

Prevention First

December 2025, Issue-28 Volume-2

THE EDITORIAL BOARD

Editor in Chief:

Dr. Riasat Ali Khan

Managing Editors:

Dr. Suleman Khan
Dr. Zahoor Shaikh
Dr. Ashraf Raheem
Mr. Nohail Khan

Section Editors:

Dr. Fareeduddin (Research)
Dr. Ahmed Shehzad (Education)
Dr. M. Saleem Khan

(Coordination)

Media Coordinator

Dr. Shakeel Ahmed
Dr. Majid Khan
Dr. Naseeruddin Shaheen

Outreach Coordinator:

Mr. Saud Abbasi
Sanjana Nandlal

Overseas In-charges

Dr. Khaleeq Warsi (USA-Canada)
Dr. Arooj Malik (Gulf)
Dr. Faisal Uzair (U.K)

Review Board:

Dr. Asima Khan
Dr. Naum F. Mahmudi
Prof. Adnan Bawany

Email :

preventionfirstnewsletter@gmail.com

Pakistan's Largest Diabetes Gathering Returns: PCDA Symposium 2026



9TH
International Biennial
PCDA
SYMPOSIUM
2026

*From Clinics to
Workplaces:*
Advancing Diabetes Well-being
through Primary Care

**10th - 11th
January 2026**

**Hall No. 3, Expo Centre,
Karachi, Pakistan.**

primary care diabetes association symposium@pcdapak.org
 0310777PCDA www.pcdapak.org

Official Event Partner:

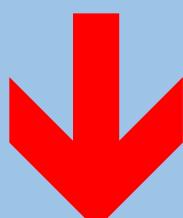


**Uniting Healthcare Leaders
to Improve Diabetes Well-being in Pakistan**

PCDA Symposium 2026: Bridging Clinics, Communities, and Workplaces



Unique
This Time





✓ Community
Awareness
Program

A Historic First for Pakistan: Community Awareness Session at the 9th Biennial PCDA International Diabetes Symposium 2026





Invitation

PCDA Pakistan

warmly invites community members, patients, families, healthcare professionals, community leaders, students, and stakeholders to participate in this historic and impactful session.

Together, let us take a collective step toward a healthier, diabetes-aware Pakistan.

Stay connected for further updates and detailed program schedules.

Team PCDA



The Primary Care Diabetes Association (PCDA) Pakistan is proud to announce a landmark initiative to be introduced for the first time in the country during its flagship academic event — the **9th Biennial PCDA International Diabetes Symposium 2026**. In alignment with the **guidelines and recommendations of the International Diabetes Federation (IDF)**, a dedicated and highly interactive **Community Awareness Session** will be organized as an integral part of the symposium.

Event Details

- **Event:** Community Awareness Session
- **Occasion:** 9th Biennial PCDA International Diabetes Symposium 2026
- **Dates:** 10th January 2026
- **Time:** from 4.00 to 6.00 am
- **Venue:** Hall #3, Expo Center, Karachi, Pakistan
- **Organizer:** Primary Care Diabetes Association (PCDA) Pakistan

Purpose & Significance

This pioneering Community Awareness Session represents a major step forward in bridging the gap between scientific forums and public health education. While the symposium traditionally focuses on healthcare professionals and researchers, this session has been specifically designed

to actively **engage the community**, patients, families, caregivers, and the general public.

The objective is to translate evidence-based diabetes knowledge into **simple, practical, and actionable guidance** that can empower individuals to prevent, detect, and manage diabetes effectively.

Key Highlights

- Interactive discussions on **diabetes prevention, early detection, and long-term management**
- Focus on **healthy lifestyle choices**, nutrition, physical activity, and medication adherence
- Addressing myths and misconceptions surrounding diabetes

- Guidance for families and caregivers of people living with diabetes
- Direct interaction with **experienced healthcare professionals and diabetes educators**
- Alignment with **IDF-endorsed global standards and best practices**

A Step Toward Community-Centered Diabetes Care

By hosting this session within an international scientific symposium, **PCDA Pakistan reinforces its commitment** to community-oriented healthcare, public engagement, and nationwide diabetes awareness. This initiative reflects a holistic approach, combining clinical excellence with public education to combat the growing diabetes burden in Pakistan.



International Biennial
PCDA SYMPOSIUM 2026

9TH

From Clinics to Workplaces:

Advancing Diabetes Well-being through Primary Care

DEW

✓ Spotlight Arena

For the First Time in the history of Pakistan



"Spotlight Arena"

**in the 9th. Biennial PCDA International Diabetes Symposium
2026"**

A Historic First in Pakistan: "Spotlight Arena" at the 9th Biennial PCDA International Diabetes Symposium 2026

For the first time in the history of Pakistan, the **Primary Care Diabetes Association (PCDA) Pakistan** is introducing an innovative and audience-friendly feature — the "**Spotlight Arena**" — during the **9th Biennial PCDA International Diabetes Symposium 2026**.

Event Details

- **Event:** Spotlight Arena
- **Occasion:** 9th Biennial PCDA International Diabetes Symposium 2026
- **Dates:** 10-11 January 2026
- **Venue:** Hall #3, Expo Center, Karachi, Pakistan
- **Organizer:** Primary Care Diabetes Association (PCDA) Pakistan
- **Guidance:** In accordance with **International Diabetes Federation (IDF)** guidelines

About the Spotlight Arena

The **Spotlight Arena** has been specially designed as an **alternative, engaging space** within the symposium venue for participants who prefer a more flexible and less formal learning environment than the main scientific halls.

This dedicated area will allow visitors to:

- Engage with focused discussions and brief presentations
- Explore key diabetes-related themes in an interactive setting
- Network informally with peers, experts, and industry representatives
- Learn at their own pace without remaining seated in the main halls for extended sessions

Why the Spotlight Arena Matters

By introducing the Spotlight Arena, **PCDA Pakistan** continues to innovate in medical conferencing, ensuring inclusivity, comfort, and enhanced learning experiences for all symposium participants. This initiative reflects PCDA's commitment to modern, participant-centric academic and awareness platforms, aligned with global best practices endorsed by the **International Diabetes Federation**.

An Invitation to Explore

All symposium attendees are encouraged to visit and benefit from the Spotlight Arena, a landmark addition that promises variety, accessibility, and enriched engagement within Pakistan's premier diabetes conference.

Further details and program highlights will be shared in upcoming issues.



International Biennial
PCDA SYMPOSIUM
2026

From Clinics to Workplaces:
Advancing Diabetes Well-being through Primary Care

✓ National
Village





AI Generated Image

Many leading national organizations working in the field of diabetes and related healthcare sectors will be participating in the **9th PCDA Biennial Symposium 2026**, to be held at the **Expo Center, Karachi, Pakistan**. These organizations will showcase their ongoing work, initiatives, and achievements through dedicated stalls at the venue.

This initiative by **PCDA Pakistan** aims to bring together key stakeholders from across the country onto a single platform, encouraging collaboration and shared efforts in addressing the rapidly rising burden of diabetes. Given that Pakistan unfortunately has the **highest prevalence of diabetes in the world**, such collective action is essential to strengthen prevention, awareness, and management strategies nationwide.



International Biennial
PCDA
SYMPOSIUM
2026

*From Clinics to
Workplaces:*

Advancing Diabetes Well-being
through Primary Care

✓ Brain Storming Sessions





Prevention First
Primary Care Diabetes Association
Pakistan

International Biennial
PCDA SYMPOSIUM 2026

9TH

From Clinics to Workplaces:
Advancing Diabetes Well-being through Primary Care

IFPCD
INTERNATIONAL
FEDERATION
FOR PRIMARY
CARE DIABETES

DEW
DIABETES EDUCATION
NETWORK

✓ Nation
Wide
Participation

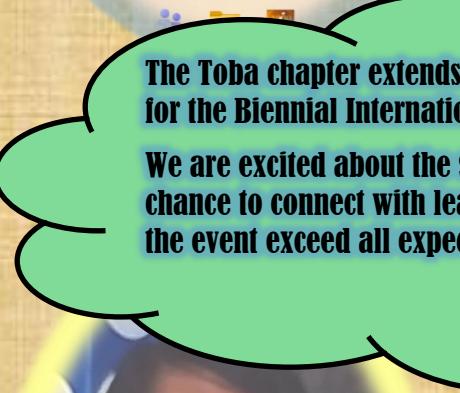
Karachi! We are coming -HCPs from all corners of the country ready to fly !







I am delighted that the Biennial International Symposium of PCDA Pakistan is approaching. The Sahiwal Chapter is eagerly looking forward to the enriching scientific sessions and valuable networking opportunities planned at the symposium. We wish PCDA every success—may this symposium become a milestone event in advancing diabetes care across the region.

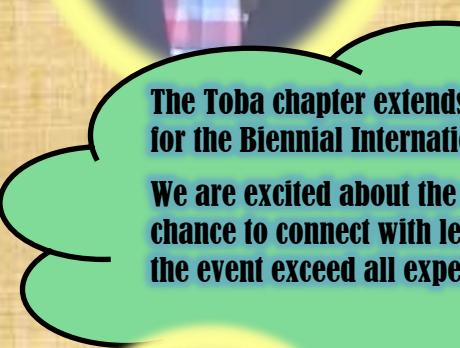


The Toba chapter extends its heartfelt best wishes for the Biennial International Symposium.

We are excited about the scientific program and the chance to connect with leaders in diabetes care. May the event exceed all expectations!



It's exciting to know about PCDA's International Symposium. The symposium's agenda looks outstanding, and we're ready to make the most of the knowledge sharing and collaboration. Here's to a successful and memorable symposium!

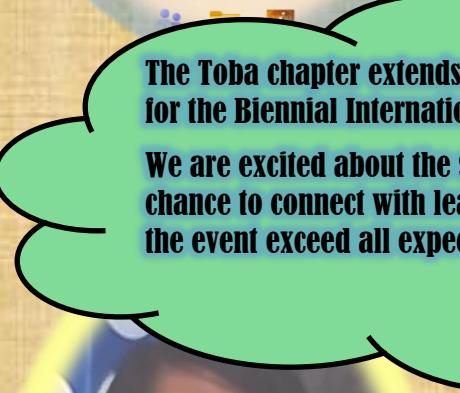


The Toba chapter extends its heartfelt best wishes for the Biennial International Symposium.

We are excited about the scientific program and the chance to connect with leaders in diabetes care. May the event exceed all expectations!



It's exciting to know about PCDA's International Symposium. The symposium's agenda looks outstanding, and we're ready to make the most of the knowledge sharing and collaboration. Here's to a successful and memorable symposium!



Committees for the 9th. International Biennial PCDA Symposium 2026

Organizing Committee



Dr. Riasat Ali Khan
(President)



Dr. Najum F Mehmudi
(Member Supreme Cnl)



Dr. Ahmad Shahzad
(Head-Central Regn)



Dr. A. Samad Memon
(Head-South Region)



Dr. Pawan Kumar
(Joint Secretary)



Dr. Farasat Tirmizi
(Head -KPK Regn)



Dr. Shehzad Tahir
(Head of Fed Regn)

Scientific Committee



Dr. Asima Khan
(President Elect)



Dr. Surech Kumar
PCDA Quetta



Dr. Muhammed Saleem
Khan –AJK Head



Dr. Arshad
PCDA Peshawer



Dr. Umbreen Aslam
PCDA Lahore



Dr. Syed Ishaq Fatmi
PCDA Karachi



Dr. Umair Adil DUHS
Karachi

Registration/Reception Committee



Dr. Fareeduddin (Head of
Supreme Council)



Dr. Qazi Mujahid (Finance
Secretary)



Dr. Sohail Shokat (Sahiwal
Chapter Head)



Dr. Ijaz Ahmed
(Faisalabad Chapter)



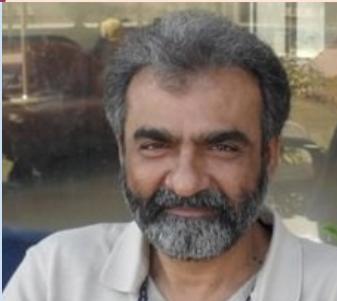
Dr. Sulaiman Khan
(Kohat Chapter)



Dr. Nazeer Soomro
(Jacobabad)

Committees for the 9th. International Biennial PCDA Symposium 2026

Logistics/Food Committee



Dr. M Iqbal Batavia
(Vice President)



Dr. Ashraf Raheem
(Karachi Chapter)



Dr. M. Saleem Burni
(Member Sup. Council)



Dr. Sikander Ali Rahu (Head
of Nawabshah Chapter)



Dr. Tahir Rasool
(Lahore Chapter)

Marketing & Publicity Committee



Dr. Shakeel Ahmed
(Head of Media)



Dr. Majid Khan
Head of Social



Dr. Nauman Rizwan
(Karachi Chapter)



Dr. Sohail Tariq (Head of Bahawalpur Chapter)



Dr. Khalid Hussain Mazari
(Head of Rahimyar Khan)



Dr. Peer Alam (Head of
Mardan Chapter)

Spotlight and Exhibition Committee



Dr. Riasat Ali Khan
(President)



Dr. Izhan Ali Khan
(Head of STEP)



Dr. Irfan Shaikh
(Multan Chapter)



Dr. Syed Sarwer Abbas Rizvi
(Karachi Chapter)



Dr. Shahid Iqbal
(Toba Tek Singh)



Mr. Saud Abbasi
(Director STER)

Committees for the 9th. International Biennial PCDA Symposium 2026

Stage Protocol Committee



Dr. Jaweria Salman
(Hyderabad)



Dr. Fariha Shakeel
(STEP)



Dr. Maria Masroor
(Sadiqabad Chapter)



Dr. Maheen Shahzad
(Faisalabad)



Dr. Sonia Khan
(Karachi Chapter)



Ms. Sanjana
(STEP)

IT & Publications Committee



Dr. Shahid Akhter
(General Secretary)



Dr. Izhan Ali Khan
(STEP)



Dr. Mohammad Irfan Safi
(Karachi Chapter)



9TH

International Biennial
PCDA SYMPOSIUM 2026

PCDA
Spreading
Diabetes
Awareness
Nationwide
With Over
70 Chapters



10th - 11th
January 2026

Hall No. 3, Expo Centre,
Karachi, Pakistan.



primary care diabetes association



0310-777-PCDA



www.pcdapak.org

Official Event Partner:



Social Media Campaign



Dr. Fareed -uddin
Head of Supreme Council PCDA



Dr. Asima Khan
President Elect



Dr. Najum F. Mahmudi
Member Supreme Council



32



12



**Karachi
Chapter**

world diabetes day

Walk & Ride for Diabetes Awareness



23rd November 2025



Seaview - Do Darya, Karachi

Report: Saud Abbasi

World Diabetes Day is celebrated every year on 14th November; however, diabetes-related awareness activities continue throughout the entire month.

Across Pakistan, all chapters of the Primary Care Diabetes Association (PCDA) Pakistan remained highly active in November, organizing a wide range of seminars, conferences, free screening camps, and awareness walks to highlight the growing burden of diabetes and the importance of its prevention and management.

STEP (Students Task-force for Education and Public Health), the student wing of PCDA, also played a remarkable role during this campaign. The STEP volunteers participated enthusiastically in dozens of free medical screening camps, community walks, and other public-health awareness initiatives, demonstrating their commitment to promoting healthier lifestyles and early detection of diabetes.



ment of diabetes prevention and control. Participants walked along the Sea View road holding banners and placards carrying impactful diabetes-awareness messages. The walk was followed by a bicycle-riding segment, symbolizing the importance of active living.

This initiative was fully aligned with the guidelines of the **International Diabetes Federation**

As part of the World Diabetes Week 2025 (WDW'25) **(IDF)**, as PCDA proudly represents Pakistan as an active member of IDF.

Riding Activity was organized at the scenic Do Darya-Sea View Road in Karachi. The event drew participation from the central cabinet of PCDA, members of the Karachi Chapter, and their families. The unique combination of a walk and a bicycle ride successfully attracted the general public, helping spread the message of diabetes awareness more effectively.

At the conclusion of the event, **General Secretary PCDA, Dr. Shahid Akhter**, expressed heartfelt gratitude to all participants, volunteers, and supporters for making the activity a meaningful contribution toward national diabetes awareness efforts.

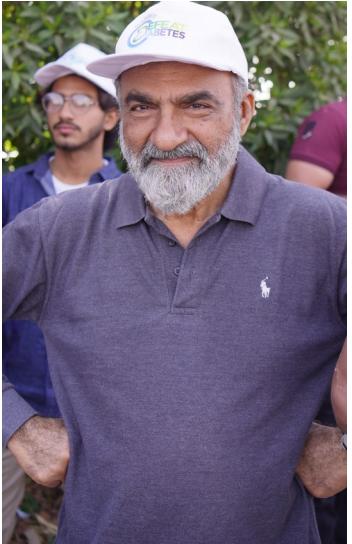
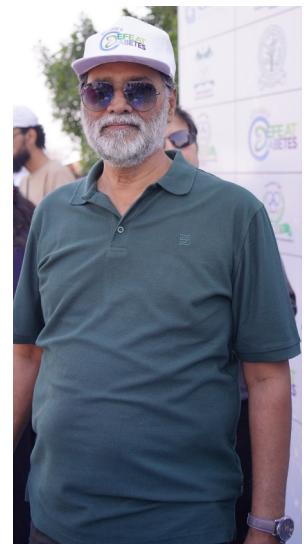
President PCDA, Dr. Riasat Ali Khan, officially welcomed all attendees and highlighted the objective of the activity—promoting physical activity as a key compo-

The Walk



The Cycle Ride





World Diabetes Day 2025 – Awareness Session at a Work place by Dr. Majid Khan

An informative awareness session on diabetes prevention, early detection, and healthy lifestyle practices was successfully conducted at a workplace by **Dr. Majid Khan, Media Secretary of Primary Care Diabetes Association (PCDA) Pakistan.**

The session was part of PCDA Pakistan's ongoing nationwide initiative to promote diabetes awareness at community and workplace levels, in view of the rapidly increasing burden of diabetes in the country.



Addressing a large gathering of employees and staff members, Dr. Majid Khan highlighted the alarming rise in diabetes prevalence in Pakistan and stressed the urgent need for preventive measures, particularly among the working population who are often exposed to sedentary lifestyles, such as regular stress, and unhealthy dietary habits. He explained, in simple and practical terms, the **types of diabetes**, common **risk factors**, and **early warning signs**, emphasizing **controlled diabetes**, that timely diagnosis can prevent serious complications. Special attention was given to the **long-term complications of uncontrolled diabetes**, including heart disease, kidney failure, vision problems, nerve damage, and foot complications. Dr. Khan emphasized the importance of adopting a **healthy lifestyle**, focusing on balanced nutrition, regular physical activity, weight control, screening, and adherence to medical advice. The session was highly interactive, with participants actively engaging in a **question-and-answer segment**. Employees sought guidance on diet planning, physical activity routines suitable for office settings, and the importance of regular blood sugar monitoring. Practical tips were shared to help individuals manage their health despite busy work schedules.

At the conclusion of the session, participants appreciated PCDA Pakistan's mission to fight diabetes through primary care-based education and public health initiatives.

Dr. Majid Khan elaborated on the im-



Mega Free Medical Camp for Diabetic Patients – Kacha Pakha, Kohat

Report: Dr. Suleman Khan (Head of Kohat Chapter of PCDA)

A mega free medical camp was successfully organized in Kacha Pakha, Kohat, under the banner of the Primary Care Diabetes Association.

The camp aimed to provide accessible healthcare services to diabetic patients and to raise awareness about the prevention, early diagnosis, and effective management of diabetes.



Services Provided at the tions, and counseling for Camp: long-term disease control. Free HBA1C, blood sugar It also aimed to educate testing and screening the public about the risks Blood pressure monitoring associated with unConsultation on diabetes trolled diabetes and the management and lifestyle importance of regular folmodification low-up.

Guidance on diet, exercise,

and medication adherence Acknowledgment:

Distribution of essential Special thanks to the dedihealth information materi- cated medical team, organal

Purpose of the Camp: munity members whose The initiative focused on efforts made this camp a reaching underserved success. Their commitment communities, ensuring reflects a strong step tothat diabetic patients re- ward promoting healthier ceive proper attention, ear- lives and supporting pa- ly detection of complica- tients in need.





Head of Jacobabad Chapter of PCDA Pakistan, Dr. Nazeer Soomro reports about a Free Medical Camp and Awareness Session

Free distribution of glucometers , strips and Huma pens to poor type 1diabetic pts from Dr Nazir soomro diabetologist Jacobabad



Free Medical Camp & Diabetes Awareness Session in Gulistan-e-Johar, Karachi

Organized by Dr. Nazeer Soomro — Jacobabad Chapter Head, PCDA Pakistan



Gulistan-e-Johar, Karachi — In a compassionate outreach to underserved communities, Dr. Nazeer Soomro — a dedicated chapter head of the Primary Care Diabetes Association (PCDA) Pakistan — led a Free Medical Camp and Diabetes Awareness session in Gulistan-e-Johar, Karachi. The event combined free clinical services with focused public education on diabetes prevention, early detection and self-care, reinforcing PCDA's mission to bring diabetes care to the doorstep of those who need it most.

The camp offered free blood glucose testing, blood pressure checks, basic clinical consultation, distribution of essential medicines and nutritional advice alongside an interactive awareness session on diabetes risk factors, lifestyle modification and medication adherence. Local volunteers, medical students and PCDA representatives supported the effort, which drew people from surrounding neighborhoods seeking screening and guidance.

Dr. Nazeer Soomro — widely respected for his tireless work for PCDA Pakistan and head of the Jacobabad chapter — said the camp was organized to reduce barriers to care and to educate communities where access to timely diabetes screening and counselling is limited. “Early detection and simple lifestyle changes can prevent complications,” Dr. Soomro said. “Our goal today is to screen, inform and empower people so they can take control of their health.”

What visitors received

- **On-spot diabetes screening:** Random and fasting blood glucose testing, with immediate interpretation and counselling.
- **Basic clinical checks:** Blood pressure measurement, BMI estimation and foot inspection for diabetic foot risk.
- **Consultations:** Short consultations with volunteer doctors and nurses to review test results and advise on follow-up.
- **Medication support:** Distribution of basic, donated medicines and written prescriptions or referrals for patients requiring further care.
- **Health education:** A focused diabetes awareness talk covering causes, symptoms, prevention, diet, physical activity, and the importance of medication adherence and follow-up.
- **Printed materials:** Leaflets in Urdu and simple visual charts on diet, exercise and foot care handed out to attendees.

Referral pathway: A list of nearby clinics and contact details so patients with abnormal results could access continued care.

The awareness session — highlights

follow-up, affordable medication options, and where to get further help locally.

Volunteers used everyday



The diabetes awareness session was interactive and practical rather than purely didactic. Key points covered included:

- Recognizing common symptoms of diabetes and understanding who is at higher risk.
- How to perform simple lifestyle changes

examples and role-plays to explain carbohydrate counting, portion control and the benefits of walking for 30 minutes daily. The interactive Q&A allowed participants to ask personal questions, which were addressed sensitively by the medical

Public health significance

Free screening camps like this one play a key role in early detection of diabetes and pre-diabetes in populations that may otherwise delay seeking care. By coupling screening with immediate counselling and clear referral pathways, the event increased the likelihood that people with abnormal results will seek appropriate follow-up care — reducing the long-term risk of serious complications.

Team & partners

The camp was staffed by Dr. Nazeer Soomro together with volunteer physi-



The Free Medical Camp and Diabetes Awareness session in Gulistan-e-Johar exemplified community-level, high-impact public health work — combining screening, education and referrals in a single, well-organized effort.

Dr. Nazeer Soomro's leadership and the dedication of PCDA volunteers brought essential services to people who need them most, underlining the importance of local outreach in the fight against diabetes.



— realistic dietary swaps, safe forms of exercise and small achievable goals.

- Preventing complications: foot care, eye checks, and timely monitoring.
- The role of regular

Testimonials & community response

A local resident who attended screening said, "I

health workers. PCDA Pakistan provided organizational support and educational material, and local pharmacies donated essential medicines. Community volunteers helped with crowd management and registration.



Dr. Jahangeer Awan Reports from Larkana. Free Medical Camp organized in Naseerabad





Dr. Rabia Tufail shares from Quetta.
Basic Facts about Heart Attack

HEART ATTACK SIGNS



Chest Pain



Vomiting

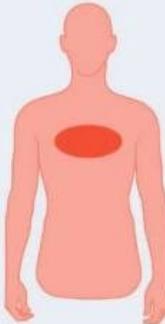


Sweating

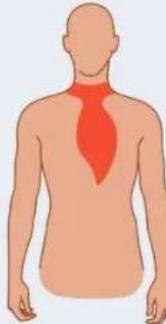
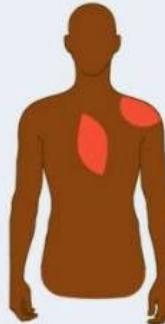
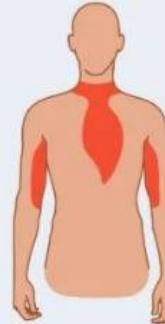


Dizziness

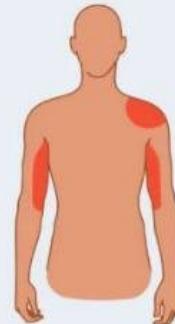
WHERE IS HEART ATTACK PAIN



upper chest

substernal
radiating to
neck and jawsubsternal
radiating
to left armepigastric radiating
to neck, jaw,
and arms

neck and jaw

left shoulder
and down
both arms

intrascapular

ہارت اٹیک کیا ہے؟

ہارت اٹیک اس وقت ہوتا ہے جب دل کو جانے والی خون کی نالی اچانک بند ہو جائے اور دل کے پھੁੱوں کو نقصان پہنچنے لگے۔ یہ ایک #ایم جنسی حالت ہے جس میں فوری اسپتال پہنچنا ضروری ہے

گھر میں فوری کیا کریں؟ (فرست ایڈ)

فوراً ایمہولینس بلائیں۔ مریض کو بیٹھا دیں یا لٹا دیں۔ تنگ کپڑے ڈھیلے کریں۔ اگر المرجی نہ ہو تو ایک اسپرین چجانے کو دیں

🚫 مریض کو پر سکون رکھیں۔ دیر مت کریں۔ مریض کو خود گاڑی چلانے نہ دیں

🚫 کھانا یا بھاری مشروبات نہ دیں

کارڈیو ایم جنسی سے فوری رابطہ کریں۔

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

STEP

DEW

