MAROOF NEWSLETTER

September 2017

CERTIFIED ISO 9001:2008 COMPANY

Brands of the year Award
IT'S ALL ABOUT CHAMPIONS

MAROOF
International Hospital

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“Work Place Ethics”: An ethical way to work

MIH Human Resource Department arranged a training programme for the employees about “Work Place Ethics”. This was mainly focused to front desk employees and guided them thoroughly about how to deal with different scenarios and customers keeping in view personal and professional ethical rules.

“On Job Hours ask for more etiquettes”

Patient Services Department (PSD) is one of the main departments that deal with both IPD and OPD patients. The responsibility of handling the patients in best manner and facilitating them through all administrative procedures lies on their shoulders. This takes a lot of patience and ethical values to be in practice all the time. For enhancing the same skill of the PSD team, Mr. Khurram Ayaz, Assistant Manager PSD conducted training on how to keep the professional etiquettes intact throughout the duty hours. He explained the front desk staff about the possible mistakes that would lead to patient dissatisfaction and how to cope with all such scenarios.

7 Surprising Health Benefits of Garlic

1. The Blood Purifier
Tired of covering up those zits with concealer every morning? It's time to tackle the root cause of acne by purifying your blood from inside to get healthy skin on the outside. Take two cloves of raw garlic with some warm water everyday, early in the morning and consume a lot of water the entire day. If you're looking to shed some pounds, squeeze the juice of half a lemon in a glass of luke warm water and have it with 2 cloves of garlic in the mornings.

2. Cold and Flu
Garlic is going to provide you relief from that stubborn. Taking 2-3 cloves of raw or cooked garlic a day or sipping some garlic tea (with a touch of honey or ginger to lift up the taste) is not only going to relieve a stuffed nose and cure the cold but also build your immunity against these frequent visitors over time.

3. Prevention of Heart Disease
Consuming garlic on a daily basis (in food or raw) helps to lower cholesterol levels because of the anti-oxidant properties of Allicin. It is also immensely beneficial to regulate blood pressure and blood sugar levels.

4. Anti-bacterial and Anti-parasitic
Garlic is one of the best kept medicinal treasures of the past era - it has been used as an antibiotic to treat bacterial, fungal and parasitic infections for the last 7,000 years.

5. Cancer Prevention
Several studies have indicated an association between daily consumption of garlic and prevention of stomach and colorectal cancers. It is said to strengthen the immunity of the body against cancer.

6. For Skin and Hair
The invigorating properties of garlic protect the skin from the effect of free radicals and slow down the depletion of collagen which leads to loss of elasticity in aging skin.

7. Splinters
Excellent against stubborn splinters. Place a piece of cut garlic over the splinter cut and cover with a bandage- and voila! Bye-bye splinter.

Caution
1. Asthma patients should not consume garlic as it may have side-effects.
2. Garlic should be avoided before surgeries or medical operations.
3. Do not consume more than 2-3 garlic cloves in a day without consulting a doctor.

TESTIMONIALS

We are highly satisfied from the services provided by all the staff members especially Mr. Naeem-Ur-Rehman from Laboratory. He is very expert in taking blood samples of small kids which is one of the most difficult tasks.

Saima Asim

We stayed at Maroof International Hospital for 5 days in Labour Room and NICU. During our stay following staff members were amazing in service and professionalism.
Nafeesa: 5 stars for her commitment to her work and organization. She is an extraordinary healthcare provider. Mr. Khurram Ayaz, Ms. Komal and Raja Tehseen are very good professionals. Dr. Ghazala Bashir, HOD and Consultant Gynecologist and Dr. Zafar, Consultant Pediatrics, relieve you from half of your worries with their care and counseling.

Irum Aftab, mother of Baby Mohid

Our visit at Maroof International Hospital was highly satisfactory. Mr. Babar Iqbal from nursing department was very kind and helpful.

Laura & Martha

WORLD HEART DAY SPECIAL

A) Know your risk

Looking after your heart starts with understanding your risk, so make sure you know all your health numbers. Visit your healthcare professional and ask for a few simple checks. Remember, knowledge is power.

- **Know your blood glucose levels**

  High blood glucose (blood sugar) can be indicative of diabetes. CVD (cardio vascular diseases) accounts for 60% of all deaths in people with diabetes so if it's left undiagnosed and untreated it can put you at increased risk of heart disease and stroke.

- **Know your blood pressure**

  High blood pressure is the number one risk factor for CVD. It's called the 'silent killer' because it usually has no warning signs or symptoms, and many people don't realize they have it.

- **Know your numbers**

  Visit your healthcare professional and ask them to measure your cholesterol levels, weight and body mass index (BMI), as well as your blood pressure and blood glucose. They can then advise you on your CVD risk so you can plan to improve your heart health.

- **Know the signs and symptoms of a heart attack**

  Over 70% of all cardiac and breathing emergencies occur in the home when a family member is present and could help a victim.

Talk to your healthcare professional about local cardiopulmonary resuscitation (CPR) courses so you can help a loved-one in the event of a heart attack. If you suspect a family member is having a heart attack or stroke, seek medical help immediately.

B) Fuel your heart

Eating and drinking well gives your heart the fuel it needs for you to live your life. Today, make just a few simple changes to your diet to help reduce your own and your family's risk of heart disease and stroke.

- Try not to eat so many processed and prepackaged foods which are often high in sugar and fat
- Cut down on sugary beverages and fruit juices – choose water or unsweetened juices instead

- Swap sweet, sugary treats for fresh fruit as a healthy alternative
- Try to eat 5 portions (about a handful) of fruit and veg a day – they can be fresh, frozen, tinned or dried
- Make your own healthy school or work lunches at home

C) Move your heart

Physical inactivity can contribute significantly to heart disease as it can lead to unhealthy weight gain, diabetes and raised blood pressure. Today, take control of your heart health by getting more active.

- Aim for at least 30 minutes of moderate-intensity activity five times a week
- Playing, walking, housework, dancing – they all count!
- Be more active every day – take the stairs, walk or cycle instead of driving

- Exercise with friends and family – you'll be more motivated and it's more fun!
- Before you start any exercise plan check with a healthcare professional
- Download an exercise app or use a pedometer to keep track of your progress

D) The best types of activity

- Aerobic exercise is especially good for your heart – brisk walking, jogging, swimming and cycling are all ideal

- Muscle strengthening exercises also help you to burn more calories to keep your weight healthy – try climbing stairs, walking uphill and digging in the garden.
- Stretching activities, like T'ai chi and yoga, can help to improve your flexibility.

E) Love your heart

Stopping smoking is the single best thing you can do to improve your heart health. Today, make a commitment to quit and reduce your risk of heart disease and stroke, and that of those around you.

- Within 2 years of quitting, the risk of coronary heart disease is substantially reduced
- Within 15 years the risk of CVD returns to that of a non-smoker
- Exposure to second hand smoke is also a cause of heart disease in non-smokers, So by quitting you'll not only improve your health but that of those around you
- If you're having trouble stopping smoking, ask for professional advice on how to quit
- You can also ask your employer if they provide smoking-cessation services

Did you know?

Second hand smoke kills more than 600,000 non-smokers every year, including children.

F) Share the power

Your heart powers your whole body. It lets you love, laugh and live your life to the full.

That's why it's so important to look after it. If you don't, you're putting yourself at risk of cardiovascular disease (CVD), which includes heart disease and stroke. CVD is the world's number one killer. Each year, it's responsible for 17.5 million premature deaths, and by 2030 this is expected to rise to 23 million.
But the good news is that much CVD can be prevented by making just a few simple daily changes, like eating and drinking more healthily, getting more exercise and stopping smoking.

This World Heart Day, we're asking you to share how you power your heart and inspire millions of people around the world to be heart healthy.
So let's make sure we all take action to keep our hearts charged and make a lasting difference to our health.

Fuel your heart. Move your heart. Love your heart.
And share the power.

Sources:

- **World heart Federation**
- **World Health Organization**













Celebrating 70th Independence Day Of Our Beloved PAKISTAN!

Team Maroof International Hospital celebrated Pakistan's 70th Independence Day with full heart and zeal. Each department was decorated in a different and unique style. MIH administration also organized cake cutting ceremony to celebrate this big day. Chairman MIH Ch. Naseer Ahmed and CEO MIH Ch. Haroon Naseer along with the team of Managers visited all the departments and highly appreciated the efforts of the employees. Team MIH mutually agreed that efforts towards building a better and healthier PAKISTAN should not be limited to just one day but should continue throughout the year.














Iliotibial Band Syndrome (ITBS or "IT Band Syndrome")

Iliotibial band syndrome (ITBS) is one of the most common causes of knee pain, particularly in individuals involved in endurance sports. It accounts for up to 12% of running injuries and up to 24% of cycling injuries and 15% with long standing. ITBS is typically managed conservatively through physical therapy and temporary activity modification.

Dr.Umair-ur-Rehman (PT)

B.S.P.T, PP-DPT, MPPTA
Rehabilitation Department

What is Iliotibial Band Syndrome (ITBS)?

Iliotibial band syndrome (ITBS) occurs when excessive irritation causes pain at the outside (or lateral) part of the knee. The iliotibial band (ITB), often referred to as the "IT band" is a type of soft tissue that runs along the side of the thigh from the pelvis to the knee. As it approaches the knee, its shape thickens as it crosses a prominent area of the thigh (femur) bone, called the lateral femoral condyle. Near the pelvis, it attaches to 2 important hip muscles, the tensor fascia latae (TFL) and the gluteus maximus.

Irritation and inflammation arise from friction between the ITB and underlying structures when an individual moves through repetitive straightening and bending of the knee. Typically, ITBS pain occurs with overuse during activities such as running,long standing and cycling.
ITBS involves many lower extremity structures, including muscles, bones, and other soft tissues.

Usually discomfort arises from:

- Abnormal contact between the ITB and thigh (femur) bone
- Poor alignment and/or muscular control of the lower body
- Prolonged pinching (compression) or rubbing (shearing) forces during repetitive activities

ITBS can occur in:

- Athletes performing repetitive activities, such as squatting, and endurance sports such as running and cycling.
- Individuals who spend long periods of time in prolonged positions, such as sitting or standing for a long workday, climbing or squatting.
- Individuals who quickly start a new exercise regimen without proper warm-up or preparation.

Signs and Symptoms

With ITBS, you may experience:

- Stabbing or stinging pain along the outside of the knee
- A feeling of the ITB “snapping” over the knee as it bends and straightens
- Swelling near the outside of your knee
- Occasionally, tightness and pain at the outside of the hip
- Continuous pain following activity, particularly with walking, climbing, or descending stairs, or moving from a sitting to standing position.

Pain is usually most intense when the knee is in a slightly bent position, either right before or right after the foot strikes the ground. This is the point where the ITB rubs the most over the femur.

How Is It Diagnosed?

Your physical therapist will ask you questions about your medical history and activity regimen. A physical examination will be performed so that your physical therapist can collect movement (range of motion), strength, and flexibility measurements at the hip, knee, and ankle.

When dealing with ITBS, it is also common for a physical therapist to use special tests and complete a movement analysis, which will provide information on the way that you move and how it might contribute to your injury. This could include assessment of walking/running mechanics, foot structure, and balance. Your therapist may have you repeat the activity that causes your pain to see first and how your body moves when you feel pain. If you are an athlete, your therapist might also ask you about your chosen sport, shoes, training routes, and exercise routine.

Typically, medical imaging tests, such as x-ray and MRI, are not needed to diagnosis ITBS.

How Can a Physical Therapist Help?

Your physical therapist will use treatment strategies to **focus on:**

Range of Motion

Often, abnormal motion of the hip and knee and foot joint can cause ITBS because of how the band attaches to hip muscles. Your therapist will assess the motion of your injury leg compared with expected normal motion and the motion of the hip on your uninvolved leg.

Muscle Strength

Hip and core weakness can contribute to ITBS. The "core" refers to the muscles of the abdomen, low back, and pelvis. Core strength is important, as a strong midsection will allow greater stability through the body as the arms and legs go through various motions. For athletes performing endurance sports, it is important to have a strong core to stabilize the hip and knee joints during repetitive leg motions. Your physical therapist will be able to determine which muscles are weak and provide specific exercises to target these areas.

Manual Therapy

Many physical therapists are trained in manual therapy, which means they use their hands to move and manipulate muscles and joints to improve motion and strength. These techniques can target areas that are difficult to treat on your own.

Functional Training

Even when an individual has normal motion and strength, it is important to teach the body how to perform controlled and coordinated movements so there is no longer excessive stress at the previously injured structures. Your physical therapist will develop a functional training program specific to your desired activity. This means creating exercises that will replicate your activities and challenge your body to learn the correct way to move.

Your physical therapist will also work with you to develop an individualized treatment program specific to your personal goals. He or she will offer tips to help you prevent your injury from re occurring.

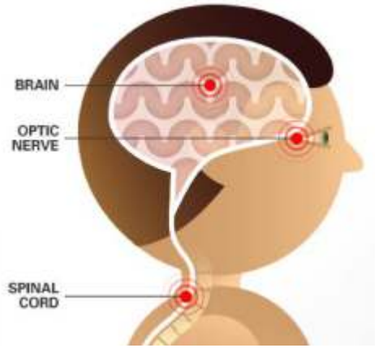
Can this Injury or Condition be prevented?

Maintaining core and lower extremity strength and flexibility and monitoring your activity best prevents ITBS. It is important to modify your activity and contact your physical therapist soon after first feeling pain. Research indicates that when soft tissues are irritated and the offending activity is continued, the body does not have time to repair the injured area. This often leads to persistent pain, and the condition becomes more difficult to resolve.

Once you are involved in a rehabilitation program, your physical therapist will help you determine when you are ready to progress back to your previous activity level. He or she will make sure that your body is ready to handle the demands of your activities so that your injury does not return. You will also receive a program to perform at home that will help you maintain the improvements that you gained during rehabilitation.

What Is Multiple Sclerosis (MS)

MS is a chronic disease that damages the nerves in the spinal cord and brain, as well as the optic nerves.



Dr. Osama Jawaid

HOD MSA &
Surgical Registrar

Sclerosis means scarring, and people with MS develop multiple areas of scar tissue in response to the nerve damage. Depending on where the damage occurs, symptoms may include problems with muscle control, balance, vision, or speech.

MS Symptoms: Weakness or Numbness

Nerve damage can cause:

- Weakness in an arm or leg
- Numbness
- Loss of balance
- Muscle spasms

These symptoms may lead to frequent tripping or difficulty walking.

MS Symptoms: Vision Problems

More than half of people with MS experience a vision problem called optic neuritis. This inflammation of the optic nerve may cause blurred vision, loss of color vision, eye pain, or blindness, usually in one eye. The problem is usually temporary and tends to improve within a few weeks. In many cases, vision problems are the first sign of MS.

MS Symptoms: Speech Problems

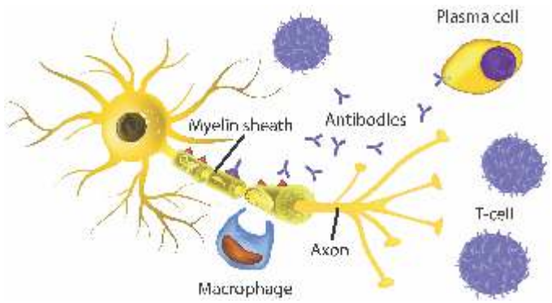
Although less common than vision problems, some people with MS develop slurred speech. This happens when also have trouble swallowing. MS damages the nerves that carry speech signals from the brain. Some people

Other MS Symptoms

MS can take a toll on mental sharpness. Some people may find it takes longer to solve problems. Others may have mild memory loss or trouble concentrating. Most people with MS also experience some loss of bladder control, because signals between the brain and bladder are interrupted. Finally, fatigue is a common problem. You may feel tired even after a good night's sleep.

Stroke vs. MS

Confusion, slurred speech, and muscle weakness can be symptoms of MS, but they can also be signs of a stroke. Anyone who suddenly has trouble speaking or moving his or her limbs should be taken to the ER immediately. Treating a stroke within the first few hours provides the best odds of a successful



recovery.

How MS Attacks

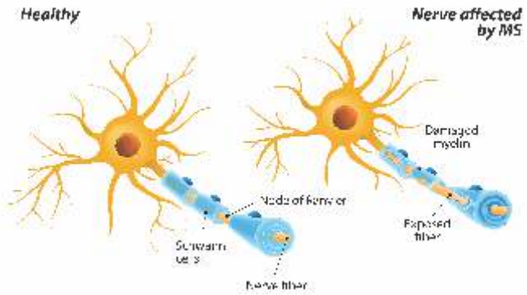
In people with MS, the body's own immune system attacks the tissue surrounding the nerve fibers in the brain, spinal cord, and optic nerves. This covering is made of a fatty substance called myelin. It insulates the nerves and helps them send electrical signals that control movement, speech, and other functions. When myelin is destroyed, scar tissue forms, and nerve messages are not transmitted properly.

What Causes MS?

The roots of MS remain mysterious, but doctors see some surprising trends. It's most common in regions far from the equator, including Scandinavia and other parts of Northern Europe. These areas get less sunlight, so some researchers believe that vitamin D (the "sunshine vitamin") may be involved. Research suggests a possible link between vitamin D deficiency and autoimmune disorders, but studies are ongoing. Genetics appear to play a role, as well.

Who Gets MS?

MS is at least twice as common in women as it is in men. While it can strike people of any race, Caucasians appear to be most at risk. The chances of



developing the condition are highest between ages 20 and 50.

Diagnosing MS

Tests are often used, along with a medical history and neurological exam, to diagnose MS and rule out other causes of symptoms. More than 90% of people with MS have scar tissue that shows up on an MRI scan. A spinal tap can check for abnormalities in the fluid that bathes the brain and spinal cord. Tests to look at electrical activity of nerves can also help with diagnosis. Lab tests can help rule out other autoimmune conditions or infections such as HIV or Lyme disease.

How Does MS Progress?

MS is different in every person. Doctors usually see four forms:

Relapsing-remitting: Symptoms flare during acute attacks, then improve nearly completely or "remit." This is the most common form of MS.
Primary-progressive: MS slowly but steadily worsens.
Secondary-progressive: Begins as relapsing-remitting type, then becomes progressive.
Progressive-relapsing: The underlying disease steadily worsens. The patient has acute relapses, which may or may not remit. This is the least common form of MS.

MS and Weather

Research suggests that the disease may be more active during the summer months. Heat and high humidity may also temporarily worsen symptoms. Very cold temperatures and sudden changes in temperature may aggravate symptoms, as well.

Treating MS: Pain Management

About half of people with MS develop some form of pain, either as a result of a short circuit in the nervous system or because of muscle spasms or strain. Doctors may prescribe antidepressants and anticonvulsant medications to ease nerve pain. Pain medicines and anti-spasm drugs may also be used. Muscle pain often responds well to massage and physical therapy. Be sure to discuss the options with your doctor if you find yourself in pain.

Treating MS: Physical Therapy

If MS affects balance, coordination, or muscle strength, you can learn to compensate. Physical therapy can help strengthen muscles, combat stiffness, and get around more easily. Occupational therapy can help retain coordination in your hands for dressing and writing. And if you're having trouble speaking or swallowing, a speech therapist can help.

Outlook for MS

Most people with MS live a normal or near-normal lifespan. While the condition may make it more difficult to get around or complete certain tasks, it doesn't always lead to severe disability. Thanks to effective medications, rehab therapies, and assistive devices, many people with MS remain active, stay in their jobs, and continue to enjoy their families and favorite activities.

Maroof Cadiology Department
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Cath lab Services

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- Coronary Angioplasty
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- Peripheral Arteriogram
- Cardiac Cath
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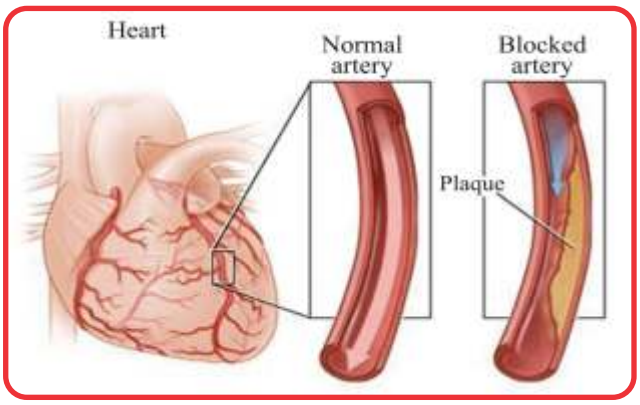

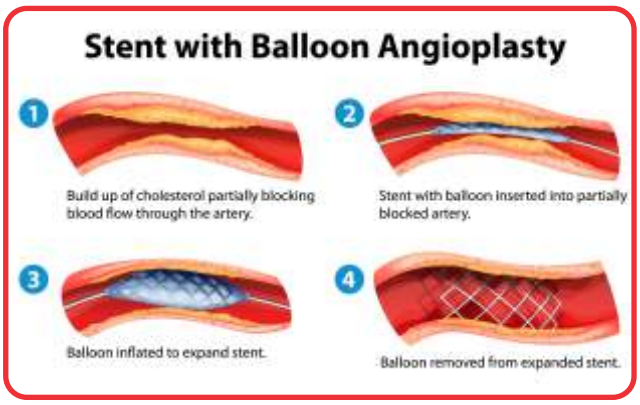

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