

International Collaboration Symposium:

Triple Balance – Metabolism, Iron, and Clinical Management of Pregnancy

Co-Chairs

Dr. Teslime AYZAZ · Dr. Valentin KOKORIN



Day 1, 12 June 2026

- 09:00 – 09:30** Opening Ceremony & Welcome
Moderators: Dr. Teslime AYZAZ · Dr. Valentin KOKORIN
- 09:30 – 10:30** Expectations From the Congress And Efficacy of Having Multinational Perspectives
Moderators: Dr. Teslime AYZAZ · Dr. Valentin KOKORIN
- 10:30 – 10:45** Coffee Break
- 10:45 – 12:30** Iron Deficiency / IDA and the Importance of a Multidisciplinary Approach During Pregnancy
Moderators: Dr. Vasily CHOULKOV
- Internal Medicine perspective on ID/IDA in pregnancy
Speaker: Dr. Hamit YILDIZ
- Obstetrics & Gynecology perspective on ID/IDA in pregnancy
Speaker: Dr. Burak KARADAĞ
- 12:30 – 13:30** Lunch Break
- 13:30 – 14:15** Management of Chronic Kidney Disease in Pregnancy
Speaker: Dr. Gökhan TAZEGÜL
- 14:15 – 14:30** Coffee Break
- 14:30 – 15:15** Interactive Session:
Moderators: Dr. Yana LEINEMAN
- Can Management of Abnormal Uterine Bleeding with Medical Treatment Decrease the Prevalence of ID Among Women?
Speaker: Dr. Burak KARADAĞ
- 15:15 – 15:30** Coffee Break
- 15:30 – 16:15** Iron Hemeostasis and Molecular Approach
Speaker: Dr. Gökhan TAZEGÜL
- 16:15 – 17:00** Take Home Messages
Dr. Teslime AYZAZ · Dr. Valentin KOKORIN

Day 2, 13 June 2026

- 09:00 – 09:30** Opening & Day Overview
Dr. Teslime AYZAZ · Dr. Valentin KOKORIN
- 09:30 – 10:15** Chronic Diseases and Iron Deficiency / IDA
Moderator: Dr. Teslime AYZAZ
Speakers: Dr. Hamit YILDIZ, Dr. Mitkhat GASANOV, Dr. Gökhan TAZEGÜL
- Heart Failure & Iron Deficiency: What Should My Ferritin Level Be?
 - Nephroprotection in the 21st century:
Bridging the gap between knowledge and clinical practice
 - Malabsorption Disorders and Iron Deficiency
- 10:15 – 10:30** Coffee Break
- 10:30 – 11:15** Historical Development of Parenteral Iron: Characteristics that Differentiate Preparations
Dr. Hamit YILDIZ
- 11:15 – 11:30** Coffee Break
- 11:30 – 12:15** ID & IDA Treatment: When Should I Use Oral vs. IV Therapy?
Moderator: Dr. Teslime AYZAZ
Speakers: Dr. Gökhan TAZEGÜL, Dr. Burak KARADAĞ
- Internal Medicine Practice
 - Obstetrics and Gynecology Practice
 - Open Discussion
- 12:15 – 12:30** Coffee Break
- 12:30 – 13:15** Advances in hypercholesterolemia treatment
Moderator: Dr. Teslime AYZAZ
Speaker: Dr. Olga BOEVA
- 13:15 – 14:00** Lunch Break
- 14:00 – 14:45** Management of arterial hypertension in pregnancy
Moderator: Dr. Valentin KOKORIN
Speaker: Dr. Vasily CHOULKOV
- 14:45 – 15:00** Coffee Break
- 15:00 – 15:45** VTE Prophylaxis in Hospitalized Patients
Moderator: Dr. Burak KARADAĞ
Speaker: Dr. Valentin KOKORIN
- 15:45 – 16:00** Coffee Break
- 16:00 – 16:20** Use of Combined Oral Contraceptives in the Treatment of Gynecological Diseases
Moderator: Dr. Yana LEINEMAN
Speaker: Dr. Burak KARADAĞ
- 16:20 – 16:40** Current Contraception Methods
Moderator: Yana LEINEMAN
Speaker: Dr. Burak KARADAĞ
- 16:40 – 17:00** Discussion & Q&A

Day 3, 14 June 2026

- 09:00 – 09:30** Key Takeaways from Day 2
Dr. Teslime AYZAZ
- 09:30 – 10:15** Usual Suspects: Drug-Drug Interactions & Iron Deficiency Anemia
Moderator: Dr. Teslime AYZAZ
Speakers: Dr. Hamit YILDIZ
- Chronic PPI Use and Its Relationship with IDA
 - Metformin Use and Its Relationship with IDA
 - Chronic Use of Effervescent Calcium / Osteoporosis Preparations and IDA
- 10:15 – 11:15** Extended Coffee Break
- 11:15 – 12:15** Oral Antidiabetics in Type 2 Diabetes: New Agents and Possible Micronutrient Deficiencies
Moderator: Dr. Hamit YILDIZ
Speakers: Dr. Teslime AYZAZ
- Metformin: The Gold Standard in Type 2 Diabetes
 - DPP-4 Inhibitors — The Importance of Early Combination Therapy
 - SGLT2 Inhibitors & Chronic Kidney Disease Management
 - GLP-1 Receptor Agonists in Type 2 Diabetes & Weight Management
- 12:15 – 12:30** Coffee Break
- 12:30 – 13:00** Hormone Replacement Therapy in Gynecology: Past, Present, and Future
Dr. Burak KARADAĞ
- 13:00 – 14:00** Lunch Break
- 14:00 – 14:45** Treatment of Iron Deficiency and IDA in Current Clinical Guidelines
Dr. Gökhan TAZEGÜL
- 14:45 – 15:00** Coffee Break
- 15:00 – 15:45** Rational Drug Use in the Management of Chronic Diseases
Dr. Hamit YILDIZ
- 15:45 – 16:00** Coffee Break
- 16:00 – 16:45** Closing Session & Symposium Evaluation
Dr. Teslime AYZAZ · Dr. Valentin KOKORIN