



The 28th Romanian Symposium of PsychoneuroEndocrinology
organized by
Romanian Psychoneuroendocrine Society
in partnership with
“Lucian Blaga” University of Sibiu

September 17–19, 2026, Sibiu

***Metabolic Dysfunctions in the Context of
Psycho-Neuro-Endocrine Disorders***

SCIENTIFIC PROGRAM

Day 1 – Thursday, September 17, 2026

13.00 – 13.30 Congress Opening Ceremony

Mihaela Vlad – Executive President of RPNES

Corin Badiu – Past President of RPNES

Mihaela Stanciu – Local Organizing Committee

Members of “Lucian Blaga” University of Sibiu

Plenary Lecture 1

Moderator. Corin Badiu (Bucharest)

ESE Lecture

13.30 – 14.10 Obesity During the Transition to Menopause

George Mastorakos, Athens, Greece

14.10 – 15.50. Session 1 – Metabolic Implications in Psychoneuroendocrine Disorders at Various Ages

Moderators. Mihaela Vlad (Timisoara), Monica Gheorghiu (Bucharest)

14.10 – 14.30 From metabolism to the brain: the role of GLP-1 agonists in psychiatry

Liana Dehelean (Timisoara, Romania)

14.30 – 14.50 Energy or endocrine dysruption: the hormonal and neuroendocrine effects of caffeine and taurine

Cătălina Ionescu, Alin Ciobică (Iasi, Romania)

14.50 – 15.10 GLP-1 Receptor analogs as chronometabolic modulators for metabolic and sleep-related disorders

Mădălina Musat (Bucharest, Romania)

15.10 – 15.30 Metabolic consequences of insulin resistance associated with childhood obesity

Corina Paul, Simina Mihaela (Timisoara, Romania)

15.30 – 15.50 Chronic stress and metabolic dysfunction – adaptation or disease?

Ioana Golu (Timisoara, Romania)

15.50 – 16.20 Coffee break

Plenary Lecture 2

Moderator. Mihaela Vlad (Timisoara, Romania)

16.20 – 17.00 Genetic and Omics studies on pituitary tumors

Constantine Stratakis (Athens, Greece)

Plenary Lecture 3

Moderator. Mihaela Stanciu (Sibiu, Romania)

17.00 – 17.30 The impact of obesity on specific health issues in men

Dana Stoian (Timisoara, Romania)

17.30 – 18.30 Session 2 –Metabolic changes in thyroid disorders

Moderators. Cristina Stancu (Bucharest, Romania), Corina Paul (Timisoara, Romania)

17.30 – 17.40 Quality of life in patients with Graves' disease, beyond the numbers. Thypro scores versus thyroid function

Grațîela Bratu, Daniela Alexandrescu, Theodor Oprea, Adina Dragomir, Corin Badiu (Bucharest, Romania)

17.40 – 17.50 The metabolic profile of patients with central hypothyroidism compared to those with primary hypothyroidism

Iulia-Stefania Plotuna, Melania Balas, Ioana Golu, Daniela Amzăr, Oriana Pelineagră, Oana Popa, Mihaela Maria Vlad (Timisoara, Romania)

17.50 – 18.00 Primary hypothyroidism as an independent risk factor for metabolic and lifestyle-related liver disease (MASLD) and disease progression

Ruxandra Paula Ristea, Mihaela Stanciu (Sibiu, Romania)

18.00 – 18.10 Why Do We Prefer "Block-Replace" Therapy for Graves' Disease? Analysis of a Cohort of 102 Patients

Andreea-Gabriela Floarea, Simona Pătru, Daniel Mihai, Corin Badiu (Bucharest, Romania)

18.10 – 18.20 Beyond TSH normalization in primary hypothyroidism. lipid profile under LT4 monotherapy versus combined LT4+T3 therapy

Maria Tudorache, Carmen Iordăchescu, Beatrice Cristea, Corin Badiu (Bucharest, Romania)

19.00 Welcome cocktail

Day 2 – Friday, September 18, 2026

8.00 – 9.00 Session 3 – The Present and Future of Rare Endocrine-Metabolic Diseases Moderators. Georgiana Constantinescu (Iasi, Romania), Codruța Lebădă (Sibiu, Romania)

8.00 – 8.15 The Metabolic Profile of Neuroendocrine Tumors. Insights from a Series of Cases
Andreea Grosu, Cristina Stancu, Corin Badiu (Bucharest, Romania)

8.15 – 8.30 Metabolic syndrome in adrenal incidentalomas. a sign of hypercortisolism
Diana Aruncutean, Ioana Golu, Melania Balas, Daniela Amzăr, Oana Popa, Oriana Pelineagră, Iulia Plotuna, Mihaela Vlad (Timisoara, Romania)

8.30 – 8.45 Metabolic profile in patients with pheochromocytoma and paraganglioma before and after surgery. a retrospective study
Ioana Dan, Sofia Lider, Carmen Iordachescu, Andrei Muresan, Dana Manda, Corin Badiu (Bucharest, Romania)

8.45 – 9.00 The metabolic impact of gender-affirming therapy—what to expect and when to intervene
Alexandru Florescu, Viviana Adam, Teodora Vintilă, Cristina Preda (Iasi, Romania)

Plenary Lecture 4

Moderator. Radu Mihai (Oxford, UK)

9.00 – 9.30 Management of differentiated thyroid cancer. aligning guidelines with real-world clinical data
Cosimo Durante (Rome, Italy)

Plenary Lecture 5

Moderator. Alin Cotigă (Bucharest, Romania)

9.30 – 10.00 From the Mind to Metabolism: Psychological Factors Influencing Glycemic Control in Diabetes Mellitus
Adrian Vlad (Timisoara, Romania)

10.00 – 10.30 Coffee break

10.30 – 12.00 Session 4 – Metabolic disorders in adrenal pathology

Moderators. Mădălina Musat (Bucharest, Romania), Valentin Matei (Bucharest, Romania)

10.30 – 10.50 Beyond the somatic phenotyp: psychiatric disorders in Cushing's syndrome
Ioana-Codruța Lebădă, Diana Stanciu, Andreea Stețiu, Mihaela Stanciu (Sibiu, Romania)

10.50 – 11.10 A Multidimensional Score for identifying MACS and cardiometabolic implications, beyond cortisol

Vlad Rădulescu, Monica Gheorghiu, Beatrice Cristea, Corin Badiu (Bucharest, Romania)

11.10 – 11.30 Psychological manifestations in Addison's disease

Mihaela Stanciu, Andreea Stețiu, Diana Stanciu, Codruța Ioana Lebădă (Sibiu, Romania)

11.30 – 11.50 Beyond hypertension: metabolic disorders in primary aldosteronism—diagnosis and management

Georgiana Constantinescu, Anca Matei, Maria-Christina Ungureanu, Letiția Leustean, Ioana Armasu, Cristina Preda (Iasi, Romania)

Plenary Lecture 6

Moderator. Adrian Vlad (Timisoara, Romania)

12.00 – 12.30 Metabolic Effects of Thyroid Hormones in MASLD
Corin Badiu (Bucharest, Romania)

Eli Lilly Educational Symposium

Moderator: Corin Badiu (Bucharest)

12.30 – 13.00 Mounjaro – The first dual step in obesity – from onset to sustainability

Monica Gheorghiu (Bucharest, Romania), Mihaela Vlad (Timisoara, Romania)

13.00 – 14.00 Lunch break and poster session (Poster Committee. Georgiana Constantinescu, Sofia Lider)

14.00 – 15.30 Session 5 – Oral communications - Behavioural euroendocrinology

Moderators: Ioana Golu (Timisoara, Romania), Oltea Joja (Bucharest, Romania)

14.00 – 14.15 The impact of minimal autonomous cortisol secretion on quality of life: a comparative study with adrenal incidentalomas

Beatrice Cristea, Vlad Rădulescu, David Andreescu, Corin Badiu (Bucharest, Romania)

14.15–14.30 Dynamic assessment of Copeptin levels in patients with acute ischemic stroke who have undergone revascularization

Antonia Ioana Vasile, Sorin Tuță, Cristina Tiu, Corin Badiu (Bucharest, Romania)

14.30 – 14.45 Psychiatric safety of glucagon-like peptide-1 (GLP-1) receptor agonists in individuals with severe mental illness receiving antipsychotic treatment

Valentin Matei (Bucharest, Romania)

14.45 – 15.00 The impact of GLP-1 on eating disorders and disordered eating behaviors

Oltea Joja (Bucharest, Romania)

15.00 – 15.20 Recordati Educational Symposium.

Experience with the use of osilodrostate in hypercorticism

Mihaela Vlad, Dana Stoian (Timisoara, Romania)

Plenary Lecture 7

Moderator. Dana Stoian (Timisoara, Romania)

15.20 – 15.50 Glycemic homeostasis in growth hormone excess and deficiency

Anton Luger (Vienna, Austria)

15.50 – 16.20 Coffee break

Plenary Lecture 8

Moderator. Valentin Muntean (Cluj-Napoca, Romania)

16.20 – 16.40 What needs to be improved in the surgical care for pheochromocytomas and paragangliomas - choice of adrenergic blockade, impact of genetic testing, textbook outcomes or better surgeons

Radu Mihai (Oxford, UK)

16.40 – 18.00 Session 6 – Surgical Management of Neuroendocrine and Metabolic Disorders

Moderators. Monica Gheorghiu (Bucharest, Romania), Radu Mihai (Oxford, UK)

16.40 – 16.55 Recent advances in the treatment of neuroendocrine neoplasms of the appendix, colon, and rectum

Victor Tomulescu, Andreea Crăciunescu, Stefania Toma, Amalia Rosu, Nona Bejenariu, Corin Badiu, Cătălin Copăescu (Bucharest, Romania)

16.55 – 17.10 Risk of injury to the external branch of the superior laryngeal nerve during thyroidectomy

Valentin Muntean, Tamas Rusz-Fogorasi, Răzvan Simescu. (Cluj-Napoca, Romania)

17.10 – 17.25 Advances in surgery for adrenal cortical tumors

Octav Ginghină (Bucharest, Romania)

17.25 – 17.40 Indications for microwave ablation in thyroid disorders

Ionuț Sandu (Bucharest, Romania)

17.40 – 17.55 Retroperitoneoscopic adrenalectomy

Bogdan Stănescu (Bucharest, Romania)

18.00 – 18.30 Clinical controversies

Moderator. Ionela Pascanu (Târgu Mures, Romania)

18.00 – 18.30 Active Surveillance vs. Surgery in Low-Risk Differentiated Thyroid Cancer: What To Choose in 2026?

Robert Tiucă vs. Maximilian Gliga (Târgu Mures, Romania)

18.30 – 19.15 RPNES General Assembly

20.00 Gala dinner

Day 3 – Saturday, September 19, 2026

8.30 – 9.50 Session 7 – Challenges in Psycho-Neuro-Endocrinology

Moderators. Ioana Golu (Timisoara, Romania), Mariana Purice (Bucharest, Romania)

8.30–8.50 Environmental pollutants and the neuroendocrine system: an emerging endocrine challenge

Ramona Ceausu, Alin Ciobică (Iasi, Romania)

8.50 – 9.10 Federated machine learning methods in assisting thyroid cancer treatment

Mariana Purice, Monica Rădulescu, Andrei Goldstein, Ximena Daniela Pârvu, Iulian Câmpean, Lucian Beznea (Bucharest, Romania)

9.10 – 9.30 Alterations in lipid metabolism and adipose tissue in acromegaly: cardiovascular risk factors

Monica Gheorghiu (Bucharest, Romania)

9.30 – 9.50 Sexual dysfunction in PMOS: hormonal factor or social context?

Ioana Posea (Bucharest, Romania)

9.50 – 10.20 Coffee break

10.20 – 11.20 Session 8 – Metabolic Profile in Parathyroid Disorders

Moderators. Romeo Smarandache (Bucharest, Romania), Corin Badiu (Bucharest, Romania)

10.20 – 10.35 Primary hyperparathyroidism and metabolic syndrome

Oriana Pelineagră (Timisoara, Romania)

10.35 – 10.50 The Effect of Parathyroidectomy on Psychiatric Status in Primary Hyperparathyroidism

Romeo Smarandache (Bucharest, Romania)

10.50 – 11.05 Primary hyperparathyroidism in postmenopausal adults. an analysis based on glycated hemoglobin A1c levels

Ana-Maria Gheorghe, Dana Terzea, Dana Manda, Anda Dumitrascu, Gabi Voicu, Mara Carsote (Bucharest, Romania)

11.05–11.20 Is there a correlation between parathyroid adenoma size and biochemical expression in primary hyperparathyroidism? A retrospective study

Simona Pătru, Daniel Mihai, Corin Badiu (Bucharest, Romania)

Plenary Session 9

Moderator. Mihaela Stanciu (Sibiu)

11.20–11.50 The metabolic phenotype of acromegaly

Mihaela Vlad (Timisoara, Romania)

12.00 p.m. Closing ceremony