ASSOCIATION OF CNPS
CLINICAL NUTRITION PHYSICIANS
SHARKIA GOVERNORATE
رابطة أطباء التغذية العلاجية محافظة الشرقية

Sharkia Medical Association

2nd Annual NUTRI - CRM Conference 2025

In collaboration with

Association of Clinical Nutrition Physicians, Sharkia Governorate

The First Wealth is Health

Debates to Empower your Nutrition

Under patronage of

Sharkia Medical Association

Prof. Khaled Safwat

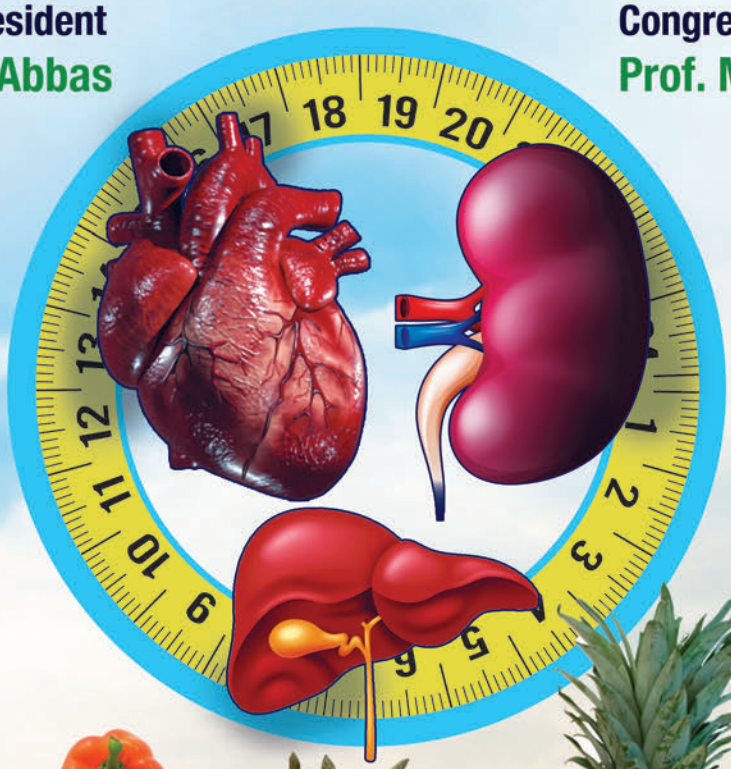
Head of Sharkia Medical Association

Congress President

Prof. Noha Abbas

Congress Vice President

Prof. Mohamed Awad



9 May 2025 - Golden Jewel Alexandria - Egypt

PURE SPOT
EVENTS MANAGEMENT

Scope of the conference: Debates to empower your nutritional health

10:00 – 10:30 AM Registration

Session 1: Health and Weight Loss Facing Problems (11:00 AM – 01:00 PM)

Chairpersons: (alphabetically)

Dr. Ahmed Amer, Tanta University
Dr. Aliaa Talaat, Zagazig University
Dr. Walaa Samy , Zagazig University
Dr. Wesam Salah , Tanta University

11:00 – 11:15 AM	Leaky gut syndrome myths and management *Dr.* Medhat El Arby ,Assiut University
11:15 – 11:30 AM	Decoding lipedema *Dr.* Malek Etman, Zagazig University
11:30 – 12:00 PM	From Keto to Vegan: Challenges Faced Across Diverse Diet Plans *Dr.* Heba Maurice , Alexandria University *Dr.* Nardine Samir , Alexandria University
12:00 – 12:30 PM	From Stress to Recovery: Nutritional debates Across the ICU Journey *Dr.* Magdy Khalil , Tanta University *Dr.* Sohair Soliman , Tanta University
12:30 – 12:50 PM	Debates in cardiovascular nutrition *Dr.* Tamer Mostafa , Zagazig University *Dr.* Sheren Eassa , Zagazig University

9 May 2025 - Golden Jewel Alexandria - Egypt

01:00 – 02:00 PM **Gomaa Preyer & Coffee Break**

Session 2: Hidden Forces in Health: From Muscles toMoods (02:00 – 03:30 PM)

Chairpersons: (alphabetically)

Dr. Eman El Shorbagy, Zagazig Universitysity
Dr. Lobna El Touny , Assiut University
Dr. Safaa Tawfik , NNI
Dr. Khaled Safwat , Head of the Doctors Syndicate in the Sharkia Governorate Zagazig)
Dr. Saher Khairy , Head of National nutrition institute

02:00 – 02:15 PM	Feeding the Aging Muscle: Nutritional Therapy for Sarcopenia *Dr.* Marwa Saad ,Alexandria University
02:15 – 02:30 PM	Obesogenic Metabolic Memory *Dr.* Noha Abbas , Zagazig University
02:30 – 03:00 PM	Debates in underweight *Dr.* Olfat Abdelhalim , Police Authority Hospitals *Dr.* Rana Emaraa , Alexandria University
03:00 – 03:15 PM	Navigating Emotional Eating with Nutrition *Dr.* Doaa Genina , Alexandria University
03:15 – 03:30 PM	Beyond the Plate: Emotional Eating and the Role of the Health Coach *Dr.* Nashwa Fouad

Session 3: (03:30 – 05:00 PM)

Chairpersons: (alphabetically)

Dr. Abeer El Biomy , Zagazig Universitysity
Dr. Nadeen Rafat , Zagazig University
Dr. Safaa Tawfik , NNI
Dr. Samer Essam , 57357
Dr. Sohair Soliman , Tanta University

03:30 – 03:45 PM	Beyond Calories: The Psychiatric Foundations of Emotional Eating and Underweight *Dr.* Rasha Genina , Alexandria University
03:45 – 04:00 PM	All that glitters is not gold *Dr.* Mohamed Awad , Zagazig University
04:00 – 04:15 PM	Nutritional Challenges and Solutions in Diabetic Patients Undergoing Bariatric Surgery *Dr.* Hagar Said , Cairo University
04:15 – 04:30 PM	Effectiveness of diabetic education in metabolic surgery *Dr.* Elsayed Bakry , Al Azhar university
04:30 – 05:00 PM	Debating Nutrition in Cancer: Clinical Challenges and Conflicting Guidelines *Dr.* Gulsen Saleh , 57357 *Dr.* Marian Ragy, 57357

Session 4: Controversies in nutrition
(05:00 – 06:00 PM)

Chairpersons: (alphabetically)

Dr. Elham Nasif , Tanta university
Dr. Iman Kamel , National Research Center
Dr. Lamia Haroun , NNI
Dr. Neven Agamy , Alexandria University

05:00 – 05:30 PM	Controversies and Misconceptions in Sports Nutrition and physical activity *Dr.* Maged Osama *Dr.* Shehab Kamal
05:30 – 05:50 PM	The Controversy of Mesotherapy Lipolysis *Dr.* Walla Kobesy *Dr.* Rehab El derby
05:50 – 06:00 PM	Naltrexone/Bupropion: The New ERA For Obesity Management (EVA Pharm) *Dr.* Marwa Khalel, Mansoura University EVA PHARMA

Free mesotherapy workshop
(06:00- 07:00 PM)

Chairpersons: (alphabetically)

Dr. Sara Fouad
Dr. Shaimaa Mohammed

Speaker: *Dr.* Walla Hosny (Luster Company)

Luster

dBK Pharma S.A.E

dBK Slimming Products

YOUR PREFERRED SLIMMING PARTNER

MAX DIET

Dietary supplement

- Sculpt you body .. Draw your life

Green Coffee Extract	400 mg
African Mango Extract	150 mg
White bean Extract	250 mg
Raspberry Keton	100 mg

Sylvester 1 Capsules

- ONE SHOT MANY TARGETS

Gymnema leaves extract	100 mg
Garcinia cambogia extract	175 mg
Chromium picolinate	150 mg

Chitocal

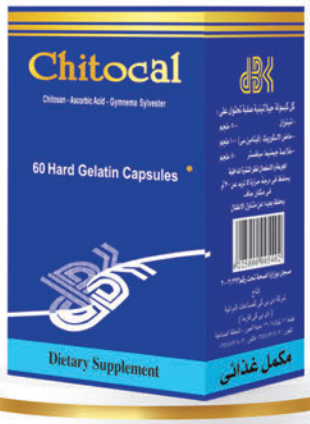
chitosan , Gymnema sylvester & vitamin c 60 capsules

- JUST WEIGHT AND SEE

chitosan	500 mg
Gymnema sylvester	50 mg
vitamin c	100 mg







ISO BS OHSAS ISO GC



PROJECT MANAGER

MS. WESSAM HATEM

0100 911 0644

WESAM.HATEM@PURESPOT.ORG

20 YEARS OF EXCELLENCE

FOLLOW US

PURE SPOT EVENTS MANAGEMENT

www.purespot.org

IAPCO ACCREDITED

IATA

ALEXANDRIA LUXOR DELTA ASYUT DUBAI