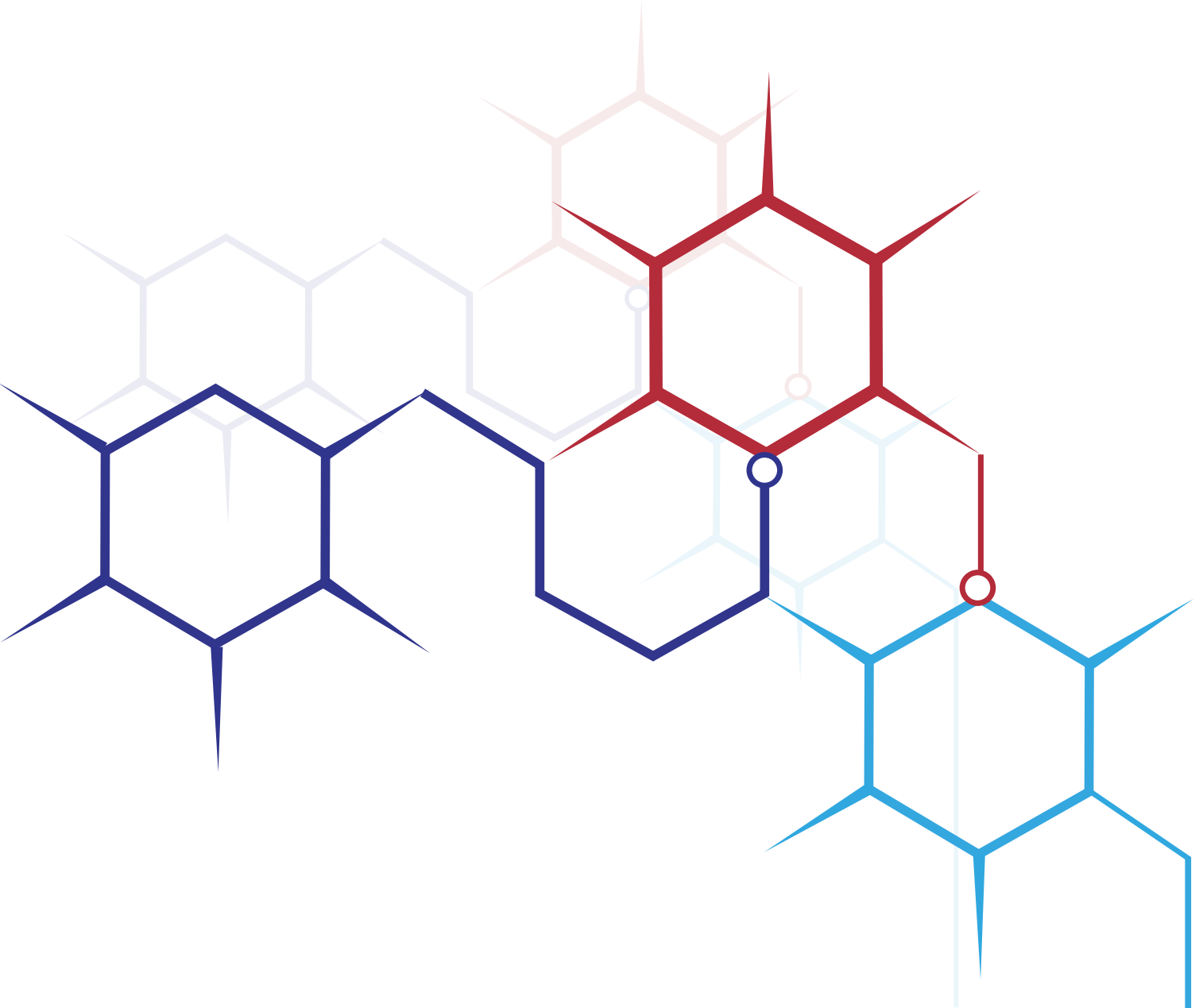


MAROOF

Newsletter February 2017



MAROOF
International Hospital

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SYMPOSIUM ON DEPRESSION PRESENTING WITH SOMATIC COMPLAINTS

To address the problem of mental anxieties, depression and physical symptoms, a symposium was organized on 9th January 2017 at Maroof International Hospital with the collaboration of LundBack Pharmaceuticals and Academy of Family Physician Islamabad Chapter. This symposium was attended by consultants, medical experts and people from different backgrounds.

depression and the severity of heart diseases can result in depression.

Dr. Muzaffar Latif Gill (Siatar-e-Imtiaz) Gastroenterologist also highlighted that many patients that come with gastro and stomach related problems have often severe depression. In this regard he explained two cases where the patients complained about abdominal pain, diarrhea, vomiting and reduced appetite. After prolonged investigations it was diagnosed that both the patients were suffering from depressions and anxieties.



On this occasion, Prof. Shahbaz Kureshi, Consultant Interventional Cardiologist and Head, Department of Cardiology enlightened the audience by highlighting the importance of managing in an integrated manner cardiac diseases associated with depression and emphasized the



Dr. Shamaila Tanveer Gynecologist Quid-e-Azam Hospital explained the attendees about the depression and psychological problems faced by many pregnant ladies. She said that postpartum depression, if not treated properly, can be so worst that it can be dangerous for the life of both mother and the new born. She said that females can overcome this problem through proper practices and treatment.

In the end, the man behind the symposium, Prof. Syed Salah-ud-Din Babur educated the audience that depression is the root cause of many diseases and just because it is not diagnosed and understood properly, patients end up visiting physicians from other medical specialties. Therefore it is very much necessary that patients should know the basic cause of their problem and should not hesitate visiting a psychologist.



concept of "Behavioral Cardiology" whose time he said has come. Heart disease can be caused by acute or chronic

The symposium was closed with a vote of thanks from Dr. S. M. Shaheen, President Pakistan Academy of Family Physicians and chairmen MIH Chaudhary Naseer Ahmed.



COLOR ME HAPPY

A One Day Workshop For Inner Peace

Maroof International Hospital organized a one day workshop “Color Me Happy” on 10th January 2017 in collaboration with The Youth Club. The purpose of this workshop was to help the employees to overcome stress and depressions. This two hours interactive session was very helpful and the attendees highly appreciated its content.

The speaker for the workshop Raja Zia-ul-Haq, CEO The Youth Club educated the attendees about the significance of balance

between personal and professional life. He also explained different ways of achieving inner peace.

Raja Zia-ul-Haq explained the real sources of happiness and inner peace to the attendees and how to achieve these.

Dr. Sadaf Irfan Abbasi, Consultant Psychiatrist MIH conducted an activity for the employees to measure their level of happiness and internal peace.



Significance of Training & Development

1. Proper training can help the employees in using equipment correctly.
2. It also helps in developing the necessary skills and knowledge of employees to carry out their work to the best of their ability, increasing productivity and quality of work.
3. Regular trainings are a way of ensuring that the employees do not feel left behind and they stay working at their best.
4. Besides improved performance, trainings also add up to increasing staff retention and help in keeping hold of organizations 'star players'.
5. Training and development enhances and provides diverse skills sets to the team. This enables them to take on additional responsibilities while supporting their own career progression.
6. Highly skilled employees are organization's source to deliver higher levels of customer satisfaction and retain highly satisfied clients.
7. Trainings prove to be a crucial factor in an organization to develop common working procedures and strengthen internal relationships.
8. The organizations that frequently train their employees become more attractive for top talent in the market and give it competitive advantage.



.....
Mr. Fahad Hafeez
 Manager HR&D
 MIH

An Ovarian Cancer Surgery Success Case at Marroof International Hospital

“

When the growth of cells becomes rapid and out of control, it is called cancer. Ovaries are female reproductive organs and when cancer starts in the ovaries it is called ovarian cancer.

”


Dr. Muhammad Kashif Khan
Consultant Cancer Surgeon

FCPS (Surgery)

Fellowship Surgical Oncology (SKMCH & RC)

Fellowship Minimally Invasive Surgery (SKMCH&RC)





Ovarian cancer is the fifth leading cause of cancer related to deaths worldwide. The most common symptoms include bloating, lower abdominal pain, trouble eating and urinary complaints.

In case you are above 50 years of age and you are facing these symptoms, you should consult your doctor, who, after physical examination may order an ultrasound and a blood test CA-125. If ovarian cancer is suspected, you will need CT Scan and a few additional investigations as well. If it is picked at a very early stage, then a fertility preserving surgery can be performed in young patients. Most of the patients generally require surgery which includes complete removal of omentum (a fatty tissue attached to the colon and stomach), appendix, the female reproductive organs and the biopsies of the peritoneal wall followed by chemotherapy.

Those patients who have advanced disease benefit by a set of four chemotherapies which is followed by surgery and then another set of chemotherapy is further conducted.

A surgeon who specializes in cancer surgery is the ideal person to deal with such a cancer that spreads very early to the whole abdomen. However, fortunately it is a treatable disease. Mrs Rao, 56 years age resident of rawalpindi was diagnosed with ovarian cancer and received her treatment at maroof international hospital. she went through a successful surgery and is now leading a healthy life. we are sharing here our discussion with her about her journey from diagnostic to healthy life.

1- What were the symptoms that you observed and when did you feel that you should consult a doctor?

Initially I faced the problem of hard abdomen and bloating. Later it started causing me pain and I decided to visit a doctor.

2- Where did you visit (mentioning the name of the hospital is optional) for initial examination and what were the results?

We visited a private hospital in Islamabad and they prescribed antibiotics, considering it to be some lower abdominal infection.

3- Then how the cancer diagnosed?

It was diagnosed on CT scan of abdomen and raised CA-125, a blood test.

4- Which treatment was recommended by doctors when you were diagnosed with ovarian cancer?

They suggested a set of four chemotherapies followed by surgery and then four further chemo therapies after the surgery.

5- How did you come to know about Maroof International Hospital?

After completion of four cycle of chemotherapy, we visited a number of surgeons and finally we were satisfied with Dr. M. Kashif Khan, the cancer surgeon at Maroof International Hospital.

6- How was your first experience when you visited Maroof International Hospital?

We were satisfied and happy with the treatment and care offered here.

7- Did you have any knowledge about Ovarian Cancer Surgery? Did you know that Ovarian cancer can successfully be treated?

Initially I did not have much knowledge about it but later Dr. M. Kashif Khan was very kind and he explained to me thoroughly about the problem. He explained the procedure to me in detail and all the possible risks. He also explained that the surgery is helpful only when the disease is completely removed. It was Dr. Kashif who successfully convinced me that this disease can be cured with surgery.

8- How did the whole treatment go and what were the end results?

My surgery went well. I stayed at hospital for 05 days. The hospital staff was very helpful and I went home in good health.

9- How do you feel about your treatment at Maroof International Hospital?

I am glad and satisfied with my treatment.

10- Did, by any chance, the tumor grow again? Are you following up on it regularly?

It has now been a year and I am healthy and clear of cancer. I regularly visit my doctor for follow up.

11- Did you notice any discomfort or side effects of your surgery?

No I did not notice any side effect.

12- Are you leading a healthy life now?

Yes, I am perfectly healthy now, by the grace of Almighty.

13- Your message for the readers?

Cancer is no more an untreatable problem and you should trust your doctors. Take care of yourself.



INJURIES IN CHILDREN



Baby Alisha visited Maroof International Hospital with her three fingers cut through an injury. She received her treatment from Dr. Farhan Ansari who successfully transplanted the injured fingers.

Top Ten Accidents

The majority of injuries to children are unintentional; events that are often described as "accidents". Unintentional injuries account for about 96% of injury hospital admissions and about 90% of injury deaths in children up to 14 years of age. Most unintentional injuries are both predictable and preventable and result from a lack of child safety. Transport related injury and drowning are the leading causes of injury related death for children aged 1 to 14 years. Falls and transport related injury are the two leading causes of injury related hospital admission.



From the desk of Dr. Farhan Ansari

Consultant Neonatal, Pediatric
& Laparoscopic Surgery
FRCS(UK), FFS(AUS), FFS(SINGAPORE)

The following is a list of the top 10 accidents for children and safety tips on preventing them:

Car Passengers: Children not using seatbelts are five times more likely to be killed or injured. Every child should be in a child seat belt / restraint on every trip. Child restraints must be properly fitted and used.

Pedestrians: Children need time to develop a road sense and to learn and obey road rules. Children under 8 are at the greatest risk. Provide a safe place for your child to play away from the roadside and traffic. Keep reinforcing road safety behavior to your child.

Poisoning: Poison presents common safety hazards for young children. Medicines, household cleaners and products must be kept out of sight and out of reach preferably in a child-restraint cupboard or under lock and key.

House fires: The major risk is that a baby or child may be overcome by smoke.

Falls: The single largest cause of child injury. Install safety rails or guards for steps, stairs and balconies. Put 'soft' fall material under play equipment. Supervise your baby or child when using baby furniture.

Drowning: The single biggest danger to children under 5 years of age. Fence around pools and fountains and check safety gates regularly. Stay with young children when they are in the bath and during other kids activities around water.

Nursery Furniture: Baby furniture is a common cause of injury to children under two - especially from falls. Buy products safe for kids that are sturdy and well made. Always use a safety harness. If there isn't one, buy one separately.

Dog bites: Each day 2 or 3 children are taken to hospital because of dog bites. Around 75% of these are bitten by a family or friend's dog. Talk to your children about the dangers of patting dogs unfamiliar to them.

Scalds: A major cause of long term damage to children. Keep cups of hot drinks well out of reach. Hot water from the tap can scald in seconds. Check the bathroom hot water is below 50 degrees Celsius.

Bikes, inline skates & skateboards: Most injuries from boards or bikes result from falls. Helmets reduce the risk of brain injury by 90%. Teach children how to ride and to stop and start safely. Show them safe places where they can practice and set rules for where they can ride and skate.

Common Childhood Accidents and Preventions

Despite the best safety efforts, childhood accidents sometimes happen. Here are examples of some common childhood emergencies, including how they're most likely to happen, and tips for how to avoid them.

Burns: Burns are among the most common childhood accidental injuries, and they can happen several ways:

- * Electrical Burns and Shock from inserting fingers or objects into outlets or biting electrical cords.
- * Flames from stoves, lamps, matches, lit cigarettes, fireplaces, and house fires.
- * Touching hot surfaces, such as stoves, heaters, and microwaved containers.
- * Hot liquid and steam from pans, cups, hot water heaters, and bath water.

Safety tips

- * Set water heaters no higher than 120 degrees Fahrenheit.
- * Never leave food cooking unattended on the stove, and keep pot handles turned out of reach. Always supervise children in the kitchen.

Poisoning: Every day, hundreds of children are treated for poisoning in emergency rooms. Accidental poisoning can happen from:

- * Swallowing shampoo, aftershave, perfume, cleaning products, hand sanitizer, and liquid nicotine used in e-cigarettes.
- * Eating medication or vitamins, or taking an incorrect dose of medicine.
- * Exposure to carbon monoxide from gas appliances such as stoves and heaters.

Safety tips

- * Get rid of expired and unnecessary medicines both prescription and over-the-counter.
- * Keep medicines, personal care products, cleaning solutions, and household chemicals out of reach (and out of sight) of young children.
- * Install carbon monoxide detectors.

Drowning: Drowning remains a leading cause of death for children through age 14, and even small amounts of water pose a danger to very young kids. Take the following precautions to reduce your child's risk:

- * Be cautious with young children around water in toilets, bathtubs, and buckets and ice chests and coolers containing water or ice.
- * Make sure hot tubs, fountains and swimming pools are inaccessible to your child.
- * Keep your child away from fountains, irrigation ditches, postholes, and wells.



- * Supervise your child closely whenever she's playing around water.

Safety tips

- * Make sure buckets and pails are empty when you are not using them.
- * Keep the toilet lid down and the bathroom door closed.
- * Never leave your child unattended around water.

Falls: Some falls and tumbles are inevitable as children learn to stand, walk, run, and climb. Most are not serious, but falls are actually the leading cause of non-fatal injuries for children, including head injuries, fractures, sprains, and contusions or

bruises. Some of the most common places children fall from include:



- * Chairs
- * Beds, and other furniture
- * Stairs



- * Slippery floors
- * Shopping carts
- * Play equipment
- * Unsecured baby seats
- * Baby walkers

Safety tips

- * Take your child to age-appropriate playgrounds with soft surfaces under the equipment.
- * Never leave a baby unattended on a changing table or other piece of furniture.

Choking, strangulation, and suffocation:

Very young children put pretty much everything into their mouths. And if there is a way for your child to get tangled up in cords or ribbons, they will probably find it. Here are some examples of everyday objects that can be hazardous to your child:

- * Small bits of food, toys, batteries, bottle caps, coins, balloons, marbles, pen or marker caps, magnets, buttons, rubber bands, small barrettes or hair bows, and water beads are choking hazards.
- * Necklaces, drawstrings on clothes, baby headbands, strings, ties, and ribbons as well as cords on toys, household appliances, window blinds, and other fixtures could cause strangulation.
- * Improperly fastened safety harnesses in a highchair or stroller could allow a baby to slip down and become trapped.

- * Older cribs with drop rails can trap a baby, and blankets, pillows, crib bumpers and mattresses can lead to suffocation.

Safety tips

- * Keep cribs and beds away from windows with blinds or cords.
- * Check between sofa and chair cushions for small toys that might have slipped down where little fingers can find them.
- * Keep choking and strangulation hazards away from young children.
- * Never lay your baby facedown on a soft surface.

Other injuries to watch out for:

- * Nose injuries from running into stationary objects, falling on a hard surface, deflecting a flying toy, or fighting with other children.
- * Items stuck in a nostril or ear : such as small stones, chewable vitamins, pebbles, and peas.
- * Cuts and scratches from sharp fingernails, pets, sharp objects, furniture edges, sticks and other pointed objects outside.
- * A pulled elbow from picking up your child by one arm, jerking his arm forcefully, or swinging him around by the arms.

- * Eye injuries caused by dust, sand, chemical sprays, or other types of foreign matter.
- * Bites from animals, insects or other child.

Safety tips

- * Child Proofing your house can go a long way towards keeping your child safe from household dangers.
- * Knowing first aid and knowing how to tell whether an injury is treatable at home or needs to be taken to hospital - can keep a bad situation from getting worse.

Car safety

Collisions aren't the only thing to worry about when it comes to cars. Other dangers include:

- * An incorrectly sized or improperly installed car seat (or not using a car seat at all).
- * Heatstroke from leaving a child in a closed car.
- * Entrapment in power windows or car trunks.
- * Getting accidentally run over.

Safety tips

- * Make sure your child's car seat is a current model, in good condition and properly installed.
- * Always buckle up.
- * Walk all the way around your car before getting in to make sure no children are playing nearby.

DIET PLAN OF 2017

Stay Healthy



Each year, nutrition trends that were once all the rage fade away and new trends emerge, sometimes making headlines. While a few trends, like gluten-free products, seem to be long-lived, others, like vitamin waters or fat-free cookies, see their heyday and then are relegated to the back row of the nutrition show. So, it's that time again—time to look into the nutrition crystal ball for 2017 and see what's new, what's hot, and what you can expect clients and patients to quiz you about in the coming months.

Today's Dietitian speaks with several nutrition experts to determine what products and categories will be the most popular this year and on the minds of clients and patients in 2017. Here's what they forecast:

Souping

"Souping is the new juicing," while exclusive juice diets are billed as 'cleanses' or 'detoxes,' the one



ingredient with the most 'detoxing' power—FIBER—is trashed after the juice is squeezed out." Not so with soups, which often contain whole vegetables and, in the case of breakfast soups, fruit. The soups keep the fiber, seeds, rind, and pulp that juicing often discards.

Sprouted Grains

While sprouted grains have been around for a while, our forecasters predict that they will become more mainstream. Sprouting provides increased vitamins and minerals, antioxidants, increased digestibility, and nutrient absorption.

Sprouting creates enzymes that make plant proteins, essential fatty acids, starches, and vitamins more available for absorption and can



decrease blood pressure and help protect against fatty liver; and sprouted brown rice can help reduce blood glucose levels and improve immune function in breast-feeding mothers. You can expect to find wider variety in sprouted food products in potato chips and crackers, grain cereals, snack bars, and rice.

More Products with Less Sugar

Companies will be under increasing pressure to reduce the added sugar content of their products and, as a result, will be turning to more of the so-called 'natural sweeteners,' like stevia, maple syrup, agave syrup, monk fruit, date sugar, and coconut palm sugar.



Ms. Mubashera Iqbal
Clinical Dietitian
Maroof International Hospital



Some provide as many calories as table sugar, others contain fewer calories, and some, like stevia, are calorie-free. While certain natural sweeteners, like date sugar, provide



nutrients absent from table sugar. There is little or no research to suggest that alternative natural sweeteners provide any health benefits. The war on sugar has been declared a personal war on the sweet stuff. We expect there will be greater demand and increased offerings of products containing reduced amounts of sugar, replaced with one or more of these natural sweeteners, many of which are metabolized by the body no differently than sucrose.

Full-Fat Dairy

Now that people are starting to embrace more fat in their diets, I think we will continue to see more full-fat and reduced-fat (as opposed to fat-free) dairy products being used."

Consumption of whole-milk dairy products is on the rise as part of a whole, natural, and real trend. And there is a growing understanding that milk fat is not bad for you and may actually be good for you. Milk fat contains bioactive compounds, such as conjugated linoleic acid, a fat that research suggests may decrease the risk of coronary heart disease and depress cancer cell growth. The trend may be catching up with the research and consumption of dairy foods provides numerous health benefits, including lower risk of diabetes, metabolic syndrome, CVD [cardio Vascular disease], and obesity.

The Pluses of Pulses

Pulses are lentils, dry beans, beans, and chickpeas. The United Nations is so certain that pulses will peak in popularity that it has dubbed 2017 the International Year of Pulses



(IYP). The aim of IYP 2017 is to heighten public awareness of the

nutritional benefits of pulses as part of sustainable food production, aimed towards food security and nutrition. According to the United Nations' Food and Agriculture Organization, pulses are a vital source of plant-based proteins and amino acids for people around the globe and should be eaten as part of a healthful diet to address obesity, as well as to prevent and help manage chronic diseases such as diabetes, coronary conditions, and cancer.

They are also an important source of plant-based protein for animals. In addition, pulses come from plants that have nitrogen-fixing properties, which can contribute to increasing soil fertility and have a positive impact on the environment.

Managing Food Waste

Related to the sustainability movement is the growing emphasis on reducing food waste in restaurants, hospitals, and grocery stores as well as in the home, where 60% of food waste occurs. Here is another sobering statistic, there are 870 million hungry people on the planet.

A Pain in the Foot



What is plantar fasciitis?

Plantar fasciitis means inflammation of your plantar fascia. Your plantar fascia is a strong band of tissue (like a ligament) that stretches from your heel (calcaneum) to your middle foot bones. It supports the arch of your foot and also acts as a shock-absorber in your foot.

CAUSES

You are more likely to injure your plantar fascia in certain situations. For example:

- If you are on your feet for a lot of the time, or if you do lots of walking, running, standing, etc, when you are not used to it or have previously had

a more sedentary lifestyle.

- If you have recently started exercising on a different surface - for example, running on the road instead of a track.

- If you have been wearing shoes with poor cushioning or poor arch support.

- If you are overweight - this will put extra strain on your heel.

- If you have a tight Achilles tendon (the big tendon at the bottom of your calf muscles above your heel). This can affect your ability to flex your ankle and make you more likely to damage your plantar fascia.

HOW COMMON IS IT?

Plantar fasciitis is common. Around 1 in 10 people will develop plantar fasciitis at some time in their life. It is most common in people between the ages of 40 to 60 years.



Dr. Tooba Asim

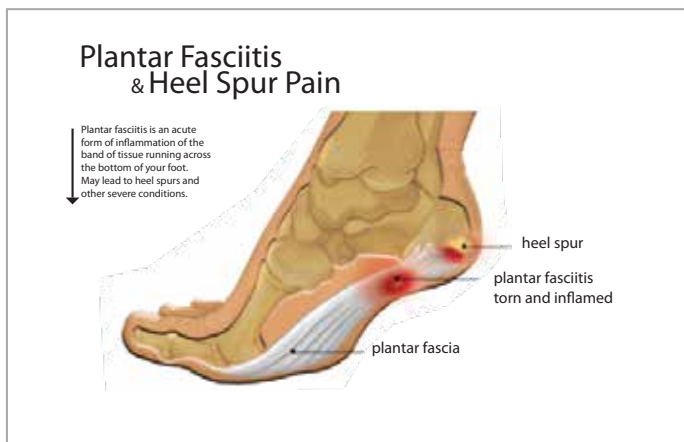
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However, it can occur at any age. It is twice as common in women as it is in men. It is also common in athletes.

SYMPTOMS

Pain is the main symptom. This can be anywhere on the underside of your heel. However, commonly, one spot is found as the main source of pain. This is often about 4 cm forward from your heel, and may be tender to touch. The pain is usually worst with the first



few steps after awakening, although it can also be triggered by long periods of standing or getting up from a seated position.

HOW IS IT DIAGNOSED?

Your doctor can usually diagnose plantar fasciitis just by talking to you and examining your feet. Rarely, tests are needed if the diagnosis is uncertain or to rule out other possible causes of heel pain. These can include X-rays of the heel or an ultrasound scan of the fascia.

TREATMENT

There are two types of treatments available

- non-surgical
- surgical

NONSURGICAL TREATMENT

1. ROLE OF PHYSIOTHERAPY

Role of physiotherapy is modification of footwear, use of heel pads and arch supports.

There are other modalities including topical ultrasound treatment and ice packs to reduce inflammation.

Achilles stretching exercises is also helpful.

Regular, gentle stretching of your Achilles tendon and plantar fascia may help to ease your symptoms.

This is because most people with plantar fasciitis have a slight tightness of their Achilles tendon.

If this is the case, it tends to pull at the back of your heel and has a knock-on effect of keeping your plantar fascia tight.

Also, when you are asleep overnight, your plantar fascia tends to tighten up (which is why it is usually most

painful first thing in the morning). The aim of these exercises is to loosen up the tendons and fascia gently above and below your heel. Your doctor may refer you to a physiotherapist for exercise guidance.

2. Steroid Injection: There is a limited role of steroid injections in these cases.

3. Extra-corporeal shock-wave therapy: In extra-corporeal shock-wave therapy, a machine is used to deliver high-energy sound waves through your skin to the painful area on your foot.

SURGICAL TREATMENTS

This may be considered in very difficult cases. Surgery is usually only advised if your pain has not eased after 12 months despite other treatments. The operation involves separating your plantar fascia from where it connects to the bone; this is called a plantar fascia release. It may also involve removal of a spur on the calcaneum if one is present.

HOW CAN THIS BE PREVENTED?

Most people have completely recovered from an episode of plantar fasciitis within a year.

There are certain things that you can do to try to prevent plantar fasciitis, especially if you have had it before. These include:

- Regularly changing training shoes used for running or walking.
- Wearing shoes with good cushioning in the heels and good arch support.
- Losing weight if you are overweight.
- Regularly stretching the plantar fascia and Achilles tendon, especially before exercise.
- Avoiding exercising on hard surfaces.



Testimonials, Health Tips & Recipe

TESTIMONIALS

• I came to Maroof ER with injuries through an accident. ER staff was very caring, understanding and they took very well care of me. I highly appreciate them.

Gao Meng Weng

• My earnest appreciation for the treatment at ER section, especially the care of the ER staff.

Hisham Humayoun

• I have been a regular visitor of Maroof in the past with my family, grandson, wife etc. This time I came here for my own treatment and I am

really impressed and thankful to your very dedicated and professional treatment. Allah bless you all and especially your ER staff.

Mr. Hamid Rauf

• It has been 4 years I have been visiting Maroof. My experience with doctors, nurses and technical staff is highly satisfactory. Currently, I am visiting regularly for the dressing of my daughter's fingers that got implanted here. The staff at minor OT is very caring and friendly. They always help us understand the pros and cons of all our concerns.

Dr. Adnan Maqsood

Health Tips Corner

Benefits of Nuts

- Nuts Are a Great Source of Many Nutrients.
- Nuts Are Loaded With Antioxidants.
- Nuts Can Help You Lose Weight.
- Nuts Can Lower Cholesterol and Triglycerides.
- Nuts Are Beneficial for Type 2 Diabetes and Metabolic Syndrome.
- Nuts Can Help Reduce Inflammation.
- Nuts Are High in Fiber.
- Nuts Can Reduce Your Risk of Heart Attack and Stroke.

CARROT CHICKEN SOUP

Ingredients

- Boiled carrot 3-4
- Boiled chicken 200 grams (chopped)
- Oil 2-3 tbsp
- Finely chopped onion 1
- Garlic paste 1 tbsp
- Salt to taste
- Crushed black pepper 1 tsp
- Cinnamon powder 1 pinch
- Chicken cube 2
- Cream ½ cup
- Water 2 cups



Cooking Directions

- Grind boiled carrots to make a paste and set aside.
- Take a cooking pan heat the oil, add finely chopped onion, stir fry then add garlic paste; fry for 2-3 minutes.
- Add carrot paste, 1 cup of water and cook 5 minutes.
- When its boiling add boiled chicken mix it well then add salt, black pepper, cinnamon powder, chicken cubes.
- Now add 1 cup water and cook for 5 minutes. Now take it out in a serving bowl garnish with cream and serve hot.

Maroof International Hospital Offers

Laparoscopic Procedures

- Gall Bladder Surgery
- Appendix Surgery
- Hernia Surgery
- Uterus Removal
- Ovarian Cysts
- Infertility Workup
- Cancer Surgery



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- **Better Cosmesis**
- **Less Pain**
- **Shorter Hospital Stay**



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