



مؤتمر هجر الرابع
لطب الأسرة بالإحساء
HAJER
FAMILY MEDICINE
Conference 24-25 April 2026



VIRTUAL
VIA ZOOM



WELCOME MESSAGE



DR. MANSOOR ALNAIM

Chairperson, 4th Hajer Family Medicine Conference 2026
Consultant of Family Medicine, Head of Office of the Saudi Society
of Family and Community Medicine – Al-Ahsa Governorate

Welcome to the 4th Hajer Family Medicine Conference!

It is my great pleasure to welcome you to this exceptional scientific gathering, taking place on 24-25 April 2026 - Virtual. Under the esteemed patronage of the Saudi Society of Family and Community Medicine and in Scientific Collaboration with Al Moosa Health Group and Dallah Hospital Al-Ahsa, this two-day conference brings together healthcare professionals from across the Kingdom, uniting experts in Family Medicine and related fields from both government and private sectors.

At the 4th HFMC, our mission is to strengthen the knowledge and skills of healthcare providers through a comprehensive program covering the full spectrum of Family Medicine and beyond. By convening a diverse group of medical professionals, we aim to foster an inspiring environment that encourages meaningful knowledge exchange, shared expertise, and innovative thinking.

Over the course of two days, you can look forward to engaging scientific sessions, interactive panel discussions, and thought-provoking satellite symposia. This conference emphasizes interdisciplinary collaboration and offers participants the opportunity to explore new perspectives, address complex healthcare challenges, and contribute to transformative advancements in medical practice.

We are delighted to have you with us and look forward to your active participation, valuable insights, and enriching discussions throughout the event.

Join us this April for an inspiring experience that will leave a lasting impact on the medical community. We extend our warmest welcome to each of you at the 4th Hajer Family Medicine Conference.

Thank you,

Dr. Mansoor Alnaim

For more information, please contact our Team on

✉ Info@hajer-sa.com

CHAIRPERSON



DR. MANSOOR AL NAIM

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Family and Community Medicine – Al-Ahsa Governorate

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COMMITTEE MEMBERS



DR. SAAD BUQRSAYN

Head of Scientific Committee,
Family Medicine Consultant



DR. QASEM ALJABR

Committee Member Consultant of
Family and Geriatric Medicine



DR. ABDULLAH AL QUWAIDI

Head of Research Committee,
Family Medicine Consultant



DR. FATIMAH AL JAMAAN

Head of Public Relation & Media Committee,
Family Medicine Consultant



DR. AHMED AL HUSSAIN

Committee Member
Family Medicine Consultant



DR. AHMAD AL HAZZAA

Committee Member
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DR. MALAK AL HADDAD

Committee Member
Family Medicine Specialist



DR. MONTASER BU KHAMSEEN

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DR. GHaida BUKHAMSIN

Committee Member
Family Medicine Specialist



DR. ABDULMOHSEN ALMULHIM

Committee Member,
Family Medicine Consultant

For more information, please contact our Team on

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SPEAKERS



DR. ABDULLAH ALKHAMIS

Consultant Internist & Senior Pulmonologist, Head of Respiratory Care Unit, Almana General Hospital, Hofuf



DR. ABDULMAJEED AL JUHIMAN

Adult Cardiology Consultant, Advanced Heart Failure and Transplant Specialist, Head of Adult Cardiology at King Fahad Specialist Hospital



DR. ABDULMAJID ALARFAJ

Internal Medicine and Adult Infectious Consultant, Head of Antimicrobial Stewardship Program, Director of Infection Prevention & Control Department, King Abdelaziz Hospital



DR. ABDULMOHSIN ALHAJRI

Family Medicine Consultant, Alahsa Health Cluster, Deputy Program Director, Family



DR. ABDULRHMAN AL MULLA

Internal Medicine, Endocrinology and Diabetes Technology Consultant, King Abdulaziz National Guard Hospital, Ahsa



DR. ALIAA ALHASHEM

Family Medicine and Diabetology Consultant, Diabeter Clinics, Al-Ahsa



DR. AMINAH AL MOGHANAM

Family Medicine Consultant, Ministry of National Guard Health Affairs King Abdulaziz Hospital



DR. ASSIM ALABDULKADER

Assistant Professor & Consultant Physician, Imam Abdulrahman bin Faisal University Hospital



DR. AYMAN SOLIMAN

Joint Assistant Professor of Cardiology at King Saud University for Health Sciences, Clinical Cardiologist and Head of Cardiac Science Lab at King Abdulaziz Hospital, MNGHA, Al Hasa

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SPEAKERS



DR. BAYAN AL AJAJI

Consultant Family Medicine and Trainer
Johns Hopkins Aramco Healthcare



DR. DANIAH ALGHAITHI

Acting Subspecialty Consultant in Family
Medicine and Sports Medicine at King Fahad
Medical City, Riyadh



Dr. DOAA GHARIB

Family Medicine Consultant,
Alahsa Health Cluster



DR. FAISAL AL HADDAD

Consultant in Family Medicine and Occupational
Health Al Ahsa Health Cluster



DR. FATIMA ALGHADEER

Family Medicine & Women's
Health Consultant, Riyadh
First Health Cluster



DR. HUSSAIN ALQURAINI

Consultant Endocrinologist & Deputy
Manager of Academic Affairs Office at Johns
Hopkins Aramco Healthcare (JHAH)



DR. IBRAHIM AL IBRAHIM

Consultant of Endocrinology and
Metabolism, Assistant Professor
Internal Medicine in King Faisal
University, Hufuf, KSA



DR. KAMEL AZHAR

Family Medicine and Clinical Informatics
Consultant, NEOM Health and Wellbeing



DR. KARIM ALENAZI

Consultant Interventional Cardiologist
Medical Director, Prince Sultan Cardiac

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SPEAKERS



DR. KHALID AL NOAIM

Associate Professor of Pediatrics and Head of Pediatric Department in College of Medicine, King Faisal University. Pediatric Endocrine Consultant in Al Moosa Specialist Hospital



DR. MARIYYAH AL SHAGHAB

Family Medicine Consultant, Al Ahsa Health Cluster, Hofuf



DR. MOHAMMED ALHAYYAN

Consultant Physiatrist, Head of Rehabilitation Department, at Prince Saud Bin Jalawi Hospital in AlAhsa



DR. MOHAMMED ALMUMEN

OB/GYN Senior Registrar, King Faisal General Hospital



DR. MOHAMMED ALRAMADAN

Public Health Consultant Physician at Population Health Management, Al-Ahsa Health Cluster



DR. MUNIRAH ALABDULATHIM

Adult Endocrinology and Bariatric Medicine Consultant, Department of Medicine Ministry of National Guard Health Affairs King Abdulaziz Hospital Al Ahsa



DR. NASSER ALMULHIM

Emergency Service Line Lead at the Al-Ahsa Health Cluster



DR. OMAR AL OMAIR

Consultant in gastroenterology and hepatology Associate Professor and Consultant of Internal Medicine and Gastroenterology, King Faisal University, Almana Hospital and Dallah Hospital, Al-Ahsa



DR. SULIMAN ALABDULAALI

Consultant Pulmonary and Sleep Medicine Medical Director in King Fahad Hofuf Hospital Service line leader of Pulmonary and Sleep Medicine in AlAhsa Health Cluster



DR. TAMEEM ALHOMAID

Consultant of Family Medicine and Mental Health, Qassim Health Cluster, President of SAFM

DAY
01

FRIDAY
24 APRIL
2026



01:00 - 01:35 PM	Registration
01:35 - 01:40 PM	Welcoming

SESSION 01 HOT TOPICS IN FAMILY MEDICINE PART I

01:40 - 02:00 PM	Managing Refractory Iron Deficiency: When It's Not Just About Iron Intake	Dr. Aminah Al Moghanam
02:00 - 02:20 PM	Thyroid disorders: subclinical thyroid state management updates	Dr. Hussain Alquraini
02:20 - 02:40 PM	Metabolic-associated fatty liver disease (MAFLD / NAFLD): screening and management	Dr. Omar Alomair
02:40 - 03:00 PM	Scientific Symposium	
03:00 - 03:10 PM	Panel Discussion	All
03:10 - 03:20 PM	Coffee Break	

03:20 - 03:30 PM CONFERENCE OPENING

SESSION 02 DIABETOLOGY AND OBESITY MEDICINE

03:30 - 03:50 PM	Managing Diabetes in CKD Patients: Advanced Therapies and Clinical Integration	Dr. Ibrahim Al Ibrahim
03:50 - 04:10 PM	Diabetes 2026: The Latest Breakthroughs in Type 2 Management	Dr. Aliaa Al Hashem
04:10 - 04:30 PM	24/7 glucose insights: How CGM empower better diabetes control	Dr. Abdulrhman Al Mulla
04:30 - 04:50 PM	New Horizons in Adolescent Obesity Management: Pharmacologic and Lifestyle Interventions	Dr. Munirah Al Abdulathim
04:50 - 05:00 PM	Panel Discussion	All
05:00 - 05:10 PM	Coffee Break	

SESSION 03 CARDIOVASCULAR DISEASES & PREVENTION

05:10 - 05:30 PM	Scientific Symposium	
05:30 - 05:50 PM	Preventive Cardiology: Shaping the future of heart health beyond Framingham	Dr. Abdulmajeed Al Juhiman
05:50 - 06:10 PM	Integrated Chronic Care Models for Post-CVD Patients: Evidence and Practice	Dr. Karim Alenazi
06:10 - 06:30 PM	The Silent Partner: Exploring the Underestimated Role of Triglycerides in CVD	Dr. Ayman Soliman
06:30 - 06:50 PM	Reframing Resistant Hypertension: From Detection to Precision Management in Primary Care	Dr. Abdulmohsin Al Hajri
06:50 - 07:00 PM	Panel Discussion	All
07:00 - 08:00 PM	Dinner	

DAY
02

SATURDAY
25 APRIL
2026



08:30 - 09:10 AM

Registration

SESSION 01

PREVENTION AND IMMUNIZATION

09:10 - 09:30 AM	Saudi Preventive Health Vision 2030: Updates in Preventive Medicine and Health Promotion	Dr. Assim Al Abdulkader
09:30 - 09:50 AM	Protecting High Risk Populatin: Immunization	Dr. Faisal Al Haddad
09:50 - 10:10 AM	Travel and Hajj Counselling and Immunization : the Frontline Role of Family Physicians	Dr. Mohammed Alramadan
10:10 - 10:30 AM	HIV and Primary Care: Optimizing Routine Screening and Chronic Care Integration	Dr. Abdulmajid Alarfaj
10:30 - 10:50 AM	Scientific Symposium	
10:50 - 11:00 AM	Panel Discussion	All
11:00 - 11:10 AM	Coffee Break	

SESSION 02

WOMAN HEALTH AND WELL BABY

11:10 - 11:30 AM	The Fourth Trimester: Redefining Postpartum Care in Family Medicine	Dr. Mohammed Al Mumen
11:30 - 11:50 AM	Redefining Women's Health: A Life-Course Approach in Primary Care	Dr. Fatimah Al Ghadeer
11:50 - 12:10 PM	The 6 Minute Miracle: Efficient and Holistic Well Baby Visits in Busy Clinics	Dr. Doaa Gharib
12:10 - 12:30 PM	Tiny Growth, Big Concerns: Approach to Growth Faltering	Dr. Khalid Al Noaim
12:30 - 12:40 PM	Panel Discussion	All
12:40 - 01:55 PM	Prayer and Lunch Break	

SESSION 03

SPORT MEDICINE AND LIFE STYLE

01:55 - 02:15 PM	Knee Pain Across Ages: From Adolescents to Older Adults	Dr. Daniyah Alghaithi
02:15 - 02:35 PM	The Weekend Warrior Workout: Can Two Days a Week Keep You Fit and Healthy?	Dr. Mohammed Alhayyan

DAY
02

SATURDAY
25 APRIL
2026



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SESSION 04 PRIMARY MENTAL HEALTH CARE

02:35 - 02:55 PM	Mind Matters: Evidence-Based Approaches to Treating Depression / Anxiety	Dr. Tameem Alhomaid
02:55 - 03:15 PM	Breaking the Cycle: CBT Strategies for Depression/Anxiety in Primary Care	Dr. Mariyyah Alshaghab
03:15 - 03:25 PM	Panel Discussion	

SESSION 05 URGENT CARE

03:25 - 03:45 PM	"When Seconds Count" Managing Seizures Before Ambulance Arrival	Dr. Bayan Alajaji
03:45 - 04:05 PM	Chest Pain at the Door: Rapid Decisions That Save Lives	Dr. Nasser Almulhim
04:05 - 04:25 PM	Scientific Symposium	
04:25 - 04:35 PM	Panel Discussion	All
04:35 - 04:45 AM	Coffee Break	

SESSION 06 RESPIRATORY CARE

04:45 - 05:05 PM	From Symptoms to Control: The Primary Care Asthma Journey	Dr. Suliman AlAbdulaali
05:05 - 05:25 PM	Beyond Bronchodilators: Advancing Diagnosis, Staging, and Personalized Therapy in COPD Care	Dr. Abdullah AlKhamis
05:25 - 05:45 PM	Scientific Symposium	
05:45 - 05:55 PM	Panel Discussion	All

CONFERENCE WORKSHOP

05:55 - 06:25 PM	AI and machine learning in family medicine: revoultiozing patient care	Dr. Kamel Azhar
06:25 - 06:35 PM	Closing Ceremony	