



PAKISTAN
HYPERTENSION
LEAGUE



MANAGE HYPERTENSION, PROTECT YOUR HEALTH

19th to 21st SEPTEMBER 2025 | PEARL CONTINENTAL HOTEL, LAHORE

Organizing COMMITTEE

PROF. QAZI ABDUL SABOOR

CONVENOR

PROF. DR. BILAL S. MOHYDIN

CHAIRMAN SCIENTIFIC COMMITTEE

DR. SYED HUSNAIN BASHIR

SECRETARY

Scientific Program

HYPERTENSION
HYPERTENSION
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HYPERTENSION



Conference
Secretarial

Room #4 Cardiology consultant offices 2nd Floor Department of Cardiology Shaikh Zayed Hospital Lahore
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FRIDAY DAY 01

19th SEPTEMBER 2025

CRYSTAL-B HALL-1

DAY 01

FRIDAY 19th SEPTEMBER

WORKSHOP 01 HOW TO CHECK BLOOD PRESSURE (BP)

08:00 AM - 08:15 AM

Facilitator:

**Dr. Husnain Bashir, Dr. Muhammd Rassan, Dr. Benazir Shah, Zil-e-Huma
Bushra Sharif, Dr. Usama Bilal, Dr. Sidra Anwar, Dr. Shah Bano, Dr. Tariq Yousf Zai**

WORKSHOP 03 BASIC LIFE SUPPORT (BLS)

08:15 AM - 09:30 AM

Facilitator:

**Dr. Husnain Bashir, Dr. Muhammd Rassan, Dr. Sidra Ramzan, Nabila Aslam
Dr. Amna Nasir, Dr. Subhan Ahmad, Dr. Fiza Khalid, Awais ur Rehman
Dr. Syed Kaleem Ullah, Dr. Taimoor, Dr. Salman Thabit, Syed Abdul Basit**

CRYSTAL-A
DAY 01 **HALL - 2** **FRIDAY 19th SEPTEMBER**

WORKSHOP 02
ELECTROCARDIOGRAPHY(ECG)
08:00 AM - 09:30 AM

Moderator:	Dr. Abdul Mannan, Dr. Ashraf Dar, Dr. Anum Pari, Dr. Emmad Amjad
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CRYSTAL-B HALL-1

DAY 01

FRIDAY 19th SEPTEMBER

WORKSHOP 04 PANEL DISCUSSION CAPACITY BUILDING OF FUTURE DOCTORS 09:30 AM - 10:30 AM

Panelist:	Dr. Ayesha Hamayun, Dr. Husnain Bashir, Dr. Qazi Abdul Saboor, Dr. Shahzad Alam Dr. Maryam Ashraf
Moderator:	Dr. Muhammad Rasan

WORKSHOP 06 ARTIFICIAL INTELLIGENCE IN DAILY PRACTICE RESEARCH PERSPECTIVE 10:30 AM - 12:00 Noon

Speaker:	Dr. Masood Javaid
Moderator:	Dr. Husnain Bashir

CRYSTAL-A HALL - 2

DAY 01

FRIDAY 19th SEPTEMBER

WORKSHOP 05 NURSES 09:30 AM - 10:30 AM

Panelist:	Dr. Amir Bandesha, Dr. Qazi Abdul Saboor, Dr. Junaid Zafar, Dr. Imran Abid, Dr. Anjum Rana
Moderator:	Kanwal Hayat

12 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
09:30 AM - 09:45 AM	Nurses-led team Approach in Management of HTN	Sarfraz Masih
09:45 AM - 10:00 AM	Nursing role in hypertension: Focus on white coat	Zainab Mansha
10:00 AM - 10:15 AM	Nurses on the Frontline: Taming the Silent Killer Empowering Hypertension Control in Pakistan's Heartland	Kanwal Hayat
10:15 AM - 10:30 AM	Management of Hypertension: Assessment to evaluation	Kalsoon Iqbal

CRYSTAL-B HALL-1

DAY 01

FRIDAY 19th SEPTEMBER

MEDIA PRESS CONFERENCE

12:00 Noon - 01:00 PM

Dr. Shahryar A. Sheikh, Dr. Saulat Siddique, Dr. Qazi Abdul Saboor
Dr. Bilal S. Mohyidin, Dr. Husnain Bashir

Q&A and Interview



Lunch & Prayer
01:00 PM - 02:30 PM



DAY 01

CRYSTAL-A HALL - 2

FRIDAY 19th SEPTEMBER

WORKSHOP 07 ECHOCARDIOGRAPHY

12:00 Noon - 01:00 PM

Moderator:	Dr. Zeeshan Shoukat, Dr. Fateh Ali Tipoo, Dr. Shahbaz Sarwar, Dr. Abdul Rauf
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10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
12:00 PM - 12:20 PM	Left Ventricular Systolic function	Dr. Fateh Ali Tipoo
12:20 PM - 12:40 PM	Left Ventricular Diastolic function	Dr. Zeeshan Shoukat
12:40 PM - 01:00 PM	Right Ventricular evaluation	Dr. Shahbaz Sarwar



Lunch & Prayer
01:00 PM - 02:30 PM



CRYSTAL-B

DAY 01

HALL-1

FRIDAY 19th SEPTEMBER

SESSION 01

HYPERTENSION IN CHILDREN

02:30 PM - 03:30 PM

Panelist: Dr. Masood Sadiq, Dr. Fouzia Shoukat, Dr. Lubna Riaz, Dr. Asif ur Rehman
Dr. Abdul Wajid Faisal

Moderator: Dr. Syed Najam Hyder, Dr. Sana Salman

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
02:30 PM - 02:42 PM	Epidemiology and Screening B.P should be checked in all children?	Dr. Abdul Sattar Shaikh
02:42 PM - 02:54 PM	Workup for Hypertension in Children	Dr. Lubna Baqai
02:54 PM - 03:06 PM	B.P Measurement Techniques in Pediatrics when and how to measure	Dr. Asif Ur Rehman
03:06 PM - 03:18 PM	Emergency management of Hypertension in Children	Dr. Syed Najam Hyder
03:18 PM - 03:30 PM	Management of Hypertension on short and long term basis and role of Intervention	Dr. Masood Sadiq

CRYSTAL-A HALL-2

DAY 01

FRIDAY 19th SEPTEMBER

SESSION 02

HYPERTENSION & KIDNEYS

02:30 PM - 03:30 PM

Panelist: Dr. Asma Sharif, Dr. Amber Malik, Dr. Aizaz Mand Ahmed , Dr. Bilal S. Mohyidin
Dr. Waqar Ahmed

Moderator: Dr. Imran Abid, Dr. Sohaib Ashraf

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
02:30 PM - 02:45 PM	Hypertension in special circumstances	Dr. Aizaz Mand Ahmed
02:45 PM - 03:00 PM	Hypertension and CKD	Dr. Waqar Ahmed
03:00 PM - 03:15 PM	Finerenone in CKD and Hypertension A New Frontier in Mineralocorticoid Receptor Antagonism	Dr. Abad Ur Rehman
03:15 PM - 03:30 PM	Beyond Glycemic Control: Role of SGLT2i and GLP-1 RAs in Hypertension and Kidney Protection	Dr. Mateen Akram

CRYSTAL-B HALL-1

DAY 01

FRIDAY 19th SEPTEMBER

SESSION 03

HYPERTENSION & ARRHYTHMIAS

03:30 PM - 04:30 PM

Panelist: Dr. Ashraf Dar, Dr. Tahir Almani, Dr. Azmat, Dr. Ghazala Irfan
Dr. Shahzad Abdul Tawwab

Moderator: Dr. Waqas Dar, Dr. Emmad Amjad

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
03:30 PM - 03:45 PM	Pressure Points: Decoding the Interplay Between Hypertension, Atrial Fibrillation, and Cardiac Interventions"	Dr. Ghazala Irfan
03:45 PM - 04:00 PM	Pressure & Pulse: Unraveling the Link Between Hypertension and Ventricular Tachycardia	Dr. Ghulam Kubra
04:00 PM - 04:15 PM	Implementing AI powered digital health interventions in Clinical Practice for Hypertensive Patients with Arrhythmias	Dr. Hafiz Abdul Mannan
04:15 PM - 04:30 PM	Interatrial block on ECG: Predictor of Atrial fibrillation in Hypertension	Dr. Fariha Sadiq Ali

CRYSTAL-A

DAY 01

HALL-2

FRIDAY 19th SEPTEMBER

SESSION 04

HYPERTENSION & PREGNANCY

03:30 PM - 04:30 PM

Panelist: Dr. Sajad Ahmed, Dr. Robina Farrukh, Dr. Amna Kazi, Dr. Khalida Soomro
Dr. Amber Ashraf

Moderator: Dr. Anum Pari, Dr. Faiqa Bokhari

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
03:30 PM - 03:45 PM	Pregnancy and Hypertension	Dr. Ali Ehsaan
03:45 PM - 04:00 PM	Food cravings, Junk food and Pre eclampsia Is there any connection?	Dr. Amna Kazi
04:00 PM - 04:15 PM	Early Prediction of Pre-eclampsia	Dr. Noreen Akmal
04:15 PM - 04:30 PM	Recent Advances and Future Perspective	Dr. Robina Farrukh

CRYSTAL-B HALL-1

DAY 01

FRIDAY 19th SEPTEMBER

SESSION 05

PREACH & PAK SEHAT (SPONSORED BY GETZ PHARMA)

04:30 PM - 05:30 PM

Panelist: Dr. Nazir Memon, Dr. Saulat Siddique, Dr. Tahir Saghir, Dr. Javaid Sial
Dr. Mansoor Ahmad

Moderator: Dr. Muzafar Ali, Dr. Ansar Muhammad Masood

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
04:30 PM - 04:45 PM	Impact of CAC Score in Customizing Antihypertensive Therapy	Dr. Khurram Nasir
04:45 PM - 05:00 PM	Hypertension and sociodemographic factors the insight from PAK-SEHAT baseline data	Dr. Bashir Hanif
05:00 PM - 05:15 PM	Ambulatory Blood Pressure Monitor Study Preliminary Findings	Dr. Ayesha Almas
05:15 PM - 05:30 PM	Hypertension Guidelines: Global and National Perspectives	Dr. Qurban Hussain

DAY 01

CRYSTAL-A HALL-2

FRIDAY 19th SEPTEMBER

SESSION 06

HYPERTENSION -1

04:30 PM - 05:30 PM

Panelist: Dr. Moazam Naqvi, Dr. Amir Bandesha, Dr. Imran Abid, Dr. Junaid Zafar
Dr. Matiullah Khan

Moderator: Dr. Sikander Saleem, Dr. Amna Nasir

12 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
04:30 PM - 04:45 PM	Types of Blood Pressure Apparatus-Are all same?	Dr. Mashooque Ali
04:45 PM - 05:00 PM	How to Check Blood Pressure-In view of Guidelines	Dr. Qazi Abdul Saboor
05:00 PM - 05:15 PM	Ocular Manifestations of Hypertention	Atif Mansoor Ahmed
05:15 PM - 05:30 PM	Renal Artery Stenosis-Case report	Dr. Ehtesham (UK)

CRYSTAL-B

DAY 01

HALL - 1

FRIDAY 19th SEPTEMBER

SESSION 07

HYPERTENSION BEYOND BORDER PAKISTAN HYPERTENSION LEAGUE (PHL) WITH

INTERNATIONAL SOCIETY OF HYPERTENSION (ISH)

05:30 PM - 06:30 PM

Panelist: Dr. Azhar Mahmood Kayani, Dr. Mohammad Ishaq, Dr. Kashif Ali Hashmi
Dr. Bilal S. Mohyidin, Dr. Saulat Siddique, Dr. Azra Mahmud, Dr. Qazi Abdul Saboor
Dr. Raj Kumar, Dr. Sohail Aziz

Moderator: Dr. Saulat Siddique, Dr. Amna Nasir

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
05:30 PM - 05:45 PM	Methods and techniques for assessing out of office blood pressure	Dr. George Stergious President International Society of Hypertension Greece (ISH) (Zoom)
05:45 PM - 06:00 PM	Hypertension Practice Guidelines	Dr. Thomas Weber Presedent European Society of Hypertension ESH Austria (Zoom)
06:00 PM - 06:15 PM	Clash of the Titans: BP Meets AI	Dr. Azra Mahmud Chair , Regional Advisory Group of South & Central Asia (SACA)
06:15 PM - 06:30 PM	"Scaling-up Community Based Interventions for Managing Hypertension in South Asia"	Dr. Tazeen Jafar Member ISH, Research and Education Committee Regional Singapore (Zoom)

DAY 01

CRYSTAL-B

HALL - 1

FRIDAY 19th SEPTEMBER

SESSION 08

INAUGURATION

06:30 PM - 08:00 PM

Time	Topic
06:30 PM - 06:35 PM	Recitation of Holy Quran
06:35 PM - 06:40 PM	National Anthem
06:40 PM - 06:50 PM	Welcome Address by Dr. Qazi Abdul Saboor Convener 28th PHL 2025
06:50 PM - 07:00 PM	Report & Updates by Matiullah Jan, General Secretary PHL
07:00 PM - 07:10 PM	Address by Dr. Kashif Ali Current President PHL
07:10 PM - 07:20 PM	Address by Dr. Muhammad Ishaq Chief Patron PHL
07:20 PM - 07:30 PM	Address by Dr. Azhar Mahmood Kayani Chief Guest 28th PHL 2025
07:30 PM - 07:40 PM	Vote of Thanks by Dr. Husnain Bashir Secretary 28th PHL 2025
07:40 PM - 08:00 PM	Ribbon Cutting Ceremony of Pharma Exhibition Arena



Dinner
08:00 PM Onwards



SATURDAY DAY 02

20th SEPTEMBER 2025

CRYSTAL - B

DAY 02

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 09

ASPIRIN SESSION

SPONSORED BY (ATCO)

08:00 AM - 09:00 AM

Panelist: Dr. Abdus Samad, Dr. Mohammad Ishaq, Dr. Akbar Chaudhary, Dr. Feroz Memon
Dr. Javaid Akram

Moderator: Dr. Ayesha Tariq, Dr. Muhammad Sikandar Saleem

Time	Topic	Speaker
08:00 AM - 08:15 AM	Aspirin a wonder drug	Dr. Fawad Farooq
08:15 AM - 08:30 AM	Asipirin in Women	Dr. Tayaba Waseem
08:30 AM - 08:40 AM	Discussion	
08:40 AM - 09:00 AM	Breakfast	

CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 10

HYPERTENSION & BRAIN

08:00 AM - 09:00 AM

Panelist: Dr. Hamid Saeed, Dr. Raj Kumar, Dr. Abdul Rauf, Dr. Abid Amin, Dr. Saira Bokhari

Moderator: Dr. Qazi Muhammad Tufail, Dr. Sohaib Ashraf

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
08:00 AM - 08:15 AM	Hypertensive crisis—urgency & Emergencies	Dr. Wajeha
08:15 AM - 08:30 AM	Management of Stroke-Thrombolysis vs Intervention	Dr. Athar (Saudi Arabia) (Zoom)
08:30 AM - 08:45 AM	How to manage B.P in Ischemic or Hemorrhagic Stroke	Dr. Shahid Mukhtar
08:45 AM - 09:00 AM	Salt, Stress, and Society: Hypertension in Pakistan What Needs to Change?	Dr. Jalal Achakzai

CRYSTAL - B

DAY 02

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 11

GO RED FOR WOMEN WITH AMERICAN HEART ASSOCIATION (AHA)

09:00 AM - 10:00 AM

Panelist: Dr. Mohammad Ishaq, Dr. Abdullah Shehab, Dr. Kashif Ali Hashmi, Dr. Khalida Soomro
Dr. Amber Ashraf

Moderator: Dr. Saira Bukhari, Dr. Sana Salman Khalid

10 minutes for each talk and 02 minutes for Q&A

Time	Topic	Speaker
09:00 AM - 09:12 AM	Hypertension in Women	Dr. Laxmi Mehta
09:12 AM - 09:24 AM	Sex Differences in the Pathophysiology and Epidemiological Trends in Hypertension Among Women	Dr. Samra Yasmin
09:24 AM - 09:36 AM	Hypertensive Disorders in Pregnancy Beyond Preeclampsia	Dr. Biljana Parapid (Zoom)
09:36 AM - 09:48 AM	Multimodality Imaging in Hypertension in Women	Dr. Anita Ghulam Ali Sadeghpour (Zoom)
09:48 AM - 10:00 AM	Policy and Prevention: Addressing Hypertension in Women Through Public Health Initiatives	Dr. Khalida Soomro

CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 12

HYPERTENSION - 2

09:00 AM - 10:00 AM

Panelist: Dr. Mashooque Ali, Dr. Asad Akbar, Dr. Saqib Shafi, Dr. Nazir Memon
Dr. Abdul Rasheed

Moderator: Dr. Shabahat Ali, Dr. Arz Muhammad

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
09:00 AM – 09:15 AM	How to investigate a Patients with high Blood Pressure Secondary Hypertension	Dr. Haroon Baber
09:15 AM – 09:30 AM	Brain to Bedside (Role of echo/Doppler) in Hypertensive Heart disease	Dr. Nusrat Ara
09:30 AM – 09:45 AM	Deadlty quad' HTN, DM, Dyslipidemia, obesity	Dr. Ahmad Bilal
09:45 AM – 10:00 AM	Isolated systolic Hypertension (evaluation and management)	Dr. Abid Amin

CRYSTAL - B

DAY 02

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 13

ISCHEMIC HEART DISEASE & HYPERTENSION

10:00 AM - 11:00 AM

Panelist: Dr. Zubair Akram, Dr. Nadeem Rizvi, Dr. Sohail Aziz, Dr. MMH Nuri
Dr. Tariq Ashraf

Moderator: Dr. Ammar, Dr. Sadia

12 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
10:00 AM - 10:15 AM	New ACC Guidelines for ACS	Dr. Bashir Hanif
10:15 AM - 10:30 AM	Triple Therapy	Dr. Mansoor Ahmed
10:30 AM - 10:45 AM	Primary PCI/ Thrombolysis	Dr. Amber Ashraf
10:45 AM - 11:00 AM	Hypertension's Hidden Toll: Vascular Insights for a Healthier Pakistan	Dr. Habib Ullah USA

CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 14

PHARMA SPONSORED

10:00 AM - 11:00 AM

Panelist: Dr. Fawad Farooq, Dr. Mansoor Ahmad, Dr. Shahryar A. Sheikh, Dr. Nouman Naseer
Dr. Amber Malik

Moderator: Dr. Shahid Iqbal, Dr. Anjum Rana

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
10:00 AM - 10:15 AM	GLP-1 is a friend or Foe	Dr. Ahmad Bilal
10:15 AM - 10:30 AM	Role of Verciguat in Patients with Heart Failure (Indus)	Dr. Bilal S. Mohyidin
10:30 AM - 10:45 AM	Emerging and Current uses of Nitrates in CVD Management (Barrett Hodgson)	Dr. Ayesha Tariq
10:45 AM - 11:00 AM	From Guidelines to Bedside: Integrating Ivabradine with Beta-Blockers in HF (Ferozsos)	Dr. Abdul Mannan

CRYSTAL - B

DAY 02

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 15

HYPERTENSION & HEART FAILURE

PHARMA SPONSORED

(GETZ PHARMA)

11:00 AM - 12:00 Noon

Session Chair: Dr. Shabaz A. Kureshi

Panelist: Dr. Abid Amin, Dr. Haroon Aziz Babar, Dr. Shahbaz Sarwer, Dr. Abdul Rauf

Moderator: Dr. Ghazala Irfan

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
11:00 AM - 11:10 AM	Contemporary Treatment of HFrEF	Dr. Shahbaz A. Kureshi
11:10 AM - 11:17 AM	Vericiguat for HFrEF Evidence from VICTOR Trial	Dr. Faiez Zannad
11:17 AM - 11:24 AM	ARNI- The inevitable breakthrough in heart failure therapy	Dr. Nouman Naseer
11:24 AM - 11:33 AM	SGLT2 Inhibitors: Upfront Pillar in Heart failure Management	Dr. Tayyab Mohyuddin
11:33 AM - 11:50 AM	Modern pharmacological approaches: Finerenone- Finearts-HF Trial	Dr. Talha Bin Nazeer
11:50 AM - 11:57 AM	Optimising prevention strategies in Heart Failure in resource-constrained settings: A model for Pakistan	Dr. Saira Bukhari

CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 16

PHARMA SPONSORED

(GSK)

11:00 AM - 11:30 PM

Panelist: Dr. Shahryar A. Sheikh, Dr. Bilal S. Mohyidin, Dr. Huma Zartash, Dr. Bashir Hanif
Dr. Abdul Jabbar

Moderator: Dr. Maryam Ashraf, Dr. Muhammad Sikandar Saleem

Time	Topic	Speaker
11:00 AM - 11:30 AM	Herpes Zoster Vaccination in Co-Morbid Patients-Cardiologist Perspective(GSK)	Dr. M. Abubakar Shaikh, Dr. Atif Kazmi

CRYSTAL - B

DAY 02

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 17

**PHARMA SPONSORED
(NABIQASIM)**

12:00 Noon - 01:00 PM

Panelist: Dr. Shahryar A. Sheikh, Dr. Bilal S. Mohyidin, Dr. Amber Malik
Dr. Qazi Abdul Saboor, Dr. Asad Akbar

Moderator: Dr. Ijaz Kharl

Time	Topic	Speaker
12:00 Noon - 01:00 PM	Statin Controversies Balancing Benefits and Risks	Dr. Nadeem Hayat Malick



Lunch Sponsored by Nabi Qasim

01:00 PM - 02:00 PM



Prayer

01:00 PM - 02:00 PM

POSTER REVIEW IN PALACE HALL

(PHARMEVO)

02:00 PM - 02:30 PM

REVIEWER

**Prof. Saulat Siddique, Prof. Nazir Memon, Prof. Fawad Farooq
Dr. Imran Hashmi, Dr. Tariq Abbas**

CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 18

PHARMA SPONSORED

(HIGHNOON)

11:30 AM - 12:00 Noon

Panelist: Dr. Mehmood-ul-Hasan, Dr. Naseer Samoor, Dr. Saqib Shafi, Dr. Tahir Saghir
Dr. Akhtar Ali Bandesha

Moderator: Dr. Maryum Ashraf, Dr. Arz Muhammad

12 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
11:30 AM - 11:45 AM	Targeting Hypertension-Driven Cardiovascular Risk Preventing the Inevitable	Dr. Sohail Aziz
11:45 AM - 12:00 PM	Hypertension in Multifactorial Risk Settings Beyond Blood Pressure Control	Dr. Asad Akbar Khan

CRYSTAL - B

DAY 02

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 19

PHL REGISTRY

02:30 PM - 03:00 PM

Panelist: Dr. MMH. Nuri, Dr. Saulat Siddique, Dr. Abdul Hafeez Chaudhry
Dr. Muhammad Nawaz Lashari, Dr. Tariq Abbas

Moderator: Dr. Maryam Ashraf, Dr. Amna

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
02:30 PM - 02:45 PM	Hypertension Registry: Need for Registry	Dr. M. Abdul Rauf
02:45 PM - 03:00 PM	Hypertension Registry Progress report	Dr. Saira Bukhari

CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 20

**SHARK TANK CARDIOLOGY
(PHARMEVO)**

12:00 Noon - 01:00 PM

Panelist: Dr. Naseer Samoor, Dr. Shahbaz Kureshi, Dr. Fawad Farooq, Dr. Amir Bandesha
Dr. Farhan Tayab

Moderator: Dr. Sohaib Ashraf, Dr. Naila Gul

Time	Topic	Speaker



Lunch Sponsored by Nabi Qasim

01:00 PM - 02:00 PM



Prayer

01:00 PM - 02:00 PM

POSTER REVIEW IN PALACE HALL

(PHARMEVO)

02:00 PM - 02:30 PM

REVIEWER

**Prof. Saulat Siddique, Prof. Nazir Memon, Prof. Fawad Farooq
Dr. Imran Hashmi, Dr. Tariq Abbas**

CRYSTAL - B

DAY 02

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 21

HYPERTENSION - 3

03:00 PM - 04:00 PM

Panelist: Dr. Mahmood ul Hassan, Dr. Abdul Rasheed, Dr. Raj Kumar, Dr. Khalida Soomro

Moderator: Dr. Suleman Khan, Dr. Shahid

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
03:00 PM – 03:15 PM	Renovascular Hypertension	Dr. Naseer Samoor
03:15 PM – 03:30 PM	Rising Trend of Hypertension in Pakistan	Dr. Raj Kumar
03:30 PM – 03:45 PM	Effect of Sleep, Sleep apnea & stress on B.P	Dr. Akhtar Ali Bandesha
03:45 PM – 04:00 PM	Hypertension in South Asia: Why Our Patients Are Different	Dr. Imran Abid

CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 22

PHARMA SPONSORED

(SEARLE)

02:30 PM - 03:00 PM

Panelist: Dr. Sajjad Hussain, Dr. Uthman Ahmed, Dr. Javaid Sial, Dr. Tahir Saghir
Dr. Samra Haque

Moderator: Dr. Muhammad Ansar Maqsood, Dr. Q. M. Tufail

07 minutes for each talk and 02 minutes for Q&A at the End

Time	Topic	Speaker
02:30 PM - 02:37 PM	Role of Early combination Therapy in Hypertension	Dr. Khalid Mehmud Khan
02:37 PM - 02:44 PM	The Role of Oral-GLP-1 in Cardiovascular Care (with or without T2DM)	Dr. Aziz ur Rehman
02:44 PM - 02:51 PM	Role of Nebivolol in Diabetic Hypertension	Dr. Imran Hasan Khan
02:51 PM - 02:58 PM	Cardiovascular safety of Acotiamide in the treatment of Diabetic Gastroparesis	Dr. Mujtaba Hasan Siddique

CRYSTAL - B

DAY 02

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 23

HYPERTENSION & INTERVENTION

04:00 PM - 05:00 PM

Panelist: Dr. Ali Raza, Dr. Tahir Saghir, Dr. Nadeem Hassan Rizvi, Dr. Nadeem Hayat Malick
Dr. Amber Malik

Moderator: Dr. Junaid Zafar, Dr. Anjum Ali Rana

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
04:00 PM – 04:15 PM	Renal Deneveration from Myth to reality	Dr. M. Abdur Rauf
04:15 PM – 04:30 PM	Renal Artery Angioplasty	Dr. Sohail Aziz
04:30 PM – 04:45 PM	Coarctation of Aorta in Adulthood	Dr. Muzaffar Ali
04:45 PM – 05:00 PM	Hypertension and Peripheral Arterial Disease	Dr. Abdul Jabbar

CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 24

CARDIOMETABOLIC PREMIER LEAGUE
(WILSON)

03:00 PM - 04:00 PM

Panelist: Dr. Ahmed Nouman, Dr. Najeeb Ullah, Dr. Mahmood ul Hassan, Dr. Arz Muhammad
Dr. Ahmad Bilal

Moderator: Dr. Muhammad Sikandar Saleem, Dr. Ayesha Tariq

Time	Topic	Speaker

CRYSTAL - B

DAY 02

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 25

LATEST IN HYPERTENSION

05:00 PM - 06:00 PM

Panelist: Dr. Sohail Aziz, Dr. Hafeez Chaudhry, Dr. Masood Ahmad, Dr. Zubair Akram
Dr. Nadeem Hassan Rizvi

Moderator: Dr. Maryam Ashraf, Dr. Shahid

10 minutes for each talk and 03 minutes for Q&A

Time	Topic	Speaker
05:00 PM – 05:15 PM	Guidelines 2024 vs 2025-What's New	Dr. Kashif Ali Hashmi
05:15 PM – 05:30 PM	Tailoring elevated B.P management of your Patients	Dr. Abdullah Shehab UAE (Zoom)
05:30 PM – 05:45 PM	Late breaking Trials	Naeem Aslam
05:45 PM – 06:00 PM	Hypertension - Diagnosis & management some esoteric Random Musings	Naeem Tahir Kheli USA (Zoom)

Maghrib Prayer
06:00 PM - 06:30 PM



CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 26

**CARDIOLOGY EMPEROR LEAGUE SELECT
THE BEST MARATHON**

(MARTIN DOW)

04:00 PM - 05:00 PM

Panelist: Dr. Bashir Hanif, Dr. Moazam Naqvi, Dr. Raj Kumar, Dr. Imran Saeed
Dr. Mehmood-ul-Hasan

Moderator: Dr. Anum Pari, Dr. Q. M. Tufail

Time	Topic	Speaker

DAY 02

CRYSTAL - B

HALL-1

SATURDAY 20th SEPTEMBER

SESSION 27

PHL GRADUATION CEREMONY

06:30 PM - 07:00 PM

SESSION 28

PHL MEETING

07:00 PM - 08:00 PM



GALA Dinner by Searle

08:00 PM Onwards

CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

SESSION 29

LIPID FORUM

05:00 PM - 06:00 PM

Panelist: Dr. Tahir Shah, Dr. Raj Kumar, Dr. Kashif Ali Hashmi, Dr. Sajjad Ahmad
Dr. Muzafar Ali

Moderator: Dr. Khawar Abbas Kazmi, Dr. M. Abubakar Shaikh

12 minutes for each talk and 03 minutes for Q&A at the End

Time	Topic	Speaker
05:00 PM - 05:15 PM	Pattern of Statin therapy Initial Results of Survey	Dr. Abdul Rasheed
05:15 PM - 05:30 PM	Can New medicines replace statins	Dr. Masood Ahmed
05:30 PM - 05:45 PM	How to manage Dyslipidemia	Dr. Junaid Zafar
05:45 PM - 06:00 PM	Dyslipidemia and under estimated risk	Dr. Feroz Memon

Maghrib Prayer

06:00 PM - 06:30 PM



CRYSTAL - A

DAY 02

HALL - 2

SATURDAY 20th SEPTEMBER

STUDENTS ACTIVITY

06:30 PM - 08:00 PM



S U N D A Y **DAY 03**

21st SEPTEMBER 2025

CRYSTAL - B

DAY 03

HALL-1

SUNDAY 21st SEPTEMBER 2025

SESSION 30

WORKSHOP 08

CAPACITY BUILDING OF FUTURE DOCTORS

08:00 AM - 09:00 AM

Topic:

Capacity building of future doctors

Moderator:

Dr. Husnain Bashir, Dr. Muhammad Rassan

CRYSTAL - A

DAY 03

HALL-2

SUNDAY 21st SEPTEMBER 2025

SESSION 31

NURSES

08:00 AM - 09:00 AM

Panelist: Dr. Anam Fatima, Kanwal Hayat, Tahira Khatoon, Captain Robina Afzal
Robina Jabeen

Moderator: Bilqees Yousaf

Time	Topic	Speaker
08:00 AM - 08:15 AM	Silent hypertension in Young adults	jaweria Aamen
08:15 AM - 08:30 AM	Orthostatic Hypotension in Hypertensive Patients A nursing care Perspective	Ayesha Qadir
08:30 AM - 08:45 AM	Nursing strategies for effective hypertension monitoring and lifestyle modification	Alisha Noor
08:45 AM - 09:00 AM	Artificial intelligence in hypertension: the Role of AI in diagnosing and managing hypertension	Rabia Noreen

CRYSTAL - B

DAY 03

HALL-1

SUNDAY 21st SEPTEMBER 2025

SESSION 32

PREVENTION

09:00 AM - 10:00 AM

Panelist: Dr. Nazir Memon, Dr. Khawar Abbas Kazmi, Dr. Feroz Memon, Dr. Faseh Hashmi
Dr. Akhtar Ali Bandesha

Moderator: Dr. Abdul Wajid Faisal, Dr. Sikandar Saleem

10 minutes for each talk and 03 minutes for Q&A at the End

Time	Topic	Speaker
09:00 AM - 09:15 AM	Different Types of Diet, Dietary Habits & B.P	Dr. Amber Mustafa
09:15 AM - 09:30 AM	Artificial intelligence & Precision Care of hypertensive patients	Dr. Amber Ashraf
09:30 AM - 09:45 AM	How can we modify our life style & Meditations etc.	Dr. Rizwan Zafar
09:45 AM - 10:00 PM	Role of Tertiary Care Hospital in Primary Prevention of HTN-Train the Trainers	Dr. Bilal S. Mohyudin

CRYSTAL - A

DAY 03

HALL-2

SUNDAY 21st SEPTEMBER 2025

SESSION 33

CIRCULATE INTERNATIONAL SOCIETY OF HYPERTENSION (ISH)

09:00 AM - 10:00 AM

Panelist: Dr. Saulat Siddique, Dr. Mohammad Ishaq, Dr. Qazi Abdul Saboor
Dr. Azra Mahmud, Dr. Saira Bokhari

Moderator: Dr. Rija Khalid

CIRCULATE PRESENTERS LIST

Cardiovascular Innovation and Research Communication for Up-and-coming
Leaders: Action, Talent, and Engagement

Presenting Author	Abstract Title
Ahmad Khan	Assessment of Knowledge and Practices in Blood Pressure Measurement Among Healthcare Professionals in Pakistan: A Multicentre Cross-Sectional Study
Farwa Ilyas	Closing the Gap in Blood Pressure Measurement: Lessons from the BPRIGHT Project (Blood Pressure Reliability through Implementation of Guidelines and Holistic Training)
Ayesha Azeem	Home Blood Pressure Monitoring in South Asia: Prevalence, Predictors, and Practice Patterns
Farwa Ilyas	Hospital Blood Pressure Measurement in Pakistan: Time to Retire Mercury and Standardize Practice
Hafiz Muhammad Kamran Ahmad Mughal	Mortality trends of renal diseases due to hypertension in adults: an analysis of gender, race, place of death, and geographical disparities in the United States from 1999 to 2020
Ahmad Khan	Dark Hours, Dire Risks? A Systematic Review and Meta-Analysis of Nocturnal Blood Pressure and Clinical Outcomes
Muhammad Annas	Persistent Blood Pressure Elevation After COVID-19 Recovery: A Case-Control Study from Uzbekistan
Bayan Arif	A Clinical Audit of In-Office Blood Pressure Measurement Practices Against AHA Guidelines at a Secondary Care Hospital
Mohammad Mujtaba Khokhar	Who Manages the Pressure? Gaps, Challenges and Policy Needs in Inpatient Hypertension Care
Abdul Rehman	Pills and Promises: Exploring Medication Adherence in the Management of Hypertension

CRYSTAL - B

DAY 03

HALL-1

SUNDAY 21st SEPTEMBER 2025

SESSION 34

METABOLIC SYNDROME & OBESITY WITH PSIM

PHARMA SPONSORED (GETZ PHARMA)

10:00 AM - 11:00 AM

Panelist: Dr. Uthman Ahmed, Dr. Khawar Abbas Kazmi, Dr. Faseh Hashmi, Dr. Javaid Akram
Dr. Rizwan Zafer

Moderator: Dr. Mehreen Kamran

10 minutes for each talk and 03 minutes for Q&A at the End

Time	Topic	Speaker
10:00 AM - 10:15 AM	GLP1-is Game Changer	Dr. Sadia Salman
10:15 AM - 10:30 AM	Metabolic Syndrome-Triopathy management	Dr. Aziz Ur Rehman
10:30 AM - 10:45 AM	How and why to lose weight	Dr. Murtaza Shafqat NHS (UK)
10:45 AM - 11:00 AM	Combination Therapy in Hypertension Management	Dr. Taj Jamshaid

CRYSTAL - A

DAY 03

HALL-2

SUNDAY 21st SEPTEMBER 2025

SESSION 35

HYPERTENSION & ECHOCARDIOGRAPHY

10:00 AM - 11:00 AM

Panelist: Dr. MMH. Nuri, Dr. Hamid Saeed, Dr. Samra Haque, Dr. Ahmad Nouman
Dr. Muhammad Nawaz Lashari

Moderator: Dr. Zeshan Shoukat, Dr. Ahmad Bilal

12 minutes for each talk and 03 minutes for Q&A at the End

Time	Topic	Speaker
10:00 AM - 10:15 AM	Echocardiographic Assessment of LV Geometry in Hypertension: What Matters Most?	Dr. Lubna Baqai
10:15 AM - 10:30 AM	Left Atrial Strain - GLS of LV and Diastolic Dysfunction in Hypertensive Heart Disease	Dr. Fateh Ali Tipu
10:30 AM - 10:45 AM	Pulmonary Hypertension in Hypertensive Patients What Echocardiography Can Tell Us	Dr. Shahbaz Sarwar
10:45 AM - 11:00 AM	Hypertensive Emergencies and the Role of Urgent Echocardiography	Dr. Saadia Nasim

CRYSTAL - B

DAY 03

HALL-1

SUNDAY 21st SEPTEMBER 2025

SESSION 36

PREVENTION AND MANAGEMENT

11:00 AM - 12:00 Noon

Panelist: Dr. Nouman Naseer, Dr. Bilal S. Mohydin, Dr. Qazi Abdul Saboor, Dr. Faseh Hashmi
Dr. Murtaza Shafqat

Moderator: Dr. Ahmad Ali Phulpoto, Dr. Shabahat Ali, Dr. Maryam Ashraf

10 minutes for each talk and 03 minutes for Q&A at the End

Time	Topic	Speaker
11:00 AM - 11:15 AM	Awareness and Screening	Dr. Khawar Abbas Kazmi
11:15 AM - 11:30 AM	'Breaking the silence on the silent killer in SACA From Awareness to Action in Hypertension control using Risk Based Strategies"	Dr. Azra Mehmud
11:30 AM - 11:45 PM	Integration of NCDs at PHC level through Hearts implementation	Shahzad Alam Khan (WHO)
11:45 AM - 12:00 PM	Where do we go wrong with Hypertension	Dr. Saulat Siddique

CRYSTAL - A

DAY 03

HALL-2

SUNDAY 21st SEPTEMBER 2025

SESSION 37

HYPERTENSION & IMAGING

11:00 AM - 12:00 Noon

Panelist: Dr. Muhammad Ayub, Dr. Shahbaz Sarwar, Dr. Shahbaz Kureshi, Dr. Sajjad Hussain
Dr. Muzafar Ali

Moderator: Dr. Sharjil, Dr. Sadia

12 minutes for each talk and 03 minutes for Q&A at the End

Time	Topic	Speaker
10:00 AM - 10:15 AM	Imaging in hypertension: an overview	Dr. Muhammad Ayub
10:15 AM - 10:30 AM	Echocardiographic assessment of systolic heart failure in hypertension	Dr. Zeeshan Shoukat
10:30 AM - 10:45 AM	Doppler ultrasonography for renovascular hypertension	Dr. Safdar Ali Malik
10:45 AM - 11:00 AM	Cardiac MRI for thick-walled LV	Dr. Sajjad Hussain



Lunch & Prayer
01:00 PM - 02:00 PM



CRYSTAL - B

DAY 03

HALL-1

SUNDAY 21st SEPTEMBER 2025

SESSION 38

CLOSING CEREMONY

12:00 PM - 01:00 PM

Panelist: Dr. Khawar Abbas Kazmi, Dr. Faseh Hashmi, Dr. Saulat Siddique, Dr. Shahryar A. Sheikh
Dr. Feroz Memon

Moderator: Dr. Q. A. Saboor - Dr. Husnain Bashir

Prize Distribution for	Shark Tank Pharmevo
Prize Distribution for	Cadriometabolic Premiere League (sponsered by Wilson)
Prize Distribution for	Cardiology Emperor League - Select the Best Marathon(Sponsered by Martin Dow)
Prize Distribution for	CCL Activity
Prize Distribution for	Searle Activity
Prize Distribution for	Circulate by ISH
Prize Distribution for	Best Articles
Prize Distribution for	Vote of Thanks by Convenor & Secretary



Lunch & Prayer
01:00 PM - 02:00 PM

