



Monthly Newsletter

# SHIFA SPEAKS

Volume: 09 | Issue: 08 | March 2020

I AM  
AND  
I WILL  
(WHO Theme)



**World  
Cancer Day**  
Feb 04, 2020

## Shifa International Hospital Empowers Cancer Awareness Campaign



Minister of State for Climate Change; Ms. Zartaj Gul Wazir, while addressing an awareness seminar at Shifa International Hospital Islamabad on World Cancer Day (4th Feb 2020) as a Chief Guest emphasized the need for mass health awareness to educate communities on risk factors and causes related to cancer. She particularly addressed Pakistani youth to play their part in national awareness to sensitize general public on protecting and safeguarding our environment & climate to nurture a cleaner and greener Pakistan.

Mr. Aamir Zulfiqar Khan (Inspector General Police, Islamabad), was invited as Guest of Honor for the seminar. Mr. Khan urged that awareness is the first step towards prevention, timely detection and eventually successfully treating cancer and pledged all-out support for mass community health awareness for the residents of Islamabad.

Dr. M. Furrukh (Consultant Radiation Oncologist, SIH) while addressing the occasion said that, more than one-third of cancer cases can be prevented. Another one-third can be cured if detected early and treated properly. He educated the audience about seven warning signs of cancer, i.e., changes in bathroom habits, a sore that does not heal, unusual discharge and bleeding from natural orifices, thickness or lumps in the breast or other parts, indigestion and difficulty in swallowing, obvious changes in moles or warts, nagging cough and hoarseness, etc. and emphasized to timely get doctor's advice.



Dr. Ayaz Mir (Consultant Medical Oncologist, SIH) shared that taking simple actions such as stopping smoking, avoiding use of alcohol, exercising regularly, maintaining vitamins especially D level in the body and reducing the intake of white sugar, junk food, processed and red meat can extend a healthy life, and it would prove to be the first-line of defense against cancer and other associated non-communicable diseases.

Dr. Manzoor H. Qazi (CEO, SIH), Dr. Zeeshan Bin Inshtique (Medical Director, SIH) and Mr. Taimoor Shah (COO, SIH) emphasized the need to implement a holistic strategy to collectively fight cancer epidemic through health awareness and education. The management of SIH reaffirmed its commitment towards community health awareness in collaboration with governmental and other stakeholders.



## Shifa & Interloop Join Hands to Bring Quality Healthcare to Faisalabad and Surrounding Regions

Shifa International Hospitals Limited joins hands with Interloop Holdings (Pvt.) Limited to build a 250-bed tertiary care hospital to provide specialized healthcare facilities to the residents of Faisalabad & surrounding areas. The total project cost is Rs 4.2 billion which will be managed by Rs 2.86 billion as equity investment while Rs 1.34 billion through debt financing. Speaking on the occasion of signing ceremony of subscription & shareholders' agreements, Dr. Habib ur Rahman (Chairman BOD, SIH) emphasized that Shifa envisions to focus on capacity building through professional human capital, investing into latest medical technologies, good corporate governance, and health financing to further strengthen healthcare delivery systems to benefit people of Pakistan. Dr. Manzoor H. Qazi (CEO, SIH) mentioned that a new and modern hospital will be instrumental to serve larger populations of Faisalabad & surrounding cities as well. In this regard, he said, that first such agreement was signed between Shifa & Interloop in Dec. 2019 to invest in the equity of Shifa Medical Center Islamabad (Pvt.) Limited, as a day care ambulatory center in Islamabad. He also thanked HBL team which had a key role to facilitate investment & financing arrangement between Shifa & Interloop.

Mr. Musadaq Zulqarnain, Chairman & CEO Interloop Holdings (Pvt.) Limited reiterated that Interloop believes in contributing to the society and communities by investing into ethical and sustainable business models. He further said that Interloop, having its origin from Faisalabad, was duty-bound to bring state of the art health facilities for the people of Faisalabad.



## Shifa College Of Dentistry (SCD) - Orientation & White Coat Ceremony Held



The orientation day for the first batch of BDS students (SCD) and their parents was arranged on 16th February at Shifa International Hospital Islamabad. Prof. Anwar A. Shah (Principle/ Dean, SCD) lauded the untiring efforts of the whole team and continuous support of STMU and SIH for making the project operational in such a short time period. Shifa College of Dentistry is recognized by Pakistan Medical Commission/ Pakistan Medical and Dental Council. While addressing the students and parents, Dr. Manzoor H. Qazi (Chancellor, Shifa Tameer-e-Millat University), Prof. Dr. Mohammad Iqbal Khan (Vice Chancellor, Shifa Tameer-e-Millat University), and Prof. Anwar A. Shah (Principle, Shifa College of Dentistry) vowed their mission to offer quality academic and research experiences to students under leadership of an international experienced and qualified faculty. Shifa College of Dentistry is situated on the west service road, opposite to Sohan Interchange, with an easy access from the main Islamabad Expressway.



## Shifa Employee and Nurse of The Month (December 2019 & January 2020)

  
**Applause**



**Javed Masih**  
House Keeping



**Nabila Parveen**  
Nursing



**Khawaja Mohsin Ali**  
Nursing



**Noormeen Baig**  
Nursing



## Opening Ceremony of New IPD Floor at Shifa International Hospital, Faisalabad



The opening ceremony of a new IPD floor was held on 22<sup>nd</sup> February 2020 at Shifa International Hospital Faisalabad. The extended facility with a pediatric and an Intensive Care Unit (ICU) aims to provide quality services to patients requiring critical care in a compassionate manner by an experienced team of healthcare professionals.

SIH management, panel companies, consultants and people from different walks of life attended the event. Mr. Aziz Ur Rashid (Administrator, SIH Faisalabad), and Dr. M. Ilyas Shakir (Chief Medical Officer, SIH Faisalabad) gave an overview of new services offered by the hospital. The chief guest of the inauguration ceremony was Dr. Manzoor H. Qazi (CEO, SIH). The ceremony was attended by Mr. Sheikh Ehsan (Chairman, Dar Ul Shifa Trust, Faisalabad), Mr. Muhammad Zahid (Executive Director, Planning & Development, SIH), Dr. Samea Kausar (Member BOD, SIH), Dr. Fatima Ahmed (Member BOD, TMF), Dr. Malik Imad Khan (Chief Operation Officer, External Services), Dr. Maimoona Siddiqui (HOD & Consultant Neurologist, SIH Islamabad), Dr. Monette B. Brombuela (Chief Nursing Officer, SIH Islamabad), Dr. Ghulam Siddiq (Chief of Surgery, SIH Islamabad), Dr. Jehanzeb Malik (Senior Anesthetist, SIH Islamabad), doctors and staff of Shifa International Hospital Faisalabad.



### A CME & Live Surgeries at Shifa International Hospital Faisalabad



Shifa International Hospital, Faisalabad organized a monthly Continuous Medical Education (CME) session featuring; "Bariatric Surgery: Need of the Hour" on 22<sup>nd</sup> February 2020. The participants of the session witnessed the live video streaming of two Laparoscopic Sleeve Gastrectomy surgeries, performed by Dr. Ghulam Siddiq (Consultant General Surgeon, SIH Islamabad) and Dr. Ijlal Haider (Consultant General Surgeon, SIH Faisalabad). A detailed presentation was given by Dr. M. Awais Ashraf (Consultant General Surgeon, SIH Faisalabad) on benefits of Laparoscopic Sleeve Gastrectomy while Dr. Jehanzeb Malik (Senior Anesthetist, SIH Islamabad) elaborated the preoperative care. The activity was concluded with a Q & A session.



### International Epilepsy Day: Shifa International Hospital Pledges to Underline Epilepsy Treatment and Prevention

International Epilepsy Day was marked to raise awareness of epilepsy; what it is? how it can be treated?, and what is needed to bring treatment to all people who need it? According to World Health Organization (WHO), around 50 million people worldwide have epilepsy, making it one of the most common neurological diseases globally. Shifa International Hospital vows to emphasize Epilepsy Awareness, Prevalence, Treatment & its Prevention.



Overall prevalence of Epilepsy in Pakistan is estimated to be 9.99 per 1000 population:  
*Experts*

Dr. Maimoona Siddiqui, (HOD & Consultant Neurologist, Shifa International Hospital) said that, traditionally, the diagnosis of epilepsy requires the occurrence of at least 2 unprovoked seizures. The first seizure should not be treated unless there are any clinical findings explained on diagnostic tests including MRI, EEG or any abnormal focal neurological findings or in case of family history. The lifetime likelihood of experiencing at least 1 epileptic seizure is about 9%, and the lifetime likelihood of receiving a diagnosis of epilepsy is almost 3%. According to a study, overall prevalence of epilepsy in Pakistan is estimated to be 9.99 per 1000 population, which is more or less similar to Global Prevalence (5-10 cases per 1000). It is estimated that up to 70% of people living with epilepsy could live seizure-free if properly diagnosed and treated. As per the recommendations of Epilepsy Foundation, Dr. Maimoona advised about precautionary steps that should be taken to avoid epilepsy related accidents. These include replacing glass utensils with plastic, use caution with hot fluids, take shower instead of bath, install a rubber mat or nonskid strips on the tub or shower floor, pad hard edges of tables and furniture, cook with partner, consider using a seizure alert monitor or sharing a room. According to Dr. Azhar Saeed (Consultant Neurologist, SIH), although the mainstay of treatment for individuals with epilepsy is pharmacological, non-drug treatments such as psychological interventions, the Ketogenic Diet (KD) and Vagus Nerve Stimulation (VNS) are also used.

## On-Spot Recognition of Shifa Employees

Recognition and appreciation are the biggest forms of motivation. Instant recognition of the noteworthy achievements of the employees keeps them inspired to work harder and give their best. The Human Resources & Development Dept. SIH is committed to developing a culture of on-spot recognition where nominated employees are visited each month in their respective departments to offer a recognition card and a badge.



## A Clinical Lecture Conducted on Depression by Dr. Mehboob Yaqub



Medical Staff Affairs, SIH organized a clinical lecture on Depression by Dr. Mehboob Yaqub (Consultant Psychiatrist, SIH) on 22<sup>nd</sup> February, 2020. The topic of discussion was "Sorry to Disappoint! You Are Not Depressed". The session was attended by consultants, medical officers, and students.



## شفا بریسٹ کلینک

بریسٹ اچھاتی کے کینسر کی تشخیص سے علاج تک مکمل رہنمائی

- مکمل تشخیصی سہولیات (بریسٹ ایگزام / معائنہ، میموگرافی، بریسٹ الٹراساؤنڈ، بائیوپسی)
- بین الاقوامی تربیت یافتہ آنکالوجسٹس، سرجنز، پتھالوجی اور ریڈیالوجی ماہرین سے مشاورت
- جدید سرجری کی سہولیات
- تربیت یافتہ نرس آپ کی معاون اور ہمراہ



بریسٹ کلینک ہاٹ لائن

051-8464482, 0346-8551831

پہر تا ہفتہ (9 سے شام 5 بجے)



اگر آپ میں درج ذیل علامات ہیں تو:

ہچکچائیے نہیں۔ رابطہ کیجئے

- نپل سے مواد کا اخراج
- بغل میں گٹھی
- چھاتی کی جلد کا سرخی مائل ہونا
- خاندان کے کسی قریبی فرد کو چھاتی کا کینسر



Sector H-8/4, Islamabad - Pakistan.  
UAN: +92 51 1111 shifa (74432)  
shifa.international.hospital  
www.shifa.com.pk



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