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18th Fasting & Diabetes Conference 2026

Arabic Association for the Study of
Diabetes & Metabolism

85th AASD National Conference

Member of

International Diabetes Federation



**VIRTUAL
EVENT**

January 30,
2026

AASD – FAD 2026 Agenda January 30, 2026

Time		Topic	Speaker
<i>09:00</i>	<i>10:00</i>	<i>Registration</i>	
		Session 1 Foundations of Risk Stratification	
		Prof. Abdel Khalek Hamed Prof. Amr Elmeligy Prof. Inass Shaltout	Chairpersons Alphabetical
10:00	10:12	Why Risk Stratification is the Cornerstone of Safe Fasting	Prof. Rasha Sobh
10:12	10:24	The AASD Four-Tier Risk Model (Very High to Low)	Prof. Rasha Sobh
10:24	10:36	Beyond Glycemia: Climate, Socioeconomic, and Cultural Modifiers	Prof. Iman El-Sherif
10:36	10:48	People with Diabetes Who Get Benefit from Ramadan Fasting	Prof. Mohamed Magdy
10:48	11:18	Bridging the Gap: Aligning Clinical Practice with AASD Consensus: Discussion	
		Session 2 Therapeutic Risk: Medications, Insulin, and Technology	
		Prof. Amr Elmeligy Prof. Hanaa Kandel Prof. Hazem Ashmawy Prof. Heba Elsherif Prof. Randa Fayez	Chairpersons Alphabetical
11:18	11:30	Pre-Ramadan Education Targets and Evidence	Prof. Hesham Magdeldin
11:30	11:42	Oral Antidiabetic Agents: Risk-Based Choices	Prof. Inass Shaltout
11:42	12:02	Bridging the Gap: Aligning Clinical Practice with AASD Consensus: Discussion	
<i>12:02</i>	<i>12:45</i>	<i>Gomaa Prayer & Coffee Break</i>  	



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12:45	12:53	Alesraa	
12:53	13:01	Rameda	
13:01	13:09	Atco	
Session 3 Therapeutic Risk: Medications, Insulin, and Technology			
		Prof. Heba Mustafa Dr. Hesham Habib Prof. Inass Shaltout Prof. Mona Mamdouh Prof. Rasha Sobh	Chairpersons Alphabetical
13:09	13:21	Healthy Nutrition in People with Diabetes during Ramadan	Prof. Sahar Elwakel
13:21	13:33	Injectable Therapy during Ramadan (Insulin)	Prof. Amr Elmelegy
13:33	13:45	Injectable Therapy during Ramadan (GLP-1)	Prof. Amr Elmelegy
13:45	14:15	Bridging the Gap: Aligning Clinical Practice with AASD Consensus: Discussion	
Session 4 Special Populations & Clinical Boundaries			
		Prof. Elham Yousef Prof. Hany Hammad Prof. Hazem Ashmawy Prof. Maha Youssef Prof. Rawya Khater	Chairpersons
14:15	14:27	Fasting during Ramadan in Children and Adolescents with Type 1 Diabetes: Safety, Challenges, and Management	Prof. Radwa Shamma
14:27	14:39	Fasting during Ramadan in Adolescents with Type 1 Diabetes: Can We Mitigate the Risk?	Prof. Mona Mamdouh
14:39	14:51	Protecting Two Lives: Why Pregnancy Prohibits Fasting and How to Assess the Lactating Mother	Prof. Inass Shaltout
14:51	15:21	Bridging the Gap: Aligning Clinical Practice with AASD Consensus: Discussion	



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15:21	15:33	Servier: Your Effective Partner to Fast Ramadan Safely	Prof. Amr Elmeligy SERVIER
15:33	15:41	Nerhadou Neuropathic Pain, ODF is Beyond Expectations	Dr. Mohamed Hany NERHADOU INTERNATIONAL For Pharmaceuticals & Nutritionists To Improve Your Health & Life
Session 5 Special Populations & Clinical Boundaries			
		Prof. Ahmed Haroon Prof. Amr Elmilegy Prof. Amin Roshdy Dr. Ayman Elmenofy Prof. Heba Habib Prof. Mohamed Magdy	Chairpersons Alphabetical
15:41	15:53	Fasting Ramadan, Hepatic and Hepatic Diabetic Patients	Prof. Abdelkhalek Hamed
15:53	16:05	AASD Consensus on Fasting during Ramadan in Patients with CKD	Prof. Hany Hammad
16:05	16:17	Ramadan Fasting in Seniors and Frail Patients	Dr. Hesham Habib
16:17	16:47	Bridging the Gap: Aligning Clinical Practice with AASD Consensus: Discussion	
Session 6 Chronic Complications & Expert Consensus			
		Prof. Amr Gad Prof. Hazem Ashmawy Prof. Olfat Fawzy Prof. Shaymaa Fathy Dr. Sayed Gad	Chairpersons Alphabetical
16:47	16:59	Diabetes with Cardiovascular Disease or Hypertension	Prof. Heba Habib
16:59	17:11	Diabetes and Microvascular Complicators during Ramadan	Prof. Maha Yousef
17:11	17:23	Diabetes and Cerebrovascular Disease	Prof. Dina Farouk
17:23	17:53	Bridging the Gap: Aligning Clinical Practice with AASD Consensus: Discussion	

See You in January 2027



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January 30, 2026

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