



# MIDDLE EAST ARTHRITIS FOUNDATION

invites you to the

## WORLD ARTHRITIS WEEK 2021

Relieving Pain. Restoring Function. Renewing Hope.

October 10<sup>th</sup> - 15<sup>th</sup>, 2021 | Virtual Meeting



**REGISTER NOW**

MIDDLE EAST ARTHRITIS FOUNDATION

### SUNDAY OCTOBER 10<sup>TH</sup>

### EMOTIONAL WELLNESS DAY

Moderator  
18:00 - 18:15  
18:15 - 19:15  
19:15 - 20:00

Dr. Humeira Badsha  
Arthritis & Covid & You - A stressful 2 years | Dr. Humeira Badsha  
Patients & Doctors - My Journey! Tough situations build strong people wellness that works | Dr. Bhavna Khan  
Dr. Gianna Statache - Dr. Madiha Khan - Mrs. Shama Khan - Mrs. Siddique Sameen - Ms. May Al Dhabah  
Stress management - Steps to emotional wellness | Dr. Madiha Khan

### MONDAY OCTOBER 11<sup>TH</sup>

### DIET AND NUTRITION

Moderator  
18:00 - 18:30  
18:30 - 19:00  
19:00 - 19:30  
19:30 - 19:45

Dr. Maysam Musgrave  
Healthy eating - Food what to eat and not to eat for Arthritis | Dr. Humeira Badsha  
Diet and recipe secrets | Mrs. Victoria Tipper  
Gut health and how to maintain it | Mrs. Ahlaam Ali  
Q & A

### TUESDAY OCTOBER 12<sup>TH</sup>

### EXERCISING WITH ARTHRITIS AND ANKYLOSING SPONDYLITIS

Moderator  
18:30 - 19:00  
19:00 - 20:00  
20:00 - 20:30

Dr. Gianna Statache  
Mobility exercises physiotherapist | Mrs. Srilakshmi Hegde  
Ankylosing spondylitis - Patient and doctor discussion on symptoms, meds and exercises | Dr. Amel Ginawi  
Dr. Bhavna Khan - Dr. Ahmed AboGamal - Mr. Gerhardus Muller - Mr. Varun Dhanwantri - Mr. Sidharth Bahal  
Symposium Novartis | Dr. Amel Ginawi

### WEDNESDAY OCTOBER 13<sup>TH</sup>

### LEARN ABOUT YOUR MEDS - BECOME AWARE & TAKE YOUR MEDS

Moderator  
18:30 - 19:00  
19:00 - 19:30  
19:30 - 20:00

Dr. Ghita Harifi  
Importance of medication - Live online sessions for Arthritis patients | Dr. Kirthi Raju  
Dr. Atheer Al Ansari - Mr. Daniel Gonsalves - Ms. Vijaylaxmi Vijiramani - Ms. Shabnam Sayed  
Topic Psoriatic Arthritis | Dr. Nada Hassan - Mrs. Gemma Fulton - Ms. Saba Mustafa  
Lupus patient panel | Dr. Shazia Abdullah - Dr. Beena Hameed - Patient Panelists

### THURSDAY OCTOBER 14<sup>TH</sup>

### ARABIC SESSION AND URDU / HINDI SESSION

Moderator  
18:30 - 19:00  
19:00 - 19:30

Dr. Amel Ginawi  
Arabic topic Rheumatologists panel | Dr. Ghita Harifi - Dr. Maysam Musgrave - Dr. Ahmed AboGamal  
Mrs. Abeer Omari - Mrs. Rana Abu khadra - Ms. Reem Al Sharji  
URDU/ Hindi discussion | Dr. Beena Hameed - Dr. Shazia Abdullah - Mr. Julf Khan

### FRIDAY OCTOBER 15<sup>TH</sup>

### TUNE IN YOUR MIND & BODY - DANCE & BREATHE AWAY THE PAIN

Moderator  
13:00 - 13:30  
13:30 - 14:00  
14:00 - 14:30

Mrs. Sanria Khan  
Dance & Movement | Movement Mantra  
Yoga & You | Yoga Expert  
Qigong healing | Qigong Specialist

