



1st National Diabetes & Weight Management Conference 2026

Integrated Cardiometabolic Care:
Innovation, Policy & Practice



08:00 – 16:45

13 May

Sheikh Zayed Conference & Exhibition Hall,
Ajman, UAE

Lilly

Emirates Health Services EHS
United Arab Emirates
مستشفى أم القيوين
UMM AL QUWAIN HOSPITAL

ELPEN



جامعة عجمان
AJMAN UNIVERSITY
College of Pharmacy &
Health Sciences



جامعة الشارقة
UNIVERSITY OF SHARJAH

Event Overview:

The 1st National Diabetes & Weight Management Conference 2026 is a one-day event designed to bring together leading experts in diabetes, obesity, and cardiometabolic care to discuss innovation, policy, and integrated practice in the UAE. The conference will highlight evidence-based approaches, multidisciplinary collaboration, and implementation strategies for improved patient outcomes.

Key Objectives:

- Present the latest global and UAE-specific evidence on diabetes and obesity management.
- Promote integrated, multidisciplinary cardiometabolic care pathways.
- Showcase innovative therapies, digital health solutions, and best practices.
- Discuss policy implementation, sustainability, and public health strategies.
- Facilitate knowledge sharing and networking among healthcare professionals.

Target Audience:

Endocrinologists, primary care physicians, cardiologists, pharmacists, dietitians, nurses, and public health professionals involved in diabetes and obesity management.



Workshops



Panel
Discussions



Scientific
Sessions

Scientific Committee

Led by Dr. Halima Al Dhanhani

supported by

multidisciplinary experts from EHS

Conference Chairs

1st National Diabetes & Weight Management Conference 2026



Chair

Dr. Abdulla AlKindi

President
Emirates Pharmacy Society



Co-Chair

Dr. Halima Al Dhanhani

Head of Pharmacy Department
Fujairah Hospital - Emirates Health Services
Cultural Chairperson
Emirates Pharmacy Society

Integrated Cardiometabolic Care: Innovation, Policy & Practice

Sheikh Zayed Conference & Exhibition Hall - Ajman, UAE

AGENDA

08:00 to
08:30

Registration

09:00 to
09:30

Opening Ceremony

09:30 to
10:05

**Cardiovascular Risk Management in Patients
with Diabetes**

Dr. Mohammed Shara

10:05 to
10:40

**Pre-Diabetes Medication Management and
Care Guidelines**

Dr. Hamzah ALZubaidi

10:40 to
11:15

**Updates in Diabetes Medication
Management Guidelines**

Dr. Khadeejah Al Marshoodi

11:15 to
11:30

Coffee Break

11:30 to
12:05

**Insulin Therapy Optimization and
Common Errors**

Dr. Sheeren Aleidi

Panel discussion

12:05 to
12:30

Future of Diabetes Obesity Management

Dr. Hala AIObaidi (Ajman University)

Dr. Mugtaba Fageeri (University of Sharjah)

12:30 to
12:45

MOU Signing Ceremony

12:45 to
13:45

Lunch Break + Prayer

13:45 to
14:20

GLP-1 Agonists and Weight Management

Dr. Zelal Kharaba

14:20 to
14:55

Diabetes and Fasting

Dr. Feras Jirjees

14:55 to
15:30

Continuous Glucose Monitoring (CGM) and Digital Health Tools

Dr. Khalid Al-Kubaissi

15:30 to
16:00

Reshaping Obesity: From Weight Management to Modern Obesity Care Approach

Dr. Yanal Salam

(Head of Internal Medicine, Emirates Hospital Dubai)

16:00 to
16:20

**Debate Session :
Pharmacologic vs Lifestyle Intervention**

Dr. Prof. Elshaimaa Arafa' (Ajman University)

Dr. Ghattas Abu Dawod

Dr. Zelal Kharaba (University of Sharjah)

16:20 to
16:45

Closing & Awards Ceremony