



Meritlily

# NEWSLETTER

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## SHIFA INTERNATIONAL HOSPITAL PARTICIPATED IN PFOWA MEENA BAZAAR 2024

Shifa International Hospital was proud to participate in the Pakistan Foreign Office Women Association (PFOWA) Meena Bazaar, held at the Foreign Office. The event brought together visitors from diverse backgrounds, who enjoyed a variety of exciting and informative activities at Shifa's stall. Our team provided free dermatology skin consultations and basic health assessments, along with expert counseling on physiotherapy (ergonomics and women's health) by our rehabilitation specialists. To add a touch of fun, engaging games were organized, ensuring the experience was enjoyable for everyone. Shifa International Hospital remains committed to raising health awareness and sharing valuable knowledge with our community.



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# SHIFA LAUNCHES ENDOBRONCHIAL ULTRASOUND (EBUS): A NEW ERA IN PULMONARY DIAGNOSIS

Shifa International Hospital proudly unveiled a major advancement in respiratory diagnosis with the launch of Endobronchial Ultrasound (EBUS) services. This state-of-the-art diagnostic tool revolutionizes the detection and management of conditions such as lung cancer and other pulmonary diseases by offering minimally invasive, highly accurate results for faster and more targeted treatments. The launch event began with Dr. Khawaja Junaid Mustafa, Chief Medical Officer, acknowledging the hard work of the Department of Pulmonology and all stakeholders in achieving this milestone. Dr. Syed Murtaza Hassan Kazmi, Chief of Pulmonology, delivered an enlightening presentation on EBUS, emphasizing its transformative impact on respiratory diagnostics. Prominent speakers, including Dr. Asif Masood (Chief of Radiation Oncology), Dr. Tariq Satti (Chief of Medical Oncology), Dr. Zafar Ali (Associate Chief of Pathology), and Dr. Muslim Attiq (Chief of Gastroenterology), shared their perspectives on the significance of EBUS within their specialities. The event concluded with remarks from Dr. Zeeshan Bin Ishtiaque, Chief Executive Officer, followed by a celebratory cake cutting by the Pulmonology Team and Shifa Management. Together, we continue to set benchmarks in providing exceptional healthcare!



## SHIFA SPORTS GALA 2024

Shifa International Hospital recently organized its much-anticipated Annual Sports Gala, a vibrant 20-day celebration of teamwork, Solidarity, and employee well-being. As one of the few organizations to host such a large-scale event annually, Shifa highlights its commitment to promoting a positive and engaging work culture. The event was filled with thrilling competitions, heartfelt speeches, and captivating performances. Top-performing individuals and teams were honored for their dedication and excellence.



# PROSTATE CANCER SESSION AT MOBILINK MICROFINANCE BANK

Shifa International Hospital organized an awareness session for prostate health as part of prostate cancer awareness month activities for male employees of mobilink microfinance bank. Dr. M Ayaz Khan (Consultant Urologist & Kidney Transplant Surgeon) conducted an in-depth session on prostate cancer awareness. During the session, Dr. Ayaz Khan highlighted the importance of early detection, discussed various risk factors, and provided insights into treatment options for prostate cancer. This initiative is part of our ongoing commitment to spreading essential health information, empowering individuals to take control of their well-being. Our goal is to raise awareness and encourage proactive health management, inspiring individuals to prioritize their health and undergo regular screenings.



## SHIFA MEDICAL CENTER G-10 EMPOWERS COMMUNITY WITH FREE CPR TRAINING PROGRAM & HEALTH AWARENESS

Shifa Medical Center G-10 recently launched a free monthly CPR training program for the community. The initiative aims to empower individuals with life-saving skills and promote public health awareness. The event commenced by a warm welcome address by Mr. Amir Khisro, Senior Manager Operations G-10. Dr. Abdus Salam Khan, Medical Director of SMC G-10, provided insightful information on the importance of CPR. Shifa Medical Center G-10 is dedicated to making a positive impact on the community and will continue to host these free CPR training sessions on the third Thursday of every month. To recognize the importance of this initiative, Dr. Khawaja Junaid Mustafa, Chief Medical Officer, Dr. Abdus Sattar, Chief of Emergency, Dr. Adeel Tariq, Director of Clinical Risk, and Mr. Umar Khitab, Nursing Manager ER from Shifa International Hospital, attended the event and commended the medical center's commitment to community well-being.



## SHIFA INTERNATIONAL HOSPITAL HOSTED AWARENESS SESSION FOR WORLD DIABETES DAY

Dr. Matiullah Khan, Consultant Endocrinologist, provided key insights into diabetes symptoms, prevention, and lifestyle management. Dr. Osama Ishtiaq, Consultant Endocrinologist, addressed common misconceptions about diabetes treatments, particularly insulin, encouraging informed management. Dr. Rabia Asghar, Consultant Psychiatrist, discussed the psychological effects of diabetes, offering strategies for mental well-being. Dr. Sana Maroof, Medical Director of eShifa Home Health, informed the audience about the eShifa Diabetes Care program, which is tailored to provide personalized care to Type 1 and Type 2 diabetes patients in the comfort of their homes. Dr. Umar Yousaf Raja, Chief of Endocrinology, and Dr. Amir Nazir, Medical Director of Shifa H/8, expressed gratitude to the participants and emphasized Shifa's commitment to ongoing health education and community support.



## SHIFA INTERNATIONAL HOSPITAL CONDUCTED A DIABETES AWARENESS SESSION AT THE CANTEN STORES DEPARTMENT (CSD)

In observance of World Diabetes Day, Dr. Matiullah Khan, Associate Consultant Endocrinologist, provided a comprehensive overview of diabetes, covering its prevalence in Pakistan, key risk factors, early diagnosis, preventive strategies, and treatment options. This session was part of Shifa International Hospital's broader initiative to promote disease awareness and empower communities with knowledge about diabetes and other prevalent health conditions.



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