

# CEDA diabetes

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

## Traditions and New Horizons for Diabetes in Central Europe

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### *Report of the CEDA/FID Jubilee Congress in Sofia, Bulgaria, 2019*

Diabetes mellitus has become a pandemic, with 463 million people currently living on earth with diabetes expected to reach 700 million in 25 years [IDF Diabetes Atlas 2019]. Many national and international professional organizations, research centers, governmental and non-governmental organizations, healthcare professionals, pharmaceutical companies, etc. are doing their utmost to limit the spread of diabetes and improve the health and quality of life of people with diabetes.

The Central European Diabetes Association (CEDA), also known as the Federation of International Danube Symposia on Diabetes mellitus (FID) (CEDA/FID), has celebrated its half-century anniversary. These 50 years have been the most active in the modern history of true diabetes treatment, which began nearly a century ago with the discovery of insulin in 1922. Throughout all these years, CEDA/FID has made efforts to study, prevent, educate and treat diabetes and its complications. Started as a local collaborative effort by countries along the Danube River, CEDA/FID today includes representatives from over 20 countries and has become a regional leader in diabetes, maintaining close collaboration with the European Association for the Study of Diabetes, American Diabetes Association, International Diabetes Association, and other international organizations.

The anniversary congress of CEDA/FID was held from October 30 to No-

vember 2, 2019 in the capital of Bulgaria, Sofia, at the Hilton Hotel. About 250 specialists in the field of endocrinology and diabetology participated in its work. The goal the Congressional Scientific Committee had set for itself was to take as wide as possible a view of diabetes and its complications, with a focus on current treatment options. Exciting lectures on the latest in diabetes were delivered by 30 speakers from 14 countries.

### Overview about diabetes-related topics

A large-scale symposium of the platinum sponsor Novo Nordisk was held before the official opening of the congress. The chairmen Professor Zdravko Kamenov (Bulgaria) and Professor Jose Silva Nunes (Portugal) gave the floor

to Professor Jan Škrha (Czech Republic) who discussed the multifactorial approach to diabetes treatment. During the panel debate session Professor Manfredi Rizzo (Italy), Professor Erifilel Hatziagelaki (Greece), Professor Andrej Janecz (Slovenia), Professor Mila Boyadzheva (Bulgaria), Professor Peter Kempler (Hungary), and Professor Niki Katsiki (Greece) came into details about what has changed in the evolution of diabetes treatment into the new treatment guidelines, and what the “new therapies” of diabetes give us beyond glucose control. Several interesting cases from the clinical practice of the experts were dissected. Furthermore Professor Nebojsa Lalic (Serbia), Professor Anca Pantea Stoian (Romania) and Professor Peter Kempler (Hungary) took responsibility for elucidating the oldest treatment for diabetes from the discovery of insulin one century ago to the newest insulin analogues



Fig. 1: Previous and current board members.



**Fig. 2: The half-century jubilee dinner.**

and combination therapies with GLP-1 receptor agonists.

During the opening ceremony of the congress on the 1<sup>st</sup> of November the president of CEDA/FID Professor Thomas Stulnig gave an overview on the half century of work of the organization. The president of the congress Professor Zdravko Kamenov pointed out that diabetes has become an enemy of our civilization and that in order to defeat it we must know very well both him and ourselves, quoting the ancient Chinese strategist Sun Tzu.

### Congress together with WorldWide Diabetes and IDF

The WorldWide diabetes symposium, one of the congress sponsors on improving outcomes in type 2 diabetes management, was moderated by IDF president-elect Professor Andrew Boulton (UK). In his lecture Professor Brian Frier (UK) highlighted the latest information on the clinical implications of hypoglycaemia in type 2 diabetes patients, Professor Pao-

lo Pozzilli (Italy) analyzed the reduction in cardiovascular risks with new agents based on the recent cardiovascular outcome trials, and Professor Leszek Czupryniak (Poland) looked at the practical aspect of combination therapy and the role of insulin intensification. Disability and poor quality of life related to microvascular diabetes complications were the object of a session that began with the lecture of the IDF regional chair Europe Professor Sehnaz Karadeniz (Turkey), an ophthalmologist, on the milestones in the management of diabetic retinopathy and what is next. The general secretary of CEDA/FID Professor Christian Herder (Germany) discussed inflammation as a novel risk factor for polyneuropathy, and Professor Nicolaos Papanas (Greece) positioned the vitamins and micronutrients in the treatment of diabetic neuropathy. Professor Andrew Boulton talked about diabetic foot and further focused attention on diabetic nephropathy. Macrovascular diseases are killer no. 1 in the world and in two thirds of people with diabetes. Professor Nebojsa Lalic

summarized what we learned from cardiovascular (CV) outcome trials. Professor Eberhard Standl (Germany) analyzed the huge problem of severe hypoglycaemia and CV events in type 2 diabetes. Professor Thomas Stulnig pointed out the importance and options for CVD prevention in diabetes patients by antidiabetic or lipidlowering drugs. Professor Cornelia Balla (Romania) discussed what was new in 2019 in the area of lower extremity artery disease (LEAD), and Professor Jan Škrha presented the current view on one of the reasons for LEAD – smoking and diabetes. Finally the cardiologist Professor Stefan Naydenov (Bulgaria) brought the audience into the hot topics of diabetes and heart failure.

The CEDA/FID celebration symposium was moderated by Professor Werner Waldhäusl (Austria) and Professor Zdravko Kamenov. Professor Erifili Hatziagelaki made a broad panorama of the efficacy beyond glucose regulation of new antidiabetic drugs. Professor Markolf Hanefeld (Germany) discussed the very important but often overlooked problem about metabolic-vascular syndrome and stress as common soil for diabetes, cardiovascular disease and depression. Dr. Sofiya Gancheva (Germany), working under the mentorship of Professor Michael Roden, discussed another rising problem in diabetes and the metabolic syndrome – fatty liver and NASH and their current diagnosis and therapy. The president-elect of CEDA/FID Professor Peter Kempler analyzed the impact of autonomic neuropathy on carbohydrate metabolism and the following therapeutic challenges.

The half-century jubilee dinner has become a glamorous and lavish celebration. The current president, Professor Thomas Stulnig, hold an introductory speech. In his overview, Professor Werner Waldhäusl brought back the years since the founding of the FID and later CEDA and has gone down the difficult but successful path to date. The surprise was the great lecture by Heike Hanefeld (Germany), who interwove everything about CEDA/FID in the context of the turbulent times that Europe has been experiencing over the last 50 years. Of course, this anniversary celebration was not lacking in exquisite music and photos.

On November 2, the congress continued its ambitious program to present the broadest picture of diabetes and its complications with the “What is hot in diabetes?” session. Professor Maria Orbetzova (Bulgaria) analyzed the new classification of type 2 diabetes. The past president Professor Roger Lehman (Switzerland) introduced glucose sensors, in-

ulin pumps – paving the way to artificial pancreas. Professor Tomasz Klupa (Poland) showed the possibilities for adjunct therapy in type 1 diabetes. The cardiologist Professor Borislav Georgiev (Bulgaria) reviewed the new guidelines for diabetes and dyslipidaemia, and Professor Tsvetalina Tankova (Bulgaria) presented the pathophysiology and the last clinical guidelines for diabetes in pregnancy.

The last session of the congress was dedicated to special areas in diabetes. Professor Zdravko Kamenov talked about diabetic erectile dysfunction and the dentist Professor Taner Yuçel (Turkey) discussed oral health in diabetes. The increasing importance of bariatric/metabolic treatment for diabetes was focused by the surgeon Professor Konstantin Grozdev (Bulgaria). The cardiologist Professor Dobrin Vasilev (Bulgaria) highlighted in the state of art lecture the coronary artery disease in diabetes. Finally, Professor Helmut Schatz (Germany) looked in the future of treatment options with his im-

pressive speech “The future of diabetes treatment – what’s in the pipeline?”.

According to the opinion of the participants the 50-year jubilee congress of CEDA/FID was a great scientific success. At the end we would like to wish CEDA/FID to continue serving the people with diabetes and their health care professionals with the same enthusiasm, high quality and dedication.



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