

# MARROOF NEWSLETTER

May 2018



## Love your bones, Protect your bones

**At least One in three women and One in five men over the age of 50 will suffer a fracture caused by weak bones. Detect Weak bones with a Bone Density Test**

### Who needs Dexa Scanning?

- Men & Women above 40 years of age
- Backache
- Family history of bone fracture
- Medication that accelerates bone loss
- Anti-seizure Medication
- Low body weight, a light build
- Light complexion
- Cigarette smoking or use of Alcohol
- Menopause or Andropause
- Hormone Replacement Therapy (HRT/ERT)
- A diet low in dairy product

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**MARROOF**  
International Hospital

## MEDICAL CAMP AT COMSATS

Maroof International Hospital in collaboration with Askari General Insurance Company (AGICO) organized a one day medical camp at COMSATS University Islamabad on 24<sup>th</sup> April 2018. This medical camp was organized for providing free consultations and medical checks to the faculty and staff of COMSATS University. Associate Prof. Dr. Muhammad Israr and Dr. Amna Sajjad from Dental, Dr. Imran Ghani from Cardiology, Dr. Rabia from Gynecology, Dr. Hina and Dr. Hafsa from General Medicine, Dr. Osama Javed from General Surgery, Mr. Sarfaraz from Physiotherapy and Rehabilitation and Ms. Mubashera Iqbal Tarana from Food and Nutrition were present and they provided free medical consultation to all the visitors.

The COMSATS employees were also provided with free sugar, BP, weight and height check. This medical service by Maroof International Hospital was highly appreciated by COMSATS management and staff.

In the end Senior Management COMSATS and AGICO distributed shields for the appreciation of organizers. Addressing the organizers and attendees, Sr. Treasurer COMSATS Mr. Muhammad Azam said this kind of medical checkup should be regularly organized and more public awareness should be spread among people regarding health evaluations. He also regarded the efforts of Malik Zeeshan Ali, Sr. Manager Marketing, Maroof International Hospital and Nadeem Ahmed Iqbal Joint AVP, AGICO and their teams.



## THE KEY TO A GREENER PLANET IS IN YOUR HAND

Increasing pollution and dust has raised the importance of growing more plants and providing healthier greener planet to our coming generations. Targeting this as purpose, Maroof International Hospital in collaboration with Searle Pharmaceuticals, planted four trees in front of Maroof Building at 10th Avenue on 5th April 2018. The Plants were planted by CEO Maroof International Hospital Ch. Haroon Naseer, Consultant Pulmonology and Head of ICU Dr. Sajjad Naseer, Medical Specialist Dr. Tahir Ali Khan and Sr. Manager Marketing Malik Zeeshan Ali.



## Employee of the month:



Mr. Muhammad Asif from Support Services Department was selected as employee of the month for his outstanding performance during March 2018. He was awarded certificate and prize by Ch. Haroon Naseer CEO MIH, Mrs. Musarrat Naseer HoD MMD and Mr. Afsar Ali, CFO.



Ms. Faiza Anum from HR&D Department was selected as employee of the month for her outstanding performance during February 2018. She was awarded certificate and prize by Ch. Haroon Naseer CEO MIH, Mrs. Musarrat Naseer HoD MMD and Mr. Afsar Ali, CFO

# Driving Ergonomics

**Dr. Umair-ur-Rehman (PT)**  
B.S.P.T, PP-DPT, MPPTA  
Rehabilitation Department



When having pain we need to examine all the aspects of our lives that can contribute. Driving creates significant stress to the neck and the upper and lower back. While this should go without saying only use cars that you fit into properly. Compact cars often do not fit taller users. For others certain seats may not support them properly. Safety is always the first concern. Never make an adjustment that would make you less likely to see the road, your mirrors, or the instruments easily.

## Make a proper adjustment:

It is easiest to start with a seat that is completely in the wrong position and bring it into the correct position. Start by pushing your seat all the way back, place it as low to the floor as able, and recline the back 30-40 degrees.

- Bring the seat height up until you can comfortably see the road and instruments and your hips are as high as your knees. If you are too low try adding a cushion or wedge to the seat. This can also decrease vibration from the road which has been shown to contribute to injury. Be sure it does not make you too high so that you have to bend your head down or to the side.
- Scoot the seat forward so you can reach and completely depress all the foot pedals without coming away from the seat back.



- Bring the back forward until you are reclined at a 100-110 degree angle. This decreases the pressure on the discs in your low back. Adjust your headrest so it rests in the middle of your head. Adjust the lumbar support so

you have even back support. This should be supportive and comfortable. A lumbar (back) cushion can be added if your car lacks sufficient lumbar support.

- Tilt seat cushion until it evenly supports your entire thigh without pressure in particular areas and does not hit the back of your knees. If it presses unevenly you can restrict circulation and cause discomfort in the legs.
- Adjust the seat belt to fit you instead of adjusting the seat to accommodate the seatbelt position.



- Bring the steering wheel down and toward you to minimize reach. The less your elbows reach forward and up the less the strain on your neck and upper back. Now adjust the mirrors. If you start to slouch down or get in a bad position the mirrors will feel as they need to be adjusted and cue you to sit back up.
- Fine tune as necessary.
- Make minor adjustments to your position occasionally to change the stressors on your body. Be sure to stay in a safe supported position. Change your grip on the wheel occasionally.
- Do not use the car as an office. Using the laptop in the other seat creates twisting of the spine. Bending over to fill out paperwork causes your neck to flex forward unsafely.
- Don't store items on the back seat or seat back pockets where reaching for them will cause awkward twisting.
- How you hold the steering wheel is also important. Instead of holding close to the top of the wheel at the 10 and 2 o'clock positions lower them to 9 and 3 o'clock or lower. You can feel the shoulders muscles relax some when you do this. Other than while turning, avoid

reaching across your body to hold the steering wheel. For example, don't hold the very top or right side of the wheel with your left arm or vice versa. Try to keep your wrist straight while holding the steering wheel.

- Give your body a few minutes out of the car before lifting things from the trunk.
- Always remove your wallet from your back pocket before sitting. This causes the pelvis(hip) to twist stressing the back.

• When getting in to the car sit first and then swing your legs into the car. To get out slide the legs out first and then stand up to decrease low back strain.

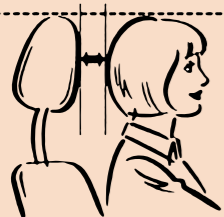
• Take frequent breaks to get out and stretch at least every 2 hours. This is important for your back but also your hands as holding a steering wheel for long periods can contribute to carpal tunnel syndrome or other hands problems. If you get to your destination 3 minutes earlier but are stiff and painful you won't be very effective!

## MEDICAL CAMP AT JAZZ HEAD OFFICE

The Marketing Department at Maroof International Hospital organized a Medical Camp at Jazz Head Office in F/8 Islamabad on 26th March 2018. The event comprised of conducting a Pulmonary Function Test (PFT). Giving an introduction about PFT; these are a group of tests that measure how well your lungs work. The purpose of the test was to check the breathing and how effectively a person's lungs are supplying oxygen to the other organs of the body. This camp was organized for the employees of Jazz. The turnover for the camp was very encouraging. Employees were also provided with vital health checks like Blood Pressure, weight, glucose and height. Dr. Osama Javed, Incharge ER MIH, with his team of doctors was also present for providing medical consultation to the employees. In view of the increasing pollution, smoking trends and unhealthy lifestyle, PFT is recommended for everyone who is exposed to open air and smoking. This Medical Camp was organized by Sr. Manager Marketing Malik Zeeshan Ali and his team and was highly appreciated by team Jazz.



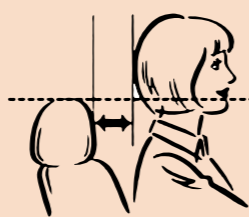
### IDEAL POSITION



Headrests should be ideally be positioned two inches or less from the rear of drivers head, and never more than four inches.

When adjusting for height, the bulk of headrest should stand directly behind driver's head, at ears level.

### VERY POOR POSITION



In the event of an accident, you want the headrest to contact your head first, not your neck.

A properly adjusted headrest can reduce the risk of whiplash-related injuries, by as much as 40 per cent.

**Dr. Maryam Farooqi (RPh)**  
AM-MarooF Pharmacy  
MarooF International Hospital



## Self-Medication (A dangerous practice)

Different drugs have different effects; they may be used for different reasons. The use of medications for self-recognized & self-diagnosed conditions without prior medical consultation, regarding indication, dosage, and duration of treatment is referred to as self-medication. In most illnesses self-medication is the first option, which makes it a common practice worldwide.

Self-medication is far from being a completely safe practice, in particular in the case of non-responsible self-medication.

### Potential risks of self-medication practices include:

Incorrect self-diagnosis, delays in seeking medical advice when needed, infrequent but severe adverse reactions, dangerous drug interactions, incorrect manner of administration, incorrect dosage, incorrect choice of therapy, masking of a severe disease and risk of dependence, abuse & resistance.

### Common illnesses where patients self medicate

- Common infections, like cold & Flu, cough
- Anxiety & mental illness.
- Acne
- Weight loss



### Factors leading to self-medication

- Socioeconomic factors Waiting time.
- Health care cost.
- Lack of awareness.



### Sources of medicines

- Pharmacies.
- Drug stores
- Medicines stored at home
- Friends and relatives
- Street vendors.



**Medications categories mostly used in self-medication are** ,Anti-biotics, Anti-malarials, Anti-allergy, Pain killers, Weight gain and weight reducing agents, Multivitamins, Skin bleaching steroids, supplements.

Although responsible self- medication which requires a certain level of knowledge and health orientation has some advantages, as it is thought to reduce the load on the medical services, decrease the time spent in waiting to see the physician, and saves cost especially in economically deprived countries with limited health resources .However, responsible self-medication is not free of risk, which can increase the burden and out- of- pocket expenses since it may result in adverse health effects that require medical intervention. Several studies investigating self-medications have revealed that common over the counter and Prescription Only Medications have been associated with adverse health reactions due to use of **sub therapeutic doses and frequent use of antibiotics (ending up in antibiotic resistant bacterial infections) and other prescription only medicines.**

We all know that Pharmacies survive commercially, through product sales, but it should never be the principal focus.

MarooF pharmacy stands out due to its strict Product selection protocols, to procure only quality products which are registered & approved by drug regulatory authority , and which are appropriate to the need and circumstances of the patient, and based on informed judgment whenever necessary and appropriate.

Patients are referred to physician for proper diagnosis, and medications are dispensed by technically trained & qualified pharmacists, with proper counseling regarding their take home medication, in case of admitted patients and also proper guidance & free pharmacist advice is available for walk in customers, in all pharmacies of MarooF International Hospital.

**Pharmacist consultation is available 24/7 in all satellite pharmacies of MIH.**

Here, I would like to share a recent example of self-medication where, a 23 year old female came to pharmacy and asked for betamethasone cream. It was recommended by her friend who used it for a skin condition with great results. The on duty pharmacist inquired why she needed the medicine, she responded for acne. The pharmacist tried

to explain that this product does not help acne and suggested to consult the skin specialist before buying betamethasone & also recommended a different formula for acne. But the girl was reluctant and left the pharmacy. She returned some days later with very bad acne and asked the pharmacist for help. She admitted that she obtained betamethasone from another pharmacy and used the product morning and night for the treatment of acne.

Purpose of sharing that example is that conditions vary person to person; every single person has different, skin type, allergies, and different response to same medication. One should not be picking up random medicine, assuming, being equally effective, as on another person.

**One should consult a physician for proper diagnosis, and further consult a pharmacist to seek guidance regarding proper administration of prescribed medicine to get optimum therapeutic results is necessary.**

**We encourage, proper diagnosis of medical situation through consultants, before heading towards pharmacy, to avoid serious medical issues and delay in treatment of root cause.**

**Clinical pharmacy set up is being developed in MarooF International Hospital and will soon be in practice, which will include clinical rounds also.**



# Why You Need Good Blood Flow

It's hard to believe, but your body holds about 60,000 miles of blood vessels. Along with your heart and other muscles, they make up your circulatory system. This network of roadways carries blood to every corner of your body. But when your circulation is poor, it slows or blocks the blood flow. That means the cells in your body can't get all the oxygen and nutrients they need.

## Signs of Poor Circulation

When your limbs can't get enough blood, your hands or feet may feel cold or numb. If you're light-skinned, your legs might get a blue tinge. Poor circulation also can dry your skin, turn your nails brittle, and make your hair fall out, especially on your feet and legs. And if you have diabetes, your scrapes, sores, or wounds tend to heal slower.

## Snuff Out Tobacco

Nicotine is the active ingredient in cigarettes, electronic cigarettes, and smokeless tobacco. It harms the walls of your arteries and thickens your blood so much, it can't get through. If you smoke, quit. It can be hard to stick with it, but your pharmacy or doctor's office can help.



## Control Your Blood Pressure

If it's too high, it can cause arteriosclerosis, a condition that hardens your arteries and can help choke off blood flow. Aim for 120 over 80 or less, but ask your doctor about the best numbers for your age and health. Check your reading at least once a month. You can buy a home blood pressure monitor or use a kiosk at your pharmacy.



## Gulp It Down

Blood is about half water. So you need to stay hydrated to keep it moving. Aim for 8 glasses of water a day. You'll need to drink more if you exercise or if it's hot outside.



## Stand Up at Your Desk

Sitting for hours at a time isn't great for your circulation or your back. It weakens leg muscles and slows the blood flow in your legs, which could cause a clot. If you're a desk jockey at work, consider a standing desk instead. It may take a little while to get used to, but getting on your feet works the valves in your leg veins, sending blood up to your heart.



## Relax and Twist

Yoga is a low-impact exercise that can jump-start your blood flow. When you move, it brings oxygen to your cells. When you twist, it sends blood to your organs. And upside-down positions shift blood from the bottom half of your body up to your heart and brain.



## Hit the Wall (in a Good Way)

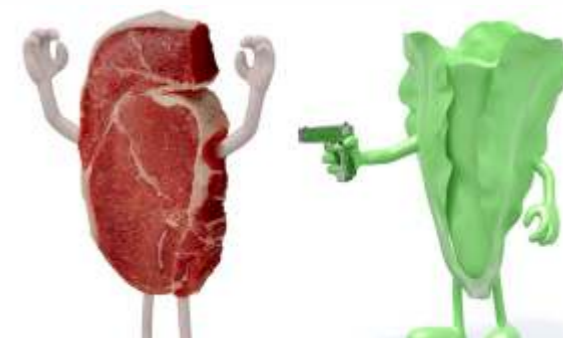
Not a yogi? When your ankles or feet swell, try the legs-up-the-wall yoga pose. Also called viparita karani, it's an easy way to send your blood in the other direction. Lie on the floor or on a yoga mat, with your left or right shoulder close to the wall. Turn your body so you can put your feet up, and scooch your bottom against the wall. Stretch your arms out on the floor with palms down for balance.



## Pump It Up

Aerobic means "with oxygen." So when you run, bike, walk, swim, and do similar exercises, you take in more oxygen and move it to your muscles. This gets your blood pumping, makes your heart stronger, and lowers your blood pressure. Set a goal to exercise for 30 minutes, 5 to 7 days a week. Break it up into small chunks if needed. If you walk, know that moderate to intense speeds -- at least 3 miles an hour -- offer the best health benefits.

Let's face it: There's no downside to a balanced diet. Eat lots of fruits and vegetables. Stay away from saturated fats that can be found in red meat, chicken, cheese, and other animal sources. Steer clear of too much salt. That will help keep your weight in a healthy range and your cholesterol and blood pressure in check -- and your arteries clear.



## Brush Your Body, Not Just Your Hair

Sweep your blood in the right direction. Take a body brush with stiff, flat bristles and stroke on your dry skin. Start with your feet and work your way up, using long motions on your legs and arms. Make circles on your belly and lower back. Dry brushing also gets rid of dry skin. Do it every day, right before your shower.

## Sip or Soak

It's a temporary fix, but a bath is a great way to kick-start your circulation. Warm water makes your arteries and veins open a bit wider, letting more blood through. Hot water or tea does the trick as well.





## Is Your Child Getting Enough Sleep? 6 Ways to Tell

### How to tell if your child is not getting enough sleep

For many active school-aged children, sleep can be as hard to come by as it is for busy adults. After-school activities, homework, and playtime with family and friends can all lead to a packed schedule. Add to that the lure of electronics such as TV, computers and videogames, and texts from friends and you have the makings of chronic sleep deficit in kids.

Since school-aged children need between 9 to 12 hours of sleep, parents must be vigilant about enforcing bedtimes, setting up good sleep routines, and watching for signs of fatigue in their children. The American Academy of Sleep Medicine, or AASM, recommends the following sleep guidelines for children and adults:

- Infants 4 to 12 months old: 12 to 16 hours (including naps)
- Kids ages 1 to 2: 11 to 14 hours (including naps)
- Kids ages 3 to 5: 10 to 13 hours (including naps)
- Kids ages 6 to 12: 9 to 12 hours
- Kids ages 13 to 18: 8 to 10 hours

It's especially important for school-aged kids to get enough rest. For one thing, one of the factors that can reduce the

immune system's ability to fight off infections is not getting enough sleep, and as we know, kids in school are constantly exposed to contagious illnesses such as colds from classmates. Lack of sleep in children has also been associated with health problems ranging from obesity to mood swings, as well as cognitive problems that can have an impact on a child's ability to concentrate, pay attention, and learn in school.

If your child fights going to bed and has trouble going to sleep, take steps to figure out what the problem may be and make sure she gets the rest she needs.

### Signs of Sleep Deprivation in Children

If you think your child might not be getting enough sleep, look for these signs that she is not getting the amount of sleep she needs.

Your child is sleep deprived if she:

1. Has trouble waking up in the morning
2. Exhibits irritable behavior
3. Seems overly emotional and moody
4. Is hyperactive
5. Has difficulty concentrating in school
6. Has trouble staying awake during the day

If you see signs of sleep deficit in your child, try setting up some good nighttime sleep routines and healthy sleep habits to help your child get the amount of rest she needs to be at her best both at home and at school. Given how important getting enough sleep is for school-age children, parents should do everything they can to make sure their child gets the rest he needs. If these efforts still don't improve the amount and quality of sleep your child gets (if he wakes up constantly and doesn't get continuous sleep for the recommended hours for his age), call your doctor and make an appointment for a check and possible evaluation with a pediatric sleep specialist.



## Mango Smoothie

### Ingredients:

- 1 cup non-fat milk
- 1 cup yogurt, plain, vanilla or honey
- 1 ½ cups ice cubes
- 1 banana (if frozen, leave out some of the ice)
- 1 mango, about 1 cup chopped
- ½ cup unsweetened coconut
- 1 teaspoon vanilla
- 1 tablespoon honey
- chia seeds (optional)

### Instructions

Place all ingredients in a blender and blend until smooth, about 3 minutes. Serve with chia seeds additional coconut and chopped mango if desired.



Health Recipe

## TESTIMONIALS

**Moomal Haris**

Room Service was very good and nurses were very supportive. The quality of service was really good.

The nursing staff was extremely cooperative and very professional. We highly appreciate their services. Very caring and concerned supervisors. I have been to some of very good private medical services provider but I found Maroof Hospital to be best in terms of providing timely services.

**M. Zubair Khan**

**Abida Khanum**

Excellent service provided by the nursing staff and patient Coordination staff. Everything was done on time and handled smoothly and professionally. This sort of behavior needs to be encouraged and appreciated by everyone. Good job and keep it up.

Excellent service provided by the nursing staff and patient Coordination staff. Everything was done on time and handled smoothly and professionally. This sort of behavior needs to be encouraged and appreciated by everyone. Good job and keep it up.

**Abida Khanum**

**Farkhanda Jabeen**

Team Maroof International Hospital is best in providing all medical services. I will express my feelings with one word "Thumbs up".

I want to extend my heart felt gratitude to the doctors, paramedics and even the janitorial staff who have been so kind and considerate towards me. The quality of treatment and services provided, coupled with the courtesy extended is indeed appreciated. Special thanks to staff at emergency, Dr. Habib, Dr. Slamna, Dr. Hafsa, Dr. Aqsa, Mr. Tayyab Haider, Mr. Shahid, Ms. Nayab and all other people whose names I may have missed out. Stay blessed all you wonderful people.

**Mariah Atiq**