



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

CENTRAL EUROPEAN DIABETES INTERNATIONAL CONGRESS

A.P. Stoian, Bucharest, 8th – 10th June, 2023

The 54th Central European Diabetes Association (CEDA) Congress took place from 8th to 10th June in Bucharest, Romania.

Science, Technology, and Interaction represent the three directions that CEDA 2023 has harmoniously combined. Scientific sessions on various topics of interest, state-of-the-art sessions, original communications sessions, e-poster sessions, as well as hands-on workshops were held.

Declaration

Assoc. Prof. Dr. Anca Pantea Stoian,
Vice President of CEDA



I am extremely honored that Romania is hosting one of the largest annual scientific events in the field of diabetes in Europe, as well as this conference debate organized as a preamble to the 54th Central European Diabetes Association (CEDA) Congress.

Why a meeting at the Palace of the Parliament as a preamble to the CEDA Congress, 2023 edition? Because we consider it extremely important to provide a framework for implementing and developing scientific collaborations in diabetes at the international level. For

five days, Romania hosts some of the most important leaders in European diabetes care, and together with colleagues from Romania, I am confident that we can identify perspectives for collaboration in diabetes.

Romania has a strong tradition in diabetes, so we can contribute and build strong bridges of collaboration at the European level in the field of diabetes. Science, exchange of experience, and interaction represent fundamental directions for this year's edition of the CEDA Congress. Today's conference carries a symbolic name: „Building Partnerships in Diabetes at the European Level.“

Especially during the pandemic, we have witnessed an intensified dynamism in the scientific field. We see how data changes from day to day, and I am convinced that we all understand the importance of research, exchange of experience, and information among specialists. Today, alongside all of you, I am confident that we will lay the foundation and build a solid platform for discussions. I am honored that CEDA 2023 is taking place in Romania under the auspices and with the local scientific organizer, Carol Davila University of Medicine and Pharmacy in Bucharest, one of Europe's traditional Universities of Medicine and Pharmacy.

Preventing diabetes is essential to reduce the impact of this condition on health and quality of life. A multidisciplinary approach involving different medical specialities and patient cooperation can significantly impact diabetes management. The multidisciplinary approach in diabetes prevention requi-

res the involvement of a wide range of healthcare professionals. Through collaboration between these specialities, better outcomes can be achieved in the early identification and management of diabetes risk.

The exchange of experience and collaboration among healthcare professionals is also a key factor in diabetes prevention. Through this scientific exchange of information, specialists can learn from each other, stay up to date with the latest developments in the field, and develop innovative approaches to diabetes prevention. Collaboration with patients is also an essential aspect in preventing diabetes complications. Educating individuals with diabetes can stimulate personal responsibility and the adoption of measures regarding their lifestyle and health. Additionally, by creating a discussion platform involving all stakeholders, from doctors to decision-makers in the field of diabetes and patients, I am confident that we can identify solutions for more effective diabetes management.

Multidisciplinary approach

One of the standout features of CEDA 2023 was its commitment to a multidisciplinary approach. Recognising that diabetes is a complex condition that requires insights and expertise from various fields, the Congress featured interactive sessions that explored the intersection of medicine, nutrition, technology, and psychology. Attendees had the opportunity to engage in thought-provoking discussions, share their experiences,



Abb. 1: One of the Congress Session with Prof. Dario Rahelic and Prof. Simona Cernea.

and gain valuable insights into holistic diabetes management.

The program featured renowned keynote speakers, panel discussions, workshops, and poster presentations designed to foster collaboration and knowledge exchange. Participants delved into cutting-edge research on diabetes prevention, treatment, and patient care, gaining a deeper understanding of the latest therapies, technologies, and best practices.

Participants

The CEDA 2023 edition had over 500 participants from over 20 countries:

- Albania
- Austria
- Bulgaria
- Croatia
- Cyprus
- Czech Republic
- France
- Germany
- Greece
- Hungary
- Israel
- Italy
- Montenegro
- Poland
- Portugal
- Republic of Moldova
- Serbia
- Slovakia
- Slovenia
- Ukraine

Topics addressed

To underline and further emphasise the importance of a multidisciplinary approach to diabetes and its complications, CEDA 2023 featured interactive sessions focused on:

- Cardiovascular disease in diabetes
- Chronic kidney disease and diabetes
- Liver conditions and Diabetes
- Neurological disorders and Diabetes
- Urology and Diabetes
- Diabetic neuropathy
- Diabetic retinopathy
- Diabetic foot
- Surgery in Diabetes
- Management of obesity and Diabetes
- Gynaecology and Diabetes

PROGRAM

From June 8th to June 10th, 2023, the vibrant city of Bucharest played host to the highly anticipated CEDA 2023 Congress, a premier event dedicated to advancing the field of diabetes care. This three-day gathering brought together healthcare professionals, researchers, and experts worldwide to delve into the latest advancements and breakthroughs in diabetes management.

Two standout features of CEDA 2023 were the comprehensive Master Courses that set the stage for in-depth learning and exploration. The Pre-Congress Course titled „PUMPS, SEN-

SORS, and CLOSED LOOP HYBRID SYSTEMS“ provided attendees with a deep dive into the cutting-edge technologies and strategies shaping the future of diabetes treatment. Simultaneously, the „ADVANCED COURSE DIABETES CLINICAL NUTRITION MASTER COURSE“ focused on the vital role of nutrition in diabetes management, equipping participants with valuable insights into tailored dietary approaches.

The program was rich and diverse, catering to various interests and expertise levels. Three dedicated „YOUNG INVESTIGATOR'S SESSIONS“ (YOUNG INVESTIGATOR'S SESSION 1, YOUNG INVESTIGATOR'S SESSION 2, YOUNG INVESTIGATOR'S SESSION 3) showcased the work of emerging talent in the field, offering fresh perspectives and innovative research findings.

Poster presentations took center stage in seven engaging „POSTER SESSIONS,“ allowing researchers to share their findings visually and engage in discussions with their peers. These sessions fostered dialogue and collaboration among attendees, driving forward the collective knowledge base of diabetes care.

The heart of the congress lay in its „17 SCIENTIFIC SESSIONS.“ These sessions covered a wide spectrum of topics, from the latest pharmacological treatments to advancements in wearable diabetes technology. Leading experts delivered insightful presentations, sparking thought-provoking discussions and fostering an environment of continuous learning.



Abb.2: One of the winners of the prizes of the CEDA 2023 Congress in Bucharest: Prof. Katarzyna Cyranka, Poland.

The awards of CEDA 2023

CEDA 2023 has announced its winners, following the judging process, the local scientific coordinator of the event, Prof. Dr. Anca Pantea Stoian, awarded diplomas and prizes to the following participants:

- Adina Braha - „The study of heart failure with mildly reduced ejection fraction in patients with type 2 diabetes“
- Cristina Bica - „Atherosclerotic cardiovascular disease in patients with type 2 Diabetes Mellitus – therapeutic perspectives“
- Maria Botan - „Neutrophil-to-lymphocyte ratio – a reliable marker for prediction of Diabetes Macrovascular complications“
- Dimitrios Tsilingiris - „Dysmetabolism-related early peripheral sensory dysfunction and its relationship to the development of diabetic periphe-

ral neuropathy“

- Katarzyna Cyranka - „Quality of life in the course of one-year advance hybrid closed-loop system use in adults with type 1 diabetes previously naïve to diabetes technology – a milestone in the treatment of diabetes“
- Anamaria Meauca - „Implementing Pcsk9-I treatment in real-world scenarios - brief experience from a single center“

CEDA 2023

CEDA 2023 provided ample opportunities for networking and forging lasting connections. Attendees shared experiences, best practices, and ideas, laying the groundwork for future collaborations that will undoubtedly shape the future of diabetes care.

As the curtains closed on CEDA 2023 in Bucharest, the event left an in-

delible mark on the global diabetes community. The knowledge exchanged, the skills honed, and the connections made during this congress will undoubtedly contribute to the ongoing quest for better diabetes management and improved patient outcomes. CEDA 2023 was more than just an event; it was a catalyst for progress in the ever-evolving field of diabetes care.