

5TH ANNUAL INTERNATIONAL CONFERENCE

PAKISTAN SOCIETY FOR METABOLIC & BARIATRIC SURGERY

10th - 11th January 2026
JPMC, Karachi



SCIENTIFIC PROGRAM

Event Management by
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Events

5th January 2026 (Sat) - 11th January 2026 (Sun)

Accredited by the Pakistan Society for Metabolic & Bariatric Surgery (PSMBS) and the Pakistan Society for Metabolic & Bariatric Surgery (PSMBS)

"5th Annual PSMBS International Conference 2026"

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5th PSMBS - sindh 2025



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Day 01 | Saturday, 10th January

Registration (8:00 - 8:30AM)

Inauguration & Keynote speeches (1 Hour)

0830-0930

Tilawat & National Anthem

5 Minutes

Inaugural speech by **Dr. Surrender Dawani**, President Sindh Chapter:
In the loving memory of (Late) **Dr. Shahid Rasul**,
1st 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



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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

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.)

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

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

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



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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

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

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

Perioperative Concerns in cancer patients with obesity

Dr. Hassan Ahmed

8+5 Minutes

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.



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Day 02 | Sunday, 11th 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 Mahar

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)



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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.



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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):

Dr. Allauddin Kakar,

HOD surgery, Aria Institute of Medical Sciences, Quetta.

National Faculty Sindh:

Dr. Aamir Jafarey,

Center for Biomedical Ethics & Culture, SIUT, Karachi.

Prof. Aamir Iqbal Memon,

General Surgeon, Hyderabad.

Dr. Abdul Rehman Alvi,

General Surgeon, AKU, Karachi.

Dr. Abid Jamal,

Surgical Oncologist, United Hospital, Karachi.

Dr. Ali Kamran,

General & Bariatric Surgeon, Ziauddin University Hospital, Karachi.

Dr. Altaf Hussain Jatoi,

General Surgeon, Hyderabad.

Dr. Attaullah Mahar,

General Surgeon, National Medical Center, Karachi.

Dr. Faisal Siddiqui,

General & Bariatric Surgeon, Liaquat National Hospital, Karachi.

Dr. Fariha Ashraf,

General & Bariatric Surgeon, Patel Hospital, Karachi

Dr. Farhat Bano,

General Surgeon, SMBBMC, Karachi



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Dr. Ghulam Murtaza

General & Bariatric Surgeon, Patel Hospital, Karachi

Ms. Hareem Masabat Saleem,

Clinical Psychologist, Karachi

Dr. Hassan Ahmed,

General & Oncological Surgeon, Patel Hospital, Karachi

Ms. Ilma Maaz,

Ex-Bariatric Coordinator, DOSTI-Weight Loss Surgery, Karachi

Dr. Ishaq Soomro,

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Dr. Madiha Masood,

General & Bariatric Surgeon, JPMC, Karachi

Dr. Mirza Arshad Beg

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Dr. M. Idrees Shah,

Orthopaedic Surgeon, Ziauddin University Hospital, Karachi

Dr. M. Jawed,

General & Bariatric Surgeon, Karachi

Dr. M. Sadik Memon

Gastroenterologist, Hyderabad

Dr. M. Sohail Rafi,

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Dr. Nabeel Naeem Baig,

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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,

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Dr. Syed Talal Ahmed

Anesthesia & Pain Management, Indus Hospital, Karachi

Dr. Syed Asif Ali Zaidi

General & Bariatric Surgeon Sir Sayed Medical College, Karachi

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

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