

*CONFERENCE PROCEEDING***WORLD DIABETES DAY 2023**

In figure members from L to R are Dr. Khair Un Nisa, Dr. Zaman Shaikh, Dr. Abdul Basit, Dr. Moinuddin Haider, Dr. Mian Mukhtar Ahmed, Dr. Shabeen Naz, Dr. Asher Fawwad.

On November 19, 2023, the Diabetes Association of Pakistan (DAP) orchestrated a significant event in Karachi, marking World Diabetes Day (WDD) 2023. Held at a local hotel, the event commenced with an inaugural address by Abdul Basit and Mian Mukhtar Ahmed.

The scientific program overseen by the Chairperson Prof. Dr. Shabeen Naz Masood for WDD-DAP. She said she is delighted to welcome in the Diabetes Association of Pakistan (DAP) Scientific Session, a platform dedicated to advancing our understanding of diabetes prevention and advocacy. This session is a testament to our collective commitment to scientific excellence and innovation. Throughout the event, esteemed

professionals will share cutting-edge research, fostering insightful discussions that contribute to the holistic management of diabetes. She said, she encourages active participation, as engagement of participants will be instrumental in shaping the dialogue and driving meaningful advancements in our ongoing fight against diabetes. She ended the session with vote of thanks.

Prof. M. Zaman Shaikh further elaborated that they are thrilled to introduce a groundbreaking initiative - the implementation of our Hospital Management System (HMS), marking a transition to a paperless healthcare environment. This comprehensive software development encompasses various

specialized clinics and services, including a Pedograph Scanner for precise foot assessments in our Foot Clinic, advanced Laboratory management, streamlined processes for Eye Clinic services, a dedicated module for Cataract Surgery management, and a specialized clinic for Gestational Diabetes Mellitus (GDM). Our commitment is to provide holistic healthcare, leveraging technology to enhance patient care, optimize operations, and embrace a digital future in healthcare. Welcome to a new era of healthcare management with our innovative Hospital Management System.

In the context of Ramadan, diabetes education programs must cover essential topics said by Muhammad Yakoob Ahmedani. This includes understanding and quantifying risks, practicing self-monitoring of blood glucose (SMBG), adhering to specific dietary guidelines, incorporating appropriate exercise routines, adjusting medications as needed, conducting dose testing, recognizing symptoms of complications, and providing clear instructions on when to break the fast safely. The benefits of such education programs are well-established. Studies indicate positive outcomes, including enhanced glycemic control, effective weight management, and a notable reduction in the risk of hypoglycemia. These advantages extend to individuals with a higher risk profile. This summarization emphasizes the critical role of structured education in optimizing diabetes management during the fasting period of Ramadan.

Dr. Munira Abbasi who presented "Lifestyle Modification (LSM)" said that as lifestyles have evolved over time, they have become closely intertwined with changes in disease patterns. To address current and future health challenges, both medical professionals and the general public must prioritize lifestyle considerations. The role of physicians is shifting from primarily diagnosing and treating diseases to actively solving health issues by focusing on lifestyle interventions. This transformation underscores the growing importance of lifestyle medicine as a crucial field in shaping the future of healthcare. Understanding and influencing lifestyle choices are essential for

promoting long-term health and preventing diseases.

Dr. Somia Lqtadari discussed "Navigating the Journey of Hyperglycemia in Pregnancy with Technology." Early detection and intervention play a crucial role in preventing complications, improving treatment outcomes, and positively impacting both individual and public health. A balanced diet supports both maternal and fetal health. Safe physical activity enhances well-being during pregnancy. Regular monitoring of blood glucose levels is crucial, with options ranging from traditional methods to modern tools.

Prof. Zainab Samad presented non-communicable diseases (NCD) burden and role of multiple stakeholders. In this enlightening scientific session, Prof. Samad addresses the pressing issue of NCDs burden and the pivotal role played by multiple stakeholders in managing and mitigating these challenges. Prof. Samad emphasizes the significance of strengthened primary care, asserting its role in effective risk factor management. Furthermore, she discusses the positive impact of redesigning urban spaces, contributing to a healthier living environment for communities. The session advocates for strategic utilization of data, investment in research leadership, evidence generation, and collaborative implementation as essential pillars for advancing cardiovascular health on a population level.

Prof. Asher Fawwad takes the stage to express a heartfelt vote of thanks, honoring the enduring legacy of the late Prof. Samad Shera in the [relevant field]. The session pays homage to Prof. Shera's invaluable contributions, recognizing his profound impact on the scientific community. Gratitude is extended to the core committees for their dedication and tireless efforts in organizing and steering the event. The scientific committee is acknowledged for shaping the content and maintaining the high quality of the event. Recognition is given to the organizing committee for their meticulous planning and execution, which were instrumental in the event's success. Prof. Fawwad also expresses thanks to all team members who played crucial roles in various capacities, contributing to the

overall success of the event.

He further elaborated that over 300 individuals actively engage in this comprehensive program, creating a diverse community that includes not only patients but also their valued family members. The program is meticulously designed to center around the intricate landscape of diabetes management. It goes beyond the diagnosis of Diabetes Mellitus (DM) to delve into nuanced aspects such as varying levels of hypoglycemia, hyperglycemia, neuropathy, nephropathy, retinopathy, cardiovascular disease (CVD), eye problems, and the complex realm of diabetic foot complications. Renowned panels of experts are at the forefront, providing invaluable guidance and expertise to empower participants in understanding, managing, and thriving in the face of these multifaceted challenges. This collaborative effort underscores a shared commitment to enhancing knowledge, fostering support, and creating a community dedicated to holistic diabetes care.

Chief Guest, Moinuddin Haider, a distinguished retired general and former Interior Minister of Pakistan, had a notable military career with significant contributions to various commands and staff roles. Post-retirement, he served as the Governor of Sindh and later as the Federal Interior Minister, where he played a pivotal role in counterterrorism efforts, notably in the Daniel Pearl case. Despite being a diabetic patient, he has demonstrated

resilience and commitment, leading a life that reflects normalcy and dedication to his duties. His disciplined lifestyle, including managing his health effectively, showcases that individuals with diabetes can lead fulfilling lives while excelling in their professional responsibilities. This positive example highlights the importance of proactive management and a balanced approach to health, even in the face of challenging roles and responsibilities”.

Dear attendees, distinguished guests, and fellow Health care professionals, I am delighted to welcome you to this significant session in commemoration of World Diabetes Day as the President of DAP. As we gather today, our shared commitment to raising awareness, promoting prevention, and supporting those affected by diabetes becomes a powerful force for change. This session serves as a platform for collaboration, knowledge exchange, and collective action. Together, let us harness our collective energy to inspire positive change, foster healthier lifestyles, and advance the cause of diabetes prevention. I am grateful for your presence and dedication to making a meaningful impact on the global fight against diabetes. Thank you for being a part of this vital initiative.

In last sincere gratitude was given to the pharmaceutical companies whose unwavering commitment and tireless efforts have played a pivotal role in advancing healthcare and improving lives.

