



aillme
Association for International
Lifelong Learning in Medicine



NNBD
NÖROLOJİ VE NÖROTEKNOLOJİK
BİLİMLER DERNEĞİ

SPRING SYMPOSIUM

Advances in Dementia Treatment: From Evidence to Clinical Practice

7-9 May 2026
Hilton Garden Inn Athens Syggrou Avenue

Athens

PROGRAM

SCIENTIFIC PROGRAM

7 MAY 2026, THURSDAY

DAY 1 - Early Diagnosis & Neurobiological Foundations

13:00-13:20

Opening Lecture

Early-Stage Alzheimer's Disease: Why Timing Matters -
Network Dynamics and Neurophysiological Signatures

Chair: Dr. Ömer Karadaş (Ankara, Türkiye)

13:20-14:00

How Is Alzheimer's Disease Diagnosed?

Speaker: Dr. Petra Nováková (Prague, Czech Republic)

- Updated diagnostic criteria
- Mild Cognitive Impairment (MCI) vs. early Alzheimer's
- Clinical red flags in daily practice


14:00-14:40

Neuroimaging in Early Alzheimer's Disease

Speaker: Dr. Márton Szabó (Budapest, Hungary)

- MRI protocols for early detection
- Role of amyloid PET
- Structural vs. functional imaging

14:40-15:00

Coffee Break 

15:00-15:40

Neurotransmitter Imbalance in Alzheimer's Disease

Speaker: Dr. Lucie Benešová (Prague, Czech Republic)

- Cholinergic hypothesis revisited
- Dopamine-serotonin interaction in cognition and mood
- Implications for pharmacological treatment

15:40-16:10

Panel Discussion

Diagnostic Challenges in Central European Clinical Practice

SCIENTIFIC PROGRAM

8 MAY 2026, FRIDAY

DAY 2 – Pharmacological Strategies & Early Intervention

09:00-09:40 **Current Treatment Options in Early Alzheimer's Disease**

Speaker: Dr. Akçay Övünç Karadaş (Ankara, Türkiye)

- Symptomatic treatments
- Emerging disease-modifying strategies
- Treatment algorithms in early stages

09:40-10:20 **The Role of Life Changes in Alzheimer's Disease**

Speaker: Dr. Jana Kovářová (Prague, Czech Republic)

- Mechanism of action
- Evidence-based efficacy
- Safety and tolerability

10:20-10:40 **Coffee Break** 

10:40-11:20 **Why Early Initiation of Exercise Matters**

Speaker: Dr. András Molnár (Budapest, Hungary)

- Slowing functional decline
- Cognitive preservation strategies
- Long-term outcomes data

11:20-12:00 **Effectivity of Ginkgo Biloba in Early and Middle Stage Alzheimer Treatment**

Speaker: Dr. Tomáš Král (Prague, Czech Republic)

- Clinical indications
- Real-world Central European experience

12:00-12:20 **Control and Usage of Antibiotics and Other Drugs**

Speaker: Dr. Petra Nováková (Prague, Czech Republic)

12:20-13:30 **Lunch** 

13:30-15:00 **Concurrent Administration of Cholinesterase Inhibitors and Ginkgo Biloba Extract**

Dr. Petra Nováková, Dr. Gábor Tóth

SCIENTIFIC PROGRAM

8 MAY 2026, FRIDAY

DAY 2 - Infections, Delirium and Rational Antibiotic Use in Patients with Cognitive Impairment and Dementia

15:00–15:40

Infections as Triggers of Acute Cognitive and Functional Decline in Older Adults

Speaker: Dr. Virginie Prendki (Geneva, Switzerland)

- How infections present atypically in older adults and dementia patients
- Distinguishing infection-related delirium from progression of dementia
- Common clinical scenarios: urinary tract infections, pneumonia, skin and soft tissue infections
- Red flags requiring urgent evaluation


15:40–16:20

Delirium, Dementia and Infection: Diagnostic Challenges in Daily Practice

Speaker: Dr. Mirko Petrovich (Ghent, Belgium)

- Delirium superimposed on dementia
- Practical bedside assessment tools
- Role and limitations of laboratory tests and inflammatory markers
- Avoiding overdiagnosis of infection in cognitively impaired patients

16:20–16:40

Coffee Break 

16:40–17:20

Antibiotic Stewardship in Geriatric and Dementia Care

Speaker: Dr. Jeroen Schouten (Radboudumc, Netherlands)

- Principles of rational antibiotic use
- When antibiotics are indicated and when observation is appropriate
- Asymptomatic bacteriuria vs. true urinary tract infection
- Choosing antibiotics according to patient frailty, renal function, local resistance patterns and treatment setting

SCIENTIFIC PROGRAM

8 MAY 2026, FRIDAY

DAY 2 - Infections, Delirium and Rational Antibiotic Use in Patients with Cognitive Impairment and Dementia

17:20–18:00

Antibiotics, the Brain and Medication Safety in Alzheimer's Disease

Speaker: Dr. Mirko Petrovic (Ghent, Belgium)

- Antibiotic-associated neuropsychiatric adverse effects: confusion, agitation, seizures, sleep disturbance
- Drug–drug interactions with cholinesterase inhibitors, memantine, antidepressants, antipsychotics and anticoagulants
- QT prolongation, renal dose adjustment and polypharmacy risks
- Practical prescribing precautions in cognitively impaired patients

18:00–18:50

Case-Based Interactive Session: Infection or Dementia Progression?

Speaker: Dr. Ömer Karadaş (Ankara, Türkiye)

- Case: Antibiotic-related agitation or delirium

18:50–19:00

Key Take-Home Messages

Dr. Ömer Karadaş, Dr. Mirko Petrovic

- Infection is a common reversible cause of acute cognitive and functional deterioration
- Not every positive culture requires antibiotic treatment
- Delirium should be actively screened in dementia patients with acute change
- Antibiotic selection must consider renal function, neurotoxicity, interactions and frailty
- Rational antibiotic use protects both the individual patient and the wider healthcare system

SCIENTIFIC PROGRAM

9 MAY 2026, SATURDAY

DAY 3 – Multidisciplinary & Functional Approach

- 09:00 – 09:40** **Disease-Modifying Therapies in Alzheimer's Disease**
Speaker: Dr. Petra Nováková (Prague, Czech Republic)
- Current evidence and clinical trials
 - Patient selection and ethical considerations
 - Future perspectives
- 09:40 – 10:20** **Managing Behavioral and Psychological Symptoms in Early Alzheimer's Disease**
Speaker: Dr. Ömer Karadaş (Ankara, Türkiye)
- Common neuropsychiatric symptoms
 - Pharmacological and non-pharmacological approaches
 - Impact on caregivers
- 10:20-10:40** **Coffee Break** 
- 10:40-11:20** **Non-Pharmacological Interventions in Early Alzheimer's**
Speaker: Dr. Éva Horváth (Budapest, Hungary)
- Cognitive stimulation therapy
 - Behavioral activation
 - Family-centered interventions
- 11:20-12:00** **Multidisciplinary Care Models**
Speaker: Dr. Radek Dvořák (Prague, Czech Republic)
- Integrated care pathways
 - Collaboration between neurology, psychiatry & geriatrics
 - Health system perspectives
- 12:00-13:30** **Lunch** 
- 13:30-14:30** **Round Table Discussion**
Optimizing Early Alzheimer's Management
- 14:30-15:00** **Closing & Key Messages**
Dr. Ömer Karadaş (Ankara, Türkiye)



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