



5th COMBO Endocrinology International Course & Live Workshops

**Subclinical
Endocrinopathies & Diabetes:
To treat or not to treat?**

FINAL PROGRAM

29th SEPTEMBER - 1st OCTOBER 2017

**EDEN HOTEL, ANAVYSSOS,
ATHENS, GREECE**

www.comboendo.gr





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WELCOME MESSAGE

«stay small but perform with distinction»

A Comprehensive Course to guide how to improve the quality of your practice for you and your patients.

This is the fifth year of the new series of “COMBO - ENDOCRINOLOGY” comprehensive, annual course.

The main goal of these course series is to provide trainees, fellows and early career professionals with a complete, in-depth knowledge on **specific hot topics of Endocrinology in a combined (Combo) approach with other medical/surgical specialties**. COMBO ENDOCRINOLOGY meetings are monothematic courses providing knowledge on a different endocrine entity each year, through lectures, meet-the-expert sessions and case presentations, keeping participants on the cutting edge of scientific information and clinical best practice in Endocrinology and Diabetes.

This year's theme will be on **«Subclinical Endocrinopathies & Diabetes»**. This course is designed as an educational tool and a practical manual to understand the impact of various subclinical endocrine and diabetes related entities on metabolism, reproductive system, thyroid, bones, pituitary, adrenals etc. as well as how to approach and when to treat your patients.

Highlights of this course are the workshops where participants under the guidance of their tutor in a particularly interactive way, are encouraged to understand the approach of real clinical cases, exchange ideas with their peers, be taught by experts, step forward and present case scenarios in a virtual conference setting.

What is most important is that **this idea**, constantly supported by **European Endocrine Society** as well as **Hellenic Endo Society** is continued because it has found fertilizing ground among inspired colleagues and is embraced with great interest by a growing number of young scientists. Consequently, a debt of gratitude is owed to each one of the distinguished tutors and speakers, who are embarking on their scientific topics and are serving our ultimate targets **of applied endocrinology combining education with clinical practice!** Therefore, from heart thanks to their synergistic confluence that has given life to **COMBO ENDO**, a very demanding and highly aiming interactive course. My sincere thanks go to generous financial supporters who against all odds have helped us to make steps steadily forward and sustained the strength to pursue our dreams in sharing the knowledge in Endocrinology and Diabetes.

Thus, we have arrived at 5th COMBO ENDO with a certain degree of pride, but with a greater degree of responsibility to every participant, whose presence in this course consolidates our commitment and dedication to teach and practice evidence based medicine!

Yours,

Evanthia Diamanti-Kandarakis MD, PhD

*Professor of Internal Medicine, Endocrinology & Metabolism
Director of Endocrinology, Diabetes & Metabolism Department,
Hygeia Hospital, Athens, Greece
President of the Course*

ORGANIZING COMMITTEE

President

Evanthia Diamanti Kandarakis

Vice President of the Course

Board Members

Alexandrides Theodoros	Kyriazopoulou Venetsana	Papapoulos Socrates
Anastasilakis Athanasios	Macut Djuro	Pazaitou Kalliopi
Bargiota Alexandra	Makras Polyzois	Peppa Melpomeni
Duntas Leonidas	Mannelli Massimo	Phenekos Costas
Elias Yiannis	Mastorakos George	Pignatelli Duarte
Georgescu Carmen	Michalaki Marina	Popovitch Vera
Goulis Dimitrios	Mouslech Zadalla	Rachon Dominik
Karavitaki Niki	Mulatero Paolo	Roukounakis Nikolaos
Kassi Evanthia	Nader-Eftekhari Shahla	Tabarin Antoine
Kassi Georgia	Nikopoulou Stamatina X.	Tsatsoulis Agathoklis
Korbonits Marta	Ntountas Yannis	Yildiz Bulent
Koukkou Eftychia	Pantazi Eleni	Zapanti Evangelia

COURSE ORGANIZER



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LIST OF SPEAKERS, CHAIRS & TUTORS

Alexandrides Theodoros

Professor of Internal Medicine – Endocrinology, Division of Endocrinology, University of Patras

Anastasilakis Athanasios

MD, PhD, Consultant of Endocrinology 424 General Military Hospital, Thessaloniki, Greece

Bargiota Alexandra

Assistant Professor in Internal Medicine-Endocrinology, University of Thessaly, Head of the Department of Endocrinology and Metabolic diseases, University Hospital of Larissa, Greece

Duntas Leonidas

Professor of Internal Medicine and Endocrinology, Medical School, University of Ulm, Germany and Evgenideion Hospital, Clinical and Research Associate, Unit of Endocrinology, Diabetes and Metabolism, University of Athens, Greece

Elias Yiannis

MD, PhD, Consultant Endocrinologist, Endocrinology Unit, Elena Venizelou Hospital, Athens, Greece

Georgescu Carmen

Professor of Endocrinology, Iuliu Hatieganu University of Medicine and Pharmacy, Head, Endocrinology Department, Cluj County Emergency Hospital, Consultant in Endocrinology and Diabetes, Nutrition and Metabolic Diseases, Head, Endocrinology Clinic, Cluj-Napoca, Romania

Goulis Dimitrios

Associate Professor in Reproductive Endocrinology, Medical School, Aristotle University of Thessaloniki, Unit of Reproductive Endocrinology, First Department of Obstetrics & Gynecology, Greece

Karavitaki Niki

MSc, PhD, FRCP, Senior Clinical Lecturer in Endocrinology, Institute of Metabolism and Systems Research, College of Medical and Dental Sciences, University of Birmingham, UK & Consultant Endocrinologist, Queen Elizabeth Hospital Birmingham, University Hospitals Birmingham NHS Foundation Trust, UK

Kassi Evanthia

MD., PhD., Endocrinologist, Associate Professor of Molecular Endocrinology / Biochemistry Medical School, National and Kapodistrian University of Athens

Kassi Georgia

Endocrinologist, Director, University Unit of Endocrinology, 3rd Department of Medicine, Sotiria General Hospital, Athens School of Medicine, National & Kapodistrian University of Athens, Greece

Korbonits Marta

MD, PhD, DSci, FRCP, Professor of Endocrinology and Metabolism Consultant in Endocrinology, Co-Centre Head of Endocrinology, Deputy Head of the William Harvey Research Institute

Koukkou Eftychia

Doctor, Endocrinologist, Chief of Endocrine Department at “Elena Venizelou” Hospital

Kyriazopoulou Venetsana

Professor of Endocrinology Rector of the University of Patras, Greece

Macut Djuro

MD, PhD, Associated Professor of Internal Medicine and Endocrinology Clinic for Endocrinology, Diabetes and Metabolic Diseases, Faculty of Medicine, University of Belgrade, Serbia

Makras Polyzois

MD, Ph.D, Endocrinologist Dep. Director, Dpt of Endocrinology & Diabetes, 251 Hellenic Air Force & VA General Hospital, Athens, Greece

Mannelli Massimo

Full Professor of Endocrinology Dept. of Experimental and Clinical Biomedical Sciences “Mario Serio” University of Florence - Italy”

Mastorakos George

MD, DSc, Professor of Endocrinology; School of Medicine; National and Kapodistrian University of Athens, Greece

Michalaki Marina

Consaltunt Endocrinologist, Endocrine division, Internal Medicine Department, University Hospital of Patras, Greece

Mouslech Zadalla

Dr, Endocrinologist, President of the Executive Board of Hellenic Endocrine Society - Panhellenic Association of Endocrinologists

Mulatero Paolo

Associate Professor of Internal Medicine, University of Torino, Italy

Nader-Eftekhari Shahla

Professor, Endocrinology, Diabetes & Metabolism, Department of Internal Medicine, Mc Goven Medical School, The University of Texas at Houston, USA



LIST OF SPEAKERS, CHAIRS & TUTORS

Nikopoulou Stamatina X.

Endocrinologist, Director - Endocrinology Department "Elena Venizelou" Hospital Athens, Greece

Ntountas Yannis

Head of Orbital Unit, 1st Eye Clinic, Medical School, University of Athens Consultant of the Eye Clinic (Oculoplastic Unit), General Clinic of Thessaloniki "Euromedica", Thessaloniki and Eye Clinic "Henry Dynant" Hospital Center, Athens Greece

Pantazi Eleni

Endocrinologist, Head of Department of Endocrinology Alexandra's Hospital, Athens, Greece

Papapoulos Socrates

MD, PhD, Professor of Medicine Center for Bone Quality, Leiden University Medical Center, The Netherlands

Pazaitou Kalliopi

Peppa Melpomeni

Associate Professor in Endocrinology, National and Kapodistrian University of Athens, Second Department of Internal Medicine, Propaedeutic Research Institute and Diabetes Center Attikon, University Hospital, Athens, Greece

Phenekos Costas

MD, Former Director of the Department of Endocrinology and Metabolism-Diabetes Center, Red Cross Hospital, Athens, Greece

Pignatelli Duarte

Popovitch Vera

Professor of Internal Medicine/ Endocrinology, Medical Faculty, University of Belgrade, Belgrade, Serbia

Rachon Dominik

MD, PhD, Associate Professor

Roukounakis Nikolaos

Tabarin Antoine

Professor of Endocrinology at the University of Bordeaux and Head of the Department of Endocrinology at the University Hospital (CHU) of Bordeaux, France

Tsatsoulis Agathoklis

Emeritus professor in Medicine - Endocrinology, University of Ioannina

Yildiz Bulent

Professor of Medicine & Endocrinology, Hacettepe University School of Medicine, Department of Internal Medicine, Division of Endocrinology and Metabolism

Zapanti Evangelia

SCIENTIFIC PROGRAM

FRIDAY, 29th SEPTEMBER 2017

13.00-15.00 **REGISTRATIONS**

PART 1 **SUBCLINICAL ENDOCRINOPATHIES**
 Case studies

SESSION I **Thyroid & Parathyroid**

15:00-17:00 **GET TOGETHER** WORKSHOP A
THYROID ON THE SPOT
 Case presentations per lecture per topic

Chairs: **Leonidas Duntas, Venetsana Kyriazopoulou**

- **Kalliopi Pazaitou:** Thyroid microcarcinoma: what makes the difference size, number or neither?
- **Marina Michalaki:** Diagnosis and management of subclinical thyroid dysfunction

SUBCLINICAL EYE THYROID DISEASE DEBATE

- **Leonidas Duntas:** When to send the patient to Ophthalmologist
- **Yiannis Ntountas:** When to send the patient to Endocrinologists

17:00-17:30 **A WELCOME TO THE 5th COMBO**
 Participants Introduce Themselves

17:30-21:30 **Teaching using case scenarios and consultation techniques-
 Interactive Program (Groups: G1+G2+G3+G4)** WORKSHOP 1

Chairs: **Socrates Papapoulos, Costas Phenekos**

17:30-19:30 **25 min Tutorial, per tutor per topic**

- **Socrates Papapoulos:** **G1:** Subclinical Osteoporosis: Does it matter?
- **Anastasis Anastasilakis:** **G2:** Hyperparathyroidism: the silent attack
- **Polyzois Makras:** **G3:** Hypoparathyroidism: is it that easy to treat?
- **Evanthia Kassi:** **G4:** Subclinical vit D deficiency: to treat or not to treat?

19:30-20:30 **Case preparation & per tutor per group**

20:30-21:15 **ALL GROUPS TOGETHER (G1+G2+G3+G4)**
 Case Presentation by participants (15min/case) and discussion

Chairs: **Socrates Papapoulos, Costas Phenekos**

21:30-23:00 **DINNER - GET TOGETHER**

SATURDAY, 30th SEPTEMBER 2017

07:00-08:30 **BREAKFAST**

08:30-09:00 **SURGICAL OPINION**

LECTURE

Chair: **Zadalla Mouslech**

- **Nikolaos Roukounakis:** Look back but go forward: Surgical approach of subclinical hyperparathyroidism

SESSION II & III

Diabetes & Endocrinology: Two sides of the same coin

09:00-11:00 **GET TOGETHER**

WORKSHOP B

Theory and Case Presentations: per topic

Chairs: **Eleni Pantazi, Georgia Kassi**

- **Alexandra Bargiota:** Pre-diabetes are there problems with this label?
- **Theodoros Alexandrides:** Common and rare forms of diabetes subtypes
- **Melpomeni Peppas:** Subclinical effects of new Antidiabetic drugs: Follow your heart
- **Eftychia Koukkou:** Subclinical Metabolic Abnormalities post Gestational diabetes
- **Carmen Georgescu:** A subclinical endocrinopathy called Non-alcoholic fatty liver disease

11:00-11:30 Therapeutic Highlights

LECTURE

Chair: **Agathoklis Tsatsoulis**

- **Alexandra Bargiota:** Highlights on New Incretin therapy

11:30-12:00 **5th COMBO PHOTO & COFFEE BREAK**



12:00-14:00 **GET TOGETHER** WORKSHOP C

Theory and Case presentations per topic

Chairs: **Shahla Nader-Eftekhari, Matina Nikopoulou**

- **George Mastorakos:** Hypothalamic Amenorrhea: The Endocrine Society Guidelines
- **Shahla Nader-Eftekhari:** Subclinical hypothalamic disease: often below every body's radar
- **Bulent Yildiz:** The subclinical metabolic impact of oral contraceptives
- **Dominik Rachon:** Subclinical risk of venous thromboembolism in women using oral contraceptive pills
- **Dimitrios Goulis:** Subclinical Hypogonadism in men: Let's break the silence sooner than later

14:00-16:00 **LUNCH BREAK**

SESSION IV Pituitary

16:00-18:00 **TEACHING USING CASE SCENARIOS AND CONSULTATION** WORKSHOP 2

TECHNIQUES- INTERACTIVE PROGRAM (Groups: **G1+G2+G3+G4**)

Chairs: **Marta Korbonits, Djuro Macut**

25 min Tutorial, per tutor per topic

(Groups: **G1+G2+G3+G4**)

- **Djuro Macut:** **G1:** Pituitary incidentalomas: A light in the attic
- **Niki Karavitaki:** **G2:** Subclinical Diabetes Insipidus: Can new markers break the silence?
- **Marta Korbonits:** **G3:** Subclinical Hyperfunctioning pituitary adenomas: The whispering tumors
- **Vera Popovitch:** **G4:** Subclinical Hypopituitarism: The silent voice

18:00-18:30 **5th COMBO PHOTO & COFFEE BREAK**

18:30-20:00 **ALL GROUPS TOGETHER: (G1+G2+G3+G4)**

Case presentation by participants (15min/case) and discuss. All together presentation

20:30-21:15 **ALL GROUPS TOGETHER (G1+G2+G3+G4)**

Case Presentation by participants (15min/case) and discussion

Chairs: **Marta Korbonits, Djuro Macut**

21:30 **NOW LET'S DANCE**

SUNDAY, 1st OCTOBER 2017

07:00-08:00 **BREAKFAST**

SESSION V More Endocrinology... & Adrenals

08:00-13:15 **WORKSHOP 3**

Chairs: **Elias Yiannis, Evangelia Zapanti**

08:00-09:45 **25 min Tutorial, per tutor per topic**
 (All Groups together: **G1+G2+G3+G4**)

- **Antoine Tabarin** **G1:** Adrenal incidentalomas: Silent but not innocent: (European Society of Endocrinology Clinical Practice Guideline)
- **Paolo Mulatero** **G2:** Subclinical primary hyperaldosteronism: The suspended step of hypertension
- **Massimo Mannelli** **G3:** Subclinical phaeochromocytoma: The unpredictable silence
- **Duarte Pignatelli** **G4:** Subclinical steroidogenic enzymes defects: Common and uncommon secrets

09:45-11:15 *Chairs:* **Elias Giannis, Evangelia Zapanti**

Case preparation & per tutor per group

Teaching using case scenarios and consultation techniques- Interactive Program

11:15-12:15 **ALL GROUPS TOGETHER (G1+G2+G3+G4)**
 Case Presentation by participants (15min/case) and discussion

12:15 **COURSE CLOSING**

GENERAL INFORMATION



Venue: Eden Beach Hotel is located in Anavyssos. It is situated near the Saronic Gulf coast, 10 km west of Lavrio and 34 Km southeast of Athens city center. Eden Beach Hotel is the ideal choice for all leisure, business and corporate travelers. The complex, ideally complementing its natural environment, consists of two 4-star hotel units, and 240 panoramically appointed hotel rooms.

Language: The official language of the Course is English. No official translation will be provided.

Slide Center Preview Room: The speakers are requested to hand in their presentation at least one hour prior to their scheduled session.

Badges: Name badges and relevant material will be provided on site to all registered participants. All delegates are requested to wear their name badge during the course.

Please note that groups will be divided by color **G1, G2, G3, G4** will have their respective colors on their badge.

Certificates of Attendance: All registered delegates are entitled a Certificate of Attendance. Certificates can be collected on **October 1st, 2017**.

Emergencies: Whilst in Greece, European Union citizens may seek any help they might need (police, ambulance, fire brigade, coast guard) by ringing from anywhere in Greece the number "112". The number is answered by English-speaking staff, and can be dialed from public telephones or mobile telephones.

REGISTRATIONS

Registration fee	Until July 28 th	From July 29 th until October 1 st
With accommodation	360€	410€
Without accommodation	210€	260€

The Registration fee with accommodation includes:

- Attendance to Lectures
- Coffee Breaks
- Lunch Breaks
- Accommodation at EDEN HOTEL for 2 nights, 29/9-1/10/2017

Registration fee without accommodation includes:

- Attendance to Lectures only
- Coffee breaks
- Lunch breaks