

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**

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 Torbeys – Executive Director at European Diabetes Forum

Congratulatory addresses

14:30 – 15:30 **SESSION 1: GUIDELINES ON TYPE 2 DIABETES**

Chairs: *Apostolos Tsapas (Thessaloniki, Greece), Tsvetalina Tankova (Sofia, Bulgaria)*

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

ADA/EASD Consensus report on the management of type 2 diabetes 2026 – what's new?
Tsvetalina Tankova (Sofia, Bulgaria)

ADA/EASD Consensus report on the management of type 2 diabetes 2026 – how to implement?
Apostolos Tsapas (Thessaloniki, Greece)

Q&A Session

15:30 – 16:00 **COFFEE BREAK**

16:00 – 16:45 **SESSION 2: GUIDELINES ON DIABETES COMPLICATIONS**

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

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

Q&A Session

16:45 – 17:30 **SESSION 3: GUIDELINES ON PREDIABETES**
Chairs: *Rumyana Dimova (Sofia, Bulgaria),*
Zdravko Kamenov (Sofia, Bulgaria)

Prevention of type 2 diabetes in people at high risk – new insights in the context of the EASD guideline initiative
Andreas Birkenfeld (Tubingen, Germany)

Q&A Session

17:30 – 17:45 **COFFEE BREAK**

17:45 – 18:30 **SESSION 4: GUIDELINES ON TYPE 1 DIABETES**
Chairs: *Nevena Chakarova (Sofia, Bulgaria),*
Violeta Iotova (Varna, 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 (Krakow, Poland)

Q&A Session

18:30 – 19:15 **SESSION 5: THE FIRST EASD GUIDELINE ON DIABETES DISTRESS**
Chairs: *Nevena Chakarova (Sofia, Bulgaria),*
Violeta Iotova (Varna, 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 (Southampton, UK)

19:15 – 19:45 **ROUND TABLE DISCUSSION: The importance of international guidelines and consensus reports for clinical practice**
Richard Holt, Thomasz Klupa, Andreas Birkenfeld, Tsvetalina Tankova

19:45 – 20:00 **CLOSING REMARKS AND FUTURE PERSPECTIVES**

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