

## Conference Agenda

Thursday, 8 May 2025 **Day 1**

CME Accredited

7:00 AM  
8:00 AM | Registration

### Session One: The Science of Obesity: From Genes to Disease Moderators: Prof. Moiz Bakhiet (AGU)/ Dr. Yahya Naguib (AGU)

8:00 AM 8:20 AM	The Science of Hunger: Understanding Appetite Regulation	Prof. Rima Abdulrazag (AGU)
8:20 AM 8:40 AM	The Genetics and Epigenetics of Obesity: Unraveling the Complexities of Heritability	Dr. Christina Skrypnik (AGU)
8:40 AM 9:00 AM	The Genetics Basis of Severe Childhood Obesity	Mashael Alshafai (Qatar University, Doha)
9:00 AM 9:20 AM	Psychosocial Factors & Obesity: Stress, Emotion and Eating Behaviors	Dr. Haitham Jahromi (Psychiatry Hospital, MOH)
9:20 AM 9:30 AM	Discussion	

9:30 AM  
10:30 AM | Opening Ceremony In the Presence of His Excellency Lieutenant General Doctor Sheikh Mohamed Bin Abdullah Al-Khalifa, the Chairman of the Supreme Council for Health.

Moderators: Prof. Amgad El-Baz (AGU)

10:30 AM 11:00 AM	Key-Note Lecture I: Definition and Diagnostic Criteria of Clinical Obesity	Prof. Francesco Rubino (UK)
11:00 AM 11:15 AM	Coffee Break	

### Session Two: Metabolic Disorders: Obesity, Diabetes & Beyond Moderators: Dr. Husain Taha (SMC-AGU) Dr. Mohamed Alsenbesy (AGU)/ Dr. Khalid Bin Thani (SMC-AGU)

11:15 AM 11:35 AM	Obesity and Diabetes - Not Only a Simple Link Between Two Epidemics	Dr. Hasan Farookh (SMC/AGU)
11:35 AM 11:55 AM	Obesity & Cardiovascular Disease: A Complex Relationship	Dr. Haitham Amin (MKCC/AGU)
11:55 AM 12:15 PM	Dyslipidemia in obesity & Metabolic syndrome: From Risk to Control	Di. Khawla Ali or Novonordisk Speaker
12:15 PM 12:35 PM	Obesity, Liver Disease & the Paradox: A Complex Interplay	Dr. Maitham Al Sadadi (Alsalam Hospital)
12:35 PM 12:45 PM	Discussion	
12:45 PM 13:15 PM	Industrial Symposium	
13:15 PM 14:00 PM	Lunch Break & Exhibition	

**Session Three: Surgical and Endoscopic Management of Obesity: Current and New Trends**  
**Moderators: Prof. Rami Yaghan (AGU)/ Dr. Amer Aldurazi (Bahrain)**  
**Dr. Hamdi El Shenawi (AGU)**

<b>14:00 PM</b> <b>14:20 PM</b>	Current practice of Bariatric Surgery	Dr. Sultan AlTemyatt (KSA)
<b>14:20 PM</b> <b>15:40 PM</b>	Patient Selection and Shared Decision-Making in Bariatric Surgery	Dr. Abdulmenem Abualsel (KHUH)
<b>14:40 PM</b> <b>15:00 PM</b>	Emerging Horizons in Endoscopic Obesity Treatment: New Technologies & Techniques	Dr. Omar Sharif (KHUH)
<b>15:00 PM</b> <b>15:20 PM</b>	Beyond the Scale: Addressing Body Contouring in the Post-Bariatric Patient	Dr. Ashraf Alshayeb (AGU)
<b>15:20 PM</b> <b>15:30 PM</b>	Discussion	
<b>Moderators: Prof. Rami Yagan (AGU)</b>		
<b>15:30 PM</b> <b>16:00 PM</b>	Key Note Lecture II: Complicated Bariatrics Surgery: How to Manage It?	Dr. Waleed Bukhari (KSA)
<b>16:00 PM</b> <b>16:15 PM</b>	Coffee Break	
<b>16:15 PM</b> <b>16:45 PM</b>	Industrial Symposium	
<b>Moderators: Prof. Mohamed Hany (AGU)</b>		
<b>16:45 PM</b> <b>17:15 PM</b>	Key Note Lecture III: Novel Diagnostics for Optimized Personalized Nutrition	Dr. William Marks

**Session Four: Obesity and Associated Health Disorders**  
**Moderators: Prof. Taysir Garadah (AGU)/ Dr. Adla Bakri (AGU)/**  
**Dr. Mohamed Makhlooq (SMC, AGU)**

<b>17:15 PM</b> <b>17:35 PM</b>	Let's Talk About Obesity in Respiratory Diseases	Dr. Adel Bediwy (UMC- AGU)
<b>17:35 PM</b> <b>17:55 PM</b>	Exploring the Complex Relationship Between Obesity and Mental Health	Dr. Alaa Abdulnabi Sadadi (Psychiatry Hospital/ RCSI)
<b>17:55 PM</b> <b>18:15 PM</b>	Obesity and Cancer: An Update Of The Global Impact	Dr. Aysha Al Zaman (SMC-AGU)
<b>18:15 PM</b> <b>18:35 PM</b>	Obesity and Hypertension: From Science to Solutions	Dr. Khadija Alassas (MKCC/AGU)
<b>18:35 PM</b> <b>18:45 PM</b>	Discussion	
<b>18:45 PM</b> <b>19:15 PM</b>	Closing Day 1	

## Conference Agenda

Friday, 9 May 2025 **Day 2**

**CME Accredited**

7:30 AM  
8:15 AM | Welcome Coffee

### Session Five: Nutrition & Lifestyle Interventions Moderators: Dr. Areej Alsaad (KHUH)/ Dr. Fatema Habbash (AGU)

8:15 AM  
8:35 AM | Tailoring Diets To Individual Needs  
And Preferences | Dr. Aseel Al Saleh (AGU)

8:35 AM  
8:55 AM | AI Revolutionizing the Dietary Management  
of Obesity / OR Sustaining Success: The  
Critical Role of Nutrition in Preventing  
Weight Regain Post Intervention | Dr. William Marks (USA)

8:55 AM  
9:15 AM | Overcoming Barriers to Exercise in Obesity:  
Strategies For Increasing Physical Activity  
Levels | Dr. Abdulla Aljawder (KHUH)

9:15 AM  
9:30 AM | Discussion

Moderators: Dr. Mona Arekat (AGU)

9:30 AM  
10:00 AM | Key-note Lecture IV: Current and Emerging  
Pharmacological Therapy For Obesity | Prof. Osama Hamdy  
(Joslin Center, Harvard  
University, USA)

### Session Six: Medical Management of Obesity. Moderators: Dr. Mona Arekat (AGU) Dr. Feryal Saber (BDF) / Dr. Wiam Hussain (Royal Hospital)

10:00 AM  
10:20 AM | Outcome of Treatment Beyond Weight  
Reduction (Mortality, Cost, Quality of Life)/  
or Commission | Dr. Ebba Al Ozairi  
(Kuwait)

10:20 AM  
10:40 AM | Quality Vs. Quantity Weight Reduction | Prof. Osama Hamdi  
(Harvard University-USA)

10:40 AM  
11:00 AM | Personalized Medicine in Obesity: Tailoring  
Drug Treatment to The Individual | Prof. Naji Alamuddin  
(KHUH)

11:00 AM  
11:20 AM | Lebanon and GCC Guidelines For  
Obesity Management | Dr. Dalal Alromaihi  
(Awali Hospital)

11:20 AM  
11:30 AM | Discussion

11:30 AM  
13:00 PM | Juma Prayer & Lunch Break

11:30 AM  
13:00 PM | Poster Session

13:00 PM  
13:30 PM | Industrial Symposium

**Session Seven: Community–Driven Obesity Prevention**  
**Moderators: Prof. Randah Hamadah (AGU)/ Prof. Afif Ben Salah (AGU)**  
**Dr. Salman Al Zayani (AGU/UMC)**

13:30 PM 13:50 PM	Policy and Community Interventions to Address Obesity	Dr. Mohamed Al Awadi (MOH)
13:50 PM 14:10 PM	Strengthening GCC Collaboration for Obesity Prevention: A Gulf CDC Perspective	Dr. Nada Alnaji (GCDC, KSA)
14:10 PM 14:30 PM	Understanding The Obesity Epidemic in the GCC	Dr. Amira AlKharousi (Oman)
14:30 PM 14:40 PM	Discussion	

**Session Eight: Impact of obesity on Women & Children's Health**  
**Moderators: Prof. Abdelaziz Al Amin (AGU)/ Prof. Daa Rizk (AGU)/**  
**Prof. Mohamed Elbeltagi (UMC)**

14:40 PM 15:00 PM	Obesity in Childhood: A Growing Problem	GCC Speaker
15:00 PM 15:20 PM	Management of Obesity in Children & Adolescents: Emerging Approaches	Prof. Roy Philip (University of Limerick, Dublin, Ireland)
15:20 PM 15:40 PM	Obesity and Women's Health	Dr. Ahmed Samy (AGU)
15:40 PM 15:50 PM	Discussion	
15:50 PM 16:00 PM	Coffee Break	

**Session Nine: Abstract Session**  
**Moderators: Prof. Mohamed Hany (AGU)**  
**Dr. Tarik Al-Shaibani (AGU)/ Dr. Alaa Elmazny (AGU)/ Dr. Abdulla Ismaeel (AGU)**

16:00 PM 16:10 PM		
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16:40 PM 16:50 PM		
16:50 PM 17:00 PM		
17:00 PM 17:10 PM	Discussion	
17:15 PM 17:45 PM	Closing Remarks & Abstact Awards	