

Diabetes and Well-Being: A Holistic Approach to Health Congress

Dates : 21 -22 Nov.2025

Location : Qatar National Convention Center (QNCC)

Organized by: Qatar Diabetes Association

Activity Code: **A 564**

Congress Agenda

 **Day 1 – Friday 21st November 2025**

14:00 PM– 14:05 PM	Opening Remarks	Dr. Mahmoud Zirie -Dr. Abdulla Al Hamaq
Session 1	Moderators:	Dr. Abdulla Alhamaq – Dr. Mahmoud Zirie
		Learning Objectives At the end of the session the Participants will be able to:
14:10 PM– 14:30 PM	Dr. Amin Jayyousi Individualized Approach to Type 2 Diabetes Therapy	- Identify and compare at least three classes of antihyperglycemic agents, including their mechanisms, indications, and contraindications, based on current guidelines - Interpret A1C and CGM data to set personalized glycemic targets
14:30 PM– 14:50 PM	Prof. Adel Elsayed Diabetes in Areas of Disasters	- Describe challenges in managing diabetes in disaster-affected regions. - Identify strategies for maintaining continuity of care and access to medications during emergencies.
14:50 PM– 15:20 PM	Asr Prayer & Coffee Break	
		Learning Objectives At the end of the session the participants will be able to:
15:20 PM– 15:40 PM	Prof. Rayaz Malik Diagnosing and managing the diabetic microvascular complications	- Identify and Classify Microvascular Complications - Apply Evidence-Based Screening and Diagnostic Protocols - Promote Interdisciplinary and Patient-Centered Care - Initiate and Monitor Appropriate Management Strategies
15:40 PM– 16:00 PM	Prof. Mesbah Kamel Cardiorenal Metabolic Syndrome: A Holistic approach	- Describe the epidemiology of CRM Syndrome and its pathophysiology - Illustrate the importance of early screening - Apply a holistic approach in managing CRM.

16:00 PM– 16:20 PM	Dr. Talal Khaled Talal New evidence-based therapy for the treatment of the complex diabetic foot wounds	• Diagnose and manage the diabetic foot wounds. • Differentiate the types of the diabetic foot wounds and the treatment protocols • Identify the latest technology that has been proven
16:20 PM– 16:25 PM	Interactive Q & A	
Session 2	Moderators:	Dr. Amin Jayyousi- Dr. Mohammed Bashir
		Learning Objectives At the end of the session the Participants will be able to:
16:25PM -16:45 PM	Dr. Mohammed Abdelghani Update on glucose management of type 1 diabetes	• Describe the approach for insulin optimization in T1DM • List adjunct therapies to insulin in T1DM
16:45 PM –17:05 PM	Dr. Haval Surchi Cardiovascular outcomes trials: a paradigm shift in the current management of type 2 diabetes	• Understand the Rationale Behind Cardiovascular Outcomes Trials (CVOTs) • Identify Key Cardiovascular Outcomes Trials in Type 2 Diabetes • Interpret the Impact of CVOT Findings on Clinical Guidelines
17:05 PM -17:25 PM	Maghrib Prayer / Coffee break	
		Learning Objectives At the end of the session the Participants will be able to:
17:25 PM -17:45 PM	Dr. Mohammed Bashir Type 2 diabetes, time to flex the muscles	• Explain the role of skeletal muscle in metabolic health and type 2 diabetes. • Discuss the benefits of resistance exercise in preserving muscle mass and improving glycemic control.
17:45 PM –18:05 PM	Dr. Yasser Morsy Integrating Cardiovascular and Renal Risk Reduction into Diabetes Pharmacotherapy	• Review the roles of SGLT2 inhibitors and GLP-1 receptor agonists in reducing cardiovascular and renal outcomes. • Construct patient-specific treatment plans incorporating cardiometabolic protection as a therapeutic goal.
18:05 PM –18:25 PM	Dr. Nadima Shegem Metformin in Women’s Health: Beyond Blood Sugar to Cardiovascular and Hormonal Benefits	• Describe the role of metformin in type 2 diabetes and insulin resistance, and its expanding use in women’s health. • Recognize the hormonal and reproductive benefits of metformin in conditions such as PCOS, infertility, and GDM. • Evaluate the safety and efficacy of metformin in pregnancy and its role in fertility and gestational diabetes management.
18:25 PM –18:45PM	Dr. Shahrads Taheri The Role of Obesity Management in Type 2 Diabetes	• Explain the role of obesity in the pathogenesis of type 2 diabetes. • Evaluate evidence-based obesity management strategies and their impact on glycemic control.
18:45 PM –19:05PM	Dr. Doaa Farid Predicting Diabetes with Metabolomics: A Machine Learning Approach	• Explain how the study of metabolites can identify potential biomarkers for diabetes and its progression. • Compare and contrast the effectiveness of different machine learning models for predicting diabetes. • Describe the role of metabolomics-based prediction model for personalized risk assessment and preventive care.
19:05 PM –19:10 PM	Interactive Q & A	
Dinner & End of Congress Day 1		

 Day 2 – Saturday 22nd November 2025

Session 1	Moderators:	Dr. Abdulla Alhamaq - Dr. Najaty Bsisio
		Learning Objectives At the end of the session the Participants will be able to:
09:00 AM -09:20 AM	Dr. Hanan Gawish Diabetic Foot and Wellbeing	• Illustrate the right of every patient with diabetic foot to find structured care and live well • Describe structured care pathways for diabetic foot management. • Explain how structured care contributes to improved patient wellbeing.
09:20 AM -09:40 AM	Dr. Essam Abdelalim Elucidating monogenic diabetes mechanisms with human pluripotent stem cell models	• Highlight the benefits of using human pluripotent stem cell (hPSC) technology to generate in vitro human models that more accurately reflect human disease phenotypes. • Share insights gained from using iPSC-derived pancreatic islets to explore diabetes-associated genes and their implications for understanding the diabetes pathogenesis. • Explain how combining gene editing technology and omics approaches with hPSCs have contributed to elucidate diabetes-related gene functions and identify potential therapeutic targets.
09:40 AM -10:00 AM	Dr. Abdel Nasser Elzouki MASLD-MASH and Type-2 Diabetes: A new start for an old disease	• Apply the new guidance on screening and risk stratification of MASLD-MASH in DM-2 and other high-risk population • List the updates in the diagnosis & treatment of diabetic patients with MASLD/MASH
10:00 AM -10:20 AM	Prof. Mohamed Ali Eltom Access to Care: Addressing Disparities in Diabetes Services in the MENA Region	• List the multifaceted barriers to diabetes care access in the MENA region, • Identify key strategies for improving diabetes care delivery, • Analyze the role of global and regional frameworks in enhancing equitable access to diabetes treatment and technologies • Evaluate models and initiatives for effective community-based and integrated care approaches in low-resource or disaster-affected areas.
Session 1- cont.	Moderators	Dr. Abdulla Alhamaq - Dr. Najaty Bsisio
10:20 AM -10:40 AM	Dr. Muna Sunni Type 1 Diabetes Mellitus in Youth: Moving the “Needle” From Illness to Wellness	• Describe the impact associated with a diagnosis of type 1 diabetes • Outline a holistic approach to managing youth with T1D • List models applied to empower youth with T1D and their families.
10:40 AM -11:00 AM	Dr. Samya Al-Abdulla A Holistic and Integrated Approach to Diabetes Screening and Management in Primary Care	• Describe the role of primary care in diabetes prevention, early detection, and management. • Demonstrate how a holistic care & integrated model addresses the comprehensive needs of individuals with or at risk of diabetes. • Apply patient empowerment and community engagement for sustainable diabetes outcomes.
11:00 AM -11:20 AM	Dr. Hashim Elsayed	• Describe the role of health care workers in early detection, and management of psychological burden of DM.

	Wellbeing in Diabetes: The psychological burden	- Demonstrate how screening tools can speed up detection of psychological burden within a comprehensive care model > - Highlight the importance of patient, family & community engagement in preventing grave consequences of psychological burden of DM. - Show the financial burden of diabetes in those patients with psychological burden.
11:20 AM -11:40 PM	Dr. Essam Ruagh Diabetic Eye Disease; Early detection and integrated care for better patients' outcomes	- List the common ocular complications of diabetes. - Recognize the importance of multidisciplinary collaboration, and timely referrals and patient education. - Assess the impact of emerging therapies and technologies on the visual outcomes.
11:40 PM -11:50 PM	Interactive Q & A	
11:50 PM -13:20 PM	Duhr Prayer & Lunch	
Session 2	Moderators:	Dr. Adel Elsayed - Dr. Haval Surchi
		Learning Objectives At the end of the session the Participants will be able to:
13:20 PM -13:40 PM	Dr. Sara Alkhawaga Dermatological Manifestations of Diabetes: A Window into Systemic Disease	- Identify common and rare skin manifestations of diabetes mellitus. - Apply evidence-based approaches to manage diabetic skin conditions. - Recognize the role of skin signs in early diabetes detection. - Collaborate with multidisciplinary teams for comprehensive care.
13:40 PM -14:00 PM	Dr. Buthaina Ibrahim Alowinati The art of individual Diabetes management for better healthy life	- Explain the principles of individualized diabetes management. - Identify factors influencing treatment selection for personalized care. - Develop a personalized diabetes care plan for at incorporating lifestyle, psychosocial, and clinical factors. - Design an educational toolkit that supports self-management for patients with varying literacy and health beliefs.
14:00 PM -14:20 PM	Mrs. Katie El-Nahas The State of Nutrition Science: Contradictory Evidence & Controversies	- Review the inconsistencies in nutrition research - Describe the importance of addressing patient metabolic profile - Apply an individualized approach in nutrition care
14:20 PM -14:40 PM	Dr. Kareim Khalafalla The Impact of Diabetes on Erectile, Ejaculatory, and Hormonal Function in Men	- Describe the pathophysiological mechanisms of diabetes effects on male sexual function - Identify appropriate diagnostic approaches - Apply evidence-based management strategies for diabetic men, including lifestyle modification, pharmacotherapy - Promote patient-centered communication to reduce stigma and address sexual health issues among diabetic patients.
14:40 PM -14:45 PM	Interactive Q & A	
14:45 PM -15:00 PM	Asr Prayer & Coffee Break	
Session 2-cont	Moderators:	Dr. Adel Elsayed - Dr. Haval Surchi
		Learning Objectives

		At the end of the session the Participants will be able to:
15:00 PM -15:20 PM	Dr. Amin Jayyousi GLP-1 Receptor Agonists and Beyond: Emerging Anti-Obesity Medications	- Understand the GLP1 as anti-obesity medication. - Evaluate the efficacy and safety of GLP1 RA. - Explore the future injectable and oral anti-obesity medication
15:20 PM -15:40 PM	Dr. Mohammed Abdelghani SGLT2 in the management of MASLD	- Review the role of de novo lipogenesis in elevated liver fat - Assess the effect of SGLT2 inhibitors on liver fat content - Explain possible mechanisms for lowering liver fat content by SGLT2 inhibitors
15:40 PM -16:00 PM	Dr. Mohamed Elrishi Pregnancy and Diabetes: An Overview. Risks, Management, and Outcomes	- Recognize the types of diabetes in pregnancy (gestational diabetes, pre-existing type 1 and type 2 diabetes) and understand their implications for maternal and fetal health. - Identify risk factors and appropriate screening protocols for gestational diabetes in primary care settings. - Outline the key components of antenatal management in collaboration with specialist teams, including lifestyle advice, glucose monitoring, and medication when needed. - Describe the postpartum follow-up and long-term prevention strategies for women with a history of gestational diabetes
16:00 PM -16:20 PM	Dr. Tariq Elhaad A comprehensive overview of the Management of dyslipidemia in Diabetes	- Review current guidelines for managing dyslipidemia in diabetic patients. - Describe pharmacological and lifestyle interventions for improving lipid profiles.
16:20 PM - 16:40 PM	Dr. Durre Shahwar Diabetes and Mental Health	- Identify the impact of comorbidities on glycemic control, complications, and mortality, specifically focusing on conditions like depression, anxiety, diabetes distress, and disordered eating. - Identifying the clinical manifestations and behavioral signs of these psychological syndromes in individuals with diabetes. - Understanding the validated screening instruments for mental health conditions in diabetes care and the integration of these screenings into routine diabetes management.
16:40 PM - 17:00 PM	Dr. Wajiha Abu-Haliqa Beyond Weight Loss	- Recognize obesity as a serious chronic disease - Describe obesity management in past, present and future - Define obesity beyond weight loss - List current anti-obesity medications
17:00 PM - 17:15 PM	Q & A Closing remarks & end of Conference Day 2	

Accreditation Statement: "This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of **10.75** hours.

Scientific Planning Committee Declaration: The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers and facilitators in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.