

XXI NATIONAL SYMPOSIUM ON ENDOCRINOLOGY

ENDOCRINE SYSTEM AND THE ENVIRONMENT



Българско дружество по
ЕНДОКРИНОЛОГИЯ
Bulgarian Society of Endocrinology

**8 - 11 October
2026**

Grand Hotel Plovdiv



PROGRAM

Thursday, 08.10.2026

09:00	<i>Registration</i>
15:00 – 16:10	I Scientific session: Young scientists 1: Thyroid Disorders / Pituitary, Adrenal, and Gonadal Disorders <i>Moderators: Assoc. Prof. N. Chakarova, Assoc. Prof. R. Robeva</i>
15:00 - 15:05	The role of core needle biopsy in the diagnosis of thyroid malignancies Dr. L. Petrova
15:05 – 15:10	Clinical application of FNA washout analysis for thyroglobulin, calcitonin and parathyroid hormone Dr. E. Chobankova
15:10 - 15:15	Diagnostic value of ultrasound-guided fine-needle aspiration biopsy in thyroid carcinoma - a single-center study Dr. R. Atanasova
15:15 - 15:20	Subacute thyroiditis before and after the COVID-19 pandemic – a retrospective analysis of clinical characteristics and therapeutic response Dr. Y. Ignatova
15:20 - 15:25	Interleukin profile during antithyroid drug therapy for Graves' disease - a prospective study Dr. L. Lilova
15:25 - 15:30	Efficacy of selenium supplementation in Graves' orbitopathy Dr. V. Karamiteva
15:30 - 15:35	Inflammation, hypoxia, and autoimmune thyroid dysregulation in COVID-19 Dr. M. Todorova
15:35 - 15:40	Association between smoking and thyroid nodule characteristics – ultrasound and cytological findings Dr. K. Gospodinov
15:40 - 15:45	Pathogenic RNPC3 gene variants as a cause of childhood hypopituitarism and hypergonadotropic hypogonadism Dr. E. Peneva

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15:45 - 15:50	Craniopharyngioma with secondary involvement of the pituitary gland - an analysis of 22 clinical cases Dr. M. Markova
15:50 - 15:55	Primary bilateral adrenal diffuse large B-cell lymphoma presenting with adrenal crisis: A case report from Bulgaria Dr. T. Dimitrov
15:55 - 16:00	Non-classical congenital adrenal hyperplasia caused by CYP21A1P/CYP21A2 gene conversion as a cause of premature androgenization in childhood - a clinical case Dr. L. Hamoto
16:00 - 16:05	Xenoestrogens as endocrine disruptors: potential role in hormone-dependent gynecological pathology Dr. K. Chechev
16:05 - 16:10	Multisystemic complications due to abuse of anabolic androgenic steroids and glucocorticoids – a clinical case Dr. D. Kostova
16:10 - 16:40	<i>Coffee break</i>
16:40 - 17:35	Scientific session: Young scientists 2: Diabetes Mellitus and Metabolic Disorders <i>Moderators: Assoc. Prof. N. Chakarova, Assoc. Prof. R. Robeva</i>
16:40 - 16:45	MODY XII and/or type 1 diabetes mellitus: a diagnostic and therapeutic challenge in a pediatric patient Dr. G. Dzhikova
16:45 - 16:50	Skin autofluorescence as a marker of microvascular complications in type 2 diabetes Dr. D. Nikolova
16:50 - 16:55	Serum VEGF-A as a potential biomarker of diabetic peripheral neuropathy and diabetic nephropathy in type 2 diabetes Dr. D. Nikolova
16:55 – 17:00	Relationship between metabolic dysfunction-associated steatotic liver disease and metabolic risk assessed by electrochemical skin conductance Dr. M. Salkova

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17:00 – 17:05	Circulating MFGE8 levels and their association with insulin resistance and diabetic microvascular complications in type 2 diabetes Dr. S. Yordanova
17:05 - 17:10	Diabetes mellitus in 2024 in Bulgaria - analysis of data from the National health information system, National statistical institute and Executive agency for the environment of the Republic of Bulgaria Dr. D. Petrova
17:10 - 17:15	Comparative analysis of glycemic control in patients with type 1 diabetes in real-world clinical practice: Advanced hybrid closed-loop system (Medtronic MiniMed 780G) versus conventional pump therapy Dr. P. Tsarkova
17:15 - 17:20	Immunometabolic profile in post-COVID disorders of glucose metabolism: association with β -cell dysfunction Dr. V. Tsvetkova
17:20 - 17:25	The smoking–obesity nexus: from the smoker's paradox to the therapeutic promise of GLP-1 receptor agonists Dr. Y. Naydenov
17:25 - 17:30	Hypovitaminosis D and smoking - risk factors for lipid disorders in patients with Metabolic Syndrome Dr. T. Ivanova
17:30 - 17:35	Vitamin D deficiency and high body weight have a significant effect on the 60-minute oGTT in patients with Metabolic Syndrome Dr. K. Todorov
17:40- 18:00	Satellite Symposium Dexcom 5 years of reimbursement of sensors for continuous glucose monitoring in Bulgaria N. Gerev
18:00 – 18:20	Satellite Symposium Merck New NICE recommendations and the use of extended-release metformin Prof. T. Tankova
18:30 – 19:00	Opening ceremony
19:00 - 21:00	Dinner

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Friday, 09.10.2026

08:30 - 10:00

II Scientific Session: Xenobiotics and the endocrine system

Moderators: Assoc. Prof. A. Elenkova, Prof. M. Orbetsova

08:30 - 8:50

Exposure to endocrine disrupting chemicals and their role in childhood
Dr. Z. Todorova

08:50 - 09:10

Environment and type 1 diabetes
Assoc. Prof. N. Chakarova

09:10 - 09:30

Air pollution and reproductive health
Assoc. Prof. Tz. Totomirova

09:30 - 09:50

Substances associated with adrenal tumorigenesis
Assoc. Prof. A. Elenkova

09:50 - 10:00

Discussion

10:00 - 10:30

Coffee break

10:30 - 12:00

III Scientific Session: Medications affecting hormone synthesis, metabolism, and action

Moderators: Prof. M. Mitkov, Prof. Z. Kamenov

10:30 - 10:50

Drugs that interfere with the synthesis and action of steroid hormones
Prof. M. Orbetsova

10:50 - 11:10

Drug influences on the hypothalamic–pituitary–thyroid axis
Prof. M. Siderova

11:10 - 11:30

Medications affecting erectile function
Prof. Z. Kamenov

11:30 - 11:50

Hypertriglyceridemia
Prof. N. Runev

11:50 - 12:00

Discussion

12:00 - 12:20

Satellite Symposium Polpharma

Moderator: Assoc. Prof. A. Shinkov

Cardiometabolic Risk Beyond Glycemic Control: The Role of LDL Cholesterol and Statin Therapy
Prof. N. Runev



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12:20 – 12:50

Satellite Symposiu Berlin-Chemie/A.Menarini

Are SGLT2i going to replace metformin as first line therapy in Type 2 diabetes?

Prof. T. Tankova



**BERLIN-CHEMIE
MENARINI**

12:50 – 13:00

Satellite Symposium Valentis

Characteristics of Bone Metabolism

Assoc. Prof. A. Shinkov



13:00 - 14:00

Lunch

14:00 - 15:50

IV Scientific Session: Dietary supplements and the endocrine system

Moderators: Prof. T. Tankova, Assoc. Prof. A. Shinkov

14:00 - 14:20

Dietary supplements and the thyroid gland

Prof. G. Momekov

14:20 - 14:40

Dietary supplements and gonadal function

Assoc. Prof. R. Robeva

14:40 - 15:00

Dietary supplements and diabetes

Prof. T. Tankova

15:00 - 15:20

Interference of supplement ingredients with hormone testing

Assoc. Prof. J. Hristova

15:20 - 15:40

Labeled "food supplement"

Assoc. Prof. E. Petkova-Georgieva

15:40 - 15:50

Discussion

15:50 - 16:00

Satellite Symposium MLD Trading

Vitamin D3 IBSA Orodispersible Film: When and Why?

Prof. Z. Kamenov



16:00 - 16:30

Coffee break

16:30 - 18:00

V Scientific Session: The environment and the Hypothalamic–Pituitary–Thyroid axis beyond iodine deficiency

Moderators: Prof. R. Kovatcheva, Prof. M. Siderova

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16:30 - 16:50	Geochemical factors in thyroid health Assoc. Prof. A. Shinkov
16:50 - 17:10	Endocrine disruptors and the thyroid gland Assoc. Prof. Zh. Boneva, <u>Dr. V. Mirchev</u>
17:10 - 17:30	Fat burners and endocrine health Assoc. Prof. B. Nonchev
17:30 - 17:50	Nutrition and thyroid disorders Prof. R. Kovatcheva
17:50 - 18:00	Discussion
18:00 - 19:00	Meeting of the Bulgarian Society of Endocrinology
19:30 - 21:30	<i>Dinner</i>

Saturday, 10.10.2026

8:30 – 9:00	Practical Module
09:00 - 11:00	VI Scientific Session: Endocrinology, Public perceptions, and Pseudoscience <i>Moderators: Assoc. Prof. M. Petkova, Assoc. Prof. M. Boyadzhieva</i>
09:00 - 09:20	Beyond the pleasure principle Assoc. Prof. T. Donchev
09:20 - 09:40	Myths and misconceptions in supporting endocrine glands Assoc. Prof. M. Petkova
09:40 - 10:00	Adrenal fatigue and other myths and legends Dr. J. Matrozova
10:00 - 10:20	The role of immunostimulants in clinical practice Prof. D. Kyurkchiev
10:20 - 10:40	Myths in autoimmune endocrine diseases: bridging evidence and clinical practice Assoc. Prof. M. Petkova
10:40 - 10:50	Discussion
11:00 - 11:30	<i>Coffee break</i>

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11:30 – 12:10

Satellite Symposium Novo Nordisk
Live Lighter with Wegovy®
Moderator: Prof. Ts. Tankova
Assoc. Prof. A. Gateva, Assoc. Prof. R. Dimova



12:10 – 12:40

Satellite Symposium Boehringer Ingelheim
Early intervention with JARDIANCE to manage cardio-renal risk in T2D
Prof. T. Tankova, Assoc. Prof. N. Chakarova



12:40 – 13:00

Scientific pause

13:00 - 14:00

Lunch

14:00 - 15:30

VII Scientific Session: Nutrition and the endocrine system
Moderators: Prof. T. Handjieva-Darlenska, Prof. M. Boyanov

14:00 - 14:20

What should (not) people with diabetes eat? practical recommendations
Assoc. Prof. R. Dimova

14:20 - 14:40

Why is vitamin d low?
Dr. Y. Vlahov

14:40 - 15:00

Dietary approach for the safe and effective use of medications for obesity treatment
Prof. T. Handjieva-Darlenska

15:00 - 15:20

Alcohol and the endocrine system
Assoc. Prof. B. Nonchev

15:20 - 15:30

Discussion

15:30 – 16:00

Satellite Symposium AstraZeneca



T2D & CKD: Clinical benefits for the patient and more sustainable future
Assoc. Prof. R. Dimova, Prof. M. Lubomirova

16:00 - 16:30

Coffee break

16:30 – 18:30

VIII Scientific Session: Ecology, genetics, and the endocrine system
Moderators: Prof. L. Lozanov, Assoc. Prof. K. Todorova

16:30 - 16:50

Identical BMI, different biology: the role of epigenetics
Assoc. Prof. L. Lozanov

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16:50 - 17:10	Microplastics in endocrine health Assoc. Prof. N. Stoynev
17:10 - 17:30	Interaction between genetic predisposition and environmental influence in endocrinology Prof. A. Savov
17:30 - 17:50	The bidirectional relationship: obesity as an ecological problem and climate as a health factor Dr. N. Yaneva
17:50 – 18:10	Environmental factors and male reproductive system Prof. Ph. Kumanov
18:10 - 18:20	Discussion
18:30 - 19:00	Closing Ceremony
20:00 - 22:00	Dinner

Sunday, 11.10.2026

09:00 - 12:00	Seminar: Bone Health – Between genetics and lifestyle
9:00 – 9:30	Genetic predisposition for skeletal and bone health Prof. M. Boyanov
9:30 – 10:00	Gravitation and mechanotransduction – the moving force of skeletal health Assoc. Prof. A. Shinkov
10:00 – 10:30	Coffee break
10:30 – 11:00	Evolutionary adaptation of skeletons to ultraviolet rays and the nutrient environment Assoc. Prof. P. Popivanov
11:00 – 11:30	Factors affecting bone health Dr. N. Temelkova
11:30 – 12:00	Discussion