



Monthly Activity Updates

SHIFA SPEAKS

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Cancer is Curable - Once You Choose Hope, Anything is Possible

Among the non-communicable diseases, cancer is the leading cause of death in Pakistan. There were 18.1 million new cancer cases (majority being from the economically developing countries) and 9.6 million cancer deaths in 2018 worldwide. The most prevalent cancers in Pakistan include breast, cervix uteri and colorectal cancer. Cancer does not mean Death. An early diagnosis and timely treatment makes a huge difference.

Department of Oncology at Shifa International Hospital is a center of excellence for diagnosis and treatment of various cancer types in Pakistan since early 1990's. The center is a state-of-the-art facility for cancer patients supported by latest technological equipment and internationally experienced and board certified multidisciplinary team of medical, radiation, surgical oncologists, and radiologists.

Medical Oncology

Services/ Facilities:

- Solid tumors and hematological malignancies (including chemotherapy and autologous/ allogeneic bone marrow transplant)
- Inpatient care for chemotherapy, supportive care and treatment of emergencies and complications
- Multi-disciplinary tumor board is being held regularly at the facility

Radiation Oncology

Services/ Facilities:

- Latest linear accelerator machine (IMRT technology) is available which provides better control on tumors and lesser side effects of radiation
- 2DRT (Two Dimensional Radiation Therapy), and 3DCRT (Three Dimensional Conformal Radiation Therapy)
- IGRT (Image Guided Radiotherapy)
- The entire systems are backed by series of quality checks and assurance under umbrella of Pakistan Nuclear Regulatory Authority (PNRA).



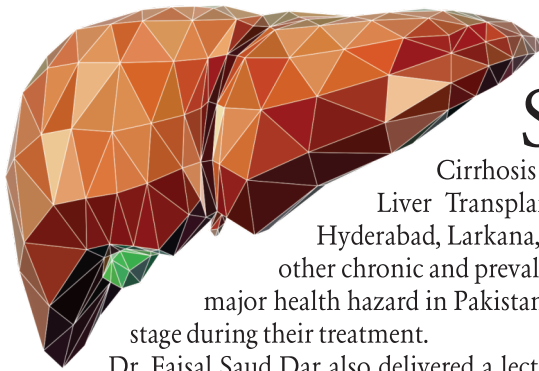


Finland's Delegation Visits Shifa

Shifa International Hospital puts great emphasis on capacity building and development of healthcare professionals and paramedical staff. The same vision is shared by the Management Team of Shifa International Hospital & Shifa Tameer-e-Millat University while hosting a prestigious delegation from Finland on 31st January 2019. The purpose of the visit was to discuss & explore prospects of bilateral cooperation to develop an alliance in the field of medical technology & nursing education. The delegation was led by Mr. Wille Eerola, Honorary Consul General of Pakistan, Finland, accompanied by Ms. Erja Tuomaala, Journalist, The Finnish Broadcasting Company, and local media affiliates.



Liver Transplant Surgery Clinic in Hyderabad



Shifa International Hospital Islamabad in collaboration with Asian Institute of Medical Sciences (AIMS, Hyderabad) conducted a one day filter clinic for Liver Transplant and Cirrhosis patients in Hyderabad on 26th Jan 2019. Dr. Faisal Saud Dar (Sitara-e-Imtiaz), Consultant Liver Transplant Surgeon SIH, examined 120 patients who came from different cities of Sindh, i.e., Hyderabad, Larkana, Jamshoro, Mirpur Khas, Sukkur, Nawab Shah, Ghotki, Karachi, Tando Allahyar etc. Among other chronic and prevalent diseases, chronic liver diseases and cirrhosis of liver due to Hepatitis C Virus has become a major health hazard in Pakistan. It is estimated that over 2.5 million people in Pakistan require Liver Transplantation at any stage during their treatment.

Dr. Faisal Saud Dar also delivered a lecture on "Liver Transplantation in Pakistan" to a large gathering of local Gastroenterologists, General Surgeons, and GPs at AIMS Hyderabad. He advocated the need to run Liver Transplant Filter clinics all across Pakistan to facilitate transplant patients who previously had no option other than going abroad for the treatment. It is a great achievement by Pakistani healthcare professionals that so far more than 750 living donor liver transplant surgeries have been performed at Shifa International Hospital Islamabad with success rate compatible to the International standards.



Grand Round

Shifa International Hospital organized a grand round for medical staff on January 30, 2019. Dr. Mian M. Khuram Shahzad (MD, PhD, Medical Director, Gynecologic Oncology, University of South Florida School of Medicine, USA) was the key speaker and his topic was '*Endometrial Cancer Management*'. The grand round was followed by an open discussion on Gynecologic Malignancies.

Guest Lectures

Medical Staff Affairs organized multiple guest lectures in January 2019 featuring; Dr. Parveen Athar (Associate Professor, Neuromuscular Specialist, Department of Neurology, University Medical Centre, Houston, Texas) and Ms. Fajar Fawad (BSc Psychology, MSc Forensic Psychology, Forensic and Clinical Psychology Doctorate Scholar, University of Birmingham, UK). Both of the speakers presented the topics; '*Neuro-Muscular Disorders*' and '*Working with Offenders in Forensic Settings*' respectively.



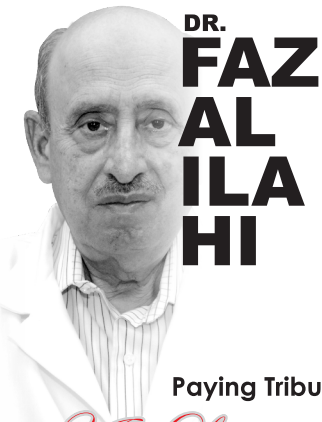
6th Convocation of Shifa Tameer-e-Millat University held 93 Medical, 77 Nursing, 67 Physical Therapy, 43 Medical Technology, 16 Pharmacy, and 5 Management Sciences graduates were presented with degrees



Degrees, gold and silver medals and other awards were conferred upon to as many as 301 graduates in the 6th STMU Convocation held at the Jinnah Convention Center, Islamabad.

Shifa Tameer-e-Millat University (STMU) conferred degrees to 93 Bachelor of Medicine & Bachelor of Surgery (MBBS), 9 Master of Science in Nursing, 35 Bachelors of Science in Nursing (BSN), 33 Post-RN Bachelors of Science in Nursing, 67 Doctor of Physical Therapy, 20 Bachelor of Science in Medical Technology (BSMT), 23 Associate of Science in Medical Technology (ASMT), 16 Doctor of Pharmacy (Pharm-D), and 5 Master of Business Administration graduates.

The Honorable Chancellor, Dr. Manzoor Ul Haq Qazi presided over the convocation. The Vice Chancellor, Prof. Dr. Mohammad Iqbal in his inaugural speech welcomed Deans, Heads of Departments, Faculty, and congratulated the graduates and their parents. Addressing the occasion, Dr. Habib Ur Rahman, Chairman, Board of Directors, SIH advised the students to abide by the oath they took today. He said “we all avow to struggle for making this country a welfare state where everyone can spend life based on social justice and where everyone can live in peace and honor”. He added that Universities have greater role to play in the economic development of the nations.



Paying Tribute To

A Living Legend



In recognition of unprecedented services by Dr. Fazal Ilahi (Sr. Advisor Pathology & Laboratory Medicine), the Management & Employees of Shifa International Hospital hosted a ceremony to present him with a “Lifetime Achievement Award” on 2nd January 2019. He also unveiled a plaque to mark dedicating Shifa Laboratory to his name, along with inaugurating the new premises of Shifa Blood Bank.

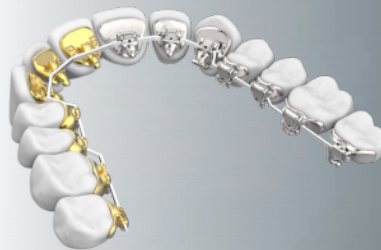


Shifa Dental Clinic

**Regain the Confidence to SMILE
with Lingual/ Invisible Braces**

Shifa Dental Clinic offers services of Dr. Anwar Ali Shah, who is an Accredited Consultant Orthodontist in U.K., having more than 22 years of International and National experience in treating Orthodontic patients.

Dr. Anwar Ali Shah is the 1st Pakistani with a PhD in Orthodontics from England. He is also Regional Dental Adviser for Pakistan and MOrth/MFDS examiner by the Royal College of Surgeons of Edinburgh.





Dr. Muhammad Furrukh
Consultant Radiation Oncologist

Q1: What is cancer?

A: Cancer means a “crab” in Latin, which is known for grabbing its prey through his thorny tentacles. Cancer is notorious for causing human suffering, physical and psychological trauma, personal and financial drain, waste of national resources.

Q2: Who gets cancer? Is cancer contagious?

A: Cancer generally affects the aging and hence termed *sporadic* (in 90-95%- the more you age, the more chance of acquiring the ailment), but has no restrictions for race, nationality, gender, color and may also affect the young. Cancers occurring early in life are usually *hereditary* (5-10%), being passed to the next generations through defective genes (mutations) e.g. breast cancer, colo-rectal cancer, uterus, ovary, thyroid cancer (medullary sub-type), etc. in the young and eye cancer (retinoblastoma) in the children etc. Whatever causes cancer may not be certain, however, a genetic mutation after exposure to a DNA damaging agent remains a certainty. Cancers are neither infectious nor transmitted to other beings.

Q3: Is cancer the commonest cause of death around the globe? What are the common causes of death in Pakistan?

A: Cancer is the 2nd commonest cause of human deaths after cardiovascular diseases followed by chronic respiratory ailments, road traffic accidents, and strokes. Pakistan is the 7th populous country with estimated cancer incidence of 148,041 new cases, 101,113 cancer related deaths (48,449 Men & 52,664 Women) in 2012, and a prevalence of 344,243 living cancer patients.

Q4: Is cancer preventable?

A: It is indeed very re-assuring that most of the known causes are preventable. Restraining from use of tobacco, pan, naswar and other mutagens (poisons that damage the cell DNA), healthy living, regular moderate exercise (30 minutes a day, 5 days a week), safe sex and loyalty to your spouse, keeping hygiene, eating less, using fresh vegetables and fruits including white meat, use of low fat diet and avoiding junk food like fizzy drinks and burgers, canned foods, preservatives, food colors, samosas and pakoras cooked in re-cycled oils, etc. Getting vaccinated against hepatitis B & HPV prevents liver & oropharyngeal cancers & ensure prompt treatment of hepatitis C.

Q5: How is cancer diagnosed?

A: Cancer diagnosis can be expedited through imaging (Localized X- Rays,

Mammography, Ultrasound, CT/ MRI Scans and PET scans, etc.) but mainly rests on tissue diagnosis acquired from a simple biopsy of the area of concern.

Q6: What are the treatment options for cancer? Are there any side effects of cancer treatment?

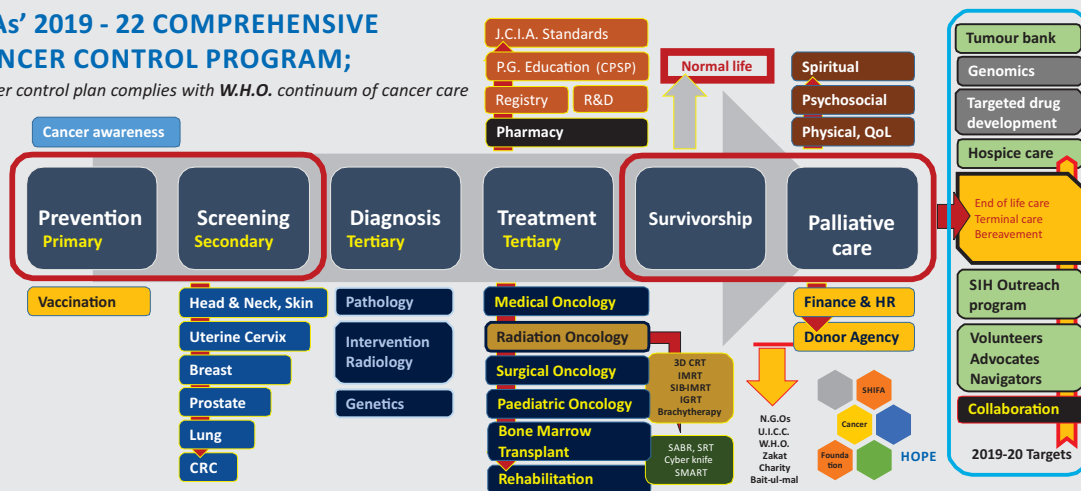
A: The treatment of cancer depends on its type (and its sub-type) and on extent of disease after stage determination. Surgery, chemotherapy, radiation therapy, immunotherapy, targeted therapy are some of the common available options in cancer management. The sequencing of such complicated treatment is meticulous and often requires clinicians to sit under one roof in a multi-disciplinary meeting where pathologist, radiologist, surgeon, medical oncologist, radiation/ clinical oncologist and others assemble to discuss the most appropriate way to handle a cancer case based on scientific evidence and according to the needs pertinent to the patient.

Q7: Tell us about SHIFA's 2019-22 Comprehensive Cancer Control Program (CCCP).

A: Shifa International Hospital has set-up a visionary cancer control program (CCCP) which complies with W.H.O. guidelines. The panorama of care stretches from community cancer awareness and vaccination as **primary prevention**, and screening of asymptomatic cancers through modern means in-built within diagnostics of radiology and pathology departments as **secondary prevention**. The Hospital provides tertiary cancer care (treatment) through pivotal sections of surgical oncology including plastic reconstruction, medical oncology, radiation oncology & clinical hematology for adult cancers, pediatric hematology-oncology, bone marrow transplantation, rehabilitation (including physiotherapy, speech therapy, dietary advice, orthotics, etc.) palliative care, pain control and patient support programs. The pathology department hosts phenomenal 19 regular multi-disciplinary tumor board meetings every month ensuring that difficult, challenging and unique cancer cases are discussed purely in the interest of better patient outcomes and ensuring continued medical education for the staff. The Shifa Cancer Center is actively pursuing training for undergraduates as well as postgraduates backed by basic research. Shifa's CCCP 2019-22 aims at expanding its existing facility by promoting community out-reach through volunteers and trained staff and open gates for primarily research and development with National and International Institutes of repute.

SHIFAs' 2019 - 22 COMPREHENSIVE CANCER CONTROL PROGRAM;

... our visionary cancer control plan complies with W.H.O. continuum of cancer care



📍 Sector H-8/4, Islamabad - Pakistan.
☎ UAN: +92 51 1111 shifa (74432)
🌐 shifa.international.hospital
🌐 www.shifa.com.pk



We would love to hear from you

If you have any questions, comments or any suggestions as to what can be included in this newsletter, please write to us at: media@shifa.com.pk or call at 051 8463804/3106