

II PCOS, NUTRITION & LIFESTYLE MEDICINE CONFERENCE



ABU DHABI - UAE

NOV 23-24, 2026

Sessions

Nutrition Therapy and Dietary Interventions in PCOS
Insulin Resistance, Obesity, and Metabolic Syndrome in PCOS
Lifestyle Medicine Approaches for Hormonal Balance
PCOS, Fertility, and Reproductive Nutrition
Gut Health, Inflammation, and Microbiome in PCOS
Adolescent and Young Adult PCOS: Early Nutrition Strategies
Clinical Endocrinology and Hormonal Regulation in PCOS
Mental Health, Stress, and Lifestyle Factors in PCOS Care
Precision Nutrition and Personalized PCOS Management
Digital Health, AI, and Lifestyle Tracking in PCOS

Target Audience

Obstetricians and Gynecologists
Endocrinologists and Diabetologists
Reproductive Medicine and Fertility Specialists
Andrologists and Embryologists
Clinical Nutritionists and Registered Dietitians
Lifestyle Medicine Physicians
Gynecologic Oncologists and Pathologists
IVF and Assisted Reproductive Technology Professionals
Endoscopic and Laparoscopic Surgeons (OB-GYN)
Internal Medicine and Family Medicine Physicians
Psychologists and Mental Health Professionals
Exercise Medicine and Metabolic Health Specialists
Physician Assistants and Advanced Practice Providers
Registered Nurses and Nurse Practitioners
Medical Residents, Fellows, and Trainees

TRANSFORMING IDEAS INTO VISION



GLOBAL CONFERENCE AWARDS 2026

Recognizing outstanding presentations in the field of clinical, medical and engineering areas. Explore prestigious awards and celebrate outstanding presenters with us.



Best Presentation Award - 1

Recognises the most engaging and high-quality overall presentation delivered by a conference participant.

01



Best Case Report Presentation Award - 1

Recognises the most exceptional clinical case report presentation demonstrating clinical relevance and clarity.

02



Scientific Excellence in Presentation Award - 1

Awarded for outstanding scientific presentation demonstrating high research quality and scholarly excellence.

03



Distinguished Physician Award - 1

Honours a physician with exemplary contributions to clinical practice, leadership, and patient care.

04



05

Women in Research Excellence Award - 1

Recognises an outstanding woman researcher for significant scholarly impact and research leadership.



06

Early Career Researcher Awards - 2

Recognises a rising researcher early in their career who has shown strong potential and scholarly contribution.



07

Young Researcher Awards - 2

Awarded to the most outstanding oral presentation by a registered student, intern, or early-stage researcher.



08

Best Poster Awards - 2

Recognises the most exceptional poster presentation for clarity, scientific content, and visual impact.



CRITERIA FOR AWARDS SELECTION

IN-PERSON & VIRTUAL



**Content of the
presentation**

1

2

**Clarity & flow of
the Presentation**

**Novelty / ideas
to the field**

3

4

**Design & Overall
Visual Appeal**

**Engagement &
Interaction**

5

For more details Email us at: info@plenareno.net

Exhibiting & Sponsorship Packages

Premium Sponsor

\$1,699

- Complementary Passes - 3
- Exhibit booth space - 9x9 sq mt.
- Company logo and name: website, program booklet, event signage
- Insert(s) in delegate materials - brochures, flyers, promotional items
- A dedicated slot for a keynote / workshop / product demonstration (30-60 mins)
- Listed as "Exclusive Sponsor" in opening remarks, banners
- 1-1 Exclusive networking

Mid-Tier Sponsor + Exhibitor

\$1,199

- Complementary Passes - 2
- Exhibit booth space - 3x3 sq mt.
- Company logo and name: website, program booklet, event signage
- Insert in delegate materials - brochures, flyers, promotional items (upto 5 pages)
- Option for a short presentation / talk slot / product demonstration (15-20 mins)

Exhibitor

\$799

- Complementary Passes - 1
- Exhibit booth space - 3x3 sq mt.
- Company logo and name: website, program booklet, event signage
- Insert / flyer / brochure placement in delegate bags (1 Page)

Add-On Options

\$399

- Sponsor a coffee break, lunch, dinner, or networking event / social hour.
- Sponsor delegate bags, lanyards, ID cards, conference merchandise.
- Sponsor a conference session, workshop, panel
- Logo on the conference homepage, all banners, registration forms, delegate bags, program booklet and any digital/social media marketing



REMINISCENCE OF PCOS

PCOS

DAY 1

OPENING CEREMONY

KEYNOTE TALK

ARTHUR CLEMENT

CEO, LABORATOIRE CLEMENT, FRANCE

**MTHFR GENE DISTRIBUTION AMONG AN INFERTILE
POPULATION OF MORE THAN 8000 PATIENTS:
ITS IMPACT ON INFERTILITY AND OTHER SYSTEMS**



09:30 - 10:15

REFRESHMENTS BREAK

SPECIAL SESSION

ROUBA CHALABI

Breathworker, Food Addiction Counselor and Author

**TRANSFORMING OBESITY TREATMENT: TEACHING OVEREATERS TO
BEFRIEND THEIR BODIES**

10:30 - 11:15

ORAL SESSION

SOWMYA KIRAN RAO

Manipal Academy of Higher Education, UAE

**MAPPING THE PATH OF HEALTHY LIVING THROUGH NUTRITION AWARENESS
PROGRAMS ON PCOS AND ITS MANAGEMENT IN UNIVERSITY CAMPUS**

11:15 - 11:35

MUHAMMAD IMRAN BUTT

*King Faisal Specialist Hospital & Research Centre
Saudi Arabia*

11:35 - 11:55

**EMPAGLIFLOZIN USE IN CARDIAC TRANSPLANT PATIENTS: REAL WORLD
EXPERIENCE FROM SAUDI ARABIA**

ELISSA ABI NAKHOUL

HMS Al Garhoud Hospital, UAE

11:55 - 12:15

DIETARY APPROACHES TO CARDIOVASCULAR DISEASE PREVENTION

MELANIE DSOUZE

Aster Hospitals, UAE

12:15 - 12:35

DIET FOR GDM IN PREGNANCY

FARIZ NURUL HUDA

Gadjah Mada University/ Dr. Sardjito Hospital, Indonesia

12:35 - 12:55

**RISK FACTORS FOR MORTALITY AMONG PATIENTS WITH DIABETIC FOOT
INFECTIONS AT INPATIENT UNIT OF RSUP DR. SARDJITO YOGYAKARTA**

LUNCH BREAK

MILAD MANSOORI

Clinical Dietitian, UAE

13:45 - 14:05

**GENETIC MARKERS FOR TYPE 2 DIABETES: PERSONALIZED NUTRITION FOR
PREVENTION AND MANAGEMENT**

LULWA AL-ABDULLAH

Dasman Diabetes Institute, Kuwait

14:05 - 14:25

**THE ROLE OF IMMUNE INDICATORS IN COGNITIVE FUNCTION AMONG T1D
PATIENTS: A NESTED ANALYSIS OF THE REVADIAB STUDY**

ANWAR KANDARI

Dasman Diabetes Institute, Kuwait

14:25 - 14:45

**CHRONIC AND ACUTE EXPOSURE TO HIGH GLUCOSE AND HIGH
PALMITATE IN THP-1 CELLS: EFFECTS OF SCFA TREATMENTS**

KOSIMOV OTABEK ULUGBEKOVICH

Medical Institute Moscow, Russia

14:45 - 15:05

**FLASH GLUCOSE MONITORING IN OBESE PATIENTS USING THE
MEDITERRANEAN DIET**

NEVEEN SHALALFA

Palestine Polytechnic University, Palestine

15:05 - 15:25

**DIABETIC PATIENTS IN PALESTINE EXPERIENCED DEPRESSION AND
DISTRESS DURING THE WAR**

RAFFAELE PILLA

St. John of God Hospital - Fatebenefratelli, Italy

15:25 - 15:45

**THERAPEUTIC KETOSIS AND THE BROAD FIELD OF APPLICATIONS FOR THE
KETOGENIC DIET: KETONE ESTER APPLICATIONS & CLINICAL UPDATES**

REFRESHMENTS BREAK

CLOSING OF DAY 1

PCOS

DAY 2

KEYNOTE TALK

MOHAMMAD KAMIL

LOTUS HOLISTIC HEALTH INSTITUTE, UAE

**DIABETES HERBAL MEDICINES AND DIETARY
SUPPLEMENTS - ADULTERATION AND
HEALTH RELATED RISKS**



09:30 - 10:15

REFRESHMENTS BREAK

ARTHUR CLEMENT

CEO, LABORATOIRE CLEMENT, FRANCE

**IMPACT OF THE MAKE FACTOR ON RECURRENT
IMPLANTATION FAILURE**



10:30 - 11:15

ORAL SESSION

ARWA LEELAWALLA

Gulf Medical University, Thumbay University Hospital, UAE

**MATERNAL AGE AND BIRTH OUTCOMES: A STUDY IN AJMAN, UNITED ARAB
EMIRATES**

11:15 - 11:40

WANIA MOHAMMAD AKRAM

Gulf Medical University, UAE

**ECTOPIC PREGNANCY: A CASE OF CONSECUTIVE OCCURRENCES OF
DIFFERENT TYPES**

11:40 - 12:00

LUNCH BREAK





ATTRACTIONS

Sheikh Zayed Grand Mosque
Louvre Abu Dhabi
Qasr Al Hosn
Ferrari World Abu Dhabi
Yas Island
Abu Dhabi Corniche
Heritage Village
Mangrove National Park
Wahat Al Karama
The Founder's Memorial



JOIN US AT PCOS CONFERENCE



CONTACT US

US REGION: 1201 N. ORANGE STREET SUITE 7160, 19801 WILMINGTON, DELAWARE, USA

ASIA REGION: 12-10-394/2, NOMULA CHAMBERS, HYDERABAD, INDIA

Email: info@plenareno.net

<https://pcos.plenareno.com>