

NEWSLETTER



Ali
Medical
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Jumada-al-akhirah

International Epilepsy Day



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#EPILEPSYDAY

International Epilepsy Day

Second Monday in February

International Epilepsy Day is a special event which promotes awareness of epilepsy in more than 120 countries each year. Every year on the second Monday of February people join together to celebrate and highlight the problems faced by people with epilepsy, their families and carers.

This is a day for everyone, no matter where you are, no matter how small your group or large your area, no matter whether you focus on the medical or the social aspects of the disease. The Day is a joint initiative by the International Bureau for Epilepsy (IBE) and the International League Against Epilepsy (ILAE).

Epilepsy Overview

Epilepsy is a central nervous system (neurological) disorder in which brain activity becomes abnormal, causing seizures or periods of unusual behavior, sensations, and sometimes loss of awareness. Anyone can develop epilepsy. Epilepsy affects both males and females of all races, ethnic backgrounds and ages.

Treatment with medications or sometimes surgery can control seizures for the majority of people with epilepsy. Some people require lifelong treatment to control seizures, but for others, the seizures eventually go away. Some children with epilepsy may outgrow the condition with age.

Symptoms

Because epilepsy is caused by abnormal activity in the brain, seizures can affect any process your brain coordinates. Seizure signs and symptoms may include:

- Temporary confusion
- A staring spell
- Uncontrollable jerking movements of the arms and legs
- Loss of consciousness or awareness
- Psychic symptoms such as fear, anxiety or déjà vu

When to see a doctor

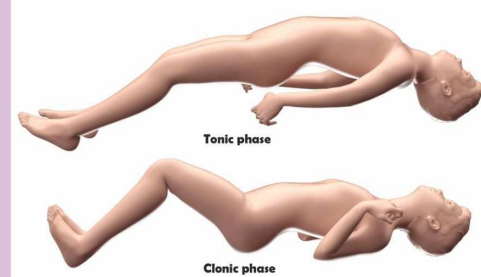
Seek immediate medical help if any of the following occurs:

- The seizure lasts more than five minutes.
- Breathing or consciousness doesn't return after the seizure stops.
- A second seizure follows immediately.
- You have a high fever.
- You're experiencing heat exhaustion.
- You're pregnant.
- You have diabetes.
- You've injured yourself during the seizure.

If you experience a seizure for the first time, seek medical advice.



Seizure Phases



Causes

Epilepsy has no identifiable cause in about half the people with the condition. In the other half, the condition may be traced to various factors, including:

- Genetic influence
- Head trauma
- Brain conditions
- Infectious diseases
- Prenatal injury
- Developmental disorders



Risk factors

Certain factors may increase your risk of epilepsy:

- Age
- Family history
- Head injuries
- Stroke and other vascular diseases
- Dementia
- Brain infections
- Seizures in childhood



Complications

Having a seizure at certain times can lead to circumstances that are dangerous to yourself or others.

- Falling
- Drowning
- Car accidents
- Pregnancy complications
- Emotional health issues

Other life-threatening complications of epilepsy are uncommon, but may happen, such as:

- Status epilepticus
- Sudden unexpected death in epilepsy (SUDEP)

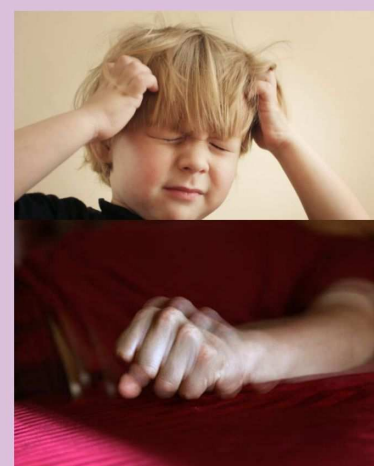
Diagnosis

To diagnose your condition, your doctor will review your symptoms and medical history. Your doctor may order several tests to diagnose epilepsy and determine the cause of seizures. Your evaluation may include:

- A neurological exam
- Blood tests

Your doctor may also suggest tests to detect brain abnormalities, such as:

- Electroencephalogram (EEG)
- High-density EEG
- Computerized tomography (CT) scan
- Magnetic resonance imaging (MRI)
- Functional MRI (fMRI)
- Positron emission tomography (PET)
- Single-photon emission computerized tomography (SPECT)
- Neuropsychological tests



Treatment

Doctors generally begin by treating epilepsy with medication. If medications don't treat the condition, doctors may propose surgery or another type of treatment.

- Medication
- Surgery
- Therapies

FREE MEDICAL CAMP

Free medical camp was organized by Pharmacy department, Ali Medical Centre on 24th February 2019 in village LORA, district Abbottabad.

Free medical camps are set up with a sacred aim to bring awareness among the underprivileged population of the country who have no access to basic healthcare services or knowledge about the diseases they are suffering from. So, medical camps provide free medical advice, medicine to poor people and refer for specialized treatment or surgery whenever it is required.

The main purpose of this free medical camp was to provide free consultation, free assessment and free medicines to the needy patients. Free Consultations were provided by following specialists:

1. Gynecologist
2. Peads Specialist
3. Medical Specialist
4. Skin specialist

The team of 45-50 people from different department of AMC i.e. Pharmacy, Nursing, MSA etc. has provided the best medical services to people. Approximate 2000 patient were examined in which around 1000 patients were female and further 1000 includes pediatrics and male patients. Most common complains of patients were: skin allergies, cough, joint pain, metabolic issues in pediatric patients and of gynecological issues among female patients

We obviously need to improve our failing healthcare system where costs are skyrocketing and the poor do not have the healthcare they need. Healthcare is a basic right of a human being which should be available for everyone and shouldn't be treated as a commodity only for those who can spend money to buy the services.



EUTHANASIA - Mercy killing

An Ethical DILEMMA in Healthcare Industry
By QA Officer

"The deliberate ending of a person's life for a compassionate reason, because they are suffering". Roman Empires not only encouraged dignity death but also made it mandatory especially for addicted young's or teenagers. Euthanasia or Mercy killing is the center of fervent debate and several controversies prevail especially in Abrahamic religions. Euthanasia can be subdivided into following categories:

Voluntary:

With the consent of a person who is dying

Non-Voluntary:

In case if a person is unconscious or is not able to make choice for self, then an appropriate person take a decision on his/her behalf.

Involuntary:

Person who dies chooses life or is killed other way.



Active Euthanasia:

A person who dies chooses life or is killed another way.

When death is brought by an act, for example injecting a high dose of sedatives or pain reliefs medication etc.

Passive Euthanasia:

When death is brought by omission, or when someone let the person dies. This can be by withdrawing or withholding treatment

- **Withdrawing treatment:**

Switching off a machine that is keeping a person alive, so they can die of their disease.

- **Withholding treatment:**

Not carrying out surgery that will extend life for a short time.

The proponents of euthanasia view it as a better option for a patient to relief from enduring lifelong pain. Countries like the Netherlands, Belgium, the Australian state of Victoria, Switzerland, and the US (California, Oregon) has legalized the euthanasia.

In Belgium, a prisoner named Frank Van Den Bleeken was incarcerated on the basis of sexual assault and rape. He stated that the rampant psychological torture and bleak atmosphere of his prison had been chiseling his desire to end his life. Therefore, he consented to slow death through injection in accordance with the legislation legalizing euthanasia. Although the Right to the Terminally Ill Act of 1995, legalizing euthanasia in Australia was soon nullified in 1997, important advocates for euthanasia, such as Dr. Phillip Nitsche, established pro-euthanasia groups like Exit International.

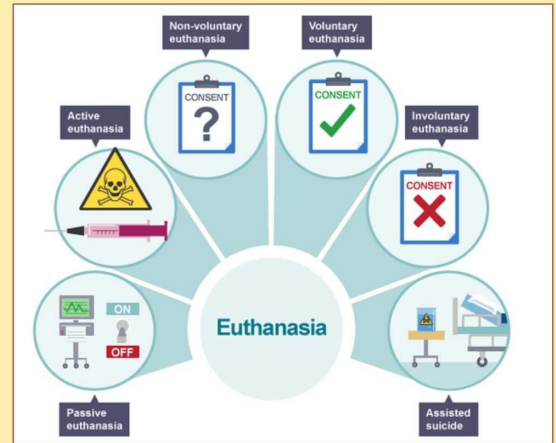
Laws in America, such as Oregon's Death with Dignity Acts, legalized "physician-assisted suicide", though they do require the consent of the patient or victim.

INDIA has legalized the passive euthanasia since May 2011, after the case of a female who was in the permanent vegetative state for the last 37 years and was strangled by a sweeper in hospital. Whereas few rituals like Santhara also allows individuals to terminate their lives when they feel that it is complete.

On the other hand, opponents adhere to view that it is against the individual moral system, and is considered a violation of as GOD's law in many religions like Christianity and Islam.

Yes, the act of euthanasia has gotten attention in many of the countries across the globe. And considering it the need of the hour, these countries have permitted the law favoring voluntary euthanasia.

There are no laws regarding euthanasia in Pakistan and legalizing it is not an option to consider. In Pakistan passive euthanasia is practiced in secrecy, but with the consent of a family member, yet is considered taboo. But it has been practiced by a few people in Pakistan.

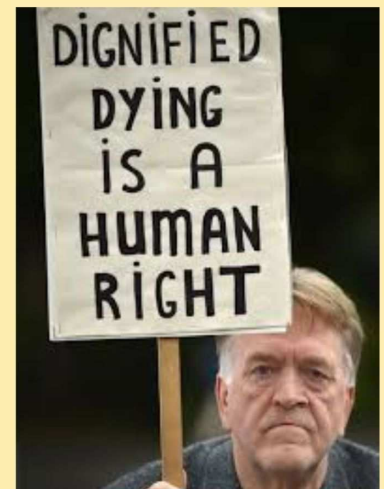


The son decided to euthanize his mother's life and gave her sleeping pills to relieve her pain suffering from a 9-year long coma. Similarly, a mother helped her chronically ill daughter end her life, but was never charged. An infant, who suffered from brain damage, was put on a life support machine for nearly four months when his parents decided to end his life painlessly.

There are few pulverizing downsides of euthanasia. It could and affect families. Convincing family member to comply with such an eccentric practice may create future conflicts and could even affect generations. On the other hand, In Pakistan, financial strains and wealth division may pressurize patients to opt for suicide. In view of absolute poverty, many of the poor get trapped in the quagmire of incurable diseases and seems to shift between the devil and deep sea, if they continue to spend finances on a non-curable disease they would end up with nothing and if they won't spend a question could be raised on their morals and conscience.

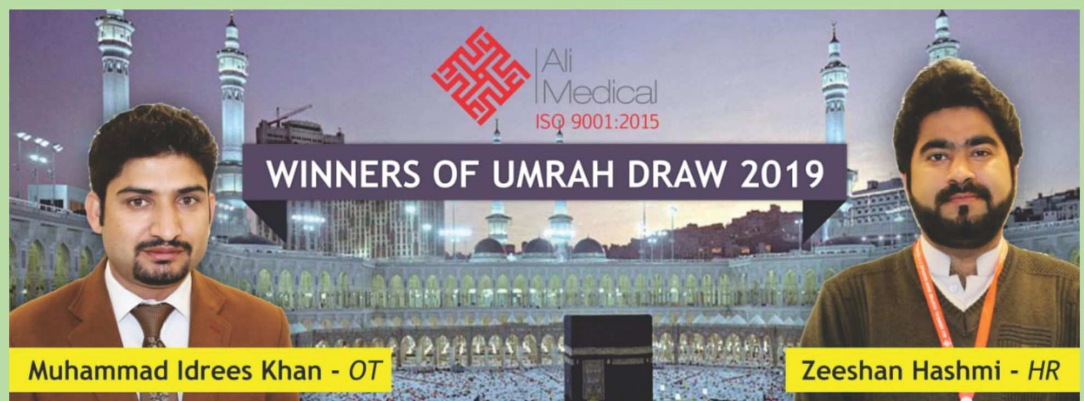
Healthcare plays a significant role in giving rise to mercy killing owing to the incompetence of medical professionals. The main principle underlying euthanasia is that an individual has a certain degree of autonomy and independence when it comes to life and death. The ill-treatment of aging and chronically ill individuals in Pakistan has caused an uproar regarding euthanasia being practiced or not.

There is dire need to mull over the issue of euthanasia, either to legalize euthanasia in a particular situation or facilitate with lifelong care in special cases.



Umrah Draw Winners-2019

Umrah Lucky Draw was conducted. **Muhammad Idrees Khan** from *OT department* and **Zeeshan Hashmi** from *HR department* were declared as winners.



Muhammad Idrees Khan - OT

Zeeshan Hashmi - HR

Star Performers of 4th Quarter 2019

S No.	Name	Department	Designation
1	Umar Waqar	Accounts/Finance	Billing Officer IPD
2	Hafeez Ullah	Food & Nutrition Services	Tandoori
3	Muhammad Asif	House Keeping	Janitor
4	Shahid Ali Khan	Laboratory	Lab Technician
5	Kashif Shahzad	Laundry & Linen	Laundry Assistant
6	Muhammad Ansar	Maintenance & Repair	Electrician
7	Dr Ali Raza Pirzada	Medical Staff Affairs-ICU	Assistant Registrar
8	Shumail Ahmed	Nursing Admin	Nursing Coordinator
9	Hazrat Ali Shah	Nursing ICU	Registered Nurse- II
10	Shahbaz Muzzamil	Nursing OPD	Dental Assistant
11	Adnan Shafaqat	Nursing Transporters	Transporter
12	Sajjad Ahmed	Operation Theater	OT Technician
13	Zia ur Rehman	Patient Coordination	ER Facilitator
14	Aamir Shakeel	Radiology	Radiation Officer
15	Matloob Hussain	Safety & Security	Security Shift Incharge
16	Ashiq Mehmood	Supply Chain Management	Store Keeper
17	Shahid Ashraf	Transport	Driver



AMC Bariatric Surgery Department

We are proud to announce that Prof. Dr. Aatif Inam Shami, Metabolic & Bariatric Surgeon, has joined Ali Medical Centre.



Bariatric/Metabolic (Weight Loss) Surgery can help:

- Cure Type II Diabetes
- Best Solution for Sustainable Weight Loss

Procedures:

- Laparoscopic Sleeve Gastrectomy
- Laparoscopic Gastric Bypass
 - MGB-OAGB
 - RYGB
- Revisional Bariatric Procedures

Dr. Aatif Inam Shami

MBBS, FCPS, FRCSEd(UK)
Professor, PIMS (Pak)
Founding Member PSMB
Pakistan Society for Metabolic and Bariatric Surgery

Making Life Meaningful



Before

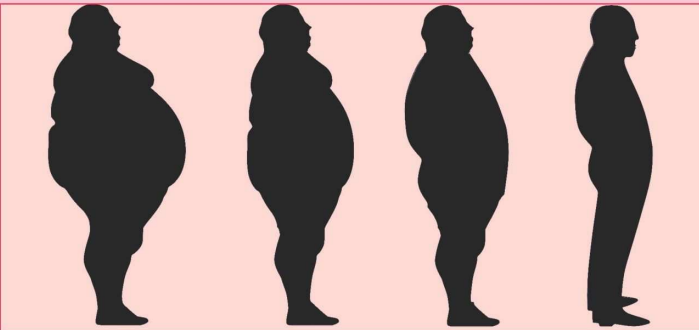
After

لیپر و سکوپک بیریاٹریک سرجری کے چیدہ فوائد

- ۱۔ ایک سے دو دن ہسپتال میں قیام اور کام پہ واپسی ایک ہفتہ کے بعد
- ۲۔ آپریشن والے دن کھانا پینا شروع (۶-۳ گھنٹے بعد)
- ۳۔ کیمرہ کی مدد سے تکلیف کے بغیر آپریشن
- ۴۔ شوگر اور بلڈ پریشر کی دواؤں سے تقریباً مکمل نجات

بڑھتے وزن (موٹاپے) کے نقصانات

- ۱۔ دل کی بیماری اور فشارخون (بلڈ پریشر)
- ۲۔ فالج
- ۳۔ ذیابیطیس ٹائپ ۲ (شوگر) اور اس سے جڑی بیماریاں جیسا کہ گردے فیمل ہونا، بینائی کا کمزور ہونا اور ٹانگ کا کٹ جانا
- ۴۔ کولسٹرول اور دیگر چربیوں کا خون میں بڑھنا
- ۵۔ میٹابولک سنڈروم
- ۶۔ جوڑوں کا درد
- ۷۔ خراٹے لینا اور نیند کی کمی یا سانس کارکنا
- ۸۔ ڈیپریشن، جسمانی اور ذہنی تھکاوٹ
- ۹۔ کینسر (۱۴-۱۳ قسم کے کینسر)
- ۱۰۔ زچگی میں پیچیدگیاں اور اولاد کا نہ ہونا



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