



Adrenal failure: update on causes, diagnosis, treatment, crisis and life expectancy

17-19 October 2024 - Stockholm, Sweden

Scientific Organising Committee

- Prof. Olle Kämpe - Center of Molecular Medicine, Karolinska Institute, Stockholm, Sweden
- Prof. Eystein Sverre Husebye - Department of Clinical Science, Haukeland University Hospital-University of Bergen, Bergen, Norway
- Prof. Vera Popovic-Brkic - Professor of Internal Medicine/Endocrinology, Medical Faculty, University of Belgrade, Serbia
- Prof. John Wass - Department of Endocrinology, University of Oxford, UK

Main learning points

This course will focus on defining and exploring all types of adrenal failure (primary, secondary) with a focus on:

- Diagnostic challenges
- Autoimmune mechanisms
- Treatment modalities
- Monitoring to reduce short- and long-term complication
- Significant metabolic and psychiatric burden
- Higher risk for hospital admission
- Update on modern management
- Patient/family testimonial

Target audience

This postgraduate course is aimed at adult and paediatric endocrinologists both trained and in training. Participants are encouraged to contribute by submitting challenging cases for active involvement; abstract to be submitted with the application.



PROGRAMME

Thursday 17 October

From 14:00 Coffee and registration

15:00 Welcome and introduction to the course

Scientific organising committee

15:15-15:45 An overview of primary adrenal insufficiency

Olle Kämpe, Stockholm

Session 1: how to diagnose primary adrenal insufficiency

Chair: John Wass

15:45-16:10 Diagnosis of autoimmune primary adrenal insufficiency and polyendocrine syndromes

Eystein Husebye, Bergen

16:10-16:30 Diagnostic approach when autoantibodies are negative (this includes infections)

Simon Pearce, Newcastle

16:30-17:00 Coffee break

17:00-17:20 Increased mortality in adrenal insufficiency, the role of infections

Alessandro Prete, Birmingham

17:20-17:50 Cases presented by the participants

17:50-18:00 Q & A, general discussion

19:00 Dinner



Friday 18 October

Session 2: Autoimmunity and adrenal failure

Chair: Olle Kämpe

08:30-08:50 Genetics of autoimmune adrenal insufficiency

Maribel Aranda-Guillén, Stockholm

08:50-09:10 Isolated corticotroph deficiency

Mark Sherlock, Dublin

09:10-09:30 Isolated corticotroph deficiency in patients on immune check point inhibitor therapy

Isabella Lupi, Pisa

09:30-09:50 Case presentations by participants

09:50-10:05 Q & A, general discussion

10:05-10:35 **COFFEE BREAK**

Session 3: how to treat primary adrenal insufficiency

Chair: Vera Popovic-Brkic

10:35-10:55 Treatment of primary adrenal insufficiency

Marianne Øksnes, Bergen

10:55-11:15 Treatment of congenital adrenal hyperplasia, corticosteroid replacement and beyond?

Nils Krone, Sheffield

11:15-11:35 Pulsatile replacement therapy

Georgina Russell, Bristol

11:45-12:05 Case presentations by participants

12:05-12:20 Q & A, general discussion

12:25 Group photo

12:30-13:30 **LUNCH**

Session 4: primary adrenal insufficiency along the life span

Chair: Eystein Husebye

13:30-13:50 Primary adrenal insufficiency through puberty



Anna Nordenström, Stockholm

13:50-14:10 How to tackle pregnancy in adrenal insufficiency?

Nicole Reisch, Munich

14:10-14:30 Quality of life and the brain, what can functional MRI tell us?

Svetlana Lajic, Stockholm

14:30-14:50 Case presentations by participants

14:50-15:10 Q & A, general discussion

15:10-15:40 **COFFEE BREAK**

Workshops and plenary discussion

15:40-17:20 45 min parallel interactive sessions run twice consecutively. Participants are split into 2 groups and attend each workshop once. Speakers select the workshops they wish to attend.

1. Adrenal crisis update and patient advocacy

Stefanie Hahner, Wurzburg

2. Is there a place for immunotherapy in autoimmune adrenal insufficiency?

Simon Pearce, Newcastle

17:20-17:40 **HOT TOPIC:** Phase 3 trial of Crinicerfont in adult congenital hyperplasia

Andrea Isidori, Rome

17:40-18:00 Plenary discussion: Roadmap for future research

Chairs: scientific organising committee

19:00 **Dinner in Stockholm**



Saturday 19 October

Session 5: Monitoring adrenal insufficiency

Chair: *Eystein Husebye*

08:30-08:50 Monitoring replacement therapy – can we find a “HbA1c for cortisol”?

Gudmundur Johannsson, Gothenburg

08:50-09:10 Monitoring corticosteroids over 24 hours in healthy persons

Thomas Upton, Bristol

09:10-09:30 Monitoring corticosteroids over 24 hours in adrenal insufficiency

Sophie Bensing, Stockholm

09:30-09:50 Case presentations by participants

09:50-10:00 Q & A, general discussion

10:00-10:30 **COFFEE BREAK**

Session 6: Panel discussion and patient perspective

10:30-11:30 Glucocorticoid replacement in primary and secondary adrenal insufficiency – A

Panel Discussion

- Setting the Scene – *Richard Ross, Sheffield* (30 minutes)
- Panel Discussion: (30minutes)

11:30-12:00 Meet the patient

Chair: *Vera Popovic-Brkic*

12:00-12:15 Conclusion of the meeting

12:20 **LUNCH & DEPARTURE**
