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

EMA
جمعية الإمارات الطبية
EMIRATES MEDICAL ASSOCIATION

THE 2nd UAE ANNUAL LIFESTYLE & LONGEVITY MEDICINE CONFERENCE 2026

PROGRAM

OCTOBER 24-26
(Conference)

OCTOBER 23
(IBLM Exam)

ERTH HOTEL
ABU DHABI

WELCOME LETTER

It is with great pride and enthusiasm that we welcome you to the **2nd Annual Lifestyle and Longevity Medicine Conference**, taking place in **Erth Hotel, Abu Dhabi.**

The program will commence on 23 October 2026 with the IBLM Certification Exam, followed by the Conference from 24–26 October 2026, organized by the Emirates Lifestyle & Longevity Medicine Society in collaboration with the Emirates Medical Association (EMA) and the International Board of Lifestyle Medicine (IBLM).

Building on the exceptional success of our inaugural edition, this second conference represents the continued growth of a powerful movement in healthcare, one that places prevention, personalization, and patient empowerment at the heart of clinical practice.

Over the past year, lifestyle and longevity medicine has gained remarkable momentum across the UAE and the wider region. This conference serves as a platform to deepen scientific dialogue, strengthen regional collaboration, and accelerate the integration of evidence-based preventive care into mainstream healthcare systems.

Our vision remains clear: to foster a healthcare ecosystem that prioritizes proactive, preventive, and data-driven approaches to optimize healthspan and longevity.

Our mission is to drive sustainable change across the UAE and the Middle East by embedding lifestyle and longevity medicine into the core of disease prevention, chronic disease management, and health promotion strategies.

Whether you are a clinician, researcher, policymaker, educator, or healthcare innovator, this conference will provide you with advanced insights, practical applications, interactive learning experiences, and access to a growing network of leaders shaping the future of medicine.

We are truly honored by your continued support and participation, and we look forward to welcoming you as we advance the future of lifestyle and longevity medicine together.

Dr. Abeer AlTeneiji
President
Emirates Lifestyle & Longevity Medicine Society

ORGANIZING COMMITTEE

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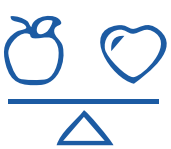
DR. HASSA AL ZAABI
Nephrologist and Plasmapheresis Specialist at Omics Precision Health (Dubai), Integrated Care Center (Abu Dhabi), and Ain Al Khaleej Hospital (Al Ain)

KEY TRACKS

- BEST PRACTICES IN LIFESTYLE MEDICINE
- INNOVATIONS IN LONGEVITY MEDICINE
- NUTRITION FOR DISEASE PREVENTION AND HEALTHY AGING
- PHYSICAL ACTIVITY & STRENGTH ACROSS THE LIFESPAN
- SLEEP, STRESS & CIRCADIAN RHYTHM OPTIMIZATION
- EVIDENCE BASED PHARMACOLOGICAL/THERAPEUTIC APPROACHES SUPPORTING LONGEVITY AND LIFESTYLE MEDICINE OUTCOMES
- WOMEN AND PEDIATRIC HEALTH
- CLINICAL BIOMARKERS & AI-DRIVEN DIAGNOSTICS
- DIGITAL HEALTH, COACHING & EQUITY IN CARE
- LIFESTYLE CASE STUDIES AND HANDS-ON LEARNING



PROGRAM

DAY 1 | SATURDAY, 24 OCTOBER, 2026

08:00 - 08:30	Registration	
SESSION 1	**LIFESTYLE MEDICINE AND NUTRITION: GLOBAL PERSPECTIVES**	
09:00 - 09:30	Shaping Healthspan Through Nutrition and Lifestyle	**Ass. Prof. Sohaila Cheema**
09:30 - 10:00	Sustainable Diets for Human and Planetary Health	**Dr. Arti Rampaul**
10:00 - 10:30	Metabolic Syndrome in the UAE: Functional Foods and Culinary Spices as Nutrition Interventions	**Dr. Amjad Jarrar**
10:30 - 10:45	Opening Ceremony	
10:45 - 11:00	Hydration Break	
SESSION 2	**THE DISCIPLINE: STANDARDS, RESEARCH AND MEASUREMENT**	
11:00 - 11:30	Lifestyle Medicine Around the World: A Global Society Showcase	**Dr. Sivaneswaran Poobalasingam** **Mr. Stephan Herzog** **Dr. Ifeoma Monye** **Dr. Emanuela Mercore-Hutanu**
11:30 - 12:00	From Certification to Lifelong Excellence: Board Certification & Maintenance of Certification	**Dr. Mishkat Shehata**
12:00 - 12:30	Keynote Lecture - Abu Dhabi Department Community Development	**Mr. Salem Ahmed Abdulla**
12:30 - 13:00	Longevity Related Research Activities: Present and Future	**Dr. Sharukh Al Hashemi**
13:00 - 13:30	Measuring Healthy Longevity: JAWDA Longevity KPIs	**Dr. Moustafa Hussein**
13:30 - 14:30	Lunch & Prayer Break	
SESSION 3	**MENTAL HEALTH IN A DIGITAL AGE**	
14:30 - 15:00	Mental Health: Building Healthy Habits for Longevity and Wellness	**Ms. Ahlam K. Salem**
15:00 - 15:30	Social Media Health Trends	**Dr. Yazan Aljabery**
15:30 - 15:45	Hydration Break	
SESSION 4	**CARDIOMETABOLIC HEALTH**	
15:45 - 16:15	Insulin Resistance & Metabolic Flexibility	**Dr. Mohamed AlSayyad**
16:15 - 16:45	Adiposity & the Ageing Trajectory What Treating Obesity Buys in Healthspan & Lifespan	**Dr. Mohammad Fityan**
16:45 - 17:15	Coronary Artery Calcium for Longevity: From Risk Assessment to Prevention	**Dr. Ronney Shantouf**
17:15	Closing Remarks	

PROGRAM

DAY 2 | SUNDAY, 25 OCTOBER, 2026

08:00 - 08:30	Morning Active Workout / Outdoor Walk	TBC
SESSION 5	**SLEEP, BRAIN HEALTH, AND BEHAVIOUR**	
08:30 - 09:00	Sleep Is Not The Symptom	**Ms. Julie Mallon**
09:00 - 09:30	Brain Health & Cognitive Longevity: Preserving the Mind Across the Lifespan	**Dr. Nahida Nayaz Ahmed**
09:30 - 10:00	Beyond the Substance: A Behavioral Perspective on Addiction	**Mrs. Melissa O'Donnell**
10:00 - 10:30	The Missing Middle: Bringing Critical Illness Survivors Into Lifestyle Medicine	**Dr. Jamil R. Dibu**
10:30 - 10:45	Hydration Break	
SESSION 6	**PRECISION AND OMICS MEDICINE**	
10:45 - 11:15	12 Hallmarks of Aging	**Dr. Cherine Bazzane**
11:15 - 11:45	Biomechanical Influence on Biochemistry of Mitochondria	**Karolina Domarańczyk DO, MSc**
11:45 - 12:15	Beyond One-Size-Fits-All Lifestyle Medicine: Microbiome Diversity and Precision Health	**Prof. Ashish Jha**
12:15 - 12:45	How the Emirates Genome Project Supports with Healthier Lifestyle Choices	**Dr. Tiago R. Magalhães**
12:45 - 13:15	Omics-Based Precision Medicine	**Dr. Rory Melville**
13:15 - 14:15	Lunch & Prayer Break	
SESSION 7	**HORMONAL AND REPRODUCTIVE HEALTH**	
14:15 - 14:45	Lifestyle Medicine Before Conception	**Dr. Rasha Al Zaabi**
14:45 - 15:15	Effect of Lifestyle and Environmental Factors on Female Fertility	**Dr. Joseph Dib**
15:15 - 15:45	Her Biology is your Business	**Dr. Labib Ghulmiyyah**
15:45 - 16:00	Hydration Break	
SESSION 8	**LONGEVITY THERAPEUTICS**	
16:00 - 16:30	Integrating Longevity and Regenerative Medicine into Standard of Care: A Protocol-Driven, Evidence-Tiered Model from Yas Clinic, Abu Dhabi	**Dr. Amir Fazil**
16:30 - 17:00	Beyond Disease Management: The Pharmacist's Role in Healthy Longevity	**Dr. Naglaa Saadeldin Ashmawy**
17:00 - 17:30	Panel: Emerging Therapies for Healthy Longevity Moderator: **Dr. Shahad Al Naqbi**	**Dr. Hassa Obaid Khalifa Al-Zaabi** **Dr. Yazan Aljabery** **Dr. Fernando Porras**

PROGRAM

DAY 3 | MONDAY, 26 OCTOBER, 2026

08:00 - 08:30	Yoga & Breathwork	**Ms. Shilpa Kudekar-McNeilly**
SESSION 9	**MOVEMENT AS MEDICINE**	
08:30 - 09:00	VO2max Testing and Exercise Prescription	**Mr. Taif Delamie**
09:00 - 09:30	The MIND Diet: Advancing Brain Health, Cognitive Resilience & Healthy Longevity	**Dr. Fatema Habbash**
09:30 - 10:00	Exercise: Medicine for the Brain	**Dr. Abdul Salam Al Belushi**
10:00 - 10:15	Hydration Break	
SESSION 10	**LIFESTYLE MEDICINE IN CLINICAL PRACTICE**	
10:15 - 10:45	Lifestyle Vital Signs	**Dr. Merajunnissa Mohammed**
10:45 - 11:15	Longevity GPS: How AI Can Turn Prevention into Everyday Action	**Mr. Philippe Gerwill**
11:15 - 11:45	Pediatric Lifestyle Medicine from Evidence to Action	**Dr. Lorraine Marasco Schratz**
11:45 - 12:15	Lifestyle Medicine in Practice: Clinical Case Presentations	**Dr. Sumaiya Taheri** **Dr. Sundus Alsalami** **Dr. Seema Rab**
12:15 - 12:45	Healing the Healers: Redefining Healthcare Professional's Wellbeing	**Dr. Moein Khan**
12:45 - 13:45	Lunch Break	
SESSION 11	**ENVIRONMENT AND CONNECTION**	
13:45 - 14:15	Biological Dentistry	**Dr. David Roze**
14:15 - 14:45	The Hidden Exposome: Environmental Exposures	**Ms. Garineh Serpekian**
14:45 - 15:15	Social Connection & Gameful Design	**Dr. Sami Beg**
15:15 - 15:30	Hydration Break	
15:30 - 16:00	TBA	
16:00 - 16:30	Panel: Future of Longevity Medicine Moderator: **Dr. Salam Kashmoola**	**Dr. Ebenezer Abel Paul** **Dr. Federico W. von Son de Fernex**
16:30	Closing Remarks	

EVENT MANAGEMENT COMPANY:

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