

Diabetes 360°

From Prevention to Personalized Treatment

20-21 Nov 2026
Friday & Saturday

QNCC, Doha
Qatar National Convention Centre

Organized by
Qatar Diabetes Association

Day 1

Friday, 20 November 2026

Afternoon & evening · 14:00 – 19:10

OPENING

14:00 – 14:05 Opening remarks



Dr. Mahmoud Zirie
Hamad Medical Corporation (HMC)



Dr. Abdulla Al-Hamaq
Qatar Diabetes Association

OPENING

SESSION 1

Moderators: Dr. Abdulla Al Hamaq · Dr. Mahmoud Zirie

14:10 – 14:30 Global burden of diabetes mellitus: trends and challenges



Prof. Adel Elsayed
Egypt

TALK

14:30 – 14:50 Policy frameworks: national strategies for prevention



Sheikh Dr. Mohamed Bin Hamad Al Thani
Department of NCDs Prevention Programs, ...

TALK

14:50 – 15:20 Asr prayer & coffee break

BREAK

15:20 – 15:40 Cardiorenal & metabolic management



Dr. Amin Jayyousi
Endocrine & Diabetes, HMC

TALK

15:40 – 16:00 Gestational diabetes: winning the battle but losing the war?



Dr. Mohammed Bashir
Senior Consultant Endocrine Medicine

TALK

16:00 – 16:20 Cardiovascular risk in the Gulf



Dr. Mahmoud Zirie
Hamad Medical Corporation (HMC)

TALK

16:20 – 16:25 Interactive Q&A

Q&A

SESSION 2

Moderators: Dr. Amin Jayyousi · Dr. Mohammed Bashir

16:25 – 16:45 Mental health and stress: reducing psychological risk factors



Dr. Lina Sadek, PhD
The View Hospital – Qatar

TALK

16:45 – 17:05 Physical activity programs: exercise as medicine



Dr. Georges Jabbour, PhD
Associate Professor of Clinical Kinesiology ...

TALK

17:05 – 17:25 Maghrib prayer & coffee break

BREAK

17:25 – 17:45 Nutrition strategies: healthy diets for prevention



Ms. Katie G. El-Nahas
Qatar Diabetes Association (QDA)

TALK

17:45 – 18:05 Why are subjects with T2DM at increased CVD risk?



Prof. Muhammad Abdul-Ghani
University of Texas Health Science Center, Sa...

TALK

18:05 – 18:25 Community education: building knowledge at grassroots level



Dr. Manal Musallam, RN, CDE, MPH, PhD
Director of Patient Education

TALK

18:25 – 18:45 Managing weight in diabetes: clinical insights and best practices



Dr. Wahiba Elhag, MD
Bariatric Medicine

TALK

18:45 – 19:05 Eye Health 360°: from early screening to precision treatment



Dr. Essam Ruagh
Consultant Ophthalmologist & Vitreoretinal S...

TALK

19:05 – 19:10 Interactive Q&A

Q&A

19:10 Dinner & end of Congress Day 1

CLOSE

Day 2

Saturday, 21 November 2026

Morning & afternoon · 09:00 – 17:15

SESSION 1

Moderators: Dr. Mahmoud Zirie · Dr. Abdulla Al Hamaq

09:00 – 09:20	Diabetes management including foot care at PHC	 Dr. Hashim Elsayed Primary Health Care Corporation (PHCC)	TALK
09:20 – 09:40	Patient empowerment: self-management and education	 Dr. Ragae Dughmosh National Diabetes Center – HMC	TALK
09:40 – 10:00	Diabetes at schools	 Dr. Layla AlDahnaim PHCC	TALK
10:00 – 10:20	Weight loss and type 2 diabetes remission: evidence and implications for clinical practice	 Prof. Laith J. Abu-Raddad Weill Cornell Medicine – Qatar	TALK

SESSION 1 (CONT.)

Moderators: Dr. Najaty Bsaiso · Dr. Amin Jayyousi

10:20 – 10:40	Early detection of diabetes: improving screening outcomes and timely diagnosis	 Dr. Samya Al-Abdulla PHCC	TALK
10:40 – 11:00	Personalized nutrition: diet plans tailored to individuals	 Dr. Abdelhamid Kerkadi Diabetes Care and Patient Education Departm...	TALK
11:00 – 11:20	Digital health tools: apps, wearables, and telemedicine	 Dr. Khaled Ahmed Baagar HMC	TALK
11:20 – 11:40	Diabetes and mental health: from prevention to management	 Dr. Durre Shahwar Child and Adolescent Mental Health Services, S...	TALK
11:40 – 11:50	Interactive Q&A		Q&A
11:50 – 13:20	Dhuhr prayer & lunch		BREAK

SESSION 2

Moderators: Dr. Najaty Bsaiso · Dr. Abdulla Al Hamaq

13:20 – 13:40	Stem cell-derived islets for diabetes: from disease modeling to clinical trials	 Prof. Essam M. Abdelalim Laboratory for Pluripotent Stem Cell Disease M...	TALK
13:40 – 14:00	Diabetes and heart disease: diagnostic challenges and therapeutic implications. Are we doing better?	 Prof. Abdurrazzak Gehani, MD, FRCPEdin, FESC, FACC Senior Consultant Interventional Cardiologist	TALK
14:00 – 14:20	Transforming outcomes in diabetic kidney disease	 Dr. Essa Abuhelaia, MD Nephrology & Transplant Nephrology, HMC	TALK
14:20 – 14:40	Translating IDF 2025 practical recommendations into early action: screening, stratification and organ protection	 Prof. Mesbah Sayed Kamel, MD IDF-MENA Chair Elect	TALK
14:40 – 14:45	Interactive Q&A		Q&A
14:45 – 15:00	Asr prayer & coffee break		BREAK

SESSION 2 (CONT.)

Moderators: Dr. Mahmoud Zirie · Dr. Amin Jayyousi

15:00 – 15:20	Youth prevention: tackling early-onset type 2 diabetes (prevention & treatment)	 Prof. Khalid Hussain, MBChB MD MRCP MRCPC MSc Weill Cornell Medicine – Qatar & Sidra Medicine	TALK
15:20 – 15:40	T1D early screening and prevention	 Dr. Ammira Al-Shabeeb Akil, PhD, EMBA Metabolic and Mendelian Disorders Translation...	TALK
15:40 – 16:00	Diabetes genetics in the Gulf	 Prof. Omar Albagha College of Health and Life Sciences, Hamad Bi...	TALK
16:00 – 16:20	From risk to care: applying early action on prediabetes through a real-world patient case	 Dr. Yasser Morsy Ambulatory Clinical Pharmacy Training Progra...	TALK
16:20 – 16:40	Artificial intelligence: a friend or foe?	 Dr. Mohammed Bashir Senior Consultant Endocrine Medicine	TALK
16:40 – 17:00	Diabetic neuropathy: too little too late	 Prof. Rayaz A. Malik Weill Cornell Medicine – Qatar	TALK
17:00 – 17:15	Q&A, closing remarks & end of Congress		CLOSE