



Wave 3

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# GeroAlex 2024

*Healthy Ageing In a Growing World*



**Romance**  
Alexandria Hotel



# JUNE 2024





**GeroAlex2024**  
*Healthy Ageing In a Growing World*

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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

### *Honorary President*



*Prof. Mohamed Mehanna*

Professor of Internal & Geriatric  
Medicine  
Alexandria University

### *Head Of Organizing Committee*



*Prof. Sekina Ismail*

Professor of Internal & Geriatric  
Medicine  
Alexandria University



## Organizing committee



*Dr. Asmaa Anwar*

Assistant lecturer of Internal & Geriatric  
Medicine



*Dr. Mai Khalifa*

Assistant lecturer of Internal & Geriatric  
Medicine

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*Dr. Mohamed Emad*

Assistant lecturer of Internal & Geriatric  
Medicine

## Head of scientific committee



*Prof. Noha Alsabagh*

Professor of Geriatric Medicine



*Dr. Amr Salama*

lecturer of Internal & Geriatric  
Medicine



*Dr. Ahmed Mohsen*

lecturer of Internal & Geriatric  
Medicine

## Scientific committee

## Conference secretary

*Dr. Mai Khalifa*

Assistant lecturer of Internal &  
Geriatric Medicine



*Session One*

*Healthy aging in a growing world*

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**Chairpersons**



**Prof. Azza Hassan**

Professor of Internal & Geriatric  
Medicine  
Alexandria University



**Prof. Mohamed Mehanna**

Professor of Internal & Geriatric  
Medicine  
Alexandria University



**Prof. Nany Algaiar**

Professor of Internal & Geriatric  
Medicine  
Alexandria University



**Prof. Noha Elsabagh**

Professor of Internal & Geriatric  
Medicine  
Alexandria University



**Prof. Sekina Ismail**

Professor of Internal & Geriatric  
Medicine  
Alexandria University



**Prof. Suzan Abo Raya**

Professor of internal and geriatric  
medicine  
Alexandria university



**Prof. Tharwat Khamis**

Professor of clinical pharmacology  
Alexandria University



**Speakers**

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**Prof. Heba Elkady**

Dean of the high institute of Public health  
Professor of geriatric health  
Alexandria University



**Dr. Omnia Nassar**

General Director of Central Health Care Quality directorate of Alexandria University Hospitals



**Dr. Amr Salama**

Lecturer of Internal & Geriatric Medicine.  
Alexandria University



**Dr. Azza Abdullah**

Public health and nutrition specialist and Nutrition, Higher Institute of Public Health  
Alexandria University



**Prof. Azza Baraka**

Professor of Clinical Pharmacology  
Head of Quality Assurance Unit  
Faculty of Medicine  
Alexandria University



**Prof. Nesrine Hanafi**

Professor of Microbiology and Immunology  
Faculty of Medicine  
Alexandria University



**Prof. Azza Hassan**

Professor of Internal & Geriatric Medicine  
Alexandria University



**Dr. Reem Shaala**

Lecturer of Internal & Geriatric Medicine.  
Alexandria University



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9:00 - 9:30

**Registration**



9:30 - 10:15

**Opening Ceremony**



SESSION 1

**Healthy aging in a growing world**

10:15 - 10:25

Inaugural lecture; Healthy aging in a growing world

**Prof. Heba Elkady**

10:25 - 10:35

Impact of continuity of health care service as quality dimension on chronic diseases prognosis

**Dr. Omnia Nassar**

10:35 - 10:50

Adult-onset attention deficit VS dementia in elders

**Dr. Amr Salama**

10:50 - 11:05

Food insecurity and mental health in elders

**Dr. Azza Abdulla**

11:05 - 11:20

Global inappropriate medication use in older adults and updated beers criteria for drug prescription

**Prof. Azza Baraka**

11:20 - 11:35

Decolonization in Nursing Homes to Prevent Infection and Hospitalization

**Prof. Nesrin Hanafi**

11:35 - 11:50

Atypical presentations in elders; Clinical Scenarios

**Prof. Azza Hassan**

11:50 - 12:05

KOKU Health program: Falls prevention for older adults

**Dr. Reem Shaala**

12:05 - 12:25

**Discussion & Closing session I**



12:25 - 02:00

**Coffee break & prayer time**





## Session Two

# Healthy aging in a growing world

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### Chairpersons



**Prof. Abeer Mahmoud**

Professor of Internal Medicine  
Head of Gastroenterology Unit  
Alexandria University



**Dr. Ahmed Mohsen**

Lecturer of Internal & Geriatric  
Medicine  
Alexandria University



**Assistant Prof. Doaa Header**

Assistant Professor of  
gastroenterology and endoscopy,  
Alexandria University



**Prof. Hesham Ayoub**

Professor of Hepatology, Military  
Medical Academy  
Military Medical Academy



**Dr. Manar Ezzat**

Internal Medicine Consultant,  
Gastroenterology, hepatology,  
endoscopy, Alexandria Police  
Hospital, Alexandria University



**Dr. Nardine Samir**

Consultant Physician of Clinical  
Nutrition  
High Institute of Public Health  
Alexandria University



 **Speakers**

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**Prof. Ezzat Ali**

Prof. of Gastroenterology and Endoscopy, Head of Internal Medicine Department. Alexandria University



**Dr. Heba Mekhail**

Consultant Physician of Clinical Nutrition  
Lecturer of Nutrition, High Institute of Public Health Alexandria University



**Prof. Ahmed Zeid**

Prof of Hepatology and Internal Medicine Alexandria University



**Dr. Doha Abozahra**

Consultant of Clinical Nutrition, lecturer of Clinical nutrition (PUA), ESPEN certified, SCOPE certified, ISSA certified Alexandria University



**Prof. Azza Darwish**

Assistant professor of clinical oncology Alexandria University



**Prof. Ahmed A. Sabry**

Professor of surgery  
Director of Alexandria Interns program Alexandria University



**Prof. Ahmed Al-Lakani**

Professor of gastroenterology Alexandria University



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SESSION 2

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**The stomach is the house of disease and diet is the head of medicine**

02:00 - 02:15

Chronic intestinal failure in elders

**Prof. Ezzat Ali**

02:15 - 02:30

ESPEN guidelines for nutrition in elders  
with intestinal failure

**Dr. Heba Mekhail**

02:30 - 02:45

Challenges in geriatric cirrhosis and  
hepatic encephalopathy

**Prof. Ahmed Zeid**

02:45 - 03:00

ESPEN guidelines for nutrition in cirrhotic  
elders in hepatic encephalopathy

**Dr. Doha Abozahra**

03:00 - 03:15

Challenges in managing GIT cancers in  
elderly patients.

**Prof. Azza Darwish**

03:15 - 03:30

Bariatric and metabolic surgery; debates  
in older adults.

**Prof. Ahmed Sabry**

03:30 - 03:45

Role of antiplatelet-anticoagulant therapy  
pre and post endoscopy in older adults

**Prof. Ahmed Al-lakani**

03:45 - 03:55

**Discussion**





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## Session Three

# Healthy aging in a growing world

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### Chairpersons



**Prof. Azza Hassan**

Professor of Internal & Geriatric  
Medicine  
Alexandria University



**Dr. Heba Mekhail**

Consultant Physician of Clinical  
Nutrition  
Lecturer of Nutrition, High Institute  
of Public Health  
Alexandria University



**Dr. Mohamed Alghawy**

Consultant of internal medicine and  
diabetes  
Alexandria University



**Prof. Mohamed Mehanna**

Professor of Internal & Geriatric  
Medicine  
Alexandria University



**Prof. Nahed Solieh**

Professor of Internal & Geriatric  
Medicine  
Alexandria University



**Dr. Reem Shaala**

Lecturer of Internal & Geriatric  
Medicine  
Alexandria University



**Speakers**

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**Prof. Marwa Saad**

Professor of Internal & Geriatric  
Medicine  
Alexandria University



**Prof. Hend Abdelmoniem**

Consultant of Diabetes, General  
manager of Smouha university  
hospital  
Alexandria University



**Dr. Samah Idris**

Consultant  
Nephrology and Internal medicine  
Alexandria University



**Dr. Nardine Samir**

Consultant Physician of Clinical  
Nutrition  
High Institute of Public Health,  
Alexandria University



**Prof. Samir Elawady**

Associate Professor of Critical Care,  
Faculty of Medicine, Alexandria  
University



**Prof. Dalia Nafea**

Professor of haematology and  
transplantation  
head of haematology unit  
Alexandria University



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## SESSION 3

### Heart & kidneys are the way to a healthier life

03:55- 04:10

Tackling ageism and abuse in older adults

Prof. Marwa Saad

04:10 - 04:25

Latest ADA guidelines in management of DM in older adults

Prof. Hend Abdelmonaem

04:25 - 04:40

Updates in managing CKD in older adults

Dr Samah Edris

04:40 - 04:55

Nutrition in elders with renal impairment

Dr. Nardin Samir

04:55 - 05:10

The aging heart

Prof. Samir Elawady

05:10 - 05:25

Updated beers criteria for anticoagulants in older adults

Prof. Dalia Nafea

05:25 - 05:35

Discussion



05:35- 05:45

Closing



05:45

Dinner





*Ahmed Raafat Mahmoud Abdelaziz Elnaggar*

USING URINARY TISSUE INHIBITOR OF METALLOPROTEINASE-2 (TIMP-2) AND INSULIN LIKE GROWTH FACTOR BINDING PROTEIN -7 (IGFBP7) AS BIOMARKERS OF ACUTE KIDNEY INJURY IN ELDERLY EGYPTIAN PATIENTS WITH SEPSIS

*Esraa Mohamed Saad Elsharkawy*

ENDOTOXIMIA, SERUM CD163 AND GUT DYSBIOSIS, IN PATIENTS WITH DECOMPENSATED LIVER CIRRHOSIS: RELATION TO DISEASE SEVERITY AND PATIENT SURVIVAL

*Maggie Nabil Mohamed Ahmed Safwat*

THE STUDY OF OCULAR AFFECTION IN PATIENTS WITH DIFFERENT RHEUMATOLOGICAL AND AUTOIMMUNE DISEASES PRESENTING TO THE RHEUMATOLOGY CLINIC

*Nourhan Mohamed Hassanin Mohamed*

ROLE OF IRISIN IN ATHEROSCLEROSIS IN TYPE 2 DIABETES, OVERWEIGHT AND OBESE PATIENTS

*Omnia Ahmed Mohamed Nassar*

IMPACT OF CONTINUITY OF HEALTH CARE SERVICE AS QUALITY DIMENSION ON CHRONIC DISEASES PROGNOSIS

*Sara Emad Eldin Ahmed Helmy*

HIGH MOBILITY GROUP BOX 1 AS A POTENTIAL BIOMARKER FOR INFECTION IN EGYPTIAN CIRRHOTIC PATIENTS

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