

HEART BEAT

Issue 15, December 2011

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

Nuts and your heart

Nuts offer wholesome health and nutritional benefits when eaten in moderation.

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From Editor's Desk

Dear Readers,

Assalam Alaikum

We are here with yet another issue of Heart Beat, the issue which has taken a little longer than usual due to my whole team busy with other official assignments but all credit goes to them who once again proved their mettle by working so hard in coming up with this issue and covering a lot of information expected to be of interest to many, if not all of you.

Our last issue received an overwhelming positive response from you. The issue where we gambled a little with the new outlook design with an objective to give our readers a fresh experience of reading the articles of this newsletter and by the grace of Almighty, the gamble paid off. We at the editorial board feel even more indebted to our readers now to produce this issue with even better quality.

This issue, apart from the other regular features, contains a new series whereby we'll have an interview with one of our senior doctors which will give you an insight about their professional as well as their personal lives to a certain extent. For this issue, we have covered the experiences of our medical director Dr. Bashir Hanif, which I feel personally is the highlight of this issue.

We always welcome your candid feedback about this newsletter. Please share yours at this id:
editor@tabbheart.org

Merry Christmas to all are Christian staff and Happy New Year in advance to all readers!

Fahad Anwer
Editor

Board Members

Farzana Amir Hashmi
Sadia Abbas
Dr. Shamim Siddiqui
Zeeshan Butt
Mehreen Amer

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DEPARTMENTAL PROFILE

The Consultant Clinics

Tabba Heart Institute's Consulting Clinics provide services to over 3,500 Outpatients a month. Our renowned Consultants, with their expertise and experience provide individualized health care services to our patients, and offer the finest and most important ethical medical advice covering every aspect of Cardiovascular disease. The aesthetically pleasing, serene environment results in a soothing experience for patients that aids recovery.



The **Consultant Clinics** are located at Tabba Heart Institute's Ground Floor. It is operational from 9 am to 9 pm, six days a week, in three shifts. The Clinics consists of 07 Consultant Rooms, Initial Nursing Assessment Areas, ECG Rooms and Satellite Pharmacy for out-patients.

To further facilitate the patients and to make the same level of care and services available to the population at their doorstep, THI has opened its outreach consulting clinics at other locations as well. At **Medilink Clinics**, Clifton, consultation by the Chief of Cardiology and the Medical Director THI, Dr. Bashir Hanif, along with other services such as ECG are offered. THI also has an exclusive clinic space at **DHA Medical Centre** where senior consultants Dr. Asad Pathan and Dr. Irfan Chandna provide consultation

along with services for ECG, ETT and Echocardiography.



Appointments for Clinic as well as Outreach Clinics are made through THI reception or through 111-844-844, Ext 536 and (412 for Medilink). Initial patients are accommodated in the Clinics immediately, or as early as possible. Discharged patients are also facilitated as per the Consultant's advice. Follow up patients are counseled about their routine follow ups and are given appointments accordingly. One or two vacant slots are held in reserve, in case of emergent requirements of some patients. If none is available, the patients are referred to ER, or Fellow Clinic, depending upon the condition. Confirmation calls are made at least 24 hours prior to the time of appointment. The surveys conducted by Patient Relations Department show high levels of patient satisfaction and indicate that for a booked patient, the waiting time hardly goes beyond thirty minutes.



Although THI is a Cardiac Care facility, the Outpatient Department

comprises a number of clinics; Cardiology services include Cardiac Medicine, Interventional Cardiology, Pacemaker and Arrhythmia Clinic, Cardiothoracic Surgery and Pediatric Cardiology. THI Consultant Clinic also offers other specialties include **Pulmonology, Nephrology, Gastroenterology, Diabetology, General Medicine** and recently introduced, **Neurology Clinic**. A total of 25 Consultants and 5 Fellows of Cardiology under the supervision of consultant Cardiologist are offering consultation to THI's patients at the Clinic and Outreach Clinics.



Detailed information about the Consultants' schedule is also available on THI's website.

A prominent feature of the Clinic is our friendly and competent staff that assists the patient to attain their health. Also at the Clinic, emphasis is laid on educating to make them well informed and active participant in their healthcare management decisions. For this purpose, Diabetic and Nurse Educator facilitates the patient and counsels them on how to take care of their own health.

EVENTS

Session On The Administration Of Cardiopulmonary Resuscitation (CPR)



Medical professionals believe that in certain medical emergencies, CPR gives a fighting chance to the dying patient. Much more public awareness needs to be spread on the ability to perform it, beforehand. Taking it as its social responsibility, THI has held several training sessions on the administration of CPR for general public. The participants included the middle and senior level executives from Lucky Cement and other different corporate organizations; they were taught about life saving techniques in a medical emergency situation.

The program comprised of lectures by THI consultants, movies on Basic Life Support (BLS) and hands on practice. It provided a great learning opportunity to laypersons enabling them to provide first aid to the patient when paramedics are not readily available.

Session On Advancements In CSSD



Mr. Majed El Awar, a senior technical specialist from 3M, shared his experience with us regarding new technology and academic advancements in CSSD in a CME titled "Updates on Sterilization" on June 9, 2011, at Abdul Razzak Tabba Auditorium. The CME was attended by Nursing, CSSD and OR Staff.

Free Medical Checkup Camp At Halaar Memon Jamat - Hyderabad



THI organized a camp on Saturday, July 16, 2011, at Halaar Memon Jamat, Hyderabad offering free checkup and screening to cardiac patients.

Team from THI included Medical Officers and Fellow Cardiologists, Nursing and other paramedic staff, laboratory technologists, ECG technicians, and Senior coordinators from the management. The program included checking Height/Weight, Blood Pressure and Blood Tests (Cholesterol and Sugar) of all the

patients and screening of cardiac patients. ECG facilities were also provided to the patients as per requirement. The screened out patients had consultation with THI Cardiologists. Over 180 patients were screened.

Dr. Haroon, President, Halar Memom Jamat officiated the closing ceremony of the medical camp and presented certificates of appreciation to the doctors and volunteers.



Awareness Session at World Memon Foundation Community Center Trust

The departments of Nursing Services and Cardiac Rehabilitation THI were invited to hold Awareness Session at World Memon Foundation Community Center Trust, to educate the audience about common and prevailing health issues. Lectures on Obesity, Healthy Diet, Diabetes and Breast Cancer were delivered, which were attended by more than 300 students and faculty members. Brochures and flyers on Breast Cancer Awareness and Diabetes, specially designed for the occasion, were distributed along with other health information material.

An enthusiastic participation of audience was observed during the Questions and Answer session that followed the presentations. The Management of World Memon Foundation Community Center Trust highly appreciated the session and deemed it a very informative and enriching experience.



EVENTS

World Heart Day

Cardiovascular diseases are the world's largest killers, claiming 17.3 million lives a year. Risk factors for heart disease and stroke include raised blood pressure, cholesterol and glucose levels, smoking, inadequate intake of fruit and vegetables, overweight, obesity and physical inactivity.

In partnership with WHO, the World Heart Federation commemorates World Heart Day every year on September 29 to create public awareness and control the rampant spread of cardiac ailments around the World.



In this context, Tabba Heart Institute (THI) organized a series of Heart Health Awareness activities from Saturday, September 24, to Friday, September 30, 2011. The activities included Interactive Sessions, Lectures, Assessment Camp and a fun-filled Health Mela for THI staff and general public.

An hour-long Interactive Cardiac Health Awareness Session for staff was organized on Saturday, September 24, 2011 at the THI auditorium to increase awareness on the severity of cardiovascular diseases and to encourage heart-healthy habits amongst THI employees. The session included lectures by prominent Cardiologists like Dr. Bashir Hanif and Dr. Khawar Abbas Kazmi about Cardiovascular Disease and its risk factors. The discourse enlightened the audience about the changes one needs to bring in order to lead a healthy life.

The session also included a presentation on Heart-healthy diet, by

Ms. Saima Rasheed, from Pakistan Nutrition and Dietetic Society (PNDS).



A Health Mela was organized for general public at THI Parking lot on the same day, in the afternoon. Health Screening Stalls for Body Mass Index (BMI), Blood Pressure, Sugar, Smoking Assessment, Fat Analysis, and Nutrition Assessment were set up to evaluate the health of participants. Quiz Competition, Kids' Activity Stall and Cold Drinks & Beverage Stalls were also set up to keep the participants entertained. The event witnessed an enthusiastic participation from staff as well as visitors of THI, and more than a hundred participants got themselves thoroughly screened.

Periodic health screenings are a necessary part of campaigns planned for World Heart Day, as they help to detect anomalies and receive timely treatment if needed. Taking this opportunity, THI was pleased to offer Free Screening Service for Blood Pressure, BMI, Blood Sugar,



Cholesterol and Hepatitis B & C to the employees of Geo Television Network. A full day Health Assessment Camp was organized at Geo TV Head Office, on Monday, September 26, 2011 where more than 250 employees of Geo Television Network got screened.

On Thursday, September 29, 2011, an interactive session was held at THI Atrium, in collaboration with Pakistan Nutrition and Dietetic Society. Ms. Faiza Shoab (PNDS) spoke on fitness, and changes that were required to maintain it. Stalls were set up in the waiting area, with platters of healthy and unhealthy food; pamphlets and literature on nutrition and balanced diet were also displayed, to educate the audience.

The culminating event took place on September 30, 2011; an Interactive Health Awareness Session was organized for THI's Corporate Clients



and patients, and was attended by about a hundred guests. The session included presentations and talks by Prof. Mohammad Ishaque (Executive Director, Karachi Institute of Heart Diseases) Dr. Bashir Hanif (Medical Director, THI) and Prof. Khan Shahzaman (Executive Director National Institute of Cardiovascular Diseases). The speakers deemed World Heart Day as the right opportunity to voice concern against the proven hazards of smoking, unhealthy eating and sedentary lifestyle. The talks were followed by an interactive discussion between the audience and the Panel that included, apart from the speakers, Dr. Khalid Rasheed (Chief of Cardiothoracic Surgery, THI) and Dr. Asad Pathan (Consultant Cardiologist & Director Cath-Lab, THI).

INSIDER

NEW JOININGS

Dr. Syed Nadir Naeem
Senior Medical Officer
Cardiac Surgery

Dr. Saira Khurshid
Medical Officer
Cardiology

Dr. Sana Naseem
Medical Officer
Cardiology

Dr. Rabeea Khan
Medical Officer
Cardiology

Dr. Abdul Waheed Khan
Medical Officer
Cardiology

Dr. Syed Feroze Bakht
Clinical Pathologist
Pathology/Laboratory

Dr. Kamran Dawood
Consultant Microbiologist
Infection Control

Dr. Rafat Shakil
Medical Officer
Cardiac Surgery

Mr. Imran Ali
Research Officer
Cardiology

Dr. Urooj Essa
Medical Officer
Cardiology

Mr. Abdul Jabbar
Inventory Officer
Materials Management

Dr. Kashif Shahzad
Medical Officer
Cardiology

Mr. Muhammad Saleem Sulehri
Admin Manager
Ware House

STORK VISITS



Ms. Maria Amir
had a Baby Boy

Mr. Abdul Rahim
had a Baby Boy

Mr. Amjad Bhatti
had a Baby Girl

Ms. Nargis Abdullah
had a Baby Girl

Mr. Ghulam Nasir
had a Baby Girl

Mr. Shariq Raees Siddiqui
had a Baby Boy

Mr. Kamran Yousuf
had a Baby Girl

Ms. Hashima Begum
had a Baby Boy

Mr. Haider Ali
had a Baby Girl

Mr. Ismail Khan
had a Baby Boy

WEDLOCK

Our heartiest congratulations to:

Ms. Paras Panjwani
(NIC)

Mr. Muhammad Atif
(PBSD)

Mr. Asif Zubair
(MMD)

Mr. Muhammad Khan
(Nursing Services)

Dr. Ghulam Hussain Soomro with Dr. Saima Mangi (Cardiology)



BEREAVEMENTS

We share the grief of:

Mr. Altaf Lateef who lost his mother.

Ms. Kaneez Shabbir who lost her mother.

Mr. Muhammad Arshad who lost his father.

Mr. George Dean who lost his mother.

Mr. Ayaz Hussain who lost his mother.

Mr. Anzar Ahmed who lost his mother.

Mr. Aftab Alam who lost his father.

Mr. Nadir Shah who lost his brother.

Mr. Riaz Ahmed who lost his brother.

Dr. Khurshed Hassan who lost his father.

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

CONSULTATION IN NEUROLOGY

Tabba Heart Institute aims to provide the best Outpatient and Inpatient services to the community. Upgrading the OPD services further to meet the needs of the patients, the THI Clinic has started to offer consultation in Neurology, providing comprehensive evaluation and follow-up to individuals with complex neurological disorders.

Diplomate American Board Certified in Neurology and Psychiatry Dr. Farrukh Shohab Khan is conducting clinics once a week on every Monday. Dr. Khan's induction to THI's faculty will certainly add value to institute's effort to provide state of the art healthcare services to the community at large.

PROMOTIONS

Mr. Abu Turab Hussain
as Senior Officer (HIMS)

Ms. Sadia Abbas
as Senior Officer (Marketing and PR)

Mr. Waqas Darbar
as Senior Assistant (F&A)

Mr. Muhammad Jahangir
as Senior Assistant (F&A)

Mr. Mohsin Zia
as Senior Billing Executive (F&A)

Mr. Mohsin Ali
as Assistant Manager (Internal Audit)

Mr. Muhammad Yousuf
as Senior Assistant (Internal Audit)

Mr. Abdul Rasheed Khan
as Senior Officer (Patient Relations)

Mr. Muhammad Kamran
as Assistant Head Nurse (Nursing Services)

Ms. Hashima Begum
as Assistant Head Nurse (Nursing Services)

Ms. Nayyer Javed
as Assistant Head Nurse (Nursing Services)

Mr. Mushtaq Ahmed
as Senior Cath Lab Nurse (Cath Lab)

Ms. Shagufta Naheed
as Senior Cath Lab Nurse (Cath Lab)

Mr. Asif Khan
as Assistant Head Nurse (Cath Lab)

Mr. Abdul Rahim Khan
as Head Nurse (Nursing Services)

Mr. Ali Ghulam Hussain
as Supervisor Blood Bank (Laboratory)

Ms. Farah Naz
as Supervisor Hematology (Laboratory)

Ms. Hina Abbasi
as Microbiologist (Laboratory)

Syeda Shajiya Saeed
as Supervisor cum Coordinator
(Laboratory)

Mr. Atta ur Rehman
as Medical Technologist (Laboratory)

Mr. Arif Gul Magsi
as Medical Technologist (Laboratory)

Mr. Aftab Mehmood
as Medical Technologist (Laboratory)

Mr. Junaid Ejaz
as Medical Technologist (Laboratory)

Mr. Bilal Naseem
as Officer (Human Resources)

Mr. Muhammad Jawad
as Senior Assistant (Human Resources)

Mr. Kamran Saroor
as Senior Billing Officer (PBSD)

Mr. Anwer Khan
as Senior Radiographer (Radiology)

Mr. Raheel Sultan
as HIMS Coder (HIMS)

Mr. Abdul Rehman
as HIMS Coder (HIMS)

Syeda Uzma Zaidi
as Senior Secretary (CTS & Anesthesia)

Ms. Shaheen Asif
as Senior Infection Preventionist (ICD)

Mr. Muhammad Idrees
as Supervisor Mechanical (Engineering)

Mr. Imran Khan
as Electrician (Engineering)

Mr. Hassan Javed
as Technician (Engineering)

Mr. Sagar Abbas
as Critical Care Technician
(Nursing Services)

Mr. Muhammad Sadiq Bhiriya
as Assistant Manager (MMD)

Mr. Ismail Ashdar
as Assistant Manager (FC/CC)

ACHIEVEMENT

Ms. Mehreen Amer has qualified for **Food Safety Professional** Examination, from NED University Karachi, in collaboration with Pakistan Institute of Quality Control. She is now a Post Graduate certified Food Safety Professional.

HAJJ FACILITATIONS

We congratulate **Mr. Riaz Ahmed & Ms. Aisha Sobia** on achieving this great privilege.



STAR PERFORMERS

(Jan – June 2011)



Dr. Muhammad Kashif Naem
Medical Officer
Anesthesia



Mr. Muhammad Jahangir
Senior Assistant
Finance & Accounts



Ms. Perveen Farooq
Nurse Aide
Nursing Services



Mr. Imran Khan
Electrician
Engineering Services

An Interview With Dr. Bashir Hanif

1. Is there a person or experience that has guided your career? What exactly was the source of inspiration behind choosing cardiology?

A) I come from a very small village with a very humble background. I used to see patients dying because of lack of health care facilities or proper physicians to take care of these ailing and dying patients. This was the major reason for me becoming a physician. Regarding the choice of Cardiology - when I finished internal medicine residency, Cardiovascular disease was the most rapidly growing field of medicine with addition of new and less invasive techniques for treatment of life threatening conditions. One of the major factors which attracted me to this field was that as a cardiologist you could make a difference in life and death.

2. What is your next professional endeavor?

A) After establishing Tabba Heart Institute as state of the art international standard center of Excellence for cardiac care in Pakistan, now my goal is to have the hospital accredited by Joint Commission of International Accreditation (JCIA) and establish it as one of the best teaching, training and research cardiac institute in the region. We have already started several training programs including Adult Cardiology and Interventional Cardiology Fellowship, Cardiac Surgery Fellowship, Diploma in Cardiac Nursing, Critical Care Technician, Diploma in CSSD and Lab Technology. Future programs in the process of planning are training in Cardiac Rehabilitation, Cardiac Cath Lab Technician/ Nurses, Echocardiography and Nuclear Cardiology Technicians.

3. What are the thumb rules for a layman to take care of his heart and maintain overall health?

- A)** **Be active.** Exercise/walk regularly for at least half hour, 5 days a week if not all days.
- B)** **Stop active and passive smoking** yourself and discourage your colleagues and family members. Ban smoking at home
- C)** **Eat healthy diet,** more fruits and vegetables. Drink plenty of water.



Designation:

Medical Director/Chief of Cardiology
Medical Director – Heartbeat International Pakistan
Chairman, Scientific Council on Atherosclerosis and Thrombosis
Joint Secretary, Pakistan Hypertension League

Credentials:

- ♥ Diplomate American Board of Internal Medicine, Cardiovascular Diseases and Interventional Cardiology.
- ♥ Diplomate National Board of Echocardiography
- ♥ Diplomate Certification Board of Nuclear Cardiology
- ♥ Diplomate Certification Board of Cardiovascular Computed Tomography

Remove table salt from the table and don't add any additional salt to food

D) Know your numbers i.e. Have your Blood Pressure, Cholesterol (Lipid Profile), Blood Glucose levels together with Waist- to- Hip ratio and Body Mass Index (BMI)-Weight in Kg/Height in Meters

4. It's still a grave shock to hear that some apparently healthy or young person gets a cardiac arrest. How do we understand it in perspective?

A) Cardiac arrest could be due to different reasons. Most common one is secondary to heart attack which occurs more commonly in patients with risk factors i.e. obesity, sedentary life style, smoking, high blood pressure, high blood sugars, high cholesterol and family history of premature coronary artery disease in first degree relatives. Rarely cardiac arrest can occur due to rhythm problem due to disturbance in electrical system of the heart.

5. What is a common health-related mistake that you frequently see in our population?

A) Most of the people don't follow physicians advice. They end up going to quacks and traditional healers who claim to cure everything and start using different kinds of desi recipes which are not proven to show any benefit. I have several patients who had repeat angiography done in few weeks or few months of trying all kinds of desi recipes with no change.

6. Does walking while doing daily chores at home or climbing the stairs in the house, work as a substitute for exercise that we

cannot do due to hectic schedule?

A) No, walking during daily chores is not good enough for the heart as you want to increase the heart rate while walking. Climbing stairs is good exercise but you need to climb enough stairs to increase your heart rate.

7. Tell us something about your own lifestyle.

A) My own life style as you know is very hectic. I don't sit during the day. As you might have seen, I walk briskly even in the hospital and mostly use stairs. I try my best to exercise, either late at night or early in the morning on treadmill or stationary bike, I have at home.

8. There is a usual perception about a healer being a sensitive person. Do you at times relate yourself with the suffering or do you think it is to be kept strictly on a professional level?

A) I think all human beings have some feelings when they see sufferings. Specially in our field we see the sufferings almost on daily basis. We see patients very close to death when they have heart attack or has survived sudden death. To some extent we do get used to it. But it is not uncommon, that I relate to the sufferings especially when someone's young family member dies.

9. Can you recount an experience that has personally changed you or affected you in some way?

A) Yes, this story will answer your above question as well. I was called in the hospital for emergency angioplasty at 2 AM while I was in

INTERVIEW

USA. This was a relatively young female who had cardiac arrest secondary to heart attack. She was shifted to the Cath Lab. Where she again had cardiac arrest and was being resuscitated. Before entering the Cath Lab, I was stopped by a six year old very beautiful girl accompanied by her father, who while crying and with her hands together in front of me started begging "Doc please save my mom, please save my mom, she cannot leave me alone, you have to do something, you cannot let her go, please doc please, please" I tried to reassure her and went in the Cath Lab. She was revived but her blood pressure was very low. We did every possible measure, including angiography and angioplasty, but she did not survive. Throughout the procedure, young girl's words kept echoing in my ears. I did not have the courage to go out and face or talk to the young girl or her family. I sat in the Cath lab for almost an hour before I called in only the girl's father inside and disclosed the bad news to him. I still had lot of difficulty finding words to disclose him the news. That day's feeling and that young girl's beautiful face, I will never be able to forget. Every time I go in the Cath Lab, especially for a patient with a heart attack for primary angioplasty, the girl's words echo in my mind and reminds me that this patient will also be someone's father, mother, brother or sister who I have to give my best.

10. Do you think having acquired the status of a committed professional requires sacrifices in one's personal life? If yes, how to cope with it?

A) Yes definitely. It requires lot of sacrifices in personal and family life. It could be very difficult for the family. Coping with it is not easy. You need to at least try to balance the commitment with the professional, personal and family life. Mostly it is very difficult. If you give time to one, other suffers. My family as well as myself has mostly adapted to this commitment.

11. Don't you believe that working in Pakistan under law and order crises puts you at a potential risk? Why do you still prefer to work here than working abroad?

A) It is very difficult to stay in such an environment especially when I know that I have so many

opportunities abroad. I always tell my colleagues and friends in USA that despite all the odds of staying in Pakistan, the professional satisfaction I have gotten in last six years, I could not get it during my 12 years of practice in USA.. Establishing an institute center of excellence for cardiac care with international standard teaching and training facilities is the most important achievement of my life. Unfortunately safety and security of the family is the most important worrisome factor but then in these situations, religion and faith as well as patients' countless prayers and the thankfulness give me some strength not to go back.



12. As one of the leading healthcare professionals in the country, what contributions have you made to improve health conditions in Pakistan?

A) I feel other people would be better judge of my contribution. However I can proud to be one of the pioneers or founding members of THI-now a well known and established state of the art institute which is considered to be the benchmark in quality cardiac care in Pakistan. I, along with my team worked very hard to get the institute to this level. Now our goal is to get THI to the next level which is to become Academic Centre of Excellence as well. We have several structured training programs for physicians and paramedical staff; some of them have already finished their training and are contributing in improving the healthcare in Pakistan by working in other institutes of the country. We are also in the process of setting up a comprehensive preventive cardiology program that would go a long way to decrease the epidemic of heart disease in Pakistan.

13. How would you like to influence others since you are an inspiration and a mentor for many?

A) As I reminisce over my life, I am surprised at how far I have traveled. Having come from a remote village where the aim of individuals such as my parents was just to provide the basic needs of life, I have had to work very hard in obtaining my dream of becoming a physician. I was also fortunate that I was among those few who ventured beyond High School to pursue higher education. I had been through lot of challenges in my life, starting from not being able to speak or understand Urdu, going to a school with no building or chairs but sitting on the floor and one teacher for the whole school, then coming to Karachi where I had to start a complete new life without even knowing the English alphabets. Subsequently getting admission in Aga Khan University Medical College, during which I not only had to study hard but support myself and family by tutoring till almost midnight everyday all over Karachi, mostly on buses and sometimes on foot as well. Every stage of my life had been a struggle and challenge that I sailed through with lot of difficulties. It was all because of my hard work, my perseverance and my parents' prayers and my family's support that have helped me to come this far and fulfill my dreams. I never lost sight of my roots from underprivileged environment; therefore my vision to return back to my country and make my contribution. I have indeed been among the fortunate. I cannot forget my sources of inspiration and support - my parents, my conviction in God, and the physicians who served as my mentors and expressed satisfaction in me at every stage of my life.

I strongly believe that nothing is impossible; you can achieve anything you want by hard work. The only thing you have to do is dream and then go after it and the rest leave up to Allah (SWT). He will open the ways for you and guide you through.

Shaukat Khanum Cancer Hospital MIS Team Visit

The Shaukat Khanum Cancer Hospital's (SKCH) MIS team visited THI to acquire knowledge regarding Hospital Information System (Panacea) deployed at THI; how it was implemented and how it had functioned since its application.

SKCH MIS Team Head and Deputy Manager were given a full tour of the hospital and a detailed account of the application of Panacea. They highly appreciated THI's MIS department at having achieved so much of automation despite being a young hospital as compared to SKCH. They also commended the operation of Panacea in the wards and the clinical areas through the laptop trolleys, and deliberated over the possibility of having it replicated at SKCH.

MIS Department of THI sought guidance from the SKCH team regarding the process of integrating satellite locations with THI's central database. Overall, it was a mutually beneficial visit as both the teams learned a lot from each other.

NUTRITIONAL MYTHS

Mehreen Amer

MYTH #1:

Bananas Are The Best Source of Potassium

Your body uses potassium to keep your nerves and muscles firing efficiently and an adequate intake can blunt sodium's effect on blood pressure. One 2009 study found that a 2:1 ratio of potassium to sodium could halve your risk of heart disease and since the average American consumes about 3,400 milligrams of sodium each day, your goal should be 6,800 milligrams of daily potassium. You're extremely unlikely to ever reach that mark - and never with bananas alone. One medium banana has 422 milligrams and 105 calories. Here are the sources that earn you roughly the same amount of potassium in fewer calories:

- Potato, half a medium spud, 80 calories
- Apricots, 5 whole fruit, 80 calories
- Cantaloupe, 1 cup cubes, 55 calories
- Broccoli, 1 full stalk, 50 calories
- Sun-dried tomatoes, a quarter cup, 35 calories



MYTH #2:

Oranges Are The Best Source of Vitamin C

Far more than a simple immune booster, vitamin C is an antioxidant that plays a host of important roles in your body. It strengthens skin by helping to build collagen, improves mood by increasing the flow of norepinephrine, and bolsters metabolic efficiency by helping transport fat cells into the body's energy-burning mitochondria. But since your body can neither store nor create the wonder vitamin, you need to provide a constant supply. An orange is the most famous vitamin-C food, and although it's a good source, it's by no means the best. For 70 calories, one orange gives you about 70 micrograms of vitamin C. Here are five sources with just as much vitamin C and even fewer calories:

- Papaya, ¾ cup, 50 calories
- Brussels's sprouts, 1 cup, 40 calories
- Strawberries, 7 large fruit, 40 calories
- Broccoli, ½ stalk, 25 calories
- Red Bell Pepper, ½ medium pepper, 20 calories

The information/research given in the two articles above has been authenticated by our Clinical Nutritionist. However, it is still advised to contact her for any further information.

ریومیٹک ہارٹ ڈیزیز:

ڈاکٹر شمیم صدیقی

قلبی امراض کا ساٹھ فی صد حصہ Rheumatic امراض یعنی ریومیٹک بخار کی وجہ سے ہونے والی دل کی بیماریوں پر مشتمل ہے۔ ان بیماریوں کی وجہ سے دنیا بھر میں کئی افراد اپنی جان گنوار ہے ہیں۔ اس بیماری میں دل کے والوز (Valves) کو بخار اور جوڑوں کے درد کے ذریعے نقصان پہنچتا ہے۔ بیماری کا آغاز عموماً گلے کی خرابی سے ہوتا ہے۔ مگر بعض صورتوں میں اس کا آغاز گلے کی بجائے جلد کے انفیکشن سے بھی ہو سکتا ہے۔

اگرچہ پچاس سال پہلے تک مغربی ممالک میں یہ بیماری عام تھی تاہم ایٹنی بائیونک ادویات کے فروغ اور حفظانِ صحت کی صورت حال میں بہتری کے باعث اب اس میں خاصی حد تک کمی واقع ہوئی ہے۔ اعداد و شمار اگرچہ بہت واضح نہیں تاہم کچھ علاقے ایسے ہیں جہاں اس مرض کی شدت زیادہ ہے۔ ان میں افریقہ اور جنوبی وسطی ایشیا شامل ہیں۔ اس کے علاوہ برازیل جیسے ممالک بھی اس فہرست میں شامل ہیں جہاں متمول طبقے میں تو اس بیماری کی شرح کم ہے مگر مقامی اور مفلس علاقوں میں زیادہ ہے۔

اس مرض کی علامات بعض اوقات بچپن اور لڑکپن میں مگر عموماً 25 برس کی عمر تک ظاہر ہوتی ہیں۔ عمر اور بخار کے ہر دورے کے ساتھ مرض کی شدت میں اضافہ ہوتا رہتا ہے۔ بچوں میں ان علامات کا آغاز انفیکشن کے 5 ہفتے بعد ہوتا ہے۔ علامات مندرجہ ذیل ہیں:

- جوڑوں پر سوجن، درم، سوزش وغیرہ۔ اس سے گھٹنے اور ٹخنے وغیرہ متاثر ہوتے ہیں۔ یہ درم عموماً چند دن بعد ایک جوڑے سے دوسرے جوڑے پر منتقل ہو جاتا ہے۔
- جلد کے نیچے گانٹھ بن جانا۔
- نیچے کی نقل و حرکت کے انداز میں تبدیلی۔ اس کا

اندازہ نیچے کی لکھائی میں تبدیلی سے بھی لگایا جاسکتا ہے۔ اس کے علاوہ ایک علامت میں جھٹکے آنا بھی شامل ہے۔

- بازوں اور ٹانگوں وغیرہ پر گلابی رنگ کی خراشیں۔
- بخار
- وزن میں کمی
- تھکن
- پیٹ میں درد

یہ علامات دوسری بیماریوں کی علامات سے مماثلت رکھتی ہیں۔ اس بیماری تشخیص کے لئے اپنے معالج سے رجوع کریں۔

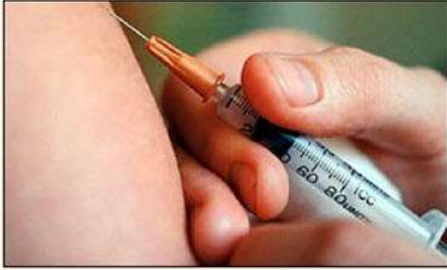
ریومیٹک بخار کا بہترین علاج پریہیز ہے۔ ایٹنی بائیونک ادویات گلے کی خرابی اور بخار کو بڑھنے سے روکتی ہیں۔ بہر کیف ایٹنی بائیونک کے استعمال سے ریومیٹک بخار اور اس کی وجہ سے ہونے والی دل کی بیماری کی شرح میں خاصی حد تک کمی ہوتی ہے۔ ریومیٹک بخار کا شکار ہونے والے بچوں کو باقاعدگی سے بیماری کے دوبارہ حملے اور اس کے نتیجے میں ہونے والے نقصان سے بچاؤ کی خاطر روزانہ یا ماہانہ طور پر ایٹنی بائیونک دی جاتی ہے۔

اس بیماری کے مختلف درجات ہیں جن میں Endocarditis یا Valvulitis

(valves) میں انفیکشن ہونا خون کا رستا، شریانوں کا سکڑنا) اور Myocarditis (دل کی اوپری سطح پر انفیکشن کا ہو جانا) شامل ہیں۔ جب ان کی شدت میں اضافہ ہو جائے تو آپریشن کے علاوہ کوئی دوسرا حل باقی نہیں رہتا۔

بچوں میں اسکول جانے کی سطح پر اس بیماری کے لئے حفاظتی اقدامات کرنے چاہیں اور ایٹنی بائیونک کے علاوہ بخار سے بچاؤ کے دیگر طریقوں پر عمل درآمد کرنا چاہئے۔ مگر مسئلہ یہ ہے کہ ہمارے ملک میں مہنگائی کے باعث یہ ممکن نہیں۔ ضرورت اس امر کی ہے کہ

ایسا لائحہ عمل ترتیب دیا جائے کہ ایک مرتبہ بیماری ظاہر ہونے کے بعد اس کی شدت میں اضافہ نہ ہوتا کہ دل کو کم سے کم نقصان پہنچے۔



بیماری کے ممکنہ حملے سے بچاؤ کے احتیاطی عمل کو Prophylaxis کہا جاتا ہے۔ اس دوران Penicillin کے انجیکشن (مہینے میں ایک بار یا 3 ہفتے بعد) لگایا جاتا ہے۔ بصورت دیگر دن میں دوبارہ Penicillin کے کپسول کھلائے جاتے ہیں۔ جن مریضوں میں بخار کے باعث دل متاثر نہیں ہوتا ان میں 5 سال تک یا 18 سال کی عمر تک Prophylaxis کو موزوں تصور کیا جاتا ہے۔ دل کے معمولی طور پر متاثر ہونے کی صورت میں 10 سال یا 25 سال کی عمر تک Prophylaxis کافی ہے۔ 30 سال کی عمر تک کے افراد کو جن پر پچھلے 10 سال میں ریومیٹک بخار کا حملہ نہیں ہوا Prophylaxis کی ضرورت نہیں ہوتی۔



NUTS

خشک میوے اور آپ کی صحت

مہرین عامر

خشک میوے کا استعمال اگر اعتدال سے کیا جائے تو ان سے بھرپور غذائی فوائد حاصل ہوتے ہیں۔ کیلوریز سے بھرپور، غیر صحت مند غذا اور وزن میں اضافہ کرنے والے Junk Foods کے متبادل کے طور پر خشک میوے بہتر ہیں۔ اگرچہ ان میں چکنائی کا تناسب زیادہ ہوتا ہے مگر ہمیں یہ بات یاد رکھنے کی ضرورت ہے کہ اہمیت ان کی تعداد اور مقدار کی ہے۔ اوسطاً، خشک میوے میں پائی جانے والی 85% چکنائی unsaturated ہوتی ہے، جس سے جسم میں چکنائی کی سطح یعنی کولیسٹرول میں کمی ہوتی ہے جو کہ دل کے لئے فائدہ مند ہے۔

چکنائی کے علاوہ خشک میوے میں مندرجہ ذیل فوائد ہیں:

- ☆ یہ Vegetable Protein کا بھرپور ذریعہ ہیں۔
- ☆ پھلکے سمیت استعمال کیا جائے تو یہ فائبر (ریشہ) سے بھرپور ہوتے ہیں۔
- ☆ Antioxidants سے بھرپور ہیں، یعنی قوت مدافعت میں اضافہ کرتے ہیں۔

☆ اس کے علاوہ ان میں Selenium, Zinc

Magnesium, Copper, Phosphorus اور

Potassium جیسے معدنیات بھرپور مقدار میں پائے جاتے ہیں۔

☆ ان میں Vitamin E ہوتا ہے۔

FDA (Food and Drug Administration, US) کی جدید تحقیق کے مطابق روزانہ 25-40 گرام خشک میوے کے استعمال سے دل کی صحت پر مثبت اثرات مرتب ہوتے ہیں۔



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بادام (تجویز کردہ تعداد 1-6 بادام روزانہ):

☆ بادام کیلشیم سے بھرپور ہونے کے باعث آپ کی ہڈیوں کے لئے بہت مفید ہوتے ہیں۔

☆ بادام کھانے سے گیس اور acidity میں کمی ہوتی ہے۔

☆ فونوپیکل (Polyphenol) سے بھرپور ہونے کے باعث یہ آپ کو قلبی امراض، فالج (Stroke) اور کینسر کے ممکنہ حملے سے محفوظ رکھتے ہیں۔

☆ چونکہ بادام میں (ریشہ) Fiber کا تناسب زیادہ ہوتا ہے لہذا یہ جسم میں چکنائی اور Carbohydrate کو جمع ہونے سے روکنے میں مدد دیتا ہے۔

☆ ذیابیطس کے مریض، زیادہ وزن کے حامل افراد اور دل کے مریضوں کے لئے یہ کھانے بہترین متبادل ثابت ہو سکتے ہیں۔

☆ ہمارے یہاں بادام کورٹ بھر بھگو کر صبح چھلکا اتار کر استعمال کیا جاتا ہے جو کہ مناسب نہیں۔ اس سے fiber ضائع ہو جاتا ہے۔

اخروٹ (تجویز کردہ تعداد 1-2 اخروٹ روزانہ):

☆ اخروٹ خون کی نالیوں میں چلک پیدا کرتے ہیں۔

☆ غذائیت سے بھرپور ہونے کے باعث اخروٹ ذیابیطس کے مریضوں اور زیادہ وزن کے حامل افراد کے لئے مفید ہیں۔

☆ مچھلی کے علاوہ اخروٹ ایک ایسی غذا ہے جس میں Omega

(ALA Alpha Linolenic Acid) 3 پائے جاتے ہیں

جو کہ قوت مدافعت میں اضافہ کرتے ہیں۔ اس کے علاوہ اخروٹ

میں کینسر کو روکنے والے antioxidants مثلاً Eallagic

acid اور Polyphenol بھی

شامل ہیں۔

☆ اخروٹ میں Biotin پایا جاتا ہے جو بالوں کی نشوونما میں اہم

کردار ادا کرتا ہے۔

پستے (تجویز کردہ تعداد 1-10 چھوٹے پستے روزانہ):

☆ آپ کو یقیناً یہ جان کر حیرت ہوگی کہ پستے کھانے سے آپ دل کے دورے سے محفوظ رہ سکتے ہیں۔ جدید تحقیق سے یہ بات سامنے آئی ہے کہ مناسب مقدار میں پستے کھانے سے آپ کا کولیسٹرول قابو میں رہتا ہے۔

☆ روزانہ پستے کھانے سے آپ antioxidants حاصل کرتے ہیں جو کہ قوت مدافعت میں اضافہ کرتے ہیں۔

کاجو (تجویز کردہ تعداد 1-6 کاجو روزانہ):

☆ Magnesium سے بھرپور ہونے کے باعث کاجو آپ کو امراض قلب، بلند فشار خون اور سردی سے محفوظ رکھتا ہے۔ اس کے علاوہ یہ ہڈیوں اور پٹھوں کی مشبوگی کو بڑھاتا ہے۔

☆ کاجو میں تانبے کا تناسب زیادہ ہونے کے باعث اس کو کھانے سے جسم میں موجود آئرن صحیح طور پر استعمال ہوتا ہے۔

☆ اگرچہ کاجو میں چکنائی نسبتاً زیادہ ہوتی ہے تاہم یہ صحت کے لئے مفید ہے۔ اگر اعتدال پر قرار نہ رہے تو اس کا استعمال وزن میں

اضافہ کر سکتا ہے۔

مونگ پھلی (تجویز کردہ تعداد 1-10 مونگ پھلیاں روزانہ):

☆ مونگ پھلی Vitamin E اور Manganese جیسے

antioxidants سے بھرپور ہوتی ہے اور آپ کو Stroke اور

Colon Cancer (کولون کینسر) سے محفوظ رکھتی ہے۔

☆ خشک میوے کا روزانہ استعمال صحت کے لئے مفید ہے تاہم کسی بھی غذا کے فوائد جان لینے کا مقصد یہ نہیں کہ اس کا بے تحاشہ استعمال کیا

جائے۔ اعتدال سے تجاوزاً یقیناً وزن میں اضافہ کا باعث بنے گا۔

☆ اس کے علاوہ یہ بھی ذہن نشین رکھئے کہ غذا کے فوائد کا دار و مدار

کھانے کے انداز پر بھی ہوتا ہے۔ بہتر ہے کہ خشک میوے کو ان کی

غذائیت برقرار رکھنے کے لئے بغیر نمک یا چینی کے اور بغیر بھونے

ہوئے استعمال کیا جائے۔



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