This book is an up-to-date, extensive overview of the effects of physical activity and training on endocrine function. It gives insights into a complex relationship by describing effects with respect to exercise performance, growth, development, and ageing. It includes discussions of the endocrine response depending on exercise mode, intensity, and duration as well as on gender, age, and fitness level. Additionally, the book deals with the impact of environmental and psychological factors on endocrine level.

A substantial part of Sports Endocrinology is devoted to the ‘hot topic’ of hormonal doping in sports. The properties of androgens, growth hormone, erythropoietin, and dietary supplements are highlighted. The use and abuse among professional and recreational athletes is discussed and specific methods of detection are presented and explained.

All contributors are well-known experts in sports medicine and endocrinology, endocrine physiology, pharmacology, and doping detection, so this book is a must-read for every professional involved in the field.

Contents

- Foreword: Ghigo, E.; Guaraldi, F.
- Preface: Lanfranco, F.; Strasburger, C.J.
- Effects of Physical Activity and Training on Endocrine Function
  - Growth Hormone-Insulin-Like Growth Factor Axis, Thyroid Axis, Prolactin, and Exercise: Hackney, A.C.; Davis, H.C.; Lane, A.R.
  - Exercise and the Hypothalamo-Pituitary-Adrenal Axis: Duclos, M.; Tabarin, A.
  - Exercise, Training, and the Hypothalamo-Pituitary-Gonadal Axis in Men and Women: Cano Sokoloff, N.; Misra, M.; Ackerman, K.E.
  - Metabolic Effects of Exercise: Moghetti, P.; Bacchi, E.; Brangani, C.; Donà, S.; Negri, C.
  - Endocrine Responses to Exercise in the Developing Child and Adolescent: Richmond, E.; Rogol, A.D.
  - Impact of Physical Exercise on Endocrine Aging: Janssen, J.A.M.J.

- Use of Performance-Enhancing Endocrine Drugs (Doping) in Competitive and Recreational Sports Activity
  - Androgens: Iyer, R.; Handelsman, D.J.
  - Growth Hormone and Insulin-Like Growth Factor-1: Nicholls, A.R.; Holt, R.I.G.
  - Erythropoietin: Jelkmann, W.
  - Ergogenic Aids and Supplements: Porrini, M.; Del Bo', C.

Author Index/Subject Index
Contents

See the journal website for contents
European Thyroid Journal

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(Continued on next page)
(Continued)

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European Thyroid Journal

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The European Thyroid Journal publishes papers reporting original research in basic, translational and clinical thyroidology. Original contributions cover all aspects of the field from molecular and cellular biology to immunology and biochemistry, physiology to pathology, and paediatric to adult thyroid diseases with a special focus on thyroid cancer. Readers also benefit from reviews by noted experts, which highlight especially active areas of current research. The journal will further publish formal guidelines in the field, produced and endorsed by the European Thyroid Association.

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In 1886, Pierre Marie coined the term ‘acromegaly’. Since then, understanding of the disorder has improved and knowledge of genetics and treatment has been substantially developed. Despite significant advances, limitations still exist. Acromegaly: 130 Years Later contains clinical reviews by key opinion leaders. Papers cover such topics as the efficacy and safety of various medical treatments, technical advances in pituitary surgery, and radiotherapy. Morbidities and mortality markers are discussed, including the possibility that treatment modalities cause morbidity. The effects of associated diseases such as bone and joint disorders, cardiovascular disease, and sleep disorders are also highlighted. Besides the classical clinical reviews, there is a translational review on glucose and lipid metabolism as well as a practical, but also a review on molecular genetics of MEN syndromes and Carney complex.

This issue of Neuroendocrinology is a valuable resource for every acromegaly specialist who must choose the optimal treatment for, and provide essential advice to, their patients.

Contents
- Acromegaly: 130 Years Later: Neggers, S.J.C.M.M.
- The History of Acromegaly: de Herder, W.W.
- MEN1, MENA, and Carney Complex: Pathology and Molecular Genetics: Schernthaner-Reiter, M.H.; Trivellin, G.; Stratakis, C.A.
- The Role of Radiotherapy in Acromegaly: Hannon, M.J.; Barkan, A.L.; Drake, W.M.
- Medical Treatment of Acromegaly with Dopamine Agonists or Somatostatin Analogues: Chanson, P.
- Pevisimant Treatment in Acromegaly: Neggers, S.J.C.M.M.; Muhammad, A.; van der Lely, A.J.
- Treatment Factors That Influence Mortality in Acromegaly: McCabe, J.; Ayuk, J.; Sherlock, M.
- Cardiovascular Disease and Sleep-Disordered Breathing in Acromegaly: Powlson A.S.; Gurnell, M.
- Bone and Joint Disorders in Acromegaly: Claessen, K.M.J.A.; Mazziotto, G.; Biermasz, N.R.; Giustina, A.
- Glucose and Fat Metabolism in Acromegaly: From Mice Models to Patient Care: Dal J; List, E.O.; Jørgensen, J.O.L.; Berryman, D.E.
- Quality of Life in Acromegaly: Webb, S.M.; Badia, X.

Author and Subject Index

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Cortisol Excess and Insufficiency is a valuable reference book for those wishing to have a reasoned and broad overview of the pathophysiology and management of disorders associated with hypo- and hypercortisolism.

Contents
Preface: Arvat, E.; Falorni, A.; Ghigo, E.; Guaraldi, F.

• Pseudo-Cushing – A Clinical Challenge?: Pecori Giraldi, F.; Ambrogio, A.G.
• Cushing's Syndrome: Where and How to Find It?: Debono, M.; Newell-Price, J.D.
• Subclinical Hypercortisolism: How to Deal with It?: Chiiodini, I.; Morelli, V.
• Etiopathology of Primary Adrenal Hypercortisolism: Vélayoudom-Céphise, F.-L.; Haissaguerre, M.; Tabarin, A.
• Metabolic Alterations and Cardiovascular Outcomes of Cortisol Excess: Pivonello, R.; De Martino, M.C.; Iacuaniello, D.; Simeoli, C.; Muscogiuri, G.; Carlomagno, F.; De Leo, M.; Cozzolino, A.; Colao, A.
• Skeletal Fragility in Endogenous Hypercortisolism: Mazzotti, G.; Delgado, A.; Maffezzoni, F.; Formenti, A.; Giustina, A.
• Cortisol Excess and the Brain: Resmini, E.; Santos, A.; Webb, S.M.
• Update on Hypercortisolism Therapy: Arnaldi, G.; Trémontino, L.
• Is Adrenal Insufficiency a Rare Disease?: Dahlgqvist, P.; Isaksson, M.; Bensing, S.
• From Genetic Predisposition to Molecular Mechanisms of Autoimmune Primary Adrenal Insufficiency: Falorni, A.; Brozzetti, A.; Perniola, R.
• From Appearance of Adrenal Autoantibodies to Clinical Symptoms of Addison's Disease: Natural History: Betterle, C.; Garelli, S.; Presotto, F.; Furmaniak, J.
• Is Diagnosis and Subclassification of Adrenal Insufficiency as Easy as It Looks?: Smans, L.C.C.J.; Zelissen, P.M.J.
• Secondary Adrenal Insufficiency: Where Is It Hidden and What Does It Look Like?: Guaraldi, F.; Karamouzis, I.; Berardelli, R.; D’Angelo, V.; Rampino, A.; Zichi, C.; Ghigo, E.; Giordano, R.
• Adrenal Insufficiency Therapy: How to Keep the Balance between Good Quality of Life and Low Risk for Long-Term Side Effects?: Simunkova, K.; Husebye, E.S.

Author Index/Subject Index

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Selected contributions
• Prognostic and Predictive Roles of MGMT Protein Expression and Promoter Methylation in Sporadic Pancreatic Neuroendocrine Neoplasms: Schmitt, A.M. (Bern) et al.
• The Role of Neurokinin B Signalling in Reproductive Neuroendocrinology: Grachev, P. (London); Millar, R.P. (Edinburgh/Pretoria/Cape Town); O’Byrne, K.T. (London)
• Neuroanatomy of the Human Hypothalamic Kisspeptin System: Hrabovszky, E. (Budapest)
• Bone and Joint Disorders in Acromegaly: Claessen, K.M.J.A. (Leiden) et al.
• The History of Acromegaly: de Herder, W.W. (Rotterdam)
• MEN1, MEN4, and Carney Complex: Pathology and Molecular Genetics: Schernthaner-Reiter, M.H.; Trivellin, G.; Stratakis, C.A. (Bethesda, Md.)
• Combination of Cross-Sectional and Molecular Imaging Studies in the Localization of Gastroenteropancreatic Neuroendocrine Tumors: Toumpanakis, C. (London) et al.
• Nasal Oxytocin Administration Reduces Food Intake without Affecting Locomotor Activity and Glycemia with c-Fos Induction in Limited Brain Areas: Maejima, Y. (Shimotsuke/Fukushima) et al.
Editorial

149 Selenium in the Treatment of Thyroid Diseases: An Element in Search of the Relevant Indications?
Hegedüs, L.; Bonnema, S.J.; Winther, K.H. (Odense)

Basic Thyroidology

Original Paper

152 Impaired Repressor Function in SUMOylation-Defective Thyroid Hormone Receptor Isoforms
Weitzel, J.M. (Dummerstorf)

Clinical Thyroidology

Original Papers

164 A 2016 Italian Survey about the Clinical Use of Selenium in Thyroid Disease
Negro, R. (Lecce); Attanasio, R. (Milan); Grimaldi, F. (Udine); Marcocci, C. (Pisa); Guglielmi, R.; Papini, E. (Albano Laziale); on behalf of AME (Associazione Medici Endocrinologi) and AACE (American Association of Clinical Endocrinologists) Italian Chapter

171 Relational Stability of Thyroid Hormones in Euthyroid Subjects and Patients with Autoimmune Thyroid Disease
Hoermann, R. (Luedensheid); Midgley, J.E.M. (Ilkley); Larisch, R. (Luedensheid); Dietrich, J.W. (Bochum)

180 Therapeutic Strategies and Clinical Outcome in Papillary Thyroid Microcarcinoma: A Multicenter Observational Study
Cecoli, F.; Ceresola, E.M.; Altrinetti, V.; Cabria, M. (Genoa); Cappagli, M.; Montepagani, A. (La Spezia); Cuttica, C.M.; Filippi, U.; Saverino, D. (Genoa); Raffa, M. (Imperia); Caputo, M.; Minuto, F.; Giusti, M.; Bagnasco, M. (Genoa)

187 Effect of an Outreach Programme on Vandetanib Safety in Medullary Thyroid Cancer
Bastholt, L. (Odense); Kreissl, M.C. (Augsburg/Würzburg); Führer, D. (Essen); Maia, A.L. (Porto Alegre); Locati, L.D. (Milan); Maciel, L. (Ribeiro Preto); Wu, Y. (Shanghai); Heller, K.N. (Gaithersburg, Md.); Webster, A. (Macclesfield); Elisei, R. (Pisa)

195 BRAFV600E Mutation: Has It a Role in Cervical Lymph Node Metastasis of Papillary Thyroid Cancer?

201 Painful Radiation Thyroiditis after 131I Therapy for Graves’ Hyperthyroidism: Clinical Features and Ultrasonographic Findings in Five Cases

207 An Unusual Case of Malignant Struma Ovari Causing Thyrotoxicosis
Anagnostou, E.; Polymeris, A.; Morphopoulos, G.; Travlos, A.; Sarantopoulou, V.; Papaspyrou, I. (Athens)

212 Biochemical Hyperthyroidism in a Newborn Baby Caused by Assay Interaction from Biotin Intake
Bülow Pedersen, I.; Laurberg, P. (Aalborg)

216 Obituary