



**SLCE**

Sri Lanka College of  
Endocrinologists

*in collaboration with*



*Endorsed by*



**SLEENDO 2026**



# SLENDO 2026



Day 01 - 14<sup>th</sup> August 2026

## Hall A

## Hall B

08:30 am - 10:00 am

### Symposium 01 - Integrated Cardiometabolic Disease

*Moderator: Prof Namal Wijesinghe & Dr Niranjala Meegoda Widanage*

**Overcoming "Therapeutic Inertia" to Offer Organ Protective Therapies in T2D Journey**  
Dr Sachith Abhayaratna (SL)

**Aggressive LDL Targets in High-Risk Patients: A Practical Approach**  
Dr M R Mubarak (SL)

**Navigating Complex Cases of Cardiometabolic Challenges**  
Vidya Jyothi Prof Prasad Katulanda (SL)

### Symposium 02 - Thyroid Disease

*Moderator: Dr Tharanga Samarasekara & Dr Madushani Karunanayake*

**Optimizing Antithyroid Drug Regimens and Predictors of Sustained Remission**  
Dr Lalana Devi Ranasinghe (SL)

**Thyroid Eye Disease (TED) in Focus**  
Prof Duncan Topliss (AUS)

**The Normal TSH Struggle: Persistent Symptoms in Hashimoto's**  
Dr Kamani Liyanarachchi (SL)

10:00 am - 10:30 am

### Plenary 01

*Moderator: Prof Chandrika Wijeyaratne*

**PCOS - A Name Change** - Prof Helena Teede (AUS)

10:30 am - 11:00 am

Tea Break

11:00 am - 11:30 am

### Guest Lecture 01

*Moderator: Dr Chandrika Subasinghe*

**Technologies Shaping Diabetes Care 2026**  
Prof Parth Narendran (UK)

### Guest Lecture 02

*Moderator: Dr Dimuthu Muthukuda*

**Spectrum of Monogenic Diabetes: From Neonates to Adults - A Precision Medicine Approach** - Prof MUDr Jan Lebl (CZ)

11:30 am - 01:00 pm

### Symposium 03 - Diabetes Prevailing Issues

*Moderator: Dr Sachith Abhayaratna & Dr Shalika Ariyawansa*

**Type 2 Diabetes Remission: Evidence to Practice** - Dr Shani A D Matara Diddenipothage (SL)

**Realign Dietary Strategies in Practice**  
Prof Ranil Jayawardena (SL)

**Managing Pancreatogenic Diabetes: Balancing Hyperglycemia, Hypoglycemia, and Malnutrition** - Prof Dulani Kottahachchi (SL)

### Symposium 04 - Metabolic Bone Disease

*Moderator: Dr Achini Wijesinghe & Dr Dhanushka Rathnayake*

**Novel Targeted Therapies for Bone Disorders** - Prof Emma Duncan (UK)

**Primary Hyperparathyroidism: Real Life Scenarios** - Dr Sonali Gunatilake (SL)

**Rare Metabolic Bone Disorders**  
Prof Emma Duncan (UK)

01:00 pm - 02:00 pm

Lunch Break

02:00 pm - 03:30 pm

### Symposium 05 - Obesity & Metabolic Syndrome

*Moderator: Prof MUDr Jan Lebl & Dr Gajawathana Sakthilingam*

**Management of Obesity: Incretins and Beyond** - Dr Chaminda Garusinghe (SL)

**Sarcopenic Obesity**  
Prof Johanna Brix (AUT)

**Understanding the Journey of MASLD: A Case Based Discussion**  
Prof Madunil Niriella (SL)

### Symposium 06 - Pituitary Disease

*Moderator: Dr Chathuri Jayawardena & Dr Dineesha Kumaratunga*

**Unravelling the different faces of Cushing's Syndrome** - Dr Safwaan Adam (UK)

**Acromegaly: Newer Therapies and Future Directions** - Dr Noel Somasundaram (SL)

**Contemporary Management of Prolactinomas: When Guidelines meet Real-World Practice** - Dr Manilka Sumanatilleke (SL)

03:30 pm - 04:15 pm

### Expert Voice: How to Manage..... In a Patient with Diabetes...

*Moderator: Dr Chaminda Garusinghe & Dr Nipun De Silva*

**Albuminuria** - Dr Shalika Ariyawansa (SL)

**Erectile Dysfunction** - Dr Sajith Siyambalapitiya (SL)

### Meet the Expert 01

**Complex Cases of Diabetic Neuropathy**  
Dr Dinesh Selvaraj (UK)



# SLENDO 2026



## Day 02 - 15<sup>th</sup> August 2026

	Hall A	Hall B
08:30 am - 10:00 am	<b>Symposium 07 - Diabetes : From Phenotype to Practice</b> Moderator: Prof Dulani Kottahachchi & Dr Dayakshi Abeyaratne <b>In-Hospital Management of Diabetes</b> Dr Chathuri Jayawardena (SL) <b>Diabetes Phenotypes in South Asia</b> Prof Nihal Thomas (IND) <b>Interpretation of Real Time CGM Data</b> Prof Parth Narendran (UK)	<b>Symposium 08 - Endocrine Tumors</b> Moderator: Dr Dileepa Jeewaka De Soyya & Dr Preethi Dissanayake <b>Pheochromocytoma &amp; Paraganglioma</b> Dr Safwaan Adam (UK) <b>Primary Aldosteronism: Challenges in Clinical Practice</b> - Dr Dimuthu Muthukuda (SL) <b>Non-Diabetic Hypoglycaemia</b> Dr Muditha Weerakkody (SL)
10:00 am - 10:30 am	<b>Plenary 02</b> Moderator: Dr Noel Somasundaram <b>Assessment and Management of Thyroid Cancer - 2026</b> - Prof Duncan Topliss (AUS)	
	10:30 am - 11:00 am	Tea Break
11:00 am - 11:30 am	<b>Guest Lecture 03</b> Moderator: Dr Manilka Sumanatilleke <b>Personalized Care in Type 2 Diabetes</b> Prof Johanna Brix (AUT)	<b>Guest Lecture 04</b> Moderator: Dr Gayana Amiyangoda <b>Adrenal Incidentalomas</b> Prof Karim Meeran (UK)
11:30 am - 01:00 pm	<b>Symposium 09 - EASD: Women's Health in Diabetes</b> Moderator: Dr Kamani Liyanarachchi & Dr Maheshi Amarawardena <b>Menarche to Menopause; Sex Matters in Diabetes</b> - Prof Johanna Brix (AUT) <b>The Use of Technology During Pregnancy and Postpartum in Diabetes</b> Prof Pieter Gillard (BEG) <b>Post Menopausal Metabolic Health in Women</b> - Prof Tsvetalina Tankova (BG)	<b>Symposium 10 - Osteoporosis</b> Moderator: Dr Lalana Devi Ranasinghe & Dr Dhulashiha Jegavanthan <b>Fracture Risk in Osteoporosis: The Past, Present &amp; Future</b> - Prof Sarath Lekamwasam (SL) <b>Pitfalls in the Evaluation &amp; Management of Osteoporosis</b> - Dr Chandrika Subasinghe (SL) <b>A Practical Guide to Sequential Therapies in Osteoporosis Management</b> Prof Emma Duncan (UK)
	01:00 pm - 02:00 pm	Lunch Break
02:00 pm - 02:30 pm	<b>Guest Lecture 05</b> Moderator: : Dr Samantha Cooray <b>New Era of Insulin Therapy</b> Prof Pieter Gillard (BEG)	<b>Guest Lecture 06</b> Moderator: Dr Amalka Premadasa <b>Immune Checkpoint Inhibitors related Endocrinopathies</b> - Dr Safwaan Adam (UK)
02:30 pm - 04:00 pm	<b>Symposium 11 - SAFES Symposium: Diabetes in South Asia</b> Moderator: Dr Manilka Sumanatilleke & Dr Gayana Amiyangoda <b>Challenges in Managing Diabetes in South Asia</b> - Prof Faria Afsana (BNG) <b>Diabetes and Cardiovascular Outcome - Global Diversity Time to Rethink</b> Dr Abbas Raza (PAK) <b>Diabetes Distress vs Clinical Depression</b> Dr Dayakshi Abeyaratne (SL) <b>Lean Type 2 Diabetes</b> Prof Nitin Kapoor (IND)	<b>Symposium 12 - Reproductive Endocrinology</b> Moderator: Prof Dulani Kottahachchi & Dr Chinthana Dematapitiya <b>Premature Ovarian Insufficiency</b> Prof Helena Teede (AUS) <b>Androgen Use, Misuse and Abuse</b> Dr Nipun De Silva (SL) <b>PMOS: Comprehensive Management in 2026</b> Prof Helena Teede (AUS)
04:00 pm - 05:00 pm	<b>SLENDO Quiz</b> Dr Manilka Sumanatilleke (SL) (Quiz master), Dr Shani A D Matara Diddhenipothage (SL) (Quiz master), Dr Preethi Dissanayake (SL)	



# SLENDO 2026



## Day 03 - 16<sup>th</sup> August 2026

### Hall A

### Hall B

08:30 am - 10:00 am

#### Symposium 13 - Diabetic Foot

*Moderator: Prof Rezni Cassim & Dr Shani Matara Diddenipothage*

##### Risk Assessment and Prevention

Dr Dinesh Selvaraj (UK)

##### Footwear Modifications and Offloading

Prof Nihal Thomas (IND)

##### Basics of Diabetic Foot Ulcer Management

Dr Thushan Goonaratne (SL)

#### Symposium 14 - Endocrine Emergencies in Critical Care

*Moderator: Dr Dilshan Priyankara & Dr Muditha Weerakkody*

##### Sodium Disorders in ICU Setting

Dr Samantha Cooray (AUS)

##### DKA and HHS: Complex Cases

Dr Achini Wijesinghe (SL)

##### Pituitary Apoplexy: An Evidence-Based Approach

Dr Gayana Amiyangoda (SL)

10:00 am - 10:30 am

#### Plenary 03

*Moderator: Dr Uditha Bulugahapitiya*

##### Diabetic Neuropathy - Dr Dinesh Selvaraj (UK)

10:30 am - 11:00 am

Tea Break

11:00 am - 11:45 am

#### Expert Communication - 01 Hyperglycemia in Pregnancy: SLCE / SLCOG Guideline 2026

Prof Dulani Kottahachchi (SL) (Moderator)  
Dr Dimuthu Muthukuda (SL)  
Dr Sangeetha Wickramaratne (SL)

Dr Jayani Thennakoon Jayaweera (SL)  
Prof Rasika Herath (SL)  
Prof Madura Jayawardane (SL)

11:45 am - 12:30 pm

#### Panel Discussion 01 Personalized Care in Type 2 Diabetes (From Early to Advanced Stage)

Dr Dhulashiha Jegavanthan (SL) (Moderator)  
Dr Niranjala Meegoda Widanage (SL)  
Prof Tsvetalina Tankova (BG)  
Dr Dineesha Kumaratunga (SL)

#### Panel Discussion 02 Thyroid Nodule & Differentiated Thyroid

Dr Shyaminda Kahandawa (SL) (Moderator)  
Dr Maheshi Amarawardena (SL)  
Dr Nuradh Joseph (SL)  
Prof Sanjeewa Seneviratne (SL)  
Dr Lakmali Paranehewa (SL)  
Prof Duncan Topliss (AUS)

12:30 pm - 01:30 pm

#### Expert Communication 02 Transgender Care in Sri Lanka

Dr Sonali Gunatilake (SL) (Moderator)  
Dr Uditha Bulugahapitiya (SL)  
Dr Chaminda Garusinghe (SL)  
Dr Kapila Ranasinghe (SL)  
Lt Col (Dr) Kavinda Rajapakshe (SL)

#### Symposium 15 - Congenital Adrenal Hyperplasia: Across the Lifespan

*Moderator: Dr Dimarsha De Silva & Dr Dinendra Siriwardena*

##### Management in Newborns and Early Childhood

Dr Navoda Atapattu (SL)

##### Navigating Adolescence and Transition

Prof Sumudu Seneviratne (SL)

##### Treatment Patterns and Unmet Needs in Adults

Prof Karim Meeran (UK)