Obesity, Metabolism & Diabetes
The Triple Epidemic

DIABETES PAKISTAN 2026

4TH INTERNATIONAL DIABETES PAKISTAN CONFERENCE

30–31 OCTOBER 2026
FRIDAY • SATURDAY

SERENA HOTEL
FAISALABAD, PAKISTAN

IN COLLABORATION WITH

GLOBAL FACULTY

United Kingdom • United Arab Emirates • Saudi Arabia • Sri Lanka

WHY ATTEND

- Global faculty from UK, UAE, Saudi Arabia & Sri Lanka
- Hands-on pre-conference workshops
- National leaders in Diabetes, Endocrinology & Cardiology
- Scientific sessions & panel discussions on current trends
- Poster presentations, networking & professional collaboration

KEY SCIENTIFIC THEMES

Primary Care Diabetes • Obesity Management • Diabetic Foot • Technology in Diabetes & Cardiovascular Prevention

PROGRAMME AT A GLANCE

DAY	DATE	HIGHLIGHTS
DAY 01	Friday 30 October 2026	• Workshops • Global Diabetes & Complications • International Lectures • The Cross-Border Health Leadership Dinner
DAY 02	Saturday 31 October 2026	• Global Innovations • Therapeutics & Technology • Grand Panel Debate

Learn Diabetes to Treat Diabetes
LDF
Lyallpur Diabetes Foundation

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4TH INTERNATIONAL DIABETES PAKISTAN CONFERENCE

SCIENTIFIC ROAD MAP DAY 01

FRIDAY, 30 OCTOBER 2026

SESSION 1: Moderator: Dr. Tanveer Hussain

Chaired By:
Prof. Dr. Zahid Yasin Hashmi, Prof. Dr. Muhammad Sarfraz, Dr. Idrees Shani,
Dr. Maj Gen (R) Tassawar Hussain, Prof. Dr. Maqsood Ahmed, Dr. Rai Arif

9:00AM	Frontiers in Global Diabetes & Complications
09:05 AM – 09:20 AM	Speaker: Dr. Ahmad Shahzad (Founder | President LDF) Welcome Address
09:25 AM – 09:40 AM	Speaker: Dr. Yousaf Ikram C-Peptide
09:45 AM – 10:00 AM	Speaker: Prof. Dr. Naresh Khurana Silent ischemic ECG changes in DM
10:05 AM – 10:20 AM	Speaker: Prof. Dr. Shahid Javed Akhtar Skin Clues to Diabetes
10:25 AM – 10:40 AM	Speaker: Dr. Dhulashiha Jegavanthan
10:40 AM – 10:50 AM	Question & Answer

SESSION 2: Moderator: Dr. Qaiser Mehmood (PCDA Gujranwala)

Chaired By:
Prof. Dr. Akmal sharif, Prof. Dr. Hooria Aamir, Dr. M. Irfan,
Dr. Muhammad Arif, Dr. Usman Musharraf, Dr. Muhammad Ikraam

10:50 AM	MASTERCLASS: Medical Nutrition Therapy (MNT) in Complex Diabetes
10:50 AM – 11:05 AM	Speaker: Dr. Saima Rasheed Precision Nutrition & Metabolic Health beyond General calories counting, Shift from size fits all
11:10 AM – 11:20 AM	Speaker: Dt. Mehwish Sheraz (PIMS Islamabad) Case Study
11:25 AM – 11:40 AM	Speaker: Dt. Rabbiya Tirmizi (Karachi) Conclusion
11:40 AM – 11:50 AM	Question & Answer

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Session 3: **Moderator:** Dr. Maheen Shahzad

Chaired By:
Prof. Dr. Syed Asghar Naqi, Prof. Dr. Javed Iqbal, Prof. Dr. Naveed Ur Rehman,
Prof. Dr. Samuel Seidu, Prof. Dr. Javaid Iqbal, Dr. Abdul Sattar Qureshi

11:50 AM	**MASTERCLASS: Advanced Diabetic Foot Care & Offloading** **Facilitated by: Baqai Institute of Diabetology and Endocrinology (BIDE)**
11:55 AM – 12:15 PM	Speaker: Prof. Dr. Zahid Miyan Multidisciplinary Approaches in Diabetic Foot from Clinic to community
12:20 AM – 12:40 PM	Speaker: Dr. Saif ul Haque Diabetic Foot Infection: Early detections Prevents Amputation
12:45 PM – 01:00 PM	Speaker: Prof. Dr. Qazi Masroor Mind-Foot Connection: The Missing Link in Diabetic Foot Care
01:00 PM – 01:05 PM	Question & Answer
	JUMA PRAYER & LUNCH

Session 4: **Moderator:** Dr. Muhammad Irfan Rasheed

Chaired By:
Prof. Dr. Amir Hussain, Prof. Dr. Hamid Saeed, Prof. Dr. Shahid Abbas
Asso. Prof. Dr. Bilal Javed, Asso. Prof. Dr. Muhammad Shahbaz, Dr. Altaf Ur Rehman

02:30 PM	**Frontiers in Global Diabetes & Complications**
02:35 PM – 02:50 PM	Speaker: Prof. Dr. Lubna Miraj Ch. From Struggle to Success: How Semaglutide Changes Lives: The Game Changer-Changer in a syringe
02:55 PM – 03:10 PM	Speaker: Dr. Moeed (United Arab Emirates) Navigating Hyperglycemic Crises: Modern Protocols for DKA & HHS Management
03:15 PM – 03:30 PM	Speaker: Prof. Dr. Aftab Mohsin The Gut Microbiome: The Missing link between Obesity and Diabetes? From Microbial Ecology to psych biotics and precision Therapeutics
03:30 PM – 03:40 PM	Question & Answer

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Session 5: Moderator: Dr. Muhammad Taimoor

Chaired by:
Prof. Dr. M. Saleem, Prof. Dr Mughees Athar, Dr. Altaf Cheema
Dr. Ghulam Abbas Malik (UK), Dr. Ijaz Anwar, Dr. M. Sohail Anjum

03:45 PM	Frontiers in Global Diabetes & Complications
03:45 PM – 04:00 PM	Speaker: Prof. Dr. Kashif Malik Diabetic Gastro paresis: From Delayed Gastric Emptying to Precision Management.
04:05 PM – 04:20 PM	Speaker: Prof. Dr. Karim Kammeruddin The Oral-Systemic Connection: Periodontal Disease as a driver of Insulin Resistance
04:25 PM – 04:40 PM	Speaker: Dr. Murtaza Shafqat Continuous Glucose Monitoring (CGM): Shifting the Paradigm from HbA1c to Time-in-Range
04:40 PM – 04:50 PM	Question & Answer
04:50 PM – 05:10 PM	Tea Break

Session 6: Moderator: Asso. Prof. Dr. Umbreen Aslam (Mayo Hospital)

Chaired by:
Prof. Dr. Nadia Awais, Prof. Dr. Noreen Bilal, Prof. Dr. Nazia Musrat,
Dr. Samina Haq, Dr. Samina Zafar, Dr. Dhulashiha Jegavanthan

05:10 PM	Frontiers in Global Diabetes & Complications
05:15 PM – 05:30 PM	Speaker: Prof. Dr. Ali Alzahrani — Saudi Arabia Thyroid Dysfunction in Pregnancy
05:35 PM – 05:50 PM	Speaker: Dr. K. M Yahya Gestational Diabetes Mellitus (GDM): Balancing Maternal & Fetal Outcomes
05:55 PM – 06:10 PM	Speaker: Prof. Dr. Munir Azhar The Toxic Blood Signature of Morbid Obesity
06:15 PM – 06:30 PM	Speaker: Dr. Sohail Anjum The Smart Switch: Maximizing Clinical Confidence and Patient outcomes with Next-Generation Quality Insulin
06:30 PM – 06:40 PM	Question Answer & Wrap up Day 1 Scientific Agenda

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LDF LEGACY DINNER

Khayyam Banquet Hall Sargodha Road Faisalabad
Entry with Invitation Card Only

Moderator: Asso. Prof. Dr. M. Owais Fazal

08:00 PM – 08:10 PM	Prof. Dr. Aamir Shaukat Welcome Speech
08:15 PM – 08:30 PM	Dr. Ahmad Shahzad (Founder | President LDF) Legacy of LDF & Diabetes Pakistan
08:30 PM – 08:40 PM	Guest of Honor Prof. Dr. Syed Asghar Naqi (VC FMU)
08:40 PM – 08:55 PM	Honorary Chief Guest Yasin Joyia (Honorary Consul General) Democratic Socialist Republic of Sri Lanka, Punjab Pakistan
08:55 PM – 09:10 PM	Honorary Chief Guest Dr. Imran Hamid Sheikh Commissioner Faisalabad
09:10PM – 09:15 PM	Dr. Ijaz Anwar Vote of Thanks
09:15 PM	LDF LEGACY DINNER

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SCIENTIFIC ROAD MAP DAY 02

Breakfast by Saffron Pharma (Entry with Invitation Card Only)

SATURDAY, 31 OCTOBER 2026

Session 1: **Moderator:** Dr. M. Usman Musharraf

Chaired By:
Prof. Dr. Iftikhar Haider, Prof. Dr. Khalid Amin, Prof. Dr. Badar Bashir
Prof. Dr. M. Hanif Nagra, Dr. Asima Riasat

09:00 AM	Global Innovations, Therapeutics & Technology
09:05 – 09:20 AM	Speaker: Dr. M. ilyas Shakir MASH 2026: New Advances, New Hope
09:25 – 09:40 AM	Speaker: Dr. Somia Iqtidar The Cardio-Renal-Metabolic Nexus: Synchronizing Multidisciplinary Care
09:45 – 10:00 AM	Speaker: Dr. Ahmed Salman — NHS, United Kingdom The Diabetic Foot Biomechanics, Footwear and Ulcer Prevention
10:05 – 10:20 AM	Speaker: Prof. Dr. Badar Al-Mustafa The Triple Whammy: Managing Resistant Hypertension in the Obese, Salt-Sensitive Diabetics
10:25 – 10:35 AM	Question Answer
10:35 – 11:00 AM	Tea Break

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Session 2: **Moderator:** Dr. Muhammad Irfan

Chaired by:
Dr. Syed Abbas Raza, Prof. Dr. Zahid Hashmi, Prof. Dr. Badar Al-Mustafa,
Prof. Dr. Sumera Badar Ehsan, Prof. Dr. Col. Shakeel Ahmed Mirza, Dr. Riasat Ali khan

11:00 AM	Global Innovations, Therapeutics & Technology
11:05 – 11:20 AM	Speaker: Prof. Dr. Shahid Mahmood Twincretins Role in addressing metabolic wellness
11:25 – 11:40 AM	Speaker: Prof. Dr. Samuel Saidu — Leicester, United Kingdom Cardiometabolic Risk Reduction in Type 2 Diabetes: A New Therapeutic Paradigm
11:45 – 12:00 PM	Speaker: Prof. Dr. Micheal Edmonds — London, United Kingdom How to Reduce major amputations in Diabetes
12:05 – 12:20 PM	Speaker: Prof. Dr. Abdul Basit — Indus Hospital, Karachi Current status of diabetes care in Pakistan
12:20 – 12:30 PM	Question & Answer

Session 3: **Moderator:** Asst. Prof. Dr. Warda Hameed (Mayo Hospital)

Chaired By:
Prof. Dr Aziz Ur Rehman, Prof. Dr. Naresh Khurana, Dr. Tariq Mian,
Prof. Dr. M Saleem, Dr. Ghulam Abbas Malik (UK), Dr. Farid Uddin

12:30 PM	Global Innovations, Therapeutics & Technology
12:35 PM – 12:50 PM	Speaker: Dr. Muhammad Naeem Taj (TI) Beyond Weight Loss: The Power of Metabolic Surgery in Diabesity
12:55 PM – 01:10 PM	Speaker: Dr. Syed Abbas Raza Setting up Diabetes Care: Lessons from Cardio Trial and Challenge
01:15 PM – 01:30 PM	Speaker: Prof. Dr. Muhammad Umar Diabetes, Vit D & Beyond
01:30 PM – 01:40 PM	Question & Answer

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Session 4: **Moderator:** Asst. Prof. Dr. Warda Hameed (Mayo Hospital)

Chaired By:
Prof. Dr. Syed Asghar Naqi (VC FMU), Prof. Dr. Aamir Shaukat,
Prof. Dr. Abdul Basit, Prof. Dr. Aftab Mohsin, Maj. Gen. (R) Prof. Dr. Imran Fazal,
Dr. Ahmad Shahzad

01:40 PM	Global Innovations, Therapeutics & Technology
01:45 PM – 02:00 PM	Speaker: Asso. Prof. Dr. Ernesto Maddaloni and Francesca (Italy) Introduction to the courses of SSIC
02:05 PM – 02:20 PM	Speaker: Prof. Dr. Tariq Waseem Visceral Adiposity & the Normal BMI Diabetic Phenotypes Pathophysiology and Practice
02:25 PM – 02:40 PM	Speaker: Dr. Nadeem Naeem
02:45 PM – 03:00 PM	Speaker: Prof. Dr. Aziz Ur Rehman The Holistic Approach to Obesity

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ORGANIZING COMMITTEE

SCIENTIFIC CHAIR:
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Prof. Dr. M. Hanif Nagra
Prof. Dr. M. Tufail
Prof. Dr. Mughees Athar
Dr. Owais Fazal
Dr. M. Sohail Anjum
Dr. Muhammad Arif
Dr. Usman Musharraf
Dr. Muhammad Irfan

WOMEN WING:
Prof. Dr. Hooria Aamir
Dr. Maheen Shahzad
Dr. Muizza Shahzad
Dr. Naila Shahid
Dr. Mutayyaba Majeed

REGISTRATION CHAIR:
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Dr. Tanveer Hussain
Dr. Umair Ahmad
Dr. Shahid Iqbal Gill
Dr. Imran Ullah Ch.
Dr. Rai Arif

EXHIBITION CHAIR:
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Dr. Irfan Akhtar
Dr. Maqsood Ahmad
Dr. Ijaz Anwar
Dr. Muhammad Tariq
Dr. Muhammad Masood

CONFERENCE ORGANIZING STARS:
Salman Arain
Syed Arslan Shahid
Muhammad Faizan Haider
Abdul Rehman
Unzila Maryam

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Hub, Spoke and Guardian Clinic Model (Vision 2035)

Lyallpur Diabetes Foundation (LDF) *is a non-profit healthcare organization established in 2024 in Faisalabad, Pakistan. The Foundation is committed to awareness, welfare, education, diabetes prevention, and providing affordable healthcare services to underprivileged patients.*

LDF is working towards its long-term healthcare vision through the ***Hub, Spoke and Guardian Clinic Model (Vision 2035)****, designed to establish a comprehensive tertiary care center as the central hub, supported by a network of dedicated diabetes clinics and community-based healthcare facilities as spokes.*

The Foundation has already initiated dedicated diabetes clinics. *In addition,* ***Guardian Clinics*** *are operating within the existing private practices of consultant physicians in collaboration with LDF, providing accessible and affordable diabetes care to patients without requiring separate infrastructure. These clinics represent the initial steps towards implementing the* ***Hub, Spoke and Guardian Clinic Model (Vision 2035)****.*

To further expand these services, establish the central hub, and strengthen specialized diabetes care. After commissioner approval proposal land application is in Board of Revenue for final Approval for tertiary care centre.