



Monthly Activity Updates

# SHIFA SPEAKS

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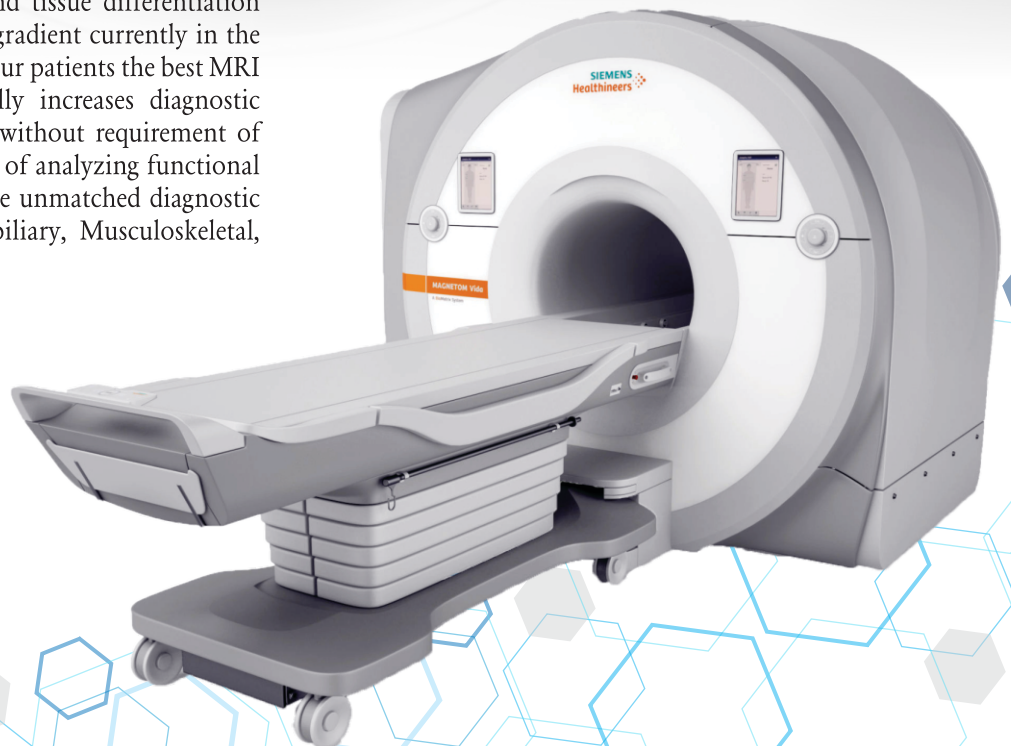
## *Shifa Radiology Department adding-up a latest MRI machine (3 Tesla) in its portfolio*

New 3T MRI has the best image clarity and tissue differentiation currently available. This has the strongest gradient currently in the entire world, meaning we will be able to provide our patients the best MRI available in the entire world. This dramatically increases diagnostic information. This may demonstrate pathology without requirement of histology in some areas. This machine is capable of analyzing functional evaluation and cellular activity. This will provide unmatched diagnostic yield in Neurological, Cardiovascular, Hepatobiliary, Musculoskeletal, Bowel and Oncological imaging.

### *MRI Designed for you*

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## Shifa Liver Transplant Team participated in 19th PSH Conference



The 19th Annual Conference of Pakistan Society of Hepatology was held at Serena Hotel, Quetta from 27th to 29th Sep 2019. Dr. Haseeb Haider Zia (Director Liver Transplant SIH) and Dr. Shahzad Riyaz (Consultant Hepatologist) participated in scientific session of the conference as technical speakers. To complement the efforts, an exhibition stall was set-up to increase awareness about Shifa's Liver Transplant & Hepatobiliary Surgery Program among local community of healthcare professionals. The annual PSH conference was attended by renowned academic Faculty, Gastroenterologists, Hepatologists, Medical Specialists, Family Physicians, & Postgraduate students from Quetta and other cities.



Shifa International Hospital organized the first ever Masterclass for Dialysis Technicians on September 15, 2019. Masterclass was designed to update knowledge in key areas of dialysis including preventive measures, diagnosis, treatment and rehabilitation. It started with a pre-test and ended with a post-Test to evaluate the program participants.

Dr. S. Nayer Mahmood (Chief of Medicine SIH) gave the opening remarks followed by the lectures. Speakers of the day were Dr. Fareeha Khalil, Dr. Ehtisham Hafeez, Dr. Nida Saleem, Dr. Shahbaz Kiani, Mr. Syed Afsar Shah & Ms. Riffat Sadiq from Nephrology department. Master Trainer, Dr. Danyal Hassan (Consultant Nephrologist SIH) and Dr. Momena Manzoor (Associate Consultant Nephrologist SIH) facilitated the masterclass throughout the day. Dr. Khawaja Sayeed Ahmed (Consultant Nephrologist SIH) gave the closing remarks.

Dr. Habib Ur Rahman (Chairman BOD SIH) was Chief Guest of the program and he appreciated efforts of Nephrology department in coming forward and taking initiative for capacity building of dialysis technicians of the region.



## Seminar on Advances in the Treatment of Multiple Sclerosis

A seminar on 'Advances in the treatment of Multiple Sclerosis' was organized at Shifa International Hospital (SIH) on 21st September 2019. The aim of this seminar was to discuss the latest treatment options available for the treatment of MS, particularly the use of autologous hematopoietic stem cell transplantation.



The academic program consisted of six talks by eminent neurologists, immunologists, rheumatologist and hematologist-oncologist, which includes Dr. Maimoona Siddiqui (Section Head of Neurology SIH), Professor Arsalan Ahmad (Consultant Neurologist SIH), Professor Richard Burt (Professor of Medicine/ Chief of Division of Immunotherapy for autoimmune diseases at Feinberg School of Medicine, Northwestern University, Chicago, Illinois), Dr. Muhammad Ayaz Mir (Consultant Hematology-Oncology SIH), Dr. Muhammad Saeed (Consultant Rheumatologist Immunocure, Karachi), Professor Dr. Tahir Aziz Ahmed (Professor of Immunology & Consultant Pathologist SIH) and Dr. Burhan Zafar Chaudhry (Assistant professor Neurology at University of Wisconsin, Wisconsin, USA).

Dr. Zeeshan Bin Ishtiaque (Medical Director SIH) while giving closing remarks thanked the speakers and program audience and presented souvenir shields to the contributors.

*Applause*

We are pleased to announce that Dr. Sohaib is appointed as Member of Panel of Examiners for Royal College of Surgeons Edinburgh. He will be part of UK team for surgical Examinations in Coventry, Edinburgh, Sheffield and Manchester. We Wish him Good Luck.

**Dr. Muhammad Sohaib Khan**

Associate Consultant General Surgeon  
MBBS, FCPS, MRCS (U.K.), FRCS (U.K.),  
Assistant Professor of Surgery,  
Special Interest in Oesophago-Gastric and Bariatric Surgery



## Shifa Team at the forefront to help AJK Earthquake Affectees

To play our part in facilitating and helping our Kashmiri brothers, an Emergency Response Team of Shifa Foundation and Shifa Tameer-e-Millat University has surveyed the affected areas in Mirpur & its vicinity in coordination with DHO and DC offices, Mirpur AJK, to execute various support initiatives.







## Shifa bids Farewell to outgoing **Chief Operating Officer**

Shifa International Hospital hosted a farewell dinner in honor of its outgoing Chief Operating Officer Mr. Aziz A. Jan on September 14, 2019. The speakers of the ceremony; Dr. Habib Ur Rahman (Chairman BOD), Dr. M.H Qazi (CEO SIH), Dr. Zeeshan Bin Ishtiaque (Medical Director), Syed Ilyas Ahmad (Member BOD), and newly joined COO Mr. Taimoor Shah commended the commitment and contribution by Mr. Aziz A. Jan to lead Shifa with utmost professionalism, integrity and skills.

Mr. Aziz A. Jan expressed his gratitude to every member of Shifa family for their love, support and commitment during his tenure. The management, consultants and employees also welcomed and greeted Mr. Taimoor Shah as newly appointed Chief Operating Officer.



On the occasion of World Physical Therapy Day, an awareness walk was organized by SIH on 07th September 2019. The aim of commemorating this day was to recognize the work that physical therapists do for their patients & to raise awareness about the crucial contribution physical therapists make in keeping people well & self-reliant in life.

An awareness campaign was launched in lieu with World Patient Safety Day on 17 September 2019 at Shifa International Hospital, Islamabad. The objective of the campaign was to raise awareness among patients & families, healthcare workers, & practitioners to consider and practice "Patient Safety" as an integral part of overall healthcare continuum.



## Psoriasis Awareness Program launched



Psoriasis awareness program was launched under the leadership of Prof. Ahsan Hameed, (Consultant Dermatologist SIH) & Dr. Zafar Ullah (Consultant Rheumatologist SIH) to educate and empower the patient communities on prevention and management. Prof. Ahsan shared various factors like stress, infections, trauma, alcohol intake and drugs like pain killers that can aggravate psoriasis. He stressed the importance of maintaining skin moisture and care during winter season when psoriasis is more commonly seen and treatment should be taken by dermatologist, not by home remedies. Dr. Zafar gave the insight details about Psoriatic arthritis which can affect any joint in the body, and symptoms may vary from person to person. He also said that persistent inflammation from psoriatic arthritis can lead to joint damage.



## Shifa International Hospital holds **Guest Lecture**

Medical Staff Affairs department of Shifa International Hospital organized a lecture on 'Update On Endovascular Treatment of Acute Ischemic Stroke' on September 12, 2019. The Guest Speaker was Prof. Adnan Qureshi (MD, Professor of Clinical Neurology, Program Director, Endovascular Surgical Neuroradiology Fellowship, University of Missouri, USA).





# WORLD HEART DAY 2019

30 to 40% of deaths are due to **Cardiovascular Disease**

Cardiovascular Diseases (CVD) are the leading cause of death and disability in the world, claiming 17.9 million lives a year; that's one third of all deaths on the planet and half of all Non-Communicable Disease related deaths. Around 85% of these deaths are due to heart disease and stroke. Pakistan's population has one of the highest risks of coronary heart disease in the world. In Pakistan, 30 to 40 percent of all deaths are due to CVDs. High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease. Despite its prevalence, it is possible to reduce the risk of cardiovascular diseases with lifestyle changes. "Looking after your heart means taking small but meaningful actions: eating a balanced diet, undertaking regular exercise and quitting smoking—all the things that not only make you healthier but also in a position to enjoy life to the fullest. 30 minutes of brisk walk along with a healthy diet can reduce the risk of a heart attack and stroke," Dr. Asad Ali Saleem, Chief of Cardiology at SIH shared.

Consultant Cardiologist Dr. Saeedullah Shah maintained that 80% of premature deaths from CVD can be avoided if the four main risk factors; tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol are controlled. Tobacco use and exposure to secondhand smoke kill 6 million people a year and are estimated to cause nearly 10% of CVDs. Exposure to secondhand smoke kills 600,000 people every year; 28% of them are children. Within two years of stopping smoking, the risk of coronary heart disease is substantially reduced. Within 15 years, the risk of CVD returns to that of a non-smoker.

Consultant Cardiologist Dr. Mehmood Zeb said, "Cardiovascular disease is caused by disorders of the heart and blood vessels, and includes coronary heart disease, cerebrovascular disease, hypertension, peripheral artery disease and heart failure. He stressed the need to quit smoking and emphasized the importance of a healthy heart for living life to the fullest, regardless of age or gender".

Consultant Cardiologist Dr. Assad Akbar Khan said that cardiovascular disease is the world number one killer today but it doesn't need to be this way. By making just a few changes to our lives, we can reduce our risk of heart disease and stroke. This year, we're asking people around the world to be heart heroes by making a heart promise; a promise to our families to cook and eat more healthily, a promise to our children to exercise more and help them to be more active, to say no to smoking and help our loved ones to stop; a promise as a healthcare professional to help patients give up smoking and lower their cholesterol, a promise as a policymaker to support policies that promote healthy hearts, a promise as an employee to invest in heart-healthy workplaces; a simple promise, for my heart, for your heart, for all our hearts.



A Simple  
Promise

for  
MY HEART

for  
YOUR HEART

for  
ALL OUR  
HEARTS



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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