



Monthly Activity Updates

SHIFA SPEAKS

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Celebrating *25 Years* of **Shifa Pathology & Laboratory Medicine** with *Care, Quality & Precision*



Shifa Introduced Total Lab Automation System *(1st of its kind in the region)*

Shifa International Hospital has introduced Total Lab Automation (TLA) system, which is first of its kind in the region to automate Hematology, Chemistry & Molecular Biology on one belt to provide unparalleled quality with secure and swift results.

Speaking on the occasion, Chief Guest, Dr. Nausheen Hamid (Federal Parliamentary Secretary Health) said that Hospital laboratories nowadays are challenged with greater testing demands, improved efficiency, reliable and high-quality results to play an important part in public health and healthcare delivery systems. The latest TLA lab at Shifa will further improve quality of laboratory diagnostics for a large array of patient and physician populations.

Dr. Habib Ur Rahman (Chairman BOD SIH), Dr. Manzoor H. Qazi (CEO SIH), Mr. Aziz A. Jan (COO SIH) & Dr. Zeeshan Bin Ishtiaque (Medical Director SIH) said that the advent of Shifa Pathology & Laboratory Medicine services 25 years back had the objective of investing into human and technology resources to provide authentic and reliable diagnostic testing to physicians and patients of the region. We also take pride in providing significantly subsidized rates to underprivileged patients. Speaking on the occasion, Dr. Imran Nazir (Chief Pathologist SIH) mentioned that the automation and artificial intelligence technologies will further expand the scope of laboratory medicine by increasing efficiency and quality.

The Asia Pacific leadership of Roche Diagnostics and Sysmex was present on the occasion which supplied the TLA system. A large gathering of physicians and healthcare professionals attended the event.

Experts predict Automation & Artificial Intelligence hold the future of Clinical Laboratories

Paying Tribute to

Dr. Yousaf Chaudhry

for a Lifelong Journey of **Commitment & Compassion**



To recognize and appreciate the unprecedented services by Dr. Mohammad Yousaf Chaudhry (Consultant Radiologist), Shifa International Hospital hosted a ceremony to honor him with a "Lifetime Achievement Award" on 21st August 2019. Dr. Yousaf also unveiled a plaque to mark dedicating Shifa Radiology to his name.

Pakistan Society of Nephrology Conference at Shifa Dialysis Center G-10, Islamabad.



Shifa International Hospital Islamabad has organized a conference of Pakistan Society of Nephrology (PSN), a local chapter meeting (Islamabad, Rawalpindi) on 8th August, 2019 at Shifa Dialysis Center G-10. The theme of the conference was to bring the awareness regarding dialysis services being provided by Shifa International Hospital at G-10 Markaz, Islamabad.

The event was attended by Nephrologists from twin cities including, Dr. Khawaja Sayeed Ahmed (Consultant Nephrologist SIH), Dr. Syed Nayer Mahmud (Consultant Nephrologist & Renal Transplant Physician, SIH), Dr. Syed Farhat Abbas (Consultant Nephrologist SIH), Dr. Kiran Khurshid (Associate Consultant Nephrologist SIH), Dr. Danyal Hassan (Consultant Nephrologist SIH), Dr. Momena Manzoor (Associate Consultant Nephrology SIH), Dr. Brig. (R) Abdul Haleem (President PSN), Dr. Sameeh J Khan (Kulsoom International Hospital), and many others from PIMS, Begum Akhtar Rukhsana Memorial Welfare Trust Hospital & Nescom Hospital.

The conference provided a platform for highlighting different aspects of nephrology with advance care treatment by case representations.

Dr. Marina Khan (PG Nephrology) & Dr. Ehtisham Hafeez (PG Nephrology) presented the case study of 'Hyperparathyroidism in pregnancy and Complications in early post renal transplant period'.

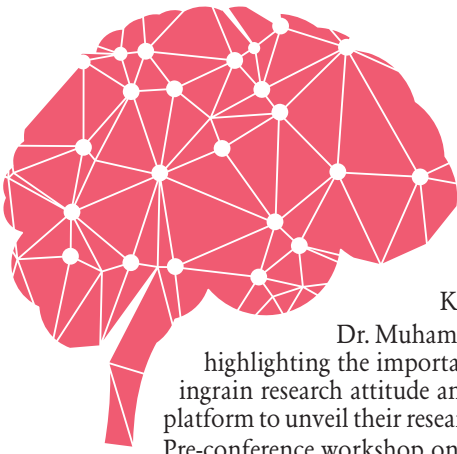
The President of PSN Dr. Brig (R) Abdul Haleem and Dr. Sameeh J Khan also visited Shifa dialysis center and appreciated the management of Shifa International Hospital for establishing the state of the art dialysis center.

Continuing Nutrition Education (CNE) Session

Pakistan Nutrition & Dietetic Society Islamabad Chapter organized its 24th CNE session on 9th August 2019, on the topic of 'Methods of imparting nutrition education in the community' by Dr. Hajra Ahmed (Associate Professor, Chairperson of Department, Home and Health Sciences Department, Allama Iqbal Open University Islamabad).

Participants from different hospitals and educational institutes of Rawalpindi, Islamabad and Peshawar attended the CNE including Nutrition students, Dietitians and Nutritionists. Pre-reading material had been mailed to PNDS members to help the participants to come well prepared. The session was followed by certificate distribution ceremony.





Shifa Hosts Annual Neurology Research Day

Shifa International Hospital (Neurology Department) hosted the 13th ANRD (Annual Neurology Research Day) for medical students, residents and health professionals on August 24, 2019.

The event was attended by renowned neurologists from all over the country and other distinguished guests including Dr. Habib Ur Rehman (Chairman SIH), Dr. Manzoor H. Qazi (CEO SIH), Dr. Muhammad Amir (Principal SCM), Prof. Dr. Muhammad Iqbal Khan (VC STMU) and Dr. Darakhshan Jabeen (Director PGME and CME). Prof. Akhtar Ahmed's Lecture was delivered by Dr. Sarwar Jamil Siddiqui (Dean Neurology, CPSP & Section Head, Aga Khan Clifton Medical Services Hospital and Aga Khan Hospital, Karachi). The topic of his lecture was 'Global Neurology - Bridging the Gap'.

Dr. Muhammad Azhar Saeed (Consultant Neurologist SIH & Chair Organizing Committee) gave the introductory speech highlighting the importance and the aim of this research activity which is meant to promote interest in the academic Neurology and ingrain research attitude among medical/Allied health sciences (students) and young physicians, where young aspirants will be given a platform to unveil their research endeavors in Neurology and related Specialties.

Pre-conference workshop on Medical Research and Writing in Pakistan; Challenges, Opportunities and Solution was earlier held at C-0 Auditorium on 23rd August, 2019. Lead facilitator of the workshop was Dr. Farooq Azam Rathore (Consultant & Head of Department, Rehabilitation Medicine, PNS Shifa Hospital, Karachi). Students from various medical colleges and residents from different hospitals across Pakistan presented their research work in the form of platform and poster presentations. This year at 13th Annual Neurology Research Day, 20 presentations were submitted which included 11 platform & 9 posters that makes 236 abstracts in total up till now in all ANRDs since 2007. Neurology quiz which is a regular feature of ANRD was conducted by Dr. Qamar Zaman and prizes were distributed on giving correct answers. The event ended with prize distribution followed by vote of thanks that was delivered by Dr. Maimoona Siddiqui (Consultant & Head of the Department Division of Neurology SIH).

The 14th Annual Neurology Research Day for medical students and residents was announced to be held on 22nd August, 2020. All medical students, medical officers and residents of Neurology, Neurosurgery, Psychiatry, Pediatrics, Rehabilitation, Radiology, Pathology, Ophthalmology and Internal Medicine from all over Pakistan are invited to participate.



Minimally Invasive Surgery Even less invasive

Medical Staff Affairs Department SIH organized a workshop on 'How to make Minimally Invasive Surgery Even less invasive' on August 03, 2019 for the medical staff. Workshop was facilitated by Dr. Ghulam Siddiq (Chief of Surgery, SIH) & Ms. Chloe Tan (Product Manager, Teleflex Medical Asia Pvt Ltd, South East Asia).



Guest Lecture Ischemic Strokes



A Lecture on 'Acute Management of Ischemic Strokes; An Update' was organized by Shifa International Hospital on August 06, 2019. Dr. Ahmed Itrat (MD, Assistant Professor, Medicine, Ohio University Heritage College of Osteopathic Medicine, Athens, OH) was the Guest Speaker on the occasion.

WELCOME ABOARD



Dr. Asaad Akbar Khan

Consultant Interventional Cardiologist
MBBS, MRCPI (Ireland), MRCP (UK),
CCST (Cardiology, Ireland), FACC (USA), FSCAI (USA)



Dr. Laila Mustafa

Associate Consultant Paediatric Dentistry
BDS, MClintDent, PGDip (London),
MPaed Dent, RCSEd (England)

Shifa International Hospital **WELCOMES**
New Doctors Joining our Team

 **For Information:**
051-8464646 (24 hours)





DR. ASAAD AKBAR KHAN
Consultant Interventional Cardiologist

Q1: What are heart valves and how do they function?

A: There are four valves in the heart: the mitral, aortic, tricuspid & pulmonary. The mitral & tricuspid valves control the flow of blood between the upper & lower chambers of the heart (between the atria & the ventricles). The pulmonary valve controls the flow of blood from the heart to the lungs, while the aortic valve regulates blood flow between the heart and the aorta which in turn supplies blood to the blood vessels & rest of the body. Normally functioning valves ensure that blood flows with proper force in the proper direction at the proper time.

Q2: What is valvular heart disease?

A: Valvular heart disease is characterized by damage to or a defect in one of the four valves. The diseased valves become too narrow and hardened (stenotic) to open fully, or are unable to close completely (incompetent). The mitral and aortic valves are the ones most frequently affected.

Q3: How does valvular heart disease affect the patients?

A: A stenotic valve forces blood to back up in the adjacent heart chamber, while an incompetent valve allows blood to leak back into the chamber it previously exited. To compensate for poor pumping action, the heart muscle enlarges and thickens, thereby losing efficiency. In some cases, blood pooling in the chambers of the heart has a greater tendency to clot, increasing the risk of stroke or pulmonary embolism.

Q4: What are the symptoms of valvular heart disease?

A: Some people with heart valve disease might not experience symptoms for many years. Signs and symptoms of heart valve disease may include: Abnormal sound (heart murmur) when a doctor is listening to the heart, Beating with a stethoscope, Fatigue, Shortness of breath (particularly when you have been very active or when you lie down), Swelling of your ankles and feet, Dizziness, Fainting & Irregular heartbeat.

Q5: What are the complications of valvular heart disease?

A: Complications can develop in advanced stages. Some of the most dreaded ones include: Heart failure, Stroke, Blood clots, Heart rhythm abnormalities & Death.

Q6: How do doctors diagnose valvular heart disease?

A: Doctor may evaluate your signs and symptoms and conduct a physical examination. Your doctor may order several tests to diagnose your condition. Electrocardiogram (ECG), Chest X-ray, Exercise tests or Stress tests, Cardiac Catheterization, Cardiac CT, Cardiac MRI etc.

Q7: What are the treatment options available for valvular heart disease patients?

A: Treatment depends upon the extent of the disease. Lifestyle modifications are always mandatory. Eating a heart-healthy diet, maintaining a healthy weight, regular physical activity and avoiding tobacco are essential parts of managing any valvular heart disease patients. Your doctor may recommend repairing or replacing your heart valve(s), even if your heart valve disease isn't causing symptoms. Repairing or replacing a valve can prevent lasting damage to your heart and sudden death. Traditionally once medical therapy fails, surgical valve repair or replacement is offered to the patient.

Q8: Can valvular heart disease be fixed without surgery?

A: Yes, interventional cardiologists (trained in structural heart disease interventions) can perform procedures to fix these valvular diseases percutaneously, avoiding need for any surgical procedure. Options include threading clips or other devices to repair leaky mitral valve with a device called Mitraclip and for tight aortic valves, another catheter based procedure called transcatheter aortic valve implantation (TAVI) can be done very safely. Benefits of these procedures include lower risk of infection, less trauma to the chest and heart muscle tissue, lower stroke rate, reduced length of stay in the hospital (2-4 days) and decreased recovery time. At Shifa International Hospital, we offer all of these treatment options.

دل کے والو (Heart Valve) کا علاج اوپن ہارٹ (Open Heart) سرجری کے بغیر

بذریعہ کیتھیٹرز (Mitra Clip, TAVI) کے علاج کے لیے بین الاقوامی سطح پر تجربہ کار ماہر امراض قلب

ایسے مریض جن کے لیے سرجری موزوں علاج نہیں ہے بہتر نتائج

شفا ہارٹ اینڈ واسکولر سینٹر

شفا انٹرنیشنل ہسپتال

کیلیک اوقات: پیر تا ہفتہ (صبح 9 بجے تا شام 5 بجے)

شفا انٹرنیشنل ہسپتال، سیکٹر ایچ ایٹ فور، اسلام آباد

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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