



Ali  
Medical  
ISO 9001:2015

# NEWSLETTER

Sept-Dec 2019

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# DIABETES + OBESITY = **DIABESITY** AWARENESS DAY

Ali Medical Centre organized a full day Diabetes + Obesity = Diabesity Awareness Day at Centaurus Mall Islamabad on Dec 1, 2019. Free Consultations of Bariatric Surgeon, Endocrinologist, Plastic Surgeon and Bariatric & Clinical Nutritionist were given to general public along with Free Sugar, BMI and Hep B & C tests were performed.



Discount offers on Ali Medical Services through Discounted Coupons were given to general public along with 50% discounted Bariatric Surgeries through Lucky Draw.

The purpose of said event was to give awareness to general public about Diabetes & Obesity. Over all it was a very well organized event and a large number of visitors of Centaurus Mall benefitted from Diabesity Awareness Day.



## FREE OFFERS

- Consultations
- Sugar Test
- Hepatitis B & C Screening
- BMI

## DISCOUNT OFFERS

- 50% Discounted Bariatric Surgery
- 30% Discounted Laboratory & Radiology
- 25% Discounted Executive & General Checkup



## What Is Colorectal Cancer? Is It Preventable?

Colon cancer is a type of cancer that begins in the large intestine (colon). The colon is the final part of the digestive tract.

Colon cancer typically affects older adults, though it can happen at any age. It usually begins as small, noncancerous (benign) clumps of cells called polyps that form on the inside of the colon. Over time some of these polyps can become colon cancers.

Polyps may be small and produce few, if any, symptoms. For this reason, doctors recommend regular screening tests to help prevent colon cancer by identifying and removing polyps before they turn into cancer. Regular screening can prevent this cancer.



**Dr. Muhammad Omar Qureshi**  
Consultant Gastroenterologist and Hepatologist

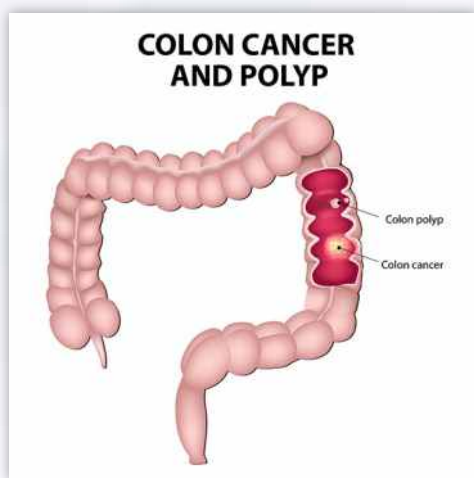
## Who Gets Colorectal Cancer?

- Both men and women can get it.
- It's most often found in people 50 or older.
- The risk increases with age.

People at increased risk for colorectal cancer may need earlier or more frequent tests than other people.

## What Are Some of the Risk Factors For Colorectal Cancer?

A risk factor is anything that raises your chances of developing cancer. The following are some of the known risk factors for colorectal cancer. Talk with your doctor about your personal risk and how often you should be screened.



Factors that may increase your risk of colon cancer include:

- **Older age.** Colon cancer can be diagnosed at any age, but a majority of people with colon cancer are older than 50.
- **A personal history of colorectal cancer or polyps.** If you've already had colon cancer or noncancerous colon polyps, you have a greater risk of colon cancer in the future.
- **Inflammatory intestinal conditions.** Chronic inflammatory diseases of the colon, such as ulcerative colitis and Crohn's disease, can increase your risk of colon cancer.
- **Inherited syndromes that increase colon cancer risk.** Some gene mutations passed through generations of your family can increase your risk of colon cancer significantly.
- **Family history of colon cancer.** You're more likely to develop colon cancer if you have a blood relative who has had the disease.
- **Low-fiber, high-fat diet.** Colon cancer and rectal cancer may be associated with a typical Western diet, which is low in fiber and high in fat and calories.
- **A sedentary lifestyle.** People who are inactive are more likely to develop colon cancer. Getting regular physical activity may reduce your risk of colon cancer.
- **Diabetes.** People with diabetes or insulin resistance have an increased risk of colon cancer.
- **Obesity.** People who are obese have an increased risk of colon cancer and an increased risk of dying of colon cancer when compared with people considered normal weight.
- **Smoking.** People who smoke may have an increased risk of colon cancer.
- **Alcohol.** Heavy use of alcohol increases your risk of colon cancer.
- **Radiation therapy for cancer.** Radiation therapy directed at the abdomen to treat previous cancers increases the risk of colon cancer.

## Possible Symptoms of Colorectal Cancer

Signs and symptoms of colon cancer may include:

- A persistent change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool

- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort, such as cramps, gas or pain
- A feeling that your bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

Many people with colon cancer experience no symptoms in the early stages of the disease. When symptoms appear, they'll likely vary, depending on the cancer's size and location in your large intestine.

### Lifestyle Changes to Reduce Risk of Colon Cancer

You can take steps to reduce your risk of colon cancer by making changes in your everyday life. Take steps to:

- **Eat a variety of fruits, vegetables and whole grains.** Fruits, vegetables and whole grains contain vitamins, minerals, fiber and antioxidants, which may play a role in cancer prevention. Choose a variety of fruits and vegetables so that you get an array of vitamins and nutrients.
- **Stop smoking.** Talk to your doctor about ways to quit that may work for you.
- **Exercise most days of the week.** Try to get at least 30 minutes of exercise on most days. If you've been inactive, start slowly and build up gradually to 30 minutes. Also, talk to your doctor before starting any exercise program.
- **Maintain a healthy weight.** If you are at a healthy weight, work to maintain your weight by combining a healthy diet with daily exercise. If you need to lose weight, ask your doctor about healthy ways to achieve your goal. Aim to lose weight slowly by increasing the amount of exercise you get and reducing the number of calories you eat.

### Screening Saves Lives

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If you are 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

- Colorectal cancer usually starts from precancerous polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.
- Screening tests also can find colorectal cancer early, when treatment works best.

### Who Should Be Screened?

According to guidelines, people with an average risk of colon cancer consider screening around age 50. But people with an increased risk, such as those with a family history of colon cancer, should consider screening sooner.

Several screening options exist — each with its own benefits and drawbacks. Talk about your options with your doctor. Out of many, Colonoscopy is the best screening test for colon cancer.

- Colonoscopy is the only test that allows for removal of precancerous polyps during the examination
- When any other test other than colonoscopy is used and is positive, a colonoscopy must be performed to follow up.

### What Is a Colonoscopy?

A colonoscopy is the best screening test available for colorectal cancer. It is the only screening test that also prevents many colorectal cancers. Here are a few things you should know about this test:

- During a colonoscopy, your doctor examines the lining of your entire colon to check for polyps or tumors. If any polyps are found, they can be removed immediately.
- Your doctor performs a colonoscopy by inserting a long, thin, flexible tube called a colonoscope into your colon through the rectum. The tube has a tiny video camera and light at the end that sends images to a video monitor.
- Before the procedure, you will receive instructions from your doctor on what to eat and how to empty your bowel.
- Both men and women should have a colonoscopy starting at age 50.

### Take home message

- Colon cancer is among few of the commonest cancers in the world.
- Life style modification including healthy diet and exercise are helpful in prevention.
- Proper screening with proper test has immense potential for reducing mortality and cost from this deadly disease.

## SIGNING MOU WITH SWABI CHAMBER OF COMMERCE & INDUSTRIES

Ali Medical Centre and Swabi Chamber of Commerce & Industry (SCCI) signed MoU to give Medical Services to all members of SCCI on subsidized rates.



# DR.AAMER NISAR



MBBS (Pb), MRCS (Glasg), DipCAS (CAOS UK), CCT Trauma & Orthopaedics (UK), FRCSOrth (Glas)  
**(Consultant Orthopaedic and Trauma Surgeon)**

Dr. Aamer has recently joined Ali Medical Centre. He is a graduate from King Edward Medical University, Lahore. He got his basic surgical training from Ireland and then higher surgical from Sheffield, UK (obtaining CCT in Trauma and Orthopaedics). He did fellowship in Hip and Knee Replacements including tumor surgery and revisions of failed hips and knee replacements from Scotland. After a trauma fellowship at Imperial College, London, he went for further fellowships in the USA (as a British Orthopaedic Association Fellow) and Canada (as AO Trauma and Reconstruction Fellow) working with some of the most popular orthopaedic surgeons in the world. He was later appointed as a consultant at Hull University Hospitals, East Yorkshire.



He is a Fellow of British Orthopaedic Association and also enjoys Membership of the American Academy of Orthopaedic Surgeons, and American Hip and Knee Society. He is a very keen teacher and trainer. During his consultant post in the UK over the past 6 years, he established a trauma fellowship and an arthroplasty fellowship under his name. He was also a Senior Lecturer at the University of Hull, tutoring not only medical students from Hull York Medical School, but also the students of medical engineering as well. He is also an MRCS examiner at the Royal College of Surgeons of Glasgow.



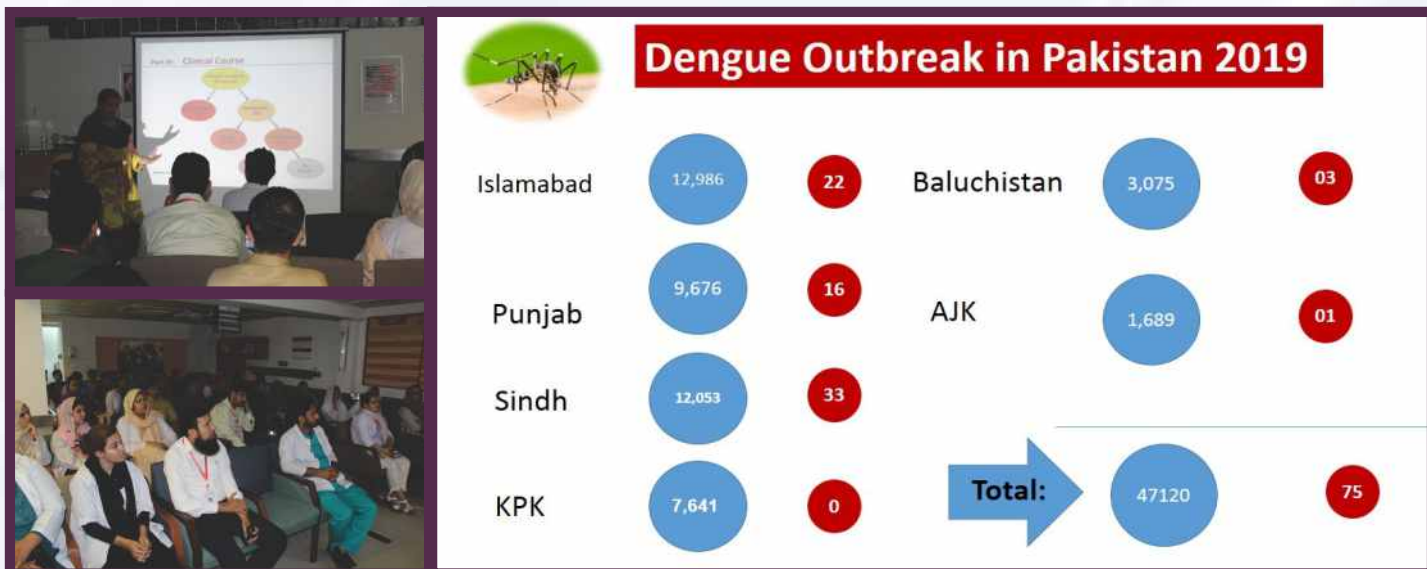
Dr. Aamer believes in use of modern technology in surgery and that lead him to pursue further qualifications in the field. He got a diploma in Orthopaedic Engineering from Cardiff University, followed by a diploma in Computer Assisted Surgery (CAOS, UK) learning advances in Robotics and Computer Navigated Joint Replacements. In the UK, he trained a number of doctors in performing computer guided knee replacements, which is getting increasingly population in Europe and USA. He is very passionate about introducing these modern techniques in Pakistan.

A large number of joint replacements are done in Pakistan every year and not everyone is happy with their results. Moreover the joint replacements wear out over time. This is generally due to a faulty or inadequate operation and sometimes a complication like infection. Such patients could be helped with a revision procedure. Dr. Aamer is a specialist in this field, and has spent a lot of time mastering and even teaching revision techniques to other surgeons. He is keen to build a revision joint replacement service in the twin cities, to help people with problematic joint replacements.

Dr. Aamer is available for consultations at Ali Medical Centre from Monday to Saturday. Please book your appointment.

# DENGUE AWARENESS WORKSHOP

Nursing ICC department arranged dengue awareness workshop to educate all employees which is conducted by Dr Naseem Akhtar (ID Consultant) at AMC. She emphasized on prevention and control of dengue fever at hospital and community level.



The proximity of mosquito vector breeding sites to human habitations is a significant risk factor for dengue virus infection. There is no specific treatment for dengue infection, but early detection and access to proper medical care lowers mortality. In addition, dengue prevention and control depends on effective vector control measures.

## NURSING AS THE KEY TO IMPROVING QUALITY THROUGH PATIENT SAFETY

4th International Conference on Patient Safety and Participation of HOD nursing as National Speaker.

Nursing department of AMC participated in the 4th International Conference on Patient Safety, 2019 which was organized by RIPHAH and hosted by Rawalpindi medical university. In this conference Nursing HOD (Muneera Johar) was selected as a national speaker and topic was Role of Nurse in patient safety.



Participation was comprised of speech on patient safety, poster presentation to increase the awareness level of participants about patient safety and importance of nursing role in patient safety. Management along with Nursing Staff of leading hospital and Students participated in the conference.





**Dr. Syed Junaid Ismail**  
MBBS, MCPS, FCPS

Social media has been ingrained into our society today to such extent that it is virtually impossible for people to take you seriously, if you are not on any social media platform. Everyone is on social media – young, old, rich, poor etc. Everyone is always in a frenzy when it comes to socializing online. Even the corporate world has jumped into the bandwagon and are very active online, posting updates and answering queries.



**Dr. Ahmed Bilal Khalique**  
MBBS, FCPS

## ORTHO-SPINE ASSOCIATES

Ali Medical Center has successfully dealt a case of one impact of usage of social media. A girl of 17 years old presented in Ali Medical with multiple fractures of clavicle, tibia, fibula, lumbar vertebrae L3 and L5, and malleolus, fall from 5th floor while she was making video on **TIK TOK**. Patient was shifted in deteriorated condition from government hospital to Ali Medical Centre for better management.

Patient was taken well care by Ali Medical Centre's team. Surgery was performed immediately by Orthospine consultant. She went through a major surgery of multiple sites, and a successful surgery was performed by Dr. Junaid Ismail (Orthospine Associates) i.e., ORIF of clavicle (collar bone), ORIF of Calcaneus (heel), external fixation of left ankle and limb and pelvic fixation. Patient and the family felt physically and mentally better. Pt. was discharged on postoperative day nine in highly satisfactory condition because extra vigilant care by team of AMC was provided to the patient.



As Albert Einstein once said, "I fear the day that technology will surpass our human interaction. The world will have a generation of idiots." Society today is full of people sitting next to each other, not talking, but just staring at their phones. Youths are spending more time with their social media friends than with their families, friends and loved ones. When they wake up, the first thing they check is their social media accounts. Before they go to sleep, the last thing they check are the updates.

Too much social media also leads to addiction. Social platforms also pose serious health hazards for users. Staring for long at the PC may lead to eye problems. Furthermore, avid users maintain a life of inactivity and lack of movement. They are therefore likely to suffer from obesity and are exposed to obesity-related diseases, such as heart diseases, diabetes, high blood pressure and stroke. Furthermore, they become socially inept.

Nothing is pure evil in its form but the use of it makes it a blessing or a curse. Tik Tok and all such apps do have various good Impacts. They allow a platform to discover the hidden talents of acting and performing arts, they may be a source of entertainment and can be used as a way of expression. *But as the cliché calls "Excess of everything is bad"*.

## Article By:



**Amara Sundus**  
QA Officer

# FREE HEPATITIS B & C SCREENING CAMP

Ali Medical Centre arranged FREE Hepatitis B & C Screening Camp in-house for general public. More than 200 patients availed said service free of cost.



# MOTOR BIKES DISTRIBUTION CEREMONY

Ali Medical Centre started to give motor bikes to its employees in order to have their own transport on easy terms.



# PAEDIATRIC INTENSIVE CARE UNIT (PICU) INAUGURATION



Alhamdulillah Ali Medical Centre inaugurated Paediatric Intensive Care Units which is specially designed to treat children fighting life-threatening diseases, the three-bed facility will heal many more infants, toddlers and pre-teens whose fragile health requires special attention.

It is equipped with state-of-the-art ventilators and advanced syringe pumps to administer essential medicines. Monitoring systems constantly track breathing, heart function and electrical activity in the brain.



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