



# **2026 Diabetesity & EuReCa-M joint CME course Obesity, Kidney Disease, and Cardiovascular Risk: From Knowledge to Action**

**Programme**

**April 24-25, 2026**

**Venue: Hotel NH Collection Barcelona Constanza**  
(C/ Deu i Mata 69-99, Barcelona, Spain)

Supported by



FUNDACIÓN AYUDA A LA  
INVESTIGACIÓN  
VASCULAR Y RENAL





## Friday, April 24, 2026

### 16:00 – 16:30 | Welcome and Opening Remarks

President of ERA: Roser Torra

Chairs of EuReCa-M and Diabetes Working Groups: José M. Valdivielso and Enrique Morales

### 16:30 – 17:30 | Session 1 – Obesity and Kidney Disease: A Complex Relationship

Chairs: Enrique Morales and Liffert Vogt

- Why do only some people with obesity develop CKD? *Trond Geir Jenssen*
- The role of obesity in other nephropathies. *Matias Trillini*
- Commentary on the KDIGO obesity guidelines. *Morten Buus Jørgensen*

### 17:30 – 18:30 | Session 2 – Pathophysiological Crosstalk: Obesity–Kidney–Heart

Chairs: Ana Elena Rodriguez-Rodriguez and Patrick Mark

- Renal bioenergetics in obesity. *Esteban Porrini*
- Cardiovascular consequences of metabolic disease in CKD. *Liffert Vogt*
- From animals to humans: renoprotection in diabetic nephropathy. *Johannes Stegbauer*

## Saturday, April 25, 2026

### 09:00 – 10:00 | Session 3 – Cardiovascular Risk Assessment in CKD

Chairs: Charles J. Ferro and Fotini Iatridi

- Risk stratification beyond the Framingham model. *José M. Valdivielso*
- Vascular aging in diabetic CKD. *Nejc Piko*
- Dual Organ Defense: SGLT2i for Cardiovascular Protection in Diabetic CKD. *Shanmugakumar Chinnappa*

### 10:00 – 11:00 | Session 4 – Emerging Treatments in the Cardio-Renal-Metabolic Syndrome

Chairs: Beatriz Fernández-Fernández and Marieta Theodorakopoulou

- CKM syndrome: an American invention or a useful global concept? *Sebastjan Bevc*
- SGLT2i and beyond: A New Era for CKD, Heart Failure & Diabetes. *Patrick Mark*
- Cardioprotective antihypertensives in diabetic kidney disease. *Fotini Iatridi*

### 11:00 – 11:30 | Coffee Break

### 11:30 – 12:30 | Session 5 – Managing Obesity in CKD: What's New?

Chairs: Evangelia Ntounousi and Morten Buus Jørgensen

- Old and new therapies for obesity in CKD. *Marieta Theodorakopoulou*
- Do very low-calorie diets have a role? *Manuela Abbate*
- Knowns and unknowns of GLP-1 receptor antagonists' therapy in obesity-related CKD. *Marius Miglinas*

### 12:30 – 13:30 | Lunch

### 13:30 – 14:30 | Session 6 – Obesity in Dialysis and Transplant: New Perspectives

Chairs: Shanmugakumar Chinnappa and Matias Trillini

- Does reverse epidemiology of BMI in dialysis still hold true? *Claudia Torino*
- The role of GLP-1 receptor agonists in CKD in obese patients. *Beatriz Fernández-Fernández*
- Bariatric surgery vs GLP-1RA: pros and cons. *Enrique Morales*

### 14:30 – 15:30 | Session 7 – Non-Pharmacological Interventions: How Far Can They Go?

Chairs: Marius Miglinas and Johannes Stegbauer

- Lifestyle interventions: real impact. *Evangelia Ntounousi*
- Synergies between diet, exercise, and pharmacotherapy. *Amaryllis Van Craenenbroeck*
- Prevention of CKD: The Strong Kidney Taskforce. *Charles J. Ferro*

### 15:30 – 16:30 | Session 8 – Interactive Case Discussion

Chairs: Amaryllis Van Craenenbroeck and Trond Geir Jenssen

- Clinical cases-Complex patient with cardio-reno-metabolic syndrome. *Justo Sandino, Marina López y Clara Barrios*

### 16:30 – 17:30 | Session 9 – Closing Joint Roundtable: Integration and Controversies

Chairs: Sebastjan Bevc and Claudia Torino

- SEN, SLANH and SEEDO Consensus report on Obesity related kidney diseases. *Maria José Soler*
- Identifying knowledge gaps and future directions. *Pantelis Sarafidis*

**17:30 – 18:00 | Closing Remarks.** José M. Valdivielso and Enrique Morales

**19:30 | Closing Dinner** (Venue to be announced)

## Diabetesity Board Members

- **Enrique Morales (Chair)**, Department of Nephrology, Hospital 12 de Octubre, Madrid, Spain
- **Matias Trillini (Vice-Chair)**, Istituto di Ricerche Farmacologiche Mario Negri IRCCS, Bergamo, Italy
- **Sebastjan Bevc**, Department of Nephrology, Clinic for Internal Medicine, University Medical Centre Maribor, Maribor, Slovenia
- **Trond G. Jenssen**, Department of Transplantation Medicine, Section of Nephrology, Oslo University Hospital Rikshospitalet, Oslo, Norway
- **William Martin**, Department of Nephrology, Mater Misericordiae University Hospital, Dublin, Ireland
- **Ana Elena Rodriguez-Rodriguez**, Laboratory of Renal Function, Institute of Biomedical Technologies, University of La Laguna, Tenerife, Spain
- **Marieta Theodorakopoulou**, First Department of Nephrology, Hippokration Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece
- **Marius Miglinas**, Center of Nephrology, Santaros Klinikos, Clinic of Gastroenterology, Nephrourology and Surgery, Institute of Clinical Medicine, Faculty of Medicine, Vilnius University, Vilnius, Lithuania
- **Morten Buus Jørgensen**, Department of Nephrology and Endocrinology, Rigshospitalet, Copenhagen, Denmark





## EuReCa-M Board Members

- **Patrick Mark (Vice-Chair)**, School of Cardiovascular and Metabolic Health, University of Glasgow, Glasgow, UK
- **Shanmugakumar Chinnappa**, Department of Nephrology, Doncaster and Bassetlaw Teaching Hospitals NHS Trust, Doncaster, UK
- **Beatriz Fernández-Fernández**, IIS-Fundacion Jimenez Diaz UAM, Madrid, Spain
- **Fotini Iatridi**, First Department of Nephrology, Hippokration Hospital, Aristotle University of Thessaloniki, Thessaloniki, Greece
- **Evangelia Ntounousi**, Nephrology Department, School of Health Sciences, University of Ioannina and University Hospital of Ioannina, Ioannina, Greece
- **Liffert Vogt**, Department of Internal Medicine, Section of Nephrology, Amsterdam, The Netherlands
- **Nejc Piko**, Department of Dialysis, Clinic for Internal Medicine, University Medical Centre Maribor, Maribor, Slovenia
- **Johannes Stegbauer**, Department of Nephrology, Medical Faculty, University Hospital Düsseldorf, Heinrich-Heine-University Düsseldorf, Düsseldorf, Germany
- **Claudia Torino**, Institute of Clinical Physiology, National Research Council, Reggio Calabria, Italy
- **Amaryllis Van Craenenbroeck**, Department of Nephrology, University Hospitals Leuven, Leuven, Belgium

## Invited speakers

- **Esteban Porrini**, Faculty of Medicine, University of La Laguna, Tenerife, Spain
- **Charles J. Ferro**, Institute of Cardiovascular Sciences, University of Birmingham and Department of Renal Medicine, Queen Elizabeth Hospital Birmingham, United Kingdom
- **Pantelis Sarafidis**, Aristotle University of Thessaloniki, Thessaloniki, Greece
- **Justo Sandino**, Department of Nephrology, Hospital 12 de Octubre, Madrid, Spain
- **Marina López**, Nephrology Department, Hospital Vall d'Hebron and Vall d'Hebron Research Institute (VHIR), Barcelona, Spain
- **Clara Barrios**, Department of Nephrology, Hospital del Mar, Barcelona, Spain
- **Maria José Soler**, Nephrology Department, Hospital Vall d'Hebron and Vall d'Hebron Research Institute (VHIR), Barcelona, Spain
- **Manuela Abbate**, Universitat de les Illes Balears, Palma de Mallorca, Illes Balears, Spain