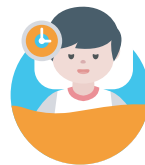
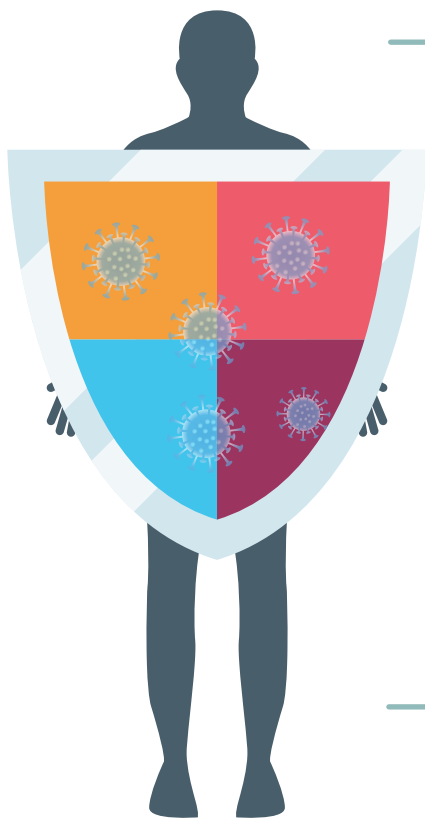


# KULSUM



**ENOUGH  
SLEEP**



**GOOD  
NUTRITION**



**PROPER  
HYDRATION**

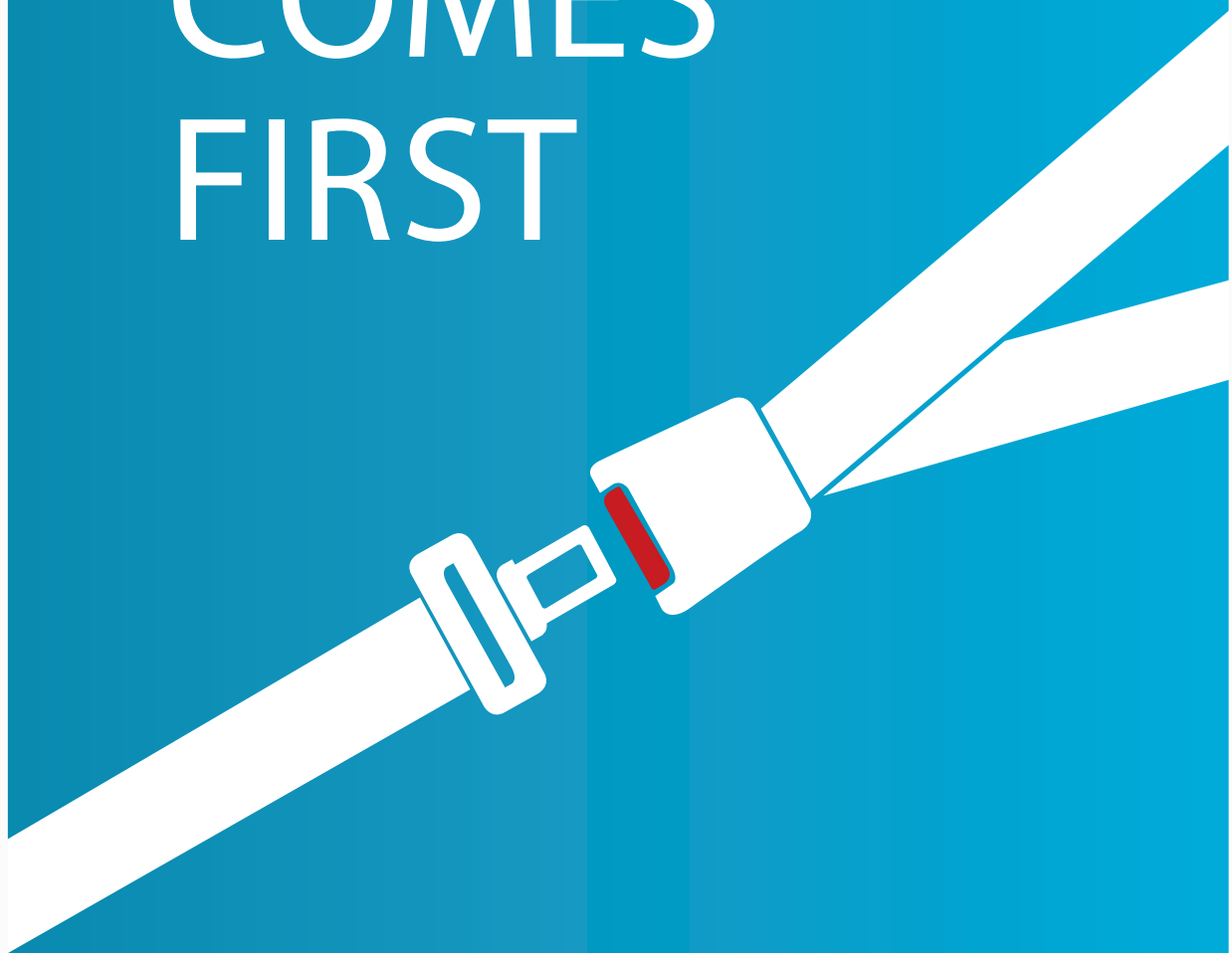


**STAY  
POSITIVE**

**BOOST YOUR  
IMMUNE  
SYSTEM**



PATIENT  
**SAFETY**  
COMES  
FIRST



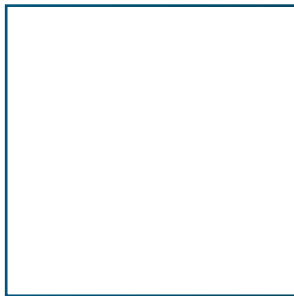
# Transforming Healthcare Towards a **NEW NORMAL**

While the coronavirus is still in our communities and is still contagious, Kulsum International Hospital is among the safest places in healthcare today. Concerned about COVID-19 and want to speak to a provider? Coming in for your first visit in a few months? You should feel confident we're keeping your family and our caregivers safe.

Your health and safety is always our top priority. We have taken several extra precautions to safely offer in-person office visits. We have instituted enhanced cleaning, robust screening, new procedural guidelines and COVID-19 testing strategies to mitigate the risk of transmitting the virus, in adherence with World Health Organization (WHO) and Centers for Disease Control and Prevention (CDC) orders and guidance.

Even in this time of uncertainty, Kulsum International Hospital is a place for hope and healing and we're delivering the care you need.

We welcome both new and existing patients for virtual and in-person care, including elective surgeries.



**CEO MESSAGE**



# HOW TO BOOST YOUR IMMUNE SYSTEM TO FIGHT COVID 19:



**BY DR. MUHAMMAD MANSOOR**  
(CONSULTANT GASTROENTEROLOGIST/  
HEMATOLOGIST)

This is the question on everyone's mind as we face a worldwide crisis. We see online claims that we can "boost" our immune system with just about everything from Vitamin C or Vitamin D to essential oils and Senna Makki herbs. But how do we know which of these recommendations, if any, really work?

That's a tough question to answer, mainly because the immune system is not "one thing" that we can easily measure. It's an intricate and complex system with many different components. The evidence available for herbs and supplements is anecdotal and not validated through research.

**Low-carb nutrition (fruits and veggies) and immune function:** It is more important now than ever to maintain a healthy lifestyle, including a long-term healthy eating pattern. That means an eating pattern that provides essential nourishment and also keeps your blood sugar and weight in check. It appears that individuals with type 2 diabetes and other metabolic conditions are at higher risk of complications from COVID-19. The evidence is clear that low-carb and ketogenic diets can be effective tools for treating and reversing these metabolic conditions.

While we can't prove that low-carb nutrition boosts immune function per se, it makes sense to limit the conditions (e.g. high blood pressure or high blood sugar) that might make things worse. In addition, one recent study showed that a keto diet reduces the risk for mice infected with influenza. With that in mind, here are some of our top tips to decrease your risk for catching the virus or having complications from COVID-19.

**Refined carbs and sugars (simple sugar, sweeteners/ bakery products):** Laboratory evidence suggests that simple sugar may impair white blood cell function, but no credible evidence shows eating it makes you get more infections.

However, other evidence suggests acute rises in blood sugar may increase risk of infections and complications.



Therefore, it would make sense to limit these blood sugar elevations. Refined carbohydrates and simple sugars therefore should probably be avoided. Studies show that a low-carb, moderate protein, higher fat diet effectively reduces blood sugar and can even reverse diabetes.

**Get adequate sleep and moderate exercise:** Sleep is important for health in general, and as a bonus it may also benefit our immune function. For instance, one study showed those with insomnia had, on average, less immune response to the influenza vaccine, while another study in twins showed those with worse sleep had altered expression of genes related to immune function. Observational studies show that those who exercise tend to suffer fewer infections than those who do not.

**Fasting:** Over the long term, intermittent fasting and refeeding may boost the immune system. However, during an acute pandemic, where the immediate risk of infection is higher than usual, it may not be a good time to try fasting, given the potential for a temporary decrease in immunity.

Other evidence suggests that ketones are beneficial for immune function, and perhaps that could be why some recommend fasting. But considering all of the data together, if that were the case, you would likely be better off eating a keto diet and not fasting.



**Supplements:** Could taking vitamins, minerals, or other supplements help protect you from COVID-19? Contrary to what you might read on the internet, there is no general consensus. Here's what we do know about certain supplements that reportedly have immune-boosting properties.

**Vitamin C:** For decades, Vitamin C has been used to help prevent the common cold. Citrus fruits have plenty of Vitamin C. Among other functions it can help maintain healthy skin that provides a barrier to germs and other harmful invaders. In addition, some but not all studies suggest it may improve the function of certain white blood cells that fight infection.

While it's unclear whether taking a Vitamin C supplement is beneficial for COVID-19, for most people there's no harm in taking up to 2,000 mg per day. For smokers and high-risk individuals, it's definitely worth considering. Vitamin C is water-soluble, so your body will excrete whatever you don't need into your urine. However, at very high doses, Vitamin C may cause diarrhoea or increase the risk of kidney stones especially in men.

**Vitamin D:** As both a hormone and a vitamin, Vitamin D plays a number of important roles in health.

If your Vitamin D levels are low, you may have a better chance of staying well if you supplement with 2,000 IU per day (or more, with medical supervision). Many people are deficient in vitamin D so, it's probably wise to take a Vitamin D supplement right now, especially if you're at increased risk for COVID-19.

Taking supplementary zinc may be a good strategy for older people and others at increased risk. If you decide to take zinc, make sure to stay below the upper limit of 40 mg per day. Baked beans, chickpeas, and nuts (such as cashews and almonds), blackberries, pomegranate are rich in Zinc

**Senna Makki:** It is an age-old herb used for its antibacterial, antifungal, laxative properties in addition to skin benefits. It has been widely publicized as effective against COVID 19. However, there is no clear evidence to suggest that it is protective against this viral infection and the claims on viral videos are misleading. We have not found any large meta-analysis or randomized controlled trial for its benefits. It is however believed in herbal medicine to boost immune system.



**Turmeric (Haldi):** Turmeric is a spice commonly used in Asian cuisine, including curries. Emerging research suggests might enhance immune function. However, there isn't any convincing evidence showing that it helps fight viral infections yet.

**Garlic:** Garlic, a popular and pungent herb with a characteristic aroma, is widely believed to have antibacterial and antiviral effects, including helping to fight the common cold.

A 2014 randomized controlled trial did find that people who took a garlic supplement had fewer colds and recovered more quickly from colds than people who didn't take garlic.

## SUMMARY:

In short, the reason that this new coronavirus is spreading so rapidly and having such a significant impact on people around the world is that we lack immunity to it. Our immune systems have never seen it before.

The more actions we take to keep ourselves generally healthy, the better.

Good hand hygiene and social distancing can help prevent catching the virus. Even if you don't become exposed, your overall health may benefit from the following:

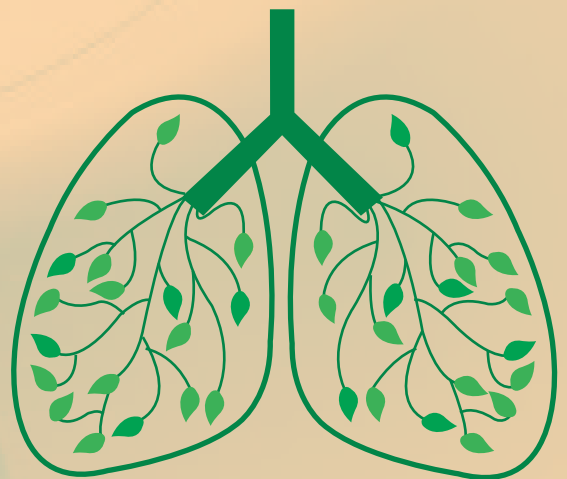
1. Eating a nutritious diet that minimizes high blood sugar
2. Prioritizing restful sleep
3. Managing your stress
4. Stop smoking
5. Participating in moderate exercise that you enjoy
6. Getting sunshine and fresh air where possible

While there is not yet robust scientific evidence specifically around the immune system and COVID-19, taking some specific supplements may improve your overall health and are likely to not be harmful if taken as directed.

## Breathe Well, Live Well

### Complete Lungs Health Assessment

For More Information: 0308-0416334



**Complete**  
Screening of Your  
**Digestive System**  
Department of Gastroenterology



## Consultant Profile



**Prof. Dr. Javed Aslam Butt**

Gastroenterologist

MBBS, DABIM (USA),  
DABGE (USA), FACP (USA)



**Dr. Nadeem Rahman**

Gastroenterologist &  
Hepatologist ,

MBBS, MRCP , SCE, MRCP



**Dr. Najmul Hassan Shah**

Consultant Hepatologist /Gastroenterologist



**Dr. Mashood Ali**

Gastroenterologist

MBBS, IMM (MED), FCPS (Gastro)



## CAN HEART PATIENT FAST DURING RAMADAN?

Majority of the cardiac patients can keep fast after they seek medical advice from their Cardiologist or Physician. Fasting during the Holy month of Ramadan is a great opportunity to modify certain cardiovascular risk factors. Patients who have stable chronic heart disease can fast if they are asymptomatic. If the patient is experiencing chest pain or shortness of breath, the recommendation is to seek medical advice.

## ADVANTAGES OF FASTING DURING RAMADAN

Major modifiable cardiovascular risk factors that lead to heart attacks and strokes are smoking, hypertension, high cholesterol and diabetes. Fasting during Ramadan is also an opportunity to lose weight, lower blood pressure, lower bad cholesterol, and lower blood sugar, modify stress, anxiety and to quit smoking.

## WHO CAN FAST?

Those cardiac patients of stable coronary and peripheral arterial diseases who does not have any active cardiac symptoms, such as chest pain (angina), worsening shortness of breath, serious heart rhythm disturbance, excessive water / fluid retention in the body suggestive of active heart failure should not keep fasting during Ramadan. Patients who have recent (less than 01 week) of heart attack, angioplasty and stenting, bypass surgery, recent cardiac transplant, or any other major cardiovascular surgery or procedure should avoid fasting in the month of Ramadan and for at-least four weeks.

### TIPS

## FOR PATIENTS WHO ARE FASTING

1. Take Ramadan as an opportunity to modify your cardiac risk factors
2. Eat healthy small meals (rich in water, fruits, and vegetables) and not heavy, fatty, salty meals
3. Avoid bakery sweets. Eat 2-3 dates during Iftar and start with salads prior to the main meal
4. During Iftar try to have one main meal
5. For Suhoor have a light meal of fruits, vegetables, yogurt and preferably 30-60 minutes before Azan
6. Pick healthy soups such as vegetable grain-based soups over the creamy versions.
7. Maintain good hydration
8. Light walk and light exercise 30-60 minutes post Iftari is useful

**DR. MAMOON QADIR**

INTERVENTIONAL CARDIOLOGIST



## HEALTH TIPS FOR YOUR LITTLE ONES:

### Good Nutrition Starts Early:

Kids' early eating experiences can affect how they eat as they get older. That's why it's so important to introduce them to healthy foods from the very beginning.

### What Foods Should I Introduce to My Child First?

When your child is about 6 months old, you can start introducing him or her to foods and drinks other than breast milk and infant formula. For most children, you don't need to introduce foods in a specific order.

By the time your child is 7 or 8 months old, he or she can eat a variety of foods from different food groups. Your child needs a variety of vitamins and minerals to grow healthy and strong.

Try making a rainbow of different colored foods on your child's plate. Here are a few examples:

- Fruits: bananas, strawberries, pears, oranges, melons, or avocados
- Vegetables: cooked spinach, carrots, peas, sweet potatoes, or beets
- Whole grains: whole grain breads, crackers, or pastas
- Meats: soft, small pieces of beef, lamb, chicken or fish
- Dairy: yogurts or cheeses (pasteurized only)



### Drinks Matter, Too!

When your child is between 6 and 12 months old, you can offer:

- Water (4 to 6 ounces per day)
- Breast milk (if you are still breastfeeding) or infant formula

Once your child is 12 months old, you can begin offering fortified cow's milk.



### Foods to Avoid: There are certain foods and drinks you should avoid giving your child.

If your child is under 12 months, avoid foods and drinks such as:

- Honey. It could cause a serious type of food poisoning called botulism in children under 12 months.
- Unpasteurized drinks or foods. These items may put your child at risk for E. coli, a harmful bacteria that can cause severe diarrhea. Common unpasteurized foods include raw milk, juice, yogurt, or cheeses.
- Fortified cow's milk. It may put your young child under 12 months old at risk for intestinal bleeding.
- Fruit juice and other sugary drinks. The American Academy of Pediatrics recommends that children not drink 100% juice or juice drinks with added sweeteners before they are 12 months old.

### Be Their Role Model

Once your child is 12 months old or older, they'll be eating more of the foods that you eat. Eating a healthy diet sets a good example for your children.

Eating a healthy diet can help children get the nutrients they need for healthy growth and development. For adults, a healthy diet can help protect against a number of serious and costly chronic diseases, including heart disease, type-2 diabetes, some cancers, and obesity.

**MS. ZAINAB USMAN**  
CLINICAL NUTRITIONIST

# Stay Hydrated during RAMADAN

Water is the essence of nature and life. It is the most important fluid that can replenish your thirst during the holy month of Ramadan. Unfortunately though, most people do not realize that as they only drink water to break their fast at Iftar then ignore it until the next day!

## WHY DO WE NEED WATER?

Did you know that water makes up 60%-70% of your body? It does! That's why any reduction in your water intake can affect your body's cells and nerves from functioning properly. It is absolutely essential to compensate the loss of water in your body, especially during Ramadan. Dehydration can cause undesirable side effects such as: constipation, headache, dizziness, tiredness and dry skin. In severe cases of dehydration, you might get more serious complications like kidney problems and seizures which means you'll have to break your fast if you are that dehydrated.

## Why is WATER the best thing for THIRST instead of other RAMADAN DRINKS?

Water is absolutely the best drink to deal with thirst during Ramadan, and this is because:

- Unlike water, other drinks contain a lot of sugar and can result in you consuming extra unnecessary calories.
- Drinking too much of the Ramadan drinks and other soft drinks will fill up your stomach and may delay your digestion process resulting in a lot of problems including gas, bloating, stomach pain, and weight gain.

## GOOD TO REMEMBER

Water plays a significant role in weight loss and maintenance, because it helps to get rid of toxins and reduce the feeling of hunger. This is why it is important to drink small quantity of water throughout the night.

## HOW TO PREVENT GETTING THIRSTY DURING RAMADAN

If you are worried about thirst and dehydration, we have few tips that will help you stay hydrated during Ramadan and control your thirst during fasting. You should also know that the food that you eat plays a major role in controlling your thirst while you are fasting:

1. Drink at least eight glasses of water every day. If you are exercising in hot weather, you lose more fluids, so make sure you drink more water.
2. Avoid hot and spicy dishes as it increases thirst
3. Do not add too much salt to salads and other dishes. Also avoid eating salty foods as well like salted fish and pickles because they increase the body's need for water as they cause water retention
4. Eat fresh fruits and vegetables such as cucumber, tomatoes and water melon because they are rich in water and fiber. They stay in the intestines for a long time and reduce thirst.
5. Drink fresh fruit juices rather than sweetened juices
6. Try not to drink large quantity of water all at once or a lot during a meal. Instead drink water between iftar and suhoor meals.
7. Avoid or limit caffeinated drinks during suhoor as caffeine can make some people urinate more, leading to dehydration. Eating yogurt at the end of your sehri meal can also prevent dehydration.
8. On average, people fast between 15 to 16 hours a day. During the noon hours, when temperature are high, it is important to remain in a cool and shaded place and avoid the sun.

GOOD TO KNOW

**DR. ZAINAB USMAN**  
CLINICAL NUTRITIONIST

Drinking iced water to break your fast does not replenish your thirst but can cause your blood vessels to contract and cause indigestion. For this reason, it is recommended that you drink water at room temperature or slightly cold if you prefer to.



## "A Positive Attitude can Increase the Consistency of High Performance and Guarantee Patient Satisfaction"

For the Encouragement of Positive Attitude of our employees, KIH celebrated "Hafta Khush Ikhlai". Committing to Positive Behavior helps employees build up their internal resources, which end up operating as reserves that help them cope and overcome the negative feelings stressful situations can bring on.



### NEW CONSULTANTS



#### Dr. Najmul Hassan Shah

Dr. Najmul Hassan Shah joined Kulsum International Hospital as Consultant Hepatology and Gastroenterology. He is fully qualified and accredited in gastroenterology in United Kingdom and Pakistan with more than 20 years experience in the specialty of gastroenterology. An experienced gastroenterologist with excellent endoscopy skills including advanced ERCP with interest in management of Hepatocellular Cancer, Cholangiocarcinoma, Pancreatic Cancer and Post Transplant Biliary Complications and Benign and Malignant Biliary and Pancreatic Pathology.

#### Brig (Rtd) Asif Asghar

Prof. Brig (Rtd) Asif Asghar (Sitara-e-Imtiaz) is a Senior Consultant Thoracic Surgeon who has recently retired from Combined Military Hospital Rawalpindi. He has worked as full time Thoracic Surgeon in Major Tertiary Care Hospitals of Pakistan for last 14 years. Minimally invasive lungs (VATS) and Esophageal Surgery and Airway Surgery are his special areas of interest. He has mastered in VATS Thymectomy, Thoracic Outlet Syndrome and complex chest wall tumors excision and reconstruction. He is pioneer of single port VATS surgery in Pakistan.







## “Post COVID Rehabilitation Program”

Kulsum International Hospital provides a complete rehabilitation program aimed to help the patients who have recovered from Covid-19 to regain their physical activity levels, reduce dependence on supplemental oxygen, improve quality of life and most importantly cope better with the emotional and psychological impact of the disease.

KIH offers a comprehensive assessment with a medical specialist, a range of diagnostic tests and treatments.

**For More Information: 0308-0416334**



051-8446666



[www.kih.com.pk](http://www.kih.com.pk)



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