



**FLORENCE**

**March, 13-14 2026**

**EARLY CAREER CLINICAL COURSE**

promoted by

**AME in collaboration with ESE**

**PROGRAM**

## RATIONALE AND AIM

The course will commence on Friday, March 13, 2025, offering participants an in-depth exploration of foundational clinical skills. State of the art lectures will be offered by distinguished European experts in the various fields of Endocrinology and Metabolism. Throughout the course the attendees will engage in interactive workshops and discussions designed to enhance their early career development in the medical field.

The program is curated to provide a balance of theoretical knowledge and practical application. Each session is designed to foster collaboration among attendees and encourage active participation, ensuring an engaging learning experience. Highlights of the course include interactive case studies and real-world scenarios that challenge participants to apply their knowledge in dynamic ways, fostering both critical thinking and professional growth.

08.00 am - 09.00 am	<b>Welcome and introduction to the training objectives of the course</b> <b>Representatives from AME, ESE, SIE, ESE EYES</b> Karin Zibar Tomsic and <b>G-AME</b> Irene Samperi <b>Presentation of participants</b>
09.00 am - 11.00 am	<b>SESSION 1</b> <b>Pharmacological vs definitive treatments for Graves' disease: when and why</b> Coordinator: Roberto Negro Chairs: Carla Moran, Roberto Negro <ul style="list-style-type: none"><li>• In favour of long-term pharmacological treatment Tania Pilli</li><li>• In favour of definitive treatment Carla Moran</li><li>• Teamwork, plenary discussion and take-home messages</li></ul>
11.00 am - 11.30 am	<i>Coffee break with the experts</i>
11.30 am - 12.30 am	<b>SESSION 2</b> <b>Clinical approach to female hyperandrogenism</b> Coordinator: Chiara Sabbadin Chairs: Diego Ferone, Bulent Yildiz <ul style="list-style-type: none"><li>• Diagnostic Chiara Sabbadin</li><li>• Management of hirsutism Bulent Yildiz</li><li>• Q&amp;A</li></ul>
12.30 am - 01.30 pm	<b>SESSION 3</b> <b>Pharmacological vs surgical approach to obesity resistant to life-style changes</b> Coordinator: Marco Chianelli Chairs: Massimiliano Caprio, Marco Chianelli <ul style="list-style-type: none"><li>• Pharmacological approach Luisa Lener</li><li>• Surgical approach Dimitrios Pournaras</li><li>• Q&amp;A</li></ul>
01.30 pm - 02.30 pm	<i>Lunch</i>

02.30 pm - 04.30 pm

**SESSION 4**

**Cushing syndrome:**

**a practical guide to screening, diagnosis, and therapeutic strategies**

Coordinator: Giuseppe Reimondo

Chairs: Barbara Altieri, Giuseppe Reimondo

- Diagnostic algorithm Massimo Terzolo
- Treatment options: overview and European experience Jérôme Bertherat
- Teamwork, plenary discussion and take-home messages Soraya Puglisi

04.30 pm - 05.00 pm

*Coffee break with the experts*

05.00 pm - 06.00 pm

**SESSION 5**

**Use of estro-progestins:**

**indications, drawbacks, complications**

Coordinator: Cecilia Motta

Chairs: Linda Vignozzi, Bulent Yildiz

- Clinical case 1: hypogonadism Walter Vena
- Clinical case 2: contraception Cecilia Motta
- Clinical case 3: menopause Linda Vignozzi
- Take-home messages

08.30 am - 10.30 am

**SESSION 6**

**Osteoporosis management:  
simplifying a complex issue**

Coordinator: Fabio Vescini

Chairs: Fabio Vescini, Athanasios Anastasilakis

- When and how antiresorptive treatment Athanasios Anastasilakis
- When and how anabolic treatment Luisella Cianferotti
- Teamwork, plenary discussion and take-home messages

10.30 am - 11.00 am

*Coffee break with the experts*

11.00 am - 12.00 pm

**SESSION 7**

**Hypoparathyroidism:  
a guide to diagnosis and pharmacological treatment**

Coordinator: Andrea Palermo

Chairs: Maria Luisa Brandi, Giovanna Mantovani

- The traditional treatment: pearls and pitfalls Elena Tsourdi
- Replacement treatment: when and how Gaia Tabacco
- Q&A

12.00 pm - 01.30 pm

**SESSION 8**

**Prolactinomas:  
diagnosis, treatment, and follow-up**

Coordinator: Maurizio Poggi

Chairs: Renato Cesare Cozzi, Charlotte Høybye

- Diagnostic approach Renata Simona Auriemma
- Dopaminergic agonists vs neurosurgery Charlotte Høybye, Francesco Doglietto
- Q&A

01.30 pm - 02.30 pm

*Lunch*

02.30 pm - 04.00 pm

**SESSION 9**

**Diabetes treatment: a cardioneurovascular oriented approach**

Coordinator: Francesca Garino

Chairs: Gianluca Aimaretti, Tricia Tan

- State of the art [Silvia Acquati](#)
- Future perspectives [Tricia Tan](#)
- Teamwork, plenary discussion and take-home messages

04.00 pm - 04.45 pm

**SESSION 10**

**Andrology lecture**

Coordinator: Andrea Delbarba

Chairs: Andrea Delbarba, Jérôme Bertherat

- Medical treatment of male infertility in 2026 [Mario Maggi](#)

04.45 pm - 05.15 pm

Wrap up of the course and comments from participants

Participants will have the opportunity to network informally and share their professional experiences over light refreshments.

05.15 pm - 05.30 pm

Closing remarks and feedback session

**FACULTY**

Silvia Acquati	Ospedale Morgagni-Pierantoni, Forlì
Gianluca Aimaretti	Università degli Studi di Torino, Turin
Barbara Altieri	Università di Parma, Parma
Athanasios Anastasilakis	424 Military General Hospital, Thessaloniki
Renata Simona Auriemma	Università Federico II, Naples
Jérôme Bertherat	Cochin Hospital, Paris
Maria Luisa Brandi	Università di Firenze, Florence
Massimiliano Caprio	Università Aperta San Raffaele, Rome
Marco Chianelli	Regina Apostolorum Hospital, Rome
Luisella Cianferotti	Università di Firenze, Florence
Renato Cesare Cozzi	ASST Ospedale Metropolitano Niguarda, Milan
Andrea Delbarba	ASST Spedali Civili, Brescia
Francesco Doglietto	Università Cattolica del Sacro Cuore, Rome
Diego Ferone	Università di Genova, Genoa
Francesca Garino	ASL Città di Torino, Turin
Charlotte Høeybye	Karolinska University Hospital, Stockholm
Luisa Lener	Policlinico A. Gemelli, Rome
Mario Maggi	Università degli Studi di Firenze, Florence
Giovanna Mantovani	Ospedale Maggiore Policlinico di Milano, Milan
Carla Moran	Beacon Hospital in Dublin, Dublin

<b>Cecilia Motta</b>	Azienda Ospedaliera Sant'Andrea, Rome
<b>Roberto Negro</b>	Università del Salento, Lecce
<b>Andrea Palermo</b>	Policlinico Universitario Campus Bio-Medico, Rome
<b>Tania Pilli</b>	Azienda ospedaliero-universitaria Senese, Siena
<b>Maurizio Poggi</b>	Azienda Ospedaliera Sant'Andrea, Rome
<b>Dimitrios Pournaras</b>	Spire Bristol Hospital, Bristol
<b>Soraya Puglisi</b>	AOU San Luigi, Università di Torino, Turin
<b>Giuseppe Reimondo</b>	Università degli Studi di Torino, Turin
<b>Chiara Sabbadin</b>	Azienda Ospedale Università di Padova, Padua
<b>Irene Samperi</b>	Ospedale SS Trinità Borgomanero, Novara
<b>Gaia Tabacco</b>	Policlinico Universitario Campus Bio-Medico, Rome
<b>Tricia Tan</b>	Imperial College London and NHS Trust, London
<b>Massimo Terzolo</b>	Università del Studi di Torino, Turin
<b>Elena Tsourdi</b>	Technische Universität, Dresden
<b>Walter Vena</b>	Ospedale Humanitas di Milano, Milan
<b>Fabio Vescini</b>	Presidio Ospedaliero Universitario Santa Maria della Misericordia, Udine
<b>Linda Vignozzi</b>	Università di Firenze, Florence
<b>Bulent Yildiz</b>	Eskişehir Osmangazi University, Eskişehir
<b>Karin Zibar Tomsic</b>	University Hospital, Zagreb

**HOSPITALITY AND REGISTRATION** (VAT included)

The course will be reserved to 50 endocrine specialists with less than 40 years.

20 registrations are available for AME and SIE Members.

30 registrations are available for ESE non Italian Members.

**Individual registration fee:**

The 300,00 € fee includes access to the course, congress kit, coffee breaks, light lunch and two nights hotel accommodation.

Travel costs are not included.

Unpaid registrations will not be accepted.

Individual online registration at the following link: [ONLINE REGISTRATION](#)

Online registrations will be accepted within January 31<sup>st</sup>, 2026 (payment is mandatory).

After this date please contact the Organizers at [segreteria@nordestcongressi.it](mailto:segreteria@nordestcongressi.it)

**CANCELLATIONS AND REFUNDS**

Cancellations will be accepted by February 13<sup>th</sup>, 2026, and will be entitled to a 70% refund of the amount paid.

**OFFICIAL LANGUAGE**

English

**ECM ACCREDITATION** (for Italian Participants only)

**CME Provider:** Nord Est Congressi Srl - ID 1682

**Scientific Director:** Dr. Enrico Papini

**Training Objective:** Guidelines - Protocols - Procedures

**Accredited Professions:** Medical Radiology Technician, Physicians

**Accredited Specialties:** Endocrinology, Metabolic Diseases and Diabetology, Internal Medicine, General Surgery, Nuclear Medicine, General Medicine (Family Doctors)

**Credits Awarded:** 15

**To be eligible for CME training credits, you must:**

- Attend at least 90% of the declared training activities, documented by attendance electronic presence detection;
- Belong to at least one of the professions and disciplines for which the event has been accredited;
- Update your personal profile and complete the satisfaction questionnaire exclusively online, by accessing the link sent by the Provider to the participant's personal email address, within a maximum of 3 days by the end of the training event;
- CME certificates will be sent by the Provider after verifying attendance and completing the required documentation online.

**EACCME ACCREDITATION** (for International Participants)

An application has been made to UEMS-EACCME® for CME Accreditation of this Event.

## ACKNOWLEDGEMENT

The logo for Amgen, featuring the word "AMGEN" in a bold, blue, sans-serif font.The logo for Ascendis Pharma, consisting of the words "ascendis" and "pharma" in a grey sans-serif font, with a blue and white graphic element to the right.The logo for IBSA, featuring the word "IBSA" in white inside a blue diamond shape, with the tagline "Caring Innovation" below it.The logo for Merck, featuring the word "MERCK" in a pink, stylized, sans-serif font.The logo for Novo Nordisk, featuring a stylized cow with a sun above its head, and the words "novo nordisk" below it.The logo for Organon, featuring a red and blue graphic element followed by the word "ORGANON" in a blue sans-serif font.The logo for Recordati Rare Diseases, featuring a red and white graphic element followed by the words "RECORDATI" and "RARE DISEASES" in a black sans-serif font.The logo for UCB, featuring the letters "ucb" in white inside a blue square, followed by the tagline "Inspired by patients. Driven by science." in a blue sans-serif font.

## CONGRESS VENUE

**Starhotel Michelangelo**  
Viale Fratelli Rosselli 2  
Florence - Italy

## SCIENTIFIC DIRECTOR

**Enrico Papini**  
Endocrinology and Metabolism Department  
Regina Apostolorum Hospital -Lifenet Health Group  
Albano Laziale (Rome)

## CONGRESS ORGANIZER

The logo for NordEst Congressi, featuring the words "nordest" and "congressi" in a black sans-serif font, with a red dot above the "i" in "congressi".

Via Portanuova 3 - 33100 Udine  
Tel. 0432 21391 - Fax 0432 506687  
segreteria@nordestcongressi.it  
www.nordestcongressi.it