



14<sup>Th</sup> Diabetes & Ramadan  
International Alliance  
Conference

New DaR-ADA-IDF Ramadan  
Guidelines



Scientific  
Agenda

5-6 DECEMBER 2025

Conrad Hotel  
Dubai, UAE

MANAGED BY  
**ICOM**  
Business with Intelligence!



Day 1

5 DECEMBER  
2025

12:30-14:00

**Registration & Lunch**

14:00-14:15

**Opening Ceremony**

14:15-14:30

**DaR President Welcome Remarks**

**14:30-15:45**

**Session 1: Understanding Diabetes and Ramadan**

**Moderators**

**Nuha El-Sayed - Peter Schwarz**

14:30-14:45

Fasting and Diabetes; Why should Diabetes Societies Care

[Nuha El-Sayed - Peter Schwarz](#)

14:45-15:00

Physiological Changes during Ramadan for people with Diabetes

[Moez Al-Islam Faris](#)

15:00-15:15

Fasting Trends in people with diabetes over the last 25 years

[Abduljabbar](#)

15:15-15:30

Cultural and Regional Differences in Diabetes and Ramadan Fasting

[Rachid Malik](#)

15:30-15:45

Practice and Knowledge of Ramadan DM Management in Morocco

[Hinde Iraqi](#)

**15:45-16:00**

**Industrial Slot - Boehringer Ingelheim**

**16:00-16:15**

**Coffee Break**

**16:15-17:30**

**Session 2: Fasting Risks in People with Diabetes; The Evidence**

**Moderators**

**Hussein Saadi - Mehmet Akif Buyukbese**

16:15-16:30

Is hyperglycemia a risk for fasting?

[Inass Shaltout](#)

16:30-16:45

Is age or duration of diabetes a risk for fasting?

[Zanariah Hussain](#)

16:45-17:00

Does the presence of microalbuminuria or CKD increase the risk of fasting?

[Alaa Albashir](#)

17:00-17:15

Number of Microvascular Complications and risk for fasting in PWD?

[Mohamed Hassanein](#)

17:15-17:30

Is macrovascular disease a risk for fasting in PWD?

[Ines Khotchali](#)



Day One 5 DECEMBER 2025

17:30-17:45

Industrial Slot - Medtronic

17:45-18:00

Coffee Break

18:00-19:00

*Session 3: Pre-Ramadan Assessment*

Moderators

**Abdelrazzaq Almadani - Inass Shaltout**

18:00-18:15

New DaR Risk Calculator  
Bachar Afandi

18:15-18:30

Road map for risk reduction  
Mohamed Hassanein

18:30-18:45

Pre-fasting Education; when, where, and why?  
Muhammad Yakoob Ahmadani

18:45-19:00

Blood glucose monitoring: When, How frequent  
and Why?  
Luqman Ibrahim

19:00 - 19:15

CGM can reduce the fasting risk: True or Myth?  
Nader Lessan

19:15

Closing Remarks



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# Day 2



# 6 DECEMBER 2025

8:00-9:00

**Registration**

**9:00-10:00**

**Session 4: Microvascular Complication in Ramadan:  
New Research and Practical Tips**

**Moderators**

**Alaa Albashir - Jumaa Alkaabi**

9:00-9:15

Retinopathy and Fasting  
Bachar Afandi

9:15-9:30

Diabetic Foot Disease/Neuropathy and Fasting  
Rayaz Malik

9:30-9:45

CKD in T1D DaR Study  
Sameh Odhaib

9:45-10:00

CKD - Case Scenario  
Yousef Boobos

**10:00-11:00**

**Session 5: T2D and Fasting; The evidence and  
Clinical Tips**

**Moderators**

**Mohamed Fraghaly - Samy Kenz**

10:00-10:15

SU or SGLT2i or Multiple OHG  
Elamin Abdelgadir

10:15-10:30

GLP1R/GIP injectable or Oral  
Wasim Hanif

10:30-10:45

Insulin in T2D  
Khadija Hafidh

10:45-11:00

Panel Discussion

**11:00-11:25**

**Industrial Slot - Sanofi**

**11:25-11:50**

**Industrial Slot - Lilly**

**11:50-12:05**

**Coffee Break**



**Day Two** 6 DECEMBER 2025

12:05-13:05

**Session 6: T1D in Ramadan From Theory to Practice**

**Moderators**

**Asma Deeb - Walid Kaplan**

12:05-12:20

Insulin Pump Technology Can Reduce Fasting Risks in Ramadan? True or Myth  
Nancy Elbarbary

12:20-12:35

Insulin Pump in Ramadan: Practical Case Scenarios  
Mohamed Al-Sufyani

12:35-12:50

T1D in Ramadan Clinical Basal Bolus Case Scenarios  
Reem Elamoudi

12:50-13:05

T1D in Ramadan Clinical Pre-Mix Insulin Case Scenarios  
Nazeer Mohamed

13:05-13:30

**Industrial Slot - Servier**

13:30-14:30

**Lunch Break**

14:30-15:15

**Session 7: CVD and DM in Ramadan: From Theory to Practice in Ramadan**

**Moderators**

**Nadeema Shagum - Zanariah Hussain**

14:30-14:45

CVD Medications in Ramadan  
Fauzia Rashid

14:45-15:00

Heart Failure and fasting  
Hani Sabbor

15:00-15:15

Smoking and fasting; a challenge or an opportunity  
Mohamed Hassanein

15:15-15:30

**Coffee Break**



Day Two 6 DECEMBER 2025

15:30-16:30

**Session 8: Ramadan Nutrition and Exercise**

**Moderators**

**Daniela Koppold - Sara Suliman**

15:30-15:45

RNP Quiz: Calorie-Carbs  
Nissak Barakatun

15:45-16:00

Exercise in Ramadan: Do's and Don'ts  
Yousef Saleh

16:00-16:15

Obesity in Ramadan; Inevitable or preventable?  
Osama Hamdy

16:15-16:30

Digital Technology and Ramadan -Apps  
Sueziani Bint Zainuldin

16:30-17:15

**Medico-Religious Aspect in Ramadan  
Open Forum Discussion**

**Moderators**

**Mohamed Hassanein**

16:30-16:45

The Person with Diabetes Perspective  
Gaman Mohamed

16:45-17:00

The Imam  
Mohamed AlKobaisy

17:00-17:15

The Doctor  
Salem Beshyah

17:15

**Closing Remarks**



**Day Two** 6 DECEMBER 2025