



Changing lives...  
Our success stories  
we are always proud of!

# MAROOF NEWSLETTER

February 2018



MAROOF  
International Hospital



## Lecture on Cardiovascular Diseases and CPR at MOL, KARAK

Maroof International Hospital organized a lecture for MOL employees at Karak KPK on Cardio Vascular Diseases & CPR. This lecture and training was conducted by Prof. Dr. Shahbaz A. Kureshi, Professor of Cardiology. The purpose was to enlighten the MOL employees regarding Cardio Vascular Diseases, symptoms of Cardiac Arrest, prevention and healthy lifestyle. Dr. Kureshi also gave hands on training of CPR to the attendees. This session was attended by 150 employees. Management and employees of MOL highly appreciated this training and ensured their cooperation for all similar informative sessions in future as well.



## Employee of the month



**Mr. Naseer Masih** from Laboratory Services was selected as employee of the month for his outstanding performance. He was awarded certificate and prize by **Executive Director Bilal Bin Zaheer**, **Mrs. Mussarat Naseer HoD MMD** and **CEO Ch. Haroon Naseer**. Sr. Manager Finance and Accounts **Afsar Ali** also present.

## Success Stories That Never Die

It was almost 10 years ago, I had come back to Pakistan and only recently had joined a hospital, Maroof International hospital in F-10 Islamabad which had just started.

It was early in the evening, when I received a frantic call from the hospital that a one year old child had been brought in. The child had jumped on a glass table, resulting in his leg going through the broken fragments of the glass table. His leg had a large and deep cut. The child was brought to Maroof International Hospital with blood spurting out like a fountain. I drove to the hospital with speed that I cannot even mention here. When I entered the emergency department I didn't have to ask for the location of the child, the trail of blood from the car park, through the hospital corridors, led me straight to the procedure room of the ER.

The situation inside was not good. There was this little baby who had no pulse no blood pressure and a diminishing heartbeat. My anesthetist colleague, Dr. Nadeem Qamar was performing chest compressions on the baby to re-start the heart and giving him intravenous fluids to keep his circulation going as by now he had very little blood inside his tiny body.

The whole team was aware that seconds were precious and we were working against all odds. Several arrangements were going on simultaneously to take the baby to the operation theatre as fast as we could.

All eyes looked towards the anesthetist who gave a final nod to move the baby in unison to the operating theatre where we would make a final attempt to rescue the child. I remember the crying mother telling me as we whisked him away that if you need to cut off his leg to save her son's life, do not hesitate for a second.

We were in theatre through the fastest possible route. The first thing I did was put a blood pressure cuff on the baby's thigh and inflated it as fast as I could. This stopped the blood circulation immediately and hence the blood loss. This gave us a few more minutes to prepare something's that we were going to need in the moments to come. The clock ticked very fast but at least he was not bleeding more. The situation was still very dismal. Bags of blood had already arrived and were being pumped in.

Very soon my fingers had walked their way right into the wound where I was sprinkling jets of saline and removing fragments of glass from the leg.

The deep cut was now cleared out of glass pieces and we could now see that the major arterial blood supply to the leg was severed into two. Without losing a moment I asked for the very fine stitches that would be needed to join together this blood vessel in the baby.

Putting together the cut ends was not difficult except for the awkward angle I was in, due to the location of the deep cut, and the fact that I had to be real quick as the compression on the thigh could be placed for a limited time plus also the fact that the leg had not received any blood and oxygen for quite a while by that time. Once the edges of the tiny vessel were joined, we slowly released the compression applied on the thigh to re-start the blood flow. When the blood started flowing through the artery I needed to put one or two more stitches till it was totally sealed. The prevailing crisis was over. We could take a bow at least for that moment. What remained to be seen was that, would the leg survive after being without blood for such length of time plus other factors. Nothing was guaranteed. All of us had done what we could. But finally there was a God up there also, and we needed a miracle.

I came out of the theatre and half a dozen faces were trying to get a cue from my body language. I gave them a thumbs up and tears rolled down from many cheeks.

Years went by almost 10, the whole incident almost slipped my mind and I went abroad to work. Few days back, I had an appointment by a certain name. A family walked in with three kids. They asked me if I recognized them. I apologized that I did not. They told me that they found out that I'm back in Pakistan now for good, the father said if I remembered many years ago, a one year old baby who had been brought to me, this boy of 10 is him. They just came to say thank you. I hugged the child. He told me that ever since he was little he heard his parents talk about you and promised me that one day I will meet you. Today was that day.





# SEIZURE AND EPILEPSY

Today we are going to talk about Seizure and Epilepsy, the difference between the two and other symptoms that can be mistaken for seizure or epilepsy. Before understanding a seizure we need to understand how brain works.

## Brain and its harmony

Human brain is comprised of billions of nerve cells called neurons. In between these neurons are supporting cells that give the neurons a necessary support. The neurons and the supporting cells have connections between themselves. These connections are called synapses. A neuron talks to multiple neurons at one time, forming a circuit. Collectively, they form trillions of circuits in the brain. A particular neuronal circuit has a particular function. For example, if you are looking at a glass of water, your eyes will transmit the signal from retina to the back part of your brain called occipital cortex (circuit 1) through neurons. These neurons then talk to other brain areas through millions of synapses (circuit 2) to decode the information received from the occipital cortex. The decoded information is then transferred to language area (circuit 3) of the brain through thousands of synapses and thus one is able to tell: "This is a glass of water". This sounds pretty simple and straightforward but there is a lot of harmony in brain cells in order to appropriately choose a circuit and then process the information received.

## What is a Seizure?

A seizure is defined as abnormal and excessive activity of neurons in the brain. You can say the harmony between the nerve cells is lost. This abnormal activity can travel anywhere in the brain in a chaotic way and cause various symptoms. For example if the seizure reaches the language



Waqar Hafeez, MD (USA)  
Member American Academy  
of Neurology

area, one may have difficulty speaking. Similarly if it reaches the area for arm control, patient can have jerky movements of the respective arm.



## What are the different types of seizures?

There are various types of seizures and the type depends on the molecules that are affecting the nerve cell as well as the area of the brain affected. To give a few examples, seizures can be Tonic (Stiffening of the arms, legs or face), Clonic

(Jerking of the arms, legs or face), Tonic-Clonic (Stiffening followed by jerking), Atonic (Loss of muscle tone leading to a fall), Myoclonic (Sudden brief jerk). The type of seizure can also be due to mutations of various ionic channels on a neuron. For example it could be due to mutation of Sodium channel, Potassium channel or Calcium channel. A typical seizure usually lasts 1-2 minutes followed by exhaustion.

## Who can get seizures?

From a newborn to an old adult, anyone can have seizures.

## What predisposes one to have seizures?

Genetic mutations in molecular channels are usually common among the children and can lead them to have seizures. There is usually a family history in such a circumstance. On top of a pre-existing mutation, some factors can trigger one to have seizures such as lack of sleep, tiredness, infection, dehydration, flickering lights, strong smells etc. On the other hand, in older individuals, stroke is the leading cause of seizures. Other causes include infections and cancer that has spread to the brain.

## Why are seizures dangerous?

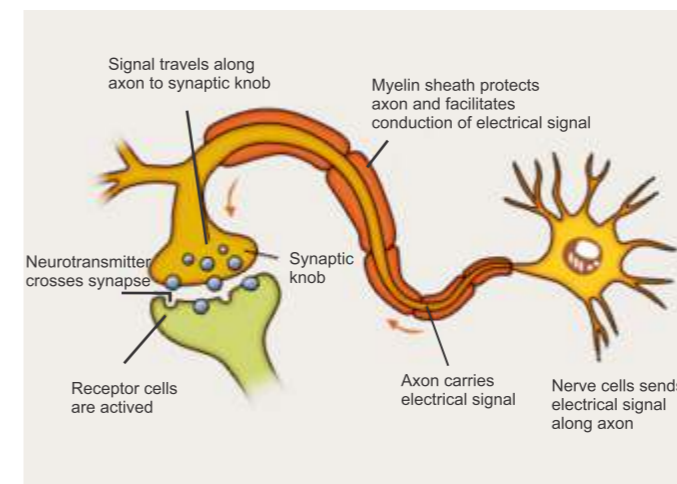
Seizures are dangerous because they can lead to death, simply put. If a seizure reaches the area of heart rhythm control, patient can die of cardiac arrest. Also if seizures are given enough time, they can establish themselves and be difficult to control with medicines.

## How are seizures diagnosed?

Most importantly seizures are diagnosed by asking patient and family questions and then examining the patient. Also, Electroencephalogram (EEG) and Magnetic Resonance Imaging (MRI) can help us come to a conclusive diagnosis.

## What is Epilepsy?

Epilepsy is a recurrent tendency to have a seizure. If someone has one seizure with a clear provoking factor, it is not called epilepsy. On the other hand if a person always has a similar kind of seizure and it is frequent, it can be called Epilepsy.



## Is it important to control Epilepsy?

It is extremely important to control epilepsy. But why? Because if epilepsy continues, the circuits that are abnormal become stronger. If circuits become stronger, it is very difficult to break that abnormal circuit with medicines. Therefore, the earlier the therapy, the better the outcome. As

an example, you can memorize a thing by repeating it over and over, consolidating the circuit that is used in that memory. Consequently it is less difficult to forget that thing. Similarly if seizure involves a circuit that becomes automatically active, unless you break the circuit, it will become stronger.

## How can epilepsy be controlled?

Epilepsy can be controlled through various measures. These include diet, avoiding triggers and by taking medicines. Dietary changes have been recognized as very important in control of seizures especially in children. The diet is called Ketogenic diet. This diet is high in fat and proteins but low in carbohydrates. A similar diet is Atkins diet. What this diet does is that it replaces primary source of energy for brain (glucose) with an alternate energy source (Ketones). Avoiding triggers for seizures is also very helpful. These include having a good sleep, treating infections promptly, staying well hydrated, avoiding psychological stress and avoiding drugs/ alcohol.

Medicines are almost always necessary for epilepsy control. There are various medicines available in Pakistan. These are chosen on an individual basis to fit the patient's overall medical picture.

Lastly, Vagus nerve (the longest cranial nerve in the body) can be stimulated at the neck through electrodes which can help treating a specific type of epilepsy.

## Is there a cure for epilepsy?

Yes but only for some specific types. Epilepsy surgery is currently being done in United States and other countries for a particular type of epilepsy. This epilepsy has to be focal meaning thereby that it has a particular region in brain which we can identify and take out with neurosurgery. This sounds easy and simple but there are a lot of things a neurologist and neurosurgeon have to keep in mind before such a procedure is undertaken. Often such patients can be cured of their epilepsy but there remains a very slight risk that seizures may come back.

## Can something else mimic a seizure or epilepsy?

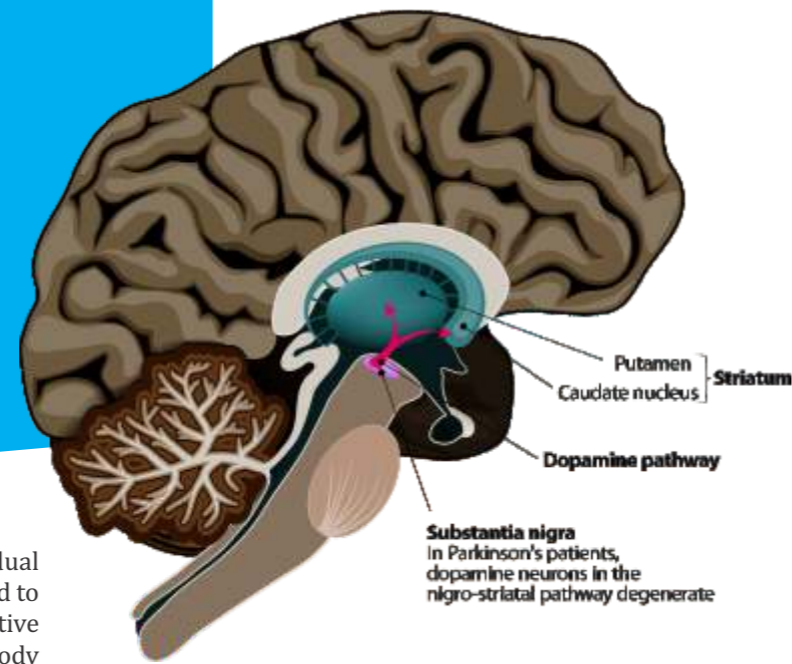
Yes. There are a lot of conditions that can mimic a seizure. The most commonly encountered is called psychogenic non-epileptic events or PNES. These are often mistaken by even a seasoned medical specialist and therefore a Neurologist must evaluate every patient with seizure. Psychogenic non-epileptic events are abnormal movements that patients exhibit that look similar to seizures however they are not seizures. They are body's mechanism of dealing with stress that has been going on in recent or remote past. Important thing to note for all is that they are not faked by the patient and patient should not be blamed for these movements. The patient is unaware of the symptom that he or she is manifesting. Treatment of PNES is psychotherapy.

## Conclusion:

Seizures or epilepsy are abnormal brain function that can happen at any age. It can manifest in various ways and not just by jerky movements. If you see any abnormal behavior or activity in a person, he or she should be evaluated by a neurologist for possible intervention.



# 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

## Symptoms

### 1) 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.



Dr. Osama Javed  
Registrar Surgery & HoD ER

### 2) 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.

### 3) Impaired Balance

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

### 4) 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.

## Symptoms 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

## Diagnosing Parkinson's

Brain scans are not generally used to diagnose Parkinson's, although they may be used to rule out other conditions. Instead, your doctor may ask you to:

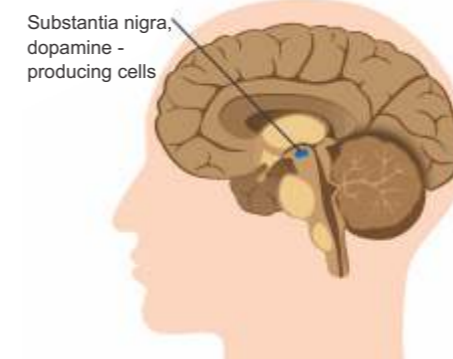
- Tap your finger and thumb together or tap your foot to check for slowed movement
- Rest your hand to observe your tremor
- Relax, while he moves your neck, arms, and legs to check for rigidity
- Stand while being gently pulled from behind to check for balance

## Parkinson's or Essential Tremor?

If you have a tremor but no other Parkinson's-like symptoms, such 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 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 Care givers

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.





## VITAMIN D SUNSHINE VITAMIN

Vitamin D, also known as the sunshine vitamin, is produced by the body as a response to sun exposure; it can also be consumed in food or supplements.

Having enough vitamin D is important for a number of reasons, including maintaining healthy bones and teeth; it may also protect against a range of conditions such as cancer, type 1 diabetes, and multiple sclerosis.

Vitamin D has multiple roles in the body, helping to:

- Maintain the health of bones and teeth.
- Support the health of the immune system, brain, and nervous system.
- Regulate insulin levels and aid diabetes management.
- Support lung function and cardiovascular health.
- Influence the expression of genes involved in cancer development.

### What is vitamin D?

Vitamin D is actually not a vitamin. Despite the name, vitamin D is considered a pro-hormone and not actually a vitamin. Vitamins are nutrients that cannot be created by the body and therefore must be taken in through our diet. However, vitamin D can be synthesized by our body when sunlight hits our skin.

It is estimated that sensible sun exposure on bare skin for 5-10 minutes 2-3 times per week allows most people to produce sufficient vitamin D, but vitamin D breaks down quite quickly, meaning that stores can run low, especially in winter.

Recent studies have suggested that a substantial percentage of the global population is vitamin D deficient.

### Health benefits of vitamin D

1) **Vitamin D for healthy bones:** Vitamin D plays a substantial role in the regulation of calcium and maintenance of phosphorus levels in the blood, two factors that are extremely important for maintaining healthy bones.

2) **Reduced risk of flu:** Children given 1,200

International Units of vitamin D per day for 4 months during the winter reduced their risk of influenza A infection by over 40 percent.

3) **Reduced risk of diabetes:** Several observational studies have shown an inverse relationship between blood concentrations of vitamin D in the body and risk of type 2 diabetes. In people with type 2 diabetes, insufficient vitamin D levels may negatively affect insulin secretion and glucose tolerance.

4) **Healthy pregnancy:** Pregnant women who are deficient in vitamin D seem to be at greater risk of developing preeclampsia and needing a cesarean section.

5) **Cancer prevention:** Vitamin D is extremely important for regulating cell growth and for cell-to-cell communication.

### Symptoms of vitamin D deficiency

Symptoms of vitamin D deficiency may include:

- Getting sick or infected more often.
- Fatigue.
- Painful bones and back.
- Depressed mood.
- Impaired wound healing.
- Hair loss.
- Muscle pain.

If Vitamin D deficiency continues for long periods of time it can result in:

- obesity
- diabetes
- hypertension
- depression
- fibromyalgia
- chronic fatigue syndrome
- osteoporosis
- neurodegenerative diseases, such as Alzheimer's disease

Vitamin D deficiency may also contribute to the development of certain cancers, especially breast, prostate, and colon cancers.

## Awareness Seminar on “Eradicate Breast Cancer from Pakistan”

Maroof International Hospital in collaboration with South Asian Women Empowerment (SAWE) organized an awareness seminar on “Eradicate Breast Cancer from Pakistan” at Islamabad Club on 22<sup>nd</sup> January 2018. This seminar was attended by persons from different fields of life including but not limited to doctors, social workers, students and entrepreneurs.

Dr. Muhammad Kashif Khan, Consultant Cancer Surgeon Maroof International Hospital, was speaker at the event. Dr. Kashif Khan gave a detailed lecture regarding what Breast Cancer is, what are its symptoms, who are at risk, precautions and treatment.

Dr. M. Qasim Bhugio, Chairman Academy of Letter joined the seminar as Chief Guest. In his address, he highly appreciated the efforts of Maroof International Hospital and SAWE for spreading awareness about this most common yet silent killer. Mr. Qaiser Sheikh, federal minister of finance, Dr. Asif Raza Sheikh Federal Deputy Secretary and Clinical Psychologist, Ms. Amna Malik and Dr. Zafar Iqbal Founder and Executive Director Global Welfare Foundation were also speakers at the seminar.

Malik Zeeshan Ali, Sr. Manager Marketing Maroof International Hospital highlighted MIH's efforts for eradication of Breast Cancer and all the upcoming similar projects.







## Crepes

### Ingredients

- 4 eggs
- 1 1/3 cups milk
- 2 tablespoons margarine or butter, melted, or oil
- 1 cup all-purpose flour
- 1/2 teaspoon salt, if desired

### Steps

1. In medium bowl, beat eggs slightly. Add all remaining ingredients; beat until smooth.
2. Heat crepe pan (you can take nonstick frying pan too), or 7 or 8-inch skillet over medium-high heat (375°F.) until hot. Grease pan lightly with oil.
3. Pour 1/4 cup batter into hot pan, immediately tilting pan until batter covers bottom. Cook until edges start to dry and center is set. If desired, turn to brown other side.
4. Fill with desired filling.

## Testimonials

“Our experience of the patient care was fabulous. Nursing and security staff was highly cooperative. We were updated by the doctors on every report and very timely. We found Maroof best among private health provision institutes in Islamabad. Dr. Sehrish and Ms. Masooda were very caring.

**Shariq Waqar**

“Medical services are very satisfactory. Nursing staff is very polite. Doctors are very skillful and efficient. Overall a very good hospital to be recommended to friends and family.

**Zubair Ahmed Malik**

“Hospital Services are excellent and staff behavior was very good and professional.

**Rehana**

“We are really thankful to the entire Maroof hospital staff for the care and their professional skills. They took great care of our patient. We are pleased that our patient is well now and we are going to home healthy. We specially want to thank Dr. Rafiq and Dr. Munazza Janjua for their extra care and friendly behavior towards the patient as well as attendants.

**Ghulam Khan**

“We are quite satisfied with the services being provided by the hospital. The staff is very good, give full attention to patient and provide a very friendly environment.

**Farda Farzeen**

## Medical Camp by Maroof Medical & Diagnostic Centre at GPO Islamabad

Another successful medical camp from the platform of Maroof Medical and Diagnostic Center (MMDC) an extension of Maroof International to Blue Area. This one day medical camp was organized at General Post Office, Melody, Islamabad. In this camp, consultants from MMDC joined in and provided free consultation for Endocrinology and General Medicine. MMDC also organized for BMI, blood pressure and sugar check, Cholesterol check and free medicines. Around 500 people visited the camp and availed free consultation for the provided specialties. Special efforts of team MMDC for organizing this camp, managing all the necessities to the best and making it a huge success were appreciated.



## MMDC: Health Check Campaign

Healthy body leads to healthy mind. To provide the citizens of Islamabad with health check facilities, Maroof Medical and Diagnostic Center (MMDC) arranged a one day free health check campaign. For this, the MMDC consultants provided medical advice to the visitors at no cost. Along with medical advice, visitors could also avail the facility of free Blood Pressure check, Blood Sugar Check, Cholesterol level check, BMI, Uric Acid and HbA1C and free medicines. Prof. Dr. Rooh ul Amin (Consultant Rehabilitation Medicine and Medical Specialist, Gastroenterologist), Dr Madiha Ahmed (Consultant Endocrinologist, Diabetologist), Muhammad Tahir Rashid (Posture Alignment Specialist, DPT, Paralympic Coach), Naushabah Mannan (Clinical Psychology) and the entire team of MMDC made this camp successful with efforts and hard work.





# Maroof In-Patient Department (IPD) Services



MAROOF International Hospital offers a range of in-hospital accommodations from lower-priced rooms to Executive-Suites. All hospital rooms have been designed with the patients comfort and safety in mind.

## Services offered

- Team of Qualified and experienced Consultants, Registrars and Mos
- Experienced and caring Nursing and Paramedical Staff
- Food & Nutrition Services in consultation with qualified dietitian
- Laboratory and Radiology Portable Services available
- Day Care
- ICU
- CCU
- NICU
- Baby Day Care
- Back up support of modern OT and Labor Room

## 24/7 Services

1. Executive Suite
2. Premier Rooms
3. Private Rooms
4. Semi private Rooms
5. Three bedded Wards

### Editorial Board

Patron Ch. Naseer Ahmed	Chief Editor Ch. Haroon Naseer
Sr. Editor Malik Zeeshan Ali	Editor Mashal Rasool



**MAROOF**  
International Hospital

10th Avenue, F-10 Markaz, Islamabad  
Appointments & Helplines: 0335-5611198  
UAN: 051-2222920 EXT:1005 & 1006  
website: [www.maroof.com.pk](http://www.maroof.com.pk)

**Maroof Medical & Diagnostic Center,  
22 West- Sardar Plaza, Opposite Poly Clinic,  
Fazal-e-Haq Road, Blue Area, Islamabad**