



FLORENCE

March, 13-14 2026

EARLY CAREER CLINICAL COURSE

promoted by

AME in collaboration with ESE

**PRELIMINARY
PROGRAM**

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.

PRELIMINARY PROGRAM

08.00 am - 09.00 am	Welcome and introduction to the training objectives of the course Representatives from AME, ESE, SIE, ESE EYES Karin Zibar Tomsic and G-AME Irene Samperi Presentation of participants
09.00 am - 11.00 am	SESSION 1 Pharmacological vs definitive treatments for Graves' disease: when and why Coordinator: Roberto Negro Chairs: Carla Moran, Roberto Negro <ul style="list-style-type: none"> • In favour of long-term pharmacological treatment Tania Pilli • In favour of definitive treatment Carla Moran • Teamwork, plenary discussion and take-home messages
11.00 am - 11.30 am	<i>Coffee break with the experts</i>

11.30 am - 12.30 am

SESSION 2

Clinical approach to female hyperandrogenism

Coordinator: Chiara Sabbadin

Chairs: Diego Ferone, Bulent Yildiz

- Diagnostic Chiara Sabbadin
- Treatment of idiopathic hirsutism Bulent Yildiz
- Q&A

12.30 am - 01.30 pm

SESSION 3

Pharmacological vs surgical approach to obesity resistant to life-style changes

Coordinator: Marco Chianelli

Chairs: Massimiliano Caprio, Marco Chianelli

- Pharmacological approach Luisa Lener
- Surgical approach To be defined
- Q&A

01.30 pm - 02.30 pm

Lunch

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, Massimo Terzolo

- Diagnostic algorithm Wiebke Arlt
- 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 estrogen-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 Hoybye

- Diagnostic approach Rosario Pivonello
- Dopaminergic agonists vs neurosurgery Charlotte Hoybye, 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, Wiebke Arlt

Approaching 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

HOSPITALITY AND REGISTRATION (VAT included)

The course will be entirely 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.

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.

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

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

After this date please contact the Organizers at segreteria@nordestcongressi.it

OFFICIAL LANGUAGE

English

ECM / EACCME ACCREDITATION

The Event will be submitted to the Italian (ECM) and the European (EACCME) accreditation process

CONGRESS VENUE

Starhotel Michelangelo
Viale Fratelli Rosselli 2
Florence - Italy

SCIENTIFIC DIRECTOR

Enrico Papini
Endocrinology and Metabolism Department
Regina Apostolorum Hospital -Lifenet Health Group
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CONGRESS ORGANIZER

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