



Endo-ERN

# RARE ENDOCRINE DISEASE WINTER SCHOOL VARNA

## First **RED** Winter School

Feb 28 – March 3, 2026

Sts. Constantine and Helena Resort, Varna, Bulgaria  
Ensana Aquahouse Hotel

# PROGRAMME



Saturday, Feb 28<sup>th</sup> – Tuesday, March 3<sup>rd</sup>, 2026

Aim to arrive in Varna on Saturday morning or the previous afternoon/night (Feb 27<sup>th</sup>)

## Saturday, Feb 28<sup>th</sup>, 2026

11:30 – 12:30	<b>Faculty meeting (main hall)</b>
12:30 – 13:30	Lunch
13:30 – 13:45	<b>Introduction</b> <i>Violeta Iotova, Alberto Pereira</i>
13:45 – 15:30	<b>SESSION 1: OVERVIEW OF ENDO-ERN/RD NETWORKS</b> <b>Moderator: Violeta Iotova and Faisal Ahmed</b>
13:45 – 14:15	<b>RD Registries – enlargement and sustainability</b> Faisal Ahmed, UK
14:15 – 14:35	<b>Transition management – challenges</b> Francesco Carlomago, Italy
14:35 – 14:55	<b>Patient representative/patient journeys</b> Johan De Graaf, The Netherlands
14:55 – 15:10	<b>What did I and my HCP gain through Endo-ERN</b> Nikolinka Yordanova, Bulgaria
15:10 – 15:30	<b>Q&amp;A Session</b>
15:30 – 16:00	Coffee break
16:00 – 17:00	<b>Interactive small groups teaching 1</b>
17:00 – 17:50	Case presentations to the plenum A (7 cases) <b>Moderator:</b>
17:50 – 18:00	<b>Wrap-up</b>
18:00 – 20:00	<b>SESSION 2: MTG3</b> <b>Moderator: M. Arshinkova and Pietro Maffei</b>
18:00 – 18:25	<b>Non-diabetic hypoglycemia</b> Sonya Galcheva, Bulgaria
18:25 – 18:50	<b>Neonatal hypoglycemia</b> Dogus Vuralli, UK
18:50 – 19:15	<b>Lipodystrophies</b> Baris Akinci, Turkey
19:15 – 19:40	<b>Transition in patients with rare diabetes</b> Pietro Maffei, Italy
19:40 – 20:00	<b>Q&amp;A</b>
20:00	Dinner

## Sunday, March 1<sup>st</sup>, 2026

08:30 – 09:00	<b>The development of the RD Networks and Endo-ERN so far</b> Alberto Pereira, The Netherlands
09:00 – 11:00	<b>SESSION 3: MTG7</b> <b>Moderator: Svetlana Lajic</b>
09:00 – 09:25	<b>News in hypogonadotropic hypogonadism</b> Marco Bonomi, Italy
09:25 – 09:50	<b>Klinefelter syndrome - new I-KS module</b> Corinna Grasemann, Germany
09:50 – 10:15	<b>Adrenal insufficiency and congenital adrenal hyperplasia</b> Svetlana Lajic, Sweden
10:15 – 10:40	<b>CPMS and its role in RED education</b> Emily White, The Netherlands
10:40 – 11:00	<b>Q&amp;A/Discussion</b>
11:00 – 11:30	Coffee break
11:30 – 12:30	<b>Interactive small group teaching: 2</b>
12:30 – 13:30	<b>Case presentations to the plenum B (6-7 cases)</b> <b>Moderatorc:</b>
13:30 – 14:30	Group Photo & Lunch
14:30 – 16:30	<b>SESSION 4: MTG5</b> <b>Moderator: Susan O'Connell</b>
14:30 – 14:55	<b>Marginalised populations and social determinants of health</b> Sally Ann Lynch, Ireland
14:55 – 15:20	<b>Silver-Russell syndrome or Temple syndrome – challenges in diagnosis and management</b> Irene Netchine, France
15:20 – 15:45	<b>Height more than just centimemtres: an indicator of the nation's health and social attitudes</b> Peter Hindmarsh, UK
15:45 – 16:10	<b>Evolving treatments for obesity in adolescents and young adults: the implications for monogenic obesity</b> Susan O'Connell, Ireland
16:10 – 16:30	<b>Q&amp;A/Discussion</b>
16:30 – 17:00	Coffee break
17:30 – 18:30	<b>Interactive small group teaching: 3</b>
18:30 – 19:30	<b>Case presentations to the plenum C (6-7 cases)</b> <b>Moderator:</b>
20:00	Dinner

## Monday, March 2<sup>nd</sup>, 2026

08:30 – 11:00	<b>SESSION 5: MTG6</b> Moderator: Alberto Pereira, Nienke Biermasz
08:30 – 09:00	<b>Cushing syndrome</b> Alberto Pereira, The Netherlands
09:00 – 09:25	<b>Acromegaly</b> Nienke Biermasz, The Netherlands
09:25 – 09:50	<b>Diagnosis and treatment of nonfunctioning pituitary adenoma</b> Greisa Vila, Austria
09:50 – 10:15	<b>Prolactinoma in transition</b> Savi Shishkov, Bulgaria
10:15 – 10:40	<b>The genetics of ovarian and testis development</b> Anu Bashamboo, France
10:40 – 11:00	<b>Q&amp;A/Discussion</b>
11:00 – 11:30	Coffee break
11:30 – 12:30	<b>Interactive small group teaching: 4</b>
12:30 – 13:30	<b>Case presentations to the plenum B (6-7 cases)</b> Moderator: Alberto Pereira, Aimee Casey, Emily White, Violeta Iotova, all participants
13:30 – 14:30	General discussion – <b>Organization, education and dissemination pathways for the future</b>
14:30 – 15:00	Lunch
15:00 – 18:30	<b>Walking tour and networking</b>
19:00	Dinner

## Wednesday, March 3<sup>rd</sup>, 2026

10:00 – 12:00	<b>Networking and Wrap-up of the School</b>
After 12:00	<b>Lunch &amp; Departures</b>





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### Steering Committee:

**Violeta Iotova** (local organiser, Varna)

**Alberto Pereira** (Endo-ERN)

**Pietro Maffei** (MTG3)

**Susan O'Connell** (MTG5)

**Nienke Biermasz** (MTG6)

**Claus Gravholt** (MTG7)

**Sonya Galcheva** (Varna)

**Savi Shishkov** (Varna)

**Kamelia Markovska** (Varna)