

XLIII NATIONAL CONGRESS OF MEDICAL STUDENTS

XXI INTERNATIONAL EDITION

II ONLINE EDITION



ORGANISING BODY

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- Andrea Lozano Carneros
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- Sergio Martín Benlloch
- Alexandra Morse Reyero

Service of Technological Innovation and planning

- Guillermo Martínez de la Torre

SCHEDULE

Time according to the Central European Time zone (CET)

- 9:00-10:00: Opening Conference; Fertility and Reproduction.
- 10:00-12:00: Poster presentations.
- 12:00-13:00: Debate table; Childhood Obesity.
- 14:00-15:00: Debate Table; Global Medicine and Migration.
- 15:00-16:00: Debate Table; Healthy Aging.
- 16:00-16:15: Awards
- 16:15-16:45: Closing Conference.
- 16:45-17:00: Closing act.

OPENING CONFERENCE: FERTILITY AND REPRODUCTION

Date: 27st October 2025 Time: 9:00-10:00 (CET)

This session will delve into how environmental factors—particularly endocrine-disrupting chemicals—can affect fertility and reproductive development. The discussion will highlight current research on the impact of toxic exposures on the reproductive system, with a focus on understanding their implications for public health and preventive strategies.

Speaker:

- **Dr. Maribel Acién**, Head of Gynecology at the University Hospital of San Juan and a professor specializing in reproductive surgery. She leads key research projects and developed the innovative Paciena neovaginal prosthesis also represents Spain in the European Society of Human Reproduction and Embryology, highlighting her international impact in reproductive health.

- **Dr. Pauliina Damdimopoulou**, is a Professor at Karolinska Institutet specializing in how environmental chemicals affect female fertility. She leads the ERC-funded SAFER project and co-leads Sweden's national fertility preservation study. She has published extensively and heads the Environmental Endocrinology group in Europe.

Moderator/Presenter:

- Julia León Rubio

DEBATE TABLE: CHILDHOOD OBESITY

Date: 27st October 2024 Time: 11:30-12:30 (CET)

Childhood obesity represents one of the most pressing public health concerns of our time, with increasing prevalence and long-term health consequences. This session will explore the clinical management of childhood obesity, addressing diagnostic criteria, therapeutic strategies, and multidisciplinary approaches. Beyond the clinical perspective, the talk will highlight the broader implications of the epidemic, including its social, environmental, and preventive dimensions, emphasizing the urgent need for coordinated action at multiple levels of healthcare and policy.

Speakers:

- **Dr. Jesús Domínguez Riscart**

Dr. Jesús Domínguez-Riscart is a pediatric endocrinologist and researcher focusing on childhood obesity, trace elements, and metabolic complications. He studies how metal imbalances affect insulin resistance and inflammation in obese children. He currently works at the Puerta del Mar University Hospital and the Institute of Biomedical Research and Innovation of Cádiz (INiBICA).

- **Dr. Amanda Grullon**

Dr. Amanda Grullon is a pediatric nutrition specialist based in Santo Domingo, Dominican Republic. She works at Nutriología Clínica, focusing on pediatric and sports nutrition, as well as managing obesity and overweight in children through personalized nutrition and lifestyle changes.

Moderator

- Carlos Vizcaino Navarro

DEBATE TABLE: GLOBAL MEDICINE AND MIGRATION

Date: 27st October 2024 Time: 14:00-15:00 (CET)

This session explores how globalization and modern lifestyles impact adult health worldwide. It will examine challenges such as evolving disease patterns, healthcare access disparities, and the role of digital health technologies. The discussion highlights the importance of international collaboration to address health inequalities and adapt clinical practices in diverse cultural and economic contexts.

Speakers:

- **Dr. Estefania Cindy Vasquez**, General Practitioner with ER and reconstructive surgery experience, trained through clinical rotations in Peru, Sweden, Spain and Taiwan. Fluent in four languages, she brings a global perspective to healthcare and has worked with humanitarian groups like the Red Cross, and Doctors of the World in Sweden.

- **Dr. Lucy Anne Parker**, associate Professor of Preventive Medicine and Public Health at Miguel Hernández University (UMH), epidemiologist with experience at international organizations such as WHO and Doctors without Borders, and lead researcher in European projects focused on global health, equity, and community-driven action.

Moderator

- Carmen Arellano Pérez

DEBATE TABLE: *HEALTHY AGING: Preventing Frailty and Promoting Strength*

Date: 27st October 2024 Time: 15:00-16:00 (CET)

This session will take an interdisciplinary approach to explore how to achieve healthy ageing, prevent sarcopenia, and manage frailty. Two experts—specialized in both clinical practice and research—will offer complementary insights into the physiological, medical, and lifestyle strategies needed to preserve strength and functionality in older adults.

Speakers:

- **Dr. Alfonso Jose Cruz Jentoft**, renowned geriatrician and international expert in sarcopenia, multimorbidity, and healthy aging. Author of over 200 scientific publications, Corresponding Member of the Royal National Academy of Medicine of Spain, and Editor-in-Chief of *European Geriatric Medicine*.
- **Dr. Alejandro Galán-Mercant**, physiotherapist and researcher specializing in frailty and aging. His work focuses on functional assessment in older adults and the development of therapeutic interventions to prevent disability and promote independence. He has contributed to various research projects on sarcopenia, falls, and frailty, playing a key role in advancing quality of life in geriatric populations.

Moderator

- Sergio Martín Benlloch

CLOSING CONFERENCE

Date: 27st October 2024

Time: 16:15-16:45 (*Central European Time*)

Speaker:

- **Dr. Felices Farias**, radiologist at Hospital Clínico Universitario Virgen de la Arrixaca and a lecturer at UCAM. He's also a popular medical influencer on Instagram (@doctorfelices), sharing health education with a wide audience. In 2025, he received the ARRS Clinician Educator Development grant for his excellence in radiology teaching.

POSTER PRESENTATIONS

From 10:00 to 12:00 students will present their poster projects. The topic is free, but must be related to the contents of the Medicine Degree. It can be a clinical trial, literature review, a clinical case, experimental study or other format chosen by the author.

The presentation of the project will be done online via Zoom. The authors will support their presentation with a PowerPoint style document, no longer than 5 slides (not including the Front page and Bibliography). All information presented on the day of the event must have been included in the document sent previously, as no new information will be accepted.

The speaker will allocate the time as they see fit between slides, but the total time of the presentation must not pass the 5 minutes (ideally 4).

At the end of the presentation, the moderators of the event will select a question from the public chat for the speakers to answer. The answer should be shorter than a minute.

Submissions must be sent in PDF format to the Scientific Committee by October 19, 2025, to the following email address: cientifico.cnem@umh.es.

However, the Scientific Committee must be informed of the intention to participate in the Dean's Award by October 5, 2025, by sending an email to: cientifico.cnem@umh.es.

AWARDS

The organisation of the CNEM will grant a series of awards to the best posters presented:

- 1.** A first prize of 100 EUR to the best Presentation.
- 2.** A second prize of 50 EUR to the second-best presentation.
- 3.** A "Future Promises Award" of 50 EUR for the best project presented by a student in the 1st, 2nd or 3rd year of the degree.

The projects will be judged by the members of the Scientific Committee in an anonymized manner based on the quality of the information and research (contents of the project) and the quality of presentation and resolution of questions that may arise from the viewers.

The jury's decision cannot be appealed.