



Monthly Activity Updates

SHIFA SPEAKS

Volume: 08 | Issue: 12 | July 2019

Pakistan's Leading Liver Transplant Program

Performed over 850 Liver Transplants since 2012

Considering the dire need to establish a Center of Excellence in Liver Diseases and to establish a sustainable Liver Transplant & Hepatobiliary Surgery Program in Pakistan, Shifa International Hospital Islamabad started its preliminary project work in 2011. It was a challenging task to manage quality, resource capabilities and an integrated team of healthcare professionals to successfully monitor each and every stage from pre-transplant work-up, patient and donor assessment and post-transplant care of the patients. On 30th April 2012, Shifa Liver Transplant team performed its first Living Donor Liver Transplant Surgery on a 12-year-old patient. Since then, the team has performed over 850 Living Donor Liver Transplant Surgeries at the facility with success rate compatible to the International standards.

What We Offer:

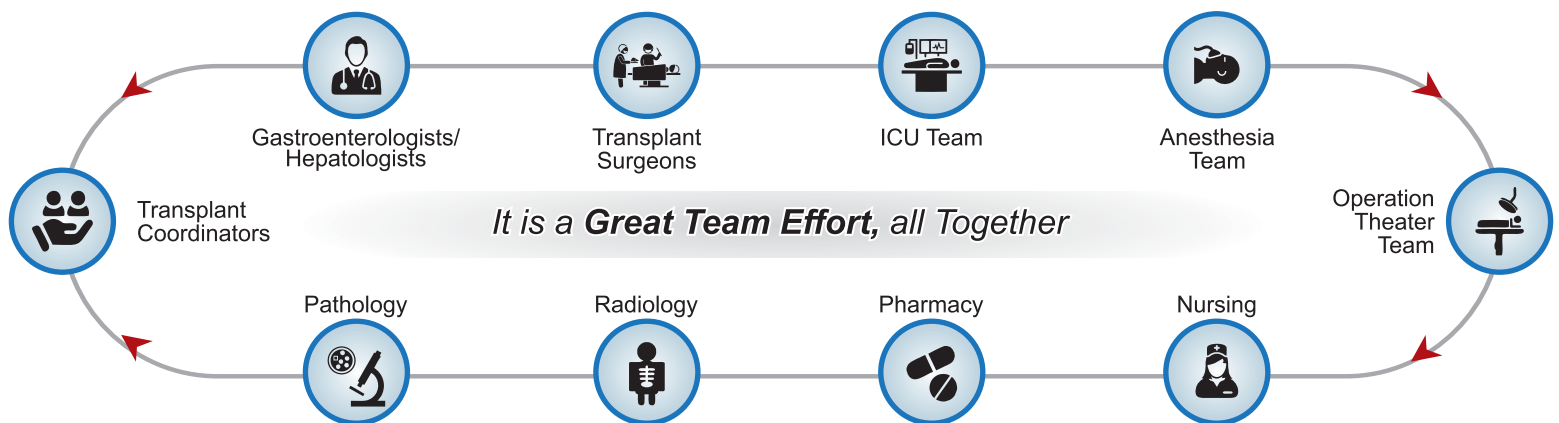
- ✓ Pre-Liver Transplant Evaluation & Care
- ✓ Donor Assessment
- ✓ Post-Liver Transplant Evaluation & Care
- ✓ Advanced Hepatobiliary and Pancreatic Services
- ✓ Offering Living Donor Liver Transplant Surgery (Adult, Children & Infants)

Working together to give you
HOPE & HEALING

Largest Liver Transplant Team in the Country

Shifa International Hospital houses the largest Liver Transplant team in the country which works in close coordination to make it Pakistan's leading liver transplant program. Having a nationally and internationally experienced multi-disciplinary team of specialists under one roof, Shifa International Hospital has invested years in ensuring that patients are not only being offered the best care and treatment, but to ensure their long-term health, well-being and sustainability as well. The success of Liver Transplant program is also matchable to international standards, which is mainly possible due to an integrated effort by the whole team to eventually produce quality results and outcomes.

What makes us Pakistan's Leading Liver Transplant Program?



Glimpses of Eid Milan Party



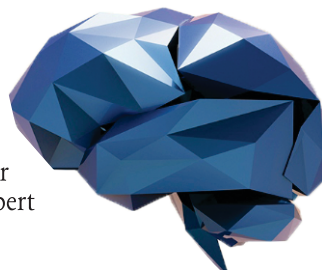
To keep the tradition alive, Management of Shifa International Hospital held an Eid Milan Party on June 11, 2019. The event was attended by Consultants and Employees alike to greet & meet each other.

Outreach of Quality Healthcare Services

For patients' convenience and outreach of quality healthcare, Shifa International Hospital Islamabad arranged a one day Neurosurgery Clinic under supervision of Dr. Akbar Ali Khan (Consultant Neurosurgeon) at Shifa Medical Center, Peshawar on June 16, 2019. The aim of conducting the clinic was to facilitate patients from Peshawar and adjoining areas (Charsada, Mardan & Nowshera etc.) to get an expert opinion with ease and convenience.



Neurosurgery Clinic at Peshawar



Shifa Patient Information Portal

(Available on Web, Android, & iOS)

Shifa always strives to provide its patients an ease of access to their personal health information and medical record through latest web and mobile cloud computing technologies. As part of the initiative, Shifa Patient Portal has recently been revamped to increase user experience by making it more user friendly to access the medical record in just a few clicks. Patient portal is available on all three major platforms i.e. Web, Android and iOS, and hosted on state of the art Tier III Shifa Data Center to make it extremely secure and robust. This secured, classified and easy to use application instantly provides an array of services which include patients' medical records, demographics, appointments, laboratory and radiology test results. Patient portal consolidates everything related to a patient in one place. Shifa Patient portal application provides a user friendly interface which let patients scroll through their data quite easily. This exemplary initiative from Shifa International hospital would certainly be a great value to the patients.

Web Link: http://pp.shifa.com.pk/patient_portal/
Android Link: <https://play.google.com/store/apps/details?id=com.shifa.android.patientportal>



23rd CONTINUING NUTRITION EDUCATION Session held

Pakistan Nutrition & Dietetic Society Islamabad Chapter organized its 23rd Continuing Nutrition Education (CNE) session on 28th June 2019, on "Dietary Management of Inflammatory Bowel Disease" by Abdul Momin Rizwan Ahmad (Assistant Professor, The University of Lahore, Sihala Campus, Islamabad).

Participants including students and practicing dietitians and nutritionists of different hospitals and educational institutions of Islamabad, Rawalpindi, and Peshawar attended the CNE. Qualifying the post-session quiz & attending 23rd CNE was equivalent to 1 credit. Session was followed by certificate awarding ceremony.



General & Laparoscopic Surgery Clinic, Faisalabad

- Laparoscopic Surgery for Gall Stone Diseases
- Laparoscopic Surgery for Appendix & all Types of Hernia
- Advanced Surgery for Piles/ Hemorrhoids (Stapled/ PPH)
- Breast Conservation Surgery for Breast Tumors
- Weight Loss Surgery (Laparoscopic Sleeve Gastrectomy)
- All Other General Surgery Procedures



DR. M. AWAIS ASHRAF
MBBS, FCPS
Timings: 5:00pm to 7:00pm
(Monday to Saturday)



DR. M. IJLAL HAIDER
MBBS, FCPS, MRCS (U.K.)
Timings: 9:00am to 5:00pm
(Monday to Saturday)

11 Km, Main Jaranwala Road, Faisalabad

A Project of Shifa International Hospitals Ltd.

041-8740951-55, 041-8403656-60

An initiative for the Welfare of Shifa Employees

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Ophthalmology Clinic

at Shifa Medical Center
F-11, Islamabad

Quality Healthcare at Your Doorstep

Team of Professionals

Dr. M. Amer Awan
(Consultant Ophthalmologist & Retinal Surgeon)
MBBS, MRCPHth, MRCS (Ed)
FRCOphth, FRCS (Ed), CCT (UK)
Fellowship in Vitreo-Retinal Surgery (UK)
Associate Professor Ophthalmology, SCM
Every Monday 4:30pm to 6:30pm

Prof. Dr. Farooq Afzal
(Consultant Eye Surgeon)
DO (Dublin) FRCS (Glasgow)
FRCOphth (U.K.)
Every Tuesday 4:30pm to 6:30pm

Prof. Dr. Saadia Farooq
(Consultant Eye Surgeon)
MBBS (Gold Medalist)
MCPS, FCPS, FRCS (Glasgow)
Every Wednesday 04:30pm to 6:30pm

Savoy Arcade, Plot # 25, F-11 Markaz, Islamabad

A Project of Shifa International Hospitals Ltd.

051-2228231-3, 051-8464646



Dr. M. Ayaz Khan
Consultant Urology &
Kidney Transplant



Dr. Athar Khawaja
Consultant Urology &
Kidney Transplant

Q: What is Kidney Failure & available treatment options?

A: Kidney failure, also called End-Stage Renal Disease (ESRD), is the last stage of chronic kidney disease. Chronic kidney disease is a condition in which kidneys lose some of their abilities to remove waste products and excess fluid from the bloodstream. As waste products and fluids build up in the body, other body systems are affected, which can be harmful to your health. If your kidneys fail, you will need dialysis or a kidney transplant to survive.

Q: Which treatment option is better and why?

A: Kidney transplantation is considered the treatment of choice for many people with severe chronic kidney disease because quality of life and survival (life expectancy) are often better than people who are treated with dialysis. Kidney Transplant is more economic and cheaper modality of treatment in long term as compared to hemodialysis. Moreover, in children kidney transplant is the only way out for a normal growth.

Q: Shifa started its Kidney Transplant program in year 2001. Please elaborate the salient features of the program.

A: Our program includes specialists from various departments and since 2000 we have performed more than 500 kidney transplants at the facility. The stringent infection control practices, immunosuppressive protocols and proactive vigil for complications and their prompt management make the service a huge success.

We are the pioneers for doing minimally invasive donor surgeries. Our pre-transplant immunological workup is very extensive and at par with the international standards. We have a professional and team based approach which allows us to review each case thoroughly in pre-transplant meeting.

Q: Which healthcare professionals are part of the multidisciplinary teams involved in Pre and Post Op. care of Kidney Transplant recipients and donors?

The team includes, transplant surgeon, transplant nephrologist, immunologist, histopathologist, cardiologist, pulmonologist, psychiatrist, infectious disease specialist, anesthesiologist and donor advocate. Our team also has a good liaison with our professional colleagues from other medical and surgical specialties and they are deeply involved whenever they are needed especially from radiology, endocrinology and gastroenterology.

Q: Any advice for kidney transplant recipients and donors?

Advice to donors would be that they should avoid gaining weight after donation and monitor their blood sugar and blood pressure levels. An ultrasound of kidneys is also recommended annually. They should not misuse medication especially like NSAIDS etc.

For recipients, they should be compliant with medications and follow-up visits and need to act upon all the precautions as advised by the transplant team.

Early Detection Saves Lives

Yearly Mammography scan is recommended for Women
(Age: 40 Years & above)



- Mammography Scan is an X-Ray to find any abnormality and changes in Breast
- Latest 3D Mammography Ensures
 - ✓ Faster Scan with Low Radiation
 - ✓ Finds 40% more invasive Cancer than 2D alone

بروقت تشخیص
ایک بہتر زندگی کی جانب قدم



☎ 051-8464646, 0346-8551617, 0346-8551831

🌐 www.shifa.com.pk/bcancer



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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