Diabetes and Obesity in Pregnancy
25 - 26 November 2016

Day 1 (Friday, November 25, 2016)

08:00 Arrival of Delegates and Registration

08:30-08:35 Welcome Address
Prof Justin Konje, Chair OBGYN Department Sidra Medical & Research Center, Qatar

08:35-08:40 Opening Remarks
Mr Peter Morris, CEO Sidra Medical and Research Center Qatar

PLENARY SESSION 1 (Diabetes in Pregnancy)
Chairpersons: Prof Badreldeen Ahmed, WCMCQ, Shiekh Alanoud Al-Thani

8:40-9:10 Diabetes in Qatar, The past, the present and the future.
Prof Abou-Samra, Chair of internal Medicine, HMC and Co-Chair of the Qatar Diabetes Strategy

9:10-09:40 The Genetics of Gestational Diabetes in the Gulf region
Prof Abu Heija, Chair, Department of OBGYN, Sultan Qaboos, University, Oman

09:40-10:10 Gestational Diabetes in the GCC: the burden and the opportunities.
Dr Mukesh Agarwal, UAE University, UAE

10:10-10:30 ............... COFFEE BREAK ...............
BREAKOUT SESSION 1  
HALL 1  
Chairpersons: Prof S Lindow, Sidra; Dr Mahmoud Zirie, HMC/Dr from QMI  
10:30-10:50 Pre conception care for women with Diabetes and Obesity: reviewing the evidence  
Dr. Emad Naem; Hamad Medical Corporation, Qatar  
10:50-11:10 Diet and weight management, what really works? A dietician’s perspective  
Katie Alnahas, Qatar Diabetes Association  
11:10-11:30 Metformin in Gestational weight gain; facts and fictions  
Dr. Hassan Shehata, Epsom & St Hellier University Hopitals, UK  
11:30-11:40 FC-Oral presentation 1  
11:40-11:50 FC-Oral presentation 2  
11:50-12:00 FC-Oral presentation 3  

BREAK OUT SESSION 2  
HALL 2  
Chairpersons: Dr Mohammed Bashir, HMC, Qatar & Dr Isaac Babarinsa, Sidra  
10:30-10:50 Insulin pumps and CGMS in improving care of Diabetes in pregnancy  
Dr. Emad Naem, Hamad Medical Corporation, Qatar  
10:50-11:10 PCOS and Diabetes: Can we break the link?  
Professor Steve Atkins, Weil Cornell Medical College, Qatar  
11:10-11:30 Association between oxidative stress and butyrylcholinesterase in the manifestation of Insulin resistance in Gestational Diabetes  
Prof Alexander Omu, Kuwait University, Kuwait  
11:30-11:40 FC Oral communication 4  
11:40-11:50 FC Oral communication 5  
11:50-12:00 FC Oral communication 6  
12:00-13:00 ............... LUNCH & PRAYER BREAK ...............
# PLENARY SESSION 2

**Chairperson:** Prof David Barlow, HMC; Prof Shehrad Taheri- Weil Corneil

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<tr>
<td>13:00-13:30</td>
<td>Obesity: An obstetric epidemic and its consequences in the Gulf region</td>
<td>Prof Justin Konje, Sidra Medical &amp; Research Center, Qatar</td>
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<td>13:30-14:00</td>
<td>Bariatric surgery in women of childbearing age: the pros, the cons and the true costs</td>
<td>Dr Moataz Bashah, HMC, Qatar</td>
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<td>14:00-14:30</td>
<td>Managing the obese pregnant woman: an evidence based approach</td>
<td>Prof Steve Lindow, Sidra Medical &amp; Research Center, Qatar</td>
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<td>14:30-14:50</td>
<td>—— COFFEE BREAK ——</td>
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BREAKOUT SESSION 4
HALL 2
Chairperson: Dr Douglas Black, Sidra; Prof Abdulbasset Fahkry, HMC/Dr Kausa, UAE

14:50-15:10 Reducing surgical morbidity and venous thromboembolism in pregnant women with Diabetes and Obesity
Dr. Hassan Shehata, Epsom & St Hellier University Hospitals, UK

15:10-15:30 Anaesthetic management of the Obese pregnant woman in the peripartum period
Dr Santosh Gopalakrishnan, Obstetric Anaesthesia, HMC, Qatar

15:30-15:50 Intrapartum management of women with Obesity and Diabetes: practical pearls
Dr Kauser Mansoor Big, Al Qassimi Hospital, UAE

15:50-16:00 FC Oral communication 10
16:00-16:10 FC Oral communication 11
16.10-16:20 FC Oral communication 12

16.30-17.45 Diabetes in Pregnancy GCC Clinical Research Network CLRN): a unique opportunity
Convenors: Professor Justin Konje and Dr Mohammed Bashir

1. Why the need for a GCC CLRN – JC Konje and M Bashir
2. Prioritising Research in Diabetes: New insights from the basic sciences (20 minutes) – Professor Doug Bovell, Weill Cornell Medical College Qatar
3. Professor Erik Kilpatrick, How can we maximize biochemistry in diabetic research (20 mins)
4. Setting research priorities in Diabetes – 10 minutes
5. General discussion and way forward

19:30-21:30 ............... Welcome Reception & Gala Dinner ...............
PLENARY SESSION 3
Chairperson: Dr. Dhabiya Almohannadi (HMC), Prof Karim Kalache, Sidra; Professor Abu Heja, Oman

08:30-09:00 Clinical and ethical dimension of counselling during pregnancy with Diabetes
Prof Frank Chervenak, Weill Cornell Medical College, USA

09:00-09:30 Antenatal care for women with Diabetes: a team based approach
Dr Mohammed Bashir, HMC, Qatar

09:30-10:00 Effects of Gestational Diabetes on cytokine metabolism
Prof Alexander Omu, University of Kuwait, Kuwait

10:00-10:30 Professor Faisal Kashgari, General Secretary Saudi Society For OBGYN

10:30-10:50 ............... COFFEE BREAK ...............

BREAKOUT SESSION 5
HALL 1
Chairpersons: Prof Omu, Kuwait; Dr Hassan Shehata, UK; QMRI Rep, Qatar

10:50-11:10 Can we predict and prevent the transition from GDM to type 2 Diabetes
Prof Steve Aitken, Weill Cornell Medical College, Qatar

11:10-11:30 Primary Prevention of Obesity: what can we do?
Prof Shehrad Taheri, Weill Cornell Medical College, Qatar

11:30-11:50 Professor Hassan Abdul Jabbar, KSA Topic to be confirmed
BREAKOUT SESSION 6 (GDM)
HALL 2
Chairpersons: Dr Gene La Monica, Sidra, Dr Sarah Darwish, HMC, Dr Mandy Abushewa – Fetal Medicine Center, Doha

10:50-11:10 Screening for Gestational Diabetes: when, how and why?
Dr Mukesh Agarwal, UAE University, UAE

11:10-11:30 GDM management outcomes, facts and fictions.
Dr. Mohammed Bashir; Hamad Medical Corporation, Qatar

11:30-11:50 Metformin or Insulin in GDM, which one should we start first?
Dr. Steven Beer, Hamad Medical Corporation, Qatar

11:50-13:00 ............... LUNCH & PRAYER BREAK ...............

PLENARY SESSION 4 (The Fetus)
Chairpersons: Prof Frank Chervenak; Dr. Anthony Abbass, Sidra, Dr Isaac Babarinsa, Sidra

13:00-13:30 Prenatal diagnosis in women with Diabetes and Obesity : variation from the norm
Prof Badreldeen, Weill Cornell Medical College & FetoMaternal Centre, Doha

13:30-14:00 Dr Sawson Obaidy - HMC – topic to be confirmed

14:00-14:30 Improving intrapartum care with ultrasound in Obese and Diabetic patients: the future or pure fantasy?
Prof Karim Kalache, Sidra Medical and Research Centre, Qatar
## BREAKOUT SESSION 7
### HALL 1
**Chairpersons:** Dr Joseph Shumway, Sidra & Dr Mohammed Alloub, Al Wakra, Dr Mahroof Taj Mohideen, KSA

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<td>14:40-15:00</td>
<td>Quality benchmarks in Diabetic pregnancies: The case for national audit</td>
<td>Prof Justin Konje, Sidra Medical and Research Centre</td>
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<td>15:00-15:20</td>
<td>Screening and management of cardiac anomalies in pregnancies complicated by Diabetes and Obesity</td>
<td>Dr Rema, HMC, Qatar</td>
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<td>15:20-15:40</td>
<td>Neonatal management of the neonate of the Diabetic mother</td>
<td>Prof Istvan Seri, Sidra Medical Centre, Doha</td>
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## BREAKOUT SESSION 8
### HALL 2
**Chairpersons:** Dr Ameen Jayossi, HMC, Prof Eric Kilpatrick, Sidra, Dr Dr Koby Appiah, Sidra Medical and Research Centre, Qatar

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<td>Dr Al Beloushi – HMC Qatar – Topic to be confirmed</td>
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<td>15:00-15:20</td>
<td>Obesity and variations in body fat distribution: are the risks the same?</td>
<td>Dr Emad Naem, HMC, Qatar</td>
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<td>15:20-15:40</td>
<td>Live style intervention in preventing Type 2 DM.</td>
<td>Dr Mohamoud Zirie, HMC, Qatar</td>
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16:00-16:40  THE GREAT DEBATE 
Moderators:  Professor Abou-Samra, HMC & Prof Justin Konje, Sidra 
Motion:  *Obesity rather than Diabetes is more hazardous to fetal and maternal health.*

Prof Steve Lindow - con  Dr Mohammed Bashir - Pro

16:40-16:50  Live Audience Voting and Judges Verdict

16:50-17:00  Award of Prizes for best oral presentation and best poster presentation 
Vote of thanks and Closing Remarks

Dr Gbemisola Okunoye, Director of OBGYN Conferences, Sidra