



EUROMEDLAB

ATHENS 2017

11-15 JUNE

EuroMedLab news

22nd IFCC - EFLM European Congress of Clinical Chemistry and Laboratory Medicine25th Meeting of Balkan Clinical Laboratory Federation15th National Congress of GSCC-CB

News from the Scientific Program Committee



Dear Colleagues and Friends,

EuroMedLab Athens 2017 participants will come across several innovations concerning the scientific program.

The first innovation is the **"debate" symposia** where the "pros" and "cons" in controversial areas of Laboratory Medicine will be discussed by leading experts with corresponding opinions. These symposia will be open to the general public and press. The topics are "lessons from 30 years of cancer screening", "the ethical problems of gene editing", "direct to consumer testing" and "can we afford the increasing costs in health care?". One open symposium will be organized each day of the congress. We are looking forward to seeing you participating in the discussion.

The second innovation concerns mostly the young scientists, but participation is not restricted only to them. It is called **"meet the expert"**. We plan to organize these sessions in collaboration with the IFCC task force for the young scientists. Each day of the congress, leading experts in various fields of Laboratory Medicine will be available to participants for "in-depth analysis" and "case-studies presentations". These short presentations will be followed by discussion with the audience. Pre-registration (at no extra cost) will be needed in order to participate in these sessions.

The main program of the **EuroMedLab Athens 2017** congress (plenaries and symposia) has now been completed and the preliminary program of the congress will be published by the end of June 2016.

Plenaries, scheduled to open each day of the congress, are going to be presented by leading scientists. They will bring the audience up-to-date with the latest advances in clinical and laboratory research.

Twenty-four **symposia** will be organized during EuroMedLab Athens 2017 congress covering a great number of fundamental topics of laboratory medicine. Four of them will be organized directly by IFCC, three by EFLM and one by BCLF. The sixteen symposia organized by the scientific program committee (SPC) will include three invited speakers experts on the subject and two oral presentations selected among the submitted abstracts.

The **Educational Workshops** will be organized with the active support of IVD Industry, and they will be reviewed by the SPC, in order to be fully integrated in the **EuroMedLab Athens 2017** Congress. Their titles and speakers will be announced during November 2016.

Four **satellite meetings** will also be organized before and after the main congress in collaboration with other Greek or international Scientific Societies. They will cover areas such as Bone Metabolism and Vitamin D, Diabetes, Inborn Errors of Metabolism and Enzymology.

Konstantinos Makris

Secretary of the EuroMedLab Athens 2017 SPC Committee

What is EuroMedLab news?

EuroMedLab news is issued periodically to report on developments in scientific program and organization of the Congress.

EuroMedLab news is a handy tool to get in touch with Athens and the forthcoming Congress in real time.

EuroMedLab news will be sent to IFCC National Representatives, to all Officers involved in IFCC or EFLM, to IFCC Corporate Members, to IVD companies, and to anyone who has shown interest in the Congress; EuroMedLab News may be freely quoted in journals or newsletters and even photocopied, provided the editor (EuroMedLab Athens 2017 Organizing Secretariat, Milan, Italy) is mentioned.

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Next Meetings

The Preliminary program of the [EuroMedLab Athens 2017](#) congress will be published by the end of June 2016, in order to be distributed at the:

68th AACC Annual Scientific Meeting & Clinical Lab Expo, July 31st -August 4th, 2016, Pennsylvania Convention Center, Philadelphia, Pennsylvania, USA.

4th Joint EFLM-UEMS Congress "Laboratory Medicine at the Clinical Interface", September 21st-24th, 2016, Double Tree by Hilton Hotel and Conference Centre, Warsaw, Poland.

14th Asia-Pacific Federation for Clinical Biochemistry and Laboratory Medicine Congress, November 26th-29th, 2016, Taipei International Convention Center (TICC), Taipei, Taiwan.

VISIT THE EUROMEDLAB BOOTH!!!

SAVE THE DATES!

November 1, 2016

Deadline for poster abstract submission*

* The early deadline is due to the recent rules for the financing and/or the participation in congresses that require about 3 months for the authorization of PRESENTING authors from the regulating authorities.

April 30, 2017

Deadline for reduced registration fees

Congress Committees

CONGRESS PRESIDENT

Dr. Alexander Haliassos

CONGRESS ORGANISING COMMITTEE

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Dr. Efi Mpotoula Treasurer

Prof. Christos Kroupis Scientific Committee Liaison

Dr. Aggeliki Ferderigou Social Events

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Prof. Christos Tsatsanis

Registrations & Abstract Submission

The on-line systems for registration and abstract submission will be available starting from June 2016.

Stay tuned on www.athens2017.org

REGISTRATION FEES

All delegates must register to the congress, in order to have access to the lecture rooms.

BEFORE APRIL 30, 2017

Full Registration	€680 (€552,85 + 23% VAT)
Young Registration (≤ 35 years)	€340 (€276,42 + 23% VAT)
Day Registration	€310 (€252,03 + 23% VAT)

AFTER APRIL 30, 2017

Full Registration	€860 (€699,19 + 23% VAT)
Young Registration (≤ 35 years)	€460 (€373,98 + 23% VAT)
Day Registration	€370 (€300,81 + 23% VAT)

ON-SITE REGISTRATIONS

Full Registration	€925 (€752,03 + 23% VAT)
Young Registration (≤ 35 years)	€495 (€402,44 + 23% VAT)
Day Registration	€430 (€349,59 + 23% VAT)

Congress delegates are cordially invited to submit abstracts of their scientific work for presentation as a free communication at EuroMedLab Athens 2017.

An unlimited number of abstracts may be submitted provided that the presenting author applies for "full registration".

Abstracts should be submitted via the on-line submission system only.

HOTEL RESERVATION

ERA Ltd, Official Partner of EuroMedLab Athens 2017 offers customized services for your hotel reservations and related services.



ERA LTD

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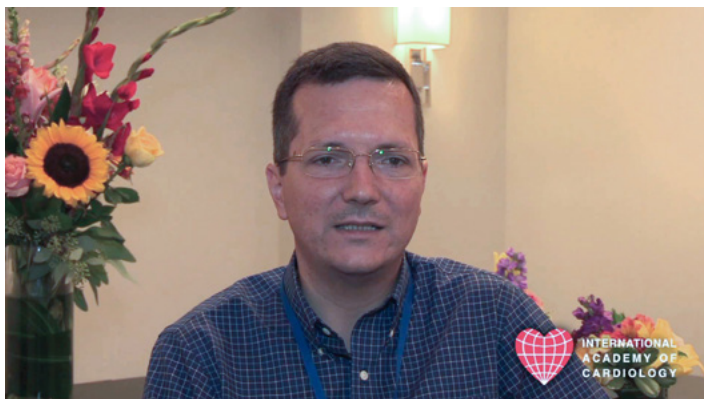
Keynote lecture at the IFCC General conference

A focus of the benefit on Mediterranean Diet provided by an expert from Athens



On the evening of March 19th, the participants of the IFCC General conference will enjoy a **diner debate** with Prof. Demosthenes Panagiotakos as keynote speaker and a specific focus on "The protective role of Mediterranean diet on cardiovascular disease, risk in the Environmental Health Perspectives".

The organizers of the IFCC General Conference are really delighted to welcome Prof. Panagiotakos, the Dean of School of Health Science & Education, at Harokopio University in Athens.

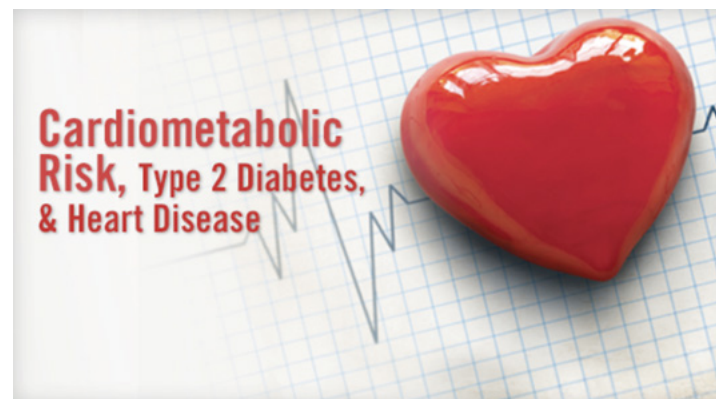


Prof D. Panagiotakos

Prof. Panagiotakos is a worldwide-recognized expert in the field of cardiovascular epidemiology and was involved in several epidemiological studies (CARDIO2000, ATTICA and GREECS). Prof. Panagiotakos has published 3 books, more than 540 papers with 10.400+ citations (h-index = 48), as well as many other papers in national journals or Conference proceedings.

A year before **Euromedlab Athens 2017**, Prof. Panagiotakos will be a great ambassador of the top scientific research performed in Greece and will address our contemporary society.

The threat of cardiometabolic disorders and diabetes is evident all over the world. According to the world health organization (WHO), 17.5 million people die each year from cardiovascular diseases (CVDs) (an estimated 31% of all deaths worldwide), more that 75% of cardiovascular deaths occur in low-income and middle-income



countries and 80% of all CVD deaths are due to heart attacks and strokes. Besides that, the numbers related to diabetes, a well known cause of cardiometabolic disorders, are frightening as 1.5 million deaths are directly attributed to diabetes each year, 9% of adults in the world have diabetes and 90% of people with diabetes in the world have type 2 diabetes.

The WHO has released numerous recommendations to prevent the burden of cardiovascular diseases and the monitoring of the food intake / quality is one of the WHO strategies.

An unhealthy diet is being considered as a major factor to the development of cardiometabolic disorders and type 2 diabetes. Lifestyle interventions, including dietary changes, have a vital role in preventing the progression of diabetes and cardiovascular diseases.

The Mediterranean diet is recommended by the American Diabetes Association (ADA) for its beneficial effects on glycemic control and cardiovascular risk factors, but only as an alternative to a lower fat, higher carbohydrate - eating pattern.

The Mediterranean diet has also a direct effect at cardiovascular risk factors and on the biomarkers that we measure in our laboratories.



References:

- www.who.com
- Esposito K, Maiorino MI, Bellastella G, Chiodini P, Panagiotakos D, Giugliano D. A journey into a Mediterranean diet and type 2 diabetes: a systematic review with meta-analyses. *BMJ Open*. 2015 Aug 10;5(8):e008222.
- Kastorini CM, Panagiotakos DB, Chrysohooou C, Georgousopoulou E, Pitaraki E, Puddu PE, Tousoulis D, Stefanadis C, Pitsavos C; ATTICA Study Group. Metabolic syndrome, adherence to the Mediterranean diet and 10-year cardiovascular disease incidence: The ATTICA study. *Atherosclerosis*. 2016 Mar;246:87-93.

Contributed by Prof. Damien Gruson



DAY	Sat 10 June	Sun 11 June	Monday 12 June				
ROOM			LAMBRAKIS HALL	TRIANTI HALL	HALL A	MITROPOULOS HALL	SKALKOTAS HALL
CAPACITY			1960	1500	650	450	380
09.00 - 10.00	SATELLITE MEETINGS		PLENARY				
10.00 - 10.30			BREAK				
10.30 - 12.30			SYM 1	SYM 2	SYM 3	SYM 4	IFCC/EFLM
12.30 - 14.30			POSTER SESSION / LUNCH				
14.30 - 18.00			IFCC/EFLM	EduW 2 14.30-15.30	EduW 5 14.30-15.30	EduW 8 14.30-15.30	EduW 11 14.30-15.30
		EduW 3 15,45-16,45		EduW 6 15,45-16,45	EduW 9 15,45-16,45	EduW 12 15,45-16,45	
		EduW 1 17.00 -18.00	EduW 4 17.00 -18.00	EduW 7 17.00 -18.00	EduW 10 17.00 -18.00	EduW 13 17.00 -18.00	
		17.00-20.00 Opening Ceremony					
SOCIAL PROGRAM	18.45-23.15 President's Dinner	20.00 -22.00 Welcome Party	18.45-23.15 Speakers' Reception (only for invited guests)				

DAY	Wednesday 14 June						
ROOM	LAMBRAKIS HALL	TRIANTI HALL	HALL A	MITROPOULOS HALL	SKALKOTAS HALL	EXHIBITION HALL	LAMBRAKIS HALL
CAPACITY	1960	1500	650	450	380		1960
09.00 - 10.00	PLENARY						PLENARY
10.00 - 10.30	BREAK						
10.30 - 12.30	SYM 9	SYM 10	SYM 11	SYM 12	IFCC/EFLM	10.00-17.30 Exhibition open	BCLF SYM
12.30 - 14.30	POSTER SESSION / LUNCH						12.30-13.00 Closing
14.30 - 18.00	IFCC/EFLM	EduW 28 14.30-15.30	EduW 31 14.30-15.30	EduW 34 14.30-15.30	EduW 37 14.30-15.30		
		EduW 29 15,45-16,45	EduW 32 15,45-16,45	EduW 35 15,45-16,45	EduW 38 15,45-16,45		
	EduW 27 17.00 -18.00	EduW 4 30 17.00 -18.00	EduW 33 17.00 -18.00	EduW 36 17.00 -18.00	EduW 39 17.00 -18.00		

SOCIAL PROGRAM	Social Event for ALL Delegates
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EUROMEDLAB ATHENS 2017

	Tuesday 13 June					
EXHIBITION HALL	LAMBRAKIS HALL	TRIANTI HALL	HALL A	MITROPOULOS HALL	SKALKOTAS HALL	EXHIBITION HALL
	1960	1500	650	450	380	
	PLENARY					
	BREAK					
10.00-17.30 Exhibition open	SYM 5	SYM 6	SYM 7	SYM 8	IFCC/EFLM	10.00-17.30 Exhibition open
	POSTER SESSION / LUNCH					
	IFCC/EFLM	EduW 15 14.30-15.30	EduW 18 14.30-15.30	EduW 21 14.30-15.30	EduW 24 14.30-15.30	
		EduW 16 15,45-16,45	EduW 19 15,45-16,45	EduW 22 15,45-16,45	EduW 25 15,45-16,45	
		EduW 14 17.00 -18.00	EduW 17 17.00 -18.00	EduW 20 17.00 -18.00	EduW 23 17.00 -18.00	

Free Evening for Delegates

Thursday 15 June				Friday 16 June
TRIANTI HALL	HALL A	MITROPOULOS HALL	SKALKOTAS HALL	
1500	650	450	380	
BREAK				
SYM 14	SYM 15	SYM 16	SYM 17	

SATELLITE MEETINGS



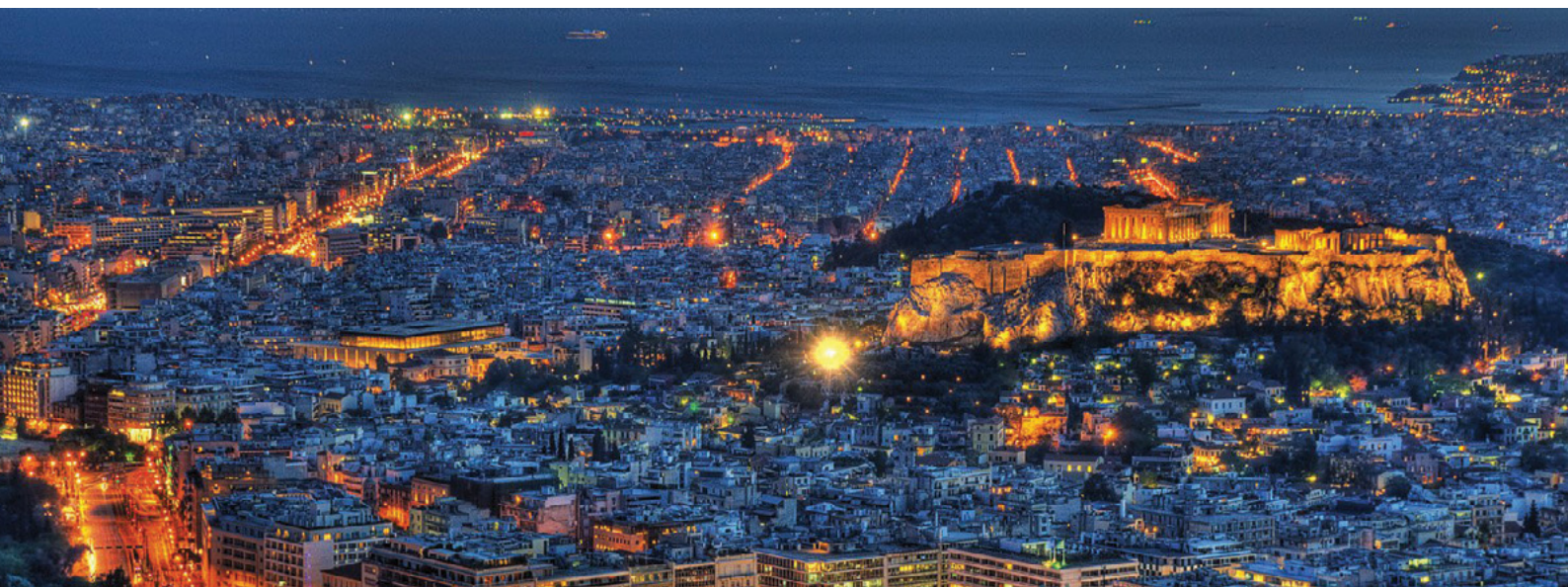
How to get to Athens

Athens is easily accessed by air, sea and land (road and railroad) as it is the Greece's capital and one of the major cities of the Balkans and the Eastern Mediterranean area. Moreover, moving around the city is a real pleasure. Athens public transportation system connects the city center and Megaron - Athens International Conference Center, the Congress Venue, with all surrounding areas through a modern network combining many lines of metro, suburban railway, train, buses, trolleys and trams. The road system has been modernized in recently with new highways. The capital is connected with other parts of the mainland through a

York, Larnaca and Dubai come in at least once per day.

Located 33 km (20 miles) southeast of Athens, it is easily accessible via Attiki Odos, a major highway part of the Athens City Ring Road. Public transport to Athens and the port of Piraeus is provided by the new metro system, express airport bus connections, taxi and high-speed rail.

A free return metro ticket to Athens as also as a transport title allowing the unlimited use of the entire Athens public transportation system during the Congress period will be offered to all registered delegates and accompanying persons, at their arrival at the airport.



network of railways, buses and coaches. Furthermore, Athens has direct connections to all Greek islands through the ports of Piraeus, Lavrio and Rafina.

BY AIR

The new award-winning "Eleftherios Venizelos" Athens International Airport, has been serving the Greek capital since its opening to the public on March 28th, 2001. Its exciting design has, according to surveys, made it one of the world's leading airports in overall passenger satisfaction for the last four years and Europe's fastest growing airport.

At the crossroads of Europe, Africa and the Middle East, Athens is a city that is easily accessible from virtually any point of the world. Flights from major airport hubs in London, Frankfurt, Paris, Berlin, Zurich, Milan, Rome, Istanbul, New

BY ROAD

Athens can be reached by road via the Western Balkan countries, Bulgaria, Albania and Turkey.

BY RAILROAD

The main railway network of Greece currently provides links between Athens and Northern and Southern Greece and the rest of Europe through the Western Balkan countries and Bulgaria.

BY SEA

There are daily ferryboat connections from Italy (Ancona, Bari and Brindisi, Venice and Trieste) to Patras the second largest port of entry to Greece; approximately 220 km (135 miles) from Athens. The Middle East is accessible via the port of Volos located 300km (180 miles) from Athens.

Congress Venue

The EuroMedLab Athens 2017 Congress will be held at the Megaron Athens International Conference Center, one of the finest and technologically advanced conference venues in Europe. The center offers an impressive environment of beauty, cutting edge facilities and unrivalled client service.

MEGARON

ATHENS INTERNATIONAL CONFERENCE CENTER

Vassilisis Sophias Ave. & Kokkali Str.

Athens GR-115 21, Greece

Phone: +30 2107282000



Athens Metro Map





Easter in Athens



Easter, Pascha or Lambri (Brilliant day in Greek), is the most important celebration for the Greek Orthodox Church. It is a feast celebrated by all Greeks, religionists or not, all over the world. It is tightly connected with the national - religious identity of the Greeks and with the spring in full blossom. Lots of Greek poets and authors such as the Nobel

Laureates Seferis and Elitis have described and praised this feeling and Easter celebration, in their masterpieces.

The mixed feelings of the Holy drama and of wellbeing and happiness because of spring are being diffused throughout the Holy Week. Churches are decorated with palm leaves announcing the glorious entrance of the Son of God in Jerusalem and the beginning of the Holy drama. On Holy Thursday, the Crucifixion Day, day of sadness and mourning, boiled eggs are dyed red in every Greek household as a symbol of Christ's sacrifice. At the same time, the same ritual prepares people for the joy of clinking and breaking and tasting them along with Easter cookies and so many other traditional dishes, during Holy Sunday's feast. Late at night on Holy Thursday until next morning epitaphs are being decorated by girls and elderly women with spring flowers in every single Greek Church, in the city and in the countryside, in the islands and on the mountains. Then, on Holy Friday night, everybody carries lighted candles, sing the hymns of the day and follow the procession of the Holy Epitaph together with friends and relatives. This picture of the



Holy Epitaph procession, the hymns and the spring scents remain unforgettable for all Greek people, reminding them of their childhood years, their families and their homelands. At midnight on Holy Saturday, as soon as the priest announces "Jesus Christ has been resurrected" bells are heard and fireworks explode everywhere on the sky so that everybody learns the joyful message that there is a victory over death. People kiss each other to celebrate the important message and reassure each other that indeed they believe that Jesus Christ has resurrected. It is a kiss of goodwill, of love and victory over wickedness. A lot of people carry the lighted candle from the Holy light all the way to their home for protection against evil.

The feast of Holy Sunday includes the cooking of the traditional roasted lamb on a spit, along with singing and dancing. Love is in the air in all gatherings and puts the final seal on the most important and brilliant Greek holiday, a celebration of joy over sadness, of life over death and optimism over betrayal and darkness. And all these in the middle of spring. Nature, hand in hand with humans, celebrates the [victory of LIFE](#).



The Congress Organizing
Committee and the Scientific
Program Committee together with
the Organizing Secretariat wish you
Happy Easter

