

## SHIFA INTERNATIONAL HOSPITAL ORGANIZED A SEMINAR ON IMPORTANCE OF EARLY BREAST CANCER DETECTION FOR EFFECTIVE TREATMENT



Event was organized to mark October as breast cancer awareness month. Experts from various departments of Shifa International Hospital presented a range of topics related to breast cancer. Dr. Azhar Shafi, Medical Oncologist/Hematologist, Dr. Nadira Mamoon, Chief of Pathology, Dr. Saeeda Yasmin, General Surgeon, Dr. Sana Sayeed, Consultant Radiologist, Dr. Hiba Khalid, Resident in Radiation Oncology, & Nabeel Anwar, Clinical Nurse Manager discussed various aspects, including an overview of breast cancer management, the pivotal role of a dedicated pathologist in breast cancer, modern trends in breast cancer surgery, the importance of mammography in early detection, the role of radiation in breast cancer management and the safety and handling of chemotherapy. In addition to these presentations, a few breast cancer survivors were also in attendance. Dr. Maheen Akbar, breast cancer survivor, shared her personal experiences with the disease.





# Shifa International Hospital Organized A Seminar on LUNG CANCER: FROM SCREENING TO TREATMENT



The seminar provided a platform for experts to share their latest insights and advancements in the field of lung cancer, spanning from early screening methods to cutting-edge treatment options. The activity directors of the seminar were Dr. Murtaza Kazmi, Head of the Pulmonology Department at Shifa International Hospital, and Dr. Asif Masood, Head of Radiation Oncology at Shifa International Hospital. In this seminar, Shifa International Hospital brought together experts from Combined Military Hospital (CMH), Military Hospital (MH), Kahuta Research Laboratories (KRL), and Fauji Foundation Hospital. It was an opportunity to unite the collective knowledge and resources in the mission to combat this disease and instill hope in those affected. Maj. Gen (R) Dr. Jawad Khaliq, President Pakistan Chest Society, gave opening remarks and appreciated the rising culture of such educational activities in twin cities.

Other speakers were Prof. Dr. Col Muhammad Amir, Maj. Gen. Prof Dr. Bilal Umair, Director General of Surgery Pakistan Army, Dr. Azhar Shafi, Consultant Hematologist, Dr. Muhammad Farrukh, Consultant Radiation Oncologist, Dr. Asghar Nawaz, Consultant Thoracic Surgeon, at Shifa International Hospital, Dr. Kamran Rashid, Consultant Medical Oncologist, Rasheed Nursing Home, Brig. (R). Dr. Jamal Ahmad Head of Pulmonology Department Fauji Foundation, and Dr. Kareem Ullah Toori, Consultant Pulmonologist KRL General Hospital, Islamabad.



## Shifa International Hospital Celebrated WORLD STROKE DAY WITH A HIKING ADVENTURE ON TRAIL-5 MARGALLA HILLS, ISLAMABAD

The primary aim was to emphasize the crucial correlation between a healthy lifestyle and the prevention of stroke. This health-driven activity drew many enthusiastic participants. Before the start of the hike, Dr. Raja Farhat Shoaib, Consultant Stroke Medicine and Neurorehab at Shifa, and Dr. Maimoona Siddique, Consultant Neurologist, Head of the Neurology Department at Shifa International Hospital, delivered an insightful speech highlighting the significance of an active lifestyle in preventing stroke.







# Glimpses of Breast Cancer Awareness Sessions

held by Shifa International Hospital in different organizations





## Shifa International Hospital Organized DYSPHAGIA SUPPORT GROUP FOR PARKINSON'S PATIENTS

The activity was arranged to help patients with Parkinson's disease get support in difficulty related to eating, drinking, swallowing disorders, emotional aspects related to the condition & connection with other people suffering from a similar condition. Dr. Wahab Yousufzai, Consultant Psychiatrist talked about the emotional aspect of Dysphagia particularly for people dealing with Parkinson's disease. Mr. Kashif Khan, Associate General Manager of Rehabilitation Department explained the importance of a team based approach with regular assessments involving speech-language pathologists, psychiatrists, psychologists, and other healthcare professionals. Ms. Faiza Badar, Speech Pathologist and Manager Rehabilitation Department talked about aspiration precautions and tips to make oral feeding safe for patients with Parkinson's.



## SHIFA INTERNATIONAL HOSPITAL CELEBRATED RESPIRATORY CARE WEEK WITH INSIGHTFUL WORKSHOPS AND EDUCATIONAL OUTREACH



Shifa International Hospital commemorated Respiratory Care Week by recognizing the vital role of Respiratory Therapists in healthcare. Information desks were set up at the Shifa International Hospital and Polyclinic Hospital to enlighten visitors about the significance of maintaining healthy respiratory system. The Respiratory Care Week's highlights were workshops on invasive and noninvasive ventilation in neonates and pediatrics. The engaging sessions, guided by expert clinicians and the hospital's talented Respiratory Therapists, briefed attendees to various Non-Invasive Ventilation options available for neonates and pediatric populations. The workshops covered essential topics, including mechanical ventilation in neonates and pediatrics, insights into adult mechanical ventilation, patient-ventilator interactions, and the benefits of Pulmonary Rehabilitation, led by Dr. Murtaza Kazmi, Consultant Pulmonologist, Head of Pulmonology Department. These sessions not only imparted valuable knowledge but also equipped healthcare practitioners with enhanced skills in respiratory care. The event successfully achieved its goal of educating the public about lung health, marking a significant contribution to the advancement of respiratory care practices at Shifa International Hospital.



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