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The international exchange of professionals—interdisciplinary event 2026

A global medical mosaic in Athens

When more than 300 experts from 40 countries converged in Athens from 15–17 April 2026, the city became a living crossroads of global medicine. The International Exchange of Professionals—Thematic Event in Medicine 2026, hosted annually by the World High Technology Society, unfolded as a vibrant, interdisciplinary meeting point where scientific worlds overlapped, collided, and ultimately enriched one another.



At the helm stood Dr Xiaodan Mei, executive chair of the congress and president of BIT Group Global Ltd., China, a self described "high end international conference organiser in the Asia Pacific Rim". His opening remarks set the tone: a call for collaboration across borders, disciplines, and generations to accelerate medical innovation in an era defined by complexity and rapid change.

Nine pillars of modern medicine

What distinguishes this event from traditional medical congresses is its architecture: nine major scientific meetings woven into a single, interconnected platform. Each congress brought its own community, its own challenges, and its own breakthroughs, yet all shared a common ambition—advancing human health through knowledge exchange.

- International Drug Discovery Science & Technology—spotlighting AI driven discovery, molecular engineering, and translational pipelines
- World Cancer Congress—exploring immunotherapies, precision oncology, and early detection
- World Congress of Neurotalk—from neurodegeneration to neural interfaces
- International Congress of Cardiology—addressing prevention, imaging, and interventional advances
- International Congress of Gynaecology and Obstetrics—maternal health, reproductive medicine, and surgical innovation
- World Congress of Infectious Diseases—global surveillance, AMR, and vaccine development
- World Congress of Orthopaedics—robotics, regenerative therapies, and trauma care
- World Congress of Digestive Disease—microbiome science, hepatology, and minimally invasive techniques
- World Congress of Oral & Dental Medicine—digital workflows, implantology, and oral systemic health

This structure transformed the congress into a medical mosaic—a place where oncologists learned from neuroscientists, cardiologists exchanged ideas with dental researchers, and infectious disease specialists debated with experts in digestive health. The result was a rare intellectual synergy.

Moderated by Dr Gerhard Litscher, Professor of the Swiss University of Traditional Chinese Medicine, eight keynote speakers briefly addressed their topics. Christian Berger, representing the European Association of Dental Implantology (EDI) as supporting organisation of the congress, referred to the diversity of the congress reflecting not only the complexity of modern medicine but also the critical need for integrated, cross-disciplinary approaches to tackle today's healthcare challenges. "At EDI, our mission goes beyond advancing dental implantology—it is about linking research, education, and clinical practice to create real-world impact," he says.

Keynote forum

The keynote forum started with the title: 358 years of science and innovation by Dr Ulrich Betz, Senior Vice President of Innovation, by the Merck group, Germany. Future perspectives for artificial intelligence in health gave Dr Efstathios Efstathopoulos, Vice Rector of Research and Innovation and Professor of Medical Physics at the National and Kapodistrian University of Athens. Aging and epigenetic changes in neuropsychatric disorders were brought to the attention by Dr Harry Steinbusch, Professor of the Maastricht University. Designing the once-weekly and oral GLP-1 Semaglutide was intro-

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duced by Dr Jesper Lau, Associate Scientific Vice President, Global Research of Novo Nordisk, Denmark. Dr Zhi Q. Yao, Professor & Director of the Center of Excellence for HIV/AIDS, East Tennessee State University, USA, briefly spoke about synthetic gRNA/Cas9/Cas12/Cas13 ribonucleoproteins disrupt HBV replication and expression. Ups and downs of drug delivery systems (DDS) was conveyed by Dr Vladimir Muzykantov, Professor of the University of Pennsylvania, USA. Dr Heinz-Peter Schultheiss, CEO, of the Institute for Cardiovascular Diagnostics and Therapy and em. Professor and Chairman of the Cardiovascular Center at the University Hospital of the Charitè in Berlin, Germany, focussed on the analyses of endomyocardial biopsies as the basis for a casual, specific and personalised therapy in inflammatory heart muscle diseases. Dr Anil K. Dutta, Associate Professor from the University of Texas, Health Science Center at San Antonio, USA, lectured on the parascapular shoulder pain and the clinical characteristics, differential diagnoses, and management strategies.

Athens as a catalyst for exchange

Athens, with its millennia old tradition of scholarship and debate, proved an inspired setting. Delegates described the atmosphere as both intellectually charged and culturally grounding. Between sessions, conversations spilled into the city's cafés, museums, and historic sites, turning the congress into a living dialogue between past and future.

One of the big issues was the digital transformation in medicine, so to speak the AI-supported diagnostic, predictive analytics, and digital therapeutics were no longer presented as future trends but as present day realities reshaping clinical practice. From oncology to cardiology, the shift toward individualised treatment strategies dominated discussions.

The World Congress of Infectious Diseases underscored the urgency of coordinated surveillance systems and resilient healthcare infrastructures.

Orthopaedics, gynaecology, and digestive medicine showcased advances that reduce recovery times and improve patient outcomes.

Perhaps the most powerful theme: the recognition that breakthroughs increasingly occur at the boundaries between disciplines.

The congress also served as a launchpad for young researchers and innovators. Start-ups presented novel technologies, early career scientists shared pioneering data, and cross disciplinary mentorship flourished. The World High Technology Society's commitment to nurturing the next generation was evident throughout the programme.

A vision for the future

As the final sessions concluded, one sentiment echoed among participants: the future of medicine is collaborative. The International Exchange of Professionals—Thematic Event in Medicine 2026 demonstrated that when diverse scientific communities come together, the result is not merely additive—it is transformative.

The congress will move to a new host city next year, which will be Bucharest, Romania.

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