BULGARIAN DIABETES FORUM

TRANSLATING CURRENT GUIDELINES INTO CLINICAL PRACTICE IN DIABETES

12 November 2026

Grand Hotel Millennium, Einstein Hall

Sofia, Bulgaria

SCIENTIFIC PROGRAMME

12:00 – 13:30 **REGISTRATION**
LUNCH

13:30 – 14:30 **OPENING CEREMONY**

Welcome and presentation of Bulgarian Diabetes Forum
Prof. Tsvetalina Tankova – President of Bulgarian Diabetes Forum

Presentation of European Diabetes Forum
Bart Torbeyns – Executive Director at European Diabetes Forum

EU Safe Hearts Plan
Olivér Várhelyi – European Commissioner for Health and Animal Welfare

Congratulatory addresses

14:30 – 15:15 **SESSION 1: DO WE NEED GUIDELINES IN CLINICAL PRACTICE?**
Chairs: *Apostolos Tsapas (Greece), Tsvetalina Tankova (Bulgaria)*

How to develop and implement clinical guidelines in diabetes care?
Apostolos Tsapas (Greece)

Q&A Session

15:15 – 16:00 **SESSION 2: GUIDELINES ON DIABETES COMPLICATIONS**
Chairs: *Rumyana Dimova (Bulgaria), Zdravko Kamenov (Bulgaria)*

Screening, diagnosis and management of diabetic sensorimotor polyneuropathy in clinical practice: International expert consensus recommendations
Dan Ziegler (Germany)

Q&A Session

16:00 – 16:45 **SESSION 3: GUIDELINES ON TYPE 1 DIABETES**

Chairs: *Nevena Chakarova (Bulgaria), Violeta Iotova (Bulgaria)*

The management of type 1 diabetes in adults: The updated 2026 consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD)

Tomasz Klupa (Poland)

Q&A Session

16:45 – 17:15 **COFFEE BREAK**

17:15 – 18:00 **SESSION 4: GUIDELINES ON TYPE 2 DIABETES**

Chairs: *Richard Holt (United Kingdom), Tsvetalina Tankova (Bulgaria)*

ADA/EASD Consensus report on the management of type 2 diabetes 2026 – what's new?

Tsvetalina Tankova (Bulgaria)

Q&A Session

18:00 – 18:45 **SESSION 5: GUIDELINES ON PREDIABETES AND PREVENTION OF DIABETES**

Chairs: *Rumyana Dimova (Bulgaria), Zdravko Kamenov (Bulgaria)*

Prevention of type 2 diabetes in people at high risk – new insights in the context of the EASD guideline initiative

Andreas Birkenfeld (Germany)

Q&A Session

18:45 – 19:30 **SESSION 6: THE FIRST EASD GUIDELINE ON DIABETES DISTRESS**

Chairs: *Nevena Chakarova (Bulgaria), Violeta Iotova (Bulgaria)*

2026 EASD evidence-based clinical practice guideline for assessing and managing diabetes distress among adults with type 1 diabetes and type 2 diabetes

Richard Holt (United Kingdom)

19:30 – 19:50 **ROUND TABLE DISCUSSION: The importance of international guidelines and consensus reports for clinical practice**

Richard Holt, Andreas Birkenfeld, Tsvetalina Tankova, Violeta Iotova, Zdravko Kamenov, Nevena Chakarova, Rumyana Dimova

19:50 – 20:00 **CLOSING REMARKS AND FUTURE PERSPECTIVES**

20:00 – 22:00 **DINNER**