



3<sup>rd</sup> EASD Postgraduate Course

# **CURRENT CONCEPTS IN THE TREATMENT OF DIABETES AND ITS COMPLICATIONS**

Relationship to pathogenic  
mechanisms and possibilities  
of prevention

## **PROGRAM**

June 23-25, 2016  
Belgrade, Serbia



EASD Postgraduate Course

**CURRENT CONCEPTS IN THE TREATMENT  
OF DIABETES AND ITS COMPLICATIONS**

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and possibilities of prevention

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Best Western Hotel M, Belgrade, Serbia





Dear Colleagues and Friends,

It is our pleasure to welcome you to the 3rd European Association for the Study of Diabetes Postgraduate Course (EASD-PGC) which will be organized in Belgrade, Serbia, June 23-25, 2016.

The 3rd EASD-PGC, organized by the EASD Postgraduate Education Sub-Committee and the Faculty of Medicine, University of Belgrade, is dedicated to young, clinically oriented diabetologists, coming primarily from the region of the South East Europe, but also from other parts of Europe. The Course will be supported by Diabetes Society of Serbia, Diabetes Committee of the Endocrine Section, Serbian Medical Association, and the Committee for Multidisciplinary Research in Diabetes, Serbian Academy of Sciences and Arts.

The 3rd EASD-PGC offers a unique opportunity to the participants to upgrade the knowledge but also to take part in intensive and interactive discussions with the most prominent experts in different fields of diabetology. The invited speakers will be not only presenting the lectures but they will also moderate the workshops which is a chance to clarify with them different dilemmas and controversies.

The scientific program of the Course, consisting of 22 lectures and 9 parallel workshops sessions will be held in English. This will be accompanied with interesting social events, all set in the beautiful city of Belgrade, an old cultural center of South East Europe and Balkan region. Altogether, it is our firm belief that the Course will contribute to your better understanding of the current concept in the treatment of diabetes and its complications, but also that you will have plenty of opportunities to the broaden the network of your colleagues which will be the basis of your future exchange of ideas and collaboration.

Therefore, we thank you for your interest to take part in this Course and again a warm welcome to Belgrade!

Professor Nebojsa M. Lalic  
*Chair*  
*Local Organizing Committee*

Professor Leszek Cupryniak  
*Chair*  
*EASD Postgraduate Education*

## **3<sup>rd</sup> EASD Postgraduate Course**

### ***Chair***

Leszek Czupryniak (Warsaw, Poland)

### ***Local Co-Chair***

Nebojša M. Lalić

## **Local co-organising institutions and societies:**

- Faculty of Medicine, University of Belgrade
- Diabetes Society of Serbia
- Diabetes Committee Endocrine Section, Serbian Medical Association
- Committee for Multidisciplinary Research in Diabetes, Serbian Academy of Sciences and Arts

## **EASD Postgraduate Education Committee**

### ***Chair***

Leszek Czupryniak (Warsaw, Poland)

### ***EASD Organizing Team***

Brian Carey (Dusseldorf, Germany)

Leona Pecirep (Dusseldorf, Germany)

## **Local Organizing Committee**

### ***Chair***

Nebojša M. Lalić

### ***Secretaries***

Katarina Lalić

Aleksandra Jotić

### ***Members***

Ljiljana Lukić

Tanja Miličić

Nataša Rajković

Nataša Ognjanović

Marija Maćešić

Ljubica Stošić

Jelena Stanarčić Gajović

Nina Krako

### ***Executive Organizer***

SMART TRAVEL PCO

## Meeting venue

### Best Western Hotel M

Bulevar oslobođenja 56

11000 Belgrade, Serbia

Phone: +381 11 309 04 01, 309 04 02

Fax: +381 11 309 04 03, 309 55 01

E-mail: hotel\_m@bestwestern.at

The scientific program of the Meeting will take place in the Hall A, while Workshops will be organized at Halls A, B and C.

## Registration

The pre-registered participants are kindly asked to take their meeting materials at the Secretariat of the Meeting desk.

The Secretariat desk will be situated in the central hall of the hotel. The desk should be contacted for all the information regarding the Meeting.

## Opening hours:

Thursday, June 23: 08.00-18.00

Friday, June 24: 08.30-17.00

Saturday, June 25: 08.30-14.00

There will be no on-site registration.

## Important information to speakers

Speakers are kindly asked to comply with the schedule of their presentations.

Lectures are scheduled to last 30 minutes, including 5-minute discussion.

The Power Point presentations are to be delivered at the Speakers Ready Room at least 30 minutes before the beginning of the session.

For all additional information, please contact the Secretariat of the Meeting.

## Important information to participants regarding workshops

Each of Workshop session will last 1 hour and will be held twice.

When register, all participants should sign in for 2 out of 3 topics within each Workshop.

## Lunch

Lunch is served for all participants of the Meeting in the Restaurant of the Hotel.

## Certificate of attendance

Certificate of attendance will be available at the Registration desk on Saturday, June 25, 2016 for the registered participants. The filled-in evaluation form is a prerequisite for obtaining the Certificate.

## Accommodation, social program, tours and hospitality information

For all the information regarding accommodation, social program, tours and hospitality, please refer to the Secretariat desk where our executive organizer SMART Travel PCO will be pleased to assist you.

## Important addresses

### Chair of the Local Organizing Committee

Professor Dr Nebojša M. Lalić

Faculty of Medicine, University of Belgrade,

Clinic for Endocrinology, Diabetes and Metabolic Diseases,

Clinical Center of Serbia

Dr Subotica 13, 11000 Belgrade, Serbia

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### Local executive organizer

Radmila Maričić

SMART TRAVEL PCO

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E-mail: [smarttravelpco4@smarttravelpco4.rs](mailto:smarttravelpco4@smarttravelpco4.rs)





# **PROGRAM**

**10.00-10.30 Opening Ceremony**

Chairpersons: *A. Boulton (Manchester, UK),  
N.M. Lalić (Belgrade, Serbia)*

**10.30-12.00 Lectures 1**

Chairperson: *N.M.Lalić (Belgrade, Serbia)*

**10.30 Type 2 diabetes – the 21st Century epidemic**

*A. Boulton (Manchester, UK)*

**11.00 Type 2 diabetes: pathogenesis and its clinical relevance**

*N.M. Lalić (Belgrade, Serbia)*

**11.30 Obesity and diabetes: how to overcome a vicious circle**

*D. Micić (Belgrade, Serbia)*

12.00-13.00 *Lunch*

**13.00-15.30 Lectures 2**

Chairperson: *A. Mitrakou (Athens, Greece)*

**13.00 Treatment of hyperglycemia:  
recommendations and dilemmas**

*N.M. Lalić (Belgrade, Serbia)*

**13.30 Hypoglycemia: mechanisms and possibilities  
for prevention**

*A. Mitrakou (Athens, Greece)*

**14.00 Treatment of hypertension in diabetes patients:  
recommendations and dilemmas**

*P. Nilsson (Lund, Sweden)*

**14.30 Treatment of dyslipidemia in diabetes patients:  
recommendations and dilemmas**

*K. Lalić (Belgrade, Serbia)*

**15.00 Cardiovascular outcome trials: what are the messages**

*N.M. Lalić (Belgrade, Serbia)*

15.30-16.00 *Coffee break*

16.00-18.00 **Workshop Session 1 (3 parallel sessions)**

Workshop 1 HALL A

**Inducing behavioral change as a tool  
in diabetes therapy***A. Nouwen (London, UK), D. Rahelić (Zagreb, Croatia)*

Workshop 2 HALL B

**Insulin pump treatment: practical aspects***A. Mitrakou (Athens, Greece), N.M.Lalic (Belgrade, Serbia)*

Workshop 3 HALL C

**Diabetic foot: optimal approach***A. Boulton (Manchester, UK), K. Schara (Ljubljana, Slovenia)*19.30-21.30 *Get together reception*

09.00-11.00 **Lectures 3**

Chairperson: *M. Marre (Paris, France)*

09.00 **Diabetic retinopathy: preventive strategies**

*S. Karadeniz (Istanbul, Turkey)*

09.30 **Diabetic nephropathy: new insights**

*M. Marre (Paris, France)*

10.00 **Diabetic neuropathy: early detection**

*P. Kempler (Budapest, Hungary)*

10.30 **Treatment of diabetic foot: new surgical approaches**

*K. Schara (Ljubljana, Slovenia)*

11.00-11.30 *Coffee break*

11.30-14.00 **Lectures 4**

Chairperson: *T. Milenković (Skopje, Macedonia)*

11.30 **Treatment of diabetes in pregnancy**

*A. Jotić (Belgrade, Serbia)*

12.00 **Diabetes in adolescence**

*R. Verkauskiene (Kaunas, Lithuania)*

12.30 **Dietary approaches in prediabetes and diabetes:  
what can be achieved?**

*D. Rahelić (Zagreb, Croatia)*

13.00 **Functional insulin therapy**

*A. Janež (Ljubljana, Slovenia)*

13.30 **Education in the real life: how to bridge the gap**

*T. Milenković (Skopje, Macedonia)*

14.00-15.00 *Lunch*

15.00-17.00 **Workshop Session 2 (3 parallel sessions)**

Workshop 4 HALL A

**Treatment of hyperglycemia in type 2 diabetes:  
how to prioritize?**

*N.M. Lalić (Belgrade, Serbia), A. Janež (Ljubljana, Slovenia)*

Workshop 5 HALL B

**Managing pregnancy in diabetes and diabetes  
in pregnancy**

*A. Jotić (Belgrade, Serbia), D. Rahelić (Zagreb, Croatia)*

Workshop 6 HALL C

**Multifactorial approach to type 2 diabetes**

*L. Czupryniak (Warsaw, Poland), K. Lalić (Belgrade, Serbia)*

20.00-22.00 *Dinner*

- 09.00-11.00 **Lectures 5** **HALL A**  
 Chairperson: *L. Czupryniak (Warsaw, Poland)*
- 09.00 **Cardiovascular risk in diabetes: how to assess?**  
*L. Czupryniak (Warsaw, Poland)*
- 09.30 **Treatment of obesity and cardiovascular risk in diabetes**  
*T. Tankova (Sofia, Bulgaria)*
- 10.00 **Depression in diabetes: a new chronic complication**  
*A. Nouwen (London, UK)*
- 10.30 **Self monitoring of blood glucose: how, when and what for?**  
*L. Czupryniak (Warsaw, Poland)*
- 11.00-11.30 *Break*
- 11.30-13.30 **Workshop Session 3 (3 parallel sessions)**
- Workshop 7 **HALL A**  
**Treatment of diabetic microangiopathy:  
 hyperglycemia vs other risk factors**  
*P. Kempler (Budapest, Hungary), T. Milenković (Skopje, Macedonia)*
- Workshop 8 **HALL B**  
**Treatment of diabetic macroangiopathy:  
 hyperglycemia vs other risk factors**  
*T. Tankova (Sofia, Bulgaria), D. Micić (Belgrade, Serbia)*
- Workshop 9 **HALL C**  
**Diabetes and depression**  
*A. Nouwen (London, UK), A. Jotić (Belgrade, Serbia)*
- 13.30-14.00 **Lecture 6** **HALL A**  
 Chairperson: *N.M.Lalić (Belgrade, Serbia)*
- Diabetes research in Europe:  
 possibilities of upgrading and networking**  
*L. Czupryniak (Warsaw, Poland)*
- 14.00 **Concluding remarks**  
*Lunch and departures*



## **Acknowledgement**

We acknowledge the support with unrestricted educational grants from the following pharmaceutical companies:

### **Main Sponsors**

NovoNordisk  
Roche Diabetes Care

### **Sponsors**

ADOC Pharmacia  
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### **Executive organizer**

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