1st Saudi Familial Hypercholesterolemia Symposium &
3rd Severe FH Master Class

December 6-7, 2019

Venue: Crowne Plaza
Riyadh, KSA
1st Saudi Familial Hypercholesterolemia Symposium & 3rd Severe FH Master Class
Riyadh, the capital of Saudi Arabia, is one of the fast-growing cities in the world, having developed over a relatively short period of time. In Riyadh, you can see the combination between the historical and traditional scenes and modern achievement.

The word “Riyadh” is the plural word of an Arabic word “Rawdah”, which means a place that is covered with gardens, meadows, and trees. Riyadh was named with this name because of its far history. It was built on ruins of Hijr city of Yamama region, which was rich with water, gardens, and palm dates and had the most fertile soil of Arabia in the old days. Riyadh was the center of unification of the other regions of the Kingdom. From Riyadh, King Abdul Aziz, the founder of modern Saudi Arabia, began to establish a unified state under the banner of monotheism.

ATTRACTION NEAR BY:

Masmak Citadel
In the heart of Riyadh’s old quarters, Masmak Fort is a magnificent citadel that takes us back to the history of Saudi Arabia. This is the fort stormed by the late King Abdul Aziz Ibn Saud in 1902, creating a turning point in the history of the Arabian peninsula. Masmak Palace is an acute and virtually official symbol of the pivotal rise of the Saudi nation. An episode dramatically recreated in a short film that plays in Masmak’s museum tells the historic story even today. Amid its halls and rooms displaying photographs, weapons and armor, there is a plaque commemorating Saudi Arabia’s national day that refers to the late King Abdul Aziz. The Masmak Fort popularly known as Qasr Al-Masmak stands today as a testament to the late King Abdul Aziz’s bravery that led to the reunification of Saudi Arabia.

National Museum
The National Museum of Riyadh is most famous one in the KSA located in the middle part of King Abdul-Aziz Historical Center, which was established to be a cultural and civilization center highlighting the prominent history of Arabian Peninsula and its historical message of disseminating Islam. This Museum aims to introduce the KSA history with its role and fundamentals.
**AD Diriyah**

Al Dir’iya is a historic oasis located on the banks of Wadi Hanifa that had attracted urban settlements since time immemorial. Al Dir’iya’s land occupies the fertile curve of Wadi Hanifa on the outskirts of Riyadh, the capital city of the Kingdom of Saudi Arabia. Al Awja was its traditional name and its modern popular name being Al Dir’iya. Al Dir’iya features a beautiful natural landscape. Known for its traditional mud-brick architecture, Ad Diriyah is home to revitalized Al Bujairi, a pedestrianized maze of winding alleyways with cafes and craft shops. Cultural sites include Diriyah Museum, a former palace with exhibits on Saudi history, and the restored Al-Zawiha Mosque. A river lined with date palms runs through Wadi Hanifah valley, a popular spot for waterside picnics, strolling, and cycling.

**OTHER INFORMATION**

Taxis are available, however not all taxis are metered and it would be prudent to negotiate your rate before travelling.

**RESTAURANTS**

There are a number of Restaurants around Riyadh city. The popular cuisines are Arabic, South Asian, East Asian, contemporary European and American.

**EMERGENCY NUMBERS**

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<th>Service</th>
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<tr>
<td>Police</td>
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<td>Fire</td>
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<td>Traffic Accidents</td>
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Your contacts:

**Mr. Muhammad Abbas**
For tickets and flights reservations
Mobile# 00966592338443
Muhammad.Abbas@sha.org.sa

**Mr. Imran Ashraf**
Hotel accommodation
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imran.ashraf@sha.org.sa
On behalf of the Saudi Group for Cardiovascular Prevention and Rehabilitation (SGCVPR), International Atherosclerosis Society (IAS), Oman Society of Lipid and Atherosclerosis (OSLA) and the GULF Heart Association Lipid Working Group (GHALWG), we would like to welcome you to the 1st Saudi Familial Hypercholesterolemia Symposium & 3rd Severe FH Master Class in Riyadh, Kingdom of Saudi Arabia on December 6 & 7, 2019.

The purpose of this closed number, special invitation course is to increase the knowledge and experience of practising clinicians, pharmacists and dieticians from the Arabian Gulf and MENA region who are interested in the management of lipid disorders.

The course, in particular, will discuss how to recognize, diagnose and treat severe familial hypercholesterolemia (both heterozygous HeFH and homozygous HoFH) in patients following current, up-to-date guidelines and will consist of two days of lectures and interactive sessions.

The course will offer a unique opportunity to learn from prestigious international, regional and national faculties.

We encourage you to actively participate to gain the most from the course and to use the time to build collegial relationships with the faculties and the other participants.

The benefits to be derived from your involvement over the next two days will not only enhance your career and your institution but will ultimately allow you to provided better care for your patients, thus improving the healthcare of the Arabian Gulf and MENA region.

We all are looking forward to a very productive and prosperous course and hope you enjoy Riyadh the capital of Saudi Arabia.

Raul Santos
President, I.A.S

Khalid Al Rasadi
President, OSLA

Fahad AlNouri
President, SGCVPR
SCIENTIFIC COMMITTEE
SCIENTIFIC COMMITTEE

DR. FAHAD ALNOURI  
Chairman

PROF. RAUL SANTOS  
Co-Chairman

DR. KHALID ALRASADI  
Member

DR. ABDULHALIM KINSARA  
Member

DR. FAISAL AL-ALLAF  
Member

DR. ZUHIER AWAN  
Member

PROF. KHALID ALHABIB  
Member
SPEAKERS
SCIENTIFIC PROGRAM
## NATURAL HISTORY AND DIAGNOSIS

**Registration:** 13:00 - 14:00  
**Welcome:** 14:00 - 14:10  
**Chairpersons:** *Dr. Fahad Al-Nouri, Prof. Raul Santos*

<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPICS</th>
<th>SPEAKERS</th>
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<tbody>
<tr>
<td>14:10 - 14:30</td>
<td>Lipid metabolism in FH</td>
<td>Dr. Khalid Al-Rasadi (Oman)</td>
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<td>Discussion: 14:30 - 14:40</td>
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<tr>
<td>14:40 - 15:00</td>
<td>Diagnosis and natural history of Homozygous FH (HoFH)</td>
<td>Prof. Dirk Blom (South Africa)</td>
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<td>Discussion: 15:00 - 15:10</td>
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<tr>
<td>15:10 - 15:30</td>
<td>The genetics of FH and cascade screening</td>
<td>Dr. Faisal Al-Allaf (KSA)</td>
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<td>Discussion: 15:30 - 15:40</td>
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**Coffee Break: 15:40 - 16:10**

**Chairpersons:** *Dr. Khalid Al Rasadi, Dr. Anwar Jelani*

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<th>TIME</th>
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<tr>
<td>16:10 - 16:30</td>
<td>Familial Hypercholesterolemia is underdiagnosed and undertreated: experience from Saudi Arabia</td>
<td>Dr. Fahad Al Nouri (KSA)</td>
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<td>Discussion: 16:30 - 16:40</td>
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<tr>
<td>16:40 - 17:00</td>
<td>Diagnosis and management of pediatric FH</td>
<td>Prof. Dirk Blom (South Africa)</td>
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<td>Discussion: 17:00 - 17:10</td>
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<td>17:10 - 17:30</td>
<td>Gulf FH Registry</td>
<td>Prof. Khalid AlHabib (KSA)</td>
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<td>Discussion: 17:30 - 17:40</td>
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**END OF THE SESSION**
# Session 2

## Risk Stratification & Pharmacological Treatment

### Chairpersons: Prof. Dirk Blom, Dr. Hawazen Zarif

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<tr>
<th>TIME</th>
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<tbody>
<tr>
<td>09:00 – 09:20</td>
<td>Defining the severe FH phenotype</td>
<td>Prof. Raul Santos (Brazil)</td>
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<td><strong>Discussion:</strong> 09:20 – 09:30</td>
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<td>09:30 – 09:50</td>
<td>Safety and tolerability of maximizing oral hypocholesterolaemic agents in treating severe FH</td>
<td>Dr. Zuheir Awan (KSA)</td>
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<td><strong>Discussion:</strong> 09:50 – 10:00</td>
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<td>10:00–10:20</td>
<td>Treatment of severe FH forms: PCSK9 inhibitors</td>
<td>Prof. Raul Santos (Brazil)</td>
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<td><strong>Discussion:</strong> 10:20 – 10:30</td>
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**Coffee Break:** 10:30 – 11:00

### Chairpersons: Dr. Zuheir Awan, Dr. Hind Al Humaidan

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<th>TIME</th>
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<tr>
<td>11:00 – 11:20</td>
<td>Treatment of severe FH: MTP inhibitors</td>
<td>Prof. Dirk Blom (South Africa)</td>
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<td><strong>Discussion:</strong> 11:20 – 11:30</td>
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<tr>
<td>11:30 – 11:50</td>
<td>Novel therapies and future developments to treat severe FH</td>
<td>Dr. Khalid Al-Rasadi (Oman)</td>
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<td><strong>Discussion:</strong> 11:50 – 12:00</td>
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**Lunch Break:** 12:00 – 13:30
# NON-PHARMACOLOGICAL TREATMENT AND GUIDELINES

**Chairpersons:** Dr. Mohammed Al-Dubayee, Dr. Owayed Al Shammeri

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<tr>
<td>13:30 – 13:50</td>
<td>Treatment of severe FH: LDL apheresis</td>
<td>Dr. Hind Al Humaidan (KSA)</td>
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<td><strong>Discussion:</strong> 13:50 – 14:00</td>
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<td>14:00 – 14:20</td>
<td>FH and Liver Transplantation</td>
<td>Dr. Mohammed Al-Dubayee (KSA)</td>
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<td><strong>Discussion:</strong> 14:20 – 14:30</td>
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<tr>
<td>14:30 – 14:50</td>
<td>Update on Guidelines for Management of Familial Hypercholesterolemia</td>
<td>Dr. Nasreen Al Sayed (Bahrain)</td>
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<td><strong>Discussion:</strong> 14:50 – 15:00</td>
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**Coffee Break:** 15:00 – 15:30

**WORKSHOPS**

**Chairpersons:** Dr. Nasreen Al Sayed, Dr. Ahmed Al Qudaimi

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<tr>
<td>15:30 – 15:50</td>
<td>PCSK9 inhibitors in Paediatric Homozygous FH: Saudi Arabia experience</td>
<td>Dr. Mohammed Al-Dubayee (KSA)</td>
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<td><strong>Discussion:</strong> 16:00 – 16:10</td>
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<td>16:10 – 16:30</td>
<td>Saudi experience with MTP inhibitors</td>
<td>Dr. Hawazzen Zarif (KSA)</td>
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<td><strong>Discussion:</strong> 16:30 – 16:40</td>
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<td>Dr. Owayed Al Shammeri (KSA)</td>
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**END OF THE SESSION**
SPEAKERS
Dr. Khalid Al Rasadi was born in Oman where he studied medicine and obtained his Medical Degree in 1998. Dr. Al Rasadi got his postgraduate training in Medical Biochemistry at McGill University in Canada during the period of 2002-2006. He spent another two years in Canada, working as scientist at the Royal Victoria Hospital, McGill University, under the direct supervision of Prof. Jacques Genest. There he was able to perform a number of studies on the molecular genetics of familial hypercholesterolemia and hypoalphalipoproteinemia. In that period Dr. Al Rasadi also received strong training at the lipid clinic of the Royal Victoria Hospital, McGill University. He was also awarded a certificate in Clinical Lipidology by the National Lipid Association in the United State in 2008.

Dr. Al Rasadi is the Head of Department of Biochemistry at the Sultan Qaboos University Hospital in Oman. Dr. Al Rasadi is one of the founder members of the Oman Society of Lipid & Atherosclerosis (OSLA), and since then he contributed significantly in the recognition of OSLA as an active society nationally and internationally as key player in promoting scientific education and general awareness relating to lipid disorders and atherosclerosis through organizing conferences delivered by veritable experts in the field of lipid research, as well as public outreach activities.

Dr. Al Rasadi is a member of national and international medical associations and a member of Oman Medical Journal and BBA-Clinical journal editorial board. He has 32 publications and 1 chapter book (total Citations 156, H-Index: 8).
Prof. Dirk Blom is the Head of Division of Lipidology at the University of Cape Town and also heads the Lipid Clinic at Groote Schuur Hospital, both in South Africa. The lipid clinic serves as a referral centre for patients with severe, unusual or difficult-to-manage dyslipidaemia, and is also a key resource in numerous clinical trials exploring novel lipid-modifying or anti-atherosclerotic therapies. PROF. Blom’s personal research interests include genetic disorders of lipoprotein metabolism with a particular emphasis on dysbetalipoproteinaemia and familial hypercholesterolaemia, which is particularly common in South Africa. His unit has participated or is participating in trials with microsomal transfer protein (MTP)-inhibitors, antisense oligonucleotides and PCSK9 inhibitors for the management of familial hypercholesterolaemia. PROF. Blom is a member of multiple international societies and currently serves on the executive committee of the Lipid and Atherosclerosis Society of Southern Africa. He has published in multiple peer-reviewed journals including Lancet, the New England Journal of Medicine, Circulation, Clinical Lipidology, Current Opinion in Lipidology and the Journal of Lipid Research.
Professor Faisal A Al Allaf was born in Saudi Arabia and obtained his B.Sc in Medical Sciences from Umm AlQura University Makkah Saudi Arabia in 1992. He obtained his M.Sc in Biochemistry from King Saud University Riyadh, Saudi Arabia in 1997 M.Sc in Human Molecular Genetics from Imperial College Faculty of Medicine, University of London, UK in 2004.

Professor Al Allaf is a member of Faculty of Medicine, Umm Al Qura University King Abdullah Medical City, Makkah and specialize in Gene and Stem Cell Therapy and Molecular Diagnostics.

Professor Al Allaf is a member of the steering committee for the Gulf Familial Hypercholesterolemia Study and he is responsible for the genetic diagnosis of this study.

Professor Al Allaf has many publications in high impact International Journals with total Citations 1284 and H Index13.
Dr Fahad Alnouri, MD, MSc, FESC, FACC has graduated with an MSc in Preventive Cardiology from the Imperial College London 2009, with merit for his dissertation titled “Lipid management in patients with Coronary Heart Disease in Europe (Result from EUROASPIRE III)”

Upon completion of his degree and return to Riyadh, Dr Alnouri set up the first-ever Cardiovascular Prevention and Rehabilitation Unit within the Kingdom of Saudi Arabia.

The unit’s outpatients clinic is unique in that it is designed to deal with patients and their families, and each patient is seen by a team headed by Dr Alnouri, a dietician, a physical activity specialist, a clinical pharmacist and a health educator nurse at their initial visit and follow-ups.

Dr Alnouri’s area of interest is Familial Hypercholesterolaemia since it is an underdiagnosed and undertreated disease, which has a high prevalence in Saudi Arabia where the consanguineous marriage is a widespread practice and estimated to be 55%.

His unit is responsible for the diagnosis of Monogenic Familial Hypercholesterolaemia patients either phenotypically or genotypically and treat them with lipid-lowering drugs or lipoprotein apheresis.

The unit also provides counselling for patients affected by this disease and their families.

Dr Alnouri has participated as chairperson and speaker in National and International congresses.

He also has many publications in Familial Hypercholesterolaemia in high impact International Journals.

He is reviewing abstracts for the European Society of Cardiology.

Dr Alnouri is a member of the steering committee of the International Lipids Experts Panel (ILEP).

Dr Alnouri has co-founded the Saudi Group for Cardiovascular Prevention and Rehabilitation (SGCVPR) in the Saudi Heart Association and is the current president of the group.
1. Professor of Cardiology  
2. Interventional Cardiologist  
3. College of Medicine  
4. Department of Cardiac Sciences  
5. King Fahad Cardiac Center at King Saud University (Riyadh, Saudi Arabia)  
6. Past President of the Saudi Heart Association  
7. PI of local and regional registries, and National Leader and Steering Committee member of international research projects focused on ACS, AHF, and population health.  
8. Over 100 publications in peer-reviewed journals (many of which in top journals such as: Lancet, European Heart Journal, Circulation).  
Raul D. Santos, MD, PhD, MSc is Director of the Lipid Clinic at the Heart Institute and associate professor of the University of São Paulo (USP) Medical School, Brazil. He is also Scientific Advisor of the Hospital Israelita Albert Einstein in São Paulo. Currently he is the president of the International Atherosclerosis Society (IAS).

After completing his training in cardiology Dr. Santos obtained master and PhD degrees in food science at the USP pharmacy school. His research interests include lipid metabolism, severe forms of genetic dyslipidemias, especially FH and HDL deficiency, non-alcoholic fatty liver disease and imaging in atherosclerosis focusing on vascular calcification. He has published more than 280 papers in peer-review journals like the Lancet, The New England Journal of Medicine, Atherosclerosis, ATVB, Circulation, The European Heart Journal, JACC, JACC Cardiovascular Imaging, Journal of Lipid Research, Journal of Clinical Lipidology, Lancet Diabetes & Endocrinology among others.

In addition, he is one of the associate editors of Atherosclerosis, the Journal of Clinical Lipidology and the European Journal of Preventive Cardiology. He has received a lifetime membership recognition award from the National Lipid Association, a career achievement award from Oman Society of Lipid and Atherosclerosis (OSLA) and, a Paul Dudley White International Scholar Award from the American Heart Association.
Dr. Zuhier Awan, is an academic staff and a physician-scientist at King Abdulaziz University and King Fahad Institute of Research.

He received his medical degree from King Abdulaziz School of Medicine, and then completed residency training in Medical Biochemistry at McGill University. Dr. Awan further completed a postdoctoral fellowship in Cardiovascular Genetics and a fellowship in Preventive Cardiology and Advanced Clinical Lipidology at the Cardiology Department of the Royal Victoria Hospital in Montreal.

He is a fellow of the Royal College of Physicians and Surgeons of Canada, the American Academy of Clinical Biochemistry, the American Heart Association and the American College of Endocrinology. He is both Canadian Board Certified (Medical biochemist/Clinical Investigator) and American Board Certified in Clinical Lipidology. He also received a specialized training in Medical Education and Forensic Toxicology in the United States.

He earned both MSc and PhD degrees with Honor’s from the Department of Biochemistry and Molecular Medicine, Faculty of Medicine, Université de Montréal. His basic research interests are in cardiovascular disease prevention methods and randomized clinical trials to treat advance atherosclerosis. He has published more than 50 peer-reviewed research papers and written a book on proprotein convertase subtilisin/kexin type 9 in human disease.

Zuhier Awan, MD, MSc, PhD, FACB, FRCPC, FAHA, FACE
Associate Professor and Consultant
Faculty of medicine, Department of Clinical Biochemistry
King AbdulAziz University
zawan@kau.edu.sa
Dr. Hind Al-Humaidan, MD, FRCPA is a graduate from the Royal Collage of pathologist of Australasia and completed fellowship in transfusion medicine from Duke University Medical Center, USA.
Dr. Hind is the medical director of Blood Bank (Transfusion, Therapeutic Apheresis, Donor Services & Stem Cell Cord Blood Bank) since 2000. She established the first public cord blood bank in 2006.
In addition, her area of interest is therapeutic apheresis where she introduces the first therapeutic apheresis using columns for patients with homozygous Familial Hypercholesterolaemia in the kingdom in 2006.
Dr. Hind is the Chairperson of Saudi Arabia Chapter of the Asian Association of Blood Bank.
Dr. Hind is the Head of National Transfusion Committee under umbrella of Saudi Commission on Health Specialties.
She is also Associate Professor in the College of Medicine, King Faisal University.
Thank you and best regards.

Hind Al Humaidan, MD, FRCPA
Consultant & Director, Blood Bank (DS & TS), Therapeutic Apheresis & Stem Cell Cord Blood Bank
Pathology and Laboratory Medicine
King Faisal Specialist Hospital & Research Centre
Riyadh, Kingdom of Saudi Arabia
Vice President & Chairperson (KSA) of AATM
FH and Liver Transplantation

PCSK9 inhibitors in Paediatric Homozygous FH: Saudi Arabia

Associate Dean, Office of Research, College of Public Health & Health Informatics, Associate Professor, King Saud bin Abdulaziz University for Health Sciences (KSAU-HS), Head Pediatric Endocrinology Division, Department of Pediatrics, King Abdullah Specialized Children’s Hospital (KASCH), Ministry of National Guard Health Affairs, King Abdulaziz Medical City, Riyadh, Saudi Arabia
Dr. Al-Sayed graduated from Arabian Gulf University, college of Medicine in Bahrain. She is American Board Certified. She completed her Residency training in Internal medicine at Sinai-Grace Hospital, Wayne State University, Detroit, Michigan, USA and Fellowship training in Endocrinology and Diabetes at Cleveland Clinic Foundation, Ohio, USA. Dr. Al-Sayed is also American Board Certified in Clinical Lipidology and a fellow of American College of Physicians and fellow of American College of Endocrinologists. She has worked as assistant professor at Arabian Gulf University and is currently at Gulf Medical & Diabetes Specialist Center in Bahrain. Dr. Al-Sayed is a member of the National Lipid Association and other Diabetes and Endocrine Associations and has several research publications. She is currently president elect for the American Association of Clinical Endocrinologist, Gulf Chapter and a member of expert panel for Middle East Familial Hypercholesterolemia guidelines and FH Gulf registry. She is the National Lead investigator for FH in Bahrain. Dr. Alsayed participated with expert panel and published first consensus recommendation for management of plasma lipid disorders for Middle East 2016. She has other several publications in the endocrine field.
Dr. Hawazen is currently working as Consultant for Diabetes and Endocrinology on the Department of Medicine in King Abdulaziz Medical City-WR, Ministry of National Guard Health Affairs since October 2004. She is also an Associate Dean of Academic Affairs in the College of Medicine Female Branch and the Assistant Professor of Medicine and Endocrinology in King Saud Bin Abdulaziz University- Health Sciences since December 2015.

Dr. Hawazen attained the degree on Bachelor of Medicine & Surgery and passed the board of Arab Board Internal Medicine. She achieved her fellowship of Diabetes and Endocrinology in University of Western Ontario and was followed by Adolescence Endocrine clinical fellowship at the same university a year after. She also graduated a certificate in Epidemiology and Biostatistics in University of Western Ontario, gained qualification of Principles and Practice of medical research on the Department of Continuous Education in the Harvard Medical School, and achieved Master’s degree in Medical Education on the College of Medicine in King Saud Bin Abdulaziz University for Health and Sciences with honors degree.
Dr. Owayed Alshammeri is a consultant cardiologist and angiologist graduated from multiple universities and last was Tufts medical school in 2010 to gain American board of vascular medicine and American board of endovascular medicine. He is working now as a head of cardiology in Al rayyan hospital, one of Habib Medical Group in Riyadh. He published multiple paper related to dyslipidemia, last was DYSIS in Saudi Arabia. He is one of investigator in multiple dyslipidemia active trials, namely GOAL, Zerbini and other.
CHAIRPERSONS
DR. ANWAR JELANI
Cardiology
King Abdulaziz Hospital, Institution:
National Guard Health Affairs

DR. AHMED SAGHIR AL QUDAIMI
Associate consultant cardiologist
Saud Al-Saud Al Babtain Cardiac
Center-Dammam
1st Saudi Familial Hypercholesterolemia Symposium & 3rd Severe FH Master Class