

# MAROOF

Newsletter June 2017

*Ramazan  
Kareem*



## A MONTH OF PHYSICAL & SPIRITUAL CLEANSING



**MAROOF**  
International Hospital

media@maroof.com.pk | www.maroof.com.pk



**Brands**  
of the year  
**Award**  
IT'S ALL ABOUT CHAMPIONS  
2011-2012



International Nurses Day is celebrated around the world every year on 12<sup>th</sup> May, as the anniversary of Florence Nightingale's birth. This day is held across the world to highlight the contributions nurses make to society. To acknowledge their services and efforts, Maroof International Hospital also celebrated this day with spirit on 19<sup>th</sup> May 2017. At this occasion, nurses made different charts and models depicting their services and departments.

## INTERNATIONAL NURSES DAY

Dr. Ghazala Bashir, Consultant Surgeon Gynecology and HoD Obs & Gynea MIH graced the event as Chief Guest. Chairman MIH Ch. Naseer Ahmed, CEO Ch. Haroon Naseer, Consultant Surgeon & HoD Surgery Department Dr. Faisal Murad, Peadiatric Surgeon Dr. Farhan Ansari, Consultant Cardiologist Dr. Habib Ahmed khan,





HoD Procurement & MMD Incharge Mrs. Musarrat Naseer also joined the event. The event started with nursing pledge and welcome note by Nursing Head Mrs. Rashida Mansoor. MIH Nursing staff fully participated in this celebration by making different models, performing skits, nursing poems and quiz competitions. On this event, nursing staff was appreciated for their hard work and performances through certificate distribution.

Chairman MIH Ch. Naseer Ahmed, CEO Ch. Haroon Naseer, Consultant Surgeon & HoD Surgery Department Dr. Faisal Murad also addressed the staff and highly appreciated their day in day out services and care for the patients. Chief Guest Dr. Ghazala Bashir, HoD Procurement & MMD Mrs. Musarrat Naseer, Nursing Head Mrs. Rashida Mansoor & all nursing staff cut the cake to mark this internationally celebrated event.





## WORLD HYPERTENSION DAY SYMPOSIUM

Each year World Hypertension Day is celebrated to promote public awareness of hypertension and to encourage citizens of all countries to prevent and control this silent killer, the modern epidemic and the major cause of cardiovascular diseases.

The theme for World Hypertension Day is “Know Your Numbers” with a goal of increasing high Blood Pressure (BP) awareness in all populations around the world so that we can overcome the 21<sup>st</sup> century menace.

To spread the awareness about the importance of this day, Maroof International Hospital organized a “Local Speakers Program” and health walk on 26<sup>th</sup> April 2017. The purpose of this event was to spread awareness about this deadly disease, its causes, preventive measures and control. Prof. Dr. Shahbaz A. Kureshi, Interventional Cardiologist and Head of Cardiology MIH was the speaker of the event. The topic under discussion was “Modern trends in the management of hypertension”. Prof. Dr. Shaukat Malik and Prof. Dr. Iqbal Saifullah graced the event as Chairpersons for the proceedings. They highly appreciated the role played by the cardiologists in spreading the awareness among the Pakistani masses about the need for the change in lifestyle. Dr. Naeem Malik, Saeed Ullah Shah, Prof. Imran Saeed, S.A. Nadeem and Prof. Haneef were also present to address public concerns and questions. It was an interactive session and was the first of the many events scheduled to address the problem of hypertension and other risk factors at community level. At the end CEO MIH Ch. Haroon Naseer and Chairpersons Prof. Dr. Shaukat Malik and Prof. Dr. Iqbal Saifullah distributed shields among the participants.



EMPLOYEE OF THE MONTH



**MR. ALLAH DITTA** FROM HOUSEKEEPING DEPARTMENT RECEIVING CERTIFICATE AND PRIZE FOR EMPLOYEE OF THE MONTH FROM CEO CH. HAROON NASEER AND EXECUTIVE DIRECTOR MR. BILAL BIN ZAHEER. MANAGER HR&D MR. FAHAD HAFEEZ ALSO PRESENT.



**MS. RUBAB QASIM** FROM COMMUNICATION DEPARTMENT RECEIVING CERTIFICATE AND PRIZE FOR EMPLOYEE OF THE MONTH FROM CEO CH. HAROON NASEER & EXECUTIVE DIRECTOR MR. BILAL BIN ZAHEER. MANAGER HR&D MR. FAHAD HAFEEZ ALSO PRESENT.

EMPLOYEE OF THE MONTH

## Testimonials

• Very satisfied with the pathology services. I am a regular visitor, I come after every three months, and always feel satisfied. Special thanks to **Mr. Naeem ur Rehman** from Laboratory for taking blood samples with extreme care and tenderness. God bless you all & heal all the patients coming here.  
**Amen (Dur-e-Najaf)**

• Very good cooperative staff. Cleanliness is maintained very well. Everything done on time. Taken good care of the patient and checked after every 5 minutes  
**(Ms. Fatima Jawad)**

• The plan provided by my dietician worked really well. I had a bad back pain which by following the schedule provided by **Ms. Mubashara** from Nutrition & Dietician is not there anymore. I feel more motivated and hope to continue the routine provided by her.  
**(Mr. Omar Hanif)**

• We like your hospital. The service is great. We are thankful to Dr. Rayif Khan. **M. Ameen (House Keeping)** is a great person. He performed his duty very well. We also thank the administration.  
**(Mr. Imran)**

• Very cooperative and friendly staff.  
**(Ayaan Junaid)**

## Recipe of the Month

### Watermelon Shake

Watermelon	2 cups (remove the seeds and cut into small pieces)
Lemon Juice	3-4 tablespoon
Salt	½ teaspoon
Sugar/Honey	2 tablespoon (Optional)
Ice	As per requirement
Water	1 cup

Put all the ingredients into blender and blend for 2-3 minutes or until smooth. Serve chilled and garnish with a slice of lime and mint leaves (optional). Very soothing and refreshing in summers.

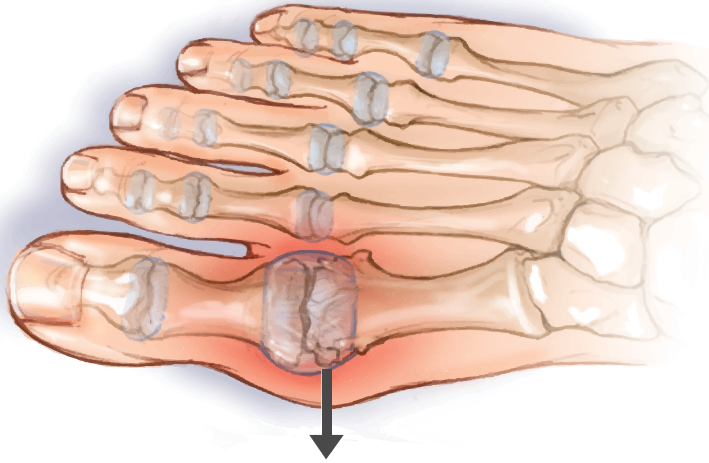
## Health Tips for Ramadan

- Suhour is a vital meal in Ramadan. Make sure that this meal is rich in slowly absorbed carbohydrates such as whole grain breads, rice and whole grain cereals that can help maintain your blood sugar levels.
- To prevent getting thirsty during Ramadan, drink plenty of water, avoid foods that are too spicy or salty, and consume more fruits and vegetables that are refreshing.
- Avoid eating large amount of food at Iftar.
- Limit your intake of fried food and food high in fat and sugar.
- Don't go to sleep immediately after Suhour or Iftar. Give your body time to digest the food.
- It is easy to fall victim to the heat during Ramadan. Drink at least 8 glasses of water from Iftar to Suhour.
- Add yogurt to your meals. It keeps you hydrated.

# Hyperuricemia & Gout



**Dr. Uzma Rasheed**  
Consultant  
Rheumatologist  
FCPS(Medicine),  
FCPS (Rheumatology)



**2/3<sup>rd</sup> of people with high uric acid level never experience the symptoms.**

**H**yperuricemia means high uric acid levels in the blood. Having high uric acid level in the blood is not a disease in itself. Only one third of the patients with hyperuricemia manifest the symptoms i.e. gout and kidney stone. Others remain asymptomatic throughout their life and do not require treatment. Hyperuricemia is sometimes associated with other health conditions i.e, diabetes, heart and kidney diseases.

**Gout** is arthritis caused by deposition of uric acid crystals in & around the joints. It can cause an attack of sudden burning pain, stiffness & swelling in a joint. Most commonly involved joint is base of the big toe. Other joints, such as the knees, wrists & fingers, may also be affected. Spine & large joints are rarely involved.

Some people experience only one attack in whole life. Others have repeated attacks unless gout is treated. Over time, they can damage the joints, tendons, and other tissues.

**Gout is most common in men. Females are usually affected in postmenopausal age.**

## Features of acute attack

Marked **swelling, pain & redness** of the involved joint.  
Rapid onset, reaching maximum severity in **2-6 hours**  
Often **waking the patient in early morning** often described as the **'worst pain ever'**  
Self-limiting, **resolves over 5-14 days.**

## Triggers of gout

Chances of getting gout are higher in

- Overweight people
- Excessive alcohol consumption
- Intake of high purine containing foods i.e. meat and fish
- Use of medications like diuretics

## How to diagnose gout?

Diagnosing gout is usually based on the typical symptoms and physical examination findings of acute gouty arthritis. Joint fluid can be aspirated and examined under the microscope for identification of uric acid crystals. Measuring uric acid level during the acute attack can give falsely low or normal. Ideally levels should be checked when acute attack has settled.

## Treatment

It includes:

1. Treatment of acute gouty arthritis.
2. Prevention of recurrent attacks.

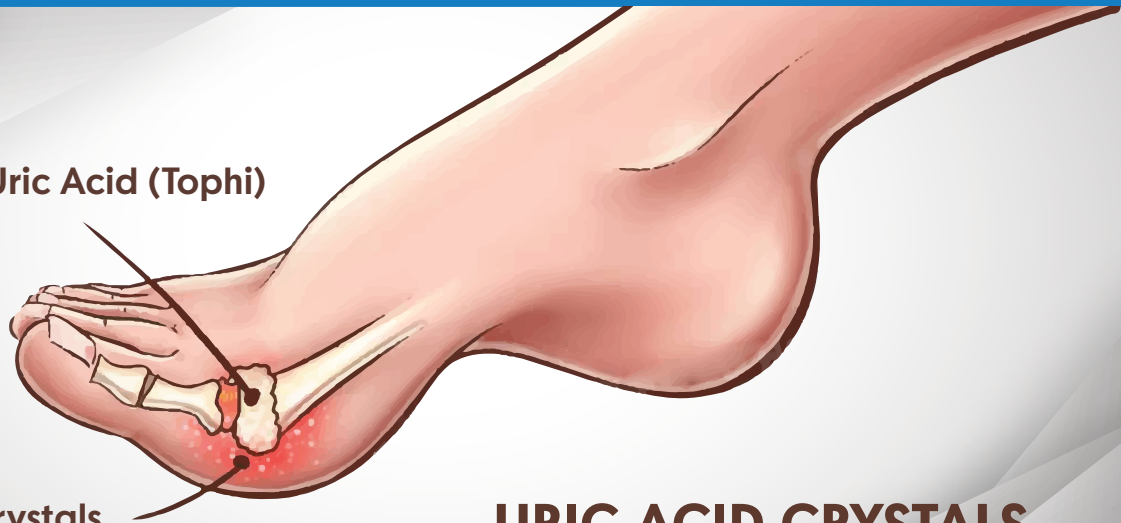


## Treatment of Acute Gouty arthritis

- Rest and raise the affected limb
- Stay well hydrated
- Medications used to treat acute attacks are
  1. Non-steroidal anti-inflammatory drugs; diclofenac, naproxen, celecoxib etc
  2. Colchicine
  3. Corticosteroid  
Corticosteroids can be given either as tablet or injection (intramuscular or into the joint directly)

Masses of Uric Acid (Tophi)

Uric Acid Crystals



## URIC ACID CRYSTALS IN BIG JOINT

### Prevention of Recurrent Attacks

Certain lifestyle changes can help in reducing risk of further attacks of gout, including:

- Avoiding foods containing high levels of purines; such as red meat, offal, oily fish, seafood and foods containing yeast extract
- Avoiding sugary drinks (fructose containing) and snacks

- Maintaining a healthy weight
- Regular exercise
- Adequate water intake
- Limiting alcoholic beverages

### Uric acid lowering therapy (ULT)

Medications for lowering the uric acid can be used in selected patients. These are given in patients who have repeated attacks (usually 2 or more attacks of acute arthritis in last one year) not for single episode. The aim is to keep the uric acid level less than 6 mg/dl to prevent repeated attacks leading to joint damage.

### These medications include

1. Allopurinol (Zyloric)
2. Febuxostat (Gouric)
3. Less commonly Sulfipyrazone, probenecid and benzbromarone can be used.

### Complications

- Recurrent gout: some people develop recurrent gouty attack that can

damage the joint if left untreated.

- Chronic gout: Untreated gout may cause deposits of urate crystals under the skin called tophi. Untreated gout can cause joint deformity and disability.
- Kidney stones. Urate crystals deposition in the kidneys can cause stones. Medications can help reduce the risk of kidney stones.

### Key messages

- Patients with high uric acid levels in the blood without any symptoms don't require treatment
- Gout predominantly affects men and postmenopausal women. Premenopausal women are rarely affected.
- Repeated attacks of gouty arthritis need uric acid lowering medications.
- Lifestyle changes can help in reducing risk of recurrent attacks.

### Aviod



Red meat



Poultry



Sodas

Alcohol



Fish





**Dr. SADAF IRFAN ABBASI**

Clinical psychologist & psychotherapist  
ADCP (Clinical psych)  
DP (psychotherapy)  
M.phil (clinical psych)  
M.SC (clinical psych)

## AUTISM SPECTRUM DISORDER

**A**utism is a mental disorder that begins in childhood that is characterized by persistent impairments in being to engage in social communication and interaction with others. A person with autism often has restricted, repetitive patterns of behaviors, interests, or activities. The symptoms are present since childhood, and impact a person's everyday living. Autism is a lifelong developmental disability that affects how people perceive the world and interact with others. Autistic people see, hear and feel the world differently than other people. If you are autistic, you are autistic for life; autism is not an illness or disease and cannot be 'cured'. Often people feel being autistic is a

fundamental aspect of their identity. Autism is a spectrum condition. All autistic people share certain difficulties, but being autistic will affect them in different ways. Some autistic people also have learning disabilities, mental health issues or other conditions, meaning people need different levels of support. All people on the autism spectrum learn and develop. With the right sort of support, all can be helped to live a more fulfilling life of their own choosing. Autism is much more common than most people think. It now affects every 1 in 110 children. People from all nationalities and cultural, religious and social backgrounds can be autistic, although it appears to affect more men than women.

Autism's most-obvious signs tend to appear between 2 and 3 years of age. In some cases, it can be diagnosed as early as 18 months. Some developmental delays associated with autism can be identified and addressed even earlier.

### Signs and symptoms:

Because of the unique mixture of symptoms shown in each child, severity level can sometimes be difficult to

determine. However, within the range (spectrum) of symptoms, below are some common ASD actions and behaviors.

### Social communication and interaction

- Fails to respond to his or her name or appears not to hear you at times
- Resists cuddling and holding and seems to prefer playing alone – retreats into his or her own world

- Has poor eye contact and lacks facial expression
- Doesn't speak or has delayed speech, or may lose previous ability to say words or sentences
- Can't start a conversation or keep one going, or may only start a conversation to make requests or label items
- Speaks with an abnormal tone or rhythm – may use a singsong voice or robot-like speech
- May repeat words or



## Communication advice for parents

Communication is particularly challenging for children with ASD. Helping your child to communicate can reduce anxiety and improve behavior. The following tips may be useful when communicating and interacting with your child:

- » use your child's name, so they know you're addressing them
- » keep background noise to a minimum
- » keep language simple
- » speak slowly and clearly, with pauses between words
- » accompany what you say with simple gestures
- » allow extra time for your child to process what you've said.



phrases verbatim, but doesn't understand how to use them

- Doesn't appear to understand simple questions or directions
- Doesn't express emotions or feelings and appears unaware of others' feelings
- Doesn't point at or bring objects to share interest
- Inappropriately approaches a social interaction by being passive, aggressive or disruptive

## Patterns of behavior

- Performs repetitive movements, such as rocking, spinning or hand-flapping, or may perform activities that could cause harm, such as head-banging
- Develops specific routines or rituals and becomes disturbed at the slightest change
- Moves constantly
- May be uncooperative or resistant to change
- Has problems with coordination or has odd movement patterns, such as clumsiness or walking on toes, and has odd, stiff or exaggerated body language
- May be fascinated by details of an object, such as the spinning wheels of a toy car, but doesn't understand the "big picture" of the subject
- May be unusually sensitive to light, sound and touch, and yet oblivious to pain
- Does not engage in imitative or make-believe play
- May become fixated on an object or activity with abnormal intensity or focus
- May have odd food preferences, such as eating only a few foods, or eating only foods with a certain texture.

## Diagnosis

A diagnosis is the formal identification of autism, usually by a multi-disciplinary diagnostic team, often including a speech and language therapist, pediatrician, psychiatrist and/or psychologist.

## Treatment:

There's no 'cure' for autism spectrum disorder (ASD).

However, a range of specialist educational and behavioral programme can help children with ASD.

It can be difficult to know which intervention will work best for your child, because each person with ASD is affected differently.

Any intervention should focus on important aspects of your child's development. These are:

- » **Communication skills** – such as using pictures to help communicate (as speech and language skills are usually significantly delayed)
- » **Social interaction skills** – such as the ability to understand other people's feelings and respond to them
- » **Imaginative play skills** – such as encouraging pretend play
- » **Academic skills** – the "traditional" skills a child needs to progress with their education, such as reading, writing and math's

The detailed assessment, management and co-ordination of care for children and young people with ASD should involve local specialist community-based multidisciplinary teams (sometimes called "local autism teams") working together. The team may include:

- » a pediatrician
- » mental health specialists, such as a psychologist and psychiatrist
- » a learning disability specialist
- » a speech and language therapist
- » an occupational therapist
- » education and social care services

# رَمَضانَ

## HYPERTENTION & DIABETES



**Dr. Shahbaz A Kureshi**  
Interventional Cardiologist MIH  
FRCP(Ireland), FRCP(Glasgow),  
FCP(Edinburgh), FRCP(London)



Ramadan or Soum is one of the five pillars of Islam. This year it started on the May 28<sup>th</sup>, 2017. As Ramadan will be during the summer, which means more hours without food. The month of Ramadan in which Quran was revealed, a guidance for mankind and clear proof for the guidance and criterion between right and wrong. (Surah Baqarah Ayat # 185) there are certain groups of individuals who are exempt from fasting, for example children under the age of puberty, elderly, the sick, those with learning difficulties, those who are travelling, pregnant, breast feeding and menstruating women. According to Surah Baqarah Ayat # 184, “whoever, should anyone of you be sick or on a journey, then (he should fast) a number of other day (equal to the missed one); and as for those who fast (with difficulty) they have a choice either to fast or to feed a poor person for every day it is better for him. But to fast is best for you, if you only knew”.

**Let us see what is the impact of fasting on the body?** First of all your body enters into a fasting state around 8 hours after the last meal. Now when this happens the body will initially use stored sources of glucose, and this will increase the risk of hypoglycemia if you are taking insulin or other oral anti diabetic medicines this will make it difficult for the body to maintain your blood glucose. Later on, in the day, if you are fasting the body will breakdown fat as a source of energy. It is important that blood glucose level be checked during fasting regularly and doing so would not affect fasting. For the purpose you

would need blood glucose meter.

**What are the potential risks when fasting?** The danger is firstly of hypoglycemia when blood levels are too low. Symptoms would include shaking, sweating, and blurred vision, tingling of lips, irritability, anxiety and fast pulse which will manifest as palpitations. Those using insulin or long acting oral anti diabetic medicine are at particular risk. Blood glucose levels can become too high when the condition is known as hyperglycemia. In this case there would be symptoms of thirst increase desire of urination, headache, extreme tiredness, and in people with type one

diabetes, the danger is of the diabetic ketoacidosis, when there are ketones in the urine and a pear drop smell in the breath.

Thirdly, dehydration is a potential risk, when patients feel very thirsty with dry mouth, lips and skin and reduced urination.

**What should diabetes do when Ramadan approaches and they want to fast?** Talk to your doctor well before Ramadan. If you are advised not to fast, do not do so. Special education programs should be conducted to educate diabetic how to manage their diabetes during Ramadan. It would be a good idea to fast for a few days during the month of Shaban to see if you are able to fast without any complications. How do I manage my diabetes, is a question frequently posed to the health care professionals. It is important to take your medication with your food and during Ramadan a suitable medication plan need to be devised with your doctor. Otherwise you may be at risk for hypoglycemia or hyperglycemia. It is recommended not to indulge in rigorous exercise as the risk of hypoglycemia may be increased.

**What should be your food choices to open your fast?** The choice should be to use slow releasing food such as porridge, lentils, beans, basmati rice or a handful of nuts. Avoid foods rich in saturated fats like ghee, samosas and pakoras to break the fast. Use handful of

dates and a glass of plain water.

### **Let us now identify some take home messages.**

- Testing your blood glucose level is important and it won't break the fast.
- Test your glucose level regularly with a glucometer.
- Before Ramadan, talk to your doctor regarding your plan.
- Know what are the signs and symptoms of hypoglycemia and hyperglycemia.
- Make sure that someone at the place of your duty etc. should know you are fasting.
- Carry chocolates, biscuits or fruits in case there are symptoms of hypoglycemia.
- Remember if you are ill, it is important that you break the fast.
- If you are taking insulin and are stable, reschedule your dose in consultation, with increased numbers of units after Iftar. Avoid long acting oral antidiabetics.
- Remember, do not be your own doctor, set the plan of managing your diabetes in consultation with your doctor.
- In any case, if you are taking oral antibiotics once daily, take them after Iftar and reduce the morning dose.
- The most important thing is to plan everything and have good knowledge of signs and symptoms of hypoglycemia, hyperglycemia and dehydration.

## **HYPERTENSION (High Blood Pressure) & RAMADHAN**

Hypertension is the commonest of the diseases worldwide. Large numbers of people are taking medicines to control their blood pressure. What are the precautions, patients with high blood pressure, should take. Let us examine them. In Pakistan,

over the age of 18 years, nearly 20% are hypertensive and over the age of 45 years, one third of the population is hypertensive. Unfortunately, a large number of the population is not aware what their blood pressure is and therefore would not be aware if they are hypertensive. So, it is important as you approach the 40s, you should get your blood pressure checked up. Perhaps it would be appropriate to get your blood pressure checked up before Ramadan so that you should know if you have high blood pressure or not. Now what happens during fasting is that normally your weight reduces, your intake of salt decreases during the day and therefore it has been shown that with fasting, as a result, blood pressure reduces. Also those patients whose blood pressure is difficult to treat during Ramadan, a reduction in blood pressure is seen. Hence fasting has a salutary effect on blood pressure.

Now let us examine those patients with blood pressure who are taking medicines, what special precautions should they take during Ramadan. It is important to see your doctor before Ramadan so as to consult what should be the schedule during the Holy month. You may be prescribed long acting antihypertensive drugs, at night once or twice a day without affecting your fast. If you have well prescribed a diuretic, a drug which will increase your urine output, it is better to take it after Iftar. Drink plenty of fluids, and unsweetened natural juices at Iftar to avoid thirst, dehydration and other associated complication. Make fruits and vegetables an essential part of your Ramadan meals as they are an important source of potassium that helps control high blood pressure.

Avoid high fat dishes and fluids, coffee and caffeinated soft drinks, stay away from high sodium foods such as salted nuts and pickles, as they can lead to hypertension and replace them with fresh green salad. Grilled fish, a good source of omega 3 which helps regulate blood pressure and prevent cardiovascular diseases, should be taken twice a week. Red meat and poultry should be consumed in moderation. You should know the warning signs of hypertension, such as dizziness and headache. If you experience any of those symptoms, seek help immediately. Do not forget to measure your blood pressure regularly. Studies have shown that physical activity performed by Muslims during the taraveeh prayers helps reduce high blood pressure. Moderate exercise during Ramadan will be beneficial.

***Patients with hypertension should consider Ramadan a golden opportunity to quit smoking as it raises the systolic blood pressure by at least 20mmHg, & significantly increases the risk of heart attacks and strokes. Ramadan is an excellent opportunity to gradually lose weight. Studies have shown that weight loss, even at just five percent of body weight, helps normalize blood pressure in Ramadan. It is important to emphasize that patients suffering from special medical problems should consult their physician before making the decision to increase their physical activity during Ramadan.***

# MARROOF CARDIAC SERVICES



## INVASIVE AND NON INVASIVE SERVICES

Angiography

Angioplasty

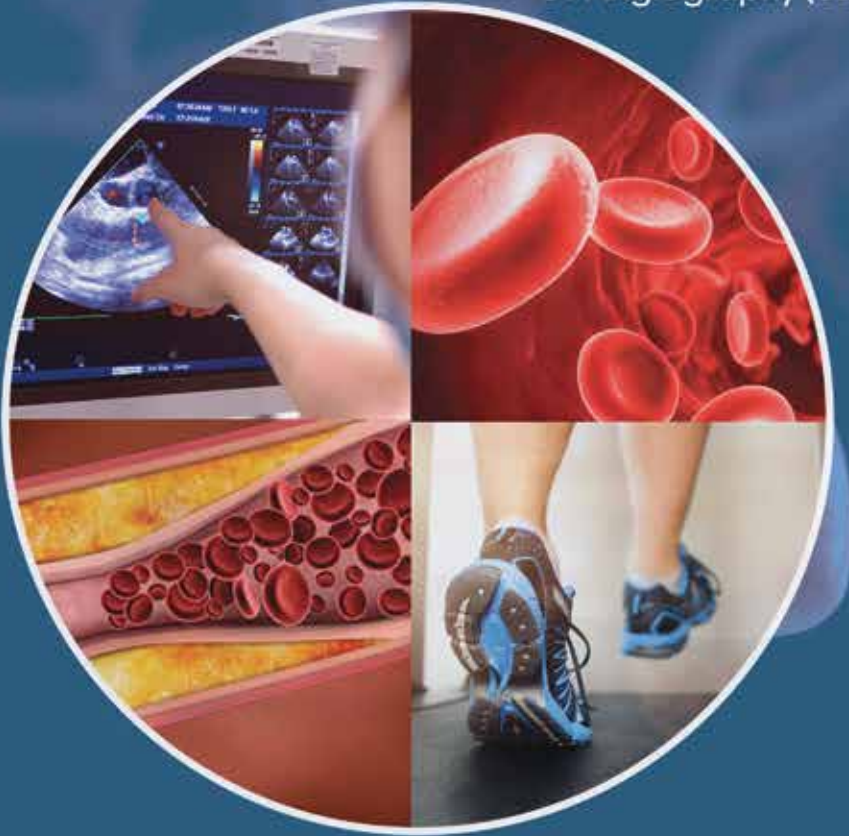
Pacemaker insertion

Echocardiograph 2D & Color. Tissues, Doppler studies

E.T.T (Exercise Tolerance Test)

Stress Echocardiography

CT Angiography (3D Color Studies)



- ایکو (2-D ڈپلر سٹڈیز)
- ای ٹی ٹی (ایکسر سائیز ٹولورنس ٹیسٹ)
- CT اسٹیج گرافی (3-D کلر سٹڈیز)
- اسٹیج گرافی
- اسٹیج پلاسٹی
- پیس میکر
- تجربہ کار ٹیکنیشن اور ماہر ڈاکٹرز کی ٹیم کے زیر نگرانی دل کے تمام امراض کے علاج کی سہولت موجود ہے۔

### Editorial Board

Patron  
Ch.Naseer Ahmed

Chief Editor  
Ch. Haroon Naseer

Editor  
Malik Zeeshan Ali

Sub Editor  
Mashal Rasool



UAN: +92-51-111-644-9-11  
Fax: +92-51-2222939

Tel: +92-51-8356165-6  
Email: media@marroof.com.pk

Marroof International Hospital, 10th Avenue, F-10 Markaz, Opposite F-9 Park, Islamabad  
Marroof Medical & Diagnostic Center, 22 West - Sardar Plaza, Opposite Poly Clinic, Fazal-e-Haq Road, Blue Area, Islamabad