



الجمعية اللبنانية لأمراض الغدد
الصدغ والسكري والدهنيات
LSEDL
LEBANESE SOCIETY
OF ENDOCRINOLOGY
DIABETES AND LIPIDS



15TH DIABETES DAY 2020

“NURSES MAKE THE DIFFERENCE IN DIABETES”



14TH OF NOVEMBER 2020

HILTON BEIRUT HABTOOR GRAND HOTEL - SIN EL FIL

PUBLIC SESSION WILL BE BROADCASTED LIVE ON
THE FOLLOWING FACEBOOK PAGES



- Lebanese Society of Endocrinology Diabetes and Lipids
- Chronic Care Center
- Order of Nurses in Lebanon
- Novo Nordisk
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WELCOME LETTER



Dear Colleagues and Friends,

On behalf of the organizing committee, it is my pleasure to invite you all to attend the "**15th Diabetes Day**" that will be held on the 14th of November 2020 at Hilton Beirut Habtoor Grand Hotel - Sin El Fil.

Diabetes is rising dramatically worldwide - It has been recognized as epidemic and it is time to act now! Left untreated, Diabetes can cause life-threatening complications; however, it is manageable with appropriate care and education.

In this regards, the purpose of this meeting is to raise awareness about a condition affecting millions of people around the world. We aim to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue and to increase awareness about the important role played by nurses and acknowledge their outstanding job in supporting people with diabetes.

The theme for this year is: "**Nurses Make the Difference in Diabetes**".

Diabetes is a Silent Killer - Let us spread the awareness and TOGETHER, support and educate diabetic patients to have the best quality of life and help others to find out their risk and to protect themselves and their families.

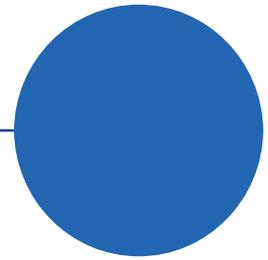
It is our great honor and privilege to welcome you; thanking you for your contribution to the success of this distinguished scientific event.

Looking forward to an interactive meeting.

Dr Paola ATALLAH

President of the Lebanese Society of Endocrinology, Diabetes and Lipids

PROGRAM



PUBLIC SESSION

08h30 – 09h00 Registration

09h00 – 09h15 Opening Ceremony

Dr Carole SAADE RIACHY
Dr Paola ATALLAH
Mrs Mona HRAOUI

Master of Ceremony
President of LSEDL
Founder of Chronic Care Center

09h15 – 10h15

PANEL DISCUSSION

MODERATOR:

Dr Carole SAADE RIACHY

Diabetes during COVID-19 Pandemic: Role of Nursing and Patient Education

PANELISTS:

Dr Claude AFIF – Chief of Infectious Disease at Saint George Hospital University Medical Center

Dr Myrna DOUMITH – President of the Lebanese Order of Nurses

Dr Rita MEDLEJ – Endocrinologist at Hotel Dieu de France University Hospital and Consultant at Chronic Care Center

Mrs Colette HAYEK BITAR – Nurse, Chronic Care Center

Dr Therese ABOU NASR – Medical Director, Chronic Care Center

Dr Nahla HWALLA – President of the Lebanese Academy for Nutrition and Dietetics

Mrs Samar KHEIR - Young Leader in Type 1 Diabetes

Mrs Joanna NAJJAR - Dietitian at Chronic Care Center

10h15 – 10h30

Coffee Break - *Sponsored by Algorithm*



SCIENTIFIC SESSION

10h30 – 10h50	Nursing Experience in Chronic Care Center During COVID-19 Pandemic	Mrs Claude SADEK Mrs Michele ABI SAAD - Lebanon -
10h50 – 10h55	Q&A	
10h55 – 11h15	Moderator: Dr Roula BOU KHALIL Vaccination Guidelines in Diabetic and Non-Diabetic Patients	Dr Claude AFIF - Lebanon -
11h15 – 11h20	Q&A	
11h20 – 11h40	Moderator: Dr Rawan SAAB Early Management of Type 2 Diabetes	Dr Charles SAAB - Lebanon -
11h40 – 11h45	Q&A	
11h45 – 12h05	Moderator: Dr Nada EL GHORAYEB Diabetes and COVID-19 In Hospital Management	Dr Roula BOU KHALIL - Lebanon -
12h05 – 12h10	Q&A	
12h10 – 12h40	Coffee Break - <i>Sponsored by Roche Diabetes Care</i>	
12h40 – 13h00	Moderator: Dr Hajar BALLOUT Holistic Management of Type 2 Diabetes: Addressing Cardio-Renal Burden	Dr Chantal MATHIEU - Belgium -
13h00 – 13h05	Q&A	
13h05 – 13h25	Moderator: Dr Maya BARAKE Cardiovascular Evaluation of Diabetic Patient	Dr Walid ALAMI - Lebanon -
13h25 – 13h30	Q&A	



13h30 – 13h50	Moderator: Dr Akram ECHTAY Updates on Outcomes in Type 2 Diabetes Patients with Heart Failure	Dr Rita NEMR - Lebanon -
13h50 – 13h55	Q&A	
13h55 – 14h20	Moderator: Dr Dina MADDAH Vertis CV: Adding to the Understanding of SGLT-2is Class	Dr Leszek CZUPRYNIAK - Poland -
14h20 – 14h25	Q&A	
14h25 – 15h30	Lunch - <i>Sponsored by Roche Diabetes Care</i>	
15h30 – 15h50	Moderator: Dr Rita MEDLEJ Results of the Observational Study SIMPLIFY in Jordan and Lebanon	Dr Paola ATALLAH - Lebanon -
15h50 – 15h55	Q&A	
15h55 – 16h15	Moderator: Dr Carole SAADE RIACHY Insulin Intensification: Efficacy and Safety Considerations for Diabetic Patients	Dr Binayak SINHA - India -
16h15 – 16h20	Q&A	
16h20 – 16h40	Moderator: Dr Ghada BALLAN Optimising Type 2 Diabetes Treatment with Semaglutide: Bridging RCT and Real World Evidence	Dr Michael NAUCK - Germany -
16h40 – 16h45	Q&A	
16h45 – 17h05	Moderator: Dr Mireille EL AMM Are All GLP-1-RA Born the Same? Dulaglutide CVOT - REWIND	Dr Tarek FIAD - United Arab Emirates -
17h05 – 17h10	Q&A	



17h10 – 17h30	Coffee Break - <i>Sponsored by Roche Diabetes Care</i>	
17h30 – 17h50	Moderator: Dr Ahmad BAAJOUR Renoprotection in Type 2 Diabetes: The Role of DPP4i	Dr Mounzer SALEH - Lebanon -
17h50 – 17h55	Q&A	
17h55 – 18h15	Moderator: Dr Elizabeth ABOU JAOUDE New Pathway for Diabetic Retinopathy Prevention	Dr Selim JAMBART - Lebanon -
18h15 – 18h20	Q&A	
18h20 – 18h40	Moderator: Dr Grace JRAD Cardiorenal Metabolic Approach: A Necessity in Type 2 Diabetes Approach	Dr Marc EVANS - United Kingdom -
18h40 – 18h45	Q&A	
18h45 – 18h50	Closing Remarks and Take Home Messages	Dr Paola ATALLAH - Lebanon -



Mrs Claude SADEK

*Registered Nurse
Chronic Care Center*

BIOGRAPHY

Mrs Claude Rayes Sadek is currently a Registered Nurse at the Chronic Care Center and has been a diabetes educator for 20 years.

Mrs Sadel is a pediatric nurse holding a master's degree in community health and homecare. She was also a teacher of endocrinology and community health for nurses at the sagesse university.

She is also providing several nurse trainings in collaboration with the WHO, ministry of public health, the order of nurses and the LSEDL.

ABSTRACT

Nursing Experience in Chronic Care Center During COVID-19 Pandemic

The new emerging COVID-19 virus has inflicted severe damages on the health sector. It has also been known to severely affect vulnerable people. Therefore, people with diabetes are at increased risk. In the Chronic Care Center of Lebanon; specialized in the treatment of type 1 diabetes, patient-nurse interaction had to be limited to only phone calls due to lockdown and safety measures. The objectives of this study are to assess the health services and their quality provided virtually by phone for type 1 diabetic kids, to compare this period's HbA1c levels to 2019 levels during the same timeframe for the same people, and to also evaluate patient satisfaction regarding this new method of communication and its effect on their stress, glycemic and HbA1c levels.



Mrs Michele ABI SAAD

*Administrative Director
Chronic Care Center*

BIOGRAPHY

Mrs Michele Maalouli Abi Saad undertook her education at the American University of Beirut (AUB) where she received her Bachelor of Science (B.Sc.) in Medical Laboratory Technology (1988) and Masters in Public Health (MPH) with a concentration in Health Services Administration (1990). She has completed a Residency in Health Services Administration at the American University of Beirut (1989-1990) and a Fellowship in Health Services Administration in Henry Ford Health Systems, Michigan, USA. (1991-1992).

Mrs Abi Saad was coordinator for administration at the AUB (1990-1991) and was appointed at the Chronic Care Center (CCC) as the Administrative Director in 1994 and still holds this position until today. She is currently a TIF board member.

Mrs Abi Saad is involved in the On-going Joint National Prevention program for Thalassemia launched by the Chronic Care Center and the Ministry of Social Affairs in 1994 and had several presentations concerning this subject. She is actively involved in National campaigns for Diabetes organized by the MOPH and the CCC as well other campaigns in collaboration with LSEDL, Cities Changing Diabetes and others..

ABSTRACT

Nursing Experience in Chronic Care Center During COVID-19 Pandemic

The new emerging COVID-19 virus has inflicted severe damages on the health sector. It has also been known to severely affect vulnerable people. Therefore, people with diabetes are at increased risk. In the Chronic Care Center of Lebanon; specialized in the treatment of type 1 diabetes, patient-nurse interaction had to be limited to only phone calls due to lockdown and safety measures. The objectives of this study are to assess the health services and their quality provided virtually by phone for type 1 diabetic kids, to compare this period's HbA1c levels to 2019 levels during the same timeframe for the same people, and to also evaluate patient satisfaction regarding this new method of communication and its effect on their stress, glycemic and HbA1c levels.



Dr Claude AFIF

*Head of Infectious Diseases Division
Saint George Hospital University Medical Center
Professor of Clinical Medicine - University of Balamand*

BIOGRAPHY

Dr Claude Afif is a professor of clinical medicine and associate Dean for Post Graduate Curriculum and External Programs at the University of Balamand (UOB). After serving as chairman of the department of medicine, he is currently the head of infectious diseases division at Saint George Hospital University Medical Center; he was Director of Infection Control Department for fifteen years

After receiving a medical diploma from the Saint Joseph University, he received a degree in infectious diseases from the University of Texas Houston - MD Anderson Cancer Center.

Dr Afif has more than 50 publications including original articles, abstracts in international meetings and book chapters. His research interests cover fungal infections and antimicrobial resistance.

ABSTRACT

Vaccination Guidelines in Diabetic and Non-Diabetic Patients

A significant number of adult patients are hospitalized and suffer complications from vaccine-preventable diseases. Several studies support the fact that vaccinated patients have a lower rate of hospitalization. Keeping up-to-date with vaccinations offers the benefit of protecting the patient, his family and people living around.

In this presentation we will try to understand the importance of administering some vaccines such as the flu and pneumococcal vaccines, tetanus and shingles.

Several myths and uncertainty will be clarified.



Dr Charles SAAB

Consultant Endocrinologist

Director of Clinical Research Programs - Department of Medicine, Division of Endocrinology & Metabolic Diseases - Sacré-Coeur University Hospital, Beirut

BIOGRAPHY

Dr Charles Saab is a consultant endocrinologist and director of clinical research programs at the department of medicine, division of Endocrinology & Metabolic Diseases - Sacré-Coeur University Hospital.

Dr Saab was graduated from René Descartes University Paris, France, as specialist in Endocrinology and Metabolic Diseases. He was fellow at “La Pitié Salpêtrière”, “Necker” and St Antoine Hospitals, then Attending-Physician at Pediatric Endocrinology & Molecular Biology Department - Trousseau Hospital. He had teaching activities in Endocrinology at la “La Pitié Salpêtrière” - Department of Physiology, in Paris (1986-1993). He was lecturer in different medical french schools (1986-2000).

Dr Saab was principal investigator in several Phase II and III Trials(1986-Present) and authored and co-authored several publications in this field.

He is a member of several international scientific societies as well as member of the Mediterannan Group for the Study of Diabetes Executive Board. He was former president of the Lebanese Society of Endocrinology, Diabetes and Lipids. and Past President of AACE Lebanon Chapter.

ABSTRACT

Early Management of Type 2 Diabetes

Since the UKPDS publication, we were stressing on reducing excess glucose as soon as possible and more aggressively in new onset of diabetes and precisely in young adult with this condition. Clinical inertia both from physician and patients unfortunately did not allow to fight against glucotoxicity, which is one of the main factors inducing leading to complications, thus allowing continuous destruction of beta cells despite “treatment”. VERIFY study, combining vildagliptin to metformin at start of the disease, was the first to show significant benefit with such strategy, in preserving beta cell, sustained long term control, and a trend to reduce cardiovascular disease. Would such strategy benefit to YOD (young onset diabetes)? We will share new subanalysis from VERIFY, showing that controlling glucose homeostasis as much as normal, “the earliest is the better.”



Dr Roula BOU KHALIL

Head of Endocrinology Division

Saint George Hospital University Medical Center.

Assistant Professor of Clinical Medicine (Endocrinology) - Balamand University

BIOGRAPHY

Dr Roula Bou Khalil is the head of Endocrinology Division at Saint George Hospital University Medical Center. She is an Assistant Professor of Clinical Medicine (Endocrinology) at Balamand University.

Dr Bou Khalil obtained her Medical Degree from the Lebanese University and her degree of specialty in Endocrinology and Metabolism from University of Balamand. Then she obtained her AFS in Endocrinology and Metabolism from René Descartes University - Paris.

ABSTRACT

Diabetes and COVID-19 – In Hospital Management

The pandemic of COVID-19 raised the bar for challenges to hospital personnel providing care for infected patients with diabetes. Glycemic control is linked with reduced adverse outcomes in acute illness but is required at a time when avoiding prolonged exposure to COVID-19 by health care personnel is crucial. A thorough review of the current literature was done to identify the latest recommendations for in hospital management of COVID-19 infected patients with diabetes.



Dr Chantal MATHIEU

*Professor of Medicine - Katholieke Universiteit Leuven, Belgium.
Chair of Endocrinology Department - University Hospital Gasthuisberg Leuven*

BIOGRAPHY

Dr Chantal Mathieu is Professor of Medicine at Katholieke Universiteit Leuven - Belgium. She is the chair of Endocrinology Department at University Hospital Gasthuisberg Leuven.

She received her medical degree and PhD at University of Leuven, where she subsequently completed her training in internal medicine and endocrinology.

Dr Mathieu's clinical areas of interest include organization of diabetes care; she is involved in several clinical trials in type 1 and type 2 diabetes. She has authored or co-authored more than 400 peer-reviewed publications in international journals. She is Chair of EUDF and senior vice-president of EASD and Chair of Postgraduate Education at EASD.

ABSTRACT

Holistic Management of Type 2 Diabetes: Addressing Cardio-Renal Burden

The focus of therapy in people living with Type 2 diabetes has changed in recent years. Emphasis is now on a patient-centric, multifactorial approach, including emphasis on lifestyle, statin use and blood pressure lowering therapy.

Glucose lowering remains an integral part of this therapy, but guidance on the choice of glucose lowering therapy has been influenced by overwhelming evidence on agents that alter hard outcomes in people living with Type 2 diabetes: GLP1 receptor agonists or SGLT2 inhibitors.

The recent ADA/EASD consensus maintains metformin as baseline therapy but suggests to add, independent of HbA1c level in all patients suffering from atherosclerotic cardiovascular disease (preexisting myocardial infarction, CVA or peripheral vascular disease), as well as in those presenting with a high risk for ASCVD, a GLP1 receptor agonist. In those with heart failure, in particular heart failure with reduced ejection fraction, or chronic kidney disease, to initiate an SGLT2 inhibitor. In all other patients, target HbA1c levels should be individualized and issues like hypoglycemia, weight gain or cost should be taken into account.



Dr Walid ALAMI

Interventional Cardiologist - Clemenceau Medical Center

BIOGRAPHY

Dr Walid Alami is an Interventional Cardiologist at Clemenceau Medical Center. He graduated from the University of Oklahoma, School of Medicine in 1989.

Dr Alami completed his internal medicine residency at Baylor College of Medicine, and then fulfilled his Cardiology fellowship in 1994. In 1996, he completed his Cardiology and Peripheral Vascular Interventional Fellowship at St Vincent's Heart Institute in Portland, Oregon.

During his tenure with the Arizona Heart Institute and Hospital, he was Director of the Cardiac Catheterization Laboratories, Chairman of the Medicine Department, and Director of the Heart Failure Clinic. In addition, Dr Alami has invested special interest in coronary and peripheral vascular disease diagnosis and intervention. He is also a specialist in treating varicose veins with minimally invasive techniques, using laser technology.

He founded Heart, Arteries and Veins in 2004 in Scottsdale, Arizona. He is board certified by the National Board of Medical Examiners, the American Board of Internal Medicine, and the American Board of Subspecialty of Cardiovascular Diseases and Interventional Cardiology. He was voted as Top Interventional Cardiologist by: "Phoenix Health and Wellness Magazine" 2010 and voted by his peers as Top Doc in 2010 and 2011 in "Phoenix Magazine"

ABSTRACT

Cardiovascular Evaluation of Diabetic Patient

Patients with Diabetes Mellitus have up to fourfold increased risk for Coronary Heart Disease, Cardiovascular Mortality, and all cause mortality compared to those without diabetes. For the reason above, continuing effort toward mitigating the risk of CVD in diabetic patients remains a global public health imperative. Thus, a team work approach involving the endocrinologist, internist and cardiologist is crucial in understanding the disease process and its impact on the cardiovascular system, what cost effective diagnostic testing should be undertaken and what treatment modalities will produce the safest and best outcome for our mutual patient.



Dr Rita NEMR

*Associate Professor of Endocrinology - Lebanese American University
Former President of the Lebanese Society of Endocrinology, Diabetes
and Lipids*

BIOGRAPHY

Dr Rita Nemr is Associate Professor of Endocrinology at the Lebanese American University. She is Former President of the Lebanese Society of Endocrinology, Diabetes and Lipids (2010-2012).

Dr Nemr is member of the Endocrine Society, the American Diabetes Association and the European Society of Endocrinology.

She received her medical education at the French Faculty of Medicine in Beirut and postgraduate training at Hotel Dieu de France University Hospital, Beirut, with a special training in lipidology at Pitie-Salpetriere Hospital-Paris.

Dr Nemr has many publications in the field of genetics of type 2 diabetes in Lebanon.

ABSTRACT

Updates on Outcomes in Type 2 Diabetes Patients with Heart Failure

Diabetes is an independent risk factor for heart failure (HF). Diabetes Mellitus (DM) causes hyperglycemia, insulin resistance and hyperinsulinemia, which trigger vascular smooth-muscle inflammation and dyslipidemia. DM patients have higher left ventricular mass, wall thickness, prolonged pre-ejection periods and shortened ejection times, and reduced systolic and diastolic functions, all of which can lead to HF.

SGLT-2 inhibitors have recently been investigated in controlled trials for cardiovascular safety and efficacy in patients with T2D. Real-world studies, such as the EMPRISE, have demonstrated the positive effects of SGLT-2 inhibitors like Empagliflozin on HF prevention in patients with T2D irrespective of atherosclerotic disease status, providing consistent results in a practice-based setting.

The role of SGLT2 inhibitors in HF is promising and have informed major updates to guidelines for the management of T2D and HF and ongoing trials may induce further guidelines changes for the management of HF.



Dr Leszek CZUPRYNIAK

Professor

*Department of Internal Medicine and Diabetology
Warsaw Medical University*

BIOGRAPHY

Dr Leszek Czupryniak is currently a professor at the Department of Internal Medicine and Diabetology, Warsaw Medical University.

Dr Leszek is a physician researcher, involved mostly in clinical studies on pathogenesis and treatment of Type 2 Diabetes Mellitus, Hypertension, and Obesity, with particular interest in mechanisms responsible for their coexistence.

He has been also investigating cardiovascular risk factors in diabetes and obese subjects, including endothelial dysfunction studies in vivo and obstructive sleep apnoea syndrome.

ABSTRACT

Vertis CV: Adding to the Understanding of SGLT-2is Class

To better understand the effect of ertugliflozin, VERTIS CV trial was designed as an event-driven study of patients older than 40yrs with Type 2 diabetes mellitus and documented established vascular disease. The primary outcomes is the time to first occurrence of major adverse cardiovascular events comprised.

The VERTIS CV trial was recently presented at ADA 2020 congress. In patients with type 2 diabetes and atherosclerotic CV disease, ertugliflozin added to guideline-directed secondary prevention therapies was non-inferior versus placebo for MACE.

The renal composite outcome was 19% lower, but was not statistically significant, with statistically significant eGFR maintenance showing a protection of the kidney function.

In sub-analyses of the VERTIS CV trial presented at the ESC and EASD 2020, the results provided further evidence supporting the beneficial effects of this drug class on pre-specified HF-related outcomes and pre-specified exploratory kidney endpoints.



Dr Paola ATALLAH

*Endocrinologist
Bone Densitometry Unit
Saint George Hospital University Medical Center*

BIOGRAPHY

Dr Paola Atallah is full time Endocrinologist at Saint George Hospital University Medical Center since 1991 and in charge of the Bone Densitometry Unit.

Dr Atallah is a Lecturer of Clinical Medicine at Balamand University and the actual President of the Lebanese Society of Endocrinology, Diabetes and Lipids.

She is member of the Endocrine Society, the AACE and the ISE. She is involved in the recent Lebanese Consensus on Prediabetes and on Obesity Management.

Dr Atallah is author and co-author of several publications on Thyroid and osteoporosis.

ABSTRACT

Results of the Observational Study SIMPLIFY in Jordan and Lebanon

Type 2 Diabetes Mellitus (T2DM) has witnessed a rise in its prevalence worldwide and in Middle East region. The overall burden associated with the disease is well characterized, but little is known about patient satisfaction in the region.

The purpose of the study is to evaluate the quality of life (QoL) and treatment satisfaction of patients T2DM. The SIMPLIFY study used patient-reported outcomes of T2DM patients in Jordan and Lebanon. The results of the study showed that patients were more satisfied when they were treated exclusively with oral medications, mainly metformin alone or combined with either sulfonylurea or dipeptidyl peptidase-4 inhibitor. Targets for glycated hemoglobin (HbA1c) values were better reached in patients treated with oral medications. Occurrence of comorbidities did not seem to be affected by oral or injectable medications or to affect patients' satisfaction.

Data shed the light on the management of T2DM in Jordan and Lebanon and suggested the need for a more comprehensive approach to T2DM management and selection of medications that would support weight control and a lower hypoglycemia incidence.



Dr Binayak SINHA

*Consultant - Diabetes and Endocrinology
Amri Hospitals
Kolkata, India*

BIOGRAPHY

Dr Binayak Sinha is a past consultant in Diabetes & Endocrinology at the University Hospital Birmingham.

He is a member of the Royal College of Physicians of United Kingdom since 1995. He was selected for the prestigious West Midlands Higher Specialist Training program in Diabetes & Endocrinology and completed it in 2001. While in the program, his research on PCOS and Gestational diabetes fetched him high impact publications in journals of international repute, along with the Young Investigator Award at the International Conference of Endocrinology in 2002.

Dr Sinha has extensive publications in the fields of Diabetes, CVOTs and hormonal disorders and he has been honored with an oration on PCOS by the Indian Medical Association. He is a co author on a few handbooks in diabetes and endocrinology.

He is a founding member of Integrated Diabetes and Endocrine Academy (IDEA).

ABSTRACT

Insulin Intensification: Efficacy and Safety Considerations for Diabetic Patients

Currently, many diabetic patients worldwide are not at target HbA1c.

Hypoglycaemia, the fear of hypoglycaemia and the complex and inflexible nature of insulin regimens are significant barriers to achieving glycaemic control with insulin.

In RCT and RWE, IDegAsp has been studied as a convenient intensification regimen in many patient profiles and special populations. This presentation highlights the safety and efficacy of IDegAsp as unique co-formulation for a broad range of diabetic patients.



Dr Michael NAUCK

Head of Clinical Research

Diabetes Division, Medical Department I

St. Josef-Hospital (Ruhr-University Bochum) - Bochum, Germany

BIOGRAPHY

Dr Michael Nauck is currently the Head of Clinical Research at the Diabetes Division, Medical Department I, St. Josef-Hospital in Bochum, Germany.

From 2000 - 2014, he was head physician at the Diabeteszentrum Bad Lauterberg im Harz, Germany. He has previously held clinical and research positions at leading German university departments in Gastroenterology and Endocrinology.

Dr Nauck teaches at both Georg-August University in Göttingen, and Ruhr-University, Bochum. In addition, he maintains an active clinical practice and a productive research programme. He has a particular research interest in the role and impact of gastrointestinal peptide hormones in the physiological and therapeutic stimulation of insulin secretion.

He has been acknowledged for major contributions to the development of new therapeutic agents for the treatment of type 2 diabetes based on antidiabetic properties of the gut hormone GLP-1, e.g. incretin-based glucose-lowering medications (GLP-1 receptor agonists and inhibitors of dipeptidyl peptidase-4).

ABSTRACT

Optimizing Type 2 Diabetes Treatment with Semaglutide: Bridging RCT and Real World Evidence

Semaglutide is the newest available once weekly GLP-1RA with a 94% structural homology to native GLP-1.

The SUSTAIN clinical trial programme is a phase 3 clinical trial programme designed to evaluate the efficacy and safety of semaglutide across the continuum of care in patients with T2D.

Semaglutide has also been evaluated in a real world setting to support the efficacy results from randomized controlled trials.



Dr Tarek M. FIAD

*Consultant Physician & Endocrinologist
Sheikh Khalifa Medical City
Abu Dhabi, United Arab Emirates (UAE).*

BIOGRAPHY

Dr Tarek Fiad is a consultant physician and endocrinologist at Sheikh Khalifa Medical City in Abu Dhabi, United Arab Emirates (UAE). He is also Associate Professor of Medicine at Grenada Medical School, St. George's University School of Medicine, Grenada.

Dr Fiad is an examiner for the Royal College of Physicians and recipient of five clinical excellence awards from the National Health Service (NHS) in the UK. He is a keen teacher and has occupied many teaching posts in medical schools in the UK and Ireland. Prior to his move to the UAE, he was a full-time consultant endocrinologist and medical director at the Dudley Group of Hospitals, West Midlands, UK.

Dr Fiad is a member of many professional organisations. He has published in different areas of endocrinology and diabetes, and has also presented more than 100 abstracts and oral presentations at various international meetings.

ABSTRACT

Are all GLP-1-RA Born the Same? Dulaglutide CVOT - REWIND

The aim of this presentation is to describe the REWIND trial design and characteristics while interpreting its results in the context of other cardiovascular outcome trials.



Dr Monzer SALEH

*Specialized Endocrinologist
Division of Endocrinology and Metabolic
American University of Beirut Medical Center*

BIOGRAPHY

Dr Monzer Saleh was graduated from the American University of Beirut Medical Center in 1988 and since that time he is a staff member at the division of endocrinology and metabolic American University of Beirut Medical Center teaching medical students, interns, residents and fellows in addition to his clinical activities which include a busy private clinic and hospital admission.

He is a member of many local and international societies. At the level of research he contributed in several local and international studies.

Dr Saleh is the former president of the Lebanese Society of Endocrinology, Diabetes and Lipids. He is the founder of the Lebanese chapter of the American Association of Clinical Endocrinologists and the president of this chapter.

ABSTRACT

Renoprotection in Type 2 Diabetes: The Role of DPP4i

Diabetic kidney disease (DKD) is a result of vascular abnormalities that accompany diabetes and increases mortality risk. Furthermore, diabetes mellitus is a main risk factor for end-stage renal disease (ESRD), the most advanced stage of kidney disease.

Diabetic nephropathy (DN) is now the single commonest cause of end-stage renal disease (ESRD) worldwide and one of the main causes of death in diabetic patients.

DPP4i revealed its ability to not only improve metabolic control but also ameliorate dysfunction in various diabetes-targeted organs, especially the kidney. Despite overall recommendations, many patients spend a long time well outside the recommended glycaemic range and, therefore, have an increased risk for developing micro- and macrovascular complications.

Currently, it is becoming clearer that type 2 diabetes mellitus (T2DM) management must envision not only the improvement in glycaemic control but also, and particularly, the prevention of diabetes complications such as diabetic nephropathy.



Dr Selim JAMBART

*Emeritus Professor of Endocrinology
Hotel Dieu de France University Hospital*

BIOGRAPHY

Dr Selim JAMBART is Emeritus Professor of Endocrinology. He is Former Vice-Dean and Former Head of Endocrinology and Metabolism Department at Faculty of Medicine - Saint Joseph University of Beirut.

Dr Jambart is Former Head of the Endocrinology and Metabolism Division at Hotel-Dieu de France University Hospital. He is the Former President of the Lebanese Society of Endocrinology, Diabetes and Lipids as well as the Lebanese Atherosclerosis Society.

He is member of the Endocrine Society, the American Association of Clinical Endocrinologists, the European Society of Endocrinology, the French Endocrine Society, the European Atherosclerosis Society and the European Association for the Study of Diabetes. He is Former Member of the Executive Board of the Mediterranean Group for the Study of Diabetes and the Founding President of the Lebanon Chapter of the American Association of Clinical Endocrinologists.

ABSTRACT

New Pathway for Diabetic Retinopathy Prevention

Some of the more invasive therapies for diabetic retinopathy (DR), such as photocoagulation, surgery and intravitreal injections have disadvantages in terms of time and cost. Newer, systemic therapies that can prevent progression could avoid some of these disadvantages. Fenofibrate is one such therapy that offers an effective and cheap way to slow progression of DR. Evidence for its efficacy to reduce progress of diabetic retinopathy comes from the results of animal studies and two large randomized controlled trials, ACCORD and FIELD. In FIELD, fenofibrate reduced the need for laser treatment in type 2 diabetes and reduced progression of DR in those patients with pre-existing disease. In ACCORD Eye, fenofibrate similarly reduced the rate of progression of DR in type 2 diabetes. The benefit appears to be in those with pre-existing disease. Given these results, the Royal College of Ophthalmologists recommend adding fenofibrate to a statin to treat non-proliferative retinopathy in type 2 diabetes. Further studies are required to understand the mechanisms underlying its action, and to observe which patients will most benefit from treatment.



Dr Marc EVANS

*Consultant Diabetologist
University Hospital - Llandough, Cardiff*

BIOGRAPHY

Dr Marc Evans is a Consultant Diabetologist based at the University Hospital, Llandough in Cardiff.

He has multiple ongoing clinical and academic interests particularly in the field of epidemiology, health outcomes and health economics in relation to diabetes care and chronic disease management.

Dr Evans has published widely in these fields, including over 200 abstracts, peer reviewed publications and book chapters. His current research focuses on evaluating optimal approaches to reconcile clinical and economic value in relation to diabetes care, service delivery and therapy choice. Furthermore, he has also published a variety of studies based on both clinical trial and real world data to assess the cost effectiveness of glucose lowering therapies.

He lectures widely, both nationally and internationally on various aspects of health economics and health outcomes in diabetes. He is also currently editor in chief of Diabetes therapy.

ABSTRACT

Cardiorenal Metabolic Approach: A Necessity in Types 2 Diabetes Approach

Recent clinical trials on SGLT2 inhibitors have revealed a preventative advantage on adverse cardiovascular outcomes, including worsening of heart failure and deterioration of nephropathy, in patients with Type 2 Diabetes.

In EMPAREG OUTCOME Trial, empagliflozin demonstrated significant risk reduction in 3-point MACE compared to placebo, driven by 38% reduction in cardiovascular death. There was a marked reduction in the incidence of hospitalization for heart failure in the empagliflozin arm.

Recent clinical trials have revealed novel role of SGLT2 inhibitors beyond their glucose-lowering effect; those agents have received more attention as a paradigm shift from “the lower glucose the better” to “how to optimize glycemic control without hypoglycemia and overweight” has been generated by current guidelines.