



Prof. Zaigham Abbas, Former President of PSSLD from Ziauddin University Hospital, Karachi, Prof. Zahid Azam Head, Department of Gastroenterology and Hepatology, DUHS, Dr. Hafeez Ullah Shaikh, DUHS, Dr. Fakhar Ali Qazi, DUHS, Dr. Sabitha Shabbir DUHS and Dr. Kailash Makhejani is the Moderator of the Symposium on "Hepatitis B & Delta Virus"

**Karachi:** Pakistan Society for the Study of Liver Diseases (PSSLD) and National Institute of Liver and Gastro-Intestinal Diseases (NILGID) & Liver Transplant Unit (LTU) of Dow University of Health Sciences jointly organized a symposium on "Hepatitis B & Delta Virus". The symposium was arranged at the OPD Seminar Hall of DUHS, Ojha Campus, with the sponsorship of Ferozsons Laboratories.

Symposium was attended by the Faculty of Dow University of Health Sciences, postgraduate students, family physicians and medical students of Dow International Medical and Dental College, nursing students, nursing staff and hospital support services staff. Dr. Kailash Makhejani was the Moderator of the symposium.

## Pakistan Society for the Study of Liver Diseases (PSSLD) and National Institute of Liver and Gastro-Intestinal Diseases (NILGID) & Liver Transplant Unit of Dow University of Health Sciences jointly organized a symposium on "Hepatitis B & Delta Virus"

in addition, it is providing research and continuing academic activities.

The first speaker was Dr. Hafeez Ullah Shaikh, Assistant Professor, Department of Gastroenterology and Hepatology, DUHS. He talked about "HBV diagnostic tests and interpretation" he informed the audience about the "Hepatitis B Tests" which includes three parts. HBsAg (Hepatitis B surface antigen) - A "positive" or "reactive" HBsAg test result means that the person is infected with hepatitis B. HBsAb (Hepatitis B surface antibody) A "positive" or "reactive" HBsAb test

types: micro nodular, macro nodular, and mixed cirrhosis.

The major complications of cirrhosis include varices, ascites, hepatic encephalopathy (HE), hepatopulmonary hypertension, hepatocellular carcinoma, hepatorenal syndrome, spontaneous bacterial peritonitis, and coagulation disorders.

Prof. Zahid Azam Head, Department of Gastroenterology and Hepatology, DUHS and Medical Superintendent of hospital spoke on "HBV Treatment" he focused on long term follow up of hepatitis B patients and

HDV-HBV co-existence is considered the most severe form of chronic viral hepatitis due to more rapid progression towards hepatocellular carcinoma and liver-related death.

Patients who are more likely to have HBV and HDV co-infection include indigenous populations, recipients of hemodialysis and people who inject intravenous drugs. Vaccination against hepatitis B is the only method to prevent HDV infection few months back.

Traditionally chronic hepatitis D is

treated with pegylated interferon-alpha for at least 48 weeks, which reduces the risk of the condition worsening. But now a new drug to treat hepatitis delta has been approved by the European Commission. The drug's name is Bulevirtide which may be given alone or in combination with pegylated interferon.

Another drug Lonafarnib may prevent the hepatitis D virus from reproducing itself. Lonafarnib is a new type of treatment that attempts to control hepatitis delta by blocking a key enzyme that is needed for the

hepatitis delta virus to replicate.

Blocking this enzyme prevents a new virus from being created, which may control and even cure hepatitis delta. Dr. Amna Subhan, Associate Professor of Aga Khan University Hospital participated by video link. She spoke on "HBV Management in Pregnancy and Vaccine Prevention".

This was followed by a very interesting Q&A session. Symposium concluded on a vote of thanks by Dr. Sabitha Shabbir who thanked guest speaker Prof. Zaigham Abbas, faculty of DUHS and participants for their interactive involvement.

She thanked Ferozsons Laboratories for their support in arranging this symposium.



Prof. Zaigham Abbas receiving shield from Prof. Zahid Azam Medical Superintendent of DUHS Hospital



Prof. Zaigham Abbas & Prof. Zahid Azam distributing shields to Speakers Dr. Fakhar Ali Qazi, Dr. Hafeez Ullah Shaikh, Dr. Sabitha Shabbir and Dr. Kailash Makhejani at the end of Symposium on "Hepatitis B & Delta Virus"



Dr. Tayyab Usmani introduced the services of NILGID & Liver Transplant Unit of Dow University of Health Sciences

The event started with the welcome address by Dr. Tayyab Usmani. He briefly highlighted the services of the National Institute of Liver and Gastro-Intestinal Diseases (NILGID) & Liver Transplant Unit (LTU) of Dow University of Health Sciences.

He said: "the institution has a dedicated unit that takes care of patients suffering from liver and gastrointestinal diseases and provides state of the art health facilities to patients with specific liver diseases with respect, dignity, and through multidisciplinary approaches; In

result indicates that a person is protected against the hepatitis B virus. HBcAb (Hepatitis B core antibody) A "positive" or "reactive" HBcAb test result indicates a past or current hepatitis B infection. He also updated the forum about ongoing research in diagnostics and their role in clinical use.

Dr. Fakhar Ali Qazi, Assistant Professor, Department of Gastroenterology and Hepatology, DUHS, delivered a lecture on "Cirrhosis and its complications" he said there are three macroscopic

strategies for treatment adherence. He said the World Health Organization (WHO) has set a target of eliminating hepatitis B and C as a public threat by 2030. 90% reduction in new chronic infections, 65% reduction in mortality compared with a scenario in which interventions would continue at the current level. This is the era of Direct Acting Antivirals (DAAs) for hepatitis C. Nowadays very effective oral medicines are available for Hepatitis C, and these drugs produced results at a much higher pace as compared to yearlong Injectable drugs.

The key speaker of the symposium was Prof. Zaigham Abbas, Former President of Pakistan Society for the Study of Liver Diseases (PSSLD) and Head, Department of Hepato-Gastroenterology, Ziauddin University Hospital, Clifton Karachi. His talk focused on "HDV - What's New in Horizon".

He said Hepatitis D is an inflammation of the liver caused by the hepatitis D virus (HDV), which requires HBV for its replication. Hepatitis D infection cannot occur in the absence of hepatitis B virus.



Group Photo: Faculty, Organizers and Supporters of the Symposium during visit of Dow University of Health Sciences



# 16<sup>TH</sup> Annual Meeting

# PSSLD 2022

## Emerging trends in Hepatology: Challenges and Opportunities

December 2 - 4, 2022 - Karachi

### Highlights of the Event

- Post Graduate Course
- State of the Art Lectures
- Scientific Symposia
- Clinical Vignettes
- Free Papers



Best Oral Presentation Award  
Best Poster Presentation Award  
Rising Star Award



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