

# HEART BEAT

A Quarterly Issue for the Faculty and Staff of Tabba Heart Institute

Issue No. 06, June 2009

## Tabba Heart Institute's Non-Invasive Cardiology Department



Non-Invasive cardiology has established its unparalleled role in detection and diagnosis of cardiac diseases by utilizing a wide array of tests that do not cause discomfort, and guide therapy and risk stratification. All the investigations when interpreted in the context of the clinical background greatly increase the accuracy of clinical diagnosis for the presence of cardiac disease and ensure a complete picture before any preventive and curative measures are decided. These investigations include Transthoracic Echocardiography (ultrasound), Transesophageal Echocardiography, Electrocardiography, Dobutamine Stress Studies, and Stress-Thallium Studies.



The prime objective of Tabba Heart Institute is to promote excellence in the field of cardiac health by providing quality cardiac care services through superior technology at affordable cost. The Non-invasive Cardiology Department at Tabba Heart Institute, like all other departments, clearly reflects the aim to attain a trend setting image in the field of healthcare. It is a state of the art facility equipped with the latest versions of comprehensive diagnostic tools including three treadmills, DUAL HEAD Nuclear gamma camera for Technitium/Thallium Stress Test, specially designed to meet the high-throughput and high quality demands of the most progressive cardiology practices, color Doppler and Holter monitoring systems that carry out an average of 400-500 tests a month. These tests are performed under surveillance of highly qualified specialists in nuclear medicine and skilled nuclear technicians and nurses. A highly trained core group of technicians and biomedical staff ensure that the equipment is kept in order.

The tests performed at the Non-invasive Department include:

- Echocardiography
- Exercise Tolerance Test (ETT)
- Transesophageal Echocardiography (TEE)
- Holter BP Monitoring
- Ambulatory Monitoring
- Nuclear Stress Tests
- Tilt Table Test (TTT)
- Dobutamine Stress Echocardiography (DSE)



The implementation of Patient Archiving and Communication System (PACS) has enabled online multimodality image management; our physicians and consultants can view the X-ray images, Thallium scans, Echo images etc from any workstation in the hospital through a single window screen.

## DHA CLINICS

Tabba Heart Institute now offers services through its second outreach consulting clinic, after Medilink Clinics Clifton, at the Defence Housing Authority Clinics (The DHA Clinics) at Street 10, Khayaban-e-Rahat Phase – VI. Easily accessible, the clinic will benefit the residents of the DHA and Clifton. Highly Competent Cardiologists will be offering their consultation, initially, twice a week, on Mondays and Wednesdays from 6:00 pm until 8:00 pm. For appointment and further enquiry, please call: 5344201-2-8.

### Editorial Board

Mohammad Yousuf

Farzana Amir Hashmi

Dr. Moinuddin Khan

Farrukh Siddiqui

Sadia Abbas

Zeeshan Butt

Shermeen Faisal

### Dear Readers,

We have lost, yet another pillar of the editorial board. With the exit of Ms. Tadeeb Anwer, we faced difficulty in collecting, compiling and editing the articles for the current issue. The substituted assistance provided by Mr. Farrukh Siddiqui, Ms. Sadia Abbas, Ms. Shermeen Faisal and Mr. Zeeshan Butt greatly helped in the timely printing of the 'Heart Beat'. Efforts have been made to retain and produce the newsletter in a similar flavor and adopted pattern. Coinciding with the fourth anniversary of the Tabba Heart Institute, this 6th issue of the news letter has been designed with additional pages. We are certain that the articles and information printed will be appreciated. We are pleased to induct Mr. Farrukh Siddiqui, Ms. Sadia Abbas and Mr. Zeeshan Butt on the board. We are confident that the vigor and enthusiasm of the reformed board will continue the tradition of producing a quality newsletter. Pleasant reading.

Mohammad Yousuf



A state-of-the-art Cardiac Hospital

Where you meet caring, friendly people



# THI Journey

Treading a long and tedious, but gratifying path, to touch upon the mile stone of the fourth anniversary, Tabba Heart Institute (THI) has much to look back at, with pride.

Founded by (late) Abdul Razzak Tabba, a philanthropist of class, immortalized by his humanistic qualities and gestures, the hospital project was launched to alleviate human suffering; with a mission to provide compassionate care to those who are afflicted with cardiovascular diseases, and at an affordable price.

A 120-bedded facility, the hospital is harnessed technologically with the most advanced cardiac care equipment, operated by highly qualified medical professionals, and dedicated administration team with explicitly defined management goals, offering exemplary patient care, safe environment and research & learning opportunities to physicians, nurses and other health care professionals.

Inaugurated on March 8, 2005, at the hands of the then Honorable Prime Minister, Mr. Shaukat Aziz, THI became fully operational by May 2005, propelled by the strong vision and mission, the phenomenal growth of the institute in this span demonstrates the collective strength of the work force and leadership at the helm.

In July 2007, THI achieved the ISO 9001-2000 certification. This was followed by a successful surveillance audit in July 2008.

In retrospect, it is gratifying to recognize the opportunity granted by Almighty to be fortunate to serve more than 40,000 registered patients so far. The following statistics further add to the attainment:

- The average number of investigations per year, at the THI laboratory has bypassed 140,000 tests.
- Cardiac Catheterization procedures at the Angiography suites have exceeded 7,700 procedures in this period.
- With the credit of performing over 2,800 accomplished open-heart surgical procedures, we have remained steadfast in our commitment towards our patients' health and safety with appreciably low mortality rate.
- Our academic projects form a critical element for the continuation of health system.
- Accreditation for Cardiology and Cardiac Surgery Fellowship Programs by CPSP, is an acknowledgment of our academic excellence.
- The department of Nursing Educational Services is recognized by the Pakistan Nursing Council for Diploma in Basic Cardiac Nursing.
- Recently, "Abdul Razzak Tabba Diagnostic Center", of the THI laboratory, achieved affiliation with the 'Sindh Medical Faculty' for a one year 'Laboratory Technician Diploma' program.
- Enrollment of more than 50 students in these past years for 'Diploma in Cardiology', 'Laboratory Technician Training', 'Critical Care Technician (C.C.T)' & 'Nurse Assistant Training Program' indicates THI's growing prominence on Karachi's healthcare landscape.

To enhance the professional acumen of its employees, the management has been cognizant of the significance of effective training programs. Various in-house and outsourced training sessions for all categories of staff including managers, officers and paramedics, have been organized and sponsored to facilitate the employees. Two of the 'THI family' members have been sponsored for post-graduate and under-graduate training in nursing studies at the Aga Khan University Hospital.

Beginning in September 2005, THI organized its first mega activity; the commemoration of the 'World Heart Day'. The celebration included free screening camps and medical checkup at eminent locations. There has been no stopping since then; the dedicated staff has donated countless hours to community outreach program services and health education events. Amongst the many events that were organized in this span of four years,

## PANACEA

One more step towards a paperless environment. THI has successfully launched and fully implemented the Panacea, the state-of-the-art software of management information system. This program will ensure enhanced productivity, quality and speed of the services offered by the hospital.

of cardiac consultations and screening sessions, camps were organized at Karachi and Hyderabad, identifying hundreds of potential patients and benefiting numerous.

Commemoration of other major health events like, World Diabetes Day, International Nursing Day, World Hypertension Day, Global Hand-washing Day, etc., were meticulously planned by organizing seminars, conferences and workshops related to cardiology, diabetes and hypertension. Continuous Medical Education (C.M.E.) sessions were arranged for and have assisted, the community health care practitioners and professionals.

As an in-house journal, THI publishes a Quarterly Newsletter, called the "Heart Beat". Beside containing staff news and other informative literature, the journal takes pride in incorporating articles on various aspects of healthcare and related subjects, from cardiology to dietary tips and other health related general knowledge articles. The 'Heart Beat' remains in great demand from the professionals and members of the general public.

The Medical Director, Dr. Bashir Hanif, (MD, FACC, FSCAI), has delivered numerous community health care guidance and awareness messages and tips, covering the risk factors and preventive care, by appearing on various live television talk shows, including, "Kiran and George", "Sehat Online" and "Bakhabar Sawera".

The current year is marked by significant steps towards further extension of its services. This includes the opening of a new state-of-the-art Endoscopy Suite within the THI premises and commissioning of an outreach consulting clinic at the "DHA Clinics", off Khayaban-e-Rahat, Phase VI.

Another development is the establishment of a 'Cardiovascular Disease Preventive Program' called the "Healthy Heart Program", spearheaded by the renowned Cardiologist, Dr. Khawar H. Kazmi.

Yet, with so much more to achieve, for the pleasure of the Lord, we bow our head to the Almighty for His blessings and endowment of strength to us to serve the humanity and alleviate suffering. May Allah SWT be pleased. Aameen.

### 3<sup>rd</sup> ANNIVERSARY Abdul Razzak Tabba Laboratory Collection Unit

Abdul Razzak Tabba Laboratory Collection Unit successfully completed three years of its operational efficiency in February 2009.

Within this maiden period of 03 years, the Laboratory Collection Unit has proved its merit by fulfilling the needs of masses in the vicinity. The significant increase in delivery of services to our patients reflects their growing confidence in our performance.

In context of celebrating the 3rd anniversary of the Laboratory Collection Unit a week long activity was observed by offering 50% discount on various clinical investigations.

People were engrossed by placing banners in nearby areas. Radio spots (FM107, FM106) were also aired to keep them informed about the discount offer.

This activity gained immense response from the community that resulted in a huge increase of patient inflow.



## MOVED AHEAD

1. Dr. Chandar Parkash as Consultant Anesthesiologist
2. Dr. Zulfiqar Ali Khan as Consultant Anesthesiologist
3. Dr. S. M. Noman as Senior Medical Officer
4. Dr. Umer Hafiz as Medical Officer IV
5. Dr. Seema Ali as Medical Officer III
6. Dr. M. Shamim Siddiqui as Cardiology Fellow III
7. Dr. Muhammad Shakir Lakhani as Cardiology Fellow III
8. Dr. Faisal Qadir as Cardiology Fellow III
9. Dr. Ayaz Hussain as Cardiology Fellow III
10. Dr. Ayub Motan as Medical Officer II
11. Dr. Kashif Shahzad as Medical Officer II

## DIVINE WED - LOCK

1. Ms. Aisha Haider – February 2009
2. Mr. Nazim Rasheed – April 2009
3. Ms. Saadia Shahid – April 2009
4. Mr. Bilal Naseem – April 2009
5. Mr. Bahadur Ali – April 2009
6. Ms. Nabila Abrar – May 2009

## WELCOME TO THI FAMILY



We take great pleasure to inform you that, **Dr. Khalid Rasheed** has joined the THI family as Chief of Cardiothoracic Surgery.

Dr. Khalid Rasheed, prior to joining THI, was associated with Shifa International Hospital, Islamabad, for over thirteen years, as the Head of General & Cardiac Surgery. He is a graduate of King Edward Medical College, Lahore, following which he acquired his F.R.C.S in Cardiac Surgery.

A lively personality, Dr. Khalid Rasheed is imbued with immense experience in his professional field, having practiced in numerous well known British and Saudi hospitals. Please join us in welcoming Dr. Khalid Rasheed to the THI family

## Others

1. Dr. Sadaf Rafi – Research Medical Officer
2. Dr. Birjees Ahmed – Medical Officer
3. Dr. Maria Vohra – Medical Officer
4. Ms. Hina Abbasi – Senior Medical Technologist
5. Ms. Nazish Abdullah – Senior Accounts Officer
6. Syed Ovais Ahmed – Nuclear Technician
7. Mr. Muhammad Faizan – Radiographer
8. Mr. Saad Zafar – Lab Technologist
9. Ms. Madiha Jahan – ETT Technician
10. Mr. Ameer Ali – Librarian
11. Syed Afzal H. Zaidi – Security Supervisor

## STORK VISITS

1. Mr. Muhammad Irfan (Porter), birth of baby boy (Abdul Kareem) – February 2009
2. Ms. Rakshanda Aster (RN), birth of baby boy (Daim Dan) - February, 2009
3. Mr. Aamir Malik (UA), birth of baby boy (Abdul Saboor) – March 2009
4. Mr. Asif Nadeem (Medical Transcriptionist), birth of baby boy (Mohd. Ayaan) – March 2009,
5. Mr. Yasir Lateef (Rehab specialist), birth of baby girl – April 2009
6. Mr. Muhammad Sajid (NA), birth of baby boy – April 2009
7. Mr. Ilyas Awan (CCT), birth of baby girl (Munahil) – April 2009
8. Mr. Tasleem Abbas (UA), birth of baby boy (Dabeer Abbas) – April 2009
9. Mr. Amjad Masih (CCT), birth of baby girl (Benyhinn) – April 2009
11. Mr. Musharaf Hussain (CFO), birth of baby girl (Hibah Musharaf) – April 2009
10. Mr. Abdul Rasheed Khan (PRO), birth of baby girl (Rumaisa Rasheed) – May 2009

# Star Performers

(Jan-Feb 2009)



Dr. Rajesh Gandhi  
Medical Officer  
(Anesthesia)



Ms. Yasmeen Bano  
Telephone Operator  
(Communication)



Mr. Muhammad Shahid  
Porter  
(Nursing)

(Mar-Apr 2009)



Dr. Kashif Shahzad  
Medical Officer  
(Cardiology)



Ms. Mehreen Nawab  
Rehab Specialist  
(Rehab)



Mr. Waseem Khokhar  
CCT  
(Nursing)

## THI PICNIC



On one hand where THI provides excellent working environment and tremendous opportunities for growth, simultaneously on the other hand to keep the employees and their families happy and motivated it organizes recreational activities which are full of fun, joy and entertainment on yearly basis.

To keep up the good practices, as was planned, the first group of THI staff and family attended the picnic on April 19, 2009 which was awash with joy and excitement. There were lots of exciting and amusing activities for children, female staff/spouses and couples etc. Some of the activities included singing competition (held for all ages), musical chair, sketching for sceneries which were supplemented with gifts/ prizes to the winners. In addition, sumptuous lunch was served. Such activities bring the staff members near and keep them motivated.

## گلابی دیوار

کہا مریض نے علاج کرنے کا شکریہ  
کہا ڈاکٹر نے شکر ادا رب کا کیجئے  
بولامریض آپ نے جب کچھ نہیں کیا  
واپس مجھے آپ میری فیس دیجئے

## BEREAVEMENTS

1. Father of Mr. Junaid Kabla (Cashier) – February 2009
2. Mother of Mr. Riaz Ahmed (Manager Internal Audit) – February 2009
3. Mother of Mr. Victor Bashir (Registered Nurse) – February 2009
4. Mother of Mr. Shahbaz Nawab (Porter) – February 2009
5. Father of Ms. Nasira Ibrahim (RN) – March 2009
6. Father of Mr. Altaf Lateef (Senior Manager MMD) – April 2009
7. Father of Mr. Naeem Ali (Porter) – April 2009
8. Mother of Mr. M. Yousuf Ghulam Nabi (Porter) – April 2009

We pray to Almighty Allah for a heavenly abode for the departed souls.



# FELICITATIONS

- Demonstrating the meritorious credibility and scholastic distinction as a class institute, the Nursing Education Services, wing of the Nursing Department, turned out the first batch of the Basic Cardiac Nursing group in March 2009. Students achieved 100% success in the examination, conducted by the Pakistan Nursing Council, Islamabad. Ms. Nadia Sultana scored Honors, bringing laurels to THI. On this joyous occasion the management of Tabba Heart Institute avails the opportunity to extend its gratitude to the management of the Jinnah College of Nursing (JCON) and the National Institute of Cardiovascular Diseases (NICVD) for their guidance and support at every level of the execution of this program.
- Ms. Shahida Parveen (RN Rehabilitation department) successfully completed her 1 year Diploma as "Diabetes Educator" from Baqai Institute of Diabetes and Endocrinology (BIDE)

## TRAIN THE TRAINER



As per the mission, Tabba Heart Institute focuses on the personal and the professional effectiveness of its family members to acquire maximum productivity and work efficiency. Being ISO certified institute, which focuses on the continuous development that can be attained by learning and adopting new means and technologies to satisfy the customer's need. The management of THI promotes the training and development program in every sector

For the grooming and professional development of staff, below mentioned & workshops were attended by THI members:

1. Mr. Tariq Abbasi (Unit Coordinator - Lab) attended workshop on **Introduction to ISO 9001:2008**, URS Karachi, facilitating about the standard and its salient features.
2. HR Department arranged training series on Service Excellence for THI members. The sessions included **Would I Inspire Me, Service Excellence for New Employees** and **Service Excellence for Supervisors**. These sessions were attended by various as per their echelon.
3. Representatives of Nursing Department have been sent to Aziz Tabba Dialysis Centre in two batches for training of **Management of Patient undergoing Dialysis Procedure**. The outcome will be improve Quality care at THI
4. Mr. Abdul Mujeeb Khalili (Assistant Manager Bio Medical) attended training on **Advance Perfusion System**, in Dubai, facilitating about Heart Lung machine and its maintenance



The picture shows Mr. Mohammad Yousuf receiving a memento from Mr. Nadeem K Mustafa Khan, Director General and C.E.O. of Aga Khan University Hospital. On looking is Dr. Zakiuddin Ahmed, Project Director Health Asia.

## THI at Health Asia 2009

THI was pleased to participate at the Health Asia 2009, as one of the sponsors. This mega annual event was arranged by Ecommerce Gateway Pakistan from March 12 to 15, 2009 at the Karachi Expo Centre, which was well attended. This year's theme was "Quality in Healthcare".

Mr. Mohammad Yousuf, Chief Operating Officer of THI was invited as one of the guest speakers. He spoke about the role of Tabba Heart Institute in the delivery of Quality Cardiac Care.

## RESEARCH HIGHLIGHTS

### PUBLICATION:

- **Chronic Thromboembolic pulmonary hypertension** (Published in JPMA May 2009)  
Dr. Ayaz Hussain Shaikh, Dr. Bashir Hanif, Dr. Faiza Malik.

### ORIGINAL ARTICLES:

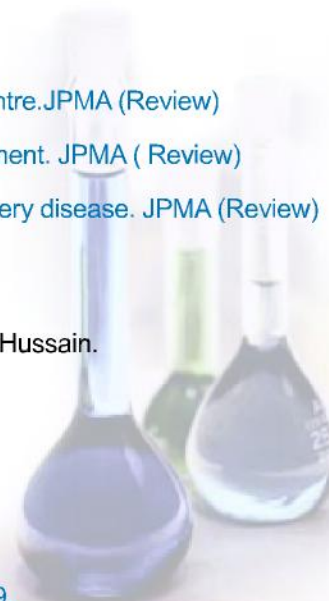
- **Coronary artery disease in patients undergoing valve surgery at tertiary care cardiac centre.** JPMA (Review)  
Dr. Ayaz Hussain Shaikh, Dr. Bashir Hanif, Dr. Sharukh Hashimi, Dr. Amna.
- **Doppler derived gradient of St Jude mechanical prosthesis, early postoperative assessment.** JPMA (Review)  
Dr. Ayaz Hussain Shaikh, Dr. Bashir Hanif, Dr. Sharukh Hashimi, Dr. Amna.
- **Association of late ST segment recovery after stress testing with severity of coronary artery disease.** JPMA (Review)  
Dr. Ayaz Hussain Shaikh, Dr. Bashir Hanif, Dr. Adeel M. Siddiqui, Dr. Hunaina Shahab.
- **Prevalence of hypertension in healthy individuals.**  
Dr. Muhammad Shamim Siddiqui, Dr. Khursheed Hasan, Dr. Sharukh Hashimi.
- **Indications and outcomes of PCI in a tertiary care hospital.**  
Dr. Muhammad Shamim Siddiqui, Dr. Bashir Hanif, Dr. Ayaz Hussain Shaikh, Dr. Faisal Hussain.

### CASE REPORTS:

- **Coronary Aneurysm complicated with myocardial infarction** JPMA (Review)  
Dr. Ayaz Hussain Shaikh, Dr. Bashir Hanif, Dr. Khursheed Hasan.
- **Supracristal VSD with massive prolapse of RCC** JPMA (Review)  
Dr. Ayaz Hussain Shaikh, Dr. Bashir Hanif, Dr. Ghufuranullah Khan.

### POSTER PRESENTATION:

- **Abstract and poster presentation at Singapore Live Conference of Endotherapeutics 2009.**





Our Associates  
**SIEMENS**  
 Pakistan Ltd.

At Tabba Heart Institute we strive to provide superior patient care and actively pursue consistent quality controls. Strong groundwork based on performance enables us to deliver value service to our patients. Our endeavors are strongly supported and made possible by our associates, who collaborate to enable us to attain the desired level of service.

Siemens Pakistan Limited, allied since the inception, has provided Tabba Heart Institute with its renowned diagnostic devices that are fully integrated with Intelligent Medical Networks, making this Institute, a unique facility. Offering Digital Detector Cardiac Angiography, our Cardiology department is equipped with two Siemens cardiac angiography machines, Axiom Artis DFC and Axiom Artis FC System. The Nuclear Medicine and Radiology suites are presently equipped with a dual detector digital gamma camera, E.Cam and Axiom Iconos MD R&F system. A high performance Acuson CV 70, ultrasound machine completes the diagnostic arena.

We recognize with gratitude, the incessant round the clock support and backup service by Siemens Pakistan Limited, for the maintenance of our equipment.



## ENDOSCOPY SUITE

Tabba Heart Institute always aims to provide quality care services to the community at large. With the escalating influx of the patients at THI with associated problems of gastroenterology, there was high demand for Gastroenterology and Hepatology services. Gastroenterology consultancy service and out-patient clinics were started in March 2008.

Diagnostic Endoscopy is the back bone of all GI investigations and there was a demand for this diagnostic test in our cardiac patients. With the efforts of Management of Tabba Heart Institute and Dr. Shahid Majid (Gastroenterologist and Hepatologist), a state of the art Endoscopy Suite has been established at THI. Now we are providing services of Diagnostic Endoscopy and Colonoscopy, Therapeutic Endoscopy including sclerotherapy (in case of emergency). All the procedures are done in accordance with American College of Gastroenterology recommendations. Alhamdulillah services are at par with other prestigious institutes of Pakistan.



**CME**  
 PROGRAM  
 CONTINUOUS MEDICAL EDUCATION

- ◆ A Seminar was organized by the CME committee of THI on January 31, 2009, in collaboration with HCA International Hospitals. Dr. Martin Lowe, a renowned Electrophysiologist from UK, delivered lecture on **"Re-synchronizing the failing Heart"** providing a current, practical update on the subject. It was attended by THI consultants, cardiology fellows, nominated paramedical staff from various departments and physicians from the community.
- ◆ Another such event was organized on March 7, 2009, by CME Committee and Infection Control Department in collaboration with Searle Pakistan Limited, on **"Managing Infections at a Cardiac Unit"**. Eminent guest speakers from Patel Hospital discoursed on various aspects of infection control in OR and post cardiac surgery patients, and surveillance of hospital acquired infections. Lectures were followed by SSI data, presented by Dr. Fatima Noman & Ms. Shaheen Asif. Session was well attended by more than 60 doctors and paramedical staff particularly from OR and ICU.
- ◆ A workshop was conducted on April 4, 2009, by CME Committee in collaboration with Pharmedo Pvt. Ltd. on **"Statistical Package for Social Sciences (SPSS)"**. The purpose was to facilitate those associated with various research projects being carried out at Tabba Heart Institute.

## Replacement of the Aorta

Aorta is the largest vessel which supplies oxygen rich blood to all parts of the body. Aorta sometimes enlarges in size and this kind of enlargement is known as aneurysm. The aneurysm commonly involves the most initial part of the aorta and this results in leakage of the aortic valve by virtue of its close proximity. The enlarging aorta also engulfs the coronary arteries of the heart because it is the very area from where the arteries take origin. These aneurysms have a propensity for rupture resulting in instantaneous death, especially if the size goes beyond 6cm. The treatment of these aneurysms is a daunting task and is done in very few centers in Pakistan. The operative treatment involves replacement of both the aortic valve and the big artery. The coronary arteries are detached from the aneurysmal aorta and re attached to the artificial aorta. The operation takes 8-10 hours and carries risk of potentially serious complications. Such operations are rarely performed in Pakistan. In the last 2 months, Dr. Ghufuranullah Khan of THI performed three aortic root replacements, mostly in younger patients with 100% success. One of these surgeries was performed in the middle of the night due to rupture of the aortic aneurysm. The patient survived despite heavy odds.



# Hyperthyroidism and the heart

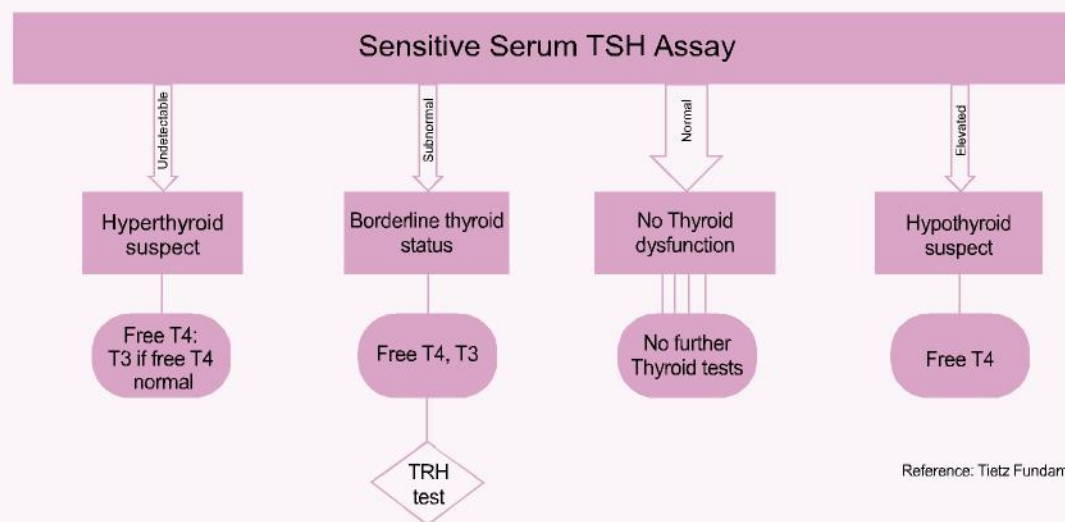
Dr. Tariq Aziz

In hyperthyroidism, caused by the overproduction of thyroid hormone, the heart muscle is "whipped" like a horse, and for a person with heart disease it is like whipping a tired horse. Thyroid hormone increases the force of contraction, and the amount of oxygen demand by the heart muscle. It also increases the heart rate. For these reasons the work of the heart is greatly increased in hyperthyroidism. Hyperthyroidism increases the amount of nitric oxide in the lining of the blood vessels, causing them to dilate and become less stiff.

## Cardiac symptoms of hyperthyroidism

Cardiac symptoms can be seen in anybody with hyperthyroidism, but can be particularly dangerous in people with underlying heart disease. Common symptoms include:

- Fast heart rate (tachycardia): Hyperthyroidism should always be ruled out with blood tests in patients with complain of palpitation
- High BP: The forceful cardiac contraction increases the systolic blood pressure, though the increased relaxation in the blood vessels reduces the diastolic blood pressure.
- Shortness of breath on exertion: This can be due to the skeletal muscle weakness caused by hyperthyroidism, or to a worsening in heart failure.
- Heart failure: Hyperthyroidism itself can produce heart failure, but this condition is relatively rare. On the other hand, if pre-existing heart disease is present, worsening of heart failure with hyperthyroidism is common, and can be extremely difficult to treat.
- Worsening angina: Patients with coronary artery disease often experience a marked worsening in symptoms with hyperthyroidism. These can include an increase in chest pain (angina) or even a heart attack.



Reference: Tietz Fundamentals of Chemistry 4th edition

## Nurse's Professional Accountability

Mohammad Altaf



Professional accountability applies to every individual. The same goes for the professionals related to health care sector. Accountability is a legal obligation. In health care, it is an ethical and moral responsibility too. Assuming responsibility for one's own nursing practice is the most important element. The American Nursing Association (ANA) states in its code that "The nurse will assume accountability for nursing judgment and actions. A professional nurse has the responsibility to practice within his/her scope of care, calling upon his/her knowledge and skills to make decisions in the best interest of the patient."

The level of responsibility and accountability depends on the level of profession. The In-charge Nurse has more responsibility than the registered nurse (RN); the RN has more responsibility than the registered midwife (RM) and Critical Care Technicians, and accordingly, their level of professional judgment and practices may differ. Professional nursing is based upon altruism, integrity, accountability and social justice. Judgments and practice that are based upon ethical values will always be in the best interest of the patient, no matter what the professional level is. Nursing professionals have the ethical obligation to serve others without self-interest. The nurse who comes from an altruistic place will make decisions that are in the best interest of the patient. The nurse needs to be very careful about the decisions he/she makes. With the passage of time, the role of nurses is getting accredited. Nurses, now, play a critical part in actual patient care as the position of RN has become that of a Leader in the Health Care Industry. In future, continuing medical education will play a bigger part in the development of a professional Nurse. Tabba Heart Institute like many other facilities has clinical ladders in place for registered nurses and offer incentives to the nurses to enhance their education through higher training from in-house and outreach sources.



# SOME SIMPLE STANDARD PRECAUTIONS TO BE SAFE & PREVENT INFECTIONS

Dr. Fatima Noman & Ms. Shaheen Asif

## Achieving Health Safety for Everyone

- Standard precautions should be observed by everyone, from daycare workers and teachers to accountants and mechanics, as well at home and school. The reason for these precautions is that blood and body fluid may carry hepatitis viruses, HIV or other blood-borne infections.
- This approach carries a blanket assumption that anyone may be infected with a virus.
- Standard precautions are measures that protect from risk of acquiring such infections.
- 40 to 90 percent of people with viral hepatitis, and other infectious diseases have no symptoms and may be unaware that they have a disease.
- As such pathogen is present in blood and body fluid of those who are infected and if such blood and body fluid comes in contact with non intact skin (skin with injury or cut) or mucosa of mouth, nose, eyes etc. They can even be carried on intact skin and be transmitted to others.

## Some simple measures:

- Wash your hands after direct contact with any body secretion.
- Wash your hands before and after touching any mucosal surface, non-intact skin as cuts / wounds.
- Cover your mouth while coughing and sneezing with your sleeves (not hands). If hand is contaminated wash it with soap and water.
- If you come into contact with faeces, nasal secretions, saliva, tears, urine or vomit, you should wear gloves. You should always wash your hands thoroughly after these clean-ups.
- If you do not have gloves and you need to deal with someone's body fluid, put trash bag liners over your hands. Use a sanitary napkin or thick, rolled-up towel to collect the fluid or staunch the flow of blood.
- Cover your eyes and mouth if there is risk of exposure to blood /body fluid.
- Get yourself vaccinated against Hepatitis B.
- Avoid blood transfusion if possible; in case of transfusion, make sure that blood is screened for recommended pathogen.
- Do not isolate the patients of HIV or Hepatitis C; if you follow basic standard precautions you will not acquire infection from them.
- Always dispose needles in discarder, do not reuse them; do not break, bend.
- Avoid unnecessary injections, vaccinations.
- Regularly clean your surroundings specially in hospitals and healthcare area. Clean and disinfect surfaces, such as countertops and floors, on which fluids have been spilled.
- When you clean up body fluids, be careful not to get any of the fluid you are cleaning in your eyes, nose, mouth or any open sores you have on your hands.
- Discard fluid / contaminated material in a plastic bag that has been securely sealed.
- Follow the policies and procedures at your work place for disposing of potentially infectious material.
- Make sure you keep all cuts and abrasions covered with a waterproof bandage.
- No child is too young to learn health safety. Help kids understand how invisible germs can pass from one person to the next, It's important to teach children never to reach out and touch another person's blood or body fluid.
- It's also good to reinforce a household restriction on sharing toothbrushes, razors and personal grooming tools, such as nail files and nail clippers.

# Vitamin

Vitamin	Daily dose	Used for
A(Beta carotene)	10,000 IU	An antioxidant used for skin, eyes, teeth and bones
B complex		All B vitamins are taken as a group, hence B complex
B 1(Thiamine)	50 mg	For nervous system, body growth and body metabolism
B 2(Riboflavin)	50 mg	Improves in the formation of red blood cells and antibodies and for metabolism
B 3(Niacin)	100 mg	Improves in maintaining good skin and digestive system
B 5(Panthenic acid)	100 mg	Helps with stress, improve in the release of energy from fats carbohydrates
B 6(Pyridoxine)	50 mcg	Helps balance sodium & phosphorus. Improves in formation of antibodies
B 12(cyanocobalamin)	200 mcg	Improves formation of blood cells, helps metabolism and nervous system
Biotin	200 mcg	Improves the utilization of other vitamins
Choline	100 mg	Helps in nerve transmission, liver and gall bladder function
Dietary fiber	20-30 gms	Lower cholesterol, preventing cancer, constipation, helps weight loss
Folic acid	400 mcg	Improves the brain function for normal cell division
Inositol	150 mg	Is a necessary component for hair growth
C(Ascorbic acid)	2,000mg	An antioxidant, heals wounds, tissue, bone repair, help resist infections
D	400 IU	Required for the body to absorb calcium & phosphorus, helps nervous system
E	500 IU	Prevents cancer and cardiovascular diseases. an antioxidant helps blood clotting
K	100 mcg	Necessary for normal blood clotting
Bioflavonoid	400 mcg	Helps to strengthen capillaries, improves in absorption of vitamin C
Coenzyme Q 10	25 mg	Improves in the effectiveness of immune system
Calcium	1,500mg	For bones and teeth, nervous system and muscle action
Chromium	100 mcg	Increases effectiveness of insulin
Copper	2 mg	Forms blood cells, works with vitamin C in healing process
Iodine	130 mcg	Help regulates metabolism
Iron	18 mg	Used in the production of blood, works in the immune system
Magnesium	400 mg	Acts as a catalyst in utilization of carbohydrates, fat, protein & other minerals
Manganese	3 mg	For skeletal development & sex hormone production
Molybdenum	25 mcg	Helps iron transport from liver, promotes normal cell function
Potassium	200 mg	Necessary for heart muscle function, kidneys & nervous system
Selenium	200 mcg	Works with E to improve antibodies. Keeps tissue and artery elastic
Tryptophan	3 gm	An amino acid that brings feeling of calm, relaxation, confidence & sleepiness
zinc	25 mg	Improves in healing process.



# STRESS IS A FACT OF LIFE NOT THE WAY OF LIFE.

Farzana Amir

What do you think when you hear the word "Stress"? Quite simple, it is the way you react, physically and emotionally to change. Stress may be the sense of concentration you feel when faced with a new and challenging situation. It may be the vague sense of anxiety you feel after 'one of those days'. In any case, you can learn to manage stress so that you can be in control. Stress is not hazardous to your health if you learn how to manage it; you will be happy that you did it.

**Stress may be positive or negative:**

**Positive Stress** can help you concentrate, focus and perform to peak efficiency. Many people do their best when under pressure; when the challenge has been met, they take the time to relax and enjoy their achievement.

This relaxation response allows them to build up the physical and emotional reserves to meet the next challenge, and is one of the key elements of positive stress.

**Stress becomes negative** when you stay geared-up and do not or cannot relax after meeting the challenge.

Continuous stress has been linked with many physical ailments like headache, upset digestive system, heart attack, increased blood pressure and diabetes. When you are stressed you might feel muscles tensed, pounding of heart, raise in blood pressure, cold and clammy hands, tensed stomach and excessive perspiration. You may also, mentally, become more alert and focused. The short term phase of these changes prepare your body to meet immediate challenge but if persists, it can be destructive. When you have met the challenge, all returns to normal but if stress becomes chronic and ongoing, the body stays geared up and physical and emotional health can suffer.

It is important to know the cause of stress; first step towards management of stress is to identify 'stressor'. Stressors can be daily routine issues like traffic jam, missed bus, losing something, being late for any appointment, miscommunication issues and other disputes. This also includes major changes in your life like new baby, promotion, losing loved one, being jobless etc. All these lead to positive stress but if prolonged, it can cause negative stress. These things require you to adapt new changes in your life.

Sometimes, you might feel that you are unable to identify the actual cause of stress. You might also face situations which are beyond your control; there may be times when you feel being pulled up in so many directions at once that you are not sure what to deal first. Try to accept the fact that it is virtually impossible to control all variables of life. Take a few minutes break – sit down, relax and decide what needs to be done immediately, and what can be delayed or deferred. Take one step at a time; even when you feel helpless, remember help is always available. Seek professional help where required.

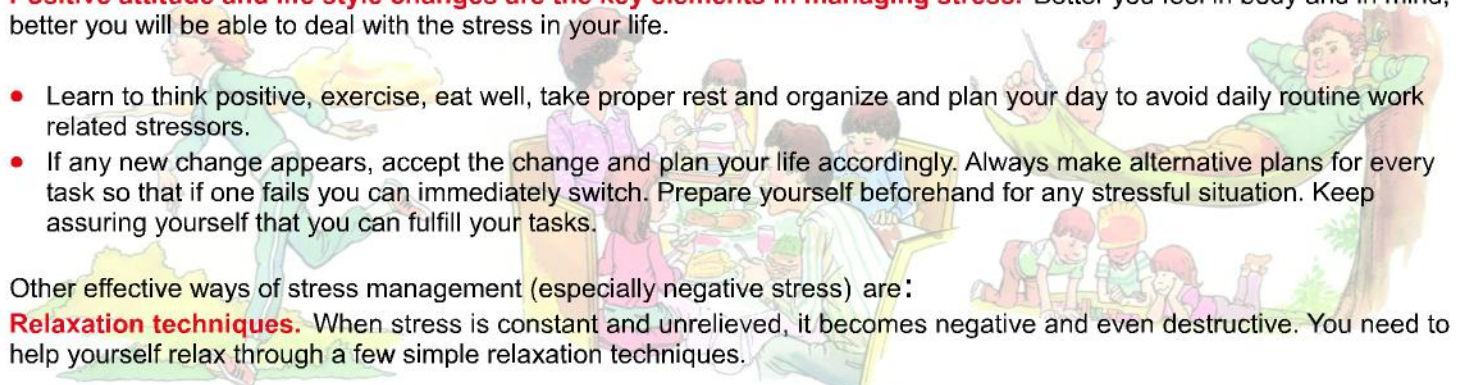
We all should learn basic techniques of stress management. There are many things in life you cannot simply control, but you can learn to manage at least some of them. By developing a positive attitude and by adopting a few changes in life style, you can successfully manage stress. Smoking or using drugs does not relieve stress but multiplies your problems.

**Positive attitude and life style changes are the key elements in managing stress.** Better you feel in body and in mind, better you will be able to deal with the stress in your life.

- Learn to think positive, exercise, eat well, take proper rest and organize and plan your day to avoid daily routine work related stressors.
- If any new change appears, accept the change and plan your life accordingly. Always make alternative plans for every task so that if one fails you can immediately switch. Prepare yourself beforehand for any stressful situation. Keep assuring yourself that you can fulfill your tasks.

Other effective ways of stress management (especially negative stress) are:

**Relaxation techniques.** When stress is constant and unrelieved, it becomes negative and even destructive. You need to help yourself relax through a few simple relaxation techniques.







**1. Deep breathing** is basic to most other techniques. Practice it a few minutes, 3-4 times a day whenever you begin to feel tense. While sitting or standing in a comfortable posture, place your hands at your stomach. Inhale slowly, as deep as possible, through your nose.

Hold your breath as long as you can, exhale out while pulling your stomach in, lips pursed as if you were about to whistle. Repeat the cycle.

**2. Try this technique to clear your mind or** whenever you need a break. Sit comfortably, loosen tight clothing and kick off your shoes. Reduce distraction, noise interruptions as much as possible. Try to sit for 5-10 minutes daily. Close your eyes and breathe in and out slowly. Focus your thoughts on a peaceful world, thought or image. If other thoughts enter your mind, do not resist. Relax, breathe deeply, and try again. Once the exercise is completed, stretch and exhale deeply. This 10 minute session will help you feel energetic and refreshed, ready to tackle the next challenge. One can practice meditation too.



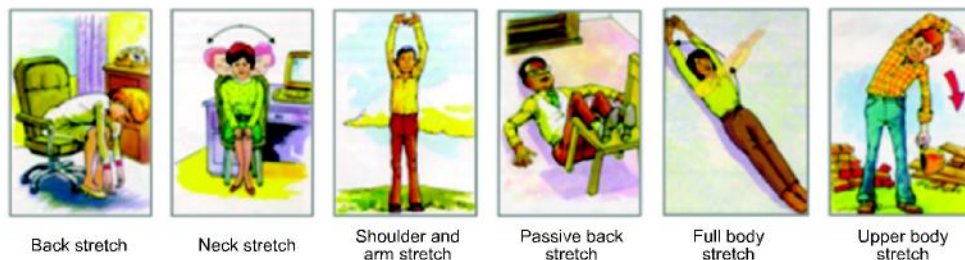
**3. Sit comfortably, loosen any tight clothing, close your eyes and take a deep breath. Clear and your mind and try to feel it at rest. Feel that your left arm gets heavy and warm. As you concentrate, try to actually feel it getting heavier and warmer. Then repeat the same on your right arm, left leg, right leg and so on. Breathe deeply and stretch as you finish the exercise. Try to practice this exercise for about 10 minutes, twice a day or whenever you feel stressed. If practiced regularly for 4-8 weeks, this exercise will produce relaxation response in your body.**

**4. Try this exercise in a serene environment. Sit or lay down comfortably. Tighten up your hand muscles and make a fist. Notice how it feels; your hand may even be trembling slightly. You may feel tension in your hand, wrist and lower arm. Hold it for few seconds before relaxing. Now loosen your hand and fist, and let tension slip away. You may notice that your hand feels relaxed and lighter than it did while your muscles were tensed. Feel the difference between two stages; does your hand tingle or feels warm when relaxed? You may begin the exercise with your hand, then proceed to other parts relaxing muscles of face, shoulders, arms, chest, back, stomach, legs and feet.**



### 5. Relaxation Stretches:

One even can try some relaxation stretches:



Relaxation may be felt simply by using your imagination. Well, visualization can be thought of as a 'mental vacation', a license to 'day dream' whenever and wherever you feel the need. Try to visualize your self feeling warm, calm, and relaxed.

**In today's hectic world, stress is a fact of life. But stress does not have to be the way of life. By using simple stress techniques and developing a positive attitude, one can successfully manage stress.**

## SUMMER FRUITS

Mehreen Amer

Summer is the season where the sun rays are at their highest peak. To stay well hydrated is very important in these days. Although most of the fruits like apple, banana and pear are available throughout the year, some fruits are seasonal. Summer brings sensational seasonal fruits like pineapple, watermelon, mango, cherry, strawberry. These fruits not only satisfy our taste buds but are also great as a part of healthy diet.

- **Watermelon:** This summer fruit not only helps to quench the thirst but is also a good source of betacarotene, vitamin C, potassium and iron.
- **Apricot:** Is a good source of iron, vitamin C and potassium. Dried apricots help people with fluid retention and constipation.
- **Berries:** The photochemical in blue berries, black berries, strawberries helps to boost immunity.
- **Peach and Plum:** contain good amount of vitamin C and betacarotene anthocyanins which helps eliminate free radicals from the body.
- **Papaya and Mango:** Both are excellent source of vitamin C, vitamin A and fiber. Eating sufficient amount of mangoes alone can make the body a rich source of vitamin A which lasts for a month.
- **Cherry:** Contains ellagic acid which inhibits the growth of carcinogenic cells in the body.
- **Pineapple:** Is a very good source of an enzyme bromelain which aids digestion.

For variety you can also try fresh fruit salad with low fat yoghurt or just a plain fruit salad for dessert, so enjoy these delicious fruits and gain maximum nutritional benefits from them.



# خواتین کی صحت میں غذائیت کا کردار

خواتین اس معاشرے کی بنیاد ہیں۔ خواتین ہی اپنے خاندان کی صحت اور تندرستی کا تعین کرتی ہیں۔ بے تحاشا ذمہ دار یوں کو نبھاتے ہوئے خواتین کو اکثر اپنی صحت کی دیکھ بھال کیلئے وقت اور ذرائع تلاش کرنے میں مشکل پیش آتی ہے۔ خواتین کو زندگی کے ہر مرحلے پر مختلف نوعیت کی خصوصی غذائیت کی ضرورت ہوتی ہے، جیسا کہ لڑکپن، دوران حمل، بریسٹ فیڈنگ (Breast Feeding) یا مینوپاز (Menopause) کے زمانے میں۔ زندگی کے ہر مرحلے سے قطع نظر صحت بخش غذائیت کے ذریعے موٹاپا، امراض قلب، ذیابیطیس اور کینسر (Cancer) جیسے موذی امراض سے بچا سکتا ہے۔ نوجوانی وہ وقت ہوتا ہے جہاں غذائیت سے اکثر غفلت برتی جاتی ہے اور اس مرحلے پر ہمارے جسم کو روزانہ ۲۲۰۰ حراروں (کیلوریز) کی ضرورت ہوتی ہے۔ یہ حرارے مختلف اقسام کی خوراک سے حاصل کیے جاسکتے ہیں مثلاً اناج، صحت آور چکنائیاں اور بہت سے تازہ پھل، سبزیاں اور گوشت سے یہ غذائیت حاصل کی جاسکتی ہے۔ لڑکپن میں غذائیت حاصل کرنے کیلئے کیلشیم (Calcium)، فولک ایسڈ (Folic Acid)، زنک (Zinc) وغیرہ بہترین ہیں۔ دوران حمل جسم کو بنیادی طور پر ۲۵۰۰ کیلوریز کی ضرورت ہوتی ہے۔ حاملہ کو زور دینا چاہیے کہ وہ زیادہ تازہ پھل، سبزیاں، صحت آور چکنائیاں، پروٹین، گوشت، پولٹری ضرور لیں کیونکہ یہ بچے کے دماغ اور اعصابی نظام کی بھرپور افزائش کیلئے بہت ضروری ہیں۔ انسٹیٹیوٹ آف میڈیسن (Institute of Medicine) نے بھی یہی تجویز کیا ہے کہ حاملہ کو روزانہ ۶۰۰mg فولک ایسڈ (Folic Acid) لینا چاہیے۔ آئرن (Iron) حاملہ خواتین کی خوراک کا ایک لازمی جزو ہونا چاہیے کیونکہ خوراک میں موجود آئرن (Iron) ان ضروریات کو پورا کرنے کیلئے ناکافی ہوتا ہے۔ اس لئے اضافی آئرن کی ناکافی مقدار لینا انیمیا (Anemia) کا باعث بنتی ہے جس کی علامات بے حد تھکن، انفیکشن (Infection) کے بڑھتے ہوئے خدشات اور بچے کی نشوونما میں رکاوٹ، سانس کا پھولنا وغیرہ شامل ہیں۔ اسی طرح کیلشیم (Calcium) بھی خواتین کی خوراک کا ایک اہم جزو ہونا چاہیے جو کہ ہڈیوں کی Mineralization اور نشوونما کیلئے بے انتہا ضروری ہے۔ کیلشیم (Calcium) کی کمی ہڈیوں کی کمزوری، بھر بھرے پن (Osteoporosis, Osteomalacia) کا باعث بنتی ہے۔ بچوں کو دودھ پلانے والی ماؤں کو اضافی حراروں کی ضرورت ہوتی ہے اس لیے ان کو مشورہ دیا جاتا ہے کہ وہ روزانہ ۲۵۰۰ کیلوریز اپنے کھانے کے ذریعے ضرور لیں۔ بچوں کو دودھ پلانے کے عرصے کے دوران اپنی خوراک میں آئرن، کیلشیم اور پروٹین کی خاطر خواہ مقدار آئرن (فولیٹ)، آیوڈین، کیلشیم سے بھرپور خوراک کا استعمال کریں۔ زیادہ سے زیادہ مقدار میں مائع اشیاء کا استعمال کریں۔ جیسے ہی خواتین مینوپاز (Menopause) کے عمل سے گزریں تو ان کی خوراک میں ریشے دار غذا کیلشیم (Calcium) کا تناسب زیادہ اور نمک اور چکنائی کا تناسب کم ہونا چاہیے اور ان کو مقابلاً کم حراروں کی خوراک استعمال کرنا چاہیے اور باقاعدہ ورزش (واک) کو اپنا شعار بنالینا چاہیے۔

یاد رکھیں: ایک صحت مند ماں ہی صحت مند خاندان کی ضامن ہے۔

## گنٹھیا OSTEROPOROSIS

گنٹھیا ایک خاموش مرض ہے جو ہڈیوں کی کمزوری کے حوالے سے جانا جاتا ہے۔ یہ مرض ہڈیوں کی چٹنگلی میں کمی اور ان کے ٹوٹنے کا باعث بنتا ہے۔ مذکورہ مرض کی ایک اہم وجہ بڑھتی عمر کے ساتھ ساتھ جسم میں مخصوص ہارمونز کی کمی ہے۔ گنٹھیا کے باعث بیشتر خطرات لاحق ہوتے ہیں۔

خواتین میں گنٹھیا کا مرض بڑھنے کے امکانات نسبتاً زیادہ ہوتے ہیں جس کی بنیادی وجہ ہڈیوں کے غلیوں کی فطری کمی ہے۔ بڑھتی عمر کے ساتھ ساتھ ہڈیوں کی کمزوری ایک قدرتی عمل ہے۔ چھوٹے خدوخال والی خواتین میں گنٹھیا کا مرض بڑھنے کا اندیشہ زیادہ ہوتا ہے۔ رہائشی اعتبار سے ایشیائی ممالک کے لوگوں میں گنٹھیا کے مرض بڑھنے کا رجحان زیادہ ہے۔ اسکے علاوہ وہ خواتین و حضرات جن کے والدین پیدائشی یا اتفاقی طور پر کسی جسمانی معذوری کا شکار رہ چکے ہوں ان میں بھی ہڈیوں کی کمزوری کا مرض عام ہونے کے خدشات موجود ہوتے ہیں۔

### ایک صحت مند اندازہ طرز زندگی کو اپنا کر ہم بیشتر دوسرے خطرات سے بچ سکتے ہیں۔

مناسب خوراک کا باقاعدہ استعمال: گنٹھیا سے بچاؤ اور اس کے علاج کے لئے معمول کی خوراک میں calcium کا تناسب ہڈیوں کو مضبوطی فراہم کرنے کا اہم ذریعہ ہے۔ 9 سے 18 سال کی عمر کی خواتین کو روزانہ کم و بیش calcium 1300mg کا استعمال معمول بنالینا چاہئے۔ ہڈیوں کی بہتر نشوونما کیلئے calcium کا باقاعدہ اور متناسب استعمال انتہائی مفید ہے جیسا کہ یہ عمر اور جسمانی ساخت بڑھنے کے عمل کو مکمل ہونے میں مدد دیتا ہے۔ اور آخری عمر میں کسی کمزوری یا معذوری کا اندیشہ کم ہو جاتا ہے۔ 19 سے 50 سال تک کی خواتین کو 1000 mg اور 50 سال سے زائد عمر کی خواتین کو 1200 mg کیلشیم کا روزانہ استعمال اپنا ہدف بنالینا چاہئے۔ مندرجہ ذیل خوراک سے calcium کی اضافی مقدار حاصل ہو سکتی ہے۔



☆ کم چکنائی والے دودھ سے تیار کردہ مصنوعات (نیچر اور وہی وغیرہ) ☆ کم چکنائی والے دہی میں شامل کردہ تازہ پھل اور سبزیاں

☆ مٹھی اور مصنوعی ڈانٹے والے مشروبات کی بجائے کم یا بغیر چکنائی والے دودھ کا استعمال

☆ اپنی روزمرہ کی خوراک میں مخصوص غذائیت سے بھرپور اجزاء کا استعمال مثلاً مختلف قسم کے اناج، اوائل عمری میں احتیاطی تدابیر سے واقفیت اور ان پر عمل ہی گنٹھیا سے بچاؤ کا بہترین حل اور علاج ہے۔

یاد رکھئے: اپنی ہڈیوں کی مضبوطی اور ان کی صحت کو قائم رکھنا ناممکن نہیں ہے۔



## آپکی صحت ایک بہترین سرمایہ

### جسمانی صحت کو کس طرح جانچا اور قائم رکھا جاسکتا ہے؟

آئیے ہم آپ کو اپنی صحت و تندرستی کے انتہائی آسان اور سادہ طریقوں سے آگاہ کرتے ہیں۔ مندرجہ ذیل سوالنامے کے تناظر میں آپ اپنے صحت مند ہونے کی نشاندہی کر سکتے ہیں۔ یہ سوالنامہ ۲۰۰۰ سے ۵۰ سال تک کی عمر کے خواتین و حضرات کیلئے کارآمد ہے، جنہیں کسی مستقل بیماری کی شکایت نہ ہو۔

### قلبی صحت و تندرستی کی تشخیص:

اگر چند منزلہ سیڑھیاں چڑھنے کے بعد آپ کو سانس لینے میں دشواری اور سانس کی رفتار نسبتاً تیز محسوس ہو تو اس سے پتا چلتا ہے کہ آپ کا نظام قلب غیر معمولی طور پر کام کر رہا ہے۔ اب ایک لمبا سانس اندر کی جانب کھینچ کر رونے کی کوشش کیجئے۔ یہ اندازہ کیجئے کہ آپ اپنا رکا ہوا تنفس کتنی دیر تک روک سکتے ہیں۔ اگر آپ اپنا رکا ہوا سانس ۴۵ سیکنڈ یا اس سے زیادہ دیر تک کیلئے روکنے میں کامیاب نہ ہو پائیں تو اس کا مطلب ہے کہ آپ کو مناسب احتیاط اور علاج کی ضرورت ہے جس کیلئے اپنے معالج کے مشورے سے باقاعدہ ورزش شروع کریں۔

### پٹھوں کی تندرستی اور مضبوطی کی جانچ:

اگر آپ ۱۰ سے ۱۲ کلوگرام کے چھوٹے بچے یا سامان کو تقریباً ۱۰ منٹ تک مستقل اٹھانے سے تھکن محسوس کریں تو اس کا مطلب ہے کہ آپ کو پٹھوں کی باقاعدہ ورزش کی ضرورت ہے۔ پشت کے بل زمین پر سیدھے لیٹ جائیے۔ اپنے گھٹنوں کو موڑ کر اوپر کیجئے اور دونوں بازوؤں کو سر کے نیچے رکھ لیجئے۔ اب اسی حالت میں بغیر کسی سہارے کے اٹھ کر بیٹھنے کی کوشش کیجئے۔ اپنی اس ورزش کی باقاعدہ گنتی بھی جاری رکھیے۔ ایک خاتون اگر ۱۵ اور مرد ۲۰ سے زیادہ دفعہ یہ کوشش نہ کر پائیں تو انہیں اپنے پٹھوں کی صحیح نشوونما اور مضبوطی کیلئے اقدامات کرنے کی ضرورت ہے۔

### جسمانی چمک یا تناؤ کی جانچ:

اگر آپ اکثر و بیشتر اپنے جوتوں کو صاف کرتے یا تسمے باندھنے کیلئے بھٹکتے ہوئے یا کسی اونچی جگہ پر کھچی ہوئی چیز کو اٹھاتے ہوئے تکلیف محسوس کریں تو اس سے ظاہر ہوتا ہے کہ آپ کو جسم میں چمک پیدا کرنے کی ضرورت ہے۔ فرش پر اس طرح بیٹھ جائیں کہ آپ کی ٹانگیں بالکل سیدھی اور ایک دوسرے سے ملتی ہوئی ہوں۔ اب بغیر اپنی ٹانگ یا گھٹنے کو موڑے، اپنے ہاتھ کی انگلیوں سے اپنے پیر کو چھونے کی کوشش کریں۔ اگر آپ اپنے ہدف کو چھونے میں کامیاب ہو جائیں تو اس کا مطلب ہے کہ آپ کے جسم میں مناسب چمک موجود ہے اور اگر ہدف کو نہ چھو سکیں تو آپ کو مزید جسمانی ورزش کی طرف توجہ دینی چاہئے۔

### جسم میں اضافی چربی کا اندازہ:

جلد کے ظاہری بل یا تہیں جو کہ ران یا پیٹ کے نچلے حصے میں یا بازو کی عقبی جانب محسوس ہوں ان کی پیمائش کریں۔ یہ پیمائش مخصوص آلات سے ہو سکتی ہے۔ کراؤ کو لہے کے درمیان چربی کا تناسب مرد حضرات میں 0.85 اور خواتین میں 0.95 سے زیادہ نہیں ہونا چاہئے۔ اگر کسی شخص کے ظاہری جلد کے بل یا کراؤ کو لہے میں چربی کا تناسب زیادہ ہے تو اسے چاہئے کہ باقاعدگی سے ورزش کے ذریعے چربی کو ذائل کرنے کی کوشش کرے اور چکنائی والی خوراک سے پرہیز کرے۔ اگر ایک بار آپ اپنی کمزوری کی نشاندہی کرنے میں کامیاب ہو جائیں تو باقاعدگی سے ورزش شروع کریں، کم از کم آدھا گھنٹا روزانہ پیڈل چلیں تاکہ آپ بھی تندرست و توانا لوگوں میں شمار کیے جاسکیں۔ اس کے علاوہ آپ ورزش کے مندرجہ ذیل ہدایات پر بھی عمل کر سکتے ہیں۔

### گھریلو ماحول میں:

گھر پر آپ دوڑ سکتے ہیں، واک کر سکتے ہیں، سیڑھیاں چڑھ اور اتر سکتے ہیں۔ یہ سب معمول کی ورزش کا حصہ ہیں۔ اپنے پٹھوں کی مضبوطی کیلئے آپ کسی بھی وزن دار چیز کے استعمال سے ورزش کر سکتے ہیں۔ مثال کے طور پر دونوں ہاتھوں میں چھوٹے ڈبے اٹھا کر سر کے اوپر لے جائیں اور کہنیوں کو موڑ کر پیچھے کی جانب لے جانے کی کوشش کیجئے۔ اپنے بازو اور کندھے کے پٹھوں کیلئے اپنے دونوں ہاتھوں کو اپنے اطراف میں سیدھا پھیلا کر گھمانے کی ورزش کیجئے۔ جسم میں چمک پیدا کرنے کیلئے مختلف جوڑوں میں کھنچاؤ پیدا کرنے کی کوشش کارآمد ہوگی۔

### ورزش گاہ یا جم میں:

آپ تیرنے کی مشق کر سکتے ہیں یا مخصوص ٹریک پر دوڑ سکتے ہیں۔ اگر سہولت موجود ہو تو باکی یا سکاوش کھیل کر لطف اندوز ہونے کے ساتھ ساتھ ورزش سے بھی مستفید ہو سکتے ہیں۔ ایسے کئی کھیل ہیں جن سے آپ روزانہ کم از کم ۳۰ منٹ (آدھ گھنٹا) کھیل سکتے ہیں۔ پٹھوں کی مضبوطی کیلئے آپ جم میں مختلف ورزشی آلات یا مشینوں کا استعمال بھی کر سکتے ہیں۔

### دفتری ماحول میں:

اگر آپ دفتری معمولات میں جسمانی طور پر متحرک نہیں ہیں اور آپ کا زیادہ تر وقت کمپیوٹر کے استعمال میں صرف ہوتا ہے تو آپ کو Carpel Tunnel Syndrome ہونے کا خدشہ ہے جس کے نتیجے میں شریانیں سکڑ سکتی ہیں۔ اس سے بچاؤ کیلئے اپنی فوری حرکات میں احتیاط برتنی چاہئے۔ کسی بھی ایسی حالت میں بیٹھنے سے پرہیز کریں جس سے تکلیف کا احساس پیدا ہو۔ چند ہدایات پر عمل کر کے آپ مفید نتائج حاصل کر سکتے ہیں۔ اپنے بازو کو موڑ کر سیدھا پھیلائیے، اپنی کلائی کو گھمائیے، منہ کی بند کیجئے اور کھولنے۔ آرام دہ حالت میں سیدھا بیٹھ کر اپنے جسمانی اعضاء (ہاتھ، پیٹ، ٹانگیں، سر اور گردن) کو ڈھیلا چھوڑیے اور ان کو آہستہ آہستہ سہولت سے گھمائیے۔ اپنے پیٹ میں تھوڑا سا کھنچاؤ پیدا کر کے بغیر کسی حرکت کے ساکت رہیں اور کچھ دیر بعد ڈھیلا چھوڑ کر آرام دہ حالت میں بیٹھ جائیے۔ جب بھی ممکن ہو زیادہ سے زیادہ پیڈل چلنے کی کوشش کریں اور سیڑھیوں کے استعمال کی عادت اپنائیے۔

یاد رکھیے! اگر آپ باقاعدگی سے ورزش شروع کرنے کا ارادہ رکھتے ہیں تو پہلے اپنے معالج یا ورزش کے ماہرین سے مشورہ ضرور کریں، کیونکہ ورزش ایک دوا ہے۔



# خواتین میں امراضِ قلب

## خواتین میں امراضِ قلب اور دل کا دورہ

مردوں کی طرح خواتین میں بھی امراضِ قلب اور دل کے دورہ کی شرح برابر ہے۔ درحقیقت 65 سال سے زائد عمر کی خواتین میں امراضِ قلب موت کی ایک اہم وجہ ہے۔ اکثر خواتین مردوں کے مقابلے میں تقریباً 7 سے 8 سال بعد امراضِ قلب کا شکار ہوتی ہیں لیکن 65 سال کے بعد مردوں اور خواتین میں امراضِ قلب کی شرح برابر ہے۔

## امراضِ قلب سے بچاؤ کس طرح ممکن ہے؟

مردوں اور خواتین میں امراضِ قلب کی اہم وجوہات میں سگریٹ نوشی، بلند فشارِ خون، خون میں بڑھی ہوئی کولیسٹرول (چکنائی) کی مقدار اور خاندان میں امراضِ قلب کی موروثی شرح ہے۔ ضرورت ہے کہ آپ اپنے روزمرہ معمولات، اپنے خاندان کے امراضِ قلب کے موروثی اثرات اور اپنی صحت پر غور فرمائیے حالانکہ آپ اپنی عمر اور خاندان کے امراضِ قلب کے موروثی اثرات کے متعلق کچھ زیادہ تو نہیں کر سکتے لیکن آپ اپنے روزمرہ کے معمولات میں ایسے بدلاؤ لاسکتے ہیں جس سے امراضِ قلب کے زیادہ تر عوامل سے بچا جاسکے۔

## امراضِ قلب سے بچاؤ کے لئے روزمرہ کے معمولات:

### تمباکو نوشی سے پرہیز کریں:

50 سال سے کم عمر کی نصف فیصد خواتین میں تمباکو نوشی دل کے دورہ کا باعث بنتی ہے اگر تمباکو نوشی سے پرہیز کیا جائے تو دل کے دورہ کی شرح میں دو سال میں ایک تہائی کمی واقع ہو سکتی ہے۔ جن خواتین میں تمباکو نوشی اور فیملی پلاننگ کی ادویات کا استعمال زیادہ ہوتا ہے وہاں امراضِ قلب کی شرح بڑھ جاتی ہے۔

### بلند فشارِ خون سے بچاؤ:

بلند فشارِ خون کے بروقت اور صحیح علاج سے دل کا دورہ اور فالج جیسے امراض سے بچاؤ ممکن ہے مونا پے پر کنٹرول باقاعدہ ورزش اور متوازن صحت بخش خوراک سے بلند فشارِ خون پر قابو پایا جاسکتا ہے۔

### خون میں کولیسٹرول پر کنٹرول:

- کم چکنائی والی خوراک کا استعمال
- وزن اور کمر کے ناپ کو کم سے کم رکھیں

### باقاعدہ ورزش کیجئے:

یاد رکھیں آپ کا دل ایک عضو ہے اور باقاعدہ ورزش ہی اس کو صحیح شکل میں رکھ سکتی ہے Aerobic Exercise جیسے کہ: تیز رفتاری سے چہل قدمی، تیراکی، سائیکل چلانا یا پھر جاگنگ آپ کے دل کے لئے بہترین ہے۔ گھر کے اندر رہتے ہوئے آپ ورزشی آلات مثلاً ٹریڈ مل اور سائیکل کا استعمال بھی کر سکتے ہیں۔

ورزش کے دوران کسی ساتھی کی شمولیت آپ کی ورزش کے لحاظ کو مزید خوشگوار اور آسان بنا دیتی ہیں ہفتے میں پانچ سے سات دن روزانہ کم از کم تیس سے ساٹھ منٹ ورزش کریں۔

### ذیابیطس پر کنٹرول:

کیا دل کا مرض آپ کے خاندان کا موروثی مرض ہے؟ اس بارے میں پتہ لگائیں، اگر آپ کے والد یا بھائی کو 55 سال کی عمر سے قبل امراضِ قلب کی شکایت تھی یا آپ کی والدہ یا بہن کو امراضِ قلب کی شکایت 65 سال کی عمر سے قبل ہوئی تھی تو یہ تمام علامات آپ کے امراضِ قلب کے موروثی ہونے کی نشاندہی کرتے ہیں۔

## کیا ایسٹروجن تھراپی سے امراضِ قلب کی شرح میں کمی واقع ہو سکتی ہے؟

ہرگز نہیں! یہ کبھی سوچا جاتا تھا کہ ہارمون ریپلیمینٹ تھراپی دل کی بیماری سے بچاؤ کا ایک اچھا طریقہ علاج ہے لیکن درحقیقت ایسا نہیں ہے۔ آجکل کی جدید ترین ریسرچ نے یہ بات ثابت کر دی ہے کہ جہاں دل کی صحت کی بات ہو وہاں ہارمون ریپلیمینٹ تھراپی نقصان دہ ہے۔ اگر آپ امراضِ قلب کے لئے ہارمون ریپلیمینٹ تھراپی کا استعمال کرتے ہیں تو اپنے معالج سے رجوع کریں کہ کیا آپ کو اس کا استعمال روک دینا چاہئے۔

صرف اور صرف صحت مند طرز زندگی اپنائیں۔ متناسب غذا کا استعمال اور زیادہ سے زیادہ جسمانی مشقت کو اپنا شعار بنائیں۔

دل کا مرض ایک انتہائی موذی مرض ہے لیکن اس سے بچاؤ اور کنٹرول ممکن ہے