

Patron in Chief

Prof. Dr. Muhammad Ali

(Vice Chancellor, G.C. University,
Faisalabad)

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(Dean Life Sciences, G.C. University,
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Chief Organizer

Dr. Shazia Anwer Bukhari

(Chairperson Department of
Biochemistry, G.C. University,
Faisalabad)

Dr. Nosheen Aslam

(Assistant Professor, Department of
Biochemistry, G.C. University,
Faisalabad)

Organizers

Faculty, Department of
Biochemistry

Speakers

Prof. Dr. Shahid Mahmood

Baig

Deputy Chief Scientist, NIBGE,
Faisalabad

Ph.D. Human Molecular Genetics

Dr. Altaf-ur-Rehman

Consultant Diabetologist at Faisalabad
Diabetic Centre, Faisalabad, Pakistan
Diabetes Research n Management
Centre, Faisalabad, Pakistan

Sponsors

- Pakistan Diabetes Association
- Shaian Pharmaceuticals
Private Limited.

World Diabetes Day

November 14, 2017

Awareness seminar Registration

Name _____

Designation _____

Affiliation _____

Address _____

Email _____

Registration Fee _____

Email _____

Acknowledgement

Name _____

Receipt no _____

Received By _____

Registration fee

Students = 250/-

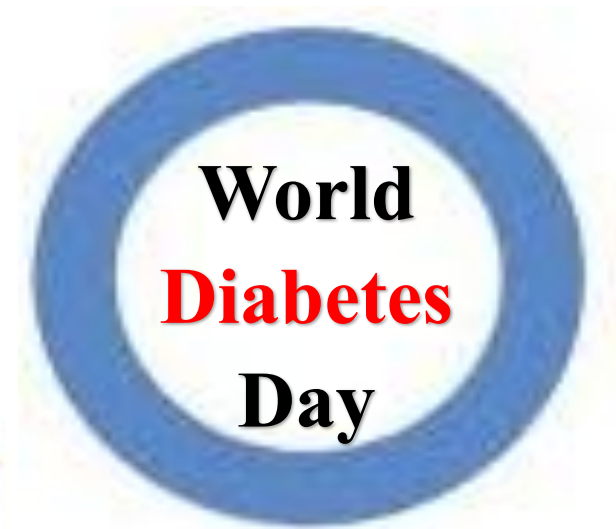
Faculty = 500/-

Expected participants = 400

Department of Biochemistry

Government College

University Faisalabad



November 14, 2017

Awareness seminar on
Diabetes Day

Department of Biochemistry



Government College University Faisalabad

INTRODUCTION

Department of Biochemistry at Government College University, Faisalabad has been recently emerged as an independent department and hosts a team of intellectual faculty members and young scientists. Many research projects are currently going on in the department funded by HEC. All aspects of biological chemistries including plants, animals, microbes and human health are addressed in research projects.

Diabetes mellitus is metabolic disorder characterized as increased level of glucose in blood due to reduced secretion of insulin by pancreas or reduced insulin directed metabolism of glucose by the target cells. According to International Diabetes Federation announcement in 2011 about 346 million of people worldwide suffer from diabetes corresponding to 6.4% of world's population. 4.6 million deaths are reported each year i.e., about one death every seven second indicating fast growing diabetes pandemic worldwide. Prevalence of diabetes from 2010 to 2030 is expected to increase by about 70% in developing countries and about 20% in developed ones with Pakistan at 7th number having reported diabetic cases. If considering non-reported cases Pakistan might be a 2nd number. Diabetes will cause death of 1.5 million people in low and middle low income developing countries including Pakistan. It will be world's 7th lethal disease till 2030 causing it to be one of the major health threats for the 21st century. Moreover governments and

individuals face severe economic burden also. Pakistan is ranked 7 in word having the Diabetes mellitus as 6.9 million patients were reported in 2014. This situation will be worst in 2035 as 12.8 million diabetic individuals in Pakistan.

ABOUT THE SEMINAR

Diabetes mellitus can be divided into three types. Type 1, 2 and gestational diabetes. Type 1 is the autoimmune disease also called juvenile diabetes, is resulting in β -cells destruction due to presence of islet-cell antibodies as a result less insulin is produced then the need of the body. It accounts about 5 to 10% of all cases of diabetes.

In type 2 diabetes body produce defected or ineffective insulin that cannot perform its function properly. It is major type of diabetes because 90% of diabetic patients suffer from T2D. It is influenced by life style factors as well as genetic components. Due to obesity it is now also appearing in children. The pathophysiology of disease is not completely understood posing a major hurdle for developing effective therapies. Available treatments are unable to cure the disease or prevent its complications. Furthermore, they do not protect β -cells from the harmful effects of the diabetic environment. Complete understanding of the disease mechanism and its prevention are the major challenges.

Gestational diabetes is the third type which appears in women during pregnancy. Women suffering from gestational diabetes have more

chances of complication at the time of delivery and more chance to suffer from T2D in future.

WORLD DIABETES DAY

World Diabetes Day is celebrated each year on 14th November. It has become a globally-celebrated event which increases awareness about diabetes World Diabetes Day each year carries a particular theme. Between 2014-2016 it was healthy living and eating, and between 2009-2013 it was 'education and prevention'.

The theme of WDD 2017 is Women and Health.

This campaign will promote the importance of affordable and equitable access for all women at risk for or living with diabetes to the essential diabetes medicines and technologies, self-management education and information they require to achieve optimal diabetes outcomes and strengthen their capacity to prevent type 2 diabetes. This seminar is conducted to give scientific personnel an understanding to avoid diabetes by improving life style and eating habits to modify the health status of individuals.

Program

Start of walk from Basic Science Block to Iqbal Hall	10:00 AM
Talawat Quran-e-Pak	11:00 AM
Naat-e-Rasoole Maqbool	11:15 AM
Welcome Words by Organizer	11:30 AM
Words by worthy Vice Chancellor	11:45 AM
Shield Distribution	12:00 PM
Poster Competition + Tea	12:15 PM
Lecture 1 (Dr. Shahid Mahmood Baig)	12:45 PM
Lecture 2 (Dr. Altaf-ur-Rehman)	01:15 PM
End of event	02.30 PM