



مؤتمر هجر الرابع  
لطب الأسرة بالإحساء

# HAJER

FAMILY MEDICINE  
Conference 24-25 April 2026



VIRTUAL  
CONFERENCE



# 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, 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](mailto:Info@hajer-sa.com)

## CHAIRPERSON



### DR. MANSOOR AL NAIM

Chairperson, 4<sup>th</sup> Hajer Family Medicine Conference 2026  
Consultant of Family Medicine, Head of Office of the Saudi Society of  
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  
Family Medicine Consultant



**DR. MALAK AL HADDAD**

Committee Member  
Family Medicine Specialist



**DR. MONTASER BU KHAMSEEN**

Committee Member  
Family Medicine Consultant



**DR. GHaida BUKHAMSIN**

Committee Member  
Family Medicine Specialist



**DR. ABDULMOHSEN ALMULHIM**

Committee Member,  
Family Medicine Consultant

For more information, please contact our Team on

✉ [Info@hajer-sa.com](mailto:Info@hajer-sa.com)

## SPEAKERS



### DR. ABDULLAH ALKHAMIS

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



### DR. ABDULLAH ALRAMDHAN

Family Medicine Consultant at Al-Ahsa Medical Cluster-Primary Health Care Services and Urgent Care



### 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, Deputy Program Director Family Medicine Academy, Al-Ahsa Health Cluster



### DR. ABDULLAH ALHAMAM

Family Medicine Specialist and Executive Director of Health Facilities Affairs, AlAhsa Health Cluster



### DR. ALIAA ALHASHEM

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



### DR. ASSIM ALABDULKADER

Assistant Professor and Consultant Physician, American Board-Certified in Family Medicine, Preventive Medicine & Public Health, and Geriatrics, Imam Abdulrahman bin Faisal University



### 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



### DR. DANIAH ALGHAITHI

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

For more information, please contact our Team on

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## SPEAKERS



**Dr. DOAA GHARIB**

Family Medicine Consultant,  
Alahsa Health Cluster



**DR. ESRA ALZAID**

Family Medicine Consultant, King Fahad  
Specialist Hospital, Dammam



**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. IBTIHAL AL IBRAHIM**

Pulmonology Fellow, Eastern Health Cluster



**DR. KAMEL AZHAR**

Family Medicine and Clinical Informatics  
Consultant, NEOM Health and Wellbeing



**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

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## SPEAKERS



### DR. KHLOOD BUKHAMSIN

Diabetes Consultant at King Fahad Hospital, Al-Ahsa Health Cluster



### DR. MOHAMMED ALALWAN

Cardiology Consultant, Prince Saud Bin Jalawi Hospital, Al Ahsa



### DR. MARIYYAH AL SHAGHAB

Family Medicine Consultant, Al Ahsa Health Cluster, Hofuf



### 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. MONTASER BU KHAMSEEN

Family Medicine Consultant, Family Medicine Academy, 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. MUNTHER ALNAIM

Family Medicine Consultant, Program Director of Family Medicine Residency Program at King Abdulaziz Hospital, NGHHA, Hofuf



### DR. NASSER ALMULHIM

Emergency Service Line Lead at Al-Ahsa Health Cluster

## SPEAKERS



### 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. RASHA HSEIKI

Family Medicine Consultant and Program  
Director, Almoosa Health Group



### DR. TAMEEM ALHOMAID

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



### DR. WEJDAN AL HMDAN

Family Medicine Consultant, Al-Ahsa  
Medical Cluster-Primary Health Care  
Services and Urgent Care



### DR. YAZID ANTAR

Physical Medicine and Rehabilitation, Sports  
Medicine, and Lifestyle Medicine Acting  
Consultant, King Fahad Medical City, Riyadh

DAY  
01

FRIDAY  
24 APRIL  
2026



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4<sup>TH</sup>  
HAJER  
FAMILY MEDICINE  
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01:35 - 01:40 PM | Welcoming

## SESSION 01 | HOT TOPICS IN FAMILY MEDICINE

01:40 - 02:00 PM	Managing Refractory Iron Deficiency: When It's Not Just About Iron Intake	Dr. Esra Alzaid
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 - 02:55 PM	Scientific Symposium	
02:55 - 03:05 PM	Panel Discussion	All
03:05 - 03:20 PM	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. Khlood Bukhamsin
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	Break	

## SESSION 03 | CARDIOVASCULAR DISEASES & PREVENTION

05:10 - 05:30 PM	Preventive Cardiology: Shaping the future of heart health beyond Framingham	Dr. Abdullah Al Ramdhan
05:30 - 05:50 PM	Integrated Chronic Care Models for Post-CVD Patients: Evidence and Practice	Dr. Mohammed Alalwan
05:50 - 06:10 PM	The Silent Partner: Exploring the Underestimated Role of Triglycerides in CVD	Dr. Ayman Soliman
06:10 - 06:30 PM	Reframing Resistant Hypertension: From Detection to Precision Management in Primary Care	Dr. Abdulmohsin Al Hajri
06:30 - 06:40 PM	Panel Discussion	All

## PANEL DISCUSSION

06:40 - 07:00 PM | Ready for a Change? Discover The Latest Update for Family Medicine Training Programs in Al-Ahsa

Dr. Montaser Bu Khamseen  
Dr. Munther AlNaim  
Dr. Rasha Hseiki

DAY  
02

SATURDAY  
25 APRIL  
2026



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## 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	Exploring the Role of Social Media and Artificial Intelligence in Enhancing Health Awareness	Dr. Abdullah Alhamam
10:50 - 11:00 AM	Panel Discussion	All
11:00 - 11:10 AM	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 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. Yazid Antar
02:35 - 02:45 PM	Panel Discussion	All

DAY  
02

SATURDAY  
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## SESSION 04 PRIMARY MENTAL HEALTH CARE

02:45 - 03:05 PM	Mind Matters: Evidence-Based Approaches to Treating Depression / Anxiety	Dr. Tameem Alhomaid
03:05 - 03:25 PM	CBT strategies for Depression/Anxiety in primary care	Dr. Mariyyah Alshaghab
03:25 - 03:35 PM	Panel Discussion	All
3:35 - 3:45 PM	Prayer Break	
03:45 - 03:55	Research Winner Announcement	

## SESSION 05 URGENT CARE

03:55 - 04:15 PM	"When Seconds Count" Managing Seizures Before Ambulance Arrival	Dr. Wejdan Al Hmdan
04:15 - 04:35 PM	Chest Pain at the Door: Rapid Decisions That Save Lives	Dr. Nasser Almulhim
04:35 - 04:45 PM	Panel Discussion	All

## SESSION 06 RESPIRATORY CARE

04:45 - 05:05 PM	From Symptoms to Control: The Primary Care Asthma Journey	Dr. Ibtihal Al Ibrahim
05:05 - 05:25 PM	Beyond Bronchodilators: Advancing Diagnosis, Staging, and Personalized Therapy in COPD Care	Dr. Abdullah AlKhamis
05:25 - 05:35 PM	Panel Discussion	All

# CONFERENCE WORKSHOP

05:35 - 06:05 PM	AI and machine learning in family medicine: revolutiozing patient care	Dr. Kamel Azhar
06:05 - 06:15 PM	Closing Ceremony	