



Foundation for the Development of Internal Medicine in Europe

FDIME

Activities 2023

Daniel Sereni
Président FDIME



FDIME Main activities

- Organizes the Clinical Research Seminar
- Offers ESIM Bursaries
- Supports YI exchange program
- Supports poster prizes at ECIM
- Supports Clinical Research with annual grants



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- **Is the voice of Internists in informing the public on health issues**



Research Grant 2023

17 500 euros grant to Dr Laure Galley (F)

- One year research grant
- Skeletal muscle stem cells as new actors in the pathogenesis of inflammatory myopathies
- At the University Hospital of Geneva, under supervision of Professor Thomas Laumonier



Support for Young Internists

- Best Posters awards, ECIM 2023, Athens
 - Dr Daniel Shepshelovotch
 - Dr Kalliopi Zachou
 - Dr Dimitri Sagris

- 3000 euros support to the EFIM Young Internists exchange Program



Clinical Research Seminar

20th

From 14 to 16 November 2023 In Paris

- All expenses covered by the Foundation
- 10 academic speakers
- One patient representative
- Participants
 - 51 applicants
 - 15 accepted
 - 7 countries



Clinical Research Seminar topics

- Protection of persons in clinical research
- A patient's representative point of view
- How to deal with sample size and power
- Clinical epidemiology
- How to build a clinical trial
- Research in rare diseases



Clinical Research Seminar topics

- Genetic research in Iceland
- Analyzing a clinical paper
- High yield tips in grant application writing
- Artificial Intelligence tools for therapeutic reasoning support
- Short presentations of their own experience in research by all residents





EFIM

European Federation of Internal Medicine





Informing and Advising the Public

- 14 newsletters on Covid have been circulated through Mailchimp, Facebook and the FDIME website
- 16 newsletters and Health Communications on various subjects
- Website (www.fdime.org)

Short news items



Benefits of inefficient **walking**:
Monty Python-inspired
experimental study



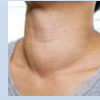
Black tea might be good for
your health!



Cycling for health



Statins rarely cause muscle
pain



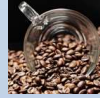
Why **Iodine** is important for
you and your thyroid



Sitting can elevate your blood
sugar levels, so get up and move



Nonfasting vs fasting **lipid testing**



Moderate **coffee intake** is
associated with lower mortality
regardless of whether sugar is
added



Coffee is good for **fatty
liver disease**

Newsletters (FAQs)



Should sodium glucose
co-transporter-2 inhibitors (SGLT2-i)
be the first choice in the treatment
of diabetes type 2?



Alcohol



Coronavirus Update
FAQ 1 t/m 14



Health Communications 2023

- Should we take a Covid-19 and Flu vaccine together?
- The price of plastic success story on health
- Vitamins supplementation in healthy people
- Anemia, a major but treatable health problem
- Endocrine disruptors

www.fdi.org



EFIM/FDIME Meeting

ECIM 2023, Athens, 17th of March

15h15 - 16h15

15h15 Opening and objectives.
Daniel Sereni & Dror Dricker

15h20 Internists, patients and FDIME.
Jan Willem Elte

15h25 Short introductions on diabetes developments (Nikolaos Tentolouris), obesity (Dror Dicker) and rare diseases (Daniel Sereni), 5 minutes each.

15h40 Efstathios Chatzopoulos on diabetes, Vicki Mooney on obesity and metabolic disease and Eustratios Chatziharalambous on rare diseases/general aspects), followed by a Round Table discussion with all speakers and a general discussion. "Patients address European Internists". Panel participants: Ramon Pujol, Daniel Sereni, Dror Dicker, George Dalekos, Ricardo Gomez Huelgas, Nikolaos Tentolouris, Diabetes patient, Vicki Mooney, Eustratios Chatziharalambous.

16h10 Concluding remarks.
Daniel Sereni & Dror Dricker



EFIM-FDIME Joint session Istanbul

Wednesday 6th 2024, 18.15

Internists, health communications and FDIME.

Chairmen: Daniel Sereni and Ricardo Gomez Huelgas

- Internists, health communications and FDIME. Jan Willem Elte.
- Short introductions of patients. Akif Bayyigit
- Mr.Ugur CIMEN on Covid 19 and Mrs.Saniye Busra AKSOY on Lupus
- Round Table discussion

“Patients address European Internists”. Moderator: Ramon Pujol.

- Concluding remarks.