

# PSIM

## NEWS & VIEWS

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## Prof. Abdul Hafiz Khan

Interviewed by Prof. Tariq Waseem and Dr. Wafa Qaisar

Prof. Abdul Hafiz Khan is a distinguished figure in the field of medicine in Pakistan, whose career spans decades of teaching, clinical practice, and mentorship. He is among that generation of physicians who not only witnessed the transformation of Pakistan's medical institutions but also actively shaped their growth through dedication, integrity, and a lifelong commitment to learning.

Dr. Khan's educational path took him from the humble beginnings of a village school to the prestigious corridors of King Edward Medical College, and eventually to world-renowned training institutions in the United Kingdom and the United States. His professional journey was not confined to personal achievement alone; rather, it was marked by a conscious decision to return to Pakistan despite attractive opportunities abroad.

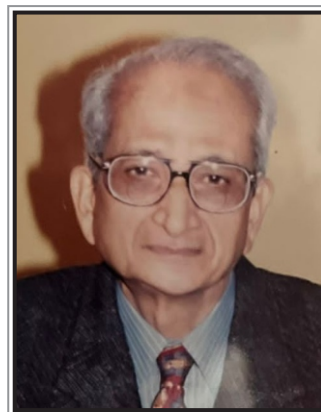
Although he was US trained cardiologist but on his return to Pakistan was placed in internal medicine as faculty which turned out to be a blessing in disguise for his postgraduate trainees who were so much inspired by his command on clinical cardiology that they perused cardiology as a career. He has been faculty at Nishter Medical College, Post Graduate Medical Institute, Lahore General Hospital Lahore and King Edward Medical University.

Prof. Abdul Hafiz Khan inspired generations of students who remember him not only for his medical expertise but also for his personal guidance and moral example. His reflections on medical training, patient care, and work-life balance continue to resonate with relevance today. In this interview, News and Views editorial team recently visited Dr. Khan and he shares memories of his early life, his academic journey, his experiences abroad, and his message for future doctors.

### Early Life, Schooling, and the Difference Between Then and Now

*Sir, could you share some memories of your early life, where you were born, and your schooling?*

I was born in India, in District Hisar, Punjab. I was around 7 years old when we moved to Pakistan, to Okara, where my father was in the army. That's where we finally settled, as we inherited land from India which we received in Okara. I started my education in a village, but luckily there was a private school nearby which I joined. The language barrier was Punjabi, but as a child I picked it up quickly. From primary school, I moved to middle and high school in Okara. I worked hard and stood first in my school, though not at the board level. The teachers of that time were truly dedicated they came early in the morning and stayed till late in the evening, paying individual attention to each student. That passion and commitment of teachers is something I feel has greatly changed today.



### College and Medical College

*Could you share with us some reflections on your college years, particularly your time at King Edward Medical University – what those experiences were like, and how they shaped you both personally and professionally?*

After matriculation, I applied to two top colleges. I was admitted to both but chose Forman Christian (FC) College. The hostel facilities were better, and it was away from the city, which I liked, so decided to go there. I completed my F.Sc. at FC College. The teaching there was different — we were taught by American Ph.D. professors who encouraged independent study, unlike the government colleges where students relied mostly on notes and rote learning. From FC, five of us were admitted to King Edward Medical College (KEMC), while about twenty came from Government College. King Edward was the premier institution at that time and still carried that legacy. The professors were highly dedicated they came early, left late, and even returned in the evenings for rounds. Teachers like

Professor B.D. Amiruddin and Colonel Ilahi Baksh were outstanding role models. However, facilities were limited. For instance, ECGs were recorded but would be reported a week later, which made them practically useless for acute cases. This lack of interventional cardiology later influenced my decision to train abroad.

## Teaching at KEMC/KEMU

*Could you tell us about your teaching experience at King Edward Medical University?*

After graduation, I worked with Prof. Akhtar Khan and then went abroad for further training. When I returned, I initially worked at Nishtar, but soon rejoined King Edward. At that time, money mattered much less. Life was simpler, and the focus was more on education and patient care. The commercialization of medicine that we see today was just beginning. There were no private hospitals in Lahore — the only private admissions were at AVH. Consultants practiced from their homes or residential quarters, which was very different from the referral and commission system that later developed.

## Training in the USA and UK — Comparison Then and Now

*You have undergone training in both the United Kingdom and the United States. How would you compare those experiences, particularly in terms of medical education and personal development, and why did you decide to return?*

In those days, most of our teachers were UK-trained, and MRCP was the standard. American training was often dismissed. But when I trained in both systems, I found the American system far superior — more systematic, stepwise, thorough, and practical. In the UK, I trained at Hammersmith Hospital under Prof. Goodwin, who was a renowned cardiologist. It was an excellent experience, but American training had a stronger emphasis on hands-on, practical medicine. It was not an easy decision to come back to Pakistan. I had consultant positions in the USA, but I returned for family, social, and religious reasons. Initially, it was difficult to settle back, but eventually I rejoined KE, where I spent most of my professional career.

## Class fellows, Colleagues, and Juniors

*How would you describe your relationship with*

*colleagues and students during your time at King Edward Medical University – in terms of your teaching style and approachability – and do you continue to maintain connections with your contemporaries?*

I was strict when it came to work, but approachable when it came to learning and teaching. My office was always open, and tea breaks often turned into lively discussions with registrars and colleagues. Prof. AH Nagi, Prof. Abdul Hayee, and Prof. Ghazanfar Ali Shah were my class fellows at KEMU and then colleagues at KEMC. Prof. Tariq Waseem and Dr. Naveed Bari were not only students, but they were part of our team at Mayo Hospital Lahore during 1986-1997, to which Dr. Tanzeem Haider also joined in 1991.

## Work-Life Balance

*How did you navigate the challenges of maintaining a healthy work-life balance during those demanding years?*

Work-life balance was easier then. Private practice was limited, and evenings were generally free for family and social life. I usually finish around 9 pm, after which I have time for family. The key is moderation avoiding extremes of overwork or lack of ambition. One must set aside time for academic, social, and family commitments. Unfortunately, today doctors are often working late into the night, leaving little room for balance.

## Message for Juniors

*What message or words of guidance would you like to share with your juniors and the next generation of physicians?*

My advice is to maintain professional integrity and avoid letting money become the only objective. Balance is essential balance between family and work, balance between old values and new technology, and balance between ambition and contentment. Stay up to date with knowledge, read journals regularly, and never compromise on patient care. Medicine is not just about technology or procedures; clinical skills, compassion, and ethical practice are equally important.

# The Unstoppable Tsunami of Artificial Intelligence in Medicine: Embrace or Be Left Out!

Prof. Aziz-ur-Rehman

Artificial Intelligence (AI) is taking the world of medicine by storm, revolutionizing healthcare delivery at an unprecedented pace. From diagnostics and treatment planning to patient monitoring and administrative efficiency, AI promises transformative possibilities. However, it also raises critical questions about equity, human connection, and the evolving roles of healthcare professionals.

**Positive Impacts of AI in Medicine:** AI has the potential to democratize healthcare by enabling precision medicine and personalized treatment plans. Advanced algorithms can analyze vast amounts of data, identifying patterns that elude conventional approaches, resulting in earlier diagnoses and improved outcomes. In low- to middle-income countries (LMICs), AI-driven tools can help bridge the gap in medical expertise by offering reliable diagnostic support where specialists are scarce. Mobile applications and telemedicine platforms powered by AI can bring healthcare to rural and underserved areas, overcoming geographic barriers.

Cost reduction is another significant advantage. Automating repetitive tasks such as medical record maintenance, billing, and patient triage allows healthcare systems to save resources, potentially decreasing the cost of medical services. AI-powered predictive analytics can streamline resource allocation, ensuring that hospitals and clinics operate more efficiently.

**Negative Impacts and Challenges:** Despite its promise, AI in medicine poses risks, especially in LMICs. The initial investment in AI infrastructure can be prohibitive, and disparities in technological access may exacerbate inequities in healthcare delivery. Moreover, the reliability of AI tools depends on the quality of data, which may be limited or biased in resource-constrained settings.



The "human touch" in healthcare might also be compromised. Empathy and human connection, pivotal to patient care, cannot be replicated by machines. Over-reliance on AI solutions may risk dehumanizing interactions, leaving patients feeling alienated.

**Changing Roles, Not Replacing Humans:** AI is unlikely to fully replace healthcare professionals. Instead, it will redefine their roles, enhancing their capacity to make informed decisions and focus on complex patient needs. Physicians may evolve into "data interpreters," working alongside AI systems to deliver more effective care.

**The Future: A Balancing Act:** The unstoppable wave of AI in medicine invites both enthusiasm and caution. For LMICs, embracing AI thoughtfully—while addressing access barriers and preserving human empathy—will be key to ensuring its benefits are universally shared. AI is not a replacement but a tool to enhance the art and science of medicine. **The choice is clear: embrace this transformation, or risk being left behind.**

## Role of Quality in the Healthcare

Dr. Hammad Ahmed Bhatti (Ex Senior Quality Manager) UAE

Quality in healthcare is a fundamental component that determines the effectiveness, efficiency and overall effect of medical services regarding patient's health and well-being. Evidence shows that patients suffer when the quality is compromised. In modern health care systems, high quality delivery is not only a moral imperative, but also a practical need to improve health results, reduce costs and increase patient satisfaction. As per data about 100,000 patients die because of errors per year in the US and medication error is the 3<sup>rd</sup> major cause of death in hospitals all over the world.

There are six domains frequently used as aims of healthcare quality. As per the Institute of Medicine (IOM) Quality Improvement Framework, it covers a wide range of characteristics, including safety, timeliness, effectiveness, efficiency, equity and patient/ person centered care. By practicing this mnemonic of STEEEP any healthcare set up can gear up to pursue for the quality.



Figure: Quality Improvement Framework by the IOM to be remembered by the mnemonic STEEEP



**Safety:** One of the primary roles of quality in healthcare is to ensure safety. Medical errors, such as misconceptions, drug mistakes and surgical complications that can have disastrous consequences. Quality-covered healthcare systems apply evidence-based practices, standardized procedures and continuous monitoring to reduce such errors.

**Timeliness:** Timely management is critical in quality assurance in health care delivery. Procrastination in treatment or diagnosis can worsen medical conditions and lead to unsatisfactory outcomes. Quality health systems prioritize the reduction of waiting times for consultations, procedures, and test results.

**Effectiveness:** This encompasses using scientific methods that have been demonstrated to be effective and continuous measurement and improvement of clinical performance. In this regard, clinical guidelines and pathways can guide about the effective management strategies.

**Equity:** By equity the care is accessible and fair to all regardless of their socioeconomic status, race, or geographical location. Inequities in access to healthcare and outcomes have the potential to destabilize the overall functioning quality of the system.

**Efficiency:** Healthcare efficiency is the most effective utilization of resources to achieve the greatest

outcome. A high-quality system eliminates waste, reduces redundancy, and optimizes the value that interventions provide to patients. This is especially applicable to deal with the rising cost of healthcare across the globe.

**Patient/ Person focused care:** It is another important dimension of quality in healthcare that involves respecting the preferences, requirements and values of patients, ensuring that patients that direct all the clinical decisions. High quality care emphasizes

communication and cooperation between patients and healthcare providers, promotes confidence and improves compliance with the treatment plans.

In short, quality in healthcare is complex and essential to deliver safe, effective, and fair care. It has a key role in improving patient outcomes, making the most of safe resources, and ensuring that healthcare systems are in place to benefit all. As “The pursuit of quality is an ongoing journey, and the road to excellence is paved with the continuous improvement.”

## The Psychological Trends of Patients Towards Treating Physicians: A Socio-Cultural Perspective in Southern Punjab

Prof. Munir Azhar Chaudhry

In many traditional societies of different countries, especially in South Asia, the relationship between patients and physicians is heavily influenced by cultural beliefs, low health literacy, and long-standing practices. These psychological and societal factors often result in delayed healthcare, resistance to modern treatment, and unrealistic expectations from doctors.

One of the major psychological challenges is the poor awareness about diseases. Many patients lack even basic understanding of their condition. Symptoms are often misinterpreted or ignored until the disease becomes advanced. This leads to delays in diagnosis and treatment. Many believe in self-diagnosis or seeking help from local healers before approaching a qualified physician. The traditional use of alternative medicines has been passed down for generations. Herbal treatments, spiritual healing, and folk remedies are still considered the first

line of therapy in many households. There is mistrust towards modern medicine, which is seen as foreign or potentially harmful. Patients often prefer these remedies due to familiarity,

affordability, or cultural acceptance. There is a strong reluctance towards injectable therapy. Injections are seen as painful, harmful, or only necessary in extreme illness. Tablets are considered more acceptable, while injections are often refused unless necessary. Patients also arrive with strong cultural expectations. They expect instant relief, minimal explanation, and often seek unnecessary tests or medications. Doctors are sometimes seen as spiritual guides than medical experts, and failure to meet these expectations can lead to dissatisfaction or mistrust.

A peculiar tradition is checking the radial pulse to diagnose all kinds of illnesses. Many people



consult unqualified individuals who claim to diagnose diseases just by feeling the pulse, leading to misdiagnosis and delayed treatment. Western medicines are believed to be “hot” in nature, and patients often take them with milk to reduce this effect. Similarly, food items like meat, eggs, and fish are considered too hot, especially in summer, and are avoided during illness. Even tea and coffee are thought to worsen the condition due to their “heat.”

Some bizarre practices include using HUQQA and smoking to treat abdominal bloating and applying henna to the soles to relieve internal body heat. These beliefs reflect a psychological dependence on cultural remedies. Many women avoid bathing during menstruation, believing it can interfere their cycle. Even more alarming is the stigma around breast lumps, where women

hide them out of shame, often resulting in late cancer diagnoses.

Gender bias further complicates patient care. Women are often blamed for giving birth to girls, and divorce is a social stigma. Many girls are denied education, with families seeing it as unnecessary. Male dominance in decision-making is deeply rooted, even in healthcare. In cases like stroke, patients are kept in overheated rooms, believing it speeds up recovery. Some even use pigeon's blood to treat Bell's palsy, showing how myths still prevail.

In conclusion, physicians must understand these cultural and psychological trends to effectively treat patients. Community education, cultural sensitivity, and trust-building are key to overcoming these barriers and promoting better health outcomes.

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## Prof. Aftab Mohsin Assumes the Charge of President PSIM

Prof. Aftab Mohsin

I am deeply humbled to share that I have assumed the role of President of the Pakistan Society of Internal Medicine (PSIM) for the coming two years. This honor is not the result of my own strengths, but rather the tireless efforts, vision, and mentorship of my esteemed teacher and mentor, Prof. Javed Akram, who currently serves as the Chairperson Board of Management, PSIM.

Prof. Javed Akram has been a towering figure in medicine, education, and institutional leadership in Pakistan. His wisdom, foresight, and tireless dedication have laid the foundation upon which PSIM stands today. I am acutely aware of my own limitations, yet I draw courage from his mentorship, and from the collective strength of our members, to serve this society to the best of my abilities.

To my mentor, I dedicate this thought:

"A mentor is someone who sees more talent and ability within you than you see in yourself and helps bring it out of you."

And to acknowledge his greatness, these timeless lines



of Faiz Ahmed Faiz:

ہم پرورشِ لوح و قلم کرتے رہیں گے  
جو دِل پہ گزرتی ہے رقم کرتے رہیں گے

I seek the support, prayers, and cooperation of all members of PSIM in fulfilling my responsibilities and in advancing the noble mission of our society.

With humility and resolve,

**Prof. Aftab Mohsin**

**President, Pakistan Society of Internal Medicine**

## Extraordinary General Body Meeting (AGM) of Pakistan Society of Internal Medicine

Prof. Tariq Waseem

Extraordinary General Body Meeting of PSIM was held on 27<sup>th</sup> July 2025 at Society head office in Lahore. This hybrid meeting was attended by more than 80 members joining both in person as well as on Zoom. The agenda included the approval of recommendations by the Rules and Regulations committee to select central office bearers and chapter heads of PSIM.

The draft prepared by the committee chaired by Prof. Masood Hameed Khan was presented by Prof. Tariq Waseem and was approved

unanimously. The house also authorised Professor Javed Akram Chairman Board of Directors PSIM to include new members as directors of the governing board of PSIM. Extraordinary General Body Meeting also approved the term of office to be two years.

The Selection for the 2025-2027 term will be made in September 2025. However, Prof. Aftab Mohsin already elected President in April 2024 will assume the office of President on 14<sup>th</sup> August 2025.

Selection for President Elect 2027-29 will be made along with selection for Executives in September

2025. Elections for chapter heads for session 2025-2027 will be conducted in October 2025.



## PSIM Launches its Grand Round Series

**Dr. Hina Latif**

A new era for medical learning begins! PSIM officially launched its grand round series, kicking off a dedicated platform for academic excellence and case-based learning.

The Pakistan Society of Internal Medicine (PSIM) has

initiated a series of grand rounds, with the first one taken place at the Department of Medicine, King Edward Medical University (KEMU). The event was held in the university's East Medical Ward and was led by Prof. M. Imran, who is the Chairman of the Department of Medicine at KEMU. The grand round was well



attended, with all professors and faculty members from the department participating.

The session focused on a detailed discussion of two medical cases. The event also saw the participation of several key figures from the PSIM, underscoring the society's dedication to advancing medical knowledge and professional development. Notable attendees

from the PSIM included: Dr. Asif Naqvi, member PSIM Advisory Board, Prof. Aftab Mohsin, President-Elect PSIM, Prof. Imran Hassan, Treasurer PSIM and Dr. Somia Iqtadar, Secretary General PSIM. The presence of these leading members signifies the PSIM's commitment to fostering academic excellence and continuous learning within the medical community.



## **A Forward-Thinking Approach to Diabetes Care: The "Triple Combination"**

The Pakistan Society of Internal Medicine (PSIM), in collaboration with Tabros Pharma, organized a landmark session on July 11, 2025, focusing on the *"Emerging Role of Triple Combination in Reshaping Diabetes Management."* The event marked a significant shift in managing this complex disease, highlighting the move from stepwise treatment to simultaneous, powerful therapeutic strategies. Chaired by Prof. Dr. Javed Akram (President PSIM) and co-chaired by Prof. Aftab Mohsin, the session featured leading experts including Dr. Somia Iqtadar, Prof. Mujtaba Hassan Siddique, and Prof. Tariq Waseem, with moderation by Dr. Hina Latif.

The program began with Quran recitation and national anthem, followed by a welcome address. A keynote by Prof. Dr. Aziz Ur Rehman explained how triple combination therapy targets multiple defects of diabetes more effectively, enhancing durability of glycemic control. The session also incorporated

audience interaction and AI-based comparisons, making it highly engaging. The event concluded with a panel discussion, Q&A, shield distribution, MOU signing, and lunch.



## PSIM Hosts Landmark Session on Oral Semaglutide for Diabetes and Weight Management

Dr. Wafa Qaisar

The Pakistan Society of Internal Medicine (PSIM), in collaboration with Cell Laboratories Pvt. Ltd., organized an academic session on the clinical role of oral Semaglutide in Type 2 Diabetes and obesity. Moderated by Dr. Wafa Qaisar, the program gathered leading experts in internal medicine to discuss innovative strategies for diabetes care. With over 33 million Pakistanis living with diabetes, the session stressed the importance of weight management as a cornerstone of better outcomes. Oral Semaglutide, the first GLP-1 receptor agonist available in oral form,

was highlighted as a breakthrough therapy for both glycemic control and sustainable weight reduction. Chaired by PSIM President Prof. Javed Akram, the meeting featured a keynote by Dr. Somia Iqtadar, who outlined the drug's efficacy and transformative potential. Panelists Prof. Aziz-ur-Rehman, Prof. Aftab Mohsin, and Prof. Tariq Waseem emphasized its integration into clinical practice. The session concluded by positioning weight loss as preventive medicine vital to long-term health.



### PSIM Hosts Expert Session on Breaking the Stigma Around Erectile Dysfunction and Sildenafil Use

The Pakistan Society of Internal Medicine (PSIM), in collaboration with Hilton Pharma, organized an advisory board meeting titled *"Break the Stigma with Power to Perform"* to address erectile dysfunction (ED) and the clinical use of sildenafil. Moderated by Dr. Wafa Qaisar, the session emphasized equipping clinicians with the confidence and compassion needed to manage men's sexual health, a subject often neglected despite its wide-ranging impact. Chaired by

Prof. Javed Akram, PSIM President and Tamgha-e-Imtiaz recipient, the meeting stressed the importance of destigmatizing ED. Keynote speaker Prof. Aziz-ur-Rehman highlighted sildenafil's pivotal role as the first oral PDE5 inhibitor for ED, its use in pulmonary arterial hypertension, and potential in other vasculogenic disorders.

The distinguished panel featured experts across internal medicine, cardiology, neurology, endocrinology, andrology, urology, gynecology, and sexual health, including Prof. Bilal S. Mohyudin, Prof.

Mohsin Zaheer, Prof. Khadija Irfan Khawaja, Prof. Mehmood Nasir Malik, Prof. Tariq Waseem, Dr. Rohina Gul, Dr. Mohammad Imtiaz Hasan, and Prof. Arshad Chohan. Through expert talks, panel discussion, and

Q&A, the program reinforced sildenafil's value as a safe, effective, and well-tolerated treatment — while encouraging open, informed conversations about men's health.



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## Scientific Symposium – World Hepatitis Day 2025

Prof. Shabnam Naveed

### “Let's Break It Down”

On 29th July 2025, the Karachi Chapter at JPMC, in collaboration with the Gastroenterology Section of Ward 7, held a scientific symposium at Najmuddin Auditorium to mark World Hepatitis Day under the theme “Let's Break It Down.” The program opened with Quranic recitation, the National Anthem, and a welcome by Prof. Shabnam Naveed, stressing collective action against hepatitis.

The academic sessions included six expert talks: Prof. Zaigham Abbas on simplified HCV treatment,

Dr. Amnah Subhan on chronic hepatitis B, Prof. Zeeshan Ali on MASLD, Dr. Zain and Dr. Masood on acute hepatitis, and Dr. Adil through case-based discussions, moderated by Dr. Komal and Dr. Basit.

A distinguished panel of senior professors enriched discussions with expert insights and a lively Q&A. The event, commended by Prof. Ambreen Usmani and Dr. Zulfiqar Ali Dharejo, concluded with a vote of thanks by Dr. Marium Waqar and a networking lunch, highlighting commitment to elimination of hepatitis.





### World Hepatitis Day Walk 2025 Walking Together for a Hepatitis-Free Future

On 28th July 2025, the Karachi Chapter of PSIM, in collaboration with Jinnah Sindh Medical University (JSMU), observed World Hepatitis Day at Jinnah Postgraduate Medical Centre (JPMC) with a walk themed “Let's Break It Down.” The activity aimed to raise awareness on prevention, early detection, treatment, and eliminating the stigma surrounding hepatitis. The walk started from the JSMU main campus and concluded at the JPMC Administration Block, with enthusiastic participation from faculty,

students, and healthcare professionals.

The event was attended by prominent figures including Prof. Ambreen Usmani, Prof. Syed Masroor Ahmed, Prof. Khalid Sher, Dr. Rahat Naz, Prof. Haleema, Prof. Abdul Rab, and others, reflecting strong institutional commitment. Prof. Shabnam Naveed, Karachi Chapter Head, along with her dedicated team, played a central role in organizing and advocating for the cause. Marked globally on 28th July, World Hepatitis Day underscores the WHO target of eliminating hepatitis by 2030, promoting vaccination, screening, and community awareness.

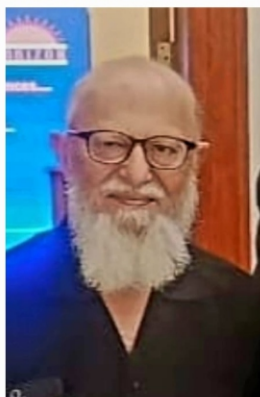


## PSIM South Punjab Activities

Prof. Munir Azhar Chaudhry

PSIM South Punjab conducted a seminar on the role of prokinetics in gastrointestinal motility disorders in Multan. It was presided by Prof. Dr. Shabbir Ahmad Nasir CEO MMDC Multan. The panel of experts included Prof. Dr. Salma Tanveer HOD MASH, Prof. Dr. Zahra Nazish HOD NMU, Prof. Dr. Qaisar Mahmood HOD, CMH Multan, Prof. Dr. Arif Mahmood Bhatti and Prof. Dr. Zafar Iqbal from NMU Multan. Dr. Haroon Bilal from

Dera Ghazi Khan also joined. The program was attended by consultants, postgraduate students from different medical colleges, and practicing family physicians of the Multan and nearby cities like Vehari, Mailsi, Lodhran, and Kahrora. Evolutionary new generation of Garrokinetics with their potential benefits were discussed in detail.



## World Hepatitis Day Seminar at Saleem Memorial Hospital Lahore

Prof. Tariq Waseem

Pakistan Society of Internal Medicine in collaboration with Saleem Memorial Hospital Lahore, and Ferozsons Laboratories, organized a seminar on World Hepatitis Day on 28th July 2025 at the hospital auditorium. The theme of the event was "Awareness, Innovation & Clinical Updates on Hepatitis."

The seminar brought together leading experts to highlight the burden of hepatitis and share the latest clinical insights. The program began with Prof. Altaf Ahmed (PKLI) talking about safe needle handling and strategies for preventing hepatitis transmission in healthcare settings.

This was followed by a video recording of Prof. Aziz-ur-Rehman (PPSIM) who talked about the elimination of Hepatitis C Virus (HCV), its discovery and the methods of the viral elimination. Dr. Somia Iqtadar (KEMU), then presented updates on Hepatitis B Virus (HBV), while Prof. Tariq Waseem (SMH) delivered a talk on MASLD/NASH: The New Face of Hepatitis, shedding light on the growing challenge of fatty liver disease.

The seminar emphasized the importance of

prevention, early diagnosis, and innovation in treatment. The event concluded with an interactive Q&A session and with Prof. Javed Akram, President PSIM giving his remarks on the success of this seminar as well as highlighting the importance of raising awareness about Hepatitis B and C. Participants received E-certificates, and the activity was well-attended by healthcare professionals and community members, reaffirming SMH's commitment to public health awareness and education.



## Activities of PSIM Multan Chapter

Dr. Zahra Nazish

The Multan Chapter of the Pakistan Society of Internal Medicine has remained actively engaged in academic and awareness initiatives during recent months.

On February 25th, a research workshop was organized for senior registrars and postgraduate trainees of the Department of Medicine, conducted by Dr. Mohammad Khalid, Assistant Professor of Paediatrics. The workshop was well received and concluded with a shield distribution ceremony.

The chapter observed World Anti-Tuberculosis Day on 24<sup>th</sup> March through a walk and seminar. The event was attended by heads of departments and postgraduate students from the Departments of Medicine and Pulmonology, underscoring the importance of collective efforts in tuberculosis awareness and control.

In collaboration with the PSIM and Pakistan Hypertension League, the Multan Chapter celebrated World Hypertension Day on 17<sup>th</sup> May in Nishtar Medical University. The event was

attended by the President of PSIM Prof Javaid Akram and brought together healthcare professionals to highlight the significance of hypertension prevention and management.

On July 28th, World Hepatitis Day was marked with a walk, cake-cutting ceremony, and seminar. Faculty and students from Medicine, Paediatrics, Pediatric Hepatology, and allied specialties actively participated in the program.

An academic session on Non-Invasive Ventilation was also arranged on 19<sup>th</sup> August under the auspices of PSIM, delivered by Dr. Kamran Manzoor, Pulmonologist and critical care specialist from the USA. The lecture was attended by the Departments of Medicine and Pulmonology and was very well received.

These activities reflect the sustained commitment of the Multan Chapter towards promoting medical education, research, and public health awareness in alignment with the mission of PSIM.



## World Hypertension Day Commemorated at Rashid Latif Medical College, Lahore

Dr. Faaika Saqlain

To mark World Hypertension Day on May 19, 2025, the Department of Medicine at Rashid Latif Medical College organized an insightful session on “*Emerging Trends in the Management of Hypertension*.” The session was moderated by Dr. Faaika Saqlain, chaired by Prof. Dr. Tahir Masood, and co-chaired by Prof. Dr. Anjum Butt.

Esteemed guest speakers, Prof. Dr. Aziz-ur-Rehman and Dr. Zubair Ashraf, graced the event and shared valuable insights on the evolving landscape of hypertension care. Prof. Dr. Aziz-ur-Rehman emphasized the importance of early diagnosis and appropriate pharmacological intervention. He also presented the latest

international guidelines on hypertension, offering a detailed overview of ideal drug regimens tailored for patients with varying comorbidities.

Dr. Zubair Ashraf highlighted the critical need for timely recognition and management of hypertensive emergencies and urgencies, providing practical clinical insights for effective intervention.

The session concluded with a dynamic question-and-answer segment, encouraging active participation and addressing key queries from the audience. The event ended with concluding

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1. IDF December 2022
2. Endocrine Practice, 208;24(6), 556-564
3. Journal of Diabetes 9 (2017), 412-422



remarks from the co-chairs and a shield presentation to the guest speakers, honoring their valuable contributions.

commitment of Rashid Latif Medical College to continuous learning and excellence in patient care.

This educational initiative not only celebrated World Hypertension Day but also reinforced the

## Iftar Party Held by Pakistan Society of Internal Medicine UAE Chapter

Dr. Hammad Ahmed Bhatti

The Pakistan Society of Internal Medicine (PSIM) UAE Chapter hosted an Iftar party on 21st March 2025 in Dubai, bringing together around thirty doctors and their families to foster unity and celebrate Ramadan. This event, a continuation of last year's academic success, was organized under the leadership of Dr. Zulfiqar Ali and General Secretary Dr. Umaira Aziz. Key speakers, including Prof. Dr. Hamid Farooqi and others, emphasized the importance of such gatherings to strengthen the Pakistani medical community in the UAE.

The evening featured traditional Pakistani cuisine, Maghreb prayers, and discussions on upcoming workshops, seminars, and webinars. Dr. Zulfiqar Ali highlighted the significance of acknowledging members' contributions, while Dr. Umaira Aziz expressed gratitude for the participants' efforts in attending despite the busy location. The event blended spirituality, professional development, and community spirit, leaving a memorable impact on attendees.



*An Annual Meeting and iftar dinner of Pakistan Society of Internal Medicine (PSIM)*

*Date: 21 March ,2025*

*Venue: Ibrahimi Palace Resturant*

## Asthma Care Clinical Meeting/ Workshops Report

The Pakistan Society of Internal Medicine (PSIM) UAE Chapter and Pakistan Medical Centre (PMC) Academia held a CME-accredited clinical meeting on Asthma Care in Dubai on April 27, 2025. Attended by around 100 healthcare professionals, the event was led by

Program Director Prof. Syed Arshad Hussain, who delivered comprehensive lectures covering asthma basics to advanced treatments. The program featured three sessions. The first, chaired by Dr. Moin Fikri, included expert discussions on clinical history, GINA

guidelines, and triple therapy, with presentations by Dr. Samar Asim, Prof. Hussain, and Prof. Bassam Mahboub. The second session, chaired by Prof. Niaz Shaikh, addressed pediatric asthma safety, biologics, ER and ICU management, with talks by Dr. Basil Nasrallah, Prof. Hussain, Dr. Anser Mahmood, and Dr. Seemin Shiraz. Moderators included Dr. Maria Awais and others.

Four interactive hands-on workshops—on FENO, inhalers, allergy testing, spirometry, and noninvasive

ventilation—were led by experienced faculty, leaving participants confident and engaged. The event concluded with a BMJ innovations presentation by Mr. Muhammad Khalid Qureshi, followed by souvenir and certificate distribution. Spearheaded by Dr. Zulfiqar Ali, and supported by PAD, BMJ, MDC, and volunteers, the event was praised as a milestone for asthma education in the UAE's Pakistani medical community.



## PSIM Gujranwala Chapter Organised Session on Diabetes and Liver Disease

Dr. Amber Riaz

On August 2nd, 2025, the Pakistan Society of Internal Medicine (PSIM), Gujranwala Chapter, hosted a highly successful scientific session focused on two critical public health challenges: the management of Type 2 Diabetes and the raging epidemic of Weight Management/MASLD (Metabolic Dysfunction-Associated Steatotic Liver Disease). The event was held at Meridian Gujranwala and saw an attendance of 215

participants from Gujranwala and the adjoining areas, including consultants, general physicians, and medical students.

The session featured two distinguished speakers who provided invaluable insights into the latest advancements in their respective fields: Dr. Somia Iqtadar Secretary General of PSIM, presented on 'Oral Semaglutide: An Innovative Paradigm in the

Management of Type 2 Diabetes'. Her presentation shed light on groundbreaking developments in diabetes care, offering a new perspective on treatment strategies. Professor Aftab Mohsin newly elected President of PSIM, delivered a compelling talk on 'Weight

Management / Raging epidemic of MASLD and management updates'. His expert insights addressed the escalating prevalence of these conditions and their far-reaching implications.

The event was moderated by Dr. Amber Riaz, who





facilitated a dynamic and engaging session. The distinguished panel of experts, including Dr. Fawad Iqbal Janjua, Dr. Rao Hashim Idrees, Dr. Qamar Rafiq and Dr. Asif Javed contributed to the enriching discussions. A spokesperson for the PSIM Gujranwala Chapter expressed gratitude for the enthusiastic participation, stating that the event served as a vital platform for knowledge

exchange and professional development. The session was supported by Cell Laboratories (Pvt) Ltd. The event's success underscores the PSIM Gujranwala Chapter's dedication to fostering a culture of continuous learning and bringing the latest medical research to the local and regional medical community.



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## Multidisciplinary Oncology Symposium Held at LRH organised by PSIM Peshawar Chapter in Collaboration with Shaukat Khanum Hospital

Dr. Salma Zeb

Peshawar, 25 June 2025 — A joint oncology symposium titled "Participation of Multidisciplinary Specialties to Optimize Oncologic Outcomes" was held at the MTI Lady Reading Hospital (LRH), in collaboration with Shaukat Khanum Memorial Cancer Hospital & Research Centre (SKMCH&RC). The event took place at the LRH Auditorium and was attended by faculty and trainees from across departments.

The academic session was organized under the leadership of Prof. Aamir Ghafoor Khan, with support from Asst. Prof. Dr. Zafar Mehmood, Assoc. Prof. Dr. Salma Zeb, and Assoc. Prof. Dr. Abdul Wahab.

Key presentations included:

1. Collaborative Role of Histopathology in Cancer Care – Dr. Mudassir Hussain (SKMCH&RC, Lahore)

2. VATS Esophagectomy – Pursuit of Excellence – Dr. Zubair Shabbir Khanzada (SKMCH&RC, Peshawar)

3. Preventing Cervical Cancer – From Awareness to Action – Assoc. Prof. Dr. Qudsia Qazi (MTI-LRH)

4. Trimodality in SCCA – A New Standard – Dr. Irfan Haider (SKMCH&RC)

5. Setting Up Surgical Oncology Units in Public Hospitals – Asst. Prof. Dr. Attaullah Khan (MTI-LRH)

The symposium emphasized the importance of multidisciplinary collaboration in enhancing cancer care and was highly appreciated by participants for its clinical depth and relevance.



## Faisalabad Chapter Activity

Prof. Amir Shaukat

Lyallpur Diabetes Foundation, in collaboration with the Pakistan Society of Internal Medicine and Faisalabad Medical University, recently organized a comprehensive activity on diabetes management. The session focused on the role of oral Semaglutide (3,7mg and 14mg) in comparison to injectable Semaglutide, exploring its efficacy and benefits in managing type 2 diabetes and obesity.

Key Discussion Points: Comparison of oral and injectable Semaglutide formulations, Efficacy and safety profiles of oral Semaglutide in diabetes

management, Potential benefits of oral Semaglutide in improving glycemic control and weight management

The session featured a talk by the President of the Pakistan Society of Internal Medicine, Prof Dr Aftab Mohsin followed by a comprehensive conclusion by Professor Doctor Aamir Shaukat. This activity provided valuable insights into the use of oral Semaglutide in diabetes care, highlighting its potential as a treatment option.



## PSIM Bahawalpur Chapter Conducted Four Activities

Prof. Qazi Masroor Ali

1. A symposium on "Updates in Medicine" featuring topics like diabetic retinopathy, Lupus nephritis, and Enteric Fever, attended by 30 healthcare professionals.
2. A workshop on "Research Methodology" for 35 participants, including consultant physicians, postgraduate residents, and final-year medical students.
3. An awareness program and diabetes screening in two madrasas, attended by over 70 people, including teachers and imam masjids.
4. A World Hepatitis Day awareness program in another madrasa, attended by around 150 students and 18 teachers (imam masjids).

These activities showcase the PSIM Bahawalpur chapter's commitment to promoting medical education, awareness, and community health. By engaging healthcare professionals and the community, the chapter aims to improve health outcomes and prevent diseases. The chapter's efforts to involve madrasas and mosques in health awareness programs are notable, reaching a large audience and promoting public health. The events were well-organized, reflecting the chapter's dedication to advancing medical knowledge and promoting health. Overall, the PSIM Bahawalpur chapter's activities demonstrate its commitment to improving healthcare in the community, and its initiatives are a step in the right direction.



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\*Aliment Pharmacol Ther. 2010 Aug;32(3):401-13

## World Hypertension Day 2025 at Multan

Prof. Tariq Waseem

Pakistan Society of Internal Medicine (PSIM) joined Pakistan Hypertension League (PHL) and Pakistan Cardiac Society (PCS) to celebrate World Hypertension Day at Nishter Medical University in Multan on 17<sup>th</sup> May 2025. President PSIM Prof. Javed Akram chaired a symposium organized by PHL. The Symposium was also the concluding session of Hypertension Course for family physicians, postgraduate trainees and house officers conducted by Prof. Kashif Hashmi, President PHL.

Prof. Tariq Waseem delivered a talk on "Multidisciplinary Approach in management of hypertension". Speakers at the symposium

highlighted the importance of increasing awareness about hypertension and its lethal consequences, early detection of hypertension through screening, improvement in adherence to treatment and availability of affordable treatment options.

Principal Nishter Medical College was the guest of honour. The symposium was attended by large number of faculty, family physicians, postgraduate residents, house officers, nurses and paramedics. In the end the participants of 3 month long modular Hypertension course were awarded certificates. The hypertension course and World Hypertension Day Symposium was sponsored by Getz Pharma.



## Activities Organized by Narowal Medical College in Collaboration with PSIM

Dr. Sami ullah Mumtaz

### Workshop on Research Methodology and Article Writing

The Department of Medicine, Narowal Medical College, in collaboration with PSIM, organized a one-day workshop on Research Methodology and Article Writing on 10th April 2025 at DHQ Teaching Hospital, Narowal, under the leadership of Dr Sami Ullah Mumtaz (Associate Professor & HOD Medicine). Expert speakers Dr Muhammad Kashif Munir (HRI, FJMU Lahore) and Muhammad Adnan (HRI, FJMU Lahore)

delivered insightful sessions on research design, data analysis, and scientific writing. Dr Athar Nayeem moderated the discussions, while Dr Muhammad Afzal Rajput, MS DHQTH, was the Chief Guest. Faculty, consultants, medical officers, and allied health professionals actively participated and benefited from the workshop.

### Updates on the Management of Hypertension

On 28th May 2025, PSIM and the Department of

Medicine, Narowal Medical College, organized a lecture on updates in hypertension management at Dining Restaurant, Narowal. Dr Sami Ullah Mumtaz delivered an insightful talk on new drug combinations and clinical trials, emphasizing early dual therapy. The session was chaired by Dr Ali Asad Khan, with panelists Dr Muhammad Idrees and Dr Sheraz Anjum. It was well attended by physicians and RMOs and concluded with souvenir distribution.

## **BLS Workshop at Medicine Department Narowal Medical College**

The Department of Medicine, Narowal Medical

College, DHQ Teaching Hospital Narowal organized a Basic Life Support (BLS) workshop on 28th July 2025 at Diagnostic Center Narowal under the supervision of Prof. Dr Shazia Jamil. Dr Yasir Shafi (Certified BLS Instructor, Mayo Hospital Lahore) led the training. Prof. Dr Ch. M. Kamran, Principal NMC, graced the event as Chief Guest, while Dr Muhammad Afzal Rajput, MS DHQTH, was Guest of Honor. The workshop was attended by faculty, medical officers, 1122 staff, and nursing teams. Organized under Dr Sami Ullah Mumtaz's leadership, the event was highly interactive and successful.



## World Hypertension & Hepatitis Day at Nawaz Sharif Medical College, Gujrat

Dr. Mohd Afzal Chaudhry

On 17th May, the Department of Medicine and Gynecology in collaboration with PSIM celebrated World Hypertension Day at ABSTH, Gujrat. The event was patroned by Prof. Dr. Tahir Siddique and attended by Dr. Ayaz Nasir (Chief Guest), Dr. Naeem Khawar, and Dr. Basit Riaz (Guests of Honour). Faculty, PGRs, house officers, and students participated. Dr. M. Afzal Ch. highlighted hypertension's causes, risks, complications, and the importance of early detection, lifestyle modification, and management. Dr. Rizwana spoke on hypertension in pregnancy. The session included interactive discussions, educational materials, and concluded with an awareness walk promoting physical activity and healthy living.

On 15th July, the Department of Medicine Teaching Unit in collaboration with PSIM organized an awareness session to mark World Hepatitis Day. The program began with Quran recitation by Dr. Muneeb Anwar and featured an insightful presentation by Dr. M. Afzal Ch (PSIM Chapter Head, Gujrat). He highlighted the global and local burden of hepatitis, stress prevention, diagnosis, treatment, and the urgent need for coordinated action to achieve elimination by 2030. The event, attended by students, healthcare professionals, and community members, concluded with a Hepatitis Awareness Walk, spreading the message "Hepatitis Can't Wait" while promoting prevention, testing, vaccination, and education.



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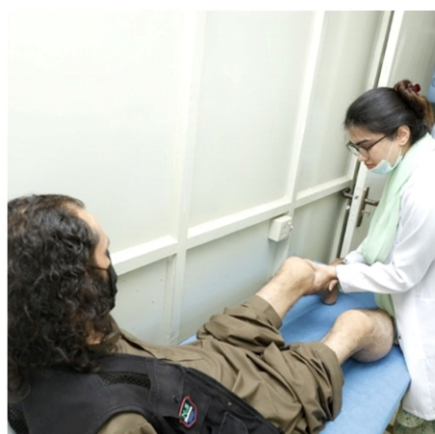


## Mock Examination for Postgraduate Trainees Organized by PIMS on the Platform of PSIM under the Title Mentor–Mentee

Prof. Shafat Khatoon

The Department of Internal Medicine Unit-II, Pakistan Institute of Medical Sciences (PIMS), successfully organized a comprehensive mock examination for postgraduate trainees preparing for the MD, FCPS (Medicine), and MRCP (UK) examinations. Conducted under the platform of the Pakistan Society of Internal Medicine (PSIM), the activity was designed to strengthen candidates' readiness for high-stakes assessments in a structured and mentorship-driven environment.

A total of 35 trainees representing eight hospitals of Rawalpindi–Islamabad participated in the exercise, which included both long and short cases, closely replicating the actual examination format. Senior faculty and examiners from Polyclinic Hospital, Rawalpindi Medical University, Rawal Institute, HBS Hospital, Shifa International Hospital, and CDA Hospital generously contributed their time and expertise. Each candidate received individualized, constructive feedback, enabling them to recognize strengths and address areas requiring improvement.



The event was graced by Professor Shoaib Shafi, Vice President of the College of Physicians and Surgeons Pakistan (CPSP), who shared valuable insights and emphasized effective strategies for approaching examinations with confidence and clarity.

The activity was meticulously supervised by Professor Shafaat Khatoon, Head of Internal Medicine Unit-II, PIMS, Islamabad, whose leadership and commitment

to academic excellence ensured the smooth and successful execution of the event. This initiative reflects PSIM's continued dedication to professional development, mentorship, and postgraduate training. By fostering a culture of academic rigor and guidance, PSIM remains at the forefront of advancing internal medicine education and promoting high standards of clinical competence in Pakistan.



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