

# MAROOF

Newsletter March 2017



2011-2012

## Pollen Allergy Awareness



**MAROOF**  
International Hospital

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

## 01 Symposium on Enteral Nutrition in critical patients

Even the best of medicine cannot help if the patient is not taking appropriate food. To spread the awareness about the significance of food and its nutritional value, MIH organized a symposium in collaboration of Abbot Pharmaceutical Company on 28th January 2017. Dr. Naveed Ullah, medical and health specialist explained in detail to the doctors and medical staff about the value of nutritional food for critical patients.



“  
*Nutrition is the key solution of every health issue.*  
”

## 02

## Lecture on Cancer & Surgical Oncology

Maroof International Hospital organized a lecture for the employees of MOL Pakistan Oil and Gas Company Ltd on 8th February 2017. Consultant Oncological Surgeon MIH, Dr. Kashif Khan was the speaker on this lecture. Dr. Kashif Khan thoroughly explained the attendees about Cancer, its causes, screening and diagnosis and treatment. He also briefed about surgical oncology and how it is done.



The lecture was followed by a question and answer session. The attendees appreciated the content of the lecture and its significance.



03

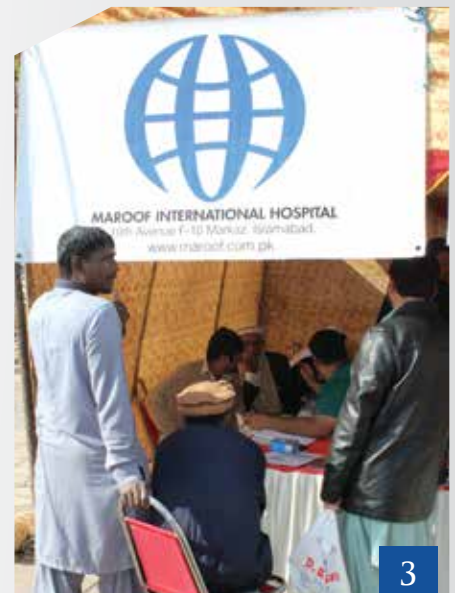
## Medical Camp & Health Lecture in collaboration with Red Crescent Society and StayWell

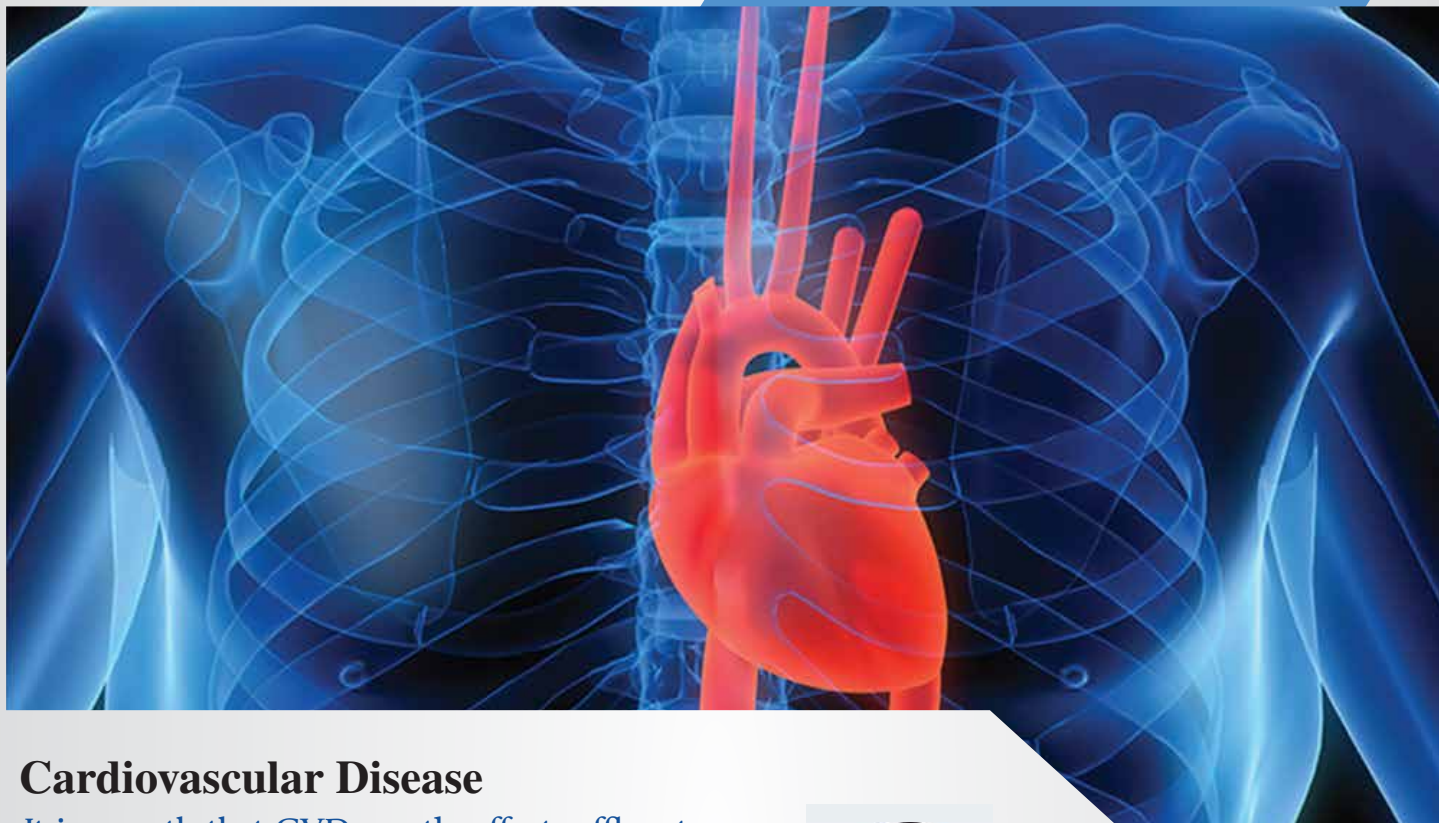
(International Health Magazine)

The aim of Maroof International hospital has always remained to provide better health services to every Pakistani. To fulfill the same, a medical camp was organized in collaboration of Red Crescent Society and Staywell. Medical camps were arranged at ten different points in Islamabad. These camps were organized from 6th to 10th February 2017. At this occasion, doctors from MIH consulted the visitors and walk in patients. MIH also arranged for free vital checks.

In this regard a health lecture was also organized on 11th February 2017 at MIH Auditorium.

Prof. Dr. Shahbaz Kureshi, Consultant Interventional Cardiologist and Head, Department of Cardiology MIH was the speaker for this lecture. He briefed the attendees about health care and active lifestyle.





## Cardiovascular Disease

It is a myth that CVD mostly affects affluent, male, older populations. It can affect all ages and population groups, including women and children.

Cardiovascular disease (CVD) continues to be the leading cause of death and disability in the world today: over 17.3 million people die from Cardiovascular Diseases every year.

CVD can develop before birth

**1,000,000**

Number of babies born each year worldwide with a congenital heart defect

Any disease of the heart, vascular disease of the brain, or disease of the blood vessel constitutes as a cardiovascular disease. The most prevalent cardiovascular diseases include coronary heart disease (e.g. heart attack).

Your heart is the size of your fist and the strongest muscle in your body. It started beating about three weeks after you were conceived. If you live to be 70 your heart will have beaten two and a half billion times.

The heart can become vulnerable from habitual risk factors like smoking, eating an unhealthy diet or putting it under stress. When your heart's functions become compromised, this is known as cardiovascular disease, a broad term that covers any disorder to the system that has the heart at its center.

“Heart diseases causes 1 in 3 female deaths each year”



Dr. Habib Ahmed Khan  
MBBS, FCPS (Cardiology)  
Consultant Interventional Cardiologist  
Maroof International Hospital

Children may suffer a double burden from CVD, seeing a loved one becoming ill, or experiencing congenital disease themselves.

## Protect Your Heart

In most of the major cardiovascular diseases risk factors can be controlled. Here are a few tips on how to control those risks factors and protect your heart.

**ACT NOW**

To protect the hearts of those you love!

## Get active

30 minutes of activity a day can help prevent heart attack and stroke. Try to make exercise a regular part of your life.

Physical activity is not just exercise but also includes playing and outdoor games with the children, doing house hold chores, using stairs instead of



the lift, getting off the bus a few stops earlier and walking rest of the way. Being active is also a great way to relieve stress and control your weight, which are both risk factors for cardiovascular disease.

### Stop smoking and protect yourself from tobacco

If you stop smoking, your risk of coronary heart disease will be halved within a year and will return to a normal level over time. Avoid smoke-filled environments, exposure to second-hand smoke significantly increases the risk of heart attack.



### Eat healthy

Eat plenty of fresh fruits and vegetables, a variety of whole grain products, lean meat, fish, peas, beans, lentils, and foods low in saturated fats. Be wary of processed foods, which often contain high levels of salt. Drink lots of water!



### Maintain a healthy weight

Keeping a healthy weight and limiting your salt intake will help to control your blood pressure and lower your risk of heart disease and stroke. A good way to keep track of a healthy weight is to use BMI (Body-Mass Index) which is a measure of how much body fat is on a person based on their height or weight. To calculate your BMI, you divide your weight (in kilograms) by your height squared (in meters). A healthy adult should keep his or her BMI between 18.5 and 24.9 kg/m<sup>2</sup>.



### Know your numbers

Have your blood pressure, cholesterol and glucose levels checked regularly. High blood pressure is the number one risk factor for stroke and a major factor for approximately half of all heart disease. High blood cholesterol and glucose levels can also place you at greater risk.



### Know the warning signs

The sooner assistance is sought, the greater the chances of a full recovery.



## Warning Signs

### Heart attack warning signs

Some heart attacks are sudden and intense — the “movie heart attack,” where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected are not sure what is wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath with or without chest discomfort.**
- **Other signs may include breaking out in a cold sweat, nausea or lightheadedness.**

Heart attacks often manifest themselves differently in women than in men. As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

- **Carefully take your medication**  
Take the medication that your doctor has prescribed and make sure you stick to your regiment.
- **Keep track of your achievements and progress,** feel proud about what you do for your own, and your family’s health.

### Take home massage



I hope after getting through this information, people are able to make heart healthy choices wherever they live, work and play and promote a heart healthy planet for those around us.

## What to tell your child before coming to hospital?

Tell your child honestly and truthfully why they need to come to hospital. If your child is under six years of age, tell your child a couple of days beforehand. If they are more than six years old, tell them a week or two beforehand. Telling your child before coming into hospital gives them time to prepare by asking questions and talking with you and others. Use simple words your child will understand. Be careful about using humor or making jokes about going to hospital with your child. Joking around with adults can lighten up a potentially stressful situation. In children however, humor has not yet developed in the same way and jokes in this situation can become confusing or frightening.

### Hospital Orientation

You can make an appointment to come and meet with your child specialist. Your child specialist will help your child understand what they can expect when they come into hospital. They can also explain certain things to you. They can arrange to show you the areas of the hospital that your child will visit during their stay. This will help to make the surroundings feel more familiar. They will show your child any dressings, plasters, splints, IV drips and other equipment that may be present before or after surgery or a procedure, and explain their purpose through play. Your child will also be prepared for having an anesthetic (going to sleep).

## From the desk of Dr. Farhan Ansari

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



## Preparing your child for hospital

Here are some ideas and information to help your child before, during and after a hospital visit.



*A visit to hospital can be frightening for a person of any age, but especially for children.*

## Practical Tips and Ideas

- Depending on the age of your child, give them plenty of time for 'hospital play'. You can get them to do things like bandaging a teddy, listening to family member's heartbeats and practicing taking medicine.
- Read books together about going to hospital.
- Be prepared for your child to ask the same questions several times. Each time you answer them, they will be absorbing a little more information, as well as getting reassurance from you.

### Plan what you will take with you into hospital

- A favourite doll, blanket, teddy or other comfort item.
- A favourite activity, or maybe a new one especially for hospital.
- Pyjamas and toiletries (for both of you, if you intend to stay overnight with your child).
- Photos of family members at home.

- Tell your child's school, kindergarten or childcare centre about the admission to hospital. They will also be able to help prepare your child and, for longer hospital admissions, work with the hospital to ensure your child stays in touch. You could also give them a copy of this factsheet.



- Reassure your child that you will be coming and staying with them. Usually, you will be able to stay with your child until they are wheeled into the operating room before their surgery. You can also be with them in recovery after the operation.

#### During your child's hospital stay

- Remember to take breaks and look after yourself. This will help you to be better able to provide support and care for your child. Remember, this can also be a scary and tiring experience for a parent.



- Do as much as you feel comfortable with in hospital caring for your child. For example, helping to shower/bathe, feed, cuddle and play with your child on the ward, as well as going with them for medical procedures, tests or treatments. Feel free to speak to your child's nurse about how much you want to be involved.
- You will be able to stay overnight in the hospital room with your child. This will usually be in a sofa bed or a reclining chair next to your child's bed.



- Parents can be with their child at all times on the ward. Ask the ward staff about visiting times (for other family members and friends). When your child goes home.

It is not unusual for a child to show some behaviours that are different to normal when they leave hospital. For example, they might be clingy, attention seeking or have 'babyish' behaviours, (like sucking their thumb) which they had previously grown out of.



A visit to hospital is a big event in a child's life, even if it is only for a day procedure. Stick to your usual routines and give them some time, patience and understanding. Your child will soon return to their normal self.

Siblings may also be clingy or show attention-seeking behaviours. It has been different for them too, so allow time for their questions and also try to involve them in events.



#### Key points to remember.

Be honest about telling your child why they need to come to hospital. Involve them in the preparations for hospital. For example, help them with packing their bag or choosing new night suit to bring to the hospital.

Allow plenty of time for play and questions about coming to hospital.



Talk to your child's school, as they will also be helpful in positive adjustment.

Allow plenty of time for readjustment when your child returns home again.

NEVER threaten your child with a return to hospital as a punishment for behaviours you do not like.

**Better prepared = Less stressed**

# Balanced Diet

*Why Is It Important For Your Well being?*

## Introduction

A balanced diet plan helps in maintaining overall functions of your body. When your organs work in a perfect manner – a vast number of infections and diseases stay at bay. But along with a balanced diet you need to stay active too, in order to cut down the risk of any serious health issue. A healthy diet plan plus an active lifestyle will keep you fit. Ever wondered why you feel tired? Or develop a strong urge for eating something sweet? Or don't feel like doing any sort of exercise?

A definite answer is that you have been treating your body in a poor manner and the unhealthy diet regime has affected your: eating habits, activities and even mood – all in a negative manner.

## Self-analysis

To be honest it is not easy to conquer your cravings easily, which lead to mindless or emotional eating. Just think about a few things:

- Do you want to go through any serious disease like diabetes?
- Do you want to start any sort of medication at a young age?
- Do you want your doctor to tell you to quit certain foods items from your diet on permanent basis?
- Do you want to spend time at hospitals getting treated for something that could have been controlled or totally avoided?

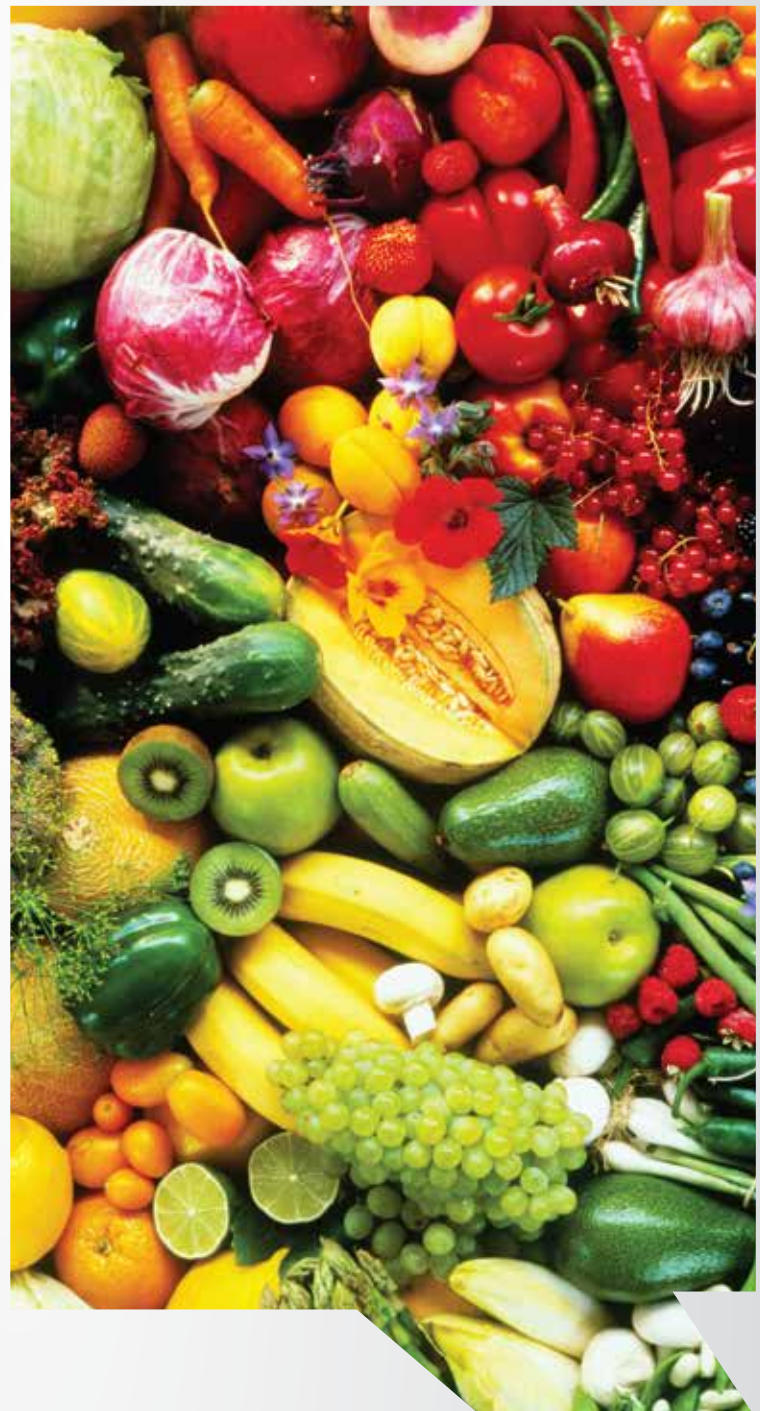
I really hope that the answer to all of the questions above is a 'NO'.

## Bringing Stability to Your Life through a Well-Nourished and Realistic Diet Approach

Aging is a natural process which cannot be avoided but, you can choose to age gracefully by opting for the healthiest food items. Now, let's see how you can maintain a balanced diet



**Ms. Mubashera Iqbal**  
Clinical Dietitian  
Maroof International Hospital







in order to avoid any sort of complications.

- Limit the amount of sugar you take as its not healthy at all.
- Start cooking and eating at home.
- Stock your kitchen and fridge with healthy snacks, protein, veggies and fruits.
- Add more food items like fresh vegetables, fiber rich fruits and whole grains in your diet.
- If you are trying to lose weight, eat all those foods that will boost your metabolism .
- Learn how to feel satisfied with simple, plain and small food portions.
- Choose your calories wisely to feel full for long.
- Detoxify your body with simple food items like broccoli, lemon, parsley, etc.
- Healthy carbs are very important for your body even if you are trying to lose weight.
- Protein helps in controlling sugar cravings at odd hours so include eggs and yogurt in your breakfast.
- Your body structure is different from others. Wait for the results to appear if, you are aiming for any specific health goal.

- Even healthy snacks like: avocados, peanut butter, nuts, dark chocolate, etc. need to be consumed in small portions

#### **The Final Say**

Make sure that you know what is important for your body because it will help in developing motivation and changing your behavior in a positive manner. A well-balanced diet plan will leave you energized and make it easier to concentrate on your goals, career, family and a lot of other things. So, for various nutritional benefits you need to keep a strong check on your calorie intake and consume small portions of healthy food items.



## **Employee of the month!**

"**Ms. Mashal Rasool**, receiving the certificate and prize for **employee of the month** from CEO **Ch. Haroon Naseer** and Executive Director **Mr. Bilal Bin Zaheer**"

# Pollen Allergies

## What are pollen allergies?

Pollen is made up of tiny particles which are released by plants and trees as part of their reproductive cycle. It is an extremely fine powder and is spread by insects and the wind.

Pollen can cause significant irritation and inflammation in people who are allergic to it. Pollen can be inhaled by humans and animals. For those with an allergy, pollen triggers the antibody immunoglobulin E, which creates mucus and leads to symptoms such as congestion and sneezing.



**Dr. Sajjad Naseer**

MBBS,  
MRCP(Pulmonology,UK)  
MRCP(Medicine) ,  
CCT(Respiratory Gim)  
Pulmonologist

## What causes allergies?

Any substance that triggers an allergic reaction is called an allergen. An allergy develops when your body's immune system reacts to an allergen as though it is a threat. It produces antibodies to fight off the allergen.

The next time you come into contact with the allergen, your body 'remembers', and produces more antibodies. This causes the release of chemicals in your body, leading to an allergic reaction.

As the spring months approach, certain allergies start to cause more problems, such as allergies to flower pollen, grass pollen, tree moulds and fungi. Summer allergies start to pick up around March due to the variety of allergens in the air - such as pollens and spores.

The drier days help them remain in the atmosphere longer. You'll usually get itchy and runny eyes, a runny nose and inflamed, swollen sinuses.

Breathing through your nose can be difficult too, and you might have a cough. If you have asthma, your asthma symptoms might get worse if you have an allergic reaction.

Sometimes asthma symptoms, such as a tight chest, shortness of breath, coughing and wheezing, only occur when you have an allergic reaction.

## What is hay fever?

Hay fever is the most common name for pollen allergy and is most commonly caused by grass pollens, although other pollens can also trigger the symptoms. The symptoms are caused when immune system reacts to pollen in the body to produce histamine and other chemicals.

Around two in every ten people have this allergy and it is thought that more than 10 million people in Britain suffer with hay fever. You are more likely to suffer from hay fever if you have a family history of allergies, or if you suffer from asthma or eczema. Most people develop hay fever in childhood or when they are a teenager, although it can be triggered at any age. Many people find, however, that they grow out of the condition and suffer less from the symptoms of hay fever as an adult.

Hay fever symptoms can include frequent sneezing, a runny or blocked nose, itchy eyes and an itchy throat, mouth, nose and ears. As a sufferer, you may also experience the loss of your sense of smell, facial pain, sweating and headaches - although these symptoms are less common. Asthma sufferers may find that their symptoms get worse when suffering from hay fever and may experience a tight chest, shortness of breath, coughing and wheezing.

## Different types of pollen

Depending on the time of year, the type of pollen in the air will be different. There are around 30 different types of pollen that cause hay fever and it is possible to be allergic to more than one type. Most people are allergic to grass pollen, which is common in late spring and early summer. Tree pollen tends to be released during spring and affects around 25% of people. Weed pollen can be released at any time from the early spring to the late autumn.

Hay fever symptoms usually appear when the pollen count, which is a measure of the number of grains of pollen in one cubic metre of air, exceeds 50. The weather conditions affect how much pollen is released and spread around. On humid and windy days, pollen spreads easily but on rainy days, pollen can be cleared from the air. On sunny days, the pollen count is highest in the early evening and that's when you are most likely to suffer from hay fever symptoms.

## Treatments for hay fever

Although there is currently no cure for hay fever, most people are able to relieve their symptoms with treatment. The most effective way to prevent hay fever is to avoid exposure to pollen but this is almost impossible, particularly during the summer months. Instead, many people rely on antihistamines, which can prevent the allergic reaction from happening, and corticosteroids, which reduce any inflammation and swelling caused by the pollen allergy. Eye drops can also help.

Over-the-counter treatments should be sufficient to ease your hay fever symptoms, but if you are experiencing more severe symptoms, you should speak to your GP.

## Tips on coping summer allergies

1. Be aware of what triggers your allergy and when it's likely to be a problem.
2. Find out the remedies which help you best (such as antihistamines and nasal sprays) and keep them with you.
3. Check when you should start taking your remedy.
4. Sometimes a little petroleum jelly inside your nostrils can stop some of the allergens reaching the lining inside your nose
5. Wear wraparound sunglasses when outdoors to keep pollen allergens out of your eyes.
6. Wash your clothes and hair more regularly, as this will help to get rid of the pollens.
7. Keep your home clean and use a damp duster to stop pollens moving about your home.
8. Avoid open, grassy spaces if possible and keep windows shut - at home and in the Car.

# Testimonials, Health tips & Recipe

## Health Tips for Back Pain Relief

- Maintain a healthy weight
- Keep your back muscle strong through proper exercise
- Focus on good posture
- Lift heavy weights properly



- Do not carry heavy bags on your shoulder if you are going out for a long time.
- Practice stress relief for a back pain relief
- Sleep well

## Recipe of the month

### Whole Wheat Strawberry and choc chip muffins

#### Ingredients

- 3 1/2 cups - whole wheat flour
- 1 tablespoon - baking powder
- 2 teaspoons - baking soda
- 2 teaspoons - cinnamon
- 1 teaspoon - salt
- 3 cups - apple sauce/juice
- 1/2 cup - sugar
- 2 - eggs
- 1 teaspoon - vanilla
- 16 ounces - strawberries
- 1 cup - Choc chips (Dark)

#### Directions

1. Preheat oven to 180 C. Grease or line a standard muffin tin.
2. Rinse and dice strawberries into very small pieces.
3. Mix dry ingredients: flour, baking powder and soda, cinnamon, and salt.
4. In a large bowl, combine apple sauce, sugar, eggs, and vanilla. Stir in 1 cup choc chip and all but about 3/4 cups of the strawberries (this is reserved for topping later). Smashing the strawberries as you mix is a great way to release their juices into the batter.
5. Slowly add dry ingredient mixture into the apple sauce mixture.
6. Spoon mixture into muffin tin, filling each about 3/4 full. Top with sprinkles of set-aside strawberry chunks. Bake for 20-25 minutes, until a toothpick inserted into the center comes out clean. Allow to cool to room temperature before eating.

Makes about 2 1/2 dozen.



## Testimonials

- 1) I am very happy with the services of ER at Maroof International Hospital. The staff there showed extra care and kind manners. I am very thankful to them and wish them all the best for their careers and life.  
*(Haji Abdul Qadeer)*
- 2) During my pregnancy period till the time of delivery, Dr. Farzana Javed was highly cooperative and caring. She was very concerned on every step and handled all my queries very professionally. I am also thankful to the nursing and the OT staff for their full cooperation and care. They were all very nice and humble. My prayers and good wishes are with them. To sum up, my experience at Maroof International Hospital was excellent.  
*(Ms. Tabassum Ahsan)*
- 3) We visited Maroof ER section for the medication of our daughter. We were very happy and satisfied with the way everything was handled smoothly and in efficient manner. The ER staff was very polite, professional and cheerful.  
*(Rear Admiral Ahsan ul Haq)*
- 4) It was my first experience at Maroof International Hospital and we found the behavior of its staff excellent. They were all very cooperative and friendly.



**Marroof Diabetic Clinic**

**Control  
Diabetes  
*for life!***

**Our Staff**

**Dr. Arshad  
Mahmood Mian**

Consultant Diabetologist  
MBBS (Pb), DIP, DIAB, BIDE  
Baqai Institute of Diabetology and  
Endocrinology BMU, Karachi  
Staged Diabetes Management International  
Diabetes Center, Minnesota, USA

**Dr. Tariq Mahmood**

MBBS (Pb), M. Phil (Endocrinologist)  
Consultant Endocrinologist/ Diabetologist



**We provide you best!**

Editorial Board

Patron  
Ch. Naseer Ahmed

Chief Editor  
Ch. Haroon Naseer

Editor  
Malik Zeeshan Ali

Sub Editor  
Mashal Rasool



**MARROOF**  
International Hospital

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

Tel: +92-51-2222920-50  
Email: [media@marroof.com.pk](mailto:media@marroof.com.pk)