

# MAROOF

Newsletter April, 2016



**MAROOF**  
International Hospital



## CARBOXY THERAPY CDT

Dr Sheher Bano

### Hello everyone!

I am here with the new solution to your multiple cosmetic problems.

### What is the issue?

- Skin Tightening
- Body Shaping
- Eye Bags/Dark Circles
- Hand Rejuvenation
- Cellulite/Adiposities (Fat Reduction)
- Varicose veins
- Alopecia/ Hair loss
- Stretch Marks

### Your answer is CDT Therapy

Carboxy therapy was originated in royal spa of France. It is cutaneous and subcutaneous administration of CO2 gas.

### How does it work?

Carbon dioxide is present in our bodies at all times. We breathe in oxygen, and we exhale carbon dioxide. Plants take up the carbon dioxide, and in turn give us the oxygen that we need. Carbon Dioxide also happens to be the signal for poor blood circulation in the body. All cells in the body, regardless of their job (heart cells, brain cells, skin cells) release as their waste product carbon dioxide. Carbon dioxide is the "cost of doing business" of any cell in our bodies. So, we breathe in oxygen to our lungs, the red blood cells pick up the oxygen in our lungs and carry it to our tissues until they encounter an area that has been working hard and has an excess of carbon dioxide. When the blood cells are exposed to high concentrations of carbon dioxide, they flip their conformation, release the oxygen molecules, and pick up the carbon dioxide so that we can exhale it from our lungs. In a sense, by injecting small amounts of carbon dioxide gas just below the surface of the skin, we are tricking it into increasing the blood circulation to that area. Dark under-eye circles, cellulite, and stretch marks have all been shown to have some root cause in poor blood circulation.

### What area of body can be treated and in how many sessions?

- Eye bags, face, neck, breast, buttocks, tummy, legs and Double Chin
- 4-6 sessions
- One session each week
- Cost effective

### What other benefits occur from Carboxy Therapy?

It increases collagen formation, giving you a youthful appearance.

### How it reduces fat?

It is injected via specific technique. CO2 is directly toxic to fat cells. The fat cells literally burst and are eliminated by our body. Especially for those who do a lot of exercise and do not lose weight from areas like from tummy, biceps, thighs and double chin.

### If Carboxy Therapy is used to melt fat, will it not make eyelids hollow?

No. The technique used to treat dark circles is different. It is more superficial.

### How does it feel?

It does not hurt but it feels little "weird". I use numb creams for all my patients to diminish any discomfort associated with pin pricks. While gas is injected you may feel some pressure. The area will feel warm and tight for 24 hours after the treatment.

### Are there any side effects?

- No downtime
- No side effects
- Only minimal bruise which goes away in 3-4 days.

### How long the procedure takes?

15-30 minutes



## FREE MEDICAL CAMP

### Allied School Kalar Sayedaan

Maroof International Hospital understands the need of health facilities for every person in general and people with humble background in particular. To provide health facilities to less affluent areas, Maroof Trust set a free Medical Camp at Kalar Sayedaan on 21st February 2016. The venue for this camp was Allied School Kalar Sayedaan branch. In this camp, people were offered free diagnoses of Blood Sugar, Blood Pressure and Ultrasound. They were also provided with free consultation by Medical Specialists in the fields of Pediatrics, General Surgery, ENT and Gynecology. Maroof Trust also arranged for the free medications. The event was a big success and people highly appreciated this noble effort. At day end, Chairman MIH, Ch Naseer Ahmed distributed shields and certificates among the organizing team members and participants. He also congratulated the participants on making this event an achievement and encouraged them to continue the same in future as well.



Chairman Ch Naseer Ahmad distributing shields among the organizers.



Participants receiving certificates of participation.



Patient's vitals being taken and free diagnostics conducted.



Patients taking free consultation from Medical Specialists.

### Opening of Pediatric IPD

Kids in all communities are the source of color and joy. To provide them with a healthy life, Maroof International Hospital is proud to announce the opening of a fully operative Pediatric IPD. It includes 5 rooms, 10 beds, acute emergency room and a basic treatment room. It also has a colorful play area with toys, cartoons and playful activities for kids to enjoy and be comfortable. This IPD will be supervised by a team of consultants with international experience, competent medical officer and nursing staff. The aim is to ensure the provision of best health facilities for kids in no time.

This IPD will be directly headed by Dr. Farhan Ansari, Consultant Neonatal, Pediatric & Laparoscopic Surgeon. Being an experienced surgeon in treating infants and children with surgical disorders, he ensures that children with all sorts of problems should be provided best of the treatment and most homely environment.



## ICU at Maroof International Hospital

Health facilities at any hospital do comprise of ICUs for providing intensive care treatment and monitoring for people in a critically ill or unstable condition.

Like other health facilities, Maroof International Hospital takes the pride of announcing state of the art intensive care units for its patients.

### Our Team

MIH believes in quality healthcare for all and to provide the same at the ICU, we have skilled professionals who provide expert and family centered care for the patients with life threatening injuries and illnesses, complications from surgeries, accidents, infections and severe breathing problems. MIH has the best team of ICU in Islamabad comprising of

### Consultant Intensive Care



Latest equipment is used at ICU to provide immediate healthcare to critical patients.



Latest equipment is used at ICU to provide immediate healthcare to critical patients.



Patients being looked after by competent staff.

All patients are managed by a panel of intensive care specialists who are supported by a multidisciplinary team from a wide range of departments and support services throughout the hospital.

ICU at MIH has a round the clock, 24/7 trained senior registrar with an over 5 years of fellowship experience of intensive care. All medical officers have at least 3 years of ICU experience and are well trained for provision of high degree of medical expertise. Nursing staff is led by certified critical care head nurse who has 14 years of experience in Military Hospital. All critical care nurses are dedicated, hardworking & well trained professionals.

Our Intensive Care Unit is well equipped by cutting edge ventilators, monitors, infusion devices and backed up by a 24 hour running laboratory, portable radiology & dialysis services.

We aim to save every breath with best care and up-to-the-mark facilities.

### Meet the Consultant



Dr. Farhan Ansari

Dr. Farhan Ansari, FRCS (U.K), graduated from Army Medical College Rawalpindi in 1985. He received 5 years General Surgical training in UK for Adults. He received fellowship in general surgery from the Royal College of Surgeons. He received Fellowships in Pediatric surgery from Singapore and Australia. Dr. Farhan Ansari has received specialized training and holds multiple certifications in advanced laparoscopic surgery in children. His main area of interest is surgery of the new born as well as children, and laparoscopic surgery in peads. His other areas of expertise include childhood cancer surgery. He served as Chief of Surgery and Consultant Surgeon in Pediatric and Neonatal Surgery for seven years at King Fahd Medical City and Women and Children's Hospital, Riyadh, Saudi Arabia.

Dr. Ansari's expertise also covers corrective surgery for birth defects, pediatric surgical oncology, pediatric hepato-biliary surgery (Liver-Gall bladder region surgery in children), minimally invasive surgery and day surgeries including Hernias, undescended Testis, and Circumcision etc.



Dr. M. Khuram Riaz

Dr. Muhammad Khuram Riaz is a gastrointestinal surgeon with special focus on laparoscopic surgery and therapeutic endoscopy. He also hold an extended experience in the subspecialties of colorectal, upper GI, vascular, retroperitoneal, breast, endocrine and pediatrics surgery.

After completing the medicine studies from Khyber Medical College Peshawar, Pakistan, Dr. Khuram did MRCS from Royal College of Surgeons of Edinburgh, UK. He also completed MMAS (Master of Minimal Access Surgery) with distinction from Ninewells Hospital and Medical School, UK. This was followed by FRCS Eng. (Royal Intercollegiate FRCS- Gastrointestinal Surgery).

Before coming back to his motherland, Dr. Riaz was serving as Consultant Surgeon General/ Colorectal Surgery at Alexandra Hospital, Worcestershire Acute Hospitals NHS Trust, Redditch, UK. He also held the positions of Senior Specialist Registrar Laparoscopic Colorectal Surgery, Senior Clinical Fellowship Laparoscopic Colorectal Surgery and specialist Registrar Laparoscopic General/ Colorectal Surgery at leading hospitals of UK.

## NEWS CORNER

- Maroof medical family considers it as an obligation to create awareness for better health among the people of the capital city. For this purpose, a stall was set up at Islamabad Club Family Gala on 2nd January 2016. At this occasion people were offered free medical checkup and consultation.
- Maroof International Hospital team also participated in Property Expo at Pak-China Friendship Centre on 2nd and 4th April 2016. Participants were provided with information regarding health packages, diet plans, cardiac care and pediatric surgeries.
- We are glad to announce the addition of Café M to our portfolio. Café M serves classic coffee shop cuisine with a modern twist coupled with a soothing environment for friends and families to enjoy chit chat over a cup of their favourite tea or coffee. It's the provision of eatables that best suits your taste buds.
- In an effort of constantly improving the nursing services at MIH, a nursing assessment was conducted by NES. All the nursing staff members actively participated in it. Certificate distribution ceremony was arranged for the motivation of those who excelled.
- On 16th April 2016, Ms. Anila Aftab from MIS gave training to employees on Basic HIS (Hospital Information System).
- Employees were given training on "Effective Communication Skills" by Mr. Babar Hameed, Senior Manager, Diagnostics on 30th April 2016.



Patients vitals being taken at Islamabad Family Gala 2016



Free Medical Consultations for the participants of Islamabad Family Gala 2016



Chairman, Ch Naseer Ahmed distributing the certificates to the successful candidates of NES assessment programme. CEO Ch Haroon Naseer, Dr. Urooj, Mrs. Naseer Ahmed and GM Human Resource Mr. Rashid Ghafoor were also present on occasion.



Miss Asma Mughal addressing the participants of Nursing Assessment Programme, Organized by NES.

# NOW IN F-10



Maroof International Hospital  
F-9 Side Entrance 10 Avenue  
F-10 Markaz Islamabad



## MAROOF International Hospital

UAN: +92-51-111-644-911, Tel: +92-51-2222920-50  
Fax: +92-51-2222939, Email: media@maroof.com.pk

### Employ of the Month



CEO, Ch Haroon Naseer presenting the Employee of the Month award to Dr. Sabeen, Medical Director, Dr. Junaid Wajahat also present.

### Nurse of the Month



Dr. Sami J. Khan presenting the Nurse of the Month certificate to Ms. Maria Javed, Medical Director, Dr. Junaid Wajahat also present

### Editorial Board:

#### Patron:

Ch. Naseer Ahmed

#### Chief Editor:

Ch. Haroon Naseer

#### Editor:

Malik Zeeshan Ali