

FRIDAY, 22 September 2023

9:00

Welcome and Introduction:

Dr. Paweł Płudowski, Professor of the Children's Memorial Health Institute in Warsaw (IPCZD)

9:15–10:00

Introductory lecture: Vitamin D – for health of the individual, does it also influence the public health?

Prof. Andrzej M. Fal (Dept of Allergy, Lung Diseases and Internal Medicine, Central Clinical Hospital, Ministry of Interior, Warsaw, Poland)

10:00–11:20

Session I. Nutritional rickets

Chair: Prof. Thomas D. Thacher

10:00–10:30

Nutritional rickets: an overview

Prof. Thomas D. Thacher, MD (Mayo Clinic, Rochester, MN, USA)

10:30–10:50

Ukrainian recommendations on preventing and treating nutritional rickets

Prof. Nataliya Balatska (The First Pediatric Department, Bogomolets National Medical University, Kyiv, Ukraine)

10:50–11:10

Rickets types and treatment with vitamin D and analogues

Prof. Giacomo Biasucci (Pediatrics and Neonatology Unit, Maternal and Child Health Department, Guglielmo da Saliceto Hospital, University of Parma, Italy)

11:10–11:20

Discussion

11:20–12:00

Coffee Break

12:00–13:40

Session II. Updated guidelines for Vitamin D in Poland, 2023

Chair: Dr. Paweł Płudowski, Prof. of IPCZD

Session Sponsored by LEK-AM

12:00–12:10

General overview and introduction to the main recommendations

Dr. Paweł Płudowski, Prof. IPCZD (Dept of Biochemistry, Radioimmunology and Experimental Medicine, The Children's Memorial Health Institute, Warsaw, Poland)

12:10–12:30

Guidelines for newborns, premature neonates, infants and pregnant women

Dr. Justyna Czech-Kowalska, Prof. IPCZD (Department of Neonatology and Neonatal Intensive Care, The Children's Memorial Health Institute, Warsaw, Poland)

12:30–12:50

Guidelines for children and adolescents

Prof. Jerzy Konstantynowicz (Dept of Pediatrics, Rheumatology, Immunology and Metabolic Bone Diseases, Medical University of Białystok, Białystok, Poland)

12:50–13:10	Guidelines for adult population <i>Dr. Waldemar Misiorowski, Prof. of CMKP (Dept of Endocrinology, Centre of Postgraduate Medical Education, Bielanski Hospital, Warsaw, Poland)</i>
13:10–13:30	Guidelines for seniors and oldest olds <i>Prof. Ewa Marcinowska-Suchowierska (Dept of Internal Medicine and Geriatric Cardiology, and the Dept of Geriatrics and Gerontology, School of Public Health, The Center of Postgraduate Medical Education, Warsaw, Poland)</i>
13:30–13:40	Discussion
13:40–15:00	Lunch Poster Session
15:00–15:40	Special lecture: Why is Germany so conservative in vitamin D recommendations? <i>Prof. Armin Zittermann (Clinic for Thoracic and Cardiovascular Surgery, Herz – und Diabeteszentrum NRW, Bad Oeynhausen, Ruhr-University Bochum, Germany)</i>
15:40–17:00	Session III. Central European and Eastern European Guidelines <i>Chair: Prof. Stefan Pilz</i>
15:40–16:00	Fragility, fractures and vitamin D <i>Prof. Mihail Boyanov (Dept of Internal Medicine, Clinic of Endocrinology and Metabolism, University Hospital Alexandrovska, Medical University of Sofia, Sofia, Bulgaria)</i>
16:00–16:20	Pleiotropic actions of vitamin D <i>Prof. Istvan Takacs (Dept of Internal Medicine and Oncology, Faculty of Medicine, Semmelweis University, Budapest, Hungary)</i>
16:20–16:40	Central and Eastern European Guidelines AD 2022 <i>Prof. Stefan Pilz (Dept of Internal Medicine, Division of Endocrinology and Diabetology, Medical University of Graz, Graz, Austria)</i>
16:40–17:00	Ukrainian Guidelines in 2023 <i>Prof. Nataliia Grygorieva (Dept of Clinical Physiology and Pathology of Musculoskeletal System, State Institution "D. F. Chebotarev Institute of Gerontology of the NAMS of Ukraine", Kyiv, Ukraine)</i>
17:00–17:20	Discussion
17:20–18:00	Special lecture: Sources of vitamin D and calcifediol – natural and artificial/man-made: a celebration of the last day of skin synthesis <i>Prof. William B. Grant (Sunlight, Nutrition and Health Research Center, San Francisco, CA, USA)</i>
18:00	End of the first day of the conference

SATURDAY, 23 September 2023

8:40–9:00 **Coffee & welcome**

9:00–9:40 **Special lecture: Epigenetic and genomic view on vitamin D: a “celebration” of the first day of autumn / first day of the lack of skin synthesis**

Prof. Carsten Carlberg (ERA Chair, Institute of Animal Reproduction and Food Research, Polish Academy of Science, Olsztyn, Poland and Institute of Biomedicine, University of Eastern Finland, Kuopio, Finland)

9:40–12:10 **Session IV. Pleiotropic action of vitamin D (Part I)**

Chairs: Prof. Armin Zittermann, Prof. Marek Ruchala

9:40–10:00 Periodontal disease as the canary in the coal mine

Prof. William B. Grant (Sunlight, Nutrition and Health Research Center, San Francisco, CA, USA)

10:00–10:20 Vitamin D deficiency and cardiovascular disease: current knowledge

Prof. Armin Zittermann (Clinic for Thoracic and Cardiovascular Surgery, Herz- und Diabeteszentrum NRW, Bad Oeynhausen, Ruhr-University Bochum, Germany)

10:20–10:40 25 Hydroxyvitamin D serum concentration and COVID-19 severity and outcomes – a Romanian experience

Prof. Mihaela Lupse (Dept of Infectious Diseases, "Iuliu Hatieganu" University of Medicine and Pharmacy, Cluj Napoca, Romania)

10:40–11:00 Vitamin D in endocrine diseases

Prof. Marek Ruchala (Dept of Endocrinology, Metabolism and Internal Medicine, Medical University of Poznan, Poznan, Poland)

11:00–11:20 Effect of vitamin D deficiency on trabecular and cortical bone compartments – the 3D DXA modelling approach

Prof. Mario Rui Mascarenhas (Dept of Endocrinology, Diabetes and Metabolism, Hospital de Santa Maria, Lisbon, Portugal)

11:20–11:40 Relationship of vitamin D deficiency with insulin resistance

Prof. Agnieszka Śliwińska (Dept of Nucleic Acid Biochemistry, Medical University of Lodz, Lodz, Poland)

11:40–12:00 Risk groups for low vitamin D: changing the paradigm in clinical practice

Dr. Andrius Bleizgys (Clinic of Internal Diseases and Family Medicine, Institute of Clinical Medicine, Faculty of Medicine, Vilnius University, Vilnius, Lithuania)

12:00–12:10 Discussion

12:10–13:00 Lunch
Poster Session

13:00–13:40 Special Lecture: Calcifediol: a review of its pharmacological characteristics and clinical use in correcting vitamin D deficiency

Prof. Michael F. Holick (Section Endocrinology, Diabets, Nutrition & Weight Management, Dept of Medicine, Boston University School of Medicine, Boston, MA, USA)

13:40–15:30 Session V. Pleiotropic actions of vitamin D (Part 2)

Chair: Prof. Jerzy Konstantynowicz

13:40–14:00 Vitamin D and brain

Prof. Erdinc Dursun (Brain and Neurodegenerative Disorders Research Laboratories, Dept of Neuroscience, Institute of Neurological Sciences, Istanbul University–Cerrahpasa, Istanbul, Turkey)

14:00–14:20 Vitamin D in overweight and obesity – trivial or significant problem?

Dr. Izabela Szymczak-Pajor (Dept of Nucleic Acid Biochemistry, Medical University of Lodz, Lodz, Poland)

14:20–14:40 Assessment of vitamin D deficiency in patients with metabolic syndrome in chronic stress conditions

Prof. Maryna Bobryk (Department of Endocrinology of the O.O. Bogomolets National Medical University, Kyiv, Ukraine)

14:40–15:00 Mitochondria as a target for vitamin D

Prof. Michał Żmijewski (Department of Histology, Medical University of Gdansk, Gdansk, Poland)

15:00–15:20 Vitamin D status of patients with diabetic chronic kidney disease and prevention of its progression

Prof. Viktoriia Yerokhovych (Dept of Endocrinology of the O.O. Bogomolets National Medical University, Kyiv, Ukraine)

15:20–15:30 Discussion

15:30–15:45 Coffee Break

15:45–17:10 Session VI. Pleiotropic actions of vitamin D (incl. Young Investigators Session)

Chair: Dr. Paweł Płudowski Prof. of IPCZD

15:45–16:00 Extending the vitamin D response index concept based on cohorts from Saudi Arabia

Ranjini Ghosh Dastidar, PhD Student (Institute of Animal Reproduction and Food Research, Polish Academy of Sciences, Olsztyn, Poland)

16:00-16:15	Could vitamin D be a Disease-Modifying Antirheumatic Drug (DMARD)? <i>Dr. Paweł Abramowicz, MD, PhD (Dept of Pediatrics, Rheumatology, Immunology and Metabolic Bone Diseases, Medical University of Białystok, Białystok, Poland)</i>
16:15-16:30	Vitamin D and markers of subclinical inflammation in patients with chronic coronary syndrome <i>Dr. Ewelina Dziedzic, MD, PhD (Cardiovascular Diseases Clinic, Center of Postgraduate Medical Education, Bielanski Hospital, Warsaw, Poland)</i>
16:30-16:45	In vivo changes of the epigenome of human immune cells after vitamin D challenge <i>Maciej Rybiński, PhD student (Institute of Animal Reproduction and Food Research, Polish Academy of Sciences, Olsztyn, Poland)</i>
16:45-17:00	Vitamin D status in children and adolescents - data from The Children's Memorial Health Institute in Warsaw <i>Dr. Marek Wójcik, PhD (Dept of Biochemistry, Radioimmunology and Experimental Medicine, The Children's Memorial Health Institute, Warsaw, Poland)</i>
17:00-17:10	Discussion
17:10	Wrap-up and Conclusions
