

4th Middle East Diabetes Conference



25-26 January 2016

Dubai International Convention & Exhibition Centre



Key topics:

- Diabetes 2016; review of recent guidelines
- Genetics of insulin resistance and obesity
- Artificial sweeteners; role in diabetes and obesity
- Treatment for type 2 diabetes: Focusing on newer agents
- Overview of long-term complications
- Bariatric surgery in children and adolescents
- Tele-medicine and diabetes

Book and
pay before
3 December 2015
and save up to
US\$95

What's new?

- Coverage of all types of diabetes
- New forms of therapies as well as common complications

Tel: +971 (0) 4 336 7334

| ahcongress@informa.com

| www.ahcongress.com

Provided by:



Leading congress supporter:



Supporting bodies:



Organised by:



Dear Healthcare Professional

It gives me great pleasure to present to you the official programme for the **4th Middle East Diabetes Conference** taking place on **25-26 January 2016** at the Dubai International Convention and Exhibition Centre.

The 2016 agenda aims to provide an exclusive opportunity for practitioners from all over the region to take part in provocative and engaging exchanges with leading experts in the field. Some of the themes you can look forward to include; genetic factors, complications and treatments.

Attend this industry event to find out about the latest advances used to advance diabetes diagnosis, treatment and care.

I look forward to meeting you in January.

Yours sincerely,

Dr Nader Lessan
Conference Chair
4th Middle East Diabetes Conference
Arab Health Congress 2016

P.S. Contact our team directly to learn more about our group discounts and early bird rates. Call: **+971 (0) 4 336 7334** or email: **ahcongress@informa.com**

Who should attend?

- General Practitioners
- Family Physicians
- Endocrinologists
- Diabetes Specialists

Benefits of attending:

- Explore the most recent genetic information related to insulin resistance
- Measure the opportunities that telemedicine offers in the management of diabetes
- Analyse the role of artificial sweeteners in diabetes and obesity
- Review treatment options for treatment of type 1 and type 2 diabetes
- Assess the role of the liver in diabetes
- Critique bariatric surgery in children and adolescents

The Arab Health Congress 2016 Features 20 Conferences

For more information about other conferences visit: www.ahcongress.com

Accreditation statement

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council of Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for the maximum of 12.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants claiming CME credit from the activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.

Grantor acknowledgement

The Cleveland Clinic Foundation Center for Continuing Education acknowledges educational grants for partial support of this activity from:

Platinum: Life Pharmacy



Diabetes Conference

Day one: Monday 25th January

09:00 **Opening remarks:**
Dr Nader Lessan, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

SESSION 1: DIABETES OUTLOOK

Moderator: Dr Nader Lessan, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

09:10 **Diabetes 2016; a review of recent guidelines**
HE Prof Maha Barakat, Director General, Health Authority Abu Dhabi (HAAD), Abu Dhabi, UAE

09:40 **Diabetes in history**
Dr George Zajac, Consultant: Family Medicine, Imperial College London Diabetes Centre, Abu Dhabi, UAE

10:10 **The year in Diabetes; any progress?**
Dr Nader Lessan, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

10:40 **Q & A**

11:00 **Coffee break**

SESSION 2: GENETIC FACTORS

Moderator: Dr Nader Lessan, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

11:30 **Genetics of insulin resistance and obesity**
Prof Alexandra Blakemore, Human Molecular Genetics: Faculty of Medicine -Department of Medicine, Imperial College London, London, UK

12:00 **Why do human genes result in so much obesity?**
Prof Karim Meeran, Professor of Endocrinology, Imperial College London, London, UK

12:30 **Q & A**

13:00 **Lunch break**

SESSION 3: ENVIRONMENTAL FACTORS

Moderator: Dr Hussein Saadi, Chief: Medical Subspecialties Institute, Cleveland Clinic Abu Dhabi, Abu Dhabi, UAE

14:00 **Diabetes and exercise**
Dr Ali Khalili, Consultant: Family Medicine, Imperial College London Diabetes Center, Abu Dhabi, UAE

14:30 **Artificial sweeteners; role in diabetes and obesity?**
Dr Sufyan Hussain, Specialist Registrar: Endocrinology and Medicine & Honorary Clinical Lecturer: Diabetes, Endocrinology and Metabolism, Imperial College London, London, UK

15:00 **Educating patients with diabetes**
Dr Mohamed Hassanein, Consultant: Endocrinology, Dubai Hospital, Dubai, UAE

15:30 **Coffee break**

SESSION 4: TREATMENT

Moderator: Prof Karim Meeran, Professor of Endocrinology, Imperial College London, London, UK

16:00 **Treatment of diabetes: focusing on the unconventional methods... from weeds to stem cells!**
Dr Nader Lessan, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

16:30 **Treatment for type 2 diabetes: Focusing on newer agents**
Dr Hussein Saadi, Chief: Medical Subspecialties Institute, Cleveland Clinic Abu Dhabi, Abu Dhabi, UAE

17:00 **Current treatment options for type 1 diabetes: Old vs. new**
Dr Saf Naqvi, Medical Director, Consultant Physician, and Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

17:30 **End of day one**



Diabetes Conference

Day two: Tuesday 26th January

09:00 **Opening remarks:**
Dr Nader Lessan, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE
Dr Mario Skugor, Department of Endocrinology, Diabetes and Metabolism, Cleveland Clinic, Cleveland, Ohio, USA

SESSION 5: COMPLICATIONS

Moderator: Dr Mustafa Ahmed, Consultant Nephrologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

09:10 **Overview of long-term complications**
Dr Melissa Li-Ng, Associate Staff, Endocrinology -Diabetes and Metabolism, Cleveland Clinic Abu Dhabi, Abu Dhabi, UAE

09:40 **The liver in diabetes**
Dr William Carey, Staff, Digestive Disease Institute, Cleveland Clinic, Cleveland, Ohio, USA

10:10 **Q & A**

10:30 **Coffee break**

SESSION 6: SPECIAL SITUATIONS

Moderator: Dr Mario Skugor, Department of Endocrinology, Diabetes and Metabolism, Cleveland Clinic, Cleveland, Ohio, USA

11:00 **Diabetes and pregnancy**
Dr Tarig Abdalla, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

11:30 **Diabetes and travel**
Dr Alero Adjene, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

12:00 **Q & A**

12:20 **Lunch break**

SESSION 7: PAEDIATRIC DIABETES/OBESITY

Moderator: Dr Tarig Abdalla, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

14:00 **Paediatric diabetes**
Dr Sheela Magge, Director of Research; Division of Endocrinology and Diabetes, Children's National Health System, Washington, DC, USA

14:30 **Bariatric surgery in children and adolescents**
Dr Evan Nadler, Co-Director, Children's National Obesity Institute - Children's National Medical Center, Washington DC, USA

15:00 **Coffee break**

SESSION 8: NEW TECHNOLOGY

Moderator: Dr Nader Lessan, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

15:30 **Telemedicine and diabetes**
Dr Mario Skugor, Department of Endocrinology, Diabetes and Metabolism, Cleveland Clinic, Cleveland, Ohio, USA

16:00 **Insulin pump treatment**
Dr Sufyan Hussain, Specialist Registrar: Endocrinology and Medicine & Honorary Clinical Lecturer: Diabetes, Endocrinology and Metabolism, Imperial College London, London, UK

16:30 **Q & A**

17:00 **Closing remarks:**
Dr Nader Lessan, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE
Dr Mario Skugor, Department of Endocrinology, Diabetes and Metabolism, Cleveland Clinic, Cleveland, Ohio, USA

17:15 **Close of conference**





Activity Directors

Dr Nader Lessan, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

Dr Mario Skugor, Department of Endocrinology, Diabetes and Metabolism, Cleveland Clinic, Cleveland, Ohio, USA

Speaker Faculty

Dr Alero Adjene, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

Prof Alexandra Blakemore, Human Molecular Genetics: Faculty of Medicine -Department of Medicine, Imperial College, London, UK

Dr Ali Khalili, Consultant: Family Medicine, Imperial College London Diabetes Center, Abu Dhabi, UAE

Dr Evan Nadler, Co-Director, Children's National Obesity Institute - Children's National Medical Center, Washington DC, USA

Dr George Zajac, Consultant: Family Medicine, Imperial College London Diabetes Centre, Abu Dhabi, UAE

Dr Hussein Saadi, Chief: Medical Subspecialties Institute, Cleveland Clinic Abu Dhabi, Abu Dhabi, UAE

Prof Karim Meeran, Professor of Endocrinology, Imperial College London, London, UK

HE Prof Maha Barakat, Director General, Health Authority Abu Dhabi (HAAD), Abu Dhabi, UAE

Dr Melissa Li-Ng, Associate Staff: Endocrinology -Diabetes and Metabolism, Cleveland Clinic Abu Dhabi, Abu Dhabi, UAE

Dr Mohamed Hassanein, Consultant: Endocrinology, Dubai Hospital, Dubai, UAE

Dr Mustafa Ahmed, Consultant Nephrologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

Dr Saf Naqvi, Medical Director, Consultant Physician, and Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

Dr Sheela Magge, Director of Research, Division of Endocrinology and Diabetes, Children's National Health System, Washington, DC, USA

Dr Sufyan Hussain, Darzi Fellow in Clinical Leadership, Specialist Registrar and Honorary Clinical Lecturer in Diabetes, Endocrinology and Metabolism, Imperial College Healthcare NHS Trust and Imperial College London, London, UK

Dr Tarig Abdalla, Consultant Endocrinologist, Imperial College London Diabetes Centre, Abu Dhabi, UAE

Dr William Carey, Staff, Digestive Disease Institute, Cleveland Clinic, Cleveland, Ohio, USA

Faculty Disclosure Statement

The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution for all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

4th Middle East Diabetes Conference

25-26th January 2016

Delegate booking form. Please complete and fax back to **+971 (0) 4 336 4021**

Conference	Book and pay before 3 December 2015		Book and pay before 21 January 2016		Book and pay on-site	
	AED	USD	AED	USD	AED	USD
☐ Diabetes 1 day	1,050	285	1,200	325	1,500	410
☐ Diabetes 2 days	1,850	505	2,000	545	2,200	600

Delegate details:

DELEGATE 1	Mr/Ms/Dr/Other:		First Name:		Surname:	
	Degree (eg. MD, PhD, DO, RN):					
	Speciality:					
	Job Title:		Email:			
	Tel:		Fax:		Mobile:	

DELEGATE 2	Mr/Ms/Dr/Other:		First Name:		Surname:	
	Degree (eg. MD, PhD, DO, RN):					
	Speciality:					
	Job Title:		Email:			
	Tel:		Fax:		Mobile:	

DELEGATE 3	Mr/Ms/Dr/Other:		First Name:		Surname:	
	Degree (eg. MD, PhD, DO, RN):					
	Speciality:					
	Job Title:		Email:			
	Tel:		Fax:		Mobile:	

Company details:

Company/Hospital:					
Address:		Email:			
Postcode:		Country:			
Tel:		Fax:			
No. of employees on your site:	1000+ ☐ 500-999 ☐ 250-499 ☐ 50-249 ☐ 0-49 ☐				
Nature of your company's business:					
☐ YES, I would like to receive information about future events & services via email (Enter email address)					

To assist us with future correspondence, please supply the following details:

Name of Department Head:					
Department:		Mobile:		Email:	
Name of Training Manager:					
Department:		Mobile:		Email:	
Name of Booking Contact (if different from above):					
Department:		Mobile:		Email:	



Dubai International Convention & Exhibition Centre

You can RSVP online at
www.ahcongress.com using your
priority booking code: **DIA16CB**

5 WAYS TO REGISTER:

- +971 (0) 4 336 7334
- +971 (0) 4 336 4021
- ahcongress@informa.com
- www.ahcongress.com
- Informa Exhibitions,
P.O. Box 9428, Dubai, UAE

Please tick (✓) if you would like to pay by:

- ☐ Credit card ☐ Cash ☐ Cheque
- ☐ Bank transfer ☐ Bank draft

A confirmation letter and invoice will be sent upon receipt of your registration. Please note that full payment must be received prior to the event. **Only those delegates whose fees have been paid in full will be admitted to the event.** You can pay by company cheque in Dirhams or US\$. Please note that all US\$ cheques and bank drafts should be drawn on a New York bank and an extra amount of US\$6 per payment should be added to cover bank clearing charges. All payments should be in favour of Informa Middle East Limited Dubai Branch.

Cheque payment made payable to Informa Middle East Limited Dubai Branch and send to P.O. Box 9428, Dubai, UAE (Please note: Informa Middle East Limited Dubai Branch will not cover any transfer charges. Please add US\$30 extra)

Cash payment can be made at the Informa Exhibitions Floor 19, Sheikh Rashid Tower, Dubai Trade Centre

Tel: +971 (0) 4 336 7334
Office hours: Sunday – Thursday
09:00 – 17:30

Travel and accommodation

- ☐ Yes, please contact me to book travel and accommodation

Cancellation

If you are unable to attend, a substitute delegate will be welcome in your place. If this is not suitable, a 50% service charge will be payable. Registrations cancelled less than 14 days before the event will not be refunded.

Hotel and accommodation details

Please contact: Hospitality department
Tel: +971 (0) 4 407 2693
Fax: +971 (0) 4 407 2517
Email: hospitality@informa.com

Due to unforeseen circumstances, the programme may change and Informa Exhibitions reserves the right to alter the venue and/or speakers.