



MIDDLE EAST ARTHRITIS FOUNDATION

# WORLD ARTHRITIS WEEK 2020

October 9<sup>th</sup> - 15<sup>th</sup>, 2020

Virtual Conference - Zoom Platform



## PROGRAM



For more information, please visit: [www.arthritis.ae](http://www.arthritis.ae)

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### FRIDAY, OCTOBER 9<sup>TH</sup>

**Moderator: Humeira Badsha, MD**

- 14:30 - 15:00 New Advances in Treatment of Different Types of Arthritis  
Humeira Badsha, MD
- 15:00 - 15:05 Q & A
- 15:05 - 16:35 Ask the Rheumatologists - Direct Q & A Interactions  
Bhavna Khan, MD - Humeira Badsha, MD - Amal Genawi, MD - Shazia Abdullah, MD
- 16:35 - 17:05 Movement Session by a Dance and Movement Specialist  
Ms Vonita Singh
- 17:05 - 17:10 Q & A

### SATURDAY, OCTOBER 10<sup>TH</sup>

**Moderator: Shazia Abdulla, MD**

- 18:00 - 18:30 Taking Immuno Suppressants in the COVID Era- How Safe am I?  
Gianina Statache, MD
- 18:00 - 18:05 Q & A
- 18:35 - 19:05 Nutrition Talk - Eating for a Healthy Gut  
Ms Victoria Tipper
- 19:05 - 19:10 Q & A
- 19:10- 19:40 Ankylosing Spondylitis  
Amel Ginawi, MD
- 19:40 - 19:45 Q & A

### SUNDAY, OCTOBER 11<sup>TH</sup>

**Moderator: Amel Ginawi, MD**

- 18:30 - 19:00 Dance Therapy - Live Online Sessions for Arthritis Patients  
Ms Vonita Singh
- 19:00 - 19:05 Q & A
- 19:05 - 19:35 Psoriatic Arthritis  
Bhavna Khan, MD
- 19:35 - 19:40 Q & A



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### MONDAY, OCTOBER 12<sup>TH</sup>

**Moderator: Khulood Khawaja, MD**

- |               |                                                                                                                                    |
|---------------|------------------------------------------------------------------------------------------------------------------------------------|
| 18:00 - 18:30 | Immunity, What it Means?<br>Atheer Al Ansari, MD                                                                                   |
| 18:30 - 18:35 | Q & A                                                                                                                              |
| 18:35 - 19:35 | Everything you wanted to know on Arthritis - (Arabic Q & A Session)<br>Ghita Harifi, MD - Waleed AlShehhi, MD - Ahmed Abogamal, MD |
| 19:35 - 20:05 | <b>Novartis Symposium</b><br>When Back Pain May Mean Arthritis<br>Ghita Harifi, MD                                                 |
| 20:05 - 20:10 | Q & A                                                                                                                              |

### TUESDAY, OCTOBER 13<sup>TH</sup>

**Moderator: Ghita Harifi, MD**

- |               |                                                                                      |
|---------------|--------------------------------------------------------------------------------------|
| 18:30 - 19:00 | Understanding Pain<br>Ms Phillipa Kirschner                                          |
| 19:00 - 19:05 | Q & A                                                                                |
| 19:05 - 19:35 | Mind and Stress Management<br>Madiha Khan, MD                                        |
| 19:35 - 19:40 | Q & A                                                                                |
| 19:40 - 20:00 | <b>AbbVie Symposium</b><br>Talk Over RA "Patients Perspective"<br>Humeira Badsha, MD |
| 20:00 - 20:05 | Q & A                                                                                |



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### WEDNESDAY, OCTOBER 14<sup>TH</sup>

**Moderator: Bhavna Khan, MD**

18:30 - 19:00	Juvenile Arthritis Information for Families Khulood Khawaja, MD
19:00 - 19:05	Q & A
19:05 - 19:35	Juvenile Arthritis and Going Back to School Safely in Covid Khulood Khawaja, MD
19:35 - 19:40	Q & A

### THURSDAY, OCTOBER 15<sup>TH</sup>

**Moderator: Ms. Sanria Khan**

18:30 - 19:00	Yoga Session Akhil Mohan, MD
19:00 - 19:05	Q & A
19:00 - 20:00	Exercising at Home - How to be Effective and Safe Mr. Sifu Yasser Bilgrami
19:35 - 19:40	Q & A



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EMIRATES RHEUMATOLOGY ACADEMY

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