



DAHUDER – SPMI Joint Symposium on Internal Medicine

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



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.

SCIENTIFIC PROGRAMME

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: Assoc. Prof. Dr. Nalan Okuroğlu / 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 Natália Marto
- Gastrointestinal causes, refractory deficiency, and optimizing iron replacement (25 min)
Speaker (TR): Assoc. Prof. Dr. Mustafa Timurkaan
- 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) Dr. Mustafa Timurkaan

- 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): Assoc. Prof. Dr. Nalan Okuroğlu
- Panel discussion: how internal medicine services are organized for multimorbidity in Portugal and in Türkiye (25 min)

13:15 – 14:30 Lunch Break



DAHUDER – SPMI Joint Symposium on Internal Medicine

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



14:30 – 16:00 Interactive Case Discussions I

Moderators (TR): Prof. Dr. Nizameddin KOCA

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

Presenter / Discussants (TR): Assoc. Prof. Dr. Nalan Okuroğlu

- Case 2 — the patient with several competing guideline recommendations

Presenter / Discussants (TR): Assoc. Prof. Dr. Mustafa Timurkaan

- Audience voting and structured panel discussion

16:00 – 16:15 Coffee Break

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

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

Chairs (TR): Prof. Dr. Seyit Uyar

- Internal medicine perspective: management of IDA in Pregnancy

Speaker (TR): Prof. Dr. Nizameddin Koca

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

Speaker (TR): Assoc. Prof. Dr. Nalan Okuroğlu

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

All participating DAHUDER investigators:

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) Assoc. Prof. Dr. Nalan Okuroğlu

- 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): Assoc. Prof. Dr. Mustafa Timurkaan

- 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 — Aging 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



DAHUDER – SPMI Joint Symposium on Internal Medicine

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



13:00 – 14:30 Interactive Case Discussions II

Moderators (TR): Prof. Dr. Seyit Uyar

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

Presenter / Discussants (TR): Prof. Dr. Nizameddin Koca

- Case 4 — acute deterioration in the chronically ill patient

Presenter / Discussants (TR): Assoc. Prof. Dr. Nalan Okuroğlu

14:30 – 14:45 Coffee Break

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

Chairs (TR): Prof. Dr. Nizameddin Koca

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

Speaker (TR): Prof. Dr. Seyit Uyar

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

Facilitators (TR): Assoc. Prof. Dr. Mustafa Timurkaan

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

Facilitators (TR): Assoc. Prof. Dr. Nalan Okuroğlu

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

Joint session of the two societies

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