

XII NATIONAL CONGRESS OF AUTOIMMUNITY

XXXI ANNUAL MEETING OF
NEDAI

17
—
20
JUNE
2026

PENAFIEL
PONTO C

BUILDING BRIDGES
TO THE FUTURE

PROGRAMME





NEDAI National Coordinator

Carlos Carneiro

Chairperson

Natália Oliveira

Organising Committee

Carlos Vasconcelos

José Delgado Alves

António Marinho

Fernando Salvador

Margarida Jacinto

Edite Pereira

Elisabete Pinelo

André Real

Daniel Oliveira

Margarida Coelho

Dear Colleagues,

It is with great pleasure that I welcome you to the 12th National Congress of Autoimmunity.

Over the years, this congress has established itself as a distinguished forum for scientific update, knowledge exchange and multidisciplinary discussion in the field of autoimmune diseases. In a context of continuous advances in medical and scientific knowledge, these opportunities to meet and engage have become increasingly important, enabling us to reflect on current challenges and prepare for the future of our clinical practice.

Autoimmunity is currently undergoing a period of profound transformation. Our growing understanding of immunological mechanisms, the development of new therapeutic options, personalised medicine, and the incorporation of tools such as artificial intelligence and big data are redefining the way we diagnose, monitor and treat our patients. These advances bring new opportunities, but they also require an ongoing capacity for adaptation, collaboration and critical reflection.

It is within this context that we have chosen the theme for this year's edition: **"Building Bridges to the Future"**.

Building bridges to the future means bringing research closer to clinical practice, promoting knowledge sharing across different areas of expertise, and strengthening collaboration between institutions and teams. It also means investing in the training of future generations and creating the conditions necessary for scientific innovation to be integrated effectively and responsibly into healthcare.

Above all, however, it means ensuring that all this progress translates into tangible benefits for patients. Every scientific advance, every new diagnostic tool and every therapeutic innovation acquires true meaning only when it contributes to earlier diagnoses, better-informed therapeutic decisions, improved clinical outcomes and a higher quality of life for people living with autoimmune diseases.

Building bridges also means bringing scientific knowledge closer to society. In a field often characterised by diagnostic and therapeutic complexity, the promotion of health literacy plays a fundamental role. Better informed and empowered patients are able to participate more actively in decisions concerning their health, fostering improved treatment adherence, stronger doctor-patient relationships and higher-quality care.

In this context, the integration of the National Congress of Autoimmunity within the Penafiel Health Week is of particular significance. This partnership enables us to extend the reach of our scientific activity by promoting initiatives aimed at the wider community and reinforcing the importance of health education, awareness of autoimmune diseases, and closer engagement between healthcare professionals, patients and society.

The scientific programme of this congress has been designed in accordance with these principles. We have brought together nationally and internationally recognised experts to address topics reflecting the latest advances in the field, ranging from immunopathology and emerging therapeutic strategies to the role of new technologies in clinical practice. We also maintain a strong commitment to education and training, encouraging the active participation of doctors in training and young researchers, whose contribution will be crucial to the future development of Autoimmunity.

Over the coming days, we will have the opportunity to discuss ideas, share experiences and strengthen collaborations that contribute to an increasingly integrated and effective approach to these complex diseases. This has long been one of the fundamental missions of NEDAI and continues to be a cornerstone of its activities.

I would like to express my sincere gratitude to the Scientific Committee, the Organising Committee, the speakers, moderators and sponsors, to the Municipality of Penafiel for its institutional support, and to all participants whose contribution makes this meeting possible.

I hope that this congress will provide an opportunity for scientific updating, reflection and the establishment of new professional connections, contributing to the advancement of Autoimmunity in Portugal and, above all, to improving the care provided to our patients.

A very warm welcome to the 12th National Congress of Autoimmunity.

17

JUNE 2026
wednesday

PRE-CONGRESS COURSES

- **Clinical Escape Game**

📍 **Penafiel Park Hotel**

Rua Província de Pontevedra, s/n | 4560-232 Penafiel

- **APS in Clinical Practice: an European Forum on APL Workshop**

📍 **Ponto C - Sala Caturra**

Rua de Puços 606 | 4560-626 Penafiel

- **Networking with General Practitioners**

📍 **Auditório do Museu Municipal de Penafiel**

Rua do Paço, s/n. | 4560-485 Penafiel

17

JUNE 2026
wednesday

**PENAFIEL
PARK
HOTEL**

CLINICAL ESCAPE GAME

Coordination:

Raquel Faria, Nobox

Session schedules

09:00 - 10:00 | 10:30 - 11:30 | 14:00 - 15:00 | 15:30 - 16:30

The Room

At its core, differential diagnosis is the resolution of a puzzle under pressure. In this Clinical Escape Room, participants will be immersed in a simulation that recreates the complexities of Lupus and its mimics in a gamified environment. To succeed, participants must be able to identify key clinical findings and make real-time decisions.

In this training, participants should be able to:

- Differentiate diagnosis from classification in lupus by applying a systematic approach to decision-making and prioritising the exclusion of alternative diagnoses based on more than just epidemiological criteria.
- Identify complex lupus mimics by recognising critical clues and red flags using diagnostic tools integrated into the game dynamics.
- Integrate pathophysiology into clinical decisions by analysing the continuum between autoinflammation and autoimmunity in order to guide targeted therapeutic strategies.
- Validate safe clinical practice by applying essential risk management routines in lupus care.
- Practise shared decision-making and leadership within a team when facing diagnostic disagreements under time pressure.

This experience will put your critical thinking skills to the test as you race against the clock. Every decision you make could be crucial!

Assemble your team and accept the challenge.



17

JUNE 2026
wednesday

PONTO C
Sala Caturra

APS IN CLINICAL PRACTICE: AN EUROPEAN FORUM ON APL WORKSHOP

Coordination:

José Delgado Alves

President European Forum on APL

UDIMS, Fernando Fonseca Hospital, Amadora, Portugal

Immune Response and Vascular Disease Research Group, iNOVA4Health, NOVA Medical School, Lisbon, Portugal.

- 09:00 Welcome and Introduction to "APS in Clinical Practice" - José Delgado Alves
- 09:15 APS: the coagulation perspective - Ricardo Oliveira
- 09:45 APS: the immunology perspective - Pierluigi Meroni
- 10:30 Coffee break
- 11:00 Immunologic regulation in pregnancy - Catarina Favas
- 11:45 Diagnosing APS - Nathalie Costedoat-Chalumeau
- 12:30 Lunch break
- 14:00 Obstetric APS: clinical and biologic aspects/treatment - Nathalie Costedoat - Chalumeau/Joana Rebelo
- 15:00 Non-antithrombotic treatment of APS - José Delgado Alves
- 15:30 Coffee break
- 15:45 Catastrophic APS - Filipe Paula
- 16:30 Workshop evaluation and final comments - José Delgado Alves

17

JUNE 2026
wednesday

**MUSEU
MUNICIPAL
DE
PENAFIEL**

NETWORKING WITH GENERAL PRACTITIONERS

Coordination:

Natália Oliveira, Unidade de Doenças Autoimunes - ULSTS

- 09:00 Opening Session
Autoimmunity in Primary Care - Natália Oliveira, Carina Rocha de Sousa
- 09:15 Red Flags in Autoimmune Diseases - Daniel Oliveira
- 09:45 Autoimmune Diseases that the General Practitioner Should Recognise - Joana Rua
- 10:15 Interpretation of Laboratory Tests - Part I - Pedro Cabral
- 10:45 Coffee Break
- 11:15 Interpretation of Laboratory Tests - Part II - Éster Ferreira
- 11:45 Practical Algorithms for the General Practitioner - Margarida Coelho
- 12:15 Lunch
- 14:00 Warning Signs of Disease Reactivation - André Real
- 14:30 Interactive Clinical Cases
Presenters: Carina Rocha de Sousa, Ana Magalhães Soares, Jonathan dos Santos, Alcino Duarte
Moderators: Edite Pereira, Elisabete Pinelo, Margarida Jacinto, Daniel Oliveira
- 15:30 Coffee Break
- 16:00 Course Evaluation and Closing Session



Prizes and Awards

NEDAI AWARDS

Each year at the Congress, NEDAI gives awards to recognize dedication and innovation in autoimmunity research and clinical practice.

- Clinical & Basic Research Study in Autoimmunity Award
- Autoimmunity Research Prize

Award **5.000€**

Submission Deadline **April, 30**

ABSTRACT AWARDS

The Scientific Programme Committee selects the best abstracts submitted to the Congress based on their scientific quality and content.

- Best Poster Award
- Best Oral Communication Award

Submission Deadline **April, 30**

EULAR 2027 Subscription

Info www.spmi.pt

18 JUNE

PONTO C Auditório

thursday morning

08:30 - 09:30

Meet the Expert

Update on Lupus Nephritis - From Clinical to Practical Challenges

Moderators: Carlos Vasconcelos, Thomas Huizinga (Netherlands)

Speaker: Frédéric Houssiau (Belgium)

08:30 - 09:30

Sala Caturra

Oral Communications

Vera Romão, Rosário Silva

Foyer

Poster Presentations

Pedro Lopes, Marisa Neves,
Nadejda Potlog, Miriam Cimbron

09:30 - 10:00

Artificial Intelligence and Big Data in Clinical Practice: Impact on Future Immunology

Moderators: Luís Campos, Lèlita Santos

Speaker: Tiago Taveira, Sofia Couto da Rocha

10:00 - 10:30

Opening Ceremony

10:30 - 11:00

COFFEE break

11:00 - 12:00

Prevention is Still the Best Medicine - Updates for Rheumatoid Arthritis and Lupus

Moderators: António Marinho, Frédéric Houssiau (Belgium)

Speaker: Thomas Huizinga (Netherlands)

12:00 - 12:30

Astrazeneca Symposium

12:30 - 14:00

LUNCH break

18 JUNE

thursday **afternoon**

14:00 - 15:00 **Abbvie Symposium**

15:00 - 15:30 **Regulation of Autoinflammation and Autoimmunity Informed by Inborn Errors of Immunity**

Moderators: Daniel Oliveira, Frederico Batista
Speaker: João Farela Neves

15:30 - 16:00 **Mechanisms and Therapeutics in Inflammatory Muscle Diseases**

Moderators: Marta Amaral, Paula Ferreira
Speaker: Ana Campar

16:00 - 16:30 **Gut-Immune-Brain Axis**

Moderators: Raquel Faria, Carlos Alberto Ferreira
Speaker: José Delgado Alves

16:30 - 17:00 COFFEE break

17:00 - 17:30 **Update in Approach of Comorbidities in Autoimmune Diseases**

Moderators: Elisabete Pinelo, André Real
Speaker: Fernando Salvador

17:30 - 18:00 **Nedai Awards Presentation**

08:30 - 09:30

Meet the Expert

What's New in Large Vessel Vasculitis?

Moderators: João Fernandes Serôdio, Tomás Fonseca

Speaker: Elvis Hysa (Italy)

08:30 - 09:30

Sala Caturra

Oral Communications

Catarina Favas, Teresa Mendonça

Foyer

Poster presentations

Carlos Capela, Cláudia Ferrão,
Helena Brito, Hilda Freitas

09:30 - 10:00

Gene and Cell Therapy in Autoimmune Diseases – Where are We?

Moderators: Nuno Riso, João Araújo Correia

Speaker: Luis Graça

10:00 - 10:30

Systemic Sclerosis-Interstitial Lung Disease: Cellular Mechanisms and Translational Applications in Lung Fibrosis

Moderators: Isabel Almeida, Susana Oliveira

Speaker: Filipe Paula

10:30 - 11:00

..... COFFEE break

11:00 - 11:30

Eosinophilic Inflammation in EGPA: Real-World Practice

Moderators: Marta Casal Moura, Joana Cunha

Speaker: Alexandra Nanzer (UK)

11:30 - 12:00

Mysterious Clinical Challenge

(UIC CHP & UDIMS HFF)

12:00 - 12:30

TEDx Talk: "The Reversibility of the Irreversible in Medicine»

Speaker: Carlos Vasconcelos

12:30 - 13:00

Takeda Symposium

13:00 - 14:00

..... LUNCH break

19 JUNE

PONTO C
Auditório

friday afternoon

14:00 - 14:30 **CSL Symposium**

14:30 - 15:00 **Challenges to Early Diagnosis in Non-Radiographic Axial Spondyloarthritis**

Moderators: Álvaro Ferreira, Jorge Fortuna
Speaker: Bruno Grima

15:00 - 15:30 **Mimetics of IgG4-Related Diseases**

Moderators: Jorge Crespo, João Oliveira
Speaker: Luca Quartuccio (Italy)

16:00 - 16:30 COFFEE break

16:30 - 17:00 **New Horizons in Sjögren's Syndrome: from Bench to Bedside**

Moderators: Glória Alves, Ivone Valadão
Speaker: Athanasios G. Tzioufas (Greece)

17:00 - 17:30 **Astrazeneca Symposium**

17:30 - 18:00 **RIDAI Challenges**
Speaker: Carlos Carneiro

18:00 - 18:30 **General Assembly**

20:30 **Congress Dinner**

20 JUNE

PONTO C
Auditório

saturday morning

08:30 - 09:30

Meet the Expert

Rheumatoid Arthritis Treatment Options - Beyond the Guidelines

Moderators: Matteo Piga (Italy), Carlos Carneiro

Speakers: António Marinho

08:30 - 09:30

Sala Caturra

Oral Communications

Mafalda Santos, Daniela Marado

Foyer

Poster Presentations

Joana Monteiro, José Aguilera Ríos,
João Matos, Margarida Coelho

09:30 - 10:00

Emerging and Reemerging Infections in Autoimmune Diseases - Impact and Approach

Moderators: Margarida Jacinto, Teresa Faria

Speaker: Susana Peres

10:00 - 10:30

Therapeutic Adherence and Mental Health: Invisible Barriers to Remission

Moderators: Edite Pereira, Cristina Rosário

Speaker: Margarida Figueiredo-Braga

10:30 - 11:00

COFFEE break

11:00 - 11:30

Catastrophic Antiphospholipid Syndrome - Diagnosis and Management

Moderators: Laurent Arnaud (France), Graziela Carvalheiras

Speaker: Ricard Cervera (Spain)

11:30 - 12:00

Clinical Year in Preview: Updates that will Change Our Practice and Research in the Near Future

Speakers: José Delgado Alves, António Marinho

12:00 - 12:30

Novartis Symposium

12:30 - 14:00

LUNCH break

20 JUNE

PONTO C
Auditório

saturday **afternoon**

14:00 - 14:30 **Recordati Symposium**

14:30 - 15:30 **Building Bridges: an International Perspective**

Moderators: Sofia Pinheiro, Natália Oliveira, Vera Bernardino

- International collaboration in autoimmunity: results and future perspectives
Speaker: Matteo Piga (Italy)
- Global collaboration in SLE
Speaker: Laurent Arnaud (France)

15:30 - 16:30 **Autoimmune Diseases: Bridging Science and Care**

Moderators: Carlos Carneiro, António Marinho e José Delgado Alves

- How to integrate basic research into clinical practice
Speaker: Inês Alves
- From mechanisms to care in autoimmunity
Speaker: Daniel Oliveira

16:30 - 17:00 **Closing Ceremony and Awards**

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