

International
Postgraduate Course
ALGEDM

Associação Luso-Galaica de
Endocrinologia, Diabetes e
Metabolismo

27-28 OUT
HOTEL
CROWNE
PLAZA
2021
PORTO



27TH OCTOBER

WEDNESDAY

DIABETES MELLITUS

08h30 - **OPEN SESSION**

Martin Buyschaert, Maria Reyes Luna, Mariana Monteiro, Manuel Penín, João Sérgio Neves

08h30 **MECHANISMS AND COMORBIDITIES IN DIABETES - NEW INSIGHTS**

Chair: Manuel Penín

08h30 – 08h55 - **Diabetes and Cancer. What are the most frequent concerns?** - Federico Mallo

08h55 – 09h20 - **Diabetes Genetic Risk and Lifestyle Modification** - Philippe Froguel

09h20 – 09h45 - **Glucagon and diabetes: new data** - Jens Holst (*pre-recorded presentation*)

09h45 – 09h55 - **Discussion**

10h00 **MEET THE PROFESSOR - DIABETES COMPLICATIONS**

Chairs: Michael Bergman, Maria Reyes Luna

10h00 – 10h20 - **Coronary Artery Disease in patients with diabetes** - Filipe Macedo

10h20 – 10h40 - **Advances in reducing kidney complications in type 2 diabetes.** - Manuel Pestana

10h40 – 11h00 - **Periodontal disease: the 6th complication of diabetes** - Martin Buyschaert

11h00 – 11h10 - **Discussion**

11h10 - 11h30 **Coffee Break**

11h30 – 12h10 - **CLINICAL CASES - HOW TO OPTIMIZE INSULIN THERAPY IN TYPE 1 DIABETES?**

Helena Cardoso

Chair: Davide Carvalho

12h10 - 12h50 **SYMPOSIUM**

CLINICAL ADVANCES IN DIABETES TREATMENT WITH NOVEL INSULINS

César Esteves

Chair: Cláudia Amaral

12h50 - 13h50 **Lunch**

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27TH OCTOBER

WEDNESDAY

13h50 - 14h30 **CLINICAL CASES - MODERN MANAGEMENT OF TYPE 2 DIABETES. HOW TO TAILOR IT?**

Martin Buyschaert

Chair: Manuel Penín

14h30 **MEET THE PROFESSOR - INTEGRATIVE APPROACH TO DIABETES**

Chair: Martin Buyschaert, Mariana Monteiro

14h30 – 14h50 - **How to overcome emotional barriers in insulin therapy?** - Ana Pinto

14h50 – 15h10 - **Top nutritional recommendations for diabetic patients** - Flora Correia

15h10 – 15h30 - **Bariatric surgery for type 2 diabetes treatment: what the endocrinologist needs to know from molecules to clinical practice.** Mariana Monteiro, Marta Guimarães

15h30 – 15h40 **Discussion**

15h40 **MEET THE PROFESSOR - STRATEGIES FOR PREVENTION OF TYPE 2 DIABETES**

Michael Bergman

Chairs: Ricardo Garcia Mayor, José Luiz Medina

16h20 **MEET THE PROFESSOR – ARE THE NEW INSULINS SAFE IN THE MANAGEMENT OF GESTATIONAL DIABETES?**

Maria Reyes Luna

Chairs: Carla Pacheco, Jorge Dores

17h00 - 17h20 **Coffee Break**

17h20 **CONTINUOUS GLUCOSE MONITORING: CLINICAL CASES**

Luísa Barros

Chairs: Pedro Von Hafe, Ricardo Garcia Mayor

18h00 **SYMPOSIUM – IMPACT OF NEW ANTIDIABETIC AGENTS ON CARDIOVASCULAR RISK IN TYPE 2 DIABETES?**

Davide Carvalho

Chair: José Luís Castedo

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28TH OCTOBER

THURSDAY

ENDOCRINOLOGY, NUTRITION AND METABOLISM

08h30 NEW INSIGHTS IN NUTRITION AND OBESITY

Chairs: [Maria João Oliveira](#), [Maria Barragans](#)

08h30 – 08h50 **Bad food vs good food: does the type of diet affect the metabolic future?**

[Pedro Moreira](#)

08h50 – 09h10 **Drugs in the treatment of obesity** – [Paula Freitas](#)

09h10 – 09h20 **Discussion**

09h20 UPDATE IN LIPIDS AND HYPERTENSION

Chairs: [Javier Lago Garma](#), [Paula Freitas](#)

09h20 – 09h40 **Can omega 3 fish oils reduce CV risk?** [Patricia Padrão](#)

09h40 – 10h00 **How to manage blood cholesterol: New guidelines?** [Elisabete Rodrigues](#)

10h00 – 10h20 **Exercise vs medications in the treatment of hypertension. Which gets the gold medal?** [Agostinho Monteiro](#)

10h20 – 10h30 **Discussion**

10h30 - 10h50 **Coffee Break**

10h50 NEW CHALLENGES IN ENDOCRINOLOGY

Chairs: [Elisabete Rodrigues](#), [Elias Alvarez](#)

10h50 – 11h10 **Relationships between NASH and endocrine diseases. What can I do?** [Paula Macedo](#)

11h10 – 11h30 **Impact of immune therapy on the endocrine system.** [Pedro Souteiro](#)

11h30 – 11h40 **Discussion**

11h40 CLINICAL CASES - UPDATE IN CALCIUM AND BONE

Chairs: [Montserrat Ríos](#), [Daniel Carvalho Braga](#)

11h40 – 12h00 **Hyperparathyroidism. Causes, clinical manifestations and treatment.**

[Ana Isabel Oliveira](#)

12h00 – 12h20 **New drugs for treatment of osteoporosis** – [Filipe Pinheiro](#)

12h20 – 12h30 **Discussion**



12h30 MEET THE PROFESSOR - UPDATE IN THYROID DISEASES

Chairs: [Antónia Rego Iraeta](#), [Rosa Príncipe](#)

12h30 – 12h50 **What are the appropriate therapeutic decisions regarding subclinical hyperthyroidism and subclinical hypothyroidism?** - [Celestino Neves](#)

12h50 – 13h10 **Hypothyroidism and Hyperthyroidism in pregnancy.** [Manuel Penín](#)

13h10 – 13h30 **Risk stratification in thyroid cancer** – [João Magalhães](#)

13h30 - 15h00 Lunch

15h00 DEFINITIONS OF CURE IN ENDOCRINOLOGY (LABORATORIAL VS CLINICAL CRITERIA)

Chairs: [Elias Alvarez](#), [Pedro Melo](#)

15h00 – 15h20 **Conn syndrome** – [Agostinho Monteiro](#)

15h20 – 15h40 **Graves' disease** – [Ricardo Garcia-Mayor](#)

15h40 – 16h00 **Cushing's disease** – [Davide Carvalho](#)

15h40 – 16h10 **Discussion**

16h10 NEW INSIGHTS IN SEX HORMONE TREATMENT

Chairpersons: [Paula Alvarez](#), [Joana Mesquita](#)

16h10 – 16h30 **Benefits and risks of testosterone.** [João Sérgio Neves](#)

16h30 – 16h50 **HRT for woman. Risks and benefits.** [Fernando Mendonça](#)

16h50 – 17h20 **Treatment of polycystic ovarian syndrome** - [Raquel Miguel Toquero](#)

17h20 – 17h30 **Discussion**

17h30 - 17h50 Coffee Break

17h50 MEET THE PROFESSOR - UPDATE IN PITUITARY AND ADRENAL DISEASES

Chairpersons: [Manuel Penín](#), [Leonor Gomes](#)

17h50 – 18h10 – **Acromegaly – update in diagnosis and treatment** – [Luís Cardoso](#)

18h10 – 18h30 **Cushing's syndrome. Common diagnostic problems-** [Adriana Lages](#)

18h30 – 18h50 **Controversies of GH treatment in children and adults.** [Manuel Fontoura](#)

18h50 – 19h00 **Discussion**

19h00 CLOSING SESSION

[Michael Bergman](#), [Ricardo Garcia-Mayor](#), [Celestino Neves](#)

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Martin Buyschaert (Chairman)
Helena Ramos
João Sérgio Neves
José Luiz Medina

Manuel Penin
Mariana Monteiro
Michael Bergman
Maria Reyes Luna
Ricardo Garcia Mayor

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Alberto de Leiva
Celestino Neves
Davide Carvalho
Elisabete Rodrigues
Helena Ramos
Jens Holst
João Sérgio Neves
José Luiz Medina

Manuel Penin
Maria Reyes Luna
Mariana Monteiro
Martin Buyschaert
Michael Bergman
Montserrat Rios
Ricardo Garcia- Mayor

SCIENTIFIC SUPPORT

Associação Protetora dos Diabéticos de Portugal
Faculdade Medicina Universidade do Porto
IPATIMUP
Ordem dos Médicos - SRN
Sociedade Portuguesa de Diabetologia
Sociedade Portuguesa de Medicina Interna
Sociedade Portuguesa Estudo da Obesidade
SPEDM - Sociedade Portuguesa de Endocrinologia Diabetes e Metabolismo

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