



صحت بخش موسم سرما

By: Sidra Sirajuddin
(Clinical Dietician)

انار کے فوائد:

- انار کے جوس کا استعمال ان لوگوں کے لئے بہت مفید ہے جن کو Diarrhea کی شکایت ہوتی ہے۔
- انار کا استعمال ہڈیوں کو ٹھہرا ہونے سے بچاتا ہے۔
- مختلف تحقیقات سے یہ بات سامنے آئی ہے کہ انار کا جوس شریانوں میں چکنائی کو جمنے سے روکتا ہے۔
- بریسٹ کینسر کے خلیوں کا معائنہ کرتے ہوئے یہ بات ثابت ہوئی ہے کہ انار کے رس کا استعمال کرنے سے کینسر کے خلیوں کی نشوونما کو روکا جاسکتا ہے۔
- بلڈ پریشر کے مریضوں پر کی گئی تحقیق سے یہ ثابت ہوا ہے کہ جو لوگ دو ہفتوں تک انار کے رس کا ایک گلاس روزانہ استعمال کرتے ہیں ان کے اوپر کے بلڈ پریشر میں واضح فرق دیکھا گیا ہے اور فالج کے امکانات میں 36% کمی ہوئی ہے۔

گاجر کے فوائد:

- گاجر میں بیٹا کاروتین اور Beta Carotene پائے جاتے ہیں جو کہ صحت کیلئے بہت مفید ہیں۔
- مختلف تحقیقات کے نتیجے میں یہ ثابت ہوا ہے کہ وہ افراد جن کی غذا میں Carotenoid موجود ہوتے ہیں ان میں 60% تک دل کے دورے کا خدشہ کم ہوتا ہے جبکہ ان کے جن کی غذا میں Carotenoid کم ہوتے ہیں۔
- تحقیق سے یہ بھی ثابت ہوا ہے کہ وہ افراد جن کی غذا میں گاجر کا استعمال بہت زیادہ ہوتا ہے ان کا بلڈ سکر اور انسولین کی سطح میں کمی ہوتی ہے۔
- گاجر آنکھوں کی بینائی کیلئے انتہائی مفید ہے خاص طور پر موٹیا جیسے مرض کے لئے جو کہ بینائی جانے کا سبب بھی بن سکتا ہے نیز آنکھوں کو دھندلے پن سے بچاتی ہے۔

کینو کے فوائد:

- کینو پوٹاشیم کا بہت اچھا ذریعہ ہے جو کہ دل کی صحت کے لئے بہت فائدہ مند ہے اس کے علاوہ Vitamin B Complex، Vitamin C اور Folate پائے جاتے ہیں جو کہ مختلف بیماریوں بشمول افزائش سے متعلق بیماریوں سے بچاتے ہیں۔
- FDA کے مطابق ایسی غذائیں جن میں قدرتی طور پر پوٹاشیم زیادہ اور Sodium کم ہوتا ہے، فالج اور ہائی بلڈ پریشر کے خطرات کو کم کرتی ہیں۔
- ریشہ جو کہ کینو کے سفید حصے میں پایا جاتا ہے وہ ہماری بھوک کو کم کرتا ہے کیونکہ ریشہ کو ہضم ہونے میں 3 سے 4 گھنٹے لگتے ہیں۔
- تحقیق سے یہ ثابت ہے کہ کینو کا رس دوسرے وٹامن سی والے پھلوں کے مقابلے میں Citrate Level پیشاب میں بڑھاتا ہے جس کی وجہ سے گردے میں پتھری بننے کے امکانات کم ہوتے ہیں۔

کیوی کے فوائد:

- کیوی میں پوٹاشیم اچھی خاصی مقدار میں پایا جاتا ہے جو کہ جسم میں نمکیات کی مقدار کو توازن میں رکھتا ہے جس کی وجہ سے بلڈ پریشر کنٹرول میں رہتا ہے۔
- کیوی میں Vitamin C، Vitamin E کے ساتھ دیگر Antioxidants بھی پائے جاتے ہیں جو کہ قوت مدافعت کو بڑھاتے ہیں۔
- کیوی میں ریشہ زیادہ مقدار میں ہوتا ہے اور یہ کم Glycemic Index والا پھل ہے جس کی وجہ سے شوگر لیول نہیں بڑھتا۔
- کیوی میں موجود ریشہ کی وجہ سے قبض اور مختلف آنتوں کی بیماریوں کے خطرات میں کمی ہوتی ہے۔

ناشپاتی کے فوائد:

- ناشپاتی میں موجود ریشہ قبض کے باعث پھولے ہوئے پیٹ کو کم کرنے میں معاون ثابت ہوتا ہے اس کے علاوہ Vitamin C اور Copper قوت مدافعت کو بہتر کرتی ہے۔
- ناشپاتی میں بورون موجود ہوتا ہے جو ہمارے جسم میں Calcium کی مقدار کو توازن میں رکھنے کے ساتھ ساتھ ہڈیوں کے ٹھہرے پن سے محفوظ رکھتا ہے۔
- Quercetin ایک Antioxidant ہے جو ناشپاتی کے چھلکے میں پایا جاتا ہے یہ Antioxidant کینسر اور شریانوں کو نقصان پہنچنے کے باعث ہونے والی دل کی بیماریوں سے بچاتا ہے۔

مولی کے فوائد:

- مولی میں موجود Folic Acid اور Anthocyanin، Vitamin C موجود ہوتے ہیں جو مختلف اقسام کے کینسر جیسے کہ منہ، معدے، آنتوں اور گردوں کے کینسر میں جھلا مریضوں کے لئے انتہائی مفید ہے۔
- مولی میں موجود اجزاء Vitamin B، Zinc، Phoyhours اور Vitamin C چہرے کیلئے مفید ہے اور اس میں پائے جانے والے پانی کی مقدار چہرے کو نرم رکھتی ہے۔
- مولی بخم کو روکتی ہے اس کے ساتھ ساتھ موٹی Allergies، Infection اور بخار سے بچاتی ہے۔
- مولی میں کم Calories پائی جاتی ہیں جسکی وجہ سے بھوک کم لگتی ہے اور وزن کم کرنے میں معاون ثابت ہوتی ہے۔

Reference: 101 Foods that Could Save Your Life by David Grotto, RDN, LDN

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SILVER JUBILEE EDITION

HEART BEAT

Issue 25, December 2014

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

HEALTHY WINTER



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From Editor's Desk

Dear Readers,
Assalam Alaikum

Welcome to the fresh issue of our beloved 'Heartbeat'. The immense response from our readers about the quality and content of the magazine has been very encouraging and has put us into a position where we strive even harder to produce better quality content. At this juncture, I would like to apprise our readers that behind every issue, is a lot of hard work put in by the Editorial Board members who after thorough discussion, research and deliberations decide to cover specific articles with the objective to provide as much diverse knowledge and information about heart health, the disease and its risk factors and the role Tabba Heart Institute is playing to eradicate the epidemic from our country.

This issue is very special as the coveted Newsletter has completed twenty five issues. Secondly this issue has been compiled in a record less than a month's time. For this, my heartiest congratulations to the entire board without whom, it was certainly an impossible task. I would also like to acknowledge the extraordinary efforts of our member Ms. Hina Maryam in compilation of this issue through the ad agency in a very short period, which is indeed a remarkable effort despite other activities going on in the department.

The Rendezvous section covers an insightful interview with Dr. Shakir Lakhani-Consultant Cardiologist.

'I would like to acknowledge the long and cordial association with our outgoing board member Ms. Mehreen Amir who remained with us as an integral part of the team. Her articles on healthy diet contributed magnificently in enhancing the quality of content of our coveted magazine. As Mehreen parted ways with THI to pursue her career ambitions, her position will be replaced by Ms. Mariam Sheikh-Clinical nutritionist from the next issue'.

We hope you like this issue like ever before. Don't forget to share your feedback with us.

editor@tabbaheart.org

Fahad Anwer
Editor

Board Members

Hina Maryam
Farzana Amir Hashmi
Dr. Shamim Siddiqui
Zeeshan Butt
Muhammad Danish Manzoor

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Healthy Winter

DEPARTMENTAL PROFILE

A Vital Role of Information and Communications Technology in THI

Information and Communications Technology (ICT) at THI is equipped with a state of the art infrastructure. A number of key technologies were deployed as proven catalysts to achieve significant healthcare improvement, efficiently and effectively meeting the increasing demands of stakeholders in the healthcare environment. Focusing on patient-care and health care needs ICT is providing services 24/7. ICT professionals working in the department perform a number of duties to ensure that employees have full access to the system.



Our mission is to provide the appropriate Information and Communication technologies that enable our staff to access the information and services necessary to do their jobs. It provides the Department's business units with the Information Communication Technology tools to enable them to achieve their goals. Our vision is to transform Tabba Heart Institute into an automated work environment that supports research in human health field. To seek this we have deployed latest technology in IBM Pureflex Servers, CISCO network equipments and Oracle & Microsoft based Applications.



The ICT Department values the Vision, Mission and Core Values of the institute as outlined in the Institute's excellence in reputation, achievement, honesty, integrity, teamwork, collaboration, transparency, accountability

and personal responsibility. Considering the core functionality of ICT and following the standards users are facilitated initially via Service Desk and then their complaints are escalated as per nature identified from Complain Management System. For better service management, the primary functions of the Service Desk are incident control, life cycle management of all service requests, and communicating with the staff.



A recent merger of Communication department opened a new door of opportunities and challenges for ICT. At first, up gradation of old conventional analog Private Automated Branch Exchange (PABX) to IP-PABX is being done. Implementing state of the art technologies throughout Tabba Heart Institute, a highly equipped featured PABX is in deployment to attain technological leads.



Continual service improvement and deployment of innovative technologies is a part of strategy for the ICT department. ICT department is currently engaged in the latest ERP implementation which would make the overall system fast, contiguous and robust. The new ERP comes up with latest innovative features and full integration provisions with the machines as well.

The Information and Communication Technology function is cutting-edge and therefore seeks to address the connectivity and harnessing of the emerging technologies to enhance the working capacity. Modernizing the infrastructure and services that support all the activities of the Tabba Heart institute is a priority of the department.

EVENTS

By: Hina Maryam (Sr. Officer Marketing & PR)

Interactive Session organized at THI Atrium

Tabba Heart Institute organized a series of sessions on “Drug – Drug and Drug – Food Interaction” & “Adult vaccination; its indication and recommendation especially for cardiac patients” at Atrium, THI. The purpose of these sessions was to create awareness and educate the general public.



WORLD HEART DAY 2014 – LIVE, WORK & PLAY HEALTHY

Branding Activity at Leading Malls:

Tabba Heart Institute organized flagship activity of this year in different malls including Ocean Tower Mall, Clifton, Dolmen Mall, Tariq Road & Dolmen Mall, Hyderi where a stall was put up by THI. Visitors of the mall made heart shape with their hands and posed for the pictures at the stall. Stall visitors wrote heart healthy messages on pledge wall. T- Shirts, pencil pouches, captured pictures along with the frames were distributed among the visitors.



Branding Activity on Media:

Leading Consultants from Tabba Heart Institute appeared on popular TV shows & Radio to spread the message of World Heart Day and their expert opinion on ways for the prevention of heart disease.

Press ad was published in National dailies & in leading magazines for the larger audience. Press releases were published in almost all newspapers.

Billboards carrying awareness messages of “Jeena Health kay Sath”, “Kam balance kay sath”, “Zindagi fun kay sath” were also put up at different prominent locations across the city.

Digital Campaign on Facebook:

Digital campaign of World Heart Day 2014 posted on facebook for the promotion of Heart Health Awareness among the readers.



CME organized on “Exercise is Medicine”

Continuous Medical Education Program on “Exercise is Medicine” was organized on Sep 20, 2014 at Tabba Heart Institute Auditorium. Dr. Shamim Siddiqui, Dr. Farzana Amir Hashmi, Ms. Mariam Sheikh talked about exercise & lifestyle modification during the session. Cardiologists from different hospitals were present in the session.



EVENTS

Cardiac Health Awareness Session at Oxford University Press

Tabba Heart Institute organized “Cardiac Health Awareness Session” at Oxford University Press on Oct 29, 2014. Consultant Cardiologist, Dr. Waqar Khan talked about cardiac ailments, healthy diet & life style modification during the session. Free B.P check up & BMI were offered to employees of OUP.



Cardiac Health Awareness Session at Byco Petroleum Pakistan Ltd

Tabba Heart Institute organized **Cardiac Health Awareness Session** at Byco Petroleum on Nov 4, 2014. Director Emergency & Consultant Cardiologist, Dr. Muhammad Ali talked about cardiac diseases, ways for its prevention and healthy diet. Free B.P & BMI check up were offered to the employees of Byco Petroleum Pakistan Ltd.



CME organized on “Cardiology Review Course”

Tabba Heart Institute organized “**Cardiology Review Course**” on Nov 15 & 16, 2014. Dr. Bashir Hanif, Dr. Asad Pathan, Dr. Shakir Lakhani, Dr. Irfan Elahi Chandna, Dr. Shamim Siddiqui, Dr. Ghuffranullah Khan, Dr. Sohail Abrar Khan, Dr. Waqar Khan, Dr. Khurshheed Hassan, Dr. Muhammad Ali & Dr. Farzana Amir Hashmi spoke during the session. Dr. Fateh Ali Tipoo from (AKU), Dr. Faisal Qadir (NICVD), Dr. Faisal Ahmed from LNH) & Dr. Zahid Jamal (NICVD) were the guest speakers for this two days course. Cardiologists from Sindh, Quetta & Karachi keenly participated in the session.



First Aid Training Session at Pakistan Petroleum Limited

First Aid Training Session was organized at PPL on Nov 25, 2014, Nursing Instructor Trevor J.L.Thomas talked about how to give first aid to injured person and to preserve life. He also highlighted the ways to treat different emergencies like bleeding, fracture, cuts, electric shock, burn, fire, snake bite & dog bites. Employees at PPL actively participated in the training session and appreciated the efforts of THI management, nursing & marketing team.



WELCOME ONBOARD

• Mr. Nadir Husain	Pharmacist	Pharmacy
• Dr. Muhammad Asim Qadoos	Medical Officer	Cardiac Anesthesia
• Ms. Shaheen Asif	Senior Infection Preventionist	Infection Control

MOVED AHEAD

• Dr. Kashif Naeem	as	Senior Instructor Anesthesia
• Ms. Farah Naz Furqan	as	Clinical Admin Officer

WEDLOCKS



- Mr. Raheel Mehmood
- Mr. Aftab Mehmood
- Ms. Nasima Perveen
- Mr. Muhammad Amir Sabir
- Mr. Munawar Ahmed
- Dr. Aqsa Sultan
- Mr. Shamoun Gill
- Ms. Nazia Gill
- Dr. Naseema Naz Brohi

ACHIEVEMENTS



Mr. Sarfaraz Ghulam
Manager CSSD

Mr. Sarfaraz Ghulam, Manager CSSD, Tabba Heart Institute participated in Poster Competition organized by 15th World Sterilization Congress in Prague (Czech Republic) and won best poster award among 110 posters displayed at the occasion.



Ms. Hina Nadeem Ali
AAHN
Filter Clinic

Ms. Hina Nadeem Ali, AAHN- Filter Clinic, wrote an abstract on "Continuous Nursing Education" for First International Conference 2014 held at Armed Forces Post Graduate Medical Institute, Rawalpindi, Pakistan regarding "Quality Nursing Care through Professional Excellence: Impact on Patient Outcome". Her abstract was selected for presentation and she won the Third Prize amongst 37 Presentations from all over Pakistan.

STORK VISITS



- Mr. Abdul Mujeeb Khalili got a baby boy
- Mr. Naveed Hanif got a baby girl
- Mr. Maqbool Ahmed Ansari got a baby boy
- Mr. Muhammad Rehan Sharif got a baby boy
- Dr. Ghulam Abbas got a baby boy
- Dr. Najia Aslam got a baby boy
- Dr. Shamim Siddiqui got a baby girl
- Mr. Waqas William got a baby boy
- Mr. Ismail Rahim got a baby girl
- Mr. Afzal Shazad got a baby girl
- Mr. Shazar Jalal got a baby boy
- Dr. Majid Suleman got a baby girl
- Mr. Asif Raza got a baby boy

BEREAVEMENTS

We share the grief of

- Ms. Aneela Zahid who lost her mother
- Ms. Sheeba Pervaiz who lost her mother
- Mr. Asif Raza who lost his father

May ALLAH ALMIGHTY rest the departed souls in peace and give patience to their families to bear the irreparable loss.

STAR PERFORMERS



Dr. Madiha Balighuddin
Senior Medical Officer
Cardiology Department



Mr. Fayyaz Hussain
Driver
Transport Department



Mr. Zunair Hassan
Senior Unit Assistant
Nursing Services



Mr. Raja Muhammad Amir
Senior Nurse Aide
Nursing Services

Choose to be Happy at Work

By: Team HR and Qaiser Ejaz (Deputy Manager Marketing & PR)

Some of us really enjoy our jobs; some of us don't. It's a reality. If we don't like our jobs, some of us have the option of finding employment elsewhere. However, let's be realistic in this economy it's hard enough to find one job.

Even if we are not happy with our jobs, there are ways we can achieve happiness at work and make our jobs an interesting one. Happiness starts by changing perspective and we can change our perspective with the help of following tips.

Keep Personal Problems Personal:

When we're preoccupied with personal issues, it's difficult to concentrate or to be happy at work. We have to realize that nobody's personal life is ever going to be completely problem-free. It is, therefore important to leave your personal worries at home so you can be focused and productive at work.

Create an Office Nest:

We are at our jobs for at least eight hours a day, which is more time than we probably spend in our homes so make your space your own, decorate your area as much as your company policy permits, and make yourself as comfortable and relaxed as you can be in your office.

Develop an Office Support System:

Gathering a circle of colleagues who share similar backgrounds or lifestyles can take a lot of pressure off you at work. When you are able to voice your feelings to people who understand, it can really help minimize stress.

Eat Healthy and Drink Lots of Water:

Maintaining a good diet and keeping yourself properly hydrated throughout your workday can really make a big difference in your energy level and attitude. And if you can manage to maintain a diet of whole foods, as opposed to refined foods such as sugar and bread, then you'll really be ahead of the game.

Be Organized:

Create a manageable schedule to handle your workload, sense of empowerment stems from accomplishment. By being proactive and taking control, employees can feel a sense of satisfaction, enhanced confidence and motivation.

Take Breaks:

It is very important for your overall sense of health and

happiness to take a few minutes break during your workday to get up and move a little. By getting up and moving you are allowing your mind to rest and your body to relax. If you are unable to leave your workspace, take a moment to slide away from your work and focus on something pleasant.

Practice mindful breathing:

One of the great things about breathing is that you can do it anywhere and it's free. Just sit in a quiet place, close your eyes, slowly relax all of your muscles, and focus your attention on your breathing. Breathe in deeply and out slowly, being mindful of how you become more relaxed. You can also try a variety of breathing techniques and see which ones work for you.



Don't Try to Change Your Coworkers:

It is generally said that "You can't change anyone; you can only change the way you react to them," so don't let other people's actions affect you. Just figure out a way to resolve conflicts and avert uncomfortable situations."

Reward Yourself:

Identify a reward outside of your job, and indulge yourself, whether it be dinner with friends, a movie or an exercise, treat yourself every once in a while. Just as stress from home can interfere with work, the positive aspects of your life can influence mood at work as well.

Focus on the Positive:

Identify the things that you like at work, even if they are as simple as your coworkers or the nice view from your office window. Try to create your own mind-set. If you stress the positives, you will make your job more enjoyable. Worrying about the negatives may cause you to become overwhelmed."

RENDEZVOUS

Dr. Muhammad Shakir Lakhani

Consultant Interventional Cardiologist

Qualification & Certification:

- Fellowship Interventional Cardiology – THI
- FCPS Cardiology, CPSP
- FCPS Internal Medicine, CPSP
- MBBS, Baqai Medical College
- Certified Instructor for ACLS from Pakistan Resuscitation Society
- Member CQI Committee – THI
- Multiple Presentations at International Forums
- Publications in Index Journals

Tell us about your educational background?

I completed MBBS from Baqai Medical College in 1996 then did my Medicine Residency from Liaquat National hospital & Abbasi Shaheed Hospital. In 2005, I cleared FCPS in Medicine & later passed FCPS (Cardiology) in 2011 from Tabba Heart Institute. Finally, I completed my interventional cardiology fellowship in 2012. Since then I am serving as an Interventional Cardiologist at THI.

What was your source of inspiration behind choosing cardiology as your field of career?

It was the dream of my father that one of his sons should become a doctor & not only that but have to do specialization as well. My aim was to complete my father's dream.

During my fellowship in medicine, I was fascinated by the dynamism of cardiology intervention. Patient had life threatening heart attack (Myocardial Infarction) & within 45-60



mins patient becomes stable, with smile on family so acuteness of illness and its satisfaction in minutes is gratifying as a human, achieving this skill was my target & Allah blessed me with it.

If you were not a doctor, what would you have opted for as career?

I was impressed by my brother Mr. Amin Lakhani who is the only Pakistani holds world record of hat-rick in both innings of first class cricket match against India in 1978-79 so by now if not a cardiologist then I would be a retired right handed batsman.

Tell us a brief about your family?

I have a closed knit family system. I along with my parents, two brothers & their families live together in one single house. I also have a sister who is married. My relaxation times are when we play cricket at home. I am proud that my son, daughter and all nephews are Hafiz-ul-Quran.

How do you balance your personal and professional lives?

Time management is the key, I spent time for my profession, take kids to outing & other time spent with my family members.

Generally people perceive doctors as robotic kind of a creature who can work round the clock and that they cannot fall ill or they don't have a personal life of their own. Do you feel being treated the same way? And how would you like to change this perception? Few words for our readers.

Well, I agree, I believe, Policeman & Doctors should prioritize their time for their professions. In both cases it's about saving life & duty first. We must be first to attend however managing time and not be over ambitious or money oriented. One can balance his job & home time.

In our country how much people give importance to their health? And if not, why do they neglect their health?

It is unfortunate, that we can spend thousands of rupees on mobile but will delay taking consultation from doctors to save money. I believe lack of knowledge, will to prevent diseases, care free attitude, not taking charge of patients' lives are few unacceptable ways of thinking.

What are the shortcomings of our health sector?

- Poor management
- No accountability
- Lack of funding

How can people prevent themselves from cardiac ailments?

People can prevent themselves cardiac ailments by following below mentioned steps:

1. Healthy food
2. Physical activity
3. Early diagnosis
4. Parental guidance to kids about healthy lifestyle & smoking risk
5. Media awareness about heart sign & symptoms which can help people prevent cardiac ailments.



The word operation/procedure itself makes people anxious or somewhat nervous, usually. How do you handle this challenging situation especially when patients have fear of procedure?

Smile & talking, we doctors believe that better counseling is the key to allay fear. In Angiogram patient is awake, we locally anesthetize and only a prick pain is all that aches, the rest is smooth.

Please share your experience at THI?

I have been attached to Tabba Heart Institute since its building block. I remember we used to do call, looking after emergency, wards, CCU independently. My mentors were kind enough to teach me in a very conducive environment. The administration has been very kind. Tabba Heart Institute is like a baby, whom I along with others has cuddled to here it is now. It is my honor that I have been a part of it.

Is there any incidence in the course of your professional career which left a lasting impact on your memory?

Day in Day out we see the will of ALLAH ALMIGHTY, stable patient comes in walking & leave hospital dead & same day patient in cardiogenic shock goes home walking with smiling face.

It was my first night as Interventional Cardiologist when by the grace of ALLAH, a patient came with severe coronary artery disease & cardiogenic shock was salvaged after almost 4 hours of intervention. First night & such a high risk patient treated & he went alive, SubhanALLAH nothing more satisfying!

Tell us something about your future plans?

I want to excel my expertise in the field

of CTO (Chronic Total Occlusion), left main stenting and valve percutaneous repair. My dream is that we as Pakistani should have name in research and innovations.

Any regrets in your life?

'None' Alhamdulillah, ALLAH has been very kind.

Your message for the readers? Your message for people eager to take cardiology as major?

Energy, enthusiasm and eagerness to save patient is what is required in cardiology. The key is attention span, it is a simple field, few drugs but a cardiologist should be a good mathematician, a good listener and should be very sensitive and bold enough to take decision timely.

A simple element or misinterpretation of patient history can take patient life, so it is important that cardiologist should not lag.



RAPID FIRE

- Life: **Adventure**
- Childhood: **Fun / carefree Irresponsible Innocence**
- Sorrows: **Amnesia Inseparable from joy**
- Family: **Life – Reason to live**
- Success: **Encouragement**
- Beauty: **Soul**
- Wealth: **Comfort**
- Memorable day: **When I performed Hajj**
- Future: **Excellence in Intervention**

ASD & VSD CLOSURE

By: Dr. Waqar Khan (Consultant Cardiologist)

VENTRICULAR SEPTAL DEFECT (VSD):

A ventricular septal defect (VSD) is a defect in the septum between the right and left ventricle. The septum is a wall that separates the heart's left and right sides. Septal defects are sometimes called a "hole" in the heart. It's the most common birth heart defect in the newborn.

Ventricular septal defect symptoms may include:

- Poor eating, failure to thrive
- Fast breathing or breathlessness
- Easy tiring

ATRIAL SEPTAL DEFECT (ASD):

An atrial septal defect (ASD) is an abnormal opening (hole) in the wall between the two upper chambers (atria) of the heart.

This opening allows abnormal flow of blood between the atria chambers and usually results in too much blood flow to the lungs.

ASDs are one of the most common congenital heart defects seen in pediatric cardiology.

There are four types of ASDs and their location in the heart determines their type.

Ostium secundum is the most common type of ASD, and are located in the center of the atrial septum.

If left untreated, the ASD may be debilitating and could be fatal.

SYMPTOMS:

Many babies born with atrial septal defects don't have associated signs or symptoms. In adults, signs or symptoms usually begin by age of 30, but in some cases signs and symptoms may not occur until decades later.

Atrial septal defect symptoms may include:

- Shortness of breath, especially when exercising
- Fatigue
- Heart palpitations or skipped beats
- Frequent lung infections

Normally, the left side of the heart only pumps blood to the body, and the heart's right side only pumps blood to the lungs. When a large opening exists between the right and left heart chambers as in ASD and VSD, a large amount of oxygen-rich (red) blood from the heart's left side is forced through the defect into the right

side. This blood is pumped back to the lungs, even though it has already been refreshed with oxygen. Unfortunately, this causes the heart to pump more blood. The heart, especially the left chambers, will begin to enlarge from the added work and ultimately fails.

Generally, a child's doctor hears the heart murmur caused by ASD during a routine check-up or physical examination. ASDs are not always diagnosed as early in life, such as ventricular septal defect.

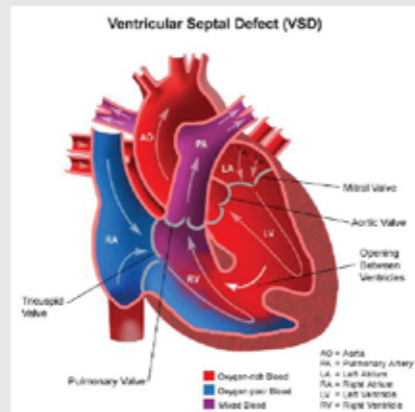
If a doctor hears a murmur and suspects a heart defect, the child may be referred to a pediatric cardiologist, a doctor who specializes in diagnosing and treating childhood heart conditions.

TREATMENT OF ASD & VSD:

Once an ASD or VSD is diagnosed, treatment will depend on patient's age and the size, location, and severity of the defect.

CLOSURE TECHNIQUE (NON SURGICAL or PERCUTANEOUS DEVICE CLOSURE)

A catheter (a long, thin, flexible, hollow tube) is used to guide the placement of an ASD/VSD device - which becomes a permanent implant - that will close the hole in the heart wall.



To further briefly explain what happens in an ASD/VSD closure procedure, a cardiac catheterization involves slowly moving a catheter into the heart. The catheter is initially inserted into a large vein through a small incision made usually in the inner thigh (groin area) and then is advanced to and into the heart. One or more tests will be done to measure the hole and to be sure there are no other defects. An imaging test called angiography, (an injection of a certain type of dye followed by an x-ray motion picture) may be used to better visualize the heart. An ultrasound imaging

technique, to see the defect better and also to determine the size of the closure device needed, may be used. In addition, a special balloon on a catheter is moved to the area of the hole and inflated across the hole in order to measure the size of the hole when it is gently stretched.

An ASD/VSD closure device is moved through the catheter to the heart and specifically to the location of the heart wall defect. Once in the correct location, the closure device is allowed to expand its shape to straddle each side of the hole. The device will remain in the heart permanently to stop the abnormal flow of blood between the two atria chambers of the heart. The catheter is then removed and the procedure is complete.

The procedure for an ASD/VSD closure typically takes 1 to 2 hours to complete. A local anesthetic is used to numb the groin area where the catheter was inserted.

The materials used in the closure devices have a proven long-term safety history and have been widely used in heart surgery procedures. It's not likely that the body will have a negative reaction to these devices. Within a few days, the body's own tissue will begin to grow over the device. By 3 to 6 months, the device is completely covered by heart tissue and at that point becomes a part of the wall of the patient's heart.

The catheter-based closure usually results in a much shorter hospital stay (typically 6 to 24 hours), reduced scarring (limited to the leg area where the catheter is inserted) and an easier, more rapid recovery.

With open-heart surgery, an incision is made in the chest to expose the heart. A heart-lung bypass machine is used to pump blood for the heart while the heart is stopped and the wall defect is being repaired. The defect is closed by sewing a patch in place (if the defect is large) or by stitches (if the defect is small). Surgical patients usually stay overnight in the intensive care unit and then 3 to 5 days in the hospital and about 4 weeks of additional recovery time is necessary at home. Open-heart surgery results in a scar on the chest but may be the best or only option in some cases.

Your doctor will discuss these two treatment alternatives with you in order to make the best decision for you.

References:
www.mayoclinic.org, www.heart.org
www.my.clevelandclinic.org

Flu Shot May Also Help To Protect Your Heart

By: Dr. Farzana Amir Hashmi (HOD Preventive Cardiology & Cardiac Rehabilitation)

If you are suffering from heart disease, flu season can be a dangerous time for you. Death from influenza (flu) is more common among people with heart disease than among people with any other chronic condition.

To get an idea of how well the vaccine might protect against heart events, the researchers reviewed all of the clinical trials done on the influenza vaccine from 1947 through mid-2013.

Researchers found that patients who receive influenza vaccine are 36% less likely to have a heart event than those who hadn't had a vaccine. They also found an even greater potential protective effect. People with recent heart problems who got the flu vaccine were 55 percent less likely to have another event compared to those who didn't get the vaccine. The risk of dying from cardiovascular disease was nearly 20 percent lower for those who received the flu vaccine versus those who hadn't, according to the studies.

The researchers believe that the vaccine protects against heart disease by preventing influenza and its accompanying inflammation. Actually

when you get the flu, the body mounts an inflammatory response. Those aches and pains you feel with the flu are part of the immune response. That inflammation may trigger plaques in the arteries to erupt. Preventing the inflammation associated with the flu is the likely reason that getting a flu vaccine reduces the risk of heart problems. Besides this flu can cause dehydration and worsen pre-existing conditions, such as heart failure, diabetes or asthma.



Who can be vaccinated?

The flu vaccine is currently recommended for everyone over 6 months of age, worldwide. It is highly

recommended for people with heart disease.

How safe it is to have Flu shots?

Some people develop mild arm soreness at the injection site or low-grade or muscle aches. These side effects usually go away within a day or two.

Talk to your doctor before getting a flu shot if:

- You're allergic to eggs
- You've had a serious allergic reaction to the flu vaccine in the past
- You have a history of Guillain-Barre Syndrome (GBS) that developed after receiving a flu shot
- You're sick with a fever at the time you plan to get a flu shot

When should I get a flu shot?

The vaccines are usually available by October every year and it is recommended to get these flu shots done between October and December.

References: www.webmd.com
 US, Centers for Disease Control & Prevention

All You Need To Know About Pneumonia

By: Dr. Asmoni Younus (Consultant Pulmonologist)

Pneumonia, an infection of the lungs, needlessly affects millions of people worldwide each year.

Globally, pneumonia kills nearly 1 million children younger than 5 years of age each year. This is greater than the number of deaths from any infectious disease, such as tuberculosis, malaria or HIV infection. Pneumonia is an infection of the lungs that can cause mild to severe illness in people of all ages. Common signs of pneumonia can include cough, fever, and trouble breathing. Pneumonia infections can often be prevented and can usually be treated. When someone develops pneumonia in the community, it's called community acquired pneumonia. Pneumonia developed during or following a stay in a healthcare facility (like hospitals, long-term care facilities, and dialysis centers) is called healthcare-associated pneumonia.

Pneumonia can be fatal in up to 30% of severe cases that are managed in the intensive-care setting. Influenza is the

most common viral cause of pneumonia; many of these deaths are preventable through vaccination and appropriate treatment (like antibiotics and antivirals).

Certain people are more likely to become ill with pneumonia, especially Adults 65 years of age or older.



Children younger than 5 years of age, People who have underlying medical conditions (like asthma, diabetes or heart disease) or who smoke cigarettes. There are several vaccines that prevent infection by bacteria or viruses that may cause pneumonia: CDC now recommends 2 pneumococcal vaccines for adults 65 years or older. **You should receive a dose of pneumonia vaccine followed by a second dose ideally 6 to 12**

months later.

If you've already received a dose of PCV13 at a younger age, another dose is not recommended.

Vaccination to prevent influenza is particularly important for people who are at high risk for serious complications from influenza. Everyone from 6 months and older is recommended for annual flu vaccination with rare exception. Different flu shots are approved for people of different ages but there are flu shots that are approved for use in people as young as 6 months of age and up. Flu shots are approved for use in pregnant women and people with chronic health conditions.

These vaccines are safe, but side effects can occur. Most side effects are mild or moderate, which means they do not affect daily activities.

Encourage our family, friends and loved ones with certain health conditions, like diabetes, heart disease and asthma, to get vaccinated against the flu and bacterial pneumonia.

References: CDC Guidelines