**IDF MENA CONGRESS 2021**

**December 23rd-24th**

Day 1: Thursday, 23rd of December, 2021

<table>
<thead>
<tr>
<th>GMT Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>02:00 - 02:10 PM</td>
<td><strong>Opening Ceremony</strong></td>
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<tr>
<td>02:00 - 02:05 PM</td>
<td>Speech by Prof. Andrew BOULTON, President of IDF</td>
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<tr>
<td>02:05 - 02:10 PM</td>
<td>Speech by Prof. Jamal BELKhadir, IDF MENA Regional Chair</td>
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**Session 1**  
**State of the Art Lectures**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>02:10 - 02:35 PM</td>
<td>One hundred years of Insulin: how far did we go?</td>
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<td>02:35 - 03:00 PM</td>
<td>IDF Initiatives and future Plans</td>
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<tr>
<td>03:00 - 03:25 PM</td>
<td>Can we prevent Type 1 Diabetes?</td>
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**Session 2**  
**CVD and Diabetes**

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<tr>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>03:25 - 03:45 PM</td>
<td>How, When &amp; Why? we investigate for asymptomatic CVD in Diabetics?</td>
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<tr>
<td>03:45 - 04:05 PM</td>
<td>Management of classical CVD risk factors in people with diabetes update</td>
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**Symposium**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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<tr>
<td>04:05 - 04:25 PM</td>
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<td>04:25 - 04:45 PM</td>
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**Session 3**  
**Diabetes Mellitus & Kidney**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>04:45 - 05:05 PM</td>
<td>Diabetic Nephropathy, the Diabetologist Role</td>
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<tr>
<td>05:05 - 05:25 PM</td>
<td>Diabetic Nephropathy, the Nephrologist Role</td>
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**Symposium**

<table>
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<th>Time</th>
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<tr>
<td>05:25 - 05:45 PM</td>
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<td>05:45 - 06:15 PM</td>
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**Session 4**  
**What’s new in Patient Education**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>06:15 - 06:30 PM</td>
<td>What is new on the type 1 education?</td>
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<tr>
<td>06:30 - 06:45 PM</td>
<td>Patient education, lifestyle changes and impact on CVD in patients with diabetes</td>
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<tr>
<td>06:45 - 07:00 PM</td>
<td>How can we involve PWD in their own education?</td>
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**Close of Day One**

**Moderator:**
- Jamal BELKhadir (Morocco)
- Abdul BASIT (Pakistan)
- Andrew BOULTON (UK) (IDF President)
- Hussein AKhtar (Norway)
- Colin DAYAN (UK)
- Fatheya ALAWADI (UAE)
- Bashir TARAZI (Palestine)
- Mohamed HASSANEIN (Egypt/UAE)
- Mohammed ALAMI (Morocco)
- Ahmed ABU AL HALAWEH (Palestine)
- Zayed ATEF (Yemen)
- Alaa BASHIR (UAE/Sudan)
- Mick KUMWENDA (UK)
- Nizar ALBACHE (Syria/FRANCE)
- Jackie MAALOUF (Lebanon)
- Bassam BIN-ABBAS (KSA)
- Osama HAMDY (USA)
- Ms. Erum GHAFOOR (Pakistan)
Day 2: Friday, 24th of December, 2021

**Session 5**  
Diabetes and Pregnancy  
Moderator: Mariam EL HAJERI (Bahrain)  
Hana AL GHANEM (Syria)

- 02:00 - 02:15 PM  
  Diagnosis of early GDM and its impact on perinatal outcome  
  Viswanathan MOHAN (India)

- 02:15 - 02:30 PM  
  Inertia in screening and treatment of hyperglycemia in pregnancy  
  Nadima SHEGEM (Jordan)

- 02:30 - 02:45 PM  
  Sexual dysfunction in women with diabetes ignored for too long  
  Shabeen NAZ MASOOD (Pakistan)

- 02:45 - 03:00 PM  
  Discussion

**Session 6**  
Hot topics from ADA and EASD  
Moderator: Zaman SHAIKH (Pakistan)  
Mohamed BENELASSOUED (Tunisia)  
Mohamed SULIMAN (UAE/Sudan)  
Adel AISAYED (Egypt)

- 03:00 - 03:15 PM  
  ADA Highlights

- 03:15 - 03:30 PM  
  EASD Highlights

- 03:30 - 03:45 PM  
  Discussion  
  Merck Symposium

- 03:45 - 04:05 PM  
  Symposium

- 04:05 - 04:25 PM  
  Symposium

**Session 7**  
Diabetes and the Gut  
Moderator: Inass SHALTOUT (Egypt)  
Waleed AL DAHI (Kuwait)  
Dario RAHELIĆ (Croatia)  
Luis GARDETE-CORREA (Portugal)  
Abdel Khalek HAMED (Egypt)

- 04:25 - 04:40 PM  
  Diabetes and Microbiota

- 04:40 - 04:55 PM  
  Diabetes and NALFD

- 04:55 - 05:10 PM  
  Diabetes and liver cirrhosis

- 05:10 - 05:25 PM  
  Discussion  
  Symposium

- 05:25 - 05:45 PM  
  Symposium

- 05:45 - 06:05 PM  
  Symposium

**Session 8**  
Diabetes Prevention  
Moderator: Mohamad SANDID (Lebanon)  
Kamel MESID (Egypt)  
Peter SCHWARZ (Germany)  
Asher FAWWAD (Pakistan)  
Rachid MALEK (Algeria)

- 05:05 - 06:20 PM  
  Prevention of Diabetes from International Perspective

- 06:20 - 06:35 PM  
  Prevention of Diabetes from the perspective of MENA Region

- 06:35 - 06:50 PM  
  Prevention of Diabetes: the socio-cultural challenges

- 06:50 - 07:05 PM  
  Discussion

**Session 9**  
Advocacy in MENA  
Moderator: Abdulla AL HAMAQ (Qatar)  
Amir KAMRANE NIKOUSOKHAN (Iran)  
M.A. ELTOM (Sudan)  
Mouna MNIF (Tunisia)  
Hazim ABDUL-RAZZAK (Iraq)

- 07:05 - 07:20 PM  
  Insulin availability in MENA

- 07:20 - 07:35 PM  
  New initiatives

- 07:35 - 07:50 PM  
  Need for national programs

- 07:50 - 08:05 PM  
  Discussion  
  Close of Conference