



# Heart Matters

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

**Issue 36 - March 2019**





## Editor's Desk

Dear Readers,

I am delighted to bring you this quarter's newsletter. It takes hours of rigorous work before a particular issue is produced. And for this I really appreciate the hard work and dedication of my editorial team whose voluntary input to compile every issue with informative and captivating content has made our Heartbeat a coveted magazine.

The name of Tabba Heart Institute has become synonyms with quality and state of the art care. The hospital is now reckoned with the best in the industry and has been able to carve a special place in the minds of people it serves. This success hasn't come overnight though. It has years of meticulous planning on the part of leadership and then credulous and dedicated execution and tireless working on part of the employees which has made THI the best cardiac care hospital of the country. It is said that achieving something is difficult but sustaining and maintaining that success is even more difficult. And this is where the management of Tabba Heart Institute continuously strives to maintain as well as improve the high standards of service to all the patients it serves.

This issue talks about Tabba Heart Institute's Patient Assistance Program managed by Aziz Tabba Foundation. This assistance is provided to the needy and deserving patients towards the cost of their treatment. Then this issue also covers a very insightful chit chat session with our emerging and very talented Cardiac Surgeon Dr. Ahson Memon. Our readers will also get to read a very informative article about Cardiac Arrhythmias and their treatment worthily composed by our dynamic Consultant Cardiologist and Cardiac Electrophysiologist Dr. Fariha Sadiq Ali. The issue also covers an educative article on Calcium Scoring- a latest non invasive test and CT Scan to diagnose about calcium build up in arteries and chances of inflicting heart disease in future.

Last but not the least, we have a special coverage of a very articulate write up by our CFO Mr. Faisal Abdul Sattar on the Power of Thought.

A huge thank you to all the people who contributed writing the wonderful and inspiring articles, without which there wouldn't have been this newsletter issue.

Happy Reading  
Humble Editor  
**Fahad Anwer Chishti**

## EDITORIAL BOARD MEMBERS

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## Welfare Services



Welfare Services  
The welfare services provided by Tabba Heart Institute are aimed at providing financial assistance to the needy and deserving patients towards the cost of their treatment. This assistance is provided to the needy and deserving patients towards the cost of their treatment. This assistance is provided to the needy and deserving patients towards the cost of their treatment.

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## Insider

**Star Performer - Q1**

Dr. Shahid Qureshi	ICU
Dr. Ahsan Memon	ICU
Dr. Fariha Sadiq Ali	ICU
Dr. Fariha Sadiq Ali	ICU
Dr. Fariha Sadiq Ali	ICU
Dr. Fariha Sadiq Ali	ICU
Dr. Fariha Sadiq Ali	ICU
Dr. Fariha Sadiq Ali	ICU
Dr. Fariha Sadiq Ali	ICU
Dr. Fariha Sadiq Ali	ICU

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## Events



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## Harnessing the power of thought

**Harnessing the POWER OF THOUGHT in Business Management**

By **FAISAL ABDUL SATTAR**, CFO

“The most powerful asset in any organization is its people. The success of an organization depends on the ability of its leaders to harness the power of thought and inspire their employees to perform at their best.”

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## Rendezvous

**Hello I am**  
**Dr. Ahson Memon**  
(Consultant Cardio-Thoracic Surgeon)

Dr. Ahson Memon is a highly skilled and experienced Cardio-Thoracic Surgeon. He has completed his medical education from the University of Toronto and has worked in various hospitals in Canada and the United States. He is currently working at Tabba Heart Institute, where he is responsible for the diagnosis and treatment of various cardiovascular and thoracic conditions.

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## Heart Rhythm Matters

**Diagnosis of arrhythmia**

Arrhythmia is a condition where the heart's electrical system is disrupted, leading to irregular heartbeats. This can be caused by a variety of factors, including stress, caffeine, alcohol, and certain medications. It is important to seek medical attention if you experience symptoms such as palpitations, dizziness, or fainting.

**Non Invasive Heart Beat (Thyristro)**

This is a new non-invasive test that can detect arrhythmias. It uses a small device that is placed on the chest to measure the heart's electrical activity. This test is safe and easy to perform, and it can provide valuable information about the heart's rhythm.

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## Calcium Scoring

**Calcium Scoring**

Calcium scoring is a non-invasive test that can detect the presence of calcium deposits in the arteries. This is a sign of atherosclerosis, which is a condition where the arteries become narrowed and hardened. Calcium scoring can help identify people who are at risk of heart disease and can guide treatment decisions.

## مالی تعاون کا پروگرام

ٹابا ہارٹ انسٹیٹیوٹ کی ویلفیئر سروسز یعنی سماجی فلاح و بہبود عزیز ٹابا فاؤنڈیشن کے زیر انتظام ہے۔ عزیز ٹابا فاؤنڈیشن کا قیام 1987 میں ایک فلاحی ادارے کے طور پر کیا گیا تھا۔ عزیز ٹابا فاؤنڈیشن کی مہیا کی جانے والی خدمات میں غریبوں کیلئے علاج معالجے کی سہولت، گھر اور پناہ گاہیں بنانے میں مدد، شادی بیاہ کی مدد میں ہونے والے اخراجات کو پورا کرنے میں غریب والدین کی مدد، غیر سہولت یافتہ طبقہ کیلئے ماہانہ مالی امداد، مستحق طلبہ کیلئے تعلیمی اخراجات کی امداد اور غریب افراد کیلئے غیر منافع بخش، غیر سیاسی، غیر لسانی اور غیر علاقائی بنیاد پر مالی امداد شامل ہیں۔ عزیز ٹابا فاؤنڈیشن مہینہ برادری سے تعلق رکھنے والی غیر مرعات یافتہ عورتوں کو بھی ضرورت اور اہلیت کے اعتبار سے مالی امداد فراہم کرتا ہے۔ عزیز ٹابا فاؤنڈیشن کا عزم غریبوں کی مدد سے سرشار ہے۔

ٹابا ہارٹ انسٹیٹیوٹ میں کام کرنے والے افراد اسی لگن اور جذبے سے سرشار ہیں جس کے تحت یہ ہسپتال مرحوم جناب عبدالرزاق ٹابا صاحب نے قائم کیا تھا۔ انسانیت کی مدد اور تعاون کا اسی جذبہ نے ہماری اس ٹیم کو آپس میں جوڑ رکھا ہے۔ ٹیم ورک کا یہ جذبہ ہمارے ہر قول و فعل سے نمایاں ہے کیونکہ ہم مثبت نتائج کیلئے انتھک محنت کرتے ہیں۔

عزیز ٹابا فاؤنڈیشن انکم ٹیکس آرڈیننس 2001 کے سیکشن (C)(36)2 کے تحت ایک مکمل رجسٹرڈ اور تصدیق شدہ ادارہ ہے جو کہ ایک غیر منافع بخش، غیر سیاسی اور غیر فرقہ وارانہ پس منظر رکھتا ہے۔

عزیز ٹابا فاؤنڈیشن صحت کے شعبے میں مستحق لوگوں کو پیشہ خدمات مہیا کرتی ہے جو کہ زکوٰۃ یا علاوہ زکوٰۃ کی مدد میں ہوتے ہیں۔ یہ فنڈ ایک فیملی یا فرد کے زیر انتظام ہے (نہ کہ کسی عوامی امداد یا عطیات کے ذریعے سے)۔ اس فنڈ کے ذریعے سے امداد لینے والوں کیلئے درج ذیل شرح فیصد کے اعتبار سے مدد فراہم کی جاتی ہے:

زکوٰۃ 75 فیصد تک

علاوہ زکوٰۃ 75 فیصد تک (برائے سید مسلم افراد)

علاوہ زکوٰۃ 50 فیصد تک (برائے فقہ جعفریہ کے افراد اور دیگر غیر مسلم افراد)



## سماجی بہبود کیلئے ٹابا ہارٹ انسٹیٹیوٹ کی سرگرمیاں

دل کے علاج کیلئے کئے جانے والے پروسیجرز:

Non Invasive Cardiology Tests جسمیں ایکو کارڈیو گرافی، ای می ٹی، ٹھیلیئم اسکین

Invasive Cardiology جیسے کہ انجیو گرافی، انجیو پلاسٹی اور دیگر

کارڈیک سرجری

ہسپتال میں داخلے کے بعد ہونے والی خدمات

دل میں بیڑی کی تنصیب جیسے پیس میکر وغیرہ

ہسپتال سے منظوری کے بعد دیگر کوئی پروسیجرز

ہسپتال میں ادویات کے ذریعے سے دل کا علاج

## عزیز ٹابا فاؤنڈیشن کے ویلفیئر فنڈ کے ذریعے دل کے علاج کا طریقہ کار

درکار دستاویزات:

- مریض کے شناختی کارڈ کی کاپی
- حالیہ پوٹینٹی بلز کی کاپی
- جائیداد اور زیور جیسے اثاثوں کی تفصیل
- کاروبار، تنخواہ، پنشن، بینک اسٹیٹمنٹ وغیرہ سے آمدنی کی تصدیق
- مریض کے زکوٰۃ کا مستحق ہونے کی تصدیق
- دیگر دستاویزات جو کہ کیس کو آگے بڑھانے میں مددگار ثابت ہوں



## ویلفیئر کارڈ کے ذریعے ٹابا ہارٹ انسٹیٹیوٹ کی خدمات

وہ مریض جنہیں طویل مدت کیلئے دیکھ بھال کے ساتھ ساتھ علاج کی ضرورت بھی ہوتی ہے، ٹابا ہارٹ انسٹیٹیوٹ ویلفیئر ڈیپارٹمنٹ نے ان کی آسانی کیلئے ایک ویلفیئر کارڈ متعارف کیا ہے جس سے مریض ایک سال کی مدت تک ہسپتال میں مہیا کی جانے والی مختلف خدمات کو متعلقہ ڈیپارٹمنٹ میں کارڈ دکھا کر حاصل کر سکتے ہیں۔ اس کارڈ کے ذریعے سے مندرجہ ذیل خدمات حاصل کی جاسکتی ہیں:

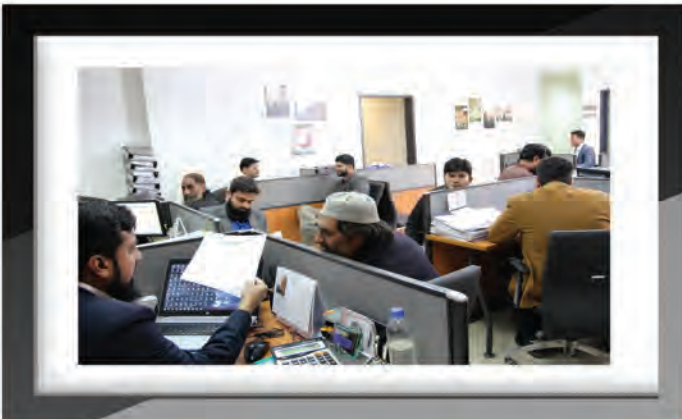
ڈاکٹر کے ساتھ کونسلیشن کلینک

بجالی دل کی صحت کا پروگرام  
(Cardiac Rehabilitation)

لیبارٹری اور Non Invasive Cardiology تشخیصی ٹیسٹ

کارڈیک ایمرجنسی کی خدمات

فارمیسی



NAME	DESIGNATION
<b>Dr. Abdul Salam Majeed Agha</b> Junior Consultant	Cardiology
<b>Dr. Awais Ahmed Nizami</b> Interventional Fellow	Cardiology
<b>Dr. Danish Yar</b> Fellow	Cardiology
<b>Dr. Muhammad Amin</b> Fellow	Cardiology
<b>Dr. Syed Zafar Ahmed</b> Fellow	Cardiology
<b>Dr. Aatkah Naseer</b> Fellow	Cardiology
<b>Dr. Marium Mustaqueem</b> Senior Medical Officer	Cardiology
<b>Dr. Esmat Umair</b> Senior Medical Officer	Cardiology (ER)
<b>Dr. Anum Arif</b> Medical Officer	Cardiology
<b>Dr. Sumaira Nisar</b> Medical Officer	Cardiology
<b>Dr. Asfia Neshat</b> Medical Officer	Cardiology
<b>Dr. Qurat-ul-Ain Iqbal</b> Medical Officer	Cardiology
<b>Dr. Warda Enayat</b> Medical Officer	Cardiology
<b>Dr. Hafsa Khan</b> Medical Officer	Cardiology
<b>Dr. Sameen Siddiqui</b> Medical Officer	Cardiology
<b>Dr. Mahzareen</b> Medical Officer	Cardiology
<b>Dr. Wasif Ilyas Vohra</b> Medical Officer	CTS
<b>Dr. Nasra Perveen</b> Medical Officer	CTS
<b>Dr. Muhammad Muizz Uddin</b> Medical Officer	CTS
<b>Dr. Muhammad Mannan Ali Khan</b> Medical Officer	CTS
<b>Dr. Ujala Arif (R.Ph.)</b> Pharmacist	Pharmacy
<b>Dr. Hanan Tariq Ameen (R.Ph.)</b> Pharmacist	Pharmacy
<b>Kiran Amir Ali</b> Rehab Specialist	PCR
<b>Muhammad Adil</b> RPO	NIC
<b>Mahapara</b> Perfusionist	Cardiac Perfusion
<b>Ismail Muhammad Rahim</b> Service Desk Officer	ICT

## Star Performer - Quarter August- October 2018



**Naveed Patras**  
(CSSD Technician)



**Shahid Pervez**  
(Driver Support Services)



**Dr. M. Salman Ghazni**  
(Fellow Cardiology)



**Shireen Qaiser**  
(Sr Officer Strategic Marketing And Branding)

## STORK VISIT

Name	Department	Got A
M. Junaid Kabla	Finance & Accounts	Baby Girl
Muhammad Kashif Hanif	Finance & Accounts	Baby Girl
Abdul Rehman	HIMS	Baby Boy
Rashid Masih	HIMS	Baby Boy
Jackson Javed	Nursing Services	Baby Boy
Haseen Ullah	Nursing Services	Baby Girl
Zubeda Behram	Nursing Services	Baby Boy
Umer Siddiqui	Nursing Services	Baby Boy
Ali Waqas Minhas	Nursing Services	Baby Boy
Kamran	Transport	Baby Boy
Amir Iqbal	Engineering	Baby Girl
Zafar Iqbal	Safety & Security	Baby Girl
Adeel Afzal	OR	Baby Boy
Siddiqe Ur Rehman	OR	Baby Girl
Dr. Najmul Hassan	ER	Baby Boy
Azeem Ahmed Siddiqui	Laboratory	Baby Boy
Madni	Laboratory	Baby Boy
Muhammad Sajid	Supply Chain	Baby Girl
Syed Shahzad Raza	Supply Chain	Baby Girl
Ziauddin Afrozuddin	Laboratory	Baby Boy

## WED LOCKS

Name	Designation	Department
Danial Hussain	Accounts Officer	Finance & Accounts
Mirza Ahsan Riazuddin	Accounts Officer	Finance & Accounts
Reshma Karim	Unit Receptionist	Nursing Services
Danish Sardar	Registered Nurse	Nursing Services
Umer Farooq	Registered Nurse	Nursing Services
Ashraf Ali	Registered Nurse	Nursing Services
Huda Akmal	HR Officer	Human Resource
Haji Ghulam Mustafa	Security Guard	Safety & Security
Dr. Batool Javed	Echo Fellow	Cardiology
Zaid Ahmed	Senior Executive	Supply Chain

## MOVED AHEAD

Name	Designation	Department
Dr. Muhammad Ali	Consultant Cardiologist	Cardiology
Dr. Muhammad Salman Ghazni	Consultant Cardiologist	Cardiology
Dr. Muhammad Faizan Siddiqui	Consultant Cardiologist	Cardiology
Dr. Hassan Khan	Fellow Echocardiography	Cardiology
Dr. Batool Jawaid	Fellow Echocardiography	Cardiology
Dr. Madiha Balighuddin	Fellow Echocardiography	Cardiology

## OBITUARY

Name	Designation & Department	Lost
Abu Turab Hussain	Assistant Manager (PS & QAD)	Mother
Sohail Abrar Khan	Director -ECHO Lab (ECHO Lab)	Mother
Shakila Nazir	Registered Nurse (Nursing services)	Father
Javed Hussain	Security Guard (Safety & Security)	Mother
Imran Ali Hassan	Security Guard (Safety & Security)	Son

Mr. Rafiquddin (Assistant Manager – Electrical Department) passed away in Sep 2018. He was an integral part of THI family for the last 14 years. We pay tribute to his dedicated services for the hospital.

May Allah (swt) give the departed souls eternal peace and grant them the highest place in Heaven, along with patience and strength to the bereaved families

## Achievements



**Samina Iqbal Kanji**  
(Assistant Manager Nursing Services)

Successfully completed Diploma in Healthcare and Lean Hospital Management with 95% marks from Pakistan Institute of Management, granting her scholarship for future diploma programs.



**Aisha Haider**  
(Assistant Manager Patient Safety & Quality Assurance Department)

Won 1st prize in Research Poster Competition in Healthcare Quality and Patient Safety on "Impact of Implementing a Quality Improvement Program on Performance Indicators and Patient Satisfaction" at 3rd International Conference on Patient Safety 2018 held in Lahore.

Participated in CME held on 13th of September at Karachi EXPO center to represent Tabba Heart Institute's blood bank as a clinical pathologist and gave presentation as a guest speaker on latest updates of blood transfusion on the topic of Indications and Hemoglobin threshold for red cell transfusion in adult.



**Dr. Nausheen Waseem**  
(Clinical Pathologist)



**Hina Kareem**  
(Deputy Manager Nursing Services)

Successfully completed Diploma in Healthcare & Lean Management from Pakistan Institute of Management.

Events



SEP  
18<sup>th</sup>  
2018

BLOOD  
SCREENING AT  
MAAWAH  
HOMES



SEP  
28<sup>th</sup>  
2018

CME ON  
CHEST PAIN  
EVALUATION



OCT  
02<sup>nd</sup>  
2018

FREE CARDIAC  
CAMP AT  
AWAN-E-SANAT  
O TIJARAT  
HOSPITAL



OCT  
17<sup>th</sup>  
2018

CARDIAC  
AWARENESS  
AT PAK MEDIA  
COMMUNICATIONS



OCT  
19<sup>th</sup>  
2018

CME ON  
ROLE OF  
HYPERTENSION



OCT  
26<sup>th</sup>  
2018

CME ON  
DIABETES AN  
EVIDENCE  
BASED  
APPROACH



NOV  
11<sup>th</sup>  
2018

FREE CARDIAC  
AWARENESS  
CAMP AT  
MALIR CANTT



NOV  
14<sup>th</sup>  
2018

FLU  
VACCINATION  
DRIVE AT  
AL- BARAKA  
BANK

Events



NOV 15<sup>th</sup> 2018  
FLU VACCINATION DRIVE AT AL BARAKA BANK



NOV 29<sup>th</sup> 2018  
BLS TRAINING AT ICI PAKISTAN



NOV 30<sup>th</sup> 2018  
CME ON DIABETES FOOT CARE ASSESSMENT



DEC 14<sup>th</sup> 2018  
CME ON REDEFINING DIABETES



DEC 21<sup>st</sup> 2018  
CME ON DIAGNOSIS AND MANAGEMENT OF HYPERTENSION



JAN 01<sup>st</sup> 2019  
NEW YEAR CELEBRATION AT THI



JAN 15<sup>th</sup> 2019  
BS IN MED TECH ORIENTATION PROGRAM



JAN 18<sup>th</sup> 2019  
ANNUAL HEALTH ACTIVITY AT BBRAUN

# Harnessing the POWER OF THOUGHT in Business Management



**“In our fast-paced world, too many people are making bad decisions because they haven’t taken the time to engage in critical thinking first.”**

**By FAISAL ABDUL SATTAR,**  
CMA, FCA, CIA

The thoughts that we create and radiate are subtle, powerful pieces of energy that affect people and the environment around us. These days, the functions of business organizations are being led, managed, and performed by people who are knowingly or unknowingly creating this powerful “thought energy,” directing it toward coworkers and bosses alike. Some of this energy is positive, and some of it is negative, but it almost always has an effect on the organization and the people within it.

**FIGURE 1: THE LIFESPAN OF A THOUGHT**



If you've been working as a management accountant or financial professional long enough, you've probably had to deal with bad bosses, toxic work environments, difficult relationships with colleagues, and real-life corporate crises. In cases like these, it's easy to blame others or external circumstances. But that only creates more negative and compromised energy. Situations themselves are lifeless; it's our thoughts that give them life and meaning and catapult them into reality.

## Thoughts Shape The World

Everything we see around us began as a thought or as an idea in the mind of a single person before it was translated into reality. Everything in our life started out as a thought, a wish, a hope, or a dream—either in our mind or in the mind of someone else. Our thoughts are creative. They form and shape our world and everything that happens to us. In fact, I could argue that our life occurs more on the inside, through our thoughts, than it does on the outside. The greatest summary statement is this: “You become what you think about—most of the time.” Our outer world ultimately becomes a reflection of our inner world and mirrors back to us what we think about. In other words, our thoughts continuously emerge in our reality. Many thousands of successful people have been asked what they think about most of the time. The most common answer?

They think about what they want and how to get it. Unsuccessful people think and talk about what they don't want most of the time: to be stuck in traffic, caught in a rainstorm, ripped off by a contractor, or have a friend or relative ask for money. You get the idea. Most of the time they talk about their problems and worries and who's to blame for them. Successful people, on the other hand, focus their thoughts and conversations on their most intensely desired goals. Put simply, they spend most of their time thinking and talking about what they want most out of life.

## Can You See The Road Ahead?

Living without clear goals is like wearing glasses with the wrong lenses. Even behind the wheel of the most powerful, well-engineered car, you'll drive slowly and hesitantly, inching along mile by mile. But if you know what your goals are and channel your energies and abilities to reach them, you'll move forward at a good pace, and you may ultimately get what you want out of life. And you won't have to press the accelerator to the floor to do it! Here's how establishing clear goals has played out in my own life: After I received my bachelor of commerce degree in 1992, I decided to pursue the Chartered Accountant designation because I thought it would broaden my knowledge base and provide me with the skills to enable me to move up the corporate ladder. The key thing that helped me during this process was that I never compared myself to other people and always extended a helping hand to others, which I believe



made a good impression on my bosses. Through the promotions I received, I could see that my planning skills and hard work were beginning to pay big dividends. Further, I used the same approach and thought process when I started pursuing my CMA® (Certified Management Accountant) certification. I knew this, too, would take a lot of work, but I was committed to getting my CMA and joining this group of elite professionals. I became a CMA in 2017.

This is my story, but it can be yours as well. It will be easier to reach your goals if you consider your thoughts—or even a single thought—as the first step on a continuum of moving toward a specific goal or end result. As Figure 1 shows, feelings, attitudes, and actions all help to propel this process along.

In an ethical business environment, the quality of the thoughts that the company's leaders, managers, and frontline staff create on a daily basis

in their personal and professional relationships will determine the destiny of the organization and, it is hoped, have a positive impact on its bottom line.

Stepping back a bit, it's also necessary to understand the "raw material" or source, behind each new thought we create, which leads to the end result (see Figure 2).

I recall one time when I was working on an important presentation to be given at the next board meeting for the launch of a new product. Working with people from different countries and cultures, I drew on my knowledge and past experiences to gently guide the planning stages in the direction I thought they should go. Despite some disagreements with my colleagues, I remained composed and thought about how everything we learn is interconnected and works off each other. The presentation was a success, the board members were impressed, and I was left with a very exhilarating feeling of accomplishment.

## Keeping Employees Engaged

As most of us know, organizations succeed when productivity rises, employees collaborate efficiently and respectfully with one another, and efforts are made to minimize

the risks of fraud. Most businesses collapse, however, not because they didn't hire people with the right skills but because the initial momentum and energy, which was there at the beginning, is lost. The employer fails to pass on a sense of ownership. The result? New ideas aren't encouraged, so employees remain silent, often for fear of appearing as a threat to upper management. This slowly and gradually destroys the organization, leading to financial losses (which are often not seen initially in the financial statements) and negative operational cash flow. Ultimately, the organization fails. How pervasive is this problem? A Gallup study from April 2015 says that just 30% of U.S. employees report feeling engaged at work and that

managers are responsible for 70% of the variance in employee engagement scores.

Moreover, the same Gallup report found that companies are hiring the wrong people to be managers or supervisors 82% of the time, wasting time and money and causing their employees to become disengaged. "Most companies promote workers into managerial positions because of tenure or performance rather than talent. This practice doesn't work," the report stated. "Experience and skills are important, but people's talents—the naturally recurring patterns in the way they think, feel, and behave—predict where they'll perform at their best." (To learn more, go to <http://bit.ly/2p9usLj>.)

Ethics, which stem from thoughts, are about the integrity and credibility of the decision-making process and are used to resolve any number of issues. Individuals and organizations behave ethically when their actions are aligned with a set of core values. The

challenge for most organizations is that employees come into the company with predefined values and thought patterns, but they're hardly challenged to change them so that the company can present a unified image to customers, shareholders, vendors, the community, and all other stakeholders.

Therefore, it's of utmost importance for the organization to initiate a "thought management program" at all levels. I don't mean some sort of dystopian mind-control scheme that rids people of their emotions and feelings, but guidance as to how to think clearly and take full responsibility for thoughts and actions that relate to the business and its core values. In this manner,

all employees will get the guidance they require to make ethical choices that align with corporate values.

### Like a Well-Oiled Machine

For their 2007 book, *Driven: Business Strategy, Human Actions, and the Creation of Wealth*, Mark L. Frigo and Joel Litman examined the financial performance of more than 15,000 public companies, using 30 years' worth of data. They identified about 100 high-performing companies committed to creating long-term shareholder value by delivering a sustainable return on investment while demonstrating ethical business conduct.

These companies are successful because they don't let upper management get complacent. When things are running smoothly, many bosses tend to relax, take it easy, and ignore people. Yet that's exactly the time

when problems are most likely to develop. Preventive maintenance pays big dividends when you are working with machinery. It pays even bigger dividends when working with people. People need attention the way a machine needs oil. A good mechanic doesn't wait for the machine to break down before he gives it some attention. Instead, he watches for the least sign of wear and tear. Good bosses are mechanics who specialize in people. They know how to keep them pepped up and in good working order, and they're always alert for signs of trouble or strain. They also notice when someone isn't doing the job right and who needs help before there's a serious problem or mistake. Continuous, well-meaning attention makes people feel needed, wanted, and important. It helps them work better and get more satisfaction out of their jobs.

## Don't Fall Victim to Shortcuts!

As we all know, we're living in a time of constant change and choice, and most of us have had to adjust both socially and professionally. That has affected the way we make decisions. We're increasingly forced to take a shortcut approach in which a particular decision is based on a single piece of information. Usually, that information is reliable, but sometimes it isn't.

Given the demands on our time, it's more likely that this shortcut approach to decision making will increase proportionately. That makes it even more crucial to step back and rely on our skills of critical thinking to help manage our personal and professional issues effectively. At the same time, we need to pull the weeds of negativity from our minds, which will help lead to a fulfilling, purposeful life. Combine these two skills, and there's no limit to your future success.

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Figure 2: How thoughts are interconnected



# Hello I am

## Dr. Ahson Memon

(Consultant Cardiothoracic Surgeon)

**Briefly tell us about your background as a doctor: How long have you been practicing? Where did you acquire your education from?**

I am originally from Hyderabad where I acquired my medical education from Isra University. For the past decade I have been living in Karachi. I have always been passionate about this profession. My first inspiration are my parents, who both are doctors too. The decision of becoming a cardiothoracic surgeon was made long ago. Therefore, I started working in this field right after graduation. I did my house job from Liaquat National Hospital, followed by postgraduate training from Jinnah Postgraduate Medical Center and Tabba Heart Institute. I had a wonderful opportunity to work and learn at Mazankowski Heart Institute in Alberta, Canada for Minimally Invasive and Aortic Surgery fellowship.

**Why did you choose this career and specialty?**

It was a childhood dream which I worked extremely hard to turn into reality. My interest in cardiac surgery enhanced with time. I enjoyed working with details and delicacies that are crucial for this field of surgery.

**What are the key challenges of this (field of medicine/surgery)? What are your challenges?**

Our field is constantly evolving and with new researches and guidelines coming in all the time, it is essential to remain up to date. Our country is struggling in many ways including healthcare. Having been trained at an international institute, I feel the need to deliver the same state of the art surgical care for patients here.

**What do you feel are the most important qualities or personality traits a surgeon should possess?**

Being a good surgeon requires you to be a highly multitasking individual. One has to deal with all sorts of people, be it your patients, their families, or your work team. Every day you are faced with different challenges. Therefore, strong leadership qualities, good communication skills and problem solving techniques must be acquired along with surgical training.

**Do you think being passionate counts in this profession?**

Well, for any job if one is not passionate about what you do, then it gets hard to get up every morning and derive the positive energy for your work. You perform your best when your interest and satisfaction lies in your work.



**Tell us a bit about your personal lifestyle and family? Whom do you share more camaraderie with in your family?**

I have amazing parents who have always supported me in following my career. I have a wonderful family that includes my parents, my wife, my two brothers and a sister. All of us are doctors for which are sometimes laughed at too. My mom has been my real mentor throughout my life. I share and take advice from her very often.

**How does your family manage with your professional commitment?**

It has been over a decade that I have been spending more time at hospital than at home. Sometimes I am working more than 36 hours straight. My family has well-adjusted to my working hours and they understand the fact that I am genuinely committed to my patients.

**How much personal time is consumed while being in practice?**

It would not be wrong to say almost all of it. I have somehow adjusted to this lifestyle. However, I do try to take some time out for my refueling.

**What do you like to do for past time when you're not in office?**

People say I make friends wherever I go. So when I am not at work, I like socializing with my friends, discovering decent places to eat out and watching Action/Thriller/Comedy movies. I study recent advancements and new surgical cases that are being done worldwide in order to enhance my dexterity.

**Coming back to your profession, the cardiovascular disease is now statistically the leading cause of deaths worldwide; what do you think is the main reason behind the spread of cardiovascular disease so rapidly now?**

In today's fast moving world, unfortunately, people themselves have become less mobile. With increasing number of gadgets in daily routine, sedentary lifestyle is becoming dangerously prevalent, which is one fundamental cause that leads to development of major risk factors of Cardiovascular disease including Obesity.

**Do you recall any extraordinary experience while doing the surgery?**

Performing in operating theatres is regular for us surgeons. Couple of times, I have performed lifesaving Emergency room Thoracotomy barehanded without need of anesthetic drugs. We surgeons call it 'Show Time'.

**How should a patient overcome the fear of surgery? What tips or guidelines would you like to give to those patients, who have been recommended to undergo heart surgery, to reduce anxiety?**

A little anxiety is harmless. However, my practice is to educate all my patients as much as possible. Informative leaflets are also helpful. It is always better to be aware of your disease and the management you are being offered.

**It is generally believed that success rate is dependent on the age of the patient? How far is that true?**

I would say to some extent it is. It is noted worldwide that the recovery rate is questionable in elderly/octogenarians especially if they are poorly mobilized.

**Tell us about your association with THI; what do you think is the biggest strength of this Institute which has helped it grow to this status in such a short span?**

I first joined THI as a Cardiac Surgery fellow. I was very fortunate to receive this opportunity. Since then I have been a part of THI family.

THI provides wonderful working environment for all employees. THI team puts continuous effort to provide state of the art healthcare to the patients. Teaching program trains new talented doctors to help improve the quality care.



# Heart Rhythm Matters

By: Dr. Fariha Sadiq Ali

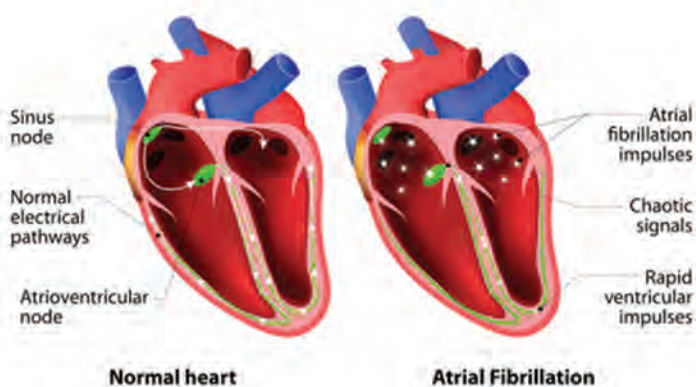
(Consultant Cardiologist & Cardiac Electrophysiologist)

## What is an arrhythmia ?

It is a medical term for heart rhythm or heart beat problem. This occurs due to faulty electric of the heart and may result in either too fast, too slow, too early or irregular heart beats.

Most heart arrhythmias are harmless but some are bothersome and can be life threatening.

### Cardiac arrhythmia



## Symptoms of arrhythmia

Some patients have no symptoms, but a doctor might detect an arrhythmia during a routine examination or on an EKG (electrocardiogram).

Some patients experience symptoms described below and should consult the doctor for diagnosis and need of treatment

Most noticeable symptoms are

- 1 Fluttering in chest
- 2 Racing heart beat
- 3 Chest pain
- 4 Slow heart beat
- 5 Shortness of breath
- 6 Sudden weakness
- 7 Sweating
- 8 Difficulty when walking, exercising or doing activity
- 9 Dizziness
- 10 Fainting or near fainting

## Diagnosis of arrhythmia

The doctor diagnoses a heart arrhythmia after reviewing the symptoms, medical history and conducting a physical examination.

The doctor may also perform heart-monitoring tests specific to arrhythmias.

### Electrocardiogram (ECG):

The test is painless and harmless, and records electrical impulses from the heart. It takes only five minutes. As shown in Figure 1, electrodes (small sticky pads) are attached to the arms, legs and chest and the wires lead to the ECG machine. The machine then record the information onto paper

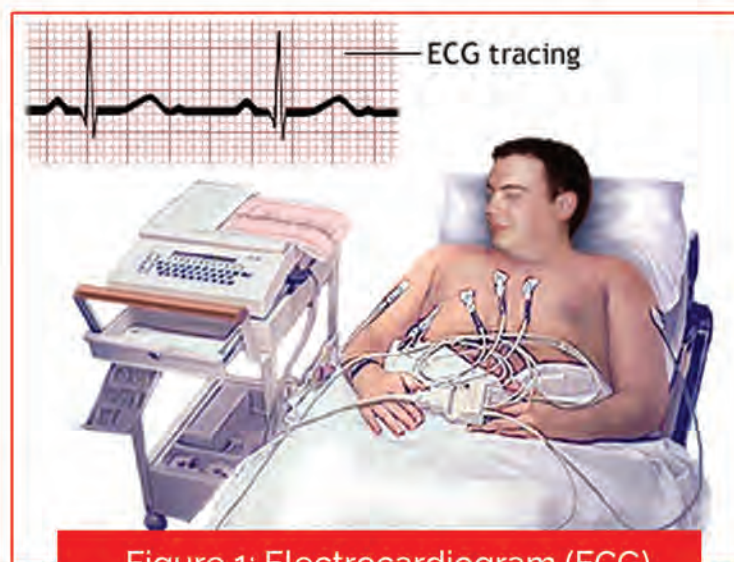


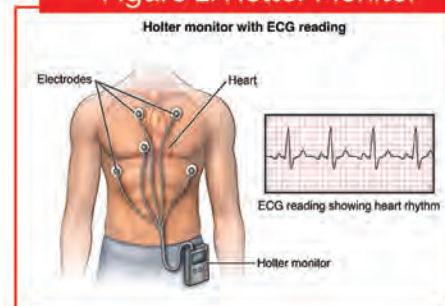
Figure 1: Electrocardiogram (ECG)

### Holter monitor (Figure 2)

It is a portable ECG device that can be worn for a day or more to record the heart's activity as patient's go about their routine.



Figure 2: Holter Monitor



**Event Recorder**

It is a portable ECG device that is attached to the body and allows pressing a button when the symptoms happen. This helps the doctor to check the heart rhythm at the time of symptoms.



Figure 3: Event Recorder

**Electrophysiological study:**

Some patients need electrophysiological study (test to study the electrical system) for accurate diagnosis. As shown in Figure 4, in this test, doctors thread thin, flexible tubes (catheters) tipped with electrodes through your blood vessels to a variety of spots within the heart. These catheters are used to study the electrical system of heart and locate the arrhythmia.



Figure 4: Conventional Ablation

**Types of arrhythmia & treatment**

Doctors define arrhythmia mainly by the speed of heart rate

- 1 Too slow heart beat phenomenon is known as Bradycardia
- 2 Too fast heart beat phenomenon is known as Tachycardia

**1 Too slow heart beat (Bradycardia)**

It occurs due to the blockage in the electrical system of the heart. Some times change in medications can improve the condition however, when the condition persists it can be easily corrected with a minor surgery, in which a permanent pacemaker is implanted under the skin to speed up the heart rhythm.



Figure 5: Pacemaker

**2 Too fast heart beat (Tachycardia)**

**A.** When fast heart beat rhythm occurs in the lower chamber of the heart (ventricle) it is called as ventricular tachycardia. This is commonly seen in patients with previous heart attacks. This is a serious problem and requires medication, sometimes catheter ablation and other times a minor surgery to implant cardiac defibrillator under the skin.



Figure 6: Intra cardiac Defibrillator (ICD)

**B** When the fast heart beat occurs in the upper chamber of the heart (atria) it is called as supraventricular tachycardia. In short form it is called as SVT. There are various types of SVT some of which are treated with medication and some with catheter ablation.

**Catheter Ablation** is a technique used to treat variety of heart rhythm disorders by blocking the pathways that are causing the arrhythmia. It is a safe and minimally invasive procedure done under sedation. Routinely, ablation procedures are performed under fluoroscopy (X-ray) guidance; however the new 3D mapping system quickly and accurately generates 3D models (figure 7) of the heart chambers and the abnormal heart rhythm providing critical information to physicians during the procedure.

The benefit of catheter ablation is that the heart rhythm disturbance is cured without the need of ongoing medication.

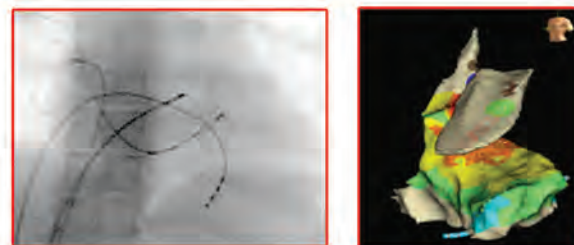


Figure 7: 3D Ablation Maps

## کورونری کیشیم اسکین کیا ہے؟

آپ نے یقیناً سن رکھا ہوگا کہ کیشیم آپ کی ہڈیوں کیلئے بے حد مفید ہے۔ لیکن اب جان لیجئے کہ کیشیم میں آپ کے دل کی صحت کیلئے بھی ایک بڑا راز پوشیدہ ہے۔ آپ کا معالج آپ کو ہارٹ ایک سے بچانے کیلئے کورونری کیشیم اسکین سے مدد لے سکتا ہے۔

دل کا یہ اسکین ایک خصوصی ایکس رے استعمال کرتا ہے جسے سی ٹی اسکین کہتے ہیں۔ یہ آپ کے دل کی ان شریانوں کی تصاویر لیتا ہے جو خون کو دل سے باہر لے کر جاتی ہیں اور اس میں کیشیم کا جائزہ لیا جاتا ہے۔ اس اسکین کے اور بھی کچھ نام ہیں، یعنی:

کورونری کیشیم اسکین

کیشیم اسکین ٹیسٹ

کارڈیک سی ٹی برائے کیشیم اسکورنگ

## یہ ٹیسٹ کیوں کیا جاتا ہے؟

یہ اسکین اس کیشیم کی کھوج نکالتا ہے جو کہ "پلیک" کے ساتھ جڑی ہوتی ہے۔ یہ "پلیک" دانتوں پے جمنے والی گندگی نہیں بلکہ یہ جربی اور کیشیم سے مل کر بنتی ہے اور آپ کے دل کے لئے ہائل بھی اچھی نہیں ہوتی۔ پلیک آغاز میں موم کی طرح ہوتی ہے اور یہ آہستہ آہستہ جمع ہوتی ہے۔ وقت گزرنے کے ساتھ یہ سخت ہو جاتی ہے۔ آپ نے شاید سنا ہو کہ ڈاکٹر اسے "کیلسی فائبر پیک" بھی کہتے ہیں۔ دو وجوہات کی بنا پر یہ بڑا مسئلہ ہے۔

اسخت پلیک ایسی ہے جیسے کسی پائپ میں آنے والی رکاوٹ۔ یہ آپ کے خون کی رفتار کو کم کر دیتی ہے۔ اس سے نقصان یہ ہوتا ہے کہ جسم کے کچھ حصوں کو خون کے ذریعے آکسیجن نہیں پہنچ پاتی جو ان کی ضرورت ہے۔ یہی پلیک اگر آپ کے دل کی شریانوں میں جمع ہو جائے تو آپ کو سینے میں درد اور بے چینی محسوس ہوگی۔ اسے "انجائنا" کہتے ہیں۔

۲۔ یہ پلیک اپنی جگہ سے اکھڑ کر ٹوٹ سکتی ہے جس سے خون میں کلاٹ یا تھے ہوئے خون کا ٹوٹھرا گردش کرنے لگتا ہے۔ جو دل کے دورے کا باعث بنتا ہے۔

کورونری کیشیم اسکین ٹیسٹ اس تشخیص میں معاونت کرتا ہے کہ آپ کے دل کی شریانوں میں کتنا "کیلسی فائبر پیک" جمع ہو چکا ہے۔ نتائج کو دیکھ کر آپ اپنے معالج کے مشورہ سے دو اور دیگر معمولات زندگی میں تبدیلی کر سکتے ہیں۔

## مجھے یہ اسکین کب کروانا چاہئے؟

کورونری کیشیم اسکین ٹیسٹ ہر کسی کے لئے تجویز نہیں کیا جاتا۔ اس ٹیسٹ کے دوران آپ کا جسم ریڈی ایشن کی زد میں آتا ہے جس کی مقدار اتنی زیادہ ہوتی ہے جتنی آپ عام طور پر ایک سال کے دوران حاصل کرتے ہیں۔ اس لئے ٹیسٹ صرف اس صورت میں کروانا چاہئے جب بے حد ضروری اور مفید ہو۔

سب سے پہلے تو آپ کو یہ جاننا چاہئے کہ آپ کے امراض قلب میں مبتلا ہونے کے کتنے امکانات ہیں۔ آپ کا معالج درج ذیل معلومات کی بنیاد پر یہ تشخیص کر سکتا ہے۔

آپ کی عمر

آپ کا بلڈ پریشر

آپ کا کولیسٹرول یول

کیا آپ سگریٹ نوش ہیں؟

آپ کی جنس

دل کے اسکین کی ضرورت تب پیش آسکتی ہے اگر ان معلومات کی بنیاد پر آپ کو کافی حد تک دل کی بیماری میں مبتلا ہونے کا امکان دکھائی دے۔ ان معلومات کی بنیاد پر اگر دل کی بیماری کا معمولی امکان ہو تو اسکین اس طرح کی کیشیم کوٹا نہیں کرے گا۔ اور اگر یہ امکان بہت بلند ہے تو پھر اس اسکین کی آپ کو ضرورت ہی نہیں ہوگی کیونکہ تشخیص واضح ہو چکی ہے۔ تاہم دونوں صورتوں میں کسی انتہائی ضرورت کے بغیر آپ کو اس ریڈی ایشن کی زد میں نہیں آنا چاہئے۔

لیکن اگر یہ امکان کافی حد تک ہے تب اس اسکین کی مدد سے آپ کے دل کے مرض میں مبتلا ہونے سے بچ سکتے ہیں۔

## اسکین کے دوران کیا معاملات پیش آتے ہیں؟

آپ کسی ایسے ہسپتال یا کلینک سے رابطہ کریں گے جہاں سی ٹی اسکینر موجود ہو۔ آپ کا ڈاکٹر ٹیسٹ سے 4 گھنٹے پہلے آپ کو کینین یا سگریٹ استعمال کرنے سے روک دے گا۔

اسکین کیلئے آپ کو ہسپتال کا گاؤن پہننا ہوگا اس لئے کمرے اور پے کپڑے اور جیولری وغیرہ اتار دیں۔

اسکینر کا آپریشن آپ کے سینے پر کچھ چپکنے والے آلات لگانے کا جو کہ ای کے جی مشین سے منسلک ہو سکے۔ اس سے آپ ریڈی ایشن کے دوران تصاویر لینے میں مدد ملتی ہے۔

اگر آپ کو تنگ اور بند جگہوں پر گھبراہٹ محسوس ہوتی ہے تو اس صورت میں آپ سکون آور دالے سکتے ہیں۔ آپ دل کی دھڑکن مدہم کرنے والی دوا بھی لے سکتے ہیں تاکہ اسکین کے دوران تصاویر واضح آئیں۔

اس ٹیسٹ کے دوران آپ ایک میز پر کمر کے بل لیٹ جائیں گے جو کہ آہستہ آہستہ سی ٹی اسکینر کے اندر چلی جائے گی۔ یہ اسکینر ایک خالی ٹیوب کی طرح کا ہوتا ہے اور آپ کو محسوس ہوتا ہے جیسے آپ کسی سرنگ میں داخل ہو رہے ہیں۔ تاہم آپ کا سر اس ٹیوب کے باہر ہی رہے گا۔

آپ ریڈی ایشن کے دیکوار کے پیچھے کھڑا ہوتا ہے اور آپ سے اسٹیکر پر بات کرتا ہے۔ اس عمل میں تقریباً 10 سے 15 منٹ لگتے ہیں۔ اسکین مکمل ہونے کے بعد آپ اپنی مصروفیات دوبارہ شروع کر سکتے ہیں۔ کورونری کیشیم اسکین کیلئے آپ کو کسی قسم کا مرکب یا ڈوائی نہیں لینا پڑتا۔

## اسکین سے حاصل کردہ نتائج کا کیا مطلب ہے؟

یہ اسکین آپ کو ایک نمبر فراہم کرتا ہے جسے ڈاکٹر اسکو کہتے ہیں آپ کے معالج کو یہ نتائج اسی روز مل جاتے ہیں لیکن اس میں زیادہ وقت بھی لگ سکتا ہے۔

"زیر" کا مطلب ہے ٹیسٹ کے دوران کیشیم نہیں ملی۔ یہ نمبر زیادہ ہونے کی صورت میں اب ضروری ہے کہ آپ اپنے معالج کے مشورہ سے لائحہ عمل طے کریں۔

آپ کا معالج آپ کو اس ٹیسٹ کی وضاحت مہیا کر دے گا۔ نتائج کی بنیاد پر آپ کو مزید چند ٹیسٹ بھی کروانے ہوں گے علاوہ ازیں آپ کو درج ذیل تبدیلی لانی ہوگی۔

آپ کتنی ورزش کرتے ہیں۔

آپ کو کئی ادویہ لے رہے ہیں۔

آپ کی خوراک کیا ہے۔

یاد رہے کہ بلند اسکور کا مطلب ہرگز یہ نہیں کہ اب آپ کو ہارٹ ایک ہو کر رہے گا۔ تاہم اس سے یہ اشارہ ضرور ملتا ہے کہ آپ کو اپنی زندگی کے معمولات میں دل کی بہتر صحت سے متعلق تبدیلیاں لانے کی ضرورت ہے یا آپ کو ایک نئی دوا شروع کرنے کی ضرورت ہے۔

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**Tabba Heart Institute:**  
ST-1, Block 2, Federal 'B' Area  
Karachi

[www.tabbaheart.org](http://www.tabbaheart.org) | 111-844-844 |  
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Commercial Area, Latifabad Unit #7,  
Hyderabad