



Ali  
Medical

Kohistan Road, F-8 Markaz, Islamabad  
051-8090200, 2255313-15, 2855174-76  
051-2855177  
info@alimedical.org  
www.alimedical.org  
/alimedical.org  
/alimedical  
0333-9855021



# newsletter

August, 2015 Edition 1



## Message from **Chairman**

I feel pleased and honored to write this message on our First Newsletter. I heartily felicitate the Marketing Team and the Management of Ali Medical Centre for executing our first newsletter.

Healthcare in our times has undergone tremendous transformation and term "Quality Healthcare" now refers to a process that represents functioning of various healthcare professionals in complete unity. Only this smooth functioning can help us achieve the optimum welfare of the patients.

I pray that ALLAH (SWT) bless us with the courage and vision to do good deeds. Ameen!

**Ali Raza Alvie**

## Independence Day Celebrated with full enthusiasm at AMC

AMC celebrated Independence Day with zeal and fervor. The entire organization was decorated with flags and balloons. A little activity was carried out at the reception area where The Chairman Mr. Ali Raza Alvie signed the board with a patriotic message which was followed by Director Operations Mr. Khawar Wajahat and the entire AMC team.

Various activities for celebrating Independence Day in befitting way have been chalked out by Ali Medical. Spirit of every team member is highly appreciable as every department with enthusiasm celebrated this auspicious event at AMC. Long Live Pakistan!!



## “CASE STUDY” Creating smiles at Ali Medical Centre Cleft Lip and palate – the problem and its solution



Dr Uzair A Qazi  
Plastic Surgeon

Cleft lip and palate is a very common congenital anomaly that is reportedly seen in 1 out of 500 new born babies, in our Country. It is often misinterpreted as being a displeasure or a wrath of God in folk lore, but this is not the case. The deformity is simply a result of failure of the facial processes of the embryo to fuse during development. The anatomy is aberrant and presents with a defect of the lip as well as the palate and that's not all, there is an associated deformity of the nose as well. Folic acid deficiency, previous children or first degree relatives with cleft lip or palate, teratogenic medication during gestation etc. are all known causes and risk factors.

Treatment of the cleft lip and palate baby begins in the ante-natal period; parents need to be educated about their child's deformity, approach towards treatment and given feeding instructions. Moreover, they are also instructed that it is not something mystical but a common congenital anomaly



BEFORE SURGERY

*At Ali Medical Centre, we are treating these children with dedication and have had beautiful results in our patients. Since, most of the children suffering from this anomaly come from poor socioeconomic backgrounds, we make sure that these children get their right to treatment at nominal costs and are given the special care they deserve and require.*



TWO WEEKS AFTER SURGERY

that can be treated in the most effective way leaving no obvious stigmata of treatment.

The management is multi modal, i.e., not one but a team of doctors is involved in care of such babies. The Plastic Surgeon plays the most pivotal role in their management. Surgery of the lip is usually done at 3 months and the palate is repaired between 9 to 11 months of age. These measures ensure safety of surgery as well normal functional development of the child in terms of swallowing and speech.

Not getting these children treated causes them to become social out casts and this results in psychosocial problems that are difficult to treat and the broken personality they develop is difficult to mend in adulthood. That is why cleft lip and palate patients should be treated at an early age and in the most efficient way possible.

**“Stand In Faith  
Even When You Are Having  
The Hardest Time  
Of Your Life”**

## Healthy Skin: Eat Natural

*A quick healthy breakfast and a little bit of sun protection can go a long way in keeping your skin spotless, white and glowing.*



Brighten your complexion from the inside with healthy, skin friendly foods that are rich in vitamin B, a natural skin lightener. These include chicken, eggs, yogurt, cereals, bananas, whole grains and beans that can make simple, delicious meals. Also have full of vitamin A rich fruits and vegetables like water-melons, oranges, berries, broccoli and carrots that are known to prevent dark spots and protect the skin from the harmful effects of sun and aging.



**Mehreen**  
Clinical Dietician

## Hepatitis B



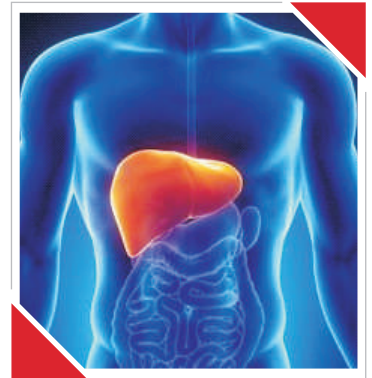
**Dr. Iftikhar Ahmed**  
Medical Specialist

Most common people in Pakistan do not recognize the severity and gravity of Hepatitis B.

A Third of population of the world is already affected by it especially the percentage in developing countries is very high.

HBV is commonly transmitted through body fluids such as blood & sexual indulgence. People suffer from normal symptoms like nausea, vomiting, low grade fever, pains, aches & easy fatigability.

Chronic Hepatitis B can grow if virus does not get clear and immunity does not develop. If you have yellow eyes and any of the above mentioned symptoms and may have pain in upper abdomen kindly contact your physician or medical specialist immediately and avoid touching secretions from patients.



**Iffat Anwar Khan**  
Dental Surgeon

## Smoking Effecting Your Smile



May be there is no foundation of youth, but there is a surefire to make yourself older. Smoking changes the skin, teeth and hair in ways that can add years to your looks. It also affects everything from your fertility to the strength of your heart, lungs and bones.

Yellow teeth are one of the most notorious effects of long term smoking, but the dental damage does not stop these. People who Smoke tend to develop gum Disease, persistent bad breathe, and other oral hygiene problems. Smokers are twice as likely to love teeth as nonsmokers. Smoking can lead to:

- Bad Breathe
- Tooth discoloration

- Inflammation of the salivary gland openings on the roof of the mouth.
- Increased buildup of plaque and tartar on teeth.
- Increased loss of bone with jaw.
- Increased risk of leukoplakia, white patches inside the mouth.
- Increased risk of Developing gum disease leading cause of tooth loss.
- Delayed healing process following tooth extraction periodontal treatment or oral surgery.
- Lower success rate of dental implant process.

Thus it is my humble request to all to quit smoking as soon as possible and help us in giving you a brighter smile.





Dr Ishaque Qureshi  
Consultant Surgeon  
ENT, Head & Neck

## Nasal Allergy (Allergic Rhinitis)

Nasal Allergy (Allergic Rhinitis) is a kind of reaction in nasal passages and throat to certain items (called allergens) in environment, which are mostly air-born but sometime are certain foods. In some patients, there is a family history of allergy in the nose or bronchial passages, skin, and in all these regions.

After the body is first exposed to an allergen mentioned above, a series of events happen in the immune system of body, such that on a second or subsequent exposure, the patient starts developing symptoms. In certain persons even a change of temperature may trigger symptoms. At times pregnancy, emotional turmoil etc also set off symptoms.

The complaints may be seasonal, such as with mulberry pollens, or perennial (throughout the year) such as with house dust mite, pet dander etc., cockroach droppings, chemicals, hair sprays, moulds etc. A person may suffer from allergies in skin,

bronchial passages, either at the same time or at other times in their life, before or after the incidence of nasal allergy. The commonest complaints are sneezing, itching in nose, ears, eyes, palate, throat, a runny nose, nasal stuffiness or blockage, heavy headedness, blocked ears, puffy eyes, dark circles under eyes, sore throat, post-nasal drip ("Keera").

**Many patients tend to confuse allergy with "infection" which is a different matter, although occasionally infection may be present as well.**

After examination, the specialist may advise skin testing to identify possible allergens. He may also ask for Complete Blood

Count to look for rise in eosinophils. Further blood testing may be needed to identify antibodies to certain allergens, if he suspects complications or a co-existent problem, he may ask for X-ray or CT scan.

**Treatment:** The best thing would be avoidance of exposure to allergens, but that is easier to say than do. Initially you may be prescribed a corticosteroid spray which is generally safe even in children. Additionally one of antihistamine tablets may be added.

The second generation anti-histamines generally do not cause drowsiness. Moreover tablet from leukotriene inhibitor group may be added, although they are more often used in Bronchial Asthma. In the worst case scenario, a short course of steroids may be considered.

If there is nasal blockage, then a decongestant plus anti-histamine combination may be prescribed but caution is needed in hypertensive patients. In severe cases, nasal surgery to widen nasal passages may be advised for that, or to remove nasal polyp.

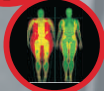
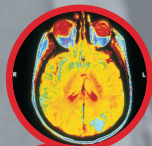
Endoscopic surgery can be recommended to provide drainage and ventilation of "sinuses". These are air-filled cavities connected to nasal passages. It is worth mentioning that no antibiotic are needed in uncomplicated allergy.

If skin or blood tests show allergy to one or more specific allergens, and above medical treatment has not worked well, then Desensitization may be started with a series of injections on a weekly basis. Recently in USA, Desensitization through sub-lingual (under the tongue) route has been promoted.

## ALI MEDICAL

Offers Diagnostic Services

- ULTRASOUND DOPPLER'S
- OPEN MRI
- CT SCAN
- 24 HOURS X RAY
- OPG
- FLOUROSCOPY
- DEXA SCAN
- MAMMOGRAPHY
- BIOPSIES



## Letter from Editor



Tooba Javed  
Editor

I Hope the initiative of Ali Medical Newsletter with this first edition will be an informative platform for providing an insight to the current events which is taking place in our organization. Moreover it will also be highlighting the need for understanding about many important medical issues in our society.

We, the entire team of AMC, consider this as a stepping stone towards providing a strong informative bridge between knowledge and our readers. Looking forward to the further enhancement of the content quality and a growing readership.

Regards!

## Well Women Clinic

Family Planning Clinic

Cervical Screening, Vaccination, Treatment

Infertility Clinic & Hysterosalpingography

Menstrual Problems & Treatment (Mirena Insetion)

Pubertal Problems & Management

Diagnosis of Menopausal Problems & Treatment

Treatment of Vaginal Infection & STD's

Breast Cancer Clinic

Cervical Contry

Manual Vacuum Aspiration (MVA)

Editorial Board: Patron: Ali Raza Alvie | Editor: Tooba Javed

