



**Under the Aegis of the Ministry of Health,
the Ministry of Higher Education, Scientific Research and Innovation
and the National Council of the National Order of Physicians**

The Moroccan League for the Fight against Diabetes

In collaboration with WHO

and the International Diabetes Federation in the Mena Region

celebrates

The World Diabetes Day

Ibn Tofaïl University - Kenitra, 14th november 2021

Interactive Virtual Day

Theme:

“Access to Diabetes Care: if not now, when? ”

In partnership with

- Kenitra Ibn Tofaïl University
- Moroccan Society of Endocrinology Diabetology and Nutrition (SMEDIAN)
- Moroccan Society of Nutrition, Health and Environment (SMNSE)
- « AVIESAINE » Association
- « Les amis du Cœur » Association
- Regional Designated Center of Nutrition AFRA/IAEA (University Ibn Tofaïl - CNESTEN)

And under the slogan :

"I am diabetic, I want to understand..."

Program (GMT+1)

09:00 am – Opening Ceremony

- **Word from President of the IDF**
- **Word from the WHO Representative in Morocco**
- **Word from the Representative of the Ministry of Health**
- **Word from President of the Ibn Tofail University**
- **Word from President of the IDF MENA Region**
- **Word from the Honorary Guest**

09:30 am

Session 1

Moderators : **Pr Abdelmajid Chraïbi (Agadir) - Pr Hicham Baizri - Pr Hanane Latrech (Oujda) - Pr Naby Balde (Conakry)**

- **Insulin: a great history of modern medicine. Pr Kébira Benabed (Rabat)**
- **What do the new insulins do for me? Pr Kenza Benomar (Casablanca)**
- **How can I protect my eyes? Dr Kawtar Belkhadir (Rabat)**
- **How can I protect my kidneys ? Pr Loubna Benamar (Rabat)**
- **How can I protect my feet ? Pr Siham Rouf (Oujda)**
- **How can I protect my heart? Pr Kawtar Rifai (Rabat)**
- **Discussion**

11:00 am

Session 2

Moderators : **Pr Asmae Chadli (Casablanca) - Pr Kebira Benabed (Rabat)**
Pr Mohamed Hassan Gharbi (Rabat) - Pr Hanane El Ouahabi (Fes)

- **In front of hyperglycemia: what to do? Pr Farida Ajdi (Agadir)**
- **In front of hypoglycemia: what to do? Pr Anass Guerboub ? (Rabat)**
- **Techniques of Insulin injections. Pr Rachid Malek (Setif)**
- **How to conduct glycemic self-monitoring? Pr Mariem Benkassem (Tanger)**
- **How to have a successful pregnancy? Pr Ikram Damoune (Agadir)**
- **Discussion**

00:30 pm

Session 3

Moderators : **Pr Jamal Belkhadir (Rabat) – Pr Rachid Malek (Setif) – Pr Nawal El Ansari (Marrakech) – Dr Adiba Marrakchi (Fes)**

- Diabetes and the COVID 19 pandemic: what's new? **Pr Asma Chadli (Casablanca)**
- Driving a vehicle: what precautions? **Pr Azzelarab Meftah (Marrakech)**
- How to have an adapted diet? **Dr Baha Rabii (Casablanca)**
- I want to practice sports: what precautions? **Pr Hanane El Ouahabi (Fes)**
- Role of the healthcare team: a major asset. **Pr Hinde Iraqi (Rabat)**
- My rights and my duties? **Pr Houda Salhi (Fes)**
- **Discussion**

01:45 pm

Closing Session