



IAES Newsletter

Indian Association of Endocrine Surgery



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Welcome

Dear Friends and colleagues,

2020 has been till date a difficult year due to covid -19 pandemic. It has affected all walks of life. Nevertheless, it is heartening that medical fraternity has stood up to the challenge and proved worthy despite all odds and constraints. We have proved that medical expertise in India is no less as compared to their international counterparts. In fact despite the scale of challenge and somewhat limited facilities in our country, the entire medical community stood like a colossus, even sacrificing some of our brave hearts for whom our heart bleeds. The fellow countrymen will always remember them as real heroes. But since life has to go on with a "new normal" way of life, we are all gathered here for the virtual Annual Meeting of IAES for enriching each other as well as our future surgeons with our knowledge and new experiences in endocrine surgery. The 2020 Newsletter brings to you some of the activities of our members around the country, their thoughts, and a glimpse of their talents beyond their medical expertise as well as welcomes the budding endocrine surgeons to our fold and wish them all success and hope they will follow the path created by their seniors, scale new heights and make all of us proud. The team thanks all my colleagues for their fantastic contributions to the newsletter!! Stay Safe!!

Best Wishes.
Editorial Board of IAES Newsletter

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Message from the President



Dr Sai Krishna Vittal
President IAES

Dear Esteemed Members

Greetings to you on behalf of the Executive Committee of IAES. I must thank Dr Amit Agarwal and his Editorial team for bringing yet another edition of IAES Newsletter. We are amidst trying and testing times due to the pandemic. I hope all of you are taking appropriate precautions during the discharge of your professional work. The time has come for me to hand over the baton to my successor and I would like to thank the membership at large who have always encouraged and egged me over the years. On a personal note I feel honoured and privileged to lead this august association following in the footsteps of my father Dr S Vittal, the Founder President of this Association. I am an ardent admirer of him for his infectious enthusiasm and his passion for teaching. It is no mean feat that he is a popular surgical teacher for more than five decades and I am sure he will continue to guide me and the Association.

I would like to place on record the immense support from President Elect Dr M J Paul, Immediate Past President Dr Amit Agarwal, Honorary Secretary Dr Anand Mishra, Honorary Treasurer Dr Sabaretnam and entire Executive Committee for which I am grateful. I would also like to thank Dr Anurag Srivastava, Dr Chitresh Kumar Sharma and the entire team of IAESCON 2020 for taking the initiative for organising the Annual Conference on a virtual platform.

Stay Safe!

Best wishes

Dr Sai Krishna Vittal
President IAES

Message from the Honorary Secretary



Anand Kumar Mishra
Hon Secretary IAES

Dear Friends

2nd September, 2020

Greetings from IAES office.

I feel privileged and honored in writing a message in the association newsletter. I thank Amit Sir for inviting my message and his efforts for IAES Newsletter of the association in spite of his very busy schedule. Friends, I am finishing four years as hon secretary and I am very happy to pass the baton to my very able friend Dr Saba. I hope he will take our association to different level with his capabilities. In 2016 I took charge at IAESCON Meerut. I tried to infuse enthusiasm and involve more younger faculties in our annual meeting. In 2018, with guidance of President Dr Amit Agarwal, we signed a contract with Jaypee Brothers for a book title "IAES Text of Endocrine Surgery". The satisfying thing is that the royalty of this book will go to the association. We started a Post graduate teaching module "Thyroid module" in the same year. Module has been organized at many institutes in different part of country and was much appreciated by the postgraduates and faculty who attended. This academic activity not only helped us to popularize and attract more postgraduates towards specialty but made the association visible at national level. I am happy to share that during my stint with association our financial position has become better. During these four years I have learnt a lot. We need to do much more for the specialty to make our association stronger. Some urdu shayar has said

“दरख्तों से ताल्लुक का हुनरसीख ले इंसान..... जड़ों में जख्म लगते हैं तो, टहनियाँ सूख जाती हैं।”

Somembership and financialstatus are roots of any association and we all should work to enrich it.

Friends, I will like to share a sloka from Bhagvad Gita, which teaches us a very important lesson of life.

क्रोधाद्भवति समोहः संमोहात्स्मृतिविभ्रमः। स्मृतिभ्रंशाद्बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥ (Chapter-2;Slok-63)

The meaning of this slok is "anger leads to clouding of judgment, which results in bewilderment of the memory. When the memory is bewildered, the intellect gets destroyed; and when the intellect is destroyed, one is ruined". So, anger takes away our ability to reason and we tend to become delusional. It also generates confusion, chaos causing memory loss. We move away from our purpose and goals. Anybody who seems to have forgotten their goals or lost their clarity of thought cannot succeed. Therefore, it is important for us to free ourselves from anger.

I would like to congratulate Prof Anurag Srivastava Sir and Dr Chitresh for their hard work to organize the IAESCON 2020. I know it will be a very successful virtual annual conference. My sincere thanks to all faculties who have accepted the commitments.

I would like to thank from bottom of my heart for love, respect, affection, advices and cooperation given by all the seniors, president Dr Sai, Amit Sir, Dr Paul, all past presidents, colleagues from EC and friends. I would also like to thank Dr Kul Ranjan for his help in secretarial work. I pray to almighty to keep us and our family members safe.

LONG LIVE IAES

With profound regards
Anand Kumar Mishra
Hon Secretary IAES

When you cannot go out, go within..... How Covid era has impacted our lives.....



Dr. Pooja Ramakant

Covid virus gradually gripped each one of us and affected our lives in diverse ways. By the time, we realised its impacts, it had already infected some of us, some of us recovered, some succumbed to it and some of us escaped. However, we will agree that our routine lives suddenly got a brake and we had to slow down our pace. Some of us stayed at home, some went to work, some managed Covid positive patients and some managed non-Covid patients. On looking back, I feel that this Covid virus has taught us many lessons and few of them I wish to share here.

1. Respect and value time, don't take it for granted.
2. Lead a disciplined life.
3. Respect Nature and nurture it.
4. There are more than one solutions to a problem, have plans B, C, D when plan A does not work.
5. Explore your hidden potentials and talents.
6. Life is much more than just work.
7. Priorities change with time.
8. Be more caring towards elderlies and children.
9. Be more productive.
10. Be more humane.
11. Technology helps.
12. Good health and healing are vital to life.

Respect and value time, don't take it for granted.

We all had planned appointments for patients' surgeries, booked our travel itineraries and other work related commitments. However, in March, 2020 all our plans started getting changed one by one and we had to reschedule or cancel most of our planned commitments. We thought in a month's time, things will revert back and we may continue our normal lives. Even month after month passed, we kept changing our plans and had to surrender to the circumstances and Government's prevailing guidelines. We realised time is very precious and we must use it judiciously. We got lot of free time and had to find ways to make use of it.

Lead a disciplined life.

When the lockdown began and persisted, we were confined to home and/or our work place. This made us to live a disciplined life, eating home food and spending time with our family members. We could not eat junk food, go shopping in malls or looking for entertainment in cinema halls. All the essential things which we needed were available to us at limited time slots and we had to follow the guidelines of wearing mask, social distancing, sanitisation and going out only when it was genuinely needed. This enforced within us to get confined to limited space and we gradually got accustomed to the new normal way of living and started enjoying it. Many of us lost weight and got back in shape and realised that our mental, physical, emotional and spiritual health improved after we were surrounded by our loved ones and by leading a disciplined life.

Respect Nature and nurture it.

In the daily life, we all were adding to the pollution on this planet, knowingly or unknowingly. In Covid era, we used less vehicles and travelled less so could visualise the positive change in nature. We again started seeing stars in the sky and shades of various colours in the sky at time of either dawn or sunsets. Slowly the smog started getting vanished and we could see the clear bright sky in day time. The air we breathe also became purer. We could see more cycles instead of four wheelers on streets. The water in the rivers also got much cleaner. We all appreciated this radical change and worked on preserving our nature and planted more trees also.

There are more than one solutions to a problem, have plans B, C, D when plan A does not work.

We are quite often fixed to plan A which we made to solve a particular problem. However, in Covid era, we had to reschedule and adjust / modify our plans. Kids could not go to schools and online teachings started. Many teachers themselves had to learn this new way of imparting education. My mother at 72 years age learnt to use Zoom and

other platforms to teach. So irrespective of age, we all started learning new ways to sort out our issues and learnt to handle them wisely. Work went on and on in spite of the slow pace and modifications. Many of us had to face difficulties at work and businesses that led to financial constraints and even made some to change their professions.

**Explore your hidden potentials and talents.
Life is much more than just work.**

When the work slowed down, we had more free time and had to find ways to make use of it. Many of us started exploring our areas of interest. Some started cooking seeing instructions of you tube videos, some took online courses of spiritual growths, some did workouts at home seeing the videos, and some others explored dance or vocal videos / courses. Life again rewinded and we started working on polishing our talents. We realised we were happier working on our talents and life's horizons and much more beyond the work schedules.

Priorities change with time. Be more caring towards elderlies and children.

As the lockdown series kept extending, we had to reschedule our plans. Some of us were in containment zones and had to remain at home. Many of us had elderly family members and /or kids at home and had to take extra care of them. Extra measures were taken so that they do not catch the infection. Some of the elderly people started doing work from home as their movements got restricted to go out.

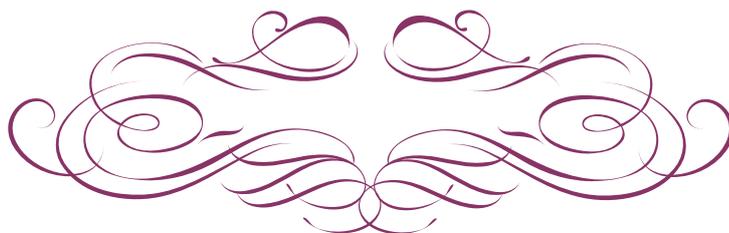
Became more humane.

In this pandemic era, we started helping our neighbours and others as we realised the needs. Earlier in the rush of daily life chores, we were more self-centered. Many of us even fed the street animals as we felt there was hardly any source of food for them. Early mornings we could see many people feeding birds, dogs, cows and other animals. It was good to see this sensitivity and change towards them. Many of us who were earlier going to markets to buy vegetables and other grocery stuffs again started buying from the street vendors and that helped them financially too.

I think in nutshell, this pandemic has affected us in both positive and negative ways. It took away many of our loved ones as they got infected and succumbed. Many of us faced home or hospital isolation for many days and learnt to spend time on our own and by ourselves. On the other hand, this pandemic helped us to rethink the way we lead our lives and to re-organise ourselves for the betterment of everyone. Hopefully when this difficult time passes away, we will look back with mixed memories of varied experiences.

Dr. Pooja Ramakant

Additional Professor,
Endocrine Surgery Department,
King Georges Medical University, Lucknow.



Microwave ablation for an isthmic thyroid nodule- pictorial assay.

45 years old lady with an isthmic thyroid nodule which was colloid nodule on FNAC underwent ultrasound guided percutaneous microwave ablation under IV sedation and local anesthesia as a day care procedure as per her wish after adequate counselling.

She was not keen on surgical intervention. Thyroid nodules have a very high prevalence in the general population. Even if benign, they tend to increase over the years, in some cases causing symptoms or cosmetic concerns. Microwave ablation (MWA) has been proposed to treat thyroid nodules; taking experience from its use in other organs like liver, kidney and lung in particular .

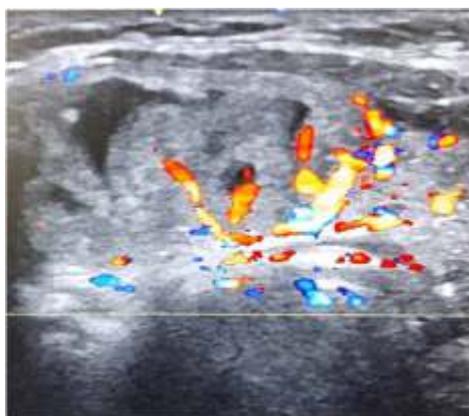
The authors used the “moving-shot” technique with trans-isthmic approach. This approach allows seeing the entire length of the antenna on US view; furthermore, the danger triangle, which includes recurrent laryngeal nerve, trachea and esophagus, was more easily avoided by hydro dissection. MWA has the following advantages respect to RFA: reduction in treatment time, larger ablation zone, less heat sink effect¹.

Here we report a pictorial collage of a patient treated with microwave ablation and its 3 months follow-up.

PRE PROCEDURE IMAGE COSMETIC SCORE 4



ULTRASOUND IMAGE SHOWING VASCULAR THYROID NODULE



VOLUME:4.8 CC

MICROWAVE ABLATION WITH ANTENNA (RED ARROW) INSIDE THE NODULE

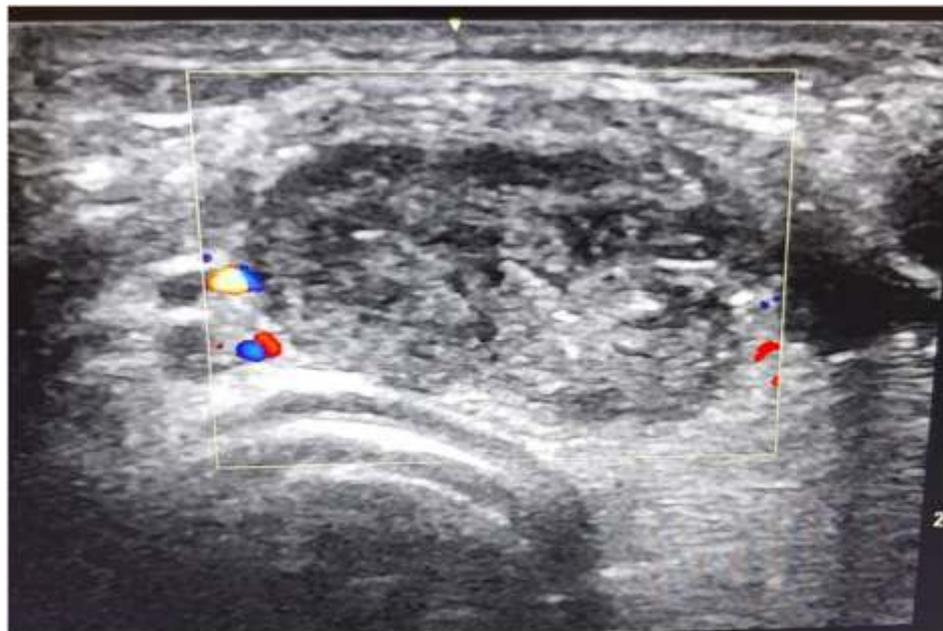


POST ABLATION 2 WEEKS FOLLOW UP-

COSMETIC SCORE:3 NO VISIBLE SCAR



**USG THYROID SHOWS POST ABLTION SHRINKAGE
WITH ABSENT VASULARITY IN THE ABLATED NODULE.**



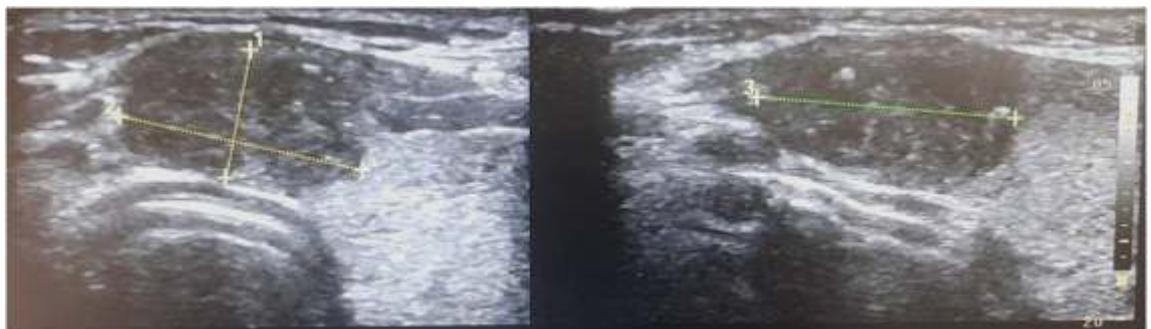
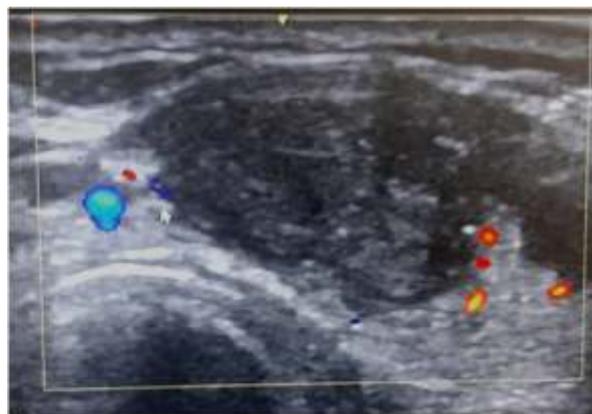
VOLUME : 2.8 CC VOLUME REDUCTION RATIO:39.1%

THREE MONTH POST ABLATION FOLLOW UP

COSMETIC SCORE-2 NO VISIBLE SCAR



**USG THYROID SHOWS POST ABLTION SHRINKAGE
AND ABSENT INTRANODULAR VASCUALRITY**



VOLUME:1 CC VOLUME REDUCTION RATIO:78.2 %

References:

1. Morelli F, Sacrini A, Pompili G, Borelli A, Panella S, Masu A, De Pasquale L, Giacchero R, Carrafiello G. Microwave ablation for thyroid nodules: a new string to the bow for percutaneous treatments? *Gland Surg.* 2016 Dec;5(6):553-558. doi: 10.21037/gs.2016.12.07. PMID: 28149799; PMCID: PMC5233831.

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My blog...“Gunjan Saxena-The Kargil Girl”



Dr Roma Pradhan

As a family, we like to wrap our weekends with a good film, something that we can all watch together and enjoy. So last month, 'Gunjan Saxena-The Kargil Girl' released on the streaming platform and we decided to watch it. We were all very excited about it, especially because the Kargil war had a deep impact on our childhood, we were around 15 when it happened and memories of that war are still alive in our hearts. My husband has also served in the army so this was a film we were all looking forward to. I knew I would like it, however I was not prepared for the emotions and personal memories it will unlock in me.

Gunjan Saxena was the first woman to serve in the Indian defence services at the war front of Kargil, successfully executing several rescue missions. She was the first and only woman in a celebrated and deeply respected male arena, the Indian Airforce. The film explores all her struggles, her grit and courage to persevere when things were hard or even impossible.

It was her internal war that had me hooked, how and why she never gave up when the going got so tough. That got me thinking, don't we all, women who have marched into work areas primary and historically leaning on male work force, are Gunjan Saxenas, or rather have had to fight our own share of battles to make our space.

This line of thought took me back to a decade, when as a young medical student, I was working hard and making key decisions on the kind of doctor I wanted to be.

After finishing my medical school, I was thrilled to crack the All India Postgraduate Medical Entrance in my first attempt. I decided to take general surgery. I had several well meaning seniors guiding me to pick up a relatively less taxing branch, after all I was supposed to settle down and grow my family soon and work hours and environment might not suit a 'woman'. However I am forever grateful to my mother, as she was the one who motivated me to take general surgery.

General Surgery is a male dominated branch, but that is the doctor I wanted to become, so should I back down because of my gender and assuming the issues that it "might" create in my future family life? Why aren't woman given the option of "fixing" those "assumed" issues of family life and work culture, instead of asking her to compromise and clip her dreams even before she's taken off.

With my mother backing my decision, I went ahead and joined the course. And what gave me another boost was finding the right life partner. It is so essential for women to find partners who support her dreams. No, I am not saying that a woman is dependent on that, she's not, and she will forge ahead with or without one. But in my case I was

lucky to have the confidence of my fiancé at the time, which made this battle a tad bit easier for me.

On my first day I was informed that I was the only female in my batch, and in fact the only female in two senior batches as well. This was 2009, and I was the ONLY lady post graduate trainee in all three batches.

At lunch, I overheard someone placing bets on how soon I will scoot from the course, "लड़कियों को थोड़ा सोचना चाहिए, बेकार Seat Vacant जायेगा".

I'll be lying if I say that this didn't disturb me. These people didn't even know me, my talent or determination, but they had already written me off in their minds because of my gender. I remember distinctly speaking to my mother that night, and how she helped me think clearly in that moment of doubt. I had worked very hard to earn that seat, and I was never going to let any naysayer hit my confidence.

For the next few months, I had to take subtle and sometimes not so subtle jibes, pull my spirits and chin up, and march on. Of course for every ten detractors there were few great support at work, who I owe a big part of my successful master's journey.

Of course I was not the first woman to join surgery, so many before me have struggled far worse and still shone so much brighter. What I want to say today is that why does a woman have to battle this additional baggage? The master's programme is anyway so grueling, we work as hard, but we also have to deal with the emotional stress of work culture. Why can't we provide our young women with a positive work culture and support that any man receives, instead of constantly asking her to "adjust" her dreams so that the status quo is not disturbed. In fact that's what it is, several of the people who doubted me were not bad people, they were just afraid of disturbing the status quo. Of ruffling feathers and changing anything from how it had always been.

Change is what people are most scared of. And sadly, more often than not, the price of this fear is paid by women.

Gunjan Saxena stirred up many memories and emotions in me. And by the end of it, I was left humbled

Dr Roma Pradhan

Assistant Professor and Head
Department of Endocrine Surgery
Dr Ram Manohar Lohia Institute of Medical Sciences
Lucknow

Emerging newer roles of Artificial Intelligence in Health Care System



Dr. Pooja Ramakant

Today's era is of joint collaborations between various fields to have to best and most meaningful products to help and improve patient care system. There are engineering solutions to medical problems and we need to recognise this meaningful way of solving our problems. A Webinar on Role of Artificial Intelligence (AIs) in Health Care System was conducted on 25th July, 2020 with collaborations between KGMU, Lucknow, Amity University, Noida, PGI Chandigarh, and SRM University, A.P.. We need to

create more in-house low cost, efficient equipment and utilise AIs efficiently in our system to have a better health care delivery system. Covid era itself has lead us to the way to have more AIs for effective management.

Dr. Pooja Ramakant

Additional Professor,
Endocrine Surgery Department,
King Georges Medical University, Lucknow.



Dr. Deepak Abraham

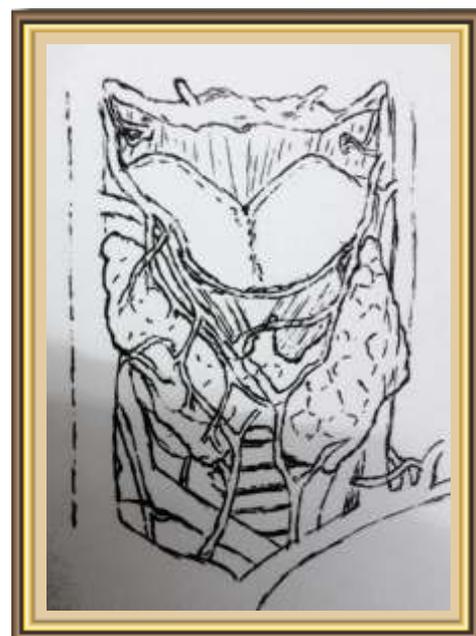
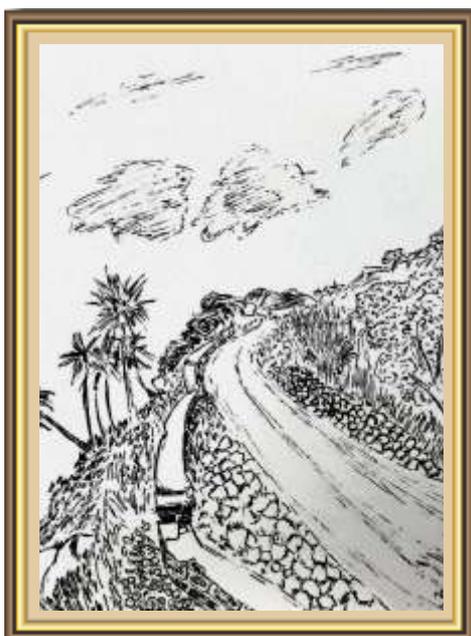
"It was an honour and privilege to be the "Distinguished Visitor" for the Endocrine Surgery Section of the Annual Scientific Congress of The Royal Australasian College of Surgeons, held in Bangkok for the year 2019. The responsibilities included 1 plenary talk titled "Practice of State of the Art Endocrine Surgery in a resource constrained environment" and 4 other podium presentations along with a dinner speech at the banquet."

Deepak Abraham

The artist in me



Dr Pooja Ramakant
KGMU, Lucknow



Dr Verghese
CMC, Vellore

The poet in me



Dr. PRK Bhargav

CORONA OH CORONA

Corona oh corona
Tu kahi aur jaake marona
Corona oh corona
Hum insaano ko chodona

Corona oh corona
Hum se panga mat lena
Corona oh corona
E kuda isko katam karona

Corona oh corona
Is prithvi ko is chudael se bachana
Corona oh corona
Hae Eswar phir se aman dhona

Corona oh corona
Oh insaan ek kasam kaaona
Corona oh corona
Ki is sansaar ko nahi chedona

Corona oh corona
Tuhne dikaya ki insan duniya me sirf ek khilona
Corona oh corona
Hamhe is darti nahi kona

Corona oh corona
Kahne ko he Main hoona
Corona oh corona
Pyaar bina hum soona soona

Corona oh corona
Tum apne duniya ki hogi sona
Corona oh corona
Par humko is duniya me hai jeena

Corona oh corona
Bas karo hamare zindagi ko chaatna
Corona oh corona
Chale jao phir na lauto na

Corona oh corona
Ab bas karo apne paagal fanaa
Corona oh corona
Pataa he kaise tumko jahanoo bejna

Corona oh corona
Shaanti se sonedo aur tu sona
Corona oh corona
Warna Tumhe kardenge ek namoona (banana)



INCORNATION

While God can't come as incarnation
He presents himself in this novel formation
To teach an important lesson
Dear human be in your limitation
Afterall you are one of my tiny creation
I gave cradle like nature as presentation
Common pull up yours socks in preparation
Read message i enveloped in corona contagion
Preserve my perks, to form a good habitation
Don't be greedy for self and exercise caution
Put the breaks on this crazy exploitation
March back towards cozy greenification
Roll back too many of a smoky contraption
Depend more on your manual ambulation
Lest you will crave for a routine ration
Don't overthink, overdo your cerebation
Be good and do good for life celebration
Baby I trust you in finding a healing solution
Pass this time with steely determination
Resort to a honest, critical introspection
Last, reboot your lifestyle to get transformation

LEAVE PAST, LOOK FOR EPIPHANY AHEAD

What a contrast it is, contrary to past
While this covid swept everything in haste
Machines, smokes, mad rush, love was last
Now, close ones are together like a toast
Adversity is seen in opportunity by pessimist
Opportunity is seen in adversity by optimist
Take this time to prepare for a new normal list
For there is light beyond sky filled with mist
Necessity is a key to invent for men with thirst
Every calamity is a God's test of human trust
Cling to basic instincts such a love, peace, rest
Don't swerve from right, to play host to a ghost
Do you feel lost, lost, lost, lost, lost
O' Dear make most of this to reach the coast
Replace tears with smiles which are costliest
For, remember you are the one of the best

Dr PRK Bhargav,
Endocare Hospitals, Vijayawada

Team KGMU adds two adept endocrine surgeons to our family



Dr. Shreyamsa

We are pleased to announce the successful completion of MCh residency of **Dr. Shreyamsa and Dr. Sasi Mouli**. They had joined us in 2017 as our first batch of MCh residents. Discipline and punctuality was their forte.

Ever smiling, occasionally bewildered Sasi and Shreyamsa with his stoic personality were quick to adapt to the new environment and win everyone's trust and liking. Needless to say their contribution was instrumental in establishing and strengthening our residency program.

Shreyamsa plans to head back to Karnataka and contribute to growth of endocrine surgery. Sasi has a liking for academia but remains confused between Mumbai and Bangalore. We thank them and wish them a successful life.



Dr. Sasi Mouli.

Anand Mishra

Professor and Head

Endocrine Surgery, KGMU

Budding Endocrine Surgeons



Dr. Anukriti Sood

Dr. Anukriti Sood is a dedicated breast, thyroid and endocrine surgeon. Breast diseases being the most common diseases in women across the world, necessitates the need of female surgeons to help women in developing countries like India. She has completed her MCh. (Master of Chirurgiae) in breast and endocrine surgery from All India Institute of Medical Sciences, New Delhi. She also got trained in the field of Breast and Endocrine (Thyroid, Parathyroid and Adrenal gland) diseases at Tata Memorial Cancer Hospital, Mumbai, Sanjay Gandhi Post Graduate Institute, Lucknow and Christian Medical College, Vellore. Currently, she has dedicated herself in the field of breast and endocrine surgery. She has an eminent interest in academics and has many national and international publications in reputed journals to her name.

Dr. Anukriti Sood

MBBS, MS, MCh (Breast and Endocrine Surgery) (AIIMS, New Delhi)

Trained at Tata Memorial Cancer Hospital, Mumbai



Dr. Dhritiman Maitra

Dr. Dhritiman Maitra, passed MCh in Breast, Endocrine & General Surgery from AIIMS, New Delhi after working there as Sponsored Trainee on deputation by the Government of West Bengal from July 2017 to July 2020. He is the first one to possess the degree of MCh Breast, Endocrine Surgery & General Surgery from the state of West Bengal. Currently appointed as In-Charge Breast & Endocrine Surgery Services & Clinic, Medical College & Hospital, Kolkata.

Dr. Dhritiman Maitra

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