



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

27 – 29

October 2017

Prague

**Czech Republic
Hotel Pyramida**





Klára Vystrčilová: Untitled from the series The Apartment of Doctor Vogel
Handmade embroidery, 37 × 44 cm

Klára Vystrčilová (*1990) is a young Czech women artist living in Berlin. She have presented her work in several prestigious European galleries including Czech National Gallery.

5th 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

Czech Diabetes Society

Prof. Vladimír Komárek
Dean of Second Medical Faculty
Charles University
Prague

Czech Diabetes Association



CZECH
DIABETES
SOCIETY



 **Diabetická
asociace ČR**

Friday • **October 27**

10:00 – 12:30 REGISTRATION



COFFEE BREAK

13:30

OPENING CEREMONY

Jan Broz, Czech Republic; Leszek Czapryniak, Poland

14:00 – 16:00

FIRST SESSION: TYPE I DIABETES UPDATE

Chairpersons: Leszek Czapryniak, Poland and Jan Broz, Czech Republic

14:00 – 14:30

Epidemiology of diabetes and differential diagnosis of type 1 diabetes – **Jan Skrha, Czech Republic**

14:30 – 15:00

Hypoglycaemia – **Stephanie Amiel, UK**

15:00 – 15:30

Modern treatment of type 1 diabetes: multiple daily injections and pumps – **Asimina Mitrakou, Greece**

15:30 – 16:00

Prediabetes – **Tsvetalina Tankova, Bulgaria**



COFFEE BREAK

16:30 – 18:40

WORKSHOPS (3 parallel 60min sessions – each workshop is conducted twice)

Workshop 1

Hypoglycaemia solving and prevention – **Stephanie Amiel, UK / Jan Broz, Czech Republic**

Workshop 2

Self-monitoring, CGM, insulin pump therapy – **Asimina Mitrakou, Greece / Katerina Stechová, Czech Republic**

Workshop 3

Hyperglycaemic crisis, acute illness, traveling with diabetes – **Tsvetalina Tankova, Bulgaria / Ludmila Brunerova, Czech Republic**

Saturday • October 28

09:00 – 11:00 **SECOND SESSION: NATURAL HISTORY OF TYPE 2 DIABETES**
Chairpersons: Leszek Czupryniak, Poland and Peter Gaede, Denmark

09:00 – 09:30 Pathophysiology of type 2 diabetes: conventional views and new insights – **Martin Haluzik, Czech Republic**

09:30 – 10:00 How much a diabetologist should know about diabetic retinopathy – **Leszek Czupryniak, Poland**

10:00 – 10:30 Initiating therapy in type 2 diabetes – **Peter Gaede, Denmark**

10:30 – 11:00 Insulin treatment in type 2 diabetes – **Jan Broz, Czech Republic**



COFFEE BREAK

11:30 – 13:00 **THIRD SESSION: SPECIAL TOPICS I**
Chairpersons: Didac Mauricio, Spain and Richard Holt, UK

11:30 – 12:00 Cardiovascular risk in diabetes – **Didac Mauricio, Spain**

12:00 – 12:30 Hyperglycaemic emergencies in type 1 and type 2 diabetes – **Peter Gaede, Denmark**

12:30 – 13:00 Current standards for managing diabetes in pregnancy – **Richard Holt, UK**



LUNCH (in the Bohemia restaurant 1st floor)

Saturday • October 28

14:00 – 15:30 **FOURTH SESSION: SPECIAL TOPICS II**
Chairpersons: Dario Rahelic, Croatia and
Nicholas Finer, UK

14:00 – 14:30 Diabetes and obstructive sleep apnoea syndrome
– **Jan Polak, Czech Republic**

14:30 – 15:00 Glycaemic variability and its importance in clinical practice
– **Dario Rahelic, Croatia**

15:00 – 15:30 Obesity and diabetes – how to kill two birds with one stone
– **Nicholas Finer, UK**



COFFEE BREAK

16:00 – 18:10 **WORKSHOPS** (3 parallel 60min sessions
– each workshop is conducted twice)

Workshop 4 Gestational diabetes and pre-existing diabetes in pregnancy
– **Richard Holt, UK / Hana Krejčí, Czech Republic**

Workshop 5 Making decisions in type 2 diabetes management
– **Leszek Czupryniak, Poland / Juraj Mráz, Czech Republic**

Workshop 6 Treatment of diabetic macroangiopathy: hyperglycaemia vs other
risk factors – **Didac Mauricio, Spain / Jan Skrha, Czech Republic**

Sunday • October 29

09:00 – 10:30 FIFTH SESSION: DIABETIC COMPLICATIONS
Chairpersons: Svitlana Bolgarska, Ukraine and Roger Lehmann, Switzerland

09:00 – 09:30 Islet cell – pancreas transplantation, stem cell
– **Roger Lehmann, Switzerland**

09:30 – 10:00 How to best prevent and treat diabetic kidney disease
– **Dario Rahelic, Croatia**

10:00 – 10:30 From diabetic neuropathy to diabetic foot
– **Svitlana Bolgarska, Ukraine**



COFFEE BREAK

11:00 – 13:00 WORKSHOPS (3 parallel 45 min sessions
– each workshop is conducted twice)

Workshop 7 Diabetic foot – **Svitlana Bolgarska, Ukraine / Robert Bem, Czech Republic**

Workshop 8 Insulin therapy in type 2 diabetes – **Roger Lehman, Switzerland / Leszek Czapryniak, Poland**

Workshop 9 How to manage obese individuals with prediabetes and diabetes
Nickolas Finer, UK / Martin Haluzik, Czech Republic

13:00 – 14:00 SIXTH SESSION: DIABETES TREATMENT
Chairpersons: Martin Fried, Czech Republic and Martin Haluzik, Czech Republic

13:00 – 13:30 Bariatric surgery and diabetes – **Martin Fried, Czech Republic**

13:30 – 14:00 Future of diabetes care – dreams and possibilities?
– **Martin Haluzik, Czech Republic**

14:00 Discussion and Closing remarks



LUNCH (in the Bohemia restaurant 1st floor)

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Stephanie Amiel

Prof. Stephanie A Amiel is the RD Lawrence Professor of Diabetic Medicine at King's College London and Honorary Consultant Physician to the Diabetes Services at King's College Hospital. She trained at Guy's Hospital, London, with the late Prof Harry Keen, and started her research career at Yale with Profs Robert Sherwin and William Tamborlane, thus gaining early clinical and academic experience in intensified insulin therapies for the management of insulin-deficient diabetes and particularly insulin infusion (pump) therapy. At Yale, she began to study the pathophysiology of hypoglycaemia counterregulation, developing, with

Sherwin, Tamborlane and Ralph de Fronzo the stepped hypoglycaemic clamp, which has since been extensively used to investigate the glucose concentrations at which responses to hypoglycaemia occur. Amiel returned to the UK, initially with Edwin Gale at St Bartholomew's Hospital, returning to Guy's in 1995, before taking up her present post in 1995. With colleagues from Sheffield and North Tyneside, she was instrumental in bringing formal evidence-based programmes of structured education in flexible intensified insulin self-management for adults with diabetes to the UK, establishing the highly successful and still-evolving DAFNE programme there. She worked with the liver and paediatric transplant services at King's to help establish human islet isolation as a treatment for hypoglycaemia in the UK. In collaborations with neuroimaging colleagues, she described differences in the brain's responses to hypoglycemia in people with impaired awareness of hypoglycemia and she has just started a randomised controlled trial of an intervention to reduce severe hypoglycemia in adults with type 1 diabetes with treatment-resistant problematic hypoglycaemia, funded by JDRF, that has been developed from the neuroimaging work. Her team have also applied the neuroimaging protocols to the investigation of appetite and weight control in insulin resistance and appetite control. Clinically, she has led the development of specialist diabetes services at King's, with particular focus on intensified therapies, prevention of hypoglycaemia, and diabetic pregnancy, including the King's insulin pump services.

Prof Amiel chaired the UK's National Institute of Health and Care Excellence (NICE)'s, Guideline Development Group reviewing the diagnosis and management of adults with type 1 diabetes, published in the summer of 2015. She is an active member of the International Hypoglycaemia Study Group and has served on grant review committees for the European Federation for the Study of Diabetes, the Juvenile Diabetes Research Foundation, Diabetes UK, and the UK's Medical Research Council. She has published widely, edited diabetes textbooks and the journal Diabetic Medicine. She has been awarded a number of honours including Diabetes UK's Banting Lecture (2013) and the Clinical Science Award Lecture, World Diabetes Congress, International Diabetes Federation (2015).



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 Bem 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

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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.



Svitlana Bolgarska

Prof. Svitlana Bolgarska is Associated Professor at the Diabetology Department of the P. L. Shupyk National Medical Academy of Postgraduate Education and she is the head of Diabetic Foot Department at the Institute of Endocrinology, Kiev, Ukraine. Doctor Bolgarska has long-term experience in treating patients with different types of diabetic foot. Additionally, she is a Council Member of the European Association for the Study of Diabetes since 2011.



Jan Broz

Jan Broz, 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 Broz 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. Broz is also a member of the Executive Committee of the Czech Diabetes Society.



Ludmila Brunerova

Ludmila Brunerova 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.



Leszek Czapryniak

Dr. Leszek Czapryniak 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 professor at the Dept of Internal Medicine and Diabetology, Warsaw Medical University.

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).

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He is past president of Diabetes Poland (professional scientific Polish diabetes association) and a member of the Executive Committee of the European Association for the Study of Diabetes (EASD), serving the post of Chair of the EASD Postgraduate Education Committee. Since 2004 he has organized biannually Minkowski Postgraduate Course in Clinical Diabetes in Wroclaw (Breslau) in Poland.



Didac Mauricio

Didac Mauricio, MD PhD, is currently Chief Physician and acting Head of the Department of Endocrinology & Nutrition, University Hospital Germans Trias i Pujol, affiliated with the Autonomous University of Barcelona. He is leading the Diabetes Research Group at the Health Sciences Research Institute Germans Trias i Pujol; this research group has been accepted for funding from the excellence diabetes research network *CIBER Diabetes and Associated Metabolic diseases (CIBERDEM)*, Instituto de Salud Carlos III in Spain (main public biomedical research funding body). He is currently on leave from his position as Associate Professor at the School of Medicine, University of Lleida.

He completed his fellowship in Endocrinology & Nutrition at Hospital de Sant Pau, Autonomous University of Barcelona, Spain (1986 – 1990). In 1993, he presented his PhD thesis, School of Medicine, Autonomous University of Barcelona. He was a post-doc research fellow at the Steno Diabetes Center & Hagedorn Research Institute in Denmark (1994 – 1995). He has published over 140 peer-reviewed articles and has contributed to multiple books. He has also served as a member in several local and international committees.

Didac Mauricio has been principal investigator of several research projects funded by national and international agencies (Local PI and/or Spanish co-ordinator for projects funded by the EU Action LADA, ENDIT Trial, EURODIALE, and other agencies, like the European Foundation for the Study of Diabetes). Since 2013, he is the Editor-in Chief of *Endocrinologia y Nutricion*, the official journal of the Spanish Society of Endocrinology & Nutrition and the Spanish Society of Diabetes (recently accepted to be included by Thomson Reuters in SCI/Journal Citation Reports). He keeps a strong interest on current clinical issues in diabetes management, including randomised clinical trials and clinical research of diabetic complications (atherosclerotic disease and retinopathy).



Nicholas Finer

Prof. 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.

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Martin Fried

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.



Peter Gaede

Peter Gaede received his M.D. in 1990 after graduating from the University of Copenhagen. He is a specialist in Internal Medicine and Endocrinology and a Doctor of Medical Science. Dr. Gaede worked full time as a research fellow for professor Oluf Pedersen at the Steno Diabetes Center in Copenhagen, Denmark in the period 1995 to 2002. In the period from 2003 to 2010, he worked as a part time consultant for the Diabetes Center, while working at major university hospitals in Copenhagen receiving specialist training in cardiology and endocrinology. Dr. Gaede is currently the chief physician at the Department of Endocrinology,

Copenhagen University Hospital Slagelse, Denmark.

He has been a member of the Steno Education Center thereby teaching practical diabetology at 3 day courses in e.g. Japan, Russia, Brazil and Argentine as well as a teacher at several courses held in Copenhagen. He is involved in training of medical students and furthermore, the Steno Education Center takes care of training of medical students and gives post graduate courses for general practitioners in Denmark.

His main research interest has been identification of risk factors in patients with type 2 diabetes and evaluating the effects of different kinds of intensified intervention in these patients, and lately health economic aspects of intensified treatment.



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).



Richard Holt

Prof. Richard Holt trained at the University of Cambridge and the London Hospital Medical College. He undertook his post-graduate training in diabetes and endocrinology in the South East Thames Region. He was appointed as Senior Lecturer in Endocrinology & Metabolism at the University of Southampton in May 2000, was promoted to Reader in March 2006 and made Professor in Diabetes and Endocrinology in September 2008.

Richard's interest in mental illness was first stimulated 6 years ago after conversations with Robert Peveler, Professor of Psychiatry in Southampton. Together they have published peer reviewed articles and book chapters on this subject. Richard was a member of two international consensus groups that created pragmatic guidelines for the management of diabetic and

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cardiovascular risk in people with severe mental illness and a further international consensus group to create pragmatic guidelines for the management of hyperprolactinaemia in people with severe mental illness. He was instrumental in the development of the Diabetes UK guidance on screening for diabetes in people with mental illness. He has appeared before the UK All Party Parliamentary Group on Diabetes to discuss ways in which diabetes should be managed for those with mental illness. Most recently he was an author of the joint European Psychiatric Association, European Association for the Study of Diabetes and European Society of Cardiology position statement on cardiovascular disease and diabetes in people with severe mental illness. He has lectured internationally on this subject.



Hana Krejci

Hana Krejci, MD, PhD is a physician consultant and an assistant professor of internal medicine and diabetology at 1st Faculty of Medicine, Charles University in Prague. She works in the Center for Diabetology of the General University Hospital. Her doctorate (PhD) thesis was on the study of type 1 diabetes pathogenesis and her current interest is focused to the management of diabetes during pregnancy, the application of technology in diabetes care and also to the role of diet interventions in diabetes treatment. Dr Krejčí has been involved in the

development of the Czech gestational diabetes guidelines and leads an educational website for Czech patients with gestational diabetes.



Roger Lehmann

Prof. 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 USA. In 2000, together with Professors Giatgen Spinaz 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 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.



Asimina Mitrakou

Prof. Asimina Mitrakou is Associate Professor of Internal Medicine in the Department of Clinical Therapeutics at the University of Athens Medical School and head of the Diabetes and Metabolism Unit. She received her research training in Mayo Clinic and the University of Pittsburgh where she completed her studies in the pathogenesis of type 2 diabetes mellitus and impaired glucose tolerance, the physiology of postprandial glucose homeostasis, mechanisms of hepatic glycogen

repletion with particular interest on renal metabolism and physiology and pathophysiology of glucose counter regulation. In completing these studies she mastered many research techniques including isotope dilution, indirect calorimetry glucose degradation, glucose clamping and enzymatic assays. In addition to her research experience, she was involved in teaching medical students, residents and junior research fellows.

As a recognition of her contribution to diabetes research and clinical practice she was elected member of the board of the Hellenic Diabetes Association in 1997 and served as president of the Association in 1998. She also served as member of the European Diabetes Policy Group 1998-1999 and on the Council of EASD since 1999. In addition, she has served in many national and international advisory board committees.

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Milos Mraz

Department of Diabetes, Diabetes Centre, Institute for Clinical and Experimental Medicine, Prague, Czech Republic.

Milos Mraz, MD, PhD graduated in 2005 from Jessenius Medical Faculty of Comenius University in Martin, Slovakia. In 2011 he received his PhD. in human physiology and pathophysiology from Charles University in Prague 1st Faculty of Medicine. He is the author of 3 monograph chapters, 34 *in extenso* papers in WoS journals and numerous scientific presentations at national and international conferences. His main areas of interest include adipose tissue and its endocrine and immune function, effects of bariatric surgery on obesity and diabetes mellitus, incretin hormones and mimetics and management of hyperglycemia in critically ill patients.



Jan Polak

Jan Polak has obtained MD and PhD degrees at the Charles University in Prague. He is currently serving as a Head of the Department for the Study of Obesity and Diabetes, Third Faculty of Medicine, Charles University and as Chair of the Diabetes Center, Vinohrady Teaching Hospital, Prague. His research as well as clinical interests are focused on the regulation of adipose tissue endocrine and metabolic functions, with a special interest in mechanisms linking impaired adipose tissue metabolism with the development of insulin resistance and Type 2. diabetes. During his postdoctoral training at the Johns Hopkins University in Baltimore, he became interested in the mechanisms linking obstructive sleep apnea syndrome (OSA) and sleep disorders with the development of metabolic impairments including Type 2 diabetes. In his research, he is using innovative in-vitro approaches (exposure of cultured cells to intermittent hypoxia), animal models as well as human volunteers and patients. His current research projects include investigation of the effects of OSA on lipolysis, fatty acids metabolism and endocrine production of adipose tissue.



Dario Rahelic

Prof. Dario Rahelic is assistant professor and Head of Department of Endocrinology, Diabetes and Metabolic Disorders at Dubrava University Hospital, Zagreb, Croatia, and is President of the Croatian Society for Diabetes and Metabolic Disorders of the Croatian Medical Association. He also serves as Executive Committee member of the Diabetes and Nutrition Study Group of EASD, the Croatian Endocrine Society, the Croatian Society for Obesity and the Croatian Society for Endocrine Oncology.

Dr Rahelic published several chapters in national and international books, articles in scientific journals and was invited speaker at many national and international conferences. His teaching engagements are at the Faculty of Medicine, the Faculty of Food Technology and Biotechnology and the Faculty of Pharmacy and Biochemistry. He was visiting scientist at St. Michael's Hospital in Toronto (Canada), Mayo Clinic in Rochester (USA) and Motol Clinic, Prague (Czech Republic).

Dr. Rahelic is a Fellow of the American College of Endocrinology and of the Royal College of Physicians of Edinburg. He received awards from the Diabetes and Nutrition Study Group of EASD, from the Croatian Endocrine Society, and the Etzwiller Rising Star Award.

Dr Rahelic's activities concentrate on improved access to modern diabetes treatment, improvement in patient education, involvement in parliamentary and other decision-making discussions, but mostly on improving the quality of life for people with diabetes. He believes that motivating people with diabetes to manage their condition is more effective than only talking about possible complications.

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Jan Skrha Jr.

Jan Skrha Jr., MD is a physician at the Third Department of Internal Medicine at General University Hospital, Charles University, Prague. He graduated from The First Medical Faculty, Charles University, in 2009. Subsequently, he underwent training in internal medicine, which he completed in 2014. His postgraduate research has focused on the pathobiochemistry of diabetes vascular complications, in particular advanced glycation and its early detection. In 2012 he attended the

EASD Young Scientists Training Course in Barcelona.

Dr. Skrha Jr. plays an active role in teaching medical students, and his scientific research has been presented at congresses worldwide and published in local and international journals. He is a recipient of several awards, including most recently a Poster Winner on International Forum for the Advancement of Diabetes Research and Care, Barcelona, 2017 and Scientific Innovation Award at the 3rd World Congress on Glycation and Maillard Reaction, Budapest, 2016.



Katerina Stechova

Associated professor Katerina Stechová graduated from the 2nd Medical Faculty of Charles University in Prague. She started her postgradual 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.



Tsvetalina Tankova

Dr. Tsvetalina Tankova is Professor of Endocrinology, Head of the Department of Diabetology at the Clinical Center of Endocrinology, Medical University, Sofia, Bulgaria. She is Head of the Clinical Center of Endocrinology, Medical University, Sofia and Vice Dean of Science at the Medical Faculty, Medical University, Sofia. Dr. Tankova has graduated the Medical Academy in Sofia. She obtained her PhD in Endocrinology in 1990 and Doctor of Medical Sciences in 2012. She has specialty

in Internal Medicine (1992) and Endocrinology (1993). In 2011 she got a Master's degree of Public Health and Healthcare Management.

Dr. Tankova has specialized at WHO Collaborating Center, Diabetes Treatment and Teaching Unit, University Hospital, Geneva; Hospital Cochin, Paris, France; King's College Hospital, London, UK; Steno Diabetes Center, Copenhagen, Denmark.

Dr. Tankova is member of the General Committee of the Diabetes Education Study Group of EASD. She is Secretary of the Bulgarian Society of Endocrinology since 2003. Dr. Tankova is involved mostly in clinical studies on prediabetes; diagnosis, treatment, complications and self-monitoring of diabetes; risk factors, prediction and prevention of diabetes; obesity and metabolic syndrome.

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