



METABOLIC CROSSROADS SYMPOSIUM 2026

Current Approaches and Innovations in the
Management of Type 2 Diabetes and
Iron Deficiency

18-20 September
2026
rome / italy



DAY 1 – Friday, 18 September 2026

09:00 – 09:30 Opening and Introduction to the Symposium
Dr. Abdülbaki KUMBASAR & Dr. Sasha JOVANOVSKA MISHEVSKA

09:30 – 10:40 **PANEL 1: The Importance of a Multidisciplinary Approach to Iron Deficiency and Iron Deficiency Anaemia**
Moderator: Dr. Abdülbaki KUMBASAR

Iron Deficiency and Iron Deficiency Anaemia in Internal Medicine Practice
Speaker: Dr. Mesut AYER

Iron Deficiency and Iron Deficiency Anaemia in Obstetrics and Gynaecology Practice
Speaker: Dr. Gligor TOFOSKI

10:40 – 10:50 Coffee Break



10:50 – 12:00 **Optimizing Iron Replacement Therapy in ID/IDA**
Moderator: Dr. Sasha JOVANOVSKA MISHEVSKA
Speaker: Dr. Hilmi Erdem SÜMBÜL

12:00 – 13:00 **PANEL 2: Management of Iron Deficiency Anaemia in Chronic Diseases**
Moderator: Dr. Massimo FEDERICI

The Patient with Diabetes
Speaker: Dr. Esra ATAÖĞLU

The Patient with Heart Failure
Speaker: Dr. Mesut AYER

The Patient with Renal Failure
Speaker: Dr. Zeynep KARAALI

13:00 – 14:00 Lunch Break



14:00 – 15:05 **How Often Is IDA Screened for as Part of Micronutrient Management in Patients with Diabetes?**
Moderator: Esra ATAÖĞLU

Effects of Metformin and GLP-1 Receptor Agonist Use
Speaker: Dr. Hüseyin Ali ÖZTÜRK

15:05 – 15:15 Coffee Break



15:15 – 16:15 **Gestational Diabetes and the Kidney: From Pregnancy to Long-Term Renal Outcomes**
Moderator: Dr. Gligor TOFOSKI
Speaker: Dr. Irena ALEKSIOŠKA PAPESTIEV

16:15 – 17:15 Day 1 Closing and Take-Home Messages
Dr. Abdülbaki KUMBASAR & Giorgio SESTI

DAY 2 – Saturday, 19 September 2026

08:30 – 09:00 **New Paradigms in Type 2 Diabetes: Individualised Glycaemic Control and Cardiorenal Risk Management**
Speaker: Dr. Abdülbaki KUMBASAR

09:00 – 09:55 **PANEL 1: Current Approaches to the Management of Type 2 Diabetes: From Guidelines to Clinical Practice**
Moderator: Dr. Abdülbaki KUMBASAR

09:55 – 10:55 **The Burden of Type 2 Diabetes in Türkiye: Cardiometabolic Risk, Comorbidities and Treatment Gaps**
Speaker: Dr. Hamit YILDIZ

Non-Pharmacological Treatment Approaches in Gestational Diabetes Mellitus
Speaker: Dr. Irena ALEKSIOŠKA PAPESTIEV

10:55 – 11:05 Coffee Break



11:05 – 12:00 **PANEL 2: SGLT2 Inhibition and Empagliflozin: Evidence, Clinical Practice and Patient-Centred Use**
Moderator: Dr. Sophio BERIDZE

12:00 – 13:00 **SGLT2 Inhibition in Type 2 Diabetes: Mechanistic Basis and Clinical Implications Beyond HbA1c**
Speaker: Dr. Esra ATAÖĞLU

Empagliflozin in the Management of Type 2 Diabetes: Glycaemic Efficacy, Cardiometabolic Effects and Practical Treatment Approaches
Speaker: Dr. Sasha JOVANOVSKA MISHEVSKA

13:00 – 14:00 Lunch Break



14:00 – 15:00 **PANEL 3: The Role of DPP-4 Inhibition in Individualised Type 2 Diabetes Care**
Moderator: Dr. Sasha JOVANOVSKA MISHEVSKA

DPP-4 Inhibitors in Daily Practice: Efficacy, Safety, Tolerability and Patient Selection
Speaker: Dr. Hamit YILDIZ

15:00 – 16:00 **Linagliptin in Special Patient Populations: Considerations for Older Adults, Renal Function, Polypharmacy and Hypoglycaemia Risk**
Speaker: Dr. Zeynep KARAALI

16:00 – 16:10 Coffee Break



16:10 – 17:15 **Interactive Case Panel: Selecting the Appropriate Oral Treatment Strategy for Type 2 Diabetes**
A case-based discussion of linagliptin, empagliflozin and rational combination approaches in daily internal medicine practice
Moderator: Dr. Abdülbaki KUMBASAR
Panellists: Dr. Esra ATAÖĞLU, Dr. Hamit YILDIZ, Dr. Zeynep KARAALI

DAY 3 – Sunday, 20 September 2026

Integrated Perspectives: Management of Type 2 Diabetes, Iron Deficiency and Multimorbidity

09:00 – 09:45 **PANEL 1: Bridging Diabetes Care and Iron Deficiency Management in Internal Medicine**
Moderator: Ana KOTORASHVILI

The Intersection of Type 2 Diabetes and Iron Deficiency: Cardiometabolic, Renal and Functional Implications
Speaker: Dr. Sasha JOVANOVSKA MISHEVSKA

09:45 – 10:30 **Multimorbidity Management in Daily Practice: Diabetes, Iron Deficiency, Risk of Heart Failure and Risk of Chronic Kidney Disease**
Speaker: Dr. Irfan AHMETI

10:30 – 11:00 Coffee Break



11:00 – 11:30 **Integrated Case Discussion: A Patient with Type 2 Diabetes, Fatigue, Renal Risk and Possible Iron Deficiency**
Clinical reasoning, treatment prioritisation and multidisciplinary follow-up
Moderator: Dr. Irfan AHMETI
Panellists: Dr. Irfan AHMETI and Dr. Sasha JOVANOVSKA MISHEVSKA

11:30 – 12:00 **Closing Session: Key Takeaways and Symposium Summary**
Moderator: Sophio BERIDZE
Speaker: Abdülbaki KUMBASAR