4th SCIENTIFIC MEETING OF PHYSIO AND NUTRI *For Her*

26 June 2026

Princess Fatma Academy



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EVENTS MANAGEMENT

4th SCIENTIFIC MEETING OF PHYSIO AND NUTRI *For Her*

26 June 2026

Princess Fatma Academy, Nasr City, Cairo, Egypt

PHYSIO & NUTRI FOR HER 2026

Welcome Message

Dear Professors and Colleagues,

Welcome to the 4TH edition of Physio and Nutri for Her 2026.

We are excited to present a meticulously designed program that showcases the latest advancements in women's health, beauty and nutrition.

Our ultimate goal is to always provide you with comprehensive insights into the newest innovations and trends in these fields.

This year, we are proud to host an impressive lineup of renowned speakers from different universities, fostering an environment of knowledge sharing and collaboration.

We hope that you will enjoy this dynamic meeting and that your interaction with the eminent speakers will promote professional knowledge exchange and lasting memories from this enriching experience.

Thank you for joining us and we look forward to an inspiring edition together!



Conference President

Dr. Sara Emad

- Physical Therapy Specialist
- Manager of the Clinical Nutrition and Women's Health Unit
- Ain Shams General Hospital

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4th SCIENTIFIC MEETING OF PHYSIO AND NUTRI For Her

26 June 2026 - Princess Fatma Academy

Under the Patronage of

Prof. Khaled Abdel Ghaffar
Deputy Prime Minister for Human Development
Minister of Health and Population

Honorary Conference Presidents

Prof. Sami Saad
General Dean of the Egyptian Physical Therapy Syndicate

Prof. Adel Shafik
Professor of Obstetrics & Gynecology
Faculty of Medicine, Ain Shams University

Conference President

Dr. Sara Emad
Physical Therapy Specialist
Manager of the Clinical Nutrition and Women's Health Unit
Ain Shams General Hospital

Registration
08:30 – 09:00 AM

Opening Cermoney 09:00 – 09:15 AM
Prof. Abla Alfy | Prof. Adel Shafik | Prof. Sami Saad | Dr Sara Emad

Session 1 | 09:15 – 10:45 AM
Women Health - Part 1

CHAIRPERSONS
Prof. Ahmed El Husseiny | Prof. Mohamed Khalaf | Prof. Amal Youssef
Prof. Mohammed Awad

09:15 – 09:30 AM
Egyptian Woman: Then and now
Dr. Amr Nagi

09:30 – 09:45 AM
Premature Ovarian insuffiency
Prof. Adel Shafik

09:45 – 10:00 AM
PMOS beyond Infertility
Prof. Abu bakr El Nashar

10:00 – 10:15 AM
Insights on maternal nutrition and multinutrients
Prof. Mohamed Huessin Moustafa

10:15 – 10:30 AM
The 4TH Trimester: Why Post partum Rehabilitation Matters
Prof. Ahmed Abbas

10:30 – 10:45 AM
When Gluten Becomes a woman enemy?
Prof. Ahmed Mourad Hashem

Session 2| 10:45 AM – 12:45 PM

Women - Part 2

CHAIRPERSONS

Prof. Farag Abdel Menam | Prof. Azza Fekry | Prof. Dalia Kamel
Prof. Noha Fouad |

10:45 – 11:00 AM

Nonsurgical treatment of stress incontience

Prof. Doaa Saleh

11:00 – 11:15 AM

Light based intimate wellness: The Future of Vaginal Rejuvenation

Prof. Doaa Osman

11:15 – 11:30 AM

The silent Symptom: Unmasking Vaginal Gases

Prof. Amira Nagy

11:30 – 11:45 AM

Gut-Brain –Pelvic Axis in Functional female symptom

Prof. Malak El-Mahdy

11:45 AM – 12:00 PM

Probiotics and Female microbiome: impact on hormonal, gut and vaginal Health

Prof. Mary Sobhy

12:00 – 12:15 PM

Accupuncture in Women Health Evidence Based Integration of tradional and modern medicine

Prof. Mohamed Sharkawy

12:15 – 12:30 PM

Why every woman needs Kegel exercises?

Prof. Ahmed Rageh

Sunday 28/6 - 10:00 PM

Down Training Approches for Sexual Recovery zoom

Prof. Aya Nabil (ON_LINE)

12:30 - 01:45 PM I Prayer & Coffee Break



Session 3 | 012:30 – 01:45 PM

Women Health - Part 2

CHAIRPERSONS

Dr. Nagwaa El Dakhakhny | Dr. Neven Awny |Dr. Amal Ibrahim
Dr. Mohamed Helmy

01:45 – 02:00 PM

P.t for Breast Cancer patients .. its not only about lymphedema

Prof. Mohmed Abdel Rahman

02:00 – 02:15 PM

Lipedema :Surgery meets Physiotherapy

Drr. Youssef Hassan - Drr. Ahmed Hassan

02:15 – 02:30 PM

The hidden disease lipedema: How to deal with it?

Drr. Azza Abdullahand - Drr. Ahmed Aziz

02:30– 02:40 PM

The Hidden Driver of Women Recovery

Drr. Sara Aziz

02:40 – 02:50PM

El Ahlya Symposium

ELAHLYIA HEALTHCARE

02:50 – 03:00PM

Praxo Symposium

Dr. Moustafa Mohamed

PRAXO

Session 4 | 03:00 – 04:30 PM

Women Nutrition

CHAIRPERSONS

Dr. Hesham El Wasif | Dr. Mohamed El Zokm | Dr. Mina Nasef |Dr. Ahmed Fathy |Dr. Ahmed Maher

03:00 – 03:15 PM

The Butterfly Effect How your thyroid shapes your health

Prof. Heba Said

03:15 – 03:30 PM

Cortisol Insulin Balance

Prof. Mohamed Abdel Samad

03:30 – 03:45 PM

Insulin resistance the missing piece of the puzzle

Prof. Ahmed AbdelHalim

03:45 – 04:00 PM

Sleep Hormones and Fatty liver Can life style change rewrite the story of PCOS

Prof. Sami El Gendy

04:00 – 04:15 PM

Nutri for Her from Careless to Care

Dr. Abanoub Kameel

04:15 – 04:30 PM

Valor Symposium

Session 5 | 04:30 – 06:30 PM

Women Nutrition - Part 2

CHAIRPERSONS

Dr. Nardin Samir | Dr. Sara Emad | Dr. Mahmoud Hashem | Dr. Ahmed Sabry

04:30 – 04:45 PM

Beyond The Scale: Empowering Women Through Comprehensive Health Care

Dr. Mervat El Sayed

04:45 – 05:00 PM

Why Women Wake up tired every day?

Dr. Walaa El Kobessy

05:00 – 05:15 PM

Beyond willpower Myth: Clinical Management of Genetic Obesity

Dr. Mohamed Huessin - Dr. Mohamed El Taweel

05:15 – 05:30 PM

It is not your willpower Why Women gain Weight Differently?

Dr. Yahia Sadek

05:30 – 05:45 PM

Every woman wants GLP-1..But should they?

Dr. Noha El Saied - Dr. Mohamed El Shafaiie

05:45 – 06:00 PM

Behavioral & Mental Well-Being for Her

Prof. Nisreen Abbas

06:00 – 06:15 PM

Vitamin B12 & Women Health :More than just Anemia

Prof. Mohamed Afify

06:15 – 06:30 PM

Not hormones only. it might be Magnesium

Prof. Ahmed El Khateeb

Session 6 | 06:30 - 07:30 PM

Women Beauty

CHAIRPERSONS

Dr. Fayrouz Magdy | Dr. Nermeen Saber | Dr. Mahmoud Atta | Dr. Bahi Hany

06:30 – 06:45 PM

Glow is not a Filte :
The Science Behind Healthy skin

Prof. Amir El Sharkawy

06:45 – 07:00 PM

Cellulite Hormonal or life style Problem

Dr. Eman Rashed

07:00 – 07:15 PM

The Hair loss Puzzle: Connecting Nutrition, Hormones &Life style

Dr. Rania Ramadan

07:15 – 07:30 PM

What Women Eyes say about their health?

Dr. Sherif Nageeb

07:30 PM

Closing



PURE SPOT
EVENTS MANAGEMENT

"Thank you for being part of our success."

Until We Meet Again...

See You at the 5th Scientific Meeting of Physio and Nutri for Her – 2027

4th SCIENTIFIC MEETING OF PHYSIO AND NUTRI *For Her*

26 June 2026

Princess Fatma Academy, Nasr City, Cairo, Egypt

WORKSHOPS

SOLARIS®
Your Treatment Become Food

10:30 – 11:30 AM

Mesotherapy

Speaker: Dr. Rania Ramadan

11:30 AM – 12:00 PM

AI in Clinical Nutrition

Speaker: Dr. Abdelrahman Ali

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02:00 – 03:00 PM

Speakers:

- Dr. Yehya Sadek
- Dr. Enas Kamer

NUTRITION CARE Pharmaceutical
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03:00 – 04:00 PM

Speakers:

- Dr. Asmaa El Dahduh
- Dr. Mohamed Gamal

Topic:

Peptide Aesthetics & Hormonal Coaching:
The Holistic Guide for Her



PROJECT MANAGER

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