

Obesity Update 2025  
Date: 27 – 28 September 2025  
Venue: Mohammed Bin Rashid University of Medicine and Health Sciences

Welcome & Introduction  
27<sup>th</sup> September 2025  
09:30 – 09:40

Chairpersons:

Mr. Hein van Eck	Chief Executive Officer, Mediclinic Middle East
------------------	---

Obesity Related Complications  
27<sup>th</sup> September 2025  
09:40 – 12:00

Moderator:

Dr. Maria Matar
Dr. Olga Vedorova

Sarcopenic obesity: pathophysiology, clinical and nutritional overview	Dr. Ali Aldibbiat	Consultant Endocrinologist, Mediclinic City Hospital	25 min
Incretin Therapies, impact beyond weight reduction,	Dr. Suzan Gharaibeh	Consultant Endocrinologist, Mediclinic Airport Road Hospital	25 min
BMI ! What else? assessment modalities for obesity	Dr. Adel Sajawani		25 min
Insulin resistance in clinical practice	Dr. Sara Ghandour	Consultant Endocrinologist, Mediclinic Parkview Hospital	25 min
Obesity and fertility	Dr. Ahmed Alsharifi		25 min
Panel Discussion			15 min

Coffee Break  
12:00 – 12:20

Nutrition  
27<sup>th</sup> September 2025  
12:20 – 14:15

Moderator:

Dr. Mona Hegazi
-----------------

Guest Patron	Dr. Omniyat Alhajiri	Ex. Director of Public Health Center – Abu Dhabi	25 min
	Colonel Mohammad Alhaj	Dubai Police	
	Dr. Buthaina Bin Belaila	Head of NCD at MOHAP	
Supplements and herbal remedies for obesity, between facts and fiction	Dr. Anfal AlMajidi	Specialist Family Medicine, Mediclinic City Hospital	25 min
Gut microbiome and Obesity Management?	Mona Juma	Lead Clinical Dietician, Mediclinic Parkview Hospital	25 min
Race and optimal diet for weight loss			25 min
Panel Discussion			15 min

Lunch Break  
14:15 – 16:00

Surgical  
27<sup>th</sup> September 2025  
16:00 – 18:00

Moderator:

Dr. Faisal Ikram
------------------

Current surgical approach to weight reduction surgeries	Prof. Safwan	Mediclinic Hospital	25 min
Post sleeve reflux is it avoidable and what is the best management strategy	Dr. Mazin Aljabiri	Gastro	30 min
	Dr. Jamil Akhras	Gastro	
	Dr. Ayman Haraki	Surgeon	
	Dr. Ashok Bohra	Surgeon	
Health Economic: Bariatric surgery impact and durability outcome	Prof. Safwan	Mediclinic Hospital	25 min
Health Economic: Medical weight management durability and outcome	Maryam Alsaheed	Mediclinic Hospital	25 min
Panel Discussion			15 min

Coffee Break  
18:00 – 18:15

Pediatrics and Psychiatric  
27<sup>th</sup> September 2025  
18:15 – 20:10

Moderator:

Dr. Basel Zoudeh
------------------

Childhood obesity: challenges and factors of success	Dr. Naif Alyasi	Mediclinic Hospital	25 min
Childhood obesity: effect on mental wellbeing and psychological development			25 min
Binge eating disorder: an overview	Sarah Thomas	Mediclinic Hospital	25 min
Pipeline Update: Next-Gen GLP-1s, Oral Semaglutide, and Triple Agonists	Dr. Maria Matar	Specialist Endocrinologist, Mediclinic City Hospital	25 min
Panel Discussion			15 min

Closing Remarks  
27<sup>th</sup> September 2025  
20:10 – 20:15

Welcome & Opening Ceremony  
28<sup>th</sup> September 2025  
08:55 – 09:00

Chairpersons:

Dr. Mohammed Andron	Chairperson of the Conference Consultant Interventional Cardiologist. Head of Cardiology, Mediclinic Airport Road Hospital
---------------------	---

Unblocking the Arteries & Igniting the Heart  
28<sup>th</sup> September 2025  
09:00 – 11:45

Moderator:

Dr. Hani Sabbour
Dr. Mohammed Andron

CKM team approach to simple CKM case, panel discussion	Dr. Rana Abou Mrad	Consultant Nephrologist, Mediclinic Airport Road Hospital in Abu Dhabi	20 min
--	--------------------	--	--------

	Dr. Hani Sabbour	Consultant Cardiologist, Mediclinic Airport Road Hospital, Abu Dhabi	
	Dr. Suzan Gharaibeh	Consultant Endocrinologist, and Head of the Endocrinology department at Mediclinic Airport Road Hospital	
Plaque Hunters: Anti-Atherogenic Power of anti- cholesterol medications, lower is better concept	Dr. Ahmad Mounir	Consultant Cardiologist, Mediclinic Airport Road Hospital in Abu Dhabi	25 min
Cardiovascular Biomarkers & Risk Enhancers: Stratifying the Silent Threat	Dr. Adam Mather	Consultant Interventional Cardiology, Mediclinic City Hospital in Dubai.	25 min
Heart Failure Across the Spectrum: CKM, Diabetes & the SELECT Trial	Prof. Hassan El Tamimi	Professor of Cardiovascular Medicine at Mohammed Bin Rashid University of Medicine and Health Sciences and a consultant cardiologist at Mediclinic Parkview Hospital	20 min
Triple Threat: GLP-1 + SGLT2 + Mineralocorticoid Blockers	Dr. Hani Sabbour	Consultant Cardiologist, Mediclinic Airport Road Hospital, Abu Dhabi	25 min
Interventional Cardiology Cases in CKM Syndrome: Real- World Complexity	Dr. Mohamed Andron	Consultant Interventional Cardiology, and Head of the Cardiology Department at Mediclinic Airport Road Hospital, Abu Dhabi	25 min
Panel Discussion			25 min

Coffee Break  
11:45 – 12:00

#### Kidneys in Crisis: Rescue, Repair & Revolution

28<sup>th</sup> September 2025

12:00 – 13:40

Moderator:

Dr. Rana Abou Mrad

CKM risk in SLE: The hidden burden of inflammation	Dr. Reem Al Jayyousi		20 min
Can We Predict and Prevent AKI Before It Hits?" NGAL, TIMP-2/IGFBP7, and AI-powered early warning systems in high-risk CKM patients	Dr. Eliane Younes	Consultant Nephrologist, Mediclinic City Hospital in Dubai	20 min
Finerenone vs. Spironolactone: Precision in Proteinuria And Potassium Control: What Works in 2025	Dr. Chadia Beaini	Consultant Nephrologist, Mediclinic Welcare Hospital in Dubai	20 min
SGLT2s in CKD: Expanding indications beyond diabetic renal disease	Dr. Rita Araman	Specialist Nephrologist, Mediclinic Welcare Hospital in Dubai	20 min
Panel – Q&A			20 min

Lunch Break  
13:40 – 14:40

Metabolism Reset: The Hormone Revolution

28<sup>th</sup> September 2025

14:40 – 17:25

Moderator:

Dr. Suzan Gharaibeh

Tirzepatide, Semaglutide, Cagrilintide: Metabolic Masterminds	Dr. Juma Al Kaabi	Mediclinic Hospital	25 min
Personalized Diabetes Therapy in CKM: Matching Drugs to Risk Profiles	Dr. Maryam Al Saeed	Mediclinic Hospital	25 min
Diabetes and CKM: Early Combination Strategy for High-Risk Patients	Dr. Sara El Ghandour	Consultant Endocrinologist, Mediclinic Parkview Hospital	25 min
When Glucose Isn't the Goal: Glycaemia-Independent Benefits of GLP-1s & SGLT-2s	Dr. Nisrine Al Ghazal	Specialist Endocrinologist, Mediclinic Dubai Mall, Mediclinic Al Sufouh & Mediclinic Creek Harbour	25 min
Insulin Resistance Targeted: GIP/GLP Duals & Triples	Dr. Juan Co	Mediclinic Hospital	25 min
Clinical Cases from Simple to Complicated: Real-World CKM Challenges	Dr. Suzan Gharaibeh	Consultant Endocrinologist, and Head of the Endocrinology department at Mediclinic Airport Road Hospital	25 min
Panel – Q&A			15 min

Coffee Break

17:25 – 17:55

From Gut to Breath: Silent Players in CKM  
28<sup>th</sup> September 2025  
17:55 – 20:20

Moderator:

Dr. Maryam Al Saeed

Obstructive Sleep Apnea & Tirzepatide: Breathing Metabolically	Dr. Hani Sabbour	Consultant Cardiologist, Mediclinic Airport Road Hospital, Abu Dhabi	25 min
Fatty Liver in Focus: MASH & MASLD—From Lifestyle to GLP-1 + FXR Agonists	Dr. Ghassan El-Sayed	Mediclinic Hospital	25 min
Ankle-Brachial Index: Your Quickest Tool to Unmask Systemic Atherosclerosis	Dr. Abdulrahman Maher	Mediclinic Hospital	25 min
Pipeline Update: Next-Gen GLP-1s, Oral Semaglutide, and Triple Agonists	Dr. Maria Matar	Specialist Endocrinologist, Mediclinic City Hospital	25 min
CKM team approach to complex CKM patient + Q&A	Dr. Rana Abou Mrad	Consultant Nephrologist, Mediclinic Airport Road Hospital in Abu Dhab	45 min
	Dr. Hani Sabbour	Consultant Cardiologist, Mediclinic Airport Road Hospital, Abu Dhabi	
	Dr. Mohammed Andron	Consultant Interventional Cardiology, and Head of the Cardiology Department at Mediclinic Airport Road Hospital, Abu Dhabi	
	Dr. Suzan Gharaibeh	Consultant Endocrinologist, and Head of the Endocrinology department at Mediclinic Airport Road Hospital	