

# Nutrition & Life

## Quality of Life at Different Life Stages

Day 1, Tuesday 13 Feb 2024

Session 1: Infants & Pediatrics (Moderator: Dr.Hadeel Alshubaili )		
8:00-8:50	Registration	
8:50-9:10	Growth parameter	Dr. Wejdan Alabdulkarim
9:10-9:30	Well baby –important of vaccination	Dr. Kaothar Alhusaini
9:30-9:50	Nutrition in infants and toddlers	Dr. Wejdan Alabdulkarim
9:50-10:00	Discussion – Q&A	
10:00-10:30	<b>Opening ceremony</b>	
10:30-11:00	<b>Coffee break</b>	
Session 2: Adolescents (Moderator: Dr.Lamees Abualkhair)		
11:00-11:20	Puberty and its normal variants in children	Dr.Abdulmajeed Alsubaihin
11:20-11:40	Psychology in adolescent	Dr. Mohammed Al-Jafar
11:40-12:00	Obesity stigma in adolescents: impact and consequences	Dr. Amal Kenanah
12:00-12:20	The important of physical activity	Dr. Abdullah Alghannam
12:20-12:30	Discussion – Q&A	
12:30-1:30	<b>Prayer &amp; Lunch</b>	
Session 3: Food,Diet & Quality of Life (Moderator: Dr. Nahla Bawazeer )		
1:30-1:50	Multidisciplinary Model	Dr. Zobaida Alsum
1:50-2:10	Sugar and smoking (bad habit) affect QOL	Dr. Mohammed Khan
2:10-2:30	Different Diet Trend	Dr. Wafaa Ayesh
2:30-2:50	Eating Disorders :Significance and approach	Dr. Saud Alomar
2:50-3:10	Food Alternative	Dr. Amal Kenanah
3:10-3:30	Discussion – Q&A	
	End of Day 1	

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Day 2, Wednesday 14 Feb 2024

Session 4: Adult (Moderator: Dr.Namsha Alhageri )		
8:30-8:50	Women's health	Dr. Lemmese Alwatban
8:50-9:10	Man's health	Dr. Loay Basudan
9:10-9:30	Physical activity Life style Nutrition	Dr. Nada Altheyab
9:30-9:50	The importance of sleep in metabolism, weight and diabetes	Dr. Salih Aleissi
9:50-10:10	Discussion – Q&A	
10:10-10:40	<b>Coffee break</b>	
Session 5: Geriatric 1 (Moderator: Prof. Adel Alhamdan)		
10:40-11:10	Mood Disorder, Quick Guide	Dr. Mohammed Al-Jafar
11:10-11:30	Home care	Dr.Walid Alkeridy
11:30-11:50	Periodic screening in elderly	Dr.Raneem Milyani
11:50-12:10	Menopause health	Dr.Lateefe Aldakhyel
12:10-12:20	Discussion – Q&A	
12:20-01:30	<b>Prayer &amp; Lunch</b>	
Session 5: Geriatric 2 (Moderator: Dr. Wafaa Ayesh)		
1:30-1:50	Quality of Life in Geriatric	Dr. Mohammd khusheim
1:50-2:10	The impact of oral rehabilitation on nutritional status and QOL	Dr. Abdullah Alsoghier
2:10-2:30	Physical Activity in Geriatric patients	Dr.Samirah Alqahtani
2:30-2:50	Nutrition in Geriatric	Dr. Alanoud Aladel
2:50- 3:10	كبار السن وجودة الحياة "رؤية اجتماعية"	Dr. Ali Alsalem
3:10-3:30	Discussion – Q&A	
	Closing – End of Day 2	