

Organized by



**ATHENS MEDICAL
GROUP**

Paediatric Center
of Athens

In cooperation with



HAROKOPIO UNIVERSITY

POSTGRADUATE PROGRAMME
"APPLIED NUTRITION & DIETETICS"

PRELIMINARY SCIENTIFIC PROGRAM



2nd ISPAD

POSTGRADUATE COURSE

**An Update on
Diabetes and Obesity
in Children and Adolescents**

4-5 April
2025
ATHENS, GREECE

**Harokopio University
Amphitheater
"George Karabatsos"**

Under the auspices of



ISPAD

International Society for Pediatric
and Adolescent Diabetes



**HELLENIC SOCIETY OF PEDIATRIC
AND ADOLESCENT ENDOCRINOLOGY**

Find more at

www.2nd-ispad-course-athens.com



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**HELLENIC SOCIETY OF PEDIATRIC
AND ADOLESCENT ENDOCRINOLOGY**

PRESIDENT OF THE ORGANISING COMMITTEE

Qadreh, Abbas

ORGANISING COMMITTEE MEMBERS

Charmandari, Evangelia
Karipidou, Melina
Kontogianni, Meropi
Panayiotopoulos, Aristotle

WEBSITE

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WELCOME NOTE

Dear Colleagues and friends,

It is our distinct pleasure to welcome you to Athens for the **Second ISPAD Postgraduate Course: "An Update on Diabetes and Obesity in Children and Adolescents."**

This esteemed Course is organized by the **Athens Pediatric Center of the Athens Medical Group**, in collaboration with the **Postgraduate Program "Applied Nutrition & Dietetics"** at **Harokopio University of Athens**. We are honored to have the **endorsement of ISPAD and the Hellenic Society of Pediatric and Adolescent Endocrinology**.

Aligned with ISPAD's commitment to advancing knowledge and education, this Course has been thoughtfully designed to address the needs of young researchers, physicians, and allied health professionals. It provides a valuable platform for sharing the latest scientific evidence, fostering collaboration, and engaging in meaningful discussions on contemporary advancements in the diagnosis and management of pediatric and adolescent diabetes and obesity.

Participants will have the opportunity to gain insights from internationally renowned experts, engage in interactive discussions, and contribute to an open exchange of ideas that will further enhance clinical practice and research in the field. The structure of the Course aims to support both experienced professionals and newcomers, ensuring a dynamic and enriching educational experience.

We extend our sincere gratitude to all individuals and organizations involved in the planning and execution of this Course, as well as to our distinguished faculty—both Greek and international—who have generously contributed their expertise.

We look forward to welcoming you to Athens for what promises to be a highly educational and collaborative event.

With best regards,

The Organising Committee

Qadreh, Abbas
Charmandari, Evangelia
Karipidou, Melina
Kontogianni, Meropi
Panayiotopoulos, Aristotle



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PRELIMINARY SCIENTIFIC PROGRAM



09:00 - 09:30	Welcome & Registrations Foyer of Amphitheater "George Karabatsos"	
FIRST SESSION: Diabetes in Childhood & Genetics Amphitheater "George Karabatsos"		
09:30 - 10:00 Lecture: Introduction to Type 1 Diabetes Mellitus in children		
	Chair: Carine de Beaufort	
	Speaker: Kyriaki Karavanaki	
10:00 - 11:00 Genetic forms of childhood Diabetes		
	Chair: Andriani Gerasimidou - Vazeou, Ioannis - Anargyros Vassilakis	
10:00 - 10:30	Monogenic Diabetes: The Greek experience based on the data of the National Reference Center	Amalia Sertedaki
10:30 - 11:00	Neonatal diabetes	Asma Deeb
11:00 - 11:30 Coffee Break Foyer of Amphitheater "George Karabatsos"		
11:00 - 11:30 Satellite lecture Parallel Hall A6 - Ground Floor		
SECOND SESSION: Technology in Diabetes Care Amphitheater "George Karabatsos"		
11:30 - 12:00 Lecture: Closed loop in the very young		
	Chair: Abbas Qadreh	
	Speaker: Carine de Beaufort	
12:00 - 13:00 Round Table		
	Chair: Nancy Elbarbary, Filia Dimitriadi	
12:00 - 12:20	Use of Automated Insulin Delivery (AID) systems and Nutrition	Francesca Annan
12:20 - 12:40	Advanced Hybrid Close Loop Systems: A head-to-head comparison of real-world data	Athanasios Christoforidis
12:40 - 13:00	From HbA1c to time in range (TIR) or do we need time in tight range (TITR)?	Ioanna Kosteria



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PRELIMINARY SCIENTIFIC PROGRAM (cont.)

13:00 - 13:30	Satellite lecture	Parallel Hall A6 - Ground Floor
13:00 - 14:00	Lunch Break	Foyer of Amphitheater "George Karabatsos"
OPENING CEREMONY Amphitheater "George Karabatsos"		
14:00 - 14:30	<i>Representatives from the organizing Committee, Harokopio University, HSPA and ISPAD</i>	
14:30 - 15:00	Opening Lecture: A Short History of Insulin Delivery: Guesswork to AI	
	Chair: Christos Bartsocas	
	Speaker: Stephen Greene	
15:00 - 15:30	Coffee Break	Foyer of Amphitheater "George Karabatsos"
15:00 - 15:30	Satellite lecture	Parallel Hall A6 - Ground Floor
THIRD SESSION: Lifestyle Management of Type1 Diabetes and childhood obesity Amphitheater "George Karabatsos"		
15:30 - 16:00	Lecture: Lifestyle management of childhood obesity: A critical appraisal of the existing guidelines	
	Chair: Eirini Bathrellou	
	Speaker: Mary Yannakoulia	
16:00 - 17:20	Round Table	
	Chair: Tzortzis Nomikos, Eleni Koui	
16:00 - 16:20	Diabetes and Different Diets: Intermittent Fasting, Ketogenic Diets, and Holiday Fasting	Nancy Elbarbary



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PRELIMINARY SCIENTIFIC PROGRAM (cont.)

16:20 - 16:40	Nutrition counseling: more than carbohydrate counting	Meropi Kontogianni
16:40 - 17:00	Carbohydrate counting: pros and cons	Francesca Annan
17:00 - 17:20	Exercise and Type 1 Diabetes Mellitus	Stavros Liatis

17:30 - 18:00 **Satellite lecture** Amphitheater "George Karabatsos"

17:30 - 18:30 **WORKSHOP I**
Advance Carbohydrate Counting Parallel Hall A6 - Ground Floor
Moderators: Eleni Kouf, Melina Karipidou



Amphitheater "George Karabatsos"
FOURTH SESSION: Diabetes Management and Complications

09:00 - 10:00	Round Table	
	Chairs: Christina Kanaka - Gantenbein, Constantinos Tsigos	
09:00 - 09:20	Hypoglycemia management and fear of hypoglycemia	Nikolaos Nikolaidis
09:20 - 09:40	Diabetic Ketoacidosis: Understanding and managing a critical complication in type 1 diabetes	Aristotle Panayiotopoulos
09:40 - 10:00	Glycemic control during pregnancy in type 1 diabetes mellitus	Emmanouil Souvatzoglou



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PRELIMINARY SCIENTIFIC PROGRAM (cont.)

10:00 - 11:00 Special Lectures on Psychological Aspects and Prevention of Type 1 Diabetes

Chair: Stephen Greene, Maria Papagianni

10:00 - 10:30	Addressing Psychological Aspects of Diabetes: Diabetes Distress - Stigma	Argyris Stringaris
10:30 - 11:00	Where do we stand today in the prevention of type 1 diabetes?	Christina Kanaka - Gantenbein

11:00 - 11:30 Coffee Break Foyer of Amphitheater "George Karabatsos"

11:00 - 11:30 Satellite lecture Parallel Hall A6 - Ground Floor

FIFTH SESSION: Research debates and gaps
 Amphitheater "George Karabatsos"

11:30 - 12:00 Lecture: Additional Therapy to Insulin at Diagnosis of Diabetes in the Young

Chair: Assimina Galli-Tsinopoulou
Speaker: Stephen Greene

12:00 - 13:20 Round Table

Chairs: Dimitrios Papadimitriou, Maria Xatzipsalti

12:00 - 12:20	Could SGLT2 inhibitors and/or GLPIRAs improve glycemic outcomes and QoL in type 1 diabetes?	Nancy Elbarbary
12:20 - 12:40	Hypertension and inertia. Should we start treatment earlier?	Andriani Gerasimidou-Vazeou
12:40 - 13:00	Microbiome and its potential relevance	Carine de Beaufort
13:00 - 13:20	Meal frequency and timing: still relevant for diabetes control?	Aimilia Papakonstantinou

13:30 - 14:00 Satellite lecture Parallel Hall A6 - Ground Floor



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PRELIMINARY SCIENTIFIC PROGRAM (cont.)

13:30 - 14:30	Lunch Break	Foyer of Amphitheater "George Karabatsos"
SIXTH SESSION: Obesity in Childhood and Adolescence Amphitheater "George Karabatsos"		
14:30 - 16:30	Round Table	
	Chairs: Evangelia Charmandari, George Chrousos	
14:30 - 15:00	Obesity in Childhood and Adolescence: From Insulin Resistance to Diabetes Mellitus type 2.	Asma Deeb
15:00 - 15:30	Obesity in Childhood and Adolescence: The Role of Pharmacotherapy	Feneli Karachaliou
15:30 - 16:00	The Genetic Landscape of Childhood Obesity: From Monogenic Disorders to Polygenic Obesity	Constantine Stratakis
16:00 - 16:30	The Role of Digital Technology and Artificial Intelligence in the Prevention and Management of Childhood Obesity	Evangelia Charmandari
16:30 - 17:00	Closing Remarks	
WORKSHOP II Type 1 Diabetes Mellitus & Celiac Disease Parallel Hall A5 - Ground Floor		
	Moderators: Eirini Bathrellou, Melina Karipidou	
16:30 - 17:30	Satellite Lecture	Parallel Hall A6 - Ground Floor



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FACULTY INDEX In alphabetical order

Annan, Francesca	Pediatric Diabetes Dietitian, UCLH, London, United Kingdom
Bartsocas, Christos	Professor Emeritus of Pediatrics and Endocrinology, National and Kapodistrian University of Athens, Greece
Bathrellou, Eirini	Laboratory Teaching and Research Staff, Department of Nutrition & Dietetics, Harokopio University, Athens, Greece
Charmandari, Evangelia	MD, MSc, PhD, MRCP(UK), CCST(UK), Professor of Pediatrics, Pediatric and Adolescent Endocrinology, National and Kapodistrian University of Athens Medical School, President, Hellenic Society for Pediatric and Adolescent Endocrinology, Director, MSc Program «General and Pediatric Subspecialties: Clinical Practice and Research», Chair, ESPE Rare Disease Advisory Committee (RDAC), Member of ENDO-ERN Steering Committee
Christoforidis, Athanasios	Professor of Paediatrics - Paediatric Endocrinology, School of Medicine, Aristotle University of Thessaloniki, Greece
Chrousos, George	Professor Emeritus of Pediatrics and Endocrinology, Director, University Research Institute for Maternal and Child Health and Precision Medicine, National and Kapodistrian University of Athens (NKUA), Former Chief of the Pediatric and Reproductive Endocrinology Branch of the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)
De Beaufort, Carine	Former President and Secretary General of ISPAD, Consultant pediatric diabetes and endocrinology CHL (Luxembourg) Clinical researcher University of Luxembourg, Luxembourg
Deeb, Asma	President of Arab Society for Pediatric Endocrinology and Diabetes (ASPED), Consultant Pediatrician and Chair of the Pediatric Endocrinology Division at Mafraq Hospital, Abu Dhabi
Dimitriadi, Filia	Pediatric Endocrinologist - Diabetologist
Elbarbary, Nancy	Professor of Pediatrics at Faculty of Medicine, Ain -Shams University, Cairo, Egypt
Galli-Tsinopoulou, Assimina	Professor in Paediatrics - Paediatric Endocrinology, Head of 2 nd Department of Paediatrics, Aristotle University of Thessaloniki, AHEPA University General Hospital, Director of Postgraduate Course Adolescent Medicine- Adolescent's Health Care, Secretary of the Hellenic Society for Pediatric and Adolescent Endocrinology, Secretary of the Greek Society of HPV, President of the Academy of Education and Research in Pediatrics

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Gerasimidou - Vazeou, Andriani	Pediatrician & pediatric diabetologist, Chair of Pediatric Department and Diabetes Center, Aglaia Kyriakou Children's Hospital, Athens, Greece
Greene, Stephen	Professor of Child and Adolescent Health, Former President of the International Society Pediatric & Adolescent Diabetes (IS-PAD), Consultant Pediatric Endocrinologist & Diabetologist, London Diabetes Centre by BUPA
Kanaka - Gantenbein, Christina	Professor of Pediatrics-Pediatric Endocrinology, Director of the 1 st Department of Pediatrics at the National and Kapodistrian University of Athens Medical School, Athens, Greece
Karachaliou, Fineli	Pediatric Endocrinologist, Unit of Pediatric Endocrinology, Diabetes and Metabolism, 3 rd Department of Pediatrics, Attikon University Hospital, Athens, Greece
Karavanaki, Kyriaki	Professor in Pediatrics & Pediatric Endocrinology, National and Kapodistrian University of Athens, Greece
Karipidou, Melina	Clinical Dietitian Nutritionist, PhD Candidate, Department of Nutrition & Dietetics, Harokopio University, Athens, Greece
Kontogianni, Meropi	Associate Professor of Clinical Nutrition, Department of Nutrition & Dietetics, Harokopio University, Athens, Greece
Kosteria, Ioanna	Pediatric Endocrinologist - Diabetologist, Department of Endocrinology, Growth & Development "P&A Kyriakou" Children's Hospital Athens, Greece
Koui, Eleni	Paediatric Dietitian, Paediatric & Adolescent Diabetes, Childhood Obesity, Greece
Liatis, Stavros	Internal Medicine Specialist - Diabetologist, Greece
Nikolaidis, Nikolaos	Associate Professor of Pediatrics, Cyprus
Nomikos, Tzortzis	Associate Professor of Biochemistry, Harokopio University, Athens, Greece
Panayiotopoulos, Aristotle	Pediatric Endocrinologist, Head of Pediatric Endocrinology Clinic, Athens Pediatric Center, Athens Medical Group, Greece
Papadimitriou, Dimitris	Elected Associate Professor of Pediatrics, Adjunct Professor of Neonatal - Pediatric - Adolescent Endocrinology at the University of Thessaly Medical School, Greece



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Papagianni, Maria	Assistant Professor of Pediatric Endocrinology, Metabolism and Nutrition in Child and Adolescent at the University of Thessaly, Greece
Papakonstantinou, Aimilia	Assistant Professor in Nutrition and Metabolism at Agricultural University of Athens, Greece
Qadreh, Abbas	Pediatric Diabetologist, Athens Pediatric Center, Athens Medical Group, Greece
Sertedaki, Amalia	Unit of Molecular Endocrinology, 1 st Department of Pediatrics, Medical School, Athens University, Athens, Greece
Souvatzoglou, Emmanouil	Endocrinologist- Diabetologist, Head of Endocrinology Department, Athens Medical Center, Athens Medical Group, Greece
Stratakis, Constantine	Researcher, Head, Human Genetics & Precision Medicine, Gene Regulation & Epigenetics, Department, Institute for Molecular Biology & Biotechnology (IMBB), Foundation for Research & Technology Hellas (FORTH), Heraklion, Crete, Greece, Adj. Professor, Pediatrics, Endocrinology, Medical Genetics, Eur Un. Cyprus, Cyprus, Director of the National Institutes of Health (NIH) Pediatric Endocrinology Program
Stringaris, Argyris	Professor of Psychiatry at University College London and National and Kapodistrian University of Athens, Greece
Tsigos, Constantinos	Professor of Endocrinology, Nutrition and Metabolism, Department of Nutrition & Dietetics, Harokopio University, Athens, Greece
Vassilakis, Ioannis -Anargyros	Consultant Pediatrician, Pediatric Endocrinologist and Diabetologist, Diabetes Center, Division of Endocrinology, Metabolism and Diabetes First Department of Pediatrics, Medical School, National and Kapodistrian University of Athens "Aghia Sophia" Children's Hospital, Athens, Greece
Xatzipsalti, Maria	Pediatric Endocrinologist - Diabetologist. "P&A Kyriakou" Children's Hospital Athens, Greece
Yannakoulia, Mary	Professor of Nutrition and Eating Behavior, Department of Nutrition & Dietetics, Harokopio University, Athens, Greece



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GENERAL INFORMATION

Venue Information

Harokopio University of Athens, Greece
Main entrance via: 70, Eleftheriou Venizelou Str., P.O. 17676, Kallithea, Greece.

Dates

4-5 April 2025

Official Language

English with no interpretation

Main Conference Hall

Amphitheatre "George Karabatsos" - Level 1

Parallel Halls

Hall A5 - Ground Floor
Hall A6 - Ground Floor

Exhibition Area

Amphitheatre "George Karabatsos" foyer - Ground Floor

Registration

There is no registration fee. Electronic registration is mandatory and required for all participants and exhibitors.

Event Type - Attendance

The event enables solely in-person participation (physical presence).

Certificate of Attendance

Certificate of attendance will be available only to those attendees who will attend 60% of the conference proceedings. Certificate of attendance will be sent only after submitting the evaluation and will be sent directly to the registered email that each participant submitted during the electronic registration.

Administration - Communication - Secretariat



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