

# 9<sup>th</sup> International Diabetes and Ramadan Conference 2023



Diabetes and Ramadan;  
updates 2023

February 4<sup>th</sup>-5<sup>th</sup>, 2023

Regent plaza hotel, karachi

08:00 - 09:00	Onsite registration followed by breakfast
09:00 - 10:00	Inauguration and Opening of Exhibition <b>Moderator:</b> M. Saif Ulhaque
<b>SESSION 01</b>	
<b>Moderator:</b> Musarrat Riaz	
<b>Chairpersons:</b> Ejaz Vohra, Akhtar Baloch	
10:00 - 10:25	Intermittent fasting: Do or Do not? <b>Abdul Jabbar (UAE)</b>
10:25 - 10:50	DAR Global Survey; recent trends <b>M Hassanein (UAE)</b>
10:50 - 11:15	Does pre-ramadan education matter? <b>Yakoob Ahmedani (PAK)</b>
11:15 - 11:40	Cultural adaptations of the diabetes and ramadan nutrition plan - localizing diet plans <b>Salma Mehar (UK)</b>
11:40 - 12:00	<i>Panel Discussion</i>
12:00 - 13:00	<i>Satellite Symposium - Horizon Pharmaceuticals (PVT) Ltd.</i>
13:00 - 14:30	<i>Diet Workshop/ Lunch/ Prayer break</i>
<b>SESSION 02</b>	
<b>Moderator:</b> Zahid Miyan	
<b>Chairpersons:</b> A Sattar Essa, Kareem Kamaruddin	
14:30 - 14:55	Non - Insulin injectable therapy <b>Khaled Tayyeb (KSA)</b>
14:55 - 15:20	Latest guidelines for oral therapy <b>Tarik Elhadd (QA)</b>
15:20 - 15:30	<i>Panel Discussion</i>
<b>SESSION 03</b>	
<b>Moderator:</b> M Zafar I Abbasi	
<b>Chairpersons:</b> Qamar Masood, Imran Hassan	
<b>DEBATE</b>	
15:30 - 16:00	Fasting in people with high IDF - DaR risk score is unsafe? (for): <b>Atif Munir (PAK)</b> (against): <b>M. Saif Ulhaque (PAK)</b>
16:00 - 16:10	<i>Panel Discussion</i>
<b>SESSION 04</b>	
<b>Moderator:</b> Faiza Aslam	
<b>Chairpersons:</b> Tarik Elhadd, Aisha Shaikh	
16:10 - 17:10	Free Papers

SCIENTIFIC PROGRAM - DAY 01, Saturday 4<sup>th</sup> Feb, 2023



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09:00 - 09:30 Diet Workshop

## SESSION 05

**Moderator:** Asher Fawwad

**Chairpersons:** Jameel Ahmed, Najmul Islam,  
Abdul Basit

09:30 - 09:55 Is it safe to fast during pregnancy?  
**Shabeen Naz Masood (PAK)**

09:55 - 10:20 Fasting as a strategy for prevention, treatment and cure of diabetes  
**Peter Schwarz (DE)**

10:20 - 10:45 Should patients with CVD and CKD fast?  
**Rayaz A Malik (QA)**

10:45 - 11:00 *Panel Discussion*

11:00 - 11:30 *Satellite Symposium - Novo Nordisk Pharmaceuticals (PVT) Ltd.*

11:30 - 12:00 *Tea break*

## SESSION 06

12:00 - 13:00 Interactive session with Islamic scholar  
**Mufti Najeebullah Khan**

13:00 - 14:00 *Satellite Symposium - Sanofi Pharmaceuticals (PVT) Ltd.*

14:00 - 15:00 *Lunch / Prayer break*

## SESSION 07

**Moderator:** Asima Khan Niazi

**Chairpersons:** M. Zaman Shaikh, Yahya Aziz

15:00 - 15:25 Fasting and brain health  
**Abdul Wasay (PAK)**

15:25 - 15:50 Evidence behind use of different types of insulin in people with type 2 diabetes  
**Umar Yousuf Raja (PAK)**

15:50 - 16:15 Fasting by young people with diabetes: ISPAD guidelines 2022  
**Amir Babikar (KSA)**

16:15 - 16:30 *Panel Discussion*

16:30 *Closing Ceremony*

SCIENTIFIC PROGRAM - DAY 02, Sunday 5<sup>th</sup> Feb, 2023

