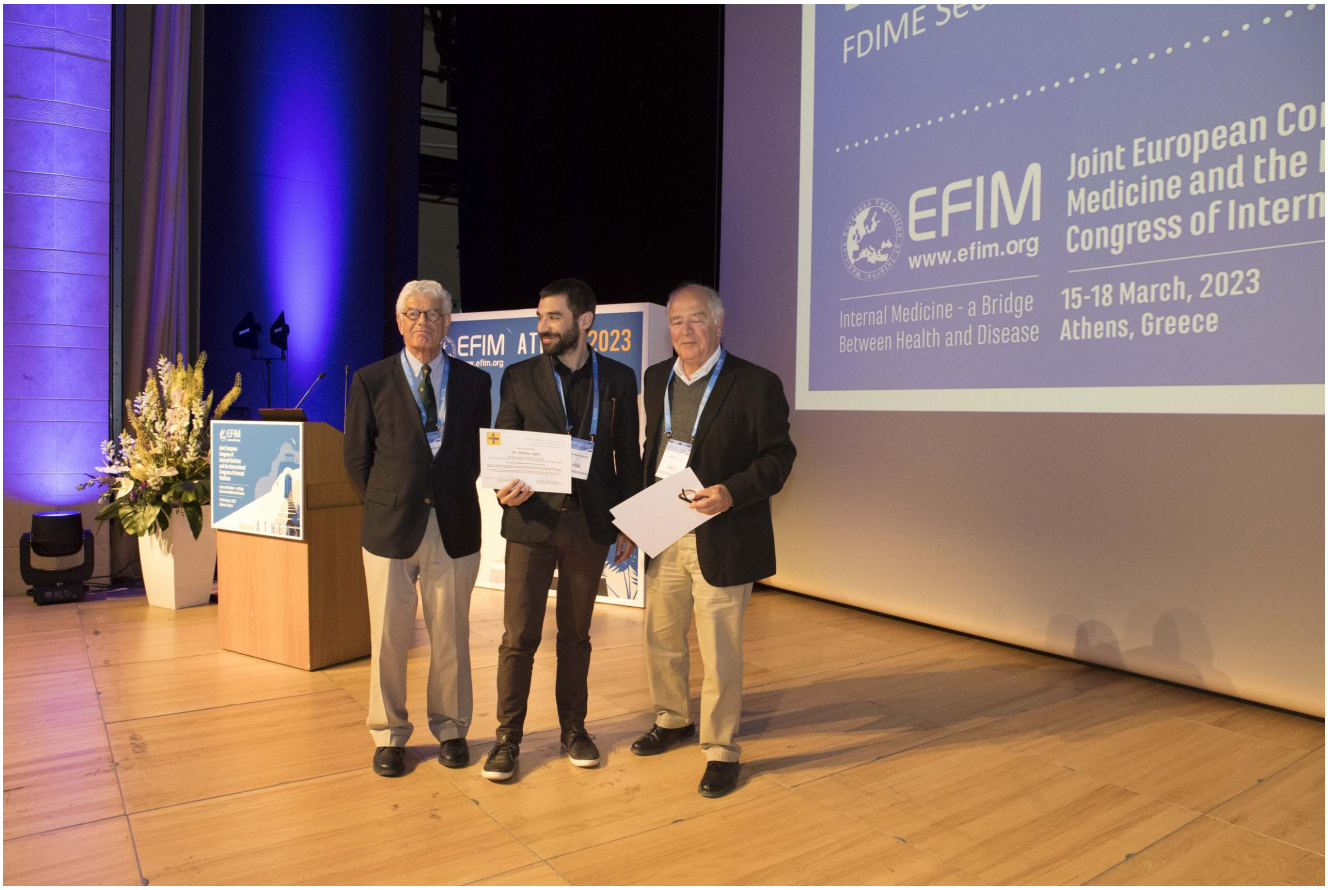
ECIM 2023 Photo Gallery

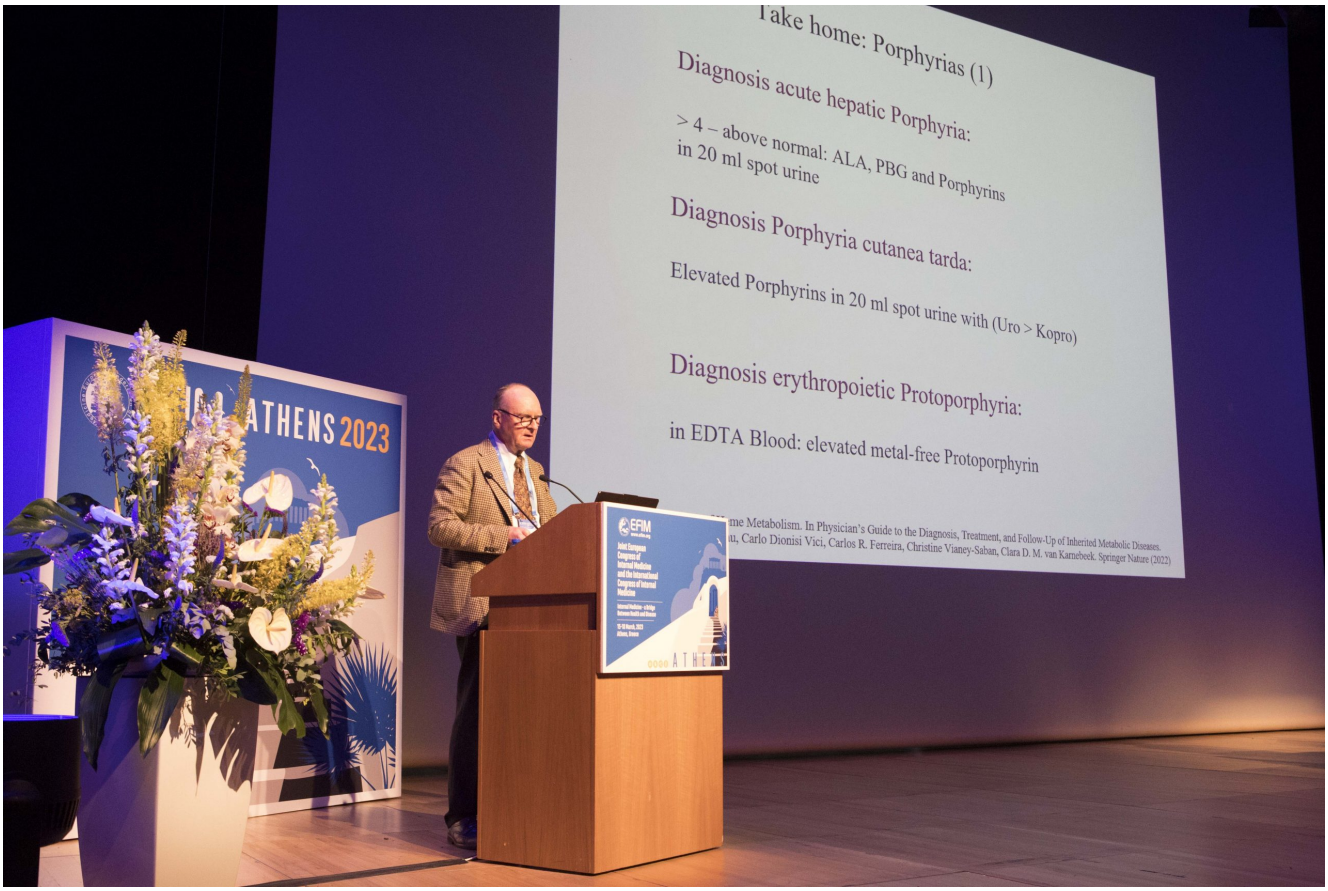


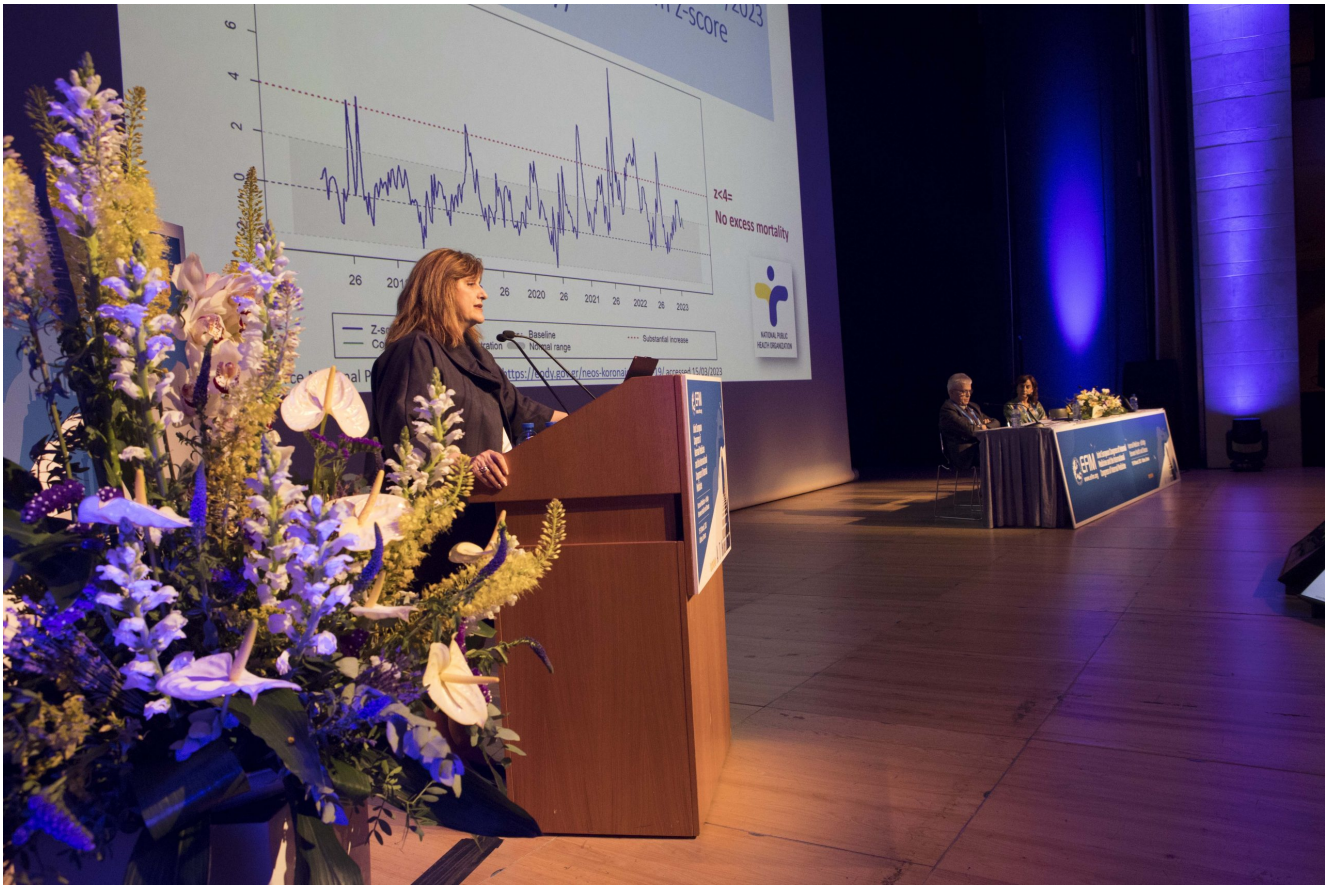
EFIM
www.efim.org
Internal Medicine - a Bridge
Between Health and Disease
Athens, Greece

EFIM ATHENS 2023
www.efim.org
Dr. Álex Gar
Disseminated Necrot
Manifistation of Coca
Internal Medicine and
Internal Medicine
Internal Medicine
Between Health an

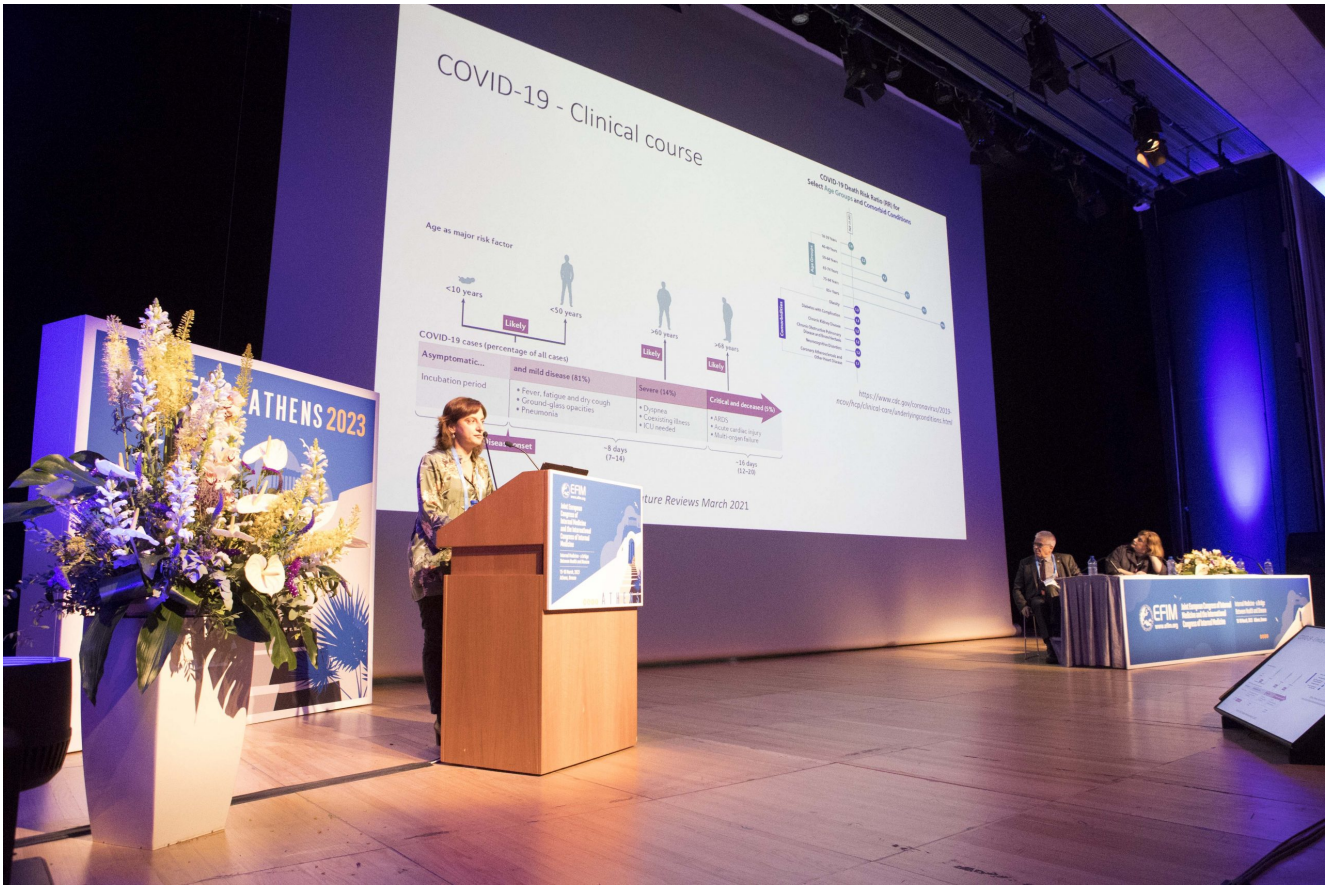
Save the date
EFIM ATHENS 2023
www.efim.org
efim.org/ecim2024

Therapy acute Porphyrias:
Avoid Trigger, Caloric support (Glucose), Heme (Normosang),
Symptom measures, LTX, si-RNA, (Givosiran)
Therapy Porphyria cutanea tarda:
Phlebotomy, Hydroxychlorochin, Hepatitis C (DAA)
Therapy erythropoietic Protoporphyria:
Light protection, Afamelanotid (Scenesse), Vit D, SCT,
avoid Iron in EPP, use Iron in XLP
EFIM ATHENS 2023
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece


Take home: Porphyrias (1)
Diagnosis acute hepatic Porphyria:
> 4 – above normal: ALA, PBG and Porphyrins
in 20 ml spot urine
Diagnosis Porphyria cutanea tarda:
Elevated Porphyrins in 20 ml spot urine with (Uro > Kopro)
Diagnosis erythropoietic Protoporphyria:
in EDTA Blood: elevated metal-free Protoporphyrin
ATHENS 2023


Z-score
No excess mortality
Baseline
Normal range
Substantial increase
NATIONAL PUBLIC HEALTH ORGANIZATION

New COVID-19 admissions in the Greek hospitals per week (wk40/2021-09/2023)
NATIONAL PUBLIC HEALTH ORGANIZATION
925
Source National Public Health Organization
accessed 15/03/2023
EFIM ATHENS 2023
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece


COVID-19 - Clinical course
Age as major risk factor
<10 years
<50 years
>60 years
>65 years
Likely
Likely
Likely
COVID-19 cases (percentage of all cases)
Asymptomatic...
and mild disease (81%)
Severe (14%)
Critical and deceased (5%)
Incubation period
• Fever, fatigue and dry cough
• Ground-glass opacities
• Pneumonia
• Dyspnea
• Consulting illness
• ICU needed
• ARDS
• Acute cardiac injury
• Multi-organ failure
~8 days
(7–14)
~16 days
(12–28)
ture Reviews March 2021
ATHENS 2023

Eosinophilic cellulitis/ Wells' syndrome
ELICITING FACTORS
Infections
Insect Bites
Vaccines
Drugs
Hematological disorders
Malignancies
FREQUENCY
Rare eosinophilic disorder
~ 200 cases published worldwide
Mainly observed in adults, especially in the second and third decade of life
Family cases have also been reported in the bibliography
HISTORY
First described in 1971 by Wells as a recurrent granulomatous dermatitis with eosinophilia
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a bridge between health and disease
ATHENS

MI
CHF
PVD
CVA
RENAL DISEASE
HBA1C
Ph
Mortality
Spring
Summer
Winter
P
EFIM
Joint European Congress of Internal Medicine and International Congress of Internal Medicine
March, 2023 | Athens, Greece
ATHENS

22nd European Congress of Internal Medicine
March, April 2024
Istanbul-Türkiye
ECIM
Save the date
efim.org/ecim2024
EFIM ATHENS 2023
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece
ATHENS

efim.org/ecim2024

• Burnout highly prevalent & rising
• Growing literature describes/measures burnout
• A variety of possible interventions
• How to proceed?
Self-care workshop
Communication skills training
Resilience
Debriefing sessions and a focus group
Teamwork /Transitions
Workload or schedule reduction
Stress management training
Burnout
Physician + Nurse
Wellness
Taken from Zhang et al. (2020) Medicine (Baltimore) 26;99(26):e20992
EFIM
2023

EFIM
www.efim.org
ATHENS 2023
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece

EFIM
www.efim.org

EXTREMELY EFFECTIVE, NOT ENOUGH PRESCRIBED
THE AMERICAN JOURNAL of MEDICINE
Hypnosis: The Most Effective Treatment You Have Yet to Prescribe
More effective than a placebo
Clearer mode of action than paracetamol
Elkins GR, et al. 2015 - Kittle J, Spiegel D. 2021
UNIVERSITÉ DE GENÈVE
EFIM
ATHENS 2023

Hypnosis-based therapeutic communication in COVID-19 intermediate care
A tool to lighten healthcare workers' heavy burden
A Berner, P Darbellay Farhoumand, M Judde De Larivière, E Ollier, S Convers, P Teixeira Machado, A Langlois, C Marti, T Agathos, M Coen
1. Division of General Internal Medicine, Geneva University Hospitals
2. Unit of Development and Research in Medical Education (UDREM), Faculty of Medicine, University of Geneva, Switzerland.
Athens, March 16th 2023
"Joy in Internal Medicine" Award Session
EFIM
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
15-18 March, 2023 | Athens, Greece
ATHENS
UNIVERSITÉ DE GENÈVE

EFIM
www.efim.org
and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023
Athens, Greece
ATHENS
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece
ATHENS

SKALKOTAS HALL
SKALKOTAS HALL
SKALKOTAS HALL
If it's Covid, it's xlovid

MIRCIM 2023
ACP
ircim.eu

SKALKOTAS HALL
MC 3.5 SPEAKERS' READY ROOM
EXHIBITION HALL
POSTER BOARDS
ACKNOWLEDGMENT
PLATINUM SPONSOR
Pfizer
GOLD SPONSOR
Lilly
BRONZE SPONSORS
GILEAD
MSD
sanofi
SUPPORTERS
EXHIBITORS
EFIM
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine

SKALKOTAS HALL
MC 3.5 SPEAKERS' READY ROOM
EXHIBITION HALL
POSTER BOARDS
ACKNOWLEDGMENT
PLATINUM SPONSOR
Pfizer
GOLD SPONSOR
Lilly
BRONZE SPONSORS
GILEAD
MSD
sanofi
SOBI
SUPPORTERS
EXHIBITORS
EFIM
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
www.efim.org

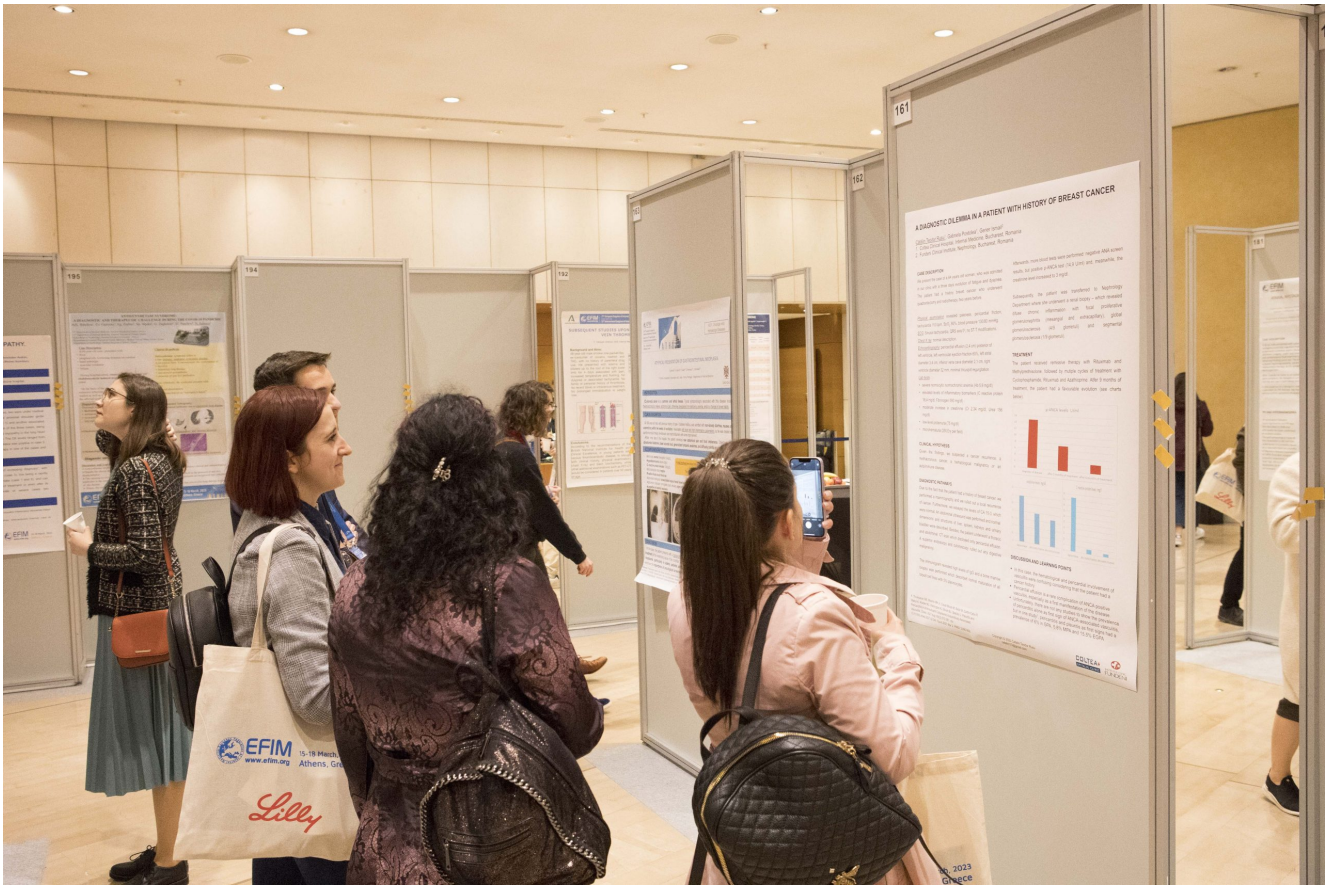
EXIT
wisepress.com
your medical bookshop

185
186
188
15-18 March, 2023
Athens, Greece
ATHENS
Mapping the gene expression landscape of host immune response in brucellosis
THE MULTIDISCIPLINARY APPROACH TO THE INFLAMMATORY SYNDROME
IN PATIENTS WITH MULTIPLE COMORBIDITIES
DISCUSSION AND LEARNING POINTS

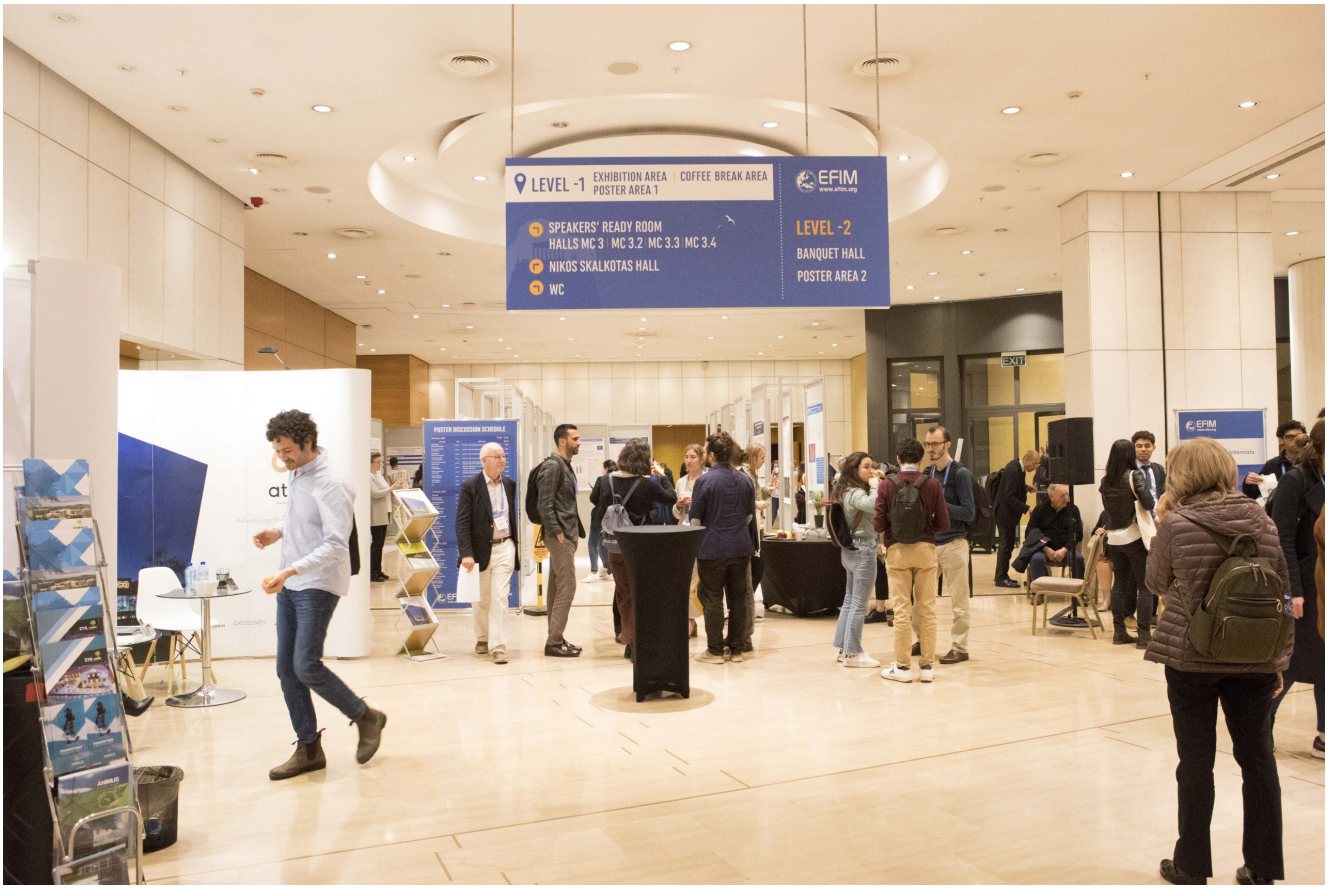
Neuro-ophthalmic Presentation of Granulo
with Polyangiitis with Superimposed Infe
Case of a Challenging Diagnosis

LEVEL -1
EXHIBITION AREA
POSTER AREA 1
COFFEE BREAK AREA
SPEAKERS' READY ROOM
HALLS MC 3 | MC 3.2 | MC 3.3 | MC 3.4
NIKOS SKALKOTAS HALL
WC
EFIM
www.efim.org
LEVEL -2
BANQUET HALL
POSTER AREA 2

LEVEL -1
EXHIBITION AREA
POSTER AREA 1
COFFEE BREAK AREA
SPEAKERS' READY ROOM
HALLS MC 3 | MC 3.2 | MC 3.3 | MC 3.4
NIKOS SKALKOTAS HALL
WC
EFIM
LEVEL -2
BANQUET HALL
POSTER AREA 2


161
A DIAGNOSTIC DILEMMA IN A PATIENT WITH HISTORY OF BREAST CANCER
EFIM
www.efim.org
Lilly

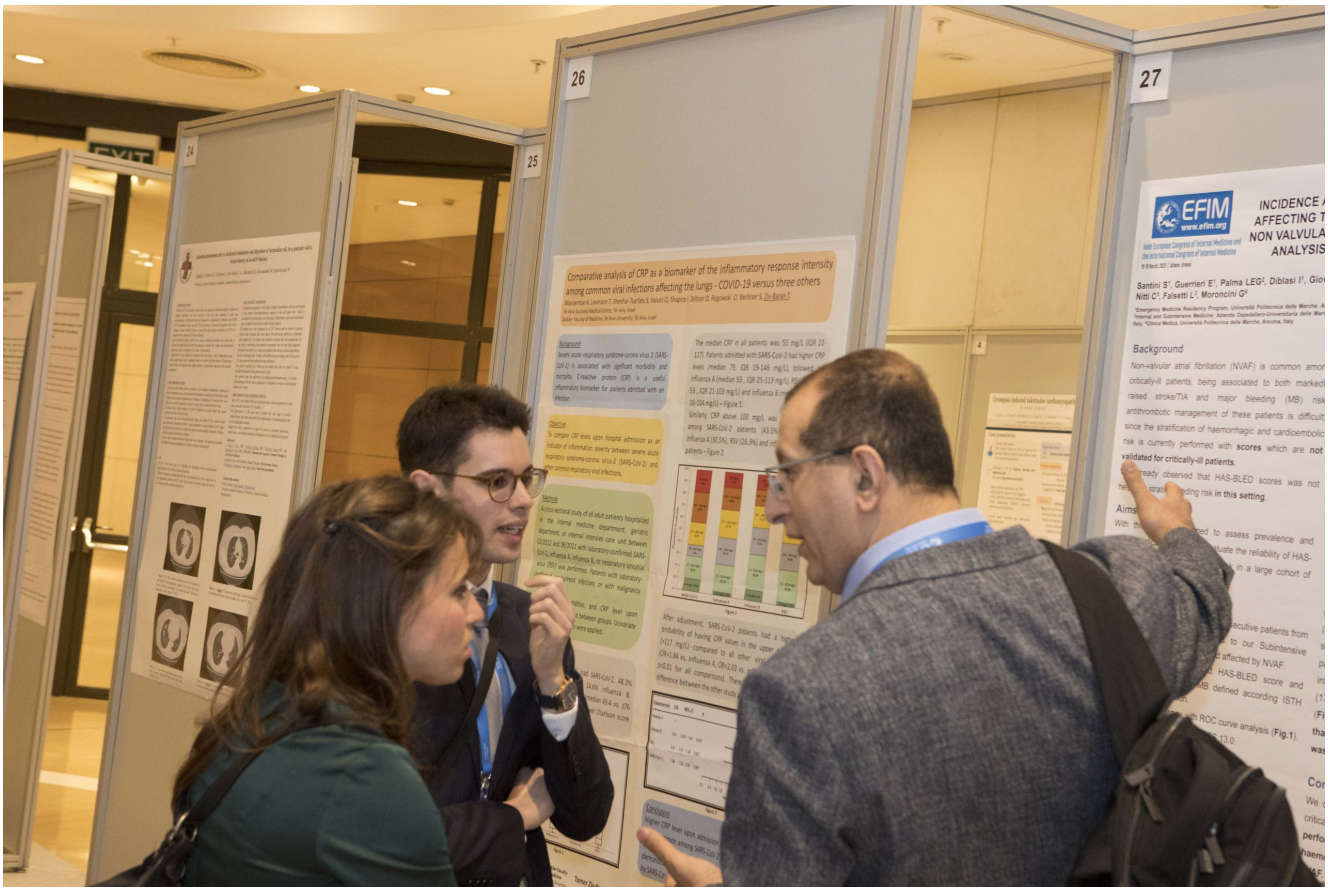
157
158
159
SOMETHING OLD AND SOMETHING NEW
EFIM
Lilly


LEVEL -1
EXHIBITION AREA
POSTER AREA 1
COFFEE BREAK AREA
EFIM
www.efim.org
SPEAKERS' READY ROOM
HALLS MC 3 | MC 3.2 | MC 3.3 | MC 3.4
NIKOS SKALKOTAS HALL
WC
LEVEL -2
BANQUET HALL
POSTER AREA 2
EXIT
POSTER DISCUSSION SCHEDULE

SKALKOTAS HALL
SKALKOTAS HALL

GEMMA ORTIZ
LLAURADÓ
ALBERTO TOSONI

ALKOTAŞ HALL


26
27
EFIM
www.efim.org
Comparative analysis of CRP as a biomarker of the inflammatory response intensity among common viral infections affecting the lungs - COVID-19 versus three others
Background
Objective
Methods
Conclusion
Background

50
51
52
53
54
EFIM
15-18 March, 2023
Athens, Greece
www.efim.org
Lilly

CONFERENC
1 2 3 4

ATHENS 2023
EFIM

EFIM ATHENS 2023
EFIM
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece

EFIM ATHENS 2023
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece

Department of Medicine an
University of Insubr
Varese - Italy
EFIM ATHENS 2023
www.efim.org
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece

Should patients with CAA and AF rather receive LAAO?
EFIM ATHENS 2023

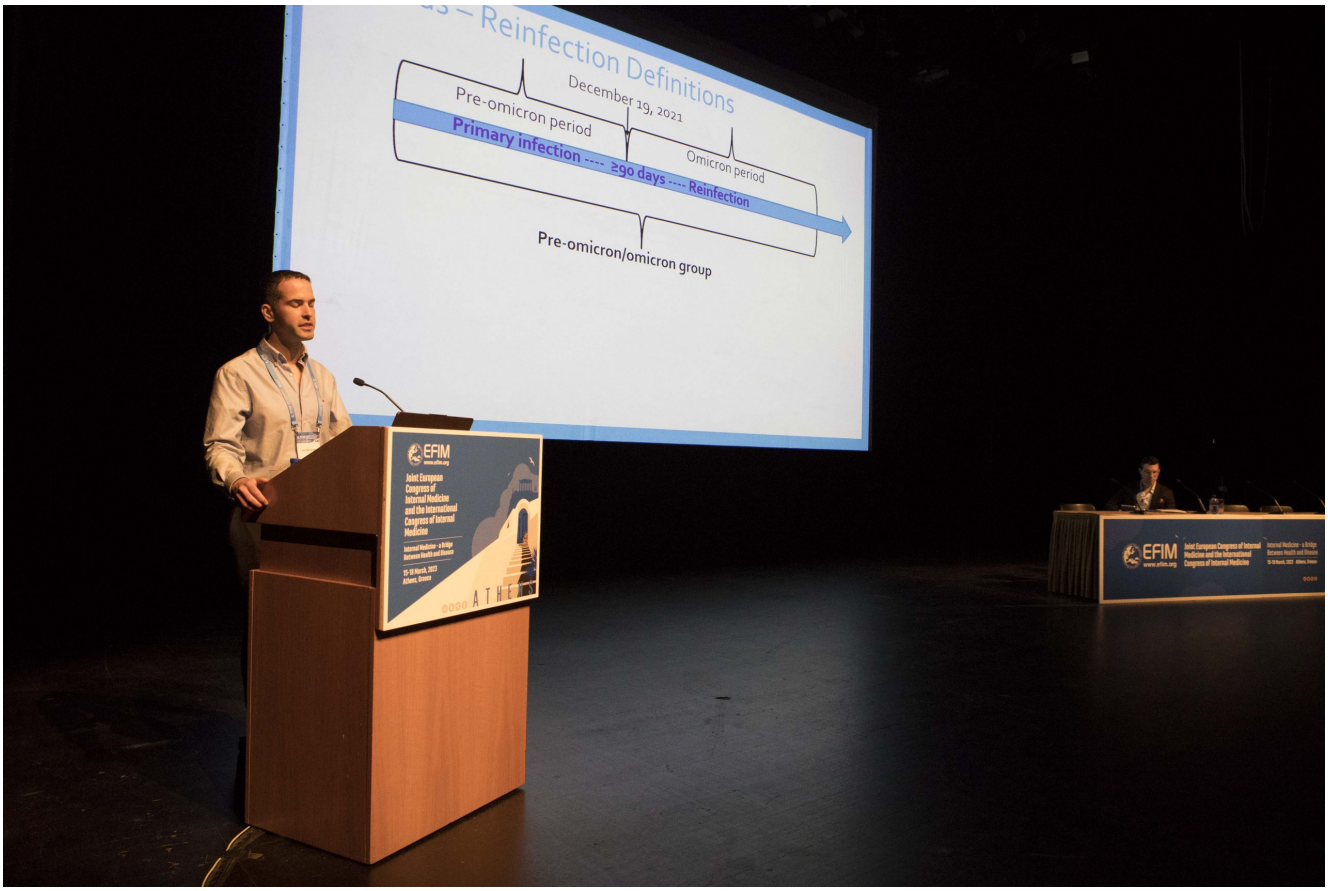
lethal complication of oral anticoagulation
At least 20% of ICH survivors suffer from AF
Annually, 75.000 ICH survivors with an indication for OAC in Europe and the US
Lancet Glob Health, 2013 , Hawkes et al., Neurology 2018

ICH survivors with high TE risk: Epidemiology
• 25% of ICH events are related to anticoagulation therapy
• Annual incidence of OAC-ICH: 0.6%-1.0%
• ICH is most lethal complication of oral anticoagulation
• At least 20% of ICH survivors suffer from AF
• Annually, 75.000 ICH survivors with an indication for OAC in Euro
the US
Filibbote et al., Stroke 2004, Flaherty et al., Neur
Krishnamurthi et al., Lancet Glob Health, 2013 , Hawkes et a
EFIM ATHENS 2023
www.efim.org
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece

ICH survivors with high TE risk: Epidemiology
• 25% of ICH events are related to anticoagulation therapy
• Annual incidence of OAC-ICH: 0.6%-1.0%
• ICH is most lethal complication of oral anticoagulation
• At least 20% of ICH survivors suffer from AF
• Annually, 75.000 ICH survivors with an indication for OAC in Euro
the US
Filibbote et al., Stroke 2004, Flaherty et al., Neur
Krishnamurthi et al., Lancet Glob Health, 2013 , Hawkes et a
EFIM ATHENS 2023
www.efim.org
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece

EFIM ATHENS 2023
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece

EFIM
www.efim.org
ATHENS 2023
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine – a Bridge Between Health and Disease
15-18 March, 2023
Athens, Greece
ATHENS


Reinfection Definitions
December 19, 2021
Pre-omicron period
Omicron period
Primary infection ---- ≥90 days ---- Reinfection
Pre-omicron/omicron group
EFIM
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine

EFIM
www.efim.org
ATHENS 2023
EFIM
www.efim.org
ATHENS 2023

European Federation of Internal Medicine
EFIM
www.efim.org
Joint European Congress of
Medicine and the Internatio

EFIM ATHENS 2023
www.efim.org
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece
ATHENS

EFIM ATHENS 2023
www.efim.org
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece
ATHENS

New European Guidelines for hypertension:
focus on possible areas of interest
Michael Doumas
Prof. in Internal Medicine
Aristotle University, Thessaloniki, Greece
EFIM ATHENS 2023
www.efim.org

EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023 Athens, Greece

George Papatheodoridis – Disclosure Information
• Adviser/Consultant/Lecturer: AbbVie, Allbrico, Amgen, Astellas, Genesis, Gilead, GlaxoSmithKline, Janssen, Ipsen, Merck Sharp & Dohme, Novartis, Novo Nordisk, Roche, Takeda
• Grants: AbbVie, Gilead, Takeda
• Clinical trials: AbbVie, Astellas, Bayer, Celgene, Eiger, Gilead, Janssen, Merck Sharp & Dohme, Nosrik, Novartis, Novo Nordisk, Regulus, Roche, Takeda

Pfizer

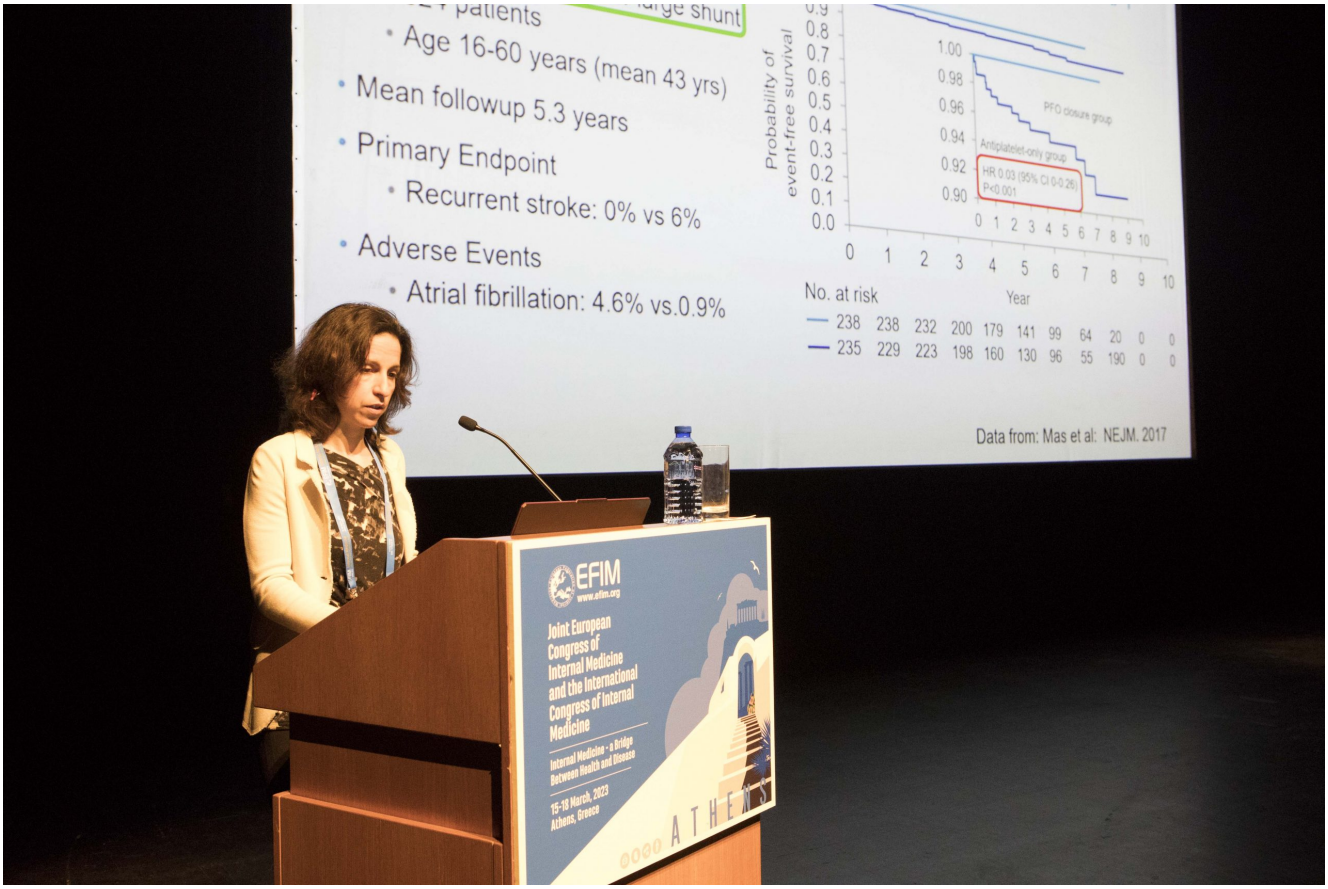
Welcome to
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023
Athens, Greece
EXIT

Already Paid Registration
On site Registration
On site Registration
ΚΙΝΔΥΝΟΣ ΠΑΡΑΠΑΤΗΜΑΤΟΣ
WATCH YOUR STEP
EFIM

EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023
Athens, Greece
ATHENS

EFIM
www.efim.org
ATHENS 2023
EFIM
www.efim.org
Joint European
Congress of
Internal Medicine

EFIM ATHENS 2023
www.efim.org
EFIM
www.efim.org
Joint European
Congress of
Internal Medicine

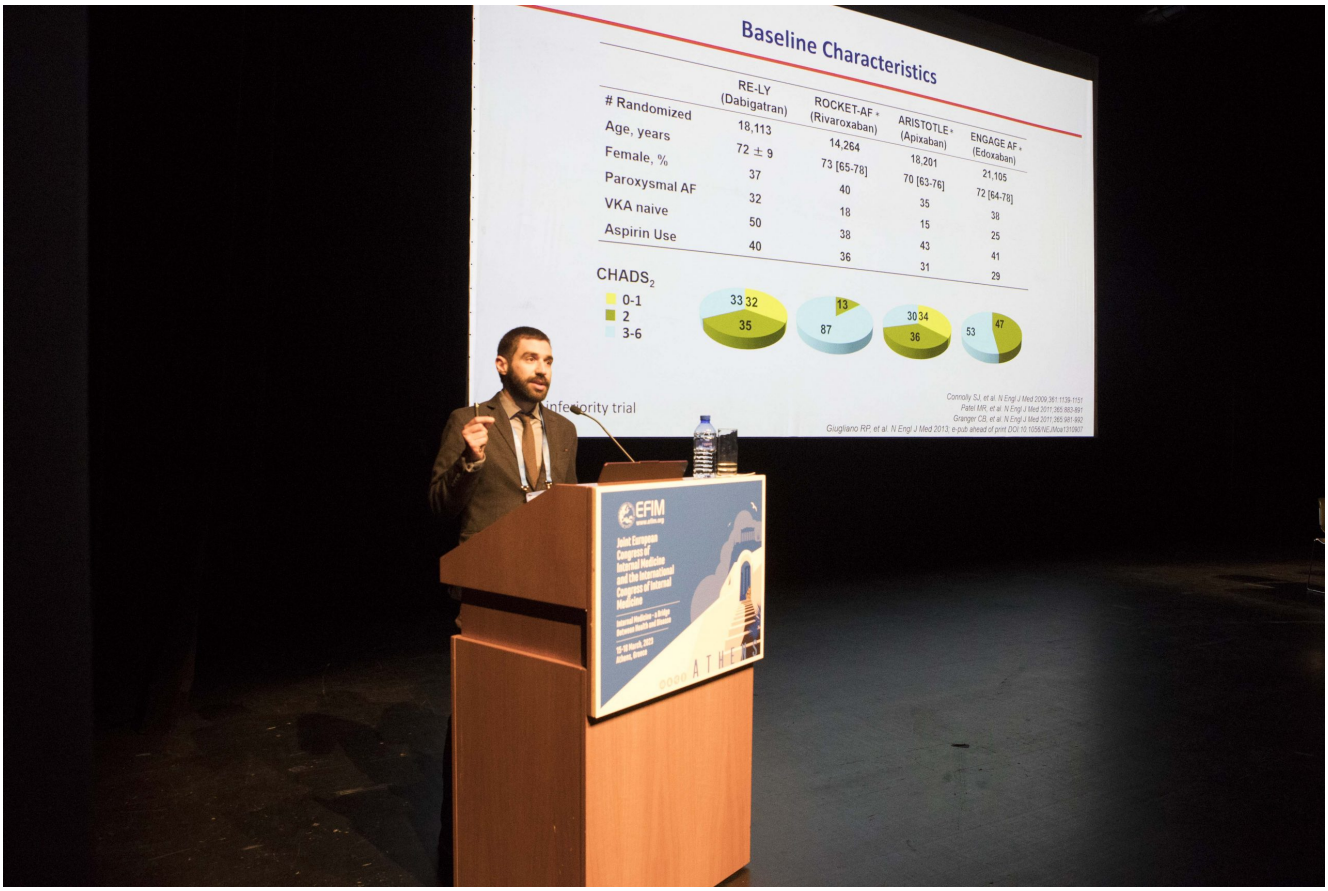

patients
Age 16-60 years (mean 43 yrs)
Mean followup 5.3 years
Primary Endpoint
Recurrent stroke: 0% vs 6%
Adverse Events
Atrial fibrillation: 4.6% vs.0.9%
Probability of event-free survival
PFO closure group
Antiplatelet-only group
HR 0.03 (95% CI 0-0.26)
P<0.001
Year
No. at risk
238 238 232 200 179 141 99 64 20 0 0
235 229 223 198 160 130 96 55 190 0 0
Data from: Mas et al: NEJM. 2017
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023
Athens, Greece

Life's Essential 8
LIPIDS
The most importa
CVD is improving th
CV health: healthy
physical activity, av
healthy sleep, he
healthy levels of
glucose, and
Circulation. 2022;146:e18–e43. Life's Essential 8: A
Presidential Advisory From the American Heart Association
EFIM ATHENS 2023
www.efim.org
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine

EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023
Athens, Greece
ATHENS
ATHENS 2023
CVD is the l
mortality, 32

EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023
Athens, Greece
ATHENS
ATHENS 2023

Athyros VG, Polyzos SA, Kountouras J, Katsiki N, Anagnostis P, Doumas M, Mantzoros CS.
Non-alcoholic fatty liver disease treatment in patients with type 2 diabetes mellitus: new kids on the block.
Current guidelines (2016) from 3 major Scientific Organizations suggest that pioglitazone and vitamin E may be useful in a subset of patients for adult NAFLD/NASH patients with T2DM. Newer selective PPAR-γ modulators (SPPARMs: CHPS 131) have shown to have even better results with less side effects in both animal and human studies in T2DM. Newer antidiabetic drugs might also be useful, but detailed studies on incretin mimetics, glucagon like peptide-1 receptor agonists (GLP-1 RA) approved for T2DM treatment, have provided indirect evidence that they may also ameliorate NAFLD/NASH, whereas dipeptidyl dipeptidase-4 inhibitors (DDP-4i) were not better than placebo in reducing liver fat in T2DM patients with NAFLD. Sodium-glucose co-transporter-2 inhibitors (SGLT2i) have been reported to improve NAFLD/NASH. Statins, being necessary for most patients with T2DM, may also ameliorate NAFLD/NASH, and could potentially reinforce the beneficial effects of the newer antidiabetic drugs, if used in combination, but this remains to be shown.
Newer antidiabetic drugs (SPPARMs, GLP-1 RA and SGLT2i) alone or in combination and alone or on the background of potent statin therapy which is recommended in T2DM, contribute substantially to NAFLD/NASH amelioration, possibly reducing not only specific but also cardiovascular morbidity. These observations warrant long term placebo controlled randomized trials with appropriate power and outcomes, focusing on the general population, specifically on T2DM with NAFLD/NASH. Certain statins may be useful for substantially reduce cardiovascular disease risk.
Curr Vasc Pharmacol. 2020; 18: 172 - 81
EFIM
www.efim.org


Baseline Characteristics
RE-LY (Dabigatran)
ROCKET-AF * (Rivaroxaban)
ARISTOTLE * (Apixaban)
ENGAGE AF * (Edoxaban)
Randomized 18,113 14,264 18,201 21,105
Age, years 72 ± 9 73 [65-78] 70 [63-76] 72 [64-78]
Female, % 37 40 35 38
Paroxysmal AF 32 18 15 25
VKA naive 50 38 43 41
Aspirin Use 40 36 31 29
CHADS2
0-1
2
3-6
33 32 35
13 87
30 34 36
53 47
Connolly SJ, et al. N Engl J Med 2009;361:1139-1151
Patel MR, et al. N Engl J Med 2011;365:883-891
Granger CB, et al. N Engl J Med 2011;365:981-992
Giugliano RP, et al. N Engl J Med 2013; e-pub ahead of print DOI:10.1056/NEJMoa1310907
EFIM

• We are the only membership organisation in Europe to bring together the full health management ecosystem.
• We are a recognised and respected amplifier of best practices in the evolution of health management.
• We provide an environment where evidence, challenge and experience are valued, and complex debates on current top
can take place.
VALUE BASED MEDICINE IN A WORLD OF LIMITED RESOURCES: REDEFINING HEALTH CARE
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023
Athens, Greece
ATHENS

SKALKUTAS HALL
GIVLAARI
PATIENTS CAN REVERT TO NORMAL EVERYDAY LIFE

LEVEL -1
EXHIBITION AREA
POSTER AREA 1
COFFEE BREAK AREA
SPEAKERS' READY ROOM
HALLS MC 3 MC 3.2 MC 3.3 MC 3.4
NIKOS SKALKOTAS HALL
WC
EFIM
www.efim.org
LEVEL -2
BANQUET HALL
POSTER AREA 2

SKALKOTAS HALL
SKALKOTAS HALL
Paxlovid
If it's Covid, Paxlovid

LEVEL -1
Registration | Exhibition Area | Nikos Skalkotas Hall
MC Rooms | Poster Area
LEVEL -2
Banquet hall | Poster Area
ATHENS

EFIM
www.efim.org
EFIM
www.efim.org
Joint European Congress of Internal Medicine and the International Congress of Internal Medicine
Internal Medicine - a Bridge Between Health and Disease
15-18 March, 2023
Athens, Greece
ATHENS

EFIM
OGUZ ABDULLAH
UYAROGLU
TURKEY
FACULTY

EFM
JUAN-LUIS SALGADO
LOZA

EXIT

8.30 - 10.30
Pre-Conference Works
ABC OF LUNG ULTRASOU
11.00 - 13.1
Pre-Conference W
BASIC ABDOMINAL U
13.30 - 14
Pre-Conference
ULTRASOUND FOR SAR
OBESITY DIAGN

[Review day-by-day photos]