

Ali
Medical
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NEWSLETTER

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Tips to help you stay fit and healthy during Holy month of Ramadan.

1. Never skip 'Suhour'

Just as breakfast is the most important meal of the day, 'Suhour' (the meal eaten before dawn) is equally important during Ramadan. The pre-dawn meal helps your body stay hydrated and fueled up on energy and nutrients until your next meal at iftar. It also helps you avoid overeating when you break your fast at sunset. A well-balanced meal at 'suhour' contains:

- **Complex carbohydrates:** Oats, wheat, lentils, grains and other complex carbohydrates (like fava beans) are slow-releasing carbs, helping keep your blood sugar steady and giving you a feeling of fullness for the greater part of the day.
- **High-fibre foods:** Fibre-rich foods are digested slowly and include cereals, dates, figs, bran, whole wheat, grains, seeds, potatoes, vegetables and almost all fruit especially apricots and prunes. Bananas are a good source of potassium and other essential nutrients that help keep your body hydrated.
- **Protein-rich foods:** High protein foods like eggs, cheese, yoghurt or meat are also recommended as they can help replenish your energy throughout the day.

2. Aim to eat at least 7 servings of fruit and vegetables every day

Fruits and vegetables are a great snack between meals. Some fruits and vegetables naturally contain high water content, especially cucumbers, watermelons, melons, squash and pumpkins. Eating those after fasting hours can help keep you hydrated. One serving of fruits and vegetable can be quantified as:

- ½ cup (125 ml) of fresh, frozen mixed vegetables/fruits or 100% real fruit juice or vegetable juice
- 1 cup (250 ml) of leafy raw vegetables or mixed salad
- 1 fruit (average size)



3. Try to cut down on sugary and processed foods

Avoid heavily processed, fast-burning foods that contain refined carbohydrates such as sugar and white flour, as well as fatty foods like Ramadan desserts. They are high in fat and low in nutrients.

4. Break your fast slowly and don't overindulge

While it is tempting to overindulge at Iftar after a day of food deprivation, remember that you should slow down. Start with a few dates and water and then wait before starting your main meal. Dates are a great source of energy for the body, helping it to secrete digestive enzymes in preparation for the upcoming meal. Afterwards, you may get started on some warm soup.

Avoid heavy oils and fats in your meal. Make sure you consume plenty of vegetables and a good portion of protein and enough carbohydrates, with a little fat. Remember you should eat slowly and give time for your body to digest the food.

5. Make soups a regular item on your Iftar meals

Soups are warm, soothing on the stomach and easy to make. They provide the body with fluids, vitamins and minerals while offering a great way to incorporate vegetables. Try making soups from colorful vegetables available in season such as carrots, tomatoes, pumpkins, bell peppers, spinach, zucchini and eggplants. Remember to limit the amount of salt and oil you use while preparing them. Add flavour with fresh herbs.

6. Stay hydrated

Drink at least 8-12 cups of water a day. Drink plenty of fluids for hydration from the period of Iftar to the time of suhour. Beware of consuming a lot of popular sugary Ramadan drinks. Although juices, milk and soup are sources of fluids, water is the best choice, so try to consume other drinks in moderation.

7. Avoid caffeinated drinks

Caffeine is a diuretic that stimulates faster water loss, leading to dehydration. It is best to avoid caffeinated drinks such as strong tea, coffee and colas, or drink them in moderation.

8. Avoid deep frying

Try to avoid fried foods or those prepared with large quantities of oil. If frying cannot be avoided, one tip would be to reduce the quantity of oil used. Instead of using one cup of oil you can cut down the amount to half or quarter of a cup. It is best to avoid frying with animal fat such as ghee. Alternatively, recommended oils to use are monounsaturated fats such as sunflower, canola and corn oil. Olive oil is not recommended for frying foods.

9. Avoid working out during fasting hours

To avoid dehydration, it's best to postpone working out until after fasting hours. We suggest you work out at a time when energy levels are at their best and rehydration is possible, such as after Iftar. Allow at least 2-3 hours after eating to begin your exercise routine, to give your body enough time to digest properly. Maintain hydration throughout your workout and don't forget to drink plenty of water after, to replenish the water and mineral losses due to sweating. Water regulates your body temperature, lubricates your joints and transports nutrients throughout your body. Staying hydrated is particularly important during exercise.

10. Adapt fasting to your physical condition

Prior to Ramadan, Muslims, particularly seniors, should consult a doctor, as should pregnant women, children and people with diabetes taking medication to control their insulin levels.

Health Services Academy's Visit



Health Services Academy Students visited Ali Medical Centre and were given a briefing on Hospital Working and Quality Standards operated here. A round of hospital areas was conducted. They appreciated the services rendered by Ali Medical Centre.





Dr. Aliya Khalid
Consultant Psychiatrist
MBBS, MRC Psychiatry

I started practicing psychiatry in Pakistan after working and training in UK. Though I am experienced in treating conditions like Schizophrenia, Bipolar Affective disorder, PTSD, OCD, Eating disorders, Sleep disorders, Anxiety and Stress related conditions etc. but the bulk of the patients I see in my clinic have depression. I have found it to be alarmingly common in people from all walks of life and all age groups.

Hence I chose to write about it. Here are some facts:

- Depressive disorders are common with prevalence about 5-10% in primary care. It can be as high as 30% in general population.
- Women are twice as likely to be affected as men.
- Depressive disorders are associated with higher morbidity and mortality when associated with other physical illnesses (heart disease, renal conditions, cancers).
- Depression is a physical illness and patients suffering, have symptoms ranging from low mood, poor sleep, change in appetite, loss of enjoyment to complete loss of desire to live and in extreme cases suicidal thoughts and psychotic symptoms.

What Causes It?

There are many factors causing a depressive illness. Broadly speaking they are:



What Makes It Worse?

- Lack of understanding of illness not only by patient, but also by family members, colleagues, community and unfortunately by some health professionals and society on the whole. Lack of understanding leads to lack of support; which stops the individuals from getting the much needed help.
- If the patient is fortunate enough to overcome all these barriers, there is resistance of other medical professionals to make appropriate referral to the qualified mental health professionals.

Way Forward;

- More awareness in general public is needed.
- People should be encouraged to talk about their symptoms and taken seriously.
- Carers of patients with depression need to understand that;
 - They can't "control it".
 - They can't "get out of it" - on their own.
 - They are not "being weak, lazy or thankless".
 - They are not "seeking attention".
 - They are not "possessed".
 - That they are ill and they need help.
- With the help of right professional and right intervention, they can look better.
- And finally; if you, your spouse, your child, your colleague or anyone you know is suffering with depression,

Don't
struggle in
silence

See a
professional

Get
advice

Get
treatment

and get back to normal life.



What is heat stroke?"

Heat stroke is a potentially serious medical condition where a person has become so hot that their body can't cool down and their temperature gets dangerously high. Sunstroke is a form of heat stroke caused by being exposed to harsh sunlight. Severe heat stroke is life threatening and is a medical emergency. It happens when a person's body temperature becomes dangerously high and they are unable to cool down.

Risk factors for heat stroke

The risk increases once the temperature reaches 26C (close to 79°F) or more so pay attention to the weather forecast and remember that it will be hotter in the sun than in the shade.

Other risk factors include:

- Age - adults over 75, infants and children up to the age of 4, adjust to heat more slowly
- Dehydration
- Chronic illness - including heart, lung or kidney disease
- Diabetes - people with diabetes may be especially likely to underestimate their risk during heat waves
- Mental illness
- Physically strenuous exercise like that done by athletes, manual workers and those in the military
- Alcoholism
- Being underweight or overweight
- Having high blood pressure
- Where you live - if you live in a built-up area then during a prolonged heatwave the roads and buildings will store the daytime heat and only gradually release it at night, resulting in higher night-time temperatures
- Having sunburn or any condition that can cause fever
- Wearing tight restrictive clothes
- Being somewhere with little breeze or ventilation
- Some medications - including antihistamines, diuretics, beta-blockers, antipsychotics
- Recreational drugs

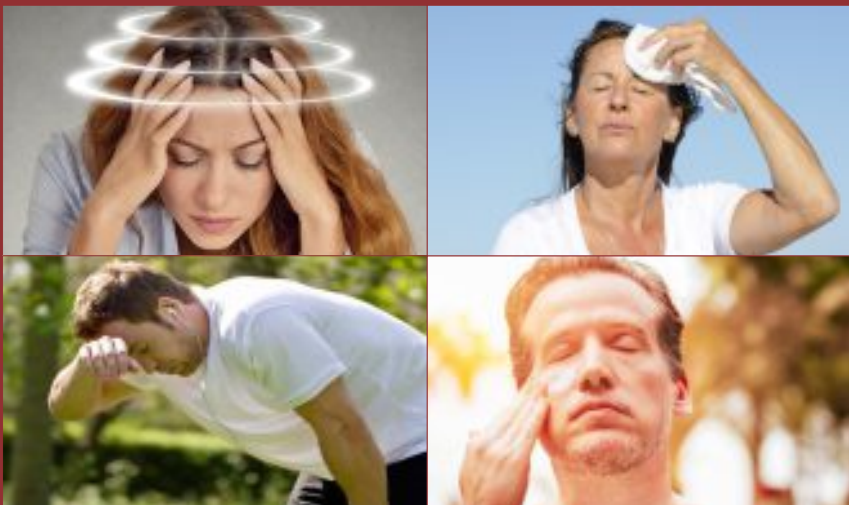
Symptoms of heat stroke

The hallmark symptom of heat stroke is a core body temperature above 40C (104° F). However, fainting may be the first sign.

Other symptoms include:

- Throbbing headache
- Feeling and being sick
- Dizziness
- Muscle cramps
- Intense thirst
- Rapid heartbeat
- Confusion
- Seizures
- Unconsciousness

These can develop quickly, within minutes, or over several hours or days.



Diagnosis of heat stroke

Heat stroke is diagnosed by observing the signs and symptoms of someone who has been exposed to extreme temperatures.

Treatment for heat stroke

Treatment involves lowering the person's core temperature. If you think someone is having seizures, is confused or is unconscious because of heat stroke then this is a medical emergency. Whilst waiting for help try to lower their temperature by getting them to a cool, shady or air-conditioned area and removing any unnecessary clothes.

You could also:

- Wet their skin and fan air over them.
- Apply ice packs to their neck, back, armpits and groin. These are areas rich with blood vessels close to the skin and cooling them may reduce body temperature.
- Get them to drink water, fruit juice or a sports rehydration drink providing they are conscious and able to swallow.

Heat stroke prevention

Of course, it's always best to prevent heat stroke in the first place by being aware of heatwave warnings and then:

- Keeping out of the sun between 11 am and 3pm
- If you have to go out in high temperatures take precautions like wearing loose fitting cool clothes and drinking extra fluids - before increasing liquid intake check with your doctor if you have epilepsy or heart, kidney or liver disease, are on fluid-restricted diets, or have a problem with fluid retention
- Avoiding extreme physical exertion when working outdoors or exercising. If possible, re-arrange your day to make the most of the time when it's coolest - either early morning or after sunset.
- Trying to keep your home cool.
- Keep indoor plants and bowls of water in the house as evaporation helps cool the air

Try to keep yourself cool with cold non-caffeinated drinks and cold foods with a high water content. Take cool showers or baths, or sprinkle cold water over your skin and clothing or keep a damp cloth on the back of your neck.

Star Performers



Star Performer of 1st Quarter 2018

- ★ Muhammad Naseer - OT Assistant
Operation Theater
- ★ Humera Danish Abbasi - Registered Nurse
Nursing IPD
- ★ Yasir Iqbal - Critical Care Technician
Nursing ICU
- ★ Muhammad Aslam - Tandori
Food & Nutrition Services
- ★ Raees Ahmed Abbasi - Plumber
Maintenance & Repair
- ★ Muhammad Sohail Afzaal - Purchase Officer
Supply Chain Management
- ★ Mudeer Khan - Security Guard
Safety & Security
- ★ Shareef Ullah - Linen Assistant
Laundry & Linen
- ★ Salman Tariq Abbasi - Transporter
Nursing Transporters

- ★ Mohsin Hassan Khan - Transporter
Radiology
- ★ Iram Naz - Front Desk Officer
Patient Coordination
- ★ Hafsa Wajeeluddin - Medical Officer
Medical Staff Affairs-IPD
- ★ Muhammad Basharat - Pharmacy Technician
Pharmacy
- ★ Muhammad Zeeshan Bilal - Accounts Officer
Accounts & Finance
- ★ Madeena - Patient Care Assistant
Nursing IPD
- ★ Tariq Masih - Janitor
House Keeping
- ★ Anayat Ullah - Painter
Support Services

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