



Ali  
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# NEWSLETTER

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World  
**Hepatitis**  
Day

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## What is hepatitis?

Hepatitis refers to an inflammatory condition of the liver. It's commonly caused by a viral infection, but there are other possible causes of hepatitis. These include autoimmune hepatitis and hepatitis that occurs as a secondary result of medications, drugs, toxins, and alcohol. Autoimmune hepatitis is a disease that occurs when your body makes antibodies against your liver tissue.

Your liver is located in the right upper area of your abdomen. It performs many critical functions that affect metabolism throughout your body, including:

- bile production, which is essential to digestion
- filtering of toxins from your body
- excretion of bilirubin (a product of broken-down red blood cells), cholesterol, hormones, and drugs
- breakdown of carbohydrates, fats, and proteins
- activation of enzymes, which are specialized proteins essential to body functions
- storage of glycogen (a form of sugar), minerals, and vitamins (A, D, E, and K)
- synthesis of blood proteins, such as albumin
- synthesis of clotting factors

## The 5 types of viral hepatitis

Viral infections of the liver that are classified as hepatitis include hepatitis A, B, C, D, and E. A different virus is responsible for each type of virally transmitted hepatitis.

### A

Hepatitis A is caused by an infection with the hepatitis A virus (HAV). This type of hepatitis is most commonly transmitted by consuming food or water contaminated by feces from a person infected with hepatitis A.

### B

Hepatitis B is transmitted through contact with infectious body fluids, such as blood, vaginal secretions, or semen, containing the hepatitis B virus (HBV). Injection drug use, having sex with an infected partner, or sharing razors with an infected person increase your risk of getting hepatitis B.

### C

Hepatitis C comes from the hepatitis C virus (HCV). Hepatitis C is transmitted through direct contact with infected body fluids, typically through injection drug use and sexual contact.

### D

Also called delta hepatitis, hepatitis D is a serious liver disease caused by the hepatitis D virus (HDV). HDV is contracted through direct contact with infected blood. Hepatitis D is a rare form of hepatitis that only occurs in conjunction with hepatitis B infection. The hepatitis D virus can't multiply without the presence of hepatitis B.

### E

Hepatitis E is a waterborne disease caused by the hepatitis E virus (HEV). Hepatitis E is mainly found in areas with poor sanitation and typically results from ingesting fecal matter that contaminates the water supply.

## Common symptoms of hepatitis

If you have infectious forms of hepatitis that are chronic, like hepatitis B and C, you may not have symptoms in the beginning. Symptoms may not occur until the damage affects liver function.

Signs and symptoms of acute hepatitis appear quickly. They include:

- fatigue
- flu-like symptoms
- dark urine
- pale stool
- abdominal pain
- loss of appetite
- unexplained weight loss
- yellow skin and eyes, which may be signs of jaundice

Chronic hepatitis develops slowly, so these signs and symptoms may be too subtle to notice.

## How hepatitis is diagnosed?



History and physical exam



Liver function tests



Other blood tests

Viral serology marker- for different types



Ultrasound



Liver biopsy



## • How hepatitis is treated?

Treatment options are determined by which type of hepatitis you have and whether the infection is acute or chronic.

### Hepatitis A

Hepatitis A usually doesn't require treatment because it's a short-term illness in majority of patients. Bed rest may be recommended if symptoms cause a great deal of discomfort. If you experience vomiting or diarrhea, follow your doctor's orders for hydration and nutrition. In less than 1% it may be fatal so needs monitoring.

### Hepatitis B

Acute hepatitis B doesn't require specific treatment.

Chronic hepatitis B is treated with antiviral medications. This form of treatment can be costly because it must be continued for several months or years. Treatment for chronic hepatitis B also requires regular medical evaluations and monitoring to determine if the virus is responding to treatment.

### Hepatitis C

Antiviral medications are used to treat both acute and chronic forms of hepatitis C. People who develop chronic hepatitis C are typically treated with a combination of antiviral drug therapies. They may also need further testing to determine the best form of treatment.

### Hepatitis D

No antiviral medications exist for the treatment of hepatitis D at this time. According to a 2013 study, a drug called alpha interferon can be used to treat hepatitis D, but it only shows improvement in about 25 to 30 percent of people. New oral drugs are under trial and are likely to come in market in next few years.

### Hepatitis E

Currently, no specific medical therapies are available to treat hepatitis E. Because the infection is often acute, it typically resolves on its own. People with this type of infection are often advised to get adequate rest, drink plenty of fluids, get enough nutrients, and avoid alcohol. However, pregnant women who develop this infection require close monitoring and care. It can cause scum infection in pregnancy.

## Tips to prevent hepatitis

### Hygiene

Practicing good hygiene is one key way to avoid contracting hepatitis A and E.

If you're traveling to a developing country, you should avoid:

- local water
- ice
- raw or undercooked shellfish and oysters
- raw fruit and vegetables

Hepatitis B, C, and D contracted through contaminated blood can be prevented by:

- not sharing drug needles
- not sharing razors
- not using someone else's toothbrush
- not touching spilled blood

Hepatitis B and C can also be contracted through sexual intercourse and intimate sexual contact. Practicing safe sex by using condoms and dental dams can help decrease the risk of infection. You can find many options available for purchase online.

### Vaccines

The use of vaccines is an important key to preventing hepatitis. Vaccinations are available to prevent the development of hepatitis A and B. Experts are currently developing vaccines against hepatitis C. A vaccination for hepatitis E exists in China.

### Complications of hepatitis

Chronic hepatitis B or C can often lead to more serious health problems. Because the virus affects the liver, people with chronic hepatitis B or C are at risk for:

- chronic liver disease
- cirrhosis
- liver cancer

When your liver stops functioning normally, liver failure can occur. Complications of liver failure include:

- bleeding disorders
- a buildup of fluid in your abdomen, known as ascites
- increased blood pressure in portal veins that enter your liver, known as portal hypertension
- kidney failure
- hepatic encephalopathy, which can involve fatigue, memory loss, and diminished mental abilities due to the buildup of toxins, like ammonia, that affect brain function
- hepatocellular carcinoma, which is a form of liver cancer
- death

People with chronic hepatitis B and C are encouraged to avoid alcohol because it can accelerate liver disease and failure. Certain supplements and medications can also affect liver function. If you have chronic hepatitis B or C, check with your doctor before taking any new medications.





# Bad Effects of Mobile Phones on Children

Do you let the youngest members of your house use your cell phone? Does your child spend long hours talking on the phone? Do you think it is harmless to give the mobile phone to your child? If yes, then you may have to think twice before doing so!

Today's children are growing up in a radio-frequency environment that never existed in human history before. The radiation emitted by mobile phones and mobile phone masts can have adverse effects on children. Some include:

## 1. Health Hazard:

In the recent years, there has been a lot of speculation about the impact of cell phone radiation on our body. A study by The Journal of the American Medical Association stirred the debate when it investigated the repercussion the mobile phones could have on the brain activity. The possible health hazards of mobile phones for children are as follows:

A. Non-Malignant Tumors:	B. Cancer:	C. Effects On The Brain:
The study has shown that children who use mobile phones have a possibility of developing non-malignant tumor in the brain and ear.	The WHO has classified cell phone radiation as 'possibly carcinogenic to humans'. Children absorb more than 60 percent of the radiation into the brain than adults. Their brain's thinner skin, tissues, and bones allow them to absorb the radiation twice than the grown-ups. Their developing nervous system makes them more vulnerable to this 'carcinogen'.	Scientists have discovered that just 2 minutes of the phone call can alter the electrical activity of the kid's brain for up to an hour. The radio waves from the mobile penetrate deep into the brain, not just around the ear. The disturbed brain activity could impair children's learning ability and other behavioral problems. It could even affect their mood and ability to learn in the classroom if they have used the phone during the break time.



## 2. Academics:

Children, just like the teens, are addicted to mobile phones. They play games, chat and talk to their friends on their mobile phone all the time. Along with the school supplies, many students make their daily trips to their school with their mobile phones. They talk on the phone during the free time and send messages during the classes. Thus, they miss the lesson taught and fall behind the other students.

## 3. Inappropriate Behavior:

Use of cell phones can lead children to engage in inappropriate behaviors. Texting and sending inappropriate pictures is a growing problem with teens. The images go in the wrong hands, giving others access to the private photos. Children can also access pornographic sites from their multimedia devices.

## 4. Malpractice In Exams:

Most of the students indulge in exam malpractices and cheating during the internal and external examinations. Some make use of calculator while other store information in it. Some also use it to send objective answers to those in the examination hall. It can end the student's career if caught.



# Manage your Time or Time will Manage you

Everything revolves around time. A moment overlooked will consume many hours of your precious time; a moment managed will save you many.

As it is said time and tide wait for none. Time needs to be managed to get the best out of it.

There are many techniques that can help anyone manage time well but how would you find best ones for you remain a question.

Following are the few techniques which will help anyone to manage time, but rule is, to apply one technique which you think is best for you, see results, master it, then apply other.

**1. Disconnect to connect:** The most difficult habit to break. Limit your time you spend on social media. Choose hours where you will not use social media not even for few seconds. Once you manage it, you will see that you have ample time on your hands.



**2. Manage your self:** If you have to leave for work at 8:00 am sharp then ensure that no matter what, you are off to work at 8:00 am. Learn to do things in time rather leaving them to do it later. A task may take 2-3 minutes now but will take hour/s later on.

**3. To do list:** Get into habit of making a to do list, make it in your phone or in your diary or use sticky notes. Set priorities; like, do it now tasks, schedule to do it later with a deadline, delegate to someone, delete tasks which are neither urgent nor important.



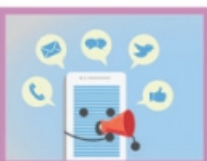
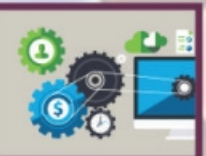
**4. Set deadlines but realistic ones:** Set deadlines for yourself but do not push yourself with unrealistic deadlines this will only cause stress.

**5. Avoid time wasting activities:** Do not waste your energy on things which are not meant to be done by you.



**6. Organize work as per your energy levels:** See if you are a morning person or your energy levels are high around mid-day. Identify which days of the week are peak energy days, plan your tasks around it.

**7. Automate repetitive tasks:** Use technology to help you get your tasks done through software. Automating few tasks will save hours.



**8. Minimize Interruptions:** Set meeting times. Inform friends and family to only call during office hours if there is anything important. While doing important tasks, if possible, turn off wifi on your cell to avoid social media notification interruptions.

**9. Use 2 minute rule where possible:** If it can be done in two minutes, then just do it. Do not add it to your to-do list.



**10. Keep track of your time:** One should always keep track of time while doing tasks so if there is anything which is causing time wasting, it should be rectified.



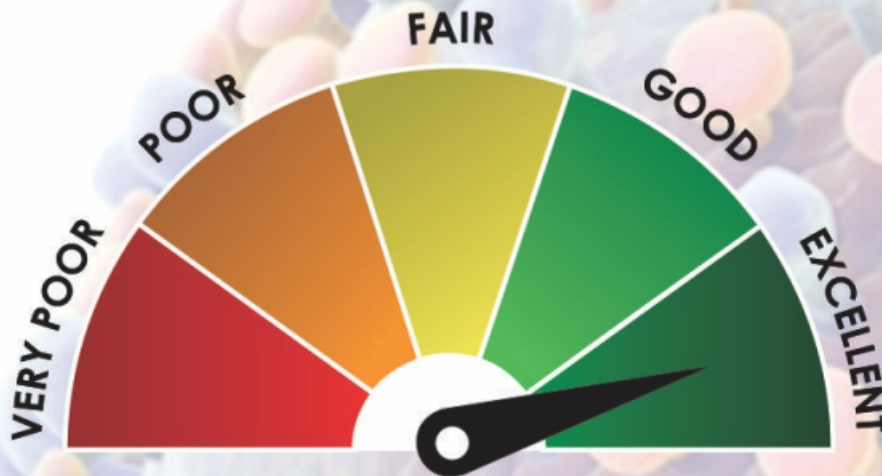


**Ms. Asma Mughal**  
Manager  
Quality Management Department



## What is Quality Assurance?

It refers to activities and programs intended to “assure” or promise improvement in quality of care in a defined medical setting or program. It involves assessing or evaluating quality; identifying problems or issues with care delivery and designing quality improvement activities to overcome them; and follow-up monitoring to make sure the activities did what they were supposed to.



## Where Do We Come From?

The interest in quality and safety in the health care sector has rapidly risen over the past decade. Quality improvement in medical practice has been sought ever since Hippocrates' school changed the way people looked at illnesses. Hippocrates was the first to describe and diagnose diseases in a systematic way and is generally referred to as the 'Father of Western Medicine'.

All the efforts from in health care aim to achieve an identical goal: to ensure the highest quality of care for each patient, without losing societal aspects such as cost control, and accessibility of care, out of sight. Thereby, it becomes clear that quality is deeply embedded in the health care system.

## Quality and Safety

When talking about quality, one of the first things that comes to mind is safety. Customer service in health care may be translated to patient-centeredness. Safety and quality are closely intertwined, as optimal patient safety can only be achieved with high quality of care throughout the complete patient journey. When the quality of all processes of a patient's journey are ensured, possible threats for patient safety will be recognized early to prevent the threat becoming an accident.

Knowing the Importance of Quality assurance, Ali Medical Centre is striving for providing the best possible care at each and every level of care.



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