

THREAT TO HEART, KIDNEY AND BRAIN



DANGERS OF HYPERTENSION IN PAKISTAN

The prevalence of hypertension in the Pakistani population of more than 15 years of age is 18% and 44% of adults above 45 years old have it.

Welcome Aboard

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

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 Tauseef Ur Rehman (PG RMO - ENT)
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 Junaid (Ophthalmic Technician - Eye Unit)
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 Adnan (Phlebotomist - Laboratory)
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 Siraj Ahmed (Registered Nurse - Nursing)
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 Kiran Robert (Instructor NES - Nursing Education Services)
 Muhammad Yasir Khan (OT Technician - Operation Theatre)
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Letter To The Editor

I would like to express my sincere gratitude to the editorial board for providing me with the opportunity to highlight the importance of physiotherapy. Your platform is invaluable in raising awareness about critical healthcare issues, and I deeply appreciate your support in sharing this message.

I am writing to emphasize the crucial importance of physiotherapy in modern healthcare. As the head of Physiotherapy Department, I have seen how physiotherapy significantly enhances patient health and quality of life.

Physiotherapy has evolved from its early 19th-century roots and war time rehabilitation efforts to become a sophisticated field that addresses a range of conditions. Key benefits include Improved Mobility and Function: Customized exercises enhance strength, flexibility, and independence. Post-Surgical Rehabilitation, Essential for faster recovery and movement restoration. Chronic Disease Management. Helps manage symptoms of chronic conditions like stork, arthritis, neurological condition disease. Preventative Care, Prevents injuries through education and ergonomic assessments.

At Patel Hospital, our physiotherapists develop personalized treatment plans, resulting in significant improvements in pain, mobility, and overall well-being for our patients. In conclusion, physiotherapy is an integral part of healthcare that greatly benefits patients. It is vital to recognize and support its role in comprehensive health strategies.

Moreover, I would like to express my appreciation for the hospital's newsletter, which serves as an invaluable resource for promoting health awareness. It effectively disseminates 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, it empowers individuals to make informed decisions about their health and fosters a culture of wellness. I am grateful for the dedication and effort put into creating such a valuable resource.

Sincerely,

M. Rehan Baig

H.O.D - Physiotherapy & Rehabilitation Services

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Do You Know?

An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries. An estimated 46% of adults with hypertension are unaware that they have the condition. Less than half of adults (42%) with hypertension are diagnosed and treated. Approximately 1 in 5 adults (21%) with hypertension have it under control. Hypertension is a major cause of premature death worldwide. By 2025, the prevalence is expected to increase to 29%. According to the World Health Organization (WHO), this number expected to reach 1.56 billion people by 2025. In developed countries, 30% of the adult population is hypertensive, and this number is expected to increase to 60% in the coming decades. The worldwide distribution of hypertension is approximately 40.8%.

13% of total global mortality is attributable to HTN. Globally, 3.5 billion adults now have non-optimal systolic BP levels (that is, >110–115 mmHg) and 874 million adults have systolic BP \geq 140 mmHg. Thus, approximately one in four adults has hypertension. One of the global targets for noncommunicable diseases is to reduce the prevalence of hypertension by 33% between 2010 and 2030.

Systemic arterial hypertension is the most important modifiable risk

factor for all-cause morbidity and mortality worldwide and is associated with increased risk of cardiovascular disease (CVD). Fewer than half of those with hypertension are aware of their condition, and many others are aware but not treated or inadequately treated, although successful treatment of hypertension reduces the global burden of disease and mortality. The etiology of hypertension involves the complex interplay of environmental and pathophysiological factors that affect multiple systems, as well as genetic predisposition.

Hypertension is a disease; blood pressure (BP) is a biomarker. However, the 2 terms have become ineluctably bound. Based on BP measurements, the 2017 American College of Cardiology/American Heart Association (ACC/AHA) guideline defines normal BP as 120/80 mm Hg.

This is consistent with the longstanding observation made by the insurance industry actuaries that BP levels above 120/80 mm Hg were associated with increased cardiovascular morbidity and mortality. Nevertheless, they suggest that drug therapy be only recommended for those with BPs above 140/90 mm Hg.

Hypertension in Pakistan

Pakistan is the fifth most populous country in the world. The healthcare system of Pakistan consists of a private sector (70%) and a public sector (30%). Only 27% of the population benefits from full healthcare coverage, whereas 73% depend on out-of-pocket payments. Economic and political instability is a leading cause for inadequate preventive and control strategies, thus accelerating rates of hypertension and cardiovascular diseases in this country. The prevalence of hypertension in the Pakistani population of more than 15 years of age is 18% and 44% of adults above 45 years old have it. The prevalence in the rural population being 16.2% and the urban population at 21.6%. The number of patients with controlled hypertension is very low in Pakistan. Approximately 1 in 5 adults (21%) with hypertension have it under control.

Risk factors for hypertension

a. Unhealthy diet:

The Pakistan Adolescents Schools Survey 1 reported that over 80% of adolescents in Pakistan had unhealthy diets.

b. Physical inactivity:

A WHO study showed that 82.8% of boys and 87.3% of girls aged 13–15 are not sufficiently active. 54.3% of Pakistani adolescents are physically inactive.

c. Excessive salt:

The American Heart Association recommends no more than 2,300 milligrams of sodium a day (1 tsf of stable salt). The ideal limit is no more than 1,500 per day for most adults, especially for those with high blood pressure. Cutting out just 1,000 milligrams a day can improve blood pressure and heart health.

Prevention:

Lifestyle changes can help lower high blood pressure and can help anyone with hypertension. Many who make these changes will still need to take medicine. These lifestyle changes can help prevent and lower high blood pressure.

Don't:

- Eat too much salty food (try to stay under 2 grams per day)
- Eat foods high in saturated or trans fats
- Smoke or use tobacco
- Miss or share medication

Reducing hypertension prevents heart attack, stroke and kidney damage, as well as other health problems.

Treatment:

Life long treatment with either or combination of the following drugs with lifestyle changes is required.

- Ace inhibitors
- Angiotensin Receptor Blockers.
- Calcium Channel Blockers.
- Beta Blockers.
- Alpha Blockers.
- Centrally acting vasodilators.
- Diuretics.

By Dr. Mohammed Rehan Omar Siddiqi
Consultant Interventional Cardiologist
H.O.D - Cardiology

The race against a silent killer

-WHO's Global Report on Hypertension

Do you know According to WHO, the number of adults with hypertension doubled from 650 million in 1990 to 1.3 billion in 2019.

“**Better hypertension management will save lives**”

Table 2. Age-standardized prevalence of hypertension among adults aged 30–79 years, and among those with hypertension, diagnosis, treatment and effective treatment coverage in 2019, by WHO region

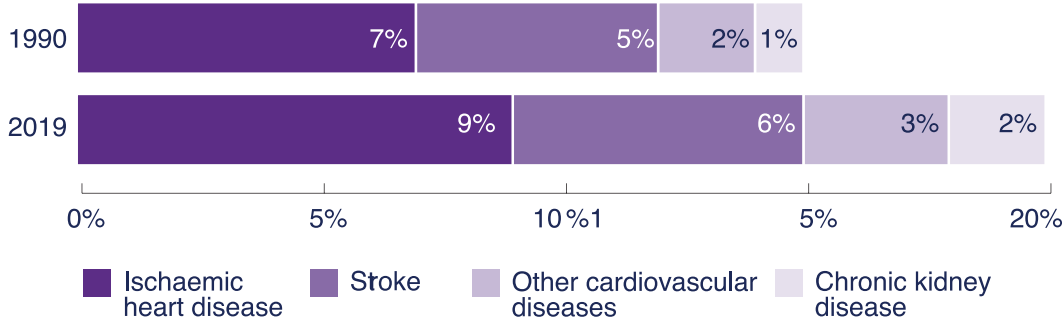
Region	Hypertension (%)	Diagnosis coverage (%)	Treatment coverage (%)	Effective treatment coverage* (%)
African	36 (38, 33)	43 (46, 39)	27 (30, 24)	12 (14, 9)
The Americas	35 (38, 33)	70 (73, 67)	60 (64, 57)	36 (41, 32)
South-East Asia	32 (36, 29)	39 (44, 34)	30 (34, 25)	14 (18, 10)
European	37 (39, 35)	66 (69, 63)	53 (56, 50)	26 (29, 23)
Eastern Mediterranean	38 (41, 35)	49 (53, 45)	39 (43, 34)	15 (19, 13)
Western Pacific	28 (32, 25)	54 (59, 48)	41 (47, 35)	18 (23, 14)
Global	33 (35, 32)	54 (56, 51)	42 (45, 40)	21 (23, 19)

a. Controlled hypertension among all hypertension. Controlled hypertension is defined as blood pressure <140 mmHg systolic and <90 mmHg diastolic and taking medication for hypertension.

Note: Data in parentheses are 95% uncertainty intervals.

Source: Global Health Observatory (GHO). Noncommunicable diseases: risk factors [online database#]

Percentage of global deaths attributable to high systolic blood pressure (1990 and 2019), by cause of death

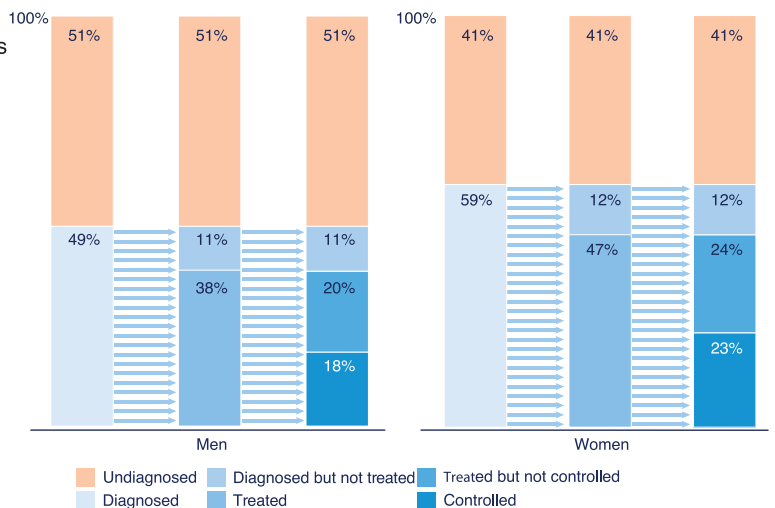


“**High systolic blood pressure is responsible for one in every five deaths.**”

Source: Global Burden of Disease Collaborative Network (25) and additional calculations.

Hypertension treatment cascade in 2019, for adults 30–79 years of age globally, by sex. Age-standardized rates

“**Lifestyle changes may be considered as adjunctive therapy to antihypertensive medications, which will be essential in the care of nearly all patients diagnosed with hypertension,**”



13TH CSR AWARDS:

We are immensely proud to announce that Patel Hospital has been honored with the prestigious 13th Annual Corporate Social Responsibility Award in the category of Fundraising Philanthropic Initiative.

This esteemed recognition underscores our unwavering commitment to making a meaningful impact in the communities we serve. This accolade serves as a testament to the dedication and hard work of our team, as well as the overwhelming support of our donors and partners who have joined us in our mission.



OLADOC COLLABORATION:

Patel Hospital and Oladoc have come together to bring a new era of healthcare accessibility and quality.

This collaboration is focused on improving patient outcomes, increasing convenience in appointment booking procedures, and enhancing operational efficiency across the healthcare industry.

Our mutual goal is to provide top-notch healthcare services that are easily accessible and convenient to all patients.



BLS TRAINING SESSION:

Patel Hospital is committed to promoting life-saving precautions. Our ongoing efforts include regular training sessions like BLS (Basic Life Support), ensuring our staff is always prepared to save lives.



INTERNATIONAL NURSES DAY CELEBRATION

Patel Hospital celebrated "International Nurses Day," honoring the devoted nurses who selflessly provide essential life-saving support to individuals in need.

Their constant dedication and empathetic service are the basis of our healthcare system.



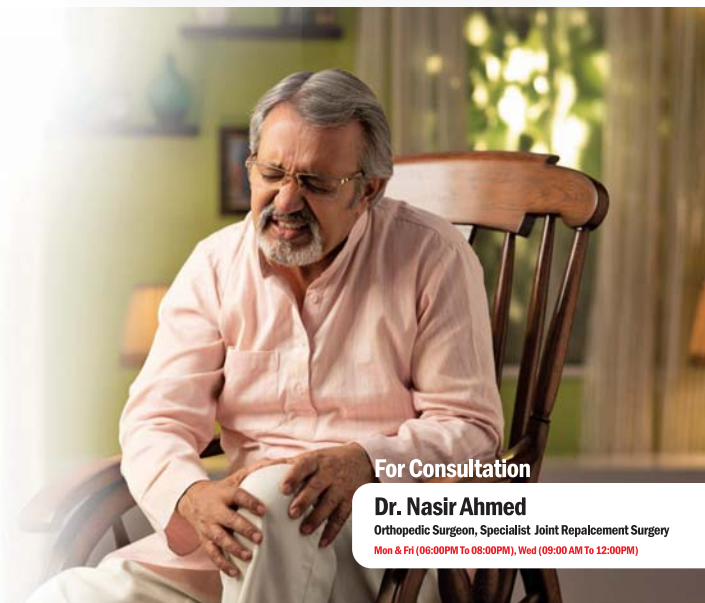
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For Consultation

Dr. Nasir Ahmed

Orthopedic Surgeon, Specialist Joint Replacement Surgery

Mon & Fri (08:00PM To 08:00PM), Wed (09:00 AM To 12:00PM)

FREE KIDNEY DISEASES SCREENING CAMP

The Free Kidney Diseases Screening Camp organized by Patel Hospital provided a unique opportunity for individuals to undergo comprehensive screenings and receive personalized consultations aimed at improving kidney health.

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.



AWARENESS SESSIONS ON WORLD HYPERTENSION DAY:

On **World Hypertension Day**, Patel Hospital spearheads the campaign to raise awareness about the silent threat posed by hypertension to vital organs like the heart, kidneys, and brain. We recognize the critical impact of high blood pressure on overall health, which is why we organized a special session in collaboration with **PharmEvo**, **Alkaram Towels**, **Ismail Industries Ltd.** and **Emaar Pakistan**. The session was designed to highlight the importance of actively managing hypertension.

During this insightful session, our expert cardiologist delivered crucial insights into the significance of hypertension and its far-reaching implications for cardiovascular health.



| CORPORATE AWARENESS SESSION

AWARENESS SESSION ON DIABETES DIET AND OBESITY MANAGEMENT:

An awareness session on "Diabetes Diet and Obesity Management" was organized by Patel Hospital at PTCL. The session's goal was to educate the population about weight gain linked to diabetes and stress the significance of a healthy diet for individuals with diabetes.

The session received positive feedback from the staff and management of PTCL, being both interactive and informative.



HR CORNER

Pay for Performance Culture at Patel Hospital

We are excited to announce that Patel Hospital has implemented a pay-for-performance culture, aimed at aligning our vision and our core values with the employee performance. We recognize and reward the outstanding contributions of our dedicated employees. Our goal is to motivate and support each team member to achieve their best, leading to higher employee satisfaction, and overall organizational excellence. Regular feedback and performance reviews will be a cornerstone of this culture. We believe that this pay-for-performance culture will not only enhance our ability to deliver exceptional patient care but also make Patel Hospital a more rewarding place to work.





**CME ON WORLD MALARIA DAY
BY DR SYED IRFAN ALAM**



CME ON DISORDERS OF THYROID GLAND



**SESSION ON WORLD HYPERTENSION DAY
BY CARDIOLOGY H.O.D**



SESSION ON DIABETES AND RAMADAN



CME ON HYPOKALEMIA BY DR NIMRA IMTIAZ



**BLUE CODE CME INTERACTIVE SESSION BY
DR ATTA UR REHMAN**



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