



الجمعية السعودية
لطب كبار السن
Saudi Geriatrics
Society



مدينة الملك فهد الطبية
King Fahad Medical City

IN COLLABORATION WITH KING FAHAD MEDICAL CITY

THE 2ND SAUDI GERIATRICS SOCIETY CONFERENCE



29 OCTOBER , 2022 08:00 - 20:00

ONLINE
ONSITE

TOWARDS BETTER HEATH CARE FOR OLDER ADULTS

ACCREDITED WITH



TARGET AUDIENCE

- Geriatricians
- Internists
- Family Physicians
- General practitioners
- Residents
- Nurses
- Psychologist
- Pharmacists
- Physiotherapists



مدينة الملك فهد الطبية - الرياض



LIMITED SEATS FOR PHYSICAL ATTENDANCE



FOR REGISTRATION AND FEES





WELCOME MESSAGE

DEAR COLLEAGUES,

I am delighted to welcome you to the 2nd Saudi Geriatrics Society Conference which will take place on October 2022 ,29 at King Fahad Medical City, Riyadh Saudi Arabia.

The theme of the conference “Towards Better Health Care for Older Adults” has been carefully chosen and will feature an elite of local and international experts. The presentations will provide opportunities for discussions and exchange of ideas and information among conference participants.

The Scientific Committee, headed by Dr. Raneem Miliani has shaped up an excellent scientific program that includes many high quality sessions and aims to meet the interests of all audiences. A special thank you to her and to everyone of the committee members Dr.Walid Alkeridy, Dr. Ahmed Shawki, and Dr. Asim Abdulgader, and Dr. Khalid Alharkan for their significant contribution to the program.

To put together a program of this magnitude is not a small task. I want to thank the head of the organizing committee Dr.Walid Alkeridy as well as all the committee members,Dr.Walid Alkeridy, Abdullah Alsuhail, Dr. Maysoon Alamoud, Miss Nawal Sindi, Mr. Tarique, and Miss Nouf Alqahtani for their enthusiasm and tremendous efforts to prepare for this conference.

I look forward to seeing you all in person at the meeting. With best wishes,

SULTAN ALAMRI, MBBS

Chairman, Board of Directors

Saudi Geriatrics Society

Associate Professor and Consultant in Family Medicine and Geriatrics

College of Medicine

King Abdulaziz University

Jeddah, Saudi Arabia



WELCOME MESSAGE

DEAR COLLEAGUES,

The Saudi Geriatrics Society is honored to invite you to the "Second Annual Saudi Geriatric Society Conference". The conference includes a group of local and international speakers to present a variety of scientific lectures, and update specialists in geriatric medicine and those interested in caring for older adults with the most important news and scientific updates to keep up with the latest scientific trends and the most important achievements in geriatric medicine.

DR. WALID ALKERIDY

Chair, Organizing committee
MBBS, MSc, FRCPC, ABIM
Consultant & Assistant professor
General director of the general administration of home
health care, Ministry of Health



WELCOME MESSAGE

DEAR COLLEAGUES,

On behalf of the scientific committee, I welcome you to the 2nd Saudi Annual Geriatrics Society meeting in person and online this October in Riyadh. Building on the success of our previous meeting, the theme for this year is “Towards better healthcare for older adults”, aiming to educate physicians and healthcare workers to give better comprehensive care for older adults in Saudi Arabia.

A full-day program addresses the professional and educational needs of geriatrics professionals from all disciplines through state-of-the-art educational sessions. These sessions are divided into four themes:

Neurodegenerative disorders: discussing older adults' cognitive impairment and management.
Health promotion: Topics will focus on improving health by promoting and changing practices, including immunizations, cancer screening, physical activity, and bone health.
Cardiovascular and Metabolic Disorders: Discussing chronic disease management in older adults.
Geriatrics Syndromes: covering two major syndromes in geriatrics polypharmacy and urinary incontinence.

All sessions provide a unique opportunity for networking, debate, and interaction with international and national experts in geriatrics who will deliver the latest and cutting-edge valuable information for our daily clinical practice.

To put a conference of this magnitude together is not a small task. Therefore, I want to take this opportunity to offer my sincere appreciation to everyone involved from the organizing and scientific committee members for their meticulous work in support of the conference to ensure this event will be fruitful and successful.

We look forward to welcoming you to Riyadh for a fantastic 2nd Saudi Geriatrics Society Annual Meeting.

DR. RANEEM G. MILYANI MD, ABIM

Chair, SGS scientific committee
Director, Geriatrics Medicine Fellowship, MNGHA

ORGANIZING COMMITTEE



DR. ABDULLAH ALSUHAIL

Consultant palliative and geriatric
Medicine. KFMC. Riyadh



DR. WALID ALKERIDY

Chair, Organizing Committee
MBBS, MSc, FRCPC, ABIM
Consultant & Assistant professor
General director of the general
administration of home health care,



DR. SULTAN Alamri, MBBS

Chairman, Board of Directors of the Saudi
Geriatrics Society
Associate Professor and
Consultant in Family Medicine
and Geriatrics College of Medicine
King Abdulaziz University
Jeddah, Saudi Arabia



NAWAL SINDI

Assistance director for
empowerment & supervision



DR MAYSOON AL-AMOUD

Member of the Board of Directors
.of the Saudi Geriatric Society
Director of Older People Health
MOH- 2021-2010 Care Program



TAREQ AL-HAZAZI

Public Relation
MOH



NOUF ALQAHTANI

Administrative Assistant
Saudi Geriatrics Society

SCIENTIFIC COMMITTEE



DR. WALID ALKERIDY

MBBS, MSc, FRCPC, ABIM
Consultant & Assistant professor
General director of the general
administration of home health care,
Ministry of Health



DR. RANEEM G. MILYANI MD, ABIM

Chair, SGS scientific committee
Director, Geriatrics Medicine
Fellowship, MNGHA



DR. AHMED SHAWKY

Consultant Geriatrician
King Fahd Hospital
Imam Abdulrahman Alfaisal University
Dammam, Saudi Arabia



DR. ASSIM M. ALABDULKADER

Assim M. Alabdulkader, MD, MPH, FAAFP
Consultant Physician and Assistant Professor,
Family & Preventive Medicine, and Geriatrics
Medical Director, Family & Community Medicine
Center at Imam Abdulrahman binFaisal University,
Dammam



DR. KHALID ALHARKAN

Assistant Professor, College of Medicine Imam
Abdulrahman bin Faisal University
Head of Family Medicine Department HMG -
Khobar

THE 2ND SAUDI GERIATRICS SOCIETY CONFERENCE OCTOBER 29, 2023

| TIME | TOPIC | SPEAKER |
|--------------|---------------------------------|-------------------|
| 8:00-8:30 AM | On-site registration | |
| 8:30-8:35AM | القران الكريم | |
| 8:35-8:45 AM | Opening remarks by SGS chairman | Sultan Alamri, MD |
| 8:45-8:55 AM | Speech by | TBD |

THEME 1 NEURODEGENERATIVE DISORDERS

Chairperson: Dr: Raneem Milyani

| TIME | TOPIC | SPEAKER |
|----------------|--|---------------------|
| 9:00-9:20 AM | Global Dementia Observatory | Walid Alkeridy, MD |
| 9:20-9:40 AM | MDT Approach to Patients with Cognitive Impairment Disorders | Hashim Balubaid, MD |
| 9:40-10:00 AM | Updates on Therapeutic Modalities of Alzheimer's Disease | Paul Schulz, MD |
| 10:00-10:15 AM | Q&A (15 min) | |

THEME 2 HEALTH PROMOTION

Chairperson: Dr.Walid Alkeridy and Dr.Sultan Alamri

| TIME | TOPIC | SPEAKER |
|-----------------|--|----------------------|
| 10:15-10:35 AM | Older People Health Passport Implementation in Saudi Arabia | Maysoon AlAmoud, MD |
| 10:35-11:00 AM | Discussing Vaccine Hesitancy and Improving Immunization Rates | Majed Alshamrani, MD |
| 11:00-12:15 AM | Lunch Coffee Break and Exhibition | |
| 12:15-12:35 PM | Shingles and Risk in Older Adults | Loay Basoudan, MD |
| 12:35- 12:55 PM | Physical Activity as a Foundation Pillar of Health Promotion Through the Life Span | Enas Shahin, MD |
| 12:55-1:15 PM | Colon Cancer Screening in View of Recent Advances in Management | Arwa Alnabhan, MD |
| 1:15-1:35 PM | Frailty and Imminent Fracture Risk | Larry Dian, MD |
| 1:35-1:50 PM | Q&A (15 minutes) | |

THEME 3 CARDIOVASCULAR AND METABOLIC DISORDERS

Chairperson: Dr.Afaf Albalawi and Dr.Khalid Alharkan

| TIME | TOPIC | SPEAKER |
|--------------|---|--------------------------------|
| 1:30-1:50 PM | Balancing Risks and Benefits of Anticoagulation in AF in Older Adults | Samah Hajjar, MD |
| 1:50-2:10 PM | Orthostasis in Hypertensive Older Adults | Abdullah al khunaizan, MD, PHD |
| 2:10-2:30 PM | Advances and Opportunities in Heart Failure Management | Mohammad Fayaz, MD |
| 2:30-2:50 PM | Individualized Glycemic Targets in Older Adults | Afaf Albalawi, MD |
| 2:50-3:00 PM | Prayers (Asr 2:51) | |
| 3:00-3:20 PM | The Impact of Novel Glucose Lowering Agents on Cardiovascular Outcomes in Older Adults with T2D | Mohammad Alsofiani, MD |
| 3:20-3:35 PM | Coffee Break and Exhibition | |

THEME 4

GERIATRICS SYNDROMES

Chairperson: Dr.Tahani Altamimi

| TIME | TOPIC | SPEAKER |
|------------------------|-------------------------------------|---------------------|
| 3:35-3:55 PM | Polypharmacy and Deprescribing | Khalid Alharkan, MD |
| 3:55-4:15 PM | Urinary Incontinence in Older Adult | Maram Alfozan, MD |
| 4:15-4:30 PM | Q&A (15 min) | |
| 4:30-4:50 PM | Caregiver Support | Aeshah AlSugair, MD |
| 4:50-5:00 PM | Q&A (15 min) | |
| CLOSING REMARKS | | |

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Rivastigmine Transdermal patch

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Why Trivacin?

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- Dual Inhibition Mechanism.¹
- Rivastigmine/memantine combination is an effective option for monotherapy failure in severe disease.⁴
- Recommended by Guidelines for mild & moderate severity Alzheimer's disease.²
- Statistically significant better functional improvement than donepezil.³
- Transdermal patch has better compliance and caregiver preference than oral doses.⁴
- ACHÉ* Inhibitors switching to Rivastigmine Transdermal patch prevents the decline in cognitive status.¹

1. Hsueh H et al. Rivastigmine: the advantages of dual inhibition of acetylcholinesterase and butyrylcholinesterase and its role in Alzheimer's disease. *Drugs* 2008; 68(12):1697-1707.
2. Burns A et al. Rivastigmine and donepezil in mild to moderate Alzheimer disease. *Annals of the New York Academy of Sciences* 2005; 1052:102-110.
3. Burns A et al. Rivastigmine and donepezil in mild to moderate Alzheimer disease. *Annals of the New York Academy of Sciences* 2005; 1052:102-110.
4. Burns A et al. Rivastigmine Transdermal Patch vs Donepezil in Alzheimer Disease. *Alzheimer Dis Assoc Dis* 2010; 24(1):1-10.

*ACHÉ: Acetylcholinesterase.

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