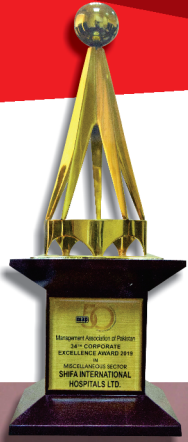




Monthly Activity Updates

SHIFA SPEAKS

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Shifa wins
6th
Consecutive

Corporate Excellence Award by MAP in Healthcare Sector



Shifa International Hospitals Ltd. (SIH) has achieved another milestone by accomplishing the prestigious Management Association of Pakistan (MAP) 34th Corporate Excellence Award in Healthcare sector for the sixth consecutive year.

Mr. Muhammad Zahid (Executive Director & Member BOD, SIH) received the award from Dr. Abdul Bari (Chief Executive Officer, Indus Health Network), who was chief guest on the occasion. The ceremony was held at Karachi Marriott Hotel, and attended by prominent business leaders and professionals from diverse industries.

Dr. Manzoor H. Qazi (CEO SIH) and Mr. Aziz A. Jan (COO SIH) reaffirmed company's commitment to meet the needs of patient communities and stakeholders by adhering to ethical business and governance practices.

The Corporate Excellence awards were instituted by MAP in 1982 to recognize companies demonstrating outstanding performance and good corporate governance in their respective sectors.

Highlights of World Autism Awareness Day

Autism or autism spectrum disorder, refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences. According to the Centers for Disease Control and Prevention (CDC), autism affects an estimated 1 in 59 children in U.S. today. Several factors may influence the development of autism and it is often accompanied by sensory sensitivities and medical issues. Autism's most obvious signs tend to appear between 2 and 3 years of age. Ms. Haleema Sadia, Autism Specialist at Shifa International Hospital, Islamabad shared this information with participants of an awareness seminar on the occasion of World Autism Awareness Day organized by Shifa International Hospital.

Dr. Assad Hafeez, D.G. Health (Ministry of NHS, R&C), Chairman of the Executive Board of WHO was invited as the Chief Guest of the program. He said that we all should play our part in changing attitudes toward persons with autism and in recognizing their rights as citizens, who, like everyone else, are entitled to claim those rights and make decisions for their lives in accordance with their own will and preferences. He added that we should acknowledge efforts of parents, teachers, and caregivers, who provide support to those living with autism spectrum disorder.

Dr. Manzoor H. Qazi (CEO SIH) said that World Autism Awareness Day is an internationally recognized day that represents an excellent opportunity to promote autism awareness, autism acceptance and to draw attention to the tens of thousands of people facing autism diagnosis each year. We should plan such activities to educate parents and society to accept and better manage children and adults who have autism spectrum disorder (ASD), he added.

Prof. Syed Hashim Raza (Consultant Pediatrician, specialist in neuro-development and neuro-disability, PIMS) and Dr. Nosheen Abbas (Certified Holistic Nutritionist, UK) also participated in the seminar as guest speakers.

Dr. Abdul Wahab Yousafzai (Consultant Psychiatrist SIH) while addressing the occasion said that early diagnosis and proper interventions result in better functioning of the individual ensuring his/her acceptance in the society. The prevalence keeps increasing because people worldwide are being enlightened with the signs & symptoms of the disorder along with the guidelines on how to manage autism, he said.

Dr. Brig Lubna Sohail (Administrator Support Services SIH) shared that Shifa has been offering comprehensive autism related services which include; Applied Behavioral Analysis (ABA) Therapy, Speech-Language Therapy, Sensory Integration & Occupational Therapy. We are determined to enable persons with autism spectrum disorder to exercise their rights and freedom, she stated.



World Autism Awareness Day Walk

The walk, which coincided with autism awareness day, was organized by Dept. of Rehabilitation, Shifa International Hospital to create awareness on autism spectrum disorder. A large number of doctors, management & Shifa employees participated in the walk. The participants were holding placards and banners inscribed with encouraging slogans and quotes for autism awareness.

Shifa Hosts 9th HCSP & IAP Conference

Shifa International Hospital Islamabad hosted Joint 9th Annual Meeting of Histopathology & Cytology Society of Pakistan (HCSP) and 6th Annual Meeting of International Academy of Pathology (IAP) - Pakistan Division on 20th & 21st April 2019 at Marriot Hotel Islamabad. The focus of the conference was on Breast & Gynecological Pathology. Renowned National and International speakers educated the participants on the latest technical advancement in the field of histopathology and cytology. Dr. Imran N. Ahmad (Chief Pathologist/ Director Lab SIH) welcomed the audience for a two day conference. Dr. Nadira Mamoon (Associate Chief Pathology SIH & Chairperson Scientific Committee) introduced the international speakers and program agenda to the audience. Dr. Nafisa Wilkinson (Consultant & Lead Gynecological Pathologist, Leeds Teaching Hospital, NHS, U.K.), Dr. Emad Rakha (Consultant Pathologist, Nottingham University Hospital, NHS, U.K.) and Dr. Ibrahim Mansoor (Chairman Pathology, International Medical Center, Jeddah, Saudi Arabia) were among the international guest speakers. National speakers included 22 leading pathologists from renowned national institutions, i.e. Aga Khan University Hospital, Shaikat Khanum Memorial Cancer Hospital, Liaquat National Hospital, Chughtai Labs, Army Medical College, Armed Forces Institute of Pathology, PIMS, PAEC General Hospital, Fatima Memorial Hospital, etc. Dr. Manzoor . Qazi (Chief Executive Officer SIH) was the conference chief guest and while addressing the inaugural session he encouraged young pathologists to take advantage of such learning opportunities to lead the future research and development in the field.





Dr. Shah participated in London Marathon

Dr. Saeedullah Shah, Consultant Cardiologist at Shifa International Hospital, Islamabad took part in 39th London Marathon held on April 28, 2019. He completed the 26 mile long race in 5 hours and 20 minutes. The Marathon has raised £1 bn for various charitable activities since its start in 1981.



Cancer Registry Workshop



Cancer remains the major public health threat in Pakistan. Cancer surveillance via the population-based registry therefore plays a crucial role in formulating cancer control plans, as well as in monitoring their success.

Shifa International Hospital organized a "Cancer Registry Workshop" on April 06, 2019. Topics of discussion were Importance of establishing cancer registry and its procedure/ workflow, tumor board, cancer staging and treatment, liver transplant registry data, prostate cancer, medical coding, etc. The workshop was attended by consultants, general practitioners, residents, medical students and allied healthcare professionals.

International Psychiatry Symposium

Shifa International Hospital under the supervision of Dr. Abdul Wahab Yousafzai, Associate Professor, Psychiatry SCM & Consultant / Section Head Psychiatry SIH, arranged an International Psychiatry Symposium with the theme; 'Awareness to Mental Health Needs' on April 13, 2019 at Shifa International Hospital.

Prof. Dr. Muhammad Iqbal Afridi (Head Dept. of Psychiatry, Professor of Psychiatry, Jinnah Post Graduate Medical Center, Karachi & President, Pakistan Psychiatry Society) was chief guest of the program, while Dr. Zeeshan Bin Ishtiaque (Medical Director SIH) was guest of honor. The scientific session was delivered by Dr. Alaptagin Khan (Harvard Medical School, USA), Dr. Bjarke Ebert (University of Copenhagen, Denmark), Dr. Arshad Khan (Consultant Executive Physical & Employee Health Clinic SIH) and Prof. Dr. Muhammad Tahir Khalily (Professor of Psychology, International Islamic University Islamabad).



First HIPEC Surgery for Advanced Abdominal Cancer

Hyperthermic Intraperitoneal Chemotherapy (HIPEC) is a highly concentrated, heated chemotherapy treatment delivered directly to the abdomen during surgery. HIPEC is an innovative method of delivering chemotherapy, which is commonly used to treat Advanced Abdominal Cancer, unlike traditional chemotherapy that is delivered intravenously.

Dr. Hadi Muhammad Khan (Consultant Cancer Surgeon) who is American Board Certified Surgical Oncologist has performed this first Innovative and Unique Surgery HIPEC at Shifa International Hospital for his patient suffering from advanced abdominal cancer since many years.



DR. HADI M. KHAN
Consultant Cancer Surgeon



Dr. Basit Masood (Post Graduate Trainee: Urology Department, SIH) presented his research 'Small cell Neuroendocrine carcinoma of the urinary bladder with co-existing high grade urothelial carcinoma: A rare variant' in UROSUMMIT 2019 from 8th - 10th March in Lahore where he won 1st prize in Poster presentation worth Rs. 40,000. He also won prize of appreciation in paper presentation for his research 'Bilateral huge renal Angiomyolipoma replacing both kidneys: A rare presentation'.

FASTING TIPS TO DIABETES PATIENTS BY EXPERTS

It is estimated that there are about 50 million Muslims with diabetes around the world who observe fasting during the month of Ramadan each year. During the fast, Muslims are required to refrain from eating food, drinking, using medications, and smoking from dawn until sunset, with no restrictions on food or fluid intake between sunset and dawn. Islam exempts people from the duty of fasting if they are sick, or if fasting may affect their health, as fasting for patients with diabetes carries a risk of an assortment of complications, including hypoglycemia, postprandial hyperglycemia, and metabolic complications, associated with dehydration. Nevertheless, a large number of people with diabetes who still choose to fast during Ramadan despite the advice of their doctor, and the permission received from religious authorities thus create medical challenges for themselves and their healthcare providers.

It is thus important for patients with diabetes who wish to fast during Ramadan to make the necessary preparations to engage in fasting as safely as possible, said Consultant Endocrinologist, Shifa International Hospital (SIH) Dr. Osama Ishtiaq in a seminar "Roza aur Sehat" organized by Shifa International Hospital to create awareness among diabetic patients intended to observe fasting without harming their blood glucose level.

Dr. Umar Yousaf Raja (Consultant Endocrinologist) emphasized that fasting is very challenging for people living with diabetes, particularly patients with type 1 diabetes, who are dependent on insulin. Muslims with diabetes who wish to fast must plan diligently for a safe and healthy Ramadan. It is important to individualize each patient's management plan depending on his or her diet and lifestyle, medications, risk of hypoglycemia, and glycemic control, and to minimize the complications associated with fasting. Control your diabetes for two months prior to Ramadan bringing HbA1c to <8 and continue diabetic diet in Iftaar and Sahar, Dr. Umar added.

Zainab Ghayyur (Senior Clinical Dietitian SIH) advised the patients to monitor their blood glucose regularly during the fast, especially in the early days. Overeating is the greatest risk. Continue taking your diabetes medicine and consult your doctor for right dosage and timings. If you experience hypoglycemic symptoms, it is advisable to break the fast and make up for it after Ramadan.

She advised that sahar meal should contain a balance of whole grain sources of complex carbohydrates as well as some protein from lean sources of meat, fish and poultry, small amounts of heart healthy fats, and limiting the amount of added sugars. This will slow the digestion and the feeling of fullness lasts as long as possible into the day. She also recommended including fresh fruits, vegetables, and yogurt in sehar and iftar meals, limiting the dates (*khajoor*) to two or three pieces, avoiding exercise during the day, and taking rest when possible to help avoid lowering of blood glucose levels. Limit physical activity during fasting hours and be more active after sunset," she suggested.

Azmatullah Quraishi (Head of Religious Affairs SIH) highlighted the importance of fasting in Islam and its positive and spiritual impacts. He said that there is no excuse for skipping fasting in minor diseases like flu or fever, except those who are ill with no expectation of recovery, and those who are too old and are not able to fast. Some health practices such as use of injection (except nutritional injection), using asthmatic inhaler and donating blood, vomiting, and pouring medicines into the eyes or ears, do not affect fasting, he concluded.



رمضان آیا ، برکتیں لایا

رمضان الکریم مبارک

Wishing You a Blessed Ramazan

For OPD Clinic Timings,
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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