

Shifa International Hospital Faisalabad NEWSLETTER

SHIFA PULSE

Volume 3 | October-December | 2022

HEALTH AWARENESS SEMINAR ON H.PYLORI FACTS & MYTHS





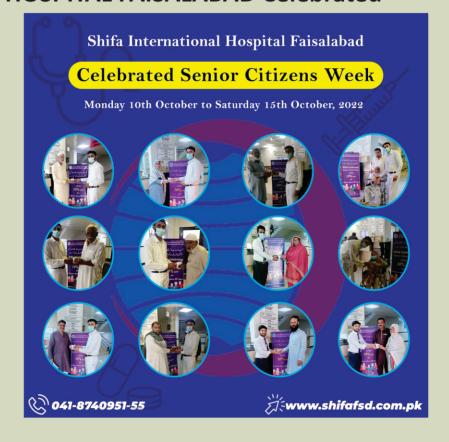


Shifa International Hospital Faisalabad Organized Health Awareness Seminar on H. Pylori Facts & Myths at University of Agriculture Faisalabad. In this seminar Dr. Shaukat Javed I Consultant SIH FSD spoke about H. Pylori, its causes, complications and myths. The question & answer session was hosted to answer all the gueries of the audience. At the end of seminar certificates were distributed amongst the participants.

SHIFA INTERNATIONAL HOSPITAL FAISALABAD Celebrated

CITIZENS WEEK

SIH FSD celebrated Senior Citizens Week from 10th to 15th October, 2022. A special front desk was established to welcome our senior citizens at SIH FSD. During that week, senior citizens were honored by giving away souvenirs and 10% Discount on hospital services.



DEPARTMENT OF UROLOGY

Dr. Basit Masood
MBBS | MD | FCPS
Consultant Urologist & Kidney Transplant

URINARY INCONTINENCE IN OLDER WOMEN

"Ensuring Women To No Longer Suffer in Silence"

- Urinary incontinence is the accidental loss of urine
- This condition can occur at any age but more common in women over the age of 50

CAUSES

- Certain medical conditions
- Use of medications
- Urinary Tract Infections
- During Pregnancy and after Childbirth
- Hormonal changes after menopause

SYMPTOMS

- Needing to urinate more frequently
- Urine leakage with movements or exercise
- Leakage of urine that prevents activities
- Urine leakage with coughing, sneezing or laughing
- Leakage of urine that began or continued after surgery
- Leakage of urine that causes embarrassment
- Constant feeling of wetness without sensation of urine leakage
- Feeling of incomplete bladder emptying

Types

- Urge Incontinence
- Stress Incontinence
- Functional Incontinence
- Overflow Incontinence

TREATMENT

- Behavioural therapies, medications, nerve stimulation and surgery
- Consult your Urologist



DIABETES

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

COMPLICATIONS

- Increased thirst and urination
- Increased hunger
- Fatigue
- Blurred vision
- Numbness or tingling in the feet or hands
- Sores that do not heal
- Unexplained weight loss

PREVENTIONS

- Control your weight
- Avoid Smoking
- Be more Physically Active
- Tune up your diet
- Cut sugar and refined carbohydrates from your diet



DEPARTMENT OF OBS & GYNAECOLOGY

"Keeping you and your child Healthy & Safe with RIGHT CARE"

Dr. Aliya Hafeez MBBS | FCPS

HOD OBS & GYNAE DEPARTMENT Consultant Gynaecologist

Dr. Bushra Sadiq MBBS | FCPS



Dr. Maria Tayyab MBBS | FCPS **Consultant Gynaecologist**

Dr. Kaneez Fatima MBBS | MCPS | FCPS **Consultant Gynaecologist**

www.shifafsd.com.pk

Consultant Gynaecologist

For Appointment 8 041-8740951-55 | 041-8403656-60



- انڈے کی زردی
- سامن مچهلی
 - مالٹے کا رس
- جو،گندم کا دلیه



NATURAL SOURCES

PROTEIN

- لوبيا ، پهليان
- دالیں اور چنے

IRON

- بیف ، مٹن ، کلیجی
 - مرغی ، مجهلی

 - دالیں ، لوبیا
 - يالک ، کدو

VITAMIN

- کیوی ، مالٹا
- مسمى ، چكوتره
 - اسٹرابیری
- ٹماٹر ، لیموں ، شمله مرچ
 - بندگویهی ، آلو



- دوده ، دبی ، مکهن ، پنیر

 - بادام ، اخروت
 - کدو کے بیج
 - السي اور جو كا آثا
 - كدو، توربان، شلجم
 - سرسوں کا ساگ

INTENSIVE CARE UNIT

Dr. Syed Bilal Hafeez MBBS | FCPS | FCCM **Consultant Intensivist**

Shifa International Hospital Faisalabad is having state of the art intensive care unit where intensivist & skilled consultants along with their team of professionals are available 24/7 to save the lives of critically ill and serious patients by using advanced medical treatment and modern technology.





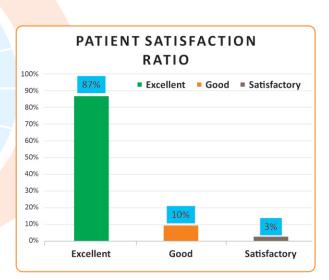
Shifa International Hospital Faisalabad introduces USER FRIENDLY WEBSITE to connect with the communities



- Book online appointments
- Submit online feedbacks
- View online lab reports
- Health Vlogs
- Health alerts



ONVICOS?



LIST OF SPECIALTIES

- Anesthesia
- Dentistry
- Gastroenterology
- Internal Medicine
- Nephrology
- Pulmonology
- Psychiatry

- Cardiology
- E.N.T
- General Surgery
- Neurology
- Orthopedic
- Plastic Surgery
- Respiratory & Critical Care

- Dermatology
- Food & Nutrition
- Gynaecology & Obstetrics
- Neuro Surgery
- Pediatrics & Neonatology
- Physiotherapy & Rehabilitation
- Urology

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

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