

SEPTEMBER 12-14, 2018.

INTERCONTINENTAL  
CAIRO CITYSTARS

# 5<sup>th</sup> of the INSULIN THERAPY SUMMIT

INTERACTIVE WORKSHOPS

Organized By  
**Pure Spot**  
Events Management

**Cairo Branch:** 62 Makram Ebaid St,  
16<sup>th</sup> Zone, Nasr City, Cairo, Egypt.  
Landmark: in front of Child Garden  
(+20) 2 267 21 944 (+20) 2 267 18 421

**Assiut Branch:** G2, Al Ibrahimya St,  
Nasr buildings, Assiut, Egypt.

(+2) 088 214 60 37 (+20) 2 267 18 421

**Mansoura Branch:** 86 El Gomhoria St,  
First Floor, Flat 1.  
Landmark: next to El Shenawy palace  
(+20) 0102 990 0706 (+20) 2 267 18 421

info@egypure.org www.purespot.org

*Conference Presidents*

**Prof. Eman Rushdy**

**Prof. Saud Alsifri**



*Conference Presidents*

**Prof. Eman Rushdy (Egypt)**  
**Prof. Saud Alsifri (KSA)**

*Honorary presidents*

**Prof. Fahmy Amara (Egypt)**  
**Prof. Usama El Khatib (KSA)**

*Vice Presidents*

**Prof. AfafAlshammery (KSA)**  
**Prof. Sulafa Ibrahim (Sudan)**

*General Secretaries*

**Prof. Mohamed Zayton (Egypt)**  
**Prof. Yasser Sheta (KSA)**

*Head of Scientific committee*

**Prof. Hala Ali Gamal El Din (Egypt)**

*Scientific Committee*

**Prof. Khaled El Hadidy (Egypt)**  
**Prof. Manal Abo Shady (Egypt)**  
**Prof. Mohamed Sallam (Egypt)**

*Organizing Committee*

**Prof. Ahmed Salah (Egypt)**  
**Prof. Ahmed Zaghlol (Egypt)**  
**Prof. Azza Hassan (Egypt)**  
**Prof. Khaled Dossary (KSA)**  
**Prof. Mai Ashraf (Egypt)**  
**Prof. Nermeen Rashad (Egypt)**

**Note:**

1. Introductory questionnaire session will include interactive activity by the moderator and the floor with voting system.
2. Final questionnaire session will include interactive discussion with reference to the model answers and comparisons with the results of the introductory questionnaire "voting system is included"





## Welcome Message

Dear Colleagues,

On behalf of the Organizing Committee, we are delighted to welcome you to the 5th Insulin Therapy Summit to be held on September 12-14, 2018 - InterContinental Cairo City stars. The world of diabetes treatment is evolving at a dynamic pace that requires harmonization with research, technical advances and devices innovations. Over the last 4 years, the annual meeting has become one of the most premier forum to present and discuss innovative and comprehensive overview of the latest research developments in this field.

The Insulin Summit brings together clinicians, such as diabetologists, endocrinologists as well as pediatricians & family medicine practitioners, scientists, and medical corporations, from all over the country who take part in the Summit, in order to share knowledge and develop collaborations. Presentations and discussions will be given by many distinguished faculties in the field, and will include topics such as: glucose sensors, closed-loop systems, artificial pancreas, advisors, devices for diabetic prevention, new insulin analogues and delivery systems and insulin pumps and more.

Insulin Therapy Summit promises to be an outstanding scientific meeting and we are delighted to welcome you take part in it, in the exciting and bustling city of Cairo.

Yours sincerely,

Conference Presidents

Prof. Eman Rushdy (Egypt) Prof. Saud Alsifri (KSA)



**Wednesday**  
September 12, 2018

09:00 – 09:30

**Registration**

09:30 - 10:00

**Opening Ceremony**

**Prof. Eman Rushdy (Egypt)**

**Prof. Said Khidr (KSA)**

**Prof. Saud Alsifri (KSA)**

**Prof. Fahmy Amara (Egypt)**

**Prof. Salah Kwaider (Libya)**

Chairpersons alphabetically:

**Prof. Eman Rushdy (Egypt)**

**Prof. Fahmy Amara (Egypt)**

**Prof. Saud Alsifri (KSA)**

**Prof. Usama El Khatib (KSA)**

10:00- 10:45

**Insulin, Diabetes and Depression**

**Prof. Ahmed Okasha (Egypt)**





## Workshop 1



10:45 – 12:45 ( Insulin Injection Technique )

Chairpersons alphabetically :

**Prof. Mohamed Fahmy Abdel Aziz (Egypt)**

**Prof. Oussama El Khatib (KSA)**

**Prof. Saud AL Sifri (KSA)**

Spokesman : **Prof. Abeer Zakaria (Egypt)**

10:45- 11:10 Introductory questionnaire: -

Moderator : **Prof. Hossam Arafa Ghazi (Egypt)**

11:10 – 11:35 FITTAR recommendations for insulin injection

**Prof. Manal Abo Shady (Egypt)**

11:35 – 12:00 Final Questionnaire

Moderator : **Prof. Mohamed Mashaheet (Egypt)**

12:05 – 12:20 Practicality of Insulin Therapy

**Prof. Eman Mohamed Fahmy (Egypt)**

12:20 – 12:45 Final recommendation of workshop 1 by  
Spokesman of the workshop



## Workshop 2

12:45 – 02:10 ( Optimizing Insulin Therapy )

Chairpersons alphabetically :

**Prof. Hassan Said (Sudan)**

**Prof. Salah Kewidar (Libya)**

**Prof. Yasser Sheta (KSA)**

Spokesman : **Prof. Saud Alsifri (KSA)**

12:45 – 01:00 Introductory Questionnaire

Moderator : **Prof. Ahmed Salah (Egypt)**

01:00 – 01:20 Optimizing Insulin Therapy

**Prof. Sulaf Ibrahim (Sudan)**

01:20 – 01:40 Final Questionnaire

Moderator : **Prof. Eman Rushdy (Egypt)**

01:40 – 01:55 Case Study

**Prof. Heba Sedrak (Egypt)**

01:55 – 02:10 Final recommendation of workshop 2 by  
Spokesman of the workshop

02:10 - 02:40

**Break 1** 





## Workshop 3

**02:40 – 04:05 ( Insulin in critically ill patients )**

*Chairpersons alphabetically :*

**Prof. Khaled Hadhoud (Egypt)**

**Prof. Mohamed Abdel Raouf (Egypt)**

**Prof. Sirelkhatim Sirri (Sudan)**

**Spokesman : Prof. Afaf Alshammary (KSA)**

**02:40 – 02:55**      *Introductory questionnaire*

**Moderator : Prof. Hatem Salem (Egypt)**

**02:55 – 03:15**      *Insulin in critically ill patients*

**Speaker : Prof. Fawzy El Mosallamy (Egypt)**

**03:15 – 03:35**      *Final Questionnaire*

**Prof. Mohamed Sallam (Egypt)**

**03:35 – 03:50**      *Case study*

**Prof. Mostafa Abo El Yazeed (Egypt)**

**03:50 – 04:05**      *Final recommendation of workshop 3 by  
Spokesman of the workshop*



**04:05 – 04:35 ( Insulin, Diabetes and Eye diseases )**

*Chairpersons alphabetically :*

**Prof. Eman Rushdy (Egypt)**

**Prof. Saud Alsifri (KSA)**

**Speaker : Prof. Mohsen Salem (Egypt)**



**Novo Symposium**

*Chairpersons alphabetically :*

**Prof. Mohamed Reda Halawa (Egypt)**

**Speaker : Prof. Yasser Abdel Raouf (Egypt)**

**05:05**

**Break 2** 





**Thursday**  
September 13, 2018

## Workshop 4

10:00 – 12:10 ( Insulin therapy in diabetic emergency )

Chairpersons alphabetically :

**Prof. Faisal Elbana (KSA)**

**Prof. Shokry Awadallah (Colombia)**

**Prof. Sulafa Ibrahim (Sudan)**

Spokesman : **Prof. Nasser El Johany (KSA)**

10:30 - 10:45 Introductory Questionnaire: -

Moderator : **Prof. Ahmed Akl (KSA)**

10:45 – 11:10 Insulin therapy in diabetic emergency

**Prof. Saad Alzahrani (KSA)**

11:10 – 11:35 Final Questionnaire

Moderator : **Prof. Assem Seif (Egypt)**

11:35 – 11:50 Case Study

**Prof. Ahmed Zaghlol (Egypt)**

11:50 – 12:10 Final recommendation of workshop 4 by  
Spokesman of the workshop



## Workshop 5

12:20 – 02:00 ( Insulin in special groups  
“Toddlers, Elderly, Pregnancy” )

Chairpersons alphabetically :

**Prof. Awad Qwairy (Libya)**

**Prof. El Tayeb El Fay (Sudan)**

**Prof. Nermeen Rashad (Egypt)**

Spokesman : **Prof. Hala Ali Gamal El Din (Egypt)**

12:20 – 12:35 Introductory Questionnaire

Moderator : **Prof. Sayed Abdel Fatah (Egypt)**

12:35 – 12:55 Insulin in special groups

**Prof. Abdel Kawy Mansary (KSA)**

12:55 – 01:25 Final Questionnaire

**Prof. Fareed Fawzy (Egypt)**

01:25 – 01:40 Case study

**Prof. Mayada Mousa (Egypt)**

01:40 – 02:00 Final recommendation of workshop 5 by  
Spokesman of the workshop

02:00 – 02:30 **Break 1** 





## Workshop 6

**02:30 – 04:25      Insulin in Special Situations (Peri-Operative)**

*Chairpersons alphabetically :*

**Prof. Hawaa EL Sherif (Libya)**

**Prof. Megahed Abo El Magd (Egypt)**

**Prof. Nagatt Abo Zaid (Libya)**

*Spokesman :* **Prof. Mahmoud Omar (Egypt)**

**02:30 – 02:45      Introductory Questionnaire**

*Moderator :* **Prof. Mai Badra (Egypt)**

**02:45 – 03:00      Insulin in special situations (peri-operative)**

**Prof. Soad Soltan (Egypt)**

**03:00 – 03:20      Final Questionnaire**

**Prof. Ashraf Talaat (Egypt)**

**03:20 – 03:40      Case study (Peri-Operative)**

**Prof. Khaled El Dosary (Egypt)**

**03:40 – 04:00      Final recommendation of workshop 5 by  
Spokesman of the workshop**

*Lilly*

**04:00 – 05:00      Lilly Symposium**

*Chairpersons alphabetically :*

**Prof. Hala Ali Gamal El Din (Egypt)**

**Prof. Mohamed El Asy (Egypt)**

**04:00 – 04:20**

**Prof. Magdy Hilmy Megalaa (Egypt)**

**04:20 – 04:40**

**Prof. Mohamed Zayton (Egypt)**

**04:40 – 05:00**

**Prof. Talaat Abdel Aaty (Egypt)**

**05:00**

**Break 2** 





**Friday**  
September 14, 2018

**Closing Ceremony**

02:30 – 04:30

**( The 9<sup>th</sup> ADF & the 5<sup>th</sup> Insulin therapy summit closing remarks )**

Spokesmen of both conferences :

**Prof. Abbas Orabi (Egypt)**

**Prof. Ali Abdel Rehim (Egypt)**

**Prof. Eman Rushdy (Egypt)**

**Prof. Saud Al Sifri (KSA)**

**Prof. Nabil El Najjar (KSA)**

**Prof. Daa Ewais (KSA)**

**Prof. Abdulrahman El Sheikh (KSA)**

**Prof. Ahmed Dirar (Sudan)**

**Prof. Said Khedr (KSA)**

**Final Recommendations : Prof. Ahmed Dirar (Sudan) 20 Min**

**- Insulin Summit Recommendations - SU consensus - PNP consensus  
- ART interim results**



**Trulicity is the only GLP-1 receptor agonist in Egypt that Combines:**



**Unbeaten HbA1c reduction  
in 6 head-to-head trials\*<sup>1</sup>**



**Once-weekly dosing<sup>1</sup>**



**Ready-to-use pen<sup>2</sup>**

TRULICITY™ contains an active substance called dulaglutide and is used to lower blood sugar (glucose) in adults with type 2 diabetes mellitus. DOSAGE AND ADMINISTRATION: When used alone, the recommended dose is 0.75 mg once a week. When used with other medicines for diabetes, the recommended dose is 1.5 mg once a week. Warnings and precautions: If you have type 1 diabetes as this medicine may not be right for you. you have diabetic ketoacidosis. The signs include rapid weight loss, feeling sick or being sick, a sweet smell to your breath, a sweet or metallic taste in your mouth, or a different odour to your urine or sweat. you have severe problems with food digestion or food remaining in your stomach for longer than normal (including gastroparesis). you have ever had pancreatitis (inflammation of the pancreas) which causes severe pain in the stomach and back which does not go away. you are taking a sulphonylurea or insulin for your diabetes, as low blood sugar (hypoglycaemia) can occur. Your doctor may need to change your dose of these other medicines to reduce this risk. Warning: Risk of Thyroid C-cell Tumors: Dulaglutide causes thyroid C-cell tumors in rats. It is unknown whether Trulicity causes C-cell tumors, including medullary thyroid carcinoma (MTC), in humans as the human relevance of dulaglutide-induced rodent thyroid C-cell tumors has not been determined. Trulicity is contraindicated in patients with a personal or family history of MTC and in patients with Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). Patients should receive counselling regarding the potential risk of MTC and symptoms of thyroid tumors. Children and adolescents: Trulicity is not recommended for children and adolescents under 18 years of age because it has not been studied in these patients. Possible side effects: Very common are: Nausea (feeling sick), Vomiting (being sick), Diarrhoea, Abdominal (stomach) pain. Hypoglycaemia (low blood sugar) which is manifested by: headache, drowsiness, weakness, dizziness, confusion, fast heart beat, irritability & sweating. Common side effects: Feeling less hungry (decreased appetite), Indigestion, Constipation, Gas (flatulence), Bloating of the stomach, Gastroesophageal reflux disease, burping, feeling tired. Slowing of the electrical current in the heart. Tell your doctor if you are using any other medications that lower the amount of sugar in your blood such as Insulin & Sulphonylurea. Pregnancy and breast-feeding: Trulicity should not be used during pregnancy, do not use Trulicity if you are breast feeding. Driving & using machine: Hypoglycemia may occur which may reduce your ability to concentrate. Approval date: 28/8/2016 Always read the full prescribing information. Other less common side effects are listed in the full prescribing information. Health care professionals are asked to report any suspected adverse drug reaction.

**For further prescribing information, contact Eli Lilly & Company's Scientific Office:**

A2 "Double wing" BB007 Cairo Festival City 3<sup>rd</sup> floor,  
5<sup>th</sup> settlement, New Cairo, Egypt

Phone: +202 26965300

Fax: +202 26965366

**Lilly**



# VICTOZA®—your force for change in type 2 diabetes.

## Diabetes affects the whole person

**Weight<sup>1</sup>, cardiovascular risk<sup>2</sup> and beta cell dysfunction<sup>3</sup> are part of the diabetes problem**

GLP-1 has a significant impact on the multiple systems affected by diabetes<sup>4</sup>.

**New once-daily VICTOZA® with 97% homology to human GLP-1 goes deep to impact several parts of type 2 diabetes<sup>5</sup>**



References:  
1-Davis TME et al. Diabetes Care 2001;24(7):1167-1174.  
2-Fox CS et al. Diabetes Care 2004;27(3):704-708.  
3-Polonsky KS et al. Diabetes 1995;44(11):1249-1258.  
4-Zander M et al. Lancet 2002;359(9309):824-830.  
5-Victoza summary of products characteristics. Bagsvaerd, Denmark; Novo Nordisk A/S; 2014.



**VICTOZA®**  
Liraglutide injection

**Lilly** | DIABETES

Insulin 1



Device 2



Support 3



For further information, contact Eli Lilly & Company's Scientific Offices:

A2 "Double wing" BB007 Cairo Festival City 3<sup>rd</sup> floor,  
5<sup>th</sup> settlement, New Cairo, Egypt  
Phone: +202 26965300 Fax: +202 22685636



# Duloxetine

Diabetic neuropathic pain

Sleep  
Disturbance

Depression  
and Anxiety

Peripheral  
Diabetic Neuropathy

## Break the Pain Triad

DPNP ( Diabetic Peripheral Neuropathic Pain )



**UTOPIA**  
THE LIFE YOU DESERVE