MENA Metabolic and Obesity Conference
October 11, 2025

Start Time	End Time	Duration	Topic	Speaker Name
07:30	08:00	00:30	Registration	
			Session 3: Metabolic Surgery	
			Location: Auditorium (P1 Level)	**Moderator: Dr Javed Ahmed Raza, UAE**
8:00	8:15	00:15	Welcome Remarks	Dr Javed Ahmed Raza, UAE
8:15	8:35	00:20	Topic 1: The Evolution of Bariatric Surgery: A Historical Perspective	Mohammad Jamal, KUW
8:35	8:55	00:20	Topic 2: Current Trends in Metabolic Surgery: What's Changing?	Carlos Abril, UAE
8:55	9:15	00:20	Topic 3: The Future of Metabolic Surgery: Innovations and Next Steps	Mohammad Jamal, KUW
9:15	9:35	00:20	Topic 4: Debate: Metabolic Medicine vs. Surgery – Which Is the Best Model for Weight Loss?	John Rodriguez, UAE | W. Scott Butsch , USA
9:35	9:50	00:15	Sesssion 3 Q&A	
9:50	10:05	00:15	Coffee Break	
			Session 4: Beyond Weight Loss: Lifestyle Medicine	
			Location: Auditorium (P1 Level)	**Moderator: Cynthia Salloum, UAE**
10:05	10:25	00:20	Topic 1: Why Most Diets Fail: Shifting the Paradigm in Medical Nutrition Therapy	Ghina Hamaoui, UAE
10:25	10:45	00:20	Topic 2: The Science Behind Physical Activity and Exercise	Rahat Ghazanfar, UAE
10:45	11:05	00:20	Topic 3: Stress and Sleep: Their Critical Roles in Obesity Management	Lubna Alhourani, UAE
11:05	11:25	00:20	Topic 4: Lessons from the Blue Zones: Longevity and Lifestyle Insights	Valter Longo, USA
11:25	11:30	00:15	Session 4 Q&A	
11:30	12:30	01:00	Lunch	
13:30	14:00	00:30	Coffee Break	
			Session 5: Innovation and Technology in Obesity Care	
			Location: Auditorium (P1 Level)	**Moderator: Mohamed Haddad, UAE**
13:30	13:50	00:20	Topic 1: AI in Obesity Care: A Glimpse Into the Future of Treatment	Naser Eddin Gharaibeh, USA
13:50	14:10	00:20	Topic 2: Wearable Technologies: Transforming Patient Monitoring and Engagement	Yazan Aljabery, UAE
14:10	14:30	00:20	Topic 3: The role of body composition, muscle loss and preservation of lean body mass	**Keynote Speaker:** W. Scott Butsch , USA
14:30	14:50	00:20	Session 3 Q&A	
14:50	15:05	00:15	Closing Remarks and Feedback	**Safa Hegazin, UAE**