

Sharjah 1st International Conference on Fasting

28 - 29 February 2024



Day 1: 28th February 2024

Time	Session	Speakers	Venue
8:00 - 9:00 AM	Registration	-	AI Razi Hall M24
9:00 - 10:00 AM	Welcoming	-	
10:00 - 10:05 AM	National Anthem	-	
10:05 - 10:10 AM	Holy Quran	-	
10:10 - 10:20 AM	Opening Remarks	Prof. Hamid M. K. Al Naimiy Chancellor of the University of Sharjah	
10-20 – 10:25 AM	Video	Video	
10:25 - 10:35 AM	Opening Remarks	Prof. Qutayba Hamid, Vice Chancellor for Medical and Health Sciences Colleges, Dean of the College of Medicine, University of Sharjah	
10:35 – 10:45 AM	Keynote speaker	Prof. Osama Hamdy, Harvard Medical School, USA	
10:45 - 10:55 AM	Keynote speaker	Prof. Ahmed BaHammam, King Saud University, Saudi Arabia	
10:55 - 11:10 AM	Honoring	-	
11:10 - 11:25 AM	Coffee break (15 min) & Poster Exhibition		AI Razi Hall M24
	Moderator: Prof. Rabih Halwani, Director of the Research Institute of Medical and Health Sciences (RIMS), University of Sharjah		
11:25 – 1:15 PM	Session 1: Fasting: Research Perspectives (1 hr. 50 min)	<ol style="list-style-type: none"> Osama Hamdy (Harvard Medical School/USA) (30 min): Health Implications and Clinical Applications of Fasting: Updates and New Trends Mohamed Hassanien (Dubai Health Authority/UAE) (20 min): Ramadan Fasting and Diabetes Management: Updates and Challenges, Dar Alliance Experience Elie Akl (American University of Beirut/Lebanon) (20 min): Collaboration on health research in the Arab region: the case of fasting research MoezAllIslam Faris (University of Sharjah/UAE) (20 min): Seven Decades of Ramadan Fasting Research on Health and Disease: Where Do We Stand? Future Directions and Clinical Applications. Panel Discussion (20 min)	
1:15 – 2:30 PM	Lunch Break & Prayer time (1 hr. 15 min)	Poster Exhibition & Moving to M23 for parallel sessions	AI Razi Hall M24

Time	Session	Speakers	Venue
	Moderator: Prof. Maha Saber College of Medicine, University of Sharjah		
02:30 – 04:10 PM (Parallel session)	Session 2: Fasting and Diabetes (1 hr. 35 min)	<ol style="list-style-type: none"> 1. Nader Lessan (Imperial College of London Diabetes Centre/Abu Dhabi) (20 min): Chrono-nutrition in the Context of Ramadan: Potential Implications 2. Zelal Kharaba (University of Sharjah /UAE) (15 min): The effect of education intervention on Ramadan fasting and medication management for patients with diabetes before Ramadan 3. Zalikha Khamis Al-Marzouqi (Oman College of Health Sciences/Oman) (15 min): Experience of Women with Gestational Diabetic Mellitus on Ramadan Fasting in Oman 4. Anam Shakil (University of Sharjah/UAE) (15 min), Changes in Gene Expressions, Anthropometric and Inflammatory Markers among Patients With PCOS during Ramadan Intermittent Fasting: A prospective cohort study. 5. Omar Hammouda (Tunis / France) (15 min): Chrono-nutrition and chrono-exercise: Beneficial effects on health and physical performance Q&A (20 min)	College of Health Sciences M23-151
04:10 – 4:20 PM	Closing Remarks [M23-151] (10 min)		
	Moderator: Prof. Basema Saddik, College of Medicine, University of Sharjah		
2:30 – 3:50 PM (Parallel session)	Session 3: Fasting and Mental Health (1 hr. 20 min)	<ol style="list-style-type: none"> 1. Prof. Kotb Rissouni (Dean of Sharia and Islamic Studies College/UOS) (20 min) Remarks about Religious perspectives of fasting research. 2. Hamid Alhaj (University of Sharjah/UAE) (25 min): Understanding the Link Between Intermittent Fasting and Mental Health and Wellbeing 3. MoezAllIslam Faris (University of Sharjah/UAE) (25 min): Crosstalk on The Interplay between Caloric Restriction, Intermittent Fasting, and Healthy Aging Q&A (10 min.)	College of Health Sciences M23 - 029
3:50 – 4:05 PM	Closing Remarks [M23-029] (15 min)		

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Day 2: 29th February 2024

Time	Session	Speakers	Venue
8:00 - 8:55 AM	Registration		
8:55 – 9:00 AM	Day 2 Opening Remarks		
	Moderator: Prof. Farah Naja College of Health Sciences, University of Sharjah		
09:00 – 11:10 AM	Session 4: Fasting, Obesity and Cardiometabolic Health (2 hr.)	<ol style="list-style-type: none"> Ahmed BaHammam (King Saud University/KSA) (30 min): Ramadan and Metabolic Disorders: The Role of Sleep, Circadian Rhythm and Mealtime Faiza Kalam (The Ohio State University/USA) (20 min): Exploring the Efficacy of Intermittent Fasting in Obesity Management: Insights from Experimental Research Mohammed Madkour (University of Sharjah/UAE) (15 min): Do Our Genes Shape Our Metabolic Response to Fasting? Fasting-Gene Polymorphism Interaction Helen Yue-Lai CHAN (The Chinese University of Hong Kong/China) (15 min): Fasting and Lifestyle Modification for Improving Cardiometabolic Health: A Feasibility Trial Mohammed Elhag (De Montfort University/UK) (15 min): Metabolic Insights from Urine Data during Ramadan Fasting: A Multi-Omics Perspective. Sek Ying CHAIR (The Chinese University of Hong Kong/China) (15 min): The Effect of Intermittent Fasting on Cardiometabolic Risk Factors: A Randomized Controlled Trial Q&A (20 min) 	AI Razi Hall M24
11:10 – 11:25 AM	Coffee Break (15 min) Networking		
	Moderator: Prof. Yaser Bustanji College of Medicine, University of Sharjah		
11:25 AM – 1:10 PM	Session 5: Fasting and Cancer (1hr. 45 min)	<ol style="list-style-type: none"> Mohamed Labib (Tanta University/Egypt) (30 min): Intermittent Fasting: A Driving Force for Anti-Tumor Immunity Faiza Kalam (UOS/UAE & Ohio State University / USA) (15 min): Intermittent Fasting for Cancer Patients: Is it safe? Does it Work? Maha Saber (University of Sharjah/UAE) (15 min): Molecular Aspects of Cancer-Suppressive Effects of Fasting Nour Abu-Dheir (University of Sharjah/UAE) (15 min): Are They Allowed to Fast? Effect of Voluntary Observance of Ramadan Intermittent Fasting by Non-Metastatic Breast Cancer Patients Under Chemotherapy: A Quasi-Experimental Study Abeer Alasmari (King Saud University/KSA) (15 min): The Potential Implications of Ramadan Fasting Model on Longevity and Autophagy Biomarkers: IGF-1, AMPK, And mTOR in Obese and Non-Obese Rats. Q&A (15 min) 	AI Razi Hall M24
01:10 – 02:25 PM	Lunch Break & Prayer time (1 hr. 15 min)	Poster Exhibition & Moving to M23 for parallel sessions	

Time	Session	Speakers	Venue
	Moderator: Prof Dimitrios Papandreou, College of Health Sciences, University of Sharjah		
2:25 PM – 3:30 PM (Parallel session)	Session 6: Fasting: Public Health and Medicine (1 hr. 5 min.)	<ol style="list-style-type: none"> Misone Abushaala (University Hospital Sharjah/UAE) (20 min): Can Fasting Protect Our Pearls? Fasting-Ophthalmology Interconnection Nabil Eid (International Medical University/Malaysia) (15 min): Fasting-induced autophagy in Health and Disease: History, Mechanisms, and Benefits Adil Sajwani (Mediclinic Parkview Hospital, Dubai- UAE) (15 min): Malpractices of fasting and feasting during the month of Ramadan. Q&A (15 min) 	College of Health Sciences M23-029
3:30 PM – 3:35 AM	Break (5 min)		
	Moderator: Dr. Hayder Hassan, College of Health Sciences, University of Sharjah		
3:35 PM – 5:0 PM (Parallel session)	Session 7: Fasting: Oral, GIT, Liver health, and disease (1 hr. 25 min)	<ol style="list-style-type: none"> Falak Zeb (University of Sharjah/UAE) (20 min): Interplay Between Intermittent Fasting, Gut Microbiota, and Circadian Rhythm Mohamed Emar/Mohammed Al-Nadry (Alyousif Hospital / KSA & Kafrelsheikh University / Egypt) (15 min): Effect of Intermittent Fasting on Metabolic Dysfunction Associated Fatty Liver Disease and Liver Cirrhosis: Implications on Ramadan Fasting and Guidelines for Practice. Ka Ming CHOW (The Chinese University of Hong Kong/China) (15 min): The Effects of Fasting and Lifestyle Modification Interventions on Self-Efficacy, Illness Perception, Self-Management Behaviors, and Steatosis Grade among Patients with Non-Alcoholic Fatty Liver Disease (NAFLD): A Systematic Review Said Shahadat (University of Sharjah/UAE) (15 min): Effect of Ramadan Intermittent Fasting on Patients with Gingivitis and Periodontitis: A Clinical Investigation Q&A (20 min) 	College of Health Sciences M23-029
5:00 PM - 5:15 PM	Closing Ceremony, Final Remarks, and Conclusions [M23-029] (15 min)		
	Moderator: Dr. Amjad Jarrar, College of Health Sciences, United Arab Emirates University		
02:25 PM – 04:0 PM (Parallel session)	Session 8: Fasting: Sports, and athletic performance (1 hr. 35 min)	<ol style="list-style-type: none"> Hamdi Chtourou (University of Sfax/Tunisia) (30 min): Soccer Playing While Fasting: What a Paradox? Houda Bougrine (University of Gafsa/Tunisia) (15 min): Pre-Exercise Caffeine Intake Attenuates the Negative Effects of Ramadan Fasting on Several Aspects of High-Intensity Short-Term Maximal Performance in Adolescent Female Handball Players Raoua Triki (Kuwaiti Ministry of Education/Kuwait) (15 min): The Effects of Practicing Resistance Training in A Fasted or Fed State During Ramadan Intermittent Fasting on Maximal Strength and Hematological Parameters Cyrine H'mida (University of Jandouba/Tunisia) (15 min): The effect of Ramadan fasting on repeated short-duration maximal performance, fatigue, and mood states Q&A (20 min) 	College of Health Sciences M23-151
04:0 PM– 4:05 PM	Break (5 min)		
	Moderator: Prof Tareq Osaili, College of Health Sciences, University of Sharjah		

Time	Session	Speakers	Venue
04:05 PM - 5:05 PM (Parallel session)	Session 9: Fasting: Environmental, Economic, Social, and Religious Aspects (1 hr. 15 min)	1. Murad Al-Holy (Hashemite University/Jordan) (30 min): Food Safety Practices and Food Waste During Ramadan: Are We in The Right Way? 2. Fatima Zohra Aouati (University of Sharjah/UAE) (15 min): Healthy nutrition and mental health during fasting according to the Sunnah of the Prophet 3. Khaled Obaideen (University of Sharjah/UAE) (15 min): Ramadan Fasting and SDGs: A Personal Practice with Global Footprint. Q&A (15 min)	College of Health Sciences M23-151
5:05 – 5:15 PM	Closing Ceremony, Final Remarks, and Conclusions [M23-151] (10 min)		

Poster exhibition

Abdulla S. Al-Mohannadi	Qatar	Does Ramadan Fasting Impact Physical Activity? Unveiling Insights Through Pedometer Assessment: A Study from Qatar
Houda Bougrine	Tunisia	Ramadan intermittent fasting reverses the intraday variation of high-intensity maximal performance in adolescent female athletes.
Houda Bougrine	Tunisia	Does Ramadan intermittent fasting reshape the sleep pattern and the diurnal variation of cognitive performance in adolescent female athletes?
Houda Bougrine	Tunisia	Ramadan Fasting and Short-Term Maximal Physical Performance: Searching for Optimal Timing of The Last Meal “Suhoor” In Female Handball Players
Dana N. Abdelrahim	UAE	Sex as a biological determinant in anthropometric, biochemical, and dietary changes during Ramadan intermittent fasting in healthy people: A systematic review
Dana N. Abdelrahim	UAE	Changes in dietary intakes of macronutrients upon Ramadan fasting: A systematic review, meta-analysis, and meta-regression
Nadia Bakkar	Lebanon	Unlocking the Benefits of Fasting: A Review of Its Impact on Various Biological Systems and Human Health
Hatem Mohammed	Qatar	Ramadan Food Environment: The promotion of unhealthy foods via the internet during the month of fasting
Nada A. Alzunaidy	KSA	The Effect of Ramadan Intermittent Fasting on Food Intake, Anthropometric Indices, and Metabolic Markers among Premenopausal and Postmenopausal Women: A Cross-Sectional Study
Nada A. Alzunaidy	KSA	The effect of Ramadan intermittent fasting on body composition, lipid profile, and metabolic biomarkers in pre-and post-menopausal Saudi women: A prospective cohort study
Ala’a Mohammed Ghanem	UAE	Exploring The Medical Benefits Of Fasting For Optimal Health
Khaled Obaideen	UAE	Ramadan and Sustainable Development Goal 6: Fostering Water Conservation and Sanitation Awareness
Khaled Obaideen	UAE	Ramadan's Role in Promoting Sustainable Development Goal 12: Fostering Responsible Consumption and Production
Khaled Obaideen	UAE	Exploring Ramadan's Impact on Climate Action: Aligning Islamic Fasting Practices with Sustainable Development Goal 13
Osama Firas Razouk	UAE	A Systematic Review: Investigating the Interplay of Maternal Diet, Fasting in Ramadan, and Their Collective Impact on Pregnancy and the Development of Gestational Diabetes Mellitus (GDM)
Sajni Fasal	UAE	Metabolism during the fed state and the adaptation during the fasting state
Shahd Mutaz Al-Qudah	UAE	A Systematic Review: Comparing the Effects of Weight Modifying Medications and Intermittent Fasting on Obesity, Diabetes Mellitus, Hypertension, and Hypercholesterolemia
Iftikar Alam / Falak Zeb	Pakistan	Network Analysis of Complex Interactions Among Cytokines and Chemokines During the Fasting Month of Ramadan

Omar Hammouda	Tunis / France	Time-restricted eating combined with walking football practice improved functional capacity and physical performances in men with higher weight
Omar Hammouda	Tunis / France	The combined effect of 12 weeks of Walking football practice and time-restricted eating on neurophysiological responses in men with higher weight
Omar Hammouda	Tunis / France	The combined effects of daily walking practice and time-restricted eating on cardiometabolic health markers in women with obesity
Katia AbuShihab	UAE	Reflection on Ramadan Fasting Research Related to Sustainable Development Goal 3 (Good Health and Well-Being): A Bibliometric Analysis
Noura Kajno	Turkey	Body weight changes in relation to dietary and lifestyle modifications during Ramadan intermittent Fasting among healthy adults in Turkey: A cross-sectional study
Samia Ahmed Idris	Sudan	The Importance of Fasting in the Human Cell Cycle with Special Reference to the Synthesis Phase
Lara Bou Malhab	UAE	Activation of autophagy genes upon the observance of Ramadan intermittent fasting in people with obesity: A prospective cohort
Malak Atwat	UAE	The Impact of Ramadan Intermittent Fasting on Neuropsychiatric Symptoms and Neurocognitive Function among Adolescents and Adults A Prospective Cohort Study
Salma Abu Saleh	Jordan	Impact of Muslim Sunnah Fasting (Monday, Thursday weekly) on Quality of Life and Fatigue among Elderly
Rand Abu Farha	UAE	Effect of Fasting on Breast Cancer Survivors' health status
Maha Al-Sejari	Kuwait	Ramadan, Diwaniya, and Dietary Habits Among a Sample of Kuwaiti Men
Husam Khraiwesh	Jordan	Changes in neuropsychiatric and neurocognitive functions in relation to sleep quality during RIF
Mohamed Lemine Sidi Mohamed	UAE	Effects of Fasting on Anxiety: A Systematic Review
Helen Yue-Lai CHAN	China	Fasting and Lifestyle Modification for Improving Cardiometabolic Health: A Feasibility Trial
Sek Ying CHAIR	China	The Effect of Intermittent Fasting on Cardiometabolic Risk Factors: A Randomized Controlled Trial
Ka Ming CHOW	China	The Effects of Fasting and Lifestyle Modification Interventions on Self-Efficacy, Illness Perception, Self-Management Behaviors, and Steatosis Grade among Patients with Non-Alcoholic Fatty Liver Disease (NAFLD): A Systematic Review

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Summary of the session schedule

Day 1		Day 2	
Registration 8:00 – 9:00 AM		Registration 8:00 – 9:00 AM	
Welcoming, national anthem, Holy Quran, opening remarks, video, and honoring Al- Razi Hall 9:00 – 11:10 AM		Session 4: Fasting, Obesity and Cardiometabolic Al-Razi Hall 9:00 – 11:00 AM	
Coffee break, networking, and poster exhibitions 11:10 – 11:25 AM		Coffee break, networking, and poster exhibitions 11:00 – 11:15 AM	
Session 1: Fasting: Research Perspectives Al- Razi Hall 11:25 AM – 1:05 PM		Session 5: Fasting and Cancer Al- Razi Hall 11:15 AM – 1:00 AM	
Lunch Break, Prayer time & poster exhibition 1:05 – 2:20 PM		Lunch Break, Prayer time & poster exhibition 01:00 – 02:15 PM	
Session 2: Fasting and diabetes College of Health Sciences M23 - 151 2:20 – 4:00 PM	Session 3: Fasting and mental health College of Health Sciences M23 - 029 2:20 – 3:50 PM	Session 6: Fasting: Public Health and Medicine College of Health Sciences M23 - 029 2:15 – 3:15 PM & Break 5 min Session 7: Fasting: Oral, GIT, Liver health, and disease College of Health Sciences M23 - 029 3:20 – 4:50 PM	Session 8: Fasting: Sports, and athletic performance College of Health Sciences M23 - 151 2:15 – 3:40 PM & Break 5 min Session 9: Fasting: Environmental, Economic, Social, and Religious Aspects College of Health Sciences M23 - 151 3:45 – 5:00 PM