

2026 Issue | January–April

PSSLD Connect

Official publication of Pakistan Society for the Study of Liver Diseases

Together for
Better Liver Care



**Pakistan Society for the
Study of Liver Diseases**
Advancing Hepatology in Pakistan



Committed to Better
Patient Care Through
**Knowledge, Advocacy,
and Collaboration**



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MESSAGE FROM THE PATRON & FOUNDING PRESIDENT



It gives me immense pleasure to welcome you to the very first edition of PSSLD Connect, the official newsletter of the Pakistan Society for the Study of Liver Diseases (PSSLD).

Over the years, PSSLD has grown from a shared vision among a small group of committed professionals into a vibrant national platform dedicated to advancing hepatology, gastroenterology, liver transplantation, and related sciences in Pakistan. This journey has been made possible through the dedication of our members, the support of our partners, and the unwavering commitment of healthcare professionals who continue to strive for excellence in patient care, education, and research.

The launch of PSSLD Connect marks another important milestone in our journey. More than just a newsletter, it is intended to serve as a bridge connecting our members across the country and beyond. It will provide updates on society activities, scientific achievements, educational initiatives, research highlights, advocacy efforts, and the accomplishments of our members. Most importantly, it will offer a platform for sharing ideas, experiences, and innovations that can help strengthen our collective mission.

As liver diseases continue to pose significant healthcare challenges in our region, the need for collaboration, knowledge sharing, and continuous professional development has never been greater. I am confident that PSSLD Connect will become a valuable forum for fostering engagement, encouraging young professionals, and promoting meaningful dialogue within our community.

I congratulate the editorial team and everyone involved in bringing this initiative to life. Their hard work and vision have transformed an idea into a reality. I invite all members to actively contribute to future editions and help make this newsletter a true reflection of the dynamism, diversity, and excellence of PSSLD.

I wish PSSLD Connect every success and look forward to its continued growth in the years ahead.
With warm regards

Prof. Wasim Jafri
Patron & Founding President, PSSLD

PRESIDENT'S MESSAGE



Every strong professional community is built on a shared vision, a sense of purpose, and meaningful connections among its members. It is with great optimism and enthusiasm that I welcome you to the inaugural issue of PSSLD Connect, a new initiative of the Pakistan Society for the Study of Liver Diseases.

This newsletter was conceived with a simple but important goal: to keep our community connected, informed, and inspired between scientific meetings. Published every four months, PSSLD Connect will provide a platform to share scientific advances, society activities, educational opportunities, advocacy initiatives, member achievements, and perspectives that shape the future of hepatology in Pakistan.

Beyond sharing information, our vision is to foster a culture of collaboration, innovation, and professional growth. Across the country, remarkable work is being done every day to improve the care of patients with liver disease. By bringing these experiences, ideas, and achievements together, we can learn from one another, build new partnerships, and collectively raise the standard of liver care.

This newsletter belongs to all of us. I warmly invite clinicians, researchers, trainees, and allied healthcare professionals to contribute their articles, insights, research highlights, case experiences, and opinions. Your voice matters, and your contributions will help ensure that *PSSLD Connect* reflects the diversity, expertise, and aspirations of our growing community.

As we launch this first issue, I hope *PSSLD Connect* becomes more than a newsletter. I hope it becomes a source of inspiration, a platform for emerging leaders, and a catalyst for meaningful action. Together, let us continue to advance hepatology, support one another, and work toward a future where better liver health is accessible to all Pakistanis.

Dr Amna Subhan Butt
President, Pakistan Society for the Study of Liver Diseases (PSSLD)

MESSAGE FROM THE PUBLICATION SECRETARY



It is an honor to serve as Publication Secretary of the Pakistan Society for the Study of Liver Diseases. I am grateful to the PSSLD leadership for their trust and the responsibility entrusted to me. This role strengthens my commitment to advancing hepatology care in Pakistan through academic rigor and collaboration.

PSSLD continues to play a central role in shaping hepatology practice nationwide by promoting research, education, and clinical excellence. This newsletter reflects that vision, bringing together focused academic content, key society updates, and perspectives relevant to clinical practice.

This issue introduces the PSSLD Cabinet 2026/2027 and highlights major society activities through the PSSLD Spotlight, including a brief overview of the PSSLDAPASL STC Pakistan 2025 and activities conducted during 2025 and the first quarter of 2026.

Looking ahead, upcoming initiatives in Sukkur and Bahawalpur, the PSSLD Youth Forum (online), and the Annual Meeting 2026 underscore our continued commitment to outreach and academic engagement.

We also introduce “Ask the Expert,” addressing practical clinical questions, alongside the PSSLD Journal Scan, which curates recent studies influencing clinical practice.

I acknowledge the contributions of our authors, reviewers, and editorial team in maintaining the quality and integrity of this publication.

Dr. Muhammad Ali Qadeer
Publication Secretary, PSSLD

PSSLD CABINET 2026-2027

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***PSSLD Spotlight
Events & Activities
2025***

PSSLD-APASL STC Pakistan 2025

Advancing Multidisciplinary Care in MAFLD and Metabolic Liver Disease

December 5-7, 2025

Dr Amna Subhan Butt

Dr Muhammad Kamran

The Pakistan Society for the Study of Liver Diseases (PSSLD), in collaboration with the Asian Pacific Association for the Study of the Liver (APASL), organized the PSSLDAPASL Single Topic Conference (STC) Pakistan 2025 from December 5-7, 2025, at the Mövenpick Hotel, Karachi. The meeting represented the 19th Annual PSSLD Conference and the 4th APASLPSSLD STC, reflecting the continued collaboration between the two societies to encourage and support education, research, and capacity building in the field of hepatology in the Asia-Pacific region. This was a unique 4th APASL-PSSLD collaborative STC in Pakistan, whereby multiple national societies, including Pakistan Society of Endocrinology, Pakistan Society of Internal Medicine, Pakistan Cardiometabolic Forum, College of Family Medicine, Pakistan Society of Nephrology, and Medical Society of Oncology Pakistan were involved to ensure a multidisciplinary approach.

The conference was held under the patronage of Prof. Dr. Wasim Jafri (Founding president-PSSLD). This valuable event was led by Dr. Amna Subhan Butt as President of STC and Chair of the Organizing Committee, and co-chaired by Dr. Mohammad Salih (President of PSSLD), with the support of a dedicated organizing team. The scientific program was led by Prof. Saeed Hamid (Advisor and Chair of the Scientific Committee), Prof. Zaigham Abbas (Advisor and Co-Chair of the Scientific Committee), and Dr. Muhammad Kamran (Co-Chair of the Scientific Committee). Members of the PSSLD executive committee and PSSLD Youth Forum also contributed to making this valuable event. The scientific meeting, held under the theme “MAFLD and Metabolic Complications: Applying Multidisciplinary Solutions,” was attended by faculty, trainees, and allied healthcare professionals from across the country.

The meeting commenced with a one-day inaugural symposium, during which management of challenging cases and day-to-day diagnostic dilemmas in hepatology were discussed. Day 2 and 3 were dedicated to early identification and management of metabolic-associated fatty liver disease and its multisystem involvement. Expert international faculty, including Prof. Shiv Kumar Sarin, Prof. Zobair Younossi, Dr. A. Kadir Dokmeci, Prof. Mohammed Eslam, Jacob George, Prof. William Alazawi, and Prof. Hakan Senturk, Prof. Diana Payawal, Prof. Vincent Wong, Prof. Rakhi Maiwal, Prof. Ashok Choudhury, Prof. Shahin ul Alam, Prof. Mark Muthiah, Prof. Hasmik Ghazinyan, Prof. Ming-Hua Zheng and esteemed national faculty provided global and regional perspectives on MAFLD pathophysiology, genetics, and non-invasive diagnostics, management and multidisciplinary approach towards MAFLD and its systemic complications. Multidisciplinary discussions highlighted the association of MAFLD with cardiovascular disease, diabetes, chronic kidney disease, and obesity. Emerging therapeutic options, including GLP-1 receptor agonists and other novel metabolic agents, were discussed, providing practical insights into evolving treatment paradigms.

A state-of-the-art lecture was delivered by Prof. Dr. Wasim Jafri, highlighting the evolving concept of fatty liver disease and the transition from NAFLD to MAFLD. The session concluded with souvenir distribution and a formal inaugural dinner.

PSSLD-APASL STC Pakistan 2025

Advancing Multidisciplinary Care in MAFLD and Metabolic Liver Disease

December 5-7, 2025

PSSLD Youth forum was another unique symposium led by PSSLD Youth forum team generating a valuable discussion about opportunities for young hepatologist for career growth within and outside of Pakistan. This dedicated Youth Forum reinforced the commitment of APASL and PSSLD to nurturing early-career hepatologists and researchers through mentorship and academic development

Encouraging young scholars, a number of opportunities were created for young scholars to present their work, compete and win prizes. A total of 105 abstracts were received on various topics. A large number of travel bursaries were awarded to young scholars. Oral and free paper sessions showcased research conducted by young investigators, several of whom received special awards in recognition of their work.

In addition to plenary lectures, the scientific program included interactive case-based discussions and multidisciplinary panel sessions involving hepatologists, endocrinologists, cardiologists, internists, and nutrition specialists. These sessions focused on practical aspects of MAFLD care, including risk stratification, non-invasive assessment, lifestyle interventions, and coordination of care across specialties. Particular emphasis was placed on adapting international guidelines to local and regional healthcare settings in Pakistan and South Asia.

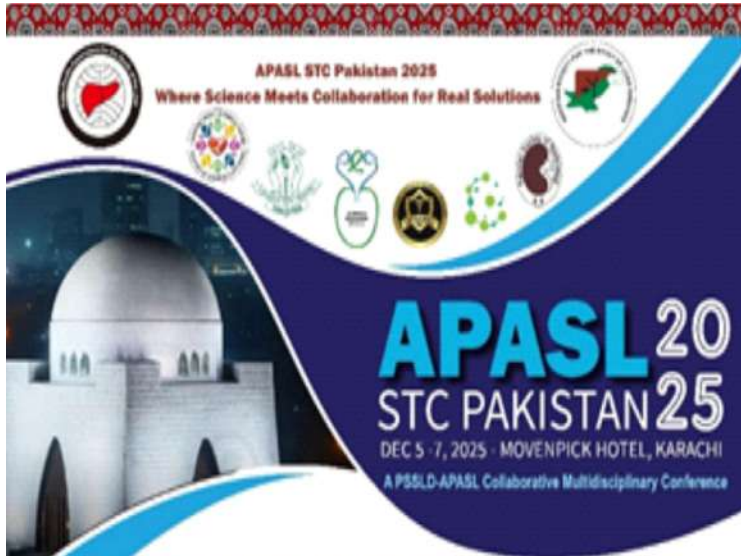
The scientific program also highlighted future directions in metabolic liver disease through sessions on evolving disease nomenclature, non-invasive biomarkers, and emerging therapeutic strategies. Dedicated discussions on research collaboration and capacity building encouraged multicenter studies and regional data sharing under the PSSLD and APASL framework. Collectively, these sessions reinforced the conference's role in translating evidence into practice while strengthening multidisciplinary and research networks in metabolic liver disease.

Throughout the meeting, the conference provided a vibrant and energetic platform for scientific exchange, professional networking, and collaboration. The event was well attended in person, with additional participation through virtual platforms including Zoom and Facebook Live. Poster sessions, steering committee meetings, and informal interactions further enriched the academic experience.

The conference concluded with closing remarks and a vote of thanks delivered by Dr. Amna Subhan Butt, acknowledging the contributions of faculty members, delegates, organizers, young investigators and industry sponsors.

The PSSLD-APASL STC Pakistan 2025 served as a pivotal educational platform and strengthened APASL's mission to promote excellence in hepatology through collaboration, innovation, and professional development. The meeting also laid a strong foundation for continuous research, at the same time addressing current and emerging challenges in metabolic liver disease pertaining to Pakistan and other low middle-income countries in the region.

Highlights PSSLD-APASL STC 2025



MAFLD and Metabolic Complications: Applying Multidisciplinary Solutions

HURRY UP
GET
REGISTERED
NOW

Be Part of the Change!
Think Global. Act Local

Join leading minds
and emerging experts in
hepatology for a truly
collaborative learning
experience

- Dr Wasim Jafri**
Patron
- Dr Amna Subhan Butt**
President STC &
Chair Organizing Committee
- Dr Mohammad Salih**
Co-Chair Organizing Committee
- Dr Saeed Hamid**
Chair Scientific Committee
- Dr Muhammad Kamran**
Co-Chair Scientific Committee
- Dr Zaigham Abbas**
Co-Chair Scientific Committee

Use this link for Registration:
<https://apaslstc2025pakistan.com/registrations/>

SCAN THIS
QR CODE
TO REGISTER



For further information Please Contact:

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MAFLD and Metabolic Complications: Applying Multidisciplinary Solutions

OUR DYNAMIC TEAM



Wasim Jafri
Patron

Saeed Hamid
Advisor &
Chair Scientific Committee

Zaigham Abbas
Advisor &
Co-Chair Scientific Committee

Masood Siddiq
Advisor

Anjad Solani
Advisor



Amna Subhan Butt
President STC &
Chair Organizing Committee

Muhammad Saib
President PSSLD &
Co-Chair Organizing Committee

Muhammad Kamran
Co-Chair Scientific Committee

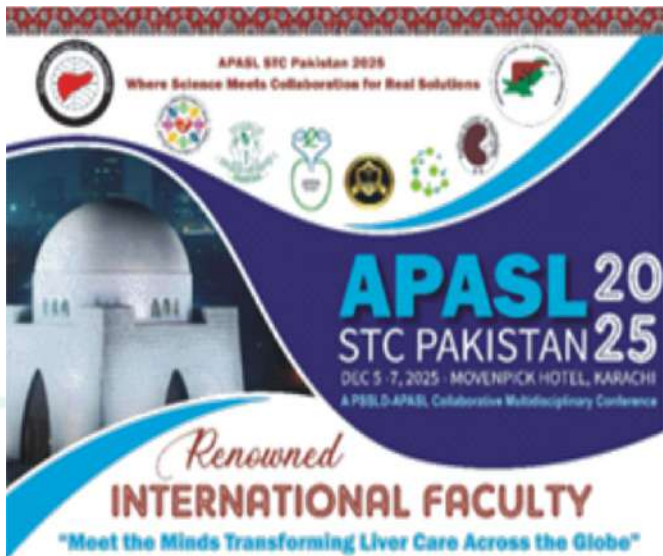
ORGANIZING COMMITTEE



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Highlights PSSLD-APASL STC 2025



INTERNATIONAL FACULTY "Meet the Minds Transforming Liver Care Across the Globe"



Jacob George
Australia



Diana Payawal
Philippines



Shahinul Alam
Bangladesh



Vincent Wong
Hong Kong



Mark Muthiah
Singapore



Ming-Hua Zheng
China



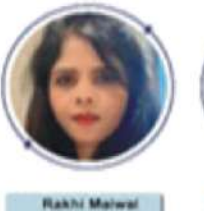
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Anahita Sadeghi
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Ashok Choudhury
India



Rakhi Malwal
India



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Mohammed Eslam
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Highlights PSSLD-APASL STC 2025



Highlights PSSLD-APASL STC 2025







Highlights PSSLD-APASL STC 2025





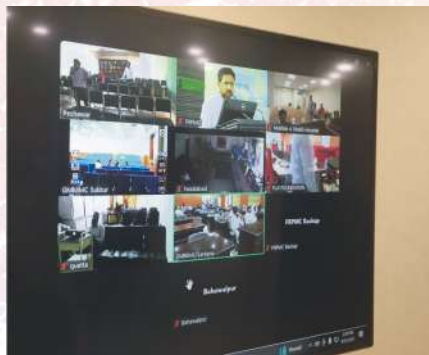
PSSLD TEACH PAK 2025

The **TEACH PAK Program** (Training in Emerging Advances in the Management of Chronic Hepatitis) remains one of PSSLD's flagship educational initiatives, reflecting its sustained commitment to capacity building in hepatology across Pakistan. Over the past decade, the program has trained a wide spectrum of healthcare professionals, including medical students, postgraduate trainees, and family physicians, with a focus on locally relevant liver disease management.

Structured as a blended learning program, TEACH PAK integrates didactic lectures, face-to-face teaching, and online academic engagement, allowing participants to develop both theoretical understanding and practical clinical insight. Initially launched in Karachi, the program has progressively expanded to multiple cities nationwide and has even achieved international participation, underscoring its growing academic impact.

The 2025 iteration continues this tradition, with training activities conducted across multiple centers, including Karachi, Quetta, and Peshawar, supported by synchronized sessions and faculty engagement. The program maintains its emphasis on accessible, high-quality hepatology education tailored to the needs of practicing clinicians in Pakistan.

TEACH PAK exemplifies PSSLD's broader vision of strengthening clinical expertise and improving liver disease outcomes through structured education, collaborative learning, and nationwide outreach.



WORLD HEPATITIS DAY 2025

On the occasion of **World Hepatitis Day 2025**, observed annually on 28 July, the Pakistan Society for the Study of Liver Diseases (PSSLD) reaffirmed its commitment to raising awareness and combating viral hepatitis in Pakistan. This global initiative continues to serve as a platform to highlight the burden of hepatitis and the urgent need for prevention, early diagnosis, and treatment.

PSSLD marked the day through a series of academic and public engagement activities, including awareness seminars and educational sessions led by senior hepatologists. A focused seminars were conducted to address key challenges in hepatitis control, alongside efforts to improve community awareness and engagement.

Complementing these efforts, screening initiatives and vaccination drives were undertaken, targeting at-risk populations and reinforcing the importance of early detection and prevention. These activities reflect PSSLD's ongoing commitment to public health advocacy, aligning with global efforts to eliminate viral hepatitis as a major health threat and to improve access to care across Pakistan.



SAVE LIVER PAKISTAN INITIATIVE FROM PSSLD

Dated: July 26, 2025

Location: **Abbasi Shaheed Hospital, Karachi**

Organizers: **Dr Amna Subhan But, Dr Muhammad Kamran**

Pakistan Society for the Study of Liver Diseases (PSSLD) organized “Save Liver Pakistan” in collaboration with Hemophilia Welfare Society Karachi (HWSK), Liver Foundation, Abbasi Shaheed Hospital Karachi

To mark **World Hepatitis Day 2025**, the *Pakistan Society for the Study of Liver Diseases (PSSLD)* launched a high-impact awareness campaign titled “**Save Liver Pakistan**”. The campaign focused on raising awareness about viral hepatitis, particularly hepatitis B and C, and included an awareness seminar, free screening, and a hepatitis B vaccination drive. The campaign primarily targeted **hemophilia patients**, a high-risk group for blood-borne infections, in collaboration with **Hemophilia Welfare Society Karachi (HWSK), Liver Foundation, and Abbasi Shaheed Hospital Karachi**.

Highlights

The event began with a **comprehensive awareness seminar** attended by healthcare professionals, medical students, patients, and members of the general public. Eminent experts in the field of hepatology spoke on topics including the **epidemiology, routes of transmission, preventive strategies, and community-level interventions** to control the spread of **viral hepatitis** in Pakistan.

Keynote Speakers and Panelists Included

Prof. Wasim Jafri Professor of Gastroenterology & Founding President, PSSLD

Prof. Saeed Hamid Professor of Gastroenterology & Former President, PSSLD

Dr. Amna Subhan Associate Professor of Gastroenterology & Vice President, PSSLD

Prof. Zahid Azam Professor & Head of Department of Gastroenterology, DUHS NILGID Karachi **Dr.**

Muhammad Kamran Associate Professor of Gastroenterology & Information Secretary, PSSLD

Mr. Raheel Ahmed Khan CEO, Hemophilia Welfare Society Karachi (HWSK)

Dr. Faisal Samdani Director, Abbasi Shaheed Hospital

Prof. Qaiser Jamal Head of Department of Medicine, Abbasi Shaheed Hospital

Each speaker emphasized the importance of **early diagnosis, routine screening, public health education, and vaccination**, especially in vulnerable groups such as hemophilia patients. Following the seminar, a **free screening camp** was organized for **hepatitis B and C**, specifically targeting **patients with hemophilia**, in recognition of their increased risk. The initiative also included **on-site administration of hepatitis B vaccines** for eligible participants.

Over 150 individuals were screened during the drive.

A significant number of at-risk individuals received their first dose of hepatitis B vaccine.

The medical teams from PSSLD, HWSK, Liver Foundation, and Abbasi Shaheed Hospital worked together to ensure a smooth, confidential, and safe screening and vaccination process



The poster for 'SaveLiver Pakistan' features logos for PSSLD, HWSK, Liver Foundation, and the World Hepatitis Alliance. The main title is 'SaveLiver Pakistan' with the tagline 'Connecting Communities. Stopping Hepatitis. Saving Lives'. It is an initiative of the Pakistan Society for the Study of Liver Diseases. The event is titled 'Protecting Liver Health in Hemophilia: Awareness, Screening & Vaccination for a Healthier Future' and is a collaborative program from PSSLD, Hemophilia Welfare Society Karachi, Liver Foundation, and Abbasi Shaheed Hospital, Karachi. The event is on Saturday, July 26, 2025. It offers an awareness session from 10am-11am and a free camp for screening of hepatitis B & C and vaccination for hepatitis B from 9:00 am-2:00pm at Abbasi Shaheed Hospital. Social media handles for #WorldHepatitisDay and #SaveLiverPakistan are provided, along with the slogan 'Let's break it down. Get the facts. Protect your health.' and the Sunray logo.



HIGHLIGHTS SAVE LIVER PAKISTAN



HIGHLIGHTS SAVE LIVER PAKISTAN



HIGHLIGHTS SAVE LIVER PAKISTAN



PSSLD ACTIVITIES ON WHD 2025 ACROSS PAKISTAN



PSSLD Spring Symposium 2025

Liver Diseases in Pregnancy: Challenges & Advances

The Pakistan Society for the Study of Liver Diseases successfully organized the Spring Symposium 2025 on “*Liver Diseases in Pregnancy: Challenges & Advances*” on April 26, 2025, at University Medical and Dental College Faisalabad.

The symposium was chaired by Dr. Shahid Rasool, who led the organizing committee and ensured the academic rigor and smooth execution of the event. The scientific program brought together leading experts in hepatology and gastroenterology to address the complexities of managing liver diseases in pregnancy, an area of increasing clinical importance.

Distinguished faculty and key speakers included:

Prof. Saeed Hamid

Prof. Wasim Jafri

Dr. Muhammad Salih

Prof. Rubina Ali

Prof. Noreen Bilal

Dr. Hajira Ghairat

Dr. Qazi Masroor

The symposium featured comprehensive discussions on the global burden of liver diseases in pregnancy, management of chronic hepatitis B and C in pregnant patients, and evidence-based approaches from conception to delivery. Interactive sessions and case-based workshops further enriched participant engagement and clinical learning.

The event reflected PSSLD's continued commitment to advancing hepatology education, fostering collaboration, and addressing region-specific healthcare challenges through high-quality academic platforms.



PSSLD Youth Forum Activities in 2025

Dr Farhana Kayani

PSSLD Youth Forum Lead 2024-2025

The PSSLD Youth Forum, operating under the umbrella of the Pakistan Society for the Study of Liver Diseases (PSSLD), remained actively engaged throughout 2025 in promoting academic excellence, research development, professional networking, and awareness regarding liver diseases among young healthcare professionals. This forum was led by Farhana Kayani with her core team including Mian Shah Yousaf, Masood Karim, Umair Shafiqat, Ali Qadeer, Asma Bandhani and Hajira Ghairat. The forum served as a dynamic platform for medical students, trainees, residents, and early-career physicians interested in hepatology and gastroenterology. Its primary objective is to cultivate future leaders in liver disease research, clinical practice, and public health advocacy.

During 2025, the forum successfully organized a series of online academic sessions and webinars featuring renowned national experts in hepatology and gastroenterology. One notable session focused on "AI and its Importance in Hepatology and Outpatient Clinics," by Dr. Masood Karim, highlighting the growing role of artificial intelligence in clinical decision-making, patient management, and healthcare innovation. The session provided participants with insights into modern technological applications in liver disease management and encouraged young physicians to embrace digital transformation in medicine. Another major educational activity was an academic webinar on "How to Do Research and Publish in a High-Impact Journal at the Start of Your Career" by Dr. Zain Majid. He shared practical guidance on research methodology, manuscript writing, publication ethics, journal selection, and strategies for building a successful academic career. This initiative reflected the forum's commitment to strengthening research capacity among young healthcare professionals.

Another significant educational initiative conducted by the PSSLD Youth Forum in 2025 was a webinar on the "Role of Social Media in the Practice of Young Doctors." The session explored the growing influence of digital platforms in medical education, professional networking, patient awareness, and dissemination of scientific knowledge. Participants were guided on the ethical and responsible use of social media, strategies for building a professional online presence, combating medical misinformation, and leveraging digital platforms for academic collaboration and public health advocacy. The webinar provided young healthcare professionals with practical insights into maximizing the benefits of social media while maintaining professional standards and patient confidentiality.

In addition to scientific education, the PSSLD Youth Forum actively contributed to public awareness campaigns on viral hepatitis and liver health by engaging the young Hepatologists from all over the country. Through social media outreach and educational infographics, the forum disseminated evidence-based information regarding hepatitis screening, vaccination, prevention, and early diagnosis. Special awareness messages from hepatology experts emphasized the importance of timely testing and vaccination, reinforcing the forum's role in community engagement and disease prevention.

The forum also encouraged young members to participate in scientific meetings, abstract submissions, and collaborative research activities. These efforts aligned with broader PSSLD initiatives aimed at promoting innovation, multidisciplinary collaboration, and academic excellence in hepatology. Overall, the activities conducted during 2025 demonstrated the PSSLD Youth Forum's dedication to education, research mentorship, technological advancement, professional development, and public awareness.

These initiatives strengthened the academic and professional growth of future hepatologists and gastroenterologists while contributing to improved liver health awareness across Pakistan.

ROLE OF SOCIAL MEDIA IN MODERN MEDICAL PRACTICE

The Pakistan Society for the Study of Liver Diseases Youth Forum organized an engaging online academic session centered on the “*Role of Social Media in the Practice of Young Doctors.*” This session was designed to address the growing influence of digital platforms in shaping medical education, professional development, and patient interaction in today's healthcare landscape.

The session featured Dr. Affan Qaisar as the keynote speaker, who delivered an insightful and practical overview of how young physicians can effectively utilize social media for academic growth, professional branding, and dissemination of credible medical information, while maintaining ethical standards. The discussion was skillfully moderated by Dr. Mian Shah Yousaf, who guided the conversation and encouraged meaningful audience engagement.

A panel comprising Dr. Muhammad Ali Qadeer, Dr. Umair Shafqat, Dr. Farhana Kayani, and Dr. Asma Bandhani further enriched the session by sharing their experiences and perspectives on integrating social media into clinical practice. The discussion emphasized maintaining professionalism, safeguarding patient confidentiality, and ensuring evidence-based communication in the digital space.

The session saw active participation from young doctors nationwide and served as a valuable platform for exploring the evolving role of social media in healthcare. It underscored the PSSLD Youth Forum's commitment to equipping early-career physicians with the knowledge and skills needed to navigate modern medical practice effectively.



Join Zoom Meeting



PSSLD Youth Forum
Academic Session

Topic Meeting ID: 846 4881 2276
Passcode: 535992

How to do Research and Publish in a high impact journal in the start of your career as a struggling fellow.

Date: Nov 7, 2025
Time: 3:00pm

Speaker



Dr. Zain Majid
Consultant Gastroenterologist and Transplant Hepatologist, Assistant Professor at Sindh Institute of Urology and Transplantation.

Moderator



Dr. Ali Qadeer
Consultant Gastroenterologist and Transplant Hepatologist, & Program Supervisor at Indus Hospital & Health Network QF NST & SMP Campus Lahore.

For Further Information Please Contact: ☎ +92 309 8386010 🌐 pssld.com.pk



PSSLD Youth Forum
Career building session



TOPIC Meeting ID: 708 456 823
Passcode: 4ShFL

Role of Social Media in the Practice of Young Doctors

Speaker



Dr. Muhammad Affan Qaisar
Assistant Professor
Consultant Gastroenterologist, General & Transplant Hepatologist
HOD GI/LIVER, SITH
CEO, ADVANCED GI & LIVER TOWER, MULTAN
Famous Medical and Social Influence

Moderator



Dr. Mian Shah Yousaf

Penalists



Dr. Farhana Kayani



Dr. Umair Shafqat



Dr. Asma Bandhani



Dr. Ali Qadeer

Event Date:
17 April 2025
Timing: 3pm To 4pm



PSSLD Youth Forum Academic session

TOPIC

AI and its importance in hepatology and out patient clinic

Speaker



Dr Masood Karim

Moderator



Dr Umair Shafiq

Join Zoom Meeting



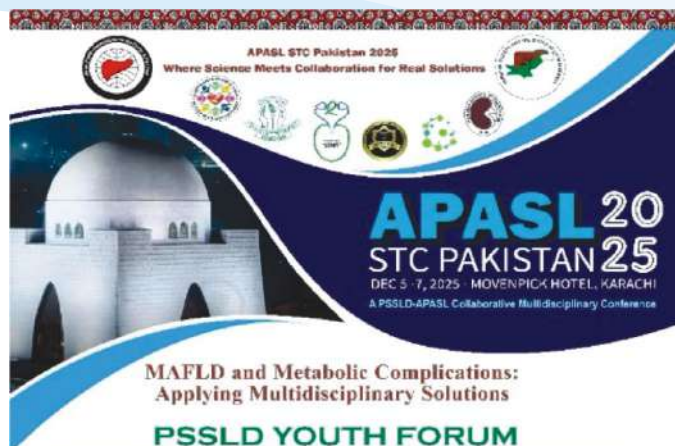
Event Date:
26 Sep 2025

Timing:
2:30pm

Meeting ID: 860 3276 2005
Passcode: 077773

For Further Information Please Contact:

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MAFLD and Metabolic Complications:
Applying Multidisciplinary Solutions

PSSLD YOUTH FORUM

CAREER PATHWAYS IN ADVANCED HEPATOLOGY

DECEMBER 6, 2025 - 17:30PM TO 18:00PM

ABOUT THE SESSION

A focused, high-impact counselling event designed for young doctors aiming to specialize in Advanced Hepatology, including:

- Liver Transplant Hepatology
- Advanced Endoscopy (ERCP, EUS)
- Interventional Hepatology
- Global training routes in top international centres

This forum provides clarity on training, fellowships, and evolving opportunities worldwide

PSSLD Single Topic Symposium Cirrhosis and Hepato Cellular Carcinoma

Under the flag of the Pakistan Society for the Study of Liver Diseases, another impactful single-topic symposium was successfully held in Hyderabad at the Asian Institute of Medical Sciences. The focused academic session centered on “Decompensated Cirrhosis and Hepatocellular Carcinoma (HCC),” bringing together leading experts from hepatology and liver transplant surgery on a shared platform. The symposium facilitated in-depth discussions on current challenges, evolving management strategies, and multidisciplinary approaches to advanced liver disease, highlighting the importance of collaboration between medical and surgical teams. The event was well attended and reflected PSSLD's continued commitment to advancing liver care through academic engagement and knowledge exchange across the country.



ASIAN INSTITUTE
OF MEDICAL SCIENCES





PSSLD ACTIVITIES OF 2026

PSSLD and The Liver Foundation Joint Symposium Engaging the Care Providers: Hepatitis B & C in Thalassemia patients (January-April)

PSSLD, in collaboration with The Liver Foundation, organized an impactful stakeholder engagement seminar bringing together representatives from major blood banks, thalassemia foundations, healthcare institutions, and public health experts. The meeting focused on strengthening efforts for the prevention of hepatitis B and C and promoting safe blood transfusion practices across Pakistan. Participants discussed challenges in donor screening, quality assurance, hepatitis prevention strategies, and opportunities for collaborative action. The seminar highlighted the importance of multi-sector partnerships in reducing transfusion-transmitted infections and improving patient safety. The initiative marks an important step toward achieving safer and more accessible blood transfusion services nationwide.



PSSLD Showcases Pakistan's Expertise at APASL 2026 Through Prestigious PSSLD-APASL Joint Symposium

Dr Amna Subhan Butt
President PSSLD

A strong international presence and meaningful scientific contribution marked another proud milestone for the Pakistan Society for the Study of Liver Diseases (PSSLD) at the APASL 2026 Congress in Istanbul, Türkiye. As part of its growing partnership with APASL, PSSLD was entrusted with a dedicated APASLPSSLD Joint Symposium on “Liver Infections,” underscoring the Society's increasing recognition as a leading academic voice in hepatology within the Asia-Pacific region.

The symposium brought together renowned experts from Pakistan and Türkiye to address infectious liver diseases that continue to pose significant clinical and public health challenges across many countries. Moderated by distinguished Turkish experts, Prof. Çiğdem Kayacan and Prof. Hakan Erdem, the session featured an impressive lineup of Pakistani faculty who shared their expertise on conditions highly relevant to the region.

Prof. Masood Siddiq delivered an insightful presentation on Tuberculosis of the Liver, Prof. Amjad Salamat discussed contemporary approaches to Liver Amoebiasis. The symposium concluded with Prof. Ahmet Sertçelik from Türkiye presenting on Pyogenic Liver Abscess, providing valuable international perspectives and enriching the scientific dialogue.

Beyond the scientific content, the symposium highlighted PSSLD's growing stature on the international stage. The inclusion of multiple Pakistani experts in a dedicated APASL joint session reflects the confidence placed in PSSLD's academic leadership and its sustained efforts to promote excellence in hepatology, infectious diseases, education, and research.

As PSSLD continues to expand its regional and global engagement, such collaborations serve as important platforms for showcasing Pakistan's expertise, fostering cross-border partnerships, and advancing the collective mission of improving liver health across the Asia-Pacific region.

The APASL PSSLD Joint Symposium stands as another testament to PSSLD's commitment to scientific excellence and its vision of positioning Pakistan among the leading contributors to hepatology education, research, and clinical practice worldwide.

APASL PSSLD Joint Symposium #APASL 2026



PSSLD Faculty Contribution at APASL 2026

Dr Amna Subhan,

President PSSLD Showcases Pakistan's Academic Leadership at APASL 2026

The Pakistan Society for the Study of Liver Diseases (PSSLD) proudly celebrates the outstanding contributions of its President, Dr. Amna Subhan Butt, at the APASL 2026 Congress in Istanbul, Türkiye. Through an exceptional portfolio of invited lectures, debate participation, moderation, and international leadership roles, Dr. Amna represented both Pakistan and PSSLD on one of the world's most prestigious hepatology platforms.

Dr. Amna delivered invited presentations across several high-impact scientific sessions, reflecting the breadth of her expertise in hepatology. Her talks addressed cutting-edge topics including the interplay of HBV RNA and HBsAg in chronic hepatitis B infection, neurological manifestations of liver cirrhosis, and emerging therapeutic strategies for metabolic dysfunction-associated fatty liver disease (MAFLD). She also presented a challenging hepatitis B case during the Art Lectures and Case Reports session, contributing practical insights for clinicians managing complex liver diseases.

In addition to her scientific presentations, Dr. Amna served as both moderator and speaker in a major debate session on coagulation versus anticoagulation in liver cirrhosis, demonstrating thought leadership in an area of ongoing clinical controversy. Her participation as a panelist in the APASL Global Summit further highlighted PSSLD's growing influence within the international hepatology community, alongside leaders of major liver societies from across the world.

With six distinguished roles across the congress, Dr. Amna's contributions underscore the increasing recognition of Pakistani hepatology expertise on the global stage. Her active engagement not only strengthened PSSLD's international visibility but also showcased Pakistan's commitment to advancing liver disease research, education, innovation, and collaborative partnerships.

PSSLD takes immense pride in this achievement, which reflects the Society's continued emergence as a respected contributor to regional and global hepatology.



Prof. Saeed Hamid, Past President PSSLD Strengthens Pakistan's Presence at APASL 2026

The participation of Dr. Saeed Hamid, Past president PSSLD at APASL 2026 in Istanbul represented another significant milestone for Pakistani hepatology and gastroenterology on the international stage. As one of Pakistan's most respected academic leaders and clinicians, Dr. Hamid joined an elite group of invited faculties from across the Asia-Pacific region and beyond, contributing to the scientific excellence of one of the world's premier liver congresses.

His inclusion among the invited international experts reflects decades of dedication to clinical excellence, medical education, research, and leadership in digestive and liver diseases. Throughout his career, Dr. Hamid has played a pivotal role in advancing evidence-based practice, strengthening postgraduate training, and promoting high-quality patient care in Pakistan.

At APASL 2026, his presence further enhanced the visibility of Pakistan's hepatology community and highlighted the growing recognition of Pakistani experts within global scientific forums. Such representation is particularly important as liver diseases continue to pose major public health challenges across low- and middle-income countries, requiring greater regional collaboration, innovation, and knowledge exchange.

For PSSLD, Dr. Hamid's participation exemplifies the Society's commitment to fostering academic excellence and maintaining a strong international footprint. His engagement with global experts provides valuable opportunities for collaboration, mentorship, and the exchange of best practices that ultimately benefit patients and healthcare professionals in Pakistan.

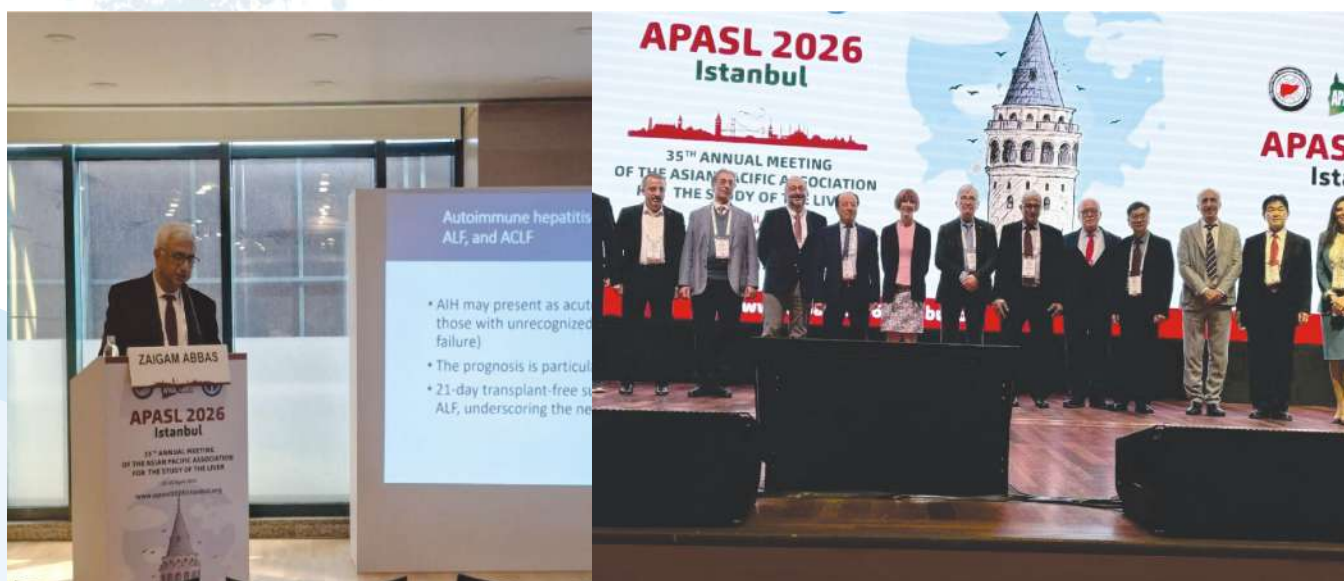
PSSLD proudly acknowledges Dr. Saeed Hamid's contributions and celebrates his role as an ambassador for Pakistani medicine, whose continued leadership inspires the next generation of clinicians, educators, and researchers.



Prof. Zaigham Abbas, Past President PSSLD Strengthens Pakistan's Presence at APASL 2026

Dr. Zaigham Abbas, Past President of the Pakistan Society for the Study of Liver Diseases (PSSLD), represented Pakistan with distinction at the APASL 2026 Annual Meeting in Istanbul, one of the most prestigious hepatology conferences in the Asia-Pacific region. As a respected hepatologist, academic leader, and advocate for liver disease awareness, Dr. Abbas actively contributed to scientific discussions and collaborative initiatives aimed at advancing liver health across the region.

His participation highlighted Pakistan's growing role in hepatology research, education, and clinical excellence. Through interactions with international experts, he fostered academic partnerships and exchanged valuable insights on emerging developments in the prevention, diagnosis, and management of liver diseases. Dr. Abbas's presence at APASL 2026 also underscored PSSLD's commitment to promoting high-quality research, professional development, and regional collaboration. His continued engagement in international forums serves as an inspiration for young physicians and strengthens Pakistan's visibility within the global hepatology community.



PSSLD Youth Forum Activities

Dr Hajra Ghairat
Lead PSSLD Youth Forum

We were thrilled to host our recent webinar focused on the critical topic of Post-Liver Transplant Management of Immunosuppression presented by Dr Zain Majid Consultant Gastroenterologist at SIUT. A key highlight of this webinar was its highly interactive format. We were honored to have a distinguished panel of expert chairs, Dr Muhammad Salih Consultant Gastroenterologist SIH and Hepatologist and Dr Haseeb Haider Zia Consultant liver Transplant Surgeon, SIH, who led the discussion and provided invaluable clinical perspective.

This webinar successfully bridged the gap between clinical research and daily practice, specifically focusing on:

Navigating the delicate balance between preventing organ rejection and minimizing long-term side effects, Best practices for therapeutic drug monitoring and adjusting regimens to the individual patient's needs and Strategies to support patients in maintaining their medication schedules for better graft survival as the management of immunosuppressive therapy remains a cornerstone of successful liver transplantation.

Our chairs curated a comprehensive overview of current challenges, ensuring the conversation stayed focused on evidence-based practice.

The session featured a robust, real-time Q&A segment. Participants were able to engage directly with the experts, who provided practical, actionable answers to complex clinical scenarios and common management hurdles.

The interactive discussion saw insightful questions addressed by our expert panel, proving just how vital this topic is to your clinical work.

We were overwhelmed by the level of engagement and participation. It was heartening to see

PSSLD YOUTH FORUM
TOPIC
GAURDIANS OF THE GRAFT: ESSENTIALS OF IMMUNOSUPPRESSION IN LIVER TRANSPLANT
" LEAD, LEARN AND TRANSFORM LIVER CARE "

SPEAKER
DR. ZAIN MAJID
MBBS, FCPS
Fellowship in Transplant Hepatology
Assistant Professor, SIUT

CHAIR
DR. HASEEB HAIDER ZIA
Consultant Liver Transplant Surgeon
Shifa International Hospital
Islamabad

CHAIR
DR. MOHAMMAD SALIH
Consultant Gastroenterologist and
Hepatologist
Shifa International Hospital
Islamabad

MODERATOR
DR. SAHIBZADA KHALID ZEB
MBBS, FCPS
Assistant Consultant
Gastroenterology Department Shifa
International Hospital Islamabad

01st April 2026 09:00 PM - 10:00 PM

zoom link

Meeting ID: 857 0550 2577 | Passcode: 598446

ORGANIZED BY:
DR. HAJIRA GHAIRAT
Lead PSSLD Youth
Associate consultant Gastroenterologist

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UPCOMING PSSLD ACTIVITIES IN 2026

PSSLD STC IN BAHAWALPUR

Portal Hypertension & Cirrhosis: From Evidence to Precision Care

The Pakistan Society for the Study of Liver Diseases (PSSLD) is organizing a focused academic event titled “Portal Hypertension & Cirrhosis: From Evidence to Precision Care” on 13th June 2026 in Bahawalpur. This initiative reflects PSSLD's continued commitment to advancing hepatology education and promoting evidence-based clinical practice. The event is being led by Prof Dr Qazi Masroor Ali, who is serving as the Chief Organizer and is also a valued member of the PSSLD Liaison Committee. By bringing together leading experts and clinicians, the session aims to enhance understanding of modern management strategies in portal hypertension and cirrhosis, while fostering collaboration and knowledge exchange among healthcare professionals.

PAKISTAN SOCIETY FOR THE STUDY OF LIVER DISEASE
FOUNDED 2004

PAKISTAN SOCIETY FOR THE STUDY OF LIVER DISEASE
SINGLE TOPIC CONFERENCE

PORTAL HYPERTENSION AND COMPLICATIONS OF CIRRHOSIS: TRANSLATING EVIDENCE INTO ACTIONABLE PATIENT CARE

DATE: JUNE 13th, 2026 SATURDAY
VENUE: La' Taska Restaurant & Banquet Hall, Model Town A, Bahawalpur

TIME	TOPIC	SPEAKER
9:30 – 10:00	REGISTRATIONS	
10:00 – 10:20	INAUGURAL SESSION	
SESSION I		
10:21 – 10:40	Current evidence based practice in the management of portal HTN	Dr Shahid Rasool
10:41 – 11:00	Ascites in Cirrhosis: From Diuretics to Advanced Therapies — Optimizing Short- and Long-Term Care	Dr Saleh Channa
11:01 – 11:20	Acute Kidney Injury in Cirrhosis: Early Recognition and Evidence-Based Management	Dr M Salih
11:21 – 11:40	Portal Vein Thrombosis in Cirrhosis: Who Needs Anticoagulation and How to Do It Safely	Dr Amna Subhan
11:41 – 12:00	Panel discussion	All speakers
12:00 – 12:10 TEA BREAK		
SESSION II		
12:01 – 12:20	Cirrhosis and Infection: Prevention, Early Detection, and Treatment in Daily Practice	Dr M Akram
12:21 – 12:40	Sarcopenia and Frailty in Cirrhosis: Identifying and Managing the Hidden Drivers of Decompensation	Dr Mustim Atiq
12:41 – 13:00	Management of Liver Cirrhosis in Pregnancy	Dr Altaf Baqir
13:00 – 13:20	Multimodality management of Hepatocellular carcinoma	Dr Wasim Jafri
13:21 – 13:40	Panel discussion	All speakers
13:41 – 14:00	CLOSING REMARKS & VOTE OF THANKS	

ORGANIZING TEAM

Prof Dr Qazi Masroor Ali (CHIEF ORGANIZER) | Dr Raheel Khan (FOCAL PERSON) | Dr Fahad Qaiser (CO-ORDINATOR)

WHO SHOULD ATTEND?

- ✓ Gastroenterologists
- ✓ Hepatologists
- ✓ Physicians
- ✓ Surgeons
- ✓ Trainees & Researchers
- ✓ All Healthcare Professionals involved in Liver Care

Bahawalpur The City of Nawabs

Bringing Experts Together for Better Liver Health

For Information: 0300-1234567 | 0333-9876543 | pssld.official@gmail.com | www.pssld.org.pk | /PSSLD

Decoding hepatic Imaging : PSSLD Youth Forum

An exciting new session is being planned under the Youth Forum of the Pakistan Society for the Study of Liver Diseases, titled “**Decoding hepatic Imaging.**” This upcoming initiative aims to emphasize the critical role of imaging in the evaluation of liver lesions, fostering a more holistic and integrated approach to patient care. By bridging the gap between clinical hepatology and radiological interpretation, the session is designed to enhance diagnostic accuracy and support better-informed management decisions among young clinicians.

The 2nd Annual PSSLD Youth Webinar Series 2026

SPOTTING THE SPOT:
A QUICK-START GUIDE
TO LIVER LESIONS
[10 JUNE 2026]

SPOT THE SPOT

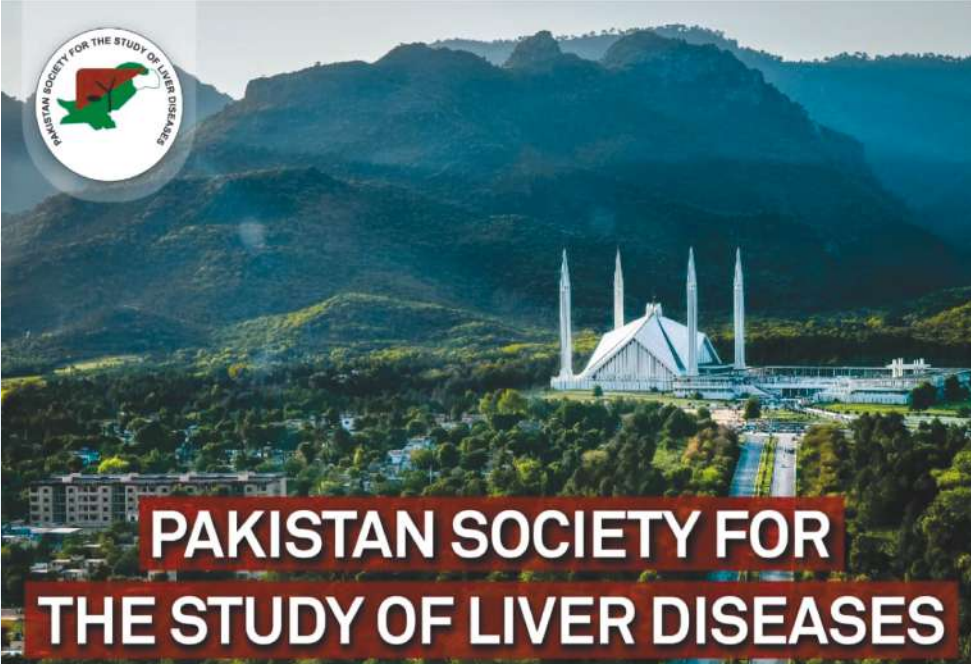

DECODING HEPATIC IMAGING:
A CURATED MASTERCLASS FOR
EARLY CAREER SPECIALISTS

A simple guide on
navigation from initial scan
to definitive diagnosis
with confidence.


Mark your calendar!! 10th June 2026


20TH THE ANNUAL MEETING OF THE PAKISTAN SOCIETY FOR THE STUDY OF LIVER DISEASE

We are excited to look ahead to the flagship event of 2026th Annual Meeting of the Pakistan Society for the Study of Liver Diseases, themed **“Treating the Liver Changing the Trajectory.”** Scheduled to take place from **11-13 December in Islamabad**, this year's meeting promises a dynamic scientific program with special emphasis on **artificial intelligence in clinical hepatology**, ongoing efforts toward **hepatitis elimination**, engaging **youth forum activities**, and much more. Stay tuned as we unveil further details and highlights of what is set to be an exceptional and forward-looking event in the upcoming newsletters.



**PAKISTAN SOCIETY FOR
THE STUDY OF LIVER DISEASES**

**20TH ANNUAL
CONFERENCE**  **DECEMBER 11 - 13, 2026**

 **SERENA HOTEL, ISLAMABAD**

**TREATING THE LIVER:
CHANGING THE TRAJECTORY**

Highlights

- Interactive Scientific Sessions
- Cardio Metabolic Liver & Renal Disorders
- Elimination Of Viral Hepatitis In Pakistan: Dream Or Reality
- Young Scientists Awards
- Free Papers and Poster Award
- Pharma Exhibition

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ASK THE EXPERT

In this issue, we are introducing a new section “Ask the Expert”, authored by **Dr Muhammad Kamran**, designed to address key clinical questions with concise, evidence-based insights. Dr Kamran is a Consultant Gastroenterologist, working as Associate Professor Gastroenterology in Fazaia Ruth Pfau Medical College and Teaching Hospital, Air University, Karachi. He brings valuable expertise in hepatology, and we are pleased to have him initiate this educational segment for our readers.



Managing Hepatitis B in Pregnancy: Practical Insights

1. How significant is the burden of HBV in pregnancy?

Chronic hepatitis B remains highly prevalent among women of reproductive age, particularly in South Asia. Pregnancy is a key window for mother-to-child transmission (MTCT), which contributes substantially to the global HBV burden, especially where screening and prophylaxis are suboptimal.

2. What are the screening recommendations?

Universal HBsAg screening at the first prenatal visit is recommended. It is simple, cost-effective, and essential for identifying mothers requiring intervention to prevent MTCT.

3. What increases the risk of MTCT?

High maternal viral load (>200,000 IU/mL), HBeAg positivity, and lack of timely neonatal prophylaxis are the main risk factors. Gaps in screening and access to care further increase risk.

4. Does high HBV DNA affect prophylaxis success?

Yes. Very high maternal viral load may lead to prophylaxis failure despite vaccination and HBIG, warranting antenatal antiviral therapy.

5. When should antivirals be started?

Antiviral therapy (preferably tenofovir) is recommended in mothers with HBV DNA >200,000 IU/mL to reduce transmission risk.

6. Timing of therapy?

Typically initiated at 28-32 weeks' gestation and discontinued at delivery or within 4 to 12 weeks postpartum, with monitoring for flares.

7. Does mode of delivery matter?

No. With appropriate prophylaxis, cesarean section does not significantly reduce transmission compared to vaginal delivery.

8. What is the neonatal prophylaxis protocol?

Birth-dose HBV vaccine within 12 hours plus HBIG, followed by completion of the vaccine series. This approach is 90-95% effective.

9. Is breastfeeding safe?

Yes. Breastfeeding is safe, including in mothers on tenofovir, provided the infant receives appropriate immunoprophylaxis.

10. Postpartum considerations?

Monitor for ALT flares, especially after stopping antivirals. Continued follow-up with HBV DNA and fibrosis assessment is essential for long-term care.

PSSLD YOUTH CORNER

Message from Dr. Hajra : Lead PSSLD Youth Forum



I am truly honored to accept the role of Lead PSSLD Youth. I am eager to dive in and contribute to the important work this organization carries out.

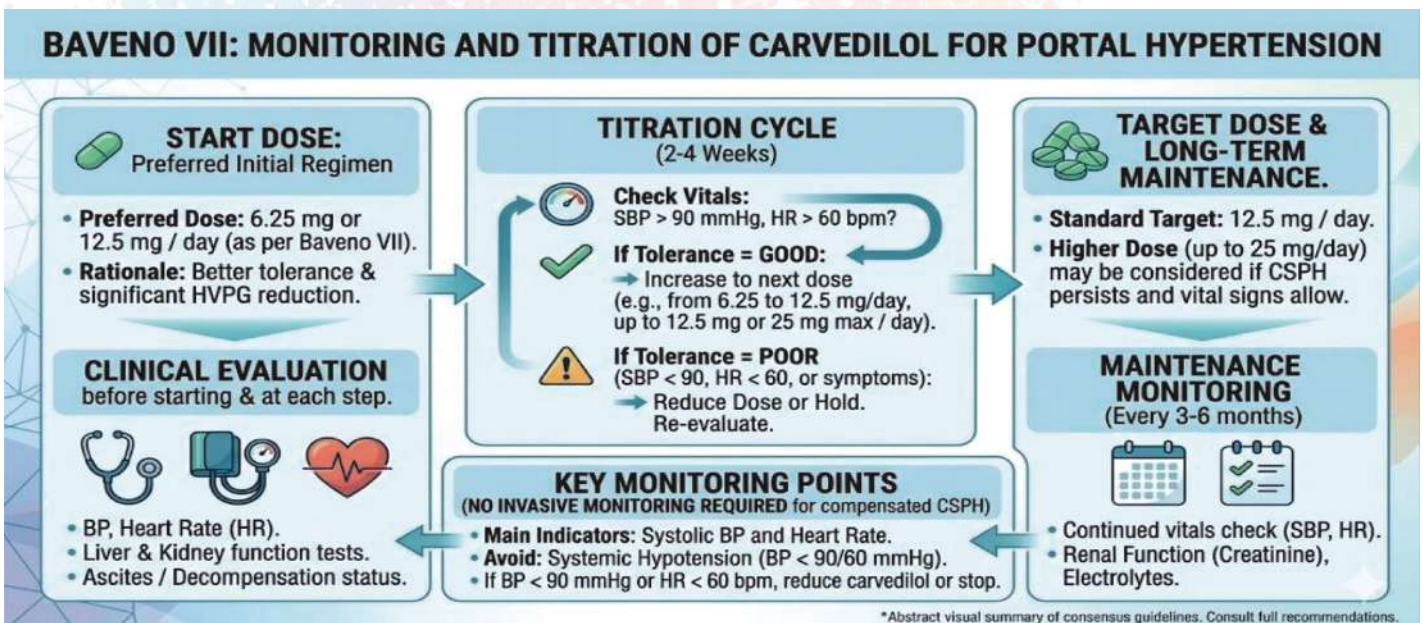
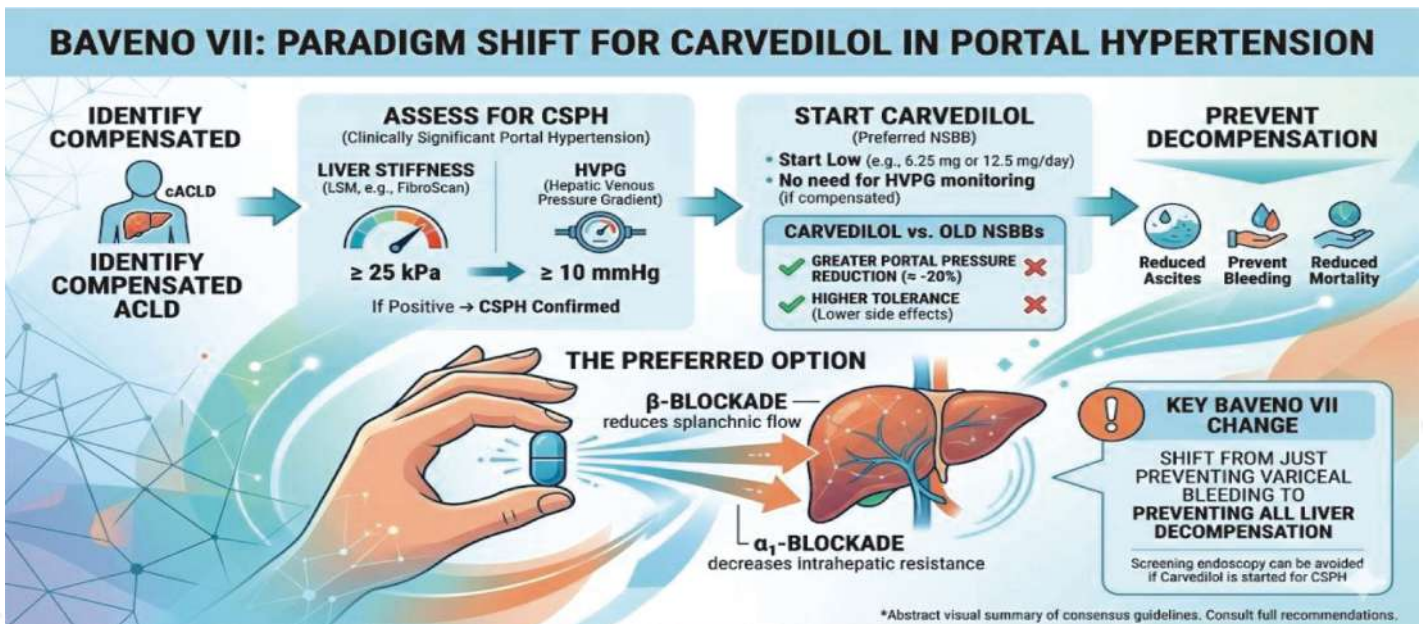
As PSSLD Youth members we look forward to working closely with the team to expand our outreach, streamline our educational resources, and create meaningful opportunities for our members. The work we do from raising public awareness to supporting clinical innovation is vital, and I am excited to help lead our efforts to new heights. My goal is to ensure that our platform remains a space for growth, collaboration, and impactful change for both our members and the patients we serve.

Our Aim is to Promote the participation of younger GI and hepatology community members in all PSSLD activities, advocate on their behalf and facilitate networking within the PSSLD by connecting trainees and young faculty in the field of hepatology with peers and senior members to enable them to exchange thoughts, establish research collaborations, and participate in educational programs.

I am fully committed to driving our mission forward and making a tangible impact in our community.

HEPATOLOGY IN PRACTICE

We are pleased to feature a new section titled “Hepatology in Practice”, authored by **Dr Umair Shafqat and Dr Hajra Ghairat**. This segment highlights practice-changing literature in hepatology, presented in an engaging and visually illustrative format through original artwork, aimed at enhancing understanding and retention of key clinical concepts.



References

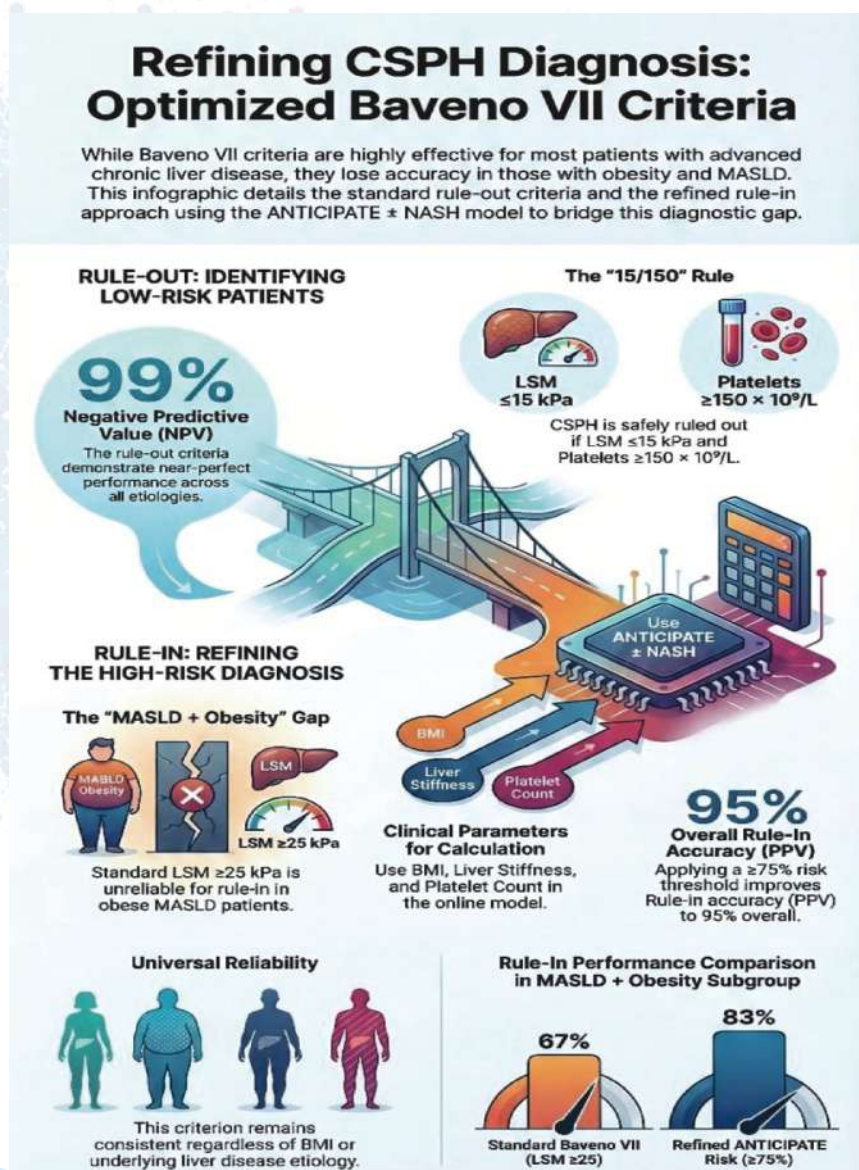
1. de Franchis R, Bosch J, Garcia-Tsao G, Reiberger T, Ripoll C. Baveno VII: Renewing consensus in portal hypertension. *J Hepatol.* 2022.
2. Villanueva C, Albillos A, Genesca J, et al. α_1 -blockers to prevent decompensation of cirrhosis in patients with clinically significant portal hypertension (PREDESCI). *Lancet.* 2019.

REFINING BAVENO VII CRITERIA FOR CLINICALLY SIGNIFICANT PORTAL HYPERTENSION

A recent individual patient data meta-analysis validates the utility of the Baveno VII criteria for non-invasive assessment of clinically significant portal hypertension (CSPH) in compensated advanced chronic liver disease. The rule-out criteria (LSM \leq 15 kPa with platelets \geq 150 \times 10⁹/L) demonstrated excellent performance, with a negative predictive value of 99% across etiologies.

While the rule-in threshold (LSM \geq 25 kPa) showed high accuracy overall, its performance was suboptimal in patients with metabolic dysfunction-associated steatotic liver disease (MASLD) and obesity. Incorporation of the ANTICIPATE \pm NASH model with a \geq 75% risk threshold significantly improved diagnostic accuracy, particularly in this subgroup.

These findings support a refined, practical approach to CSPH assessment using simple clinical parameters, facilitating better identification of patients who may benefit from early interventions such as non-selective beta-blockers.



Reference

Bañares J, Pons M, Reiberger T, et al. Refining the Baveno VII criteria for clinically significant portal hypertension: an individual patient data meta-analysis. *J Hepatol*. 2024.

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