

# CEE IRON ACADEMY

DoubleTree by Hilton Kraków Hotel & Convention Center, Kraków, Poland  
5–6 November 2021

## MEETING HIGHLIGHTS



# MEETING OVERVIEW

- 1<sup>st</sup> ever Central Eastern European (CEE) Iron Academy
- Audience included cardiologists, obstetrician-gynaecologists, internal medicine specialists and gastroenterologists with an interest in iron deficiency
- Opportunity for cross-regional and cross-therapy area discussions on the management of iron deficiency (ID) and iron deficiency anaemia (IDA)
- The meeting was CME accredited by the Polish Medical Chamber



A panel of **international** and **regional experts**



**More than 100 participants** from Poland, Czech Republic, Slovakia and Hungary



**Highly interactive meeting** format with presentations, panel discussions, faculty-led workshops, audience voting and patient case studies

## KEY TAKE-HOME MESSAGES



**Iron deficiency with or without anaemia has a detrimental effect on clinical outcomes across several medical conditions**



**It is important that more physicians from different medical specialties (i.e. cardiologists, obstetrician-gynaecologists, internal medicine specialists, gastroenterologists etc.) understand how to manage iron deficiency – not just haematologists**



**There is an urgent need to increase awareness about iron deficiency and how to treat this condition effectively among physicians working in both hospital and outpatient settings across the CEE region**

The meeting was well-received by delegates

100%

rated the overall meeting programme as excellent or good

100%

rated the meeting format and interactivity as excellent or good

100%

rated the overall logistical organisation as excellent

100%

reported that the information exchanged was useful and relevant to their practice

100%

reported they were likely to share the learnings of the meeting with colleagues

Percentages were calculated from the total number of delegates who responded to the evaluation survey (N=9)



# PLENARY SESSION – 5 NOV

Prof Ewa Jankowska (Poland) opened the session by discussing the importance of iron deficiency. She explained how this condition can impact disability-adjusted life-years and have an economic impact due to decreased productivity. Prof Christian Breyman (Switzerland) then highlighted the high prevalence of iron deficiency in different types of patients across the globe, including pregnant women and patients scheduled for surgery. He described a range of clinical consequences and adverse outcomes in people with this condition. Following this, presentations were given by regional experts from the Czech Republic, Poland and Slovakia, who shared their perspectives on the burden of iron deficiency (with or without anaemia) in their countries. All of these lectures provided a clear call to action for delegates to understand more about iron deficiency and how to manage it in their patients.

Prof Vernon Louw (South Africa) explained the pathophysiology of iron deficiency and discussed diagnosis and treatment strategies. This talk was followed by a panel discussion where there was debate regarding the laboratory parameters needed for diagnosis as well as discussion around the similarities and differences between medical specialties.

Iron is critical for optimal functioning and survival of:	Iron deficiency results in:
 <b>Cells</b>	<ul style="list-style-type: none"><li>• Mitochondrial dysfunction</li><li>• Deranged activity of enzymes</li><li>• Abnormal transport and structural proteins</li><li>• Apoptosis</li></ul>
 <b>Tissues and organs</b>	<ul style="list-style-type: none"><li>• Tissue remodelling</li><li>• Impaired organ efficacy</li></ul>
 <b>The human body/population</b>	<ul style="list-style-type: none"><li>• Impaired exercise capacity</li><li>• Reduced work efficacy</li><li>• Impaired cognitive performance and behaviour</li><li>• Increased morbidity and mortality</li></ul>

Adapted from Jankowska EA et al. Eur Heart J 2013;34:816–26

## Summary

- **Iron deficiency is a serious global health problem<sup>1</sup>**
- **The prevalence of iron deficiency and iron deficiency anaemia in Poland, Czech Republic, Slovakia and Hungary are high<sup>2</sup>**
- **These conditions are associated with poor patient outcomes and significant economic burden, therefore, it is important that we diagnose and treat them effectively<sup>1,3</sup>**

1. Cappellini MD, et al. J Intern Med 2020;287;153–70;

2. WHO. Worldwide prevalence of anaemia, 1993–2005. 2008. Available at:

[http://whqlibdoc.who.int/publications/2008/9789241596657\\_eng.pdf](http://whqlibdoc.who.int/publications/2008/9789241596657_eng.pdf) (accessed November 2021);

3. Smith RE. Am J Manag Care 2010;16:S59–66

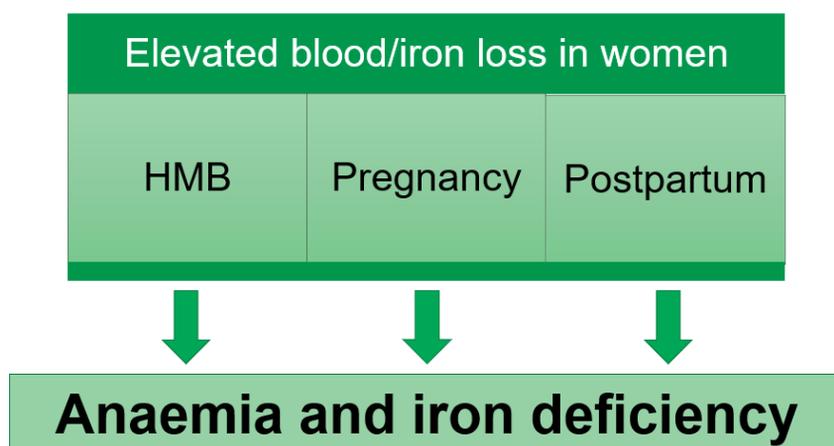


# WORKSHOPS – 6 NOV

## Women's Health

*Moderated by Piotr Sieroszewski (Poland)*

This workshop featured an overview presentation from Prof Breymann on ID/IDA in the lifespan of a woman, focusing mainly on pregnant and postpartum women as well as women with heavy menstrual bleeding. He shared good clinical practices and highlighted the importance of replenishing iron stores in women with iron deficiency.



Seid MH, et al. Anemia 2017;2017:9642027

Two patient case studies (one in a woman with heavy menstrual bleeding and one in a woman with postpartum IDA) were also shared during this session. The optimal management of ID/IDA in these patients was explored including recommendations from international guidelines. Prof Breymann also explained how to determine a patient's iron deficit and discussed how best to replenish iron stores using available iron preparations. Prof Sieroszewski concluded that it is time to start implementing best practices in anaemia management in Poland and following international guidelines.

**“We have three major causes of elevated blood loss in women – heavy menstrual bleeding, pregnancy and postpartum period. All these can lead to anaemia and iron deficiency and should be treated”**



# WORKSHOPS – 6 NOV

## Cardiology

*Moderated by Ewa Jankowska (Poland)  
and Radek Pudil (Czech Republic)*

This workshop included an overview presentation given by Prof Jankowska focusing on iron deficiency in heart failure. She summarised that iron deficiency (independent of anaemia) is associated with adverse outcomes in patients with heart failure, but that we now have effective treatments that can improve quality of life, attenuate heart failure symptoms and reduce the risk of recurrent heart failure hospitalisations. She also highlighted the newly released ESC guidelines as a useful resource for delegates to refer to when managing iron deficiency in their patients.



In the setting of HF, iron deficiency – independent of anaemia – is associated with:



Jankowska EA, et al. J Cardi Fail 2011;17:899–906; Klip IT, et al. Am Heart J 2013;165:575–82; Marchi G, et al. Intern Emerg Med 2021;16:167–70

Prof Radek Pudil (Czech Republic) also shared two patient case studies during this session (an ambulatory heart failure patient and a hospitalised heart failure patient). He explained his management decisions in detail and stated the importance of aligning with recommendations from the new ESC guidelines.

**“We need to think about the very common problem of iron deficiency in heart failure and also how to implement optimal treatment”**



# WORKSHOPS – 6 NOV

## Gastroenterology

*Moderated by Silvio Danese (Italy), Tamás Molnár (Hungary) and Martin Huorka (Slovakia)*

In this workshop Prof Silvio Danese (Italy) provided an overview presentation on ID/IDA in inflammatory bowel disease and gastrointestinal bleeding. He explained that iron deficiency affects up to 50% of people with gastrointestinal disorders and therefore that iron deficiency (and anaemia) should be diagnosed and treated routinely in these patients. He highlighted excerpts from the ECCO guidelines that should be considered when managing iron deficiency in people with gastrointestinal disorders.



### **Utilise the ECCO consensus guidelines as a means of:**

- Clinical advice in daily clinical practice
- Improving knowledge and understanding of IBD
- Improving standard of care for patients

Prof Danese shared a patient case focusing on iron deficiency in a patient with Crohn's disease. Discussion focused on both the audience and the faculty's experience using intravenous iron therapies, particularly alongside the use of biologics. Prof Tamás Molnár (Hungary) also shared a patient case focusing on a patient in remission with iron deficiency. During the presentation he explained how his team use a treat-to-target management approach in their IBD patients and stated that iron deficiency and iron therapies should be included in this approach.

**“As a closing remark, we have to understand that anaemia is a common complication of gastrointestinal diseases, and we have to correctly treat this issue”**



# POST-MEETING CONTENT



**We are pleased to announce that selected on-demand webcasts from the first ever Central Eastern European (CEE) Iron Academy meeting will be made available for viewing on the meeting website:**

**<https://www.ceeironacademy.com/>**

Video content will be located within the 'Resources' tab

*Please note that if you have not done so already, you will need to register to access the website content*