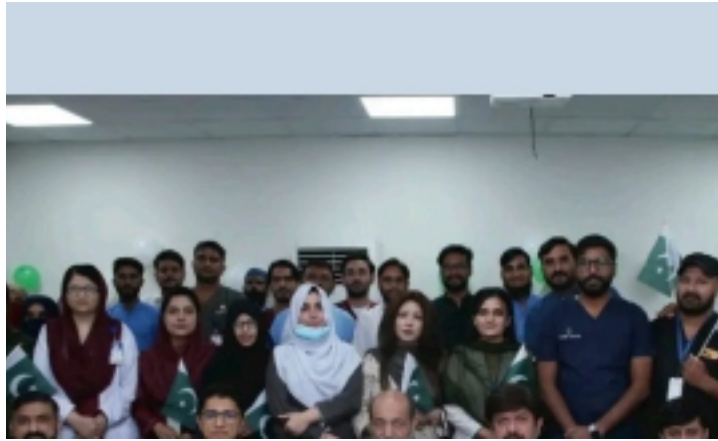


## Shifa Medical Center Celebrated Pakistan's 78 Independence Day

On August 14th, Shifa Medical Center G-10 celebrated Pakistan's 78th Independence Day with energy, pride, and unity. The event brought together doctors, staff, and management in a collective tribute to the heroes who sacrificed everything for our nation's freedom. Dr. Junaid Mustafa Chief Medical Officer and Mr. Tamoor Shah Chief Operating Officer honored the event with their presence as chief guests. In their heartfelt speeches, they urged everyone to carry forward the legacy of our founders by serving the community with dedication, compassion, and responsibility.

The celebration began with the recitation of the national anthem, followed by soul stirring patriotic songs sung by staff members. The venue was beautifully decorated in green and white, reflecting the spirit of the day. A cake-cutting ceremony concluded the event, bringing everyone together in joy and remembrance. SMC remains committed to playing its part in the nation's growth through excellence in healthcare and community service.



## PSYCHIATRY CLINIC NOW OPEN AT SMC G-10

Shifa Medical Center in G-10, Islamabad, officially inaugurated its Psychiatry Department on September 3, 2025, with a dedicated ceremony attended by senior management, healthcare professionals, and staff. The launch marks a significant milestone in SMC's commitment to expanding access to quality mental healthcare. The newly established clinic is now fully operational and aims to provide a safe, confidential, and supportive environment for individuals seeking help for mental health concerns.

### Services include:

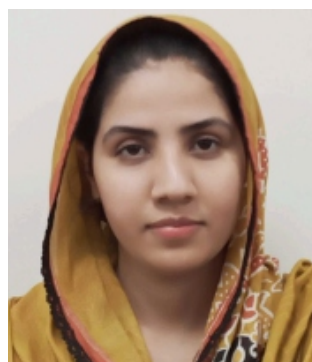
- Expert psychiatric consultation
- Compassionate mental health care
- Support and treatment for various mental health conditions



## EMPLOYEE OF THE MONTH



**Muzamal Hanif**  
Head Technician (Dialysis)



**Mariam Shahzad**  
Technologist (Radiology)



**Muhammad Ismail**  
Head Technician (FMD)



## WHY FLU VACCINATION IS NECESSARY

Flu is a viral infection that causes fevers, body ache, headache, weakness and cough with sneezing. It is spread from the secretions and from a sick person to others. It can affect any person, but the effects of flu can be from mild to very severe based upon the health condition of the person. In people with low immunity, it can lead to pneumonia and severe upper respiratory infection and lead to sepsis and sometimes death.

Flu causes death across the world in very high numbers. It usually affects elderly and otherwise sick, and also people with low immunity, who has trouble fighting with infections. Person who get mild disease also need to rest and take fluids and fever medications, and at times when symptoms last longer have to be off from work. Their productivity is affected and ultimately overall productivity of the society goes down. In the people with immunity problems the effects can be further devastating. They become weak and due to illness as well as lack of appetite, their energy level goes down, and then they develop other sort of illness like worsening of their other medical conditions, It includes conditions like asthma, heart failure, liver disease and other chronic diseases like renal failure. Patients on dialysis are at a disadvantage if they get flu, as their immunity is low and they can have more serious illness as compared with normal people.

One way to avoid the flu is to have no exposure to flu virus, which is impossible in flu season. The other way is to get vaccinated. Vaccination makes sense, as it causes plenty of benefits like creating immunity against flu and also helps in decreasing the spread of flu through community (herd) immunity.

Flu virus is of many types, and sub types, which also includes (H1N1). The common infection happens by Influenza type A and Influenza Type B viruses. The vaccine is made through rigorous scientific calculations and looking into the trends across the world. Finally 4 types of viruses are selected and vaccines are made. Different types of vaccines are available in the market. One of these vaccines is made through growing virus in animal cells and it may lead to allergic reaction in some people who have allergy to egg protein. There are no serious side effects of these vaccines in majority of people. It is given in the muscle mass of upper arm and can cause mild pain at the injection site, headache, fever and body ache.

These are all mild symptoms and usually go away without taking any medicine in one or two days. It is safe with patients on renal failure and on dialysis.

We recommend vaccination for flu in all patients with renal failure and also their household as well as relatives. This will ensure decreased exposure and improved immunity despite all their illnesses.



**Protect yourself and your family with the Flu Vaccine**



**Shifa Medical Center**  
**G-10 is now on WhatsApp!**  
Book appointments instantly.



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**0320-5476354**

 **Shifa Medical Center**  
3rd Road, G-10/4, Islamabad  
A Project of Shifa International Hospitals Ltd.



**Welcome Aboard!**  
**Dr. Filza Habib**  
Gynecologist  
MBBS, FCPS (Obstetrics & Gynecology), CHPE

**Areas of expertise**

- Pregnancy, contraception & fertility treatments
- Labor, antenatal care, child birth, postnatal care
- Management of high risk & low risk pregnancies
- Medical disorders in pregnancy
- Early pregnancy disorders
- Menstrual problems
- Adolescent gynecology
- Obstetrical & gynecological surgeries

**OPD timings:**  
 Monday to Saturday  
09:00 A.M. to 05:00 P.M.

For more information & appointments  
 **051-8469000**

 **Shifa Medical Center**  
3rd Road, G-10/4, Islamabad  
A project of Shifa International Hospitals Ltd.



## SHIFA MEDICAL CENTER TRAINS 400 CITIZENS THROUGH 15 CPR SESSIONS

At Shifa Medical Center, the belief that “everyone should be skilled to save a life” has turned into a real-world impact. Since October 2024, the SMC G-10 facility has held 15 CPR training sessions, empowering over 400 individuals with life-saving skills. Held every third Thursday of the month, the sessions attract a diverse group, housewives, teachers, engineers, students, and retirees, united by a shared goal: being prepared to save a life in an emergency. “I always feared I wouldn’t know what to do if someone collapsed in front of me,” said Farah, a participant from Rawalpindi. “Now, I feel I can make a difference, even save a life.”

“At Shifa, we believe that healthcare is not limited to hospitals,” said Dr. Abdus Salam Khan, Medical Director at SMC-G-10.

“It starts in our homes, our schools, our communities. That’s why we’re teaching people how to act fast and save lives; it’s a skill everyone deserves to have.”

**Syed Afsar Shah, CPR Training Program Lead, added:**

“Behind the scenes, a dedicated team ensures each session runs smoothly. Their effort makes the experience not just informative but empowering.”

With every trained citizen, Shifa is building a more prepared, resilient community, because sometimes, the difference between life and death is a pair of prepared hands.



### IN LOVING MEMORY OF MY PERMA CATH

Who never let me freely bath.  
There were always episodes of infection,  
That led to high doses of injection.  
People asked,  
“You removed it after how many years?”  
I replied,  
“For the age in which a baby plays with bears.  
Now it’s gone, yet left it’s mark,  
A tiny scar, a chapter dark.  
Through pain and tubes, I learned to fight,  
To find my strength, to seek the light.  
So here’s to the line that shared my vein,  
You caused me trouble, else you would always remain

By Ayesha Adeel





## HOW TO ENJOY THE WINTER SEASON WITHOUT BEING SICK

Most of us look forward to the winter season for various reasons. These include long, comfortable nights with cozy beds and long sleep hours and also warm soups and food and all that. Getting out becomes a task, but with adequate clothes, any journey becomes comfortable.

At the same time, the winter brings specific diseases like cold and flu and can make us sick, especially when we have chronic conditions like diabetes, renal failure, or cardiac failure. Let us see how we can stay healthy and enjoy the winter despite all our medical issues. We share these simple steps with you to enjoy the season safely.

### 1. Keep Yourself Warm

Dress in layers to stay warm and comfortable. Cover hands, feet, and head with socks, gloves, and caps. Dialysis patients should bring a shawl or blanket during sessions. Avoid sudden temperature changes; remove warm clothes gradually after coming indoors.

### 2. Take Care of Your Health

Continue taking medications as prescribed. Do not skip dialysis sessions due to cold or foggy weather. Report any new symptoms like fever, cough, or weakness to your healthcare provider promptly.

3. Stay Hydrated Drink adequate fluids as advised by your doctor. Dehydration can occur even in winter. Limit salty foods and enjoy safe, seasonal fruits and vegetables suitable for your condition.

### 4. Prevent Infections

Practice good hand hygiene and wear face masks in crowded areas. Get the annual flu vaccine. Ensure soups and warm drinks are safe for renal patients.

### 5. Maintain Proper Sleep

Aim for 7–8 hours of restful sleep. Going to bed early and maintaining a consistent sleep routine improves your overall health and immunity.

### 6. Care for Mind and Body

Get morning sun light for vitamin D. Do light exercises like walking or stretching. Stay socially active to support emotional well-being and strengthen immunity.

### 7. Seek Medical Help Without Delay

Don't delay medical care when unwell. Shifa Medical Center provides comprehensive support for dialysis and chronic patients.

Early care helps prevent complications. Your dialysis is equipped with ways to raise awareness and talk about remedies. The Shifa Medical Center is keen to provide such a level of care that people don't ignore their sickness and have access to doctors.

*With the grace of Allah, we avoid emergency care, yet they can establish a service for the people affected. Good luck for such a promising wintertime*

## Editorial Board

### Chief Editor

Dr. Abdus Salam Khan

### Editors

Mr. Ali Hassan Surhiyo

Mr. Syed Afsar Shah

**Write to Us:** If you have any questions, comments or any suggestions, please contact at [syed.afsar@shifa.com.pk](mailto:syed.afsar@shifa.com.pk) or call at 051-2352983,84

**Shifa Medical Center, 3rd Road,  
G-10/4 Islamabad**



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