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Department of Medicine

inspire

INnovation, Service & Patient-centered Research & Education

IN THIS ISSUE

MESSAGE FROM THE CHAIR

Dr. Zainab Samad

FACULTY NEWS

- SLAYING SMOKELESS TOBACCO; A Collaboration between Medicine, CHS and ASTRA
- Dept. of Medicine representing AKU at International and National forums
- DR. SAEED HAMID; Co-Chairs WHO-HCV Guidelines Committee
- FINDING THE MISSING MILLIONS; Global Hepatitis Summit 2018
- RIVALS; The next best seller by Dr. Saad Shafqat
- Advancing Injury And Violence Prevention Towards SDGS

FEATURED FACULTY PROFILE

Dr. Bilal Ahmed; A PhD Story

PUBLICATIONS

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MESSAGE FROM THE CHAIR

Dr. Zainab Samad MD, MHS, FACC

Dear Colleagues

Over the last few weeks of taking the helm of the department of medicine I have been amazed at the breadth and scope of our practice, the talent of our faculty and their masterful delivery of clinical care, research and education – the tri-partite mission of this institution. I am excited to formally launch the inaugural issue of the Department of Medicine newsletter. We have named it “*inspire*” standing for INnovation, Service and Patient centered Research and Education. The newsletter is meant to keep each of you abreast of the many great initiatives going on in the department, our collaborations and news regarding faculty and house-staff. This will be issued monthly and I encourage you to keep momentum through sharing your stories, pictures, successes and thoughts through this medium.

My best wishes for your continued successes!

Zainab



Dr. Salman Kirmani
Chair, Dept of Paediatrics

Dr. Zainab Samad
Chairwoman, Dept of Medicine

**SLAYING SMOKELESS TOBACCO;
A Collaboration between Medicine, CHS and ASTRA**



Smokeless tobacco (SLT) use in the form Naswar, Gutka, Paan, Mainpuri along with betel nut is on the increase in Pakistan. SLT use is the single most important risk factor for the rising incidence of mouth, head & neck cancer in Pakistan and responsible for more than half a million deaths/year, yet remains neglected in policy and research. To address this issue Prof Javaid Khan of the Dept of Medicine and Dr Romaina Haque of CHS have joint hands with ASTRA (Smokeless Tobacco and building Research capacity in south Asia) based at the University of York. This group under the leadership of Prof Kamran Siddiqui of University of York UK, has received a grant of over 2 million pounds sterling from NIHR Global Health Research Group of UK to address the issue of SLT in South East Asia. This group will focus on Bangladesh, India and Pakistan where 85% of the world's 300 million SLT users live. This group will use MRC frameworks on natural experiments and complex interventions to guide the development and evaluation of interventions, and to assess policies.

DEPT. OF MEDICINE REPRESENTING AKU AT INTERNATIONAL AND NATIONAL FORUMS



DR. NOUSHEEN IQBAL
Best Research Paper
Award at Hest
Conference in
Islamabad



DR. NANIK RAM
Fellow, American College of
Endocrinology; May 19, 2018
Boston Massachusetts, USA

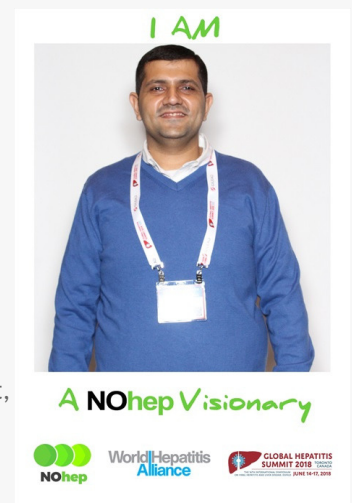
**DR. SAEED HAMID; CO-CHAIRS WHO-HCV
GUIDELINES COMMITTEE**

World Hepatitis Day takes place every year on 28 July, with the aim of bringing the world together under one single theme in order to raise awareness of viral hepatitis and the impact it has worldwide. The theme for World Hepatitis Day 2018 was “Eliminate Hepatitis.” In lieu of that WHO released GUIDELINES FOR THE CARE AND TREATMENT OF PERSONS DIAGNOSED WITH CHRONIC HEPATITIS C VIRUS INFECTION. We are proud to report that Dr. Saeed Hamid chaired the group. Congratulations sir! Yet another victory for AKU and Dept. of Medicine!

To Read More: [Click Here](#)

**FINDING THE MISSING
MILLIONS;
GLOBAL HEPATITIS
SUMMIT 2018**

Dr. Adeel Khoja, our research faculty, from the department of Medicine, was invited as a guest speaker at the NOhep village launching event, “Finding the Missing Millions” organized as part of the Global Hepatitis Summit 2018 held from June 14 to 17 in Toronto, Canada. During his speech at the launching event, he discussed seven steps regarding HCV successful screening strategies in hard to reach and low income communities of district Malir, Karachi. Moreover, he also highlighted that, how these initiatives/strategies can be effectively replicated and subsequently implemented in the region of South Asia like India, Bangladesh, Nepal and Bhutan. The talk was well received by the audience and the whole team of World Hepatitis Alliance, based in UK.



BREAKING NEWS!!!

July 03, 2018

Dr. Faisal Ismail and
Dr. Saad Shafqat
representing Dept. of
Medicine in the cricket
match Faculty vs
Medical Students at the
AKU Cricket Ground



RIVALVS; THE NEXT BESTSELLER



Dr. Saad Shafqat is a prolific writer and has authored 2 bestselling books in the past; Cutting Edge; Autobiography of Javed Miandad and Breath of Death (both are available on AMAZON). His third novel, RIVALVS, is loosely based on faculty life at AKU. It's being published by Bloomsbury, one of the frontline international publishing houses. We wish him all the best!



EXCERPT: It all starts at 6 am. Sharp.

First, the housekeeping team appears. They have their own set of keys. Where electronic access is required, as at the door separating reception from nursing, they have that too. They come with some serious-looking and some not-so-serious-looking equipment. Invariably, they find the place disheveled and untidy, if not frankly unkempt. On the rare occasion when there has been spillage of blood and/or body fluids, it can even look like a tornado came through. Most members of the janitorial staff are diligent. They know their job – cleaning, tidying, dusting, washing, vacuuming, polishing, and checking on supplies – and execute it well. **To Read More: [Click Here](#)**

ADVANCING INJURY AND VIOLENCE PREVENTION TOWARDS SDGs

Minaz Mawani has been selected to present her research on traumatic cardiac arrests at the 13th world congress on injury prevention and safety promotion to be held in Bangkok during November 2018. The major theme of this conference is “Advancing injury and violence prevention towards SDGs” The conference is being hosted by Ministry of Public Health-Thailand, WHO- National Institute for Emergency Medicine (NIEM) and Thai Health Promotion Foundation.

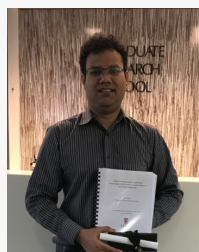
FEATURED FACULTY PROFILE

Dr. Bilal Ahmed; A PhD Story

Dr Bilal Ahmed is research faculty in the department of medicine.

He recently re-joined the department after completing his PhD in Public Health from

University of South Wales in Australia. Dr Ahmed impetus to pursue further education was a passion to "excel in the world of academia", develop professionally, " work with world-class professors and expand the boundary of human knowledge."



To Read More: [Click Here](#)



ATIF SULEMAN
Champions Mens'
Badminton



International conference on Fungal Diseases. Amsterdam July 2018



PUBLICATIONS

Internal Medicine

- Determinants of Uncontrolled Hypertension in Rural Communities in South Asia - Bangladesh, Pakistan, and Sri Lanka

Nephrology

- Hair Dye poisoning: “An early intervention”
- Factors Affecting Inpatient Mortality in Elderly People with Acute Kidney Injury
- URC Grant
Effect of nutritional education on nutritional parameters in patients on maintenance hemodialysis

Neurology

- Customizing stroke prevention research in Pakistani population
- The advocacy role of the World Federation of Neurology
- “mHealth”—an important role in facilitating primary healthcare
- Digital Dementia—Is Smart Technology Making Us Dumb?
- Practice patterns and outcomes after stroke across countries at different economic levels (INTERSTROKE): an international observational study
- The Effect of Repetitive Arm Cycling Training Priming with Transcranial Direct Current Stimulation on Post-Stroke: Pilot Study
- Environment and Neurological Diseases: Growing Evidence for Direct Relationship

Cardiology

- Interrupted aortic arch complicated with takotsubo cardiomyopathy mimicking aortic dissection
- Myocarditis mimicking acute coronary syndrome — the role of cardiac magnetic resonance imaging in the diagnosis
- Treatment of a Rare Vascular Complication of Coronary Stenting in an Octagenarian
- Renin-angiotensin system blockers in early pregnancy among women with chronic hypertension: getting to the heart of the risk-benefit equation

Infectious Diseases

- Occupational exposure to HIV in a developing country: assessing knowledge and attitude of healthcare professional before and after an awareness symposium

Gastroenterology

- Frequency of food hypersensitivity in patients with Functional Gastrointestinal Disorders
- Molecular Basis for Pathogenesis of Steatohepatitis: Contemporary Understanding and New Insights.
- Ablative techniques in hepatocellular carcinoma treatment
- A Rare Cause of Recurrent Constipation With Abdominal Pain and Distension
- Training in emerging advances in chronic hepatitis C infection in Pakistan: the Teach - Pak project

Pulmonology

- Electronic cigarettes use and perception amongst medical students: a cross sectional survey from Sindh, Pakistan
- One Pulmonary Lesion, 2 Synchronous Malignancies