

AN OTSUKA SPONSORED SATELLITE SYMPOSIUM
HELD DURING THE EUROPEAN CONGRESS OF ENDOCRINOLOGY,
PRAGUE, 2010

Hyponatraemia: is treatment necessary?

An interactive forum

Monday 26th April 18:15 – 19:45

Prague Congress Centre, Meeting Hall 1

18:15 Welcome and introduction

Paolo Beck-Peccoz (Chair)

**18:20 Mild and moderate hyponatraemia –
is treatment necessary?**

Chris Thompson

18:45 New approaches to the diagnosis of hyponatraemia

Bruno Allolio

**19:10 Considering new treatments in the management
of hyponatraemia: Case study highlights**

Joseph Verbalis

19:35 Questions and Answers

All

Hyponatraemia: is treatment necessary?

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Despite sodium levels being routinely tested in hospitalised patients, chronic hyponatraemia is often tolerated, or even ignored, by clinicians, largely due to a lack of confidence in conventional treatments. However, the recent availability of vasopressin antagonists, which facilitate a targeted approach to regulating body water and sodium balance, is stimulating an interest in hyponatraemia and physicians are now reassessing the importance of this condition and the need to treat.

It is important that physicians reconsider the diagnostic and therapeutic approaches to hyponatraemia as it is the most frequently encountered electrolyte disorder in hospitalised patients. Furthermore, the condition is often associated with a poor prognosis and increased length of hospital stay. Even mild hyponatraemia can cause neurological symptoms, such as gait disturbances and attention deficits, which may lead to an increased risk of falls and bone fractures. Thus, prompt recognition and optimal management of hyponatraemia may improve patient outcomes. However, recent studies have highlighted that hyponatraemia is often poorly managed – insufficient diagnostic tests are ordered and patients are undertreated. Compounding this is the fact that many patients with hyponatraemia remain asymptomatic or have only subtle symptoms due to the chronic nature of their disease.

In this interactive forum, the expert faculty will discuss why effective treatment of hyponatraemia is important. Delegates will learn key aspects of the management of this common condition, including the clinical application of conventional and novel therapies. Furthermore, as differential diagnosis of hyponatraemia is essential for appropriate treatment, the need for comprehensive diagnostic tests and clinical assessment and new approaches to the diagnosis of this condition will also be addressed.

The use of algorithms to aid treatment decisions will also be explored. Throughout the symposium, case studies and voting pads will be used to promote discussion.

Learning objectives

After completing this session, participants should be able to:

- Evaluate why it is so important to effectively treat hyponatraemia
- Understand why differential diagnosis of hyponatraemia is essential
- Discuss new diagnostic approaches to hyponatraemia
- Describe the clinical application of novel therapies for the treatment of hyponatraemia

Please note: This symposium is only open to healthcare professionals registered for the ECE congress



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