

# SCMEA 2026

— SCIENTIFIC CME ACADEMY —

## THE POWER OF YOUTH

*Innovation Meets Inspiration*

Cardio • Renal • Metabolic Crosstalk



**4-5 JUNE 2026**



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# WELCOME TO SCMEA 2026

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*"Prevent Early. Treat Smarter. Change Lifetime Outcomes."*

Dear Distinguished Guest Speakers, Esteemed Chairpersons, and Respected Colleagues,

On behalf of the Board of the Scientific CME Academy (SCMEA), it is our ultimate privilege to welcome you to the Tulip Hotel in Ismailia for the landmark SCMEA 2026 Conference this June 4-5,

SCMEA's core mission is to elevate medical education by driving rigorous scientific exchange, bridging intricate clinical divides, and fostering an elite collaborative network for rising medical pioneers. This year, our vision materializes under the theme, **"The Power of Youth."** and led by the youth, for the youth, this congress represents a passionate movement of emerging leaders reshaping the medical landscape.

"Our collective directive is to confront a surging, quiet crisis: the early onset of interconnected Cardiovascular, Diabetology, and Nephrology (CKM) diseases within young populations under the age

By dismantling traditional specialists' silos and addressing the clinical crosstalk between the heart, kidneys, and metabolism, we challenge ourselves to intervene before irreversible damage occurs. Over these two intensive days, our scientific arenas will pave the way to target early-stage diseases and decisively improve lifetime patient trajectories.

To our esteemed Guest Speakers and Chairpersons—your pioneering clinical mastery and dedicated guidance form the cornerstone of this academy. We extend our deep gratitude for your commitment to mentoring Egypt's future medical vanguard. May this conference inspire rich debates, pioneering insights, and enduring professional bonds.

**The Board of the Scientific CME Academy (SCMEA)**

# DAY 1 - THURSDAY, 4 JUNE 2026

Theme: When Cardiovascular Disease Strikes Too Early

## SESSION 1: Saving Young Valves: Rheumatic Heart Disease Below 40

**AIM:** Reducing the burden of preventable valvular heart disease through earlier recognition, modern intervention, and lifelong secondary prevention strategies in young adults.

**Chairpersons:** Prof. Abdel Hameed Serwah, Prof. Ahmed El Ghaleed, Prof. Ahmed El Hawary, Prof. Ahmed Salah Salem, Prof. Alaa El Ghamarawy, Prof. Hanan Kamal

Time	Lecture	Speaker
10:00 - 10:15 AM	<b>The Missed Diagnosis Epidemic</b> Rheumatic Fever in 2026: Why Young Patients Are Still Diagnosed Too Late	Prof. Mohammed El Merry
10:15 - 10:30 AM	<b>State-of-the-Art Lecture</b> Contemporary Management of Rheumatic Valve Disease in Young Adults	Prof. Fathi Makaldi
10:30 - 10:35 AM	Discussion	Faculty Panel

## SESSION 2: Pressure Before 40: Hypertension in Young Adults

**AIM:** Understanding early hypertension phenotypes, vascular injury, and individualized therapeutic strategies before irreversible cardiovascular damage develops.

**Chairpersons:** Prof. Ahmed Salah Salem, Prof. Fathi Makaldi, Prof. Gameila Nasr, Prof. Kareem Saied, Prof. Omar Saleh, Dr. Paula Shohdy

Time	Lecture	Speaker
10:35 - 10:50 AM	<b>One Target Does Not Fit All</b> Precision Blood Pressure Targets for Young Hypertensive Patients	Prof. Ahmed El Hawary
10:50 - 11:05 AM	<b>Beyond Resistant Hypertension</b> A Challenging 28-Year-Old Patient Who Defied Conventional Algorithms	Prof. Ahmed Tageldien

11:05 - 11:20 AM	<b>Beyond Blood Pressure Readings</b> Heart Rate Modulation and Modern Beta-Blockade in Young Patients <b>MARCYRL SYMPOSIUM</b>	Prof. Yasser Zaghary
11:20 - 11:35 AM	<b>Seeing Beyond the ECG</b> Role of Cardiac Perfusion Imaging in Ischemic Young Hypertension	Prof. Ahmed Abdel Aaty
11:35 - 11:40 AM	Discussion	Faculty Panel

## SESSION 3: Failing Too Early: Myocarditis, Cardiomyopathy & Heart Failure Before Midlife

**AIM:** Exploring inflammatory cardiomyopathy, premature heart failure progression, and transformative modern therapies in younger populations.

**Chairpersons:** Prof. Ahmed Tageldien, Prof. Bassem Zarif, Prof. Gameila Nasr, Prof. Hanan Kamal, Prof. Mohammed Seteha, Prof. Yasser Hezayen

Time	Lecture	Speaker
11:40 - 11:55 AM	<b>When Young Heart Fails</b> Navigating Familial and Inflammatory Cardiomyopathies	Prof. Kareem Saied
11:55 - 12:10 PM	<b>HF Treatment Optimization</b> Why Young Adults Progress Faster <b>PHARCO SYMPOSIUM</b>	Prof. Mohammed Seleem
12:10 - 12:30 PM	<b>Paradigm Shift in Heart Failure Management</b> How Sacubitril/Valsartan Is Transforming Outcomes in Young HF Patients <b>NOVARTIS SYMPOSIUM</b>	Prof. Ahmed Shawky
12:30 - 12:45 PM	<b>Beyond Stroke Prevention</b> Apixaban and the Expanding Landscape of Thromboembolic Protection in Young Adults <b>RAMEDA SYMPOSIUM</b>	Prof. Taymour Moustafa

## SESSION 4: 2x2 Interactive Arena: Two Experts. Two Perspectives

**AIM:** A dynamic expert-interactive session exploring challenging real-world cardiovascular management decisions in young adults.

**Chairpersons:** Prof. Ahmed Abdel Aaty, Prof. Ahmed El Sharawy, Prof. Mohamed Soliman, Prof. Mohammed Hegazy, Prof. Sameh Emil, Prof. Tareq Abdallah, Prof. Adel Saleh, Prof. Gamal Omran

Time	Interactive Session	Faculty Panelists
12:45 - 1:00 PM	<b>Early treatment optimization of CCS management</b> The strength of Early combination therapy Below 40 <b>SERVIER SYMPOSIUM</b>	Prof. Yasser Hezayen / Prof. Ahmed Abdel Aaty
1:00 - 1:15 PM	<b>How Early Should We Intervene?</b> Combination Therapy Strategies in Young Hypertension Before Organ Damage Appears <b>SERVIER SYMPOSIUM</b>	Prof. Bassem Zareef / Prof. Sameh Emil
1:15 - 1:20 PM	Discussion	Arena Faculty

1:20 - 1:40 PM | COFFEE BREAK • Networking • Collaboration • Scientific Exchange

## SESSION 5: Young Arteries Under Attack: Premature Coronary Disease

**AIM:** Addressing early coronary artery disease using modern anti-ischemic, metabolic, and antithrombotic strategies in young adults.

**Chairpersons:** Prof. Azza Farag, Prof. Ahmed El Sharawy, Prof. Ahmed Nada, Prof. Hesham Hegazy, Prof. Mohammed Khader, Prof. Mohammed Oraby, Prof. Mohammed Seteha

Time	Lecture	Speaker
1:40 - 1:55 PM	<b>The Young Coronary Puzzle</b> What Coronary Angiography Reveals Beyond Traditional Factors	Prof. Mohammed Seteha
1:55 - 2:10 PM	<b>The Metabolic Rescue Strategy</b> Ranolazine in Refractory Angina Beyond Conventional Revascularization <b>MENARINI SYMPOSIUM</b>	Prof. Mohamed Abo Baker / Prof. Mohammed Seteha

2:10 - 2:25 PM	<b>Winning the First Battle</b> Advanced Ticagrelor Strategies in Young ACS Patients <b>UTOPIA SYMPOSIUM</b>	Prof. Mohammed Zahran
2:25 - 2:35 PM	<b>Beyond Glycemic Control</b> Empagliflozin and Integrated Organ Protection in High-Risk Young Adults <b>EVA SYMPOSIUM</b>	Prof. Shereif Arafa
2:35 - 2:40 PM	Discussion	Faculty Panel

## SESSION 6: LDL Before Disaster: Aggressive Lipid Intervention Before Lifetime Atherosclerosis Begins

**AIM:** Exploring advanced lipid-lowering strategies and early preventive interventions before irreversible vascular disease develops.

**Chairpersons:** Prof. Ahmed El Sharawy, Prof. Ahmed Nada, Prof. Mohammed Abdel Ghany, Prof. Nabil Farag, Prof. Shady Hussein

Time	Lecture	Speaker
2:40 - 2:55 PM	<b>The LDL Clock Starts Early</b> Why Dyslipidemia Below 40 Requires a Different Strategy	Prof. ElSayed Farag
2:55 - 3:10 PM	<b>Beyond Statins. Beyond Delay.</b> Why PCSK9 Inhibitors Should Start Earlier in High-Risk Young Patients <b>SANOFI SYMPOSIUM</b>	Prof. Yasser Sadeq
3:10 - 3:25 PM	<b>Dual LDL Suppression</b> Statin-Ezetimibe Combination Therapy for Lifetime ASCVD Prevention <b>ALESRAA SYMPOSIUM</b>	Prof. Mohammed El Tohfa
3:25 - 3:40 PM	<b>Beyond Atrial Fibrillation</b> Apixaban and the Expanding Landscape of Thromboembolic Protection in Young Adults <b>PFIZER SYMPOSIUM</b>	Prof. Fathi Nada
3:40 - 3:45 PM	Discussion	Faculty

## SESSION 7: Lifetime Risk Reduction: Closing the Residual Risk Gap Before It Becomes Lifetime Disease

**AIM:** Integrating advanced cardiovascular protection strategies to reduce residual thrombotic, metabolic, and vascular risk in younger high-risk populations.

**Chairpersons:** Prof. Ahmed El Ghaleed, Prof. Azza Farag, Prof. Hala Mahfouz, Prof. Hebatallah Attia, Prof. Mohammed Khader, Prof. Sameh Emil

Time	Lecture	Speaker
3:45 - 4:00 PM	<b>Beyond Sugar. Beyond Heart Failure.</b> Empagliflozin and Multi-Organ Protection in Young High-Risk Adults Jardiance Game Changer in HF & eCVD Management <b>BOEHRINGER INGELHEIM SYMPOSIUM</b>	Prof. Shady Hussein
4:00 - 4:15 PM	<b>The Hidden Hemodynamic Killer</b> Blood Pressure Variability and Early Vascular Damage in Young Adults <b>VIATRIS SYMPOSIUM</b>	Prof. Mohammed Abdel Ghany
4:15 - 4:20 PM	Discussion	Faculty

## SESSION 8: The Female Cardiovascular Journey: From Menarche to Menopause

**AIM:** Understanding female-specific cardiovascular risk factors and modern cardiovascular management across different hormonal and reproductive stages.

**Chairpersons:** Prof. Eman Elshref, Prof. Hala Mahfouz, Prof. Hanan Kamal, Prof. Heba El Deeb, Prof. Mona Kareem, Prof. Seham Ahmed

Time	Lecture	Speaker
4:35 - 4:50 PM	<b>From Menarche to Menopause</b> How Female-Specific Factors Shape Cardiovascular Risk Across the Lifespan	Prof. Hala Mahfouz
4:50 - 5:05 PM	<b>Pregnancy: The Ultimate Cardiovascular Stress Test</b> Modern Risk Stratification and Management During Pregnancy	Prof. Hebatallah Attia
5:05 - 5:15 PM	<b>Seeing Risk Before Symptoms Begin</b> Advanced Cardiac Imaging in Young Female Patients	Prof. Azza Farag

5:15 - 5:20 PM	Discussion	Faculty
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## SESSION 9: The CKM Generation: Cardiology, Nephrology & Metabolism Collide

**AIM:** Building integrated cardio-renal-metabolic protection pathways for young high-risk patients before irreversible organ damage develops.

**Chairpersons:** Prof. Basma Othman, Prof. Hesham Metwally, Prof. Ibrahim Amer, Prof. Mohammed Keshawy, Prof. Mohammed Mashaly, Prof. Farid Fawzy

Time	Lecture	Speaker
5:20 - 5:30 PM	<b>Protect the Heart First</b> Dapagliflozin from a Cardiology Perspective <b>ATCO SYMPOSIUM</b>	Prof. Yasser El Sayed
5:30 - 5:40 PM	<b>Rewriting Metabolic Outcomes</b> Dapagliflozin in Young Diabetes <b>ATCO SYMPOSIUM</b>	Prof. Mostafa Abuelyazied
5:40 - 5:50 PM	<b>Save the Kidney Before Decline</b> Dapagliflozin in Early CKD <b>ATCO SYMPOSIUM</b>	Prof. Ahmed Mabrouk El Sheikh
5:50 - 6:00 PM	<b>Protect Earlier. Prevent Longer.</b> Dual Antiplatelet Therapy for Early Management of Atherosclerotic Cardiovascular Disease in Young Adults <b>ADWIA SYMPOSIUM</b>	Prof. Mohammed Shafiq
6:00 - 6:10 PM	<b>A New Hope for Safer Obesity Management</b> Modern Obesity Strategies for Young CKM Patients <b>PARKVILLE SYMPOSIUM</b>	Prof. Mohammed El Merry

**END OF DAY 1**

# DAY 2 - FRIDAY, 5 JUNE 2026

Theme: The Future of Prevention Starts Earlier

## STATE-OF-THE-ART OPENING SESSION

**Chairpersons:** Prof. Fathi Nada, Prof. Haitham Soliman Ghareeb, Prof. Khaled El Nadi, Prof. Mohammed El Merry, Prof. Sawfat Abdel Maqsoud

Time	Lecture	Speaker
2:00 - 2:30 PM	<b>Hearts Under Pressure</b> How Emotional Stress Accelerates Cardiovascular Disease in Young Adults	Prof. Ahmed El Ghaleed / Prof. Haitham Soliman Ghareeb

## SPECIAL FOCUS & STATE-OF-THE-ART LECTURE

**Chairpersons:** Prof. Abdel Hameed Serwah, Prof. Abdel Raouaf El Deep, Prof. Hamza Kabil, Prof. Mohamed Hamza Kabil, Prof. Nader Negm, Prof. Nashat Soliman

Time	Lecture	Speaker
2:30 - 2:45 PM	<b>The Overlooked Organ</b> Vonoprazan and Upper GI Protection in Young Cardiometabolic Patients <b>ALESRAA SYMPOSIUM</b>	Prof. Emad Balah
2:45 - 3:00 PM	<b>State-of-the-Art Lecture: The Clot You Never Saw Coming</b> Residual Thrombotic Risk in Young High-Risk Patients <b>MASH PREMIERE SYMPOSIUM</b>	Prof. Nabil Farag

## SESSION 1: Rewriting Diabetes Early: Because Diabetes Is Becoming Younger, Faster & More Aggressive

**Chairpersons:** Prof. Eman El Shareef, Prof. Hesham Metwally, Prof. Manal Abu Shady, Prof. Mayada Mousa, Prof. Mohammed Abdel Ghany, Prof. Mohammed Gareesh, Prof. Mona Karem

Time	Lecture	Speaker
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## SESSION 1: Rewriting Diabetes Early: Because Diabetes Is Becoming Younger, Faster & More Aggressive

**Chairpersons:** Prof. Eman El Shareef, Prof. Hesham Metwally, Prof. Manal Abu Shady, Prof. Mayada Mousa, Prof. Mohammed Abdel Ghany, Prof. Mohammed Gareesh, Prof. Mona Karem, Prof. Farid Fawzy

Time	Lecture	Speaker
3:00 - 3:15 PM	<b>Insulin Is Not Failure</b> Why Basal Insulin Still Matters in Young Type 2 Diabetes <b>GYPTO PHARMA SYMPOSIUM</b>	Prof. Mohammed El Sayed
3:15 - 3:30 PM	<b>The DPP-4 Advantage</b> Vildagliptin and Flexible Glycemic Control in Young Adults <b>RAMEDA SYMPOSIUM</b>	Prof. Ahmed elBehairy
3:30 - 3:45 PM	The Dual Hormone Strategy Insulin Glargine/Lixisenatide in Early Type 2 Diabetes <b>SANOFI SYMPOSIUM</b>	Prof. Manal Abu Shady
3:45 - 4:00 PM	<b>Precision Oral Control</b> Sitagliptin-Based Strategies in Young Adults with Type 2 Diabetes <b>EVA SYMPOSIUM</b>	Prof. Mohammed Abdel Ghany

## SESSION 2: Lipids Without Limits: Advanced Lipid Therapies for Lifetime Atherosclerosis Prevention

Chairpersons: Prof. Mohammed Shafeq, Prof. Ahmed Tageldien, Prof. Fathi Makaldi, Prof. Ayman El Gendy, Prof. Hesham Showman, Prof. Hossam Attia, Prof. Karem El Tagory, Prof. Hamza Kabil, Prof. Mohamed Hamza Kabil

Time	Lecture	Speaker
4:00 - 4:15 PM	<b>THE NEW ERA OF EARLY VASCULAR DISEASE</b> Premature Atherosclerosis in Young Adults: The Disease of Lifetime Exposure	Prof. Moustafa Mokarab
4:15 - 4:30 PM	<b>Break the LDL Chain Early</b> Bempedoic Acid Before Atherosclerosis Begins <b>ZETA PHARMA SYMPOSIUM</b>	Prof. Atef ElBahry
4:30 - 4:50 PM	<b>Silence LDL for Years</b> Inclisiran and Long-Term Cholesterol Control in High-Risk Adults <b>NOVARTIS SYMPOSIUM</b>	Prof. Tamer Moustafa
4:50 - 5:05 PM	<b>Lipid Control Where Risk Is Highest</b> Advanced Statin Optimization Strategies in CKD Patients	Prof. Emad Abdel Hay

5:05 - 5:30 PM | COFFEE BREAK • Networking • Collaboration • Scientific Exchange

## SESSION 3: Early Vascular Disease: From Silent Injury to Integrated Protection in Young Adults

**Chairpersons:** Prof. Tamer Moustafa, Prof. Omar Saleh, Prof. Hesham Showman, Prof. Ahmed Mohsen, Prof. Emad Abdel Hay, Prof. Atef Elbahry, Prof. Hamza Kabil, Prof. Mohamed Hamza Kabil

Time	Lecture	Speaker
5:30 - 5:45 PM	<b>The New RAAS Era</b> Telmisartan and Early Vascular Protection in Young Hypertensive Patients <b>UTOPIA SYMPOSIUM</b>	Prof. Waleed Ammar
5:45 - 6:00 PM	<b>"From Uncertainty to Clarity; A Clinical Case Study Journey"</b>	Prof. Ahmed Mohsen
6:00 - 6:15 PM	<b>Chest Pain That Defied Expectations</b> Unusual Diagnoses in Young Female Patient	Prof. Mohammed Abdel basset

## SESSION 4: The Diabetic Kidney Clock: Kidneys Fail Quietly. Lifetime Damage Starts Early.

**Chairpersons:** Prof. ElSayed Abdel Fatah, Prof. Haitham Soliman Ghareeb, Prof. Hossam Hosny

Time	Lecture	Speaker
6:15 - 6:30 PM	<b>Beyond Weight Loss</b> Semaglutide and Early Cardiometabolic Risk Reduction <b>NOVO NORDISK SYMPOSIUM</b>	Arafa El Shabrawy
6:30 - 6:45 PM	<b>Dual Pathway Protection</b> Empagliflozin/Linagliptin Combination Therapy for Early Comprehensive Risk Reduction <b>XEEDIA SYMPOSIUM</b>	Prof. Ahmed Sabawy
6:45 - 7:00 PM	<b>The Forgotten Triple Threat</b> Anemia, Heart Failure & Diabetes: Breaking the Cardio-Renal Cycle Early <b>ALESRAA SYMPOSIUM</b>	Prof. Hossam Hosny

7:00 - 7:15 PM	<b>Silent Nerves, Lasting Damage</b> Mirogabalin and the Emerging Era of Precision Therapy for Diabetic Neuropathy in Young Adults <b>BIOMED SYMPOSIUM</b>	Prof. Mayada Moussa
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## SCMEA 2026 Highlights

Time	Closing Panel	Speaker
7:15 - 7:30 PM	<b>Ten Key Takeaways Shaping the Future of Cardiometabolic Care in Young Adults</b>	Prof. Mohammed El Merry & Prof. Fathi Nada

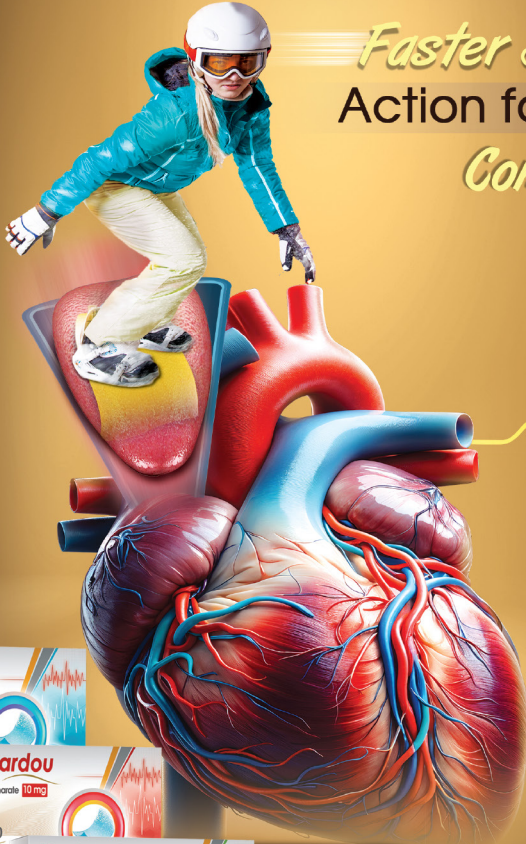
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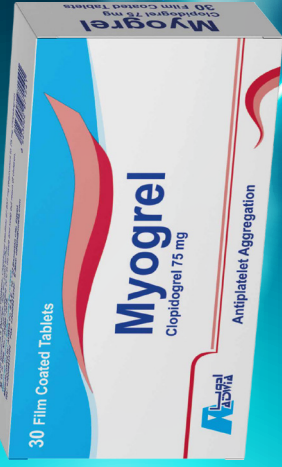
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# THANK YOU

To all our distinguished guest speakers, esteemed chairpersons, moderators, delegates, and partners who contributed to the immense scientific success of this academy.

Your expertise and dedication continue to pave the way for early prevention and smarter clinical interventions.

CARDIO RENAL METABOLIC ARENA

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**"Prevent Early. Treat Smarter. Change Lifetime Outcomes."**

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