

# Prevention First

December 2025, Issue-28 Volume-2



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## Pakistan's Largest Diabetes Gathering Returns: PCDA Symposium 2026

 **9<sup>TH</sup>** International Biennial  
**PCDA SYMPOSIUM 2026**

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

**10<sup>th</sup> - 11<sup>th</sup>  
January 2026**

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

 primary care diabetes association  [symposium@pcdapak.org](mailto:symposium@pcdapak.org)  
 0310777PCDA  [www.pcdapak.org](http://www.pcdapak.org)

Official Event Partner:  
 

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

# PCDA Symposium 2026: Bridging Clinics, Communi- ties, and Workplaces



*Unique*  
This Time





International Biennial  
**PCDA  
SYMPOSIUM  
2026**

*From Clinics to  
Workplaces:*

Advancing Diabetes Well-being  
through Primary Care

# ✓ 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**

*From Clinics to  
Workplaces:*

Advancing Diabetes Well-being  
through Primary Care

✓ **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.*





9<sup>TH</sup>

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.





9<sup>TH</sup>

International Biennial  
**PCDA  
SYMPOSIUM  
2026**

*From Clinics to  
Workplaces:*

Advancing Diabetes Well-being  
through Primary Care

# ✓ Brain Storming Sessions









International Biennial  
**PCDA  
SYMPOSIUM  
2026**

*From Clinics to  
Workplaces:*

Advancing Diabetes Well-being  
through Primary Care

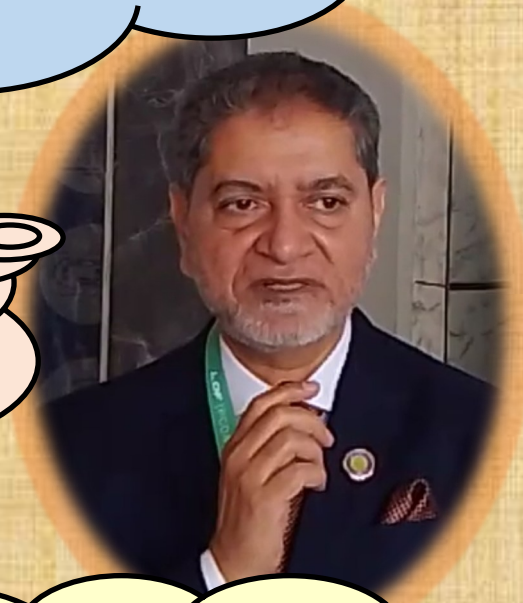
✓ Nation  
Wide  
Participation

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



I am thrilled to hear that the PCDA Pakistan's Biennial International Symposium is just around the corner! The Lahore chapter is eagerly looking forward to the insightful sessions and networking opportunities IN PCDA Symposium 2026. Wishing the organizing team a resounding success—let's make this symposium a landmark event for diabetes care in the region!

**Congratulations on the upcoming symposium! The Islamabad chapter is excited to join our peers in Karachi for what promises to be an enlightening two-day program. We're confident the discussions will shape the future of diabetes management in Pakistan.**



**As we prepare to welcome delegates to Hall #4, Expo Center Karachi, the Karachi chapter is buzzing with anticipation. 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 Multan chapter extends its heartfelt best wishes for a highly successful 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!**







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.

Heartiest congratulations on the upcoming symposium. The Tobatek Singh Chapter is excited to join colleagues in Karachi for what promises to be an informative and impactful two-day program. We are confident that the discussions and scientific exchanges will contribute meaningfully to the future of diabetes management in Pakistan.

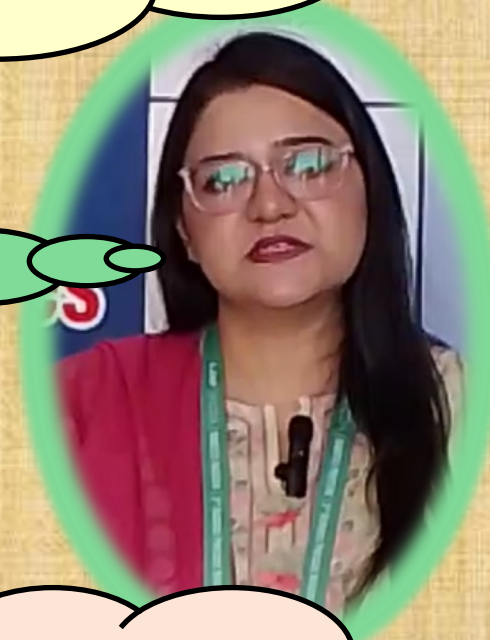


Its exciting to know about PCDA.s International Symposium. The symposium's agenda looks outstanding, and we're ready to make the most of the knowledge sharing and collaboration. Here's to a successful and memorable symposium!



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!



Heartiest congratulations on the upcoming symposium. The Tobatek Singh Chapter is excited to join colleagues in Karachi for what promises to be an informative and impactful two-day program. We are confident that the discussions and scientific exchanges will contribute meaningfully to the future of diabetes management in Pakistan.







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# Committees for the 9th. International Biennial PCDA Symposium 2026

## Organizing Committee



**Dr. Riasat Ali Khan**  
(President)

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(Member Supreme Cnl)

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(Head-Central Regn)

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Karachi

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**Dr. Ijaz Ahmed**  
(Faisalabad Chapter)

**Dr. Sulaiman Khan**  
(Kohat Chapter)

**Dr. Nazeer Soomro**  
(Jacobabad)



# Committees for the 9th. International Biennial PCDA Symposium 2026

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(Head of STEP)



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(Multan Chapter)



**Dr. Syed Sarwer Abbas Rizwi**  
(Karachi Chapter)



**Dr. Shahid Iqbal**  
(Toba Tek Singh)



**Mr. Saud Abbasi**  
(Director STER)



# Committees for the 9th. International Biennial PCDA Symposium 2026

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9<sup>TH</sup>

## International Biennial PCDA SYMPOSIUM 2026

**PCDA  
Spreading  
Diabetes  
Awareness  
Nationwide  
With Over  
70 Chapters**



**10<sup>th</sup> - 11<sup>th</sup>  
January 2026**

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



primary care diabetes association



0310-777-PCDA



symposium@pcdapak.org



www.pcdapak.org

**Official Event Partner:**



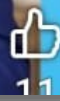


# Social Media Campaign



**Dr. Fareed -uddin**

Head of Supreme Council PCDA



**Dr. Asima Khan**

President Elect



**Dr. Najum F. Mahmudi**

Member Supreme Council







**Karachi  
Chapter**

world diabetes day

# Walk & Ride for Diabetes Awareness

 **23<sup>rd</sup> 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 Taskforce 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) activities, an **Awareness Walk coupled with a Bicycle 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.

(IDF), as PCDA proudly represents Pakistan as an active member of IDF.

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

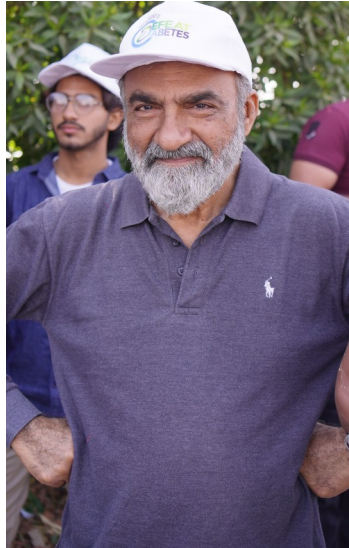
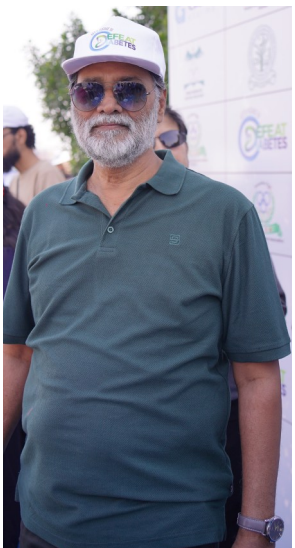




## The Cycle Ride









# 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, stress, and unhealthy dietary habits. He explained, in simple and practical terms, the **types of diabetes**, common **risk factors**, and **early warning signs**, emphasizing that timely diagnosis can prevent serious complications.

Dr. Majid Khan elaborated on the im-

portance of adopting a **healthy lifestyle**, focusing on balanced nutrition, regular physical activity, weight control, adequate sleep, and stress management. He also discussed the role of workplace wellness in diabetes prevention, encouraging employees to incorporate small but effective changes such as regular movement breaks, healthier food choices, and routine health check-ups.

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 empha-

sized that most of these complications are preventable through proper awareness, early 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 Paki-

stan's efforts to bring health education directly to the workplace. Dr. Majid Khan reaffirmed PCDA Pakistan's commitment to collaborating with institutions, organizations, and communities across the country to curb the diabetes epidemic through education, awareness, and preventive strategies.

Such workplace awareness sessions are a vital step toward building a healthier workforce and a more informed society, aligning with PCDA Pakistan's mission to fight diabetes through primary care-based education and public health initiatives.







# 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 Camp: Free HBA1C, blood sugar testing and screening Blood pressure monitoring Consultation on diabetes management and lifestyle modification Guidance on diet, exercise, and medication adherence

tions, and counseling for long-term disease control. It also aimed to educate the public about the risks associated with uncontrolled diabetes and the importance of regular follow-up.

Acknowledgment: Special thanks to the dedicated medical team, organizers, volunteers, and community members whose efforts made this camp a reaching underserved success. Their commitment reflects a strong step towards that diabetic patients receive proper attention, early detection of complications 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 pres-

sure 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



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

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

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

didn't know my sugar was high — I'm thankful they tested me today. The doctor explained what I must change and where to go for treatment." A student volunteer added, "Helping at this camp gave me hands-on experience and I saw how education changes people's attitude immediately."

## Team & partners

The camp was staffed by Dr. Nazeer Soomro togeth-

# 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 complica-



er with volunteer physicians, nurses, medical students and community

tions. 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.



- realistic dietary swaps, safe forms of exercise and small achievable goals.
- Preventing complications: foot care, eye checks, and timely monitoring.
- The role of regular

team. **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. 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.***





## 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

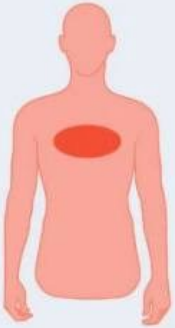


Sweating

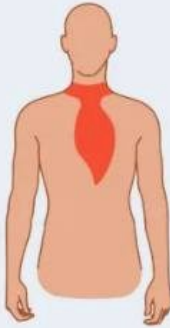


Dizziness

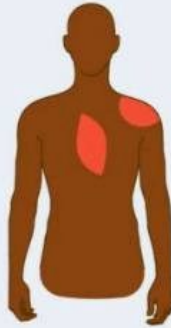
## WHERE IS HEART ATTACK PAIN



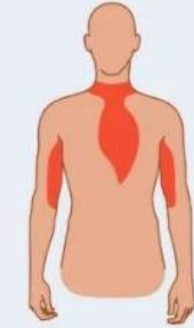
upper chest



substernal  
radiating to  
neck and jaw



substernal  
radiating  
to left arm



epigastric radiating  
to neck, jaw,  
and arms



neck and jaw



left shoulder  
and down  
both arms



intrascapular

## ہارٹ اٹیک کیا ہے؟

ہارٹ اٹیک اس وقت ہوتا ہے جب دل کو جانے والی خون کی نالی اچانک بند ہو جائے اور دل کے پمپوں کو نقصان پہنچنے لگے۔ یہ ایک [#ایمرجنسی](#) حالت ہے جس میں فوری اسپتال پہنچنا ضروری ہے

✓ گھر میں فوری کیا کریں؟ (فرسٹ ایڈ)

فوراً ایسولینس بلائیں۔ مریض کو بیٹھا دیں یا لٹا دیں۔ تنگ کپڑے ڈھیلا کریں۔ اگر الرجی نہ ہو تو ایک اسپرین چبانے کو دیں

✗ مریض کو پرسکون رکھیں۔ دیر مت کریں۔ مریض کو خود گاڑی چلانے نہ دیں

✗ کھانا یا بھاری مشروبات نہ دیں

کارڈیو ایمرجنسی 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.

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