

# Annual Congress POMSS2026

Capacity Building for Obesity Management

Shaping obesity care in Pakistan- Be part of it!



**POMSS**

PAKISTAN OBESITY AND METABOLIC SURGERY SOCIETY

**FEBRUARY 12-14 2026**

**NISHAT HOTEL LAHORE**

A Spring of Growth, Knowledge & Innovation



## Scientific Program

Capacity Building for Obesity Management

### Conference Secretariat:

Evercare Hospital Lahore  
NESPAK-1 Housing Scheme,  
Lahore, Pakistan

### Contact us

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## POMSS Annual Congress 2026

Conference Theme: Capacity Building for Obesity Management

Organized by the **Pakistan Obesity & Metabolic Surgery Society (POMSS)**  
Affiliated with the **International Federation for the Surgery of Obesity (IFSO)**

Dates:  **February 12-14, 2026**

Venue: The Nishat Hotel, Johar Town, Lahore

Location: 4th Floor Event Halls

Hall	Hall Title	Purpose
Hall A and B	Sponsors Palace	Sponsors and Refreshments
Hall C	Baithak Hall	Main plenary hall
Hall D	Dastarkhwan Hall	Lunch and Dinner area
Imperial Ballroom A	Darsgah Room	Parallel Sessions room
Imperial Ballroom B	Mehman Khana	Speakers area

Entry: Main entrance opposite Emporium Mall Gate 6

Parking: On-site & Emporium Mall parking available

Friday Prayers: 1:30 pm, rooftop prayer area

Nearby Landmark: Directly adjacent to Emporium Mall

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## Main Plenary Sessions

### Venue: Baithak Hall

Theme of the Day: Mastering Bariatric Surgery Through Video-Based Learning

### Day 1: Thursday 12 Feb 2026, POMSS Congress

Time	Baithak Hall	Speaker
08:50 - 09:00	<b>Recitation of the Holy Quran and National Anthem</b>	<i>Dr. Asim Khan</i>
09:00 - 09:10	<b>Welcome and Introduction to the Congress</b>	<i>Dr. Tahir Yunus</i>
09:10 - 09:20	<b>Opening address by the President of POMSS</b>	<i>Dr. Ghulam Siddiq</i>

#### D1S1: Perfecting the Primary Procedures - Videos on techniques and pearls

Target Audience: Surgeons, Trainees, Medical Students, Obesity team members

Learning Objectives:

- Understanding the steps for successful primary procedures
- Understanding the errors that may lead to complications
- Understanding how surgical anatomy contributes to successful weight loss

Moderator:	<b>Dr. Tanveer Abbas</b>	
Chair:	<b>Dr. Sajida Qureshi</b>	
Co-Chair:	<b>Dr. Arshad Abro Hussain</b>	
Expert Panel:	<b>Dr. C K Huang, Dr. Khaled Gawdat, Dr. Ali Khammas, Dr. Antonio Torres, Dr. Mumtaz Maher, Dr. Alauddin Kakar, Dr. Altaf Talpur (Tando), Dr. Khawar Iqbal</b>	
09:20 - 09:40	<b>Mastering the Sleeve Gastrectomy</b> <i>My Technique and pearls of wisdom</i>	<i>Dr. C K Huang (Taiwan)</i>
09:40 - 10:00	<b>Perfecting the Roux-en-Y Gastric Bypass</b> <i>The perfect pouch, the gastrojejunostomy and Jejunojejunostomy anastomosis, closing the defects</i>	<i>Dr. Khaled Gawdat (Egypt)</i>
10:00 - 10:20	<b>How to make a Perfect One Anastomosis Gastric Bypass?</b> <i>Technical Pearls</i>	<i>Dr. Ali Khammas (UAE)</i>
10:20 - 10:40	<b>Single Anastomosis Duodenalostomy with Sleeve Gastrectomy surgery: Technique and pearls</b> <i>Tips and Tricks</i>	<i>Dr. Antonio Torres (Spain)</i>
10:40 - 11:00	<b>Discussion with expert panel</b>	
11:00 - 11:30	<b>Tea Break</b>	

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## Day 1: Thursday 12 Feb 2026, POMSS Congress

### D1S2: Video/Data Session on Bariatric Real-World Dilemmas

Format: What does the data say? What do the experts say? And what do the videos show?

Focus: Surgical complications of Metabolic-Bariatric Surgeries

Target Audience: Surgeons, Trainees, Medical Students, Obesity team members

#### Learning Objectives:

- Understanding the causes behind surgical complications
- Understanding how to manage complications
- Understanding how to avoid complications

Moderator	<b>Dr. Nisar Ahmad</b>	
Chair:	<b>Dr. Muzafaruddin Sadiq</b>	
Co-chair:	<b>Dr. Muhammad Zarin</b>	
Expert Panel:	<b>Dr. Ahad Khan, Dr. Hayssam Fawal, Dr. Abdelrehman Nimeri, Dr. Siddique Ahmad, Dr. Maaz Ul Hassan, Dr Mushtaq Ahmad, Dr. Muhammad Imran Marwat</b>	
11:30 - 11:45	<b>How to handle sleeve leaks?</b> <i>Endoscopic management and surgical options</i>	<i>Dr. Ahad Khan (USA)</i>
11:45 - 12:00	<b>Handling a Double leak Roux-en-Y Gastric Bypass</b>	<i>Dr. Muhammad Zarin (Pakistan)</i>
12:00 - 12:15	<b>Mishaps with One Anastomosis Gastric Bypass procedures</b>	<i>Dr. Hayssam Fawal (Lebanon)</i>
12:15 - 12:30	<b>Optimizing Safety in One Anastomosis Gastric Bypass: Technical Modifications to Minimize Procedure-Specific Morbidity</b>	<i>Dr. Hayssam Fawal (Lebanon)</i>
12:30 - 12:45	<b>Recurrent weight gain after gastric bypass: Does the pouch size and limb lengths matter?</b> <i>Small vs long pouch, Short vs. Long Bilio-pancreatic Limb. Does it make a difference in Gastric Bypass</i>	<i>Dr. Abdelrehman Nimeri (USA)</i>
12:50 - 13:00	<b>Panel Discussion</b>	
13:00 - 14:00	<b>Lunch and prayers</b>	



## Day 1: Thursday 12 Feb 2026, POMSS Congress

### D1S3: Robotic Surgery technique videos and debates

**Format:** What does the data say? What do the experts say? And what do the videos show?

**Focus:** This session will include structured pro-and-con discussions comparing robotic and laparoscopic approaches.

**Target Audience:** Surgeons, Trainees, Medical Students, Obesity team members

**Learning Objectives:**

Understanding the differences between robotic and laparoscopic platforms

Understanding how to use the robotic platform to perform bariatric surgery

Understanding the benefits of robotic platforms in complex cases

Moderator:	<b>Dr. Muhammad Hasham</b>	
Chair:	<b>Dr. Farooq Afzal</b>	
Co-chair:	<b>Dr. Maaz Ul Hassan</b>	
Expert Panel:	<b>Dr. Asim Shabbir, Dr. Ahad Khan, Dr. Antonio Torres, Dr. Muhammad Usman, Dr. Mansab Ali, Dr. Asim Malik, Dr. Altaf Ahmad Talpur (Jamshoro)</b>	
14:00 - 14:20	<b>Robotic vs. Laparoscopic bariatric surgery: a comparative perspective</b>	<i>Dr. Asim Shabbir (Singapore)</i>
14:20 - 14:40	<b>Robotic Roux-en-Y Gastric Bypass and Sleeve Plus Procedures</b>	<i>Dr. CK Huang (Taiwan)</i>
14:40 - 14:50	<b>The robotic platform in revising bariatric surgery. <i>Here's the game-changer</i></b>	<i>Dr. Ahad Khan (USA)</i>
14:50 - 15:10	<b>Can the robot make the Single Anastomosis Duodenoileostomy with Sleeve Gastrectomy surgery and other complex procedures easier and safer? <i>Here's my opinion</i></b>	<i>Dr. Antonio Torres (Spain)</i>
15:10 - 15:30	<b>Discussion with expert panel</b>	
15:30 - 16:00	<b>Tea Break</b>	

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## Day 1: Thursday 12 Feb 2026, POMSS Congress

### D1S4: Transit Bipartitions and Ileal Procedures

**Format:** Curated videos with expert recommendations

**Focus:** This session will discuss the emerging concepts of ileal procedures for metabolic diseases and weight loss

**Target Audience:** Surgeons, Trainees, Medical Students, Obesity team members

#### Learning Objectives:

Understanding the concepts of transit Bipartitions

Understanding how ileal procedures are emerging as options for metabolic diseases

Understanding the outcomes of ileal procedures

Moderator	<b>Dr. Sana Sharafat</b>	
Chair:	<b>Dr. Ghulam Siddiq</b>	
Co-Chair	<b>Dr. Tanseer Asghar</b>	
Expert Panel:	<b>Dr. CK Huang, Dr. Shahid Mehmood, Dr. Naeem Taj, Dr. Sohaib Khan, Dr. Antonio Torres, Dr. Khaled Gawdat, Dr. Shahid Mirani</b>	
16:00 - 16:15	<b>Duodenal Bipartition: A Complete Metabolic and Physiological Procedure</b>	<i>Dr. Paulo Riess (Brazil) Online presentation</i>
16:15 - 16:30	<b>Gastric Bipartition with Functional Duodenum Exclusion- Rational and preliminary results</b>	<i>Dr. Victor Dib (Brazil) Online presentation</i>
16:30 - 16:45	<b>Ileal Procedures: Is Gastro-esophageal Reflux Disease a real problem?</b>	<i>Dr. Carlos Madalosso (Brazil) Online presentation</i>
16:45 - 17:00	<b>The role of Ileal Procedures in the treatment of Metabolic disorders</b>	<i>Dr. Antonio Torres (Spain)</i>
17:00 - 17:15	<b>The current status of Transit Bipartition and Ileal procedures for Metabolic-Bariatric Surgery in IFSO</b>	<i>Dr. Khaled Gawdat President of IFSO</i>
17:15 - 17:30	Expert Panel Discussions: The role of ileal procedures in Pakistan at this stage of developing metabolic-bariatric surgery	



## Day 1: Thursday 12 Feb 2026, POMSS Congress

D1S5: Inauguration Ceremony		
Moderator:	Dr. Muhammad Bilawal Khan	
Chief Guests	Dr. Malik Mukhtar Ahmad Bharath, Mr. Khawaja Imran Nazeer, Mr. Salman Rafique , Mr. Irfan Khan	
18:30	Welcoming of Guests	Dr. Tahir Yunus Congress Secretary
18:35	Recitation of Holy Quran	Dr. Asim Khan
18:40	National Anthem	
18:45 - 18:50	Inauguration Address	Dr. Ghulam Siddiq, Congress President
18:50 - 19:10	Resilience Medicine	Irfan Khan, CEO Evercare Group
19:10 - 19:20	Obesity: A Public Health Concern	Dr. Farooq Afzal Chair, Scientific Committee
19:20 - 19:30	The role of POMSS and IFSO for prevention and treatment of Obesity	Dr. Mumtaz Maher Patron
19:30 - 19:40	Ministry of Health Address (Punjab - Primary & Secondary Health)	Mr Khawaja Imran Nazeer Minister for Primary and Secondary Health Punjab
19:40 - 19:50	Ministry of Health Address (Federal)	Dr. Malik Mukhtar Ahmad Bharath Minister of State for Health
19:50 - 20:00	Ministry of Health Address (Specialized)	Mr. Salman Rafique, Minister of Specialized Health Punjab
20:00	Dinner	



## Day 2: Friday 13 Feb 2026, POMSS Congress

### Theme of the Day: Multidisciplinary Excellence in Obesity Care

#### D2S1: Modern Pharmacotherapy for Obesity: Beyond Lifestyle, Beyond Surgery

**Audience:** Surgeons, physicians, endocrinologists, trainees

#### Learning Objectives:

- To understand the science and clinical application of modern anti-obesity medicines
- To define how pharmacotherapy complements bariatric surgery
- To provide real-world protocols relevant to South Asia

Moderator:	<b>Dr. Farooq Khan</b>	
Chair:	<b>Dr. Shah Abbas</b>	
Co-Chair:	<b>Dr. Inayat Khan</b>	
Expert Panel:	<b>Dr. Murtaza Shafqat, Dr. Asim Shabbir, Dr. Awais Masood, Dr. Abdelrehman Nimeri, Dr. Abul Fazal Ali, Dr. Nader Saifullah, Dr. Javed Khan</b>	
09:00 - 09:20	<b>Plenary talk: Surgeon as a Leader: the evolution of bariatric surgery</b>	<i>Dr. Kelvin Higa (USA) Online talk</i>
09:20 - 09:40	<b>The New Era of Obesity Management Medicines</b> <i>Mechanisms, efficacy, safety, and long-term expectations</i>	<i>Dr. Awais Masood (Endocrinologist, Pakistan)</i>
09:40 - 10:00	<b>Managing Recurrent Weight Gain After Surgery: When and How to Use Medicines</b> <i>Real-world post-bariatric pharmacotherapy strategies</i>	<i>Dr. Murtaza Shafqat (Endocrinologist, Pakistan)</i>
10:00 - 10:20	<b>Recurrent Weight Gain after Obesity Management Medicines a reality, what is the best surgical approach</b>	<i>Dr. Asim Shabbir (Surgeon, Singapore)</i>
10:20 - 10:40	<b>Low-BMI Diabetes in South Asia: Surgery or Syringe? IFSO/ASMBS 2022 Guidelines</b> <i>Learning focus: Is it safe to offer metabolic surgery for diabetes in Low-BMI patients</i>	<i>Dr. Abdelrehman Nimeri (Surgeon, USA)</i>
10:40 - 11:00	<b>Panel Discussion:</b> <i>Integrating Pharmacotherapy into Care Pathways</i>	
11:00 - 11:30	<b>Tea Break</b>	

## Day 2: Friday 13 Feb 2026, POMSS Congress

### D2S2: POMSS & Global Collaborations

**Audience:** Surgeons, society leaders, trainees, industry partners

#### Session Objectives

- To explore international collaboration models
- To identify opportunities in training, fellowships, registries, and research
- To position POMSS within the global obesity ecosystem

Moderator:	<b>Dr. Tanseer Asghar</b>	
Chair:	<b>Dr. Ghulam Siddiq</b>	
Co-Chair:	<b>Dr. Farooq Ahmad</b>	
Expert Panel:	<b>Dr. Farooq Afzal, Dr. Mumtaz Maher, Dr. Khaled Gawdat, Dr. Ali Khammas, Dr. Asim Shabbir, Dr. Abdelrehman Nimeri, Dr. Abdul Majeed Chaudhry, Dr. Sajida Qureshi</b>	
11:30 - 11:40	<b>Recognizing Excellence:</b> Presenting Lifetime Achievement Award	<i>Dr. Farooq Afzal Vice President POMSS</i>
11:40 - 11:50	<b>The Journey of a Lifetime</b>	<i>Dr. Mumtaz Maher Patron POMSS Past President POMSS, PSMBS</i>
11:50 - 12:00	<b>The Role of POMSS in the Professional Development of MBS in Pakistan and Best Practise Guidelines</b>	<i>Dr. Ghulam Siddiq President POMSS Congress {President</i>
12:00 - 12:15	<b>The role of IFSO and the development of bariatric surgery in Pakistan</b>	<i>Dr. Khaled Gawdat President IFSO</i>
12:15 - 12:30	<b>POMSS Collaboration with IFSO-MENAC</b> <i>Opportunities to collaborate with regional societies</i>	<i>Dr. Ali Khammas President IFSO-MENAC</i>
12:30 - 12:45	<b>POMSS Collaborations with ELSA</b> <i>Opportunities from the APC region</i>	<i>Dr. Asim Shabbir President of ELSA President IFSO-APC</i>
12:45 - 13:00	<b>POMSS Collaboration with CSMBS (Chinese Society of Metabolic and Bariatric Surgery)</b>	<i>Dr. CC Wang Past President CSMBS</i>
13:00 - 13:15	<b>Panel Discussion: Leveraging on Global Partnerships for Local Capacity Development</b>	
13:15 - 14:30	Prayers and Lunch	

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## Day 2: Friday 13 Feb 2026, POMSS Congress

### D2S3: Anesthesia, Pulmonology & Peri-Operative Safety

**Audience:** Surgeons, anesthesiologists, pulmonologists, trainees

#### Session Objectives

- To optimize pre-operative risk assessment
- To manage Obstructive Sleep Apnea, obesity hypoventilation, and airway challenges
- To reduce peri-operative complications through teamwork

Moderator:	Dr. Muhammad Mohsin	
Chair:	Dr. Moeed Iqbal Qureshi	
Co-Chair:	Dr. Mohsin Gilani	
Expert Panel:	Dr. Athar Mukhtar, Dr. Ateeq ur Rehman, Dr. Javed Raza, Dr. Nabil Tariq, Dr. Mian Umer Javed, Dr. Amjad Saeed Mian, Dr. Sultan Owaisi	
14:30 - 14:45	<b>Airway, Positioning &amp; Intra-Operative Anesthetic Challenges during Metabolic-Bariatric Surgery</b> <i>Lessons learned and national guidelines</i>	Dr. Athar Mukhtar (Anesthesiologist, Pakistan)
14:45 - 15:00	<b>Obstructive Sleep Apnea &amp; Obesity Hypoventilation Syndrome</b> <i>How to prepare for it? Role of Preoperative conditioning</i>	Dr. Ateeq ur Rehman (Anesthesiologist, Pakistan)
15:00 - 15:15	<b>Portal Venous thrombosis after bariatric surgery:</b> <i>Recommendations for Thromboprophylaxis</i>	Dr. Javed Raza (Surgeon, UAE)
15:15 - 15:30	<b>Perioperative care of Chronic Renal Failure and Chronic Liver Disease patients for metabolic-bariatric surgery</b> <i>Here's the expert opinion</i>	Dr. Nabil Tariq (Surgeon, USA)
15:30 - 15:40	Discussion with expert panel	
15:40 - 16:10	Tea Break	



## Day 2: Friday 13 Feb 2026, POMSS Congress

### D2S4: Emerging Therapies and Learning from Experiences

**Audience:** Surgeons, Gastroenterologists, Obesity Medicine Physicians, trainees

#### Session Objectives

- To learn about next-generation therapies, systems, and technologies
- To learn about procedure outcomes
- To learn about outcomes of endoscopic procedures in Pakistan

Moderator:	<b>Dr. Muhammad Shahzeb Asghar</b>	
Chair:	<b>Dr. Manzar Ali</b>	
Co-chair:	<b>Dr. Imran Khokhar</b>	
Expert Panel:	<b>Dr. Hammad Ashraf, Dr. Asif Iqbal, Dr. Antonio Torres, Dr. Imran Abbas Dr. Naveed Akhtar, Dr. Fakhar Hameed, Dr. Ehsanullah</b>	
16:10 - 16:25	<b>Endoscopic Sleeve Gastropasty: Current Status &amp; Local Experience</b>	<i>Dr. Hamad Ashraf (Gastroenterologist, UK/Pakistan)</i>
16:25 - 16:40	<b>Endoscopic magnetic Anastomosis: The new frontier, Magnetic Duodeno-Ileostomy</b>	<i>Dr. Antonio Torres (Surgeon, Spain)</i>
16:40 - 16:55	<b>The Real Deal on Bariatric Complications: Common-Sense Prevention &amp; Evidence-Driven Solutions</b>	<i>Dr. Asif Iqbal (Surgeon, Pakistan)</i>
16:55- 17:10	<b>Bile Reflux and One Anastomosis Gastric Bypass, myths vs reality</b>	<i>Dr. Hayssam Fawal (Surgeon, Lebanon)</i>
17:10 - 17:25	<b>One Anastomosis Gastric Bypass in the adolescents: outcome after 4 years of follow up</b>	<i>Dr. Hayssam Fawal (Surgeon, Lebanon)</i>
17:25 - 17:40	<b>Active Bleeding after One Anastomosis Gastric Bypass</b>	<i>Dr. Imran Abbas (Surgeon, UAE/Pakistan)</i>
17:40	<b>Day 2 Closing Photo session</b>	



## Day 3: Saturday 14 Feb 2026, POMSS Congress

Theme of the Day: New frontiers in Obesity Care

### D3S1: Obesity as a Multisystem Disease: Beyond Weight Loss

**Audience:** Surgeons, Gastroenterologists, Endocrinologists, Obesity Medicine physicians, Trainees

#### Session Objectives:

- To understand obesity as a driver of complex metabolic, hepatic, endocrine, and inflammatory diseases
- To define the role of metabolic–bariatric surgery within multidisciplinary disease management
- To align surgical decision-making with long-term organ health outcomes

Moderator:	Dr. Dilawaiz Mujahid	
Chair:	Dr. Zafar Ali Chaudhry	
Co-Chair:	Dr. Zeeshan Sarwar	
Expert Panel:	Dr. Abdelrehman Nimeri, Dr. Bilal Nasir, Dr. Nabil Tariq, Dr. Eren Taskin, Dr. Muhammad Nasir, Dr. Muhammad Armughan, Dr. Muslihuddin Misbah	
09:00 - 09:20	<b>Plenary talk:</b> <b>The Next Decade of Metabolic Surgery: AI, Precision Medicine &amp; Systems-Based Care</b>	<i>Dr. Abdelrehman Nimeri (Surgeon, USA)</i>
09:20 - 09:40	<b>Obesity and Non-Alcoholic Steatohepatitis, Non-alcoholic Fatty Liver Disease, Metabolic Associated Steato-Hepatitis</b>	<i>Dr. Hamad Ashraf (Gastroenterologist, USA/Pakistan)</i>
09:40 - 10:00	<b>Managing Metabolic Associated Steato-Hepatitis: Medical Therapy vs Metabolic–Bariatric Surgery</b>	<i>Dr. Bilal Nasir (Gastroenterologist, Pakistan)</i>
10:00 - 10:20	<b>Beyond FibroScan: When Metabolic Associated Steato-Hepatitis Histology Changes Metabolic-Bariatric Decisions</b>	<i>Dr. Nabil Tariq (Surgeon, USA)</i>
10:20 - 10:40	<b>Obesity &amp; Connective Tissue Disorders: Surgical Considerations</b>	<i>Dr. Eren Taskin (Surgeon, Turkey)</i>
10:40 - 11:00	<b>Polycystic Ovarian, Male Infertility &amp; Obesity: When Should Surgeons Intervene?</b>	<i>Dr. Eren Taskin (Surgeon, Turkey)</i>
11:00 - 11:30	<b>Tea Break</b>	

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## Day 3: Saturday 14 Feb 2026, POMSS Congress

### D3S2: Optimizing Outcomes: Psychiatry, Exercise & Behavioral Care

**Audience:** Surgeons, psychiatrists, dietitians, psychologists

#### Session Objectives:

- To address psychological readiness and eating behaviors
- To optimize nutrition before and after surgery
- To reduce Recurrent Weight Gain and improve long-term success

Moderator	<b>Dr. Danish Ali</b>	
Chair:	<b>Dr. Maratab Ali</b>	
Co-chair:	<b>Dr. Javaid Iqbal</b>	
Expert Panel:	<b>Dr. Muhammad Irfan, Dr. Ali Jawa, Dr. Daryl Chia, Dr. Irum Aamer, Dr. Shahid Mehmood, Dr. Afsar Ali Bhatti, Dr. Ahsan Nasim, Dr. Khurram Niaz</b>	
11:30 - 11:45	<b>Enhanced Recovery After Bariatric Surgery Protocols: Where Surgeons &amp; Anesthetists Must Align</b> <i>Systems-based safety &amp; recovery optimization</i>	<i>Dr. Daryl Chia (Surgeon, Singapore)</i>
11:45-12:00	<b>Who Is Not Ready for Surgery? A Psychological Mayhem</b>	<i>Dr. Muhammad Irfan (Psychiatrist, Pakistan)</i>
12:00 - 12:15	<b>Peri-operative Management of Eating Disorders</b>	<i>Dr. Irum Aamer (Psychiatrist, Pakistan)</i>
12:15 - 12:30	<b>Nutrition Foundations &amp; Practical Physical Activity Counseling</b>	<i>Dr. Ali Jawa (Endocrinologist, Pakistan)</i>
12:30 - 12:45	<b>Assessment of success of Metabolic-Bariatric surgery, three most important markers</b>	<i>Dr. Shahid Mehmood (Surgeon, Pakistan)</i>
12:45 - 13:00	<b>Panel Discussion</b> <i>Surgery changes anatomy. MDT changes lives</i>	
13:00 - 13:15	<b>Closing photo session</b>	
13:15	<b>Lunch</b>	

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## Parallel Sessions and Workshops at POMSS Congress

Day 1: Thursday 12 Feb 2026, POMSS Congress Workshop

### D1W1: Obesity and Metabolic-Bariatric Surgery Dietetic Workshop

Description:	This workshop is to learn about the preparation and management of patients before and after metabolic-bariatric surgery by dietitians
Venue:	Darsgah room (Imperial Ballroom A), The Nishat Hotel, Johar Town, Lahore
Date:	Thursday 12-02-26
Time:	14:00 - 17:30
Audience:	Dietitians, Obesity Physicians
Contact Person:	Ms. Sahar Asad
Contact number:	+92 308 0855520

#### Learning Objectives:

- To understand the types of metabolic-bariatric surgeries and changes in anatomy/physiology
- To understand the role of a dietitian before and after metabolic-bariatric surgery
- To learn about the management of problems patients may face after metabolic-bariatric surgery

14:00 - 14:05	<b>Welcoming note</b>	Dr. Tahir Yunus
14:05 - 14:15	<b>Course overview and objectives</b>	Ms. Tasnim Ali

### D1W1S1 Session: Introduction to the Metabolic-Bariatric Surgery Dietetic Roles

Moderator:	Ms. Gulnaz Saif Bariatric Coach Brigadier Shafiq Ahmad Khan Niazi Hospital	
Chair:	Prof. Ghazala Pervez Zaman Board member PFA, Former HOD, Nutrition Department CHE Lahore Chapter Head PNDS	
Co-chair	Mr. Fayaz Danish MS Consultant Dietitian Abbas Institute of Medical Sciences AIMS, AJK Chapter Head PNDS	
14:15 - 14:30	<b>Pathophysiology of Obesity</b>	Dr. Asim Khan
14:30 - 14:45	<b>Types of Metabolic-Bariatric Surgeries and changes in the anatomy and physiology</b>	Dr. Sana Sharafat
14:45 - 14:55	<b>The role of a Dietitian in preparing metabolic-bariatric surgery (MBS) patients</b>	Ms. Rebecca Tariq
14:55 - 15:10	<b>Postoperative Diet stages and customizing according to patient needs</b>	Ms. Amna Amar Butt
15:10 - 15:25	<b>The Missing Link: Building Capacity For Long-Term Post-Bariatric Care</b>	Dr. Amna Abbasi
15:25 - 15:50	<b>Tea Break</b>	

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Day 1: Thursday 12 Feb 2026, POMSS Congress Workshop

## D1W1S2 Session: Managing Postoperative Challenges in Metabolic-Bariatric Surgery Patients

Moderator:	Ms. Rashidah Javed Nutritionist UCHS and The Children's Hospital Lahore	
Chair:	Prof. Dr. Atta-ur-Rehman, Chairman Signs, Former HOD, Clinical Nutrition, SKMH, Shifa Hospital, and National Guard Hospital, KSA.	
Co-chair	Prof Dr Beenish Israr Director HIS, Chair-NPH,PKNC (University of Agriculture, Faisalabad)	
15:50 - 16:05	Managing proteins and nutrients in patients after bariatric surgery to avoid muscle loss	Ms. Tasnim Ali
16:05 - 16:20	Managing dysphagia and drinking difficulties	Ms. Samra Tariq
16:20 - 16:35	Working with a psychologist to overcome eating behavior disorders	Ms. Huda Farooq
16:35 - 16:50	Managing dumping syndrome, flatulence, constipation and other road bumps during recovery	Dr. Shahbaz Kasi
16:50 - 17:05	Managing vitamin intake compliance difficulties	Ms. Perrin Mama
17:05 - 17:20	BE-CARE Mindfulness based therapy for Binge eating Disorders	Ms. Amina Iftikhar
17:20 - 17:30	Post-workshop Kahoot quiz	Ms. Kiran Mehboob
17:30	Closing, souvenirs and photos	



## Parallel Sessions and Workshops at POMSS Congress

### Day 2: Friday 13 Feb 2026, POMSS Congress Parallel Sessions

#### D2W1: Obesity and Metabolic-Bariatric Surgery Behavioral Therapy Workshop

**Description:** This workshop is to learn about the preparation and management of patients before and after metabolic-bariatric surgery by Psychologists

**Venue:** Darsgah room (Imperial Ballroom A), The Nishat Hotel, Johar Town, Lahore

**Date:** Friday 13-02-26

**Time:** 10:00 - 13:00

**Audience:** Psychologists, Dietitians, Obesity Physicians

**Contact Person:** Ms. Sana Usman

**Contact number:** +92 339 0855538

**Learning Objectives:**

- To understand the types of metabolic-bariatric surgeries and changes in anatomy/physiology
- To understand the role of a psychologist before and after metabolic-bariatric surgery
- To learn about the management of psychological problems patients may face after metabolic-bariatric surgery

10:00 - 10:05	<b>Welcoming note</b>	Dr. Tahir Yunus
10:05 - 10:10	<b>Course overview and objectives</b>	Ms. Mariam Tariq

#### D2W1S1 Session: Introduction to the Metabolic-Bariatric Surgery Psychologist Roles

Moderator:	Ms. Huda Farooq	
Chair:	Dr. Muhammad Irfan	
Co-chair	Ms. Tahira Khalid	
10:10 - 10:25	<b>Pathophysiology of Obesity and psychology</b>	Dr. Asim Khan
10:25 - 10:40	<b>Types of Metabolic-Bariatric Surgeries and changes in the anatomy and physiology</b>	Dr. Zia Ullah
10:40 - 10:55	<b>The role of a psychologist in preparing metabolic-bariatric surgery patients</b>	Ms. Verda Zahid
10:55 - 11:10	<b>Postoperative counselling according to patient needs</b>	Ms. Huda Farooq
11:10 - 11:30	<b>Tea Break</b>	

## Scientific Program

Capacity Building for Obesity Management

A Spring of Growth, Knowledge & Innovation



## Day 2: Friday 13 Feb 2026, POMSS Congress Parallel Sessions

### D2W1S2 Session: Managing Postoperative Challenges in Metabolic-Bariatric Surgery Patients

Moderator:	Ms. Maryam Tariq	
Chair:	Dr. Muhammad Irfan	
Co-chair	Ms. Scheherzade Saadat	
11:30 - 11:45	<b>Motivational interviewing for lifestyle change</b>	Ms Faiza Khalid
11:45 - 12:00	<b>Stress management and Emotional Regulation</b>	Mr. Zeeshan Ali
12:00 - 12:15	<b>Pain, Shame &amp; Emotional Eating</b>	Ms. Scheherzade Saadat
12:15 - 12:30	<b>Who Is Not Ready for Surgery? A Psychological Mayhem</b>	Dr. Muhammad Irfan
12:30 - 12:45	<b>Working with patients suffering from PTSD</b>	Ms. Maryam Tariq
12:45 - 13:00	<b>Closing, souvenirs and photos</b>	



## Day 2: Friday 13 Feb 2026, POMSS Congress Parallel Sessions

### D2P1: Young POMSS Session Top Six Videos, Parallel Session

<b>Description:</b>	This Parallel Session is for POMSS members to showcase their videos
<b>Venue:</b>	Darsgah room (Imperial Ballroom A), The Nishat Hotel, Johar Town, Lahore
<b>Date:</b>	Friday 13-02-26
<b>Time:</b>	14:30 - 15:40
<b>Audience:</b>	Surgeons, Trainees
<b>Moderators:</b>	Dr. Rana Umar Rizwan, Dr. Zia Ullah
<b>Contact number:</b>	+92 321 7011432

#### Learning Objectives:

- To understand the types of metabolic-bariatric surgical complications
- To learn about variations in surgical anatomy and their management
- To learn about different surgical approaches

Time	Video	Presenter
14:30 - 14:40		
14:40 - 14:50		
14:50 - 15:00		
15:00 - 15:10		
15:10 - 15:20		
15:20 - 15:30		
15:30 - 15:40		
15:40 - 16:10	Tea Break	

**TBA**



## Day 2: Friday 13 Feb 2026, POMSS Congress Parallel Sessions

### D2P2: Young POMSS Session Top Ten Abstract, Parallel Session

<b>Description:</b>	This Parallel Session is for POMSS members to showcase their Scientific Papers
<b>Venue:</b>	Darsgah room (Imperial Ballroom A), The Nishat Hotel, Johar Town, Lahore
<b>Date:</b>	Friday 13-02-26
<b>Time:</b>	16:10 - 17:30
<b>Audience:</b>	Surgeons, Trainees
<b>Moderators:</b>	Dr. Umar Bashir, Dr. Amjad Umair
<b>Contact number:</b>	+92 321 7011432

#### Learning Objectives:

- To learn about obesity research studies
- To learn about regional surgical outcome studies
- To learn about regional research studies in metabolic-bariatric surgery

Time	Video	Presenter
16:10 - 16:18		
16:18 - 16:26		
16:26 - 16:34		
16:34 - 16:42		
16:42 - 16:50		
16:50 - 16:58		
16:58 - 17:06		
17:06 - 17:14		
17:14 - 17:22		
17:22 - 17:30		

**TBA**



## Parallel Sessions and Workshops at POMSS Congress

### Day 3: Saturday 14 Feb 2026, POMSS Congress Workshop

#### D3W1: Advanced Obesity Multi-disciplinary Management Workshop

<b>Description:</b>	This workshop will enable participants to create a multidisciplinary team for treating obesity. They will learn about the multiple facets of a chronic relapsing disease - obesity.
<b>Venue:</b>	Darsgah room (Imperial Ballroom A), The Nishat Hotel, Johar Town, Lahore
<b>Date:</b>	Saturday 14-02-26
<b>Time:</b>	09:00 - 16:00
<b>Audience:</b>	General Physicians, Family Practitioners, Endocrinologists, Obesity Physicians, Dietitians, Psychologists, Surgeons, Nurses, Trainees
<b>Moderators:</b>	Dr. Asim Khan
<b>Contact number:</b>	+92 306 0855520

#### Learning Objectives:

- Understand obesity as a chronic relapsing disease
- Perform a comprehensive obesity assessment using validated tools
- Identify appropriate candidates for lifestyle, pharmacologic, and surgical treatment
- Apply MDT pathways for optimal care coordination
- Recognize psychological contributors and eating disorders
- Develop an MDT-based workflow for obesity management in hospitals

Time	Topic	Speaker
09:00 - 09:05	Welcome note	Dr. Abid Mushtaq FCPS (Internal Medicine, Pakistan)
09:05 - 09:15	<b>Opening address:</b> Overview of workshop format, objectives, and participant expectations.	Dr. Tariq Mahmood Mian President FamilyCon, Pakistan



## Parallel Sessions and Workshops at POMSS Congress

### Day 3: Saturday 14 Feb 2026, POMSS Congress Workshop

#### OM-S1: Understanding Obesity Disease Pathophysiology and Clinical Implications

<b>Moderator:</b>	Dr. Abid Mushtaq	
<b>Chair:</b>	Dr. Javed Raza	
<b>Co-Chair:</b>	Dr. Zafar Gondal	
<b>Expert Panel:</b>	Dr. Tariq Mahmood Mian Dr. Daryl Chia, Dr. Dr. Mateen Hotiana, Dr Khawar Iqbal, Dr. Ali Madeeh Hashmi, Dr. Mumtaz Maher, Ms. Maryam Tariq	
09:15 - 09:30	<b>Pathophysiology of Obesity</b> <i>Review of the mechanisms of the disease and treatment opportunities</i>	Dr. Daryl Chia MBBS (Surgeon, Singapore)
09:30 - 09:45	<b>Cardio-metabolic, Pulmonary impacts of obesity</b>	Dr. Khawar Abbas Chaudhry MRCP, FRCP, FCCP (Intensivist, Pakistan)
09:45 - 10:00	<b>Impact of Obesity on Reproductive Health and Oncological Risks</b>	Dr. Mateen Hotiana DABEDM (Endocrinologist, USA/Pakistan)
10:00 - 10:15	<b>Psychological Drivers &amp; Eating Behavior</b> <i>Understanding the interplay of psychological conditions and obesity and how to assess and treat</i>	Dr. Ali Madeeh Hashmi ABPN (Psychiatrist, Pakistan)
10:15 - 10:30	<b>Comprehensive Assessment of the patient with obesity and Screening Tools</b> <i>How to assess patients with obesity and screen for conditions</i>	Dr. Abid Mushtaq FCPS (Internal Medicine, Pakistan)
10:30 - 10:45	<b>Overview of Obesity Treatment options: Lifestyle, Medicines and Surgery</b>	Dr. Tanseer Asghar MS Surgery (Surgeon, Pakistan)
10:45-11:00	<b>How to talk to patients about obesity without stigma</b> <i>“people-first language”, avoiding weight stigma, motivational interviewing basics, handling resistant or emotional patients, culturally sensitive communication</i>	Ms. Maryam Tariq (Psychologist, Pakistan)
11:00 - 11:30	Tea Break	



## Parallel Sessions and Workshops at POMSS Congress

### Day 3: Saturday 14 Feb 2026, POMSS Congress Workshop

OMS2: Interventions and Practical Management of Obesity		
<b>Moderator</b>	Dr. Ahsan Ali Ghumman	
<b>Moderator</b>	Dr. Ahsan Ali Ghumman	
<b>Chair</b>	Dr. Farooq Afzal	
<b>Co-Chair</b>	Dr. Tahir Shah	
<b>Expert Panel</b>	Dr. Ali Jawa, Dr. Murtaza Shafqat, Dr. Asma Ahmad, Dr. Awais Masood, Dr. Kiran Chaudhry, Dr. Farooq Afzal, Dr. Tahir Yunus, Dr. Asim Shabbir, Dr. Irum Aamer	
11:30 - 11:45	<b>Nutrition Foundations &amp; Practical Physical Activity Counseling</b> <i>Focus: Customizing diet plans and physical activity</i>	Dr. Ali Jawa FACP (Endocrinologist, Pakistan)
11:45 - 12:00	<b>How Obesity Management Medications Work</b> <i>Focus: Understanding the pharmacological agents available to manage obesity</i>	Dr. Murtaza Shafqat (Endocrinologist, Pakistan)
12:00 - 12:15	<b>Practical Prescribing: Dose selection, titration, side-effects, affordability</b> <i>Focus: How to get comfortable with prescribing obesity management medications</i>	Dr. Asma Ahmad MRCP (Endocrinologist, Pakistan)
12:15 - 12:30	<b>Managing Comorbid Illnesses During Weight Loss</b> <i>Balancing the effects of obesity management medicines with other medications and adjusting the treatments for other conditions as weight loss happens</i>	Dr. Awais Masood DABEDM (Endocrinologist, USA/Pakistan)
12:30 - 12:45	<b>Pediatric Obesity: Causes and Management</b> <i>Understanding how to approach childhood and adolescent obesity</i>	Dr. Kiran Chaudhry DABPE (Peds Endocrinologist, Pakistan)



## Parallel Sessions and Workshops at POMSS Congress

### Day 3: Saturday 14 Feb 2026, POMSS Congress Workshop

12:45 - 13:00	<b>Bariatric Surgery Options &amp; Indications</b> <i>Which Bariatric Procedure to Refer For, Based on Patient Phenotype</i>	Dr. Sana Sharafat FCPS (Surgeon, Pakistan)
13:00 - 13:15	<b>Post-operative Management &amp; When to Refer the Patient Back to the Bariatric Surgeon</b>	Dr. Tahir Yunus DABS, DABOM (Surgeon, Pakistan)
13:15 - 13:30	<b>The Weight Maintenance &amp; Relapse Prevention Challenge. How to manage recurrent weight gain?</b>	Dr. Asim Shabbir FRCS (Surgeon, Singapore)
13:30 - 13:45	<b>Peri-operative Management of Eating Disorders</b>	Dr. Irum Aamer FCPS (Psychiatrist, Pakistan)
13:45 - 14:30	Lunch and prayer break	

### OMS3: MDT Skills and Team-Based Practice

<b>Moderators for 6 MDT tables:</b>	Dr. Shahzad Alam Shah, Dr. Shehryar Niazi, Dr. Mian Waleed, Dr. Mohsin Mumtaz, Dr. Gulfiom Sulehri, Dr. Naveed Malik	
14:30 - 14:40	<b>How to Run an Multi-Disciplinary Team Obesity Practice</b>	Dr. Shehryar Niazi FCPS (Surgeon, Pakistan)
14:40 - 15:15	<b>Hands-On Case Workshops (5 scenarios).</b> Each hospital team will receive 5 standardized cases covering medication decisions, surgical referral, nutritional risk, psychological factors, and relapse prevention.	Individual hospital MDT groups with a clinical master trainer
15:15 - 15:30	<b>Role of POMSS: defining our identity and shaping our future</b>	Dr. Shahzad Alam Shah FCPS (Surgeon, Pakistan)
15:30 - 15:45	<b>Final Discussion, Group Photo &amp; Certificate Distribution</b> <b>Closing remarks by moderator and faculty</b>	Dr. Tahir Shah FRCS (Surgeon, Pakistan)

