



*Pakistan Endocrine Society*

# Newsletter

[www.pakendosociety.org](http://www.pakendosociety.org)

January to March 2026



**Newsletter Theme**

**OBESITY**

# From the President's Desk



Dr. Ali Asghar

Dear Members and Colleagues,

It gives me great pleasure to present this edition of the Pakistan Endocrine Society Newsletter, dedicated to the important theme of Obesity. As obesity and its related disorders continue to rise at an alarming rate, it is essential that we respond with greater awareness, stronger education, meaningful collaboration, and continued capacity building. This growing challenge affects not only metabolic health, but also the broader burden of diabetes, cardiovascular disease, and endocrine disorders in our community.

At the same time, we look back with pride on our recent Diabetes and Ramadan initiatives. Over the past months, PES organized CME sessions across all provinces of Pakistan, providing practical guidance and important updates on Diabetes and Ramadan management. Our outreach extended beyond professional forums to the wider public through radio programs; as well as video awareness campaigns and the expert talk-shows on our social media, helping deliver timely information before Ramadan as well as during fasting. These efforts reflect the dedication of our members and the strength of our shared commitment to patient care.

I am also pleased that PES is steadily expanding its regional and international engagement. In February 2026, the Pakistan Endocrine Society held a joint session with the Emirates Diabetes and Endocrine Society (EDES) at the Emirates Diabetes and Endocrine Congress 2026 in Dubai, UAE. In March 2026, PES also participated, for the first time, in the Executive Council Meeting of the Federation of Endocrine Societies of Asia Oceania (FESAO) during the 19th Asia Oceania Congress of Endocrinology (AOCE 2026) in Taiwan (ROC). These important milestones reflect our growing academic presence and our commitment to strengthening Pakistan's representation on regional and international platforms.

Pakistan Endocrine Society also conducted live social media programs on obesity, launched a weekly FM 100 radio program every Thursday at 2 pm, and begun releasing short educational videos on healthy eating, physical activity, and weight-related health risks. We have also started an Endocrine Monthly Round-up, highlighting important research in endocrinology, diabetes, and metabolism from the preceding month. Together, these initiatives reflect our commitment to both academic excellence and public engagement.

As we look to the future, our broader vision remains clear. We seek to further enhance regional and international collaboration for the advancement of endocrine and diabetes care in Pakistan; to deepen our local outreach by improving professional practice and increasing public awareness of endocrine disorders; and to continue the capacity building of our endocrinologists, ensuring a strong and promising future for endocrinology in our country.

I would like to express my sincere appreciation to all our esteemed members, as well as to our Board of Management, Vice Presidents, and corporate partners, whose support and hard work made these initiatives possible. Their contributions continue to strengthen the academic and public service mission of the Society.

This newsletter brings together expert articles, research highlights, and updates on the Society's work, all centered on the theme of obesity. I encourage all members to remain actively involved with PES and to continue contributing to our shared mission. Together, we can strengthen endocrine care, expand awareness, and improve the lives of those affected by obesity, diabetes, and other endocrine disorders.

I also look forward to meeting many of you at the 12th PES Mid-Summer Endocrine Updates Conference at the Pearl Continental Hotel, Bhurban, from 3–5 July 2026.

# From the Editor's Desk

Dr. Saima Askari



## ***World Obesity Day 2026 | From Awareness to Action: Strengthening Obesity Prevention, Care, and Advocacy in Pakistan***

Dear Colleagues,

As we observe World Obesity Day on 4th March, we are reminded that obesity has emerged as one of the most significant public health challenges of our time. Once viewed primarily as a lifestyle issue, obesity is now recognized as a chronic, relapsing, multifactorial disease with far-reaching health, social, and economic consequences.

The burden of obesity in Pakistan continues to rise across all age groups. Rapid urbanization, changing dietary patterns, reduced physical activity, and increased screen time have contributed to a growing epidemic of overweight and obesity. Of particular concern is the rising prevalence among children and adolescents, placing future generations at increased risk of diabetes, cardiovascular disease, metabolic dysfunction-associated steatotic liver disease, reproductive disorders, certain cancers, and premature mortality.

As healthcare professionals, we witness the impact of obesity daily in our clinical practice. General practitioners, endocrinologists, physicians, pediatricians, surgeons, dietitians, diabetes educators, nurses, psychologists, physiotherapists, and other allied health professionals all play a vital role in prevention, early identification, and comprehensive management. Addressing obesity requires a multidisciplinary and patient-centered approach that recognizes the complex biological, environmental, behavioral, and social factors contributing to weight gain and its complications.

Equally important is our responsibility to address weight stigma and bias within healthcare settings. Individuals living with obesity often face barriers to care and misconceptions that can adversely affect health outcomes. Compassionate, respectful, and evidence-based care should remain at the heart of our professional practice.

The Pakistan Endocrine Society remains committed to advancing awareness, education, research, and advocacy in obesity care. To commemorate World Obesity Day, the Society has organized a range of educational and awareness activities, including webinars, scientific discussions, community outreach initiatives, media engagement, and collaborative programs aimed at promoting a better understanding of obesity as a chronic disease and encouraging timely intervention.

While advances in obesity science have expanded treatment options—including lifestyle interventions, pharmacotherapy, and metabolic-bariatric surgery—the greatest impact will come through prevention and system-level change. Promoting healthier environments, improving health literacy, encouraging physical activity, and advocating for supportive public policies must remain national priorities.

Obesity is one of the defining health challenges of our era, but it is also one of our greatest opportunities for prevention and intervention. Together, through clinical excellence, patient advocacy, education, and collaboration, we can help build a healthier Pakistan where obesity is recognized, prevented, and managed with the urgency and compassion it deserves.

# Meet the Editorial Board

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**Dr. Saima Askari**  
Editor-in-Chief

Consultant Endocrinologist & Assistant Professor  
Baqai Institute of Diabetes & Endocrinology  
Baqai Medical University, Karachi

## Chapter Editors



**Dr Hafiza Ammarah Sadiq**  
Punjab Chapter

Consultant Endocrinologist  
Gulab Devi Teaching Hospital/  
AAMC Lahore



**Dr Saima Zeb**  
KP Chapter

Consultant Endocrinologist  
DHQ Landikotal, KP



**Dr. Sabiha Banu**  
Sindh Chapter

Assistant Professor Endocrinology  
National Institute of Diabetes  
and Endocrinology,  
DUHS, Ojha campus



**Dr. Rehmat Ullah**  
Baluchistan Chapter

Senior Registrar  
Bolan Medical College,  
Quetta

The Pakistan Endocrine Society (PES) Newsletter Editorial Board is a dedicated team of endocrinology professionals from provincial chapters across Pakistan, working together to promote education, research, clinical practice, and academic exchange.

Through the PES platform, the Board supports key academic and professional activities including educational initiatives, scientific meetings, research promotion, training programs, and guideline development to strengthen excellence in endocrine care nationwide.

# Educate and Support

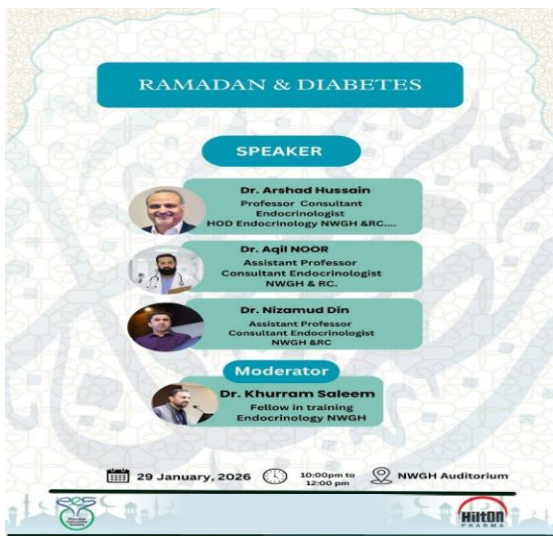
# Diabetes & Ramadan

# Activities (DAR)

## DAR Activities - KP Chapter


The Pakistan Endocrine Society organized a series of CME symposia on Diabetes and Ramadan across various districts of Khyber Pakhtunkhwa before the start of Ramadan. Experts discussed pre-Ramadan assessment, risk stratification, medication adjustments, meal planning, recognition of hypo- and hyperglycemia, and indications for breaking the fast. These interactive sessions promoted evidence-based, individualized care for safe fasting in line with current guidelines.

### Peshawar




Swat


**Diabetes & Ramadan**  
DAR PES Symposium Pre-Ramadan




**Dr. Muhammad Yaqoob**  
Consultant endocrinologist  
Assistant Professor Saidu Group of Teaching Hospital (SGTH)  
*Speaker*




**Dr. Rab Nawaz**  
Endocrinologist  
Assistant professor  
Timergara teaching hospital  
*Speaker*



**Prof. Dr. Aminullah**  
Department of Medicine  
Saidu Group of Teaching Hospital  
*Panelist*



**Prof. Dr. Wasil Khan**  
MD of Medicine  
Saidu Group of Teaching Hospital Swat  
*Panelist*



**Dr. Azmat ali**  
Assistant professor  
Saidu Group of Teaching Hospital  
*Panelist*

07 Wednesday January 2026
 11:00 am to 02:00 pm
Saidu Group Teaching hospitals Mingora

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# Swabi



# Abbottabad



# Mardan

**Diabetes & Ramadan**  
DAR Symposium Pre-Ramadan

**Speakers:**  
 Dr. Sobia Sabir Ali (Prof. of Endocrinology, KMHU Peshawar)  
 Dr. Shahid shehzad (Department of diabetes & Endocrinology, Asst. Prof MMC Mardan)  
 Dr. Asad ullah (Department of Diabetes & Endocrinology, Asst. Prof MMC Mardan)

**Penalists:**  
 Dr. Amjad Ali (Prof. of Medicine, MMC Mardan)  
 Dr. Shahzeb Khan (Asst. Prof. of Medicine, MMC Mardan)  
 Dr. M. Naveed Khan (Prof. of Medicine, Pulmonologist, MMC Mardan)

**Chief Guest:**  
 1. Dr. Muhammad Said (MD)  
 2. Dr Jawad (Dean BKMC)

**Organizer:**  
 1. Dr. Muhammad Abbas  
 2. Dr Fazl Rabbi  
 3. Dr Murad Ali  
 4. Dr. Sohrab  
 5. Dr. Manzoor  
 6. Dr. Hameed Ullah

**Thursday 15<sup>th</sup> January 2026** | **10:00 AM to 01:00 PM** | **Mardan Medical Complex, Mardan**

**Getz Pharma**

Getz Pharma's manufacturing facility is approved for member countries of the Pharmaceutical Inspection Co-operation Scheme (PIC/S) and the European Economic Area (EEA), as the first and only pharmaceutical company in South Asia to achieve the ISO Leadership in Energy and Environmental Design (L1) certification from the U.S. Green Building Council (USGBC).



## Kohat

**Ramadan & Diabetes**

**Wednesday 28<sup>th</sup> January 2026**  
Timing :10:00 AM to 12:00 PM  
PGME Auditorium KIMS/DHQ Kohat

**Speaker**

**Dr Bakht Babar**  
MBBS, Fcps Endocrinology, Fcps Medicine, CHPE, CHR.  
Assistant Professor Endocrinology at KVVU Hospital and Research centre Peshawar

**Speaker**

**Dr Aqil NOOR**  
Assistant Professor  
Consultant Endocrinologist NWWG & RC.

**Local Person**

**Dr Arif Mumtaz**  
Professor of Medicine  
FCPS Internal Medicine  
SCE Endocrinology and Diabetes (UK)  
Associate Dean PGM KIMS DHQ Kohat

**moderator**

**Dr Khurram Saleem**  
Fellow in Training  
Endocrinology NWWG

This Education Activity is supported By an Unrestricted Educational Grant from



## Radio Programs

The Pakistan Endocrine Society, in collaboration with Suno Pakistan 89.4, conducted a series of Ramadan & Diabetes awareness sessions to help people with diabetes fast safely during Ramadan. Expert endocrinologists provided practical guidance on diabetes management, addressed common concerns, and empowered listeners to make informed health decisions while observing their religious obligations.

| Date     | Time     | Radio Station | Frequency |
|----------|----------|---------------|-----------|
| Monday   | 02:00 PM | Suno Pakistan | 89.4      |
| Saturday | 10:00 AM | Suno Pakistan | 89.4      |
| Thursday | 04:00 PM | Suno Pakistan | 89.4      |
| Friday   | 03:00 PM | Suno Pakistan | 89.4      |

**Guest**

**Dr. Muhammad Hussain Afridi**  
Consultant Endocrinologist,  
Hayatabad Medical Complex MTI Peshawar.  
Executive Member, PES.

**Guest**

**Dr. Saima Zeb**  
Consultant Endocrinologist  
DHQ Hospital, Landikotal  
Scientific Executive Member, PES.

**Guest**

**Dr Niktash Khan Hadi**  
Consultant Endocrinologist  
SKMH, Peshawar  
Scientific Executive Member, PES

**Guest**

**Dr Shabista Kanwal**  
Consultant Endocrinologist  
Hayatabad Medical Complex MTI Peshawar  
Executive Member, PES

## DAR Activities - Baluchistan Chapter

Ramadan-focused diabetes education program was held on 10th February 2026 at Usmania Restaurant Quetta, covering IDF-DAR risk stratification and the management of diabetes during Ramazan. It was attended by a large number of consultants, residents and medical students.

Initially Dr. Rahmat Ullah gave a brief introduction about Ramadan and its significance in Islam. Then epidemiology of the diabetes and Muslims was discussed briefly.

Then he briefed about significance of Ramadan focused diabetes education and IDF-DAR risk stratification.

After that he elaborated management of diabetes including Ramadan Nutrition Plan and when to break the fast during Ramadan if need arise.

At the end Dr. Abdul Aziz discussed the medical management of diabetes ie adjustment of the oral anti diabetic medications and adjustment of insulin during Ramadan between Iftar and Suhoor. He also discussed some cases to elaborate the points discussed in the main program.



# DAR Activities - Sindh Chapter

Under the umbrella of the Pakistan Endocrine Society (PES), a nationwide Ramadan and Diabetes awareness campaign was conducted across multiple cities to promote safe fasting practices among people with diabetes. The initiative provided evidence-based guidance on glucose monitoring, medication adjustments, and lifestyle management during Ramadan. The PES Sindh Chapter made a notable contribution through several FM radio awareness programs and a dedicated one-day educational activity, helping to expand community outreach and patient education. These efforts reflect PES's commitment to empowering patients and improving diabetes care across Pakistan.





## Ramadan & Diabetes

**SUNDAY 18<sup>th</sup> JANUARY, 2026**  
**TIMINGS: 11:00AM TO 12:30PM**  
**Arena - Karsaz Road, Karachi**

**SPEAKERS**

**Topic:** The role of Insulin use in Diabetes Management  
**Dr. Zakir Alavi**  
 MRCP (UK) Consultant Endocrinologist  
 Founder Member and Ex-Office Bearer Pakistan Endocrine Society

**Topic:** Case Based Scenarios in Diabetes Management During Ramadan  
**Dr. Sumera Batool**  
 Vice President, PES, Sindh Chapter  
 Assistant Professor Consultant Endocrinologist  
 Aga Khan University Hospital

**PANELISTS**

**Dr. M. Yaqoob Ahmedani**  
 Consultant Physician & Diabetologist  
 Tabba Heart Institute Karachi

**Dr. M. Qamar Masood**  
 Associate Professor & Consultant Endocrinologist  
 Aga Khan University & Hospital

**Dr. Ali Asghar**  
 Consultant Endocrinologist  
 Linguist National Hospital, Karachi  
 President, Pakistan Endocrine Society

**Dr. Aisha Sheikh**  
 Consultant Endocrinologist  
 Aga Khan University Hospital  
 Ex-President Pakistan Endocrine Society

**ORGANISER**

**Dr. Azra Rizwan**  
 Consultant Endocrinologist  
 Aga Khan University Hospital

**MODERATOR**

**Dr. Sara Hafeez**  
 Fellow II Endocrinology  
 Aga Khan University Hospital

\*This educational activity is supported by an unrestricted educational grant from 



# DAR Activities - Punjab Chapter

## Gujranwala

A patient education talk on diabetes management during Ramadan was conducted in Gujranwala under the umbrella of the Pakistan Endocrine Society. The importance of pre-Ramadan assessment, individualized treatment adjustments, blood glucose monitoring, and recognition of hypo- and hyperglycemia was highlighted. Active participation and discussion by attendees reflected the ongoing commitment to promoting safe, evidence-based fasting practices during Ramadan.



## Radio Programs on SUNO FM 89.4 Pakistan

A series of informative radio sessions on Ramadan & Diabetes were broadcast on Suno 89.4 FM in collaboration with the Pakistan Endocrine Society in February 2026. The sessions featured Dr. Hira Irfan, Dr. Qamar Sajad, and Dr. Uneeba Syed, who shared evidence-based guidance on safe fasting for people with diabetes. Discussions covered pre-Ramadan risk assessment, medication adjustments, glucose monitoring, and recognition of hypo- and hyperglycemia, helping patients and caregivers make informed decisions and promoting diabetes awareness in the community.

**Suno 89.4**  
**Ramadan & Diabetes**  
Guest  
**Dr. Uneeba Syed**  
FRCP (Glasgow), FCPS (Endocrine), FCPS (Medicine), CRCP, CMT  
Assistant Professor of Endocrinology  
Allama Iqbal Medical College/Jinnah Hospital Lahore  
Vice President (Punjab) PAKISTAN ENDOCRINE SOCIETY.  
25- February- 2026  
Wednesday 10:40 AM Suno Pakistan 89.4

**Suno 89.4**  
**Ramadan & Diabetes**  
Guest  
**Dr Hira Irfan**  
Consultant Endocrinologist  
PKLI Lahore, National Hospital, DHA Lahore.  
Dilawar Hussain Foundation Trust Lahore.  
Scientific Executive Member, PES.  
Monday 11:00 AM Suno Pakistan 89.4

**Suno 89.4**  
**Ramadan & Diabetes**  
Guest  
**Dr Qamar Sajad**  
Consultant Endocrinologist  
Fatima Memorial Hospital Lahore  
Doctor Hospital Lahore  
Scientific Executive Member, PES.  
Thursday 01:00 PM Suno Pakistan 89.4

## Public Awareness Facebook Live Sessions

The Pakistan Endocrine Society successfully conducted Facebook Live Public Awareness Sessions on “Ramadan & Diabetes” on 24th January 2026 and 31 January 2026. These sessions brought together leading endocrinology experts who discussed safe fasting practices, individualized risk assessment, medication adjustments, glucose monitoring, and prevention of acute complications during Ramadan.

The interactive online platform enabled participants from across the city to engage directly with specialists, ask questions, and receive evidence-based guidance. This initiative reflects the Society's continued commitment to community education, patient empowerment, and promoting safe and informed fasting for individuals living with diabetes.

**Pakistan Endocrine Society**  
Public Awareness Session on

**RAMADAN & DIABETES**

Saturday 24th January, 2026 from 5 - 6pm

Link to Join <https://web.facebook.com/share/1DdUPjnh3o/>  
 <https://youtu.be/O3tJHn-Wp04>

**Moderator**

**Experts**

|  |  |   |  |
|--|--|---|--|
| <br><b>Dr Hafiza Ammarah Sadiq</b><br>Consultant Endocrinologist<br>Gulab Devi Teaching Hospital/<br>AAMC Lahore | <br><b>Dr. Ibrar Ahmed</b><br>Consultant Diabetologist &<br>Endocrinologist<br>Divisional Head<br>Department of Diabetes &<br>Endocrine & Metabolic Diseases<br>Post Graduate Medical Institute<br>Lady Reading Hospital, Peshawar<br>Past President PES | <br><b>Prof Fawad Ahmad Randhawa</b><br>Professor of Endocrinology<br>Allama Iqbal Medical College,<br>Lahore,<br>Executive Member, PES | <br><b>Dr. Faisal Masood Qureshi</b><br>Consultant Endocrinologist<br>Al Khaliq Hospital<br>Multan<br>Finance Secretary, PES |
|--|--|---|--|

**Pakistan Endocrine Society**  
Public Awareness Session on

**RAMADAN & DIABETES**

Saturday 31st January, 2026 from 5 - 6pm

Link to Join <https://www.facebook.com/share/1YBy1LeWPn/>  
 <https://youtu.be/g-qQDBMhZpQ>

**Moderator**

**Experts**

|  |   |   |  |
|--|---|---|--|
| <br><b>Dr Asim Munir Alvi</b><br>Consultant Endocrinologist<br>Buch International Hospital, Multan<br>Executive Member PES | <br><b>Dr. Aisha Sheikh</b><br>Consultant Endocrinologist<br>The Aga Khan University<br>Hospital, Karachi<br>Past President PES | <br><b>Dr Mehwish Iftikhar</b><br>Assistant Professor Endocrinology<br>Services Institute of Medical<br>Sciences, Lahore<br>Master of Science in Medical Education<br>Scientific Executive<br>Member, PES | <br><b>Dr. Musarrat Rizal</b><br>Director & Consultant Endocrinologist<br>National Institute of Diabetes and<br>Endocrinology, Dow University of<br>Health Sciences, Karachi<br>Publication Secretary, PES |
|--|---|---|--|

## Short Videos for Ramadan and Diabetes Awareness

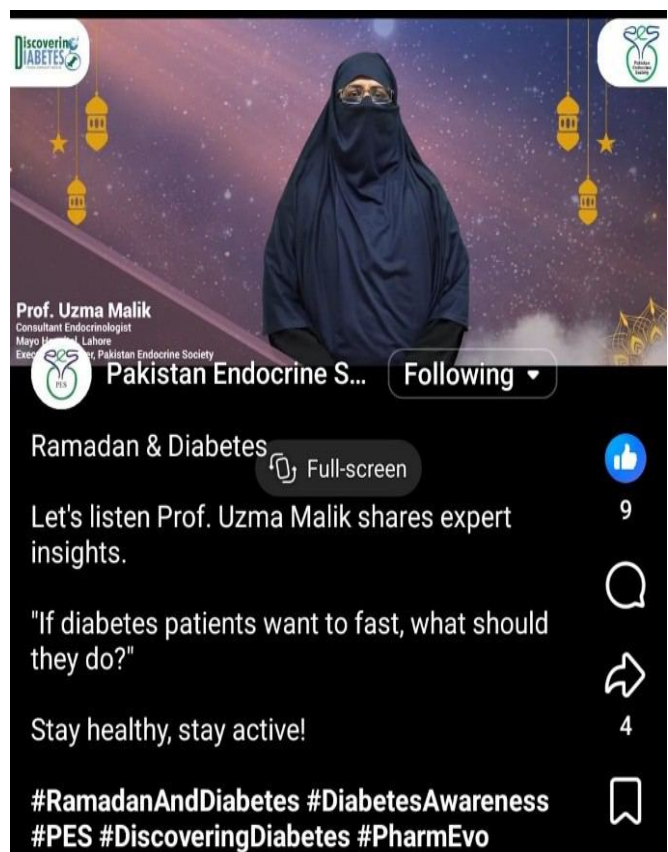
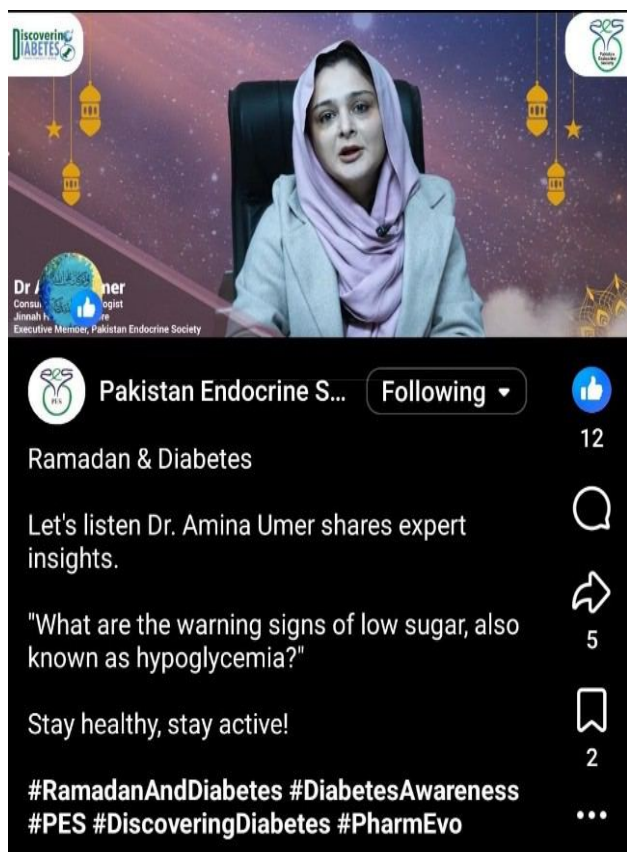
The Pakistan Endocrine Society (PES) launched a series of short, informative expert-led videos on Ramadan and Diabetes to support patients and healthcare providers during the holy month. Featuring expert endocrinologists, these videos address key concerns related to safe fasting and diabetes management.

In one of the videos, Prof. Uzma Malik provides practical guidance on how individuals with diabetes can fast safely, highlighting the importance of proper planning, risk assessment, and medical consultation before Ramadan.

In another video Dr Amina Umer highlighted crucial warning signs of hypoglycemia, helping patients recognize when to break their fast and seek timely care.

Dr Sohaib Haider Zaidi talked about medication adjustment during Ramadan. Continuing the series of videos Dr Usman Musharaf shared expert insight into either diabetic patients can Fast or not. Dr Farhan Rashid shared expertise regarding common mistakes Diabetic patients makes while fasting during Ramadan. Further Dr Behjat Afreen shared expert insights about actions which should be taken to prevent Dehydration.

Through these concise and easy-to-understand messages, the series aims to empower patients to make informed decisions while maintaining their health during fasting. This initiative reflects PES's ongoing commitment to patient education and promoting safe practices in diabetes care.



# Pakistan Endocrine Society Conducted Series of Public Awareness Sessions via Facebook and YouTube Live Programs

The Pakistan Endocrine Society continued its commitment to public health education through a series of online Public Awareness Sessions focused on diabetes and obesity. These expert-led sessions were streamed live on social media platforms, enabling participants from across the country to benefit from evidence-based information and practical health guidance.

## Ramadan & Diabetes Sessions

Two Public Awareness Sessions on Ramadan & Diabetes addressed the unique challenges faced by individuals with diabetes during fasting. Experts provided comprehensive guidance on pre-Ramadan assessment, medication adjustments, blood glucose monitoring, nutrition, hydration, and strategies to ensure safe fasting while minimizing the risk of complications.

**Pakistan Endocrine Society**  
Public Awareness Session on

**RAMADAN & DIABETES**

Saturday 7th February, 2026 from 5 - 6pm

Link to Join: [\[Facebook Icon\]](#) [\[YouTube Icon\]](#)

**Moderator**

- Dr Sarwat Anjum**  
Consultant Endocrinologist, Scientific Executive Member PES, Member of Diabetes Ramadan study group

**Experts**

- Dr. Muhammad Yaqoob Ahmedani**  
Prof. of Medicine, Consultant Diabetologist, Indus Diabetes and Endocrinology Center, Indus Hospital, Karachi
- Dr Khalid Usman**  
Prof. of Endocrinology and Diabetes, Head of Department, Hayatabad medical Complex and Khyber Girls Medical College, Peshawar
- Dr. Zareen Kiran**  
Consultant Diabetes and Endocrinology, Associate Professor Endocrinology, National Institute of Diabetes and Endocrinology (NIDE), Dow University of Health Sciences, Karachi

**Pakistan Endocrine Society**  
Public Awareness Session on

**RAMADAN & DIABETES**

Sunday 15th February, 2026 from 5 - 6pm

Link to Join: <https://web.facebook.com/share/1C52wsEFBx/>  
<https://youtu.be/BDVgcbth6q4>

**Moderator**

- Dr Salma Askari**  
Consultant endocrinologist and Assistant professor, Basqi Institute of Diabetology and Endocrinology, Baqai Medical University, Executive member, PES

**Experts**

- Prof. Saeed A. Mahar**  
Professor of Endocrinology, National Institute of Cardiovascular Diseases (NICVD), Director Academics, ADVICE Academy Pakistan, Past President, PES & AACE Pakistan Chapter
- Dr. S. Abbas Raza**  
Consultant Endocrinologist, Shaukat Khanum Cancer Hospital and Research Center, National Hospital and Medical Center, Past President, PES, ISE, SAFEES, AACE Pakistan Chapter
- Prof. Najmul Islam**  
Professor of Medicine & Consultant Endocrinologist, Aga Khan University, Dean of Endocrinology, College of Physicians & Surgeons of Pakistan, Founder Member and Past President, PES, Recipient of Lifetime Achievement Award, PES

# Obesity Awareness Sessions

The two sessions on Obesity highlighted the growing burden of obesity and its impact on overall health. The discussions focused on risk factors, prevention strategies, lifestyle modification, weight management approaches, and the importance of early intervention to reduce obesity-related complications. Leading endocrinologists shared evidence-based approaches to improving metabolic health and long-term well-being.



Sunday 8th March, 2026 from 2 - 3pm

Link to Join <https://www.facebook.com/share/1DM27Fw5xD/>  
<https://youtu.be/b6LBXTITw2g>

### Moderator

**Dr Salma Askari**  
 Consultant Endocrinologist and Assistant Professor  
 Baqai Institute of Diabetology and Endocrinology  
 Baqai Medical University  
 Executive member, PES

### Experts

**Dr Ali Asghar**  
 Consultant Endocrinologist  
 Liaquat National Hospital, Karachi  
 President, PES

**Prof. A. H. Aamir**  
 Consultant Endocrinologist  
 Peshawar General Hospital  
 Hayatabad Peshawar, Past President PES  
 Past President AKCE Pak  
 President Elect SAFES

**Dr Zakir Alavi**  
 Consultant Endocrinologist,  
 South City Hospital and  
 Medlink Clinics, Karachi  
 Founder Member PES

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Sunday 15th March, 2026 from 4 - 5pm

Link to Join <https://web.facebook.com/share/1dEqcKtUnF/>  
[https://youtu.be/kcH1ddlSu\\_4](https://youtu.be/kcH1ddlSu_4)

### Moderator

**Dr. Wasfa Aljaz**  
 Assistant Professor  
 Consultant Endocrinologist  
 Jinnah Sindh Medical University/  
 JPMC, Karachi  
 Scientific Executive member, PES

### Experts

**Dr Uzma Khan**  
 Professor of Medicine & Endocrinology  
 University of Missouri, Columbia, USA  
 Executive Member, PES

**Prof. Abdul Basit**  
 Director, Indus Diabetes and Endocrinology Center (IDEC),  
 Indus Hospital and Health Network (IH&H)  
 Executive Member, PES

**Prof. Emerita Tashim Ahsan**  
 Prof. Emerita - Jinnah Postgraduate Medical Centre (JPMC),  
 Executive Member, PES

**Dr Asma Ahmed**  
 Consultant Endocrinologist  
 Aga Khan University Hospital, Karachi  
 Executive Member, PES

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# Celebrating World Obesity Day 2026 with impact and collaboration!

In observance of World Obesity Day 2026, the first Obesity Conference was successfully organized through the collaboration of Memon Medical Institute Hospital (MMI) and the Pakistan Endocrine Society (PES). More than 250 healthcare professionals participated onsite and online, contributing to a vibrant exchange of knowledge on obesity education and clinical care.



**Memon Medical Institute Hospital**  
A Project of Memon Health & Education Foundation



## The Obesity Conference

Advancing Clinical Practice in Obesity Management



**BRIG. DR. MALIK WAQAR AHMAD AWAN, TI(M) (RETD.)**  
CEO MMI HOSPITAL  
CHAIR OF THE SESSION

### SPEAKERS & WORKSHOP FACILITATORS



**DR. NADEEM NAEEM**  
FPM, FRCR, FRCR (DIABETES), MRCP, FRCR (ENDOCRINOLOGY) & FRCR (HEALTH PROFESSIONS EDUCATION)  
ASSIST. PROF. COORDINATOR ENDOCRINOLOGY & METABOLIC PHYSICIAN, MMI HOSPITAL, KARACHI



**DR. MUSARRAT RIAZ**  
FPM, FRCR (ENDOCRINOLOGY) & FRCR (HEALTH PROFESSIONS EDUCATION)  
DIRECTOR NATIONAL INSTITUTE OF DIABETES & ENDOCRINOLOGY, DUKE, KARACHI  
PUBLICATION SECRETARY, PAKISTAN ENDOCRINE SOCIETY



**DR. SUMERA BATOOL**  
FPM, FRCR (ENDOCRINOLOGY) & FRCR (HEALTH PROFESSIONS EDUCATION)  
ASSISTANT PROFESSOR OF ENDOCRINOLOGY AND VICE PRESIDENT, PAKISTAN ENDOCRINE SOCIETY, SINDH CHAPTER



**DR. MISHAL HAROON**  
MRCP, FRCR (ENDOCRINOLOGY) & FRCR (HEALTH PROFESSIONS EDUCATION)  
CONSULTANT PHYSICIAN & CHIEF COORDINATOR PISHE, MMI HOSPITAL, KARACHI



**DR. SANA JABEEN**  
MRCP, FRCR (ENDOCRINOLOGY) & FRCR (HEALTH PROFESSIONS EDUCATION)  
CONSULTANT PHYSICIAN, MMI HOSPITAL, KARACHI

### PANEL OF EXPERTS



**MODERATOR**  
**DR. SIDRA NOOR**  
POSTGRADUATE RESIDENT,  
INTERNAL MEDICINE,  
MMI HOSPITAL



**DR. M. A. EBRAHIM**  
MRCP, FRCR (ENDOCRINOLOGY) & FRCR (HEALTH PROFESSIONS EDUCATION)  
CONSULTANT DIABETOLOGIST & PHYSICIAN



**DR. ABDUL RABB**  
MRCP, FRCR (ENDOCRINOLOGY) & FRCR (HEALTH PROFESSIONS EDUCATION)  
HOD MEDICINE, MMI HOSPITAL, KARACHI

**THURSDAY**  
**7<sup>TH</sup> MAY 2026 - 10:00 AM**  
MAIN LOBBY 2<sup>ND</sup> FLOOR,  
MMI HOSPITAL

This activity is supported by an unrestricted educational grant from  
**Getz pharma**

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## Pakistan Endocrine Society

# Endocrine Club Meeting

The Endocrine Club meeting held in Peshawar on February 5th, 2026, witnessed enthusiastic participation from all endocrine units across Khyber Pakhtunkhwa (KPK).

This interactive forum serves as a valuable platform for endocrine trainees to present challenging clinical cases, promoting a culture of collaborative learning and professional growth.

The insightful discussions with supervisors and an expert panel provided trainees with an excellent opportunity to enhance their diagnostic and management skills.

Such initiatives play a crucial role in strengthening clinical expertise and improving patient care across the region. The Endocrine Club continues to contribute significantly to nurturing the future generation of endocrinologists.



## Pre-Congress EDES & PES

# Joint Symposium – EDEC 2026

### **DM Microvascular Complications: From Theory to Practice (The Eyes and the Kidney)**

The Pre-Congress Joint Symposium between the Pakistan Endocrine Society (PES) and the Emirates Diabetes and Endocrine Society (EDES) was held as part of the Sixteenth Emirates Diabetes and Endocrine Congress (EDEC 2026), highlighting strong academic collaboration between Pakistan and the UAE in addressing diabetes-related microvascular complications.

The symposium opened with remarks by Dr. Fatheya Alawadi and Dr. S. Abbas Raza, and was moderated by Dr. Juma Alkaabi, setting the stage for a meaningful exchange of regional expertise.

A key highlight was Dr. S. Abbas Raza's presentation on real-world data from Pakistan (CardiP Study), providing insights into cardiovascular risk factors in newly diagnosed type 2 diabetes and enabling improved early risk stratification in the regional population.

The session included guideline-based updates on diabetic retinopathy, focusing on early diagnosis, prevention of vision loss, and emerging therapies, along with discussion on the role of GLP-1 receptor agonists and SGLT2 inhibitors in improving microvascular outcomes.

A major focus was diabetic kidney disease (DKD) in Pakistan, where Dr. Umer Raja highlighted that approximately nine million individuals (32%) are affected, with most patients presenting at advanced stages. DKD remains a leading cause of dialysis, alongside hypertension. Discussions emphasized gaps in early detection and highlighted the renal protective benefits of ACE inhibitors/ARBs, SGLT2 inhibitors, finerenone, and GLP-1 receptor agonists.

The symposium concluded with case-based discussions on early and advanced DKD by Dr. Ali Asghar, reinforcing practical, evidence-based management strategies. EDEC 2026 successfully served as a platform for regional and global knowledge exchange, particularly strengthening collaboration between Pakistan and the UAE.



## Raising Awareness on Obesity and Its Comorbidities

# Video Series Launch

The Pakistan Endocrine Society, in collaboration with BF Biosciences Limited, has launched a nationwide awareness initiative to educate the public about obesity and its associated health risks.

As part of this campaign, 20 short educational videos are being recorded in Karachi, Lahore, Peshawar, and Quetta. Featuring leading endocrinologists from across Pakistan, the videos address common patient questions and provide practical, evidence-based information on obesity, its complications, prevention, and management.

This initiative aims to promote early awareness, encourage healthier lifestyles, and support community engagement in addressing the growing challenge of obesity.

## Raising Awareness On Obesity & Its Comorbidities

A Joint Initiative By  
**PAKISTAN ENDOCRINE SOCIETY & BF BIOSCIENCES LIMITED**

 Stay Tuned To Our Social Media For Video Messages From **Endocrinologists Across Pakistan**

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# From Knowledge to Better Care:

## Pakistan Endocrine Society Launches Educational Publications for Healthcare Professionals



Pakistan Endocrine Society participated in

# AOCE 2026 Taiwan

The Pakistan Endocrine Society (PES) has been inducted as a member of the Federation of Endocrine Societies of Asia and Oceania (FESAO). As part of this milestone, PES representatives were invited to participate in the FESAO Executive Council Meeting held during the Asia Oceania Congress of Endocrinology (AOCE) 2026. Representing PES at the Executive Council Meeting were Dr. Abbas Raza, Prof. Saeed Mehar, Dr. Faisal Qureshi, and Dr. Ali Asghar. Their participation reflects the growing recognition of Pakistan's endocrinology community and strengthens PES's engagement with regional endocrine societies across Asia and Oceania.



*President Elect of International Society of Endocrinology (ISE)  
Prof. Hiroshi Arima visits the PES booth*




# Keeping You Updated with the Latest in Endocrinology and Diabetes

## Endocrine Monthly Round-Up

The Pakistan Endocrine Society has launched the Endocrine Monthly Round-Up, a monthly newsletter highlighting key research and developments in Endocrinology and Diabetes published during the preceding month. Led by Dr. Tejhmal Rehman, Editor of the PES Monthly Endocrine Round-Up, under the supervision of Dr. Ali Asghar, President of the Pakistan Endocrine Society, this initiative provides concise educational commentary on recent endocrine literature to help the wider medical community stay informed about advances in the field. The newsletter is available online at: <https://pakendsociety.org/endocrine-monthly-round-up/>

### PES Endocrine Monthly Round-Up

February 2026



**Editor's Perspective**  
February's literature highlights evolving strategies across endocrine practice, from targeted therapies in Cushing's syndrome to the cardiovascular implications of mild cortisol excess. Emerging evidence supporting adrenalectomy in selected patients, alongside updated diabetes management guidance and growing recognition of metabolic liver disease, reinforces a shift toward integrated cardiometabolic care and mechanism-driven interventions.

**Research Highlights**

**1. Relacorilant for Cushing's Syndrome GRACE Trial**  
Study Focus: Phase 3 randomised-withdrawal evaluation of relacorilant, a selective glucocorticoid receptor modulator.

**Key Findings:**  
- Improvements in hypertension and hyperglycaemia in endogenous Cushing's syndrome.  
- Randomised withdrawal confirmed sustained metabolic benefit vs placebo.

**Clinical Takeaway:** A targeted therapy option when surgery is not feasible.

**2. Adrenalectomy vs Surveillance in Mild Cortisol Excess ITACA Study**  
Study Focus: Prospective comparison of adrenalectomy versus conservative surveillance.

**Key Findings:**  
- At 5 years, adrenalectomy improved cardiac structure and function.  
- Suggests long-term cardiovascular benefit in selected patients.


**Clinical Takeaway:** Surgery may benefit carefully selected individuals with mild autonomous cortisol secretion.

**3. NICE Guideline Update: Type 2 Diabetes in Adults (NG28)**  
Update Summary: The February 2026 update emphasises cardio-renal protection as a central pillar of diabetes management.

**Key Messages:**  
- Prioritise cardiovascular and renal risk reduction alongside glycaemic control.  
- Earlier use of SGLT2 inhibitors in those with cardio-renal risk.  
- Incretin-based therapies remain important to obesity or inadequate control.  
- Continued emphasis on structured lifestyle and weight management.

### PES Endocrine Monthly Round-Up

March 2026



**Editor's Perspective**  
March brings a diverse set of updates across endocrine practice, including a major UK consensus statement on thyroid nodule evaluation, new data on oral incretin therapies, and emerging renal-protective strategies in type 1 diabetes. The review on TBI-related pituitary dysfunction also highlights the importance of structured endocrine follow-up in neurological injury. Together, these studies reinforce the value of multidisciplinary, mechanism-based care in modern endocrinology.

**Research Highlights**

**1. Evaluation and Management of Thyroid Nodules — BTA/BAETS Joint Consensus Statement**

**Guideline Focus:** Updated UK consensus on thyroid nodule assessment, integrating radiology, pathology, endocrine, and surgical input.

**Key Messages:**

- Ultrasound-based U-classification remains the foundation of risk stratification.
- Selective FNA recommended based on ultrasound category and nodule size.
- Clearer pathways for indeterminate cytology, including molecular testing where available.
- Emphasis on multidisciplinary review and shared decision-making for surgery vs surveillance.

**Clinical Takeaway:** A structured, ultrasound-driven approach supports consistent, evidence-based management across endocrine and surgical teams.

**2. Orforglipron vs Oral Semaglutide in Type 2 Diabetes — ACHIEVE-3 Trial**

**Study Focus:** Phase 3 non-inferiority trial comparing once-daily oral orforglipron with oral semaglutide in adults with T2DM.

**Key Findings:**

- Orforglipron achieved non-inferior HbA1c reduction compared with oral semaglutide.
- Comparable weight loss across treatment groups.
- Safety profile consistent with GLP-1RA class, with gastrointestinal events most common.

**Clinical Takeaway:** Orforglipron provides an effective oral GLP-1RA option with glycaemic and weight benefits similar to oral semaglutide.

## Regional Experts Discuss Challenging Clinical Cases

# SAFES Endocrine Clinics on Endocrine Hypertension

Under the aegis of the SAFES Women's Wing, the SAFES Endocrine Clinics convened on 26 March 2026 from 8:15 PM to 10:00 PM (IST), focusing on the theme of Endocrine Hypertension. The event was led by Dr. Sarita Bajaj (India) and Dr. Faria Afsana (Bangladesh), with Dr. Aisha Sheikh and Dr. Faria Afsana serving as patrons and Dr. Sumerah Jabeen (Pakistan) as Quizmaster. The program featured an interactive pre-conference quiz, live case-based discussions, and expert panel deliberations involving endocrinologists from across South Asia. Clinical sessions included "Unmasking Primary Aldosteronism: A Clinical Case Journey," presented by Dr. Matiullah Khan (Pakistan), and "When Hypertension Hides a Pheochromocytoma," presented by Dr. Shaista Kanwal (Pakistan). Expert insights were provided by distinguished panelists from Pakistan, India, Bangladesh, Sri Lanka, Nepal, and other SAFES member countries, fostering regional collaboration and advancing knowledge in the diagnosis and management of endocrine causes of hypertension.



**SAFES**  
Endocrine Clinics  
(Under the aegis of SAFES Women's Wing)

**Date:** 26<sup>th</sup> March 2026 **Time:** 8.15 PM - 10.00 PM (IST)

**Theme:** Endocrine Hypertension

**Patrons:**  
Dr. Sarita Bajaj (India)  
Dr. Faria Afsana (Bangladesh)

**Convener:**  
Dr. Aisha Sheikh (Pakistan)

**Agenda**

- Quiz - Pre Conference 19<sup>th</sup> March to 25<sup>th</sup> March 2026
- 26<sup>th</sup> March 2026 - 8:15PM to 10:00PM (IST)
- 8:15PM to 8:20PM - Welcome & Introduction : Dr. Sarita Bajaj & Dr. Faria Afsana
- 8:20PM to 8:30PM (IST) : Live Quiz

**Quizmaster:**  
Dr. Sumerah Jabeen (Pakistan)



**SAFES**  
Endocrine Clinics  
(Under the aegis of SAFES Women's Wing)

**Session 1- 8:30 PM to 9:15 PM (IST)**

**8:30 PM to 8:40 PM (IST)**  
Case Presentation :  
Unmasking Primary Aldosteronism: A Clinical Case Journey

**Discussion 8:40 PM to 9:15 PM (IST)**

**Session 2- 9:15 PM to 9:45 PM (IST)**

**9:15 PM to 9:25 PM (IST)**  
Case Presentation:  
When Hypertension Hides a Pheochromocytoma

**Discussion 9:25 PM to 9:45 PM (IST)**

**9:45 PM to 10:00 PM (IST) Quiz answers and results**

**10:00 PM (IST) Vote of Thanks**

**Click here to Login**

## Obesity and Metabolic Dysfunction Associated Steatotic Liver Disease (MASLD): A Clinical Nexus

Obesity is rising like a huge pandemic worldwide, and its metabolic sequelae are among the most demanding challenges in the current endocrinology. One condition at the top of this rising challenge is **metabolic dysfunction associated steatotic liver disease (MASLD)** previously known as non alcoholic fatty liver disease (NAFLD). MASLD include a whole spectrum from simple steatosis to metabolic dysfunction associated steatohepatitis (MASH), which can progress to cirrhosis/fibrosis of liver and ultimately hepatocellular carcinoma. Obesity is the strongest modifiable risk factor for MASLD, contributing not only to fat accumulation in the liver but also to metabolic dysregulation at the cellular level in whole body. Approximately 10–30% of patients with MASLD develop MASH, and a significant proportion of these patients progress to advanced fibrosis or cirrhosis.

Obesity related MASLD arises from a combinations of following metabolic disturbances:

- **Insulin resistance** is the main role player, increasing lipolysis and circulating free fatty acids levels that accumulate in hepatocytes.
- **Adipose tissue dysfunction** produces pro inflammatory adipokines that promote hepatic inflammation and fibrogenesis.
- Genetic and environmental factors influence individual's susceptibility, and central adiposity correlates strongly with the disease severity.

This pathophysiology explains the close association between MASLD, metabolic syndrome, and cardiovascular disease. Patients with MASLD have an increased risk of cardiovascular events, further emphasizing the need for early recognition and timely management. (1) Majority of patients with MASLD are either asymptomatic or have nonspecific symptoms, making proactive screening essential especially in individuals with obesity or type 2 diabetes. Guidelines for diagnosis now focus on non invasive measures like **Hepatic imaging** (ultrasound), FIB-4 index, transient elastography, mag-

netic resonance elastography) to stratify severity and exclusion of other known causes of chronic liver disease. (2,3)

Because of the central role of obesity in MASLD pathogenesis, targeted weight reduction should be achieved by Balanced diet, especially Mediterranean or low sugar dietary patterns, which improves hepatic fat content. Also physical activity plays an important role in improving insulin sensitivity and ultimately reducing hepatic steatosis. Even achieving 5–10% weight loss can lead to histologic improvement in the hepatic steatosis. (4)

Glucagon like peptide 1 receptor agonists (GLP 1 RAs), originally used for diabetes and weight loss, have shown promise in MASLD. High-dose semaglutide (2.4 mg weekly) has received FDA approval for treatment of MASH with moderate to advanced fibrosis based on the ESSENCE trial, where it significantly improved histologic endpoints compared with placebo. (5, 6) These agents also promote weight loss, improve glycemic control, and may reduce liver inflammation and lipogenesis. GLP-1 receptor agonists are beneficial in weight reduction by decreasing appetite, delaying gastric emptying, and improving insulin sensitivity, their role is basically on central metabolic drivers of obesity associated MASLD. (7)

Anti Obesity agents help achieving >10 % weight loss, leading to improvement is liver histological and cardiometabolic and hepatic risks. (8) Another novel agent is Resmetirom which is a thyroid hormone receptor  $\beta$  agonist has received approval for MASH and represents a novel pathophysiologic target. (9)

For individuals with severe obesity (BMI  $\geq 40$  kg/m<sup>2</sup> or  $\geq 35$  kg/m<sup>2</sup> with comorbidity), bariatric/metabolic surgery is beneficial. Surgery induces profound and sustained weight loss and consistently reduces hepatic steatosis and fibrosis. It also leads to significant improvements in insulin resistance, lipid profiles, and cardiovascular risk.

## Integrating Multisystem Care:

MASLD is not an isolated liver disease it reflects systemic metabolic dysfunction. Consequently:

- Cardiovascular risk assessment and management should be the part of routine followup visits.
- Diabetes and dyslipidemia need optimal control.
- Obesity should be treated as a chronic disease, not just as a risk factor.

This integrative approach aligns endocrinology care with hepatology and cardiometabolic medicine.

Regular physical activity plays an important role in obesity and MASLD by improving insulin sensitivity, increasing hepatic fatty acid oxidation, and reducing central adiposity independent of weight loss. Both aerobic and resistance exercise have role in reducing hepatic steatosis and improving cardiometabolic risk factors. (10)

### Conclusion:

The intersection of obesity and MASLD represents one of the most dynamic areas of endocrine practice. With the redefinition of MASLD and the advent of weight centric pharmacotherapies such as GLP-1 RAs, endocrinologists are uniquely positioned to lead multidisciplinary care. Early identification, lifestyle modification, and appropriate and timely use of targeted therapies can significantly reduce disease progression, improve hepatic outcomes, and reduce cardiometabolic risks.

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## Building Healthy Futures: A Practical Approach to Preventing Childhood and Adolescent Obesity

### Introduction

Childhood and adolescent obesity is one of the most significant public health challenges of this era. According to the World Health Organization (WHO), more than 390 million children and adolescents aged 5–19 years were living with overweight in 2022, including over 160 million with obesity. The prevalence of overweight and obesity in this age group has increased dramatically from 8% in 1990 to 20% in 2022, underscoring the urgent need for effective prevention strategies. As obesity frequently persists into adulthood, prevention during childhood offers the greatest opportunity to improve lifelong health outcomes.

### Why Does Childhood Obesity Matter?

Children and adolescents with obesity are at increased risk of:

- Type 2 diabetes mellitus
- Hypertension and dyslipidemia
- Metabolic Dysfunction–Associated Steatotic Liver Disease (MASLD),
- Obstructive sleep apnea
- Orthopedic complications
- Low self-esteem, anxiety, and depression
- Adult obesity and cardiovascular disease

Preventing obesity early can significantly reduce future health and economic burdens.

### Key Drivers of Childhood Obesity

Modern lifestyles have created an "obesogenic environment" characterized by:

- Increased consumption of ultra-processed foods
- Sugar-sweetened beverages
- Large portion sizes
- Reduced physical activity
- Excessive screen time
- Inadequate sleep
- Limited opportunities for active play

Addressing these modifiable factors should be the primary focus of prevention efforts.

### Practical Strategies for Prevention

1. **Promote Healthy Eating Habits Early**  
Healthy eating patterns established during childhood often continue into adulthood.

### Practical tips:

- Encourage fruits and vegetables at every meal.
- Promote whole grains, legumes, and healthy protein sources.
- Limit fast foods and highly processed snacks.
- Avoid using food as a reward or punishment.
- Encourage mindful eating and recognition of hunger and fullness cues.

### 2. Reduce Sugar-Sweetened Beverages

Soft drinks, energy drinks, and sweetened juices contribute substantially to excess calorie intake.

Simple message: "Choose water first."

Families should:

- Replace sugary drinks with water or unsweetened beverages.
- Limit packaged fruit juices.
- Avoid routine consumption of energy drinks among adolescents.

### 3. Encourage Daily Physical Activity

The WHO recommends at least 60 minutes of moderate-to-vigorous physical activity daily for children and adolescents.

Examples include:

- Walking or cycling to school/college
- Outdoor games
- Sports participation
- Active family activities

The goal is to make movement enjoyable rather than focusing solely on structured exercise.

### 4. Limit Recreational Screen Time

Excessive screen exposure promotes sedentary behavior and unhealthy snacking.

Recommended approaches:

- Establish screen-free meal times.
- Avoid screens during the hour before bedtime.
- Encourage outdoor and social activities.
- Create family rules regarding device use.

Parents should model healthy screen habits themselves.

## 5. Prioritize Healthy Sleep

Sleep is often overlooked in obesity prevention. Insufficient sleep affects appetite-regulating hormones, increases hunger, and promotes weight gain.

Children and adolescents should:

- Maintain regular sleep schedules.
- Avoid electronic devices before bedtime.
- Obtain age-appropriate sleep duration.

Healthy sleep is as important as diet and exercise in maintaining a healthy weight.

### The Role of Parents and Families

Parents have the strongest influence on children's lifestyle behaviors.

- Successful families often:
- Eat meals together regularly
- Keep healthy foods available at home
- Encourage active play
- Limit sugary drinks
- Serve as positive role models

Importantly, the focus should be on health and healthy habits—not on weight, appearance, or restrictive dieting.

### Schools: An Important Partner

Schools provide an ideal setting for obesity prevention.

Effective school-based initiatives include:

- Nutrition education
- Healthy cafeteria policies
- Daily physical activity opportunities
- Restricting sugary drinks and unhealthy snacks
- Promoting active recreation during breaks

Consistent messages from both schools and families reinforce healthy behaviors.

### What Can Healthcare Professionals Do?

Healthcare professionals play a critical role through:

- Routine BMI assessment and growth monitoring
- Early identification of excessive weight gain
- Family-centered counseling
- Promotion of healthy eating and physical activity
- Addressing barriers to behavior change

Counseling should be supportive, practical, and free from weight stigma.

### A Community-Wide Responsibility

Preventing childhood obesity requires action beyond individual families.

Communities and policymakers can help by:

- Creating safe parks and playgrounds
- Supporting walkable neighborhoods
- Promoting healthy food environments
- Limiting marketing of unhealthy foods to children
- Supporting public health education campaigns

Sustainable change occurs when healthy choices become the easy choices.

### Key Take-Home Messages

- Childhood obesity is largely preventable.
- Prevention is more effective than treatment.
- Healthy eating, regular physical activity, adequate sleep, and reduced screen time remain the cornerstones of prevention.
- Parents, schools, healthcare professionals, and communities all have important roles.
- Small lifestyle changes adopted early can produce lifelong health benefits.

### Conclusion

Prevention remains the cornerstone of addressing childhood and adolescent obesity. A coordinated approach involving families, schools, healthcare professionals, and communities can promote healthy eating, regular physical activity, adequate sleep, and reduced screen time from an early age. Investing in these preventive strategies today will help build healthier futures and reduce the burden of obesity-related diseases in generations to come.

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## New Horizons in Obesity Treatment: From Lifestyle Intervention to Precision Therapeutics

### A rapidly evolving therapeutic landscape

The management of obesity has entered a transformative era, shifting from modest outcomes with lifestyle intervention alone to highly effective pharmacological therapies targeting gut-brain hormonal pathways. Obesity is now firmly recognized as a chronic, relapsing, and biologically driven disease requiring long-term medical management.

In recent years, incretin-based therapies have redefined expectations, with weight reductions approaching those historically achievable only through metabolic surgery. These advances are reshaping clinical practice and offering new therapeutic hope across all age groups.

### Key therapeutic breakthroughs

Modern obesity pharmacotherapy primarily targets appetite regulation and energy balance through incretin and multi-receptor mechanisms:

- GLP-1 receptor agonists (e.g., semaglutide)
- Dual GIP/GLP-1 receptor agonists (e.g., tirzepatide)
- Triple agonists (GIP/GLP-1/glucagon; e.g., retatrutide)
- Emerging combinations (amylin-based + incretin therapies)

### Landmark clinical trials shaping practice

#### STEP 1 Trial (Semaglutide, 2021) 1

- Mean weight loss: ~14.9% at 68 weeks
- High proportion achieved  $\geq 10\%$  and  $\geq 15\%$  weight reduction
- Established GLP-1 therapy as a major breakthrough in obesity treatment

#### STEPTEENS (Semaglutide, 2022) 2

- Mean BMI reduction: ~16% in adolescents
- First strong evidence supporting pharmacotherapy in adolescent obesity

#### SURMOUNT-1 (Tirzepatide, 2022) 3

- Mean weight loss: up to ~20.9%
- 50% achieved  $\geq 20\%$  weight loss
- Demonstrated superiority over previous GLP-1 monotherapy

#### Retatrutide Phase 2 (2023) 4

- Mean weight loss: up to ~24.2% at 48 weeks
- Continued downward trend in weight at study end
- Triple-hormone mechanism showed dose-dependent superiority

#### SELECT Trial (Semaglutide, 2024) 5

- ~20% reduction in major adverse cardiovascular events
- First definitive evidence of cardiovascular benefit in obesity without diabetes

Emerging Phase 3 data (TRIUMPH program, 2025–2026 topline) 6

- Mean weight loss: ~28–30% in higher-dose arms (up to ~80 weeks)
- Approaching outcomes seen with metabolic surgery (topline data, not yet fully peer-reviewed)

### What's coming next?

The obesity therapeutic pipeline continues to expand rapidly:

1. Triple agonists (retatrutide – Phase 3 ongoing) 7
  - Expected to exceed current pharmacologic efficacy
  - Potential weight loss approaching 30%+
2. CagriSema (amylin + GLP-1 combination) 8
  - Synergistic appetite suppression pathways
  - Promising early weight-loss efficacy beyond semaglutide alone

## Comparison of major obesity pharmacotherapies

| Trial                      | Agent          | Mechanism          | Mean Weight Loss   | Key Clinical Impact   | Trial                      |
|----------------------------|----------------|--------------------|--------------------|---|----------------------------|
| STEP 1 (2021)              | Semaglutide    | GLP-1 RA           | ~14.9%             | First highly effective pharmacotherapy for obesity <sup>1</sup> | STEP 1 (2021)              |
| STEP TEENS (2022)          | Semaglutide    | GLP-1 RA           | ~16% BMI reduction | Expanded treatment to adolescents <sup>2</sup>                  | STEP TEENS (2022)          |
| SURMOUNT-1 (2022)          | Tirzepatide    | Dual GIP/GLP-1     | Up to ~20.9%       | Set new pharmacologic benchmark <sup>3</sup>                    | SURMOUNT-1 (2022)          |
| Retatrutide Phase 2 (2023) | Triple agonist | GIP/GLP-1/Glucagon | ~24.2%             | Most potent Phase 2 effect reported <sup>4</sup>                | Retatrutide Phase 2 (2023) |
| TRIUMPH (2025–26)          | Retatrutide    | Triple agonist     | ~28–30% (topline)  | Approaches bariatric surgery range                              | TRIUMPH (2025–26)          |

### 3. Oral incretin therapies 9

- Oral GLP-1 and next-generation agents improving accessibility and adherence

### 4. Precision obesity medicine 10

Future approaches may stratify patients based on:

- Appetite dysregulation phenotype
- Metabolic rate
- Genetic susceptibility
- Eating behavior profiles

### 5. Combination pharmacotherapy 11

Multi-drug regimens targeting complementary pathways (GLP-1 + amylin + GIP modulation)

### Key clinical challenges ahead

Despite rapid progress, important challenges remain:

- High cost and limited global accessibility
- Long-term safety beyond 3–5 years
- Weight regain after discontinuation
- Need for real-world effectiveness data
- Equity in access across LMICs
- Integration into primary care systems

### Conclusion

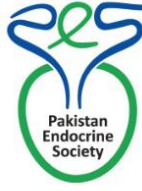
The landscape of obesity treatment is undergoing unprecedented change. The emergence of incretin-based and multi-receptor therapies has redefined expectations, with weight loss outcomes now approaching those of metabolic surgery. Evidence from semaglutide, tirzepatide, and retatrutide trials highlights a clear trajectory toward increasingly potent and mechanism-driven therapies.

Future obesity management will likely be characterized by precision medicine, combination pharmacotherapy, and individualized treatment

pathways that target the biological heterogeneity of obesity. These advances mark the beginning of a new era in which obesity is managed as a chronic, treatable disease with effective, long-term medical strategies.

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# 12<sup>TH</sup> MID-SUMMER ENDOCRINE UPDATES

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