The 13th International Congress of the

Jordanian Society of Endocrinology, Diabetes & Metabolism

2nd Joint Meeting of JSED & the Hellenic Endocrine Society

18 – 20 November 2026 • Le Royal Hotel, Amman – Jordan

SCIENTIFIC PROGRAM

DAY 1 • PRE-CONGRESS & OPENING

Wednesday, 18 November 2026

Pre-Congress Workshops • Opening Ceremony • Plenary Lecture • Industry Symposia

PRE-CONGRESS WORKSHOP 1

Carbohydrate Counting & Insulin Dosing in Type 1 Diabetes

08:30 – 10:00 | Hall B

Format: 90-minute interactive workshop • Limited to 50 participants
Faculty: 1 Pediatric Endocrinologist & 2 Clinical Dietitians

TIME	TOPIC	FACULTY
08:30 – 09:15	**Pediatric Diabetes in Practice and Common Pitfalls**	**Dr. Hanan Thiabat** Pediatric Endocrinologist
09:15 – 09:40	**Pediatric Insulin Dosing & Carbohydrate Counting** **Pediatric Insulin Dosing** • Insulin-to-Carbohydrate Ratio (ICR) • Insulin Sensitivity Factor (ISF) **Carbohydrate Counting** • Why carbohydrate counting matters • Carbohydrate counting: grams vs. servings	**Rawan Alherbawi** Clinical Dietitian
09:40 – 09:55	**Practical Carbohydrate Counting Skills** • Reading food labels • Portion estimation • Tools for carbohydrate counting • Practice	**Oraib Alfarhed** Clinical Dietitian
09:55 – 10:00	**Questions**	
10:00 – 10:30	COFFEE BREAK	

PRE-CONGRESS WORKSHOP 2

Continuous Glucose Monitoring (CGM) in Clinical Practice: From AGP to Action

10:30 – 13:00 | Hall B

Theme: Integrating Glucose Patterns, Therapeutic Decisions and Personalized Nutrition
Moderator: Prof. Zadalla Mouslech (Greece)
Format: Interactive workshop • Limited to 50 participants
Supported by: Abbott • Abu Sheikha Drug Store

TIME	TOPIC	FACULTY
10:30 – 10:35	Welcome, Objectives & Audience Poll	
10:35 – 10:50	CGM in 2026: Beyond HbA1c	**Dr. Nahla Khawaja** Consultant Endocrinologist
10:50 – 11:05	How to Read an AGP in 5 Minutes	
11:05 – 11:20	From Plate to Pattern: CGM-Guided Nutrition	**Majd Alkhatib** Clinical Dietitian
11:20 – 11:35	Food → Glucose: Interactive Meal Challenge	
11:35 – 11:50	Interactive CGM Cases	**Dr. Nahla Khawaja** Consultant Endocrinologist
11:50 – 12:00	CGM Pitfalls: When the Sensor Can Mislead You	
12:00 – 12:50	LibreView Accounts Creation	**Abbott Team**
12:50 – 13:00	Q&A	

13:00 – 14:00	LUNCH BREAK (WORKSHOP PARTICIPANTS)

14:00 – 16:00	DELEGATE REGISTRATION & HALL SET-UP FOR OPENING CEREMONY

16:00 – 16:35 | OPENING CEREMONY		
Master of Ceremony: Dr. Reem Faraneh		
16:00	National Anthem	
16:05	Recitation from the Holy Quran	
16:10	Address of the Chairman of the Congress Scientific Committee	**Dr. Nahla Khawaja**
16:13	Address of the Congress President, JSED	**Dr. Fares Haddad**
16:17	Address of the President of the Hellenic Endocrine Society	**Prof. Georgopolous Neoklis (Greece)**
16:20	Address of the President of the Jordan Medical Association (JMA)	**Dr. Issa Khashashneh**
16:25	Address of the Congress Patron	

16:35 – 17:30	COFFEE BREAK

17:30 – 18:00 | PLENARY LECTURE			
Moderators: Dr. Abdelkarim Khawaldeh			
TIME	**TITLE**	**SPEAKER**	**COUNTRY**
17:30 – 18:00	PLENARY LECTURE **PCOS Beyond Fertility: A Lifelong Cardiometabolic Disorder**	**Prof. Georgopolous Neoklis**	Greece

18:05 – 20:25 | INDUSTRY SYMPOSIA			
TIME	**TITLE**	**SPEAKER**	**COUNTRY**
18:05 – 18:35	SYMPOSIUM 1 • HIKMA Dual Ambition in Type 2 Diabetes: Advancing Glycemic Control and Patient Protection with Embalix	Dr. Nahla Khawaja	Jordan
18:40 – 19:30	SYMPOSIUM 2 • NOVO NORDISK From Weight Management to Health Improvement: The Role of Semaglutide 2.4	Dr. Ali AlZou'bi	Jordan
19:35 – 20:25	SYMPOSIUM 3 • BOEHRINGER INGELHEIM Empagliflozin at the Forefront of Integrated CRM Care: From Evidence to Impact	Dr. Fares Haddad Dr. Imad Alhaddad	Jordan Jordan

DAY 2

Thursday, 19 November 2026

Scientific Sessions 1 – 4 • Industry Symposia 4 – 9

08:30 – 10:10 | Session 1: Diabetes Therapeutics & Diabetes Complications

Moderators: Dr. Fawaz Ammari, Dr. Rania Alasa'd

TIME	TITLE	SPEAKER	COUNTRY
08:30 – 09:00	PLENARY LECTURE **The Role of Technology in the Management of Type 1 Diabetes (Insulin Pumps, CGMs, Artificial Pancreas)**	**Prof. Zadalla Mouslech**	Greece
09:00 – 09:20	Glycaemic Control in a Patient with Acute Coronary Syndrome	Prof. Grigoris Effraimidis (Virtual)	Greece
09:20 – 10:10	SYMPOSIUM 4 • MERCK Prediabetes: What is New in 2026? Hypothyroidism in Metabolic Patients	Dr. Jihad Haddad Dr. Omar Abu Hijleh	Jordan Jordan
10:10 – 11:00	SYMPOSIUM 5 • JORDAN DRUG STORE AHA/ACC Hypertension Guidelines 2025: A Perspective for the Endocrinologist What's the Latest Update on Ongoing Clinical Trials Related to DPP-4?	Dr. Ayman Hammoudeh Dr. Murad Shatnawi	Jordan Jordan
11:00 – 11:20	COFFEE BREAK		

11:20 – 12:40 | Session 2: Endocrine Neoplasia – Diagnostic Challenges and Targeted Treatment

Moderators: Dr. Reem Khetan, Dr. Khaldoun Alsarihin, Dr. Saeed Zaytoun

TIME	TITLE	SPEAKER	COUNTRY
11:20 – 11:40	Advanced Thyroid Cancer: A Therapeutic Revolution in the Era of Precision Medicine	Prof. Mouhammed Amir Habra	USA
11:40 – 12:00	Management of GEP-NETs: An Update	Prof. Roberta Modica (Virtual)	Italy
12:00 – 12:20	Metastatic Pheochromocytoma and Paraganglioma: Current Treatment Options	Prof. Mouhammed Amir Habra	USA
12:20 – 12:40	Acromegaly in 2026: Personalized Treatment Beyond First-Line Therapy	Prof. Renata Simona Auriemma (Virtual)	Italy
12:40 – 13:30	SYMPOSIUM 6 • ULFA PHARMA CO. From Distress to De-Stress: What We Can Learn from the ATOS PRO Study Act Now for Your Dyslipidemia Patients – Dyslipidemia in Diabetes: A Missing Part of the Puzzle	Prof. Mohamed AlZaheri Dr. Kais Al Balbissi	Jordan Jordan
13:30 – 14:20	LUNCH		
14:20 – 14:40	SYMPOSIUM 7 • ROCHE Retinal Health in Diabetes: From Early Detection to Timely Intervention	Dr. Ibrahim Nawaiseh	Jordan

14:40 – 16:50 | Session 3: Pediatric Endocrinology

In collaboration with the Middle East & North Africa Pediatric Endocrinology & Diabetes Society (MENAPEDS)

Moderators:, Dr. Rasha Odeh, Dr. Hasan Eideh (Palestine), Dr. Fadi Ayyash

TIME	TITLE	SPEAKER	COUNTRY
14:40 – 15:00	Prevention of T1D: Clinical Experience from the Region	Dr. Asma Deeb	UAE
15:00 – 15:20	Central Precocious Puberty: Update	Dr. Elham Al Amiri	UAE
15:20 – 15:40	Approach to Pediatric Grave's Disease: Evidence-based Guideline Review	Dr. Tamara Kufoof	Jordan
15:40 – 16:00	Monogenic Obesity	Dr. Asma Deeb	UAE
16:00 – 16:20	Challenging Cases in Pediatric Endocrinology	Dr. Elham Al Amiri	UAE
16:20 – 16:30	*Q&A Discussion*		
16:30 – 16:50	**SYMPOSIUM 8 – PFIZER, PETRA DRUG STORE** From Daily to Weekly: Advancing Growth Hormone Treatment with Ngenla	Dr. Sima Kalaldeh	Jordan
16:50 – 17:10	**COFFEE BREAK**		

17:10 – 19:10 | Session 4: Endocrine Disorders in Pregnancy

Moderators: Prof. Hussam Hawari, Dr. Hesham Jarbou

TIME	TITLE	SPEAKER	COUNTRY
17:10 – 17:30	Thyroid Disease in Pregnancy	Prof. Vasileiou Vasso	Greece
17:30 – 17:50	Gestational Diabetes: Long-Term Outcome	Dr. Enas Younes	Jordan
17:50 – 18:10	Adrenal Disease in Pregnancy	Prof. Vasileiou Vasso	Greece
18:10 – 18:20	*Q&A Discussion*		
18:20 – 19:10	**SYMPOSIUM 9 • BOEHRINGER INGELHEIM** From Guidelines to Implementation: Empagliflozin in Optimizing Outcomes of T2D Patients	Dr. Mousa Abu Jbara Dr. Ahmad Khair	Jordan Jordan

DAY 3

Friday, 20 November 2026

Scientific Sessions 5 – 9 • Industry Symposia 10 – 12 • Closing

08:30 – 09:20 | Session 5: Endocrine Emergencies – 10 Minutes Save Lives

Moderators: Dr. Monther Momani, Dr. Abdallah Aleyadeh

TIME	TITLE	SPEAKER	INSTITUTION
08:30 – 08:40	Thyroid Storm	Dr. Hiba Abbasi	Jordan University
08:40 – 08:50	Pituitary Apoplexy	Dr. Karam Al Bdour	RMS
08:50 – 09:00	Hypocalcemia	Dr. Anoud Ramadan	JUST
09:00 – 09:10	Hypercalcemia	Dr. Amr Abu Farha	MOH
09:10 – 09:20	*Q&A Discussion*		

09:20 – 10:30 | Session 6: Thyroid Disorders

Moderators: Dr. Rashad Nasser, Dr. Hala Aweneh

TIME	TITLE	SPEAKER	COUNTRY
09:20 – 09:40	Graves' Disease: Historical Notes and Current Aspects of Treatment	Prof. Leonidas Duntas	Greece
09:40 – 10:00	Radiofrequency Ablation of Thyroid Nodules: An Update	Dr. Khaleel Qarareh	Jordan
10:00 – 10:20	Hypothyroidism Is an Essential Modifiable Factor of Non-Communicable Disease	Prof. Leonidas Duntas	Greece
10:20 – 10:30	*Q&A Discussion*		
10:30 – 10:50	COFFEE BREAK		
10:50 – 11:40	SYMPOSIUM 10 • ASTRAZENECA SGLT2 Inhibitors in CKD: From Delaying Progression to Achieving Remission Dapagliflozin Is Different in CKD	Dr. Mohammad Jomaa Ibrahim Dr. Yousef Nijmeh	Jordan Jordan
11:40 – 12:00	SYMPOSIUM 11 • ASTRAZENECA When Diabetes Meets the Kidney: Breaking the Cardiorenal Cycle	Dr. Nadim Jarrah	Jordan
12:00 – 14:00	FRIDAY PRAYER & LUNCH		

14:00 – 15:40 | Session 7: Reproductive Endocrinology and Infertility

TIME	TITLE	SPEAKER	COUNTRY
14:00 – 14:30	**SYMPOSIUM 12 • BAYER HEALTHCARE CO.** Role of Finerenone in Managing Patients with CKD and T2D *Moderator: Dr. Rula Goussous*	Dr. Rami Salameh	Jordan
Moderators: Dr. Ahmad Al Omari, Dr. Muwafag Al-Hiyari, Dr. Dana Hyassat			
14:30 – 14:50	Menopause and Hormone Therapy: Separating Evidence from Fear	Dr. Nisreen Saadeh	Jordan
14:50 – 15:10	Testosterone Abuse: The Hidden Endocrine Epidemic	Prof. Georgopolous Neoklis	Greece
15:10 – 15:30	Male Infertility: Between the Devil and the Deep Blue Sea	Dr. Ali Rawahneh	Jordan
15:30 – 15:40	*Q&A Discussion*		
15:40 – 16:00	**COFFEE BREAK**		

16:00 – 17:10 | Session 8: Bone Health, Osteoporosis & Parathyroid Disorders

Moderators: Dr. Nadima Shegem, Dr Jamal Darawsheh, Dr. Omar Malkawi

TIME	TITLE	SPEAKER	COUNTRY
16:00 – 16:20	Denosumab Discontinuation	Prof. Bente Langdahl (Virtual)	Denmark
16:20 – 16:40	Parenteral Iron Therapy-Associated Osteomalacia	Dr. Hazem Al Bilbeisi	Jordan
16:40 – 17:00	Sequential Treatment for Osteoporosis	Prof. Bente Langdahl (Virtual)	Denmark
17:00 – 17:10	*Q&A Discussion*		

17:10 – 18:10 | Session 9: Obesity & MASLD

Moderators: Dr. Amal Madanat, Dr. Basim Al Zoubi, Dr. Muris Barham

TIME	TITLE	SPEAKER	COUNTRY
17:10 – 17:30	Comprehensive Management of Obesity: A Multimodal Approach	Dr. Osama Hamed	Jordan
17:30 – 17:50	Obesity and Cancer in the Era of GLP-1 Receptor Agonists	Prof. Grigoris Effraimidis (Virtual)	Greece
17:50 – 18:10	Insulin Resistance in the Young	Dr. Marlin Nino	Jordan
18:10 – 18:30	**SYMPOSIUM 13 • TQ PHARMA** Sexual Life in Diabetes	Dr. Feras Ennabi	Jordan

18:30 | CLOSING REMARKS

DAY 3

Friday, 20 November 2026

ORAL PRESENTATIONS

Hall B

09:00 – 09:50 | Oral Presentations 1

Moderators: Prof. Violet Kasabri, Dr. Mohammad Zidan (Palestine)

TIME	TITLE	SPEAKER	INSTITUTION
09:00 – 09:10	Statin Adherence, Discontinuation, and Associated Factors Among Adults with Type 2 Diabetes Mellitus in the West Bank, Palestine: A Cross-Sectional Study	Dr. Neveen Shalalfeh	Palestine
09:10 – 09:20	Patients' Knowledge of HbA1c, Awareness of Diabetes-Related Complications, and Glycemic Control Among Adults with Diabetes	Dr. Saed Zeitoon	The Hashemite University
09:20 – 09:30	Nighttime Matters: Sleep Quality and Its Impact on Diabetes	Rana Dabous	Diabetes Clinical Nurse Specialist
09:30 – 09:40	Smartphone AI at the Point of Care: Transforming Tele-Endocrinology with Deep Learning Clinical Decision Support for Diabetic Foot Ulcer	Lama Abu-Zayed	Ibn Sina University for Medical Sciences
09:40 – 09:50	The Cardiac, Malignancy, and Pancreatitis Risk with Orforglipron vs Placebo: A Systematic Review and Meta-Analysis of Randomized Clinical Trials	Dr. Mus'ab Mustafa	The Hashemite University
09:50 – 10:00	Differential Changes in Maternal Proinflammatory IL-6 Plasma Levels as a Surrogate Marker in Mid- and Late Pregnancy Hyperglycemia: Interventional Impact of the Clinical Pharmacist on Maternal and Neonatal Outcomes – A Randomized Clinical Trial	Prof. Violet Kasabri	The University of Jordan
10:00 – 10:10	The Effect of Abdominoplasty, Pedicle-Specific Reduction Mammoplasty, and Liposuction on the Metabolic Syndrome in Medically-Free and Metabolic Syndrome Patients	Dr. Hala Halbony	Kahramanmaşraş Sütçü İmam University, Türkiye
10:10 – 10:20	Glycemic Response Following Intra-Articular Shoulder Corticosteroid Injections in Patients with Diabetes Mellitus: Identifying Patients Requiring Enhanced Glycemic Monitoring	Dr Ghandi Almanasir	Royal Medical Services

09:50 – 10:40 | Oral Presentations 2

Moderators: Dr. Dr. Subhi Abu Sunbul, Dr. Alaa Attawna (Palestine)

TIME	TITLE	SPEAKER	INSTITUTION
10:20 – 10:30	Endocrine Consequences of Anorexia Nervosa: What to Check, What to Treat, and What to Avoid	Dima Al-Kilani	Dietitian
10:30 – 10:40	Prevalence, Patterns, and Predictors of Lumbar Spine–Femoral Neck BMD Discordance in Jordanian Adults: A Retrospective Observational Study	Dr. Zain Aldeen Saleh	The Hashemite University
10:40 – 10:50	Long-Acting Parathyroid Hormone Replacement in Chronic Hypoparathyroidism: A Systematic Review and Meta-Analysis of Biochemical, Urinary and Renal Outcomes	Ahmad Alaudat	The Hashemite University
10:50 – 11:00	Rheumatological and Autoimmune Complications of Antithyroid Medications	Dr. Saed Zeitoon	The Hashemite University

11:00 – 11:10	Effects of Gonadotropin-Releasing Hormone Analog, Alone and in Combination with Recombinant Human Growth Hormone, on Height in Girls with Early Puberty Across Age Groups: A Cohort Study	Authors: Mahmoud Yousef1*, Ghayda' Sharif1, Elias Amarneh1, Alfarouq Alboom1, Yasmeen Makharza1, Mohammed Khwaira2, Hasan Eideh2 1 Faculty of Medicine, Al-Quds University, Jerusalem, Palestine 2 Department of Pediatrics, Palestinian Medical Complex, Ramallah, Palestine	Palestine
11:10 – 11:20	Assessing Glycemic Control through HbA1c and BMI Indicators: A Retrospective Study of Type 2 Diabetic Patients at King Salman Armed Forces Hospital, Tabuk, Saudi Arabia 2025	Dr. Hazem Rayyan	King Salman Armed Forces Hospital, KSA
11:20 – 11:30		Dr. Sa'ed Zeitoon	Jordan

POSTER PRESENTATION

TIME	TITLE	SPEAKER	INSTITUTION
Poster 1	Increased Irisin and Lipocalin-2 vs Reduced Oxytocin and FGF1 in Nascent Metabolic Syndrome Patients with and without Prediabesity: Cross-Correlations with Adiposity and Atherogenicity Indices	Prof. Violet Kasabri	The University of Jordan
Poster 2	Beyond Glycemic Numbers: Real-World Success Stories with Insulin Pump and CGM Technology	Rana Dabous	Diabetes Clinical Nurse Specialist
Poster 3	The Gastrointestinal Safety of Orforglipron vs Placebo: A Systematic Review and Meta-Analysis of Randomized Clinical Trials	Dr. Mus'ab Mustafa	The Hashemite University
Poster 4	Knowledge Gaps, Pulmonary Safety Perceptions, and Clinical Readiness to Adopt Inhaled Insulin Among Family Physicians in Palestine: A Pilot Cross-Sectional Study	Dr. Neveen Shalalfeh	Palestine
Poster 5	When Fear Shapes Insulin Decisions: Hypoglycaemia-Related Insulin Underdosing and Glycaemic Control in Adults With Type 1 Diabetes in Palestine	Dr. Neveen Shalalfeh	Palestine