



SHIFA INTERNATIONAL HOSPITAL CONDUCTS **HEPATITIS SCREENING CAMP** AT GEO NEWS OFFICE, ADVOCATING LIFE-SAVING AWARENESS

In an earnest effort to combat Hepatitis and raise awareness about its early detection and prevention, Shifa International Hospital organized a Hepatitis Screening Camp at the premises of Geo News. More than 70 dedicated employees of Geo News participated in the camp, availing the opportunity for vital health screenings, 28th July is celebrated as World Hepatitis Day and the camp was organized to commemorate the day and to raise awareness about screening, prevention, and early diagnosis of the viral disease. According to WHO in Pakistan, almost 12 million people are suffering from hepatitis B or C. Each year brings about 150,000 new cases. The screening camp, held recently witnessed an engaging awareness talk delivered by Dr. Abid Ilyas, Consultant in Internal Medicine at Shifa International Hospital.

Dr. Abid Ilyas focused on the significance of timely Hepatitis screening and its potential to save millions of lives. 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 while getting shave from barbers.

Dr. Abid Ilyas explained the importance of early diagnosis in effectively managing and preventing the spread of this prevalent health concern. He said, Hepatitis C is the most common blood-borne chronic viral infection in Pakistan. The hepatitis C virus is blood-borne, meaning that the virus lives in a person's blood. People can contract the virus by coming into contact with blood that contains it.



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SHIFA TAMEER-E-MILLAT UNIVERSITY CELEBRATES *Landmark Achievement of Hosting* **INAUGURAL DENTISTRY PHD PROGRAM**



Shifa College of Dentistry, Shifa Tameer-e-Millat University, has successfully completed its PhD admission process and held its first Dentistry PhD program orientation ceremony recently. The event showcased the University's commitment to excellence in dental education and research. It was attended by senior board members, dental community, faculty, and current students. During the ceremony, Prof. Dr. Mohammad Iqbal Khan, Vice Chancellor of STMU, and Prof. Dr. Anwar Ali Shah, Principal of Shifa College of Dentistry, delivered inspiring keynote addresses highlighting the program's potential impact on advancing oral healthcare practices through innovative research.

The Dentistry PhD program covers various disciplines, including Oral Pathology, Orthodontics, Forensic Dentistry, Dental Materials, Prosthodontics, Periodontology, Endodontic, Oral and Maxillofacial Surgery, Community and Operative Dentistry. It aims to empower aspiring scholars and researchers to become leaders in dental research, academia, and clinical practice.



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DR. SHAZIA FAKHAR LEADS HANDS-ON WORKSHOP ON “ADVANCED HYSTEROSCOPY TECHNIQUES” AT MILITARY HOSPITAL, RAWALPINDI

Dr. Shazia Fakhar, Consultant Obstetrician and Gynecologist & Head of the Obs/ Gyne department at Shifa conducted a training session during a workshop on operative hysteroscopy using the TruClear™ Hysteroscopic Tissue Removal System at Military Hospital, Rawalpindi.

This workshop was organized by Major General Abeera Choudhry, Head of the Obs/ Gyne department, Military Hospital Rawalpindi and she invited Dr. Shazia Fakhar, who is the master trainer for this tissue removal system, to conduct a course at their hospital. The one-day workshop had the objective of training gynecologists in the utilization of operative hysteroscopy, specifically focusing on the TruClear™ Hysteroscopic Tissue Removal System. This system is employed for removing tissue within the uterus, addressing issues such as polyps, uterine septum, fibroids, and other abnormalities.

The workshop saw active participation from gynecologists representing Military Hospital, Combined Military Hospital, Polyclinic Hospital, PIMS Hospital & other few hospitals. The workshop commenced with an introductory session, followed by hands-on training and practical experience.

Dr. Shazia Fakhar took the lead in performing four surgical procedures in the theater, dealing with cases involving intrauterine multiple and single fibroids. Shifa International Hospital, stands as the pioneer in the twin cities, possessing this innovative equipment designed for tissue removal from the uterine cavity.





EXTENDING CARE BEYOND BOUNDARIES

SHIFA INTERNATIONAL HOSPITAL'S NATIONWIDE

OUTREACH CLINIC PROGRAM



The outreach program at Shifa International Hospital, which began in 2017 with a liver transplant clinic in Sukkur, is a true reflection of the Shifa's dedication and vision to provide accessible and quality healthcare on a national scale. This outreach initiative was launched to address the needs of patients who previously had to undertake lengthy journeys for their treatment.

The primary goals of the outreach clinics are to minimize the financial burdens and extend healthcare services to patients who were unable to travel to Islamabad. Since 2017, more than 450 clinics have been conducted in cities such as Lahore, Peshawar, Mirpur AJK & Quetta.



SHIFA ORGANIZES A

Nursing Workshop on

MANAGEMENT & CARE OF CENTRAL VENOUS ACCESS DEVICES



This workshop marked a successful collaboration among nursing and medical professionals. Hosted by the oncology department in partnership with interventional radiology, radiation oncology, and healthcare education units, the event featured prominent speakers from Shifa International Hospital. These included Dr. Atif Rana, Interventional Radiologist; Dr. Muhammad Farrukh, Radiation Oncologist; Dr. Ayaz Mir, Medical Oncologist; Dr. Zahid Amin Khan; Interventional Radiologist; Ms. Naseem Akhtar, Nursing Manager; Mr. Nabeel Anwar, Assistant Clinical Nurse Manager; and Mr. Sulman Siddique, Manager of Healthcare Education. The workshop extensively covered cutting-edge central venous access devices (CVCs) management through insightful presentations.

A highlight was the hands-on training, led by experienced doctors and oncology nurses, which garnered appreciation from attendees. The workshop's success sets the stage for upcoming initiatives, including a nurse-led CVC research study and a tailored education program, all aimed at enhancing patient care. This underscores Shifa's dedication to continuous improvement and comprehensive healthcare education.



Shifa Medical & Dialysis Center
G-10, Islamabad
Shifa International Hospitals Ltd.

SHIFA INTERNATIONAL HOSPITAL EXTENDS ITS OUTPATIENT SERVICES TO

SHIFA MEDICAL & DIALYSIS CENTER, ISLAMABAD

Shifa International Hospital has embarked on a significant endeavor to elevate patient care & accessibility, as it extends its outpatient services to the Shifa Medical & Dialysis Center in G-10 Islamabad.

Patients now have the opportunity to benefit from a comprehensive range of specialized medical services offered at the outpatient department (OPD) of the center. These specialties encompass a diverse array of medical fields, including ENT, Ophthalmology, Dermatology, Orthopedics, General Surgery, Pain Management, Gastroenterology, Urology, Obstetrics and gynecology, Nephrology, Audiology, Endocrinology, Psychiatry, Dental care, Rheumatology, Vascular Surgery, Neurology & Pediatrics.

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What is Hepatitis and what are its types?

Hepatitis is a medical condition characterized by inflammation of the liver. It can be caused by viral infections, alcohol consumption, toxins, and certain medications. Hepatitis can be acute or chronic, leading to various health complications if left untreated.

There are five main types of hepatitis: Hepatitis A, Hepatitis B, Hepatitis C, Hepatitis D, and Hepatitis E. Each type is caused by a different virus and has varying modes of transmission and severity.

What causes different types of Hepatitis?

- Hepatitis A is caused by the Hepatitis A virus (HAV) and is commonly transmitted through contaminated food and water or through close contact with an infected person.
- Hepatitis B is caused by the Hepatitis B virus (HBV) and is primarily spread through infected blood, unprotected sexual contact, or from an infected mother to her baby during childbirth.
- Hepatitis C is caused by the Hepatitis C virus (HCV) and is mainly transmitted through contact with infected blood, sharing needles, and rarely through sexual contact.
- Hepatitis D also known as "**Delta Hepatitis**," is unique as it can only occur in individuals already infected with Hepatitis B. It is transmitted through similar routes as Hepatitis B.
- Hepatitis E is caused by the Hepatitis E virus (HEV) and is primarily transmitted through contaminated water or food, especially in areas with poor sanitation.

How can Hepatitis be prevented?

Hepatitis A and B can be prevented through vaccination. Practicing good hygiene, avoiding risky behaviors such as sharing needles or unprotected sex, and ensuring safe food and water consumption can help prevent Hepatitis A and E.

There is no vaccine for Hepatitis C, so prevention involves avoiding high-risk behaviors, such as sharing needles and practicing safe sex.

What are some general preventive measures for Hepatitis?

To reduce the risk of all types of hepatitis, it's essential to maintain a healthy lifestyle & follow standard infection prevention practices, such as proper hand washing.

What is the prognosis for Hepatitis?

The prognosis for hepatitis varies depending on the type and the individual's overall health. Acute hepatitis may resolve on its own with proper care, while chronic hepatitis can lead to liver damage, cirrhosis, and even liver failure. Early detection, medical management, and lifestyle changes play crucial roles in improving the prognosis.



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