

Dr. Sadaf Waris

dr.sadafwaris@yahoo.com

Summary of Qualifications:

Sadaf Waris is an Oral Pathologist with in-depth experience as an academic coupled with an interest in clinical diagnosis. She is currently an Associate Professor at Akhtar Saeed Medical and Dental College, Lahore. Dr. Waris has 9 years of teaching undergraduate and postgraduate classes as well as supporting allied health programs, and undertaking research. She is also a Consultant Oral Pathologist with the Allied Farooq Hospital, Lahore with strong ability in diagnosis of oral cancer, oral & salivary gland diseases, and head & neck pathology.

Dr. Waris has a BDS degree, and followed that with a post-graduate degree (M. Phil) in Oral Pathology, and is currently pursuing a PhD (Oral Pathology) with a focus on head and neck oncology. Her dissertation for the M. Phil was titled "Morphological Study of Oral Mucosal Changes in Habitual Paan Chewers." She was the first graduate of the Oral Pathology program at University of Health Sciences (UHS), Lahore, Pakistan. She has published several research articles in national and international scientific publications.

Research Interests

Oncology and Carcinogenesis especially head & neck oncology; Oral Medicine and Pathology.

Professional Experience:

Associate Professor (Oral Pathology)	February 2022 – Till date
Assistant Professor (Oral Pathology)	May 2017 – February 2022
Senior Demonstrator (Oral Pathology)	Jan 2016 – May 2017

Akhtar Saeed Medical and Dental College (AMDC), Lahore, Pakistan

The Institution:

AMDC established in 2008 is a private medical college teaching medicine, dentistry, allied health sciences, and pharmacy. It is allied with the 350 bedded "Akhter Saeed Trust Hospital".

My Responsibilities:

I teach BDS 2nd Year and 3rd Year; as well as MBBS 3rd Year; and 2nd Year DPT students. Subjects taught include "General Pathology" and "Oral Pathology". Specific activities include taking "Lectures, Tutorials and Practicals"; building exams papers, conducting exams, grading papers, and creating laboratory operations manuals. I am part of the Research Team at AMDC, and have authored or co-authored articles on COVID.

Teaching Assistant	Feb 2010 – Feb 2012
---------------------------	----------------------------

University of Health Sciences (UHS), Lahore

The Institution:

UHS is one of the premier Medicine Teaching Institutions in the country. It is also one of the largest Universities in the country with 35,000 undergraduate and 4,000 post graduate students in 80 affiliated colleges and institutions.

My Responsibilities:

Assisted senior faculty members by teaching classes at different levels. Classes taught included MLT (Medical Lab Technicians), Nursing Staff and MPhil (Part 1) Oral Pathology Students.

House Officer

Dec 2004 - Jan 2006

Khyber College of Dentistry (KCD), Peshawar, Pakistan

The Institution:

KCD established in 1964 is part of the “Khyber Medical University (KMU)”, and as such is one of the oldest dental teaching institutions in Pakistan. It is also the premier Dental Teaching Institution of the Khyber Pakhtunkhwa Province. KMU consists of KCD, Khyber Medical College (KMC) and the 1,200 bedded Khyber Teaching Hospital, and hence forms one of the largest Post Graduate Teaching Institutions in the Country.

Rotations:

- | | |
|----------------------------------|--------------------|
| a. Oral & Maxillofacial Surgery, | d. Paedodontics, |
| b. Operative Dentistry, | e. Orthodontics, |
| c. Periodontics, | f. Prosthodontics. |

My Responsibilities:

- Assisted senior consultant Dentists in major procedures, ranging from complicated maxillofacial cases - mainly road accident victims, wounded participants in fights and falls - to difficult root canals, crowns, bridges and partial & full dentures.
- Performed all kinds of minor surgical procedures ranging from root canals to impactions.
- Pre & Post-Operative Care of Patients; and other Routine Ward Procedures.

Private Practice

The Tooth, Allama Iqbal Town, Lahore, Pakistan

2009

Consultant Dental Surgeon in a private Clinic undertaking diagnosis and treatment of all patients, mainly Operative Dentistry procedures.

Educational Qualifications:

PhD Candidate (Oral Pathology)

April 2017 – Till Date

University of Health Sciences (UHS), Lahore, Pakistan

My Responsibilities:

Currently working on sample collection & Laboratory work and teaching M. Phil students on a semi-regular basis.

M. Phil (Oral Pathology)

Jan 2014

University of Health Sciences (UHS), Lahore, Pakistan

The Department:

“Oral Pathology” classes were initiated in February 2010 with 3 students including myself, and I graduated first in my class.

The Thesis:

“Morphological Study of Oral Mucosal Changes in Habitual Paan Chewers”.

The aim of the study was to evaluate early precancerous and cancerous lesions with main focus on Paan chewers by using cytology.

BDS

Dec 2004

Khyber College of Dentistry (KCD), Peshawar, Pakistan

Published Research Papers:

1. **Waris S, Nagi AH.** 2014. *Epithelial dysplasia in oral mucosa and its association with betel quid chewing.* *J Cytol Histol* 5: DOI:[10.4172/2157-7099.1000258](https://doi.org/10.4172/2157-7099.1000258).
2. Masood A, Aslam MH, **Waris S.** 2016. “Histopathological Findings of Gastric Biopsies in Dyspeptic Patients”. *P J M H S* Vol. 10, NO. 4, Oct–Dec 2016 https://pjmhsonline.com/2016/oct_dec/pdf/1122.pdf
3. Masood A, Amanat A, Wali N, Alam S, **Waris S,** Arshad A. 2018. “Pathological Evaluation of Papanicolaou Smears”, Reported in Akhtar Saeed Medical and Dental College, Lahore”. *P J M H S* Vol. 12, NO. 4, OCT–DEC 2018; 1585 https://www.researchgate.net/publication/335029328_Pathological_Evaluation_of_Papanicolaou_Smears_Reported_in_Akhtar_Saeed_Medical_and_Dental_College_Lahore
4. **Waris S,** Masood A, Safdar R, Ali k, Rahman A, Wali N. 2019. “Clinical and Cytological Evaluation of Oral Mucosal Lesions in Paan Chewers in Lahore, Pakistan”. *Journal of Akhtar Saeed Medical & Dental College. Volume 01, Issue 02, April-June 2019.* <https://amdc.edu.pk/wp-content/uploads/2021/03/2.-CLINICAL-AND-CYTOLOGICAL-EVALUATION-OF-ORAL-MUCOSAL-LESIONS-IN-PAN-CHEWERS-FROM-LAHORE-PAKISTAN-.pdf>
5. Safdar A, Akhtar MJ, Safdar R, Jalil V, **Waris S.** 2019. “Descriptive Study of Oral Manifestations and Management of Fluid Electrolyte Imbalance in Chronic Kidney Disease Patients on Dialysis”. <https://www.aimc.edu.pk/Publication/Vol%2018%20Issue%2001.pdf>
6. Rehman A, Naeem S, Khan S, Ali K, **Waris S.** 2019. “Histopathological Pattern of Squamous Cell Carcinoma at Various Intraoral Sites”. *JKCD* September 2019, Vol. 9, No.3. <https://www.journal.kcd.edu.pk/index.php?option=ml&menu=c3Vi&refs=NzE%3D>
7. **Waris S,** Masood A, Tahir A, Habiba U, Amanat A, Siddique T. 2019. “Evaluation of Fine Needle Aspiration Cytology (FNAC) in Head and Neck Swellings, Presented in Akhtar Saeed Medical and Dental College, Lahore”. *JKCD* December 2019 Vol. 9, No. 4.
8. Masood A, **Waris S,** Bhutta Z, Aslam M, Ahmad M. 2019. A Case Report: “A Rare Nasal Tumor with Neural and Myogenic Differentiation: Bi-phenotypic Sino-nasal Sarcoma”. *Journal of Akhtar Saeed Medical & Dental College, Volume 01, Issue 03. July – September 2019.*
9. Habiba U, Munir A, Akhter N, **Waris S,** Humayun L, Amanat A. 2020. “Frequency and Types of Red Cell Alloantibodies in Pregnant Females”. *Proceedings SZMC. 2020; 34(2):21-25* <https://doi.org/10.47489/p000s342z747mc>
10. Amanat A, Nasir U, Alam S, **Waris S,** Arshad A, Habibia U. 2019. “Histopathological Analysis of Ovarian Tumors at a Tertiary Care Hospital in Lahore”. *JAIMC, Vol.18, Issue 03, July-September 2019.*

- <https://www.aimc.edu.pk/Publication/Vol%2018%20Issue%2003.pdf>
11. Akhter MJ, Safdar R, Fatima Q, Jalil V, **Waris S**, Safdar A. 2020. Evaluation of Comparative Effects of Three Iron Chelation Therapies among beta-Thalassemia Major Patients in Lahore, Pakistan. JAIMC, Vol 18, Issue 2
<https://www.aimc.edu.pk/Publication/Vol%2018%20Issue%2001.pdf>
 12. Anser S, Safdar R, Arooj Z, **Waris S**, Jalil V, Ishtiaq B. 2020. "Comparisons of Inter-Canine and Inter-Molar Widths in Angle's Class 1, 2 and 3 Malocclusions; A Study of Local Population of Lahore". Journal of Akhter Saeed Medical and Dental College. 2020, Volume 02, Issue 01 January–March. <https://amdc.edu.pk/Ojs/ojs-3.3/index.php/jamdc/article/view/49>
 13. Wali N, Aslam M, Masood A, Liaqat S, **Waris S**, Ausaf H. 2020. "Bacteriological Profile and Antimicrobial Susceptibility Pattern of Patients Suffering from Blood Stream Infections, A Multicentre Experience". JAIMC, Vol 18, Issue 2
<https://www.aimc.edu.pk/Publication/Vol%2018%20Issue%2002.pdf>
 14. Alam S, Awais M, Amanat A, Arshad A, Khan M, **Waris S**. 2019. "Incidence and Malignancy rates classified by Bethesda System for Diagnosis of Thyroid Nodules on the basis of FNAC with Histopathological Correlation". JAIMC Vol. 17 Issue 4.
<https://jaimc.org/wp-content/uploads/2022/10/Vol-17-Issue-04.pdf>
 15. Farooq O, Khan M, Masood A, Mumtaz A, **Waris S**, Amin Y, Farooq F. 2020. "Variations in Clinical Parameters of Hospitalized Patients with Covid-19", Annals of King Edward Medical University: AKEMU, Vol. 26 No. Special Issue (2020)
<https://doi.org/10.21649/akemu.v26iSpecial%20Issue.3638>
 16. Farooq O, **Waris S**, Khan M, Nasir F, Rizvi S, Masood A. 2020. "Effectiveness of Methyl Prednisolone in Covid19-Related ARDS: A Case Series". Esculapio - Volume 16, Supplement 01, Special COVID-19 Issue.
 17. Masood A, Farooq O, **Waris S**, Khan M, Mumtaz A, Aslam M, Usama M. 2020. "Analysis of Serial C-Reactive Protein Levels in Critically Ill COVID-19 Patients Receiving Tocilizumab". Biomedica – Vol. 36, Issue 2.
<http://dx.doi.org/10.51441/BioMedica/5-132>
 18. **Waris S**, Farooq O, Masood A, Mumtaz A, Khan M, Ashraf A. 2020. "Comparative Analysis of Oxygen Saturation Levels with Clinical and Laboratory Parameters In COVID-19 Patients". JKCD, Vol 10, No 2.
[https://www.journal.kcd.edu.pk/issues/June-2020-10-2/JKCD-V10-No2-\(1\).pdf](https://www.journal.kcd.edu.pk/issues/June-2020-10-2/JKCD-V10-No2-(1).pdf)
 19. Amanat A, **Waris S**, Wali N, Alam S, Masood A, Aslam M, 2022. "Determination of Estrogen Receptor, Progesterone Receptor & Human Epidermal Growth Factor Receptor 2 Status in Breast Cancer: A Single-Center Experience". JSMDC, Vol 8 Issue 02: 47-51
<http://www.jsmdc.pk/wp-content/uploads/2023/02/Original-Article-01.pdf>
 20. **Waris S**, Mumtaz A, Farooq O, Wali N, Masood A, Usama M, 2022. "Assessment of therapeutic response of the Tocilizumab in SARS-CoV-2 associated cytokine storm: A single center experience". JSZMC. Vol.13 No.2: April – June 2022. DOI: <https://doi.org/10.47883/jszmc.v13i2> Published: 2022-04-23

Conferences and Workshops Attended:

1. "Straumann Implant System" (July 2005). Straumann AG (University of North Carolina Chapel Hill - School of Dentistry)
2. "Lymphoproliferative Disorders" (Mar 2011); King Edward Medical University, Lahore.
3. "Bone & Soft Tissue Tumors" (July 2011). Allama Iqbal Medical College, Lahore
4. "Construction of MCQs & SEQs" (April 24, 2017); Akhter Saeed Medical & Dental College, Lahore.
5. "Medical Research & Article Writing" (Oct 28 & Nov 2, 2017); Akhter Saeed Medical & Dental College, Lahore.
6. 2nd International Cytology Conference (Sept 2019); International Academy of Pathology (Pakistan Chapter), Lahore
7. 1st UHS-International Dental conference (Oct 3-5, 2019), Lahore.
8. "Construction of MCQs & SEQs" (Nov 11, 2019); Akhter Saeed Medical & Dental College, Lahore.
9. 3rd International Pre-Conference Workshop on Health Professionals Education (Dec 4, 2019); Entrustable professional activities: Devolution of professional expertise to tomorrow's doctor.
10. "Qualitative Research Methodology & Data Analysis Using NVivo-12" (Feb 19-21, 2019); University of Health Sciences, Lahore
11. "Surviving Everyday with XDR Gram Negative Rods" (Mar 12, 2020). Akhter Saeed Medical & Dental College, Lahore.