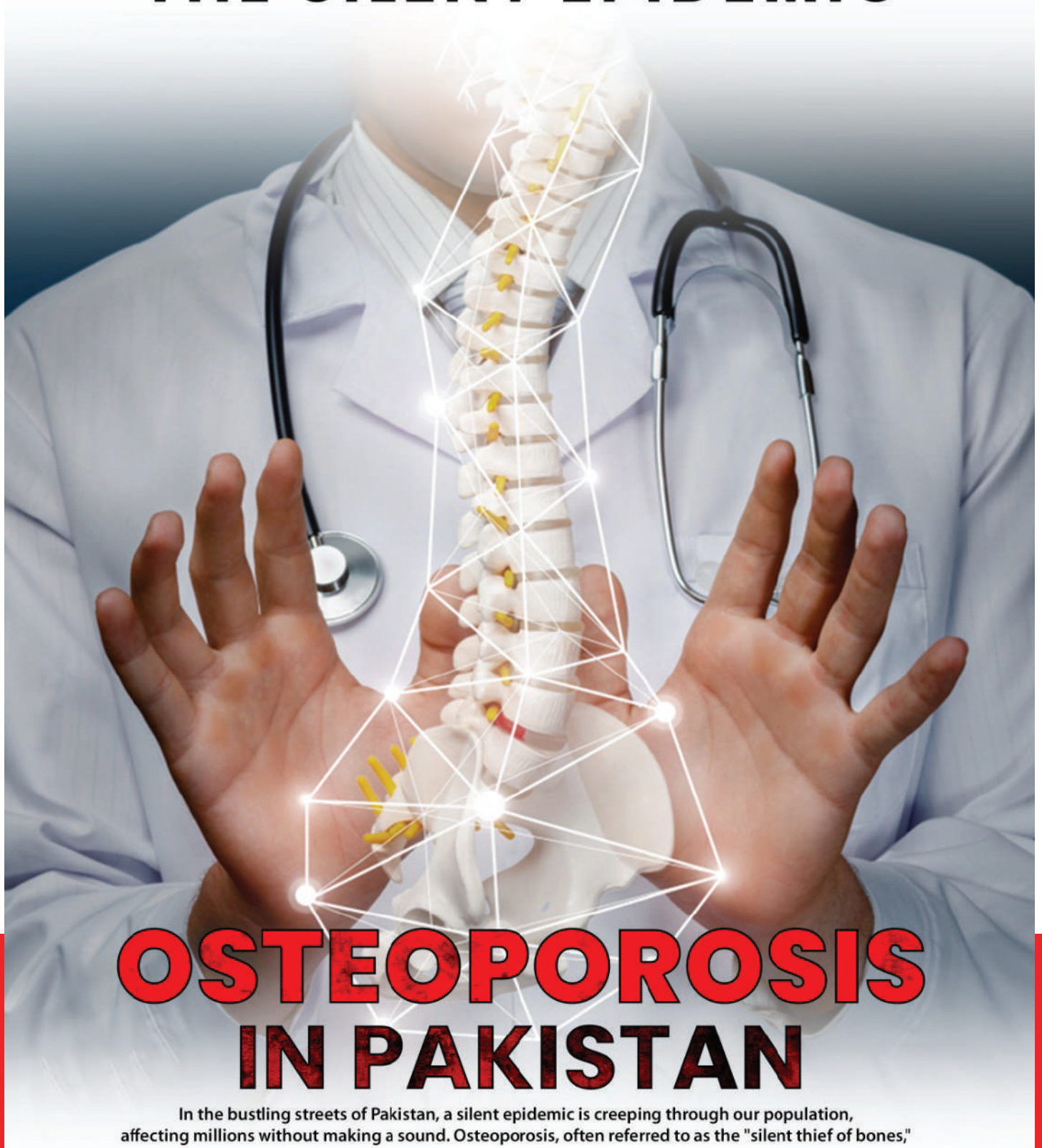


THE SILENT EPIDEMIC



OSTEOPOROSIS IN PAKISTAN

In the bustling streets of Pakistan, a silent epidemic is creeping through our population, affecting millions without making a sound. Osteoporosis, often referred to as the "silent thief of bones,"

Welcome Aboard

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

SHAHEENA SALMAN ALWANI (HEAD OF NURSING SERVICES AND NES - NURSING)
MUHAMMAD NAVEED (DEPUTY MANAGER SYSTEMS - INFORMATION TECHNOLOGY)
MAHWISH IFTIKHAR (SENIOR REGISTRAR - GYNAE AND OBSTETRICS)
ZAHIDA (ASSISTANT MANAGER PHARMACY STORE - CENTRAL STORE)
DR. SHAMIM QURESHI (SR CONSULTANT - GENERAL SURGERY)
SAMAN JAMAL (CLINICAL PHARMACIST - PHARMACY)
DR. HAFIZA NEHAN TARIQ (REGISTRAR - EMERGENCY)
DR. KHADIJA (RMO - DIALYSIS)
DR. KINZA FAHIM (RMO - ICU)
DR. MUHAMMAD AZEEM (RMO - ICU)
DR. SYEDA MEHAK FATIMA (RMO - PEDIATRICS)
ANEES UR REHMAN (PHYSIOTHERAPIST - PHYSIOTHERAPY)
HANIYA ABBAS (RADIOGRAPHER - RADIOLOGY)
SHAKEEL GILL (RADIOGRAPHER - OPERATION THEATRE)
FARHEEN GUL DURRANI (RADIOLOGIST - RADIOLOGY)
ABBAS KHAN AFRIDI (REGISTERED NURSE - NURSING)
ANUM JAVED (REGISTERED NURSE - NURSING)
ASMAT RANI (REGISTERED NURSE - NURSING)
BURHAN HUSSAIN (REGISTERED NURSE - NURSING)
BUSHRA (REGISTERED NURSE - EMERGENCY NURSING)
DANISH PERWAIZ MASIH (REGISTERED NURSE - NURSING)
HANIF ULLAH (REGISTERED NURSE - NURSING)
HASHAM (REGISTERED NURSE - CCU)
MASTER JOHN INDRIAS (REGISTERED NURSE - NURSING)
MUHAMMAD AWAIS (REGISTERED NURSE - NURSING)
MUHAMMAD YASEEN (REGISTERED NURSE - EMERGENCY NURSING)
SANIA (REGISTERED NURSE - NURSING)
DR. GHASHIA (PG TRAINEE FCPS I - GYNAE AND OBSTETRICS)
DR. HIRA MUJEEB (PG TRAINEE FCPS I - PEDIATRICS)
DR. MARIYA (PG TRAINEE FCPS I - GYNAE AND OBSTETRICS)
DR. SAIMA MOIZ AHMED (PG TRAINEE FCPS I - PEDIATRICS)
DR. SEHRISH ANWER (PG TRAINEE FCPS I - ANAESTHESIA)
DR. ADILA KAKAR (PG TRAINEE FCPS III - PLASTIC SURGERY)
DR. HINA KALSOOM (PG TRAINEE MCPS I - EYE DEPARTMENT)

LETTER TO THE EDITOR

I extend my sincere appreciation to the editorial board and our valued stakeholders for their wholehearted dedication in ensuring the newsletter's resounding success.

In our ongoing pursuit of excellence, I am enthusiastic to share our IT Department's outstanding achievements in transforming our hospital into a digital and paperless environment.

Our IT Department has spearheaded the adoption of Electronic Health Records (EHR), which has streamlined patient information management, improved data accuracy, and elevated patient care and safety, in line with the Management vision and objectives.

Our IT heroes are actively exploring future technologies like Artificial Intelligence (AI) and Business Intelligence (BI) to further enhance patient care and operational efficiency. These efforts not only lead to a more sustainable future by reducing our environmental footprint but also align with our commitment to patient-centric care.

A big thank you to the editorial board for providing me an opportunity to share our achievements through this newsletter and our IT team for their dedication and vision in helping our hospital take a leading role in the realm of digital healthcare.

Regards,

Hasnain Eqbal
Chief Information Officer
Patel Hospital

EDITORIAL BOARD

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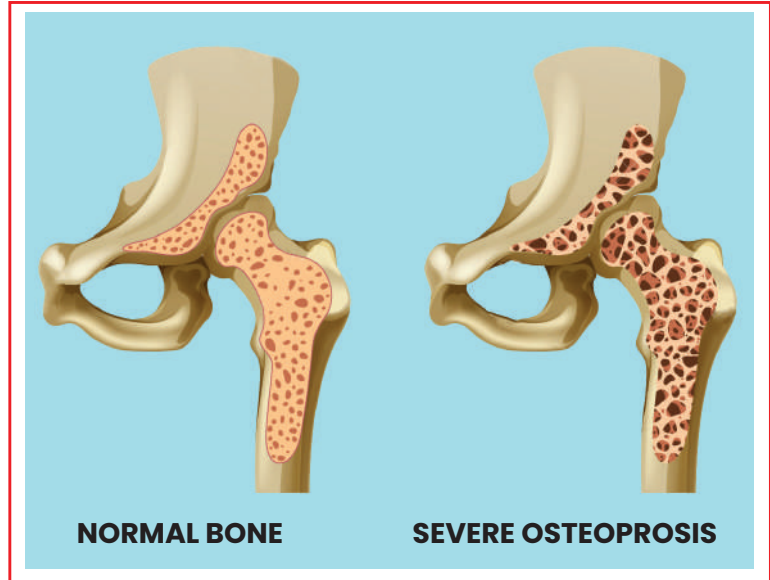
The Silent Epidemic: Osteoporosis in Pakistan

In the bustling streets of Pakistan, a silent epidemic is creeping through our population, affecting millions without making a sound. Osteoporosis, often referred to as the **"silent thief of bones,"** is a condition that gradually weakens our skeletal system, making bones fragile and more prone to fractures. While the issue may not grab headlines or trigger widespread alarm, its presence is undeniable, and its impact on the lives of countless Pakistanis is substantial.

Osteoporosis knows no age limits or no gender discrimination, and its effects are not limited to the elderly. This condition can strike at any stage of life, and its prevalence is influenced by various factors. In a country where traditional diets rich in calcium and vitamin D are sometimes overshadowed by modern lifestyles, the risk of osteoporosis remains significant.

The prevalence of osteoporosis in Pakistan, although not precisely quantified here, is undoubtedly a cause for concern. We often underestimate the importance of strong bones until we witness a fracture, and by then, the damage is already done. It's time to shed light on this quiet ailment and take proactive measures to protect our skeletal health.

The first step towards combating osteoporosis in Pakistan is awareness. Many individuals remain oblivious to the risk factors associated with the condition. Genetics, lifestyle choices, and hormonal factors all play a role in its development. Engaging in regular weight-bearing exercises, maintaining a balanced diet, and ensuring adequate calcium and vitamin D intake are crucial steps towards prevention.



Normal bone is dense and strong, while osteoporosis bone is porous, fragile and more prone to fracture.

In conclusion, while the prevalence of osteoporosis in Pakistan may not be headline news, its impact on the health and well-being of our population is profound. **Patel Hospital** believes that it's time for a collective effort to raise awareness, encourage preventive measures, and provide access to healthcare resources for those at risk. We as a tertiary-care hospital aim to break the silence regarding osteoporosis by strengthening our nation's health and ensuring that the future generations of Pakistan stand tall and strong.



Orthopedic Health and Aging: Tips for Maintaining Mobility and Strength

As we age, preserving orthopedic health becomes increasingly crucial for maintaining an active and fulfilling life. The natural aging process can impact our bones, joints, and muscles, making them more susceptible to injury and deterioration. However, by following some essential guidelines, we can promote orthopedic health as we grow older. As we age, preserving orthopedic health becomes increasingly crucial for maintaining an active and fulfilling life. The natural aging process can impact our bones, joints, and muscles, making them more susceptible to injury and deterioration.

Orthopedics



SOME DEGENERATIVE CHANGES OCCURS AS WE AGE ARE AS FOLLOWS:

• Muscle Mass Reduction:

With age comes the natural loss of muscle mass and strength, known as sarcopenia. This process can lead to weakness and decreased mobility.

• Joint Changes

Joints may experience wear and tear over time, potentially resulting in conditions like osteoarthritis, which can cause pain, stiffness, and reduced mobility.

• Bone Density

Bones may become less dense and more fragile, increasing the risk of fractures, especially in conditions like osteoporosis.

HERE ARE SOME CONCISE TIPS TO MAINTAIN ORTHOPEDIC HEALTH IN YOUR LATER YEARS:

1. Stay Active:

Joints may experience wear and tear over time, potentially resulting in conditions like osteoarthritis, which can cause pain, stiffness, and reduced mobility.

2. Prioritize Nutrition:

A balanced diet rich in calcium, vitamin D, and protein is vital for bone and muscle health. Incorporate foods like leafy greens, dairy products, lean meats, and fortified foods into your meals.

3. Maintain a Healthy Weight

Excess weight puts added stress on your joints, particularly in the lower body. Maintaining a healthy weight can reduce the risk of joint problems and improve mobility.

4. Protect Your Joints

When engaging in physical activities or sports, use proper techniques and protective.

5. Get Enough Rest:

Sleep is like the body's repair time. When we sleep, our body works on fixing any wear and tear, just like a mechanic fixing a car. Aim for 7-9 hours of good sleep each night.

6. Check-ups Matter:

Regular check-ups with your doctor are like routine inspections for your car. They can catch problems early and suggest ways to keep your bones and joints in top shape.

9th International Award on Environment, Health & Safety 2023:

Patel Hospital is pleased to announce its success at the 9th International Award on Environment, Health & Safety 2023, achieving the Award in the category of **"Health & Safety Risk Assessment and Control"**. This achievement underscores Patel Hospital's unwavering commitment to ensuring the well-being and safety of its patients, staff, and the community at large through meticulous risk assessment and effective control measures.



Independence Day Celebration at Patel Hospital:

Patel Hospital celebrated 14th August with great enthusiasm, uniting staff and patients in a festive spirit. Together, we took the **"Sehat Ka Ehad"** (Promise of Health) pledge, reaffirming our commitment to promote and prioritize the health and well-being of our community as we honor Pakistan's Independence Day.



Brand of the Year 2022 Award:

Patel Hospital is a prominent not-for-profit tertiary healthcare hospital that believes everyone deserves quality healthcare. We are committed to delivering excellence in healthcare with compassion and care. In this recognition of its efforts, the hospital won the **Brand of the Year 2022 Award** in the category of **HEALTHCARE SERVICES** from **Brands Foundation**.





Free Cleft Lip & Palate Medical Camp:

In Pakistan, among every 500 children, one child is born with cleft lip and palate. In order to address this health burden, a two-day free cleft lip and palate camp was organized at Patel Hospital for underprivileged patients in which free surgery and consultation were offered.

Free Orthopedic Medical Camp:

A Free Orthopedic Medical Camp was organized at Patel Hospital where our skilled orthopedic team provided awareness, assessment, and support to individuals with orthopedic conditions. In this camp, many visitors availed Free Consultations and Free Calcium Tests and appreciated us for this activity.



Free Hepatitis Medical Camp:

At Patel Hospital, we believe in 'Test, Treat, Transform' when it comes to Hepatitis. A free Hepatitis Camp was organized in hospital premises where visitors got free screenings, consultations and treatments. This camp aimed to combat Hepatitis and ensure that individuals in need received the care they deserve and promote better health in our community.





**43RD KAROPHTH PRE-CONFERENCE
WORK SHOP BY OPHTHALMOLOGY DEPARTMENT**



**BIO MEDICAL SESSION ON
ETHICAL DILEMMAS**



**CME ON FRAILTY AND CANCER BY
ONCOLOGY DEPARTMENT**



**INTREACTIVE SESSION ON PERSONAL
LEADERSHIP BY MEDICINE DEPARTMENT**



**DIPLOMA SESSION IN GYNECOLOGICAL
LAPAROSCOPY SURGERY**



**CME ON WORLD HEPATITIS DAY 2023 BY
DEPARTMENT OF GASTROENTEROLOGY**



PATEL HOSPITAL
A Project of Patel Foundation



Successfully Acheived

BRAND OF THE YEAR AWARD 2022

in the Category of

BEST HEALTHCARE SERVICES



We are committed to delivering excellence in healthcare with compassion and care. In this recognition, The hospital won the **Brand of the Year Award 2022** in the category of **HEALTHCARE SERVICES.**