

MAROOF NEWSLETTER

March 2018



MAROOF
International Hospital

Well Done Team MIH

Recognition is proven to be amongst the best methods for improving work motivation and employees engagement. This year, team Maroof put in all their efforts to achieve their targets and reach the milestones. Multiple new services are now introduced at MIH. The aim of providing best health services to the residents of twin cities and the region was accomplished, adding up to our bank of compliments.

This was highly acknowledged by the management and following their belief in reward and motivation, an appreciation ceremony was organized for all the employees of MIH. In this event, their efforts and hard work was admired and employees were ensured of full support by the management.



Elite International School Visit

Building up the knowledge foundation of children as our future, following just the books is not enough. Hands on trainings and visits are must for their exposure, better learning and knowledge.

Children from Elite International School visited Maroof International Hospital on 7th February 2018. These children were from nursery and pre nursery classes. The purpose of

this trip was to introduce them to the hospital and all the related fields. They were given basic introduction of Doctor, medicines, X-rays and children health center.

The kids thoroughly enjoyed their visit to Maroof and team. Elite International School acknowledged this visit with plan of arranging such educational visits for other grades of school as well.



B|BRAUN's Annual Health Check Day

B|Braun, an international pharmaceutical company, organizes health check day every year for its employees. The purpose of the health check is to ensure that all employees are fit to work and to encourage them to keep a regular track of their physical and mental health.

This year, they organized their annual health check day in collaboration of Maroof International Hospital where the detailed health examination of all their employees was carried at MIH. Besides medical examination, the employees were also offered medical consultation, dietary consultation and physiotherapy advice.





Dr. Shamayl Anwar

Consultant Obs & Gynecology Department
Maroof International Hospital

Healthy eating and vitamin supplements in pregnancy

Keeping healthy when you are having a baby depends on both the amount and the type of food you eat before you become pregnant and during your pregnancy. Simply being a correct weight for your height does not necessarily mean that you are eating healthily. Some foods are best avoided if you are planning to become pregnant or if you are already pregnant, as they may contain substances that could affect your unborn baby's development.

To eat healthily, you should aim to do the following.

- Base your meals on starchy foods such as potatoes, bread, rice and pasta, choosing wholegrain if possible. These foods are satisfying without containing too many calories.
- Eat at least five portions of different fruit and vegetables every day rather than foods that are higher in fat and calories. Potatoes do not count towards your five-a-day target, and a portion of pure fruit juice only counts as one of your five-a-day, no matter how much you drink.
- Eat a low-fat diet and don't increase the number of calories you eat. Eat as little fried food as possible and avoid drinks that are high in added sugars, and other foods such as sweets, cakes and biscuits that have a high fat or sugar content.
- Instead, eat fiber-rich foods such as oats, beans, lentils, grains and seeds, as well as wholegrain bread, brown rice and whole meal pasta.
- Eat some protein every day; choose lean meat, and try to eat two portions of fish a week. Lentils, beans and tofu are also a good source of protein.
- Eat dairy foods for calcium but choose low-fat varieties such as skimmed milk or low-fat yogurt.
- Watch the portion size of your meals and snacks and note how often you eat. Do not 'eat for two'.
- Always eat breakfast.

- Limit your caffeine intake to 200 milligrams (mg) per day, for example two mugs of instant coffee. Be aware that other drinks such as tea and energy drinks also contain caffeine.
- Most women do not need any extra calories during the first six months of pregnancy. It is only in the last 12 weeks that they need to eat a little more, and then only an extra 200 calories a day, which is roughly the same as two slices of bread.

What is a 'healthy' weight?

You can find out your healthy weight from your BMI (body mass index). This is a measure of your weight in relation to your height. Your healthcare team can work it out for you. A healthy BMI is above 18.5 but below 25. Being overweight carries risks for you and your baby.

The more over weight you are, the greater the risks. Being underweight increases the risk of your baby not growing as well as he or she should.





Is it safe for me to diet while I am pregnant?

Trying to lose weight by dieting during pregnancy is not recommended as it may harm the health of your unborn baby. If you are concerned about your weight, your doctor can advise you and may refer you to a dietician.

Is it safe to eat fish while I am pregnant?

In general, eating fish is a healthy option during pregnancy, but the current advice from the Department of Health is to eat no more than two portions of oily fish, such as mackerel or salmon, a week. This is because too much of a substance found in oily fish (mercury) can be harmful to an unborn baby's development.

I have been told not to eat liver while I am pregnant. Why?

Liver can contain high levels of vitamin A, which in high doses can harm the development of an unborn baby's nervous system.

Is it safe to eat peanuts while I am pregnant or breastfeeding?

You can eat peanuts or foods containing peanuts (such as peanut butter) while pregnant or breastfeeding. Eating peanuts does not appear to affect your baby's chances of developing a peanut allergy. Don't eat them if you're allergic to them.

How can I reduce the risk of infection from food?

You can pick up some infections, such as listeria, salmonella or toxoplasmosis, from contaminated food. These can harm your unborn baby.

To reduce your risk of getting listeriosis:

- Drink only pasteurised or UHT milk
- Avoid eating ripened soft cheese such as Camembert, Brie or blue-veined cheese; however, hard cheese varieties such as Cheddar, cottage cheese and processed cheese are safe.
- Avoid eating undercooked food; make sure that ready-prepared meals are cooked as per instructions, paying particular attention to making sure that they are piping hot when reheating.

To reduce your risk of getting salmonella:

- Avoid eating raw or partially cooked eggs or food that may contain them, such as some types of mayonnaise or mousses; check the packaging of the food to see what is in it.
- Avoid eating raw or partially cooked meat, especially poultry and shellfish.

To reduce your risk of getting toxoplasmosis:

- Always wash your hands before and after handling food
- Wash all fruit and vegetables, including ready-prepared salads
- Cook raw meats and ready-prepared chilled meats thoroughly
- Wear gloves and wash your hands thoroughly after gardening or handling soil
- Avoid contact with cat faeces (in cat litter or in soil) – or, if you must handle it, wear rubber gloves.

Do I need extra vitamins (vitamin supplements) when I am pregnant?

Vitamins are needed for growth and development. There are 13 important vitamins: vitamins A, C, D, E and K and the vitamin B series. Apart from vitamin D, which we get from sunlight, most vitamins come from our diet.

Vitamins that are recommended:

1) Folic acid

Folic acid is one of the B vitamins and helps to reduce the risk of your baby having Neural tube defects. Taking extra folic acid may also reduce the risk of heart or limb defects and some childhood brain tumours. The recommended daily dose is 400 micrograms (µg). Ideally, you should start taking





extra folic acid before you conceive and continue to take it until you reach your 13th week of pregnancy. If you did not take folic acid before you became pregnant, start taking it as soon as you realise you are expecting a baby.

You will be advised to take a daily dose of 5 milligrams (mg) of folic acid

- If you have had a previous pregnancy affected by spina bifida or If you or your partner have spina bifida.
- If you are taking certain medications for epilepsy.
- If you have coeliac disease or diabetes. If your BMI is 30 or more.
- If you have sickle-cell anaemia or thalassaemia; the higher dose of folic acid will also help to prevent and treat anaemia if you are in this situation.

2) Vitamin D

All pregnant women are advised to take a daily dose of 10 micrograms (μg) of vitamin D when pregnant and breastfeeding. Taking supplements can improve your baby's growth during his or her first year of life, and can reduce their risk of developing rickets.

You are at particular risk of having low levels of vitamin D if:

- your family origin is South Asian, African, Caribbean or Middle Eastern
- your BMI is 30 or more
- you stay indoors a lot
- you usually cover your skin when you go outdoors or usually use sun-protection cream
- your diet is low in vitamin D-rich foods such as eggs, meat, vitamin D-fortified margarine or breakfast cereal.

If you are in one of these situations, you may be advised to take a higher daily dose of vitamin D

3) When may I need extra vitamin K?

Vitamin K is needed for our blood to clot properly. Newborn

babies have low levels of vitamin K, which puts them at risk of bleeding. To prevent this, you will be offered vitamin K for your baby after birth.

You do not need to take vitamin K supplements yourself during pregnancy unless it is thought that your baby is at particular risk of bleeding. This could be because you are taking certain medicines for epilepsy or if you have liver disease.

4) When may I need extra vitamin C?

Although routine supplements of vitamin C are not specifically recommended when you are pregnant, this vitamin helps iron to be absorbed. This may be of benefit during pregnancy, at a time when women are at risk of becoming anaemic.

- Vitamins that are not recommended
- There are many multivitamin tablets for use in pregnancy that contain a small amount of lots of vitamins. These are safe to take, but avoid taking large doses of the following vitamins unless a doctor prescribes them for a particular reason.

Vitamin A

Too much vitamin A can harm the development of your unborn baby's nervous system. During pregnancy, avoid any supplements that contain more than 700 micrograms (μg) of vitamin A and don't eat foods such as liver, liver products or fish liver oils that may contain this vitamin in high levels.

Vitamin E

There is currently no evidence to recommend additional vitamin E during pregnancy.

Vitamin B supplements (other than folic acid)

You do not need any other vitamin B supplements in pregnancy.

- Sometimes, pyridoxine (vitamin B6) is prescribed to help you feel less sick early in your pregnancy although it will not stop you from being sick.
- You can buy folic acid or pregnancy multivitamins from any pharmacy or supermarket. There is no evidence that expensive brands are any better than cheaper ones.

Sources and acknowledgements:

- This information is based on information from the NHS Choices website and the RCOG scientific impact paper Nutrition in Pregnancy September 2010.





21 DANGERS OF INFANT FORMULA

FOR YOUR CHILD:-

When you feed your baby infant formula, you increase your baby chances of having;

1. Asthma.
2. Allergies.
3. Respiratory infection.
4. High blood pressure
5. Heart disease.
6. Ear infection.
7. Lower IQ and cognitive development.
8. Obesity.
9. Iron deficiency anemia.
10. SIDS (Sudden infant death syndrome).
11. Diabetes (Type I & II).
12. Digestive problems.
13. Childhood cancers.
14. Exposure to environmental contaminants.
15. Sleep apnea.
16. Dental problem and malocclusions.

Dr. Hina Sajid
MSA Coordinator



FOR MOTHERS:

When you do not breast feed you increase your own chance of developing;

1. Diabetes (Both gestational & Type II).
2. Over weight / obesity.
3. Osteoporosis.
4. HTN / CVS disease.
5. Ovarian, uterine and breast cancer.
6. Reduced child spacing.

COMMON SIGNS AND SYMPTOMS OF SWINE FLU

1. Fever.
2. Lethargy.
3. Loss of appetite
4. Sore throat
5. Cough.
6. Runny nose
7. Sneezing.
8. Body aches.
9. Headaches.
10. Chills.
11. Nausea & vomiting.



How to differentiate between cold, seasonal flu and swine flu:

	COLD	SEASONAL	SWINE FLU
Fever	Rare	Very common	Usually high grade (101 F).
Cough	Hacking, productive, mucus containing cough.	Dry, hacking cough usually.	Non-productive.
Body Aches	Slight	Moderate	Severe aches and pains.
Stuffy Nose.	Commonly present, resolves within a week	Most commonly present.	Not common.
Chills	Un common	Mild to moderate	60 % experiences chills and shivers
Tiredness	Fairly Mild	Lack of energy	Severe lack of energy
Sneezing	Commonly present	Common	Not present
Sudden Symptoms	Tend to develop over few days	Tend to develop over few days, but most common sudden symptoms are flushed face, loss of appetite, dizziness and nausea.	Rapid onset, hit hard. Most common sudden symptoms are high fever, aches and pain, usually last up to 07 days.
Headache	Un common	Common	80 % experience headache.
Sore Throat	Commonly present	Commonly present	Not very common
Headache	Un common	Common	80 % experience headache.
Sore Throat	Commonly present	Commonly present	Not very common



Employee of the month:

Mr. Mehran Ahmed from Finance & Accounts Department was awarded employee of the month certificate and prize by CEO Ch. Naseer Ahmed, Executive Director Mr. Bilal Bin Zaheer and Sr. Manager Finance & Accounts. His efforts well highly appreciated by the management.

Eat Healthy:



Pina Colada

Ingredients:

- Pineapple 2 cups
- Cream 1 cup
- Coconut milk 1 cup
- Sugar 4 spoons
- Ice as required

Instructions:

- Blend pineapple, milk, sugar in a blender,
- Add cream and blend again.
- Pour it into a glass.
- Before serving garnish with pineapple slice and coconut powder.

TESTIMONIALS:

“Excellent services provided by all the staff members. Doctors and nurses showed the utmost care, respect and attention. We could not be more grateful for their outstanding professionalism. Nursing staff was excellent and we wish them happiness and success in future. The supporting staff was also very well behaved and supportive.” **(Adeel Jafferi)**

“We are highly satisfied with the services we received at Maroof International Hospital. Medical as well as administrative staffs were all very cooperative. Miss. Sundas and Gulshan from nursing staff took care of our patients in very professional manner. We would always prefer this hospital for all kinds of medical treatments and we wish you growth and prosperity.” **(Syed Ahsan Ali)**

“I had my treatment here at Maroof international Hospital and I found the hospital staff very good and friendly. They are very caring towards patient and take care of all their needs.” **(Irum Zaheer)**

My mother was admitted in Maroof international hospital and she stayed here for 15 days. The whole staff in medical IPD was very caring and cooperative. Their behavior is very polite. We extend our thanks to them. **(Saima)**

I would like to appreciate the efforts of all hospital faculties. All of them were very helpful and cooperative and devoted to their work. I am very much happy and satisfied with my mother's treatment. I wish all of you very best of luck and hope that this level of service continues in future as well. **(Muhammad Imran)**

When I can't sleep....

INSOMNIA



Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep. People with Insomnia have one or more of the following symptoms:

- Difficulty falling asleep
- Waking up often during the night and having trouble going back to sleep
- Waking up too early in the morning
- Feeling tired upon waking

Types of Insomnia

There are two types of Insomnia: primary Insomnia and secondary insomnia.

- **Primary insomnia:** Primary insomnia means that a person is having sleep problems that are not directly associated with any other health condition or problem.
- **Secondary insomnia:** Secondary insomnia means that a person is having sleep problems because of something else, such as a health condition (like asthma, depression, arthritis, cancer, or heartburn); pain; medication they are taking; or a substance they are using (like alcohol).

Acute vs. Chronic Insomnia

Insomnia also varies in how long it lasts and how often it occurs. It can be short-term (acute insomnia) or can last a long time (chronic insomnia). It can also come and go, with periods of time when a person has no sleep problems. Acute insomnia can last from one night to a few weeks. Insomnia is called chronic when a person has insomnia at least three nights a week for a month or longer.

Causes of Insomnia

Causes of **acute insomnia** can include:

- Significant life stress (job loss or change, death of a loved one, divorce, moving)
- Illness
- Emotional or physical discomfort
- Environmental factors like noise, light, or extreme temperatures (hot or cold) that interfere with sleep

- Some medications (for example those used to treat colds, allergies, depression, high blood pressure, and asthma) may interfere with sleep
- Interferences in normal sleep schedule (jet lag or switching from a day to night shift, for example)

Causes of **chronic insomnia** include:

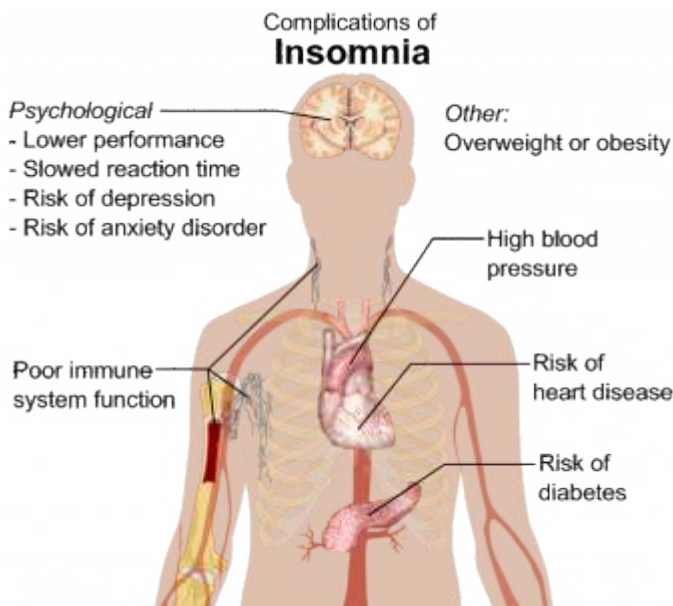
- Depression and/or anxiety
- Chronic stress
- Pain or discomfort at night

Symptoms of Insomnia

Symptoms of insomnia can include:

- Sleepiness during the day
- General tiredness
- Irritability
- Problems with concentration or memory





Good Sleep Habits for Beating Insomnia

Good sleep habits, also called sleep hygiene, can help you get a good night's sleep and beat insomnia. Here are some tips:

- Try to go to sleep at the same time each night and get up at the same time each morning. Try not to take naps during the day, because naps may make you less sleepy at night.
- Avoid prolonged use of phones or reading devices ("e-books") that give off light before bed. This can make it harder to fall asleep.
- Avoid caffeine, nicotine, and alcohol late in the day. Caffeine and nicotine are stimulants and can keep you from falling asleep. Alcohol can cause waking in the night and interferes with sleep quality.
- Get regular exercise. Try not to exercise close to bedtime, because it may stimulate you and make it hard to fall asleep. Experts suggest not exercising for at least three to four hours before the time you go to sleep.
- Don't eat a heavy meal late in the day. A light snack before bedtime, however, may help you sleep.
- Make your bedroom comfortable. Be sure that it is dark, quiet, and not too warm or too cold. If light is a problem, try a sleeping mask. If noise is a problem, try earplugs, a fan, or a "white noise" machine to cover up the sounds.
- Follow a routine to help you relax before sleep. Read a book, listen to music, or take a bath.
- If you can't fall asleep and don't feel drowsy, get up and read or do something that is not overly stimulating until you feel sleepy.

Diagnosing Insomnia

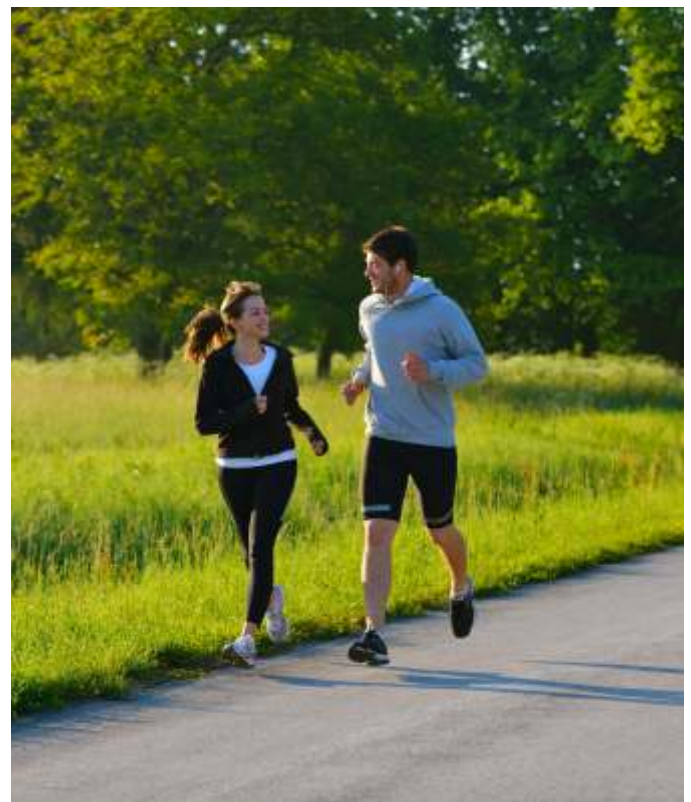
If you think you have insomnia, talk to your health care provider. An evaluation may include a physical exam, a medical history, and a sleep history. You may be asked to keep a sleep diary for a week or two, keeping track of your sleep patterns and how you feel during the day. Your health care provider may want to interview your bed partner about the quantity and quality of your sleep. In some cases, you may be referred to a sleep center for special tests.

Treatment for Insomnia

Acute insomnia may not require treatment. Mild insomnia often can be prevented or cured by practicing good sleep habits. If your insomnia makes it hard for you to function during the day because you are sleepy and tired, your health care provider may prescribe sleeping pills for a limited time. Rapid onset, short-acting drugs can help you avoid effects such as drowsiness the following day. Avoid using over-the-counter sleeping pills for insomnia, because they may have undesired side effects and tend to lose their effectiveness over time.

Treatment for chronic insomnia includes first treating any underlying conditions or health problems that are causing the insomnia. If insomnia continues, your health care provider may suggest behavioral therapy. Behavioral approaches help you to change behaviors that may worsen insomnia and to learn new behaviors to promote sleep. Techniques such as relaxation exercises, sleep restriction therapy and reconditioning may be useful.

If you find yourself lying awake worrying about things, try making a to-do list before you go to bed. This may help you to not focus on those worries overnight.





MAROOF ACCIDENT & EMERGENCY SERVICES

Services Offered:

- Initial treatment for all kinds of injuries.
- Able to manage all type of trauma.
- All Medical & Surgical emergencies.
- CVA & Cardiac Emergencies.
- Orthopedic trauma management.
- All Neurological emergencies management.
- Pediatric emergencies management.
- Burn & Plastic Surgery services.

24/7 Services

- 24 Hour Laboratory Services
- 24 Hours Radiology Services
- 24 Hour Pharmacy Services
- 24 Hour OT & Labor Room Services
- 24 Hours ICU & ventilator services

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