

Practicing Medicine in an Era of Healthcare



NAAMA 33rd International Medical Convention



EGYPT 2023

DECEMBER 27, 2023 - JANUARY 1, 2024

*The Cairo Marriott Hotel & Omar Khayyam Casino
CAIRO, EGYPT*

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Ahlan wa Sahlan ... Welcome

It is with great pleasure that we invite you on behalf of the National Arab American Medical Association (NAAMA) to join us at our 33rd International Medical Convention in Cairo, Egypt: “Practicing Medicine in an Era of Healthcare”.

NAAMA conventions and scientific symposia traditionally offer a distinctive mix of science and social activities where members and their families enjoy both the educational opportunity and relax and enjoy time with colleagues.

The Convention will be held at the Cairo Marriott Hotel & Omar Khayyam Casino, a historic palatial property and a five-star hotel located on the shores of the Nile River amid lush gardens and fascinating scenery.

In Cairo you will glimpse through a window in time into Egypt's long and majestic history where time spans through ancient civilizations into modern days. Wander through monuments that have withstood that challenge of time as well as pursuing modern landmarks of Western-style high-rise hotels, shopping malls and apartment buildings that overlook the Nile River.

This year's scientific program theme is “Practicing Medicine in an Era of Healthcare”, a befitting topic for connecting with our local colleagues in Egypt to address post pandemic health and wellbeing and explore future opportunities where we join efforts towards the betterment of our profession and communities at home and abroad.

And if you still need more reasons to join us, then we invite you to usher the year 2024 Egyptian style. Where else would you rather be but among friends and family celebrating a new year with hopes for peace and serenity.

We encourage you to register early since this convention falls in the high season and we anticipate a large turnout with a very limited block of rooms.

We look forward to welcoming you in Cairo.

Sincerely

Mouhanad Hammami, MD and Elias Tawil, MD
Convention Co Chairs, NAAMA

Cairo: A Journey Through Time



The Cairo Marriott Hotel & Omar Khayyam Casino, is located in Egypt's exciting city center. Two towers of guest rooms overlook the palace gardens and the Nile River.

This Cairo historic hotel, housed in the palace built for the Empress Eugenie of France on the occasion of the opening of the Suez Canal, features a choice of 15 restaurants, indoor and out, and a world-class casino.

Guests can enjoy the lush gardens, the historic palace and 5-star accommodations. Relax in well-appointed rooms and suites that offer from plush bedding, desks, complimentary Wi-Fi, mini-bars and 24-hour room service.

Many rooms have balconies with views of the gardens, the city or the Nile. Upgrade to an Executive Level room with access to the exclusive lounge and perks such as free breakfast, afternoon tea and dessert.

Guests are invited to use the gym, recently updated pool or brand new spa.

Located in the elegant Zamalek District, close to the renowned Gezirah Sporting Club, the hotel offers easy access to the nearby Cairo Tower, the Cairo Opera House, the Egyptian Museum, the Pyramids and the Sphinx.

While enjoying the hotel's 21st century comforts, take some time to follow the hotel's 145+ year story from extravagant celebrations, wartime devastation, multiple owners and ultimately the conversion from an 19th-century palace to a 5-star hotel.

Khedive Ismail built the historic Palace Al Gezirah in Cairo, Egypt in 1869 to serve as a guest palace during the Suez Canal inauguration celebrations. In the years since, it has housed European monarchs, including Empress Eugenie, wife of Napoleon III, and was scheduled as the venue for the first performance of Verdi's Opera "Aida".

Today, the palace is all that remains of the estate. Many of its rooms and furniture have been preserved and restored to their historic splendor, and now serve as reception rooms and lounges. In addition, several of Von Diebitsch's original decorative elements can be seen in locations throughout the hotel.

Social Program at a Glance

December 27, 2023

- Evening Welcome Reception at the Marriott Hotel

December 28, 2023

- Afternoon journey to the outskirts of the city exploring Egypt's most iconic monuments, the Pyramids of Giza and the Sphinx. Enjoy a guided tour of the Egyptian Civilization Museum.
- Evening dinner at al Azhar Park.

December 29, 2023

- Afternoon exploration of Cairo's outstanding Islamic monuments including the Citadel, with its magnificent view over the city, the Mohamed Ali Mosque.
- Evening visit to Khan Khalili Bazar with dinner at the Naguib Mahfouz restaurant.

December 30, 2023

- Afternoon sightseeing tour of Old Cairo, the earliest settled area of the city and home to several early Christian churches such as St. Samaan Church and visit the Hanging Church and Abu Serga.
- Dinner at the Nile Maxim Cruise boat.

December 31, 2023

- Optional evening celebration of New Year's Eve at one of the parties planned by the hotel or private for our group (to be determined based on final number of registrants).

January 1, 2024

- Adjourning of Convention activities

Travel and accommodation arrangements are handled by K TOURS, a long-standing NAAMA partner that appreciates the different tastes of our members and is sensitive to their needs. K TOURS has a long track record in providing excellent service through many of our international conventions and symposia. Airline and travel arrangements are done individually. All attendees must register with NAAMA to be included as part of the group and to receive the discounts and services available to our group only.

Pre and Post Optional Tours

Upper Egypt (Dec 22-27, 2023)

- Dec 22: Arrive to Cairo, Stay overnight
- Dec 23: Fly to Luxor at 7:30 am. Stay at the Steigenberger Luxor Hotel
Visit East Bank of the Nile, Karnak and Luxor temples.
- Dec 24: Visit West Bank of the Nile,
Valley of the Kings, Valley of the Queens, and Temple of Hatshepsut
- Dec 25: Leave to Aswan by Train. Stay at the Movenpick Hotel
- Dec 26: Aswan sightseeing, the High Dam.
Motorboat ride to Temple of Philae
- Dec 27: Depart to Cairo at 1:45 pm

Package includes: all transfers from airports or hotels. One night stay in Cairo at arrival at the Le Meridien Airport Hotel, Flight from Cairo to Luxor, two nights stay in Luxor, first class train ticket to Aswan, 2 nights stay in Aswan, flight back to Cairo, all lunches and entry fees to monuments.

Sharm el Sheikh (Dec 23-27, 2023 or Jan 1-5, 2024)

- Dec 23: Arrive to Cairo, stay overnight.
- Dec 24 or Jan 1: Depart to Sharm el Sheikh at 1:45 pm. Arrive to Sharm at 2:45 pm. Stay at the Naama Bay Promenade Beach Resort.
Dinner Bedouin style including camel rides.
- Dec 25 - 26 or Jan 2 -3: at leisure
- Dec 27 or Jan 4: Depart to Cairo at 11:10 am (12/27) or 12:20 (1/5).
- Jan 4: Arrive to Cairo at 1:20
Overnight stay at Le Meridien Airport Hotel
- Jan 5: Departure to your final destination

Package includes: all transfers from airport or hotel in Cairo and in Sharm el Sheikh. All airfares between Cairo and Sharm el Sheikh. Three nights accommodation at the Naama Bay Promenade Beach Resort with Buffet Breakfast and tax. One Bedouin dinner on Dec 24 or Jan 2, One night stay in Cairo with Buffet Breakfast and tax (either on Dec 23rd or Jan 4th depending on which package you choose).

The Nile Cruise (Jan 1-5, 2024)

- Jan 1: Transfer to the airport in the morning (5:30 am) for flight to Aswan.
- Jan 2-3: On board the cruise with guided visits to Aswan, Kom Ombo, Edfu, Karnak and Luxor Temples, the Valley of the Kings, the Temple of Queen Hatshepsut and the Colossi of Memnon.
- Jan 4: Return flight to Cairo at 6:30 am. Overnight stay in Cairo
- Jan 5: Depart to your final destination.

Package includes: all transfers including local airfare from Cairo to Aswan and Luxor to Cairo. One night stay in Cairo with Buffet Breakfast and tax. Three nights Nile Cruise on board the La Fayen, all meals and shore excursions.

The Nile Cruise (Dec 22 - 27, 2023)

- Dec 22: Arrive to Cairo, Stay overnight
- Dec 23: Depart to Luxor at 7:30 am
- Dec 23 - 26: Sail on board the Steigenberger Regency Luxury Nile Cruise from Luxor to Aswan. Visiting Kom Ombo, Edfu, Karnak and Luxor Temples, the Valley of the Kings, the Temple of Queen Hatshepsut and the Colossi of Memnon.
- Dec 27: Depart to Cairo at 1:45 pm.

Package includes: all transfers from airport or hotel in Cairo and Aswan. All airfares between Cairo, Luxor and Aswan. Four nights accommodation at the Steigenberger Regency Luxury Nile Cruise, all meals and shore excursions.

Note: The Steigenberger is a top luxury cruise and sells out fast, spaces are very limited and must be booked before October 1, 2023.

Rates for pre or post tours (per person)		
Nile Cruise (Dec 22 - 27)		
Single Package Adult	\$2850.00	
Double Package Adult	\$1950.00	
Child (sharing single or double)	\$1250.00	
Upper Egypt (Dec 22 - 27)		
Single Package Adult	\$1850.00	
Double Package Adult	\$1450.00	
Child (sharing Single or double)	\$900.00	
Optional Sound & Light Show at Kar-nak Temple	\$60.00	
Optional Sound & Light Show at Philae Temple	\$60.00	
The Nile Cruise (Jan 1 - 5)		
Single Package Adult	\$1750.00	
Double Package Adult	\$1350.00	
Child (sharing single or double)	\$860.00	
Optional Sound & Light Show at Kar-nak Temple	\$60.00	
Optional Sound & Light Show at Philae Temple	\$60.00	
Sharm el Sheikh	Dec 23-27	Jan 1-5
Single Package Adult	\$900.00	\$1100.00
Double Package Adult	\$750.00	\$850.00
Child (sharing single or double)	\$520.00	\$600.00

For inquiries or special accommodations please call K TOURS at 866-376-9484 or e mail info@ktours.us or info@khalilgroup.com

KTOURS acts as an agent for NAAMA in making and securing all arrangements for transportation, sightseeing, accommodation and social functions of the convention. By making a payment, you agree that KTOURS/NAAMA or any of its representatives shall not be held liable for any loss or damage to you or your belongings or in connection with any accommodations transportation or other services resulting directly or indirectly from any theft, delay or cancellation or of changes in schedule of services. All accommodations, services and facilities are subject to the laws and customs of the country they are provided. KTOURS reserves the right to make necessary changes in the itinerary or services at its own discretion in which case the sole liability of KTOURS to the client will be limited with any fees paid.

Convention Registration Form

NAAMA 33rd International Medical Convention

Practicing Medicine in an era of Healthcare

Cairo Egypt, Dec 27 , 2023- Jan 1, 2024

Please submit your information as you want it to appear on your name tag

Main Attendee Name					
Degree		Membership (choose one)	NAAMA Member	Guest	Non Member
Address			City	State, Zip Code	
Phone		Cell Phone	E Mail		
Companions					
Companion 1					
Companion 2					
Companion 3					
Companion 4					
Companion 5					
Registration	Quantity	NAAMA Members Rate		Non NAAMA Members Rate	
Main Attendee		\$300.00		\$500.00	
Companions		\$100.00		\$150.00	
Total Registration					

Please note that all participants over the age of 6 years must register and pay the appropriate registration fee. Participants and spouses or guests who wish to earn CME credit must pay the full convention registration fee as main attendees for members or nonmembers accordingly (\$300 or \$500). The registration fee entitles individuals to benefit from the discounted group rate for social activities and hotel reservation, access to the scientific sessions, printed materials, coffee breaks and other planned activities. Total Registration fee must be paid upon form submission.

If you wish to pay by check please print this form mail with payment to **NAAMA, 2265 Livernois Rd, Ste. 720. Troy, MI 48083**. Checks must be made to **NAAMA**.

If paying by Credit Card you can e mail this form to naama@naama.com or fax to 248-457-5036. Credit Card payments will be charged an additional 4% service fee.

Payment Information (please select one)					
☐ Check payable to NAAMA is enclosed					
☐ Paying by credit/debit card		Card Type: _____	Amex _____	VISA _____	MasterCard _____ Discover _____ (an additional 4% is applicable)
Card Number		Expiration Date		CCV	
Name on Card					
Billing address if different from above					

Hotel and Social Program Registration Form

NAAMA 33rd International Medical Convention
Practicing Medicine in an era of Healthcare

Dec 27, 2023 to Jan 1, 2024 Cairo, Egypt

Please complete this form (2 pages) and send to K TOURS via e mail at info@khalilgroup.com or by fax to 646-201-4178 or mail to: K TOURS, 110-11 Queens Blvd # 18G, Forest Hills , NY 11375. For inquiries or special accommodations please call K TOURS at 866-376-9484.
Please include a \$1000 check deposit per person.

KTOURS acts as an agent for NAAMA in making and securing all arrangements for transportation, sightseeing, accommodation and social functions of the convention. By making a payment, you agree that KTOURS/NAAMA or any of its representatives shall not be held liable for any loss or damage to you or your belongings or in connection with any accommodations transportation or other services resulting directly or indirectly from any theft, delay or cancellation or of changes in schedule of services. All accommodations, services and facilities are subject to the laws and customs of the country they are provided. KTOURS reserves the right to make necessary changes in the itinerary or services at its own discretion in which case the sole liability of KTOURS to the client will be limited with any fees paid.

Name			City, State, Zip Code		
Address			Cell Phone		E mail
Phone			Adults:	Teens:	Children:
Total number in your group (including you):					
*Adults are those over 12 years old, children are under 12 years old					
Hotel Registration: The Cairo Marriott Hotel and Casino (Dec 27 - Jan 1)					
Package Type	Rate for 5 nights	Quantity	Bed Preference	Total	
Single Package (1 adult, Single occupancy room with one bed)	\$2250.00		___ King ___ Queen		
Double Package (2 adults occupancy room with one or two beds)	\$1700.00		___ 1 Queen ___ 2 Twin		
Child (under 12y sharing a single or double package with adult)	\$800.00	_(1 child Max)			
Nile View Room (additional charge per room for 5 nights)	\$250.00				
Grand Total					
Connecting rooms are available on a limited basis upon request. Package Includes: Hotel policy allows for only one child maximum to stay with one or two adults. Those wanting to accommodate more than one child or to have triple occupancy can upgrade to a suite. Call K TOURS for special arrangements. • Transfer from and to the airport, meet and assist. • Five nights stay including breakfast and 28.8% tax and service charge at the Cairo Marriott Hotel (December 27 to January 1), extra nights before or after can be arranged upon request. • Access to the Welcome Reception on Dec 27, 2018. • All Tours and scheduled dinners as stated in the program Please note that these rates are good and applicable if booked before the booking deadline of October 1, 2023. A limited number of rooms are available. Rates and availability will vary after. Rooms will be assigned on a first come first served basis and availability upon registration. Early booking is highly recommended.					

Pre/Post Convention Registration				
Upper Egypt (Dec 22-27)	Rate per person	Quantity		Total
Single Package	\$1850.00			
Double Package	\$1450.00			
Child (under 12 sharing a single or a double with adult)	\$900.00			
Optional Light & Sound at Karnak or Philae (circle one)	\$60.00			
Nile Cuirse (Dec 22-27)				
Single Package	\$2850.00			
Double Package	\$1950.00			
Child (under 12 sharing single or double with adult)	\$1250.00			
Optional Light & Sound at Karnak or Philae (circle one)	\$60.00			
Sharm El Sheikh (Dec 23 - 27)				
Single Package	\$900.00			
Double Package	\$750.00			
Child (under 12 sharing a single or a double with adult)	\$520.00			
Sharm El Sheikh (Jan 1 - 5)				
Single Package	\$1100.00			
Double Package	\$850.00			
Child (under 12 sharing single or double with adult)	\$600.00			
Nile Cruise (Jan 1-5)				
Single Package	\$1750.00			
Double Package	\$1350.00			
Child Under 12 (sharing single or double with adult)	\$860.00			
Optional Light & Sound at Karnak or Philae (circle one)	\$60.00			
Grand Total				

Payment Information (please select one)				
☐ Check payable to KTOURS is enclosed				
☐ Paying by credit/debit card		Card Type: Amex VISA MasterCard Discover (an additional 4% is applicable)		
Card Number		Expiration Date		CCV
Name on Card				
Billing address if different from above				

Pre and Post Tours sell fast and will be available on a first come first served basis, please register as early as possible before the **deadline of October 1, 2023**.

Practicing Medicine in an Era of Healthcare

Keeping up with NAAMA's tradition of providing state of the art opportunities for knowledge sharing and collaboration across disciplines, this year our Convention Scientific Committee presents "Practicing Medicine in an era of Healthcare". A befitting topic for connecting with our colleagues from across the world in private and academic institutions in the US and in Egypt.

The scientific program evolves around four major themes:

- Maternal and Child Health
- State of Wellness and Chronic Disease Management
- Medical Education, Innovation, and the Practice of Medicine
- The Intersection of Primary and Specialty Care

We are proud to announce that we are featuring several local, national, and international experts in the field to share their knowledge and expertise as keynote speakers.

NAAMA is equally proud to feature abstracts and presentations submitted by national and international speakers covering a wide variety of topics including:

- Mental health
 - Opioid use disorder
 - Cannabis
 - Depression
- Women's healthcare
 - Preventive care starts early! Your OB-GYN is not your PCP
 - Menopause and cognitive function
- Optimizing surgical outcomes
 - Peri-operative optimization
 - ERAS/near and long term outcomes
- Obesity & Diabetes
 - Ozempic and Mounjaro versus surgery

Abstract submission is available at our website www.naama.com

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Here

National Arab American Medical Association (NAAMA)
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Fax. 248-457-5036
www.naama.com

Program Objectives

The content of this educational program was determined by rigorous assessment of educational needs. This activity is intended for physicians in training, medical students and other healthcare professionals.

Attendees will experience Content that:

- Promotes improvements or quality in health care
- Has been reviewed for bias and scientific rigor
- Addresses the stated objectives or purpose
- Is driven and based on independent survey and analysis of learner needs, not commercial interests
- Is current, valid, reliable, accurate and evidence-based
- Offers balanced presentations that are free of commercial bias
- Is vetted through a process that resolves any conflicts of interest of planners and faculty
- Is evaluated for its effectiveness in meeting that identified educational need
- Supports learners' abilities to meet their individual needs
- Respects and attends to any special needs of the learners
- Is free of promotional, commercial and/or sales activities
- Is based on adult learning principles that support the use of various modalities
- Respects the diversity of groups of learners
- Ensures disclosure of any relevant financial relationships that planners, teachers and authors have with commercial interests related to the content of the activity commercial support (funding or in-kind resources) of this activity.

Accreditation and Designation

This activity is planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education (ACCME) through the National Arab American Medical Association (NAAMA). The National Arab American Association is accredited by the ACCME to provide continuing medical education for physicians.

NAAMA designates this educational activity for a maximum of 12 AMA PRA Category 1 Credits. Attendees should only claim credit commensurate with the extent of their participation in the activity.