

HEART MATTERS

13 - 15 February 2020 | Conrad Hotel, Dubai, UAE

DAY 1, THURSDAY, 13 FEBRUARY 2020

10.00 - 11.00 Registration

11.00 - 11.10	Welcome Note	Omar Hallak, UAE
11:10 - 11:30	Prevention of Leg Clot	Osama Hallak, USA
11:30 - 11:50	Heart disease in Women	Layla Al Marzooqi, UAE
11:50 - 12:10	Prevention of Heart Disease (Q & A)	Omar Hallak, UAE
12:10 - 12:30	Dental health for heart health	Maen Elkhatib, UAE
12:30 - 13:00	Save Your Loved One's Heart (Sessions on CPR)	American Heart Association
13:00 - 13:20	Real life saved Cases	Omar Sakaf, UAE
13:20 - 13:40	Heart Healthy Diet	Wafa Ayash, UAE
13:40 - 14:00	Fear of Aging	Jeehan Abdul Qadir, UAE
14:00 - 14:20	Early signs of stroke - Initial Rescue Steps	Vittorio Iantorno, UAE

14:20 - 14:40 Break

14:40 - 15:00	Diabetes and Heart Disease	Donatella Casiglia, UAE
15:00 - 15:20	Smoking cessation	Amna Abdelkarim, UAE
15:20 - 15:40	Reversal of heart disease and diabetes mellitus	Annie Varghese, USA

DAY 2, FRIDAY, 14 FEBRUARY 2020

09:30 - 10:00 Registration

10:00 - 10:20	Compliance with Cardiovascular Medicine	Rania Khani, UAE
10:20 - 10:40	My personal experience to prevent heart disease	Emad Grawi, UAE
10:40 - 11:00	Rejuvenation cardiovascular system	Mazen Al Sawaf, UAE
11:00 - 11:30	Save Your Loved One's Heart (Sessions on CPR)	American Heart Association
11:30 - 11:50	Heart Healthy Diet	Dania, UAE

11:50 - 13:40 Prayer Break

13:40-14:00	Real Life-saving cases	Omar Sakaf, UAE
14:00 - 14:20	Prevention of Heart Disease	Ahmad Hallak, UAE
14:20 - 14:40	Dental clearance for patient with heart disease	Maen Elkhatib, UAE
14:40 - 15:00	Save Your Loved One's Heart (Sessions on CPR)	American Heart Association
15:00 - 15:20	Cutting down the Stress to cut down your heart disease	Kamal Akkash, UAE
15:20-15:40	Reversal of heart disease and diabetes mellitus	Annie Varghese, USA

DAY 3, SATURDAY, 15 FEBRUARY 2020

09:00 - 09:30 Registration

09:30 - 09:50	Prevention of heart disease	Ahmad Hallak, USA
09:50 - 10:10	Early signs of stroke. Initial Rescue Steps	Manal Fahham, UAE
10:10 - 10:40	Save Your Loved One's Heart (Sessions on CPR)	American Heart Association
10:40 - 11:00	Reversal of heart disease and diabetes mellitus	Annie Varghese, USA

11:00 - 11:20 Break

11:20 - 11:40	Practical tips that work, instead of diet fads	Rene Decker, UAE
11:40 - 12:00	Real life saved cases	Omar Sakaf, UAE



Free to Attend Sessions



Free Consultation with Specialists



Free Basic Life Support (BLS) Session



Free Health Checkups



Free Healthy Diet Plan



Free Physical Fitness Sessions