

MAROOF

Newsletter October 2016



MAROOF
International Hospital

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IN THE LOVING MEMORY OF MAROOF BEGUM

Begum Maroof, 80, left the Maroof family on 6th September 2016 to meet the Almighty. Born and raised in Bewal Kalar Sayyadan, Begum Maroof will always be remembered as a respectful daughter, a caring wife, a loving mother and an adoring grandmother.

She was an amazingly kind lady, who spent her life helping and caring for the people of her family and community, forwarding the same traits in her kids as well. As a welcoming host, her house was always a place of peace for every guest.

She was a very influential lady and left a positive impact on many lives: Feeling the pain of less fortunate, she always supported them and worked for the betterment of her community. She was a lady with a vision for development of her people and always encouraged her children to do the same and this can be seen in the form of Maroof International Hospital, providing best health care services to the residents of the twin cities.

After being diagnosed with cancer in 2005, she proved to be strong willed person. She fought this deadly disease with strength and will, leading an independent and honored life.

As an affectionate mother, she brought her children up as an asset to the society who not just focus on their own lives, but contribute to the welfare of the society as well. She always encouraged them to be good human beings.

It was Ch. Nasseer Ahmed's dream to start a medical foundation that would offer the state of the art health facilities. Maroof International Hospital was named after his mother to honor and pay tribute to day in and day out efforts of his mother.

Her passing is not just the loss of her near and dear ones but the Maroof International Hospital family as a whole. Her prayers and affection will always be missed.

"She was not just a mother but my mentor and guide as well. The secret behind my success is the values and knowledge she taught me. If it were not the prayers and support of my mother at every step of my life, I would have not realized any of my ambitions. It was with these emotions that I dedicated this hospital in her name, Maroof International Hospital".

Ch. Nasseer Ahmed,
Chairman MIH
Son of Begum Maroof

"The knowledge and learning of every life starts from their home. Beside my parents, I was lucky enough to have the best teacher and guide in the form my beloved grandmother. She played a major role in development of my personality and making me good human being. It's the values she taught me, that are helping me to move forward in the right direction on each step of my life. We will miss her guidance and kind words and she will always hold a special place in our hearts".

Dr. Haroon Nazeer
CEO MIH
Grandson of Begum Maroof

"My grandmother was a complete persona of utter kindness. I have grown up in her hands, and therefore was very attached to her. Despite her suffering from cancer, she was always there for everyone as she had a strong will power and didn't want anyone to see what pain she was going through. I will always remember her as a lively person who was the center of attention wherever she went. Dadi! I miss you a lot, may your eternal life be filled with happiness. Ameen".

Ms. Anika Bawer
Head of Pharmacy
Granddaughter of Begum Maroof

OPENING OF MAROOF MEDICAL AND DIAGNOSTIC CENTRE, Blue Area Islamabad



Since its inception, Maroof International Hospital Islamabad has been providing clinical, surgical and diagnostic services to the people of Islamabad, its surrounding territories and even some of the international patients.

Following its ideology of making international quality healthcare more accessible to the people of Pakistan, MIH has announced its new project in the shape of the Maroof Medical & Diagnostic Center. The center is located in the heart of Blue Area, opposite Polyclinic and has been equipped to cater for all laboratory, radiology and

medical needs of our valued patients. The new MMD Center has clinics for various medical specialties. We also offer the ambulance services for transferring patients to Maroof Hospital in case of any emergency.

The ambition of the new medical facility is to make best health services conveniently available for all. We intend to give our best in provision of next level healthcare to every citizen of the twin cities and beyond.

The inauguration ceremony for the venture was held on 3rd September 2016 at Blue Area Islamabad. The inauguration was attended by various

consultants from different medical fields, media and the management of MIH. This health facility was inaugurated by Mrs. Chairman, Maroof International Hospital. At this occasion, Chairman MIH, Ch. Naseer Ahmed said that provision of best and easily accessible health care to everyone is the priority of Maroof International Hospital. He also said that they are planning to open more such diagnostic centers in different areas of Islamabad. He prayed that may Almighty gave success to this new venture in taking health care to the next level.



PCR (POLYMERASE CHAIN REACTION) Test Inauguration at Maroof International Hospital



PCR (Polymerase Chain Reaction) is a tool/testing procedure to confirm the viral infections like Hepatitis B Virus and Hepatitis C Virus. Theoretically, it can check and identify a single virus being present in an infected person. Before launch of PCR, the infected persons were tested for these viruses indirectly. Antibodies are developed against a virus in an infected person and those were being tested to diagnose indirectly that whether a patient is infected with Hepatitis B or Hepatitis C. etc. usually it takes three months to develop antibodies to detectable amounts. After the development and introduction of PCR, we can diagnose these infections earlier. PCR is superior to serology for diagnosis of infection during its early phase.

To avail the benefits of this technology and facilitating the patients, Maroof International Hospital has now installed the PCR testing facility. The ceremony to launch the PCR facility was held in Maroof International Hospital on 2nd September 2016. At this occasion, CEO Ch. Haroon Naseer, Vice Chairman Prof. M. Zafar Chawdhery, Medical Director Dr. Junaid Wajahat and many consultants were present. Sr. Manager Diagnostics, Mr. Babar Hameed Awan explained the working and procedures of PCR. He also highlighted the ways it will benefit the patients and will speed up the testing process.

We, at MAROOF, pray that our efforts to provide better health to the patients, are fruitful and intend to continuously work for the better health of the community.



FOOTPRINTS

(Contributed By Mr. Bilal-Bin-Zaheer, Executive Director MIH)

One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two set of footprints in the sand. One belonging to him and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the Lord about it.

Lord, you said that once I decided to follow you, you would walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints, I don't understand why when I needed you the most you would leave me.

The Lord replied, "My son, my precious child, I love you and would never leave you. During your times of trial and suffering, when you see only one set of footprints it was then that I carried you."



OVARIAN CANCER INFORMATION



(Dr. Shamail Anwar,
Consultant Gynae-Obs)

September is observed as Ovarian Cancer Month throughout the world. Three quarters of women are diagnosed once the cancer has already spread, making treatment more difficult. That is why awareness is so important, to drive forward improvements in detection, treatment and ultimately survival.

Risk Factors

Genetics: BRCA1 and BRCA2

The most significant risk factor for ovarian cancer is an inherited genetic mutation in one of two genes: Breast Cancer Gene 1 (BRCA1) or Breast Cancer Gene 2 (BRCA2). These genes are responsible for about 10 to 15 percent of all ovarian cancers. Another known genetic link to ovarian cancer is an inherited syndrome called Hereditary Non-Polyposis Colorectal Cancer (HNPCC or Lynch Syndrome).

Family History

The lifetime risk of a woman who has a first degree relative with ovarian cancer is five percent (the average woman's lifetime risk is 1.4 percent).

Family history of any of the following cancers may indicate an increased risk: Breast cancer, Ovarian cancer, Colon cancer and Uterine cancer.

Increasing Age

All women are at risk of developing ovarian cancer regardless of age; however ovarian cancer rates are highest in women aged 55-64 years.

Reproductive History and Infertility

A woman is at an increased risk if she:

- Started menstruating at an early age (before 12),
- Has not given birth to any children,
- Had her first child after 30,
- Experienced menopause after 50,
- Has never taken oral contraceptives.

Infertility, regardless of whether or not a woman uses fertility drugs, also increases the risk of ovarian cancer.

Hormone Replacement Therapy

Women who use menopausal hormone therapy are at an increased risk for ovarian cancer.

Obesity

Various studies have found a link between obesity and ovarian cancer.

Reducing Risk

Women can reduce the risk of developing ovarian cancer in many ways; however, there is no



prevention method for the disease. All women are at risk because ovarian cancer does not strike only one ethnic or age group. A health care professional can help a woman identify ways to reduce her risk as well as decide if consultation with a genetic counselor is appropriate.

• Oral Contraceptive Use

The use of oral contraceptives (birth control pills) decreases the risk of developing ovarian cancer, especially when used for several years. Women who use oral contraceptives for five or more years have about a 50 percent lower risk of developing ovarian cancer than women who have never used oral contraceptives.

• Pregnancy and Breastfeeding

Pregnancy and breastfeeding are linked with a reduced risk of ovarian cancer, likely because women ovulate less frequently when pregnant or breastfeeding.

• Removal of the Ovaries

Women can greatly reduce their risk of ovarian cancer by removing their ovaries and fallopian tubes, a procedure known as Prophylactic Bilateral Salpingo Oophorectomy. One recent study suggests that women with BRCA1 mutations gain the most benefit by removing their ovaries before age 35.

There are risks associated with

removing the ovaries and fallopian tubes; women should speak to their doctors about whether this procedure is appropriate for them.

Symptoms and Detection of Ovarian Cancer

Symptoms of Ovarian Cancer

For years, women have known that ovarian cancer was not the silent killer it was said to be. Over the past decade, science has confirmed what women have long known: ovarian cancer has symptoms.

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

See your doctor, preferably a gynecologist, if you have these symptoms more than 12 times during the course of one month and the symptoms are new or unusual for you.

Being aware of symptoms can help women get diagnosed sooner. Early stage diagnosis is associated with an improved prognosis.

Other Symptoms Associated with Ovarian Cancer

Several other symptoms have been commonly reported by women with

ovarian cancer. These symptoms include fatigue, indigestion, back pain, pain with intercourse, constipation and menstrual irregularities.

Early Detection

While no reliable early detection tool exists for all women, several tests exist for women who are at a high risk. If a woman has ovarian cancer symptoms, a strong family history or a genetic predisposition such as a BRCA mutation, doctors may monitor her with one of three tests or a combination of them:

1. Blood Test

Although the CA-125 blood test is more accurate in postmenopausal women, it is not a reliable early detection test for ovarian cancer. In about 20 percent of advanced stage ovarian cancer cases and 50 percent of early stage cases, the CA-125 is not elevated even though ovarian cancer is present. As a result, doctors generally use the CA-125 blood test in combination with a transvaginal ultrasound.

2. Transvaginal Ultrasound

A transvaginal ultrasound is a test used to examine a woman's reproductive organs and bladder.

3. Pelvic Exam

A pelvic exam may be included as part of a woman's regular female health exam.

Treatment

The standard treatment for ovarian cancer consists of debulking surgery followed by six rounds of chemotherapy.

• Surgery

During surgery, doctors attempt to remove all visible tumors. Women, whose surgery was performed by a gynecologic oncologist, have better outcomes than patients whose surgeons were not oncologists, including improved survival and longer disease-free intervals.

• Chemotherapy

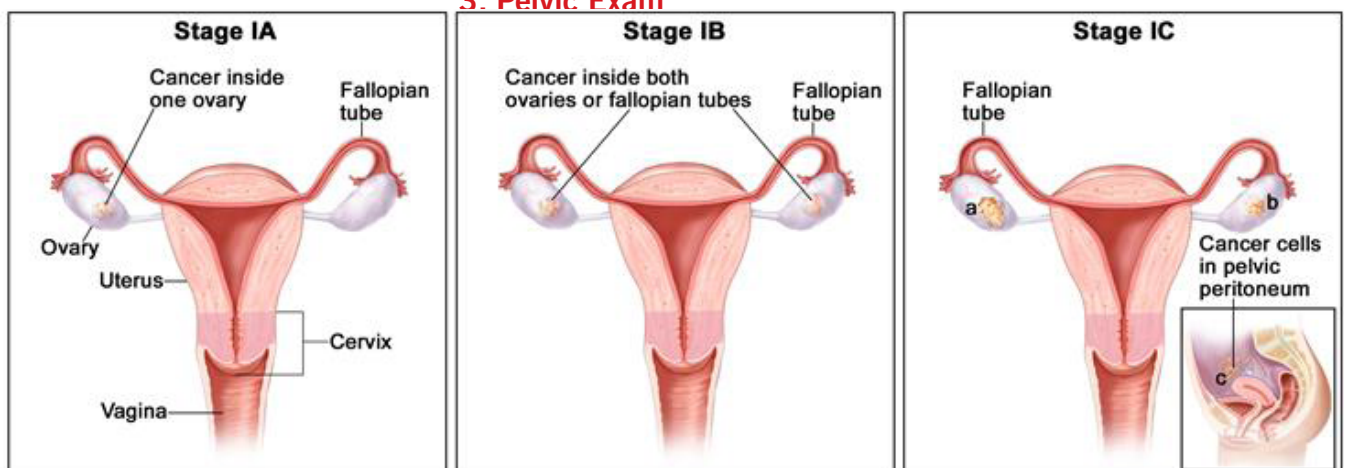
Patients undergo chemotherapy in an effort to kill any cancer cells that remain in the body after surgery.

• Neoadjuvant Chemotherapy

Some patients may receive chemotherapy before having surgery to remove their tumors. This is known as neoadjuvant chemotherapy.

SOURCE:

Society of Gynecological Oncology, 2016



NEWS CORNER

- On 31st of August 2016, NES conducted a three hour workshop for in service OT and ER technicians, Lady Health Visitors and Nurses. The major topics that were explored were chain of infection and infection control, sterilization and disinfection, medical and surgical asepsis, hand hygiene and donning gloves, sterilized dressing and CVP care. This was an interactive workshop where different teaching strategies were used for example lectures, videos, demonstration and re-demonstration etc
- Nursing Education System at MIH has an objective of having well trained nursing staff in the hospital and to achieve this objective, it continuously performs ongoing in service nursing educational sessions and training for the newly hired staff nurses. Recently 11 nurses joined MIH and were trained in NES for basic skills of nursing and get oriented to the hospital.
- On September 3rd, the employees at MIH were trained about the formation and maintenance of duty rosters. Syed Hassan Abbas from MIS Department thoroughly explained why it is necessary and how it helps in keeping a time table.
- Mr. Usman Gulzari, trainer and coach at "The Missing P", conducted a training session on development of employees' potential on 8th September 2016. The "Winning edge" session was highly motivating and interactive. This added up to attendees' skills to polish their on job efficiency.



COMMUNICATION MASTERY WORKSHOP

"People may hear your words, but they feel your attitude"

Communication is the key skill for every organization in general and service organizations in particular. You cannot connect to your patients unless you listen what they want to say and respond in the best manner. Management at Maroof International Hospital believes in building up a strong relation and pleasant memories with every patient and client. For building this connection, it is crucial that the communication skills of the front desk teams should be polished and refined.

For enhancing the communication skills of MIH front desk teams, a

Communication Mastery Workshop was organized on 26th August 2016 at MIH Auditorium. Mr. Hanan, Training Manager Training and Development Department at Serena Hotel, conducted a very interactive session which highly encouraged the attendees.

The workshop started with an ice-breaking session where every participant was given a particular topic and they were asked to elaborate it in 30 seconds. This was followed by a detailed training on confidence building, time management and face-to-face communication. Attendees were educated about time management toolkit and how it can help in improving the efficiency to make life easier.

Mr. Hanan thoroughly explained the significance of body language and tone in communication at a healthcare organization and that how it can be useful in listening, responding and resolving the patients' issues. In the end, the attendees' were trained about the H.E.A.R.T strategy (Here the guest out, Empathize, Apologize, Resolve, Thankyou) for responding to every person coming to MIH.

The training received very positive feedback and was highly appreciated by the trainees. It was decided that this shall be continued in future as well for employees' development and for the provision of best protocol to every person coming to Maroof International Hospital.



Beyond Kegels! When do gynecologic problems call for physical therapy?



Dr. Iqra Naz (PT DPT, MS-OMPT)
Physiotherapist

Many gynecologic problems require multidisciplinary treatment. Physical therapy may play a significant treatment role in achieving successful outcomes and improving patients' quality of life.

Pelvic muscles can require the same type of rehabilitation. The techniques employed by physical therapists for pelvic pain or dysfunction include treatment modalities similar to those for back pain or joint rehabilitation, including taking a detailed history, evaluating posture, stretching the muscles, applying manual massage, electrical stimulation, and exercises to increase control and strength of the pelvic floor, pelvic stability training, having patients keep diaries of pain or incontinence, and instructing the patient in behavior or voiding modifications. This list is not all-inclusive, but specialized physical therapy can contribute much toward improving the function and condition of a patient's pelvic floor. Physical therapists are able to offer new approaches to many gynecologic problems that are traditionally difficult to treat,

including pelvic pain and disorders of the pelvic floor. This article reviews common gynecologic disorders for which referral for physical therapy should be considered and can make a difference.

Gynecologic problems that can benefit from physical therapy can be divided into two broad categories: disorders of pelvic pain and disorders of pelvic function. Disorders of pelvic pain include chronic pelvic pain, dyspareunia, vestibulitis, and vulvodynia. Disorders of pelvic function include pelvic organ prolapse, overactive bladder, urinary urgency incontinence and overactive bladder, stress urinary incontinence, and fecal incontinence.

Goal of Physical Therapy:

- Physiotherapist directs pelvic floor muscle training to prevent urinary incontinence during pregnancy and after delivery.
- Physiotherapist directs core stability training to prevent and treat back and pelvic pain during and following pregnancy.
- Physiotherapist directs pain relieving postures and proper feeding protocol to avoid mother's back pain in later on life.

While pre and post natal exercise programs are common, that requires;

- a basic screening, assessment or continued monitoring
- exercises are adapted for any pain, posture, muscle weakness and incontinence issues
- key factors such as the presence of a diastasis recti or caesarean section delivery are

the addressed programs

- presented exercises that are indicated or suitable for pregnant women in general
- there is an accommodation for the stage of pregnancy or post-partum status
- exercises presented in group class settings are the same for all participants, regardless of ability, stage of pregnancy and health status.

How can a physiotherapist help pregnant women?

It is within the scope of practice of a physiotherapist to properly assess, treat and educate pregnant women in effective and safe exercises that have been shown to decrease back pain, pelvic pain and urinary incontinence – throughout their pregnancy and post-partum.

Our IDEAL program is delivered in two parts:

- One for pre natal mothers called - **Deliver Strong**
- One for post natal mothers called - **Restore the Core.**

Exercises:

- Exercise should be simple. Walking is ideal, but long period of walking should be avoided.
- The pregnant woman should avoid lifting heavy weights such as: mattresses furniture, as it may lead to abortion.
- She should avoid long period of standing because it predisposes her to varicose vein.
- She should avoid setting with legs crossed because it will impede circulation



Purpose:

1. To develop a good posture.
2. To reduce constipation & insomnia.
3. To alleviate uncomfortable, postural back ache & fatigue.
4. To ensure good muscles tone & strength pelvic supports.
5. To develop good breathing habits, ensure good oxygen supply to the fetus.
6. To prevent circulatory stasis in lower extremities, promote circulation; lessen the possibility

of venous thrombosis

Guidelines for exercises during pregnancy:

- Maintain adequate fluid intake.
- Warm up slowly, use stretching exercises but avoid over stretching to prevent injury to ligaments.
- Avoid jerking or bouncing exercises.
- Be careful of loose throw rugs that could slip & cause injury.

Relaxation exercises are guided

- Exercises on regular basis (three times per week).
- After first trimester, avoid exercises that require supine position.

REFERENCE

<http://contemporaryobgyn.modernmedicine.com/contemporary-obgyn/news/modernmedicine/modern-medicine-feature-articles/beyond-kegels-when-do-gyneco?page=full>



Testimonials:

- It was my first experience at Maroof Hospital during admission of my son. Highly appreciated services rendered by Doctors, nurses and support staff. All of them took good care of the patient as well as the attendants. Please keep it up. (M. Riaz)
- The whole staff was extremely caring specially the nursing staff. It was just like staying at your own place. Room services were very comfortable. (Ms. Madiha)

ALZHEIMER'S AWARENESS SYMPOSIUM



September, every year, is observed as World Alzheimer's Month; an international campaign to raise awareness about this disease, its symptoms and how to deal with its patients.

September 2016 was marked as the fifth global World Alzheimer's Month. The theme for World Alzheimer's Month 2016 is Remember Me.

Alzheimer's Disease (AD), also known as just Alzheimer's, is a chronic neurodegenerative disease that usually starts slowly and gets worse over time. It is the cause of 60% to 70% of cases of dementia. The most common early symptom is difficulty in remembering recent events (short-term memory loss). As the disease advances, symptoms can include problems with language, disorientation (including easily getting lost), mood swings, loss of motivation, not managing self-care, and behavioral issues. As a person's condition declines, they often withdraw from family and society. To honor the day and its significance, Maroof international Hospital

organized a symposium on 24th September 2016. Dr. Salah-ud-Din Babur, Consultant Psychiatrist and President Pakistan Alzheimer's Society, graced the event as the speaker. He thoroughly explained the attendees about this disease. He emphasized how crucial it is to spread the awareness about Alzheimer in Pakistan particularly in rural areas. Dr. Salah-ud-Din highlighted that Alzheimer is an aging process that starts at the age of 65 and is due to the disturbance of neuro transmitter's. He said that Alzheimer patient's need for emotional care is equally important. The family and the caregivers should have a detailed knowledge about how to look after such patients and give them care and respect. The role of the main caregiver is often taken by the spouse or a close relative. Alzheimer's disease is known for placing a great burden on caregivers which includes social, psychological, physical or economic aspects. The event was closed with the note that such awareness campaigns should be continued in the future as well.

FOREIGN CONSULTANT'S VISIT TO MAROOF INTERNATIONAL HOSPITAL

On 24th September 2016, Dr. Rolf Stumpfenhorst, MD, DTM&H, German Counselor Regional Medical Office South Asia & Middle East visited Maroof International Hospital. This visit was a part of the survey for the medical services being offered by the private sector in Pakistan. Dr. Junaid Wajahat, Medical Director MIH, gave him a detailed tour of the hospital and highlighted the offered services, state of the art health care, developments in pipelines and what the private sector is doing to raise bar in the health industry.

Dr. Rolf Stumpfenhorst highly appreciated the maintenance of quality, hygiene and the progress of the facility. According to him this encourages the health institutes from other countries to work here in collaboration with private sector to improve the health facilities for the local people.



HEALTH TIPS

GREEN TEA MAGIC

1. Green Tea contains bioactive compounds that improve health.
2. Compounds in green tea can improve brain function and make you smarter.
3. Antioxidants in green tea may lower your risk of various types of cancer.
4. Green tea may protect your brain in old age, lowering your risk of Alzheimer's and Parkinson's.
5. Green tea can kill bacteria, which improves dental health and lowers your risk of infection.
6. Green tea may lower your risk of type II diabetes.
7. Green tea may reduce your risk of cardiovascular diseases.
8. Green tea can help you lose weight and lower your risk of becoming obese.



EAT HEALTHY, STAY FIT

BBQ Sandwiches

Ingredients:

- Beef fillet 5
- White vinegar 2 tbsp
- Ginger garlic paste 1 tbsp
- Chili sauce 2 tbsp
- Black pepper 1 tsp
- Bun 5
- Iceberg lettuce 1
- Margarine 4 tbsp
- Oil as required
- Tomato slices as required
- Onion rings as required
- Salt to taste



Cooking Directions

1. Flatten the beef fillets with the flat end of a knife.
2. Marinate them for half an hour with salt, ginger garlic paste and vinegar.
3. Add chili sauce and sprinkle black pepper on the beef fillets.
4. Grease a grill pan and heat on a medium flame.
5. Grill the fillets from both the sides until tender.
6. Slice the buns into two halves.
7. Spread margarine onto one half and place the fillet on top.
8. Place a lettuce leaf, tomato slices and onion rings and cover the bun with the other half.
9. Serve this delicious barbeque sandwich with tomato and chili garlic sauce.

Quality | Reliability | Convenience

INTRODUCING

Fully Automated Real Time PCR

- Hepatitis B & C
- Qualitative PCR
- Quantitative PCR
- HIV PCR

Fast Results and Advance Assay Performance

- Real Time PCR Technology
- Broad Dynamic Range
- Excellent Sensitivity And Specificity
- Automated Sample Preparation
- Closed Tube Technology



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