



FLORENCE

March, 13-14 2026

EARLY CAREER CLINICAL COURSE

promoted by

AME in collaboration with ESE

**PRELIMINARY
PROGRAM**

The course will commence on Friday, March 13, 2025, offering participants an in-depth exploration of foundational clinical skills. State of the art lectures will be offered by distinguished European experts in the various fields of Endocrinology and Metabolism. Throughout the course the attendees will engage in interactive workshops and discussions designed to enhance their early career development in the medical field.

The program is curated to provide a balance of theoretical knowledge and practical application. Each session is designed to foster collaboration among attendees and encourage active participation, ensuring an engaging learning experience. Highlights of the course include interactive case studies and real-world scenarios that challenge participants to apply their knowledge in dynamic ways, fostering both critical thinking and professional growth.

The magnificent city of Florence will host the course, allowing participants the unique opportunity to immerse themselves not only in the scientific program but also in the cultural and historical wealth of the city.

PROGRAM

08.00 am - 09.00 am	Welcome and Introduction to the course Representatives from AME, ESE, SIE, ESE EYES and G-AME Presentation of participants
09.00 am - 11.00 am	SESSION 1 Pharmacological vs definitive treatments for Graves' disease: when and why • In favour of long-term pharmacological treatment • In favour of definitive treatment • Teamwork, plenary discussion and take-home messages
11.00 am - 11.30 am	<i>Coffee break with the experts</i>

11.30 am - 12.30 am

SESSION 2

Clinical approach to female hyperandrogenism

- Diagnostic
- Treatment of idiopathic hirsutism
- Q&A

12.30 am - 01.30 pm

SESSION 3

Pharmacological vs surgical approach to obesity resistant to life-style changes

- Pharmacological approach
- Surgical approach
- Q&A

01.30 pm - 02.30 pm

Lunch

02.30 pm - 04.30 pm

SESSION 4

Cushing syndrome: a practical guide to screening, diagnosis, and therapeutic strategies

- Diagnostic algorithm
- Treatment options: overview and European experience
- Teamwork, plenary discussion and take-home messages

04.30 pm - 05.00 pm

Coffee break with the experts

05.00 pm - 06.00 pm

SESSION 5

Use of estrogen-progestins: indications, drawbacks, complications

- Clinical case 1: hypogonadism
- Clinical case 2: contraception
- Clinical case 3: menopause
- Take-home messages

08.30 am - 10.30 am	SESSION 6 Osteoporosis management: simplifying a complex issue • When and how antiresorptive treatment • When and how anabolic treatment • Teamwork, plenary discussion and take-home messages
10.30 am - 11.00 am	<i>Coffee break with the experts</i>
11.00 am - 12.00 pm	SESSION 7 Hypoparathyroidism: a guide to diagnosis and pharmacological treatment • The traditional treatment: pearls and pitfalls • Replacement treatment: when and how • Q&A
12.00 pm - 01.30 pm	SESSION 8 Prolactinomas: diagnosis, treatment, and follow-up • Diagnostic approach • Dopaminergic agonists vs neurosurgery • Q&A
01.30 pm - 02.30 pm	<i>Lunch</i>
02.30 pm - 04.00 pm	SESSION 9 Diabetes treatment: a cardioneurovascular oriented approach • State of the art • Future perspectives • Teamwork, plenary discussion and take-home messages
04.00 pm - 04.45 pm	SESSION 10 Andrology lecture Approaching male infertility in 2026
04.45 pm - 05.15 pm	Wrap up of the course and comments from participants
05.15 pm - 05.30 pm	Closing remarks and feedback session

HOSPITALITY AND REGISTRATION (VAT included)

The course will be entirely reserved to 50 endocrine specialists with less than 40 years.

20 registrations are available for AME and SIE Members.

30 registrations are available for ESE non Italian Members.

The 300,00 € fee includes access to the course, congress kit, coffee breaks, light lunch and two nights hotel accommodation.

Travel costs are not included.

Unpaid registrations will not be accepted.

Online registration at the following link: [ONLINE REGISTRATION](#)

Online registrations will be accepted within January 31st, 2026 (payment is mandatory).

After this date please contact the Organizers at segreteria@nordestcongressi.it

OFFICIAL LANGUAGE

English

ECM / EACCME ACCREDITATION

The Event will be submitted to the Italian (ECM) and the European (EACCME) accreditation process

CONGRESS VENUE

Starhotel Michelangelo
Viale Fratelli Rosselli 2
Florence - Italy

SCIENTIFIC DIRECTOR

Enrico Papini
Endocrinology and Metabolism Department
Regina Apostolorum Hospital -Lifenet Health Group
Albano Laziale (Rome)

CONGRESS ORGANIZER

Via Portanuova 3 - 33100 Udine
Tel. 0432 21391 - Fax 0432 506687
segreteria@nordestcongressi.it
www.nordestcongressi.it