

Patel Insight

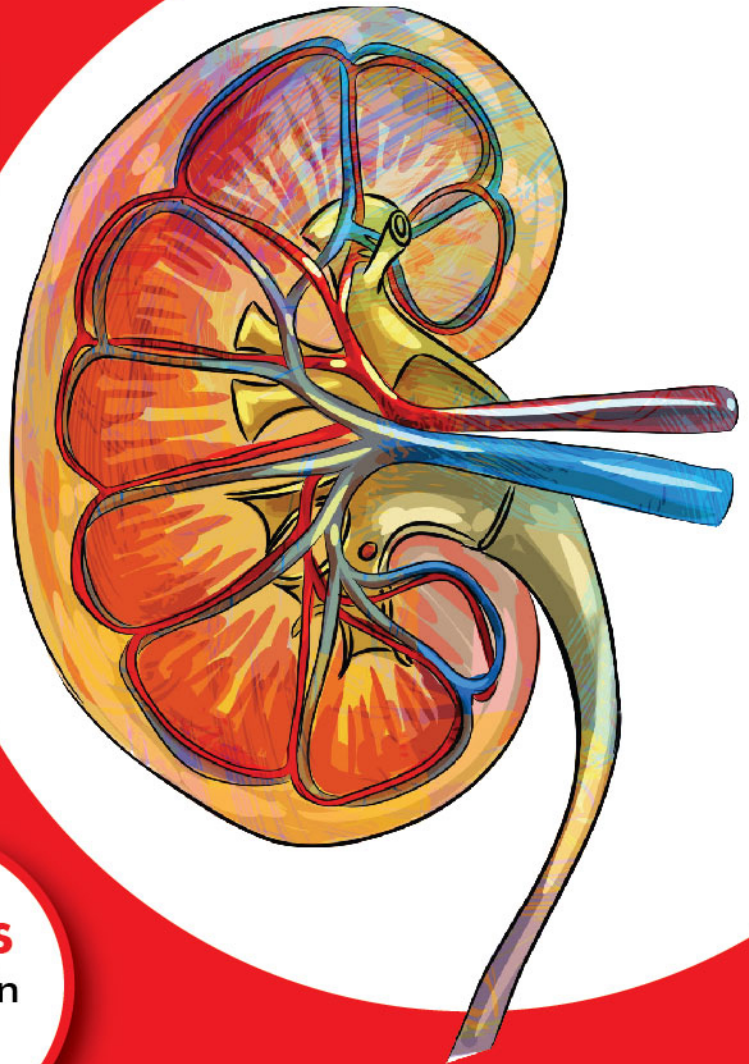
A Newsletter of Patel Hospital

Vol 7: Issue 1
Spring 2021

**11
MARCH**

World
Kidney
Day

Your
KIDNEY'S
Health is in
Your
hand!



DO YOU KNOW?

"Individuals with kidney disease who are able to obtain treatment early, experience a higher quality of life and are able to maintain their day-to-day activities, including keeping their jobs."



PATEL HOSPITAL
A Project of Patel Foundation

patel-hospital.org.pk

LETTER TO THE EDITOR

Dear Editors,

It gives me immense pleasure to write my thoughts for PATEL INSIGHT.

Patel Insight provides rich information about the different health days, CSR activities and different achievement awards. Patel Insight's article is commendable and helped a lot of people to get the knowledge of the diseases and how we should protect ourselves from diverse diseases. At Patel Hospital we have proper Patient Welfare program which is working to spread the smile to the deprived and the non-affording patients. I really appreciate the expansions made at the hospital and hope it will expand more in future.

I am whole heartedly working in Patel Hospital for the last twenty-one years (Alhamdulillah). This hospital started with the vision of the establishment of an institute of international repute in the field of healthcare provision, teaching, training, and research. Our hospital effectively and efficiently aligns people and technology, ably supported by best clinical practice, to facilitate superior patients experience and outcomes. Since the service in a hospital is mostly intangible and highly sensitive, therefore, to ensure smooth and effective operations, there is a need for combined efforts of clinical and Non-Clinical staff round the clock and with the blessing of Allah, it is working smoothly (Alhamdulillah).

Regards

Ahmed Khairul Basher Khan
(Head of Billing Department)

WELCOME ABOARD

Around 145 new members have been added to the Patel Hospital's Family in last 3 months.

Shah Masabat Saleem (HOD, Emergency)

Asma Naveed (Principal, PINAHS)

Erum (HOD, Nursing)

Sitwat Siddiqui (Junior Consultant, Dermatology)

Muhammad Malik (Asst. Manager, Communication & Product Development)

Ishtiaq Ahmed Khan (Assistant Manager, Purchase)

Uzair Ahmed (Assistant Manager, Purchase)

Sobia Irum (Sr. Registrar, Gynae & Obs)

Sadia (Senior Registrar, Gynae & Obs)

Ayesha Zia (Senior Registrar, Gastroenterology)

Syeda Zehra Haque (Registrar, Anaesthesia)

Quratulain (Registrar, Emergency)

CONGRATULATIONS ON PROMOTIONS

We would like to congratulate our following team member on their recognition and their best wishes for more success on their future.

Naveed Dawood (Assistant Manager, Internal Audit)

Dr. Kanwal (Senior Registrar, Paediatrics)

Dr. Nimra Imtiaz (Senior Registrar, ICU)

Arifa Shaikh (Officer, Internal Audit)

Muhammad Bilal (Secretary, Director Operations)

Muhammad Hanif (Lab Technician, Laboratory)

EDITORIAL BOARD

Dr. Ayesha Khalil
Consultant, Medicine

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Asst. Manager Communication
& Product Development

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Atiya Rahman
Marketing Support Executive

Furqan Aqil
Graphics Designer

Chronic Kidney Disease (CKD)

is characterized by gradual loss of kidney function; decreasing glomerular filtration rate and nitrogenous waste buildup in the body. Kidneys filter excess fluids, electrolytes and waste material from the human body through excretion by urine. Chronic kidney disease may easily progress to end stage renal disease if untreated, requiring renal replacement therapy. It is estimated that the annual incidence of new cases of end-stage renal disease (ESRD) is >100 per million population in Pakistan.

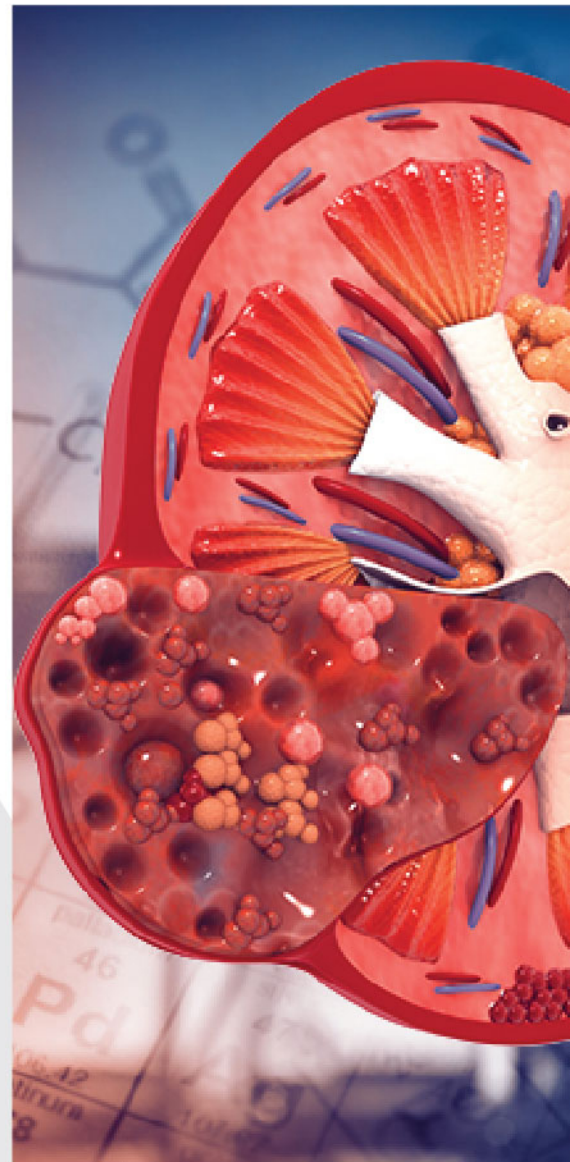
According to **The Nation**, Pakistan has been ranked the 8th largest country with high prevalence of kidney diseases causing 20 thousand deaths annually. Prevalence of chronic kidney disease has been found to be 29.9% in various studies all over the country.

Experts highlighted that the sharp increase in number of kidney diseases is alarming as an estimate of 850 million people are affected with kidney diseases worldwide resulting in 2.4 million deaths annually which is ranked as the sixth fastest growing cause of death worldwide.

Diabetes mellitus (DM), hypertension (HTN), obesity and cardiovascular disease have attributed to the rapid rise in the incidence of CKD in most parts of the world, especially in developing countries. Other causes include excessive use of pain killers, hakeemi medicines, congenital defects and older age. It is speculated that the prevalence of CKD will increase in future because of the increase in the burden of risk factors in this region. Chronic kidney disease can progress to end-stage kidney failure, which is fatal without artificial filtering (dialysis) or a kidney transplant.

Early stages of chronic kidney disease don't manifest any specific signs and symptoms until it reaches terminal stage. The main symptoms of kidney diseases include swollen face and feet, tiredness, lack of appetite, lack of concentration, blood in urine, frothy urine, vomiting and difficulty in breathing. Chronic kidney disease poses major issues due to cost of renal replacement therapy and morbidity and mortality associated with it. The risk of cardiovascular disease is also increased by presence of chronic kidney disease.

Early detection and patient awareness regarding chronic kidney disease should be the goal of treatment as physicians.



For prevention of kidney diseases, it is advised to have low intake of salt, adequate water intake, exercise, no alcohol and tobacco use, controlling sugar levels for diabetic patients, controlling high blood pressure in hypertensive patients and compliance with medications as directed by the physician.

MAIN THINGS TO REMEMBER ARE:

- Regular monitoring of serum urea, creatinine and electrolytes.
- Low protein and salt diet.
- Maintaining blood sugar levels and blood pressure.

Written by: Dr. Mehdi (Consultant Nephrology)

Colorectal Cancer (CRC) is the 3rd leading cancer and the second leading cause of cancer-related deaths in developed countries. Prognosis of colorectal cancer depends on early detection and screening is the corner stone for early detection and reduction of CRC related mortality. Lack of knowledge regarding the symptoms related to cancer is main obstacle in screening programs and attribute to delayed presentation even in urban areas.

Colon Cancer

THE TOP 4 RISKS FOR COLON CANCER

1. Simply getting older

The biggest risk for colon cancer is something you can't help: your age. Most cases happen after 50.

2. Having a family history

If a first-degree relative—that means your mom, dad, or sibling—had colon cancer, then your risk doubles.

3. Having IBD

Inflammatory bowel diseases (IBD) like Crohn's or ulcerative colitis can cause damage that ups your risk.

4. Certain genetic disorders

Some inherited conditions, such as Lynch syndrome, can greatly increase the odds, though they account for fewer than 5% of cases.

COMMON COLON CANCER TREATMENTS



POLYP REMOVAL

In some cases, you can be treated before you even know you have cancer, like when a cancerous polyp is removed during a colonoscopy.



CHEMOTHERAPY

Sometimes you'll follow colon surgery with chemo, and sometimes you'll actually get it before the procedure to help shrink a tumor before removal.



SURGERY

When the tumors are more advanced, it may be necessary to remove part or all of the colon to help get you cancer-free. Your doctors will help you decide.



METASTASIS MEASURES

In the case when your cancer has spread to other parts of the body, you'll likely need other treatments too, including additional surgeries, radiation, ablation, and/or more.

LABORATORY

Patel Hospital has established their state-of-the-art Laboratory collection point closer to the main Hospital's entrance for greater accessibility and convenience for all our patients. New sample collection area is a purpose built area situated inside the premises of hospital. The main objective is to provide high quality service to the patients with convenience and better accommodations. It is built according to top industry standards in order to provide patients with best in class health facilities that they deserve.



TPN AWARD

Patel Hospital is a not for profit organization and always believed in serving the humanity by providing the best healthcare services to the ailing patients. Recognizing the efforts of helping the deprived patients Patel Hospital has been awarded 10th Annual Corporate Social Responsibility Awards in the category of Fundraising / Philanthropic Initiative.





BESITY

IS NOW A WORLD EPIDEMIC

With the determination to alleviate obesity from the society, Patel Hospital celebrated "Obesity Month" in March 2021. Each year, "World obesity Day" is celebrated on 4th March across the globe and this move is targeted towards tampering the ever-rising burden of obesity on the face of earth. Alarming, the burden of obesity has tripled in last three decades and it is expected to rise exponentially in the current decade; Therefore, a multifaceted approach is required to decelerate this growth.

Led by Dr. Ghulam Murtaza, General and Weight Loss Surgeon at Patel Hospital, this campaign included publication of posters on print & electronic media depicting the harms of excess weight, free consultation, nutritional counseling and a very subsidized cost of weight loss surgery i.e. sleeve gastrectomy, gastric bypass.

Three days free clinics were organized on Monday, Wednesday and Saturday, in which **around 47** patients were seen. It was heartening to receive several families attending these clinics for a change towards a healthy lifestyle.

Weight loss surgery is considered as a luxury intervention opted by affluent people only; however, the fallacy is deterred by the fact that around 50% of patients attending general surgery clinics at Patel Hospital are overweight or obese. Therefore, surgery was performed at a subsidized rate of as opposed to that cost at other hospitals. We strive to make surgery accessible to the rightly indicated patients across all the segments of society without breaching the quality standards.

It is expected that such intermittent signals would sensitize the public about the harms of obesity and start adopting healthy lifestyle with little changes in daily routine.

Workshop on Basic Suturing & Surgical Knot Tying Techniques



Short Course on Biomedical Ethics

CME on Communication Skills



Workshop on Tracheostomy Care

UMEED KE 20 SAAL



Patel Hospital bana humari na umeed zindagion mein, zindagi ki roshni. Aein madad kay is silsilay ko aur agey barhaein takay zindagi ki yeh umeedein kabhi toot na jayein.

For Zakat & Donation Call:

111 174 174, EXT: 111 | 0333 333 9705

ST 18, Block 4, Gulshan-e-Iqbal, Near Disco Bakery, Karachi.



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