DAHUDER – SPMI Joint Symposium on Internal Medicine

1st Edition — Multimorbidity and Chronic Disease: A Türkiye–Portugal Dialogue

Jointly organized by the Turkish Association of Internists (DAHUDER)
and the Portuguese Society of Internal Medicine (SPMI)

Lisbon, Portugal |19–22 November 2026

Scientific Program: Friday 20 and Saturday 21 November 2026

DRAFT v1 — for discussion between the two organizing societies

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Aim of the symposium

To bring internists from Türkiye and Portugal together around the problems that define contemporary internal medicine, multimorbidity, polypharmacy, cardiometabolic and immune-mediated disease, and to move beyond lectures towards shared clinical reasoning and joint multicenter research.

The program has two parts. Mornings are joint scientific sessions of the two societies, with a chair and speakers from each. Afternoons are DAHUDER working sessions, clinical case discussions, and workshops of DAHUDER's multicenter research network, open to any SPMI colleague who wishes to attend.

Speaker allocation: each session is designed for one chair and at least one speaker from each society. Names to be completed jointly by DAHUDER and SPMI.

Thursday, 19 November 2026 — Arrival

From 14:00 Registration and arrival of participants

19:00 – 20:30 Welcome reception and opening of the joint symposium

Day 1 — Friday, 20 November 2026

08:30 – 09:00 Registration

09:00 – 09:30 Opening Ceremony

President, SPMI: DR. Luís Costa

President, DAHUDER: Prof. Dr. Seyit Uyar(?)

Symposium Co-Chairs (PT / TR): Prof. Dr. José Delgado Alves/ Prof. Dr. Nizameddin Koca

09:30 – 10:00 DAHUDER Invited Lecture

Chair and introduction (PT): Prof. José Delgado Alves, SPMI

- From glucose lowering to disease modification: rethinking how we classify antidiabetic therapy

  Speaker (TR): Prof. Dr. Nizameddin Koca, DAHUDER

10:00 – 11:30 Joint Session 1 — Iron Deficiency as a Cross-Cutting Problem in Chronic Disease

Chairs: (TR) … / Dr. Ricardo Oliveira

- Where iron deficiency hides: heart failure, chronic kidney disease and the perioperative patient (25 min)

  Speaker (PT): Dra Renata Ribeiro

- Iron deficiency and anemia in women of reproductive age: an internal medicine perspective (25 min)

  Speaker (PT): Prof. Dra Filipa Rocha

- Gastrointestinal causes, refractory deficiency and optimizing iron replacement (25 min)

  Speaker (TR):

- Panel discussion (15 min)

11:30 – 12:00 Coffee Break

12:00 – 13:15 Joint Session 2 — Multimorbidity, Polypharmacy and Rational Drug Use

Chairs: (PT) Dra Catarina Favas / (TR) …

- The multimorbid patient: why single-disease guidelines fail (25 min)

  Speaker (PT): Prof. Dr. Filipe Paula

- Rational drug use, deprescribing and drug–drug interactions in chronic disease (25 min)

  Speaker (TR):

- Panel discussion: how internal medicine services are organized for multimorbidity in Portugal and in Türkiye (25 min)

13:15 – 14:30 Lunch Break

14:30 – 16:00 DAHUDER Session — Interactive Case Discussions I

DAHUDER working session, open to SPMI colleagues who wish to attend

Moderators (TR): … / …

- Case 1 — the multimorbid inpatient: diagnostic reasoning under uncertainty

  Presenter / Discussants (TR):

- Case 2 — the patient with several competing guideline recommendations

  Presenter / Discussants (TR):

- Audience voting and structured panel discussion

16:00 – 16:15 Coffee Break

16:15 – 17:30 DAHUDER Session — Multicenter Research Workshop I: Working with Real-World National Data

DAHUDER working session, open to SPMI colleagues who wish to attend

Chairs (TR): … / …

- Prevalence and characteristics of anemia in Turkish women: findings from a national dataset

  Speaker (TR):

- OBREDI-TR: design, network structure and lessons from a national multicenter cohort

  Speaker (TR):

- Investigators' meeting: center participation, data timelines and authorship for the next analysis round

  All participating DAHUDER investigators:

Evening Free time / social program

Day 2 — Saturday, 21 November 2026

09:00 – 10:15 Joint Session 3 — Diabetes as a Multisystem Disease: From Glycemic Control to Organ Protection

Chairs: (PT) Dra Susana Heitor / (TR) …

- MASLD and the cardio-renal-metabolic continuum (25 min)

  Speaker (PT): Dra Joana Louro

- Micronutrient deficiency in diabetes: metformin, GLP-1 receptor agonists and what we fail to screen for (25 min)

  Speaker (TR):

- Panel discussion (25 min)

10:15 – 10:45 Coffee Break

10:45 – 11:45 SPMI Invited Lecture

Chair (TR): Prof. Dr. Nizameddin Koca, DAHUDER

• Invited lecture — Ageing and cardiovascular disease: sides of the same coin or two different entities? (30 min)

Speaker (PT): Prof. José Delgado Alves, SPMI

• Discussion with the audience (30 min)

11:45 – 13:00 Lunch Break

13:00 – 14:30 DAHUDER Session — Interactive Case Discussions II

DAHUDER working session, open to SPMI colleagues who wish to attend

Moderators (TR): … / …

• Case 3 — integrated case: type 2 diabetes with fatigue, renal risk and possible iron deficiency

Presenter / Discussants (TR):

• Case 4 — acute deterioration in the chronically ill patient

Presenter / Discussants (TR):

14:30 – 14:45 Coffee Break

14:45 – 16:00 DAHUDER Session — Multicenter Research Workshop II: Building the Next Study

DAHUDER working session, open to SPMI colleagues who wish to attend

Chairs (TR): … / …

• TURK-DGBI: a national prevalence study using Rome V criteria — methodology and first observations

Speaker (TR):

• Protocol workshop: defining the next DAHUDER multicenter study, working group and timeline

Facilitators (TR):

• Where an international arm could be added — an open invitation to SPMI centers

Facilitators (TR):

16:00 – 16:15 Closing Session and Symposium Evaluation

Joint session of the two societies

Symposium Co-Chairs (Prof. Dr. José Delgado Alves / TR):

Evening Symposium dinner / social program

Sunday, 22 November 2026 — Departure

Morning: Departure of participants. No scientific sessions are scheduled.

Total scientific program: Friday 20 November — 7 hours 15 minutes; Saturday 21 November — 6 hours.

Joint morning program: nine invited lectures, four from DAHUDER and five from SPMI, with sessions chaired jointly by one representative of each society.

Morning sessions are joint DAHUDER–SPMI sessions. Afternoon sessions are DAHUDER working sessions, open to SPMI colleagues who wish to attend. Social activities are scheduled outside the declared scientific program hours.