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Medical News **New Year 2020**
Wishes readers a
HAPPY & PROSPEROUS

BLACK & WHITE

PMA meets Sindh Bar Council



MN Report

KARACHI - A meeting was recently held by the Sindh Bar Council (SBC) and the Karachi Bar Council (KBC) at the SBC Conference Hall. A delegation of the Pakistan Medical Association (PMA) led by Dr S M Qaisar Sajjad, Secretary-General PMA participated in the meeting organized at the SBC Conference Hall. Delegations representing the Young Doctors Association (YDA) and the Pakistan Medical Association (PMA) Sindh were also present on occasion. Azam Khan, Senior Bar Council leader, Zia ul Haq Makhdoom, Chairman, Chief

Executive Committee, Sindh Bar Council, Naeem Qureshi, President, Sindh High Court Bar Association, Haseeb Jamali, President, Karachi Bar Association & Member Sindh Bar Council, Aamir Saleem, General-Secretary, High Court Bar Association and others welcomed the doctors' delegations.

On this occasion, lawyers expressed their deep sorrow and grief on the Punjab Institute of Cardiology (PIC) incident and demanded judicial inquiry on the PIC tragedy.

Dr Qaisar Sajjad appreciated the goodwill gesture of the lawyers

and strongly condemned the attack on the PIC. He said that the PIC incident happened due to negligence on the part of the Punjab government and no such incident had ever been witnessed in the history of Pakistan.

He suggested the constitution of a coordination committee to resolve issues between lawyers and doctors. No conspiracy to divide lawyers and doctors will be successful in the future, he said.

The event concluded with Dr S M Qaisar Sajjad inviting the lawyers to visit the PMA House, the offer that the lawyers accepted.

Government

hospitals crises still unresolved in Sindh

MN Report

KARACHI - According to the sources, the provincial government run health facilities had been facing an acute shortage of life-saving drugs and disposal surgical items for the last six months. This was attributed to the sheer negligence of the concerned authorities in the Sindh Health Department.



The patients in Sindh's hospitals, including the Dr Ruth Pfau Civil Hospital Karachi (CHK), Jinnah Postgraduate Medical Centre (JPMC), Sindh Government Lyari General Hospital, Sindh Government Hospital Liaquatabad, National Institute of Child Health (NICH), and others, were often asked by doctors to purchase

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Polio team attacked near Shikarpur

MN Report

SHIKARPUR - A polio team was recently attacked and deprived of its valuables at gunpoint on the Zarkhail road, approximately five kilometers from the New Faujdari police station of Shikarpur.

The team, comprising of eleven members, was on its way to Jangi Khan Brohi village from Shikarpur in a van. The team had to administer polio drops to the children when armed men stopped their vehicle, tortured them, and deprived them of 11 mobile phones, Computerised National Identity Cards (CNICs), jackets, cash, and other valuables at gunpoint.

The outlaws disappeared from the spot after the swift operation. A lady health worker fell unconscious during the attack. The health staff,

including Dr Javed Soomro, Sadam Brohi, Ibrahim Brohi, Babal Jhullan, Gulshan Bhatti, and Afshan Soomro.

team staged a demonstration and boycotted polio campaign till the recovery of their snatched valuables and cash.

Dr Shabeer Ahmed Shaikh, District Health Office (DHO), Shikarpur and Dr Rizwan Ahmed, Senior Superintendent of Police (SSP), Shikarpur rushed to the scene and assured the staff of recovering their looted belongings.

No recovery of looted goods or the arrest of outlaws were reported so far.



Doctors should pay back to their motherland- Governor Ismail

MN Report

KARACHI - The three-day 10th International Medical Conference was recently organized by the Medics International (MI). Founded by a group of USA-based senior doctors of Pakistani origin, the MI, had emerged as the United Nations-accredited global health care relief organization. The conference was organized to commemorate the Silver Jubilee of its foundation. Imran Ismail, Sindh Governor was invited as the Chief Guest of the inaugural ceremony. Among the attendees were Dr Shabih Zaidi, the MI's Global Summit Chair, Dr Wajih Rizvi, MI's Founder and Dr Huma Naqvi, MI Global President. While speaking to the audience, Imran Ismail promised on behalf of the present government to materialize the proposal of an association of USA-based expatriate Pakistani medical practitioners. He assured to establish a university of health sciences in Pakistan with the aim to financially assist prospective underprivileged Pakistani medical students.

"My office is at your disposal; do tell me whatever help you need to establish this university in Pakistan as to whether it is allotment of land or any other permission you need as I will fully assist you in this regard. We have ample land available for such purposes. Come to us to discuss your proposal and get facilitation of any kind from the government," said the Sindh Governor. The Governor urged Pakistani doctors living and practicing abroad to invest in the country as it was now time for them to pay back to their motherland. "This country needs you now as the best way to pay back your motherland is to bring back your investments here as Pakistan can safeguard and multiply them," he said.

Ismail said it was wonderful that the expatriate community of Pakistani doctors had been doing various welfare and philanthropic initiatives back in their native land, like adopting schools and donating ambulances to hospitals.

"However, this country needs more of your support, and for this, you have to believe in Pakistan and to entrust it with your investments. This is the best way to participate in the progress and development of your country fully," he said.

He said it was imperative because the Pakistani State had spent billions of rupees to run the system of public sector medical colleges where expenses being borne on each of the students of medical and dental studies were highly subsidized.

The Governor noted that the Pakistani nation believed in doing massive philanthropy by extending hefty financial donations



to several charities, but at the same time, they pay less to the state exchequer in terms of payment of taxes.

The Governor added that the present government had been doing its best to restore the confidence of Pakistani people in state's system of tax collection so that they start paying their due taxes with the firm belief that their money would remain safe and would not end up in the personal accounts of the rulers as had happened in the past.

He also mentioned the initiative of the present government to offer "Sehat Insaf Cards" to low-income families whose daily income was less than two dollars as the recipients of these cards had the privilege of availing annual expenses up to Rs750000 for treatment.

In his welcome speech, Dr Shabih Zaidi said that the MI had been providing healthcare-related relief services in such war-torn zones of Iraq and Syria where world-renowned relief organizations like Doctors without Borders had yet to get access. He said that the MI had already established a virtual university to assist further medical education for deserving students all over the world.

Dr Wajih Rizvi said that Medics International had carried out massive healthcare-based relief work in Pakistan whenever the country had faced a major natural calamity, including earthquakes and floods in the recent past years. He added that for the first time, the MI organized its international conference in Pakistan with the basic aim to guide students of Pakistani medical colleges regarding their goal to pursue specialized education to become expert physicians and dentists in different fields of medicine. He said that the conference involved different sessions that were discussed over three days related to the specialized areas of medicine, pharmaceuticals, and dentistry. Dr Huma Naqvi informed the audience that their organization had carried out relief work in 55 countries around the world, and they would continue their efforts to provide the best medical coverage to underprivileged communities living anywhere in their native land. She said that relief and medical services were provided in the less-developed countries affected by poverty, civil war, and economic backwardness.

Female doctors should serve the poor population: Tayyaba Bukhari

MN Report

KARACHI - A session on women's health issues as part of the three-day 10th International Conference organized by Medics International. Kaleem Imam, Inspector-General of Police Sindh, welcomed the participants. Most of the audience consisted of large assembly

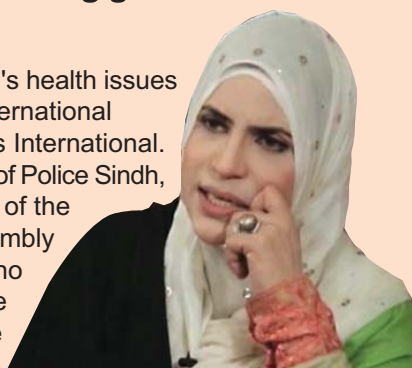
of doctors of Pakistani origin, who were working abroad. Among the speakers invited in the event were noted religious scholar, Tayyaba Khanum Bukhari and educationist, Professor Shaista Zaidi. MI Global President, Dr Huma Naqvi was also present in the event.

While addressing to the conference, Tayyaba Bukhari said that Medics International was an UN-accredited global health care relief organization founded by USA-based Pakistani doctors 25 years back. She urged female doctors, who, after completing their education, did not join the medical workforce of the country to practice their profession. Tayyaba urged educated women to utilize their educational qualification for the progress and development of the country instead of confining themselves to the four walls of their homes as that is detrimental to their talent and provide health care services to the deserving population in the country.

Bukhari said that around one year prior, she had met the President of Pakistan, Dr Arif Alvi, who had also asked her to use her influence to urge educated women of the country to utilize their education for the uplift of the country.

Tayyaba Khanum said that women were required to work alongside men in every field and profession for the advancement of the nation. She expressed her pleasure that a large number of female doctors of Pakistani origin had been providing health care services around the world, as many of them had been part of the conference also. She appreciated their services for humanity at large.

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IHN aims to set up 500 primary healthcare clinics- Prof Abdul Bari

MN Report

KARACHI - Inauguration of the second branch of the Ehad Medical Center was held recently in Bahadurabad, Karachi. Prof Dr Abdul Bari Khan, Chief Executive Officer of the Indus Health Network (IHN) was invited as Chief Guest. Renowned physicians and health experts, including Prof Dr Abdul Basit, Diabetologist and Consultant and Advisor of the Ehad Medical Center, Prof Dr Zaman Shaikh, Diabetologist, Dr Mehfooz Alam, Syed Yasir Hashmi, GM Operations, Ehad Medical Center, Dr Hooria Chaudhry and others, were also present on occasion and spoke at the inauguration.

Prof Dr Abdul Bari Khan noted that both public and private sector facilities were failing to provide quality healthcare services to the people of Pakistan. "Private hospitals are charging a lot, but except for a few, most private hospitals are not meeting the healthcare needs of people. Everybody knows about the service provided by government hospitals. In these circumstances, we have planned to establish 500 primary healthcare clinics in the country with a focus on primary healthcare and diabetes," said Dr Abdul Bari.

Dr Abdul Bari lamented that the government was not doing enough to meet the healthcare needs of the people of Pakistan. The 'filthy rich' travel abroad to seek medical treatment while the few who couldn't afford to avail expensive health services visit private hospitals. On the flip side, a vast majority of Pakistanis were not receiving proper treatment in public and most of the private health facilities in the country. "Unfortunately, the middle, lower-middle, and poor segments of Pakistani society have no place to avail proper medical treatment despite spending a major portion of their monthly income on it. Except for a few, most of the private hospitals are busy looting patients while public hospitals are overburdened and cannot provide proper healthcare services to the people."



He hoped that with the establishment of primary healthcare clinics and medical centers like Ehad, people would be able to avail quality medical consultation, effective and genuine medication, and authentic diagnostic services. He further deplored that 90% of the blood banks were providing "unscreened and tainted blood" to the people. Blood transfusion services were responsible for the spread of lethal diseases instead of curing them. "Instead of getting cured and healed, our children and people are contracting lethal infectious diseases through tainted blood, but nobody is looking into this serious issue," he observed.

Pledging to assist the Ehad Medical Center network in the provision of quality medical services to people, Prof Dr Abdul Bari said that the Indus Hospital Network had the highest number of clinical pharmacists compared to any other health facility in Pakistan and vowed to follow the structure of Ehad at their planned primary healthcare clinics in the country. Prof Dr Abdul Basit, said that he had been planning to establish such clinics for the last 15 to 20 years where all consultation and treatment facilities were available under one roof. He further added that they were planning to establish 3,000 such clinics throughout the country as per their plan to standardize diabetes care in Pakistan.

"At Ehad, we are providing quality consultation services, diagnostics, telemedicine, education on diet and lifestyle, obesity management as well as world-class pharmacy services," said Prof Abdul Basit adding

that global practices and advancements in the various fields of healthcare are being followed at the Ehad Medical Center.

Prof Zaman Shaikh said it was heartening to learn that the health fraternity had stopped looking towards the government for the provision of healthcare facilities for the people, and now they had joined hands to resolve the healthcare issues of the masses on self-help basis. "Despite our repeated suggestions and recommendations for the establishment of primary healthcare facilities and diabetes clinics at district levels, authorities have been unmoved for the past several decades, but now doctors and physicians have joined hands, which is a good omen for the people of Pakistan."

He further added that diabetes is an expensive disease and never abandons a person until his or her last breath.

Syed Yasir Hashmi, shed light on the Ehad Medical Center's purpose of existence, which is to improve primary health care facilities in Pakistan with a standardized medication management system, specialized clinics, state-of-the-art community pharmacies, reputable labs, telemedicine, etc. He also emphasized the importance of an authentic supply chain of medication and elaborated on the success of Ehad Healthcare.

Dr Hooria Chaudhry spoke about the availability of telemedicine facilities at the Ehad Medical Center through which patients could consult doctors across Pakistan as well as developed countries of the world, including the US, Europe, Turkey, and the Middle East.

CMCH Larkana facing multiple risks to services

MN Report

LARKANA - Chandka Medical College Hospital (CMCH), Larkana, equipped with 1500 beds, is facing a crisis-like situation for the past one year as the SNEs



(Sanctioned New Establishment) of projects completed between 2007 and 2010 had not been approved as yet. This had multiplied the woes of the patients and had caused an acute shortage of medics and paramedics because the new schemes were being managed with meager staff transferred from other wards.

These schemes included a 40-bedded extension of the Eye Ward, a 40-bedded Accident and Emergency Center, an 8-bedded Thalassaemia Centre which had been handed over to a private party, an 8-bedded Burns Center, and the establishment of the Benazir Bhutto Skin Disease Complex as well as a Dental and Hepatology Department, respectively.

Another scheme, namely the Faryal Talpur Cardiac Complex, was handed over to the NICVD. The required costly machinery, equipment, and instruments were procured for these new departments, which were currently lying either idle or being used elsewhere.

The CMCH authorities had written several reminders to the Health Department, but all had been ignored despite the claim of PPP rulers about the vision of Shaheed Mohtarma Benazir Bhutto to give top priority to the health and education sectors. The rulers had forgotten their priorities as both these sectors remain neglected for the past 12 years. The annual budget of the hospital was over one billion rupees, but the poverty-stricken needy patients had to procure medicines from the open market as the central procurement system had ruined the old system of medicine purchasing i.e., via the concerned Medical Superintendent (MS).

The major diagnostic MRI machine had also been dysfunctional for the past several months. The x-rays and ultrasound machines were very old and needed to be replaced immediately. The laundry machines which were procured during the 70s by Shaheed Zulfiqar Ali Bhutto, where over 1100 bedsheets and other OT clothes were washed daily, had also become outdated. The laundry building had also become dilapidated and dangerous. However, no repair or renovation work had been carried out. Sources claimed that the laundry staff was not serving their duties but simply drawing salaries while sitting at home.

Over nine costly ventilators had not yet

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Fire in NICVD - No casualties reported

MN Report

KARACHI - Fire was recently broke out in Operation Theater of National Institute of Cardiovascular Diseases (NICVD). An administrative official assured later on that incident happen without causing any damage or any loss of lives or property.



An official from NICVD administration briefed that the fire broke out at the operation theater, situated at the first floor of the NICVD. The fire was extinguished by the fire tenders and rescue workers. This created panic like situation in the hospital but administration shortly controlled the situation with the help of rescue teams. The official informed that all trapped people were successfully rescued by the security guard. The security guard also received minor burn injuries during to rescue work. The operation theater of hospital was partially affected due to fire while no major damage was done. The cause behind the incident could not be ascertained as yet, according to sources.

PRC cuts ribbon on new Rehab Center in Karachi

MN Report

KARACHI - The Parvarish Welfare Organisation, a non-profit charitable organization, recently established a rehabilitation center in Clifton. The second Parvarish Recovery Center (PRC) Rehabilitation Centre aimed to cater people living with addiction and behavioral disorders. The event was presided by Imran Ali Shah, Director, PRC. Clinical Psychiatrist, Sidra Jafary was also present on the occasion and spoke to the audience. Addressing the opening ceremony, Imran Ali Shah stated that the PRC Rehabilitation Centre was an in-patient treatment facility for individuals who lived with substance abuse and behavioral disorders. He explained that the vision of the PRC Rehabilitation Centre was to treat the roots of addiction by exploring the underlying issues and understanding the specific needs of patients struggling with addiction and trauma. He said that the PRC set up its first rehabilitation centre in 2016 in Malir for the treatment of people living with addiction and combatting behavioral disorders of different sorts at subsidized rates for the underprivileged. He informed that the PRC had registered 950 drug addict patients, out of which 70% of the people completely recovered from their illness and are now living a healthy life. Sidra Jafary said that the PRC opened its executive facility in Clifton, Karachi, with two main objectives: catering to affording

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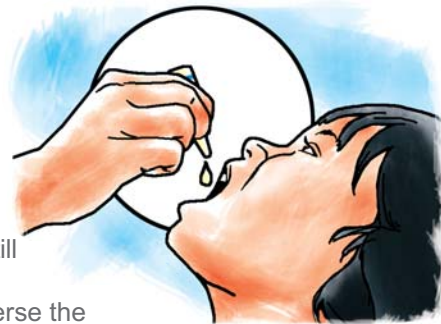
95% vaccination target has been achieved: Spokesperson EOC

MN Report

KARACHI - The Spokesperson of Emergency Operation Centre (EOC) for Polio, Sindh recently stated that EOC had completed the December polio campaign in the province with an overall coverage of 101% of the target while vaccination coverage in Karachi remained at 95.2%. The extra percent could be owed to the influx of guest children in the province through seasonal migration during December. The total target of under 5 children was 9 million children, out of which approximately 2.3 million were residents of Karachi. If we look at coverage per division it is as follows: Karachi target: 2293687, coverage: 95.2%, Hyderabad division target: 2160552, coverage: 102.1%, Larkana division target: 1514246, coverage: 103.7%, Shaheed Benazirabad division target: 1093139, coverage: 101.8%, Sukkur division target: 1229424, coverage: 103.9% and Mirpurkhas division:

785475, coverage: 103%.

Spokesperson, EOC Sindh, said that with a satisfactory campaign across the country and regular polio drives planned till June, this was an excellent start to reverse the trend of polio cases in the province. He said that 100% coverage resulted because of the people who entered the province as per their seasonal migration trends and had subsequently been vaccinated. It must be noted, though, that despite the high coverage and satisfactory percentages, there were pockets of missed children and refusals. Out of the total 9 million children under 5 that were targeted, the province had around 3.3% missed children equally divided into refusals and unavailable children who were traveling as per their seasonal trends for holidays to their home towns. Teams were constantly



engaging communities in order to reduce refusals further. However, for polio eradication, one must consistently vaccinate 95% of the target; hence the December campaign was a solid foundation to build on over the next 6 months. The EOC once again appealed to the public to cooperate with the polio teams and appealed to the media to spread the message that polio vaccination was encouraged by all religious scholars, medical associations such as the Pakistan Paediatric Association and that the whole world, including more than 50 Islamic countries had eradicated polio by using the very same oral polio vaccine.



Sindh government fails to complete Gulshan hospital

MN Report

KARACHI: According to sources, the Pakistan People's Party's (PPP) Sindh Government had failed to complete the construction work of the 400-bedded Sindh Government Hospital in Gulshan-e-Iqbal despite the passage of 10 years. The hospital project was supposed to complete in mid-2019, but only 80% of the work had been accomplished so far due to the slackness and negligence of the Sindh Works and Services Department. The construction work was started on 2009, with a cost of Rs436.356 million and was supposed to be completed in 2012-13, but the PC-I of the project was revised on 2014, again with an increased cost of Rs1736.359 million.

The Sindh Government had given several deadlines to the concerned contractor for the completion of the project, but the work remained very slow due to unknown reasons. The ground plus three-story building of the hospital had been divided into several blocks. The construction work of Block-A, Block-B, and Block-C had almost been completed. However, the construction work of Block-D, Block-E, and the administrative block remained incomplete. Azra Fazal Pechuho, Minister Health Sindh had given June 2019 as the deadline to the contractor for the completion of the project, but the work had not been completed as yet. Zahid Ali Abbasi, Secretary Health Sindh was not available to comment in this regard.



25 world-class hospitals to be set up in Pakistan: PBBC

MN Report
KARACHI - Recently a MoU (Memorandum of Understanding) was signed between officials of Pakistan British Business Council (PBBC) and Economic Council of Employers Federation of Pakistan (EFP-EC). Julian Hamilton Barns, Chairman, PBBC, and Rashid Iqbal, Chief Executive, PBBC, and Majyd Aziz, President, Employers Federation of Pakistan (EFP), Ismail Suttar, Director, EFP, Chairman, EFP-EC were present in the occasion. Ismail Suttar signed an MOU where Julian Hamilton Barns Mehmood Arshad and Rashid Iqbal signed as witnesses. The ceremony was presided over by Majyd Aziz, President, EFP. Majyd Aziz in his address of welcome, stated that one of the objectives of forming the EFP Economic Council was to reach out to foreign investors who are willing to come to Pakistan and who believe in the potential of Pakistan's

economy and people. The EFP-EC had become a strategic partner of the Commonwealth Enterprise and the Investment Council UK with the sole purpose of accelerating its outreach globally. He assured the PBBC that the EFP would extend all help, and that is why it facilitated the exclusive meetings with top Pakistani executives and investors for the PBBC regarding this initiative. Ismail Suttar, Director, EFP, and Chairman, EFP-EC, outlined the efforts undertaken by the Council and informed that already it had achieved success in facilitating EFP Member companies in foreign countries. He also said that Nafees Zakaria, Pakistan High Commissioner in London, is continuously interacting with the Council and that well-researched reports and feasibility studies are being prepared being sent to the High Commissioner.

Barns informed that he visited Pakistan sometime back when he that there was a crucial need to set up more Centers of Excellence for Medical Education and Training. Furthermore, he noted that professional managers would run the operations and administration of these hospitals to ensure quality service. "The Indus Unity Healthcare Ltd was set up in London under the aegis of the Pakistan Britain Business Council with the initiative to establish 25 world-class modular hospitals with a capacity of accommodating 1000 beds each," He added. Barns also informed that this initiative had received significant support from the global health community, including the Royal College of Physicians, UK, and the World Health Organization. The RCP will provide clinical input to the design of the hospital campus and operating infrastructure

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NATIONAL

February 7-9
20th Annual PAUS Urology Conference (UROCON) 2020 at Hyderabad.

February 14-16
5th AKU Annual Surgical Conference at AKU Karachi.

March 26-28
26th Annual Meeting: Pakistan Association of Plastic Surgeons (PAPSCON 2020) at Lahore.

March 27-28
Internal Medicine Symposium 2020
Quality in education and healthcare at AKU Auditorium, Karachi.

2020 HEALTH DAYS CALENDAR

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

Shortage of anaesthesiologists put SMH in trouble

MN Report
KARACHI - According to sources, the Sobhraj Maternity Hospital (SMH) had been facing an acute shortage of anaesthesiologists since the past several months. The SMH's administration had been unable to run the Operation Theater (OT) in all three shifts. SMH was a major health facility operating under the Karachi Metropolitan Corporation (KMC). The city's oldest hospital situated in the Urdu Bazaar area of Karachi was short of staff. There were no anaesthetists available in the healthcare institution for evening and night shifts. The shortage of anesthesiologists had put the hospital management in trouble. Currently, there was only one anesthetist available in this maternity hospital in the morning

shift. The hospital administration was facing grave hardships to cater to emergency patients in the evening and night shifts. The source noted that the administration had recently hired a private anaesthesiologist on minimum wage to run OT services for the evening and night shifts. Similarly, the Pediatric Unit of the Sobhraj Hospital had also been closed due to a shortage of pediatricians. The nursery of the hospital was in a deplorable state. Critical newborn babies were being shifted to nearby hospitals due to the shortage of ventilators as well as other facilities. Several posts of nurses were also lying vacant as only 15 are working in the hospital in the three shifts out of a total of 35. Sources said around 2500 patients visit the OPD



on a daily basis in the hospital. Additionally, 25 to 300 deliveries were being performed every day, whereas 30 to 40 patients were admitted to the health facility daily. The Sobhraj Maternity Hospital urgently required pediatricians, anaesthesiologists, and nurses. It also needed to up-grade its nursery to improve patient care. Senior Director, Medical & Health Survives, KMC, Dr Salma Kauser, was not available to make any comments.

Malnutrition on the rise: Poor countries need dietary changes

NEW YORK - According to recent report, a new approach was needed to help reduce undernutrition and obesity at the same time. It was stated that more than a third of countries in the world, reported overlapping forms of malnutrition, particularly in sub-Saharan Africa, South Asia, East Asia, and the Pacific. The two issues became increasingly connected owing to rapid changes in countries' food systems. Undernutrition and obesity could lead to effect across generations. Both maternal undernutrition and obesity were associated with poor health in offspring. However, because of the speed of change in food systems, more people were being exposed to both forms of malnutrition at different points in their lives. This would further increase harmful health effects. Dr Francesco Branca, Director of the Department of Nutrition for Health and Development, World Health Organization said, "We are facing a new nutrition reality. We can no longer characterize countries as low-income and undernourished, or high-income and only concerned with obesity. All forms of malnutrition have a

common denominator - food systems that fail to provide all people with healthy, safe, affordable, and sustainable diets. Changing this will require action across food systems - from production and processing, through trade and distribution, pricing, marketing, and labeling, to consumption and waste. All relevant policies and investments must be radically re-examined." Dr Richard Horton, Editor-in-Chief of The Lancet, said, "Today's publication of the WHO Series on the Double Burden of Malnutrition comes after 12 months of Lancet articles exploring nutrition in all its forms. With these and other articles across Lancet journals throughout 2019, it has become clear that nutrition and malnutrition need to be approached from multiple perspectives. Although findings have sometimes converged, there is still work to be done to understand malnutrition's multiple manifestations. With six years remaining in the UN Decade of Action on Nutrition (2016-2025), this Series and Comment define the future direction required to achieve the global goal of



eradicating hunger and preventing malnutrition in all its forms." Globally, estimates suggested that almost 2.3 billion children and adults were overweight, and more than 150 million children were stunted. However, these emerging issues overlapped in individuals, families, communities, and countries. The trends behind this intersection were known as the double burden of malnutrition as well as the societal and food system changes. The new report explored that such trend might be have its biological explanation and effects, and policy measures that may help address malnutrition in all its forms. The authors used survey data from low- and middle-income countries in the 1990s and 2010s to estimate which countries faced a double burden of malnutrition (i.e., in the population, more than 15% of people had wasting, more than 30% were stunted, more than 20% of women had thinness, and more than 20% of people were overweight). In the 2010s, 14 countries with some of the lowest incomes in the

world had newly developed a double burden of malnutrition, compared with the 1990s. However, fewer low- and middle-income countries with the highest incomes were affected than in the 1990s. The authors said that this reflected the increasing prevalence of being overweight in the poorest countries, where populations still faced stunting, wasting, and thinness. High-quality diets reduced the risk of malnutrition in all its forms by promoting healthy growth, development, and immunity, and preventing obesity and non-communicable diseases (NCDs) throughout life. The components of healthy diets were: optimal breastfeeding practices in the first two years; a diversity and abundance of fruits and vegetables, whole grains, fiber, nuts, and seeds; modest amounts of animal source foods; minimal amounts of processed meats, and minimal amounts of foods and beverages high in energy and added amounts of sugar, saturated fat, trans fat, and salt. *-Article published in The Lancet.*

Longer exposure to Obesity can increase the risk of Diabetes

According to a recent research publication, cumulative exposure to obesity and earlier development of obesity could be linked to an increased risk of type 2 diabetes (T2D). The study was published in the journal of the European Association for the Study of Diabetes. It was conducted by Dr Juhua Luo, Indiana University, USA and colleagues. The study said that although obesity was a well-established risk factor for T2D, little was known about the relationships between the age of onset of obesity and cumulative exposure to obesity and the risk of T2D, especially among young adults. In the study, the authors used data from the Australian Longitudinal Study on Women's Health (ALSWH) to identify body mass index (BMI) trajectories over the early adult life course. They then examined the relationship between distinct BMI trajectories and the risk

of T2D. They also investigated the associations between timing of obesity onset, obese-years, and T2D. Higher initial BMI was associated with an increased risk of diabetes. Increased age at the onset of obesity was associated with a lower risk of diabetes, with a 13% lower risk of developing T2D per one-year delay in onset. A higher number of obese-years was associated with an increased risk of developing T2D. Results of analysis using only the women's initial (baseline) BMI found that having baseline obesity (a BMI of 30 or more) was associated with a 7-times increased risk of developing diabetes. In contrast, overweight women (BMI 25.0 to 29.9) had a 2.3 times increased risk compared to women with normal weight. The authors noted that more than half of the women experienced a rapid BMI increase



from early (18-23 years old) to middle adulthood (37-42 years old). The data confirmed that BMI in young adulthood played an important role in the subsequent risk of developing type 2 diabetes during adulthood. The authors also observed that women who were non-obese at baseline but became obese during follow-up had a higher risk of type 2 diabetes relative to women who stayed non-obese; the younger the age at onset of obesity

Continued on Page 08

HIV/AIDS has become a disaster in Pakistan: YDA

MN Report

KARACHI - Gilead Sciences recently announced the recipients of its 2019 Gilead Asia Pacific Rainbow Grant program. The Youth Association for Development (YAD) received the grant to further efforts in their 'Access to Quality Health and Life Program' for people living with HIV/AIDS, youth, vulnerable populations, and people with high-risk behaviors in the district Quetta of Baluchistan. Through this

Quetta district by 40%." Atta ul Haq said that the Gilead Asia Pacific Rainbow Grant program directly supported HIV-related community-led projects. The program was part of Gilead's broader efforts to enhance public-private partnerships in the Asia Pacific region to address the challenges facing communities affected by HIV. This year the '2019 Gilead Asia Pacific Rainbow Grant' program is



year's program, Gilead was awarding a total of US\$1.4 million to fund approximately 40 projects across the Asia Pacific region. Of this, \$ 80,000 had been distributed over the US across three Pakistani recipients. This was the first time non-governmental or advocacy organizations in Pakistan were invited to submit their applications for funding. Of the 15 submissions received from Pakistan, the Youth Association for Development is one of the three recipients selected to receive the grant. Commenting on the grant, Atta ul Haq, Founder of YAD, said, "HIV/AIDS has become a disaster in Pakistan due to religious, customs, traditions, cultural taboo, bonded, barriers, hate, walls, stigma, and discrimination by the society. The disease is spreading fast due to a lack of access to services, guidance, treatment, testing, screening, counseling, and a lack of information in Pakistan. It is the need of the hour to consider HIV/AIDS as an emergency in Pakistan." "Keeping this epidemic in mind, we aim to improve access to quality healthcare by increasing demand and supply, response, linkage, guidance, treatment, counseling, and referral. Additionally, we aim to improve access, demand, and supply of quality healthcare through the engagement of HCP, communities, stakeholders, as well as the youth of

seeking to improve the quality of life of people living with HIV by focusing on three priority areas: access and quality of life, multidisciplinary care, and diversity and inclusion. The grant aims to accelerate progress on the "Fourth 90", which complements the "90-90-90" global treatment goals established by UNAIDS to end HIV. These targets set the goal that by 2030, 90% of people living with HIV will know their HIV status, 90% of people who know their HIV-positive status will be on treatment, and 90% of people on treatment will have a suppressed viral load. The Fourth 90 target aims to ensure that 90% of people living with HIV achieve a good health-related quality of life. "For people living with HIV, the virus is one among myriad factors that contribute to their total health and well-being," said Amy Flood, Senior Vice President, Public Affairs, Gilead Sciences, Inc. "The Asia Pacific Rainbow Grant program recognizes the need for a broader approach to helping people with HIV live well - one that goes beyond HIV suppression - and the central role of community-based organizations in helping to address the diverse challenges that can affect the quality of life, including mental well-being and HIV-related discrimination." One hundred thirty-six entries were received across the Asia Pacific region during the grant application window.



Your Brain might cause food impulsivity- Researchers discover

According to new research, impulsivity, or responding without thinking about the consequences of an action, had been linked to excessive food intake, binge eating, weight gain and obesity, along with several psychiatric disorders including drug addiction and excessive gambling. A team of researchers that included a faculty member at the University of Georgia had now identified a specific circuit in the brain that altered food impulsivity. This created the possibility that scientists could someday develop therapeutics to address overeating. "There's underlying physiology in your brain that is regulating your capacity to say no to (impulsive eating)," said Emily Noble, an assistant professor in the UGA College of Family and Consumer Sciences. "In experimental models, you can activate that circuitry and get a specific behavioral response." Using a rat model, researchers focused on a subset of brain cells that produce a type of transmitter in the hypothalamus called melanin concentrating hormone (MCH). "While previous research has shown that elevating MCH levels in the brain can increase food intake, this study is the first to show that MCH also plays a role in impulsive behavior," Noble said. "We found that when we activate the cells in the brain that produce MCH, animals become more impulsive in their behavior around food," Noble said. To test impulsivity, researchers trained rats to press a lever to receive a "delicious, high-fat, high-sugar" pellet, Noble said. However, the rat had to wait 20 seconds between lever presses. If the rat pressed the lever too soon, it had to wait an additional 20 seconds. Researchers then used advanced techniques to activate a specific MCH neural pathway from the hypothalamus to the hippocampus, a part of the brain involved with learning and memory function. Results indicated MCH didn't affect how much the animals liked the food or how hard they were willing to work for the food. Rather, the circuit acted on the animals' inhibitory control, or their ability to stop themselves from trying to get the food. "Activating this specific pathway of MCH neurons increased impulsive behavior without affecting normal eating for caloric need or motivation to consume delicious food," Noble said. "Understanding that this circuit, which selectively affects food impulsivity, exists opens the door to the possibility that one day we might be able to develop therapeutics for overeating that help people stick to a diet without reducing normal appetite or making delicious foods less delicious." -Article published in ScienceDaily

Government hospitals...

Continued from front page

medicines from their own pocket. On the other hand, sources at the Sindh Health Department noted that the procurement process of life-saving drugs, surgical and disposable items, X-rays films, and chemical and allied items through a centralized system of drug procurement was in its final phase. The supply of drugs to hospitals was likely to resume in a month. The hospitals of Hyderabad, Larkana, Sukkur, Mirpurkhas, Shaheed Benazirabad, and other cities were also facing a shortage of life-saving drugs and other items. Many crucial medicines for patients, who were suffering from chronic diseases, were also unavailable in most government sector hospitals. The Sindh Health Department had introduced a centralized procurement system in 2014-15 to purchase life-saving drugs for all the hospitals in order to control corruption and other irregularities in purchasing medicines. Since then, about 85% of the medication for all the public hospitals in Sindh was being procured through a centralized system, while the remaining 15% was being procured through a local-purchase system. The lengthy and complicated procurements procedure had put the lives of many poor patients in danger across the Sindh province as the supply of medicines to public sector hospitals had not started yet despite the passage of several months. At present, almost all major government hospitals of Sindh were facing an acute

shortage of life-saving drugs and surgical items. An official at the CHK told that the tender for procurement of medicines and surgical items through the central procurement system should had been issued in May or June to avoid the ongoing crisis-like situation. However, Sindh's hospitals faced this situation every year due to the complicated and lengthy procedure of medicine purchase. He further informed that the provision of drugs and surgical items to the OPD and emergency patients on a daily basis had become even more difficult for the administration.

Female doctors should ... Continued from page 02

Khanum said that people should encourage females associated with the profession of medicine as they had been doing this excellent humanitarian service to serve the cause of the religion. She said that the character of many pious women in the early history of Islam had been exemplary for female members of the Islamic society for all times to come. "Women, while sitting in their houses, could provide many meaningful services and contribute well to the good of society. One should not always blame the government for all the problems that prevail in our society as one should be proactive and help the government authorities to get these issues resolved," said Bukhari. Inspector-General of Police Sindh said, "This gathering was proof that the law and order situation of the city had improved drastically." He said that those associated with the professions of

medicine and police service had much in common as both use the best of their skills to save lives. "One of these professions saves people against disease while the other saves lives against the menace of crimes," he added. Kaleem said that the police service had been doing its best to maintain law and order of Karachi as several police officers had laid down their lives in the line of duty. He said that once law and order of the city had been restored, Karachi had a lot to offer in terms of sightseeing and recreation from people coming from outside the country. MI Global President thanked the participants of the conference from around the world and said that their presence in the city had been beneficial in guiding Pakistani doctors and medical students about their profession and further education. She hoped that the proceedings of the conference would go a long way in improving health care services being provided by government-run hospitals and dispensaries. Additionally, this will help advance the skills of doctors and medical students in Pakistan. Professor Shaista Zaidi, also spoke on occasion.

CMCH Larkana facing ... Continued from page 03

been installed and made functional due to the unavailability of trained staff. The sanitation issue had become very acute due to the shortage of sanitary workers. Untrained staff was recruited in the past on technical posts, which also added to the miseries of the poor patients. The ghost employees' issue had also multiplied as the

staff had been drawing salaries without serving their duties. No stern action had been taken by anyone against them, which, too, had affected the working of this hospital. The residents of Larkana demanded the provincial government to take the appropriate foolproof administrative measures to run this major hospital forthwith, replace old and outdated diagnostic equipment and instruments, ensure that employees perform their duties, and post one senior BPS-20 doctor as the MS. Patients of more than 12 districts could benefit from the provision of better healthcare system. Ensuring proper healthcare provision was the fundamental job of the government. Otherwise, private medical centers would continue to loot poor patients who arrived at the CMCH from far-flung areas for treatment.

PRC cuts ribbon on new ... Continued from page 04

adults who were suffering from addiction and various behavioral disorders and making funds for the project in Malir which was catering to the underprivileged. She said drug addiction was increasing day by day in Pakistan, and around 40,000 new cases emerged annually in the country. She informed that 7.8 million people used different varieties of drugs in Pakistan, out of which 78% were male and 22% were female. She lamented that the use of drugs had become common in educational institutes across the country, and policymakers needed to address the problems of youngsters on an urgent basis to reduce the menace of drugs.

25 world-class hospitals ... Continued from page 05

and systems. The feasibility, engineering, and design of the hospitals would be under the world-renowned consultants, Mott McDonald. Barns added that there would be an Outreach Community Healthcare program to deliver healthcare to the wider community through mobile surgeries, satellite surgeries, and pharmacies. This initiative would ensure that people with low income would be covered. The idea was that those who can pay

will pay. He revealed that the support of the National Health Services, UK, and the Pakistan Diaspora in the UK, especially doctors, would be acquired so that their experience can be channelized for the welfare of the citizens here. He advocated the imperative need for developing a private-public partnership with the Federal as well as Provincial governments and hoped that there would be a linkage with the government under the Ehsas Sehat Program and the Benazir Income Support Program. Barns also informed that the financing would be broad-based. A Bond Issue would be floated to raise the initial capital, especially from London. Equity would also be offered to foreign and domestic investors as well as to the government. Global banks would also finance the debt. Rashid Iqbal informed that there was considerable interest in London for this project, and he was confident that Pakistani doctors in the UK would offer their services and expertise. The PBBC was fully on board with this idea, and it would use its influence in the UK as well as in Pakistan to promote this great initiative, he added.

Longer exposure to ... Continued from page 06

or the greater the obese-years, the higher the risk of type 2 diabetes. "Our data also indicated that baseline BMI among young women was significantly associated with the risk of developing type 2 diabetes. The results highlight the importance of obesity in early adulthood as risk factors for adult diabetes, indicating that weight control starting before early adulthood is critical for reducing type 2 diabetes risk in later life," the authors added. They concluded that their work demonstrated "the importance of preventing or delaying the onset of obesity and reducing the cumulative exposure to obesity to substantially lower the risk of developing diabetes. We recommend that people self-monitor weight change over time and that health care providers look at weight change in addition to current weight as another risk factor for diabetes." -Article published in EurekAlert!

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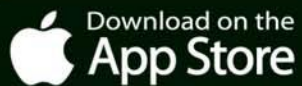
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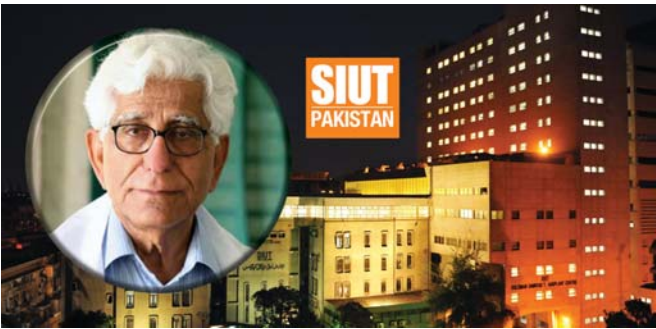
The future generation must engage in community services- Prof Adib Rizvi

MN Report

KARACHI - A certificate awarding ceremony of the 54th batch of winter session was held at SIUT. The event concluded week-long exercise of community services under the Sindh Institute of Urology & Transplantation (SIUT) student's volunteer program. The concluding ceremony was largely attended by the parents, teachers, senior volunteers who have spent over 5,000 (five thousand) hours during the program and staff members of SIUT including medical professionals

The voluntary service week-long program for school and college children, initiated by SIUT since 2006, was conducted at its premises during the summer and winter vacations with students to perform civic duties and community services for the society at large. The program had received an overwhelming response and was specially structured and formulated to motivate the students to experience life beyond their own and enhance their community service values. To date, more than 6550 students had

successfully completed the training program. Initially, Prof Anwar Naqvi talked about the philosophy of SIUT's services and history. He said that the training spanned for 30 hours during which the participants interactively engaged themselves with the admitted patients as well as the outpatients especially the children patients. During the training, the students were rotated through various departments including OPDs, Dialysis, Transplantation, Lithotripsy, Radiology, Clinical



Laboratory, Cancer, Hepato-gastroenterology and Medical and Surgical sciences. An interactive and educative session of First Aid & Cardiopulmonary resuscitation was imparted by the representative of Pakistan Red Crescent Society. Director SIUT Prof Adib Rizvi said that this program not only provided a window for the future generation to get a firsthand experience of the miseries and sufferings faced by our underprivileged population but also inculcated in them the motivation and inspiration to do something about this and how to tackle these issues which were confronted by society ranging from poverty, lack of education and poor healthcare. He stressed that the basic principle of every community service was based on empathy,

compassion and commitment. The certificate awarding ceremony included junior and senior volunteer speeches, parents sharing their views, SIUT patient's performances, narration of their life stories by SIUT's transplant and dialysis patients and distribution of certificates and gifts. The students in their speeches expressing their thoughts said that the program had been a life-changing experience. The participants also applauded Ms Zainab Imran (SIUT Volunteer) when she sang the SIUT song. Some motivational speakers also took part in the program including international certified trainer Mr Danny Khursigara, Saira Javed SIUT's transplant patient and Atif Iqbal from SEEKHO on traffic laws and road safety.



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26,000 people succumbed to rabies in Karachi

MN Report

KARACHI - Dr Seemin Jamal, Executive Director, Jinnah Postgraduate Medical Centre (JPMC) recently confirmed a new suspected rabies patient, Imam Bux, resident of Tando Allahyar, succumbed to rabies in Karachi, taking the death toll to 24 in Sindh since the start of the year.



A 35-year old male was brought to the JPMC from Tando Allahyar a few days back where he was diagnosed rabies and died shortly after. He was bitten by a dog about five years ago but was never immunized. She claimed that so far, a total of eleven rabies-related deaths had been reported at the JPMC. She informed that a total of 10,880 dog-bite cases had been brought to the JPMC Rabies Centre in 2019 so far. She explained that there was no chance of survival if the affected person was not vaccinated on time. In Sindh, more than 250,000 people had been bitten by stray dogs this year so far. In Karachi, around 26,000 dog-bite cases had been registered at various health facilities of the city, including the JPMC, Dr Ruth Pfau Civil Hospital Karachi, Indus Hospital Karachi, and others.

Zika is a mosquito-transmitted 'flavivirus' which can cause microcephaly (a birth defect where a baby's head is significantly smaller than expected) and severe birth defects in infants born to infected mothers.

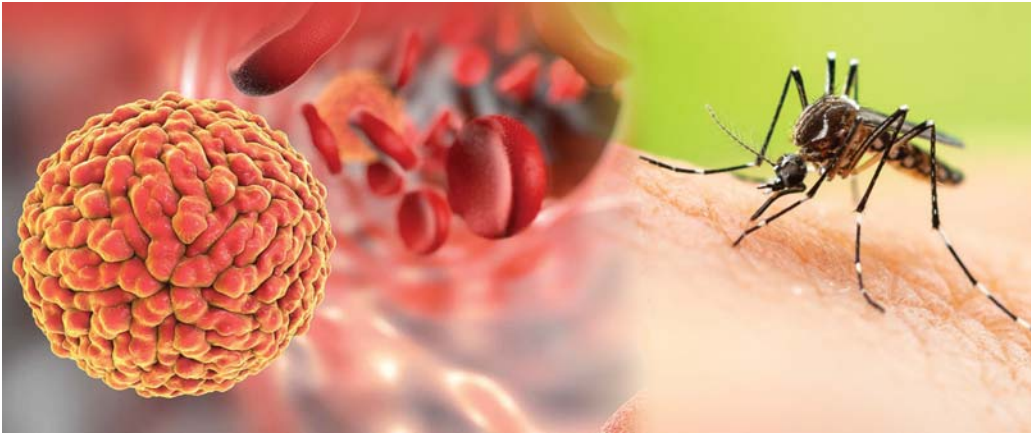
The introduction of an effective vaccine for Zika will prevent infection of pregnant women and the resultant congenital effects in the unborn child. Researchers from the University of Adelaide have made significant advances in developing a novel vaccine against Zika virus, which could potentially lead to global elimination of the disease.

The virology team, led by Professor Eric Gowans and Dr Branka Grubor-Bauk -- based at the Basil Hetzel Institute for Translational Health Research and supported by The Hospital Research Foundation -- has developed a vaccine that prevents Zika infection in pre-clinical models of the disease.

Dr Grubor-Bauk, senior research officer with the Adelaide Medical School, said the team had developed a novel vaccine against Zika that proved effective in mouse models.

"This is the first vaccine study that

A major breakthrough in Zika virus vaccine



shows that a T cell-based vaccine can confer protection against a systemic Zika infection," she said.

"Our vaccine offers an advantage over other vaccines in development by eliminating the ongoing concerns in the field about enhancement of infection following exposure to dengue virus. This finding demonstrates for the first time that protective T cell vaccines against Zika are achievable.

"Zika virus is extremely detrimental if you're pregnant and there has been no therapy or vaccine available to date. If we can

progress this work and immunise women who are of reproductive age and most at risk, we can stop the devastating effects of Zika infection in pregnancy and make a huge difference to the health of the global community."

This research, which has been years in the making, has progressed to this significant stage thanks to funding from National Foundation for Medical Research and Innovation (NFMRI) and ongoing funding from The Hospital Research Foundation.

The work was done in

collaboration with eminent global vaccine researcher Prof Dan Barouch, Director of Harvard Medical School's Centre for Virology and Vaccine Research (CVVR; as well as Adelaide's Prof Sarah Robertson, Director of the Robinson Research Institute,

University of Adelaide; and other scientists from the universities of Adelaide, South Australia and Flinders.

"The next steps are to advance the vaccine to being ready for Phase I human clinical trials. This involves further pre-clinical studies which are vitally important to identify the most effective dosing and demonstrate protection against Zika

infection in different pre-clinical models of the disease," Dr Grubor-Bauk said.

"The goal is to de-risk and create an attractive technology with a strong IP position, for licensing or co-development with a commercial partner.

The findings of this study will also greatly inform other research in the development of flavivirus vaccines by shifting the focus of vaccine development from viral envelope and antibody-based vaccines to T-cell based vaccines.

-Article published in ScienceDaily



Tobacco usage shows decline in male: WHO

GENEVA - According to a recent report by the World Health Organization, the number of males using tobacco was on the decline. This happened for the first time, indicating a powerful shift in the global tobacco epidemic. The findings demonstrated how government-led action could protect communities from tobacco, save lives, and prevent people from suffering tobacco-related harm.

"Declines in tobacco use amongst males mark a turning point in the fight against tobacco," said Dr Tedros Adhanom Ghebreyesus, WHO Director-General. "For many years now, we had witnessed a steady rise in the number of males using deadly tobacco products. Now, however, for the first time, we are seeing a decline in male use, driven by governments being tougher on the tobacco industry. The WHO will continue working closely with countries to maintain this downward trend." During nearly the past two decades, overall

global tobacco use had fallen, from 1.397 billion in 2000 to 1.337 billion in 2018, or by approximately 60 million people, according to the WHO global report on trends in the prevalence of tobacco use 2000-2025 third edition. This had been primarily driven by reductions in the number of females using these products (346 million in 2000 down to 244 million in 2018, or a fall over around 100 million).

Over the same period, male tobacco use had risen by around 40 million, from 1.050 billion in 2000 to 1.093 billion in 2018 (or 82% of the world's current 1.337 billion tobacco users).

Positively, however, the new report showed that the number of male tobacco users had stopped growing and was projected to decline by more than 1 million fewer male users come 2020 (or 1.091 billion) compared to 2018 levels, and 5 million less by 2025

(1.087 billion). By 2020, the WHO projected that there would be 10 million fewer tobacco users, male and female, compared to 2018, and another 27 million less by 2025, amounting to 1.299 billion. Some 60% of countries had been experiencing a decline in tobacco use since 2010.

"Reductions in global tobacco use demonstrate that when governments introduce and strengthen their comprehensive, evidence-based actions, they can protect the well-being of their citizens and communities," said Dr Ruediger Krech, Director of Health Promotion at the WHO.

Despite such gains, progress in meeting the global target set by governments to cut tobacco use by 30% by 2025 remained off track. Based on current progress, a 23% reduction would be achieved by 2025. Only 32 countries were currently on track to reach the 30% reduction target.

However, the projected decline in tobacco use among males, who represented the overwhelming majority of tobacco users, could be built on and used to accelerate efforts to reach the global target, said Dr Vinayak Prasad, head of the WHO's tobacco control unit.

"Fewer people are using tobacco, which is a major step for global public health," said Dr Prasad. "However, the work is not yet done. Without stepped-up national action, the projected fall in tobacco use still will not meet global reduction targets. We must never let up in the fight against Big Tobacco."



Federal Ministry orders asset details of JPMC, NICVD, and NICH

MN Report

KARACHI - The Ministry of National Health Services Regulation & Coordination (NHSR&C), Government of Pakistan, recently issued a written letter to the Executive Director of the Jinnah Postgraduate Medical Centre (JPMC), Chairman of the National Institute of Cardiovascular Diseases (NICVD), and Executive Director of the National Institute of Child Health (NICH). The letter ordered them to state their list of assets, sanctioned strength (posts filled/vacant), list of officers, sincerity list of officers, and budget estimate for the next fiscal year to assume administrative control of these three major health facilities.

According to a notification issued by the Federal Ministry of NHSR&C, in pursuance of the Supreme Court of Pakistan (SCP), the NHSR&C were categorically ordered that administrative of the following hospitals, including JPMC, NICVD, and NICH might be taken over immediately. Moreover, a Cabinet Division vide memorandum conveyed the approval of the federal cabinet for the transfer of administrative control of the Shaikh Zayed Postgraduate Medical Institute, Lahore, to the Ministry of NHSR&C. Given the above, it was requested that in order to assume administrative control of these hospitals, furnish the information and documents on top priority.

JPMC seeks Sindh Govt help for treatment of injured Prof Saeed Minhas

MN Report

KARACHI - The Jinnah Postgraduate Medical Centre (JPMC) has sought the help of the Sindh government for the treatment of Prof Saeed Minhas, who was grievously injured in a road accident a few days back and admitted in the Aga Khan University Hospital (AKUH) in critical condition.



Executive Director, JPMC, Dr Seemin Jamali, appealed to the Chief Minister (CM) Sindh to help in the treatment of Prof Seed Minhas, former Head of Department of Orthopedic Surgery, JPMC, who was critically injured in a recent road accident near the Arts Council of Pakistan while crossing the road. Prof Saeed Minhas stepped in a pothole and fell after which a passing vehicle hit him and resulted in a severe head injury.

Dr Minhas has tremendously contributed to the fields of orthopedics and trauma care and saved the lives of several patients throughout his service. He was initially taken to the Shaheed Mohtarma Benazir Bhutto (SMBB) Institute of Trauma and then moved to the Agha Khan University Hospital. He has been on a ventilator ever since.

The CM has been requested to help with his treatment as the expenditure for his treatment is excessive, and the government's support is needed in this regard.

Dengue case toll reaches 50,000 in Pakistan

MN Report

KARACHI - According to recent statistics, around 53,732 dengue fever cases were reported all over Pakistan since the start of 2019. Amongst these, 16,586 were presented in Sindh, 13,294 in Islamabad, 10, 117 in Punjab, 7,082 in Khyber Pakhtunkhwa, 3,474 in Baluchistan, 1,690 in Azad Jammu & Kashmir, 794 in KP Tribal Districts, and 695 in other areas. As many as 53,732 dengue viral fever cases had been detected across Pakistan since the start of the year. The reported death toll from this mosquito-borne disease has reached 95 people. No dengue fever case had been reported from Gilgit Baltistan to date. Dengue fever had claimed 95 lives this year so far out of which 46 were registered in Sindh, 23 in Punjab, 22 in Islamabad, three in Baluchistan, and one in Azad Jammu & Kashmir, respectively. In Sindh, 46 people succumbed to the ailment, out of which 44 hailed from Karachi and one each from Hyderabad and Ghotki, respectively.



PMA demands availability of drugs in markets

MN Report

KARACHI - Secretary General, Pakistan Medical Association (PMA), Centre Dr S.M Qaisar Sajjad in a recent media briefing, demanded to the federal government to ensure availability of life-saving drugs in markets and implement notification regarding reduction of medicines prices. Dr S.M

Qaisar Sajjad in his statement, said Dr Zafar Mirza, Special Assistant to Prime Minister on Health and Firdous Ashiq Awan, the Special Assistant to the Prime Minister for Information and

Broadcasting had announced 15 per cent reduction on 89 items of life-saving drugs recently. Dr Sajjad said it was very surprising that the same

PMA believed that repeating the same notifications did not provide any improvement in the system except bringing more insult to the injuries of the poor

masses. Dr Sajjad demanded that this notification should be implemented in letter and spirit and the government ensure the availability of drugs in the market. He further



notification was also issued by the government without being implemented. It had been noted that many essential drugs are either not available or are in short supply.

Secretary General said

demanded that all medicines particularly the live-saving drugs, anabolic medicine, anti-psychotic medicines should only be dispensed with the prescription of qualified medical practitioners.