

The First Annual Scientific Meeting of the Lebanese Order of Dietitians
Conference & workshop

THE CONFERENCE

Title	From Undernutrition to Obesity and Diabetes Management: A Comprehensive Approach in Dietetic Practice		
Audience	LOD Members, non-members, and students (Capacity: 100)		
Date	Saturday, September 6, 2025		
Conference Program Schedule			
8:30-9:00	Registration		
Opening Session Dr. Alissar Yassine			
9:00-9:15	Dietetics practice in Lebanon: Challenges and Opportunities	Dr. Nahla Hwalla	
Scientific Sessions			
Time	Title	Speaker	Moderator
9:15-9:30	Dietary and Lifestyle modification program for weight-loss based on Cognitive Behavioral Treatment for Overweight and Obesity: A Novel Approach in Lebanon	Dr. Dima Kreidieh	Dr. Nahla Hwalla
9:30-9:45	Undernutrition and Obesity in Older Adults	Dr. Nathalie Yaghi	Dr. Maha Hoteit
9:45-10:00	Undernutrition and Obesity in the Pediatric Population	Dr. Krystel Ouaijan	Dr. Suzan Haidar
10:00-10:20	Coffee break		
10:20-11:00	Industry sponsored symposium by Novo Nordisk: Understanding Obesity as a Complex Disease	Dr. Nancy Nakhoul	Dr. Alissar Yassine
11:00-11:15	Industry sponsored presentation by LIA Assurex: Securing the Future: The Role of Insurance	Mr. Danny Hanna	Dr. Alissar Yassine
11:15-11:30	Dietary Management of Diabetes: From Guidelines to Person-Centered Care	Ms. Joelle Abi Kharma	Dr. Krystel Ouaijan
11:30-11:45	Is Artificial Intelligence (AI) Effective in Menu Planning and Dietary Management?	Dr. Suzan Haidar	Dr. Dima Kreidieh
11:45-12:00	Closing Remarks Dr. Alissar Yassine		

Conference registration Fees: \$50

The Workshop

Workshop Title: Enhancing Dietetic Practice with Nutrition focused physical Exam (NFPE): A Skills-Based Training for dietitians

Date: Saturday, September 6, 2025

Workshop schedule: 12:30 till 2:30 pm

Participants: LOD members and non-members (capacity 30)

Workshop registration Fee: \$60 (includes lunch box)

Workshop Description:

This interactive workshop offers in-depth training on the Nutrition Focused Physical Examination (NFPE), emphasizing its clinical application and integration in patient assessment. Participants will gain practical skills through hands-on stations and case-based discussions.

Key learning components include:

- Assessment of muscle wasting and fat loss
- Assessment of fluid accumulation/edema
- Assessment of micronutrient deficiencies/toxicities
- Assessment of functional status/hand grip strength
- Supervised hands-on NFPE practice at designated stations
- Case-Based Discussion: Applying NFPE in Clinical Settings

Speakers/facilitators:

Dr. Krystel Ouaijan

Ms. Joelle Abi Kharma

Ms. Hind Dakhil Abboud

Dr. Suzan Haidar

Dr. Dima Kreidieh

 **Early registration is encouraged due to limited capacity.**