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16th European Epilepsy Congress

5-9 September 2026 | Athens, Greece



ABSTRACTS BOOK

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Oral Presentations

In Person Poster Presentations

Late Breaking In Person Poster Presentations

Conclusion: Cenobamate was effective in reducing seizures in most patients, with more than 50% reduction in median seizure frequency. It demonstrated a favourable and easily manageable tolerability profile, supporting its use as adjunctive therapy in refractory focal epilepsy.

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Dysregulation of bone metabolism in young male patients with epilepsy

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Purpose: Long-term use of antiseizure medications (ASMs) is linked to systemic adverse effects, specifically perturbations in bone metabolism such as osteopenia, osteoporosis, and a heightened susceptibility to fractures. Data indicates that the incidence of pathological fractures in young men with epilepsy exceeds that of the general population by a factor of two to six. This study purpose to evaluate mineral metabolism parameters in young men undergoing long-term ASM therapy compared to a cohort of clinically healthy young men.
Method: The study involved 63 male subjects stratified into two groups: the primary group (n=35; median age 29.6) comprised patients treated with ASMs for a minimum of 12 months, while the control group (n=28; median age 30.3) consisted of healthy individuals. All subjects underwent neurological assessments and enzyme-linked immunosorbent assays (ELISA) to quantify levels of testosterone, vitamin D, and thyroid and parathyroid hormones. Statistical evaluation of the data was conducted utilising the Mann–Whitney U-test.
Results: A comparative assessment identified statistically significant variances in multiple metabolic indicators. The primary group exhibited reduced Vitamin D concentrations (21.88 ng/mL) relative to the control group (26.85 ng/mL) (p=0.053). Furthermore, the ASM-treated group demonstrated significantly lower levels of ionized calcium (1.19 mmol/L vs. 1.24 mmol/L; p=0.045), free thyroxine (15.4 pmol/L vs. 16.61 pmol/L), and testosterone (12.64 nmol/L vs. 19.95 nmol/L; p=0.001). These findings suggest that osteoresorption processes outweigh osteogenesis in patients subjected to prolonged ASM therapy.
Conclusion: Prolonged ASM therapy adversely impacts hormonal regulation and mineral metabolism in young males with epilepsy. The documented reduction in androgen levels and bone mineral density underscores the necessity for routine monitoring of these metrics within this demographic to facilitate early prevention and management of secondary osteoporosis.

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Real-life outcomes of cenobamate in different lines of treatment (Freedon study): Comedication reduction along 1 year

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