

**Time**

**Conference of the Russian Young Endocrinologists Society, with International Participation:  
Hormones in Longevity Management**

**10:00–11:30**

**Current Issues in Endocrinology**

10:00–10:15

Iodine Deficiency Disorders

*Teona Shvangiradze, Endocrinologist, K+31 Clinic; Web Editor “Obesity and Metabolism” journal*

10:15–10:30

Advances in Hormone Therapy

*Elena Pisareva, Paediatric Endocrinologist, PhD, I.M. Sechenov First Moscow State Medical University  
Paediatric Clinical Hospital*

10:30–10:45

Prospects for the Development of Paediatric Endocrinology

*Elena Medvedeva, PhD, Paediatric Endocrinologist, Moscow City Polyclinic No. 30*

10:45–11:00

Russian Diabetes Mellitus Registry: Aiming for Longevity

*Anna Zheleznyakova, PhD, Endocrinology Research Centre*

**Disease without Symptoms: Why Osteoporosis is Dangerous?**

11:00–11:15

Osteoporosis: A Brief Introduction

*Patimat Khandaeva, Chair, Russian Young Endocrinologists Society*

11:15–11:30 Osteoporosis: Approaches in Treatment

*Elena Kovaleva, Endocrinologist, postgraduate student, Endocrinology Research Centre*

Discussion

**11:30–11:45 Break**

**11:45–13:30 Hormone Harmony (Menopause, Andropause)**

11:45–12:15 Menopausal Status: Benefits of Hormone Replacement Therapy and Associated Risks

*Martin Birkhaeuser, Prof., Department of Obstetrics and Gynaecology, Inselspital, Universitätsspital Bern, Switzerland*

12:15–12:45 Male Hypogonadism in Adults: The End or the Beginning of a Second Youth?

*Giuseppe Defeudis, MD, PhD, Endocrinologist, Diabetologist and Andrologist, University Campus Bio-Medico di Roma*

12:45–13:15 Androgen Deficiency in Ageing Males: Benefits of Testosterone Treatment and Associated Risks

*Dr. George Kanakis, MD PhD, Endocrinologist, Andrologist, Athens Naval & VA Hospital; Secretary, Hellenic Society of Andrology, Athens, Greece.*

Discussion

**13:30–14:30 Break (lunch)**

**14:30–16:00     Diabetes: Under Control**

14:30–14:45     Type I Diabetes in Children and Adolescents: Prevalence, Clinical Features, and Diagnosis  
*Ekaterina Shreder, I.M. Sechenov First Moscow State Medical University Paediatric Clinical Hospital*

14:45–15:00     Glucose Monitoring in Children  
*Natalya Markizova, Paediatric Endocrinologist, Moscow City Children's Polyclinic 132*

**Obesity and Type II Diabetes: Strategies for Managing a 21st-Century Pandemic**

15:00–15:15     Diagnosis, Prevention, and Treatment of Obesity in the Context of Personalized Medicine  
*Oksana Logvinova; Endocrinologist, postgraduate student, Endocrinology Research Centre*

15:15–15:30     Type II Diabetes: Life Sentence or a Lifestyle?  
*Ekaterina Zaytseva, Endocrinologist, PhD, Endocrinology Research Centre*

15:30–15:45     “Doctor, I have no time”, or How to Beat Indolence  
*Vadim Krylov, Endocrinologist, Dietician, Medsi Clinic*

15:45–16:00     Nutrition as a Key Element in the Treatment of Obesity and Type 2 Diabetes  
*Anastas Shaynidi, Endocrinologist, Department of Endocrinology and Diabetology, Pirogov Russian National Research Medical University*

Discussion

**Close**