



ONE FIGHT, ONE AIM, MANY STORIES FOR A CANCER-FREE PAKISTAN!

The third most common and second leading cause of cancer-related deaths worldwide, colorectal cancer (CRC) is one of the major health crises.

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.

Muhammad Abuzar (Graphic Designer-Communication & RD)

Musaddig Islam (Registered Nurse-Emergency Nursing)

Ashique Ali (Paeds Technician-Nursing)

Muhammad Juman Jatoi (Sr. Technician-Eye Department)

Hussain Bakhsh (Registered Nurse Emergency-Nursing)

Hamza Hassan (OT Technician-Burns Unit)

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Sheikh Huzaifa Assistant (OT Technician-Operation Theatre)

Hassan Askari (Pharmacy Assistant-OPD Pharmacy)

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Muhammad Owais (Dialysis Technician-Dialysis)

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Syed Zaviyar Ali (Fund Raising & RD Executive-CRD)

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Nasiruddin (PG Trainee FCPS I-General Surgery)

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Salman Rashid (PG Trainee MCPS I-Anaesthesia)

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Azhar uddin (PG Trainee FCPS I-General Surgery)

Fatima Zainab (Assistant Manager-Quality Management)

Hamna Khan (Pharmacist-Pharmacy)

Muhammad Hammad Raza (OT Technician-Operation Theatre)

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Asad Mehmood (Audit Officer-Internal Audit)

Adeel Ahmed (Admission Officer-Maintenance)

Mahnoor Muzaffar (Pharmacist-Pharmacy)

Mirza Ammad Sultan (Deputy Manager Maintenance-Maintenance)

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Falak Naz (Fund Raising Executive-CRD)

Ahmar Iqbal (Manager-Finance)

Ridha Maria (Nursing Instructor PIN & AHS)

EDITORIAL BOARD

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M. Farhan Asadi Director, CRD Department

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CREATIVE TEAM

Hadiqa Ansari Assistant Manager Marketing

Muhammad Abuzar Graphic Designer

Muhammad Umer Graphic Designer

Letter To The Editor

In healthcare, quality is of utmost importance. Patients place their trust in hospitals to deliver the highest standard of care, and any shortcomings in quality can lead to serious consequences. This underscores the critical role of a dedicated quality department in ensuring the success and reputation of a hospital. But what exactly does a quality department entail, and why is it so essential?

I would like to express my sincere appreciation for the opportunity to address the readers through this newsletter. It is an honour to shed light on the pivotal role our department plays in maintaining and enhancing the standards of care and patient safety at Patel Hospital.

The Quality Management Department ensures the highest service standards at the hospital through key functions: addressing patient complaints through Patient Feedback Management, managing incident reporting and investigations through Risk Management, conducting audits for compliance with ISO 9001:2015 and SHCC standards, monitoring KPIs for hospital performance, and providing ongoing training to staff to enhance their skills and knowledge.

Thanks to the efforts of our dedicated team and the unwavering support of the hospital's top management, including the esteemed trustees, Patel Hospital has successfully achieved ISO 9001:2015 certification and SHCC licensing, a testament to our commitment to excellence.

The core mission of the Quality Management Department is to collaborate closely with all hospital departments for continual quality improvement. We aim to enhance patient satisfaction and eliminate harm to both patients and employees. Importantly, our department is not only focused on patient safety but also prioritizes the safety, rights, and well-being of our employees.

As we move forward, it is essential for all of us to work together, striving to make Patel Hospital a trusted healthcare facility where patients and their families feel safe and confident in receiving quality care, while our staff become proud ambassadors of the hospital's values.

Sincerely, Amtul Hai Noor Rajauri HOD-Quality Management

COVER STORY



Colorectal Cancer:

A Growing Threat to Younger Population

The third most common and second leading cause of cancer-related deaths worldwide, colorectal cancer (CRC) is one of the major health crises. According to recent WHO statistics, its incidence is expected to rise exponentially—an alarming trend that demands a strategic response. Even more concerning is the shifting age distribution in Pakistan—once considered a disease of the elderly, colorectal cancer is now increasingly affecting younger individuals.

In developed nations, the rising incidence in younger individuals is often linked to improved screening programs, enabling early detection. In contrast, in our region, where screening programs are virtually nonexistent, younger patients are often diagnosed at an advanced stage—worsening the crisis. At this late stage, treatment options are limited, and outcomes remain poor. The burden of colorectal cancer can be significantly reduced through effective prevention strategies, early detection via screening, and increased public awareness to encourage timely medical attention.

Healthy life choices decrease the CRC

Several modifiable risk factors contribute to the development of CRC. Dietary habits play a significant role, with high consumption of processed meats and low intake of fruits and vegetables increasing the risk. Over the past few decades, a noticeable shift toward fast food consumption among the younger population may be driving this surge in cases. Additionally, a sedentary lifestyle, obesity, smoking, and excessive alcohol consumption further exacerbate the risk—making prevention through lifestyle modifications a crucial strategy.

Know your symptoms early

One of the earliest warning signs is rectal bleeding, often followed by persistent changes in bowel habits, stool caliber narrowing, abdominal pain, bloating, the sensation of incomplete bowel emptying, and unexplained weight loss. Misattribution of rectal bleeding to benign conditions like hemorrhoids often neglects this important symptom.

Unfortunately, many individuals ignore these symptoms due to social, financial, and cultural barriers, delaying medical attention. Instead, some turn to suboptimal treatments such as herbal remedies, homeopathy, or unqualified practitioners, allowing the disease to progress unchecked and significantly reducing the chances of early detection.

Individuals with a first-degree relative or multiple second-degree relatives diagnosed with colorectal cancer (CRC) are at significantly higher risk due to hereditary factors. For these high-risk individuals, early consultation with a physician is crucial—even in the absence of symptoms.

Public awareness

Raising public awareness is key to combating the rising incidence. Open discussions about symptoms can help reduce stigma and encourage early medical intervention. Community education programs must highlight risk factors, warning signs, and the importance of timely screening.

Management by a Multidisciplinary Team

Colorectal cancer demands a multimodal treatment approach. An optimal plan must be tailored to each patient, considering both disease-specific and individual factors. Effective management relies on a multidisciplinary team, where medical, radiation, and surgical oncologists collaborate to ensure that every treatment decision is carefully evaluated and unanimously agreed upon. For the best outcomes, patients should seek care at centers with a dedicated cancer team or specialists working in close collaboration.

INSIGHT REPORT



Medical Oncology:

Medical oncology is a specialized field of medicine dedicated to the diagnosis, treatment, and management and prevention of cancer. Medical oncologists play a crucial role in multidisciplinary cancer care, working alongside surgical oncologists, radiation oncologists, pathologists, radiologists, and other healthcare professionals to provide comprehensive treatment plans.

Role of a Medical Oncologist: A medical oncologist is responsible for:

Diagnosing Cancer: Evaluating symptoms, conducting diagnostic tests (biopsies, imaging, and blood tests), and staging the cancer.

Treatment Planning: Designing personalized treatment regimens based on cancer type, stage, and patient health.

Systemic Therapies: Administering treatments such as:

- Chemotherapy: The use of cytotoxic drugs to destroy cancer cells.
- •Immunotherapy: Boosting the body's immune system to fight cancer.
- Targeted Therapy: Using drugs to target specific cancer cell mechanisms.
- Hormone Therapy: Managing hormone-dependent cancers like breast and prostate cancer.
- Palliative Care: Managing symptoms and improving the quality of life for patients with advanced cancer.
- •Ethical Questions: surrounding cancer care.
- •Screening efforts: of populations, or of the relatives of patients (in types of cancer that are thought to have a hereditary basis, such as breast cancer)
- •Follow-Up and Survivorship Care: Monitoring patients' post-treatment to detect recurrences and address long-term side effects.

Advancements in Medical Oncology: Medical oncology has witnessed significant advancements, including:

- Personalized Medicine: Tailoring treatments based on genetic profiling and biomarkers.
- Precision Oncology: Using advanced molecular diagnostics to identify targeted therapies.
- Minimally Toxic Therapies: Development of drugs with fewer side effects.
- •Integration of Artificial Intelligence: All in oncology is enhancing early detection, treatment optimization, and predictive analytics.

Challenges in Medical Oncology:

Despite advancements, medical oncology faces several challenges:

- •**Drug Resistance:** Some cancers develop resistance to treatments, necessitating new strategies.
- •Access to Care: High costs of treatment and disparities in healthcare access remain critical concerns.
- Psychosocial Impact: Managing the emotional and mental well-being of cancer patients is essential for holistic care.

Conclusion:

Medical oncology is a rapidly evolving discipline that continues to transform cancer care through innovative treatments and research. With ongoing advancements in precision medicine and targeted therapies, the future of oncology promises improved outcomes, enhanced patient experiences, and more effective cancer management strategies.

ACHIEVEMENTS & EVENTS



CANCER AWARENESS SESSION AND WALK:

Patel Hospital organized a "Cancer Awareness Session and Walk" to commemorate "World Cancer Day". The session was informative, with students from renowned universities participating. The walk's purpose was to "Take Steps Toward a Cancer-Free Future" and to support those battling cancer.



14TH ANNUAL CORPORATE SOCIAL RESPONSIBILITY AWARD:

Patel Hospital is honored to receive the 14th Annual Corporate Social Responsibility Award for Fundraising Philanthropic Initiative. This recognition reflects our commitment to impactful community service, sustainability, and philanthropy. With our dedicated team and the support of our donors and partners, we will continue to expand our CSR efforts and serve humanity with greater purpose.



MOU WITH BAQAI COLLEGE OF NURSING (MEDICAL UNIVERSITY):

Patel Hospital's Nursing Education Services (NES) Department has signed an MoU with Baqai College of Nursing to collaborate in nursing education and training. This partnership will help students gain better learning opportunities and practical experience in healthcare.



LONG SERVICE AWARD

In celebration of its 25-year journey, Patel Hospital organized the Long Service Award to honor the dedicated employees and consultants who played a vital role in its growth and prosperity, becoming an integral part of its mission to serve humanity. The event was a remarkable success, graced by the respected Chairman, Honorable Trustees, Senior Consultants and Patel Hospital Management, whose presence made the occasion even more special.



CSR UPDATES



FREE DIABETES MEDICAL CAMP:

We organized a "Free Diabetes Medical Camp" to provide essential guidance and insights for effective diabetes management. The camp received an overwhelming response and was conducted under the supervision of an expert endocrinologist.



FREE E.N.T. MEDICAL CAMP:

Patel Hospital organized a "Free E.N.T. Medical Camp" this winter to raise awareness about seasonal concerns like flu, fever, and other winter-related illnesses. Our expert healthcare team provided consultations, addressing the needs of patients, especially those vulnerable to seasonal changes. The camp received an overwhelming response from participants as well.



FREE DENTAL MEDICAL CAMP:

We organized a "Free Dental Medical Camp" to promote oral health and provide essential dental care to the community. Our expert team ensured quality services for all attendees, from consultations to checkups. Together, we aim to create healthier smiles and improve lives.



HR CORNER

BUILDING BONDS THROUGH THE PATEL PREMIER LEAGUE

Under the umbrella of employee engagement, the Patel Premier League Cricket Tournament served as a dynamic team-building activity, strengthening workplace connections. The tournament fostered collaboration, sportsmanship, and unity by bringing together employees from various departments. From competitive matches to the showdown, it encouraged companionship and mutual respect, breaking down silos and enhancing teamwork. Initiatives like these reflect Patel Hospital's commitment to a cohesive and motivated workplace, where every individual feels valued and inspired to contribute their best.



KALEIDOSCOPE



An Approach to a Critically ill Patient by **Dr. Atta Ur Rehman**(Consultant General Physician)



An Overview on Laprosy Presented by

Dr. Mutaher Zia
(Laprologist, MALC)



HIV Management & Prevention by

Dr. Beena Rani
(Infectious Disease Specialist)



Meet And Greet by

Dr. Mazhar Nizam

(Medical Director-Patel Hospital)



Diabetes, Ramadan Kareem, and CGM Interpretation Session by



Wrap Up CME 2024 by

Dr. Hamza Alam
(Consultant Rheumatology)

Dr. Faisal Ozair (Consultant Endocrinology)



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