



7th KUWAIT PRIMARY HEALTH CARE CONFERENCE

AGENDA DAY 1

WEDNESDAY, 12 NOVEMBER 2025

Time	Lecture	Speaker
07:00 - 08:00	Registration	
Moderators: Dr. Taibah AlHasan/ Dr. Ghada Alseddeeqi / Dr. Sara AlSuhaibi		
08:00 - 08:30	Teen Talk: Understanding the Modern Adolescent Mind and Body	Dr. Aliaa Sadeq - Kuwait
08:30 - 09:00	Early diagnosis and intervention in autism spectrum disorder: practice in Kuwait and future plans	Dr. Konstantinos Fransis - Greece
09:00 - 09:30	Little patients, big decisions: Managing pediatric surgical emergencies	Dr. Abdullah Rajab - Kuwait
09:30 - 10:00	From Playground to Pain: Diagnosing Pediatric Limping	Dr. Saleh Alsaif - Kuwait
10:00 - 11:00	Opening Ceremony	
Moderators: Dr. Abbas Marafi / Dr. Nada Alamiri / Dr. Fai Al Najdi		
11:00 - 11:30	Ears Wide Open: Screening, Diagnosis & Interventions for Hearing Loss	Dr. Fahad Alfahad - Bahrain
11:30 - 12:00	Eyes on the Prize: Early Detection & Management of Pediatric Strabismus	Dr. Ahmed Al-Foudari -Kuwait
12:00 - 12:30	Prayer/Coffee break	
Moderators: Dr. Zahraa Almohri/ Dr. Ebtehal Almuhaimeed/ Dr. Maram Jerkhi		
12:30 - 13:30	Numbers That Matter: What UK Healthcare Indicators Reveal About Patient Care	Prof. James Kingsland - UK
13:30 - 14:00	Safe Conversations: The Art of STD Counseling	Dr. Fayez Al Tharban - Kuwait
14:00 - 14:30	Veins in Vain? Managing Varicosities in Primary Care	Dr. Ahmad Amir- Kuwait
14:30 - 15:00	Coffee break	
Moderators: Dr. Sarah Al-Jazzaf/ Dr. Walaa Alfailakawi/ Dr. Noor Alnebari		
15:00 - 16:00	Healing Together: The Transformative Power of Peer Support	Dr. Mohan Sekeram - UK
16:00 - 16:30	Eat, Move, Think: How Daily Choices Rewrite your Health Code	Dr. Saleh Alrajhi - Saudi Arabia
Moderators: Dr. Sara AlHammouri / Dr. Sara Alabdulhadi / Dr. Daliah Almurjan / Dr. Fay Khaled Alajeil		
16:30 - 17:00	The Invisible Threat: Protecting Patients from Endocrine-Disruptors	Dr. Aysha Alfahad - Kuwait
17:00 - 17:30	Muscle, Myths, and Medicine: The Truth About Anabolic Hormones	Dr. Ahmed Alhashemi - Kuwait
17:30 - 18:00	Turning Back the Clock: Can Chronic Disease Really Be Reversed	Dr. Ebaa Al Ozairi -Kuwait



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AGENDA DAY 2

THURSDAY, 13 NOVEMBER 2025

Time	Lecture	Speaker
07:00 - 08:00	Registration	
Moderators: Dr. Mai Al Othman/ Dr. Omar Alshammari/ Dr. Abdulaziz Emad Alhajri		
08:00 - 08:30	Mind Matters: A Stepwise Approach to Dementia in Primary Care	Dr. Batoul Alwazan - Kuwait
08:30 - 09:00	Strength Lost, Strength Regained: The Sarcopenia Challenge	Dr. Sultan Alqadiri - Kuwait
09:00 - 09:30	Caring for the Carer: Support Systems in the Digital Age	Dr. Walid Alkeridy - Saudi Arabia
09:30 - 10:00	Brittle No More: Strategies for Osteoporosis Prevention & Treatment	Dr. Nadia Alali - Kuwait
10:00 - 10:15	Coffee break	
Moderators: Dr. Sanaa Almansour/ Dr. Anwar Alsayegh/ Dr. Sumanah AlJazzaf		
10:15 - 10:45	Role of hormonal contraception in cycle regulations	Prof. Gamal Mustafa - Egypt
10:45 - 11:15	Caring for Her Mind: Women's Mental Health in Focus	Dr. Aseel Al-Ibrahim - Kuwait
11:15 - 11:45	Beyond the Surface: Psoriasis as a Systemic Condition	Dr. Atlal Al-Lafi - Kuwait
11:45 - 12:15	Allergy Unmasked: Precision in Testing and Diagnosis	Dr. Eman Alselahi - Kuwait
12:15 - 12:45	Prayer/Coffee break	
Moderators: Dr. Mariam Alqattan/ Dr. Ohoud Alotaibi		
12:45 - 13:15	Understanding the Trembling Patient: When to Refer, What to Do	Dr. Meshal Abulmelh - Kuwait
13:15 - 13:45	The Headache Puzzle: Triggers, Types, and Treatment	Prof. Jasem Alhashel - Kuwait
13:45 - 14:45	From Chaos to Clarity: Managing Change in a Connected World	Dr. Lavan Baskaran - UK
14:45 - 15:00	Coffee break	
Moderators: Dr. Hanan Alfedhala/ Dr. Barjas Almutairi/ Dr. Mariam Farah Wais		
15:00 - 16:00	Probiotics: Hype or Hope? Separating Fact from Fiction	Dr. Charles Andrews- UK
16:00 - 17:00	Smarter Screening: Cutting-Edge Tools for Early NCD Detection	Dr. Dalal Alhajeri - Kuwait



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AGENDA DAY 3

FRIDAY, 14 NOVEMBER 2025

Time	Workshop	Workshop
08:30 - 11:30	Mini CBT - Dr. Fadhel Khashawi	Bed Bound - Dr. Ali Alqattan
08:30 - 10:30	EGG and Defibrillation - Dr. Ali Jawad	
10:30 - 11:30	The role of CGM in primary care setting - A Guided Interpretation - Dr. Ahmad Esmaeel	
11:30 - 12:30	Prayer/Coffee break	

Track 1 Dr. Omar AlAsiri / Dr. Ahmad Almohammad

Time	Lecture	Symposium Co
12:30 - 13:00	Advancing Towards a Simplified Approach in T2DM Management	Dr. Abdulnabi Alattar Kuwait
13:00 - 13:30	unmet need in acid suppression	Dr. Talal Al -Taweel Kuwait
13:30 - 14:00	Semaglutide and Cardiometabolic Health	Dr. Naela Almazeedi Kuwait
14:00 - 14:30	The CKD Journey - from diagnosis to treatment	Dr. Abdulrahman Alkandari Kuwait
14:30 - 15:00	Mastering Lipids and Minimizing Risk: Pitavastatin's Power in Cardiovascular Protection and Diabetes Safety	Dr. Ahmed Alsarraf Kuwait
15:00 - 15:15	Coffee break	

Moderators: Dr. Batool Abdulrazzaq / Dr. Saja Alduraiei

15:15 - 15:45	Rethinking Cardiovascular Risk and pursuing the lowest LDL-C	Dr. Dalia Al Sanea Kuwait
15:45 - 16:15	steroid use in common pediatric respiratory diseases	Dr. Ahmed Almosawi Kuwait
16:15 - 16:45	Presentation Title: "Practical Aspects in PNE Management"	Dr. Michel E. Jabour Lebanon
16:45 - 17:15	Closing the gap in Osteoporosis care: Early detection to effective treatment	Dr. Shaymaa Al Anezi Kuwait

17:45 -18:45

Closing Ceremony

Track 2 Dr. Yousef Alrumaih/ Dr. Abdulrahman Bouhamra

Time	Lecture	Speaker
12:30 - 13:00	Guideline-informed screening for heart failure in asymptomatic adults with diabetes, Leveraging the Power of Primary Care	Dr. Emaddin Kidher UK
13:00 - 14:00	Translating Tirzepatide Long term data to clinical practice	Dr. Ahmad Esmaeel Kuwait Dr. Aysha Alfahad Kuwait
14:00 - 14:30	From Wheezing to Wellness: Tackling Asthma in the Frontlines	Dr. Mohammad I Ghanbar - Kuwait
14:30 - 15:00	Revolutionizing the management of HTN CKD patients	Dr. Dalal AlHajery Kuwait
15:00 - 15:15	Coffee break	

Moderators: Dr. Maryam Abughaith / Dr. Abrar Alkhazi

15:15 - 15:45	Vitamin D and skeletal health	Dr. Thamer Alessa Kuwait
15:45 - 16:15	The Burden of Dyslipidemia, Prevent the 1 st Event	Dr. Mousa Akbar Kuwait
16:15 - 16:45	Enhancing Hypertension Control: Clinical Benefits Of Dual Therapy in Cardiovascular Risk Reduction	Dr. Abdulhamied Alfaddagh Kuwait
16:45 - 17:15	Herpes Zoster: Current Perspectives on Risk, Severity, & Prevention	Dr. Mohamed Alsalem Kuwait
17:15 - 17:45	Beyond Monitoring: Predictive CGM for Proactive Care	Dr. Basel Sarhan Jordan