Member of
International
Society of Endocrinology

European Society
of Endocrinology
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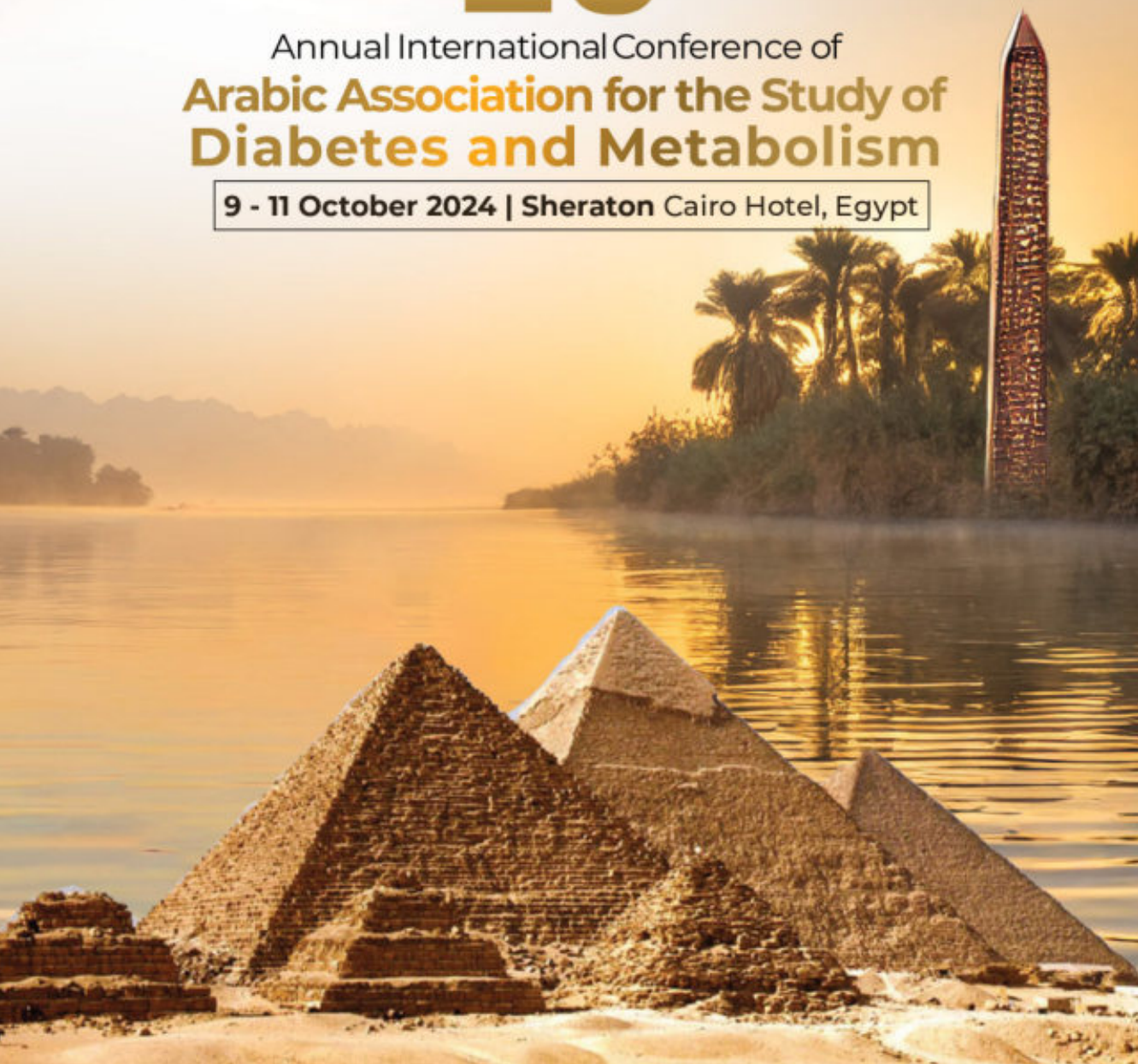
Member of
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20Th

Annual International Conference of

Arabic Association for the Study of Diabetes and Metabolism

9 - 11 October 2024 | Sheraton Cairo Hotel, Egypt



AASD 2024

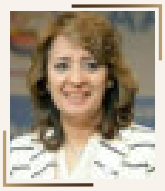
Conference Board

IDF President



Prof. PETER SCHWARZ

AASD & Conference President



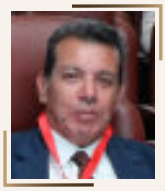
Prof. INASS SHALTOUT

Conference Vice-President



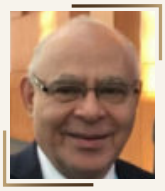
Prof. MOHAMED HASSANEIN

AASD Vice President



Prof. AMR EL MELIGY

AASD & Scientific Research Chairman



Prof. AMIN ROUSHDY

AASD Secretary

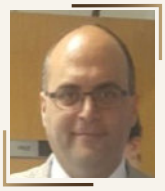


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Scientific Committee Chairmen



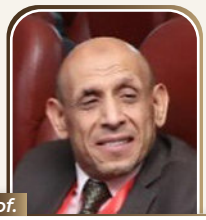
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Prof. HAZEM ASHMAWY



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Prof. HESHAM MAGD ELDIN



Prof. MAGDY ELDAHSHAN



Prof. SHEREEN ABDEL GHAFFAR



Prof. YASSER ABDEL HAMID

Organizing Committee



Dr. ELSAYED ELGHONIMY



Dr. HISHAM HABIB



Prof. IMAN EL SHERIF



Prof. RASHA SOBH

Organizing committee coordinator



Dr. MOHAMED ORABY

Welcome Letter

Dear professors and colleagues

It is our great pleasure to welcome you to the

20th Annual International Conference of Arabic Association for the Study of Diabetes and Metabolism (AASD 2024).

Scheduled October 9th to 11th.

On behalf of the **AASD** board and members, we extend our deepest appreciation to the International Diabetes Federation **(IDF)** for their continuous support, and we express special gratitude to **Prof. Peter Schwarz,** President of the **IDF**, for his exceptional commitment to the cause of diabetes and his support to all **AASD** activities.

As a member of the **IDF, AASD** carries the responsibility of contributing to the global fight against diabetes through public awareness, patient education, and continuous medical education **(AASD-CME).** Our association has been recognized as an **IDF Center of Education in December 2017**, and we strive to advance diabetes care and research through various initiatives, including more than 80 national and international medical conferences, newsletters for healthcare professionals, and capacity building for medical personnel and patients alike.

We are delighted to introduce our distinguished lineup of guest speakers from the Germany, UK, USA, Portugal, Macedonia, Italy, Russia, India, Greece, Morocco and beyond. In addition, we are honoured to have the distinguished national faculty of Egyptian professors who will also be contributing their expertise. These renowned experts will provide invaluable insights and knowledge throughout our packed schedule of sessions. We anticipate that their contributions will lead to enriching discussions and foster professional growth for all participants.

We encourage you to take full advantage of the networking opportunities presented during this conference. Engage, connect, and collaborate to create partnerships that can lead to innovation in diabetes care and research. Your participation is essential, and we are confident that this event will inspire professional development and meaningful connections.

We look forward to welcoming you again at the **2025 AASD** conference, In Shaa Allah.

AASD & Conference President



Prof. INASS SHALTOUT

AASD Annual Conferences

1st AASD Annual Conference, Cairo	20-21 December 2006
2nd AASD Annual Conference, Cairo	28-30 November 2007
3rd AASD Annual Conference, Cairo	29-31 October 2008
4th AASD Annual Conference, Cairo	18-20 November 2009
5th AASD Annual Conference, Cairo	08-10 December 2010
6th AASD Annual Conference,Cairo/ Red Sea	16-18 June 2011
7th AASD Annual Conference, Cairo/ Porto Marina	12-16 September 2012
8th AASD Annual Conference, Cairo/ Hurghada	17-21 December 2013
9th AASD Annual Conference,Cairo/ Red Sea	29 October – 2 November 2014
10th AASD Annual Conference,Cairo/ Red Sea	20-22 October 2015
11th AASD Annual Conference, Cairo	11-13 October 2016
12th AASD Annual Conference, Cairo	11-12 October2017
14th AASD Annual Conference, Cairo	23-26 October 2018
15th AASD Annual Conference, Cairo	23-25 October 2019
16th AASD Annual Conference, Cairo	28-31 October 2020
17th AASD Annual Conference, Cairo	26-29 October 2021
18th AASD Annual Conference, Cairo	26-28 October 2022
19th AASD Annual Conference, Cairo	27-29 October 2023
20th AASD Annual Conference, Cairo/Elsokhna	24-26 October 2024

AASD National Conferences
60 conferences till now

EASD / AASD Postgraduate Course:

AASD / EASD postgraduate course	AASD / EASD postgraduate course
16 – 18 November, 2017	12 – 14 April, 2020

AASD Diabetes Co-Morbidities and Fasting Conferences

1st Annual Conference, *Aug 2008*	2nd Annual Conference, *July 2009*
3rd Annual Conference, *July 2011*	4th Annual Conference, *June 2012*
5th Annual Conference, *June 2013*	6th Annual Conference, *June 2014*
7th Annual Conference, *May 2015*	8th Annual Conference, *May 2016*
9th Annual Conference, *May 2017*	10th Annual Conference, *April 2018*
11th Annual Conference, *April 2019*	12th Annual Conference, *April 2021*
13th Annual Conference, *March 2022*	14th Annual Conference *March 2023*
15th Annual Conference, *March 2024*	

AASD has the following study groups

- Nephrodiab Study Group	- Diabetes Psychological Disorders Study Group
- Diabetes in the Young Study Group	- Diabetes and Liver Study Group
- Diabetes, Obesity and Nutrition Study Group	- Diabetes Research group
- Rheumadiab Study Group	- Diabetes and Obesity prevention group

AASD Contact

WEBSITE: www.aasdonline.com || aasd.sec@gmail.com	
MOBILE: 01007930925 || 01119884994	**WHATSAPP**: 01023992906
FACEBOOK.COM/ AASD Official	**FACEBOOK.COM**/groups/AASD Diabetes
YOUTUBE.COM/AASD Diabetes	**LINKEDIN.COM**/in/AASD Diabetes

AASD Executive Committee

Mrs. **RANEEM SCHURBAJI** | *Mr.* **GAMAL BADRY** | *Mr.* **RAAFAT ATTIA**



INTERNATIONAL FACULTY (ALPHABETICALLY)



Prof. **PETER SCHWARZ,** *GERMANY*

Prof. Peter Schwarz is the president of the International Diabetes Federation, Head of the Division for Prevention and Care of Diabetes at the University Hospital Carl Gustav Carus in Dresden. His research focuses on developing innovative strategies and digital tools for the prevention and treatment of type 2 diabetes.



Prof. **ANDREW J. BEHNKE** *USA*

Prof. Andrew J. Behnke is an Assistant Professor of Internal Medicine at Liberty University College of Osteopathic Medicine. His research includes population differences in diabetes and the effects of continuous glucose monitoring on breastfeeding mothers.



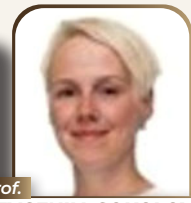
Prof. **ANTONIO CERIELLO** *ITALY*

Prof. Antonio Ceriello is the Head of the Diabetes Unit at IRCCS MultiMedica in Milan, Italy. He is a research advisor focusing on diabetes and cardiovascular diseases, with significant involvement in European diabetes research



Prof. **COLIN DAYAN** *UK*

Prof. Colin Dayan is a Professor of Clinical Diabetes and Metabolism at Cardiff University. His research focuses on the immunopathology of type 1 diabetes, and he leads early-phase clinical trials for antigen-specific immunotherapy.



Prof. **EVGENIIA SOKOLOVA** *RUSSIA*

Prof. Evgeniia Sokolova is a Consultant Endocrinologist at the First St. Petersburg Medical University. She co-founded educational web resources for diabetes patients and organizes postgraduate courses for young diabetologists.



Prof. **GEORGE MASTORAKOS** *ATHENA*

Prof. George Mastorakos is a Professor of Endocrinology at the National and Kapodistrian University of Athens. He has served as President of the Hellenic Endocrine Society and is actively involved in European endocrinology research networks.



Prof. **JAMAL BELKHADIR** *MOROCCO*

Prof. Jamal Belkadir is the Chairman of IDF MENA Region, Honorary Member of Francophone Diabetes Association and the Chief physician of the Ibn Sina hospital at the Faculty of Medicine and Pharmacy of Rabat.



Prof.
JOÃO FILIPE RAPOSO
PORTUGAL

Prof. João Filipe Raposo is the Clinical Director of APDP-Diabetes Portugal, a consultant at the Portuguese Cancer Institute, and a consultant of the World Health Organization for diabetes and NCD's. His research and clinical work focus on diabetes care, and he serves as President of the Portuguese Diabetes Society.



Prof.
MICK KUMWENDA
UK

Prof. Mick Kumwenda is the Director of Renal Services at Glan Clwyd Hospital and a Consultant Nephrologist. His research interests include diabetic kidney disease, cognitive dysfunction, and the management of end-stage kidney disease in people with diabetes.



Prof.
RAJEEV CHAWLA
INDIA

Prof. Rajeev Chawla is the Immediate Past President of the Research Society for the Study of Diabetes in India and the Director of North Delhi Diabetes Centre. He specializes in diabetology and general medicine.



Prof.
RAYAZ A. MALIK
UK

Prof. Rayaz Malik is a Professor of Medicine at Weill Cornell Medicine and an expert in diabetic neuropathies. He pioneered the use of corneal confocal microscopy to quantify diabetic peripheral neuropathies and serves as a global leader in diabetic neuropathy research.



Prof.
SHALINI JAGGI
INDIA

Prof. Shalini Jaggi is the Director of Lifecare Diabetes Centre in New Delhi. She is a Fellow of the Royal Colleges of Physicians and serves on various national and international diabetes research and advisory boards.



Prof.
TATJANA MILENKOVIC
MACEDONIA

Prof. Tatjana Milenkovic is a Professor of Internal Medicine at the University of St. Cyril and Methodius and leads the Department of Education for People with Diabetes at the Clinic of Endocrinology, Diabetes, and Metabolic Diseases in Skopje.

NATIONAL FACULTY *(Alphabetically)*

ABDELKHALEK HAMED
AFAF ABDELTAWAB
ALAA ABBAS
ALAA ABDELHAMED
ALI GABALLA
ALIAA EL SHERBINY
AMIRA AHMED
AMR EL MELIGI
AMR EL-MISTEKAWY
AMR GAD
ASHRAF REDA
ATEF BASIOUNY
AYMAN ELMENOFY
AZZA ABDELKAREM
DINA FAROUK
DINA KHEDR
ELHAM YOUSEF
ELSAYED ELGHONEMY
EMAN ELSHORBAGY
ESSAM ALI
FADY AZMY
FARID FAWZY
GAMELA NASR
HALA NAGUIB HOSNY
HANY HAMMAD
HASSAN HAMDY
HATEM DARWESH
HAZEM ASHMAWY
HEBATULLAH MUSTAFA
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HESHAM HABIB
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HUSSIEN FATHY
IMAN ELSHREEF
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KHALED ELHADIDI
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MAGDY ABDELHAMED
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MAGDY HELMY
MAHA ASSEM
MAHA YOUSSEF
MAHMOUD EZZAT
MAHMOUD HEMIDA
MALAK NABIEL
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MOHAMED ASSY
MOHAMED AWAD
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MOHAMED FAHMY ABDELAZIZ
MOHAMED HASSANEIN
MOHAMED HEGAZY
MOHAMED NAGUIB WIFI
MONA AMIN
MONA ATTEYA
MOSTAFA SHAABAN
NABIL FEKRY
NADER WADIE
NASER TAHA
NASHWA ELSARRAF
NEHAL HAMDY
NOHA GABER
NOUR EL HODA HASSAN
OSAMA ABDEL HAY
RAWYA KHATER
RADWA SHAMMA
RASHA SOBH
ROKAYA ABDELAZIZ
SAHAR EL WAKIL
SALEM EL DEEB
SAMEH SHAHEEN
SAYED GAD
SHAIMAA ELRAHMANY
SHAIMAA ELSAYED
SHERIF HAFIZ
SOAD SULTAN
YASSER ABDELHAMED
YASSER ELSAYED
YASSER HUZAYN

Agenda

AASD 2024 Program @ a Glance

DAY	HALL A		HALL B		HALL C	
TIME	From	To	From	To	From	To
WEDNESDAY	9:30 Am	7:00 PM	9:30 Am	6:45 PM		
THURSDAY	9:00 Am	7:35 PM			10:00 Am	7:00 PM
FRIDAY	10:00 Am	4:20 PM			10:00 Am	11.00 AM

REGISTRATION

08:00 – 09:00PM

SESSION 1

09:30 – 11:05

FACULTY OF MEDICINE, CAIRO UNIVERSITY

CHAIRPERSONS: ALPHABETICALLY

Prof. **Alaa Abdel Hamid,** *Prof.* **Hatem Darwesh,** *Prof.* **Hesham Magd Eldin,**

09:30 – 09:45	Diabetes in elder people	*Prof.* **Amr El Meligi** *(Cairo Uni.)*
09:45 – 10:00	Medical nutrition therapy in diabetes	*Prof.* **Sahar El wakil** *(Cairo Uni.)*
10:00 – 10:15	Endocrine disrupting Chemicals	*Prof.* **Elham Youssif** *(Cairo Uni.)*
10:15 – 10:30	Hypoglycemia	*Prof.* **Hesham Magd Eldin** *(Cairo Uni.)*
10:30 – 10:45	*Discussion*	

HALL A

SESSION 2

11:30 – 12:30

HEALTH BURDEN OF PREDIABETES , DIABETES AND OBESITY

CHAIRPERSONS: ALPHABETICALLY

Prof. **Amr El Meligi**, *Prof.* **Hany Hammad**, *Prof.* **Mohamed Fahmy Abdelaziz**, *Prof.* **Mohamed-Naguib Wifi,** *Prof.* **Sahar El Wakil**, *Prof.* **Yasser Abdelhamed**

11:30 – 11:50	Anti-Obesity medication Vs Bariatric Surgery, should we apply guidelines?	*Prof.* **Inass Shaltout** *(Cairo Uni.)*
11:50 – 12:10	Prediabetes when, why and how	*Prof.* **Farid Fawzy** *(Zagazig Uni.)*
12:10 – 12:30	*Discussion*	
12:30 – 12:50	*Coffee Break*	

HALL A

SESSION 3

01:00 – 02:10

DIABETES AND THE HEART

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Ashraf Reda**, *Prof.* **Magdy Abdel Hamid**, *Prof.* **Mohamed Fahmy Abdelaziz**, *Prof.* **Naser Taha**, *Prof.* **Sameh Shaheen**

01:00 – 01:20	Organ protection in diabetics	*Prof.* **Gamela Nasr** *(Suez Canal Uni.)*
01:20 – 01:40	Type 2 DM & heart failure with preserved ejection fraction	*Prof.* **Yasser Elsayed** *(Al Azhar Uni.)*
01:40 – 02:00	Screening and early detection of Heart failure in diabetes	*Prof.* **Magdy Abdelhamed** *(Cairo Uni.)*
02:00 – 02:10	*Discussion*	

SESSION 4

02:15 – 03:10

EAVA SYMPOSIUM

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Ashraf Reda**, *Prof.* **Gamela Nasr**, *Prof.* **Yasser Huzayn**

02:15 – 02:35	From cardiovascular perspective: How do we see DM ?!	*Prof.* **Yasser Huzayn** *(Ain Shams Uni.)*
02:35 – 02:55	The new score 2 for CV risk assessment	*Prof.* **Ashraf Reda** *(Menoufia Uni.)*
02:55 – 03:05	*Discussion*	
03:05 – 03:15	*Coffee Break*	

SESSION 5

03:20 – 03:50

ALESRAA SYMPOSIUM

ALESRAA PHARMACEUTICALS

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Atef Basiouny**, *Prof.* **Eman Elshorbagy**, *Prof.* **Hesham Habib**, *Prof.* **Nashwa Elsarraf**, *Prof,* **Noha Gaber**, *Prof.* **Soaad Soltan**

3:20 – 3:35	The Road to combination therapy in Type 2 Diabetes	*Prof.* **Azza Abdelkarim**
3:35 – 3:50	Larosuzet:The whole story of rosouvastatin /ezetimibe	*Prof.* **Fareed Fawzi**

SESSION 6

03:55 – 04:15

BOEHRINGER INGELHEIM SYMPOSIUM

Boehringer Ingelheim

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Atef Basiouny**, *Prof.* **Azza Abdelkreem**, *Prof.* **Fady Azmy**, *Prof.* **Hesham Habib**, *Prof.* **Nader Wadee**, *Prof.* **Rasha Sobh**

3:55 – 4:05	Jardiance for CKD patients " Now approved "	*Prof.* **Hussein Elfishawy**
4:05 – 04:15	Synjardy: the power of combination to accomplish more	*Prof.* **Azza Abdelkarim**

SESSION 7

04:20 – 04:40

SERVIER SYMPOSIUM

SERVIER

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Hesham Metwaly**, *Prof.* **Nader Wadee**, *Prof.* **Rasha Sobh**, *Prof.* **Soad Soltan**

04:20 – 04:40	Synergistic solutions for T2D patients' management	*Prof.* **Fady Azmy**

SESSION 8

04:45 – 05:55

DIABETES AND GIT

MODERATOR

Prof. **Mohamed-Naguib Wif**

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Ali Gaballa**, *Prof.* **Amr El-Mistekawy**, *Prof.* **Amr Helmy**, *Prof.* **Essam Ali**, *Prof.* **Hassan Hamdy**

04:45 – 05:00	What is the link? (A case scenario)	*Prof.* **Hassan Hamdy** *(Ain Shams Uni.)*
05:00 – 05:15	Gut microbiome as an endocrinal organ	*Prof.* **Ali Gaballa** *(Cairo Uni.)*
05:15 – 05:30	Novel endoscopic therapy for T2DM	*Prof.* **Essam Ali** *(Fayoum Uni.)*
05:30 – 05:45	Gastro-Pancreatic Axis	*Prof.* **Amr El-Mistekawy** *(Al Azhar Uni.)*
05:45 – 05:55	*Discussion*	

HALLA

HALL A

SESSION 9

06:00 – 07:10

PHARMA SYMPOSIUM

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Amr El Meligi**, *Prof.* **Azza Abdelkarem**, *Prof.* **Hesham Habib**, *Prof.* **Hesham Metwaly**,

06:00 – 06:15	Optimizing the Management of T2D; Early & Tight Glycemic Control is the Key!	*Prof.* **Fareed Fawzi**
06:15 – 06:30	Nerhadou	
06:30 – 06:40	PharmaCure	
06:40 – 06:50	Atco Pharma	
06:50 – 07:00	Marcyrl	
07:00 - 07:10	MultiCare	
07:10	*Lunch*	

HALL B

SESSION 10

09:30 – 10:10

MANAGING THE UNCONTROLLED DIABETES, UPDATES

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Hany Hammad**, *Prof.* **Hazem Ashmawy**, *Prof.* **Maha Assem**, *Prof.* **Nashwa Elsarraf**

09:30 – 09:45	Refractory hyperglycemia (case series)	*Prof.* **Mahmoud Ezzat** *(Al Azhar Uni.)*
09:45 – 10:00	New Insulin	*Prof.* **Nader Wadie** *(Greek Hospital)*
10:00 – 10:10	*Discussion*	

SESSION 11

10:15 – 10:40

RISK STRATIFICATION IN PEOPLE WITH DIABETES FOR FASTING DURING RAMADAN: CONSENSUS FROM ARABIC ASSOCIATION FOR THE STUDY OF DIABETES AND METABOLISM

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Amr El Milegi**, *Prof.* **Inass Shaltout**, *Prof.* **Laila Hamouda**, *Prof.* **Naser Taha**, *Prof.* **Nehal Hamdy**

10:15 – 10:40	Risk stratification in people with diabetes for fasting during Ramadan: Consensus from Arabic Association for the Study of Diabetes and Metabolism	*Prof.* **Hany Hammad**

SESSION 12

10:45 – 11:40

VASCULAR MEDICINE IN DIABETES

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Alaa Abdelhamed**, *Prof.* **Amr Gad**, *Prof.* **Nashwa Elsarraf**

10:45 – 11:00	Risky carotid & vertebral artery disease in diabetics	*Prof.* **Alaa Abdelhamed** *(Cairo Uni.)*
11:00 – 11:15	Diabetic foot prevention	*Prof.* **Elham Yousef** *(Cairo Uni.)*
11:15 – 11:25	*Discussion*	

SESSION 13

11:40 – 12:30

T1DM

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Dina Khedr**, *Prof.* **Mona Atteya**, *Prof.* **Radwa Shamma**

11:40 – 11:55	The Nightmare of Hypoglycemia in Type 1 Diabetes	*Prof.* **Mona Atteya** *(Cairo Uni.)*
11:55 – 12:10	Sick days management in Type 1 Diabetes	*Prof.* **Radwa Shamma** *(Cairo Uni.)*
12:10 – 12:25	Screening and Management of Comorbidities in Type 1 diabetes	*Prof.* **Dina khedr** *(Cairo Uni.)*
12:25 – 12:30	*Discussion*	
12:30 – 12:50	*Coffee Break*	

HALL B

HALL B

SESSION 14

01:00 – 02:10

DIABETES AND KIDNEY

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Hany Hammad,** *Prof.* **Hatem Darwesh,** *Prof.* **Malak Nabiel,**
Prof. **Salem El Deeb,** *Prof.* **Yasser Abdelhamed,**

01:00 – 01:15	Obesity and chronic kidney disease	*Prof.* **Yasser Abdelhamed** *(Cairo Uni.)*
01:15 – 01:30	Preventing diabetic nephropathy	*Prof.* **Hany Hammad** *(Cairo Uni.)*
01:30 – 01:45	SGLT2 inhibitors and acute injury	*Prof.* **Salem El Deeb** *(Zagazeg Uni.)*
01:45 – 02:00	Risk assessment of cardi-metabolic renal disease	*Prof.* **Hatem Darwesh** *(Cairo Uni.)*
02:00 – 02:10	***Discussion***	

SESSION 15

02:15 – 02:40

EXPLORING OBESITY-RELATED ENDOCRINE DISORDERS BEYOND DIABETES: A NARRATIVE REVIEW

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Hebatullah Mustafa**, *Prof.* **Nehal Hamdy,** *Prof.* **Rokaya Abdelaziz**, *Prof.* **Soad Sultan**

02:15 – 02:40	Exploring obesity-related endocrine disorders beyond diabetes: A narrative review	*Prof.* **Amr El Meligi**

SESSION 16

04:30 – 05:35

DIABETES AND PREGNANCY

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Amira Ahmed,** *Prof.* **Eman Elshorbagy,** *Prof.* **Hebatullah Mustafa,** *Prof.* **Mabaheg Souka,**
General doctor **Nabil Fekry**, *Prof.* **Nehal Hamdy**, *Prof.* **Rokaya Abdelaziz**

04:30 – 04:45	DM & Pregnancy: Balancing two lives	*Prof.* **Noha Gaber** *(Alexandria Uni.)*
04:45 – 05:05	Diabetes and Pregnancy/GDM: Right from screening, diagnosis to pathophysiology to management	*Prof.* **Rajeev Chawla,** *(India)*
05:05 – 05:25	GDM is the key to NCD prevention	*Prof.* **Shalini Jaggi,** *(India)*
05:25 – 05:35	***Discussion***	

HALL B

SESSION 17

05:40 – 06:45

CRM

CHAIRPERSON: *ALPHABETICALLY*

Prof. **Hazem Ashmawy**

05:40 – 05:55	Cardiovascular trials and diabetes management	*Prof.* **Shaimaa Elsayed** *(Bahrain)*
05:55 – 06:15	Why an early use of SGLT2i in type 2 diabetes management	*Prof.* **Antonio Cerillo,** *(Italy)*
06:15 – 06:35	Cardiometabolic Renal disease – The role of diabetes drugs	*Prof.* **Mick Kumwenda,** *(UK)*
06:35 – 06:45	***Discussion***	



HALL A

SESSION 18

09:00 – 10:00

PATHOPHYSIOLOGICAL AND COMORBIDITIES IN DM

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Amr El Meligi**, *Prof.* **Ayman Elmenofy**, *Prof.* **Hanny Hammad**, *Prof.* **Mabaheg Souka**, *Prof.* **Mohamed-Naguib Wifi**, *Prof.* **Rasha Sobh**,

09:00 – 09:15	Diabetic pancreatopathy	*Prof.* **Mahmoud Hemida** *(Menoufia Uni)*
09:15 – 09:30	Genetics of diabetes	*Prof.* **Mohamed Hegazy**, *(Menoufia Uni)*
09:30 – 09:45	Autoimmune diabetes of the adult and type 2 diabetes	*Prof.* **Mick Kumwenda**, *(UK)*
09:45 – 10:00	*Discussion*	

SESSION 19

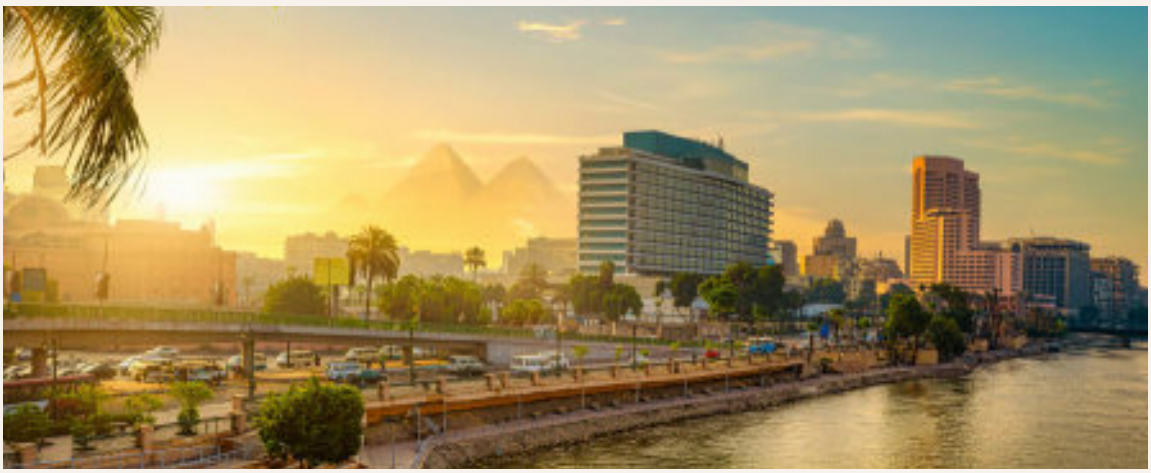
10:15 – 10:45

THERAPEUTIC PATIENT EDUCATION

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Hala Naguib Hosny**, *Prof.* **Hazem Ashmawy**, *Prof.* **Mohamed Hassanein**, *Prof.* **Tatjana Milenkovic**, *Prof.* **Yasser Abdelhamed**

10:15 – 10:35	Therapeutic Patient Education	*Prof.* **Joao Filipe Raposo**, *(Portugal)*
10:35 – 10:45	*Discussion*	



OPINING CEREMONY 11:00 – 11:55	
Prof. **Peter Shwarz** **IDF President**	
President of the Egyptian Medical Syndicate *Prof.* **Osama Abdel Hay**	
AASD & Congress President *Prof.* **Inass Shaltout**	
Congress Vice President *Prof.* **Mohamed Hassnein**	
AASD Vice President *Prof.* **Amr El Milegi**	
3 Min.	**AASD & Congress President** *Prof.* **Inass Shaltout**
3 Min.	**Congress Vice President** *Prof.* **Mohamed Hassnien**
3 Min.	**AASD Vice President** *Prof.* **Amr El Milegi**
12 Min.	**President of the Egyptian Medical Syndicate** *Prof.* **Osama Abdel Hay**
25 Min.	**IDF Inaugural Lecture** **Innovations in Diabetes Care and How IDF will address the diabetes challenge** *Prof.* **Peter Shwarz** **IDF President** 
6 Min.	**AASD in 20 years**
11:55 – 12:15	***Coffee Break***

SESSION 20

12:20 – 01:35

THE FUTURE MANAGEMENT OF DM & OBESITY

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **George Mastorakos**, *Prof.* **Inass Shaltout**, *Prof.* **Joao Filipe Raposo**, *Prof.* **Mohamed Hasanein**, *Prof.* **Peter Schwarz**

12:20 – 12:40	**Looking into future of diabetes management**	*Prof.* **Andrew J. Behnke**, *(USA)*
12:40 – 01:00	**The new treatment for obesity in pipeline**	*Prof.* **Tatjana Milenkovic**, *(Macedonia)*
01:00 – 01:20	**AI in diabetes care: 2024 update**	*Prof.* **Evgenya Sokolova**, *(Russia)*
01:20 – 01:35	***Discussion***	

HALLA

HALL A

SESSION 21

01:40 – 02:55

NOVEL DIABETES INSIGHTS

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Andrew J. Behnke**, *Prof.* **Evgenya Sokolova**, *Prof.* **Mick Kumwenda**, *Prof.* **Peter Shwartz**, *Prof.* **Rawya Khater**, *Prof.* **Yasser Abdelhamed**

01:40 – 02:00	Novel insights on insulin resistance in pregnancy	*Prof.* **George Mastorakos**, *(Athena)*
02:00 – 02:20	Which is more important; age or duration of type 2 diabetes	*Prof.* **Mohamed Hassanein** *(UK)*
02:20 – 02:40	Sarcopenia and cardiometabolic diseases	*Prof.* **Inass Shalout** *(Cairo Uni.)*
02:40 – 02:55	*Discussion*	

SESSION 22

02:55 – 03:55

SANOFI SYMPOSIUM sanofi

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Iman El Sherif**, *Prof.* **Maha Assem**, *Prof.* **Mohamed Awad**, *Prof.* **Mohamed Elbahrawy**,

02:55 – 03:20	Soli-D Evidence for Glycemic Control	*Prof.* **Inass Shalout** *(Cairo Uni.)*
03:20 – 03:45	Transforming therapy with second Generation Basal Insulins! Unleash the Potential!	*Prof.* **Amr El Meligi** *(Cairo Uni.)*
03:45 – 03:55	*Discussion*	

SESSION 23

03:55 – 04:35

MSD SYMPOSIUM MSD

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Maha Assem**, *Prof.* **Mohamed Assy**, *Prof.* **Mohamed Awad**, *Prof.* **Mohamed Elbahrawy**, *Prof.* **Sayed Gad**, *Prof.* **Sherif Hafiz**

03:55 – 04:10	Clinical efficacy and safety profile of sitagliptin therapy in newly-diagnosed patients.	*Prof.* **Mohamed Awad** *(Zagazig Uni.)*
04:10 – 04:25	Sitagliptin safety profile for cardiovascular Patients–TECOS .	*Prof.* **Aliaa El Sherbiny** *(Ain Shams Uni.)*
04:25 – 04:35	*Discussion*	
04:35 - 04:45	*Coffee Break*	

SESSION 24

04:50 – 06:00

LIVER AND DIABETES

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Abdelkhalek Hamed,** *Prof.* **Hosny Salama,** *Prof.* **Magdy Eldahshan,** *Prof.* **Mohamed Assy,** *Prof.* **Mohamed Elbahrawy,** *Prof.* **Mostafa Shaaban,**

04:50 – 05:05	Rare causes of diabetes association with liver disease	*Prof.* **Abdelkhalek Hamed** *(Military Medical Academy)*
05:05 – 05:20	The role of GUT microbiota in NASH in type 2 diabetes	*Prof.* **Hosny Salama** *(Cairo Uni.)*
05:20 – 05:35	Diabetes and MASLD interplay	*Prof.* **Mona Amin** *(Cairo Uni.)*
05:35 – 05:50	Hepatogenous DM, Is it a real?	*Prof.* **Magdy El-Dahshan** *(Al Azhar University)*
05:50 – 06:00	*Discussion*	

SESSION 25

06:05 – 06:45

DIABETES AND THE BRAIN

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Abdelkhalek Hamed,** *Prof.* **Elsayed ELGhonimy,** *Prof.* **Hazem Ashmawy,** *Prof.* **Magdy Eldahshan,** *Prof.* **Mohamed Elbahrawy,**

06:05 – 06:20	Role of antidiabetics on brain	*Prof.* **Lobna Eltony**
06:20 – 06:35	Diabetes and the mind: Psychological aspects	*Prof.* **Maha Youssef**
06:35 – 06:45	*Discussion*	

SESSION 26

06:50 – 07:35

PHARMA SYMPOSIUM

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Elsayed ELGhonimy,** *Prof.* **Iman El Sherif,** *Prof.* **Nehal Hamdy**

06:50 – 07:05	Fill the gap in neuropathic map	INTEGRA PHARM Providing Innovative Solutions	
07:05 – 07:20	Pharco	PHARCO PHARMACEUTICALS	*Prof.* **Manal ELmasry**
07:20 – 07:35	Zeta	ZETA PHARMA	
	Lunch		

HALL A

HALL C

SESSION 27

10:00 – 10:40

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Amira Ahmed,** *Prof.* **Lobna Eltouny**, *Prof.* **Sayed Gad**

10:00 – 10:15	Diabetes in adolescence	*Prof.* **Heba Sedrak** *(Cairo Uni.)*
10:15 – 10:30	Diabetes and lung cancer interrelationship	*Prof.* **Hussien Fathy** *(Abasia H.)*
10:30 – 10:45	Arterial stiffness in diabetics	*Prof.* **Afaf Abdeltawab** *(Cairo Uni.)*
10:45 -10:55	*Discussion*	

SESSION 28

04:30 – 05:20

ORAL RESEARCH 1

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Rasha Sobh**, *Prof.* **Sayed Gad**

04:30 – 04:40	Metabolic mysteries: Unraveling the ties between metabolic syndrome and irritable bowel syndrome	*Dr.* **Mohammed.N.Abdelaziz** *Dr.* **Ahmed R. A. Moustafa**
04:45 – 04:55	Hepatocyte Nuclear Factor 1 Alpha variants as risk factor for hepatocellular carcinoma development with and without diabetes Mellitus.	*Dr.* **Mohamed Abdel-Samiee**
05:00 – 05:10	The BMI and the 4M: The novel pillars in staging obesity	*Dr.* **Nermine Mahfouz**
05:15 – 05:20	*Discussion*	

SESSION 29

05:20 – 06:20

ORAL RESEARCH 2

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Alaa Abbas,** *Prof.* **Ayman Elmenoufy,** *Prof.* **Iman El Sherif**

05:20 – 05:30	Serum sclerostin as a marker of microvascular and macrovascular complications among children and adolescents with type 1 diabetes mellitus	*Prof.* **Dina E. Sallam**
05:35 – 05:45	Targeting the Inceptor Receptor: A Novel Approach for Enhancing Beta-Cell Function in Diabetes Treatment	*Dr.* **Hadeer Hafez**
05:50 – 06:00	Probiotic Interventions to Improve Gut Microbiota and Mitigate Celiac Disease and Dysbiosis Impact on Diabetes	*Dr.* **Reyed M Reyed**
06:05 – 06:15	Challenges of Eating Disorders and Diabetes	*Dr.* **Wesam Salah Ibrahim**
06:15 – 6:20	*Discussion*	

HALL C

SESSION 30

06:20 – 07:00

جلسة التميز العلمي

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Amira Ahmed**, *Prof.* **Amr El Meligi,** *Prof.* **Hany Hammad**

06:20 – 06:30	Extreme subcutaneous insulin resistance syndrome	*Prof.* **Shaimaa Elrahmany** *(Alexandria Uni.)*
06:35 – 06:45	Mauriac syndrome in poorly controlled type 1 diabetes: Case report	*Prof.* **Dina Farouk** *(Cairo Uni.)*
06:50 – 07:00	Relation of serum expression profile of long noncoding RNA NEAT 1 and thyroid cancer	*Prof.* **Nour El Hoda Hassan**
	Discussion	

HALL A

SESSION 31

10:00 – 10:40

DIABETES: THE ROAD TO COMPLICATIONS MEET THE EXPERT & ENJOY THE COFFEE BREAK

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Alaa Abbas**, *Prof.* **Mohamed Assy**, *Prof.* **Sayed Gad**

10:00 – 10:15	Erectile dysfunction in diabetes	*Prof.* **Elsayed ELGhonimy** *(Ain Shams Uni.)*
10:15 – 10:30	Inflammation in type 2 diabetes	*Prof.* **Iman El Sherif** *(Suez Canal Uni.)*
10:30 – 10:40	*Discussion*	

SESSION 32

10:45 – 11:35

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Elsayed ELGhonimy**, *Prof.* **Iman El Sherif,** *Prof.* **Mohamed Assy**

10:45 – 11:05	Adrenal and type 1 DM	*Prof.* **Khaled Elhadidi**
11:05 – 11:25	Diabetes and dyslipidemia	*Prof.* **Magdy Helmy**
11:25 – 11:35	*Discussion*	

SESSION 33

11:40 – 12:10

PLENARY SESSION

CHAIRPERSON:

Prof. **Magdy Helmy**,

11:40 – 12:00	Diabetic microvascular complications: Diagnosis and management	*Prof.* **Rayaz A. Malik**, *UK*
12:00 – 12:10	*Discussion*	

SESSION 34

12:15 – 12:40

VIATRIS SYMPOSIUM VIATRIS

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Alaa Abbas**, *Prof.* **Iman El Sherif** , *Prof.* **Magdy Helmy**, *Prof.* **Sayed Gad**

12:15 – 12:40	Management of dyslipidemia in diabetic patients	*Prof.* **Khaled Elhadidi**
12:40 – 01:20	*Gomaa Prayer & Coffee Break*	

SESSION 35

01:20 – 02:05

NOVO SYMPOSIUM

MODERATOR:

Prof. **Inass Shaltout**

01:20 – 01:35	Why should obesity be treated as a serious chronic disease?	*Prof.* **Inass Shaltout** *(Cairo Uni.)*
01:35 – 01:50	Liraglutide 3.0 mg: redefining obesity care	*Prof.* **Magdy Helmy**
01:50 – 02:05	*Discussion*	

SESSION 36

02:10 – 02:55

DIABETES TECHNOLOGY

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Iman El Sherif,** *Prof.* **Magdy Helmy,** *Prof.* **Elsayed ELGhonimy,**

02:10 – 02:30	CGM in pregnancy	*Prof.* **Shalini Jaggi**, *India*
02:30 – 02:45	Understanding AI algorithms in insulin pumps	*Prof.* **Hazem Ashmawy**
02:45 – 02:55	*Discussion*	

SESSION 37

03:00 – 03:35

STATE OF ART LECTURE: NOVEL THERAPIES OF TYPE 1 DIABETES

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Amr El Meligi,** *Prof.* **Inass Shaltout**, *Prof.* **Mohamed Hassanien**

03:00 – 03:25	Novel and future therapies - Screening and prevention of type 1 diabetes	*Prof.* **Colin Dayan**, *UK*
03:25 – 03:35	*Discussion*	

SESSION 38

03:40 - 04:20

HALL A

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Colin Dayan**, *Prof.* **Mohamed Hassanien**

03:40 – 03:55	Early factors and family determinants of diabetes	*Prof.* **Evgenya Sokolova,** *Russia*
03:55 – 04:10	Transition from pediatric to adult diabetes care — the role of technologies	*Prof.* **Evgenya Sokolova,** *Russia*
04:10 – 04:20	*Discussion*	
	Closing and Lunch	

SESSION 39

10:00 – 11:00

HALL C

ORAL RESEARCH 3

CHAIRPERSONS: *ALPHABETICALLY*

Prof. **Amira Ahmed**, *Prof.* **Hazem Ashmawy**, *Prof.* **Sayed Gad**

10:00 – 10:10	Correlation between vitamin D Level and the degree of insulin resistance in patients with metabolic syndrome	*Dr.* **Sally Youssef Awwad**
10:15 – 10:25	Influenza vaccine coverage, knowledge, and attitude toward It among Egyptian patients with type 2 diabetes mellitus"	*Dr.* **Noha Osman Frere**
10:30 – 10:40	Medical and economic impact of diabetic and prediabetic patients in Egypt from Al-Monira Pediatric Ward.	*Dr.* **Hala Mahmoud**
10:45 – 10:55	Transforming diabetes management: The interplay of oxidative stress, gut microbiota, and lifestyle nutritional interventions	*Dr.* **Reyed M. Reyed**
10:55 – 11:00	*Discussion*	

WAITING TO SEE YOU IN

21ST AASD Conference 2025

AASD 2024 Abstracts

1. Exploring obesity-related endocrine disorders beyond diabetes: a narrative review
   Amr Abel Hady El Meligi, Rabab Mahmoud Ahmed, Inass Shaltout & Amin Roshdy Soliman.
2. Risk Stratification in People with Diabetes for Fasting During Ramadan: Consensus from Arabic Association for the Study of Diabetes and Metabolism
   Inass Shaltout1,, Amr Mahmoud Abdelwahab2, Amr El Meligi1, Hany Hammad3, Shereen Abdelghaffar4, Atef Elbahry5, Nasser Taha6, Nehal Hamdy Elsaid1, Amr Gad7, Laila Hammouda8, Shaymaa Abdelmaboud9 and Amin Roshdy Soliman*
3. Dietary recommendations for people with diabetes in special situations: a position statement report by Arabic Association for the Study of Diabetes and metabolism (AASD)
   Amin Roshdy Soliman1 , Mona Hegazy2 , Rabab Mahmoud Ahmed1 and Shereen Abdelghaffar3*
4. Influenza Vaccine Coverage, Knowledge, and Attitude Toward It Among Egyptian Patients with Type 2 Diabetes Mellitus"
   Noha Osman Frere, Eman M abdelsattar Mahmoud Amer, Essam Adel and Nesma Abdalla
5. Targeting the Inceptor Receptor: A Novel Approach for Enhancing Beta-Cell Function in Diabetes Treatment
   Hadeer Hafez
6. Probiotic Interventions to Improve Gut Microbiota and Mitigate Celiac Disease and Dysbiosis Impact on Diabetes
   REYED M REYED
7. Challenges of Eating Disorders and Diabetes
   Wesam Salah Ibrahim
8. Metabolic Mysteries: unraveling the ties between metabolic syndrome and irritable bowel syndrome
   Omar Abdallah2, Anwar.M.Bshar1, Mahmoud.A.A.Alqenawy1, Hager Gamal ElKasabi3, Nada.F.mansour1, Tasneem Mahmoud4, Merna M. E. Abdelaziz1, AHMED. R. A. MOUSTAFA1, Ahmed Almenshawy5 and Basma .Z. Elmorsy6
9. Gene Expression Profiling of Energy Metabolism Markers in Adipose Tissue: Identifying Early Biomarkers for Obesity and Associated Comorbidities

AASD 2024 Abstracts

Nermine Ezz El-Dine, Manal A.emam and Mohamed D.E. Abd ElMaksoud

10. Hepatocyte Nuclear Factor 1 Alpha Variants as Risk Factor for Hepatocellular Carcinoma Development with and without Diabetes Mellitus.
Mohamed Abdel-Samiee, Isis Samy Bedira, Ebrahim Tantawy, Olfat M. Hendy, Amany Mohamed Rashad and Ahmed Bahgat Zaid
11. The BMI and the 4M: The novel pillars in staging obesity
Nermine Mahfouz
12. Correlation between Vitamin D Level and The Degree of Insulin Resistance in Patients With Metabolic Syndrome
Sally Youssef Awwad, Amr M. El-Hammady, Yomna Mohammed Marei and Medhat A. Khalil
13. Serum Sclerostin as a Marker of Microvascular and Macrovascular Complications among Children and Adolescents with Type 1 Diabetes Mellitus
Dina E. Sallam, Yasmin El Henawy, Iman El sayed, Aya Mohamed and Sara Taha
14. Medical and economic impact of diabetic and prediabetic patients in Egypt from Al-Monira Pediatric Ward.
Hala Mahmoud
15. Transforming Diabetes Management: The Interplay of Oxidative Stress, Gut Microbiota, and Lifestyle Nutritional Interventions
REYED M REYED

AASD 2024 Posters

1. Dietary recommendations for people with diabetes in special situations: a position statement report by Arabic Association for the Study of Diabetes and metabolism (AASD) *Amin Roshdy Soliman1* , Mona Hegazy2 , Rabab Mahmoud Ahmed1 , Shereen Abdelghaffar3 , Mohammed Gomaa4 , Sahar Alwakil5 , Dina Soliman6 , Lobna Sedky7,8 and Inass Shaltout9*
2. Prognostic value of glycosylated hemoglobin in critically ill patients with COVID-19 pneumonia
Ahmed Yassin, Sherif Sabry, M Abo Hemila, Gamal Lotfy
3. Gene Expression Profiling of Energy Metabolism Markers in Adipose Tissue: Identifying Early Biomarkers for Obesity and Associated Comorbidities
Nermine Ezz El-Dine, Manal A.Emam , Mohamed D.E. Abd Elmaksoud, Fateheya M. Metewally, Ekrami A. Hassan
4. Oxidative Stress and Diabetes Mellitus: Exploring the Complex Link
Nadeem Rais

Exploring obesity-related endocrine disorders beyond diabetes: a narrative review

Amr Abel Hady El Meligi, Rabab Mahmoud Ahmed, Inass Shaltout & Amin Roshdy Soliman.

The Egyptian Journal of Internal Medicine volume 36, Article number: 90 (2024)

Background:

While insulin resistance and diabetes shine as the central stars in the constellation of obesity-related conditions, other common endocrine diseases are also closely associated with obesity and high body mass index

Main body:

This review aims to illuminate the hormonal imbalances associated with obesity, beyond diabetes. It covers the prevalence, clinical presentation, screening, diagnosis, and treatment of some of these conditions. Hypothyroidism is the commonest endocrinal disorder associated with obesity after T2 diabetes, the relationship between both conditions are reciprocal. While hypothyroidism is a predisposing factor to obesity. Obesity is associated with mildly elevated TSH and less consistent changes in T4 and T3 levels. There fore in obese people with mild elevation of TSH exclusion of autoimmune hypothyroidism is required before attributing these changes to obesity. In all obese people screening for hypothyroidism is recommended.
Upper body obesity is a feature in Cushing's syndrome (CS). Given the high prevalence of obesity and the low incidence of CS, screening of all obese individuals for endogenous hypercortisolism results in high false positive rates. Therefore, only obese patients exhibiting more specific signs of the CS like skin thinning, wide purple striae, spontaneous ecchymosis, proximal myopathy, and osteoporosis should undergo CS screening. In candidates for bariatric surgery ruling out CS is recommended if exhibiting suspicious clinical signs. Apart of polycystic ovary syndrome (PCOS) which is prevalent in approximately one-third of obese females, obesity can lead to obesity-related hyperandrogenemia, particularly during adolescence due to hyperinsulinemia and insulin resistance coupled with insulin effects on steroidogenic cells which retain insulin sensitivity. Other rare condition of hyperandrogenism in females is congenital adrenal hyperplasia. Women with obesity should be screened if there are features of hyperandrogenism. menstrual abonormalities and infertility. There is an association between obesity in men and hypogonadism. Functional secondary hypogonadism and impaired sperm concentration, motility, and morphology were found in obese. The relationship between male obesity and hypogonadism is rather a complex and bidirectional. Screening of obese men for functional hypogonadism is indicated only if there are suggestive features of hypogonadism and after excluding of other causes. Although hormonal levels show some differences between obese and nonobese there is no evidence based different screening methods or management protocols in obese.

Conclusion:

In obese patients, physicians must pay attention to hormonal disorders that may be associated with obesity.

https://ejim.springeropen.com/articles/10.1186/s43162-024-00358-w

Risk Stratification in People with Diabetes for Fasting During Ramadan: Consensus from Arabic Association for the Study of Diabetes and Metabolism

Inass Shaltout1,, Amr Mahmoud Abdelwahab2, Amr El Meligi1, Hany Hammad3, Shereen Abdelghaffar4, Atef Elbahry5, Nasser Taha6, Nehal Hamdy Elsaid1, Amr Gad7, Laila Hammouda8, Shaymaa Abdelmaboud9 and Amin Roshdy Soliman*

Background:

Current international guidelines recommend a pre-Ramadan risk assessment for people with diabetes (Pw DM) who plan on fasting during the Holy month. However, a comprehensive risk assessment-based recommendation for the management of Pw DM intending to fast is still controversial. Therefore, the Arabic Association for the Study of Diabetes and Metabolism (AASD) developed this consensus to provide further insights into risk stratification in Pw DM with/ without diabetes related comorbidities who are intending to fast during Ramadan.
Methods: The present consensus was based on the three-step modified Delphi method. The Delphi method is based on a series of voting rounds and in-between meetings of the high, moderate, and low risk).
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC11041120/

Dietary recommendations for people with diabetes in special situations: a position Statement report by Arabic Association for the Study of Diabetes and metabolism (AASD)

Amin Roshdy Soliman1 , Mona Hegazy2 , Rabab Mahmoud Ahmed1 , Shereen Abdelghaffar3, Mohammed Gomaa4, Sahar Alwakil5 , Dina Soliman6, Lobna Sedky7,8 and Inass Shaltout 9*

Background:

Diabetes is a significant global health concern. Regional factors play a crucial role in determining the appropriate diet for patients.
Main body The Arabic Association for the Study of Diabetes and Metabolism has developed a position statement that addresses the dietary needs of patients in the context of low income and cultural dietary habits. This statement aims to explore the most suitable diet for Middle East and North Africa (MENA) region and provide guidance for physicians to overcome barriers in optimal care. While most dietary guidelines focus on uncomplicated diabetes, it's essential to recognize that diabetes often coexists with other common diseases in our region.
Conclusion International guidelines cannot be directly applied to the Egypt and Arab countries due to cultural and dietary differences. Our position statement shares valuable insights into managing diabetes in special situations and diverse clinical settings within this region. These recommendations are flexible, considering personal, cultural, and traditional differences

Link: https://link.springer.com/content/pdf/10.1186/s41043-024-00619-y.pdf
Link:https://jhpn.biomedcentral.com/counter/pdf/10.1186/s41043-024-00619-y.pdf

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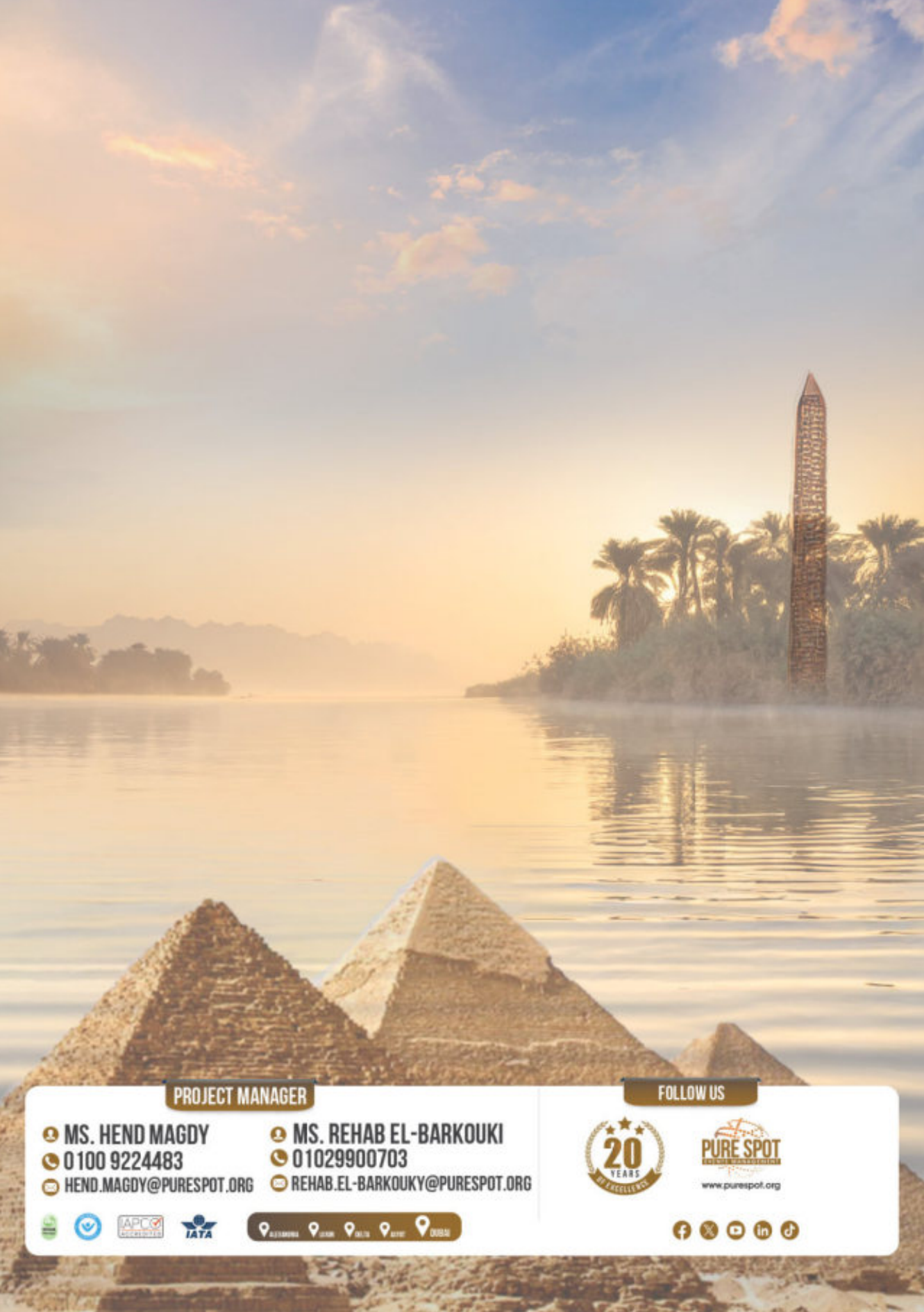
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PROJECT MANAGER

MS. HEND MAGDY
0100 9224483
HEND.MAGDY@PURESPOT.ORG

MS. REHAB EL-BARKOUKI
01029900703
REHAB.EL-BARKOUKY@PURESPOT.ORG

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