

MARROOF NEWSLETTER

December 2017



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MARROOF
International Hospital

WORLD DIABETES DAY 2017

Maroof International Hospital and Maroof Medical & Diagnostic Centre organized a symposium on World Diabetes Day on 14th November 2017. The aim of this symposium was to create awareness regarding the silent killer; Diabetes, its causes, prevention and treatment.

The speakers at this occasion were Prof. Dr. Shahbaz A. Kureshi (Professor of cardiologist), Dr. Madiha Ahmed (Consultant Diabetologist & Endocrinologist) and Dr. Mobashir A. Bhatti (Nutritionist).

They thoroughly explained why people need to keep a check of their sugar level on regular and what are the consequences of the negligence.





MAROOF MEDICAL TRUST AT VILLAGE SHAH ALLAH DITTA

Team MIH is proud for it's yet another successful free medical camp for the needy and deserving. On Sunday 19th November 2017, Maroof International Hospital organized a Medical Camp at Shah Allah Ditta.

In this camp, doctors from Maroof International Hospital joined in and provided free consultation for Ophthalmology, Cardiology, Orthopedics, Gyne, Peads, General Medicine and Surgery. People were also provided with weight, blood pressure and sugar check, ultrasound and free medicines.

Malik Sajjad, Malik Afzal Mahmood Awan and Ms. Noreen Farooq from union council Shah Allah Ditta highly cooperated for arranging this camp. They along with their team actively participated in this noble cause.

Ex. Senator Mr. Babar Awan also graced the event with his presence. He highly appreciated the efforts of Team MIH and local volunteers for their efforts in the management of camp and he assured the attendees that he will keep working for the betterment of Shah Allah Ditta and its people.

On this occasion, Chairman MIH Ch. Naseer Ahmed also visited the camp and appreciated the efforts of his team. Addressing the

people, he said that Maroof International Hospital will leave no stones unturned in providing health care services to those who face difficulty in getting basic health facilities. He also extended his special thanks to Ex. Senator Mr. Babar Awan, members of UC Shah Allah Ditta and the attendees for making this noble cause a big success.

CEO, Maroof International Hospital, Ch. Haroon Naseer and Executive Director Mr. Bilal Bin Zaheer were also present on this camp to encourage their team and boost their morale. They specially highlighted and recognized the efforts of Malik Zeeshan Ali, Sr. Manager Marketing MIH and his team for organizing this camp and managing all the necessities to the best. Last but not the least; they also acknowledged the day in day out efforts and participation by Muhammad Usman Sohail from MIH Trust.

Team Maroof International Hospital included employees from Nursing Department, Pharmacy department, Patient Coordination Department, Food & Nutrition Services Department, Security Department, House Keeping Department, Medical Staff Affairs Department, Marketing Department and administration. They along with volunteers from local community made this health service camp memorable.





Continuous Medical Education 2017

Maroof International Hospital hosted a symposium for continuous medical education 2017. Prof (R) Dr. Muhammad Nadir was the speaker for the event. The topic of symposium was “Managing upper GI problems at primary health care set up by Family Physicians”.

Consultants and doctors from Maroof and other hospitals participated in this symposium.

Prof. Dr. Nadir highlighted all the key areas regarding the upper GI problem management. Attendees highly appreciated the content of the symposium for its importance and knowledge.



CCU LAUNCH

A proud moment for team Maroof International Hospital. After the successful launch of the Cath Lab, Maroof International Hospital has now started CCU services for providing best cardiac services to the people of twin cities and surrounding region. Our new CCU

department is state of the art, operated under the supervision of highly qualified and experienced staff.

On the occasion of CCU opening, Chairman MIH Ch. Naseer Ahmed appreciated the hard work of entire Maroof team in this regard.



Chairman MIH Ch. Naseer Ahmed, CEO MIH Ch. Haroon Naseer, Prof. Dr. Shahbaz Ahmed Kureshi (Professor of Cardiology), Dr. Habib Ahmed (Consultant Cardiologist) and Dr. Imran Ghani (Consultant Cardiologist) and Dr. Osama Javed (Registrar Surgery & ER) inaugurated the CCU.

Dr. Irfan Masud (Consultant Orthopedics), Dr. Farhan Ansari (Paediatric Surgeon), Dr. Waqar Jan (Consultant Orthopedics), Dr. Tariq Mahmood (Consultant Endocrinologist), Dr. Tahir Ali Khan (Consultant General Physician), Dr. Ghazala Bashir (Consultant Gynecologist), Dr. Tallat Najeeb (ENT Specialist), Dr. Rayif Rashid (Neurosurgeon) and Dr. Ishtiaq-Ur-Rehman (Burn & Plastic Surgeon) were also present at inauguration.



Health Service at AWRP Annual Dinner 2018

Every year, Association for the Welfare of Retired Persons (AWRP) organizes annual dinner for its members. This year too AWRP had its annual gathering at Nazriya Pakistan Council, on Saturday, 11th October 2017 at the Aiwan-e-Quid Hall Fatima Jinnah Park, Islamabad. Maroof International Hospital also participated in this event and set up a medical service stall. Dr. Osama Javed (Registrar Surgery & ER), Dr. Sundas, Dr. Daniyal and their medical team from Maroof International Hospital were present there and they provided free consultation to the guests. MIH also arranged for free Blood Pressure, Sugar and weight check.





APPROACH TO THE PATIENT WITH CONSTIPATION



Prof Dr Rooh ul Amin
Consultant Medical Specialist
& Gastroenterologist
MCPS(Med) Pak, FCPS(Med)Pak
DCPS Gastro (Germany)
MRCS (Austria)

to elicit features suggestive of organic or functional etiologies of constipation. Constipation since childhood may suggest a congenital disorder of colonic motor function. In adults, a recent change in bowel habits warrants exclusive of organic obstructive disease, whereas a several year history is more consistent with functional disease. Bleeding or anal pain suggests a structural cause of symptoms. Other symptoms (e.g straining, abdominal pain, bloating or incomplete evacuation) or associated extra colonic manifestations (e.g heartburn, nausea, dyspepsia, early satiety, or genitourinary symptoms) are more common with functional disorders, such as Irritation Bowel Syndrome (IBS). Reports of skin or hair change, temperature intolerance, or weight gain suggest possible

hypothyroidism, whereas weight loss raises concern for malignancy. Under systemic illness (e.g diabetes or a rheumatological condition) should be identified. A careful history of medication use, including laxative



Constipation is the most prevalent digestive complaint all over the world, is defined as a symptomatic decrease in stool frequency to fewer than three bowel movements per week. Some patients with normal stool frequency report constipation if they pass dry stools, strain during defecation, or experience a sense of incomplete fecal evacuation. A thorough history is required



use, is essential. In children, inquiry should be made regarding nightmares, enuresis, school performance and family tension.



Dr Madiha Ahmed
 Consultant Diabetologist
 Endocrinology
 MBBS (DOW),
 M.Sc Diabetes & Endocrinology

What is Diabetes?

Diabetes is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Diabetes results in a raised glucose level in the blood leading to damage to organs and tissues.

Types of Diabetes

There are three main types of diabetes:

Type 1 Diabetes usually develops in children or young adults. The body's defence system attacks the pancreatic cells that produce insulin resulting in very little or no production. For type 1 patients, insulin injection is imperative on a daily basis because the body itself makes little or no insulin. Insulin administration is the only treatment option for such patients.

Type 2 Diabetes is characterized by insulin resistance and relative insulin deficiency. It can occur at any age and is often associated with excessive weight or obesity. Type 2 diabetes can initially be managed through exercise and diet, but over time most people will require oral drugs and or insulin. It is the most common and preventable form of diabetes.

Gestational Diabetes is associated with high blood glucose levels during pregnancy. It occurs approximately in one in 25 pregnancies worldwide. It can result in complications for both mother and baby. It may disappear after pregnancy but the mother and child remain at risk of developing type 2 diabetes later in life.

Key Facts

- The proportion of people with type 2 diabetes is increasing in most countries.
- 75% of adults with diabetes live in low and middle income countries.
- Most of the people with diabetes are aged between 40 and 59 years.
- One in two people (46%) with diabetes remain undiagnosed.
- Diabetes caused 5 million deaths in 2015. Every six seconds a person dies from diabetes.
- More than 20.9 million live births were affected by diabetes during pregnancy in 2015, which makes it one in seven births

Pre-Diabetes

Pre-Diabetes is important too. It means a person's blood glucose is higher than normal but not high enough for the diagnosis of diabetes. It is closely tied to obesity. With modest weight loss and physical control, diabetes can be prevented or delayed. However, if it remains undiagnosed or untreated, it can develop into type 2 diabetes.

Signs and Symptoms

Although in majority of cases, the disease remains silent, it may present with one or more of the following symptoms:

- Frequent urination
- Excessive thirst

- Extreme hunger
- Blurred vision
- Unexplained weight loss
- Fatigue or unusual tiredness
- Recurring infections of the skin, gums, respiratory and urinary tracts
- Slow healing of wounds
- Itching
- Burning and numbness in hands and feet
- Erectile dysfunction

Key Risk Factors

Possibility of having diabetes increases if an individual has one or more of the following risk factors:

- A family history of diabetes
- Being overweight or obese
- Being more than 45 years of age
- Having hypertension
- Having high blood pressure
- Having high cholesterol
- Sedentary lifestyle
- Unhealthy diet
- A history of diabetes during pregnancy
- A history of giving birth to a new-born that weighs more than 9 pounds

Diagnosis

Individuals with any of the risk factors should get screened for diabetes by having their blood glucose level tested. The following chart provides the criteria for the diagnosis of diabetes:

	A1C (percent)	Fasting Plasma Glucose(mg/dL)	Oral Glucose Tolerance Test(mg/dL)
Diabetes	6.5 or above	126 or above	200 or above
Prediabetes	5.7 to 6.4	100 to 125	140 to 199
Normal	About 5	99 or below	139 or below

Complications

While diabetes affects and damages almost every part of the body, some of the major complications of the disease are:

- Stroke
- Loss of vision
- Heart disease
- Kidney failure
- Gangrene and limb amputation

Prevention and Control of Diabetes

Following are the measures an individual shall take to prevent the onset of diabetes or to keep it under control:

- An effective weight control
- Brisk walking, or getting at least 30 minutes of other physical activity daily
- Eating healthy by taking at least 5 fruits and vegetables a day and by limiting the fat calories intake

TEAM BUILDING ACTIVITY

Human Resource & Development Department at Maroof International Hospital organizes team building activities for the employees on the regular basis. The purpose of these activities is to build stronger correlation among the departments and employees. It also improves inter-departmental communication.



Food & Nutrition Services Department Internship Program

Food and Services Department Maroof International Hospital arranged second round of internship programme under the supervision of Ms. Mubashera Iqbal Tarana, Clinical Dietitian. This internship program was for the students of health and nutrition. Students from Arid Agriculture University, F. G. College of Home Economics & Management Sciences and Lahore University were part of this internship program. These students were trained in maintaining diet schedule for different patients as per their nutritional needs and how to make diet charts for people with different health issues. A one day Diet and Nutrition Camp was also organized under this program at Maroof International Hospital. In the end the students were awarded certificates in the closing ceremony.



TESTIMONIALS

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Good care and good behavior of staff and I am satisfied for the treatment of patient.

(Hafiz Tahir Mehmood)

“

Everything was great at maroof International Hospital. The doctors were very good, the staff was highly cooperative for everything. We are very thankful to the doctors, staff, nursing, housekeeping and food service. Now every time our choice will be Maroof International Hospital.

(Anees-Ur-Rehman)

”

“

Excellent service and experienced caring doctors. Good room service.

(Asma Jabeen)

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“

I am very satisfied from the services of Maroof International Hospital and extend my thanks to all staff members.

(Nasir Khan)

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Me patient “Nasim Sadiq” and my husband “M. Mumtaz” are both satisfied with the team of doctorts and staff at Maroof International Hospital. Dr. Zeba, Dr. Faisal Murad, Dr. Kashif Khan, Dr. Sohail and all their on duty staff members are very caring. Our special thanks to nursing staff particularly Maria Yousaf, Sana Sumaira, Madiha, Sundas, Samreen and Asif. Housekeeping staff and management personnel were also very cooperative. Allah bless them all and shows this that moral values are still alive in our society.

(Naseem Sadiq)

”

”

EAT Healthy STAY Healthy THAI SOUP

Cooking Directions

1. Cut chicken in small cubes.
2. Pour oil in a pan.
3. Add curry leaves, dry red chillies and ginger slices.
4. Also add chicken to it and cook till color changes.
5. Add chicken stock to it.
6. Then add green chillies, black pepper, white pepper and salt to taste.
7. Mix and let it boil.
8. When soup starts to boil, add in cornflour while stirring slowly and continously.
9. Finish with lemon juice and take it off the flame.
10. Remove curry leaves before serving.
11. To serve, garnish the soup with green shallots, chicken and fried rice.

Tips: If you want to remove tomato peel, thrust a big needle into it and heat on fire. Tomato skin will shred and the peel will be easily removed.



Ingredients

- Chicken (boneless) 80 gm
- Curry leaves as required
- Cornflour 1 tbsp (mixed with a little water)
- Dry red chillies 4
- Lemon juice 1 tsp
- Green chillies 2
- Black pepper to taste
- White pepper a pinch
- Salt to taste
- Oil 1 tbsp
- Ginger 1/2 inch piece
- Chicken stock 3 cups



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