



Annual meeting of the Icelandic Medical Association

January 19 – 23, 2026
In HARPA, Reykjavík

Program

Monday, January 19

Silfurberg B:

- 09:00-12:00** **Alcohol on the Way: The Hidden Burden of Disease: How does Alcohol use Emerge in the Health Care System, a Peek into Different Corners of the Service**
Chair: María Heimisdóttir, MD, the Medical Director of Health in Iceland
- 09:00-09:10** **Opening remarks:** Alma Möller, MD, the Minister of Health in Iceland
- 09:10-09:25** **When Alcohol Use is Alcohol Use Disorder, Diagnosis and Intervention:** Valgerður Rúnarsdóttir, MD, CMO in Internal/Addiction Medicine
- 09:25-09:35** **Should my Grandparents Stop Drinking?** Anna Björg Jónsdóttir, MD, Chief of Geriatric Medicine
- 09:35-09:45** **Escape into the Bottle – The Impact of Stress and Trauma!** Kristín Sigurðardóttir, MD, Accident and Emergency Physician
- 09:45-09:55** **Alcohol – How Often Is it the Underlying Cause for ED Visits?** Hjalti Már Björnsson, MD
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- 09:55-10:05 **Alcohol and the Heart – from Holiday-Heart syndrome to Hypertension and Heart Failure:** Karl Andersen, MD PhD Professor of Cardiology
- 10:05-10:15 **Alcohol and Cancer – from Science to Awareness:** Sigurdís Haraldsdóttir, MD PhD, Medical Oncologist, Professor of Oncology
- 10:15 10:45 Coffee Break
- 10:45-10:55 **„One Drink for my Mental Health “:** Ólafur Þór Ævarsson MD, Psychiatrist, PhD, Health Advocate
- 10:55-11:05 **AA in Focus: Bridging Peer Support and Professional Care for Those Seeking Sobriety:** Gunnar Bjarni Ragnarsson, MD, Medical Oncologist
- 11:05-11:15 **The Effects of Alcohol on the Pancreas and the Liver:** Loud og Quiet: Einar Björnsson, MD Professor and Chief of the Department of Internal Medicine, Landspítali Univ. Hospital
- 11:15-11:25 **Are Alcohol-Related Hospitalizations Going Under the Radar?** Hildur Jónsdóttir, MD, Hospitalist, Internal Medicine
- 11:25-11:35 **Alcohol, a Hidden Reason for Morbidity in Primary Care:** Hildur Svavarsdóttir, MD, GP
- 11:35-11:45 **Talking about Alcohol Use with Patients - The Role of Health Professionals:** Ingunn Hansdóttir, PhD clinical psychology
- 11:45 12:00 *Panel: Questions and Discussion*

Kaldalón:

- 09:00-12:00 Gene therapy the future is now!**
Chair: Ásgeir Haraldsson, MD, PhD
- 09:00-09:10 Introduction: past-present-future: Ásgeir Haraldsson, MD PhD Professor of Paediatrics, University of Iceland
- 09:10-09:35 Molecules, genes and genetic disorders: Hans Tómas Björnsson, MD, PhD, Professor of Translational Medicine and Pediatrics, University of Iceland, Assoc Prof. Johns Hopkins University, USA, Clinical Director, Landspítali
- 09:35-09:45 Case I: This is SCID! Ásgeir Haraldsson, MD PhD, Prof. University of Iceland
- 09:45-10:20 Gene therapy for SCID: Arjan C. Lankester MD, PhD, Professor of Pediatrics immunology, Willem-Alexander Children’s Hospital, Leiden University Medical Center, The Netherlands
- 10:20-10:50 Coffee break
- 10:50-11:00 Phagocyte disorders: CGD in Iceland: Ásgeir Haraldsson, MD PhD
- 11:00-11:20 Case II: Severe congenital phagocyte disorder: Valtýr Stefánsson, MD, PhD Ass.Prof University of Iceland
- 11:20-11:50 Gene therapy for CGD and other genetic disorders: Arjan C. Lankester, MD PhD
- 11:50-12:00 *Panel Discussion*

Ríma:

- 09:00-12:00 The Latest in Medicine. New Research and Fresh Insights Across Specialties**
Session Chairs: Dr. Sigríður Björnsdóttir, Consultant in Endocrinology and Metabolism and Dr. Berglind Bergmann, Consultant in Internal Medicine
- 13:00-13:30 **Cardiology:** Ævar Örn Úlfarsson, MD
- 13:30-14:00 **Advances in Gastrointestinal Endoscopy:** Magnús Konráðsson, MD
- 14:00-14:30 **Hematology Highlights:** Signý Vala Sveinsdóttir, MD
- 14:30-15:00 Coffee Break

15:00-15:30 **Infectious Diseases:** Emerging Topics, Erna Milunka Kojic, MD
15:30-16:00 **Urology Update:** Rafn Hilmarsson, MD

12:10-13:00 Noon lectures:
Silfurberg B: -**Life threatening counterfeit drugs in circulation**
Chair: Engilbert Sigurðsson, MD, PhD
Kaldalón: -**Cases in Neurology**
Chair: Finnbogi Jakobsson, MD
Ríma: -**Doctors for Doctors: do Doctors need Peer Support?**
Chair: Gerður Aagot Árnadóttir, MD
Stemma: -Meet the Professor: Blood lipids. Registration required
Visa: -Meet the Professor: Skin diseases. Registration required

Silfurberg B:
13:10-16:10 Alcohol on the Way. Cheers or Harm? Alcohol and Public Health in Focus: The Key to a Healthier Future
Chair: Siv Friðleifsdóttir, former Minister of health
13:10-13:15 **Opening remarks**
13:15-13:35 **Public Health: Long Needed, Now Essential!** Alma Möller, MD, the Minister of Health in Iceland
13:35-14:05 **Health is Wealth: The Economic Benefits of Tackling Harmful Alcohol Use:** Mark Pearson, Deputy Director, Employment Labor and Social Affairs at OECD
14:05-14:12 **The Alcohol Industry and Its Impact on Children and Adolescents:** Árni Guðmundsson, Social Pedagogue
14:12-14:19 **The Normalization of Alcohol in Modern Society:** Viðar Halldórsson, Professor of Sociology
14:19-14:26 **Alcohol Use and Public Safety: The Perspective and Strategy of the Police:** Sigríður Björk Guðjónsdóttir, Commissioner of the Icelandic Police
14:26-14:33 **Alcohol and Sports – Image, Strategy, Future Vision and Responsibility:** Willum Þór Þórsson, President of the National Olympic and Sports Association of Iceland
14:33-14:40 **Is Alcohol Trending?** Einar Bárðarson, Marketing consultant
14:40-15:10 Coffee break
15:10-15:17 **Online Alcohol Retail – Legal Grey Area or Clear Violation?** Bjarki Már Baxter, Attorney
15:17-15:24 **Clear Mind, Creative Heart, and Healthy Brain:** Gunnar Hersveinn, Philosopher and Author
15:24-15:38 **Under the Influence – How Alcohol Affects the Adolescent Brain:** Lára Sigurðardóttir, MD, PhD in the Public Health Sciences
15:38-16:10 **Panel: Alcohol prevention in Iceland – What’s next?** Representatives from all political parties will answer questions on policies and actions, alongside keynote speakers and Director of Health

Kaldalón:
13:10-16:10 Headache, diagnosis and treatment
Chair: Birkir Örn Hlynsson, MD, Anesthesiologist and pain specialist.

- 13:10 -14:00 **Headache, diagnosis and treatment at a specialized headache clinic:** Lars Bendtsen, MD, PH. D, The Danish headache center. Department of Neurology. National hospital, Glostrup, Denmark.
- 14:00-14:20 **Headache in primary care. Prevalence, diagnostic and treatment:** Anna Margrét Guðmundsdóttir: MD. Family physician.
- 14:20- 14:50 Coffee break
- 14:50–15:05 **Drug induced headache, migraine, diagnosis and treatment:** María Hrafnadóttir, MD, Neurologist and pain specialist.
- 15:05 -15:20 **Painful temporomandibular disorders, diagnosis and treatment:** Karl Örn Karlsson, Dentist, cand. odont.
- 15:20 -15:35 **Headache, Interventional Therapies:** Bjarni Valtýsson, MD, Anesthesiologist
- 15:35 -16:00 *Panel discussions*

Ríma:

- 13:10 – 16:10 Healthcare Without Harm – the environmental impacts of healthcare with an emphasis on medicines**
Chair: Hjalti Már Björnsson, specialist in emergency medicine
- 13:10–13:25 **“Are you poisoning the Earth with your prescriptions? Medicines, the Earth, and life”:** Salóme Ásta Arnardóttir, specialist in family medicine
- 13:30–13:40 **“From toilet to sea: the invisible pathway of medicines”:** Andreas Ströberg specialist on the Sea and Water Team at the Environment Agency of Iceland
- 13:40–14:10 **“The environmental impacts of medicines – how can doctors make a positive difference for patients?”** Björn Ericsson, specialist in general practice, Gävleborg Drug & Therapeutics Committee, Gävle, Sweden
- 14:10–14:40 Coffee break
- 14:40–15:00 **“Doctors’ voices on the environmental impacts of medicines”:** Freyja Jónsdóttir, clinical pharmacist
- 15:00–15:20 **“One Health and antimicrobial resistance – a view from the Chief Epidemiologist”:** Anna Margrét Halldórsdóttir, chief physician, Communicable Disease Division, Directorate of Health
- 15:20–16:00 *Panel discussion* Ministry of Health, Icelandic Medicines Agency, Directorate of Health, Environment Agency of Iceland
- 16:20 Opening ceremony**

Tuesday, January 20

Silfurberg B:

- 09:00-12:00 Stroke – Every minute counts**
Chair: Anna Bryndís Einarsdóttir, MD, PhD
- 09:00-09:05 **Opening remarks:** Anna Bryndís Einarsdóttir, MD, PhD
- 09:05-09:15 **What is a stroke?** Anna Bryndís Einarsdóttir, MD, PhD
- 09:15-09:35 **Treatment of Ischemic Stroke:** Brynhildur Thors, MD, PhD, Björn Logi Þórarinnsson, MD, MSc
- 09:35-09:50 **Endovascular Thrombectomy:** Fernando Bazan, MD

- 09:50-10:05 **Treatment of Intracerebral Hemorrhage:** Björn Logi Þórarinsson, MD, MSc
 10:05-10:35 Coffee break
 10:35-10:55 **Stroke Unit Care:** Marianne Klinke, RN, PhD
 10:55-11:15 **Good and safe treatment of stroke outside the capital region – what is needed?** Björn Gunnarsson, PhD
 11:15-11:45 **Current stroke treatment, continuous progress:** Professor Urs Fisher, MD, PhD, FESO. Director and Chairman of the Department of Neurology at the Inselspital Bern, Switzerland. Professor Neurology, University Bern. President Elect of the European Stroke Organization.
 11:45-12:00 *Closing remarks and questions*

Kaldalón:

- 09:00-12:00 Vascular Anomalies**
 Moderators: Haraldur Bjarnason, MD and Emily C. Bendel, MD
 09:00-09:15 **Vascular Anomalies, Overview and Classifications System:** Haraldur Bjarnason, MD
 09:15-09:30 **Vascular Malformations - Best Imaging Approaches:** Emily C. Bendel, MD
 09:30-09:45 **Vascular Malformation, Interventional Treatment Strategies:** Emily C. Bendel, MD and Stephanie F. Polites, MD
 09:45-10:00 **Vascular Malformations - New Development in Medical Management:** Stephanie F. Polites, MD
 10:00-10:15 **Cryoablation and Heat Ablation in the Management of Vascular Anomalies:** David Woodrum MD Professor of Radiology
 10:15-10:45 Coffee Break
 10:45-11:00 **Genetics in Vascular Malformations: What's New and How Do We use Genetic Information?** Brendan Lanpher MD Assistant Professor of Medical Genetics
 11:00-11:15 **The Lymphatic System; Functionality and Implications for Vascular Malformations:** Matthew Mark Melin, MD
 11:15-11:30 **Imaging and Percutaneous Management of Lymphatic Disorders:** Scott M Thompson, MD Associate Professor of Radiology
 11:30-12:00 *Panel Discussion*

Ríma:

- 09:00-12:00 **Never too busy to learn! - How the modern team can learn together in the busy workplace**
 3-hour conference course – Registration required
This interactive workshop explores the role that residents, supervisors, and the wider team play in championing multi-professional learning. We will be taking a practical approach to developing practical strategies and approaches to “invitational” learning that participants can take away to implement back in their workplaces.
This workshop will be an interactive exploration of techniques to improve team-based learning. The session will include group discussion, critique of practice through scenario-based examples, and critique of approaches through group discussion.
Lecturers:
 Tom Baker, Executive Director of Education at the Royal College of Physicians, London
 David Parry, Deputy Director of Education at the Royal College of Physicians, London
 Inga Sif Ólafsdóttir, MD, head of foundation training at Landspítali
 Margrét Dís Óskarsdóttir, head of Postgraduate Medical Education

Tómas Þór Ágústsson, MD, PhD, Chief Medical Officer, Landspítali

Silfurberg B:

- 13:10-16:10 Clinical approach to common gastrointestinal problems**
Chair: Sigurður Ólafsson MD
- 13:10-13:15 **Welcome and introduction:** Sigurður Ólafsson MD
- 13:15-13:40 **Dysphagia:** Kjartan B Örvar, MD
- 13:40-14:10 **Constipation:** Guðjón Kristjánsson MD, PhD
- 14:10-14:40 Coffee Break
- 14:40-15:10 **Diarrhea:** Hafsteinn Óli Guðnason, MD
- 15:10-15:40 **When to perform a gastroscopy:** Einar Stefán Björnsson MD, PhD
- 15:40-16:10 **Gastrointestinal side effects of GLP-1-agonists:** Sif Ormarsdóttir MD, PhD

Kaldalón:

- 13:10-16:10 Early experiences shape a lifetime: The Consequences of Adverse Childhood Experiences and Early Interventions**
Chair: Margrét Ólafía Tómasdóttir, MD, PhD
- 13:10-13:30 **Adverse Childhood Experiences and long-term consequences:** Anna María Jónsdóttir
Consultant Psychiatrist
- 13:30-13:50 **The incidence of Adverse childhood experiences in Iceland and health problems in adulthood:** Vera Sif Rúnarsdóttir, MSc Counsellor
- 13:50-14:10 **The drop wears down the stone - Childhood adversity, bereavement, and suicide:** Diljá Styrmisdóttir, MSc Psychology
- 14:10-14:40 Coffee Break
- 14:40-15:40 **Integrating Emerging Concepts in the Neurosciences into Medical Practice: Lessons from Application of the Neurosequential Model of Therapeutics:** Dr. Bruce Perry is the Principal of the Neurosequential Network and a Professor (Adjunct) at the School of Allied Health, Human Services and Sport, La Trobe University, Melbourne, Victoria Australia.
- 15:40-16:10 *Discussion with Dr. Perry*

Ríma:

- 13:10-16:10 Responsible drug prescription, deprescribing guidelines and polypharmacy management**
Chair: Jón Steinar Jónsson, MD
- 13:10-13:15 Introduction: Jón Steinar Jónsson
- 13:15-13:45 Deprescribing, how to manage polypharmacy? Helgi Hafsteinn Helgason, MD
- 13:45-14:10 Closing the Loop: Medication Review as a Cornerstone of Safe and Rational Care: Freyja Jónsdóttir
- 14:10-14:40 Kaffihlé
- 14:40-15:00 Hospital admission as a risk factor for the use of opioids and benzodiazepines: Martin Ingi Sigurðsson, MD, PhD, Professor University of Iceland
- 15:00-15:20 The Prescriby Clinic: History, achievements and next steps: Kjartan Þórsson
- 15:20-15:45 Physicians responsibility in case of drug prescription: María Heimisdóttir, MD

15:45-15:10 *Panel discussion*

Stemma:

13:10-16:10 "How to build a Clinical Registry? From Vision to Data-Driven Innovation" Workshop

13:10-13:20 **Welcome and Introduction – Why build a clinical registry?** Inga Jóna Ingimarsdóttir, MD, PhD

13:20-14:00 **Clinical Perspective: The Journey of Building a Registry: "From Idea to Implementation: A Physician's Journey in Building a Clinical Registry"** Inga Jóna Ingimarsdóttir, MD, PhD

14:00-14:15 Coffee break

14:15-14:40 **Technical Perspective: Building the Infrastructure: "Behind the Scenes: Designing and Implementing the Registry Infrastructure"**, Adeline Tracz, Electrical Eng. B.S.

14:40-15:05 **Data Science & AI: Unlocking the Potential: "From Data to Discovery: Leveraging Registry Data for AI Applications"**, Hafsteinn Einarsson, MD

15:05-15:20 *Panel Discussion & Audience Q&A*

Wednesday, January 21

Silfurberg B:

09:00-12:00 Neurological Rehabilitation - From the Icelandic Association of Medical Rehabilitation Chair: Kristjan G Gudmundsson, MD, PhD. Specialist in Rehabilitation Medicine

09:00-09:45 **Rehabilitation after severe acquired brain injury for adults:** Alison Godbolt. Consultant Physician, Specialist in Rehabilitation Medicine, Doctor of Medicine. Process leader severe brain injury Department of Rehabilitation Medicine, Danderyd Hospital, Stockholm, Sweden

09:45-10:00 **Concussion – definition and initial treatment:** Ólöf H. Bjarnadóttir. MD, Specialist in neurology and Rehabilitation Medicine. Department of Rehabilitation, Grensás: Landspítali - University Hospital, Reykjavik

10:00-10:15 **Brain injury – a neuropsychological approach:** Smári Pálsson, Cand Psyk. Neuropsychologist: Reykjalundur

10:15-10:45 Coffee Break

10:45-11:15 **Rehabilitation after a spinal cord injury:** Einar Örn Jóhannesson, MD, Specialist in Rehabilitation Medicine, Sahlgrenska University Hospital, Gothenburg

11:15-11:30 **Spinal cord injury – the involvement of physiotherapists in Rehabilitation:** Brynja Ingólfssdóttir, Physiotherapist: Department of Rehabilitation, Grensás: Landspítali - University Hospital, Reykjavik

11:30-11:45 **Spinal cord injury – the involvement of occupational therapists in Rehabilitation:** Sigprúður Loftsdóttir, Occupational therapist. Department of Rehabilitation, Grensás, Landspítali - University Hospital, Reykjavik

Kaldalón:

09:00-12:00 Respiratory Medicine 2026. Common problems and new treatments
Moderator: Sif Hansdóttir MD

09:00-09:30 Lung infiltrates on CT images. What is it and what should I do? Gunnar Guðmundsson MD, PhD

09:30-10:00 **Lung nodules on CT images. Follow up or workup?** Helgi Már Jónsson, MD
10:00-10:30 **Abnormal CT studies, what is this? Cases, interactive with audience participation :**
Brynja Jónsdóttir MD, PhD
10:30-11:00 Coffee break
11:00-11:30 **Chronic cough:** Össur Ingi Emilsson MD, PhD
11:30-12:00 **Biologics in Respiratory Medicine. Not just for asthma:** Sigurður Þór Sigurðarson MD,
MPH og Sigríður Ólína Haraldsdóttir MD

Ríma:

09:00-12:00 Scientific work in Iceland

Silfurberg B:

13:10-16:10 The Latest in Medicine. New Research and Fresh Insights Across Specialties

Chairs: Dr. Sigríður Björnsdóttir, Consultant in Endocrinology and Metabolism
and Dr. Berglind Bergmann, Consultant in Internal Medicine

13:00-13.30 **Cardiology:** Ævar Örn Úlfarsson, MD

13.30-14.00 **Advances in Gastrointestinal Endoscopy:** Magnús Konráðsson, MD

14.00-14.30 **Hematology highlights:** Signý Vala Sveinsdóttir, MD

14:30-15:00 Coffee Break

15:00-15.30 **Infectious diseases – Emerging Topivs:** Erna Milunka Kojic, MD

15.30-16:00 **Urology Update :** Rafn Hilmarsson, MD

Kaldalón:

09:00-12:00 The Development of Acute Internal Medicine and its Importance in modern Healthcare

Chair: Tómas Þór Ágústsson, MD

09:00-09:10 Welcome and Introduction from Chair

09:10-09:40 Session 1 - 25 Years of Acute Internal Medicine - What We Do and Why It Matters: Dr
Vicky Price, Consultant in Acute Medicine, Liverpool University Hospitals; President,
Society for Acute Medicine (SAM), Liverpool UK

09:40-10:10 Session 2 – A Vision for AIM in Iceland: Dr Tómas Þór Ágústsson

10:10-10:40 Coffee Break

10:40-11:10 Session 3 – The Multidisciplinary Team in Acute Medicine: Nursing and Beyond: Ms
Hannah Heggarty, Senior Nurse in Acute Medicine, University Hospitals Birmingham;
SAM Nursing Representative, Birmingham, UK

11:10-11:40 Session 4 – Acute Medicine in Action: Clinical Cases and Evidence of Impact: Dr Beth
Griffith, Consultant in Acute Medicine, Mid Cheshire Hospitals; SAM Training and
Education Committee Chair, Cheshire, UK

11:40-12:00 Panel Q&A and Closing Discussion

Ríma:

13:10-16:10 Tuberculosis – The white death in a historical perspective

Symposium organised by the Icelandic Society for Medical History (ISMH)

Chair: Magnus Gottfredsson, MD, PhD, president of ISMH

- 13:10-13:30 **Tuberculosis – a brief historical review:** Sigurður Guðmundsson, MD, PhD
 13:30-14:00 **History of tuberculosis in Iceland:** Erla Dóris Halldórsdóttir, RN, PhD
 14:00-15:00 **Written personal accounts from tuberculosis patients and their mental health at Icelandic sanatoriums:** Úlfar Bragason, PhD
 15:00-15:30 **Tuberculosis and morbid poets:** Sveinn Yngvi Egilsson, PhD
 15:30-16:00 **Tuberculosis in Iceland, 2026. A new face to an old foe:** Agnar Bjarnason, MD, PhD

Stemma:

- 13:10-16:10 Grant Camps Workshop**
- 13:10-13:20 **Presentation by the Head of the Scientific Committee of Landspítali – Why Grant Camps?** Karl Andersen, MD, PhD Professor, University Iceland
- 13:20-13:40 **From Rannís – on services regarding foreign grants – and changes regarding IRF for 2026:** Representative from Rannís
- The perspective from applicants:**
- 13:40-14:10 Inga Jóna Ingimarsdóttir, MD
- 14:10-14:25 Coffee break
- 14:25-14:50 Margrét Helga Ögmundsdóttir, MD, PhD Professor University Iceland
- 14:50-15:20 Viðar Örn Eðvarðsson, MD, PhD, Professor University Iceland
- 15:20-15:35 **The services at the school of health sciences, the formats from last year and when new ones are published – budgeting.** Ása Vala Þórisdóttir
- 15:35-16:00 How do the Expert panels think? Thor Aspelund
- 16:00-16:10 The plan until spring – application deadline. Inga Jóna Ingimarsdóttir, MD, PhD

Thursday, January 22

Silfurberg B:

- 09:00–09:05 **Endocrine disorders during pregnancy**
Chair: Sigríður Björnsdóttir, MD, PhD
- 09:00–09:05 Opening remarks: Session Chair
- 09:05–09:35 **Physiological changes in endocrine systems during pregnancy:** Tim Korevaar, MD, PhD
Erasmus University Medical Center, Rotterdam, The Netherlands
- 09:35–10:15 **Diabetes in pregnancy – New international guidelines:** Steinunn Arnardóttir, MD
- 10:15–10:45 Coffee break
- 10:45–11:25 **Thyroid disorders in pregnancy – New international guidelines:** Tim Korevaar, MD, PhD
Erasmus University Medical Center, Rotterdam, The Netherlands
- 11:25–12:00 **Obesity – Impact on fertility and pregnancy:** Guðrún Höskuldsdóttir, MD, PhD

Kaldalón:

- 09:00-12:00 In Depth – Investigations, choosing wisely and the things we do for no reason**
Symposium of the Icelandic Association of Junior Doctors
- 09:00 – 09:15 **Opening remarks from moderator:** Berglind Bergmann, MD MRCP, Resident in Internal Medicine

- 09:15 – 09:35 **The Urine Dipstick and Cystatin C:** Hrafnhildur Linnét Runólfssdóttir, MD MRCP PhD, Resident in Internal Medicine
- 09:35 – 09:55 **The Complete Blood Count – More than just platelets, whites and reds?** Stella Rún Guðmundsdóttir, MD MRCP, Resident in Internal Medicine
- 09:55 – 10:15 **Albumin and Prealbumin – Indicators of nutritional status?** Hlynur Indriðason, MD MRCP, Consultant in Internal Medicine
- 10:15 – 10:45 **Coffee break**
- 10:45 – 11:10 **Procalcitonin – When should we measure it?** Jóhanna Rún Rúnarsdóttir, MD MRCP, Resident in Internal Medicine
- 11:10 – 11:35 **BNP – More than just heart failure?** Hjálmar Ragnar Agnarsson, MD MRCP, Consultant in Internal Medicine
- 11:35 – 12:00 **Lactate – A true marker of tissue hypoxia?** Telma Huld, MD MRCP, Consultant in Internal Medicine

Ríma:

09:00-12:00 **Legal issues**
Program not available

Silfurberg B:

- 13:10-16:10** **Medication use during pregnancy**
Chair: Oddur Ingimarsson
- 13:10-13:15 **Use of psychiatric medication in society – how is the trend?** Oddur Ingimarsson, Psychiatrist at Landspítali, Assistant Professor, Faculty of Medicine, University of Iceland
- 13:15-13:30 **Use of large-scale data to generate evidence on medication safety in pregnancy:** Helga Zoega, Professor of Public Health, Faculty of Medicine, University of Iceland
- 13:30-14:00 **Psychiatric medication uses during pregnancy – does it affect counseling?** Ísafold Helgadóttir, Psychiatrist at Landspítali, advisor for high-risk antenatal care
- 14:00-14:30 **Coffee Break**
- 14:30-15:00 **Choosing medication for fertile women – what is permissible and what is not?** Gerður Gröndal, Rheumatologist at Landspítali, advisor for high-risk antenatal care
- 15:00-15:30 **Effect of medication during pregnancy on newborns – what problems are most common?** Þórður Þórarinn Þórðarsson, Chief Neonatologist, Neonatal Intensive Care Unit, Landspítali
- 15:30-15:10 *Panel discussion*

Kaldalón:

13:10-16:10 **Diagnostic Medicine and Clinical Reasoning – Live!**
Key Differentials and Costly Misses – Can Artificial Intelligence Help?
Symposium of the Icelandic Association of Junior Doctors
Moderator: Hrafnhildur Linnét Runólfssdóttir, MD PhD, Resident in Internal Medicine:

- 13:10 – 13:40 **Sleeping adrenal glands – Cortisol deficiency due to long-term corticosteroid therapy:** Margrét Jóna Einarsdóttir, MD PhD, Consultant in Internal and Endocrine Medicine, Chief of Endocrinology and Metabolic Medicine, Landspítali University Hospital
- 13:40 – 14:10 **Immunocompromised or Not – That is the Question:** Berglind Bergmann, MD MRCP, Resident in Internal Medicine
- 14:10 – 14:40 Coffee break
- 14:40 – 15:10 **Artificial Intelligence – The Saviour in healthcare?** Steindór Oddur Ellertsson, MD PhD, Resident in Family Medicine
- 15:10 – 16:10 **Medical mysteries – A clinical unknown solved live by an expert panel!**

Ríma:

13:10-16:10 Radiology for Family Physicians

Moderator: Vibhuti Kalia

- 13:10-13:40 **Appropriateness of Imaging: Choosing the correct imaging tests for common indications:** Vibhuti Kalia MD, FRCR, Assistant professor, Department of Medical Imaging Western University London, Ontario
- 13:40-14:10 **Managing common incidental findings on Imaging - PART 1:** Vishal Kalia MD, DNB, FRCR Assistant professor MSK division, Department of Medical Imaging, Western University London, Ontario
- 14:10-14.40 Coffee Break
- 14:40-15:10 **Managing common incidental findings on Imaging - PART 2:** Vishal Kalia, MD, DNB, FRCR, Assistant professor, Department of Medical Imaging, Western University, London Ontario

Ríma

Stemma:

- 13:10-16:10 **Rheumatology workshop. MSK ultrasound and clinical examination**
Registration required
 Ólafur Pálsson, MD
 Ragnar Freyr Ingvarsson, MD

Friday, January 23

Silfurberg B:

09:00-12:00 Colorectal cancer in Iceland

Chair: Sigurdís Haraldsdóttir

- 09:00-09:20 **The beginning of population-based screening for colorectal cancer in Iceland:** Sunna Gudlaugsdóttir MD, PhD Consultant gastroenterologist in Landspítali University Hospital and in Meltingarsetrið Höfða. Advisor in expert committee of Directorate of Health in Iceland on screening for colorectal cancer. Current advisor on screening for colorectal cancer in the cancer screening coordination center of Iceland
- 09:20-09:40 **Epidemiology of colon and rectal cancer in Iceland with special emphasis on increasing incidence in younger patients:** Helgi Birgisson MD, PhD Colon and rectal surgeon, Medical director of the Icelandic Cancer Registry

- 09:40-10:00 **Advances in colorectal cancer surgery and the watch and wait approach in rectal cancer:** Jorunn Atladottir MD Colon and rectal surgeon, Associate Professor at University of Iceland
- 10:00-10:20 **Immunotherapy in colorectal cancer – when does it work?** Sigurdis Haraldsdottir MD PhD Medical oncologist and Professor of Oncology at University of Iceland
- 10:20-10:50 Coffee Break
- 10:50-11:10 **Advances in treatment of metastatic colorectal cancer:** Pora R Ulfarsdottir MD Medical oncologist
- 11:10-12:00 *Panel discussion*

Kaldalón:

- 09:00-12:00 **Mental Health Problems in the Elderly**
Chair: Þórgunnur Ársælsdóttir, MD
- 09:10-09:25 **A brief introduction to geriatric psychiatry:** Thomas Brieden, MD, PhD, geriatric psychiatrist.
- 09:25-09:35 **A new geriatric psychiatry team at Landspítali:** Guðríður Ringsted, nurse specialist.
- 09:35-10:20 **Behavioral and psychological symptoms in the elderly – Current treatment options:** Professor Tillmann Supprian, MD, PhD, University of Dusseldorf, Germany.
- 10:20-10:50 Coffee break
- 10:50-11:15 **Drug and alcohol problems among the elderly – a growing problem:** Valgerður Rúnarsdóttir, MD, Medical director, Vogur hospital, Reykjavík.
- 11:15-11:40 **Agitation in the elderly – How to react:** Thomas Brieden, MD, PhD, geriatric psychiatrist.
- 11:40-12:05 **The challenges of old age:** Óttar Guðmundsson, MD, PhD, psychiatrist and writer.

Ríma:

- 09:00-12:00 Skin Cancer**
Chair: Agnes Smáradóttir, MD, oncologist
- 09:00-09:25 **Epidemiology and pathology of skin cancers:** Jónas Aðalsteinsson MD PhD, dermatologist
- 09:25-09:50 **Surgery in skin cancers:** TBA
- 09:50-10:15 **Non-melanomatous skin cancer, risk factors, prevention and treatment:** Elísabet Reykdal Jóhannesdóttir, MD, dermatologist
- 10:15-10:45 Coffee Break
- 10:45-11:15 **Melanoma, genetics and treatment:** Hildur Helgadóttir, MD, PhD, oncologist, Karolinska institutet
- 11:15-12:00 **Case discussion:** Agnes Smáradóttir, MD, oncologist
- 12:00-12:05 *Panel discussions*

12:10-13:00 Noon lectures:

Silfurberg B: Live debate:

Kaldalón: Medicine in the Sturlunga Saga: Óttar Guðmundsson, MD

Ríma: Assessment of fluid balance: Hjalti Már Björnsson, MD

Silfurberg B:

- 13:10-16:10 Implementation of personalized medicine (PM) strategy in Iceland**
Chair: Sædís Sævarsdóttir, MD PhD, professor
- 13:10-13:25 **Personalized medicine enables future health care:** Kári Stefánsson, MD PhD, professor emeritus, Faculty of Medicine, University of Iceland, chair of the Ministry of Health working group on national strategy in PM
- 13:25-13:45 **Overview of the PM strategy by the Ministry of Health in Iceland:** Sædís Sævarsdóttir, MD, PhD, professor, dean of the Faculty of Medicine, University of Iceland
- 13:45-14:00 **Revolution in genetic counseling and therapeutic options:** Hans Tómas Björnsson, MD PhD, professor and chief physician, Genetic counseling, Landspítali University Hospital
- 14:00-14:10 **Mapping of actionable genotypes in Iceland:** Patrick Sulem, co-managing director of Amgen deCODE genetics
- 14:10-14:40 Coffee break
- 14:40-14:55 **PM and patient safety:** Martin Ingi Sigurðsson, MD PhD, professor and chief physician, Department of Anesthesiology, Landspítali University Hospital
- 14:55-15:10 **PM in oncology:** Sigurdís Haraldsdóttir, MD PhD, professor and chief physician, Center for Oncology, Landspítali University Hospital
- 15:10-15:20 **Perspectives of patients and relatives:** Engilbert Sigurðsson, MD, MRCPsych, professor and chief physician, Department of Psychiatry, Landspítali University Hospital
- 15:20-15:30 **Ethical perspectives:** Þorvarður Jón Löve, MD PhD, professor and chairman of the National bioethics committee
- 15:30-16:00 **Challenges and opportunities in implementation of personalized health care:** Indriði Benediktsson, PhD, European Commission
- 16:00-16:10 **Next steps:** Alma Möller, MD, minister of health
Panel discussions

Kaldalón:

- 13:10-16:10 The right steps after a hip fracture!**
Chair: Eyrún Baldursdóttir
- 13:10-13:15** Welcome and introduction: Chair
- 13:15-13:30 **Orthogeriatric unit in Fossvogur - Challenges and opportunities:** Baldur Helgi Ingvarsson MD, Geriatrician and Eyrún Baldursdóttir, MD, Geriatrician
- 13:30-13:45 **Surgical procedures for hip fracture:** Matthías Örn Halldórsson MD, specialist trainee in Orthopaedic Surgery
- 13:45-14:10 **Anesthesia - nerve blocks and optimization before surgery:** Guðrún María Jónsdóttir MD, Msc. Anesthesiologist and consultant in acute pain medicine.
- 14:10-14:40 Coffee Break
- 14:40-15:20 **The fracture or the frailty?** Professor Anthony Johansen, Orthogeriatrician, University Hospital of Wales
- 15:20-15:40 **New ward in Fossvogur, AB-5:** Dagrún Ása Ólafsdóttir. Registered Nurse and Department Manager.
- 15:40-16:10 *Panel discussions*

Ríma:

- 13:10-16:10 Celiac Disease**
Symposium organized by the Icelandic Association of Family Doctors
Chair: Jón Steinar
- 13:10-13:40 **Celiac Disease in Children:** Jóhanna Guðrún Pálmadóttir, MD

13:40-14:10 **Celiac Disease in Adults:** Trausti Valdemarsson, MD, PhD
14:10-14:40 **The immunology of celiac disease:** Sólrún Melkorka Maggadóttir, MD
14:40-15:10 Coffee Break
15:10-15:40 **Nutrition in Celiac:** Rannveig Björnsdóttir, MD, PhD
15:40-16:10 **Perspective from a family member:** TBA

Stemma:

13:10-16:10 Workshop in advanced physical examination

Registration required

Ragnar Freyr Ingvarsson, MD

Ólafur Pálsson, MD

Norðurljós:

16:20 Closing ceremony