



الجمعية السعودية لطب الأسرة والمجتمع
Saudi Society of Family and Community Medicine

رؤية
2030
VISION
2030
رؤية رؤية
VISION VISION
VISION VISION



الهيئة السعودية للتخصصات الصحية
Saudi Commission for Health Specialties



وزارة الدفاع
MINISTRY OF DEFENSE

3rd International Symposium on Family Medicine 2022



27-29 September 2022 | Hotel Fairmont Riyadh

Organised by

Saudi Society of Family and Community Medicine (SSFCM) &
Prince Sultan Military Medical City (PSMMC)

LET'S START HEALTH CHANGE TODAY,
FOR BETTER TOMORROW

SCIENTIFIC PROGRAM



Conference Managers

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2030
Vision



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MINISTRY OF DEFENSE



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MINISTRY OF DEFENSE

DAY
01

SCIENTIFIC PROGRAM Tuesday • 27 September, 2022

Time	Topic	Speaker	Chairman
08:15-08:30 HRS	Welcoming & opening the conference	Dr. Saad Albattal	Dr. Kholoud Habeeb
08:30-09:00 HRS	Using Technology in Diabetes Management	Dr. Ahmad Alobedollah	
09:00-09:30 HRS	Updates in Dyslipidemia Management	Dr. Wael Al Zahrani	
09:30-09:45 HRS	Satellite Symposium by Novo Nordisk: A deeper dive into CVD data of OW Semaglutide	Dr. Hanan Altayeb	
09:45-10:00 HRS	Coffee break		
10:00-10:35 HRS	Updates in Diabetes Management	Dr. Sohail Inam	Dr. Hanan Al Taib
10:35-11:10 HRS	Management of obesity in PHC	Dr. Saleh Alrajhi	
11:10-11:45 HRS	Discussion panel	Dr. Sohail Inam Dr. Saleh Alrajhi	
13:00-13:15 HRS	Keynote speech	Dr. Abdulmjeed Alshaikh	Dr. Abdulmjeed Alshaikh
13:15-13:45 HRS	Complementary Medicine What do we know so far!	Dr. Imen Sohaibani	
13:45-14:15 HRS	Approach to high liver enzyme	Dr. Suliman Alshankiti	
14:15-14:45 HRS	Satellite Symposium by Boehringer: Diabetic Kidney disease	Dr. Raed Aldahesh	
14:45-15:00 HRS	Coffee break / Prayer		
15:00-15:15 HRS	Management of Migraine	Dr. Faisal Al-suwaidan	
15:15-15:45 HRS	Updates in Dyspepsia Management	Dr. Lara Al Namlah	
15:45-16:00 HRS	Closing the Session		

DAY 1 WORKSHOP: BASIC OBSTETRIC ULTRASOUND

13:00-13:15 HRS	Principles of Ultrasound physics and safety	Dr. Shatha Murrad	Dr. Shatha Murrad
13:15-13:30 HRS	Early Pregnancy Scan	Dr. Inas Babic	
13:30-13:45 HRS	Biometric Measurements and Growth Scan	Dr. Inas Babic	
13:45-16:00 HRS	Ultrasound Hands-on	Dr. Inas Babic Dr. Shatha Murrad Dareen A-Saafin Nada Al-Sharif	



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GLP-1 RA therapies are recommended by international guidelines¹⁻³

For adults with T2D and established ASCVD, a GLP-1 RA should be considered early in the treatment of T2D.¹⁻³

ADA 2022¹

A GLP-1 RA or SGLT-2i with proven CVD benefit is recommended regardless of baseline or HbA_{1c} target or metformin use.

ASA/AHA 2021²

A GLP-1 RA or SGLT-2i should be added to metformin independently of baseline HbA_{1c} for the prevention of future vascular events including ischaemic stroke.

AACE/ACE 2020³

The use of a GLP-1 RA or SGLT-2i with proven CVD benefit should be considered independently of baseline HbA_{1c} or individual HbA_{1c} target.

GLP-1RAs have potential stroke-protective effects^{4,5}

Ozempic® reduced the risk of CV events within 2 years in SUSTAIN 6 Trial^{6,7}



SIGNIFICANT REDUCTION IN
RATE OF NONFATAL STROKE⁷

GLP-1RA, glucagon-like peptide-1 receptor agonist; T2D, type 2 diabetes; ASCVD, atherosclerotic cardiovascular disease; ADA, American Diabetes Association; SGLT-2i, sodium-glucose co-transporter 2 inhibitor; CVD, cardiovascular disease; HbA_{1c}, glycated hemoglobin; ASA, American Stroke Association; AHA, American Heart Association; AACE, American Association of Clinical Endocrinology; ACE, American College of Endocrinology; CV, cardiovascular; CI, confidence interval.

References:

- American Diabetes Association. Cardiovascular disease and risk management, standards of medical care in diabetes-2022. *Diabetes Care*. 2022;45(suppl 1):S144-S174.
- Kleinbörger DD, et al. A guideline from the American Heart Association/American Stroke Association. *Stroke*. 2021;52(11):e1000000000000375.
- Garber AL, et al. Consensus Statement by the American Association of Clinical Endocrinologists and American College of Endocrinology on the Comprehensive Type 2 Diabetes Management Algorithm - 2020 Executive Summary. *Endocr Pract*. 2020;26(1):107-139.
- Chen R, et al. *Am J Med Sci*. 2015;351:380-386.
- Cosentino F, et al. *Eur Heart J*. 2020;41:255-323.
- Ozempic® Summary of Product Characteristics (SmPC), SFDA Label.
- Manos SP, et al. Semaglutide and cardiovascular outcomes in patients with type 2 diabetes. *N Engl J Med*. 2016;375(19):1834-1844.

ONCE-DAILY
OZEMPIC
semaglutide injection



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DAY
02

SCIENTIFIC PROGRAM Wednesday • 28 September, 2022

Time	Topic	Speaker	Chairman
08:15-08:30 HRS	Welcoming, Keynote speech	Dr. Saad Albattal	Dr. Abdulaziz Alrabiah
08:30-09:00 HRS	Paris initiative in KSA	Dr. Reem Bunyan	
09:00-09:30 HRS	Application of Artificial intelligence in health care	Dr. Abdulgader Almoeen	
09:30-09:45 HRS	Satellite Symposium by Boehringer: Simple approach for T2D management	Dr. Abdulrahman Almahghamsi	
09:45-10:00 HRS	Coffee break		
10:00-10:30 HRS	Population health management	Dr. Abdulrhman Algeer	Dr. Saad Albattal
10:30-11:00 HRS	Primary Care Reform: Time to Act	Dr. Hadi Alenazy	
11:00-11:15 HRS	The role of Saudi Society F&CM in Enhancing Primary Care	Dr. Malak Alshammari	
11:15-12:00 HRS	Ceremony		
13:00-13:15 HRS	Keynote speech	Dr. Shatha Murrad	Dr. Shatha Murrad
13:15-14:00 HRS	CIBAHI for PHCs	Dr. Maher Alsakkak	
14:00-14:45 HRS	Choose wisely initiative	Dr. Aeshah Alsagheir	
14:45-15:00 HRS	Satellite Symposium by GSK: Shingles Vaccination in At Risk Adults	Dr. Faisal Farahat	
15:00-15:15 HRS	Coffee break / Prayer		
15:15-15:45 HRS	Cancer screening Tips for implementation	Dr. Fatina Al Tahan	
15:45-16:15 HRS	Diabetes: shining light on best practices	Dr. Ayla Turkmani	

Closing the Session

DAY 2 WORKSHOP: SURGICAL SKILLS & WOUND CARE

13:00-13:15 HRS	Wound assessment and care	Dr. Saad Al Qahtani	Dr. Abdulaziz Alrabiah
13:15-13:30 HRS	Surgical skills	Dr. Helayel Almodhaiberi	
13:30-15:00 HRS	Hands-on Suturing Skills	Dr. Khaled Altoukhi	
15:00-16:30 HRS	Hands-on Wound care	Dr. Saleh Alghamdi	



المجتمعي (Saudi Society of Family and Community Medicine)

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SHINGLES IS READY TO ATTACK. NOW, YOU CAN PREVENT IT.¹⁻³

99.5%

OF PEOPLE \geq 50 YEARS OLD ARE INFECTED WITH THE VIRUS THAT CAUSES SHINGLES¹



For full prescribing information, please refer to the data sheet or contact GlaxoSmithKline.
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To report Adverse Events associated with the use of GSK products, please contact us via saudi.safety@gsk.com
To report Quality related product complaints associated with the use of GSK products, please contact us via GulfMBA.ProductComplaints@gsk.com

REFERENCES:
1. Centers for Disease Control and Prevention. Recommendations of the Advisory Committee on Immunization Practices for use of herpes zoster vaccines. [MMWR, 2019; 68\(12\):312-5](https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6812a1.htm).
2. GlaxoSmithKline. Shingrix. For prescriber public assessment report, Annex 1. Summary of product characteristics (SPC), updated September 2020, accessed December 2020. Available from: https://www.ema.europa.eu/en/medicines/human/summaries-opc/shingrix-en-epar-product-information_en.pdf
3. Torzic SG, Wiese MG, Hammer JA. The global SHZ COVID-19 market: it's not all roses for older men and women. BMC Public Health. 2020; 20(17):42. 1-7.



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DAY
03

SCIENTIFIC PROGRAM Thursday • 29 September, 2022

Time	Topic	Speaker	Chairman
08:15-08:30 HRS	Welcoming, Keynote speech	Dr. Kholoud Habeeb	Dr. Kholoud Habeeb
08:30-09:15 HRS	Lessons from the Pandemic	Dr. Abdullah Assiri	
09:15-09:45 HRS	Formative Assessment in Health professional education	Dr. Thuraya Kattan	
09:45-10:00 HRS	Satellite Symposium by Lilly: Consensus Update in Migraine Management Guidelines	Dr. Abdulrazaq Albilali	
10:00-10:15 HRS	Coffee break		
10:15-10:30 HRS	Research overview	Prof. Mostafa Kofi	Dr. Shahd Alwathnani
10:30-10:45 HRS	1st Oral Presentation		
10:45-11:00 HRS	2nd Oral Presentation		
11:00-11:15 HRS	3rd Oral Presentation		
11:15-11:30 HRS	Closure & Adjourning		



Ministry of Health, Kingdom of Saudi Arabia
Saudi Society of Family and Community Medicine

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2023



In your newly diagnosed patients with Diabetes and Dyslipidemia, Start with the Golden combination*1,2

SYNJARDY combines the CV death risk reduction of JARDIANCE in a single pill with metformin³

SYNJARDY LABEL

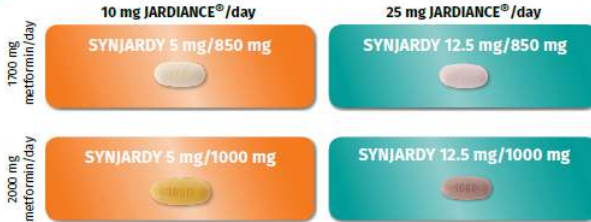
The only OAD combination approved by the EMA for its effect on glycaemic control and CV mortality^{1,2}



MORE THAN 80 STANDARD GUIDELINES ACROSS THE GLOBE HAS INCORPORATED EVIDENCE FROM EMPA-REG OUTCOME⁴



SYNJARDY allows you to individualise patients' treatment with different dosing options**1



SYNJARDY should be taken twice daily with meals¹

Tablets not actual size.

*SYNJARDY as a single-pill combination was not studied in the EMPA-REG OUTCOME⁴ trial⁴

⁴HR=0.62; 95% CI: 0.49, 0.77; p<0.001⁴

**Patients switching from separate tablets of JARDIANCE (10-mg or 25-mg total daily dose) and metformin to SYNJARDY should receive the same daily dose of JARDIANCE and metformin already being taken or the nearest therapeutically appropriate dose of metformin¹.

References

1. SYNJARDY [summary of product characteristics]: KSA LOCAL SmPC. 2. Zinman B, Wanner C, Lachin JM, et al; EMPA-REG OUTCOME⁴ Investigators. Empagliflozin, cardiovascular outcomes, and mortality in type 2 diabetes. *N Engl J Med.* 2015;373(22):2117-2128. 3. Hadjadj S, Rosenstock J, Meinicke T, Woerle HJ, Broedl UC. Initial Combination of Empagliflozin and Metformin in Patients with Type 2 Diabetes. *Diabetes Care.* 2016;39(10):1718-1728. 4. Data on file. Boehringer Ingelheim Pharmaceuticals, Inc. 5. JARDIANCE UAE SmPC 2018. 6. Haring HU, Merker L, Seewaldt-Becker E, et al; EMPA-REG MET Trial Investigators. Empagliflozin as add-on to metformin in patients with type 2 diabetes: a 24-week, randomized, double-blind, placebo-controlled trial. *Diabetes Care.* 2014;37(6):1650-1659.



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