



29th

ANNUAL CONFERENCE PHL 2026

Pakistan Hypertension League

18th to 20th September 2026

HOTEL ELITES NATHIAGALI

Theme: Rising Above Hypertension: Transforming Hypertension Care in Pakistan

PROF. WAQAR A. MUFTI

Patron

PROF. UMER HAYAT

Patron

DR. MATIULLAH KHAN

Convener

DR. ATTIQUE UR REHMAN
JEHANGIRI

Co-Convener

DR. IMRAN KHAN

Co-Convener

DR. SYED YASIR HUSSAIN
GILANI

Chair Scientific
Committee

DR. M. YOUSUF DAUD

Organising
Secretary

Scientific Program

Conference
Secretariat

Cardiology Department, Ayub Medical Complex Abbottabad | Muhammad Yousaf Daud: +92 322 771 7717



FRIDAY DAY 01

18th SEPTEMBER 2026





DAY 01 - FRIDAY 18th SEPTEMBER 2026

TERRACE HALL - A

MEDIA PRESS CONFERENCE

12:00 - 13:00

Prof. Muhammad Ishaq, Prof. Dr. Qazi Abdul Saboor,
Prof. Dr. Umar Hayat,
Dr. Matiullah Khan, Dr. Imran Khan,
Dr. Muhammad Yousuf Daud

Q&A AND INTERVIEW

DAY 01 - FRIDAY 18th SEPTEMBER 2026

INDUS HALL - B

WORKSHOP 01 - MANUSCRIPT WRITING

11:00 - 13:00

FACILITATOR	Dr. Ayesha Almas
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Lunch & Prayer
13:00 - 14:30



WORKSHOP 02 - ECHOCARDIOGRAPHY

14:30 - 15:30

FACILITATOR	Prof. Dr. Shahbaz Sarwar
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15 minutes for each talk and 05 minutes for Q&A

Time	Topic	Speaker
14:30 - 14:50	Left Ventricular Systolic function	Dr. Fakhre Fayyaz
14:50 - 15:10	Left Ventricular Diastolic function	Prof. Dr. Nusrat Ara Majeed
15:10 - 15:30	Right Ventricular evaluation	Dr. Lubna Shaheen

WORKSHOP 03 - ECG

15:30 - 16:30

FACILITATOR	Dr. Hafiz Abdul Manan
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DAY 01 - FRIDAY 18th SEPTEMBER 2026

INDUS HALL - B

OBESITY AND HYPERTENSION

17:00 - 18:00

PANELIST: Prof. Dr. Qazi Abdul Saboor, Prof. Dr. Attique ur Rahman Jehangiri, Prof. Dr. Bilal Mohyuddin

MODERATOR: Dr. Gohar Riaz Khan

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

Time	Topic	Speaker
17:00 PM - 17:12 PM	Treat the weight, Reverse the pressure: A new paradigm in hypertension care	Dr. Syed Yasir Gilani
17:12 PM - 17:24 PM	The New Triad of Care: Integrating Lifestyle, GLP receptor agonists & Metabolic surgery in hypertension management	Prof. Dr. Tariq Waseem
17:24 PM - 17:36 PM	Classification of Obesity: What the guidelines tell us	Prof. Dr. Shabnam Naveed Korejo
17:36 PM - 17:48 PM	Obesity with sleep disorders: Breathing double whammy	Prof. Dr. Salma Zeb
17:48 PM - 18:00 PM	Hypertension and Obesity in adolescents and young adults	Dr. Ayesha Almas



DAY 01 - FRIDAY 18th SEPTEMBER 2026

TERRACE HALL - A

PREACH & NATIONAL GUIDELINES

(SPONSORED BY GETZ)

14:30 - 15:30

PANELIST: Prof. Dr. Feroz Memon, Prof. Dr. Qazi Abdul Saboor, Dr. Saira Bukhari

MODERATOR: Dr. Komal Tariq

15 minutes for each talk and 05 minutes for Q&A

Time	Topic	Speaker
14:30 - 14:50	Role of PREACH in evolution of care to grassroot level in Pakistan	Prof. Dr. Amir Hameed Khan
14:50 - 15:10	Hypertension Care cascade in Pakistan: Prevalence, awareness, treatment and control	Prof. Dr. Umer Farooq
15:10 - 15:30	Hypertension Guidelines Implementation & Challenges: From International evidence to Clinical Practice in Pakistan	Dr. Muhammad Yousuf Daud

DAY 01 - FRIDAY 18th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION & ARRHYTHMIAS

15:30 - 16:30

PANELIST: Dr. Qurban Hussain, Dr. Talha Bin Nazir, Dr. Hafiz Abdul Manan

MODERATOR: Dr. Hazratullah Khan

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

Time	Topic	Speaker
15:30 - 15:45	Atrial fibrillation- Optimising benefits of therapy in the community	Dr. Talha bin Nazir
15:45 - 16:00	NOACs in Stroke Prevention: The Question everyone asks but rarely gets straight answer to	Dr. Hafiz Abdul Manan
16:00 - 16:15	Hypertension and Atrial fibrillation: Prevent, Detect, Protect	Dr. Qurban Hussain khan
16:15 - 16:30	Hypertension and sudden cardiac death: When does the hypertensive heart becomes Arrhythmogenic?	Dr. Malik Faisal

DAY 01 - FRIDAY 18th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION I

16:30 - 17:30

PANELIST: Prof. Dr. Mehmood ul Hasan, Dr. Saira Bukhari, Prof. Dr. Umar Hayat

MODERATOR: Dr. Muhammad Saleem Awan

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

Time	Topic	Speaker
16:30 - 16:45	Hypertension: The Main Target In Cardiovascular disease prevention	Prof. Dr. Hafizullah
16:45 - 17:00	Hypertension and Elderly	Prof. Dr. Haroon Aziz Babar
17:00 - 17:15	Endocrine hypertension: When to suspect, how to diagnose and what to treat	Dr. Sarwar Malik
17:15 - 17:30	How low should we go? The continuing debate over blood pressure targets	Prof. Dr. Kashif Ali Hashmi

DAY 01 - FRIDAY 18th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION BEYOND BORDER

**PAKISTAN HYPERTENSION LEAGUE (PHL) WITH
INTERNATIONAL SOCIETY OF HYPERTENSION (ISH)**

17:30 - 18:30

PANELIST: Prof. Dr. Mohammad Ishaq, Prof. Dr. Kashif Ali Hashmi, Prof. Dr. Qazi Abdul Saboor

MODERATOR: Dr. Saira Bokhari, Dr. Komal Tariq

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

Time	Topic	Speaker
17:30 - 17:45	Novel technologies and devices for blood pressure measurement and hypertension diagnosis	Prof Dr. George Stergiou President International Society of Hypertension Greece (ISH) (Zoom)
17:45 - 18:00	ISH UAE: Strategies for management of hypertension	Prof Dr. Abdullah Shehab ECS Vice President United Arab Emirates(Zoom)
18:00 - 18:15	The SAGA OF SACA: Hypertension in South & Central Asia: From evidence to Implementation	Prof Dr. Azra Mahmud Chair , Regional Advisory Group of South & Central Asia (SACA)
18:15 - 18:30	Integrating ISH Excellence into Clinical and Public health Practice in South Asia	Prof Dr. Tazeen Jafar Member SACA Regional Advisory Group International Society of Hypertension Singapore (Zoom)

DAY 01 - FRIDAY 18th SEPTEMBER 2026

TERRACE HALL - A

INAUGURATION

18:30 - 20:00

MODERATOR: Dr. Muhammad Yousuf Daud (Organizing Secretary PHL 2026)

Time	Topic	
18:30 - 18:35	Recitation of Holy Quran	
18:35 - 18:40	National Anthem	
18:40 - 18:50	Welcome Address by:	Dr. Matiullah Khan Convener 29 th PHL 2026
18:50 - 19:00	Report & Updates by:	Dr. Matiullah Khan General Secretary PHL
19:00 - 19:10	Address by:	Dr. Qazi Abdul Saboor Current President PHL
19:10 - 19:20	Address by:	Prof. Dr. Muhammad Ishaq Chief Patron PHL
19:20 - 19:30	Address by:	Prof. Dr. Abid Jameel Chief Guest 29 th PHL 2026
19:40 - 20:00	Ribbon Cutting Ceremony of Pharma Exhibition Arena	



Dinner
 20:00 Onwards

SATURDAY **DAY 02**

19th SEPTEMBER 2026



DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

ASPIRIN SESSION

(SPONSORED BY ATCO)

08:00 - 09:00

PANELIST: Prof. Dr. Mohammad Ishaq, Prof. Dr. Feroz Memon, Prof. Dr. Hafizullah,

MODERATOR: Dr. Yasir Saood

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

Time	Topic	Speaker
08:00 - 08:15	Aspirin a wonder drug	Prof. Dr. Fawad Farooq
08:15 - 08:30	Role of aspirin in stroke management	Prof. Dr. Jahanzeb Liaqat
08:30 - 08:40	Discussion	



Breakfast

08:40 - 09:00

DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

GO RED FOR WOMEN WITH AMERICAN HEART ASSOCIATION (AHA)

09:00 - 10:00

PANELIST: Prof. Dr. Mohammad Ishaq, Prof. Dr. Khalida Soomro, Prof. Dr. Amber Ashraf

MODERATOR: Dr. Saira Bukhari, Dr. Komal Tariq

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

Time	Topic	
09:00 - 09:12	Shifting the paradigm: Early cardiovascular risk assessment in young women with special focus on hypertension	Dr. Saira Bukhari
09:12 - 09:24	Sex Difference in physiology: the lifelong trajectory of blood pressure in women	Dr Biljana Parapid (Zoom)
09:24 - 09:36	Navigating CKM syndrome: Managing cardiovascular kidney metabolic risk in women	Prof Dr Khalida Soomro
09:36 - 09:48	The fourth trimester and beyond, postpartum care as a window to lifelong cardiovascular health	Dr. Wajiha Inam (Zoom)
09:48 - 10:00	Atrial fibrillation and hypertension in pregnant women	Dr Kubra Khaliq

DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION & INTERVENTION (IN COLLABORATION WITH PSIC)

10:00 - 11:00

PANELIST: Prof. Dr. Sohail Aziz, Prof. Dr. Mehmood ul Hasan, Prof. Dr. Haroon Aziz Babar
 Dr. Muhammad Yousuf Daud

MODERATOR:

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

Time	Topic	
10:00 - 10:12	Evolving role of DCBs in contemporary era	Prof. Dr. Sohail Aziz
10:12 - 10:24	Beyond blood pressure: Unmasking the hidden burden of Peripheral arterial disease	Dr. Jabbar Ali
10:24 - 10:36	Feasibility of Transbrachial Approach For Coronary Intervention	Prof. Dr. Jahanzab Ali
10:36 - 10:48	Contrast driven success: Hydrodynamic Recanalisation in CTO PCI	Prof. Dr. Syed Tahir Shah
10:48 - 11:00	Renal Denervation: A New Dawn In Hypertension Management	Dr. Abdur Rauf

DAY 02 - SATURDAY 19th SEPTEMBER 2026

INDUS HALL - B

IMAGING & HYPERTENSION

10:00 - 11:00

PANELIST: Prof. Dr. Cheragh Hussain, Prof. Dr. Nawaz Lashari, Dr. Saira Bukhari,
 Prof. Dr. Nusrat Ara Majeed

MODERATOR: Dr. Mohammad Amir Khan

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

	Topic	Speaker
10:00 - 10:15	Beyond Left ventricular hypertrophy: Modern Echocardiographic assessment of hypertensive heart disease	Prof. Dr. Shahbaz Sarwar
10:15 - 10:30	Imaging in hypertension	Prof. Dr. Muhammad Ayub
10:30 - 10:45	Role of Echo in critically sick patients	Dr. Salman Munir
10:45 - 11:00	Role of Echo in patients with hypertension	Prof. Dr. Sohail Abrar

DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION & HEART FAILURE

11:00 - 12:00

PANELIST: Prof. Dr. Hafizullah, Prof. Dr. Ghazala Irfan, Prof. Dr. Amir Hameed Khan,

MODERATOR: Dr. Syed Imran Ahmed Kazmi

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

Time	Topic	
11:00 - 11:12	Mapping the crisis: Regional Prevalence, demographics and HF-HTN overlap in Pakistan	Prof. Dr. Amir Hameed Khan
11:12 - 11:24	Pathophysiological Milestones: From persistent hypertension to myocardial failure	Prof. Dr. Amber Ashraf
11:24 - 11:36	Health policy & Access: Overcoming barriers to Essential antihypertensive and heart failure care	Prof. Dr. Kashif Ali Hashmi
11:36 - 11:48	Translating Global guidelines: BP targets, drug selection & GDMT Optimisation in hypertension & heart failure	Dr. Qurban Hussain Khan
11:48 - 12:00	Hypertension and heart failure: A complex cardiovascular connection	Dr. Lajpat Rai

DAY 02 - SATURDAY 19th SEPTEMBER 2026

INDUS HALL - B

METABOLIC SESSION

(SPONSORED BY HILTON PHARMA)

11:00 - 12:00

MODERATOR: Dr. Gohar Riaz Khan

Time	Topic	Speaker
11:00 - 11:25	To Achieve Goal - 55: Role of Combinations	Dr. Rafi-Ullah (Consultant Cardiologist)
11:25 - 11:50	The Weight of Hypertension: Addressing Obesity for Better Cardiovascular Outcomes	Dr. Qamar Sajad (Consultant Endocrinologist)
11:50 - 12:00	Expert Comments Q & A	All



DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

PHARMA SPONSORED FEROZESONS PHARMA

12:00 - 12:30

PANELIST: Prof. Dr. Qazi Abdul Saboor, Prof. Dr. Bilal Mohiyuddin, Prof. Dr. Syed Tahir Shah

MODERATOR: Dr. Hazratullah Khan

Time	Topic	
12:00 - 12:30	Hypertension Management: From blood pressure control to organ protection with Losartan	Prof. Dr. Fawad Farooq



DAY 02 - SATURDAY 19th SEPTEMBER 2026

INDUS HALL - B

CARDIOLOGY EMPEROR LEAGUE

(SPONSORED BY MARTIN DOW)

12:00 - 13:00

MODERATOR: Dr. Yasir Saood



DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

PHARMA SPONSORED

GETZ PHARMA

12:30 - 13:00

PANELIST: Prof. Dr. Qazi Abdul Saboor, Prof. Dr. Bilal Mohiyuddin, Prof. Dr. Nawaz Lashari

MODERATOR: Dr. Hazratullah Khan

Time	Topic	
12:30 - 13:00	The new approach in Heart Failure management for providing better Tomorrows-ESC 2026 update	Dr. Talha bin Nazir



DAY 02 - SATURDAY 19th SEPTEMBER 2026

INDUS HALL - B

POSTER & ABSTRACT REVIEW

(SPONSORED BY PHARMEVO)

14:00 - 14:30

JURY:

Prof. Dr. Hafizullah Khan, Prof. Dr. Fawad Farooq,
Dr. Muhammad Imran Khan, Dr. Syed Yasir Gilani

MODERATOR:

Dr. Muhammad Saleem Awan



DAY 02 - SATURDAY 19th SEPTEMBER 2026

INDUS HALL - B

SHARKTANK CARDIOLOGY

(SPONSORED BY PHARMEVO)

14:30 - 15:30

MODERATOR: Dr. Syed Imran Ahmed Kazmi

DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

PHL REGISTRY

14:30 - 15:00

PANELIST: Prof. Dr. Mohammad Ishaq, Prof. Dr. Saulat Siddique, Prof. Dr. Amber Ashraf,
Dr. Kanwal Fatima

MODERATOR: Dr. Gohar Riaz Khan

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

Time	Topic	Speaker
02:30 PM - 02:45 PM	The first PHL registry of Pakistan: Results from the pilot study	Dr. M. Abdul Rauf
02:45 PM - 03:00 PM	Hypertension Registry Progress report	Dr. Saira Bukhari

DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION II

15:00 - 16:00

PANELIST: Prof. Dr. Sohail Aziz, Prof. Dr. Jahanzab Ali, Dr. Jabbar Ali, Dr. Saqib Saeed

MODERATOR: Dr. Muhammad Yousuf Daud

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

Time	Topic	Speaker
15:00 - 15:15	Alarming prevalence of HTN, Obesity and other cardiac Risk factors - Insight from PAK SEHAT	Prof. Dr. Bashir Hanif
15:15 - 15:30	Bridging knowledge & practice - Latest stroke management in Pakistan	Prof. Dr. Jahanzeb Liaqat
15:30 - 15:45	Hypertension in stroke patients: A critical clinical challenge	Dr. Mahesh Kumar Batra
15:45 - 16:00	Hypertension management: What we do vs What guidelines say	Prof. Dr. Jalal Achakzai

DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION III

16:00 - 17:00

PANELIST: Prof. Dr. Hafizullah, Prof. Dr. Mehmood ul Hasan, Dr. Jabbar Ali

MODERATOR: Dr. Hazratullah Khan

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

Time	Topic	Speaker
16:00 - 16:15	10 ways to treat hypertension without medicines	Prof. Dr. Qazi Abdul Saboor
16:15 - 16:30	Redefining future management of hypertension: Twice yearly treatment option	Prof. Dr. Akhter Ali Bandeshah
16:30 - 16:45	AI in hypertension: From BP measurement to personalized treatment	Dr. Mashooq Ali Dasti
16:45 - 17:00	Resistant Hypertension	Prof. Dr. Fazlul Aziz Mian

DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

LIPID FORUM

17:00 - 18:00

PANELIST: Prof. Dr. Muhammad Ishaq, Prof. Dr. Mansoor Ahmed, Prof. Dr. Qazi Abdul Saboor, Dr. Saira Bukhari

MODERATOR: Dr. Gohar Riaz Khan

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

	Topic	Speaker
17:00 - 17:12	Lipid management: Are we on track?	Prof. Dr. Bilal Mohyuddin
17:12 - 17:24	Understanding Lipids	Prof. Dr. Abdul Rasheed
17:24 - 17:36	Dyslipidemia in women	Prof. Dr. Feroz Memon
17:36 - 17:48	Is level of lipids different in different persons? Updated scientific evidence	Prof. Dr. Nawaz Lashari
17:48 - 18:00	Lipids and cardiometabolic health	Prof. Dr. Khalida Soomro



DAY 02 - SATURDAY 19th SEPTEMBER 2026

TERRACE HALL - A

PHL GRADUATION CEREMONY

18:30 - 19:00

29th PHL MEETING

19:00 - 20:00

GALA DINNER

20:00 Onwards

SUNDAY **DAY 03**

20th SEPTEMBER 2026



DAY 03 - SUNDAY 20th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION IV

09:00 - 10:00

PANELIST: Prof. Dr. Jalal Achakzai, Dr. Mashooq Ali Dasti, Dr. Shoukat Memon

MODERATOR: Dr. Yasir Saood

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

Time	Topic	Speaker
09:00 - 09:15	Hypertension and COPD	Dr. Ahmed Fawad
09:15 - 09:30	Hazards of smoking on Cardiovascular system: How to stop smoking	Dr. Shoukat Memon
09:30 - 09:45	An overview of management of hypertension in special situations	Prof. Dr. Imran Saeed Ali
09:45 - 10:00	The Role of Ambulatory Blood Pressure Monitor in the Management of Hypertension	Dr. Imran Khan

DAY 03 - SUNDAY 20th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION AND PREGNANCY

10:00 - 11:00

PANELIST: Prof. Dr. Ruqqaya Sultana, Prof. Dr. Amber Ashraf, Dr. Saira Bukhari

MODERATOR: Dr. Komal Tariq

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

Time	Topic	Speaker
10:00 - 10:15	Beyond Blood pressure: Phenotyping Preeclampsia for precision medicine	Prof. Dr. Irum Sarwar
10:15 - 10:30	Genetic risk factors and polymorphisms in pregnancy induced hypertension	Dr. Shandana Mustafa
10:30 - 10:45	Hypertensive disease in pregnancy as a cardiovascular red flag	Prof. Dr. Ruqayya Sultana
10:45 - 11:00	Pregnancy as a window to future cardiovascular risk	Prof. Dr. Sadia Habib

DAY 03 - SUNDAY 20th SEPTEMBER 2026

TERRACE HALL - A

HYPERTENSION & CHILDREN

11:00 - 12:00

PANELIST: Dr. Dawood Kamal, Dr. Tausif Ahmed, Dr. Madeeha Rehman

MODERATOR: Dr. Muhammad Saleem Awan

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

Time	Topic	Speaker
11:00 - 11:15	Coarctation of Aorta: Ballooning and Stenting	Dr. Tausif Ahmed
11:15 - 11:30	Management of Complex Coarctation: Case based Scenarios	Dr. Syed Asif Akber Shah
11:30 - 11:45	Surgical management of juxtaductal coarctation in paediatric and adult patients	Dr. Dawood Kamal Mehsood
11:45 - 12:00	Paediatric hypertension: from an abnormal BP reading to the right diagnosis and right child	Dr. Madeeha Rehman

DAY 03 - SUNDAY 20th SEPTEMBER 2026

TERRACE HALL - A

CLOSING CEREMONY

12:00 - 13:00

MODERATOR: Dr. Muhammad Yousuf Daud

12:00 - 12:15	Shark tank Cardiology
12:15 - 12:30	Emperor league winner
12:30 - 12:45	Best Articles
12:45 - 13:00	Vote of Thanks by Convenor



Lunch & Prayer
13:00 - 14:00

