

SHIFA INTERNATIONAL HOSPITAL FAISALABAD CELEBRATED

Pakistan's 77th Independence Day



Shifa International Hospital Faisalabad marked Pakistan's 77th Independence Day with a vibrant flag-hoisting & cake cutting ceremony. The event brought together hospital management and staff, showcasing a strong sense of patriotism and unity.

Dr. Imran Khan, Administrator of SIH-Faisalabad, highlighted the importance of celebrating Independence Day and reaffirmed the hospital's dedication to providing outstanding healthcare.



INTERNATIONAL NURSES DAY

Nurses play a pivotal role in the healthcare ecosystem, serving as the backbone of medical facilities worldwide. Their unwavering dedication, exceptional expertise, and compassionate care are instrumental in ensuring the well-being and recovery of patients. Nurses are the primary point of contact for individuals receiving medical attention, providing holistic care that addresses physical, emotional, and psychological needs. They administer medications, monitor vital signs, and perform various procedures, all while maintaining meticulous records and collaborating with interdisciplinary teams to deliver comprehensive treatment plans. Their technical skills, critical thinking, and problem-solving abilities make them invaluable assets in high-pressure situations. To Celebrate **International Nurses Day**, Dr. Imran Khan, Administrator, and Dr. Ilyas Shakir, Medical Director, of Shifa International Hospital Faisalabad, paid tribute to the hospital's exceptional nursing team. They recognized the nurses' tireless efforts, unparalleled expertise, and compassionate care.



DEPARTMENT OF DENTISTRY

Teeth Scaling is a dental procedure that removes plaque, tartar, and stains from teeth both above and below the gum line.

Benefits of teeth scaling

- Prevents gum disease
- Removes bad breath
- Boosts confidence
- Removes stains
- Prevents tooth loss



When to get teeth scaling

Every 6 months for maintenance and prevention.

As needed for individuals with gum disease or heavy plaque buildup.



DEPARTMENT OF REHABILITATION

Win The Fight
Against

PAIN

Choose

PHYSIOTHERAPY

- Pain Management
- Musculoskeletal Issues
- Neck and Shoulder Pain
- Frozen Shoulder
- Joint Pains
- Osteoarthritis
- Sciatica
- Sport Injuries Rehabilitation

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STAR EMPLOYEES OF THE MONTH



TAYYIB SHAKOOR
MIS Department



ALI RAZA
Pharmacy Department



M. IQBAL SHAHID
Transport Department



KASHIF ANWAR
OR Department

DR. ZOHAIB NADEEM SIAL
MBBS | MD | FCPS (Tr & Ortho) | FPAS
Advanced Hip & Knee Replacement Specialist
Consultant Orthopedic & Sports Surgeon



What is Total Knee Arthroplasty?

Total Knee Arthroplasty is a surgical procedure aimed at relieving pain and restoring function in patients with severe knee arthritis or injury. Over time, the knee joint can suffer from wear and tear, leading to pain, stiffness, and loss of mobility. When conservative treatments such as medication, physical therapy, and injections fail to provide relief, TKA becomes a viable option.

Benefits of TKA

Total Knee Arthroplasty offers numerous benefits:

- **Pain Relief:** Most patients experience significant pain reduction, improving their quality of life.
- **Improved Mobility:** TKA can restore the knee's function, allowing patients to walk, climb stairs, and perform daily activities with greater ease.
- **Durability:** Modern prosthetics are designed to last 15-20 years or more, depending on the patient's activity level and overall health.

Who is a Candidate for TKA?

Patients with severe knee arthritis, particularly osteoarthritis, rheumatoid arthritis, or post-traumatic arthritis, are prime candidates for TKA. Ideal candidates are those whose knee pain and stiffness significantly impact their quality of life and who have not found relief through non-surgical treatments.

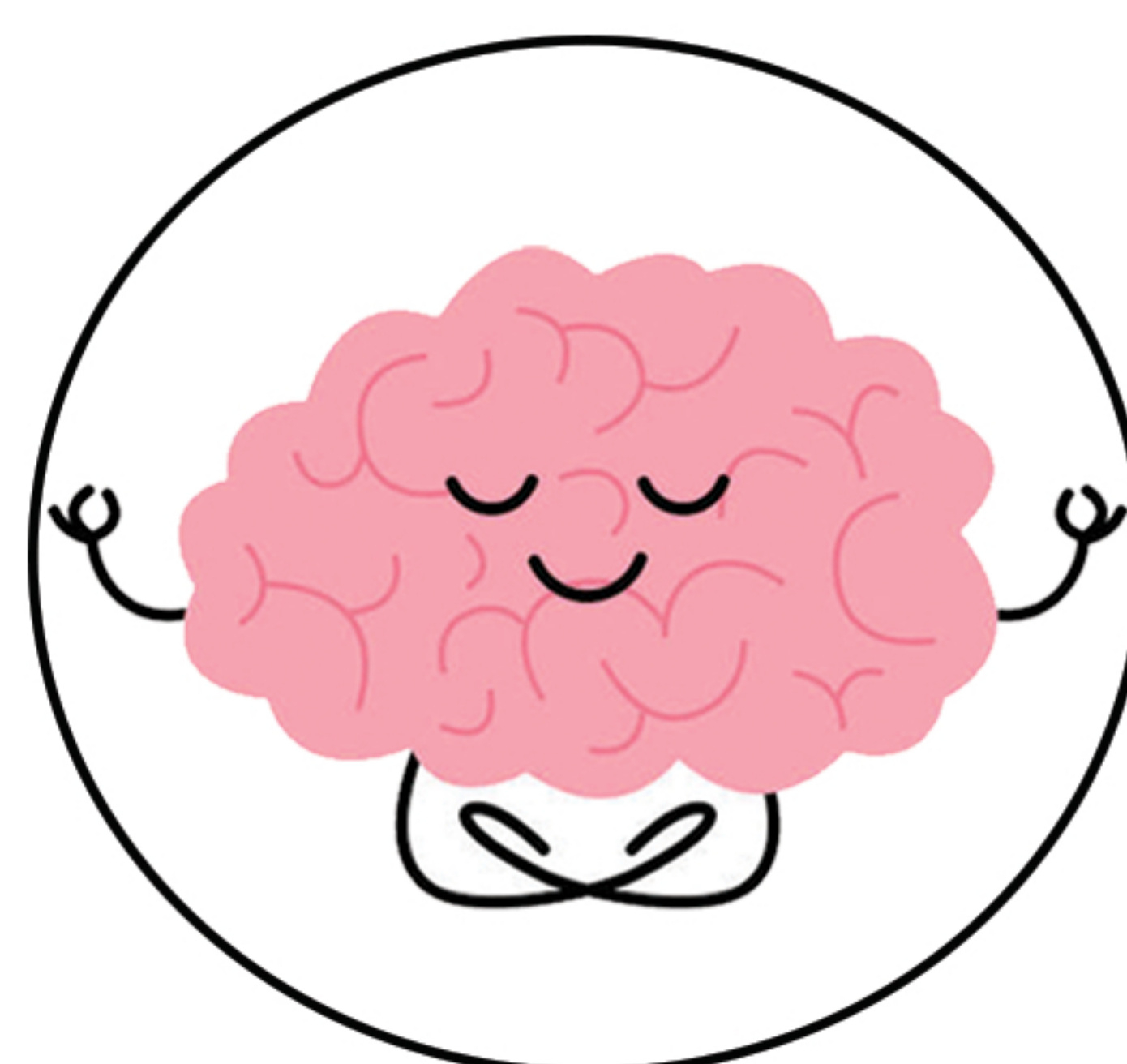
Next-Day Walk After Total Knee Replacement: How Soon Can Patients Start Walking?

One of the most common concerns among patients considering Total Knee Arthroplasty (TKA) is the fear of post-surgical disability. Many wonder, "Will I be able to walk again?" The good news is that our advanced surgical techniques and comprehensive rehabilitation protocols ensure that patients can take their first steps the very next day after surgery.



TIPS TO MAINTAIN GOOD MENTAL HEALTH

- ✓ **Get enough sleep**
- ✓ **Exercise regularly**
- ✓ **Take breaks and prioritize rest**
- ✓ **Focus on positive aspects**
- ✓ **Practice gratitude**
- ✓ **Learn to forgive**
- ✓ **Eat a balanced diet**
- ✓ **Stay hydrated**
- ✓ **Practice self-care**



SPECIALTIES & CONSULTANTS

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