



EASD

**Postgraduate
Course on
Clinical Diabetes
and its
Complications**

29 – 31

October 2015

Prague

Czech Republic

Hotel Pyramida

ORGANISED BY
EASD – European Association for the Study of Diabetes





Klára Vystrčilová: Untitled, from the series Boys Don't Cry (2014)
Handmade embroidery

Klára Vystrčilová (*1990) is a young women artist who just finished Academy of Fine Art in Prague. During her studies beside the others she have presented her work in several prestigious Czech galleries including Czech National Gallery. She obtained the Prize of Czech Art Critique for Young Artists in 2013.

EASD

– Postgraduate Course on Clinical Diabetes and its Complications

organised by

European Association for the Study of Diabetes

EASD European Association
for the Study of Diabetes

Chairman: **Prof. Leszek Czupryniak**, Poland
Chair of the EASD Postgraduate education committee



Local organising committee

Chairman: **Assist. Prof. Jan Brož**

Prof. Tereza Pelikánová

Prof. Milan Kvapil



The course is held under the auspices of

Prof. Vladimír Komárek
Czech Diabetes Society Dean of Second Medical Faculty Czech Diabetes Association
Charles University
Prague



CZECH
DIABETES
SOCIETY



Diabetická
asociace ČR

October 29

11:00 – 12:45 REGISTRATION

13:00 OPENING CEREMONY

Jan Brož, Chair of Local Organising Committee
Leszek Czupryniak, Chair of EASD PGEC

13:30 – 15:30 FIRST SESSION: TYPE I DIABETES UPDATE

Chairpersons: Jan Brož, Roger Lehmann

13:30 – 13:50 Etiology and differential diagnosis of type 1 diabetes
– **Roger Lehmann, Switzerland**

13:50 – 14:20 Pathophysiology of type 2 diabetes: conventional views and new insights – **Martin Haluzik, Czech Republic**

14:20 – 14:40 Hypoglycaemia – **Brian Frier, UK**

14:40 – 15:10 Insulin pump and CGM in treatment of diabetes mellitus
– **Hood Thabit, UK**

15:10 – 15:30 Islet cell – pancreas transplantation, Stem cell
– **Roger Lehmann, Switzerland**



COFFEE BREAK

16:00 – 18:10 WORKSHOPS (3 parallel sessions – each workshop conducted twice)

Workshop 1 (Hall A) Hypoglycaemia solving and prevention
– **Brian Frier / Jan Brož**

Workshop 2 (Hall B) Self-monitoring, CGM, insulin pump therapy
– **Kateřina Štechová**

Workshop 3 (Hall C) Hyperglycaemic crisis, acute illness, traveling with diabetes
– **Leszek Czupryniak / Ludmila Brunerová**

20:00 – 00:00 DINNER (hotel Pyramida - in the main congress hall)

October 30

09:00 – 11:00 SECOND SESSION: DIABETES and CVD

Chairpersons: Martin Haluzik, Didac Mauricio

09:00 – 09:30 Insulin treatment in non-pump users – **Leszek Czupryniak, Poland**

09:30 – 10:00 Glycaemic variability and its importance in clinical practice
– **Dario Rahelic, Croatia**

10:00 – 10:30 Cardiovascular disease prevention in patients with diabetes
– **Didac Mauricio, Spain**

10:30 – 11:00 Management of Hypertension – **Leszek Czupryniak, Poland**



COFFEE BREAK

11:30 – 13:00 THIRD SESSION: SPECIAL SITUATIONS

Chairpersons: Elisabeth Mathiesen, Jan Polak

11:30 – 12:00 Diabetes and driving – **Jan Broz, Czech Republic**

12:00 – 12:30 Diabetes and obstructive sleep apnoea
– **Jan Polak, Czech Republic**

12:30 – 13:00 Current standards for managing diabetes in pregnancy
– **Elisabeth Mathiesen, Denmark**



LUNCH (in the Bohemia restaurant 1st floor)

October 30

14:00 – 15:30 FORTH SESSION: THERAPY

Chairpersons: Leszek Czumpryński, Martin Haluzik

14:00 – 14:30 Goals of the therapy and pharmacologic treatment of hyperglycaemia – **Martin Haluzik, Czech Republic**

14:30 – 15:00 Dyslipidaemia – **Leszek Czumpryński, Poland**

15:00 – 15:30 Obesity – impact on an individual and society – **Nicholas Finer, UK**



COFFEE BREAK

16:00 – 18:10 WORKSHOPS (3 parallel sessions – repeated once)

Workshop 4 (Hall A) How to manage obese individuals with prediabetes and diabetes – **Nicholas Finer / Martin Matoulek**

Workshop 5 (Hall B) Making decisions in type 2 diabetes management – **Leszek Czumpryński**

Workshop 6 (Hall C) Multifactorial treatment – **Martin Prázný**

20:00 – 00:00 DINNER
(Kaiserštejnský palác - We will meet in front of the hotel at 19:00)

October 31

08:30 – 11:00 FINAL SESSION: COMPLICATIONS

Chairpersons: Leszek Czumpryński, Ed Jude

08:30 – 09:00 Diabetic neuropathy – **Ed Jude, UK**

09:00 – 09:30 Gastrointestinal autonomic neuropathy – **Leszek Czumpryński, Poland**

09:30 – 10:00 Diabetic retinopathy – **Iwona Partyka, Poland**

10:00 – 10:30 Diabetic nephropathy – **Dario Rahelic, Croatia**

10:30 – 11:00 Diabetic foot – **Ed Jude, UK**



COFFEE BREAK

11:30 – 13:40 WORKSHOPS (3 parallel sessions – each workshop conducted twice)

Workshop 7 (Hall A) Diabetic foot – **Ed Jude / Robert Bém**

Workshop 8 (Hall B) Gestational diabetes and pregnant type 1 diabetes patient – **Elisabeth Mathiesen**

Workshop 9 (Hall C) Insulin therapy in type 2 diabetes – **Martin Haluzik**



LUNCH (in the Bohemia restaurant 1st floor)

14.30 – 16.20 DIABETES TREATMENT – WHAT IS ON THE HORIZON?

Chairpersons: Jan Brož, Apostolos Tsapas

14:30 – 15:00 Future of diabetes care – dreams and possibilities – **Leszek Czumpryński, Poland**

15:00 – 15:45 New drugs in treatment of type II diabetes – **Apostolos Tsapas, Greece**

15:45 – 16:20 Bariatric surgery and diabetes – **Martin Fried, Czech Republic**

16:20 Discussion

CLOSING REMARKS – **Leszek Czumpryński, Jan Brož**

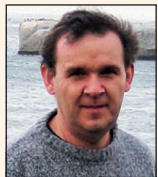
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Dr. Robert Bém

Dr. Bém received his medical degree from the First Faculty of Medicine of Charles University, Prague in 2002. He then worked as a postdoctoral fellow at the Institute for Clinical and Experimental Medicine in Prague and subsequently as a physician and researcher at the same institution. In 2011 he passed a qualifying exam in Diabetology and Endocrinology. His research is focused on the diabetic foot, especially on Charcot neuropathic osteoarthropathy (CNO), bone metabolism, diabetic foot infection, maggot debridement therapy, negative pressure wound therapy and stem cell treatment in the indication of peripheral arterial disease and local wound application. He demonstrated that intranasal calcitonin is effective in the treatment of active phase of CNO and quantitative bone scan is useful for the assessment of the activity of CNO. Robert Bém was a member of the team, which discovers lucifensin, the long-sought antimicrobial factor of medicinal maggots of the blowfly *Lucilia sericata*. His work is reflected by - 48 original research and review publications, 141 lectures, 76 posters with published abstracts, 2 monographs and 4 chapters in these research fields. Robert Bém work has been recognized both nationally and internationally as he is a recipient of the Award of the Czech Diabetes Society (2006, 2010) and the 1st prize of Diabetic Foot Study Group of the EASD (2010). He is a member of many organizations including European Association for the Study of Diabetes, Diabetic Foot Study Group of EASD, Czech Society for Gene and Cell Therapy, Czech Diabetes Association. He is a vice chairman of Executive Committee of Podiatric Section of Czech Diabetes Association.



Jan Brož

Jan Brož, MD is an Assistant Professor of Internal Medicine at the Charles University 2nd Faculty of Medicine in Prague, Czech Republic. He specializes in Internal Medicine and Diabetology, and served as long-time Director of the Diabetology Department at the 3rd Faculty of Medicine's 2nd Internal Medicine Clinic. Currently, he manages several research projects dealing with the implementation of modern technology in the areas of diabetes control and diabetes education.

Jan Brož is the author and co-author of numerous peer-reviewed publications, books and book chapters. He is also the author of many additional books and several internet sites intended to educate patients with diabetes. He serves as a member of the Editorial Board for the diabetic patient-centered journal *Diastyl*; and is both a cofounder and coordinator of an original charity project for a polyclinic in Kathmandu, Nepal.

Dr. Brož is also a member of the Executive Committee of the Czech Diabetes Society.



Dr. Ludmila Brunerová

Ludmila Brunerová M.D. Ph.D. works as a consultant in endocrinology at Diabetologic Centre, II. Department of Internal Medicine, Faculty Hospital Kralovské Vinohrady and is a teacher at 3rd Faculty of Medicine, Charles University in Prague. In her clinical practice she focuses on a variety of topics including diet interventions in type 2 diabetic patients, bone involvement of chronic kidney diseases and secondary hypertension). Her research interests comprise of neuroendocrinology (regulation of food intake) and experimental nutrition in type 2 diabetes.



Prof. Leszek Czupryniak

Dr. Leszek Czupryniak is a physician researcher, involved mostly in clinical studies on pathogenesis and treatment of type 2 diabetes mellitus, hypertension, and obesity, with particular interest in mechanisms responsible for their coexistence. He has been also investigating cardiovascular risk factors in diabetes and obese subjects, including endothelial dysfunction studies in vivo and obstructive sleep apnoea syndrome. He currently holds a post of a professor at the Internal Medicine and Diabetology Department at the Medical University of Lodz, Poland.

He graduated from Medical University of Lodz, Poland, in 1994, is a specialist in internal medicine and diabetology, completed his doctorate thesis on homocysteine metabolism in type 2 diabetes in 2001, and habilitation thesis on blood pressure regulation in type 2 diabetes and obesity in 2008. His medical and research training included scholarship or courses at the United Kingdom Prospective Diabetes Study centre (Oxford Centre for Diabetes, Endocrinology and Metabolism) in Oxford (UK), Maastricht (the Netherlands), King's College, London (UK), Miami (USA).



Nicholas Finer

Nicholas Finer is Consultant in Endocrinology and Bariatric Medicine at University College Hospital, London and a member of the National Centre for Cardiovascular Prevention and Outcomes, UCL Institute of Cardiovascular Science, UCL Faculty of Population Health Sciences where he is honorary professor. He is Visiting Professor at Sydney University and Robert Gordon University, Aberdeen and a Fellow of the Association for Nutrition, US Obesity Society and UK Royal College of Physicians. Prof. Finer chairs the International Association for the Study of Obesity Education and Management Task Force, the UK Experts in Severe and Complex Obesity, and is past-chair of the UK Association for the Study of Obesity and editor-in-chief of *Clinical Obesity*. He is a member of the UK Clinical Reference Group on Severe and Complex Obesity, and the Department of Health Advisory Board on Obesity. He has developed services providing specialist bariatric care at Luton, Addenbrooke's and now UCLH,

as well as in the community through the Counterweight project. His research focuses on clinical aspects of obesity, its treatment both medical and surgical, and associated endocrine disease - topics on which he has published and lectured widely.



Prof. Martin Fried, MD, PhD.

Martin Fried, MD, PhD. Is a surgeon, works as the Head of OB clinic, the central European largest centre for bariatric and metabolic treatment of obesity. He is an internationally renowned professor of Charles University, he published more than 150 scientific papers and delivered lectures in many countries. He is a founding member of International Federation for the Surgery of Obesity and co-chair of Czech Society for the Study of Obesity.



Brian Frier

Brian Frier, BSc (Hons), MD, FRCP (Edin), FRCP (Glas), is Honorary Professor of Diabetes at the University of Edinburgh, affiliated to the British Heart Foundation Centre for Cardiovascular Science. Formerly, he was Consultant Physician in general (internal) medicine and diabetes at the Royal Infirmary of Edinburgh (1987-2012) and at the Western Infirmary and Gartnavel General Hospital, Glasgow (1982-87). He graduated in medicine from the University of Edinburgh, trained in Scotland, and was a Clinical Research Fellow at Cornell University Medical Center in New York, USA.

Professor Frier's principal research interest is the pathophysiology of hypoglycaemia in humans with particular relevance to diabetes. He has published extensively, and has co-edited two multi-author international textbooks on hypoglycaemia and diabetes: *Hypoglycaemia and Diabetes: Clinical and Physiological Aspects*, and *Hypoglycaemia in Clinical Diabetes* (third edition). Other research interests in diabetes include cognitive function and driving. In 2009 he was the Banting Memorial Lecturer for Diabetes UK and is an invited speaker on hypoglycaemia at many national and international meetings. In 2004 he received the Somogyi Award for his research on hypoglycaemia from the Hungarian Diabetes Association.

Prof. Frier was Vice-President of the Royal College of Physicians of Edinburgh (2008-2012), and was Chair of the Medical Advisory Panel on Driving and Diabetes to the Secretary of State for Transport in the UK from 2001-2012.



Prof. Martin Haluzik

Head of Department, Charles University, Prague, Czech Republic. Prof. Martin Haluzik graduated from the Department of Internal Medicine, Charles University in 1994. From 2000-2002 he worked at the National Institute for Diabetes, kidney and digestive tract in Bethesda, U.S.A. He is currently head of the Outpatient Clinic III at the Charles University in Prague. He is the author of four books, 12 chapters in

Czech and English monographs, more than 170 professional and a number of popular scientific articles. Martin Haluzik is a member of the editorial boards of six journals in the field of diabetology, endocrinology and internal medicine. He received many awards such as the Czech Learned Society Award for 2004 and Lantus Young Investigator Prize for significant discoveries in diabetology (2010).



Dr. Edward Jude

Dr. Edward Jude Consultant Physician, Dept. of Medicine, Tameside Hospital NHS Foundation Trust, Ashton under Lyne, UK.

Dr. Jude's main research interest is in diabetic complications including peripheral neuropathy, Charcot neuroarthropathy, endothelial dysfunction and the diabetic foot. He is a consultant Diabetologist at the

Tameside Hospital and Reader in Medicine at the University of Manchester as an expert in diabetic foot. Dr. Jude also holds the position as a honorary research fellow at the University of Salford and is Chairman of the European Diabetic Foot Study Group, a subgroup of EASD. He also chairs the North West Diabetes Group in the UK.



Prof. Roger Lehmann

Head of Department, University Hospital Zurich, Switzerland. Roger Lehmann is Chief of Endocrinology, Diabetes and Clinical Nutrition and Head of the Islet Transplantation Programme at the University Hospital in Zurich. Having studied medicine at the University of Zurich he went on to specialise in diabetology and spent a two-year period undertaking research in the U.S.A. In 2000, together with Professors Giatgen Spinas and Markus Weber, he founded the islet transplantation programme at the University Hospital in Zurich. Prof. Lehmann is Past-President of the Swiss Association for Endocrinology and Diabetology and is former Vice-President and current Honorary Treasurer of the Artificial Insulin Delivery Pancreas and Islet Transplantation Study Group of the European Association for the Study of Diabetes.



Elisabeth R Mathiesen

Head of diabetes treatment at Copenhagen Centre for Pregnant Women with Diabetes and working both with women with gestational and pre-gestational diabetes. Her research involves: Pregnant women with type 1 and type 2 diabetes focusing on prevention of pre-eclampsia, preterm delivery and stillbirth. The beneficial effect of strict metabolic control, the use of insulin analogues and continuous glucose monitoring in pregnancy is one of her focus areas of research in

observational studies and in randomized clinical trials. The beneficial effect of treatment of pregnant women with kidney involvement with antihypertensive drugs as well as pre-eclampsia has been investigated. She is also involved in long term follow-up studies of women with previous GDM regarding the risk of developing

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diabetes and the metabolic syndrome. The children of women with high glucose concentrations in the intrauterine environment due to diabetes during pregnancy are currently investigated intensively. Published more than 135 scientific papers and supervising 8 ph.d. students.

Board member of European Diabetes in Pregnancy Study Group.

Member of European Association for the Study of Diabetes, European Diabetes in Pregnancy Study Group, European Diabetic Nephropathy Study Group and the Danish Endocrine Society, Danish Society of Internal Medicine, The Danish Society for Hypertension.



Martin Matoulek, M.D., Ph.D.

Martin Matoulek, M.D., Ph.D. works as a consultant and an assistant professor in endocrinology and obesity at 3rd Internal Clinic, Charles University in Prague. In his clinical practice he focuses on a variety of topics including sport and diet interventions in type 2 diabetic patients. He is the president of Czech Society of Sports Medicine and a member of the Executive Committee of Czech Society for the Study of Obesity.

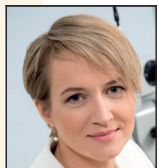


Dr. Didac Mauricio

Chief Physician, Dept. of Endocrinology & Nutrition at Hospital Universitari Germans Trias i Pujol, Badalona

Dr. Mauricio received his medical degree from the University of Barcelona in 1985. He completed his fellowship in Endocrinology & Nutrition at Hospital de Sant Pau, Autonomous University of Barcelona, Spain (1986 – 1990). In 1993, he presented his Ph D thesis, School of Medicine,

Autonomous University of Barcelona. He was a post-doc research fellow at the Steno Diabetes Center & Hagedorn Research Institute in Gentofte, Denmark, with Prof. J. Nerup's group (1994 – 1995). He has published 79 peer-reviewed articles in indexed journals and has contributed to multiple books. He has also served as a member in several local and international committees. Dr. Mauricio has been principal investigator of several research projects funded by national and international agencies. He keeps a strong interest on current clinical issues in diabetes and is currently involved in projects dealing with immune and genetic markers of autoimmune diabetes, diabetic microangiopathic complications and the diabetic foot.



Iwona Partyka

A graduate of the Faculty of Medicine at the Medical University of Warsaw, From the beginning of her career Dr. Partyka has focussed on topics related to retinal diseases, especially diabetic retinopathy and laser therapy. In addition to working directly with patients, she has trained many doctors in the field of laser techniques, diagnosis and

treatment of retinal diseases and angiography. Dr. Partyka is the author of numerous articles on diabetic retinopathy in, among others, "Journal of Diabetes and Its Complications," (2005), "Journal of Physiology and Pharmacology" (2005) "Metabolic Medicine" (2007) "ophthalmic" and is a member of EURETINA, EVRS, also participates in the annual meetings of EASDec

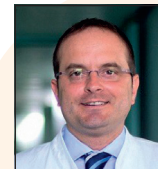


Martin Prázný

Martin Prázný is an associate professor of Internal Medicine at 1st Faculty of Medicine, Charles University in Prague. He works in a diabetes research group at 3rd Department of Internal Medicine, traditionally aimed at endocrine and metabolic diseases. Currently, he is a deputy head of Diabetes Centre of General Faculty Hospital in Prague.

During his PhD studies, he published several original papers in the field of microvasculature, endothelial function and oxidative stress

in diabetes and different endocrine disorders, and obtained his PhD degree in Biochemistry and Pathobiochemistry. Following that, he cooperated with Department of Molecular Medicine and Surgery at Karolinska Institutet in Stockholm and participated in genetic studies on the causes of diabetes complications in populations of patients with type 1 and type 2 diabetes. For many years, he is interested in diabetes technologies. Recently, he and his PhD students are more involved in clinical research in diabetes. He investigates the role of glycemic variability in glycemic control and diabetes complications.



Dr. Dario Rahelic

Dr. Dario Rahelic is Head of Department of Endocrinology, Diabetes and Metabolic Disease, Dubrava University Hospital Zagreb, Croatia.



Kateřina Štechová

Associated professor Kateřina Štechová graduated from the 2nd Medical Faculty of Charles University in Prague. She started her post-gradual training in the Paediatric Department of the same medical faculty and from the beginning she focused mainly on diabetology and endocrinology. Formerly her main interest was immunopathology of type 1 diabetes and she was for ten years the head of the Laboratory of Autoimmune Diseases in the Paediatric Department.

During years spent in the Paediatric Department she received with time PhD title in Immunology, specialisation in Paediatrics and Immunology and later on also in Human genetics. In 2008 she became associated professor. Finally she decided to switch her main interest to more clinical topics and in 2014 she started to work as a diabetologist and endocrinologist

in the Internal department of the same institution (2nd Medical Faculty of Charles University and University Hospital Motol). She received the specialisation in Diabetology and endocrinology in the same year. Currently she is interested mainly in technologies (insulin pumps, CGMS) and in education in diabetology. She is an author of scientific papers as well as of several books and chapters in other books (all related to diabetes). As diabetologist she received twice the prize for the best paper published in international journals and once for the best book (all awarded by the Czech Diabetological Society). In the past she successfully finished several grant projects and she continues to be involved in research projects focused on diabetes (in one case as the principle investigator). She is a tutor of postgradual students and has lectures for medical students too.



Hood Thabit

Hood Thabit is Research Associate and Honorary Diabetologist at the Institute of Metabolic Science, University of Cambridge, UK. Dr. Thabit's research area of interest is in the field of diabetology and metabolism, specifically in the application of technology in diabetes care. His doctorate (MD) thesis was on the study of insulin resistance and its relationship with physical activity, and his current research is focussed on the application of closed-loop insulin delivery system in the home environment and inpatient settings. Dr. Thabit has significant clinical and management experiences in phase 2/3 clinical and multicentre studies, utilizing closed-loop insulin delivery systems and devices.



Apostolos Tsapas

Dr Tsapas is Assistant Professor of Medicine at Aristotle University Thessaloniki, and serves as a physician consultant in the Division of Medicine, Diabetes at Ippokratio Hospital, Thessaloniki, Greece. He is also senior research fellow at Harris Manchester College, University of Oxford, UK. Dr Tsapas has been involved in the development of the Hellenic diabetes guidelines, and the ADA/EASD 2012 position statement on the management of hyperglycaemia in type 2 diabetes. He has also co-authored several systematic reviews and meta-analyses on a broad range of therapeutic interventions in diabetes, which have been published in peer-reviewed journals. His main research interests include knowledge synthesis (systematic reviews and meta-analyses), evidence-based practice, and clinical decision-making in medicine and diabetes.

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