



BNSPE

**BULGARIAN NATIONAL SOCIETY FOR
PEDIATRIC ENDOCRINOLOGY**

“Traditions and Innovations in Bulgarian Pediatric Endocrinology”

12-14 November 2026, Spa Hotel Hisar, Hisarya, Bulgaria

Meeting Programme:

12 November, Thursday

Arrival and Accommodation

14:00-14:15 Meeting Opening.

14:15-15:20 I-st Session – Education – part of the comprehensive therapy for patients with diabetes– with the participation of patient organizations.

Moderator: Margarita Archinkova

14:15-14:35 Association "Culture Without Borders". Georgi Mustakov

14:35-14:50 National Association of Children and Young People with Diabetes”. Marieta Kotova

14:50-15:05 Kaneva

15:05-15:20 Discussion

15:20-15:35 Scientific Lecture - Exceed Orphan: Congenital generalized lipodystrophy – treatment options and challenges in transitioning to adult care. Margarita Archinkova

15:35-16:00 *Coffee break*

16:00-17:20 II-nd Session - Organizing Diabetes Care for Better Outcomes: Lessons from Steno and Diabeter, Opportunities for Bulgaria.

Moderator: Slaveyko Djambazov

16:00-16:30 The Steno Model: Organizing Comprehensive Diabetes Care. Frederik Persson, Copenhagen, Denmark, Steno Diabetes Center

16:30-16:50 Designing a Diabetes Care Network Around Patient Outcomes — Lessons Learned. David Bernstein, Boston Children’s Hospital, Harvard Medical School

16:50-17:00 Towards a Bulgarian Diabetes Care Network: From International Models to a Feasible Pilot. Slaveyko Djambazov, HTA Ltd.

17:00-17:20 Discussion

- 17:20-18:20 III-rd Session - Endocrine and metabolic screening programs – requirements and opportunities for implementation. Moderators: Iva Stoeva and Maia Konstantinova**
- 17:20-17:45 Newborn screening for cystic fibrosis in Bulgaria - screening outcomes and characteristics of confirmed and highly probable cases. I.Stoeva, I. Modeva, G. Petrova, Y. Andonova, N. Yaneva, M. Baycheva, I. Bradinova, A. Savov.
- 17:45-18:00 Congenital hypothyroidism after maternal treatment for papillary thyroid carcinoma during pregnancy: 19 months of follow up. I. Stoeva, I. Modeva, M. Iotcheva, A. Shinkov, M. Angelova, R. Kovatcheva.
- 18:00-18:15 Clinical case in a premature baby with Down syndrome and congenital hypothyroidism. R. Koleva, I. Stoeva, D. Zhelyazkov, B. Popov
- 18:15-18:25 Discussion
- 19:00 *Dinner*

13 November, Friday

- 08:30-10:00 IV-th Sessions – Diabetes: screening, new opportunities for monitoring and treatment. Moderators: Margarita Archinkova and Natasha Yaneva-Docheva**
- 08:30-09:00 Screening and follow-up in the early stages of Type 1 Diabetes. Catarina Limbert, Hospital Dona Estefânia, NOVA Medical School, Lisbon, Portugal.
- 09:00-09:20 The first selective screening for Islet Autoantibodies in Children at Risk for Type 1 Diabetes in Bulgaria: Feasibility, Results and Short-Term Follow-Up. Natasha Yaneva-Doncheva
- 09:20-09:40 Closed loops, open questions - our experience with automated insulin delivery systems. T. Ruskov, M. Archinkova
- 09:40-09:50 Clinical case. Natasha Yaneva-Doncheva
- 09:50-10:00 Discussion
- 10:00-10:15 *Coffee Break*
- 10:15-11:45 V-th Session - Bone health – latest updates. Moderators: Veselin Boyadzhiev and Zdravka Todorova**
- 10:15-10:40 Results of Burosumab treatment in children with X-linked hypophosphatemic rickets in Bulgaria. Zdravka Petrova-Todorova
- 10:40-11:00 Vitamin D - Overdosed Optimism or True Immune Shield? Olga Slavcheva – Prodanova, Sofia.
- 11:00-11:20 Dysplastic metaphyses – rickets or ? Veselin Boyadzhiev

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- 11:20-11:40 Prevalence of Skeletal Deformities and Overweight in School Children: Results from a Mass Screening Program. Tanya Andreeva, Sofia.
- 11:40-11:50 Discussion
- 11:50-12:20 Satellite symposium - Helmed: Automated Insulin Therapy in Children and Adolescents with Type 1 Diabetes: Real-World Clinical Data and Next-Generation Technologies. Radka Savova
- 12:20-13:20 *Lunch*
- 13:20-14:40 VI-th Session - Adrenal pathology in children and adolescents.**
- Moderators: Ralitsa Robeva and Iva Stoeva**
- 13:20-13:45 Fertility and pregnancy in women with CAH – does adolescence matter? Ralitsa Robeva
- 13:45-14:00 Approaching the cliff edge: transition needs of adolescents with congenital adrenal hyperplasia, hypopituitarism and Turner syndrome at a Bulgarian tertiary expert paediatric centre for rare endocrine diseases (2021–2026). I.Modeva, I. Stoeva, D. Iordanova, N. Ianeva, Z. Todorova, M. Dimitrova, O. Slavcheva, M. Arshinkova, M. Sredkova, D. Avdjieva.
- 14:00-14:15 Managing Advanced Bone Age in Late-Treated Simple Virilizing Congenital Adrenal Hyperplasia: The Crucial Role of Aromatase Inhibition with Anastrozole. M.Sredkova, T. Ruskov
- 14:15-14:25 An adolescent girl with menstrual irregularities, insulin resistance: genotype-phenotype correlations after CYP21A2 analysis and implications for further work up. P. Mihneva, I. Stoeva, I. Modeva, G. Popova, K. Mihova, I. Dimova, R. Kaneva
- 14:25-14:35 Cerebral X-Linked Adrenoleukodystrophy: Clinical Case and Pedigree Analysis of a Family with Four Affected Individuals. Maria Sredkova.
- 14:35-14:40 Discussion
- 14:40-15:10 Satellite symposium - Er-Kim: Congenital adrenal hyperplasia - new therapeutic agents. Iva Stoeva
- 15:10-16:05 VII-th Session - Obesity in children and adolescents – new therapies, indications, and outcomes.**
- Moderators: Maya Konstantinova and Elena Vuchkova**
- 15:10-15:30 GLP-1 receptor agonists in the therapy of childhood obesity. Teodora Handjieva-Darlenska
- 15:30-15:50 Need for and Screening Opportunities for Familial Hypercholesterolemia in Childhood. V. Iotova, E. Vuchkova, Y. Uzunova, Y. Bazdarska, V. Boyadzhiev
- 15:50-16:00 GLP-1 receptor agonists in the management of severe adolescent obesity: a clinical case. T. Popov, M. Archinkova, N. Yaneva, O. Slavcheva
- 16:00-16:05 Discussion
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- 16:00-16:20 *Coffee break*
- 16:20-16:40 Scientific Lecture - Pfizer: Have Growth Hormone Treatment Outcomes Changed in the Era of Once-Weekly Long-Acting Therapies? Violeta Iotova.
- 16:40-16:55 Scientific Lecture - Astra Zeneca: Hypophosphatasia - challenges in the diagnosis and treatment of an ultra-rare disease. Margarita Archinkova, Maria Sredkova.
- 17:00-17:30 Satellite symposium - Dexcom: Advantages of diabetes technologies. Milda Pajarskiene, Sr. Medical Affairs Specialist Dexcom.
- 17:30-18:00 Satellite symposium - Swixx Biopharma: X-Linked Hypophosphatemic Rickets: Current Standards for Comprehensive and Multidisciplinary Care. Zdravka Todorova, Vera Karamfilova.
- 18:10-19:40 BNSPE Annual General and Election Meeting.
- 20:00 *Dinner*

14 November, Saturday

- 08:30:10:00 VIII-th Sessions - Growth disorders – challenges in diagnosis, follow-up, and treatment. Moderators: Violeta Iotova and Daniel Iliev**
- 08:30-09:05 Growth hormone deficiency and hypopituitarism in the newborn. Gerhard Binder, University Hospital Tuebingen, Germany
- 09:05-09:20 Growth Patterns in Transfusion-dependent β -Thalassemia: a Single-Center Longitudinal Analysis and Historical Comparison. I. Modeva, I. Stoeva, D. Stoyanova, B. Marinska, A. Banchev
- 09:20-09:40 Combined therapy with human recombinant growth hormone and a gonadotropin-releasing hormone analogue in children born small for gestational age. N. Krasteva, S. Galcheva, V. Mladenov, V. Boyadzhiev, Y. Bazdraska, N. Yordanova, D. Krumova, T. Zlateva, V. Iotova.
- 09:40-09:55 Automated Assessment of Bone Age and Bone Health Index in Children with Endocrine and Haematological Disorders: A Retrospective Cohort Study. I. Modeva, O. Slavcheva, A. Banchev, D. Yordanova, Z. Todorova, B. Marinska, V. Kozhuharova, D. Stoyanova, I. Stoeva
- 09:55-10:00 Discussion
- 10:00-10:30 Satellite symposium - Novo Nordisk: Live lighter with Wegovy.
- 10:30-11:00 *Coffee break*
- 11:00-12:15 IX-th Session - On the path to precise molecular genetic diagnosis in children with endocrine disorders.**

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- Moderators: Albena Todorova and Ivanka Dimova**
- 11:00-11:25 Genetic diagnosis of gonadal dysgenesis – clinical and ethical challenges. Ivanka Dimova
- 11:25-11:50 Specific Aspects of Genetic Analysis in Patients with CAH: Our Experience. Albena Todorova, Tihomir Todorov, Silvia Andonova.
- 11:50-12:05 Diagnostic Challenges in Kabuki Syndrome: A Clinical case of a Child with Multiple Congenital Anomalies. M. Arsova, I. Halvadzhiyan, S. Elkina, Ch. Petrova
- 12:05-12:15 Discussion
- 12:15-12:30 Scientific Lecture – Sandoz: 20 years of Omnitrope. Iva Stoeva
- 12:30-13:30 *Lunch*
- 13:30-14:30 X-th Session - Thyroid pathology.**
- Moderator: Alexander Shinkov**
- 13:30-14:00 Features of thyroid ultrasound in children. Alexander Shinkov.
- 14:10-14:25 Severe autoimmune hypothyroidism with multisystem involvement: diagnostic and therapeutic challenges. I. Modeva, T. Vassilev, K. Temelkova, M. Dikova, I. Stoeva.
- 14:25-14:30 Discussion
- 14:30-15:30 XI-th Session - Endocrine issues in patients with both benign and malignant endocrine tumors.**
- Moderators: Atanaska Elenkova and Yuliya Bazdarska**
- 14:30-15:00 Pediatric pheochromocytoma: hereditary unless proven otherwise. Atanaska Elenkova
- 15:00-15:20 Hyperprolactinemia and prolactinomas in children and adolescents: clinical characteristics, treatment, and outcomes. B. Beyti, V. Radev, Y. Bazdarska, V. Iotova
- 15:20-15:30 Discussion
- 15:30-16:30 XII-th Session - Use of LH-RH analogues – shared experience.**
- Moderators: Catarina Limbert and Michaela Dimitrova - Mladenova**
- 15:30-16:00 Benefits of LH-RH analog therapies for children with central precocious puberty in Portugal. Catarina Limbert, Lisbon, Portugal.
- 16:00-16:20 Gonadotropin-releasing hormone analog therapy in childhood. M. Dimitrova-Mladenova, D. Yordanova, Z. Todorova, V. Gerdzhikova, D. Hristova
- 16:20-16:30 Hypothalamic dysfunction in a girl with cerebral palsy. G. Ivanova, M. Dimitrova-Mladenova, D. Stamatov, D. Hristova
- 16:30-16:40 Discussion
- 16:40-16:50 *Meeting Closure*
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