



KENYA DIABETES STUDY GROUP

77th Annual Scientific Conference

THEME:
EVOLVING FACE OF DIABETES AND METABOLIC HEALTH IN KENYA:
FROM PREVENTION TO PRECISION



17th - 20th
June 2026



Lake Naivasha
Resort

PROGRAMME

Message from the *Chair*

Distinguished guests, esteemed colleagues, partners, and dear friends,

It is my great honor and pleasure to warmly welcome you all to the 11th Annual Scientific Conference of the Kenya Diabetes Study Group, taking place from the 17th to 20th of June 2026 here at the beautiful Lake Naivasha Resort.

This year's theme, "The Evolving Face of Diabetes and Metabolic Health in Kenya: From Prevention to Precision," reflects both the urgency and the opportunity before us. Diabetes and metabolic disorders continue to present a growing challenge across our nation, affecting individuals, families, and health systems. Yet, alongside this challenge, we are witnessing remarkable advances in research, diagnostics, and personalized care that are transforming how we understand and manage these conditions.

Over the next few days, this conference offers us a valuable platform to share knowledge, exchange ideas, and strengthen collaborations. We bring together clinicians, researchers, policymakers, and industry partners, united by a common goal—to improve outcomes and quality of life for people living with diabetes and related metabolic conditions in Kenya and beyond.

As we engage in insightful discussions—from prevention strategies at the community level to cutting-edge approaches in precision medicine—I encourage each one of us to actively participate, ask questions, and explore new perspectives. Let us also take advantage of this gathering to mentor, to learn, and to inspire one another.

I would like to extend my sincere gratitude to the organizing committee, our sponsors, partners, and all those who have worked tirelessly to make this conference possible. Your dedication and commitment are truly appreciated.

To our guests visiting from across the country and beyond, karibu sana. We hope you will also take time to enjoy the serene beauty of Naivasha and the warm hospitality that Kenya is known for.

Once again, welcome to the 11th Annual Scientific Conference of the Kenya Diabetes Study Group. I wish you a productive, engaging, and memorable conference.

Thank you.

Dr. Rosslyn Ngugi
President, Kenya Diabetes Study Group



Founding *Members*



Dr. Eva Njenga



Dr. Paul Ngugi



Dr. Nancy Ngugi



Dr. Joel Toroitich



Dr. Ahmed Twahir



Dr. Daniel Githegi



Dr. Prabha Choksey



Dr. Stephen Gichuhi

Organizing *Committee*

1. Dr. Rosslyn Ngugi
2. Prof. Nancy Kunyiha
3. Dr. Jackline Odhiambo
4. Dr. Erick Njenga
5. Dr. Gaman Mohamed
6. Dr. Nyawira Maina
7. Dr. Irene Njeri
8. Dr. Sairabanu Sokwala
9. Dr. Rilwan Adan
10. Dr. Nicola Okech
11. Mrs. Monicah Kiragu
12. Dr. Shilpa Mulki
13. Dr. Anne Wairagu
14. Dr. Florence Keli
15. Dr. Ombui Davis
16. Dr. Fabian Collis
17. Dr. Prisca Mungla
18. Dr. Olive Akunga
19. Betty Okere
20. Caroline Cherotich
21. Zippy Wanjiru

| | | | |
|---------------|--|--|--|
| 10:00 - 12:00 | Registration | | |
| 1300 - 1400 | Lunch break | | |
| 1400 - 1600 | Overall Coordinator Dr. Olive Akunga | | |
| | POCUS Session chair: Dr. Jackline Odhiambo Moderator: Sheila Masheti | Foot workshop: Step in, Stay in: MDT Approach from the wound bed to the OR; the clinical and economic case. Session chair: Fabian Colis | Carb counting and beyond Session chair: Betty Okere |
| 1415 - 1445 | Introduction to POCUS and Ultrasound Basics Dr. Emma Khabure | Nursing Aspect (triage) - 20min Kennedy Omondi | Monica Saulo, Mike Endovo, Monicah Kiragu This session, we will cover what carbohydrates are, which foods contain them, how to read food labels, and how to estimate portion sizes, so you can make informed choices at every meal. |
| 1445 - 1515 | Liver ultrasound, scanning technique, interpretation, pathology, pitfalls, and troubleshooting maneuvers Joy Mbugua | Physician Aspect - 20min Dr. Shilpa Mulki Podiatry Aspect - 20min Hafsa Khalid | |
| 1515 - 1600 | Thyroid ultrasound scanning technique, interpretation, pathology, pitfalls, and troubleshooting maneuvers Romeo Wahome | Surgical Aspect (case studies) - 30min Dr. Sameer Lelani | |
| 1600 - 1700 | Scanning session All | Take home messages | |



Day *One*

Wednesday 17th June 2026

| | |
|--------------------|---|
| 1600 - 1630 | Q&A |
| 1630 - 1730 | Nutritional break and booth visits |
| | End of day one |

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Reference:

1. American Diabetes Association Professional Practice Committee. 9. Pharmacologic Approaches to Glycemic Treatment: Standards of Care in Diabetes—2025. Diabetes Care. 2025 Jan 1;48(Suppl 1):S181-S206. 2. Data on file- Phase III Interim 24-week Data, Hetero. 3. Data on file- Hetero Semaglutide BE Study

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* Based on worldwide sales data reported by multinational companies - IQVIA BBC Financial DC Market Report Q3 2022.
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References:

1. Breitenbeck N, Brown A. Accuracy Assessment of a Blood Glucose Monitoring System for Self-Testing with Three Test Strip Lots Following ISO 15197:2013/EN ISO 15197:2015. J Diabetes Sci Technol. 2017;11(4):854-855.
2. Accu-Chek® Active System Evaluation. 2015. Internal Roche Diabetes Care report; unpublished.
3. Freckmann G, Schmid C, Baumstark A, Pleus S, Link M, Haug C. System Accuracy Evaluation of 43 Blood Glucose Monitoring Systems for Self-Monitoring of Blood Glucose according to DIN EN ISO 15197. J Diabetes Sci Technol. 2012;6(5):1060-1075.

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| | |
|--------------------|---|
| 0700 - 0815 | Registration |
| | Session chair: Dr. Erick Njenga Moderator: Dr. Jackline Odhiambo |
| 0815 - 0820 | Welcome address, housekeeping and security briefing Dr. Rosslyn Ngugi |
| 0820 - 0850 | The burden of obesity: Epidemiology, impact and social determinants of health Dr. Nicola Okech |
| 0850 - 0920 | Pathophysiology of obesity and its assessment Dr. Saira Sokwalla |
| 0920 - 0930 | Q&A |
| 0930 - 1000 | The tipping point nobody talks about: Tirzepatide, obesity & the window we keep missing Dr. Rilwan Adan |
| |  |
| 1000 - 1015 | Opening ceremony Dr. Paul Ngugi |
| 1015 - 1030 | MOH address Dr. Sundley Omwenga |

| | |
|---------------------------|---|
| <p>1030 - 1100</p> | <p>Nutritional break and booth visits</p> |
| | <p>The CRM Continuum with GLP1/GIP Session chair: Dr. Prisca Mungla Moderator: Dr. Ombui Davis</p> |
| <p>1100 - 1130</p> | <p>Belly to liver: The deadly link Dr. Ajua Nkengasong</p> |
| <p>1130 - 1200</p> | <p>Twincretin - Unloading the failing heart Dr. Rosslyn Ngugi</p> |
| <p>1200 - 1230</p> | <p>Incretins: Going with the FLOW Dr. Gilford Mwikamba</p> |
| <p>1230 - 1300</p> | <p>Stepping up with Semaglutide Dr. Erick Njenga</p> |
| <p>1300 - 1400</p> | <p>Lunch break</p> |



| | |
|--------------------|--|
| | <p>The weight loss journey: The highs and lows</p> <p>Session chair: Dr. Irene Njeri Moderator: Dr. Saira Sokwalla</p> |
| 1400 - 1420 | <p>Multidisciplinary management of obesity in the reproductive age (pre and post conception care)</p> <p>Speaker: Dr. Ellen Njagi Panelist: Dr. Charles Muriuki</p> |
| 1420 - 1450 | <p>Laying the foundation for obesity management (panel discussion- nutrition, IBT and exercise)</p> <p>Panelists: Mehreen Farrukh, Dr. Olive Akunga, Daniella Jhuthi Moderator: Betty Okere</p> |
| 1450 - 1520 | <p>Endoscopic and surgical interventions in obesity</p> <p>Dr. Lance Mayabi</p> |
| 1520 - 1550 | <p>Evaluating and managing weight regain: Case based discussion</p> <p>Speaker: Dr. Caroline Mithi Panelist: Micah Kibera, Mehreen Farrukh</p> |
| 1550 - 1620 | <p>The Kenyan experience: Successes and challenges</p> <p>Dr. Nicola Okech</p> |
| 1620 - 1650 | <p>Putting it all together</p> <p>Speaker: Dr. Lance Mayabi, Dr, Nicola Okech, Mehreen Farrukh, Dr. Charles Muriuki, Betty Okere</p> |
| | <p>End of day two</p> |

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Day Three

Friday 19th June 2026

| | | |
|--------------------|--|---|
| 0700 - 0900 | Registration | |
| | Session chair: Dr. Essajee Esmail Essajee Moderator: Dr. Florence Keli | |
| 0900 - 0925 | New insights on management for T1DM Dr. Gaman Mohamed | |
| 0925 - 0945 | Precision diagnostics in Endocrinology Dr. Rabia Mukadam, Dr. Ahmed Khalebi | |
| 0945 - 1010 | GDM, the missing pieces and what to expect Dr. Rosslyn Ngugi, Dr. Dorothy Makena | |
| 1010 - 1020 | Q&A | |
| 1020 - 1050 | Degludec: Basal but better Dr. Ombui Davis |  |
| 1050 - 1120 | Nutritional break and booth visits | |

Day Three

Friday 19th June 2026

Session chair: Dr. James Wagude
Moderator: Dr. Rilwan Adan

1120 - 1150

Beyond the diagnosis: How POC testing empowers preventative patient pathways

Dr. Ombui Davis



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1150 - 1210

When sugar beats: Rhythm, pain and failure

Dr. Mzee Ngunga

1210 - 1220

Q&A

1220 - 1250

Erectile Dysfunction: Why is proactive and early management important?

Dr. James Ikol

1250 - 1400

Lunch break



Session chair: Dr. Matiko Giabe
Moderator: Dr. Dhara Patel

1400 - 1430

Diabetes in the twilight years

Dr. Beatrice Omari

Day Three

Friday 19th June 2026

| | |
|-------------|--|
| 1430 - 1450 | Type 1 Diabetes across the lifespan: Education and mental health needs Dr. Joyce Mbogo, Monica Saulo and Valentine Kathambi |
| 1450 - 1500 | Q&A |
| 1500 - 1515 | The AROUSE study Dr. Anne Wairagu |
| 1515 - 1615 | Research arena Coordinators: Dr. Olive Akunga, Dr. Florence Keli Judges: Dr. Bundi Karau, Dr. Boni Ale, Dr. Catherine Gathu |
| 1615 - 1630 | Q&A |
| 1630 - 1715 | Nutritional break and booth visits |
| | End of day three |
| 1930 - 2200 | Gala Dinner A touch of green |

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Day Four

Saturday 20th June 2026

| | |
|--------------------|---|
| 0900 - 1000 | Registration |
| | Endocrinology case-based discussions Session chair: Dr. Nyawira Maina Session 1: Parathyroid, Adrenal, Pituitary |
| 1000 - 1015 | Tingles and twitches Dr. Amal Mohamed |
| 1015 - 1030 | The cushing syndrome shadow Dr. Penina Machoka |
| 1030 - 1045 | A chest full of surprises Dr. Ahmed Ali |
| 1045 - 1115 | Q&A and Panel Discussion Dr. Davis Ombui, Dr. Irene Njeri, Dr. Florence Keli |
| | Session 2: Thyroid Session chair: Dr. Saira Sokwalla |
| 1115 - 1130 | No Thyroid surgery? Dr. Rosaline Waguthi |
| 1130 - 1145 | An Endocrine masquerader: When the balloon pops Dr. Cornelius Mirera, Dr. Ann Kiragu |



Day Four

Saturday 20th June 2026

| | |
|--------------------|---|
| 1145 - 1215 | Q&A and Panel Discussion Dr. Olive Akunga, Dr. Ebrahim Yusuf, Dr. Jasper Muruka |
| 1215 - 1230 | Vote of thanks Dr. Jackline Odhiambo |
| 1230 - 1330 | Lunch |
| | End of day four |

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Daniella Jhuthi
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Essajee**

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Fabian Collis

Specialist diabetic
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Dr. Florence Keli

Consultant Diabetologist,
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Dr. Gaman Mohamed

Diabetologist at the
comprehensive Diabetes
Centre in Nairobi



Dr. Gilford Mwikamba

Consultant Nephrologist,
Meru Hospital



Dr. Hafsa Khalid

Diabetic Foot Care Specialist
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Dr. Rabia Mukadam

Clinical Pathologist, DKL



Rebecca Muthoni

Sonographer and POCUS instructor, GUSI



Dr. Rilwan Adan

Consultant Physician/ Diabetologist, Head of Lions Diabetes Care Center and Chief Medical Officer at Baobab Circle



Dr. Romeo Wahome

Emergency Physician, GUSI



Dr. Rosaline Waguthi

Registrar, Aga Khan University Hospital



Dr. Rosslyn Ngugi

Consultant Physician and Endocrinologist, KUTRRH



Dr. Saira Sokwalla

Consultant Physician and Endocrinologist, Senior Instructor and Program Director- Department of Medicine, Aga Khan University Hospital.



Dr. Samir Lalani

Podiatric surgeon, Practicing in Calgary, Canada and recently volunteering in Nairobi



Sheila Masheti

Registered Nurse with a strong interest in point-of-care ultrasound



Dr. Shilpa Mulki

Consultant Physician, Foot and Wound Clinic, Lions DCC, Lions SightFirst Eye Hospital



Mr. Sundley Omwenga

Medical Oncology Clinical Office, Ministry of Health, Division of Cancer and NCD supporting Prevention and Control of Diabetes and Hypertension



Valentine Kathambi

Consultant Clinical Psychologist

Sponsors



Reaching People. Touching Lives.





Rules and Regulations

1. All dinners will be provided for in your respective hotels
2. Gala dinner will be attended by all delegates

What to do in Naivasha

1. Boat Trip at Lake Naivasha
2. Visit Hell's Gate National Park
3. Visit Crater Lake Game Sanctuary
4. Visit at Crescent Island Game Sanctuary
5. Visit to Lake Oloidien



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