

## 8<sup>th</sup> Scientific Symposium “Josip Matovinovic” titled “Thyroid in Health and Disease”, November 29, 2024, the Library Hall of the Croatian Academy of Sciences and Arts

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On November 29, 2024, the 8th Scientific Symposium “Josip Matovinović”, titled **Thyroid in Health and Disease**, was held in the Library Hall of the Croatian Academy of Sciences and Arts in Zagreb.

The Symposium was organized by the Croatian Thyroid Society, Department of Oncology and Nuclear Medicine, Sestre Milosrdnice University Hospital Centre, Zagreb – Centre of Reference for Thyroid Diseases of the Ministry of Health, and Medical Class of the Croatia Academy of Sciences and Arts. More than 100 participants attended the Symposium. Academician Zvonko Kusić, the President of the Croatian Thyroid Society and President of the Organizing Committee held a welcome speech as the introduction to the Symposium, followed by the greeting of the academician Vida Demarin in front of the Medical Class of the Croatian Academy of Sciences and Arts. Welcome speeches also held Professor Tomislav Jukić as the Vice President of the Organizing Committee and Verica Mešić, the President of the Croatian Thyroid Patients Association. In the first part of the Symposium, renowned Croatian experts and scientists presented the latest approaches in the surgical treatment, ultrasound diagnostics, histopathological diagnosis,

iodine-131 therapy, and oncological treatment and monitoring of malignant thyroid tumors. Croatia has a high incidence of thyroid cancer. According to the published data from the Croatian Cancer Registry (2020), the incidence of thyroid cancer in Croatia is 16.5 cases per 100,000 population annually, placing it among the top five countries in Europe. In recent years, there have been changes in the treatment of differentiated thyroid cancers, marked by a less aggressive approach, especially for smaller tumors confined to the thyroid. Moreover, the development and introduction of new drugs for the treatment of poorly differentiated thyroid cancers have significantly improved the prognosis for these patients. We are witnessing the development of personalized medicine, with the possibility of comprehensive genetic profiling of tumors and targeted treatment for our patients. Therefore, the primary focus was on new treatment approaches, as well as recent changes in the histopathological diagnosis of thyroid tumors. Professor Drago Prgomet and Associate Professor Alan Pegan presented the latest approaches in surgical treatment of thyroid cancer. Vedrana Gladić Nenadić, MD, PhD presented ultrasound features of thyroid cancer. Professor Sanja Kusačić Kuna presented the latest approaches in radioiodine treatment of thyroid cancer. Associate professor Bernardica



*Academician Zvonko Kusić, the President of the Organizing Committee, greets the participants.*

Jurić presented the recent histopathological classification of thyroid tumors. Nina Dabelić, MD, PhD, presented advances in oncological treatment of thyroid cancer and Professor Ivan Mihaljević and Professor Ante Punda presented up to date follow up strategy for differentiated and medullary thyroid cancer.

The second part of the Symposium was dedicated to the thyroid and its impact on various organs and organ systems, continuing the theme addressed at last year's Symposium. Thyroid hormones affect numerous organs and systems, being especially crucial for growth and development, primarily of the brain and skeletal system in fetuses and young children. A deficiency of thyroid hormones from birth leads to psychomotor retardation. Thyroid dysfunctions and thyroid diseases are common in the population, particularly affecting women. Thyroid disorders in adults have significant consequences, mainly affecting the cardiovascular, skeletal, central nervous, and other systems and organs. In this part of the Symposium, academician Bojan Jelaković presented the results of the EHUH 2 project. The project investigated the prevalence of hypertension, cardiovascular diseases, thyroid disorders, as well as the intake of salt, potassium, and iodine in different regions of Croatia. The ultimate goal of the

project was primary prevention of cardiovascular diseases through the timely detection and treatment of hypertension and reduction of salt intake in our diet. Adequate iodine intake, which is an essential component of thyroid hormones, plays a crucial role in thyroid function. Our country, especially the Department of Oncology and Nuclear Medicine, Sestre Milosrdnice University Hospital Centre has extensive and successful experience in controlling goiter through adequate iodine prophylaxis, leading to the elimination of goiter and other disorders caused by iodine deficiency, the most important of which is psychomotor developmental delay. This achievement is of immense value to any population, and as a result, Croatia is among the countries that have most successfully addressed this important public health issue. Our salt is iodized, and with the reduction of salt intake, iodine intake will decrease as well, making continuous monitoring essential.

The Symposium also addressed the impact of chronic kidney disease on the thyroid, lecture held by Associate Professor Josipa Josipović as well as psychiatric aspects of thyroid disorders presented by Professor Dalibor Karlović.



*Professor Drago Prgomet gives a lecture: "New approaches in the surgery of thyroid cancers confined to the thyroid".  
The Chairman of this session were Professor Dražen Huić and Professor Maja Franceschi.*