

**2nd Middle East  
Practical Diabetes Meeting**

May 2-3, 2018 - Royal Scientific Society, Amman, Jordan

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**Day 1: May 2, 2018**

**9h00 Welcome Note by chairpersons**

**Session 1: Diabetes 2018: recent advances and perspectives**

*Diabetes in the World & in the Middle East*

*What's new in diagnostics and biomarkers?*

*Development of New Antidiabetic Drugs & New Generation of Insulins*

**Prevalence of diabetes and prediabetes in Jordan and arab countries**

**Kamel Ajlouni**, *Director of the National Center for Diabetes, Endocrinology & Genetics, Jordan*

**Diabetes 2018: where are we now? What are the strategies?**

TBC

**Diabetes 2018: Therapeutic strategies and novelties**

TBC

**Body fat distribution as a determinant of cardiovascular risk and insulin resistance in reproductive and post-menopausal Arab women**

**Jumana Saleh**, *Sultan Qaboos University, Oman*

**Gut microbiota and diabetes: strategies to modulate the diversity and quality**

**Marvin Edeas**, *Institut Cochin, Université Paris Descartes, France*

**Hypogonadism in patients with type 2 Diabetes Mellitus**

**Nahla Khawaja**, *The National Center for Diabetes, Endocrinology and Genetics/The University of Jordan, Jordan*

**What about dysglycemia: recent scientific advances and perspectives**

**Mousa Abujbara**, *The National Center for Diabetes, Endocrinology and Genetics/The University of Jordan, Jordan*

**Short oral presentations**

**Evaluation of freestyle libre flash glucose monitoring on glycemic control, health-related quality of life and fear of hypoglycemia in patients with type 1 diabetes**

**Ayman Al Hayek**, *Prince Sultan Military City, Saudi Arabia*

*12h30 Lunch Break*

## **Session 2: Practical Diabetes Workshop 1**

### **Diabetic Neuropathy 2018: All you need to know from A to Z**

**14h00 – 17h00**

#### **Introduction: The prevalence and risk factors of peripheral neuropathy among patients with type 2 diabetes mellitus**

**Nahla Khawaja**, *The University of Jordan, Jordan*

#### **Current concepts in the pathogenesis, diagnosis, and treatment of diabetic neuropathy** **Dan Ziegler**, *Head of Neuropathy, German Diabetes Center at Heinrich Heine University, Germany*

- Role of oxidative stress in the development and progression of diabetic neuropathy
- Novel biomarkers for diabetic neuropathy focusing on oxidative stress and inflammation
- Tools for screening and clinical diagnosis of diabetic polyneuropathy
- Novel methods to assess small nerve fiber pathology (skin biopsy, corneal confocal microscopy)

*15h15 Coffee Break*

- Current evidence for causal treatment (glycemic control, multifactorial risk intervention)
- Role of pathogenetic treatments under particular consideration of oxidative stress
- Evidence based management of neuropathic pain

**17h00 Discussion**

**17h15 End of the first day**

### **20h00 Targeting Diabetes Dinner**

You can register to the dinner online.

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## **Day 2: May 3, 2018**

### **8h55 Opening of the second day**

### **Session 3: Practical Diabetes workshop 2**

#### **Diabetes Foot Infections: From the detection to the clinical strategies**

9h00 – 12h00

***Eric Senneville, Head of Department of Infectious Diseases at Dron Hospital, Tourcoing, France***

#### **General Introduction**

- Burden of the disease
- Physiopathology of diabetic foot infections

#### **Clinical presentations of diabetic foot infections**

- Diabetic foot wound: how to suspect infection and to classify it?
- What assessment of a patient presenting with a foot infection?
- Soft tissue versus bone infection of the diabetic foot

*10h30 Coffee Break*

### **Microbiological diagnosis of diabetic foot infections**

- Sampling of a diabetic foot ulcer for culture: how and when?
- Interpretation and use of the culture results?

### **Current recommendations on the diagnosis and treatment of diabetic foot infections (osteomyelitis excluded)**

- What imaging studies should be done in a patient with a diabetic foot infection?
- How to select a first-line antibiotic treatment of a diabetic foot infection?

### **Osteomyelitis of the Diabetic Foot: What's New in Diagnosis and Treatment?**

- How to diagnose osteomyelitis of the foot in a patient with diabetes?
- Bone biopsy : when and how? Advantages and limitations
- Medical and surgical treatment for patients with diabetic foot osteomyelitis: why, how, when and what duration of the antibiotic treatment?

*12h30 Lunch Break*

### **Session 4: Diabetes, hormones & depression**

*Diabetes & sexual impotency*

*Diabetes & quality of sleep*

*Diabetes & depression*

### **Prevalence, gender differences and associated factors of depression among adults with type 2 diabetes in Jordan**

**Dana Hyassat**, *The National Center for Diabetes, Endocrinology and Genetics/The University of Jordan, Jordan*

**15h00 Short oral presentations**

15h30 Coffee Break

### **Session 5: Diabetes & Innovations in 2018**

*This session is dedicated to all companies and start-ups to present their innovations, devices, methods and products in all diabetes related fields.*

***Mission possible: reversibility of type 2 diabetes using a shared medical appointment approach to therapeutic lifestyle change***

***Vij Pankaj, Kaiser Permanente, USA***

**17h00 Round Table Discussion with speakers**

**17h30 End of Amman Practical Diabetes Meeting**