

MEDOC 26

Middle East

ENDOCRINE, Diabetes & Obesity



 28-31
Jan 2026

 Park Hyatt Hotel
Jeddah



FOR REGISTRATION:

WWW.MEDOC26.COM

Strategic Partner

ضمان
مجلس الضمان الصحي
Council of Health Insurance

OBESITY MANAGEMENT WORKSHOP

Chairperson: **Fahad Alqahtani & Abdulrahman Alshaikh**

- | | |
|---------------|--|
| 09:00 - 09:25 | CVD and Obesity
Abdulhalim Kinsara |
| 09:25 - 09:50 | The interlink between the coming pandemics: Obesity & MASH
Hussein Elbadawi |
| 09:50 - 10:15 | The future of AoMs in chronic weight management
Ali Alshehri |
| 10:15 - 10:20 | Q & A |
| 10:20 - 10:30 | Networking |
| 10:30 - 10:55 | The Effectiveness of Obesity Management Interventions
Khalid Alfares |
| 10:55 - 11:20 | 'Transforming patient conversation with case based insights
David Macklin & Ahmed Salah Shams |
| 11:20 - 11:45 | Q & A |
| 11:45 - 11:55 | Conclusion |



CARDIO-KIDNEY METABOLIC WORKSHOP

Chairperson: **Abdulhameed Hassan & Ali Sultan**

PRE-CONGRESS WORKSHOPS

Wednesday 28th Jan 2026

- | | |
|---------------|--|
| 13:00 - 13:25 | Dyslipidemia Management: What guidelines Say
Hend Alzanbaqi |
| 13:25 - 13:50 | SGLT2 inhibitors in kidney disease and heart failure
Ayman Morsi |
| 13:50 - 14:15 | How Low Should We Go with LDL-c?
Mirvat Alasnag |
| 14:15 - 14:20 | Q & A |
| 14:20 - 14:30 | Networking |
| 14:30 - 14:55 | Comprehensive Cardiorenal Metabolic care
Saud Alsifri |
| 14:55 - 15:20 | Interactive Clinical Case-Based Discussion
Nasser Aljuhani |
| 15:20 - 15:30 | Discussion & Closing |

DAY 1 THURSDAY

29th Jan 2026

08:00 – 09:00

REGISTRATION & BREAKFAST

Chairperson: **Siraj Mira & Tarif Zawawi**

09:00 - 09:30 Beyond HbA1c: Redefining Glycemic Control in the Era of CGM & Automated Insulin Delivery **Hadeel Iskandar**

09:30 - 10:00 Anti-Obesity Medications in Chronic Weight Management **Ali Alshehri**

10:00 - 10:20 Live lighter with Wegovy: A Case based discussion **David Macklin & Mohamed Al-Mehthel**



10:20 – 10:40 **OPENING CEREMONY EXHIBITION**

Clinical Practice Symposium: Diabetes T2

Chairperson: **Ghada Elkhateb & Badriah Albeirut**

10:40 - 11:00 Glucocorticoids induced Diabetes **Reem Alamoudi**

11:00 - 11:20 Insulin-Based Therapy in T2D: When to consider & how? **Khalid Alfares**

11:20 - 11:40 De-intensification of insulin therapy **Nasser Aljuhani**

11:40 - 12:00 Management of Hypertension in People with Diabetes **Abdulqawi Almansari**

12:00 - 12:20 Shingles: Unmasking A Silent Threat for Older Adults with Diabetes (GSK) **Ashraf Amir**

12:20 – 13:00 **BREAK**

Room A: Meet The Expert: Obesity

Chairperson:
Samia Bokhari & Moneer Alamri

13:00 – 13:20 Post bariatric Osteoporosis **Salwa Alaidarous**

13:20 – 13:40 Menopausal Hormone Replacement Therapy: Yes OR no? **Wedyan Aboznadah**

13:40 – 14:00 Vitamin D Deficiency: Diagnosis & Management **Naji Aljohani**

14:00 – 14:10 Q & A

Room B: Meet The Expert: Diabetes

Chairperson:
Abdulaziz Altwaim & Hamed Alghamdi

13:00 – 13:20 SGLT2i and GLP1 Agonist use in T1DM **Saad Alzahrani**

13:20 – 13:40 MODY: When to suspect & how to manage? **Nassem Al Yahyawi**

13:40 – 14:00 Incretin Receptors Mechanism and Clinical Impact on Weight **Abbas Orabi**

14:00 - 14:10 Q & A

14:10 – 14:30 **BREAK**

DAY 1 THURSDAY
29th Jan 2026

Chairperson: **Afaf Alshammary & Saeed Youldash**

14:30 -15:00 Updates in Diabetes guidelines
Marc Evans

15:00 -15:20 Fasting Ramadan Safely (FRS)
Abbas Orabi

15:20 -15:40 Management of Prolactinoma
Hussein Raef

15:40 -16:00 Role of PCSK9 Inhibitors in ASCVD Patients
Mohammed Almethel



16:00 -16:20 Diabetic Neuropathy: Re-examining Common Beliefs
Saud Alsifri



16:20 -16:30 Q & A

16:30 -17:30 LUNCH

DAY 2 FRIDAY

30th Jan 2026

08:30 – 09:30

REGISTRATION & BREAKFAST

Chairperson: **Tariq Nasser & Hadeel Iskandar**

09:30 - 10:00 **Screening for Microvascular Complications of Diabetes**
Lamia Alzubaidi

10:00 - 10:30 **Management of Cardio-Kidney Metabolic Disease**
Marc Evans

10:30 - 10:40 **BREAK**

Room A:
Clinical Practice Symposium
Technology

Chairperson:
Bandar Damanhuri & Faisal Aljuhani

10:40 – 11:00 **Innovations in Type 1 Diabetes Management: Islet Cell Transplant**
Abdulmohsen Bakhsh

11:00 – 11:20 **Advances in Hybrid closed loop systems**
Hawazen Zarif

11:20 – 11:40 **Impact of CGM in Diabetes Management**
Mohammed Almehtel

11:40 – 12:00 **MiniMed 780G System: All AID Systems are not the Same**
Naweed Al Zaman



12:00 – 12:15 **Q & A**

12:15 – 13:00 **PRAYER**

Room A:
Meet The Expert:
Diabetes T2

Chairperson:
Lamia Alzubaidi & Mohammed Salah

13:00 – 13:20 **Remission of T2D: Is it a reality?**
Marc Evans

13:20 – 13:40 **Updates in Diabetes and Ramadan**
Hala Mousli

13:40 – 14:00 **Incretin-Based Therapy and SGLT2i in T2D: When to combine?**
Abdulraof Mahfouz

14:00 – 14:20 **Treatment Simplification in Management of T2 Diabetes**
Hussein Elbadawi



14:20 – 14:30 **Q & A**

14:30 – 14:40 **BREAK**

Room B:
Clinical Practice Symposium
Pituitary, Adrenal & Thyroid

Chairperson:
Hamzah Sab

10:40 – 11:00 **Diagnosis & Management of Acromegaly**
Osamah Hakami

11:00 – 11:20 **Cushing's disease management**
Waleed Almutairi

11:20 – 11:40 **Decoding Low TSH: Where Patience Meets Precision**
Ghada Alkhatib

11:40 – 11:50 **Q & A**

DAY 2 FRIDAY
30th Jan 2026

Chairperson: **Fahad Sabaan & Moneera Alshareef**

14:40 - 15:00 DKD progression: challenges & approaches
Saeed Alghamdi

15:00 - 15:20 Managing CVD risk in People with Diabetes
Raed Aldahash

15:20 - 15:40 Anti-Diabetic Agents Beyond Glucose control
Marc Evans

15:40 - 16:00 TIR as a target for Diabetes Management
Naweed Alzaman

**16:00 - 16:20 Closing the Guidelines–Practice Gap
in Diabetes Care in Saudi Arabia**
Saud Alsifri



**16:20 - 16:40 "Unfolding Clinical Correlation Between Obesity and MASLD/MASH"
Survodutide: An innovative in prospect treatment option**
Moderator: Raed Aldahash Speakers: Hala Mosli & Bandar Al-Judaibi



16:40 - 17:00 Q & A

17:00 - 17:15 LUNCH

DAY 3 SATURDAY
31st Jan 2026

08:00 – 09:00

REGISTRATION & BREAKFAST

Chairperson: **Shadi Almoziny – Faiza Qari**

09:00 – 09:30 **Thyroid Eye disease : An overview**
Raad Alwithenani

09:30 – 10:00 **Dyslipidemia treatment beyond statin**
Kamal Alghalayini

10:00 – 10:30 **SS**



10:30 – 10:50 **BREAK**

Room A:

Clinical Practice Symposium – Metabolic bone / Adrenal

Chairperson:

Abdulwahab Bawahab & Abdulrahman Alshili

10:50–11:10 **Glucocorticoid induced Adrenal insufficiency**
Amani Alhozali

11:10–11:30 **Treatment of Osteoporosis in Post-menopausal women**
Yousef Alsaleh

11:30–11:50 **Puberty induction: What, when and how?**
Ibrahim Alalwan

11:50–12:10 **How Dapagliflozin changed our practice**
Hussein Elbadawi



12:10–12:20 **Q & A**

12:20 – 13:00 **BREAK**

Chairperson: **Saud Alsifri & Mohammed Alshennawi**

13:00 – 13:30 **Challenges in Management of Familial Hypercholesterolemia**
Mohammed Aldubayee

13:30 – 14:00 **Investing in health:
The economic & clinical case for modern Obesity Treatment**



14:00 – 15:15

Open Panel Discussion: Reimbursement and Health Insurance for People with Diabetes and Obesity

- Abdulrahman Alshaikh
- Marc Evans
- Fahad Almehmadi
- Shadi Almoziny
- Abdallah Alkhenizan
- Yaser Albarakah

15:15 – 15:30 **CLOSING REMARKS AND ANNOUNCEMENT**

15:30 – 16:30 **LUNCH**