

Patel Insight

A Newsletter of Patel Hospital

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**14
NOV**

World
Diabetes
Day

DO YOU KNOW ?

About 422 million people worldwide have diabetes, the majority living in low-and middle-income countries, and 1.6 million deaths are directly attributed to diabetes each year.

**Let's
Beat
Diabetes**

Letter to the Editor

Dear Editors,

I am writing to express my views to the editor of Patel Insight for their tremendous effort in making PATEL INSIGHT successful by sharing knowledgeable articles related to healthcare sector. As I have been following Patel Insight since I joined this organization and I found their articles very informative.

Your last published article helped me a lot to prevent myself and people around from coronavirus spread as it carried detail description of Coronavirus spread, precautions and treatments.

Today the technology has grown so much to facilitate human health by providing latest biomedical technologies to diagnose and cure diseases and Biomedical Engineering is emerging as a well-established discipline spanning across engineering and medical sciences. Being the head of Biomedical Department I would suggest you to add an article related to recent developed technologies that are being used at Patel Hospital.

At last, I thank the team of Patel Insight who are working dedicatedly to spread awareness about latest technologically advanced medical services provided by Patel Hospital to serve humanity.

Regards,

Iqbal Ata

(Sr. Manager Biomedical)

WELCOME ABOARD

Around 103 new members have been added to the Patel Hospital's family in the last 3 months. PG Residents trainees, Nurses, Technicians & some Administrative Personnel have joined us.

- Muhammad Usman Malik - Manager Operation - Administration
- Fahad Ahmed - Manager - Internal Audit
- Abdul Fatah - Manager Nursing - Nursing
- Hadiqa - Assistant Manager - Operation Theatre
- Qazi Zuhair - Assistant Manager - Purchase
- Kamil Ziad - Registrar - Emergency
- Syed Danish Hassan - Registrar - Emergency
- Anwaar Rasul Jan - Registrar - Emergency
- Darakshan Amber - Registrar Staff Clinic - Medicine
- Arooj Saleem - Sr. RMO - Obs & Gynae
- Muhammad Talal Rashid - Sr. RMO - Eye Unit
- Muhammad Osama Sheikh - RMO - Paeds
- Maheen Shahid - RMO - Emergency
- Rameez Mumtaz - RMO - ICU
- Ruba Mehfooz - RMO - ICU
- Hassan Abdullah - RMO - ICU
- Umair Mujtaba Khan - Officer - Human Resource
- Hala Zaki - Officer - Human Resource
- Hafiz Fazeel Ahmed Khan - Officer - Central Store
- Arifa Badar - Research Officer - Seminar
- Hafiz Bilal Saif - Supervisor Molecular & Biosafety Officer - Laboratory

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DIABETES MELLITUS

Diabetes Mellitus is characterized by increased blood sugar levels and disorders in metabolism due to either insulin deficiency or insulin resistance. If the body produces no or very little amounts of insulin, a diabetic patient needs insulin replacement.

Diabetes is one of the fastest growing health challenges of the 21st century with number of cases having tripled in the last 20 years. Pakistan ranks 4th in the world with an estimated prevalence of 19.4 million according to data published in 2019.

Diabetes is a chronic condition, it can lead to serious complications such as blindness, kidney failure, heart attacks, stroke or serious foot infections. Further, the complexity of diabetes and related complications need regular advanced medical care beyond just control of sugar values. Prevention is thus most necessary and much better than cure.

70% of patients classified as prediabetic will progress to full-blown diabetes mellitus. Active intervention is required at this stage of "Prediabetes" (HbA1c between 5.7% to 6.4%).

Progression to type 2 diabetes from a prediabetic stage can be prevented with interventions such as weight reduction, healthy eating and regular physical activity with or without the use of certain diabetes medications.

Diabetes education combined with regular home monitoring and medical follow up can improve the lives and health of people with diabetes.

Patients on multiple insulin injections should monitor their glucose levels several times a day or when they are suspecting low glucose levels or after correction of low glucose levels. Self-monitoring can help to guide treatment.

For patients with type 1 diabetes, insulin is the mainstay of therapy with different options (multiple daily injections or continuous subcutaneous insulin infusion). Patients with type 1 diabetes are encouraged to be trained to count carbohydrates in their meals and adjust insulin accordingly. Carbohydrate counting charts of Pakistani meals should be provided to patients on insulin, especially type 1 diabetic.

For patients with T2DM, metformin is the preferred initial treatment of choice. Other tablets for blood sugar control are available and insulin therapy can be considered earlier even in type 2 diabetic patient to protect insulin-producing beta cells or to halt complications.

Tablets of sodium glucose transporter 2 inhibitors (SGLT2i) or injections of glucagon like peptide 1 receptor agonists (GLP-1 agents) can help in weight loss and in preventing kidney and heart complications.

A patient centred approach should be used and their preferences should be considered when designing a treatment plan.

Main things to remember are:

- Type 2 diabetes can sometimes be reversed with weight loss and exercise.
- Checking blood sugar levels at home (either before meals or 2 hours after meals). This helps the doctor to treat the patient accordingly.
- Regular follow up and screening for complications saves lives and money.

Life is not over because you have diabetes. Make the most what you have, be grateful

- Dale Evans -

- Every diabetic should try to learn about influence of various foods and exercise to help maintain excellent health while keeping down medicine doses and sugar levels.



NUTRITION COVID-19 QUICK TIPS

During Covid-19 infection our body needs more energy and fluids, therefore we should eat more nutritious food than usual.

Those who're recovering from Covid-19 need more building blocks (like proteins) as it helps to repair our body tissues during recovery phase. We need more vitamins and minerals needed to continue these processes. In Covid-19 the body is coping up with stress and infection and we need energy dense food to protect muscle loss.



FOOD IS MEDICINE
WHEN YOU ARE ILL

The tips given in this article helps to facilitate us and build up our immunity.

1. Choose from high calorie and high protein diet. Add at least 4 to 5 servings from these foods daily which are good sources of proteins, like meat/chicken/fish, egg, cheese, milk, beans and lentils (daal).
2. Try eating 6 times a day, every 2-3 hours, even if you are not hungry.
3. Add at least 3 to 4 servings of milk, yougurt in the diet will boost our immunity.
4. Add at least 5 portions of vegetable and fruits in a day. The diabetic patient should take only 2 servings of fruits.
5. Drinking protein shakes and fresh juices in between meals will save you from post Covid-19 weakness. If diabetic then avoid taking juices.
6. Drink good amount of fluids daily and take soft foods which are easy to digest.
7. If the change in taste and smell occurs, then take sharp /spicy tasted foods, try to add salt or pepper which will add more taste in meal. For a dry mouth sucking of ice lollies or hard candy will improve the taste.
8. Eating a handful of Nuts (almonds, peanuts, walnuts etc) daily which is a good source of zinc and magnesium. It will help in building up the immunity.
9. If the appetite is low then try taking nutritional supplements between meals which increases your nutritional intake.
10. Eat small amounts frequently.

D.O.S.T.I. AGAINST OBESITY

45 years old **Mr. Akhtar Hussain** was suffering from severe pneumonia and multi-organ failure in March 2019. He ended up being on mechanical ventilator through a tracheostomy tube passing through his neck. After untiring efforts of ICU and medicine team, he recovered. But the root cause of this grave event in his life was still lurking i.e. morbid obesity.

His life was miserable with a weight of 165 Kgs. He was unable to walk more than few steps, suffered shortness of breath and could not sleep well due to obstructive sleep apnea. This dreadful event was a major wake-up call for Mr. Akhtar and his family, after which they became determined over fighting his obesity. Though his weight reduced to 135 kgs over two months due to critical illness and lifestyle change, it became essential to reduce it further to an ideal body weight of 65kg and sustain it lifelong. In order to achieve that, D.O.S.T.I. (Diabetes & Obesity Surgical Treatment Initiative) team decided on a surgical intervention on him.

In May 2019, we performed laparoscopic sleeve Gastrectomy on him, through which his stomach was trimmed down equivalent to the size of a large banana. His smooth recovery was attributed to the hard work of surgery, ICU, medicine, anesthesia, nursing and nutrition departments and, of course, the will power of the patient and his family.

Today, with his current weight of 95kgs, Mr. Akhtar has a new appreciation for life. He effortlessly performs his daily life chores, manages his business well, walks regularly and drives long routes without any fatigue.

In this story, the circumstances were shifted by D.O.S.T.I., a project consisting of multidisciplinary team of several departments, dedicated to alleviating obesity in the society. They offer awareness to public by free campaigns, low cost one window consultations to avoid hassle and a quality surgical management at a very affordable cost.

Dr. Ghulam Murtaza,
Consultant General & Weight Loss Surgery,
Founder D.O.S.T.I. Project

Pre-illness



Post operation



LADIESFUND WOMEN OF THE YEAR AWARD

Dr. Sara Ahmed is an Infectious Diseases Consultant at Patel Hospital and she also supervises infection control practices.

Dr. Sara Ahmed has been awarded the 2020 **LADIESFUND WOMEN OF THE YEAR AWARD** for she has been a tireless fighter, in the face of many difficulties against COVID-19. Her untiring efforts not only in leading the treatment but also for awareness of infection control practices at a time when so little was known about it was one reason the hospital was able to manage COVID patients. She continues to work tirelessly, uncomplainingly even in conditions of resistance, ignorance, fear and limitations, constantly risking her life. She has excelled and shown the way! We express our gratitude for her service to Pakistan as a frontline worker during this pandemic. Congratulations!

Dr. Sara Ahmed



BREAST CANCER

AWARENESS MONTH OCTOBER

October is acknowledged as a month of breast cancer awareness all over the world. As is well known, breast cancer remains the commonest cancer in women, and is increasing in incidence year after year.

Pakistan has taken full part in raising awareness of breast cancer in the country. We at Patel have played our part in this important activity. We created awareness with posters, flyers, standees, social media video messaging and camps.

We conducted free clinics daily for two weeks and reduced the charges of investigations by 20%, including ultrasounds and mammograms.

A large number of women visited the Breast Clinic. The clinic was supervised by a Breast Surgeon. We saw patients who had been previously diagnosed, who were appearing for the first time with breast problems, and many who had no problems but wanted to be educated about the disease. Some had history of breast cancer in the family, and needed counselling.

Overall, we feel we had good success in our effort to raise Breast Cancer Awareness.

« **EARLY DETECTION SAVES LIVES** »

01.

World Polio Day 2020- Polio Epidemiology and Impact of COVID 19 on Vaccination



02.

Workshop on Surgical Knot Tying Techniques



03.

Workshop on Tracheostomy



04.

Workshop on Baby Friendly Hos- pital Initiative (BFHI)





PATEL HOSPITAL

A Project of Patel Foundation



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Providing
COVID-19 PCR TESTING
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