



MAROOF NEWSLETTER

April 2018

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Pulmonologist & HoD ICU
Maroof International Hospital



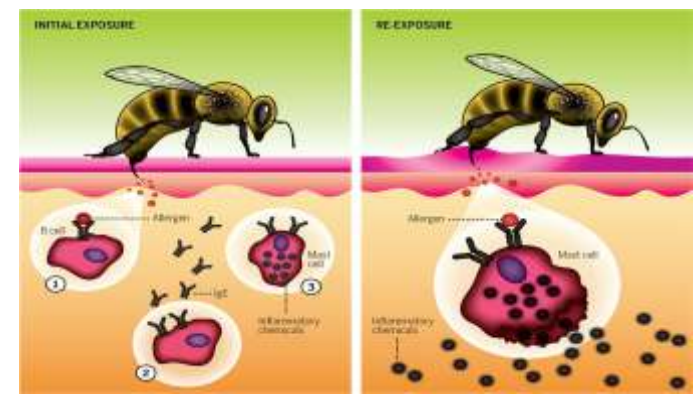
ALLERGIES AND ASTHMA

What is an allergy?

An allergy is an exaggerated reaction of the immune system to a substance, which, in the majority of people causes no symptoms at all. The substance that triggers the allergy is known as an allergen. Examples of allergens include plant pollen, pet dander, insect venom, dust, mold, foods and drugs. The body's immune system makes an antibody, which is also a protein, called IgE, in response to being exposed to an allergen. People with allergies, make IgE antibody that is specific for the allergen that they are allergic to, which then in turn can cause allergy symptoms. Common conditions associated with allergies are sneezing, itching, nasal congestion and drainage and are referred to as allergic rhinitis, or more commonly, hay fever. Eye itching and swelling are referred to as allergic conjunctivitis. Asthma, eczema and hives can also be conditions associated with allergies.

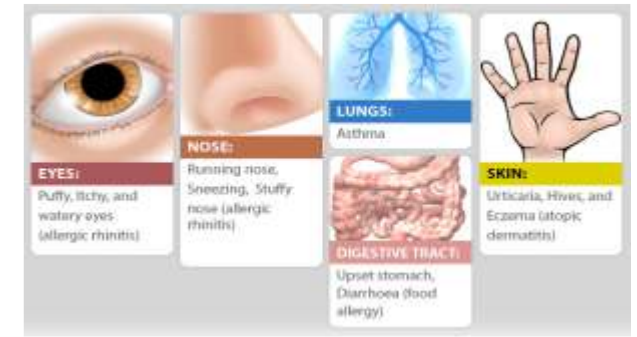
How do allergies develop?

Allergies have a strong genetic component. If you have allergies, others in your family are likely to have allergies as well. If one parent has allergies, a child has a 40% chance of having allergies. If both parents have allergies, there is a 7-8 in 10 chance that their offspring will have allergies. Even though children may be born with a predisposition to develop allergies, they do not always develop the same allergies as their parents.



Unlike eczema and food allergies, which may start at a young age, inhalant allergies usually require several pollen seasons to develop. The signs and symptoms of inhalant allergies are usually not apparent until 3 years of age or older. However allergies can develop at any age with symptoms occurring later in life.

Children with allergies are also more likely to develop asthma. It is estimated that 80% of children with asthma have evidence of allergies. Therefore, recognizing and treating allergies can have a significant impact on reducing asthma symptoms.



Symptoms

There are some symptoms that are commonly associated with allergies such as:

- Runny nose
- Post nasal drip
- Sneezing
- Congestion
- Coughing
- Itchy / Watery eyes

Less common allergy symptoms include:

- Headaches
- Loss of taste and smell
- Poor concentration
- Fatigue
- Sleep disturbances
- Snoring

What is Asthma?

Asthma is a chronic lung disease that inflames and narrows the airways. It has no known cure, but by identifying triggers and developing a proper management plan, asthmatics can lead a healthy, active life. Asthma affects people of all ages, but it most often starts during childhood.

What causes asthma?

Asthma has a strong genetic component. If you have asthma, others in your family may have asthma as well. Allergens, irritants (such as cigarette smoke and pollution), respiratory infections, weather changes and exercise can trigger asthma symptoms. However, whatever one's triggers are, the underlying lung problem of inflammation remains the same. Allergic asthma is triggered by allergic reactions to allergens such as pet dander, dust or dust mite, mold or pollen. Sometimes the asthma may only occur during the pollen seasons. Identifying your specific allergic triggers is essential to managing your asthma.



Exercise-induced asthma is triggered by exercise or physical activity.

Nocturnal asthma can occur with any asthmatic. Asthma symptoms will often increase or worsen at night.

Symptoms

When you breathe in, air passes from your nose and mouth to your lungs through a system of tubes referred to as airways or bronchial tubes. This is much like a tree trunk and branches. The trunk is the windpipe, which branches off to smaller airways called bronchi. People with asthma experience extensive narrowing of the airways throughout both lungs, resulting in symptoms that often include:

- shortness of breath
- wheezing
- cough
- chest tightness



Treatment

A high percentage of asthma patients suffer from allergies. Up to 80% of childhood asthma patients and 70% of adult asthmatics have some allergies. Controlling allergies is the first step to controlling asthma. In addition, there are two types of medicine for the treatment of asthma.

1 Rescue/Reliever Medicines provide quick relief of sudden symptoms. Rescue medications start to alleviate the symptoms of asthma within a few minutes by relaxing the muscle spasms within the airways. The most commonly prescribed medication for rescue of asthma symptoms is Salbutamol. Side effects can include tremor, rapid heart rate and nervousness, all of which dissipate within a few minutes of taking the medication.

2. Controller Medicines provide long-term control of asthma and prevent future symptoms. Your doctor will determine if the frequency and severity of your or your child's symptoms require the use of a maintenance medication. All of the controller medications work by reducing the inflammation in the airways. By reducing swelling, the lungs are stronger and a patient is much less likely to have asthma symptoms.

The most commonly prescribed medication in maintenance control of asthma is an inhaled steroid. These can be given as an inhaler or via the nebulizer in small children. These medications treat the inflammation within the lungs, the primary problem in asthma. Corticosteroid medications have developed a scary reputation, but especially when inhaled, are extremely safe and effective for controlling asthma inflammation.

The best way to prevent an asthma episode, or attack, is to follow your treatment plan. Learn your triggers and avoid them. Take your allergy and asthma medicines when you should. Use your quick-acting medicine as soon as you start to notice symptoms.

Many people live normal lives with asthma if it's properly managed. With a good treatment plan and guidance from your doctor, you can still do much of what you enjoy. For example, many professional athletes have asthma.



Maroof International Hospital corporate clients' gathering

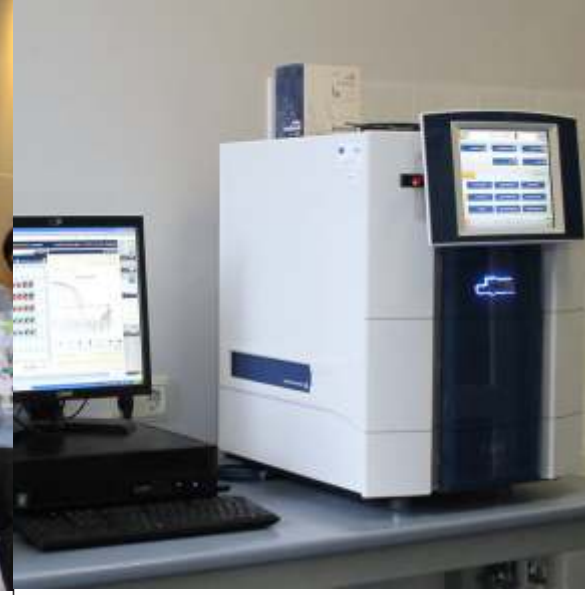
For strengthening our relationship with our corporate clients, Maroof International Hospital organized for a corporate get together at Sheikh Iqbal Auditorium, MIH Islamabad on 15th March 2018. The purpose of this get together was to introduce our new services and projects in line to our clients, introducing our teams to our new partner organizations and networking. Malik Zeeshan Ali, Sr. Manager Marketing, gave a detailed presentation in which he highlighted the journey of Maroof International Hospital from its inception till date and the milestones achieved. He also briefly explained the services that are planned to be launched in near future and the areas we want to specialize in.



ensured that no stone will be left unturned to make this bond stronger.

Addressing the guests, Ch. Haroon Naseer, CEO Maroof International Hospital said that our emphasis day in day out is to provide personalized care to every patient and make this hospital one of the best healthcare providers in the region. He thanked all the guests for their participation and

Ch. Naseer Ahmed, Chairman Maroof international Hospital also addressed the audience about our efforts and plans that are our organization's priority and the special facilities being launched to facilitate our corporate friends.



Software Introduction to MIH Staff

Maroof International Hospital in collaboration with Roche organized an event in Sheikh Iqbal auditorium where the main agenda was based on "Point of care solutions by Roche". The presentation basis depended on sustainable health care solutions through electronic device checkups which will result in disease prevention. Roche's new idea was based on power of knowing and providing clinical knowledge. The idea emphasized these main objectives.

- Reduce time in hospital
- Improved processes
- Prevention of patient crises
- Efficiency
- Improved speed and quick decision making
- To ensure optimal use of scarce resources



MIH Medical staff was introduced to a device Cobas h232 which gave more accurate results. This device is fast and portable. Also has a wifi connectivity system which lead to online online billing for patients. this devise is fast in obtaining results with precision when compared to lab results.





HEAT STROKE

A major killer in summers

What is heat stroke?

Heat stroke is a form of hyperthermia in which the body temperature is elevated dramatically. Heat stroke is a medical emergency and can be fatal if not promptly and properly treated. The cause of heat stroke is an elevation in body temperature, often accompanied by dehydration. Heat stroke is a form of hyperthermia or heat-related illness, an abnormally elevated body temperature with accompanying physical symptoms including changes in the nervous system function. Unlike heat cramps and heat exhaustion, two other forms of hyperthermia that are less severe, heat stroke is a true medical emergency that is often fatal if not properly and promptly treated. Heat stroke is also sometimes referred to as heatstroke or sun stroke. Severe hyperthermia is defined as a body temperature of 104 F (40 C) or higher. The body normally generates heat as a result of metabolism, and is usually able to dissipate the heat by radiation of heat through the skin or by evaporation of sweat. However, in extreme heat, high humidity, or vigorous physical exertion under the sun, the body may not be able to sufficiently dissipate the heat and the body temperature rises, sometimes up to 106 F (41.1 C) or higher. Another cause of heat stroke is dehydration. A dehydrated person may not be able to sweat fast enough to dissipate heat, which causes the body temperature to rise. Heat stroke is not the same as a stroke. "Stroke" is the general term used to describe decreased oxygen flow to an area of the brain.

Heat stroke symptoms and signs:

- Nausea
- Vomiting
- Fatigue
- Weakness
- Headache
- Muscle cramps and aches
- Dizziness.

However, some individuals can develop symptoms of heat stroke suddenly and rapidly without warning. Different people may have different symptoms and signs of heatstroke. Common symptoms and signs of heat stroke include:

- High body temperature,
- The absence of sweating, with hot red or flushed dry skin,
- Rapid pulse,
- Difficulty breathing,
- Strange behavior,
- Hallucinations and confusion,
- Agitation,
- Disorientation,
- Seizure
- Coma.



How can heat stroke be prevented?

- The most important measures to prevent heat strokes are to avoid becoming dehydrated and to avoid vigorous physical activities in hot and humid weather.
- If you have to perform physical activities in hot weather, drink plenty of fluids (such as water and sports drinks), but avoid alcohol, and caffeine (including soft drinks and tea), which may lead to dehydration.
- Your body will need replenishment of electrolytes (such as sodium) as well as fluids if you sweat excessively or perform vigorous activity in the sunlight for prolonged periods.
- Take frequent breaks to hydrate yourself. Wear hats and light-colored, lightweight, loose clothes.
- Keep cars locked when not in use and never, ever, leave infants, children or pets unattended in a locked car.



How do you treat a heat stroke victim?

- Victims of heat stroke must receive immediate treatment to avoid permanent organ damage. First and foremost, cool the victim.
- Get the victim to a shady area, remove clothing, apply cool or tepid water to the skin (for example, you may spray the person with cool water from a garden hose), fan the victim to promote sweating and evaporation, and place ice packs under the armpits and groin.
- If the person is able to drink liquids, have them drink cool water or other cool beverages that do not contain alcohol or caffeine.
- Monitor body temperature with a thermometer and continue cooling efforts until the body temperature drops to 101 to 102 F (38.3 to 38.8 C).
- Always notify emergency services (1122) immediately. If their arrival is delayed, they can give you further instructions for treatment of the victim.



MMDC MEDICAL CAMP AT SHAKRIYAL

Mmaroof Medical and Diagnostic Center (MMDC) an extension of Maroof International Hospital organized one day medical camp at Shakriyal, Rawalpindi. The MMDC's medical team participated in this camp by providing free consultation for Spinal Issues, Gastroenterological problems, Gynecological issues, Endocrinology, Psychiatry and General Medicine. MMDC also organized for free check of Body Mass Index, blood pressure, sugar and Cholesterol. The visitors to camp were also provided with free medicines. Around 500 people visited the camp. Special efforts of Marketing team of MMDC along with all other staff working in MMDC for organizing this camp, managing all the necessities to the best and making it a huge success were also mentioned.



Students from City School Visited Maroof International Hospital

.Educational development of a child is incomplete unless it is backed by practical experience. To address this area, The City School F-8 Branch brought their students for a visit to Maroof International Hospital. This visit aimed at introducing students to the medical setup and its working. They were given brief introduction of Accident & Emergency Department, Radiology and Laboratory, CCU, Cath Lab, Pediatrics and IPD.



Agriculture University Faisalabad students visit to MAROOF

Students from Agriculture University Faisalabad visited Maroof International Hospital on 12th March 2018. These students were from Health and Nutrition programme. The purpose of this visit was to introduce them to practical workings of health and nutrition department, how it works and its significance in health industry.



International Women's Day 2018 Celebrations

March 8th, 2018 globally celebrated as "International Women's Day", was acknowledged and celebrated at Maroof Medical and Diagnostic Center by free medical camp and awareness seminar at Women Welfare and Development Center (WWDC), G 7/1, Islamabad. This event was organized by with the collaboration of "The Ahsas Welfare Foundation". Ms. Muniba Tahira, Head Trainer graced the event as Chief Guest and Mrs. Ismat Baig Deputy Director WWDC was the Guest of Honor. Prof. Dr. Rooh ul Amin (Gastroenterologist), Asst. Prof. Dr. Shagufta Noreen (Gynecologist), Dr. Madiha Ahmed (Endocrinologist), Dr. Abrar Ghouri & Dr. Zara (Dental Surgeon), Muhammad Tahir Rashid (Pakistan's First Posture Alignment Specialist) from MMDC participated in this event and provided free consultation and free medicines to deserving patients. This event was organized by team MMDC.





Eat Better, Stay Active

- Start the day with a healthy breakfast. It refuels the body and provides energy for the day.
- Let kids help plan and prepare 1 meal each week.
- Eat together as a family as often as possible.
- Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.
- Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables each day.
- Eat more whole grains. Examples include oats, brown rice and whole-wheat pasta. Try to eat at least 3 ounces of whole grains each day.
- Drink plenty of fluids. Choose water, low-fat or nonfat milk, and low-calorie beverages.
- Serve a variety of foods.
- Serve food in small portions.
- Move more. Try to get between 30 and 60 minutes of physical activity each day. Short sessions of movement throughout the day add up.
- Include physical activity in your daily routine. Walk as a family before or after meals.
- Make playtime with your family fun. Be active by shooting hoops or playing tag.
- Be active in the home. For example, you can dust, vacuum, garden, or walk the dog. These activities are good ways to burn calories.
- Include activities, such as hiking or biking, when you go on vacation.
- Know your daily calorie needs. Balance calories you consume with calories you burn.
- Limit TV, computer, and video game time to less than 2 hours per day. Encourage physical activity instead.

Recipe of the month Chicken Popcorn

Ingredients:

- Chicken boneless 250 gm (cut into small cubes)
- Flour 4 tbsp
- Mustard powder 1 tsp
- Black pepper 1 tsp
- Salt to taste
- Sugar 1 tsp
- Chicken spice powder 1 tbsp
- Eggs 2
- Bread slices 8

Cooking Instructions:

- In a bowl put chicken, mustard powder, black pepper, salt and onion powder mix all.
- In flour, add mustard powder, black pepper, salt, sugar, chicken spice powder mix it.
- Grind bread slice to make crumbs.
- Take chicken cubes, roll in to flour then dip in egg then again roll into bread crumbs.
- Fry till golden, cut into small piece.
- Serve with ketchup or sauce of your own choice.



TESTIMONIALS:

Syed Omar Shehzad

I am really impressed with the level of patient care and services. Thank you for everything.

Deeba Farah

Wonderful job by Maroof International Hospital. The attitude of the hospital staff was very professional and cooperative. Thank you for providing excellent services.

Tahir Mubin

I find Maroof's environment very good and satisfactory. I would mention Miss Samreen from patient coordination staff that her services and cooperation were very professional. Also would like to mention that the admission office staff especially Mr. Ihsan Ghous dealt in a very humble manner.

Syeda Wajiha Munir

Nursing staff is very helpful and the staff in night duty is always attentive. To see such dedication to customer's satisfaction was a great thing to see. I will recommend MIH to all friends and family.

Hira Dil Khurshid

Excellent hospitality performed by all departments. Cleanliness and hygiene is given the most importance. Doctors are available at all times. Dr. Faisal Nadeem took great care of our patient. As a whole it was a great experience for us which resulted in speedy recovery of our patient.