كليفلاند كلينك أبوظبي
Cleveland Clinic Abu Dhabi

ACCME ACCREDITED

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

7 CME
Accredited by Department of Health - DOH

PROGRAM

SEPTEMBER 5, 2026

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 **September 5, 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 Subspeciality Institute
Cleveland Clinic Abu Dhabi, UAE

PROGRAM

07:00 - 08:00	*Morning Meditation with Breath Work and Sound Healing*	***Shilpa Kudekar*** *Reiki Master Practitioner, Sound Healer, & Health Coach*
08:00 - 08:45	*Registration & Welcome Coffee*	
08:45 - 09:00	*Opening Remarks* *From the Conference Chair and our Keynote Speaker*	***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. Sahar Hindi*** *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 - 11:15	***Morning Break and Refreshments & Networking***	

PROGRAM

11:15 - 12:45	**SESSION II – SEXUAL AND GENITOURINARY HEALTH, GUT HEALTH** Moderator: **Seher Ahmad, MD**	
11:15 - 11:45	When Intimacy Hurts: Genitourinary Syndrome of Menopause Explained ***Vaginal Dryness, Atrophy, and Urinary Symptoms, Addressing Libido, Arousal***	***Dr. Seema Sheth*** *Consultant Urologist* *Cleveland Clinic Abu Dhabi*
11:45 - 12:15	Integrative Approaches to Pelvic Health ***Pelvic Floor Therapy, Local Estrogens, and Non-Hormonal Treatments***	***Lysnara Santos*** *Women's Health Physical Therapist* *Cleveland Clinic Abu Dhabi*
12:15 - 12:45	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*
12:45 - 13:45	***Lunch Break***	

PROGRAM

13:45 - 15:45	**SESSION III – THERAPEUTIC FRONTIERS** Moderator: **Tamar Achjian, MD**	
13:45 - 14:15	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*
14:15 - 14:45	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*
14:45 - 15:15	HRT in Complex Benign Gynecological Conditions	***Dr. Amal Saad*** *Consultant Gynecologist* *Cleveland Clinic Abu Dhabi*
15:15 - 15:45	Managing Menopause in Breast and Gynecologic Cancer Survivors and Previvors: Balancing Safety and Quality of Life.	***Dr. Mariam AlHilli*** *Chief of Gynecology* *Cleveland Clinic Abu Dhabi*
15:45- 16:15	***Afternoon Coffee Break***	

PROGRAM

16:15 - 18:15	**SESSION IV – THE MIND-BODY CONNECTION** Moderator: **Gul E Hina Danish, MD**	
16:15 - 16:45	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*
16:45 - 17:15	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 - 17:50	*Panel Discussion* Panelists: ***Dr. Safa Hegazin - Dr. Sadaf Brown***	
17:50 - 18:20	*Closing Remarks*	

ORGANIZED BY:

INFOMED

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