



# DaR

Diabetes & Ramadan  
International Alliance

# 10th



## 10th DaR International Alliance Conference

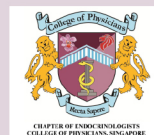
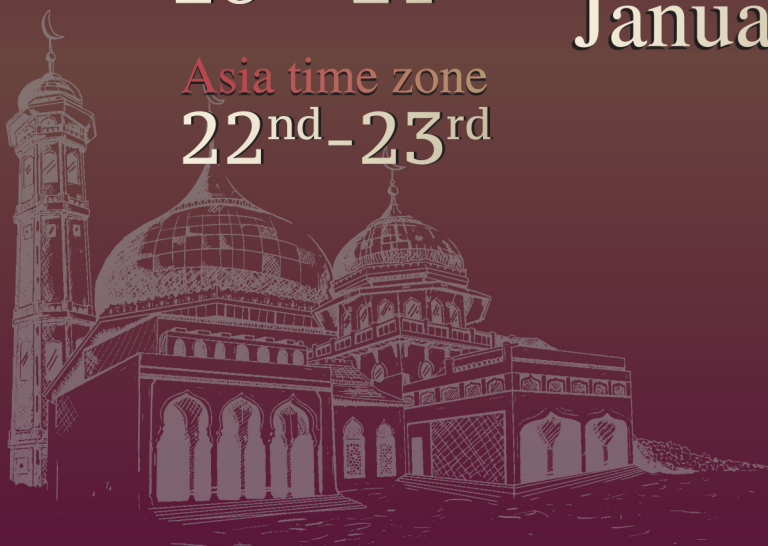
MENA time zone

20<sup>th</sup> - 21<sup>st</sup>

Asia time zone

22<sup>nd</sup> - 23<sup>rd</sup>

# January 2022



[www.daralliance.org](http://www.daralliance.org)

# 10<sup>th</sup> DaR International Alliance Conference

MENA time zone

20<sup>th</sup>-21<sup>st</sup>

Day 1: January 20<sup>th</sup>

January  
2022



## Makkah Time

15:00 - 15:10

### Opening

#### Session 1

### Regional/Inter-regional Differences in Diabetes and Ramadan Fasting

Chairpersons: Andrew Boulton  
Dr. Hicham ElBerri

#### Regional Differences In Type 2 Diabetes

15:10 - 15:20

Gulf Region: Saudi Arabia & UAE

Fatheya Alawadi (UAE)

15:20 - 15:30

East Mediterranean Region: Egypt & Turkey

Inass Shaltout (Egypt)

15:30 - 15:40

Maghreb Countries: Morocco & Algeria

Rachid Malek (Algeria)

#### Regional Differences In Type 1 Diabetes

15:40 - 15:50

Low rates fasting countries

Jamal Belkhadir (Morocco)

15:50 - 16:00

Medium rates fasting countries

Abdul-Jabbar (Pakistan)

16:00 - 16:10

High rate fasting countries

Naweed Al Zaman (KSA)

16:10 - 16:25

Panel discussion

16:25 - 16:55

**Novo Nordisk symposium; Fasting with Confidence: Role of IdegAsp**

Shehla Sajid Shaikh

#### Session 2

### To fast or not to fast. How to decide?

Chairpersons: Abdul Razzak Al-Madani (UAE)  
Mohamed Sandid (Lebanon)

16:55 - 17:10

Fasting Challenges and Risk Assessment Process

Bachar Afandi (Syria - UAE)

17:10 - 17:25

Fasting Decision: Age vs Duration DM

Mohamed Hassanein (Egypt - UAE)

17:25 - 17:35

New Risk Score; Malaysia Study

Zanariah Hussein (Malaysia)

17:35 - 17:45

New Risk Score; Pakistan Study

Yakoob Ahmedani (Pakistan)

17:45 - 17:55

New Risk Score; UAE Study

Mohamed Suliman (Sudan - UAE)

17:55 - 18:10

Panel discussion

18:10 - 18:40

**Servier symposium; New RWE on the safety and effectiveness of latest-generation SUs during Ramadan: regional subanalyses of the DIA-RAMADAN study**

Thamer ALESSA (Kuwait)

#### Session 3

### How to minimize Fasting Risk

Chairpersons: Jackie Maalouf (Lebanon)  
Abdulla Alhamaq (Qatar)

18:40 - 18:52

Understanding patients views

Siham Bouchareb (Netherlands - Morocco)

18:52 - 19:04

SMBG in Ramadan; a necessity or a luxury?

Salah Abusnana (UK-UAE)

19:04 - 19:16

Patient Education; for who, when and how?

Sueziani Binte Zainudin (Singapore)

19:16 - 19:28

Empowering the Pharmacist, role of online module education

Lina Al-Rifai (Lebanon)

19:28 - 19:40

Panel discussion

19:40 - 20:10

**Abbott symposium;**

TBC

#### Session 4

### Therapy in Type 2 DM in Ramadan -Part 1

Chairpersons: Abdulbasit (Pakistan)  
Khaled Tayeb (KSA)

20:10 - 20:25

Are SUs safe in Ramadan?

Yousef Saleh (KSA)

20:25 - 20:40

SGLT2-I Update in Ramadan

Elamin Abdelgadir (Sudan - UAE)

20:40 - 20:55

Practical advice during fasting for injectable and oral GLP1-RA

Hamed Farooqi (UAE)

20:55 - 21:10

Panel discussion

21:10 - 21:30

**Pharma symposium;**

TBC

21:30 - 21:50

Summary for Day 1

# 10<sup>th</sup> DaR International Alliance Conference

MENA time zone

20<sup>th</sup>-21<sup>st</sup>

Day 2: January 21<sup>st</sup>

January  
2022



## Makkah Time

<b>Session 5</b>	<b>State of the art Lecture</b>	<b>Chairpersons:</b> Nadima Shegem (Jordan) Shabeen Naz Masood (Pakistan)
15:00 - 15:25	Ramadan and Pre-pregnancy, pregnancy and lactation	<i>Sarah Abdo (Australia)</i>
<b>Session 6</b>	<b>Therapy in Type 2 DM in Ramadan Part 2 (Insulin)</b>	<b>Chairpersons:</b> Mehmet Akif Buyukbese (Turkey) Ali Saif Al-Mamari (Oman)
15:25 - 15:40	Impact of type of Insulin on Hypo & Hyperglycemia	<i>Khadija Hafidh (Tanzania - UAE)</i>
15:40 - 15:55	New Studies in Injectable Therapy - SoliRam Study	<i>Mohamed Hassanein (Egypt - UAE)</i>
15:55 - 16:10	Education & Dose titration from theory to practice	<i>Nazeer A Mohamed (South Africa)</i>
16:10 - 16:25	Panel discussion	
16:25 - 16:55	<b>Sanofi symposium; 2nd Generation Basal insulin effectiveness in T2DM patients during Ramadan</b>	<i>Saoud Al Sifri (KSA)</i>
<b>Session 7</b>	<b>Debate DAR &amp; CVD</b>	<b>Chairpersons:</b> Ahmed Hassoun (UAE) Tarik Elhadd (Qatar)
16:55 - 17:00	Debate Introduction and preliminary voting	<i>Ahmed Hassoun (UAE)</i>
17:00 - 17:15	Fasting should NOT be allowed for diabetics with Stable CVD	<i>Ines Khochtali (Tunisia)</i>
17:15 - 17:30	Fasting CAN be allowed for diabetics with Stable CVD	<i>Hani Sabbour (UAE)</i>
17:30 - 17:45	Panel discussion	
17:45 - 17:50	Summary and final voting	
17:50 - 18:20	<b>AstraZeneca symposium; SGLT2 Inhibitors use in Ramadan</b>	<i>Thamer AlEissa</i>
<b>Session 8</b>	<b>State of the art Lectures</b>	<b>Chairpersons:</b> Waleed AlDahi (Kuwait) Amr Abdelwahab (Egypt)
18:20 - 18:45	Fasting Ramadan in CKD, possible or Impossible?	<i>Alaa Bashier (Sudan - UAE)</i>
18:45 - 19:10	Intermittent fasting vs Ramadan Fasting	<i>Nader Lessan (UK - Iran)</i>
19:10 - 19:35	Can Ramadan be good for your waist?	<i>Osama Hamdy (Egypt - USA)</i>
19:35 - 20:05	<b>Lilly symposium; New Innovations in Diabetes and Their Implications on Patients During Ramadan</b>	<i>Abdul Jabbar</i>
<b>Session 9</b>	<b>T1D and Ramadan Fasting</b>	<b>Chairpersons:</b> Asma Deeb (UAE) Wasim Hanif (UK)
20:05 - 20:20	Can CGM reduce risk of fasting ?	<i>Walid Kaplan (Syria - UAE)</i>
20:20 - 20:35	Timing of basal insulin; does it matter?	<i>Reem Alamoudi (KSA)</i>
20:35 - 20:50	Can Insulin pump improve control in Ramadan	<i>Nancy Elbarbary (Egypt)</i>
20:50 - 21:05	Management of type 1 DM with budget restricted resources	<i>Hinde Iraqi (Morocco)</i>
21:05 - 21:15	Panel discussion	
21:15 - 21:35	<b>Pharma symposium; -</b>	<i>TBC</i>
21:35 - 21:55	Summary for Day 2	
21:55	<b>Close</b>	

# 10<sup>th</sup> DaR International Alliance Conference

Asia time zone  
22<sup>nd</sup>-23<sup>rd</sup>

Day 1: January 22<sup>nd</sup>



(KL Time)

15:00 - 15:10

**Opening**

**Mohamed Hassanein & Chairs of Societies**

**MEMS**

**Chairpersons: Kurumbian Chandran (Singapore)**

**Chairs DAR**

**Session 1 To fast or not to fast. How to decide?**

15:10 - 15:25	Fasting Challenges and Risk Assessment Process	<i>Mohamed Hassanein (Egypt - UAE)</i>
15:25 - 15:35	New Risk Score; Malaysia Study	<i>Zanariah Hussein (Malaysia)</i>
15:35 - 15:45	DAR Global Survey - Regional Differences - Brunei	<i>Alice Yong (Brunei)</i>
15:45 - 15:55	DAR Global Survey - Regional Differences - Malaysia	<i>Wan Juani Wan Seman (Malaysia)</i>
15:55 - 16:10	Glycemic Care Practices among Patients with T2D across India, Bangladesh, and Pakistan	<i>Shehla Sheikh (India)</i>
16:10 - 16:20	Panel discussion	

**Session 2 DM management during Ramadan during COVID-19 pandemic**

**Chairpersons: Wismandari  
Shashank Joshi**

16:20 - 16:35	Did COVID-19 Pandemic Impact on Fasting Decision?	<i>Rakesh Kumar Sahay (India)</i>
16:35 - 16:50	Telemedicine - How can we optimize care?	<i>Shaun Lee Wen Huey (Malaysia)</i>
16:50 - 17:05	Need for pharmacist to fit the puzzle	<i>Zheng Kang Lum (Singapore)</i>
17:05 - 17:20	Role of a nurse in hospital, primary care and community settings	<i>Aslena Binte Hussain</i>
17:20 - 17:30	Panel discussion	

**Session 3 How to minimize Fasting Risk**

**Chairpersons: S.K. Abdul Shakoor (Singapore)  
Rohana Abdul Ghani (Malaysia)**

17:30 - 17:45	Understanding patients views	<i>Jamilah Hanum Abdul Khaiyom (Malaysia)</i>
17:45 - 18:00	SMBG in Ramadan; a necessity or a luxury?	<i>Norlaila Mustaffa (Malaysia)</i>
18:00 - 18:15	Patient Education; for who, when and how?	<i>Sueziani Binte Zainudin (Singapore)</i>
18:15 - 18:30	Exercising in Ramadan for Diabetes	<i>Devamalar Selvi Naicker (Malaysia)</i>
18:30 - 18:40	Panel discussion	

**Session 4 Therapy in Type 2 DM in Ramadan -Part 1**

**Chairperson: Rajeev Chawla (India)  
Lina Chong Pui Lin (Brunei)**

18:40 - 18:55	Are SUs safe in Ramadan?	<i>Fatimah Eliana (Indonesia)</i>
18:55 - 19:10	SGLT2-I Update in Ramadan	<i>Faruque Pathan (Bangladesh)</i>
19:10 - 19:25	Practical advise during fasting for injectable and oral GLP1-RA	<i>Marwan Obaid (Australia)</i>
19:25 - 19:40	Panel discussion	
19:40 - 20:00	Summary for Day 1	

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Day 2: January 23<sup>rd</sup>

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(KL Time)

<b>Session 5</b>	<b>State of the art Lecture</b>	<b>Chairpersons:</b> Sof Andrikopoulos (Australia) Mohamed Hassanein (Egypt - UAE)
10:00 - 10:15	Ramadan and Pre-pregnancy, pregnancy and lactation	<i>Sarah Abdo Australia</i>
10:15 - 10:30	Diabetes management for the Elderly during Ramadan	<i>Nor Azmi Kamaruddin (Malaysia)</i>
10:30 - 10:45	Fasting is not safe for some - medical vs faith	<i>Achmad Rudijanto Cholil (Indonesia)</i>
10:45 - 11:00	Panel discussion	
<b>Session 6</b>	<b>Therapy in Type 2 DM in Ramadan Part 2 (Insulin)</b>	<b>Chairpersons:</b> Wismandari & Wan Mohamed
11:00 - 11:15	Impact of type of Insulin on Hypo & Hyperglycemia	<i>Zanariah Hussein (Malaysia)</i>
11:15 - 11:30	New Studies in Injectable Therapy - SoliRam Study	<i>Mohamed Hassanein (Egypt - UAE)</i>
11:30 - 11:45	New drugs & New technology in DM - the gamechangers for Ramadan	<i>Mafauzy Mohamed (Malaysia)</i>
11:45 - 12:00	Panel discussion	
12:00 - 12:30	<b>Sanofi symposium; 2nd Generation Basal insulin effectiveness in T2DM patients during Ramadan</b>	<i>Rakesh Sahay (India)</i>
<b>Session 7</b>	<b>DAR &amp; Complications</b>	<b>Chairpersons:</b> Zanariah Hussein (Malaysia) Sueziani Binte Zainudin (Singapore)
12:30 - 12:45	Fasting Ramadan in CKD, possible or Impossible?	<i>Tahseen Chowdhury (UK)</i>
12:45 - 13:00	Fasting for diabetics with Stable CVD	<i>Hani Sabbour (UAE)</i>
13:00 - 13:15	Fasting for patients with painful neuropathy	<i>Rayaz Malik (UK - Qatar)</i>
13:15 - 13:30	Panel discussion	
<b>Session 8</b>	<b>Fasting and Feasting in Ramadan</b>	<b>Chairpersons:</b> Anoop Misra Winnie Chee (Malaysia)
13:30 - 13:45	Role of Diet in Fasting	<i>Barakatun Nisak Mohd Yusof (Malaysia)</i>
13:45 - 14:00	Intermittent fasting vs Ramadan Fasting	<i>Nader Lessan (UK - Iran)</i>
14:00 - 14:15	Can Ramadan be good for your waist?	<i>Osama Hamdy (USA)</i>
14:15 - 14:30	Panel discussion	
14:30 - 14:50	<b>Servier symposium; New RWE on the safety and effectiveness of latest-generation SUs during Ramadan: regional subanalyses of the DIA-RAMADAN study</b>	<i>Dr. Syed Abbas RAZA (Pakistan)</i>
<b>Session 9</b>	<b>T1D and Ramadan Fasting</b>	<b>Chairpersons:</b> Rashida Farhad Vasanwala (Singapore) Azriyanti Anuar Zaini (Malaysia)
14:50 - 15:05	Fasting in the child & adolescents	<i>Muhammad Yazid Jalaludin (Malaysia)</i>
15:05 - 15:20	Can CGM reduce risk of fasting ?	<i>Ester Yeoh Chai Kheng (Singapore)</i>
15:20 - 15:35	Adjustment of basal insulin; does it matter?	<i>Chee Kwang Yung (Brunei)</i>
15:35 - 15:50	Can Insulin pump improve control in Ramadan?	<i>Luqman Ibrahim (Malaysia)</i>
15:50 - 16:05	Management of type 1 DM with budget restricted resources	<i>Luqman Ibrahim (Malaysia)</i>
16:05 - 16:20	Panel discussion	
16:20 - 16:35	Summary for Day 2	
16:35	<b>Close</b>	

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