

PSIM

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Legends of Medicine

Prof. Mahmood Ali Malik

Interviewed by his student Prof. Aziz-ur-Rehman

Professor Mahmood Ali Malik, it is both an honor and a privilege to sit down with you today. As someone who has had the great fortune of being your student and mentee, I have long admired your exceptional teaching skills and have strived to emulate them throughout my career.

Your contributions to the field of medicine in Pakistan are nothing short of remarkable. Your journey began with the distinguished achievement of being recognized as the best graduate of King Edward Medical College, one of the most prestigious medical institutions in the country. This was only the beginning of an illustrious career that took you to the United Kingdom, where you earned your FRCP from London, Edinburgh, and Glasgow. Your training at Hammersmith, which you have often described as the 'Mecca of Medicine,' further solidified your expertise, particularly in the fields of nutrition and metabolic diseases, leading you to become Pakistan's first Diabetologist.

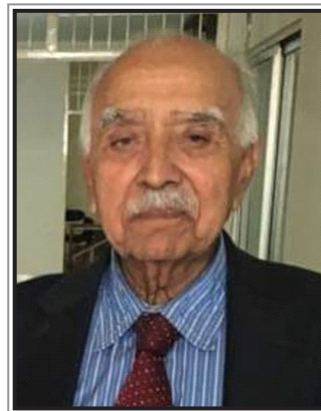
Your profound knowledge and dedication to internal medicine earned you a respected position as a Professor of Medicine, where you played a pivotal role in teaching and mentoring countless students, many of whom have gone on to become leaders in their fields. Your tenure as Principal of Allama Iqbal Medical College was marked by revolutionary changes in educational methodology, leaving a lasting impact on the institution. Returning to your alma mater, King Edward Medical College, as Principal, and retiring from this esteemed position, fulfilled a dream that many aspire to, but few achieve. Your journey is an inspiration to all of us who follow you.

Prof. Mahmood Ali Malik, welcome to PSIM News & Views.

What initially inspired you to pursue a career in medicine, and were there any mentors during your early years at King Edward Medical College who significantly influenced your path?

ANS: I belong to an agriculturist family, but my father was a very highly educated person who had written

many books. He had learnt from the great Hakeems of his times and practiced "Hikmat". So, the art of healing the ailing mankind was in my blood. This led to my interest in pursuing a career in medicine. I always used to dream of studying at King Edward Medical College as a young boy. I worked hard for it and got admission to KEMC. During my years at KEMC there were many teachers who influenced me. Out of them Colonel Ilahi Baksh, Col. Zia-Ullah, Prof. Akhtar Khan, Prof. SMK Wasti were a few who stood out.



As the best graduate of King Edward Medical College, how did this early recognition shape your career, and what challenges did you face during your transition from student to professor?

ANS: Being the Centenary best graduate of King Edward Medical College I was honored by the then President General Ayub Khan. This recognition gave me a confidence and edge over my competitors. After graduating I joined East Medical ward as a house officer and later as medical officer. From there I proceeded abroad for my membership in 1962. I worked initially at Prince of Wales hospital and Brompton Hospital, where my interest in chest diseases started.

Your time at Hammersmith and your attainment of the FRCP from London, Edinburgh, and Glasgow were significant milestones. How did this experience abroad contribute to your professional development, particularly in becoming Pakistan's first Diabetologist?

ANS: At Hammersmith Hospital I initially worked in the Department of Chest diseases for famous Prof. Scadding, Prof. Stradling and Prof. Graham Poole. After many years of training, I returned to Pakistan and kept in touch with them and each time I would express

my desire to return to Hammersmith. They arranged a year's scholarship for me after which they told me that they had trained me fully and there were no more chest diseases which they had to teach me. I started working in OPD where my areas of interest were sarcoidosis and calcium metabolism. This took me to the subspecialty of endocrinology, and I started working in endocrine unit and seeing diabetes patients.

You are widely respected for your bedside teaching skills and have mentored many successful medical professionals. There is a general perception that this art is dying. Can you share your teaching philosophy and the methods you found most effective in training the next generation of doctors?

ANS: Bedside teaching is most important in making a good clinician. Bedside teaching is a key component of education at medical school, particularly in the clinical years. It provides an invaluable opportunity for students to practice examining patients, and further develops their communication and professional skills. Unfortunately, this art is slowly dying as clinicians and students are becoming lazier and greater stress is being laid on ordering investigations rather than examining patients properly.

As the Principal of Allama Iqbal Medical College, you implemented revolutionary changes in educational methodology. What were the key initiatives you introduced, and how did they impact the institution and its students?

ANS: When I joined Allama Iqbal Medical College as Principal there were multiple problems faced by this institution. There were disciplinary issues which had worsened over the years leading to a decline in the academic environment. I had to take a few strict actions which were needed to put this institution back on track.

Regarding the academic and educational revival, I tried to promote academic culture in the college. A lot of stress was laid on bedside teaching and clinical methods. I also made CPCs a regular feature of the college academic activity. The institution and students of Allama Iqbal regained their esteem on the educational scene.

Returning to King Edward Medical College as Principal must have been a significant moment in your career.

What were your primary goals during this tenure, and how do you feel about the legacy you left behind?

ANS: Whatever I did in AIMC I continued in KEMC. KEMC is my Alma mater, and I wanted to retire from this institution where I started my journey of medicine. Throughout my teaching career my legacy is teaching and training of medical students. There is no substitute to training in wards on the bedside of the patients. I wanted to further improve the bedside teaching of the patients. So that they are better doctors as they qualify and go out in the world as physicians. All those who qualify locally should be sent abroad for some time to polish their skills and to learn how medicine is practiced in the developed countries.

As Pakistan's first Diabetologist, you have made significant contributions to the field. Can you discuss your work in this area and its impact on diabetes care and management in Pakistan?

ANS: When I returned to Pakistan, I was a general physician with an interest in chest diseases. When I started practicing medicine, I found that diabetes was quite common and was not being treated properly. Famous physician Prof. SMK Wasti started a diabetic clinic and made me incharge. I went back to UK and received further training in Endocrinology at Hammersmith Hospital. When I returned to Pakistan I changed my interest from chest diseases to endocrinology. We laid the foundation of Pakistan diabetic association in Lahore. The mission is to provide specialized medical care and education to patients with diabetes.

Throughout your career, you have undoubtedly faced numerous challenges. Can you share some of the most difficult moments you encountered, and how you overcame them to achieve your goals?

ANS: Working in a developing country there are numerous challenges faced daily. I focused on my goals and worked hard. I started as a registrar when I came back from abroad and slowly worked my way up to Professor and then Principal of first Allama Iqbal and later King Edward Medical College my alma mater.

Who were the people who most influenced your career, both in Pakistan and abroad? Is there any particular figure whose work or philosophy you continue to draw inspiration from?

ANS: First, the person who influenced my career most

was my father Malik Hassan Ali. He had instilled in me the passion for hard work & striving for excellence. Then many of my teachers & seniors like Prof. Akhtar Khan Sb, Prof. Khawaja Sadiq Hussain, Prof. Abdul Hameed Sheikh, Prof Straddling, Prof. Graham Poole, Prof. Scadding, Prof. John Ellis & Prof. Graham Joplin were to name a few who influenced me during my career both here in Pakistan & while in UK.

Looking back on your illustrious career, what do you consider your most significant achievements? Is there any dream or aspiration that you feel remains unfulfilled, either in your personal or professional life?

ANS: Alhumdulillah Allah has been very kind to me, and I have achieved much in my life. Very few doctors in Pakistan have the honor of achieving grade 22 in service. I have been principal of 2 most prestigious colleges of Pakistan King Edward Medical College and Allama Iqbal Medical College. I have taught and trained countless doctors who are serving all over the world. Wherever I go my students recognize me and honor me which is the greatest achievement of a teacher. Looking back on my career I think that my most significant achievement was the role I played in preventing the privatization of medical institutions when I was Chairman Board of Governors at Sir Ganga Ram Hospital. The government at that time had decided to sell out the government hospitals to private enterprises. If that had happened, it would have destroyed the medical profession. I took the initiative and created awareness and started a movement among medical professionals and the public against it which ultimately succeeded, and this decision of the

government was reverted. I even resigned from my post of chairman board of governors for this purpose. I consider this my greatest contribution to the medical profession.

As a seasoned educator and physician, what advice would you give to the current generation of medical students and young professionals who are just beginning their careers in medicine?

ANS: My advice to the young medical students and practitioners is to learn and improve their clinical skills by continuous practice. Nowadays there is more reliance on investigation and clinical skills are lacking. There is no substitute for clinical skills. So, they should learn their skills, work hard, stay sincere and committed to their profession and leave the rest to Allah Almighty.

Finally, most young doctors prefer to go to specialties these days. We, at Pakistan Society of Internal Medicine (PSIM) are striving to restore the lost glory of internal medicine. What is your vision for the future of Internal Medicine in Pakistan?

ANS: Internal medicine means General Medicine. In a developing country like Pakistan, we need physicians with good clinical skills who can cater to the needs of the poor people and public majority of which lives in villages. Specialties are limited to cities and large hospitals. They are also important for special situations, but most of the cases need good internists with sound clinical skills and these skills should be taught and learnt with dedication and passion.

Wellbeing and Longevity; The Holistic Approach.

Prof. Aftab Mohsin

The circumstances and events are created twice, first in the mind and then in real time. One can create wellbeing or health as well as longevity. All one has to do is put their mind and body synchronously and endlessly in the quest of wellbeing and longevity. One can say that one needs to put their heart and soul into it! Remove any conflict or contradiction in one's faith or belief to achieve both pursuits.

Faith or belief can be used interchangeably; however, it has been argued by a few that faith is without logic



and evidence, and belief on the other hand, is with evidence. I guess they are referring to scientific evidence. There have been numerous occasions in the history of humankind where older beliefs were shattered and newer took place. The Earth being flat or being the center of the solar system or even the universe are just a few examples. Both mean unshakeable conviction of something being true. Faith usually precedes and science follows, providing the evidence, once the evidence is there a few people call it belief! However, they are one and the same.

The starting point is to have firm belief or faith in an ideology or one's ability to achieve wellbeing and longevity.

This shall be supplanted by purposeful and meaningful living. If one leads a meaningful life, she or he, is likely to stay healthier and live for longer duration. Another important feature of people having healthy and long lives is that they are optimistic. They focus upon the positive aspects, even in adverse circumstances.

Numerous studies have revealed that if a person is

leading a meaningful and purposeful life, she or he will choose behaviors and actions that promote health, like having balanced diet or increased physical activity. A large body of scientific evidence suggests that even if you do away with the effect of diet and exercise, optimism and living a purposeful life has significant effect on cardiovascular health. These reduce the risk of nonfatal stroke and nonfatal MI and cardiovascular death. This effect is seen across all ages and genders and amongst people of multiple beliefs and genotypes.

There has been growing evidence that positive thinking or positive psychological well-being and meditation can influence expression of genes; the epigenetics. Meditation can increase the length of telomere and enhance health and wellbeing. Meditation has been shown to express genes that have anti-ageing and anti-inflammatory as well as anti-cancer effects.

I postulate that the human mind and body can be influenced through positive thinking and optimism and produce wellbeing and longevity by numerous

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pathways that include expression of appropriate genes, thus influencing the genome, transcriptome, proteome and metabolome, and bringing about a change in microbiome too. These processes are harnessed by physiological process of homeostasis and could maintain the right milieu of the entire body. All one has to do is to invoke this process of homeostasis consciously to achieve and maintain wellbeing and maintain life. The divine promise of cure

for all ailments may be this single process of homeostasis, eventually proving to be panacea, the ultimate cure for all ailments.

Let the faith lead this revolution of self-healing, through homeostasis. One need not necessarily wait for evidence that the scientists of today are yet unable to provide! For those who have faith, it is worth a try.

Prevention of Diabetes in Pakistan

Prof. Aziz-ur-Rehman

Diabetes is a rapidly escalating health crisis in Pakistan, with the International Diabetes Federation reporting a prevalence rate of 17.1% among adults, making it one of the highest in the world. Approximately 19.4 million adults are currently living with diabetes, and another 14.5 million are estimated to have prediabetes, which significantly increases the risk of developing type 2 diabetes if preventive measures are not taken. The IDF Atlas 2021 describes as Pakistan at No. 1 position as prevalence of diabetes is concerned and at No. 3 as per total number of diabetes, only China and India exceeding. According to a local survey every fourth adult Pakistani has diabetes, either diagnosed or otherwise. Almost half of this number also fulfils the criteria of pre-diabetes. Even those who have normal glucose parameters can be called pro-diabetics because of our extraordinarily strong genetic predisposition.

Risk Factors and Detection: The primary risk factors for diabetes and prediabetes include obesity, sedentary lifestyle, unhealthy diet, genetic predisposition, and advancing age. Early detection is critical and can be achieved through regular screening of high-risk individuals, which includes fasting plasma glucose tests, HbA1c tests, and oral glucose tolerance tests. Awareness campaigns should emphasize the importance of routine check-ups, particularly for individuals with a family history of diabetes.

Preventive Measures Individual Level: Adoption of a healthy lifestyle is paramount. This includes maintaining a balanced diet rich in fruits, vegetables, and whole grains, regular physical activity, and weight



management. Avoiding tobacco use and limiting alcohol consumption are also crucial.

Family Level: Families play a vital role in supporting healthy habits. Encouraging home-cooked meals over processed foods, promoting active family activities, and providing emotional support for lifestyle changes can create a healthier household environment.

Community Level: Community-based interventions, such as establishing fitness centers, organizing health fairs, and offering nutrition education programs, can foster a supportive environment. Local health professionals should be trained to recognize and address the early signs of diabetes.

Government Level: The government must prioritize public health initiatives that target diabetes prevention. This includes implementing policies to reduce sugar and fat content in processed foods, subsidizing healthier food options, and ensuring the availability of affordable healthcare services. National awareness campaigns and school-based health

education programs are also essential.

Financial Implications: Diabetes imposes a substantial financial burden on both individuals and the healthcare system. Direct costs include medical care, medications, and hospitalizations, while indirect costs encompass lost productivity and long-term disability. Preventive strategies can significantly

reduce these costs by lowering the incidence of diabetes-related complications and improving overall population health.

Is Prevention of Diabetes Possible? The answer to that question is most definitely **Yes**. We have to work at all levels as outlined above. Everyone is under obligation to do their part to make that happen.

Sir Ganga Ram's Legacy in Lahore

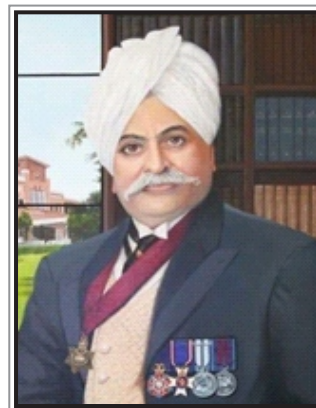
Dr. Rizwan Iqbal

Sir Ganga Ram, born on April 13, 1851, in Mangtanwala, Punjab (now in Pakistan), came from a modest background. His father, Daulat Ram, worked as a junior sub-registrar in the British administration. Ganga Ram's parents valued education and ensured he received a strong foundation. He attended the Government College in Lahore, excelling in mathematics and engineering. His academic brilliance earned him a scholarship to study at the prestigious Thomason College of Civil Engineering at Roorkee, now known as the Indian Institute of Technology Roorkee.

After graduating in 1873, Ganga Ram joined the Public Works Department (PWD) of Punjab as an assistant engineer. He quickly gained recognition for his engineering skills and dedication. Among his early notable projects was the construction of the Victoria Jubilee Hospital in Lahore. Ganga Ram's expertise was particularly evident in the field of irrigation engineering. He played a pivotal role in the design and construction of the Chenab Canal system, a major irrigation project that transformed barren lands in Punjab into fertile agricultural fields. This project significantly enhanced the region's agricultural productivity and positively impacted the socio-economic landscape.

Ganga Ram's contributions extended beyond irrigation. He was a key figure in the urban development of Lahore, designing and constructing several iconic buildings and infrastructure projects. These included the Ganga Ram Hospital, the General Post Office, the Albert Victor Wing of Mayo Hospital, an

orphanage home for Hindu widows (now the Fountain House), and the Lahore Museum. These projects not only improved the city's infrastructure but also became land-marks, contributing to Lahore's architectural heritage.



In addition to his professional accomplishments, Sir Ganga Ram was deeply committed to philanthropy. He focused on various aspects of social welfare, including education, healthcare, and social services. He established numerous institutions to support the underprivileged. One of his most enduring contributions was the establishment of the Sir Ganga Ram Hospital in Lahore in 1921. The hospital aimed to provide quality medical care to people regardless of their socio-economic status. It quickly became one of the leading medical institutions in the region and continues to serve thousands of patients.

Ganga Ram was also a strong advocate for education. He founded several schools and colleges, including the Lady MacLagan Girls' High School and the Ganga Ram Trust College in Lahore. These institutions provided educational opportunities to many young people, particularly women, at a time when female education was not widely encouraged. Additionally, Ganga Ram supported agricultural education and research. He donated substantial funds to establish the Punjab

Agricultural College and Research Institute in Lyallpur (now Faisalabad), which played a crucial role in advancing agricultural practices and improving crop yields in the region.

His contributions did not go unnoticed. In 1922, he was knighted by the British government in recognition of his services to society. Sir Ganga Ram earned widespread admiration and respect from both the British authorities and the local population for his engineering innovations, philanthropic endeavors, and commitment to public welfare.

Beyond his public life, Sir Ganga Ram was a devoted family man. He married Bishan Devi, and the couple had eight children. His family supported his various endeavors and shared his commitment to social causes. After his death on July 10, 1927, in London, his family continued to uphold his legacy of service and philanthropy.

Sir Ganga Ram's legacy remains significant in Pakistan, particularly in Lahore, where institutions like the Sir Ganga Ram Hospital and the Ganga Ram Trust Building honor his memory. His contributions to civil engineering laid the foundation for modern infrastructure in Lahore and other parts of the region. The landmark buildings and irrigation projects he initiated continue to serve communities to this day. Moreover, his philanthropic efforts, especially in healthcare and education, have had a lasting impact. The hospitals and educational institutions he established are still vital to the health and education sectors in Pakistan, reflecting his deep commitment to improving the lives of others. Sir Ganga Ram's life and work stand as a testament to the profound difference one individual can make through dedication and vision.

Role of Diet in Prevention and Management of Heart Diseases.

Prof. Rauf Niazi

Diet plays a crucial role in both the prevention and management of heart diseases. Heart disease encompasses a range of conditions affecting the heart, including coronary artery disease, heart attacks, and heart failure. A healthy diet can significantly reduce the risk of these conditions and help manage symptoms and progression in those already affected.

Prevention: A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can lower the risk of heart disease. These foods are high in essential nutrients, antioxidants, and fiber, which help reduce cholesterol levels, blood pressure, and inflammation. For instance, consuming fatty fish rich in omega-3 fatty acids can reduce the risk of arrhythmias and lower blood pressure. Limiting the intake of saturated and trans fats, which are found in red meat, butter, and processed foods, is also crucial. These fats can raise low-density lipoprotein (LDL) cholesterol levels, a major risk factor for coronary artery disease.

Management: For individuals with existing heart disease, dietary changes can be a critical component



of treatment. Reducing sodium intake is essential, as it can help lower blood pressure and reduce the strain on the heart. Patients are often advised to increase their intake of fiber and reduce consumption of refined sugars and unhealthy fats. A heart-healthy diet often includes foods rich in potassium, such as bananas and spinach, to help counteract the effects of sodium and support heart function.

Overall, a heart-healthy diet promotes weight control, improves lipid profiles, and enhances overall

cardiovascular health. It is important for individuals to work with healthcare providers or dietitians to

develop a personalized eating plan that considers their specific health needs and conditions.

Long COVID: Understanding Its Implications

Prof. Saqib Saeed

Long COVID, also known as post-acute sequelae of SARS-CoV-2 infection (PASC), refers to the prolonged symptoms experienced by individuals after the acute phase of COVID-19. While most people recover from COVID-19 within a few weeks, a significant number of individuals continue to experience symptoms for months, even after the virus is no longer detectable in their system.

The symptoms of Long COVID are diverse and can affect multiple organ systems. Common symptoms include fatigue, shortness of breath, brain fog, joint pain, and chest pain. Some individuals also report heart palpitations, difficulty concentrating, sleep disturbances, and gastrointestinal issues. The persistence of these symptoms can severely impact the quality of life, leading to challenges in daily functioning and the ability to work.

The implications of Long COVID are profound, both for individuals and for public health systems. For individuals, the condition can lead to chronic health issues that require ongoing medical care, potentially resulting in long-term disability. The psychological toll, including anxiety and depression, is also significant.



On a broader scale, Long COVID represents a growing burden on healthcare systems, with increasing demand for specialized care, rehabilitation services, and mental health support. The economic impact is also considerable, as prolonged illness can lead to lost productivity and increased healthcare costs.

Addressing Long COVID requires a multi-faceted approach, including research into its underlying mechanisms, development of effective treatments, and comprehensive support for affected individuals. Public health strategies must also adapt to this emerging challenge, ensuring that those suffering from Long COVID receive the care and support they need.

From Cure to Care

Dr. Mona Tareen MD.MS. Dubai.

Dr Joanne Lynn stated in the chapter on the Study to Understand Prognoses and Preferences for Outcomes and Risks of Treatments (SUPPORT) study in 1997 "decisions are made very late in the course of an illness , a practice that risks the same harm and precludes planning". So then why is it that healthcare providers wait so long to address goals of care?Is it prognostic uncertainty, lack of resources or patient and family reluctance?In order to understand this, we would *have* to walk a mile in their shoes.



Everyone has to navigate their own journey, whether it involves the loss of a pet, a loved one, a friend, family, co-worker or even your first heart break. If you can, for one moment, imagine suffering, emotional pain or grief that someone encounters. Now, if you were able to picture that, imagine how we can help heal an open wound. How do we shift towards truly caring for the patient? Take, for example, a devastating diagnosis and serious illness. Do we wait for technology to fail before shifting from curative care to providing compassionate care? After all, both approaches center around the word *care*.

You will often hear me quote Socrates who spoke about comforting the sick and alleviating suffering. This is the responsibility of every healthcare provider. Dr Belfour Mount, in the 1974, coined the term palliative care and stated when “medical technology does not know what to do, the quality and quantity of care fails always. How can we justify that?”. I often hesitate to use the term "fail" in healthcare because it implies that we did not succeed. Did we “fail” the patient, the family or did we, as healthcare providers, “fail” ourselves as our intent is always to cure? In the late 19th century, Dr Edward Livingston Trudeau, the founder of the tuberculosis sanitarium in New York, said “to cure sometimes, to relieve often, to comfort

always”. Similarly, we need to understand our patients, their goals, and consistently provide comfort.

Furthermore, by the year 2030, there will be 72 million older adults in the US of which 1 and 6 will have a chronic condition. This will reach 2.1 billion globally by 2050 (World Health Organization). We must be able to provide a workforce to meet the needs of the growing population. In a survey identified that one third of palliative care clinicians demonstrated burnout and 40% of palliative care physicians were 56 or older which means that they will be near retirement in the next 10 years. It is expected that the physician workforce population would not recover until 2045. If the demand for palliative care exceeds the capacity of palliative care specialists the responsibility may fall onto primary care.

I think you probably know where I am heading with this. In order to shift from cure to caring for the patient and to accommodate the needs of the aging population, providers need to be trained in primary palliative care. This would include the EMS (Emergency Medical Services) to primary care physicians and other subspecialists. After all, it does take a village.

Digital Health Revolution in Pakistan: AI and Telehealth Leading the Way

Dr. Suhail Chughtai

Pakistan's healthcare system is undergoing a significant transformation, driven by the integration of digital health technologies. Among these, artificial intelligence (AI) and telehealth are leading the charge, reshaping how healthcare is delivered across the country.

AI is playing a crucial role in advancing healthcare in Pakistan, offering new solutions to some of the system's most pressing challenges. With the ability to analyze extensive medical data, AI is enhancing the accuracy of diagnoses and personalizing treatment plans. In a country where access to specialized care



can be limited, AI-powered tools are bridging the gap, enabling healthcare providers to predict disease

patterns, identify risks early, and make more informed decisions. These advancements are particularly impactful in rural areas, where healthcare resources are often scarce.

Telehealth, on the other hand, is revolutionizing access to healthcare across Pakistan. The COVID-19 pandemic accelerated the adoption of telehealth, bringing medical care to patients' doorsteps, regardless of their location. Through virtual consultations and remote monitoring, telehealth is breaking down geographical barriers and making healthcare more accessible to those in remote and underserved regions. This technology is not only improving access but also ensuring that patients receive timely care,

especially for chronic conditions that require ongoing management.

The combined impact of AI and telehealth is paving the way for a healthcare revolution in Pakistan. These technologies are making healthcare delivery more efficient, equitable, and patient-centered. As Pakistan continues to embrace digital health innovations, the future of healthcare looks promising, with the potential to significantly improve the quality of care and health outcomes across the nation. The ongoing digital transformation is setting the stage for a more proactive and personalized healthcare system that can address the unique needs of Pakistan's diverse population.

Meditation and its Health Benefits

Dr. Nayab Tariq

Meditation, an ancient practice rooted in various traditions, has recently gained recognition in modern mental health. It involves focusing attention and awareness, aiming to reach a state of pure consciousness devoid of thought. The practice shifts individuals from identifying with their thoughts to becoming aware of them, fostering a non-reactive observation of mental activity. This transition helps quiet the mind and reduce the momentum of thoughts.

In contrast to Western emphasis on thought, Eastern traditions value a quiet mind, operating from the wisdom of the spirit. Meditation reconnects us with this inner wisdom, bringing peace, reducing stress, and improving mental well-being, focus, and social interactions. While its mental health benefits are well-documented, recent studies also highlight its physical advantages, such as improved heart rate, blood pressure, immune responses, and even increased telomere length, which is associated with slower aging. Meditation activates the body's parasympathetic "rest and digest" function, promoting overall health.



Among the various forms of meditation, Vipassana, meaning "seeing things as they really are," stands out. It originates from Buddhist tradition and was taught by Buddha as a way to end human suffering. In today's world of hustle and stress, meditation is no longer just for monks but is essential for maintaining balance and thriving in life. The renewed understanding of the mind-body connection underscores its importance in modern life.

2nd PIMCON held on 15th September, 2024 at Dubai- Updates in Internal Medicine

Dr. Zulfiqar Ali, Consultant Physician Dubai Health Authority, President PSIM-UAE Chapter



The 2nd Pakistan Internal Medicine Conference (PIMCON) 2024 was held on September 15, 2024, at the Pakistan Auditorium PAD Dubai. With the theme "Updates in Internal Medicine," the conference attracted over 150 participants, including medical professionals,

researchers, medical students, and practitioners, marking a significant event in the field of internal medicine.

The conference commenced with an inaugural session moderated by Dr. Umaira Aziz. The session opened with the recitation of the Holy Quran, followed by the national anthems of both the UAE and Pakistan, setting a solemn and respectful tone.

Dr. Zulfiqar Ali delivered the welcome note, expressing gratitude to the attendees and highlighting the importance of the conference. Dr. Somia Iqtadar then provided an insightful history of the Pakistan Society of Internal Medicine (PSIM), outlining its evolution and contributions to the field. Prof. Aftab Mohsin spoke on the aims and objectives of the conference, emphasizing the need for advancements in patient management. This was followed by the presidential speech by Prof. Javed Akram, who shed light on current challenges and future directions in internal medicine. The chief guest, Dr. Jamila Mohammad Ali Bin Adi, addressed the gathering, offering her perspective on the evolving landscape of healthcare and future collaboration between PSIM and ESIM. The session concluded with the official opening of the conference, announced by Prof. Hamed Farooqi, signalling the start of the event's scientific discussions. The inaugural session was also graced by the presence of intellectuals and distinguished physicians that included Prof. Yousef Hussein El Tayeb,

Dr. Hussain Al Rahma, Dr. Faisal Ikram, Dr. Mahmoud Ghanaim, Dr. Naeem Toosy, Dr. Mohammed Nasaif, Dr. Zia ul Hassan, Dr. Hammad Bhatti and Dr. Nighat Aftab.

The inaugural session was followed by three scientific sessions, featuring state-of-the-art lectures on various aspects of internal medicine. Moderated by Dr. Maria Awais, Dr. Naheed Elahi, and Dr. Seemin Shiraz (Secretary General of PIMCON 2024) respectfully, these sessions provided a platform for experts to share their latest research findings, clinical experiences, and innovative practices. The discussions covered a wide range of topics, offering participants the opportunity to engage in knowledge exchange and professional development.

In the scientific programme, Prof. Javed Akram President PSIM, Dr. Moeena Zain Consultant Infectious Diseases American Hospital, Dr. Tashfeen Ali Consultant Emergency Medicine King's College Hospital, Dr. Mona Tareen Consultant Oncologist King's College Hospital, Prof. Aziz-ur-Rehman Senior Vice President PSIM, Prof. Niaz Sheikh Consultant Internal Medicine Rashid Hospital, Dr. Fahed Kouli Consultant Nephrologist American Hospital and Prof. Aftab Mohsin Senior Vice President PSIM delivered state of the art lectures on various topics.

A poster presentation was also organized, showcasing research work from various medical professionals. This segment provided a forum for attendees to explore new research in internal medicine, fostering a culture of scientific inquiry and collaboration among the medical community. A volunteers' team headed by Dr. Nayab Z. Ali did a fabulous job in coordinating and smooth flow of the entire event.

In addition to the scientific program, the conference witnessed the signing of Memorandums of Understanding (MoUs) between PSIM and several key organizations, including the Emirates Society of Critical Care, Emirates Society of Internal Medicine, Arab Resuscitation Council, Association of Pakistani Physicians and Surgeons (Middle East Chapter), MED Courses & Conferences, BMJ, and Orbit Advertising.

These agreements are expected to pave the way for collaborative efforts in research, training, and professional development in the field of internal medicine.

The 2nd PIMCON 2024 was beautifully crafted with two workshops, The ECG Interpretation was organized by Dr. Zulfiqar Ali and the Obesity Management Workshop by Dr. Rahila Bhatti. A good number of participants benefitted from these high quality academic activities.

The 2nd PIMCON 2024 successfully brought together a diverse group of medical professionals to discuss the latest advancements in internal medicine. The event's blend of insightful lectures, research presentations, and collaborative agreements underscored its role as a significant platform for advancing healthcare practices. The conference not only provided an opportunity for learning and networking but also set the stage for future collaborations in the region.

Glimpses of Conference





Meet & Greet Session at Karachi

Dr. Shabnam Naveed

The "Meet & Greet Session" was organized by the Karachi Chapter Head, Central Leadership, and the National Diabetes chapter of the Pakistan Society of Internal Medicine (PSIM). The event was designed to foster connections among the internal medicine dignitaries from Karachi while setting the stage for the upcoming PSIM conference in February 2024. The program was graced by President Prof: Javed Akram, President-elect Prof Aftab Mohsin, and central leadership Prof; Aziz-ur-Rehman, Prof Zaman Sheikh, and other dignitaries including Prof Syed Masroor Ahmad (Dean JSMU/JPMC), Dr Adil H Haider (Dean AKU), Prof Shabeen Naz, Prof Sonia, Mr Shaukat Ali Javed, Mr M Khalid Qureshi.

The session begins with a warm welcome and introduction by Dr Shabnam Naveed highlighting the chapter's mission and an overview of the chapter's initiatives, showcasing its impact and future goals followed by a brief activity, allowing participants to introduce themselves. An open forum discussion was held by inviting participants to share their ideas and suggestions for the PSIM conference and Karachi chapter activities. This collaborative discussion aimed

to gather valuable input and foster a sense of ownership among the attendees.

Many other famous internal medicine consultants and renowned faculty of different institutes attended the meeting. From JPMC/JSMU Prof Zeeshan Ali, Dr Marium Fatima. Dr. Komal, Dr. Majid, Dr. Saleha, Dr. Vijay, Dr. Zareen Sattar, from AKUH Prof M Tariq, Prof Mehmood Riaz, Dr. Samar Fatima, Dr. Zain, Dr. Saad & many others, from BMU& hospital Prof Jameel Ahmed, Prof Karim Kammerudin, from KMDC/ASH Prof. Qaisar Jamal, Prof Atiya Sabeen, from UMDC Prof Ayesha Nagheen, from FRPMC Prof Saera Qidwai, Prof: Fatima Zehra, from BUHS/PNS Shifa Prof M Sajid Abbas Jafferri, From CHK/DUHS Dr. Angela, from Ojha campus DUHS Dr. Faiza Ghuman attended the event

The two MoU ceremonies were signed by PSIM one with Agha Medical College and the other with the Society of Obstetrics and Gynecology at the end.

The session wrapped up with closing remarks by Prof Aftab Mohsin and ended up with a casual networking opportunity, allowing participants to mingle, exchange ideas, and discuss potential collaborations.



PSIM Unveils First Issue of Magazine, PSIM News & Views

Dr. Hina Latif

The Pakistan Society of Internal Medicine (PSIM) hosted a launch event at the Nishat Hotel on June 29th

2024, for the premiere issue of their magazine, titled "PSIM News and Views." The magazine aims to

disseminate knowledge and awareness about medical issues particularly in remote areas of Pakistan.

The event drew a distinguished crowd, including PSIM chapter heads from across the country, medical professionals, and dignitaries. Dr. Somia Iqtadar, PSIM's Secretary-General, moderated the event and extended a warm welcome to everyone.

Guest speakers included Mr. Najam Sethi, Mr. Wasif Nagi, Prof. Javed Akram (President PSIM), Prof. Aziz Ur Rehman (SVP PSIM), Prof. Aftab Mohsin (SVP PSIM), and Prof. Tariq Waseem (SVP PSIM). Dr. Iqtadar acknowledged their presence and expressed her appreciation for PSIM's new milestone, the magazine.

Prof. Javed Akram, President PSIM and Editor-in-Chief of the Journal of Pakistan Society of Internal Medicine (JPSIM) and PSIM Magazine, commended the entire PSIM team for their dedication in propelling the society forward since its inception. He acknowledged the editorial board's dedication in publishing the magazine within a month. He spoke about the efforts

behind each section of "PSIM News and Views" and highlighted the media's role in raising awareness about diseases like diabetes and hypertension, particularly in collaboration with PSIM.

Prof. Aziz Ur Rehman, Senior Vice President PSIM and Editor of both JPSIM and PSIM News and Views, then presented a concise overview of the magazine.

Mr. Shahid, a representative from Urdu Point, emphasized the power a doctor's writing holds.

Guest of honor Mr. Wasif Nagi, editor of Jang News, applauded PSIM and Prof. Javed Akram for their unwavering efforts in medicine. He commended the magazine's concept and design and offered valuable suggestions.

Dr. Najam Sethi, another guest of honor, spoke about internal medicine being the foundation of all medical fields. He further acknowledged doctors and medical professionals as society's true heroes.

Prof. Aftab Mohsin, Senior Vice President PSIM



delivered the closing remarks, expressing his gratitude to the audience and dignitaries. He concluded his vote of thanks by reciting few verses from Sultan Bahu's poetry.

The ceremony concluded with the presentation of shields to the guests of honor, a cake-cutting ceremony, and a group photo. This marked the successful launch of PSIM's new magazine, "PSIM News and Views."

MOU Signing PSIM and Tabros Pharma

The Pakistan Society of Internal Medicine (PSIM) and Tabros Pharma jointly organized a symposium on "Emerging Role of Empagliflozin in Reshaping Diabetes Management" at PC Hotel, Lahore, on August 3, 2024.

Prof. Dr. Javed Akram, PSIM's Founding President and former Minister of Specialized Healthcare and Medical Education, chaired the event. It was Co-chaired by Prof. Aziz Ur Rehman, Senior Vice President PSIM. The symposium featured distinguished panelists including Dr. Syed Tanzeem Haider Raza Consultant Physician Acute Medicine UK and Chapter Head PSIM UK chapter, Prof. Tariq Waseem Senior Vice president

PSIM, Dr. Somia Iqtadar Founding Secretary General PSIM. Dr. Hina Latif, Secretary Information PSIM, moderated the activity which was started with the national anthem followed by Recitation from the Holy Quran. Dr. Latif introduced the Chairperson, co-chairperson and panelists and greeted the audience.

Prof. Dr. Imtiaz Hassan, Medical Director of the Diabetic Institute of Pakistan, delivered the keynote address, illuminating the multifaceted role of empagliflozin in diabetes and co-morbidities management. A lively Q&A session followed, stimulating insightful discussions and research proposals. A significant highlight was the signing of a

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Memorandum of Understanding (MOU) between PSIM and Tabros Pharma for future academic collaboration.

The event concluded with souvenir distribution and lunch.



Triopathy by PSIM and GETZ pharma

The Pakistan Society of Internal Medicine (PSIM) and GETZ Pharma co-hosted the final module of Triopathy, a comprehensive program addressing diabetes, hypertension, and dyslipidemia. This hybrid course comprised 12 modules held in major Pakistani cities, culminating in a session at Pearl Continental Lahore on August 23, 2024.

Renowned experts, including Professors Nadeem Hayat Malik, Bilal Mohyudin, Akmal Faiz Bhatti, Taj Jamshaid, and Saulat Siddique, served as panelists. Dr. Hina Latif, Secretary Information at PSIM, moderated the session, which began with the national

anthem and Quran recitation. Dr. Latif introduced the panelists and welcomed attendees.

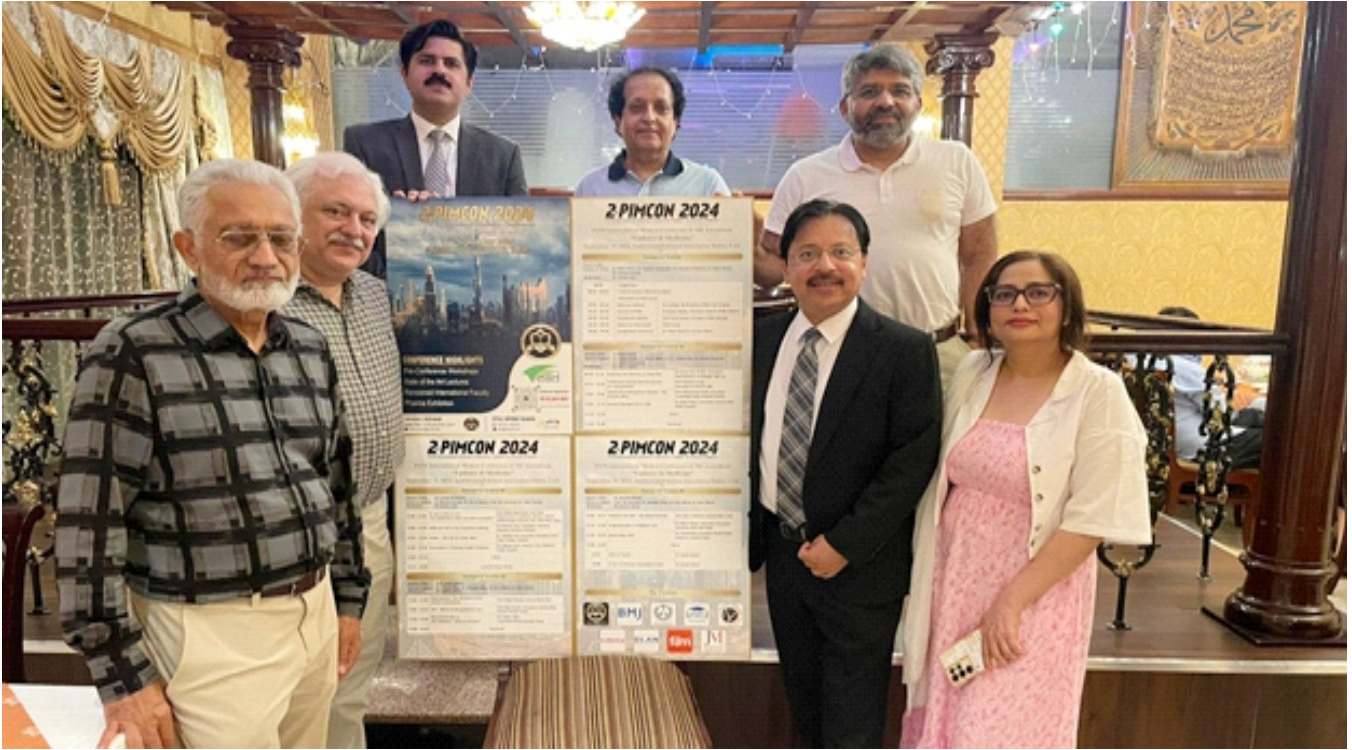
Professor Tariq Waseem delivered a presentation on "Cardiorenal Metabolic Triopathy and CVD Outcome Trials in Diabetes." Dr. Imtiaz Hassan followed with a talk on "A Holistic Approach towards Management of Triopathy." An online quiz was conducted, and the top five winners received complimentary registration for the upcoming Heartcon conference. The session concluded with a panel review of the quiz questions, souvenir distribution, and a group photo.



Curtain Raising 2nd PIMCON 2024 Dubai

A graceful event took place in Dubai to release the conference agenda officially. The PSIM Pak and UAE office bearers were present on this momentous

occasion. The conference is going to take place on September 15, 2024, at Pakistan Auditorium PAD Dubai.



MOU Signing of PSIM with HAC

An MOU signing ceremony took place between the Pakistan Society of Internal Medicine (PSIM) and Hyperuricemia Advisory Council (HAC) in collaboration with PharmEvo on Hyperuricemia

Spotlight series. This partnership marks a significant milestone in PSIM's ongoing efforts to raise awareness and provide education on hyperuricemia.

HYPERURICEMIA SPOTLIGHT SERIES

MOU signing ceremony between Pakistan Society of Internal Medicine and Hyperuricemia Advisory Council by PharmEvo



Cardiometabolic Premier League by PSIM and Wilson Pharma

PSIM and Wilson Pharmaceutical recently signed an MOU to launch the **PSIM Cardiometabolic Premier League**, a scenario-based case discussion program for postgraduate residents of Medicine in all public sector

hospitals nationwide. The inaugural round of this quiz was held on August 29th, and the winning participants are eagerly anticipating the next stage.



PSIM's Sweet Talk: A New Voice for Diabetes Awareness

Continuing its commitment to public health education, PSIM has launched a groundbreaking radio program, **Sweet Talk**. This interactive platform is designed to address all your diabetes-related questions and concerns.

In partnership with FM100 and Scilife Pharma, Sweet Talk brings together leading experts in the field to provide valuable insights and practical advice. Our goal is to foster open dialogue about diabetes and promote overall well-being.

Hosted by Prof. Zaman Sheikh, Chapter Head of PSIM Karachi, Sweet Talk covers a wide range of important topics related to diabetes management. The first eight episodes have already aired, and we invite you to tune in for more informative and engaging content.



MoU Signing Ceremony



Chairman TWG PUNJAB: President PSIM Prof. Dr. Javed Akram

To bolster its response to the Monkeypox outbreak, the Punjab government has appointed Professor Dr. Javed Akram, President PSIM and a renowned expert in the field, as chairman of the Technical Working Group (TWG Punjab) responsible for tracking and managing Monkeypox cases.



Khwaja Salman Rafique Provincial Health Minister meets prof. Dr. Javed Akram

Provincial Health Minister Khwaja Salman Rafique met with President prof. Dr. Javed Akram and officials from the Pakistan Society of Internal Medicine (PSIM). Prof. Aftab Mohsin, PSIM's Senior Vice President, also attended. The meeting, which included Punjab's

Health Secretary Azmat Mehmood Khan, centered on clinical audits and guidelines. Prof. Javed Akram presented souvenirs to Minister Rafiq and Secretary Khan.



Congratulations To Our Newly Appointed Chapter Heads

PSIM is proud to announce a significant milestone in our commitment to gender equality. We have appointed three exceptional women to lead our new chapters. This demonstrates our dedication to

fostering inclusive leadership and empowering women to reach their full potential. Congratulations to our new chapter heads who will undoubtedly inspire and drive progress.



NEWLY APPOINTED

CHAPTER HEADS OF Pakistan Society of Internal Medicine



DR. ZAHRA NAZISH

Chapter Head
Multan



DR. SHABNAM NAVEED

Chapter Head
Karachi



DR. MURAD ALI

Chapter Head
Mardan



DR. SALMA ZEB

Chapter Head
Peshawar

PSIM and Genex Pharma collaborated on a joint research initiative focused on hepatitis. A meeting was

held on August 12, 2024, to finalize the program's details at Dubai.



Free Foot Care Clinic Opened Its Doors at AAPKA Clinic

A new Free Foot Care Clinic opened its doors at AAPKA Clinic on Sunday, August 25th, under the leadership of PSIM. Dr. Shehla Javed Akram and Prof. Dr. Javed Akram President PSIM, addressed the audience and

highlighted the clinic's services. The ceremony was graced by the presence of several notable figures and medical experts.



1st edition of PSIM news and views was presented to Prof. Mahmood Ayyaz, Vice Chancellor King Edward Medical University by Dr. Hina Latif Assistant Editor

Seminar on Cardio-Metabolic Disorders in Karachi

Dr. Farah Naz Farooq, Dow University of Health Sciences, Karachi



An awareness seminar on "Diabetes and Cardio-Metabolic Syndrome" was organized by the Pakistan Society of Internal Medicine and Sir Syed College of Medical Sciences on 31st August 2024 in Movenpick Hotel, Karachi. The Honorable Chief Guest was Professor Javed

Akram. Organizers of this mega event were Prof. M. Zaman Shaikh and Dr. Shabnam Naveed.

In his key address, honorable Chief Guest, Professor Javed Akram emphasized that we must avoid junk food and live a simple healthy life to prevent diabetes, cardiovascular and other complications. Exercise, weight reduction, and a healthy diet play a vital role in prevention. On this occasion, Prof. Zaman Shaikh said that according to the number of persons with diabetes, Pakistan ranks 3rd number in the world, after

China and India.

The main reason for this high number of persons with diabetes is our defective lifestyle. Obesity is very common, and there is negligence and ignorance about diet and physical activity. Diabetes is a silent killer as it can lead to many complications silently, for example, diabetic retinopathy, leading to permanent blindness, kidney failure progressing to dialysis, neuropathy, and diabetic foot, leading to limb amputation, hypertension, and cardiovascular complications.

Many other famous diabetic consultants and renowned cardiologists spoke on this occasion, including

Prof. Bikha Ram Devrajani, Prof. Syed Masroor Ahmed, Prof. Aftab Mohsin, Prof. Aziz-ur-Rehman, Prof. Shabeen Naz Masood, Prof. Muhammad Nawaz Lashari, Prof. Akhtar Ali Baloch, Dr. Zeeshan Ali Junejo, Prof. Khawar Kazmi, Dr. Shehla Naseem, and Prof. Abdul Mannan. The moderator was Dr. Farah Naz Farooq. The seminar ended with a vote of thanks by Dr. Shabnam Naveed.



PSIM Visit to Pinnacle Biotech Pharmaceutical and Signing of MoU for Future Research Collaboration

On Saturday, August 31, 2024, a delegation from the Pakistan Society of Internal Medicine, led by Prof. Javed Akram, visited Pinnacle Biotech's office and factory in Karachi. The delegation, including several esteemed members such as Prof. Aftab Mohsin, Prof. Aziz-ur-Rehman, Prof. Fareed Zafar, Prof. Zaheer Akhtar, and Prof. Khalid Mahmud, met with Mr. Abdul Rasheed Chohan, the CEO/President of Pinnacle Biotech. During a tour of the factory, the delegation appreciated Pinnacle Biotech's commitment to quality drugs and modern infrastructure, and the visit was celebrated in a grand manner.

On this occasion, an agreement was reached between the Pakistan Society of Internal Medicine and Pinnacle Biotech to collaborate in the health sector. Professors

Javed Akram and Aftab Mohsin also discussed various aspects of patient welfare initiatives between the two institutions. The MoU, marking the beginning of this collaboration, was signed by Pinnacle Biotech's Director, Zulqarnain Chohan, and Head of Marketing and Sales, Salman Ryaz.

The Pinnacle Biotech and Hooraa Group delegation, led by Founder Mr. Abdul Rasheed Chohan, included Company Directors Zulqarnain Chohan, Saad Chohan, Head of Marketing & Sales Salman Ryaz, and Managing Director of Hooraa Group, Mr. Zafar Hashmi. The meeting signifies a promising step toward enhanced cooperation in the healthcare sector between the two entities.



Karachi Chapter Activity

Dr. Zaman Shaikh

Vice President for Education and Training (Royal College of Physicians London UK). Her talk focused on the "**Future Perspective of Medical Education and Training**," emphasizing the need for diverse training methods and the role of medical education in improving teaching quality.

A lively Q&A session followed the presentations, allowing the audience to engage with the speakers.

Dr. Latif closed with gratitude to everyone involved. The session concluded with presentations of souvenirs to the speakers and chairs.



Pakistan Society of Internal Medicine representing in the International Conference of Ceylon College of Physicians, Colmbo.



Lahore Chapter Activities

COPD Day Observed at Gulab Devi Chest Hospital

PSIM Lahore chapter celebrated an awareness event on World COPD Day at Gulab Devi Chest Hospital under the supervision of Professor Zaheer Akhter. The event featured a public awareness walk and informative

talks on topics such as how TB spreads, preventive measures, and the treatment of latent TB in the community.



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Diabetes Seminar:

Professor Khalid Mahmud Khan, Chapter Head of the PSIM Lahore Chapter, organized a successful seminar in early July 2024. The event was attended by esteemed dignitaries from various fields, who offered their expert insights and expressed appreciation for

the initiative. Renowned academics, including Professor Mujtaba Hussain Saddiqi, Professor Aizab Mand, Professor Bilal Mohyidin, and Dr. Tariq Mian, contributed their expertise to the seminar."



PSIM's Participation in International Family Doctors Congress:

PSIM central and Lahore chapter actively participated in the 9th International Family Doctors Congress 2024, led by President Professor Javed Akram, Senior Vice President Professor Aftab Mohsin, Secretary General

Dr. Somia Iqtadar, and Professor Khalid Mahmud Khan chapter head PSIM Lahore chapter. PSIM members delivered insightful talks at the congress.



World Hepatitis Day Celebration in Lahore

The Lahore Chapter of the Pakistan Society of Internal Medicine under leadership of Professor Khalid Mahmud Khan, PSIM Lahore chapter head, celebrated World Hepatitis Day on July 28, 2024, at Jinnah Hospital and other hospitals in Lahore. The event began with an awareness walk led by Chapter head

Prof. Khalid Mahmud Khan. A seminar followed, where final-year medical students and senior faculty discussed the prevention and treatment of viral hepatitis A, B, C, D, and E. The seminar emphasized the crucial role of healthcare professionals in preventing hepatitis.



Peshawar Chapter Activities

The PSIM (Pakistan Society of Internal Medicine) Peshawar chapter recently held two significant events at Lady Reading Hospital. To mark World Hepatitis Day, PSIM Peshawar Chapter head, Dr. Salma Zeb organized a program attended by Professor Amir Ghafoor Khan, Vice President of the PSIM KP chapter. This event focused on raising public awareness about hepatitis, featuring lectures by Professors Yaseen Khan and Dr. Bilal Awan on prevention, early detection, and treatment. PGR residents also conducted awareness sessions for the general public, highlighting the importance of proactive measures against hepatitis.

Separately, on August 19, 2024, a successful Clinical Audit Workshop took place, organized by Dr. Salma Zeb and Dr. Zafar Mehmood, with oversight from PSIM KPK President Prof. Amir Ghafoor Khan. The workshop, which attracted around 300 participants, received outstanding feedback. Given the high level of interest, the Peshawar chapter plans to schedule additional sessions to accommodate those who were unable to attend. PSIM extends its congratulations and thanks to the organizing committee members, including PGR residents Dr. Zeeshan and Dr. Zubair, for their crucial role in the workshop's success.



A Hub of Excellence in Medical Education and Community Health Initiatives

Dr. Madeeha Nazar

Rawalpindi Medical University (RMU) plays a key role in advancing medical education, research, and community health, hosting numerous events in collaboration with professional societies. Among these, the Pakistan Society of Internal Medicine (PSIM) is particularly active in promoting educational initiatives. On February 17, 2024, RMU hosted the curtain-raising ceremony for the PSIM conference, led by Prof. Dr. Muhammad Umar, Vice Chancellor of RMU, and attended by PSIM leadership, doctors, postgraduate trainees, and medical students.

During the PSIM conference in Islamabad, Prof. Dr. Umar presented a symposium on improving medical education in colleges, positioning RMU as a model institution. The session attracted doctors and students from various universities and hospitals. On April 15, 2024, Dr. Madeeha Nazar conducted a symposium on managing thyroid disorders during

pregnancy, fostering a lively Q&A with postgraduate trainees.

In response to rising diabetes rates in Pakistan, RMU organized a screening camp on June 15, 2024, under the guidance of Prof. Dr. Umar. Held at the Diabetes and Endocrinology Clinic of Holy Family Hospital, the camp identified at-risk individuals and offered management advice from Dr. Nazar.

RMU also remains committed to environmental awareness. The university's Clean Green Initiative, led by Prof. Dr. Umar, promotes environmental conservation. A tree plantation ceremony was held under the PSIM banner, highlighting the importance of tree planting to combat climate change.

Together, RMU and the Rawalpindi Chapter of PSIM continue to set high standards in medical education, community health, and environmental stewardship.



Multan Chapter Activities

The Department of Medicine Nishtar Medical University, in collaboration with the Pakistan Society of Internal Medicine, Multan Chapter, celebrated World Hepatitis Day on July 29, 2024. The event commenced with an awareness walk in front of the Medical Outdoor Department, led by Vice Chancellor Prof. Mehnaz Khakwani and Medical Superintendent Dr. Kazim Khan.

The Dean of Medicine, heads of medical units, the Principal of College of Nursing, postgraduate trainees, and nurses participated in the walk. Following this a cake-cutting ceremony was held in the Department of Medicine's conference room. This was followed by a seminar, where postgraduate trainees presented the prevention and treatment of Hepatitis A, B, C, D, and E. The Medical Superintendent, Dean of Medicine, and heads of medical units emphasized the critical role of health professionals in hepatitis prevention. The event concluded with a vote of thanks by the Head of the Department of Medicine.

On August 16, 2024, the university also celebrated World Lung Cancer Day under the PSIM platform. The event featured collaborative efforts from the Departments of Medicine and Pulmonology. Postgraduate trainees presented on the etiology, risk factors, clinical presentation, and management of lung cancer. An engaging case presentation followed, leading to a lively discussion. The event culminated with addresses from the Head of Pulmonology, heads of medical units, the Dean of Medicine, Principal of Nishtar Medical College, and the Vice Chancellor, speaking to a large audience of postgraduate students, final-year MBBS students, and nurses. The ceremony ended with a cake cutting and a vote of thanks by Head of department of Medicine Prof. Zahra Nazish.



South Punjab Chapter Activity

Prof. Munir Ahmad Azhar South Punjab Chapter head organized a seminar to celebrate World Brain Day on Tuesday, 23rd. July 2024 in Bahawal Victoria Hospital Quaid E Azam Medical College Bahawalpur. The seminar has a theme of "brain health and prevention." It was inaugurated by cake cutting ceremony done by the principal Prof. Soufia Farrukh. The speakers included Prof. Dr. Munir Azhar and Prof. Mazhar Faiz

Alam (Medicine), Prof. Niaz Maqsood (Psychiatry) Dr. Shoaib Luqman and Dr. Sabir Ali Malik (Neurology) and Dr. Amir Bukhari medical superintendent BVH. Moreover, a video message of the president Pakistan Society of Neurology meritorious Prof. Dr. Naila Shahbaz of Dow Medical University Karachi was shared in the seminar. It was attended by the faculty and health professionals in the hospital.



D G Khan Chapter Activities

The Department of Medicine at Allama Iqbal Teaching Hospital, DG Khan, in partnership with the Pakistan Society of Internal Medicine, commemorated World Hepatitis Day on July 29, 2024.

A walk was organized, led by Principal Prof. Dr. Asif Qureshi and Medical Superintendent Dr. Amir Qaisrani, to raise awareness about hepatitis. Participants included medical faculty, residents, house officers, and MBBS students.

A seminar followed, featuring a presentation by Assistant Professor Dr. Muhammad Haroon Bilal on hepatitis prevention and treatment. The Medical Superintendent and heads of medical units stressed the importance of healthcare professionals in combating hepatitis. The event concluded with a vote of thanks by Dr. Bilal, Chapter Head of the Pakistan Society of Internal Medicine in D.G. Khan.



On August 14, 2024, Allama Iqbal Teaching Hospital DGKMC in D.G.Khan commemorated Pakistan Independence Day with a vibrant celebration under the PSIM platform. Led by the Department of Medicine

Teaching unit, the event began with a rousing national anthem, followed by traditional Natts and a symbolic cake-cutting ceremony in the department's conference room. The highlight of the event was the

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flag-hoisting ceremony, attended by the Head of Medicine, Medical Superintendent, postgraduate trainees, house officers, MBBS students, and nurses. Eminent speakers, including the Head of Medicine and Medical Superintendent, addressed a large audience, emphasizing the pivotal role of Quaid-e-Azam Muhammad Ali Jinnah in securing Pakistan's independence and underscoring our collective

responsibility to preserve it. In a gesture of environmental awareness, the ceremony included a plantation drive in front of the Medicine Block and the release of birds, symbolizing freedom and hope for a greener future. Dr. Muhammad Haroon Bilal, Head of Department of Medicine and Chapter head PSIM, D.G.Khan, concluded the event with a heartfelt vote of thanks.

Gujranwala Chapter Activities

Recently, Dr. Asim Saleem Sheikh, Head of the Gujranwala Chapter, led a seminar at Gujranwala Medical College on a groundbreaking research study utilizing real-world data for managing Type 2 Diabetes Mellitus (T2DM): *Expanding Horizons with Ryzodeg: ARISE, A Real-World Evidence Study in T2DM Management*.

The ARISE study is a Real-World Evidence (RWE) investigation evaluating the management of T2DM with Ryzodeg, a combination of insulin degludec and insulin aspart. This study aims to bridge the gap

between clinical trial results and everyday clinical practice by assessing Ryzodeg's effectiveness, safety, and patient outcomes in real-world settings.

It collects and analyzes data from a diverse cohort of T2DM patients across Pakistan, covering various demographics, stages of diabetes, and co-existing conditions. Preliminary findings indicate that Ryzodeg effectively manages blood glucose levels, offers flexible dosing, and improves glycemic control. Patients on Ryzodeg experience fewer hypoglycemic events and better adherence compared to other



insulin therapies, suggesting a more stable insulin regimen.

When compared to other studies like BEGIN and BOOST, ARISE demonstrates that Ryzodeg provides comparable or superior glycemic control. The real-world focus of ARISE offers additional insights into practical application, patient satisfaction, and long-term outcomes that may not be fully captured in

clinical trials.

In Pakistan, where diabetes management faces resource constraints, Ryzodeg represents a promising solution. The ARISE study highlights Ryzodeg's potential to improve diabetes care with a simplified insulin regimen, leading to better disease management, fewer complications, and enhanced quality of life for patients.

Gujrat Chapter Activity

World Hepatitis Day Celebration

On July 31, 2024, the Department of Medicine at Nawaz Sharif Medical College/Aziz Bhatti Shaheed Teaching Hospital, in collaboration with the Pakistan Society of Internal Medicine (PSIM) Gujrat Chapter, commemorated World Hepatitis Day. The event began with an awareness walk led by Principal Prof. Dr. Tahir Siddique and Medical Superintendent Dr. Ayaz Nasir. Participants included medical staff, students, and nurses. A subsequent seminar focused on the prevention and treatment of Hepatitis A, B, C, D, and E. Medical experts highlighted the importance of health professionals in combating hepatitis. The event concluded with a vote of thanks by the Head of the Department of Medicine/Chapter head of PSIM Gujrat.

Pakistan Independence Day Observance

On August 13, 2024, Nawaz Sharif Medical College/ABSTH celebrated Pakistan Independence Day under the auspices of PSIM. The event featured a national anthem, cake cutting, flag hoisting, and speeches by the Dean of Medicine and Medical Superintendent. They emphasized the role of Quaid-e-Azam Muhammad Ali Jinnah in securing Pakistan's independence and the responsibilities of citizens in preserving it.

To address environmental concerns, a plantation drive was conducted, and birds were released. The event concluded with a vote of thanks by Dr. Muhammad Afzal Chaudhary, Head of the Department of Medicine and PSIM Gujrat Chapter Head.



Mardan Chapter Activities

On July 22, 2024, Dr. Murad Ali, Mardan Chapter Head for PSIM organized and held the inaugural session at Bacha Khan Medical College, focusing on the comprehensive management of diabetic foot ulcers in line with current guidelines. The symposium, moderated by Dr. Syed Qasim Shah and Dr. Sarah Anwar, featured a distinguished panel of experts:

- Prof. Dr. Naveed Khan, Professor of Medicine at Bacha Khan Medical College and MTI Mardan Medical Complex
- Prof. Dr. Rehman Uddin, Head of the Gastroenterology Department at Bacha Khan Medical College and MTI Mardan Medical Complex
- Assistant Prof. Dr. Shah Zeb, Head of Medical B Ward at MTI Mardan Medical Complex
- Prof. Dr. Amjad Ali, Dean/CEO of Bacha Khan Medical College and Chairman of the Department of Medicine at MTI Mardan Medical Complex, who also served as the chief guest

The event commenced with a formal inaugural session and a cake-cutting ceremony involving the chief guest, panelists, and the Mardan Chapter Cabinet, led by Dr.

Murad Ali, PSIM Chapter Head in Mardan. The symposium was well-attended by faculty members, postgraduate trainees, house officers, and general practitioners.

Key presentations included:

- Assistant Prof. Dr. Fazli Rabbi addressed the burden of diabetes in Pakistan, discussing epidemiology, pathophysiology, and risk factors of diabetic foot ulcers.
- Assistant Prof. Dr. Murad Ali, Head of the Mardan Chapter, covered physical examination techniques and patient education for proper foot care.
- Assistant Prof. Dr. Shahid Shehzad, a leading endocrinologist in Mardan, detailed the classification and management of diabetic foot ulcers using real case scenarios.

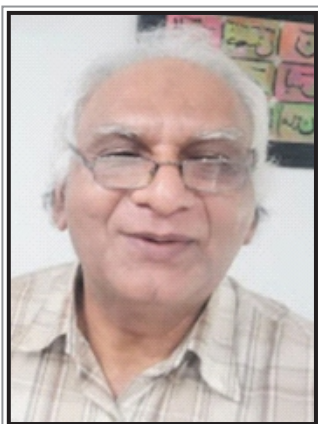
The day concluded with a lively Q&A session, expert comments from the panelists, and the presentation of shields and certificates to participants, marking a successful and enlightening event on diabetic foot care.



Obituaries

Prof. Jawad Zaheer

Dr. Hina Latif



"Legends never die," they say. Legends may fade, but their impact endures. Pakistan's soil is fertile with such luminaries, and the medical field is no exception. One such legend, Professor Dr. Jawad Zaheer, sadly departed from this world in early March 2024.

The medical community in Pakistan deeply mourned the loss of this distinguished physician and educator. His passing left an indelible mark on healthcare. Dr. Zaheer's significant contributions to medicine and his enduring impact will forever cement his place in our hearts.

Known for his rich professional life and dedication to his students, Dr. Zaheer served at King Edward Medical College in various capacities after completing his MD and MRCP UK and later joined PGMI Lahore General Hospital as Professor of medicine. He mentored countless aspiring doctors, shaping the future of medicine in Pakistan. His commitment to education and expertise made him a revered figure in the medical community.

Professor Dr. Jawad Zaheer's monumental contributions to humanity will always be remembered with respect and admiration. His dedication to his patients and his field was evident in his work, and his influence on the medical community in Pakistan was profound. While his passing is a significant loss, his legacy lives on through the countless lives he touched and the students he inspired.

Dr. Shujaat Abbas

Dr. Samiullah Mumtaz



On the morning of August 23rd, Dr. Shujaat Abbas, a young and talented cardiology resident at Mayo Hospital, Lahore, tragically passed away. While on his way to work, he encountered pedestrians and, to avoid hitting them, his motorcycle slipped, causing him to suffer a

severe head injury. Despite his own critical condition, Dr. Abbas selflessly insisted on helping the pedestrians, telling bystanders, "I am okay." As others rushed to assist, he collapsed due to his injuries. He was taken to Mayo Hospital's emergency room, where

doctors fought for nearly three hours to save him, but sadly, he succumbed to his injuries.

Dr. Abbas was widely recognized for his exceptional clinical skills and deep compassion for his patients. His untimely death has left a profound void in the medical community. In recognition of his service and legacy, the Vice Chancellor of King Edward Medical University announced that the Coronary Care Unit (CCU) will be named in his honor, as well as the emergency classroom and CT scan room at Mayo Hospital. These tributes reflect the significant impact Dr. Abbas had on those around him.

Our deepest condolences go out to his family. May Allah grant him the highest place in Jannah and provide his loved ones with strength during this difficult time.



Dr. Mueed Ahmad



Dr. Uppal Dissanayake



Dr. Tabinda Dugal

Foreign Speakers Participated in 5th Annual International Conference of PSIM held From April 26th- 28th, 2024 at the Serena Hotel Islamabad.



Train the Trainer Program

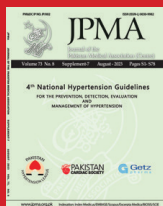


International Conference Updates

International Society of Hypertension (ISH) Congress

19-22 September 2024

Centro de Convenciones
Cartagena de Indias, Colombia



Standardized Guidelines

National hypertension guidelines developed as a primary source document to support reduction of hypertension burden from tertiary to primary healthcare



Scan QR Code for HTN Guidelines

Scientific Session

Regional Advisory Group 3
Innovations to Improve BP control:
Examples from South & Central Asia

Topic:
**Preach Implementation Project:
A Socio-Ecological Framework for
Hypertension in Pakistan**

Speaker: **Dr. Wajiha Javed**
Moderator: **Dr. Mohammad Ishaq**

Poster Exhibition

Poster ID: **P043**
Category:
**Model of Care & Novel
Strategies for BP Control**



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Curriculum Endorsements

PREACH training curriculum is endorsed by Pakistan Cardiac Society (PCS), Pakistan Hypertension League (PHL) & Health Services Academy (HSA)



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