



Ali
Medical

NEWSLETTER

NOV 2017



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RHEUMATOID ARTHRITIS (RA) OVERVIEW

Rheumatoid Arthritis is a chronic (long-term) form of arthritis. Without the benefit of an explanation, the average person has no idea about this condition. In the following paragraphs I would briefly explain about this condition and what could be done to treat this.

Rheumatoid arthritis is a chronic condition which causes inflammation in joints. In some people, the condition can also have effects on other body systems, including the skin, eyes, lungs, heart and blood vessels. It is not an uncommon condition and overall 1% population has rheumatoid arthritis.



DR. SAJID NASEEM
CONSULTANT RHEUMATOLOGIST
MBBS, MRCP, FRCP



What are the symptoms of Rheumatoid?

The important signs and symptoms are pain, swelling and possibly redness around the joints. Hands and feet are often affected first, though rheumatoid arthritis can start in any joint. Stiffness in joints is also very common particularly in the morning or after sitting for a while.

Diagnosing RA

There is no single test which can give diagnosis of rheumatoid arthritis. Doctors arrive at diagnosis based on history, examination and variety of tests. Sometimes, rheumatoid arthritis can be tricky to diagnose, so in developed countries diagnosis is almost always made or confirmed by a consultant rheumatologist.

Treatment of rheumatoid arthritis

On first diagnosis the consultant will want to get patient started straight away on medications called disease modifying anti-Rheumatic drugs. These medications can be very effective in slowing down or even halting the progress of the disease, and preventing the severe damage to joints that people with rheumatoid arthritis used to suffer. Disease modifying treatment might be one drug or a combination of drugs. In some people, the disease is more aggressive and more difficult to get under swift control. In these patients other class of drug called biologics can be very effective. Biologics have revolutionised the treatment for people who don't respond to the standard disease modifying anti-Rheumatic drugs.

What is the outlook?

Because rheumatoid arthritis can affect different people in different ways, it is difficult to predict how condition might develop. However, if this is picked up early and treated properly only small minority of patient will have quite severe damage to their joints.

Don't wait

If you have symptoms that could be rheumatoid arthritis, do talk to your doctor. It's important to get a referral to a rheumatologist at an early stage. The sooner RA is diagnosed and the sooner treatment starts, the better the long-term outcomes are likely to be.



ENT CARE IN THE REGION

Dr Badar us Salam is a U.K trained ENT surgeon with 28 years of extensive experience in the specialty. His expertise is built on world class medical experience. He has worked in the UK and Republic of Ireland for over twenty years and has recently been working in renowned Hospital of Islamabad. His leadership and most current knowledge in the field of ENT, coupled with the state of the art medical equipment and technology, we will provide entire range of adult and pediatric ENT services to the patients, including management of the following conditions.



DR. BADARUSSALAM
CONSULTANT ENT / HEAD & NECK /
FACIAL PLASTIC SURGEON
MBBS, FRCS (ENT)-UK



Nose and sinus diseases, Allergies

Sinusitis and facial pain/Headache, Hay fever-Allergic Rhinitis, Rhinosinusitis, Nasal injuries, Nasal polyposis, Tumour of the nose.

Throat diseases

Throat pain, Lump in throat, Bad breath, Hoarseness and Laryngitis, snoring and obstructive sleep apnoea.

Ear diseases

Hearing and deafness, Tinnitus (ringing in the ears), infection of the ear, glue ear, perforated ear drum, otosclerosis, cholesteatoma, dizziness and vertigo.

We are also offering following surgical procedures;

Head and neck

Laryngectomy with and without reconstruction using free flaps, Maxillectomy, glossectomy, neck dissection, mandibulectomy, Thyroid, Parotid and Submandibular gland surgery. Tonsillectomy (laser/coblation), adenoidectomy, vocal cord medialisation procedures to improve voice disorders), Endoscopies, coblation palatoplasty (surgery for snoring).

Ear

Grommet insertion, mastoidectomy, tympanoplasty, ossiculoplasty, stapedectomy (surgery for hearing improvement) endolymphatic sac decompression, Labyrinthectomy (surgery for vertigo).

Nose

FESS, balloon sinuplasty (most advanced treatment for sinus diseases), Septoplasty and turbinoplasty.

Facioplasty

Otoplasty or pinnoplasty (cosmetic surgery to the ear), facial skin lesion, Rhinoplasty (Nose reshaping).

Most of these services are delivered through outpatient consultation and /or day care surgery, although there may be occasions where patients have to be admitted for overnight stay. We also offer diagnostic and therapy services such as hearing tests and speech therapy. Dr Badar Salam has a special interest in treating dizzy patient. We are in the process of setting up ONE STOP dizzy clinic, where patients with dizziness (vertigo) would be diagnosed, treated and rehabilitated under one roof. We are committed to treating patients with utmost care and compassion. We will deliver the high level of care Ali medical center is known for, in this beautiful new facility.



CRICKET GALA 2017

Cricket Gala was organized on November 12, 2017 in Punjab Cricket Ground F-10, Islamabad. Total 6 teams from different departments participated in the event. It was a very well organized and successful event where all the participants along with the visitors really enjoyed. Such type of events are necessary to build a strong team.

Following are the teams participated in the event:



AMC Jaguars

AMC Lions

AMC Falcons

AMC Dragons

AMC Warriors

AMC Zalmi

Winner

The final was played between AMC Dragons and AMC Lions. Both teams fought really well and match went to the last ball. It was a nail biter and quite fitting match was tied.



KIDNEY TRANSPLANT PATIENTS' TESTIMONIALS

My kidney transplant surgery was performed at Ali Medical Centre (AMC) in May-2017. I am very much thankful to AMC for the best services given to me and my brother before, during and after the surgery. The standard of services provided at AMC is very good at very affordable rates.



Umair Khan
Kidney donated by his father
From Abbottabad

I have consulted with the consultants of Ali Medical Centre (AMC) and they have suggested that I should go for Kidney Transplant Surgery. MashaAllah the Kidney Transplant Team of AMC is very competent and very caring. They took care of me and my father very well during our stay at AMC. Now I am living a health life and I would suggest all those patients who are suffering from Kidney failure should go for kidney transplant surgery from AMC.

I have been diagnosed with renal failure 9 months back and my consultants advised for kidney transplant surgery from Ali Medical Centre (AMC). Two weeks back I have gone through the kidney transplant surgery at AMC. I am satisfied with all the departments of AMC as they provided best services. By the grace of Allah and the efforts of transplant team of AMC I am living a healthy, joyful & normal life.



Malik Naheed Sultan
Kidney donated by his wife.
From Rawalpindi.

I am thankful to almighty Allah and the Kidney Transplant Team of Ali Medical Center (AMC). With the efforts of Ali Medical Centre I am living a health life after transplant. During my stay in AMC I felt like I am staying at home because of the services provided by AMC's staff. I was very satisfied with the post-transplant care provided and recommend all transplant patients to avail the services of AMC for Kidney Transplant.

I came to Pakistan from Afghanistan for the treatment of my kidneys as I was suffering from kidney failure. My consultants advised me for kidney transplant surgery at Ali Medical Centre (AMC). Therefore I admitted at AMC few days back for transplant surgery and now I am doing very well. I am fully satisfied with the services of AMC and recommend all kidney patients to come to AMC for treatment.



Yasir Mehmood
Kidney donated by his brother
From Islamabad



Shahid Saleem
Kidney donated by his Sister
From Chakwal



Ramin Akbari
Kidney donated by his sister
From Afghanistan

MEDICAL CAMP – ALI MEDICAL CLINICS E-11

Ali Medical Clinics in Collaboration with Excel-Labs organized a Medical Camp on November 25, 2017 offering Free consultations, 50% Discount on Laboratory and 20% Discount on X-Ray & Ultrasound in E-11, Islamabad. Large number of people from E-11 and surrounding areas visited Ali Medical Clinics to avail the services.

25th NOV 2017 SATURDAY 10:00 AM - 5:00 PM

FREE CONSULTATION CAMP

SPECIAL DISCOUNT on 25th November
50% Off Laboratory Tests
20% Off ECG, X-Ray and Ultrasound
Free Sugar, BMI and BP Checkup

With Our Specialist Doctors at **ALI MEDICAL CLINICS**
 Family Physician
 General Medicine
 Gastroenterology
 Gynecology & Obstetrics
 Pediatrics
 Dermatology
 Ophthalmology
 ENT

Ali Medical Clinics
 Ground Floor, Royal Suites, Main Double Road,
 SOHS, E-11/2, Islamabad.

For more information, please call
051-874 6777



EMPLOYEES OF THE QUARTER

S No.	Name	Department	Designation
1.	Hanan Ahmed	Accounts & Finance	Billing Officer
2.	Faraz Gul	Bio Medical	Bio Medical Assistant
3.	Hassan Ali	FNSD	Cook Helper
4.	Shazia	Housekeeping	Janitor
5.	Sameer Ali Chishti	Laundry & Linen	Laundry Assistant
6.	Muhammad Ansar	Maintenance & Repair	Electrician
7.	Raza-e-Mujtaba	Medical Records	Medical Records Assistant
8.	Muhammad Saleem Shahzad	Medical Staff Affairs	Coordinator
9.	Tahir Akbar	Nursing	Transporter
10.	Muhammad Adil	Nursing A & E	Technician
11.	Zia ur Rehman	Nursing IPD	Registered Nurse
12.	Uzma Dilshad	Nursing Obs & Gynae	Mid Wife
13.	Muhammad Idrees Khan	Operation Theater	Transporter
14.	Firdous Waheed	Patient Coordination	Facilitator
15.	Muhammad Waseem	Pharmacy	Transporter
16.	Arshad Ali	Radiology	OPG Technician
17.	Muhammad Arshad	Support Services	Gardner

Congratulations!

Employees of the Quarter-2017 (3rd Quarter i.e. July, August & September) ceremony was held in November-2017. Chairman along with Chief Executive Officer distributed Certificates & Badges along with Cash Prizes to all Employees of the Quarter from all departments.

Editorial Board

Patron: Ali Raza Alvie (Chairman)
Chief Editor: Dr. Bilal Arshad Butt (Medical Director)
Editor: Sohaib Ahmad Khan (Manager BD)