



KOC 2026

4TH KUWAIT OBESITY CONFERENCE 2026

DAY 1

Monday, 2 November 2026

Radisson Blu Hotel Kuwait, Kuwait

SPEAKER BIOGRAPHIES · IN RUNNING ORDER

DAY 1 · SESSION

SESSION 1: TECHNICAL PEARLS

Chairpersons: TBA

2:00 PM

to 2:20 PM

How I Prevent Staple Line Leaks and Bleeding

Dr. Khaled Alyaqout

2:20 PM

to 2:40 PM

Stapled or Hand-Sewn Gastrojejunostomy: Does It Matter?

Dr. Evangelos Efthimiou

2:40 PM

to 3:00 PM

OAGB- Does biliary limb length matters ?

Prof. Mousa Khurshid

3:00 PM

to 3:20 PM

SADI, SASI & Duodenal Switch: Are They Ready for Kuwait?

Dr. Ismaiel Al-Jazzaf

3:20 PM

to 3:40 PM

Is There a Perfect Sleeve Gastrectomy?

Dr. Abdulaziz Ali Karam

3:40 PM

to 4:00 PM

Technical Pearls in Hiatal Hernia Repair During Bariatric Surgery

Prof. Shaun Preston

4:00 PM

to 4:20 PM

Tips & Tricks in Revisional Bariatric Surgery

Dr. Carlos Abril

4:20 PM

to 4:30 PM

Q & A**4:30 PM**

to 4:40 PM

Case Discussion: Revisional Surgery Decision Making (Hussein Elsaaran)

Dr. Carlos Abril · Dr. Evangelos Efthimiou · Prof. Mousa Khurshid · Dr. Ali Alsayed

4:40 PM

to 4:55 PM

Coffee Break

SESSION 1: TECHNICAL PEARLS



LOCAL FACULTY · KUWAIT

DR. KHALED ALYAQOUT

Specialist General Surgery

PRESENTING

2:00 PM - 2:20 PM

How I Prevent Staple Line Leaks and Bleeding

BIOGRAPHY

- Director of Scholarship Office (Kuwait Institute for Medical Specializations)
- General Secretary (Kuwait Association of Surgeons)

SESSION 1: TECHNICAL PEARLS



INTERNATIONAL FACULTY · UK

DR. EVANGELOS EFTHIMIOU

Consultant General, Laparoscopic and Bariatric Surgeon

PRESENTING

2:20 PM - 2:40 PM

Stapled or Hand-Sewn Gastrojejunostomy: Does It Matter?

4:30 PM - 4:40 PM

Case Discussion: Revisional Surgery Decision Making (Hussein Elsaaran)

BIOGRAPHY

No further biography supplied.

SESSION 1: TECHNICAL PEARLS



LOCAL FACULTY · KUWAIT

PROF. MOUSA KHURSHID

Consultant bariatric and general surgeon

PRESENTING

2:40 PM - 3:00 PM

OAGB- Does biliary limb length matters ?

4:30 PM - 4:40 PM

Case Discussion: Revisional Surgery Decision Making
(Hussein Elsaaran)

BIOGRAPHY

No further biography supplied.

SESSION 1: TECHNICAL PEARLS



LOCAL FACULTY · KUWAIT

DR. ISMAIEL AL-JAZZAF

Consultant - General Surgery

PRESENTING

3:00 PM - 3:20 PM

SADI, SASI & Duodenal Switch: Are They Ready for Kuwait?

BIOGRAPHY

- Kuwaiti Board of General Surgery
- Fellowship in Minimally Invasive Surgery and Obesity Diseases – Brazil
- Diploma in Surgical Endoscopy - Strasbourg - France

SESSION 1: TECHNICAL PEARLS



LOCAL FACULTY · KUWAIT

DR. ABDULAZIZ ALI KARAM

Consultant General Surgeon specializing in Bariatric and Metabolic Surgery

PRESENTING

3:20 PM – 3:40 PM**Is There a Perfect Sleeve Gastrectomy?**

BIOGRAPHY

- Dr. Abdulaziz Karam is an Assistant Professor of Surgery at Kuwait University and a Consultant General Surgeon specializing in Bariatric and Metabolic Surgery, Foregut Surgery, and Abdominal Wall Reconstruction.

He completed his General Surgery residency and advanced fellowship training in Minimally Invasive, Bariatric, and Upper Gastrointestinal Surgery at McGill University, Canada. He is board-certified in General Surgery in both Canada and the United States.

- Dr. Karam is actively involved in surgical education, clinical research, and postgraduate training in Kuwait. He serves on several national surgical education and examination committees.

SESSION 1: TECHNICAL PEARLS



INTERNATIONAL FACULTY · UK

PROF. SHAUN PRESTON

consultant General and Upper GI Robotic Surgeon

PRESENTING

3:40 PM – 4:00 PM**Technical Pearls in Hiatal Hernia Repair During Bariatric Surgery**

BIOGRAPHY

Professor Shaun Preston is a highly experienced consultant general and upper GI robotic surgeon based in Guildford and London, with a focus on oesophago-gastric surgery. He sees patients at Nuffield Health Guildford Hospital, Cromwell Hospital, HCA at The Shard, and London Bridge Hospital. His main areas of expertise include oesophageal and gastric cancer surgery, robotic and laparoscopic procedures, acid reflux, hiatal hernias, and endoscopy. He regularly treats conditions such as achalasia, Barrett's oesophagus, gallstones, and hernias, using a patient-centred approach and minimally invasive techniques where appropriate.

Professor Preston has trained extensively in the UK and internationally. He completed his medical and surgical degrees at the University of Leeds, where he also earned a Doctorate in gastrointestinal cancer. He went on to train in high-volume oesophago-gastric units, including the Northern Oesophago-Gastric Unit in Newcastle and the National Cancer Center Hospital in Tokyo.

SESSION 1: TECHNICAL PEARLS



INTERNATIONAL FACULTY · SPAIN

DR. CARLOS ABRIL

Staff Physician, General Surgery

PRESENTING

4:00 PM – 4:20 PM**Tips & Tricks in Revisional Bariatric Surgery****4:30 PM – 4:40 PM****Case Discussion: Revisional Surgery Decision Making
(Hussein Elsaaran)**

BIOGRAPHY

Carlos M. Abril Vega, MD, PhD is a Consultant Staff Physician at Cleveland Clinic Abu Dhabi in the Digestive Disease Institute, specializing in general and bariatric surgery. With a PhD from the University of Valladolid, Spain, Dr. Abril is also a Clinical Professor at Case Western Reserve University. He has extensive expertise in minimally invasive and robotic surgery, leading innovation in complex digestive procedures. A fellow of the American College of Surgeons, Dr. Abril has contributed to numerous international publications and conferences in the field of digestive and bariatric surgery.

SESSION 1: TECHNICAL PEARLS



LOCAL FACULTY · KUWAIT

DR. ALI ALSAYED

Consultant General, Endocrine & Bariatric Surgery

PRESENTING

4:30 PM - 4:40 PM

Case Discussion: Revisional Surgery Decision Making
(Hussein Elsaaran)

BIOGRAPHY

- Founder & President of Kuwait Society of Endocrine Surgery
- Assistant Program Director for Kuwaiti Fellowship of Endocrine Surgery

DAY 1 · SESSION

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG

Chairpersons: Dr. Ali Alsayed, Dr. Fawaz Abulhassan

4:55 PM

to 5:02 PM

Video: Intrathoracic Migration of the Sleeved Stomach

Prof. Mousa Khurshid

5:02 PM

to 5:09 PM

Video: Small Bowel Injury During RYGB

Dr. Hussein Elsaaran

5:09 PM

to 5:16 PM

Video: Internal Hernia After Gastric Bypass

Dr. Mohammad Al Hunaidi

5:16 PM

to 5:23 PM

Video: Difficult Position of a Marginal Ulcer

Dr. Naser Al Ali

5:23 PM

to 5:33 PM

Video: When IR can't help !

Dr. Khaled Alanezi

5:33 PM

to 5:43 PM

Industry Symposium

5:43 PM

to 5:53 PM

When Malabsorption Demands Revision

Dr. Ahmad Al-Mulla

5:53 PM

to 6:00 PM

Video: From Sleeve to Full Spectrum – Expanding Bariatric Surgery

Dr. Ahmad Al-Mulla

6:00 PM

to 6:30 PM

Opening Ceremony

6:30 PM

to 6:40 PM

Lessons Learned: My Biggest Complication

6:40 PM

to 6:50 PM

Marginal Ulcers: The Achilles' Heel of Bariatric Surgery

Dr. Carlos Abril

6:50 PM

to 7:00 PM

Case Discussion: What Would You Do? (Mohammad Al Hunaidi)

Prof. Shaun Preston • Dr. Carlos Abril • Dr. Khaled Alanezi • Dr. Mohammad Aljarallah

7:00 PM

to 7:10 PM

Coffee Break

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG



LOCAL FACULTY · KUWAIT

PROF. MOUSA KHURSHID

Consultant bariatric and general surgeon

PRESENTING

4:55 PM - 5:02 PM

Video: Intrathoracic Migration of the Sleeved Stomach

BIOGRAPHY

No further biography supplied.

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG



LOCAL FACULTY · EGYPT

DR. HUSSEIN ELSAARAN

General Surgery specialist

PRESENTING

5:02 PM – 5:09 PM

Video: Small Bowel Injury During RYGB

BIOGRAPHY

- F2- Kuwait Bariatric surgery fellowship program, Jaber Al-Ahmad Hospital

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG



LOCAL FACULTY · KUWAIT

DR. MOHAMMAD AL HUNAIDI

General Surgeon

PRESENTING

5:09 PM – 5:16 PM**Video: Internal Hernia After Gastric Bypass**

BIOGRAPHY

Dr. Mohammad Al Hunaidi is a general surgeon based in Kuwait with a professional focus on bariatric and metabolic surgery. He graduated from the Royal College of Surgeons in Ireland (RCSI) School of Medicine in 2008 and completed the Kuwaiti Board in General Surgery in 2022. He is currently undertaking his third year (F3) of Bariatric Surgery Fellowship at the Kuwait Institute for Medical Specializations (KIMS), where he continues to develop his expertise in the surgical management of obesity and metabolic disease. His professional interests include advancing bariatric surgical practice, optimizing patient outcomes, and contributing to the ongoing development of metabolic surgery.

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG



LOCAL FACULTY · KUWAIT

DR. NASER AL ALI

Senior Registrar General Surgeon

PRESENTING

5:16 PM – 5:23 PM**Video: Difficult Position of a Marginal Ulcer**

BIOGRAPHY

Dr. Naser Al-Ali is a senior registrar General Surgeon specializing in Bariatric and Metabolic Surgery, Advanced GI surgery and Hernia surgery. He completed his General Surgery residency and Bariatric surgery fellowship training at McGill University, Canada. He then completed a fellowship in Minimally invasive, Advanced GI and Robotic Surgery at Western University in Ontario, Canada as well as American certification in robotic bariatric training by ASMBS. Dr. Al-Ali is actively involved in ongoing clinical skills education and postgraduate training in Kuwait. He serves on several national surgical education committees.

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG



LOCAL FACULTY · KUWAIT

DR. KHALED ALANEZI

Consultant bariatric and general surgeon

PRESENTING

5:23 PM – 5:33 PM

Video: When IR can't help !

6:50 PM – 7:00 PM

Case Discussion: What Would You Do? (Mohammad Al Hunaidi)

BIOGRAPHY

No further biography supplied.

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG



LOCAL FACULTY · KUWAIT

DR. AHMAD AL-MULLA

Consultant General, Bariatric & Robotic Surgeon

PRESENTING

5:43 PM – 5:53 PM

When Malabsorption Demands Revision

5:53 PM – 6:00 PM

Video: From Sleeve to Full Spectrum – Expanding Bariatric Surgery

BIOGRAPHY

- Co-Founder, Robotic Bariatric Surgery Program – Farwaniya Hospital
- Co-Founder, Basic Robotic Surgery Training Program
- Mentor & Trainer, Minimally Invasive & Bariatric Surgery Fellowship
- Co-Founder, Kuwait Society of Metabolic & Bariatric Surgery (KUSMBS)
- Member, Kuwait Association for Robotic Surgery (KARS)

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG



INTERNATIONAL FACULTY · SPAIN

DR. CARLOS ABRIL

Staff Physician, General Surgery

PRESENTING

6:40 PM – 6:50 PM**Marginal Ulcers: The Achilles' Heel of Bariatric Surgery****6:50 PM – 7:00 PM****Case Discussion: What Would You Do? (Mohammad Al Hunaidi)**

BIOGRAPHY

Carlos M. Abril Vega, MD, PhD is a Consultant Staff Physician at Cleveland Clinic Abu Dhabi in the Digestive Disease Institute, specializing in general and bariatric surgery. With a PhD from the University of Valladolid, Spain, Dr. Abril is also a Clinical Professor at Case Western Reserve University. He has extensive expertise in minimally invasive and robotic surgery, leading innovation in complex digestive procedures. A fellow of the American College of Surgeons, Dr. Abril has contributed to numerous international publications and conferences in the field of digestive and bariatric surgery.

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG



INTERNATIONAL FACULTY · UK

PROF. SHAUN PRESTON

consultant General and Upper GI Robotic Surgeon

PRESENTING

6:50 PM – 7:00 PM**Case Discussion: What Would You Do? (Mohammad Al Hunaidi)**

BIOGRAPHY

Professor Shaun Preston is a highly experienced consultant general and upper GI robotic surgeon based in Guildford and London, with a focus on oesophago-gastric surgery. He sees patients at Nuffield Health Guildford Hospital, Cromwell Hospital, HCA at The Shard, and London Bridge Hospital. His main areas of expertise include oesophageal and gastric cancer surgery, robotic and laparoscopic procedures, acid reflux, hiatal hernias, and endoscopy. He regularly treats conditions such as achalasia, Barrett's oesophagus, gallstones, and hernias, using a patient-centred approach and minimally invasive techniques where appropriate.

Professor Preston has trained extensively in the UK and internationally. He completed his medical and surgical degrees at the University of Leeds, where he also earned a Doctorate in gastrointestinal cancer. He went on to train in high-volume oesophago-gastric units, including the Northern Oesophago-Gastric Unit in Newcastle and the National Cancer Center Hospital in Tokyo.

SESSION 2: WHEN BARIATRIC SURGERY GOES WRONG



LOCAL FACULTY · KUWAIT

DR. MOHAMMAD ALJARALLAH

Consultant Surgeon specializing in obesity surgery

PRESENTING

6:50 PM – 7:00 PM

Case Discussion: What Would You Do? (Mohammad Al Hunaidi)

BIOGRAPHY

- Bachelors Degree in Medicine and Surgery
- Bachelors Degree in Basic Medical Science
- Master Degree in General Surgery
- Consultant bariatric and general surgeon, Canadian Board in surgery

DAY 1 · SESSION

SESSION 3: EXPERT UPDATES & REGULATIONS

Chairpersons: Dr. Ismaiel Al-Jazzaf, Dr. Ali Lairi

7:10 PM to 7:25 PM	Extended Venous Thromboembolism Prophylaxis: Current Evidence Dr. Naser Al Ali
7:25 PM to 7:40 PM	EndoFLIP in Bariatric Surgery: Current Applications
7:40 PM to 7:55 PM	The Use of GLP-1 Analogues in Animal Models Dr. Jehad Abubaker
7:55 PM to 8:10 PM	Malabsorptive Procedures in Patients Taking Narrow Therapeutic Index Drugs
8:10 PM to 8:20 PM	Beyond Weight Loss: The CRC Implications of Obesity and Bariatric Surgery Dr. Khaled Alzamel
8:20 PM to 8:40 PM	The new bariatric regulation 2026 Dr. Muhannad AlHaddad · Dr. Sulaiman Almazeedi · Dr. Khaled Alyaqout · Dr. Abdulaziz Ali Karam · Prof. Mousa Khurshid
8:40 PM to 8:50 PM	Case Discussion: No Way Out: The Gastric Outlet Obstruction Challenge Dr. Ismaiel Al-Jazzaf

SESSION 3: EXPERT UPDATES & REGULATIONS



LOCAL FACULTY · KUWAIT

DR. NASER AL ALI

Senior Registrar General Surgeon

PRESENTING

7:10 PM - 7:25 PM**Extended Venous Thromboembolism Prophylaxis:
Current Evidence**

BIOGRAPHY

Dr. Naser Al-Ali is a senior registrar General Surgeon specializing in Bariatric and Metabolic Surgery, Advanced GI surgery and Hernia surgery. He completed his General Surgery residency and Bariatric surgery fellowship training at McGill University, Canada. He then completed a fellowship in Minimally invasive, Advanced GI and Robotic Surgery at Western University in Ontario, Canada as well as American certification in robotic bariatric training by ASMBS. Dr. Al-Ali is actively involved in ongoing clinical skills education and postgraduate training in Kuwait. He serves on several national surgical education committees.

SESSION 3: EXPERT UPDATES & REGULATIONS



LOCAL FACULTY · KUWAIT

DR. JEHAD ABUBAKER

Principal Scientist and Head, Department of Biochemistry and Molecular Biology Dasman Diabetes Institute, Kuwait

PRESENTING

7:40 PM - 7:55 PM**The Use of GLP-1 Analogues in Animal Models**

BIOGRAPHY

Dr. Jehad Abubaker is a Principal Scientist and Head of the Department of Biochemistry and Molecular Biology at Dasman Diabetes Institute, Kuwait. He obtained his MSc in Medical Research and Technology from the University of Maryland School of Medicine, USA, in 1997, followed by a PhD in Molecular Biology from New Mexico State University, USA, in 2003, where he also completed postdoctoral training in Genetics.

Before joining Dasman Diabetes Institute, Dr. Abubaker worked at King Faisal Specialist Hospital and Research Centre in Riyadh, Saudi Arabia, where his research focused on cancer genomics, oncogenic mutations, molecular signaling pathways, and their implications for cancer progression and treatment.

SESSION 3: EXPERT UPDATES & REGULATIONS



LOCAL FACULTY · KUWAIT

DR. KHALED ALZAMEL

Consultant general, colorectal, and bariatric surgeon.

PRESENTING

8:10 PM - 8:20 PM

Beyond Weight Loss: The CRC Implications of Obesity and Bariatric Surgery

BIOGRAPHY

- Consultant general, colorectal, and bariatric surgeon, Kuwaiti board of general surgery

SESSION 3: EXPERT UPDATES & REGULATIONS



LOCAL FACULTY · KUWAIT

DR. MUHANNAD ALHADDAD

PRESENTING

8:20 PM - 8:40 PM

The new bariatric regulation 2026

BIOGRAPHY

No further biography supplied.

SESSION 3: EXPERT UPDATES & REGULATIONS



LOCAL FACULTY · KUWAIT

DR. SULAIMAN ALMAZEEDI

Consultant General Surgery, Obesity Surgery, Colon & Gastrointestinal Endoscopy

PRESENTING

8:20 PM – 8:40 PM

The new bariatric regulation 2026

BIOGRAPHY

- Fellowship in Advanced Upper GI and Bariatric Surgery, Chelsea and Westminster Hospital, London, UK
- Fellowship in Colorectal and Robotic Surgery, The Royal Marsden Hospital, London, UK
- Masters in Clinical Service Operations, Harvard Medical School

SESSION 3: EXPERT UPDATES & REGULATIONS



LOCAL FACULTY · KUWAIT

DR. KHALED ALYAQOUT

Specialist General Surgery

PRESENTING

8:20 PM - 8:40 PM

The new bariatric regulation 2026

BIOGRAPHY

- Director of Scholarship Office (Kuwait Institute for Medical Specializations)
- General Secretary (Kuwait Association of Surgeons)

SESSION 3: EXPERT UPDATES & REGULATIONS



LOCAL FACULTY · KUWAIT

DR. ABDULAZIZ ALI KARAM

Consultant General Surgeon specializing in Bariatric and Metabolic Surgery

PRESENTING

8:20 PM – 8:40 PM**The new bariatric regulation 2026**

BIOGRAPHY

- Dr. Abdulaziz Karam is an Assistant Professor of Surgery at Kuwait University and a Consultant General Surgeon specializing in Bariatric and Metabolic Surgery, Foregut Surgery, and Abdominal Wall Reconstruction.

He completed his General Surgery residency and advanced fellowship training in Minimally Invasive, Bariatric, and Upper Gastrointestinal Surgery at McGill University, Canada. He is board-certified in General Surgery in both Canada and the United States.

- Dr. Karam is actively involved in surgical education, clinical research, and postgraduate training in Kuwait. He serves on several national surgical education and examination committees.

SESSION 3: EXPERT UPDATES & REGULATIONS



LOCAL FACULTY · KUWAIT

PROF. MOUSA KHURSHID

Consultant bariatric and general surgeon

PRESENTING

8:20 PM – 8:40 PM

The new bariatric regulation 2026

BIOGRAPHY

No further biography supplied.

SESSION 3: EXPERT UPDATES & REGULATIONS



LOCAL FACULTY · KUWAIT

DR. ISMAIEL AL-JAZZAF

Consultant - General Surgery

PRESENTING

8:40 PM - 8:50 PM

**Case Discussion: No Way Out: The Gastric Outlet
Obstruction Challenge**

BIOGRAPHY

- Kuwaiti Board of General Surgery
- Fellowship in Minimally Invasive Surgery and Obesity Diseases – Brazil
- Diploma in Surgical Endoscopy - Strasbourg - France