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NEXUS

Inside » Prof Farid Baqai passes away in Karachi **03** | » DUHS employees demand for justice **07** | » Health experts create stroke awareness on ... **15**

PPMA organises 3rd Pakistan Pharma Summit

Committee set up to look into YDA demands

MN Report

LAHORE - Specialised Healthcare and Medical Education Secretary Najam Ahmed Shah constituted a committee to look into the demands of the Young Doctors Association (YDA) and sought a report within 15 days. According to a notification issued by the Specialised Healthcare and Medical Education Department, Faisalabad Medical University Vice Chancellor Prof Dr Muhammad Alfareed would be the convener of the committee whereas University of Health (UHS) Vice Chancellor Prof Junaid Sarfraz Khan and Prof Dr Khalid Masood Gondal, chairman Department of Surgery, King Edward Medical University would be members of the committee. The committee has been empowered to consult any other department if needed.

MN Report

LAHORE- Pakistan Pharmaceutical Manufacturers' Association (PPMA) organized the 3rd Pakistan Pharma Summit, which has now become the annual biggest gathering in the country of people associated with

and having direct or indirect association with the Pharmaceutical industry attended the summit. Those attending the summit represented investors, entrepreneurs, business leaders, marketers, managers, executives, academics, researchers, and

pharma industries here and abroad. Besides Punjab Governor, other main speakers of the summit included: PPMA Central Chairman Dr. Kaiser Waheed, Haroon Qasim being chairman of the summit, M. Jawed Akhai, Federal Secretary



the pharmaceutical industry. The theme of summit this year is "Expanding the Possibilities". A number of leading institutions of the pharmaceutical sector have been collaborating with the PPMA to organize the annual summit. Some 300-plus dignitaries from within the country and outside

regulators dealing with various aspects and affairs of the pharma industry. The speakers' summit included the best of the brains associated with the Pharmaceutical sector for last several years and doing business, research, development, and regulation related to the

Commerce Mohammad Younus Dagha, CEO of Drug Regulatory Authority of Pakistan Dr. Muhammad Aslam, Zahid Saeed, Hamid Raza, Abdul Latif Sheikh and Dr. Rene Roth-Ehrang from Germany. Dr. Sarfraz K. Niazi was the international keynote

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PMA speaks out against load-shedding in public hospitals

MN Report

KARACHI - Pakistan Medical Association (PMA) has expressed much concerned and feels dismay over the news of 8-10 hours load-shedding at public hospitals in Sindh and particularly in Karachi. This power outage obstructs the provision of medical services to the poor. President, PMA (Centre), Prof Ashraf Nizami and Secretary General, PMA, Dr SM Qaisar Sajjad in joint statement, said the health providers are left with no option other than to cancel the serious operations. This also causes shortage of water supply in the hospitals, which increases the

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Intracranial Atherosclerotic Disease

By Maria Khan, Imama Naqvi, Asha Bansari, and Ayesha Kamran Kamal

First Part of this study has published in June'17 issue

Therefore, as per the American Stroke Association recommendation, aspirin alone, aspirin/extended release dipyridamole, and clopidogrel alone are all acceptable 5 options for secondary stroke prevention after a non-cardioembolic ischemic stroke including large artery atherosclerotic stroke. A recent trial investigating the role of combination antiplatelet (aspirin+clopidogrel) in acute management of

stroke secondary to large artery atherosclerosis has shown promise. The study demonstrated that early combination therapy (within 7 days of symptom onset) was more effective than aspirin alone in reducing microembolic signals in symptomatic arteries of these patients. Whether this translates into clinical benefit is yet to be evaluated. Cilostazol is a newer antiplatelet agent being investigated for intracranial stenosis. It is a phosphodiesterase 3 inhibitor that inhibits smooth muscle cell growth in vitro and has an

antiatherogenic and antiproliferative action in addition to antiplatelet effects. The first study evaluating cilostazol in a randomized fashion came out in 2005. In this study, during a 6-month follow-up period, there were no strokes in cilostazol+aspirin or placebo+aspirin arm. However, progression of the intracranial stenosis was significantly less in the cilostazol group (6.7% versus 28.8%; $P = .008$). This finding led to a multicenter study of cilostazol+ aspirin versus clopidogrel+aspirin in patients with symptomatic intracranial stenosis, the

trial of cilostazol in symptomatic intracranial arterial stenosis II (TOSS II). TOSS II enrolled 456 acute ischemic stroke patients with symptomatic intracranial arterial stenosis. After 7 months of treatment, follow-up MRA showed a slightly lower but significant rate of progression (9.90% versus 15.46%) and a higher rate of regression (30.20% versus 23.67%) in symptomatic stenosis with cilostazol versus clopidogrel group, respectively. More patients in the cilostazol group had new asymptomatic ischemic lesions at the follow-up MRA than those receiving clopidogrel (18.68% versus 12.04%), and in the territory of the symptomatic intracranial stenosis (12.09% versus 8.90%), but this difference was not statistically significant.

There was no statistically significant difference in the occurrence of clinical events by treatment group although events tended to be more frequent in the cilostazol. Bleeding complications were nonsignificantly higher with clopidogrel. Therefore, cilostazol combination therapy had a favorable effect on the overall change in symptomatic intracranial atherosclerotic stenosis, but in this study, it did not translate into better clinical outcomes.

A pilot study of Chinese patients with ischemic strokes has compared aspirin to cilostazol in a randomized fashion. There were fewer ischemic and hemorrhagic strokes in the cilostazol group, suggesting that it might be safer and more effective compared to aspirin. Cilostazol stroke prevention study 2-CSPS-2 is a more recent randomized trial that has shown that cilostazol is noninferior to and may be superior to aspirin in prevention of recurrent stroke in patients with noncardioembolic ischemic strokes. One third of the patients in this trial had large vessel atherosclerosis. **Management of Risk Factors.** WASID presented additional data supporting aggressive risk-factor control in patients with

intracranial stenosis. In WASID, vascular risk factors were managed by following national guidelines. However, in many patients risk-factor control was not optimal, and patients with poor control of risk factors had higher rates of recurrent vascular events. A WASID-substudy demonstrated that elevated blood pressure was associated with an increased risk of ischemic stroke and other major vascular events. Contrary to the common practice of permissive hypertension in highgrade stenosis, this study showed no increased risk with maintaining blood pressures in the normal range. The findings cannot be generalized to acute, unstable patients, but the rest the guidelines for blood pressure control should be followed.

Elevated LDL also conferred a high risk of subsequent events in the WASID study. Although the difference failed to reach statistical significance, there were fewer vascular events in patients with LDL <70 compared to those with levels ≥ 70 . Based on this data and the SPARCL (stroke prevention by aggressive reduction in cholesterol levels) trial, the recommendation is for aggressive lipid lowering with statin in patients with atherosclerotic ischemic stroke.

Another WASID substudy has demonstrated that metabolic syndrome is associated with intracranial atherosclerosis and confers a higher risk of major vascular events in these patients. It is, therefore, an important additional target for primary as well as secondary prevention of intracranial atherosclerotic strokes. In short, better control of risk factors that promote atherosclerosis like diabetes, tobacco use, and particularly hypertension, dyslipidemia, and metabolic syndrome is warranted in patients with intracranial atherosclerosis. **Endovascular Therapies.** In earlier reports, intracranial angioplasty had a high risk of complications, and the procedure was abandoned. Since then, several factors have led to

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* Marso SP, Hiatt WR. Peripheral arterial disease in patients with diabetes. J Am Col, Card, 2006; 47 (5): 921-9.

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KARACHI - Renowned Educationist, Surgeon and Founder of Baqai Medical College, recently passed away, at the age of 82 years. According to an announcement, Prof Baqai had a peaceful death while asleep and was not inflicted with any major ailment other than age related health conditions. Born on May 22, 1935, he had acquired his MBBS degree from Dow Medical College in 1958 and joined Spencer Eye Hospital, however, having major interest in surgery he soon became associated with Jinnah Post Graduate Medical Centre. He later left for UK for higher education and during this period he did his FRCS (Fellow of Royal College of Surgeons) from Edinburgh. Prof. Baqai was said to have served Pakistan Navy from 1965 to 1969 and Combined Military Hospital, Rawalpindi in 1971. College of Physicians and Surgeons of Pakistan conferred upon him its fellowship in 1993. Prof Farid Baqai, one of the pioneers of Community Oriented Medical Education (COME) in the country had established Baqai Hospital, Nazimabad in 1969 and founded Baqai University in 1987, comprising more than 35 affiliated institutions.

Population Minister visit RHS Centre at JPMC

KARACHI - Provincial Minister for Population Welfare Mir Mumtaz Hussain Jakhraani paid a visit to the Reproductive Health Services Centre Jinnah Postgraduate Medical Center (JPMC) along with Secretary Population welfare Laiq Ahmed over the complains of general public about the poor services at the centre.

Mumtaz Jakhani reviewed the conditions of the centre and found it unsatisfactory. He ordered secretary population to immediately transfer the in-charge of RHS-A Shahnaz Siddiqui and also issued explanation to other three officials.

Later on, the Minister presided over the meeting regarding the current situation and implementation of Coasted Implementation program (CIP) international commitment FP-2020, to achieve targets in connection with World population Day & London Summit.

KARACHI - Liaquat University of Medical and Health Sciences (LUMHS) Professor Dr. Noshad A Shaikh called on Sindh Governor Muhammad Zubair at Governor's House in Karachi.

The VC remained with the Governor for some time and discussed matters pertaining to the workings of the institution. He also presented a detailed briefing about the pending university projects.

Zubair said that universities are like a scale to measure the development of any society. He further said that it was the first priority of the current government to provide health facilities to the masses. Governor also appreciated the vital role of LUMHS in the health sector.

KARACHI - Pakistan Medical Association (PMA), Karachi, expressed deep concern over the poor cleanliness situation of city roads and streets following rains. An emergency meeting was called by President PMA Karachi to discuss the situation of Karachi city after rain. The meeting was attended by President PMA Karachi Dr Shoukat Malik General Secretary Dr Ahmed Bhimani, Secretary General PMA Center Dr Qaiser Sajjad Dr Qazi Wasiq, Dr Abdul Ghafoor Shoro, Dr Hamid Manzoor Dr Abdul. Rehman Dr Mirza Ali Azhar, Dr Naseer Baloch. They expressed concern about the current water, sewerage, open main holes and broken roads that are causing very serious problems for this mega cosmopolitan city. Majority of the roads and streets are blocked due to choked sewerage lines, causing massive traffic jams besides spreading water borne diseases and mosquitoes.

The Sindh Government and City Government has totally failed in solving these problems. The administration tackles particular sewerage problems on ad hoc ground so the outcome is very disappointing. The dirty water is seen standing all over the streets of city especially in slum areas of city causing huge problem for the women, children and worshippers. An alarming number of diarrhoea cases are registered in different hospitals. The stagnant water has become a breeding ground for the mosquitoes that transmit dengue, malaria and chikungunya. They said if desperate and urgent remedial measures were not been taken urgently, this contaminated water can also cause many diseases, including

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Dengue Ward made operational at Abbasi Shaheed Hospital

MN Report
KARACHI - Senior Director of Medical Services of Karachi Municipal Corporation (KMC), has directed the Abbasi Shaheed Hospital administration to make functional Dengue Ward and ensure availability diagnostic kits for provision treatment and diagnostics facilities to dengue affected patients.

Senior Director of Medical Services, KMC, Dr Mohammad Ali Abbasi, said ASH management has been instructed to make operational Dengue Ward as well as arrange diagnostic kits to diagnose dengue cases. He said decision had been taken in the light of expected monsoon rains in the city.

He said cases of malaria, dengue, chikungunya, diarrhoea and other skin diseases can be increased in monsoon season thus preparation was underway to deal with the situation affectively. He said hospital administration has also been directed to launch fumigation drive in



wards and outside the health facility to prevent people from dengue, malaria, chikungunya and other vector-borne diseases.

He said an important of health officials has been called to devise a comprehensive strategy about upcoming monsoon season and make necessary arrangements in KMC run hospitals to prevent citizens from seasonal diseases.

He said all hospitals will be alerted to counter post-monsoon rain situation.

PMA pays tribute to the late Abdul Sattar Edhi

MN Report
KARACHI - Pakistan Medical Association's (PMA) central President Prof M Ashraf Nizami, Secretary General Dr SM Qaisar Sajjad and other office bearers pay tribute to the late philanthropist Abdul Sattar Edhi, who devoted his life for charity work and served the humanity with dedication. Even after his death, Edhi performed his last act of charity by donating his corneas, giving sight to two visually disabled people.

His entire life he remained the ideal role model for all. He is the biggest example of simplicity. People like Edhi are born once in centuries. The best way to pay homage to late Edhi is to follow his example of simplicity in life and help others with sincerity and honesty.



More dengue cases emerge from Karachi

MN Report
KARACHI - Seven more dengue fever cases were reported in Karachi city, taking the patients toll to 361 in the city since 1st January 2017.

weekly report issued by Prevention and Control Program for Dengue in Sindh, as many as seven new dengue fever cases surfaced in the city July 10, to July 16 , 2017. A total 373 dengue fever cases were reported in Sindh province so far, out of which 361 in Karachi, five in Hyderabad, five in Tharparkar or Mithi and two in Umer Kot, respectively.

In Karachi, out of the seven dengue fever cases, one was reported from District Malir, one from District Central, one from District South, one from District West, two from District East and one from District Korangi, respectively.



1300+ screened for stroke risk for free

MN Report
KARACHI - World Brain Day was observed by Pakistan Stroke Society and Neurology Awareness & Research Foundation (NARF) by providing free screening facilities to more than 1300 people and organizing walks in different cities of Sindh including Karachi.

These activities were supported by Pakistan Islamic Medical Association (PIMA) and Alkhidmat Foundation Sindh. This year's main theme of World Brain Day was "Stroke" and the theme of the campaign is ""Stroke is a brain attack: Prevent it - treat it".

General Secretary Pakistan Stroke Society Dr Abdul Malik told that free screening camps were held at health centres of Al-khidmat Foundation in Thatta, Hyderabad, Mirpurkhas, Skikarpur, Shahdadt, Kandhkot, TandoAllahyar, Sukkur, Dharki, Nawabshah, Khairpur and, in Gulshan-e-Hadeed and Neuro Clinic & Falij Care in Karachi.

More than 1300 people including women, children and elders were screened for stroke risks. People were provided free facilities of blood pressure, diabetes, cholestrole, weight and BMI, he added.

An awareness walk led by Prof Manzoor Lakhair was organized in Hyderabad and Mohammad Saleem Memon of Alkhidmat led the walk in Mirpurkhas. Dr. Lal Chand held a press briefing in Sukkur related to world brain day. Dr Abdul Malik urged that government and the organizations active in health sector must take steps to create awareness including establishment of stroke units in hospitals so that the dream of healthy nations could be translated into reality.



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Comprehensive awareness to be launched for prevention, control of Congo

MN Report

KARACHI - A comprehensive awareness drive will be launched across the Karachi for prevention and control of Crimean Congo Haemorrhagic Fever (CCHF).

Director Health Services, Karachi, Dr Muhammad Taufiq, said a comprehensive awareness campaign is being launched in the city to prevent citizens from Congo-virus. He said directives have been issued to District Health Officers and Town Health officers to organize public awareness programs to prevent citizens from Congo-virus.

The Crimean Congo Haemorrhagic Fever (CCHF) is deadly viral diseases spread through tick-bites found on animals and people who deal with dairy farming and livestock are likely to get infected and carry the virus.



Dr Taufiq said awareness banners will be placed in cattle markets and other locations while pamphlets will also be distributed among citizens across the city. He said fumigation will be carried out around cattle markets to prevent cattle handlers and citizens from Congo fever while inspections of animals will also be ensured at tool plaza and other entry points of the city. He said Sindh Livestock Department will be taken on

board to develop coordination between Health Services Karachi and Livestock Department. He said necessary directives has been issued to heads of government hospitals to deals suspected fever cases carefully as preventive measures will be taken on time.

He said without effective surveillance system and community participation, public health system could not work efficiently. He said there was a need to establish an effective coordination mechanism among relevant stakeholders, especially public health, animal health and environment for adopting one-health approach.

In 2016, ten people were died from Crimean Congo Haemorrhagic Fever (CCHF) in different hospitals of the city, while 75 others were also diagnosed with Congo fever.

Medical Camp setup for Surjani town

MN Report

KARACHI - Medical & Health Services Department of Karachi Municipal Corporation (KMC), has established a medical camp in Yousuf Goth area of Surjani Town for provision medical facilities to those affected by rain in the area.

Senior Director of Medical Services, KMC, Dr Mohammad Ali Abbasi, while talking to PPI, said a medical camp has been established in Union Council-38, Yousuf Goth area of Surjani Town. He said a ten-member team comprising of doctors, paramdical staff and nurses has been deputed to provide medical facilities to the people of the area in medical camp.

He informed that many areas of Surjani Town were submerged in rain water after heavy rains occurred in the area last week. He said stagnant rain water can cause outbreak of dengue, malaria, Chikungunya and other waterborne diseases in the area, therefore a medical camp has been setup in Yousuf Goth area on the directives of Mayor Karachi.

Dr Abbasi said a score of children, women, elderly people and men were being treated in the medical camp every day while medicines and consultation were also being provided to the people to prevent them from contracting waterborne diseases. He said the medical camp will continue to be operational until drainage of stagnant water from Surjani Town area.

Sindh Govt increases the stipend of nurse students

MN Report

KARACHI - Sindh government has increased the stipend of nurse students on the patron of other three provinces. The Provincial Nurses

to Chief Minister Sindh for final approval with recommendation to increase stipend of nurse students from Rs 6,860 to Rs 15,880. The Punjab government is giving Rs



Association (PNA) and Young Nurses Association (YNA) Sindh's had staged a three-day sit-in outside the Karachi Press Club (KPC) for increase allowances and stipend in February 2017. They demanded for increase of allowances and stipend on the patron of Punjab, Baluchistan and Khyber Pakhtunkhwa. Reliable Sources at Health Department told that a summery has been moved

15,880, Khyber Pakhtunkhwa Rs 20,000 and Baluchistan Rs 10,000 to nurse student each month in their respective provinces. In earlier notification, grade-16 nurses' uniform allowance was increased from Rs 600 to Rs 3,100, mess allowance from Rs 300 to Rs 8,000 and nursing allowance from Rs 6,000 to Rs 10,000. Similarly, the grade-17

Continued on Page 14

Anti-polio drive starts in 21 districts of Sindh

MN Report

KARACHI - The Emergency Operation Centre (EPO) for Polio in Sindh will be



conducting a polio campaign in the province during July 2017 which will be implemented in two phases and will target a total of 4.1 million children under 5 years of age in 21 districts in Sindh province.

The phase-1 was held from 10th to 13th July with a target of 1,556,255 children under 5 years of age and covered Jacobabad, Kambar, Larkana, Shikarpur and Sukkur as well as selected areas of Dadu, Ghotki, Kashmore, Khairpur, Naushahro Feroze, Sanghar and Shaheed Benazirabad.

The second phase of drive was conducted between the 17th and 21st July in Thatta, Sujawal and Badin and from 17th to 23rd July in Karachi and targeted 2,522,460 children under 5 years of age (1,831,499 in KHI).

Karachi has not reported a single case of polio in a year and half and Sindh (including Karachi) has not reported a Single case of polio in 2017. In 2017 there have been 3 cases of polio in Pakistan, 1 from Punjab, 1 from Gilgit Baltistan and one from Balochistan.

Continued on Page 14

CHK seek LEA help to control influence of outsiders

MN Report

KARACHI -The Civil Hospital Karachi (CHK), administration has sought the law enforcement agencies (LEA) help for removal of temporary residences, illegal parking of vehicle and sellers of juice and other items in the premises of the hospital in night shift to avoid any untoward situation in future.

Medical Superintendent, Civil Hospital Karachi, Dr Tahir Aziz Shaikh, informed that hospital administration has decided to launch a massive crackdown to remove the makeshift huts established in the premises of the hospital by some elements in night hours at different locations. He said LEA help has been sought for removal of these temporary residences from premises of institution, beside removal of illegal parking sites and control of influence outsiders.

He said makeshift huts and influence of outsiders during night hours in hospital is posing serious security threats to the hospital, therefore LEA help has been sought for launching of comprehensive drive against such elements.

Preparation underway to observe Menstrual Hygiene Day

MN Report
ISLAMABAD - About 100 representatives from government, development organizations, civil society, youth and media have been convened at the Pakistan Institute of Parliamentary Services, in Islamabad to commemorate Menstrual Hygiene Day. Menstrual Hygiene Day serves as a neutral platform to bring together individuals, organizations, social businesses and the media to create a united and strong voice for women and girls around the world, helping to break the silence around menstrual hygiene management (MHM). This year, the global theme of the day is "Education about Menstruation Changes Everything." A panel discussion focusing on the impact of lack of proper menstrual hygiene on the education of adolescent girls was organized. Panellists included Ms. Khawar Mumtaz, Chairperson of the National Commission on Women Status, Mr. Syed Ayub Qutub, Chief Executive of PIEDAR and Mr. Nasim Ashraf, an Islamabad based Gynaecologist. Obstetrician delving into much needed solutions to tackle the

taboo and associated problems that women especially young adolescent girls face. The event was organized by the MHM Working Group, a coalition of humanitarian organizations working to champion menstrual hygiene management in Pakistan. According to research conducted on menstrual knowledge and practices of female adolescents in urban Karachi less than 20% of girls surveyed understood that menstruation was a natural bodily function. The event was chaired by Khalid Hussain Magsi, Chairman of the Parliament Standing Committee on Health. Other representatives from government included, Syed Abu Ahmad Akif, Secretary of the Ministry of Climate Change in the Government of Pakistan. The event provided a platform to put a spotlight on an issue which is hardly addressed in Pakistan yet sadly mostly adolescent girls and women do not have access to the facilities they need to manage their menstrual cycles. During his address Mr. Hussain Magsi said, "Women and girls miss out on opportunities in life because of not being able to handle this part of their life in a dignified manner. If we have to



make health and education, inclusive and equitable by 2030 in Pakistan, we have to focus on MHM needs of our girls and women. " Echoing his words, UNICEF's Chief of Education said, "Despite Pakistan's gains in meeting its water and sanitation development goals, we are still failing millions of adolescent girls and young women who do not have access to the most basic necessities for managing their periods. As a result of this, and lack of basic knowledge on menstruation, their education suffers. We all know that many girls skip school during their periods, and that some of them eventually drop out." "The objective of the MHM Working Group is to raise cognizance of creating an enabling policy environment for prioritizing MHM in the programming agendas and to support the Government in the implementation of MHM interventions," said Ms. Hina Kausar, co-chair of the MHM Working Group Pakistan.



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August 19-20
The 3rd Multidisciplinary Lung Cancer Conference (MLCC 2017)

September 21-23
1st Int Congress of the World Association for Psychosocial Rehabilitation at Abu Dhabi, United Arab Emirates

October 5-7
3rd Abu Dhabi International Conference in Dermatology and Aesthetics at Abu Dhabi, United Arab Emirates

November 9-10
3rd Annual International Heart Failure Conference at Abu Dhabi, United Arab Emirates

2017 HEALTH DAYS CALENDAR

JULY	12
11 World Population Day	World Bone And Joint Week
28 World Hepatitis Day	15 World Handwashing Day
AUGUST	16 World Food Day
1-7 World Breastfeeding Week	17 World Spine Day
SEPTEMBER	17 World Trauma Day
9 International Fetal Alcohol Syndrome Day	20 World Osteoporosis Day
21 World Alzheimer's Day	24 World Polio Day
20 World Retina Week	29 World Stroke Day
25 World Pharmacist Day	NOVEMBER
26 World Retina Day	1 Lung Cancer Awareness Month
29 World Heart Day	9 World Quality Day
OCTOBER	14 International Diabetes Day
8 World Sight Day	17 World Chronic Obstructive Pulmonary Disease Day
10 World Mental Health Day	26 World Anti-Obesity Day
12 World Arthritis Day	DECEMBER
	1 World Aids Day
	3 International Day of Disabled Persons
	5 World Patient Safety Day

78 gynaecologists appointed in Sindh

MN Report
KARACHI - The Health Department, Government of Sindh, has finally appointed 78 gynaecologists with BPS-18 and posted them at various government hospitals in the Sindh province. The notification issued in this connection said that in pursuance of recommendations of Sindh Public Service Commission (SPSC) and with the approval of competent authority (Minister Health), following doctors have completed required codal formalities, and are appointed as gynaecologists (BS-18) on regular basis and posted as mentioned against each, with immediate effect, subject to biometric registration. These lady doctors include Dr Rashiqa Jawaid. She has been posted at Sindh Government Hospital, Korangi, Karachi. Dr Sadaf Naz has been posted at SGH Kohisar Latifabad, Hyderabad. Dr Zahida Perveen has been posted at Shaikh Zaid Women Hospital, Larkana. Dr. Sabahat Fatima has been posted at Taluka Hospital Sukkur and so forth.

Eye angiography machine lying idle at JPMC

MN Report
KARACHI - The Fundus Fluorescein Angiography (FFA) machine has been lying out of order at Ophthalmology Department of Jinnah Postgraduate Medical Center (JPMC), causing grave inconvenience for patients with eye problems. The costly FFA machine was lying idle since last three months at Ophthalmology Department of JPMC due to some fault and hospital administration was unable to get it repair this machine owing to lack of funds. The FFA is a technique for examining the circulation of the retina and choroid (parts of the fundus) using a fluorescent dye and a specialized angiographic camera. The visiting patients who required retina examination were being referred to other public sector hospitals and private laboratories for diagnostic tests. The lack of investigation facilities in state-run hospital has compelled the patients to go to private diagnostic labs where they must pay exorbitant fees. Heath of Ophthalmology Department, JPMC, Dr Alyscia Cheema, said Fundus Fluorescein Angiography (FFA) machine was very old and out dated, and was not functioning due to some technical problems. She informed that repairing work of FFA machine will begin soon as government release funds for its maintenance. She said FFA machine is very costly and administration is unable to buy new one due to shortage of funds.



DRAP introduces software for monitoring pharmaceutical firms

MN Report

KARACHI -The Drug Regulatory Authority of Pakistan (DRAP) has launched a software namely (DRAP-Team) for effective tracking, evaluation & monitoring of pharmaceutical firms and

effective tracking, evaluation & monitoring of pharmaceuticals firms and DRAP office. He informed that this software will not only reduce the processing time of the various clearance cases for import and export of pharmaceutical products

said earlier that DRAP is mostly dependent on manual operation and working. He said DRAP has achieved the capability to use DRAP Team Software for multiple purposes. Earlier, Director Quality Assurance & Lab Testing DRAP, Sheikh Akhtar Hussain, presented a detailed briefing about the software. Chairman, Pakistan Pharmaceutical Manufacturers' Association (PPMA), Dr Sheikh Kaisar Waheed, expressed gratitude for the initiative being taken by the DRAP to facilitate and regulate pharmaceutical industry. Dr Sheikh Akhtar Hussain appreciated the efforts of DRAP team in accomplishing the gigantic task of developing the software that will help in establishing uniform work strategy throughout Pakistan. The inauguration ceremony was also attended by CEOs from various national and multinational pharmaceutical industries.



DRAP office as well. Chief Executive Officer (CEO), Drug Regulatory Authority of Pakistan (DRAP), Dr Muhammad Aslam has inaugurated a software (DRAP-Team) at DRAP Karachi Office. He said the new software helps with

on one hand, but also allow assessment of reporting system and will bring transparency, efficiency and accountability as well. He further said at the initial stage the software has been successfully installed and is working at DRAP Lahore. He

DUHS employees demand for justice

MN Report

KARACHI - The employees of Dow University of Health Sciences (DUHS), strongly condemned the incumbent administration of university for allegedly harassing the staff and issuing their suspension order for not giving evidence against outgoing Vice Chancellor of DUHS and other administrative officials.

Speaking in joint press conference at KPC, Deputy Manager, OPD, DUHS, Muhammad Numan, OPD Coordinator, DUHS, Mohsin Khan and staffer Sana said incumbent administration of university has created an environment of fear and unsafety in the institution as harassment of staff is on the rise in the institution.

They said lower grade staff has been directed to give evidence against former Vice Chancellor of university. They said uncertainty was prevalent in employees over alleged harassment of staff by the administration. They alleged that director finance of university along with their accomplices come to their office few days ago and asked them to give proof against ex administration of university or be ready for dire consequences.

Manager OPD, DUHS, Muhammad Numan alleged that director finance kept him and other two employees including Mohsin and Saalik in a room for hours and also tortured them for not giving proof against former VC and other administrative officials. He said director finance has also been harassing a female staffer Sana and other staff.

He said a complaint had been lodged against administration in SSP Malir office and Sachal Police Station for alleged harassment of employees by administrative officials.

PQS organizes award ceremony to pay homage to Edhi

MN Report

KARACHI - A rich tribute was paid to renowned humanitarian and social worker Abdul Sattar Edhi at a programme organized by Pakistan Quiz Society to present Khidmat-e-Insaniat Award to Faisal Edhi (son of late Edhi Sahab).

The programme was attended by people from different walks of life and they were very happy to see the son of legendary Edhi Sahab among themselves and hoped that Faisal Edhi will continue the mission of his great father in style. Prominent researcher, scholar and literary figure Hafiz Nasim, who is also Chairman of the society, said that there was no parallel of the selfless services rendered by Abdul Sattar Edhi for humanity. He said in a country where government-run services were poorly equipped to deal with humanitarian crises, Edhi's social welfare system became a trusted household name. He hoped that Edhi Sahab's children will continue his services to humanity the same way their father was doing. Human Rights Activist, Ansar Burney, Faisal Edhi, Qadri Idrees, Shahid Masoor, Prof Saeed, Fahim Ahmed Khan, Kamran Saeed, Prof Iqbal Khan, Bakr Mujeeb Hashmi, Asma Ali and Muhammad Faizan were present on the occasion. The speakers said that Abdul Sattar Edhi was an asset of the country and a hope of the poor people. They said people had blind trust on Edhi and he (Edhi) would be remembered for a long time in the hearts and mind of common people. They said he was a great human being and a person who rendered his life towards the cause of humanity in any difficult time of need.



Rowdy activities of students on the rise at JPMC

MN Report

KARACHI - Rowdy activities of the student wing of a religious-political party are on the peak in the premises of Jinnah Postgraduate Medical Center (JPMC), troubling administration, doctors and patients.

Reliable Sources at JPMC said some students belonging to religious-political party reach the hospital premises early morning each day and start roaming outside the Outpatient Department (OPD), Blood Bank, Lab and emergency department without any plausible reason.

They said some students of College of Physiotherapy, School of Paramedical Training, Jinnah Sindh Medical University, and other nearby educational institutions are also involved in harassment of young female doctors, staff nurses and visiting women patients. Sources further said some of these students are also involved in minting money from visiting OPD patients and their attendants on different pretexts. The hospital administration and security guards are unable to stop the rowdy activities of the student wing due

to fear of misbehaviour.

The sources said some employees of the hospital are patronizing the rowdy activities of these students. They said such students forced technicians of X-ray ward to conduct free x-ray reports of their favourite people.

They said harassments of doctors, nurses and other staff have become routine in rush hours. They feared untoward situation can occur anytime if the prompt action will not be taken against them. Similarly, activists of the student wing of a religious-political party beat up sons of Prof Iqbal Afridi, Dr Anwer and Dr Usman outside JPMC Mosque for unknown reasons. The police have arrested some activists on verbal complains of doctors and later released them as no one readily registered FIR against such elements.

Executive Director, JPMC, Dr Seemin Jamali, said harassment of doctors and their families at healthcare centre was a condemnable act. She said no such activities are acceptable in public sector hospital and strict action will be taken against such elements.

Nasir Shah paid surprise visit to Valika Hospital Karachi

MN Report

KARACHI - Provincial Minister for Information and Labour Syed Nasir Hussain Shah paid a surprise visit to Valika Hospital SITE, Karachi. Secretary Labour Rasheed Solangi and Commissioner SESSI Farooq Leghari also accompanied him. During his visit, Minister Information went around the ICU, CCU and different sections and wards of hospitals and checked the attendance registers of staff, arrangements of cleanliness and facilities provided to patients. Nasir Shash inquired about the health of patients and asked if they were facing any problems and issues regarding the treatment at the hospital and provision of various health facilities like ultrasound, laboratory and x-ray etc. The patients informed the minister about acute shortage of water in the hospital. The Minister advised to resolve the problems of patients immediately. However, patients were satisfied with other facilities and services of the hospital.

Medical Superintendent of Valika Hospital, Dr Ali Nawaz Gathoti briefed about the services, facilities and medicines provided at hospital and informed the minister about the problems faced by the hospital administration. Minister Information assured that issues of hospital would be resolved soon. Nasir Shah directed to dispose of the shabby furniture as per the law and said that the cleanliness condition of the hospital should be improved. He advised the officers and officials to pay their full cooperation towards the provision of optimum facilities to the patients as taking care of patients is a worship. The Minister said that the doctors and paramedical staff should maintain punctuality and performance.

KMC upgrades paramedical staff at long last

MN Report

KARACHI - Karachi Metropolitan Corporation (KMC), has upgraded the paramedical staff of KMC run healthcare facilities under paramedical services structure. The paramedical staff of Abbasi Shaheed Hospital (ASH) and other Karachi Metropolitan Corporation run hospitals had staged protest demonstration earlier for up-gradation of their posts under paramedical services structure in the light of order issued on October 12, 2010.

According to notification, which stated that that approval is hereby accorded

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PMA calls for enforcement of family planning to control population

MN Report

KARACHI - Pakistan is one the fastest growing populations in the world, at the moment numbering around 220 million. In years to come the country will be the fourth most populous in the world.

President, PMA Prof Ashraf Nizami and Secretary General Dr SM Qaisar Sajjad in joint statement in the eve of world Population Day, said PMA thinks that it is an alarming situation as at the moment 60% of the national population stands below the age of 25yrs, 25 million children are not going to school and 90% population is not being provided with clean drinking water.

They said needless to mention here the country has a shameful record of not being able to eradicate Polio. The child and mother mortality rate is highest



in the region. Burden of diseases like tuberculosis, malaria, communicable diseases, cancers (especially oral), kidney failure, cardiac diseases are on rise. Overall educational system is at the verge of collapse.

They said we are not able to build educational institute to accommodate the poor segments of society. Malnutrition

is another big issue and food scarcity is a big problem.

They said PMA believes that the unchecked rise in the population is a looming disaster, and concrete step should be taken to implement family planning and make people-friendly economic policies to overcome these difficulties and save the coming generations.

Order to start satellite angioplasty in Sehwan hospital

MN Report

KARACHI - Sindh Chief Minister Syed Murad Ali Shah has directed the administration of Syed Abdullah Shah Institute of Medical Sciences (SASIMS), Sehwan to start satellite angioplasty with the assistance of National Institute of Cardiovascular Diseases (NICVD). Presiding over a meeting of SASIMS Board of Governors (BoG) at the CM House he asked make operational this facility at the institute by the end of this month. He said that he has already issued directives to NICVD to establish its satellite center at SASIMS and still no move has been made in that direction. All the arrangements have already been made, and now only the NICVD has to start its work. The BOG approved a Rs862.964 million annual budget of the institute for year 2017-18 and also approved to purchase new equipment such as 12

baby incubators, oxygen gas generation Plant, Central Oxygen gas supply system, PRC machine, microbiological equipment, digital x-ray plant, binocular ophthalmic operating microscope; auto refractometer, cataract surgery set; Tonometer; retinoscope, incinerator, oxygen cylinders, ventilators, OT table and ABG machine.

The meeting was told that the government has released Rs100 million to the institute for payment of salaries, purchase of some approved equipment and hiring of more doctors.

The meeting was also informed that with the approval of BOG 46 male/female doctors have been hired for a period of three months. The fresh hiring has improved service delivery in OPD and indoor departments. The meeting was also briefed that with the approval of last BOG meeting equipment and machinery was ordered



and delivery of some of the item have been received. The chief minister said that CT scan machine was most important. The institute is located near main road, the injured of the road accident are brought to the institute/hospital, therefore CT scan is necessary for institute to diagnose head injuries of the injured. The meeting was further told that the equipment such as HbA1, C machine, CTG Machine, ventilators, defibrillators, generators, computers and other equipment were ordered. Some of the lab equipment have been received and Lab has started functioning.

With the delivery of other machines the lab would be further equipped. The chief minister directed the director of the institute to start Paramedical Training Center at the institute with its affiliation with Sindh Medical Faculty. He issued directives to the district administration to remove encroachment from the government land around the institute so that its expansion could be made. The board observed that the one-line grant of Rs5.1 million allocated for hiring of the staff during 2016-17 could not be utilized, there the board approved to utilize it.

Health experts create stroke awareness on World Brain Day

MN Report

KARACHI- Health Experts said the risk of stroke can be reduced 50 per cent if a person controls blood-pressure, diabetes, and use of tobacco as well as through health lifestyle.

"Around 5% population of Pakistan (9 to 10 million people) are suffering from stroke. Every year thousands of humans become victims of stroke, whose lives could be saved with better and authentic treatment". These views were expressed by Former President of Pakistan Society of

Neurology, Prof Shaukat Ali Khan, President Neurology Awareness and Research Foundation (NARF), Prof Muhammad Wasay, Prof Khalid Sher, Prof Arif Herekar, Dr Ahmed Salman Ghor, Dr Syed Tabassam Jafery, Dr Memona Siddiqui, and Dr Abdul Malik at a press conference held in connection with World Brain Day 2017.

World Brain Day is the initiative and product of international organization, World Federation of Neurology, being observed annually for creating awareness, prevention, treatment and research of cerebral diseases. Four years back the federation decided to observe the day with the main purpose of creating awareness about the fatal disease at global scale. 119-member countries of federation observe July 22 as the world brain day. This year's main theme of World Brain Day is "Stroke" and the theme of the campaign is "Stroke is a brain attack: Prevent it - treat it". In this connection countrywide stroke screening camps, awareness seminars, press conferences and awareness walks would be held.

Experts informed that Pakistan is the six most populous country with 200 million individuals. The ratio of non-communicable diseases is 41 per cent.

People in Pakistan held

misperceptions for years that the stroke was an incurable disease and the patient was believed to be suffered from the disease throughout his life, doctors said adding that "even today people are still firm believers as we keep the patient of stroke completely covered. Even after the stroke the people run for pigeons as they believe that blood is the only cure of the ailment".

They categorically said that prevention and treatment of stroke is possible and any other method employed as part of treatment is not the right way

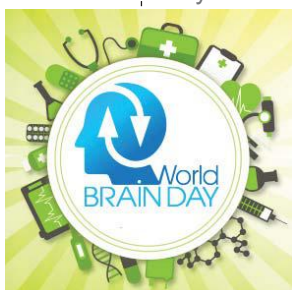
to deal with such patients.

Experts said that anyone can suffer from "brain attack" as one in six people may suffer a stroke anywhere and anytime without gender discrimination, and only prevention steps could be taken to avoid the brain attack. Figures show that the women are more prone to the diseases than men, they added.

According to some research reports and analysis among the patients of stroke 63 percent suffer from different physical complications and around 89 percent are compelled completely or partially to depend on others. "The treatment is possible as around 50 percent people suffer from stroke due to blood pressure and smoking. If these two reasons are controlled than 50 percent disease would be curtailed", they noted.

Only keeping blood pressure below 140/90 and avoiding smoking could help reduce the number of patients by 50 percent but unfortunately there is lack of awareness among masses and nothing is being done at the government level that is why the number of stroke patients is increasing every day, they lamented. They said that stroke units in district level hospitals can play vital role in minimizing the mortality and morbidity rate but

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KPC organises free eye screening camp for journalists

MN Report

KARACHI - The vision problems or refractive errors are more common in working journalists as compared to common citizens of Pakistan due to nature of their job, it was revealed at a eye screening camp held at Karachi Press Club (KPC).



The Eye Screening Camp was organized by the Health Committee of Karachi Press Club (KPC) in collaboration with Spencer Eye Hospital, Karachi Metropolitan Corporation at KPC.

About 150 journalists were screened, results of medical examinations revealed that most of the persons who were screened had vision problems.

Eminent Ophthalmologist and Medical Superintendent, Spencer Eye Hospital, Karachi, Dr Birbal Genani said vision problems are more common in working journalists as compared with general public due of nature their responsibilities. He said result of eye examination revealed that about 95 per cent working journalists are suffering from vision problems.

He said cataract, glaucoma, retinal, squint and refractive errors are common eye diseases in Pakistan and about 40 per cent population of the country are living with eye problems. He informed that out of order Eye Screening Bus had been repaired with help of philanthropists and now eye screening camps were being organized in Korangi, Malir and other areas of Karachi city on a regular basis to facilitate citizens.

He said ageing, poor dietary habits,

Continued on Page 15

Disaster management authorities dangerously unprepared for calamities

MN Report

KARACHI - Health and Disaster Management Experts revealed that National Disaster Management Authority (NDMA), Provincial Disaster Management Authorities and Civil Defence Pakistan have failed to chalk out comprehensive strategy to prevent people from natural and manmade disasters in future due to poor coordination among the institutions.

"The natural disasters like avalanches & landslides, agricultural diseases, extreme heat, damaging winds, drought and water shortage, earthquakes, torrential rains sinkholes, volcanic eruptions, floods or flash floods, tsunami and epidemics have become common in the world including Pakistan beside manmade disasters include fire, nuclear power plant explosions and bomb blasts. But role of national and provincial disaster management authorities have not upto the task" revealed Disaster Management Expert, Dr Sohail Sehto.

He explained that the whole routine life of society comes grinding to a halt due to sudden occurrences of earthquake, floods or any epidemic called a disaster. He recalled that earthquakes hits many parts of Pakistan in 2005 and compelled the then government to seek international help to cater the situation as local civil institutions were unable to launch rescue operation in earthquake affected areas owing to their limited resources and skill to cope up the situation.

He said the major responsibilities of national and provincial disaster management authorities were to deal the natural and manmade disasters scientifically but unfortunately these institution are not equipped with the latest technology and also lack disaster management experts. He said political unrest, civil strife and poor coordination among civic institution are the some major reasons behind failure in disaster management.

Dr Sehto said Shaheed Mohtarma Benazir Bhutto Trauma Centre at Civil Hospital Karachi and Jinnah Postgraduate Medical Center have been equipped to deal with emergency-like situations but hospitals like Abbasi Shaheed Hospital and other health facilities are not properly operationalized to cater to any emergency situation.

He stressed the need of implementation of disaster mitigation measures to eliminate or reduce the impacts and risks of hazards through proactive measures taken before an emergency or disaster occurs. He said overall situation of Pakistan in disaster management could not improve till increase of health and civic institutions budget.

He demanded of the Sindh government to make functional Civic Agencies Coordination Committee which was formed in 2006 to evolve a mechanism for improved coordination among all the civic agencies in the metropolis. He said civic institutions and provincial government had failed to cater extreme weather situation in recent past due to poor coordination of institutions or non-functional of civic coordination committee.

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DMC organize seminar on Ethics in Media

MN Report

KARACHI - Dow Medical College (DMC) organized a seminar on titled 'Ethics in Media' at Arag Auditorium of

DMC. Renowned Editor of Herald Badar Alam was invited as a Guest Speaker in the Seminar. The aim of this Seminar was to raise awareness about media ethics and journalism.

Speaking on the occasion, Badar Alam Informed that truth and ethics is the integral part of journalism. Journalists cannot always guarantee truth but getting the facts right is the cardinal principle of journalism. It is the responsibility of the journalist to strive for accuracy, give all relevant facts and ensure that they have been checked. Before airing any report. The journalist should be aware of the impact of words and images on the lives of others.

Journalists should have

independent voices. He

further said that most

stories of the journalist

have two sides.

He said there is no

obligation to present

every side in every

piece, stories should be

balanced. Objectivity is not always possible and may not always be desirable but impartial reporting builds trust and confidence, he added.

Furthermore, he said that journalist range from social reformers to political campaigners to professional journalists to citizen journalists and bloggers. Journalist must have the reasoning about any case or story. The report of the journalist must be reality-based and evidence based, not full of assumptions. There should be proper source for the news, instead of just listening and circulating it in society.

Vice Chancellor, DUHS, Prof Mohammad Saeed Quraishy, in his remarks thanked the guest speaker for sharing his personal experience regarding ethics in journalism. Later on, Prof, Kartar Dawani Principal, Dow Medical

KMC upgrades paramedical staff ...

Continued from page 08

by the Competent Authority, KMC on the decisions taken in respect of paramedical staff of the KMC Services regarding up-gradation issued vide order dated October 12, 2010 under the paramedical services structure, on the following manners: for implementation of up-gradation to paramedical staff of KMC services, already orders issued on January 12, 2010 is allowed from the date Council Resolution No.45 i.e May 16, 2017.

The arrears on account of which under

Sindh govt and ANF to ...

Continued from page 16

government notification No SO(PM) 12-3/91-98, Karachi, dated May 13, 2006 will be disbursed subject to fund released by Sindh Government. The score of paramedical staff of KMC run hospitals who are waiting for up-gradation for their posts since last six years will benefit from this order.

be a strong mechanism of surveillance for which police, Excise & Taxation would help and support ANF," he assured. The meeting also discussed that the blood screening of students receiving education in public and private sector is most important in terms of keeping an eye on their health issues. "The government would bear the expenses of the students receiving education in

public sector while educational institutions of private sector would be instructed to start a policy of screening of blood of each and every student at least once in a year," he said and added that this policy would help control all

kind of diseases such as hepatitis etc. The chief minister directed Secretary Health Fazal Pechuho to put forward a proposal for the purpose and also instruct his principal secretary to issue his directives to the education department and work out a detailed plan and submit it for his approval. The DG ANF invited the Sindh Chief Minister invited the chief minister to inaugurate Benazir Bhutto Shaheed Model Addiction and Treatment Centre (MATRC) Lyari constructed by Sindh government for Rs 6 million which he accepted. The Sindh Chief Minister also approved the proposal to provide a building to ANF for establishment of MATRC in Sukkur.

The chief minister on the advice of DG ANF directed secretary health Fazal Pechuho to establish a 10-bed facility in each and every district hospital for treatment of drug addicts. "This is very necessary to have DHQ a designated facility for treatment of drug addicts," he said. Syed Murad Ali Shah issued directives to the BoR to arrange 10 acres of land for ANF at Machko, District West to establish a police station. A similar portion of land is also required to ANF for its police station at Hyderabad. A portion of defunct SRTC at Hyderabad was identified for which the chief minister directed his Principal Secretary Sohail Rajput to coordinate with transport department and provide them space to the ANF.

The chief minister also directed home

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Karachi
Mehmood Centre, BC-11, Block-9, Clifton-5, Karachi

Tel: 021-3587 2289, 3583 4932, 3583 3172
Fax: 92-21 35836940

Email: irfan@medicalnewsgroup.com.pk
mkt.dn@medicalnewsgroup.com.pk

Lahore
1485 C-5/4 Allauddin Road, Cantt.
Tel: 042-3667 6296

Islamabad
House no. 128, Street-11 sector E/17
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irfan@medicalnewsgroup.com.pk

Intracranial Atherosclerotic ...
Continued from page 02

renewed attention in intracranial angioplasty and stenting. These include advances in microcatheter and balloon technology, high risk of recurrent stroke in patients with intracranial stenosis despite medical management in WASID, and success of endovascular treatments for coronary artery disease.

Angioplasty. Data on angioplasty without stenting is restricted to retrospective studies only. These studies report a high technical success rate (with reduction of stenosis to less than 50%). However, restenosis rates of up to 50% have also been reported. This study reports a periprocedural death and stroke rate of 8.3% and an annual stroke risk of 4.4%. The procedure is associated with complications like intimal dissection, thrombus formation, and vessel rupture as well. Long-term outcome after balloon angioplasty is also yet to be prospectively studied.

Stenting. Stenting can be used as adjunct to balloon angioplasty to prevent plaque recoiling and to cover a plaque or an intimal flap. It may also reduce the chances of vessel dissection. The first prospective trial on stenting was SSYLVIA (stenting of symptomatic atherosclerotic lesions in the vertebral or intracranial arteries) performed in 2004. It was a multicenter trial of use of bare metal stent for symptomatic ICAD. It reported a technical success rate of 95%, 30-day stroke risk of 6.6%, and a 1-year stroke risk of 8.5%. There were no deaths reported. Although a restenosis rate of 35% was seen, most of these were asymptomatic. The next big trial on stenting used Wingspan which is a flexible, self-expanding, microcatheter deployed stent. This study was also a prospective multicenter trial on 45 patients refractory to medical therapy. Authors reported a technical success rate of 97.7%, a 30-day stroke or death rate of 4.5%, and a 1-year stroke rate of 9.3%. Their restenosis rates were better at 7.5% at 6 months and all were asymptomatic. Long-term follow-up data is also now available for Wingspan, and they report restenosis rates in the range of 25%-32% although most is still asymptomatic. Smaller case series report use of bare metal balloonmounted stents and drug eluting stents. The former are limited by their rigidity and the latter by nonavailability of longterm safety data. Qureshi et al. and Gupta et al. report use of drug coated stents in small number of patients with good short term results in terms of restenosis. These patients need to be on long-term antiplatelet

therapy for at least 12 months due to risk of subacute and late thrombosis. Therefore, although technically safe and feasible, there is a need for a long-term study. A comparative study of primary angioplasty and stenting reveals no difference in terms of stroke free survival at 2 years. Another systematic review, however, reports a greater 1-year rate of stroke and death in the angioplasty treated group compared to stent treated patients (20 versus 14%). Comparison has also been done between aggressive medical management and endovascular treatment with Wingspan by Jarvis et al. They report a 13% rate of stroke or death at 6 months with Wingspan and 16% with medical management. Based on this evidence, a prospective, randomized study, stenting versus aggressive medical management for preventing recurrent stroke in intracranial stenosis (SAMMPRIS) was started in November 2008 to compare intensive medical therapy alone with stenting plus intensive medical therapy. The trial has very recently been halted with only 59% of the planned number of patients recruited. The major reason for this early termination is an unacceptably high complication rate in the stenting arm (14% patients had a stroke or died in the 30-day period after stenting compared to only 5.8% in the medical arm). One important finding coming out from this trial is a much lower stroke recurrence rate than that previously reported. Interestingly, these patients were on combination antiplatelet therapy. Hence, aggressive medical management may well be the way forward for most patients.

Surgical Treatment. Similar to coronary artery bypass grafting, it is being speculated that a subgroup of patients with intracranial stenosis

Table 3: Choice of interventional trials assessing treatment modalities for intracranial stenosis.

Interventional	Stentless	Stenting	Follow up	Stroke or death	Stroke or death	Stroke or death
WASID (2005)	Medical management (n=100)	Stenting (n=100)	12 months	14.0%	14.0%	14.0%
SSYLVIA (2004)	Medical management (n=100)	Stenting (n=100)	12 months	8.5%	8.5%	8.5%
Wingspan (2009)	Medical management (n=100)	Stenting (n=100)	12 months	9.3%	9.3%	9.3%

Table 3: Continued.

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Wingspan (2009)	Medical management (n=100)	Stenting (n=100)	12 months	9.3%	9.3%	9.3%

may benefit from External to Internal carotid bypass. These patients are the ones who have poor hemodynamic reserve. For assessment of hemodynamic,

several modalities are coming up including PET, SPECT, TCD, CT, and MR perfusion. With better use of these modalities, it might be easier to identify patients who may benefit from such a bypass procedure. Two trials are currently underway to determine the effectiveness of such a bypass surgery, one in the US (carotid occlusion surgery study- COSS) and the other in Japan (Japanese EC-IC bypass trial-JET). Before the final verdict is out, the procedure cannot be widely recommended (Table 3).

Summary of Therapeutic Options
At present, medical management with antiplatelets is the mainstay of therapy for symptomatic intracranial stenosis. Aspirin is the best studied, but in the acute phase, double antiplatelet agents aspirin/extended release dipyridamole or aspirin plus clopidogrel may be used. For long-term use, combination of Aspirin and clopidogrel may not be as safe and clopidogrel alone should be used. Cilostazol due to its pleiotropic effects has shown promise in Asians. Aggressive risk factor control is recommended both for symptomatic and asymptomatic disease. This includes aggressive control of blood pressures and LDL cholesterol in particular and of other atherogenic risk factors like diabetes and tobacco use in general. Endovascular management with angioplasty plus stenting is emerging as a promising modality for high-grade stenosis in patients with failure of medical management. SAMMPRIS has been halted due to adverse effects in the intervention arm. Long-term outcomes of the procedure are yet unknown and restenosis is common, and hence, it cannot be widely recommended. Surgical treatment with EC-IC bypass is also being evaluated in two randomized trials. Pending results, this modality also has limited application.

Conclusion
Known Facts about ICAD. Intracranial atherosclerotic stenosis may be the most common cause of stroke worldwide. Asians are predominantly affected, relative to other races. Various genetic and environmental factors have been implicated as predisposing factors. Although intra-arterial angiography is the gold standard to identify extent of stenosis, noninvasive techniques including TCD ultrasound and TOF MRA have been established as reliable modalities to exclude moderate-to-severe (50%-99%) stenosis. Also, CTA and PFI can be used to correctly identify degree of severe stenosis. In terms of secondary prevention of stroke due to intracranial atherosclerotic stenosis, aspirin continues to be the preferred antiplatelet agent due to its effectiveness comparative to newer antiplatelet therapies.

However, among Asians, cilostazol has shown a favorable effect on symptomatic stenosis and is of benefit in terms of fewer bleeds. Combination therapy has shown promise. Moreover, aggressive risk factor management, that is, lowering blood pressure and LDL levels lowers risk of vascular events. Endovascular therapy is still investigational. Surgical treatment, that is, EC-IC bypass, has failed to show any benefit but may be helpful in selected patients with poor hemodynamic reserve.

Unknown Facts about ICAD. Since Asians are at particular risk of stroke secondary to intracranial atherosclerotic stenosis, studies to locate genetic markers responsible for this racial predominance in lesion distribution would be of interest. Implications of early detection and treatment of asymptomatic intracranial stenosis need to be explored in terms of benefit as a stroke prevention modality. Noninvasive diagnostic techniques that can reliably gauge extent of mild and moderate intracranial stenosis have yet to be identified and are needed. The role of antiplatelet agents other than aspirin, in combination or as single therapy can still be further investigated to advance current medical treatment options. Endovascular therapy is still investigational and is still associated with adverse effects.

Future Directions. Conducted interventional trials on intracranial atherosclerotic stenosis have so far only been carried out among Caucasians. Since the Asian population is known to be preferentially effected, focused trials need to be carried out to establish treatment modalities that are most effective in this population. Additionally, these may focus on prevention, since intervention is expensive and requires technical expertise in low- and middle-income countries where these resources are scant. Screening for intracranial stenosis needs to be further explored. Noninvasive diagnostic modalities that can reliably identify all degrees of stenosis are needed. For symptomatic patients, this will help in management decisions, and for asymptomatic patients, the may help explore the role of preventive therapy.

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More can be done to restrict sunbeds to prevent increasing rates of skin cancer



GENEVA - WHO underscores national actions to limit the use of artificial tanning devices (sunbeds) in a bid to reduce the associated health risks, such as melanoma and non-melanoma skin cancers. For more than three decades, the deliberate sunbed exposure to ultraviolet radiation (UVR) for cosmetic purposes has been driving up the incidence of skin cancers and driving down the age of their first appearance, according to a new WHO report "Artificial tanning devices: public health interventions to manage sunbeds." Sunbed use has been estimated to be responsible for more than 450 000 non-melanoma skin cancer cases and more than 10 000 melanoma cases each year in the United States of America, Europe and Australia combined. The largest portion of users are women, and in particular adolescents and young adults. "There's no doubt about it:

sunbeds are dangerous to our health," says Dr Maria Neira, WHO Director, Department of Public Health, Environmental and Social Determinants of Health. "Countries need to consider whether to ban or restrict their use, and to inform all users about the health risks." In 2009, WHO's International Agency for Research on Cancer (IARC) classified exposure to UV-emitting tanning devices as carcinogenic to humans. More than 40 national and provincial authorities around the world have now implemented outright bans or restrictions on the use of sunbeds. However, much more work is still needed to restrict their use. WHO's new report outlines the policies taken by some countries to regulate sunbeds: either ban them outright or limit and manage their use. Options to restrict access to sunbeds include setting an age-limit on use, preventing use by

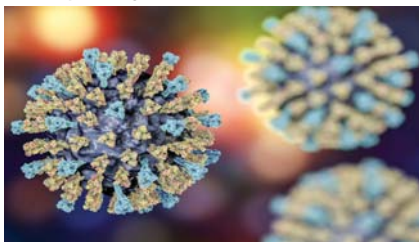
skin-sensitive populations, such as those with who freckle or burn easily, and banning unsupervised access. Beyond restricting, some nations have managed sunbed use by licensing tanning establishments, limiting sunbed exposures, training operators and taxing tanning sessions. Educating the public is seen as essential through awareness campaigns, warning notices and information forms. Various regulations have been enacted in a number of countries. Brazil and Australia have banned commercial sunbeds. For example, countries like Canada, France, Ireland and the United States of America have implemented controls to restrict sunbed operators from advertising non-cosmetic health benefits. In Italy, legislative controls have been introduced that require sunbed operators to prohibit use by people with fair-skin and pregnant women.

Sunbeds, sunlamps and tanning booths emit harmful levels of UVR that can be at least as intense as midday tropical sunlight, and increase the risk of developing melanoma and non-melanoma skin cancer. Additional health risks from sunbeds include sunburns, accelerated skin ageing, eye inflammation and suppressed immune system. Sunbeds have been found to pose a specific risk for melanoma, independent of skin type and of solar exposure. Melanoma risk increases with younger age of first sunbed use and with greater lifetime use of sunbeds. Research shows that people who have used a sunbed at least once at any stage in their life have a 20% higher risk of developing melanoma than people who have never used a sunbed, and the first use of sunbeds before the age of 35 increases the risk of developing melanoma by 59%.

Measles continue to spread and take lives in Europe

COPENHAGEN - Ongoing measles outbreaks in the WHO European Region have caused 35 deaths in the past 12 months. The most recent fatality was a 6-year-old boy in Italy, where over 3300 measles cases and 2 deaths have occurred since June 2016. Several other countries have also reported outbreaks; according to national public health authorities, these have caused 31 deaths in Romania, 1 death in Germany and another in Portugal. "Every death or disability caused by this vaccine-preventable disease is an unacceptable tragedy," says Dr Zsuzsanna Jakab, WHO Regional Director for Europe. "We are very concerned that although a safe, effective and affordable vaccine is available, measles remains a leading cause of death

among children worldwide, and unfortunately Europe is not spared. Working closely with health authorities in all European affected countries is our priority to control the



outbreaks and maintain high vaccination coverage for all sections of the population." The Region has been progressing towards measles elimination. A total of 37 countries have interrupted endemic transmission, according to the assessment of the Regional Verification Commission for Measles and Rubella Elimination based on 2015 reporting. However, remaining pockets of low

immunization coverage allow the highly contagious virus to spread among those who choose not to vaccinate, do not have equitable access to vaccines or cannot be protected through vaccination due to underlying health conditions. In response, several countries are adopting measures, such as school-entry checks, to increase coverage rates for routine vaccinations against measles and other diseases. WHO recommends that every eligible child receive 2 doses of measles-containing vaccine. It also encourages adults who are not fully immunized, or who are not sure of their immunity status, to get vaccinated.

In line with the Regional Director's call for intensified efforts, Romania

Continued on Page 14

Poor rains across East Africa have worsened hunger

ROME - Poor rains across East Africa have worsened hunger and left crops scorched, pastures dry and thousands of livestock dead - according to an alert released by the UN Food and Agriculture Organization (FAO).

The most affected areas, which received less than half of their normal seasonal rainfall, are central and southern Somalia, south-eastern Ethiopia, northern and eastern Kenya, northern Tanzania and north-eastern and southwestern Uganda. The alert issued by FAO's Global Information and Early Warning System (GIEWS) warns that the third consecutive failed rainy season has seriously eroded families' resilience, and urgent and effective livelihood support is required.

"This is the third season in a row that families have had to endure failed rains - they are simply running out of ways to cope," said FAO's Director of Emergencies Dominique Burgeon. "Support is needed now before the situation rapidly deteriorates further." The number of people in need of humanitarian assistance in the five aforementioned countries, currently estimated at about 16 million, has increased by about 30 percent since late 2016. In Somalia, almost half of the total population is food insecure. Timely humanitarian assistance has averted famine so far but must be sustained. Conditions across the region are expected to further deteriorate in the coming months with the onset of the dry season and an anticipated early start of the lean season.

The food security situation for pastoralists is of particular concern, in Ethiopia, Kenya and Somalia, where animal mortality rates are high and milk production from the surviving animals has declined

Continued on Page 14

300 students complete SIUT volunteer training

MN Report

KARACHI - Sindh Institute of Urology and Transplantation (SIUT), has organized an annual volunteer program aimed at providing training to the students in the field of community services, patient care and civic education, concluded. Three hundred students representing various schools and colleges of the city attended the week long program. Speaking at the concluding ceremony, Director of SIUT Prof Adib Rizvi said that the program is designed in such a manner that students learn and develop understanding as to how to mitigate the sufferings of the people. This, he said, makes them good citizens and also brings a positive change in their outlook in life. He pointed out that the program is very popular ever since it was launched ten years ago. He informed that during the training program volunteers received training about the basic guidelines of patient care in the fields of Laboratory, Radiology, Urology, Dialysis, Transplantation, and other medical and surgical sciences. Those who attended the program received certificates which was part of the concluding ceremony. So far around six thousand students have attended the program. Also present at the concluding ceremony were members of SIUT faculty, parents of the participating students and teachers who imparted training.

Anti-polio drive kicks off in Karachi

MN Report

KARACHI - A six-day anti-polio drive has kicked off in Karachi and more than 1.8million children will be administrated polio drops in 161 union councils of Karachi during campaign. Commissioner Karachi, Aijaz Ahmed Khan, has inaugurated the polio drive at Gizri Maternity Home. More than 1.8million children in 161 union councils of Karachi will be vaccinated polio drop during the six day drive. More than 7000 teams of vaccinators would administer the drops while around 5,000 security officials have been deputed for security of polio teams. According to emergency operation centre for polio in sindh, the second phase of the polio campaign has begun in Karachi, Thatta, Sujawal and Badin. More than 2,522,460 children under 5 years of will be administrated polio drops during the drive. Phase 1 was held from 10th to 13th July in which 1,556,255 children under 5 years were vaccinated in Jacobabad, Kambar, Larkana, Shikarpur and Sukkur as well as selected areas of Dadu, Ghotki, Kashmore, Khairpur, N Feroz, Sanghar and SBA. No polio case has been reported in Karachi in a year and half and Sindh including Karachi. In 2017, there have been three cases of polio in Pakistan, 1 from Punjab, 1 from Gilgit Baltistan and one from Balochistan.

Obesity, the major cause of deadly cardiovascular diseases

MN Report

KARACHI - Dr Ziauddin Hospital has conducted a seminar "Bariatrics & Surgical Referrals" at Qatar Hospital, Karachi, to highlight the problems of obesity and its co-morbidities. Dr Muhammad Jawed, Consultant Surgeon, Dr Ziauddin Hospital gave informative and practical talk and briefed that how this problem can be minimized through weight-loss Surgeries. The event was chaired by Dr Moiz Ali Motiwala, Head of Medicine Department, Qatar Hospital. "Pakistan is a country where at present people are suffering from an emerging epidemic of obesity. The rising rate of obesity is very common among adults and children. As compare to males, the burden of obesity is higher among females of all age groups. At population level, for controlling and preventing this issue we need to take some serious and effective initiative so that we can work on this emerging public health issue", Dr.

Muhammad Jawed, Consultant Surgeon, Dr Ziauddin Hospital highlighted risk factors. "Obesity is commonly caused by eating too much and moving too little. If you take large amounts of energy, especially fat and sugars, but don't burn off the energy through exercise



and physical activity, a large amount of the extra energy will be stored by the body as fat and this is what we called "obesity", he further added. In his comprehensive talk, Dr Jawed said that obesity doesn't happen overnight. It develops gradually over time, as a result of poor diet such as: Eating fast food on regular basis, eating larger portions of food than you actually need and drinking too many sugary drinks including soft drinks. He elaborated that according to the research obesity is a

main cause of non-communicable diseases (NCD) and it can lead to serious cardiovascular morbidity and premature deaths. This is a severe public health problem and needs quick awareness. We can save ourselves by taking appropriate measures or by "Bariatric surgery." Bariatric surgery is actually a weight loss surgery in which a surgeon removes extra fat from patient's stomach with the help of operation and reduces the size of stomach.

He emphasized that patients of obesity have greater chances to get affect by long term diseases like cancer, heart diseases kidney diseases and diabetes. People should be encouraged to eat fresh vegetables, fruits, legumes, whole grains and high fiber diets. Eating habits of children and teenagers should be monitored and unhealthy diets should be disheartened. People should take out some time for physical activities and exercise on daily basis to avoid obesity.

Two more 'Chest Pain Units' made functional in Karachi

MN Report

KARACHI - National Institute of Cardiovascular Diseases (NICVD) in collaboration with Government of Sindh and Karachi Metropolitan Corporation has launched Outreach "Chest Pain Units" under Gulbai and MalirHalt Flyovers, Karachi to facilitate patients with chest pain at their own vicinity, totally free of cost. The NICVD had introduced a new era of heart healthcare with the inauguration of its first CPU under AllamaShabbir Ahmed Usmani flyover, Gulshan-e-Iqbalin May 2017, which has been serving people successfully and treating around 1000 patients monthly. This service is one of its kinds and is available for 24/7 throughout the year. It is the second phase of outreach units to be placed under Gulbai and Malir Halt Flyovers and in near future, more CPUs will be functional at different localities of the city. The Chest Pain Units are well-equipped facility and has the appropriate diagnostic testing available to identify patients with an acute heart attack and is also equipped to resuscitate patients who become unstable. CPUs are functionally design for providing preliminary emergency care to heart attack patients. After

providing initial treatment, the patient will be shifted immediately to the tertiary care setup at NICVD Cath Lab. Executive Director, NICVD, Prof Nadeem Qamar, said this program is launched for speedy access and fast diagnosis with early initiation of treatment of an acute myocardial infarction (heart attack), which will prevent muscle damage and ultimate enhance quality of life of the patient. He highlighted that this program also educates the public to promptly seek medical care if they have symptoms of an AMI, such as chest pain, chest discomfort, shortness of breath, excessive sweating, syncope and risk factors for coronary artery disease, particularly smoking. He claimed that NICVD is the world's largest centre for Primary Angioplasty (PCI) program which is serving as a single in public sector at Sindh and Balochistan provinces. He said 1st Satellite Center in Larkana City had been launched which is providing major cardiac facilities of interventional cardiology and NICVD is opening three more such centers in Tando Muhammad Khan, Sukkur and Sehwan on 2017 and in Nawabshah, Khairpur and Mir Purkhas in 2018.

PPMA organises 3rd Pakistan ...

Continued from front page

speaker of the summit who delivered his talk on "New emerging therapeutics and regulatory imperatives".

Expert speakers of various panel sessions of the summit discussed at length various issues concerning growth, advancement, and expansion of Pakistani Pharma industry enabling it to effectively compete with regional and global Pharma industries. The topics discussed at the pharma summit included new trends and innovation in medicines, internationally recognized best manufacturing practices of pharma industries, regulatory regimes, global research and development techniques being used by the pharmaceutical sector. The summit held threadbare discussions on regulatory, control, and pricing issues of the Pakistani Pharmaceutical industry owing to which local production of a number of medicines including life-saving drugs has simply become commercially unfeasible owing to which these drugs have become short in the market. The issues hampering export of medicines produced in Pakistan were also discussed at the summit.

PMA speaks out against...

Continued from front page

sufferings of patients and attendants. Patients on ventilators are particularly at risk because when the electricity goes off, it could result in their deaths.

They said emergency services of these hospitals suffer the most and fails to provide the required emergency services. In the larger interests of the poor masses of Pakistan, PMA strongly demanded that load-shedding at public hospitals should be ended. These hospitals are provided with an uninterrupted supply of electricity round the clock. They said health facilities, where poor patients are being treated should be declared load shedding free zones immediately.

PMA expresses concern over ...

Continued from page 03

cholera, and other serious illnesses such as guinea worm disease, typhoid, dysentery, hepatitis and skin diseases.

PMA requested the government of Pakistan to intervene and force the local and provincial government to take immediate steps to save Karachi from danger of epidemics.

Anti-polio drive starts in ...

Continued from page 05

Despite the headway and major improvements made in polio eradication in Sindh, Coordinator EOC Sindh Fayaz Jatoti is of the opinion that "we cannot afford to relax, the virus still springs up in the environment from time to time and as long as that happens, there is always a chance for polio to return.

We not only have to maintain our performance, we must also improve further to banish the virus once and for all, as we have never been closer. We must keep innovating and continue the coverage of missed children and concentrate on our high risk mobile populations and focus on continuous training for staff so we can see ourselves over the finish line."

During the Holy Month of Ramzan, special activities of covering persistently missed children were conducted in District West and Malir in which more than 800 missed children were covered, at the moment a similar activity is being conducted in Bin Qasim town and that will be followed by other districts as well.

Meanwhile, refresher trainings for UC level staff were also conducted during June. With regards to mobile populations a special activity was conducted during Eid days in which more than 90,000 children were covered at transit points and gatherings in Karachi. The details show that between 26th June to 2nd July 25,000 children were covered at the Qaid E Azam Mazaar, 17400 children at Aladin Park, 2649 children at Safari Park, 2532 children at Askari Park, 8971 children at Sindh Bad, 28191 children at Karachi Zoo, 3858 at PAF Museum and 3831 children under 5 were vaccinated at the Jinnah international airport.

Sindh Govt increases the ...

Continued from page 05

nurses' uniform allowance was increased from Rs 600 to Rs 2,100, mess allowance from Rs 300 to Rs 6,500 and nursing allowance from Rs 4,000 to Rs 10,000. President, YNA, Sindh, Aijaz Kaleri said notification for enhancement of stipend to nurse students will be issued very soon and hoped that promotions and other issues of the nurses would also be resolved at earliest basis. He said the nurses are thankful to the health minister and secretary as well as the chief minister for their cooperation.

Health experts create stroke ...

Continued from page 09

unfortunately they are almost nonexistent in the country both at private and government level. Life Saving Clot Buster are available to only 0.01 percent of patients, they said.

The medicine which is given to the patient within the 4-6 hours of attack is not registered in Pakistan with Drug Regulatory Authority of Pakistan. Besides the lack of required number of neurologists the patients are not timely diagnosed. They demanded of the government and the organizations actively take part in the health sector to create awareness including establishment of stroke units in hospitals so that the dream of a healthy nation could be translated into reality.

Measles continue to spread ...

Continued from page 12

conducted a nationwide campaign of enhanced routine immunization activities. Italy implemented outbreak control measures including notifying suspected cases, tracing contacts and offering post-exposure prophylaxis and vaccination. Experts from the WHO Regional Office for Europe contributed to a consultation with regional public health officials, representatives of the Italian Institute of Health (ISS), and measles and rubella laboratory officials in Rome. Together they decided on further strategies to improve vaccination coverage among adolescents, adults, vulnerable population groups and health-care workers. The range of identified activities includes strengthening disease surveillance and communication practices.

Poor rains across East Africa ...

Continued from page 12

sharply with negative consequences on food security and nutrition. "When we know how critical milk is for the healthy development of children aged under five, and the irreversible damage its lack can create, it is evident that supporting pastoralists going through this drought is essential," said Burgeon. Livestock prices have plummeted because of poor animal body conditions and this, coupled with soaring cereal prices, has severely constrained pastoralists' access to food. Rangeland and livestock conditions are expected to further deteriorate at least until the next rainy season starts in October. In several cropping areas across the region, poor rains have caused sharp reductions in planting, and wilting of crops currently being harvested. Despite some late rainfall in May, damage to crops is irreversible. In addition, fall armyworm, which has caused extensive damage to maize crops in southern Africa, has spread to the east and has worsened the situation. In Kenya, the pest has so far affected about 200 000 hectares of crops, and in Uganda more than half the country's 111 districts are affected. In Somalia there are unfavourable prospects for this year's main gu crops, after the gu rains were late with poor rainfall and erratic distribution over most areas of the country. In the Lower Shabelle region, the main maize producing area, seasonal rainfall was about 50 percent below- average and drought conditions are currently affecting up to 85 percent of the cropland. In Ethiopia, unfavourable belg rains in southern cropping areas are likely to result in localized cereal production shortfalls. Drought is also affecting yields in Kenya's central, southeastern and coastal areas. In Tanzania, unfavourable rains are likely to result in localized cereal production shortfalls in northern and central areas, while in Uganda there are unfavourable production prospects are unfavourable for first

season crops in the southwestern and northern districts. Cereal prices are surging, driven by reduced supplies and concerns over the performance of current-season crops. Prices in May were at record to near-record levels in most markets and up to double their year-earlier levels.

PPMA demands PM to sign ...

Continued from page 16

Simply for such reasons it has been the consistent demand of the PPMA and of the entire Pharmaceutical industry to grant complete autonomy to the DRAP to regulate entire affairs of the Pharma sector like any other regulator related to other segments of the trade and economy, he said. Dr Waheed said that production and availability of a number of essential medicines, life-saving drugs, new and orphan molecules in Pakistani market had been severely affected due to indecision of the PM. For instance hepatitis C patients in Pakistan have yet to get access to Daclatasvir a tablet, which contains miraculous-like cure for people suffering from this fatal disease that was earlier considered incurable. Then patients of renal failure on dialysis could not get tablets to maintain desired level of vital Amino acids in their body as these are medicines whose unavailability in the local market simply means that fundamental rights of large number of patients in the country are not being fulfilled by the State, he said. He said that a few months back a delegation of the PPMA had met President Mamnoon Hussain and urged him to play his role in this regard but he too expressed his helplessness by responding that the Pharma industry should start manufacturing these essential medicines by incurring loss. Dr Waheed on the occasion also raised the issue that an undue and illegal system of "Panel inspection" had been imposed on the Pharma industry, which used to apply to the Registration Board of the DRAP for introduction of any new medicines in Pakistani market. Moreover, he said that barcode system was being introduced for selling of medicines in Pakistani market, which would be an exercise in complete futility as here shopkeepers were in the practice of selling a very few tablets on the demand of patients instead of selling the whole blister pack. He said that billions of rupees had been lying unused in Central Research Fund maintained by Health ministry as Pharma companies had been contributing one per cent of their gross profits towards this fund since 1976 for doing research for development of new medicines. Dr Waheed said it was high time that the DRAP should completely waive or significantly decrease highly exorbitant fee prescribed for all sorts of documentation and bureaucratic procedures required for exports of medicines from the country.

A recognition of excellence: AKU-EB's students triumph in Pakistan's educational landscape

MN Report

KARACHI - Despite being a relatively young institution, the Aga Khan University Examination Board has repeatedly proved that its students are capable of attaining success by virtue of the quality education that they receive during their secondary school education. While our annual results and internal student accomplishments have always been a source of pride for us, this year's May 2017 results for both our Secondary School Certificate (SSC) and Higher Secondary School Certificate (HSSC) examinations are also accompanied by a sense of both vindication and triumph due to the positive validation from external sources. We are therefore pleased to announce that this year's examination results have reaffirmed how talented our students are.

SSC

The overall pass rate for Year I and Year II SSC students came out at 85.7 per cent and 90.6 per cent, respectively. Furthermore, 69.4 per cent of Year I students and 81.2 per cent of Year II students scored at or above 60 per cent across all of their examinations. Our SSC Year II High Achievers were all girls, with first position belonging to Fizza Rubab of P.E.C.H.S. Girls' School. Fizza attained an impressive 1037 out of 1100 total marks, i.e. a total of 94.27 per cent across all her exams, and a grade of A-1.

"This came as a huge surprise to me and I am immensely grateful to my school, teachers, friends and family for their support, encouragement and prayers throughout the year," says Fizza. "The style of AKU-EB made it possible to achieve this position. Under this marvelous board, we are focused and precise unlike the style of conventional study practiced in Pakistan." In second place, Samreen Raja of Nusrat Jehan Academy Girls High School



obtained 1029 out of 1100 marks, scoring 93.54 per cent. In third place, Shamsa from Aga Khan School - Garden attained 1027 out of 1100 marks and scored 93.36 per cent.

HSSC

Continuing a trend of strong academic foundations, the pass rates for Year I and Year II HSSC candidates was tallied as being 87.9 per cent and 87.8 per cent, respectively. In addition, 72.7 per cent Year I Candidates and 75.2 per cent Year II candidates scored 60 per cent or above across all of their examinations. As with this year's SSC results, female candidates proved themselves at the higher end of scores, with all of our top three overall positions belonging to women. Mariam Sajjad from the Aga Khan Higher Secondary School, Karimabad, Karachi, obtained first position by scoring 1050 out of 1100 total marks (95.45 per cent) across her HSSC examinations. "I feel on top of the world. I can't express my feelings in words; it feels great to see your hard work pay off," says Mariam. "Studying with AKU-EB infused a sense of curiosity and a thirst for knowledge, which helped broaden my horizons. My advice to current and future AKU-EB students is that even if the path seems tough, don't stop because once you reach your destination, you will realize that all the hard work was totally worth it." Urooj Usmani, also from the Aga Khan Higher Secondary School, Karimabad, Karachi, scored 1028 out of 1100, i.e. 93.45 per cent, which earned

her second place. Finally, Nusrat Jahan College's Muqaddas Alvi came third in the national average by obtaining 1022 out of 1100 marks and a 92.90 per cent score.

Shahina Aliraza, principal of the Aga Khan Higher Secondary School, Karimabad, has good cause to celebrate. "Feeling delightful and ecstatic on our students' remarkable achievement both 1st and 2nd position in Pakistan," she states. "AKU-EB students, as compared to other Boards, are more confident and critically conscious. They are the kind of learners who always strive to reach and explore their potential." AKU-EB's Director Dr Shehzad Jeeva notes, "AKU-EB students consistently perform better in University Entrance Tests, as demonstrated by the fact that 90 per cent of our 2015 HSSC graduates received admission to various universities. This is also reaffirmed by a recent study conducted by a national body on examination quality and standardization, which found that students from AKU-EB are more likely to perform better on University Entrance Tests as compared to other examination boards." Associate Director of Assessment, Dr Naveed Yousuf adds: "My heartiest congratulations to the successful students of AKU-EB. I am sure their strong educational foundation will lead them to greater successes in life. It is only through perseverance and determination that they can achieve their goals".

Young dentists boycott OPDs for raise in stipend

MN Report

KARACHI - A Joint Action Committee of Dental House Officers completely boycotted the OPDs of all hospitals of Dow University of Health Sciences (DUHS) for not implementing the stipend package announced by Sindh Government. The young doctors of Dow Dental College (DDC), Dow International Dental College (DIDC) and Dr Ishrat ul Ebad Khan Institute of Oral Health Sciences (DIKIOHS) has continued their protest demonstration against discrimination with dental graduates.

The protesting young dentists said they were not being paid their stipend for the last three months and when the DUHS administration finally paid them, it was only Rs 13,000 for all house officers, whereas PMDC has officialised Rs 30,000 as the monthly stipend for all house officers of Pakistan. They said lack of payment of stipend has forced more than 200 doctors to go on protest against the administration of Dow University.

They said payment of Rs 13,000, is a violation of the CM's orders to pay Rs 30,000 stipend per month. They said dentists have been deprived of their rights. They said DUHS administration has been treating the dental graduates like step-children as they are getting less stipend in comparison to the MBBS graduates working at Ojha Campus.

They said the payment that they received after the gap of three months has made them rethink continuing their services, because they have been continuously informing the management about their reservations yet nothing has been done. They demanded of Dow University of Health Sciences (DUHS) administration to increase their stipend as announced by Sindh Government and Pakistan Medical and Dental Council (PMDC), otherwise they will continue their protest till acceptance of their demands.

KPC organises free eye ...

Continued from page 09

blood-pressure, self-medication and diabetes are some major reasons behind prevalence of ophthalmological disorders in the society. He said treatment of eye diseases at early stages can prevent people from further complications. In the end, free eyeglasses and medicines were also given to journalists who were diagnosed with refractive errors and vision problems in eye screening camp.

Disaster management authorities ...

Continued from page 09

Secretary General, Pakistan Medical Association (Center), Dr SM Qaiser Sajjad, said collapse of buildings and fire incidents in industrial areas of Karachi have become routine in the city due to failure of civil defence and disaster management institutions.

He said Karachi urgently needed 5,000 more state-of-the-art ambulance services to cater the needs of 25million plus population as well as to assist people during emergency situations in future. He said public sector hospitals are not equipped with proper health facilities to cater whole population of the city while more trauma centres are badly needed to deal with emergency situations in future.

He said like institutions like civil defence and provincial disaster management authority should be made operational on modern line. He said buildings, health facilities, educational institutes, industrial units must be equipped with fire safety facilities to avoid untoward situation.

Students warned against admission in unrecognised medical colleges

MN Report

ISLAMABAD - The PMDC, the sole regulator for medical and dental education, practice and training in the country, has warned students against getting admission in unrecognised medical and dental colleges. In an announcement, acting PMDC registrar Dr Syed Azhar Ali Shah said the students should refrain from taking admission in medical and dental colleges, where fresh enrolments had been stopped by the council. He said complete details of such educational institutions had been posted on the official website of PMDC.



"The list of recognised medical and dental colleges along with their seat allocation can be seen on the PMDC website: www.pmdc.org.pk," he said. The PMDC registrar warned that the MBBS and BDS students not possessing the PMDC

student registration won't be registered as medical and dental practitioners after completion of their respective courses. "In that case, the PMDC will not take any responsibility for adverse action on the career of the students," he said. The registrar also asked medical and dental educational institutions to strictly follow the prescribed rules of the PMDC.

PPMA demands PM to sign summaries for drugs' prices

MN Report

KARACHI - Pakistan Pharmaceutical Manufacturers' Association (PPMA) has urged the prime minister to take time out forthwith from his pressing political engagements to sign summaries sent by the Drug Pricing Committee last year as critically ill patients have been acutely suffering owing to his indecision.



Central Chairman of PPMA Dr Kaiser Waheed flanked by key office-holders of the association made this demand while addressing a press conference. "This is like our last resort to earnestly request the prime minister to sign these summaries as otherwise there would be no respite in near future for patients suffering from acute ailments like hepatitis C or renal failure as some 100 important medicines have become short in the local market owing to delay in approving recommendations of Drug Pricing Committee sent last year," said Dr Waheed. The PPMA chairman said that ideally speaking such matters should have been dealt at the level of the Drug Regulatory Authority of Pakistan (DRAP) without sending them at the ministerial level and later on to the PM House.

Continued on Page 14

Sindh govt and ANF to drive narcotics out of educational institutions

MN Report

KARACHI - The Sindh government, in order to address the health issues of school children, has decided to conduct blood screening of all the students receiving education in public and private sectors in the Sindh province once a year. This decision was taken by Sindh Chief Minister Syed Murad Ali Shah in his meeting with Director General Anti-Narcotic Force (ANF) Major General Musarrat Nawaz Malik here at the CM House today. The meeting was attended by Secretary Health Fazal Pechuho, Secretary Home Qazi Shahid Pervez, Principal Secretary to CM Sohail Rajput and Commander ANF Karachi Noorul Hassan. The chief minister said that after going through the news reports of usage of narcotics by the students of educational institutions in federal capital, he has become worried about the students receiving education and living in hostels in Sindh. "I want you [DG ANF] to help Sindh government to combat this menace," he asked DG ANF. The DG ANF said that he was also conscious about the issue and his force had started working on it. "On this, ANF needs support of provincial government for which your [CM] guidance and approval was required and you have entrusted us and the ANF would produce congenial the results," he said. The chief minister said his government had already launched a targeted operation against drug mafia. The ANF has to help the provincial government to eliminate the organized gangs involved in supply of narcotics items in the city. "When they [drug mafia] move unchecked, they can penetrate anywhere particularly into the educational institutions," he said and added "there should

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