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## Foreword

Endocrine surgery is both an exciting and satisfying area to work in, with outcomes meeting patient and surgeon expectations to a high level.

Fifty years ago, the volume of endocrine surgical work in most hospitals was not sufficient to allow full endocrine specialization for all but a few select surgeons, with the majority of clinical surgical activity being centered around the thyroid gland. Endocrine surgery had become much safer, but there were still surgeons who performed the occasional thyroidectomy and who did not maintain acquaintance with the advancing clinical science or technical surgical improvement. The outcomes in such cases were not necessarily ideal. This situation needed to be addressed.

Change has occurred; sound governance is now maintained through international and national organizations of endocrine surgeons. These organizations have been the drivers of progress and the catalyst for clinical cooperation and friendships. There is now provision of regular scientific meetings, support for research, clinical and research exchange, and clinical and research fellowships. In each of these areas there are good levels of success. This is readily seen from the free flow of clinical and research papers at scientific meetings with these research papers providing evidence of the overall work patterns and outcomes, the volume of cases and the quality of endocrine surgical units around the world.

The increasing volume of activity has presaged the need for collation of publications for ready access and review and for reference purposes.

Most trainees and their mentors are familiar with the range of publications in each endocrine system, together with newer methods of surgical access, pathology, genetic, biochemical, and imaging requirements and also with the advances in multiple endocrine neoplasia and its ancillary demands. This is an overall satisfactory situation.

There are however some reservations about the knowledge of some younger surgeons who are mentors and faculty members and their trainees about the Founding Figures of Endocrine Surgery. Some seem to have forgotten, overlooked, or plainly never learned about those observant doctors of yesteryear and overlooked, on occasions, those who have more recently brought their contemporary observations to all of us interested in improving the understanding of endocrine diseases and endocrine surgery. All of these founding figures and current leaders have provided clear information on their areas of interest, have taken classical histories of patients, recorded and reported fully on their observational and clinical findings and given strong outlines of their self-propelled clinical research. Even if recorded over a hundred years ago, such information can today mobilize a clinician's focus and guide confirmation of a sound working diagnosis. This was particularly true of the work of Graves and von Basedow, where research continues to unlock the underlying cause of the diseases that for many years have carried their names.

It is to be expected that the efforts made by Dr. Janice Pasioka and her co-editor Dr. James Lee and their illustrious cast of authors and biographers in compiling their textbook "Surgical

Endocrinopathies: Clinical Management and the Founding Figures” clinical and research material that can rekindle interest in the Founding Figures of endocrine surgery and perhaps open new windows that light the way for new research and further advancement of endocrine surgery.

A space awaits for this publication on my bedside table, where my favored books are available to be read to provide me with knowledge, enjoyment, and comfort.

Tom Reeve  
Emeritus Professor of Surgery  
The University Sydney

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## Foreword

As an endocrinologist with a long interest in endocrine surgery (and endocrine surgeons), it is with great pleasure that I write this foreword for a truly unique and outstanding endocrine surgery text. While I fully expected the in-depth and outstanding coverage of the wide range of medical and surgical issues associated with endocrine disease, I was completely surprised and delighted with the historical details provided in the chapters on the founding figures that have defined and shaped our current management approaches. While we often provide one or two brief sentences about these famous clinicians/scientists in our reviews, none of our standard textbooks provide this level of detail with regard to the historical background, their families, their colleagues and their patients that so significantly impacted their observations and discoveries. It is amazing to see how often their major discoveries (for which they are so well remembered today) went against the prevailing management paradigms of the time. These historical accounts also vividly remind us that success seldom came easily or quickly to these founding figures. More commonly, their discoveries and observations were the product of prolonged periods of work, often in the face of significant opposition by peers who were reluctant to embrace new findings. This should serve as a note of great encouragement to those of us trying to change one or more of the long-held endocrine beliefs!

So, it is with great pleasure that I can highly recommend “Surgical Endocrinopathies: Clinical Management and the Founding Figures” as required reading for all clinicians (surgeons and endocrinologist alike) who care for patients with endocrine diseases. All critical aspects of diagnosis and management are carefully described in the scientific chapters. But even more importantly, the in-depth historical reviews remind us of where we have been and how difficult it was to get where we are. Furthermore, the insights provided by biographies should stimulate us to continue to question our current treatment approaches, develop novel research questions, and live up to the wonderful endocrine legacy that has been provided to us by this amazing cast of characters. It is only through continued learning, research, and hard work that we can hope to provide the best possible care to our patients with endocrine disorders.

Dr. Janice Pasioka and Dr. James Lee are to be congratulated on assembling a remarkable cohort of authors and organizing one of the most unique textbooks on endocrine disease that I have ever seen. I have no doubt that many of the facts about these founding giants will find their way into my future lectures and papers.

While most of my textbooks remain on the shelf in my office, this one will likely stay on my coffee table at home: where I can read the historical vignettes for pleasure at my leisure and reflect on the clinicians and scientists that have laid the groundwork for our current understanding of endocrine diseases.

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## Preface

The concept for this book started at the scrub sink...

**Surgeon:** How does one make the diagnosis of an insulinoma?

**Junior resident:** Well, one starts with a good history and physical exam followed by demonstrating Whipple's Triad during a prolonged fast.

**Surgeon:** Excellent. Who was Whipple?

**Junior resident:** Pardon me?

**Surgeon:** Tell me about Allen Whipple and when did he describe Whipple's Triad?

*(Silence)*

**Senior resident:** I guess he was a surgeon, you know, the one who invented the Whipple procedure.

**Surgeon:** Yes, he was a surgeon. When do you think he developed the triad?

*(More silence and vigorous scrubbing)*

**Senior resident:** Uh, I would be guessing but was it in the early 1800s?

**Surgeon:** Hmm, wouldn't you agree that it is unlikely he described the triad before the discovery of insulin?

**Residents:** Yes, that makes sense.

**Surgeon:** So, when was insulin discovered?

*(More vigorous scrubbing and rinsing)*

**Medical student:** I know. It was a long time ago, in the early 1960s.

**Surgeon:** The 1960s, long time ago?? *(gulp)* You mean when the Beatles became famous?

**Medical student:** The Who?

**Surgeon:** *(Sigh)* Yes, them too...

And so it goes. With each new generation, the knowledge of our founding figures, those astute clinicians that unearthed the bedrock of clinical endocrinology, gradually erodes. Their names have morphed into eponyms without any sense of the history behind their discoveries. Who were the people behind the names? What spark of intuition led them to their revelations? This textbook is meant to bring to light the giants on whose shoulders we stand. Following each clinical chapter several figures who played a prominent role in the diseases discussed are highlighted. Of course, the limitations of time and space preclude including all of the founding figures whose contributions guide us to this day. For that we apologize, but do not let them become mere eponyms and make a point of sharing their stories next time you stand at the scrub sink or on the ward rounding with the team.

We hope you will relish reading about our shared history as much as we have enjoyed compiling it.

Janice L. Pasioka  
James A. Lee

Surgical Endocrinopathies

Clinical Management and the Founding Figures

Pasieka, J.L.; Lee, J.A. (Eds.)

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