

CLOSE THE CARE GAP



CANCER CARE IN PAKISTAN

Let's delve into the diverse landscape of cancer treatment modalities and the innovative delivery systems that are transforming the way we combat this complex disease.

Welcome Aboard

We extend a warm welcome to the individuals who have become part of the Patel Hospital family in the last three months.

Waqar Ahmed (Chief Financial Officer - Finance)
 Muhammad Hammad Jeelani (Manager Business & RD - Communications & RD)
 Dr. Ariba Naz Hussain (RMO - Emergency)
 Dr. Maheen Fatima (Sr. RMO - ICU)
 Dr. Maria Riaz (Post Fellow Trainee - Gynae Laparoscopy - Gynae & Obs)
 Alvina Durrani (Fundraising Executive - Communications & RD)
 Wajid Ali Khan (Microbiology Supervisor - Laboratory)
 Rao Muhammad Ramzan Ronaq (Infection Control Nurse - Laboratory)
 Kawish Ali (Incharge - Nursing)
 Marium Zahid (Radiographer - Radiology)
 Dr. Anam Hafeez (Junior Consultant - Radiology)
 Dr. Sahrish Ahmed (Sonologist - Radiology)
 Saniya Ambrose (Critical Care Technician - Cardiothoracic Surgery)
 Muhammad Sajjad (Porter - Communications & RD)
 Fahad Hussain (Dialysis Trainee - Dialysis)
 Dr. Hafiz M Bilal Siddiqui (PG Trainee - I FCPS - ENT)
 Dr. Javeria Nasir (Registrar III - Eye Unit)
 Dr. Ujala Khalid (PG Trainee -I FCPS - General Surgery)
 Dr. Kanwal Nisa (Registrar II - General Surgery)
 Dr. Sapna (PG Trainee -I FCPS - Gynae & Obs)
 Syed Kashif Nisar (HR Executive - Human Resource)
 Shabana (Security Supervisor - Security)
 Dr. Saira Liaquat (Radiologist - Radiology)
 Dr. Remsha Ali (PG Trainee - I FCPS - Paeds)
 Dr. Fatima Ali (PG Trainee - I FCPS - Paeds)
 Kiran Asif (Pharmacist - Pharmacy)
 Malaika Shahab (Pharmacist - Pharmacy)
 Urooba Hameed (Pharmacist - Pharmacy)
 Mariam Naz (Nursing Instructor - PINAHS)
 Dr. Sidra Zafar (PG Trainee - I FCPS - Medicine)
 Dr. Saira Saeed (PG Trainee - III FCPS - Medicine)
 Dr. Yousuf Muhammad Imran (Sr. RMO - ICU)
 Dr. Zarina Umer (RMO - ICU)
 Muhammad Zeeshan (OT Technician - Eye)

Letter To The Editor

I am writing to express my heartfelt appreciation for the positive work environment that I have experienced during my tenure of 12 years at Patel Hospital. As an employee who has been with the company for over a decade, I have had the privilege of witnessing and being a part of a workplace culture that fosters growth, collaboration, and well-being.

Throughout my time at hospital, I have consistently been supported by my colleagues and superiors, who have created a conducive atmosphere for professional development and personal growth. The emphasis on teamwork, open communication, and mutual respect has not only enhanced my productivity but has also contributed to a sense of belonging and fulfillment within the organization.

I believe that the positive work culture at Patel Hospital is a testament to the leadership's dedication to creating a supportive and nurturing environment for its employees. It is this commitment to fostering a culture of respect, collaboration, and growth that sets hospital apart and makes it a truly exceptional place to work.

Moreover, I would like to express my appreciation for the hospital's newsletter, which serves as a valuable resource for promoting health awareness. The newsletter plays a crucial role in disseminating important information about health topics, medical advancements, and upcoming events within the hospital community. By providing insightful articles, tips, and resources, the newsletter educates readers on various health issues and encourages them to prioritize their well-being. Through its informative content, the hospital's newsletter empowers individuals to make informed decisions about their health and fosters a culture of wellness within the community. I am grateful for the dedication and effort put into creating such a valuable resource for promoting health awareness.

I am grateful for the opportunities and experiences that I have had during my time at Patel Hospital, and I look forward to many more years of continued growth and success within this remarkable organization.

Sincerely,

Shahid Ali

G.M. Business Development & Operations

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Navigating Cancer Treatment: Methods and Delivery Systems Overview

Cancer treatment has evolved significantly over the years, with advancements in methods and delivery systems offering new hope and possibilities for patients. In this overview, we delve into the diverse landscape of cancer treatment modalities and the innovative delivery systems that are transforming the way we combat this complex disease.

Chemotherapy:

Chemotherapy has long been a cornerstone of cancer treatment, using powerful drugs to destroy cancer cells or impede their growth. Traditional chemotherapy agents are administered orally or intravenously and can target cancer cells throughout the body. However, they often come with side effects due to their systemic nature, affecting both cancerous and healthy cells.



Targeted Therapy:

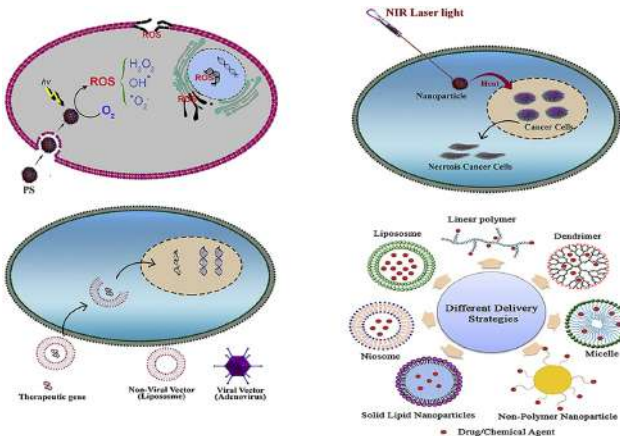
Targeted therapy represents a more precise approach to cancer treatment, aiming to identify and attack specific molecular targets that drive cancer growth and progression. Unlike chemotherapy, which affects rapidly dividing cells indiscriminately, targeted therapies can selectively target cancer cells while minimizing damage to normal tissues. These therapies include monoclonal antibodies, small molecule inhibitors, and other innovative agents designed to interfere with specific signaling pathways involved in cancer development.

Immunotherapy:

Immunotherapy harnesses the power of the body's immune system to recognize and destroy cancer cells. By stimulating the immune response or removing barriers that prevent immune recognition of cancer cells, immunotherapy drugs can help the immune system effectively target and eliminate tumors. Checkpoint inhibitors, adoptive cell therapies, and cancer vaccines are among the promising immunotherapy approaches that have revolutionized cancer treatment and led to durable responses in some patients.

Precision Medicine:

Precision medicine takes into account individual variations in genes, environment, and lifestyle to tailor treatment strategies to each patient's unique molecular profile. Advances in genomic sequencing technologies have enabled oncologists to identify specific genetic mutations or biomarkers driving a patient's cancer, allowing for more personalized and targeted therapies. Precision medicine approaches hold the potential to improve treatment outcomes and reduce adverse effects by matching patients with the most effective therapies for their particular cancer subtype.



Novel Delivery Systems:

In addition to innovative treatment modalities, researchers are exploring novel delivery systems to enhance the efficacy and safety of cancer therapies. Nanotechnology-based drug delivery systems, for example, enable the targeted delivery of chemotherapy drugs directly to cancer cells while minimizing exposure to healthy tissues. Liposomal formulations, polymer-based nanoparticles, and other nanocarriers can improve drug stability, prolong circulation time, and enhance tumor accumulation, thereby optimizing therapeutic outcomes and reducing systemic toxicity.

Combating Cancer - WHO's Approach

Overview:

Cancer poses a significant global health threat, with millions of lives affected each year. This report provides a concise overview of cancer's burden, causes, prevention strategies, early detection mechanisms, treatment modalities, palliative care, and WHO's response.



Burden:

Cancer accounts for millions of deaths annually, with breast, lung, colorectal, prostate, and cervical cancers being the most prevalent and fatal types.

Causes and Risk Factors:

Genetic factors and external agents like tobacco, alcohol, unhealthy diet, physical inactivity, chronic infections, and pollutants contribute to cancer development.

Prevention and Early Detection:

Risk reduction and early detection play crucial roles. Between 30 and 50% of cancers can be prevented, while early detection enhances treatment outcomes.

Treatment and Palliative Care:

Treatment involves surgery, radiotherapy, systemic therapy, and palliative care. WHO emphasizes holistic patient care, aiming for cure and improved quality of life.

WHO's Strategic Vision:

WHO leads global efforts, focusing on research, advocacy, policy formulation, capacity-building, and treatment access. Collaboration with partners aims to enhance prevention, treatment, and care initiatives.

Innovation and Collaboration:

Collective action and sustained commitment are essential in the fight against cancer. WHO's leadership drives global efforts to alleviate cancer's burden and improve patient outcomes worldwide.



Cancer Awareness Session and Walk:

Patel Hospital sustained its tradition by organizing a Cancer Awareness session and walk to commemorate World Cancer Day. Our esteemed medical oncology team led the event, alongside renowned organizations.

With the support of Rotaract Club, Prof. Moin Schooling System, the Octus Community we have made this event successful and insightful. This event was also covered by the renowned news channels.

The purpose of this event was to raise awareness, foster dialogue, and promote cancer prevention and treatment strategies within the community.

11th FPCCI Achievement Award:

Patel Hospital proudly received the prestigious 11th FPCCI Achievement Award in the silver category for impactful CSR Activities in healthcare services. As pioneers in groundbreaking healthcare, we persistently drive innovation with unwavering dedication, ever advancing with compassion and care.

The honorable Dean of the Diplomatic Corps, Islamabad & Ambassador Extraordinary and Plenipotentiary of His Majesty the King of Morocco, Mohammad Karmoune along with honorable Governor of Sindh Muhammad Kamran Khan Tessori presented the award.

A momentous achievement that resonates deeply with our commitment to serving the community.

A Session On Investigation & Management of Outbreak Infections:

Patel Hospital organized an enlightening CME session on investigation & management of outbreak infections. Our aim is to equip healthcare professionals with verified insights to combat outbreaks effectively.



Launch of New 24/7 Hospital Pharmacy

Patel Hospital always prioritizes the need of its patients. After careful consideration by our vigilant management, we have launched a new 24/7 Hospital Pharmacy to better serve the community. This initiative aims to cater to both in-patients and offer an express Walk-in Counter to facilitate nearby residents. Our goal is to provide unparalleled convenience and comprehensive care.

Visitors can now access genuine medicines under the supervision of expert pharmacists. All medicines are stored under temperature-controlled conditions, ensuring their efficacy. Additionally, we are proud to offer compounding services, providing tailored medications to meet individual needs.



Hygiene Awareness Camp:

Patel Hospital organized a hygiene camp in OMYS School's Network S.A.J Academy, inviting the students to participate in a day dedicated to health and cleanliness awareness.

The camp aims to provide knowledge about leading healthier lives and contributing to the well-being of their community. The teachers and school management has also appreciated this activity.



Free Dermatology Medical Camp:

Patel Hospital organized a Free Dermatology Camp, presenting a remarkable opportunity for individuals to benefit from complimentary check-ups and consultations tailored for skin, hair, and nail care.

This event aimed to empower individuals with the knowledge and guidance essential for optimal dermatological health.



| CORPORATE AWARENESS SESSION

An Oral Cancer Awareness Session at The PTCL Head Office:

Patel Hospital organized an Oral Cancer Awareness Session at the PTCL head office, marking a significant milestone in oral health advocacy. By zeroing in on prevention and treatment measures, this highly informative session engaged numerous employees in insightful QA sessions, catering to the crucial necessity for a thorough grasp and proactive stance against oral cancer.



HR CORNER

Dedicated to delivering outstanding patient care, we steadfastly believe that a thriving workplace is crucial to realizing our mission. In line with this conviction, Patel Hospital has spearheaded a significant initiative in collaboration with the **"Provincial Ombudsman Sindh Department."** This workshop is designed to foster a secure and inclusive environment for every member of our hospital family, underscoring our dedication to cultivating a workplace where each staff member experiences safety and well-being.





SESSION ON DELUSIONS WHAT THEY ARE BY DR HANNAH PASHA 15 DEC 2023



CME ON UNDERSTANDING BURN - FIRST AID & AFTER CARE BY DR ZUHERA KHAN & DR SHAREEN LAKHANI



LOW CARB DIET BENEFITS AND HARMS BY DR M. ILYAS YAMANI 12 JAN 2024



WRAP UP CME BY DR HAMZA ALAM 29 DEC 2023



INTERNATIONAL EPILEPSY DAY BY DR AFTAB AHMED 16 FEB 2024



CME ON WORLD AIDS DAY BY DR SHAHNILA JAVED

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