



Monthly Activity Updates

SHIFA SPEAKS

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SHIFA KIDNEY TRANSPLANT PROGRAM

A Comprehensive Program Ensuring Quality Care & Patient Safety

With an objective to establish a Center of Excellence for treating kidney diseases in Pakistan, Shifa International Hospital started its Kidney Transplant program in 2001 and so far the team has performed more than 500 kidney transplant surgeries in both adult and pediatric patients at the facility. From its inception, the program adheres to ethical medical practices and guidelines on organ donation and transplantation.

FEATURES

- Our multidisciplinary team includes experts in Transplant Surgery & Urology, Nephrology, Transplant Immunology & Pathology, Cardiology, Pulmonology, Anesthesiology, Critical Care, Infectious Diseases, Radiology and Transplant Pharmacy. This interdisciplinary approach allows us to provide the best in patient care by taking advantage of the most innovative developments in surgical techniques and transplant medicine
- A thorough pre-transplant evaluation and post-transplant care by multidisciplinary team under one roof
- Offering Kidney Transplant Surgery to Children (with complex bladder issues) and Adults (Obese - BMI more than 30, Diabetic, Re-transplant with high PRA/ Antibody level)
- Donor Surgery using Minimally Invasive Laparoscopic technique with less pain, shorter hospital stay and quick recovery
- Affordable Surgery Package



A step into a New Life

Glimpses of International Women's Day at SHIFA

To acknowledge the social, economic, cultural, and political achievements of women, Shifa International Hospital celebrated International Women's Day on 8th March 2019 with great enthusiasm. The 2019 theme #BalanceforBetter focuses on innovative ways in which we can advance gender equality and the empowerment of women. Honorable Senator - Chairman Standing Committee on Information Broadcasting & Heritage Faisal Khan was the Chief Guest on the occasion. He said that women can contribute immensely by their participation in social, economic, and political decision making to build a balanced, safer, more inclusive and harmonious society. He reiterated the vision of PTIs government for women empowerment and reaffirmed the commitment for continuous advocacy and support to ensure equal rights of women in all walks of life.

Dr. Zarina Hassan (A Blind Rock Climber, Painter & a Social Activist) gave a heart-warming and inspirational talk on the occasion. She lost her eyesight to glaucoma a few years ago. She shared her life story as how she managed to overcome adversity with self-belief, passion and determination and eventually evolved herself into an artist, a writer, and a social activist. She said that her work is meant to inspire and give hope and to radiate positivity.

Samar Khan (Renowned Pakistani Adventure Athlete) who had become the first woman in the world to cycle a top 4,500 meter high Biafo Glacier in the Karakoram mountains of Gilgit-Baltistan and reached Pak-China border, Khunjrab, from Islamabad on cycle & rode over 4,693 meters to set a national record, inspired the audience with her thrilling story. She said that being a female, it was never easy for her to accomplish her dream; still nothing can stand ahead of resilience, and determination.

Speaking on the occasion, Dr. Mazoor-ul-Haq Qazi (CEO SIH) said that women play a significant role in nurturing & managing a family in different roles as a Mother, Daughter, Sister, and a Wife. Today's women are also making a vital contribution in different walks of life by utilizing their professional skills and abilities. He reiterated the corporate vision of SIH to provide a safe, conducive, and mutual growth environment to all of its female employees. On the occasion, appreciation awards were also given to the notable female employees of the hospital.



IWD Celebrated at SIH Faisalabad

Shifa International Hospital, Faisalabad arranged a variety of activities to mark the International Women's Day, which was attended by the hospital staff, patients and people belonging to different walks of life. The event was started with recitation from the Holy Quran, which was followed by thought-



provoking addresses by Dr. M. Ilyas Shakir, Chief Medical Officer SIH FSD & Dr. Kaneez Fatima, Consultant Gynecologist on the role of women in Pakistani society. The speakers reiterating the role of working women for a prosper society. They said there is no gender discrimination in our society and women have equal opportunities in every field of life to grow. The status of women in Islam was also highlighted during the keynote addresses of the speakers.

Introductory CME Session

Medical Staff Affairs arranged an introductory CME session, featuring Dr. Abdul Latif Khan on 'Recent Advances in Colorectal Surgery' on March 5, 2019. Dr. Latif is a graduate of Khyber Medical College, Peshawar and is a Fellow of Royal College of Surgeons, Edinburgh, UK. He has worked as Consultant Colorectal Surgeon at King Faisal Specialist Hospital & Research Center, KSA. He has joined Shifa as Consultant Colorectal Surgeon.



Completion of

800

Cases of

Endoscopic/ Microscopic Transsphenoidal Pituitary Tumor Surgery



Milestone Achievement

By Neurosurgery Team

It's a matter of great pride for the Department of Neurosurgery, Shifa International Hospital to announce successful completion of 800 Cases of Endoscopic/ Microscopic Transsphenoidal Pituitary tumor Surgery which are performed by Prof. Dr. Inayatullah Khan, Assoc. Prof. Dr. Muhammad Nadeem, Asst. Prof. Dr. Shahid Ahmed Shah, Dr. Akbar Ali Khan, Consultant Neurosurgeon and Neurosurgery Team. Dr. Inayatullah Khan thanked the hospital management, team, nurses and fellow resident neurosurgeons for their support in achieving this milestone.



Prof. Dr. Inayatullah Khan
Consultant Neurosurgeon

Assoc. Prof. Dr. Muhammad Nadeem
Consultant Neurosurgeon

Asst. Prof. Dr. Shahid Ahmed Shah
Consultant Neurosurgeon

Dr. Akbar Ali Khan
Minimally Invasive Brain and Spine Surgeon



Shifa Stroke Unit team is acknowledged with a "Best Performer Award" by Pakistan Stroke Society

Stroke Unit at Shifa International Hospital has recently been acknowledged with a "Best Performer Award" by Pakistan Stroke Society & Pakistan Society of Neurology on the occasion of 9th National Stroke Conference held in February 2019. Shifa Stroke Unit is the only center in the region with comprehensive stroke care pathways to provide clot dissolving treatment (t-PA Thrombolysis) for reducing long term disability and early recovery for stroke patients.

A ceremony was held to praise the efforts of Stroke Unit team. Addressing the occasion, Dr. Manzoor ul Haq Qazi (CEO SIH), Mr. Aziz A. Jan (COO SIH) & Dr. Zeeshan Bin Ishtiaque (Medical Director SIH), lauded the efforts of Stroke Unit team and emphasized the role of prevention, adopting a healthier life style, and awareness among general public to recognize the early symptoms of stroke attack to ensure timely emergency treatment. As part of the ceremony, souvenir shields were awarded to Dr. Arsalan Ahmad

(Consultant Neurologist), Dr. Maimoona Siddiqui (Head of Neurology Division), Dr. Raja Farhat Shoab (Associate Consultant Neurologist), Dr. Azhar Saeed (Consultant Neurologist), Dr. Muhammad Amjad (Consultant Neurologist), Dr. Waseem Tariq (Associate Consultant Neurologist), Dr. Sehrish Aiesha Qazi (Associate Consultant Neurologist), Dr. Rao Suhail Yasin Khan (Associate Consultant Neurologist), Dr. Qamar Zaman (Assistant Consultant Neurologist), Dr. Farhan Khan (Assistant Consultant Neurologist), Dr. Abdus Salam Khan (Director ER), Dr. Atif Rana (Chief of Radiology), Dr. Inayatullah Khan (Head of Neurosurgery), Dr. Monette Barrento - Brombuela (Chief Nursing Officer) and Shifa Stroke Unit staff.



Family Planning Workshop



Shifa International Hospital has organized a workshop on Evidence based WHO standards in Family Planning on February 18-19, 2019 in collaboration with World Health Organization (WHO) and Society of Obstetrics and Gynecology of Pakistan. WHO Master trainer, Prof. Dr. Sadiya Ahsan Pal (Consultant Obstetrician & Gynecologist OMI Hospital, Medical Clinic & Concept Fertility Center, Karachi) and Dr. Nabia Tariq (Consultant Obstetrician & Gynecologist SIH) facilitated the two days' workshop. CME Certificates along with Souvenirs were distributed by the chief guests Prof. Dr. M. Iqbal Khan, Vice Chancellor STMU and Dr. M. Amir, Principal SCM to the participants.

Masterclass in Rheumatology

A masterclass in Rheumatology is another initiative of Shifa International Hospital, which was organized on March 10, 2019 and was designed to update knowledge in key areas of rheumatology including preventive measures, diagnosis, treatment and rehabilitation. Topics of discussion were Psoriatic Arthritis, Giant-cell Arteritis, Osteoporosis, Rheumatic Fever, Osteoarthritis,

Fibromyalgia, Ankylosing Spondylitis, Systemic Lupus Erythematosus, Juvenile Idiopathic Arthritis, Rheumatoid arthritis and Gout. The masterclass was attended by consultants, general practitioners, residents, medical students and allied healthcare professionals.



Guest Lectures

Medical Staff Affairs organized multiple guest lectures in March 2019 featuring; Professor Prem Puri (Newman Clinical Research Professor - University College Dublin, Editor-in-Chief Pediatric Surgery International, Director of Research - National Children's Research Centre - Our Lady's Children's Hospital - Dublin Ireland) and Dr. Ali Ahmed (Assistant Professor of Surgical Oncology, University of Kansas, USA). Both of the speakers presented the topics; 'Management of Vesicoureteral Reflux: Current Status' and 'Robotics: The Future of Surgery' respectively.



Half of Pakistanis Die from Non-Communicable Diseases

(An Article by Dr. Rezzan Khan, Consultant Nutritionist, SIH)

Non-Communicable Diseases (NCDs) now account for 58 per cent of total deaths in Pakistan before the age of 70. One out of two Pakistanis are at risk of dying from NCDs like diabetes, cardiovascular ailments or cancer. These deaths can easily be prevented through lifestyle modification which involves altering long-term habits, typically related to eating or physical activity, and maintaining the new behavior for months or years.

Over my 40-year career, I have advocated the "food as medicine" approach to lifestyle modification as the platform for all effective nutrition intervention therapies. While we don't have control over genetic factors, gender, age, and race, we have control over

what we eat, if and how much we exercise, whether we smoke, our sleep habits, and how we handle stress. Helping patients with these controllable factors empowers them to take ownership of their health. Treatment of NCDs requires adoption and maintenance of lifestyle behaviors. One key method that we advocate is that you maintain a nutritional diary with information on food intake, sleeping record, travelling, hormonal changes, craving etc., recorded. You should also continuously write down the weight, glucose & lipid profile monitoring. This practice will help you notice which meals, ingredients or lifestyle choices results in unfavorable weight change, glucose excursion, or lipid profile. This practice will help you to have particularly damaging meals less often, change some of the ingredients or change the amount of some foods that you consume. You should also be able to notice sleeping, exercise, salt intake, and hormonal effects on weight and health condition. While one can very well carry out the exercise described, it may be worth it to consult a dietitian in order to have a chart tailored according to individual requirements and scientific standards. Dietitians help patients correct their cognitive errors. By effectively using cognitive behavioral therapy, the dietitian creates logical lifestyle changes that are helpful in preventing and treating NCDs and in maintaining good health.



Dr. Athar Niaz Rana
Consultant Allergy & Immunology

Q: Pollen Allergy is a commonly used term by the residents of Islamabad in spring season. Please tell us about what Pollen Allergy is & why does it mainly affect Islamabad?

A: In early sixties paper mulberry trees were planted to make Islamabad green. However its invasive tendencies and allergenic potential resulted in sensitizing over a hundred thousand patients in just Islamabad area.

Q: Another commonly used term is “Pollen Count”. What is pollen count and what does it show?

A: Pollen count is referred to density of pollen suspended in the air at the time of recording pollen count. Pollen count of 1,000 per cubic meter is considered high and in Islamabad this count reaches to 40,000 per cubic meter.

Q: Does Pollen Allergy affect person with certain respiratory diseases?

A: Some patients who have Bronchial Asthma develops serious condition.

Q: Is Pollen Allergy a seasonal issue?

A: Pollination is a seasonal issue. In the spring we usually face tree pollens whereas in summer we have grass pollens and during fall, we have weed pollens causing allergic problems.

Q: What are the precautionary measures to prevent suffering from Pollen Allergies?

A: Individuals with pollen allergy should wear mask and avoid unnecessary exposure to irritants such as: dust, insect sprays, tobacco, smoke, fresh tar or paint, use of perfumes, walking in garden, using carpets on the floor and keeping the window of car close while traveling.

Q: Are there any specific vaccines or medicines available to treat pollen allergy?

A: Allergen Vaccination Therapy – which means that we give patients allergens in measured amounts through alternative routes, oral drops or injections to desensitize them.



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