

# He & She in Golden years

## The art of aging well



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CME



# He & She in Golden years The art of aging well



## 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

## Scientific committee:



*Prof. Marwa Saad*  
Head of Scientific Committee



*Dr. Ahmed Mohsen*  
Lecturer of Internal & Geriatric Medicine



*Dr. Amr Salama*  
Lecturer of Internal & Geriatric Medicine



# He & She in Golden years The art of aging well



## 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 Abozakra*  
Lecturer of Clinical Nutrition & Public Health  
Pharos University



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



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

## Conference secretary



*Dr. Reem Shaala*  
Lecturer of Internal & Geriatric Medicine  
Member of AGMA  
Alexandria University



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**DAY 1** (Thursday 7th May 2026)



### Metabolism in Golden Years

### Hormones, Lipids & Nutrition for Healthy Aging

Registration: 8.30- 9.30 am



Session 1 : (9.30 am-10.45 am).

### Metabolism in Golden Years

### Hormones, Lipids & Nutrition for Healthy Aging

#### Chairpersons:

Prof. Mohamed Mehanna

Prof. Mohamed Samy

Prof. Azza Hassan

Dr. Mai Khalifa

09:30-09:45 am

Biological Aging Differences Between Men & Women;  
Why men & women age differently.



Dr. Reem Shaala

09:45-10:00 am

When aging becomes over-treated;  
The medicalization of normal aging in men & women.



Prof. Azza Baraka

10:00-10:15 am

Myths & truths in aging; Separating biology from bias  
in geriatric medicine.



Prof. Marwa Saad

10:15-10:30 am

NAD+ & the biology of aging: Hype, Hope or  
clinical reality?



Dr. Amira Diab

10:30-10:45am

Doctors Vs AI; Can artificial intelligence replace  
clinical judgment in geriatrics?



Dr. Seif Ata



Discussion

10:45 - 10:50 am



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Session 2 : (10.50 - 12.10 am)

### "Rethinking Aging: Biology, Bias, and the Future of Geriatric Care"

#### Chairpersons:

Prof. Marwa Saad

Dr. Reem Shaala

Dr. Mohamed Emad

Dr. Mohamed Elghawy

10:50-11:05 am

Diabetes & muscle in aged women & men;  
When Hyperglycemia Accelerates Aging.



Prof. Noha Gaber

11:05-11:20 am

T D or not to D; this is the question!!!



Prof. Magdy Megalaa

11:20-11:35 am

New Antidiabetic therapies;  
what really benefits in older adults?  
Practical use of SGLT2 inhibitors & GLP-1 RA



Prof. Mohamed Abdelraoof

11:35-11:50 am

Building comprehensive strategy in  
diabetes management and more....



Dr. Hend Abdelmonem

**PHARCO**  
CORPORATION

Pharco symposium

11:50-12:05pm

Dapagliflozin Kingdom: Still acquiring  
new lands



Prof. Yehia Ghanem



EVA symposium



Coffee Break



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Session 3 : (12.10 - 1.25 pm)

## Longevity & The Metabolic Secrets of Aging

### Chairpersons:

Prof. Skina Ahmed

Prof. Azza Hassan

Prof. Mona Elmesky

Prof. Mohamed Samy

12:10-12:25pm

Hormonal changes & Lipid metabolism after 60s;  
Impact of menopause, Andropause & aging on  
lipid profile.



Prof. Tamer Elsherbiny

12:25-12:40pm

The aging male beyond erectile dysfunction;  
Testosterone, Metabolic, Mood impacts.



Prof. Abdelrahman Zahran

12:40-12:55pm

Endocrine disorders in elders;  
Subclinical or Significant?? Treat OR observe.



Dr. Samar Samy

12:55-01:10pm

Statins, Strength, and Survival:  
Rethinking Lipid Targets in Older Men and Women.



Dr. Hend Abdelmonem



Marcyl symposium

01:10-01:25pm

Omega-3 therapy for hypertriglyceridemia in elders;  
From evidence to practice



Prof. Marwa Saad



Parkville symposium



Discussion

01:25 - 01:30 pm



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Session 4 : (1.30 - 3.15 pm)

### The science of Healthy Aging Nutrition Beyond calories

#### “Inflammaging – When the Body Ages in a State of Silent Fire” (Panel discussion)

**Moderator:** ➤ Dr. Eman Hussein

**Panel:** ➤ 01:30 - 02:30 pm

1:30-1:40pm

Can diet modulate chronic low-grade inflammation in older adults?



Prof. Sally Ezzat

1:40-1:50pm

Which everyday foods silently drive inflammation and accelerate biological aging in elders?



Dr. Heba Mikhail

1:50-2:00pm

Anti-Inflammatory Diets; Is the Mediterranean diet truly the gold standard for reducing inflammation in aging populations.



Dr. Nardin Samir

2:00-2:20pm

The Gut–Inflammation Connection; How does the gut microbiome mediate the relationship between diet and inflammaging in older adults?



Dr. Doha Abo-Zahra

2:20-2:30pm

Practical clinical application; what are the 3 simple dietary interventions clinicians can realistically recommend to reduce inflaming.



Dr. Menna Elhabashy

02:30-02:45pm

Protein & Muscle health; Protein supplementation strategies to prevent sarcopenia.



Prof. Marwa Saad



Nestle symposium

02:45-03:00pm

Too old to shrink the stomach. Re-thinking bariatric surgery after 60



Prof. Ahmed Sabry

03:00-03:15pm

Probiotics in Antibiotics-Associated Diarrhea (AAD): Evidence, Practice & Precision use.



Prof. Marwa Saad



Opella symposium



Student competition & Awards ceremony



Closure of day 1 & Recommendation



Lunch



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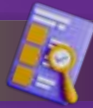


**DAY 2** (Friday 8th May 2026)



**Integrated Care for Mind, Body, Beauty & Technology in Aging**

**Registration: 8.30- 9.30 am**



**Opening ceremony: 9.30 - 10.00 am**



**Opening Keynote lecture: 10.00 - 10.15 am**



The longevity gender paradox;  
Women live longer but do they live better??



Prof. Heba Elkady



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Session 5 : (10.15 - 11.50 am)

### Beyond Menopause Women's Health in Golden Years

#### Chairpersons:

Prof. Abdelmonem Fawazy

Prof. Mohey Eldin Makhoulf

Ass. Prof. Ahmed Mohsen

Dr. Noha Naeim

10:15-10:30am

Hormones Beyond Reproduction in Aged females;  
what you should know about hormonal  
replacement therapy?



Prof. Mohamed Elmahdy

10:30-10:45 am

Osteoporosis & Fragility fractures;  
Prevention & Management after menopause.



Prof. Eman Hassan

10:45-11:00 am

Cardiometabolic changes after menopause:  
Risk assessment & Lifestyle interventions



Dr. Eman Hussein

11:00-11:15 am

Geriatric urinary incontinence:  
An algorithm to follow.



Prof. Waly Mahfouz

11:15-11:30 am

Pelvic health in aging women;  
Incontinence & Prolapse management.



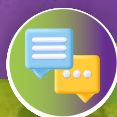
Dr. Mervat Sheta

11:30-11:45 am

Cancer screening & Prevention in  
Post-menopausal women



Prof. Azza Darwish



Discussion

11:45 - 11:50 pm



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Session 6 : (11.50 am- 12.55 pm)

### The Aging Heart

#### Modern Challenges in Cardiovascular Care for Older Adults

#### Chairpersons:

Prof. Nany Elgayar

Prof. Aly Ramadan

Prof. Mohamed Arafaa

Dr. Amany Awad

11:50am-12:05 pm

Heart failure in older adult;  
what we should know & how to manage?



Prof. Azza Hassan

12:05-12:20 pm

Hypertension in aging men & women;  
Individualized targets & therapy.



Prof. Marwa Saad



Nerhadou symposium

12:20-12:35 pm

Arrythmia in older adults What should we know?



Prof. Ahmed Mokhtar

12:35-12:50 pm

Anticoagulation in Older Adults:  
Balancing Stroke Prevention and Bleeding Risk.



Prof. Dalia Nafae



Discussion 12:50 - 12:55 pm



Gomaa prayer & coffee break (12.55 pm- 1.30 pm)



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Session 7 : (01.30 pm- 02.35 pm)

### Neuropsychology of Aging

### Preserving Mind, Mood, and Meaning

#### Chairpersons:

Prof. Mohamed Samy

Dr. Amr Salama

Dr. Doha Abozahra

Dr. Hend Abdelmoneam

01:30-01:45pm

Sleep disorders in elders & its impact on cognition



Prof. Osama Elkhoully

01:45-02:00pm

Neuroplasticity & Cognitive Reserve:  
How to Keep the Aging Brain Healthy.



Prof. Tarek Melokhia

02:00-02:15pm

Depression & Anxiety in older adults;  
Recognizing & treating the silent burden.



Prof. Soha Ghobashy

02:15-02:30pm

Loneliness, Brain Aging, and Mortality:  
The Hidden Risk Factor in the Elderly.



Dr. Mohamed Eissa



Discussion 02:30 – 02:35 pm



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**Session 8 : (02.35 pm- 03.55 pm)**

### Aging gracefully Aesthetic care in older adults

#### Chairpersons:

Prof. Nany Elgayar

Dr. Reem Shaala

Dr. Eman Hussein

Dr. Asmaa Anwar

02:35-02:50pm

Skin aging in men & Women. Non-surgical facial rejuvenation in elders; safety & efficacy.



Dr. Amel Ewis

02:50-03:05pm

Plastic surgery for the aging face; Strategies for safe, Natural & Functional Rejuvenation.



Prof. Hassan Khoulosy

03:05-03:20pm

Mirror therapy; How cosmetic care influences psychological health in the golden years



Dr. Nesrin Abdelmonem

03:20-03:35pm

Dermatological expressions of geriatric syndromes: from clue to diagnosis



Prof. Mohamed Samy

03:35-03:50pm

Itching Beyond the Skin: Chronic Pruritus as a Geriatric Syndrome



Dr. Amr Salama



Discussion 03:50 – 03:55 pm



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Session 9 : (03.55 pm- 05.15 pm)

### Gastroenterology in Older Adults Practical Approaches Beyond Symptom Control

#### Chairpersons:

Prof. Abeer Mahmoud

Prof. Perihan Salem

Prof. Aly Ramadan

Prof. Mohamed Arafaa

03:55-04:10pm

Early recognition of GI lesions in elderly using image enhanced endoscopy IEE.



Prof. Ahmed Elkany

04:10-04:25pm

Gastro-oesophageal disorders of Geriatric population



Prof. Doaa Haedar

04:25-04:40pm

Beyond pills; Biofeedback as a game-changer in refractory constipation in elders.



Dr. Maha Elhusseiny

04:40-04:55pm

Golden years patients in liver clinic.



Prof. Hesham Ayoub

04:55-05:10pm

Beyond glucose control:  
The hidden hepatic power of SGLT2 inhibitors in MAFLD.



Dr. Mohamed Elghawy



Discussion 05:10 – 05:15 pm



Closure & recommendation  
of the conference

05:15 - 05:25pm



Lunch

05:25 pm



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### Abstracts

Eman Ibrahim Ali Ibrahim

The Influence of Some Micronutrients on Cognitive Functions In Older Egyptian People

Mohamed Saad Abdo Ali

ASSESSMENT OF PATTERN OF RENAL AFFECTION IN EGYPTIAN PATIENTS WITH INFLAMMATORY BOWEL DISEASE

Mariam Magdy Zaghloul

SOME RISK FACTORS CONTRIBUTING TO COGNITIVE IMPAIRMENT IN THE ELDERLY ATTENDING ALEXANDRIA MAIN UNIVERSITY HOSPITAL

Abdelfatah Moustafa Kame

Soluble CTLA-4 and PD-1 in Hepatocellular Carcinoma: Association with Tumor Aggressiveness and Treatment Response

Alaa Mahmoud Mohamed

Detection of Insomnia and Its Relationship with Cognitive Impairment, Depression, and Quality of Life in Elderly.

Aya Mahmoud Ragab

LIVER FIBROSIS IN PATIENTS WITH TYPE 2 DIABETES AND ITS RELATION TO MICROVASCULAR COMPLICATIONS & SERUM FETUIN-A

Hossam Hassan Ahmed

BLOOD VASORIN AND LIVER FRAILITY INDEX AMONG PATIENTS WITH HEPATOCELLULAR CARCINOMA RECEIVING SYSTEMIC THERAPY: PREDICTING THE TUMOR RESPONSE AND THE OUTCOME

Shorouk Mohmed Ahmed

The Role of Electroencephalogram in Early Detection of Delirium in Older Patients at Alexandria University Hospitals

Mona Mokhtar Saad

ASSOCIATION OF MODERETLY INCREASED ALBUMINURIA WITH LEFT VENTRICULAR DIASTOLIC DYSFUNCTION IN PATIENTS WITH TYPE 2 DIABETES MELLITUS



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