



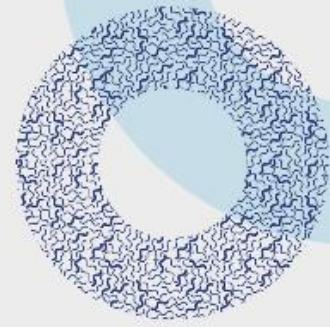
**Danish Diabetes and
Endocrine Academy**

Sex Steroids Symposium – Improving Treatment after Doping and in Transgender Persons

9-10 April 2024

**Comwell H.C Andersen
Odense/ODEON
Claus Bergs Gade 7,
5000 Odense, Denmark**

Session overview



Day 1

Tuesday 9 April

Session I

Introduction to sex steroids

Session II

The mental health aspects of sex hormones

Session III

The development within the illicit use of androgenic steroids

Session IV

Debate session with wine and snacks

Day 2

Wednesday 10 April

Session V

Sex steroids - impact of and side effects among women and men

Session VI

Transgender treatment and research on use of gender affirming hormone treatment

Session VII

How to improve clinical treatment after Anabolic Androgenic Steroids

Programme

Tuesday 9 April

09:15-09:45 Registration and mounting of posters

09:45-10:00 Welcome and meet & greet

Coordinator **Ninna Matthews**, DDEA (DK), Professor **Caroline Kistorp**, Rigshospitalet (DK) & Associate Professor **Dorte Glintborg**, Odense University Hospital (DK)

Session I Introduction to sex steroids

Professor **Caroline Kistorp**, Rigshospitalet (DK) & Associate Professor **Dorte Glintborg**, Odense University Hospital (DK)

10:00-10:20 Muscles, sex and gender – on gym enthusiasts' use of anabolic androgenic steroids and the impact of transgender women in sport

Associate Professor **Ask Vest Christiansen**, Aarhus University (DK)

10:20-10:30 Questions & answers

10:30-10:50 Being transgender - Introduction to transgender care

Associate Professor **Dorte Glintborg**, Odense University Hospital (DK)

10:50-11:00 Questions & answers

11:00-11:30 Coffee break

11:30-11:50 Predictors of doping intentions and use in sport and exercise: A psychosocial review of empirical evidence

Professor **Nikos Ntoumanis**, University of Southern Denmark, Danish Centre for Motivation and Behaviour Science (DK)

11:50-12:00 Questions & answers

12:00-13:00 Networking lunch

Session II The mental health aspects of sex hormones

Associate Professor **Dorte Glintborg**, Odense University Hospital (DK)

13:00-13:30 Mental health and sex hormones

Professor **Vibe Frøkjær**, Department of Neurology and Neurobiology Research Unit, Copenhagen University Hospital, Rigshospitalet (DK)

13:30-13:40 Questions & answers

13:40-14:10 Sex hormones, mood and sleep – Well-being in transgender people after starting gender-affirming hormones

Researcher **Margot Morssinkhof**, Amsterdam UMC (University Medical Centers) (NL)

14:10-14:20 Questions & answers

14:20-14:50 Coffee break

Session III The development within the illicit use of androgenic steroids

Chair: Professor **Caroline Kistorp**, Rigshospitalet (DK)

14:50-15:20 Side effects of androgen abuse - Are they always reversible?

Willem de Ronde, Spaarne Gasthuis (NL)

15:20-15:30 Questions & answers

15:30-15:40 Energizer/biobreak

15:40-16:10 Short- and long-term cardiovascular complications of anabolic androgenic steroids - what have we learned?

Postdoc **Jon Bjarke Jarløv Rasmussen**, Rigshospitalet (DK)

16:10-16:20 Questions & answers

Session IV Debate session with wine and snacks

16:20-17:20 Debate topics TBD

17:20-19:00 Free time

19:00-... Dinner

Programme

Wednesday 10 April

08:45-09:00 Light breakfast

09:00-09:15 Welcome back

Session V Sex steroids - impact of and side effects among women and men

Chair: Professor **Jan Frystyk**, Odense University Hospital (DK)

09:15-09:45 Impact of testosterone in women with Polycystic Ovary Syndrome – Good and Bad

Professor **Elisabet Stener-Victorin**, Karolinska Institutet (SE)

09:45-09:55 Questions & answers

09:55-10:25 Puff to be buff? The muscle anabolic effects of beta2-agonists

Associate professor **Morten Hostrup**, University of Copenhagen, Department of Nutrition, Exercise and Sports (DK)

10:25-10:35 Questions & answers

10:35-11:00 Coffee break

Session VI Transgender treatment and research on use of gender affirming hormone treatment

Chair: Associate Professor **Dorte Glintborg**, Odense University Hospital (DK)

11:00-11:30 Optimizing gender affirming hormone treatment in transpersons

Clinical Associate Professor, **Astrid Højgaard**, Aalborg University Hospital (DK)

11:30-11:40 Questions & answers

11:40-12:10 Short term effects and side-effects of gender affirming hormonal therapy

Researcher **Justine Defreyne**, Ghent University Hospital, Department of Endocrinology and Center for Sexology and Gender' (BE)

12:10-12:20 Questions & answers

12:20-13:20 Lunch

Session VII **How to improve clinical treatment after Anabolic Androgenic Steroids**

Chair: Professor **Jan Frystyk**, Odense University Hospital (DK)

13:20-13:50 Evidence based therapy of gonadal dysfunction after Anabolic Androgenic Steroids - when, who and how to treat?

Professor **Caroline Kistorp**, Rigshospitalet (DK)

13:50-14:00 Questions & answers

Session VI **Transgender treatment and research on use of gender affirming hormone treatment (continued)**

Chair: Associate Professor **Dorte Glintborg**, Odense University Hospital (DK)

14:00-14:30 Morbidity and mortality in transgender people: results from the Amsterdam Cohort study

Assistant professor **Chantal Wiepjes**, Amsterdam UMC (University Medical Centers) (NL)

14:30-14:40 Questions & answers

14:40-15:10 Coffee break

Session VII **How to improve clinical treatment after Anabolic Androgenic Steroids (continued)**

Chair: Professor **Caroline Kistorp**, Rigshospitalet (DK)

15:10-15:40 TBD

15:40-15:50 Questions & answers

15:50-16:00 Reflection of course and closing remarks

Organising Committee Scientific Programme

Caroline Michaela Kistorp, Professor, Rigshospitalet (DK)

Dorte Glintborg, Associate Professor, Odense University Hospital (DK)

Ebbe Eldrup, Clinical Associate Professor, Herlev & Gentofte Hospital (DK)

Jan Frystyk, Professor, Odense University Hospital (DK)