A public awareness seminar on "Health Problems in 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 indigent 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.

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

All across the world, World Hepatitis Day is considered a chance to call for a change in attitude towards viral hepatitis.
Pakistan 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 at creating 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 increased 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 Nasir Mahmood gave an update on allergies in children and Dr Mosavi Ansar gave the details of hyper-sensitivity 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.

World Hepatitis Day 2014

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.

World 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

Counseling

Ultrasound
Public Awareness Seminar on "Health Problems in Sindh"

Maternal anaemia is more common in our population. She said well trained midwives can take care of these problems is 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 lifestyle includes 30 minutes daily walk and (if overweight) then weight reduction up to 7 percent may reduce chance of diabetes up to 58 percent.

Speaking on renal failure, Prof. Ejaz Ahmed said early identification of chronic kidney diseases by screening high risk population like Diabetics 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.
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 every 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 called, 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 highlighted the importance of organ donation and organ donation for a healthy life were screened at SIUT here on Wednesday.

The first film, PACHATWA (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 family members in donating an organ to another family member very often disrupts a blissful family.

The second film was HUM TV produced docudrama “2INDAGI”. 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 cause of transplantation and organ donation which greatly needs public support.

Ms. Sultana Siddiqui, President HUM television, held out an assurance on behalf her channel to support 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.

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SiSnd Institute of Urology and Transplantation

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SiSnd Institute of Urology and Transplantation

Announcement: SIUT’s Concept Community- Government Partnership

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.