

Malaga International Symposium on Diabetes

24-25 September 2026



Symposium Program: Malaga 2026



Thursday, September 24

> Panel 1 Redefining Type 2 Diabetes: From Gluco-centric Control to Organ Protection

- 08:30 – 09:00 Welcome and Introduction to the Symposium
Moderator: Aytekin Oğuz, Andrzej Szuba
- 09:00 – 09:45 From Gluco-Centric Management to Integrated Cardiometabolic Strategy
Speaker: Aytekin Oğuz
- 09:45 – 10:00 Q&A and Discussion
- 10:00 – 10:45 Contemporary International Guidelines in type 2 diabetes mellitus: Interpretation and Clinical Application
Speaker: Miraç Vural Keskinler
- 10:45 – 11:00 Q&A and Discussion
- 11:00 – 11:15 Coffee Break**
- 11:15 – 12:00 Nutritional recommendations in patients with type 2 diabetes: Patient centered approach
Speaker: Alicja Basiak-Rasała
- 12:00 – 12:15 Q&A and Discussion
- 12:15 – 13:30 Lunch**

> Panel 2 Therapeutic Optimization and Disease Heterogeneity

- 13:30 – 14:15 Early Combination Therapy: Durability and Outcome-Oriented Treatment
Speaker: Miraç Vural Keskinler
- 14:15 – 14:30 Q&A and Discussion
- 14:30 – 15:30 Interactive Clinical Forum: Complex Case Discussions in Diabetes
Facilitator: Aytekin Oğuz
Case Presenter & Discussant: Miraç Vural Keskinler, Andrzej Szuba, Alicja Basiak-Rasała, Dorota Szcześniak
- 15:30 – 15:45 Q&A and Discussion
- 15:45 – 16:00 Coffee Break**
- 16:00 – 16:45 Overcoming Clinical and Therapeutic Inertia
Moderator: Andrzej Szuba
Speaker: Dorota Szcześniak
- 16:45 – 17:00 Q&A and Discussion

Friday, September 25

> Panel 3 Systemic Impact of Diabetes

- 08:30 – 09:15 Diabetes and Cognitive Dysfunction: Mechanistic Insights and Clinical Evidence
Speaker: Dorota Szcześniak
- 09:15 – 09:30 Q&A and Discussion
- 09:30 – 10:15 Lifestyle Intervention and Cardiovascular Risk Reduction in Diabetes
Speaker: Alicja Basiak-Rasała
- 10:15 – 10:30 Q&A and Discussion
- 10:30 – 11:00 Coffee Break**
- 11:00 – 11:45 Lipedema in Diabetes
Moderator: Aytekin Oğuz
Speaker: Andrzej Szuba
- 11:45 – 12:00 Q&A and Discussion
- 12:00 – 13:00 Lunch**

> Panel 4 Cardiovascular–Metabolic Integration and Special Populations

- 13:00 – 13:45 Preventing Macrovascular Complications: Evidence-Based Strategies
Speaker: Aytekin Oğuz
- 13:45 – 14:00 Q&A and Discussion
- 14:00 – 15:00 Diabetes in Elderly and Frail Individuals: Individualization and Deprescribing
Moderator: Andrzej Szuba
Panelists: Aytekin Oğuz, Miraç Vural Keskinler, Alicja Basiak-Rasała
- 15:00 – 15:15 Coffee Break**
- 15:15 – 16:15 Effective Patient Communication: The Cornerstone of Treatment Adherence
Moderator: Miraç Vural Keskinler
Speaker: Dorota Szcześniak
- 16:15 – 16:30 Q&A and Discussion
- 16:30 – 17:00 Closing Plenary: Strategic Take-Home Messages and Future Perspectives
Speakers: Aytekin Oğuz