

REDEFINING WOMEN'S HEALTH: FROM HORMONES TO WHOLE-PERSON CARE

SAVE THE DATE

25th 2
APRIL 0
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CLEVELAND CLINIC
ABU DHABI - UAE



WELCOME LETTER

Dear Colleague and Friend,

We are pleased to invite you to the upcoming **Redefining Women's Health: From Hormones to Whole-Person Care, a cross-institute CCAD collaboration hosted by Cleveland Clinic Abu Dhabi (CCAD)**. This full-day, in-person event will bring together physicians, nurses, dietitians, psychologists, and allied health professionals to explore comprehensive, evidence-based approaches to women's health across hormonal life stages, which will be held on **April 25, 2026 at the Cleveland Clinic Abu Dhabi, UAE**.

Through expert-led lectures, interactive case discussions, and multidisciplinary panels, the conference will address key topics such as menopause management, hormone therapy, sexual and mental health, lifestyle interventions, and integrative care models. The program aims to empower healthcare providers with the knowledge and tools to deliver personalized, compassionate, and holistic care for women during midlife and beyond.

By participating in this program, you will have the opportunity to engage with a respected educational platform that emphasizes innovation, wellness, and gender-specific healthcare. Your involvement not only enhances your professional knowledge and skills but also contributes to advancing women's health and improving quality of life.

We look forward to welcoming you to the conference for an inspiring and impactful experience. Your participation will greatly contribute to its success.

Sadaf Brown, MD

Medical Subspecialty Institute
Cleveland Clinic Abu Dhabi, UAE

PROGRAM

07:00 - 08:00

Light Yoga

Ria Haffar from Bodytree
Yoga & Medication Teacher / Yoga Therapist

08:00 - 08:45

Registration & Welcome Coffee

08:45 - 09:00

Opening Remarks

Dr. Sadaf Brown
Family Medicine Consultant & Menopause Specialist

Dr. Summia Zaher
*Chief Executive Officer, Women & Children's Care
Global Patient Care*

09:00 - 11:00

SESSION I – THE HORMONAL SYMPHONY: UNDERSTANDING MENOPAUSE

Moderator: **Khulood Al Awadi, MD**

09:00 - 09:30

The Hormone Timeline: From Premenopause to Postmenopause
Understanding hormonal fluctuations across the lifespan

Dr. Malini Sharma
*Consultant Gynecologist
Cleveland Clinic Abu Dhabi*

09:30 - 10:00

Recognizing the Signs: Early and Atypical Presentations of Perimenopause Menopause and the impact on bone health
Common and subtle symptoms, diagnostic criteria, and timing

Dr. Maguy Chiha
*Consultant Endocrinologist
Cleveland Clinic Abu Dhabi*

10:00 - 10:30

Beyond Hot Flashes: Cardiometabolic Menopause
Impact of estrogen decline on cardiovascular and skeletal systems

Dr. Dima Quraini
*Medical Director Women's Heart Clinic
Cleveland Clinic Abu Dhabi*

10:30 - 11:00

Menopause and Obesity
Managing the hormonal impact on midlife weight gain

Dr. Safa Hegazin
*Medical Director Obesity Medicine
Cleveland Clinic Abu Dhabi*

11:00 - 11:30

Morning Break and Refreshments & Networking

PROGRAM

11:30 - 13:30

SESSION II – THERAPEUTIC FRONTIERS

Moderator: **Helen Cannon, MD**

11:30 - 12:00

Nutrition, Lifestyle, and Exercise in Menopause Management
Evidence-based strategies to support metabolic and hormonal health

Dr. Saima Khan
Consultant Family Medicine and Certified
Lifestyle Medicine Specialist
Cleveland Clinic Abu Dhabi

12:00 - 12:30

Hormone Therapy and Non-Hormonal Therapies 2025: Myths, Evidence & Personalized Care
Latest evidence and tailoring treatment to patient profiles

Dr. Neha Gami
Consultant Gynecologist and Menopause
Specialist Health Plus

12:30 - 13:00

High risk patient assessment: Evidence guided informed decision making
Personalized risk assessment and patient care

Dr. Fawad Khan
Consultant Family Medicine and HighRisk
Specialist Cleveland Clinic Abu Dhabi

13:00 - 13:30

Managing Menopause After Cancer: Balancing Safety and Quality of Life
Navigating menopause in breast and genitourinary cancer survivors

Dr. Bassel Jallad
Consultant Oncologist
Cleveland Clinic Abu Dhabi

13:30 - 14:30

Lunch Break

14:30 - 16:00

SESSION III – SEXUAL AND GENITOURINARY HEALTH, GUT HEALTH

Moderator: **Ghada Qawasmeh, MD**

14:30 - 15:00

When Intimacy Hurts: Genitourinary Syndrome of Menopause Explained
Vaginal dryness, atrophy, and urinary symptoms, Addressing libido, arousal

TBA

15:00 - 15:30

Integrative Approaches to Pelvic Health
Pelvic floor therapy, local estrogens, and non-hormonal treatments

Georgia Walker- Lysnara Santos
Women's Health Physical Therapists
Cleveland Clinic Abu Dhabi

15:30 - 16:00

Gut Health in Midlife: What are we Missing
GI symptoms, gut microbiome and food intolerance during the transition

Dr. Pascale Anglade
Consultant Gastroenterologist
Cleveland Clinic Abu Dhabi

PROGRAM

16:00 - 16:30

Afternoon Coffee Break

16:30 - 18:00

SESSION IV – THE MIND-BODY CONNECTION

Moderator: **Gul E Hina Danish, MD**

16:30 - 17:00

The Female Brain Code

Sex-Specific Biomarkers, Smarter Screening, and Precision Dementia Prevention

Dr. Hanan Sheikh Ibrahim

Consultant Internal Medicine and Brain Health Specialist - Cleveland Clinic Abu Dhabi

17:00 - 17:30

Supporting Mental Health: Anxiety, Sleep, and Self-Image

Practical tools for clinicians and counsellors

Dr. Muhammad Farhan

Consultant Psychiatrist and Chronic Pain Specialist - Cleveland Clinic Abu Dhabi

17:30 - 18:00

Musculoskeletal Syndrome of Menopause

Understanding the complex interactions between hormones and joint health

Dr. Rajae Namas

*Consultant Rheumatologist
Cleveland Clinic Abu Dhabi*

18:00 - 18:30

Closing Remarks

ORGANIZED BY:

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INFOMED

Innovating | Executing | Networking

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