



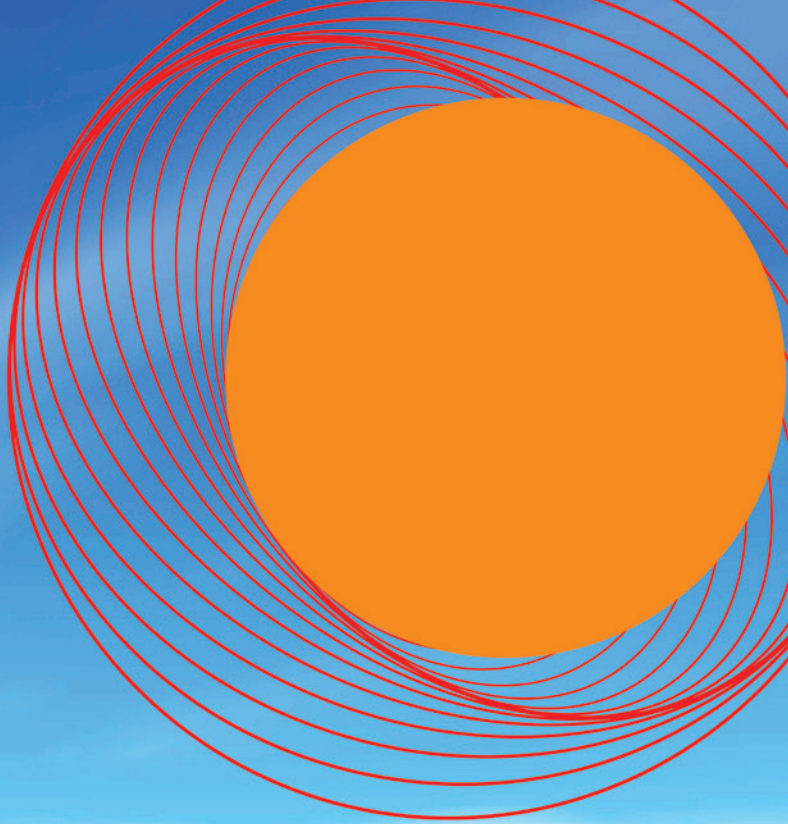
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4-5
October
2024

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6th Mediterranean Experts Meeting: Vitamin D in the prevention of Health Disparities

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1. Bone, Henry G et al. The lancet. Diabetes & endocrinology.
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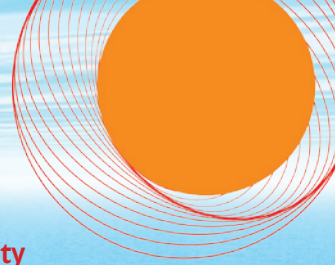
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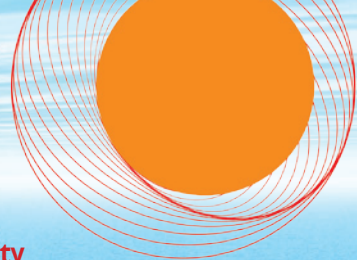
Simeon Metallidis



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WELCOMING ADDRESS

Dear Colleagues,

On behalf of the Organizing Committee it is a great pleasure to invite you to the **6th Mediterranean Experts Meeting on “Vitamin D, in the prevention of health disparities during adult life”**, in Thessaloniki. What started in 2017 in Thessaloniki as an idea between friends, became a friendly exchange of scientific ideas in the following meetings, travelling from Thessaloniki to Abu-Dhabi and back in Rome and has been evolving to a prestigious scientific event, due to the contribution of all the distinguished members of the scientific committee.

The years of Covid 19 pandemic have added scientific knowledge to our belief that vitamin D actions extend well beyond its established musculoskeletal role. Moreover, the “Mediterranean Paradox” of vitamin D deficiency prevalent in a large part of the population in countries with ambient sunshine makes the collaboration among scientists of these countries necessary. We need to join forces to understand the magnitude of the problem and the magnitude of the disorders that may relate to this problem.

At the same time, we must contemplate on the need for evidence-based guidelines for Vitamin D measurement and supplementation and it is a great pleasure that we will hear the latest on the Current American Endocrine Society Guidelines by Professor Anastasios Pittas, who is the vice president of the Vitamin D guidelines committee.

This year we invite once again in Thessaloniki everybody who wants to contribute to Vitamin D research to share with us ideas and enthusiasm. Thessaloniki is the perfect host city. It is a seductive metropolitan city that over the centuries has been the crossroads of different people and ideas.

Join us in October and let us introduce you to the Mediterranean spirit and the Greek hospitality!

Kalliopi Kotsa

Professor in Endocrinology-Diabetes
Medical School, Aristotle University
Thessaloniki



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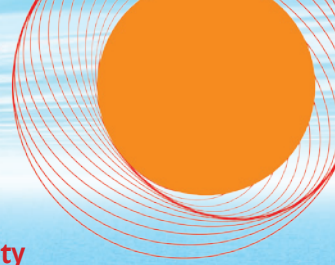
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SCIENTIFIC PROGRAMME

Friday 4 October

REGISTRATION DESK OPEN

09:00-09:30 **WELCOME AND OPENING REMARKS**

09:30-11:30 **SESSION 1: VITAMIN D AS AN IMMUNE REGULATOR:
NEW PERSPECTIVES**

Chairs: S. Metallidis, P. Zebekakis

09:30-10:00 Vitamin D signaling in the thymus: Implications for autoimmunity
J. White

10:00-10:30 Vitamin D and Type 1 DM
M. Grammatiki

10:30-11:00 Vitamin D and COVID-19 associated inflammation
F. Al Anouti

11:00-11:30 Vitamin D for respiratory infections: What is the evidence?
O. Tsachouridou

11:30-13:30 **SESSION 2: VITAMIN D SUPPLEMENTATION FOR
CARDIOMETABOLIC OUTCOMES: ARE WE THERE YET?**

Chairs: K. Kazakos, M. Doumas

11:30-12:00 Vitamin D and insulin resistance, obesity and T2DM
K. Kotsa

12:00-12:30 The role of vitamin D in endothelial homeostasis
A.M. Vasileiou

12:30-13:00 Vitamin D dyslipidemia and cardiovascular outcomes
N. Katsiki

13:00-13:30 Critical appraisal of Vitamin D mega-trials for type 2 diabetes
S. Karras

13:30-14:00 **SATELLITE LECTURE**

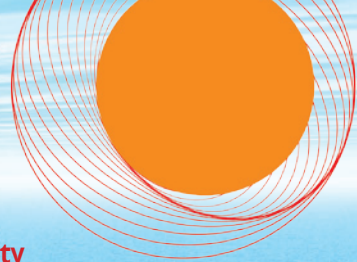
14:00-15:00 **LUNCH BREAK**



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Friday 4 October

- 15:00-16:30 **SESSION 3: VITAMIN D FOR CANCER PREVENTION, TREATMENT, SURVIVAL**
Chair: E. Timotheadou
- 15:00-15:30 Vitamin D and Cancer: A mechanistic update
E. Castanas
- 15:30-16:00 Vitamin D and cancer survival - The vitamin D paradox of pancreatic and prostate cancer
G. Panagiotou
- 16:00-16:30 Vitamin D regulation of microbiome-dependent cancer immunity
G. Gioula
- 16:30-17:30 **SATELLITE SYMPOSIUM**
- 17:30-19:00 **SESSION 4: VITAMIN D FOR THE NEPHROLOGIST: WHAT'S NEW?**
Chair: V. Liakopoulos
- 17:30-18:00 The role of vitamin D and vitamin D analogues in the dialysis unit
S. Roumeliotis
- 18:00-18:30 What are the risks of vitamin D supplementation for patients with kidney failure?
A. Roumeliotis
- 18:30-19:00 Nutritional Vitamin D supplementation in CKD and ESKD: Evidence from clinical trials
P. Georgianos
- 19:00-19:30 **COFFEE BREAK**
- 19:30-21:00 **SESSION 5: NATIONAL AND INTERNATIONAL CLINICAL GUIDELINES**
Chairs: K. Kotsa, D. Goulis, N. Georgopoulos
Outcomes and data synthesis from the Endocrine Society update of clinical guidelines for vitamin D
A. Pittas



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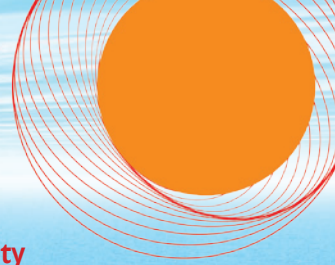
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Saturday 5 October

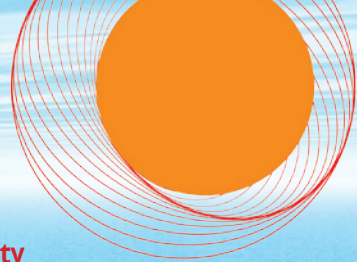
- 09:00-11:00 **SESSION 6: CLASSICAL ACTIONS OF VITAMIN D:
HAS ANYTHING CHANGED SO FAR?**
Chair: A. Garifalos
- 09:00-09:30 Vitamin D recommendations for prevention of childhood rickets
E. Kotanidou
- 09:30-10:00 Vitamin D and metabolic bone disease
S. Tournis
- 10:00-10:30 Vitamin D and Sarcopenia
P. Anagnostis
- 10:30-11:00 Vitamin D and Rheumatic disease
M.G. Mytilinaiou
- 11:00-12:00 **SESSION 7: VITAMIN D IN THYROID AND PARATHYROID SURGERY**
Chair: A. Goropoulos
- 11:00-11:30 Thyroid Surgery
K. Toulis
- 11:30-12:00 Parathyroid Surgery
T. Papavramidis
- 12:00-12:30 **COFFEE BREAK**
- 12:30-14:00 **SESSION 8: VITAMIN D DURING THE ADULT LIFESPAN**
Chair: N. Georgopoulos
- 12:30-13:00 Latest data on vitamin D and reproduction in men
D. Goulis
- 13:00-13:30 Vitamin D during pregnancy and functional outcomes
M. Grammatikopoulou
- 13:30-14:00 Role of vitamin D in menopause: A scope beyond
musculoskeletal maintenance
L. Paschou
- 14:00-16:00 **LUNCH BREAK**



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Saturday 5 October

16:00-18:00 SESSION 9: VITAMIN D SUPPLEMENTATION AND DOSING

Chairs: **S. Tournis, K. Kotsa**

16:00-16:30 Absorption and metabolism of vitamin D3 1aOHD and 25OHD
S. Minisola

16:30-17:00 Supplementation regimens-continuous vs intermittent dosing
T. Koufakis

17:00-17:30 Antiosteoporotic medication and Vitamin D supplementation
G. Efraimidis

17:30-18:00 Hypervitaminosis D, toxicity and hypercalciuria: The dark side of the moon
A. Goulas

18:00-18:30 SATELLITE LECTURE

The most common vitamin deficiencies in the Greek population:
Causes - Symptoms - How to treat them

President: **Pr. Stavros Kalogiannis**

Lecturer: **Dr. Konstantinos Xenos**

18:30-19:30 SESSION 10: VITAMIN D FROM THE STATE'S VIEW: THE GREEK REALITY

Chair: **D. Tsalikakis**

18:30-19:00 The economic burden of vitamin D supplementation
O. Siskou

19:00-19:30 Vitamin D fortification as a nutrition policy: Case of vitamin D in countries
who have implemented this policy
A. Zambelas

19:30-20:00 CLOSING REMARKS

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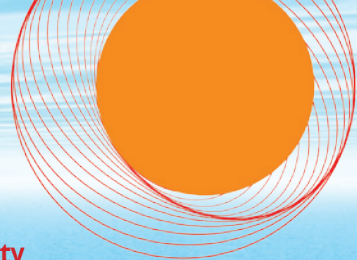


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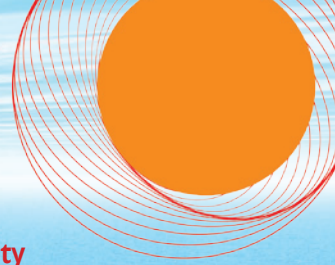
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SISKOOU O.

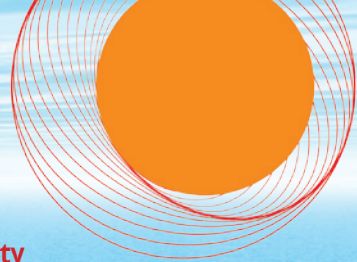
Assistant Professor University of Piraeus- Adjunct Senior Researcher Center of Health Services Management and Evaluation National and Kapodistrian University of Athens, Greece



6th Mediterranean Experts Meeting: Vitamin D in the prevention of Health Disparities

4-5 October 2024

Aristotle University
Research Dissemination Center (KEDEA)



SPEAKERS - PRESIDENTS

TIMOTHEADOU E.

Professor of Medical Oncology, School of Medicine, Aristotle University of Thessaloniki, Greece

TOULIS K.

Endocrinologist- Diabetologist, Curator of the Endocrinology Department, 424 General Military Training Hospital, Thessaloniki, Greece

TOURNIS S.

MD, PhD Endocrinologist Laboratory for Research of the Musculoskeletal System "Th. Garofalidis", Medical School, University of Athens, KAT Hospital, Greece

TSACHOURIDOU O.

MD, MSc, PhD, Internal Medicine, Specialized in Infectious Disease, Aristotle University of Thessaloniki, Greece

TSALIKAKIS D.

Governor of the 4th Health Region of Macedonia and Thrace, Greece

VASILEIOU A.M.

Internal Medicine Specialist - Diabetologist, MD, PhD(c), Nursing Department, International University of Greece

WHITE J.

Professor of Endocrinology & Metabolism, Department of Physiology, McGill University, Canada

XENOS K.

Clinical Dietitian M.Sc, Ph.D. Head of the Nutrigenetics Department, Athens Euroclinic Hospital

ZAMBELAS A.

PhD, RNutr Professor of Human Nutrition President of the Management Board Hellenic Food Authority, Athens, Greece

ZEBEKAKIS P.

Emeritus Professor of Internal Medicine, Department of Medicine, Aristotle University of Thessaloniki, Greece



Hellenic
Diabetes
Academy



ARISTOTLE
UNIVERSITY
OF THESSALONIKI



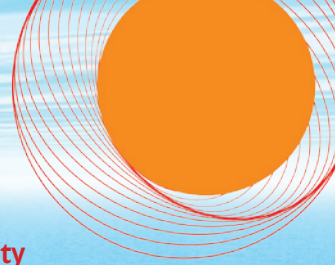
HELLENIC ENDOCRINE SOCIETY
PANELISTIC ASSOCIATION OF ENDOCRINOLOGISTS

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GENERAL INFORMATION

DATE OF CONDUCT

4-5 October 2024

VENUE

Aristotle University Research Dissemination Center (KEDEA)

ORGANIZATION



Hellenic
Diabetes
Academy

LANGUAGE OF THE CONFERENCE

The official language of the Conference is English

EXHIBITION

There will be a placement of company banners in the venue of the Conference

PHYSICAL CONFERENCE PRESENCE

Presidents and Speakers can only participate in physical presence

REGISTRATIONS

Registration is FREE

Pre-registration is required

PHYSICAL MONITORING GUIDELINES

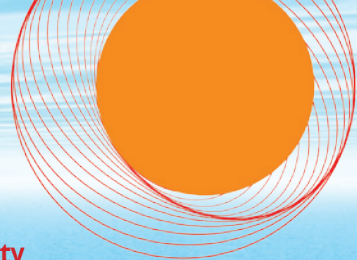
- Submission of the Form is a necessary condition for registration at the Conference
- Registration which you can find on the website of the Conference
www.congressgroup.gr
- Registered delegates will receive the electronic badge (e-badge) in the email that they enter during their registration, which will include the personal barcode for the necessary scanning upon entering and exiting the hall as well as the final program of the Conference
- New registrations will be made at the conference secretariat from where the e-badge will also be provided



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GENERAL INFORMATION

MEDICAL EDUCATION CREDITS

15.5 Medical Education Credits (CME-CPD Credits) are awarded by Panhellenic Medical Association

CERTIFICATES OF PARTICIPATION

All registered delegates who will attend 60% of the Scientific Program of the Conference will receive a Certificate of Attendance.

Registered delegates will receive instructions for obtaining the Certificate of Attendance (e-Certificate), to the electronic address (e-mail) they have declared in their Registration Form and after completing the Evaluation Form

CONFERENCE ORGANIZING COMPANY

For any further information about the Scientific Program and Registration to the Conference, please contact the Organizing Company of the Conference:



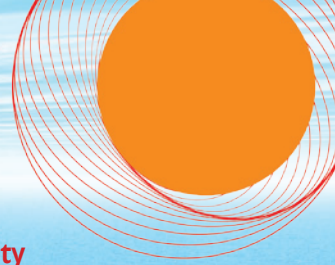
SECRETARIAT-INFORMATION-DECLARATIONS OF PARTICIPATION
CONGRESS GROUP CONFERENCE MANAGEMENT
4 Hatzikosta street, Mavili Square, T.K. 11521, Athens
Tηλ. + 30 211 212 6577, Κιv. +30 6937 057173
www.congressgroup.gr, e-mail: info@congressgroup.gr



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SPONSORS



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