

DIABETES AND WELL-BEING



A STEP TOWARDS A HEALTHIER PAKISTAN

Diabetes is a chronic condition where the body either doesn't produce enough insulin or can't effectively use the insulin it makes.

EDITORIAL BOARD

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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Letter To The Editor

Being provided the honor to contribute to the newsletter of Patel Hospital is really something remarkable, I am really delighted to be provided this opportunity. Reading and writing is something I consider really sacred, the first word of the first message from the Almighty was "iqraa", that means "Read".

Internal Audit is a function that evokes mixed emotions/responses from people, because of two reasons, first due to improper application of Internal auditing by the internal auditors, second due to misinformation/lack of knowledge of the scope of internal audit of recipient department.

Internal audit has been defined as "an independent, objective assurance and consulting activity designed to add value and improve an organization's operations. It helps an organization accomplish its objectives by bringing a systematic, disciplined approach to evaluate and improve the effectiveness of risk management, control, and governance processes". So, the internal audit is not police, it is not an investigation unit, it is not a pack of wolves, or vampires on prowl, it is a function that tries to add value and improve an organization's operations. Simple, isn't it? And for such addition of value, we need the willing cooperation and coordination of other departments who we believe are as willing and also striving hard to add value in the pursuit of excellence of Patel Hospital.

You all are encouraged to consult Internal Audit any time regarding any issue that relate to us, be it preparation of a policy, procedure or acquaintance about some payment. This newsletter is a great source of information for the readers to know regarding what is happening at Patel Hospital, healthcare challenges, new issues, about diseases, achievement and events, CSR activities, trainings held etc. In simple words, the newsletter keeps you updated about Patel hospital and Health care issues.

Thanks to all the editorial team for this initiative and compiling such a beautiful periodical, time and again.

Best Regards;

Abdul Wasey Khan
HOD Internal Audit

UNDERSTANDING DIABETES: A GROWING HEALTH CONCERN

DIABETES:

Diabetes is a chronic condition where the body either doesn't produce enough insulin or can't effectively use the insulin it makes. This leads to elevated blood sugar levels that can cause serious long-term health problems, including damage to the kidneys, eyes, and nerves. Understanding how diabetes affects the body is critical to managing and preventing complications.

GLOBAL BURDEN:

In 2021, the International Diabetes Federation (IDF) ranked Pakistan third globally for adults (20-79 years) with diabetes, totaling 33 million, after China and India. Pakistan also led with the highest diabetes prevalence rate (30.8%) and the highest proportion of diabetes-related deaths under 60 (35.5%).

TYPES:

There are three main types of diabetes:

Type 1 Diabetes: An autoimmune condition where the body attacks insulin-producing cells in the pancreas, leading to little or no insulin production. It typically develops in childhood or early adulthood.

Type 2 Diabetes: The most common form, where the body doesn't use insulin properly. Over time, the pancreas can't make enough insulin to maintain normal blood sugar levels. It is often preventable through lifestyle changes like diet and exercise.

Gestational Diabetes: Occurs during pregnancy and typically resolves after childbirth, though women who have had gestational diabetes are at higher risk for developing Type 2 diabetes later in life.

IMPACT:

Diabetes leads to severe health complications, including most cases of kidney failure, lower-limb amputations, and adult blindness, while also greatly increasing the risk of heart disease and stroke. These life-altering complications come with significant economic burdens due to high treatment costs and loss of productivity, highlighting the critical need for prevention and early detection to safeguard both health and economic stability.

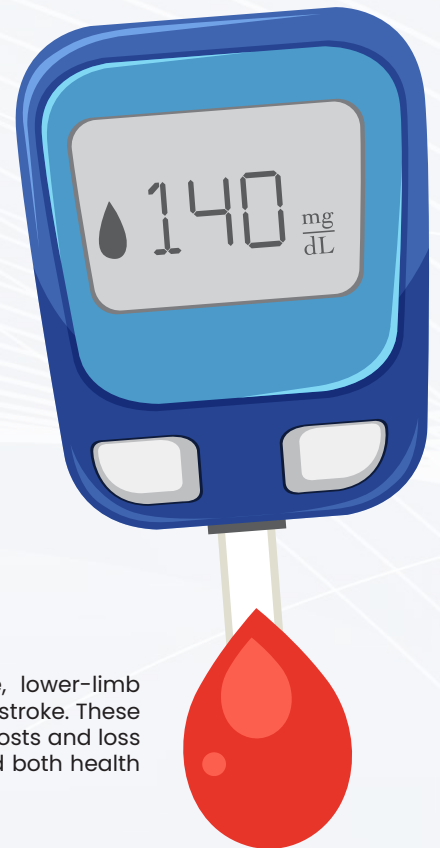
MANAGEMENT AND TREATMENT:

•**Screening:** Regular blood tests (HbA1c, fasting blood sugar, oral glucose test) detect diabetes early. People with family history, obesity, or inactive lifestyle should be screened regularly. Early detection can prevent complications like heart disease and nerve damage.

•**Treatment:** Oral diabetes medications (taken by mouth) help manage blood sugar levels in people who have diabetes but still produce some insulin. People with Type 1 diabetes need to inject synthetic insulin to live and manage diabetes. Some people with Type 2 diabetes also require insulin.

•**Healthy Lifestyle:** Eating a balanced diet and focus on whole grains, vegetables, lean proteins, and healthy fats. Minimize processed foods and sugary drinks. Exercise regularly at least 150 minutes of moderate activity per week to help manage blood sugar levels. Manage Weight loss of around 5-10% of body weight can significantly lower Type 2 diabetes risk.

While Type 1 diabetes can't be prevented, these steps are essential for managing it effectively.



INSIGHT REPORT

GLOBAL DIABETES INSIGHTS: ADDRESSING A GROWING EPIDEMIC

• THE RISING GLOBAL BURDEN OF DIABETES:

Diabetes has emerged as a major public health challenge, with an estimated 422 million adults affected worldwide in 2014, up from 108 million in 1980. The global prevalence has almost doubled, from 4.7% to 8.5% in the adult population, largely due to rising risk factors like obesity and physical inactivity.

• IMPACT ON HEALTH AND MORTALITY:

Diabetes caused 1.5 million deaths in 2012, with an additional 2.2 million deaths attributed to high blood glucose, which increases the risk of cardiovascular diseases. Alarming, 43% of these deaths occurred before the age of 70, with a higher percentage in low- and middle-income countries.

• COMPLICATIONS OF DIABETES:

Untreated diabetes leads to severe complications, including heart attacks, strokes, kidney failure, vision loss, nerve damage, and leg amputations. In pregnancy, poorly managed diabetes poses significant risks for both the mother and fetus.

• ECONOMIC IMPACT OF DIABETES:

Diabetes and its complications result in significant economic losses, both for individuals and national economies. Costs stem from direct medical expenses, such as hospital care, and lost productivity due to disability or early death. The rising use of costly insulin analogues further exacerbates financial pressures.

• EFFECTIVE MANAGEMENT OF DIABETES:

Early diagnosis and access to basic diagnostic tools are crucial for effective diabetes management. Cost-effective interventions like blood glucose control, regular screenings, and proper medication can significantly improve outcomes, reducing the risk of complications.

• CHALLENGES IN LOW-INCOME COUNTRIES:

Access to essential diabetes care is limited in low-income countries, where basic diagnostic and treatment technologies are often unavailable in primary healthcare settings. A lack of affordable insulin and medications further compounds the issue, leading to preventable complications and premature deaths.

• GLOBAL RECOMMENDATIONS FOR ACTION:

WHO emphasizes the importance of national strategies to prevent and control diabetes, including high-level political commitment, resource allocation, and the development of cost-effective national policies. Key recommendations include prioritizing obesity prevention, improving healthcare infrastructure, and ensuring equitable access to essential diabetes medications and technologies.

• A CALL FOR MULTISECTORAL COLLABORATION:

Addressing the diabetes epidemic requires a coordinated approach involving governments, healthcare providers, individuals, civil society, and industry stakeholders. Through collaborative efforts, the global rise in diabetes can be halted, improving the lives of those affected.

This insight report highlights the urgent need for global action to manage and prevent diabetes, as outlined in the **WHO's Global Action Plan on Noncommunicable Diseases**.

ACHIEVEMENTS & EVENTS

10th INTERNATIONAL AWARD ON ENVIRONMENT, HEALTH, AND SAFETY

Amidst over two decades of compassionate service, Patel Hospital proudly celebrates victory at the 10th International Award on Environmental Health & Safety 2024. Recognized for excellence in "Health & Safety Risk Assessment and Control," this prestigious accolade highlights our unwavering commitment to safeguarding the well-being of our patients, staff, and the broader community.



BREAST CANCER AWARENESS SESSIONS

"No One Should Face Breast Cancer Alone" was the empowering theme for this year's Breast Cancer Awareness Month, celebrated enthusiastically. Patel Hospital hosted awareness sessions at 13 esteemed corporate organizations, schools, and colleges, focusing on young girls and adults. In line with our commitment to serving humanity, this CSR initiative raised awareness and extended support to those affected by breast cancer, reflecting Patel Hospital's dedication to societal well-being. Attendees gained valuable knowledge, furthering our mission of care and compassion.



CME & WALK ON WORLD HEART DAY

Patel Hospital marked World Heart Day with a CME session on Awareness of Cardiovascular Diseases and a Heart Health Awareness Walk Led by our cardiology team, the event highlighted heart disease prevention and the importance of cardiovascular health. Students from KUPScC participated enthusiastically, supporting our mission to promote a healthier future for all.



CORPORATE AWARENESS SESSION

Patel Hospital organized a "Breast Cancer Awareness Session" at PTCL to commemorate Breast Cancer Awareness Month. This event was dedicated to embracing the power of pink, symbolizing hope, courage, and unity. Attendees had the opportunity to gain valuable knowledge about breast cancer, covering everything from prevention to early detection.



CSR UPDATES

FREE BREAST CANCER AWARENESS CAMP:

Patel Hospital organized a **Free Breast Cancer Awareness Camp** where attendees received breast health advice from our qualified doctors. The camp aimed to raise awareness of preventative measures and improve understanding of breast health.



FREE HEART DISEASES MEDICAL CAMP:

On World Heart Day, Patel Hospital successfully organized **Free Heart Diseases camp** offering comprehensive heart screenings, expert consultations, and valuable guidance on maintaining a healthy lifestyle. The camp received an overwhelming response, with our cardiologists delivering tailored care and specialist advice for heart health management.



FREE PHYSIOTHERAPY MEDICAL CAMP:

We organized a **Free Physiotherapy Medical Camp** aimed to improve mobility and relieving pain for individuals of all ages. Expert physiotherapists provided free assessments, and personalized therapy plans for patients with joint pain, muscle stiffness, and mobility challenges. Free Camp received an incredible response from participants.



FREE DERMATOLOGY CAMP:

Patel Hospital successfully organized a **Free Dermatology Camp** addressing many skin concerns, including acne, eczema, aging signs, and more. Under the expert care of our experienced dermatologists, participants of all ages received tailored consultations and specialized treatment plans.



FREE ORTHOPEDIC CAMP:

We organized a **Free Orthopedic Camp** at Patel Hospital, providing expert consultations and key tests, including Bone Mineral Density and lab assessments, for joint pain, fractures, and more. The camp catered to all age groups and saw an incredible turnout.



HR CORNER

Employee Engagement Employee of the Quarter Program

As part of our Employee Engagement initiatives, we launched the Employee of the Quarter program to recognize outstanding contributions. Honorees receive certificates and monetary rewards, fostering a culture of appreciation and motivation. This initiative reflects our commitment to making PH the Best Place to Work.





CME on Approach to a Child with Various Types of Shock and its Management by **Prof. Dr. Zafar Mehdi**



Medical Education on Ilizarov Science Myth or Magic by **Dr. Mehroz Zamir**



Session on Acute Kidney Injury in Pregnancy by **Dr. Zubia Afzal**



CME on Early Detection of Hearing Loss by **Dr. Talha Ahmed Qureshi**



CME On Rabies Vaccine by **Mr. Ahad**



Session on Asthma Whats New in 2024 By **Dr. Zeeshan Waheed**



Medical Education on Sepsis by **Dr. Atta ur Rehman**



CME on Screening of Cancers in General and High Risk Population By **Dr. Mehwish Roshan Sheikh**



PATEL HOSPITAL
A Project of Patel Foundation

25 Years of
SERVING HUMANITY

**25 Years of Empowering
Health & Humanity**



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