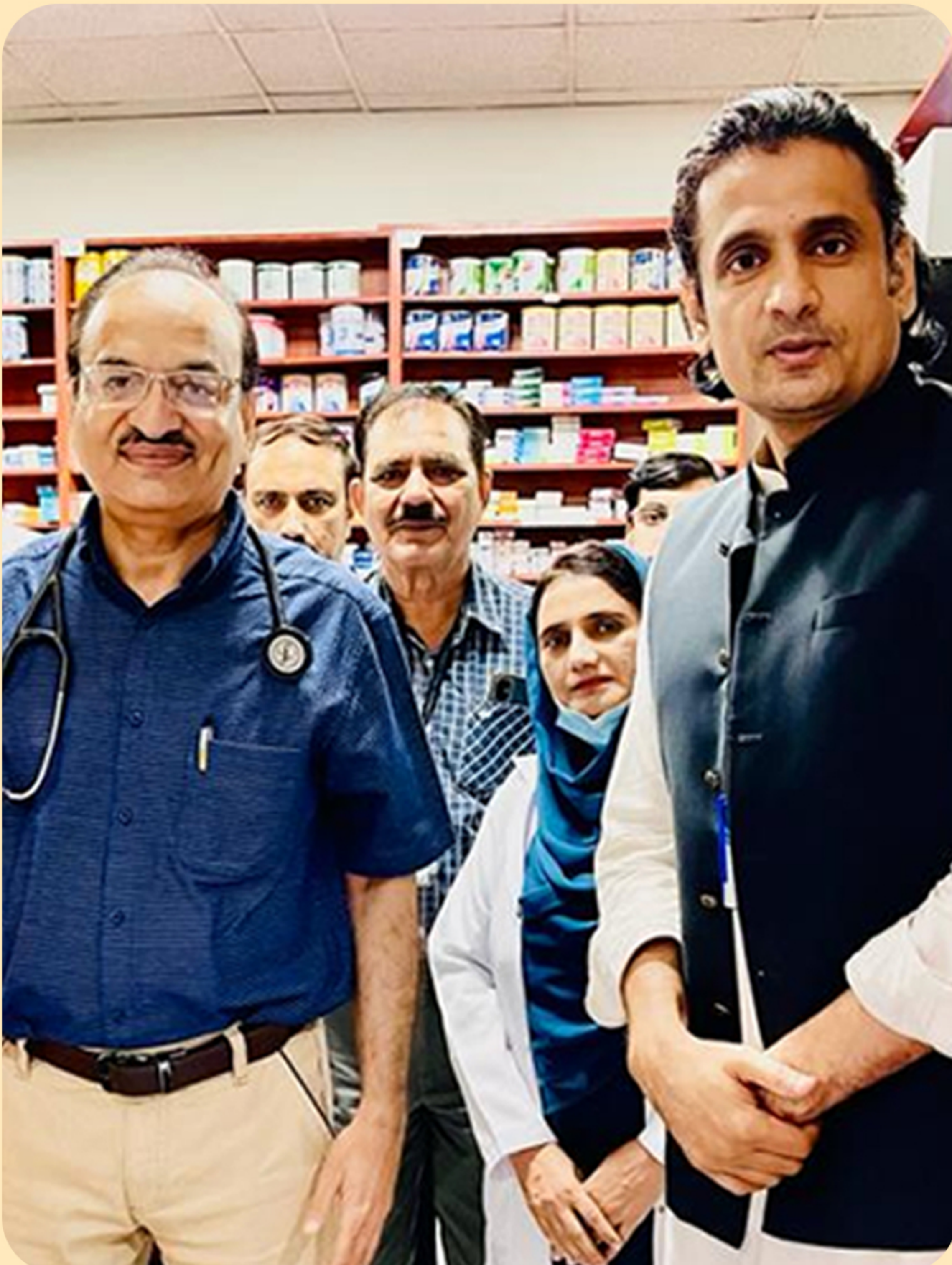


Congratulations!

Shifa International Hospital Faisalabad on the successful inauguration of the IV admixture area at the Pharmacy! This is indeed a significant achievement and a testament to the hospital's commitment to providing quality healthcare services. The IV admixture area will undoubtedly enhance the hospital's capabilities and benefit the community. We wish the hospital continued success and progress in the future. May this achievement be a stepping stone to even greater accomplishments!





DR. TARIQ MEHMOOD
MBBS | FCPS
Consultant Pediatrician



Q: What is jaundice?

Yellow appearance of the skin & the whites of the eyes is called Jaundice. Jaundice in newborn is NOT a liver disease.

Q: Is jaundice common in newborn babies?

Jaundice is very common in newborn babies. About 60% of full term babies & 80% of premature babies develop jaundice in the first week of life. Jaundice within first 24 hours after birth, needs urgent consultation. If jaundice continues beyond 14 days of age in a full-term baby or 21 days in a premature baby, then this should be investigated.

Q: What causes baby jaundice?

When your baby is born their own body has to remove waste from the blood. It can take some time for a baby's liver to be able to do this. In the early days of life some waste products may build up in the baby's body. One waste product is called Bilirubin.

Q: What is bilirubin?

This is a product of the breakdown of old red blood cells. This bilirubin gives yellow colour to eye and skin of baby.

Q: Why is the stool and urine color important?

Yellow urine in a baby is not normal and the baby should be investigated for liver disease. Any baby, at whatever age, with pale stools or stools which appear 'fatty' in texture should be investigated for liver disease.

Q: Why do some babies remain jaundiced?

Jaundice may continue occasionally in babies who are entirely well and are being breast fed. Your baby may have an infection or other illness or have a thyroid gland that is not working properly. Baby may have a problem with their liver. This is rare. The most common liver disease in newborn babies is called biliary atresia. In the early stages of liver disease, a baby can look and feed entirely well. The best way is to look at the stools and urine color and bilirubin test.

Q: What is Breast Milk jaundice?

Some babies who are breastfed may develop persistent jaundice. The color of faeces will be yellow or green & urine will be colorless. Breast milk jaundice is completely harmless and will go away with time.

Q: Role of sunlight in preventing newborn baby jaundice?

In some situations, sunshine may be beneficial in preventing neonatal jaundice. However studies have not shown that if phototherapy is required, sunlight alone is effective. Sunlight filtration to block dangerous UV light and frequent temperature checks for neonates exposed to the sun may be necessary for their protection.

ALL YOU WANT TO KNOW ABOUT POLIO

Polio, also known as poliomyelitis, is a highly infectious disease caused by the poliovirus. It can spread through contaminated food, water or contact with an infected person and can lead to paralysis, muscle weakness and even death.

Symptoms

Mild cases: flu-like symptoms, such as

- Fever
- Headache
- Sore throat
- Fatigue
- Muscle weakness



Severe cases: more serious symptoms, including

- Paralysis or muscle weakness (temporary or permanent)
- Deformities of the legs, arms or spine
- Respiratory failure
- Sudden onset of floppy arms and legs (acute flaccid paralysis)

Precautions

- **Vaccination:** Get vaccinated against polio (IPV or OPV) to prevent infection and transmission.
- **Good hygiene:** Wash hands frequently, especially after using the bathroom or before eating.
- **Avoid close contact:** With individuals who have polio or are experiencing symptoms.
- **Travel precautions:** Ensure you are vaccinated before traveling to areas where polio is common.
- **Improved sanitation:** Proper disposal of human waste and good sewage systems can reduce the spread of polio.

Remember, polio can be prevented with vaccination and good hygiene practices!

LIST OF SPECIALTIES

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

Welcome To Shifa Family

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