

Middle East Symposium on Ageing : What's New about Alzheimer disease?

Chairman: Dr A. Abyad-Lebanon & Dr Hassan Eid

09.00-09.25 Epidemiology of Alzheimer disease in Lebanon and the world

MEAMA Student (MD)

Dr Michel Mattar –Lebanon

09.25-09.50 Clinical presentation of Alzheimer disease: from onset of the first symptoms to severe dementia

Prof. Palmi V Jonsson- Iceland

09.50-10:15 Biomarkers and brain imaging of Alzheimer disease

Prof Jean Pierre Michele-Switzerland

10.15-10.40 Palliative care and management of pain in dementia

Prof Giovanni Gambassi-Italy

10:40-11.00 Discussion

11.00-11.30 Coffee Break

Chairman: Prof. Sijmen Duursma-The Netheralnd & Prof

11.30-11.45 Clinical specificities of vascular dementia and Lewy body disease

Prof Jean Pierre Michele-Switzerland

11.45-12.10 Daily management of demented patients at home and in institution: The revalidation technique and the caregivers support

MEAMA Student (Staff nurse)

Mrs Mona Abdulla Nasser-Bahrain

12.10-12.35 2010 medical treatment updates of Alzheimer disease

Dr Hashim Bulbaid-Saudi Arabia

12.35-01.00 Use of stem cells in Alzheimer's disease and neurodegenerative disease

Dr Med.Christoph Ganss

01.00-01:20 Discussion

01.20-02:20 Lunch Break

**Saturday afternoon:
Special informative session for the general population**

Simultaneous translation

**OPTIMIZING YOUR BRAIN AGEING:
Is it possible to prevent dementia?**

Chairman: Dr A. Abyad-Lebanon & Dr Mohammed Khaled-Lebanon

04.00-04.15 Introduction : General overview of risk and protective factors of AD

Dr A. Abyad –Lebanon

04.15-05.15 Optimizing your brain Ageing: Is it possible to prevent Dementia?

Is gender and family history of AD risk/protective factors of AD? *Prof Jean Pierre Michele-Switzerland*

What are the main midlife risk factors of AD? *Prof. Palmi V Jonsson- Iceland*

Diabetes and Dementia: What are the relationships? *Dr Hashim Bulbaid-Saudi Arabia*

Inflammation and AD risk: How can we cope with this problem ? *Prof Giovanni Gambassi-Italy*

Hypercholesterolemia and AD risk: How can we cope with this problem ? *Dr Omar Bakr-Jordan*

Cognitive stimulation as a protective possibility to prevent AD *Prof Miel Ribbe-The Netherland*

Use of Stem cells in Alzheimer **Dr Med.Christoph Ganss**

Life styles and AD - *Prof. Sijmen Duursma-The Netherland*

05.15-06.00 A panel discussion

Prof. Sijmen Duursma, Prof Jean Pierre Michele, Prof. Palmi V Jonsson,

Prof Miel Ribbe, Prof Giovanni Gambassi, Dr Hashim Bulbaid, & Dr Omar Bakr

06.00-07.00 A cocktail