رؤية VISION 2030
المملكة العربية السعودية
KINGDOM OF SAUDI ARABIA

الجمعية السعودية لطب الأسرة والمجتمع
Saudi Society of Family and Community Medicine

مؤتمر هجر الرابع لطب الأسرة بالإحساء

4TH HAJER FAMILY MEDICINE Conference

24-25 April 2026

VIRTUAL CONFERENCE



16 CME ACCREDITED

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4TH مؤتمر هجر الرابع لطب الأسرة بالإحساء
HAJER FAMILY MEDICINE Conference
24-25 April 2026

WELCOME MESSAGE



DR. MANSOOR ALNAIM

Chairperson, 4th Hajer Family Medicine Conference 2026
Consultant of Family Medicine, Head of Office of the Saudi Society of Family and Community Medicine – Al-Ahsa Governorate

Welcome to the 4th Hajer Family Medicine Conference!

It is my great pleasure to welcome you to this exceptional scientific gathering, taking place on 24–25 April 2026 - Virtual. Under the esteemed patronage of the Saudi Society of Family and Community Medicine, this two-day conference brings together healthcare professionals from across the Kingdom, uniting experts in Family Medicine and related fields from both government and private sectors.

At the 4th HFMC, our mission is to strengthen the knowledge and skills of healthcare providers through a comprehensive program covering the full spectrum of Family Medicine and beyond. By convening a diverse group of medical professionals, we aim to foster an inspiring environment that encourages meaningful knowledge exchange, shared expertise, and innovative thinking.

Over the course of two days, you can look forward to engaging scientific sessions, interactive panel discussions, and thought-provoking satellite symposia. This conference emphasizes interdisciplinary collaboration and offers participants the opportunity to explore new perspectives, address complex healthcare challenges, and contribute to transformative advancements in medical practice.

We are delighted to have you with us and look forward to your active participation, valuable insights, and enriching discussions throughout the event.

Join us this April for an inspiring experience that will leave a lasting impact on the medical community. We extend our warmest welcome to each of you at the 4th Hajer Family Medicine Conference.

Thank you,

Dr. Mansoor Alnaim

For more information, please contact our Team on

✉ Info@hajer-sa.com

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HAJER FAMILY MEDICINE Conference 24-25 April 2026

CHAIRPERSON



DR. MANSOOR AL NAIM

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HAJER FAMILY MEDICINE Conference 24-25 April 2026

COMMITTEE MEMBERS



DR. SAAD BUQURSAYN

Head of Scientific Committee,
Family Medicine Consultant



DR. QASEM ALJABR

Committee Member Consultant of
Family and Geriatric Medicine



DR. ABDULLAH AL QUWAIDI

Head of Research Committee,
Family Medicine Consultant



DR. FATIMAH AL JAMAAN

Head of Public Relation & Media Committee,
Family Medicine Consultant



DR. AHMED AL HUSSAIN

Committee Member
Family Medicine Consultant



DR. AHMAD AL HAZZAA

Committee Member
Family Medicine Consultant



DR. MALAK AL HADDAD

Committee Member
Family Medicine Specialist



DR. MONTASER BU KHAMSEEN

Committee Member
Family Medicine Consultant



DR. GHAIDA BUKHAMSIN

Committee Member
Family Medicine Specialist



DR. ABDULMOHSEN ALMULHIM

Committee Member,
Family Medicine Consultant

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HAJER FAMILY MEDICINE Conference
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SPEAKERS



DR. ABDULLAH ALKHAMIS

Consultant Internist & Senior Pulmonologist, Head of Respiratory Care Unit, Almana General Hospital, Hofuf



DR. ABDULLAH ALRAMDHAN

Family Medicine Consultant at Al-Ahsa Medical Cluster-Primary Health Care Services and Urgent Care



DR. ABDULMAJID ALARFAJ

Internal Medicine and Adult Infectious Consultant, Head of Antimicrobial Stewardship Program, Director of Infection Prevention & Control Department, King Abdelaziz Hospital



DR. ABDULMOHSIN ALHAJRI

Family Medicine Consultant, Deputy Program Director Family Medicine Academy, Al-Ahsa Health Cluster



DR. ABDULLAH ALHAMAM

Family Medicine Specialist and Executive Director of Health Facilities Affairs, AlAhsa Health Cluster



DR. ALIAA ALHASHEM

Family Medicine and Diabetology Consultant, Diabeter Clinics, Al-Ahsa



DR. ASSIM ALABDULKADER

Assistant Professor & Consultant Physician, Imam Abdulrahman bin Faisal University Hospital



DR. AYMAN SOLIMAN

Joint Assistant Professor of Cardiology at King Saud University for Health Sciences, Clinical Cardiologist and Head of Cardiac Science Lab at King Abdulaziz Hospital, MNGHA, Al Hasa



DR. DANIYAH ALGHAITHI

Acting Subspecialty Consultant in Family Medicine and Sports Medicine at King Fahad Medical City, Riyadh

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SPEAKERS



Dr. DOAA GHARIB

Family Medicine Consultant,
Alahsa Heath Cluster



DR. ESRA ALZAID

Family Medicine Consultant, King Fahad Specialist Hospital, Dammam



DR. FAISAL AL HADDAD

Consultant in Family Medicine and Occupational Health Al Ahsa Health Cluster



DR. FATIMA ALGHADEER

Family Medicine & Women's Health Consultant, Riyadh First Health Cluster



DR. HUSSAIN ALQURAINI

Consultant Endocrinologist & Deputy Manager of Academic Affairs Office at Johns Hopkins Aramco Healthcare (JHAH)



DR. IBRAHIM AL IBRAHIM

Consultant of Endocrinology and Metabolism, Assistant Professor Internal Medicine in King Faisal University, Hufof, KSA



DR. IBTIHAL AL IBRAHIM

Pulmonology Fellow, Eastern Health Cluster



DR. KAMEL AZHAR

Family Medicine and Clinical Informatics Consultant, NEOM Health and Wellbeing



DR. KHALID AL NOAIM

Associate Professor of Pediatrics and Head of Pediatric Department in College of Medicine, King Faisal University. Pediatric Endocrine Consultant in Al Moosa Specialist Hospital

For more information, please contact our Team on

Info@hajer-sa.com

SPEAKERS



DR. KHLOOD BUKHAMSIN

Diabetes Consultant at King Fahad Hospital, Al-Ahsa Health Cluster



DR. MOHAMMED ALALWAN

Dedicated Consultant in Cardiology, Prince Saud Bin Jalawi



DR. MARIYYAH AL SHAGHAB

Family Medicine Consultant, Al Ahsa Health Cluster, Hofuf



DR. MOHAMMED ALMUMEN

OB/GYN Senior Registrar, King Faisal General Hospital



DR. MOHAMMED ALRAMADAN

Public Health Consultant Physician at Population Health Management, Al-Ahsa Health Cluster



DR. MONTASER BU KHAMSEEN

Family Medicine Consultant, Family Medicine Academy, Al-Ahsa Health Cluster



DR. MUNIRAH ALABDULATHIM

Adult Endocrinology and Bariatric Medicine Consultant, Department of Medicine Ministry of National Guard Health Affairs King Abdulaziz Hospital Al Ahsa



DR. MUNTHER ALNAIM

Family Medicine Consultant, Program Director of Family Medicine Residency Program at King Abdulaziz Hospital, NGHA, Hofuf



DR. NASSER ALMULHIM

Emergency Service Line Lead at Al-Ahsa Health Cluster

SPEAKERS



DR. OMAR AL OMAIR

Consultant in Gastroenterology and Hepatology Associate Professor and Consultant of Internal Medicine and Gastroenterology, King Faisal University, Almana Hospital and Dallah Hospital, Al-Ahsa



DR. RASHA HSEIKI

Family Medicine Consultant and Program Director, Almoosa Health Group



DR. TAMEEM ALHOMAID

Consultant of Family Medicine and Mental Health,Qassim Health Cluster, President of SAFM



DR. WEJDAN AL HMDAN

Family Medicine Consultant, Al-Ahsa Medical Cluster-Primary Health Care Services and Urgent Care



DR. YAZID ANTAR

Physical Medicine and Rehabilitation, Sports Medicine, and Lifestyle Medicine Acting Consultant, King Fahad Medical City, Riyadh

DAY 01 FRIDAY 24 APRIL 2026

4TH مؤتمر هجر الرابع لطب الأسرة بالإحساء
HAJER FAMILY MEDICINE Conference 24-25 April 2026

01:35 - 01:40 PM	Welcoming	

SESSION 01 HOT TOPICS IN FAMILY MEDICINE

01:40 - 02:00 PM	Managing Refractory Iron Deficiency: When It's Not Just About Iron Intake	Dr. Esra Alzaid
02:00 - 02:20 PM	Thyroid disorders: subclinical thyroid state management updates	Dr. Hussain Alquraini
02:20 - 02:40 PM	Metabolic-associated fatty liver disease (MAFLD / NAFLD): screening and management	Dr. Omar Alomair
02:40 - 02:55 PM	Scientific Symposium	
02:55 - 03:05 PM	Panel Discussion	All
03:05 - 03:20 PM	Break	

03:20 - 03:30 PM CONFERENCE OPENING

SESSION 02 DIABETOLOGY AND OBESITY MEDICINE

03:30 - 03:50 PM	Managing Diabetes in CKD Patients: Advanced Therapies and Clinical Integration	Dr. Ibrahim Al Ibrahim
03:50 - 04:10 PM	Diabetes 2026: The Latest Breakthroughs in Type 2 Management	Dr. Aliaa Al Hashem
04:10 - 04:30 PM	24/7 glucose insights: How CGM empower better diabetes control	Dr. Khlood Bukhamsin
04:30 - 04:50 PM	New Horizons in Adolescent Obesity Management: Pharmacologic and Lifestyle Interventions	Dr. Munirah Al Abdulathim
04:50 - 05:00 PM	Panel Discussion	All
05:00 - 05:10 PM	Break	

SESSION 03 CARDIOVASCULAR DISEASES & PREVENTION

05:10 - 05:30 PM	Preventive Cardiology: Shaping the future of heart health beyond Framingham	Dr. Abdullah Al Ramdhan
05:30 - 05:50 PM	Integrated Chronic Care Models for Post-CVD Patients: Evidence and Practice	Dr. Mohammed Alalwan
05:50 - 06:10 PM	The Silent Partner: Exploring the Underestimated Role of Triglycerides in CVD	Dr. Ayman Soliman
06:10 - 06:30 PM	Reframing Resistant Hypertension: From Detection to Precision Management in Primary Care	Dr. Abdulmohsin Al Hajri
06:30 - 06:40 PM	Panel Discussion	All

PANEL DISCUSSION

06:40 - 07:00 PM	Ready for a Change? Discover The Latest Update for Family Medicine Training Programs in Al-Ahsa	Dr. Montaser Bu Khamseen Dr. Munther AlNaim Dr. Rasha Hseiki

DAY 02 SATURDAY 25 APRIL 2026



SESSION 01 PREVENTION AND IMMUNIZATION

09:10 - 09:30 AM	Saudi Preventive Health Vision 2030: Updates in Preventive Medicine and Health Promotion	Dr. Assim Al Abdulkader
09:30 - 09:50 AM	Protecting High RiskPopulatin: Immunization	Dr. Faisal Al Haddad
09:50 - 10:10 AM	Travel and Hajj Counselling and Immunization : the Frontline Role of Family Physicians	Dr. Mohammed Alramadan
10:10 - 10:30 AM	HIV and Primary Care: Optimizing Routine Screening and Chronic Care Integration	Dr. Abdulmajid Alarfaj
10:30 - 10:50 AM	Exploring the Role of Social Media and Artificial Intelligence in Enhancing Health Awareness	Dr. Abdullah Alhamam
10:50 - 11:00 AM	Panel Discussion	All
11:00 - 11:10 AM	Break	

SESSION 02 WOMAN HEALTH AND WELL BABY

11:10 - 11:30 AM	The Fourth Trimester: Redefining Postpartum Care in Family Medicine	Dr. Mohammed Al Mumen
11:30 - 11:50 AM	Redefining Women's Health: A Life-Course Approach in Primary Care	Dr. Fatimah Al Ghadeer
11:50 - 12:10 PM	The 6 Minute Miracle: Efficient and Holistic Well Baby Visits in Busy Clinics	Dr. Doaa Gharib
12:10 - 12:30 PM	Tiny Growth, Big Concerns: Approach to Growth Faltering	Dr. Khalid Al Noaim
12:30 - 12:40 PM	Panel Discussion	All
12:40 - 01:55 PM	Prayer Break	

SESSION 03 SPORT MEDICINE AND LIFE STYLE

01:55 - 02:15 PM	Knee Pain Across Ages: From Adolescents to Older Adults	Dr. Daniyah Alghaithi
02:15 - 02:35 PM	The Weekend Warrior Workout: Can Two Days a Week Keep You Fit and Healthy?	Dr. Yazid Antar

DAY 02 SATURDAY 25 APRIL 2026

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SESSION 04 PRIMARY MENTAL HEALTH CARE

02:35 - 02:55 PM	Mind Matters: Evidence-Based Approaches to Treating Depression / Anxiety	Dr. Tameem Alhomaid
02:55 - 03:15 PM	Breaking the Cycle: CBT Strategies for Depression/Anxiety in Primary Care	Dr. Mariyyah Alshaghab
03:15 - 03:25 PM	Panel Discussion	
03:25 - 03:35 PM	Prayer Break	
03:35 - 03:45 PM	Research Winner Announcement	

SESSION 05 URGENT CARE

03:45 - 04:05 PM	"When Seconds Count" Managing Seizures Before Ambulance Arrival	Dr. Wejdan Al Hmdan
04:05 - 04:25 PM	Chest Pain at the Door: Rapid Decisions That Save Lives	Dr. Nasser Almulhim
04:25 - 04:35 PM	Panel Discussion	

SESSION 06 RESPIRATORY CARE

04:35 - 04:55 PM	From Symptoms to Control: The Primary Care Asthma Journey	Dr. Ibtihal Al Ibrahim
04:55 - 05:15 PM	Beyond Bronchodilators: Advancing Diagnosis, Staging, and Personalized Therapy in COPD Care	Dr. Abdullah AlKhamis
05:15 - 05:25 PM	Panel Discussion	All

CONFERENCE WORKSHOP

05:25 - 05:55 PM	AI and machine learining in family medicine: revoultiozing patient care	Dr. Kamel Azhar
05:55 - 06:05 PM	Closing Ceremony	