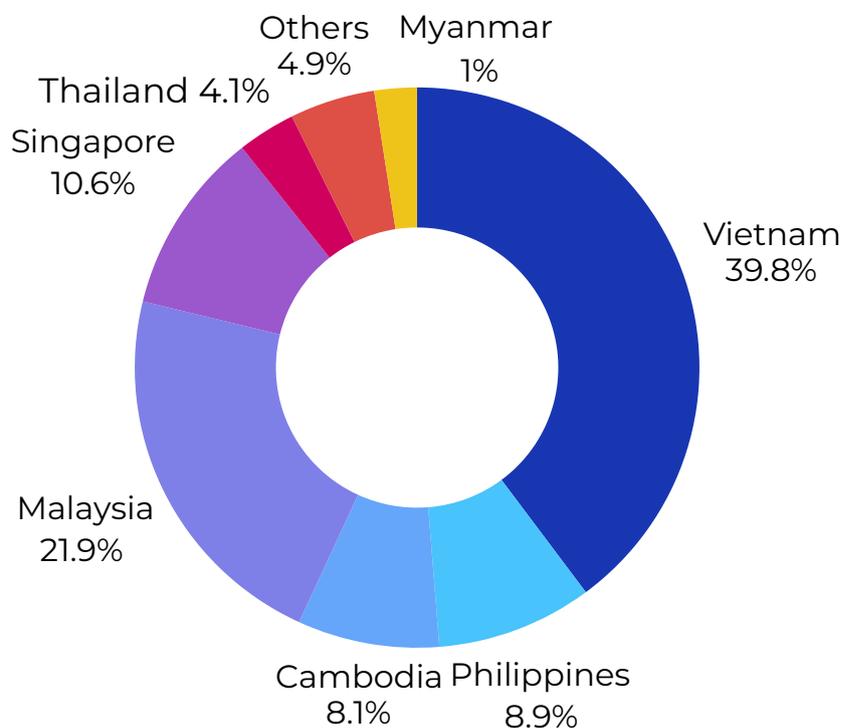


ANAH COUNTRY REPRESENTATIVES



CURRENT MEMBERSHIP BY COUNTRY

143 members (from 118 members in 2024)





JOIN THE ANAH COMMUNITY!

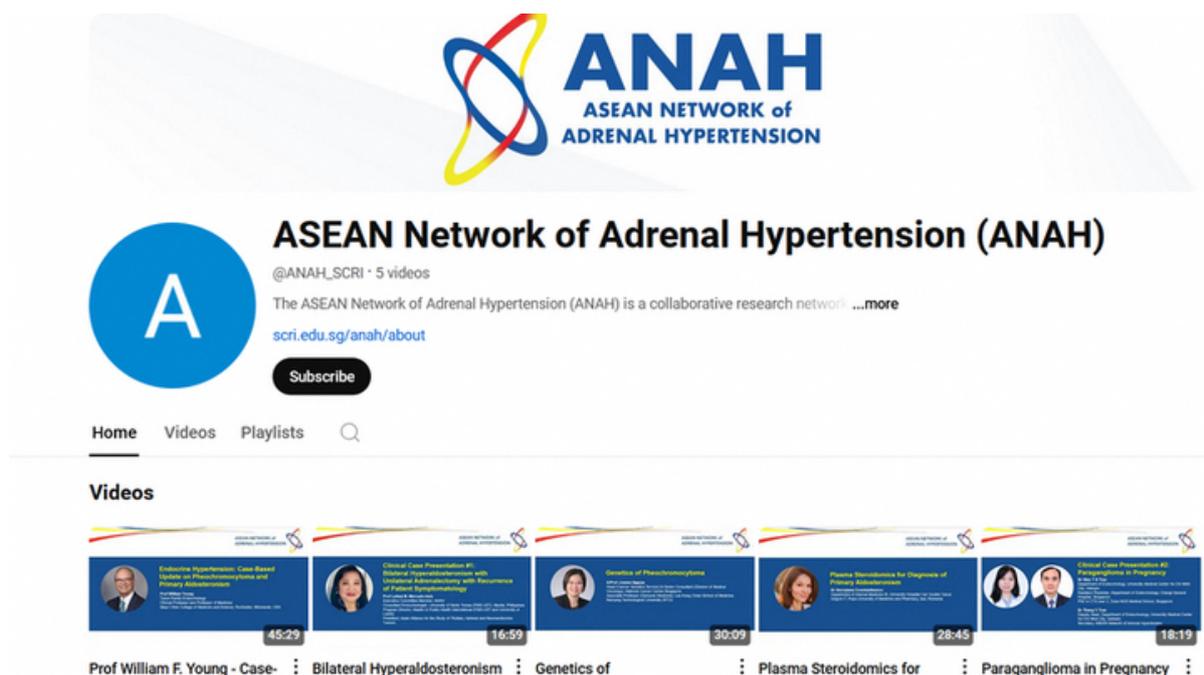
We welcome anyone who is keen to collaborate and share a common goal with us. Ways to join ANAH and keep in touch:

1. Access member registration form via this [link](#)
2. Contact ANAH Secretariat at yiling.teo@scri.cris.sg.
3. Scan QR code



Find out more about ANAH from our [website](#).

Subscribe to ANAH's YouTube channel [@ANAH_SCRI](#) 



Our warm wishes to you and your family:



Merry Christmas
& HAPPY NEW YEAR

**Regards,
ANAH Executive Committee**