

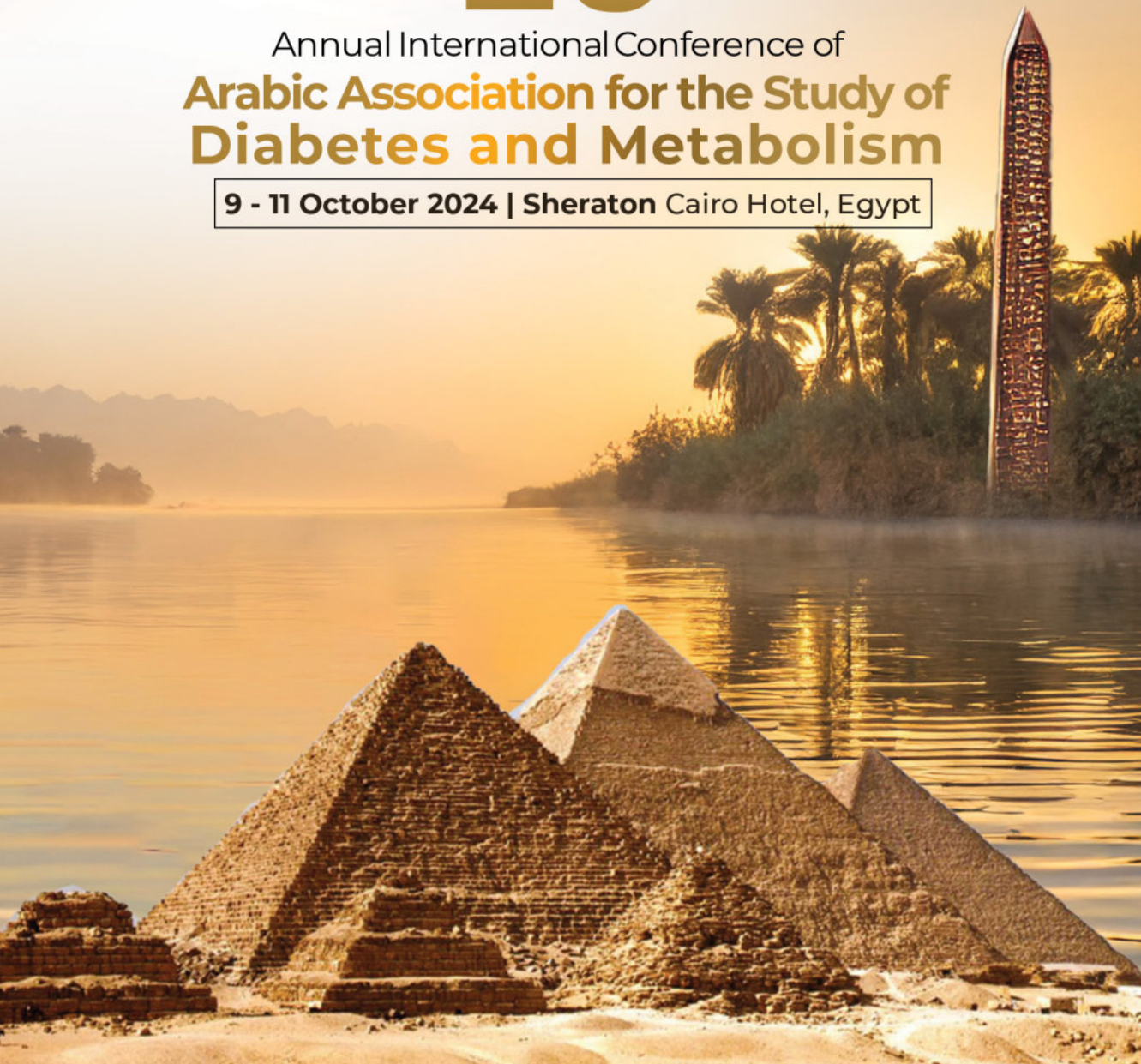
Member of  
International Diabetes Federation



# 20<sup>th</sup>

Annual International Conference of  
**Arabic Association for the Study of  
Diabetes and Metabolism**

9 - 11 October 2024 | Sheraton Cairo Hotel, Egypt



# AASD 2024

## CONFERENCE BOARD

IDF President



**Prof. PETER SCHWARZ**

AASD & Conference President



**Prof. INASS SHALTOUT**

Conference Vice-President



**Prof. MOHAMED HASSANEIN**

AASD & Scientific Research Chairman



**Prof. AMIN ROUSHDY**

AASD Vice President



**Prof. AMR EL MELIGY**

AASD Secretary



**Prof. ABDEL KHALEK HAMED**

## AASD BOARD

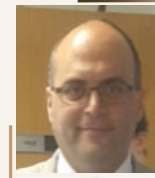


**Prof. MOHAMED NAGUIB WAFI**

AASD Treasure



**Dr. SAYED GAD**



**Prof. MAZEN ATTIA**

# AASD 2024

## SCIENTIFIC COMMITTEE CHAIRMEN



Prof.

**FARID FAWZY**



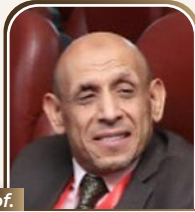
Prof.

**HAZEM ASHMAWY**



Prof.

**HANY HAMMAD**



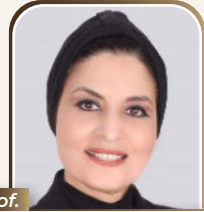
Prof.

**HESHAM MAGD ELDIN**



Prof.

**MAGDY ELDAHSHAN**



Prof.

**SHEREEN ABDEL GHAFFAR**



Prof.

**YASSER ABDEL HAMID**

## ORGANIZING COMMITTEE



Dr.

**ELSAYED ELGHONIMY**



Dr.

**HISHAM HABIB**



Prof.

**IMAN EL SHERIF**



Prof.

**RASHA SOBH**

## ORGANIZING COMMITTEE COORDINATOR



Dr.

**MOHAMED ORABY**





## Welcome Letter

Dear professors and colleagues

It gives us a great pleasure to welcome you in

**20<sup>th</sup> Annual International Conference of Arabic Association for the Study of Diabetes and Metabolism (AASD 2024).**

On behalf of **AASD** board and members, we appreciate the strong participation and support of International Diabetes Federation, **IDF**. **AASD** as a member of **IDF** puts a great responsibility on all **AASD** members and board to do extra efforts for the cause of Diabetes.

On behalf of **AASD**, let me express our gratitude to Prof. Peter Schwarz, President elect of the International Diabetes Federation for his extraordinary support of all **AASD** activities.

We also appreciate the dedication of **Prof. Schwarz** to all **IDF** member associations and diabetics all over the world.

Due to Covid 19 pandemic, **AASD** has decided to host its **19<sup>th</sup> Annual International Conference** as a hybrid one with more than 4000 virtual registrations as well as 2000 Physical registrations

We appreciate the presence of our eminent guest speakers from United Kingdom, USA, Croatia, Germany, Macedonia, Russia, Greece, India, Italy and Serbia for their presence to share in this Outstanding scientific event. Their participation added a great scientific value to the conference.

On behalf of my colleagues, board and members of **AASD**, let me express my gratitude to all Egyptian professors & speakers who agreed to join us and Co- chair the Advisory board and National Faculty in this scientific event.

**AASD** as one of the leading Diabetes Associations has been recognized in December 2017 as an **IDF** center of education and our continuous scientific and patient activities aim to share in:

1. *Public awareness and patient education with the aim of prevention and optimum management.*
2. *Medical conferences intending to share knowledge and stimulate research.*
3. *Post graduate continuous medical education (AASD-CME).*
4. *Newsletters for health care professionals that intend to increase knowledge about the standards of medical care in diabetes and associated co-morbidities and complications.*
5. *Building the capacity of thousands of doctors, nurses and educating Patients which enhanced their knowledge to cope with diabetes.*

AASD & Conference President



**Prof. INASS SHALTOUT**

**Looking forward to seeing you in 2025 conference, In Shaa Allah**

# AASD 2024

## AASD ANNUAL CONFERENCES

1 <sup>st</sup> AASD ANNUAL CONFERENCE, CAIRO	20-21 December 2006
2 <sup>nd</sup> AASD ANNUAL CONFERENCE, CAIRO	28-30 November 2007
3 <sup>rd</sup> AASD ANNUAL CONFERENCE, CAIRO	29-31 October 2008
4 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	18-20 November 2009
5 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	08-10 December 2010
6 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO/ RED SEA	16-18 June 2011
7 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO/ PORTO MARINA	12-16 September 2012
8 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO/ HURGHADA	17-21 December 2013
9 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO/ RED SEA	29 October – 2 November 2014
10 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO/ RED SEA	20-22 October 2015
11 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	11-13 October 2016
12 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	11-12 October 2017
14 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	23-26 October 2018
15 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	23-25 October 2019
16 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	28-31 October 2020
17 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	26-29 October 2021
18 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	26-28 October 2022
19 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO	27-29 October 2023
20 <sup>th</sup> AASD ANNUAL CONFERENCE, CAIRO/ELSOKHNA	24-26 October 2024

AASD NATIONAL CONFERENCES  
60 CONFERENCES TILL NOW

## EASD / AASD POSTGRADUATE COURSE:

AASD / EASD POSTGRADUATE COURSE

16 – 18 November, 2017

AASD / EASD POSTGRADUATE COURSE

12 – 14 April, 2020

# AASD 2024

## AASD DIABETES CO-MORBIDITIES AND FASTING CONFERENCES

1 <sup>ST</sup> ANNUAL CONFERENCE, Aug 2008	2 <sup>ND</sup> ANNUAL CONFERENCE, July 2009
3 <sup>RD</sup> ANNUAL CONFERENCE, July 2011	4 <sup>TH</sup> ANNUAL CONFERENCE, June 2012
5 <sup>TH</sup> ANNUAL CONFERENCE, June 2013	6 <sup>TH</sup> ANNUAL CONFERENCE, June 2014
7 <sup>TH</sup> ANNUAL CONFERENCE, May 2015	8 <sup>TH</sup> ANNUAL CONFERENCE, May 2016
9 <sup>TH</sup> ANNUAL CONFERENCE, May 2017	10 <sup>TH</sup> ANNUAL CONFERENCE, April 2018
11 <sup>TH</sup> ANNUAL CONFERENCE, April 2019	12 <sup>TH</sup> ANNUAL CONFERENCE, April 2021
13 <sup>TH</sup> ANNUAL CONFERENCE, March 2022	14 <sup>TH</sup> ANNUAL CONFERENCE March 2023
15 <sup>TH</sup> ANNUAL CONFERENCE, March 2024	

## AASD HAS THE FOLLOWING STUDY GROUPS

- NEPHRODIAB STUDY GROUP	- DIABETES PSYCHOLOGICAL DISORDERS STUDY GROUP
- DIABETES IN THE YOUNG STUDY GROUP	- DIABETES AND LIVER STUDY GROUP
- DIABETES, OBESITY AND NUTRITION STUDY GROUP	- DIABETES RESEARCH GROUP
- RHEUMADIAB STUDY GROUP	- DIABETES AND OBESITY PREVENTION GROUP

## AASD CONTACT

<b>WEBSITE:</b> <a href="http://www.aasdonline.com">www.aasdonline.com</a>    <a href="mailto:aasd.sec@gmail.com">aasd.sec@gmail.com</a>	
<b>MOBILE:</b> 01007930925    01119884994	<b>WHATSAPP:</b> 01023992906
<b>FACEBOOK.COM/</b> AASD Official	<b>FACEBOOK.COM/groups/</b> AASD Diabetes
<b>YOUTUBE.COM/</b> AASD Diabetes	<b>LINKEDIN.COM/in/</b> AASD Diabetes

## AASD EXECUTIVE COMMITTEE

Mrs. <b>RANEEM SCHURBAJI</b>	Mr. <b>GAMAL BADRY</b>	Mr. <b>RAAFAT ATTIA</b>
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# AASD 2024



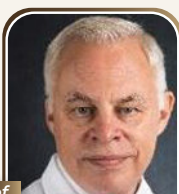
# INTERNATIONAL FACULTY

(ALPHABETICALLY)



Prof.  
**PETER SCHWARZ,**  
GERMANY

Prof. Peter Schwarz is the president of the International Diabetes Federation, Head of the Division for Prevention and Care of Diabetes at the University Hospital Carl Gustav Carus in Dresden. His research focuses on developing innovative strategies and digital tools for the prevention and treatment of type 2 diabetes.



Prof.  
**ANDREW J. BEHNKE**  
USA

Prof. Andrew J. Behnke is an Assistant Professor of Internal Medicine at Liberty University College of Osteopathic Medicine. His research includes

population differences in diabetes and the effects of continuous glucose monitoring on breastfeeding mothers.



Prof.  
**ANTONIO CERIELLO**  
ITALY

Prof. Antonio Ceriello is the Head of the Diabetes Unit at IRCCS MultiMedica in Milan, Italy. He is a research advisor focusing on diabetes and cardiovascular diseases, with

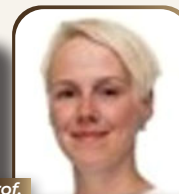
significant involvement in European diabetes research



Prof.  
**COLIN DAYAN**  
UK

Prof. Colin Dayan is a Professor of Clinical Diabetes and Metabolism at Cardiff University. His research focuses on the immunopathology of type

1 diabetes, and he leads early-phase clinical trials for antigen-specific immunotherapy.



Prof.  
**EVGENIIA SOKOLOVA**  
RUSSIA

Prof. Evgeniia Sokolova is a Consultant Endocrinologist at the First St. Petersburg Medical University. She co-founded educational web resources for diabetes

patients and organizes postgraduate courses for young diabetologists.



Prof.  
**GEORGE MASTORAKOS**  
ATHENA

Prof. George Mastorakos is a Professor of Endocrinology at the National and Kapodistrian University of Athens. He has served as President of the Hellenic

Endocrine Society and is actively involved in European endocrinology research networks.



Prof.  
**JAMAL BELKHADIR**  
MOROCCO

Prof. Jamal Belkadir is the Chairman of IDF MENA Region, Honorary Member of Francophone Diabetes Association and the Chief physician of the Ibn Sina

hospital at the Faculty of Medicine and Pharmacy of Rabat.





Prof. **JOÃO FILIPE RAPOSO**  
PORTUGAL

Prof. João Filipe Raposo is the Clinical Director of APDP-Diabetes Portugal, a consultant at the Portuguese Cancer Institute, and a consultant of the World

Health Organization for diabetes and NCD's. His research and clinical work focus on diabetes care, and he serves as President of the Portuguese Diabetes Society.



Prof. **MICK KUMWENDA**  
UK

Prof. Mick Kumwenda is the Director of Renal Services at Glan Clwyd Hospital and a Consultant Nephrologist. His research interests include diabetic kidney disease,

cognitive dysfunction, and the management of end-stage kidney disease in people with diabetes.



Prof. **RAJEEV CHAWLA**  
INDIA

Prof. Rajeev Chawla is the Immediate Past President of the Research Society for the Study of Diabetes in India and the Director of North Delhi Diabetes Centre.

He specializes in diabetology and general medicine.



Prof. **RAYAZ A. MALIK**  
UK

Prof. Rayaz Malik is a Professor of Medicine at Weill Cornell Medicine and an expert in diabetic neuropathies. He pioneered the use of corneal confocal microscopy to

quantify diabetic peripheral neuropathies and serves as a global leader in diabetic neuropathy research.



Prof. **SHALINI JAGGI**  
INDIA

Prof. Shalini Jaggi is the Director of Lifecare Diabetes Centre in New Delhi. She is a Fellow of the Royal Colleges of Physicians and serves on various national and

international diabetes research and advisory boards.



Prof. **TATJANA MILENKOVIC**  
MACEDONIA

Prof. Tatjana Milenkovic is a Professor of Internal Medicine at the University of St. Cyril and Methodius and leads the Department of Education for People with Diabetes at

the Clinic of Endocrinology, Diabetes, and Metabolic Diseases in Skopje.

# NATIONAL FACULTY

(ALPHABETICALLY)

ABDELKHALEK HAMED

AFAF ABDELTAWAB

ALAA ABBAS

ALAA ABDELHAMED

ALI GABALLA

ALIAA EL SHERBINY

AMIRA AHMED

AMR EL MELIGI

AMR EL-MISTEKAWY

AMR GAD

AMR HELMY

ASHRAF REDA

ATEF BASIOUNY

AYMAN ELMENOFY

AZZA ABDELKAREM

DINA FAROUK

DINA KHEDR

ELHAM YOUSEF

ELSAYED ELGHONEMY

EMAN ELSHORBAGY

ESSAM ALI

FADY AZMY

FARID FAWZY

GAMELA NASR

HALA NAGUIB HOSNY

HANY HAMMAD

HASSAN HAMDY

HATEM DARWESH

HAZEM ASHMAWY

HEBATULLAH MUSTAFA

HEBA SEDRAK

HESHAM HABIB

HESHAM MAGDELDEN

HESHAM METWALY

HOSNY SALAMA

HUSSEIN ELFISHAWY

HUSSIEN FATHY

IMAN ELSHREEF

INASS SHALOUT

KHALED ELHADIDI

LAILA HAMOUDA

LOBNA ELTONY

MABAHEG SOUKA

MAGDY ABDELHAMED

MAGDY ELDAHSHAN

MAGDY HELMY

MAHA ASSEM

MAHA YOUSSEF

MAHMOUD EZZAT

MAHMOUD HEMIDA

MALAK NABIEL

MANAL ELMASRY

MOHAMED ASSY

MOHAMED AWAD

MOHAMED ELBAHRAWY

MOHAMED FAHMY ABDELAZIZ

MOHAMED HASSANEIN

MOHAMED HEGAZY

MOHAMED NAGUIB WIFI

MONA AMIN

MONA ATTEYA

MOSTAFA SHAABAN

NABIL FEKRY

NADER WADIE

NASER TAHA

NASHWA ELSARRAF

NEHAL HAMDY

NOHA GABER

NOUR EL HODA HASSAN

OSAMA ABDEL HAY

RADWA SHAMMA

RASHA SOBH

ROKAYA ABDELAZIZ

SAHAR EL WAKIL

SALEM EL DEEB

SAMEH SHAHEEN

SAYED GAD

SHAIMAA ELRAHMANY

SHAIMAA ELSAYED

SHERIF HAFIZ

SOAD SULTAN

TALAA ABDELATY

YASSER ABDELHAMED

YASSER ELSAYED

YASSER HUZAYN

## Agenda

### AASD 2024 Program @ a Glance

DAY	HALL A		HALL B		HALL C	
	From	To	From	To	From	To
WEDNESDAY	9:30 Am	7:00 PM	9:30 Am	6:45 PM		
THURSDAY	9:00 Am	7:35 PM			10:00 Am	7:00 PM
FRIDAY	10:00 Am	4:20 PM			10:00 Am	11:00 PM



**REGISTRATION**



08:00 – 09:00PM

## SESSION 1

09:30 – 11:05

**FACULTY OF MEDICINE, CAIRO UNIVERSITY**

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Alaa Abdel Hamid, Prof. Hatem Darwesh, Prof. Hesham Magd Eldin,*

09:30 – 09:45	Diabetes in elder people	<i>Prof. Amr El Meligi (Cairo Uni.)</i>
09:45 – 10:00	Medical nutrition therapy in diabetes	<i>Prof. Sahar El wakil (Cairo Uni.)</i>
10:00 – 10:15	Endocrine disrupting Chemicals	<i>Prof. Elham Youssif (Cairo Uni.)</i>
10:15 – 10:30	Hypoglycemia	<i>Prof. Hesham Magd Eldin (Cairo Uni.)</i>
10:30 – 10:45	Anti-Obesity medication Vs Bariatric Surgery, should we apply guidelines?	<i>Prof. Inass Shaltout (Cairo Uni.)</i>
10:45 – 11:05	<i>Discussion</i>	

## SESSION 2

11:30 – 12:30

**ECONOMIC AND HEALTH BURDEN OF DIABETES AND PREDIABETES**

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Amr El Meligi, Prof. Hany Hammad, Prof. Mohamed Fahmy Abdelaziz,  
Prof. Mohamed-Naguib Wifi, Prof. Sahar El Wakil, Prof. Yasser Abdelhamed*

11:30 – 11:50	Socioeconomic barriers to prevent diabetes and its complications	<i>Prof. Amr Helmy (EX. Minister of MOH)</i>
11:50 – 12:10	Prediabetes when, why and how	<i>Prof. Farid Fawzy (Zagazig Uni.)</i>
12:10 – 12:30	<i>Discussion</i>	
12:30 – 12:50	<i>Coffee Break</i>	

HALL A





## SESSION 3

01:00 – 02:10

### DIABETES AND THE HEART

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Ashraf Reda, Prof. Magdy Abdel Hamid, Prof. Mohamed Fahmy Abdelaziz,  
Prof. Naser Taha, Prof. Sameh Shaheen*

01:00 – 01:20	Organ protection in diabetics	Prof. <b>Gamela Nasr</b> (Suez Canal Uni.)
01:20 – 01:40	Type 2 DM & heart failure with preserved ejection fraction	Prof. <b>Yasser Elsayed</b> (Al Azhar Uni.)
01:40 – 02:00	Screening and early detection of Heart failure in diabetes	Prof. <b>Magdy Abdelhamed</b> (Cairo Uni.)
02:00 – 02:10	<i>Discussion</i>	

## SESSION 4

02:15 – 03:10

### EAVA SYMPOSIUM

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Ashraf Reda, Prof. Gamela Nasr, Prof. Yasser Huzayn*

02:15 – 02:35	From cardiovascular perspective: How do we see DM ?!	Prof. <b>Yasser Huzayn</b> (Ain Shams Uni.)
02:35 – 02:55	The new score 2 for CV risk assessment	Prof. <b>Ashraf Reda</b> (Menoufia Uni.)
02:55 – 03:05	<i>Discussion</i>	
03:05 – 03:15	<i>Coffee Break Time (Served in Salah EIDin Hall)</i>	

## SESSION 5

03:20 – 03:50

### ALESRAA SYMPOSIUM



#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Atef Basiouny, Prof. Eman Elshorbagy, Prof. Hesham Habib,  
Prof. Nashwa Elsarraf, Prof. Noha Gaber, Prof. Soaad Soltan*

3:20 – 3:35	The Road to combination therapy in Type 2 Diabetes	Prof. <b>Azza Abdelkarim</b>
3:35 – 3:50	Larosuzet: The whole story of rosouvastatin /ezetimibe	Prof. <b>Fareed Fawzi</b>



## SESSION 6

03:55 – 04:15

### BOEHRINGER INGELHEIM SYMPOSIUM



### CHAIRPERSONS: ALPHABETICALLY

*Prof. Atef Basiouny, Prof. Azza Abdelkreem, Prof. Fady Azmy, Prof. Hesham Habib, Prof. Nader Wadee, Prof. Rasha Sobh*

3:55 – 4:05	Jardiance for CKD patients " Now approved "	Prof. Hussein Elfishawy
4:05 – 04:15	Synjardy: the power of combination to accomplish more	Prof. Azza Abdelkarim

## SESSION 7

04:20 – 04:40

### SERVIER SYMPOSIUM



### CHAIRPERSONS: ALPHABETICALLY

*Prof. Hesham Metwaly, Prof. Nader Wadee, Prof. Rasha Sobh, Prof. Soaad Soltan*

04:20 – 04:40	Synergistic solutions for T2D patients' management	Prof. Fady Azmy
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## SESSION 8

04:45 – 05:55

### DIABETES AND GIT

### MODERATOR

*Prof. Mohamed-Naguib Wif*

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Ali Gaballa, Prof. Amr El-Mistekawy, Prof. Amr Helmy, Prof. Essam Ali, Prof. Hassan Hamdy*

04:45 – 05:00	What is the link? (A case scenario)	Prof. Hassan Hamdy (Ain Shams Uni.)
05:00 – 05:15	Gut microbiome as an endocrinal organ	Prof. Ali Gaballa (Cairo Uni.)
05:15 – 05:30	Novel endoscopic therapy for T2DM	Prof. Essam Ali (Fayoum Uni.)
05:30 – 05:45	Gastro-Pancreatic Axis	Prof. Amr El-Mistekawy (Al Azhar Uni.)
05:45 – 05:55	Discussion	









## SESSION 9

06:00 – 07:00

### PHARMA SYMPOSIUM

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Amr El Meligi, Prof. Azza Abdelkarem, Prof. Hesham Habib, Prof. Hesham Metwaly,*

06:00 – 06:15	Optimizing the Management of T2D; Early & Tight Glycemic Control is the Key!		Prof. <b>Fareed Fawzi</b>
06:15 – 06:30	Nerhadou		
06:30 – 06:40	PharmaCure		
06:40 – 06:50	Atco Pharma		
06:50 – 07:00	Marcyrl		
07:00 – 07:10	MultiCare		
07:10	<b>Lunch</b>		

HALL A

## SESSION 10

09:30 – 10:10

### MANAGING THE UNCONTROLLED DIABETES, UPDATES

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Hany Hammad, Prof. Hazem Ashmawy, Prof. Maha Assem, Prof. Nashwa Elsarraaf*

09:30 – 09:45	Refractory hyperglycemia (case series)	Prof. <b>Mahmoud Ezzat</b> (Al Azhar Uni.)
09:45 – 10:00	New Insulin	Prof. <b>Nader Wadie</b> (Greek Hospital)
10:00 – 10:10	<b>Discussion</b>	

HALL B





## SESSION 11

10:15 – 10:40

**RISK STRATIFICATION IN PEOPLE WITH DIABETES FOR FASTING DURING RAMADAN: CONSENSUS FROM ARABIC ASSOCIATION FOR THE STUDY OF DIABETES AND METABOLISM**

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Amr El Milegi, Prof. Inass Shaltout, Prof. Laila Hamouda,  
Prof. Naser Taha, Prof. Nehal Hamdy*

10:15 – 10:40	Risk stratification in people with diabetes for fasting during Ramadan: Consensus from Arabic Association for the Study of Diabetes and Metabolism	Prof. Hany Hammad
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## SESSION 12

10:45 – 11:40

**VASCULAR MEDICINE IN DIABETES**

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Alaa Abdelhamed, Prof. Amr Gad, Prof. Nashwa Elsarraf*

10:45 – 11:00	Risky carotid & vertebral artery disease in diabetics	Prof. Alaa Abdelhamed (Cairo Uni.)
11:00 – 11:15	Diabetic foot prevention	Prof. Elham Yousef (Cairo Uni.)
11:15 – 11:25	Discussion	

## SESSION 13

11:40 – 12:30

**T1DM**

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Dina Khedr, Prof. Mona Atteya, Prof. Radwa Shamma*

11:40 – 11:55	The Nightmare of Hypoglycemia in Type 1 Diabetes	Prof. Mona Atteya (Cairo Uni.)
11:55 – 12:10	Sick days management in Type 1 Diabetes	Prof. Radwa Shamma (Cairo Uni.)
12:10 – 12:25	Screening and Management of Comorbidities in Type 1 diabetes	Prof. Dina khedr (Cairo Uni.)
12:25 – 12:30	Discussion	
12:30 – 12:50	Coffee Break	

HALL B



## SESSION 14

01:00 – 02:10

### DIABETES AND KIDNEY

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Hany Hammad, Prof. Hatem Darwesh, Prof. Malak Nabel,  
Prof. Salem El Deeb, Prof. Yasser Abdelhamed,*

01:00 – 01:15	Obesity and chronic kidney disease	<i>Prof. Yasser Abdelhamed (Cairo Uni.)</i>
01:15 – 01:30	Preventing diabetic nephropathy	<i>Prof. Hany Hammad (Cairo Uni.)</i>
01:30 – 01:45	SGLT2 inhibitors and acute injury	<i>Prof. Salem El Deeb (Zagazeg Uni.)</i>
01:45 – 02:00	Risk assessment of cardi-metabolic renal disease	<i>Prof. Hatem Darwesh (Cairo Uni.)</i>
02:00 – 02:10	<i>Discussion</i>	

## SESSION 15

02:15 – 02:40

### EXPLORING OBESITY-RELATED ENDOCRINE DISORDERS BEYOND DIABETES: A NARRATIVE REVIEW

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Hebatullah Mustafa, Prof. Nehal Hamdy, Prof. Rokaya Abdelaziz, Prof. Soad Sultan*

02:15 – 02:40	Exploring obesity-related endocrine disorders beyond diabetes: A narrative review	<i>Prof. Amr El Meligi</i>
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## SESSION 16

04:30 – 05:35

### DIABETES AND PREGNANCY

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Amira Ahmed, Prof. Eman Elshorbagy, Prof. Hebatullah Mustafa, Prof. Mabaheg Souka,  
General doctor Nabil Fekry, Prof. Nehal Hamdy, Prof. Rokaya Abdelaziz*

04:30 – 04:45	DM & Pregnancy: Balancing two lives	<i>Prof. Noha Gaber (Alexandria Uni.)</i>
04:45 – 05:05	Diabetes and Pregnancy/GDM: Right from screening, diagnosis to pathophysiology to management	<i>Prof. Rajeev Chawla, (India)</i>
05:05 – 05:25	GDM is the key to NCD prevention	<i>Prof. Shalini Jaggi, (India)</i>
05:25 – 05:35	<i>Discussion</i>	



## SESSION 17

05:40 – 06:45

### CRM

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Hazem Ashmawy*

05:40 – 05:55	Cardiovascular trials and diabetes management	<i>Prof. Shaimaa Elsayed (Bahrain)</i>
05:55 – 06:15	Why an early use of SGLT2i in type 2 diabetes management	<i>Prof. Antonio Cerillo, (Italy)</i>
06:15 – 06:35	Cardiometabolic Renal disease – The role of diabetes drugs	<i>Prof. Mick Kumwenda, (UK)</i>
06:35 – 06:45	<i>Discussion</i>	

HALL B





## SESSION 18

09:00 – 10:00

### PATHOPHYSIOLOGICAL AND COMORBIDITIES IN DM

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Amr El Meligi, Prof. Ayman Elmenofy, Prof. Hanny Hammad, Prof. Mabaheg Souka,  
Prof. Mohamed-Naguib Wifi, Prof. Rasha Sobh,*

09:00 – 09:15	Diabetic pancreatopathy	<i>Prof. Mahmoud Hemida (Menoufia Uni)</i>
09:15 – 09:30	Genetics of diabetes	<i>Prof. Mohamed Hegazy, (Menoufia Uni)</i>
09:30 – 09:45	Autoimmune diabetes of the adult and type 2 diabetes	<i>Prof. Mick Kumwenda, (UK)</i>
09:45 – 10:00	<i>Discussion</i>	

## SESSION 19

10:15 – 10:45


### THERAPEUTIC PATIENT EDUCATION

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Hala Naguib Hosny, Prof. Hazem Ashmawy, Prof. Mohamed Hassanein,  
Prof. Tatjana Milenkovic, Prof. Yasser Abdelhamed*

10:15 – 10:35	Therapeutic Patient Education	<i>Prof. Joao Filipe Raposo, (Portugal)</i>
10:35 – 10:45	<i>Discussion</i>	



<b>OPINING CEREMONY</b> 11:00 – 11:55	
	<i>Prof. Peter Shwarz</i> <b>IDF President</b>
	<b>President of the Egyptian Medical Syndicate</b> <i>Prof. Osama Abdel Hay</i>
	<b>AASD &amp; Congress President</b> <i>Prof. Inass Shaltout</i>
	<b>Congress Vice President</b> <i>Prof. Mohamed Hassnien</i>
	<b>AASD Vice President</b> <i>Prof. Amr El Milegi</i>
<b>3 Min.</b>	<b>AASD &amp; Congress President</b> <i>Prof. Inass Shaltout</i>
<b>3 Min.</b>	<b>Congress Vice President</b> <i>Prof. Mohamed Hassnien</i>
<b>3 Min.</b>	<b>AASD Vice President</b> <i>Prof. Amr El Milegi</i>
<b>3 Min.</b>	<b>President of the Egyptian Medical Syndicate</b> <i>Prof. Osama Abdel Hay</i>
<b>25 Min.</b>	<b>IDF Inaugural Lecture</b> <b>Innovations in Diabetes Care and How IDF will address the diabetes challenge</b> <i>Prof. Peter Shwarz</i> <b>IDF President</b>
	
<b>6 Min.</b>	<b>AASD in 20 years</b>
<b>11:55 – 12:15</b>	<b>Coffee Break</b>

**HALLA**

**SESSION 20**

**12:20 – 01:35**

**THE FUTURE MANAGEMENT OF DM & OBESITY**

**CHAIRPERSONS:** ALPHABETICALLY

*Prof. George Mastorakos, Prof. Inass Shaltout, Prof. Joao Filipe Raposo,  
Prof. Mohamed Hasanein, Prof. Peter Schwarz*

<b>12:20 – 12:40</b>	<b>Looking into future of diabetes management</b>	<i>Prof. Andrew J. Behnke, (USA)</i>
<b>12:40 – 01:00</b>	<b>The new treatment for obesity in pipeline</b>	<i>Prof. Tatjana Milenkovic, (Macedonia)</i>
<b>01:00 – 01:20</b>	<b>AI in diabetes care: 2024 update</b>	<i>Prof. Evgenya Sokolova, (Russia)</i>
<b>01:20 – 01:35</b>	<b>Discussion</b>	



## SESSION 21

01:40 – 02:55

### NOVEL DIABETES INSIGHTS

#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Andrew J. Behnke, Prof. Evgenya Sokolova, Prof. Mick Kumwenda,  
Prof. Peter Shwartz, Prof. Yasser Abdelhamed*

01:40 – 02:00	Novel insights on insulin resistance in pregnancy	Prof. <b>George Mastorakos</b> , (Athena)
02:00 – 02:20	Which is more important; age or duration of type 2 diabetes	Prof. <b>Mohamed Hassanein</b> (UK)
02:20 – 02:40	Sarcopenia and cardiometabolic diseases	Prof. <b>Inass Shalout</b> (Cairo Uni.)
02:40 – 02:55	<i>Discussion</i>	

## SESSION 22

02:55 – 03:55

### SANOFI SYMPOSIUM



#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Iman El Sherif, Prof. Maha Assem, Prof. Mohamed Awad, Prof. Mohamed Elbahrawy,*

02:55 – 03:20	Soli-D Evidence for Glycemic Control	Prof. <b>Inass Shalout</b> (Cairo Uni.)
03:20 – 03:45	Transforming therapy with second Generation Basal Insulins! Unleash the Potential!	Prof. <b>Amr El Meligi</b> (Cairo Uni.)
03:45 – 03:55	<i>Discussion</i>	

## SESSION 23

03:55 – 04:35

### MSD SYMPOSIUM



#### CHAIRPERSONS: ALPHABETICALLY

*Prof. Maha Assem, Prof. Mohamed Assy, Prof. Mohamed Awad, Prof. Mohamed Elbahrawy,  
Prof. Sayed Gad, Prof. Sherif Hafiz*

03:55 – 04:10	Clinical efficacy and safety profile of sitagliptin therapy in newly-diagnosed patients.	Prof. <b>Mohamed Awad</b> (Zagazig Uni.)
04:10 – 04:25	Sitagliptin safety profile for cardiovascular Patients–TECOS .	Prof. <b>Aliaa El Sherbiny</b> (Ain Shams Uni.)
04:25 – 04:35	<i>Discussion</i>	
04:30 – 04:40	<i>Coffee Break Time (Served in Salah Eldin Hall)</i>	





## SESSION 24

04:50 – 06:00

### LIVER AND DIABETES

#### CHAIRPERSONS: ALPHABETICALLY

Prof. Abdelkhalak Hamed, Prof. Hosny Salama, Prof. Magdy Eldahshan, Prof. Mohamed Assy,  
Prof. Mohamed Elbahrawy, Prof. Mostafa Shaaban,

04:50 – 05:05	Rare causes of diabetes association with liver disease	Prof. Abdelkhalak Hamed (Military Medical Academy)
05:05 – 05:20	The role of GUT microbiota in NASH in type 2 diabetes	Prof. Hosny Salama (Cairo Uni.)
05:20 – 05:35	Diabetes and MASLD interplay	Prof. Mona Amin (Cairo Uni.)
05:35 – 05:50	Hepatogenous DM, Is it a real?	Prof. Magdy El-Dahshan (Al Azhar University)
05:50 – 06:00	Discussion	

## SESSION 25

06:05 – 06:45

### DIABETES AND THE BRAIN

#### CHAIRPERSONS: ALPHABETICALLY

Prof. Abdelkhalak Hamed, Prof. Elsayed Elghonemy, Prof. Hazem Ashmawy,  
Prof. Magdy Eldahshan, Prof. Mohamed Elbahrawy,

06:05 – 06:20	Role of antidiabetics on brain	Prof. Lobna Eltony
06:20 – 06:35	Diabetes and the mind: Psychological aspects	Prof. Maha Youssef
06:35 – 06:45	Discussion	

## SESSION 26

06:50 – 07:35

### PHARMA SYMPOSIUM

#### CHAIRPERSONS: ALPHABETICALLY

Prof. Elsayed Elghonemy, Prof. Iman El Sherif, Prof. Nehal Hamdy

06:50 – 07:05	Fill the gap in neuropathic map	Providing Innovative Solutions	
07:05 – 07:20	Pharco		Prof. Manal ELmasry
07:20 – 07:35	Zeta		

Lunch



**SESSION 27**

10:00 – 10:40

**CHAIRPERSONS:** ALPHABETICALLY

*Prof. Amira Ahmed, Prof. Lobna Eltouny, Prof. Sayed Gad*

10:00 – 10:15	Diabetes in adolescence	<i>Prof. Heba Sedrak (Cairo Uni.)</i>
10:15 – 10:30	Diabetes and lung cancer interrelationship	<i>Prof. Hussien Fathy (Abasia H.)</i>
10:30 – 10:45	Arterial stiffness in diabetics	<i>Prof. Afaf Abdeltawab (Cairo Uni.)</i>
10:45 -10:55	<i>Discussion</i>	

**SESSION 28**

04:30 – 05:30

**ORAL RESEARCH 1**

**CHAIRPERSONS:** ALPHABETICALLY

*Prof. Rasha Sobh, Prof. Sayed Gad*

04:30 – 04:40	Metabolic mysteries: Unraveling the ties between metabolic syndrome and irritable bowel syndrome	<i>Dr. Mohammed.N.Abdelaziz Dr. Ahmed R. A. Moustafa</i>
04:45 – 04:55	Gene expression profiling of energy metabolism markers in adipose tissue: Identifying early biomarkers for obesity and associated comorbidities	<i>Dr. Nermine Ezz El-Dine</i>
05:00 – 05:10	Hepatocyte Nuclear Factor 1 Alpha variants as risk factor for hepatocellular carcinoma development with and without diabetes Mellitus.	<i>Dr. Mohamed Abdel-Samiee</i>
05:15 – 05:25	The BMI and the 4M: The novel pillars in staging obesity	<i>Dr. Nermine Mahfouz</i>
05:25 – 05:30	<i>Discussion</i>	



**SESSION 29**

05:30 – 06:30

**ORAL RESEARCH 2**

**CHAIRPERSONS:** ALPHABETICALLY

*Prof. Alaa Abbas, Prof. Ayman Elmenoufy, Prof. Iman El Sherif*

05:30 – 05:40	Serum sclerostin as a marker of microvascular and macrovascular complications among children and adolescents with type 1 diabetes mellitus	<i>Dr. Dina E. Sallam</i>
05:45 – 05:55	Targeting the Inceptor Receptor: A Novel Approach for Enhancing Beta-Cell Function in Diabetes Treatment	<i>Dr. Hadeer Hafez</i>
06:00 – 06:10	Probiotic Interventions to Improve Gut Microbiota and Mitigate Celiac Disease and Dysbiosis Impact on Diabetes	<i>Dr. Reyed M Reyed</i>
06:15 – 06:25	Challenges of Eating Disorders and Diabetes	<i>Dr. Wesam Salah Ibrahim</i>
06:25 – 6:30	<i>Discussion</i>	

**SESSION 30**

06:30 – 07:00

**جلسة التميز العلمي**

**CHAIRPERSONS:** ALPHABETICALLY

*Prof. Amira Ahmed, Prof. Amr El Meligi, Prof. Hany Hammad*

06:30 – 06:40	Extreme subcutaneous insulin resistance syndrome	<i>Prof. Shaimaa Elrahmany (Alexandria Uni.)</i>
06:45 – 06:55	Mauriac syndrome in poorly controlled type 1 diabetes: Case report	<i>Prof. Dina Farouk (Cairo Uni.)</i>
06:55 – 07:00	Relation of serum expression profile of long noncoding RNA NEAT 1 and thyroid cancer	<i>Prof. Nour El Hoda Hassan</i>
<i>Discussion</i>		



## SESSION 31

10:00 – 10:40

**DIABETES: THE ROAD TO COMPLICATIONS MEET THE EXPERT & ENJOY THE COFFEE BREAK**

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Alaa Abbas, Prof. Mohamed Assy, Prof. Sayed Gad*

10:00 – 10:15	Erectile dysfunction in diabetes	Prof. <b>Elsayed ELGhonemy</b> (Ain Shams Uni.)
10:15 – 10:30	Inflammation in type 2 diabetes	Prof. <b>Iman El Sherif</b> (Suez Canal Uni.)
10:30 – 10:40	<i>Discussion</i>	

## SESSION 32

10:45 – 11:35

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Elsayed ELGhonemy, Prof. Iman El Sherif, Prof. Talaat Abdelaty*

10:45 – 11:05	Adrenal and type 1 DM	Prof. <b>Khaled Elhadidi</b>
11:05 – 11:25	Diabetes and dyslipidemia	Prof. <b>Magdy Helmy</b>
11:25 – 11:35	<i>Discussion</i>	

## SESSION 33

11:40 – 12:10

**PLENARY SESSION**

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Magdy Helmy, Prof. Talaat Abdelaty*

11:40 – 12:00	Diabetic microvascular complications: Diagnosis and management	Prof. <b>Rayaz A. Malik, UK</b>
12:00 – 12:10	<i>Discussion</i>	

## SESSION 34

12:15 – 12:40

**VIATRIS SYMPOSIUM**



### CHAIRPERSONS: ALPHABETICALLY

*Prof. Alaa Abbas, Prof. Iman El Sherif, Prof. Magdy Helmy, Prof. Sayed Gad*

12:15 – 12:40	Management of dyslipidemia in diabetic patients	Prof. <b>Khaled Elhadidi</b>
12:40 – 01:20	<i>Gomaa Prayer &amp; Coffee Break</i>	





## SESSION 35

01:20 – 02:05

### NOVO SYMPOSIUM



### MODERATOR: ALPHABETICALLY

*Prof. Inass Shaltout*

01:20 – 01:35	Why should obesity be treated as a serious chronic disease?	<i>Prof. Inass Shaltout (Cairo Uni.)</i>
01:35 – 01:50	Liraglutide 3.0 mg: redefining obesity care	<i>Prof. Magdy Helmy</i>
01:50 – 02:05	<i>Discussion</i>	

## SESSION 36

02:10 – 02:55

### DIABETES TECHNOLOGY

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Magdy Helmy, Prof. Talaat Abdelaty*

02:10 – 02:30	CGM in pregnancy	<i>Prof. Shalini Jaggi, India</i>
02:30 – 02:45	Understanding AI algorithms in insulin pumps	<i>Prof. Hazem Ashmawy</i>
02:45 – 02:55	<i>Discussion</i>	

## SESSION 37

03:00 – 03:35

### STATE OF ART LECTURE: NOVEL THERAPIES OF TYPE 1 DIABETES

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Inass Shaltout, Prof. Mohamed Hassanien*

03:00 – 03:25	Novel and future therapies - Screening and prevention of type 1 diabetes	<i>Prof. Colin Dayan, UK</i>
03:25 – 03:35	<i>Discussion</i>	



## SESSION 38

03:00 – 03:35

### CHAIRPERSONS: ALPHABETICALLY

*Prof. Colin Dayan, Prof. Mohamed Hassanien*

03:40 – 03:55	Early factors and family determinants of diabetes	<i>Prof. Evgenya Sokolova, Russia</i>
03:55 – 04:10	Transition from pediatric to adult diabetes care — the role of technologies	<i>Prof. Evgenya Sokolova, Russia</i>
04:10 – 04:20	<i>Discussion</i>	
<i>Closing and Lunch</i>		

HALL A

*WAITING TO SEE YOU IN*

# 21<sup>ST</sup> AASD Conference 2025



**SESSION 39**

10:00 – 11:00

**ORAL RESEARCH 3**

**CHAIRPERSONS:** ALPHABETICALLY

*Prof. Amira Ahmed, Prof. Hazem Ashmawy, Prof. Sayed Gad*

10:00 – 10:10	Correlation between vitamin D Level and the degree of insulin resistance in patients with metabolic syndrome	<i>Dr. Sally Youssef Awwad</i>
10:15 – 10:25	Influenza vaccine coverage, knowledge, and attitude toward It among Egyptian patients with type 2 diabetes mellitus”	<i>Dr. Noha Osman Frere</i>
10:30 – 10:40	Medical and economic impact of diabetic and prediabetic patients in Egypt from Al-Monira Pediatric Ward.	<i>Dr. Hala Mahmoud</i>
10:45 – 10:55	Transforming diabetes management: The interplay of oxidative stress, gut microbiota, and lifestyle nutritional interventions	<i>Dr. Reyed M. Reyed</i>
10:55 – 11:00	<i>Discussion</i>	

**HALL G**



## **AASD 2024 Abstracts**

1. Exploring obesity-related endocrine disorders beyond diabetes: a narrative review  
*Amr Abel Hady El Meligi, Rabab Mahmoud Ahmed, Inass Shaltout & Amin Roshdy Soliman.*
2. Risk Stratification in People with Diabetes for Fasting During Ramadan: Consensus from Arabic Association for the Study of Diabetes and Metabolism  
*Inass Shaltout<sup>1, \*</sup>, Amr Mahmoud Abdelwahab<sup>2</sup>, Amr El Meligi<sup>1</sup>, Hany Hammad<sup>3</sup>, Shereen Abdelghaffar<sup>4</sup>, Atef Elbahry<sup>5</sup>, Nasser Taha<sup>6</sup>, Nehal Hamdy Elsaid<sup>1</sup>, Amr Gad<sup>7</sup>, Laila Hammouda<sup>8</sup>, Shaymaa Abdelmaboud<sup>9</sup> and Amin Roshdy Soliman*
3. Dietary recommendations for people with diabetes in special situations: a position statement report by Arabic Association for the Study of Diabetes and metabolism (AASD)  
*Amin Roshdy Soliman<sup>1\*</sup>, Mona Hegazy<sup>2</sup>, Rabab Mahmoud Ahmed<sup>1</sup> and Shereen Abdelghaffar<sup>3</sup>*
4. Influenza Vaccine Coverage, Knowledge, and Attitude Toward It Among Egyptian Patients with Type 2 Diabetes Mellitus”  
*Noha Osman Frere, Eman M abdelstattar Mahmoud Amer, Essam Adel and Nesma Abdalla*
5. Targeting the Inceptor Receptor: A Novel Approach for Enhancing Beta-Cell Function in Diabetes Treatment  
*Hadeer Hafez*
6. Probiotic Interventions to Improve Gut Microbiota and Mitigate Celiac Disease and Dysbiosis Impact on Diabetes  
*REYED M REYED*
7. Challenges of Eating Disorders and Diabetes  
*Wesam Salah Ibrahim*
8. Metabolic Mysteries: unraveling the ties between metabolic syndrome and irritable bowel syndrome  
*Omar Abdallah<sup>2</sup>, Anwar.M.Bshar<sup>1</sup>, Mahmoud.A.A.Alqenawy<sup>1</sup>, Hager Gamal ElKasabi<sup>3</sup>, Nada.F.mansour<sup>1</sup>, Tasneem Mahmoud<sup>4</sup>, Merna M. E. Abdelaziz<sup>1</sup>, AHMED. R. A. MOUSTAFA<sup>1</sup>, Ahmed Almenshawy<sup>5</sup> and Basma .Z. Elmorsy<sup>6</sup>*



## **AASD 2024** **Abstracts**

9. Gene Expression Profiling of Energy Metabolism Markers in Adipose Tissue: Identifying Early Biomarkers for Obesity and Associated Comorbidities  
*Nermine Ezz El-Dine, Manal A.emam and Mohamed D.E. Abd ElMaksoud*
10. Hepatocyte Nuclear Factor 1 Alpha Variants as Risk Factor for Hepatocellular Carcinoma Development with and without Diabetes Mellitus.  
*Mohamed Abdel-Samiee, Isis Samy Bedira, Ebrahim Tantawy, Olfat M. Hendy, Amany Mohamed Rashad and Ahmed Bahgat Zaid*
11. The BMI and the 4M: The novel pillars in staging obesity  
*Nermine Mahfouz*
12. Correlation between Vitamin D Level and The Degree of Insulin Resistance in Patients With Metabolic Syndrome  
*Sally Youssef Awwad, Amr M. El-Hammady, Yomna Mohammed Marei and Medhat A. Khalil*
13. Serum Sclerostin as a Marker of Microvascular and Macrovascular Complications among Children and Adolescents with Type 1 Diabetes Mellitus  
*Dina E. Sallam, Yasmin El Henawy, Iman El sayed, Aya Mohamed and Sara Taha*
14. Medical and economic impact of diabetic and prediabetic patients in Egypt from Al-Monira Pediatric Ward.  
*Hala Mahmoud*
15. Transforming Diabetes Management: The Interplay of Oxidative Stress, Gut Microbiota, and Lifestyle Nutritional Interventions  
*REYED M REYED*





## **Exploring obesity-related endocrine disorders beyond diabetes: a narrative review**

*Amr Abel Hady El Meligi, Rabab Mahmoud Ahmed, Inass Shaltout & Amin Roshdy Soliman.*

*The Egyptian Journal of Internal Medicine volume 36, Article number: 90 (2024)*

### **Background:**

While insulin resistance and diabetes shine as the central stars in the constellation of obesity-related conditions, other common endocrine diseases are also closely associated with obesity and high body mass index

### **Main body:**

This review aims to illuminate the hormonal imbalances associated with obesity, beyond diabetes. It covers the prevalence, clinical presentation, screening, diagnosis, and treatment of some of these conditions. Hypothyroidism is the commonest endocrinal disorder associated with obesity after T2 diabetes, the relationship between both conditions are reciprocal. While hypothyroidism is a predisposing factor to obesity. Obesity is associated with mildly elevated TSH and less consistent changes in T4 and T3 levels. There fore in obese people with mild elevation of TSH exclusion of autoimmune hypothyroidism is required before attributing these changes to obesity. In all obese people screening for hypothyroidism is recommended. Upper body obesity is a feature in Cushing's syndrome (CS). Given the high prevalence of obesity and the low incidence of CS, screening of all obese individuals for endogenous hypercortisolism results in high false positive rates. Therefore, only obese patients exhibiting more specific signs of the CS like skin thinning, wide purple striae, spontaneous ecchymosis, proximal myopathy, and osteoporosis should undergo CS screening. In candidates for bariatric surgery ruling out CS is recommended if exhibiting suspicious clinical signs. Apart of polycystic ovary syndrome (PCOS) which is prevalent in approximately one-third of obese females, obesity can lead to obesity-related hyperandrogenemia, particularly during adolescence due to hyperinsulinemia and insulin resistance coupled with insulin effects on steroidogenic cells which retain insulin sensitivity. Other rare condition of hyperandrogenism in females is congenital adrenal hyperplasia. Women with obesity should be screened if there are features of hyperandrogenism. menstrual abnormalities and infertility. There is an association between obesity in men and hypogonadism. Functional secondary hypogonadism and impaired sperm concentration, motility, and morphology were found in obese. The relationship between male obesity and hypogonadism is rather a complex and bidirectional. Screening of obese men for functional hypogonadism is indicated only if there are suggestive features of hypogonadism and after excluding of other causes. Although hormonal levels show some differences between obese and nonobese there is no evidence based different screening methods or management protocols in obese.

### **Conclusion:**

In obese patients, physicians must pay attention to hormonal disorders that may be associated with obesity.

Link: <https://jhpn.biomedcentral.com/counter/pdf/10.1186/s41043-024-00619-y.pdf>



**Risk Stratification in People with Diabetes for Fasting During Ramadan:  
Consensus from Arabic Association for the Study of Diabetes and Metabolism**

*Inass Shaltout<sup>1,\*</sup>, Amr Mahmoud Abdelwahab<sup>2</sup>, Amr El Meligi<sup>1</sup>, Hany Hammad<sup>3</sup>, Shereen Abdelghaffar<sup>4</sup>, Atef Elbahry<sup>5</sup>, Nasser Taha<sup>6</sup>, Nehal Hamdy Elsaid<sup>1</sup>, Amr Gad<sup>7</sup>, Laila Hammouda<sup>8</sup>, Shaymaa Abdelmaboud<sup>9</sup> and Amin Roshdy Soliman*

**Background:**

Current international guidelines recommend a pre-Ramadan risk assessment for people with diabetes (Pw DM) who plan on fasting during the Holy month. However, a comprehensive risk assessment-based recommendation for the management of Pw DM intending to fast is still controversial. Therefore, the Arabic Association for the Study of Diabetes and Metabolism (AASD) developed this consensus to provide further insights into risk stratification in Pw DM with/without diabetes related comorbidities who are intending to fast during Ramadan.

Methods: The present consensus was based on the three-step modified Delphi method. The Delphi method is based on a series of voting rounds and in-between meetings of the high, moderate, and low risk).

[https://www.eurekaselect.com/download\\_file](https://www.eurekaselect.com/download_file)

**Dietary recommendations for people with diabetes in special situations: a position  
Statement report by Arabic Association for the Study of Diabetes and metabolism  
(AASD)**

*Amin Roshdy Soliman<sup>1\*</sup>, Mona Hegazy<sup>2</sup>, Rabab Mahmoud Ahmed<sup>1</sup>, Shereen Abdelghaffar<sup>3</sup>, Mohammed Gomaa<sup>4</sup>, Sahar Alwakil<sup>5</sup>, Dina Soliman<sup>6</sup>, Lobna Sedky<sup>7,8</sup> and Inass Shaltout<sup>9</sup>*

**Background:**

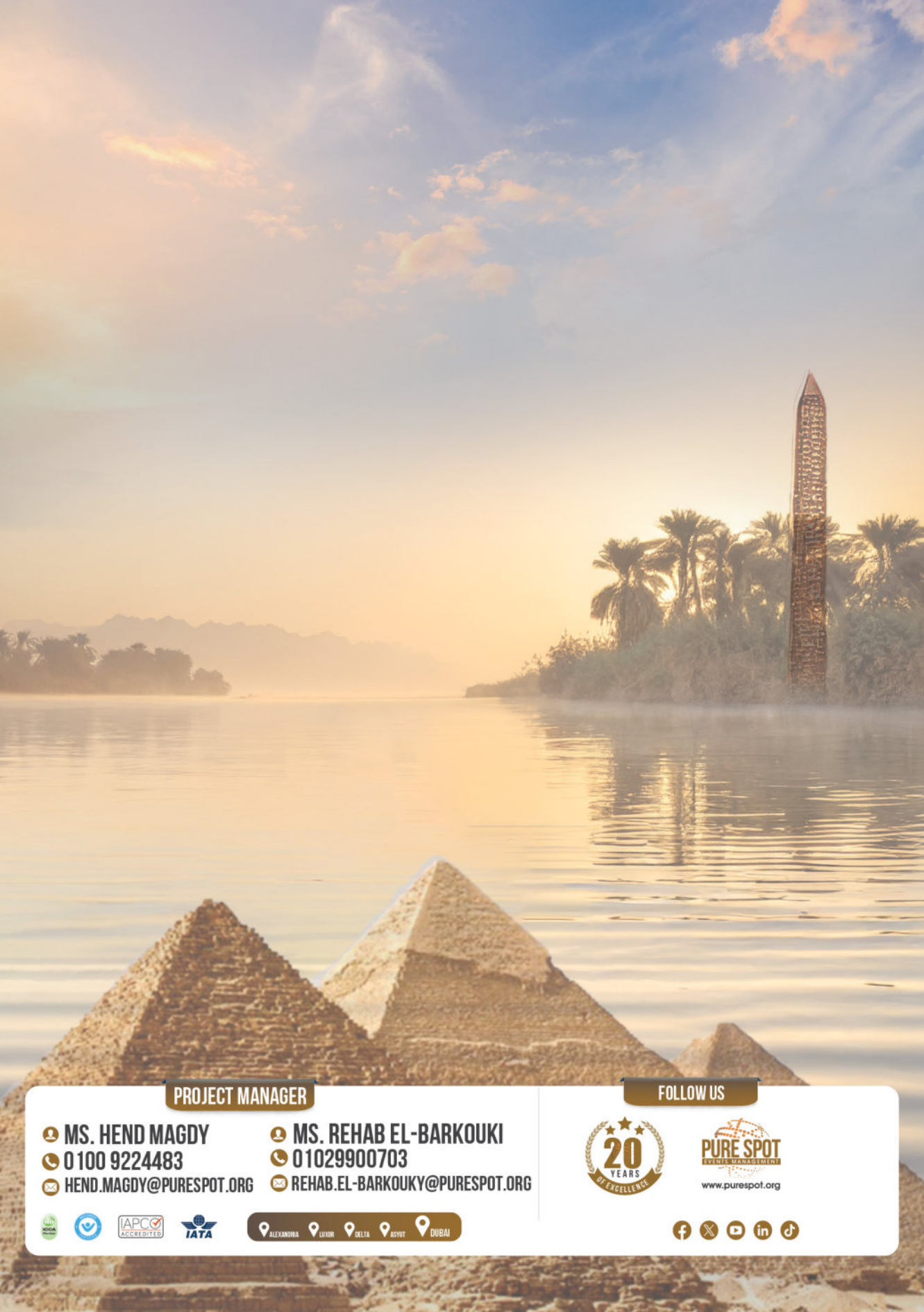
Diabetes is a significant global health concern. Regional factors play a crucial role in determining the appropriate diet for patients.

Main body The Arabic Association for the Study of Diabetes and Metabolism has developed a position statement that addresses the dietary needs of patients in the context of low income and cultural dietary habits. This statement aims to explore the most suitable diet for Middle East and North Africa (MENA) region and provide guidance for physicians to overcome barriers in optimal care. While most dietary guidelines focus on uncomplicated diabetes, it's essential to recognize that diabetes often coexists with other common diseases in our region.

Conclusion International guidelines cannot be directly applied to the Egypt and Arab countries due to cultural and dietary differences. Our position statement shares valuable insights into managing diabetes in special situations and diverse clinical settings within this region. These recommendations are flexible, considering personal, cultural, and traditional differences

**Link:** <https://link.springer.com/content/pdf/10.1186/s41043-024-00619-y.pdf>

**Link:** <https://jhpn.biomedcentral.com/counter/pdf/10.1186/s41043-024-00619-y.pdf>



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