

Diabetes 360°

From Prevention to Personalized Treatment

20–21 Nov 2026
Friday & Saturday

QNCC, Doha
Qatar National Convention Centre

Organized by
Qatar Diabetes Association

Day 1

Friday, 20 November 2026

Afternoon & evening · 14:00 – 19:40

OPENING

14:00 – 14:05	Opening remarks	 Dr. Mahmoud Zirie Hamad Medical Corporation (HMC)  Dr. Abdulla Al-Hamaq Qatar Diabetes Association	OPENING
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SESSION 1

Moderators: Dr. Abdulla Al Hamaq · Dr. Mahmoud Zirie

14:10 – 14:30	Global burden of diabetes mellitus: trends and challenges	 Prof. Adel Elsayed Egypt	TALK
14:30 – 14:50	Policy frameworks: national strategies for prevention	 Sheikh Dr. Mohamed Bin Hamad Al Thani Department of NCDs Prevention Programs, ...	TALK
14:50 – 15:00	Interactive Q&A		Q&A
15:00 – 15:20	Asr prayer & coffee break		BREAK
15:20 – 15:40	Cardiorenal & metabolic management	 Dr. Amin Jayyousi Endocrine & Diabetes, HMC	TALK
15:40 – 16:00	Gestational diabetes: winning the battle but losing the war?	 Dr. Mohammed Bashir Senior Consultant Endocrine Medicine	TALK
16:00 – 16:20	Cardiovascular risk in the Gulf	 Dr. Mahmoud Zirie Hamad Medical Corporation (HMC)	TALK
16:20 – 16:35	Interactive Q&A		Q&A

SESSION 2

Moderators: Dr. Amin Jayyousi · Dr. Mohammed Bashir

16:35 – 16:55	Mental health and stress: reducing psychological risk factors	 Dr. Lina Sadek, PhD The View Hospital – Qatar	TALK
16:55 – 17:15	Physical activity programs: exercise as medicine	 Dr. Georges Jabbour, PhD Associate Professor of Clinical Kinesiology a...	TALK
17:15 – 17:25	Interactive Q&A		Q&A
17:25 – 17:40	Maghrib prayer & coffee break		BREAK
17:40 – 18:00	Translating IDF 2025 practical recommendations into early action: screening, stratification and organ protection	 Prof. Mesbah Sayed Kamel, MD IDF–MENA Chair Elect	TALK
18:00 – 18:20	Why are subjects with T2DM at increased CVD risk?	 Prof. Muhammad Abdul-Ghani University of Texas Health Science Center, Sa...	TALK
18:20 – 18:40	Community education: building knowledge at grassroots level	 Dr. Manal Musallam, RN, CDE, MPH, PhD Director of Patient Education	TALK
18:40 – 19:00	Managing weight in diabetes: clinical insights and best practices	 Dr. Wahiba Elhag, MD Bariatric Medicine	TALK
19:00 – 19:20	Eye Health 360°: from early screening to precision treatment	 Dr. Essam Ruagh Consultant Ophthalmologist & Vitreoretinal ...	TALK
19:20 – 19:40	Interactive Q&A		Q&A
19:40	Dinner & end of Congress Day 1		CLOSE

Day 2

Saturday, 21 November 2026

Morning & afternoon · 09:00 – 17:45

SESSION 1

Moderators: Dr. Mahmoud Zirie · Dr. Abdulla Al Hamaq

09:00 – 09:20	Diabetes management including foot care at PHC	 Dr. Hashim Elsayed Primary Health Care Corporation (PHCC)	TALK
09:20 – 09:40	Nutrition strategies: healthy diets for prevention	 Ms. Katie G. El-Nahas Qatar Diabetes Association (QDA)	TALK
09:40 – 10:00	Diabetes at schools	 Dr. Layla AlDahnaim PHCC	TALK
10:00 – 10:20	Weight loss and type 2 diabetes remission: evidence and implications for clinical practice	 Prof. Laith J. Abu-Raddad Weill Cornell Medicine – Qatar	TALK
10:20 – 10:40	Interactive Q&A		Q&A

SESSION 1 (CONT.)

Moderators: Dr. Najaty Bsaiso · Dr. Amin Jayyousi

10:40 – 11:00	Early detection of diabetes: improving screening outcomes and timely diagnosis	 Dr. Samya Al-Abdulla PHCC	TALK
11:00 – 11:20	Personalized nutrition: diet plans tailored to individuals	 Dr. Abdelhamid Kerkadi Diabetes Care and Patient Education Depart...	TALK
11:20 – 11:40	Digital health tools: apps, wearables, and telemedicine	 Dr. Khaled Ahmed Baagar HMC	TALK
11:40 – 12:00	Diabetes and mental health: from prevention to management	 Dr. Durre Shahwar Child and Adolescent Mental Health Services...	TALK
12:00 – 12:20	Interactive Q&A		Q&A
12:20 – 13:20	Dhuhr prayer & lunch		BREAK

SESSION 2

Moderators: Dr. Najaty Bsaiso · Dr. Abdulla Al Hamaq

13:20 – 13:40	Stem cell-derived islets for diabetes: from disease modeling to clinical trials	 Prof. Essam M. Abdelalim Laboratory for Pluripotent Stem Cell Disease ...	TALK
13:40 – 14:00	Diabetes and heart disease: diagnostic challenges and therapeutic implications. Are we doing better?	 Prof. Abdurrazzak Gehani, MD, FRCPEdin, FESC, FACC Senior Consultant Interventional Cardiologist	TALK
14:00 – 14:20	Transforming outcomes in diabetic kidney disease	 Dr. Essa Abuhelaiqa, MD Nephrology & Transplant Nephrology, HMC	TALK
14:20 – 14:40	Patient empowerment: self-management and education	 Dr. Ragae Dughmash National Diabetes Center – HMC	TALK
14:40 – 15:00	Interactive Q&A		Q&A
15:00 – 15:10	Asr prayer & coffee break		BREAK

SESSION 2 (CONT.)

Moderators: Dr. Amin Jayyousi · Dr. Ibrahim Mamoun

15:10 – 15:30	Youth prevention: tackling early-onset type 2 diabetes (prevention & treatment)	 Prof. Khalid Hussain, MBChB MD MRCP MRCPCH MSc Weill Cornell Medicine – Qatar & Sidra Medici...	TALK
15:30 – 15:50	T1D early screening and prevention	 Dr. Ammira Al-Shabeeb Akil, PhD, EMBA Metabolic and Mendelian Disorders Translati...	TALK
15:50 – 16:10	Deciphering the genetic architecture of diabetes in Middle Eastern genomes	 Prof. Omar Albagha College of Health and Life Sciences, Hamad ...	TALK
16:10 – 16:25	Interactive Q&A		Q&A
16:25 – 16:45	From risk to care: applying early action on prediabetes through a real-world patient case	 Dr. Yasser Morsy Ambulatory Clinical Pharmacy Training Progr...	TALK
16:45 – 17:05	Artificial intelligence: a friend or foe?	 Dr. Mohammed Bashir Senior Consultant Endocrine Medicine	TALK
17:05 – 17:25	Diabetic neuropathy: too little too late	 Prof. Rayaz A. Malik Weill Cornell Medicine – Qatar	TALK
17:25 – 17:45	Q&A, closing remarks & end of Congress		CLOSE