

22
NOV
2024

**2nd INTERNATIONAL SYMPOSIUM
POST COVID SYNDROME
AND CHRONIC FATIGUE
SYNDROME**

**METHODOLOGICAL ASPECT
OF DIAGNOSTIC AND TREATMENT**

ORGANIZER

"Dedinje" Cardiovascular Institute, Belgrade

Prof. dr Milovan Bojić

Prof. dr Branislav Milovanović

Accreditation by Health Council Serbia



2nd INTERNATIONAL SYMPOSIUM POST COVID SYNDROME AND CHRONIC FATIGUE SYNDROME

METHODOLOGICAL ASPECT OF DIAGNOSTIC AND TREATMENT

Dear colleagues,

We have the great honor and pleasure to invite you to the Second International Symposium on Post-COVID Syndrome and Chronic Fatigue Syndrome, which will take place on November 22, 2024, at the Institute for Cardiovascular Diseases "Dedinje". The symposium holds particular significance as it is organized by the Institute for Cardiovascular Diseases "Dedinje" under the patronage of the Ministry of Health and with the support of several institutions and associations: the Association for Neurocardiology of Serbia, the Serbian Medical Society, the Section for the Autonomic Nervous System of the Serbian Medical Society, and the Association of Patients with Chronic Fatigue Syndrome and Consciousness Crises. The symposium is also of international importance as it is organized under the auspices of the European Network of Patients and Experts (EMEA), whose members are actively involved in the organization of this and future events.

Although the acute effects of COVID-19 are well-documented, recent attention in the research community has shifted towards the chronic consequences of the disease. Approximately 87% of patients affected by COVID-19 continue to experience at least one symptom two months after the onset of the illness, and up to 30% of individuals continue to have at least one symptom six months after the onset, even when SARS-CoV-2 is no longer present. This chronic phase of COVID-19 has been termed "long COVID," "post-COVID syndrome," or "post-acute consequences of COVID-19 infection."

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) is a highly complex and debilitating multisystemic chronic illness affecting millions of people worldwide. Despite its increasing prevalence and exhausting nature, it remains largely unknown to the general public and many medical professionals. Understanding its etiology and pathophysiology is limited, diagnostic criteria are inconsistent, and guidelines for diagnosis and treatment are inadequate and outdated. The disease was initially defined solely as "persistent or relapsing, debilitating fatigue of new onset and of unknown origin," with the diagnosis based on excluding other possible causes of fatigue, often overlooking the significance of other symptoms.

Given the practically identical symptomatology, the question arises whether we are dealing with one or two distinct syndromes. In the hope of successfully addressing these questions, we warmly greet you and invite you to actively participate in the symposium proceedings.

LOCATION

New Amphitheatre of Dedinje 2 Facility, First Floor
"Dedinje" Cardiovascular Institute
Heroja Milana Tepica 1, 11040 Belgrade, Serbia

**WITH
SUPPORT**



**II INTERNATIONAL SYMPOSIUM ON CHRONIC FATIGUE SYNDROME AND
LONG KOVID SYNDROME**

PRELIMINARY PROGRAMME

22th November 2024 ,Institute -Dedinje,Belgrade, Serbia

08:00-09:00 Registration

09:00-09:45 Opening Ceremony

Branislav Milovanovic

President of Serbian Neurocardiological Society, Co-Chairmen of the meeting

Milovan Bojić

Director of Institute for Cardiovascular Diseases-Dedinje,Co-Chairman of meeting

Zlatibor Lončar

Minister of Health of the Republic of Serbia

Ilija Brčeski

Representative of European Academy of Science and Arts

Tanja Simić

Dean of Faculty of Medicine University of Belgrade,Serbia)

Dragan Simić

President of Cardiology Society of Serbia

Milan Nedeljkovic

President of Serbian Medical Society

Gracemarie Bricalli

President European ME Alliance (EMEA)
Georgetown University School of Foreign Service
Lugano,Ticino,Switzerland

Richard Simpson

President of Charite- Invest in ME research
UK

Ina Ignjatović

President of Serbian Society of ME/CFS patients

Sanda Špac

President of Croatian Society of ME/CFS patients

Barbara Gros,

President of Slovenian Society of ME/CFS patients

November 22th

I SESSION

10:00-12:00 Basic Aspects of ME/CFS and Long Kovid syndrome

Chairs: Branislav Milovanovic,(Belgrade, Serbia), David Price (Cardiff,UK),
Simon Carding (Norwich,UK)

**10:00-10:30 Postinfection syndromes:ME/CFS,Long Kovid and Lyme disease,
the ethiology and differences**

Branislav Milovanović
University of Belgrade,Medical Faculty
Institute for cardiovascular diseases
(Belgrade,Serbia)

10:30-11:00 Trials and Tribulations of ME Research

Prof. Simon Carding
Head, Food, Microbiome, and Health Research Programme
Quadram Institute Bioscience,
Norwich Research Park

11:00-11:30 The origins of long COVID

David Price(Cardiff,UK)

11:30-12 :00 Chaired discussion

12:00-12:30 Cofee Break

II SESSION

12:30-14:30 Pathophysiology and treatment options of ME/CFS and Long Kovid syndrome

Chairs: Olli Polo (Tampere, Finland), Cecilia Tibell (Stockholm, Sweden),
Timon Ziupanz (Ljubljana, Slovenia)

12:30 -13:00 Dysautonomia in ME/CFS - The Role of Sleep Disturbance

Olli Polo (Tampere, Finland)

13:00-13:30 Treatment of thyroid gland disorders in ME/CFS

Cecilia (Stockholm, Sweden)

13:30 – 14 :00 Etiology and Treatment Strategies of ME/CFS

Timon Zupanc (Ljubljana, Slovenia)

14 :00 – 14 : 30 Chaired discussion

14 : 30 – 15 : 30 Lunch