

MAROOF

Newsletter January 2017



Happy New Year



MAROOF

International Hospital

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BREAST CANCER AWARENESS SEMINAR



Maroof International Hospital is proud to play its role in the fight against Breast Cancer. To create awareness about this disease, Maroof International Hospital hosted a seminar on 10th December 2016 at Tulip Marquee Islamabad. This seminar was attended by ministers, government officials, technocrats, bureaucrats, ambassadors and people from business world. Dr. Kulsoom Junejo, Senior Consultant Oncoplastic Breast Surgeon discussed in detail the symptoms, causes and treatment for Breast Cancer.

At this occasion, Vice Chairman Maroof International Hospital Prof. M. Zafar Chawdhery said that Maroof International Hospital understands the importance of hosting this type of seminars, which is open to the public. He said MIH considers awareness to be an important part of creating and maintaining a healthier population. Prof. Zafar also ensured full cooperation from MIH in all such health awareness activities for future.

The seminar was followed by an entrancing musical gala in which Ustadh Hamid Ali Khan won the hearts of the audience with his lively melodies.

BREAST CANCER AWARENESS SEMINAR GALLERY



ROLE OF NUTRITION IN DIABETES

The role of healthy and balanced diet for every patient in general and diabetic patient in particular cannot be denied. To educate the doctors and medical staff further in this regard, Maroof International Hospital arranged a symposium in which Ms. Mubashera Iqbal, Clinical Dietician MIH, explained the attendees about how significant it is to keep an eye on the diet of diabetic patient and know the details of this disease at the time of prescribing medicine.

Dr. Mubashera also explained in detail the nutritional value of different food items and their significance for diabetic patients.

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IMMUNOHAEMATOLOGY WORKSHOP



Maroof International Hospital believes in personal and professional development of its employees. To enhance their productivity, employees are provided with multiple trainings during their career with MIH. For the same objective, a two days' workshop was organized on IMMUNOHAEMATOLOGY on 9th and 10th December 2016 at MIH Auditorium.

This two days' workshop was organized in partnership of IBTA (Islamabad Blood Transfusion Authority). Maroof International hospital played the role of host and facilitator. Dr. M. Arshad Malik, Asst Professor IIUI, Dr. Ahmed Farooq, SO NFSA, Mr. M. Asim Ansari, Country Manager MSF Pakistan, Mr. Usman Waheed, Technical expert IBTA and knowledge of the participants with their informative lectures.

This workshop focused on detailed introduction of basic immunology, antigen and antibody reactions, biochemistry and genetics of ABO system and biochemistry and genetics of Rh system.

Speakers also gave a detailed lecture to the attendees about Gel card technology for Immunohematology, Blood Grouping- Tube Technique (Forward and Reverse), Blood Grouping- Gel Card (Reverse and Forward), Minor Blood Group systems and testing.

The workshop also had a through question and answer session to respond to all the queries of the attendees. This two days training was attended not only by MIH staff but also from other major hospitals and health institutions. In the end, Vice Chairman MIH Prof. M. Zafar Chawdhery thanked the participants and organizers for their efforts. Dr. M Arshad Malik, Asst. Prof IIUI and VC MIH Prof. M. Zafar Chawdhery awarded the participants shields and certificates.



CERVICAL CANCER PREVENTION

PRIMARY PREVENTION

Prophylactic vaccination against the major cause of cervical cancer, the carcinogenic human papillomavirus types 6, 11, 16, and 18, is now available worldwide and offers additional protection from cervical cancer.

SECONDARY PREVENTION

Screening tests offer the best chance to have cervical cancer found at an early stage when successful treatment is likely. Screening can also actually prevent most cervical cancers by finding abnormal cervix cell changes (pre-cancers) so that they can be treated before they have a chance to turn into a cervical cancer. Despite the recognized benefits of cervical cancer screening, not all Pakistani women take advantage of it. Most cervical cancers are found in women who have never had a Pap test or who have not had one recently.



THE PAP (PAPANICOLAOU) TEST

Regular cervical smear test is the best way to identify abnormal changes in the cells of the cervix at an early stage. All women should begin cervical cancer testing (screening) at age 21. Women aged 21 to 49 years old are invited for screening every three years. Women who are 50 to 64 years old are invited every five years. It's important that you attend your smear tests even if you have been vaccinated for HPV, because the vaccine does not guarantee protection against cervical cancer.





DR. SHAMAIL ANWAR

GYNCOLOGIST

MBBS, FCPS GYNCOLOGY / OBSTETRICS

HPV TESTING

With this test the frequency of screening will decrease to five year intervals. Once a woman has been screened negative, she should not be rescreened for at least five years, but should be rescreened within ten years. This represents a major cost saving for health systems.

CERVICAL CANCER VACCINATION

Girls are offered the childhood immunisation programme. The vaccine is given to girls when they're 12 to 13 years old, with three doses given over a six-month period. Two cervical cancer vaccines have Food and Drug Administration (FDA) approval in the U.S. — Gardasil, for girls and boys, and Cervarix, for girls only.

Although the HPV vaccine can significantly reduce the risk of cervical cancer, it does not guarantee you won't develop the condition. You should still attend cervical screening tests even if you have had the vaccine. The cervical cancer vaccine isn't recommended for pregnant women or people who are moderately or severely ill.

Cervical cancer vaccine offers benefits even if you're already sexually active by protecting you from specific strains of HPV to which you haven't been exposed.

What can you do to protect yourself from cervical cancer if you're not in the recommended vaccine age group?

HPV spreads through sexual contact. To protect yourself from HPV, use a condom every time you have intercourse. In addition, don't smoke. Smoking doubles the risk of cervical cancer.

To detect cervical cancer in the earliest stages, see your health care provider for regular Pap tests. Seek prompt medical attention if you notice any signs or symptoms of cervical cancer — vaginal bleeding after intercourse, between periods or after menopause, pelvic pain, or pain during intercourse.

JANUARY IS CERVICAL CANCER AWARENESS MONTH



NEW YEAR WISHES

"It has been a hard year with the loss of the praying hands in my life, my beloved mother Begum Maroof. However, we stood steadfast in our commitment to take the healthcare to the next level. And this will remain the motto for the next and many more coming years InshAllah. I wish my entire team and the people we serve, a very healthy 2017."

CH. NASEER AHMED
CHAIRMAN MIH



This is the first time for me to extend my New Year greeting to all of you as Vice Chairman of Maroof International Hospital. As you know 2016 brought many changes which I believe were for the good of the organization. Nothing worth having comes easy and hard work never goes unrewarded. Every year is special. In the New Year sow seeds of dedication, hard work & commitment and you will enjoy fruits of happiness and success. Hope means believing things can change for the better. Let's hope 2017 will be a good year for all those who are dedicated to improving our hospital and patient care.

VICE CHAIRMAN MIH
PROF. M. ZAFAR CHAUDHERY

Every year is a combination of good and bad but the true success is when you learn something from each passing moment. Being CEO of a healthcare organization brings challenges on each step and I am glad that with the prayers of my elders, support of my team and focusing on providing international standard healthcare coupled with hospitality, we made it through 2016. We aim to add in our share in making Pakistan healthy at our best. I wish you all a very happy and healthy 2017.

CEO MIH
CH. HAROON NASEER



"This New year let's try to create a better working environment as we move forward on working towards achieving better health care services, taking together everyone around us and maintaining a strong sense of professional ethics without fail. Hopefully in the coming year we will continue to devote facilities needed to improve patient care especially regarding mother and child health services. I would also take this opportunity to thank the hospital administration, my colleagues and the entire staff for their exemplary team work and cooperation. A very Happy 2017 to everyone."

ASSOCIATE CONSULTANT GYNECOLOGIST, MIH
DR. SHAMAIL ANWAR SYED



"Years come and go, but this year I particularly wish you double the dose of health and happiness topped with a whole lot of health care. Happy New Year!"

REGISTRAR IPD MIH
DR. MUHAMMAD SALMAN



"Cheers to the new year; another chance for us to get it right this time"

DR. OSAMA JAVAID



"Staying healthy and focusing on your job is the key to all problems. We should make it our aim to make not only our own life beautiful but to create ease for others as well. My new year's resolution is to stay healthy and active and same is my message to all our dear readers. Happy 2017!"

SR. MARKETING MANAGER MIH
MALIK ZEESHAN ALI



"A healthy diet and lifestyle are your best weapons to fight against cardiovascular diseases. Take care of your heart in 2017 and happy new year"

CONSULTANT CARDIOLOGIST MIH
DR. HABIB AHMED KHAN



"A new year means a fresh start, a blank page, another opportunity to live your dreams. May the coming year bring you everything you wish for, and many happy surprises as well. Happy New Year!"

MANAGER MIS
MR. MUHAMMAD SOHAIL



"A new year is like a blank book and the pen is in your hands. It is your choice to write a beautiful story for yourself. Happy New Year."

ADMINISTRATION OFFICER
MR. AKASH DAVID



INSTALLATION OF NEW LAPAROSCOPIC TOWER

In our endeavors for providing “The Best” health services, we are proud to announce the installation of state of the art Laparoscopic Tower. This new Image One Spies Technology is a High Definition Image Enhancement Facility with built in recorder. It is the most advanced technology in market and Maroof International Hospital takes the honor to announce that it is the only health institution in twin cities that is offering this technology. This in combination with the most expert surgeons in town, ensures that people get the most effective and reliable solutions to all their health problems.



To install this facility and with the blessings of Almighty, MIH organized Dua-e-Khair on 23rd December 2016. This occasion was graced by the surgeons & consultants Dr. Faisal Murad, Dr. Ghazala Bashir, Dr. Sohail Sukhera, Dr. Shamas Tabraiz, Dr. Kashif Khan, Dr. Farhan Ansari, Dr. Farzana Javaid, Dr. Salman Younas, Dr. Habib Ahmed Khan, Dr. Kashif Bangash, Dr. Sajjad Naseer, Dr. Mumtaz, Dr. Muhammad Salman and management personals Chairman MIH Ch. Naseer Ahmed, VC MIH Prof. M. Zafar Chawdhery, CEO MIH Ch. Haroon Naseer and all departmental heads.



At this event, Haris, 11 year old child who was the first patient operated through this tower, cut the cake and celebrated his health.

On this occasion, Chairman MIH Ch. Naseer Ahmed said that they intend to leave no stone unturned in making Maroof the most advanced healthcare facility.



MECKEL'S DIVERTICULUM



DR. FARHAN ANSARI
CONSULTANT NEONATAL, PEDIATRIC
& LAPAROSCOPIC SURGERY
FRCS(UK), FRCR(AUS), FRCR(SINGAPORE)

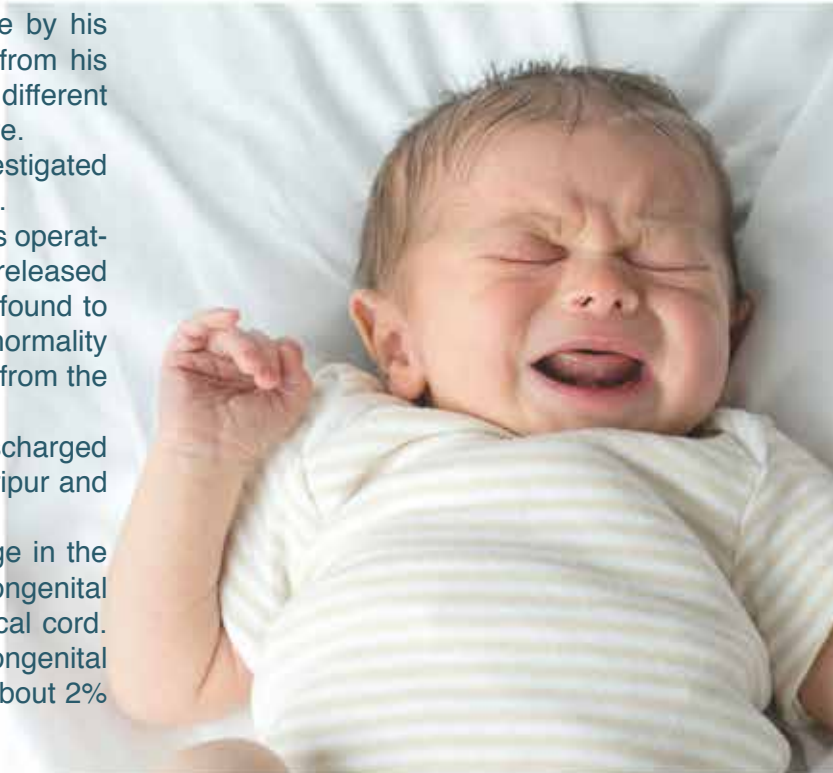
A 2 year child from Haripur was brought to me by his parents saying that a strange thing is bulging from his belly button. He was shown to various doctors in different cities but the mass from the navel remained there.

The mass coming out of his belly button was investigated by ultrasound and it was reported to be intestine.

After all the necessary preparations the child was operated upon. When this loop of intestine was released circumferentially it came into full view and was found to be a Meckel's diverticulum. This is a birth abnormality which needed corrective surgery by removing it from the normal intestine.

The child did very well post surgery and was discharged home on the fourth day. He is back home in haripur and doing very well.

Meckel's diverticulum is an outpouching or bulge in the lower part of the small intestine. The bulge is congenital (present at birth) and is a leftover of the umbilical cord. Meckel's diverticulum is the most common congenital defect of the gastrointestinal tract. It occurs in about 2% to 3% of the general population.



WHAT CAUSES MECKEL'S DIVERTICULUM?

Meckel's diverticulum occurs in a fetus early in the pregnancy.

A Meckel's diverticulum may contain cells from both the stomach and pancreas. Cells from the stomach can secrete acid, which can cause ulcers and bleeding.



Meckel's diverticulum

WHO GETS MECKEL'S DIVERTICULUM?

Though 2% to 3% of the population gets Meckel's diverticulum

It causes symptoms in only a small number of those people. People can live their whole lives without ever knowing they have Meckel's diverticulum. The condition is equally common among males and females, but males are two to three times more likely to have complications.



WHAT ARE THE SYMPTOMS OF MECKEL'S DIVERTICULUM?

Symptoms of Meckel's diverticulum usually occur during the first year of a child's life, but can occur into adult hood also.



- A** Gastrointestinal bleeding (which can be seen in the stool)
- B** Abdominal pain and cramping
- C** Tenderness near the navel (belly button)
- D** Diverticulitis (swelling of the intestinal wall)
- E** Obstruction of the bowels, a blockage that keeps the contents of the intestines from passing. This can cause pain, bloating, diarrhea, constipation, and vomiting.

The most common symptom in children under age five is bleeding, which is caused by ulcers that develop in the small intestine when the diverticulum secretes stomach acid. Bowel obstruction occurs more often in older children and adults. Diverticulitis can occur at any age, but is most common in older children. Tumors can occur mainly in adults, but these are a rare symptom of Meckel's diverticulum. If your child has any of the above symptoms, you should see your pediatrician or healthcare provider immediately.

HOW IS MECKEL'S DIVERTICULUM DIAGNOSED?

Meckel's diverticulum can be difficult to diagnose. Many of the symptoms, such as vomiting, abdominal pain, and tenderness, can occur in several different conditions.

If your child's healthcare provider feels that the combination of symptoms suggests Meckel's diverticulum, he or she will order certain tests. These include:

* Technetium scan: This test is a scan. Radioactive technetium is injected into the body. This substance is absorbed by stomach cells in the diverticulum and can be detected by a special camera.

* Colonoscopy: In this test, a small, flexible tube with a camera on the end is inserted into the rectum and colon to look for blockages and the cause of bleeding.

HOW IS MECKEL'S DIVERTICULUM TREATED?

Many adults who have Meckel's diverticulum never have symptoms. They learn they have the condition only after it is noticed during surgery or during tests for another condition. In this case, Meckel's diverticulum usually does not have to be treated.

Surgery to remove the diverticulum may be recommended if bleeding develops. During this procedure, the Meckel's diverticulum and surrounding small intestine are removed and the ends of the remaining intestines are sewn together.

This can be done either through open abdominal surgery or laparoscopically (a narrow tube with a camera is inserted through a small incision, and the Meckel's diverticulum is repaired through another small incision).

Your physician can recommend the best approach based on your child's symptoms, age, and general health.





DR. JAHANZEB DURRANI

MBBS., DOMS.,
M.S. (OPHTH) FICU (UK)
EYES SPECIALIST

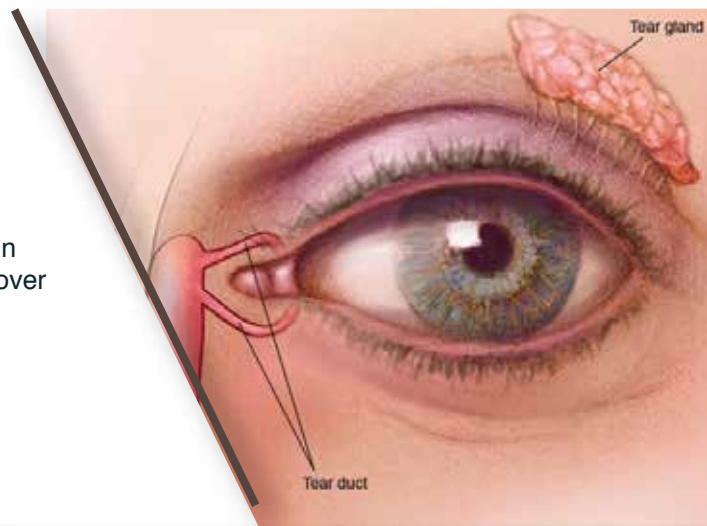
BLOCKADE OF TEAR DUCT IN NEW BORN



During embryonic development, canalization of the tear duct is usually complete at birth. The duct measures 12mm in length and opens into the nose through an ostium in the middle of the nose. If parents care to see themselves, there is a very small hole (called punctum) on the nasal side of the lower and upper lid, from where the tear duct starts downward and open into the middle of the nose. The punctum drains out the tears carrying all the dirt and bacteria to the safe nasal passages.

The blockade of the tear duct is due to the presence of membrane which is just like a peel of an onion at the lower end of the tear duct. Roughly in 50% of the newborns, it opens spontaneously within a week or so, soon after the birth as a process of nature, but only 2-6% exhibit the clinical symptoms of watering or sticky eyes due to persistence of this membrane in one or both eyes after 2-4 weeks of age with a rare swelling over the nasal side, which causes concern to them. Numerous treatment options are available which include the use of antibiotics and simple massage over the area of the tear duct on the nasal side with 10 downward strokes at least 4-5 times a day. (The parents can be trained if they like to attend an Eye Clinic in the hospital)

In view of the non-serious attitude or lack of understanding, some parents do not like to prolong the misery of the child through conventional messaging over the duct area and persistently using eye drops, perhaps they have a fear at the back of their minds that prolonged treatment may ultimately deteriorate the visual acuity of the child, hence they compel the eye specialist to make a hasty decision for surgical intervention. Our aim is to save the children from unnecessary procedures and make the parents understand the simplicity and ease of the conventional procedure, to carry out with patience. In 90% of the cases the obstruction resolves within six months with a simple massage and it is only 10% of cases, where the obstruction persists and we need to consider other options like simple probing through the tear duct or later on surgery but never before the age of one year.



Keep your baby healthy...

Now probing is a very simple procedure under a very short anesthesia, basically it is amnesia and not full anesthesia. We make the child to sleep just for a very short period, say 5 minutes and the surgeon negotiates the tear duct with the help of a small thin soft probe with an electric speed lasting few seconds. The probe is just passed through this punctum in the lid and is whisked out from the nasal side, rendering the duct patent. Soon the probe is withdrawn.

It is a very simple and safe process and not a real surgery as the parents fear. It causes no damage to the eye or soft tissue. There is no bleeding and no bandage is required. The surgeons are very expert and there is nothing to cause any alarm. The child is allowed to go home instantly with the instruction to continue massage for few weeks. If massage is done seriously and persistently with antibiotic drops, hardly we need probing. If this process fails which is unlikely, surgery will be indicated, which is to create an alternate passage for the drainage of the tear, but this is rarely required.



TESTIMONIALS

► We are completely satisfied with services rendered by the hospital. During our six days stay, from doctors to nursing staff, everybody highly facilitated us and took care of our concerns. We were absolutely comfortable during our stay. We extend our special thanks to the nursing staff. (Mrs. Samreen Shehzad)

► Nursing staff Mr. Babar attended my son and family in a very nice and professional manner. My son born here under the supervision of Dr. Ghazala Bashir. She is also excellent. I always advise all my friends and contacts in Islamabad to visit Maroof Hospital for all kinds of medical treatments. (Mr. Hassan Wazir)

► Hospital staff is extremely cooperative. I am highly satisfied with treatment from Dr. Tahir, Dr. Salman and Dr. Bilal. The same applies to the nursing and housekeeping staff. Though I had no attendant with me, I never worried about security, privacy and treatment standards. (Ms. Beenish Javed)

HEALTH TIPS

HEALTH WONDERS OF CARROT

Improves vision

There is some truth in the old wisdom that carrots are good for your eyes. Carrots are rich in beta-carotene, which is converted into vitamin A in the liver. Vitamin A is transformed in the retina, to rhodopsin, a purple pigment necessary for night vision.

Helps prevent cancer

Studies have shown carrots reduce the risk of lung cancer, breast cancer and colon cancer. Falcarinol is a natural pesticide produced by the carrot that protects its roots from fungal diseases. Carrots are one of the only common sources of this compound.

Slows down aging

The high level of beta-carotene in carrots acts as an antioxidant to cell damage done to the body through regular metabolism. It help slows down the aging of cells.

Promotes healthier skin

Vitamin A and antioxidants in carrots, protect the skin, hair and nails from dryness. Vitamin A prevents premature wrinkling, acne, dry skin, pigmentation, blemishes and uneven skin tone.

Prevents heart disease

Studies show that diets high in carotenoids are associated with a lower risk of heart disease. Carrots have not only beta-carotene but also alpha-carotene and lutein.

Cleanses the body

Vitamin A assists the liver in flushing out the toxins from the body. It reduces the bile and fat in the liver. The fiber present in carrots helps clean out the colon and hasten waste movement.

Protects teeth and gums

They scrape off plaque and food particles just like toothbrushes or toothpaste. Carrots stimulate gums and trigger a lot of saliva, which, being alkaline, balances out the acid-forming, cavity-forming bacteria. The minerals in carrots prevent tooth damage.

Prevents stroke

People who eat five or more carrots a week are less likely to suffer a stroke than those who eat only one carrot a month or less.

RECIPE OF THE MONTH

BAKED FISH

Ingredients

500 grams fish fillet (Any Variety)	
Ginger Garlic paste	2 teaspoon
Salt	to taste
Black pepper	1 teaspoon
Red chili flakes (optional)	1 teaspoon
Melted Butter	1.5 tablespoon
Lemon juice	2-3 tablespoon
Oil	1 teaspoon (to grease your baking tray or foil)
Fresh parsley/coriander	1 tablespoon (chopped)

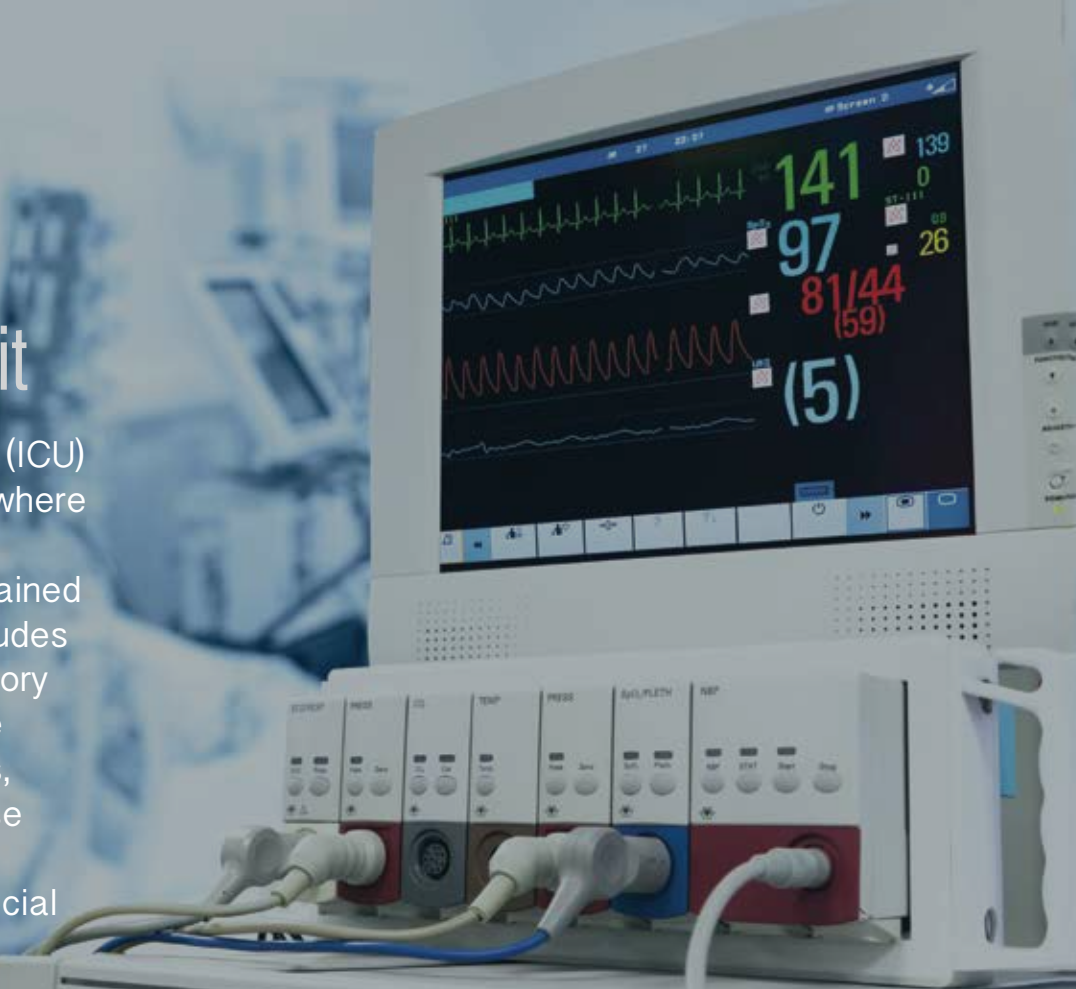
Instructions

1. Preheat oven at 170 C.
2. Thoroughly wash fish fillets and pat dry with kitchen tissues.
3. Marinate the fish fillets with all the ingredients for half an hour.
4. Bake for 30 to 40 minutes.
4. Serve hot with salads and baked vegetables.

ICU

Intensive care unit

The Intensive Care Unit (ICU) is a unit in the hospital where seriously ill patients are cared for by specially trained staff. The ICU staff includes doctors, nurses, respiratory therapists, clinical nurse specialists, pharmacists, physical therapists, nurse practitioners, physician assistants, dietitians, social workers, and chaplains.



Technology and Equipment

The most obvious area of change when observing the ICU has been in technology and equipment. The bulky early respirators have been transformed into smaller, mobile units that are easy to use and the improved patient-ventilator interfaces enable more patient-friendly mechanical ventilation. Similarly, other forms of equipment including dialysis machines, infusion pumps, monitors, imaging modalities, have become smaller and more mobile. Monitoring of many parameters is now (almost) continuous, providing intensivists with a more accurate means of following patient status and response to treatment. Information technology is now also widely used in ICUs with patient data systems making laboratory and imaging results immediately available at the bedside and computerized physician order entry systems helping to reduce errors, such as drug interactions and dosing errors.

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