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The 1st MENA Congress for Metabolism in Health and Disease 2024, 15-16 November 2024, Dubai, UAE, was the first regional conference that is fully detected and centered around metabolism, as a hallmark of both health and disease. The first edition was very successful with more than 30 speakers, including 7 international experts, and more than 200 participants with more than 25% coming from other countries. Variable topics related to metabolism in health and diseases were discussed with more than 95% of attendees giving above-average evaluation for the presentations.

The 2nd MENA Congress for Metabolism in Health and Disease 2025, Dubai, 17-18 October 2025 will continue to be the largest regional event centered on metabolism in diseases and wellness. The coming meeting will be larger with more than 30 speakers discussing more variable topics related to metabolism. More than 300 participants are expected to attend.

Metabolism is a fundamental aspect of human biology, influencing and being influenced by a myriad of factors. It serves as the cornerstone for understanding health and disease. Understanding the impact of metabolic processes on the natural course of human physiology and the effect of metabolic alterations on various health outcomes is essential in providing the proper management and care for various diseases including diabetes and other endocrine disorders, cardiovascular diseases, hepatic and renal disorders, and neurological diseases. Obesity and the relationship between diet and nutrition highlight the diverse and complex interlink between different metabolic pathways.

The role of the microbiome in health and disease and the effects of lifestyle factors such as exercise, sleep, and stress further underscore the importance of a holistic approach to metabolic health. Inborn errors of metabolism reveal the genetic and cellular underpinnings of metabolism, while aging and rejuvenation are emerging as key pillars for understanding the temporal dynamics of metabolic processes. The environmental impact on metabolism and the consequences of substance use and abuse also extend our awareness to the multitude of risk factors that can impact human health.

This conference will continue to serve as a unique platform for obtaining the most updated knowledge, exchanging experience, establishing networks and collaborations, and inspiring innovative research in the fields of metabolism and metabolic diseases ultimately contributing to better health outcomes. We look forward to seeing you among us at the 2nd MENA Congress for Metabolism in Health and Disease, Dubai, 17-18 October 2025.

Prof. Mahir Al-Hilali

President, 2nd MENA Congress for Metabolism in Health and Disease
Consultant Hematology and Laboratory Medicine, Medical Director
of Mediclinic Precise, and Director of Laboratory Services, Mediclinic
Middle East

Adjunct Clinical Professor of Laboratory Medicine, Mohammed Bin
Rashid University of Medicine and Health Sciences, Dubai, UAE



2nd MENA Congress for
Metabolism
in Health and Disease **2025**
17-18 October 2025, Dubai, United Arab Emirates

CONGRESS PRESIDENT



Prof. Mahir Al-Hilali

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Consultant Hematology and Laboratory Medicine, Medical Director
of Mediclinic Precise, and Director of Laboratory Services, Mediclinic
Middle East

Adjunct Clinical Professor of Laboratory Medicine, Mohammed Bin
Rashid University of Medicine and Health Sciences, Dubai, UAE

SCIENTIFIC COMMITTEE



Prof. Ayman El-Hattab

Director and Consultant Clinical Genetics, Genetics and Rare Disease
Center, Burjeel Medical City, Abu Dhabi

Professor, College of Medicine, University of Sharjah, Sharjah

Founder and President, MENA Organization for Rare Diseases, UAE



Prof. Brahim Tabarki Melaiki

Consultant Pediatric Neurology, Prince Sultan Military Medical City

Adjunct Professor Pediatric Neurology, Alfaisal University, Riyadh,
Saudi Arabia

Professor of Pediatric Neurology, University of Sousse, Sousse, Tunisia



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Department Head and Consultant Cardiology, Mediclinic Parkview
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Hepatogastroenterologist, Digestive Endoscopist, and Clinical
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Consultant Nephrology, Mediclinic City Hospital
Adjunct Clinical Professor of Nephrology, Mohammed Bin Rashid
University of Medicine and Health Sciences, Dubai, UAE



Prof. Safwan Taha

Consultant Laparoscopic, Metabolic, Bariatric Surgery and Director,
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Adjunct Clinical Associate Professor of Surgery, Mohammed Bin
Rashid University of Medicine and Health Sciences, Dubai, UAE



Prof. Salah Abusnana

Consultant and Director of Diabetes and Endocrine Center, University
Hospital Sharjah
Professor, Director of Diabetes Center, and Program Director of
Master in Diabetes Management and Deputy Chair, Clinical Science
Department, College of Medicine, University of Sharjah, Sharjah, UAE

INTERNATIONAL SPEAKERS



Dr. Akeel Mithani

CEO, Tilde Sciences, Jersey City, New Jersey, USA



Prof. Brahim Tabarki Melaiki

Consultant Pediatric Neurology, Prince Sultan Military Medical City
Adjunct Professor Pediatric Neurology, Alfaisal University, Riyadh,
Saudi Arabia
Professor of Pediatric Neurology, University of Sousse, Sousse, Tunisia



Dr. Najem Alfalahe

Senior Consultant in Psychiatry and Neurophysiology, Priory Hospital,
and Surrey Care, London, United Kingdom



Dr. Nerissa Kreher

Chief Medical Officer, Alltrna, Cambridge, Massachusetts, USA



Dr. Sabah Ali

Specialist in Public Health Medicine, King's College Hospital, London, United Kingdom



Prof. Tawfeg Ben-Omran

Division Chief, Genetic and Genomic Medicine, Sidra Medicine
Senior Consultant, Medical Genetic Department, Hamad Medical Corporation
Professor, Weill Cornell Medical College, Doha, Qatar

UAE-BASED SPEAKERS



Dr. Ahmed Shehata

Chemistry and Immunoassay Senior Product Manager, Beckman Coulter MEA, Dubai, UAE



Dr. Ali Abdelhafeez

Specialist Clinical Pathology, Mediclinic Al Noor Hospital, Abu Dhabi, UAE



Dr. Anwar Baban

Consultant and Head of Department Clinical Molecular Genetics and Precision Medicine, Mediclinic Middle East Hospitals, Dubai, UAE



Prof. Ayman El-Hattab

Director and Consultant Clinical Genetics, Genetics and Rare Disease Center, Burjeel Medical City, Abu Dhabi
Professor, College of Medicine, University of Sharjah, Sharjah
Founder and President, MENA Organization for Rare Diseases, UAE



Dr. Eliane Younes

Specialist in Nephrology, Mediclinic City Hospital, Dubai, UAE



Dr. Hamid Alhaj

Consultant Psychiatrist, University Hospital Sharjah
Chair and Associate Professor of Psychiatry, Department of Family and Community Medicine and Behavioral Sciences, College of Medicine, University of Sharjah, UAE



Dr. Hani Sabbour

Consultant Cardiology, Advanced Heart Failure and Pulmonary Hypertension, Mediclinic, Abu Dhabi, UAE
Clinical Assistant Professor of Cardiology, Brown University Warren Alpert School of Medicine, Rhode Island, USA



Prof. Hassan El-Tamimi

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Professor, Cardiovascular Medicine and Faculty Lead, Internal Medicine, Mohammed Bin Rashid University of Medicine and Health Sciences, Dubai, UAE



Prof. M. Azzam Kayasseh

Hepatogastroenterologist, Digestive Endoscopist, and Clinical Innovative Microbiomologist, Dr. Kayasseh Microbiome Medicine Center, Dr. Kayasseh Medical Clinic, Dubai, UAE



Prof. Mahir Al-Hilali

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Dr. Mahmood Al Mashhadani

Assistant Professor, Molecular Medicine, Mohammed Bin Rashid University of Medicine and Health Sciences, Dubai, UAE



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Clinical Professor, Khalifa University, Abu Dhabi, UAE



Prof. Mohamed Farghaly

Consultant Family Medicine and Diabetes Management, Dubai Health Authority
Scientific Chairman, Emirates Family Medicine Society
Professor of Medicine, Dubai Medical College, Dubai, UAE



Dr. Mohamed Mahmoud

Specialist Clinical Pathology and Division Head, Molecular Biology and Microbiome Sequencing Laboratories, Mediclinic Middle East, UAE
Associate Professor of Clinical Pathology, Assiut University, Assiut, Egypt



Dr. Mourad Kirollos

Consultant Family Medicine, Cleveland Clinic, Abu Dhabi, UAE



Dr. Nasr Al-Jafari

Medical Director, DNA Health and Wellness Clinic, Dubai, UAE



Dr. Rahila Bhatti

Consultant Endocrinology, Genesis Healthcare Center, Dubai
Adjunct Clinical Assistant Professor, University of Sharjah, Sharjah, UAE



Prof. Ramzi Ayache

Consultant Nephrology, Mediclinic City Hospital
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Prof. Riad Bayoumi

Professor, Basic Medical Sciences, College of Medicine,
Mohammed Bin Rashid University of Medicine and Health Sciences,
Dubai, UAE



Prof. Safwan Taha

Consultant Laparoscopic, Metabolic, Bariatric Surgery and Director,
Mediclinic Airport Road Hospital, Abu Dhabi
Adjunct Clinical Associate Professor of Surgery, Mohammed Bin Rashid University of Medicine and Health Sciences,
Dubai, UAE



Prof. Salah Abusnana

Consultant and Director of Diabetes and Endocrine Center, University Hospital Sharjah

Professor, Director of Diabetes Center, and Program Director of Master in Diabetes Management and Deputy Chair, Clinical Science Department, College of Medicine, University of Sharjah, Sharjah, UAE



Dr. Sara El Ghandour

Consultant Endocrinology, Mediclinic Parkview Hospital

Adjunct Clinical Assistant Professor, Mohammed Bin Rashid University of Medicine and Health Sciences, Dubai, UAE



Dr. Shabari Patkar

Consultant Family Medicine, Mediclinic City Hospital, Dubai, UAE



Prof. Tarek Mahdi

Consultant General Surgery, University Hospital Sharjah, Sharjah, UAE



Dr. Usama Warshow

Consultant Gastroenterology and Hepatology, Mediclinic City Hospital

Adjunct Associate Professor of Gastroenterology, Mohammed Bin Rashid University of Medicine and Health Sciences, Dubai, UAE



**2nd MENA Congress for
Metabolism
in Health and Disease 2025**

AGENDA

Day 1: Friday 17 October 2025

Obesity Challenges: Do We Have All The Answers

Chairperson: Prof. Salah Abusnana

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| 08:30 AM - 09:00 AM | Expanding the boundaries of therapeutics: game changing evidence. The role of Semaglutide and Tirzepatide in OSA, OA and MASH Speaker: Prof. Salah Abusnana |
| 09:00 AM - 09:30 AM | Navigating liver challenges in cardiometabolic health: integrating modern therapies Speaker: Dr. Rahila Bhatti |
| 09:30 AM - 10:00 AM | Bariatric surgery metabolic outcome Speaker: Prof. Tarek Mahdi |
| 10:00 AM - 10:30 AM | Panel discussion |

10:30 AM - 11:00 AM — Coffee Break

Cardiovascular and Endocrine Diseases

Chairperson: Prof. Hassan El-Tamimi

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|---------------------|---|
| 11:00 AM - 11:20 AM | Obesity and cardiovascular disease Speaker: Prof. Hassan El-Tamimi |
| 11:25 AM - 11:45 AM | The new era of immunoassay: precision, speed, and cardiac insight with dxI 9000 Speaker: Dr. Ahmed Shehata |
| 11:50 AM - 12:10 PM | Pathogenesis and diagnostic advances in cardiovascular kidney metabolic syndrome Speaker: Dr. Hani Sabbour |
| 12:15 PM - 12:35 PM | Cardiometabolic new UAE guidelines Speaker: Prof. Mohamed Farghaly |
| 12:40 PM - 01:00 PM | Metabolic heterogeneity of type 2 diabetes Speaker: Prof. Riad Bayoumi |

01:00 PM - 02:00 PM — Lunch Break

Renal and Hepatic Diseases

Chairperson: Prof. Ramzi Ayache

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|---------------------|--|
| 02:00 PM - 02:20 PM | Cardiovascular and metabolic risk in the renal transplant population Speaker: Prof. Ramzi Ayache |
| 02:20 PM - 02:40 PM | The metabolic effects of diabetes on renal diseases Speaker: Dr. Eliane Younes |
| 02:40 PM - 03:00 PM | Bile acid transport defects Speaker: Prof. Mohamad Miqdady |
| 03:00 PM - 03:20 PM | Novel metabolic pathways and therapeutic targets in MASLD (metabolic dysfunction associated steatotic liver disease) Speaker: Dr. Usama Warshow |

Inborn Errors of Metabolism

Chairperson: Prof. Ayman El-Hattab

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|---------------------|--|
| 03:20 PM - 03:40 PM | Developing tRNA medicines to treat liver stop codon disease Speaker: Dr. Nerissa Kreher |
| 03:40 PM - 04:00 PM | Update on genomic newborn screening for treatable inherited metabolic disorders Speaker: Prof. Tawfeg Ben-Omran |

04:00 PM - 04:30 PM — Coffee Break

Neurometabolic Diseases

Chairperson: Prof. Brahim Tabarki Melaiki

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|---------------------|--|
| 04:30 PM - 04:50 PM | Congenital disorders of autophagy: an emerging class of inborn errors of neuro-metabolism Speaker: Prof. Brahim Tabarki Melaiki |
| 04:50 PM - 05:10 PM | Advancing access and adherence for biotin-thiamine-responsive basal ganglia disease Speaker: Dr. Akeel Mithani |
| 05:10 PM - 05:30 PM | Advanced approach to diagnosis and treatment of inborn neurometabolic disorders Speaker: Prof. Tawfeg Ben-Omran |
| 05:30 PM - 05:50 PM | Precision medicine and management options for neurometabolic disorders Speaker: Dr. Anwar Baban |

Day 2: Saturday 18 October 2025

Nutrition and Obesity

Chairperson: Prof. Safwan Taha

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|---------------------|--|
| 08:30 AM - 08:50 AM | Bariatric surgery for extreme obesity Speaker: Prof. Safwan Taha |
| 08:55 AM - 09:15 AM | Advances in understanding weight loss and metabolic health: a clinical and mechanistic review Speaker: Dr. Sara El Ghandour |

Microbiome and Metagenomics

Chairperson: Prof. M. Azzam Kayasseh

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|---------------------|--|
| 09:20 AM - 09:40 AM | Clinical translational innovative microbiome platform in metabolic diseases Speaker: Prof. M. Azzam Kayasseh |
| 09:45 AM - 10:05 AM | The microbiome revolution: unraveling metagenomics in metabolic health and disease Speaker: Dr. Mahmood Al Mashhadani |
| 10:10 AM - 10:30 AM | The role of microbiome as a diagnostic tool in chronic diseases Speaker: Dr. Mohamed Mahmoud |

10:30 AM - 11:00 AM — Coffee Break

Antiaging and Rejuvenation

Chairperson: Prof. Mahir Al-Hilali

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|---------------------|--|
| 11:00 AM - 11:20 AM | Metabolic aspects of aging and rejuvenation Speaker: Prof. Mahir Al-Hilali |
| 11:25 AM - 11:45 AM | Biochemical pathways in antiaging: unlocking cellular rejuvenation Speaker: Dr. Ali Abdelhafeez |
| 11:50 AM - 12:10 PM | Recent advances in fasting as an anti aging strategy Speaker: Dr. Sabah Ali |

Impact of Lifestyle

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|---------------------|--|
| 12:15 PM - 12:35 PM | Fueling your vitality: the adrenal connection to lifestyle and health Speaker: Dr. Nasr Al-Jafari |
| 12:40 PM - 01:00 PM | Stress in wellness Speaker: Dr. Shabari Patkar |

01:00 PM - 02:00 PM — Lunch Break

Substance Abuse, Lifestyle, and Environment Effect on Metabolism

Chairperson: Dr. Najem Alfalahe

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|----------------------------|--|
| 02:00 PM - 02:20 PM | Can addiction be treated? bridging science, metabolism, innovation, and compassion in health and disease Speaker: Dr. Najem Alfalahe |
| 02:30 PM - 02:50 PM | New insights into the interplay between genes and environment in substance use disorder Speaker: Dr. Hamid Alhaj |
| 03:00 PM - 03:20 PM | Interaction of environmental factors with biological systems Speaker: Prof. Ramzi Ayache |
| 03:30 PM - 03:50 PM | Mast cell activation as a response to environmental factors Speaker: Dr. Mourad Kirolos |

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17-18 October 2025, Mövenpick Grand Al Bustan, Dubai, UAE

FOR MORE INFORMATION PLEASE CONTACT:

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