



aillme
Association for International
Lifelong Learning in Medicine



NNBD
NÖRÖLOJİ 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

Greece

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 (Türkiye, Neurology)

13:20–14:00 How Is Alzheimer’s Disease Diagnosed?


Speaker: Dr. Petra Nováková (Prague, Neurology)

- 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, Neuroradiology)

- 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, Neuropsychiatry)

- 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 (Türkiye, Neurology)

- 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, Geriatric Medicine)

- 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, Neurology)

- 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, Psychiatry)

- Clinical indications
- Real-world Central European experience

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

Speaker: Dr. Petra Nováková (Prague, Neurology)

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

9 MAY 2026, SATURDAY

DAY 3 – Multidisciplinary & Functional Approach

- 09:00–09:40** **Major Depressive Disorder in Early Alzheimer’s Disease**
Speaker: Dr. Klára Varga (Budapest, Geriatric Psychiatry)
- Differentiating depression from apathy
 - Empowerment strategies in cognitive decline
 - Restoring motivation and functional engagement
- 09:40–10:20** **Dopamine and Serotonin Balance in Mood & Cognition**
Speaker: Dr. Michal Havel (Prague, Neuropsychiatry)
- Neurochemical regulation of behavior
 - Impact on agitation and mood
 - Translating neurobiology into therapeutic planning
- 10:20–10:40** **Coffee Break** 
- 10:40–11:20** **Non-Pharmacological Interventions in Early Alzheimer’s**
Speaker: Dr. Éva Horváth (Budapest, Clinical Psychology)
- Cognitive stimulation therapy
 - Behavioral activation
 - Family-centered interventions
- 11:20–12:00** **Multidisciplinary Care Models**
Speaker: Dr. Radek Dvořák (Prague, Neurology)
- 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 (Türkiye, Neurology)

CONTACT

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