

MENA Metabolic and Obesity Conference (MMOC)

Day 1		
Friday October 10, 2025		
Time	Duration	Topic
1:00 PM	60 mins	Registration
2:00 PM	15 min	Welcome Remarks
	95 min	Session 1: Obesity Medicine
2:15 PM	20 min	Topic 1: Latest Advances in Obesity Medicine: A Spotlight on Pharmacotherapy
2:35 PM	20 min	Topic 2: Obesity from different lense: Public health consderations and reflactions
2:55 PM	20 min	Topic 3: The weight of desire: how Obesity affects sexual health
3:15 PM	15 min	Session 1 Q&A
3:30 PM	30 min	Afternoon Break
	95 min	Session 2: CardioMetabolism
4:00 PM	20 min	Topic 1: Weight Loss and Cardiovascular Health: Impacts on Outcomes
4:20 PM	20 min	Topic 2: CKM Syndrome: Is It Time for a New Clinical Paradigm
4:40 PM	20 min	Topic 3: MASH and obesity: : Unraveling the Fatty Liver Connection
5:00 PM	15 min	Session 2 Q&A
5:15 PM	5 min	Close

Day 2		
Saturday October 11, 2025		
Time	Duration	Topic
7:00 AM	60 mins	Registration
8:00 AM	15 min	Welcome Remarks
	95 min	Session 1: Metabolic Surgery
8:15 AM	20 min	Topic 1: The Evolution of Bariatric Surgery: A Historical Perspective
8:35 AM	20 min	Topic 2: Current Trends in Metabolic Surgery: What's Changing?
8:55 AM	20 min	Topic 3: The Future of Metabolic Surgery: Innovations and Next Steps
9:15 AM	20 min	Topic 4: Debate: Metabolic Medicine vs. Surgery – Which Is the Best Model for Weight Loss?
9:35 AM	15 min	Session 1 Q&A
9:50 AM	15 min	Morning Break
	95 min	Session 2: Beyond Weight Loss: Lifestyle Medicine
10:05 AM	20 min	Topic 1: Why Most Diets Fail: Shifting the Paradigm in Medical Nutrition Therapy
10:25 AM	20 min	Topic 2: The Science Behind Physical Activity and Exercise
10:45 AM	20 min	Topic 3: Stress and Sleep: Their Critical Roles in Obesity Management
11:05 AM	20 min	Topic 4: Lessons from the Blue Zones: Longevity and Lifestyle Insights
11:25 AM	15 min	Session 2 Q&A
11:40 AM	60 min	Lunch
	95 min	Session 3: Innovation and Technology in Obesity Care
2:40 PM	20 min	Topic 1: AI in Obesity Care: A Glimpse Into the Future of Treatment
3:00 PM	20 min	Topic 2: Wearable Technologies: Transforming Patient Monitoring and Engagement
3:20 PM	20 min	Topic 3: Phamracogenomics, precision medicine (title not sure yet)
3:40 PM	15 min	Session 3 Q&A
3:55 PM	20 min	Afternoon Break
4:15 PM	5 min	Close