

NEWSLETTER

APRIL – JUNE 2021



KULSUM



START THE BEAUTIFUL JOURNEY
OF MOTHERHOOD AT
KULSUM INTERNATIONAL HOSPITAL

Department of Gynae & Obs

5

QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor,
or pharmacist.

1. CHANGES?

Have any medications been added,
stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep
taking, and why?

3. PROPER USE?

How do I take my medications, and for
how long?

4. MONITOR?

How will I know if my medication is working,
and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book
my next visit?



Keep your
medication
record
up to date.

Remember to include:

- ✓ Drug allergies
- ✓ Vitamins/Minerals
- ✓ Herbal/natural products

KIH Pharmacy

Stay Safe—Know your Medication Rights

Love Story of Thyroid

Prof. Brig (Rtd) Asif Asghar (Chest Surgeon)

What if you hear a patient saying that while I was sleep, my kids used to judge evidence of life in me from my noisy laboured breathing. They would rush to see their mother if they did not hear the sound.

This is a true story of a 55 years female with a huge enlargement of thyroid for last 25 years. We call it love for thyroid that she always avoided to get rid of this massive swelling rather she had custom made clothes to cover her neck. She avoided surgery due to social stigma and fear. She was brought ultimately by her son for severe noisy shortness of breath and inability to sleep. We had a diagnosis of airway narrowing due to massive thyroid extending from ear lobules downwards within the chest. Her sleep disorder was labelled Sleep Apnea Syndrome due to this massive swelling. These were the apparent complications due to this goiter but her family and she never realized the danger of cancer change in the long-standing thyroid. She was operated in our hospital with minor postoperative complications. Her final report was negative for cancer. She was discharged on 5th day after surgery with complete resolution of all her symptoms.

What could have been the other outcomes of this disease?

1. A significant risk of cancer development especially on longstanding thyroid.
2. In case of any swelling in neck be it, from respiratory infection or throat infection she could have choked to death as salvage for life as emergency in this patient was impossible.
3. Obstruction of chest inlet due to massive thyroid.
4. Surgery in these cases is associated a high risk of death due to choking during airway control of anesthesia.

How could this be avoided?

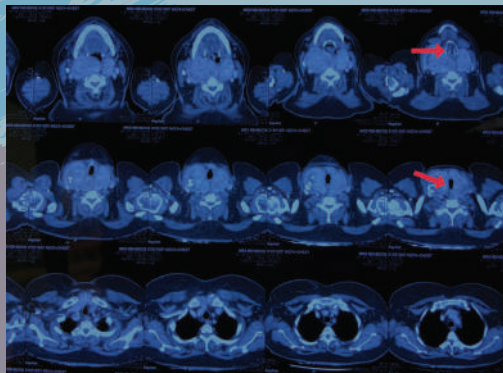
The answer is timely treatment, based on recommendation of treating physician. Although it is never too late for a decision, you should also strive to search for a safe surgeon, so that you don't end up with complications like voice loss, low calcium tetany and reappearance of Goiter.

This love story had a happy ending but it is not always like this.

Be safe and aware about your health.



Before Surgery



Airway narrowing marked red



After Surgery

POST ANGIOPLASTY MEDICATION AND REHABILITATION

Dr. Aurangzeb Khan (Interventional Cardiologist)

Angioplasty is a minimally invasive heart procedure that can save person's life.

In general angioplasty recovery time is about two weeks, but this can change based on your condition. It is essential to stick to your medication schedule. Stopping medication early may increase your risk of a recurrent heart problem.

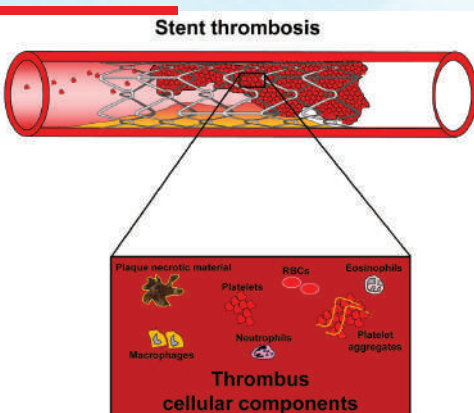
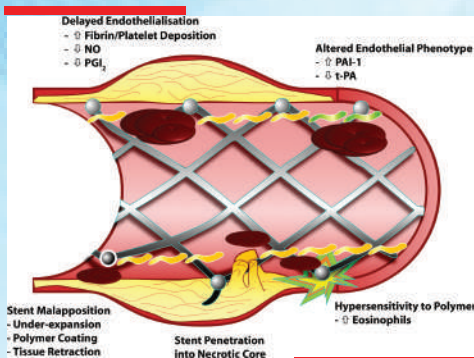
STENT THROMBOSIS (CLOTTING)

Stent Thrombosis is a thrombotic occlusion of a coronary stent which can occur after angioplasty and even after one year of stenting so regular compliance of antiplatelet medication is mandatory.

REHABILITATION:

As hospital stay has shortened due to advances in intervention novel drugs and stents. Both drug eluting stents (DES) and bare metal stents (BMS) have the possible issue of stent thrombosis.

Neither the interval between start of cardiac rehabilitation and stenting nor the exercise per-se thrombosis. Preliminary studies have reported few cases of stent thrombosis secondary to exercise.



EACPR

(European Association of cardiovascular prevention and rehabilitation) underlined the results of a study in 4360 patients who underwent maximal exercise test and rehabilitation in days after stenting in myocardial infarction reported only one case of subacute thrombosis (0.02%).

After uncomplicated procedure, physical activity can start next day. After a large Myocoronary infarction complicated Myocardial damage physical activity can start after rehabilitation. Symptoms limited exercises testing safely can be performed 7 – 14 days after primary PCI (Angioplasty in acute MI).

EXERCISE

Training is safe after coronary stenting if started with in the first month after stent implantation.

FLYING

If a person had angioplasty (have a stent is placed), then waiting period of one week is recommended before flight travel.

National health services recommend 10-14 days sufficient after cardiac bypass surgery.

After heart attack and heart failure if patient becomes stable after two weeks he/she can travel by air.

Digital Detox

Dr. Beena Mamoon (Psychiatrist)

The vibration sounds very muffled came under my pillow and before I could attend, it stopped. My mother wanted me to visit her and hence we planned to go. As we happily got ready and reached to mother's house, how readily she entered the kitchen to entertain us with the best of food. My youngest sibling was not aware of our arrival and as before I had to interrupt him in the midst of a virtual world to which he is often attracted to. As we met, I had to tell him to join the gathering and untie the wires of "Modern Technology". While we enjoyed the chat, the nieces and nephews were busy playing on small light-emitting screens instead of balls visibly bouncing on the floor. A thought crossed my head "what would happen" of the new generation in coming decades.

In today's society, the total time spent on social media has increased exponentially. It is researched that average user now spends over 2 hours on social networking sites each and every day.

It is not limited to high income group, I have noticed car driver, scooter driver attending phones, taking their pictures while driving in the middle of busy road.

According to a new study, published in Journal of Behavioral Addiction not only does time spent on social media waste countless hours of the day, excessive use is also starting to affect people's decision making abilities and make them more likely to engage in risky behavior.

Lead author of a study, Dar Meshi associates heavy social media use brains of people with substance use disorder. Similar to drug addicts, excessive social networking displays pre occupation with social media when not using it, mood modification when they access these sites and tolerance to social rewards obtained on these sites. As a result they can feel "bored", "lonely" and other behavioral issues when attempting to quit. Unfortunately, many relapse.

I came across much attractive suggestions to detox and you can find a lot more than I can, however one vital aspect is mostly missing i.e., "accepting that this is a problem with, this insight and agreeing to self is in itself a change." Once you realize that this is a problem, the next step is "getting ready to change", and replacing lost activities or new activities in that duration which you consume on mobile.

This detox is usually successful if done slowly and steadily to a target time that is towards end of the day, for example afternoon, but not extending to bed time.

Those who find it difficult can switch to NOKIA mobiles, I am not being sarcastic, but it can actually work. This change can be entertained in the day time and later on, surfing for important notifications on your smartphone, in the afternoon can be helpful.

The suggestions are countless but I fear, many may not read it till the end. Very few enthusiastic readers are around me. I feel digital detox is so important or else we are losing a generation to this virtual, farce world. All the best.



10 Proven Health Benefits of Chia Seeds

Ms Zainab Usman Khan

1 Boost energy and metabolism:

Consuming chia seeds enhanced exercise and work performance for athletes without all the unhealthy sugar.

By taking chia seeds a day, you can help boost metabolism and burn belly fat as well, which hinder the normal process of metabolism in the body. Adipose tissues (fat storing tissues) in the body get reduced by the use of chia seeds thus it can help you to lose weight.

2 Helps Manage Diabetes:

Chia seeds are rich in alpha-linolenic acid and fibers, researchers found that chia seeds can help prevent metabolism disorders like dyslipidemia (excessive fat in the blood) and insulin resistance, which are two factors in the development of diabetes.

3 Protect Skin & Reduces Aging:

Chia seeds have a natural phenolic (anti-oxidants) concentration and the antioxidant activity which stops up to 70% of the free radical activity.

Antioxidants speed up skin repair system and inhibit further damage to the skin. Taking chia seeds can prevent early skin aging due to inflammation and free radical damage.

4 Improves Digestive Health:

Chia seeds are rich in fibers. Fibers are essential for your body's ability to balance insulin levels. Chia seeds can be a natural blood sugar balancer due to their high fiber content. Chia seeds benefits bowel regulation and healthy stool movement. Chia seeds gives feeling of fullness which suppresses appetite leading to weight reduction. Chia seeds also work as a prebiotic that supports the growth of probiotics in the gut.

5 Cardiovascular Health:

Chia seeds have the ability to reverse inflammation, regulate cholesterol and lower blood pressure which make it extremely useful to consume for heart health

Chia seeds have ability to reverse oxidative stress, you are less likely to develop atherosclerosis when you regularly consume chia seeds.

6 Makes Bones Stronger:

Calcium play a key role in process of bone formation and is fundamental in bone health and helps maintain bone strength and mass. Just one ounce of chia seeds has about 18 percent of the recommended daily amount of calcium.

7

Useful in Muscle Building & Weight Loss

Chia seeds are also a good source of protein. They also burn fat and balance blood sugar levels. Chia seeds have a powerful antioxidant property and help replace some of those nutrients lost when exercising. They are high in essential minerals like calcium, phosphorous, magnesium, manganese, copper, zinc, iron. One of the unique characteristics of chia seeds are, they can absorb water up to 10 times their own weight. Because of this property, chia seeds can prolong hydration and improve nutrient absorption of electrolytes. This also slows digestion and keep you feeling fuller longer.

8

May Help Fight Cancer

Due to high amount of ALA, which is an omega 3 fatty acid, researchers found that ALA limited the growth of cancer cells in both breast and cervical cancer. Researchers found that chia seeds cause death of the cancerous cells, without harming the normal healthy cells.

9

Dental Health & Protection

Calcium is the building block of your teeth, and necessary for the tooth health and protection. Chia seeds are richer in calcium, phosphorous, vitamin A and zinc, it's no wonder they are the top food to help your teeth. Zinc has an antibacterial effect that keeps bad germs away

10

Chia Seeds are Easy to Incorporate into Your Diet

Chia seeds are incredibly easy to incorporate into your diet. They also don't need to be ground like flax seeds, which makes them much easier to prepare. They can be eaten raw, soaked in juice, added to porridge, pudding, smoothies or added to baked goods. You can also sprinkle them on top of cereal, yogurt, vegetables or rice dishes. Because of their ability to absorb both water and fat, they can be used to thicken sauces and as egg substitutes in recipes. They can also be mixed with water and turned into a gel. Adding chia seeds to recipes will dramatically boost their nutritional value.

Nutrition Facts

Chia Seeds

Serving Size: 1tbsp (12g)

Amount Per Serving

Calories 58

Calories from Fat 33

	% Daily Value
Total Fat 3.7g	6%
Saturated Fat 0.4g	2%
<i>Trans</i> Fat 0 g	
Polyunsaturated Fat 2.8g	
Monounsaturated Fat 0.3g	0%
Cholesterol 0mg	
Sodium 1.9mg	0%
Potassium 49mg	1%
Total Carbohydrates 5.1g	2%
Dietary Fiber 4.1g	16%
Protein 2g	
	0.1%
Vitamin C	0.3%
Calcium	5.8%
Iron	5.1%

* Percent Daily Values are based on a 2000 calorie diet

Ergonomics

Dr. Riafat Mehmood
(Manager Rehabilitation)

Ergonomics comes from the Greek word “ergon” which means work and “nomos” which means laws. Understanding of interactions among humans and other elements of a system, and the profession. Ergonomics can roughly be defined as the study of people in their working environment, Ergonomics is concerned with how our environment interacts with our work. It also looks for a way to adjust our environment to decrease the risks of injury and illness, enhance productivity, and improve the quality of our work life. Body mechanics is the coordinated effort of MSK(Musculoskeletal) and NS(Nervous System) to maintain balance posture and body alignment during lifting moving positioning performance activities of daily living.

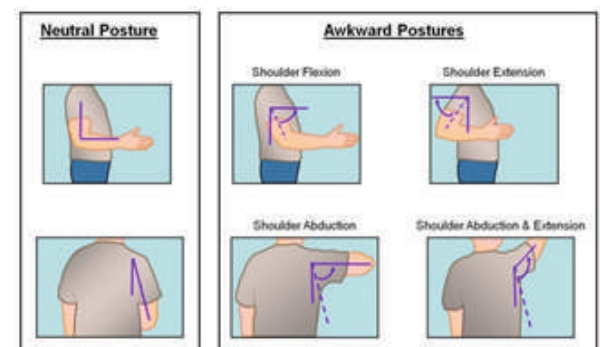
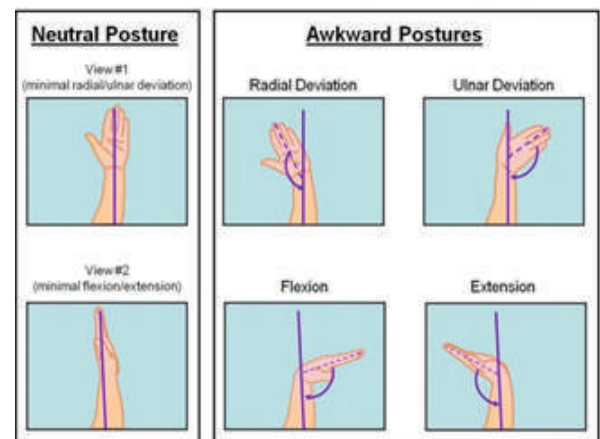
MAJOR ERGONOMIC RISK FACTORS

- | | |
|--------------------------|-------------------------|
| 1. Awkward positions. | 2. Sustained postures. |
| 3. Repetitive motions. | 4. Poor lighting. |
| 5. Temperature extremes. | 6. Insufficient breaks. |

STEPS TO IMPROVE ERGONOMICS

1. Understand Ergonomics
2. Understand Ergonomic Injuries
3. Identify Your Ergonomic Challenges
4. Set Up Your Workstation/work
5. Select the Right Equipment

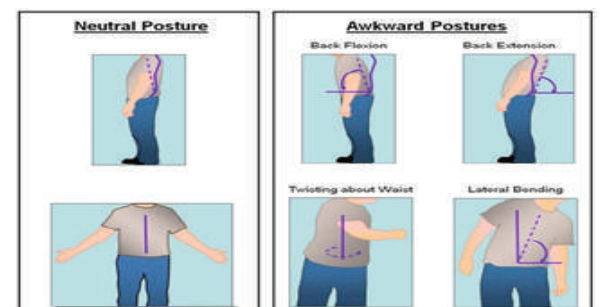
Ergonomic principles to help you identify ergonomic risk factors and maintain your safety.



MAINTAIN NEUTRAL POSTURE

Neutral postures are postures where the body is aligned and balanced while sitting or standing, placing minimal stress on the body and keeping joints aligned.

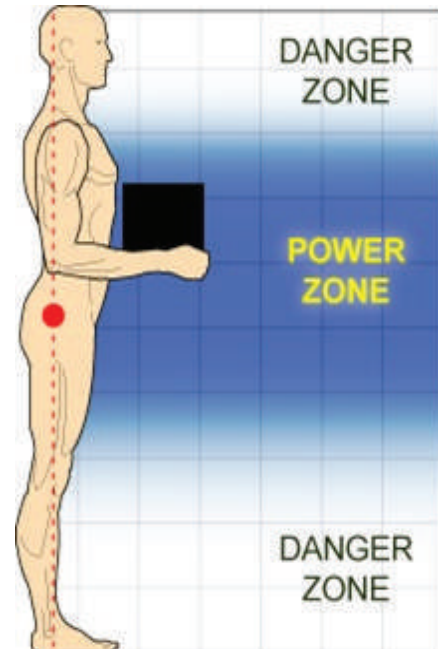
Neutral postures minimize the stress applied to muscles, tendons, nerves and bones and allows for maximum control and force production.



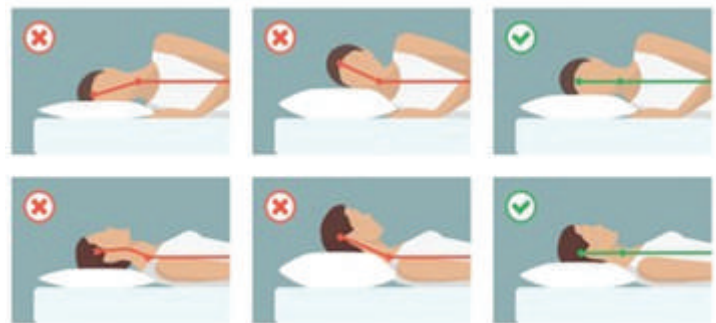
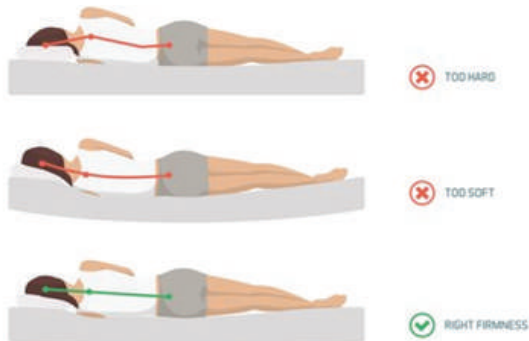
Work in the Power / Comfort Zone

This principle is very similar to maintaining a neutral posture, but is worth expounding upon here.

The power zone for lifting is close to the body, between mid-thigh and mid-chest height. This zone is where the arms and back can lift the most with the least amount of effort.



Good sleeping posture will also help prevent injuries.



Working in a Sitting Position - Maintain Good Body Position.

Maintain Good Body Position during running or walking.



Seconds Save Lives – Clean Your Hands



Kulsum International Hospital Celebrates
World Hand Hygiene Day 2021

A Voice to Lead Future Healthcare



Kulsum International Hospital is proud to celebrate
Nurses Day and honor its hardworking nurses for
excellence in quality patient care.

NEW CONSULTANTS

Major General (R) Dr. Sohail Aziz HI (M)

Major General[®] Dr. Sohail Aziz (Hilal-e-Imtiaz Military) recently joined Kulsum International as Consultant Interventional Cardiologist & Physician. He is also a highly skilled Cardiologist with 29 years of experience in his field. He is president elect of Pakistan Cardiology Society & International Coordinator of Pakistan Society of Interventional Cardiologist. His areas of expertise are Complex Coronary Artery Angioplasty and Stenting, Bifurcation Stenting, Left Main Stem Stenting, Peripheral Angiography, Trans-Thoracic Echocardiography, Carotid Artery Stenting, Mitral Valve Ballooning (PTMC), Structural Heart Disease.



Dr. Nosheen .A. Manzoor

Dr. Nousheen A. Manzoor (Gold Medalist) joined kulsum International Hospital as consultant Nephrologist and Renal Transplant Physician. She is fully qualified and accredited in nephrology and deals in diagnosis and treatment of various kidney issues including Acute kidney injury, Chronic kidney disease, Fluid and Electrolytes balance, Glomerulonephritis, Diabetic kidney disease, Hypertension and End stage renal disease. She also perform procedures including Cather insertion and Renal biopsy.



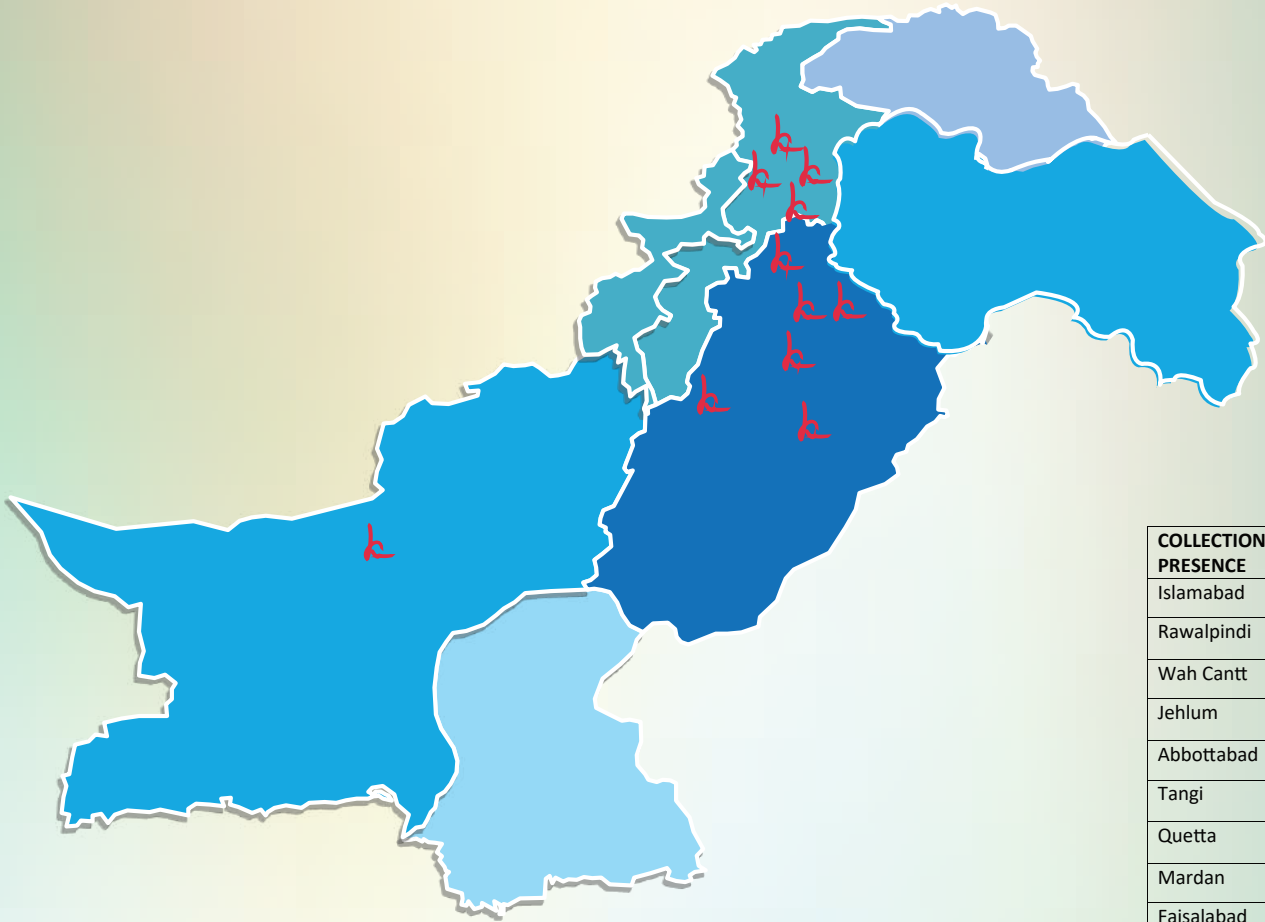
Advanced Laser Treatment For HEMORRHOIDS/ PILES

- Reduced Pain
- Laser Surgery/ No Stitches
- No Risk of Damage
- Same Day Discharge



Stop Suffering in Silence
Get Treated Today

KULSUM INTERNATIONAL HOSPITAL COLLECTION CENTERS



COLLECTION CENTERS PRESENCE
Islamabad
Rawalpindi
Wah Cantt
Jehlum
Abbottabad
Tangi
Quetta
Mardan
Faisalabad
Charsadda
D.I Khan

KIH Laboratory is a comprehensive, full-range service committed to give cutting edge quality and ideal testing results to patient. Furnished with the advanced technology, Internationally qualified doctors and highly trained supporting staff. We are in CAP Proficiency testing project and the laboratory operates at international standards and in recognition of these high standards, has been accredited according to ISO 15189:2007 standards. Laboratory operates for 24/7.



📍 **Kulsum Plaza, 2020, Blue Area, Islamabad**

🌐 **kih.com.pk** ☎ **051-8446666**