



Endo-ERN

RARE ENDOCRINE DISEASES (RED) WINTER SCHOOL 2026

Feb 28 – March 3, 2026

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

PROGRAMME



Saturday, Feb 28th – Tuesday, March 3rd, 2026

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

Saturday, Feb 28th, 2026

11:30 – 12:00	Faculty meeting
12:00 – 13:30	Lunch
13:30 – 13:45	Introduction <i>Violeta Iotova and Alberto Pereira</i>
13:45 - 16:00	SESSION 1: OVERVIEW OF ENDO-ERN/RD NETWORKS Moderator: Violeta Iotova
13:45 – 14:15	The development of the RD Networks and Endo-ERN so far Alberto Pereira, The Netherlands
14:15 – 14:45	RD Registries – enlargement and sustainability Faisal Ahmed, UK
14:45 – 15:15	Transition management – challenges Francesco Carlomago, Italy
15:15 – 15:45	Research networks developments (ERDERA) Margit Noukas, Estonia
15:45 – 16:00	Q&A Session
15:30 – 16:00	Coffee break
16:00 – 17:00	Interactive small groups teaching 1
17:00 – 17:50	Case presentations to the plenum A (6-7 cases) Moderator: Sonya Galcheva
17:50 – 18:00	Wrap-up
18:00 - 19:50	SESSION 2: MTG3 Moderator: M. Arshinkova
18:00 - 18:30	Non-diabetic hypoglycemia Sonya Galcheva, Bulgaria
18:30 - 18:50	Diet in the patient with hypoglycemia TBC
18:50 - 19:10	Lipodystrophies TBC
19:10 – 19:40	Transition in patients with rare diabetes Pietro Maffei, Italy
19:40 – 19:50	Q&A
20:00	Dinner

Sunday, March 1st, 2026

09:00 - 11:00 **SESSION 3: MTG7**
Moderator:

09:00 - 09:30 **News in hypogonadotropic hypogonadism**
Marco Bonomi, Italy

09:30 - 09:50 **Klinefelter syndrome - new I-KS module**
Corinna Grasemann, Germany

09:50 - 10:10 **Adrenal insufficiency and congenital adrenal hyperplasia**
Svetlana Lajic, Sweden

10:10 - 10:30 **The genetics of ovarian and testis development**
Anu Bashamboo, France

10:30 - 11:00 **Q&A/Discussion**

11:00 - 11:30 Coffee break

11:30 - 12:30 **Interactive small group teaching: 2**

12:30 - 13:30 **Case presentations to the plenum B (6-7 cases)**
Moderator:

13:30 - 14:30 Group Photo & Lunch

14:30 - 16:30 **SESSION 4: MTG5**
Moderator:

14:30 - 15:00 **Marginalised populations and social determinants of health**
Sally Ann Lynch, Ireland

15:00 - 15:20 **Silver-Russell syndrome or Temple syndrome – challenges in diagnosis and management**
Irene Netchine, France

15:20 - 15:40 **Height more than just centimetres: an indicator of the nation's health and social attitudes**
Peter Hindmarsh, UK

15:40 - 16:00 **Evolving treatments for obesity in adolescents and young adults: the implications for monogenic obesity**
Susan O'Connell, Ireland

16:00 - 16:30 **Q&A/Discussion**

16:30 - 17:00 Coffee break

17:30 - 18:30 **Interactive small group teaching: 3**

18:30 - 19:30 **Case presentations to the plenum C (6-7 cases)**
Moderator:

20:00 Dinner

Monday, March 2nd, 2026

09:00 - 11:00 **SESSION 5: MTG6**

Moderator:

09:00 - 09:30 **Cushing**

Alberto Pereira, The Netherlands

09:30 - 09:50 **Acromegaly**

Nienke Biermasz, The Netherlands

09:50 - 10:10 **Diagnosis and treatment of pituitary tumors**

TBC

10:10 - 10:30 **Prolactinoma in transition**

Diagnosis and treatment of pituitary tumors

Savi Shishkov, Bulgaria

10:30 - 11:00 **Q&A/Discussion**

11:00 - 11:30 Coffee break

11:30 - 12:30 **Interactive small group teaching: 4**

12:30 - 13:30 **Case presentations to the plenum B (6-7 cases)**

Moderator:

13:30 - 14:30 Lunch

14:30-16:00 **ROUND TABLE “THE ROLE OF EDUCATION IN ENDOCRINE RD”**

Moderator:

14:30 – 14:45 **Young physician/Endo-ERN**

Nikolinka Yordanova, Bulgaria

14:45 - 15:00 **Patient representative/patient journeys**

Johan De Graaf, The Netherlands

15:00 – 15:15 **CPMS and its role in RED education**

Emily White, The Netherlands

15:15 - 16:00 **General discussion – Organization, education and dissemination pathways for the future**

All (Aimee Casey, Emily, Violeta)

16:00 - 16:15 Coffee break

16:15 – 18:30 **Walking tour and networking**

19:00 Dinner

Wednesday, March 3rd, 2026

10:00 – 12:00 **Networking and Wrap-up of the School**

After 12:00 **Lunch & Departures**



Endo-ERN

2026 RED Winter School 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)