AACE Gulf Chapter
Thyroid Ultrasound/FNA Workshop

October 22nd, 2014
SKMC Diabetes Center
Abu Dhabi, United Arab Emirates
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Dear Colleagues,

On behalf of the Program Organizing Committee, it is my privilege and pleasure to welcome you to the first Thyroid Ultrasound Workshop to be held on the 22nd of October in Abu Dhabi, UAE.

With the increasing structural disorders of the thyroid gland, thyroid ultrasound has proven to be a fundamental imaging tool that can be made available within the reach of every Endocrinologist.

Unfortunately, the number of experts and trainees in the area of thyroid ultrasound remains quite limited in the Gulf area. Realizing this limitation, the AACE Gulf Chapter has set one of its priority objectives to empower the training and teaching of thyroid ultrasonography. In this respect I would like to express my gratitude to the organizing committee led by Dr. Huda Ezzeddine who, along a local team of local and international experts in the field of thyroidology have worked hard to develop for you a one day workshop covering different aspects of thyroid and parathyroid ultrasonography.

We look forward to welcoming you to this unique educational education, which I hope would be an enjoyable and fruitful experience to all of those of you who decide to join us.

Aly Bernard Khalil, MD FACE  
President of the Gulf Chapter of AACE  
Consultant in Endocrinology
Dr. Fatheyah Al Awadhi  
Consultant Endocrinologist  
Dubai Hospital  
Dubai, UAE

Dr. Alaa Bashier  
Consultant Endocrinologist  
Dubai Hospital  
Dubai, UAE

Dr. Rajanikant Bhatt  
Consultant Radiologist  
Imperial College London Diabetes Centre  
Abu Dhabi, UAE

Dr. Thamer Alessa  
Consultant Endocrinologist  
Al-Kabeer Hospital  
Kuwait City, Kuwait

Dr. Samer El-Kaissi  
Consultant Endocrinologist  
King Fahad Medical City  
Riyadh, Kingdom of Saudi Arabia

Dr. Aly Khalil  
President of the Gulf Chapter of AACE  
Consultant Endocrinologist  
Imperial College London Diabetes Centre  
Abu Dhabi, UAE

Dr. Anwar Al Jammah  
Consultant Endocrinologist  
King Saud University  
Riyadh, Kingdom of Saudi Arabia

Dr. Mohamed Lamki  
Consultant Endocrinologist  
Royal Hospital  
Muscat, Oman

Dr. Abdulrazzak Al Madani  
Consultant Endocrinologist  
Dubai, UAE

Dr. Huda Mustafa  
Consultant Endocrinologist  
Sheikh Khalifa Medical City  
Abu Dhabi, UAE

Dr. Donald Roberts,  
Consultant ENT  
Sheikh Khalifa Medical City  
Abu Dhabi, UAE

Dr. Mario Skugor  
Associate Professor of Medicine  
CCLCM of CWRU  
Vice Chairman of Global Patient Services  
Endocrine and Metabolic Institute  
Department of Endocrinology and Metabolism  
Cleveland Clinic,  
Cleveland, Ohio, USA

Dr. Ali Alzahrani  
Consultant Endocrinologist  
King Faisal Hospital  
Riyadh, Kingdom of Saudi Arabia
Dr. Fatheyah Al Awadhi  
Consultant Endocrinologist  
Dubai Hospital  
Dubai, UAE  

In 1990, she earned her degree of Bachelor of Medicine and Bachelor of Surgery at the King Edward Medical University in Lahore, Pakistan. She got her Masters in Endocrine and Diabetes at the Glasgow University in 1997. In 2000, she earned MRCP of the Royal College of Physicians and a diploma in Internal Medicine at the Imperial College in London. In 2007 she obtained Fellowship from the American College Of Endocrinologists. In 2010 she obtained her FRCP from Royal College of physicians, London.

During the period from 1991 to 1995, she underwent internship as a resident physician at the Internal Medicine and Endocrinology Department under the supervision of Dr. AbdulRazak Al Madani at Dubai Hospital, UAE.

In the following years from 1995 to 1999, Dr AlAwadi worked at the Glasgow Royal Infirmary in Glasgow, Scotland in Endocrine & Internal Medicine Department. Her tenure gave her the opportunity to work closely with the infirmary’s Diabetes Centre and Bone Mineral Metabolism Unit.

From 1999 to 2000, she worked at the Hammersmith Hospital in London where she further specialized in Endocrinology.

From 2000 till date, Dr AlAwadi serves as a Consultant Endocrinologist and the Head of the Endocrine Unit of Dubai Hospital. At present she serves as a Senior Lecturer at Dubai Medical College and was also the Program Director of Internal Medicine Residency Program at Dubai Health Authority, Examiner for the PACES Examination (MRCP) of royal college of physician 2012 during the period from 2006 till 2010.

Dr AlAwadi is currently also affiliated with a number of national and international medical associations. She is a member of Emirates Medical Society, Emirates Diabetes Society, Emirates Endocrine Club, Member of the National prevention Diabetes committee, Member of American college Of Endocrinologists and Member of the organising committee of MRCP-PACES Examination.

Along her illustrious career, she also earned a number of awards. She won the Sheikh Rashid Bin Saeed Al Maktoum Award twice in 1997 and in 2001. She also won the Best Clinical Performance in General Medicine from the Imperial College of London in 2000. She received an Appreciation Award from the Department of Health and Medical Services in 2002.

Currently Dr AlAwadi is actively involved in the study and research of diabetes.
Dr. Alaa Bashier
Consultant Endocrinologist
Dubai Hospital
Dubai, UAE

Dr. Bashier is a Sudanese national, who received all his undergraduate education in Khartoum, and graduated from faculty of Medicine University of Gezira, Sudan.

Did postgraduate training in Sudan and then joined Al-Qassimi hospital ministry of health in UAE, and then Dubai Hospital endocrinology division.

Achieved the MRCP (UK) in 2005, fellowship of American College of Endocrinology 2010 (FACE), subspecialty endocrine exam 2011 (SCE endocrine), and postgraduate diabetes diploma from Cardiff University in 2012 (PGDD Cardiff), and Master in diabetes from Cardiff in 2014 (MSc diabetes).

Has excellent experience in the field of internal medicine, endocrinology and diabetes for the last 10 years. Has been performing USS thyroid since 2008; and completed more than 3000 USS and Fine Needle Aspiration Biopsy studies since then. Has achieved his certification in Neck USS and FNAB from the American College of Endocrinology in 2013 (ECNU).

Known for his excellent diagnostic acumen in Internal medicine and endocrine, has special interest in diabetes, pituitary, thyroid, and adrenal disorders. He is interested in teaching undergraduate and postgraduate doctors; shared in organization of the PACES exam in Dubai, and is regularly giving lectures (30-40 per year) inside and outside UAE.

He co-authored a book “glucagon structure biosynthesis and physiological effects” and wrote two chapters about history of glucagon and GLP1, and Glucagon Antagonists. He shared more than 25 multicenter trials that has been conducted in the region in the field of endocrinology and diabetes, and has published more than 15 original articles, brief communications, case reports, and systemic reviews.
Dr. Thamer Alessa
Consultant Endocrinologist
Al-Kabeer Hospital
Kuwait City, Kuwait

Dr. Thamer Alessa is working as a Specialist in the department of Endocrinology at the Mubarak Al-Kabeer Hospital. Received the bachelor degree of Medicine and Surgery from the University of Kuwait, Faculty of Medicine. Certified by the American Board of Internal Medicine after completing residency in Internal Medicine and fellowship in Endocrinology, Diabetes and Metabolism at the University of Miami, Jackson Memorial Hospital and Miami VA Hospital. Speaker and poster presenter at several local and regional conferences and has several publications in the field of endocrinology and diabetes.

Dr. Rajanikant Bhatt
Consultant Radiologist
Imperial College London Diabetes Centre
Abu Dhabi, UAE

Graduated from Grant Medical College, (University of Bombay) India and completed his MD in radiology from same institute. He also was conferred DMRE from College of Physicians and Surgeons Bombay.

In addition to general radiology his area of specialization is ultrasound. He garnered further experience in his area of interest from postings in UK and Denmark.

He has unique distinction of being the first to introduce Trans rectal ultrasound for prostate and Vascular Color Doppler for erectile dysfunction shortly after joining Al Mafraq hospital in the UAE.

In fact he is one of a small number of radiologists in the region to specialize in ophthalmic ultrasound.

Having joined Imperial College London Diabetes Centre in 2006 as head of section dealing with large numbers endocrine disorders and bulk of his work is related to Thyroid gland disorders.
Faculty Biographies

Dr. Samer El-Kaissi
Consultant Endocrinologist
King Fahad Medical City
Riyadh, Kingdom of Saudi Arabia

Dr El-Kaissi is a Consultant Endocrinologist at King Fahad Medical City in Riyadh, Saudi Arabia. He has an interest in thyroid disorders and has been doing in-office thyroid ultrasonography and ultrasound guided fine needle aspiration since 2003. Dr El-Kaissi did his undergraduate Medical studies at Flinders University of South Australia, followed by post-graduate training in Internal Medicine and Endocrinology and is currently a fellow of the Royal Australasian College of Physicians. In 2008, he completed a PhD on thyroid-associated ophthalmopathy through the University of Melbourne in Victoria, Australia.

Dr. Aly Khalil
President of the Gulf Chapter of AACE
Consultant Endocrinologist
Imperial College London Diabetes Centre
Abu Dhabi, UAE

Dr. Ali Khalil had been a Senior Consultant at SKMC, Abu Dhabi, since 2003. He is certified by the American board of Internal medicine since 1988 and the American board of Endocrinology and Metabolism since 1995 (recertified 2005). He qualified from the University of Marseilles, France in 1976.

He joined the American Hospital in Beirut as a fellow in 1978 and then immigrated to Canada in 1980, following which he proceeded to his residency program at the Universities of Toronto and Queens till 1985.

From there, he joined the University of Calgary, Alberta till 1989 as a research scholar for the Alberta Heritage Foundation. He then was appointed to his clinical position at Queen’s Hospital, Toronto as a consultant in internal medicine and endocrinology and chair of endocrinology till 2000. In 1999, he assumed the role of President of the Toronto diabetes association till the time of his move to the Emirates in February 2002 where, he joined SKMC as a Consultant in Endocrinology and critical care. His research interests are thyroid autoimmunity, thyroid cancer and metabolic disorders.
Dr. Anwar Al Jammah  
Consultant Endocrinologist  
King Saud University  
Riyadh, Kingdom of Saudi Arabia

Dr. Jammah obtained the American Board in Medicine 2006, Canadian Board in Medicine 2007, American Board in Endocrinology, Diabetes & Metabolism in 2008, and Canadian Board in Endocrinology & Metabolism in 2009. He completed 2 years fellowship in Endocrinology, Diabetes, & Metabolism in Canada in 2008 and then one year Thyroid oncology fellowship in 2009. He is a Fellow of Royal College of Physicians and Surgeons in CANADA FRCP(C), Fellow of American College of Physicians FACP, and a Fellow of the American College of clinical Endocrinology FACE. He got his Certification in Neck Ultrasound (ECNU) From American college of Endocrinology (ACE) in December 2009. He work as consultant and Asst. professor in Department of Medicine in Medicine, Endocrinology, Diabetes and Thyroid Oncology. He is the Head of Endocrinology, Diabetes & Metabolism Division in King Saud University and King Khalid University Hospital Riyadh, Kingdom of Saudi Arabia. He is the Head of the P&T committee in University Hospitals. He is practicing Internal Medicine and Endocrinology as consultant since 2009 with special interest in Neck & Thyroid ultrasound & Fine needle Aspiration under ultrasound guidance of Thyroid nodules and lymph nods., aspiration of thyroid cysts and alcohol injections, and he is performing over 500 procedures a year. He had a wide experience in diagnosis and management and follow up of Thyroid Cancer patients, including nuclear medicine interventions. He is practicing as well, Neuroendocrinology, general Endocrinology and diabetes.

Dr. Mohamed Lamki  
Consultant Endocrinologist  
Royal Hospital  
Muscat, Oman

Dr. Lamki graduated in Egypt in 1981 and received his post-graduate training in Glasgow in 1995. He thereby returned to Oman where he headed the Department of Endocrinology. He was a Project Director in Conceptual Designed of The National Diabetes, Endocrine and Metabolic Centre (2006-2012). At present, he is a Clinical Director in Medicine. Additional posts, Committee Member for the National Diabetes Program in Oman, founding member of Gulf Group for The Study of Diabetes, and current Vice-President of Diabetes Asia Study Group (DASG), and Ex -President of Oman Diabetes Association (ADA). Member of Diabetes MENA Region, Section of IDF (International Diabetes Federation). Recently he was appointed as Board Member of AACE-Gulf Chapter (American Association Clinical Endocrinologist).

He’s professional experience were Internal Medicine and Endocrinology, both covering Diabetes and General Endocrinology-Utilization of Pattern Management in Diabetes, and using Glp-1 very early, prior to its release in the MENA region. (Incretin based therapy for diabetes – a new class of therapy).

He’s professional achievement was to introduce clinical modules-electronic. The use Glp-1 and initiation of education for nurses, integrated care system using soft-ware and pattern management for diabetes care. National diabetes Guidelines for Oman, Qatar Diabetes Briefing Guidelines (QDA).
Dr. Abdulrazzak Al Madani
Consultant Endocrinologist
Dubai, UAE

After graduating in Medicine from the Ain Shams University in Cairo, Dr. Madani pursued his Postgraduate training in Internal Medicine and Endocrinology from Munich, Germany and obtained his Fachartz in both specialties. The Royal College of Physicians endowed Dr. Madani Honorary Fellowships from their Colleges in Edinburg and Glasgow.

Dr. Madani joined Dubai Health Authority in 1980 and from the year 1993, has held the post of Consultant in Medicine and Endocrinology in Dubai Hospital. Dr. Madani was awarded the Sheikh Rashid Award for Scientific Achievement in 1988 and was honored with the Dubai Government Excellence Award (DGEP) in 2002 under the Category - Distinguished Employee.

Dr. Madani is the President of the Emirates Diabetes Society and the President of the Gulf Group for Study of Diabetes. He is the Editorial Board Chairman of the “Diabetes Positive Living Magazine” a social initiative of the Emirates Diabetes Society. His publications in Clinical Diabetes include “Recommendations for Management of Diabetes During Ramadan”, “Diabetes Care, Algorithm for Management of Type 2 in the Middle East”, “Diabetes Education in the Arab World, A Call for Action” and “UAE National Diabetes Guidelines”.

Dr. Huda Mustafa
Consultant Endocrinologist
Sheikh Khalifa Medical City
Abu Dhabi, UAE

Dr. Huda was graduated from King Faisal University in Saudi Arabi, 1993 then completed her postgraduate training in Internal Medicine and Endocrinology from Imperial College London (UK). She then obtained the membership of the Royal College of Physicians of United Kingdom, and the Specialty Certification in Endocrinology & Diabetes (2010). Moreover, Dr. Huda holds MSc. degree in Diabetes from Warwick’s University (UK). Currently Dr. Mustafa is a Fellow of the Royal College of Physicians of Edinburgh and London (FRCP), as well as a Fellow of the American College of Endocrinology (FACE).

Over the last few years, Dr. Huda’s focus of interest has been Thyroid disorders, leading the Sheikh Khalifa Medical City’s Thyroid Cancer Program after she had attained the Endocrinology Certification in Neck Ultrasound (ECNU) from the American College of Endocrinology 2011.
After Dr Roberts completed premedical studies at Millsaps College, he attended the University of Mississippi Medical School in Jackson, Mississippi and obtained his Medical Doctor degree Summa cum laude in 1975. Residency training in Otolaryngology/ Head and Neck Surgery was completed at Louisiana State University Medical Center/ Charity Hospital in New Orleans 1975-1980.

He served as Chief of the Otolaryngology Service at Wright Patterson Air Force Base Medical Center in Dayton, Ohio 1980-82, receiving the USAF Commendation Medal. After 20 years of private practice in ENT, he was Anatomy department Head and Dean of St Matthews University Medical School in the Caribbean. For the last 10½ years he has been an ENT Consultant at Shaikh Khalifa Medical City, being chief of the ENT department for 8 years. His chief interest now is Thyroid and Parathyroid Surgery, and Salivary gland Neoplasms.

Dr. Mario Skugor
Associate Professor of Medicine CCLCM of CWRU
Vice Chairman of Global Patient Services
Endocrine and Metabolic Institute
Department of Endocrinology and Metabolism
Cleveland Clinic
Cleveland, Ohio, USA

Dr. Mario Skugor has been on Staff at Cleveland Clinic since 2002. He is a board-certified in Internal Medicine and Endocrinology, Diabetes and Metabolism. His clinical interests include diabetes mellitus, thyroid disorders, disorders of calcium metabolism, metabolic bone disease and obesity. His practice is not limited to these diseases but also include adrenal and pituitary disorders.

He is associated professor of medicine at Cleveland Clinic Lerner College of Medicine and is involved in teaching and training of medical students, residents and fellows. He had an award on the following: Pfizer Scholars in Endocrinology Award, Oregon Health Sciences University and his research findings were selected by Program Directors at National Center for Research Resources to represent one of the most scientifically important advances published by investigators in 1997 and 1998. He is a member of the American Association of Clinical Endocrinologists, American Thyroid Association and Endocrine Society.
Ali Saeed Alzahrani, MD, FACE, FACP is a previous Associate Consultant Endocrinologist, Department of Medicine, King Faisal Specialist Hospital & Research Centre, Riyadh, Saudi Arabia from January 1998 until December 2000. After that he became the Acting Chairman of the same hospital on March 2000 until June 2001. Then he became Deputy Chairman on September 2003 until September 2006. In January 2007-2010, he became the Director of Endocrine Fellowship Training Program, Department of Medicine. After that he became the Editor-in-Chief at Annals of Saudi Medicine and became Editor-in Chief on Dec 2007 until January 2010. He also served as Associate Executive Director, Academic & Training Affairs at King Faisal Hospital on January 2008 until January 2010. He also served as a Faculty Member and Visiting Scientist, Division of Endocrinology and Metabolism at John Hopkins University School of Medicine, Baltimore, USA. Currently he is working as Consultant Endocrinologist and head, Molecular Endocrinology Section, Department of Molecular Oncology, Research Centre, King Faisal Specialist Hospital & Research Centre.

He is also involved in some editorial activities. In February 2003 until November 2007, he is a member of Editorial Board, Annals of Saudi Medicine and became Editor-in Chief on Dec 2007 until January 2010. He is also an International Member, Editorial Board, British Journal of Diabetes and Vascular Diseases since January 2007 up to present.

He has 60 peer-reviewed articles. More than 80 national and international presentations both oral and poster. He also made more than 90 lectures nationally and internationally as invited speaker.
With much appreciation the Gulf Chapter of AACE would like to acknowledge the technical support offered by the following companies for their kind provision of the Ultrasound machines along with the application specialists:
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<tr>
<td>08:30-09:00</td>
<td>Registration and Refreshments</td>
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<tr>
<td>09:00-09:05</td>
<td>Welcome by the AACE- Gulf President</td>
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<tr>
<td>09:05-09:15</td>
<td>Introduction</td>
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<tr>
<td></td>
<td>Dr. Huda Ezzedin, SKMC, Abu Dhabi, UAE</td>
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<tr>
<td>09:15-09:45</td>
<td>Ultrasound/ Doppler Physics</td>
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<td>Dr. Mario Skugor, Cleveland Clinic, Ohio, US</td>
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<tr>
<td>09:45-10:15</td>
<td>Anatomy of Thyroid, Parathyroid and other related structures</td>
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<td>Dr. Donald Roberts, SKMC, Abu Dhabi, UAE</td>
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<tr>
<td>10:15-10:45</td>
<td>Thyroid Pathology by Ultrasound</td>
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<td>Dr. Huda Ezzedin, SKMC, Abu Dhabi, UAE</td>
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<td>10:45-11:00</td>
<td>Coffee Break</td>
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<tr>
<td>11:00-11:30</td>
<td>Ultrasound Evaluation of Thyroid Nodules</td>
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<td>Dr. Mario Skugor, Cleveland Clinic, Ohio, USA</td>
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<td>11:30-12:00</td>
<td>The Value of US in Diagnosis/ Follow-up of Thyroid Cancer</td>
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<td>Dr. Ali Zahrani, King Faisal Hospital, Riyadh, KSA</td>
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<td>12:00-12:30</td>
<td>Parathyroid US</td>
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<td>Dr. Abdulrazzak Al Madani, Dubai, UAE</td>
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<td>12:30-13:00</td>
<td>US Guided FNA Biopsy</td>
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<td>Dr. Mario Skugor, Cleveland Clinic, Ohio, USA</td>
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<td>13:00-14:00</td>
<td>Lunch Break</td>
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<tr>
<td>14:00-15:45</td>
<td>Introduction to the Practical Session with Group Setup</td>
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<td>Dr. Huda Ezzedin, SKMC, Abu Dhabi, UAE</td>
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<td></td>
<td><strong>Practical Workshop I &amp; Practical Workshop II</strong></td>
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<td>15:45-16:00</td>
<td>Coffee Break</td>
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<tr>
<td>16:00-17:00</td>
<td><strong>Practical Workshop III &amp; Practical Workshop IV</strong></td>
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<tr>
<td>17:00-17:30</td>
<td>Plenary and Closing Remarks</td>
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<td></td>
<td>Dr. Huda Ezzedin, SKMC, Abu Dhabi, UAE</td>
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<tr>
<td>17:30</td>
<td>Close, Feedback and Certificates</td>
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<td>TIME</td>
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<tr>
<td>14:15-15:00</td>
<td><strong>Practical Workshop I</strong> (Normal Thyroid + Thyroid Nodule)</td>
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<tr>
<td></td>
<td>Group A in Room 1 Dr. Rajanikant Bhatt</td>
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<td></td>
<td>Group B in Room 2 Dr. Thamer Alessa</td>
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<td>Group C in Room 3 Dr. Anwar Al Jammah</td>
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<td>Group D in Room 4 Dr. Mohamad Lamki</td>
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<tr>
<td>14:15-15:00</td>
<td><strong>Practical Workshop II</strong> (Normal Thyroid + Thyroiditis)</td>
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<td>Group A in Room 3 Dr. Anwar Al Jammah</td>
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<td>Group B in Room 4 Dr. Mohamad Lamki</td>
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<td></td>
<td>Group C in Room 1 Dr. Rajanikant Bhatt</td>
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<td></td>
<td>Group D in Room 2 Dr. Thamer Alessa</td>
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<tr>
<td>15:45-16:00</td>
<td>Coffee Break</td>
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<tr>
<td>16:00-17:00</td>
<td><strong>Practical Workshop III</strong> (FNA)</td>
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<tr>
<td></td>
<td>Group A in Room 1 Dr. Samer El Kaissi</td>
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<td></td>
<td>Group B in Room 2 Dr. Mario Skugor</td>
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<td></td>
<td>Group C in Room 3 Dr. Alaa Bashier</td>
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<tr>
<td></td>
<td>Group D in Room 4 Dr. Fethiya Al Awadi</td>
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<tr>
<td></td>
<td><strong>Practical Workshop IV</strong> (Free time practice)</td>
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