



## Dr. Sultan Ayoub Meo

### TITLE

### Diabetes in Arab world

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The situation of health status in Arab world has changed drastically during the last three decades as a result of progressive urbanization and tremendous modification in everyday life. The sedentary lifestyle infiltrated into the culture, leading the people to eating more and exercising less which results in obesity and diabetes mellitus. Diabetes mellitus is a rapidly growing major public health problem with increasing incidence and long term complications. In spite of marvelous advancement in medical sciences in general and diabetes science and technology in particular, diabetes mellitus is still an incurable life-long disease and swiftly increasing in both developing and developed countries. This progression has not been translated into a reliable reduction in diabetic complications and their associated disabilities. Diabetes is one of the world's most important causes of disability, morbidity, mortality and responsible for global health care expenditures and economic loss. Presently, six countries in the Arab world including Bahrain, Egypt, Kuwait, Oman, Saudi Arabia and United Arab Emirates are among the world's ten highest for the prevalence of diabetes. The worldwide prevalence of Diabetes mellitus is about 7%, however, in Arab world prevalence is approaching to 25%, which is 300 times more compared to the global prevalence.

### Biography

Prof. Meo is a medical graduate [MBBS] with higher postgraduate degree [M.Phil] and Doctorate [Ph.D] in Physiology. He is a Fellow of Royal College of Physicians of Ireland [FRCP], Fellow of Royal College of Physicians of London, Glasgow and Edinburgh. In addition, he also obtained higher postgraduate Diploma in Medical Education, University of Dundee, Scotland UK. Prof. Meo Has a teaching experience of about 18 years and actively involved in undergraduate and post graduate teaching in physiology and research. He is author of 7 books and published 65 scientific papers in peer reviewed national / International bio-medical Journals. Prof. Meo is Associate Editor of International Journal of Diabetes Mellitus. Prof. Meo have been invited as a speaker to deliver talk in about 60 National / International conferences in different countries including Kingdom of Saudi Arabia, Kingdom of Bahrain, United Arab Emirates, Pakistan, China, Turkey, United Kingdom and USA.