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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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19th-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.

Zuhier Awan
Manfredi Rizzo
Mohamed Sobhy
Magdi Yacoub

PRESIDENTS OF THE MEETING:

Zuhier Awan

King Abdulaziz University (Jeddah, KSA)

Manfredi Rizzo

University of Palermo (Palermo, IT)

President-Elect CEDA 2026-2030

Mohamed Sobhy

Alexandria University (Alexandria, EG)

Magdi Yacoub

Imperial College London (London, UK - Cairo, EG)

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SCIENTIFIC AND ORGANIZING SECRETARIAT

Collage S.p.A.

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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

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
Z. Awan (Jeddah, KSA)
M. Rizzo (Palermo, IT)
M. Sobhy (Alexandria, EG)
M. Yacoub (London, UK - Cairo, EG)- *Virtual*

09.30 a.m. - 10.00 a.m. **Fondazione Menarini - G. Caracciolo** (Florence, IT)
KEY LECTURE: Equity in Health Care Delivery
M. Yacoub (London, UK - Cairo, EG)- *Virtual*

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), **M. Sobhy** (Alexandria, EG),
M. Yacoub (London, UK - Cairo, EG) - *Virtual*

- 10.00 a.m. - 10.20 a.m. Diabetes as a global problem: what to implement
N. Gaber Amin (Alexandria, EG)
- 10.20 a.m. - 10.40 a.m. Combination therapy with SGLT2i and GLP-1RAs: what's the evidence?
M. Reda Halawa (Cairo, EG)
- 10.40 a.m. - 11.00 a.m. Comparative effectiveness and tolerability of incretin mimetics in T2DM
N. Gaber Amin (Alexandria, EG)
- 11.00 a.m. - 11.20 a.m. New insights in glucose monitoring in type 2 diabetes
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. - 12.15 p.m. *Coffee break*

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

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),

- 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. Salah Eldin Taha Abdelhalim (Cairo, EG)
- 01.15 p.m. - 01.35 p.m. Therapeutical innovation in obesity
A. Janez (Ljubljana, SLO)
- 01.35 p.m. - 01.55 p.m. Integrative Endocrine Approach to Obesity: Beyond Weight Loss Toward Metabolic Health Restoration
M. A. Elsherif Ibrahim ElSherif (Doha, 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. ElKelany** (Cairo, EG), **H. Ragy** (Cairo, EG),
M. Loutfi (Alexandria, EG)

- 03.15 p.m. - 03.35 p.m. What Defines Optimal Lipid Therapy Following Acute Coronary Syndromes in 2025?
S. Elkaffas (Cairo, EG)
- 03.35 p.m. - 03.55 p.m. What to Target - Triglycerides, HDL or Remnant Cholesterol?
S. Karim (Cairo, 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)

- 05:15 p.m. - 05:35 p.m. Diabetic dyslipidemia: a modern approach
M. Reda Halawa (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. - 07:00 p.m. Closing remarks of the first day
Z. Awan (Jeddah, KSA)
M. Rizzo (Palermo, IT)
M. Sobhy (Alexandria, EG)
M. Yacoub (London, UK)- *Virtual*
- 07:00 p.m. - 07:15 p.m. Survey event: Appreciation survey with certificate

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),
S. Wagdy Ayad (Alexandria, EG), **A. Bendary** (Benha, EG)

- 09.00 a.m. - 09.20 a.m. Current management of atherosclerotic cardiovascular disease
M. Hassanein (Alexandria, EG)
- 09.20 a.m. - 09.40 a.m. Inflammation and atherosclerosis
E. Farag (Cairo, EG)
- 09.40 a.m. - 10.00 a.m. Community engagement to address the syndemic of CVD
M. Sadaka (Alexandria, EG)
- 10.00 a.m. - 10.20 a.m. Modern Management of Heart Failure
A. Shawky (Cairo, EG)
- 10.20 a.m. - 10.40 a.m. Diabetes, Obesity and CVD: a future perspective
A. Bendary (Benha, EG)
- 10.40 a.m. - 11.00 a.m. Emerging Therapies and Technologies in Cardiometabolic Health
S. Medenica (Podgorica, MNE)
- 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: **Z. Awan** (Jeddah, KSA), **S. ElKaffas** (Cairo, EG),
N. Okasha (Alexandria, EG), **A. Shawky** (Cairo, EG)

- 02.00 p.m. - 02.20 p.m. Experiences of Selective PPAR α Modulator Pemafibrate for Treatment of Dyslipidemia in Japan
S. Yamashita (Osaka, JP)
- 02.20 p.m. - 02.40 p.m. The cardio-nephro-metabolic syndrome: time to prevent
M. Seleem (Cairo, SA)
- 02.40 p.m. - 03.00 p.m. Prevention of diabetes: current insights
W. ElKilany (Cairo, EG)
- 03.00 p.m. - 03.20 p.m. Metabolic liver diseases (MASLD): overview and prevention
M. Hegazy (Cairo, EG)
- 03.20 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. Reda** (Al Minufya, EG)
- 07.30 p.m. - 07.45 p.m. Discussion
- 07.45 p.m. - 08.00 p.m. Take Home message and Closing Remarks
Z. Awan (Jeddah, KSA)
M. Sobhy (Alexandria, EG)
M. Yacoub (London, UK)- *Virtual*
- 08.00 p.m. - 08.15 p.m. Survey event: Appreciation survey with certificate

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

FACULTY

Awan Zuhier	Jeddah, KSA
Barake Maya	Beirut, RL
Bendary Ahmed	Al Minufya, EG
El Etriby Adel	Cairo, EG
El Noamany Mohamed	Al Minufya, EG
Elhadidy Amr	Cairo, EG
ElKaffas Sameh	Cairo, EG
ElKelany Wael	Cairo, EG
ElMagd Ayman Abo	Cairo, EG
Elrayess Mohamed	Doha, QA
Mohamed Aly Elsherif Ibrahim ElSherif	Doha, QA
Farag Elsayed	Sharqiyya, EG
Farag Nabil	Cairo, EG
Hassanein Mahmoud	Alexandria, EG

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Hegazy Mona	Cairo, EG
Janez Andrej	Ljubljana, SLO
Kandil Hossam	Cairo, EG
Loutfi Mohamed	Alexandria, EG
Medenica Sanja	Podgorica, MNE
Noha Gaber Amin	Alexandria, EG
Ragy Hany	Cairo, EG
Raposo João Filipe	Lisboa, PT
Reda Ashraf	Al Minufya, EG
Reda Halawa Mohamed	Cairo, EG
Rizzo Manfredi	Palermo, IT
Ryan Donna H.	Louisiana, USA
Sadaka Mohamed	Alexandria, EG
Salah Eldin Hisham	Cairo, EG

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Seleem Mohamed Cairo, EG

Shawky Ahmed Cairo, EG

Sobhy Mohamed Alexandria, EG

Wagdy Ayad Sherif Alexandria, EG

Yacoub Magdi  London, UK - Cairo, EG

Yamashita Shizuya Osaka, JP

Zaki Amr Alexandria, EG

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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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Wait for the confirmation, check your email and activate your account by clicking on the link in the email we sent you and then click on “GO TO SIGN IN”. Once you verify your account via email, return to the home page to log into the reserved area.

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REGISTRATION - LIVE STREAMING

LIVE STREAMING

Via website www.fondazione-menarini.com

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VIA FONDAZIONE MENARINI APP

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Please feel free to contact us if you need any further information or require any assistance, by clicking on the link below:

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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 7:15 p.m.
Friday, 21st November, from 9:00 a.m. to 8:15 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

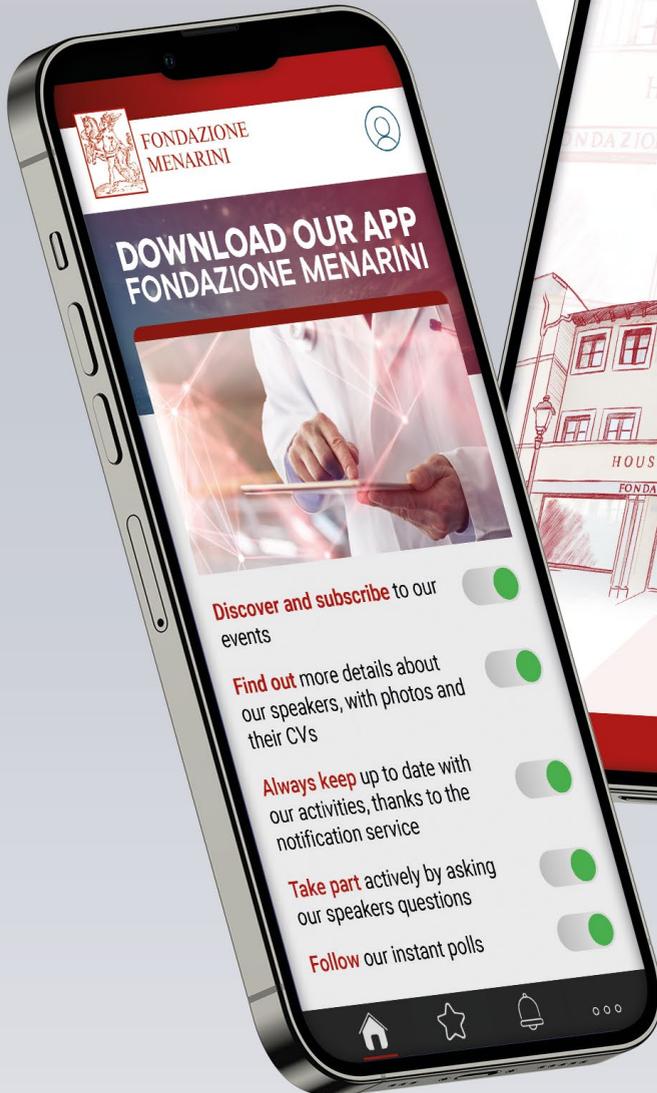
Lunch breaks and open coffee station will be available on floor 3 in the designated area.

ATTENDANCE CERTIFICATE AND SURVEY

At the end of each day, faculty members and participants will have the possibility to answer a short appreciation questionnaire accessible using the QR code projected on the screen. After completing the survey it will immediately be possible to download the Attendance Certificate which can be kept, printed and shared.



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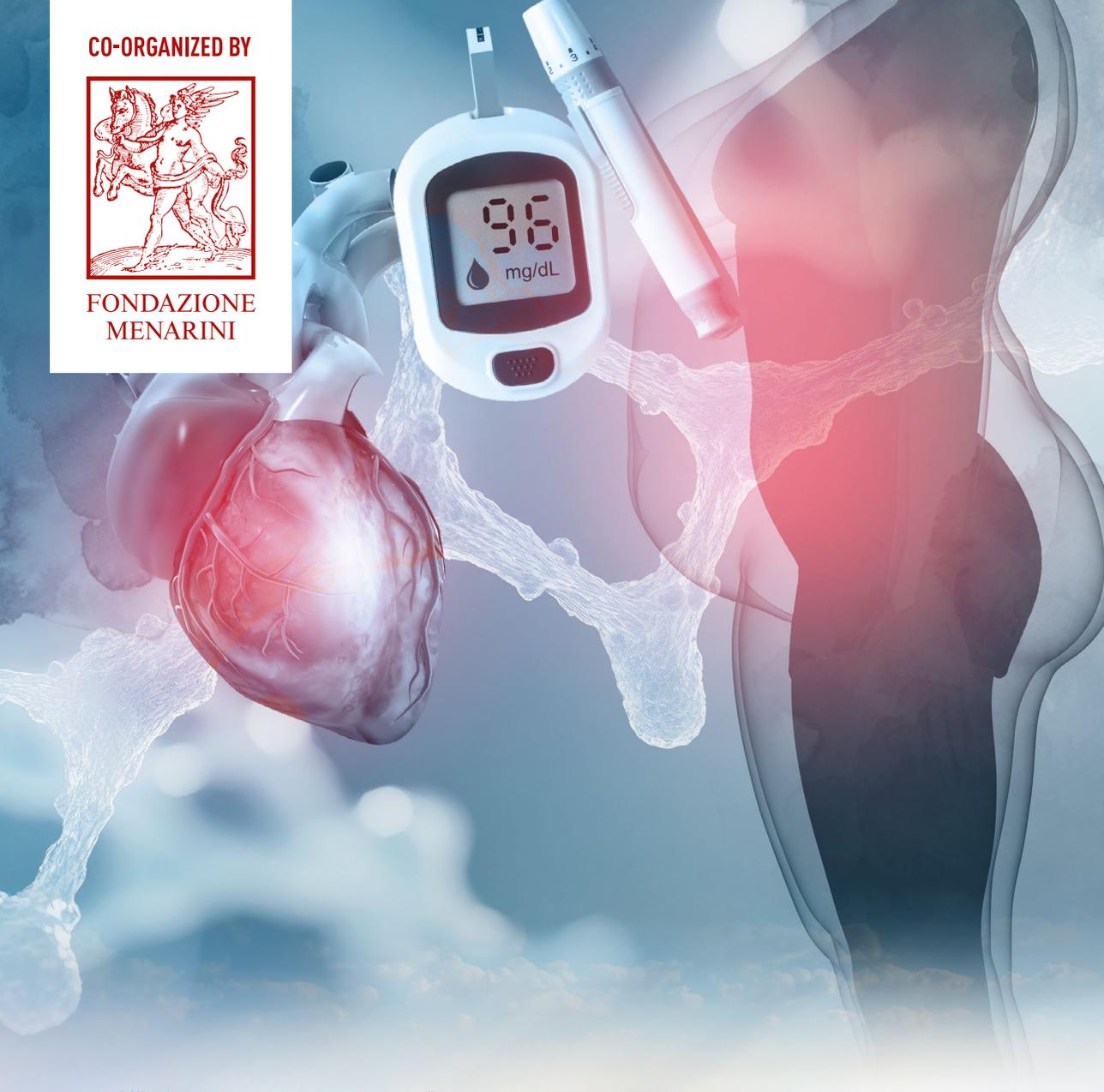
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