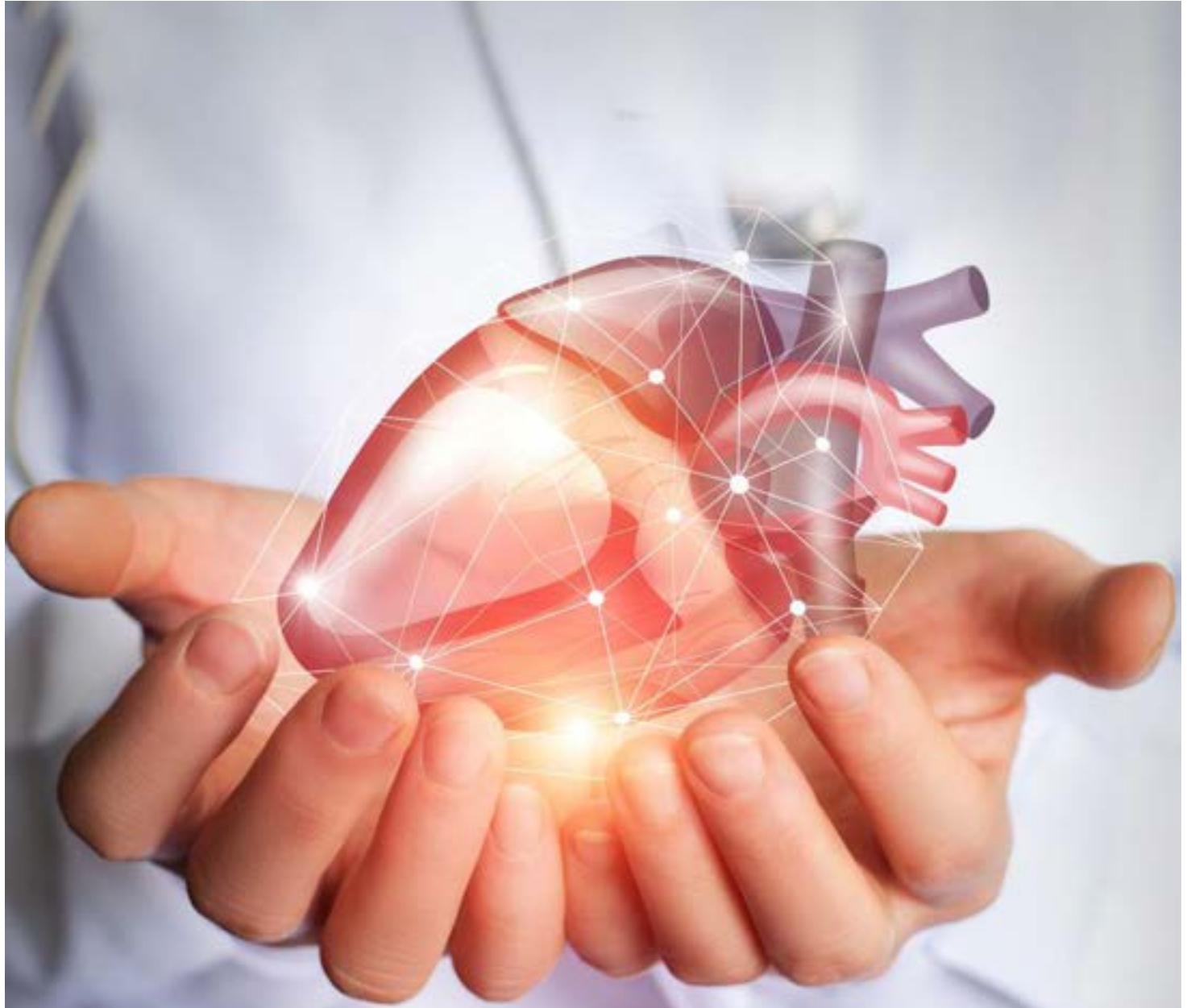


# Patel Insight

A Newsletter of Patel Hospital



Vol 9: Issue II  
Summer 2023



## **REVIVING HEART**

### **THE ART OF BYPASS AND VALVE REPAIR**

It is a critical aspect of cardiovascular medicine. These procedures are commonly performed to treat various heart conditions, such as coronary artery disease and heart valve disorders.

## LETTER TO THE EDITOR

I would like to extend my acknowledgment and appreciation to the newsletter for highlighting the services of the Patel Hospital.

The radiology department is contributing to Patel Hospital's mission in its best capacity. We are equipped with all the necessary technology and machinery. Our staff is also dedicated to Patel Hospital's mission of providing quality healthcare.

I am thankful to the editorial board for allowing me the privilege of sharing my thoughts about the contributions of the Radiology department. We will continue to work relentlessly with support from the hospital Management, Administration in addition to the whole family of Patel Hospital.

Regards,

**Dr. M. Imran Chatni**

Deputy Medical Director,

Head of Department - Radiology

## WELCOME ABOARD

*Following new members have been added to the Patel Hospital's Family in last 3 months.*

*DR. GHUFRANULLAH KHAN (HEAD OF CARDIAC SURGERY -  
CARDIOTHORACIC SURGERY)*

*FIDA HUSSAIN (NURSING MANAGER - NURSING)*

*MUHAMMAD AHMER ATA KHAN (DATABASE ADMINISTRATOR - IT)*

*WAQAS UR REHMAN (DEPUTY MANAGER - FINANCE)*

*DR. SADIA DETHO (SENIOR REGISTRAR - GYNAE & OBS)*

*SYED RAZA ABBAS ZAIDI (BUSINESS DEVELOPMENT MANAGER -  
COMMUNICATIONS & RD)*

*DR. AISHA KHANAM (REGISTRAR - ICU)*

*RAJA HAMMAD SAEED (SENIOR BIOMEDICAL ENGINEER -  
BIOMEDICAL ENGINEERING)*

*SHARJEEL FAIZAN (REGISTERED NURSE - NURSING)*

*MUHAMMAD TARIQ (REGISTERED NURSE - NURSING)*

*ALI ABBASS (REGISTERED NURSE - NURSING)*

*AAMIR ALI (REGISTERED NURSE - NURSING)*

*MUHAMMAD UBAID ULLAH ARIF (ASSISTANT MEDICAL -  
RECORD HIMES)*

*HAMZA UL HAQ (ASSISTANT MANAGER COMMUNICATIONS -  
COMMUNICATIONS & RD)*

*HABIB UR REHMAN (ACCOUNTS ASSISTANT - FINANCE)*

*MUZAMIL FAROOQUE (PHARMACIST - PHARMACY)*

*SYED GHOUS AHMED (PHARMACIST - PHARMACY)*

*ABDUL MOIZ (CORPORATE OFFICER - COMMUNICATIONS & RD)*

*MUDABBIR ALI (MEDICAL TRANSCRIPTIONIST - RADIOLOGY)*

*MUHAMMAD ZUBAIR (ASSISTANT RECOVERY OFFICER - ADMISSION)*

*ARIBA QAISER (OPTOMETRIST - EYE UNIT)*

## EDITORIAL BOARD

**Dr. Ghulam Murtuza**  
General Surgeon

**M. Farhan Asadi**  
Director, CRD Department

**Shabana Tabassum**  
Head, HIMES

**Hamza ul Haq**  
Assistant Manager  
Communications & Product  
Development

**Dr. Asad Akram**  
Consultant-Neurology

## CREATIVE TEAM

**Dr. Aamira Jawed**  
Sr. Marketing Executive

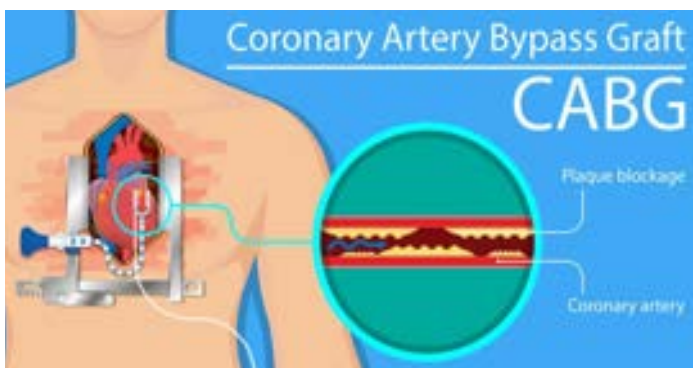
**Muhammad Hassan**  
Graphic Designer

## Reviving Hearts: The Art of Bypass and Valve Repair

› Coronary artery disease is progressive in nature. It usually effects people with diabetes, high blood pressure, obesity, addictions (smoking, alcohol, drug abuse) and is mostly genetically inherited to the individuals. It can be managed medically in certain circumstances but cannot be cured. The disease results in partial or complete blockages in the arteries of the heart. Partial blockages can be managed with medical treatment as well as interventional (by inserting stents).

› Complete blockages can only be managed by bypassing the blockages and making a new route for blood to reach all the parts of heart through a surgical procedure named as CABG or coronary artery bypass grafting surgery.

› Blood supply to the heart not only be affected by blockages in the arteries but also by narrowing or leakages in the valves of the heart. Valves are like the doors of the rooms that allow the blood to pass through, the rooms are called the chambers of the heart, through a certain force and pressure. Narrowing and leaking of valves both can result in insufficient blood supply to the heart and other body parts and the individual may suffer from shortness of breath or vertigo or loss of consciousness. This condition too can be managed medically if the symptoms are not very severe. But if



the individual is having symptoms that is affecting his routine activities, then the physician will advise to repair or replace the valve interventional or surgically.



› Recently we had a gentleman of 67 years of age, suffering from 3 vessel coronary artery disease along with moderate to severe leakage from his mitral valve. He was being managed medically and was refused to be surgically treated by different surgeons in different hospital settings due to advanced age and a very poor functioning heart that is only 20-25%. Our team of well experienced and expert cardio-thoracic surgeons performed a lengthy surgical procedure of bypassing the blockages of his coronary arteries and repaired his mitral valve. This was challenge for our team keeping in view the reduced function of the heart. But the expertise of our surgical team not only performed an exceptionally difficult procedure but also managed it post operatively such that the post operative recovery went so smoothly and the patient was discharged home only after 1 week of the surgery. Echocardiography after the surgery showed zero leakage through the valve and full blood supply to the heart and other parts of the body.

› Patel hospital is one of the very few centers in Pakistan to accept such difficult and challenging cases and performing the procedures with all the advanced techniques to save the precious lives.

*(Written by: Dr. Iqra Rehman)*

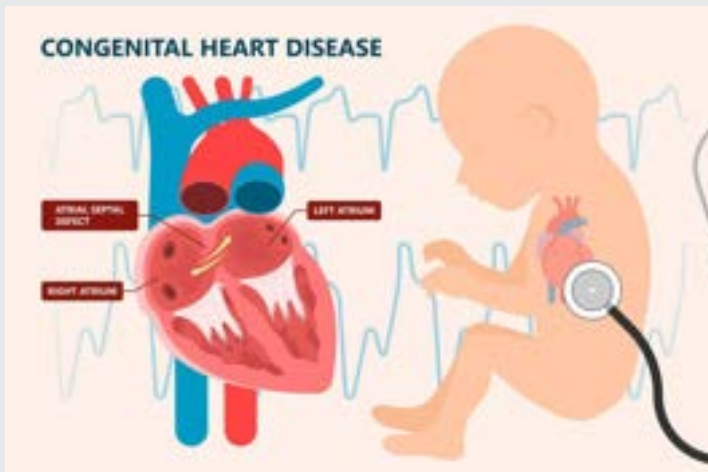


## Congenital Heart Disease in Pakistan

Congenital heart disease (CHD) refers to a range of structural and functional abnormalities in the heart that are present at birth. It is one of the most common birth defects worldwide, affecting millions of infants every year. Pakistan, a populous country in South Asia, faces significant challenges in dealing with the burden of congenital heart disease among its population.

In Pakistan, the prevalence of congenital heart disease is alarmingly high. Several factors contribute to this situation. First and foremost, consanguineous marriages, where individuals marry close relatives, are prevalent in many parts of the country. This increases the risk of genetic disorders, including CHD, as recessive gene mutations are more likely to occur. Additionally, limited access to quality healthcare and prenatal screening services in remote and rural areas further exacerbates the problem. Late or inadequate diagnosis often leads to delayed interventions, resulting in poorer outcomes for affected children.

The impact of congenital heart disease on affected individuals and their families is profound. Infants born with CHD often require immediate medical attention and ongoing specialized care. However, the availability of pediatric cardiac facilities and trained healthcare professionals is limited in Pakistan, particularly outside major cities. This not only places a burden on families who have to travel long distances for treatment but also contributes to higher mortality rates.



To address the growing challenge of congenital heart disease in Pakistan, several initiatives are underway. Non-governmental organizations (NGOs) and charitable institutions have taken up the cause and established specialized pediatric cardiac centers in major cities like Karachi, Lahore, and Islamabad. These centers offer comprehensive care, including diagnosis, surgeries, and post-operative follow-up, to children with CHD.

Efforts are also being made to raise awareness about congenital heart disease and the importance of early detection. Educational campaigns targeting healthcare professionals, parents, and communities are crucial to improving the diagnosis rate and ensuring timely interventions. Moreover, collaborations with international organizations and medical professionals can facilitate knowledge sharing and capacity building in the field of pediatric cardiology.

In conclusion, congenital heart disease remains a significant health concern in Pakistan. The high prevalence, limited access to specialized care, and lack of awareness pose challenges in providing adequate support and treatment for affected children. However, through collaborative efforts between governmental and non-governmental organizations, healthcare professionals, and the community, it is possible to make a positive impact in addressing this pressing issue and improving the outcomes for children born with congenital heart disease in Pakistan. *(Written by: Dr. Aamira Jawed)*

# ACHIEVEMENTS & EVENTS

## BLOOD DONATION DRIVE

On this World Blood Donor Day, we organized a Blood Donation Drive in collaboration with Interactive Research and Development -IRD to raise awareness that Donating blood is an easy process that can help save someone's life and it doesn't just benefit recipients but also the donors by reducing cardiovascular risk factors.



## HYPERTENSION SESSION AT SUPARCO

Patel Hospital had a session at SUPARCO about Hypertension where Expert Cardiologists raised awareness among individuals regarding the warning signs and symptoms of hypertension and how to measure your blood pressure accurately and control it for a longer life, and also to increase understanding of the significance of routine blood pressure measurement, and knowing its normal levels.

# HR CORNER

## Coffee with HR

With the advent of coffee meetings with employees, the HR department took this step by giving everyone a casual forum to express their opinions. This promotes cross-functional collaboration and enables the HR team to adhere to the Connecting with People philosophy. This initiative is not only serving as a catalyst for motivation, but it has also sparked employee engagement and helped to build a positive culture and focus more on collaborative working environment at Patel Hospital.





## FREE GYNAECOLOGY CAMP

A "FREE GYNAECOLOGY CAMP" was held to assist women in getting tested & receiving an early diagnosis for any gynecological problems. In this camp, our expert team of doctors & paramedics staff screened hundreds of women and raised awareness in implementing necessary preventative measures for their health. We support providing care to women at every stage of life & empowering them to make their health decisions.

## FREE HEART CAMP

In Pakistan, Heart Disease emerged as a leading cause of death. Keeping the need of society in mind we organized a one-day free heart camp where people visited and got a free consultation for their cardiac-related issues such as Angiography & Bypass.

The visitors were screened by our experienced and renowned cardiology team, who believe in delivering Advanced healthcare for every beat.



## FREE ASTHMA CAMP

Patel Hospital organized a one-day free Asthma Camp on the occasion of World Asthma Day where numerous people visited and got free consultations and free spirometry tests. Through this camp, we created the awareness that Asthma is treatable and well can be controlled.





**Basic Clinical Skills Workshop by Department of General Surgery**



**Basic Suturing and Surgical Knot Tying Techniques Workshop**



**CME on World Hypertension Day-Chronic Coronary Syndrome By Department of Cardiology**



**Seminar on National Guidelines of Oxygen Therapy For Children**



**Chest tube Insertion During Trauma Care Course by General Surgery Department**



**CME on World Multiple Sclerosis Day by Department of Neurology**



**PATEL HOSPITAL**  
A Project of Patel Foundation







# **NEW STATE-OF-THE-ART TECHNOLOGY IN CARDIAC CARE**

## **OUR SERVICES**

**Qualified & Board Certified Cardiology Team  
24/7 Support for:**

- ▶ Angiography & Angioplasty
- ▶ Cardiac Surgery
- ▶ Cardiac Emergencies
- ▶ Cathlab and CCU Facility
- ▶ Pediatric Cardiology (Child Cardiac Care)
- ▶ Heart failure and pacing clinic

**ADVANCED HEALTHCARE  
FOR EVERY BEAT**

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