



**Shifa**  
International  
Hospital  
Faisalabad

Quarterly

# NEWSLETTER

SHIFA PULSE

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## INDEPENDENCE DAY CELEBRATION

Shifa celebrated auspicious occasion of 75th Independence Day of Pakistan with enthusiasm, Management & all Employees gathered together for Dua: Also a cake cutting ceremony with respect to Independence Day was organized for entertainment.



### State of the Art Infectious Disease Department

Infectious diseases are disorders or illnesses caused by bacteria, viruses, fungi or parasites. Infectious diseases may be passed from person to person or from infected animals or insects to human beings.

The Shifa Department of infectious diseases focuses to control infections by adhering to guidelines of the Infection Control Committee which includes infectious disease experts, pharmacists, and infection control nurses. Our team of experts has intensive training in all kinds of infections and offers consultations and practical solutions for the Rational use of antibiotics.

The team provides:

- Monitoring and surveillance of different infections
- Control of epidemics
- The advice in the proper usage of antibiotics in sick and critical patients



Patron in Chief | Dr. M. Ilyas Shakir Editors in Chief | Dr. Imran Khan  
Co-Editors | Muhammad Hamza | Abid Jamil | Ramesha Saeed | Arooj Rauf

# DEPARTMENT OF DENTISTRY

**Dr. Kiran Tariq | Consultant Prosthodontist and Cosmetic Dentist**

## TEETH SCALING

Teeth scaling is a common dental procedure for patients with gum disease. This is a type of dental cleaning that reaches below the gum line to remove plaque buildup. The process of scaling and root planning the teeth is often referred to as a deep cleaning.

If left untreated, chronic periodontal disease can lead to:

- Bleeding from gums
- Sensitivity around teeth
- Bone loss around teeth
- Loose/Moving teeth



## PREVENTION

- Brush regularly, twice a day for 2 minutes a time.
- Choose tartar-control toothpaste with fluoride.
- Floss, floss, floss.
- Take care of your diet.
- Don't smoke.



## PHARMACY SERVICES

The Pharmacy department at Shifa International Hospital Faisalabad is serving as backbone to every clinical specialty as no treatment is complete without safe and effective use of medicines. Moreover, it is amongst the very few pharmacies in the country that oversee and manage a complete range of med-surgical supplies, devices and implants etc. according to DRAP Devices Rules. The pharmacy department strives to provide excellent drug distribution services through its pharmacies.

Our aim is to provide cost effective, compassionate and quality pharmaceutical care to all patients with optimum support in all clinical areas with complete guidance and counseling. we provide 24/7 pharmacy services under supervision of qualified pharmacists.



## DEPARTMENT OF DERMATOLOGY

Dr. Mehwish Khan

Consultant Dermatologist | Cosmetologist | Laser Specialist

### HYDRAFACIAL

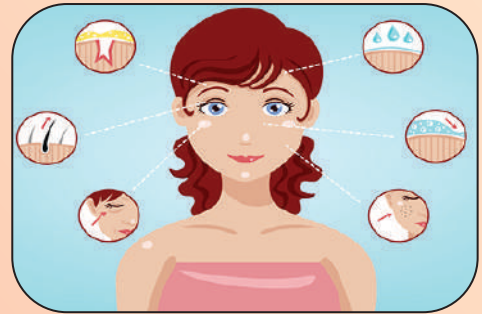
A Hydrafacial is a facial treatment using a patented device to deliver exfoliation, cleansing, extraction, and hydration to the face. This system uses a vortex swirling action to deliver hydration and to remove dead skin, dirt, debris, and impurities while cleaning and soothing your skin.



### Benefits of Hydrafacial

Hydrafacial improves the appearance of:

- Oily, acne-prone skin
- Dry skin
- Uneven skin tone
- Fine lines and wrinkles
- Hyper pigmentation
- Sun damage
- Age spots
- Blackheads



### Dengue Fever

It is a disease caused by a virus carried by mosquitoes.

#### Symptoms

- Fever
- Eye Pain
- Vomiting
- Headache
- Rashes & Body Pain



### Tips to Beat Dengue Fever

Ms. Arooj Rauf | Nutritionist

- Use Herbal Tea
- Add Fruits and Fresh Juices in your diet
- Use Diet containing high protein
- Avoid Spicy Meal
- Take Adequate Sleep





# List of Specialties

- Anesthesia
- Cardiology
- Dermatology
- Dentistry
- E.N.T
- Food & Nutrition
- Gastroenterology
- General Surgery
- Gynaecology & Obstetrics
- Internal Medicine
- Neurology
- Neuro Surgery
- Nephrology
- Orthopedic
- Pediatrics & Neonatology
- Pulmonology
- Plastic Surgery
- Physiotherapy & Rehabilitation
- Psychiatry
- Respiratory & Critical Care
- Urology

## Dr. Syed Bilal Hafeez | Consultant Intensivist Flu | Symptoms | Prevention & Treatment



### Flu

Flu is contagious respiratory illnesses that infect the nose, throat, and sometimes the lungs.



### Symptoms

- Fever | Cough & Sore throat
- Runny Nose
- Muscle or Body Aches
- Headaches & Fatigue

### Prevention & Treatment

- Proper Vaccination
- Avoid Close Contact with others
- Good Hygiene
- Consult your Doctor

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### Write to us:

If you have any questions comments or any other suggestions.

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