International Diabetes Federation
Middle East & North Africa

Iraqi Diabetes and Endocrine Association
IDEA
الجمعية العراقية للسكري والغدد الصم



THE 5TH LEVANT ENDOCRINOLOGY & DIABETES CONGRESS

THE INTERNATIONAL DIABETES FEDERATION MIDDLE EAST & NORTH AFRICA (IDF-MENA) REGIONAL MEETING

THE INTERNATIONAL CONFERENCE OF THE IRAQI DIABETES & ENDOCRINOLOGY ASSOCIATION

SCIENTIFIC PROGRAM

NOVEMBER 5-7 2026

BABYLON ROTANA
BAGHDAD - IRAQ



ORGANIZED BY:
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PROGRAM

DAY 1 | THURSDAY, 5 NOVEMBER 2026

GILGAMESH HALL - MAIN

08:00 - 08:30	**Registration and Reception**	
08:30 - 08:35	Welcoming Speech from the Chairman of the Scientific Committee	Mahmood S. Alzaidi, MD
08:35 - 10:05	**Session 1**: Diabetes and the IDF-MENA Journey *Moderators: Mesbah Sayed Kamel, MD - Zaid Qahtan Alkayyat, MD - Nassar Taha, MD*	
08:35 - 08:55	Beyond Glucose: MENA Framework for Prevention, Early Detection, & Integrated Diabetes Care	Mohamed Eltom, MD
08:55 - 09:15	Diabetes in Iraq: Available Evidence, Current Gaps, and Future Registry	Abbas Ali Mansour, MD
09:15 - 09:35	Defining Priorities for Implementing National Diabetes Programs in Limited-Resource Countries	Morsi Arab, MD
09:35 - 09:55	Why is the Voice of the Person Living with Diabetes Crucial?	Jamal Belkhadir, MD
09:55 - 10:05	Discussion	All Speakers
10:05 - 10:20	**Coffee Break**	

PROGRAM

DAY 1 | THURSDAY, 5 NOVEMBER 2026

GILGAMESH HALL - MAIN

10:20 - 11:20	**Ceremonial Protocol for the Joint Conference**
	Iraqi National Anthem
	Recitation from the Holy Quran
	Speech by the Congress President **Abbas M. Rahmah, MD**
	Speech by the Chairman of the Congress Organizing Committee **Hazim Abdulrazak, MD**
	Speech by the Chair of the International Diabetes Federation - Middle East and North Africa (IDF-MENA) Region **Mohamed Eltom, MD**
	Speech by the Representative of the LEVANT Group **Fares Haddad, MD**
	Pre-recorded Speech by the Member of the Scientific Committee **Fatheya Alawadi, MD**
	Poetry Performance Dedicated to Diabetes Awareness **Naser Ibrahim, MD**
11:20 - 11:35	**Industrial Slot 1** **The Gap Between Guidelines and Practice:** **Therapeutic Inertia in the Use of Cardiorenal-Protective Therapies in Type 2 Diabetes** Osama Abbas Mahdi, MD

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PROGRAM

DAY 1 | THURSDAY, 5 NOVEMBER 2026

GILGAMESH HALL - MAIN

11:35 - 13:45	**Session 2**: Closing the Cardiorenal Metabolic Gap in Diabetes Care: From Guidelines to Real World *Moderators: Mohamed Eltom, MD - Hazim Abdulrazak, MD - Khalid Allehibi, MD*
11:35 - 11:55	Practical Recommendations for Diabetes Management: IDF 2025 Mesbah Sayed Kamel, MD
11:55 - 12:15	Update on the Management of Dyslipidemia in Diabetes Tarik Elhadd, MD
12:15 - 12:35	Diabetes and Obesity: The Close Interaction Adel El Sayed, MD
12:35 - 12:55	Hypertension Updates / Antiplatelet Therapy in High-Risk Diabetes Hilal Al-Saffar, MD
12:55 - 13:15	Three Guidelines. One Patient. One Clinical Decision. Navigating Diabetic Kidney Disease - KDIGO, IDF & ADA Ala Ali, MD
13:15 - 13:35	Why is it Still Difficult to Achieve Glycemic, Blood Pressure, & Lipid Targets in T2DM? Rachid Malek, MD
13:35 - 13:45	Discussion | All Speakers

ISHTAR HALL

11:35 - 13:00	**Workshop 1B**: Diabetes Technology *Moderator: Haidar Fadhil Al-Rubaye, MD* Rasha Odeh, *MD* - Riwa Kahale, *MD*
	Part 1: Continuous Glucose Monitoring (CGM)
11:35 - 11:40	Welcome & The CGM Revolution
11:40 - 11:50	Technology & Hardware Breakdown
11:50 - 12:00	Interpreting Data and Actionable Metrics
12:00 - 12:10	Interactive Case Studies
12:10 - 12:15	CGM Q&A / Stretch Break
	Part 2: Insulin Pump Therapy
12:15 - 12:25	Fundamentals of Continuous Subcutaneous Insulin Infusion (CSII)
12:25 - 12:40	Advanced Pump Mechanics & Smart Bolusing
12:40 - 12:55	The Connected Future: Automated Insulin Delivery (AID)
12:55 - 13:00	Final Q&A & Wrap-Up

13:45 - 14:45	**Lunch Break and Exhibition**

PROGRAM

DAY 1 | THURSDAY, 5 NOVEMBER 2026

GILGAMESH HALL - MAIN

ISHTAR HALL

14:45 - 15:00	**Industrial Slot 2** **From Risk to Protection: Advancing Care in T2D and CKD** Anwar Tuama, MD	AstraZeneca

15:00 - 16:30	**Session 3**: Advancing Diabetes Care: Integrating Global Evidence Into Community Practices *Moderators: Farid Ahmad Homayoun, MD - Abbas M. Rahmah, MD* *Abbas Fadhil Hlaihel, MD*
15:00 - 15:20	Community-Based Diabetes Care: Advancing Access, Integration, and Health Outcomes Ahmad Abu Al-Halaweh, MD
15:20 - 15:40	ADA/EASD Updates and Global Diabetes Guidelines: Similarities and Differences Muhammad Abdul-Ghani, MD
	Women's Health & Diabetes: Pregnancy Facts, Myths & Prevention
15:40 - 16:00	Diabetes in Women Nadima Shegem, MD
16:00 - 16:20	Facts and Myths of Diabetes in Pregnancy Delman Mohammed Al-Attar, MD
16:20 - 16:30	Discussion | All Speakers

15:00 - 16:50	**Session 1B**: Adrenal Disorders *Moderators: Nihad Abdallah, MD - Omar Aljuboori, MD - Nizar Shawky, MD*
15:00 - 15:20	Personalized Therapy of Congenital Adrenal Hyperplasia Fares Haddad, MD
15:20 - 15:40	Adrenal Incidentaloma: From Discovery to Definitive Decision, Evidence-Based Guideline Update Zaid Alemara, MD
15:40 - 16:00	Pregnancy, Cushingoid Features, & Adrenal Mass: Diagnostic Trap Unmasking Final Pathology Ibrahim Hani Hussien, MD
16:00 - 16:20	Ectopic Cushing Syndrome: When the Tumor Plays Ugly Mahmood T. Altemimi, MD
16:20 - 16:40	When Cortisol Strikes Twice: A Pregnancy Shattered by Fractures and a Postpartum Battle with Pulmonary Embolism Musaab Ali Ashkar, MD
16:40 - 16:50	Discussion | All Speakers

PROGRAM

DAY 1 | THURSDAY, 5 NOVEMBER 2026

GILGAMESH HALL - MAIN

16:30 - 16:45	**Industrial Slot 3** **Beyond Monotherapy: Clinical Utility & Guideline Updates for Metformin-DPP-4i Combination** Zaid Alemara, MD	MADDOX Pharma Swiss
16:45 - 17:00	**Industrial Slot 4** **The Evolving Journey of Cardiometabolic Care in Type 2 Diabetes** Mahmood S. Alzaidi, MD	EVA PHARMA
17:00 - 17:15	**Coffee Break**	
17:15 - 18:45	**Session 4**: Adipose Tissue, Insulin Resistance & Reproductive Health: Rethinking the Metabolic-Endocrine Connection *Moderators: Ahmed Abdulkarim Hassoun, MD - Abbas Ali Mansour, MD - Basim Audib, MD*	
17:15 - 17:35	Insulin Resistance in Adipose Tissue	Muhammad Abdul-Ghani, MD
17:35 - 17:55	Insulin Resistance Epidemic: True Concepts and False Ideas	Abbas Fadhil Hlaihel, MD
17:55 - 18:15	OSA and Metabolic Health: A New Era	Haider Abdulhameed Alqaraghuli, MD
18:15 - 18:35	MASLD: Overview	Raghad Jawad AL-Akayshee, MD
18:35 - 18:45	Discussion and Closing Remarks	All Speakers

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- **Demonstrated weight benefit vs premix insulin[4]**
- **A simple once-daily injection that can fit into everyday life[5]**



MAT-IQ-2400208-1.0-10/2024

Reference : 1, Arcelo VR, et al. Diabetes Care, 2016;39:1972–1980. | 2, Frias J, et al. Diabetes Obes Metab. 2018;20:2314–2315. | 3, Blonde L, et al. Diabetes Care, 2021 Mar 44(3):774–780. | 4, Rosenstock J, et al. Diabetes Care, 2021;44(10):2361–2370. | 5, SOLIQUA® SMPC

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PROGRAM

DAY 2 | FRIDAY, 6 NOVEMBER 2026

GILGAMESH HALL - MAIN

08:15 - 09:45	**Session 5**: Real-World Diabetes Care, Education, & Psychosocial Practice *Moderators: Abdulla Al-Hamaq, MD - Adel Gassab, MD - Osama H. Othman, MD*
08:15 - 08:35	Management of Diabetes in Disasters Mohamad El Sandid, MD
08:35 - 08:55	Primary Prevention in Type 2 DM Najwa M. Rhayem, MD
08:55 - 09:15	Structured Diabetes Education Riwa Kahale, MD
09:15 - 09:35	Psychosocial Aspects of Diabetes within a Patient-Centered Approach Uday Khalid, MD
09:35 - 09:45	Discussion | All Speakers
09:45 - 10:15	**Industrial Slot 5** **Empagliflozin in Type 2 Diabetes: Integrating Glycemic Control and Cardiorenal Protection Clinical Positioning in the 2026 ADA/EASD Consensus** Abdullah Arnoos, MD Pio Pharma Pioneer
10:15 - 10:40	**Industrial Slot 6** **Diacolin Max XR, the Future is Triple** Adel Gassab, MD Ultra Medica Pharmaceutical Industries
10:40 - 10:50	**Coffee Break**

ISHTAR HALL

09:00 - 11:00	**Workshop 2B**: Diabetic Foot *Moderators: Khudair Hazbar, MD - Yaser Aamer Alhaibi, MD* Hanan Gawish, *MD* — Zaid A. A. Alshemmari, MD
09:00 - 09:20	Foot Clinic in Diabetes Setting • Messages to the patients • Foot screening • Risk categorization • Pre-ulcerative pathology • Active foot lesions
09:20 - 09:50	Hands-on Training on Foot Screening and Skin & Nail Care • Neuropathy Exam • Vascular Exam • Deformity • Footwear Exam
09:50 - 10:10	Orthopedic Surgeon View: Late versus Early Presentation • Surgical Aspect of DF • Charcot Foot
10:10 - 10:40	Quiz of Different Case Presentations • Early vs Late • When to Refer to Surgery • DF Infection • DF Ulcer Assessment • Offloading • Charcot Foot
10:40 - 10:50	How to Build a National Diabetic Foot Project?
10:50 - 11:00	Discussion & Interaction

PROGRAM

DAY 2 | FRIDAY, 6 NOVEMBER 2026

GILGAMESH HALL - MAIN

10:50 - 12:20	**Session 6**: New Frontiers in Diabetes and Endocrinology: From Nutrition and Natural Therapies to Cognitive Practice *Moderators: Marouan Zoghbi, MD - Taha O. Mahwi, MD - Waleed Mohammed, MD*
10:50 - 11:10	Update on Medical Nutrition Therapy for Diabetes and Obesity Ammar W. Ashor, MD
11:10 - 11:30	Natural Does Not Mean Inert: The Endocrine Pharmacology of Medicinal Herbs Hatim Al-Shwilly, MD
11:30 - 11:50	Invisible Errors in DM & Endocrinology: Cognitive Biases, Technology, & Metacognitive Approach Qusay Alzajaji, MD
11:50 - 12:10	Lessons Learned from My Endocrinology Mistake (Case Presentation) Dler Anwer, MD
12:10 - 12:20	Discussion | All Speakers

ISHTAR HALL

10:50 - 12:20	**Session 2B**: Pituitary Gland Disorders *Moderators: Ali Albayati, MD - Yasameen Alsaffar, MD - Reem Murad, MD*
10:50 - 11:10	Genetic Studies in Acromegaly and Octreotide Response Abbas M. Rahmah, MD
11:10 - 11:30	Imaging of Pituitary Disorders Noor Abbas Hummadi, MD
11:30 - 11:50	IGF-1–GH Discordance in Acromegaly Adel Gassab, MD
11:50 - 12:10	Cabergoline-Resistant Macroprolactinoma: A Therapeutic Challenge – Case-Based Discussion Mazyar Jabbar, MD
12:10 - 12:20	Discussion | All Speakers

12:20 - 13:20	**Friday Prayer + Lunch Break**
13:20 - 13:40	**Industrial Slot 7** **Hypothyroidism in Iraq: From Underdiagnosis to Early Screening** Abbas M. Rahmah, MD
13:40 - 13:55	**Industrial Slot 8** **Soliqua: A SOLID Approach to Break Treatment Complexity** Haider Alidrisi, MD

PROGRAM

DAY 2 | FRIDAY, 6 NOVEMBER 2026

GILGAMESH HALL - MAIN

13:55 - 14:10	**Industrial Slot 9** **Beyond Glycaemic Control: A Real-World Ozempic® Case Through the Evolving Cardiometabolic Landscape** Mahmood S. Alzaidi, MD
14:10 - 15:40	**Session 7**: Reproductive & Women's Health *Moderators: Ali Jawa, MD - Mazyar Jabbar, MD - Ayad Khazal, MD*
14:10 - 14:30	From PCOS to PMOS: How a Woman's Life Transforms Across the Endocrine Metabolic Spectrum Mahir Jallo, MD
14:30 - 14:50	PMOS Beyond the Ovary: Are We Treating the Syndrome or Just Its Symptoms? Taghreed Alhaidary, MD
14:50 - 15:10	Rethinking Menopause and Menopausal Hormone Therapy Bayar Qasim, MD
15:10 - 15:30	Bone & Pregnancy: Parathyroid Guidelines & Osteoporosis Real Story Mahmood S. Alzaidi, MD
15:30 - 15:40	Discussion | All Speakers
15:40 - 15:55	**Industrial Slot 10** **Real-World Success Stories: Kerendia's Journey from Guidelines to Everyday Practice** Anwar Tuama, MD
15:55 - 16:10	**Industrial Slot 11** **Dual Insulin Sensitization - One Coordinated Response** Gelal Abid Ali Al-Taai, MD

ISHTAR HALL

13:55 - 15:05	**Oral Presentations** *Moderators: Suleiman Abusrewil, MD - Anwar Tuama, MD* *Delman Mohammed Al-Attar, MD*
13:55 - 14:05	Knowledge and Practice of Diabetic Foot Care among Diabetic Patients in Libya Najwa M. Rhayem, MD
14:05 - 14:15	Anthropometric, Clinical, and Lifestyle Characteristics Associated with Glycemic Control among Adults with Diabetes in Kirkuk, Iraq: A Retrospective Cross-Sectional Study Waleed Mohammed, MD
14:15 - 14:25	Evaluation of Leptin, Adiponectin, and the Leptin/Adiponectin Ratio as Diagnostic Biomarkers for Metabolic Syndrome Muhamed Ali Salman, MD
14:25 - 14:35	Beyond C-Peptide: Total-to-Intact Proinsulin Ratio as a Novel Marker of Beta-Cell Dysfunction in Early Type 1 Diabetes Zainab Shakir Mahmood, MD
14:35 - 14:45	Outcomes of DKA and Factors Affecting it: Single ICU Experience Zinah Majid Mnati, MD
14:45 - 14:55	Diabetes Remission and Reversal in 2026: From Control to Cure - Can We Cure Type 2 Diabetes? Mahir Jallo, MD
14:55 - 15:05	Discussion | All Speakers

14:00 - 17:00	**MENA Regional Council Meeting**	**SPAR HALL**

PROGRAM

DAY 2 | FRIDAY, 6 NOVEMBER 2026

GILGAMESH HALL - MAIN

ISHTAR HALL

16:10 - 16:25	**Coffee Break**
16:25 - 17:55	**Session 8**: Diabetes, Complications and Comorbidities *Moderators: Hanan Gawish, MD - Haider Alidrisi, MD* *Sameer Alkhawaja, MD*
16:25 - 16:45	Advanced Treatment of Diabetic Neuropathy Rayaz A. Malik, MD
16:45 - 17:05	Fenofibrate and Diabetic Retinopathy: Seeing the Better Picture Hajar Ballout, MD
17:05 - 17:25	CKD in T1DM Safaa Al-Mukhtar, MD
17:25 - 17:45	Young-Onset Diabetes: Complications Don't Wait Zainab Akram, MD
17:45 - 17:55	Discussion All Speakers
18:00 - 18:45	**Levant Meeting** — **SPAR HALL**

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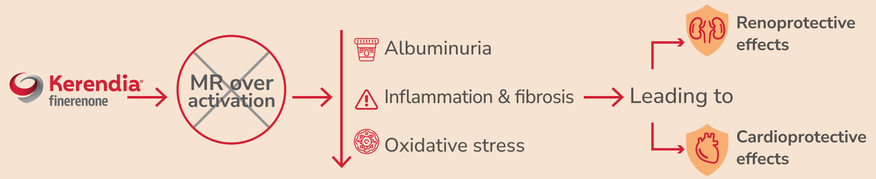
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MR: Mineralocorticoid receptor; MRA: Mineralocorticoid receptor antagonist; CKD: Chronic kidney disease; CVD: Cardiovascular disease; T2D: Type 2 diabetes.

1. Alicic RZ, et al. *Clin J Am Soc Nephrol* 2017;12:2032–2045.
2. Bauersachs J, et al. *Hypertension* 2015;65:257–263.
3. Mora-Fernández C, et al. *J Physiol* 2014;18:3997.
4. Kolkhof P, et al. *Pharmacol Res.* 2021;172:1-13.
5. Kintscher U, et al. *Br J Pharmacol* 2022;179:3220–3234.
6. Agarwal R, et al. *Eur Heart J* 2022;43:474–484.
7. Agarwal R, et al. *Nephrol Dial Transplant* 2022;37:1014–1023.

For further details, Please contact:
Bayer Middle East FZE (Representative Office – Jordan)
King Hussein Business Park, Building 9
P.O. Box: 35233
Amman, Jordan
Phone: +962 65806200
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PROGRAM

DAY 3 | SATURDAY, 7 NOVEMBER 2026

GILGAMESH HALL - MAIN

08:30 - 10:20	**Session 9**: Pediatric Endocrinology Session *Moderators: Rasha Odeh, MD - Ni'ma Juloud, MD - Gelal Al-Taai, MD*
08:30 - 08:50	Type 2 Diabetes in the Young: Challenges & Solutions Abdulsalam Abu-Libdeh, MD
08:50 - 09:10	DKA Management Muries Barham, MD
09:10 - 09:30	Basal Insulin Advances / Once-Weekly Insulin Safe Switching Marwa Ahmed, MD
09:30 - 09:50	Vit. D & Calcium Disorders: Clinical Case Studies Thafir Tawfiq Aldawood, MD
09:50 - 10:10	DSD in Endocrine Practice: Practical Diagnostic and Communication Issues Ahmed Jaafer, MD
10:10 - 10:20	Discussion | All Speakers

ISHTAR HALL

09:00 - 10:30	**Workshop 3B**: NDP Workshop
09:00 - 09:10	Welcome Note | President of IDF-MENA Mohamed Eltom, MD
09:10 - 09:30	NDP First Wave KPI and Timeline Seven Pillars Walkthrough Nadima Shegem, MD
09:30 - 09:45	Baseline, Status and Target (Months 6–12) Mesbah Sayed Kamel, MD
09:45 - 10:00	How to Complete the KPI Template Worked Example Mesbah Sayed Kamel, MD
10:00 - 10:20	NCD Program in Iraq Muna Atallah, MD
10:20 - 10:30	Discussion | All Speakers

10:20 - 10:45	**Industrial Slot 12** **Kerni (Finerenone): Cardiorenal Protection in Diabetes - An Endocrinology Perspective** Haider Alidrisi, MD
10:45 - 11:00	**Industrial Slot 13** **From Distress to De-Stress: What We Can Learn from the ATOS PRO Study** Mahmood S. Alzaidi, MD

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PROGRAM

DAY 3 | SATURDAY, 7 NOVEMBER 2026

GILGAMESH HALL - MAIN

11:00 - 11:20	**Coffee Break**
11:20 - 13:10	**Session 10**: Thyroid and Parathyroid *Moderators: Tarik Elhadd, MD - Salim Alibrahimi, MD - Akram Echtay, MD*
11:20 - 11:40	Parathyroid in Basra - Iraq Haider Alidrisi, MD
11:40 - 12:00	Dilemmas in the Management of Primary Hyperparathyroidism Nahla Al-Khawaja, MD
12:00 - 12:20	Dynamic Risk Stratification in DTC: Practical Role of Thyroglobulin and Antibodies Dheyaa Al-Waeli, MD
12:20 - 12:40	Approach to Thyrotoxicosis with Case Presentation and Recent Updates Ahmed Abdulkarim Hassoun, MD
12:40 - 13:00	TFTs That Do Not Make Sense: Real Cases Anwar Tuama, MD
13:00 - 13:10	Discussion | All Speakers

ISHTAR HALL

11:20 - 12:30	**Session 3B**: T1 Diabetes & Monogenic Diabetes *Moderators: Mahir Jallo, MD - Ahmed Jaafer, MD*
11:20 - 11:40	Monogenic Diabetes Hussain Alsaffar, MD
11:40 - 12:00	DEND Syndrome: Monogenic Neonatal Diabetes Ali Al Jumaili, MD
12:00 - 12:20	Prevention of Type 1 Diabetes Mellitus Sima Kalaldeh, MD
12:20 - 12:30	Discussion | All Speakers

PROGRAM

DAY 3 | SATURDAY, 7 NOVEMBER 2026

GILGAMESH HALL - MAIN

13:10 - 13:50	**Session 11**: Baghdad Declaration: Bridging the Gap Between Reality and Action in Type 2 Diabetes Prevention *Moderator: Fares Haddad, MD*	
13:10 - 13:15	Rationale	Nadima Shegem, MD
13:15 - 13:35	Recommendations	Samih A. Odhaib, MD
13:35 - 13:40	Executive Summary Report	Mohamed Eltom, MD
13:40 - 13:50	Ceremonial Signing by Mohamed Eltom, MD - Hazim Abdulrazak, MD - Mesbah Sayed Kamel, MD - Abbas M. Rahmah, MD Mahmood Shakir, MD - Fares Haddad, MD - Nadima Shegem, MD - Samih A. Odhaib, MD - Fatheya Alawadi, MD	
13:50 - 14:50	**Lunch Break**	

PROGRAM

DAY 3 | SATURDAY, 7 NOVEMBER 2026

GILGAMESH HALL - MAIN

14:50 - 16:40	**Session 12**: From Pills to Procedures: The Evolving Landscape of Obesity Treatment *Moderators: Shahid Akhter, MD - Hajar Ballout, MD - Abdullah Arnoos, MD*
14:50 - 15:10	Obesity Phenotypes: A Fad or A Fact? Maya Barake, MD
15:10 - 15:30	The Post-Ozempic Era: What's Next After GLP-1 Agonists Bashar N. Sahar, MD
15:30 - 15:50	Nutrition in the Era of GLP-1 Therapies: Beyond Weight Loss to Metabolic Health Atheer Almukhtar, MD
15:50 - 16:10	Endoscopic Management of Obesity Salam Qasim, MD
16:10 - 16:30	Fighting Diabetes Mellitus – Medicine and Bariatric Surgery Hand in Hand Osama Alabid, MD
16:30 - 16:40	Q&A and Wrap-Up | All Panelists
16:40	**Closing Remarks & Sponsors Recognition** Haidar Fadhil Al-Rubaye, MD ***Congress Vice President***

ISHTAR HALL

14:50 - 16:20	**Workshop 4B**: Growth Hormone and Short Stature *Moderators: Razzaq Jameel, MD - Mohammed Alattabi, MD* Ali Al Jumaili, MD Hussain Alsaffar, MD

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