

Meet Kashyap Patel, our 2025 *European Journal of Endocrinology* Awardee



Dr Kashyap Patel, from Exeter, UK, is our 2025 *European Journal of Endocrinology* Awardee. He will deliver his Award Lecture in Copenhagen at the Joint Congress of ESPE and ESE. Read on to learn more about his career in endocrinology, his advice for future endocrinologists, and what you can look forward to hearing him talk about at the Congress.

Please tell us about your current role

I am an Associate Professor at the University of Exeter, UK, where I conduct my research. I also work as a Consultant Physician in Diabetes and Endocrinology at the Royal Devon and Exeter Hospital, where I care for individuals living with diabetes.

How were you inspired to work in endocrinology?

I completed my medical training in India before moving to the UK in 2005. I discovered my passion for endocrinology during my training at Chester Hospital. My mentors there were brilliant – they not only taught me about clinical care but inspired my interest in research. This led me to Dundee, where I obtained my PhD at the MRC unit, and then to Exeter, to work with Professor Andrew Hattersley, who has been an exceptional mentor in studying inherited diabetes.

What will you discuss in your Award Lecture at the 2025 Joint Congress of ESE and ESPE?

I study a special type of inherited diabetes that runs in families through genetic mutations. This differs from more common types of diabetes.

Identifying these genetic causes is crucial, as it helps us to provide appropriate treatment to individuals living with this type of diabetes and to inform families about future implications. In my lecture, I'll share our latest discoveries about new genetic causes and improved testing approaches. I'll also present exciting new findings showing that it's not just about having a particular genetic change. Your overall genetic makeup plays a significant part in

whether you develop diabetes. This is revolutionising our understanding of inherited diseases!

What are you most proud of in your career, and in life in general?

I'm fortunate to work with exceptional colleagues, both in the hospital and in research. They help me excel in my work. I'm also incredibly grateful to my supportive family, especially my wife, who has been my cornerstone throughout this journey.

What is likely to be the next breakthrough in your area of interest?

Our latest research is transforming our understanding of inherited diseases. We're discovering that it's not solely about having one 'faulty' gene. Your entire genetic background influences whether you develop the condition. It's rather like needing both the right ingredients and the right conditions to create a successful recipe!

What are the biggest challenges in your field right now?

The biggest challenge we face is translating our genetic discoveries into practical treatments that benefit individuals living with diabetes. The gap between identifying genetic causes and developing targeted therapies remains significant.

What is the most enjoyable aspect of your work?

I love developing new research hypotheses and analysing the results of these investigations.

What are you most looking forward to at the 2025 Joint Congress?

I am excited to meet colleagues from around the world who have contributed to our research by sending samples to Exeter. It will be wonderful to finally meet face-to-face and express our gratitude personally!

Why should people join ESE?

ESE offers unparalleled opportunities to shape the future of hormone medicine, while supporting both professional development and improving care for individuals living with endocrine conditions.

What words of wisdom do you have for aspiring endocrinologists?

Endocrinology is a fascinating specialty with endless opportunities to learn. While balancing research with clinical work can be challenging, I encourage you to embrace both. You might discover an unexpected passion!

Is there anything else you would like to add?

I am deeply honoured to receive this award. It is wonderful to have our team's work recognised, and I am looking forward to sharing our discoveries with everyone.