



## PRELIMINARY PROGRAMME

### Clinical Diabetes and Endocrinology Update

(for Residents and Young Specialists – Endocrinology, Internal Medicine and General Practitioners)

**Organized by ALGEDM – Associação Luso Galaica de Endocrinologia, Diabetes e Metabolismo**

#### Course Description

Medical up to date information is a prerequisite for excellence of care. Physiopathological and therapeutic innovations are indeed cornerstones in the daily management of patients. The aim of the postgraduate course in 2021 is to propose a program in line with these objectives in the fields of diabetology and general endocrinology. A number of experts will share their scientific and clinical knowledge with all the participants in interactive high-level sessions. New insights in type 1 and 2 diabetes treatment and in diabetic complications will be discussed as well as strategies for diabetes prevention. Updates in nutrition, lipids and hypertension, calcium and bone disorders and thyroid (subclinical/pregnancy) diseases will be largely debated. Other topics of interest will concern general endocrinology, in particular pituitary and adrenals disorders with both lab and clinical approaches. Thus, in view of such a dense program, a "full picture" of modern diabetology and endocrinology knowledge..."

#### Target Audience

This Course was primarily designed to provide advanced medical education for residents in training in Endocrinology and Diabetes, as well as to deliver an efficient update in medical knowledge for established endocrinologists and other medical specialists with a special interest in endocrine, metabolic disorders, such as internists, general practitioners and surgeons.

The Course program will address gaps in medical knowledge to improve the outcomes of patients with endocrine and metabolic disorders. The lectures will cover a full range of hot topics in endocrinology and diabetes. The limited number of attendees will ensure plenty of opportunity for interaction with the course faculty, carefully selected for their scientific and clinical expertise.

#### Educational objectives:

- ✓ To review and update the clinical knowledge on diabetes, obesity, dyslipidemia, hypertension, thyroid diseases, parathyroid diseases, osteoporosis, reproductive disorders, adrenal diseases and pituitary diseases.
- ✓ To improve the understanding of the mechanisms, clinical manifestations, diagnosis and treatment of endocrine diseases.
- ✓ To improve the ability to provide evidence-based clinical care of excellence in endocrine diseases.



**27<sup>TH</sup> OCTOBER 2021**

## DIABETES MELLITUS

08h30 - **OPEN SESSION**

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

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

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

09h20 – 09h45 - Glucagon and diabetes: new data

09h45 – 09h55 - Discussion

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

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

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

10h40 – 11h00 - Periodontal disease: the 6<sup>th</sup> complication of diabetes

11h00 – 11h10 - Discussion

11h10 - 11h30 **Coffee Break**

11h30 – 12h10 - **Clinical Cases - How to optimize insulin therapy in type 1 diabetes?**

12h10 - 12h50 **SYMPOSIUM**

**Clinical advances in diabetes treatment with novel insulins**

12h50 - 13h50 **Lunch**

13h50 - 14h30 **CLINICAL CASES - Modern management of type 2 diabetes. How to tailor it?**

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

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

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

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

15h30 – 15h40 Discussion

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

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

17h00 - 17h20 **Coffee Break**

17h20 **SYMPOSIUM**

**Impact of new antidiabetic agents on Cardiovascular Risk in type 2 Diabetes?**

18h00 **CONTINUOUS GLUCOSE MONITORING: CLINICAL CASES**

**28<sup>TH</sup> OCTOBER 2021**

## **ENDOCRINOLOGY, NUTRITION AND METABOLISM**

### **08h30 NEW INSIGHTS IN NUTRITION AND OBESITY**

- 08h30 – 08h50 Bad food vs good food: does the type of diet affect the metabolic future?
- 08h50 – 09h10 Drugs in the treatment of obesity
- 09h10 – 09h20 Discussion

### **09h20 UPDATE IN LIPIDS AND HYPERTENSION**

- 09h20 – 09h40 Can omega 3 fish oils reduce CV risk?
- 09h40 – 10h00 How to manage blood cholesterol: New guidelines?
- 10h00 – 10h20 Exercise vs medications in the treatment of hypertension. Which gets the gold medal?
- 10h20 – 10h30 Discussion

**10h30 - 10h50 Coffee Break**

### **10h50 NEW CHALLENGES IN ENDOCRINOLOGY**

- 10h50 – 11h10 Relationships between NASH and endocrine diseases. What can I do?
- 11h10 – 11h30 Impact of immune therapy on the endocrine system.
- 11h30 – 11h40 Discussion

### **11h40 CLINICAL CASES - UPDATE IN CALCIUM AND BONE**

- 11h40 – 12h00 Hyperparathyroidism. Causes, clinical manifestations and treatment.
- 12h00 – 12h20 New drugs for treatment of osteoporosis
- 12h20 – 12h30 Discussion

### **12h30 MEET THE PROFESSOR - UPDATE IN THYROID DISEASES**

- 12h30 – 12h50 What are the appropriate therapeutic decisions regarding subclinical hyperthyroidism and subclinical hypothyroidism?
- 12h50 – 13h10 Hypothyroidism and Hyperthyroidism in pregnancy.
- 13h10 – 13h30 Risk stratification in thyroid cancer

**13h30 - 15h00 Lunch**

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

- 15h00 – 15h20 Conn syndrome
- 15h20 – 15h40 Graves' disease
- 15h40 – 16h00 Cushing's disease
- 15h40 – 16h10 Discussion

International  
Postgraduate Course  
**ALGEDM**

Associação Luso-Galaica de  
Endocrinologia, Diabetes e  
Metabolismo

**27-28 OUT  
2021**  
HOTEL  
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**28<sup>TH</sup> OCTOBER 2021**

**16h10 NEW INSIGHTS IN SEX HORMONE TREATMENT**

- 16h10 – 16h30 Benefits and risks of testosterone.
- 16h30 – 16h50 HRT for woman. Risks and benefits.
- 16h50 – 17h20 Treatment of polycystic ovarian syndrome
- 17h20 – 17h30 Discussion

17h30 - 17h50 Coffee Break

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

- 17h50 – 18h10 – Acromegaly – update in diagnosis and treatment
- 18h10 – 18h30 Cushing's syndrome. Common diagnostic problems
- 18h30 – 18h50 Controversies of GH treatment in children and adults.
- 18h50 – 19h00 Discussion

**19h00 CLOSING SESSION**

**ORGANIZING COMMITTEE**

Martin Buyschaert (Chairman)  
Helena Ramos  
João Sérgio Neves  
Jose Luiz Medina  
Manuel Penin

Mariana Monteiro  
Michael Bergman  
Reyes Luna  
Ricardo Garcia Mayor

**SCIENTIFIC COMMITTEE**

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