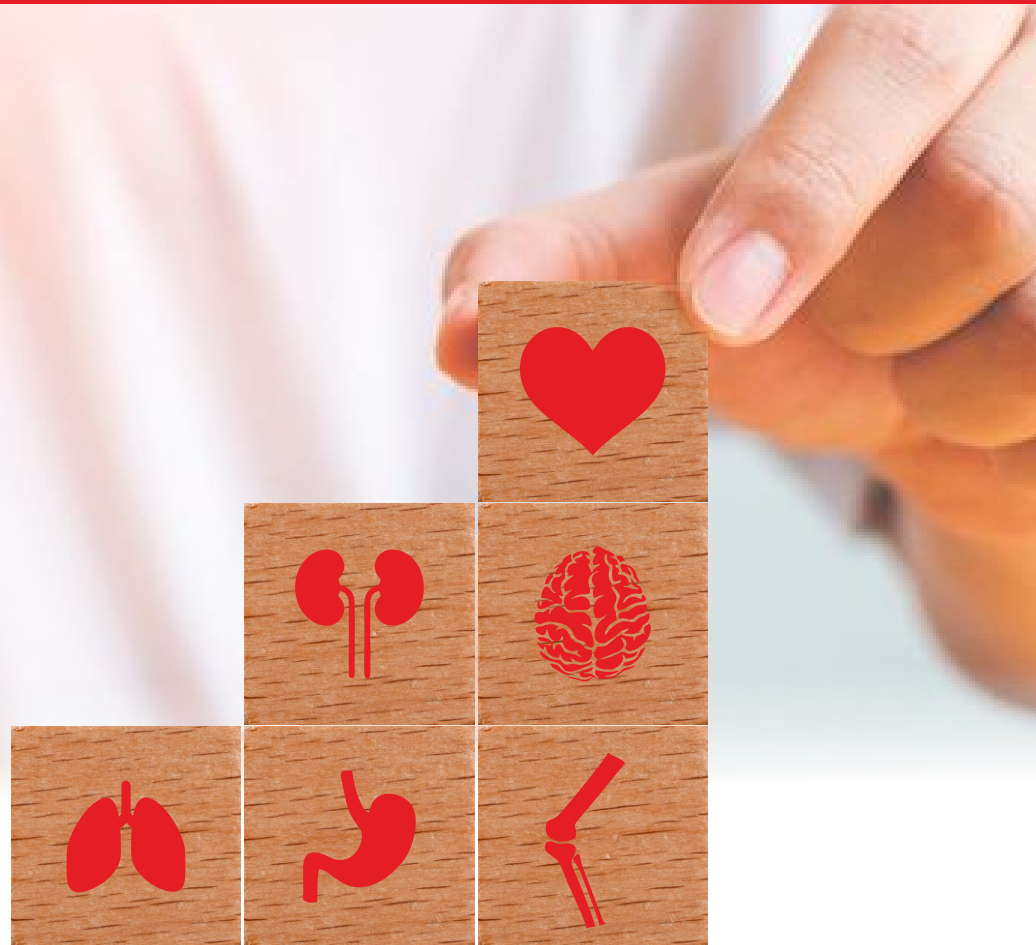


KULSUM



Regular Checkup

Enables You to Stay Ahead, Stay Healthy

Department of Executive Health



Specialized Surgery of Organs in Chest

Department of Thoracic Surgery

Improving Quality of Cancer Patients

Prof. Brig. (Rtd) Dr. Asif Asghar - SI (M) (Chest Surgeon)

■ Improving quality of life in stage four cancer patients with fluid in chest

Some of us experience our beloved one suffering from the miseries of advanced cancers. Pleural Effusion, sometimes referred to as water on the lungs, is the build-up of excess fluids around the lungs, which restricts breathing. It is such a distress to see a person with air hunger, not even able to sleep or eat. Cancer treating doctors (Oncologists) resort to supportive care without chemotherapy in most of these patients. Concerned medicines cannot be prescribed to such patients, because they cannot tolerate the side effects of drugs due to deteriorated health. The X-rays of chest show chest full of cancerous fluid, which are lead to compression of lungs which are no longer able to supply enough oxygen to the ailing patient.

■ What to do now?

Before we start discussing the plan, let's see what quality of life means. A healthy person sees this from a different perspective, when compared with a cancer patient requiring oxygen for breathing. An advanced cancer patient would be satisfied, if his/her air hunger problem is solved and is able to sleep comfortably. Such patients will grade any procedure in this regard as satisfactory. The health and quality of life of such patients deteriorates with chemotherapy at this stage, due to the severe side effects, and is thus avoided.

■ How a Chest Surgeon Improves quality of life?

Initially, the fluid in the chest is drained by a chest tube. It is then followed by a short surgical procedure (VATS) of 15 minutes, in which Pleurodesis is done. This procedure stops the accumulation of the further cancerous fluid, by spraying a drug on the lung surface. The patient stays in hospital for two days and usually goes home walking.

KIDNEY CARE

Dr. Nosheen A. Manzoor (Nephrologist)

We all have been blessed by two kidneys that constitute almost 200,000 nephrons, which are the basic “functional units of kidneys”. Kidneys help in excreting toxins from the body by producing urine, and maintaining hemoglobin levels and electrolytes balance.

In order to keep our kidneys healthy, we should all:

1. Drink Enough Water

Daily intake should be at-least 8-12 glasses (**2-2.5 Liters**). Water washes away salts, toxins, and prevents the stone formation.

2. Control Your Blood-Pressure

High Blood Pressure badly damages the kidneys. Hypertension is both the victim and villain in kidney disorders. High blood pressure can lead to kidney disease and kidney disease can result in hypertension. Hence, blood pressure control is of utmost importance for maintaining our health.

Ideal BP -120/80.

3. Control Your Blood Sugar Levels

If you have uncontrolled blood sugar levels, it means you have diabetes. Ideally fasting blood sugar levels should be less than **100mg/dl**, 02 hours post prandial should be less than **200mg/dl** and **HBA1C < 6%**. Avoid sweets, take controlled diet and continue proper treatment and regular checkups.

4. Avoid Excess Salt Intake

If you take too much salt, it will make body to retain or store excessive water inside, leading to high blood pressure that can damage kidneys. Excessive salt intake increases risk of progression of various kidney diseases.

5.Limit High Protein Content Diet

Too much protein intake can overwork the kidneys. Therefore also add carbohydrates and fruits in your diet and avoid excessive high protein diet.

6.Maintain Body Weight

Control your body weight and maintain it within the healthy weight range.

7.Avoid Sedentary Life Style

Do moderate exercise, 45 minutes a day, five days a week.

8.Quit Smoking

Smoking is a preventable risk factor. It increases risk of multiple diseases, including lungs and heart problems, high blood pressure, heart attack and diabetes.

9.Limit Intake of Pain Killers

Avoid over the counter drugs, painkillers like Brufen, Caflam, Voren, Dicloran, Synfles, because these damage the kidneys. Limit their use for up to a day or two, if needed. Do kidney function test and urine analysis, in case of long-term medication. Preferably use medications that are safe for kidneys. You can use alternatives like topical gels and hot water bag sponges to reduce pain, instead of pain killers.

10.Avoid Contrast Material

Be careful with medical procedures, especially use of contrast medicine before radiology tests if needed, then do consult nephrologist.

11.Have Kidney Checkup

Check your creatinine levels, have ultrasound done, do urine analysis, especially if you have diabetes, hypertension, stone disease, or family history of kidney disease.

Summary

Kidney disease seriously effects the overall body functioning and health. It occurs then its treatment is expensive, complex and lengthy. Therefore, take care of your kidneys for healthy life.



Mother and Child
Experience the Beautiful Journey

Kulsum Mother Care

ALARMING CESAREAN SECTION INCREASE AN ETHECAL DILEMMA

Dr. Tehmina Yousaf (Gynaecologist)

Cesarean Section (CS) is the most common surgery performed around the world. World Health Organization (WHO) statistics inform that CS rates are one in five (21%) of the global childbirths

The following factors have contributed to increase in CS rates

- Improving surgical and anesthesia techniques
- Increasing availability of the tools to assess maternal and fetal well-being, like Cardiotocography (CTG) and Ultrasonography
- Perception of safety and reduction of risk in post-operative complications
- More convenient for mother and family to set up date and arrangements than to wait for an unpredictable onset of labour

However, certain risks associated with CS need serious consideration, whether to opt or not to opt for CS

- Greater number of hospital admission and associated cost
- Risk of complicated surgeries with increasing number of CS due to adhesions and adherent placenta.
- CS has eight times higher maternal mortality than normal birth
- The CS newborn experiences more respiratory complications
- Adverse effects on mother health due to surgeries

CS remains the most profitable choice for the physicians and hospitals. However, the doctors should be very cautious, while making the decision about the mode of delivery. It is unethical to proceed to CS without a valid indication of CS. Monitoring and auditing of the CS rate and outcomes is essential to evaluate the pros and cons of the CS policies and practices for improved outcomes.

Kulsum Diagnostic Center

KIH Laboratory is equipped with most modern equipment from the world's renowned diagnostic companies. Fully automated analyzers are connected with hi-tech LIS/HMIS so patient results are directly entered into the system without any human intervention, minimizing pre-analytical and post-analytical errors.



TURMERIC RELIEVES JOINT INFLAMMATION

Ms. Zainab Usman Khan (Nutritionist)

Rheumatoid arthritis is a condition in which the body's immune system attacks the joints, consequently leading to inflammation. Whereas, turmeric, a spice with strong anti-inflammatory properties helps in the treatment of rheumatoid arthritis. Turmeric contains curcumin, a compound with strong anti-inflammatory and antioxidant properties, which help prevent damage to the joints. Turmeric extract is also used to cure compromised digestion.

■ How to receive maximum benefits from Turmeric?

The absorption of curcumin from turmeric can be increased almost 20 times, when eaten with black pepper. This is because black pepper contains piperine, a bioactive compound, which helps in boosting the absorption of curcumin in the body up to **2000%**.

In addition to this, curcumin is a fat-soluble compound. Therefore, consuming turmeric with meals facilitates the absorption of curcumin in the body. So, persons facing joints problems should add turmeric and black pepper in the diet; and consult the healthcare professional regarding the use of turmeric extract supplements.



Kulsum International Hospital in collaboration with Health Asia conducted seminars in HealthAsia Expo 2020 Pak China Friendship Center on

- **Kulsum Mother Care** (Abnormal Uterine Bleeding)
- **Cardiology** (Excellence in Cardiovascular Medicine)



- **Breast Cancer Awareness Program by Kulsum Mother Care**



- **Kulsum International Hospital in Collaboration with Islamabad Traffic Police organised an awareness campaign on Cardiovascular Diseases.**



Kulsum Mother Care

Kulsum Mother Care is the renowned gynaecology and obstetrics (birth/delivery) facility working 24/7 for safe motherhood. The department organized women health awareness campaigns on Female Health and Hygiene and Breast Cancer as part of its multidisciplinary approach for disease prevention, control and management.



Women Health Awareness (Centaurus Mall)



FEMALE HEALTH AND HYGIENE (NUST)

Kulsum Mother Care organized a seminar on Female Health and Hygiene in collaboration with NUST, as part of its activities for promoting women health and hygiene for healthy life.



**PINKTOBER
BREAST CANCER AWARENESS (F-10)**

Kulsum Mother Care organized Pinktober Breast Cancer Awareness program at Fatima Jinnah Park (F-10 Gate), Islamabad, as part of its campaign to prevent breast cancer.



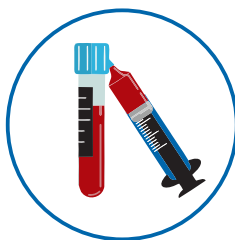
KULSUM HOME CARE

Quality Health Care

in the Comfort of Your Home



Nursing Care



Lab Tests



Doctor Visit



Physiotherapy



Pharmacy



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