

# PSIM

## NEWS & VIEWS

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## Prof. Yusuf Kamal

Interviewed by Prof. Aziz-ur-Rehman

In the evolving landscape of internal medicine, few clinicians embody the blend of clinical excellence, academic rigor, and visionary leadership as comprehensively as Dr. Yusuf Kamal. A graduate of the prestigious King Edward Medical College, Lahore, Dr. Kamal pursued advanced postgraduate training across the United Kingdom and the United States, later earning distinguished credentials including Fellowship of the Royal College of Edinburgh and Diplomate status in Medicine and Aviation Medicine in the USA.

Over the decades, he has played transformative leadership roles in some of the region's most respected healthcare institutions. From serving as Medical Director and Clinical Dean at Aga Khan University to leading Shaukat Khanum Cancer Hospital and Tabba Heart Institute as CEO, his contributions have left a lasting imprint on healthcare delivery and institutional development. Alongside his administrative achievements, Dr. Kamal has remained deeply committed to clinical practice, with a particular focus on cardiometabolic diseases, an area of growing global concern encompassing diabetes, hypertension, obesity, and metabolic syndrome.

An internationally recognized speaker and advisor to multiple global and regional health bodies, Dr. Kamal continues to influence clinical practice, policy, and education. His work reflects a lifelong dedication to advancing preventive medicine and improving patient outcomes across diverse populations.

Prof. Yusuf Kamal, it has been my privilege to know you and to have shared the experience of attending several conferences together. I have always drawn inspiration from your wisdom and leadership. Welcome to PSIM News & Views and thank you for taking the time to speak with us.

- ▶ *Your training spans Pakistan, the UK, and the USA. How did these diverse experiences shape your approach to internal medicine?*

I feel it is very important to have the basic undergraduate training in your own country



because it is according to the diseases prevalent there, the practices, the environments and the economic status of the country. Nevertheless, it is very important to study how others do it. The advantage of seeing UK and US is that there you learn how to value human life, what are medical ethics, how do you calculate cost of treatment, how do you measure quality. So doing things at the right time with the right approach is the most important.

- ▶ *You have led major institutions like Aga Khan University and Shaukat Khanum Cancer Hospital. What leadership principles guided you in building and managing these organizations?*

When you are leading an institution, your biggest resource is human resources, doctors, nurses, paramedical staff. So, you must have a very good knowledge of human resources, how to develop

them, how to motivate them, how to monitor their progress, how to train them, how to guide them. And the job of chief executive is to nurture leadership, to nurture people to do their jobs properly, and to provide them with opportunities to learn. And I think that we have worked in Agha Khan, Tabba Heart and Shaukat Khanam, I was very fortunate to study different cultures of a philanthropic hospital, of a private hospital, of a free for service hospital, how to retain people, how to motivate them. I think that's the ball game which a leader must play. And I think I learned a lot and was able to successfully practice those principles of fairness, justice and equality and motivating the people to achieve their full potential and goal.

- ▶ *Cardiometabolic diseases are now a global epidemic. What, in your view, are the most critical gaps in their prevention and management in our region?*

We are aware that we are the fourth country which has the highest number of diabetics and we are becoming the eighth or ninth country with the highest number of obese people. The issue is we do not have mechanism to collect accurate data because we are in a very unfortunate position. In rural areas, we have malnutrition and under-nutrition and in affluent areas, we have over-nutrition. Secondly, the preventive side of medicine is often never emphasized nor in the medical colleges nor in our training as residents or in postgraduate. Our government does not have a strategy of preventive medicine. The non-communicable disease especially obesity and type 2 diabetes are in epidemic proportion in Pakistan. We need first accurate data and based on that accurate data, we can prepare a strategic plan and build a budget and then implement that budget on an annual basis. I think that is where we are lacking the will to undertake prevention in such non-communicable diseases.

- ▶ *Having witnessed decades of evolution in diabetes care, what major shifts do you consider truly practice-changing?*

Diabetes, we are the fourth in the world with the highest number of diabetics and young diabetics

and the prevalence rate is the highest. We also have the same number of people waiting with pre-diabetes to become diabetic. Hence it is imperative on every hospital and every doctor to have the preventive side of diabetes and the curative side of diabetes. Preventive side is very important. We are not going to talk in this context about it but it requires a multidisciplinary team to implement. As far as the treatment is concerned, it has undergone tremendous change. For 100 years, we have been trying to lower blood sugar and reap the benefits. By lowering HbA1c reduced the number of cardiovascular events by so many percentages. But then the ACORD study showed that no matter how accurately and how precisely you lower the blood sugar, the incidence of cardiovascular disease is not minimized and there are a lot of complications by strictly monitoring that level. So then came in the story of Rosiglitazone which changed the mindset of all diabetes care, and we started to care more about the cardiorenal benefits of the drug and their safety and the SGLT-2 came in and the GLP-1. Now it is the era of GLP-1 and SGLT-2. We are very fortunate that we have generic availability, a triple oral combination of DPV-4, SGLT-2 and metformin cost less than 500 rupees for a month's treatment and the GLP levels of also prices have leveled off to almost 2,000-3,000 rupees for starting these semaglutide injections. We are very lucky to have this kind of facility available to us and I think that if we have the right approach that the earlier diabetics should be treated aggressively, very aggressively so that we aim for remission and also to do that we have to use the CGM monitoring more frequently to look at the time and range and the future is of the new drugs and combinations. There are combinations coming of semaglutide with GLP-1 with glucagon and others and this will be a major shift in the treatment of diabetes.

- ▶ *You have balanced clinical practice with administrative leadership. How can young physicians prepare themselves for such dual roles?*

Young physicians as they move on in life, if they are motivated and aim to have a highest position in their specialty as an administrative head or as a

chief or a head of department, they must seek administrative skills. Administrative skills are not just acquired, they must be learnt through a proper institution, through proper courses and anybody who aims to be a leader must have administrative ability of evaluation, quality management, quality control, and fairness in selection of the people in their annual monitoring of performance appraisals. All these must be done, the return on investment for buying any technology, these are all skills that must be learnt through an institution, I learnt them through former courses. So, if you ever want to be the head of an institution or a head of department, you must acquire administrative skills through learning and through study.

- ▶ *As an advocate of preventive medicine, what practical steps should clinicians take into routine practice to reduce long-term disease burden?*

The prevention side of medicine must be built in in your treatment plan. It should start with counseling on diet, exercise, lifestyle change, stress management. All this is an important package of treatment, and it should not be ignored. To ensure that it is not ignored, the annual evaluation of physicians, this should be part of an evaluation. Also administratively, like I will give you an example of adult vaccination, a blue chip is attached to a file of everybody who is older than 55 with mention of pneumonia vaccine, flu vaccine, herpes zoster vaccines, which must be given in adults or those who are immunocompromised. And this every physician must fill, if you are not filled it comes into your annual appraisal. So preventive programs are part of the treatment strategy. You cannot really control obesity pandemic or diabetes pandemic without laying emphasis on preventive side. We lack some support in preventive side. For instance, our dietary counseling is very poor because we Pakistanis take fried carbohydrates and are not used to anything else. So roti chawal is part of our routine. Then we must think like Bangladesh has, that they are taking rice all the time and they have created a rice with low glycemic index. Why shouldn't we do something that create chapati with low glycemic index?

- ▶ *Looking ahead, how do you see the role of technology and global collaboration shaping the future of internal medicine?*

As someone put it very rightly, global internal medicine will be like practicing medicine with an AI stethoscope. AI will play a major part in decision making. We need to have remote monitoring facilities that will be there. Cancer risk assessments will be there. Polygenic risk calculations will be there. Cardiac risk calculations will be there. So all these can all be used, second opinions, et cetera, in future for enhancing medical care. And the whole world will perhaps have no borders as far as medicine is concerned.

Thank you very much. I am confident that many of our readers will find your insights truly inspiring. I look forward to seeing you soon.



## Semaglutide and Tirzepatide: Defining Their Complementary Roles in Type 2 Diabetes and Obesity

Prof. Aziz-ur-Rehman

The advent of GLP-1–based therapies has brought a major paradigm shift in the management of both type 2 diabetes and obesity. Beyond glucose lowering, these agents have transformed the therapeutic landscape by addressing weight reduction and providing meaningful protection against obesity-related complications and target organ damage. Among these agents, semaglutide has emerged as one of the most extensively studied therapies. It has demonstrated remarkable efficacy in lowering HbA1c and inducing substantial weight loss. More importantly, an impressive body of evidence supports its benefits in reducing atherosclerotic cardiovascular disease (ASCVD) risk, slowing chronic kidney disease (CKD) progression, and improving metabolic dysfunction–associated steatohepatitis (MASH). Reflecting this robust evidence base, semaglutide is currently approved by the U.S. Food and Drug Administration for multiple indications, including type 2 diabetes, obesity, ASCVD risk reduction, CKD, and MASH. The arrival of tirzepatide, a dual GIP/GLP-1 receptor agonist, has further expanded therapeutic possibilities. Clinical trials have consistently shown greater reductions in HbA1c and body weight with tirzepatide compared with semaglutide. This has led some clinicians to speculate that tirzepatide may eventually replace semaglutide. However, such a



conclusion may be premature. While tirzepatide is highly promising and is showing encouraging trends in cardiovascular, renal, and hepatic outcomes, the depth and maturity of organ-protection data currently remain stronger for semaglutide. Therefore, in patients with type 2 diabetes and obesity who also have established ASCVD, CKD, or MASH, semaglutide presently appears to be the more evidence-based choice. Conversely, when the primary therapeutic goals are maximal glycaemic improvement and greater weight reduction, tirzepatide may be preferred. Rather than competitors, these agents should be viewed as complementary therapies with distinct clinical niches. Both are likely to coexist harmoniously as integral components of modern cardiometabolic medicine.

## Beyond the Frontline: Burnout in Emergency Medicine

Dr. Sadaf Yousaf

The emergency department is often described as a place that never sleeps. After years spent within its constant urgency, it becomes clear that neither do the people who sustain it. Around the clock, emergency physicians and nurses remain on the frontline of crises that may begin to feel routine through repetition yet are anything but ordinary. Trauma, cardiac arrest, stroke, septic shock, violence, grief, and fear unfold in rapid succession often within a single shift while overcrowded departments demand swift, life altering decisions under relentless pressure. Amid this controlled chaos, clinicians maintain composure and



precision. Yet beneath this exterior lies a quieter reality: the gradual depletion of those providing care. Burnout in emergency medicine does not emerge suddenly; it accumulates over time through prolonged shifts, disrupted sleep, emotional exhaustion, and repeated exposure to suffering without pause. The profession takes more than time it encroaches upon relationships, mental well-being, and a physician's sense of identity beyond the hospital.

Fatigue, both physical and cognitive, erodes concentration, judgment, and emotional resilience. Compounding this is moral injury that the distress experienced when clinicians know the appropriate course of care but are unable to provide it due to systemic limitations such as shortages of beds, staff, or resources. In resource constrained systems like Pakistan's, these challenges intensify, forcing physicians into impossible decisions: who receives immediate care, who must wait, and whose suffering cannot be addressed in time. These experiences accumulate silently, often leaving healthcare workers burdened with guilt, helplessness, and emotional exhaustion. Despite this, the struggles of emergency medicine staff are frequently met with silence. Medical

culture has long encouraged the suppression of distress and the endurance of hardship without complaint. However, resilience is not infinite, and expecting clinicians to simply "be stronger" is neither realistic nor sustainable.

Addressing burnout requires more than individual coping strategies; it demands systemic and cultural reform. Hospitals must prioritise safe working conditions, humane scheduling, adequate staffing, reliable infrastructure, and accessible psychological support. These are not luxuries, but necessities for sustaining effective emergency care. Equally important is a shift within the culture of medicine itself. The long-standing glorification of endurance must give way to acceptance of vulnerability. Physicians should be supported in acknowledging their limits and seeking help without stigma. A profession dedicated to caring for others must also learn to care for themselves. Emergency medicine will always require urgency, skill, and resilience. Yet its sustainability depends on recognizing that protecting clinicians' wellbeing is inseparable from delivering safe and compassionate patient care.

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## Hope Beyond Mortality: A Global View of Afterlife Beliefs

Dr. Rizwan Iqbal

Belief in the afterlife varies widely across the world, shaped by cultural, religious, and social influences. While nearly every society has some concept of life beyond death, the strength of belief differs significantly between countries.

In more secular nations such as Australia, Germany, the Netherlands, and France, belief in an afterlife tends to hover around the halfway mark. Despite relatively high proportions of non-religious individuals in these countries, about 49–55% of people still believe in life after death. This suggests that even in less societies, spiritual ideas continue to hold personal significance beyond formal religious affiliation.

Similarly, countries like South Korea, Canada, Greece, and Italy show moderate belief levels, typically ranging from 52% to 56%. These societies often combine traditional religious influences such as Christianity, Buddhism, or Orthodox traditions with modern secular lifestyles. The result is a balanced perspective where belief in the afterlife persists but is not overwhelmingly dominant.

Moving toward more religious societies, belief becomes stronger. In South Africa, Israel, and Poland, between 59% and 64% of the population believe in an afterlife. These countries have deep rooted religious traditions Christianity in South Africa and Poland, and a mix of Judaism, Islam, and Christianity in Israel which strongly influence moral values and views on life after death.

In Latin American countries such as Argentina, Brazil, Colombia, Chile, Peru, and Mexico, belief in the afterlife is even more widespread, typically ranging from 65% to 69%. This reflects the enduring influence of Catholicism combined with indigenous spiritual traditions, both of which emphasize concepts of the soul, judgment, or continued existence after death.

Asian countries also display strong beliefs, though with some variation depending on religious diversity. Sri Lanka, Singapore, and Malaysia show belief levels between 67% and 74%, influenced by a mix of Buddhism, Islam, Christianity, and Hinduism. In Bangladesh and the Philippines, belief rises further to



77% and 78% respectively, reflecting the central role of Islam in Bangladesh and Christianity in the Philippines.

The strongest belief in the afterlife is found in African and some Muslim-majority countries. Nigeria (71%), Ghana (74%), and Kenya (80%) demonstrate how deeply religion is integrated into daily life, often shaping worldviews, ethics, and community practices. In Turkey and Indonesia, belief reaches 84% and 85%, among the highest globally, largely due to the strong influence of Islam and cultural traditions that emphasize accountability and existence beyond death.

The United States also shows relatively high belief, with about 70% of people affirming life after death, reflecting the country's diverse yet religiously inclined population.

Overall, the data reveals a clear pattern: belief in the afterlife is generally stronger in countries where religion plays a central role in society and daily life. In contrast, more secular nations tend to have lower but still significant levels of belief. Regardless of geography, the idea of life beyond death continues to provide meaning, moral guidance, and comfort to people around the world.

## Inaugural Ceremony of PSIM Mid Summer Conference 2026

Dr. Salma Zeb

The PSIM Mid Summer Conference 2026, held from 1st to 3rd May in the scenic setting of Nathia Gali, brought together leading clinicians, academicians, and trainees under a shared commitment to advancing the practice of Internal Medicine. The conference focused on promoting academic excellence, strengthening professional collaboration, and fostering future leadership within society.

The inaugural ceremony was hosted by Dr. Salma Zeb, Vice President PSIM KPK Chapter and Chairperson of the Organizing Committee. The proceedings commenced with the recitation from the Holy Quran, followed by the National Anthem, creating a dignified and respectful opening. The ceremony was graced by Prof. Javed Akram, Chairman Board of Directors and Guest of Honour, whose presence reflected the strong



foundations and vision of the society. Prof. Aftab Mohsin, President PSIM and Chief Guest, provided leadership and direction, while Prof. Aamir Ghafoor Khan and Dr. Somia Iqtadar extended valuable support and guidance throughout the organization of the event.

In her welcome address, Dr. Salma Zeb acknowledged the trust placed in her by the leadership and highlighted the collective efforts of the organizing committee, whose dedication and teamwork made the conference possible. She also recognized the

important role of sponsors in supporting the academic mission of society. The inaugural session featured insightful addresses that reflected on the journey of PSIM, its evolving role in medical education, and the need to continue striving for excellence in patient care and professional development. The ceremony concluded with souvenir presentations to the distinguished guests as a token of appreciation. The conference set a positive and forward-looking tone for the academic sessions that followed, reinforcing PSIM's commitment to growth, collaboration, and excellence in Internal Medicine.

## Rheumatology Session Highlights PSIM Mid Summer Conference 2026

Dr. Salma Zeb

The Rheumatology session of the PSIM KPK Mid-Summer 2026 Conference, organized by the PSIM Swat Chapter, was conducted on 1st May 2026 at Double Tree by Hilton, Nathia Gali. The session focused on “Rheumatologic Disorders in Daily Internal Medicine Practice: Early Recognition and Evidence-Based Management” and highlighted practical approaches to common rheumatologic conditions encountered by internists.

The session was moderated by Dr. Ihtisham Ul Haq and featured presentations by experienced clinicians and academicians. Dr. Naeem Ullah, Assistant Professor Rheumatology, Saidu Teaching Hospital, discussed early diagnosis and modern management of

Rheumatoid Arthritis, emphasizing timely recognition and evidence-based treatment. Professor Dr. Aziz Ahmad, Ex. Principal Swat Medical College, delivered a talk on Systemic Lupus Erythematosus, focusing on its multisystem manifestations and diagnostic challenges.

Dr. Muhammad Ayub Khan, Associate Professor and Chapter Head PSIM Swat, presented an informative lecture on the “Approach to Vasculitis: When Should an Internist Suspect and Refer?” He emphasized early clinical suspicion, recognition of multisystem involvement, appropriate diagnostic evaluation, and timely referral to specialized care.





The academic discussion was further enriched by expert panelists Dr. Muneeza Rizwan, Consultant Dermatologist, and Dr. Rashed Ali Khan, Consultant,

Department of Medicine, Saidu Group of Teaching Hospital, whose practical insights added educational value to the session.

## Infectious Diseases PSIM Mid Summer Conference 2026

Dr. Salma Zeb

The PSIM Mardan Chapter hosted its session as part of the Mid Summer 2026 conference at Double Tree by Hilton, Nathiagali. The session took place on Friday, 1st May 2026, and focused on Infectious Diseases: Emerging and Re-Emerging Infections Challenges for the Modern Internist. The topic addressed the growing burden of infectious diseases in Pakistan and the need for updated clinical approaches in daily practice. The session was moderated by Dr. Amna who guided the discussion and panel Q&A. Three expert speakers presented key updates:

Dr. Muhammad Sohrab Khan\* gave an overview of Viral Hemorrhagic Fevers covering clinical presentation, diagnosis, and preparedness strategies for physicians.

Dr. Fazli Rabbi addressed the rising challenge of Extensively Drug-Resistant (XDR) Enteric Fever focusing on current management difficulties and treatment options.

Dr. Syed Qasim Shah provided an update on



Tuberculosis in Modern Clinical Practice, including new diagnostic tools and therapeutic guidelines. The discussion was supported by panelists \*Associate Prof Dr. Somia Iqtedar and Associate Prof Dr. Shah Zeb, who added clinical insights and answered audience questions. The session was aimed at internists, medical officers, and postgraduates looking to update their knowledge on infectious diseases that are increasingly relevant in clinical practice.



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## Lightening Round PSIM Mid Summer Conference 2026

Dr Sami Ullah Mumtaz

The PSIM Midsummer Meeting KPK chapter, Session 3 lightening round was held on Saturday, 2nd May 2026, from 8:00am to 9:00 a.m at Double Tree by Hilton Hotel Nathiagali. Dr Sami Ullah Mumtaz, Secretary Coordination PSIM, currently serving as Associate Professor at Narowal Medical College, Narowal was the moderator of the session. The session started with the recitation of few verses from Holy Quran. The esteemed panelists were Prof Shabnam Naveed Korejo, PSIM Karachi South Chapter President from Jinnah Sindh Medical University and Dr Somia Iqtadar, SVP Operations PSIM from KEMU, Mayo Hospital, Lahore. It had 4 excellent talks. The first presenter was Dr Muhammad Zaib, Assistant Professor Medicine from MTI-Lady Reading Hospital, Peshawar. He talked about Subclinical Thyroid disorders. 2nd presenter Dr Hashmat Ullah, Assistant Professor Medicine from MTI-Lady Reading Hospital, Peshawar talked about antibiotic prescription in acute respiratory tract infections. 3rd talk by Dr Aleena Badshah, Associate



Professor Medicine from MTI-Khyber Teaching Hospital, Peshawar was on combating hepatitis B in Pakistan. Last talk was by Dr Naveed Iqbal, Assistant Professor Medicine MTI- Lady Reading Hospital, Peshawar was Surviving sepsis guidelines 2026 update. The talks were followed by interesting questions and answers session. The session ended with remarks from the expert panelists about each talk.





## Multidisciplinary Scientific Session PSIM Mid Summer Conference 2026

Dr. Hina Latif

The PSIM KPK Chapter Mid-Summer 2026 conference, held at the Double Tree by Hilton in Nathia Gali, dedicated its fourth session to a multidisciplinary scientific exploration titled "Reddening Clinical Practice: Challenges to Solutions." Moderated by Dr. Hina Latif, Secretary Information PSIM and chaired by Prof. Javed akram Chairman BOD SPIM, Prof. Bikha Ram Devrajani SVP PSIM, Prof. Aziz ur Rehman SVP PSIM, Prof. Sajid Ubaidullah secretary finance PSIM, Prof. Saleem khan, Prof. Amir Ghafoor SVP PSIM, Dr. Rizwan Iqbal Managing Editor JPSIM and Dr. Munazza Nazeer

The session focused on bridging gaps between specialties through holistic clinical approaches and the digital evolution of medicine. Dr. Shabnum Naveed opened the session by presenting critical updates on Wilson's disease, followed by Dr. Shafaat Khatoon, who explored the epigenetic dialogue between the environment and the genome. Dr. Seemi Afshan led a diagnostic journey through a complex clinical case involving pulmonary infiltrates, while Prof. Munir Azhar discussed the transition from traditional bedside medicine to "smart codes" and data-driven care.

Gastrointestinal health was addressed by Prof. Khalid Mehmood, who provided insights on identifying Irritable Bowel Syndrome in primary care, and Dr. Hajira Ghairat, who examined whether acid suppression alone is sufficient for ulcer healing.



Finally, Dr. Adnan Zahid concluded the individual presentations by discussing the role of Mirogablin in treating neuropathies.

The session emphasized the critical need for clinicians to look beyond isolated symptoms to understand overlapping pathologies. By integrating genetic research with practical bedside tools, the speakers provided a comprehensive roadmap for modernizing clinical workflows. The interactive panel discussion allowed for a robust exchange of ideas between the faculty and delegates, highlighting real-world diagnostic hurdles. This collaborative atmosphere fostered a deeper understanding of how multidisciplinary strategies can directly improve patient outcomes in complex cases. The session effectively set a high academic standard for the remainder of the conference before concluding for a scheduled break.



## Cardiometabolic Medicine PSIM Mid Summer Conference 2026

Dr Sami Ullah Mumtaz

The **PSIM Midsummer Meeting** KPK chapter, Session 5 Cardiometabolic Medicine was held on Saturday, 2<sup>nd</sup> May 2026, from 11:30am to 01:05 p.m at Double Tree by Hilton Hotel Nathiyagali. Dr Sami Ullah Mumtaz, Secretary Coordination PSIM, currently serving as Associate Professor at Narowal Medical College,

Narowal was the moderator of the session. The Chairperson of the session was Prof Dr Javed Akram, Chairman Board of directors PSIM. The esteemed panelists were Prof Aftab Mohsin, President PSIM, Prof Aziz Ur Rehman, President elect PSIM, Prof Amir Ghafoor Khan, SVP International affairs PSIM, Prof

# PSIM

Aisha Aziz from Rashid Latif Medical College Lahore and Dr Madeeha Nazar, PSIM Rawalpindi chapter head. It had 5 excellent talks. The first presenter, Prof Aziz Ur Rehman talked about moving forward: from incretins to twincretins. 2nd presenter Prof Muhammad Umar, VC RMU, Vice President Federal chapter PSIM solved the fatty liver and abnormal ALT diagnostic puzzle. Prof. Sobia Sabir Ali from Khyber Medical University Peshawar talked about Biosimilarity evidence-the inevitable consideration for biologics. 4th talk was on guidelines of heart failure by Dr Jabar Ali, Associate Professor of Cardiology MTI-

Lady Reading Hospital, Peshawar. The last talk was very interesting by an international speaker from Sri Lanka. Dr Wasanthi Rathnayake, an interventional cardiologist from National Hospital of Sri Lanka (NHSL), Columbo talked about acute heart failure and cardiogenic shock. The talks were followed by interesting questions and answers session. The session ended with remarks from the expert panelists about each talk and was concluded by the chairperson of the session. At the end PSIM central cabinet presented souvenir to the international speaker.



## A Clash of Titans in Cardiometabolic Care

Dr. Hina Latif

The high-profile Presidential Debate, titled "Empagliflozin vs. Dapagliflozin—When to Choose What?" served as a cornerstone session during the Midsummer Event of the Pakistan Society of Internal Medicine (PSIM).

The session was expertly moderated by Dr. Hina Latif (Secretary Information, PSIM), navigating a head-to-head academic discussion between two of the society's most prominent leaders:

- Prof. Aftab Mohsin (President, PSIM)
- Dr. Somia Iqtadar (Senior Vice President, PSIM)

The debate was further elevated by a distinguished panel of leading medical experts, including Prof. Bikha Ram (SVP, PSIM), Prof. Aziz Ahmed, Prof. Jabbar Ali, Dr. Fazli Rabbi, Dr. Muhammad Ayub Khan, Prof. Syed Mohsin Naveed, Dr. M. Imtiaz, Dr. Akmal Faiz Bhatti, Dr.

M. Ishfaq, Dr. Mueed Ahmad and Dr. Amir Ghafoor.

Advocating for the Dapagliflozin perspective, Prof. Aftab Mohsin grounded his argument in robust clinical trial data, most notably the landmark DAPA-HF trial. He highlighted how Dapagliflozin achieved a monumental 26% reduction in the composite risk of worsening heart failure or cardiovascular death. Prof. Mohsin emphasized that this therapeutic intervention fundamentally alters the prognosis and life trajectory for patients living with Heart Failure with Reduced Ejection Fraction (HFrEF), establishing it as a foundational pillar of modern cardiometabolic therapy.

In counter-perspective, Dr. Somia Iqtadar championed Empagliflozin, tracing its success back to its pioneering cardiovascular outcomes data. She cited the historic EMPA-REG OUTCOME study, which

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demonstrated a remarkable 38% relative risk reduction in cardiovascular mortality. Furthermore, Dr. Iqtadar spotlighted Empagliflozin's groundbreaking success in the notoriously difficult-to-treat Heart Failure with Preserved Ejection Fraction (HFpEF) population, as proven by the EMPEROR-Preserved trial—solidifying its role across the entire spectrum of heart failure.

The expert panel bridged the gap between landmark clinical trials and practical application within the local healthcare ecosystem. The panel explored how the unique metabolic profiles, diet, and economic factors of Pakistani patients influence response and adherence to SGLT2 inhibitors. Special emphasis was placed on the DAPA-CKD trial, analyzing the significant reductions in renal-specific composite endpoints and discussing how these benefits translate to a local

population with a high burden of chronic kidney disease (CKD). Ultimately, the symposium concluded that while clinical trials and academic debates may pit these two therapeutic "titans" against one another, the true beneficiary of this innovation is the patient.

The consensus dictated that the choice between Dapagliflozin and Empagliflozin should not be dogmatic but rather rooted in personalized clinical judgment. By tailoring the choice to individual risk profiles, whether prioritizing profound renal protection, acute HFpEF management, or overall cardiovascular mortality reduction clinicians can ensure fewer hospitalizations, preserved organ function, and increased longevity. In doing so, the society effectively honored Sir William Osler's timeless philosophy: *"The good physician treats the disease; the great physician treats the patient who has the disease."*



## Prof. Javed Akram Visits Rashid Hospital Dubai to Strengthen Academic and Medical Collaboration

Dr. Hammad Ahmed Bhatti

Prof. Javed Akram, chairman Board of directors Pakistan Society of Internal Medicine (PSIM) and former health minister Punjab visited Rashid hospital Dubai on 27th November 2025. He was invited by Dr. Moin Fikree, clinical director trauma center. Dr. Zulfiqar Ali Vice President Overseas PSIM and Prof. Niaz Shaikh Vice President of PSIM UAE Chapter received him during this visit. In this meeting, an overall progress of PSIM UAE Chapter was discussed and it was emphasized to continue the similar kind of academic activities in future.

A major focus of the meeting was the progress and role of PSIM in the UAE. Participants emphasized the

importance of continuing academic activities, training programs, different workshops and professional development initiatives for healthcare professionals in the region. Plans to further strengthen educational links and future collaborations were discussed, reflecting a shared commitment to excellence in medical education and patient care.

This visit marked another significant step toward strengthening international partnerships in healthcare, promoting knowledge exchange, and enhancing the quality of medical education and services through global cooperation.



## PSIM Karachi North Chapter organised a Poster Competition for young doctors Trainees and House Officers.

Prof. Jameel Ahmad

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## UAE Chapter Activities

Dr. Seemin Shiraz

The Pakistan Society of Internal Medicine (PSIM) UAE Chapter continued its dynamic academic and professional engagement during the first quarter of 2026 through active participation in regional conferences, collaborations, and organizational development activities.

From May 1–3, Dr. Seemin Shiraz, Head of the PSIM UAE Chapter, represented the chapter at the Mid-Summer PSIM Meeting organized by the KPK Chapter in Nathiagali, Pakistan. She actively attended, presented, and participated in the scientific sessions, contributing to meaningful academic discussions. The event, hosted with exceptional hospitality by the PSIM organizing team, combined high-quality academic activities with networking opportunities and concluded with a memorable hike in the scenic hills of Nathiagali.

The UAE Chapter also participated in the 22nd Emirates Critical Care Conference held from May 8–10, 2026, at InterContinental Dubai Festival City. PSIM and PAD were showcased through a dedicated booth, highlighting the society's academic vision and collaborative initiatives. The effort received appreciation from conference organizers and participants alike.

On May 6, 2026, the PSIM UAE Chapter proudly celebrated its second anniversary, marking two successful years of academic, charitable, and social contributions within the medical community. In addition, the date for the 3rd PIMCON was finalized for November 15, 2026, considering regional developments and summer vacation schedules. The chapter also remains actively involved in several ongoing academic collaborations planned for June and July with various professional organizations.



## AJK Chapter Activities

Dr. Munazza Nazir

As Chapter Head of Pakistan Society of Internal Medicine AJK, I am pleased to report the academic and community activities conducted during April–June. A series of structured workshops was organized at CMH Muzaffarabad for house officers and postgraduate trainees, covering communication skills, patient and doctor safety, transfusion protocols, and hands-on Basic Life Support training. These sessions aimed to strengthen clinical competence and professional development among young doctors.

World Asthma Day was also actively observed in Kotli under the leadership of Dr. Saleem through an educational seminar and awareness walk involving healthcare professionals and the local community, promoting early diagnosis and preventive care. Additionally, I had the honor of serving as Guest

Speaker at an awareness seminar organized by the Department of Zoology, University of Kotli, where students were educated on asthma prevention, management, and public health advocacy.

An awareness session on the role of Vitamin K2 in promoting health and well-being was held at SKBZH/CMH Muzaffarabad. The session was highly interactive and engaging, with active participation from postgraduate trainees (PGTs) of the Department of Medicine as well as consultants from various specialties of SKBZ Hospital Muzaffarabad. The discussion highlighted the emerging importance of Vitamin K2 in bone health, cardiovascular protection, and overall wellness. Participants appreciated the evidence-based insights and interdisciplinary exchange of knowledge during the session.



## Multan Chapter Activities

Dr. Zahra Nazish

The Pakistan Society of Internal Medicine Multan Chapter, in collaboration with Nishtar Medical University, organized a series of academic, clinical, and community health activities during 2025–2026, reflecting its commitment to medical education, faculty development, and public health awareness.

A pre-conference workshop on MCQ Construction was held on 20th December 2025 to enhance assessment practices and improve faculty expertise in item writing and evaluation methods. Faculty members from Medicine and allied specialties participated actively, while the Principal and Vice Chancellor distributed shields among facilitators and participants.

On 8th January 2026, a hands-on workshop on Airway Management was conducted for postgraduate trainees, house officers, and junior doctors from Pulmonology and Internal Medicine. Participants

received practical training in airway techniques and emergency management.

World Kidney Day was observed on 12th March 2026 through an awareness walk and educational session attended by university leadership, senior faculty, residents, and students, emphasizing early detection and prevention of chronic kidney disease.

World Asthma Day on 5th May 2026 was jointly organized with the Pakistan Chest Society. The event included a walk and seminar, where Dr. Atiqul Manan delivered a presentation on modern asthma management and inhaler adherence.

A guest lecture on “Preventive Cardiometabolic Care: Cardiac CT in Chest Pain Evaluation” was delivered on 9th May 2026 by Dr. Amir Laghari from the United States at the Syndicate Hall.

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## Khyber Pakhtunkhwa Chapter Autumn Academic Meeting 2025 – Charting the Future of Internal Medicine

Dr. Salma Zeb

The Pakistan Society of Internal Medicine (PSIM), Khyber Pakhtunkhwa Chapter, achieved a remarkable academic milestone with its Autumn Academic Meeting held on 29th–30th November 2025. The event seamlessly combined intellectual depth with clinical relevance, beginning with an opening ceremony at the historic Peshawar Museum and culminating in a comprehensive scientific program at the Peshawar Barracks.

The meeting was distinguished by the keynote address of Professor Dr. Aftab Mohsin, who presented an insightful lecture on Metabolic Associated Steatohepatitis (MASH). He emphasized its evolving nomenclature, systemic nature, and strong association with metabolic syndrome, while outlining modern diagnostic approaches, including non-invasive fibrosis assessment, and emerging

therapeutic strategies.

The scientific sessions covered a wide spectrum of contemporary medical challenges. Session I focused on foundational clinical updates, including oncological referral principles, advances in diabetes management—particularly oral semaglutide—vasculitis, dengue haemorrhagic fever, and the evolving role of the internist. Session II transitioned into both specialized and humanistic aspects of care, highlighting obstructive sleep apnea, quality improvement practices, empathy-driven communication, rheumatoid arthritis, and resistant hypertension. Session III addressed complex systemic diseases and broader healthcare themes, including systemic lupus erythematosus, chronic hepatitis B management, medical leadership, and stroke prevention.

The meeting successfully integrated clinical science with patient-centered care, emphasizing the importance of communication, leadership, and preventive strategies alongside diagnostic and therapeutic advancements. It highlighted the interconnected nature of metabolic, cardiovascular, autoimmune, and infectious diseases in modern practice.

This academic gathering stands as a testament to the visionary leadership of Professor Aftab Mohsin and the dedicated efforts of the organizing committee led by Dr. Salma Zeb. With strong participation from esteemed speakers, chairs, and delegates, the event reinforced PSIM's pivotal role in advancing internal medicine in Pakistan, inspiring clinicians toward excellence in knowledge, empathy, and professional leadership.



## Bahawalpur Chapter Activities.

Dr. Munir Azhar Chaudhry

There was a workshop in the Sadiq Abbasi Hospital Bahawalpur, a workshop on POCUS by the Department of Pulmonology. Inaugurated by the Principal Quaid e Azam medical college, Prof. Dr. Sofia Farrukh. Head of Department Prof. Dr. Abdul Rauf hosted the session. The participants had hands on

training by Prof. Dr. Azam Mushtaq from NMU Multan and assisted by Dr. Ehtsham from MASH Multan. Prof. Dr. Munir Azhar was invited as Guest of honour. The participants were consultants and postgraduate's residents of Department of Medicine and Pulmonology of BVH and civil Hospital Bahawalpur.



We are pleased to announce the successful conclusion of the Cardiometabolic Premier League (CPL) Season 1, a joint initiative between PSIM and Wilson's Pharmaceuticals. The prize distribution ceremony was a celebration of excellence and academic spirit within the medical community.

The Runner-Up prize was proudly awarded to the BVH

RULERS team. The honors were presented by our distinguished guests: Prof. Munir Azhar Chaudhary (General Secretary, PSIM) Prof. Qazi Masroor Ali (Vice President, PSIM South Punjab) We extend our sincere gratitude to these medical luminaries of Bahawalpur for their invaluable presence and for inspiring the next generation of healthcare professional



## The Monothemic Masterclass on “Evidence Based Thyroid Medicine

Prof. Imran Ali Shaikh

The Monothemic Masterclass on “Evidence-Based Thyroid Medicine – The Practitioner Focused Approach (Basic to Bedside Medicine)” was held on 16th May 2026 at Isra University Hyderabad, organized by PSIM Hyderabad Chapter in collaboration with Isra

University. Led by senior faculty, the event attracted clinicians, academicians, trainees, and students. It served as a platform for evidence-based discussions on thyroid disorders, covering hypothyroidism, hyperthyroidism, thyroid disease in pregnancy,

imaging, interpretation of thyroid function tests, nodules, and malignancies. Sessions were interactive and focused on practical, bedside-oriented learning.

The organizers acknowledged the contributions of chief guests, speakers, and participants. The event concluded with panel discussions and distribution of souvenirs. Key recommendations included organizing

regular endocrine masterclasses, promoting multidisciplinary collaboration, strengthening diagnostic training, and incorporating case-based learning. Emphasis was also placed on developing local guidelines aligned with international standards, enhancing research on thyroid disorders in Pakistan, and encouraging greater student participation in endocrinology.



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## Sargodha Chapter Activities

Prof. Dr. Saifullah Goraya

The Pakistan Society of Internal Medicine (PSIM) Sargodha Chapter demonstrated a highly productive and impactful second quarter, marked by significant contributions to both clinical training and community health advocacy. Under the guidance of senior leadership, the chapter focused on enhancing practical medical skills while actively addressing

pressing healthcare challenges within the region. A key highlight was the organization of high-yield medical workshops, including a comprehensive Basic Life Support (BLS/CPR) training session. This initiative successfully equipped young physicians, postgraduate and undergraduate trainees, and nursing staff with essential life-saving resuscitation



skills. In the domain of acute care, the chapter conducted a focused clinical seminar on the use of Tenecteplase in managing acute ischemic stroke, emphasizing timely intervention during the critical “golden hour” to improve patient outcomes. Recognizing seasonal health threats, the chapter also implemented proactive training sessions on dengue prevention and treatment, ensuring that healthcare teams were well-prepared to manage anticipated outbreaks effectively.

Public health promotion has remained a central pillar of the chapter's activities. Awareness walks and

seminars were organized to mark key global health days, including Hypertension Day, World TB Day, World Health Day, and World Malaria Day. These initiatives emphasized preventive healthcare, early diagnosis, and reducing stigma associated with infectious diseases, drawing strong community participation. Overall, the Sargodha Chapter continues to uphold its commitment to advancing local healthcare standards by integrating postgraduate medical education with meaningful grassroots outreach efforts.

## PSIM Marks World Hypertension Day 2026 with Scientific Session on Evidence-Based Hypertension Care

Dr. Wafa Qaisar

The Pakistan Society of Internal Medicine commemorated World Hypertension Day 2026 with an insightful scientific session focused on the theme, “Controlling Hypertension Together,” highlighting the importance of collective efforts in combating the growing burden of hypertension. The session brought together leading physicians, academicians, and healthcare professionals to discuss the latest advancements in hypertension management and the need for greater public awareness regarding this silent but life-threatening disease. The program was

moderated by Dr. Wafa Qaisar, Joint Secretary PSIM, who conducted the session and scientific proceedings. Speakers emphasized that hypertension remains one of the leading contributors to cardiovascular, renal, and cerebrovascular diseases worldwide. In Pakistan, increasing sedentary lifestyles, obesity, diabetes, unhealthy dietary habits, and stress are contributing significantly to the rising prevalence of hypertension, making awareness and timely management more important than ever.



The session was chaired by Prof. Javed Akram, Chairman Board of Directors PSIM and former Provincial Health Minister of Punjab, along with Prof.

Aftab Mohsin, President PSIM, both of whom appreciated the importance of continued medical education and collaborative healthcare efforts in

improving patient outcomes. Scientific talks included “Updates in Hypertension Guidelines” by Dr. Somia Iqtadar, “Treating Hypertension to Goal with the Convenience of Single Pill” by Prof. Aziz ur Rehman, and a comprehensive discussion on resistant hypertension by Prof. Tariq Waseem. The event

concluded with an interactive question-and-answer session, reinforcing the importance of awareness, prevention, patient adherence, and evidence-based management in addressing the growing burden of hypertension and promoting healthier communities.



## Faisalabad Chapter Activities

### Dr. Muhammad Irfan

During May 2026, the PSIM Faisalabad Chapter remained actively engaged in medical education, professional development, and community health promotion. Several CME sessions and workshops addressed key clinical topics including allergic rhinitis, GERD, diarrhea management, the gut-brain axis, diabetes, obesity, and hypertension. Scientific discussions highlighted evidence-based approaches to patient care, rational antibiotic use, gastrointestinal disorders, and updated management strategies for common medical conditions. An advisory board meeting reviewed emerging evidence on semaglutide and tirzepatide for diabetes, obesity, cardiovascular and renal protection, and MASH.

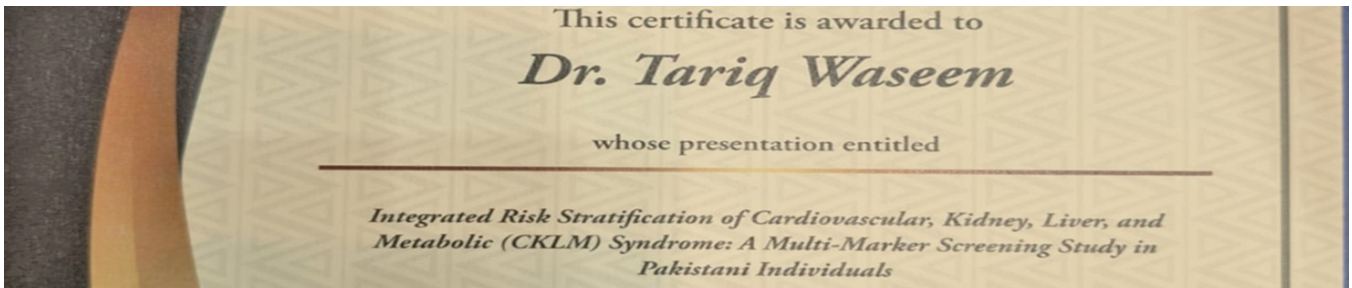
Through the Insulin Academy, healthcare professionals were updated on ADA 2026 recommendations for basal insulin therapy. The chapter also partnered with educational institutions and community organizations to conduct awareness sessions on obesity, women's health, and PCOD. Activities culminated in a World Hypertension Day awareness walk, promoting early detection, healthy lifestyles, and regular blood pressure monitoring. These activities reflect PSIM Faisalabad Chapter's continued commitment to advancing medical education, promoting evidence-based practice, and improving community health.



## PSIM and Prof. Tariq Wasim Win Laurels at Kyoto Japan

22nd conference of International Society of Endocrinology and 99th Annual Congress of Japan Society of Endocrinology held in Kyoto Japan from 2nd to 6th June 2026. SVP Pakistan Society of Internal

Medicine Prof. Tariq Waseem received the "Best Poster Presentation" Award on his poster titled "Integrated Risk Stratification of Cardiovascular, Kidney, Liver and Metabolic (CKLM) Syndrome".



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