

From The Chief Editor Desk



Dr. Abdus Salam Khan
Medical Director SMC G-10

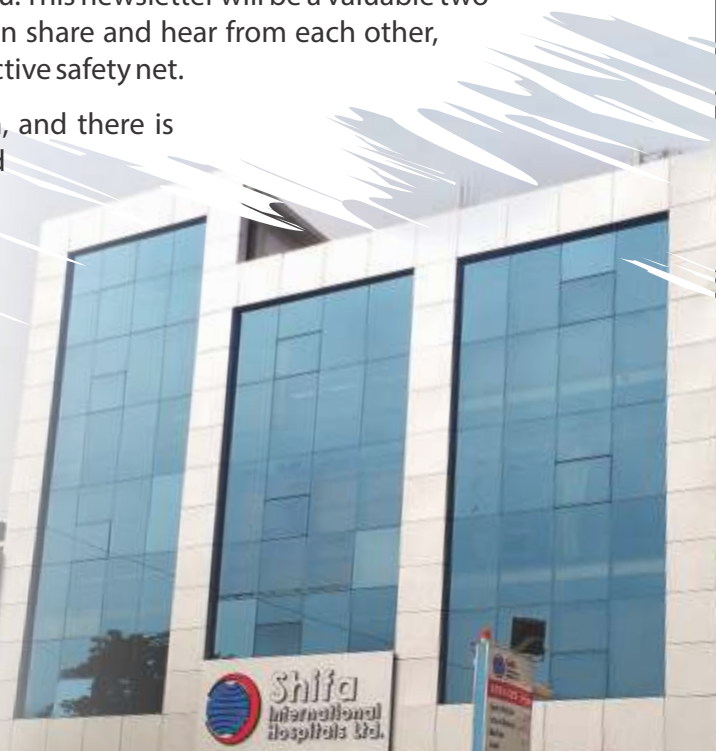
It is with great gratitude and a sense of accomplishment that I present to you the very first edition of our G-10 Newsletter. In the ever-evolving field of healthcare, timely communication and continuous education are essential to ensure patient safety and high-quality care. Just as importantly, we must actively involve our patients and their families as valued members of the healthcare team. At the center of this team is the patient, supported by doctors, nurses, staff, and loved ones, all working together for better outcomes.

When we embrace this team-based approach, we manage medical challenges in safer, more effective ways. Every member of this circle is vital, and bringing everyone together on a common platform strengthens our ability to care for patients holistically.

As we continuously strive to improve the quality and safety of our services, we recognize that open communication and patient education have always been key to our success. This newsletter is a natural next step an accessible, practical resource that will keep patients and families informed and engaged. It will serve not only as a source of information but also as a reference that can be revisited whenever needed.

Our medical center is uniquely positioned to provide comprehensive care, offering dialysis services, urgent care, and outpatient clinics. We are privileged to have earned the trust of our community, and we are committed to safeguarding and building on that trust through transparent communication. Whether it's sharing new treatments, innovations, or fresh solutions to long-standing problems, we want to keep our patients informed. Some messages require ongoing reinforcement, while others invite us to listen and learn from you. This newsletter will be a valuable two-way channel a space where we can share and hear from each other, ultimately strengthening our collective safety net.

There is power in communication, and there is goodness in educating and supporting one another in our shared mission to improve lives. I encourage you to actively engage with this newsletter: read it, share your thoughts, and contribute your ideas. May Allah accept our efforts and allow them to bring benefit to all through sincere, meaningful work.
Ameen.



HEAT SAFETY ALERT: PROTECT YOURSELF IN EXTREME TEMPERATURES

Excessive heat can be dangerous. Follow these essential tips to stay safe:

- **Hydration is Key:** Aim for 8–10 glasses of water daily. Avoid caffeine and alcohol in the heat.
- **Limit Outdoor Exposure:** Stay indoors during peak sun hours (10 a.m. – 4 p.m.) whenever possible.
- **Use Cooling Methods:** Fans, cool showers, and AC help regulate body temperature.
- **Watch for Warning Signs:** Confusion, muscle cramps, or fainting can indicate heat stroke. Seek help immediately.
- **Check In:** Keep in touch with elderly neighbors, coworkers, and at-risk individuals.



IMPORTANCE OF REGULAR MEDICAL CHECKUPS

Regular doctor visits are essential not just for treating illness, but for staying well.

- **Early Detection Saves Lives:** Many conditions show no symptoms early on. Screenings can catch them before they progress.
- **Preventive Care:** Immunizations, screenings, and blood pressure checks are all part of staying ahead.
- **Chronic Disease Management:** If you have conditions like diabetes, cholesterol, or heart disease, routine care is critical.
- **Health Planning:** Your doctor can guide diet, exercise, and lifestyle adjustments to keep you thriving. Invest in your health.

Schedule your next checkup today, it could make all the difference.



AVOID POLYPHARMACY: THE RISK OF TOO MANY MEDICATIONS

More isn't always better. Taking multiple medications increases the risk of:

- Drug interactions and side effects
- Cognitive problems and falls
- Difficulty managing complex regimens

What you can do:

- Regularly review medications with your healthcare provider
- Eliminate unnecessary or duplicate drugs

Smart medication management helps ensure safety and improves outcomes especially for older adults or those with chronic conditions.



KEEPING RECORD OF YOUR HEALTH HELPS YOU STAY HEALTHY

Keeping track of your health isn't just for doctors it's one of the best habits you can build for yourself. By recording things like medications, allergies, test results, or daily symptoms, you create a clear picture of your overall health.

This personal health record helps you:

- Understand how your body changes over time
- Make better decisions with your healthcare provider
- Avoid medication errors or duplicate tests

You don't need fancy tools a notebook, spreadsheet, or health app works just fine. The key is consistency. Staying organized today could save you stress tomorrow.

Quick Tip: Bring an updated health summary to every doctor's visit it makes your care faster and safer.

SHIFA MEDICAL CENTER EMPOWERS COMMUNITIES WITH LIFESAVING CPR SKILLS

In a powerful stride toward improving community health literacy and emergency response readiness, Shifa Medical Center has successfully conducted **10 CPR training sessions** since the launch of its program in October 2024. These sessions hosted at the hospital's G-10 facility have now empowered **325 individuals** with essential lifesaving skills.

Initially organized as a monthly event, the CPR sessions have grown in popularity, leading to bi-monthly offerings over the past two months to accommodate rising public demand.

What sets this initiative apart is the diverse participant base. From teachers, housewives, and engineers to nonmedical students, as well as medical and allied health students from across Islamabad, Rawalpindi, Abbottabad, and Peshawar, the program welcomes all. It serves as a model for inclusive public health outreach.

"Our aim is to empower ordinary citizens with extraordinary skills," said **Dr. Abdus Salam Khan, Medical Director at SMC-G10**. "We believe true healthcare begins with prevention, awareness, and timely response." Behind the scenes, the success of this program is attributed to the coordinated efforts of the administration, reception, and support teams, who ensured every session ran smoothly. With this initiative, Shifa Medical Center continues to set benchmarks in community engagement and proactive healthcare education.



POEM ON HAEMODIALYSIS

I come and chose my dialysis machine

O yes this is my general routine

Running to get Dialysis kit

Yes I will be all fit

Checking out my dry weight

Why the hell am I always late

Setting blood line looks just fine

nursing staff is all friend of mine

Low blood pressure is not my

fate

Cox I always have high UF rate

For 4 hours I am all bound

No handsome doctor on the

round

What to eat, I have open choice

Fries for girls, and tea for boys

Here comes dialysis to an end

Tomorrow u will find another

friend.

By Ayesha Adeel

مریض کی کہانی: عائشہ عدیل

عائشہ عدیل ایک باہمت آرٹسٹ اور موڈیویشنل اسپیکر ہیں۔ گردوں کی خرابی کے بعد جب وہ ڈائلیزس پر آئیں تو انہوں نے اپنی تخلیقی سرگرمیوں کو نہ صرف ذہنی دباؤ سے نجات کا ذریعہ بنایا بلکہ انہیں اپنا کیریئر بھی بنانے کے مریضوں کو زندگی کو نئے زاویے سے دیکھنے کی ترغیب دینا شروع کیا۔

عائشہ کہتی ہیں:

"میری خوشگوار ازدواجی زندگی میں ایک وقت ایسا آیا جب مجھے لگا کہ میں مایوسی کے اندھیروں میں ڈوب رہی ہوں۔ ۲۰۱۵ میں میرے گردے ناکارہ ہو گئے اور ڈائلیزس میری زندگی کا معمول بن گیا۔ ابتدا میں خاندان نے ہر قدم پر میرا ساتھ دیا اور مجھے حوصلہ دیا۔

میں وہیل چیئر کی محتاج تھی، مگر اپنے شوہر کی مسلسل سپورٹ سے میں نے خود پر بھروسہ کیا اور آہستہ آہستہ اپنے قدموں پر چلنا شروع کر دیا۔ شروع کے دن بہت مشکل تھے، لیکن جب میں نے معصوم بچوں کو ڈائلیزس کرواتے دیکھا تو مجھے اپنے دکھ چھوٹے لگنے لگے۔ میں نے دل سے رب کا شکر ادا کیا اور زندگی کو بہتر بنانے کی کوشش میں لگ گئی۔ ڈائلیزس سینٹر میرے لیے صرف ایک علاج گاہ نہیں بلکہ ایک نئی دنیا بن گیا جہاں میں نے نئے دوست بنائے اور ہر مریض کی کہانی سے کچھ نیا سیکھا۔ شفا میڈیکل سینٹر جی ٹین کا عملہ میرے لیے ایک فیملی کی طرح ہے، جو مجھے ہر موقع پر سہارا اور حوصلہ دیتا ہے۔ مجھے ہمیشہ سے آرٹ کا شوق تھا، اور یہ شوق میرے لیے ایک طرح کا علاج بن گیا۔ آرٹ کے ذریعے مجھے ذہنی سکون ملا اور اسی حوصلے کے ساتھ میں نے آن لائن کام کا آغاز بھی کیا۔ آج میں خود کو فخر سے ایک آرٹسٹ اور موڈیویشنل اسپیکر کے طور پر متعارف کرواتی ہوں۔ معیاری ڈائلیزس کی بدولت آج میں ایک بہتر زندگی گزار رہی ہوں۔

میرا پیغام ہے: زندگی میں کبھی مایوس نہ ہوں۔ مضبوط ارادے اور خود اعتمادی کی طاقت سے آپ ہر مشکل پر قابو پاسکتے ہیں۔ وہ چیزیں بھی حاصل کر سکتے ہیں جو بظاہر ناممکن لگتی ہیں۔

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