



24th ANNUAL CONFERENCE

PESCON 2026



OCT 9-11, 2026



SERENA HOTEL, ISLAMABAD

SCIENTIFIC PROGRAM

President PES: Dr Ali Asghar

Chair Organizing Committee: Dr Umar Yousaf Raja

Co-Chair Organizing Committee: Dr Gohar Khan

Chair Scientific Committee: Dr Faisal Masood Qureshi

Co-Chair Scientific Committee: Dr Saima Askari

Conference Day 1: Friday 9 October 2026

TIME	TOPIC	SPEAKER
6:15 - 6:45 pm	Industry Symposium (Novo Nordisk) Moderator: Dr Zunera Mir Chairs: Prof. Najmul Islam, Dr Asma Ahmed, Dr Muslim Atiq	
6:15 - 6:40 pm	Talk: Quality weight loss with original Semaglutide	Prof. Abdul Jabbar (U.A.E.)
6:40 - 6:45 pm	Q/A & Chair Comments	
6:45 - 7:00 pm	Guests to be seated	
7:00 - 7:30 pm	Inauguration: Moderator- Dr Hafiza Ammarah Sadiq	
7:00 - 7:05 pm	■ Tilawat	
7:05 - 7:10 pm	■ National Anthem	
7:10-7:25 pm	■ Address by Dr Ali Asghar, President, Pakistan Endocrine Society	
7:25-7:30 pm	■ Address by Dr Richard Quinton, Society for Endocrinology	
7:30-8:45 pm	Scientific Session 1 Moderator: Dr Hafiza Ammarah Sadiq Chairs: Prof. Mohammad Umar, Prof. Qamar Masood, Prof. Khurshid A. Khan	
7:30-7:50 pm	Talk 1: What is new in MASLD	Prof. Ali Karamat (UK)
7:50-8:10 pm	Talk 2: Unravelling the complexity of Type 2 Diabetes; similarities and differences of cluster analysis in a Pakistani cohort	Prof. Emerita Tasnim Ahsan
8:10-8:30 pm	Talk 3: Practical considerations in the management of Acromegaly	Dr John Ayuk (UK)
8:30-8:45 pm	Q & A and Chair comments	
8:45-9:15 pm	Industry Symposium (Ferozsons) Moderator: Dr Sarwat Anjum Chairs: Prof. Saleem Qureshi, Prof. Saeed A. Mahar, Prof. Muti Ullah	Prof. A. H. Aamir
8:45-9:10 pm	Talk: REWARD Study: Real-world effectiveness and safety of Human Insulin in Pakistani patients with Diabetes	
9:10-9:15 pm	Q/A & Chair Comments	
9:15-9:30 pm	Naeem ul Haque Excellence Award	
9:30 pm	Industry Exhibition followed by DINNER	

Conference Day 2: Saturday 10 October 2026

8:00 - 8:45 am	Industry Symposium and Breakfast (Sami) Moderator: Dr Zunera Jahanzeb Chairs: Prof. Musarrat Riaz, Dr M. Sohail Anjum, Dr Mujtaba Hassan	
8:05 - 8:35 am	Talk: Switching Smart: Advancing Diabetes Care with Quality, Confidence & Innovation	Prof. Rayaz A. Malik (Qatar)
8:35 - 8:45 am	Q/A & Chair Comments	
8:45 - 8:55 am	Guests to be seated	
8:55 - 9:00 am	Tilawat	
9:00-10:30 am	Scientific Session 2: Reproductive Endocrinology (In Collaboration with AACE) Moderator: Dr Shaista Kanwal Chairs: Prof. Zaman Shaikh, Prof. Khalid Usman, Prof. Khadija Irfan	
9:00-9:25 am	Talk 1: Testosterone Replacement Therapy: Dos and Don'ts	Dr Richard Quinton (UK)
9:25-9:50 am	Talk 2: Management considerations in female hypogonadism	Dr Yaasir Hossen Mamoojee (UK)
9:50-10:15 am	Talk 3: Practical approach to the evaluation of androgen excess in women	Dr Yasir Elhassan (U.A.E.)
10:15-10:30 am	Q/A & Chair Comments	
10:30-10:40 am	Tea (Macter)	EndoLectua Poster Competition (Tabros)
10:40-11:15 am	State-of-the art Lecture: Moderator: Dr Sidrah Lodhi Chairs: Prof. A. H. Aamir, Prof. Fawad Ahmad Randhawa, Dr Sarwar Malik	
10:40-11:10 am	Talk: EASO frameworks for definition and pharmacotherapy of Obesity	Prof. Volkan D. Yumuk (Turkey)
11:10-11:15 am	Q/A & Chair Comments	
11:15-12:00 Noon	State-of-the art Lecture: Moderator: Dr Muhammad Saleem Chair: Dr S. Abbas Raza, Dr Ali Asghar, Dr Ibrar Ahmed	
11:20-11:50 am	Talk: IDF (International Diabetes Federation) and Global Diabetes Prevention	Prof. Peter Schwarz (Germany)
11:50-12:00 pm	Q/A & Chair Comments	
	Scientific Session 3: Diabetes and Cardiometabolic Disorders Moderator: Dr Sardar Ali Khan Chairs: Prof. Jamal Zafar, Dr Aisha Sheikh, Dr Naeem Khan	
12:00-12:25 pm	Talk 1: The evolving landscape of pre diabetes and diabetes prevention	Prof. Saeed A. Mahar
12:25-12:50 pm	Talk 2: Diabetes care in young adults	Dr Aaisha Saqib (UK)
12:50-01:15 pm	Talk 3: Cardiometabolic report card beyond guidelines towards implementations CARDNIP Trial	Dr S. Abbas Raza
01:15-01:30 pm	Q/A & Chair Comments	
01:30-2:00 pm	Industry Symposium (Nabiqasim) Moderator: Dr Saima Zeb Chair: Prof. A. H. Aamir, Prof. Emerita Tasnim Ahsan, Dr Shajee Siddique	
01:30-01:55 pm	Talk: Tirzepatide from glycemic control to metabolic benefits	Prof. Ali Karamat (UK)
01:55-2:00 pm	Q/A & Chair Comments	
2:00- 02:45 pm	LUNCH & PRAYER BREAK	

TIME	TOPIC	SPEAKER	TOPIC	SPEAKER
02:45-4:00 pm	Scientific Session 4: Thyroid Guidelines Moderator: Dr Amina Umer Chairs: Prof. Sobia Sabir Ali, Dr Sadia Salman, Dr Hussain Afridi		Scientific Session 5: Mixed Bag (Parallel Session) Moderator: Dr Asim Munir Alvi Chairs: Prof. Rauf A. Niazi, Dr Amena Moazzam, Prof. Arshad Hussain	
02:45-3:05 pm	Talk 1: Thyroid Disease in Pregnancy: Guideline Updates & Practical Management	Prof. Khurshid A. Khan	SGLT2: When to use and when to hold; from cardiologist perspective	Dr Qaiser Zeb (UK)
03:05-03:25 pm	Talk 2: Thyroid Nodules: Guideline-Based Evaluation & Management	Prof. Abdul Jabbar (UAE)	How to approach secondary causes of Osteoporosis	Prof. Jaweed Akhter (USA)
03:25-03:45 pm	Talk 3: Thyroid Cancer Management in 2026: Key changes in new ATA guidelines	Prof. Najmul Islam	Update on Workup and Management of Cranial AVP Deficiency	Dr Osama Ishtiaq
03:45-04:00 pm	Q/A & Chair Comments		Q/A & Chair Comments	
TIME	TOPIC			SPEAKER
4:00 - 4:30 pm	Industry Symposium (Roche) Moderator: Dr Abdul Aziz Chairs: Prof. Najmul Islam, Dr Fehmeda F. Khan, Dr Zakir Alavi			
4:00 - 4:20 pm	Talk: Beyond Glycemia: Leveraging NT-pro BNP for Early Heart Failure Detection in T2DM			Dr Aisha Sheikh
4:20 - 4:30 pm	Q/A & Chair Comments			
4:30-5:00 pm	Industry Symposium (CCL) Moderator: Dr Rimsha Azhar Chairs: Prof. A.H. Aamir, Prof. Abdul Jabbar (U.A.E.), Prof Aziz ur Rehman			Prof. Jaweed Akhter (USA)
04:30-04:50 pm	Talk: Beyond Injections: Orforglipron and the Future of Cardiometabolic Care			
04:50-05:00 pm	Q/A & Chair Comments			
05:00 pm	Tea			
7:00- 8:00 pm	PES Executive Members Meeting			
8:30 - 9:30 pm	PES Executive / Scientific Executive Members and Faculty Dinner Hosted by Macter (Movenpick Hotel)			
Conference Day 3: Sunday 11 October 2026				
8:00 - 8:45 am	Industry Symposium and Breakfast (Hilton) Moderator: Dr Mehwish Iftikhar Chairs: Prof. Khurshid A. Khan, Dr Aisha Sheikh, Dr Fahim Ullah		Endolympics Final (Parallel Session) (CCL) Moderator: Dr Nazish Fatima Chairs: Prof. Uzma Malik, Dr Suresh Kumar, Dr Yaqoob Khan, Dr Sumerah Jabeen	
8:05 - 8:35 am	Talk: Beyond the Scale: A Grand Debate on Obesity and Metabolic Health	Prof. Rayaz A. Malik (Qatar) & Dr S. Abbas Raza		
8:35 - 8:45 am	Q/A & Chair Comments			
8:45 - 8:55 am	Guests to be Seated			
8:55 - 9:00 am	Tilawat			
9:00 - 10:00 am	Oral Paper Presentations Moderator: Dr Uzair Abdul Rauf Judges: Prof. Akhtar Sherin, Dr Sardar Shoaib Khan, Dr Owais Rashid, Dr Urooj Lal Rehman			Endo Grant Parallel Session
10:00-11:00 am	Scientific Session 6: Regional Collaborations: SAFES & SOF Moderator: Dr Suleman Elahi Malik Chairs: Prof. A.H. Aamir, Dr Fatima Zahra, Dr Uneeba Syed			In Collaboration with South Asian Federation of Endocrine Societies & South Asian Obesity Forum
10:00-10:20 am	Talk 1: What's new in PMOS			Dr Dina Shrestha (Nepal)
10:20 -10:40 am	Talk 2: Parathyroidectomy challenges: A systematic practical approach			Dr Manilka Sumanatilleke (Sri Lanka)
10:40-10:55 am	Talk 3: From Inequality to Equality: Reimaging Diabetes Care in Pakistan			Dr Ibrar Ahmed
10:55 -11:00 am	Q/A & Chair Comments			
	Industry Symposium (Getz) Moderator: Dr Aimen Malik Chairs: Prof. Khurshid A. Khan, Prof. Saeed A. Mahar, Dr S. Abbas Raza			
11:00-11:25 am	Talk: The cruel paradox: Highest Metabolic Disease, Lowest Affordability			Dr Nauman Niaz
11:25-11:30 am	Q/A & Chair Comments			
11:30-11:45 am	Tea (Getz)			
11:45-01:00 pm	Scientific Session 7: Adrenal Moderator: Dr Kalim Badini Chairs: Dr Ahmad Imran Siddiqi, Dr Tahir Ghaffar, Dr Usman Musharraf			
11:45-12:05 pm	Talk 1: 21-Hydroxylase Deficiency: A Practical Update for the Practicing Endocrinologist			Dr Shahid Ahmad
12:05-12:25 pm	Talk 2: How about Pheochromocytoma: fight or flight gone wrong			Dr Hamish Courtney (Ireland)
12:25-12:45 pm	Talk 3: Adrenocortical Carcinoma - Pakistani Perspective			Dr Waqas Shafiq
12:45-01:00 pm	Q/A & Chair Comments			
01:00-01:45 pm	Great Debate on: Vitamin D Moderator: Dr Mehwish Saeed Chairs: Prof. Yakoob Ahmedani, Dr Zakir Alavi, Dr Hafeeza Naz			
01:00-01:15 pm	For: Vitamin D: The evidence supporting supplementation			Prof. Rayaz A. Malik (Qatar)
01:15-01:30 pm	Against: Vitamin D: Rethinking the evidence for supplementation			Prof. A. H. Aamir
01:30-01:45 pm	Rebuttal, Audience Poll and Comments			
	Industry Symposium (Nabiqasim) Moderator: Dr Zaina Jabeen Chairs: Prof. Arshad Hussain, Dr S. Abbas Raza, Dr Naeem Khan			
01:45-02:15 pm	Talk: A new era in the management of diabetes complications, with a greater focus on addressing diabetic neuropathy			Prof. Qamar Masood
02:15-02:20 pm	Q/A & Chair Comments			
02:20-02:30 pm	Vote of Thanks by Scientific and Organizing Chairs			
3:00 pm	Lunch			
3:15 pm	General Assembly Meeting			

WORKSHOPS & PRE CONFERENCE ACTIVITIES

Thursday 8th October 9:00 am - 4:00 pm Venue: Serena Hotel

ENDOCRINE BOARD REVIEW

for Endocrine Fellows-in-Training

Course Directors: Dr Matiullah Kamin and Dr Saba Hafeez

(Pharmevo)

Thursday 8th October 9:00 am - 5:00 pm Venue: Serena Hotel

IDEA (International Diabetes Excellence Academy)

Course Directors: Prof. Rayaz A. Malik (Qatar), Dr Hamed Farooqi (U.A.E.), Dr S. Abbas Raza

(Highnoon)

Friday 9th October 9:00 am - 12:00 pm Venue: Polyclinic Hospital

WORKSHOP ON THYROID ULTRASOUND

Facilitators: Dr Joanna Quinton (UK) and Dr Saima Shan

Friday 9th October 2 :30 - 5:00 pm Venue: Serena Hotel

SERENDIP WORKSHOP

(Hyperglycemia in Pregnancy)

Directors: Dr Aisha Sheikh & Prof. Shehla Baqai

(Getz)

Friday 9th October 10:00 am - 12:00 pm Venue: Serena Hotel

WORKSHOP ON

ARTIFICIAL INTELLIGENCE IN PATIENT MANAGEMENT

(Pharmevo)

Friday 9th October 03:00 - 05:00 pm Venue:Serena Hotel

WORKSHOP ON ERECTILE DYSFUNCTION

Course Facilitators: Dr Richard Quinton (UK) & Dr Saba Hafeez

Hilton

Friday 9th October 03:00 - 05:00 pm Venue:Serena Hotel

WORKSHOP ON IPSS AND AVS

Facilitators: Dr Matiullah Kamin and Dr Kashif Raashid

Friday 9th October 03:00 - 05:00 pm Venue: Serena Hotel

WORKSHOP ON INSULIN INITIATION

AND TITRATION WITH LATEST DEVICES

Facilitators: Prof. Qamar Masood and Dr Adnan Zahid

(Sami)

Saturday 10th Oct - 10:00 - 12:00 pm Venue: Holy Family Hospital

WORKSHOP ON DIABETES FOR PARA-MEDICAL STAFF

Facilitators: Dr Saba Hafeez and Dr Madeeha Nazar

(CCL)