

## **AADAI AGM 2025**

### **PRESIDENT REPORT**

Good morning everyone, and thank you for your attendance today. My name is Bronwyn Monro and I am the President of AADAI.

These are some of my highlights of the past year **July 2024 to 30th June 2025**.

#### **Executive Committee**

Firstly, I would like to thank the Executive Committee, who have worked hard to make this year such a success. Thanks to the Committee members who have nominated for re-election, and in Di Carlen's case to stand for the Secretary position.

Julia Kelly is leaving us after her time as Membership Coordinator, thank you, Julia, for your great contribution.

A special thank you to the three Association members who have nominated for election to the Executive Committee: **Tanya Warre (Canberra), Laura McMenamin (Sydney), and Jane Kirsner (Melbourne)**.

#### **Adrenal Crisis Education and Injection Training Workshops**

We are grateful to Pfizer for grants to support our education and injection training sessions. These have been held in:

- **Canberra – 7th September 2024**
- **Melbourne – 27th November 2024**
- **Adelaide – 3rd May 2025**

All events were well attended. Participants told us how valuable the hands-on practice was and many commented that they enjoyed connecting with others living with adrenal insufficiency.

The **Endocrine Society of Australia** kindly sponsored the Melbourne education session on **5th April 2025**. We thank both the ESA and Pfizer for their generous support for these lifesaving workshops.

The endocrine nurses continue to do an amazing job of demonstrating the injection procedure.

#### **Newsletter**

Our newsletter consistently receives positive feedback. Members appreciate the diversity of personal stories and the practical information about events.

Thank you to our Editor, **Matthew**, for bringing each edition together so well. (Perhaps you could contribute a story for the next issue?)

## **International Connections**

We are in conversation with the **Addison's Disease Self Help Group (ADSHG)** in the UK, who have kindly agreed to share their excellent fact sheets with us as we develop and expand our own.

I meet three times this year with the **International Adrenal Consortium**, very early in the morning, with leaders from the Netherlands, Canada, USA, UK, Spain, Poland, Germany, and Brazil. Topics vary the most recent meeting focused on a report from the international survey conducted by **Dr Sofia Llahdana**.

This group also organised **International Adrenal Awareness Day (7th April)**, which AADAI promoted via email to members. I contributed to this video.

We also acknowledge **Rare Disease Day (28th February)** through member emails and social media.

In November 2024, the **European Society of Endocrinology (ESE)** presented a three-hour webinar on adrenal insufficiency, the first of its kind. It was a very detailed and valuable resource and we applaud this innovation and encourage more.

## **Local Connections**

Over the year, I have met with the **Pituitary Foundation, Thyroid Foundation, Melanoma Institute**, and the **President and Secretary of the Endocrine Nurses Society of Australasia (ENSA)**.

At **ESA conferences** we provide an information booth and we have had many useful conversations with endocrinologists. The ESA President now includes announcements of our workshops in their newsletter, enabling doctors to refer their patients to us to become new members.

We are a member of **Rare Voices Australia (RVA)**, the peak body for rare diseases, and Addison's disease is now listed on their information portal.

- **Saskia** represented AADAI at the **Strategic Summit in Brisbane (October 2024)**.
- **Sarah** represented us at the **Parliamentary Day in Canberra February 2025**.

Thank you both Sasha and Sarah. I also attend RVA's Partner Meetings.

## **Immunotherapy-Induced Adrenal Insufficiency**

This group of members has continued to grow. We hold a Zoom meeting every 6–8 weeks and have established a WhatsApp group.

I also meet regularly with **Melanoma Patients Australia**. We are planning a webinar for this group though still need to find a supportive endocrinologist to speak.

## Planning Day

The Executive Committee holds a planning day each year. This year's was on **Saturday 22nd February 2025**.

Key topics included:

- reviewing our financial arrangements
- setting up a calendar of events
- changing the title from "Patron" to "Ambassador"

## Regional Catch-Ups

These groups have expanded significantly over the past year.

We now have groups in:

- Victoria (Linda)
- Sunshine Coast (Nichole)
- Newcastle (Julie)
- Blue Mountains (Margaret)
- Canberra (Sarah and Tanja)
- South Australia (Sierra)
- Sydney (Caroline and Laura)
- Southern Highlands NSW (Jan)
- Perth (Judy and Julie)

Members value the opportunity to meet face-to-face. It is very important for us to connect with other people experiencing similar things. A huge thank you to all our organisers.

We have also appointed **Linda** as the Coordinator of catch-up group activities.

## Annual Seminar

Our **Annual Seminar** is the highlight of the events calendar. This year it was held on **Saturday 24th May**.

This educational event continues to attract strong interest.

- **Dr Stephanie Teasdale** presented a educational session on living with adrenal insufficiency and associated autoimmune conditions, members said they found it very informative and learnt many new things.
- **Philippa Sharman** from the UK ASHG shared her personal experience of living with Addison's disease, as well as now working for ASHG after volunteering for years and updates on future developments such as **Efmody** and progress with the auto-inject device.

## Conclusion

I delight in the very busy role of President. I particularly enjoy speaking with members and welcoming new members to our Association. It is stimulating to work

alongside the Executive Committee and to see the unique talents each member contributes. Thank you.