



# 5<sup>TH</sup> ANNUAL INTERNATIONAL CONFERENCE

PAKISTAN SOCIETY FOR METABOLIC & BARIATRIC SURGERY

10<sup>th</sup> - 11<sup>th</sup> January 2026  
JPMC, Karachi



# SCIENTIFIC PROGRAM



1. Surgery J. 50M. Activity Code: 10110001, 1-00-01 January, 2026

2. PSMBS 5<sup>th</sup> Annual International Conference 2026

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**f** 5th PSMBS - sindh 2025

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**Day 01 | Saturday, 10<sup>th</sup> January**

## Registration (8:00 - 8:30AM)

**Inauguration & Keynote speeches (1 Hour) 0830-0930**

Tilawat & National Anthem **5 Minutes**

Inaugural speech by **Dr. Surrendar Dawani**, President Sindh Chapter:  
In the loving memory of (Late) **Dr. Shahid Rasul**,  
1<sup>st</sup> elected President of PSMBS **15 Minutes**

Guest of honor Speech **5 Minutes**

PSMBS: Look back & the way forward  
**Prof. M. Hanif** (President PSMBS) **10 Minutes**

MBS: The past, present and future  
**Dr. Amir Khan** (Keynote Speaker) **15 minutes**

### Session I: The Bariatric Game Plan: Dos, Don'ts and Technical Tips for safety.

**(90 Minutes) (0930-1100)**

**Chair:** Dr. Javed Ahmed Raza, **Panel:** Dr. M. Hanif, Dr. Tanveer Abbas

**Moderator:** Dr. Mirza Arshad Beg

#### Current guidelines: Metabolic Surgery

(IFSO, NICE, Asia pacific perspective, MBS type & choice in class-I obesity)

**Dr. Adil Nijat Bangash** **10+3 minutes**

#### The ideal sleeve

(Position, ports placement, first fire port, other firing port, Bougie size, distance from pylorus, avoid narrowing at incisure, avoid leak at GEJ, Staple height selection, oversewing/clips/diathermy, fixing with omentum)

**Dr. Rizwan Sultan** **10+3 minutes**

#### Roux en Y Gastric Bypass

(Ports placement, diagnostic laparoscopy/bowel mobility check, creating window into lesser sac, size of pouch, Limb lengths, splitting greater omentum while keeping transverse colon safe, Types of GJ formation with pros & cons, leak test yes/no, close the defects or not)

**Dr. Amir Khan** **10+3 minutes**

### Mini Gastric Bypass

(Patient position, Ports placement, diagnostic laparoscopy/bowel mobility check, creating window into lesser sac, anatomy & physiology of pouch, splitting greater omentum while keeping transverse colon safe, Types of GJ formation with pros & cons, Anti reflux sutured, leak test yes/no, close the spaces or not)

**Dr. Laurent A. Layani**

**10+3 minutes**

### Sleeve or Bypass or Something else?

(What factors affect the decision making? Age, Gender, comorbidities, dietary habits, previous surgeries etc.)

**Dr. M. Jawed**

**10+3 minutes**

### Plan A to Plan B: Surprises in bariatric surgery

**Dr. Karim Sabry**

**10+3 Minutes**

## First Day Tea Break 1100-1115

### Session II: When the going gets tough- dealing the complications of MBS

**(90 Minutes) (1115-1245)**

**Chair:** Dr. Laurent A. Layani **Panel:** Dr. Ayaz Gul, Dr. Iftikhar Ahmed, M. Mohsin Gillani **Moderator:** Dr. Faisal Siddiqui

### Avoiding the pitfalls: fundamental principles

(Creating safe pneumoperitoneum. General tips to avoid bleeding, leak, twists & hernia. teamwork)

**Dr. M. Hanif**

**10+3 minutes**

### Bleeding after Bariatric Surgery: When to intervene?

(Post operative monitoring protocol, wait n watch/transfusion/transamine/laparoscopy)

**Dr. Javed Ahmed Raza**

**10+3 minutes**

### Leaks after Sleeve & MGB: A stepwise approach

(Two- Three cases unfolding gradually- one of acute and chronic leak each, starting from clinical to radiological assessment to direct exploration and then different radiological, endoscopic and surgery options.

Diagnosis and management of MGB leak)

**Dr. Karim Sabry** (Keynote Speaker)

**17+8 minutes**

## **Hernias after MGB & RnY**

(Presentation, diagnosis, management of internal hernias- how to approach during laparoscopy)

**Dr. Aamir Abbas**

**10+ 3 minutes**

## **Ulcers after MGB & RnY**

(presentation/diagnosis/management of anastomotic ulcers. Factors associated with ulcer formation i.e. size, type, location, width of anastomosis, dietary habits, smoking. Preventive PPI for how long? Perforated ulcer management.)

**Dr. M. Adnan Khokhar**

**10+3 minutes**

## **Session III: Panel Discussion (Safety First: Pre-op work up)**

**25 Minutes (1245-1310)**

**Moderator:** Fariha Ashraf (Brief Opening presentation 3 minutes and then discussion)

**Panelists:** Javed Ahmed Raza, Karim Sabry, M. Naveed Malik, Ahmed Faraz, Usama Iqbal.

(Need analysis- blood workup, x-ray chest, ultrasound, echo, endoscopy)

MDT: endocrinologist, psychiatrist/psychologist, nutritionist

preoperative weight loss- when? How?)

## **First Day Lunch & Namaz Break (110-1345)**

## **Session IV (Panel Discussion): Establishing Bariatric Surgery in Pakistan- Challenges & charms**

**35 Minutes (1345-1415)**

**Chair:** Atif Inam Shami, **Panelists:** Dr. Allauddin Kakar, Dr. Arshad Ali, Dr. Aamir Abbas, Dr. Altaf Hussain Jatoi, Dr. Madiha Masood, Dr. Ali Mohammad Haider

Brief Introductory presentation by Prof. Aatif Inam (3-4 Minutes) followed by discussion

(What are the requirements in terms of personal development, team building, Equipment, Service escalation? What hurdles you encountered and how overcame? Govt, Pvt, International experience)

## **Session V: Sizzling Debate (Title: Social media marketing in MBS- Finding a method in the madness.)**

**(30 minutes) (1415-1445)**

**Panelists:** Drs. Abid Jamal, Tabish Chawla, Tanvir Raazi Ahmad, Aamir Jafarey, Ali Kamran  
**Moderator:** Dr. Adil Nijat Bangash

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### **Brief Introductory presentation by Dr. Abid Jamal (3-4 Minutes) then discussion**

(Question: Surgeons: What has been achieved in terms of awareness, patients' recruitment by social media, Need for SMM. Abid Jamal & Tabish Chawla- what does the PMDC/SHC say? Individual or institutional Marketing? Ethics group: Pearls & pitfalls of SMM- social, moral, ethical problems (with or without consent of patient); (Aamir Jafarey- some best practice guidelines for SMM based on the discussions.)

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## **Session VI: Collaborative Approach, Not a solo journey**

**(90 Minutes) (1445-1515)**

**Chair:** Dr. Amir Khan **Panelist:** Dr. Fahim Khan, Dr. Allaudin Kakar, Dr. Aamir Iqbal **Moderator:** Dr. S. Asif Ali Zaidi

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### **ERABS & complications: Pakistan Perspective**

(Preoperative- incentive, NPO, shower, BP control, urination  
Per operative- avoid foley, drain, transamine, narcotics, anticoagulants, blocks  
Post op- narcotics, early mobilization, liquids, incentive, anticoagulants, hydration etc.

How ERABS prevent complications?

Prerequisites for ERABS otherwise hazardous i.e. Teamwork, hotline, access, GP network etc.)

**Dr. Usama Iqbal**

**8+5 Minutes**

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### **Mental Evaluation: The Missing Piece of the puzzle**

(Psychological Assessment Tools? Pre/Post op assessment goals & intervention plans? Unfolding case scenarios)

**Ms. Hareem Masabat Saleem**

**8+5 Minutes**

## **The Bariatric Coordinator: Bonding Patients, Team, and Success**

(Need, Role and eligibility of a bariatric coordinator. The hurdles & learnings.)

**Ms. Ilma Maaz**

**8+5 Minutes**

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## **Barren to fertile: Obesity, weight loss & women health**

(How does obesity affect women health & Fertility? How does weight loss affect fertility & women health? Effect of Bariatric surgery on fertility, conception & outcomes of pregnancy)

**Dr. Zeryab Setna**

**8+5 Minutes**

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## **Less Hangover, Less Stress: Smooth Anesthesia & Recovery**

(Anesthesia modifications required for bariatric surgery. preparedness, position, induction, maintenance, do's & don'ts, post op positioning etc.)

**Dr. Syed Talal Ahmed**

**8+5 Minutes**

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## **Perioperative Concerns in cancer patients with obesity**

**Dr. Hassan Ahmed**

**8+5 Minutes**

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## **Bones & Metals to last longer: MBS before or after Joint**

### **Replacement**

(Impact of obesity on the lasting of implants esp. knee replacement?)

Recommendations for weight loss through surgery in patients with obesity before elective joint replacement surgery or after and why? Considering mobilization, DVT risk, nutritional deficiencies, load on implant & joint)

**Dr. M. Idrees Shah** (MBS before replacement)

**10+5 Minutes**

**Dr. Sohail Rafi** (MBS after replacement)

**Gala Dinner (20:00 Hours)  
for all Speakers & registered participants.**



**Day 02 | Sunday, 11<sup>th</sup> January**

Tilawat & National Anthem

**8:30AM**

### **Session VII: Test of a bariatric surgeon- Redo Surgery**

**(70 Minutes) (0840-0950)**

**Chair:** Dr. M. Jawed **Panelists:** Dr. Aatif Inam, Dr. Sajid Khan, Dr. Farhat Bano

**Moderator:** Dr. Attaullah Mahar

#### **Parameters for success & Failure: Need for redo**

(What parameters to use for weight loss i.e. total body weight loss/% excess weight loss/ BMI loss etc. ? what is success of different primary bariatric surgical procedures in terms of weight? What is inadequate weight loss, partial weight regain, complete weight regain and how do these differ in different weight loss procedures?

**Dr. Tanveer Abbas**

**10+3 Minutes**

#### **From evaluation to execution: General Tips & tricks for a redo surgery**

(What are essential investigations & assessment tools to perform before embarking on redo based on indication? Counseling of patients? Creating pneumo, port positioning, safe dissection tricks, separating stomach from liver, things to make sure before applying stapler i.e. orientation, previous clips, endosutures. Reload selection) **Dr. Javed Ahmed Raza**

**10+3 Minutes**

#### **Redo procedure(s) after sleeve**

(Indications for redo after sleeve i.e. weight regain, hiatal hernia, GERD, stenosis. How these indications affect the choice of redo surgery? Tips & tricks for dissection, choice of stapler, Making sure the primary pathology is taken care of.)

**Dr. Karim Sabry**

**10+3 Minutes**

#### **Redo procedure(s) after MGB**

(Indications for redo after MGB i.e. weight regain, hiatal hernia, Bile reflux, stenosis. How these indications affect the choice of redo surgery? Tips & tricks for dissection, choice of stapler, Reconstruction technique, How to revise MGB if pouch is short?)

**Dr. Laurent A. Layani**

**10+3 Minutes**

## **Redo procedure(s) after Roux-en-Y**

(Indications for redo after RnY i.e. weight regain, hiatal hernia, stenosis. How these indications affect the choice of redo surgery? Tips & tricks for dissection, choice of stapler, Reconstruction technique, What if pouch is short? Distalization/ reverse order/GJ revision)

**Dr. Amir Khan**

**10+3 Minutes**

## **Session VIII: Combined procedures & Complex situations:**

**(90 Minutes) (0950-1115)**

**Chair:** Karim Sabry, **Panel:** Rizwan Sultan, Faheem Khan

**Moderator:** Ali Kamran

### **GERD & Hiatal hernia**

(Should we look for these preop? If yes, how? How choice of procedure is affected preoperatively?)

If found on table, choice of bariatric procedure? Repair or not? To dissect for it or not? Can MBS be combined with hiatal hernia repair along with tips & tricks in three common procedures?)

**Dr. Amir Khan**

**10+3 Minutes**

### **Ventral & Inguinal Hernia**

(Timing of hernia repair i.e. before, during, after MBS? Approach i.e. sublay, onlay, IPOM of hernia repair in conjunction with the specific timing? Impact of presentation, size and contents of hernia?)

**Dr. M. Burhan ul Haq**

**10+3 Minutes**

### **To operate or not: When on Anti-Depressants & anti-Psychotics**

(What to deal with first: egg or hen? How to decide whether to cancel/postpone/proceed for bariatric surgery? Impact on procedure choice based on condition, eating disorder, drugs, preferential absorption in GIT)

**Dr. Uroosa Talib**

**10+3 Minutes**

### **Smoking, Vape & Alcohol**

(Impact on selection of procedure and why? Impact on MBS patient? What instructions/consent/counseling be done before & after surgery? Should redo surgery be performed in presence of these?)

**Dr. M. Naveed Malik**

**10+3 Minutes**

**Gender & Extremes of age: Children, adolescents and >60 years age**  
(Impact on selection of procedure in different genders & age groups and why ?  
What instructions/consent/counseling be done before & after surgery?  
Indications for surgery children i.e. BMI or something else?)

**Dr. Iftikhar Ahmed**

**10+3 Minutes**

**Gallstones- Before & after MBS**

(Prophylactic cholecystectomy evidence?  
Prevention by URSO- dose, duration  
Known Gallstones at the time of MBS & indications of cholecystectomy i.e.  
Asymptomatic Gallstones, Biliary colic, acute cholecystitis?  
Choledocholithiasis management after MGB & RnY?)

**Dr. Ahmad Faraz**

**10+3 Minutes**

**Nutritional deficiencies after OAGB**

(Common deficiencies after OAGB? Predictors of Protein deficiency in terms of  
limb length, dietary habits, age, gender, Initial BMI etc. )

**Dr. Arshad Ali**

**10+3 Minutes**

**Second Day Tea Break (1115-1130)**

**Session IX: GLPs and the future of Bariatric Surgery**

**NOVO session**

**(30 Minutes) (1130-1200)**

**Chair:** Prof. Aatif Inam, **Panel:** Dr. Rehman Alvi, Dr. Ramzan Mehsood

**Moderator:** Dr. Sumerah Jabeen

**GLP analogues, evidence & myths**

(Mechanism of action, Options, routes. comorbids resolution,  
Myths/complications i.e. blindness, gastroparesis, old face,)

**Dr. Saeed Ahmed Maher**

**10+5 minutes**

**GLP analogues- friends of Bariatric surgeons, not the foes.**

{Efficacy for weight loss (% excess wt loss, Total weight loss), How long to use?  
Resistance? weight regain issue after discontinuation, Role in preoperative &  
post operative management}

**Dr. Tanvir Razi Ahmad**

**10+5 minutes**



## Session X: Sizzling Debate (Title: GLPs Vs. Endoscopy Vs. Bariatric Surgery)

(30 Minutes) (1200-1230)

**Panelists:** Dr. Shahab Abid, Dr. Nadim Bajkani, Dr. Sumerah Jabeen, Dr. M. Sadik Memon, Dr. Amir Khan, Dr. Karim Sabry

**Moderator:** Dr. Javed Ahmed Raza

Discussions on cases & scenarios to let participants know that one size doesn't fit all and it's a multimodality therapy)

## Session XI: Research Presentations & awards

(60 Minutes) (1230-1330)

**Jury (Oral Presentations):** Dr. Nabeel Naeem Baig, Dr. Javed Ahmed Raza, Dr. Tabish Chawla, Dr. Sumerah Jabeen

Conference overview by Dr. Amir Khan	5 Min
Prize Distribution by JPMC executive Director	5 Min
Vote of thanks & closing remarks by Conference Chair	5 Min
Lunch & Departure	

## Scientific Committee:

**Dr. Ghulam Murtaza (Chair)**  
**Dr. Usama Iqbal**  
**Dr. Mirza Arshad Beg**  
**Dr. Fariha Ashraf**

## International Faculty:

**Dr. Karim Sabry (Egypt)**  
**Dr. Javed Ahmed Raza (UAE)**  
**Dr. Amir Khan (UK)**  
**Dr. Laurent A. Layani (UAE)**  
**Dr. Ali Mohammad Haider (Yemen)**

## National Faculty (Punjab):

### **Dr. Aamir Abbas,**

General & Bariatric Surgeon, Alharam medical complex Sargodha.

### **Prof. Aatif Inam,**

General & Bariatric Surgeon, PIMS, Islamabad.

### **Dr. Iftikhar Ahmed**

General & Bariatric Surgeon, RIHS, Islamabad.

### **Dr. Ibad ur Rehman**

General & Bariatric Surgeon, Islamabad.

### **Prof. M. Naveed Malik**

General & Bariatric Surgeon, Akhtar Saeed Medical college, Lahore.

### **Dr. M. Burhan ul Haq**

General & Bariatric Surgeon, PIMS, Islamabad.

### **Dr. M. Adnan Khokhar**

General & Bariatric Surgeon, Islamabad.

### **Prof. M. Hanif**

General & Bariatric Surgeon, PAF Hospital, Islamabad

### **Dr. M. Mohsin Gillani**

General & Bariatric Surgeon, Sharif medical city hospital, Lahore

### **Dr. Rizwan Sultan**

General & Bariatric Surgeon, HOD surgery, Islamabad medical complex, NESCOM, Islamabad

### **Dr. Tanveer Abbas**

General & Bariatric Surgeon, Lahore.

## National Faculty KPK:

### **Dr. Adil Nijat Bangash,**

General & Bariatric Surgeon, Pak Medical Center and Hospital Peshawar

### **Dr. Ahmad Faraz,**

General & Bariatric Surgeon, Pak Medical Center and Hospital Peshawar

### **Dr. Arshad Ali,**

General & Bariatric Surgeon, DHQ Parachinar.



## **Dr. Ayaz Gul,**

General & Bariatric Surgeon, Pak Medical Center and Hospital Peshawar

## **Dr. Faheem Khan,**

General & Bariatric Surgeon, Peshawar

## **Dr. Ramzan Mehsood**

General & Bariatric Surgeon, Peshawar

## **Dr. Sajid Khan**

General & Bariatric Surgeon, Peshawar

## **National Faculty (Balochistan):**

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HOD surgery, Aria Institute of Medical Sciences, Quetta.

## **National Faculty Sindh:**

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Center for Biomedical Ethics & Culture, SIUT, Karachi.

### **Prof. Aamir Iqbal Memon,**

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### **Dr. Abdul Rehman Alvi,**

General Surgeon, AKU, Karachi.

### **Dr. Abid Jamal,**

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### **Dr. Ali Kamran,**

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### **Dr. Altaf Hussain Jatoi,**

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## **Dr. M. Idrees Shah,**

Orthopaedic Surgeon, Ziuddin University Hospital, Karachi

## **Dr. M. Jawed,**

General & Bariatric Surgeon, Karachi

## **Dr. M. Sadik Memon**

Gastroenterologist, Hyderabad

## **Dr. M. Sohail Rafi,**

Orthopaedic Surgeon, Ziuddin University Hospital, Karachi

## **Dr. Nabeel Naeem Baig,**

Head of Research Department, CPSP, Karachi

## **Dr. Nadim Bajkani,**

Gastroenterologist, Gambat Institute of Medical Sciences.

## **Dr. Shahab Abid**

Gastroenterologist, AKU, Karachi

## **Prof. Saeed Ahmed**

Mahar Endocrinologist, NICVD, Karachi

## **Dr. Sumerah Jabeen,**

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## **Dr. Surrendar Dawani,**

General & Bariatric Surgeon, JPMC & Ziauddin University Hospital.



## **Dr. Syed Talal Ahmed**

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## **Dr. Syed Asif Ali Zaidi**

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## **Dr. Tabish Chawla**

General Surgeon, AKU, Karachi

## **Dr. Tanvir Raazi Ahmad**

Bariatric Surgeon, Ziauddin Hospital, Karachi

## **Dr. Uroosa Talib**

Consultant Psychiatrist, COO, Caravan of Life Trust, Karachi

## **Dr. Usama Iqbal**

General & Bariatric Surgeon, AKU, Karachi

## **Dr. Zeryab Setna,**

The Fertility Clinic, Karachi





Dated: \_\_\_\_\_



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1. Surgery J. (ISSN: 20013001) 1-00-11 January 2026

Agm Blue University is a member of the National Council for Accreditation of Medical and Dental Education (NCA) and the National Accreditation and Evaluation Board (NAEB) for medical education for advanced

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