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FONDAZIONE
MENARINI

INTERNATIONAL SYMPOSIUM ON

New Frontiers in Metabolic Health:

Updates on Diabetes, Obesity, Dyslipidemia
and Cardiovascular Diseases



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20th-21st November, 2025

Venue: Fairmont Nile City

Nile City Towers 2005 B, Corniche El Nil, Ramlet Beaulac 2466 CAIRO Egypt

RATIONALE

In recent years, the global prevalence of metabolic disorders such as diabetes, obesity, dyslipidemia, and associated cardiovascular diseases has reached unprecedented levels, contributing to substantial healthcare burdens and diminishing quality of life for millions worldwide. These interconnected conditions not only share pathophysiological mechanisms—including insulin resistance, chronic inflammation, and genetic predispositions—but also serve as major risk factors for cardiovascular morbidity and mortality, emphasizing the need for innovative, integrated therapeutic and preventive strategies.

The symposium, “New Frontiers in Metabolic Health: Updates on Diabetes, Obesity, Dyslipidemia, and cardiovascular disease,” seeks to convene leading experts, clinicians, and researchers to discuss the latest breakthroughs and challenges in managing and preventing these complex metabolic and cardiovascular disorders.

Cardiovascular disease (CVD) is both a complication and a comorbidity of diabetes, obesity, and dyslipidemia, with shared underlying mechanisms that worsen patient outcomes. Advances in understanding how metabolic disturbances affect cardiovascular health are essential to inform risk assessment, early intervention, and personalized treatment approaches. Emerging pharmacotherapies, such as GLP-1 receptor agonists, SGLT2 inhibitors, and novel lipid-modifying agents, show potential not only for improving glycemic and lipid profiles but also for reducing cardiovascular risk, marking a significant shift toward therapies with dual metabolic and cardioprotective benefits.

This congress will provide a platform for in-depth discussions on cutting-edge topics, including the implications of recent clinical trials, the use of digital health technologies for monitoring metabolic and cardiovascular health, and the role of lifestyle and nutritional interventions in risk reduction.

By exploring these topics, we aim to foster a multidisciplinary dialogue that drives innovative solutions to reduce the incidence and impact of these pervasive diseases and improve patient outcomes holistically.

In summary, “New Frontiers in Metabolic Health” will highlight the latest scientific insights and emerging treatments for diabetes, obesity, dyslipidemia, and cardiovascular disease. Attendees will have the opportunity to engage with novel research and discuss strategies for enhancing metabolic and cardiovascular health across diverse populations, with a focus on integrated, patient-centered care.

Wael Al Mahmeed
Zuhier Awan
Manfredi Rizzo
Mohamed Sobhy
Sir Magdi Yacoub

PRESIDENTS OF THE MEETING:

Wael Al Mahmeed

Cleveland Clinic (Abu Dhabi, UAE)

Zuhier Awan

King Abdulaziz University (Jeddah, KSA)

Manfredi Rizzo

University of Study of Palermo,
President Elect CEDA 2026-2030 (Palermo, IT)

Mohamed Sobhy

Alexandria University (Alexandria, EG)

Sir Magdi Yacoub

Imperial College London (London, UK)

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SCIENTIFIC AND ORGANIZING SECRETARIAT

Collage S.p.A.

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Website: www.collage-spa.it

New Frontiers in Metabolic Health:

Updates on Diabetes, Obesity, Dyslipidemia and Cardiovascular Diseases

PROGRAMME

WEDNESDAY, 19TH NOVEMBER

WEDNESDAY, 19TH NOVEMBER - AFTERNOON

05.00 p.m. - 07.30 p.m. **Pre-Conference Briefing** (for Faculty members only)
Briefing and Management of 20th – 21st 2025
Scientific Sessions and Participants' method of interaction.

THURSDAY, 20TH NOVEMBER - MORNING

SESSION I - BIOLOGY OF INFECTIONS: BRIDGING BIOCHEMISTRY TO MICROBIOLOGY

08.45 a.m. - 09.15 a.m. Registration of participants

09.15 a.m. - 09.30 a.m. Welcome to participants and Opening remarks
Introduction to the symposium objectives and agenda
W. Al Mahmeed (Abu Dhabi, UAE)
Z. Awan (Jeddah, KSA)
M. Rizzo (Palermo, IT)
M. Sobhy (Alexandria, EG)
M. Yacoub (London, UK)
Fondazione Menarini - G. Caracciolo (Florence, IT)

09.30 a.m. - 10.00 a.m. KEY LECTURE: TITLE TBD
M. Yacoub (London, UK)

New Frontiers in Metabolic Health: Updates on Diabetes, Obesity, Dyslipidemia and Cardiovascular Diseases

PROGRAMME

THURSDAY, 20TH NOVEMBER

THURSDAY, 20TH NOVEMBER 2025 - MORNING

SESSION I - DIABETES

Chairpersons: **A. El Etriby** (Cairo, EG), **M. Rizzo** (Palermo, IT),
J. F. Raposo (Lisboa, PT), **P. Kempler** (UY),
M. Sobhy (Alexandria, EG), **M. Yacoub** (London, UK)

- 10.00 a.m. - 10.20 a.m. Diabetes as a global problem: what to implement
K. Abdallah (Alexandria, EG)
- 10.20 a.m. - 10.40 a.m. Combination therapy with SGLT2i and GLP-1RAs: what's the evidence?
I. N. ELEbrashy (Cairo, EG)
- 10.40 a.m. - 11.00 a.m. Comparative effectiveness and tolerability of incretin mimetics in T2DM
N. Gaber (Alexandria, EG)
- 11.00 a.m. - 11.20 a.m. Prevention of Diabetes: new learnings, new hopes
A. Janez (Ljubljana, SLO)
- 11.20 a.m. - 11.40 a.m. Novel antidiabetic agents: the experience with dual GIP-GLP1 RAs
S. Medenica (Podgorica, MNE)
- 11.40 a.m. - 12.00 p.m. Discussion
- 12.00 p.m. - 12.10 p.m. *Coffee break*

New Frontiers in Metabolic Health:

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PROGRAMME

THURSDAY, 20TH NOVEMBER

THURSDAY, 20TH NOVEMBER 2025 - MORNING

SESSION II - OBESITY

Chairpersons: **D. H. Ryan** (Louisiana, USA), **M. Elrayess** (Doha, QA),
M. Barake (Beirut, RL), **A. A. ElMagd** (Cairo, EG),
H. Khamis (Cairo, EG)

12.15 p.m. - 12.35 p.m. The cardiometabolic continuum from overweight/obesity to
prediabetes/type 2 diabetes: a modern approach
M. Rizzo (Palermo, IT)

12.35 p.m. - 12.55 p.m. Obesity prevention: a comprehensive approach
J. F. Raposo (Lisboa, PT)

12.55 p.m. - 01.15 p.m. Building on GLP-1 pleiotropic effects: new players and new
indications at the horizon
H. Sabbour (Abu Dhabi, UAE)

01.15 p.m. - 01.35 p.m. Therapeutical innovation in obesity
A. Janez (Ljubljana, SLO)

01.35 p.m. - 01.55 p.m. Nutritional therapy for obesity
M. Elsherif (Ar-Rayyan, QA)

01.55 p.m. - 02.15 p.m. Discussion

02.15 p.m. - 3.15 p.m. *Lunch*

New Frontiers in Metabolic Health: Updates on Diabetes, Obesity, Dyslipidemia and Cardiovascular Diseases

PROGRAMME

THURSDAY, 20TH NOVEMBER

THURSDAY, 20TH NOVEMBER 2025 - AFTERNOON

SESSION III - DYSLIPIDEMIA

Chairpersons: **W. Al Mahmeed** (Abu Dhabi, UAE),
K. Al-Rasadi (Al-Khod, OM), **H. Ragy** (Cairo, EG),
S. Hussein (Mansoura, EG), **M. Loutfi** (Alexandria, EG)

03.15 p.m. - 03.35 p.m. Novel Therapies for dyslipidemia: the role of CETP inhibition
M. Vrablik (Prague, CZ)

03.35 p.m. - 03.55 p.m. What to Target - Triglycerides, HDL or Remnant Cholesterol?
A. Elbahary (Port Fouad, EG)

03.55 p.m. - 04.15 p.m. Lipoprotein(a) as a contributor to the development of CVD
Z. Awan (Jeddah, KSA)

04.15 p.m. - 04.35 p.m. Lipid lowering drugs to personalize therapy
M. El Noamany (Al Minufya, EG)

04.35 p.m. - 04.55 p.m. N-Lactoyl Amino Acids: Emerging Biomarkers in Metabolism and Diseases
M. Elrayess (Doha, QA)

04.55 p.m. - 05.15 p.m. Discussion

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PROGRAMME

THURSDAY, 20TH NOVEMBER

SESSION IV - RISK FACTORS AND CARDIOMETABOLIC DISEASES

Chairpersons: **J. F. Raposo** (Lisboa, PT), **A. Janez** (Ljubljana, SLO),
A. Zaki (Alexandria, EG), **A. Elhadidy** (Cairo, EG),
T. Elzawawy (Alexandria, EG)

- 05:15 p.m. - 05:35 p.m. Diabetic dyslipidemia: a modern approach
H. Salah Eldin (Cairo, EG)
- 05:35 p.m. - 05:55 p.m. The role of MASLD in Cardiometabolic Diseases
M. Hegazy (Cairo, EG)
- 05:55 p.m. - 06:15 p.m. The metabolic syndrome and cardiovascular diseases
M. Elrayess (Doha, QA)
- 06:15 p.m. - 06:35 p.m. Discussion
- 06:35 p.m. Closing remarks of the first day
W. Al Mahmeed (Abu Dhabi, UAE)
Z. Awan (Jeddah, KSA)
M. Rizzo (Palermo, IT)
M. Sobhy (Alexandria, EG)
M. Yacoub (London, UK)

New Frontiers in Metabolic Health: Updates on Diabetes, Obesity, Dyslipidemia and Cardiovascular Diseases

PROGRAMME

FRIDAY, 21ST NOVEMBER

FRIDAY, 21ST NOVEMBER - MORNING

SESSION V - CARDIOVASCULAR DISEASES

Chairpersons: **M. Rizzo** (Palermo, IT), **S. Yamashita** (Osaka, JP),
H. Badran (Cairo, EG), **S. Wagdy Ayad** (Alexandria, EG),
M. AbdelGhany (Cairo, EG)

- 09.00 a.m. - 09.20 a.m. Current management of atherosclerotic cardiovascular disease
M. Hassanein
- 09.20 a.m. - 09.40 a.m. Inflammation and atherosclerosis
E. Farag
- 09.40 a.m. - 10.00 a.m. Community engagement to address the syndemic of CVD
M. Sadaka
- 10.00 a.m. - 10.20 a.m. Modern Management of Heart Failure
A. Shawky
- 10.20 a.m. - 10.40 a.m. Diabetes, Obesity and CVD: a future perspective
A. Bendary
- 10.40 a.m. - 11.00 a.m. Emerging Therapies and Technologies in Cardiometabolic Health
S. Medenica (Montenegro)
- 11.00 a.m. - 11.40 p.m. Discussion
- 11.40 a.m. - 12.00 p.m. *Coffee break*
- 12.00 p.m. - 01.00 p.m. *Gomaa Prayer*
- 01.00 p.m. - 02.00 p.m. *Lunch*

New Frontiers in Metabolic Health: Updates on Diabetes, Obesity, Dyslipidemia and Cardiovascular Diseases

PROGRAMME

FRIDAY, 21ST NOVEMBER

SESSION VI - PREVENTION

Chairperson: **N. Al-Sayed** (Manama, BRN), **Z. Awan** (Jeddah, KSA),
S. Shaheen (Cairo, EG), **S. ElKaffas** (Cairo, EG),
N. Okasha (Alexandria, EG)

- 03.00 p.m. - 03.20 p.m. Preclinical atherosclerosis and prediction of future CV events: prevention strategies
S. Yamashita (Osaka, JP)
- 03.20 p.m. - 03.40 p.m. The cardio-nephro-metabolic syndrome: time to prevent
M. Selim (Arar, SA)
- 03.40 p.m. - 04.00 p.m. Prevention of diabetes: current insights
W. ElKilany (Cairo, EG)
- 03.00 p.m. - 03.20 p.m. Emerging Topics in Women's Cardiovascular Health
W. Ammar (Cairo, EG)
- 03.20 p.m. - 03.40 p.m. Metabolic liver disease (MASLD): overview and prevention
M. Sanhoury (Alexandria, EG)
- 03.40 p.m. - 04.00 p.m. Discussion

SESSION VII - MANAGING CARDIOMETABOLIC DISORDERS AT GLOBAL LEVEL

- 04.00 p.m. - 07.30 p.m. ROUNDTABLE DISCUSSION
D. H. Ryan (Louisiana, USA), **J. F. Raposo** (Lisboa, PT),
H. Kandil (Cairo, EG), **N. Farag** (Cairo, EG),
E. Farag (Sharqiyya, EG), **A. Fouad**
- 07.30 p.m. - 07.45 p.m. Discussion
- 07.45 p.m. - 08.00 p.m. Take Home message and Closing Remarks
W. Al Mahmeed (Abu Dhabi, UAE)
Z. Awan (Jeddah, KSA)
M. Rizzo (Palermo, IT)
M. Sobhy (Alexandria, EG)
M. Yacoub (London, UK)

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| Abdallah Khalifa | Alexandria, EG |
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| Badran Haitham | Cairo, EG |
| Barake Maya | Beirut, RL |
| Bendary Ahmed | Al Minufya, EG |
| El Etriby Adel | Cairo, EG |
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| Hassanein Mahmoud | Alexandria, EG |
| Hegazy Mona | Cairo, EG |
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| Khamis Hazem | Cairo, EG |
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| Okasha Nereen | Alexandria, EG |
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| Reda Ashraf | Al Minufya, EG |
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| Ryan Donna H. | Louisiana, USA |

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| Shaheen Sameh | Cairo, EG |
| Shaker Amin Fouad | Cairo, EG |
| Shawky Ahmed | Cairo, EG |
| Sobhy Mohamed | Alexandria, EG |
| Vrablik Michal | Prague, CZ |
| Wagdy Ayad Sherif | Alexandria, EG |
| Yacoub Magdi | London, UK |
| Yamashita Shizuya | Osaka, JP |
| Zaki Amr | Alexandria, EG |

New Frontiers in Metabolic Health: Updates on Diabetes, Obesity, Dyslipidemia and Cardiovascular Diseases

REGISTRATION - HYBRID EVENT

VIA WEBSITE AND/OR APP - HYBRID EVENT

Subscription to the Reserved Area and to the Event of your interest is required.

REGISTRATION IS FREE

RESIDENTIAL EVENT

Via website www.fondazione-menarini.com

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New Frontiers in Metabolic Health: Updates on Diabetes, Obesity, Dyslipidemia and Cardiovascular Diseases

GENERAL INFORMATION

VENUE

Fairmont Nile City
Nile City Towers 2005 B, Corniche El Nil, Ramlet Beaulac 2466 CAIRO Egypt

SECRETARIAT DURING THE MEETING

The Secretariat will be open at the following times:
Thursday, 20th November, from 8:45 a.m. to 6:35 p.m.
Friday, 21st November, from 9:00 a.m. to 8:00 p.m.

OFFICIAL LANGUAGE

The official language of the meeting is English.

REGISTRATION

Attendance at the meeting is free.
For more information and to register please visit the following website:
www.fondazione-menarini.com

TECHNICAL FACILITIES

Facilities will be available for computer presentations and overhead projections.
A Slide Center with PCs (Windows and Macintosh operating systems) will be available for Speakers to preview and finalize their presentations. Speakers are kindly requested to submit their presentations to the Slide Center technicians at least one hour before their talks.

LUNCH AND COFFEE BREAKS

Lunch breaks and open coffee station will be available on floor 3 in the designated area.

ATTENDANCE CERTIFICATE

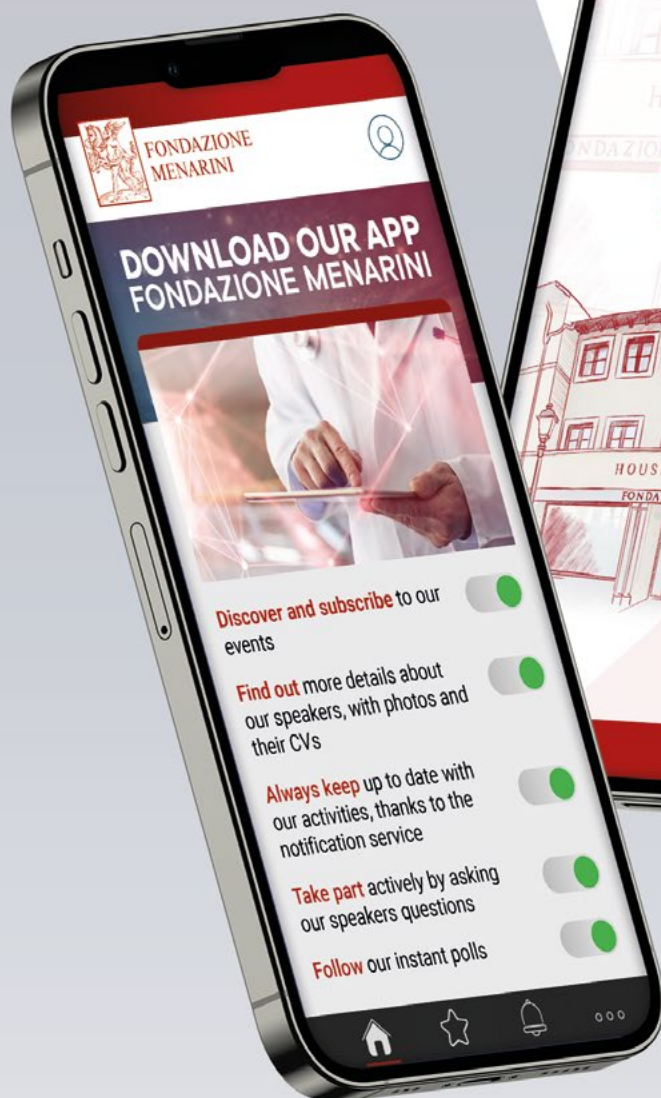
The attendance certificate will be provided via email after the meeting, upon request.

NOTES

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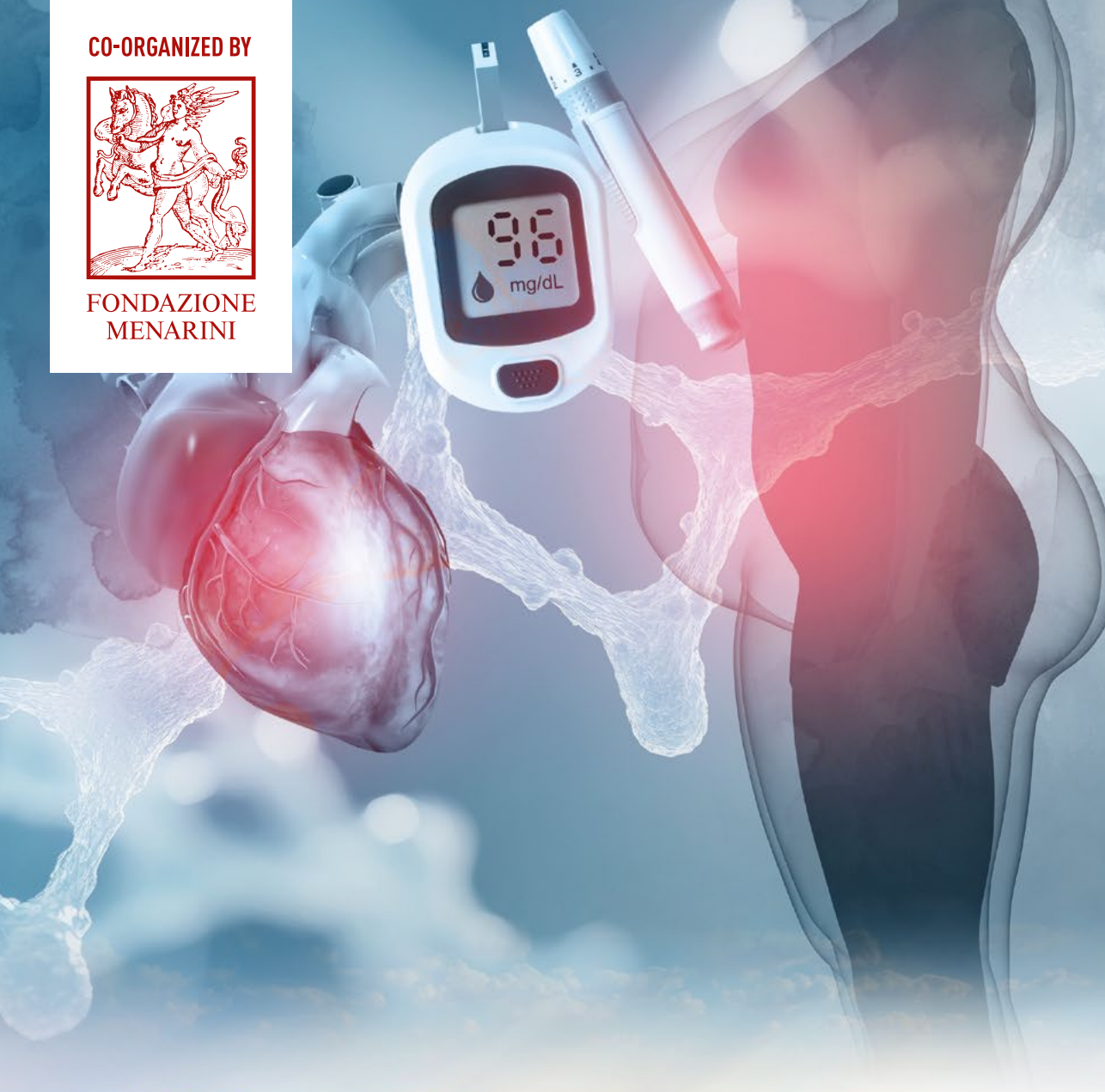
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