

A Message from Dr. Riasat Ali Khan (President PCDA)



It is with great pride and sincere joy that I extend my heartfelt congratulations to the entire team of Lyallpur Diabetes Foundation (LDF), Faisalabad on the launch of the very first issue of your newsletter.

This is not just the beginning of a publication. This is the beginning of a stronger voice for diabetes care in our region.

Lyallpur Diabetes Foundation has always stood for what matters most: Prevention, Awareness, Education, and Welfare. In a city like Faisalabad, where lifestyle changes, urbanization, and limited access to specialized care have made diabetes a growing challenge, the work LDF is doing is both timely and vital.

As President of the Primary Care Diabetes Association of Pakistan (PCDA), an International Diabetes Federation registered society, I have had the privilege of seeing firsthand how grassroots organizations can transform communities. That is exactly the same vision I see reflected in LDF.

When we work together, our impact multiplies.

Together, we are committed to:

1. Prevention - Reaching families early with screening camps, risk assessment, and lifestyle education so we

can stop diabetes before it starts.

2. Awareness - Breaking myths about diabetes through seminars, media, and now through this newsletter, so every home in Faisalabad knows the warning signs.

3. Education - Training doctors, paramedics, and patients on self-care, diet, exercise, and modern treatment so they can live healthy, productive lives.

4. Welfare - Supporting the underprivileged with access to medicines, insulin, and foot-care services, because no one should suffer due to lack of resources.

The launch of this newsletter is a major achievement in that journey. A newsletter creates a bridge between doctors and patients, between the clinic and the community. It will share success stories, medical updates, dietary guidance, and most importantly, hope. I congratulate the LDF management, patron, executive team, volunteers, and all healthcare professionals who have made this possible. Your dedication reflects the true spirit of service.

PCDA Pakistan stands shoulder to shoulder with LDF. We will continue to collaborate on training programs, CME activities, public awareness campaigns, and patient welfare initiatives. Together, we can build a Pakistan where diabetes is detected early, managed well, and prevented wherever possible.

Donor Appeal

Transforming the future of diabetes care requires more than medical interventions—it requires a collective commitment to education, prevention, treatment and compassionate care. Guided by its Vision 2035, Lyallpur Diabetes Foundation is working towards developing an integrated model of diabetes care that brings together specialized healthcare services, professional education, patient support and community outreach under one shared vision.

The Foundation's ongoing and future initiatives, including the proposed Hub-and-Spoke model, specialized tertiary care hospital, rehabilitation and counselling services, and professional education programs, are aimed at improving access to quality diabetes care and addressing the growing burden of diabetes and its related complications in Pakistan.

Realizing this vision calls for meaningful partnerships and sustained support. Lyallpur Diabetes Foundation warmly invites philanthropists, individuals, healthcare professionals, corporate partners and institutions to become a part of this transformative journey. Every contribution—whether through financial support, institutional collaboration or professional

expertise—will help expand access to specialized diabetes care, strengthen preventive healthcare initiatives and improve the lives of individuals and families affected by diabetes.

Together, we have an opportunity to shape a future where quality diabetes care is not a privilege, but a right that is accessible to all.



To support LDF and contribute towards its ongoing and future initiatives, please use the following details:

Account Title: Lyallpur Diabetes Foundation
Bank Name: Bank Al Habib Limited
IBAN: PK86 BAHL 0274 0981 0125 3001

Your support today can help build a healthier tomorrow.



Lyallpur Diabetes Foundation | 170 Block B, Sadar Bazar, G M Abad Faisalabad

+92-41-2694037 | ldf.fsd.pk@gmail.com | <https://ldf.com.pk> | [youtube.com/@lfd-com-pk](https://www.youtube.com/@lfd-com-pk)

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DIABESITY FRONTLINE

News and action from LDF's war on diabetes and obesity

FROM THE EDITOR'S DESK

The Inaugural Issue of LDF Bi-Annual Newsletter

Welcome to the inaugural issue of *Diabetesity Frontline*, the bi-annual publication of Lyallpur Diabetes Foundation.

This publication marks another important step in the Foundation's journey of promoting diabetes education, public awareness and patient welfare. Through *Diabetesity Frontline*, we hope to share not only the Foundation's activities and achievements, but also knowledge, experiences and ideas that contribute towards healthier communities.

Diabetes and obesity continue to pose significant public health challenges worldwide, and Pakistan is no exception. Increasingly, these conditions are affecting individuals and families across all age groups and backgrounds. Yet, many cases can be prevented or better managed through timely diagnosis, informed choices and sustained lifestyle modifications. Awareness, therefore, remains one of the most important tools in addressing these challenges.

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In Conversation with President LDF Dr. Ahmad Shahzad



Q. LDF was established in 2021. What inspired you to establish the Foundation?

Dr. Ahmad: Diabetes and obesity are among the most significant health challenges of our time, affecting millions of people and placing considerable burdens on individuals, families and healthcare systems. Lyallpur Diabetes Foundation was established with the belief that addressing these challenges requires more than treatment

alone. Prevention, education, timely intervention and community engagement are equally important. What began as an individual initiative in 2021 has now evolved into a national-level organization committed to improving diabetes care through its three core pillars of Education, Welfare and Awareness.

Q. Education, Welfare and Awareness form the three pillars of the Foundation's work. Why were these chosen as its guiding principles?

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A Message from the Patron-in-Chief



Professor Dr. Aamir Shaukat
Pro Vice-Chancellor,
Faisalabad Medical University
(FMU)

Diabetes and obesity continue to present significant challenges to the healthcare system in Pakistan, highlighting the urgent need for specialized medical education, collaborative learning and patient-centered healthcare solutions. Strengthening professional capacity in diabetes prevention, diagnosis and management will remain central to addressing the growing burden of these

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A Message from the General Secretary



Dr. Ijaz Anwar

At Lyallpur Diabetes Foundation, we believe that quality healthcare should be accessible,

compassionate and centered around the needs of every patient. Our vision extends beyond establishing an organization—we are striving to develop a model of diabetes care that brings together prevention, treatment, education and welfare through an integrated and meaningful approach.

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News and Action

Exemplary Leadership in Diabetes Care and Star of PCDA Awards

Prof. Dr. Aamir Shaukat, Patron-in-Chief of LDF, and Dr. Ahmad Shahzad, President of LDF, received the Exemplary Leadership in Diabetes Care and Star of PCDA awards, respectively, on 17 January 2026 in recognition of their contributions to diabetes care and awareness.

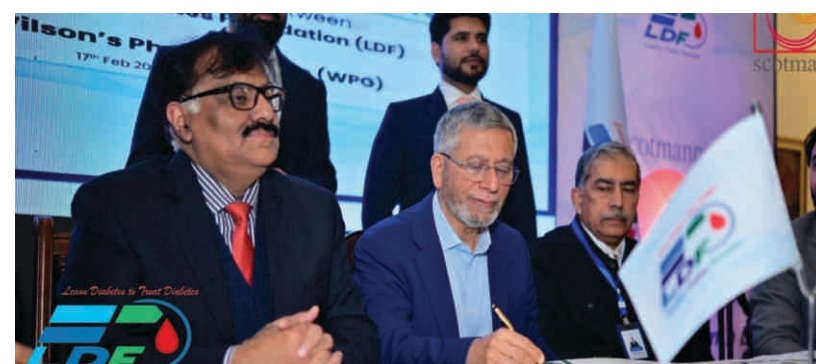
Symposium on Diabetes in Ramadan



LDF held a Symposium titled Diabetes in Ramadan on 16–17 February 2026 in Faisalabad to promote evidence-based diabetes management during fasting, and launched Pakistan's first Instruction Manual for Diabetes in Ramadan.

Key presentations were delivered by Dr. Muhammad Irfan, Dr. Sohail Anjum, Dr. Usman Musharaf, Prof. Dr. Aamir Shaukat, and Dr. Ahmad Shahzad, while the event was attended by Prof. Dr. Zafar Ali Choudhry and Prof. Dr. Zahid Yaseen Hashmi.

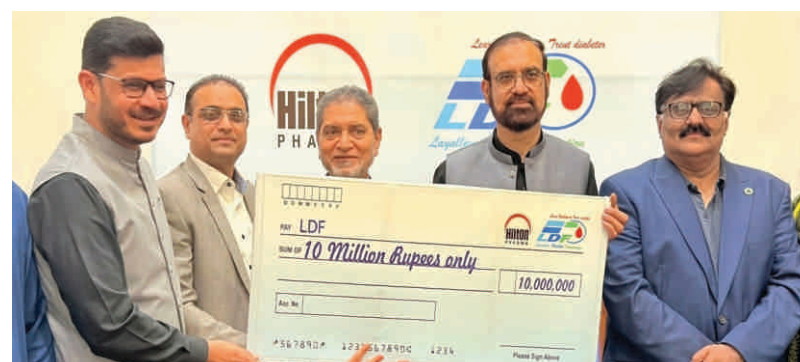
Memorandum of Understanding between LDF, WPG and Scotmann



LDF, Wilson Pharmaceutical Group (WPG) and Scotmann signed a five-year Memorandum of Understanding on 16 February 2026 in Faisalabad to support healthcare provider training, patient education, research and community awareness initiatives on diabetes.

The agreement was signed during the Symposium on Diabetes in Ramadan in the presence of senior academic and healthcare leaders, including Prof. Dr. Zafar Ali Choudhry, Prof. Dr. Aamir Shaukat and Dr. Ahmad Shahzad.

1st Donation Ceremony of Lyallpur Diabetes Foundation



LDF held its first donation ceremony on 26 February 2026 at Serena Hotel, Faisalabad, where Hilton Pharma donated Rs. 10 million to support the Foundation's welfare, education and healthcare initiatives.

The ceremony featured addresses by Prof. Dr. Aamir Shaukat, Dr. Ahmad Shahzad, Prof. Dr. Samina Haq, Malik Ashraf and Prof. Dr. Zafar Ali Choudhry.

Meta Connect Singapore

Representatives of LDF and PCDA participated in Meta Connect Singapore on 24 March 2026 at Furama Hotel, Singapore, to discuss advances in chronic disease management and strengthen primary diabetes services.

Scientific presentations were delivered by Dr. Ahmad Shahzad, Dr. Aiman Malik, Dr. Sohail Anjum and Dr. Gen Tassawar Hussain, followed by a panel discussion led by Dr. M. Naeem, Dr. Ghazala Khalid and Prof. Dr. Hafiz Rauf.

Memorandum of Understanding between FMU and LDF



Faisalabad Medical University and Lyallpur Diabetes Foundation signed a Memorandum of Understanding on 31 March 2026 to establish a specialized Diabetic Foot Team at Allied Hospital, Faisalabad, and strengthen diabetic foot care services.

The agreement was signed by Prof. Dr. Aamir Shaukat and Dr. Ahmad Shahzad to promote collaborative clinical and academic efforts in diabetic foot care.

Executive Members



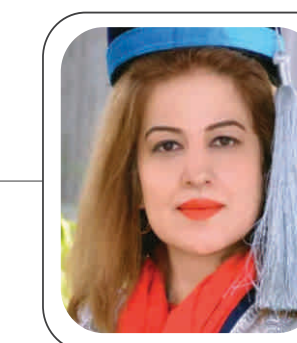
Professor Dr. Aamir Shaukat
Patron-in-Chief, LDF /
Pro Vice-Chancellor,
Faisalabad Medical University



Dr. Ahmad Shahzad
President,
LDF



Dr. Ijaz Anwar
General Secretary,
LDF



Professor Dr. Hooria Aamir
Head of Women Wing



Dr. Mohammad Tariq
Finance Secretary



Dr. Masood Ahmad
Executive Member



Dr. Yousaf Ikram
Executive Member



Dr. Sohail Anjum
Executive Member



Asad Majeed
Executive Member and
Legal Advisor



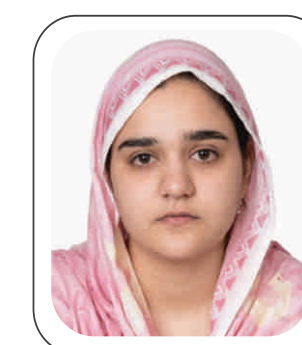
Mazhar Bashir
Executive Member



Dr. Imran Ullah Ch.
Executive Member



Dr. Shahid Iqbal Gill
Executive Member



Dr. Mutayyaba Majeed
Executive Member



Dr. Maheen Shahzad
Women Wing



Dr. Muizza Shahzad
Women Wing

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Message from General Secretary

Guided by this vision, we continue to work towards initiatives that will particularly benefit underserved and neglected communities, ensuring that quality healthcare services are brought closer to those who need them most. Through strategic collaborations, innovative healthcare models and sustained community engagement, we remain committed to building a

healthier future where compassionate diabetes care is within everyone's reach.

We envision Lyallpur Diabetes Foundation as more than a healthcare initiative—it is a long-term commitment to creating sustainable and patient-centered solutions that can contribute meaningfully towards the future of diabetes care in Pakistan. As we continue this journey, our greatest purpose remains unchanged: to serve individuals and communities with compassion, dignity and excellence.

Future Vision & Ongoing Projects



LDF envisioned Hub-and-Spoke Model for Diabetes Care

Accessible • Affordable • Patient Centered

The growing burden of diabetes, obesity and other non-communicable diseases calls for healthcare solutions that are preventive, accessible, affordable and patient-centered. Recognizing the need for a more integrated approach to diabetes care, Lyallpur Diabetes Foundation continues to pursue initiatives that extend beyond treatment to encompass education, prevention, welfare, rehabilitation and specialized healthcare services.

Guided by its Vision 2035, the Foundation is working towards establishing a comprehensive Hub-and-Spoke model of diabetes care. The proposed model envisages five filter clinics offering primary and secondary healthcare services at nominal costs, supported by a specialized 300-bed tertiary care hospital dedicated to the management of diabetes and its related complications. Complemented by patient counselling, rehabilitation services, professional education programs and strategic collaborations, these initiatives reflect the Foundation's long-term commitment to improving the quality and accessibility of diabetes care in Pakistan.

Ongoing & Future Initiatives

1. Hub-and-Spoke Model for Integrated Diabetes Care

The proposed Hub-and-Spoke model seeks to provide accessible and affordable diabetes care through five filter clinics offering primary and secondary healthcare services. Patients will receive diagnosis, treatment, counselling and lifestyle management support, with services designed to facilitate continuity of care through an integrated and patient-centered approach.

2. Proposed 300-Bed Specialized Tertiary Care Hospital

The Foundation envisions establishing a 300-bed tertiary care hospital dedicated to diabetes and its related complications. Designed as a one-roof healthcare solution, the proposed facility aims to provide specialized services

relating to ophthalmology, nephrology, pregnancy-related diabetes care, dialysis, angiography, angioplasty and other diabetes-related interventions. Lyallpur Diabetes Foundation is already registered with the Charity Council and has submitted an application for the provision of land for the proposed hospital project.

3. Specialized Rehabilitation and Patient Support Services

As part of its patient-centered approach, the Foundation also plans to establish rehabilitation and counselling services to support patients in effectively managing diabetes while maintaining their daily routines. Through peer support and patient engagement initiatives, individuals will be encouraged to become advocates and volunteers, contributing towards the welfare of others and promoting healthier communities.

4. Expansion of Professional Education and Healthcare Initiatives

Building upon its educational initiatives, Lyallpur Diabetes Foundation aims to further expand specialized training opportunities for healthcare professionals, including doctors, nurses and allied healthcare workers. Future initiatives will continue to focus on strengthening professional capacity in diabetes prevention, management and patient care.

5. Expanding National Outreach and Strategic Collaborations

The Foundation remains committed to expanding its outreach through strategic partnerships and collaborative initiatives across Pakistan. Future programs, including planned engagements in Gilgit-Baltistan and collaborations with national and international stakeholders, will further contribute towards realizing the Foundation's long-term vision of improving diabetes care and promoting healthier communities.

Public Awareness Session on Obesity and Healthy Living

LDF, in collaboration with Primary Care Diabetes Association of Pakistan (PCDA), Pharmevo Pharma and Novo Nordisk Pakistan, organized a public awareness session on obesity and healthy living on 12 April 2026 at Chenab Club, Faisalabad, attended by more than 100 participants to promote awareness about obesity prevention and healthy lifestyles.

The session featured Prof. Dr. Hooria Aamir, Dr. Usman Musharaf, Dr. Ahmad Shahzad and Prof. Dr. Aamir Shaukat as speakers.

Memorandum of Understanding between LDF and SAMI Pharma

LDF and SAMI Pharmaceuticals signed a Memorandum of Understanding on 23 April 2026 in Liverpool, United Kingdom, to establish a Diabetes Spoke Clinic in Faisalabad under the Hub-and-Spoke Model and expand access to quality diabetes care.

The MoU signing ceremony was attended by Dr. Ahmad Shahzad, Prof. Dr. Aamir Shaukat, Prof. Michael Edmonds, Prof. Samuel Seidu, Dr. Nizam Darwesh and Dr. Bilal.

Obesity Awareness Session and Health Screening Camp at GCWU



LDF organized an obesity awareness session and free health screening camp on 7 May 2026 at Government

College Women University (GCWU), Faisalabad, with the support of PCDA, PSIM and Getz Pharma, reaching more than 236 participants.

The scientific session featured Dr. Ahmad Shahzad, Dr. Muhammad Irfan and Prof. Dr. Samina Haq.

Public Awareness Session and Screening Camp at Riphah Int'l University

LDF and Ujala Foundation co-organized a public awareness session and screening camp on 21 May 2026 at Riphah International University, Faisalabad to raise awareness about obesity, healthy living and diabetes prevention among students.

Dr. Ahmad Shahzad delivered a lecture titled 'Live Lighter', while Dr. Owais Fazal spoke on obesity, its management and associated complications.

Free Health Screening Camp for Industrial Workers



LDF organized a free health screening camp on 12 June 2026 for employees of Fashion & Style Fabric Mill, Faisalabad, providing preventive health assessments and lifestyle counseling to more than 250 workers.

Speaking on the occasion, Dr. Ahmad Shahzad emphasized the importance of regular health screening and early intervention in preventing diabetes and other chronic diseases.

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Message from Patron-in-Chief

conditions and improving health outcomes for communities across the country.

It is encouraging to see Lyallpur Diabetes Foundation and Faisalabad Medical University working together towards this shared objective. Our collaboration reflects a collective commitment to advancing diabetes education, awareness and welfare through meaningful and sustainable initiatives. The launch of Pakistan's first Level-II Postgraduate Diploma in Diabetology represents an important milestone in strengthening

specialized diabetes education and developing future leaders in diabetes care.

Looking ahead, our vision extends beyond a single academic program. Through continued collaboration, we aspire to create meaningful learning opportunities for doctors, nurses, paramedics and allied healthcare professionals, enabling them to provide more effective, compassionate and evidence-based diabetes care. By investing in professional education today, we are investing in healthier communities tomorrow. Together, we remain committed to advancing knowledge, improving patient care and contributing towards a healthier future for Pakistan.

Islamic Teachings on Healthy Living

Islam places great emphasis on moderation, balance and caring for one's health. Many of the lifestyle choices encouraged in Islamic teachings resonate with contemporary understanding of preventive healthcare. Healthy eating habits, physical activity, moderation and self-discipline are not merely matters of physical well-being, but are also reflective of a holistic way of life.

The Holy Qur'an reminds us:

"Eat and drink, but do not be excessive. Indeed, He likes not those who commit excess." (Surah Al-A'raf 7:31)

This timeless principle of moderation is particularly relevant in today's world, where unhealthy lifestyles have become major contributors to non-communicable diseases such as diabetes, obesity and hypertension. Mindful eating, maintaining a healthy body weight and adopting balanced dietary habits are among the most effective steps towards disease prevention.

The Holy Prophet Muhammad (ﷺ) also taught moderation in eating:

"No human ever filled a vessel worse than his stomach. It is sufficient for the son of Adam to eat a few mouthfuls to keep his spine straight. But if he must (fill it), then one-third for his food, one-third for his drink and one-third for his breath." (Jami' at-Tirmidhi)

Similarly, an active lifestyle was an integral part of the Prophetic tradition. Walking, travelling and physical exertion formed a natural part of daily life, reminding us



that movement and physical activity are essential components of good health.

As we strive to prevent and better manage diabetes and obesity, Islamic teachings offer valuable guidance that complements modern medical advice—moderation in eating, regular physical activity, self-discipline and caring for the body as a trust entrusted to us by Allah Almighty. Small and consistent lifestyle changes can often become the first step towards a healthier future.

Q. What is the Foundation's Vision 2035 and its plans for improving diabetes care in Pakistan?

Dr. Ahmad: Our Vision 2035 aims to develop an integrated and accessible model of diabetes care. Under the proposed Hub-and-Spoke Model, five filter clinics are envisioned in Faisalabad to provide affordable primary and secondary care while supporting early diagnosis, treatment and lifestyle management. At the center of this vision is a proposed 300-bed tertiary care diabetes hospital, complemented by rehabilitation and counselling services. Together, these initiatives seek to improve access to comprehensive, patient-centered diabetes care.

Q. What message would you like to share with healthcare professionals, supporters and the wider community?

Dr. Ahmad: Diabetes prevention and management are collective responsibilities. Meaningful progress requires collaboration among healthcare professionals, academic institutions, communities and supporters who share a commitment to healthier lives. I encourage everyone to become part of this shared effort—through knowledge, service, advocacy or support—because every contribution can make a meaningful difference.

“Education, Welfare and Awareness continue to guide all of the Foundation's initiatives and future plans.”

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In Conversation with President LDF

Dr. Ahmad: These three pillars reflect what we believe is required for meaningful and sustainable change. Education helps build professional capacity among healthcare providers, awareness empowers people to make informed health choices, while welfare supports deserving patients who may otherwise struggle to access care. Together, these pillars continue to guide all of the Foundation's initiatives and future plans.

Q. The Foundation has made significant contributions towards professional education in diabetes care. Please tell us about its initiatives?

Dr. Ahmad: Recognizing the need for specialized diabetes education, LDF collaborated with Faisalabad Medical University to initiate a Postgraduate Diploma in Diabetology. The academic framework, curriculum and assessment papers for the program were developed and approved within one year, making Faisalabad Medical University the first university to offer such a Level-II postgraduate diploma program in this field. Building on this initiative, the Foundation also plans to introduce educational and training programs for nurses, Lady Health Visitors, dispensers and other allied health professionals. We continue to engage with healthcare professionals and academic institutions to further strengthen diabetes education and professional capacity-building initiatives.

Featured Article | Understanding Diabetes

The terms diabetes and obesity are often discussed separately, yet they are closely linked health challenges that increasingly affect individuals and communities worldwide. The term Diabetes is commonly used to describe this connection, highlighting the relationship between obesity and the increased risk of developing Type 2 diabetes and other non-communicable diseases.

While genetics and other health factors may contribute to these conditions, lifestyle choices continue to play an important role in both their prevention and management. Sedentary lifestyles, unhealthy dietary habits and inadequate physical activity have contributed to the growing prevalence of diabetes and obesity across all age groups.



The encouraging news is that meaningful change often begins with simple and sustainable choices.

Maintaining a balanced diet, engaging in regular physical activity, getting adequate rest and seeking timely medical advice can significantly contribute towards improving overall health and reducing associated risks. Prevention does not necessarily require drastic changes; rather, it is often the result of small but consistent healthy habits practiced over time.

Lifestyle modification remains an important component of both prevention and disease management. Developing healthier eating habits, maintaining an active lifestyle and making informed health choices can positively influence long-term wellbeing. Early awareness and timely intervention are equally important in helping individuals better understand and manage potential health risks.

“Diabetes—the dangerous combination of obesity and diabetes—is one of the most pressing public health challenges of our time.”

Young people, in particular, have an important role to play in building healthier communities. Encouraging healthy lifestyles from an early age can contribute significantly towards preventing many non-communicable diseases later in life. Families, educational institutions and communities all share a responsibility in promoting healthier choices and creating supportive environments for positive behavioral change.

At Lyallpur Diabetes Foundation, awareness, prevention and healthy living remain central to the Foundation's vision. Through educational initiatives, community engagement and professional collaborations, the Foundation continues to promote informed health choices and preventive healthcare practices.

Understanding diabetes is perhaps the first step towards addressing it. Small changes today can become meaningful investments in healthier lives tomorrow.

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The Inaugural Issue of...

Lyallpur Diabetes Foundation was established with a commitment to contribute towards this collective responsibility. Guided by its three core pillars of Education, Welfare and Awareness, the Foundation continues to undertake initiatives aimed at improving professional education, promoting preventive healthcare and supporting deserving patients. At the same time, it remains committed to its long-term vision of developing integrated and accessible diabetes care services for communities across Pakistan.

As the Foundation's first institutional publication, Diabetes Frontline has been envisioned as more than a newsletter. It is intended to serve as a platform for sharing organizational developments, highlighting meaningful initiatives, promoting healthy living and encouraging informed conversations around diabetes and obesity. Each issue will also provide an opportunity to hear from members of the Foundation's leadership, learn about ongoing projects and explore topics related to diabetes prevention and management.

This inaugural issue covers the period from 1 January to 30 June 2026. It reflects some of the Foundation's recent activities and highlights its continuing efforts towards education, awareness and patient welfare. It

also offers a glimpse of the vision that guides its future initiatives.

We are grateful to all those who continue to support the Foundation's work—our healthcare professionals, partners, volunteers, supporters and well-wishers. Meaningful progress is possible only through collective effort, and every contribution, whether through knowledge, service or support, helps advance the cause of healthier communities.

We hope that *Diabetes Frontline* will become a valuable medium for sharing information, fostering dialogue and strengthening the Foundation's engagement with its stakeholders in the years to come.

The Editor
Diabetes Frontline
Lyallpur Diabetes Foundation

“Diabetes Frontline is a platform for sharing knowledge, promoting healthy living and encouraging informed conversations around diabetes and obesity.”