SHEDA NUTRI CRM

world diabetes day

Sharkia Medical Association

Sharkia Endocrinology & Diabetes Association SHEDA

Sharkia Endocrinology & Diabetes Association (SHEDA)

Celebrating
World Diabetes Day

Early Action On Diabetes

SHEDA President
Prof. Mohamed Kamar

Conference President
Prof. Mohamed Awad



2026

12-13 November

Grand Port Said

Day 1

Registration		10.00 – 11.00 AM

Session 1		11.00 AM – 12.20 PM

Chairpersons in alphabetical order

Prof. Eman El Shorbagy, Zagazig University
Prof. Mohamed Awad, Zagazig University
Prof. Noha Abbas, Zagazig University
Prof. Reda Amer, Cairo University

Time	Topic	Speaker
11.00 AM 11.20 AM	Managing Diabetes Early — What You Need to Know	Prof. Fareed Fawzy, Zagazig University
11.20 AM 11.40 AM	Recent concepts in type 2 DM management	Prof. Ashraf Okba, Ain Shams University
11.40 AM 12.00 PM	Diabetes Mellitus & IBD: Two Diseases, One Patient, Multiple Challenges	Prof. Afify Fahmy, Zagazig University
12.00 PM 12.20 PM	Amylin: From Mode of Action to Future Clinical Potential in Diabetes and Obesity	Prof. Fady Azmy, Mansoura University

Session 2	Guidelines of CRM 2026	12.20 – 01.20 PM

Chairpersons in alphabetical order

Prof. Ashraf Okba, Ain Shams University
Prof. Fareed Fawzy, Zagazig University
Prof. Mamdouh Elnahas, Port Said University

Time	Topic	Speaker
12.20 PM 12.40 PM	2026 AHA/ACC/ADA/ASN Guideline for the Prevention, Detection, Evaluation, and Management of Cardiovascular-Kidney-Metabolic Syndrome	Prof. Khaled El Bana, Zagazig University
12.40 PM 01.00 PM		Prof. Arafa El Shabrawy, Zagazig University
01.00 PM 01.20 PM		Prof. Mohamed Awad, Zagazig University

Session 3		01.20 – 02.20 PM

Chairpersons in alphabetical order

Prof. Mohamed Awad, Zagazig University
Dr. Mohamed Soliman, Port Said
Dr. Sayed El Masry, Port Said

Time	Topic	Speaker
01.20 PM 01.35 PM	Avoiding The Side Effects of GLP -R Agonists	Prof. Mohamed Kamar, Zagazig University
01.35 PM 01.50 PM	small-molecule drugs for the treatment of type 2 diabetes mellitus	Prof. Ahmed Eissa, Tanta University
01.50 PM 02.05 PM	Shaping Diabetes Landscape Atco Symposium	Prof. Inass Shaltout, Cairo University
02.05 PM 02.20 PM	Beyond traditional iron therapy: Is there a smarter way to replenish iron stores Al Esraa Symposium	Prof. Marwa Khalil, Mansoura University

Opening Ceremony	02.20 – 02.40 PM

Chairpersons in alphabetical order

Prof. Eman El Shorbagy, Zagazig University
Prof. Mohamed Awad, Zagazig University
Prof. Mohamed Kamar, Zagazig University
Prof. Nagwa Samy, Zagazig University
Prof. Nahla El Gamal, Zagazig University
Prof. Noha Abbas, Zagazig University

Coffee Break	02.40 – 03.00 PM

Session 4		03.00 – 04.00 PM

Chairpersons in alphabetical order

Prof. Amira Nassar, National Nutrition Institute
Dr. Bahaa Gordon, Zagazig University
Prof. Eman El Shorbagy, Zagazig University
Dr. Gulsen Saleh, Children's Cancer Hospital 57357

Time	Topic	Speaker
03.00 PM 03.15 PM	The Hungry Gut in Diabetes: Connecting Satiety, Incretins and Glucose Control	Prof. Safaa Tawfik, National Nutrition Institute
03.15 PM 03.30 PM	MNT in T2DM	Prof. Enas Mogawer, Cairo University
03.30 PM 03.45 PM	Your Food, Your Power. Managing Your Diabetes with Nutrition	Prof. Eman Sultan, National Nutrition Institute
03.45 PM 04.00 PM	Botanical Supplements Targeting Adipogenesis and Energy Expenditure Copad Symposium	Prof. Noha Abbas, Zagazig University

Session 5		04.00 – 05.00 PM

Chairpersons in alphabetical order

Prof. Arafa Elshabrawy, Zagazig University
Dr. Mohamed Elshemy, Port Said
Prof. Mohamed Assy, Zagazig University
Prof. Saad Elaish, Zagazig University

Time	Topic	Speaker
04.00 PM 04.15 PM	Prediabetes Diagnosis: Helpful or Harmful?	Prof. Hatem Salem, Zagazig University
04.15 PM 04.30 PM	Dyslipidaemia as Cardiovascular Risk in Type 2 Diabetes Adwia Symposium	Prof. Yasser Abdelgalil, Al Azhar University
04.30 PM 04.45 PM	Mitochondrial Dysfunction Management: From Power source to Complications Prevention Inspire Symposium	Prof. Mohamed Awad Zagazig University
04.45 PM 05.00 PM	Inspire Symposium	Prof. Khaled El Bana, Zagazig University

Session 6		05.00 – 06.15 PM

Chairpersons in alphabetical order

Dr. Amr Sharawy, Children's Cancer Hospital 57357
Dr. Mai Mostafa, Menoufia University
Prof. Noha Abbas, Zagazig University
Prof. Safaa Tawfik, National Nutrition Institute

Time	Topic	Speaker
05.00 PM 05.15 PM	Decoding the Duet: Cancer and Diabetes	Dr. Samer Essam, Clinical nutrition Consultant
05.15 PM 05.30 PM		Dr. Marianne Ragai, 57357 CCHE
05.30 PM 05.45 PM	Diabetes and weight management: trend over evidence	Dr. Heba Mourice, Alexandria University
05.45 PM 06.00 PM		Dr. Nardin Samir, Alexandria University
06.00 PM 06.15 PM	Control Today, Protect Tomorrow: The Covalmet Perspective Copad Symposium	Prof. Ahmed Eissa, Tanta University

Day 2

Registration		12.30 – 01.00 PM

	Coffee Break	12.45 – 01.00 PM

Session 7		01.00 – 02.00 PM

Chairpersons in alphabetical order

Dr. Ibrahim Sabry, Damietta
Prof. Ibtsam Zakria, Cairo University
Dr. Mohamed Soliman, Port Said
Prof. Saad Elalamy, Port Said

Time	Topic	Speaker
01.00 PM 01.15 PM	2026 Standards of Care in Diabetes: Key Updates Every Nutrition Professional Should Know	Prof. Emad Mishriky, Tanta University
01.15 PM 01.30 PM		Dr. Kamal Saleh, El-Mahalla
01.30 PM 01.45 PM	Diabetes Technology 2026: A year in review	Prof. Hossam Arafa Ghazy, Mansoura University
01.45 PM 02.00 PM	Case Simplified, Care Amplified Xeedia Symposium	Prof. Heba Sidrak, Cairo University

Session	Industrial Symposium	02.00 – 02.30 PM

Chairpersons in alphabetical order

Dr. Ahmed Shawky, Zagazig University
Prof. Mohamed Awad, Zagazig University

Time	Topic	Speaker
02.00 PM 02.15 PM	Re-Writing the Journey! New Generation Basal Insulins for Uncontrolled Diabetes. Sanofi Symposium	Prof. Nashwa Elgharbawy, Tanta University
02.15 PM 02.30 PM	Simplify to Amplify: Fixed-Ratio Combinations as a Modern Standard After Premix Therapy. Sanofi Symposium	Prof. Mohamed Elsayed Abdallah, Mansoura University

Session 8		02.30 – 03.30 PM

Chairpersons in alphabetical order

Dr. Ahmed Hemida, Suez University
Prof. Fareed Fawzy, Zagazig University
Prof. Islam Eid, Mansoura University
Dr. Mahmoud Elsayed, Suez University

Time	Topic	Speaker
02.30 PM 02.45 PM	Beyond the Ovary: The New Era of PCOS	Prof. Sheren El Shazly, Zagazig University
02.45 PM 03.00 PM	The Connection Between Diabetes Management and Metabolic Health	Prof. Mohamed Elsayed Abdallah, Mansoura University
03.00 PM 03.15 PM	Top 10 Mistakes in prescribing Dapagloznal in Heart failure Acino Symposium	Prof. Ahmed El Bindary, Benha University
03.15 PM 03.30 PM	One molecule multiple benefits Acino Symposium	Prof. Amr Khalifa, Alexandria University

Session		03.30 – 04.45 PM

Chairpersons in alphabetical order

Dr. Mahmoud Elfowy, Port Said
Prof. Nagwa Samy, Zagazig University
Prof. Khaled El Bana, Zagazig University

Time	Topic	Speaker
03.30 PM 03.45 PM	Diabetes 2026: A year in review	Prof. Megahed Abu Elmagd, Mansoura University
03.45 PM 04.00 PM	Role of sitagliptin in Type 2 DM Adwia Symposium	Prof. Ahmed Behairy, Mansoura University
04.00 PM 04.15 PM	Diabetes Real Cases Adwia Symposium	Prof. Mohamed Awad, Zagazig University
04.15 PM 04.30 PM	The Power of Precision: Advancing Insulin Therapy in Adults Eva Symposium	Prof. Ahmed Eissa, Tanta University
04.30 PM 04.45 PM	From Detection to Innovation: A New Era in Neuropathy Management Eva Symposium	Prof. Fady Azmy, Mansoura University

Session 9		04.45 – 05.30 PM

Chairpersons in alphabetical order

Prof. Khaled El Bana, Zagazig University
Dr. Mohamed Soliman, Port Said
Prof. Naglaa Fadel, Port Said University

Time	Topic	Speaker
04.45 PM 05.00 PM	Dyslipidemia Management: 2026 Year in Review Al Esraa Symposium	Prof. Mohamed Awad, Zagazig University
05.00 PM 05.15 PM	Imeglibright: Revive the core Al Esraa Symposium	Prof. Hatem Salem, Zagazig University
05.15 PM 05.30 PM	Good News For type 1 dm management during 2026 year	Dr. Walid Tolba, Tanta University

Session	State of art lecture	05.30 – 06.00 PM

Chairpersons in alphabetical order

Prof. Amr Khalifa, Alexandria University
Prof. Hatem Salem, Zagazig University

Time	Topic	Speaker
05.30 PM 05.45 PM	Disease Modification Outcomes in Type 2 Diabetes Atco Symposium	Prof. Mohamed Awad, Zagazig University
05.45 PM 06.00 PM	Therapeutic Advances in Diabetic Kidney Disease: 30 Years of Evidence and the Rise of the “Fantastic Four” in Nephrology	Dr. Mohamed Elshemy, Port Said

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