



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**
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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**
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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 Crinecerfont 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
