



# Heart Matters

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

Issue 37 - August 2019

## Sacrificial Meat:

Eat well but in Moderation



Stress Echocardiography

**Rendezvous**

Dr. Asadullah Bugti

Consultant Interventional Cardiologist







## Consultant Clinics at Tabba Heart Institute

Consultant Clinics department at Tabba Heart Institute are aesthetically pleasing & purpose built facility for the patients' convenience. The department provides services to over 5,000 patients on average in a month, our focus is to provide individualized attention and care to every patient. At Consultant Clinics our highly qualified & experienced consultants cover all aspects of Cardiology, Cardiac Surgery along with other sub-specialties and associated illnesses.

### Multi Specialty Spectrum of Clinics

Although Tabba Heart Institute is a dedicated Cardiac Care facility, the OPD Clinics are offered for other subspecialty clinics as well; Consultation services are offered in:

- ▣ Cardiology
- ▣ Cardiothoracic Surgery
- ▣ Electrophysiology

#### Other Sub-Specialties include:

- ▣ Pulmonology
- ▣ Nephrology
- ▣ Gastroenterology
- ▣ Diabetology
- ▣ General Medicine
- ▣ Infectious diseases
- ▣ INR clinic
- ▣ Neurology Clinic
- ▣ Internal Medicine
- ▣ Dietetic services
- ▣ Geriatric Medicine
- ▣ Psychiatry



### Consultant Clinics at THI Outreach Centre

Tabba Heart Institute has established state of the art Outreach Centres in DHA Phase '2' Karachi and Latifabad Hyderabad, Sindh. The Outreach Centre in DHA Phase '2' Karachi, currently offers consultation in Cardiology, Cardiac Surgery, Diabetology, Pulmonology, General & Family Medicine, Diet, and Physiotherapy. Other services include Pharmacy, Non Invasive Diagnostic tests and Clinical Laboratory.

In Hyderabad Outreach Center we currently offer Consultation Services on Saturday's only, as the new Diagnostics and Consultation Centre is being built at Boulevard Mall, Hyderabad and is expected to be operational in the last quarter of 2019.

### Patient Facilitation Desk

Another prominent feature of the Consultant Clinic is our friendly and competent staff that assists the patients to attain their maximum level of health and satisfaction. At the Consultant Clinics, a dedicated Patient Facilitation Desk offers personalized assistance to all the patients in booking of their next or follow up appointments, facilitate in booking their appointments for diagnostics tests, Angiography & Angioplasty and Cardiac Surgery procedure as well as guide them about procedure charges, pharmacy services and clinical laboratory tests and miscellaneous discount offers.



### How to book your Appointments?

There are 3 easy ways to book your appointment at our clinics

- Call us at 0312-0844844
- Request an appointment on our website [www.tabbaheart.org](http://www.tabbaheart.org)
- Sms at 8331

To ensure maximum patient satisfaction and ease, all clinic appointments are confirmed twice before the clinic through SMS and calls at least **24 hours** prior to the time of appointment.



| NAME   | DEPARTMENT                                 | NAME  | DEPARTMENT                 |
|--|--|---|----------------------------|
| <b>Sumaira Khan</b><br>Head of Department                    | Pharmacy                                   | <b>Dr. Aiman Nazir</b><br>Medical Officer                 | Cardiology                 |
| <b>Muhammad Rashid Ul Bari</b><br>Head of Department         | Facility Management & Engineering Services | <b>Dr. Yusra Shahid</b><br>Medical Officer                | Cardiothoracic Surgery     |
| <b>Dr. Fareena Khan</b><br>Associate Consultant              | Cardiac Anesthesia                         | <b>Dr. Fahaila Siddiqi</b><br>Medical Officer             | Cardiothoracic Surgery     |
| <b>Sana Amir Ali</b><br>Assistant Manager                    | Nursing Services                           | <b>Dr. Faizan Ul Haq</b><br>Medical Officer               | Cardiothoracic Surgery     |
| <b>Dr. Asma Ashique</b><br>Senior Medical Officer            | Cardiology                                 | <b>Dr. Syed Mustajab Ahmed</b><br>Medical Officer         | Cardiothoracic Surgery     |
| <b>Dr. Syed Mubbashir Laiq</b><br>Senior Medical Officer     | Cardiology (ER)                            | <b>Dr. Shayan Muhammad Aslam</b><br>Medical Officer       | Cardiothoracic Surgery     |
| <b>Dr. Samrana Nihal</b><br>Senior Medical Officer           | Cardiology (ER)                            | <b>Zuhra Shahjhan</b><br>Nusing Instructor                | Nursing Education Services |
| <b>Dr. Muhammad Kashif Humayun</b><br>Senior Medical Officer | Cardiothoracic Surgery                     | <b>Waqas Akhtar</b><br>Phlebotomy Supervisor              | Clinical Laboratory        |
| <b>Saffan Ali</b><br>Senior Officer                          | Support Service                            | <b>Sumaiya Iqbal</b><br>Dietitian                         | Cardiac Rehabilitation     |
| <b>Dr. Shehzeena Arif (R.Ph.)</b><br>Senior Pharmacist       | Pharmacy                                   | <b>Syeda Rida Shahid</b><br>Officer                       | Patient Relations & QAD    |
| <b>Dr. Noureen Latif</b><br>Medical Officer                  | Cardiology                                 | <b>Dr. Rimsha Ismail (R.Ph.)</b><br>Pharmacist            | Pharmacy                   |
| <b>Dr. Rida Rafiq</b><br>Medical Officer                     | Cardiology                                 | <b>Dr. Rabia Rasheed (R.Ph.)</b><br>Pharmacist            | Pharmacy                   |
| <b>Dr. Muhammad Akif Qureshi</b><br>Medical Officer          | Cardiology                                 | <b>Dr. Sumra Altamash (R.Ph.)</b><br>Pharmacist           | Pharmacy                   |
| <b>Dr. Rabbia Khan</b><br>Medical Officer                    | Cardiology                                 | <b>Dr. Khurram Shahzad Memon (R.Ph.)</b><br>Pharmacist    | DHA Outreach Services      |
| <b>Dr. Hira Ehsan</b><br>Medical Officer                     | Cardiology                                 | <b>Dr. Hifza Rashid (R.Ph.)</b><br>Pharmacy Officer       | Supply Chain Management    |
| <b>Dr. Faran Khalid</b><br>Medical Officer                   | Cardiology                                 | <b>Sohail Aksar</b><br>Radiation Protection Officer (RPO) | Non Invasive Cardiology    |
| <b>Dr. Shayan Anwer</b><br>Medical Officer                   | Cardiology                                 | <b>Adan Shabbir Ali</b><br>Rehabilitation Specialist      | Cardiac Rehabilitation     |
| <b>Dr. Muhammad Ahsan Usman Khan</b><br>Medical Officer      | Cardiology                                 | <b>Saleha Shah</b><br>Rehabilitation Specialist           | Cardiac Rehabilitation     |
| <b>Dr. Warda Ahmed</b><br>Medical Officer                    | Cardiology                                 |   |                            |



# STAR PERFORMER: JAN-MAR 2019



**Mr. Trevor Thomas**  
Senior Instructor NES



**Shabbir Ahmed**  
Assistant Manager-ICT



**Shakeel Ahmed**  
Porter Nursing Services



**Dr. Anum Arif**  
Medical Officer Cardiology

## STORK VISIT

## WEDLOCKS

| Name                | Designation        | Blessed with |
|---------------------|--------------------|--------------|
| Muhammad Jawad      | Senior Officer HRD | Baby Girl    |
| Mr. Muhammad Farhan | DEO HIMS           | Baby Girl    |

| Name               | Designation                 |
|--------------------|-----------------------------|
| Ms. Shireen Qaiser | Assistant Manager Marketing |
| Mr. Ubaidur Rehman | DEO HIMS                    |
| Mr. Raheel Sultan  | Senior Officer HIMS         |

## Achievements



**Mohtashim Zaman**  
Manager HIMS



**Raheel Sultan**  
Senior Officer HIMS



**Ms. Laila Hussain**  
Manager NES

Abstract on:  
"Finding the solution in Nursing education through Simulation based teaching" got accepted at the Global Nurse Education Conference.



**Abdul Rehman**  
Senior Officer HIMS



**Syed Taimur Hussain**  
Executive HIMS



**Abu Turab Hussain**  
Assistant Manager PS & QAD

Successfully completed "Lead Auditor ISO 14001:2014 Environment Management System" training course



**Imran Muhammad Khan**  
Executive HIMS

The Team of HIMS Successfully completed ICD-10-CM Coding Certificate from Shaukat Khanum Memorial Cancer Hospital & Research Centre (SKMCH & RC)



**Mariam Sheikh**  
MSPH- Nutrition, RD

Awarded Outstanding Presentation Award for "Heart Failure and Nutritional Management via Structured Nutrition Education Program and Post-Discharge SMS Reminders" at 25th Annual Meeting of Japanese Association of Cardiac Rehabilitation (JACR) Asia Prevent Conference on 13-14th July 2019.



Events



FEB 13<sup>th</sup> 2019

CME PROGRAM: NEW HORIZON IN MANAGEMENT OF TYPE 2 DIABETES



MARCH 8<sup>th</sup> 2019

AWARENESS PROGRAM: WOMEN & HEART DISEASE STORY OF A LIFETIME



MARCH 13<sup>th</sup> 2019

CME PROGRAM: MAGIC FOODS FACTS OR FICTION



MARCH 14<sup>th</sup> 2019

AWARENESS SESSION: MEDICATION SAFETY







MARCH  
**16<sup>th</sup>**  
2019

CME PROGRAM:  
ECG  
INTERPRETATION-  
ADVANCE ECG



MARCH  
**29<sup>th</sup>**  
2019

CME PROGRAM:  
PRACTICE  
GUIDELINES FOR  
DIAGNOSIS &  
MANAGEMENT OF  
HYPERTENSION



APRIL  
**24<sup>th</sup>**  
2019

CME PROGRAM:  
DIABETES  
AND  
RAMADAN



APRIL  
**26<sup>th</sup>**  
2019

CME PROGRAM :  
NEW HORIZON  
IN MANAGEMENT  
OF TYPE  
2 DIABETES





# Hello I am

## Dr. Asadullah Bugti

Consultant Interventional Cardiologist

FCPS (Adult cardiology)  
Post Fellowship in Interventional Cardiology (THI)  
Diplomate certification in Echocardiography (USA)



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

I chose cardiology because it is academically and scientifically interesting, at the cutting-edge of advances in technologies that make tangible differences in patient's lives

Practicing clinical cardiology in acute setting allows me to manage critically ill patients and to observe direct physiological effects of different treatment modalities during the procedures. The ability to follow up with these patients in an outpatient setting, after their acute illness is resolved, provides a continuity of care that is meaningful and gratifying.

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

Well, for a layman I personally believe that these are the five thumb rules to take care of their overall health and particularly heart:

- Regular exercise for about 30 minutes at least 5 days a week
- Healthy Diet containing less sugar and oil more fruit and vegetables
- Quit any form of tobacco (Cigarettes/Naswar/Sheesha)
- Maintain a healthy body weight
- Good control of Blood pressure and Blood sugar

### 4. What in your opinion should be the cut off date for cardiac screening?

International guidelines recommend Cardiac screening for congenital and genetic heart diseases should be done between 12 to 20 years of age if there is family history or any concerning symptoms whereas general screening for asymptomatic Atherosclerotic cardiovascular disease to decide for primary prevention done at the age of 20 years and then every 4-6 years after that.

### 1. Tell us something about your personal and professional background?

I belong to a typical Baloch tribal family from a small town in interior Sindh. My basic schooling up to intermediate was from my native town. I graduated from LUMHS Jamshoro in 2006 and further pursued my post graduation in the field of medicine from Aga Khan University in 2010. Then did my fellowship in Adult Cardiology from Tabba Heart Institute and got FCPS done in 2013. I have been lucky to opt for post fellowships in two different sub-specialties of cardiology. First in Non-Invasive Cardiology in 2014 and then in Interventional Cardiology in 2016 from the same Institute and after finishing my post-fellowships, I joined THI as full time consultant cardiologist and have been associated with this organization for last 3 years.



### 5. 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?

Yes, despite several advances in the field of cardiology, cardiac arrest is one of the conditions with high mortality rate, although it also depends upon underlying etiology and more importantly early arrival in well-equipped hospital is the key to reduce the mortality.

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

Actually, we belong to a society where knowledge related to health is very poor. There are many mistakes. One that I want to point out here is that people do not tend to realize the significance of therapeutic lifestyle changes and compliance with medicines.



For example cardiac problems are entirely different set of diseases as these are not like simple infections people come in contact for which they take antibiotics for few days and then recuperate and apparently this disease and treatment do not seem to influence their future life. Whereas in case of cardiac disease patients have to live with it lifelong and obviously they need lifelong medicines, follow up and particularly therapeutic lifestyle changes. Let me put this way that people need to alter their perception regarding cardiac diseases.

**7. 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?**

No, walking for daily activities is not a substitute for exercise. In fact, this is a myth and lame excuse from lazy people. I would suggest if one understands the importance of regular exercise then it would be easier for him to spare some time for exercise on regular basis about 30 minutes a day for at least 5 days a week.

**8. Tell us about your own lifestyle and family, in detail?**

As I told earlier I belong to a typical Baloch family. My father is a typical Landlord, although he does not belong to health care profession but he has been an inspiration throughout my life. The way he supported me and assisted me throughout my academic career, well I do not have words to explain and my mother is a very kind and simple lady who taught me nothing but truthfulness and kindness. I have four sisters all are well educated and one younger brother is a software engineer. My wife is an advocate who preferred to sacrifice her profession for our family life. I have two sons who are everything for me and sometimes I personally feel that I wish I could spend more time with them. This is the reason I firmly believe spending quality time with the family. Despite my very hectic routine at hospital, I live a very active life. I spare time for the gym on regular basis and get myself involved in different play activities with my kids and even I often tell them bed time stories.

**9. 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?**

I think it should be kept professional and there is a difference between being a sensitive person Vs empathetic, and I am always empathetic towards my patients and I try my level best to mitigate their sufferings.

**10. Health professionals can have their limitations too. How sensitively do the others react to their problems, in your opinion?**

In my opinion, our society considers doctors as machines or angels. They completely forget that doctors have their personal lives and limitations too. As far as their reaction is concerned, it varies from people to people. For instance there are occasions when people do realize the situation and react very sensibly, otherwise in most of the cases they do not seem to understand anything whatever the scenario or the hardship a doctor has to go through.



**11. 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?**

This is an interesting question. To me for every goal a lot of sacrifices are needed at personal and family level. In order to cope with this it is extremely important that first we need to understand the scenario in which we are working and we should never ignore the professional commitment and devotion for which we are here, and we need to prioritize time to time.

**12. How does your family cope with your professional commitments?**

The most critical contribution to my success as an Interventional cardiologist has been the support from my family. I have a wonderful wife who has been patient, understanding and supportive. And we live in extended family, my parents and siblings are living with us that is a great relief for me and my immediate family. As I mentioned earlier whenever I get free time I love to spend with my family and particularly quality time.

**13. 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?**

I am a Pro-Pakistan and patriotic person. Since my early medical school days I had decided to live and work in Pakistan. You are right that law and order situations are not good here but I feel that this is the only country where we have all rights of a first class citizen and this is my responsibility to own my country and serve my people.

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

The only thing which I can mention here is there is no shortcut and one has to be consistent and determined towards his goals. Let's take an example of my profession which requires full time involvement. I continue to find the work stimulating, challenging and rewarding. I would advise my juniors who are considering cardiology as their future specialty; they need to think hard about the commitment they are willing to make for this profession. If they are truly passionate about it, it is worth the time and seemingly endless years of training.



# Cardiac Stress Tests

By: **Dr. Adeel Siddiqui**  
Consultant Cardiologist



## What is Stress Echocardiography?

A stress echocardiography, also called an echocardiography stress test or stress echo, is a procedure that determines how well your heart and blood vessels are working.

During stress echocardiography, you'll exercise on a treadmill or with medicine (Dobutamine) while trained staff or physician monitors your blood pressure and heart rhythm.

When your heart rate reaches peak levels, trained echo technician will take ultrasound images of your heart to determine whether your heart muscles are getting enough blood and oxygen while you exercise.

Your doctor may order a stress echocardiography test if you have chest pain that they think is due to coronary artery disease or a myocardial infarction, which is a heart attack. This test also determines how much exercise you can safely tolerate if you're in cardiac rehabilitation.

The test can also tell your doctor how well treatments such as bypass grafting, angioplasty, and anti-anginal or antiarrhythmic medications are working.

## What are the risks associated with a Stress Echocardiography?

This test is safe and noninvasive. Complications are rare.

## How do I prepare for Stress Echocardiography?

This test usually occurs in an echocardiography lab with medical setting. It normally takes between **45 and 60 minutes**.

Before you take the test, you should do the following:

- 1 Make sure not to eat or drink anything for three to four hours before the test.
- 2 Don't smoke on the day of the test because nicotine can interfere with your heart rate.
- 3 Don't drink coffee or take any medications that contain caffeine without checking with your doctor.

If you take medications, ask your doctor whether you should take them on the day of the test or not. Before the test, let your doctor know if you take medication to control diabetes as well.

Wear comfortable, loose-fitting clothes. Because you will exercise, make sure to wear good walking or running shoes.

## What happens during a Stress Echocardiography?

### Resting echocardiography

Your doctor needs to see how your heart functions while you're at rest to get an accurate idea of how it's working. Test begins by placing 10 small, sticky patches called electrodes on your chest. The electrodes connect to an electrocardiograph (ECG).

The ECG measures your heart's electrical activity, especially the rate and regularity of your heartbeats. You'll likely have your blood pressure taken throughout the test as well.

Next, you'll lie on your side, and your resting echocardiogram will be performed. They'll apply a special gel to your skin and then use a device called a transducer.

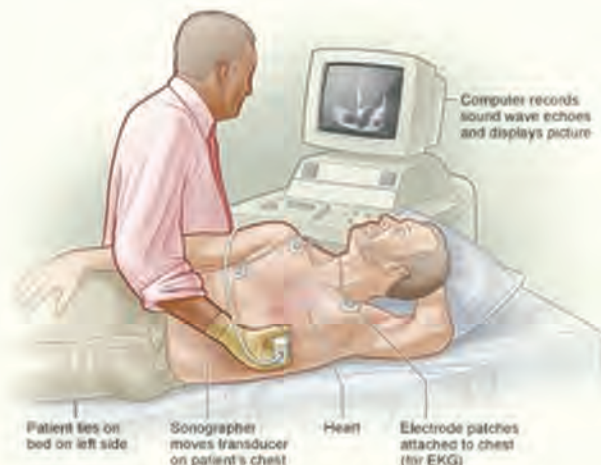
This device emits sound waves to create images of your heart's movement and internal structures.



## Stress Echocardiography

After the resting echocardiogram, you have to exercise on a treadmill or test will be done with medicine (Dobutamine). You'll probably need to exercise for 6 to 10 minutes, or until you feel tired, to raise your heart rate as much as possible. Tell your team right away if you feel dizzy or weak, or if you have chest pain or pain on your left side.

As soon as you begin to stop exercising, echo technician will perform another ultrasound. This is to take more images of your heart working under stress. You then have time to cool down. You can walk around slowly so that your heart rate can return to normal. Your ECG, heart rate, and blood pressure will be monitored until the levels return to normal.





# Cardiac Stress Tests

## What do the test results mean?

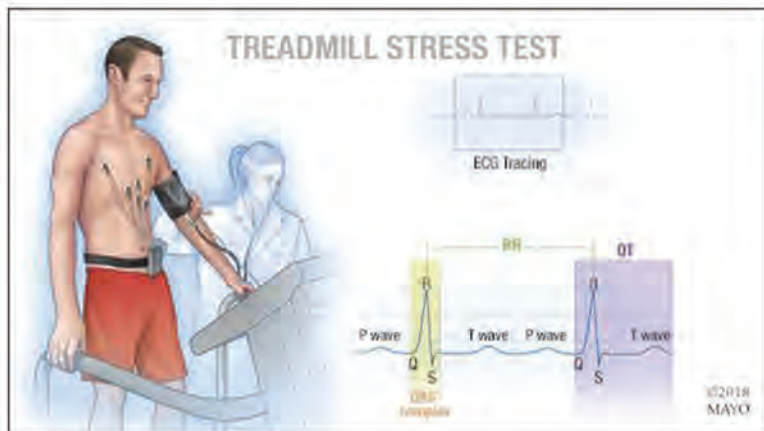
The echocardiography stress test is very reliable. Your doctor will explain your test results to you. If the results are normal, your heart is working properly and your blood vessels are probably not blocked due to coronary artery disease. Abnormal test results may mean that your heart isn't pumping blood effectively because there's a blockage in your blood vessels. Another reason could be that a heart attack damaged your heart. Diagnosing coronary artery disease and assessing your risk for heart attacks early on can help prevent future complications. This test can also help determine if your current cardiac rehabilitation plan is working for you.

## What is an Exercise Stress Test?

An exercise stress test is used to determine how well your heart responds during times when it's working its hardest.

During the test, you'll be asked to exercise — typically on a treadmill — while you're hooked up to an electrocardiogram (EKG) machine. This allows your doctor to monitor your heart rate.

The exercise stress test is also referred to as an exercise test or treadmill test.



## Why do an Exercise Stress Test?

An exercise stress test is primarily used to help your doctor determine if your heart receives enough oxygen and proper blood flow when it needs it the most, such as when you are exercising.

## Who undergo Exercise Stress Test?

It can be ordered for people who have been experiencing chest pains or other symptoms of coronary heart disease (also called coronary artery disease).

An exercise stress test may also be used to help determine your level of health, especially if you are starting a new exercise program. This allows your doctor to learn what level of exercise you can safely handle.

If you are a smoker over 40 years old, or if you have other risk factors for heart disease, you should talk to your doctor to see if an exercise stress test is a good idea for you.



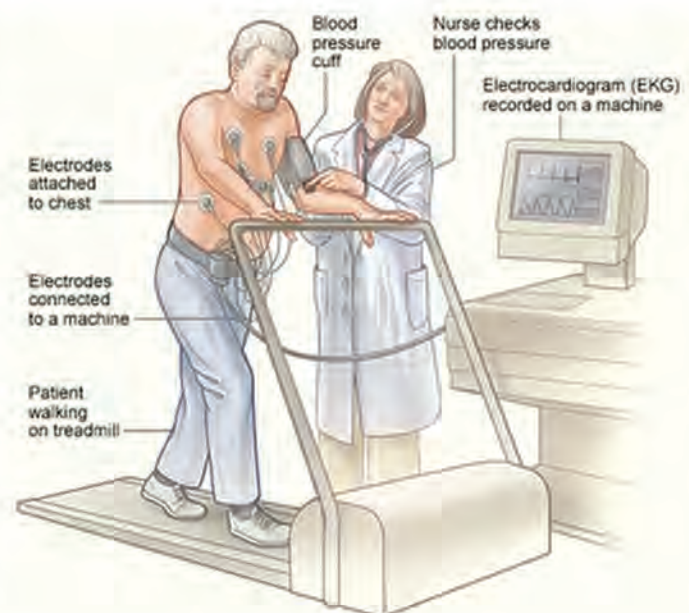
## Risks of an Exercise Stress Test

Stress tests are generally considered safe, especially since they're done in a controlled environment under the supervision of a trained medical professional.

However, there are some rare risks, such as:

- Chest pain
- Collapsing
- Fainting
- Heart attack
- Irregular heartbeat

However, your risk of experiencing these reactions during the test is low, since your doctor will screen you for problems beforehand. People who run the risk of these complications — such as those with advanced coronary heart disease — are rarely asked to do the test.





# Cardiac Stress Tests

## How to prepare for an Exercise Stress Test

Prior to your test, your doctor will perform a physical exam and ask about your complete medical history. At this point, tell your doctor about your symptoms, especially any chest pains or shortness of breath. You should also tell your doctor about any conditions or symptoms that may make exercising difficult, such as stiff joints from arthritis. Finally, let your doctor know if you have diabetes, because exercise affects blood sugar. If you do have diabetes, your doctor may want to monitor your blood glucose levels during the exercise test as well. The day of the test, be sure to dress in loose, comfortable clothing. Something that is light and breathable is best. Make sure to wear comfortable shoes, such as athletic sneakers.

**Your doctor will give you complete instructions about how to prepare. These instructions might include:**

- Avoid eating, smoking, or drinking caffeinated beverages for three hours before the test.
- Stop taking certain medications.
- Report any chest pains or other complications you notice on the day of the test.
- You should only stop taking medications if your doctor tells you to do so.



## How an Exercise Stress Test is performed?

Before you begin exercising, you'll be hooked up to the EKG machine. Several sticky pads will be attached to your skin under your clothes. Your doctor or nurse will check your heart rate and breathing before you begin exercising. Your doctor may also have you breathe into a tube to test the strength of your lungs.

You'll start off by walking slowly on a treadmill. The speed and grade of the treadmill will be increased as the test continues.

If you experience any difficulties — especially, chest pains, weakness, or fatigue — you may ask to stop the test.

When your doctor is satisfied with your results, you'll be able to stop exercising. Your heart rate and breathing will continue to be monitored for a short while afterward.

## Following up after an Exercise Stress Test

After the test, you'll be given water and asked to rest. If your blood pressure rises during the test, your attending nurse may continue to monitor your blood pressure.

A few days after the test, your doctor will review the results with you. The test could reveal irregular heart rhythms or other symptoms that indicate coronary artery disease, such as blocked arteries.

If your doctor determines you may have coronary artery disease or other heart problems, they may begin treatments or order more tests, such as a Nuclear Stress Test.

## Nuclear (Thallium) Stress Test

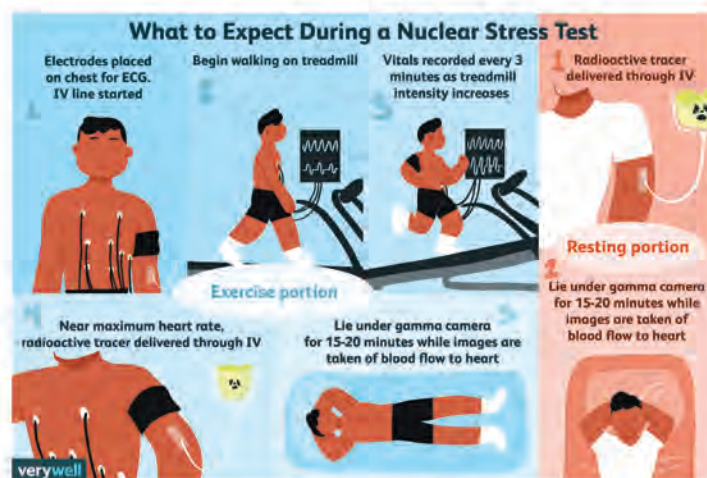
### What is a Nuclear Stress Test?

A Nuclear Stress Test is a nuclear imaging test that shows how well blood flows into your heart while you're exercising or at rest. This test is also called a cardiac or nuclear stress test.

During the procedure, a liquid with a small amount of radioactivity called a radioisotope is administered into one of your veins. The radioisotope will flow through your bloodstream and end up in your heart. Once the radiation is in your heart, a special camera called a gamma camera can detect the radiation and reveal any issues your heart muscle is having.

Your doctor may order a thallium test for a variety of reasons, including:

-if they suspect your heart isn't getting enough blood flow when it's under stress — for example, when you exercise



- If you have chest pain or worsening angina
- If you've had a previous heart attack
- To check how well medications are working
- To determine whether a procedure or surgery was successful
- To determine whether your heart is healthy enough to start an exercise program

### The Nuclear Stress Test can show:

- The size of your heart chambers, how effectively your heart pumps —i.e. its ventricular function
- How well your coronary arteries supply your heart with blood, known as myocardial perfusion
- If your heart muscle is damaged or scarred from previous heart attacks





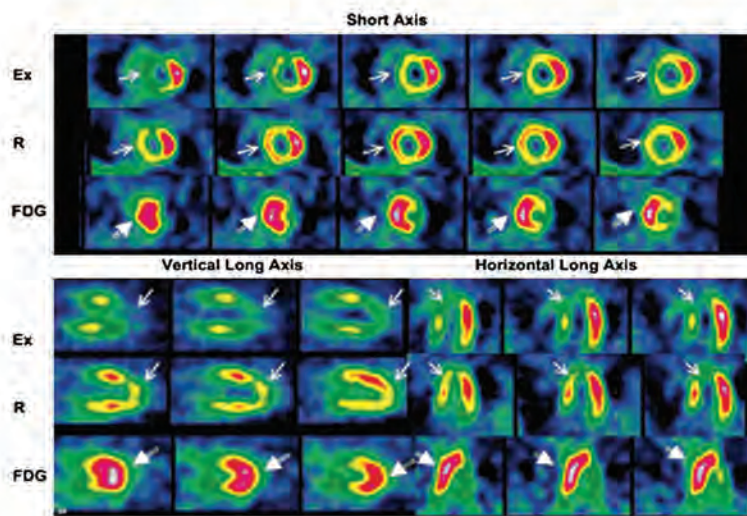
# Cardiac Stress Tests

## How is a Nuclear Stress Test performed?

The test is performed at a hospital in the Non Invasive department. A nurse or healthcare professional inserts an intravenous (IV) line, usually on the inside of your elbow. A radioisotope or radiopharmaceutical medication, such as thallium or sestamibi, is injected through the IV.

The radioactive material marks your blood flow and is picked up by the gamma camera.

The test includes an exercise and resting portion, and your heart is photographed during both. You'll receive an injection of the medication before each portion.



## Resting portion

During this part of the test, you lie down for 15 to 45 minutes while the radioactive material works its way through your body to your heart. You then lie down on an exam table with your arms above your head, and a gamma camera above you takes pictures.

## Exercise portion

In the exercise portion of the test, you walk on a treadmill or pedal an exercise bicycle. Most likely, your doctor will ask you to start slowly and progressively pick up the pace into a jog. You may need to run on an incline to make it more challenging.

If you're unable to exercise, you will be given a medication that stimulates your heart and makes it beat faster. This simulates how your heart would act during exercise.

Your blood pressure and heart rhythm are monitored while you exercise. Once your heart is working as hard as it can, you'll get off the treadmill.

After about 30 minutes, you'll lie down on an exam table again.

The gamma camera then records pictures that show the flow of blood through your heart. Your doctor will compare these pictures with the set of resting images to evaluate how weak or strong the blood flow to your heart is.

## How to prepare for a Nuclear Stress Test

You'll probably need to fast after midnight, the night before the test or at least **four hours** before the test. Fasting can prevent getting sick during the exercise portion. Wear comfortable clothes and shoes for exercising. 24 hours before the test, you'll need to avoid all caffeine, including tea, soda, coffee, chocolate — even decaffeinated coffee and drinks, which have small amounts of caffeine — and certain pain relievers. Drinking caffeine can cause your heart rate to be higher than it normally would be. Your doctor will need to know all medications that you're taking. This is because some medications — like ones that treat asthma — can interfere with your test results.

## Risks and complications of a Nuclear Stress Test

Most people tolerate the thallium stress test very well. You may feel a sting as the medication that simulates exercise is injected, followed by a warm feeling. Some people may experience headache, nausea, and a racing heart.

The radioactive material will leave your body through your urine. Complications from the radioactive material injected into your body are very rare.

## What do results of the Nuclear Stress Test mean?

Results depend on the reason for the test. How old you are, your history of heart problems, and other medical issues.

### Normal results

A normal result means blood flowing through the coronary arteries in your heart is normal.

### Abnormal results

#### Abnormal results may indicate:

- Reduced blood flow to part of your heart caused by narrowing or blockage of one or more arteries that supply your heart muscle
- Scarring of your heart muscle due to a previous heart attack or heart disease
- A too-large heart, indicating other heart complications

Your doctor may need to order more tests to determine if you have a heart condition. Your doctor will develop a treatment plan specifically for you, based on the results of this test.



## "قربانی کا گوشت ضرور کھائیں مگر اعتدال میں"

اس میں کوئی شک نہیں کہ عید الاضحیٰ پر قربانی کی سنت پر عمل کرنا ایک سعادت ہے اور ہر کوئی قربانی کے گوشت کو پھر پورا انداز میں استعمال کرنا چاہتا ہے۔ ابھی چند ماہ پہلے ہی رمضان اور عید الفطر کا موقع گزرا ہے جس میں بیشتر نمکین، تلی ہوئی اشیاء اور میٹھے مشروبات کا استعمال کیا گیا ہے۔ اور اب "عید قربان" کا موقع ہے جب گھر میں گوشت کی فراوانی ہو تو پھر روزانہ بننے والے مزیدار پکوانوں سے ہاتھ روکنا مشکل ہو جاتا ہے۔ اس لیے اس موقع پر چند باتوں کا خیال رکھنا ضروری ہے۔

عید کے موقع پر متوازن غذا برقرار رکھنا بہت مشکل ہے مگر یقیناً ناممکن نہیں۔ حفظانِ صحت کا اصول ہے کہ اپنی غذا میں گوشت کی مقدار کم رکھیں۔ سبزیوں اور پھلوں کے مقابلے میں گوشت مشکل سے ہضم ہوتا ہے زیادہ گوشت کے استعمال سے بدہضمی اور تیزابیت کی شکایت ہو سکتی ہے۔ امریکی ہارٹ ایسوسی ایشن کی ہدایت کے مطابق ہمیں دن بھر میں 150 گرام (5 اونس) سے زائد کپکے ہوئے گوشت کا استعمال نہیں کرنا چاہیے۔ عید الاضحیٰ میں وہی کھانے جو خوشی اور اطمینان دیتے ہیں مختلف مسائل کا باعث بن سکتے ہیں۔ نہ صرف یہ بلکہ اگر گوشت طویل عرصہ تک فریژر میں رکھا جائے تو صحت کے لیے مضر بھی ہو سکتا ہے۔

حسوز، بجمد اور خوراک کی حفاظت سے متعلق U S Department of Agriculture کی ہدایت کے مطابق فریژ کیا ہوگا گوشت (0F (-18C)) میں جراثیم کو غیر فعال کرتا ہے۔ اس لیے گوشت کو مناسب درجہ حرارت پر فریژ کریں۔ اس بات کو یقینی بنائیں کہ جراثیم اور بیماریوں سے بچنے کے لیے کپکے گوشت کو کپکے ہوئے گوشت سے دور رکھیں۔

ہمیشہ گوشت کو صاف اور ہوا بہتہ برتنوں میں فریژر کے نچلے حصے میں اسٹور کریں تاکہ گوشت کا پانی دیگر کھانے کی اشیاء پر نہ گرے۔

قربانی کے گوشت کو ذبح کرنے کے فوری بعد نہ کھایا جائے جب تک کہ تمام خون مناسب طریقے سے نہ بہ جائے۔

یاد رکھیے کھانا پکانے کا طریقہ کھانے کے فوائد کو کم یا زیادہ کر سکتا ہے۔ جیسے کہ گوشت کو تانے کی بجائے بیک، گرل یا روٹ کیا جاسکتا ہے۔ باربی کیو گوشت کے ساتھ باہر کی بنی چٹنی جیسے کریم، مایونیز، یا کچپ کے

بجائے گھر کی بنی چٹنی، ٹماٹر یا کھجور کی چٹنی یا دہی کا استعمال کیا جاسکتا ہے۔ کیوں نہ ہم اس عید کو لڈرکس کے بجائے گھر کے بنے مشروبات جیسے کم چکنائی والی لسی، ستو یا تازہ پھل کا شیک استعمال کریں تاکہ معدے کی تیزابیت سے بچ سکیں۔ گوشت کے ساتھ کچی سبزی کا استعمال زیادہ کریں تاکہ آپ کی غذا میں توازن قائم رہے اور صحت پر خوشگوار اثرات مرتب ہوں۔

وہ افراد جن کا (Uric Acid) بڑھا ہوا ہے وہ گوشت کا استعمال کم سے کم کریں اور اعضاء جیسے دل، گردہ، کلیجی، مغز کے استعمال سے اجتناب کریں۔ گوشت سے نکلی پختی سے بھی گریز کریں۔

اختتام میں کوشش کریں گوشت کو شریعت کے مطابق تین حصوں میں تقسیم کر کے استعمال کریں اور عید کے اس پُرسرت موقع پر غریب اور ضرورتمند افراد کو نہ بھولیں۔

عید کے خوشگوار موقع پر آپ کی مکمل صحت کے خواشمند ٹیباہارت انسٹیٹیوٹ



تدوین: ماہرہ خان  
(کلینکل ڈائٹیشن)





**Tabba Heart**  
Institute

**HYDERABAD  
OUTREACH CENTRE**

حیدرآباد آؤٹ ریچ سینٹر

میں ماہر کارڈیولوجسٹ کے ساتھ کلینک میں طبی معائنه کروائیں۔

مزید معلومات کیلئے

پدرابطہ  
کریں

**021-111-844-844**

بلاک C/F-3 سوک سینٹر کمرشل ایریا، لطیف آباد یونٹ نمبر 7، حیدرآباد







Disclaimer: The newsletter contains information about heart health purely for the sake of creating awareness and is either contributed by the authority on the subject or duly reviewed and validated by the same. The information is not medical advice, and should not be treated as such.

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