

5th Annual Middle East Congress on Clinical Nutrition

March 22 – 24, 2016

Cairo, Egypt

(12 CPEUs)

*Organized by the
EDC, Center for Diabetes Education*

Welcome Message

On behalf of The 5th Annual Middle East Congress on Clinical Nutrition it gives us great pleasure to welcome you all to For our Clinical Nutrition Middle East Congress (Nutrition in Health & Disease).

Being involved in nutrition sciences, you don't have to miss this unique Opportunity to join your colleagues including the most prestigious Speakers. It should be an excellent forum for exchanging ideas and Experience with your colleagues from the Middle East. Our Mission is to develop and extend knowledge of Nutrition of all species through fundamental, multidisciplinary, and Clinical research; facilitate contact among investigators in nutrition, Medicine and related fields of interest; support the dissemination and Application of nutrition science to improve public health and clinical Practice worldwide; promote graduate education and training of Physicians in nutrition; provide reliable nutrition information to those Who need it, and advocate for nutrition research and its application To development and implementation of policies and practices related To nutrition.

The congress will be conducted 22 - 24 March 2016 in the beautiful City of Cairo, Egypt. We look forward to welcoming you at this unique Event.

Amy Hess Fischl

University of Chicago

Mahmoud Ibrahim, MD

Director, EDC, Center for Diabetes Education

GENERAL INFORMATION

Venue:

The 5th Annual Middle East Congress on Clinical Nutrition will be held at the Intercontinental City Stars Hotel Nasr City, Cairo, Egypt



Language:

The official Language of the conference is English. There will be no simultaneous translation.

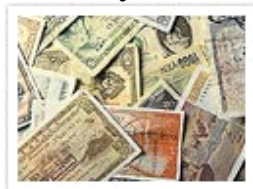
Visa Requirements:

The Egyptian visa can be easily obtained at all Egyptian Consulates and / or embassies all over the world, or can be obtained on the spot upon arrival at Cairo airport for citizens of USA , Canada and EU countries , as long as your passport is valid for a minimum of three months upon your arrival date

Please Note:

Invitation Letters imply no obligation by the congress to cover registration fees, accommodations, travel expenses or any other costs associated with participation in this meeting. The congress is not able to contact Egyptian Embassies or Consulates on behalf of any individual attempting to gain entry into Egypt to attend the Congress.

Currency:



The official currency is the Egyptian pound (EGP) Exchange rates for foreign currencies are published daily. Check website www.xe.com

Climate:

The weather in Egypt at this time of the year is pleasant with splendid Spring. It should make the large number of social events, daily excursion and Post conference tours memorable ones. The average temperature in Cairo in March ranges between a low of 20C and a high of 28C. Sunshine is expected most of the days.

Continuing Professional Education (CPE):

Accreditation Statement: the program has been approved by the Commission on Dietetic Registration (CDR) as a provider of Continuing Professional Education (CPE) programs for Registered Dietitians. The congress has been granted 12 CPEUs.

Program

Day 1 – Tuesday, 22 March 2016

12.00 – 15.00

Registration

15.00 – 17.00

Keynote Lectures

Chairpersons:

- Randa Reda
- Gamela Nasr

15.00 – 15.30

Obesity and Diabetes Prevention

Jaakko Tuomilehto, Finland

15.30 – 16.00

Diet and CVD Risk

Peter Gaede, Denmark

16.00 – 16.30

Meal planning choices for diabetes

Manon Khazrai, Italy

16.30 – 17.00

Nutrition in chronic kidney disease Stages 1-5

Mick Kumwenda, UK

17.00 – 17.15

Break

17.15 – 18.30 Special Symposium. Nutrition during Ramadan

Chairpersons:

- Manon Khazrai Italy
- Megahid Abu Almagd Egypt

17.15 – 17.35

Diabetes and Ramadan Fasting

Mahmoud Ibrahim USA

17:35-17:55 **The Dates consumption During Ramadan**

Ebtessam Ba Issa KSA

17.55 – 18.15 **Possible Role of the Macro Diet**

Manon Khazrai Italy

18.15 – 18.30 **Discussion**

18.30 Dinner Reception

Day 2 – Wednesday, 23 March 2016

09.00 – 10.30 Special Workshop, Education Methods to Promote Behavior Change

Chairpersons:

Gamila Nasr Egypt

Safaa Hashim Egypt

Speakers: Martha Funnell USA – Amy Hess Fischl USA

Topics: Effective Communication for Goal Setting

- **Empowerment based model for behavior change**
- **Exercise to assess behavior change**

10.30 – 12.00 **Education Methods to Promote Behavior Change: Using Conversation Maps**

Speakers: Martha Funnell, USA - Amy Hess Fischl USA

Topics: Conversation Maps and Nutrition Education

- * **Mock training session with the Conversation maps**
- * **How to become trained to use the Maps.**
- * **Overview of all the Maps**

12.00 – 13.00 **Break**

13.00 – 14.30 **Nutrition and gastrointestinal Issues**

Chairpersons:

- Mohamed Sheir Egypt
- Nora Mohamed Afify Egypt

1300 – 13.20 Nutrition in Liver diseases

- Doaa Zakaria Egypt
- 13.20 – 13.40 Nutrition in GERD**
- Abdel Rahman Mokhtar** Egypt
- 13.40 – 14.00 Celiac disease: Epidemiology, Immunity, Gluten sensitivity, diagnosis, treatment and diet**
- Mohamed Sakr Egypt
- 14.00 – 14.20 Mal absorption and Diabetes**
- Carani Sanjeevi Sweden
- 14.20 – 15.00 **Lunch**
- 15.00 – 16.30 Emerging Topics in Clinical Nutrition Hall A**
- Chairperson:**
Safwat El-Refai
Mesbah Kamel
- 15.00 – 15.20 Nutrition inside the ICU**
Gamela Nasr Egypt
- 15.20 – 15.40 what diet works better : Mediterranean , Baltic....etc ?**
Rafael Gabriel Spain
- 15.40 – 16.00 Nutrition for Hair Health**
Mai El-Samahy Egypt
- 16.00 – 16.20 Nutrition and Immunity**
Randa Reda Egypt
- 16.20 – 16.30 Discussion**

Poster Session

- **Effect whey protein isolate and whey protein hydrolysate on viability of bifido bacteria and their effect on type 2 diabetic subjects**
Maally B. M. Abo Bakr; K.M.K. Kebary ;M.M.E. Ali and K.A. Shaheen Egypt
- **Incidence of Sarcopenia in geriatric gastrointestinal cancer patients and its relationship with Body Mass Index**
Vasileios Alivizatos, Fotis Kadjianis, Mary Panagidi, Pavlos Athanasopoulos Greece
- **Home-Based Care with Follow-up at Outpatient Unit or Community-Follow-up Center With / without Food Supplementation and/or Psychosocial Stimulation of Children with Moderate Acute Malnutrition in Bangladesh**
Iqbal Hossain, Rehana Yasmin Bangladesh

Poster Hints

Poster should be displayed daily from 8.00-8.30 am

Poster could be viewed during the whole day

Discussion: during coffee breaks & lunch time

Day 3 – Thursday, 24 March 2016

09.00 – 10.30

Women, Infant and Child Nutrition

Chairpersons:

Nagwa Hamdy, Egypt

Mona Mayhoub

09.00 – 09.20

Breast feeding and Bottle feeding: Challenges and Opportunities

Ola Galal Bader El din, Egypt

09.20 – 09.40

Promoting optimal growth through the life cycle

Yassmin Gamal El-Gendi

Egypt

09.40– 10.00 **The BUFFET program in pediatric nutrition for autism**

Azza Yussuf, Egypt

10.00– 10.20 **Post menopausal supplements: Use of Vitamin D, Magnesium, Selenium and Zinc for Health**

Ahmed Nasr, Egypt

10.20 – 10.30 Discussion

09.00 – 10.30 Oral Session Hall B

Chairpersons:

Amira Adly

Inas Sabry

09.00 – 09.15 Effect of Parenteral Supplementation with Glutamine Dipeptide on Neutrophil Recovery among Patients with Acute Myeloid Leukaemia in Alexandria Main University Hospital

Nesrin Kamal, Dina Hamdy Selim, Olfat Darwish , Akram Deghady, and Ashraf Elghandour Egypt

09.15 – 09.30 Serum levels of some micronutrients among first trimester pregnant Saudi women at the pre-diabetes stage.

Sahar Ibrahim Hammouda, Ahmed M Mohamadain Saudi Arabia

09.30 – 09.45 Nutritional Strategies to Improve Female Reproductive Health and Pregnancy

Mohamed Ashraf Virmani, Patrizia Vitullo and Cristina Cossetti Netherlands

09.45 – 10.00 STATUS OF VITAMIN D IN CYSTIC FIBROSIS REGISTRY PATIENTS IN SAUDI ARABIA

Ali I Almehaidib, Abdulhakim Almuhandes, Hana Banjar, Afaf Al Saghier
Saudi Arabia

10.00 – 10.15 Effect of Change in Water Intake Levels on BMI, Body Weight and Body Fat Percentage in Women on Low-Calorie Diets

Ghada E. Fouda, Michael Patterson Egypt / UK

10.15 – 10.30

Starving cancer cellsMyth or Fact?

Hanan Raheed Al-Mutairi Saudi Arabia

10.30 – 11.00 Coffee break

11.00 – 13.30 State of the Art Lectures (Hall A)

11.00 – 12:00

Nutrition Guidelines in type 1 and type 2 diabetes: How does it compare to the USDA 2015 - 2020 Dietary Guidelines?

Amy Hess Fischl, USA

Mahmoud Ibrahim USA

12:00 - 12:30

Communicating the Nutrition Information

Tom Lang USA

12:30 - 13:00

Nutrition and Cancer

Safaa Tawfik Egypt

13:00 –13.30

Depression and Nutrition

Eman Shorab Egypt