

Page 11



Motapa kaise kam kare

Page 9



Page 34











### Train Ride under "Journey To Defeat diabetes" project

### A Marathon of camps all Railway Stations from Sukkur to Kotri

Report: Dr. Pawan Kumar

### Primary Care Diabetes Association (PCDA) Takes Bold Steps to Combat Diabetes in Pakistan



Karachi, Pakistan – In response to the alarming prevalence of diabetes and prediabetes across the country, the Primary Care Diabetes Association (PCDA) Pakistan has been leading the charge against this growing health crisis since its inception in 2009. With over 70 chapters nationwide, PCDA is tirelessly working to raise aware-

ness and provide screening opportunities for the public.

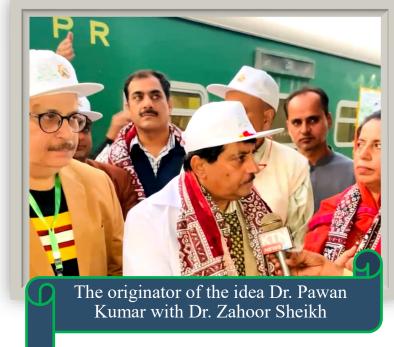
Sindh Chapter has emerged as accessible manner. a standout performer, organizing impactful awareness and out the province.

cently launched the "Train stan. Ride" as part of its ambitious Chamber of Commerce and Sunday

tions, brought diabetes educa-Under the visionary leader- tion and screening directly to ship of Dr. Pawan Kumar, the the public in a creative and

screening programs through— I he PCDA remains stead- time left. The passengers Trade were: communities with In a groundbreaking initia- to combat diabetes, ultimately on the Screening Desk. Their merce and Industry Larkana. tive, the Sindh Chapter re- striving for a healthier Paki- blood sugar and blood choles- Mr

paign, organized in collabora- Daro Express started from the the print and electronic media Mr Shamshad Ahmed Shaikh, tion with Pakistan Railways, platform # 3 of the Rohri sta- were there to cover the event. Hafiz Searle Pharmaceuticals, the tion, on the early morning of December Industry Larkana, the Sindh 2024, amid freezing cold Larkana Chamber of Com- Member Senior central com-Health Department, the Paki- breeze. The Team PCDA merce And Trade collaborat- mittee of Chambers and com-Association from Karachi after an eight ed with Dr. Pawan Kumar in merce Press hour long rail ride, had just arranging screening camps at Om Kumar Club, and several community- reached Rohri station hby all the stations, in facilitating others chamber of commerce based non-profit organiza- Greenline Train an hour ago. the doctors and paramedics and industry were present. They could have only a run- running the camps. Some im-



cause of very short space of Chamber of Commerce And fast in its mission to empower waiting for their trains and the the railways staff were screened Mr. Khair Muhammad shaikh knowledge and tools needed for diabetes and hypertension -President Chamber of Comterol were tested and the di- Ex.President "Journey to Defeat Diabetes" The journey by Mohenjo doctors. Media persons from Senior sulted by the Team PCDA kana,

ning breakfast be- portant persons from Larkana

agnosed persons were con- Commerce and Industry Lar-Shaikh-Executive members, Mr Nawal Rai Katyara-Member

### Team PCDA remains steadfast to combat diabetes in Pakistan

### Team PCDA Pakistan

travelling from Karachi to Rohri on the very cold evening of Saturday 21st. December 2024 to join TRAIN RIDE on Mohenjodaro Express comprised of:

Head of Supreme Council of PCDA Dr. Fareeduddin, President Dr. Zahid Miyan, Senior Vice President Dr. Najum F. Mahmudi, Vice President Dr. Aasima Khan, General Secretary Dr. Shakeel Ahmed, Finnance Secretary Dr. Muhammed Iqbal Batavia, Head of Publications Secretary Dr. Shahid Akhter, Head of Media Committee Dr. Majid Khan, Head of DEW Dr. Qazi Mujahid, Head of STEP Dr. Izhan Ali Khan, Nutritionist Miss. Rabbiya Tirmizi, DEW supervisor Mrs. Saima Mujahid, Mrs. Zahid Miyan, STEP volunteers Mr. Saud Abbasi and Nohail Khan.



On reaching Rohri and Larka- Gul and General Secretary Dr mar also were present at Rail- Pakistan. Dr. Zahid comna railway stations, Ajrak and Mumtaz Wagan with Dr way Station Platform. Print mended Dr. Pawan Kumar Sindhi topi honor was pre- Yasmeen Khalique Shaikh and electronic media person- Sachdev for his visionary sented to the guests by Cham- and Dr Raj Kumar Gul, along alities were present at Larka- leadership which has emerged ber of Commerce and Indus- with many PMA Doctor's na and other platforms. Dr. as a standout performer, ortry Larkana at Railway Sta- communities were present at Riasat Ali Khan and Dr. Za- ganizing impactful awareness



Larkana were also present at ment

Larkana. Railway Station of

Plat- hid Miyan briefed them about and Office bearers of President form Larkana. Mr Mukhtiar the purpose of TRAIN RIDE, throughout the Sindh province Pakistan Medical Association Abro, Ex. Head of the Depart- and also about the noble aims of Pakistan. Radiology. and objectives of Primary platform. President Dr Dayali Ultrasonologist Dr Vijay Ku- Care Diabetes Association

screening



### Freezing morning at various stations











Two Mentors-Two Maharishis-Two Drivers of the great journey

### **Camps At Stations**















Start the new year by adding vibrant colors to your diet, boosting your health with a variety of nutrients and antioxidants. Embrace a rainbow of fruits and vegetables for a flavourful and nutritious 2025!



#### Lycopene, Anthocyanins

Supports heart health, fights inflammation and reduces risk of certain cancers, boosts brain, eyes and bone health Sources: watermelon, tomatoes, strawberries, pomegranate, beet root etc





#### **Beta Carotene**

Boosts immunity, supports healthy skin and vision,



Vitamin C and D and potassium rich, boosts immunity, skin and bone health, aids in digestion.

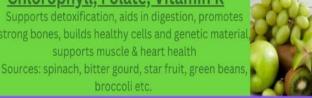
Sources: egg yolk, mango, banana, corn, squash and pumpkin etc





### Chlorophyll, Folate, Vitamin K

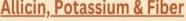
Supports detoxification, aids in digestion, promotes trong bones, builds healthy cells and genetic material, supports muscle & heart health





#### <u>Anthocyanins, Resveratrol</u>





Supports immunity, promotes heart health, aids in digestion and improves metabolism

sources: onion, mushrooms, garlic, cauliflower, radish, dried beans etc





### Ms. Rabia Tirmizi

BSc (Food & Nutrition) Dip. Diabetes Education (DDE)

Part of Team PCDA, Ms. Rabia Tirmizi is a highly respected and accomplished Dietitian and Nutritionist, renowned for her extensive expertise in promoting health and well-being through evidence-based dietary guidance. With years of experience in the field, she has empowered countless individuals to achieve their health goals by adopting balanced and sustainable nutrition practices.

Ms. Tirmizi's approach is rooted in a deep understanding of the science behind nutrition and its impact on overall health. Her personalized counseling and tailored meal plans address a wide range of health concerns, including weight management, diabetes, cardiovascular health, gastrointestinal disorders, and more. She is particularly celebrated for her empathetic communication style, making her clients feel supported and motivated throughout their wellness journey.

In addition to her clinical practice, Ms. Tirmizi is committed to spreading awareness about the importance of proper nutrition through workshops, seminars, and community initiatives. Her dedication, professionalism, and passion for helping others make her a trusted name in the field of dietetics and nutrition.





No. Diet and Exercise Are Not Better Than Drugs for Obesity

Compiled by: Dr. Shahid Akhter

Studies show that obesity medications are more effective at weight loss than diet and exercise. For example, in one study, the average weight loss after four years on an intensive lifestyle program was 4.7%, while the average weight loss after four years on an obesity medication was more than double that.

Diet ant exercise are literally not better. Idealistically, sure, but literally not. And there's really no debate. Meaning there's never been a reproducible diet and exercise at 10.2%. Meanwhile intervention that has led to the anywhere near the average leased weight lost by those taking obesity medications. Furthermore, when it comes to sity medications is even more ing regains. dramatic.

Looking to the literature, cling to the one of the most trotted out notion that studies on lifestyle's impact if you just on weight over time is the try Look AHEAD trial. Before enough, useful obesity medications vour came on the scene, I trotted it and out myself. Why? Because it cise regime was heartening when faced can with the societal refrain that our exercise never worked to be able to show Well, that yes, in fact they do. But difficult to how well?

Looking to Look AHEAD's 4 more mis--year data, those randomized to the intensive lifestyle initiative arm averaged a 4.7% total body weight loss — an amount that remained the same at 8 years. But I chose 4 years because that's a better prime time called The Biggest

comparison with > the semaglutide SELECT trial that revealed at 4 years, the average sustained weight lost was more than double that of Look AHEAD's, recently **SURMOUNT-4** study on tirzepatide reported that at 88 weeks, the average weight lost by parthe durability of weight lost, ticipants was a near bariatric were the gulf between outcomes surgery level of 25.3% with berated with diet and exercise vs obe- no signs suggestive of pend- and

Now maybe you want to most and win a

hard beat new meds. it's think of a erable, often actual vomitinducing

intervention, than the spectacle that used to air weekly on

Loser, where participants lived on a ranch and

> More than a billion people obese worldwide, research suggests

> > long

lose the

exerday cised for the chance to

meds than bariatric gery), surwhereby the average participant lost 48.8% of their body weight during the grueling 7-month long, 24/7

superior. Although the

short-term Biggest Los-

look

er data do

than

mark-

better



of a million dollars. But even there, the meds prove to be

competition, by postcompetition year 6, the average weight lost dropped to 12.7%.



Yet last week, when word came out that Medicare is likely to extend coverage to obesity medications for far more Americans, one of the most common refrains was something along the lines of yes, lifestyle modification is the best choice for dealing with obesity but it's good that there will be medication options for those where that's insufficient.

The only reason that the world isn't comfortable with the eminently provable truth risk. that diet and exercise are inferior to obesity medications for weight management is weight bias. The message is that people simply aren't trying hard enough. This despite our comfort in knowing that medications have more of an impact than lifestyle on pretty much every other chronic dis-

the best or favored choice.

At this point, obesity medications are plainly the first line choice of treatment. They provide not only dramatically greater and more durable weight loss than lifestyle interventions, they have also been shown to very significantly reduce the risk for an ever-growing list of other medical concerns including heart attacks, strokes, type 2 diabetes, hypertension, sleep apnea, fatty liver disease, and more, while carrying minimal

Let it also be said that improvements to diet and exercise are worth striving for at any weight, though one should not lose sight of the fact that perpetual, dramatic, intentional, behavior change in the name of health requires vast amounts of wide-ranging

> privilege to enact amounts far beyond the average person's abilities or physiologies (as demonstrated obesity with by decades of disappointing long-term lifestyle outcome data).

Let it also be said that we have medicasome people will in- tion. That's in deed find solely through life- have medistyle and that not eve- cations! ry person who meets And the medical criteria this confor any medication's stant prescription, includ- refrain ing obesity medica- of golly tions, is required or -gee encouraged to take it. would-The clinician's job, n't it be however, at its most better

basic, is to inform patients we who meet medical use criteria just of their options, and if a med-obesity ication is indicated, to inform lifestyle them of that medication's needs to be put to rest pected outcomes, to help their be better, and it's only weight



patients come to their own bias that would lead this evitreatment decisions.

It's not a bad thing that we have medications that deliver better outcomes than lifestyle – in fact, it's terrific, and thankfully that they do is true for pretty much every medical condition for which

with

changes

success fact why we could manage

According to the World Health Organization (WHO), 58.1% of Pakistanis are overweight and 43.9% are obese.

dence-based statement seem off-putting.

#### Reference:

https://www.medscape.com/ viewarticle/no-diet-andexercise-are-not-better-thandrugs-obesity-2024a1000mgl

ease. Nor can I recall any oth-

er circumstance when coverage of a remarkably effective drug was qualified by the suggestion that known-to-beinferior interventions are still risks and benefits and ex- we literally know it wouldn't

### PCDA Diabetes and Foot Care Centre inaugurated in Karachi

#### Reports Saud Abbassi

Access to the quality Care of diabetics at affordable cost is one of the main objective of Primary Care Diabetes Association Pakistan. On Sunday 5th. Of January 2025 the first ever "Diabetes And Foot Care Centre" was inaugurated by Prof. Yaqoob Ahmadani, situated in the heart of Karachi, in Gulistan-e-Johar.

Pakistan has one of the highest rates of diabetes gists, physiotherapists, psy- I he PCDA headquarters globally, with nearly 33 mil- chiatrists, nutritionists, dia- has also been relocated to lion adults living with the betic educators, and foot this advanced facility in Gudisease. Karachi, being the care specialists. Additional listan-e-Johar Karachi. largest city, and Gulistan e facilities include an in-house Johar being the most popu- pharmacy, Echo services, lated colony of Karachi, and a laboratory, which will likely has a substantial share be operational soon. of this population.

venting complications.

Centre" offers a wide range is a step forward toward tients on a specified form of services with specialists, providing the people with designed by the research including endocrinologists, diabetes an access to quality

diabetologists, cardiologists, care at affordable cost. ENT specialists, dermatolo-

**PCDA** 's mission is to attended by a large number Specialized centers like this enhance the quality of pri- of the area people. who were can offer early detection, mary diabetes care through screened for blood sugar, education, and management, education, advocacy, and cholesterol, HbA1c, BMI which are crucial for pre- research. PCDA have initiat- and blood pressure. A group ed several impactful pro- of STEP-PCDA volunteers grams. Establishing this Dia- headed by the Saud Abbasi Diabetes And Foot Care betes And Foot Care Centre collected the data of the pa-

selling Camp was also arranged by team PCDA STEP and DEW, which was committee of PCDA. .

The team of the diabetologists and specialists of associated diseases who examined the patients and guided them with the clinical ad-A Free Screening and coun- vice, comprised of the following doctors.

> Dr. Riasat Ali Khan, Dr. Asima Khan, Dr. Fareeduddin, Dr. Qazi Mujahid, Dr. Shakeel Ahmed, Dr. Shahid Akhter, Dr. Majid Khan, Dr. Aamir Hafeez, Dr. Ishtiaq Fatmi, Dr.Azeem, Sarwer. Eye and foot examination of the attending people was hallmark of the camp.





Specialized centers like this can offer early detection, eduand management. cation. which are crucial for preventing complications, becaue of very high prevalence of diabetes in Pakistan, addressing Diabetic Foot Complications and the diabetic foot complications, such as ulcers, infections, and amputations, are among the most serious and costly issues for diabetic patients.

"Diabetes and Foot Care Center" will provide regular screening for foot health of diabetics, preventive care like footwear recommendations, wound management and specialized treatments. Also

ness about foot hygiene and care, reduce healthcare burden, as by preventing complihospitals by avoiding emer- Center" Proper foot care practices, als and the community. lifestyle modifications to control diabetes and recognizing prove the scenario.

care, which is often missing limited. in general hospitals. It could be an important tool for com-

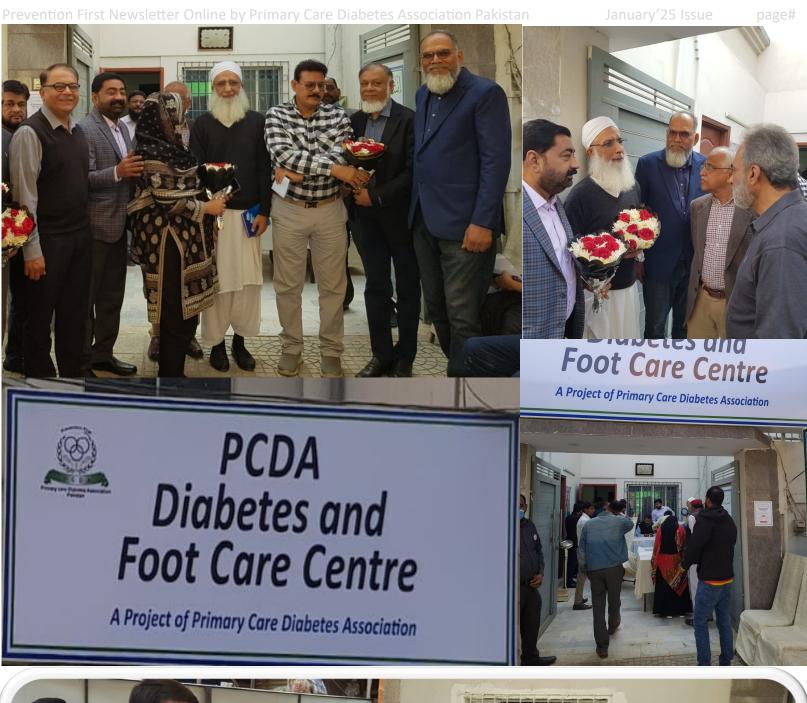
"Diabetes and Foot Care munity education and aware- Center" will address poten-Center" will spread aware- ness. Treating advanced dia- tial challenges by ensuring betic complications, like am- affordable services for lowputations, can be economical- income ly devastating for families. awareness about the center cations can significantly re- Preventative and timely care among the community and duce the burden on public at "Diabetes and Foot Care sustaining funding and staffcould gency visits and surgeries. healthcare costs for individu- als.

"Diabetes and Foot Care early warning signs of com- Center" will set as a model Center" is likely to be highly plications will certainly im- for expansion. If successful, beneficial, At "Diabetes and Foot Care similar facilities in other are- ducing the prevalence of ad-Center" patients will likely as of Pakistan, where access vanced complications like receive timely and focused to specialized diabetes care is diabetic foot disease. If well-

groups. lower ing with qualified profession-

Team PCDA is sure that "Diabetes and Foot Care improving the center could serve as a quality of life for diabetics in pilot model for establishing Karachi and potentially remanaged, it could also act as a benchmark for integrated "Diabetes and Foot Care diabetes care across Pakistan.









Earlier on 15th. December'24 a strategic and planning meeting of the Executive Committee of PCDA Pakistan was held in the proposed property for the "PCDA Diabetes And Foot Care Clinic". Headed by the President PCDA Dr. Zahid Miyan the participants of the meeting presented their suggestions for the more effective and sustainable ways to operate the centre. Others who participated in the meeting were: Dr. Riasat Ali Khan, Dr. Najam F. Mahmudi, Dr. Fareeduddin, Dr. Asima Khan, Dr. Shakeel Ahmed, Dr. M. Iqbal Batavia, Dr. Qazi Mujahid, Dr. Majid Ali Khan, Dr. Shahid Akhter, Dr. Ashraf Raheem, Dr. Sulaiman Khan from Kohat, Dr. Izhan Khan, Dr. Naresh Kumar, Dr. M. Azeem, Dr. Sarwer, Dr. Ishtiaq Fatmi, Mr. Umair







President
PCDA Pakistan Dr. Zahid
Miyan talking
in a recent
program on
FM100 Radio.



### **PCDA Karachi Presents**

### Diabetes and Ramadan Seminar

Stay tuned for further details

Important Announcement

### **CHANGE OF ADDRESS**



Of

PCDA Pakistan





### **Diabetes & Foot Care Center**

Naveed Cottages Near Haroon Royal city Block 17 Gulistan e Jauhar Karachi

























WhatsApp: +92 310 7777232

Web:http://pcdapak.org/

Email: pcda.pak@gmail.com



Click for Location: https://maps.app.goo.gl/fpdL9ZXZqXWBpbJL6



## Ziabetes Control Zindagi Anmol



Getz Pharma and Primary Care Diabetes Association Collaborate to Launch Diabetes Screening Camps in Pakistan

MoU signing ceremony was held between PCDA Pakistan and Getz Pharma on 1st day of International "Diabetes Pakistan" Conference in Faisalabad on 1st. November 2024



### An Anmol Camp at Takht Bahi



Reports: Dr. Jamshed Khan

KP Chapter, in collaboration with Getz Pharma Pakistan and the District and Tehsil Takhtbhai Administration, organized a one-day free diabetes screening camp on Tuesday, December 31, at the TMA Office in Takhtbhai, Mardan. The event commenced with the recitation of the Holy Quran and was officially inaugurated by the Honorable Acting Commissioner of Takhtbhai, Mr. Junaid Khalid.

Association (PCDA) Pakistan medication. earlier signed a MoU on 1st. Following the inauguration, a of November 2024, in Hotel

Getz Pharma, in collaboration by providing free consulta- detailed overview of diabetes means throne of the water and Primary Care Diabetes tions, screening tests, and treatment.

Mr. Osman, Superintendent **TMA** Office

commonly misprospring, nounced Takht-I-Bhai (Urdu: lit.' brother's throne'), is Indo-



Serena Faisalabad on the 1st. Day of International conference on "Diabetes and Metabolic Syndrome". According to this agreement PCDA Pakistan and Getz pharma will launch diabetes screening camps in peripheral areas of Pakistan. These camps aim to identify undiagnosed or uncontrolled diabetic patients

diabetes. Dr. Jamshed Khan, head of KPK and Takhtbai Chapters of PCDA Pakistan, shared valuable information on diabetes and its potential consultant endocrinologist and diabetologist, provided a

brief seminar was held to Takhtbhai, served as the raise public awareness about event host. Over 100 patients attended the camp, each receiving free testing and medication. The residents Takhtbhai expressed their gratitude to PCDA Pakistan and Getz Pharma for making the initiative possible. Media complications, coverage of the event was while Dr. Shahid Shahzad, a managed by Mr. Zahidur Rahman, Admin of Voice of https://simple.wikipedia.org/ Takhtbhai.

Takht-I-Bahi ( تختِ باہی )

Parthian archaeological site an cient Buddhist monastery in Mardan, Khyber Pakhtunkhwa, Pakistan. The site is considered among the most imposing relics of Buddhism in all of Gandhara, and has been "exceptionally wellpreserved."

Reference:

wiki/Takht-i-Bahi



### Glimpses of the Camp at Takhtbahi







### An Anmol Camp at Khan Garh



Dr. Ahmed Waqas Lashari





### An Anmol Camp in Chicha Watni



### Dr. Sohail Shoukat

Dr. Sohail Shoukat is head of Sahiwal chapter of PCDA Pakistan. He organizes academic sessions for the heath care professionals of Sahiwal and surrounding cities of Punjab. He is very updated and learned personality. On the last Sunday of December'24 he organized a Free Medical and Screening Camp in Chicha Watni under the Project "Ziabetes Control-Zindagi Anmol". 120 persons attending the camp were screened and 30 of them were found diabetic.

Dr. Sohail Soukat and his team consulted the patients and advised appropriate treatment to them. Free medicines were also distributed among the patients







### RTD for Doctors by Dr. Sohail Shoukat













### An Anmol Camp at Mian Channu



Dr. M. Irfan Shaikh

Free Screening Camp arranged by Dr. Muhammed Irfan Shaikh, Head of Multan Chapter of PCDA Pakistan, at the main chowk of Fakhar Town of Mian Channu city.

107 persons were screened and out of them 59 were diagnosed as having diabetes or pre-diabetes. Data collected on specific google form uploaded.









### An Anmol Camp at Dhalla



### Dr. Shehzad Tahir

Head od Islamabad Chapter of PCDA Pakistan Dr. Shehzad Tahir organized an screening camp under the project od "Ziabetes Control Zindagi Anmol" at Dhalla Dispensary where 163 patients were screened and out of the 85 were either un-

controlled known diabetic or unknown about their disease. Their blood sugar, cholesterol, HbA1c and uric acid were done and the diagnosed patients were examined and free consultation was provided to them. Free medicines were also distributed among the patients by Gietz Pharma.

Talking to the media persons, Dr. Shehzad Tahir gave details of the project which is a joint venture of PCDA Pakistan and Getz Pharma.





Addressing to the audience during the camp Dr. Shehzad Tahir emphasized on the importance of changes in lifestyle. He said Eat a balanced maintain a healthy weight, and be physically acproteins, and healthy fats, symptoms avoiding and drinks. You can also try to get at least 150 minutes of

you have diabetes, regularly check your blood sugar levels If prescribed, take your medi-ticularly for individuals with cations as directed. Diabetes tive. This includes eating can be difficult to notice in complex carbohydrates, lean its early stages, so watch for like increased sugary thirst, frequent urination, and fatigue.

Studies show that maintaining watch for key symptoms like whole.

in regular physical activity significantly reduce the risk of developing Type 2 diabeat home with a glucometer or tes. Regular check-ups and continuous glucose monitor. screenings are essential, parrisk factors such as family history, obesity and an inac- Dr. Shehzad Tahir thanked tive lifestyle.

moderate physical activity a healthy weight, following a frequent urination, increased each week. He said that If balanced diet, and engaging thirst and fatigue. If you're concerned, you're at risk for developing Type 2 diabetes, talk to your primary care physician about regular blood sugar screenings.

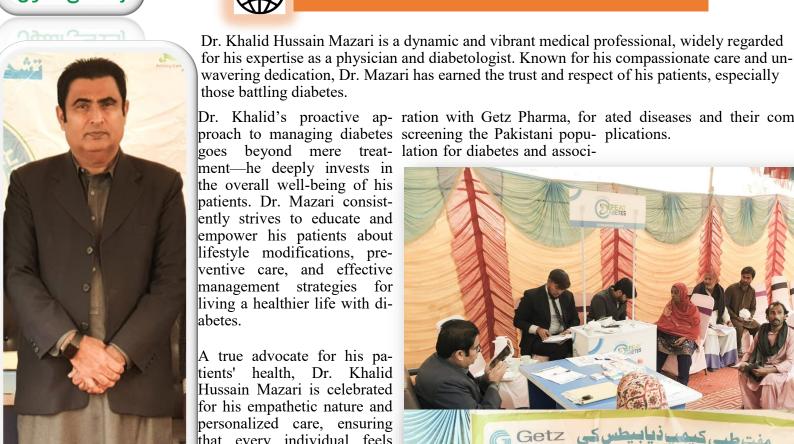
> Team PCDA and specially Dr. Riasat Ali Khan for their Diabetes can often go unno- support in arranging such proticed, especially in the early grams for the welfare of the stages, so it's important to Pakistani community as a



### An Anmol Camp in Raheem Yar Khan



### By: Dr. Khalid Hussain Mazari



wavering dedication, Dr. Mazari has earned the trust and respect of his patients, especially those battling diabetes. beyond mere treat- lation for diabetes and associment—he deeply invests in the overall well-being of his patients. Dr. Mazari consistently strives to educate and empower his patients about lifestyle modifications, preventive care, and effective management strategies for

A true advocate for his patients' health, Dr. Khalid Hussain Mazari is celebrated for his empathetic nature and personalized care, ensuring that every individual feels supported and motivated on their journey to better health. His dynamic personality and commitment to excellence in medicine make him a pillar of the medical community.

Dr. Khalid organized a Free Medical Camp on Fiday 27th. December 2024, at Mansh Chachran Road. Hospital Cowk Zahir Pir Raheem Yar Khan. The camp was one of the Series of "Ziabetes Control-Zindagi Anmol" a project of PCDA Pakistan in collabo-

Dr. Khalid's proactive ap-ration with Getz Pharma, for ated diseases and their comproach to managing diabetes screening the Pakistani popu- plications.





### An Anmol Camp in Nawabshah



### Reports Dr. Sikander Ali Rahu





Dr. Sikander Ali Rahu, the Head of the Nawabshah Chapter of the Primary Care Diabetes Association (PCDA) Pakistan, is a renowned and highly experienced physician and diabetologist in Sindh. Aware of his responsibility to contribute to diabetes prevention and management efforts in the country, Dr. Rahu actively organizes public awareness programs to promote the message of PCDA Pakistan.

Under the initiative "Ziabetes Control Zindagi Anmol," Dr. Rahu recently organized a screening camp at Dhalla Dispensary. During the camp, 100 individuals were screened, and 35 were identified as either having uncontrolled diabetes or being unaware of their diabetic condition. Tests conducted included blood sugar, cholesterol, HbA1c, and uric acid. Diagnosed patients received thorough examinations, free consultations, and complimentary medicines provided by Getz Pharma.

Speaking to the media, Dr. Sikander Ali Rahu shared details about the project, which is a collaborative effort between PCDA Pakistan and Getz Pharma.





### An Anmol Camp at Rahimyar Khan



By: Dr. Mohsin Raza









### An Anmol Camp in Dera Murad Jamali



By: Dr. Nazeer Soomro Head of Jacobabad chapter



Head of Jacobabad Chapter to making healthcare accessi- ored with the prestigious title community well-being. His dedication Hospital Jacobabad, Soomro is widely celebrated treatments, for organizing free medical healthier community. camps regularly, providing underserved populations.

Pakistan Dr. ble and affordable has had a of "Busy Bee of the Year initiatives continue to uplift Nazeer Soomro is a distin- profound impact on countless 2022." This accolade under- the health standards of Jacoguished medical professional lives. Through his free medi- scores his relentless hard babad and serve as a model renowned for his selfless cal camps, he ensures that work, compassion, and dedi- of selfless service in the community individuals from all walks of cation to serving humanity. healthcare. Based at Civil life receive timely medical Dr. attention, screenings, fostering

His unwavering commitment Dr. Nazeer Soomro was hon-truism and

a fies the true spirit of medical 2024,Dr. Nazeer Soomro orservice, inspiring others to ganized a free medical camp contribute towards the better- in Faiz Medical Center near vital healthcare services to In recognition of his tireless ment of society. He stands as Sabzi Mandi Dera Murad efforts and exceptional con- a beacon of hope and care, Jamali. About 150 persons tributions to public welfare, embodying the values of al- were screened and provided

medical profession.

and Dr. Soomro's work exempli- On Friday 27th. December subsequent treatment.





### Price of the Camp in Dera Murad Jamali Tics of the Camp in Dera Murad Jamali









### An Anmol Camp in Makhdoom Tur



By: Dr. M. Irfan Shaikh



A Free Medical Camp for screening the general public for diabetes and associated diseases was arranged under "Ziabetes" Control Zindagi Anmol" project of PCDA Pakistan in collaboration with Getz Pharma. The Camp was organized by Dr Muhammed Irfan Shaikh on the morning of 21st. December 2024 at Lari Adda of main chowk of Makhdoom Pur. 165 persons were screened in the camp out of them 100 were diagnosed as diabetic.

Primary care Diabetes Association (PCDA) is playing a crucial role in the prevention and control of diabetes in Pakistan. PCDA's Trained primary Care Physicians are the first point of contact for most patients, they are in a unique position to address risk factors early, educate patients, and implement preventative measures. Screening for Prediabetes at such camps regularly assess patients for diabetes risk factors such as family history, obesity, sedentary lifestyle, or history of

gestational diabetes.

**D**uring Free Camps like this lab tests e.g., fasting blood sugar, HbA1c, to detect prediabetes or earlystage diabetes are performed. BMI, waist circumference, and risk questionnaires to physical inactivity increase ated diseases. diabetes risk, how healthy habits, such as a balanced Awareness sessions for the

reduce their risk of develop- of these camps. Addressing Medical ing diabetes and how to rec- to them they are educated ognize early symptoms, such about lifestyle modifications, as excessive thirst, frequent dietary advice, encouraging urination, and unexplained physical activity, recommend weight loss.

Muhammed identify at-risk individuals Shaikh are popular among are also some important in- the PCPs of Multan and surformation obtained .Patients rounding areas for his teachcoming to these camps are ing skills to traim them about Subsequent follow up with educated about how factors modern and updated managelike obesity, poor diet, and ment of diabetes and associ-

diet and regular exercise, can public are an important part at least 150 minutes of moderate physical activity per Irfan week, tailored to the patient's fitness level, support patients in quitting smoking, which is a risk factor for diabetes.

> patients diagnosed with prediabetes is the assured to monitor blood sugar levels and provide ongoing support.





### An Anmol Camp in Gujranwala



Head of Gujranwal Chapter of PCDA Pakistan Dr. Maqsood Mehmood is very academic and experienced physician of Gujranwala. He is very famous for his patients education activities which he arranges with a very regular pace for the people of Guranwala and surrounding areas.



Dr. Maqsood Mehmood organized an screening camp under the project od "Ziabetes Control Zindagi Anmol" at the ground floor of Kings Mall Wapda Town Gujranwala, in the evening of Saturday 28th. December 2024. More than 70 patients were screened and none out of them were newly diagnosed, but mostly known diabetic.

Their blood sugar, cholesterol, HbA1c and uric acid were done and examined and free consultation was provided to them. Free medicines were also distributed among the patients by Gietz Pharma.

He addressed to the awareness session for the attending people and highlighted the importance of diet control and regular exercise.





### An Anmol Camp at Renala



### Dr. Jawad Tayyab

A Free Medical Camp organized by Dr. Jawad Tayyab in Renala under the project od "Ziabetes Control Zindagi Anmol". This project is started by PCDA Pakistan in collaboration with Getz Pharma for screening the general publa to collect a real



time data of the prevalence od diabetes in the country.

More than 105 patients were screened and 45 out of them were newly diagnosed. Their blood sugar, cholesterol, HbA1c and uric acid were done and examined and free consultation was provided to them. Free medicines were also distributed among the patients by Gietz Pharma.

Dr. Jawad Tayyab addressed to the awareness session for the attending people and highlighted the importance of diet control and regular exercise.







### Dr. Mutayyaba Majeed reports from Toba Tek Singh

Dr. Mutayyaba Majeed, representing the Toba Tek Singh chapter of the PCDA Pakistan, has been actively working to organize welfare initiatives for the betterment of the community, specially for the prevention and awareness of diabetes. She is Assistant Professor in Independent Medical College Faisalabad. Working as Clinical Physiologist and Consultant Diabetologist at Aman Hospital, Toba Tek Singh.

On Saturday, December 21, 2024, she successfully arranged a Free Screening and Diagnostic Camp with the support of the District Punjab Police Department and the Aman Hospital



Lyalpur Diabetes Foundation. tio, and HbA1c. Attendees underwent screen-

least five days.

Dr. Mutayyaba Majeed ex- District Police Officer Mr. tended her heartfelt gratitude Abadit Nisar and Inspector to Dr. Ahmad Shahzad, General This large-scale camp was sion, cholesterol, and tests Chapter Head of PCDA Pun- acknowledged and praised conducted in collaboration such as Fasting Lipid Profile, jab, for his valuable guidance the efforts of Dr. Mutayyaba with Getz Pharma and the CBC, Cholesterol/HDL Ra- and encouragement toward Majeed and the Aman Hospipublic enhancing awareness in Toba thanked

and treatment were provided team PCDA and LDF for the to diagnosed patients, cour- provision of a worthy plattesy of Aman Hospital. The form and also district focal Toba Tek Singh Laboratory person for Punjab Hepatitis Team and Consultants en- And Infection control prosured that all participants gram Endoscopy specialist received comprehensive sup- Dr. Mubammad Irfan Rashed port, including lab services for gracing the occasion by and free medication for at his presence as guest Of honor and appreciation.

> Punjab health tal team for their commenda-Tek ble initiative.



### Diet Corner

### Eating Healthy Carbs



### A brief review by: Dr. Ifra Nasir

#### 1. Make the Right Choice

Think of carbs as raw material that powers your body. You need them to make sugar for energy.

They come in two types: simbreak down fast into sugar in used less of this type.

better choice. It takes your some body longer to break them down.

#### 2. Read the Labels:

"Fine Print"

"ose."

The chemical name for table and The higher up they appear in fiber. the ingredients list, the more

#### 3. Just Avoid Simple Carbs?

Foods that have been pro- non-diet sodas contain carbs occur naturally in some of the first ingredients listed. It seems too good to be true,

contain lactose, or milk sugar. sugar

#### 4. Get Smart About Bread

ple and complex. What's the Does your loaf have the comdifference? Simple carbs are plex carbs that are good for like quick-burning fuels. They you? It depends on the grain make your system. You want to eat Look for bread made with whole grains. Barley, rye, Complex carbs are usually a oats, and whole wheat are choices. top

#### 5. What About Fruit?

They're sweet, which must mean they have simple carbs, Nutrition labels offer an easy right? That's true, but they're way to spot added sugar, the still a healthy choice. They've source of simple carbs that got fiber in them, which helps you want to cut back on. Just slow the breakdown of sugar. look for words that end in Plus, most are a good source of nutrients like vitamin C potassium. sugar is sucrose. Other names Fruits with skins you can eat, you might see include fruc- such as pears, apples, and bertose, dextrose, and maltose. ries, are especially high in

#### added sugar the food has. 6. Watch What You Drink

That soda you're sipping could be a sneaky source of Well, it's not quite that easy. simple carbs. That's because cessed with added sugars gen- sweetener, often high-fructose erally aren't as healthy a corn syrup. It's right there on choice, it's true. But simple the nutrition label, usually one

anced diet. For example, most soda can pack 39 grams of corn is a whole grain. That milk and other dairy products carbs, all coming from the means it's got complex carbs in

#### 7. Think Fall

ate with autumn are great sources of complex carbs. 11. Great Grains to Try pumpkin.

#### 8. Sweeten With Caution

careful about what you stir your honey, and -sounding sweeteners, like wheat turbinado and agave nectar. They're also sources of simple 12. Which Kind of Rice?

#### 9. Bring on the Beans

pinto, have of the grocery store, think about good picking up some lentils or of complex carbs. split peas, another way to add Reference: a complex carbs to your diet.

#### 10. A Guilt-Free Treat

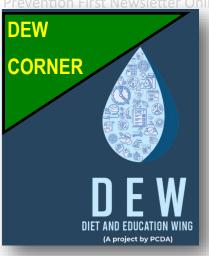
foods that are part of a bal- Twelve ounces of a regular but you can believe it: Popit. and fiber. Your healthiest choice is air-popped, without any added fat and salt. Season it with your favorite dried Many of the foods you associ- herbs and spices instead.

Try starchy vegetables such Maybe you've heard of quias sweet potatoes, squash, and noa, the whole grain from South America. Some other new-to-you whole grains are becoming more widely availa-You can quickly load up on ble, and they can be a good simple carbs if you're not choice to get complex carbs in into your hot drink or put on Some grains to look for are your oatmeal. Go easy on millet, a staple from Africa brown sugar, maple syrup, and Asia, bulgur, which is molasses. used in Middle Eastern dish-And don't overdo it on fancier es, and triticale, a hybrid of

You're ordering Chinese food the restaurant asks. "White rice or brown?" They're a good way to get Which should you choose? complex carbs. Whether you White rice is a "refined" choose kidney, white, black, grain, meaning it has lost or garbanzo, beans some key nutrients during fiber. processing, like fiber. But While you're on that aisle in brown rice is a whole grain, a source

https://www.webmd.com/diet/ ss/slideshow-your-guide-toeating-healthycarbs

Prevention First Newsletter Online by Primary Care Diabetes Association Pakistan



### The Cool Path to Fitness

By: Dr. Qazi Mujahid Head of DEW wing of PCDA Pakistan



#### Can diabetes be reduced by exercise?

Exercise is a key part of managing diabetes. Exercise can help you: Improve your blood sugar levels. Boost your overall fitness.

### blood sugar?

The efficacy of a post-meal walk happens immediately. In fact, studies have shown that a 30-minute brisk walk within 30 minutes after a meal can lower your blood sugar 50 times more than type 2 diabetes? being sedentary,"

#### What is the best exercise for blood sugar control?

Walking — Because anyone can do it Can walking 30 minutes a day lower almost anywhere, walking is the most popular exercise and highly recommended for people with diabetes.

When is the best time to exercise for

Morning and afternoon exercise are better preventive measures for type 2 diabetes. Researchers report that morning and afternoon exercise seem to correlate with lower diabetes risk. Experts say it's unclear why the time you exercise matters.

#### What exercise should diabetics avoid?

Avoid exercise that causes excessive increases in blood pressure (e.g., weight

> lifting, high-intensity aerobic exercise) and refrain from breath holding during activities. High blood pressure is common, and lower intensity exercise may be necessary to manage blood pressure responses and fatigue, exercise in extreme heat or cold.

#### What are the contraindications for exercise for diabetics?

Contra-indications to exercise are blood glucose levels >250mg/dl and <100mg/dl. Active diabetic retinopathy means no strenuous activity (jogging, stepping). Significant peripheral neuropathy is an indication to limit weight-bearing exercise.



# Prevention First Newsletter-Online

### Dear Readers;

Prevention First Newsletter is the official newsletter issued by the Publications Committee of PCDA (Primary Care Diabetes Association Pakistan). The paper version is printed on the occasion of every mega event by PCDA Pakistan.

Prevention First Newsletter has limited circulation, to be circulated among members only.

PFN-Online is the online version of Prevention First Newsletter, which is published to the social media groups of PCDA Pakistan on the 15th. day of every month.

PFN-Online publishes the reports and photographs of the activities of PCDA and its chapters across the country.

Reports of only those events are included in PFN-Online which are managed under the platform of PCDA. Better choose and send the pictures with name or logo of PCDA.

The Publications Committee and the Editorial Board of Prevention First Newsletter, have right to accept or reject any material sent for publication.

Articles, pictures or any other material for PFN-Online can be directly sent to any member of the Publications Committee and the Editorial Board.

Or E-mail to:preventionfirstnewsletter@gmail.com and pcda.pak@hotmail.com

### In charge PFN-Online

#### **SCAN FOR THE MEMBERSHIP OF**

**PCDA** 









