

# Prevention First

January 2026, Issue-29 Volume-2

SPECIAL EDITION 9th. BIENNIAL PCDA SYMPOSIUM 2026



DEW  
DIET AND EDUCATION WING  
(A project by PCDA)



STUDENT TASKFORCE FOR  
EDUCATION & PUBLIC HEALTH

9<sup>TH</sup>

International Biennial  
**PCDA**  
**SYMPOSIUM**  
**2026**

*From Clinics to Workplaces:*

Advancing Diabetes Well-being through Primary Care

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# 9th International Biennial PCDA Symposium 2026 Concludes with Historic Success

The two-days-long 9th International Biennial PCDA Symposium 2026 successfully concluded at Hall-3, Expo Centre Karachi, leaving behind a strong academic, professional, and community-oriented impact. The symposium once again reaffirmed PCDA Pakistan's leadership role in promoting diabetes education, prevention, and quality clinical practice across the country.

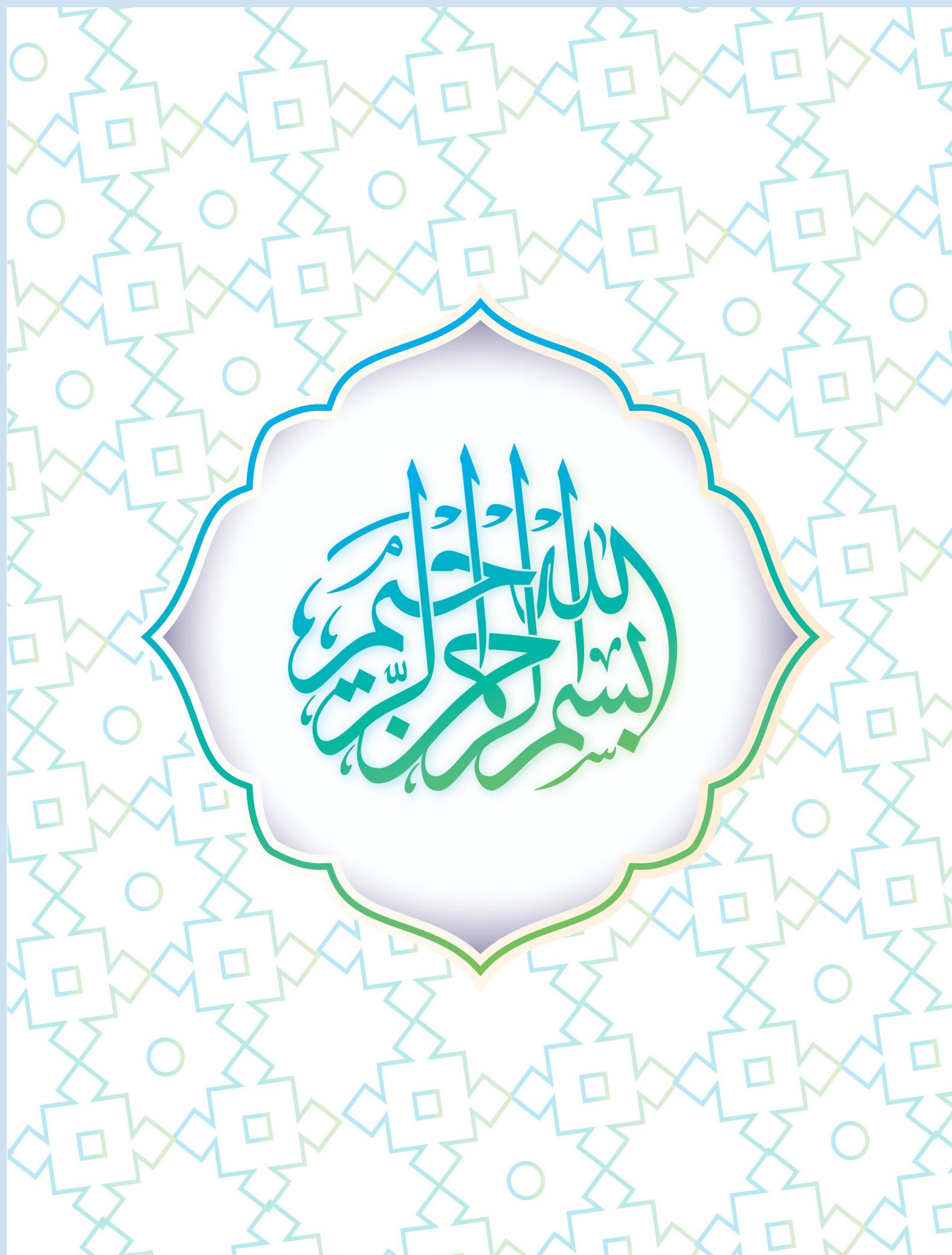
This year's symposium was distinctive for the introduction of several innovative initiatives, which added new dimensions to the traditional scientific format. The Community Awareness Program, Spotlight Arena, and National Health Village were among the most appreciated features. These initiatives were thoughtfully planned and intelligently executed, enabling effective interaction between healthcare professionals, stakeholders, and the community, and translating scientific knowledge into practical awareness.

The scientific sessions remained the backbone of the symposium. Highly informative keynote lectures by renowned national and international faculty, along with brainstorming panel discussions, provided valuable insights into contemporary issues in diabetes management and prevention. The interactive Q&A sessions kept the audience actively engaged, fostering meaningful academic dialogue throughout the event.

The symposium witnessed the participation of thousands of delegates from across Pakistan, including physicians who travelled from far-flung regions of the country. Their enthusiastic presence and active involvement reflected the trust and confidence of the medical community in the PCDA platform.

The overall response to the symposium was overwhelmingly positive, making the 9th International Biennial PCDA Symposium a memorable and historic success. The event not only achieved its academic objectives but also strengthened PCDA's mission of community engagement and prevention-focused healthcare.

Detailed coverage of all scientific sessions, special segments, and activities of the symposium will be published in the forthcoming issues of Prevention First Newsletter (PFN-Online). In the current issue, we are pleased to include the PFN booklet, which was issued and distributed among the participants during the symposium as a documented reflection of PCDA's vision and ongoing efforts.





# FOUNDER PCDA

**Dr. Syed Mansoor Ali (Late)**





## MESSAGE

### Prof. Peter Schwarz

President of the International Diabetes Federation



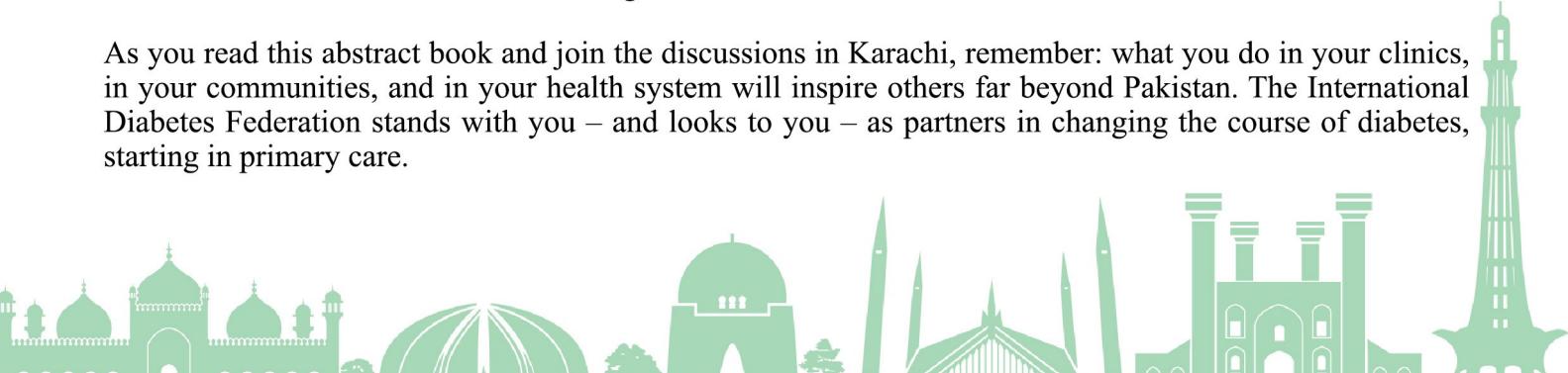
Dear colleagues beeing passionate about improving the quality of diabetes care This 9th International Biennial PCDA Symposium comes at exactly the right time and in exactly the right place. Pakistan is at the front-line of the global diabetes epidemic – but that also means Pakistan can be at the frontline of the solution.

As President of the International Diabetes Federation, seeing primary care physicians come together in Karachi with a clear focus on prevention, innovation, and equity is deeply encouraging. You are the ones who can turn guidelines into real lives saved, real complications prevented, and real hope for millions of families.

The scientific program shows that PCDA is not satisfied with theory; you are building networks, strengthening primary care, integrating new therapies, using digital tools, and putting equity and affordability at the center of your work. This is exactly the kind of leadership the world needs from frontline clinicians.

Let this symposium be more than a meeting – let it be a movement. A movement where every family doctor in Pakistan feels empowered to prevent diabetes, to diagnose early, to treat comprehensively, and to advocate for fair access to medicines and technologies.

As you read this abstract book and join the discussions in Karachi, remember: what you do in your clinics, in your communities, and in your health system will inspire others far beyond Pakistan. The International Diabetes Federation stands with you – and looks to you – as partners in changing the course of diabetes, starting in primary care.

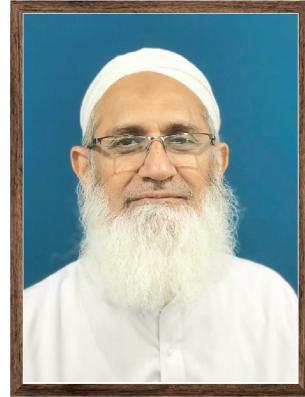




## GUEST OF HONOR

### Prof. Abdul Basit

Director, Indus Diabetes and Endocrinology Center (IDEC), Indus Hospital and Health Network (IHHN)  
 Secretary General, Diabetic Association of Pakistan (DAP)  
 President, Diabetes in Asia Study Group (DASG)  
 Chairman, Health Research Advisory Board (HealthRAB)



It gives me immense pleasure to write a message for the "9th Biennial PCDA Symposium 2026". The Primary Care Diabetes Association has always been very close to my heart. Since its early days in 2009, I have witnessed PCDA grow from a committed idea into a strong national platform for advancing diabetes care through primary care in Pakistan.

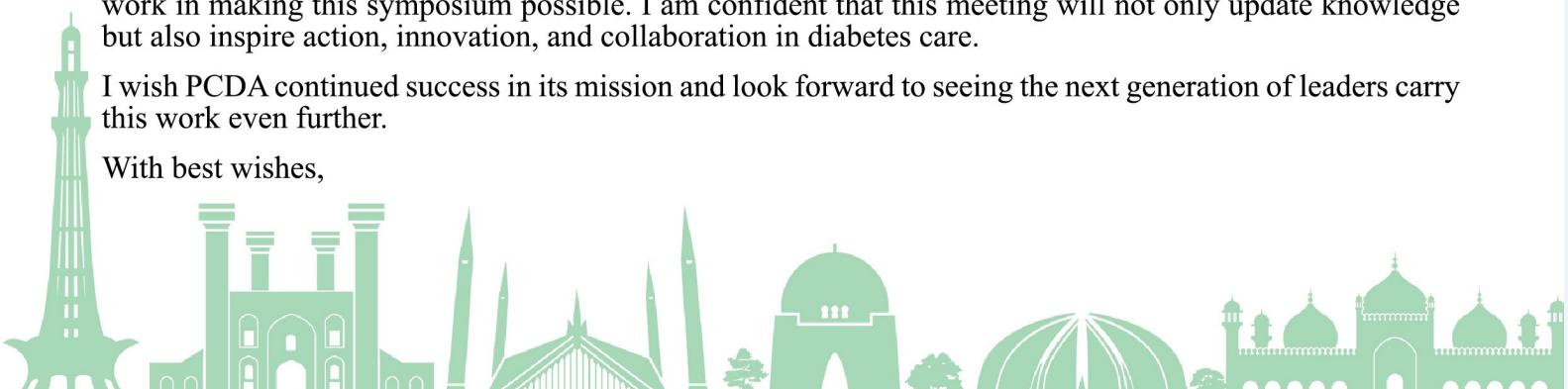
What gives me the greatest satisfaction is that many of the individuals who are now leading PCDA organizing symposia, shaping academic discourse, training colleagues, and serving communities, were once my students. Seeing them mature into confident clinicians, researchers, educators, and leaders reaffirms my belief that investing in people is the most sustainable way to improve healthcare systems.

PCDA has consistently upheld a clear vision: strengthening diabetes care where it matters most, at the primary care level. Through continuous medical education, research, advocacy, and collaboration, PCDA has played a vital role in improving awareness, capacity, and standards of care across the country. Each biennial symposium reflects this commitment by bringing together clinicians, researchers, policymakers, and young professionals under one roof to learn, reflect, and move forward together.

I congratulate the organising committee, the convener, and all PCDA members for their dedication and hard work in making this symposium possible. I am confident that this meeting will not only update knowledge but also inspire action, innovation, and collaboration in diabetes care.

I wish PCDA continued success in its mission and look forward to seeing the next generation of leaders carry this work even further.

With best wishes,





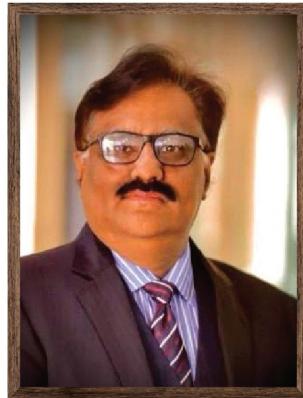
## GUEST OF HONOR

### Prof. Dr. Aamir Shaukat

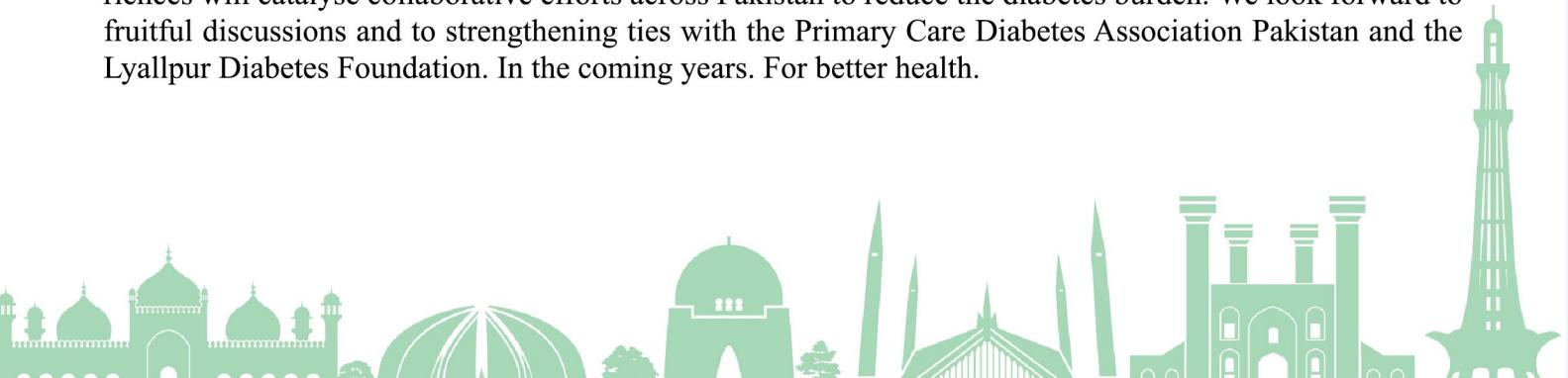
Pro-Vice Chancellor; Dean, Postgraduate Sciences;  
Chairman, Department of Medicine & Allied Specialties, Faisalabad Medical University, Faisalabad

Professor of Medicine & In-Charge, Medical Unit I, Allied Hospital, Faisalabad

In-Charge, COVID-19 Management Board, Faisalabad Medical University & Allied Hospitals



On behalf of Faisalabad Medical University, I, Prof. Dr. Aamir Shaukat, Pro-Vice Chancellor, am honoured to present and abstract for the upcoming conference. Our institution, in partnership with Primary Care Diabetes Association Pakistan, Lyallpur Diabetes Foundation, has embarked on a comprehensive program led by Dr. Ahmed Shehzad and Dr. Ijaz Anwar to upgrade primary-care capacity and create community awareness against diabetes mellitus. The initiative integrates tele-medicine training, evidence-based workshops for physicians, and school-based education campaigns that reach over millions of individuals in Faisalabad and surrounding districts. Preliminary results show improved glycaemic monitoring, increased foot-care practices, and a measurable rise in lifestyle modification adherence. We believe sharing these experiences will catalyse collaborative efforts across Pakistan to reduce the diabetes burden. We look forward to fruitful discussions and to strengthening ties with the Primary Care Diabetes Association Pakistan and the Lyallpur Diabetes Foundation. In the coming years. For better health.

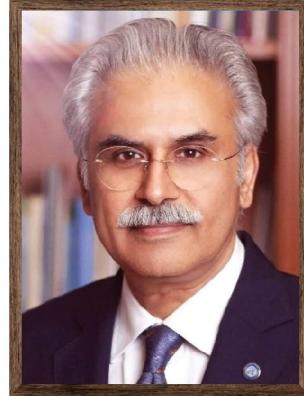




## MESSAGE

### Dr Zafar Mirza

Former Health Minister of Pakistan  
Adjunct Professor of Health System & Population Health  
President of Pakistan Association of Lifestyle Medicine



Diabetes is an epidemic in Pakistan. Pakistan has the largest population in the world with type II diabetes. This is a public health emergency of scaring proportions. It has to be addressed on war footings by all possible means by all. Prevention and early diagnosis are the key strategies to address this onslaught. Prevention is through curbing unhealthy lifestyle and all its determinants and early diagnosis is possible only through routine screening at first point of contact. The overall strategy is to promote healthy lifestyle choices. All this is possible only at primary health care level. I am heartened to know about Primary Care Diabetes Association (PCDA) in Pakistan. This is indeed the need of the hour. PCDA has a huge national responsibility to guide and contribute in the healthcare system in the country for strengthening of Primary Health Care and integrated delivery of diabetes related preventive, promotive, curative (reversal) and rehabilitative health services at the PHC level. As President of Pakistan Association of Lifestyle Medicine (PALM), I would welcome closer collaboration between PCDA and PALM.



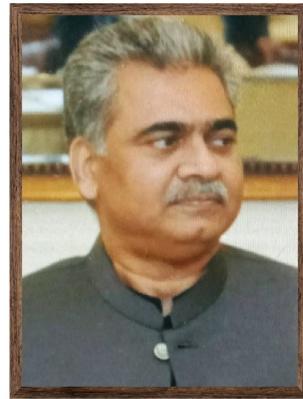


## MESSAGE

### Mr. Muhammad Aslam Ghauri

Special Secretary

Ministry Of National Health Services, Regulations and Coordination

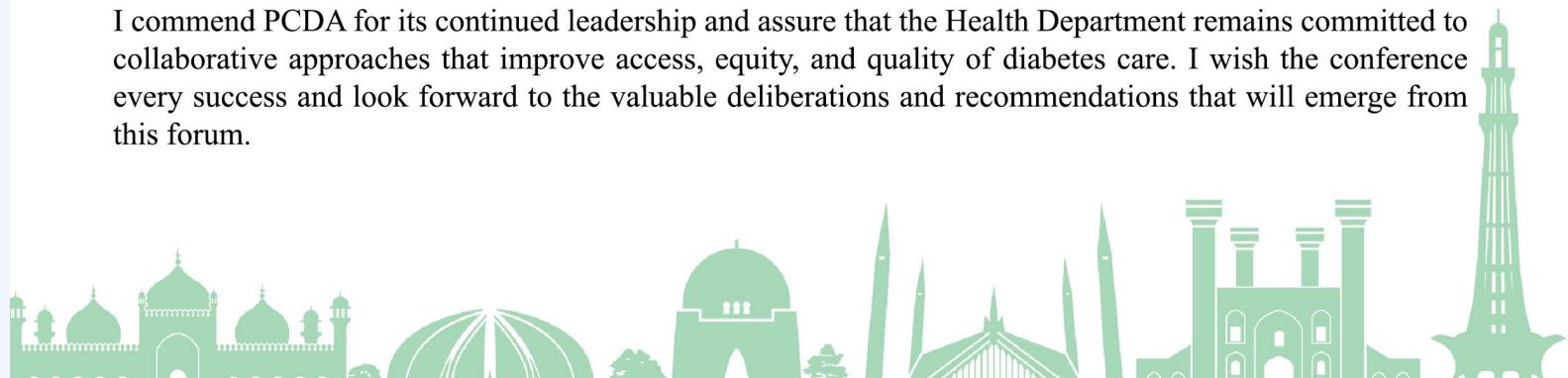


It gives me great pleasure to be part of the PCDA Conference and to engage with clinicians, researchers, policymakers, and public health leaders who are collectively shaping the future of diabetes care in Pakistan.

Diabetes is not only a clinical challenge but a major policy and governance issue, placing a growing burden on individuals, families, and the health system. Strengthening prevention, early detection, and long-term management of diabetes, particularly at the primary care level, requires coordinated action across policy, service delivery, workforce development, and community engagement.

The Primary Care Diabetes Association (PCDA) has played a commendable role in bridging clinical excellence with public health priorities, fostering evidence-based practice, capacity building, and dialogue between frontline providers and policymakers. Such platforms are essential for translating research and innovation into scalable, sustainable health system reforms.

I commend PCDA for its continued leadership and assure that the Health Department remains committed to collaborative approaches that improve access, equity, and quality of diabetes care. I wish the conference every success and look forward to the valuable deliberations and recommendations that will emerge from this forum.





## MESSAGE

**Dr. Riasat Ali Khan**  
President PCDA



Assalamu Alaikum,

It is an honour to welcome you to the PCDA Symposium 2026, a flagship academic gathering that reflects the growth, maturity, and collective vision of the Primary Care Diabetes Association.

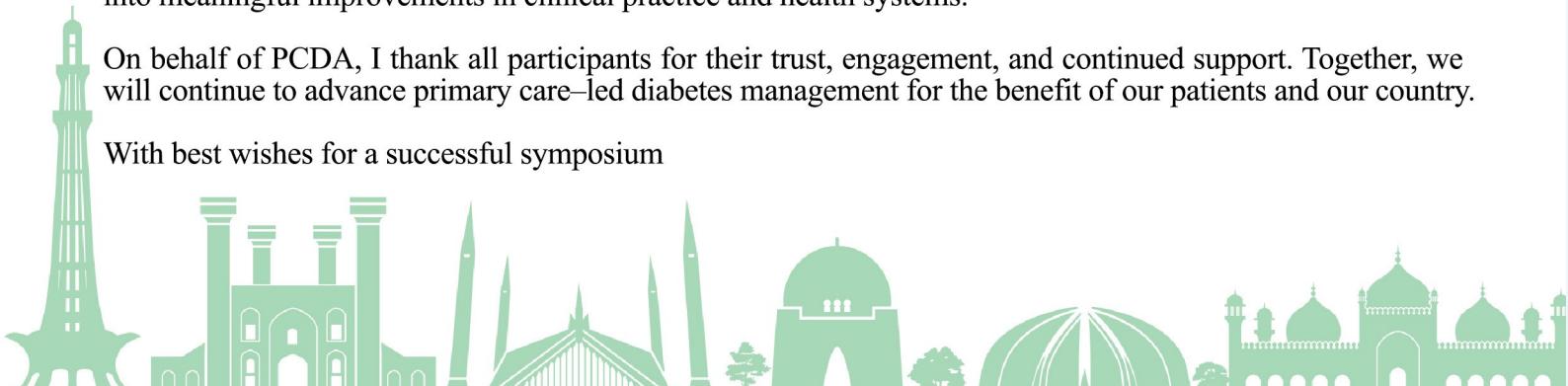
Over the years, PCDA has remained committed to strengthening diabetes care at the primary care level through continuous medical education, capacity building, and advocacy. This symposium represents the culmination of those efforts—bringing together national and international experts, frontline clinicians, and emerging leaders to critically reflect on where we stand and how we must evolve in response to the growing burden of diabetes.

The focus of this year's symposium underscores an essential truth: sustainable diabetes care cannot rely solely on specialist services. Strong, well-equipped primary care systems—linked with workplaces, communities, and policy frameworks—are fundamental to improving access, quality, and continuity of care.

I commend the organising committee, faculty, and partners for developing a scientifically rigorous and contextually relevant programme. I am confident that the deliberations and collaborations fostered here will translate into meaningful improvements in clinical practice and health systems.

On behalf of PCDA, I thank all participants for their trust, engagement, and continued support. Together, we will continue to advance primary care-led diabetes management for the benefit of our patients and our country.

With best wishes for a successful symposium





## MESSAGE

**Dr. Asima Khan**  
President Elect PCDA



Assalamu Alaikum,

I am pleased to welcome you to the PCDA Symposium 2026, which focuses on strengthening primary healthcare as the foundation for effective diabetes care. As diabetes prevalence rises in Pakistan, sustainable solutions must be grounded in evidence-based practice, implementation research, and contextually relevant models of care within primary health systems.

This symposium brings together clinicians, researchers, and policymakers to share data, experiences, and scalable approaches that support early detection, continuity of care, and patient-centred management at the primary care level. Through scientific exchange and collaboration, we aim to bridge research and practice to improve diabetes outcomes.

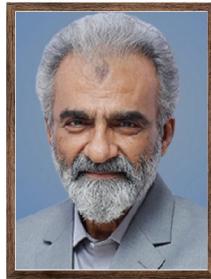
I hope these deliberations contribute meaningfully to building resilient primary healthcare systems for diabetes care.





## CENTRAL CABINET OF PCDA

**Dr. M. Iqbal Batavia**  
Vice President

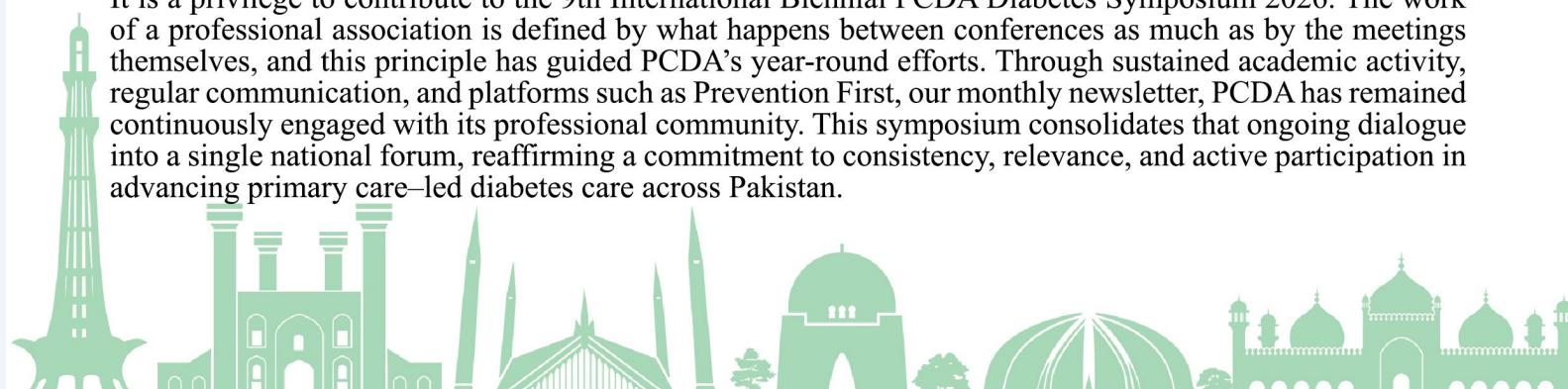


As Vice President of the Primary Care Diabetes Association (PCDA), and as a primary care physician who has witnessed the evolution of diabetes care over decades, I regard the 9th International Biennial PCDA Diabetes Symposium 2026 as a reflection of where our discipline must now stand. In everyday practice, diabetes is managed not in isolation, but alongside multimorbidity, social constraints, and long-term relationships with patients and families. This symposium is designed to speak to those realities, reinforcing the central role of primary care in continuity, judgment, and individualized care, while encouraging clinicians to move beyond protocols toward thoughtful, experience-informed decision-making suited to Pakistan's healthcare context.

**Dr. Shahid Akhter**  
General Secretary



It is a privilege to contribute to the 9th International Biennial PCDA Diabetes Symposium 2026. The work of a professional association is defined by what happens between conferences as much as by the meetings themselves, and this principle has guided PCDA's year-round efforts. Through sustained academic activity, regular communication, and platforms such as Prevention First, our monthly newsletter, PCDA has remained continuously engaged with its professional community. This symposium consolidates that ongoing dialogue into a single national forum, reaffirming a commitment to consistency, relevance, and active participation in advancing primary care-led diabetes care across Pakistan.





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## CENTRAL CABINET OF PCDA

### Dr. Pawan Kumar

Joint Secretary



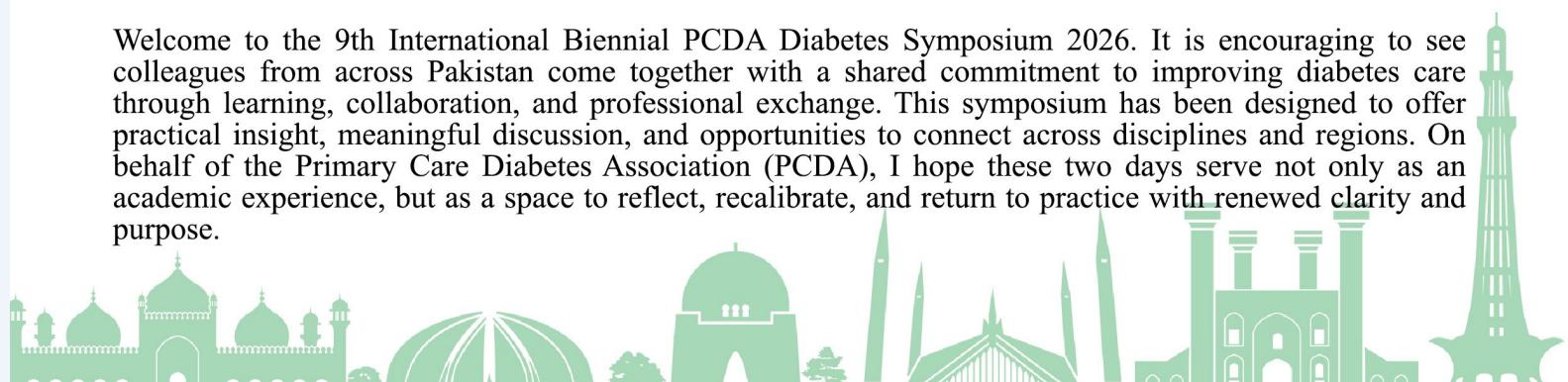
As Joint Secretary of the Primary Care Diabetes Association (PCDA), I regard the 9th International Biennial PCDA Diabetes Symposium 2026 as a deliberate step in strengthening how our professional community learns, connects, and evolves. For me, the symposium is not only about scientific exchange, but about creating structures that allow physicians from varied settings to participate meaningfully and carry learning back into practice. Having organized initiatives such as Train Ride, which emphasized engagement, continuity, and shared ownership within PCDA, I see this conference as an extension of the same intent, bringing clinicians together with purpose, grounding discussion in real-world practice, and reinforcing the central role of primary care in advancing sustainable diabetes care across Pakistan.

### Dr. Qazi Mujahid

Finance Secretary



Welcome to the 9th International Biennial PCDA Diabetes Symposium 2026. It is encouraging to see colleagues from across Pakistan come together with a shared commitment to improving diabetes care through learning, collaboration, and professional exchange. This symposium has been designed to offer practical insight, meaningful discussion, and opportunities to connect across disciplines and regions. On behalf of the Primary Care Diabetes Association (PCDA), I hope these two days serve not only as an academic experience, but as a space to reflect, recalibrate, and return to practice with renewed clarity and purpose.





## MESSAGE

### Dr. Shakeel Ahmed

Head of Media Committee



I Dr Shakeel Ahmed as the media secretary of the PCDA leadership team and serving as Media Secretary, I am dedicated to our association's mission of elevating primary care standards. For this 9th Biennial Conference, my focus is on ensuring that vital clinical insights reach the frontline, empowering our community of healthcare providers to manage diabetes with excellence and precision.

### Dr. Majid Khan

Head of Social Committee



PCDA is recognized as Pakistan's foremost diabetes association and has emerged as a robust and impactful platform dedicated to strengthening the knowledge, skills, and clinical competence of Primary Care Physicians. Through continuous education and capacity building, it empowers physicians to deliver quality care to individuals living with diabetes.

Serving as the Social Secretary in the current cabinet, I have been associated with this esteemed organization since its inception. PCDA holds a unique position nationwide as the only association primarily focused on diabetes prevention. This commitment is reflected in its extensive community-based awareness programs that promote prevention, early detection, and the adoption of healthy lifestyles.

PCDA also serves as a unifying forum, bringing together doctors from all regions of Pakistan to collectively combat the rapidly increasing burden of diabetes, a critical global health challenge.



## MESSAGE

### Dr. Izhan Ali Khan

Conference Secretary PCDA and Founder of STEP



It is an honour to contribute to the 9th International Biennial PCDA Diabetes Symposium 2026, a platform that brings clinical science into conversation with public health realities and policy decisions.

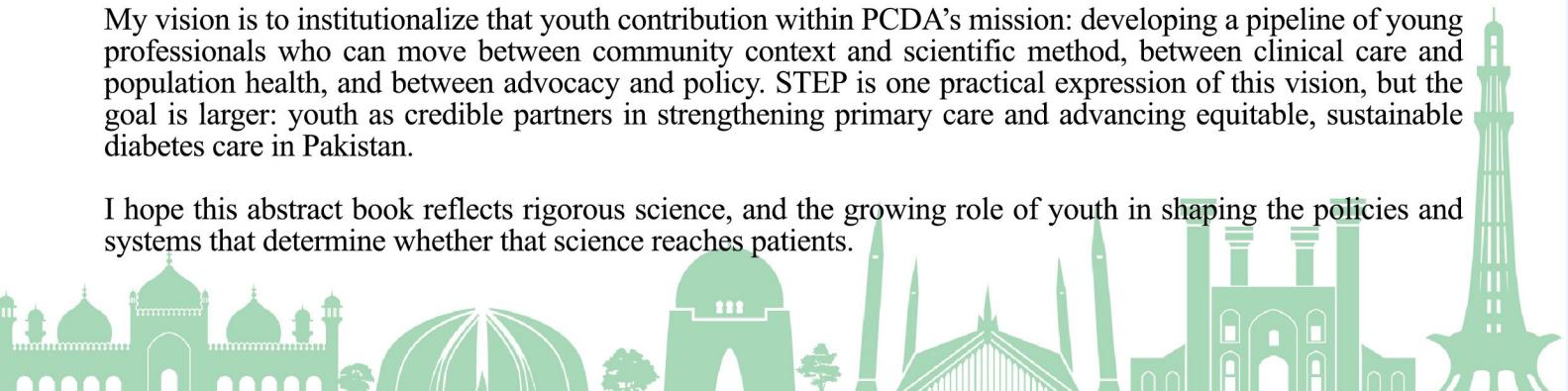
I write in two capacities: as Conference Secretary of PCDA and as Founder of STEP. Together, they reflect one conviction I take seriously: the next generation of clinicians cannot be trained only to practice within the system. We must also be prepared to improve it.

In diabetes care, scientific advances must be matched by effective delivery systems. Evidence-based recommendations break down at predictable points: affordability, access, continuity, health literacy, workforce limitations, and the psychosocioeconomic conditions that shape adherence long before a prescription is written. If those constraints are not designed into policy and implementation, even the best guidelines remain aspirational.

This is where youth leadership matters. Not as a token presence, and not limited to volunteering. Youth must be involved where decisions are made: priority-setting, implementation planning, quality improvement, and accountability. A Gen Z lens is valuable precisely because it is pragmatic. It is comfortable with data, digital health, and measurement. It is less attached to hierarchy and more focused on outcomes. It asks simple but serious questions: What is scalable? What is cost-effective? What reaches people consistently? What reduces complications in the real world?

My vision is to institutionalize that youth contribution within PCDA's mission: developing a pipeline of young professionals who can move between community context and scientific method, between clinical care and population health, and between advocacy and policy. STEP is one practical expression of this vision, but the goal is larger: youth as credible partners in strengthening primary care and advancing equitable, sustainable diabetes care in Pakistan.

I hope this abstract book reflects rigorous science, and the growing role of youth in shaping the policies and systems that determine whether that science reaches patients.





## REGIONAL HEADS OF PCDA



### Dr. Ahmad Shahzad

Head of Central Region of PCDA Pakistan

It is my pleasure, as Head of the Central Region of the Primary Care Diabetes Association (PCDA) Pakistan, to welcome all delegates, faculty, researchers, and participants to the 9th International Biennial PCDA Symposium 2026 at the Expo Centre, Karachi.

This prestigious event reflects PCDA's strong commitment to improving diabetes care through robust primary healthcare. The theme, "Advancing Diabetes Well-being through Primary Care," underscores the urgent need to strengthen frontline services in Pakistan, where diabetes is a growing public health challenge.

Primary Care Physicians play a pivotal role in prevention, early detection, patient education, and long-term management. This symposium offers an important platform for knowledge exchange, collaboration, and development of context-relevant solutions. I wish the organizing committee every success and all participants a rewarding scientific experience.



### Dr. Abdul Samad Memon

Head of South Region (Sindh & Baluchistan), PCDA, Pakistan

#### Assalam o Alaikum

I am Dr. Abdul Samad Memon, Diabetologist and Family Physician from Mirpurkhas, and Chapter Head South Region (Sindh & Baluchistan), PCDA Pakistan. It is my honor to welcome colleagues from across the country and invite you to the PCDA Symposium, "Advancing Diabetes Wellbeing Through Primary Care," on 10–11 January 2026

at Expo Centre, Karachi. The symposium will feature leading experts sharing clinical insights and recent advances in diabetes care. Your participation will greatly enhance this important gathering. Warm regards.





## REGIONAL HEADS OF PCDA



### Dr. Farasat Tirmizi

Head of KPK Region of PCDA Pakistan

Primary Care Diabetes Association (PCDA) stands as a prominent Diabetes Association in Pakistan. I take pride in serving as the Head of KPK for PCDA. Notably, PCDA is the sole association dedicated to the prevention of diabetes, achieving this through diverse community awareness programs specifically designed to educate the community on diabetes prevention, screening, and adopting healthier lifestyles. This platform enables doctors from all over Pakistan to unite in the fight against this global health crisis.



### Shahzad Tahir

Head of the Federal Region of PCDA

As Regional Head of the Federal Region of the Primary Care Diabetes Association (PCDA), I am pleased to be part of the 9th International Biennial PCDA Diabetes Symposium 2026 at the Expo Centre, Karachi. This symposium brings together clinicians working in varied practice environments who share a common responsibility toward improving diabetes outcomes through practical, primary care-based approaches. By encouraging focused learning, professional exchange, and regionally relevant discussion, the meeting reinforces the role of frontline physicians in translating evidence into sustained, patient-centered diabetes care across Pakistan.



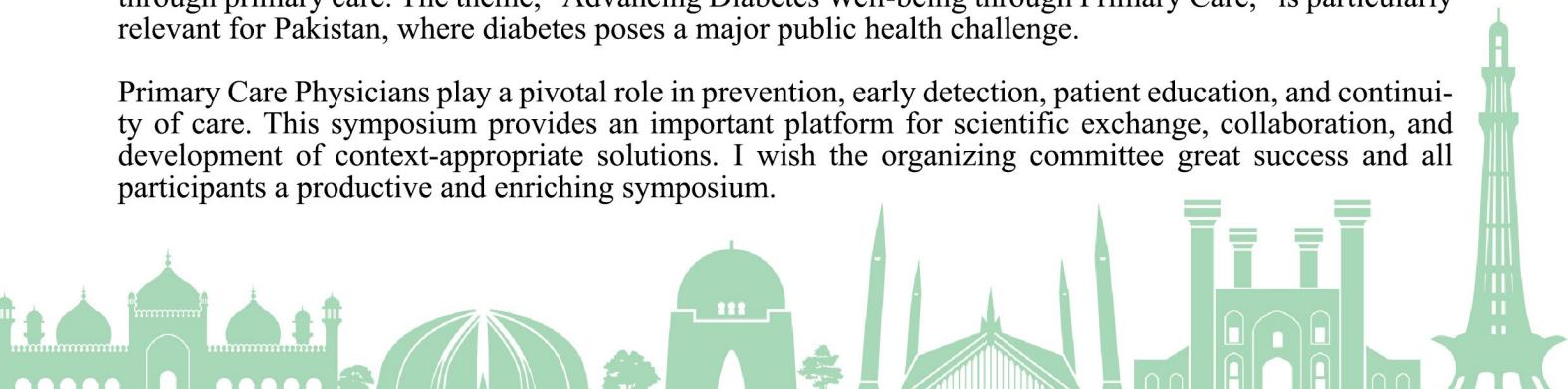
### Dr. Muhammed Saleem Khan

Head of AJK Region of PCDA Pakistan

On behalf of the Primary Care Diabetes Association (PCDA), I am honored to welcome all delegates, national and international faculty, researchers, and participants to the 9th International Biennial PCDA Symposium 2026 at the Expo Centre, Karachi.

This landmark event reflects PCDA's commitment to strengthening diabetes care through primary care. The theme, "Advancing Diabetes Well-being through Primary Care," is particularly relevant for Pakistan, where diabetes poses a major public health challenge.

Primary Care Physicians play a pivotal role in prevention, early detection, patient education, and continuity of care. This symposium provides an important platform for scientific exchange, collaboration, and development of context-appropriate solutions. I wish the organizing committee great success and all participants a productive and enriching symposium.





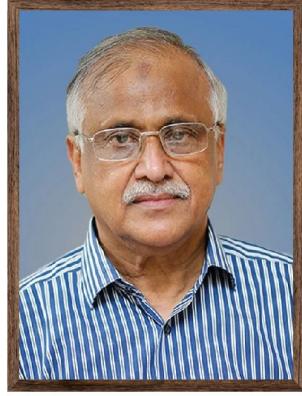
## SUPREME COUNCIL



**Dr. Fareeduddin**  
HEAD



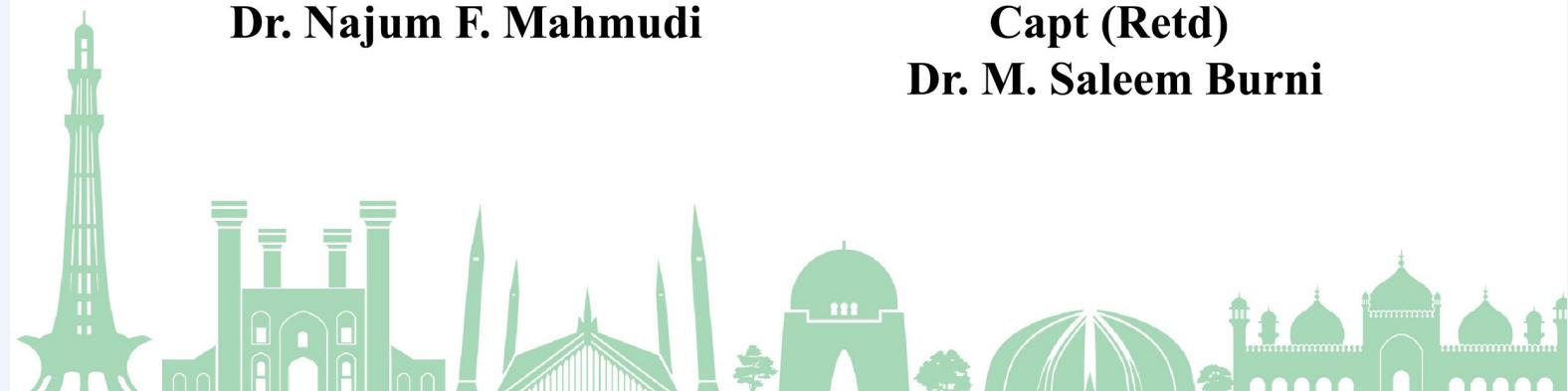
**Dr. Zahid Miyan**



**Dr. Najum F. Mahmudi**



**Capt (Retd)**  
**Dr. M. Saleem Burni**





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**Dr. Izhan Ali Khan**  
Founder



**Dr. Fariha Shakeel**  
Executive Head



**Saud Abbasi**  
Director,  
Outreach & Campaigns



**Nuhail Khan**  
Director,  
Operations & Memberships



**Sanjna Nandlal**  
Director,  
Education & Integration



**Ayesha Manzoor**  
Director,  
Media

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DMC



**Lama Fareya Usmani**  
DIMC



**Tahir Iqbal**  
JSMU



**Noor ul Huda Asif**  
KMDC



**Jatin Motwani**  
LNMC



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UMDC



**Nadir Shahzad**  
SHU



**Teesha Rani**  
ZU





# PCDA ACROSS PAKISTAN: 70 CHAPTERS, ONE VISION!

## Sindh

Karachi-1  
Karachi-2  
Thatta  
Badin  
Tando Adam  
Nawabshah  
Sanghar  
Dadu  
Matiari  
Larkana  
Jacobabad  
Sukkur  
Khairpur  
Naushahro Feroz  
Mirpurkhas  
Umerkot  
Jhuddo  
Tando M. Khan  
Tando Allah Yar  
Hyderabad  
Jamshoro  
Sehwan  
Shikarpur

## Punjab

Lahore-1  
Lahore-2  
Faisalabad-1  
Faisalabad-2  
Sheikhupura-1  
Sheikhupura-2  
Sahiwal  
Sargodha  
Multan  
Muzaffargarh  
Rahim Yar Khan-1  
Rahim Yar Khan-2  
Bahawalpur  
Gujranwala-1  
Gujranwala-2  
Sialkot  
Toba Tek Singh  
Mandi Bahauddin  
Hafizabad  
Layyah  
Sangla Hill  
Tandiyawala  
Chiniot

## Khyber Pakhtunkhwa

Peshawar  
Nowshera  
Swabi  
Mardan  
Charsadda  
Timergara (Dir Lower)  
Kohat  
Dera Ismail Khan  
Takht Bhai  
Abbottabad  
Mansehra  
Malakand  
Mata  
Swat  
Parachinar

## Islamabad / AJK

Islamabad-1  
Islamabad-2  
Rawalpindi  
Mirpur (AJK)  
Kotli  
Bhimber

## Balochistan

Quetta-1  
Quetta-2  
Turbat





## AGENDA DAY 1 10th January 2026

### The Spotlight Moderator: Dr. Fareed Uddin

Breakfast Session by Nabi Qasim : 08:00 to 09:00 AM

Presentation : Co-morbidities Associated with Diabetes: The Most Prevalent & The Less Spoken

Speaker: Prof. Dr. Karimuddin

#### The Conference Arena

Opening and Welcome: 9:00 to 09:30 AM

The Conference Arena: Session 1: Diabetes & the Cardiometabolic Spectrum: 09:30 to 11:30 AM  
Moderator: Dr. Ahmed Shehzad

#### The Spotlight

Time	Topic	Speaker	Panelists	Time	Session	Speaker
09:30-09:50 AM	Between Science & Conscience: Rethinking Medical Ethics Today	Dr. Zakiuddin Ahmed	Prof. Dr. Bikha Ram Prof. Dr. Shabnam Korejo Prof. Dr. Qaisar Jamal Prof. Dr. Mansoor Ahmed	10:00 - 11:00 AM	Role of Itopride in Diabetic Gastroparesis: The Relief Trial (Session by Helix Pharma)	Dr. Lajpat Rai
09:50 -10:10 AM	Cardiometabolic Connection: Mechanisms and Management of Heart Failure in Diabetes	Prof. Dr. Shahbaz Qureshi		11:00 - 12:00 AM	Treat-to-Target in Patients with Diabetes (Session by Scilife Pharma)	Dr. Ali Raza Naqvi
10:10-10:30 AM	Dyslipidemia in Diabetes: New Frontiers in Risk Reduction and Therapeutic Innovation	Prof. Dr. Abdul Rasheed Khan				
10:13-10:50 AM	Tadalafil and the Endothelial-Endocrine Continuum in Diabetic Sexual Dysfunction	Prof. Dr Zaman Shaikh				
10:50-11:30 AM	Q&A/Panel Discussion/Souvenir Distribution					

The Conference Arena: Session 2: Integrated Approaches to Diabetes Care: 12:00 to 02:00 PM  
Moderator: Dr. Sanjna Nandlal

#### The Spotlight

Time	Topic	Speaker	Panelists	Time	Session	Speaker
12:00-12:20 PM	Beyond HbA1c: The Evolving Role of Continuous Glucose Monitoring	Ms. Erum Ghafoor	Prof. Dr. Shabeen Naz Dr. Shehla Naseem Dr. M. Saleem Khan Prof. Dr. Iftekhar A. Shah	12:00 - 01:00 PM	Managing Acid Peptic Diseases: Current Place of H2RA Famotidine (Session by Shaigan Pharma)	Prof. Dr. Aftab Mohsin
12:20-12:40 PM	Community Care Pathways for People with Type 1 Diabetes	Dr. Atif Munir		01:00 - 02:00 PM	The Revolutionary Role of Point-of-Care Testing for Patient Management at Clinics (Session by Roche Diagnostics)	Prof. Dr. Karimuddin
12:40-01:00 PM	The Science Behind Diet and Diabetes: What Works and Why?	Ms. Fayza Khan				
01:00-01:20 PM	Revolutionize Metabolic Care with Oral Semaglutide	Prof. Dr. Zahid Mian				
01:20-02:00 PM	Q&A/Panel Discussion/Souvenir Distribution					

## Lunch and Prayer Break: 02:00 to 03:00 PM

The Spotlight: Workshop Sessions  
Moderator: Dr. Javeria Salman

Time	Topic	Speaker
03:00-03:30 PM	Brief History of Diabetes Management Guidelines	Dr. Qaisar Mehmood
03:30-04:00 PM	Workshop 1: Saving Limbs, Changing Lives: Practical Skills in Diabetic Foot Care	Dr. Shehzad Tahir & Dr. Shakeel Ahmed
04:00-04:30 PM	Workshop 2: Beyond Insulin: The Evolving Landscape of Injectable Diabetes Therapies	Dr. Sohail Tariq & Dr. Shahid Akhtar
04:30-05:00 PM	Workshop 3: SMBG in Clinical Practice: Interpretation, Patterns, and Patient Engagement	Dr. Pawan Kumar & Dr. Abdul Samad Memon

The Conference Arena: Session 3: 04:00 -06:00 PM: Community Awareness Program

#### The Spotlight

Time	Topic	Hosts	Community Advisory Panel	Time	Session
04:00-06:00 PM	کیا ہم تیار ہیں؟ Rethinking Our Role in the Diabetes Crisis	Dr. Asima Khan Dr. Pir Alam Yogi Wajahat	Mr. Sajid Sadiq (President, Private School Association) Mr. M. Sadiq (Industrialist) Maulana Habib-Ur-Nabi (Religious Scholar) Mr. Ashar Hussain (Corporate Representative) Dr. Nawab ul Hassan (Al Zehra Academy) Dr. Jaivanti Sachdev	05:00 - 06:00 PM	PCDA Champions League Special Academic Feature

End of Conference Day 1



## AGENDA DAY 2 11th January 2026

### PCDA Supreme Council Meeting: 07:00 to 08:00 AM

#### The Spotlight

Breakfast Session by Pinnacle Pharma: 08:00 to 09:00 AM

Presentation	Speaker	Discussion
The Diabetes Care Network (DCN): A Primary Care-Led Framework for Scalable Diabetes Care	Dr. Fareed Uddin	Dr. Shahid Akhter, Dr. Ahmed Shehzad, Dr. Shakeel Ahmed

#### The Conference Arena

Opening and Welcome: 9:00 to 09:30 AM

The Conference Arena: Session 1: Diabetes Equity in Practice: 09:30 to 11:30 AM  
Moderator: Dr. Asima Khan

Time	Topic	Speaker	Panelists	Time	Session	Speaker
09:30-09:50 AM	Global Perspectives on Strengthening Primary Care in Diabetes: The Role of Prevention, Innovation, & Equity	Prof. Peter Schwarz	Prof. Dr. Masood Hameed Khan Prof. Dr. Aamir Shaukat Mr. M. Aslam Ghauri Dr. Zakir Alavi	10:00-10:35 AM	Cardio-Renal Spectrum of Diabetes	Dr. Karim Kamaruddin
09:50-10:10 AM	Current Landscape of Diabetes Care & Research in Pakistan	Prof. Dr. Abdul Basit		10:35-11:10 AM	Novel Therapies: A Pathway to Comprehensive Metabolic Care	Dr. Arshad Hussain
10:10-10:30 AM	Strengthening Primary Care as a Strategic Lever for Universal Health Coverage in Pakistan: Bridging Policy Intent with Service-Level Reality	Prof. Dr. Zafar Mirza		11:10 - 11:40 AM	From Inaction to Intervention: A Case Study on Optimizing Patient Outcome	Dr. Asma Ahmed
10:30-10:50 AM	Economic Barriers and Mental Wellness: The Missing Equation in Diabetes Adherence	Prof. Dr. M. Imran Hassan Khan		11:40 - 12:00 AM	House of Experts (Sessions by Ferozesons Pharma)	
10:50-11:30 AM	Q&A/Panel Discussion/Souvenir Distribution					

Opening and Welcome: 9:00 to 09:30 AM

The Conference Arena: Session 2: Diabetes, Obesity, and Metabolic Health: 12:00 to 02:00 PM  
Moderator: Dr. Maheen Shehzad

Time	Topic	Speaker	Panelists	Time	Session	Speaker
12:00-12:20 PM	Twin incretins: A new Era in Metabolic Wellness	Prof. Dr Aftab Mohsin	Prof. Dr. Qazi Masroor Prof. Dr. Jameel Ahmed Prof. Dr. Zaman Shaikh Dr. Aisha Shaikh	12:00-01:00 PM	Triple Regimen Therapy: A breakthrough in Diabetes Management (Session by Helix Pharma)	Dr. Nadeem Naeem
12:20-12:40 PM	From Appetite to Satiety: Exploring the Gut-Adipose-Brain Axis in Metabolic Regulation	Prof. Dr. Musarrat Riaz		01:00-02:00 PM	The CEASE Trial: Clinical Outcomes of a Diabetes Drug Intervention (Session by Getz Pharma)	Dr. Asima Khan
12:40-01:00 PM	Sarcopenic Obesity and the Aging Heart: Are We Missing a Silent Risk?	Dr. Ali Asghar				
01:00-01:20 PM	Selective Thyroid Hormone Receptor-β Agonism: A New Frontier in MASH Management	Prof. Dr. Nazish Butt				
01:20-02:00 PM	Q&A/Panel Discussion/Souvenir Distribution					

The Conference Arena: Session 3: 02:00 to 03:00 PM

Moderator: Dr. Syed Farasat Ali Tirmizi

Time	Topic	Speaker	Panelists	Time	Session	Jury
02:00-02:20 PM	Switching Smart: The Role of High-Quality Insulins to Improve Diabetes Outcomes	Dr. Asim Munir Alvi	Prof. Saeed A. Mehr Prof. Dr. Masroor Ahmed Prof. Dr. M. Yaqoob Ahmedani Dr. Suresh Kumar	02:00-03:00 PM	Oral & Poster Presentations	Prof. Dr. Musarrat Riaz Prof. Dr. M. Zafar Iqbal Hydrie Prof. Dr. Shah Kamal Hashmi Dr. M. Saleem Khan
02:20-02:40 PM	Statin-Associated Muscle Symptoms (SAMS): Myth or Reality?	Prof. Dr. Naresh Khurana				
01:20-02:00 PM	Q&A/Panel Discussion/Souvenir Distribution					

Closing Ceremony & Lunch: 03:00 PM

End of Conference Day 2



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 Dr. Najam F. Mahmudi  
 Dr. Ahmed Shehzad  
 Dr. Abdul Samad Memon  
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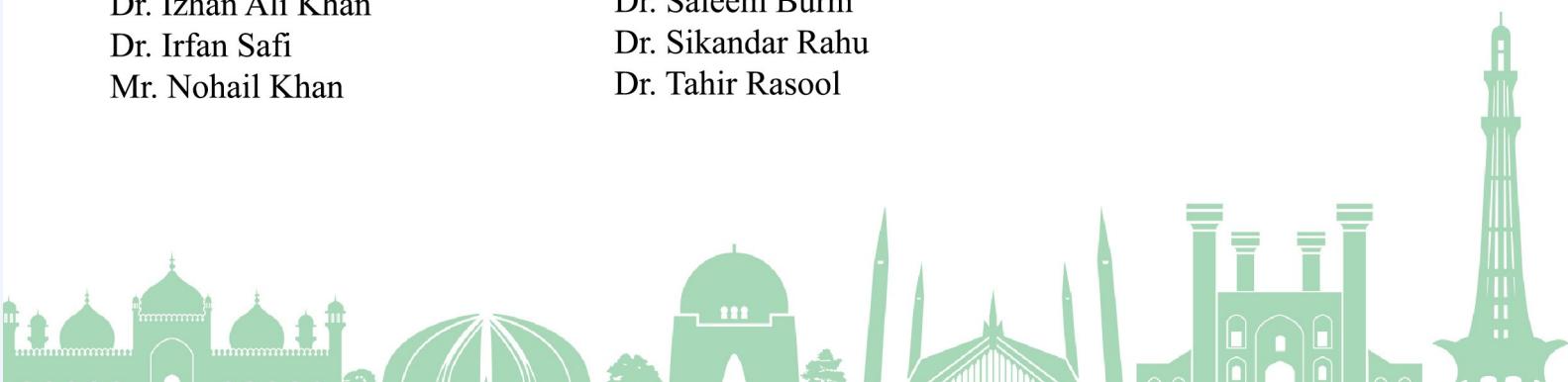
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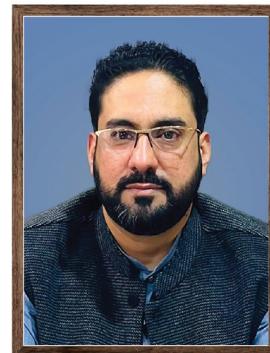
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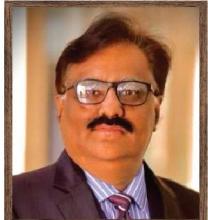




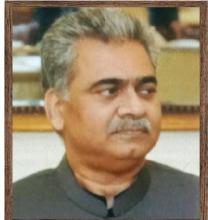
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**Prof. Dr. Aamir Shaukat**



**Mr. M. Aslam Ghauri**



**Dr. Zakir Alavi**



**Prof. Dr. Qazi Masroor**



**Prof. Dr. Jameel Ahmed**



**Prof. Dr. Zaman Shaikh**



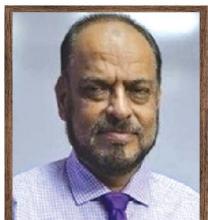
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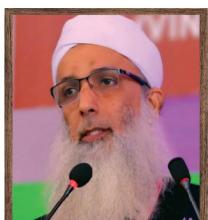
**Prof. Dr. Iftekhar A. Shah**



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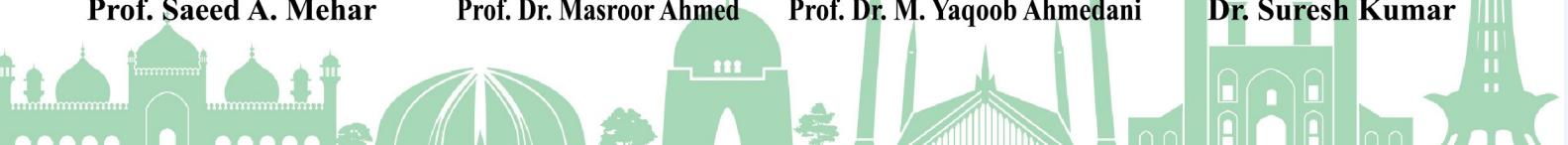
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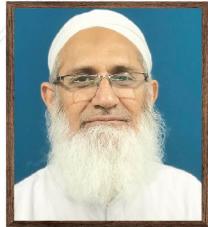




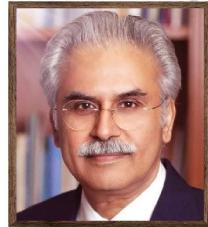
## SPEAKERS



Prof. Peter Schwarz



Prof. Dr. Abdul Basit



Prof. Dr. Zafar Mirza



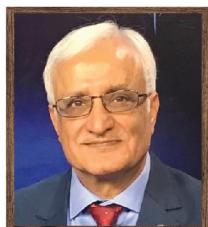
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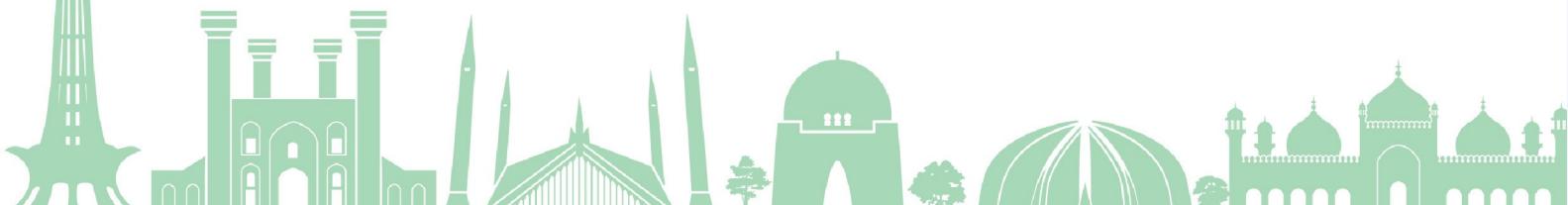
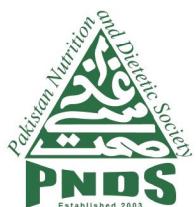
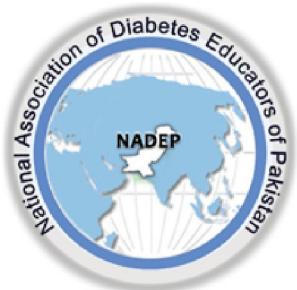




We sincerely acknowledge and thank all participating organizations for their valued collaboration and contributions to the scientific and professional success of this symposium.



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**Thank You**  
*for always stepping into help when need you most*



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