



State of the Association

The Gulf Association of Endocrinology and Diabetes in 2023: A Message from the President and Officers

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We were pleased to welcome all the delegates to the opening of the annual clinical conference of the Gulf Association of Endocrinology and Diabetes (GAED) held in Muscat in October of this year. The 3 days of the forum were full of scientific and medical developments in addition to the social aspect of the visit to Oman's beautiful capital city, Muscat. We hope that all the delegates had a wonderful time. We would like to take the opportunity to reflect on our Association's life in 2023.

Our annual conference contained abundant scientific and medical material and more than 46 lectures in various fields of diabetes and endocrinology. It was attended by an large group of specialists in this field globally and regionally. The conference covered all types of diabetes and reviewed the latest developments in its management. As well as what is new in various endocrine conditions regarding diagnosis and treatment. In addition, discussions of the lifestyle-associated diseases such as obesity and lipids and their latest treatments. Health problems related to pregnancy and its relationship to the endocrinology, diabetes, and syndromes associated with growth and reproduction were also reviewed. This year, the Association also offered a training course in the field of osteoporosis, reviewing everything related to it, including diagnosis and treatments, and was delivered by an elite group of global and regional specialists.

GAED was formed by physicians from a group of countries with the highest prevalence of diabetes, obesity, high blood pressure, and dyslipidemias. Diabetes rates in the Gulf countries range between 15 and 25%, according to the International Diabetes Federation, and this negatively affects growth and development rates. Hence, we see the role of our Association—and similar associations in the Arab Gulf countries—being central to spreading sufficient awareness to

limit the burden of these diseases and providing the latest therapeutic developments to reduce the complications of these diseases, such as heart disease, strokes, and kidney failure.

The GAED was established in Dubai in 2020 by rebranding of the AACE, Gulf Chapter to support the care for patients with diabetes, and endocrine and metabolic diseases in the Arabian Gulf region, with joint effort among specialized doctors working in these areas. The Association aims to study the local conditions, develop unified health directives and standards, ensure adequate training of doctors in the region, and work to increase awareness of citizens and residents about diabetes and endocrine diseases and their prevention. GAED aims to identify the regions' peculiar needs and priorities. AACE-Gulf Chapter/GAED's annual conferences have been recognized as one if not the best of its kind in the region over the last decade. This year, the conference was held in Muscat with the participation of more than 1,200 doctors and health practitioners. Over the past years, the GAED has held many specialized scientific seminars that reviewed all developments in diabetes, endocrinology and metabolism.

The Association also publishes scientific research from the region through its quarterly journal that was established 6 years ago and is edited by an group of Gulf and international experts. The Association annually, through scientific committees, recognizes medical research submitted to its conference by experts from all countries of the world, to be presented as oral free communications or poster presentations. Best three submissions were recognized by awards with monetary incentives.

Distinguished doctors are also honored for their constructive role in community service in diabetes and endocrinology in all Arab Gulf countries by the Ibn Sina Award. We extend

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our deepest gratitude to the Associations' members and members of the Board of Directors, and the Advisory Council for their work for the success of the association in overcoming all difficulties. The next conference will be held in Abu Dhabi, the capital of the United Arab Emirates.

Sadly, Our conference was held under difficult and harsh circumstances experienced by the Palestinian people in Gaza and the rest of the Palestinian territories. We express our solidarity with them and hope they achieve the legitimate right to freedom and independence like all other peoples in the world.

Compliance with Ethical Principles

No ethical approval is required.

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