

MAROOF NEWSLETTER

October 2017



MAROOF

International Hospital

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Health and Dietary Management Lecture at VimpelCom

For the better health of employees and introducing them to the concept of healthy eating, VimpleCom and Maroof International Hospital arranged full day training at VimpleCom for its employees. Dr. Mubashera Iqbal Tarana, Clinical Dietitian MIH was the speaker at the event. There were two sessions for different groups of employees. She explained thoroughly to the attendees about healthy eating and what measures should be taken on Eid-ul-Adha to avoid gastro problems. After the lecture, Ms. Mubashera also had one to one session with all the employees for their diet and health related issues. This activity was highly appreciated by all the attendees.



Food & Nutrition Services Department Internship Program

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





Welcome to Maroof Appointment Center

At Maroof International Hospital, we believe wellness is a state of optimum health and well-being, achieved through the active pursuit of good health.

What do they do?

The appointment center team provides responsive and effective services for the majority of new patients and follows up outpatients appointments.

Who They Are?

In the appointment center, we have a team of call handlers who ensure that the large numbers of appointment queries we have on the telephone each day are responded to in a professional and timely way. We try to ensure queries are managed at the point of contact but occasionally we may have to transfer the call or call you back if more detailed support is required.

What Can They Do?

The appointment center team can give all the information about consultant timings, days, clinics area also. The team also takes care of customer's personal information.

When they available?

The appointment center team available seven days a week.

Monday to Saturday
07:00am till 11:00pm

Sunday
09:00am till 05:00pm

How to Contact,

Maroof International Hospital,
051-2222920

Appointment Center Direct extensions Numbers
1005, 1006

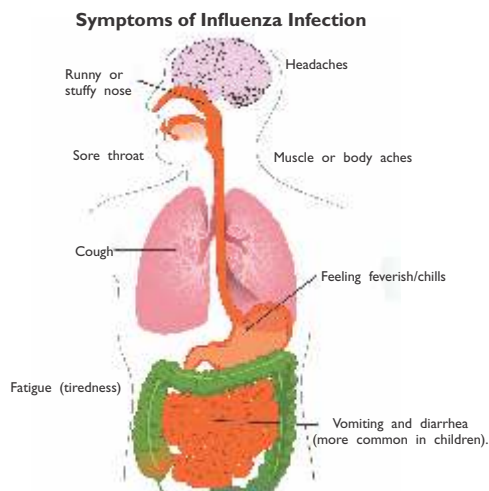
The Team

Naser Hussain Shah
Yasir Hafeez
Saira Wajahat
Bilal Ayub



TIME TO GET A FLU SHOT

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. The flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious associated complications and the flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:



Ms. Mariam Naveed Farooqi
Assistant Manager
Pharmacy Department

- Feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea (more common in children).

Most people who get influenza should recover in few days to less than two weeks, but some people will develop complications as a result of the flu. A wide range of complications can be caused by influenza virus infection of the upper respiratory tract (nasal passages, throat) and lower respiratory tract (lungs). Anyone can get sick with flu and become severely ill, some people are more likely to experience severe flu illness. **Young children, adults aged 65 years and older, pregnant women, and people with certain chronic medical conditions are among those groups of people who are at high risk of serious flu complications** possibly requiring hospitalization and sometimes resulting in death. For example, people with chronic lung disease



are at higher risk of developing severe pneumonia. Sinus and ear infections are examples of moderate complications from flu.

Serious flu complication can result from either influenza virus infection alone or from co-infection of flu virus and bacteria. Other possible serious complications triggered by flu can include inflammation of the heart, brain or muscle tissues. Flu virus infection of the respiratory tract can trigger an extreme inflammatory response in the body and can lead to sepsis, the body's life-threatening response to infection. Flu also can make chronic medical problems worse. For example, people with asthma may experience asthma attacks while they have the flu.



Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. It is the best protection against the flu in every season. It can reduce flu illnesses, doctor visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

Both trivalent (three-component) and quadrivalent (four-component) flu vaccines are available. **Everyone 6 months & older should receive a yearly flu vaccine.** Flu vaccine is available by shot. One should get a flu vaccine before flu begins spreading in community. **It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so make plans to get vaccinated early in fall, before flu season begins.** CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.



Deltoid muscle in the upper arm is the preferred site, although the vastus lateralis muscle in the anterolateral thigh may be used if the deltoid site cannot be used. Influenza vaccines are not highly viscous, so a fine-gauge (22- to 25-gauge) needle can be used.

It is especially important to get the vaccine if, someone you live with, or someone you care for is at high risk of complication from Flu. Soreness, headaches, and fever are common side effects of the flu vaccine.

Note: Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead

PREVENTIVE MEASURES:

- Try to avoid close contact with sick people.
- Use face mask.
- Limit contact with others as much as possible, while sick, to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone for 24 hours without the use of a fever-reducing medicine.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If you get the flu, antiviral drugs can be used to treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines, and are not available over-the-counter

People who cannot get a flu shot

- Children younger than 6 months old
- People with severe, life-threatening allergies to flu vaccine or any of its ingredients.
- **For children 6–35 months of age, the correct dose is:**
- **0.25 mL for Fluzone Quadrivalent**
- **0.5 mL for FluLaval Quadrivalent**
- **For persons 3 years of age and older, the correct dose is 0.5 mL for all inactivated influenza vaccine products**

World Heart Day 2017

World Heart Federation has been celebrating World Heart Day since the year 2000, to raise awareness amongst people, communities and nations about the importance of heart disease and stroke, about the disability it causes, the premature death and the shortening of time for individual and in communities in which they live.

Maroof International Hospital has been organizing event on every WORLD HEART DAY from the last four years to create awareness about heart diseases and strokes in the form of walks, seminars and Basic Life Support (CPR) courses. It is our endeavor to make this year's WORLD HEART DAY 2017 a memorable one too. For this, Maroof International Hospital organized one day Basic Life Support (BLS) hands on training and awareness lecture about Cardio Vascular Diseases.

The special participants for this training were students from Froebels International School, Islamabad and Rawalpindi Campus. CEO, Maroof International Hospital, Ch. Haroon Naseer and Senior Manager Marketing Malik Zeeshan Ali along with other management personnel also took part in this training.

The training was conducted by Maj. Gen. Shahab Naqvi (R), Prof. & HoD Anesthesiology & ICU RIHS Rawalpindi, who is a certified trainer from American Heart Association for trainings on Basic Life Support and CPR.

Prof. Dr. Shahbaz A. Kureshi, Professor of Cardiology, Maroof International Hospital gave a detailed presentation on heart care and cardio vascular diseases.

Senior Cardiologist consultants and dignitaries from PANAH were also present on this occasion and highly appreciated the efforts of Maroof International Hospital.

The event was closed with a symbolic walk led by dignitaries from PANAH, Chairman Maroof International Hospital Ch. Naseer Ahmed, CEO MIH Ch. Haroon Naseer and Executive Director MIH Bilal Bin Zaheer.

Your heart powers your whole body. A healthy heart lets you live, laugh and love your life. It takes a little effort to help your health strong and healthy. Cardiovascular disease is the world's number one killer. Each year it is responsible for 17.5 million premature deaths and by 2030 it is expected to rise to 23 million.



It is important to introduce how we can keep our heart healthy. Heart diseases are increasing in women, in fact the highest killer among women is heart diseases or heart attacks. The symptoms in women are different and a healthy living is through women and children.

Basically these are life style related changes. Intervention in health and wealth pays dividend in later years. Healthy life style needs to be started very early in as early as the first two decades of life. What we do in these years we reap in our forties & fifties. Nowhere else is it more true than when it is said as you sow so shall you reap.

The practices of atherosclerosis start early in life, so the disease initiates in remarkably early stage, long before we see on clinical practices. Over the years risk factor like blood pressure, cholesterol and smoking are driving the disease.

So intervention needs to be initiated early in life. We need to educate the public to empower them to take control of this risk factor profile.

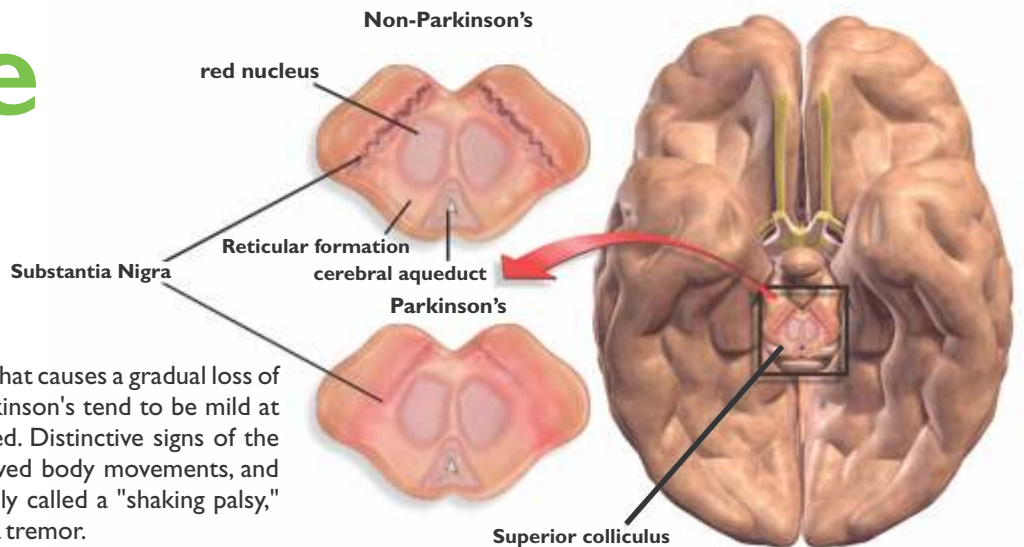
It is important to educate the children right from the school. Attention should be paid on school meal and school exercise programs. Childhood obesity should be targeted early.

Dietary advice should incorporate reduction in obesity, reduction not only in fats but in carbohydrates as well at individual level, in communities and national level life style changes need to be made.

As a nation it is extremely difficult to treat our patients with heart diseases and strokes. The price is enormous. Prevention is of utmost importance. Let us remember 55100; have 5 servings of fruits and vegetables and say no to junk food, pray 5 times a day, walk 1 hour every day, have 0 (zero) tolerance for smoking and fizzy drinks and we will be on the road to a healthy heart in a healthy body.



What is Parkinson's Disease



Parkinson's disease is a brain disorder that causes a gradual loss of muscle control. The symptoms of Parkinson's tend to be mild at first and can sometimes be overlooked. Distinctive signs of the disease include tremors, stiffness, slowed body movements, and poor balance. Parkinson's was originally called a "shaking palsy," but not everyone with Parkinson's has a tremor.

Parkinson's Progression

While Parkinson's can be a frightening diagnosis, life expectancy is about the same as for people without the disease. For some people, symptoms evolve slowly over 20 years. Early treatment can provide years that are virtually symptom-free. About 5% to 10% of cases occur before age 50. Two advocates for research developed Parkinson's early: Boxer Muhammad Ali at age 42 and actor Michael J. Fox at age 30.

Early Signs of Parkinson's

The early signs of Parkinson's may be subtle and can be confused with other conditions. They include:

- Slight shaking of a finger, hand, leg, or lip
- Stiffness or difficulty walking
- Difficulty getting out of a chair
- Small, crowded handwriting
- Stooped posture
- A 'masked' face, frozen in a serious expression

Symptom: Tremor

Tremor is an early symptom for about 70% of people with Parkinson's. It usually starts in a finger or hand when the hand is at rest, but not when the hand is in use. It will shake rhythmically,

usually four to six beats per second, or in a "pill-rolling" manner, as if rolling a pill between the thumb and index finger. Tremor also can be a symptom of other conditions, so by itself it does not mean someone has Parkinson's.

SYMPTOMS:

1) Bradykinesia

As people grow older, they naturally slow down. But if they have "bradykinesia," a sign of Parkinson's, the slow movement may impair daily life. When they want to move, the body may not respond right away, or they may suddenly stop or "freeze." The shuffling walk and "mask-like" face sometimes found in those with Parkinson's can be due to bradykinesia.

2) Impaired Balance

People with Parkinson's tend to develop a stooped posture, with drooping shoulders and their head jutted forward. Along with their other movement problems, they may have a problem with balance. This increases the risk of falling.

3) Rigidity

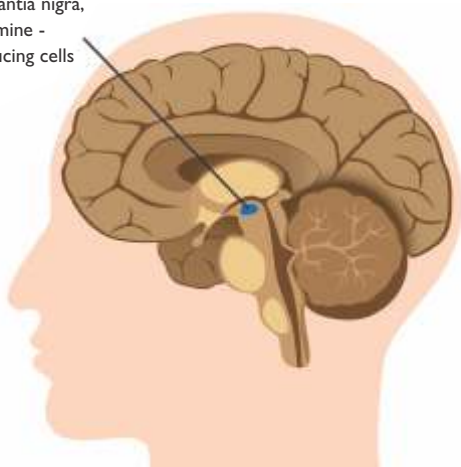
Rigidity happens when the muscles stay stiff and don't relax. For example, the arms may not swing when a person is walking. There may be cramping or pain in the muscles. Most people with Parkinson's have some rigidity.

4) Beyond Movement

Other symptoms are common, but not everyone with Parkinson's will have all of them. They may include:

- Restless sleep or daytime fatigue
- A soft voice or slurred speech
- Difficulty swallowing
- Memory problems, confusion, or dementia
- Oily skin and dandruff
- Constipation

Substantia nigra,
dopamine -
producing cells





as rigidity or slow movement, you may have benign essential tremor. This tremor runs in families and is much more common than Parkinson's. It usually affects both hands equally. Unlike Parkinson's, the tremor is worse when your hand is in motion. Essential tremor does not respond to the commonly-used Parkinson's drug levodopa, but may be treated with other medications.

Who Gets Parkinson's?

The average age that people get Parkinson's is 62, but people over 60 have only a 2% to 4% chance of getting the disease. Having a family member with PD slightly increases your risk. Men are more likely to have Parkinson's than women.

What Causes Parkinson's?

A small area in the brain stem called the substantia nigra controls movement. In Parkinson's disease, cells in the substantia nigra stop making dopamine, a brain chemical that helps nerve cells communicate. As these dopamine-making cells die, the brain does not receive the necessary messages about how and when to move.



Stages of Parkinson's

Parkinson's is progressive, which means changes continue inside the brain over time. Doctors measure the stages by a careful assessment of your symptoms. The Hoehn and Yahr Scale is one common tool that looks at the severity of symptoms. The Unified Parkinson Disease Rating Scale evaluates mental clarity and function, behavior and mood, activities of daily living, and movement. Staging can help determine the best treatment.

Can Symptoms Be Prevented?

Researchers are investigating supplements or other substances that may protect neurons from the damage of Parkinson's, but it is too soon to say whether they work. Coffee drinkers and smokers

may have a lower risk of developing Parkinson's (although smoking obviously has other serious health problems).

The Role of Environmental Toxins

Pesticides and herbicides may increase the risk of Parkinson's. Some people may be genetically more susceptible to environmental exposures. Research in this important area is continuing.

Parkinson's and Exercise

Exercise may have a protective effect by helping the brain to use dopamine more effectively. It also helps improve coordination, balance, gait, and tremor. For the best effect, you should exercise consistently and as intensely as you can, preferably three to four times a week for an hour. Working out on a treadmill or biking have been shown to have a benefit. Tai chi and yoga may help with balance and flexibility.

Living With Parkinson's

Parkinson's affects many aspects of daily life, but with medications and changes to your life, you can remain active. Medication can help you cope with mood disorders, such as depression and



anxiety. An occupational therapist can provide a home safety evaluation. You may need to remove things you can trip on, such as throw rugs or cords, and add grab bars in the bathroom. A speech therapist can help with swallowing and speech problems.

A Note for Caregivers

Caring for a person with Parkinson's can be challenging. As motor skills decline, simple tasks may become more difficult, but the Parkinson's patient may struggle to maintain independence. Both the medications and the disease itself can lead to mood changes. Support groups and online forums are available from the American Parkinson Disease Association, the National Parkinson Foundation, and the Parkinson's Disease Foundation.

Health Tips: Health Benefits of Walnuts

- Walnuts can reduce the risk of breast cancer
- Walnuts are packed with omega-3 fatty acids which is beneficial in reducing depression, attention-deficit hyperactivity disorder (ADHD), cancer and Alzheimer's disease and there's also strong evidence that omega-3s counter inflammatory diseases such as rheumatoid arthritis and Crohn's disease.
- Walnuts are rich source of powerful Antioxidants that boost heart health
- They can help you deal with stress
- Walnuts maintain a Healthy Brain. Walnuts may help you prevent neurodegeneration conditions such as Parkinson's and Alzheimer's disease, which affect your brain's function and quality of life.
- Walnuts help you prevent Heart Disease. Walnuts can reduce your overall cholesterol, particularly LDL cholesterol, which can contribute to heart disease.
- Walnuts lower the Risk of Type 2 Diabetes. With its beneficial heart properties, it is no surprise that walnuts can also help reduce the risk of type 2 diabetes.
- Aid in Weight Loss. Although walnut is high in fat, it can help you lose weight if you keep the portion size low. A handful (one ounce or 1/4 cup) is about 12 to 14 walnut halves. A handful of walnuts comes to about 190 calories and seven half is enough to make you feel full. This is due to its high fiber and protein content — both of which promote satiety.



Employee of the Month:



Dr. Hamid Khalil, Supervisor IPD Pharmacy, was awarded certificate for employee of the month for the month of August 2017 by Ms. Anika Naseer, Head of Department Pharmacy and Executive Director Mr. Bilal Bin Zaheer. CEO MIH Ch. Haroon Naseer and Manager HR&D Mr. Fahad Hafeez also present.



Mr. Nouman Jahangir, Finance Officer, Accounts and Finance Department was rewarded certificate for employee of the month for the month of June 2017 By CEO MIH Ch. Haroon Naseer and Executive Director Mr. Bilal Bin Zaheer. Manager HR&D Mr. Fahad Hafeez also present.

BBQ MUTTON CHOPS

Ingredients:

- 1 kg mutton chops
- 4 table spoons yogurt
- ½ cup vinegar
- Salt to taste
- 2 cloves of garlic crushed
- 1 tbspn crushed ginger
- 4 tbsps oil
- 1 green chilli crushed
- 1 tspn cracked black pepper
- 1 tspn red chilli flakes
- ½ tspn carom seeds (Ajwain)
- 1 tbspn garam masala

Special Requirements:

- 1 piece coal
- Some oil
- 2 x 2 aluminum foil



Procedure:

- Marinate meat in garam masala, yogurt, and all other spices and vinegar for 2-3 hours.
- Heat oil and fry ginger, garlic and green chilli paste in it. Now add the marinated meat and let it cook on low heat for about an hour or when the meat is tender. It will not burn or stick to the bottom if you will cook it on low heat and use nonstick pan.
- Now on high heat stir fry it until the chops are red and gives a roasted look.
- Heat the charcoal until its white. Place the foil on the top of roasted chops, place the coal on it with the help of tongs and then drizzle some oil on it and cover it with the lid.
- After 10 minutes remove the coal and serve hot with salad and sauces.

Testimonials:

We spent good time at Maroof International Hospital and we are highly satisfied with their services and cooperative staff. We pray they keep serving people in best manner.

Shakeela Ali

Thank you very much for your kind support and very friendly reception. Special thanks to Mr. Naeem ur Rehman in blood sampling section. We congratulate you for your excellent service and patient care.

Prof. M. Ayub Khan

When I came here, I felt as if I am at my own house. All the staff was highly cooperative and I returned back highly satisfied with the services. My high appreciation for the whole team.

Syed Tariq Shah

Great Services of Surgical IPD. I highly appreciate the hard work and quality service of the nursing staff. They are performing their duties very efficiently and effectively. Keep up the good work.

Bilal Ahmed

We recommend Maroof Hospital as a symbol of pride among other private sector health organizations. I highly appreciate the doctors and staff for their cooperation and care. Thank you very much and excellent job done.

Gulshan Begum



Maroof Surgical Department

Services Offered

Laparoscopic Surgery
Plastic Surgery
Pediatric Surgery
Breast Surgery
All type of General Surgery

The Best Team of Surgeons

Prof. Syed Aslam Shah
Prof. Muhammad Idrees
Dr. Faisal Murad
Dr. Mumtaz Ahmed Khan
Dr. Saira Mehmood
Dr. Kashif Khan
Dr. Ishtiaq Ahmed
Dr. Ayesha Javed

**State of the art
OTs and Equipment**

**Modern and Latest
Laparoscopic Tower**

**Highly qualified and
experienced team**

**Best pre and
post surgical care**

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