



4th
International
Geroalex
Conference



WAVE
4



Sarcopenia

from understanding to action
[Bridging Science, Practice, and Policy]



23 MAY 2025



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Conference
Board

★ Conference presidents: ★



Prof. Marwa saad

Professor of Internal & Geriatric Medicine
Head of Geriatric Unit- Alexandria University



Prof. Azza Hassan

Professor of Internal & Geriatric Medicine
Alexandria University

★ Honory president: ★



Prof. Mohamed Mehanna

Professor of Internal & Geriatric Medicine
Alexandria University

★ Scientific committee: ★



Dr. Ahmed Mohsen

lecturer of Internal & Geriatric Medicine



Dr. Amr Salama

lecturer of Internal & Geriatric Medicine

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Conferance
Board

★ Organizing committee: ★



Dr. Hend. Abdelmonem
Consultant of Diabetes & Endocrinology
Alexandria University Hospitals
Fellow of EXETER University



Dr. Eman Hassan
Clinical Nutritionist Cardiology Consultant,
Medical Research Institute, Alexandria University



Dr. Doha Abozaha
Lecturer of Clinical Nutrition & Public Health
Pharos University



Dr. Heba Mekhail
Lecturer of Clinical Nutrition & Public Health
High Institute of Public Health
Alexandria University



Dr. Nardin Samir
Public Health & Clinical Nutrition Consultant
High Institute of Public Health
Founder of MAWAN Association

★ Conferance secretery ★



Dr. Mai Khalifa
Lecture of Internal & Geriatric Medicine
Alexandria University

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Registration

9.00 am - 10.00 am



Opening ceremony & Honoring

10.00am - 10.30 am

Session 1:
10.30 am - 12.35 pm

“Sarcopenia Uncovered”
“Understanding the silent Muscle Loss epidemic”

Chairpersons:

Prof. Mohamed Mehna
Prof. Azza Hassan

Prof. Skina Ismail
Prof. Moheyeldin Makhlof

10.30 - 10.45	How sarcopenia ties into global aging challenges and readiness of our health system to tackle sarcopenia	Prof. Heba Elkady	
10.45 - 11.00	Advances in understanding the molecular, cellular and hormonal pathophysiology of muscle loss in elders.	Dr. Amr Salama	
11.00 - 11.15	“Unmasking Sarcopenia”: Breaking barriers in early detection & diagnosis.	Prof. Marwa Saad	
11.15 - 11.30	Sarcopenia VS chronic fatigue syndrome.	Prof. Amr Hosny	
11.30 - 11.45	Muscle In crisis: Unraveling the overlap between Sarcopenia, frailty, and Cachexia.	Dr. Doha Abozakra	
11.45 - 12.00	Sarcopenia unraveled: Pathogenesis puzzle of stress, nutrition, and muscle loss.	Dr. Heba Mehkail	
12.00 - 12.15	Acute sarcopenia explored; unraveling mechanisms and mastering management.	Prof. Marwa Saad	
12.15 - 12.30	The quality standers required to manage patients with sarcopenia during their management under multidisciplinary team.	Dr. Omnia Nassar	

Discussion & closure of session 1 12.30 - 12.35

Rameda symposium:

Rameda Team 12.35 - 12.40

Coffee break & prayer time:

12.40 pm - 01.30 pm

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Session 2:
01.30 pm - 02.35 pm

“Sarcopenia & the web of Morbidities”
Untangling the links to chronic diseases

Chairpersons:

Prof. Abeer Mahmoud
Dr. Maha Elhousseiny

Ass.Prof. Doaa Haedar
Dr. Manar Ezzat

01.30 - 01.45	Sarcopenia in the era of gut dysbiosis?	Prof. Ezzat Ali	
01.45 - 02.00	Sarcopenia's impact on heart failure, hypertension and vascular aging.	Prof. Azza Hassan	
02.00 - 02.15	Sarcopenia from mechanism to diagnosis and treatment in cirrhotic patients.	Prof. Hesham Ayoub	

Discussion

02.15 - 02.20



Sanofi symposium:

The Power of EPL in Fatty Liver Disease

02.20 - 02.35



(marwa Saad)

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Session 3:
02.35 pm - 04.10 pm

“The web of sarcopenia; endocrine, skeletal and mental connection”

Chairpersons:

Prof. Noha Elsabagh
Dr. Ahmed Mohsen

Dr. Reem Shaala
Dr. Amany Awad

02.35 - 02.50	Sarcopenia in cancer patient. Solve the dilemma.	Prof. Azza Darwish	
02.50 - 03.05	When strength fades, so does spirit; The hidden link between sarcopenia & depression	Prof. Soha Ghobashy	
03.05 - 03.20	Diabetes and sarcopenia; A metabolic crossroad	Dr. Hend Abdelmonem	
03.20 - 03.35	Osteosarcopenia: A Geriatric Giant of the XXI Century	Prof. Eman Hassan	
03.35 - 03.50	Fading strength: understanding muscle decline after menopause - can hormone replacement rescue the muscles?	Dr. Noha Naeam	

Sanofi symposium:

The Art of Clinical Practice in Dyslipidemia 03.50 - 04.05



(marwa Saad)



closure & discussion

04.05 pm - 04.10 pm

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Session 4:
04.10 pm - 06.00 pm

“Innovation & Intervention in sarcopenia”

Chairpersons:

Prof. Nany Elgyar
Dr. Eman Hussein

Prof. Dalia eldeeb
Dr. Mohamed Elghawy

04.10 - 04.25	Novel Pharmacological interventions in sarcopenia; current evidence & future directions.	Prof. Azza Baraka	
04.25 - 04.40	Regenerative medicine: Stem cell & gene therapy approaches.	Prof. Radwa Mehanna	
04.40 - 04.55	Ketogenic & Mediterranean diets for sarcopenic prevention	Dr. Nardin Samir	
04.55 - 05.10	Personalized protein supplementation & anabolic resistance in sarcopenic elders.	Prof. Sally Ezzat	
05.10 - 05.25	Redefining strength: Cutting-Edge exercise innovations in sarcopenia care.	Prof. Alaa Balbaa	
05.25 - 05.40	Technological advancements; Could they have a role in managing sarcopenia in elders?	Dr. Seif Ata	
05.40 - 05.55	Nourishing the golden years; A holistic approach in maintaining healthy muscles; Mind-Body interventions.	Dr. Nihal Ghoneimy	

 closure & discussion

05.55 pm - 06.00 pm

 Conference recommendations

06.00 pm - 06.20 pm

 Dinner

06.20 pm

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PREDICTORS OF RESPONSE TO SYSTEMIC THERAPY IN PATIENTS WITH HEPATOCELLULAR CARCINOMA

Mostafa Elsayed Elsayed Hewalla

PREVALENCE AND CORRELATION OF MALNUTRITION AND DEPRESSION IN ELDERLY HOSPITALIZED PATIENTS ADMITTED AT ALEXANDRIA MAIN UNIVERSITY HOSPITAL

Ahmed Rashad Ata Mohamed

ASSOCIATION OF INSULIN GROWTH FACTOR-1 (IGF-1) WITH SARCOPENIA IN RHEUMATOID ARTHRITIS IN ELDERLY

Ayman Ashraf Abdelwahed Khattab

THE POSSIBLE RELATION BETWEEN VITAMIN B12 DEFICIENCY AND COGNITIVE IMPAIRMENT IN ELDERLY PATIENTS AT ALEXANDRIA MAIN UNIVERSITY HOSPITAL

Sherif Mohamed AbdelAziz Mostafa

PREVALENCE AND PREDICTORS OF POOR GLYCEMIC CONTROL AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS ATTENDING ALEXANDRIA MAIN UNIVERSITY HOSPITAL

Silvana Samir Yacoub Sawires

A COMPARATIVE STUDY BETWEEN NO STYLET NO SUCTION VERSUS THE CAPILLARY TECHNIQUES FOR ENDOSCOPIC ULTRASOUND-GUIDED TISSUE ACQUISITION

salma ayman abdelrazek ali

EXTRACELLULAR VESICLES ENGINEERED IN A COLLAGEN HYDROGEL PROMOTES MUSCLE REGENERATION IN STATIN-INDUCED MYOPATHY

Radwa mamdouh salah abo elnour

PREVALENCE, RISK FACTORS AND OUTCOMES OF HYPONATREMIA IN GERIATRIC PATIENTS WITH AND WITHOUT RENAL DISEASE

Sawsan Samir Saad Zaghlol

EVALUATION OF SERUM ASPROSIN LEVEL IN DEVELOPMENT OF DIABETIC NEPHROPATHY IN ELDERLY TYPE 2 DIABETIC PATIENTS





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