

FROM INNOVATION TO IMPACT

CEE IBD Summit 2026 | Vilnius

May 22-23, 2026

The Lithuanian Academy of Sciences,
Gedimino ave. 3, VILNIUS, LITHUANIA

PLENARY SPEAKERS



Dr. Gareth Parkes
UK



Prof. Christopher Ma
Canada | Online Speaker

SCIENTIFIC COMMITTEE

Prof. Aldis Pukītis
Latvia

Dr. Christina Karapanou
Greece

Prof. Gediminas Kiudelis
Lithuania

Assoc. Prof. Goda Sadauskaitė
Lithuania

Prof. Ieva Stundienė
Lithuania

Prof. Juozas Kupčinskas
Lithuania

Dr. Karin Kull
Estonia

Prof. Laimas Jonaitis
Lithuania

Prof. Limas Kupčinskas
Lithuania

Prof. Milan Lukaš
Czechia

Tanja Toivonen
Finland

Dr. Viktorija Mokricka
Latvia

Dr. Marko Malvik
Estonia

Dr. Polina Zaižko
Latvia

Dr. Külliki Suurmaa
Estonia

AGENDA

FRIDAY, MAY 22 | DAY 1

15:00-15:45	Arrival, Registration & Lunch	
15:45-18:00	PLENARY SESSION The Power of Strong Basics for Better Outcomes Moderators: Prof. Limas Kupčinskas & Dr. Gareth Parkes	
15:45-16:00	Meeting Opening and Welcome	Prof. Limas Kupčinskas, Chairman of Division of Biological, Medical and Geosciences of Lithuanian Academy of Science Assoc. Prof. Goda Sadauskaitė, President of Lithuanian Gastroenterology Association
16:00-16:40	Finding the Right Fit: Timely Choices for IBD Treatment Strategies	Prof. Christopher Ma
16:40-17:20	From Proactive to Predictive: Monitoring That Makes a Difference	Dr. Gareth Parkes
17:20-17:40	Coffee Break	
17:40-18:00	Staying Aligned: Integrating New IBD Targets with Clinical Practice	Prof. Christopher Ma & Dr. Gareth Parkes
18:00-18:30	PANEL DISCUSSION Local Experiences and Barriers for Better Outcomes Moderators: Prof. Christopher Ma & Dr. Gareth Parkes Prof. C. Ma, Dr. G. Parkes, Prof. J. Kupčinskas, Prof. A. Pukītis, Assoc. Prof. G. Sadauskaitė, Dr. K. Kull	
18:30-18:40	Closing Remarks	Dr. Gareth Parkes
19:00-20:30	Dinner & Discussions Dinner will be held at the Merchants' Club, Gedimino avenue 35, Vilnius	

SATURDAY, MAY 23 | DAY 2

09:00-11:00	Above and Beyond: Data-Led Advances and Balanced Practice in IBD Care Moderators: Prof. Limas Kupčinskas & Dr. Karin Kull	
09:00-09:10	Welcome & Objectives of Day 2	Dr. Gareth Parkes
09:10-09:30	Value of Early Advanced Therapy in Ulcerative Colitis	Prof. Laimas Jonaitis
09:30-09:50	Balancing Necessity and Overuse – Role of Conventional & Steroids in IBD	Prof. Milan Lukáš
09:50-10:10	Higher Targets – Better Outcomes in Crohn's Disease	Prof. Gediminas Kiudelis
10:10-10:40	Safety in IBD treating with Upadacitinib & Risankizumab – Challenges and Objections	Dr. Gareth Parkes
10:40-11:00	Coffee Break	
11:00-12:30	WORKSHOPS	
11:00-11:10	Introduction to Workshops and Objectives	Dr. Gareth Parkes
11:10-12:30	Evidence Based Workshop: Real World Cases of CD & UC	Moderator: Dr. Gareth Parkes
	Hall 1	
	11:10 - 11:50 Real-World Case presentation	Prof. Ieva Stundienė
	11:50 - 12:30 Real-World Case presentation	Dr. Viktorija Mokricka
	Hall 2, moderator Dr. Gareth Parkes:	
	11:10 - 11:50 Real-World Case presentation	Dr. Marko Malvik
	11:50 - 12:30 Real-World Case presentation	Dr. Külliki Suurmaa
12:30-13:30	Lunch Break	
13:30-16:00	Towards Excellence in IBD Management: A Unified View of IBD Moderators: Assoc. Prof. Goda Sadauskaitė & Dr. Polina Zaižko	
13:30-13:50	Multidisciplinary Care in IBD Excellence Centers: How Collaboration Improves Patient Outcomes	Dr. Gareth Parkes
13:50-14:05	Navigating Together – The Connecting Role of the IBD Nurse	Tanja Toivonen
14:05-14:35	Moving Towards Personalized Solutions in IBD	Prof. Juozas Kupčinskas
14:35-14:55	Microscopic Colitis: What Stands Behind?	Prof. Aldis Pukītis
14:55-15:40	Psychology of IBD: Symptom Control vs Disease Modification	Dr. Christina Karapanou
15:40-16:00	Meeting Summary and Closing Remarks	Abbvie