

DIVISION OF CLINICAL ENDOCRINOLOGY  
& METABOLISM - DIABETES CENTER  
1st DEPT OF INTERNAL MEDICINE

ΤΜΗΜΑ ΚΛΙΝΙΚΗΣ ΕΝΔΟΚΡΙΝΟΛΟΓΙΑΣ &  
ΜΕΤΑΒΟΛΙΣΜΟΥ - ΔΙΑΒΗΤΟΛΟΓΙΚΟ ΚΕΝΤΡΟ,  
Α΄ ΠΑΘΟΛΟΓΙΚΗ ΚΛΙΝΙΚΗ, ΠΓΝ ΑΧΕΠΑ



Under the Auspices

SCHOOL OF MEDICINE OF THE ARISTOTLE  
UNIVERSITY OF THESSALONIKI



Υπό την Αιγίδα

ΤΜΗΜΑ ΙΑΤΡΙΚΗΣ ΑΠΘ

SCIENTIFIC WORKSHOP ON VITAMIN D

ΜΕΣΟΓΕΙΑΚΗ ΣΥΝΑΝΤΗΣΗ ΕΙΔΙΚΩΝ

**VITAMIN D**  
IN THE PREVENTION  
OF HEALTH DISPARITIES  
DURING ADULT LIFE  
MEDITERRANEAN EXPERTS MEETING

ΕΠΙΣΤΗΜΟΝΙΚΗ ΔΙΗΜΕΡΙΔΑ ΜΕ ΘΕΜΑ

**ΒΙΤΑΜΙΝΗ D**

**30-31/8/2018**

**30-31/8/2018**

ΚΕΝΤΡΟ ΔΙΑΔΟΣΗΣ ΕΡΕΥΝΗΤΙΚΩΝ  
ΑΠΟΤΕΛΕΣΜΑΤΩΝ (ΚΕ.Δ.Ε.Α.) ΑΠΘ  
ΘΕΣΣΑΛΟΝΙΚΗ

ARISTOTLE UNIVERSITY RESEARCH  
DISSEMINATION CENTER (KEDEA)  
THESSALONIKI / GREECE



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## THURSDAY, 30 AUGUST 2018

- 09.00 - 09.30      Welcome and Opening Remarks  
T. Dardavesis, K. Anastasiadis, P. Zebekakis, Z. Mouslech
- 09.30 - 10.00      Session 1  
Moderators: A. Margioris, E. Castanas
- Molecular genetics and vitamin D action**  
E. Kassi
- 10.00 - 10.30      Session 2  
Moderator: E. Bili
- Vitamin D and human reproduction**  
D. Goulis
- 10.30 - 11.00      Session 3  
Moderators: S. Minisola, P. Zebekakis
- Effects of Vitamin D supplements and osteoporosis treatment on musculoskeletal system**  
A. Bargiotta
- 11.00 - 11.30      Coffee Break
- 11.30 - 13.00      Oral presentations from selected abstracts  
Moderators: T. Tzotzas, N. Katsiki
- 11.30 - 11.40      **Optimizing Vitamin D status in children with pre – school wheeze or asthma: a pilot study (OptiVit)**  
Christos Stefanidis (Centre for Primary Care and Public Health, Queen Mary University of London, London, UK), Chris Griffiths (Centre for Primary Care and Public Health, Queen Mary University of London, London, UK), Andy Bush (Faculty of Medicine, National Heart & Lung Institute, Imperial College London, London, UK), Adrian Martineau (Centre for Primary Care and Public Health, Queen Mary University of London, London, UK)  
Presenting author: **Ch. Stefanidis**
- 11.40 - 11.42      Discussion
- 11.42 - 11.52      **Molecular background of Vitamin D anticancer action: Impact on hypoxia inducible transcription factors (HIFs)**  
Eleni Kechagia, Ioanna Gkontinakou, (Laboratory of Biochemistry, Faculty of Medicine, University of Thessaly, Larissa, Greece), Kalliopi Pazaitou - Panayiotou (Theagenio Cancer Hospital), Panagiotis Liakos (Laboratory of Biochemistry, Faculty of Medicine, University of Thessaly, Larissa, Greece), Andreas Tsakalof (Laboratory of Biochemistry, Faculty of Medicine, University of Thessaly, Larissa, Greece)  
Presenting author: **A. Tsakalof**
- 11.52 - 11.54      Discussion

<b>11:54 - 12:04</b>	<p><b>Preoperative serum Vitamin D levels in patients with breast cancer is associated with histological characteristics of the tumor</b></p> <p><u>Grigorios Panagiotou</u>, Despoina Komninou, Sofia Triantaffilidou, Anastasios Vagionas, Andreas Tsakalof, Kalliopi Pazaitou-Panayiotou (Theagenio Cancer Hospital)</p> <p>Presenting author: <b>G. Panagiotou</b></p>
<b>12:04 - 12:06</b>	Discussion
<b>12:06 - 12:16</b>	<p><b>Prevalence of Vitamin D deficiency in a Greek and a Cypriot population sample</b></p> <p><u>Souzana E. Xyda</u> (Aristotle University Thessaloniki, Greece), Kalliopi Kotsa, Argyrios Doumas, Manolis Papanastasiou (AHEPA University GH of Thessaloniki), George Samoutis (St. George Medical School UK, University of Nicosia International Dept, Cyprus), Alexandros A. Garyfalos (Hippokraton GH, Thessaloniki, Greece)</p> <p>Presenting author: <b>S.-E. Xyda</b></p>
<b>12:16 - 12:18</b>	Discussion
<b>12:18 - 12:28</b>	<p><b>The relationship between Vitamin D and MTDNA encoded genes expression</b></p> <p><u>Merve Alaylıoğlu</u>, Erdinç Dursun, Duygu Gezen-Ak (Cerrahpasa Faculty of Medicine, Istanbul University, Turkey)</p> <p>Presenting author: <b>M. Alaylıoğlu</b></p>
<b>12:28 - 12:30</b>	Discussion
<b>12:30 - 12:40</b>	<p><b>Association of CUBN gene variants with type 2 diabetes mellitus and Vitamin D levels in an elderly Greek Population</b></p> <p><u>Xanthippi Tsekmekidou</u>, Kalliopi Kotsa, Spyridon Karras (AHEPA University G.H. of Thessaloniki), Fotis Tsetsos, Athanasios Roumeliotis, Stylianos Panagoutsos, Elias Thodis, Marios Theodoridis, Nikolaos Papanas, Dimitrios Papazoglou, Ploumis Pasadakis, Eustratios Maltezos, Peristera Paschou (Democritus University of Thrace, Alexandroupolis, Greece), Marianthi Georgitsi (Dept of Medicine, Aristotle University of Thessaloniki, Greece)</p> <p>Presenting author: <b>X. Tsekmekidou</b></p>
<b>12:40 - 12:42</b>	Discussion
<b>12:42 - 13:00</b>	Questions – Comments
<b>13.00 - 13.45</b>	<p>Session 4</p> <p>Moderators: <b>F. Al. Anouti, K. Pazaitou-Panayiotou</b></p> <p><b>Vitamin D and cancer</b></p> <p><b>W. B. Grant</b></p>
<b>13.45 - 14.30</b>	<p>Management of vitamin D deficiency: Guidelines of the Hellenic Endocrine Society</p> <p><b>K. Kotsa, S.-N. Karras</b></p>

<b>14.30 - 17.00</b>	<b>Break and Poster Viewing</b>
<b>17.00 - 17.30</b>	<p>Session 5  Moderator: <b>D. Gezen - Ak</b></p> <p><b>The clues for new roles of vitamin D and vitamin D receptor in neurodegeneration</b>  <b>E. Dursun, D. Gezen - Ak</b></p>
<b>17.30 - 18.00</b>	<p>Session 6  Moderators: <b>A. Athanasiadis, S.-N. Karras</b></p> <p><b>Vitamin D and Pregnancy</b>  <b>A.-M. Michailidou</b></p>
<b>18.00 - 19.30</b>	<p>Oral presentations from selected abstracts  Moderators: <b>P. Tsaklis, P. Anagnostis</b></p>
<b>18.00 - 18.10</b>	<p><b>Osteoporosis Markers Among Emirati Females Based on Vitamin D Receptor Variants and Biomechanical Parameters</b>  <u>Fatme Al Anouti</u> (PhD, Associate Professor, Zayed University, Natural Science and Public Health Dept, Abu Dhabi, United Arab Emirates, Assistant Dean, Natural and Health Sciences College, United Arab Emirates), Habiba Al Safar, Kinda Khalaf, Lina Al Kaabi (Khalifa University for Science and Engineering)  Presenting author: <b>F. Al. Anouti</b></p>
<b>18.10 - 18.12</b>	Discussion
<b>18.12 - 18.22</b>	<p><b>Regulation of Parathyroid Hormone secretion in normal subjects</b>  Vittoria Danese, Federica Ferrone, Cristiana Cipriani, Valeria Fassino, Jessica Pepe, <u>Salvatore Minisola</u> ("Sapienza" Rome University, Italy)  Presenting author: <b>S. Minisola</b></p>
<b>18.22 - 18.24</b>	Discussion
<b>18.24 - 18.34</b>	<p><b>Quantification of 25-HydroxyvitaminD3/D2 by UHPLC-DAD with on-line metabolites isolation and preconcentration</b>  Dimitris Palaiogiannis, (Laboratory of Biochemistry, Faculty of Medicine, University of Thessaly, Larissa, Greece), Kalliopi Pazaitou-Panayiotou (Dept of Endocrinology, Theagenio Cancer Hospital, Thessaloniki, Greece), <u>Andreas Tsakalof</u> (Laboratory of Biochemistry, Faculty of Medicine, University of Thessaly, Larissa, Greece)  Presenting author: <b>A. Tsakalof</b></p>
<b>18.34 - 18.36</b>	Discussion

- 18.36 - 18.46**      **Vitamin D and cognitive function in older adults: a review of the literature**  
Vaitsa Giannouli, Nikolaos Syrmos (Bulgarian Academy of Sciences, Sofia, Bulgaria, Aristotle University of Thessaloniki, Greece)  
Presenting author: **N. Syrmos**
- 18.46 - 18.48**      **Discussion**
- 18.48 - 18.58**      **The role of Vitamin D in Atopic Dermatitis**  
Virginia - Evdokia Pappa (First Dept of Dermatology and Venereology, School of Medicine, Aristotle University of Thessaloniki, Greece), Efstratios Vakirlis, Elena Sotiriou, Aimilios Lalas, Demetrios Ioannides (Hospital of Venereal & Skin Diseases, Thessaloniki, Greece)  
Presenting author: **V.-E. Pappa**
- 18.58 - 19.00**      **Discussion**
- 19.00 - 19.10**      **Anxiety and Depression is associated with decreased Vitamin D levels in an elderly population in Northern Greece**  
Zaromytidou Evangelia, Notopoulos Athanasios (Nuclear Medicine Dept, Hippokration GH, Thessaloniki, Greece), Kalesis Konstantinos, Kalliopi Kotsa (Division of Endocrinology and Metabolism, 1st Dept of Internal Medicine, AHEPA University Hospital, Aristotle University of Thessaloniki, Greece), Siampanopoulou Maria (Nuclear Medicine Dept, Gävle Hospital, Gävle, Sweden), Drivakou Despoina (Psychologist – Family Therapist Care)  
Presenting author: **D. Drivakou**
- 19.10 - 19.12**      **Discussion**
- 19.12 - 19.30**      **Questions - Comments**
- 19.30 - 20.15**      **Satellite Lecture RAFARM (page 6)**

## **FRIDAY, 31 AUGUST 2018**

**10.00 - 10.30**

**Session 7**

**Moderators: M. Georgitsi, A. Notopoulos**

**Measurement of vitamin D metabolites - Assays**

**D. Naughton**

**10.30 - 11.00**

**Session 8**

**Moderators: P. Giannoulaki, K. Kotsa**

**Vitamin D and Nutrition (Food fortification - Optimizing Vitamin D status in the Mediterranean region-a global perspective)**

**E. Kotzakioulafi**

**11.00 - 11.30**

**Session 9**

**Moderators: K. Kotsa, J. Yovos**

**Vitamin D and obesity**

**S. Tigas**

**11.30 - 12.30**

**Closing Remarks**

**Full panel of speakers**

## **Satellite Lecture RAFARM**

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### **THURSDAY 30 AUGUST 2018**

**19.30 - 20.15**

**Vitamin D supplementation in clinical practice: a practical approach**

**Speakers: T. Koufakis, E. Rapti**

## MODERATORS – SPEAKERS

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**Fatme Al Anouti** / PhD, Associate Professor, Zayed University, Natural Science and Public Health Dept, Abu Dhabi, United Arab Emirates, Assistant Dean, Natural and Health Sciences College, United Arab Emirates

**Panagiotis Anagnostis** / Endocrinologist MD, MSc, PhD, Unit of Reproductive Endocrinology, First Dept of Obstetrics and Gynecology, Medical School, Aristotle University of Thessaloniki, Greece

**Kyriakos Anastasiadis** / Professor of Cardiac Surgery, Aristotle University of Thessaloniki, Head of Cardiothoracic Dept, AHEPA University Hospital, Thessaloniki, Greece, Vice Head of the School of Medicine, Aristotle University of Thessaloniki

**Apostolos Athanasiadis** / Professor in Obstetrics - Gynecology - Maternal Fetal Medicine, Chairman of the 3rd Dept Ob-Gyn, Aristotle University of Thessaloniki, Greece

**Alexandra Bargiota** / Assistant Professor in Internal Medicine-Endocrinology, Head of the Dept of Endocrinology and Metabolic Diseases, University of Thessaly, Larissa, Greece

**Eleni Bili** / Assistant Professor, 1st Obstetrics and Gynecology Clinic, Faculty of Health Sciences, Dept of Medicine, Aristotle University of Thessaloniki, Greece

**Elias Castanas** / Professor of Experimental Endocrinology, University of Crete, Greece

**Theodoros Dardavesis** / Hygienist - Biopathologist, Professor of Hygiene and Social Medicine, Medical School, Dean of the School of Health Sciences, Aristotle University of Thessaloniki, Greece

**Despoina Drivakou** / PhD, MSc, Family Therapist, Academic Staff AMC, Greece

**Erdinc Dursun** / Associate Professor, Cerrahpasa Faculty of Medicine, Dept of Medical Biology, Brain and Neurodegenerative Disorders Research Lab, Istanbul University, Turkey

**Marianna Georgitsi** / Assistant Professor, Laboratory of Medical Biology and Genetics, Faculty of Health Sciences, Dept of Medicine, Aristotle University of Thessaloniki, Greece

**Duygu Gezen Ak** / Associate Professor, Cerrahpasa Faculty of Medicine, Dept of Medical Biology, Brain and Neurodegenerative Disorders Research Lab, Istanbul University, Turkey

**Parthena Giannoulaki** / Clinical Dietitian (Msc), Head of Dept of Dietetics & Nutrition, AHEPA University Hospital, Thessaloniki, Greece

**Dimitrios Goulis** / Associate Professor of Reproductive Endocrinology, Unit of Reproductive Endocrinology, 1st Dept of Obstetrics - Gynecology, Aristotle University of Thessaloniki, Greece

**William Grant** / Sunlight, Nutrition, and Health Research Center, San Francisco, CA, USA

**Spyridon N. Karras** / Senior Research Associate, Division of Endocrinology - Diabetes, 1st Dept of Internal Medicine, AHEPA University Hospital, Thessaloniki, Greece

**Eva Kassi** / MD, PhD, Associate Professor, Laboratory of Biological Chemistry of the Medical School, University of Athens, Greece

**Niki Katsiki** / Internist, MD, MSc, PhD, FRSPH, Member of the Executive Board of the Hellenic Association of Atherosclerosis, Scientific Associate of the 2nd Propedeutic Dept of Internal Medicine, Hippokration GH, Aristotle University of Thessaloniki, Greece

**Kalliopi Kotsa** / Assistant Professor of Endocrinology - Diabetes, 1st Dept of Internal Medicine, AHEPA University Hospital Thessaloniki, Greece

**Evangelia Kotzakioulafi** / Dietitian- Nutritionist, Scientific Associate of Center for Obesity Management (EASO accredited), 1st Propedeutic Dept of Internal Medicine, AHEPA University Hospital Thessaloniki, Greece

## MODERATORS – SPEAKERS

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**Theocharis Koufakis** / MD, PhD, Research Associate, Division of Endocrinology-Diabetes, 1st Dept of Internal Medicine, AHEPA University Hospital, Thessaloniki, Greece

**Andreas Margioris** / Emeritus Professor, Medical School, University of Crete, Greece

**Alaylıoğlu Merve** / PhD Candidate, Dept of Medical Biology, Cerrahpasa Faculty of Medicine, Istanbul University, Turkey

**Alexandra-Maria Michailidou** / Assistant Professor of Food Science and Nutrition, Dept of Food Science and Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Greece

**Salvatore Minisola** / Professor of Internal Medicine, Dept of Internal Medicine and Medical Disciplines, "Sapienza" Rome University, Italy

**Zadalla Mouslech** / Endocrinologist, President of Hellenic Endocrine Society, Thessaloniki, Greece

**Declan P. Naughton** / PhD, Professor of Biomolecular Sciences, Interim Dean for Research, Faculty of Science, Engineering & Computing, Kingston University, London

**Athanasios Notopoulos** / MD, MBA, PhD, Head of Nuclear Medicine Dept, Hippokration GH, Thessaloniki, Greece

**Grigorios Panagiotou** / MD, PhD Candidate, Laboratory of Pharmacology, School of Medicine, Aristotle University of Thessaloniki, Greece

**Virginia-Evdokia Pappa** / First Dept of Dermatology and Venereology, School of Medicine, Aristotle University of Thessaloniki, Greece

**Kalliopi Pazaitou - Panagiotou** / Endocrinologist, Coordinator Director of the Endocrinology Dept, Theageneio Cancer Hospital, Thessaloniki, Greece

**Eleni Rapti** / MD, Research Associate, Division of Endocrinology-Diabetes, 1st Dept of Internal Medicine, AHEPA University Hospital, Thessaloniki, Greece

**Christos Stefanidis** / PhD Student, Blizard Institute, Barts and the London School of Medicine and Dentistry

**Nikolaos Syrmos** / MD, Postgraduate Student, Medical School, Aristotle University of Thessaloniki, Greece

**Stilianos Tigas** / MD, PhD, MRCP, Assistant Professor of Endocrinology, Head, Dept of Endocrinology and Diabetes, University Hospital of Ioannina, Greece

**Andreas Tsakalof** / Associate Professor of Medical Chemistry, European Registered Toxicologist, Vice President of Hellenic Society of Toxicology, University of Thessaly School of Medicine, Greece

**Panagiotis Tsaklis** / Professor, Lab Biomechanics & Ergonomics, Dept Physiotherapy ATEI, Thessaloniki, Greece, Dept of Molecular Medicine and Surgery, Growth and Metabolism, Karolinska Institute, Sweden

**Xanthippi Tsekmekidou** / MD, PhD Candidate, Division of Endocrinology and Metabolism-Diabetes Center, 1st Internal Medicine Dept, Medical School, AHEPA University Hospital, Aristotle University of Thessaloniki, Greece

**Themistoklis Tzotzas** / Endocrinologist - Diabetologist, Doctor of Medicine AUTH, Scientific Associate, 1st Propedeutic Dept of Internal Medicine, AHEPA University Hospital, Aristotle University of Thessaloniki, St Luke's Hospital, Thessaloniki, Greece

**Souzana - Eirini Xyda** / Resident of Internal Medicine, Hippokration University Hospital, Aristotle University Thessaloniki, Greece

**John Yovos** / Professor Emeritus of Medicine & Endocrinology, Aristotle University of Thessaloniki, Medical School, Greece

**Pantelis Zebekakis** / Professor of Internal Medicine, Head of the 1st Dept of Internal Medicine, AHEPA University Hospital, Thessaloniki, Greece



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## GENERAL INFORMATION

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**CERTIFICATE OF ATTENDANCE** The certificate is marked with **12 CME/CPD credits** of continuous medical education from UEMS. The certificates will be send via email.

**LIVE WEBCAST - VIDEO ON DEMAND** The conference will be live broadcasted via [www.livemedia.gr/vitamind18](http://www.livemedia.gr/vitamind18). Videos on demand will be available after the conference.

**PRESENTATIONS** Computers and slide projectors will be available for presentations. Speakers are kindly requested to give their presentation to the AV reception at least two (2) hours before the presentation.

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