



Middle East Congress on  
Age, Ageing & Alzheimer's

**MEAMA**  
Middle-East Academy  
for Medicine of Ageing



# Under the patronage of his Excellency Prime Minister Najib Mikati



The 5th Middle East Congress  
of Age Ageing & Alzheimer's  
Updates on Geriatric Syndromes & Giants  
Advanced Postgraduate Course No. VI  
Session I  
CME Credit 20  
12-14 April, 2018  
Beit Al Fan-Tripoli-Lebanon



**Local**

Lebanese University-Faculty of public health  
 Lebanese Order of Physician –North Lebanon  
 AZM & SAADE Association  
 Abyad Medical Center  
 Middle-East Longevity Institute  
 Welfare Association for the Assistance of the Elderly

**Regional**

Middle East Academy for Medicine of Ageing-  
 Middle East Association on Age, Ageing &  
 Alzheimers-MEAAA  
 Saudi Geriatric Association  
 Tunisian Geriatric Association

**International**

The International Institute on Ageing-  
 United Nation-Malta (INIA)  
 Multi Media Medical University-Australia

**Collaborators**

Middle-East Journal of Family Medicine  
 Middle-East Network on Aging Research-MENAR  
 Middle East Network on Elderly Care Services  
 Middle-East Primary Care Research Network  
 Middle-East Journal of Age & Aging  
 Middle East Network on Aging Research  
 Middle-East Journal of Pyschiatry and Alzheimer's  
 Middle-East Journal of Nursing  
 Middle East Journal of Internal Medicine

**Chairman:Prof. Giovanni Gambassi****Members:**

Dr. Ahamed Husari-AUB-Lebanon  
 Dr. Jamal Hafez- Lebanon  
 Dr Jamil Halabi-Lebanon  
 Dr. Hasan Eid-Lebanon  
 Dr Nabil Mohsen-Lebanon  
 Francois Sahyoun-Lebanon  
 Dr Rashad Sakari-Lebanon  
 Prof Jacqueline Doumit-Lebanon  
 Prof Maurits Vandewoude-Belgium  
 Professeur Philippe Chassagne-Switzerland  
 Prof Pálmi V. Jónsson-Iceland  
 Prof. Hala Sweed-Egypt  
 Dr. Fawzi Amin-Bahrain  
 Dr Hadeel Saleh Al Othman-Kuwait

**Chairman : Dr.Saadallah Sabouneh-Lebanon****Members**

Dr. Basil Usta-Lebanon  
 Dr. Musbah Dabliz DDS-Lebanon  
 Dr. Elias Bitar-Lebanon  
 Dr. Nazih Kammalleddine  
 Pr. Mohamed Khaled-Lebanon  
 Dr. Marwan Ramadan-Qatar  
 Dr Amir Ahmed-The Netherland  
 Pr. Sonia Ouali Hammami  
 Dr. Eyad Hamed Abu Matar -Qatar  
 Dr. Sajedah Shaltoni-UAE  
 Ms. Lesley Pocock-Australia  
 Mr. Rudy Araygi-Lebanon



LET'S PREPARE TOGETHER THE FIFTH  
MIDDLE EAST CONGRESS ON  
AGE AGEING & ALZHEIMER'S THAT WILL  
TAKE PLACE IN TRIPOLI-LEBANON



*The 5th Middle East Congress of Age, Ageing, and Alzheimer's will bring together a network of key players, renowned scientists and professionals representing all fields of gerontology and geriatrics. Major changes continue to occur in Geriatric Care in the Region. These changes were greatly contributed to by various actors in the region including the Middle East Academy for Medicine of Ageing that started in 2002 and had played a leading role in the region in term of education, training, and development. So far the Academy had five cycles of postgraduate courses. Abyad Medical Center and Middle East Longevity Institute were instrumental in organizing these meetings. Over the previous years, several reputable official governmental, regional and international organisations have helped in the development of the academy.*

*There are 18 countries participating in this landmark event in the region. In addition to 60 international, regional and local speakers well known in their field. The exhibition will provide the opportunity to meet experts and professionals, to share ideas and experiences with colleagues from around the world, to learn about projects and techniques from five continents and to strengthen the formal and informal ties between professionals.*

*We look forward to welcoming you in Lebanon*

*Sincerely,*

*A.Abyad, MD, MPH, MBA, DBA, AGSF,AFCHSE, Lebanon  
Hashim Hasan Balubaid, M.B., ChB.SSC-Med., FACP, Saudi Arabia*

**Day one –Friday-April 13****Session One: Healthy Ageing****Chairpersons: Prof. Sijmen Durrsma, Dr. Sonia Hammami**

08:40-09:00	Development of Geriatrics in the Middle East & North Africa	Dr. A. Abyad-Lebanon
09:00-09:20	Healthcare system for the Elderly	Dr. Marwan Ramadan-Qatar
09:20-09:40	kuwait health services for older adults...current situation and aspiration.	Dr. Ebtisam Alhuwaidi-Kuwait
09:40-10:00	Healthy Aging & Longevity	Pr. Pálmi V. Jónsson-Iceland
10:00-10:20	Quality Standards and Ageing	Pr. Jameela Alsalman-Bahrain
10:20-10:40	Palliative Care as Model of Management	Dr. Antoine Finianos-Lebanon
10:40-11:00	Update on Vaccination in the elderly	Pr. Mohamud A.Verjee-Qatar
11:00-11:20	Coffee Break	

**Session two: Metabolic Disorders****Chairpersons : Pr. Giovanni Gambassi-Italy, Dr. Jamel Hafez-Tripoli**

11:20-11:40	Diabetes Mellitus Update on Management	Dr. Mustapha Oudrhiri-Morocco
11:40-12:00	Statin Use in the Elderly	Pr. Sonia Hammami-Tunis
12:00-12:20	Nutrition & Longevity	Pr. Giovanni Gambassi-Italy
12:20-12:40	Frailty & Sarcopenia	Pr. Mauric Vandewoude-Belgium
12:40-01:00	Osteoporosis Update on Management	Pr. Phillipe Chassagne-Switzerland
01:00-02:00	Lunch Break	

**Session Three: Cardiovascular & Neurological Disorders****Chairpersons: Dr. Hasan Eid, Dr. Fawaz Jarkas**

02:00-02:20	Heart Failure: Management update	Pr. Giovanni Gambassi-Italy
02:20-02:40	Hypertension to treat or not to treat	Dr Badr Almustafa-Saudi Arabia
02:40-03:00	Stroke Update	Dr. Hadeel Alothman-Kuwait
03:00-03:20	Delirium: Management update	Dr. Hamed Al Sinawi-Sultanate Oman
03:20-03:40	Parkinson's Disease: Management Update	Pr. Mohamud A. Verjee-Qatar
03:40-04:00	Coffee Break	

**Session Four: Ortho Geriatrics****Chairpersons: Dr Khaled Hussein, Dr. Francois Sahyoun**

04:00-04:20	Orthogeriatrics: A growing field	Pr. Hala Sweed- Egypt
04:20-04:40	Preoperative optimization: Hospitalists, Geriatricians & Anesthesiologist	Pr. Phillipe Chassagne -Switzerland
04:40-05:00	Falls Assessment, Management & Prevention	Dr. Selcuk Engin-Turkey
05:00-05:20	Secondary Prevention of Fragility Fracture	Dr. Basel Osta-Lebanon
05:20-05:40	Improving preventive screening for sarcopenia	Pr. Maurits Vandewoude-Belgium

**Day 2 –Saturday April 14****Session One: Mental Health****Chairpersons: Dr Nabil Mohsen, Dr Jamal Hafez-Beirut**

08:30-08:50	Dementia in the Arab World	Prof Hamed Al Sinawi Sultanate Oman
08:50-09:10	Dementia: Update on Diagnosis and Management	Prof. Amir Ahmed The Netherlands
09:10-09:30	How to Prevent Cognitive Decline from Normal MCI to Dementia	Prof. Pálmi V. Jónsson Iceland
09:30-09:50	Psychotropic Medications in Treatment of Neuropsychiatric Symptoms Related to Dementia: Pros and Cons	Prof Giovanni Gambassi Italy
09:50-10:10	APOE4 and the prevalence of Alzheimer Disease (AD) among a sample of Lebanese population.	Dr. Mohamed Khaled Lebanon
10:00-10:10	Impacts of Art Therapy & Alzheimer's Disease	Dr. G.Khadhar Prof. S. Hammami-Tunis
10:10-10:30	Depression in Old Age: Symptoms, Causes and Treatments	Pr. Amir Ahmed The Netherlands
10:30-10:50	Coffee Break	

**Session Two: Geriatric Giants****Chairpersons: Dr. Naseem Kharyat, Dr. Nabil Naja**

10:50-11:10	Pressure Ulcers Medical Management Update	Dr Sajedah Shaltoni-UAE
11:10-11:30	Pressure Ulcers and Chronic Wound must heal: from accurate surgery to advanced wound management.	Dr. Jamil Halabi-Lebanon
11:30-11:50	Urinary Incontinence: Prevention, Detection & Management	Pr. CHASSAGNE-Switzerland
11:50-12:10	COPD: Challenges in Management	Dr. Hadeel Alothman_Kuwait
12:10-12:30	Why & When Rehabilitation for COPD	Pr. Khalil Ghousoub Lebanon

**Session Three: Healthy Aging****Chairpersons: Dr. Nouhad El Mourad, Dr. Nazih Kammelledine**

12:30-12:50	Health promotion and disease prevention in aging	Pr. Pálmi V. Jónsson-Iceland
12:50-01:10	Physical Activity Prescribing-A step to Active Health	Pr. Rami Abbas -Lebanon
01:10-01:30	Prevention of Malnutrition	Pr. Maurits Vandewoude
01:30-02:00	Polypharmacy and Adverse drug reaction in the elderly	Pr. Amir Ahmed The Netherlands

**13 CME Credits**

**A course with 4 sessions, each of 2 days, 2018/2019**

Session VI-1	April 12-13, 2018	Principles of Geriatric Medicine
Session IV 2:	Oct, 2018	Geriatric Giants & Palliative Care
Session IV 3:	April, 2019	Metabolism, Mood & Cognitive Disorders
Session IV 4:	Oct, 2019	Healthy Aging, Cardio, Neuro & Nephro-vascular diseases

**Graduation**

At the end of the course of 4 sessions participants will receive a postgraduate certificate and will be graduated as 'members of the MEAMA' A network to stimulate the development and maintenance of services for health related problems in elderly people in the Middle- East Area

*Advanced Postgraduate Course No. V*  
**Session 6.1 –April 12 Principles of Geriatrics**  
**7 CME Credits**

**Day 1-April 12**

<b>Session One: Ageing Principles</b>		
Chairperson: Dr Hadeel Alothman, Kuwait		
Expert: Prof. Dr. Sijmen Duursma, The Netherlands		
08:00-08:15	Introduction to the course, faculty & participants	Pr. A. Abyad, LB
08:15-08:30	Pretest	
Teachers' state of the art lecture		
08:30-08:50	Demography & Epidemiology of Ageing	Dr.Fawzi Amin -Bahrain
08:50-09:10	Biological Mechanisms of Ageing	Pr. Giovanni Gambassi-Italy
09.10-09:30	Physiology of Ageing	Pr. Sonia Hammami-Tunis
Workshop 1 : Ageing Process		
09:30-11:00	A – Ageing : a normal or a pathological process ? B – Usual or successful ageing ? C – Intrinsic vs extrinsic aging D - Individual vs public health values Reports of the Groups discussion	
Teachers' state of the art lecture		
11:00-11:30	Comprehensive geriatric assessment	Pr. Phillipe Chassagne
Workshop 2 : Use and utility of Comprehensive Geriatric Assessment		
11:30-01:00	A. What assessment tools are used in standard CGA? B. What is the minimum assessment that should be offered in geriatric acute care? C. What is the minimum assessment that should be offered in geriatric outpatient clinics? D. How would you build a consensus towards a common CGA in different countries? Reports of the Groups discussion	Coffee will be available
11:00-11:20	Lunch Break	

Session Two: Dementia & Disability		
Chairperson: Prof Hala Sweed-Egypt		
Expert: Dr Marwan Ramadan-Qatar		
Teachers' state of the art lecture		
02:00-3:00	Clinical Case Presentation It highlights the holistic approach to the management of elderly in acute and subacute care and how to implement comprehensive assessment and multidisciplinary care	Dr. Khaled Abulsaad-Bahrain
03:00-03:30	Dementia Assessment	Pr. Pálmi V. Jónsson-Iceland
Workshop 3 How to prevent avoidable disability		
03:30-05:00	A. How to rehab it? B. How to avoid it? C. How to limit it? Reports of the groups discussion	Coffee will be available
05:00-05:15	Post test	

### General Information

Website of the congress: <http://www.meama.com/Tripoli.htm>

### Conference Secretariat

For registration, general inquiries, and Sponsoring  
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### REGISTRATION POLICY

#### Conference

physicians registered at Lebanese Order of Physician –Tripoli	Free
Lebanese physicians & Residents	100\$
Non Lebanese Physicians	200\$
Nursing and paramedical team	50\$

#### Workshop

physicians registered at Lebanese Order of Physician –Tripoli	25\$
Lebanese Physicians and Residents	50\$
Non Lebanese Physicians	100\$
Nursing and other health professional	50\$



*The MECAAA & MEAMA would like to thank the below  
sponsors for their contribution to the success of  
its biannual congress*

*Azm & Saade  
The International Institute on Ageing-United Nation-Malta  
Chamber of Commerce, Industry & Agriculture - Tripoli  
AUF-Universitaire Francophone  
Lebanese Association for Scientific Research  
Mina Municipality  
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