

4 X 4: Four Non Communicable Diseases & Four Modifiable Shared Risk Factors

SCIENTIFIC PROGRAM
Venue: Avari Hotel, Lahore

Day 1: Friday 1st November 2019

Timings	Program	
8:30-8:55am	Registration Desk Open	
	Pre-Conference Workshops	
9:00-11:00 am	Carbohydrate Counting (Indus Hall)	Digital/E- Health & NCDs (Khorsheed Mahal)
	<p>Facilitators: Ms. Moti Khan RDN <i>Assistant Manager, Department of Nutrition & Food Services, Aga Khan University Hospital (AKU)</i> Ms. Tasnim Z. Ali RDN (USA) <i>AADE trained level 1 Diabetes Educator (USA) CDR Nutritionist (USA)</i></p> <p>Target Audience: Nutritionists /Dietitians Diabetologists and other health professionals</p>	<p>Facilitator: Dr. Zakiuddin Ahmed <i>Project Director – RAH@H, King Saud University, Riyadh CEO, Digital Care Director Digital Health, PharmEvo Project Director, Riphah Institute of Healthcare Improvement & Safety (RIHIS)</i></p> <p>Target Audience: All health professionals</p>
11:00-1:00pm	Media Dialogue (Khorsheed Mahal)	Obesity Management (Indus Hall)
	<p>Facilitators: Dr. Romaina Iqbal <i>Head Section of Non-communicable Disease and Mental Health, Dept. of Community Health Sciences, AKU</i> Prof Dr. Abdul Basit <i>Director, Baqai Institute of Diabetology & Endocrinology (BIDE)</i> Prof Dr. Javaid Khan <i>Section Head of Pulmonology Dept. of Medicine, AKU</i> Dr. Khawar Abbas Kazmi <i>Head of Preventive Medicine Dept., NICVD</i> Dr. Abbas Khokhar <i>Asst. Prof, Dept. of Oncology, King Edward (KE) Medical University, Lahore</i> Ms. Fayza Khan <i>President, PNDS</i></p> <p>Moderator: Ms. Zofeen T. Ebrahim</p> <p>Target Audience: For Health Journalists, Media, TV Press, Radio, Social Media (by Invitation Only)</p>	<p>Facilitators: Ms. Mozamila Mughal <i>Consultant Dietitian</i> Dr. Rezzan Khan: <i>Consultant Nutritionist Shifa International Hospital, Islamabad</i> Mr. Adnan Farooq: <i>Personal Coach Health and Wellness Centre (SHAPES)</i></p> <p>Target Audience: Dietitians, Nutritionists, Fitness Experts, Trainers, Wellness Coaches, Health Professionals</p>
1:00-2:00pm	Lunch and Prayer Break	

5:30-7:00pm		Inaugural Session (Venue: Khorsheed Mahal)
5:30-5:55pm	Guests to be seated (Invited guests only)	
6:00-6:05pm	Arrival of Chief Guest	
6:05-6:10pm	Tilawat-e-Quran & National Anthem of Pakistan	
6:10-6:15pm	Welcome Address by Prof. Dr. Salma H. Badruddin (Patron-In-Chief)	
6:15-6:30pm	Plenary:4x4 Four Non Communicable Diseases and Four Modifiable Shared Risk Factors by Dr. Romaina Iqbal (Chair, Scientific Committee)	
6:35-6:40pm	Comments from Ms. Fayza Khan (President PNDS)	
6:40-6:45pm	Comments from Prof. Julie Lovegrove (President, The Nutrition Society UK)	
6:45-6:50pm	Vote of Thanks: Prof. Ghazala Pervez Zaman (Chair, Organizing Committee)	
6:50-7:00pm	Address by the Honorable Chief Guest Moderator: Ms. Shabnum Razi	
7:00-9:00pm	Dinner	

Day 2: Saturday 2 nd November 2019		
8:00-9:00 am	Registration Desk Open	
9:00-10:00am	Plenary Session: (Khorsheed Mahal)	
	<p>What makes a successful international research grant proposal? Key principles from the UKRI Global Challenges Research Fund</p> <p><i>Prof. Nicola M. Lowe (Professor of Nutritional Sciences)</i> <i>Co-Director of the International Institute of Nutritional Sciences</i> <i>University of Central Lancashire, UK</i></p> <p>Moderator: Ms. Tahreem Hussain</p>	
10:00-10:30am	Tea break & Poster Presentation/ Exhibition	
10:30-12:30am	Cardiovascular Diseases (Khorsheed Mahal)	Diabetes Mellitus (Indus Hall)
10:30-10:50am	<p>Chair: Prof. Matina Zia (Ex Principal University of Home Economics, Lahore)</p> <p>Co- Chair: Dr. Javaid Akram (Vice Chancellor University of Health Sciences)</p> <p>Moderator: Ms. Tahreem Hussain</p> <p>Keynote Speaker: <i>Prof. Dr. Khawar Kazmi (NICVD)</i></p> <p>CVDs in Pakistan: Challenges & Issues</p>	<p>Chair: Prof Dr. Khurshid Khan {President Pakistan Endocrine Society (PES)}</p> <p>Co-Chair: Prof Salma H.Badruddin</p> <p>Moderator: Ms. Saima Rasheed</p> <p>Keynote Speaker: <i>Prof. Dr. Abdul Basit (BIDE)</i></p> <p>Primary Prevention of Diabetes</p>
10:55-11:10am	<p>Nutrition Keynote: <i>Prof. Dr. Julie Lovegrove (President, The Nutrition Society UK)</i></p> <p>Diet & Cardiovascular Diseases</p>	<p>Nutrition Keynote: <i>Prof. Dr. Rubina Hakeem Principal College of Home Economics, Karachi</i></p> <p>Diet Quality and Diabetes</p>
11:15-11:25am	<p>Free paper: Ms. Zahin Anjum</p> <p>Prevalence of hypertension disorders in females during third trimester of pregnancy</p>	<p><i>Dr. Atif Muneer (V. President, PES)</i></p> <p>Nutritional remission of type 2 diabetes: Magic myths or facts</p> <p>Free paper: Mr. Faran Khan</p>

11:30-11:40am	Free paper: Ms. Iqra Ghufra Hypertension related knowledge among college students.	Assessing the food concepts, lifestyle and dietary patterns among adults with diabetes mellitus.
11:45-11:55am	Free paper: Ms. Zehra Parveen High dietary diversity score is associated with obesity in Pakistani women	Free paper: Ms. Saba Nadeem Dar Nutrition education -An effective approach to improve nutritional status of diabetic children.
12:00-12:10pm	Free paper: Ms. Farah Syed Association of egg yolk consumption on lipid profile after cardiovascular intervention.	Free paper: Ms. Faiza Kamal Clinic Follow up Compliance of persons with Type 1 Diabetes in Tertiary Care Hospital
12:15-12:25pm	Free paper: Ms. Nizwa Itrat Association of central obesity with non-communicable diseases	Free paper: Mr. Waqas Ahmed Prevalence of Prediabetes and associated risk factors in overweight and obese female adults of Lahore
12:30-1:00pm	Poster viewing	
1:00-2:00pm	Lunch and Prayer Break	
2:00-4:00pm	Panel Discussion: (Khorsheed Mahal) Using a multi-sectoral approach to prevent and control NCDs in Pakistan Panel Experts: Nutrition Expert (Lt.Cdr Rabia Anwer) Anti-Tobacco (Dr. Shahzad Alam), Pharmaceutical (Syed Nasir, Pfizer), Lahore Chamber of Commerce (Mian Tanveer) & Consumer Protection (Mr. Nadeem Iqbal), Arif Nizami(Senior Health Journalist) Mr. Ghulam Mustafa Dogar, ADG, technical, Punjab Food Authority Moderator: Ms Fayza Khan	
4:00-4:30pm	Tea & Prayer Break	
“Nutrition Care Plan Workshop” (Indus Hall)		
4:00 -6:00pm	Facilitator: <i>Prof. Dr. Rubina Hakeem, Principal College of Home Economics, Karachi</i> Target Participants: Nutritionists/Dietitians/Students	
Day 3: Sunday 3rd November 2019		
8::30 -10:00am	Breakfast Session : (Khorsheed Mahal) Career Counseling for Students/Fresh Grads Panelists: Prof. Ghazala Zaman, Prof. Dr. Rubina Hakeem, Mr. Mark James Hollingworth, Ms. Ambreen Altamash (Wellness Manager Nestle) Dr. Mehnaz Nasir, Ms. Shabnum Razi Moderator: Ms. Marium Khan RDN	
10:00-10:30am	Tea & Poster Viewing	
10:00am-12 :00pm	Chronic Respiratory Disease and Tobacco (Khorsheed Mahal)	Public Health (Indus Hall)
10:00- 10:20am	Chair : <i>Prof. Dr. Khalid Waheed (President, PCS)</i> Co-Chair: <i>Dr. Shahzad Alam (WHO)</i> Moderator : Ms. Ayeza Umer Keynote Speaker: <i>Dr. Javaid Khan (AKUH)</i> Reducing the burden of Chronic Respiratory Diseases in Pakistan	Chair : <i>Prof. Ghazala Zaman</i> Co-Chair: <i>Prof. Julie Lovegrove(President, The Nutrition Society UK, Reading University)</i> Moderator: Dr. Beenish Israr (UAF) Keynote Speaker: <i>Dr. Khalid Iqbal, Associate Professor (Khyber Medical University)</i> New Developments in Nutrition Epidemiology

10:25-10:40 am	<p><i>Prof. Talha Mahmood</i> <i>Sheikh Zaid Hospital Lahore</i> Occupational Lung Diseases</p>	<p><i>Dr.Saba Amjad (Heart File)</i> Trans-Fats situation analysis of Pakistan</p> <p>Free paper: <i>Ms. Afifa Tanveer</i></p>
10:40-10:55am	<p><i>Dr. Irfan Malik Associate Professor PGMI Lahore</i> <i>General Hospital</i> Environment and our Lungs</p>	<p>Improving the perceived importance of food label information-an approach to prevent chronic health conditions.</p>
10:55am-11:10pm	<p><i>Prof. Saquib Saeed KE Medical university</i> Obesity and respiratory Diseases</p>	<p>Free paper: <i>Ms.Tansheet Jawad</i> Development and validation of an electronic application (Food eApp) to assess the dietary intake of adults in Karachi, Pakistan</p>
11:10-11:25 pm	<p>Nutrition Keynote Speaker: <i>Ms. Shifa Ali (Ittefaq Hospital Trust)</i> Nutrition Perspective for prevention and control of lung disease</p>	<p>Free paper: <i>Ms.Sidra Raza.</i> Nutrition care management system in a tertiary care hospital stepping towards increased efficiency.</p>
11:30- 11:45pm	<p>Free Paper: <i>Dr. Hassan Daudzai</i> Prevalence and factors associated with respiratory systems in burden of obstetric lung disease (BOLD), Karachi, Pakistan</p>	<p>Free Paper: <i>Ms. Beenish Khan</i> Breakfast Consumption affects Micronutrient Profile among Adolescent Girls.</p>
11:45- 12:00pm	<p>Free Paper: <i>Dr.Zohaib Akhter</i> Addressing smokeless tobacco and building research capacity in South Asia (ASTRA) (10 minutes)</p>	<p>Free Paper: <i>Ms. Madiha Noor</i> Assessment of dietary practices of adult females before and during Ramadan.</p>
12:00-1:00pm	<p>Role of Nutritionists/Dietitians in Prevention & Control of NCDS – Developing an Action Plan (Khorsheed Mahal) Panel of Experts: Dr. Rezzan Khan, Dr. Mahnaz Nasir , Prof. Dr. Salma Badruddin, Prof. Matina Zia, Prof. Dr. Julie Lovegrove, Mark James Hollingworth , Dr.Fazia Ghaffar Moderator:</p>	
1:00 -2:00	<p>Lunch and Poster Viewing</p>	

2:00-4:00pm	Nutraceuticals/Functional Foods(Khorsheed Mahal)	Cancers (Indus Hall)
	<p>Chair: Prof. Dr. Anwar Gilani (Vice Chancellor, The Haripur University, KPK) Co-Chair: Dr Saeed Akhter Moderator: Dr. Mian Kamran Shareef</p>	<p>Chair: Dr.Rezzan Khan (Shifa International, Isb. Co-Chair: Dr.Somia Iqtedar (G.Sec.,Pakistan Society of Internal Medicine) Moderator: Ms. Nida Jawed</p>
2:00-2:20pm	<p>Keynote Speaker: Dr. Anwar Gilani (V.C Haripur University) Role of Functional Foods in the Prevention of NCDS</p>	<p>Keynote Speaker: Dr. Abbas Khokhar (Assistant Professor of Oncology, Mayo Hospital, Lahore) Nutrition and Physical activity for Cancer Prevention</p>
2:20-2:40pm	<p>Keynote Speaker: Dr. Imran Pasha (UAF) Ameliorating the impact of cardiovascular diseases (CVDs) through functional and nutraceutical foods.</p>	<p>Nutrition Keynote: Ms. Kehkashan Zehra RD, Clinical Dietitian (SIUT) Nutrition in Cancer Prevention: An update</p>
2:40-2:50 pm	<p>Free paper: Ms. Momina Shahid Therapeutic potential of cinnamon tea against glycemic index among males and females.</p>	<p>Free Paper: Ms. Sana Mehmood Exploring probiotics encapsulated drugs to ameliorate the symptoms of colorectal cancer.</p>
2:50-3:00 pm	<p>Free paper: Ms. Tabinda Mahmood Anti-diabetic potential of moringa oleifera in type 2 diabetes mellitus.</p>	<p>Free Paper: Ms.Ayesha Ali Prevalence of malnutrition in the newly diagnosed pediatric patients at Shaukat Khanum Memorial cancer hospital and research centre Lahore.</p>
3:00: 3:10pm	<p>Free paper : Dr.Beenish Israr Phytochemicals from plant sources: way forward to reduce hypertension.</p>	<p>Free Paper: Dr.Fazia Ghaffar Dietary and socio demographic factors contributing to gastrointestinal cancers among the Pashtun population of Khyber Pakhtunkhwa</p>
3:10-3:20 pm	<p>Free paper: Ms.Zara Butt Nutri Potential of chia seeds(salvia hispanica) against glycemic response in healthy adults.</p>	<p>Free Paper: Ms.Fatima Hasan Identifying perceived barriers and facilitators of physical activity among adolescent girls.</p>
3:20-3:30pm	<p>Free paper: Ms. Mohsina Nasim Development and organoleptic evaluation of wheat-lotus root composite flour for hypertensive patient.</p>	<p>Free Paper: Ms.Hasiba Munir Dietary habits of university going female students in comparison with the guidelines of my pyramid.</p>

4:00-6:00 pm	General Public Awareness Session and Vote of Thanks (Khorsheed Mahal)
4:00-6:00 pm	<p>What to eat and what not to eat, If I have to prevent or manage non-communicable Disease” (Diabetes, High Blood Pressure, Heart diseases, Cancer, Obesity)</p> <p>Speakers/Facilitators/Expert:</p> <ul style="list-style-type: none"> ● Ms.Saima Rasheed (DM) ● Ms.Syeda Fizza Batool (CVD) ● Ms.Rashida Javaid(SKMC) ● Ms.Yumna Chatta (Obesity) <p>Chief Guest: Governor Punjab Chaudry Sarwar</p> <p>Award for best poster and oral presentations: Dr. Salma Badruddin, Dr. Julie Lovegrove and Mr.Mark James Hollingworth</p> <p>Vote of Thanks: Dr. Romaina Iqbal/ Lt.Cdr Rabia Anwer</p> <p>Moderator: Dr. Ghazala Rafique</p>
Tea: 6:00-6:30 PM Hi Tea	
Post conference workshop (Indus Hall)	
Research Methodologies My Nutrition Research Kit “Linking study design and statistical analysis plan”	
4:00-6:00 pm	<p>Facilitator: Dr. Khalid Iqbal, Associate Professor, Khyber Medical University</p> <p>Target Audience: nutritionists, dietitians, researchers, food technologists, health professionals students etc.</p>