



Empowering Women's
Health 2nd Edition



A Woman's Journey

Evidence-Based Medicine
in Obstetrics & Gynecology



FAMOUS
FETAL AND MATERNAL MEDICINE
OBSTETRICS ULTRASOUND SERVICES
Samina Dornan

12th – 13th April
2025

JW Marriott Marina
Dubai, UAE

About

The "A Women's Journey" Conference is a unique event that goes beyond a typical medical gathering, offering a comprehensive exploration of women's health across all stages of life. From pre puberty and puberty to premenopause and postmenopause, the conference addresses essential health topics with insights from an expert panel of speakers.

What sets this event apart is its holistic approach, catering to women of all ages. Whether navigating adolescence, motherhood, or later stages of life, attendees will find valuable information and support. Designed for both healthcare professionals and women everywhere, the conference celebrates the diversity and resilience of women.

Conference *Objectives*

- 1. Comprehensive Coverage of Women's Health Issues:** The conference uniquely spans the entire spectrum of a woman's life, addressing health concerns from prepuberty to menopause and beyond.
- 2. Holistic Approach:** Emphasizing a holistic view of women's health, the event considers physical, emotional, nutritional, and psychological well-being throughout every stage of life.
- 3. Inclusive and Diverse:** Designed for every woman, regardless of age or ethnicity, the event is relevant and accessible to a broad audience, including healthcare professionals and the general public.
- 4. Expert Faculty and Speakers:** Attendees will have the opportunity to learn from renowned physicians, leading researchers, and expert speakers specializing in various aspects of women's health.
- 5. Empowerment & Education:** As the first conference in the UAE to bring together women from all backgrounds along with experts, the event aims to empower women to take charge of their health and well-being.

Conference *President*



Dr. Samina Dornan

MD, FRCOG, Consultant Maternal and Fetal Medicine at Al Zahra Hospital, Dubai, UAE

Organizing *Committee*



Dr. Afshin PourMirza

Obstetrician and Gynecologist with subspecialty in Fetal Medicine at Feto Maternal and GenetYX Center, Dubai, UAE



Dr. Maria Karakoulaki

Lead Aesthetic and Functional Gynecologist at Aesthetics by King's College, Dubai, UAE



Dr. Osama Shawki

MD, Professor at Cairo University's School of Medicine, Cairo, Egypt

International Faculty



Dr. Daniel J. Penny

MD, PhD, MHA, Executive Co-Director of the Heart Center and Professor and Chief of Pediatric Cardiology at Baylor College of Medicine, Texas, USA



Dr. Diana Mihai

Specialist Gynecologist and Obstetrician in infertility and Gynecological Aesthetics in Bucharest, Romania



Dr. Kypros Nicolaides

MD, FRCOG, Professor of Fetal Medicine at King's College Hospital, London, UK



Dr. Michael A. Belfort

MBBCH, MD, PhD, Obstetrician and Gynecologist-in-Chief and Specialist in maternal-fetal medicine and fetal intervention, Texas Children's Hospital, Houston, Texas, USA



Dr. Tessa Homfray

MD, Consultant Medical Genetics at Royal Brompton and Harefield hospitals, London, UK



Mr. Thierry Huisman

MD, PD, FICIS, FACR Professor Radiology, Pediatrics, Neurosurgery, Obstetrics & Gynecology, Baylor College of Medicine, Texas, USA, Radiologist-in-Chief and Chair of Texas Children's Department of Radiology



Dr. William E. Whitehead

MD, MPH, Director, Clinical Outcomes & Research, Associate Professor, Pediatric Neurosurgery, Baylor College of Medicine, Texas, USA

Local Faculty



Dr. Amitabha Majumdar

Consultant Urogynaecologist at King's College Hospital, Dubai, UAE



Dr. Bhavna Khan

MBBS, MRCP, PhD, Consultant Rheumatologist at King's College Hospital, Dubai, UAE



Dr. Bohaira El Geyouchi

Consultant Gynecologist specialist in Reproductive Medicine and Fertility at Dr. Sulaiman Al Habib Hospitals IVF Centre, Dubai, UAE



Dr. Carol Coughlan

MB, BCh, BAO, MRCOG, RCOG, FRCOG, Consultant Gynecologist at ART Fertility Clinic, Dubai, UAE



Dr. Dimitrios Kafetzis

Consultant Reproductive Endocrinology and Infertility at Orchid Fertility Clinic, Dubai, UAE



Dr. Fadi Mirza

M.D, M.B.A, F.A.C.O.G, Chair of Obstetrics, Gynecology and Women's Health in Dubai Health, Medical Director at Latifa Hospital and Clinical Professor at Mohammed Bin Rashid University, Dubai, UAE



Dr. Karim Medhat Elmasry

MRCOG. BSCCP, Consultant Gynaecologist and Subspecialist Gynecologist Oncologist at Mediclinic City Hospital and Comprehensive Cancer Centre, Dubai, UAE



Dr. Khaled Kouteich

MD, Consultant Obstetrics and Gynecology at Al Zahra Hospital, Dubai, UAE



Dr. Leanne Bricker

MB.BCh FRCOG, Consultant, Chair of Fetal Medicine and Medical Imaging Department at Corniche Hospital, Abu Dhabi, UAE



Dr. Louay H. Zayed

MD, Consultant Ob/Gyn IVF & Specialist Fetal Medicine at Gargash Hospital, Dubai, UAE



Dr. Marlain Mubarak

Consultant Obstetrician & Gynaecologist at King's College Hospital London, Dubai, UAE



Dr. Maysarah Alawneh

Consultant Maternal Fetal Medicine at King's College Hospital Dubai, UAE



Dr. Mohammed Shahait

Consultant Urology and Robotic Surgery at Al Zahra Hospital, Dubai, UAE



Dr. Mustafa Aldam

MBBCH, JBOG, Consultant Obstetrics and Gynecology Laparoscopy and Cosmetic Gynecology at Al Zahra Hospital, Dubai, UAE



Dr. Nazim Al Rifai

MBBS, MD, Specialist General Surgery at Al Zahra Hospital, Dubai, UAE



Dr. Pankaj Shrivastav

MBBS, MD, MRCOG, FRCOG, Consultant Reproductive Endocrinology and Infertility at Conceive Gynaecology and Fertility Hospital, Sharjah, UAE



Dr. Rebecca Steingiesser

Consultant Clinical Psychologist & Clinical Neuropsychologist at King's College Hospital, Dubai, UAE



Dr. Rola Nakhal

Consultant Gynaecologist at Sulaiman Al Habib Hospital, Dubai, UAE



Ms. Silvena Rowe

Nutritionist, Chef, Food writer, Television Personality and Restaurateur, Dubai, UAE



Dr. Sophia Webster

BMBS, DFSRH, DLM, PGCert, FRCOG, Consultant Obstetrics and Gynaecology at Mediclinic Parkview Hospital, Dubai, UAE



Dr. Uloma Okwuosa

Consultant Gynecologist at King's College Hospital, Dubai, UAE



Dr. Wafaa Faysal

MBBCH, MRCPCH, Consultant Pediatric and Head of the Department of Pediatrics at Emirates Hospital, Dubai, UAE

Key Features

- Connecting scientific community
- Presentations by renowned experts
- Debates and interactive discussion
- Hands-on workshops
- CME certificates
- World-Class exhibits

Conference Agenda

Day - 1



08:00-9.00 AM

Registration + Coffee & Drinks

SESSION-1



09:00-11:00 AM

The Beginning of the Journey: Peripubertal Gynecology

Moderated by Dr. Maria Karakoulaki



09:00-9:20 AM

1.1 Becoming of Age

Dr. Wafaa Faysal



09:20-9:40 AM

1.2 Menstrual Disorders - Contraception

Dr. Rola Nakhal



09:40-10:00 AM

1.3 HPV Vaccine: A Vital Shield Against Cervical Cancer

Dr. Karim Medhat Elmasry



10:00-10:15 AM

Panel Discussion



10:15-11:00 AM

1.4 Women - The Journey is Far from Over

Dr. Samina Dornan



11:00-11:15 AM

Coffee Break

SESSION-2



11:15-02:20 PM

The Path to Parenthood: Male & Female Infertility



11:15-11:25 AM

2.1 Preimplantation Genetic Diagnosis (PIGD)

Dr. Carol Coughlan



11:25-11:45 AM

2.2 IVF, When to Proceed?

Dr. Luciano Nardo



11:45-12:05 PM

2.3 When Should a Woman Freeze Her Eggs?

Dr. Pankaj Shrivastav



12:05-12:25 PM

2.4 Male Fertility: Key Influencing Factors

Dr. Dimitrios Kafetzis



12:25-12:45 PM

2.5 Premature Ovarian Failure

Dr. Bohaira El Geyoushi



12:45-01:45 PM

Lunch Break



01:45-02:05 PM

2.6 PCOS: Does the Challenge End at Conception?

Dr. Fadi Mirza



02:05-02:20 PM

Panel Discussion

SESSION-3



02:20-05:00 PM

Nurturing Life: Managing Pregnancy and It's complications

With Dr. Kypros Nicolaides



02:20-02:40 PM

3.1 Preterm Labour

Dr. Maysarah Alawneh



02:40-03:00 PM

3.2 Immune System: Friend or Foe in Pregnancy?

Dr. Bhavna Khan



03:00-03:20 PM

3.3 Percreta Management: Setting up a regional referral center

Dr. Michael Belfort



03:20-04:00 PM

Coffee Break



04:00-04:20 PM

3.4 Postnatal Care: You're Not Out of Danger Yet

Dr. Rebecca Steingiesser



04:20-04:40 PM

3.5 Vaginal Delivery: Is it Right for Everyone? A Debate

Dr. Sophia Webster and Dr. Samina Dornan



04:40-05:00 PM

Panel Discussion

Closing Ceremony

Day - 2



08:00-09:00 AM

Registration + Welcome Coffee & Drinks

SESSION-4



09:00-10:55 AM

State of the Art in Fetal Surgery & Pediatric Subspecialty Care from the first Pediatric Hospital in the USA Texas Children's Hospital



09:00-09:20 AM

4.1 Fetal Surgery: What's available and what's appropriate
Dr. Michael Belfort



09:20-09:40 AM

4.2 Advanced Imaging and Interventional Radiology in pregnancy and pediatric practice

Dr. Thierry Huisman



09:40-10:00 AM

4.3 Advances in Pediatric Cardiology and Cardiac Surgery
Dr. Daniel J. Penny



10:00-10:20 AM

4.4 Advances in Fetal and Pediatric Neurosurgery
Dr. William E. Whitehead



10:20-10:40 AM

4.5 Pediatric Plastic Surgery: Advanced Craniofacial Reconstruction (Before & After Fetal Cases)



10:40-10:55 AM

4.6 Fetal therapy: The Corniche Hospital Experience
Dr. Leanne Bricker



10:55-11:10 AM

Coffee Break



11:10-11:25 AM

Panel Discussion

SESSION-5



11:25-01:10 PM

Overcoming Challenges: Is Surgery the Solution for Gynecological Problems?

Moderated by Dr. Samina Dornan and Dr. Afshin PourMirza



11:25-11:45 PM

5.1 Endometriosis Challenges: Is Surgery the Final Frontiers

Dr. Marlain Mubarak



11:45-12:15 PM

5.2 Managing Myomas: Treatment and Options

Dr. Khaled Kouteich



12:15-12:35 PM

5.3 Prolapse & Urinary Incontinence

Dr. Amithaba Majumdar and Dr. Mohammed Shahait



12:35-12:55 PM

5.4 From the Ultrasound Room to the Womb

Dr. Osama Shawki



12:55-01:10 PM

5.5 How Bodyweight Affects Pregnancy?

Dr. Nazim Al Rifai



01:10-01:25 PM

Panel Discussion



01:25-02:25 PM

Lunch Break

SESSION-6



02:25-03:45 PM

Through the Stages of Womanhood: Perimenopause & Menopause

Moderated by Dr. Samina Dornan and
Dr. Mustafa Aldam



02:25-02:45 PM

6.1 Perimenopause: I'm Still Here, Tell Me More!

Dr. Virginia Midrigan



02:45-03:05 PM

6.2 HRT Demystified: Understanding the Science Behind HRT

Dr. Uloma Okwuosa



03:05-03:25 PM

6.3 Menopause: Lifestyle Solutions

Ms. Silvena Rowe



03:25-03:45PM

6.4 Menopause: It's all in our brain

Dr. Maria Karakoulaki

SESSION-7



03:45-04:25 PM

Embracing Change & Well-Being: Aesthetic Gynecology

Moderated by Dr. Diana Mihai



03:45-04:05 PM

7.1 Intimate Makeover and Rejuvenation

Dr. Maria Karakoulaki



04:05-04:25 PM

7.2 Labiaplasty

Dr. Mustafa Aldam



04:25-04:40 PM

Panel Discussion



04:40-04:55PM

Coffee Break

WORKSHOP-1



04:55-05:35 PM

Instrumental Deliveries: The Use of Ultrasound in the Second Stage of Labor

Dr. Sophia Webster and Dr. Samina Dornan

WORKSHOP-2



05:35-06:10 PM

Minimal Access Surgery

Dr. Khalid Kouteich and Dr. Osama Shawki

06:10-07:40 PM

Closing Ceremony

Target Audience

Gynecologists & Obstetricians

Specialists in IVF

Gynecological Oncologists

Gynecological Pathologists

Urologists

Endocrinologists

Neonatologists

Naturopaths

Radiologists

Psychologists

Family Medicine Physicians

General Practitioners

Pharmacists

Nurses

Midwives

Researchers

Residents and Medical Students

Regular women of all ages and backgrounds

Spotlight On Our Esteemed *Medical Experts*



For more details about the conference and the speaking and sponsorship opportunities

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