

COMMITMENT

Issue 01 | 2014

A Health & Information Newsletter of



**Memon Medical
Institute Hospital**

A Project of Memon Health & Education Foundation

Memon Medical Institute Hospital

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SPECIALITIES

- + Anesthesia
- + Breast Surgery
- + Cardiac Surgery
- + Cardiology
- + ENT (Ear, Nose & Throat)
- + Eye (Ophthalmology)
- + Diabetes
- + Dermatology
- + Dentistry (Orthodontics)
- + Facio Maxillary Surgery
- + Family Medicine
- + General (Internal) Medicine
- + General surgery
- + Gastroenterology
- + Laparoscopic Surgery
- + Nephrology
- + Neurology
- + Neurosurgery
- + Obstetrics and Gynecology
- + Orthopedics
- + Oncology
- + Pediatrics
- + Pediatric Surgery
- + Pulmonology
- + Psychiatry
- + Plastic surgery
- + Thoracic surgery
- + Urology

SERVICES

- + Emergency Services (24 hours)
- + Pharmacy Services (24 hours)
- + Laboratory Services (24 hours)
- + Radiology services (24 hours)
- + X-Rays
- + C-arm
- + Ultrasounds
- + CT Scan
- + Mammography
- + Echocardiography – ETT
- + Vascular interventional radiography
- + Out Patient Department
- + Vaccination Service
- + Daycare Services (medical and surgical)
- + Private, Semi Private & General Ward
- + Pediatric Ward
- + Well Baby Nursery
- + PICU (Pediatric Intensive Care Unit)
- + NICU (Neonatal Intensive Care Unit)
- + Operation Theaters Including Regular & Laminar flow
- + Recovery Rooms
- + Pain management
- + ICU (Intensive Care Unit)
- + SCU (Special Care Unit)
- + Endoscopy Services
- + Dialysis Service
- + PFT (Pulmonary Function Test)
- + Lithotripsy
- + Neuro Laboratory
- + Cath Laboratory (interventional cardiology)
- + Physiotherapy
- + Uroflowmetry
- + Nutrition and Dietitian
- + PHC (Primary Health Clinic)

Why MMIH?



Because:

- It is an evolving healthcare facility that has catered to thousands of patients.
- It is always putting Patients First; Every Patient is very important for us.
- It is a fast growing hospital.
- It is committed to providing the best health-care within reach, 24 / 7.
- It is a complete hospital with modern equipment.
- It has ample In-patient bed space; Emergency, ICU, NICU, PICU, OT & wards.
- There are well maintained Private, Semi-Private rooms & Wards.
- The outpatient department facilities attempt to reduce waiting time to within 30 minutes.
- There is ample space and seating capacity in waiting areas.
- It has a highly skilled medical work force including doctors, surgeons, paramedical and nursing staff.
- It has very cooperative, friendly and well - trained administrative staff.
- It is centrally air-conditioned, international standard modern building.
- It has a beautiful mosque within premises.
- It has aesthetic ambiance and generous corridors.
- There is a well-maintained cafeteria service for patients and their visitors.
- There is ample car parking.
- It is situated in a pollution free locality near Signal Free Corridor - University Road, Karachi.



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Editorial Board

- **Mr. Asif Ismail Mangroria (Patron-in-Chief)**
- **Dr. Rizwan Azami (Editor)**
- **Dr. Shahzad Alam**
- **Mr. Munawar Awan**
- **Mr. Khawaja Ashraf Hussain**
- **Mr. Melvyn D' Souza**
- **Mr. Inayat Ullah Khan**

Editorial Note



Patron-in-Chief

Welcome to the second edition of semi-annual newsletter of Memon Medical Institute Hospital.

In this edition you will find information about the state-of-the-art services that MMIH offers to the community along with the latest developments and improvements which are aimed to provide the finest medical services at par with international standards, and that too within affordable range.

The purpose of this newsletter is to let the nation know how remarkable and notable doctors and medical staff are working day and night at MMIH just to make a difference in people's lives and how they are doing continuous and persistent efforts to make MMIH one of the best hospitals in Asia.

I would like to thank Dr. Muhammad Tufail Bawa, Dr. Shahzad Alam, Mr. Khawaja Ashraf Hussain, Mr. Peer Mohammad Diwan, Mr. Abdul Razak Diwan, Mr. Arif Habib, and Mr. Ajaz Saya for their valuable support for the execution of this newsletter.

I hope and pray that MMIH continues to grow and achieve excellence.

Whoever reads this newsletter, I wish them a very happy and healthy life.

Best regards

Asif Ismail Mangroria
Patron-in-Chief



Editor

It is a privilege to present this second edition of "COMMITMENT", a news letter of Memon Medical Institute Hospital (MMIH).

Like the previous edition, we are showcasing the highlights of the salient events held in the last 6 months at MMIH and listing the services that are provided. This work would not have been possible without the continuous support of the Editorial Board, the Trustees, the Office bearers, Hospital Management Board and Executive Committee members of MMIH.

I would like to specially thank Dr. Shahzad Alam, Mr. Munawar Awan, Mr. Khawaja Ashraf Hussain, Mr. Melvyn D' Souza and Mr. Inayat Ullah Khan whose continuous efforts and support has contributed to the substance of this newsletter.

In the end it would be appropriate to thank the Office Bearers and Managing Committee members who are demonstrating such understanding and support to the staff while they provide the services required by the needy.

It would not be out of place to acknowledge the generous help of Mr. Asif Ismail Mangroria in the final stages of production of this newsletter.

I hope you will find this newsletter of use and enjoy it's content.

Yours truly,

Dr. Rizwan Azami
Editor



Messages



Mr. Abdul Razak Diwan (Chairman – MHEF)

The success story of MMIH can be summarized in a few words: In the face of significant challenges, we have made significant progress. I thank the whole team of MMIH for their continued commitment and all that they had do to deliver our purpose – to help patients get the best medical treatment in the best possible environment which enables them to lead healthier lives.

Memon Health and Education Foundation's project is now growing day by day and will embark on other projects very soon.

It has been an honor to have played such a meaningful role in MMIH's evolution, and hope I can contribute to consolidating the gains in my new role as chairman of MHEF.

Our newsletter, COMMITMENT, provides the latest news about the profound impact our hospital is having on the lives of vulnerable patients and their families. It covers stories about patients, community events, medical and research advances and more.



Mr. Peer M. Diwan (Founder Chairman – MHEF)

I am delighted on the occasion of launch of "COMMITMENT". Back in 2002, we made our Commitment to start a tertiary care hospital. Right from the initial years we were driven by a passion to create new benchmarks in healthcare. And also motivated by a mission-to meet the ever growing healthcare needs of the people in the region and provide world class healthcare to the masses at affordable cost.

With the unbounded blessings from the Almighty Allah, the relentless commitment by a team of professionals, ethical practices in every realm of healthcare, unstinted support and patronage of the patients, today, we are running a multi-specialty tertiary care referral hospital.

In our saga of commitment spanning almost 4 years, we have crossed many a milestones in healthcare benefitting the patient community at large.

I am extremely proud of our record of success, which has not only marked a period of tremendous growth, but also ensured that the hospital is well positioned for the future. I appreciate the work put in by all of our Trustees, Donors and well-wishers; it is because of them and our team, and because we know we can do so much more for patients than anyone else, that I have such great confidence in our future.

We hope this gift, MMIH, will help build a stronger community and a healthier future that everyone can benefit from.



Dr. Muhammad Tufail Bawa (Chief Executive Officer – MMIH)

As MMIH's CEO, I am proud to see the outstanding results we have achieved this year along with the significant opportunities for further expansion of our hospital setup. These results would not have been possible without the hard work of our teams whom I would like to thank and salute for their exceptional efforts and work ethic.

Even though the bricks and mortar, the technical equipment and the system resources are the backbone of our organization, the heart and soul of this organization is the personnel of MMIH who give so much of their time and their talent to serve the humanity. We recognize our responsibility to provide you with the best healthcare available and I am proud to report that our staff delivers on that promise every day. So when you or your loved ones need a hospital, you can count on us! We're here when you need us.

COMMITMENT is a reflection of the high quality service we provide to our patients and of the trust they place in us. We are committed to earning the trust and faith you place in us and are honored to be able to participate in your healthcare and to provide you the highest level of value, service and care for your satisfying experience and long term trust on the services and team of MMIH.



Messages



Mr. Ajaz Saya (Founder Managing Trustee - MHEF)

The MMIH's newsletter highlights our latest news and programs, special events, announcements, as well as information on the donors and physicians who make it all happen.

The future of MMIH will bring its own mix of successes and challenges, but our direction is clear and we know what we must do. Our job is to continue to focus intently on what we can deliver: providing our patients with the best and most comprehensive health services.

We must continue to shape MMIH to meet our patients' and our own expectations and live up to our name – to have the agility to meet market challenges – let's make certain that integrity and honest dealing are always central to how we help our patients .



Mr. Arif Habib (Former Chairman, MHEF)

MMIH hospital provides specialized treatments, expert physicians, new services, advanced technologies, classes, programs, events and much more. You'll discover that MMIH is more than just a place to visit when you're ill – we are a trusted resource to help keep you and your family in the best of health year-round.

There is ample evidence that we are moving forward on the course we set four years ago to transform our hospital, some of which is highlighted in this edition of our newsletter.

COMMITMENT is a newsletter for public, trustees and friends of MMIH. Read the latest edition on how our trustees support so many programs and services for our patients and the community and how rapidly our hospital is evolving. Our focus and strategy are clear: We deliver optimum healthcare to the all segments of our society and we are confident that we can do more for people and day after day, we are striving to prove it in the marketplace.



Dr. Shahzad Alam (Medical Director – MMIH)

It is an honor beyond words, for me to lead this great organization's clinical team. Leadership is the humblest of service roles, and it is my sincere pleasure to serve our patients in MMIH. We thank you for having the confidence in our hospital for, perhaps, the most important decision you will make where to seek your healthcare.

Here at MMIH, we are constantly growing and evolving to meet the needs of our community, and it is our vision to become the hospital of choice for patients, clinicians, and employees in the area. That's why our system works so well. It's all about people – people with caring hearts, people with a purpose.

In this issue of our newsletter, we are highlighting several new initiatives in progress at MMIH. I want to draw your attention to articles summarizing MMIH's services, events and future plans. Our newsletter also includes several articles underscoring our primary competitive advantage – our people.

It is these physicians, & nurses who each and every day blends the miracle of compassion with the marvel of technology to help those in need overcome their individual obstacles and to make a real difference in their lives. I hope you will be able to get a glimpse of the warm hospital culture we are so proud of at MMIH.



History of MMIH



Dr. Shahzad Alam

Each nation needs its dreamers and visionaries. Without them, it would be difficult to tread on uncharted territory, and to break new ground.

We in Pakistan are here because of the vision of our very own philosophical dreamer, Allama Iqbal, who gave the concept of this country. We also know that for every dreamer, the nation also needs its doers, to make those dreams come true. Quaid e Azam did that for Allama Iqbal. All great achievements are the result of the vision being translated into reality.

In keeping with the philanthropic traditions of the Memon Community, the visionaries saw a chance to extend the umbrella of medical facilities to the marginalized when a partially built structure was offered on auction. This facility is like a dream come true for the visionaries of the Memon Health and Education Foundation and the Memon Community at large, who had taken on this gigantic task.

The original structure had been planned to house a trauma center run by the Sindh government. However, the project ran into snags, and the five philanthropic visionaries saw it as an excellent opportunity to turn the unfinished building into a state of the art tertiary health care facility. What we see today is the largest project undertaken by the Memon Health and Education Foundation, and is a testament to the vision, commitment and selflessness of the donors who opened their hearts and purse strings to make this dream come true.

The dream to make quality health care accessible and affordable to all with dignity, respect and empathy regardless of their cast color, creed, religion or ability to pay. This entire project is 100% donor funded, and the planned expansion of its units will come about as and when the funds are generated. This 332 bed hospital, spread over an area of 11.5 acres has a covered area of 320,000 sq. ft.

Located in Scheme 33, it is adjacent to the Kiran Hospital, and the Ojha campus of Dow University of Health Sciences. The presence of these three facilities have turned the area into a hub of health care facilities.

The installation of equipment and construction has followed the standards, and will be manned by the best quality professional human resource. From structure to equipment to Human resource to run it, great care has been taken.

The hospital is run by a Board of Governors under a clearly defined charter. The Hospital also aims to serve as the mother facility to the numerous other community hospitals run on a not-for-profit basis, and as a center for education and training.

To give a brief background of the project, the idea of MMIH was conceived in 2004, when the trustees won the bid for the unfinished trauma center building. Leading architects were engaged, and International Hospitals Group of the UK was involved in the planning and designing of the facility.



The construction has been planned in 3 phases, and the first phase is now complete. The aim is to complete the construction of the building and then go in for its refurbishment and equipment installation as and when the funds are received.

Various Committees of experts supervised the different stages of work. The Project Management Committee comprising of engineers, Medical Advisory Committee comprising of senior and experienced doctors, and an Information technology Committee comprising leaders in the IT field.

Members of these committees have given unstintingly of their time to bring in valuable inputs for the improvement of the project. All the time and sharing of experience has been done gratis.

This, coupled with the dedication of the staff and workers, who had started work under some trying conditions, has made the hospital what it is today a beacon of hope for all those needing quality healthcare which was not within their reach.

Right from the engineers to the labourers, and the top management members to the support staff, every one has worked tirelessly to make MMIH a dream come true. However, this is just the first phase. A lot more needs to be done, this is where your assistance is needed.



Emergency Services



In case of Emergency, every second matters. In such desperate times patients and their attendants are in a state of frenzy and will consider a hospital they think of most reliable and trustworthy. It is the dictum of MMIH to become a top of the mind facility that will click patients' minds whenever they need urgent care. At MMIH's emergency department, we are fully aware of the importance of this smallest denomination of time and promptly respond to every patient call, right from their arrival. MMIH's 24-Hour Emergency and Trauma Services delivers emergency care for those with life-threatening conditions or urgent care needs. ER is fully equipped with highly skilled doctors and paramedical staff. It has its separate parking and a separate and quick entry door. The department is fully equipped and staffed to cater to all age groups from neonates to adults.

Emergency which was built to accommodate 19 ER trollies is currently functional with 13 smart beds, and comprises of ER OT, ER critical unit, ER resuscitation room, vents and dialysis facility.



**GANI TAYUB & NOVATEX
EMERGENCY**

A Gift to the People of A Great City



The word 'hospital' traditionally brings on a depressive picture to one's mind of rows of beds occupied by sick people waiting for treatment.

In that context, hospitals were largely seen as "body repair" shops, where, curing disease or correcting deformity dominated the environs. Ideally, hospitals have an impact on the health of the population by virtue of providing treatment and rehabilitative services. Hospitals also contribute to the local environment and economy in partnership with the communities they serve.

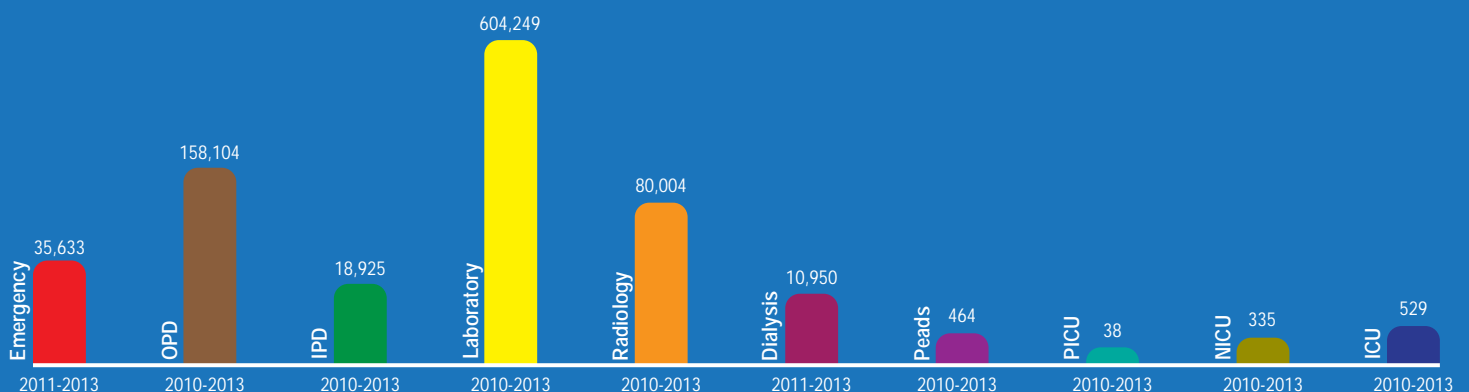
In Pakistan history has borne witness to the general lack of health facilities and consequent medical malpractices. For one reason or the other, the situation has not seen any significantly improvement over the past 50 years. Karachi, the city of lights with a population of over 20 million is one of the fastest growing cities of the world and desperately needs standardized tertiary care units to cater to the needs of its burgeoning population. The facilities in Pakistan are not adequate to treat a patient successfully especially in public sector hospitals where the demand for medical healthcare is high.

Huge patient's inflow has been observed in the hospitals

of Karachi where patients suffer and search for references to get the bed space for medical treatment especially in Emergencies, ICU, Ventilators and other Medical Service. The timing in medical cases is always a critical factor and patients are unable to get appropriate healthcare at times when they need it the most. In such desperate times, MMIH is a blessing for our frustrated suffering and deserving population.



Services utilized by patients at MMIH



List of Consultants



Speciality	Consultant Name	Timing	Days
Urology + General Surgery	Dr. Muhammad Tufail Bawa FRCS	4:30 to 6:00	Mon to Fri
		11:00 to 12:00	Sunday
Urology	Dr. Anila Jamshed MBBS, FCPS	6:00 to 8:00	Mon, Wed, Fri
		1:00 to 3:00	Saturday
General Surgery	Dr. Rizwan Azami MBBS, MCPS, FCPS (Surgery)	10:00 to 12:00	Mon, Wed, Fri
		11:00 to 1:00	Mon, Wed, Fri
	Dr. Tanveer-ur-Rehman MBBS, FRCS	10:00 to 12:00	Saturday
		7:00 to 8:00	Mon, Wed, Fri
Dr. Nizamuddin MBBS, FCPS	6:00 to 7:00	Saturday	
	General + Breast Surgery	Dr. Salma Khan MBBS, FCPS, (Gen Surg)	10:00 to 12:30
ENT			Dr. Ausaf Ahmed MBBS, DLO, FCPS
	6:00 to 7:30	Wednesday	
	Dr. Montasir Junaid MBBS, FCPS	3:00 to 4:30	Tues, Wed, Fri
General Medicine + Cardiology	Prof. Dr. Syed Iftikhar Ahmed Asim MBBS, DTCD, MRCP(UK) FRCPI, FRCP(Glass Gow)	3:00 to 5:00	Mon to Friday
		11:00 to 1:00	Saturday
Pediatric Surgery	Dr. S M Raees MBBS, FCPS	2:00 to 4:00	Mon, Wed, Fri
OBS / Gynae	Dr. Munira Farooqi M.B.B.S, FRCOG, MRCOG	11:30 to 3:00	Wed & Fri
		11:00 to 1:00	Tues, Thurs, Sat
	Dr. Shahnaz Bibi MBBS, FCPS	10:00 to 1:00	Mon, Tues, Wed, Fri
		3:00 to 6:00	Saturday
	Dr. Zubaida Masood MBBS, MCPS, FCPS	6:00 to 8:00	Tues, Thurs, Sat
		Dr. Kiran Riaz Arain M.B.B.S, F.C.P.S	6:00 to 8:00
	11:00 to 1:00		Sunday
	11:00 to 1:00		Mon, Thurs
Dr. Samra Kashif Loane MBBS, FCPS	3:00 to 5:00	Tues, Thurs, Sat	
Pain Management	Dr. Syed Jawed Akhter MD FRCS	1:00 to 3:00	Tuesday
		11:00 to 1:00	Friday
	Dr. Amim Anwar M.B.B.S, MCPS, FCPS FCARCSI (Ireland)	2:00 to 4:00	Wednesday

Speciality	Consultant Name	Timing	Days
Paediatrician	Prof.Dr. Abdul Ghaffar Billoo MBBS, DCH, MRCP, DTM&H, FRCP	10:00 to 2:00	Tuesday
	Dr. Fareeduddin MBBS, DCH, MCPS, FCPS	5:00 to 6:30	Daily
		11:00 to 12:00	Sunday
	Dr. Anila Haroon MBBS, DCH, FCPS Fellowship (Neonatology)	10:30 to 1:00	Mon, Thu, Sat
1:30 to 4:30		Wed & Fri	
Cardiothoracic Surgery	Dr. Shafqat Hasan MBBS, FRCS(Eng),FRCS(G), FRCS (C.Thoracic)	2:00 to 4:00	Mon, Wed, Fri
Dental	Dr.Humaira Ansari BDS, RDS	10:00 to 4:00	Daily
		11:00 to 1:00	Sunday
	Dr. Zeeshan Mateen (BDS,RDS,) Periodontist (MSC)(C-Ortho)	5:00 to 7:00	Mon to Fri
Specialist Ortho Dontistry	Dr. Nausheen Mohsin BDS, (Ortho Dontist)	1:00 to 1:00	Mon to Sat
Maxillofacial Sugery	Dr.Humayun Kalim Siddiqui BDS,FCPS (Maxillofacial)	2:00 to 4:30	Tues to Thurs
	Dr. Abdul Hafeez Shaikh BDS,FCPS (Maxillofacial)	3:00 to 5:00	Mon, Wed, Fri
Hematology	Dr. Shaukat Ali M.B.B.S, (American Diplomate)	11:00 to 12:00	
		4:00 to 5:00	Mon & Sat
Orthopedic Surgery	Dr. Mahmood Askari M.B.B.S, FCPS	10:00 to 1:00	Thurs & Sat
		2:00 to 4:00	Tues & Fri
	Dr. Sohail Rafi MBBS,FCPS	5:00 to 6:00	Mon & Fri
	Dr. Mirza Mohsin Jah MBBS,FCPS (Ortho), FRCS	11:00 to 4:00	Mon & Wed
		11:00 to 1:00	Tues & Fri
		2:00 to 4:00	Thurs & Sat
		11:00 to 1:00	Sunday
Cardiologist	Dr. Amanullah Saleh MBBS,MCPS,FCPS	2:00 to 4:30	Mon to Sat
		11:00 to 1:00	Mon, Tues & Fri
	Dr.Shafiq Ahmed MBBS, MRCP, FRCP	11:00 to 1:00	Sunday
Psychiatrist	Dr.Anita Aijaz MBBS,MCPS (Psy) FCPS(Psy)	3:00 to 5:00	Mon, Wed, Sat
		2:00 to 4:00	Tue & Thurs
	Dr. Rashid Abdullah Masud (MBBS,FCPS, (Phychiatry) DCP (Ireland)	4:00 to 6:00	Saturday
Dermatology (Skin Specialist)	Dr.Humaira Maryem Agha MBBS,FCPS (Dermatology)	2:30 to 4:00	Mon,Wed, Thurs,Sat
		4:00 to 6:00	Friday
	Dr. Zafar Alam MBBS, DDS (UK), MS (Dermatology-UK), FCS (UK)	11:00 to 1:00	Sunday

Speciality	Consultant Name	Timing	Days
Gastroenterology	Dr. Sajjad Jamil MBBS, MCPS, FCPS (Gen. Med), FCPS (Gastro)	11:00 to 1:00	Monday
		10:00 to 12:00	Tues to Sat
	Dr. Shahid Karim MBBS, MCPS, MACG, FCPS (Med), FCPS (Gastro)	3:00 to 5:00	Tues, Thurs, Sat
	Dr. Muhammad Mansoor UI Haq MBBS, FCPS (Gen. Med), FCPS (Gastro)	4:00 to 5:00	Wed, Fri
	Dr. Muhammad Shoaib Siddiqui MBBS, FCPS (Gasterenerology)	11:00 to 1:00	Sunday
		3:00 to 5:00	Monday
General Physician	Dr. Nadeem Ahmed Siddiqui MBBS, American Diplomate	11:00 to 12:30	Mon to Thurs
		11:00 to 12:00	Friday
	Dr. Syed Ahmed MBBS, FCPS	11:00 to 12:30	Sunday
		6:00 to 7:00	Mon, Tue, Thurs, Sat
Dr. Bushra Rabbani MBBS, FCPS	11:00 to 1:00	Saturday	
Oncology	Dr. Asghar. H Asghar MBBS, MSC, FCPS	3:00 to 4:00	Mon, Wed, Fri
	Dr. Shakeel Amanullah MD Oncology	3:00 to 4:00	Mon, Wed, Fri
Nephrology	Dr. Naila Asif MBBS, MCPS, FCPS	2:00 to 3:00	Mon, Tues, Thurs
		2:30 to 4:00	Fri & Sat
Ophthalmology (Eye Clinic)	Dr. Hassan Raza Jafri MBBS, MCPS, FCPS, FRCS	5:00 to 6:30	Mon, Thurs, Sat
		11:00 to 12:00	Sunday
	Dr. Abdul Sami Memon MBBS, MCPS, FCPS	5:30 to 6:30	Tues, Wed, Fri
Neuro Surgery	Dr. Muhammad Imran MBBS, FCPS, MRCS (Glasgow)	3:00 to 4:00	Friday
	Dr. Muhammad Yaseen Rauf MBBS, FCPS	5:00 to 7:00	Mon & Wed
	Dr. Kishor Kumar MBBS, FCPS (Neuro Surgery)	4:30 to 6:00	Tue, Thurs, Sat
		11:00 to 1:00	Sunday
Neurology	Dr. Nadeem Memon MBBS, FCPS Neurology	4:00 to 5:30	Mon & Thurs
	Dr. Shaista Anwar Siddiqui M.B.B.S, M.C.P.S (Med), F.C.P.S Neuro Fellowship in Nero vaseular Diseases	10:00 to 1:00	Mon to Fri
Pulmonology	Dr. Asmooni Younus MBBS, FCPS (Pulmonology)	11:00 to 12:30	Mon to Fri
Plastic Surgery	Dr. Tahir Shaikh FRCS	11:00 to 1:00	Tues & Sat
	Dr. Syed Aaqil Shah MBBS, FCPS	6:00 to 7:00	Tues & Fri
Nutritionist	Ms. Faiza Shoaib MSC (Nutrition)	11:00 to 1:00	Mon, Thurs, Sat
		1:00 to 3:00	Tues & Wed

New Consultant



Memon Medical Institute Hospital

Welcomes

Dr. Rizwan Azami

FCPS, College of Physicians and Surgeons Pakistan,
1984 MBBS, Dow Medical College, Karachi.

**As Chairman, Department of Surgery & Director Post - Graduate
Medical Education**

The Management and the team of MMIH welcome Dr. Azami onboard who has joined us with enthusiasm.

Dr. Azami graduated in 1973 from Dow Medical College, Karachi. Trained and practiced general surgery in Pakistan for over 40 years. He has years of experience in the field of surgery with special interest in Laparoscopic, Hernia and Day Care Surgery. He has valuable contributions in the field of surgery & has done remarkable contributions in Post-Graduate Medical Education.

He has practiced in both public and private sector institutions and is an experienced surgeon and Educator / Trainer with a reputation in the city and over the country as well. He believes that the solutions to local problems in service and education have to be local if they are to be sustainable and effective.

This axiom in his dictionary is applicable to all fields of endeavour in developing countries.

MMIH success story is based on the combination of continuing innovations, quality services, lean thinking, and a close-knit structure, coupled with MMIH's outstanding people.

With the inclusion of Dr. Azami in the team, MMIH will take off to the new height of service excellence and it is an indication of the firm commitment to the organization's philosophy of "Putting Patient First".

Memon Medical Institute Hospital Welcomes Senior Consultants as part of our dynamic team

GENERAL MEDICINE + CARDIOLOGY

Professor Dr. Syed Iftikhar Ahmed Asim

MBBS, DTCD, MRCP(UK) FRCPI, FRCP(Glassgow)

PEDIATRIC SURGERY

Dr. S M Raees

MBBS, FCPS

OBS / GYNAE

Dr. Samra Kashif Loane

MBBS, FCPS

GASTROENTEROLOGY

Dr. Muhammad Shoaib Siddique

MBBS, FCPS(Gastroenterology)

PAIN MANAGEMENT

Dr. Syed Jawed Akhter

MD, FRCS

DERMATOLOGY (SKIN SPECIALIST)

Dr. Zafar Alam

MBBS, DDS (UK), MS (Dermatology-UK),
FCS (UK)

Details of Services



Out Patient Services

The Outpatient department provides a service which covers a diverse range of medical and surgical health related issues, seven days a week.

24 Hours - Emergency Services

MMIH's 24-Hour Emergency and Trauma Service delivers emergency care for those with life-threatening conditions or urgent care needs. The department is fully equipped and staffed to cater to all age groups from neonates to adults and handles

- Acute Surgical / Medical Conditions
- Trauma
- Urgent Dialysis & Ventilator Services

24 Hours - Pharmacy Services

The pharmacy provides 24 hours services to both inpatients & out patients. The pharmacy harbors all sorts of pharmaceutical & surgical items required for patient management.

In addition to proprietary medication the service formulates

- Chemo Therapy Preparation
- Total Parental Nutrition
- Pharmacy Compounding Services



24 Hours - Laboratory Services

MMIH Laboratory is capable of performing more than 650 different tests. For the convenience and facilitation of patients and healthcare providers, round the clock services are provided with ensured high standards for both inpatients & outpatients. The MMIH laboratory not only caters to outpatients, inpatients and outside referral patients but is also a resource for other hospitals, performing a variety of tests for them.

Vaccination Service

Immunizing children is the best way to protect them against most preventable diseases that may have serious implication. Health promotion & disease prevention is a vital function of MMIH, vaccination service.

Daycare Services

Daycare services are provided by well trained doctors and nurses, these services ensure prompt treatment to patients so that they spend minimum time in the hospital. . The services are thus economical and efficient for of patients and their families.

Private, Semi Private & General Ward

Private Rooms

All rooms have air-conditioning with attached bathrooms and satellite TV along with compassionate care provided by our medical teams.

Semi Private

The semi private rooms caters to two patients but ensure that the privacy of each is well maintained.

General Ward

The General wards are air-conditioned and each caters to six patients. They are divided into the following sub-sections

Male and female medical sections, general ward & special care unit.

Well Baby Nursery

The Well Baby Nursery (WBN) is intended for term and near-term infants who need extra care.

The Post-Operative Recovery Rooms

The recovery room is a well monitored area with highly qualified nursing & anesthesia staff to take care of post operative patients who are recovering from anesthesia.

Intensive Care Unit (ICU)

The ICU at MMIH is for critically ill patients and has the ability to provide intensive nursing & medical care. The 10 bed ICU is separated into individual compartments with two negative pressure rooms for infected patients. The ICU is equipped with the latest monitoring and ventilator care equipment. Patients can also be dialyzed, if needed.

Special Care Unit (SCU)

The special care unit is the step down unit for the patients who are shifted from ICU. It is a 4 bed unit with 1 Nurse and 1 critical care technician. The special care unit also caters to patients that require specialized monitoring and care.

Endoscopy Services

MMIH endoscopy services provide patients with the best possible care in a safe, comfortable environment. Procedures available at the MMIH Endoscopy unit are

- Bronchoscope and Interventional Pulmonology
- Colonoscopy
- Endoscopic Retrograde Cholangiopancreatography (ERCP)
- Esophagogastroduodenoscopy (EGD) or gastroscopy

Dialysis Service

Dialysis, a life-sustaining treatment for patients with renal disease, is a vital part of any comprehensive healthcare facility. This service is essential and often required in emergency and intensive care units.

Neonatal Intensive Care Unit (NICU)

NICU is for critically ill newborns with complex needs. MMIH's NICU is not just for premature babies or those carried through high-risk pregnancies – even full-term babies sometimes unexpectedly need a little extra support. The NICU combines advanced technology and trained healthcare professionals to provide specialized care for the tiniest of our patients.

Lithotripsy

Lithotripsy is the most advanced treatment for kidney stones currently available and we also offer this procedure at MMIH. Lithotripsy eliminates kidney stones without surgery, with far less discomfort.

Cath Lab

MMIH Cardiac Catheterization Laboratory offers interventional cardiology care. We have cath lab equipped with the latest digital technology.

Pulmonary Function Test Unit (PFT)

MMIH offers a wide range of tests to evaluate patients with respiratory symptoms and lung diseases and our pulmonary function laboratory does them with care.

Physiotherapy

Physiotherapy Service provides rehabilitation for inpatients and outpatients. Areas of particular expertise include

- Orthopaedic and musculo-skeletal conditions
- Vascular/prosthetic limb rehabilitation
- Management of strokes and adult neurology / neurosurgery
- Obstetrics and urogynaecological problems
- Acute and chronic respiratory disorders
- Pain management
- Major Trauma
- Medicine for the elderly
- Critical care

Paediatric Ward

The paediatric ward has 14 beds with special nursing team & doctors who are skilled in taking care of sick children.

24 Hours - Radiology Services

The Department of Radiology of MMIH is one of the key departments for clinical diagnoses, treatment and research providing following services 24/7

- X-Rays
- C-arm
- Ultrasounds
- CT Scan
- Mammography
- Echocardiography – ETT

Outreach Centre

MMIH has developed an outreach health clinic at Dhoraji / C. P. Berar Society at the Kathiawar Square. This outreach clinic is meant for the convenience of individuals who wish to avail consultation, laboratory and ultrasound services quite similar to those available at the main hospital located approximately 15 kilometres away.

Paediatric Intensive Care Unit (PICU)

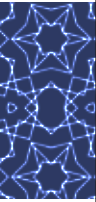
The paediatric Intensive care unit is a four bedded specialized unit with one isolation bed providing intensive care services to children. It is equipped with the latest monitoring and ventilator care equipment and staff with special expertise to care for children.

Cardiac Catheterization Laboratory

MMIH's Cardiac Catheterization Laboratory offers interventional cardiology of the most modern standard. The Cath Lab equipped with the latest digital technology permits high resolution images required.



Memon Medical Institute Hospital Laboratory Service

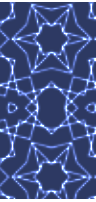


Pre-employment medical checkup, annual medical examination, pre-insurance medical fitness and industrial worker screening.

Human resource is one of the most important asset for any organization. Every organization is anxious to provide quality healthcare services to their employees. We are offering a convenient laboratory service at your door steps for sample collection and reporting. We have many packages for corporate sector such as pre employment checkups, annul medical examination, pre-insurance medical fitness and industrial worker's screening. Additional services can be added on request. These revolutionary services are offered at discount rates with the best laboratory with state of the art equipment at MMIH.



Opening Of Paediatric Unit



On the 1st of July 2013, MMIH further expanded its scope of services by initiating state of the art Neonatal Intensive Care Unit (NICU) with a capacity to accommodate 19 Neonates including 3 Isolation rooms.



NICU (NEONATAL INTENSIVE CARE UNIT)



PAEDIATRIC WARD



PICU (PAEDIATRIC INTENSIVE CARE UNIT)

Neonatal Intensive Care Unit - NICU



ON 5th JULY 2013, QUADRUPLETS (2 BOYS & 2 GIRLS) WERE BORN



PICU (PAEDIATRIC INTENSIVE CARE UNIT)

Opening Of Operation Theatre Complex & Intensive Care Unit



ICU (INTENSIVE CARE UNIT)



OT (OPERATION THEATER)

CONSULTANTS AND STAFF OF MMIH



Vision, Mission & Aim



To be a role model for caring, curing, education, training, research and employment.



To provide accessible and affordable quality health care and education to all with empathy, dignity and respect, **IRRESPECTIVE OF THEIR CASTE, CREED, COLOR, RELIGION OR ABILITY TO PAY.**



To lead Pakistan towards international quality of healthcare standards while at the same time, providing quality education to medical and nursing personnel.

MMIH Executive Health Checkup



Health problems can be managed more effectively if detected at an early stage. Hence, health monitoring has become the need of the hour.

Good Health is the foundation of a productive and rewarding life, it is unfortunately also the most neglected asset these days. Today's lifestyle has brought with it stress, poor eating habits and inadequate rest. Coupled with high levels of pollution and the depressing circumstances and incidents happenings in our country and city, these factors are bound to gradually take their toll on us. Yet, most of us tend to ignore until we are compelled to confront a medical condition.

MMIH Executive Health Checkup provides a comprehensive and swift checkup for health conscious individuals, business executives, housewives, senior citizens and our valued corporate clients. The Executive Health Checkup is an initiative to create awareness and fulfil our promise of making the nation, healthy. We firmly believe that a healthy person can perform better and contribute productively to the national growth and progress.

Packages are reasonably priced and differently and specifically designed for Males and Females. Our executive health doctors have extensive experience in evaluating health risk factors in apparently healthy individuals and in people experiencing symptoms of illness or injury.

MMIH, a healthcare landmark, has gained its reputation as one of the fastest growing hospital, offering state of the art in-patient, out-patient facilities, one of the best set of operation theaters, emergency, ICU, ventilators, laboratory and radiology etc.

These Executive Health Packages available at MMIH are part of our pursuance of excellence in health care and a product of our belief that preventive care is a wise investment.

4 Smart Package Options Available



MMIH Executive Health Checkup



EXECUTIVE Health Checkup (Male Package)

PACKAGE (A)	PACKAGE (B)
Rs. 9,000/-	Rs. 4,500/-

FIRST VISIT

- General Physical Examination.
- Dental Checkup.
- Chest X-Ray.
- Electrocardiogram (ECG).

- General Physical Examination.
- Chest X-Ray.
- Electrocardiogram (ECG).

Laboratory tests included;

- Complete Blood Count
- Glucose Fasting
- Cholesterol
- LDL
- HDL
- Triglycerides
- Creatinine
- SGPT
- ABO Grouping
- Hepatitis 'B' surface antigen
- Hepatitis 'C' Antibody
- Vitamin D level
- Thyroid Stimulating Hormone(TSH)
- Urinalysis

- **Breakfast.**
- **The complete checkup will take Two & Half hours.**

SECOND VISIT

- This visit is scheduled approximately a week to ten days after the first visit.
- It includes a consultant physician who discusses and counsels on various risk factors and test results as well as plans for treatment and follow-up of abnormalities, if detected.
- This visit will take about an hour.

EXECUTIVE Health Checkup (Female Package)

PACKAGE (A)	PACKAGE (B)
Rs. 10,500/-	Rs. 6,000/-

FIRST VISIT

- General Physical Examination by female Physician.
- Dental Checkup.
- Screening Mammogram + Ultrasound.
- Chest X-Ray.
- Electrocardiogram (ECG).

- General Physical Examination by female Physician.
- Screening Mammogram + Ultrasound.
- Chest X-Ray.
- Electrocardiogram (ECG).

Laboratory tests included;

- Complete Blood Count
- Glucose Fasting
- Cholesterol
- LDL
- HDL
- Triglycerides
- Creatinine
- SGPT
- ABO Grouping
- Hepatitis 'B' surface antigen
- Hepatitis 'C' Antibody
- Vitamin D level
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- Urinalysis

- **Breakfast.**
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SECOND VISIT

- This visit is scheduled approximately a week to ten days after the first visit.
- It includes a consultant physician who discusses and counsels on various risk factors and test results as well as plans for treatment and follow-up of abnormalities, if detected.
- This visit will take about an hour.

Note: Please re-confirm prices at the time of appointment

IMPORTANT INFORMATION FOR EXECUTIVE HEALTH CHECKUP

MMIH, a healthcare landmark, has gained its reputation as one of the fastest growing hospital, offering state of the art in-patient, out-patient facilities, one of the best operation theatres, emergency, ICU, ventilators, laboratory and radiology etc.

MMIH Executive Health Checkup provides comprehensive and swift checkup for health conscious individuals, business executives, housewives, senior citizens and our valued corporate clients.

APPOINTMENT:

Make an appointment by calling Clinic Coordinator on Mobile #: 0308-2361716 between 09:00 a.m. to 05:30 p.m. He will reconfirm your appointment 24 hours before the appointment date.

12 HOURS FASTING:

Fast for atleast 12 hours before the appointment (you may only drink water during fasting). After fasting blood tests, Breakfast will be served.

APPOINTMENT DAY:

Please arrive by 9:30 a.m. Or on time mutually agreed and report to front desk. Please bring your MMIH Registration Card, if you possess.

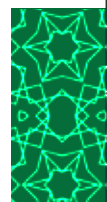
NEXT VISIT:

Your final consultation will follow within 10 days after your initial visit. We will coordinate with you and the appointment will be fixed accordingly.

SPONSORSHIP FOR EXECUTIVE HEALTH CHECKUP:

In case of your employer sponsoring your Executive Clinic checkup, kindly bring the letter of authorization of the company.

Activities at MMIH



Seminar on “Common Neonatal & Paediatric Problems”

Memon Medical Institute Hospital in its efforts towards promoting Continuous Medical Education (CME) for medical and paramedical staff of its own and institutions associated with MHEF arranged a seminar On September 21st, 2013 on “Common Neonatal & Pediatric Problems.” Over 100 participants including Doctors, Nurses, GPs, other medical and paramedical staff attended the seminar.

Highly Committed MMIH board and trustees including Mr. Pir Muhammad Diwan (Honorary Founder Chairman), Mr. Ajaz Saya (Honorary Managing Trustee) and Mr. Abdul Razak Diwan (Honorary Member, Hospital Management Board) also attended the proceedings.

Prof. Abdul Ghaffar Billoo along with Prof. Dr. Syed Jamal Raza were the Chief Guests. Speakers on the occasion included, Dr. Rukhsana Syed, Dr. Anila Haroon & Dr. Sohail Salat who presented their views and

shared their experiences. Dr. Muhammad Tufail Bawa (CEO) appreciated the efforts of MMIH event management team for arranging the wonderful event.



Joint Charity Event Organized By Women’s Wings Of MMIH & WMO

On Thursday 24th October 2013, A Joint Charity Event was organized by the Women’s Wings of Memon Medical Institute Hospital (MMIH) & World Memon Organization (WMO) at The Court, Main Shahra-e-Faisal. The Event was a huge success. 300 + Guests attended the program.

Guests were welcomed by the members of the Women Wing of MMIH & WMO Ladies wing.

Activities at MMIH



Women Health Awareness Program

Memon Medical Institute Hospital has initiated several programs to create awareness about the health and to persuade the common person towards the proactive approach.

The first program was organized on Sunday May 13th, 2013. It was a comprehensive two hour session in which renowned and experienced doctors of Memon Medical Institute Hospital, Dr. Salma Khan [MBBS, FCPS] Consultant General/Breast Surgeon (MMIH) and Dr. Muneera Rashad Farooqi [MBBS, MRCOG (London)] Consultant Obstetrics and Gynecology (MMIH) expressed their views on Breast Cancer and Cervical Cancer respectively and gave details about the diseases, their symptoms and the tips to prevent them. The experts also explained that numbers of patients are increasing every year and discussed why this is happening besides advising the audience how to prevent the disease and strategies on how to detect



occurrence as early as possible so that outcomes are improved.

The second program was organized by Memon Medical Institute Hospital in collaboration with Dhoraji Youth Services, “2nd Women Health Awareness Program” on Sunday, November 10th, 2013 at Rangoonwala Community Center, Karachi.

The event proved to be another success story as a record number of ladies attended the seminar.

Ceremony In Honor Of Dr. Hans – Thomas W. Schmidt

Dr. HANS - Thomas W. Schmidt, a quality assurance expert from Germany, visited in March 2014 and stayed at MMIH for a month to review and critique its systems. This external review by Dr. Schmidt has provided valuable insight about the running of the institutions clinical and non clinical services.

A Special ceremony was held in honor of Dr. Schmidt at the conference room of Memon Medical Institute Hospital. The ceremony was presided over by Mr. Abdul Razak Diwan, Trustee & Member of Hospital Management

Board. It was attended by the members of Executive Committee, Senior Consultants, and Head of Departments and Staff Members.



Annual General Meeting of Memon Health and Education Foundation



at G & T Towers – Karachi on March 03, 2014





Visits During The Year



MR. KENZO IJIMA, MITSUBISHI CORPORATION



MR. ABDUL RAZAK DAWOOD, CHAIRMAN, DESCON ENGINEERING LIMITED

From our Visitor's Book



Mr. S.M. Muneer

Chief Executive Officer, Trade Development Authority of Pakistan (TDAP).

I am very impressed. This is today the best hospital of Pakistan with State of the Art facilities. Well done memon community! You are super community. God bless you all.

Mr. Randy Hatfield

USAID, Karachi.

MMIH is a remarkable institute that is playing a significant role in providing medical support to surrounding communities. Well done!

Mr. Abdul Razak Dawood

Chairman, Descon Engineering Limited.

A well planned hospital which was a delight to have. May Allah bless all those indeed in making this dream come true.

Mr. Kimihide Ando

Chief Executive, Pakistan Mitsubishi Corporation.

I was very impressed and overwhelmed. Very happy to feel that Mitsubishi could contribute a little bit here.

Mr. Ahmed Chinoy

CPLC Chief.

A wonderful attempt on behalf of the memon community to provide quality & subsidized & welfare healthcare to the residents of Pakistan & humanity in particular.

Employee of the Month



Teamwork Makes the Dream Work

We congratulate the employees for the awards and hope each one of us will continue to make every effort and improve performance.



Employee of the Year

Dr. Syed Shah Ali Saad, Medical Officer, Welfare Department as the best employee of the year, for outstanding performance during the year 2013.



Employee of the Year

Mr. Abdul Rafique, OR Technician, OR Department as the best employee of the year 2013 for attendance & punctuality.



Employee of the Month

Mr. Atif Zafar, Oracle Developer cum ERP, I.T. Department as the best employee of the month for Feb, 2014.

Following staff was also selected for award of "Star Performers" for February 2014

Mr. M. Shoaib	CSSD Technician
Mr. Shahzad Bhatti	Head Nurse
Mr. Asim John	Radiographer
Mr. Salman Saleem	RN
Mr. Ghulam Haider	Bio-Med. Engineer
Mr. M. Akram	Dialysis Tech
Mr. Shafqat Ali	NA
Ms. Nida Gul	Pharmacist
Mr. Zaheer Ahmed	Carpenter
Mr. M. Haris Khan	Accounts Officer



Future Plans / Services



MMIH:

The first project on completion will have multi-disciplinary facilities.

NURSING SCHOOL:

The second project would further enhance the quality of health care.

MEDICAL COLLEGE:

The third project will provide medical education of international standard.

RESEARCH INSTITUTE:

The fourth and final project planned will lay a foundation for medical research to further improve the quality of service.





dengue kills

keep your environment clean

Dengue fever is a virus infection caused by the dengue virus. There are 4 kinds of dengue viruses. Spread among humans by Aedes mosquitoes (Aedes aegypti or Aedes albopictus), it is a flu-like illness which can turn out to be severe. Dengue is also known as Dandy and breakbone fever.

Dengue is completely preventable. There is no vaccine or specific treatment for Dengue. The best solution is controlling mosquitoes and reducing mosquito density. About 50 per cent of dengue patients are reported from the western Province

Potential Breeding Grounds



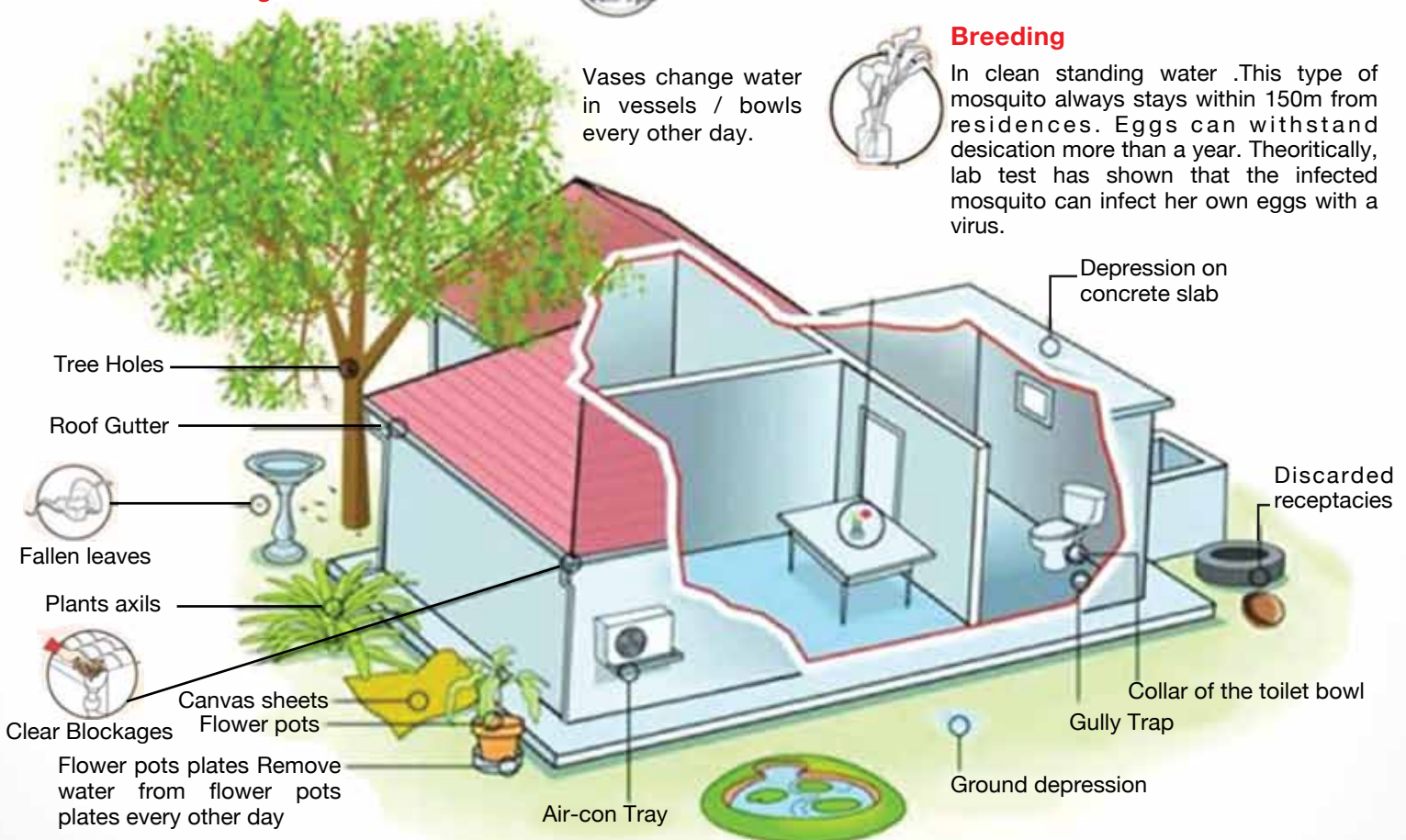
They bite mainly during day time particularly in the early hours after Dawn and for 2-3 hours before darkness.

Vases change water in vessels / bowls every other day.



Breeding

In clean standing water. This type of mosquito always stays within 150m from residences. Eggs can withstand desiccation more than a year. Theoretically, lab test has shown that the infected mosquito can infect her own eggs with a virus.



Sharing the road with Emergency Vehicles



Rules are often misunderstood and hence broken. It becomes easier to understand a rule once you have experienced the reason for the existence of that rule. When you figure in an accident or when you or a loved one are inside an ambulance, you would want the terrible traffic to part in the middle, to allow the ambulance or emergency vehicles to get through the traffic and reach the hospital quickly

So, even without a rule, it makes absolute sense to give way to an ambulance or other emergency

vehicles. Yet its not uncommon to see drivers holding their ground and not allowing emergency vehicles to pass by them. WHEN you hear sirens and see flashing lights in your rear-view mirror, it can only mean two things: either you're in trouble or someone else is!

If an emergency vehicle is coming towards you and is sounding an alarm or showing flashing red and blue lights, you must move out of the path of the emergency vehicle as soon as you safely can.



- Slow down and give clear indications which side you wish to turn.
- Move left to give the vehicle a clear run down the middle of the road. If you cannot move left safely, stay where you are and let the emergency vehicle overtake you.
- Never move your vehicle suddenly and out of its path.
- Never drive into the path of the emergency vehicle.



What is Pain Management?



Dr. Javed Akhtar

Pain management specialists are the doctors who have undergone post graduate training as neurologist, anesthesiologist, or physical medicine and rehabilitation specialist. Following these trainings are completed, they go on for subspecialty training in pain management through fellowships, and ongoing participation in seminars and hands on workshops to improve procedural skills.

Pain management is exactly what it says-to manage pain. It is very important to understand this concept for patients and their families, as well as health care providers. When we say we manage pain, it means that we try to reduce your pain to a point, where you have better quality of life, you are more productive, your strained relationships improve and start living more fulfilling life.

To understand this further it is important to understand two types of pain.

1. Acute pain usually result of injury to some body part or organ, and pain is completely relieved as the cause of pain is treated such as bone fracture, Appendicitis or heart attack pain. This pain does not last more than 3 months.

2. Chronic pain which lasts more than three months, and continues even though original cause of pain has been completely treated. In many cases a cause of pain cannot even be found. For example back pain where all tests are normal, or after a fracture in arm has healed completely but pain continues. This is more difficult pain to treat, and it is rather managed, since complete elimination of pain is almost impossible in most cases. these are the patients who need pain management So any pain that has lasted more than 3 months can usually be managed through non operative methods, and should be evaluated by pain management specialist.

Examples of chronic pains include ongoing, joint pains such as knee , ankle hip, shoulder elbow and wrist, And small joints of hands and feet. Chronic back and neck pain is also best treated in pain management. Other type of pains such as chronic face and head pain including migraine headaches can be more effectively treated. Numbness of hands and feet can be very painful and disruptive of sleep and daily activities, and should be evaluated and treated.



What is Pain Management?



Pain management treatments include thorough evaluation of cause of pain and assess the need of consultations with other specialists including surgeons. After need for surgical and other specialist intervention is ruled out, it is the pain management treatment is commenced.

Pain management includes prescription of medications, procedures commonly termed as nerve blocks, joint injections, bursa injections, tendon sheath injections

Novel substances such as Botox injections, and phenol/alcohol injections are used in neurolytic procedures.

Once effective pain relief is achieved, referral to physical therapy may be done to restore function in the affected body part. Psychological counseling is indicated in high stress, depression or anxiety states for adjustment counseling in very few cases.

In summary, chronic pain management focuses on reducing or in some cases eliminating pain, restoring physical and psychological functioning, improving quality of life. This is done with minimally or non-invasive means, and in most cases avoiding the need for surgery and thus reducing the cost of treatment and risk of complications substantially.



Bleeding Gums



DR. ZEESHAN MATEEN

Bleeding gums can be a sign that you are at risk for, or already have, gum disease. However, persistent gum bleeding may be due to serious medical conditions such as leukemia or platelet disorders.

There are links between gum diseases and many other systemic conditions like heart, liver, kidney and G I T disorders. Sometimes gum diseases occur at times in life like puberty, pregnancy and menopause

Causes

Bleeding gums are mainly due to inadequate plaque removal from the teeth at the gum line. This will lead to a condition called gingivitis, or inflamed gums.

If plaque is not removed through regular brushing and dental appointments, it will harden into what is known as tartar. Ultimately, this will lead to increased bleeding and a more advanced form of gum and jawbone disease known as periodontitis.

Considerations

It is important to follow the instructions from your dentist in order to maintain healthy gums. Improper brushing and flossing technique may actually irritate or traumatize the soft gum tissue.

Other causes of bleeding gums include:

- Any bleeding disorder
- Brushing too hard
- Hormonal changes during pregnancy
- Idiopathic thrombocytopenic purpura
- Ill-fitting dentures
- Improper flossing
- Infection, which can be either tooth- or gum-related
- Leukemia
- Scurvy
- Use of blood thinners
- Vitamin K deficiency



Bleeding Gums



Home Care

Visit the dentist at least once every 6 months for plaque removal. Follow your dentist's home care instructions.

You should brush your teeth gently with a soft-bristle toothbrush after every meal. The dentist may recommend rinsing with salt water or hydrogen peroxide and water. Avoid using commercial, alcohol-containing mouthwashes, which aggravate the problem.

Flossing teeth twice a day can prevent plaque from building up. Avoiding snacks between meals and reducing carbohydrates can also help. Follow a balanced, healthy diet.

Other tips

- Avoid the use of tobacco, which aggravates bleeding gums.
- Control gum bleeding by applying pressure directly on the gums with a gauze pad soaked in ice water.
- If you have been diagnosed with a vitamin deficiency, take recommended vitamin supplements.

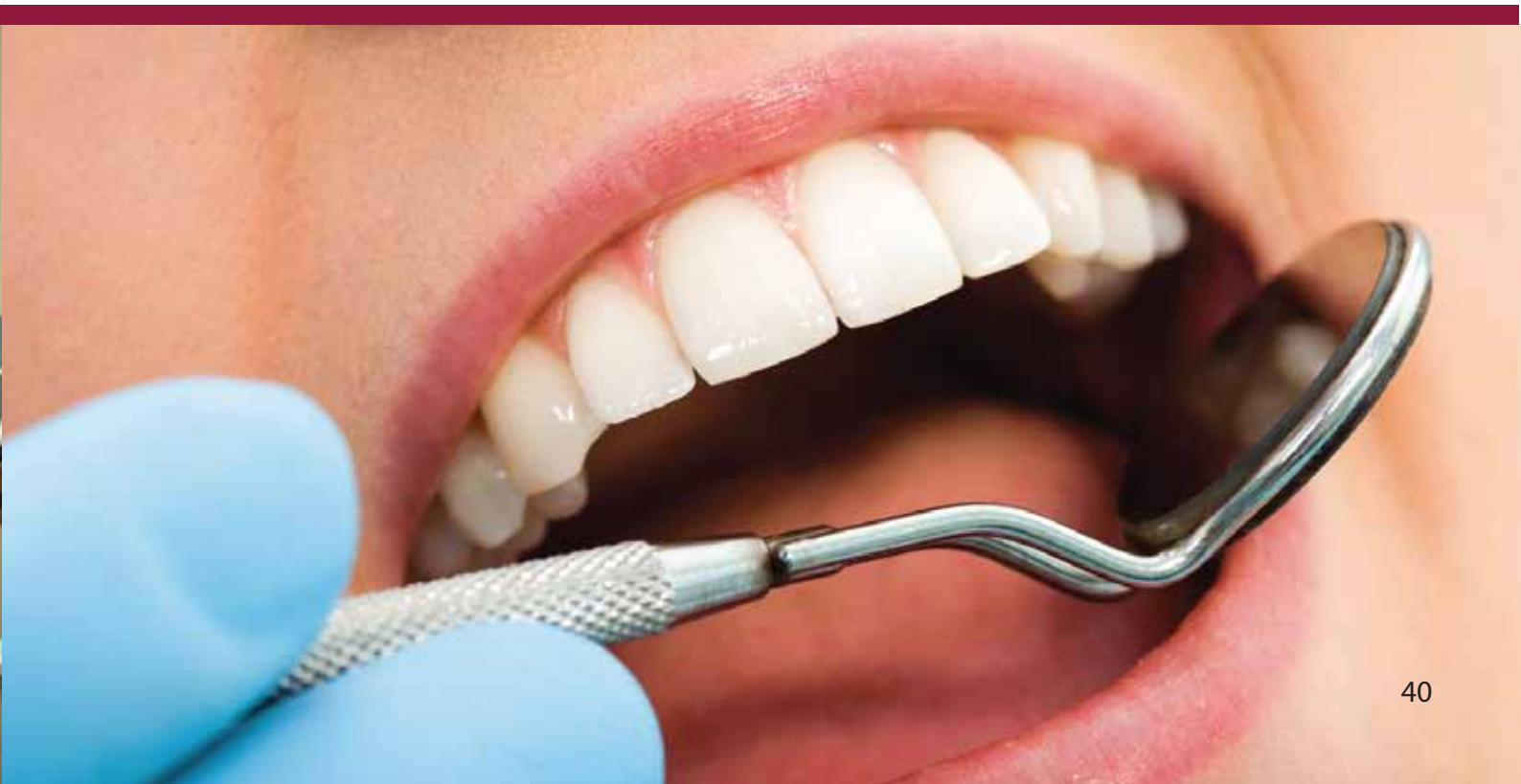
- Avoid aspirin unless your health care provider has recommended that you take it.
- If side effects of medication are irritating, ask your doctor to recommend another medication. Never change your medication without consulting your doctor.
- See your dentist if your dentures do not fit correctly or if they are causing sore spots on your gums.

When to Contact a Medical Professional

Consult your dentist if

- The bleeding is severe or long term (chronic).
- Your gums continue to bleed even after treatment.
- You have other unexplained symptoms with the bleeding

Reference: Article#003062/ medlineplus



شعبہ امراض جلد اور آرائش گری (ڈرماٹولوجی اینڈ کاسمیٹولوجی)

بیرونی مریضوں کے سیکشن (او۔ پی۔ ڈی) میں ہم ہر قسم کے جلدی امراض مثلاً جلد کے انفیکشن (عفونت)، خارش، کیل مہاسوں اور آرائشی مسائل (سیاہ دھبے، جلد کی قدرتی رنگت، جلد کے داغ اور جھانیاں وغیرہ۔) سے بچاؤ اور علاج کی سہولت فراہم کرتے ہیں۔ مین میڈیکل انسٹی ٹیوٹ ہسپتال میں آنے والے جلدی امراض میں مبتلا مریض، اعلیٰ تعلیم یافتہ اور انتہائی تجربہ کار ماہرین سے مستفید ہوتے ہیں۔ جبکہ ہمارا اندرونی مریضوں کا سیکشن (آئی۔ پی۔ ڈی)، جلد سے وابستہ کسی بھی قسم کی ناگہانی صورت (دواؤں کے ری ایکشن اور الرجی) سے نمٹنے کیلئے ہر وقت موجود میسر ہے۔



بیرونی مریضوں کے سیکشن (او۔ پی۔ ڈی) میں درج ذیل پروسیجر (بغیر ہسپتال میں داخلے کے) کیے جاتے ہیں:

- ◆ جلد کے جراحی آپریشنز (سرجیکل انٹرویشنز)
 - الیکٹروکائٹرائزیشن (پچلی کی مشین سے علاج)
 - جلد کی بائیوپسی
 - مستا/تل کا بذریعہ سرجری خاتمہ
 - ◆ جلدی و آرائشی اطلاق
 - کیمیکل پیلنگ
- [پھلوں سے حاصل ہونے والے تیزاب کے ذریعے (الفاہائیڈروکسی ایسڈ)]

غذا اور اسکی غذائیت

لوگوں کی خوراک اور اس کا ان کا جسم میں استعمال غذائیت کہلاتا ہے۔ آپ ویسے ہیں جیسا آپ کھاتے ہیں!

- کیا آپ جانتے ہیں کہ آپ کا وزن کتنا ہوگا آپ تندرست کہلائیں؟
- کیا آپ جانتے ہیں کہ آپ کا BMI کتنا ہیں؟
- اگر آپ ذیابیطس کے مریض ہیں تو کیا آپ جانتے ہیں کہ آپ کون کون سے پھل کھا سکتے ہیں؟
- کیا آپ جانتی ہیں کہ بچے کی پیدائش کے بعد آپ اپنے آپ کو کس طرح تندرست رکھ سکتی ہیں؟
- کیا آپ جانتے ہیں کہ آپ کس طرح اپنے دل کو صحت مند رکھ سکتے ہیں؟
- کیا آپ جانتے ہیں کہ آپ کے بچے کے لئے مناسب غذا کیا ہیں؟
- اگر آپ ہڈیوں سے جڑے کسی مرض میں مبتلا ہیں تو کیا آپ جانتے ہیں کہ کون سی غذا آپ کے لئے فائدہ مند ہے؟

ان تمام سوالات کے ماہرانہ جوابات جاننے کے لئے مین میڈیکل انسٹی ٹیوٹ ہسپتال تشریف لائیں۔

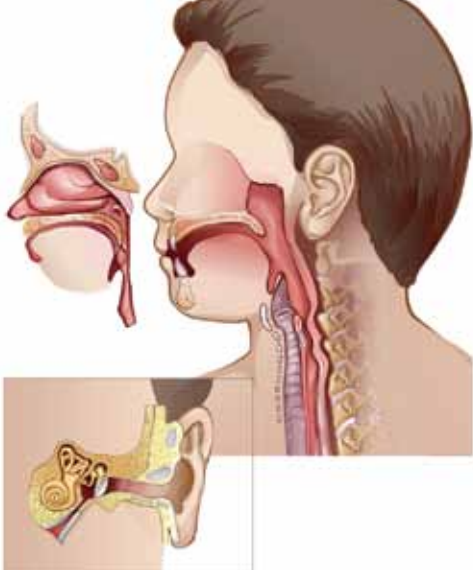
ہم معلومات خوراک فراہم کرتے ہیں

- وزن کم کرنے کے لئے
- ذیابیطس کے مریضوں کے لئے
- امراض قلب کے لئے
- بہتر نظام انہضام کے لئے
- گردوں کے امراض کے لئے
- زندگی کے مختلف مراحل میں
- حاملہ/دودھ پلانے والی خواتین کے لئے



کان، ناک، حلق، سر اور گردن کی سرجری

کان، ناک، حلق، سر اور گردن کی سرجری کا سیکشن عام کان، ناک، حلق، کے کینسر کے مریضوں کو اس کی جانچ اور علاج کے لئے پیش کش کرتے ہیں۔ آؤٹ پیسٹ (بیرونی مریضوں) کے کلینک (ENT UNIT) میں آلات موجود ہیں جس میں ناک کی نالی کا معائنہ کرنے کے لئے ریجڈ انڈوسکوپس (Rigid Endoscopes) ہے، نخرہ اور اس کے متعلقہ حصوں کا معائنہ کرنے کے لئے فلیکس ایبل انڈوسکوپ (Flexible Endoscope) شامل ہیں۔ سماعت کی ٹیسٹنگ بمعہ بولنے اور سننے کی صلاحیت کا علاج کی سہولت عنقریب مستقبل میں مہیا کی جائے گی۔ بڑی سرجری اور معمول کے مطابق علاج کی سہولیات کی خدمات درج ذیل ہیں:

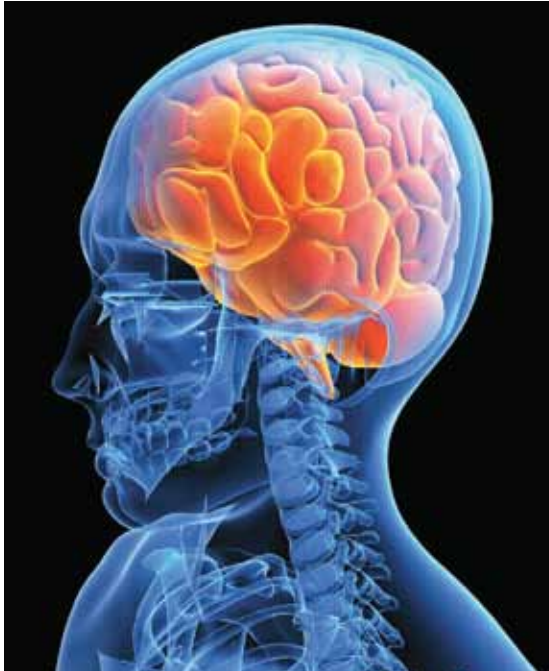


- ٹونسل اور پٹپٹل کی سرجری
- ناک کی سرجری
- غدہ درقیہ (Thyroid) کی سرجری
- تھوک پیدا کرنے والے غدود (Salivary gland) کی سرجری
- سر اور ناک کے مختلف کینسرز کی جزوی سرجری
- نخرے کی سرجری (آواز پیدا کرنے والے بکس میں ہونے والے کینسر کی سرجری)
- گردن کی سرجری (کینسر سرجری کے ذریعہ گردن کے گلیٹیوں کو صاف کرنا)
- زبان کی سرجری (زبان کے کینسر کی وجہ سے آدھے آدھے حصے کو نکالنا)
- جڑے کی سرجری (جڑی کی ہڈی کے حصے کو ہٹانا)
- انتہائی قابل اور ماہر کینسر سرجن، پلاسٹک سرجن اور فیسو میکزیلری سرجن کی ٹیم کے مشوروں سے گردن اور سر کے کینسر کی سرجری، اور کرن ہسپتال کے خصوصی اشتراک سے غیر معمولی حالت میں علاج کی سہولت موجود ہے۔

نیورولوجی

نیورولوجی طبی سائنس کا شعبہ ہے جو زوں سسٹم یعنی (دماغ، حرام مغز، نسوں) اور پٹھوں کی طبعی، ساختی اور کیمیائی خرابیوں کے علاج کے لیے مخصوص ہے۔ نیورولوجسٹ (نیوروفزیشن) ایک فزیشن ہے جو دواؤں کے ذریعے سے ان تکالیف کا علاج کرتا ہے۔

نیورولوجی میں مندرجہ ذیل بیماریوں کا علاج کیا جاتا ہے:



- سردرد
- میگرین
- مرگی
- بے ہوشی
- دماغ کی ٹی بی
- لتوہ
- گردن توڑ بخار
- سرسام
- رعشہ
- جسم اور پٹھوں کی غیر ارادی حرکات
- آنکھ کی نس کی بیماریاں
- کمر کا درد
- پٹھوں کی بیماری
- نسوں کی بیماریاں
- پولیو
- بچوں میں ذہنی پسماندگی
- یادداشت میں کمزوری
- نسیان

شعبہ امراض نسواں اور ولادت (زچہ و بچہ)

میمن میڈیکل انسٹی ٹیوٹ اسپتال میں شعبہ امراض نسواں، خواتین کے خصوصی امراض اور دورانِ حمل پیچیدگیوں کے علاج کی مکمل سہولیات فراہم کرتا ہے۔ ہمارے طبی ماہرین قبل ولادت تشخیص، عمل ولادت اور بعد ولادت نگہداشت جیسی پیشہ ورانہ خصوصیات کے حامل ہیں۔ اسپتال میں بغیر تکلیف ولادت کی سہولت بھی موجود ہے۔ آپریشن کے ذریعے پیدائش اور دیگر نسوانی آپریشن کے لیے ایک علیحدہ آپریشن تھیٹر مختص ہے۔



ہمارے ڈاکٹر ہر قسم کی چھوٹی اور بڑی سرجری کے ماہر ہیں جن میں یہ آپریشن شامل ہیں:

- ڈی اینڈسی (چھوٹا آپریشن/صفائی)
- بذریعہ لپرو سکوپ مختلف آپریشن مثلاً بے اولادی کے لیے تشخیصی جانچ، زنانہ نس بندی وغیرہ
- پولیپ کی سرجری
- رحم (بچہ دانی) کے تمام آپریشن
- نسوانی کینسر کے پیچیدہ آپریشن

شعبہ امراض کینسر

میمن میڈیکل انسٹی ٹیوٹ اسپتال میں ہر طرح کے کینسر کے علاج کی سہولت میسر ہے۔ یہاں کینسر کے علاج کی پوری ٹیم ہے جن میں کینسر کے اسپیشلسٹ، سرجن، ریڈیولوجسٹ، ہیماٹولوجسٹ، نفسیاتی امراض اور غذا اور غذائیت کے ماہر شامل ہیں۔ یہاں پر تربیت یافتہ فارماسسٹ کی موجودگی میں کیموتھراپی کا عمل مکمل کیا جاتا ہے۔ شعاعوں کے مریضوں کا علاج کرن اسپتال کے تعاون سے کیا جاتا ہے۔ لا علاج مریضوں کا علیحدہ سے شعبہ موجود ہے جہاں ان کا خیال رکھا جاتا ہے۔

میمن میڈیکل انسٹی ٹیوٹ اسپتال میں سب سے زیادہ علاج ہونے والے کینسر درج ذیل ہیں:



- چھاتی کا کینسر
- مردانہ غدود کا کینسر
- گلے اور منہ کا کینسر
- پھیپھڑوں کا کینسر
- بڑی آنت کا کینسر
- پیشاب اور مثانے کا کینسر
- خون کے کینسر وغیرہ۔
- جگر کا کینسر
- لمفومہ کینسر
- تھائرایڈ کینسر
- بچہ دانی کا کینسر
- انڈہ دانی کا کینسر
- جلد کا کینسر

شعبہ امراضِ چشم

میمن میڈیکل انسٹی ٹیوٹ میں شعبہ امراضِ چشم، آنکھوں کے امراض کی تشخیص اور آنکھوں کے تمام امراض کے علاج کی سہولیات فراہم کرتا ہے۔ اسکے علاوہ آنکھوں کی دیکھ بھال سے متعلق دیگر ثانوی مہارتیں خصوصی سے مزین ہے۔ ہماری اعلیٰ تعلیم یافتہ ٹیم درج ذیل سہولیات فراہم کرتی ہے:

♦ موئیے کا آپریشن (بذریعہ فیکو)

• نائیک اور انجکشن کے بغیر فولڈیبل لینس کے ساتھ

♦ آنکھوں کی پلاسٹک سرجری

• جھکے ہوئے پوپے ٹی کی درستگی

• پلوں کے اندر یا باہر مڑ جانے کی درستگی

• پپوں اور پلوں کے سرطان کا آپریشن اور پلاسٹک سرجری سے درستگی

• آنکھوں کی کاسمیٹک سرجری

• مصنوعی آنکھ لگانے کا آپریشن

♦ بچوں کی آنکھوں کے مسائل

• بچوں کے موئیے کا آپریشن

• زیر بے ہوشی معائنہ

• بچوں کی نظر کی پیمائش

♦ آنسوؤں کی نالی اور ناسور کے آپریشن

♦ بھینگے پن کے آپریشن اور دیگر علاج

♦ کالے پانی (گلاکوما) کی تشخیص اور علاج

♦ پردہ چشم (ریٹینا) کے مسائل کی تشخیص اور علاج

♦ قرنیہ کے مسائل کی تشخیص اور علاج



سنڈے کلینکس

درج ذیل اسپیشلٹی کلینکس کی سہولت فراہم کی جا رہی ہیں

• جنرل میڈیسن

• جنرل سرجری

• امراضِ نسواں اور ولادت (ذچہ و بچہ)

• امراضِ چشم

• نیوروسرجری

• گیسٹرو انٹرا لوجی

• ڈیٹیل

• شہنہ امراضِ جلد

• شہنہ امراضِ ہڈی و جوڑ

• دل کے جملہ امراض



کلینک کے اوقات: صبح 11 بجے تا دوپہر 1 بجے تک

مزید تفصیلات اور اپائنٹمنٹ کیلئے ابھی فون کیجیے:

Tel: 34691147- 54, 34691159-64

What Patient's Say



PATIENT'S COMMENTS ABOUT THE HOSPITAL

- “
- MMIH is a blessing for the whole country especially for the adjacent area.
 - It is a state of the art hospital with the maximum services under one roof.
 - I never dreamed to see such a brilliant hospital with affordable prices; it is like a dream comes true for the patients who only afford treatment in government hospitals.
 - We are very much satisfied with professionalism and services offered in the hospital.
 - Welfare offered by Memon Medical Institute Hospital is an immense relief for the patients who cannot afford the treatment in quality hospitals.
 - Thanks to all mighty ALLAH our patient is fully cared and cured in such a great hospital by the help of welfare department.
 - We couldn't think to be treated in hospital like that with great laboratory and radiology services.
 - I never expected that top management would directly listen to rectify my issues. ”



Well-wishers of MMIH



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- Sunday Clinics

MMIH provides quality healthcare and valuable experience, supported by a team of compassionate & dedicated medical professionals.

MMIH, a healthcare landmark, has gained its reputation as one of the fastest growing hospital, offering state of the art in-patient, out-patient facilities, one of the best operation theatres, ICU, Ventilators, Laboratory, Radiology, Endoscopy Procedures, Dialysis Services, Obs/Gynecology, Peads Ward, Special Care Unit, Neonational Intensive Care Unit (NICU), Peditairc Intensive Care Unit (PICU) on a most modern, centrally air - conditioned medical complex



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Tel: +92 - 21- 34947474, 34937474



**Dhoraji Lab
Collection Point**