

# SELENIUM

FROM CHEMISTRY  
TO CLINICAL  
MEDICINE

Celebrating **200** YEARS **1818** **2018**  
YEARS since the first publication on Selenium



Gaia Centre  
Goulandris Natural History Museum  
Athens, Greece

30/11-01/12 2018

Scientific  
Programme



Organized by



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Congress - Secretariat



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## Index

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Organizing & Scientific Committee	3
Welcome	4
Scientific Programme	5
Faculty	8
General Information	10
Acknowledgements	11



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## Organizing & Scientific Committee

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**Chair:** *Leonidas Duntas (Athens)*  
*Panos Zirogannis (Athens)*

**Honorary:** *Jacques Dumont (Brussels)*

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**Members:** *Dimitrios Goulis (Thessaloniki)*  
*Josef Köhrle (Berlin)*  
*Margaret P. Rayman (Surrey)*  
*Anthony Tsarbopoulos (Athens)*  
*Fali Voyatzaki (Athens)*



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## Welcome

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Ladies and Gentlemen,  
Dear Colleagues and Friends,

On behalf of the Organizing Committee, I would like to warmly welcome you all to Athens on the Occasion of the **Celebration of the 200 years, 1818–2018**, since the discovery of and the first publication on Selenium. The discovery of the trace element Selenium was a milestone in the science of minerals, an achievement that, 150 years after its discovery, paved the way to bringing nutrition closer to clinical medicine. The revelation that Se is not the toxic element that it had been thought exclusively to be for many decades (and is of course at high concentrations), but an essential element for life on earth, was fully corroborated by pivotal research studies. These studies, made in the fields of chemistry, molecular biology and medicine, revealed the numerous actions of selenium in redox mechanism, its anti-inflammatory and anti-cancer properties and its important role in regulating metabolism and disease. Many aspects of this amazing element have thus in recent times been discovered and surely many more will be elucidated in the years to come.

Two hundred years after its discovery, Selenium continues to attract growing scientific interest and due to its lunar-selene glow, and mystery, stimulates constant multidisciplinary research.

This Meeting in Athens to celebrate the second centennial of Selenium is, in this context, an exceptional event, bringing together scientists from many countries of Europe, East, West, North and South, to honor those who have so importantly contributed to the many advances in selenium research and thus to the improvement of millions of lives.

A very cordial welcome to this special Meeting on Selenium!



Leonidas Duntas



30/11-01/12 2018

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## Scientific Programme

Friday 30<sup>th</sup> November 2018

**15:00 - 16:00** Registration

**16:00 - 16:45** Welcome Addresses

- Vice President of the Goulandris Natural History Museum **Mrs Fali Voyatzaki**
- President of the European Thyroid Association **Professor Laszlo Hegedüs**
- President of the Hellenic College of Pediatrics **Professor George Chrousos**
- President of the Hellenic Association for the Study of Obesity, Metabolism & Eating Disorders **Dr. George Panotopoulos**

### Opening Lectures

**16:45 - 17:00** **Panos Ziogiannis (Athens)**

From Hippocrates to periodic system and Selenium.

**17:00 - 17:15** **Peter PA Smyth (Dublin, Galway)**

Fifty years of the ETA: The Selenium connection.

**17:15 - 17:30** **Leonidas Duntas (Athens)**

Why "Selenium 2018".

### Special Lecture

Chair: **Georgios Dedoussis (Athens)**

**17:30 - 18:00** **Margaret P. Rayman (Surrey)**

Selenium intake and health: a complex relationship.

### Selenium infertility and pregnancy

Chair: **Josef Köhrle (Berlin), Dimitris Goulis (Thessaloniki)**

**18:00 - 18:30** **Gesthimani Mintziori (Thessaloniki)**

The multifarious role of selenium in infertility.

**18:30 - 19:00** **Alicja Hubalewska-Dydejczyk (Krakow)**

Pregnancy, thyroid and potential use of selenium.

**19:00 - 19:30** Honorary Lecture:

**Jacques Dumont (Brussels)**

Evolving research on selenium and thyroid: endemic cretinism, selenium and ROS.

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## Scientific Programme

Saturday 1<sup>st</sup> December 2018

### Selenium and Thyroid I

Chair: **Ulla Feldt-Rasmussen (Copenhagen), Krystallenia Alexandraki (Athens)**

- 09:00 - 09:30** **Josef Köhrle (Berlin)**  
The actions of selenium in the thyroid.
- 09:30 - 10:00** **Corin Badiu (Bucharest)**  
Selenium involvement into mitochondrial function in thyroid disorders.
- 10:00 - 10:30** **Leonidas Duntas (Athens)**  
The protective role of selenium in thyroid autoimmunity and inflammation.
- 10:30 - 11:00** **Laszlo Hegedüs (Odense)**  
Treating autoimmune thyroiditis with selenium: challenges and perspectives.

**11:00 - 11:30** **Coffee Break**

### Selenium and Thyroid II

Chair: **Margaret Rayman (Surrey), Melpomeni Peppas (Athens)**

- 11:30 - 12:00** **Tomasz Bednarczuk (Warsaw)**  
Challenges and perspectives of selenium supplementation in Graves' Disease and Ophthalmopathy.
- 12:00 - 12:15** **Ulla Feldt-Rasmussen (Copenhagen)**  
The GRASS and the CATALYST studies: what do we expect?
- 12:15 - 12:45** **Christine Kanaka-Gantenbein (Athens)**  
Selenium supplementation in children.
- 12:45 - 13:15** **Anna Kipp (Jena)**  
Selenium in gastrointestinal and thyroid tumors.



30/11-01/12 2018

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## Scientific Programme

Saturday 1<sup>st</sup> December 2018

13.15 - 15.00 Break

### Selenium and Metabolism

Chair: **Peter PA Smyth (Dublin, Galway), Evanthia Diamanti-Kandarakis (Athens)**

15:00 - 15:30 **Stergios A. Polyzos (Thessaloniki)**  
Selenoprotein P in non-alcoholic steatohepatitis.

15:30 - 16:00 **Lutz Schomburg (Berlin)**  
The facts in the role of selenium in obesity and diabetes mellitus.

16:00 - 16:30 **Costas Phenekos (Athens)**  
Selenium in bone diseases.

16:30 - 17:00 **Nikolay Solovyev (Ghent)**  
Selenoprotein P and Alzheimer disease.

17:00 - 17:30 **Anthony Tsbopoulos (Athens)**  
Therapeutic Strategies for Alzheimer's Disease: The potential role of selenium.

17:30 - 18:00 Interactive networking and conclusions.

# SELENIUM

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## Faculty

### **Krystallenia Alexandraki**

*Division of Pathophysiology, National and Kapodistrian University of Athens, Athens, Greece*

### **Corin Badiu**

*M.D., Ph.D., FACE, Professor in Endocrinology, Fellow of the Romanian Academy of Medical Sciences, National Institute of Endocrinology, "C. Davila" University of Medicine and Pharmacy, Bucharest, Romania*

### **Tomasz Bednarczuk**

*M.D., Ph.D., Professor of Medicine, Head of the Department of Internal Medicine and Endocrinology, Medical University of Warsaw, Warsaw, Poland*

### **Georgios Dedoussis**

*Professor of Human Biology in the Department of Dietetics - Nutrition in Harokopio University of Athens, Athens, Greece*

### **Evanthia Diamanti-Kandarakis**

*Emeritus Professor of Internal Medicine and Endocrinology, Medical School, National and Kapodistrian University of Athens, Director of Endocrinology and Diabetes Department, Hygeia Hospital, Athens, Greece*

### **Jacques E. Dumont**

*M.D., PhD, Professor, Institute of Interdisciplinary Research, Schools of Medicine, Université Libre de Bruxelles, Vrije Universiteit Brussels, Belgium*

### **Leonidas H. Duntas**

*Professor of Internal Medicine and Endocrinology, University of Ulm, Germany, Secretary of the European Thyroid Association, Evgenideion Hospital, Unit of Endocrinology, Diabetes and Metabolism, National and Kapodistrian University of Athens, Greece*

### **Ulla Feldt-Rasmussen**

*M.D., DMSc, Professor, Chief of Medical Endocrinology, Rigshospitalet, Copenhagen University Hospital, Copenhagen, Denmark*

### **Dimitrios G. Goulis**

*Associate Professor in Reproductive Endocrinology, Unit of Reproductive Endocrinology, 1<sup>st</sup> Department of Obstetrics and Gynecology, Medical School, Aristotle University of Thessaloniki, Thessaloniki, Greece*

### **Laszlo Hegedüs**

*M.D., DMSc, Professor and Consultant Physician, Immediate Past President, Danish Thyroid Association, President, European Thyroid Association, Department of Endocrinology and Metabolism, Odense University Hospital, Odense, Denmark*

### **Alicja Hubalewska-Dydejczyk**

*Professor, M.D., PhD, Head of the Chair and Endocrinology Department Jagiellonian University, Medical College, Krakow, Poland*





30/11-01/12 2018

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## Faculty

### **Christine Kanaka-Gantenbein**

*M.D., PhD, Professor of Pediatrics - Pediatric Endocrinology, Director First Department of Pediatrics, Medical School, National and Kapodistrian University of Athens, "Agia Sophia" Children's Hospital, Athens, Greece*

### **Anna Kipp**

*Professor, Friedrich Schiller University Jena, Institute of Nutritional Sciences, Molecular Nutritional Physiology, Jena, Germany*

### **Josef Köhrle**

*Seniorprofessor, Charité Universitätsmedizin Berlin, Campus Virchow - Klinikum, Institut für Experimentelle Endokrinologie, Berlin, Germany*

### **Gesthimani Mintzioti**

*M.D., MSc, PhD, Endocrinologist, Unit of Reproductive Endocrinology, 1<sup>st</sup> Department of Obstetrics and Gynecology, Aristotle University of Thessaloniki Medical School, Thessaloniki, Greece*

### **Melpomeni Peppas**

*Associate Professor of Endocrinology, National and Kapodistrian University of Athens, Endocrine Unit, 2<sup>nd</sup> Dept of Internal Medicine Propaedeutic, Research Institute and Diabetes Center, Attikon University Hospital, Athens, Greece*

### **Costas Phenekos**

*M.D., PhD, f. director, Department of Endocrinology and Diabetes Center, Red Cross Hospital, Athens, Greece*

### **Stergios Polyzos**

*Endocrinologist, Assistant Professor of Pharmacology - Medical Research Methodology, Medical School, Aristotle University of Thessaloniki, Thessaloniki, Greece*

### **Margaret P. Rayman**

*Professor of Nutritional Medicine, Department of Nutritional Sciences, Faculty of Health and Medical Sciences, University of Surrey, Guildford, UK*

### **Lutz Schomburg**

*Professor, Deputy Director; Institut für Experimentelle Endokrinologie, Charité Universitätsmedizin Berlin, Berlin, Germany*

### **Peter PA Smyth**

*Professor, University College, Dublin, Ireland and National University of Ireland, Galway, Ireland, Chair, ETA Archives Board*

### **Nikolay Solovyev**

*PostDoc (EuraMet funded project ReMIND) Ghent University, Department of Chemistry, A&MS Group, Ghent, Belgium*

### **Anthony Tsarbopoulos**

*Dr., Associate Professor, Department of Pharmacology, Medical School, National and Kapodistrian University of Athens, Athens, Greece & Director of Bioanalytical Department, GAIA Research Center, The Goulandris Natural History Museum, Kifissia, Greece*

### **Panos Ziogiannis**

*Dr., Nephrologist, President of the Hellenic Society for the Dissemination of the Hippocratic Spirit, Athens, Greece*

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## General Information

### Dates

Friday 30 November - Saturday 1 December 2018

### Venue

#### Gaia Centre

Goulandris Natural History Museum  
Othonos 100, 145 62 Kifissia  
Athens, Greece  
Website: [www.gnhm.gr](http://www.gnhm.gr)

### Language

The official language of the congress is English.

### Registration

<b>Registration fees</b> (per participant)	150,00 €
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The registration fees include:

- Admission to all scientific sessions
- Admission to the exhibition area
- Congress Material
- Certificate of Attendance

The registration fees do not include VAT 24%.

### Accreditation

The congress has been accredited by the Panhellenic Medical Association with **10 CME-CPD Credits**, according to the UEMS-EACCME® criteria.





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## Acknowledgements

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The Organizing & Scientific Committee of the Meeting would like to express their sincere gratitude to the following sponsors for their support:



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GOULANDRIS NATURAL HISTORY MUSEUM

**Congress - Secretariat**



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