



KOC 2026

4TH KUWAIT OBESITY CONFERENCE 2026

DAY 2

Tuesday, 3 November 2026
Radisson Blu Hotel Kuwait, Kuwait

SPEAKER BIOGRAPHIES · IN RUNNING ORDER

DAY 2 · SESSION

SESSION 1: NEW WAYS OF THINKING ABOUT OBESITY - DRAMATIC AND RAPID CHANGES IN HOW WE THINK ABOUT AND TREAT OBESITY

Chairpersons: Dr. Dalal Al Saeed and Dr. Abdulla Al Jinaee

9:00 AM

to 9:25 AM

New insights on the physiology of obesity

Prof. Carel Le Roux

9:25 AM

to 9:50 AM

The Future is Now: More than 30 New Drugs for Obesity Vie for the Market by 2030

Prof. Donna Ryan

9:50 AM

to 10:15 AM

Treatment to Target in Obesity

Prof. Carel Le Roux

10:15 AM

to 10:25 AM

Q & A**10:25 AM**

to 10:35 AM

Coffee Break

SESSION 1: NEW WAYS OF THINKING ABOUT OBESITY - DRAMATIC AND RAPID CHANGES IN HOW WE THINK ABOUT AND TREAT OBESITY



INTERNATIONAL FACULTY · IRELAND

PROF. CAREL LE ROUX

Obesity and Metabolic Medicine

PRESENTING

9:00 AM - 9:25 AM

New insights on the physiology of obesity

9:50 AM - 10:15 AM

Treatment to Target in Obesity

BIOGRAPHY

Professor Carel le Roux graduated from medical school in Pretoria South Africa, completed his specialist training in metabolic medicine at St Bartholomew's Hospitals and the Hammersmith Hospitals. He obtained his PhD from Imperial College London where he later took up a faculty position. He moved to University College Dublin for the Chair in Experimental Pathology and he is now the Director of the Metabolic Medicine Group. He is the coordinator of the Innovative Medicine Initiative SOPHIA project and previously received a President of Ireland Young Researcher Award, Irish Research Council Laurate Award, Clinician Scientist Award from the National Institute Health Research in the UK, and a Wellcome Trust Clinical Research Fellowship for his work on how the gut talks to the brain.

SESSION 1: NEW WAYS OF THINKING ABOUT OBESITY - DRAMATIC AND RAPID CHANGES IN HOW WE THINK ABOUT AND TREAT OBESITY



INTERNATIONAL FACULTY · USA

PROF. DONNA RYAN

Professor Emeritus Clinical Science

PRESENTING

9:25 AM - 9:50 AM**The Future is Now: More than 30 New Drugs for Obesity
Vie for the Market by 2030**

BIOGRAPHY

Donna Ryan MD is Professor Emerita at Pennington Biomedical in Baton Rouge, LA, USA, where she oversaw Clinical Research for 25 years. Her research interests included lifestyle intervention and diet for weight loss, and she was an investigator on NIH studies including POUNDS Lost, Look AHEAD, DPP, and DASH. She was Principal Investigator for the US Department of Defence for a series of awards which targeted military nutrition approaches to improve soldier readiness and performance. A particular research interest was improving primary care management of obesity and evaluating commercial approaches to weight management. She also studies the use of medications and devices to aid weight management. She was President of The Obesity Society and was designated Master of Obesity Medicine by the American Board of Obesity Medicine. She received The Obesity Society's George Bray Founder's Award (2013) and the George Blackburn Award (2019), was named Obesity Action Coalition Health Care Provider of the Year (2017) and was invited to give the Francisco Balmis Lecture (2019).

DAY 2 · SESSION

SESSION 2: HOT TOPICS IN OBESITY

Chairpersons: Dr. Badreya Al Lahou and Dr. Fahad Al Ajmi

10:40 AM

to 10:55 AM

The Obesity-Menopause Connection: Insights through the Endocrinologist's lens.

Dr. Thamer Al Essa

10:55 AM

to 11:10 AM

Beyond the Prescription: Nutrition Strategies in Obesity

Dr. Durra Al-Sumaiti

11:10 AM

to 11:25 AM

The Obesity-Kidney Connection: Insights Through the Clinician's Lens

Dr. Anas Al Yousef

11:25 AM

to 11:35 AM

Q & A

11:35 AM

to 12:30 PM

Lilly Symposium

Prof. Donna Ryan

12:30 PM

to 1:15 PM

Prayer & Lunch Break

SESSION 2: HOT TOPICS IN OBESITY



LOCAL FACULTY · KUWAIT

DR. THAMER AL ESSA

Consultant of Endocrinology and Diabetes at Taiba Hospital

PRESENTING

10:40 AM - 10:55 AM**The Obesity-Menopause Connection: Insights through the Endocrinologist's lens.**

BIOGRAPHY

Consultant and the Head of the Division of Endocrinology, Diabetes and Metabolism at Jaber Al-Ahmad Hospital and a Clinical Staff at Dasman Diabetes Institute. He is certified by the American Board of Internal Medicine and a Fellow of the American College of Endocrinology. He is the Vice President of the Kuwait Osteoporosis Society.

SESSION 2: HOT TOPICS IN OBESITY



LOCAL FACULTY · KUWAIT

DR. DURRA AL-SUMAITI

Specialist Dietitian • Nutrition

PRESENTING

10:55 AM - 11:10 AM

Beyond the Prescription: Nutrition Strategies in Obesity

BIOGRAPHY

No further biography supplied.

SESSION 2: HOT TOPICS IN OBESITY



LOCAL FACULTY · KUWAIT

DR. ANAS AL YOUSEF

Head of Nephrology unit at Amiri

PRESENTING

11:10 AM - 11:25 AM

The Obesity-Kidney Connection: Insights Through the Clinician's Lens

BIOGRAPHY

- Consultant in Internal Medicine & Nephrology
- BMBCCh Faculty of Medicine, Kuwait University 2002
- Canadian Board Certified in Internal Medicine, 2008 and in Nephrology, 2009 from University of British Columbia, Vancouver, Canada
- Head of nephrology and dialysis centers at Amiri Hospital, Kuwait
- President of Kuwait Nephrology Association

SESSION 2: HOT TOPICS IN OBESITY



INTERNATIONAL FACULTY · USA

PROF. DONNA RYAN

Professor Emeritus Clinical Science

PRESENTING

11:35 AM - 12:30 PM**Lilly Symposium**

BIOGRAPHY

Donna Ryan MD is Professor Emerita at Pennington Biomedical in Baton Rouge, LA, USA, where she oversaw Clinical Research for 25 years. Her research interests included lifestyle intervention and diet for weight loss, and she was an investigator on NIH studies including POUNDS Lost, Look AHEAD, DPP, and DASH. She was Principal Investigator for the US Department of Defence for a series of awards which targeted military nutrition approaches to improve soldier readiness and performance. A particular research interest was improving primary care management of obesity and evaluating commercial approaches to weight management. She also studies the use of medications and devices to aid weight management. She was President of The Obesity Society and was designated Master of Obesity Medicine by the American Board of Obesity Medicine. She received The Obesity Society's George Bray Founder's Award (2013) and the George Blackburn Award (2019), was named Obesity Action Coalition Health Care Provider of the Year (2017) and was invited to give the Francisco Balmis Lecture (2019).

DAY 2 · SESSION

SESSION 3: FUN AND INTERACTIVE

Chairpersons: **Dr. Fahad Al Ajmi**

1:15 PM

to 1:40 PM

Should Obesity Medications Be Readily Available and Treated as Over the Counter?

Dr. Khalil Alshowaiker · Dr. Mohammad Jamal

SESSION 3: FUN AND INTERACTIVE



LOCAL FACULTY · KUWAIT

DR. KHALIL ALSHOWAIKER

Head of Internal Medicine Department, Adan Hospital, Kuwait

PRESENTING

1:15 PM - 1:40 PM

Should Obesity Medications Be Readily Available and Treated as Over the Counter?

BIOGRAPHY

No further biography supplied.

SESSION 3: FUN AND INTERACTIVE



LOCAL FACULTY · KUWAIT

DR. MOHAMMAD JAMAL

Founder of Kuwait Obesity Surgery Conference

PRESENTING

1:15 PM - 1:40 PM

Should Obesity Medications Be Readily Available and Treated as Over the Counter?

BIOGRAPHY

No further biography supplied.

DAY 2 · SESSION

SESSION 4: THE DOWN SIDE: TREATING THE COMPLICATIONS

Chairpersons: Dr. Fahad Al Ajmi

1:40 PM

to 1:55 PM

MASLD and the metabolic Liver: A growing treatment indication through clinical cases

Dr. Waleed Aldahi

1:55 PM

to 2:20 PM

Lean Loss and Muscle Loss - Cause for Concern?

Prof. Donna Ryan

2:20 PM

to 2:45 PM

How can we improve the adherence in obesity medication

Prof. Carel Le Roux

2:45 PM

to 2:55 PM

Q & A**2:55 PM**

to 3:10 PM

Coffee Break

SESSION 4: THE DOWN SIDE: TREATING THE COMPLICATIONS



LOCAL FACULTY · KUWAIT

DR. WALEED ALDAHI

Consultant in Endocrinology & Diabetes

PRESENTING

1:40 PM – 1:55 PM

MASLD and the metabolic Liver: A growing treatment indication through clinical cases

BIOGRAPHY

- Education & Training:
- 1991 – BSc in Basic Medical Sciences, Kuwait University
- 1994 – MD in Medicine & Surgery, Kuwait University
- 1996–1999 – Internal Medicine Residency, University of British Columbia
- 1999–2001 – Endocrinology Fellowship, University of British Columbia
- 2001–2003 – Clinical Diabetes Research Fellowship, Harvard Medical School – Joslin Diabetes Center
- 2000 – Fellow, Royal College of Physicians of Canada (FRCPC), Internal Medicine
- 2000 – Certified, American Board of Internal Medicine (ABIM)
- 2016 – Fellow, Royal College of Physicians of Edinburgh
- Specialized in / Experienced In:
- Diabetes and Endocrinology (Clinical care, research, and education)
- Internal Medicine
- Advanced diabetes therapies (e.g., insulin pumps, continuous glucose monitors)
- Cardiometabolic risk and lipoproteins
- Inflammatory mechanisms in diabetes and obesity

SESSION 4: THE DOWN SIDE: TREATING THE COMPLICATIONS



INTERNATIONAL FACULTY · USA

PROF. DONNA RYAN

Professor Emeritus Clinical Science

PRESENTING

1:55 PM - 2:20 PM**Lean Loss and Muscle Loss - Cause for Concern?**

BIOGRAPHY

Donna Ryan MD is Professor Emerita at Pennington Biomedical in Baton Rouge, LA, USA, where she oversaw Clinical Research for 25 years. Her research interests included lifestyle intervention and diet for weight loss, and she was an investigator on NIH studies including POUNDS Lost, Look AHEAD, DPP, and DASH. She was Principal Investigator for the US Department of Defence for a series of awards which targeted military nutrition approaches to improve soldier readiness and performance. A particular research interest was improving primary care management of obesity and evaluating commercial approaches to weight management. She also studies the use of medications and devices to aid weight management. She was President of The Obesity Society and was designated Master of Obesity Medicine by the American Board of Obesity Medicine. She received The Obesity Society's George Bray Founder's Award (2013) and the George Blackburn Award (2019), was named Obesity Action Coalition Health Care Provider of the Year (2017) and was invited to give the Francisco Balmis Lecture (2019).

SESSION 4: THE DOWN SIDE: TREATING THE COMPLICATIONS



INTERNATIONAL FACULTY · IRELAND

PROF. CAREL LE ROUX

Obesity and Metabolic Medicine

PRESENTING

2:20 PM - 2:45 PM**How can we improve the adherence in obesity medication**

BIOGRAPHY

Professor Carel le Roux graduated from medical school in Pretoria South Africa, completed his specialist training in metabolic medicine at St Bartholomew's Hospitals and the Hammersmith Hospitals. He obtained his PhD from Imperial College London where he later took up a faculty position. He moved to University College Dublin for the Chair in Experimental Pathology and he is now the Director of the Metabolic Medicine Group. He is the coordinator of the Innovative Medicine Initiative SOPHIA project and previously received a President of Ireland Young Researcher Award, Irish Research Council Laureate Award, Clinician Scientist Award from the National Institute Health Research in the UK, and a Wellcome Trust Clinical Research Fellowship for his work on how the gut talks to the brain.

DAY 2 · SESSION

SESSION 5: PRACTICAL MANAGEMENT & THE KUWAIT MODEL

Chairpersons: Dr. Khalil Alshowaiker and Dr. Waleed Al Dhahi

3:10 PM

to 3:25 PM

Nothing is More Expensive than a Missed Opportunity

Dr. Ebaa Al Ozairi

3:25 PM

to 3:50 PM

Too Much of a Good Thing! How to Manage the Super-Responders to Obesity Medications

Prof. Donna Ryan

3:50 PM

to 4:10 PM

Will Obesity medication Kill Bariatric Surgery

Prof. Carel Le Roux

4:10 PM

to 4:25 PM

Closing Panel: Building an Obesity Medicine Service in Kuwait

Prof. Donna Ryan · Prof. Carel Le Roux · Dr. Mohammad Jamal · Dr. Ebaa Al Ozairi · Dr. Waleed Aldahi

4:25 PM

to 4:30 PM

Closing Remarks & Certificates

SESSION 5: PRACTICAL MANAGEMENT & THE KUWAIT MODEL



LOCAL FACULTY · KUWAIT

DR. EBAA AL OZAIRI

Chief Medical Officer at Dasman Diabetes Institute

PRESENTING

3:10 PM – 3:25 PM**Nothing is More Expensive than a Missed Opportunity****4:10 PM – 4:25 PM****Closing Panel: Building an Obesity Medicine Service in Kuwait**

BIOGRAPHY

Dr. EbAA Al Ozairi is the Chief Medical Officer at Dasman Diabetes Institute, a consultant Diabetes, Endocrine and Nutrition and the President of the American Association of Clinical Endocrinologist- Gulf Chapter, being first woman president among all Gulf Countries. Dr. Al Ozairi has completed her intercalated BMSc (hons) in molecular pathology at Dundee University (UK) and graduated from Aberdeen University (UK) for her medical undergraduate studies. EbAA then joined Newcastle University (UK) for her specialist training in Diabetes and Endocrinology. During her postgraduate studies in UK, Dr Al Ozairi was awarded The Fulbright fellowship to Joslin Diabetes Institute, affiliates of Harvard medical school, Boston, USA. Her research interest includes diabetes education, technology and metabolic surgery.

SESSION 5: PRACTICAL MANAGEMENT & THE KUWAIT MODEL



INTERNATIONAL FACULTY · USA

PROF. DONNA RYAN

Professor Emeritus Clinical Science

PRESENTING

3:25 PM – 3:50 PM**Too Much of a Good Thing! How to Manage the Super-Responders to Obesity Medications****4:10 PM – 4:25 PM****Closing Panel: Building an Obesity Medicine Service in Kuwait**

BIOGRAPHY

Donna Ryan MD is Professor Emerita at Pennington Biomedical in Baton Rouge, LA, USA, where she oversaw Clinical Research for 25 years. Her research interests included lifestyle intervention and diet for weight loss, and she was an investigator on NIH studies including POUNDS Lost, Look AHEAD, DPP, and DASH. She was Principal Investigator for the US Department of Defence for a series of awards which targeted military nutrition approaches to improve soldier readiness and performance. A particular research interest was improving primary care management of obesity and evaluating commercial approaches to weight management. She also studies the use of medications and devices to aid weight management. She was President of The Obesity Society and was designated Master of Obesity Medicine by the American Board of Obesity Medicine. She received The Obesity Society's George Bray Founder's Award (2013) and the George Blackburn Award (2019), was named Obesity Action Coalition Health Care Provider of the Year (2017) and was invited to give the Francisco Balmis Lecture (2019).

SESSION 5: PRACTICAL MANAGEMENT & THE KUWAIT MODEL



INTERNATIONAL FACULTY · IRELAND

PROF. CAREL LE ROUX

Obesity and Metabolic Medicine

PRESENTING

3:50 PM – 4:10 PM**Will Obesity medication Kill Bariatric Surgery****4:10 PM – 4:25 PM****Closing Panel: Building an Obesity Medicine Service in Kuwait**

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Professor Carel le Roux graduated from medical school in Pretoria South Africa, completed his specialist training in metabolic medicine at St Bartholomew's Hospitals and the Hammersmith Hospitals. He obtained his PhD from Imperial College London where he later took up a faculty position. He moved to University College Dublin for the Chair in Experimental Pathology and he is now the Director of the Metabolic Medicine Group. He is the coordinator of the Innovative Medicine Initiative SOPHIA project and previously received a President of Ireland Young Researcher Award, Irish Research Council Laurate Award, Clinician Scientist Award from the National Institute Health Research in the UK, and a Wellcome Trust Clinical Research Fellowship for his work on how the gut talks to the brain.

SESSION 5: PRACTICAL MANAGEMENT & THE KUWAIT MODEL



LOCAL FACULTY · KUWAIT

DR. MOHAMMAD JAMAL

Founder of Kuwait Obesity Surgery Conference

PRESENTING

4:10 PM - 4:25 PM

Closing Panel: Building an Obesity Medicine Service in Kuwait

BIOGRAPHY

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SESSION 5: PRACTICAL MANAGEMENT & THE KUWAIT MODEL



LOCAL FACULTY · KUWAIT

DR. WALEED ALDAHI

Consultant in Endocrinology & Diabetes

PRESENTING

4:10 PM – 4:25 PM**Closing Panel: Building an Obesity Medicine Service in Kuwait**

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