

IN COLLABORATION



**EPSIFDs**  
The Egyptian Association of  
Psychosomatic illness and Functional Disorder



The Egyptian Psychiatric  
Association



The Egyptian Society of Hepatology,  
Gastroenterology & Infectious Diseases  
in ALEXANDRIA



# AGENDA FOR

# 4<sup>th</sup> THE PSYCHOSOMATIC EGYPT FORUM 2026

Towards Interactive and Integrated Medicine

30  
APRIL 2026

HILTON CORNICHE - ALEXANDRIA





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# Welcome Message

The Psychosomatic Egypt Forum 2026 is the fourth wave initiated by The Egyptian Association of Psychosomatic illness and functional disorders (EPSIFDs) with a slogan of **\*“Towards interactive and integrated medicine”** headed by Prof. Tarek ELZawawy, Prof. Tarek Molokhia and Prof. Amr Hosny.

The project will start by forming a review committee for setting Guidelines of the practice of psychosomatic. The main event will include interactive session and discussion panels combining

## Consultants:

Cardiology, Psychology and GIT while discussing the complications and interaction of the 3 medical specialities hosting Top national KOLs from each speciality to share knowledge and discuss new development in the psychosomatic medicine. This year, we have 3 workshops (Cardi-ology – Gastroenterology – Psychiatry) – 3 Interactives Sessions.

Young researchers are invited to present Abstracts of their scientific work in our prestigious conference.

Dear colleagues, together we will meet future hand in hand. Our event is awaiting enrichment by your attendance and participation.

## Conference Presidents

Prof. Tarek ELZawawy

Prof. Amr Hosny

Prof. Tarek Molokhia

# CONFERENCE PRESIDENTS



*Prof*  
**Amr Hosny**



*Prof*  
**Tarek EL Zawawy**



*Prof*  
**Tarek Molokheya**

# HONORARY PRESIDENTS



*Prof*  
**MONTAZ ABDEL WAHAB**



*Prof*  
**HELMY ABAZA**



*Prof*  
**MOHAMED SOBHY**

# SCIENTIFIC COMMITTEE



*Prof*  
**AHMED EL GHALID**



*Prof*  
**ALI FARAG**



*Prof*  
**AHMED ABDELATTY**



*Prof*  
**HANAN NOOH**



*Prof*  
**MONA AMIN**



*Prof*  
**AHMED SABRY**



**MOHAMED EISA**



**AKRAM FAWZY**



**MARWA GABER**



**MAHA ELHUSSINY**



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**Registration 8:30- 9:30 am**

**Session 1 (Royal Hall )**

**9:30- 10:30 am**

**Psycho- neuro- Cardiology**  
**Falling Heart Fading mind connection**

## Chairpersons

Names Sorted Alphabetically

**Dr. Mohamed Zohdy, Prof. Dr. Gehan Magdy ,  
Prof. Dr. Omar ElBahy , Prof. Dr. Samir Rafla ,  
Prof. Dr. Tarek Molokhia**

## Speakers

**All patients with HFpEF should undergo  
Cognitive screening: Pros and Cons**

**Jaidaa Mekky Ahmed Mokhtar**

**Cognitive impairment in cardiovascular diseases**

**Heba Esam**

**Nutritional deficiencies cardiomyopathies**

**Tarek ELZawawy**



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## **Session 2** (Royal Hall )

**10:30- 11:30 am**

### **Interactive session Childhood stress**

**Moderator: Tarek Molokhia**

#### **Panellists:-**

Names Sorted Alphabetically

**Heba Essam**

**Mortadha Elshabrawy**

**Rana Emara**

**Salah Zaher**

**Soha Ghobashy**



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## **Session 3** (Royal Hall )

**11:30- 12:30 pm**

### **Psycho-neuro-gastroenterology**

**Moderator: Nada Salim, Mohamed Abaza**

#### **Chairpersons**

Names Sorted Alphabetically

**Abeer Mahmood, Ahmed Zeid , Amany Elbanna  
Amirah ShamsEldin, Gamal Amin , Helmy Abaza  
Hesham El Sheshtawy, Hisham Ayob, Siham Abdel Rahim**

#### **Speakers**

**StressAnxiety effect on GIT Motility and microbiome**

**Ahmed Morad**

**Bloating and functional dyspepsia**

**Tareq Yousof**

**Rumination vs GERD**

**Magdy Eldahshan**

**Opening Ceremony : 12.30- 1 pm**

**Coffee break 1- 1.30 pm**



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## **Session 4** (Royal Hall)

**1:30- 2:30 pm**

**Interactive session**

**Stress & depression effect on Inflammatory diseases**

**Moderator : Ali Farag**

### **Panelists:**

Names Sorted Alphabetically

**Abeer Alhadidi**

**Hanan Nooh**

**Iman Soliman**

**Maha Maher**

**Mona Amin**

**Tareq Molokhia**



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## **Session 5** (Royal Hall )

**2:30- 3:30 pm**

### **Interactive session Nutrition & obesity associated cardiac & psychiatric problems**

**Moderator: Ahmed Alghalidh, Sherif Abdel Samad**

#### **Panellists:-**

Names Sorted Alphabetically

**Ahmad Abdel Atty**

**Fatma Allam**

**Mona Amin**

**Nourhan AbdelRahim**

**Soha Ghobashy**



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## Session 6 (Royal Hall )

3:30- 4:30 pm

### Psycho-neuro-gastroenterology

Moderator: Maha Elhussieny

#### Chairpersons:-

Names Sorted Alphabetically

AbdelGawad Alrefaei, Ahmed Allaqi, Ahmed Sabry  
Hanan Nooh, Khaled Farrag , Marwa Saad  
Mohammed Shamsyah, Soha Ghobashy

#### Speakers:-

#### Functional diarrhoea

Mohamed SharafEldin

#### Update in Management of IBS

Amr Hosny

#### Relation of Gut microbiota with psychiatric Disorders

Amira khaled

#### Utopia Symposium 4:30- 5 pm

#### Beyond Constipation

Sameh Lashin

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THE LIFE YOU DESERVE

**ECHO<sub>s</sub>**  
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## **Session 7** (Royal Hall )

**5:00- 6:00 pm**

### **Psycho- neuro- Cardiology**

**Moderator: Maha Elhussieny**

#### **Chairpersons:-**

Names Sorted Alphabetically

**Ahmad Abdel Aty , Kamal Mahmoud , Mahmoud Hasanin  
Mohamed Shamsia ,Tarek Molokhia**

#### **Speakers:-**

**Psycho cardiology continuum  
and cardiovascular diseases**

**Khalid ElNady**

**Sleep Apnea, the night stressors**

**Gydaa Mekky**

**Gut microbiota changes  
and cardiovascular risks**

**Marwa Gaber**



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## **Dysphagia Workshop** ( Imperial Hall )

**5:00- 6:00 pm**

### **Chairpersons:-**

**AbdelGawad Alrefaei, Amr Hosny, Hamadah Abdelsamie  
Hanan Nooh, Khaled Ali, Mohamed Metwally**

### **Speakers:-**

**Dysphagia: Symptoms, Pathophysiology & Red Flags**

**Islam AbouTaleb**

**2. When to Refer for Manometry:  
Who Truly Needs HRM?**

**Eman Ahmed**

**3. Manometry Protocol, Technique & Differential  
Diagnosis (Chicago v4)**

**Maha Elhussieny**

**4. Medications: What Triggers Dysphagia & What Treats It?**

**Khaled Ali**

**5. POEM: Is It Always the Answer? Understanding  
When, Why & For Whom**

**Ahmed Nageh**



**VIATRES Symposium 6- 6:30 pm (Royal Hall )**

**Antidepressants for non psychiatrist**

**Dr Tarek molokhia**



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## Workshops Parallel Sessions

6:30- 7:30 pm

### Childhood stress (Royal hall) Global NAPI Symposium



#### Chairpersons:-

Heba Esam ,Soha Ghobashy

#### Speakers:-

Mohamed Eissa ,Akram Fawzy, Aya maged  
Mariam mohammedi

### Obesity-Heart- Brain axis (Imperial Hall )

Moderator :- Ahmed El Ghalid, Marwa Gaber

#### Panelists:-

Ahmed Abdel Aty ,Amira Abdel Aziz , Doaa Genena ,  
Hossam Bishr ,Khalid El Nady

#### Speakers:-

#### Obesity and Hypertension

Prof Dr Tarek El Zawawy

#### Obesity and Coronary artery disease

Prof Dr Khalid ElNady

#### Obesity and Heart failure

Prof Dr Hosam Bishr

#### Nutritional therapy for each cardiac patient

Prof Dr Doaa Genena



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## Session 8 (Royal Hall)

7:30 - 8.00 pm

# Abstract Award

Moderator:- Mona Amin

### Expert Panel:-

Mona Amin, Tareq Elzawawy, Amr Hosny, Tareq Molokhia  
Tareq Yosof, Magdy Eldahshan

### Speakers:-

Mostafa Refaie Elkelany

Omneya Gawish

Ayah Adel

Sedky Zaalouk

Taqwa Raheem

Lunch 8 pm

# LEE-FLOX

Levofloxacin 250, 500, 750 mg

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