

**edes** EMIRATES  
DIABETES  
ENDOCRINE  
SOCIETY  
جمعية الإمارات للسكري والغدد الصماء

# edec2026

**16<sup>th</sup> EMIRATES DIABETES  
& ENDOCRINE CONGRESS**

**6 - 8 FEBRUARY 2026**

**DUBAI WORLD TRADE CENTRE**

**SCIENTIFIC PROGRAM**



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Congress Secretariat



FRIDAY, 06 FEBRUARY 2026



07:00 - 08:00	Registration	
08:00 - 08:15	Introduction & Opening Remarks	HALL 1 (RASHID E)
08:15 - 08:55	<b>UAE National T2D Guidelines Update 2025</b> <i>Chairpersons: Juma Al Kaabi   Hussein Saadi</i>	
08:15 - 08:25	Why We Need T2D Guidelines	Fatheyah Alawadi, UAE
08:25 - 08:35	Screening and Patient Pathway	Khadijah Hafidh, UAE
08:35 - 08:45	Pharmacotherapy in T2DM	Mohamed Hassanein, UAE
08:45 - 08:55	Role of Technology in T2D	Muhammad Farooqi, UAE

08:55 - 09:25	<i>Chairperson: Abdulrazzaq Ali Al Madani</i> <b>Plenary Session: New ATA Thyroid Nodules Guidelines</b>	Sarah Mayson, USA
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09:25 - 09:55	<b>Opening Ceremony</b>	
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09:55 - 10:25	Exhibition / Coffee Break / Poster Session / Product Theatre	
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09:55 - 10:10	Product Theatre: NovoNordisk	
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10:10 - 10:25	Product Theatre: Lilly	
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	HALL 1 (RASHID E)	HALL 2 (RASHID D)	HALL 3 (RASHID C)
10:25 - 12:25	<b>MTP: Dysglycaemia &amp; Complications</b> <i>Chairpersons: Salah Abusnana   Ahmed Hassoun</i>	<b>MTP: Endocrine - Thyroid</b> <i>Chairpersons: Ali Alzahrani   Alaaeldin Bashier</i>	<b>MTP: Pediatric</b> <i>Chairpersons: Noura Al Hassani   Sarah Ehtisham   Elham Alamiri</i>
10:25 - 10:55	Cardio-kidney Complications in Type 1 Diabetes, What To Do? <b>Christian Delles, UK</b>	Subclinical Hyperthyroidism <b>Stephanie Lee, USA</b>	Diagnostic Challenges in Pediatric Diabetes <b>Thomas Danne, Germany</b>
10:55 - 11:25	Roadmap of Lipid Management: Have We Changed the Routes? <b>Kausik Ray, UK</b>	Challenging Thyroid Function Tests <b>Sarah Mayson, USA</b>	Novel Insights on Short Stature <b>Cosimo Giannini, Italy</b>
11:25 - 11:55	Diabetic Retinopathy: From Screening to Emerging Therapies <b>Sathya Kakade, UAE</b>	Challenging Thyroid Nodule Cases <b>Susan Mandel, USA</b>	Emerging Therapies in Type 1 Diabetes : Beyond Insulin <b>Thomas Danne, Germany</b>
11:55 - 12:25	Diabetic Neuropathy: Mechanism, Markers, and Management in 2025 <b>Solomon Tesfaye, UK</b>	Update in Graves' Disease <b>Stephanie Lee, USA</b>	Delayed Puberty – Approach and Management Update <b>Michel Polak, France</b>

12:25 - 14:30	Lunch Break / Poster Session / Symposium	
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12:25 - 13:15	Friday Prayer	
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13:20 - 13:50	Symposium: NovoNordisk	
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13:55 - 14:25	Symposium: Lilly	
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	HALL 1 (RASHID E)	HALL 2 (RASHID D)	HALL 3 (RASHID C)
14:30 - 16:00	<b>MTP: Diabetes &amp; Technology</b> <i>Chairpersons: Mohamed Hassanein   Ahmed El Laboudi</i>	<b>MTP: Endocrine - Adrenal</b> <i>Chairpersons: Adnan Ajmal   Raya Almazrouei</i>	<b>Tech, Trends &amp; Tomorrow in Diabetes Education</b> <i>Chairpersons: Ahmad Saad   Lulu Haider Akelah</i>
14:30 - 15:00	Digital Diabetes Care: The Role of Technology in T1D Management <b>Chantal Mathieu, Belgium</b>	Diagnosis of Hypercortisolism and Hypercortisolism Subtype: Beyond the Standard of Care Tests <b>Irina Bancos, USA</b>	14:30 - 14:35 Opening Keynote <b>Tojan Hassan, UAE</b>
15:00 - 15:30	Digital Diabetes Care: The Role of Technology in T2D Management <b>Pratik Choudhary, UK</b>	The Evaluation of Women with Androgen Excess <b>Yasir Elhassan, UAE</b>	14:35 - 14:50 Educators at the Digital Frontier — Highlighting Future Directions in Health Tech and Learning Paradigms <b>Tojan Hassan, UAE</b>
15:30 - 16:00	From Data to Decision: Real-World Cases on Interpretation of Diabetes Technology <b>Chantal Mathieu, Belgium</b> <b>Pratik Choudhary, UK</b>	Mild Autonomous Cortisol Secretion <b>Irina Bancos, USA</b>	14:50 - 15:05 Edu Medtech and Bridging Gaps: AI Integration of Smart Diabetes Educator Clinics <b>Tomader Ali, UAE</b>
			15:05 - 15:20 Closing the Loop: Clinical Insights into Minimid Hybrid Closed Loop Therapy <b>Shimaa Elmowafi, UAE</b>
			15:20 - 15:35 Overcoming Challenges: Glycemic Control in Young Adults on Insulin Pump <b>Amer Khalil, UAE</b>
			15:35 - 15:45 Beating Bumps: How Technology Reduces Lipohypertrophy in Diabetes Care <b>Rana Zakarya, UAE</b>
			15:45 - 16:00 Panel Discussion

16:00 - 16:30	Coffee Break / Exhibition / Product Theatre / Symposium	
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16:00 - 16:30	Symposium: Boehringer Ingelheim	HALL 2 (RASHID D)	Symposium: Sanofi	HALL 3 (RASHID C)
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16:30 - 17:30	<b>State Of Art</b> <i>Chairpersons: Juma Alkaabi   Asma Aljaberi</i>	HALL 1 (RASHID E)	
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16:30 - 17:00	<b>State of Art 1: Optimizing Anabolic and Antiresorptive Therapies: What's New in Osteoporosis Therapy?</b>	Neil Gittoes, UK	
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17:00 - 17:30	<b>State of Art 2: Update on Cardio-Kidney-Metabolic Syndrome: A Practical Approach</b>	Alice Cheng, Canada	
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SATURDAY, 07 FEBRUARY 2026



07:00 - 08:10	Registration	HALL 1 (RASHID E)
08:10 - 08:30	<b>Chairperson: Buthaina bin Belaila</b> UAE Obesity: The Challenges and the Opportunities	Elamin Abdelgadir, UAE
08:30 - 10:00	<b>State of Art</b> <b>Chairpersons: Khadjiah Hafidh   Elamin Abdelgadir</b>	
08:30 - 09:00	<b>State of Art 3: Prevention and Remission of Type 2 Diabetes in the Real World</b>	Michael Lean, UK
09:00 - 09:30	<b>State of Art 4: Screening &amp; Arresting T1D</b>	Chantal Mathieu, Belgium
09:30 - 10:00	<b>Chairperson: Aly Khalil</b> <b>State of Art 5: New ATA Thyroid Cancer Guidelines</b>	Stephanie Lee, USA

10:00 - 10:30 Exhibition / Coffee Break / Poster Session / Industry Symposium / Product Theatre

10:00 - 10:15	Product Theatre: Lilly	10:00 - 10:30 HALL 2 (RASHID D) Symposium: Insulet	10:00 - 10:30 HALL 3 (RASHID C) Symposium: AstraZeneca
10:15 - 10:30	Product Theatre: NovoNordisk		

	HALL 1 (RASHID E)	HALL 2 (RASHID D)	HALL 3 (RASHID C)
10:30 - 12:00	<b>Diabetes &amp; Special Population</b> <b>Chairpersons: Hamed Farooqi   Jalal Nafach</b>	<b>MTP: Pituitary</b> <b>Chairpersons: Khaled Al Dahmani   Alaeldin Bashier</b>	<b>MTP: Pediatric</b> <b>Chairpersons: Asma Jassim   Sareea Al Remeithi</b>
10:30 - 11:00	Preconception Care for Women with Type 2 Diabetes <b>Richard Holt, UK</b>	Update on Gastroenteropancreatic Neuroendocrine Tumours <b>Anna Maria Colao, Italy</b>	Monogenic Diabetes: Beyond Endocrine Cells <b>Michel Polak, France</b>
11:00 - 11:30	Diabetes in the Elderly: Should We Deal With It Differently? <b>Wolfgang Schmidt, Germany</b>	Management of Resistant Prolactinoma <b>Frédéric Castinetti, France</b>	AI And Digital Health in Pediatric Endocrine <b>Thomas Danne, Germany</b>
11:30 - 12:00	Diabetes in Young People <b>Chantal Mathieu, Belgium</b>	Hypothalamic Obesity <b>Anna Maria Colao, Italy</b>	Vascular Complications of Type 1 Diabetes in Children, Adolescents and Young Adults <b>Cosimo Giannini, Italy</b>

12:00 - 13:30 Exhibition / Lunch Break / Poster Session / Industry Symposium / Product Theatre

12:10 - 12:25	Product Theatre: Recordati	12:00 - 12:30 HALL 2 (RASHID D) Symposium: Lilly	13:00 - 13:30 HALL 3 (RASHID C) Symposium: Amgen
13:00 - 13:15	Product Theatre: MPC	12:30 - 13:00 Symposium: NovoNordisk	
		13:00 - 13:30 Symposium: Abbott EPD	

	HALL 1 (RASHID E)	HALL 2 (RASHID D)	HALL 3 (RASHID C)
13:30 - 15:00	<b>MTP: Diabetes &amp; Complications</b> <b>Chairpersons: Salem Beshyah   Hani Sabbour</b>	<b>MTP: Reproductive</b> <b>Chairpersons: Fauzia Rashid   Prakash Pania</b>	<b>Psychological Coaching and Culturally Responsive Approaches to Diabetes Care</b> <b>Chairpersons: Maryam Edraki   Shaker Sulaiman</b>
13:30 - 14:00	Gastroparesis in Incretin Era <b>Alice Cheng, Canada</b>	Navigating the Complex Landscape of PCOS: Subtype Diversity and Clinical Consequences <b>Bulent Yildiz, Turkey</b>	13:30 - 13:45 From Compliance to Confidence: How Coaching Transforms Diabetes Management <b>Pamela Durant, UAE</b>
14:00 - 14:30	Diabetes & the Heart <b>Kausik Ray, UK</b>	The Good and the Bad of Available Testosterone Formulations <b>Shehzad Basaria, USA</b>	13:45 - 14:00 Nighttime Matters: Sleep Quality and Its Impact on Diabetes <b>Rana Dabous, UAE</b>
14:30 - 15:00	Managing Hypertension in Diabetes: What Do Recent Hypertension Guidelines Recommend? <b>Christian Delles, UK</b>	Obesity and Female Reproductive Health <b>Bulent Yildiz, Turkey</b>	14:00 - 14:15 Culturally Responsive Diabetes Education: Meeting People Where They Are <b>Safa Taj, UAE   Fatima Saleh, UAE</b>
			14:15 - 14:30 Psychology & Diabetes: Key Insights for Educators <b>Zeinab Alishaq, UAE</b>

15:00 - 15:30 Coffee Break / Exhibition / Poster Session / Symposium / Product Theatre

15:00 - 15:15	Product Theatre: Insulet	15:00 - 15:30 Symposium: Bayer HALL 2 (RASHID D)
15:15 - 15:30	Product Theatre: Roche	

15:30 - 16:45	<b>Chairpersons: Mohamed Abdellatif   Huda Ezzeddin</b> <b>Plenary / State of Art</b>	HALL 1 (RASHID E)
15:30 - 16:00	Plenary: Autoimmune Thyroid Disease in Pregnancy	Susan Mandel, USA
16:00 - 16:45	<b>State of Art 6: Testosterone Treatment in Older Men: Journey from EMAS to T-Trials to TRAVERSE</b>	Shehzad Basaria, USA

SUNDAY, 08 FEBRUARY 2026



07:30 - 08:30	Registration		
08:30 - 09:30	<b>Plenary / State of Art</b> <i>Chairpersons: Khaled Al Dahmani   Ahmed Hassoun</i>		HALL 1 (RASHID E)
08:30 - 09:00	Plenary: MASLD: The Global Burden and Treatment in 2025		Zobair Younossi, USA
09:00 - 09:30	<b>State of Art 7: Update on Hypophysitis</b>		Frédéric Castinetti, France
09:30 - 11:00	<b>Oral Presentations</b> <i>Chairpersons: Salah Abusnana   Juma Alkaabi   Mohamed Hassanein</i>		HALL 1 (RASHID E)
09:30 - 09:42	Persistently Low Serum Alkaline Phosphatase in Adults: Prevalence and Clinical Characteristics at a Tertiary Care Hospital		Shaden Almutairi, Saudi Arabia
09:42 - 09:54	TyG index as an independent predictor of reduced left ventricular ejection fraction in patients with T2DM and CAD		Gulshan Kalandarova, Uzbekistan
09:54 - 10:06	Identification of Biomarkers for the Early Detection of Diabetic Peripheral Neuropathy Among Patients with Type 2 Diabetes Mellitus		Ahmed Alhassani, UAE
10:06 - 10:18	Efficacy of Semaglutide for Weight Management in Patients with End-Stage Renal Disease on Maintenance Hemodialysis		Tatiana Markova, Russia
10:18 - 10:30	Clinical Characteristics and Treatment Outcomes of Functioning Pituitary Adenomas: A Single Centre Experience from the United Arab Emirates		Adnan Agha, UAE
10:30 - 11:00	<b>Awards</b>		
11:00 - 11:30	Coffee Break		
	HALL 1 (RASHID E)	HALL 2 (RASHID D)	HALL 3 (RASHID C)
11:30 - 12:30	<b>MTP: Obesity</b> <i>Chairpersons: Sara Suliman   Elamin Abdelgadir</i>	<b>MTP: Metabolic Bone Disease</b> <i>Chairpersons: Budoor Alemadi   Asma Aljaberi</i>	<b>Lifestyle Management of Diabetes and Obesity</b> <i>Chairpersons: Amena Sadiya   Zeina Younes</i>
11:30 - 12:00	Obesity & T2D - Are We What We Eat? <b>Michael Lean, UK</b>	Primary Hyperparathyroidism, 2026 <b>Neil Gittoes, UK</b>	Preventing Muscle Loss During Weight Loss: The Role of Lifestyle Interventions with Anti-Obesity Medications <b>Amena Sadiya, UAE</b>
12:00 - 12:30	Obesity Management - What's New? <b>Wolfgang Schmidt, Germany</b>	Regional Data on Osteoporosis <b>Yousef Al Saleh, Saudi Arabia</b>	Low-Carb Diet and Type 1 Diabetes: Yes, No, or Maybe? <b>Diana El-Jundi, UAE</b>
12:30 - 13:30	<b>Hot Topics in Diabetes</b> <i>Chairpersons: Khadija Hafidh   Satendra Kumar</i>	<b>MTP: Grand Rounds</b> <i>Chairperson: Raya Almazrouei</i>	
12:30 - 13:00	Hot Topics in T1D <b>Richard Holt, UK</b>	<b>Ali Zahrani, Saudi Arabia</b> <b>Irina Bancos, USA</b> <b>Frédéric Castinetti, France</b> <b>Yasir Elhassan, UAE</b>	Anti-inflammatory Food in People with Diabetes: True or a Myth <b>Zeina Younes, UAE</b>
13:00 - 13:30	Hot Topics in T2D <b>Michael Lean, UK</b>		Conversations that Count: The Art & Science of Counseling in Diabetes <b>Nagat Elhag, UAE</b>
13:30 - 14:30	Lunch Break / Symposium		
13:30 - 14:00	Symposium: AstraZeneca		HALL 2 (RASHID D)
14:00 - 14:30	Symposium: Dexcom		HALL 2 (RASHID D)
14:30 - 15:30	<b>Plenary / State of Art</b> <i>Chairpersons: Abdul Jabbar   Farooq Khan</i>		HALL 1 (RASHID E)
14:30 - 15:00	Plenary Session: Hypoglycemia		Pratik Choudhary, UK
15:00 - 15:30	<b>State of Art 8: The Use of Non-invasive Tests to Identify Patients at High Risk of Liver Disease in Type 2 Diabetes</b>		Zobair Younossi, USA
15:30 - 15:45	<b>Closing Remarks</b>		

## Day 1 - Friday, 06 February 2026

13:20 - 13:50	Ozempic® in Focus: Delivering Impact in T2D Care <b>Chairperson: Khadija Hafidh, UAE</b> <b>Speakers: Alice Cheng, Canada   Kausik Ray, UK</b>	HALL 2 (RASHID D)	Sponsored by 
13:55 - 14:25	Incretin Horizon: Where Science Leads in 2026 (Panel Talk) <b>Speakers: Mohamed Hassanein, UAE</b> <b>Okan Bulent Yildiz, Turkey</b>	HALL 2 (RASHID D)	Sponsored by 
16:00 - 16:15	Survodutide: A Novel GCGR/GLP-1R dual agonist for Obesity & MASH	HALL 2 (RASHID D)	Sponsored by 
16:15 - 16:30	Optimizing CRM Outcomes: Evidence Based Role of SGLT2 Inhibitors <b>Speaker: Salah Abusnana, UAE</b>		
16:00 - 16:30	Shaping the Future of Autoimmune Type 1 Diabetes & Role of Teplizumab in Delaying the Onset <b>Speaker: Khadija Hafidh, UAE</b>	HALL 3 (RASHID C)	Sponsored by 

## PRODUCT THEATRE

## Day 1 - Friday, 06 February 2026

09:55 - 10:10	Transformative Weight Loss with Wegovy® <b>Speaker: Maryam Alsaad, UAE</b>	EXHIBITION	Sponsored by 
10:10 - 10:25	From Inertia to Impact: Early A1C Control & Weight Management in T2D <b>Speakers: Hesham Harb, UAE   Rahilla Bhatti, UAE</b>	EXHIBITION	Sponsored by 

Day 2 - Saturday, 07 February 2026

10:00 - 10:30	Reimagine your Clinical Practice with Omnipod® 5 <b>Chairperson: Fatheya AlAwadi, UAE</b> <b>Speaker: Sufyan Hussain, UK</b>	HALL 2 (RASHID D)	Sponsored by 
10:00 - 10:30	Rethinking CKD management: Dapagliflozin's Role Beyond T2DM <b>Speaker: Emad Khater</b>	HALL 3 (RASHID C)	Sponsored by 
12:00 - 12:30	Transforming Metabolic Health: The Role of Mounjaro in Obesity <b>Speaker: Okan Bulent Yildiz, Turkey</b>	HALL 2 (RASHID D)	Sponsored by 
	Transforming Metabolic Health: Patient-centric approach to the treatment of T2D with Mounjaro <b>Speaker: Mohamed Hassanein, UAE</b>		
12:30 - 13:00	Holistic Obesity Management with Wegovy® <b>Chairperson: Salah Abusnana, UAE</b> <b>Speaker: Michael Lean, UK</b>	HALL 2 (RASHID D)	Sponsored by 
13:00 - 13:30	Rethinking Fibrates: Role in Diabetic Dyslipidaemia and Diabetic Retinopathy <b>Speaker: Jalal Nafach, UAE</b>	HALL 2 (RASHID D)	Sponsored by 
13:00 - 13:30	Advances in the Management Thyroid Eye Disease <b>Speaker: Nezzar Hachemi, UAE</b>	HALL 3 (RASHID C)	Sponsored by 
15:00 - 15:30	Optimizing Management of Patients with Diabetic Albuminuria from Theory to Practice <b>Speaker: Mohamed Hassanein, UAE</b>	HALL 2 (RASHID D)	Sponsored by 

PRODUCT THEATRE

Day 2 - Saturday, 07 February 2026

10:00 - 10:15	Beyond the Scale: Conversations That Change Obesity Care <b>Speakers: Hazem Momani, UAE   Mohamed Fityan, UAE</b>	EXHIBITION	Sponsored by 
10:15 - 10:30	Ozempic® in Clinic: Effective Consultation for Optimal T2D Care <b>Speaker: Aftab Ahmad, UAE</b>	EXHIBITION	Sponsored by 
12:10 - 12:25	Osilodrostat in Cushing's Syndrome: When to Use – How to Use <b>Speaker: Anna Maria Colao, Italy</b>	EXHIBITION	Sponsored by 
13:00 - 13:15	Hypertension: The Forgotten Frontie <b>Speaker: Aftab Ahmad, UAE</b>	EXHIBITION	Sponsored by 
15:00 - 15:15	Optimisation with Omnipod Discover™ : The official diabetes insights platform for Omnipod® 5 <b>Speaker: Engi Ramadan</b>	EXHIBITION	Sponsored by 
15:15 - 15:30	Accu-Chek SmartGuide: From Monitoring to Prediction <b>Speakers: Rasha Jawabry   Arpit Patel, UAE</b>	EXHIBITION	Sponsored by 

## Day 3 - Sunday, 08 February 2026

13:30 - 14:00

Aldosterone Dysregulation: The Missing Link in Hypertension

**Speaker: Waleed Ezzat Nafee, UAE**

**HALL 2 (RASHID D)**

Sponsored by



14:00 - 14:30

Glycemic and Self-Management Outcomes with Dexcom

ONE+ CGM: A T2PLUS Study Analysis

**Speaker: Mohammed Almehtel, Saudi Arabia**

**HALL 2 (RASHID D)**

Sponsored by

