

8TH ESMA International Conference

Egyptian Society of Metabolic Syndrome

Metabolic Syndrome Medicine: From Guidelines to Practice

1-3 April 2026 - Tolip El Forsan Hotel, Ismailia



DIABETES MELLITUS



NAFLD



KIDNEY DISEASE



OBEITY



HYPERTENSION



LIPID DISORDERS



CARDIOVASCULAR DISEASE



Conference Chairmen

Prof. Ihab Salem

President of ESMA

Former Head of the Endocrinology Unit
Zagazig University.

Prof. Ahmed Tageldien

Vice President of ESMA

Director of Cardiology Unit
Specialized Hospital Suez-Canal University.

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Prof. Ahmed Tageldien

Vice President of ESMA
Director of Cardiology Unit
Specialized Hospital Suez-Canal University.



Conference Board:



Prof. Mohamed Abdelghany

Cairo University



Prof. Gamila Nasr

Suez Canal University



Prof. Megahed Abu Elmagd

Mansoura University



Prof. Khaled El-Hadidy

Beni-Swaif University



Prof. Hisham Hegazy

Suez Canal University



Prof. Ahmed El-Ghalid

Suez Canal University



Prof. Samir Naem

Alexandria University



Prof. Mesbah Kamel

MOH Minia



Prof. Hanan Kamal

Suez Canal University



Prof. Karim Saeed

Cairo University



Prof. Aasem Saif

Cairo University



Prof. Wael Farrag

Tanta University

Organizing Committee:



Prof. Mayada Moussa

Zagazig University



Prof. Omar Saleh

Suez Canal University



Prof. Usama Ragab

Zagazig University



Prof. Basma Osman

Suez Canal University



Prof. Mona Karem

Suez Canal University



Dr. Omar Hassouna

Egypt Health Care Authority



Dr. Mohamed El Gihany

Fakous Hospital



Prof. Khaled El-Banna

Zagazig University



Dr. Ahmed Noufal

Zagazig University



Dr. Hossam Hosni

NIDE



Dr. Ahmed Elsawaf

NIDE



Dr. Ibrahim Hagra

Al Ahrar Teaching Hospital

Guest Speakers:



Prof. Thomas F. Lüscher

MD, FRCP
Professor of Cardiology, King's College and
Director of Research, Education
& Development, Consultant Cardiologists,
Royal Brompton and Harefield Hospitals,
London, U.K. and Centre for Molecular
Cardiology, University of Zurich, Switzerland



Prof. Osama Hamdy

Harvard University, USA



Prof. John GF Cleland

School of Cardiovascular & Metabolic
Health, University of Glasgow,
United Kingdom



Prof. Francesco Giorgino

M.d., Ph.d.
Professor of Endocrinology
Department of Precision and Regenerative
Medicine and Ionian Area Section of
Internal Medicine, Endocrinology,
Andrology and Metabolic Diseases



Prof. Aliya Khan

MD, FRCPC, FACP, FACE, FASBMR
Professor of Clinical Medicine
Director, Calcium Disorders Clinic
Director, Fellowship in Metabolic
Bone Disease
McMaster University
Hamilton, Ontario, Canada



Prof. Dimitrios G. Goulis

Professor of Reproductive
Endocrinology, Aristotle University
of Thessaloniki



Prof. Peter Schwartz

International Diabetes Federation President
Professor of Endocrinology - Dresden
University - Germany



Prof. Janaka Karalliedde

Professor of Diabetes
Consultant Physician in Diabetes and
Endocrinology and Internal Medicine
Kings College, London

Welcome to the 8th ESMA International Conference

Cardio-Renal-Metabolic-Obesity (CRM-O) medicine is rapidly emerging as a unifying paradigm that captures the intricate and bidirectional interplay between cardiovascular disease, diabetes, chronic kidney disease, and obesity—conditions that collectively drive a substantial proportion of global morbidity and mortality.

This year, our scientific program is thoughtfully designed to comprehensively address these interconnected domains, empowering clinicians to engage in a deeper, more nuanced understanding of CRM-O medicine, with the ultimate goal of translating knowledge into meaningful improvements in patient outcomes.

The 8th International ESMA Conference (1–3 April 2026) will serve as a premier platform for cutting-edge education, bringing together distinguished global thought leaders across cardiology, diabetology, endocrinology, and nephrology. Under the theme “Metabolic Syndrome Medicine: From Guidelines to Clinical Practice,” the conference will explore critical and contemporary topics, delivered by an esteemed faculty of international and leading Egyptian experts, who will share their insights, experience, and evolving strategies in CRM-O management.

In 2025, ESMA was honored to become a member of the International Diabetes Federation—a globally esteemed organization dedicated to advancing care and improving the quality of life for individuals living with diabetes. We firmly believe that this milestone will further strengthen and expand our efforts in advancing metabolic syndrome care and promoting cardiometabolic health.

ESMA: Advancing the Future of Cardio-Metabolic Health.

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President of ESMA
Former Head of the Endocrinology Unit
Zagazig University.

Prof. Ihab Salem

Prof. Ahmed Tageldien,

Vice President of ESMA
Director of Cardiology Unit
Specialized Hospital Suez-Canal University.

Prof. Ahmed Tageldien,

Internal Medicine & Endocrinology Faculty, *in alphabetical order*

• Prof. Aasem Saif , Cairo University	• Prof. Khaled Elhadidy , Beni Suf University
• Dr. Abdallah Shwaikh , Theodor Bilharz Institute	• Prof. Maha Bondok , Alexandria University
• Prof. Abdel Hamid Serwah , Suez Canal University	• Dr. Mahmoud Elsayed , MOH
• Prof. Abdel Raouf Eldeep , Suez Canal University	• Prof. Mamdouh Elnahas , Port Said University
• Prof. Adel Hassan , Suez Canal University	• Prof. Mayada Moussa , Zagazig University
• Prof. Ahmed Albehairy , Mansoura University	• Prof. Megahed Abo Elmagd , Mansoura University
• Dr. Ahmed Kolaly , Zagazig University	• Prof. Mesbah Kamel , MOH Minia
• Dr. Ahmed Mossad , Suez Canal University	• Prof. Mohamed Abdelghany , Mansoura University
• Dr. Ahmed Noufal , Zagazig University	• Dr. Mohamed Elgehany , MOH
• Prof. Ahmed El Sabawy , NIDE	• Dr. Mohamed Gerish , Suez Canal University
• Dr. Ahmed Sawaf , NIDE	• Prof. Mohamed Keshawy , Suez Canal University
• Dr. Ahmed Yassin , SCA Hospitals	• Dr. Mohamed Mashaly , Consultant Nephrologist
• Prof. Amr Abdelmonem , Cairo University	• Prof. Mohamed Mashahit , Fayoum University
• Dr. Amr Elsantawy , Kafr El-Shaikh University	• Prof. Mohamed Reda Halawa , Ain Shams University
• Dr. Amr Omar , NIDE	• Prof. Mohamed Shawki , Benha University
• Prof. Arafa Elshabrawy , Zagazig University	• Prof. Mona Kareem , Suez Canal University
• Prof. Azza Hassan , Zagazig University	• Prof. Mona Mohamed Abdelsalam , Ain Shams University
• Prof. Basma Osman , Suez Canal University	• Prof. Mostafa Abdelnaser , Ain Shams University
• Prof. Dina Rashid , Helwan University	• Prof. Nader Nemr , Suez Canal University
• Prof. Elsayed Abdelfattah , Delta University	• Prof. Naglaa Hamed , Port Said University
• Prof. Elsayed Ghonamy , Ain Shams University	• Prof. Nevin Foad , Zagazig University
• Prof. Eman Mahmoud , Al Azhar University	• Dr. Saeed Sherbiny , Ismailia MOH
• Prof. Farid Fawzy , Zagazig University	• Prof. Sameh El-Shahat , Mansoura University
• Prof. Ghada Elkhatib , Assiut University	• Dr. Sameh Elzaki , Suez Canal University
• Prof. Hanaa Kandil , Al Azhar University	• Prof. Sameh Saber , Zagazig University
• Prof. Hatem Salem , Zagazig University	• Prof. Samir Naeem , Alexandria University
• Prof. Hisham Elhefnawy , NIDE	• Prof. Sara Osama , Port Said University
• Prof. Hisham Metwally , SCA Hospitals	• Prof. Seham Ahmed , Suez Canal University
• Prof. Hossam Ghazi , Mansoura University	• Prof. Shaimaa Farouk , Zagazig University
• Dr. Hossam Hosny , NIDE	• Dr. Sobhy Elnagar , MOH
• Dr. Ibrahim Amer , Ismailia MOH	• Prof. Tamer Elsherbiny , Alexandria University
• Prof. Ihab Salem , Zagazig University	• Prof. Usama Ragab , Zagazig University
• Prof. Iman EL Sherif , Suez Canal University	• Prof. Wael Farrag , Tanta University
• Prof. Khaled Elbanna , Zagazig University	• Prof. Yasser Abdelraouf , Tanta University

Cardiology Faculty, *in alphabetical order*

• Dr. Abdelrahman Afifi , Aswan Heart Center	• Prof. Mohamed Abdelghani , Cairo University
• Dr. Abdallah Ateya , Suez Canal Authority	• Prof. Mohamed Al Merry , Suez Canal University
• Prof. Ahmed Bendary , Benha University	• Dr. Mohamed Gamal , Egyptian Healthcare
• Prof. Ahmed El Ghalid , Suez Canal University	• Dr. Mohamed Hegazy , Egyptian Healthcare Authority
• Prof. Ahmed Elbarbary , MUST University	• Prof. Mohamed Salama , Kafr El-Shaikh University
• Prof. Ahmed Emad Hasan , Military Academy	• Prof. Mohamed Khedr , Military Academy
• Prof. Ahmed Emara , Menofia University	• Prof. Mohamed Oraby , Suez Canal University
• Prof. Ahmed El-Hawary , Suez Canal University	• Prof. Mohamed Salim , National Heart Institute
• Prof. Ahmed Salah Salem , Suez Canal University	• Dr. Mohamed Soliman , Egyptian Healthcare Authority
• Prof. Ahmed Tageldien , Suez Canal University	• Prof. Mohamed Zahran , Ain Shams University
• Prof. Basem Zarif , National Heart Institute	• Prof. Moheb Magdy , Mansoura University
• Prof. Emad Abdelhay , Mahalla Heart Center	• Prof. Moustafa Mokarrab , Al Azhar University
• Prof. Fathy Maklady , Suez Canal University	• Prof. Omar Saleh , Suez Canal University
• Prof. Fathy Nada , Suez Canal University	• Dr. Omar Hassouna , Egyptian Healthcare Authority
• Prof. Gamal Fahim , Mansoura University	• Dr. Osama Elsherbiny , Suez Canal Authority
• Prof. Gamila Nasr , Suez Canal University	• Prof. Shady Hussein , Mansoura University
• Prof. Hamada Gahnem , Military Academy	• Dr. Shady Aql , Egyptian Healthcare Authority
• Prof. Hanan Kamal , Suez Canal University	• Prof. Tareq Naguib , Zagazig University
• Dr. Haitham Farid , Suez Canal Authority	• Prof. Timoor Mostafa , Tanta University
• Prof. Hisham Hegazy , Suez Canal University	• Prof. Walid Al Awady , Zagazig University
• Prof. Islam Zakarya , Suez Canal University	• Prof. Walid Ammar , Cairo University
• Prof. Karim Saeed , Cairo University	• Prof. Yasser Abdelgalil , Al Azhar University
• Dr. Laila Khalil , Egyptian Healthcare Authority	

Wednesday, 1 April 2026

Main Hall

Registration	09:00 – 09:30 AM
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Session 1	State of the Art Lecture	09:30 – 10:15 AM
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Chairpersons, Alphabetical Order
<p>Prof. Ahmed El Ghalid, <i>Suez Canal University</i> Prof. Ahmed El-Hawary, <i>Suez Canal University</i> Prof. Ali Al Nihom, <i>President of Libyan Society of Cardiology</i> Prof. Fathy Maklady, <i>Suez Canal University</i> Prof. Gamila Nasr, <i>Suez Canal University</i> Prof. Hanan Kamal, <i>Suez Canal University</i></p>

09:30 AM	Metabolic Syndrome Management: Cardiologist Perspective
09:50 AM	Prof. Thomas Luescher , <i>President of the ESC, King's College – UK</i>
09:50 AM	ADA 2026: Shaping the Future of Cardiometabolic Medicine
10.10 AM	Prof. Mohamed Abdelghani , <i>President of the EgSC, Cairo University</i>

Wednesday, 1 April 2026

Main Hall

Session 2	Smart Cardiovascular Disease Management: from Hypertension to Heart Failure	10:15 – 11:00 AM
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Chairpersons, *Alphabetical Order*

- Prof. **Ahmed El Ghalid**, *Suez Canal University*
- Prof. **Ahmed Salah Salem**, *Suez Canal University*
- Prof. **Gamila Nasr**, *Suez Canal University*
- Prof. **Islam Zakareya**, *Suez Canal University*
- Prof. **Mohamed El Merry**, *Suez Canal University*
- Prof. **Mohamed Zahran**, *Ain Shams University*

10:15 AM	Screening Target Organ Damage in Hypertension
10:30 AM	Prof. Karim Saeed , <i>Cairo University</i>
10:30 AM	Hypertension Management: The Legacy of Amlodipine-
10:45 AM	Valsartan 
	Prof. Ahmed Tageldien , <i>Suez Canal University</i>
10:45 AM	Empagliflozin across CRM Patients 
11.00 AM	Prof. Fathy Nada , <i>Suez Canal University</i>

Wednesday, 1 April 2026

Main Hall

Session 3	State of Art Diabetes, Nutrition, and Endocrinology	11:10 AM – 12:00 PM
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Chairpersons, Alphabetical Order

- Prof. **Farid Fawzy**, Zagazig University
- Prof. **Ihab Salem**, Zagazig University
- Prof. **Mona Karem**, Suez Canal University
- Prof. **Najwa Rahiem**, President of Libyan Association of Diabetes

11:10 AM	Why we reversed the pyramid
11:40 AM	
11.40 AM	Key Tips in Levothyroxin Therapy, European Thyroid Association 2026
12.00 PM	

Wednesday, 1 April 2026

Main Hall

Session 4

Precision in CVD Practice

12:00 – 01:25 PM

Chairpersons, Alphabetical Order

Prof. **Ahmed El Ghalid**, Suez Canal University

Dr. **Omar Hassouna**, Egyptian Healthcare Authority

Prof. **Gamila Nasr**, Suez Canal University

Prof. **Hanan Kamal**, Suez Canal University

12:00 PM	Why HF Pillars are Fantastic?	
12:15 PM	Prof. Islam Zakareya , Suez Canal University	
12:15 PM	Empagliflozin: A Clinical Perspective From Trials to Real-World Case Studies	
12:30 PM	Prof. Mohamed Abdelghani , Cairo University	
12:30 PM	Sacubitril-Valsartan ... across LVEF	
12:50 PM	Prof. Omar Saleh , Suez Canal University	
12:50 PM	Inclisiran (Leqvii): Don't miss the window to prevent what is next	
01:10 PM	Prof. Moheb Magdy , Mansoura University	
01:10 PM	Rotamilirin in Acute hemodynamic Heart Failure: Integrating inotropy, vasodilatation & Ventricle unloading	
01:25 PM	Prof. Mohamed El Merry , Suez Canal University	

Coffee Break



01:25 – 02:00 PM

Wednesday, 1 April 2026

Main Hall

Session 5

Updates in Diabetes Guidelines 2026

02:00 – 3:30 PM

Chairpersons, Alphabetical Order

Prof. **Abdelraouf Eldeep**, Suez Canal University
 Dr. **Abdallah Shwaikh**, Theodor Bilharz Institute
 Dr. **Ahmed Yassin**, Suez Canal Authority
 Dr. **Mohamed Gerish**, Suez Canal University
 Dr. **Mohamed Mashaly**, Consultant Nephrologist

02:00 PM	NICE Diabetes Guidelines 2026	
02:15 PM	Prof. Farid Fawzy , Zagazig University	
02:15 PM	Updates in DKD: ADA 2026	
02:30 PM	Prof. Basma Osman , Suez Canal University	
02:30 PM	DPP4i: Does it still have role in Type 2 DM Management	
02:45 PM	Prof. Ihab Salem , Zagazig University	
02:45 PM	The Quantum Leap in type 2 DM management	
03:00 PM	Prof. Mayada Moussa , Zagazig University	
03:00 PM	Intelligent, Not Aggressive: The Rationale for Triple Combo in Diabetes Management	
03:15 PM	Prof. Usama Ragab , Zagazig University	
03:15 PM	Bridging the Gap: Enhancing Insulin Accessibility with Basal Insulin	 
03:30 PM	Dr. Hesham Metwally , Suez Canal Authority	

Wednesday, 1 April 2026

Main Hall

Session 6

Closing the Gap in CVD Management Inertia

03:30 – 04:45 PM

Chairpersons, Alphabetical Order

Prof. **Ahmed El Ghalid**, Suez Canal University
 Prof. **Mohamed El Merry**, Suez Canal University
 Prof. **Gamal Fahim**, Mansoura University
 Prof. **Hanan Kamal**, Suez Canal University

03:30 PM	Moving the Bar to Avoid Therapeutic Inertia in CVD
03:45 PM	Prof. Mohamed El Merry , Suez Canal University
03:45 PM	DOACs dialogues: Bridging real world evidence & Clinical practice in NVAf 
04:00 PM	Prof. Mohamed Zahran , Ain Shams University
04:00 PM	Dapagliflozin from trials to the real practice 
04:15 PM	Prof. Yasser Abdelgalil , Al Azhar University
04:15 PM	Comprehensive Cardiovascular Risk Management: A Case-Based Approach 
	Prof. Moheb Magdy , Mansoura University
04:30 PM	Targeting Sympathetic & RAAS Systems in Hypertension 
04:45 PM	Prof. Ahmed Tageldien , Suez Canal University

Wednesday, 1 April 2026

Main Hall

Session 7

Diabetic Peripheral Neuropathy 2026

05:00 – 05:30 PM

Chairpersons, Alphabetical Order

Dr. **Ahmed Alkolaly**, Zagazig University

Prof. **Ihab Salem**, Zagazig University

Dr. **Saeed Elsherbiny**, Ismailia MOH

Prof. **Usama Ragab**, Zagazig University

05:00 PM	Diabetic Peripheral Neuropathy Guidelines	 <small>NERHADOU INTERNATIONAL For Pharmaceutical & Nutritional To Improve Your Health & Life</small>
05:15 PM	Prof. Azza Hassan , Zagazig University	
05:15 PM	Role of Vitamin B12 in management of Diabetic Neuropathy	
05:30 PM	Prof. Khaled El-Banna , Zagazig University	

Wednesday, 1 April 2026

Main Hall

Session 8

Peri-operative Endocrinology

05:30 – 06:00 PM

Chairpersons, Alphabetical Order

Prof. **Abdel Hamid Serwah**, *Suez Canal University*

Dr. **Ahmed Elsawaf**, *NIDE*

Prof. **Azza Hassan**, *Zagazig University*

Prof. **Iman Elsherif**, *Suez Canal University*

Prof. **Mayada Moussa**, *Zagazig University*

05:30 PM	Postoperative Pituitary Management
05:40 PM	Prof. Sara Osama , <i>Port Said University</i>
05:40 PM	Preoperative Thyroid Management
05:50 PM	Dr. Ahmed Noufal , <i>Zagazig University</i>
05:50 PM	Preoperative Diabetes Management
06:00 PM	Dr. Ahmed Elkolaly , <i>Zagazig University</i>

Lunch



06:00 PM

Thursday, 2 April 2026

Main Hall

Registration	09:00 – 09:30 AM
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Session 9	Obesity Management: Future Perspectives Meet The Expert	09:30 – 10:40 AM
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Chairpersons, *Alphabetical Order*

Prof. **Mayada Moussa**, Zagazig University
 Prof. **Nader Nemr**, Suez Canal University
 Prof. **Najwa Rahiem**, President of Libyan Diabetes Association
 Prof. **Seham Ahmed**, Suez Canal University

09:30 AM 10:00 AM	"Obesity and Cardiovascular Disease: Pathophysiological Connections and New Treatment Opportunities"
	Prof. Francesco Giorgino , Bari Aldo University – Italy
10:00 AM 10:15 AM	Semaglutide 2.4 mg Goes Beyond 
	Prof. Ihab Salem , Zagazig University
10:15 AM 10:30 AM	Semaglutide 2.4 mg in MASH: A New Dawn 
	Prof. Ahmed Kordie , Cairo University

Thursday, 2 April 2026

Main Hall

Session 10

The Fantastic Pillars in CRM

10:40 – 11:30 AM

Chairpersons, Alphabetical Order

Prof. **Ibrahim Amer**, MOH

Prof. **Ihab Salem**, Zagazig University

Prof. **Khaled Elhadidy**, Beni Suef University

Prof. **Usama Ragab**, Zagazig University

10:40 AM	Metabolic Syndrome: Nephrologist perspective
11:00 AM	Prof. Janaka Karadille , Kings College – London
11:00 AM	Semaglutide 1mg: Save Lives, Heart & Kidney 
11:15 AM	Prof. Aasem Saif , Cairo University
11:15 AM	Beyond Diabetes :
11:30 AM	A Unified Approach to CRM 
	Prof. Arafa Elshabrawy , Zagazig University

Thursday, 2 April 2026

Main Hall

Session 11

Cracking Cardiovascular Disease Codes

11:30 AM – 01:00
PM

Chairpersons, Alphabetical Order

Prof. **Ahmed El Barbary**, *MUST University*
 Prof. **Ahmed El Ghalid**, *Suez Canal University*
 Prof. **Hanan Kamal**, *Suez Canal University*
 Prof. **Omar Saleh**, *Suez Canal University*
 Prof. **Tareq Naguib**, *Zagazig University*

11:30 AM	Hypertension Management: Make it Simple	
11:45 AM	Prof. Bassem Zarif , <i>National Heart Institute</i>	
11:45 AM	Control Without Compromise : A Case for Combining beta 1-Selectivity with OLM/AMLO Synergy	
12:00 PM	Prof. Khaled Elhadidy , <i>Beni Suef University</i>	
12:00 PM	Transforming Hyperkaemia Care	AstraZeneca 
12:15 PM	Prof. Shady Hussein , <i>Mansoura University</i>	
12:15 PM	Control speaks Egyptian	
12:30 PM	Prof. Ahmed Salah Salem , <i>Suez Canal University</i>	
12:30 PM	DAPT Fixed Dose Combination in managing ACS and CCS	
12:45 PM	Prof. Walid Ammar , <i>Cairo University</i>	
12:45 PM	Valsartan: from Hypertension to HF	
01:00 PM	Prof. Timoor Mostafa , <i>Tanta University</i>	

Thursday, 2 April 2026

Main Hall

Session 12

Opening Ceremony

01:15 – 01:40 PM

Chairpersons, Alphabetical Order

Prof. **Ahmed Tageldien**, Suez Canal University

Prof. **Ihab Salem**, Zagazig University

01:15 PM

01:30 PM

Role of IDF in Diabetes Care

Prof. **Mesbah Kamel**,

IDF Representative MENA Region, MOH Minia

Coffee Break



01:40 – 02:00 PM

Thursday, 2 April 2026

Hall (A)

Endocrinology Track

02:00 – 06:00 PM

Session 13

Parathyroid Session: Meet The Expert

02:00 – 02:40 PM

Chairpersons, *Alphabetical Order*

Prof. **Hanaa Kandil**, *Al Azhar University*

Prof. **Khaled Elhadidy**, *Beni Suef University*

Prof. **Mohamed Reda Halawa**, *Ain Shams University*

Prof. **Mohamed Shawki**, *Benha University*

02:00 PM 02:20 PM	State of The Art: Hypoparathyroidism: from Guidelines to clinical practice Prof. Aliya Khan , <i>Professor of Medicine, McMaster University, Canada</i>
02:20 PM 02:35 PM	Bridging Evidence and Practice: The role of Teriparatide in Modern Management Prof. Ihab Salem , <i>Zagazig University</i>

MINAPHARM
 PHARMACEUTICALS

Thursday, 2 April 2026

Hall (A)

Session 14

New Path for Old Friend

02:40 – 03:30 PM

Chairpersons, Alphabetical Order

Prof. **Ahmed Albehairy**, Mansoura University

Dr. **Amr Omar**, NIDE

Prof. **Mayada Moussa**, Zagazig University

Prof. **Naglaa Hamed**, Port Said University

Prof. **Nevin Foad**, Zagazig University

02:40 PM 02:55 PM	Current Strategies for Diabetic Neuropathy Management???	
	Prof. Hatem Salem , Zagazig University	
02:55 PM 03:10 PM	Two Vitamins, One mission: B12 and Folic Acid	
	Prof. Mohamed Shawki , Benha University	
03:10 PM 03:25 PM	Evidence-Based Combination Strategies: Gliclazide Plus Newer Agents	
	Prof. Mohamed Reda Halawa , Ain Shams University	

Thursday, 2 April 2026

Hall (A)

Session 15

Pitfalls in CRM Management

03:30 – 05:00 PM

Chairpersons, Alphabetical Order

Prof. **Hanaa Kandil**, Al Azhar University

Dr. **Amr Elsantawy**, Kafr El-Shaikh University

Prof. **Mohamed Mashahit**, Fayoum University

Prof. **Mohamed Reda Halawa**, Ain Shams University

03:30 PM	Pitfalls in Obesity Management	
03:45 PM		Prof. Kamel Hemida , Alexandria University
03:45 PM	Pitfalls in insulin Therapy	
04:00 PM		Prof. Aasem Saif , Cairo University
04:00 PM	Rewriting the Journey ! New generation basal insulin for uncontrolled diabetes	sanofi
04:15 PM		Prof. Ahmed Albehairy , Mansoura University
04:15 PM	From treatment burden to therapeutic balance: advancing glycemic control with FRC	sanofi
04:30 PM		Prof. Ihab Salem , Zagazig University
04:30 PM	IDegAsp: An intensification option your patient can stay on	
04:45 PM		Prof. Hisham Elhefnawy , NIDE
04:45 PM	Beyond The algorithm: Reliable Control With Vildagliptin Metformin Therapy	
05:00 PM		Prof. Mayada Moussa , Zagazig University

Thursday, 2 April 2026

Hall (A)

Session 16

Dyslipidemia from Guidelines to Practice

05:00 – 05:30 PM

Chairpersons, Alphabetical Order

Prof. **Dina Rasheed**, *Helwan University*

Dr. **Mahmoud Elsayed**, *MOH*

Prof. **Naglaa Hamed**, *Port Said University*

Dr. **Sameh Elzaki**, *Suez Canal University*

05:00 PM	Dyslipidemia Guidelines: AACE 2025
05:15 PM	Prof. Mohamed Abdelghany , <i>Mansoura University</i>
05:15 PM	Overcoming Inertia in Dyslipidemia Management 
05:30 PM	Dr. Hossam Hosny , <i>NIDE</i>

Thursday, 2 April 2026

Hall (A)

Session 17	New Players in Endocrine Disease Management	05:30 – 06:00 PM
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Chairpersons, Alphabetical Order

Prof. **Khaled Elbanna**, Zagazig University
 Prof. **Mayada Moussa**, Zagazig University
 Prof. **Usama Ragab**, Zagazig University

05:30 PM	Once Weekly Growth Hormone
05:45 PM	Prof. Ahmed El Sabawy , NIDE
05:45 PM	Updates in Graves' Disease Management
06:00 PM	Prof. Elsayed Ghonamy , Ain Shams University

Lunch		06:00 PM
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Thursday, 2 April 2026

Hall (B)

	Cardiovascular & Intervention Track	02:00 – 06:00 PM
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Session 18	When Things Go Wrong: Mastering Interventional Complications	02:00 – 03:30 PM
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Moderators, *Alphabetical Order*

Prof. **Ahmed Emara**, *Menofia University*
 Prof. **Ahmed El Ghalid**, *Suez Canal University*
 Prof. **Hesham Hegazy**, *Suez Canal University*
 Prof. **Tareq Naguib**, *Zagazig University*
 Prof. **Timoor Mostafa**, *Tanta University*
 Prof. **Walid Ammar**, *Cairo University*

02:00 PM		Case 1	
02:10 PM		Prof. Mohamed Selim , <i>National Heart Institute</i>	
02:10 PM		Case 2	
02:20 PM		Prof. Mohamed Khedr , <i>Military Academy</i>	
02:20 PM		Case 3	
02:30 PM		Prof. Walid Awady , <i>Zagazig University</i>	
02:30 PM		Case 4	
02:40 PM		Prof. Emad Abdelhay , <i>Mahalla Heart Center</i>	
02:40 PM		Case 5	
02:50 PM		Prof. Mohamed Salama , <i>Kafr El-Shaikh University</i>	
02:50 PM		Optimal LDL-C for secondary prevention: Start early and aggressively!	
03:05 PM		Prof. Ahmed Tageldien , <i>Suez Canal University</i>	
03:05 PM		New era of DOACs in management of AF	
03:20 PM		Prof. Fathy Nada , <i>Suez Canal University</i>	

Thursday, 2 April 2026

Hall (B)

Session 19

Structural Intervention and Coronary
 Intervention in HF Patients

03:30 – 04:45 PM

Modeerators, Alphabetical Order

Prof. **Bassem Zarif**, National Heart Institute
 Prof. **Mohamed Khedr**, Military Academy
 Prof. **Mohamed Oraby**, Suez Canal University
 Prof. **Mohamed Salama**, Kafr El-Shaikh University
 Prof. **Shady Hussein**, Mansoura University
 Prof. **Walid Awady**, Zagazig University

03:30 PM	Case 1
03:40 PM	Prof. Moustafa Mokarrab , Al Azhar University
03:40 PM	Case 2
03:50 PM	Prof. Ahmed Emara , Menofia University
03:50 PM	Case 3
04:00 PM	Prof. Abdelrahman Afifi , Aswan Heart Center
04:00 PM	Case 4
04:10 PM	Prof. Ahmed Emad Hasan , Military Academy
04:10 PM	Case 5
04:20 PM	Prof. Omar Saleh , Suez Canal University
04:20 PM	Ranolazine shaping the future of CCS 
04:35 PM	Prof. Walid Ammar , Cairo University

Thursday, 2 April 2026

Hall (B)

Session 20

From Guidewire to Judgment:
Decision Making

05:00 – 06:00 PM

Modeerators, Alphabetical Order

Dr. **Abdallah Atteya**, Suez Canal Authority
 Dr. **Layla Khalil**, Egyptian Health Authority
 Dr. **Mohamed Gamal Bayoumi**, Egyptian Health Authority
 Prof. **Mohamed Selim**, National Heart Institute
 Prof. **Moustafa Mokarrab**, Al Azhar University
 Prof. **Omar Saleh**, Suez Canal University
 Dr. **Osama Elsherbiny**, Suez Canal Authority

05:00 PM	Case 1
05:10 PM	Dr. Shady Aql , Egyptian Healthcare Authority
05:10 PM	Case 2
05:20 PM	Dr. Mohamed Hegazy , Egyptian Healthcare Authority
05:20 PM	Case 3
05:30 PM	Dr. Haitham Farid , Suez Canal Authority
05:30 PM	Case 4
05:40 PM	Dr. Mohamed Soliman , Egyptian Healthcare Authority

Lunch



06:00 PM

Friday 3 April 2026

Main Hall

Registration

09:00 – 09:30 AM

Session 21

Thyroid Ultrasound for the Endocrinologist

09:00 – 10:00 AM

Chairpersons, *Alphabetical Order*

Dr. **Ahmed Mosaad**, *Suez Canal University*

Prof. **Eman Mahmoud**, *Al Azhar University*

Prof. **Ghada Elkhattib**, *Assiut University*

Prof. **Hossam Ghazi**, *Mansoura University*

Prof. **Ihab Salem**, *Zagazig University*

09:00 AM	Basics of Thyroid Ultrasound
09:15 AM	Prof. Maha Bondok , <i>Alexandria University</i>
09:15 AM	TI-RADS Classification
09:30 AM	Prof. Sameh Saber , <i>Zagazig University</i>
09:30 AM	Discussion
09:45 AM	

Friday 3 April 2026

Main Hall

Session 22

Thyroid Nodule Session

10:00 – 10:30 AM

Chairpersons, Alphabetical Order

Prof. **Ihab Salem**, Zagazig University
 Prof. **Mamdouh El-Nahas**, Port Said University
 Prof. **Mayada Moussa**, Zagazig University
 Prof. **Usama Ragab**, Zagazig University

10:00 AM	Thyroid Nodule Assessment & Management ATA 2026 Updated Algorithms and new Scan Tool
10:15 AM	
	Prof. Tamer Elsherbiny , Alexandria University
10:15 AM	Beyond Pills: The New Era of Non-Surgical Thyroid Nodule Management
10:30 AM	
	Prof. Hossam Ghazi , Mansoura University

Friday 3 April 2026

Main Hall

Session 23

Combination Therapy in Diabetes

10:30 – 11:00 AM

Chairpersons, Alphabetical Order

Prof. **Basma Osman**, Suez Canal University

Prof. **Khaled Hadhood**, Zagazig University

Dr. **Mohamed Elgehany**, MOH

Prof. **Sara Osama**, Port Said University

10:30 AM	Simplifying complexity in the management of Diabetes 
10:45 AM	
10:45 AM	Role of Sitagliptin/Metformin in managing type 2 DM 
11:00 AM	

Friday 3 April 2026

Main Hall

Session 24 Endocrine Dilemma Session: Meet The Expert 11:00 – 11:55 AM

Chairpersons, Alphabetical Order

Prof. **Eman Mahmoud**, *Al Azhar University*
 Prof. **Ihab Salem**, *Zagazig University*
 Prof. **Mamdouh El-Nahas**, *Port Said University*
 Prof. **Mona Mohamed Abdelsalam**, *Ain Shams University*
 Prof. **Mona Karem**, *Suez Canal University*

11:00 AM	Functional Hypogonadism
11:20 AM	Prof. Dimitrious Goullis , <i>Aristotle University of Thessaloniki – Greece</i>
11:20 AM	Precocious Puberty: Role of Lab
11:40 AM	Prof. Samir Naeem , <i>Alexandria University</i>
11:40 AM	"Silent Guests in the Sella: When to Act and When to Watch"
11:55 AM	Prof. Ghada Elkhattib , <i>Assiut University</i>

Jomaa Prayer &
Break



11:55 AM – 01:15
PM

Friday 3 April 2026

Main Hall

Session 25

State of the Art

01:15 – 02:00 PM

Chairpersons, Alphabetical Order

Prof. **Adel Hassan**, Suez Canal University
 Prof. **Ahmed Tageldien**, Suez Canal University
 Prof. **Ihab Salem**, Zagazig University
 Dr. **Sobhy Elnagar**, MOH
 Prof. **Wael Farrag**, Tanta University

01:15 PM	IDF Diabetes Guidelines
01:35 PM	Prof. Peter Schwartz , <i>IDF President</i>
01:35 PM	Practical tips in Clinical Nutrition in CVD
01:55 PM	Prof. Amr Abdelmonem , <i>Cairo University</i>

Friday 3 April 2026

Main Hall

Session 26	From Inertia to Impact: Transforming CRM Management	02:00 – 03:30 PM
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Chairpersons, Alphabetical Order

- Prof. **Ahmed El Ghalid**, Suez Canal University
- Prof. **Ahmed Tageldien**, Suez Canal University
- Prof. **Hamada Ghanem**, Military Academy
- Prof. **Mohamed El Merry**, Suez Canal University
- Dr. **Omar Hassouna**, Egyptian Healthcare Authority
- Prof. **Omar Saleh**, Suez Canal University

02:00 PM	ACC Dyslipidemia Guidelines 2026	
02:15 PM	Prof. Ahmed Salah Salem , Suez Canal University	
02:15 PM	Psycho-Cardiology & Burnout	
02:30 PM	Prof. Ahmed El Ghalid , Suez Canal University	
02:30 PM	Dapagliflozin - Revolutionizing Heart Failure	
02:45 PM	Prof. Ahmed Bendary , Benha University	
02:45 PM	Revisiting fenibrates in Hypertriglycerideamia	
03:00 PM	Prof. Ahmed Tageldien , Suez Canal University	
03:00 PM	Hit Early, Hit Hard: Optimize treatment in T2D and CKD	
03:15 PM	Prof. Mostafa Abdelnasir , Ain Shams University	
03:15 PM	Beyond Calories: Targeting Metabolic Pathways in Obesity with Nutraceuticals	
03:30 PM	Prof. Sameh El-Shahat , Mansoura University	

Friday 3 April 2026

Main Hall

Session 27

Pediatric vs. Adult Type I Diabetes

03:30 – 04:15 PM

Chairpersons, Alphabetical Order

Prof. **Basma Osman**, *Suez Canal University*

Prof. **Mohamed Keshawi**, *Suez Canal University*

Prof. **Elsayed Abdelfattah**, *Delta University*

Prof. **Wael Farrag**, *Tanta University*

03:30 PM	Pediatric Perspective
03:45 PM	Prof. Mona Karem , <i>Suez Canal University</i>
03:45 PM	Adult Perspective
04:00 PM	Prof. Iman Elsherif , <i>Suez Canal University</i>
04:00 PM	The power of precision: Advancing Insulin Therapy 
04:15 PM	Prof. Yasser Abdelraouf , <i>Tanta University</i>

Friday 3 April 2026

Main Hall

Session 28

Hot Topics in Thyroid

04:15 – 05:00 PM

Chairpersons, Alphabetical Order

Prof. **Ihab Salem**, Zagazig University
 Prof. **Iman Elsherif**, Suez Canal University
 Prof. **Mayada Moussa**, Zagazig University
 Prof. **Usama Ragab**, Zagazig University
 Prof. **Yasser Abdelraouf**, Tanta University

04:15 PM	Thyroid Replacement Therapy in Special Population
04:30 PM	Prof. Elsayed Abdelfattah , Delta University
04:30 PM	Thyroid eye disease
04:45 PM	Prof. Wael Farrag , Tanta University
04:45 PM	Radioactive iodine therapy in DTC and Thyrotoxicosis : precision in 2025 standards.
05:00 PM	Prof. Shaimaa Farouk , Zagazig University

Session 29

ESMA Wrap-Up Session 2025

05:00 – 05:30 PM

Prof. Ihab Salem , Zagazig University	Prof. Ahmed Tageldien , Suez Canal University
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Lunch



05:30 PM

Friday 3 April 2026

Online Session

Session 30

Lectures of Guest Speaker in ESMA 2026

07:00 – 10:00 PM

Metabolic Syndrome Management: Cardiologist Perspective

Prof. **Thomas Luescher**, *President of the ESC, King's College – UK*

Why we reversed the pyramid

Prof. **Osama Hamdy**, *Harvard University*

"Obesity and Cardiovascular Disease: Pathophysiological Connections and New Treatment Opportunities"

Prof. **Francesco Giorgino**, *Bari Aldo University – Italy*

Metabolic Syndrome: Nephrologist perspective

Prof. **Janaka Karadille**, *Kings College – London*

State of The Art: Hypoparathyroidism: from Guidelines to clinical practice

Prof. **Aliya Khan**, *Professor of Medicine, McMaster University, Canada*

Functional Hypogonadism

Prof. **Dimitrios Goullis**, *Aristotle University of Thessaloniki – Greece*

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