

# HEART BEAT

## Tabba Heart Institute's Materials Management Department

The Materials Management Department (MMD) of Tabba Heart Institute (THI) has been operational since day one and has continuously played a vital role in the organization.

We try our level best to provide the right QUANTITY & right QUALITY of required products, on the right TIME, at the right PLACE with the right PRICES. Our scope covers Planning, Purchasing & Logistics (Import & Local), Warehousing, and Distribution of goods and supplies to our end-users. In order to do so, we have tried to extend our services by establishing several MMD Sub Stores gradually. During the past years, we have developed a strong Distribution Network by establishing 4 Sub Stores at various locations to ensure instant supply of goods to our valued end-users, which also leads to reduce Inventory Costs and effective Management for our end-users.

Besides, we are proud to be the first department which has fully incorporated the new SoftLink International® ERP software, Panacea® into our system. By this migration, we have transformed almost all manual paper work to a paperless environment, which not only saves a lot of cost, but encourages our users to have access to on-line data on a real-time basis through e-PO, e-GRN, e-Requisitions, e-Reports, and a number of e-documentations.

We have also introduced e-Authorization concept by Digital Signature, and e-Auto Alert for our end-users, while issuing goods.

We are looking to extend our reach by enhancing our Distribution Network through the establishment of more Sub Stores. On the other hand, a separate state-of-the-art Warehouse is currently under construction in a separate building of THI, where we will manage our inventory more professionally and cost effectively.



## Opening of THI's 3<sup>rd</sup> Collection Unit

Continuing the efforts to provide the best of cardiac and diagnostic services to the people of Karachi near their door step, Tabba Heart Institute launched its third laboratory collection unit in North Nazimabad area. The collection unit will provide all kinds of routine and special diagnostic services at affordable prices to the area residents. At the inauguration ceremony, the management of THI reiterated the mission of Tabba Heart Institute to extend its state-of-the-art services to the people at large. Thus opening of collection units in different areas of the city was a step in this regard. The collection unit in North Nazimabad is located at Shop # 7, Ground Floor, Yaqoob Market, Block E, Near Dolmen Mall, North Nazimabad. Ph: 021-36639789-99.



### Editorial Board

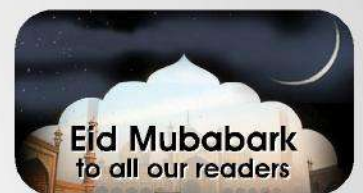
Fahad Anwer Chishti  
Farzana Amir Hashmi  
Dr. Shamim Siddiqui  
Sadiah Abbas  
Ameen Siddiqui  
Zeeshan Butt

### Dear Colleagues,

*It is with mixed feelings of excitement and humility that I take over the stewardship of the coveted Heart Beat. During the last ten issues, honorable Mr. Mohammad Yousuf provided exemplary leadership as the editor of the journal. Under his leadership, the journal developed a reputation of its own and certainly created a mark in its readers' minds. To match the high standards of producing an equally informative issue will indeed, be a challenging task.*

*The Heart Beat since its inception has covered a variety of information in its past issues. It has seen leaping improvement in its style, set-up and diversity in contents through the past issues and it will be the collective endeavor of the present Editorial Board to add more colors to its wings. While following the foot steps of my predecessor, I hope to accomplish the laid out targets of Heart Beat to make it further informative, interesting and valuable to all our readers through the editions to come. While thanking all my team members in its growth, I gladly solicit your valuable contributions and continued support to further take this journal to new heights with a wider coverage and information. I also thank Dr. Nousheen Riaz & Ms. Ala Zia for their article contribution.*

Fahad Anwar



A state-of-the-art Cardiac Hospital  
WHERE YOU MEET CARING, FRIENDLY PEOPLE

# Challenges of Sterile Barrier System



A seminar was organized at Abdul Razzak Tabba Auditorium providing an overview of the organizational structure, objectives, challenges, functions and responsibilities of the CSSD. The seminar highlighted the importance of CSSD and its services which include the sterilization, purification and processing of all medical/ surgical

supplies for patient care. An emphasis was placed on various challenges experienced during the sterilization process in Pakistan which were discussed by Dr. Afia Zafar, Associate Professor of Microbiology, Aga Khan University Hospital, Karachi.

The idea of sterilization as the function of a separate department with its own specialized staff is relatively new to Pakistan. Dr. Fatima Noman, a consultant Microbiologist at Liaquat National Hospital and the Head of Infection Control at THI spoke about the several 'Steps towards Sterilization' and the processes it entails. Mr. Nazir Bachlani, Sr. Asst. Manager Sterile Services Dept. AKUH, Karachi shed further light on the Sterilization Cycle in CSSD.

The guest speaker of the seminar, Mr. Tim Galekop with his vast experience in the infection control area honored the event by elaborating on the Challenges of Sterile Barrier Systems.

Mr. Sarfarz Ghulam later spoke about his experiences as the Asst. Manager CSSD at THI and his efforts for training personnel and for establishing a standardized CSSD environment.

## HEALTH AWARENESS SESSION AT ICI & LOTTE PAKISTAN



Tabba Heart Institute is committed to provide quality cardiac care services to the community at large. Marching forward with the motto, an initiative was taken by the Marketing Department to organize free screening camps at ICI and Lotte Pakistan; the sessions were well attended by their staff. The attendees went through BMI check, pulse and blood pressure inspection, and later had consultation with dietician and physician.

Presentation on safety and health were shared by pathologist, dietician and physician, focusing on various aspects of healthcare which are either ignored or not given due importance.

The activity was highly appreciated by the management of ICI and Lotte Paksitan. They praised the efforts and steps taken by THI team to raise awareness and help people maintain a healthy lifestyle.

## WORLD HYPERTENSION DAY

Tabba Heart Institute has always been a step ahead in holding continuous medical education programs for a mass majority of general public with an aim to create awareness about various cardiac ailments and associated health hazards.

On May 17, 2010, "World Hypertension Day" a Free Screening camp and seminar was arranged at Tabba Heart Institute where the general public were screened for blood pressure and (BMI). Afterwards, the Speaker made a presentation on high blood pressure, heavy salt intake and its ill effects on heart and other life threatening diseases.

The camp was attended by well over 100 people and a similar number then attended the seminar held at the THI Auditorium. The event was a highly successful one as it created great awareness amongst the people and many of their health related queries and concerns were addressed in the best possible manner.



# Basic Life Support Training Session



The Nursing Education Department (NES) at Tabba Heart Institute organized a half-a-day long training session of Basic Life Support also known as for the members of Police and Rangers with the objective to educate and train the general public about means and ways to providing first aid treatment incase of any cardiac or other emergency situation when paramedic services are not immediately available. The course instructors Ms. Pauline Benjamin and Ms. Zohra Rizwan of the NES department discoursed on the subject through different visual aids, informative literature and practical demonstration. All the participants attended the course with thorough interest and appreciated the effort of Tabba Heart Institute's Management for such philanthropic effort.

The NES department intends to conduct such session for people from different professional backgrounds and general public on a regular basis in future.

## International Nurses Day



To laud the selfless services of Nursing community, and to pay tribute to the pioneer of Nursing, Florence Nightingale, THI commemorated the auspicious occasion of International Nurses Day 2010, and planned week long activities including Patient Family Teaching Sessions, Quiz Programs, Poster Exhibition etc at THI Atrium. The audience were facilitated about various subject like Diabetes Care, Introduction to Cardiac Diseases and Risk Factors, Infection Control Practices, Basic Information about Cardiac surgery, Angiography & Angioplasty, Pre and Post Operative Precautionary Measures.

The activity concluded with a full day Seminar at Abdul Razzak Tabba Auditorium on May 15, 2010 which was well attended by members of the nursing community from various hospitals of Karachi including Jinnah Postgraduate Medical College, Liaquat National Hospital, Children Cancer Hospital, Aga Khan University Hospital, Baqai Medical University & Anklesaria Hospital. Dr. Rozina Karmaliani, Director for MSN Program, and Associate Professor, Aga Khan University School of Nursing, added value to the event by attending as the Guest of Honor.



## LAUGHTER IS THE BEST MEDICINE

By: Dr. Nousheen Riaz



The adage, "laughter is the best medicine", proves to be true when it comes to keeping heart attacks at bay. Recent studies conducted at a university in Baltimore show that people who always have a good laugh are less likely to have heart diseases. Further, people with heart diseases are found 40% less probable to laugh and become humorous compared to people to those without heart problems.

A good belly laugh considered to be a form of exercise. It can serve as an "internal exercise" because it provides a good cardiac stimulation and conditioning. This is especially important to those who don't have the time to exercise or do physical activities. Laughing also prevents hypertension because it lessens the likeliness of stress. It relaxes muscles and lessens the supply of dopamine in the blood, a hormone known to induce the fight or flight response.

Knowing all these, how can you practice the habit of laughing to keep heart attack away? Here are some ways.

1. Think of happy thoughts.
2. Engage in a healthy and entertaining conversation with close friends.
3. Watch funny movies and TV shows.
4. Read some really funny jokes.
5. Relax!

Nursing loneliness and anguish is the fastest way to a nasty and life-threatening heart attack. Don't treat your heart like you have another one in the bank in case what you have fails to beat. Nurture a happy disposition, laugh at really funny jokes, and smile to ensure a healthy heart.

## PROMOTIONS

- Mr. Riaz Ahmed, Senior Manager I, Internal Audit
- Mr. Rashid Khan, Manager I, Pharmacy
- Mr. Mohtashim Zaman, Manager I, HIMS
- Mr. M. Aqil Khan, Manager I, Operation Room
- Ms. Zahida Perveen, Manager I, Cath Lab
- Mr. Abdul Mujeeb Khalili, Deputy Manager, Bio Medical
- Mr. Sarfaraz Ghulam, Deputy Manager, CSSD
- Mr. Sohail Keshwani, Deputy Manger, MMD
- Ms. Shahnaz Nadeem, Deputy Manager, Nursing
- Ms. Zohra Rizwan, Asst. Manager, NES
- Mr. Shaikh Rafiq uddin, Asst. Manager, Electrical Department

## WEDLOCK



- Mr. Shariq Raees Siddiqui (MIS)
- Ms. Nargis Abdullah (CSSD)
- Mr. Mohammad Kamran (Nursing)

## THE STORK VISITS



- Mr. Habib ul Hassan (Nursing) on the birth of baby Girl
  - Mr. Ajmal Khan (Nursing) on the birth of baby boy
  - Mr. Khalid Masih (Nursing) on the birth of baby boy
  - Mr. Sohail Iqbal (Finance and Accounts) on the birth of baby boy
  - Mr. Qaiser Ejaz (Marketing & PR) on the birth of baby boy
- May Allah (swt) bless the children with long and healthy life.**

## NEW JOININGS

- Sana Mubashreen (Rehab. Specialist)
- Dr. Zubair Luqman (Instructor Cardiac Surgery)
- Dr. Syed Faraz ul Hassan (Medical Officer Cardiology)
- Muhammad Ameen Siddiqui (Marketing & PR Executive)
- Sohail Rana Yuel (Security Supervisor)
- Khurram Obaid (HIS Support Officer MIS)
- Dr. Qurut Ul Ain (Medical Officer Cardiology)
- Dr. Tabish Jabeen (Research Officer Cardiac Surgery)
- Tehmina Maqbool (HR Officer - T&D)
- Dr. Muhammad Arif (Medical Officer Cardiology)
- Dr. Dania Iqbal (Medical Officer Cardiology)
- Dr. Rubeya Ahmed (Medical Officer Cardiology)
- Anila Shahbaz (Sr. Officer Human Resources)
- Nuzhat Zehra (Sr. Manager Human Resources)
- Dr. Kainat Khan (Medical Officer Cardiology)
- Dr. Habiba Aziz (Medical Officer Anesthesia)
- Dr. Rajesh Kumar (Medical Officer Cardiology)
- Muhammad Irfan (Officer Welfare Department)

## BEREAVEMENTS

### We share the grief.

- Mr. Amjad Bhatti (Nursing) Lost his sister
- Mr. Samson Samuel (Nursing) Lost his father
- Ms. Kassia Younus (Nursing) Lost her sister
- Mr. Atta ur Rehman (Laboratory) Lost his father

**We pray to Almighty for a heavenly abode of the departed souls. Aameen.**

## Training Session at THI



The Marketing & P.R department invited a professional trainer Ahmed Shakeel from a corporate organization as a guest speaker to conduct a training session on Improving Communication Skills in Hospital Environment.

The HR department invited staff from various departments to attend this session. The trainer with the help of visual aids explained the role of good communication skills in a hospital setting. The participants thoroughly enjoyed the session.

# Star Performers

May - June 2010



M. Danish Ahmed  
Critical Care Technician



Dr. M. Umer Hafeez  
Medical Officer



Ghulam Nasir  
Supervisor CSSD

## Felicitations



Dr. Faisal Qadir has passed FCPS in Cardiology



Dr. Kaleemullah Shaikh has passed FCPS in Cardiology

Mr. Kashif Abbas Rizvi- Assistant Perfusionist, completed BSc Cardiac Perfusion, from Ziauddin Medical University

Ms. Shaheen Asif- Infection Control attained online Certification of Infection Control Course, from California Board of Registered Nursing. Her abstract was also accepted by the organizing committee of the conference "IPS Conference and Exhibition- Infection Prevention 2010", UK



## 14 August Flag Hoisting Ceremony

'Tabba Heart Institute celebrated the Independence Day in a modest way this year considering the vast destruction across the country because of severe natural calamity. The flag hoisting ceremony by the Chief Operating Officer Mr. Mohammad Yousuf was held at the THI premises with the members of the staff present on the occasion'.



# ARE YOU DEPRESSED...?

by: Ala Zia  
(Marketing & PR Internee)

Use this questionnaire to help determine if you need to see a mental health professional for diagnosis and treatment of depression, or to monitor your mood.

Instructions: You might reproduce this scale and use it on a weekly basis to track your moods. It also might be used to show your doctor how your symptoms have changed from one visit to the next.

The 18 items below refer to how you have felt and behaved during the past week. For each item, indicate the extent to which it is true, by checking the appropriate box next to the item.

**1. I do things slowly.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**2. My future seems hopeless.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**3. It is hard for me to concentrate on reading.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**4. The pleasure and joy has gone out of my life.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**5. I have difficulty in making decision.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**6. I have lost interest in aspects of life that used to be important to me.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**7. I feel sad and unhappy.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**8. I am agitated and keep moving around.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**9. I feel tired most of the time.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**10. It takes great effort for me to do simple things.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**11. I feel that I am a guilty person who deserves to be punished.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**12. I feel like a failure.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**13. I feel lifeless-more dead than alive.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**14. My sleep has been disturbed-to little, too much, or broken sleep.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**15. I spend time thinking about HOW I might kill myself.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**16. I feel trapped or caught.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**17. I feel depressed even when good things happen to me.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

**18. Without trying to diet, I have lost, or gained, weight.**

- Not at all  Just a little  Somewhat  Moderately  Quite a lot  Very much

## Score:

Not at all – 1, Just a little – 2, Somewhat – 3, Moderately – 4, Quite a lot – 5, Very much – 6

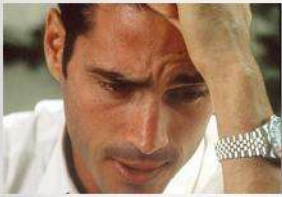
### Score Interpretation

100 and above	Severely Depressed
73 - 90	Moderate - Severe
55 - 72	Mild - Moderate
37 - 54	Borderline depression
19 - 36	Possibly Mildly Depressed
0 - 18	No Depression Likely

# DEPRESSION CAUSES HEARTACHE

by: Ala Zia

(Marketing & PR Internee)



In today's fast paced world, it has become extraordinarily difficult to keep track of all the new developments in technology, work practices and lifestyle changes. It is therefore, hardly surprising that people are increasingly falling prey to the pressures around them and giving in to pessimism and depression. Continuously lagging behind, not being able to cope with mounting stress and feeling lost and insecure in the face of cut throat competition are all having a negative impact on peoples' mental health. Such pressures are also inevitably, taking their toll on peoples' hearts.

A study conducted by USA today reveals that 'Depression Breaks Your Heart'. Researchers conclude that depression and a pessimistic outlook have a negative effect on the heart as they increase blood pressure, sugar and cholesterol levels.

They also cause irregular heart rhythms (arrhythmia) and chest pain (angina) which may be symptoms of an underlying heart illness.

Research in this field has further revealed that people, especially females, who are optimists, face substantially lower risks of developing heart illness while women who view the world negatively are more likely to die of heart related diseases.

A research article in TIME magazine claims that depression affects the heart in an indirect way by causing people to become inactive and indulge in behaviors such as smoking which directly harm the heart. Also, depression causes the levels of serotonin in the brain to rise which impacts the heart.

In most cases, people diagnosed or suffering from some form of heart illness become susceptible to depression accompanied by feelings of helplessness, guilt and fatigue. This aggravates their condition even further and can severely impair a person's ability to carry out everyday activities.

Also, depression and heart illness are closely linked to several factors related to a person's lifestyle including their spiritual or religious beliefs, marital status, employment etc.

The good news, however is that most people can switch to a healthier, happier lifestyle through several changes in their daily routines and through the adoption of some healthy practices which can enable them to have a more fulfilling life. Pessimism can be replaced with a brighter outlook through the right kind of counseling and support. Coping skills and strategies can be developed through adequate training and workshops.

Besides, each one of us can take personal initiative to let positive energy into our lives. A simple way is to enjoy every moment of life and to make it worth living. Explore your hidden talents and potential, discover things that you like to do and make them a regular part of your life. Like they say- laughter is the best medicine; make sure your day begins in a cheerful way and that you keep your spirits high throughout the day. A happy lifestyle must be backed with the right kind of nutrition and exercise which has beneficial effects for your health and keeps your heart happy, active and healthy.

## Coping With Physical Effects Of Fasting

by: Mehreen Amer  
(Dietician)

Millions of Muslims started fasting with the advent of the holy month of Ramadan. During this month health and diet issues are very important for all of us especially for the ailing and people with specific health complications. The food eaten should be well balanced, fried foods should be limited, fatty foods and food containing too much sugar should be restricted. These types of foods cause indigestion, heart burn and weight problems. Here we are discussing these health issues

**Acid Reflux/Heart burn:** Increased acid levels in the empty stomach can aggravate the conditions. Spicy foods, tea, coffee worsen these conditions. At iftar symptoms can be relieved by not over eating and avoiding fried and spicy foods.

**Headache:** Prompt headache, mood swing and irritability is due to various factors. commonly it can be aggravated by reduced food and water intake, caffeine/tobacco withdrawal. Therefore it is important not to miss sehri so the body has enough energy to cope with the fasting day end ensuring adequate water intake at this time.

**Low blood sugar(hypoglycemia):** Having too much sugar(i.e. refined carbohydrate) especially at sehri body produces too much insulin causing the blood glucose to drop, therefore it is advisable to eat complex carbohydrate at sehri so that blood glucose falls slowly and food lasts longer making you less hungry.

**Constipation:** It happens due to too much refined foods and not enough fiber in the diet. It is important to rehydrate yourself at iftar and take enough fluid at sehri. Include more fruits and vegetable in your meal.

**Dehydration:** If sufficient fluids are not taken before embarking on a fast, you are more likely to be at risk of dehydration. This risk is greater in hot climates in the elderly and young and those taking medications which makes you loose water such as diuretics. It is advisable to drink as much water between iftar and bedtime so that your body may adjust fluid levels. A little careful planning can see you through the month with minimum discomfort .

**Wish you all a happy, healthy Ramadan.**

تدوین: مہرین عامر (ڈاکٹر)

## "رمضان المبارک اور خوراک"

رمضان المبارک کے مہینے میں عموماً کھانے پینے کے معمولات میں تبدیلی آجاتی ہے جو کہ صحت پر منفی اثرات مرتب کر سکتی ہے۔ ذیل میں دیئے گئے چارٹ کے مطابق خوراک کے معمولات اپنانے سے وزن کو کنٹرول میں رکھنے کے ساتھ ساتھ آپ اپنی صحت کو بھی بہتر کر سکتے ہیں۔

### سحری:



- ایک گلاس تازہ جوس
- ایک اُبلّا ہوا انڈہ
- ایک کپ بالائی کے بغیر دودھ وینا بیکس کے ساتھ
- ایک کپ چائے بغیر چینی
- ایک درمیانہ سائز کا تازہ پھل
- آدھی پلیٹ کم چکنائی کے ساتھ کری
- گندم کے آٹے کی ایک عدد چپاتی یا براؤن بریڈ کے دو سلاٹس
- بالائی اتر ہوا دودھ ایک کپ یا کم چکنائی والے دہی کی لسی

### افطار:



- ایک درمیانہ سائز کی کھجور
- چنا چاٹ کا ایک پیالہ کئے ہوئے کھیرے، بند گوبھی، ٹماٹر اور لیموں کے رس کے ساتھ
- ایک درمیانہ سائز کا تازہ پھل
- ایک کپ کم چکنائی والا دہی
- ایک گلاس تازہ پھل کا جوس

### رات کا کھانا:



- ایک پیالہ اُبلّی ہوئی دال
- بھاپ، اوون یا گرل پر تیار کردہ مرغی، گوشت یا مچھلی کے ایک سے دو کٹڑے
- آدھی پلیٹ اسلے ہوئے چاول یا دو سلاٹس براؤن بریڈ
- ایک پیالہ کچی سبزیوں کا سلاڈ، کالی مرچ اور لیموں کے رس کے ساتھ
- ایک درمیانہ سائز کا پھل یا مختلف کئے ہوئے پھلوں کا ایک پیالہ

## معلومات عامہ

### چقدر کا جوس دل کی بیماریوں اور دورے سے محفوظ رکھتا ہے

نیویارک ایک حالیہ تحقیق کے مطابق چقدر کا جوس فٹائون کو کم کرتا ہے اور دل کی بیماریوں سے محفوظ رکھتا ہے۔ جرنل آف امریکن ہارٹ ایسوسی ایشن (Journal of American Heart Association) میں شائع ہونے والی اس تحقیق میں بتایا گیا ہے چقدر میں پایا جانے والا کیمیکل نائٹریٹ خون کی نالیوں کو کشادہ کرتا ہے اور خون کے دباؤ کو نارمل کر کے دل کے دورے سے محفوظ رکھتا ہے۔ تحقیق کے مطابق چقدر کا ایک گلاس جوس پینے سے فٹائون چوتیس گھنٹوں میں معمول پر آجاتا ہے۔



### عارضہ قلب اور تعلیمی ناکامیوں کے درمیان براہ راست تعلق ہے، مطالعہ

طبی ماہرین نے کہا ہے کہ عارضہ قلب اور تعلیمی میدان کی کامیابیوں کے درمیان براہ راست تعلق موجود ہے۔ دل کی خرابیاں تعلیمی میدان میں ناکامی سے دوچار کر دیتی ہیں اور کسی اور وجہ سے تعلیم کے میدان میں ناکامی بھی عارضہ قلب میں مبتلا کر سکتی ہے۔ یہ تعلق حساس لوگوں میں زیادہ پایا جاتا ہے جبکہ غمی لوگوں میں یہ تعلق کم دیکھا گیا ہے۔ سویڈن میں طب کے شعبہ اعصاب و دماغی امراض کے تحت ہونے والی اس تحقیق میں جسمانی فٹنس اور ذہانت کے درمیان تعلقات کی حد بندی کرنے کی کوشش کی گئی تھی۔ ماہرین کے مطابق جن بچوں میں 15 سے 18 سال تک عارضہ قلب کے آثار نہیں پائے جاتے اور دوسروں کی نسبت بہتر ذہانت اور استعداد کا راکہ ہوتے ہیں، ان لوگوں کی 79 فیصد تعداد اعلیٰ تعلیم تک رسائی حاصل کرنے کے ساتھ ساتھ بہتر ملازمت بھی حاصل کر لیتی ہے۔ ماہرین طب نے مزید کہا ہے کہ دل کی بیماری نہ رکھنے والے نوجوان دوسروں کی نسبت جسمانی اور ذہنی سطح پر بھی سمارت ہوتے ہیں۔ اس تحقیق کیلئے دو لاکھ 30 ہزار نوجوانوں کو تجربات شامل کیا گیا تھا۔

### چھوٹے قد کے افراد میں عارضہ قلب کے خطرات زیادہ، ماہرین

ایک ریسرچ سے پتا چلا ہے کہ چھوٹے قد کے حامل افراد میں عارضہ قلب کے خطرات زیادہ ہوتے ہیں، طویل قامت لوگوں کے مقابلے میں پست قامت افراد میں 50 فیصد ہارٹ ایکٹ کی علامات ہوتی ہیں۔ رپورٹ کے مطابق ان میں وزن، بلڈ پریشر اور سگریٹ نوشی کی عادت اہم شمار ہوتی ہیں۔ فن لینڈ میں اس تحقیق میں 30 لاکھ مرد و خواتین کے اعداد و شمار کے جرنل کو دیکھا گیا جن میں ان کے قد اور دل کے مسائل کا مکمل جائزہ شامل تھا۔ اس تحقیق میں پست قامت کو 5 فٹ 3 انچ سے کم (161 سینٹی میٹر) میں شمار کیا گیا جبکہ طویل قامتی میں 5 فٹ 9 انچ (174 سینٹی میٹر) قد کے حامل افراد کو شامل کیا گیا۔



# دل کی صحت اور ڈرائیونگ (ڈاکٹر نوشین ریاض)

کوئی بھی جسمانی یا ذہنی معذوری جو آپ کی مجموعی صحت پر اثر انداز ہو وہ آپ کی ڈرائیونگ کو بھی متاثر کرتی ہے۔ دوسرے الفاظ میں ڈرائیونگ کے لئے آپ کا ذہنی اور جسمانی طور پر مکمل صحت مند ہونا ضروری ہے۔ دل کی صحت سے متعلق ایسی کئی علامات ہیں جن میں مکمل صحتیاب ہونے تک ڈرائیونگ سے گریز کرنا چاہیے۔ ذیل میں چند ایسی علامات بیان کی گئی ہیں۔

- **انجاننا:** انجاننا کی علامات چاہے ڈرائیونگ کرتے ہوئے ظاہر ہوں یا حالت آرام میں ڈرائیونگ کو فوری طور پر ترک کر دینا چاہئے۔
- **انجیو پلاٹی کے بعد:** ایک ہفتے تک ڈرائیونگ سے گریز کریں۔ مزید پیچیدگی نہ ہونے کی صورت میں ڈرائیونگ دوبارہ شروع کی جاسکتی ہے۔
- **بائی پاس آپریشن:** کم سے کم ۴ ہفتے تک ڈرائیونگ سے گریز کریں۔ مزید پیچیدگی نہ ہونے کی صورت میں ڈرائیونگ دوبارہ شروع کی جاسکتی ہے۔
- **بائی پریشر:** بلڈ پریشر میں استعمال کی جانے والی دواؤں کے مضر اثرات نہ ہونے کی صورت میں ڈرائیونگ حسب معمول جاری رکھ سکتے ہیں۔
- **بے ہوشی کی کیفیت:** کسی مستعد معالج سے مشورہ کر کے علاج کی معینا مدد پوری کرنے کے بعد دوبارہ ڈرائیونگ شروع کی جاسکتی ہے۔
- **ڈھرن میں کمی:** علامات پر قابو پالینے کے چار ہفتے بعد ڈرائیونگ کا آغاز کیا جاسکتا ہے۔
- **پیس میکر کی تنصیب:** ڈرائیونگ ایک ہفتہ کیلئے روک دیجئے۔
- **دل کا دورہ:** دو ہفتے گزرنے کے بعد اگر طبیعت کو معمول کے مطابق محسوس کریں تو معالج کے مشورے سے ڈرائیونگ جاری رکھ سکتے ہیں۔

## موٹاپا اور جوڑوں کا درد

شکاگو میں ہونے والے امریکی "جیری ایٹرکس سوسائٹی" کے سالانہ اجلاس بروز ہفتہ میں پیش کی گئی ایک تحقیق کے مطابق، موٹاپے اور جوڑوں کے درد سے پیدا ہونے والی معذوری، بڑھتی ہوئی عمر کے ساتھ، عورتوں کی زندگی کے لطف کو کم کر دیتی ہے۔

ڈیوک یونیورسٹی میڈیکل سینٹر ڈیورہم (شمالی کیرولینا) سے ڈاکٹر ہیدروٹن نے یہ مطالعہ پیش کرتے ہوئے بیان کیا کہ عورتوں کی عمومی عمر مردوں سے زیادہ ہونے کی وجہ سے یہ تحقیق بتاتی ہے کہ عورتوں کو اس معذوری کے ساتھ زندگی گزارنے کا خطرہ زیادہ ہے جس کا تعلق موٹاپے اور جوڑوں کے درد کے ساتھ ہے۔ ڈاکٹر ٹن اور ان کے ساتھیوں نے ۶۵ سال سے زیادہ ۸۸۸ عورتوں اور مردوں کو کارڈیو اسکریمنٹس کی اس تحقیق میں شامل کرنے کے بعد یہ دریافت کیا کہ ایک ہی عمر میں عورتیں، مردوں کی نسبت ڈھائی گنا زیادہ معذوری کا شکار ہوتی ہیں۔ ان عورتوں میں موٹاپے اور جوڑوں کے درد کی بلند شرح کی وجہ سے ان کی معذوری مردوں سے ۴۸ فیصد زیادہ تھی۔

ڈاکٹر ٹن نے مزید بتایا کہ یہ بہت اہم دریافت ہے جو ہمیں بتاتی ہے کہ زچگی کے دوران اور "سن یاس" سے پہلے عورتوں میں وزن کے اضافہ کا رجحان بڑھ جاتا ہے جو بڑھاپے میں ان کی نقل و حرکت کو محدود کر دیتا ہے۔ اسلیئے جوانی سے اسی عمر کی طرف بڑھتے ہوئے وزن میں اضافہ ہونے دینا انہیں آئندہ سالوں میں معذوری کی تکلیف سے بچا سکتا ہے۔ اس مطالعہ کے نمایاں تحقیق کارڈاکٹر ہاروے جے کوہن یہ بتاتے ہیں کہ جب ہم عورتوں میں موٹاپے کا رجحان بڑھتا ہوا دیکھتے ہیں تو اس تحقیق سے سامنے آنے والے حقائق اور زیادہ تکلیف دہ لگتے ہیں۔ نہایت ضروری ہے کہ عورتوں کو اگلے عمر میں ہی بہتر فیصلہ کرنے میں مدد دی جائے۔ تحقیقاتی ٹیم نے موٹاپے اور جوڑوں کے درد کے علاوہ یہ بھی دریافت کیا کہ عورتوں میں ہڈیوں کے بھر بھرے پن، آنکھوں اور سانس کی نالی کے مسائل بھی مردوں کی نسبت زیادہ ہوتے ہیں۔ جبکہ مردوں میں انجینی زیا، دل کی بیماری، حرکت قلب بند ہونا، فالج، شوگر اور کم سنائی دینے جیسے مسائل کے امکانات زیادہ پائے گئے ہیں۔ مردوں میں ہی ٹانگوں کی شریانوں کے تنگ ہو جانے سے چلنے میں دقت کا امکان بھی زیادہ ہوتا ہے۔ تحقیق کرنے والوں کا کہنا ہے کہ اب یہ دریافت کرنا ہوگا کہ آیا وزن کم کر لینے سے بڑھاپے میں عورتوں کی معذوری بہتر ہو سکتی ہے یا نہیں اور یہ کہ انہیں جوڑوں کے درد میں بھی وزن کی کمی سے اضافہ ہوتا ہے یا نہیں۔