HEART BEAT

Newsletter of Tabba Heart Institute

Issue 01, January 2008

Mariam Razzak Tabba

From CEO's Desk

Here is our first issue of Heart Beat. This Newsletter will henceforth be published on a quarterly basis.

I am pleased that the management of the hospital has undertaken this exercise which will prove beneficial not only in dispensing information within the hospital but also outside. I am quite sure that the information contained in this newsletter will be of considerable benefit to whoever happens to read this.

Heart ailments are becoming increasingly common because of the lifestyle in this jet age. Excessive mental and physical stress, irregular habits of life and almost total lack of physical exercise coupled by unhealthy food intake are the main contributing factors for the rampant incidents of heart problem. We at this hospital over the last 2 ½ years have done our best to alleviate the sufferings of people inflicted by this ailment.

Tabba Heart Institute (THI) has added many feathers to its cap during this short span of time which includes ISO 9001:2000 Certification, recognition for Cardiology Fellowship, Diploma in Cardiac Nursing, initiation of Nurse Aid and Critical Care Technician Courses etc. Yet, we have to go a long way.

I will avail this opportunity to appreciate the generosity of The Pakistan Memon Educational and Welfare Society for

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Editorial Board

Mr. Mohammad Yousuf
Ms. Farzana Aamir Hashimi
Ms. Neha Suleman
Ms. Tadeeb Anwer

Abdul Razzak Tabba (Late)
Sitara-e-Imtiaz

The Founder

The mission of Aziz Tabba Foundation is to provide humanitarian and welfare services for the people of Karachi and Pakistan. Aziz Tabba Foundation was established with this noble objective.

The foundation has launched several humanitarian projects in the field of housing, education and health.

In the health care sector Aziz Tabba dialysis center (Tabba kidney institute, located in federal B area Karachi) has already played a pioneering role by providing free and subsidized care to patients with renal failure.

Another pressing need of the area is the treatment of heart diseases which has reached epidemic proportions in this densely populated area where currently there is little access to quality care. THI project has been launched to provide quality health care for cardiac patients at affordable cost to the community.

It is hoped that Insha Allah, Tabba Heart Institute will fulfill the aim of the foundation by providing care of the highest standards to the people of Karachi and Pakistan.

I believe that every one lives for himself but to live for others and to help those in need is the obligation of every human being.

Tabba Heart Institute

Where you meet caring, friendly people

Contd.

donating the plot to Aziz Tabba Foundation for building the hospital. Their noble deed is helping to serve the humanity.

I also recognize and value the services of the following colleagues, who worked hard along with my late father Abdul Razzaq Tabba, inÊthe planning, construction and commissioning phase.

Dr. Yousuf Kamal, Dr. Bashir Hanif, Dr. Umer Darr, Mr. Ahmed Munshi, Dr. Hanif Baig, Mrs. Salina Zaidi, Mr. Altaf Lateef, Ms. Farzana Amir Hashmi, Mr. Faraz Mahmood Mehkri, Mr. Muhammed Suleman Memon, Mr. Amin Raza, Mr. Aftab Ahmed Mr. A. Habib, Mr. Zaki ul Haq, Mr. Saeed, Mr. Imran and others.

As the Chief Executive Officer, I have the onerous responsibility of my late father, Abdul Razzak Tabba, who founded this institute with the zeal of a missionary. I hope God will give sustenance to our relentless endeavors to fulfill the dreams of my father.

I would like to have your views on the contents of this newsletter.

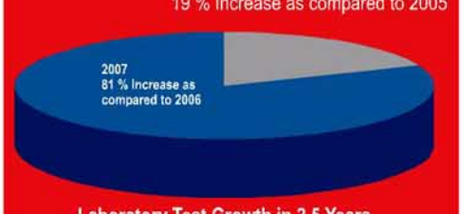
THI-Review of the Journey

Dr. Umer Darr

Tabba Heart Institute is a state-of-the-art hospital dedicated to cardiac illnesses. It is designed to diagnose, treat and help prevent suffering from heart diseases. This 120-bed facility has achieved many milestones in the short period of time since it came into existence in early 2005. However, the beginning was not easy and presented more than its fair share of challenges. The untimely demise of Mr. Abdul Razzak Tabba, left our organization with a void that was hard to fill, yet the stakes at the time could not have been higher. It was the defining moment in the history of our institution. Despite the odds Tabba Heart Institute was able to smoothly transit from the phases of planning, construction, procurement, recruitment and training to implementation and offering very high quality care to its patients. Our task is by no means finished – I believe that future will bring more challenges on our way, where as opportunities remain tremendous.

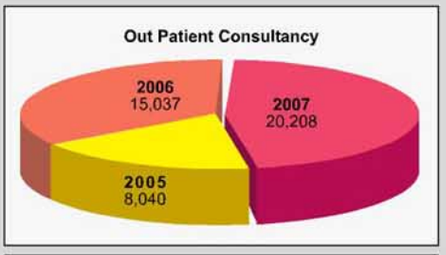
MILESTONES

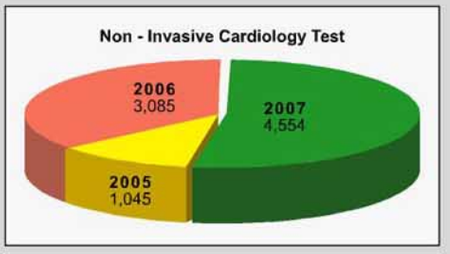
- ISO 9001-2000 Certification
- CPSP Registration
- Recognized for Dip. Card. Nursing Program.
- Initiated courses of Nurse Assistants and Critical Care Technicians.
- 1500 Open Heart Surgeries
- 4500 Angiographies / Angioplasties
- 300,000 Laboratory Tests
- More than 20,000 in-Patients Treated.
- 2nd Prize On Poster Presentation during Biannual Conference of Pakistan Cardiac Society.

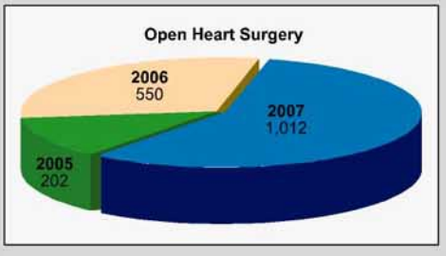


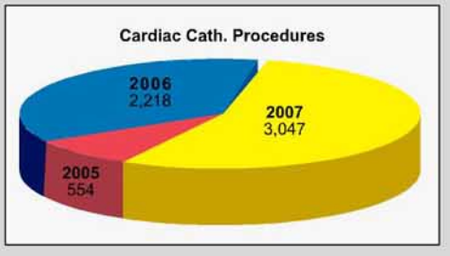
Laboratory Test Growth in 2.5 Years

Performance at a Glance









Since March 8, 2005, the day THI started functioning, it has shown tremendous progress in providing quality Cardiac Care in a short span of 2½ years. The above performance is the result of its highly motivated professionals who have joined together as a Team to make THI one of the best hospital in Karachi.

Public and patients awareness programs are essential part of THI service and its Marketing & PR Department has organized various professional and promotional activities such as lectures, seminars, workshops, Heart Day celebration, free clinics, news-paper supplements and last but not the least, this newsletter.

Performance at a Glance

The THI Family

Management Team

Ms. Mariam Razzak Tabba	Chief Executive Officer
Syed Ilyas Ahmed	Chief Advisor Operations
Dr. Bashir Hanif	Medical Director
Mr. Mohammad Yousuf	Chief Operating Officer
Mr. Musharaf Hussain	Chief Financial Officer
Mr. Yakub H. Thara	Director Support Services
Mr. Ahmed Shakoor Munshi	Senior Manager Coordination & Welfare
Mr. Mohammad Altaf	Chief of Nursing
Mr. Riaz Ahmed	Manager Internal Audit
Mr. Altaf Lateef	Manager Material Management Dept.
Mr. Muhammad Naveed	Manager Laboratory
Mr. Ikram H. Khan	Manager Marketing & Public Relations
Ms. Farzana A. Hashmi	Manager Rehabilitation Dept.
Mr. Anjum Nafees Ansari	Manager Engineering
Lt. Cdr (R) Ghulam Hussain	Manager Support Services

Medical Team

Dr. Bashir Hanif	Medical Director/Chief of Cardiology
Dr.Umer Darr	Chief of Cardiothoracic Surgery
Dr. Hamid Iqil Naqvi	Chief of Cardiac Anesthesia
Dr. Ghufranullah Khan	Consultant Cardiothoracic Surgeon
Dr. Tariq Aziz	Clinical Pathologist
Dr. Shahid Ahmed	Senior Associate Anesthetist
Dr. Zubair Tareen.	Associate Anesthetist
Dr. Zulfiqar Ali Khan	Associate Anesthetist
Dr. Irfan Elahi Chandna	Consultant Cardiologist
Dr. Khursheed Hassan	Consultant Cardiologist
Dr. Muhammad Adnan Amin	Consultant Cardiologist
Dr. Moinuddin Khan	Cardiology Fellow
Dr. Shamim Siddiqui	Cardiology Fellow
Dr. Faisal Qadir	Cardiology Fellow
Dr. Shakir Lakhani	Cardiology Fellow
Dr. Ayaz Hussain	Cardiology Fellow
Dr. Osama Tariq	Cardiology Fellow

Patient's Corner
What they say...

Mr. Khalil Abbasi
Procedure: (CABG) Coronary Artery Bypass Grafting , Age: 50 Yrs, Consultant: Dr. Umer Darr

Mr. Khalil Abbasi came to Tabba Heart Institute with a coronary artery blockage of 90% and 45%. After going through serious heart trouble he finally went through CABG.

Mr. Khalil said that he came here in a very miserable condition It's the treatment of Doctors and the dedicated staff of Tabba heart Institute who worked hard to bring him back to life. He is really thankful to Tabba Heart Institute (THI) for treating him with such care and compassion.

Mr. Abdul Razzak
Procedure: Angioplasty, Age: 40 Yrs, Consultant: Dr. Bashir Hanif

Mr. Abdul Razzak was brought to THI early morning with chest pain and breathing problem. After his angiography it was found that he has a coronary blockage of 100% and 80%.

Mr. Abdul Razzak expressed his immense gratitude towards THI. He said that the staff and doctors are very helpful and the care is very good. THI is the best Hospital for heart diseases.

Ms. Uzma Asghar
Program: Weight Loss Plan, Age: 25 Yrs, Consultant: Dr. Irfan Elahi Chandna

Ms. Uzma Asghar came to THI with pain in her left arm and over weight. During the checkup she was diagnosed to be obese / overweight.
She was reffered to the Department of Preventive Cardiology and Cardiac Rehabilitation in January 2006 for weight loss plan and in an year she lost 27 kgs.

Ms. Uzma says that it's a complete make over for her she has lost 27 Kg's and she feels great. It has enhanced her personality and she feels that it is an amazing experience, and She would recommend it to all her friends who are obese or have any weight related problems .

AMAZING HEART FACTS

Tadeeb Anwer

1. Female Heart beat faster than male.
2. The human heart weighs less than a pound.
3. The human heart can create enough pressure that it could squirt blood to a distance of thirty feet.
4. The right lung of a human is larger than the left one. This is because of the space and placement of the heart.
5. The human heart size is about the size of our fist.
6. In a lifetime, the heart pumps about one million barrels of blood.
7. The human heart beats roughly 35 million times a year.
8. In one day the heart beats 100,000 times.

General Awareness

CAUSES OF HEART DISEASE

- Tadeeb Anwer

The heart is a muscular pump in the chest. Heart has its own blood supply by arteries called coronary arteries. These arteries can be blocked by deposit made up of bad cholesterol. It causes interruption of blood supply to heart muscles which leads to heart attack and heart diseases.

RISK FACTORS OF HEART DISEASES:

- High Blood Pressure
- Smoking
- Stress
- High Blood Cholesterol
- Inactive Body
- Diabetes
- Inheritance

High blood pressure increases the risk of heart disease, heart attack, and stroke. A healthy adult who is resting generally has a systolic pressure reading between 120 and 130 and a diastolic pressure reading between 80 and 90 (or below).

One of the major risk factors for heart disease is High Blood Cholesterol. Food rich in saturated fat include butter fat in milk products, fat from red meat, and tropical oils such as coconut oil. Low-density lipoprotein (LDL or "bad cholesterol") in the blood causes plaque to form on artery walls. When plaque builds up in the coronary arteries that supply blood to the heart, One is at greater risk of having a heart attack.

Heart problems are the leading cause of death among people with diabetes, especially in the case of adult-onset or Type II diabetes (also known as non-insulin-dependent diabetes).

Smoking increases heart rate, tightens major arteries, and can create irregularities in the timing of heartbeats. The chemicals in cigarette leads to build up fatty plaque in the arteries and also affect cholesterol and levels of fibrinogen, which is a blood-clotting material that can lead to a heart attack.

Inactive individuals have a greater risk of heart attack than do people who exercise regularly. Exercise burns calories, helps to control cholesterol levels and diabetes, and may lower blood pressure. Exercise also strengthens the heart muscle and makes the arteries more flexible.

Heart disease can be a part of Inheritance. It tends to run in families. For example, if your parents or siblings had a heart or circulatory problem before age 55, then you are at greater risk for heart disease than someone who does not have that family history.

Stress is considered a contributing risk factor for heart disease because little is known about its effects. During times of stress, the nervous system releases extra hormones (most often adrenaline). These hormones raise blood pressure, which can injure the lining of the arteries. When the arteries heal, the walls may harden or thicken, making easier for plaque to build up.

The Ideal Body Weight

- Farzana Aamir Hashmi

What strikes in your mind When you think about an ideal body, to me it is the weight which maintains good health and good shape in a person

Maintaining a healthy body weight can significantly reduce the risk of a number of diseases like Kidney, Liver, Heart, Diabetes and Depression. A healthy body weight has also been shown below to improve overall quality of life.

It Is a known fact that "Larger the Waist Line Shorter the Life Line"

Your desirable body weight depends upon your gender, height, and body frame size. You can calculate the Ideal Body Weight:

1. By knowing your BMI — BMI = Weight in KG/(Height in meters)^2
   Normal weight BMI range = 18.5 – 23 kg/m^2
   Over Weight BMI range ≥23.0 kg/m^2
2. By knowing waist size — (For male<40", For females< 36")
3. By knowing Hip/waist ratio — (For male<0.95, for females< 0.85)
4. It can also be calculated by the following simple formula

For a Pakistani Female:	For 5 ft in height=100lbs (Above 5 feet, add 5 lbs for every inch)
For a Pakistani Male:	For 5 ft in height=106 lbs (Above 5 feet add 5 lbs for every inch)
For Large Frame:	Add 10 lbs to your ideal body weight.
For Small Frame:	Deduct 5 to 10 pounds from your ideal body weight.

"Healthy weight and healthy shape for a healthy heart"

Tabba Heart Institute
ISO 9001 : 2000 Certified
St-1, Block # 2, Federal 'B' Area, Karachi-75950
Ph: 92-21-6811842-50 Fax: +92-21-6379062
Website: www.tabbaheart.org.
for feedback: editor@tabbaheart.org

Dietitian's Kitchen

- Mehreen Amir

"Heart Is the **Chief Feature** of a functioning mind."

Keep your heart healthy...

For healthy diet

- Eat more fruits, vegetables and whole grains.
- Reduce intake of saturated fats and cholesterol.
- Limit sweets and salts.
- Drink plenty of water.
- Eat moderate size portions and calculate the number of calories you consume.
- Include physical activity in your daily routine.

To follow a healthy eating plan

- Choose a variety of food from each major food groups, to get the right calories, proteins, vitamins, minerals and fiber you need and to make your meal more tasty.
- Adapt the plan to your specific taste and preferences, for example a slice of wheat bread can be replaced by long grain rice, corn meal, muffins or even pop corn.
- Combine food from each major group however you like; meat and beans, curry or steam vegetables with pasta (noodles).
- Select your meals and snacks wisely. Emphasize on healthy snacks like fresh fruits and vegetables, nuts and whole grains.

"Remember, be creative in selecting your food for a good taste."

Food for thought

Narinder Sani's comment on Heart

"Stress, another word for fear, can destroy a loving heart. At the same time joy, laughter and tranquility strengthen the heart."

HahA...hahA

This older man was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.
As he was about to receive the anesthesia he asked to speak to his son.
"Yes Dad, what is it?"
"Don't be nervous, son, do your best and just remember, if it doesn't go well, if something happens to me... your mother is going to come and live with you and your wife...."