



DAR

Diabetes & Ramadan Asia Malaysia Inaugural Scientific Conference

13 & 14 December 2025, Saturday & Sunday

Medical Academies of Malaysia, Putrajaya



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Day 1, 13th December 2025, Saturday

Time	Agenda	Faculty
0730 – 0830	Registration	
0830 – 0845	Opening Address by Organising Chairperson Opening Remarks by Scientific Chairperson	Zanariah Hussein, Malaysia Luqman Ibrahim, Malaysia
0845 – 0900	Opening Address from International Diabetes Federation	Peter Schwarz, Germany
0900 – 0940	Plenary Session	Chairperson: <i>Goh Kian Guan, Malaysia</i>
0900 – 0940	Diabetes and Ramadan in Southeast Asia	Zanariah Hussein, Malaysia
0940 – 1100	Symposium 1: MNT in Ramadan	Chairperson: <i>Miza Hiriyanti Zakaria, Malaysia</i>
0940 – 1000	Ramadan and OMM	Rohana Abdul Ghani, Malaysia
1000 – 1020	Is Ramadan the Month To Lose Weight?	Barakatun Nisak Mohd Yusof, Malaysia
1020 – 1040	MNT for T1D in Ramadan	Rokiah Che Ismail, Malaysia
1040 – 1100	Q&A Session	All Speakers
1100 – 1200	Case-Based Discussions	
1100 – 1130	Case 1: T2D on Oral Medications and GLPIRA	Mafauzy Mohamed, Malaysia
1130 – 1200	Case 2: T2D on Insulin	Raja Nurazni Binti Raja Azwan, Malaysia
1200 – 1240	Lunch Symposium	
1240 – 1400	Lunch Break	
1400 – 1440	IDF DAR 2025 Guideline Updates: Risk Calculator - What's New?	Mohamed Hassanein, United Arab Emirates
1440 – 1545	Ramadan Research Highlights	Chairperson: <i>Tong Chin Voon, Malaysia</i>
1440 – 1445	Research in Ramadan: Why Not?	Tong Chin Voon, Malaysia
1445 – 1500	Research Group 1	
1500 – 1515	Research Group 2	
1515 – 1530	Research Group 3	
1530 – 1545	Research Group 4	
1545 – 1620	High Tea Symposium	
1620 – 1640	Tea Break	
1640 – 1800	Symposium 2: T1D in Ramadan	Chairperson: <i>Rashdan Zaki Mohamed, Malaysia</i>
1640 – 1700	Optimizing the Person with T1D for Ramadan Fasting	Azriyanti Anuar Zaini, Malaysia
1700 – 1720	Insulin Pump and Aid Adjustments During Ramadan	Nancy Samir Elbarbary, Egypt
1720 – 1740	Ketone Monitoring and Management During Fasting for T1D and T2D	Luqman Ibrahim, Malaysia
1740 – 1800	Q&A Session	All Speakers
1800 onwards	End of Day 1	

Day 2, 14th December 2025, Sunday

Time	Agenda	Faculty
0730 – 0830	Registration	
0830 – 0900	Breakfast Symposium	
0900 – 1030	Symposium 3: Ramadan-Focused Education and Preparations	Chairperson: Navin Kumar Logandan, Malaysia
0900 – 0920	Individual Education vs Group Education vs Tele-Education for Ramadan: Insights From Clinical Trials	Rohana Abdul Ghani, Malaysia
0920 – 0940	Incorporating Ramadan Education Into Diabetes Annual Care	Sueziani Binte Zainudin, Singapore
0940 – 1000	Vaccination Before Ramadan and Celebrating Eid Safely	Azureen Azmel, Malaysia
1000 – 1030	Panel Discussion: Delivering Effective Pre-Ramadan Education	Barakatun Nisak Mohd Yusof, Malaysia Rohana Abdul Ghani, Malaysia Luqman Ibrahim, Malaysia
1030 – 1050	Tea Break	
1050 – 1210	Symposium 4: Physical Activity and Glucose Monitoring	Chairperson: Luqman Ibrahim, Malaysia
1050 – 1110	Exercise Therapy During Ramadan	Mohd Nahar Azmi Mohamed, Malaysia
1110 – 1130	Glucose Monitoring During Ramadan - Challenges and the Way Forward	Wan Juani Dato' Wan Seman, Malaysia
1130 – 1150	CGM: Managing Ramadan Fasting with Lines and Arrows	Mohammed Al-Sofiani, Saudi Arabia
1150 – 1210	Q&A Session	All Speakers
1210 – 1250	Lunch Symposium	
1250 – 1400	Lunch Break	
1400 – 1440	Plenary Session	Chairperson: Barakatun Nisak Mohd Yusof, Malaysia
1400 – 1440	What's New about T2D Management in Ramadan: 2025 IDF-DAR Updates	Mohamed Hassanein, United Arab Emirates
1440 – 1610	Symposium 5: Ramadan For Everyone	Chairpersons: Elliyyin Katiman, Malaysia Goh Kian Guan, Malaysia
1440 – 1500	Ramadan Management for the Non-Fasting Patients	Khadija Hafidh, United Arab Emirates
1500 – 1520	Ramadan Fasting and the Law In Malaysia	TBC
1520 – 1540	Patient Perspectives on Ramadan Fasting	Nurul Athirah Naserrudin, Malaysia
1540 – 1610	Forum Discussion	Nurul Athirah Naserrudin, Malaysia Mohamad 'Ariff Fahmi Ahmad Zawawi, Malaysia
1610 – 1630	Tea Break	
1630 – 1750	Symposium 6: Comorbidities and Ramadan: From Theory to Practice	Chairperson: Syahrizan Samsuddin, Malaysia
1630 – 1650	Microvascular Complications (Neuropathy, Retinopathy, and CKD)	Rayaz A. Malik, Qatar
1650 – 1710	Macrovascular Complications (CVD And HF)	Ines Khochtali, Tunisia
1710 – 1730	Ramadan Fasting in the Elderly	Zanariah Hussein, Malaysia
1730 – 1750	Q&A Session	All Speakers
1750 – 1800	Closing Remarks	Barakatun Nisak Mohd Yusof, Malaysia
1800 onwards	End of Conference	



Registration Information

Secure Your Spot!

Registration Fee

Category	Physical Attendee	Virtual Attendee
Doctors	RM 150	RM 130
Allied Health Professionals	RM 100	RM 70

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For further question, please email or contact
Ms Safa at +6016 4476 018 or
safa.a@medicalconferencepartners.com