



**CARDIAC & GENERAL HOSPITAL**  
Where Patient Care Is At The Heart Of All We Do

**News Bulletin**  
July-December, 2017





## Independence Day

Jinnah Medical & Dental College and Medicare Cardiac & General Hospital celebrated the day with Flag Hoisting & cake cutting. Students & Staff sang national songs & shared their views in speeches. Program ended with National Anthem sung by fully packed audience in auditorium.



## Free Breast Examination

Free Breast Examination with consultation was held on October 28, 2017 at Medicare for the students, staff & faculty members. Informative booklets regarding breast cancer and self examination were distributed to the participants. Dr. Soobia Rehman, Consultant General Surgeon conducted this event.



## World Stroke Day

On World Stroke Day, Dr. Shazia Jatoi, Consultant Neurologist, delivered a lecture on "Stroke Risk Factors, Management & Prevention" Certificates were distributed to the participants.



## World Diabetes Day

Lecture on World Diabetes Day "Diabetes: A Growing Pandemic" was delivered by Dr. Ali Asghar, Consultant Endocrinologist to college students & staff of Medicare. Informative Books were given to the winners of Quiz competition.



## New Frontiers in Depression

Dr. Anil Kumar, Assistant Professor Department of Psychiatry arranged a program on “New frontier in depression management focus on cognition dysfunction in depression” on 22<sup>nd</sup> Nov' 2017. Dr. Tariq Sohail chairman S.M. Sohail Trust, Professor and HOD Psychiatry JMDC, gave the opening remarks. Prof. Dr. M. Iqbal Afridi, Dr. Shahid Mustafa and Prof. Dr. Shehla were the guest speakers who focused on different perspectives of depression, highlighting the cognitive impairment in depression, management of dementia. Q&A session were carried by program panelists Brig. Shoaib Ahmed, Director Institute of Behavioural Science, Dr. Naeem Siddiqui, Consultant Psychiatrist SIUT and Prof. Shahin Haye Hussain, Consultant Psychiatrist.



## World Aids Day

“Although initially Pakistan was depicted as a country free of HIV, first case was reported in 1986 and since then the number of HIV patients is rising gradually but steadily”. This was stated by Dr. Mahwash Bizanjo, Consultant Infection Control, on World Aids Day lecture.



## AHA-BLS workshop for the Medicare Nursing Staff

American Heart Association (AHA)-Basic Life Support (BLS) workshop with Life saving techniques is a training session to prevent severe health damages or deaths and to hold the lives till the medical attention arrives. A two day training session for the Doctors & Nursing staff was held in November 2017. AHA representatives conducted an interactive session, practical demo with presentation of informative videos.



## Corporate Social Responsibility

A Camp was organized in September 2017 at Allied Rental Modaraba. 85 staff members were screened along with consultancy by physicians to help them in managing a healthy life style.



## **Community Services :**

In the month of October 2017, several free blood sugar and cholesterol camps were arranged in different clinics. More than 200 patients benefited from these clinical tests performed by Medicare free of cost with distribution of awareness literatures.

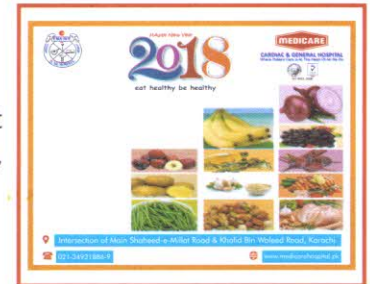
## **"What's New in Hypertension"**

CME was arranged at Zaki Hasan auditorium. Consultant Cardiologists, Dr. Mansoor Ahmed, Dr. Nawaz Lashari and Dr. Abdul Rasheed were the panelists. Dr. Kaleemullah Shaikh gave the presentation on "what's new in Hypertension". The lecture highlighted the current treatment modalities in hypertension. Vote of thanks and shield /certifications to the panelist and speakers were presented by Col. Dr. Baqar Nawab, Head of Administration.



## **Calender 2018**

**Eat healthy be healthy** is the theme for the New Year calendar 2018. In the light of this theme health benefits of our daily dietary patterns like vegetables, fruits, meat and related foods is highlighted with an attractive colorful layout.



## **Lunch for The Management Staff**

A lunch from Executive Director and Medical Director to the senior management was arranged in August 2017.



## ***Multi Super Speciality Hospital***

- Angiography
- Angioplasty
- Cardiac Bypass Surgery
- Cardiology
- Dentistry
- Dermatology
- Diabetology
- Dialysis
- Endocrinology
- Endoscopy
- Food & Nutrition
- ENT
- Eye Surgery
- Gastroentriology
- General Surgery
- Laparoscopic Procedures
- Medicine
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics & Gynecology
- Orthopedics
- Oncology
- Pediatrics
- Pediatric Surgery
- Psychiatry
- Pulmonology
- Rheumatology
- Urology

24/7 Cardiac & General Emergency    Laboratory    X-Ray  
MRI    CT-Scan    Echo    ETT    Fluroscopy    EEG  
Doppler Ultrasound    Mammography