8TH ESMA International Conference

Egyptian Society of Metabolic Syndrome

Metabolic Syndrome Medicine: From Guidelines to Practice

1-3 April 2026 - Tolip El Forsan Hotel, Ismailia



Egyptian Society of Metabolic Syndrome
ESMA
الجمعية المصرية لمتلازمة الأيض
IDF Member

Conference Chairmen

Prof. Ihab Salem

President of ESMA
Former Head of the Endocrinology Unit
Zagazig University.

Prof. Ahmed Tageldien

Vice President of ESMA
Director of Cardiology Unit
Specialized Hospital Suez-Canal University.

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Conference Board:



Prof. Mohamed Abdelghany
Cairo University



Prof. Gamila Nasr
Suez Canal University



Prof. Megahed Abu Elmagd
Mansoura University



Prof. Khaled El-Hadidy
Beni-Swaif University



Prof. Hisham Hegazy
Suez Canal University



Prof. Ahmed El-Ghalid
Suez Canal University



Prof. Samir Naeem
Alexandria University



Prof. Mesbah Kamel
MOH Minia



Prof. Hanan Kamal
Suez Canal University



Prof. Karim Saeed
Cairo University



Prof. Aasem Saif
Cairo University



Prof. Wael Farrag
Tanta University

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Egyptian Society of Metabolic Syndrome
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Organizing Committee:



Prof. Mayada Moussa
Zagazig University



Prof. Omar Saleh
Suez Canal University



Prof. Usama Ragab
Zagazig University



Prof. Basma Osman
Suez Canal University



Prof. Mona Karem
Suez Canal University



Dr. Omar Hassouna
Egypt Health Care Authority



Dr. Mohamed El Gihany
Fakous Hospital



Prof. Khaled El-Banna
Zagazig University



Dr. Ahmed Noufal
Zagazig University



Dr. Hossam Hosni
NIDE



Dr. Ahmed Elsawaf
NIDE



Dr. Ibrahim Hagras
Al Ahrar Teaching Hospital

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Guest Speakers:



Prof. Thomas F. Lüscher

MD, FRCP
Professor of Cardiology, King's College and Director of Research, Education & Development, Consultant Cardiologists, Royal Brompton and Harefield Hospitals, London, U.K. and Centre for Molecular Cardiology, University of Zurich, Switzerland



Prof. Osama Hamdy

Harvard University, USA



Prof. John GF Cleland

School of Cardiovascular & Metabolic Health, University of Glasgow, United Kingdom



Prof. Francesco Giorgino

M.d., Ph.d.
Professor of Endocrinology
Department of Precision and Regenerative Medicine and Ionian Area Section of Internal Medicine, Endocrinology, Andrology and Metabolic Diseases



Prof. Aliya Khan

MD, FRCPC, FACP, FACE, FASBMR
Professor of Clinical Medicine
Director, Calcium Disorders Clinic
Director, Fellowship in Metabolic Bone Disease
McMaster University
Hamilton, Ontario, Canada



Prof. Dimitrios G. Goulis

Professor of Reproductive Endocrinology, Aristotle University of Thessaloniki



Prof. Peter Schwartz

International Diabetes Federation President
Professor of Endocrinology - Dresden University - Germany



Prof. Janaka Karalliedde

Professor of Diabetes
Consultant Physician in Diabetes and Endocrinology and Internal Medicine
Kings College, London

Welcome to the 8th ESMA International Conference

Cardio-Renal-Metabolic-Obesity (CRM-O) medicine is rapidly emerging as a unifying paradigm that captures the intricate and bidirectional interplay between cardiovascular disease, diabetes, chronic kidney disease, and obesity—conditions that collectively drive a substantial proportion of global morbidity and mortality.

This year, our scientific program is thoughtfully designed to comprehensively address these interconnected domains, empowering clinicians to engage in a deeper, more nuanced understanding of CRM-O medicine, with the ultimate goal of translating knowledge into meaningful improvements in patient outcomes.

The 8th International ESMA Conference (1–3 April 2026) will serve as a premier platform for cutting-edge education, bringing together distinguished global thought leaders across cardiology, diabetology, endocrinology, and nephrology. Under the theme "Metabolic Syndrome Medicine: From Guidelines to Clinical Practice," the conference will explore critical and contemporary topics, delivered by an esteemed faculty of international and leading Egyptian experts, who will share their insights, experience, and evolving strategies in CRM-O management.

In 2025, ESMA was honored to become a member of the International Diabetes Federation—a globally esteemed organization dedicated to advancing care and improving the quality of life for individuals living with diabetes. We firmly believe that this milestone will further strengthen and expand our efforts in advancing metabolic syndrome care and promoting cardiometabolic health.

ESMA: Advancing the Future of Cardio-Metabolic Health.

Prof. **Ihab Salem**
President of ESMA
Former Head of the Endocrinology Unit
Zagazig University.

Prof. **Ahmed Tageldien,**
Vice President of ESMA
Director of Cardiology Unit
Specialized Hospital Suez-Canal University.

Internal Medicine & Endocrinology Faculty, *in alphabetical order*

- Prof. **Aasem Saif**, Cairo University
- Dr. **Abdallah Shwaikh**, Theodor Bilharz Institute
- Prof. **Abdel Hamid Serwah**, Suez Canal University
- Prof. **Abdel Raouf Eldeep**, Suez Canal University
- Prof. **Adel Hassan**, Suez Canal University
- Prof. **Ahmed Albehairy**, Mansoura University
- Dr. **Ahmed Kolaly**, Zagazig University
- Dr. **Ahmed Mossad**, Suez Canal University
- Dr. **Ahmed Noufal**, Zagazig University
- Prof. **Ahmed El Sabawy**, NIDE
- Dr. **Ahmed Sawaf**, NIDE
- Dr. **Ahmed Yassin**, SCA Hospitals
- Prof. **Amr Abdelmonem**, Cairo University
- Dr. **Amr Elsantawy**, Kafr El-Shaikh University
- Dr. **Amr Omar**, NIDE
- Prof. **Arafa Elshabrawy**, Zagazig University
- Prof. **Azza Hassan**, Zagazig University
- Prof. **Basma Osman**, Suez Canal University
- Prof. **Dina Rashid**, Helwan University
- Prof. **Elsayed Abdelfattah**, Delta University
- Prof. **Elsayed Ghonamy**, Ain Shams University
- Prof. **Eman Mahmoud**, Al Azhar University
- Prof. **Farid Fawzy**, Zagazig University
- Prof. **Ghada Elkhatib**, Assiut University
- Prof. **Hanaa Kandil**, Al Azhar University
- Prof. **Hatem Salem**, Zagazig University
- Prof. **Hisham Elhefnawy**, NIDE
- Prof. **Hisham Metwally**, SCA Hospitals
- Prof. **Hossam Ghazi**, Mansoura University
- Dr. **Hossam Hosny**, NIDE
- Dr. **Ibrahim Amer**, Ismailia MOH
- Prof. **Ihab Salem**, Zagazig University
- Prof. **Iman EL Sherif**, Suez Canal University
- Prof. **Kariem Salem**, Fayoum University
- Prof. **Khaled Elbanna**, Zagazig University
- Prof. **Khaled Elhadidy**, Beni Suef University
- Prof. **Maha Bondok**, Alexandria University
- Dr. **Mahmoud Elsayed**, MOH
- Prof. **Mamdouh Elnahhas**, Port Said University
- Prof. **Mayada Moussa**, Zagazig University
- Prof. **Megahed Abo Elmagd**, Mansoura University
- Prof. **Mesbah Kamel**, MOH Minia
- Prof. **Mohamed Abdelghany**, Mansoura University
- Dr. **Mohamed Elgehany**, MOH
- Dr. **Mohamed Gerish**, Suez Canal University
- Prof. **Mohamed Keshawy**, Suez Canal University
- Dr. **Mohamed Mashaly**, Consultant Nephrologist
- Prof. **Mohamed Reda Halawa**, Ain Shams University
- Prof. **Mohamed Shawki**, Benha University
- Prof. **Mona Karem**, Suez Canal University
- Prof. **Mona Mohamed Abdelsalam**, Ain Shams University
- Prof. **Mostafa Abdelnasir**, Ain Shams University
- Prof. **Nader Nemr**, Suez Canal University
- Prof. **Naglaa Hamed**, Port Said University
- Prof. **Nevin Foad**, Zagazig University
- Dr. **Saeed Sherbiny**, Ismailia MOH
- Prof. **Sameh El-Shahat**, Mansoura University
- Dr. **Sameh Elzaki**, Suez Canal University
- Prof. **Sameh Saber**, Zagazig University
- Prof. **Samir Naeem**, Alexandria University
- Prof. **Sara Osama**, Port Said University
- Prof. **Seham Ahmed**, Suez Canal University
- Prof. **Shaimaa Farouk**, Zagazig University
- Dr. **Sobhy Elnagar**, MOH
- Prof. **Tamer Elsherbiny**, Alexandria University
- Prof. **Usama Ragab**, Zagazig University
- Prof. **Wael Farrag**, Tanta University
- Prof. **Yasser Abdelraouf**, Tanta University

Cardiology Faculty, *in alphabetical order*

- Dr. **Abdelrahman Afifi**, Aswan Heart Center
- Dr. **Abdallah Ateya**, Suez Canal Authority
- Prof. **Ahmed Bendary**, Benha University
- Prof. **Ahmed El Ghalid**, Suez Canal University
- Prof. **Ahmed Elbarbary**, MUST University
- Prof. **Ahmed Emad Hasan**, Military Academy
- Prof. **Ahmed Emara**, Menofia University
- Prof. **Ahmed El-Hawary**, Suez Canal University
- Prof. **Ahmed Salah Salem**, Suez Canal University
- Prof. **Ahmed Tageldien**, Suez Canal University
- Prof. **Basem Zarif**, National Heart Institute
- Prof. **Emad Abdelhay**, Mahalla Heart Center
- Prof. **Fathy Maklady**, Suez Canal University
- Prof. **Fathy Nada**, Suez Canal University
- Prof. **Gamal Fahim**, Mansoura University
- Prof. **Gamila Nasr**, Suez Canal University
- Prof. **Hamada Gahnem**, Military Academy
- Prof. **Hanan Kamal**, Suez Canal University
- Dr. **Haitham Farid**, Suez Canal Authority
- Prof. **Hisham Hegazy**, Suez Canal University
- Prof. **Islam Zakarya**, Suez Canal University
- Prof. **Karim Saeed**, Cairo University
- Dr. **Laila Khalil**, Egyptian Healthcare Authority
- Prof. **Mohamed Abdelghani**, Cairo University
- Prof. **Mohamed Al Merry**, Suez Canal University
- Dr. **Mohamed Gamal**, Egyptian Healthcare
- Dr. **Mohamed Hegazy**, Egyptian Healthcare Authority
- Prof. **Mohamed Salama**, Kafr El-Shaikh University
- Prof. **Mohamed Khedr**, Military Academy
- Prof. **Mohamed Oraby**, Suez Canal University
- Prof. **Mohamed Salim**, National Heart Institute
- Dr. **Mohamed Soliman**, Egyptian Healthcare Authority
- Prof. **Mohamed Zahran**, Ain Shams University
- Prof. **Moheb Magdy**, Mansoura University
- Prof. **Moustafa Mokarrab**, Al Azhar University
- Prof. **Omar Saleh**, Suez Canal University
- Dr. **Omar Hassouna**, Egyptian Healthcare Authority
- Dr. **Osama Elsherbiny**, Suez Canal Authority
- Prof. **Shady Hussein**, Mansoura University
- Dr. **Shady Aql**, Egyptian Healthcare Authority
- Prof. **Tareq Naguib**, Zagazig University
- Prof. **Timoor Mostafa**, Tanta University
- Prof. **Walid Al Awady**, Zagazig University
- Prof. **Walid Ammar**, Cairo University
- Prof. **Yasser Abdelgalil**, Al Azhar University

Wednesday, 1 April 2026

Main Hall

Registration		09:00 – 09:30 AM
Session 1	State of the Art Lecture	09:30 – 10:15 AM

Chairpersons, *Alphabetical Order*

Prof. **Ahmed El Ghalid**, *Suez Canal University*
Prof. **Ahmed El-Hawary**, *Suez Canal University*
Prof. **Ali Al Nihom**, *President of Libyan Society of Cardiology*
Prof. **Fathy Maklady**, *Suez Canal University*
Prof. **Gamila Nasr**, *Suez Canal University*
Prof. **Hanan Kamal**, *Suez Canal University*

09:30 AM 09:50 AM	**Metabolic Syndrome Management: Cardiologist Perspective** Prof. **Thomas Luescher**, *President of the ESC, King's College – UK*
09.50 AM 10.10 AM	**ADA 2026: Shaping the Future of Cardiometabolic Medicine** Prof. **Mohamed Abdelghani**, *President of the EgSC, Cairo University*

Wednesday, 1 April 2026

Main Hall

Session 2	Smart Cardiovascular Disease Management: from Hypertension to Heart Failure	10:15 – 11:00 AM

Chairpersons, *Alphabetical Order*

Prof. **Ahmed El Ghalid**, *Suez Canal University*
Prof. **Ahmed Salah Salem**, *Suez Canal University*
Prof. **Gamila Nasr**, *Suez Canal University*
Prof. **Islam Zakareya**, *Suez Canal University*
Prof. **Mohamed El Merry**, *Suez Canal University*
Prof. **Mohamed Zahran**, *Ain Shams University*

10:15 AM 10:30 AM	**Screening Target Organ Damage in Hypertension** Prof. **Karim Saeed**, *Cairo University*
10:30 AM 10:45 AM	**Hypertension Management: The Legacy of Amlodipine-Valsartan** VIATRIS™ Prof. **Ahmed Tageldien**, *Suez Canal University*
10:45 AM 11.00 AM	**Empagliflozin across CRM Patients** Boehringer Ingelheim Prof. **Fathy Nada**, *Suez Canal University*

Wednesday, 1 April 2026

Main Hall

Session 3	State of Art Diabetes, Nutrition, and Endocrinology	11:10 AM – 12:00 PM

Chairpersons, *Alphabetical Order*

Prof. **Farid Fawzy**, *Zagazig University*
Prof. **Ihab Salem**, *Zagazig University*
Prof. **Mona Karem**, Suez Canal University
Prof. **Najwa Rahiem**, *President of Libyan Association of Diabetes*

11:10 AM 11:40 AM	**Why we reversed the pyramid** Prof. **Osama Hamdy**, *Harvard University*
11.40 AM 12.00 PM	**Key Tips in Levothyroxin Therapy, European Thyroid Association 2026** Prof. **Megahed Aboelmagd**, *Mansoura University*

Wednesday, 1 April 2026

Main Hall

Session 4	Precision in CVD Practice	12:00 – 01:25 PM

Chairpersons, *Alphabetical Order*

Prof. **Ahmed El Ghalid**, *Suez Canal University*
Prof. **Gamila Nasr**, *Suez Canal University*
Prof. **Hanan Kamal**, *Suez Canal University*
Dr. **Omar Hassouna**, *Egyptian Healthcare Authority*

12:00 PM 12:15 PM	**Why HF Pillars are Fantastic?** Prof. **Islam Zakareya**, Suez Canal University
12:15 PM 12:30 PM	**Empagliflozin: A Clinical Perspective From Trials to Real-World Case Studies** ZETA PHARMA Prof. **Mohamed Abdelghani**, Cairo University
12:30 PM 12:50 PM	**Sacubitril-Valsartan ... across LVEF** NOVARTIS Prof. **Omar Saleh**, Suez Canal University
12:50 PM 01:10 PM	**Inclisiran (Leqviu): Don't miss the window to prevent what is next** NOVARTIS Prof. **Moheb Magdy**, Mansoura University
01:10 PM 01:25 PM	**Rotamilirin in Acute hemodynamic Heart Failure: Integrating inotropy, vasodilatation & Ventricle unloading** HPG Prof. **Mohamed El Merry**, *Suez Canal University*

Coffee Break	☕	01:25 – 02:00 PM

Wednesday, 1 April 2026

Main Hall

Session 5	Updates in Diabetes Guidelines 2026	02:00 – 3:30 PM

Chairpersons, *Alphabetical Order*

Dr. **Abdallah Shwaikh**, *Theodor Bilharz Institute*
Prof. **Abdelraouf Eldeep**, *Suez Canal University*
Dr. **Ahmed Yassin**, Suez Canal Authority
Dr. **Mohamed Gerish**, *Suez Canal University*
Dr. **Mohamed Mashaly**, *Consultant Nephrologist*

02:00 PM 02:15 PM	**NICE Diabetes Guidlines 2026** Prof. **Farid Fawzy**, *Zagazig University*
02:15 PM 02:30 PM	**KDIGO Guidlines 2026** Prof. **Basma Osman**, *Suez Canal University*
02:30 PM 02:45 PM	**DPP4i: Does it still have role in Type 2 DM Management** Prof. **Ihab Salem**, *Zagazig University*
02:45 PM 03:00 PM	**The Quantum Leap in type 2 DM management** Prof. **Mayada Moussa**, *Zagazig University*
03:00 PM 03:15 PM	**Intelligent, Not Aggressive: The Rationale for Triple Combo in Diabetes Management** Prof. **Usama Ragab**, *Zagazig University*
03:15 PM 03:30 PM	**Bridging the Gap: Enhancing Insulin Accessibility with Basal Insulin** Prof. **Hesham Metwally**, *Suez Canal Authority*

Wednesday, 1 April 2026

Main Hall

Session 6	Closing the Gap in CVD Management Inertia	03:30 – 04:45 PM

Chairpersons, *Alphabetical Order*

Prof. **Ahmed El Ghalid**, *Suez Canal University*
Prof. **Gamal Fahim**, *Mansoura University*
Prof. **Hanan Kamal**, *Suez Canal University*
Prof. **Mohamed El Merry**, *Suez Canal University*

03:30 PM 03:45 PM	**Moving the Bar to Avoid Therapeutic Inertia in CVD** Prof. **Mohamed El Merry**, *Suez Canal University*
03:45 PM 04:00 PM	**DOACs dialogues: Bridging real world evidence & Clinical practice in NVAF** Pfizer Prof. **Mohamed Zahran**, *Ain Shams University*
04:00 PM 04:15 PM	**Dapagliflozin from trials to the real practice** ALESTAA Prof. **Yasser Abdelgalil**, *Al Azhar University*
04:15 PM 04:30 PM	**Comprehensive Cardiovascular Risk Management: A Case-Based Approach** Xeedia Prof. **Moheb Magdy**, *Mansoura University*
04:30 PM 04:45 PM	**Targeting Sympathetic & RAAS Systems in Hypertension** MERCK Prof. **Ahmed Tageldien**, *Suez Canal University*

Wednesday, 1 April 2026

Main Hall

Session 7	Diabetic Peripheral Neuropathy 2026	05:00 – 05:30 PM

Chairpersons, *Alphabetical Order*

Dr. **Ahmed Alkolaly**, *Zagazig University*
Prof. **Ihab Salem**, *Zagazig University*
Dr. **Saeed Elsherbiny**, *Ismailia MOH*
Prof. **Usama Ragab**, *Zagazig University*

05:00 PM 05:15 PM	**Diabetic Peripheral Neuropathy Guidelines** Prof. **Azza Hassan**, *Zagazig University*
05:15 PM 05:30 PM	**Role of Vitamin B12 in management of Diabetic Neuropathy** NERHADOU INTERNATIONAL For Pharmaceuticals & Nutraceuticals To Improve Your Health & Life Prof. **Khaled Elbanna**, *Zagazig University*

Wednesday, 1 April 2026

Main Hall

Session 8	Peri- operative Endocrinology	05:30 – 06:00 PM

Chairpersons, *Alphabetical Order*

Prof. **Abdel Hamid Serwah**, *Suez Canal University*
Dr. **Ahmed Elsawaf**, *NIDE*
Prof. **Azza Hassan**, *Zagazig University*
Prof. **Iman Elsherif**, *Suez Canal University*
Prof. **Mayada Moussa**, *Zagazig University*

05:30 PM 05:40 PM	**Postoperative Pituitary Management** Prof. **Sara Osama**, *Port Said University*
05:40 PM 05:50 PM	**Preoperative Thyroid Management** Dr. **Ahmed Noufal**, *Zagazig University*
05:50 PM 06:00 PM	**Preoperative Diabetes Management** Dr. **Ahmed Elkolaly**, *Zagazig University*

Lunch		06:00 PM

Thursday, 2 April 2026

Main Hall

Registration		09:00 – 09:30 AM
Session 9	Obesity Management: Future Perspectives Meet The Expert	09:30 – 10:40 AM

Chairpersons, *Alphabetical Order*

Prof. **Mayada Moussa**, *Zagazig University*
Prof. **Nader Nemr**, *Suez Canal University*
Prof. **Najwa Rahiem**, *President of Libyan Diabetes Association*
Prof. **Seham Ahmed**, *Suez Canal University*

09:30 AM 10:00 AM	**"Obesity and Cardiovascular Disease: Pathophysiological Connections and New Treatment Opportunities"** Prof. **Francesco Giorginio,** *Bari Aldo University – Italy*
10:00 AM 10:15 AM	**Semaglutide 2.4 mg Goes Beyond** novo nordisk® Prof. **Ihab Salem**, *Zagazig University*
10:15 AM 10:30 AM	**Semaglutide 2.4 mg in MASH: A New Dawn** novo nordisk® Prof. **Ahmed Kordie**, *Cairo University*

Thursday, 2 April 2026

Main Hall

Session 10	The Fantastic Pillars in CRM	10:40 – 11:30 AM

Chairpersons, *Alphabetical Order*

Prof. **Ibrahim Amer**, *MOH*
Prof. **Ihab Salem**, *Zagazig University*
Prof. **Khaled Elhadidy**, *Beni Suef University*
Prof. **Usama Ragab**, *Zagazig University*

10:40 AM 11:00 AM	**Metabolic Syndrome: Nephrologist perspective** Prof. **Janaka Karadille**, *Kings College – London*
11:00 AM 11:15 AM	**Semaglutide 1mg: Save Lives, Heart & Kidney** novo nordisk® Prof. **Aasem Saif**, *Cairo University*
11:15 AM 11:30 AM	**Beyond Diabetes : A Unified Approach to CRM** ATCO Prof. **Arafa Elshabrawy**, *Zagazig University*

Thursday, 2 April 2026

Main Hall

Session 11	Cracking Cardiovascular Disease Codes	11:30 AM – 01:00 PM

Chairpersons, *Alphabetical Order*

Prof. **Ahmed El Barbary**, *MUST University*
Prof. **Ahmed El Ghalid**, Suez Canal University
Prof. **Hanan Kamal**, Suez Canal University
Prof. **Omar Saleh**, Suez Canal University
Prof. **Tareq Naguib**, Zagazig University

11:30 AM 11:45 AM	**Hypertension Management: Make it Simple** Prof. **Bassem Zarif**, *National Heart Institute*
11:45 AM 12:00 PM	**Control Without Compromise : A Case for Combining beta 1-Selectivity with OLM/AMLO Synergy** Prof. **Khaled Elhadidy**, *Beni Suef University*
12:00 PM 12:15 PM	**Transforming Hyperkaelmia Care** Prof. **Shady Hussein**, *Mansoura University*
12:15 PM 12:30 PM	**Control speaks Egyptian** Prof. **Ahmed Salah Salem**, *Suez Canal University*
12:30 PM 12:45 PM	**DAPT Fixed Dose Combination in managing ACS and CCS** Prof. **Walid Ammar**, *Cairo University*
12:45 PM 01:00 PM	**Valsartan: from Hypertension to HF** Prof. **Timoor Mostafa**, *Tanta University*

Thursday, 2 April 2026

Main Hall

Session 12	Opening Ceremony	01:15 – 01:40 PM

Chairpersons, *Alphabetical Order*

Prof. **Ahmed Tageldien**, *Suez Canal University*
Prof. **Ihab Salem**, *Zagazig University*

01:15 PM 01:30 PM	**Role of IDF in Diabetes Care** Prof. **Mesbah Kamel**, *IDF Representative MENA Region, MOH Minia*

Coffee Break	☕	01:40 – 02:00 PM

Thursday, 2 April 2026

Hall (A)

	Endocrinology Track	02:00 – 06:00 PM
Session 13	Parathyroid Session: Meet The Expert	02:00 – 02:40 PM

Chairpersons, *Alphabetical Order*

Prof. **Hanaa Kandil**, *Al Azhar University*
Prof. **Khaled Elhadidy**, *Beni Suef University*
Prof. **Mohamed Reda Halawa**, *Ain Shams University*
Prof. **Mohamed Shawki**, *Benha University*

02:00 PM 02:20 PM	**State of The Art: Hypoparathyroidism: from Guidelines to clinical practice** Prof. **Aliya Khan,** *Professor of Medicine, McMaster University, Canada*
02:20 PM 02:35 PM	**Bridging Evidence and Practice: The role of Teriparatide in Modern Management** MINAPHARM PHARMACEUTICALS Prof. **Ihab Salem**, *Zagazig University*

Thursday, 2 April 2026

Hall (A)

Session 14	New Path for Old Friend	02:40 – 03:30 PM

Chairpersons, *Alphabetical Order*

Prof. **Ahmed Albehairy**, *Mansoura University*
Dr. **Amr Omar**, *NIDE*
Prof. **Mayada Moussa**, *Zagazig University*
Prof. **Naglaa Hamed**, *Port Said University*
Prof. **Nevin Foad**, *Zagazig University*

02:40 PM 02:55 PM	**Current Strategies for Diabetic Neuropathy Management???** PHARCO Prof. **Hatem Salem**, *Zagazig University*
02:55 PM 03:10 PM	**Two Vitamins, One mission: B12 and Folic Acid** PHARCO Prof. **Mohamed Shawki**, *Benha University*
03:10 PM 03:25 PM	**Evidence-Based Combination Strategies: Gliclazide Plus Newer Agents** SERVIER Prof. **Mohamed Reda Halawa**, *Ain Shams University*

Thursday, 2 April 2026

Hall (A)

Session 15	Pitfalls in CRM Management	03:30 – 05:00 PM

Chairpersons, *Alphabetical Order*

Prof. **Hanaa Kandil**, *Al Azhar University*
Prof. **Mohamed Reda Halawa**, *Ain Shams University*
Prof. **Usama Ragab**, *Zagazig University*

03:30 PM 03:45 PM	**Pitfalls in Obesity Management** Prof. **Kamel Hemida**, *Alexandria University*
03:45 PM 04:00 PM	**Pitfalls in insulin Therapy** Prof. **Aasem Saif**, *Cairo University*
04:00 PM 04:15 PM	**Rewriting the Journey ! New generation basal insulin for uncontrolled diabetes** sanofi Prof. **Ahmed Albehairy**, *Mansoura University*
04:15 PM 04:30 PM	**From treatment burden to therapeutic balance: advancing glycemic control with FRC** sanofi Prof. **Ihab Salem**, *Zagazig University*
04:30 PM 04:45 PM	**IDegAsp: An intensification option your patient can stay on** novo nordisk Prof. **Hisham Elhefnawy**, *NIDE*
04:45 PM 05:00 PM	**Beyond The algorithm: Reliable Control With Vildagliptin Metformin Therapy** FPi Prof. **Mayada Moussa**, *Zagazig University*

Thursday, 2 April 2026

Hall (A)

Session 16	Dyslipidemia from Guidelines to Practice	05:00 – 05:30 PM

Chairpersons, *Alphabetical Order*

Prof. **Dina Rasheed**, *Helwan University*
Dr. **Mahmoud Elsayed**, *MOH*
Prof. **Naglaa Hamed**, *Port Said University*
Dr. **Sameh Elzaki**, *Suez Canal University*

05:00 PM 05:15 PM	**Dyslipidemia Guidelines: AACE 2025** Prof. **Mohamed Abdelghany**, *Mansoura University*
05:15 PM 05:30 PM	**Overcoming Inertia in Dyslipidemia Management** Dr. **Hossam Hosny**, *NIDE*

Thursday, 2 April 2026

Hall (A)

Session 17	New Players in Endocrine Disease Management	05:30 – 06:00 PM

Chairpersons, *Alphabetical Order*

Dr. **Amr Elsantawy**, *Kafr El-Shaikh University*
Prof. **Khaled Elbanna**, *Zagazig University*
Prof. **Mayada Moussa**, *Zagazig University*

05:30 PM 05:45 PM	**Once Weekly Growth Hormone** Prof. **Ahmed El Sabawy**, *NIDE*
05:45 PM 06:00 PM	**Updates in Graves' Disease Management** Prof. **Elsayed Ghonamy**, *Ain Shams University*

Lunch		06:00 PM

Thursday, 2 April 2026

Hall (B)

	Cardiovascular & Intervention Track	02:00 – 06:00 PM
Session 18	**When Things Go Wrong: Mastering Interventional Complications**	02:00 – 03:30 PM

Modeerators, *Alphabetical Order*

Prof. **Ahmed Emara**, *Menofia University*
Prof. **Ahmed El Ghalid**, *Suez Canal University*
Prof. **Hesham Hegazy**, *Suez Canal University*
Prof. **Tareq Naguib**, *Zagazig University*
Prof. **Timoor Mostafa**, *Tanta University*
Prof. **Walid Ammar**, *Cairo University*

02:00 PM 02:10 PM	**Case 1** Prof. **Mohamed Selim**, *National Heart Institute*
02:10 PM 02:20 PM	**Case 2** Prof. **Mohamed Khedr**, *Military Academy*
02:20 PM 02:30 PM	**Case 3** Prof. **Walid Awady**, *Zagazig University*
02:30 PM 02:40 PM	**Case 4** Prof. **Emad Abdelhay**, *Mahalla Heart Center*
02:40 PM 02:50 PM	**Case 5** Prof. **Mohamed Salama**, *Kafr El-Shaikh University*
02:50 PM 03:05 PM	**Optimal LDL-C for secondary prevention: Start early and aggressively!** ORGANON Prof. **Ahmed Tageldien**, *Suez Canal University*
03:05 PM 03:20 PM	**New era of DOACs in management of AF** rameda Prof. **Fathy Nada**, *Suez Canal University*

Thursday, 2 April 2026

Hall (B)

Session 19	Structural Intervention and Coronary Intervention in HF Patients	03:30 – 04:45 PM

Modeerators, *Alphabetical Order*

Prof. **Bassem Zarif**, *National Heart Institute*
Prof. **Mohamed Khedr**, *Military Academy*
Prof. **Mohamed Oraby**, *Suez Canal University*
Prof. **Mohamed Salama**, *Kafr El-Shaikh University*
Prof. **Shady Hussein**, *Mansoura University*
Prof. **Walid Awady**, *Zagazig University*

03:30 PM 03:40 PM	**Case 1** Prof. **Moustafa Mokarrab**, Al *Azhar University*
03:40 PM 03:50 PM	**Case 2** Prof. **Ahmed Emara**, *Menofia University*
03:50 PM 04:00 PM	**Case 3** Prof. **Abdelrahman Afifi,** Aswan Heart Center
04:00 PM 04:10 PM	**Case 4** Prof. **Ahmed Emad Hasan,** *Military Academy*
04:10 PM 04:20 PM	**Case 5** Prof. **Omar Saleh**, *Suez Canal University*
04:20 PM 04:35 PM	**Ranolazine shaping the future of CCS** Prof. **Walid Ammar**, *Cairo University*

Thursday, 2 April 2026

Hall (B)

Session 20	From Guidewire to Judgment: Decision Making	05:00 – 05:40 PM

Modeerators, *Alphabetical Order*

Dr. **Abdallah Atteya**, *Suez Canal Authority*
Dr. **Layla Khalil**, *Egyptian Health Authority*
Dr. **Mohamed Gamal Bayoumi**, *Egyptian Health Authority*
Prof. **Mohamed Selim**, *National Heart Institute*
Prof. **Moustafa Mokarrab**, *Al Azhar University*
Prof. **Omar Saleh**, *Suez Canal University*
Dr. **Osama Elsherbiny**, *Suez Canal Authority*

05:00 PM 05:10 PM	**Case 1** Dr. **Shady Aql**, *Egyptian Healthcare Authority*
05:10 PM 05:20 PM	**Case 2** Dr. **Mohamed Hegazy**, *Egyptian Healthcare Authority*
05:20 PM 05:30 PM	**Case 3** Dr. **Haitham Farid**, *Suez Canal Authority*
05:30 PM 05:40 PM	**Case 4** Dr. **Mohamed Soliman**, *Egyptian Healthcare Authority*

Lunch		06:00 PM

Friday 3 April 2026

Main Hall

Registration		09:00 – 09:30 AM
Session 21	Thyroid Ultrasound for the Endocrinologist	09:00 – 09:45 AM

Chairpersons, *Alphabetical Order*

Dr. **Ahmed Mosaad**, *Suez Canal University*
Prof. **Eman Mahmoud**, Al *Azhar University*
Prof. **Ghada Elkhattib**, *Assiut University*
Prof. **Hossam Ghazi**, *Mansoura University*
Prof. **Ihab Salem**, *Zagazig University*

09:00 AM 09:15 AM	**Basics of Thyroid Ultrasound** Prof. **Maha Bondok**, *Alexandria University*
09:15 AM 09:30 AM	**TI-RADS Classification** Prof. **Sameh Saber**, *Zagazig University*
09:30 AM 09:45 AM	**Discussion**

Friday 3 April 2026

Main Hall

Session 22	Thyroid Nodule Session	10:00 – 10:30 AM

Chairpersons, *Alphabetical Order*

Prof. **Ihab Salem**, *Zagazig University*
Prof. **Mamdouh El-Nahas**, *Port Said University*
Prof. **Mayada Moussa**, *Zagazig University*
Prof. **Usama Ragab**, *Zagazig University*

10:00 AM 10:15 AM	**Thyroid Nodule Assessment & Management ATA 2026 Updated Algorithms and new Scan Tool** Prof. **Tamer Elsherbiny**, *Alexandria University*
10:15 AM 10:30 AM	**Beyond Pills: The New Era of Non-Surgical Thyroid Nodule Management** Prof. **Hossam Ghazi**, *Mansoura University*

Friday 3 April 2026

Main Hall

Session 23	Combination Therapy in Diabetes	10:30 – 11:00 AM

Chairpersons, *Alphabetical Order*

Prof. **Basma Osman**, *Suez Canal University*
Prof. **Khaled Hadhood**, *Zagazig University*
Dr. **Mohamed Elgehany**, *MOH*
Prof. **Sara Osama**, Port Said University

10:30 AM 10:45 AM	**Simplifying complexity in the management of Diabetes** Xeedia Prof. **Mamdouh El-Nahas**, *Port Said University*
10:45 AM 11:00 AM	**Role of Sitagliptin/Metformin in managing type 2 DM** Prof. **Mohamed Reda Halawa**, *Ain Shams University*

Friday 3 April 2026

Main Hall

Session 24	Endocrine Dilemma Session: Meet The Expert	11:00 – 11:55 AM

Chairpersons, *Alphabetical Order*

Prof. **Eman Mahmoud**, *Al Azhar University*
Prof. **Ihab Salem**, *Zagazig University*
Prof. **Mamdouh El-Nahas**, *Port Said University*
Prof. **Mona Karem**, *Suez Canal University*
Prof. **Mona Mohamed Abdelsalam**, *Ain Shams University*

11:00 AM 11:20 AM	**Functional Hypogonadism** Prof. **Dimitrious Goullis**, *Aristotle University of Thessaloniki – Greece*
11:20 AM 11:40 AM	**Precocious Puberty: Role of Lab** Prof. **Samir Naeem**, *Alexandria University*
11:40 AM 11:55 AM	**"Silent Guests in the Sella: When to Act and When to Watch"** Prof. **Ghada Elkhattib**, *Assiut University*

Jomaa Prayer & Break		11:55 AM – 01:15 PM

Friday 3 April 2026

Main Hall

Session 25	State of the Art	01:15 – 02:00 PM

Chairpersons, *Alphabetical Order*

Prof. **Adel Hassan**, *Suez Canal University*
Prof. **Ahmed Tageldien**, *Suez Canal University*
Prof. **Ihab Salem**, *Zagazig University*
Dr. **Sobhy Elnagar**, *MOH*
Prof. **Wael Farrag**, *Tanta University*

01:15 PM 01:35 PM	**IDF Diabetes Guidelines** Prof. **Peter Schwartz**, *IDF President*
01:35 PM 01:55 PM	**Practical tips in Clinical Nutrition in CVD** Prof. **Amr Abdelmonem**, *Cairo University*

Friday 3 April 2026

Main Hall

Session 26	From Inertia to Impact: Transforming CRM Management	02:00 – 03:30 PM

Chairpersons, *Alphabetical Order*

Prof. **Ahmed El Ghalid**, *Suez Canal University*
Prof. **Ahmed Tageldien**, *Suez Canal University*
Prof. **Hamada Ghanem**, *Military Academy*
Prof. **Mohamed El Merry**, *Suez Canal University*
Dr. **Omar Hassouna**, *Egyptian Healthcare Authority*
Prof. **Omar Saleh**, *Suez Canal University*

02:00 PM 02:15 PM	**ACC Dyslipidemia Guidelines 2026** Prof. **Ahmed Salah Salem**, *Suez Canal University*
02:15 PM 02:30 PM	**Psycho-Cardiology & Burnout** Prof. **Ahmed El Ghalid**, *Suez Canal University*
02:30 PM 02:45 PM	**Dapagliflozin - Revolutionizing Heart Failure** AstraZeneca Prof. **Ahmed Bendary**, *Benha University*
02:45 PM 03:00 PM	**Revisiting fenibrates in Hypertriglycerideamia** Abbott Prof. **Ahmed Tageldien**, *Suez Canal University*
03:00 PM 03:15 PM	**Hit Early, Hit Hard: Optimize treatment in T2D and CKD** BAYER Prof. **Mostafa Abdelnasir**, *Ain Shams Universiy*
03:15 PM 03:30 PM	**Beyond Calories: Targeting Metabolic Pathways in Obesity with Nutraceuticals** Parkville Prof. **Sameh El-Shahat**, *Mansoura Universiy*

Friday 3 April 2026

Main Hall

Session 27	Pediatric vs. Adult Type I Diabetes	03:30 – 04:15 PM

Chairpersons, *Alphabetical Order*

Prof. **Basma Osman**, *Suez Canal University*
Prof. **Elsayed Abdelfattah**, *Delta University*
Prof. **Kariem Salem**, *Fayoum University*
Prof. **Mohamed Keshawi**, *Suez Canal University*
Prof. **Wael Farrag**, *Tanta University*

03:30 PM 03:45 PM	**Pediatric Perspective** Prof. **Mona Karem**, *Suez Canal University*
03:45 PM 04:00 PM	**Adult Perspective** Prof. **Iman Elsherif**, *Suez Canal University*
04:00 PM 04:15 PM	**The power of precision: Advancing Insulin Therapy** EVA PHARMA Prof. **Yasser Abdelraouf**, *Tanta University*

Friday 3 April 2026

Main Hall

Session 28	Hot Topics in Thyroid	04:15 – 05:00 PM

Chairpersons, *Alphabetical Order*

Prof. **Ihab Salem**, *Zagazig University*
Prof. **Iman Elsherif**, *Suez Canal University*
Prof. **Mayada Moussa**, Zagazig University
Prof. **Usama Ragab**, *Zagazig University*
Prof. **Yasser Abdelraouf**, *Tanta University*

04:15 PM 04:30 PM	**Thyroid Replacement Therapy in Special Population** Prof. **Elsayed Abdelfattah**, *Delta University*
04:30 PM 04:45 PM	**Thyroid eye disease** Prof. **Wael Farrag**, *Tanta University*
04:45 PM 05:00 PM	**Radioactive iodine therapy in DTC and Thyrotoxicosis : precision in 2025 standards.** Prof. **Shaimaa Farouk**, *Zagazig University*

Session 29	ESMA Wrap-Up Session 2025	05:00 – 05:30 PM

Prof. **Ihab Salem**, *Zagazig University*	Prof. **Ahmed Tageldien**, *Suez Canal University*

Lunch		05:30 PM

Friday 3 April 2026

Online Session

Session 30	Lectures of Guest Speaker in ESMA 2026	07:00 – 10:00 PM

Metabolic Syndrome Management: Cardiologist Perspective
Prof. **Thomas Luescher**, *President of the ESC, King's College – UK*
Why we reversed the pyramid
Prof. **Osama Hamdy**, *Harvard University*
"Obesity and Cardiovascular Disease: Pathophysiological Connections and New Treatment Opportunities"
Prof. **Francesco Giorginio,** *Bari Aldo University – Italy*
Metabolic Syndrome: Nephrologist perspective
Prof. **Janaka Karadille**, *Kings College – London*
State of The Art: Hypoparathyroidism: from Guidelines to clinical practice
Prof. **Aliya Khan,** *Professor of Medicine, McMaster University, Canada*
Functional Hypogonadism
Prof. **Dimitrious Goullis**, *Aristotle University of Thessaloniki – Greece*



Looking forward seeing you all in The

9th ESMA International Conference

31 March - 2 April 2027

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