



# 6<sup>th</sup> COMBO Endocrinology International Course & Live Workshops

**Drug-induced  
Endocrinopathies  
& Diabetes**

**FINAL PROGRAM**

**28<sup>th</sup>-30<sup>th</sup> SEPTEMBER 2018**

CABO VERDE HOTEL,  
MARATHON, GREECE

[www.comboendo.gr](http://www.comboendo.gr)







**6<sup>th</sup> COMBO**  
**Endocrinology**  
International Course  
& Live Workshops

Drug-induced  
Endocrinopathies  
& Diabetes

**28<sup>th</sup>-30<sup>th</sup> September 2018**  
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## WELCOME LETTER

“stay small perform with distinction”

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

This is the sixth 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 “**DRUG INDUCED ENDOCRINOPATHIES AND DIABETES**”. This course is designed as an educational tool to understand the pathophysiology and a practical manual for the management of patients on various classic and modern medications, which interfere with endocrine gland function leading to a wide spectrum of endocrinopathies, including dysfunction of reproduction, thyroid, pituitary, adrenals glands, bone metabolism and diabetes.*

**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 and present case scenarios in a virtual conference setting.

What is most important in the COMBO ENDO course **idea**, which is constantly supported by **European Endocrine Society** as well as by **Hellenic Society of Paediatric and Adolescent Endocrinology, Hellenic Endo Society and HYGEIA health group**, is that it has been found fertilizing ground among inspired colleagues and in a growing number of young physicians of several specialties. 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 of Endocrinology and Diabetes.

Thus, we have arrived at **6th 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**

Endocrinologist – Diabetologist

Professor of Medical School, University of Athens

Director of Endocrinology & Diabetes Department

“HYGEIA” Hospital

## ORGANIZING COMMITTEE

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### President

Evanthia Diamanti-Kandarakis

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### Members

Demislis Konstantinos

Kassi Evanthia

Livadas Sarantis

Boikos Spyridon

Migdalīs Ilias

Pantazi Eleni

Tzotzas Themistoklis

Tsigos Konstantinos

Tsilchorozidou Tasoula



## LIST OF SPEAKERS, CHAIRS & TUTORS

### **Diamanti-Kandarakis Evanthia**

*Endocrinologist – Diabetologist,  
Professor of Medical School,  
University of Athens, Director  
of Endocrinology & Diabetes  
Department, "HYGEIA" Hospital,  
Athens, 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, Greece*

### **Kanakis George**

*Endocrinologist & Clinical  
Andrologist (EAA Cert.),  
Athens Naval & VA Hospital,  
Athens, 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, Greece*

### **Kassi Georgia**

*Endocrinologist, Director,  
Department of Endocrinology,  
General Hospital Nikaia,  
Professor at the University of  
Perugia, Italy*

### **Livadas Sarantis**

*Scientific Associate-  
Endocrinologist, "METROPOLITAN"  
Hospital, Athens, Greece*

### **Mastorakos George**

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

### **Migdalis Ilias**

*MD, PhD, Director, 2<sup>nd</sup> Medical  
Department & Diabetes  
Centre, "NIMTS" Hospital,  
Athens, Greece*

### **Miras Alex**

*Consultant and Senior  
Lecturer in Endocrinology,  
Imperial College, London*

### **Nader-Eftekhari Shahla**

*Professor, Endocrinology,  
Diabetes & Metabolism,  
Department of Internal  
Medicine-Endocrine division,  
McGovern Medical School,  
Houston, Texas*

### **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*

### **Pfeifer Marija**

*Professor of Internal Medicine  
and Endocrinology, Medical  
Faculty, University of  
Ljubljana, Slovenia*

### **Poladian Raffi**

*MD, CMS, FACE, Clinical  
Endocrinologist, Consultant  
in Mount Lebanon & Haroun  
Hospitals, Honorary member  
of MSF*

### **Popovic Vera**

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



## LIST OF SPEAKERS, CHAIRS & TUTORS

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### **Rachon Dominik**

*MD, PhD, Associate Professor,  
Head of the Department of  
Clinical and Experimental  
Endocrinology, Medical  
University of Gdańsk*

### **Tigas Stelios**

*MD, PhD, MRCP  
Assistant Professor of  
Endocrinology  
Head, Department of  
Endocrinology & Diabetes  
Centre, University Hospital of  
Ioannina, Greece*

### **Tsigos Constantine**

*Professor of Endocrinology,  
Nutrition and Metabolism,  
Harokopio University, Athens,  
Endocrinologist, "HYGEIA"  
Hospital, Athens, Greece*

### **Tsilchorozidou Tasoula**

*MPhil, PhD,  
Consultant Endocrinologist*

### **Tzotzas Themistoklis**

*Endocrinologist, Thessaloniki,  
Greece*



*"stay small but perform with distinction"*  
**Drug-induced Endocrinopathies & Diabetes**

## SCIENTIFIC PROGRAM

FRIDAY, SEPTEMBER 28, 2018

13:00-15:00 **Registrations**

### SESSION I Drug-induced Common and Rare endocrinopathies

15:00-16:30 **INTRODUCTION**

*Chairs:* **Evanthia Diamanti - Kandarakis, Vera Popovic**

- **Vera Popovic:** Drug-induced hypopituitarism
- **Raffy Poladian:** Amiodarone induced thyroid disorder: therapeutic particularities
- **Evanthia Diamanti-Kandarakis:** Drug-induced PCOS

16:30-17:30 **A WELCOME TO THE 6<sup>th</sup> COMBO ENDO**  
Participants Introduce themselves - Groups formation (**G1+G2+G3+G4**)





17:30-21:00	<b>DRUG-INDUCED THYROID, BONE AND CALCIUM METABOLISM DEREGULATION</b> <i>Teaching using case scenarios and consultation techniques – Interactive Program</i>	WORKSHOP 1
<i>Chairs: <b>Marija Pfeifer, Leonidas Duntas</b></i>		
17:30-19:00	<b>ALL GROUPS TOGETHER TUTORIAL (G1+G2+G3+G4)</b> 20 min Tutorial, per tutor per topic	
	<ul style="list-style-type: none"><li>• <b>Stelios Tigas:</b> <b>G1:</b> Thyroid dysfunction secondary to cancer immunotherapy</li><li>• <b>Leonidas Duntas:</b> <b>G2:</b> Psychotropics – induced thyroid abnormalities</li><li>• <b>Evanthia Kassi:</b> <b>G3:</b> Drug-induced deregulation of calcium and vitamin D metabolism</li><li>• <b>Marija Pfeifer:</b> <b>G4:</b> Medication-induced osteoporosis: When to screen and treat</li></ul>	
19:00-20:00	<b>Private Group Tutorial &amp; Case preparation (each group with tutor)</b>	
20:00-21:00	<b>ALL GROUPS TOGETHER VIRTUAL CONFERENCE (G1+G2+G3+G4)</b> Case Presentation by participants (15 min/case) and discussion	
<i>Chairs: <b>Marija Pfeifer, Leonidas Duntas</b></i>		
21:30-23:00	<b>Dinner with each other and all together</b>	



## SCIENTIFIC PROGRAM

SATURDAY, SEPTEMBER 29, 2018

07:30-09:00 **Breakfast**

09:00-14:00 **DRUG-INDUCED DIABETES & DYSLIPIDEMIA** WORKSHOP 2  
*Teaching using case scenarios and consultation techniques –  
Interactive Program*

*Chairs:* **Georgia Kassi, Melpomeni Peppas**

09:00-11:00 **ALL GROUPS TOGETHER CONFERENCE (G1+G2+G3+G4)**  
25 min Tutorial, per tutor per topic

- **Alex Miras:** **G1:** Drug-induced obesity and its metabolic consequences: Focus on mechanisms and possible therapeutic options
- **Ilias Migdalis:** **G2:** Antipsychotic drugs induced diabetes
- **Constantine Tsigos:** **G3:** New insights in steroid diabetes
- **Themistoklis Tzotzas:** **G4:** Drug induced dyslipidemias associated with endocrinopathies

11:00-11:30 **Coffee Break & 6<sup>th</sup> COMBO ENDO 2018 photo (put T-shirts on!)**

11:30-13:00 **Private Group Tutorial & Case preparation (each group with tutor)**

13:00-14:00 **ALL GROUPS TOGETHER VIRTUAL CONFERENCE (G1+G2+G3+G4)**  
Case Presentation by participants (15 min/case) and discussion

*Chairs:* **Georgia Kassi, Melpomeni Peppas**

14:00-16:00 **Break**



16:00-20:30	<b>DRUG INDUCED PITUITARY &amp; ADRENAL DYSFUNCTION</b> <i>Teaching using case scenarios and consultation techniques – Interactive Program</i>	WORKSHOP 3
	<i>Chairs:</i> <b>Dominik Rachon, Niki Karavitaki</b>	
16:00-18:00	<b>ALL GROUPS TOGETHER TUTORIAL</b> (Groups: <b>G1+G2+G3+G4</b> ) 25 min Tutorial, per tutor per topic	
	<ul style="list-style-type: none"><li>• <b>George Mastorakos:</b> <b>G1:</b> Glucocorticoid induced adrenal suppression and cushing syndrome: A delicate balance</li><li>• <b>Dominik Rachon:</b> <b>G2:</b> Drug-induced hyperprolactinemia</li><li>• <b>Niki Karavitaki:</b> <b>G3:</b> Opiate induced endocrinopathies</li><li>• <b>Evanthia Diamanti-Kandarakis:</b> <b>G4:</b> Drug-induced Phaeo crisis</li></ul>	
18:00-19:30	<b>Coffee without break</b> <b>Private Group Tutorial &amp; Case preparation (each group with tutor)</b>	
19:30-20:30	<b>ALL GROUPS TOGETHER VIRTUAL CONFERENCE</b> (Groups: <b>G1+G2+G3+G4</b> ) Case Presentation by participants (15 min/case) and discussion	
	<i>Chairs:</i> <b>Dominik Rachon, Niki Karavitaki</b>	
21:00	<b>Dinner with each other and all together</b>	



## SCIENTIFIC PROGRAM

SUNDAY, SEPTEMBER 30, 2018

07:30-09:30 **Breakfast**

09:30-14:30 **DRUG - INDUCED GONADAL DYSFUNCTION** WORKSHOP 4  
*Teaching using case scenarios and consultation techniques –  
Interactive Program*

*Chairs:* **Shahla Nader - Eftekhari, Tasoula Tsilchorozidou**

09:30-11:30 **ALL GROUPS TOGETHER TUTORIAL** (Groups: **G1+G2+G3+G4**)  
25 min Tutorial, per tutor per topic

- **Shahla Nader – Eftekhari** **G1:** Drug-induced amenorrhea: Differential diagnosis and clinical workup
- **George Kanakis** **G2:** Drug-induced male infertility and sperm abnormalities
- **Tasoula Tsilchorozidou** **G3:** Anabolic steroids on the reproductive system of females
- **Sarantis Livadas** **G4:** Drug-induced hyperandrogenemia

11:30-12:00 **Coffee Break**

12:00-13:30 **Private Group Tutorial & Case preparation (each group with tutor)**

13:30-14:30 **ALL GROUPS TOGETHER VIRTUAL CONFERENCE (G1+G2+G3+G4)**  
Case Presentation by participants (15 min/case)

*Chairs:* **Shahla Nader - Eftekhari, Tasoula Tsilchorozidou**

14:30 **CLOSURE OF THE COURSE**

†In the memory of Stavros Tsiknidis

WELCOME BACK  
**7<sup>th</sup> COMBO ENDO**  
27-29/9/2019

# 50 χρόνια

Επενδύουμε στην Ελλάδα,  
Παράγουμε στην Ελλάδα,  
Στηρίζουμε την Ελλάδα.



**Holisten**  
atorvastatin

**DELIPID**  
ezetimibe

**PIESiTON**  
irbesartan

**PIESiTON-R**  
irbesartan + hydrochlorothiazide

**VOLIRAN**  
ibandronic acid

PM008111\_05/2018

Βοηθήστε να γίνουν τα φάρμακα πιο ασφαλή και αποτελεσματικά.  
ΟΛΕΣ τες αναπληρωμένες ενδείξεις για ΟΠΑ τα φάρμακα Συμπληρωματικός του ΚΕΣΤΡΩΜΑ ΚΑΡΤΑ.



## GENERAL INFORMATION



**Venue:** Cabo Verde is situated in Mati, a small holiday resort just 28km away from the Athens Center, which provides a relaxing and safe environment away from the rush of the Athens center. Cabo Verde 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 38 high standard, fully air conditioned suites and 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:** The Course has been accredited by the Panhellenic Medical Association with 18 CME credits (U.E.M.S.). All registered delegates are entitled a Certificate of Attendance. Certificates can be collected on **September 30<sup>th</sup>, 2018**.

**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.

## REGISTRATION

Registration fee	Cost
Course Participant	260€

\* Above rate does not include 24% tax.

### The registration package includes:

- Attendance to the Course scientific sessions
- Entrance to the Exhibition area
- Course material
- Meals/as will be indicated
- Coffee Breaks

## COURSE ORGANIZER



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## ACKNOWLEDGEMENTS

We extend our appreciation to the following companies for their support













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