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CDC-KSA
The First Saudi National
Chronic Disease Conference



AGENDA

CDC-KSA

The First Saudi National
Chronic Disease Conference



27th-29th March, 2021
(Virtual Event)

WELCOME MESSAGE



Dr. Hadi Saeed Alenazy

Chairman of the Scientific and Organizing Committee, The First Saudi National Chronic Disease Conference "CDC-KSA"
Head of the Eastern Province Office, Saudi Society of Family and Community Medicine

Dear Colleagues,

It is our great pleasure to welcome you to the 1st Saudi National Chronic Diseases Conference (CDC-KSA) which will be held virtually from March 27th through to March 29th, 2021.

Globally chronic diseases represent the largest cause of death. Back in 2002, diseases like; cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes—caused 29 million deaths worldwide, and these numbers continue to increase. More than half of seniors (age ≥ 65 yr) have 2 or more chronic conditions and yet, most existing interventions for managing chronic diseases focus on a single disease or do not address all the specialized needs of seniors.

The Kingdom of Saudi Arabia is currently entering uncharted territory in relation to the magnitude of its aging population. It is predicted that by the end of 2050 a quarter of the 40 million population will be 60 years and more. Furthermore, recent local-Saudi studies on chronic disease burden in patients aged 55 years and above showed the prevalence of hypertension, diabetes, heart disease, asthma, peptic ulcer, and cancer were; 71.3%, 27.3%, 16.4%, 9.7%, 8.9%, and 2.0%, respectively. Moreover, 34.5% of this population had two or more chronic conditions.

To improve care for patients with chronic illnesses, evidence strongly suggests that we must reshape our healthcare systems. We are all aware of the great effort that is being made in the country to transform healthcare services, as evident by the allocation of Chronic Disease as one of the main domains for the Model of Care.

It is our mandate in the healthcare community to raise awareness about the burden of Chronic Disease Conditions and discuss the best evidence-based interventions to improve the health outcomes for our patients. Therefore, we are very excited to present to you 'The CDC-KSA' as the main venue to tackle all these challenges and explore the future opportunities. This conference is open to all interested professionals and stakeholders who want to make a change in chronic disease patients' care. Whether you are a physician, nurse, pharmacist, or an allied healthcare professional, this course is meant for you. If you are a manager or owner of a small or big healthcare organization, or if you are working in a governmental, private, or academic institution, this conference is meant for you. In addition to enriching your knowledge, CDC-KSA will open new opportunities for all involved professionals and agencies for further collaboration and shared understanding. I would like to wholeheartedly extend my invitation to you all to attend the CDC-KSA and I look forward to cordially welcoming you on March 27th, 2021. Together, we will make a difference!

Day 1 March 27, 2021

Time	Topic	Speaker
12:30 - 13:00	REGISTRATION	
13:10 - 13:10	OPENING REMARKS	
13:10 - 13:35	Chronic Disease Burden in KSA (Non-Metabolic in focus)	Prof. Abdullah Alkhenizan
13:35 - 14:00	Metabolic Syndrome in KSA: The Real Challenge	Prof. Khalid Al-Rubeaan
14:00 - 14:25	Diabetes burden of illness in KSA	Prof. Ahmed Aljedai
14:25 - 14:50	Chronic Disease : International Perspective	Dr. LaMar Hasbrouk
14:50 - 15:15	SaudiCDC: Role, Efforts and Plans in Chronic Disease in KSA	Dr. Abdullah Algwizani
15:15 - 15:50	DM: new treatment modalities	Prof. Abdulrahman Al-Shaikh
15:50 - 16:20	COFFEE BREAK	
16:20 - 16:50	Dyslipidemia: Treatment Update	Prof. Ali Alzahrani
16:50 - 17:20	Obesity: Therapeutic options Update	Dr. Nasreen Alfaris
17:20 - 17:50	Hypertension: Treatment Update	Dr. Tawfik Albassam
17:50 - 18:20	Congestive Heart Failure: Treatment Update	Dr. Adel Tash
18:20 - 18:40	BREAK AND PRAYER	
18:40 - 19:05	Cardiometabolic Risk Management in Primary care	Dr. Bader Almustafa
19:05 - 19:30	Chronic Care in Primary Care in the arena of Model of Care: DM in focus	Dr. Yahia Al-Khadli
19:30 - 20:00	Team Approach to Chronic care: Primary care Physician, case manager and pharmacist : Real life experience	Dr. AbdulZakir Mohammed RN. Maryam Bu Haliqa PharmD. Haneen AlAbbasi
20:00 - 20:20	QUESTIONS AND WRAP-UP	

Day 2 March 28, 2021

Time	Topic	Speaker
15:30 - 16:00	REGISTRATION	
16:00 - 16:25	Rheumatoid Arthritis: Therapeutic Options Update	Dr. Abdulaziz Alkhalaf
16:25 - 16:50	Psoriasis : Treatment Update	Dr. Najla Al-Dawsari
16:50 - 17:20	Global and National Burden of Epilepsy	Prof. Faisal Alotaibi
17:20 - 17:50	Low Back Pain: Solving the puzzle	Dr. Othman Alkassabi
17:50 - 18:20	Sickle Cell Disease: Care beyond the acute crisis	Dr. Hussein Saeed
18:20 - 18:40	BREAK AND PRAYER	
18:40 - 19:10	Cancer: Care of Survivors post active therapy	Dr. Omakhair Abulkhair
19:10 - 19:30	Depression: Review and Update	Dr. Faris Awwad
19:30 - 19:50	Chronic Pain Management	Dr. Nizar Yassen
19:50 - 20:20	QUESTIONS AND WRAP-UP	

Day 3 March 29, 2021

Time	Topic	Speaker
15:30 - 16:00	REGISTRATION	
16:00 - 16:30	Chronic Lung Disease(Asthma and COPD): Treatment Update	Dr. Mohammed Zeitouni
16:30 - 17:10	Chronic Kidney Disease: Treatment Update	Dr. Hassan Al-Eid
17:10 - 17:45	Stroke: The Golden hr and post acute care options	Dr. Saeed Alghamdi
17:45 - 18:20	Aging with Spinal cord Injury	Dr. Anas Al Saleh
18:20 - 18:40	BREAK AND PRAYER	
18:40 - 19:10	Non-Alcoholic Fatty Liver Disease (NAFLD): The Upcoming Pandemic	Prof. Fahad Al Sohaibani
19:10 - 19:40	Inflammatory bowel disease: Therapeutic Review and Update	Prof. Fahad Al Sohaibani
19:40 - 20:00	QUESTIONS AND WRAP-UP	



DR. ABDULLAH ALKHENIZAN

is Chairman, Dept of Family Medicine & Polyclinics, King Faisal Specialist Hospital & Research Centre (KFSHRC) (2010-2020).
 Professor, Faculty of Medicine, Al-Faisal University (2012-)
 Consultant, Dept of Family Medicine & Polyclinics, King Faisal Specialist Hospital & Research Centre (KFSHRC) (2002-).
 Chairman of the Evidence-Based Practice Committee, at King Faisal Specialist Hospital Research Center (2008-).
 Member of the Saudi Board of Family Medicine Scientific Board of Directors (2009-).
 Member of the Editorial Board of The Saudi Medical Journal (2009-)
 Journal of Family and Community Medicine (2011-)
 Member of The Pharmacy and Therapeutic Committee at King Faisal Specialist Hospital Research Center (2004-).

TOPIC: Chronic Disease Burden in KSA " 13:10 - 13:35 "



PROF. KHALID AL-RUBEAN, MBBS. FRCP(C)

Director, Research and Scientific Center, Sultan Bin Abdulaziz Humanitarian City
 Director, Internal Medicine Department, Sultan Bin Abdulaziz Humanitarian City
 Member of Board of Trustees for Sulaiman Al Rajhi Colleges.
 Part-time WHO consultant: Regional Office for the Eastern Mediterranean region (EMRO), World Health Organization WHO, Cairo Egypt.
 Chairman of board of trustee and founder of Diabetes Science International Foundation, Basel, Switzerland.
 Editor-in-Chief: International Journal of Diabetes Mellitus, Published by Elsevier Ltd, since April 2009.
 Editor-in-Chief: مجلة السكري (Al-Sukhari Magazines), published by Diabetes Science International Foundation, Basel, Switzerland, since November 1997.

TOPIC: Metabolic Syndrome in the Kingdom: The Real Challenge " 13:35 - 14:00 "



Dr. AHMED H. ALJEDAI

Pharm.D., M.B.A., BCPS, FCCP, FAST, FCCP, FASHP
 Founding President, Saudi Society of Clinical Pharmacy (SSCP)
 Assistant Deputy Minister for Therapeutic Affairs
 Ministry of Health Riyadh, Saudi Arabia
 Professor, College of Medicine
 College of Pharmacy, AlFaisal University, Riyadh, Saudi Arabia

TOPIC: Diabetes burden of illness in Saudi Arabia " 14:00 - 14:25 "



DR. LAMAR HASBROUCK, MD, MPH, MBA

Senior Advisor, Population Health and Care Management, Council of Cooperative Health Insurance, Kingdom of Saudi Arabia
 Managing Director, DLM, LLC (a health consulting firm that works with companies to help bend the arc of wellness for individuals and communities.)
 Senior Advisor, Strategy, American Medical Association, Chicago, IL (2017 - 2018) CEO and Executive Director, National Association of County & City Health Officials, Washington, DC (2015 - 2017)
 Cabinet Secretary (Director), Illinois Department of Public Health, Chicago, IL (2012 - 2015)

TOPIC: Chronic Disease: International Perspective " 14:25 - 14:50 "



DR. ABDULLAH ALGWIZANI

Chief Executive Officer, Saudi Centre for Disease Prevention and Control
 Published researcher and practicing infectious disease consultant.
 Member of several national and scientific committees including:
 board member on the Saudi National Institute for Health,
 Deputy Chair National Committee for Public Health Protection Program.
 Elected Board member at the International Association National Public Health Institutes (IANPHI), KSA Senior Focal Point in the Global Health Security Agenda, representative at the World Health Assembly, and the Anti-Microbial Resistance Champion for the Kingdom of Saudi Arabia in the G20

TOPIC: SaudiCDC: Role, Efforts and Plans in Chronic Disease in KSA " 14:50 - 15:15 "

SPEAKERS



DR. ABDULRAHMAN A. A. AL-SHAIKH

MBBCh, MRCP(UK), ABIM, FRCP(E)
Professor and Consultant of Internal Medicine and Endocrinology.
He is a practicing Consultant Physician Endocrinologist at DR- SOLIMAN FAGEEH Hospital
Member, Saudi diabetic committee for diabetes fellow.
Examiner , Saudi endocrinology subspeciality.
Examiner at Saudi Board and Arab Board.
Chairman of Saudi Scientific Diabetic Society.

TOPIC: DM: new treatment modalities " 15:15 - 15:50 "



DR. ALI S. ALZHRANI

Consultant Endocrinologist
King Faisal Specialist Hospital & Research Centre
Professor of Medicine, Alfaisal University
Riyadh, Kingdom of Saudi Arabia

Editorial Board member of the official journal of the American Thyroid
Association, THYROID and an academic editor of PLOS ONE.

TOPIC: Dyslipidemia: Treatment Update " 16:20 - 16:50 "



DR. NASREEN ALFARIS M.D, M.P.H.

Consultant of Endocrinology Diabetes, Metabolism, and Obesity Medicine
Program Director of the Obesity Medicine Fellowship
Obesity, Endocrine, and Metabolism Center (OEMC), King Fahad Medical City (KFMC)
Chair of the International Federation for Surgery for
Obesity (IFSO) -MENAC Integrated Health Section
Active member of the World Obesity Federation's Gulf and Lebanon Steering Committee.

TOPIC: Obesity: Therapeutic Options Update " 16:50 - 17:20 "



DR. TAWFIK KHALID ALBASSAM

Consultant of Internal Medicine and
Clinical Hypertension Specialist .
Deputy head of Saudi Hypertension
Management Society (SHMS).

TOPIC: HTN: Treatment Update " 17:20 - 17:50 "



DR. ADEL ABDULKADER TASH

General Supervisor of Cardiac Services
Development Initiative/ MOH, KSA
Advisor to the Vice Minister of Health for Health Affairs
Managing director of the Model of Care Program
at the Vision Realization Office - MOH
Director, Cardiac Center, King Abdullah Medical Complex Jeddah, Saudi Arabia
Vice President of the Saudi Heart Association
Consultant Cardiac Surgeon, Heart Failure/ Heart Transplant Surgeon

TOPIC: Congestive Heart Failure: Treatment Update " 17:50 - 18:20 "



DR. BADER ALMUSTAFA

MBBS, DPHC(RCGP), ABFM, SBFM, ECHS®
Consultant of Family Medicine and Primary Health Care, Saudi MoH.
Specialist in Chronic Care, Clinical Hypertension
and Cardiometabolic Medicine.
Middle East Regional Director of the World Hypertension League.
Prior CEO Adviser for Primary Care in E1-Health Cluster.
Head, CPD in Saudi Hypertension Management Society.

TOPIC: Cardiometabolic Risk Management in Primary care " 18:40 - 19:05 "



DR. YAHIA MATER AL-KHALDI

MBBCh, MRCP(UK), ABIM, FRCP(E)
Professor and Consultant of Internal Medicine and Endocrinology.
He is a practicing Consultant Physician Endocrinologist at DR- SOLIMAN FAGEEH Hospital
Member, Saudi diabetic committee for diabetes fellow.
Examiner , Saudi endocrinology subspecialty.
Examiner at Saudi Board and Arab Board.
Chairman of Saudi Scientific Diabetic Society.

**TOPIC: Chronic Care in Primary Care in the arena of Model
of Care: DM in focus " 19:05 - 19:30 "**



DR. ABDUL ZAKIR MOHAMMED

MBBS, MRCP(UK), CCT (UK),
SQLL(Harvard), PG Dip Diabetes (Cardiff)DFSRH(UK)
Consultant Family Medicine
John Hopkins Aramco Healthcare
Co-Chairman Patient Quality Safety and clinical
excellence committee, Family Medicine Trainer, SCFHS
CME Coordinator, Wellness institute, JHAH

TOPIC: Team Approach to Chronic Diseases in Primary Care " 19:30 - 20:00 "



MS. MARIAM BOHALIGH

Case Coordinator for High, Outpatients Care
management Unit , Primary care. Johns Hopkings Aramco Healthcare.
Bachelor's degree in Nursing Field with Merit from
Imam Abdulrahman bin Faisal University 2006. Certified as Diabetes
Educator from King Abdul Aziz University Hospital,
King Saud University Riyadh 2009.
Master's degree from the University of Glasgow,
United Kingdom 2015 with a certificate in Advance
Practice in Health Care with Merit and award
of "Chronic Disease Management"

TOPIC: Team Approach to Chronic Diseases in Primary Care " 19:30 - 20:00 "



HANEEN KHALIL ALABBASI

PharmD, MSc
Pharmacist, Ambulatory Pharmacy Services
Johns Hopkins Aramco Healthcare

TOPIC: Team Approach to Chronic Diseases in Primary Care " 19:30 - 20:00 "



DR. ABDULAZIZ ALKHALAF

Rheumatology consultant at King Saud University
Medical City, Riyadh, Saudi Arabia.
Head of Alumni Unit in the college of medicine,
King Saud University, Saudi Arabia.
Head of Rheumatology Unit, College of Medicine
King Saud University Medical City

TOPIC: Rheumatoid Arthritis: Therapeutic Options Update " 16:00 - 16:25 "



DR. NAJLA A. AL-DAWSARI

Consultant Dermatologist
Johns Hopkins Aramco Health Care
American Board of Dermatology
Adjunct associate professor of dermatology
Johns Hopkins School of medicine

TOPIC: Psoriasis: Treatment Update " 16:25 - 16:50 "



DR. FAISAL ALOTAIBI

Professor (Adj), Alfaisal University.
Neuroscience Department King Faisal Specialist Hospital and Research Center. Riyadh
Adjunct Faculty, Medical School, Lebanese American University.
President of Saudi Epilepsy Society
Co-founder and past president Gulf League Against Epilepsy GLAE
Board Director, World Society for Stereotactic and Functional Neurosurgery
Chairman of Neurosurgery Examination Council, SCFHS

TOPIC: Global and National Burden of Epilepsy " 16:50 - 17:20 "



DR. OTHMAN Y. ALKASSABI

EMBA, MBA, BSc, PT, PGD, COMT, CMP
Executive Director, Council of Cooperative Health Insurance.
Senior Musculoskeletal Physiotherapist, with more than 12 years
of clinical experience
Healthcare Leader, Entrepreneur and Positive Change Passionate.

TOPIC: Low Back Pain: Solving the puzzle " 17:20 - 17:50 "



DR. HUSSAIN AL SAEED

Consultant of Hematology at Qatif Central Hospital Qatif Saudi Arabia
Member of Saudi Scientific Society of Hematology.
Member of American Society of Hematology
Coordinator of Hematology Oncology Club Eastern Province
Special experience and Interest in: Chronic leukemias , Myeloproliferative neoplasms ,
Hemophilia, Thrombosis and Hemostasis and Hemoglobinopathies

TOPIC: Sickle Cell Disease: Care beyond the acute crisis " 17:50 - 18:20 "



DR. OMAKHAIR ABULKHAIR

is a Medical Oncologist at Dr. Sulaiman Al Habib Medical Center and previously the Chairman of Hematology/Oncology Department in the Specialized Medical Center Hospital - Riyadh, Kingdom of Saudi Arabia and Associate Professor in Al Faisal University. - She is also appointed as Chairman for Breast Cancer Research at King Abdullah International Medical Research Center (KAIMRC), Riyadh. - She is a leader of breast cancer prevention and early detection and she is also the Course Director of major symposia which is the "Middle East Best of San Antonio Breast Cancer Symposium" and "Cancer Prevention and Early Detection Symposium". She was also selected as the Chairman for MENA-NCCN Guidelines Committee for Breast Cancer. This committee aims to unify the guidelines for breast cancer management in the region.

TOPIC: Care of Cancer Survivors post active therapy " 18:40 - 19:10 "



DR. FERAS AL-AWAD

Assistant Professor in Psychiatry
Consultant in Psychiatry at King Fahad Hospital
of the University
American board in General & Geriatric Psychiatry
Chairman of Department of Psychiatry
at Imam Abdulrahman Bin Faisal University

TOPIC: Depression: Review and Update " 19:10 - 19:30 "



DR. NIZAR YASEEN

MBBS, MRCP, PGCertMedEd
Family Medicine Specialist, Johns Hopkins
Aramco Healthcare.
Clinical Assistant in Chronic Pain Management,
2005-2017, Bucks NHS Trust, UK.
Senior Family Medicine Trainer, Oxford Deanery, UK.

TOPIC: Global and National Burden of Epilepsy " 19:30 - 19:50 "



DR. MOHAMMED ZEITOUNI

MD FCCP, Consultant, Pulmonologist/ Intensivist -
King Faisal Specialist Hospital & Research Centre. / Fellowship program director in King Faisal
Specialist Hospital & Research Centre
Chairman of Scientific Committee of
the Saudi Board of Pulmonary Medicine SCFHS.
Founding member of Saudi Thoracic Society and member
of SINA (the Saudi initiative for asthma) guidelines by the society

TOPIC: Chronic Lung Disease (Asthma and COPD): Treatment Update " 16:00 - 16:30 "



DR. HASSAN BADER AL-EID

Consultant Nephrologists and Transplant Physician
at King Faisal Specialist Hospital and Research
Center at Riyadh, KSA

TOPIC: Chronic Kidney Disease: Treatment Update " 16:30 - 17:10 "



DR. SAEED A. ALGHAMDI

M.B;ch.B, MHSc, SSC-Med, F.R.C.P.(C)
- Consultant Neurologist with subspecialty in Stroke
Neurology section Department of Medicine
King Abdulaziz Medical City, Jeddah, Saudi Arabia
- Assistant Professor of Neurology and Internal Medicine
College of Medicine King Saud Bin Abdulaziz University
for Health Sciences - Jeddah, Saudi Arabia
- Section Head, Neurology Division
King Abdulaziz Medical City, Jeddah, Saudi Arabia
- Elected President, Saudi Stroke Society

TOPIC: Stroke: The Golden hr and Post acute care options " 17:10 - 17:45 "



DR. ANAS JEHAD AL SALEH

Saudi board of Physical Medicine & Rehabilitation.
With special interest
in the subspecialty of Spinal cord medicine.
Consultant Psychiatrist, Sultan Bin Abdulaziz Humanitarian City,
AlRiyadh, Saudi Arabia

TOPIC: Depression: Aging with Spinal Cord Injury" 17:45 - 18:20 "



DR. FAHAD AL SOHAIBANI

MBBS, MRCP, PGCertMedEd
Family Medicine Specialist, Johns Hopkins
Aramco Healthcare.
Clinical Assistant in Chronic Pain Management.
2005-2017, Bucks NHS Trust, UK.
Senior Family Medicine Trainer, Oxford Deanery, UK.

**TOPIC: - Non-Alcoholic Fatty Liver Disease (NAFLD) : The Upcoming Pandemic.
- Inflammatory Bowel Disease : Therapeutics Review and Update. " 18:40 - 19:40 "**