

WORKSHOP

THE ADO- LESCENCE

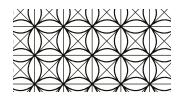
A Challenging Time
for Physical, Mental
& Social Health
and Diseases

ATHENS, GREECE
5-7 NOVEMBER 2025

ORGANIZED BY



**The International Academy
of Human Reproduction**



ENDORSED BY



European Association of Paediatric
and Adolescent Gynaecology



**European Society
of Gynecology**

European Society
of Gynecology



International Fellowship of Pediatric
and Adolescent Gynecology



ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ
ΓΥΝΑΙΚΟΛΟΓΙΚΗΣ
ΕΝΔΟΚΡΙΝΟΛΟΓΙΑΣ
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Hellenic Society
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Hellenic Society
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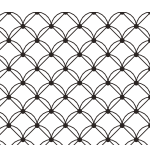


North American Society
for Pediatric & Adolescent Gynecology



Pediatric and Adolescent
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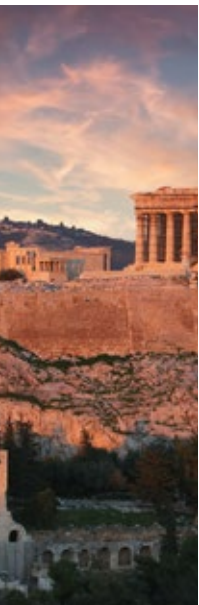
Adolescence is a defining stage of human development, shaping not only the immediate transition from childhood to adulthood but also influencing lifelong well-being.

Traditionally, medical education has addressed this phase through distinct and often isolated lenses: physiological changes from a pediatric, endocrinologic and gynecological perspective, psychological development through psychiatry and psychology. Too often, it overlooks the fact that this is also the period of sexual development, a stage where its sometimes dramatic consequences emerge, exacerbated by a society that fails to provide adequate support on this critical issue. However, such a segmented approach does not fully capture the complexity of this transformative period.

This workshop aims to offer a groundbreaking, interdisciplinary perspective on adolescence, acknowledging the intricate interplay between genetics, metabolism, nutrition, psychological health, and environmental influences. Rather than examining each aspect in isolation, we will explore how these factors interact and collectively impact an individual's future health and quality of life. By bridging gaps between disciplines, we seek to provide a more comprehensive and holistic understanding of adolescence as a pivotal period with far-reaching consequences.

Bringing together experts from pediatrics, endocrinology, gynecology, psychology, psychiatry, and social sciences, this event fosters collaboration to develop comprehensive medical and psychological support strategies. Sessions will feature focused lectures and interactive discussions, with networking opportunities to encourage cross-disciplinary exchange.

By rethinking adolescence through an integrated lens, this workshop aims to redefine how healthcare professionals approach adolescent health, emphasizing its profound influence on future well-being.



The International Academy of Human Reproduction is an international academy of clinicians and scientists who by demonstration of clinical excellence, research, teaching and scholarly activity have achieved international prominence in the field of Human Reproduction.

VENUE

Novotel Athenes
4, Michail Voda Str, Athina 104 39, Greece
The workshop's venue is located in the heart of Athens, close to key attractions like the Acropolis and Plaka.

REGISTRATION

Registration fee: € 500
www.adolescence2025.com

SCHEDULE

SCIENTIFIC SESSIONS

WED 5TH	14:00–19:40
THUR 6TH	09:00–19:50
FRI 7TH	08:45–14:45

THE ADO- LESCENCE

SCIENTIFIC PROGRAM

WEDNESDAY NOVEMBER 5TH

OPENING CEREMONY

OPENING LECTURE

CHAIRPERSONS: MARTIN BIRKHAUSER (CH), ANDREA GENAZZANI (IT), SHANTHA KUMARI (IN), JOSEPH SCHENKER (IL)

Zoran Stankovic (RS) The Adolescence in the present World

FIRST SESSION

PUBERTAL DEVELOPMENT, PRECOCIOUS PUBERTY AND STEROID-GENETIC DEFECTS AFFECTING ADOLESCENCE

CHAIRPERSONS: NEOKLIS GEORGOPOULOS (GR), SVETLANA VUJOVIC (RS)

George P. Chrousos (GR) Normal pubertal process in girls and boys

Charles Sultan (FR) Precocious puberty

Christa Flück (CH) Adrenogenital syndrome

and other Steroidogenetic defects affecting adolescence

SECOND SESSION

PRIMARY AMENORRHEA, PREMATURE OVARIAN INSUFFICIENCY AND IMPACT ON ADOLESCENCE OF SGA, OR OVERWEIGHT/MACROSOMIA AT BIRTH AND PHYSICAL ACTIVITY EXCESS IN CHILDHOOD AND ADOLESCENCE

CHAIRPERSONS: EFTHYMIOS DELIGEOGLOU (GR), CHARLES SULTAN (FR)

Svetlana Vujovic (RS) Primary amenorrhea and premature ovarian insufficiency

Abel López Bermejo (ES) Small for Gestational Age, Overweight and Macrosomia: Impact on Adolescence

Blazej Meczekalski (PL) Runners, Athletes and Dancers

KEY LECTURE:

FEMALE LOWER GENITAL TRACT CONGENITAL ANOMALIES

CHAIRPERSON: JOSEPH SCHENKER (IL)

George Cretasas (GR)

THURSDAY NOVEMBER 6TH

KEY LECTURE

ADOLESCENT HEALTH & NUTRITION IN LOW-AND MIDDLE-INCOME COUNTRIES

CHAIRPERSON: GIAN CARLO DI RENZO (IT)

Zulfiqar A. Bhutta (CA)

THIRD SESSION

BORDERLINE PERSONALITY DISORDERS, EATING DISORDERS AND SOCIAL MEDIA INFLUENCE ON LIFESTYLE AND SEXUAL HEALTH

CHAIRPERSONS: LINA MICHALA (GR), MARISA LABOVSKY (AR)

Carla Sharp (US) Borderline personality disorders in adolescence

Flora Bacopoulou (GR) Anorexia Nervosa and eating disorders

Artemis Tsitsika (GR) Social media influence and impact on adolescent lifestyle and sexual health

FOURTH SESSION

SEXUAL AND SEXUALITY DEVELOPMENT, GENDER IDENTITIES PROBLEMS AND SEXUAL VIOLENCE IMPACT IN ADOLESCENTS

CHAIRPERSONS: ANNA MARIA FULGHESU (IT), ALEXANDRA SOLDATOU (GR)

Rossella Nappi (IT) Sexual development, impact on individual Sexuality and its consequences

Alessandra D. Fisher (IT) Gender identities arising problems

Shantha Kumari (IN) Physical, Psychological and Sexual violence impacts in Adolescents

FIFTH SESSION

MENARCHE AND MENSTRUAL CYCLICITY, FUNCTIONAL HYPOTHALAMIC AMENORRHEA AND ADVERSE UTERINE BLEEDING IN ADOLESCENCE

CHAIRPERSONS: SARAH BERGA (US), ANNE BEATRICE KIHARA (KE)

Metella Dei (IT) Menarche and the beginning of Menstrual Cyclicity

Sarah Berga (US) Functional Hypothalamic Amenorrhea

Zana Bumbuliene (LT) Adverse Uterine bleeding in adolescence

SIXTH SESSION

PCOS PHENOTYPES, METABOLIC SYNDROME, OVERWEIGHT AND OBESITY CONSEQUENCES AND MANAGEMENT AND CONTRACEPTIVE NEEDS IN ADOLESCENTS

CHAIRPERSONS: BASIL TARLATZIS (GR), GABRIELE TRIDENTI (IT)

Anna Maria Fulghesu (IT) PCOS phenotypes and their impact on adolescent life

Alessandro Genazzani (IT) Metabolic syndrome, overweight and Obesity in Adolescence

Johannes Bitzer (CH) Contraception needs, efficacy and compliance in Adolescence

SEVENTH SESSION

SEXUALLY TRANSMITTED AND PELVIC INFLAMMATORY DISEASES IN ADOLESCENTS AND PREVENTION OF HETEROSEXUAL TRANSMISSION OF HIV/STI

CHAIRPERSONS: JOHANNES BITZER (CH), MARY ROMANO (US)

Efthymios Deligeorglou (GR) Sexually transmitted diseases and Pelvic Inflammatory Disease

Inon Schenker (IL) Prevention of Heterosexual Transmission of HIV/STI in Adolescents

FRIDAY NOVEMBER 7TH

EIGHT SESSION

ENDOMETRIOSIS, ADENOMIOSIS, DISMENORRHEA AND OTHER PAIN SYNDROMES AND THE IMPORTANCE OF OPTIMAL BONE MASS PEAK ACHIEVEMENT IN ADOLESCENCE

CHAIRPERSONS: ANGELOS DANIILIDIS (GR), LISELOTTE METTLER (DE)

Felice Petraglia (IT) Endometriosis and Adenomyosis in adolescents

Andrea Genazzani (IT) Dysmenorrhea and other Pain Syndromes

Martin Birkhaeuser (CH) How to get an optimal peak bone mass during adolescence

NINTH SESSION

OVARIAN CYSTS AND TUMORS AND CANCER, ORGAN PRESERVING SURGERY AND PRE-PUBERTAL AND PUBERTAL FEMALE AND MALE STRATEGIES FOR FERTILITY PRESERVATION

CHAIRPERSONS: ZORAN STANKOVIC (RS), ALEXANDROU RODOLAKIS (GR)

Tommaso Simoncini (IT) Ovarian Cysts and Tumors

Liselotte Mettler (DE) Organ preserving necessary surgeries in adolescence

Joseph Schenker (IL) Adolescent Cancer - Strategies of Fertility Preservation

Kyle Orwig (US) Preserving male fertility in pre-pubertal and pubertal males

TENTH SESSION

THE ADOLESCENT PREGNANCY AND MOTHER

CHAIRPERSONS: SHANTHA KUMARI (IN), ZUZANI NIŽNANSKA (SK)

Anne Kihara (KE) The adolescent pregnancy

Giancarlo Di Renzo (IT) Nutrients and lifestyle to reduce obstetric risks in teenage pregnancy

Cristina Riva Crugnola (IT) The Adolescent Parents, their risks and needs

