



Zentraleuropäische Diabetesgesellschaft
Central European Diabetes Association
Föderation der Internationalen Donau-Symposia über Diabetes mellitus
Federation of International Danube-Symposia on Diabetes mellitus

Report of the Virtual CEDA/FID Congress 2020, December 13–15, Belgrade, Serbia

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The Annual Congress of the Central European Diabetes Association and Federation of International Danube Symposia on Diabetes mellitus had to be organized virtually in 2020 due to the COVID-19 pandemic. Logistically, it was organized from Belgrade, Serbia, and the local co-organizers were the Faculty of Medicine University of Belgrade, Serbian Diabetes Society, Diabetes Committee of Endocrine Section, Serbian Medical Association and Committee of Multidisciplinary Research in Diabetes, Serbian Academy of Sciences and Arts.

Vascular diseases as complication of diabetes

The congress started on Sunday, December 13, 2020, with pre-congress symposia and opening ceremony involving welcome addresses. The first session, which followed, was entitled “Glucose control, inflammation and chronic complications” and was chaired by the CEDA/FID President, Professor Thomas Stulnig (Vienna, Austria), together with Professor Péter Kempler (Budapest, Hungary) and included lectures with the following topics: “Prevention and treatment of CVD in diabetes: how to start antihyperglycaemic treatment” by Professor Stulnig, “Subclinical inflammation and early neuropathy” by Professor Christian Herder (Düsseldorf, Germany), “Cardiovascular autonomic neuropathy” by Professor Kempler (Budapest, Hungary) and “Glucose variability and microvascular diseases in dia-



betes” by Professor Jan Škrha (Prague, Czech Republic).

New technologies in diabetes therapy

The second day of the congress, Monday, December 14, 2020, included four sessions. The second session entitled “New technologies in the treatment of diabetes” was chaired by Professor Tomasz Klupa (Krakow, Poland) and Professor Roger Lehmann (Zurich, Switzerland). It was opened with a lecture by Professor Klupa on “The use of glucose sensing during physical activity in diabetic patients”, followed by the lecture of Professor Nebojša M. Lalić (Belgrade, Serbia) entitled “Sensor augmented pumps: benefits and uncertainties”, and Professor Lehmann gave a lecture on “Islet transplantation vs insulin pump therapy”. Each session of the congress

was followed by a lively discussion on the related topics that will be beneficial for future research and work in the field.

COVID-19 and diabetes

The third session concentrated on lectures focusing on the topic of “COVID-19 and diabetes” and was chaired by Professor Antonio Ceriello (Milan, Italy) and Professor Andrej Janež (Ljubljana, Slovenia). The first lecture “The lessons from COVID-19 pandemic: how to design the treatment of diabetes” was presented by Professor Ceriello, which was followed by the lecture from Professor Anca Stoian (Bucharest, Romania) entitled “Incretin-based therapies in COVID-19 patients with diabetes” and the lecture from Professor Janež on “Insulin treatment in COVID-19 patients with diabetes”.

Up-to-date research

The fourth session, chaired by Professor Herder, involved “oral presentations” that included new and up-to-date research findings on the following topics: novel genetic and biochemical markers of risk for the onset of diabetes and chronic complications, pharmacological and non-pharmacological intervention in prevention and treatment of diabetes and new approaches to classification of diabetes and the related risk for the development of chronic complications.

The fifth session, last session of the day, entitled “New treatments beyond hyperglycemia”, was chaired by Professor Zdravko Kamenov (Sofia, Bulgaria) and Professor Tsvetalina Tankova (Sofia, Bulgaria). The first lecture was presented by Professor Michael Roden (Düsseldorf, Germany) entitled “Non-alcoholic fatty liver disease: new mechanisms and treatments”, the second one was given by Professor Tankova – “Pharmacological treatment of obesity: recent advances” and finally the third lecture was by Professor Kamenov on “Erectile dysfunction in diabetes: an update on diagnosis and treatment”. The day was closed with a CEDA/FID Executive Board Meeting.

Obesity and metabolic syndrome

The third and last day of the congress, Tuesday, December 15, 2020, included two sessions followed by a meeting of the General Assembly. The sixth session was chaired by Professor Erifili Hatziagelaki (Athens, Greece) and Professor Katarina Lalić (Belgrade, Serbia) and the topic was “Obesity, dyslipidemia and metabolic syndrome: different approaches”. The first lecture was presented by Professor Hatziagelaki: “GLP-1 in obesity and type 2 diabetes patients: where we stand?” followed by the lecture “Mediterranean diet and exercise: the effect on glucose control and metabolic syndrome parameters” by Professor Dario Rahelić (Zagreb, Croatia). The session was closed with the lecture of Professor Katarina Lalić: “LDL cholesterol target: is it still the lower the better?”

The problem of hypoglycaemia

After the break, the seventh and the final session entitled “Hypoglycemia in different settings: how to prevent” was chaired by Professor Asimina Mitrakou (Athens, Greece) and Professor Tatjana Milenković (Skopje, North Macedonia). The first lecture was given by Professor Mitrakou entitled “Hypoglycemia in the context of new therapies in type 2 diabetes”. It was followed by a lecture of Professor Aleksandra Jotić (Belgrade, Serbia) on “Treatment of diabetes in pregnancy: new technologies and their impact”, and the session was closed with a lecture on “Education as a tool to avoid hypoglycemia in diabetes” by Professor Milenković (Skopje, North Macedonia). The concluding activity of the congress was the General Assembly meeting, followed by the closing ceremony and post-congress symposium.

Altogether, the congress had 295 participants from 19 countries. Most of them were from Serbia, Austria and Germany, but there were participants as well from the majority of the Central European countries, and from remote destinations (US, United Arab Emirates etc).

Vital and continuous interest

Apart from the interesting contributions on the latest achievements in diabetes diagnostic, therapy and prevention, this scientific gathering enabled the continuity of the annual CEDA/FID congresses despite the many problems caused by the COVID-19 pandemic, showing the vitality and continuous interest for the CEDA/FID organisation.

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