



Monthly Activity Updates

# SHIFA SPEAKS

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## *Eid Mubarak and Azadi Mubarak*

### BUT.....WITH A HEAVY HEART

Yes these are occasions to celebrate but what is happening to Kashmiris in occupied Kashmir--stops us from celebrating. We look at the news, pictures and videos of these aspirants for Independence and Identity. It feels like these children, young and old, men and women are part of us. They are our children, our families. We see their deaths, disabilities, tears and blood - how can we celebrate anything!

We should renew our commitment to help them, in whatever way we can. How can we do it - I don't have any specific answers at this time - But I would request each one of you to think, discuss with your colleagues, friends and family as to how can we help these innocent and suppressed people from the tyranny of brutal and heartless Govt and people of India. There will be several different ways of helping - you make your own decision - BUT PLEASE DO SOMETHING which would help them.

May Allah Subhanuhu Wata`ala protect and help our brothers, sisters and children in Kashmir.

Dr. Manzoor H. Qazi  
Chief Executive Officer, SHI



# World Hepatitis Day 2019

Experts underline need to locate undiagnosed patients of Hepatitis



Worldwide, 300 million people are living with Viral Hepatitis, totally unaware that this serious infectious disease of liver can lead to cancer or fatal liver complications. Without finding the undiagnosed and linking them to care, millions will continue to suffer and die. Dr. Nadeem Iqbal, Consultant Gastroenterologist at Shifa International Hospital shared these views on World Hepatitis Day (WHD). WHD takes place on July 28 every year, bringing the world together under a single theme to raise awareness of the global burden of Viral Hepatitis in a bid to influence real change. Dr. Nadeem said, within Pakistan, almost 12 million people are suffering from Hepatitis B or C. Each year brings about 150,000 new cases. The disease is called a silent killer because many patients remain undiagnosed and untreated for many years before developing complications. Viral Hepatitis is the 8th highest cause of mortality globally and was responsible for an estimated 1.34 million deaths in 2015, a toll comparable to that of HIV and Tuberculosis. Globally, approximately 257 million people are chronically infected with Hepatitis B and 71 million with Hepatitis C. Dr. Nadeem also talked about highly effective

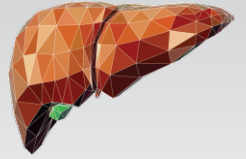
Approx.  
**12** Million  
Hepatitis B & C  
Patients in  
Pakistan

recombinant vaccines that are now available for the treatment of Hepatitis. Vaccines can be given to those who are at increased risk of HBV infection such as healthcare workers. It is also given routinely to neonates as universal vaccination in many countries.

Hepatitis B Immunoglobulin (HBIG) may be used to protect persons who are exposed to Hepatitis B. It is particularly efficacious within 48 hours of the incident. It may also be given to neonates who are at increased risk of contracting Hepatitis B, i.e., whose mothers are HBsAg and HBeAg positive. "Other measures include screening of blood donors, blood and body fluid precautions," he stated. Major risk factors for the transmission of Hepatitis B and C infection include therapeutic injections, syringe reuse, surgery, improper sterilization of invasive medical devices, blood transfusion, hospitalization and sharing of razors. Some population groups are highly affected by Hepatitis B and C such as injecting drug users and Thalassemia patients, he concluded.

اپنے وطن  
اپنے پاکستان میں  
جگر ٹرانسپلانٹ

**Shifa  
Liver Transplant Team  
Visits Faisalabad**



Shifa International Hospital organized a one-day Liver Transplant filter clinic for patients with Chronic Liver Disease/ Cirrhosis in collaboration with Shifa International Hospital, Jaranwala Road, Faisalabad on 20th July 2019. The team consisted of Consultant Liver Transplant Surgeons; Dr. Haseeb Haider Zia & Dr. Nusrat Yar Khan, who examined patients visiting from Faisalabad and surrounding areas such as Okara, Sahiwal, Jhang, Toba Tek Singh, Gojra, etc. The purpose of arranging such specialized outreach filter clinics is to facilitate physician and patient populations of different geographical regions to get experts' advice and opinion with ease and convenience. Dr. Shahid Rasool, Consultant Gastroenterologist, SIH Faisalabad, and Mr. Aziz ur Rasheed, Administrator, SIH Faisalabad facilitated initial assessment & examination of patients. Shifa Liver Transplant and Hepatobiliary Surgery team intends to set-up a pre-transplant evaluation clinic in Faisalabad as well.



Working together to give you **HOPE & HEALING**







## How to Use Sacrificial Meat?

by Dr. Rezzan Khan, Consultant Nutritionist & Head of Clinical Nutrition Department, Shifa International Hospital

During Eid-ul-Azha, goat, cow, sheep and camel are sacrificed. The meat of these animals is known as red meat which is very nutritious. They are packed with high-quality protein, iron vitamin B12, niacin, and vitamin B6 and zinc. On the other hand, it is high in cholesterol, saturated fat and salt, which are harmful when consumed in larger amount. American Institute for Cancer Research is suggesting that people should eat no more than 18 oz. (cooked weight) per week of red meat. I can share some basic tips on how to handle, process and store the meat of sacrificed animals on Eid to avoid food-borne diseases such as salmonella, listeria and toxoplasma.

Do not rinse the meat before cooking, as it will cause more bacteria spread out around the sink, which can infect other foods as well. Cooking the meat to a proper temperature is far better way of killing bacteria. Beef, veal and lamb should reach 63 C. Reheat leftovers to 70 C before eating.

During the sacrifice and distribution, and also while preparing meat dishes, you should wash your hands thoroughly for 20 seconds before, during and after handling raw meat. Make sure to use two separate cutting boards to avoid cross-contamination; one for raw meat and the other for fruits and vegetables. Alternatively, you can thoroughly wash the cutting board before switching from meats to vegetables and fruits and vice versa. Do not immediately cook or store the meat of sacrificial animals to prevent the possibility of infectious diseases, which could affect one's lungs, stomach and cause high fever. Keep the meat of sacrificial animals at least for six hours in open air for its proper dehydration of blood and moisture before cooking or placing it in deep freezer. Grilling on a BBQ, in a safe way, is a healthy cooking technique, as this method requires no added fat, and the excess fat in meat drips away. However, don't leave your steaks sizzling in the sun for hours before you are going to cook them. Keep the meat in the fridge until about 10-15 minutes before you are ready to cook it. Marinade meat in the fridge – not on the counter or outside in the field. If you want to re-use marinade that has touched raw meat, always bring it to boil first.

Cooked meat should not be left un-refrigerated for more than two hours. If there is any meat left and needs to be stored, always handle the meat with clean, dry hands. Store meat in the coldest part of the refrigerator, or in the meat bin of the refrigerator. Use fresh, raw meat stored in the refrigerator within 3-4 days. You can freeze uncooked cuts of meat, for several months. According to FDA, you can keep cuts, like roasts, frozen for anywhere from 4 to 12 months and steaks for 6 to 12 months. Ground beef should be frozen for no more than three to four months. Do not forget to put the labels for leftover and make sure the meat is tightly wrapped.

Defrost meat in the refrigerator on the lowest shelf with a pan or a plate below it to catch any drips or in the microwave by using the defrost setting- never on the counter. Do not re-freeze thawed meat. Do not throw away the visible fat from meat. This can be made to tallow. This is a hard fat obtained from the parts of animal, in melted form of beef or mutton fat, processed from fat chunks. It is solid at room temperature. Tallow can be stored for extended periods without the need for refrigeration. This process is very easy, requires slow heat to melt the fat in the cooking pan. Tallow can be accommodated in healthy diet, especially if they come from pasture-raised and grass fed animals. Fat is required for the health and provides the dense calorie. Substituting fewer and cheaper fats than usual will increase the availability, affordability and accessibility to the animal fat. Proper care for prevention of contamination can save us from infection, diarrhea and some very deadly diseases.



Size of Fist



Size of Palm or Healthy Fats



Two Large Hands  
As much as you want

## قربانی کیجئے! مگر احتیاط سے

جانور کی خریداری کے وقت کی احتیاط: صرف وہ جانور خریدیں جو منڈی میں طبی چیک اپ کے بعد آئے ہوں۔ جانور کو دیکھ بھال کر خریدیں اور یہ اطمینان کر لیں کہ کوئی جوں (Lice) یا چیچڑی (Tick) اس کو نہ لگی ہو۔ یہ چیچڑی ہی کانگو وائرس کو اپنے اندر رکھتی ہے اور لوگوں میں پھیلانے کا سبب بنتی ہے۔

جانور خریدنے کے بعد کی احتیاط: جانور کو گھر کے باہر رکھیں۔ اگر جانور بیمار نظر آ رہا ہو تو اس کی قربانی بالکل نہ کریں۔ بیمار جانور مر جائے تو اسے خاص طریقے سے دفن کیا جاتا ہے اور محکمہ صحت کو یہ کام کرنے دیں۔

قربانی کے جانور:

دودانت	بکرا
دو سال عمر پوری کر لے (دودانت)	گائے/بیل
6 ماہ سے زائد (اگر جانور فریہ ہو)	دنبہ یا بھیڑ
پانچ سال کی عمر پوری کر لے	اونٹ

HEALTHY EATING PLATE

**Q1. What is meant by Medication Safety and how we can ensure this at our homes?**

**A:** Medication safety is a broad term and the responsibility not only lies with healthcare professionals, but it's equally important to be observed and followed by patients and family members at home. This begins right from buying of medicine, its storage, usage and then disposal of leftover or expired ones. During all steps, there are some important tips that one should know and follow.

**Q2. What are the safety tips at the time of medicine purchase?**

**A:** There are 2 main things that need to be focused. One, the medicine is genuine (not fake/counterfeit) and second, correct medicine is being provided. A layperson cannot tell the genuineness of medicine by just looking at it, but some useful tips are:

1. Always look for faded or erased print, add-on stickers to hide some information or tampered lot # of expiry dates.
2. Never accept a product that does not contain lot # and expiry information (especially for cut tablet/capsule strips).
3. Never accept any medicine whose color/shape/smell is not appropriate.
4. Always try to purchase medicines from an authentic pharmacy.

For correct medicine, we must know that out of reported medication errors, 25-50% errors are due to similar packaging or names of the drugs, or illegible hand writing on prescription can lead to name confusions. It is possible that a wrong medicine or strength is dispensed due to such confusion. Always tally medicine name, strength with what doctor has prescribed, before leaving the pharmacy in order to avoid errors.

**Q3. What are the safety tips for storage of medicines?**

**A:** We spent money, time and efforts for doctor's consultation, diagnosis and medicine purchasing in order to get the best treatment. However it all goes in vain if medicines are stored improperly thereby

affecting their quality & effectiveness. Never store medicines in humid, hot places like kitchen, bathroom closets or inside car dashboards. Keep in cool area of your house, out of reach of children and pets. Medicines to be refrigerated must be properly stored inside fridge (not in the door) as the domestic fridges are not designed to control temperatures at the edges/door. Make sure that such medicines are never frozen (unless advised by a pharmacist), as freezing may permanently render a medicine ineffective.

Keep on checking your medicine stock periodically and discard expired medicines. A common query from patients is if expiry is mentioned as Dec 2020, till which date we can use it. Please note that it means that medicine is OK to be used till the last day of that month, i.e. 31st Dec 2020.

**Q4. How can we avoid problems while taking medicine?**

**A:** Some useful tips are:

1. Know your medicines, try to remember names and strength. Otherwise keep a list of your current medicines, and how you take them in easy access. This will help you in giving history in case of emergency or upon doctor's consultation.
2. Never share medicine with anyone else even if you think they have similar symptoms or problems.
3. Never take medicine in hurry, in dark or without reading the name. This will help you to recall that you have taken medicines & will avoid errors due to wrong drug, mix-ups or wrong dose etc.
4. If you are unclear about your medicine (e.g. indication, use or dose etc.) always ask your doctor or pharmacists. Follow their instructions properly.
5. Keep emergency contact of your doctor or Drug & Poison Information in easy access so that immediate advice can be taken if any mishap occurs.

## Interventional Radiology

Next Generation Treatment



### Treatment of Fibroids without Surgery

Uterine Fibroids Embolization  
Safe & Effective Treatment

بچہ دانی کی رسولیوں سے نجات، آج اور ابھی



**Have a Question?**  
**Call at 0346-8551861**  
(9am to 5pm)  
Monday to Saturday

*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*



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