



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	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: Chiara Sabbadin, Bulent Yildiz <ul style="list-style-type: none">• Diagnostic Chiara Sabbadin• Therapeutic approach to hyperandrogenism 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 <ul style="list-style-type: none">• Pharmacological approach Luisa Lener• Surgical approach Dimitri Pournaras• Q&A
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 Benedetta Zampetti
- Clinical case 3: menopause Linda Vignozzi
- Take-home messages

08.00 pm

Congress dinner

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 Grande Ospedale Metropolitano Niguarda, Milan
Andrea Delbarba	ASST Spedali Civili, Brescia
Francesco Doglietto	Università Cattolica del Sacro Cuore, Rome
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
Cecilia Motta	Azienda Ospedaliera Sant'Andrea, Rome

FACULTY

Roberto Negro	Università del Salento, Lecce
Andrea Palermo	Policlinico Universitario Campus Bio-Medico, Rome
Tania Pilli	Azienda ospedaliero-universitaria Senese, Siena
Maurizio Poggi	Azienda Ospedaliera Sant'Andrea, Rome
Dimitri Pournaras	Spire Bristol Hospital, Bristol
Soraya Puglisi	AOU San Luigi, Università di Torino, Turin
Giuseppe Reimondo	Università degli Studi di Torino, Turin
Chiara Sabbadin	Azienda Ospedale Università di Padova, Padua
Irene Samperi	Ospedale SS Trinità Borgomanero, Novara
Gaia Tabacco	Policlinico Universitario Campus Bio-Medico, Rome
Tricia Tan	Imperial College London and NHS Trust, London
Massimo Terzolo	Università del Studi di Torino, Turin
Elena Tsourdi	Technische Universität, Dresden
Walter Vena	Ospedale Humanitas di Milano, Milan
Fabio Vescini	Presidio Ospedaliero Universitario Santa Maria della Misericordia, Udine
Linda Vignozzi	Università di Firenze, Florence
Bulent Yildiz	Eskişehir Osmangazi University, Eskişehir
Benedetta Zampetti	ASST Grande Ospedale Metropolitano Niguarda, Milan
Karin Zibar Tomsic	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 31st, 2026 (payment is mandatory).

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

CANCELLATIONS AND REFUNDS

Cancellations will be accepted by February 13th, 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



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



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