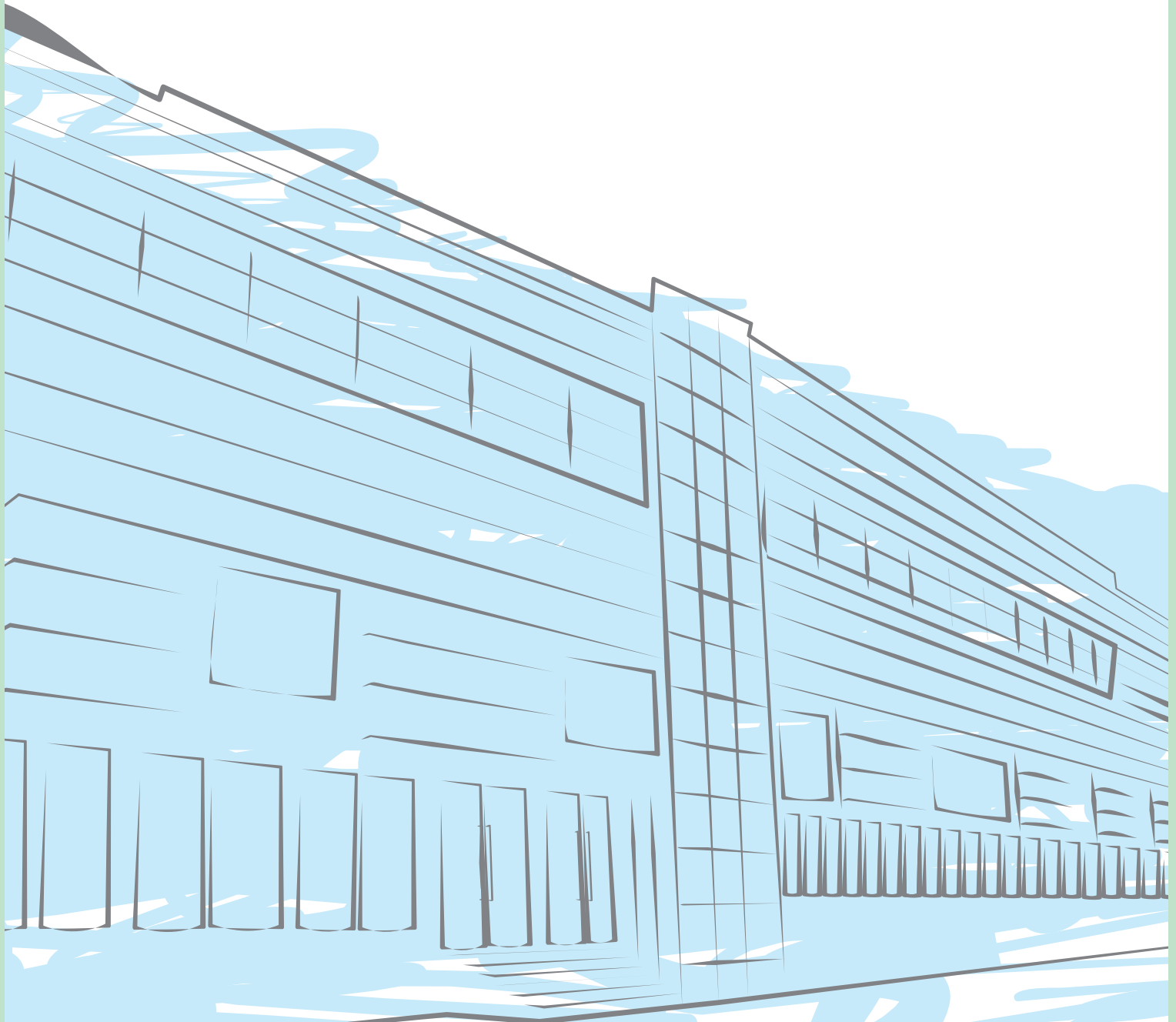


| Ali  
| Medical

# NEWSLETTER

October, 2015 Edition 3



## Celebrating Efforts of Team AMC

Chairman Ali Medical Centre Mr. Ali Raza Alvie arranged a dinner to acknowledge the efforts & hard work of Team AMC. The dinner was organized at Ali Farm on 11th October, 2015.

CEO Ali Medical Dr. Hassaan Khan along with all Staff Members including HOD's of AMC participated and AMC as a team enjoyed the evening with entertaining performances by the talented staff members.

The dinner concluded with the distribution of certificates of appreciation to the staff by Chairman AMC.



## Message from Sr. Manager Human Resource

I am Wajiha Syed, I joined Ali Medical Hospital as Sr. Manager Human Resources. It gives me great pleasure to be part of the team who is committed to provide excellent Healthcare Services.

I hold Master's Degree in Public Administration, with over all 10 years of working experience out of which 7 years of experience is in core HR. My areas of professional expertise are Organizational Development, In house Trainings, Recruitment & Selection, Employee Counseling, Employee Engagement, Human Resources Planning, Performance Management, Growth & Development of Associates, & Compliance.

My vision of working towards excellence leads to continuous improvement. I trusts that individual advancement prompts organizational improvement. Hence I strongly believes in following motto

"HR Department, Bridging Employees development with organizational Goals to achieve Excellence"



Wajiha Syed, Sr. Manager HR

## SUCCESS STORY

### Saving a limb, giving a "better" life

Amputation, is easier said than done, although it is an option and not failure of treatment, an amputee is still considered a social outcast in our society. Amputation of a limb or an appendage like a finger, the ear, the nose are all devastating for patients and losing a part of your body is not something one gets over easily.



Dr Uzair A Qazi Plastic Surgeon

Conservation of life is something that all Doctors do, conservation of life and limb is something plastic surgeons are often confronted with. The worst of the worst injuries are referred to the plastic surgeon; patients come with the hope, that this specialty doctor will do a miracle or some magic. We often wish it was that simple. Apart from technique and surgical expertise, saving a limb also requires good decision making, an armamentarium of surgical options and above all patience, on part of the doctor and the patient.

In this article, we will focus on a simple case, an electrocution injury to the left ring finger. The patient, a young boy of 16 years, who got electrocuted from a switch board a month before he presented to us at Ali Medical Centre; he had been to a few doctors before he came to us and had been advised an amputation.

Most of the tissue on the palmar aspect of the finger from the distal Interphalangeal Joint to the Metacarpophalangeal Joint was lost either as a result of the initial injury or repeated Debridements. The flexor tendons were also lost and the proximal Interphalangeal joint was stiff. The finger was not functional and infected and this inevitably caused loss of function of the entire hand.

A simple option was chosen, given the trauma the patient had already undergone and since the patient required at least 2 to 3 stages to reach the final result of the reconstruction.

The plan was discussed with the patient and his family, the first stage (soft tissue coverage) of which has been executed successfully. The finger is now safe, the next step is to perform a tendon reconstruction for the functional deficit.

We are performing all kinds of reconstructive plastic surgery at Ali Medical Center and love a challenge!

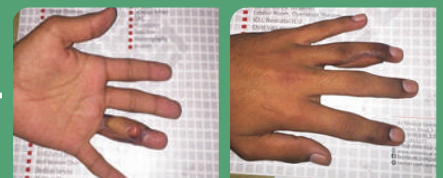
BEFORE SURGERY



DURING SURGERY



AFTER SURGERY



Quote

## Our Greatest WEAKNESS Lies in giving up

Thomas A. Edison



### Importance of Continuing Medical Education: Improving the standards of healthcare delivery.



**Humaira Shakir**  
Medical Imaging Technologist

With the advancements in healthcare specialities and provisions, unfortunately, despite having a lot of potential at every end, we, as healthcare professionals, are not serving our medical profession honestly. There are many external and internal factors that comes in the way of gaining and understanding the concept of continuation of Medical Education. While comparing it with the international standards, it has been rightly said that we in Pakistan are just promoting literacy (how to read and write) but not education (what to read and write).

**"The purpose of education should be to provide a value system, a standard, a set of ideas - not only preparing for a specific job."**

On the other hand, focussing, just on one aspect of it i.e. health care system, there is a materialistic tug of war at it every tiers & the importance of continuing medical education is not properly understood. It is dire need of time to make Continuing Medical Education (CME) a compulsory part for every professional irrespective of his/her designation, department and educational level. It can be hoped that by acquiring effective standards of evidence based practice, true essence of education can be achieved. by not using as a tool to earn money only but also to polish our inner and outer selves which will in turns serve as a root cause of highest standards of healthcare delivery at every level.

### DENTAL IMPLANT

Dental Implant is an artificial tooth root that is surgically anchored into your jaw to hold a replacement tooth or bridge in place. The benefit of using implants is that they don't rely on neighboring teeth for support and they are permanent and stable. Implants are a good solution to tooth loss because they look and feel like natural teeth, strategically placed, implants can now be used to support permanently cemented bridges, eliminating the need for a denture. The cost tends to be greater, but the implants and bridges are more closely resemble real teeth.

The dentist must perform surgery to anchor the "artificial root" into or on your jaw bone. The procedure is done in the dental office with local anesthesia. The gum is then secured over the implant, which

will remain covered until it fuses with the bone. The dentist then uncovers the implant and attaches an extension, or post, to the implant. With some implants, the implant and post is a single unit placed in the mouth during the initial surgery. Finally, the dentist makes an artificial tooth, or crown, that is attached to the implant post.

The whole procedure can take up to three months for the implant to heal up.



**Dr. Saad Saeed**  
Dental Consultant/  
Oral Implantologist

We at Ali Medical Centre are offering Straumann and Biohorizon Dental Implant systems which are considered pioneers in oral implantology, the need for dentures and grinding neighboring vital teeth for conventional bridges is being considered as the last option nowadays

### SOVALDI (SOFOSBUVIR) A Milestone in Hepatitis-C Treatment



**Dr. Anees ur Rehman**  
Pharmacist

**Hepatitis C** is a viral disease that causes inflammation of the liver that can lead to diminished liver function or liver failure. Most people infected with HCV have no symptoms of the disease until liver damage becomes apparent, which may take several years. Some people with chronic HCV infection develop scarring and poor liver function (cirrhosis) over many years, which can lead to complications such as bleeding, jaundice (yellowish eyes or skin), fluid accumulation in the abdomen, infections or liver cancer.

**Sovaldi** is a nucleotide analog inhibitor that blocks a specific protein needed by the

hepatitis C virus to replicate. Sovaldi is to be used as a component of a combination antiviral treatment regimen for chronic HCV infection. Depending on the type of HCV infection a patient has, Sovaldi must be given in combination with other antiviral medications and should not be used alone. Sovaldi is usually given with ribavirin with or without Peginterferon alfa.

**It is expensive but it is worth every penny.**

It belongs to Pregnancy Category B. And causes major drug interactions with Amiodarone, Rifampin and St John's wort. The most common side effects reported in clinical study participants treated with Sovaldi, ribavirin and Peginterferon alfa, were fatigue, headache, nausea, insomnia and anemia.



## Dengue Fever

Dengue fever is a disease caused by a family of viruses that are transmitted by mosquitoes.

The virus is contracted from the bite of a striped Aedes Aegypti mosquito that has previously bitten an infected person. The mosquito flourishes during rainy seasons but can breed in water-filled flower pots, plastic bags, and cans year-round. One mosquito bite can cause the disease.

### SYMPTOMS:

Symptoms include severe joint and muscle pain, swollen lymph nodes, headache, fever, exhaustion, and rash. The presence of fever, rash, and headache (the "dengue triad") is characteristic of dengue fever.

### What you should know is...

Dengue fever is caused by a virus so there is no specific medicine or antibiotic to treat it.

For typical dengue fever, the treatment is directed toward relief of the symptoms (symptomatic treatment).

The acute phase of the illness with fever and muscle pain lasts about one to two weeks.

Dengue hemorrhagic fever (DHF) is a specific syndrome that tends to affect children under 10 years of age. It causes abdominal pain,

hemorrhage (bleeding), and circulatory collapse (shock).

The prevention of dengue fever requires control or eradication of the mosquitoes carrying the virus that causes dengue.

There is currently no vaccine to prevent dengue fever.

Dengue is prevalent throughout the tropics and subtropics. Dengue is now the leading cause of acute febrile illness in U.S. travelers returning from the Caribbean, South America, and Asia.



**Dr. Amal Lateef**  
Assistant Registrar



## HEALTHY DIET FOR GASTRITIS



**Mehreen**  
(Clinical  
Dietician)

The word Gastritis refers to inflammation in the lining of the stomach. Many things can cause Gastritis including infection caused by a bacteria, virus, fungus or a parasite, irritation in the stomach, autoimmune disorders, backflow of bile into the stomach, drinking coffee and other acidic beverages. Cigarette smoking, alcohol & stress can also be the main causes of Gastritis.

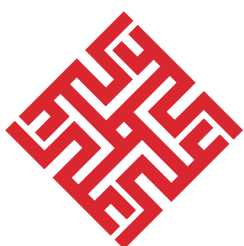
**Gastritis may be prevented by avoiding the long term use of cigarettes, alcohol, NSAIDs, and other drugs. Adding yoga or other stress relief techniques into your regular routine may help to prevent gastritis as well.**

### Healthy Diets for Gastritis

While disorders of the stomach, including Gastritis, affect up to 20 percent of adults, some of the underlying causes related to these disorders are still misunderstood by many healthcare practitioners. There has been little scientific research conducted that relates to the effect of diet on Gastritis. However, there are some commonly used dietary guidelines which do seem to offer some relief to Gastritis sufferers.

- Consume foods that contain flavonoids. Foods rich in flavonoids such as apples, cranberries, celery, onions, and tea may help to prevent the growth of H. Pylori (Helicobacter pylori).
- Eat plenty of antioxidant-rich foods such as fruits and vegetables.
- Eat plenty of foods high in calcium and B vitamins including raisins, broccoli, sea vegetables, almonds, and dark leafy greens.
- Avoid refined and processed foods such as white flour and pasta. Consume whole grain versions of these products whenever possible.
- Avoid refined sugars. Use unrefined sweeteners including honey and maple syrup.
- Reduce your intake of red meats. Eat fish, beans, and nuts for protein.
- Avoid trans-fatty acids found in many commercially baked and fried foods such as cakes, cookies, chips, french fries, and onion rings.
- Avoid drinking beverages that may contribute to irritation of the stomach lining such as coffee, alcohol, and soda pop.
- Speak to your doctor about diagnosing and eliminating food allergies and sensitivities.
- Drink half of your body weight in ounces of water each day. For example, if you weigh 150 pounds, drink at least 75 ounces of water every day.
- Include exercise in your routine. The American Heart Association recommends adults get at least 30 minutes of moderate exercise, such as walking, five days of the week.

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



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