



The Arab Society of Therapeutic Nutrition
and Complementary Medicine

2ND

International Conference of the Arab Society of Therapeutic Nutrition and Complementary Medicine

Under Patronage of

- National Research Center
- Academy of Scientific Research and Technology
- Military Medical Academy

ASTN.CM

Integrated Approach to Obesity
Management and Aesthetic Medicine

23rd-24th March 2016

Conrad Cairo Hotel



Program



Welcome Message

Dear Colleagues,

We are delighted to invite you to participate in the 2nd International Conference of The Arab Society of Therapeutic Nutrition and Complementary Medicine (ASTN.CM) that will be held during 23rd & 24th of March 2016 in Cairo, Egypt, with the theme “Integrated Approach to Obesity Management and Aesthetic Medicine – from Science to Clinical Practice”.

Today, Obesity is becoming a serious social problem all over the world. The conference will provide an opportunity for students, healthcare professionals and scientists to exchange ideas on obesity research, prevention and management and to make new friends and networks.

Distinguished imminent figures and international famous scientists will be invited to present their original scientific works, and clinical practices. The meeting will provide a great opportunity to learn and interact with those scientists and healthcare professionals who are at the forefront of research in the fields of obesity and aesthetic medicine.

We have planned a series of plenary lectures, symposiums, panel discussions, case study and workshops to explore the multidisciplinary care of our patients and inter-professional learning.

We hope you will enjoy the meeting and that your interaction with your colleagues from the global community will stimulate a creative exchange of ideas or future collaborations.

We welcome you to an inspiring, educational and enjoyable program.

Prof. Maha Saber El Bardesi

Maha Saber El Bardesi

President of the Conference and the Society



Conference President

Prof. Maha Saber El Bardesi

President of Arab Society of Therapeutic Nutrition and Head of Complementary Medicine Department ASTN - CM

Conference Vice President

Prof. Maged El Shiekh

Head of Dermatology Department, Military Medical Academy

Secretary General of the conference and society

Prof. Hanan Said Ez-Elarab

Professor of Public health & Preventive Medicine, Ain Shams University

Scientific Committee Chairperson

Prof. Eitedal Dawood

Professor of Complementary Medicine Department, National Research Center

Organizing committee

Chairman

Prof. Moataza Shafei

Dr. Ahmad Gamal Elwahidy
Dr. Aliaa Abdelrahman Elgendy
Dr. Amira Medhat Mohamad
Dr. Aziza Ali Abdalla Said
Dr. Bassant Hamdy El-Refaei
Dr. Doaa Ismaeel Yosif
Dr. Ehab Ahmad Kamal
Dr. Eman Shawky
Dr. Hany Mahmoud Fares
Dr. Mai Abdelaziz Elsoudi
Dr. Mohamad Abdallah Abdel -Aziz

Dr. Mohamad Ahmad Sabry
Dr. Mona Abutaleb
Dr. Nashwa Khairy Ebada
Dr. Rasha Monir Abdella
Dr. Sarah Nabil Abo elnaga
Dr. Yasmin M. Ziada

«Alphabetical Order»



Wednesday
23rd March 2016



Registration



08:30 – 09:00



Session I



09:00 – 11:00

Chairmen

Prof. Hany El Nazer
Prof. Mohamed Elawadi
Prof. Nagwa Elwan
Prof. Said Shalaby

09:00 – 09:30

Updates in Fillers

Prof. Tahra Lehita

09:30 – 10:00

Updates in Botox

Prof. Yehia El Gareh

10:00 – 10:30

What is new in dermatological therapeutics and neutraceuticals

Prof. Assem Farag

10:30 – 10:45

Antidiabetic medications use in weight reduction

Prof. Abdel Khalek Hamed

10:45 – 11:00

Case study in intra gastric balloon

Prof. Ahmed Fouad Soliman



Wednesday
23rd March 2016



Opening Ceremony



11:00 – 12:00

Ashraf Shaalan

President of National Research Center

Mahmoud Sakr

President of Academy of Scientific Research and Technology

Ahmed Tawdi

President of Military Medical Academy

Ashraf Hatem

Chairman of the Supreme Council of Universities

Nabil El Araby

Secretary General of the League of Arab States

Hussein Khairy

Chairman of Medical Syndicate

Osama Azmy

Head of Medical Research Division – National Research Center

Mamdouh El Araby

Member of Union of Societies of qualitative health reform



Wednesday
23rd March 2016



Session II



12:00 – 01:15

Chairmen

Prof. Ayman El Zoghaby
Prof. Azza Abdel Shaheed
Prof. Mohsen Gad Allah
Prof. Nagwa Hassan

12:00 – 12:30	Relapse in obesity management Prof. Gianfranco Cappello
12:30 – 12:45	Sleep physiology in obese Prof. Tarek Assad
12:45 – 01:00	Effect of food on mood Prof. Amr Mattar
01:00 – 01:15	Oligoscan test – a new concept for nutrition practice Dr. Mohamed Mostafa Ghoz

01:15 – 01:30

Coffee Break



Wednesday
23rd March 2016



Session III



01:30 – 02:30

Chairmen

Prof. Abdel Aziz Kamal
Prof. Ashraf Azmi
Prof. Maged El Sheikh
Prof. Mai El Samahy

01:30 – 01:45	Eating disorders & obesity Prof. Enas Mogawer
01:45 – 02:00	Treatment of Localized Adiposities Prof. Mai El Samahy
02:00 – 02:15	Periorbital darkening treatment according to the cause Prof. Mahmoud Abdallah
02:15 – 02:30	Discussion



Wednesday
23rd March 2016



Session IV



02:30 – 04:00

Chairmen

Prof. Ahmed Shoman
Prof. Ehab Ragaey
Prof. Khalid El Manebawy
Prof. Mohamed Saad

02:30 – 02:50

VLCD – saint or sinner
Prof. Gianfranco Cappello

02:50 – 03:10

Osteopathy – Tips & Practice
Prof. Hisham Khalil

03:10 – 03:25

Weight control for diabetic patients
Prof. Nebal Abdel Rahman

03:25– 03:45

Dental health and Obesity
Prof. Basma Mostafa Zaki

03:45 – 04:00

Green tea and Skin
Prof. Wael Souedy



Wednesday
23rd March 2016



Session V



04:00 – 05:30

Chairmen

Prof. Assem Ashraf
Prof. Gamal Abdel Naser
Prof. Hala Raslan
Prof. Heba Shafaey
Prof. Mohamed Marawan

04:00 – 04:30	Updates in treatment of post Acne Scar Prof. Maged El Shiekh
04:30 – 04:45	The role of gut microbiota in obesity Prof. Laila Hussein
04:45 – 05:00	Effective and Safe aerobic training for Body Fat reduction Prof. Farag Abdel Moneim Ali
05:00 – 05:15	Development of Vaccine to prevent obesity Prof. Noha Nagy
05:15- 05:30	Belly fat Prof. Hanan Ez-Elarab
05:30- 05:45	Closing

05:45

Lunch



Thursday
24th March 2016



Complementary medicine

Workshops



09:00 – 03:30

09:00 – 12:00

Needle and Laser Acupuncture

12:00 – 12:30

Coffee Break



12:30 – 03:30

Reshaping & lipolysis with Mesotherapy

03:30 - 04:30

Lunch





Thursday
24th March 2016



Dermatology

Workshops



08:00 – 05:30

Workshops will be Moderated by

Prof. Dr. Maged El Shiekh

08:00 – 09:00

PRP

09:00 – 10:00

Needling (dermapen , dermaroller)

10:00 – 12:00

Laser (fractional CO2 , Gental Las(Nd yag) ,Gental Las(alexandrite)

12:00 – 12:30

Coffee Break

12:30 – 01:15

Mesotherapy

01:15 – 01:30

Carboxy Therapy

01:30 – 02:30

Botox

02:30 – 03:30

Filler

03:30 - 04:30

Lunch

04:30 - 05:30

Threading (Silhouette)

WE OWE YOU PERFECTION



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