

**Dr Helen A Spoudeas
DRCOG FRCPCH FRCP MD**

**Consultant in Neuro-Endocrine and Late Effects of Childhood Malignancy
Honorary Senior Lecturer in Paediatric Endocrinology**

Private Practice at Great Ormond Street Hospital and Harley Street Paediatric Group

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**Consultant in Neuro-Endocrine and Late Effects of Cancer
Treatment in Children and Adolescents 1999 –**

Honorary Senior Lecturer in Paediatric Endocrinology 1999 –

**University College Hospitals & Great Ormond Street Hospital,
London**

**Deputy Regional Adviser and Member of Specialty Training
Committee North Central Thames (RCPCH) 2003 -**

CURRICULUM VITAE

Helen Alexandra SPOUDEAS

Date of Birth 26.10.58
Nationality British
Address 33 Methuen Park
London N10 2JR
Telephone +44 (0) 208 444 4277

Full Registration August 1982. # 2716903
Medical Protection Society Membership # 129666

Languages Spoken Bilingual in English & Greek to interpreter standards.

Qualifications

1981	M.B.B.S. (London)
1981	E.C.F.M.G. and V.Q.E.
1983	D.R.C.O.G.
1985	M.R.C.P. (London)
1995	M.D. (London)
1996	M.R.C.P.C.H.
1996	C.C.S.T. (Paediatrics and Endocrinology)
1999	F.R.C.P.C.H.
2000	F.R.C.P.

Current Positions

Consultant in Neuro-Endocrine Late Effects of Childhood Cancer
University College London Hospital (UCLH) & Great Ormond Street Hospitals (GOSH)

Honorary Senior Lecturer in Paediatric Endocrinology
University College London Hospital (UCLH)

Private Consultations (Paediatric/Adolescent Endocrinology)
Great Ormond Street Hospital (GOSH) & Harley Street Paediatric Group

Immediately previous position

Senior Registrar Paediatric Endocrinology, 1993-1999
UCLH & GOSH

Honorary Lecturer in Paediatric Endocrinology, 1988-1993
UCLH

Weekly/Monthly Endocrine Liaison Service to:

a) Paediatric Oncology/ Haematology UCLH

b) Paediatric Neuro-Oncology UCLH & GOSH

Other Appointments

Visiting Paediatric Endocrinology Appointments at:

1988 - 1998	Royal Marsden Hospital, Sutton, Surrey.
1997 - 2003	Barnet Hospital, London.
1998 - 2003	Watford General Hospital
2000 - 2003	Unit Training Director/ RCPCH Tutor, UCLH
2000	Executive Member (endocrine-oncology liaison) of the B.S.P.E.D.
2001	Member of brain tumour, rare tumour and late effects working groups of the U.K.C.C.S.G.
2002	Member of the B.F.S. working group on fertility preservation in minors undergoing cancer therapy
2003	Member of the N Thames Paediatric Specialty Training Committee (STC)
2004	Deputy Regional Adviser for Paediatric Trainees North Central Thames
2003 - 2005	Nominated endocrine society (paediatric and adult) stakeholder and endocrine expert to N.I.C.E. guidelines on child and adolescent cancer
2005	RCPCH Regional Adviser for Paediatric Trainees North Central Thames and Programme Director for ST1-3 NThames MMC
2006	Royal College of Obstetricians & Gynaecologists Statement Member on Umbilical Cord Blood Banking

Special Interests & Legal Experience

I have pioneered the first UK 'niche' service for the neuroendocrine surveillance and neurorehabilitation of survivors of childhood brain and other tumours established in 1999. I currently support over 700 brain tumour survivors in a multidisciplinary inpatient and outpatient service at University College London and Great Ormond Street Hospitals.

My interests in paediatric endocrinology are particularly geared to abnormalities of growth and development, hormone excess and deficiency, especially as they pertain to children with malignancy, particularly brain tumours. I have published original research and review articles in peer-reviewed literature and given original papers and invited state of the art lectures at national and international conferences on the topics of hormone secretion, growth, pubertal and fertility status after cancer therapies. I published a doctorate on the neuroendocrine hormone secretory disturbances observed during and after different therapies for childhood brain tumours in 1995, which still

remains the only longitudinal prospective clinical study in this cohort.

I continue to be active in clinical research in this area of childhood malignancy, participating in national and international collaborative cancer trials, teaching and training, and representing the adult and endocrine societies as a national stakeholder and expert in the area of childhood cancer and endocrine dysfunction. I have presented several legal reports in this and other related areas of paediatric endocrinology and as yet made no court appearances.

PUBLICATIONS: Original Articles

Price C, Haggard D, Kanfer E, Spoudeas H, Samson D, Haworth C. An unusual t(9;12)(p13;q24) in childhood acute lymphocytic leukaemia [letter]. *Cancer Genetics and Cytogenetics* 1989; 37:293-5.

Hughes G, Spoudeas HA, Kovar IZ, Millington HT. Tape measure to aid prescription in paediatric resuscitation. *Archives of Emergency Medicine* 1990; 7: 21-7.

Bainbridge JWB, Spoudeas HA, Massarano AA, Hindmarsh PC, Stanhope R, Preece MA, Brook CGD. The application of the infancy-childhood-puberty model of growth to the management of the Turner syndrome. In "Turner Syndrome: Growth Promoting Therapies." Ranke MB, Rosenfeld RG (eds), *Elsevier Science (pubs)* 1991: pp. 159-67.

Spoudeas HA, Matthews DR, Brook CGD, Hindmarsh PC. The effect of changing somatostatin (SS) tone on the pituitary growth hormone (GH) and thyroid stimulating hormone (TSH) response to their respective releasing factor stimuli. *Journal Clinical Endocrinology and Metabolism* 1992: 75: 453-8.

Ryalls M, Spoudeas HA, Hindmarsh PC, Matthews DR, Tait DM, Mellor SM, Brook CGD. Short term endocrine consequences of total body irradiation (TBI) and bone marrow transplantation in children treated for leukaemia. *Journal Endocrinology* 1993: 136: 331-8.

Spoudeas HA, Slater JDH, Rumsby G, Honour JW, Brook CGD. Deoxycorticosterone (DOC) 11 β hydroxylase and the adrenal cortex. *Clinical Endocrinology* 1993: 39: 245-51.

Spoudeas HA, Motta RM, Stanhope R, Hindmarsh PC, Brook CGD. Therapeutic options for promoting growth in the Turner syndrome. In "Basic and Clinical Approach to Turner Syndrome". Hibi I, Takano K (eds) *Elsevier Science (pubs)* 1993: pp 323-6.

Spoudeas HA, Winrow AP, Hindmarsh PC, Brook CGD. Low dose growth hormone-releasing hormone tests: a dose response study. *European Journal of Endocrinology* 1994; 131: 238-45.

Spoudeas HA, Hindmarsh PC, Matthews DRM, Brook CGD. Evolution of growth hormone (GH) neurosecretory disturbance after cranial irradiation for childhood brain tumours; a prospective study. *Journal of Endocrinology* 1996: 150: 329-42.

Agwu JC, Spoudeas HA, Hindmarsh PC, Pringle PJ, Brook CGD. Tests of adrenal insufficiency. *Archives of Disease in Childhood* 1999: 80: 330-3.

Ramaswami U, Rumsby G, Spoudeas HA, Hindmarsh PC, Brook CGD . Treatment of

Achondroplasia with growth hormone: 6 years experience. *Ped Res* 1999; 46: 435-9.

Spoudeas HA, Wallace WHB, Walker D. Is germ cell harvest and storage justified in minors treated for cancer?. *BMJ* 2000; 320: pp.316 {letter}.

Spoudeas HA, Shah N, Rosenthal M, Hindmarsh PC, Brook CGD, *on behalf of the British Society for Paediatric Endocrinology*. A multicentre audit of growth-promoting treatment in 475 adult Turner women. *resubmitted J Pediatr February 2000*

Swerdlow AJ, Reddinguis RE, Higgins CD, Spoudeas HA, Phipps K, Qiao Z, Ryder WDJ, Brada M, Hayward RD, Brook CGD, Hindmarsh PC, Shalet SM . Growth hormone treatment of children with brain tumours and risk of tumour recurrence. *J Clin Endo Metab* 2000, 85: 4444-9.

Grundy R, Gosden RG, Hewitt M, Larcher V, Leiper A, Spoudeas HA, Walker D, Wallace WH. Fertility preservation for children treated for cancer (1): scientific advances and research dilemmas. *Arch Dis Child*. 2001 Apr;84(4):355-9. Review.

Grundy R, Larcher V, Gosden RG, Hewitt M, Leiper A, Spoudeas HA, Walker D, Wallace WH. Fertility preservation for children treated for cancer (2): ethics of consent for gamete storage and experimentation. *Arch Dis Child*. 2001 Apr;84(4):360-2

Spoudeas HA. Growth and endocrine function after chemotherapy and radiotherapy in childhood. *Eur J Cancer*. 2002 Sep;38(13):1748-59; discussion 1760-1.

Spoudeas HA. Growth Following Malignancy . In Bailliere's "Best Practice and Research Clinical Endocrinology and Metabolism", Growth Disorders Cowell C (ed) 2002 vol 16; no.3 pp 561-90,

Report of a multidisciplinary working group convened by the British Fertility Society. A strategy for fertility services for survivors of childhood cancer. *Hum Fert* 2003; 6, A1-A40.

Spoudeas HA, Charmandari E, Brook CGD. Hypothalamo-Pituitary-Adrenal Axis Integrity after Cranial Irradiation for Childhood Posterior Fossa Tumours. *Med Pediatr Oncol* (2003) 40 :224-9.

Sutcliffe A, Spoudeas HA, Nair D, Bouloux P, Oliver T, Sambrook P, Bannister W, Lambalk CB, Spector T. Comparison of serum FSH and Inhibin B levels between adult male dizygotic and monozygotic twins. *Hum Reprod printed Oct 27 2005*

Spoudeas HA, Saran F, DeVile C, Albanese A, Mallucci C, Pizer B, Hayward R. Craniopharyngiomas in 'Paediatric Endocrine Tumours. A Multidisciplinary Consensus Statement of Best Practice from a Working Group convened under the Auspices of the British Society of Paediatric Endocrinology and Diabetes (BSPED and the United Kingdom Children's Cancer Study Group (UKCCSG), Spoudeas HA (ed) pp 16-46. (October 2005) ISBN 0-9551487-0-7

Muller HL, Albanese A, Calaminus G, Hargrave D, Garre ML, Gebhardt U, Saran F, Sorensen N, Spoudeas HA. Consensus and perspectives on treatment strategies in childhood craniopharyngioma: results of a meeting of the Craniopharyngioma Study Group (SIOP), Genova, 2004. *J Pediatr Endocrinol Metab*. 2006 Apr;19 Suppl 1:453-4

Bahadur G, Spoudeas H, Davies MC, Ralph D. (2006). Factors affecting sperm banking for adolescent cancer patients. *Arch. Dis. Child*, 91(2), 149-152.

Bull KS, Spoudeas HA, Yadegarfar G, Kennedy CR; CCLG. (2008) Reduction of health status 7 years after addition of chemotherapy to craniospinal irradiation for medulloblastoma: a follow-up study in PNET 3 trial survivors on behalf of the CCLG (formerly UKCCSG). *Journal of Clinical Oncology*, 25(27), 4239-4245.

Anderson RA, Weddell A, Spoudeas HA, Douglas C, Shalet SM, Levitt G & Wallace WH. (2008). Do doctors discuss fertility issues before they treat young patients with cancer? *Human Reproduction*, 23(10), 2246-2251.

PUBLICATIONS Review Articles - Book Chapters

Spoudeas HA. The Endocrine Consequences of Irradiation in Childhood. *Growth Matters* 1989; 1:(2): 6-10.

Spoudeas HA. Endocrine consequences of irradiation for childhood malignancy in "Current Radiation Oncology", Tobias J, Thomas PRM (eds) *Edward Arnold (pubs)* 1994: pp. 137-159.

Spoudeas HA, Brook CGD. Growth and Puberty in "Community Paediatrics", Harvey D, Smyth D, Miles M (eds), *Butterworth Heinemann (pubs)* 1995; pp: 45-65.

Spoudeas HA, Brook CGD. Teenage Endocrinology in "Yearbook of Obstetrics and Gynaecology: Volume 7", O'Brien (ed) *Royal College of Obstetricians and Gynaecologists (pubs)* 1999, pp: 87-105.

Spoudeas HA. The Late Endocrine Consequences of Curing Childhood Cancer in "Clinical Paediatric Endocrinology" (4thn edn) Brook CGD, Hindmarsh PC (eds), *Blackwell Scientific (pubs)* 2001: pp 267-87.

Shenfield F, Davies MC and Spoudeas HA. Attempts to preserve the reproductive capability of minors with cancer: who should give consent? In "Ethics of Assisted Reproduction Bureau and Shenfield (eds) (*in press*) 2002

Spoudeas HA. Thyroid Disease after Childhood Cancer. In "Late Effects of Childhood Cancer" Green D, Wallace HGW,(eds) (1ST edition) Blackwell Scientific (pubs) 2004; pp 212-224.

Spoudeas HA, Kirkham F J . Toxicity and Late Effects . In: *Brain and Spinal Tumours of Childhood*. Walker D, Perilongo G, Punt JAG, Taylor RE (eds). (1st edition). Arnold (pubs), UK, 2004 . pp 433-462

Wallace WHB , Brougham MFH , Spoudeas HA . Growth and Endocrine Late Effects . In 'Paediatric Oncology' (3rd edition) Pinkerton R, Plowman PN and Pieters R (eds) Arnold (pubs) 2004 pp 650- 666

Spoudeas HA, Saran F, Pizer B A Multimodality Approach to the Treatment of Craniopharyngiomas Avoiding Hypothalamic Morbidity: A UK Perspective . *accepted for publication Eur J Ped Endocrinol September 2005*

PUBLICATIONS : Books

Spoudeas HA. The evolution of growth hormone neurosecretory disturbance during high dose cranial irradiation and chemotherapy for childhood brain tumours. MD thesis, University of London, 1995.

Spoudeas HA. Paediatric Endocrine Tumours. A Multidisciplinary Consensus Statement of Best Practice from a Working Group convened under the auspices of the British Society for Paediatric Endocrinology and Diabetes (BSPED and the United Kingdom Children's Cancer Study Group (UKCCSG). (October 2005; ISBN 0-9551487-0-7)

INVITED LECTURES

Conferences

"The Impact of Cranial Irradiation on the Neuro-Endocrine Axis". To the UKCCSG medical conference "The Developing Brain in Paediatric Oncology", Royal Marsden Hospital, SW1, 2.3.92-3.3.92.

"The Late Effects of Treating Childhood Brain Tumours". To the Paediatric Radiotherapy for Clinical Oncologists one day meeting at the British Institute of Radiology, W1, 28.2.97.

"The Importance of Paediatric Liaison with Mental Health Services" . To the Paediatric Psychiatry Section of The Royal Society of Medicine, afternoon meeting, 10.3.98.

"The Endocrine Price of Surviving Childhood Malignancy". To the Advanced Haematology Nurses Conference, Hammersmith Hospital, 16-19.6.98 and 14-18.6.99

"The Impact of Cranial Irradiation on the Neural Control of Growth Hormone Secretion". To the KIGS USA Investigator Oncology Workshop, San Francisco, USA, 2-3.9.98.

"Informed Consent and the Child's Perspective: the Ethical and Legal Dilemmas of Fertility Preservation Prior to Cancer Therapy. To mental health, legal and medical professionals at "The Child's Perspective: A Collaborative Approach" conference, Institute of Family Therapy, London 8-10.11.98.

Conference organiser, workshop co-ordinator and collaborator on establishing published guidelines of good practice at conference on "Ethical and Research Dilemmas for Fertility Preservation for Children Treated for Cancer", Homerton College Cambridge, 14-16.12.99

Neuro-Endocrine Sequelae: is Radiotherapy the only Culprit? To the British Council Seminar 99016, "Cancer in Children: Challenges and Controversies" London , 31.01.2000-4.2.2000.

Growth and psychosocial outcome in Cranially Irradiated Children. A workshop at the 9th International Congress of Auxology, Turin, Italy 3-6.9.00.

Clinical Trials - Reading Between the Lines To the Pediatric Endocrinology Course "Lessons from the Past, Directions for the Future," Indian Academy of Paediatrics , Mumbai, India 27-28th January 2001.

Growth Hormone Therapy - Non-classical Indications. To the Pediatric Endocrinology Course "Lessons from the Past, Directions for the Future," Indian Academy of Paediatrics , Mumbai, India 27-28th January 2001.

Growth and Neuro-Endocrine Consequences of Childhood Malignancies. To the Pediatric Endocrinology Course "Lessons from the Past, Directions for the Future," Indian Academy of Paediatrics , Mumbai, India 27-28th January 2001.

Fertility Preservation in Children with Cancer - Problems and Possible Solutions. The 3rd London Advanced Paediatric Oncology Course, Robin Brook Centre, At St Bartholomew's Hospital, Smithfield London 12-16th March 2001.

Growth and Neuroendocrine Sequelae after Childhood cancer therapy
To the second conference on Medicine in the Adolescent, Cluj Romania , June 14-16.6. 2001

Surviving Childhood Brain Tumours. Neuro-Endocrine Consequences and their relation to Therapy and Disease. Invited guest lecture at the annual meeting of the Scottish Paediatric Endocrine Group(SPEG) , Dunkeld, Edinburgh 25th 26th January 2002

Radiation-Induced Endocrinopathy. Is this Solely Growth Hormone Deficiency?
Invited guest lecture at the 4th international RICR conference on brain tumours
Royal Society of Medicine 2-4th February 2002

Endocrine Dysfunction after Cranial Irradiation; Irradiation is not the Only Culprit.
Invited guest lecture at the 4th Conference on Controversial Issues in Paediatric Endocrinology, At St Bartholomew's Hospital, Smithfield London 15th 16th February 2002.

Hypothalamo-Pituitary Function and Brain Tumours in Childhood. Invited speaker to the neurology course, Gt Ormond St Hospital March 2002

Late Effects of Brain Tumours. Invited lecture to the 4th international Royal College Radiology/ British Institute Radiotherapy/ UKCCSG Paediatric Radiotherapy Conference, Royal Society Medicine, 2-4.2.03

The Impact of Brain Tumour Therapy on the Neuro-Endocrine Axis.
Invited guest lecture at the annual meeting of the German Paediatric Endocrine Group – Augsburg Germany, 14-15th March 2003

Invited Working group chair oncology section - RCP Edinburgh Conference in Adolescent Medicine, 19.6.03.

Growth Assessment Charts; How to interpret them and who to refer. Invited lecture to Conference Plus General Practitioners' Conference, Sri Lanka 5-12th February 2004.

Growth Assessment and its Pitfalls; Invited lecture to Primary and Secondary Care Practitioners, Cheltenham June 2004

Medical Ethics from a Paediatrician's Perspective. Children's Rights, Parents' Powers and Doctors' Duties. Invited lecture to the Eton Medical Society, 14th October 2004

The Neuroendocrine Price of Surviving Malignancy. Invited speaker at the haematology SpR's annual training day, GOSH 16th November 2004

Irradiation is not the only culprit in late toxicity after brain tumours. Invited speaker to the International Radiotherapy Course, Royal College Radiology, London, 22-24th November 2004

Craniopharyngiomas; Controversies in Surgical Management. Invited speaker to the Societe Internationale Oncologie Paediatrique (SIOP) Brain Tumour Group, Genoa Italy, 26th/27th November 2004

Growth and Puberty after Intracranial Neoplasia. Invited speaker at the workshop on Endocrine Sequelae of Childhood Cancer, to the 24th joint annual meeting of the British Endocrine Societies, Harrogate, UK 4-6th April 2005.

Endocrine Late Effects after Craniospinal Radiotherapy with or without Sandwich Chemotherapy for childhood PNET: 7-year follow-up results of the SIO PNET3 randomised international trial. Invited speaker to the SIO P annual brain tumour meeting, Tromso, Norway 9-11th June 2005

NICE Guidance 'Improving Outcomes in Children and Young People with Cancer' Aug 2005 : An Overview Relevant to Late Effects. Presented to 1st national sponsored workshop on Endocrine Late Effects of Childhood Cancer, Edinburgh 11th October 2005

Meet the expert session on 'Late Endocrine Effects of Childhood cancer Invited speaker to the 47th annual meeting of European Society for Endocrinology Istanbul 20th-23rd September 2008

3rd Practical Paediatric Conference: 2 lectures, London 29th – 30th September, 2008

LEARNED SOCIETIES

1981- British Medical Association.

1985- Royal College of Physicians. (R.C.P.)

1989- Royal Society of Medicine (Endocrine Section).

1989- British Society of Paediatric Endocrinology and Diabetes (B.S.P.E.D.)

1991- European Society of Paediatric Endocrinology. (E.S.P.E.)

1995- Medical Women's Federation.

1996- Royal College of Paediatrics and Child Health. (R.C.P.C.H.)

1996- Society for Endocrinology

1997- Hellenic Medical Society

1999- United Kingdom Children's Cancer Study Group

2000- Fellow of the Royal College Physicians (F.R.C.P.)

2000 - Fellow of Royal College of Paediatrics and Child Health (F.R.C.P.C.H.)

2000 - Member of the Late Effects, Brain & Rare Tumour Groups UKCCSG / SIO P

2001- Member of the British Fertility Society Working Group on Fertility Preservation Strategies in Cancer

2000 - Secretary and founding member of the rare endocrine tumour working group of BSPED

- 2001 - Member of the executive of the BSPED (endocrine oncology representative)
- 2006- Member of the Royal College of Obstetricians and Gynaecologists
(R.C.O.G.)'s Statement Group on Umbilical Cord Blood Banking
- 2007- National Institute for Health and Clinical Excellence (N.I.C.E.) Guidelines
Member
- 2008- Member of the Association for Multiple Endocrine Neoplasia Disorders
(A.M.E.N.D.)
- 2008- United Kingdom and Ireland Neuroendocrine Tumour Society (U.K.I.N.E.T.S.)
Executive Member

Nominations/Referees

**Prof Hilary Cass
Postgraduate Tutor and Regional Adviser N Thames
Great Ormond Street Hospital
London WC1**

**Dr Anne Kilby
Clinical Director Paediatric Department
University College London Hospital
Gower Street
London W1T 8AA**

**Prof Peter Hindmarsh
Paediatric Endocrinology
Cobbold Labs
Endocrine Unit
Middlesex Hospital
Mortimer Street
W1T 8AA**