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DEPARTMENT OF HEALTH



Emirates Lifestyle And Longevity Medicine Society
جمعية الإمارات لطب نمط الحياة و الطب المتكامل

Cultural and Destination Partner



THE 1ST UAE ANNUAL LIFESTYLE & LONGEVITY MEDICINE CONFERENCE

2025

PROGRAM

OCTOBER 17-19, 2025 | EARTH HOTEL ABU DHABI

WELCOME LETTER

It is with great pride and pleasure that we welcome you to the **1st Annual Lifestyle and Longevity Medicine Conference**, that will be held in **October 17-19, 2025 at Erth Abu Dhabi Hotel** organized by the **Emirates Lifestyle & Longevity Medicine Society** in collaboration with the **Emirates Medical Association (EMA)** and the International Board of **Lifestyle Medicine (IBLM)**.

This landmark event marks the beginning of a transformative movement in healthcare, one that places prevention, personalization, and empowerment at its core.

Our vision is to foster a healthcare system that prioritizes proactive, preventive, and evidence-based approaches to health and longevity.

Our mission is to drive change across the UAE and the wider Middle East by integrating lifestyle and longevity medicine into the foundation of disease prevention and management.

Whether you are a clinician, researcher, policymaker, or healthcare innovator, this conference will equip you with cutting-edge insights, practical tools, and access to a dynamic network of professionals dedicated to advancing human health.

We are honored by your presence and look forward to shaping the future of lifestyle and longevity medicine in the UAE and the wider region.

Warm regards,



Dr. Abeer AlTeneiji

President

Emirates Lifestyle & Longevity Medicine Society



ORGANIZING COMMITTEE



 **DR. ABEER ALTENEIJI**
President



 **DR. MISHKAT SHEHATA**
Vice President



 **DR. MARYAM AL ALI**
General Secretary



 **DR. RAHAT GHAZANFAR**
Scientific Committee Chairperson



 **DR. YAZAN ALJABERY**
Cultural Committee Chairperson



SCIENTIFIC COMMITTEE



 **DR. AISHA BHAIYAT**
Family Medicine Consultant
NMC Dubai



 **DR. EMAD GEORGE**
Consultant Endocrinologist & Diabetologist
Imperial College London Diabetes
& Endocrine Centre



 **DR. IMAN AHMAD**
Family Medicine Consultant at SEHA and SSMC




 **DR. RAHAT GHAZANFAR**
Clinical Director Longevity Clinic at SSMC



 **DR. SAIMA KHAN**
Consultant Family Medicine
Cleveland Clinic Abu Dhabi
MRCP, MRCGP, MRCSI



 **DR. SAMRA ABOUCHACRA**
Consultant Nephrologist
Reem Hospital Abu Dhabi
Certified Diplomat IBLM



 **DR. SANAM MALLICK**
Family Medicine Consultant
at Burjeel Hospital



 **FRIDAY, OCTOBER 17, 2025**



Emirates Lifestyle And Longevity Medicine Society
جمعية الإمارات لطب نمط الحياة و الصحة المستدامة

CLINICAL FOUNDATIONS IN LIFESTYLE & PREVENTIVE HEALTH

08:00 - 08:30 | Registration & Welcome

08:30 - 09:30 | Path to Flourishing: Positive Psychology in Practice | **Dr. Stephan Herzog**

09:30 - 10:30 | **SESSION 1**
Moderator: Dr. Rahat Ghazanfar

09:30 - 10:00 | Lifestyle Medicine Nutrition: Assessments & Prescriptions | **Dr. Wayne Dysinger**

10:00 - 10:30 | Opening Ceremony | **Dr. Abeer AlTeneiji, President of ELLMS**
Sheikha Dr. Noura Al Qassimi, President of the Emirates Medical Association

10:30 - 10:45 |  Hydration Breaks

Lifestyle as Medicine: Simple Strategies for Sustainable Longevity | **Ms. Mariam AlShamsi**



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CLINICAL FOUNDATIONS IN LIFESTYLE & PREVENTIVE HEALTH

10:45 - 12:45	SESSION 2 Moderator: Dr. Rahat Ghazanfar
10:45 - 11:15	Preventing Muscle Loss During Weight Loss: The role of Lifestyle Interventions with Anti-Obesity Medications Dr. Amena Sadiya
11:15 - 11:45	Longevity Rx: Sweat, Strength and Science Ms. Tasneem Zaki
11:45 - 12:15	Health Span Medicine Dr. Mishkat Shehata
12:15 - 12:45	Applying Functional Testing in Lifestyle & Longevity Medicine Dr. Eman Al Attar
12:45 - 13:45	 Lunch Break Friday Prayer
13:45 - 15:45	SESSION 3 Moderator: Dr. Samra Abouchacra
13:45 - 14:15	The Gut-Brain Axis: Microbiome & Mental Health Ms. Farah Hillou
14:15 - 14:45	Food Label Literacy: Empowering Smarter Choices Ms. Mona Joumaa

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CLINICAL FOUNDATIONS IN LIFESTYLE & PREVENTIVE HEALTH

14:45 - 15:15 | Lifestyle Medicine in the Management and Remission of Type 2 Diabetes | **Dr. Emad George**

15:15 - 15:45 | Breath as a Catalyst: Activating Longevity and Vitality | **Ms. Shilpa Kudekar**

15:45 - 16:00  Hydration Breaks

16:00 - 18:00 | **SESSION 4**
Moderator: Dr. Sanam Mallick

16:00 - 16:30 | Health Tech in Clinics Enhancing Monitoring and Data-Driven Interventions | **Dr. Ana Baroni**

16:30 - 17:00 | Understanding Emotional Eating & Behavioural Triggers | **Dr. Moien Khan**

17:00 - 17:30 | CVD in Women's Health: Risk Recognition & Prevention | **Dr. Dima Quraini**

17:30 - 18:00 | Hormonal Shifts & Metabolic Health: Case Spotlights
Dr. Sadaf Brown



 **SATURDAY, OCTOBER 18, 2025**



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SYSTEMS HEALTH, STRESS & HEALTH SPAN SCIENCE

07:30 - 08:00  Morning Yoga & Breathwork | Ms. Adéla Zamrzlová

08:15 - 10:15

SESSION 5

Moderator: Dr. Mishkat Shehata

08:15 - 08:45

Obtaining Proficiency in Lifestyle Medicine
The Global Lifestyle Medicine Competency and Certification Framework | **Dr. Stephan Herzog**

08:45 - 09:45

Regenerative Medicine Meets Lifestyle Medicine:
A New Paradigm for Tissue Repair and Health span Extension | **Dr. Mohammed Al Jumaily**

09:45 - 10:15

Integrating ,Mental Health, Sleep and Pain Management: A Mind/Body Approach to Chronic Pain | **Dr. Muhammad Farhan**

10:15 - 10:30



Hydration Breaks

10:30 - 12:00

SESSION 6

Moderator: Dr. Maryam Al Ali

10:30 - 11:00

Sleep as Medicine: Using CBT-I to Boost Health, Mental Health, and Longevity | **Dr. Kelly Huffman**

11:00 - 11:30

Stronger Before: Transforming Patient Outcomes with Lifestyle Focused Prehabilitation | **Dr. Sunil Kumar**

 **SATURDAY, OCTOBER 18, 2025**



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SYSTEMS HEALTH, STRESS & HEALTH SPAN SCIENCE

11:30 - 12:00 | AI and Smart Wearables: A New Era in Cardiac Monitoring | **Dr. Yazan Aljabery**

12:00 - 12:45  Lunch Break

12:45 - 14:45 | **SESSION 7**
Moderator: Dr. Yazan Aljabery

12:45 - 13:45 | Lifestyle Medicine Systems & Economic Models | **Dr. Wayne Dysinger**

13:45 - 14:15 | Lifestyle Medicine Education for Future Physicians: A Pilot Intervention in Family Medicine Residency | **Dr. Maryam Al Ali**

14:15 - 14:45 | Transforming Aging | **Dr. Brian Kennedy**

14:45 - 16:30 | **SESSION 8**
Moderator: Dr. Iman Ahmad

14:45 - 15:15 | AI Behavioral Change Lifestyle | **Dr. Shahad Al Naqbi**

15:15 - 15:30  Hydration Breaks



 **SATURDAY, OCTOBER 18, 2025**



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SYSTEMS HEALTH, STRESS & HEALTH SPAN SCIENCE

15:30 - 16:00 | Bioidentical Hormones in Midlife Women | **Dr. Basma Alrowaily**

16:00 - 16:30 | Integrative Nutrition in Oncology | **Dr. Saima Khan**

16:30 - 17:30 | **SESSION 9**
Moderator: Dr. Samra Abouchacra

16:30 - 17:00 | Environmental Toxins & Detoxification | **Ms. Garineh Serpekian**

17:00 - 17:30 | Epigenetics and Nutrigenetics: The Earliest Blueprint for Longevity | **Mrs. Nosheen Khan**

 **SUNDAY, OCTOBER 19, 2025**



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TECH, TOOLS & TRANSLATING KNOWLEDGE INTO PRACTICE

07:30 - 08:00  Morning Yoga & Breathwork | Ms. Cecilia Ayoub

08:30 - 11:30

SESSION 10

Moderator: Dr. Emad George

08:30 - 09:30

The Role of the Exposome in NCDs | **Dr. Bartlomiej Piechowski**

09:30 - 10:00

HeLo Findings - Insights from a Longevity Survey | **Ms. Needa Qureshi**

10:00 - 10:30

25 Years Investing in Longevity: From the Embryonic Market to the Current Maturing Longevity Landscape
What are the Next Longevity Investments? | **Mr. Chris Moore, Founder and CEO of Nordic Group**

10:30 - 10:45



Hydration Breaks

10:45 - 11:15

Back to the Roots: Ancestral Wisdom, Lifestyle Medicine and MyDREAMSTM Pathway to Living Healthier, Happier and Longer | **Dr. Ifeoma Monye**

11:15 - 11:30

Not Just Longer, but Better: Palliative Care in the Longevity Era | **Dr. Neil Nijhawan**

 **SUNDAY, OCTOBER 19, 2025**



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TECH, TOOLS & TRANSLATING KNOWLEDGE INTO PRACTICE

11:30 - 13:30

SESSION 11

Moderator: Dr. Saima Khan

11:30 - 12:00

Lifestyle Medicine in Oncology: Muscle Mass & Biomarkers | **Dr. Rahat Ghazanfar - Dr. Usman Moghal**

12:00 - 12:30

Integrative Oncology Approaches | **Dr. Fawad Khan**

12:30 - 13:00

Conference End - Closing Remarks

13:00 - 14:30



Lunch Break

14:30 - 18:30

International Board of Lifestyle Medicine (IBLM) Exam - for IBLM Candidates only

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