3RD

SCIENTIFIC MEETING OF PHYSIO AND NUTRI FOR HER



28 FEBRUARY , 2025

PRINCESS FATMA ACADEMY

PURE SPOT EVENTS MANAGEMENT

WELCOME MESSAGE

Dear Professors and Colleagues

WELCOME TO THE 3RD EDITION OF PHYSIO AND NUTRI FOR HER 2025...

We are excited to present a meticulously designed program that showcases the latest advancements in women 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 selected 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 develop professional knowledge exchange and lasting memories from this enriching experience.

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



Dr. Sara Emad
Physio and Nutri for Her President

DAY I
27 FEBRUARY, 2025

ON LINE WORKSHOPS

Hall B (Workshops)

TIME	TOPIC	SPEAKER
10:00-11:00 AM	Basics in Children Nutrition	Dr. Ahmed Makhlouf
04:00-05:00 PM	Localized Obesity which Stepl Start	Dr. Mohamed Radwan
07:00-09:00 PM	Online business and social marketing	Dr. Nehal El-Koshairy



DAY II
28 FEBRUARY, 2025

HANDS ON ORKSHOPS

Hall B (Workshops)

TIME	TOPIC	SPEAKER
10:00-10:30 AM	Acupuncture for Underweight and Obesity	Dr. Yahya Sadek
10:30-11:30 PM FREE	Beyond Calories: Stress Management is the New Era in Weight Loss	Dr. Heba Hosny Dr. Nihal Ghoneimy Dr. Aya Atef Dr. Nesma Ali
01:00- 01:30 PM FREE	Mesotherapy for Hair 'Sponsored by Solaris'	Dr. Rania Ramadan
01:30- 02:00 PM FREE	Obesity Management Sponsored by Future Medical Hazem Attia	Dr. El sayed Abo Torkya



Registration	08:00-09:00 AM
Opening Ceremony	09:00-09:15 AM

WOMEN HEALTH-PART 1

SESSION I

CHAIRPERSONS

Dr. Soheir El koseiry
Dr. Abo Bakr ElNashar
Dr. Ahmed El-Hussainy
Dr. Mohamed Hussain

TIME	TOPIC	SPEAKER
09:15-09:30 AM	Sheft to alkali Comming Health "Acid - base " Nutrition	Dr. Azza Abdulla
09:30-09:45 AM	Non Hormonal Therapy of Menopausal Hot Flushes	Dr. Abo Bakr ElNashar
09:45-10:00 AM	Pco… What is the New?	Dr. Adel Shafik
10:00-10:15 AM	Physiotherapy During Pregnancy Does It Make A Difference??!!	Dr. Ahmed Abbas
10:15-10:30 AM	Pain in Penetration	Dr. Doaa Saleh
10:30-10:45 AM	Breaking the Cycle: The Vagus Nerve in Primary Dysmenorrhea Treatment	Dr. Malak El-Mahdy



SESSION II

CHAIRPERSONS

Dr. Amal Youssef
Dr. Haidy Nady
Dr. Enas Kamar
Dr. Wael Ibrahim

TIME	TOPIC	SPEAKER
10:45-11:00 AM	From Fatigue to Freedom; Optimizing Nutrition for Fibromyalgia	Dr. Mohamed Abdel Sammad
11:00-11:10 AM	EVA PHARMA | LIMITLESS NATURALS	
11:10-11:25 AM	Mystery of Over Active Bladder	Dr. Aya Nabil
11:25-11:45 AM	Are Electromagnetic Chairs Replacing Pelvic Floor Physical Therapy?	Dr. Amira Nagy
11:45-11:55 AM	Doula	Dr. Heba Mahmoud
11:55-12: 15 PM	Enzyme Replacement Technique ,The modern technique for fat lysis SOLARIS® YOUR HEALTH IS OUR OPPORTUNITY	Dr. Rania Ramadan
12:15-01: 00 PM	Break & Prayer	



WOMEN HEALTH-PART 2

SESSION III

CHAIRPERSONS

Dr. Azza Fekry
Dr. Amal Abd El Baky
Dr. Mohamed Serag El-Dein
Dr. Nasr Awad

TIME	TOPIC	SPEAKER
01:00-01:15PM	Pelvic Floor Rehabilitation: How It Can Be Of Help For Oncology Patients?!	Dr. Dalia Kamel
0 1:15-01:30PM	P.T for Breast Cancer Patient ..It is not only about Lymphoedema	Dr. Mohamed Abdel Rahman
01:30-01:45PM	Enhanced Recovery After Surgery	Dr. Walled Fadlalla
01:45-02:00PM	Lymphatic Therapy; Transforming Post Surgical Recovery In Oncology And Aesthetics	Dr. Esraa Rostom
02:00-02:15PM	Breaking boundaries, How lymphedema is Shaping the future of Physical Therapy	Dr. Michel Fathy



WOMEN BEAUTY

SESSION IV

CHAIRPERSONS

Dr. Bahy Hany
Dr. Sara Emad
Dr. Amir Sharkawy
Dr. Mohamed El Semelawy

TIME	TOPIC	SPEAKER
02:15-02:30 PM	The art of Reading Different Bodies	Dr. Mohamed Radwan
02:30-02:45 PM	Skin Rejuvenation	Dr. Amir El-Sharkawy
02:45-03:00 PM	Acne Vulgaris from Literature to Clinical Practice	Dr. Rasha Amin
03:00-03:15 PM	Hair Care Products Tips and Tricks ?!	Dr. Mohamed El Semelawy
03:15-03:30 PM	Nutrition for Healthy Skin	Dr. Ahmed El khatieb
03:30-03:45 PM	Fight Hair loss by Right Diet	Dr. Sara Emad
03:45-04:00 PM	Eye Beauty and Safety: The hidden Risks of Cosmetics and Procedures	Dr. Sherif Nageeb



WOMEN NUTRITION

SESSION V

CHAIRPERSONS

Dr. Hesham Al Waseif
Dr. Sami El Gendy

Dr. Amal Ahmed
Dr. Yahya Sadek

TIME	TOPIC	SPEAKER
04:00-04:10 PM	Weight Plateau Solution to a Complex Problem	Dr. Samer Essam
04:10-04:20 PM	Constipation ,Can The Diet Be The Problem and The Solution??!!	Dr. Marianne Ragai
04:20-04:30 PM	Lipids and Ladies : Understanding Dyslipidemia in Women's Health	Dr. Ahmed El Sabawy
04:30-04:40 PM	Nutrition for Autoimmune Diseases	Dr. Hossam Hosny
04:40-04:50 PM	Set up your Mood from Gut	Dr. Amira Nassar
04:50-05:00 PM	Anti Aging Nutrition	Dr. Walaa El-kobessy
05:00-05:10 PM	Nutritional Management for thyroid patients	Dr. Heba said
05:10-05:20 PM	Vit D Role in Promoting Health and Preventing Deficiency	Dr. Mohamed EL-Afify
05:20-05:30 PM	Effective Strategies to Improve Cryotherapy Results In Local Obesity	Dr. Sami El Gendy Dr. Mohamed Essam
05:30-05:40 PM	MPC	Dr. Mohamed bdelsamaad

Closing Cermony	05:40 PM

SUCCESS PARTNERS


































































3RD SCIENTIFIC MEETING OF PHYSIO AND NUTRI FOR HER

UNDER PATRONAGE OF

PROF. DR. KHALED ABDELGHAFFAR
MINISTER OF HEALTH AND POPULATION

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HONORARY CONFERENCE PRESIDENT
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FACULTY OF MEDICINE AIN SHAMS UNIVERSITY

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