

MAROOF

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Spring breathes
New Life into the
world around us



MAROOF
International Hospital

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Arthritis is a common cause of chronic knee and hip pains that in some cases may lead to disability. Maroof's team of professionals led by Dr. Irfan Masud can help guide you in choosing the best course of action that suits your individual needs by offering you the following in-house services:

- Total Knee Replacement
- Total Hip Replacement
- Hip Resurfacing
- Knee Arthroscopy

Total Knee Replacement



What is knee replacement?

Arthritis is a common cause of chronic knee pain and disability. Although there are several types of arthritis, most knee pain is caused by just three types: osteoarthritis, rheumatoid arthritis, and post-traumatic arthritis. A knee replacement can be simply described as knee "resurfacing" because only the surface of the bones are actually replaced.

When is surgery recommended?

The orthopedic surgeon may recommend knee replacement for several reasons:

- Severe knee pain or stiffness that limits routine normal activities, these include walking, climbing stairs, and getting in and out of chairs.
- It may be difficult to walk short distances without significant pain and you may require a cane or walker.
- Moderate or severe knee pain while resting.
- Chronic knee pain and swelling that does not improve with rest or analgesics, massage, injections in the joint for pain relief
- Development of Knee deformity - a bowing in or out of your knee.
- Sometimes there is no or minimal knee pain but the deformity is increasing leading to bone loss hence total knee replacement is recommended.

The procedure itself takes approximately 60 – 90 minutes and you will most likely stay in the hospital for a week.

Total Hip Replacement



What is Hip Replacement?

In a total hip replacement (also called total hip arthroplasty) the damaged bone and cartilage is removed and replaced with prosthetic components.

When is surgery recommended?

People who benefit from hip replacement surgery often have:

- Hip pain that limits everyday activities, such as walking or bending
- Hip pain that continues while resting, either day or night
- Stiffness in a hip that limits the ability to move or lift the leg
- Inadequate pain relief from anti-inflammatory drugs, physical therapy, or walking supports

Most people who undergo hip replacement surgery experience a dramatic reduction of hip pain and a significant improvement in their ability to perform the common activities of daily living.

The surgical procedure usually takes 60 – 90 minutes and you will most likely stay in the hospital for 5-7 days.

Hip Resurfacing



What is Hip Resurfacing?

Patients with advanced arthritis of the hip may be offered traditional total hip replacement (arthroplasty) or hip resurfacing (hip resurfacing arthroplasty). Each of these procedures is a type of hip replacement, but there are important differences:

- In a traditional total hip replacement, the head of femur (thigh bone) and the damaged socket

(acetabulum) are both removed and replaced with metal, plastic or ceramic components.

- In hip resurfacing, the femoral head is not removed, but is instead trimmed and capped with a smooth metal covering. The damaged bone and cartilage within the socket is removed and replaced with a metal shell, just as in a traditional total hip replacement.
- The most suitable candidates for hip resurfacing are younger patients, less than 60, with strong and healthy bone.

Hip resurfacing surgery usually last between 1-2 hours and you will most likely stay in the hospital for 4-6 days

Knee Arthroscopy



What is Knee Arthroscopy?

An arthroscopy is a type of keyhole surgery in which a joint is viewed from inside using a small camera, to diagnose and treat problems within the joints.

Knee arthroscopy is extremely safe, highly successful, and has minimal complications associated with the procedure. According to the American Orthopaedic Society for Sports Medicine, more than 4 million knee arthroscopies are performed worldwide each year.

Arthroscopy for the knee is most commonly used for:

- Removal or repair of torn meniscal cartilage
- Reconstruction of a torn anterior cruciate ligament
- Trimming of torn pieces of articular cartilage
- Removal of loose fragments of bone or cartilage
- Removal of inflamed synovial tissue

Almost all arthroscopic knee surgery is done on an outpatient basis. Arthroscopy can be performed under regional or general anesthesia and you should be able to go home once you have fully recovered from the anesthesia.



Medical Director, Dr. Junaid Wajahat addressing the audience.

Blood Drive

In an effort to raise awareness of the need for more Blood Donors and safety in Lab Procedures, MIH arranged a seminar on 16th October 2015 at the hospital's Auditorium. The event focused on educating consultants and patients to donate blood more freely and highlighted the high quality standards that the Maroof Pathology Department adheres to, minimizing risks to the patients.



Senior Manager Diagnostic Services, Mr. Babar Hameed giving his presentation on Lab and Radiology services offered in MIH.

World Mental Health Day

A Symposium on Depression was arranged in the MIH Auditorium on 19th October 2015 in celebration of World Mental Health Day. The symposium highlighted common misconceptions surrounding depression and how best to handle the illness. Distinguished guests included Maroof's own Management and Consultants; both from within and outside Maroof international Hospital. The event concluded with a shield distribution to mark the efforts of the hosts of the event.



Maroof International's Management and Consultants at the closing of the event.

Outstanding Performers

Employee of the Month



Chaudry Naseer, Chairman MIH presenting the Employee of the Month Award and cash prize to Mr. Muhammad Hafeez of Finance and Accounts. Also present: Mr. Bilal Bin Zaheer, Ch. Haroon Naseer and Mr. Hassan Ahmed.



Chaudry Naseer, Chairman and Ch. Haroon Naseer, Managing Director pinning the Employee of the Month Badge on Mr. Shahzad Saleem of MSA. Also present; Mr. Fahad Hafeez



Chaudry Naseer, Chairman presenting the Employee of the Month Award and cash prize to Muhammad Saleem Khan of MA. Also present; Ch. Haroon Naseer and Mr. Fahad Hafeez

Nurse of the Month



Ch. Haroon Naseer, Managing Director and Dr. Junaid Wajahat, Medical Director presenting the Nurse of the Month Award and cash prize to Ms. Fouzia Kausar.



Dr. Salman Yunus presenting the Nurse of the Month Award and cash Prize to Mr. Fizer Gill. Also present is Dr. Junaid Wajahat.

Free Medical Camp

Since its inception Maroof Trust has actively strived to arrange free medical camps at less affluent areas. On 1st of November 2015 one such event was arranged in collaboration with ALPIAL Welfare Trust at Sohan, near Chakri. A local government school became the venue for the event, where classrooms were converted into clinics and pharmacy outlets that distributed free medicines. The camp featured clinics for ENT, Pediatrics, General Medicine and Gynecology, including a setup for ultrasounds for women.



Dr. Noman Arshad

We at Maroof would like to welcome Dr. Noman Arshad onto our list of experienced and dedicated consultants. Born on 20th July 1963 in Wah Cantt, he did his matric at Sir Syed School Wah and FSc from Sir Syed College Rawalpindi. He did his MBBS from Army Medical College in 1987 with honour in the subject of Anatomy. Did his FCPS in 1995, completed ON JOB TRAINING at Atkinson Morley Neuroscience Centre (St George's Hospital), Wimbledon UK in 1999. Since then he has worked in different Army Hospitals as consultant Neurosurgeon in cities including Quetta, Karachi, Abbottabad and Rawalpindi. Having joined Maroof as a fulltime consultant, he is offering services including most of brain and spinal surgery including disc, tumors and trauma. His special area of interest is trans-sphenoidal pituitary surgery.



Pediatrics Clinic.



Patients being checked by general physicians.



Patients' vitals being taken and Glucose tests conducted.



Chaudry Naseer distributing certificates to MIH staff and volunteers.

Specilizing in Brain, Spine & Peripheral Nerve Consultation and Surgery

Neuro Surgeon: Lt. Col. (R) Dr. Nouman Arshad

SERVICE OFFERED

- ▶ Head injury and Spine Injury
- ▶ Back and neck pain / Sciatica
- ▶ Brain and spinal tumours
- ▶ Injury / Tumours related to nerves . Facial Pain
- ▶ Congenital Problems Meningocele / MMC / Tethered cord
- ▶ Crvical / Lumber spondylosis
- ▶ Orbital tumours
- ▶ Epilesy
- ▶ Spinal deformities
- ▶ Cranioplasty for skull shape deformities



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