



3rd International Autumn School of Clinical Sciences

***'Redefining Multidisciplinary Excellence in Clinical Care and
Pharmalogical Solutions'***

25-27 September
Hilton Roma EUR La Mama





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25 September 2026

09.00 - 09.30	Opening Ceremony <i>Birgöl Dağ, Çetin Kaymak, Melina Karipidou</i>
09.30 - 10.45	What's new in Medical Nutrition ? <i>Chairs:</i> Seher Demirer, Serdar Karaca, Melina Karipidou
09.30 - 09.45	Malnutrition: Etiology, Epidemiology, and Clinical Outcomes <i>Güzin Tümer</i>
09.45 - 10.00	The Relationship Between Inflammation, Gut Microbiota and the Immune System <i>Erdoğan Çetinkaya</i>
10.00 - 10.15	Nutrition Care in Adult with Type I Diabetes: Current Evidence and Future Directions <i>Melina Karipidou</i>
10.15 - 10.30	Improving Adherence to Dietary Interventions for Cardiometabolic Health: Barriers and Facilitators <i>Evangelia Fappa</i>
10.30 - 10.45	Discussion
10.45 - 11.15	COFFEE BREAK
11.15 - 12.15	Optimizing Nutrition in Complex Metabolic Conditions <i>Chairs:</i> Melda Türkoğlu, Erdoğan Çetinkaya, Evangelia Fappa
11.15- 11.45	Nutritional Roles of Arginine and Glutamine <i>Gözde Ayçiçek</i>
11.45 - 12.15	Protein Strategies to Preserve Lean Body Mass <i>Hasan Doğan</i>
12.00 - 12.30	Discussion

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12.30- 13.30 **LUNCH**

13.30 - 14.45 **Disease Related Malnutrition Across the Patient Journey**

Chairs: Seda Banu Akıncı, Zehra Büyüktuncer

13.30 - 13.45 **Metabolic Stress and the Role of Targeted Nutrition**

Kubilay İşsever

13.45 - 14.00 **Serum Albumin in Nutritional Assessment and Prognosis**

Melike Cengiz

14.00 - 14.15 **Glycemic Control Strategies in Diabetic Patients**

Cafer Balcı

14.15 - 14.30 **Prehabilitation: Importance of Pre-Op Nutrition in Surgical Patients**

Alper Sözütek

14.30 - 14.45 **Dicussion**

14.45 - 15.15 **COFFEE BREAK**

15.15 - 16.30 **Open Session: Nutritional Care Model**

Chairs: Pinar Arı, Ali Sapmaz

15.15 - 16.30 **Nutrition Assessment and Reassessment, Diagnosis, Intervention, Monitoring and Evaluation**

Fırat Kocaay, Hasan Doğan, Nur Şimşek Yurt

16.30 - 17.00 **New Horizons in Type1-2 Diabetes Management: Current Evidence on Pharmalogical Treatment Strategies**

Cafer Balcı

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26 September 2026

09.00 - 10.15	Multidisciplinary Approach of Medical Nutrition: Collaboration in Oncology Patients <i>Chairs: Müge Akmansu, Birgül Dağ, Paraskevi Detopoulou</i>
09.00 - 09.15	Medical Oncology <i>Birol Ocak</i>
09.15 - 09.30	Radiation Oncology <i>Şule Karabulut Gül</i>
09.30 - 09.45	Surgery <i>Ahmet Rencüzoğulları</i>
09.45 - 10.00	Dietician <i>Pınar Arı</i>
10.00 - 10.15	Discussion

10.15 - 10.45 **COFFEE BREAK**

10.45 - 11.45	Intergrating Nutritional Care into Health Systems <i>Chairs: Mehmet Uyar, Erdem Yaka, Anastasia Kolomvotsou</i>
10.45 - 11.00	Drug - Nutrient Interactions <i>Paraskevi Detopoulou</i>
11.00 - 11.15	Nutritional Management of Patients Using GLP-1 Receptor Agonists <i>Anastasia Kolomvotsou</i>
11.15 - 11.30	Clinical Perspectives on Magnesium and Probiotics Supplementation in Elderly Patients <i>Pınar Soysal</i>
11.30 - 11.45	Cancer Disease Strategies: Nutritional Care Equality <i>Derya Hopancı Bıçaklı</i>
11.45 - 12.00	Discussion

12.00 - 13.30 **LUNCH**

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- 13.30 - 14.45 **Collaboration of Clinical Nutrition Professionals Along the Patient Journey in Elderly: Malnutrition, Frailty, Sarcopenia, and Cachexia**
***Chairs:** Derya Hopancı Bıçaklı, Serhan Yılmaz*
- 13.30 - 13.50 **Neurology Patient**
Erdem Yaka
- 13.50 - 14.10 **Geriatric Patient**
Pınar Soysal
- 14.10 - 14.30 **Home Health Patient**
Nur Şimşek Yurt
- 14.30 - 14.45 **Dicussion**

14.45 - 15.15 **COFFEE BREAK**

- 15.15 - 16.30 **Expert Roundtable Panel**
***Chairs:** Birgül Dağ, Çetin Kaymak*
Translating Evidence into Nutrition Practice
Zehra Büyüktuncer, Derya Hopancı Bıçaklı, Güzin Tümer

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26 September 2026

16.30 - 17.45	Beyond Glycemic Control: The Evolving Role of SGLT2 Inhibition in Type 2 Diabetes <i>Chairs: Çetin Kaymak, Gözde Ayçiçek</i>
16.30-16.50	Type 2 Diabetes in 2026: Integrating Glycemic Control and Organ Protection <i>Kubilay İşsever</i>
16.50 - 17.10	Dapagliflozin Across the Cardio-Renal-Metabolic Spectrum <i>Cafer Balcı</i>
17.10 - 17.30	Choosing the Right Patient for Dapagliflozin: Practical Clinical Scenarios <i>Gözde Ayçiçek</i>
17.30 - 17.45	Discussion

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27 September 2026

09.30 - 11.00	Trend Topic Highlights in Nutrition <i>Chairs: Seda Banu Akıncı, Hülya Başar</i>
09.30 - 10.00	Nutrition Care in Obesity <i>Seher Demirel</i>
10.00 - 10.30	Hydration and Electrolyte Balance in Vulnerable Patients <i>Birgül Dağ</i>
10.30 - 11.00	The Impact and Practice of ICD-11 on Malnutrition <i>Müge Akmansu</i>
11.00 - 11.30	COFFEE BREAK
11.30 - 11.45	Rational Nutritional Treatment Use <i>Hülya Başar</i>
11.45 - 12.00	Closing Ceremony <i>Çetin Kaymak</i>

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BİLİMSEL SEKRETERYA



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