

صحت یابی اور کارڈیک ریہیبیلیٹیشن فرزانہ عامر ہاشمی

اور دیگر مریضوں کے لئے بہت فائدہ مند ہیں۔ انجیوگرافی، انجیو پلاسٹی، ہارٹ ایک اور بائی پاس سرجری سے متعلق یہ معلومات بغیر فیس کے فراہم کی جا رہی ہے۔

ذیل میں خصوصی طور پر بنائے گئے ان پیکیجز کی تفصیلات بتائی گئی ہیں جو مختلف افراد کی ضروریات کو مد نظر رکھتے ہوئے تشکیل دیئے گئے ہیں:

کارڈیک ریہیبیلیٹیشن پروگرام:

(دل کی بحالی و صحت کا پروگرام)

پروگرام برائے بحالی قلبی صحت ایک ایسا لائحہ عمل ہے جو مریضوں اور ان کے گھروالوں کا اعتماد بحال کر کے انہیں ایک صحتمندانہ روش کے مطابق چلنے کی تربیت دیتا ہے۔ اس پروگرام سے استفادہ کرنے کی صورت میں قلبی امراض میں مبتلا افراد کا معیار زندگی بہتر ہو جاتا ہے۔ متاثرہ افراد کی صحت یابی اور شرح اموات میں کمی کے نقطہ نظر سے اس پروگرام کی اہمیت کو دنیا بھر میں تسلیم کیا گیا ہے۔

ٹابا ہارٹ انسٹیٹیوٹ کا پروگرام برائے بحالی قلبی صحت دنیا کے بہترین پروگراموں میں سے ایک ہے جس میں مستند اور تربیت یافتہ افراد مثالی طریقے سے قلبی امراض میں مبتلا افراد کی خدمت کر رہے ہیں۔ اس پروگرام میں نہ صرف ورزش شامل ہے بلکہ مریضوں اور ان کے گھر کے افراد کے لئے تربیتی درس بھی اس کا حصہ ہیں۔ ان تعلیمی لیچرز کی بدولت مریض نہ صرف اپنی صحت کو بہتر رکھ سکتے ہیں بلکہ طرز زندگی میں صحتمندانہ تبدیلیوں کی بدولت صحت کو لاحق ممکنہ خطرات سے بھی محفوظ رکھتے ہیں۔ تیس سال سے زائد عرصہ کی تحقیق سے یہ بات سامنے آئی ہے کہ بحالی قلبی صحت پروگرام زندگی بچانے میں اہم کردار ادا کر سکتا ہے۔

اس کے ساتھ ساتھ صحت کو لاحق خطرات سے نمٹنے سے متعلق علم و آگہی ہو۔ الغرض پہلے مرحلے کو طے کئے بغیر دوسرے مرحلے تک رسائی ممکن نہیں۔

مجموعی طرز زندگی میں جو تین عوامل دل کی صحت کو سب سے زیادہ متاثر کرتے ہیں وہ جسمانی تحریک، غذا اور تمباکو نوشی ہیں۔ ان عوامل کی اہمیت صرف اس لئے نہیں کہ یہ قلبی امراض کا باعث بنتے ہیں بلکہ یہ دوسری مہلک بیماریوں مثلاً ہائیپر ٹینشن (بلند فشار خون)، ذیابیطس، ہائی کولیسٹرول (خون میں بڑھی ہوئی چکنائی) اور موٹاپے کا باعث بھی بنتے ہیں۔ ان عوامل میں خاطر خواہ تبدیلی اور پرہیز ہمیں دل کے امراض اور ان کے نتیجے میں ہونے والے اخراجات سے محفوظ رکھیں گے کیونکہ مثل ہے کہ پرہیز علاج سے بہتر ہے۔ معاشرہ میں آنے والی ان مثبت تبدیلیوں کا نتیجہ شرح امراض اور اموات میں کمی کی صورت میں سامنے آئے گا۔

پاکستان جیسے ملک میں جہاں بنیادی سہولیات کا فقدان ہے اور علاج معالجے پر اٹھنے والے اخراجات بہت اہمیت کے حامل ہیں، دل کی بیماریوں سے بچاؤ کے لئے کارڈیک ریہیبیلیٹیشن سروس کی فراہمی انتہائی ضروری اقدام ہے۔ ٹابا ہارٹ انسٹیٹیوٹ نے اس کام کی ابتداء کرتے ہوئے پاکستان میں اپنی طرز کا پہلا ڈیپارٹمنٹ آف پریوینٹیو کارڈیولوجی اینڈ کارڈیک ریہیبیلیٹیشن قائم کیا ہے۔ یہ ادارہ مختلف امراض اور بالخصوص امراض قلب کے تدارک میں اہم کردار ادا کرتا ہے۔ اس ادارہ کے قیام کا بنیادی مقصد مریضوں اور ان کے خاندان کے دیگر افراد کو بیماری سے متعلق معلومات اور علاج، اور ایک مثبت طرز زندگی اپنانے کے عمل کی افادیت کو اجاگر کرنا ہے۔ دراصل دل کی بیماریوں کا براہ راست تعلق غیر صحتمندانہ طرز زندگی سے ہے جو کہ کوئی انفرادی طرز عمل نہیں بلکہ پورے خاندان کے مجموعی رویوں پر منحصر ہے۔ اس لئے اس پروگرام کے نصاب میں مریضوں کے ساتھ ساتھ ان کے خاندان کی تربیت بھی شامل ہے۔ یہ معلوماتی لیچرز ٹابا ہارٹ انسٹیٹیوٹ میں داخل ہونے والے

موجودہ دور میں یہ بات واضح طور پر دیکھی جاسکتی ہے کہ ممالک خواہ ترقی یافتہ ہوں یا ترقی پذیر، اموات کی اہم ترین وجہ امراض قلب ہے۔ آئندہ دس برسوں میں اس جان لیوا مرض میں مزید اضافہ متوقع ہے اور اس کی وجہ سے ۲۵ ملین افراد لقمہ اجل بنیں گے۔ جس میں سے ۸۰٪ افراد تیسری دنیا کے ممالک سے ہوں گے۔ جہاں ایک طرف ذیابیطس، ہائی بلڈ پریشر (بلند فشار خون) اور امراض قلب جیسی مہلک بیماریاں ترقی یافتہ ممالک کے لئے خطرہ ہیں وہاں پاکستان جیسے ترقی پذیر ممالک میں صورتحال زیادہ پیچیدہ ہے۔ وہاں بیماریاں ان ممالک کے لئے پہلے ہی ایک خطرہ ہیں اور اب ہم قلبی امراض کے مہلک اثرات کو بھی ایک موذی و باہمی صورت میں دیکھنے پر مجبور ہو رہے ہیں۔ ان دہرے خطرات سے نمٹنے کے لئے ہمیں باہم مل کر کام کرنا ہوگا اور کچھ ایسی منصوبہ بندی کرنی ہوگی جس کے ذریعے ایک خاطر خواہ صورت حال اپنائی جاسکے۔

امراض قلب کی وجوہات کو مکمل طور پر ابھی تک سمجھا نہیں جاسکتا، تاہم وسیع پیمانے پر کئے گئے تحقیقاتی تجربات سے یہ بات سامنے آئی ہے کہ چند مخصوص خطرات یا RISKS کی وجہ سے ان بیماریوں میں اضافہ ہوتا ہے۔ مزید تحقیقاتی عمل ہمیں اس بات سے بھی آگاہ کرتا ہے کہ کچھ اور وجوہات بھی ہیں جو ان خطرات کے ساتھ مل کر امراض قلب کی شدت اور شرح میں اضافہ کرتی ہیں۔ لیکن بنیادی اور مخصوص خطرات (RISKS) اپنی جگہ پر اہل ہیں اور ان میں کوئی مغالطہ آرائی نہیں۔ ان خطرات کی اہمیت کا اندازہ اس بات سے لگایا جاسکتا ہے کہ مغربی ممالک میں عوام کو ان کے متعلق آگاہی فراہم کی جا رہی ہے اور نتیجتاً دل کی بیماریوں پر کسی قدر قابو پایا گیا ہے۔

یہ بات یقینی ہے کہ پرہیز اور احتیاط کے پہلے مرحلے پر بیماری کے متعلق بنیادی آگاہی، مزید معلومات کی جستجو میں اضافے کا سبب بنتی ہے۔ بعد ازاں اگلا مرحلہ عمومی طرز زندگی میں صحتمندانہ تبدیلی ہے۔ یہ تب ہی ممکن ہے جب معاشرہ میں ان تبدیلیوں کی موافقت اور مواقع، اور

HEART BEAT

TABBA HEART INSTITUTE OUTREACH SERVICES

Tabba Heart Institute's mission of providing quality cardiac care services to the community at large got partially hampered because of its sole unit located only in F.B. Area, making it difficult for the people living in suburbs and far flung areas to travel all the way for their follow up consultation and avail the laboratory services. Realizing this gap and to make the same level of care and services available to the population, near their doorstep, the management of THI decided to open its consulting clinics and lab collection units and other services in different areas. The primary purpose was to facilitate the patients for having their consultation with cardiologists and cardiac surgeons from THI at a location near their home. Now people can have their laboratory tests done and collect their reports without traveling the distance to the main laboratory at THI. Presently, consultation with doctors (cardiologists) is available at Medilink Clinics (Clifton) and DHA Medical Centre (DHA) along with services of ECG (Echocardiogram) and Exercise Stress Test. Three Laboratories collection units are operating in Adamjee Nagar, Gulistan-e-Johar and North Nazimabad area. Management is also considering to offer

consultation with cardiologists at these collection points in the future. Brief information about these services is given here for our readers:

Medilink Clinics:

Located in Clifton near Do Talwar, Medilink Clinics offer Consultation, ECG and Echocardiography. THI currently offers consultation on Wednesdays where the Chief of Cardiology and the Medical Director THI Dr. Bashir Hanif provides consultation to the patients particularly from Clifton and Defence areas. Other relevant services are also provided by Medilink.

For appointment and further information, please contact: 021 111-844-844, ext: 412

DHA Medical Centre:

DHA Medical Centre is an extensive clinical set up with facilities for consultation, laboratory and X-Rays. Emergency and minor out-patient surgical procedures for DHA employees and residents are also available. THI has an exclusive clinic space at its first floor where Dr. Asad Pathan and Dr. Irfan Chandra provide consultation every Monday and Wednesday respectively.

For appointment and further information, please contact: 021 111-844-844, ext: 503/531

Laboratory Collection Units:

Adamjee Nagar: Credited as the first ever outreach unit of THI, The Collection Unit started in 2006 and to date has been providing quality diagnostic services to the area residents.

For further details contact: 021-34300033-34. Address: Shop No. 05, Ground Floor, Block 7/8, Sana Complex C.P. Berar Co. Housing Society, next to Zubaida Medical Centre Karachi.

Gulistan-e-Johar: The second Collection Unit started its operations in Aug 2009 and is catering the diagnostic needs of the thickly populated areas.

For further details, contact 021-34661264-65. Address: Plot No. S.B 3/5, Shop No. 06, Javed Arcade, Block-17, KDA Scheme-36, Near Johar Chowrangi Gulistan-e-Johar Karachi.

North Nazimabad: The newest amongst the entire Collection Unit was opened to fulfill the unmet needs of quality diagnostic services for the area.

For further details, contact: 021-36639789-99. Address: Shop No. 07, Ground floor, Yaqoob Market, Block-E, Near Dolmen Mall, North Nazimabad, Karachi.

THI Loyalty Discount Card

Known for offering quality services and innovative solutions to patients for their varying needs, including cost effective services, THI launched a Discount Card aimed at facilitating patients by offering 15% discount on routine Laboratory investigations. The Card is available from the Laboratory Counter at the hospital as well as Collection Units. The offer is effective from Jan 1st, 2011.



The Editor's Message

It makes one feel very sad seeing the turmoil and probably the roughest times this country is going through in its not so long history, but we should not lose hope as there remains a ray of light at the end of this bleak and dark tunnel. The only thing that can get us going is self belief, belief that we can still revive our dreams, our country. As like past issues, the current issue has been a collective endeavor of the Editorial board and THI family who have made every effort to produce another informative issue. I thank everyone involved, directly or indirectly in compiling the content. This issue also features a short feedback survey about HEART BEAT from its valued readers, about its content, features and quality. I would request everyone reading

this issue to kindly give us your valuable feedback and help us to increase the content value of "Heart beat".

Wishing you all a very rewarding and enjoyable read. **Fahad Anwer Chishti**, Editor.

Editorial Board

Farzana Amir Hashmi, Dr. Shamim Siddiqui Sadia Abbas, Zeeshan Butt



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SEMINARS, WORKSHOPS & CONFERENCES

Smoking Cessation Skills Building

A workshop on Smoking Cessation Skills Building was organized at Abdul Razzak Tabba Auditorium on Saturday, Jan 29, 2011. The workshop was conducted by Dr. Javaid A. Khan, Chair National Alliance for Tobacco Control, Head of Pulmonology Section AKUH, and Dr. Ahmed Suleman

Haque, Consultant Pulmonologist AKUH. Dr. Javaid A. Khan gave a very comprehensive presentation on Tobacco Epidemic in Pakistan and counseling tips for smokers. Dr. Ahmed Suleman Haque highlighted the role of pharmacotherapy in smoking cessation.

Dr. Bashir Hanif and Dr. Khawar Kazmi greatly appreciated the workshop and acknowledged the efforts of NATC towards raising awareness about the grave issue of tobacco consumption and health hazards associated with it.



Quality in Healthcare

Memon Professional Forum organized a Mini Conference at Abdul Razaq Tabba Auditorium on January 2, 2011. The conference, titled Quality Healthcare at Affordable Price: Challenges and Way Forward, was aimed to accelerate the journey towards quality healthcare by helping the community in the development of Quality Management System and better administrative support.

Presentations were delivered by reputed speakers from healthcare sector, such as

Dr. Abdul Ghaffar Billoo, Head of Pediatric Department AKUH, Dr. Salman Faridi, Medical Director Liaquat National Hospital, and Dr. Muhammad Tufail, Medical Director Patel Hospital. Dr. Bashir Hanif, Medical Director and Chief of Cardiology at THI highlighted how Tabba Heart Institute has established its systems to offer its quality services at affording prices. The event was well attended by members of the forum and healthcare professionals from various hospitals of Karachi.



Annual Health Checkup at B-Braun

B-Braun, Karachi collaborated with Tabba Heart Institute, for the yearly assessment of its employees on November 2, 2010. Health Check Day, an annual event, provides an opportunity for B-Braun employees to get themselves screened to their fullest satisfaction. The dedicated team of THI Laboratory,

headed by Dr. Tariq Aziz (Clinical Pathologist), carried out the tests whereas the Marketing and PR team coordinated the entire activity as well as distributed THI's informative literature. More than 40 employees were screened for BP, Sugar, HB and Cholesterol, within a short span of four hours. After the screening, attendees

were treated to a scrumptious brunch which was followed by an interactive session conducted by Dr. Tariq Aziz. The session comprised of a brief and informative discourse on the significance of blood donation, question / answers and prize distribution. Some of the employees also donated blood at the end of the activity.



ویٹ ریڈکشن پروگرام:
(وزن میں کمی کا پروگرام)

بحالی قلبی صحت کا ایک منفرد پہلو موٹاپا اور بڑھے ہوئے وزن میں کمی ہے۔ اس پروگرام میں خوراک، طرز زندگی میں تبدیلی اور ورزش کے ذریعے وزن کو کم کیا جاسکتا ہے۔

ہارٹ رسک اسیسمنٹ پروگرام:
(دل کے خطرات کا تشخیصی پروگرام)

جن مریضوں کو امراض قلب کا ممکنہ خطرہ درپیش ہے وہ اس پروگرام سے مستفید ہو سکتے ہیں۔ اس پروگرام کے تحت بین الاقوامی معیار کے مطابق افراد نہ صرف اپنی صحت کا تجزیہ کر سکتے ہیں بلکہ درپیش خطرات کو کم کرنے کے بارے میں مشورہ بھی حاصل کرتے ہیں اور اس میں فٹنس اور ورزشی تربیت کے علاوہ غذائی تعلیم بھی شامل ہے۔

ورزش میں عدم دلچسپی اندرونی خلفشار کے خلاف کامیابی سعدیہ عباس

کچھ افراد کیلئے تیاری کا پہلا مرحلہ وہ لباس ہے جسے پہن کر وہ ورزش کرتے ہیں۔ کچھ کے نزدیک واک مین، MP3 پلیئر یا e-book وہ سہولیات ہیں جو ورزش کرنے میں ساتھ دیتی ہیں۔ لیکن یہ کافی نہیں کیونکہ ابھی جنگ کے اور مراحل طے کرنا باقی ہیں۔ یہ لڑائی چل رہی ہے اور آپ غالباً یہ سمجھ رہے ہیں کہ آپ جنگ جیت چکے ہیں۔ اگلا خیال یہ آتا ہے کہ آج ۵ بجے بجائے ۳ میل بھاگنا ہی کافی ہے۔ یا پھر ٹریڈ مل پر تیس کے بجائے پندرہ منٹ مناسب رہیں گے۔

یہ اندرونی کشمکش ہر وقت آپ کے ساتھ چلتی رہے گی، آپ کی خواہش یہ ہونی چاہیے کہ آپ اس عمل پر ڈٹے رہیں اور پابند رہیں۔ بہت ساری وجوہات کی بناء پر آپ صحت مند رہنا چاہیں گے۔ شریک حیات کے ساتھ ایک بھر پور زندگی اور اپنے بچوں کے ساتھ کھل مل کر ان کو پروان چڑھانے کی خواہش آپ کے اس نیک ارادے کو مضبوط اور پختہ بنائے گی لہذا اپنے مستقبل کو ذہن میں رکھتے ہوئے درست فیصلہ کیجیے۔

ہم سب اس بات سے بخوبی واقف ہیں کہ باقاعدگی سے ورزش کرنا ہماری صحت کے لئے کتنا ضروری ہے۔ اس کے باوجود روزانہ صبح ورزش کے لئے بیدار ہونا جوئے شیر لانے سے کم نہیں گویا یہ اپنے آپ سے ایک بھرپور جنگ کے مترادف ہے۔ اس کی بنیادی وجہ یہ بھی ہے کہ ہفتے میں چھ دن اوسطاً آٹھ گھنٹے کام کرنے کے بعد ورزش کے لئے وقت نکالنا واقعی بہت مشکل ہے۔

صبح، الارم کلاک کی بیپ بیپ کی آواز، اس لڑائی کا پہلا اشارہ ہے اور پھر ذہن میں آنے والا یہ خیال کہ میں ابھی تو چند گھنٹے پہلے سو یا تھا۔ ذہن بھی ایک بہانہ تلاش کرتا ہے کہ میں تو تھکا ہوا ہوں۔ ایک اور بہانہ ذہن میں جنم لیتا ہے کہ ابھی تو اندھیرا ہے اور میں اپنا آرام وہ بستر کیوں چھوڑوں، ویسے بھی باہر تو ٹھنڈا موسم ہے۔ ایسے بہانے کیے بعد دیگرے آتے رہتے ہیں۔ آپ یا تو ان بہانوں کے آگے ہتھیار ڈال دیتے ہیں یا پھر اپنی بھلائی کے لئے ان سے نبرد آزما ہوتے ہیں اور ورزش کرنے کی تیاری پکارتے ہیں۔



STAR PERFORMERS

September – October 2010



Ms. Hashima Begum
Registered Nurse – Nursing



Dr. Quratulain Jaffry
Medical Officer – Cardiology



Mr. Ejaz Akhter
Office Boy – MIS

WELCOME TO THI FAMILY

1. Mr. Nasir Iqbal (General Manager – Administration)
2. Dr. Muhamamd Ali Ghazanfar (Medical Officer – Cardiology).
3. Ms. Hina Nizar Karim (Nursing Instructor – NES).
4. Mr. Muhammad Ismail (HIS Support Officer – MIS).
5. Dr. Hira Ali (Medical Officer – Cardiology)
6. Dr. Naveen Nasim (Medical Officer – Cardiology)
7. Dr. Pashmina Sabah (Research Medical Officer)
8. Dr. Farheen Faraz (Medical Officer – Cardiology)
9. Dr. Faiza Mehfooz (Medical Officer – Cardiology)
10. Dr. Saima Mangi (Medical Officer – Cardiology)
11. Dr. Saba Aijaz (Fellow – Cardiology)
12. Dr. Usman Alam (Medical Officer – Cardiology)
13. Dr. Maria Qadri (Medical Officer – Cardiac Surgery)
14. Dr. Muhammad Iqbal Nasim (Medical Officer – Cardiac Surgery)

WEDLOCK

We wish a very happy life to

- | | | |
|-------------------------|----------------------|---------------------------|
| 1. Ms. Sana Mubashireen | Rehab Specialist | Rehabilitation Department |
| 2. Mr. Waseem Khokhar | CCT | Nursing Services |
| 3. Mr. Mushtaq Ahmed | Registered Nurse | Cath Lab |
| 4. Mr. Erum Eric | Registered Nurse | Nursing Services |
| 5. Mr. Oniel Victor | Registered Nurse | Nursing Services |
| 6. Mr. Muhammad Arshad | Nursing Supervisor | Nursing Services |
| 7. Mr. Muhammad Ismail | HIS Support Officer | MIS Department |
| 8. Mr. Habib Ahmed | Lab Assistant | Laboratory |
| 9. Mr. Khurram Waheed | Medical Technologist | Laboratory |

STORK VISITS

Our heartiest congratulations to

1. Dr. Kaleem Ullah Shaikh (Cardiologist) on birth of Baby Boy.
2. Dr. Shamim Siddiqui (Cardiologist) on birth of Baby Girl.
3. Dr. Salman Habib (Nuclear Physicist) on birth of Baby Girl.
4. Mr. Aftab Ahmed (Deputy Manager Nursing) on birth of Baby Girl.
5. Mr. Waheed Ahmed Khan (Anesthesia Technician) on birth of Baby Girl.
6. Mr. Shakeel Ahmed (Anesthesia Technician) on birth of Twin Baby Girls.
7. Mr. Waqas Khan (Rehab Specialist) on birth of Baby Girl.
8. Mr. Asif Memon (Jr. Inventory Officer) on birth of Baby Girl.
9. Mr. Mansoor Shaikh (Power House Tech - Engineering) on birth of Baby Girl
10. Mr. Daniel Gill (CCT – Nursing) on birth of Baby Boy.
11. Mr. Sunil Patrick (Nurse Aide) on birth of Baby Boy.
12. Mr. Naeem Ali Khan (Porter – Nursing) on birth of Baby Boy.
13. Mr. Muhammad Sarwar (Porter - Nursing) on birth of Baby Girl.
14. Mr. Afzal Khan (Porter - Nursing) on birth of Baby Girl.

BEREAVEMENTS

We share the grief of:

1. Ms. Sana Mubashireen lost her father
2. Mr. Asif Khan lost his mother.
3. Mr. Rizwan Shahid lost his mother
4. Mr. John Andrew Mohan lost his father
5. Ms. Nabila Abrar lost her husband.
6. Family Members of Mrs. Salina Zaidi (Ex. Nursing Manager - THI)
May Almighty Allah grant their souls eternal peace... Ameen

FELICITATIONS

1. Dr. Moinuddin Khan has passed his FCPS Cardiology and also completed his Training for Interventional Cardiology.

2. We feel proud to announce that Mr. Muhammad Nasir Khan & Mr. Abdullah Khan secured 1st & 3rd Position respectively in the

final exams of Post Cardiac Nursing conducted by Sindh Nurses Examination Board.

We heartily congratulate our physician and fellow Nursing staff at this estimable achievement and wish them great success in their future endeavors.

Tabba Heart Institute Recognized

A conference was held by A. M. Distributors on January 29, 2011, at Pearl Continental hotel Karachi with an objective to highlight the utility of disposable surgical drapes and sterilized packing materials.

THI was awarded a shield for its contribution in promoting the usage of disposable surgical drapes and sterilized packing material to avoid infections and provide quality care to the patients. Dr. Khalid Rasheed, Mr. Altaf Lateef, Mr. M. Aqil, Mr. Ghulam Sarfaraz attended the same on behalf of THI.

The conference was very well organized informative and well attended by healthcare fraternity including doctors, surgeons, and executives.



Consultation in Pediatric Cardiology

Adding yet another pillar of excellence to further solidify its edifice, Tabba Heart Institute started consultation and minor procedures in Pediatric Cardiology. Renowned Consultant Pediatric Cardiologist, Dr. Najma Patel has started conducting her consultation clinics at the hospital once a week (currently), every Wednesday. Having vast experience in performing diagnostics Cardiac Catheteriz Action and intervention procedures on children upto 16 years of age, Dr. Najma Patel's induction to THI's faculty will certainly add value to the institute's effort to provide state of the art cardiac care across all spectrums of cardiovascular diseases.



TYPES, BENEFITS AND HARMS OF DRINKING TEA

by: Maria Amir

Many of us have a general idea about tea's benefits but do not really know what wonders this three letter word can do! Tea, whether with milk or without milk is fast turning into an effective therapy to refresh mind and body. It is best when taken without milk and sugar, about 2-3 cups a day.

There are four main varieties of tea coming from the same plant called "Camellia Sinensis" and are given different names only after having gone through certain specific cooking or preparation methods.

Green Tea: Pan fried or



steamed, to prevent the leaves from oxidizing or fermenting.

Oolong Tea: The most expensive and semi-fermented.

Black Tea: The strongest, fully fermented having about three times as much caffeine as in other teas.

White Tea: Rare and made from the white buds of the tea plant, instead of the green tea leaves.

Healthy Benefits:

Boosts Brain Activity: It helps to concentrate and focus, due to amino acid L-thiamine which absorbs in the gut and travels through the blood to the brain.

Helps fight off illness: It is supposed to be a very strong immune booster. Those who regularly take tea are supposed to be more immune to cold or flu.

Can Help in Weight Loss: Tea boosts metabolism. Drinking a few cups of green tea at work (without sugar) can trim the waist line.

Reduces Risk of Cancer: 3-4 cups of tea per day reduces likelihood of cancer up to 60%, due to the antioxidants in tea leaves. The 1994 issue of the journal of National Cancer Institute showed that green tea helped prevent esophageal cancers.

Prevents Growth of Liver Tumors: In 1996, at the Indiana University School of Medicine Researche found that green tea may help prevent liver tumors.

Lowers Blood Pressure: Research from both animal and human studies suggest that drinking green tea can lower down blood pressure and cholesterol and reduce the risk of heart diseases.

Lowers Stress Hormone Levels: According to a study by researchers at University College London, drinking black tea can lead to lower levels of the stress hormone cortisol.

Stroke: Research presented at the International Stroke Conference in February 2009 declared that drinking three or more cups of tea per day can reduce the risk of stroke by as much as 21%. The research, conducted at the University of



California, Los Angeles concluded that drinking green and black tea has a significant impact on the reduction of the risk of stroke.

Harmful Effects of Excessive Consumption

● Various studies reveal that it aggravates the symptoms of "Pre-menstrual syndrome" such as depression, anxiety, headache, abdominal cramps and bloating.

It is one of the causes of kidney disorders. Caffeine is known to cause diuresis and consuming more than five cups a day results in 400-500% of urination than usual. This can eventually damage the kidneys and may also result in the formation of kidney stones. Furthermore it can result in incontinence, a condition marked by a frequent and uncontrollable urge to urinate. Caffeine exerts immense pressure on the bladder and causes the surrounding muscles to contract, thereby increasing need to urinate.

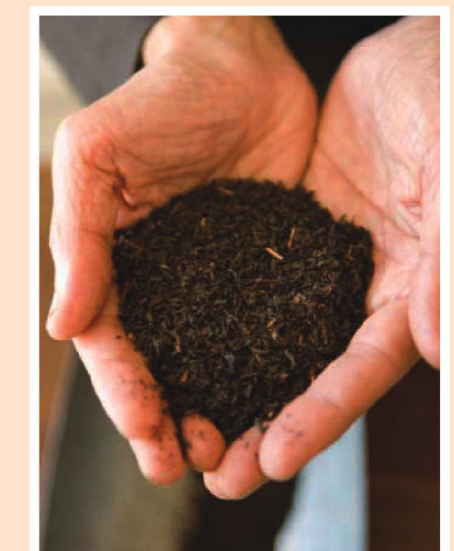
● According to the results presented at the Annual Congress of the European League against Rheumatism, Rome, women who drink more than 3-5 cups a day are at a potential risk of developing of Rheumatoid Arthritis.

Some people may be sensitive to the effects of Caffeine. Tea is quite high in caffeine and too much tea can affect the duration of sleep.

Green Tea and Its effects:
In 2007, a study conducted by the University of Arizona concluded that green tea cleanses the body by boosting the production of detoxifying enzymes.

The idea of weight-loss attributed to green tea sounds simple, but it has many potential pitfalls. The ingredients that cause weight loss are called catechins and caffeine, and these are found in the highest concentration in young tea buds. Young tea buds also contain theanine that gives tea its characteristic sweet taste and is naturally decaffeinating. It also reduces anxiety in young women and gives a soothing effect.

The higher the tea quality, the lesser it should be consumed as it contains high amount of catechins and caffeine which promote fat burning and metabolism. If you are new to green tea, it is recommended to be taken in between meals and in the morning, otherwise the catechins and caffeine may stimulate the production of gastric acid causing stomach indigestion and may also interfere with the absorption of the dietary iron. It may be taken with additives such as lemon, honey or milk to enhance the taste. However the effects of such combination remain unknown.



HARMS OF SOFT DRINKS INTAKE

1. **In The First 10 minutes:** 10 teaspoons of sugar hit your system (100% of your recommended daily intake). You don't immediately vomit from the overwhelming sweetness because phosphoric acid cuts the flavor allowing you to keep it down.

2. **20 minutes:** Your blood sugar spikes, causing an insulin burst. Your liver responds to this by turning any sugar it can get its hands on into fat. (There's plenty of that at this particular moment)

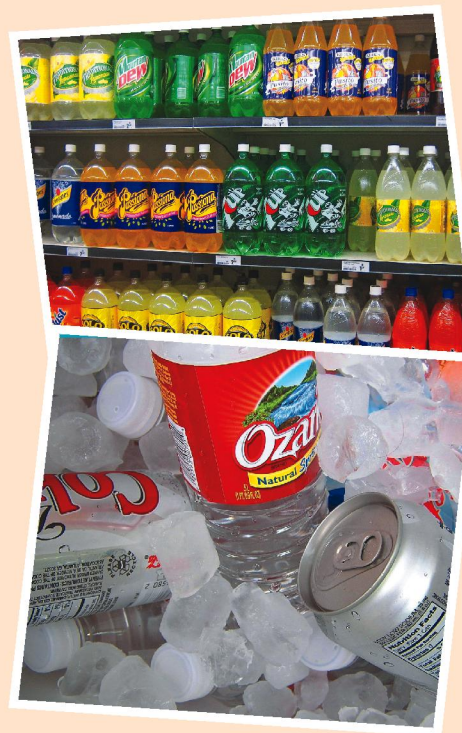
3. **40 minutes:** Caffeine absorption is complete. Your pupils dilate, your blood pressure rises, as a response your liver dumps more sugar into your bloodstream. The adenosine receptors in your brain are now blocked preventing drowsiness.

4. **45 minutes:** Your body ups your dopamine production stimulating the pleasure centers of your brain. This is physically the same way heroin works, by the way.

5. **60 minutes:** The phosphoric acid binds calcium, magnesium and zinc in your lower intestine, providing a further boost in metabolism. This is compounded by high doses of sugar and artificial sweeteners also increasing the urinary excretion of calcium.

6. **60 minutes:** The caffeine's diuretic properties come into play. (It makes you have to urinate). It is now assured that you evacuate the bonded calcium, magnesium and zinc that was headed to your bones as well as sodium, electrolyte and water.

7. **60 minutes:** As the rave inside of you dies you start to have a sugar crash. You may become irritable and/or sluggish. You have also now, passed out water that was in the coke. But not before infusing it with valuable nutrients your body could have used for things like even having the ability to hydrate your system or build strong bones and teeth.



Management of Hypertension

To enlighten doctors about the crucial role of Blood Pressure in heart ailments, a short CME on Hypertension was arranged at Abdul Razzak Tabba Auditorium on January 14, 2011, in coordination with a renowned pharmaceutical company. Dr. Irfan Chandna (Consultant Cardiologist) delivered a presentation on various aspects and updates on the management of Blood Pressure. The event was attended by a large number of General Physicians and Medical Officers.

Health Awareness Session at ICI Pakistan

The highly dedicated unified team of Marketing and PR, Laboratory and Cardiac Rehabilitation arranged another screening and assessment session at ICI Pakistan. Valuable information about the hospital services was disseminated through the video documentary. Awareness lectures were delivered by Ms. Mehreen Amer and Ms. Farzana Amir Hashmi from Preventive Cardiology and Cardiac Rehabilitation department, on the significance of healthy diet and positive life style factors respectively. The discourse facilitated the audience on how to stay safe and maintain a healthy life style by focusing on various aspects which account for cardiac health.

The visit of THI team was highly appreciated by the ICI staff and Management.

Free Screening Camp at North Nazimabad Lab Collection Unit

The management of Tabba Heart Institute continuously strives to promote community participation and involvement in public health awareness programs. In this context, Marketing and PR, in collaboration with Laboratory and Diagnostic Services THI, organized free screening camps at various locations, with an objective to escalate awareness among people about their health and protection from cardiac ailments.

Onsite screening for BMI, Diabetes, Blood Pressure and Cholesterol was offered at THI North Nazimabad Laboratory Collection Unit to the residents in the vicinity. More than 250 people visited the camps and got themselves screened. Informative literature related to cardiac health, guidelines for cardiac friendly diet and other brochures related to hospital services were distributed to the visitors.



SLEEP! FOR WEIGHT LOSS...Hira Tahir

All of us know that a well-balanced diet and a regular exercise program are the keys to a weight loss plan, but only few are aware of the fact that lack of sleep can ruin one's efforts for weight reduction. Recent medical studies show that sleep loss can increase hunger and affects the body's metabolism in a way that makes weight loss more difficult. Let's have a look on how sleep loss affects weight loss:

1. Cortisol is a hormone that is commonly released in response to physical or emotional stress. When we are deprived of sleep, cortisol is released at an increased level and makes us feel hungry even if we are full. As a result, people who continue to lose sleep on a regular basis tend to experience hunger even when they have had an adequate amount of food.

2. The release of growth hormone is decreased as a result of losing deep sleep. This leads to poor regulation of body's

proportions of fat and muscle in adults. With less growth hormone we reduce the ability to lose fat and grow muscle.

Sleep is starting to sound pretty important now, isn't it? The point that needs to be considered here is, Why are you losing sleep and what can you do about it.

If you are amongst those who choose to live with sleeping hours, to stretch more working hours in a day, remember that a better night's sleep may actually increase your productivity in a shorter amount of time, as you will have more energy and can think more clearly than when you are tired. Others who might be suffering from sleeplessness due to some medical problems like backache, depression, anxiety or sleep apnea must try for medical help. But check out these simple tips first:

Don'ts :

- Go to bed hungry.
- Eat high protein food close to bedtime as

it makes your body feel it should be active and therefore keeps you awake.

- Take caffeine, nicotine, or alcohol from late afternoon and beyond.
- Lie in bed if you are agitated. Do something relaxing until you feel sleepy.

Do's:

- Have a healthy diet.
- Try bedtime rituals like warm baths, light reading, listening to calm music or recorded nature sounds.
- Establish a regular exercise routine and do it well before bedtime.
- Create a peaceful sleep environment. Keep the temperature and darkness of the room at a soothing level.

Give yourself sleep hours instead of squeezing more activity into a day.

The sleep you get each night is just as important as the choices you make in eating and exercising. So take enough time and sleepwell. Sweet dreams...



Research work

Research work presented at Asia PCR 2011, Singapore Live Conference. 13th - 15th January 2011.

Poster Presentation:

Doppler Derived mean Gradients across St. Jude Mechanical Prosthesis in our Population. Dr. Ayaz Hussain Shaikh, Dr. Bashir Hanif, Dr. Khursheed Hasan.

Case Corner:

Latrogenic Aortocoronary Dissection.

Dr. Ayaz Hussain Shaikh, Dr. Khursheed Hasan, Dr. Bashir Hanif.
Postdeployment Stent Deformation. Dr. Ayaz Hussain Shaikh, Dr. Asad Pathan, Dr. Moinuddin Khan.

Complication Case Presentation:

Large Radial Artery Pseudoaneurysm. Dr. Asad Pathan, Dr. Bashir Hanif, Dr. Ayaz Hussain shaikh.



HEART

A Quarterly Magazine for the Faculty and Staff of Tabba Heart Institute.

Dear Readers,

It has been our utmost aim to produce every issue of Heartbeat as informative and interesting as possible. At the same time, we value our readers' opinion. Please take a few minutes and give us your feedback. Thank you!

Fahad Anwer Chishti,
Editor,
Heartbeat.

Remember your honest feedback is food for us!

Name: _____

Email: _____

Contact No.: _____

(All information required is optional)

(1) How would you rate the content of Heartbeat generally?

Excellent Good Satisfactory Poor

(2) What newsletter topics you find more interesting?

(you can tick more than one)

- a. Article about THI Departments and Services
- b. Information about CME / Seminars / Camps
- c. Human Resources
- d. Article about Healthy Diet
- e. Medical / Cardiology article

(3) What more would you like to see in the next issues?

- a. Details about THI services
 - b. Doctors' Profiles
 - c. Medical articles
 - d. Any other, please specify: _____
- _____

(4) How would you rate the layout / appearance of the Heartbeat?

- a. Excellent
- b. Good
- c. Satisfactory
- d. Poor

**(5) Any other ideas or suggestions about Heartbeat,
(Be creative)**

*Please complete this feedback questionnaire and submit it to
Patient Relations Office no later than May 15, 2011.
For any further information, please call: 021-111-844-844, ext: 530.*