القطرية للسكري
Diabetes Qatar
Founded by Qatar Foundation | من إنشاء مؤسسة قطر

CONGRESS AGENDA
20–21 NOVEMBER 2026

Diabetes 360°

From Prevention to Personalized Treatment

20–21 Nov 2026	QNCC, Doha	Organized by
Friday & Saturday	Qatar National Convention Centre	Qatar Diabetes Association

Day 1 — Friday, 20 November 2026

Afternoon & evening · 14:00 – 19:40

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 – 15:00	Interactive Q&A		Q&A
15:00 – 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 – 16:35	Interactive Q&A		Q&A

SESSION 2

Moderators: Dr. Amin Jayyousi · Dr. Mohammed Bashir

16:35 – 16:55	Mental health and stress: reducing psychological risk factors	Dr. Lina Sadek, PhD, The View Hospital – Qatar	TALK
16:55 – 17:15	Physical activity programs: exercise as medicine	Dr. Georges Jabbour, PhD, Associate Professor of Clinical Kinesiology a…	TALK
17:15 – 17:25	Interactive Q&A		Q&A
17:25 – 17:40	Maghrib prayer & coffee break		BREAK
17:40 – 18:00	Translating IDF 2025 practical recommendations into early action: screening, stratification and organ protection	Prof. Mesbah Sayed Kamel, MD, IDF-MENA Chair Elect	TALK
18:00 – 18:20	Why are subjects with T2DM at increased CVD risk?	Prof. Muhammad Abdul-Ghani, University of Texas Health Science Center, Sa…	TALK
18:20 – 18:40	Community education: building knowledge at grassroots level	Dr. Manal Musallam, RN, CDE, MPH, PhD, Director of Patient Education	TALK
18:40 – 19:00	Managing weight in diabetes: clinical insights and best practices	Dr. Wahiba Elhag, MD, Bariatric Medicine	TALK
19:00 – 19:20	Shingles disease in the context of Diabetes & Cardiovascular disease	Dr. Amin Jayyousi, Endocrine & Diabetes, HMC	TALK
19:20 – 19:40	Interactive Q&A		Q&A
19:40	Dinner & end of Congress Day 1		CLOSE

Day 2

Saturday, 21 November 2026

Morning & afternoon · 09:00 – 17:45

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	Nutrition strategies: healthy diets for prevention	Ms. Katie G. El-Nahas, Qatar Diabetes Association (QDA)	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
10:20 – 10:40	Interactive Q&A		Q&A

SESSION 1 (CONT.)

Moderators: Dr. Najaty Bsaiso · Dr. Amin Jayyousi

10:40 – 11:00	Early detection of diabetes: improving screening outcomes and timely diagnosis	Dr. Samya Al-Abdulla, PHCC	TALK
11:00 – 11:20	Personalized nutrition: diet plans tailored to individuals	Dr. Abdelhamid Kerkadi, Diabetes Care and Patient Education Depart...	TALK
11:20 – 11:40	Digital health tools: apps, wearables, and telemedicine	Dr. Khaled Ahmed Baagar, HMC	TALK
11:40 – 12:00	Diabetes and mental health: from prevention to management	Dr. Durre Shahwar, Child and Adolescent Mental Health Services...	TALK
12:00 – 12:20	Interactive Q&A		Q&A
12:20 – 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 ...	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 Abuhelaiqa, MD, Nephrology & Transplant Nephrology, HMC	TALK
14:20 – 14:40	Patient empowerment: self-management and education	Dr. Ragae Dughmosh, National Diabetes Center – HMC	TALK
14:40 – 15:00	Interactive Q&A		Q&A
15:00 – 15:10	Asr prayer & coffee break		BREAK

SESSION 2 (CONT.)

Moderators: Dr. Amin Jayyousi · Dr. Ibrahim Mamoun

15:10 – 15:30	Youth prevention: tackling early-onset type 2 diabetes (prevention & treatment)	Prof. Khalid Hussain, MBChB MD MRCP MRCPCH MSc, Weill Cornell Medicine – Qatar & Sidra Medici...	TALK
15:30 – 15:50	T1D early screening and prevention	Dr. Ammira Al-Shabeeb Akil, PhD, EMBA, Metabolic and Mendelian Disorders Translati...	TALK
15:50 – 16:10	Deciphering the genetic architecture of diabetes in Middle Eastern genomes	Prof. Omar Albagha, College of Health and Life Sciences, Hamad ...	TALK
16:10 – 16:25	Interactive Q&A		Q&A
16:25 – 16:45	From risk to care: applying early action on prediabetes through a real-world patient case	Dr. Yasser Morsy, Ambulatory Clinical Pharmacy Training Progr...	TALK
16:45 – 17:05	Artificial intelligence: a friend or foe?	Dr. Mohammed Bashir, Senior Consultant Endocrine Medicine	TALK
17:05 – 17:25	Diabetic neuropathy: too little too late	Prof. Rayaz A. Malik, Weill Cornell Medicine – Qatar	TALK
17:25 – 17:45	Q&A, closing remarks & end of Congress		CLOSE