



MEDITERRANEAN
gastro
Summit

GASTROSUMMIT MEDITERRANEAN

5-7 December 2025
Parco Dei Principi Congressi Hotel
Bari, Italy





GASTROSUMMIT MEDITERRANEAN

5-7 December 2025
Parco Dei Principi Congressi Hotel
Bari, Italy



MEDITERRANEAN
gastro
Summit



Scientific Meeting Program

GASTROSUMMIT CHAPTER MEETING

Current Practical Approaches in Functional Gastrointestinal Disorders and Reflux
05-07 December 2025, Bari, Italy

December 5, 2025 – Friday

17:00 – 17:10	Opening and Program Introduction Co- Chairs: Serhat Bor, Turkiye / Giovanni Barbara, Italy
17:10 – 19:00	Epidemiology and Pathophysiology of Functional Gastrointestinal Disorders Mohamed Alborai, Egypt • Prevalence of functional disorders in the general population • Rome IV classification and its clinical implications • Brain–gut axis, microbiota relationship, and pathophysiological concepts • Fundamental mechanisms reflected in clinical practice



GASTROSUMMIT MEDITERRANEAN

5-7 December 2025
Parco Dei Principi Congressi Hotel
Bari, Italy



MEDITERRANEAN
gastro
Summit

Scientific Meeting Program	
GASTROSUMMIT CHAPTER MEETING	
December 6, 2025 – Saturday	
09:00 – 09:10	Opening and Daily Program Overview Co- Chairs: Serhat Bor, Turkiye / Mohamed Alborai, Egypt
09:10 – 09:40	Practical Management of Gastroesophageal Reflux Disease (GERD) Serhat Bor, Turkiye • Correct application of empirical PPI therapy • Simple management algorithm for resistant cases • Long-term treatment plan and follow-up recommendations
09:40 – 09:50	Q&A Session
09:50 – 10:20	Current Therapeutic Approaches in GERD Co-Chairs: Birol Özer, Turkiye / Giovanni Barbara, Italy Speaker: Birol Ozer, Turkiye • Medical, endoscopic, and surgical treatment options • PPI optimization and novel agents • The role of lifestyle modifications
10:20 – 10:30	Q&A Session
10:30 – 10:50	Coffee Break
10:50 – 11:20	Functional Dyspepsia Co- Chairs: Macit Gülten, Turkiye / Sabri Abdelmaseeh, Latvia Speaker: Macit Gülten, Turkiye • Typical presenting symptoms • Strategies for H. pylori eradication • Dietary and lifestyle recommendations
11:20 – 11:30	Q&A Session
11:30 – 12:00	Abdominal Bloating and Distension Co – Chairs: Serhat Bor, Turkiye / Giovanni Barbara, Italy Speaker: Giovanni Barbara, Italy • Gas intolerance and FODMAP sensitivity • Dysbiosis and microbiota balance • Practical treatment steps
12:00 – 12:10	Q&A Session



GASTROSUMMIT MEDITERRANEAN

5-7 December 2025
Parco Dei Principi Congressi Hotel
Bari, Italy



MEDITERRANEAN
gastro
Summit

December 6, 2025 – Saturday	
12:10 – 12:40	Irritable Bowel Syndrome (IBS) Co-Chairs: Nalan Ünal, Türkiye / Giovanni Barbara Speaker: Nalan Ünal • Practical differentiation of IBS subtypes • Dietary, probiotic, and psychosocial treatment approaches
12:40 – 12:50	Q&A Session
12:50 – 13:30	Functional Constipation Co-Chairs: Nalan Ünal, Türkiye / Giovanni Barbara, Italy Speaker: Birol Özer, Türkiye • Diagnostic approach and differential exclusion • Nutritional and fluid regulation • Non-pharmacological treatment options • Pharmacological treatment steps • Advanced treatment strategies for difficult cases
13:30 – 13:40	Q&A Session
13:40 – 14:00	Lunch Break
14:00 – 14:30	Functional Diarrhea Co-Chairs: Nalan Ünal, Türkiye / Mohamed Alborai, Egypt Speaker: Mohamed Alborai, Egypt • Diagnostic criteria and differential exclusion • Treatment steps and dietary recommendations
14:30 – 14:40	Q&A Session
14:40 – 15:10	Benign Diseases of the Anal Region Co-Chairs: Sabri Abdelmaseeh, Latvia / Giovanni Barbara, Italy Speaker: Sabri Abdelmaseeh, Latvia • Anal fissure, hemorrhoids, and perianal pain syndrome • Functional anorectal pain • Diagnosis and practical management
15:10 – 15:20	Q&A Session
15:20 – 15:40	Coffee Break
15:40 – 17:00	Panel Discussion: Integrative Management of Functional Gastrointestinal Disorders in Daily Practice Panelists: Sabri Abdelmaseeh, Latvia / Birol Ozer, Türkiye / Serhat Bor, Türkiye / Mohamed Alborai, Egypt Moderator: Giovanni Barbara, Italy • How to differentiate overlapping symptoms in reflux, dyspepsia, and IBS • Balancing pharmacologic and lifestyle interventions in chronic GI disorders • The future of gut-brain axis research in clinical practice • Role of probiotics, diet, and mental health in symptom control • Case-based audience interaction: "When standard therapy fails"



GASTROSUMMIT MEDITERRANEAN

5-7 December 2025
Parco Dei Principi Congressi Hotel
Bari, Italy



MEDITERRANEAN
gastro
Summit

December 7, 2025 – Sunday	
09:00 – 10:30	Case Discussions in Functional Gastrointestinal Disorders Sabri Abdelmaseeh, Latvia / Serhat Bor, Turkiye / Macit Gülten, Turkiye / Nalan Ünal, Turkiye / Birol Özer, Turkiye / Mohamed Alborai, Egypt • Reflux Cases • Dyspepsia Cases • Bowel Disorder Cases
10:30 – 10:50	Coffee Break
10:50 – 12:30	Poster Session Co- Chairs: Serhat Bor, Turkiye / Giovanni Barbara, Italy
12:30 – 13:30	Lunch Break
13:30 – 14:00	Closing and Poster Award Ceremony