

MAROOF

Newsletter December 2016



WORLD
DIABETES
DAY

2016

14 november



MAROOF
International Hospital

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WORLD DIABETES DAY 2016

14th November is observed as World Diabetes Day every year. This is to create awareness about the risks and preventions of this silent killer.

The theme of World Diabetes Day 2016 was "Eyes on Diabetes". The blue circle is the universal symbol for diabetes and represents the sky, referring to the global nature of this epidemic. Maroof International Hospital believes not only in providing best healthcare services to people but also endeavors to efficiently play its role in spreading the awareness about diseases, their preventions and treatments. In this regard, MIH organized a full day awareness campaign in partnership with The Centaurus Mall on 14th November 2016.

MAROOF INTERNATIONAL HOSPITAL DIABETES DAY CELEBRATION AT THE CENTAURUS MALL

The purpose of this campaign was to spread the message about the importance of screening to ensure early diagnosis of Diabetes and its treatment to reduce the risk of serious complications. On this occasion, general public were provided with an opportunity to free sugar, blood pressure and Cholesterol checkups.



EVERY
HUMAN
BEING IS THE
AUTHOR OF
HIS OWN
HEALTH OR
DISEASE!





They were also offered 20% discount for specific diabetes tests like HBA 1C. The Chairman MIH Ch. Naseer Ahmed, Vice Chairman Prof. M. Zafar Chawdhery, CEO Ch. Haroon Naseer, Consultant Cardiologist Prof. Shahbaz Kureshi, Consultant Surgeon Dr. Faisal Murad, Consultant surgeon Dr. Farhan Ansari (Consultant Pediatrician), Medical Registrars, MOs and medical staff joined the team to provide support and one on one health advice to the public.

Maroof International Hospital also arranged free consultation regarding diet of the diabetic patients where Ms. Mubashra (Dietician MIH) advised the patients and drafted customized diet plans as per the needs of the patients. All these health facilities were provided solely to show strong support for World Diabetes Day.

ACTIVITIES AT “WORLD DIABETES DAY 2016”



Diabetes is a huge growing burden. 415 million adults were living with diabetes in 2015 and this number is expected to increase to around 642 million or one in ten adults by 2040. One in two adults with diabetes goes undiagnosed. By the time of diagnosis, diabetes complications may already be present. Up to 70% of type 2 diabetes cases can be prevented or delayed by adopting healthier lifestyles. With increasing levels of poor nutrition and physical inactivity among children in many countries, type 2 diabetes in childhood has the potential to become a global public health issue leading to serious health outcomes.

WHAT IS LUNG CANCER ?



Dr. Sajjad Naseer
MBBS, FRCP,
MRCP (Internal Medicine)
MRCP (Pulmonology)
Consultant Respiratory Physician

Our body is made up of many different types of cells. Body also tightly controls the production of new cells when they are needed. Cancer develops when certain cells escape from our body's control and start to change. These abnormal cells, also called cancer cells, then start to increase and grow in the form of a lump, which is called a tumor.



TUMORS CAN BE BENIGN OR MALIGNANT

- Malignant tumors are those what we know as 'cancer' - they have the tendency to grow quickly and can spread around the body to other organs also.
- Benign tumors usually grow very slowly, if at all, and do not spread. However, they can make people ill by pressing some important parts of the body.

Most lung cancers develop in the airways that carry air in and out of our lungs, but they can also start in the lung tissue itself. If the cancer starts in our lung, it is called primary lung cancer. If it has started in another part of our body and spread to affect our lung, it is called secondary lung cancer.



under

LUNGS CANCER

There are many different types of lung cancer. The two main types are:

- Small cell lung cancer (SCLC). About 15 per cent of lung cancer cases are SCLC. Small cell lung cancer grows quickly and is often at an advanced stage when it is diagnosed.
- Non-small cell lung cancer (NSCLC). About 85 per cent of cases are NSCLC. NSCLC is actually a group of different types of cancers, including adenocarcinoma, squamous cell carcinoma and large cell carcinoma. These cancers grow more slowly and are usually diagnosed at a stage where they can be removed by an operation.



WHO IS AT RISK?

Anyone can develop lung cancer, but around 85 per cent of cases occur in people who smoke or who used to smoke. The risk of getting lung cancer increases with the total number of cigarettes you have smoked. If one stops smoking, the risk gets less over time. Breathing in other people's smoke over a long period of time can increase your risk of getting lung cancer. The condition usually affects people who are aged 60-80. Young people can develop lung cancer, but this is rare. Smoking accounts for about 30% of all cancer deaths in the United States, including about 80% of all lung cancer deaths. Lung cancer is the leading cause of cancer death in both men and women. Not only does smoking increase the risk for lung cancer, it's also a risk factor for cancers of the:

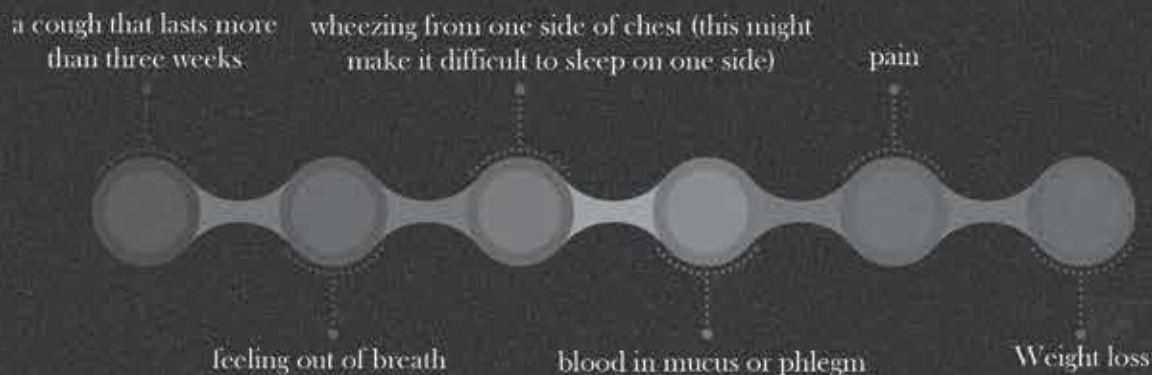


Cigarettes, cigars, pipes and other types of smokeless tobaccos all cause cancer. There is no safe way to use tobacco.

Smoking damages the airways and small air sacs in our lungs. This damage starts early in smokers and lung function continues to worsen as long as the person smokes. Still, it may take years for the problem to become noticeable enough for lung disease to be diagnosed. Smoking makes pneumonia and asthma even worse. It also causes many other lung diseases that can be as bad as lung cancer.

Non-smokers are more likely to develop one particular type of lung cancer - adenocarcinoma.

THE COMMON SYMPTOMS OF LUNG CANCER INCLUDE



If symptoms are caused by lung cancer, a tumour can usually be detected on your chest X-ray. However, in up to 20 per cent of lung cancer cases, the X-ray looks normal. One might need further specialized investigation such as CT scan, Bronchoscopy/EBUS and PET-CT scan to diagnose Cancer.

The Treatment options depending on the stage of Lung Cancer could be in form of Surgery, Radiotherapy and Chemotherapy.

PYLORIC STENOSIS (PERSISTENT VOMITING PROBLEM IN BABIES)



From the desk of
Dr. Farhan Ansari (Consultant Pediatrician)

Azib is a one month old boy who came to Maroof International Hospital, with projectile vomiting. He underwent an ultrasound and a diagnosis of Hypertrophic Pyloric stenosis was made. This diagnosis was further strengthened by the blood results.

WHAT IS PYLORIC STENOSIS?

This is a condition that can affect babies in the first few weeks of life, usually at about 6 weeks. It tends to affect boys more than girls. Pyloric stenosis is a narrowing of the pylorus – the passage between the stomach and small intestine. This narrowing obstructs the movement of milk or food into the intestines. In infants the blockage is caused by the muscles of the pylorus becoming too thick. We do not know why this happens but it can be hereditary (passed on from parents to their children).



WHAT ARE THE SYMPTOMS?

In most cases, a baby with pyloric stenosis, start throwing up small amounts of milk feeds. Over a few days this becomes worse until the baby can no longer keep any milk down. This vomiting may become so forceful that the milk is thrown out several feet of the baby's mouth – this is called projectile vomiting. The vomit may be curdled and yellow in colour. If the condition is not treated the baby will become dehydrated and not gain weight.

HOW IS PYLORIC STENOSIS DIAGNOSED?

The thickened pyloric muscle can be felt as a small, hard lump, especially during feeding. The muscles around the stomach can sometimes be seen straining and moving as the body tries to push milk through the pylorus. The doctor may want to examine your baby during a feed to see if this happens and to observe any vomiting. Other investigations may be necessary, such as an ultrasound scan.



HOW IS IT TREATED?

Your baby will need to have an operation under general anaesthetic to cut some of the muscles which are causing the problem. This operation is called a pyloromyotomy.

WHAT ARE THE RISKS?

This is a safe operation and the risk of complications is usually small. However, all operations carry some risks. The doctors will talk to you about the risks in more detail. The following complications have a less than 5% (5 in 100 patients) chance of happening:

- **Wound Infection.** There is a risk of wound infection.
- **Incomplete pyloromyotomy.** It is possible that the operation may not succeed and your child may require repeat surgery.
- **Perforation of the mucosa.** We try not to open the inner lining of stomach but it is possible that the inner lining may open up. If that happens we will stitch the lining immediately. In this case your child may need to stay for a few extra days in hospital.

• **ANAESTHETIC RISKS.** In modern anaesthesia, serious problems are uncommon. Risk cannot be removed completely, but modern equipment, training and drugs have made general anaesthesia a much safer procedure in recent years.

Most children recover quickly and are soon back to normal after their operation and anaesthesia. Some children may suffer side effects like sickness or a sore throat. These usually last only a short time and there are medicines available to treat them if necessary.

The exact likelihood of complications depends on your child's medical condition and on the nature of the surgery and anaesthesia your child needs. The anaesthetist can talk to you about this in detail at your pre-operative visit.

ALTERNATIVES

This operation is the only accepted treatment of this condition.



BEFORE THE OPERATION

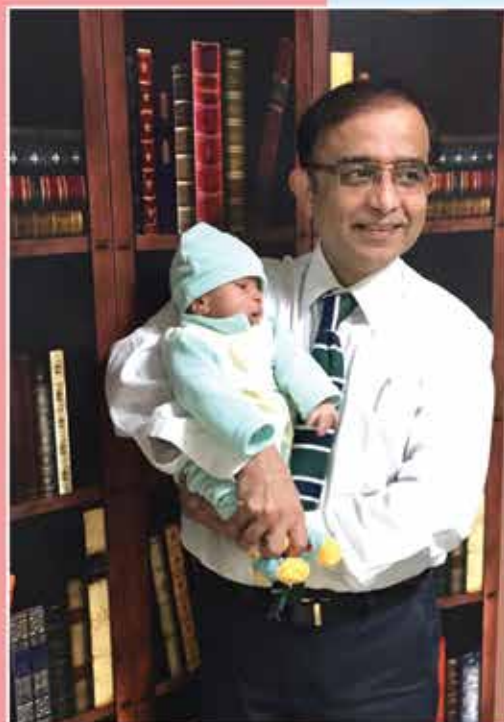
Your baby may need an intravenous drip to give fluids as she/he will be dehydrated because of the vomiting. The operation is performed once your child is fully hydrated.

Your baby will also need a naso-gastric tube through the nose and into the stomach. It allows any fluid that collects in the stomach to be removed, helping to prevent them from feeling sick before and after the surgery.

The doctor will explain the operation in more detail and talk to you about any concerns you may have. An anaesthetist will also talk to you about the anaesthesia. If your child has any medical problems, such as allergies, please tell the doctor. We will ask you for your written consent for the operation to go ahead. If there is anything you are unsure about, or if you have any questions, please ask the doctor before signing the consent form.

WHAT HAPPENS DURING THE OPERATION?

The surgeon will make a small cut in the abdomen to reach the pylorus and cut some of the surrounding muscles. This widens the opening to the intestine and allows food to pass through. The cut will be closed with dissolvable stitches.





Diabetes

MANAGING DIABETES

What is diabetes?

There are three main types of diabetes:

- Type 1 diabetes - Your body does not make insulin. This is a problem because you need insulin to take the sugar (glucose) from the foods you eat and turn it into energy for your body. You need to take insulin every day to live.
- Type 2 diabetes - Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.

• Gestational diabetes - • Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the pregnancy is over. However, these women and their children have a greater chance of getting diabetes later in life.

TAKE DIABETES SERIOUSLY

You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high.” These words suggest that diabetes is not a serious disease. That is not correct.

DIABETES IS SERIOUS, BUT YOU CAN LEARN TO MANAGE IT.

People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. It's a lot to do. It's not easy, but it's worth it!

WHY TAKE CARE OF YOUR DIABETES?

Taking care of yourself and your diabetes can help you feel good today and in the future. When your blood sugar (glucose) is close to normal, you are likely to:

- have more energy
- be less tired and thirsty
- need to pass urine less often
- heal better
- have fewer skin or bladder infections

You will also have less chance of having health problems caused by diabetes such as:

- heart attack or stroke
- eye problems that can lead to trouble seeing or going blind
- pain, tingling, or numbness in your hands and feet, also called nerve damage
- kidney problems that can cause your kidneys to stop working
- teeth and gum problems

LEARN HOW TO LIVE WITH DIABETES.

It is common to feel overwhelmed, sad, or angry when you are living with diabetes. You may know the steps you should take to stay healthy, but have trouble sticking with your plan over time.



- Stress can raise your blood sugar. Learn ways to lower your stress. Try deep breathing, gardening, taking a walk, meditating, working on your hobby, or listening to your favorite music.
- Ask for help if you feel down. A mental health counselor, support group, friend, or family member who will listen to your concerns may help you feel better.

EAT WELL

- Choose foods that are lower in calories, saturated fat, Trans fat, sugar, and salt.
- Eat foods with more fiber, such as whole grain cereals, breads, crackers, rice, or pasta.
- Choose foods such as fruits, vegetables, whole grains and low-fat or skimmed milk and cheese.
- Drink water instead of juice.

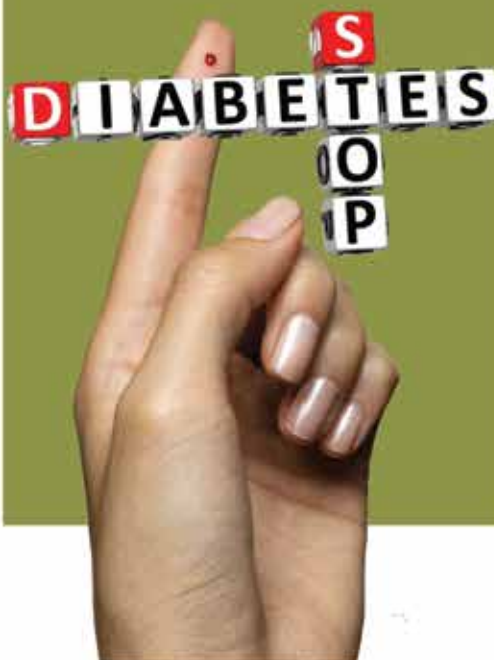
BE ACTIVE

- Set a goal to be more active most days of the week. Start slow by taking 10 minute walks, 3 times a day.

- Twice a week, work to increase your muscle strength. Use stretch bands, do yoga, heavy gardening (digging and planting with tools), or try push-ups.
- Stay at or get to a healthy weight by using your meal plan and moving more.

KNOW WHAT TO DO EVERY DAY.

- Take your medicines for diabetes and any other health problems even when you feel good.
- Check your feet every day for cuts, blisters, red spots, and swelling.
- Brush your teeth and floss every day to keep your mouth, teeth, and gums healthy.
- Stop smoking. Ask for help to quit.
- Keep track of your blood sugar. You may want to check it once or more times a day.
- Check your blood pressure if your doctor advises and keep a record of it.





MOMMY'S CORNER

BREAST FEEDING BENEFITS

DR. ZEESHAN, MO PEADS

HEALTHIER BABY

According to the infant nutrition experts the babies who are breastfed are less likely to catch viruses, cold and pneumonia. Devastating infections like diarrhea that are common in the developing countries are also reduced to a greater extent by breastfeeding. Breast feeding can also help to lower the risk of developing chronic disease like celiac, Crohn's and diabetes type I.

STRONGER BONES

According to health care experts "when a mother is lactating, the baby's body absorbs calcium much more efficiently therefore making bones much healthier and denser six months post weaning.

- Sudden infant death syndrome (SIDS) is reduced by half while a child breast feeds.

- Fewer weight issues

Breastfeeding mothers are less likely to become obese when compared to mothers who do not breastfeed their children.

About 500 calories are burnt each day with nursing.

- Post-delivery healing

Nursing the baby releases oxytocin that helps the contraction of uterus and thereby reduces the blood loss post-delivery. Breastfeeding also helps the size of the uterus to return to normal earlier as compared to the women who don't breast feed.

- Lowered risk of cancer

Chances of breast and ovarian cancer are reduced in women who nurse their children. Nursing also lowers the risk of childhood cancer development in babies.

- Tailor made supply

Colostrum is a complete package of antibodies that protects the neonate from infections. It's also higher in protein and lower in sugar as compared to formula milk and therefore small amount can help hold off hunger.

- More effective vaccination

Breastfed babies show better response to vaccines than babies who are not breast fed.

- Off from Menstruation

Nursing the child round the clock helps delay ovulation and delays menstruation. This is due to the release of prolactin that controls progesterone and estrogen so that ovulation is not triggered.

- Stash off Protection

Breastfeeding is 99% effective as a post baby birth control pill is if some guidelines are followed. These include that your regular cycle has not resumed, you breastfeed every 4 hours round the clock, you do not use pacifiers or formula milk and you are less than 6 months post-partum.

- Developing Closeness with your infant

Read your baby's satiety cues a little better, because unlike with a bottle you can't see how much the child has eaten.

STAY HEALTHY THIS WINTER

- Wash your hands often
- Do not touch your mouth, nose and eyes
- Stay away from people who are sick
- Get your flu shot
- Cover your hands and head
- Avoid ice at all costs
- Drink plenty of water and keep yourself hydrated
- Eat plenty of seasonal fruits and vegetables.
- Eat oranges, lemons and grapefruits. These citrus fruits are rich in Vitamin C , which boosts your immune system and keep you young and healthy
- Eat a handful of nuts and include flax seeds, fish and olive oil. These are the rich sources of Omega 3

WINTER BLEND

1) Good and caring hospital. We had satisfactory experience. Very clean hospital. Doctors and staff are good and well mannered. (Farhat Arif)

2) I am so happy I was treated by such a good staff at labor room. They all gave me proper time and attention. They took extra care of me day and night. My baby was also given extra care and attention. I am fully satisfied with the services at Maroof Hospital. (Ibrah Nasir)



Fresh Orange Juice	2 cups
Apple juice	1 cup
Carrots	2 medium (washed and peeled)
Honey (Optional)	1 tablespoon
Mint Leaves (Optional)	5-6

Directions

Put all the ingredients in a blender and blend well. It is a vitamin C rich drink that helps you boost your energy in winters.

TESTIMONIALS

DEPARTMENT OF CARDIAC CATHETERIZATION & CORONARY ANGIOGRAPHY

Heart disease is a word used to describe many different conditions affecting the heart. Coronary heart disease is a common type of heart disease. This condition results from a buildup of plaque on the inside of the arteries, which reduces blood flow to the heart and increases the risk of a heart attack and other heart complications. The incidences of Coronary Artery Disease in Pakistan is rapidly increasing, infact we are in the midst of an epidemic. It is striking both men and women at a young age and affecting their quality of life. In 20% of the cases they die suddenly. Timely management can save precious lives.

A dedicated team of interventional cardiologist at MAROOF INTERNATIONAL HOSPITAL is endeavoring to setup a state of the art facility to provide the best possible care to the patients.



- **Cardiac Catheterization**
- **Coronary Angiography**
- **Percutaneous Coronary Intervention (Angioplasty Coronary Stenting)**
- **Temporary Cardiac Pacing**
- **Permanent Pacemakers (Single Chamber, Dual Chamber)**
- **Cranial Angiography**
- **Peripheral Angiography**
- **Peripheral Angioplasty (Later Stage)**



Catheters



Vascular Closure Devices



Stents



Balloons



Guidewires

**"YOU DON'T HAVE TO WAIT ON THE FUTURE OF HEALTHCARE.
WE ARE DELIVERING IT NOW"**

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