

## World Digestive Day Celebrated



Variety of gastroenterological disorders and prevailing related ailments were discussed in depth by medical experts in a seminar organized to mark the World Digestive Health Day today.

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## Public Awareness Seminar on "Health Problems in Sindh"



A public awareness seminar on "Health Problems of Sindh" was organized by Sindh Institute of Urology and Transplantation (SIUT) at SIUT Chhablani Medical Centre Sukkur. Large number of family physicians, junior doctors and general public hailing from interior Sindh attended the seminar. On this occasion addressing the gathering, Prof. Adib Rizvi, Director SIUT, said that a large number of poor and indignant patients visiting SIUT were from upper Sindh, lower Punjab and Baluchistan who could not afford expenses of travelling. SIUT took the initiative, and with Government - Community partnership along with the doctors acting as catalysts, is providing state of the art and quality health care facilities to these needy and poor patients which will be extended and sustained. Explaining evolution of surgical services in Sindh, one of the most renowned and respectable person in the medical profession, Prof. Ali Muhammad Ansari said health care problems should be identified corrected. He said health infrastructure should be improved and prevention of diseases should be the main

goal. He said examples of community based programs of Vietnam, Iran and China should be studied and lessons should be learned. He said Lady Health Visitors (LHV) living in the community could be appointed. Renowned and one of the senior most physicians of the country, Prof. M A Almani described the history of medical services in Sindh. He said in 1947 the population of Sindh was only 4 million and there were only two medical colleges in Pakistan. Now population has risen to 50 million and there are 21 medical colleges. Common problems of Sindh are multi drug resistant (MDR) malaria and T.B, Typhoid, Hepatitis, Diabetes, Hypertension, Asthma diarrhea etc. These should be addressed in a systematic way.

Discussing the pediatric problem of Sindh, well known pediatrician Prof. Zeenat Isani said that one fourth of population is below age of 12 years. Health care facilities are not sufficient to address problems of child health. She said mobility and mortality in perinatal should be addressed carefully. Good antenatal care should be provided.

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## Seminar and Workshop on Allergies:



Pakistan Society for Immunology (PSI) organized a seminar and workshop "Allergies: Issues & Solutions" in collaboration with Sindh Institute of Urology and Transplantation (SIUT).

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## World Hepatitis Day 2014



All across the world, World Hepatitis Day is considered a chance to call for a change in attitude towards viral hepatitis.

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Library at Chhablani Medical Centre, Sukkur



Distinguished Guests given a tour by Prof. Rizvi

PSI  
YY  
Saturday  
April 26  
2014

**SEMINAR  
& WORKSHOP**  
In Collaboration with  
Sindh Institute of Urology  
and Transplantation

# Allergies Issues & Solutions

SIUT  
Sindh Institute of Urology  
and Transplantation



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**P**akistan Society for Immunology (PSI) organized a seminar and workshop on "Allergies: Issues & Solutions" in collaboration with Sindh Institute of Urology and Transplantation (SIUT). This seminar was aimed to create awareness about diagnosis management, of patients suffering from allergies in Pakistan.

Dr. Adib Rizvi, Director SIUT, applauded the endeavors of PSI and said that the immunology specialists have a vital role in transplantation because of increase in number of transplant activity.

Dr. Osman Yusuf gave an overview of the basic management strategies for allergic diseases. He said that in our country 20% of the population is affected by allergic diseases and there will be significant increases if preventive measures are not put in place. He said education and awareness is the key to success.

Dr. Tahir Aziz, President PSI, discussed on in-vitro testing for allergy diagnosis, he said on highlighted the importance of tests used in diagnosis of allergy.

Renowned chest specialist Dr. Sohail Akhtar gave details about the allergens that trigger Allergy and Asthma. He said that Allergic Asthma is one of the most frustrating illnesses in our population.

Dr Naseer Mahmood gave an update on allergies in children and Dr Mosavir Ansarie talked about hypersensitivity Pneumonitis, a complication of allergy involving lungs and how it can be prevented.

A hands-on workshop was also held in the afternoon session on allergy testing. The event was attended by immunology specialists from all around the country. ■



*Participant of the Workshop with Dr. Adib Rizvi*



*Counseling*

# World Hepatitis Day 2014

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Hepatitis **B** and **C** affects **500** million people, leading to chronic liver disease and complications. Nearly **1.5** million people every year die because of hepatitis worldwide. In Pakistan, **10.25** million people are harboring either hepatitis B or C virus that is **1** in every **13** person is infected.



*First dose of Hepatitis B vaccine was given to the attendees.*

**W**orld Hepatitis Day was held at Sindh Institute of Urology and Transplantation (SIUT) and the slogan of this year's is "Hepatitis: Think Again" .An elaborate program was arranged to increase public awareness and screen population for hepatitis.

In conjunction with awareness program, SIUT organized free blood tests and abdominal ultrasound for the purpose of screening. On the occasion the first dose of Hepatitis B vaccine was given to the attendees.

During the whole day activity, a consultation with the specialist doctor and dietician were arranged. The participants from general public took part in question and answer session with great interest ■



*People waiting for their turn*



*Ultrasound*

## Public Awareness Seminar on "Health Problems in Sindh"

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Maternal anaemia is more common in our population. She said well trained mid wives can take care of these problems in community.

Discussing challenges of diabetes mellitus in Sindh, Prof. Mashoor Alam said diabetes is common cause of end stage renal disease, heart diseases, blindness and gangrene resulting in amputation of the limbs. He said people should know the complications of this disease and they should be educated about preventive measures. He said healthy life style includes 30 minutes daily walk and (if overweight) then weight reduction upto 7 percent may reduce chance of diabetes upto 58 percent.

Speaking on renal failure, Prof. Ejaz Ahmed said early identification of chronic kidney diseases by screening high risk population like Diabetes and Hypertension at community level is possible and cheap. Tight control of blood pressure and diabetes mellitus can prevent chronic kidney disease.

Discussing Stone Diseases in Sindh, Prof. Manzoor Hussain said Sindh has the highest prevalence of stone diseases in the sub continent. About 50-60% of Urological work load is of stone disease. Of these, 9.6% present with renal failure. He said preventive measures include providing potable drinking water and increasing fluid intake, improving nutrition of children and reducing meat and salt intake.

Discussing liver failure, Doctor S. Mujahid Hassan said that the prevalence of Hepatitis B and C is quite high in this region. One in every 13 persons is suffering from either hepatitis B or C. In Sindh, the prevalence of hepatitis B is 2.5% and anti-HCV is 5%. Lack of health facilities in Pakistan may lead to chronic hepatitis, Cirrhosis and liver cancers. He said SIUT is focusing its efforts on liver transplantation and extending efforts towards prevention through public awareness programs. ■

A large number of poor and indignant patients visiting SIUT were from upper Sindh, lower Punjab and Baluchistan who could not afford expenses of travelling. SIUT took the initiative, and with Government - Community partnership along with the doctors acting as catalysts, is providing state of the art and quality health care facilities to these needy and poor patients which will be extended and sustained.

## Speakers



Prof. Ali Muhammad Ansari



Prof. M.A. Almani



Prof. Mashoor Alam



Prof. Zeenat Isani



Prof. Rubina Naqvi



Prof. Ejaz Ahmed



Prof. Zafar Hussain



Prof. Manzoor Hussain



Prof. Altaf H. Hashmi



Prof. Bux Ali



Prof. Murlil Lal



Prof. Mirza Naqi Zaqfar



Dr. Ali Lanewala



Dr. Mujahid Hasan



Dr. Nasir Luck



Dr. Iqbal Daudpota

## World Digestive Day Celebrated

*Continued from page-1*



The day long proceedings were organized by the department of Hepatogastroenterology of SIUT in collaboration with world body of gastroenterology.

The medical experts taking part in the discussion highlighted the gravity of the problem and said that approximately there are some 100,000 billion bacteria in human gut which are far greater than total number of human cell in the human body.

Endorsing the call given by World Gastroenterology Organization, the experts underlined the need to create awareness about the ailments and to bring latest medical knowledge to practicing gastroenterologists.

The gathering was addressed by Dr Zaigham Abbas, Dr Osama Butt, Dr Rajesh Kumar, Dr Farina Hanif, Dr Manzoor, Dr Mudasar Laeeq.

Dr Mujahid Hussain and Dr Nasir Luck of SIUT conducted the seminar ■





# SIUT launches a docu-drama on Deceased Organ Donation



Sindh Institute of Urology and Transplantation (SIUT) organized a function to launch a docudrama on deceased organ donation. The story was based on the real life story of Naveed Anwer who met a road accident in 1998 and became Pakistan's first deceased organ donor. Prof. Adib Rizvi, Director SIUT, said that the aim of the short film on Naveed Anwer was to create awareness in the society about deceased organ donation. Prof Rizvi highlighted the magnitude of end stage organ failure in Pakistan, where each year around 150,000 people die of end stage failure of kidneys, liver, heart, lungs and other organs. These precious lives could be saved if deceased organ donation is fully established in Pakistan. Dr. Rizvi also emphasized and appealed, that it is the collective responsibility of the society to publicize and bring awareness about deceased organ donation. He said that this docudrama honors Naveed and all others who followed his footsteps. They, and their families, are the real heroes of our society.

On this occasion, Naveed's sister Ms. Shazia, stated that this docudrama highlights the very emotional decision making process, that a family of organ donor has to go through to donate their loved ones organs.

Mr. Hameed Haroon, President All Pakistan Newspapers Society, also addressed the gathering

This function was attended by a large number of people from all walks of life including members of press, media, corporate sectors and those who have pledged for the donation of their organs

Two films effectively highlighting the importance of transplantation and organ donation for a healthy life were screened at SIUT here on Wednesday.

The first film, PACTAWA (Regret), based on a true story, was made by the students of Mass Communication Department of Greenwich University Karachi. Despite limited technical and logistic support at their disposal, the students of the University made a



good effort to capture the message. In this film, they highlighted how a delay in decision by some of family members in donating an organ to another family member very often disturbs a blissful family.

The second film was HUM TV produced docu-drama "ZINDAGI".

Both the films dealt with the issue of kidney transplantation and organ donation; and its impact on the socio economic life of an average urban middle class family of our society.

Speaking on the occasion, Professor Adib Rizvi, Director SIUT, greatly lauded the efforts of both institutions for taking up the issue of transplantation and organ donation which greatly needs public support.

Ms. Sultana Siddiqui, President HUM television, held out an assurance on behalf of her channel to supplement the efforts in sensitizing the issue of organ donation.

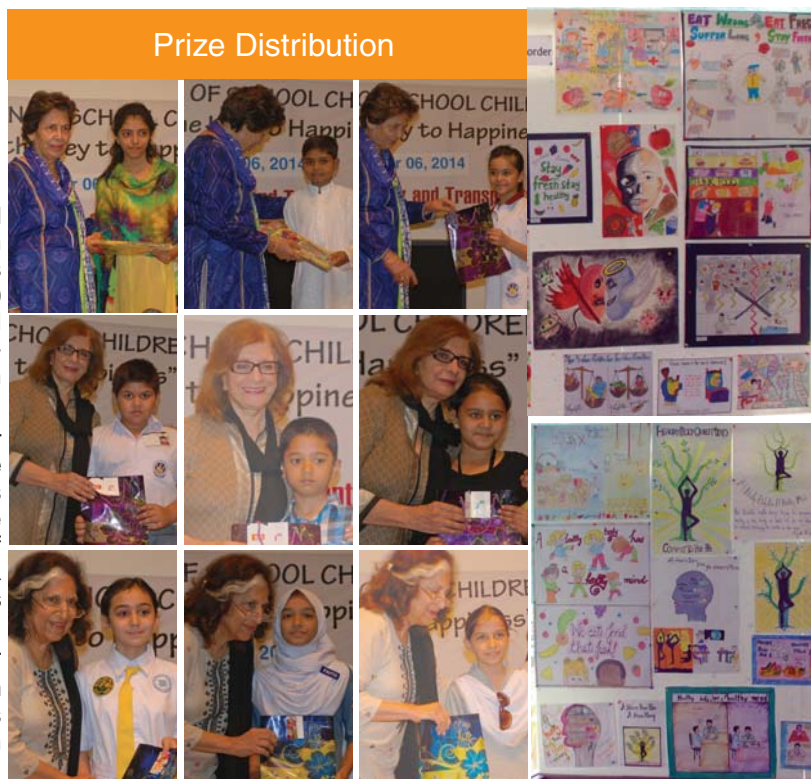
Other who spoke included Dr. A. Q. Mughal Research Professor of Greenwich University and Prof. Ejaz Ahmed of SIUT. ■

## 3rd ART EXHIBITION OF SCHOOL CHILDREN "Good Health is the Key to Happiness"

The 3rd School Children's Painting Exhibition was organized by SIUT and the prize distribution was held at Dewan Farooq Medical Centre. The theme of the exhibition was "Good Health is the Key to Happiness". More than 650 paintings were displayed. These were made by school students in age groups 6-16 and were judged by well-known art personalities, Anwar Maqsood, Nilofur Farrukh and Rumana Hussain.

Addressing the audience, Dr. Fatema Jawad, coordinator of the exhibition, said that cultural changes and new lifestyle have created a fertile ground for many diseases. Habits regarding eating the right kind of food, regular exercise and relaxation have greatly changed to the detriment of the young generation. She emphasized the need for a healthy body in order to have a healthy mind. The paintings show great creativity and rich imagination of the children.

Dr. Fatema also paid rich tributes to two great friends SIUT lost recently, namely Anita Ghulam Ali who was a staunch supporter of children's right to education, and famous water-colorist Chris Abbas who donated her corneas when she died ■



This year, we need Rs. 2.5 billion to keep the largest centre for Urology, Nephrology, G.I. and Hepatobiliary, Oncology and Transplantation alive, healthy and moving forward. Please help us again.

# Pause. Think. Act.

Make your donations through cash, cheque

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