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XXXVI National Congress of the SED Foundation: diabetes connects us

This past April 2025, the Spanish Diabetes Society Foundation (FSED) held its XXXVI Annual Congress in the city of La Coruña (Spain). This annual gathering serves as a meeting point where professionals from various fields related to diabetes care come together to share experiences and scientific

knowledge at the highest level. The congress provides health care professionals with a valuable opportunity to gain insight into the diverse realities and contexts in which diabetes care is delivered throughout Spain. It is precisely for this reason that the motto of our congress is: "Diabetes connects us".

The Spanish Diabetes Society (SED) is a scientific organization centered around a single pathology: diabetes. Thus, the more than 3,000 members must feel their scientific interests represented in our congress. Among us are professionals from endocrinology, family medicine, diabetes nurse education, psychology, dietetics, podiatry, gynecology, internal medicine, biology, pharmacy, chemistry, engineering, and many more. These meetings must be approached in a multidisciplinary way, with the person living with diabetes—and their evolving needs throughout life—at the center of the congress's content.

We began the morning of April 23rd with an engaging pre-congress course led by the **Diabetes and Women** working group, which highlighted the importance of a gender perspective in diabetes care. The session analyzed the causes of gender bias that, unfortunately, have long existed in the management of chronic diseases—diabetes included. It provided a much-needed focus on self-care for women with diabetes, addressing the menstrual cycle, climacteric period, and menopause.

The opening keynote focused on a revolutionary topic: **endocrine pancreas regeneration**. **Prof. Juan Domínguez-Bendala** (Miami, FL, United States) masterfully and clearly presented his work in this area. Witnessing how pancreatic cells can differentiate into insulin-producing beta cells was a true pleasure, particularly due to the passion with which he shared his presentation.

By this point, we had officially kicked off a congress that promised powerful experiences and valuable learning opportunities. The congress featured **12 roundtables, 8 expert sessions**, and many additional activities attended by nearly **1,200 registered participants**.

CLINICAL PRACTICE UPDATES

With the collaboration of the **Spanish Society of Endocrinology and Nutrition (SEEN)** and the **Spanish Society of Pediatric Endocrinology (SEEP)**, a roundtable discussed early-stage type 1 diabetes mellitus. This topic could not be overlooked, given the growing concern and interest it generates among the scientific community and patients alike. Diagnostic

strategies to identify at-risk individuals during childhood, therapeutic education, and psychological management were all discussed in a spirit of multidisciplinary exchange.

With experts from the **Latin American Diabetes Association**, we reviewed GLP-1 receptor agonists and dual GLP-1/GIP agonists, examining recent studies on renal function preservation, heart failure, fatty liver, and hepatic fibrosis. Dr. **Guillermo Umpierrez** delivered a revealing lecture that clarified the treatment sequence for type 2 diabetes mellitus and emphasized the need for individualized treatment based on patient characteristics. Given the geographic proximity, the **Portuguese Society of Diabetology** joined us to discuss persistent barriers to insulin therapy. We were also honored to hear from international experts such as Dr. **Chantal Mathieu** (Belgium) and **Harpreet S. Bajaj** (Canada), who shared the latest evidence on the safety, efficacy, and recommendations for **weekly insulin use**.

A dedicated roundtable on **diabetes and chronic kidney disease (CKD)** explored »



Prof. Juan Domínguez Bendala during his presentation on endocrine pancreas regeneration.

DIAMOND-2	Current situation of glycemic control and overweight/obesity in type 2 diabetes mellitus in Spain.
DIABET-IC	Relevance and rate of heart failure in patients with type 2 diabetes mellitus in hospital outpatient clinics.
ASENETes	Comparison by geographic areas of the current situation of the diabetes nurse educator in Spain.

TABLE 1. Research studies promoted and conducted within the FSED, whose results were presented at the XXXVI National FSED Congress held in La Coruña (Spain) in April 2025

» the complex challenge of adjusting antihypertensive and anti-diabetic treatments for these patients. A new drug now available requires identifying the ideal candidate who stands to benefit most from its use.

Pregnancy was also addressed—from a preventive perspective and looking beyond gestation in women with diabetes. The concept of the “**fourth trimester**” was highlighted, drawing attention to the window of opportunity it presents for **cardio-vascular disease prevention** in women who develop diabetes or other complications during pregnancy.

RESEARCH AND FUTURE PERSPECTIVES

In the field of **basic research**, one session focused on the early stages of type 1 diabetes mellitus, analyzing the interactions between the immune system and pancreatic islets at the molecular level, as well as **immunopathological innovations** and the role of **biomarkers** in early diagnosis.

A **joint session** with the **CIBERDEM** (*Center for Biomedical Research in Diabetes and Associated Metabolic Diseases Network*) addressed type 2 diabetes mellitus from multiple perspectives: cardiovascular disease, liver disease, and lipid metabolism disorders. Exploring underlying molecular mechanisms, assessing pathogenesis, and evaluating innovative intervention strategies provided a translational viewpoint linking science with clinical practice.

The FSED also presented its own research projects and shared results from the **DIAMOND-2**, **DIABET-IC**, and **ASENETes** studies (see Table 1).

Looking into the future, we explored how **artificial intelligence (AI)** is being integrated into diabetes management. Since we were in Galicia, **Benigno Rosón** of the Galician Department of Health explained how diabetes device data is now integrated into patients’ electronic health records in real time. The congress also addressed future-oriented topics such as clinical decision support systems and machine learning via virtual twins in diabetes care.

EDUCATION AND PATIENT CARE

Many educational aspects were addressed at this congress. **Ana Díaz Alonso**, a person with diabetes and visual impairment,

gave a moving presentation without slides so that “everyone would be on equal footing.” From the United Kingdom, **Maggie Shepherd** spoke about therapeutic education for people with **monogenic diabetes**, a particularly unique group of patients. In the psychology domain, we discussed how **technology** use affects **body image**.

The nutrition therapy session featured a fascinating discussion on **chrononutrition**, considering whether aligning food intake with circadian rhythms could improve glycemic control. Various **heart-healthy** diets were also reviewed, including the **Atlantic diet**, given our coastal location. We also touched on the often tedious task of **carbohydrate counting** and how **artificial intelligence** could help simplify it.

FSED INITIATIVES

A major highlight was the dedicated session on the **implementation of the National Type 1 Diabetes Registry in Spain**—a major project involving three scientific societies: SED, SEEN, and SEEP. First introduced in 2022 at our XXXIII Congress by Prof. **Luis Castaño**, the registry now includes more than **300 recorded cases**. While some geographic areas still need to join (see Figure 1), this is undoubtedly one of FSED’s most impactful long-term projects.

Research awards and grants were also presented, recognizing both outstanding scientific careers and high-quality future projects that align with our society’s commitment to scientific advancement.

Lastly, I would not like to conclude without mentioning that more than 250 research abstracts were submitted, which led to the extremely difficult task of selecting among them—a task made possible due to the selfless contribution of a dedicated group of reviewers committed to the quality of the congress. In the end, more than 50 abstracts were selected for oral presentation. Three were ultimately awarded for their outstanding value: Dr. L. Gómez was recognized in the field of basic research for her work on new biomarkers and therapeutic targets in the partial remission of type 1 diabetes mellitus; Dr. C. Quirós received an award in clinical research for her comparative study of three closed-loop systems during pregnancy in women with type 1 diabetes mellitus; and Advanced Practice Nurse E. Civitani was recognized in therapeutic education for her investigation into how type 1 diabetes affects the emotional health of young people. **D**

KEY ROUNDTABLE OF THE CONGRESS: ADDRESSING TYPE 1 DIABETES MELLITUS IN ITS EARLY STAGES. DIAGNOSIS, EDUCATION, AND SUPPORT

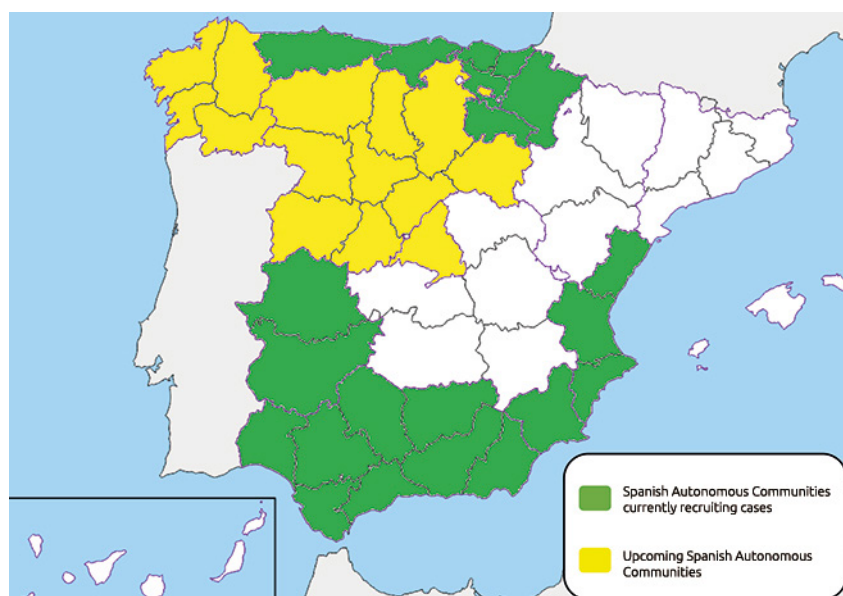


FIGURE 1. Current map reflecting the progress of the implementation of the National Type 1 Diabetes Registry in Spain as of the XXXVI FSED Congress (2025).

CONCLUSIONS

The congress hosted a multitude of activities—lectures, courses, expert sessions, and more. It's impossible to summarize everything here, and no doubt some fascinating topics have been left out.

Only those who attended can say whether the content met their expectations. But if—even in a small way—each of the 1,200 attendees returned home having changed something in their clinical practice or with a new idea to implement at work, then we are confident we took a meaningful step toward improving diabetes care.

The Scientific Committee for the XXXVII FSED Congress is already hard at work preparing for the next meeting, to be held in Seville in April 2026—with the goal of making it as engaging and enlightening as the one we just concluded.

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