



**Shifa**  
International  
Hospital  
Faisalabad

Quarterly

# 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 queries of the audience. At the end of seminar certificates were distributed amongst the participants.

## SHIFA INTERNATIONAL HOSPITAL FAISALABAD Celebrated

# Senior 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.

Shifa International Hospital Faisalabad  
**Celebrated Senior Citizens Week**  
Monday 10th October to Saturday 15th October, 2022

041-8740951-55 [www.shifafsd.com.pk](http://www.shifafsd.com.pk)

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

**Dr. Bushra Sadiq**  
MBBS | FCPS  
Consultant Gynaecologist

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

For Appointment

☎ 041-8740951-55 | 041-8403656-60

🌐 [www.shifafsd.com.pk](http://www.shifafsd.com.pk)



- انڈے کی زردی
- سامن مچھلی
- مالٹے کا رس
- جو، گندم کا دلیہ
- پنیر

## NATURAL SOURCES

### PROTEIN

- انڈے
- دودھ
- کیلے
- لوبیا ، پھلیاں
- دالیں اور چنے



### IRON

- بیف ، مٹن ، کلیجی
- مرغی ، مچھلی
- انڈے
- دالیں ، لوبیا
- پالک ، کدو
- کالے چنے
- السی



- کیوی ، مالٹا
- مسمی ، چکوترا
- اسٹرابیری
- ٹماٹر ، لیموں ، شملہ مرچ
- بندگوبھی ، آلو

### CALCIUM

- دودھ ، دہی ، مکھن ، پنیر
- مچھلی
- بادام ، اخروٹ
- کدو کے بیج
- السی اور جو کا آٹا
- کدو ، توریاں ، شلجم
- سرسوں کا ساگ

**MS. AROOJ RAUF**  
Mphil  
Human Nutrition & Dietetics  
Nutritionist

## 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



## 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

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Write to us: If you have any questions, comments or any other suggestions,  
Please email us at [marketing.fsd@shifa.com.pk](mailto:marketing.fsd@shifa.com.pk)

