

# MAROOF NEWSLETTER

June 2018



**MAROOF**  
International Hospital



## International Nurses Day, 2018

May 12th is an important day to all nurses, as it is the anniversary of the birth of Florence Nightingale, who is widely considered the founder of modern nursing. In January 1974, this day was finally officially made International Nurses Day. Each year since then, this day is celebrated internationally as Nurses Day.

Because this day is all about celebrating nurses' endless contributions to society, we at Maroof International Hospital also take this opportunity to show our nurses how much we appreciate them and their selfless services. This year too,





Nurses Day was celebrated with full spirit and zeal to say a simple “thank you” and make their day special.

Nursing staff prepared multiple skits, performances and delightful messages. Addressing the nursing staff, Chairman MIH Ch. Naseer Ahmed and CEO MIH Ch. Haroon Naseer highly appreciated and acknowledged their services. Being the backbone of medical structure and hospital, nursing staff was also assured of full cooperation from management side for all their rights and appreciations.

Certificate distribution ceremony was also organized to acknowledge their kindness and assistance to patients.

The event was closed with a cake cutting ceremony by Mrs. Mussarat Naseer, HoD MMD and all nursing staff.

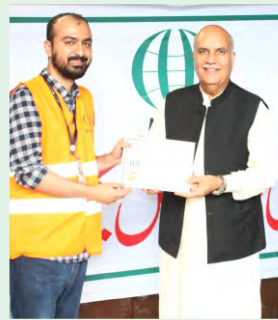




## Free Medical Camp at Candle Light School Meher Abadi, Islamabad

Maroof International Hospital Trust takes pride in organizing yet another successful medical camp on Sunday 06th May 2018 at Candle Light School, Meher Abadi Islamabad. This camp was organized for the health provision services to those who do not have access to basic health facilities.

In this camp, a team of consultants and paramedical staff from MIH joined in and provided free consultation for Ophthalmology, Cardiology, Orthopedics, Gyne, Peads, General Medicine, Gastroenterology and Surgery. People were also provided with free weight, blood pressure and sugar check, ultrasound, ECG and free





medicines. 650 plus people visited the camp and got free consultation for the provided specialties.

On this occasion, Chairman MIH Ch. Naseer Ahmed, CEO MIH Ch. Haroon Naseer and Executive Director MIH Bilal Bin Zaheer also joined in team MIH for this camp and appreciated their efforts. Addressing the team, Chairman MIH Ch. Naseer Ahmed highly encouraged the team for their enthusiasm and support in providing health care services to those who face difficulty in getting basic health facilities.

Special efforts of Malik Zeeshan Ali, Sr. Manager Marketing MIH along with his team, Mr. Danish Khawaja, Muhammad Usman Sohail and volunteers from NUST for organizing this camp, managing all the necessities to the best and making it a huge success were also mentioned.

Team Maroof International Hospital included employees from Nursing Department, Pharmacy department, Patient Coordination Department, Food & Nutrition Services Department, Security Department, House Keeping Department, Medical Staff Affairs Department, Marketing Department and Administration.





**Dr. Irfan Masud**  
 Specialist in Joint Replacement &  
 Arthroscopic Surgery  
 Consultant Orthopedic Surgeon



# BACK PAIN

It would not be wrong to say that everyone has or will complain of pain in the back at some time in their lives. Indeed studies have shown that 80% of the population does suffer from this condition. The encouraging fact however is that only a very small percentage of these people do need medical or surgical intervention. This depends on the actual cause of the pain

## Causes of Back Pain

These can be divided into the subsequent simple categories:

- Traumatic
- Infectious
- Tumors
- Mechanical
- Metabolic

## Traumatic

Trauma means injury. The patient will give a history of pain, which will be localized, to site of the injury. Depending on the severity of the injury there may be associated neurological symptoms as well. There may be broken bones, slipped discs or pulled muscles. The last being most common cause of pain



Pressure in the head, neck, or back



Intense back pain



Twisted or oddly positioned neck or back



Trouble walking and balancing

(95%). Patients are usually in the younger age groups. Treatment depends on the amount of pain and residual disability.

## Infectious

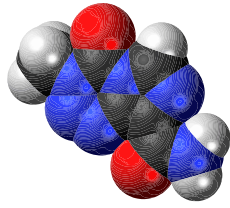
These can be acute or chronic. Acute infections are very painful conditions involving the discs. They usually occur in patients with low resistance, very young or very old and people who have had instrumentation of the spine. These patients will; have constant pain and can have associated fever. Treatment will be to treat the infections with antibiotics or surgical drainage.



The commonest chronic infection in Pakistan is tuberculosis. Indeed in the lower socio-economic group, this is endemic. It can be passed on to the higher socio-economic group by the servants and maids. TB can be slow and insidious sometimes and may have an atypical presentation with very little changes seen on X-rays. TB needs long term treatment with anti-tubercular drugs. Delay in diagnosis may lead to complications with permanent disability. Once the diagnosis is made, a full treatment started, the results are quite satisfactory unless the patient is non-compliant or indeed the bacteria are resistant to the prescribed drugs. Surgical intervention is needed if there is danger of cord compression or instability of the spine due to vertebral collapse.

## Tumors

These can be primary or secondary (metastatic). Primary tumors are rare. Examples are multiple myeloma and plasma cell cytoma. Multiple myeloma is found to occur in people above 50 years of age. This is a kind of bone marrow tumor. Treatment is chemotherapy. Prognosis is good.

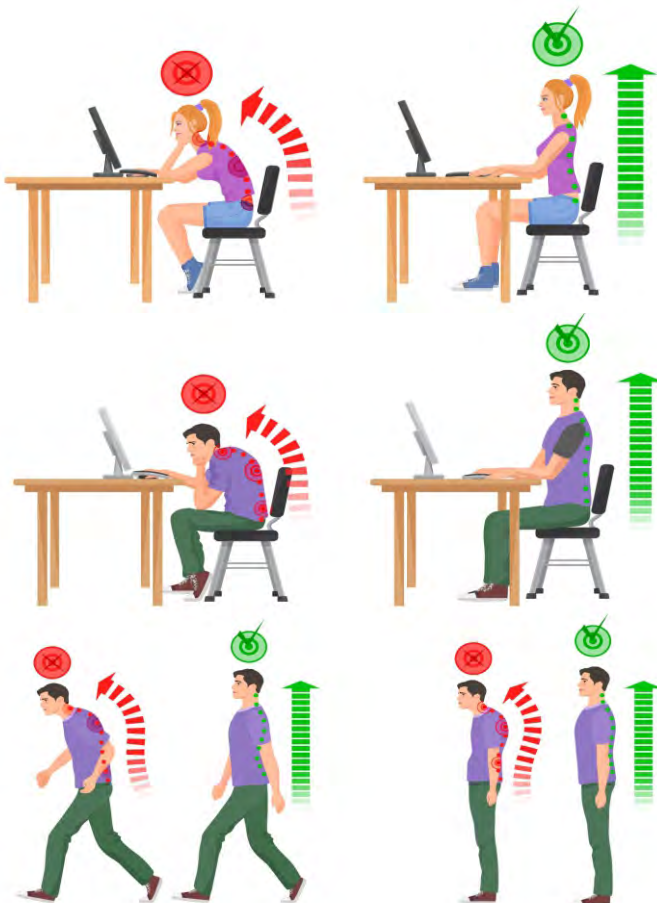


Metastatic tumors are more common. In women, the commonest cause is breast cancer. Therefore, proper history and breast examination is a must in women with suspicious e-rays. In men, the common cause is prostate cancer and they too should be thoroughly investigated if suspicions are raised. Other cancers that can spread to the bones are thyroid, kidneys, lungs, liver and ovaries etc.

## Mechanical

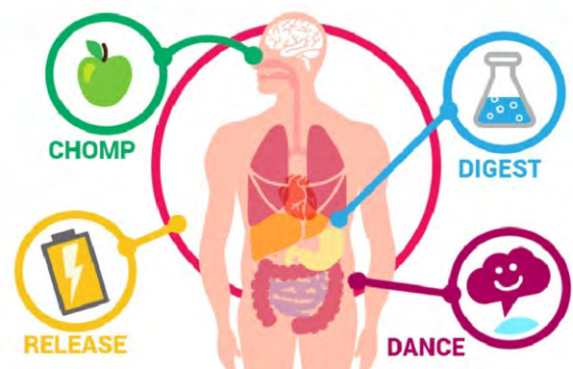
Mechanical back pain is the pain due to any abnormality other than the above mentioned causes of back pain. This is the reason for pain in 90-95% of people presenting to our clinics. This list can be very long but the main causes are due to bad posture and unhealthy habits.

Bad posture is mainly responsible for the pain in the younger population. This is the cause seen mostly in people who spend long hours sitting in one position. The reason of sitting can be their jobs, studies, travel and sitting in front of the computer for long hours. Over a period of time, such people develop joint stiffness in the lower lumbar region and the sacroiliac joints. The result is pain when they do any kind of



physical activity they are not used to doing. The pain is also the result of spasm in the surrounding muscles. This in turn then leads to pain going along the hip and back of thigh area. The patients then believe they are suffering from "sciatica". This is not true. By definition, sciatica is pain in the distribution of sciatic nerve due to pathology involving the nerve roots or the nerve itself, other signs like weakness and loss of sensation and reflexes may also accompany this condition, in fact Sciatica is now considered to be an old terminology and should not be used.

Treatment involves posture correction, change in life style and measures to correct the factors affecting posture. For example, weight reduction, regular exercise, properly placed desks and workstations, lumbar support during travelling, frequent breaks in long journeys, stop smoking and specialized exercises for the back.



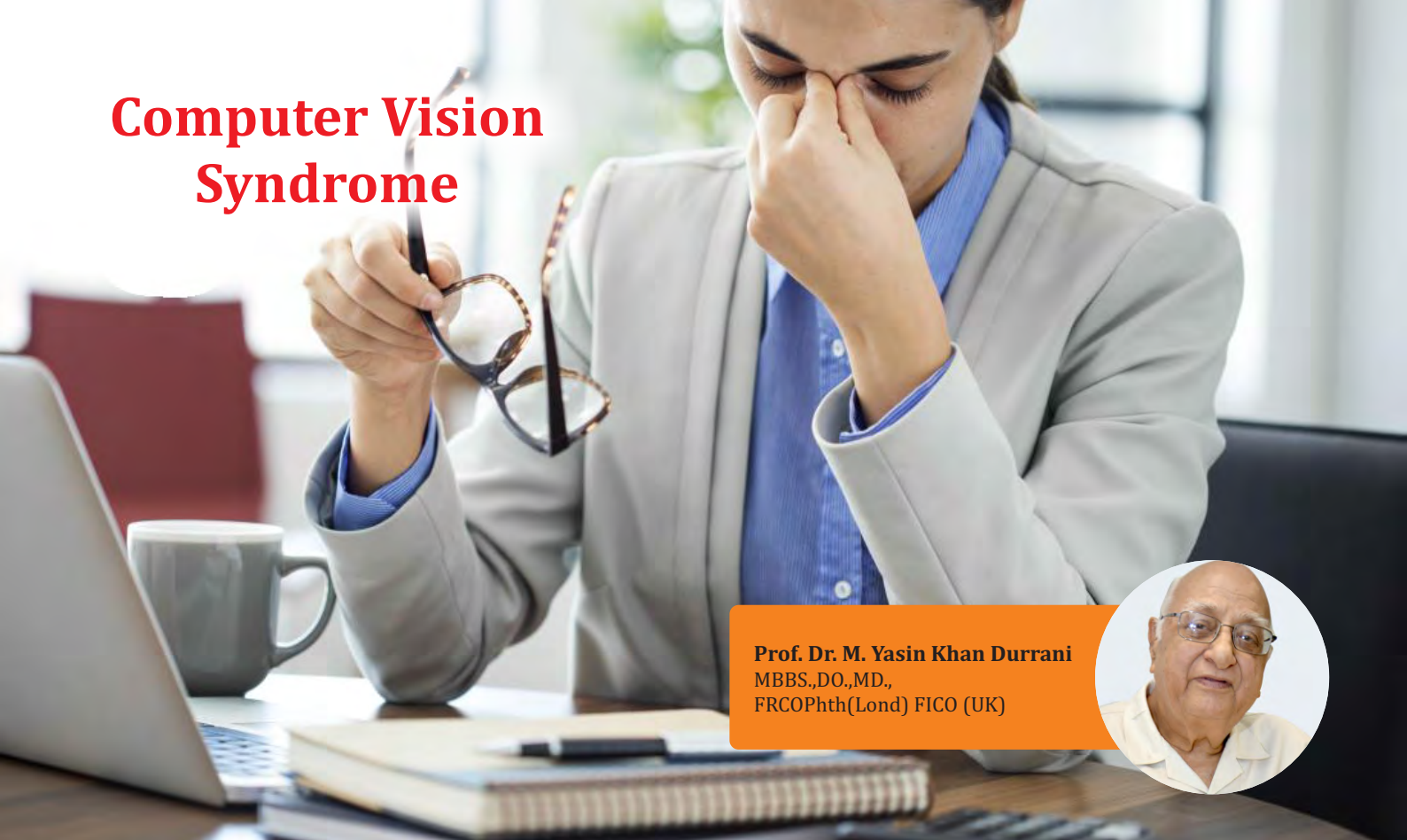
## Metabolic

Osteoporosis is loss of calcium from the bones, occurs due to age and hormonal imbalance. As we grow older, our bone mass keeps on decreasing. There are various reasons for this, more commonly seen in women above the age of 35 years. The reason for this is that in our country, girls are married at very early ages; they have multiple pregnancies, insufficient and inappropriate diet and a sedentary lifestyle. Statistic has shown that on an average the annual bone loss is 0.2 to 0.3% per year. However after the menopause, it may be as high as 5%. This is why it is absolutely essential to have a healthy diet rich in calcium and vitamin D, be active, have exposure to sunlight as this converts the vitamin D into its active form and space pregnancies by 2-3 years.

## CONCLUSION

- Back pain is a common problem
- Its cause should be sought and treated accordingly on time
- Treatment is fairly simple most of the time
- Stay active
- Avoid prolonged stationary positions
- Change your working habits
- Have a healthy diet rich in calcium and vitamin D
- Stop smoking

# Computer Vision Syndrome



**Prof. Dr. M. Yasin Khan Durrani**  
MBBS.,DO.,MD.,  
FRCOPhth(Lond) FICO (UK)



**Electronic devices emit high level of energy, short wavelength blue and violet lights, can cause potential health risks and premature aging of the eyes.**

In the light of modern technology, ubiquitous, unhindered use of computers and electronic gadgets has become the necessity of offices, educational institutions and business organizations and its use appears to be inevitable. We have observed in our daily practice that every 3rd child attending the eye clinic complains of eye strains leading to blurring, double vision, headache, neck pain, back ache, itchy and tired eyes. Parents are more worried about their children who are accustomed to get engaged in watching TV, playing computer games and mobile phones. They never listen to the parents so much so that they do not take their meals in times, take

less interest in their studies as well as the outdoor games; as a result they are gaining weight. Since they spend lot of time in front of the computer screen, they are increasingly complaining of eye strain and discomfort.

Electronic devices emit high energy, short wavelength blue and violet lights. The blue light is very close to weak ultra-violet light (UV), therefore there is a danger of cumulative visual symptoms over the life-time exposure, causing premature aging of the eyes with every likelihood of producing cataract and macular degeneration (loss of central vision to read smaller prints) at an early or adult age.(as researched by the American Optometric Association)..



## Symptoms



Eye Fatigue



Itchy Eyes



Dryness



Blurred Vision



Double Vision



Headaches



In younger people, the eyes have a stronger accommodative power to focus the objects/light on the retina; hence this neural layer is vulnerable to damage in the long run. Though the current safety limits on cell phones radiation are protective and within safety limits as observed in 2G and 3G frequencies commonly used in cell phones but 4G and 5G have different frequencies and modulation. According to US National Toxicology Program (NTP), which is a part of the National Institute of Environmental Health Services, cell phones emit lower level of radiation in the acceptable range. However frequent exposure against the skin can alter the brain cell activity as observed by their scientists.

The NPT researchers, in a study have subjected the rats to highest level of radio frequency cell phone radiation, developed a rare type of tumor (schwannomas) in nerve tissue near the heart in 6% of the cases (only) but the chief of American Cancer Society, though, negates such observation. But the intriguing part of the epidemiological study, as observed by a senior scientist of NPT is that similar tumors were seen in heavy duty cell phone users.

Computer usage demands fine motor skills from young eyes which are still not well developed; it puts children at a greater risk than adults' developed eyes.

Hence we need to realize to take preventive measures to limit the children from exposure to blue light from these devices. The good news is that the user gets better if we give them a repeated short breaks after very 20-25 minutes and the office people, preferably they can use coated/photo-



chromatic lens in the glasses which may thwart the harmful rays to certain extent especially for those who are engaged in such jobs which entails long hours over the screen. They should limit its use and stop using computers/smart phones after office hours or when they are at home, unless it is absolutely necessary.

In fact, we do not want to deprive our children from modern technology like using computers/watching TV. We need to realize the damaging effects of harmful rays by constant pouring over the screen. The best course for the children is to watch the TV for half an hour daily or with repeated breaks if watching a sports program, preferably on Sundays only

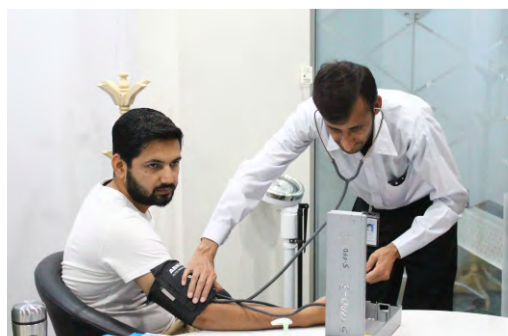
Your retina with permanent damage

Blue or white LED

**CAUTION : White or Blue LEDs can permanently damage your eyes, even when you do not feel pain**

# Spreading Health Awareness at Jazz

Spreading awareness about health is the current resolution of Maroof International Hospital. Following its own footsteps, Maroof International Hospital organized another medical camp at Jazz headquarters F-8 Islamabad. This camp offered basic vital checks, BMI check and a detailed consultation of each employee with Dietitian Ms. Mubashera Iqbal Tarana. She guided all the visitors about healthy life style and how to maintain their Body Mass Index on ideal level.



## Apricot, Date, and Cashew Snack Balls

**Makes: 14 to 16 balls**

- 1 cup cashews, walnuts, or almonds
  - Generous pinch sea salt
  - 1 1/4 cups pitted dates (about 15 or 16 dates)
  - 1/4 cup dried apricot
  - 1 tablespoon almond butter
  - 1/4 cup sesame seeds
  - 1/2 teaspoon cinnamon
1. Process the nuts and sea salt in a food processor fitted with the S blade till the nuts are coarsely ground.
  2. Add the dates, apricots, almond butter, sesame seeds, and cinnamon. Keep processing the mixture until it's starting to stick together a bit. When you can squeeze a handful and it sticks together nicely, you're done.
  3. Roll the mixture into balls that are about 1 inch in diameter. Store in an airtight container for up to two weeks in the fridge or a week outside the fridge.



### Employee of the Month

Mr. Hasnain Raza was selected as Employee of the Month for April 2018. CEO MIH Ch. Haroon Naseer, HoD MMD Mrs. Musarrat Naseer and CFO Mr. Afsar Ali awarded him with the certificate and prize for his dedicated performance.

## TESTIMONIALS

**Tariq Riaz choudhry**

Excellent and great service. A very professional approach of everyone towards patients. Thoroughly explain everything in detail to the patient and attendants. Thanks to hospital management team and staff.

Our patient was well cared and well treated by the entire medical staff. We are very thankful to all the doctors and paramedical staff. The counter and management staff was also very helpful.

**Khurram Shakeel**

**Shumaila Sameer**

Our experience at Maroof International Hospital was very satisfactory. Special thanks to Dr. Ghazala, Dr. Sabahat and entire gyne staff. Overall environment and friendliness of your entire team was commendable.

# MAROOF INTERNATIONAL HOSPITAL

## REHABILITATION & PHYSIOTHERAPY DEPARTMENT

### We treatment:

- Joint pain (knee, shoulder, ankle, etc)
- Neck Pain
- Back pain
- Heel Pain
- Muscles Problems
- Tennis Elbow/ Golf Elbow
- Sport Injuries
- Sprains/Strains
- Paralysis (e.g. Stroke)
- Facial Palsy
- Cerebral Palsy
- Parkinsonism
- Spinal Problems
- Nerve Injuries
- Arthritis
- Joint stiffness
- Frozen Shoulder
- Walking difficulties
- Physical fitness & weight reduction
- Old age physical problems
- Pre and post natal exercises program
- Strength training
- Soft tissue release
- Balance and gait training



**Improved Mobility and Motion**  
**Alternative to Surgery and Prescription drugs**  
**Increased physical independence**

### Editorial Board

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



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