

*1st Middle East Congress on Lifestyle Medicine
27 – 29 March 2018
Intercontinental City Stars Hotel, Cairo, Egypt*

PROGRAM AGENDA
(as of March 10th)

Friday, May 11, 2018			
TIME	EVENT	FACULTY	Location
11:00 AM–6:00 PM	REGISTRATION		
2:00 – 3:00 PM	Pre-Conference Workshop -A <i>Carbohydrates , the whole story</i>	<i>Bjorn Richlesen,</i>	<i>Denmark</i>
3.00 -4.00 PM	Pre-Conference Workshop - B <i>Lifestyle Barriers</i>	<i>Monira AlArouj,</i>	<i>Kuwait</i>
		<i>Abdullah Ben Nakhi</i>	<i>Kuwait</i>
4:00 – 6:00 PM	EXHIBIT HALL OPENING		
4:30 – 6:30 PM	Opening Session: Keynote Lectures		
4:10 - 4:30 PM	Welcome Remarks	<i>Maria Theodorakopoulou, Charilaos Dimosthenopoulos , Mahmoud Ibrahim</i>	
4:30 – 5:00 PM	Opening Keynote : Mediterranean Diet: What Is and What Is Not the Mediterranean Diet	<i>Antonia Trichopoulou</i> <i>President of the Hellenic Health Foundation</i>	<i>Greece</i>
5:00 – 5:30 PM	2017 National Standards for Diabetes Self-Management Education and Support	<i>Amy Fischl</i>	<i>USA</i>
5:30 - 6:00 PM	Physical Activity and Diabetes	<i>Darin Olson</i>	<i>USA</i>
6:00 – 6:30 PM	Diet and CVD	<i>Robert Eckel</i>	<i>USA</i>
7:00 – 8:00 PM	WELCOME RECEPTION		

Saturday, May 12, 2018

TIME	EVENT	FACULTY	LOCATION
7:30 – 11:00 AM	REGISTRATION		
8:00 – 09:00 AM	Workshop : Egyptian Nutrition and Health Coaching Association (ENHCA) Behavioral Weight Loss Interventions	Nilly Shams	<i>Egypt</i>
9:30 – 11:00am	Symposium 1 : Diet Types and Components		
9:30 - 09:50 AM	Baltic Diet	<i>Peter Gaede</i>	<i>Denmark</i>
09:50 -10:10 AM	Protein in Clinical Nutrition	<i>Militsa Bitzani</i>	<i>Greece</i>
10:10-10:30 AM	Carbohydrates	<i>Bjorn Richlesen</i>	<i>Denmark</i>
10:30-10.50 AM	Why Fruits and vegetables?	<i>Omar Obeid</i>	<i>Lebanon</i>
10.50 -11:00 AM	Discussion		
11:00 – 11:30 AM	BREAK – VISIT EXHIBIT HALL		
11:30 – 12:00 PM	State of the art Lecture Pre-Diabetes , the role of Lifestyle and Medications	<i>Darin Olson</i>	<i>USA</i>
12:00 – 1:30 PM	Symposium 2: Issues in Clinical Nutrition I		
12:00- 12:20 PM	Metabolic and Re feeding syndromes: two sides of the same coin	<i>Omar Obeid ,</i>	<i>Lebanon</i>
12:20-12:40 PM	Pre and Post Pregnancy Nutrition, body weight and diabetes	<i>Charilaos Dimosthenopoulos</i>	<i>Greece</i>
12:40 -1:00 PM	Early life nutrition: implications for long-term health	<i>Lara Nasreddine,</i>	<i>Lebanon</i>
1:00-1:20 PM	The morbidly obese patient in the ICU	<i>Maria Theodorakopoulou,</i>	<i>Greece</i>
1:20 -1:30 PM	Discussion		
1:30 – 2:30 PM	LUNCH BREAK , Visit the Posters and Exhibit		
2:30 – 4:00 PM	Workshop : Nutrition Education , the use of the Conversation Maps	<i>Amy Fischl,</i>	<i>USA</i>

Sunday, May 13, 2018			
TIME	EVENT	FACULTY	Location
8.15 – 9.15	DEBATE SESSION Diet or Exercise, which comes first?		
	• Diet	<i>Amy Fischl,</i>	<i>USA</i>
	Exercise	<i>Mahmoud Ibrahim,</i>	<i>USA</i>
9:30 – 11:00 AM	Symposium 3: Issues in Clinical Nutrition II		
9:30 -9:50 AM	Personalized Nutrition based on Genetic Testing	<i>Doaa Zakaria,</i>	<i>Egypt</i>
9:50 -10:10 AM	OMEGA-3 Controversy	<i>Manon Khazrai ,</i>	<i>Italy</i>
10:10 -10:30 AM	Weight management: from weight loss to weight loss maintenance	<i>Mary Yannakoulia,</i>	<i>Greece</i>
10:30 -10:50 AM	Nutrition Transition in the Eastern Mediterranean Region and its impact on NCD risk	<i>Lara Nasreddine,</i>	<i>Lebanon</i>
10:50-11:00 AM	Discussion		
11:00 – 11.30 AM	BREAK – VISIT EXHIBIT HALL		
11:30 – 12:30 PM	Workshop: Healthy Cooking Cooking Instructions , The use of Olive oil , Spices , food additives and Macronutrients	<i>Manon Khazrai ,</i>	<i>Italy</i>
12.40- 1.00 PM	Lecture , Bioinformatics and parenteral nutrition	<i>Panos Papandreou</i>	<i>Greece</i>
1:00 – 2:00 PM	LUNCH		
2:00 – 4:10 PM	Symposium 4: Nutrition and the Aging (Hellenic Society of Enteral , Parenteral Nutrition and Metabolism) Chair : Antonia Koutsoukou , Greece , Militsa Bitzani , Greece		
2:00 -2:20 PM	Epidemiology and malnutrition in the elderly ,	Frantzeska Frantzeskaki	<i>Greece</i>
2:20 -2:40 PM	Factors contributing to malnutrition in the elderly	Eirini Mavrou ,	<i>Greece</i>
2:40 -3:10 PM	Sarcopenia and the importance of protein in the aging	Evaggelos Kaimakamis .,	<i>Greece</i>
3:10 -3:40 PM	Nutrition and other Interventions in the care pathway of the elderly	Maria Theodorakopoulou	<i>Greece</i>
3:40 -4:10 PM	Closing Lecture : Main Pillars in Nutrition Education	<i>Manon Khazrai</i>	<i>Italy</i>
4:10 PM	Adjourn		