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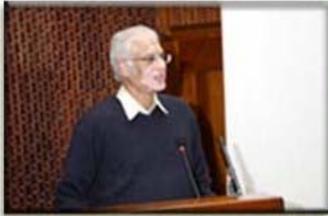
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Cutting Edge



**Newsletter, Department of Surgery,
Aga Khan University; Vol 3, 2009**

THIS ISSUE INCLUDES:

- Workshop/Courses/Symposia -6
- Proud to Announce -11
- Promotion -12
- Fellowship Obtained -12
- Alumni Affairs -12
- Residents Section - 13
- Grand Alumni Reunion -15
- Career Counseling - 18
- Research/ Publication - 19

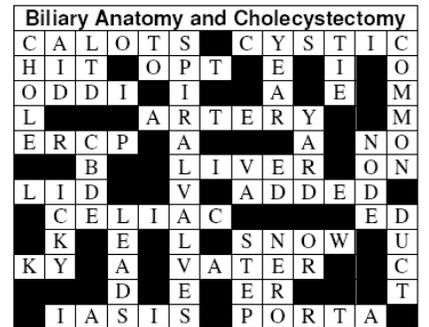
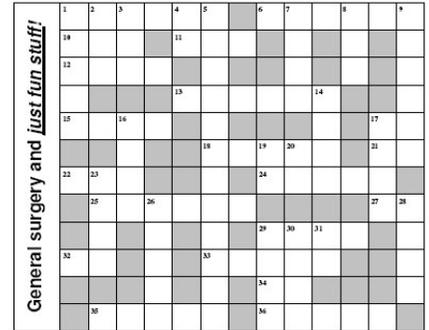
CROSSWORD

Across

- 1 This triangle helps identify the cystic artery.
- 6 Which duct contains the spiral valves of Heister?
- 10 If you anticipate well, you will be a _____ with your surgeon.
11. If the patient has a lot of adhesions, some surgeons may _____ to do an open procedure.
12. Bile passes into the duodenum when the Sphincter of _____ is relaxed.
13. The right hepatic _____ supplies the liver with oxygenated blood.
15. With this procedure, stones can be extracted from the Common Bile Duct postoperatively.
17. You might find _____ stones in the gallbladder with cholecystitis.
18. Where is bile produced?
21. The opposite of off.
22. A cap.
24. Additional.
25. The Common Hepatic and Splenic arteries are branches off of this trunk.
27. A synonym for training (the shortened form).
29. Winter covering.
32. _____ jelly.
33. Ampulla of _____.
34. Emergency Room.
35. A suffix meaning a process or a resulting condition.
36. The entrance and exit point of the liver _____ hepatic.

Down

1. Surgical term for removing the gallbladder (the shortened form).
2. Retractors _____ in visualization of the operative site.
3. Limited.
4. Toward.
5. Located in the neck and cystic duct. Prevents bile from being inadvertently drained from the gallbladder.
7. Between birthdays.
8. Two-handed _____.
9. This bile duct goes into the duodenum.
14. You have three feet. You are a _____.
16. Common Bile Duct Exploration.
17. This structure is a landmark that helps identify the cyst artery. The cystic duct _____.
19. Veteran's Administration.
20. Continuing ____.
23. If you talk about surgery at the dinner table, small children will say it's _____!
26. EKG _____.
28. This is a conduit for bile.
29. Don't skip one of these in surgery. A ____.
30. Zero with an 'N'.
31. Operating room.



EDITORIAL

Following the success of the first two issues, it is our great pleasure to publish the third Issue of Cutting Edge. The first two issues were received well and provided us with valuable feedback. We have tried to incorporate some of the suggestions in this issue.

This current issue has details of some very innovative workshops held in the recent past. Our department can boast a number of publications both by our residents and faculty members. A grand surgical alumni re-union was held on December 18 2008 as a part of the university 25-year celebrations. Department of Surgery held its strategic planning retreat along with senior management to discuss on-going and future issues. Our alumni here also begun active contribution by writing about their activities and achievements.

This newsletter is a modest effort to record and document all the activities of our department. Hopefully *Cutting Edge* will provide a collective forum to all our faculty members, residents, alumni and former faculty members to share their views.

We welcome new ideas, suggestions or criticism to improve the quality of this newsletter.

Face to face with: Professor Farhat Moazam

After graduating from Dow Medical College in Karachi, Pakistan, Dr Farhat Moazam completed her training and certification in General Surgery and Paediatric Surgery in the US. She worked as full-time faculty member in the Department of Surgery and Paediatrics at the University of Florida for several years. She returned to Pakistan in November 1985 and joined as the Quaid-e-Azam Professor and Founding Chairperson Department of

Surgery at Aga Khan University in Karachi. In 1995 she was appointed the first Associate Dean of Postgraduate Medical Education in AKU and went on to obtain an MA in Bioethics from the University of Virginia (UVA). In July 2000, Dr Moazam returned to US to pursue a doctorate from the Department of Religious Studies in UVA with a focus on Islam and cross-cultural ethics. She obtained her PhD in 2004 and her doctoral dissertation was published by the Indiana University press, US in September 2006.

The title of her book is *Bioethics and Organ Transplantation in a Muslim Society: A Study in Culture, Ethnography and Religion*.

Since 2004, Dr Moazam has been Professor and Founding Chairperson of the Centre of Biomedical Ethics and Culture at the Sindh Institute of Urology and Transplantation in Karachi, Pakistan. She is also Fellow, Institute of Practical Ethics and Visiting Professor, Center for Humanism in Medicine at UVA and was recently elected International Fellow of The Hastings Center, Garrison, NY. Dr Moazam's ethnographic study on kidney vendors was published this year in *Hastings Center Report*, entitled Conversations with Kidney Vendors of Pakistan.

Why did you decide to leave the US and Join AKU?

I joined AKU because I like challenges, and I was very impressed with AKU's mission at the period when I was invited for interviews. I felt AKU could provide me an opportunity to put together something new and much needed for Pakistan in the areas of medical education, surgical training and research.

What were the high points as Chair, Department of Surgery?

Ten years of being chair in the Department of Surgery, with initially only Drs Mushtaq, Jamsheer, and Rizwan around (Tim Harrison from UPenn joined us for a couple of years), were good years. There are several accomplishments that I still feel particularly happy about. First was developing systems and structures in the department from scratch. By the time I stepped down, we had more than 20 full time faculty members, and had also developed distinct surgical sub-specialties the first department to do so. This pattern was subsequently adopted by other departments.

Another thing I enjoyed was introducing a strong, structured residency programme based on my own experience in the US. This was a struggle for me at first because it was the first time in Pakistan that anyone was trying to introduce a North American format of training among those trained in and familiar with the old UK system of 'apprenticeships' Anyway, within a couple of years, we began to receive 70 or more applications each year for our general surgery residency slots. You can see the success of these programme if you consider some of our earliest graduates. A very few examples include Dr Zafar Nazir who now heads paediatric surgery; Dr Farhat Abbas who has moved onto Senior Administration



and the Deanship, and Dr Riaz Lakdawala in Orthopaedics.

I believe the department was responsible for many 'firsts' in Pakistan. We were perhaps the first in the country to initiate Mortality and Morbidity (M&M) conferences in which I expected both

residents and students to be present. We also instituted a Tissue Committee so that all tissues obtained during surgery were submitted to Pathology for histology and records. In those first ten years the department remained

cohesive despite differences of opinion. Another advantage we had was the presence of strong, experienced Deans who oversaw all of faculty of health science rather than merely the medical college, felt their first responsibility was the faculty, and who worked closely with department Chairs. Dr. David Ulmer was the best possible Dean for me. And of course most of the first Chairs were already professionally established folks, and their interest in joining AKU was to build good departments.

What was your achievement as Associate Dean PGME?

By 1995, almost all other departments had started their residency programmes. The Dean, Dr. John Dirks, who came to us from the University of Toronto, wanted to expand training programmes, improve and standardise the quality, and make postgraduate programmes a university rather than hospital undertaking. He appointed me the first

PGME Associate Dean and this was what I strove to do between 1995 and 2000. When I left AKU, residency programmes were well organised and fellowship programmes had been introduced in some of the sub-specialties. I recall that one of our constant battles was for people, especially the hospital administrators, to realise that departmental fellows were in reality junior faculty and should be treated accordingly including with appropriate pay scales and benefits. I have always believed that you cannot expect to win all your battles but you must win the important ones. The other thing I still feel good about is my role in ensuring that bioethics was introduced into the clinical arena and that it became an essential component of PGME.

Why did you change the direction of your career?

I had undergone my professional training in the US and was also exposed to bioethics during this period. When I returned to Karachi and AKU, it rapidly became clear to me that the surgery I did was no different but as far as the cultural and social milieu was concerned, I was in a different world. This was most striking in the area of physician-patient relationships. I guess that was what got me thinking about ethics and moral values and how these influence and are influenced by local history, religion, and culture. When I was appointed Associate Dean, this was what led me to initiate a Bioethics Group for self-education of faculty and staff and to begin mandatory ethics sessions for trainees. Due to my growing interest in this field, I used my sabbatical year in 1998 to obtain an MA in Bioethics from UVA.

Why did you leave AKU?

By 1999, I could see no further challenges left for me in AKU – I had been there, done that, so to speak. The department was running, residency and fellowship programmes were in place,

and I had trained two paediatric surgeons, Drs. Zafar and Arshad, to pick up the baton. In addition, although universities must remain dynamic, some of changes and shifts I was beginning to observe in AKU, in emphasis and trajectory, began to diverge from my own goals. So in 2000 I resigned from AKU to return to the University of Virginia for my doctorate. And as you know, I returned to Pakistan in 2005 to establish the Center of Biomedical Ethics and Culture in SIUT – a new challenge.

Do you think your interest in ethics will make any difference and how?

Yes, I believe we are beginning to see some initial impact as a result of different educational activities which we run for healthcare related professionals. As an example, Pakistan for the first time, now has 34 graduates from our Postgraduate Diploma Programme in Biomedical Ethics who are initiating ethics programmes in their institutions.

Any hobbies and pastimes?

I have little time left unfortunately, but I enjoy poetry by Iqbal, Faiz, and Parveen Shakir. I think English poetry is no match for the beauty of Urdu poetry. I like listening to music and have an eclectic taste - ghazals by Farida Khanum but also the Strings. I like to read widely including about Sufism which I believe presents the human face of Islam.

How do you feel about future of Pakistan?

I feel very hopeful about this country, even more so in the recent years. I wish that Pakistanis, while cribbing about our myriad problems, also begin to take into account the many good things that are happening, not the least of which is the gradual awakening of the civil society in Pakistan.

WORKSHOPS / COURSES / SYMPOSIA

Cadaveric Flap workshop 24-25 January 2009

The Section of Orthopaedics organised a two- day Cadaveric Flap hands-on workshop, attended by nearly-25



participants from all over Pakistan, as well as visiting participants. Dr Pervaiz Hashmi commented that the success of this course was the result of teamwork of the entire Orthopaedics and Plastic Surgery team at AKU especially Drs Haroon ur Rashid, Yawar Mehdi, Shahab Ghani, Tahir Shafi Khan, Sabeen Masroor; special thanks were also conveyed to Mr Murad Bana and Mr Aziz Hayder for their committed effort in organising this workshop.

5 AKU Ilizarov Course 13-15 February 2009

Keeping with its tradition over the last four years, AKU Ilizarov team conducted the fifth successive course from 21-23rd march 2008. This year we were honoured by the visit of Dr Levant Eralp from Turkey. Dr Eralp is an Associate Professor at Istanbul University, Turkey. Ilizarov surgery is a very versatile, state-

of-the-art surgical technique providing near perfect solutions for complicated orthopaedic cases of trauma, infection, tumor, non-unions and mal-unions. Our experience of conducting the first three courses was very encouraging. The orthopaedic section decided to continue its efforts to educate the orthopaedic trainees at the national level as well as international. Till now we have trained a total of 100 orthopaedic senior residents and young consultants in this technique. The regular visit by eminent international faculty in all our courses has certainly elevated its academic standard. We had 20 participants who were senior postgraduate students and young orthopaedic consultants from all over the country. 15 Operating Room Personnel (ORPs) and 10 observers Medical students were also included. Nine participants were from Karachi, 3 from Lahore, 3 from Hyderabad, 1 from Islamabad and 3 from Abbotabad.

Course faculty included our guest from Turkey and ten local faculty trained in Ilizarov work. These were Dr. Masood Umer (AKU), Dr. Haroon Rashid (AKU), Dr. Abid Niazi (Atomic Energy Hospital, Mianwali), Dr. Ahmad Awad (Nishtar Hospital, Multan), Dr Itaat Zaidi (Civil Hospital, Karachi), Dr Mehtab Pirwani (LUHS, Jamshoro), Dr. Zameer Soomro (Chandka Medical College, Larkana) and Dr Aamir Jalil (Abbasi Shaheed Hospital, Karachi). Corporate support was given by Rech International, who provided all implants for this workshop. The course included more seventeen core lectures, and eleven workshops; this included two paper, seven saw



Certificate distribution ceremony of the 5th AKU Ilizarov course; Dean Dr. Farhat Abbas presenting mementos to Drs. Levent (A), Haroon (B) and Masood (C). Medical Director, Dr Fazal presenting memento to Mr. Asim (D). Sindh Minister of Sports, Dr. SMA Shah presenting certificate to participants (E) and Professor Younus Soomro presenting certificate to ORPs.

bone and two cadaver workshops. We had the new edition of computer generated system from Istanbul. Candidates were given hands-on training on basic Ilizarov frame application, correction of deformities and management of simple fractures. This effort was very well appreciated by all participants who acknowledged this on the course feedback form. We plan to continue this important educational activity on an annual basis.

Surgical Skills Workshop for Interns

Two surgical skills workshops for interns rotating in the Department of Surgery



were held on 21 February 2009 and 20 June 2009. A significant number of faculty

participated to facilitate the event. This workshop is a full-day event with the first half dedicated to teaching of knot-tying



and suturing, and the second half for management of fracture stabilisation and POP

application. Limited numbers of participants were selected from outside institutions to participate in these workshops.

Dental Conference

The dental section organized a three-day dental conference / hands-on titled 'Advanced Endodontics in Dental Practice' March 27–29 2009. Dr Karim Alibhai, Diplomate American Board of Endodontists and Associate Professor University of Washington was the main speaker. The conference was attended by nearly 300 participants from all over Pakistan, as well as visiting participants, from UAE, Egypt, Sweden, and Switzerland.



Dr. Azfar A. Siddiqui commented that the success of this conference was the result of teamwork of the entire Dental Team at AKU especially Dr. Munawar Rahman, and the operative dentistry residents. Special thanks were also conveyed to Mr. Murad Bana and Mr. Aziz Hayder for several months of organizing this conference.

Annual Retreat for Ensuring Reliability and Validity in the MBBS clinical examinations March 14 2009

Ensuring Reliability and Validity in Objective Structured Clinical Examination (OSCE)

Year 5 Committee in collaboration with the Department for Educational Development (DED) organised a full-day retreat for Ensuring Reliability and Validity on in Objective Structured Clinical Examination (OSCE) for Years 3, 4 and 5 on Saturday March 14, 2009 at the Dilkusha Hall, Pearl Continental Hotel, Karachi.

The objective of this retreat was to:

- Review, correct and approve new OSCE stations using the OSCE review guidelines

- Complete OSCE Station Attribute Sheets for reviewed stations
- Initiate Standard Setting in Performance- Based Assessment

A total of 81 faculty members participated, representing clinical departments of Surgery, Medicine, Emergency Medicine, and Pediatrics and Family Medicine along with faculty members from Basic Science departments. This was a continuation of the much-appreciated MCQ Retreats initiated by Dr Hasnain Zafar, Chair Year 5 Committee. Dr Sadaf Khan and Dr Shazia Sadaf represented Department of Surgery in conceptualising, planning and conducting the retreat. A total of 90 OSCEs received by the examination cell were coded and divided into small groups for the retreat. Out of these 67 OSCE stations were reviewed, of which 43 were accepted for the bank (complete with attributes) and 25 underwent standard setting.

Following faculty members participated in the multidisciplinary groups as representatives of Department of Surgery

Group 1

Dr Mumtaz Khan, Dr Sohail Awan, Dr Shehzad Ghaffar, Dr Shabbir Akhtar, Dr Tanveer Chaudhry, Dr Rashid Baig, Dr Sharmeen Akram and Dr Shaukat Chippa

Group 2

Dr Muhammad Wajid, Dr Masood Umer, Dr Haroon-ur-Rashid

Group 3

Dr Hasnain Zafar, Dr Tabish Chawla, Dr Rizwan Khan, Dr Rehman Alvi, Dr Muneer Amanullah and Dr Sadaf Khan

Group 4

Dr Amanullah Memon; Dr Jamsheer Talati, Dr Raziuddin Biyabani, Dr Khurram Siddiqui, Dr Arif Mateen and Dr Saqib Qazi

Staff members who provided the administrative support:

Mr Murad Bana, Mr. Aziz Hayder Ms Nadia Merchant and Mr Amin Keashwani

Strategic Planning Retreat

Department of Surgery organised Strategic Planning Re-treat on April 4, 2009 at Pearl Continental Hotel. All faculty members actively participated in the discussion. There were seven sub-groups reviewing the following areas:

1. Undergraduate Medical Education
2. Post-graduate Medical Education
3. Consulting Clinic & Operating Room
4. Faculty Office Space
5. Faculty Participation in University / Hospital Wide Meeting
6. Future Vision of Department of Surgery
7. Clinical Governance

During the first half of the day these sub-groups discussed the issues identified by various stakeholders. Many groups already had meetings with various stakeholders before coming to the retreat. Dr Farhat Abbas, Mr Nadeem Khan and Dr Fazal Hamid Khan were invited by the department of surgical faculty. During the second half all groups were provided an opportunity to present their concerns and possible solutions. Senior leadership appreciated the efforts of surgical faculty and assured their full cooperation and support in resolving various issues raised there.

PGME MCQ Retreat 2009

May 16, 2009

Objectives

- To develop a question bank for PGME entrance test (Internship and Residency)
- To provide opportunity to faculty members to have hands-on experience for developing good quality MCQs
- Suggest improvements in current selection process

Pre-Planning

The Induction Committee held four meetings to discuss and finalise the arrangements for the MCQ Retreat. The Committee decided to add 25

percent new MCQs to last year's question papers for Internship and residency entrance test. At the same time, the Committee also decided to increase the question databank as much as possible. An email was sent to all medical college faculty members requesting them to submit at least 5 MCQs prior to the retreat so that multidisciplinary groups at the retreat can review and finalize these MCQs before adding them to the question databank. A total of 259 MCQs were received from the faculty members.

Briefing: In his opening remarks, Dr. Mumtaz J. Khan, Associate Dean, PGME thanked the participants and facilitators for attending the retreat. He also appreciated the role of Induction Committee and Department for Educational Development in organising the retreat. Dr. Tabish Chawla, Chair Induction Committee, gave an overview of the programme for the day. He also briefed participants about the guidelines that need to be followed while reviewing the MCQs. Dr. Sheilla Pinjani presented the analysis of MCQs that were developed in last year's MCQ Retreat.

Participants: A total of 62 faculty members from Clinical and BBS departments attended the retreat. Faculty members from DED were the resource persons in each of the groups and clinicians with background in Medical Education the activities group. The Attendance Sheet is attached as Annexure 1.

Group: Participants were divided into seven groups of seven to eight participants and one to two facilitators. MCQs received from faculty members were distributed among the groups to be reviewed during the day.

MCQs: A summary of MCQs reviewed and finalised is given below:
The reviewed MCQs were banked by the examination cell of DED.

Souvenirs: Participants were presented AKU souvenir as a token of appreciation for their participation retreat. Dr Samina Ismail of Department of Anesthesia was

awarded a special souvenir for contributing maximum number of MCQs.

Group	No of MCQs Received	Reviewed	Accepted	Rejected
1	37	24	20	4
2	38	38	31	7
3	36	36	25	11
4	33	33	27	6
5	43	42	28	14
6	32	32	26	6
7	40	40	22	18
TOTAL	259	245	179	66

Future course of action: To send the rejected MCQs to the contributors for review/modification.

Innovations in surgery

Neuronavigation at Aga Khan University Hospital, Karachi

The section of neurosurgery at Aga Khan University Hospital, Karachi



acquired the equipment for intra-operative frameless stereotaxy in 2004, and became one of the first centres in the country to offer this state-of the art service to its patients. The navigational system Medtronic's Stealth Station Trio Plus, offering submillimetric precision for localisation of intracranial lesions without the use of external fucidal markers, the stealth station consists of a mounted array of three charge-coupled device (CCD) cameras, a mobile

computer workstation with a high resolution monitor, a dynamic reference frame (DRF) attached to the Mayfield head holder and a free handheld stereotactic pointing device. The DRF and the pointing device are mounted with infrared light emitting diodes (LED). Neuronavigation also works on the principles of frame-based stereotaxy but can be recognized as the next evolutionary step of stereotactic surgery. In general, it utilises pre-operative MRI of the patients' brain or spine, and with the help of external anatomical landmarks on the anesthetised patient, incorporates pre-operative images with intra-operative information for better operative orientation. It thereby provides precise three dimensional surgical guidance enabling safer surgical trajectories and more accurate surgical procedures. The procedure involves a special pre-operative MRI scan involving fine sections and contrast administration. After anesthetizing the patient, the MRI images are loaded on an operating room based mobile computer workstation carrying a mounted array of three charge-coupled device (CCD) cameras, and a high resolution interactive monitor. The images are on display throughout the procedure in all three planes. Patient's head is fixed with reference to a special dynamic reference frame (DRF) attached to the head frame, and registration of patients' external landmarks is carried out corresponding to the pre-operative images, with a special handheld stereotactic pointing device. Even if the operating table is moved, the relative position of the head and DRF remains constant and the navigation can continue unaffected. Both the DRF and the pointing device are mounted with infrared light emitting diodes (LED). The digitization of surface contours is then carried out and is re-checked for accuracy, which should be typically within a millimeter. The entire process takes hardly 15 minutes and its overall accuracy far exceeds that obtained by the previously used

stereotactic frames. The rest of the procedure is carried out as usual and intra-operatively, the pointing device can be used to check three dimensional orientations by placing it within deep cavities of brain. The LED on the pointing device calculates the location of its tip and displays the location on the three-dimensional image data set on the workstation console. Other set of images may also be fused with the images from MRI such as CT scans which show superior images of bone, angiograms for better vascular orientation, and more recently functional MRI, which shows the position of eloquent cortex. This greatly enhances the information available to the surgeon helping in safer and more complete surgical procedures. The Stealth Station also helps to choose optimal trajectory to the lesion, minimizing surgical exposure, tissue trauma and operative time. Neuronavigation has been operational at the Aga Khan University Hospital since the past five years and is being used for a variety of procedures such as biopsies of deep seated brain lesions, optimal brain tumor resections, surgery in functionally important areas, skull base surgeries, surgery for AVMs, and recently for minimally invasive epilepsy surgery to define the posterior extent of amygdalohippocampectomies. On average four to five neurosurgical cases are done with the help of neuronavigation every month. Its utility is not limited to neurosurgery and it may also be used for ENT and Maxillofacial surgeries, and with incorporation of newer software, also in spine and orthopedic joint surgeries. Acquisition of this state of art equipment ensures that the Aga Khan University Hospital remains at the forefront of neurosurgical technical advances in Pakistan.

Dr. Muhammad Shahzad Shamim
Chief Resident Neurosurgery

Laparoscopic Surgery in Remote Northern Areas of Pakistan



I am very pleased to announce that the section of General Surgery has successfully developed laparoscopic training model for a rural hospital in Northern Areas of Pakistan. We have initiated basic laparoscopic surgery at the AKHSP Unit Gilgit and District Head Quarter Hospital, Gilgit. This was an historical event and step forward to introduce minimal access surgery (MAS) in this remote region of Pakistan. In the first phase two surgeons Dr. Ghulam Haider FCPS,FRCS from AKHSP Gilgit and Dr Mohammad Imran FCPS,MRCS from DHQ Hospital Gilgit have completed 2 weeks of training in basic laparoscopic surgery at Department of Surgery Aga Khan University Hospital, Karachi from September 1 to 15 2008. The training consisted of the following components (1) Orientation to laparoscopic surgery (2) Laparoscopic instrument and equipments (3) Observation in OR and scrubbed as 2 assistance (4) Training on Lap-Trainer (5) Attended laparoscopic workshop on basic skills (6) provided with material and collection of DVDs .In the 2nd phase hands-on training were arranged at AKHSP Unit and DHQ Hospital (Government Health Service), Gilgit. The team from AKUH visited Northern Areas from June 6th to 16th. We have arranged one day orientation workshop for the surgeons, anesthetist and OR Technicians which included orientation and demonstration of laparoscopic equipment and instruments. Twelve laparoscopic cholecystectomys were performed and the laparoscopic team

from Northern Areas got the opportunity to get hands-on training. The section of general surgery will continue their support to consolidate the laparoscopic surgery programme in Northern Area

Team members from AKUH:

Dr. A.Rehman Alvi Consultant General Surgeon

Dr. Zia Ur Rehman Chief Resident General Surgery

Mr. Shahid Karim OR technician General surgery

Proud to Announce

Dr Saqib Qazi

Instructor Paediatric residency programme; cleared FCPS II

Dr Johar Raza

Laparoscopic Heminephrectomy in Horseshoe Kidney, Use of GIA Stapler
Drs Johar Raza, Kashifuddin Soomro, Amanullah Memon and Khurram Siddiqui; Awarded the Best Poster Presentation at UROCON 2009 held from April 17 to 19, 2009 at Lahore

2 Best Video Awards

Presented to Dr. Tanveer Chaudhry at Ophthalmology Update Conference November 25 to 28, 2008 at Cairo, Egypt

Dr M Shahzad Shamim

Chief Resident Neurosurgery residency programme; cleared FCPS II

- Was awarded the American Association of Neurological Surgeons International Visiting Surgeon Fellowship for the year 2009. This is a prestigious fellowship awarded to one neurosurgeon from around the world selected after a rigorous process and Dr Shamim is the first neurosurgeon from Pakistan to have won this award.
- Dr M Shahzad Shamim was invited as a guest speaker at the International Conference on Modeling of Complex

Systems, by Qatar University and Carnegie Mellon University, at Doha, Qatar, 2009.

- D M Shahzad Shamim was a national participant in the International Consultation on National Injury and Trauma Care Programme of Pakistan at Dubai, UAE, 2009.
- Dr M Shahzad Shamim and Dr M Zubair Tahir, awarded the Codman/DePuy Spine, Inc. Neurosurgeon Traveling Fellowship for the XIV World Congress of Neurological Surgeons at Boston, 2009.

Promotions

Dr Pervaiz M. Hashmi as Associate Professor (Orthopaedics)

Dr Farhan Raza Khan as Senior Instructor (Operative Dentistry)

Dr Sabeen Masroor as Senior Instructor (Plastic Surgery)

Dr Syed Shahabuddin as Senior Instructor (Cardiothoracic surgery)

Fellowships Obtained

Dr Nuzhat Faruqi : Clinical fellowship/ Researcher in Female Urology, Pelvic Floor Reconstruction and Urodynamics at Cleveland Clinic, Florida, US. This was First International Urogynecological Association funded research fellowship

ALUMNI AFFAIRS

Dr Nazir Ahmed

Graduate of Orthodontics Residency Programme

Cleared his FCPS II examination in Orthodontics

Dr Ahmed Nawaz

Graduate of Otolaryngology Residency Programme,

Cleared FCPS II examination in Otolaryngology

Attiq ur Rehman (Orthopaedics)



I am working as a spine surgery fellow at NUH Singapore from four months. It is a very well organized, six months

Fellowship programme. There are very good opportunities to get familiar with the latest spinal surgery techniques including MIS, thoracoscopic, vertebral disc replacement and deformity correction surgeries. Once you get familiar the system you may get unbelievable hands-on experience, so I will recommend it for those residents who are interested in Spine surgery.

Ather Ali (General Surgery)



I am a graduate of AKU surgery residency programme in October 2007. I joined Aga Khan Hospital, Dar es Salaam, Tanzania as consultant general and

laparoscopic surgeon in January 2008. I have launched the laparoscopic surgery in this hospital with live demonstration of laparoscopic cholecystectomy in Surgical CME held in collaboration with AKUH Nairobi, Kenya. No hospital in this city is providing laparoscopic general surgery. I am doing all major and minor elective and emergency general surgical procedures including trauma surgery.

I am proud of having surgery residency programme from AKU Karachi. I am very much thankful to all my seniors whom I worked with and learnt a lot.

Moghira Iqbal (Otolaryngology)



It was a pleasure to meet my ENT colleagues of AKUH in Abu Dhabi this year in the ENT update conference from 1 to 3 April. I flew to Abu Dhabi from Riyadh. Dr Mumtaz Khan was among the organizers of the event. Dr Mubasher Ikram and Dr Shabbir Akhtar were the other two who attended. The conference was among one of the best. The lectures were focused and clinically oriented. We the AKUMEN had a wonderful time together. The moment we met it appeared as if we were back in the wonderful days of residency at AKU. We had endless discussions, gossips of our experiences at AKU. Luckily our hotels were in the same tourist club area. Every evening we were together and explored Shopping Malls. Dr Mubasher is good at shopping for himself and others. He kept us busy with his endless interesting stories. Let me share one with you. Myself and Dr Shabbir were waiting for him to come down from 11th floor of Dana Hotel. We saw him coming down. He was very disturbed and told us that he lost his Passport. For a moment we were all in a shock. We went back to the room and he got it in one of the drawers. I am sure Dr Mubasher will not forget those moments. Three days passed quickly and I had to return from Nostalgia to real world. I packed my bags to fly to King Khalid International Airport on 4th April 2009.

To conclude AKU colleagues are like a family. Whenever and wherever they meet you feel at home.

Dr Moghira Iqbal Siddiqui
Ex Chief resident Otolaryngology Head
Neck Surgery, AKUH 2005-2006
(Dr Moghira is currently working at the
King Faisal Specialist Hospital &
Research Centre Riyadh .KSA)
email: msiddiqui@kfshrc.edu.sa

Resident's Section Intermediate Module Exam – 2009

General Surgery

Dr. Sana Nasim
Dr. Shahzad Amjad Khan
Dr. Nadeem Ahmed
Siddiqui
Dr. Samia Mazahir

Orthopedics

Dr. M. Idrees
Otolaryngology
Dr. M. Shaheryar Ahmed
Rajput

Neurosurgery

Dr. Yaseen Rauf
Dr. Mohsin Qadeer
Paediatric Surgery
Dr. Waqar Saadat
Dr. Ahmad Vaqas
Faruque

Urology

Dr. Rajesh Kumar
Dr. Anila Jamshaid

Elective Report – Dr. Akil Fazal Orthopedics resident- PGY4

A 3-month out of station elective has been a long tradition in the third year of the Orthopaedic Surgery residency programme. I spent a month at JPMC and then traveled to New York for a two-month stint.

My first month at JPMC was good exposure to rarely seen pathologies such as polio, cerebral palsy and complications of poorly treated trauma. Such cases that commonly inflict patients of the lower economic strata are seldom seen at our clinics. Its meetings also give you a feel of what is expected of you in the FCPS viva exam.

It was then off to North America for my other two months. Despite being the international capital for commerce and culture, New York is home to some of the finest hospitals in Orthopaedics such as Hospital for Special Surgery, Hospital for Joint Disease and Lennox Hill Hospital. All of them are strategically placed, in the center of Manhattan within an arms length of each other.

My first month was in adult reconstruction and sports surgery at the Insall Scott Kelly Institute. ISK has been an important design center for total knee replacement for Zimmer Corporation. Starting from the legendary John Insall who designed the Insall-Burnstein (IB) prosthesis to presently Giles Scuderi who is the principal designer of NexGen Legacy and NexGen Flex as well as gender solution designs.

At my month there I had the opportunity to observe a lot of reconstructive options for the knee as well as the hip. There were plenty of opportunities to do clinical research as well as basic science research which were mainly biomechanical design experiments in the in-house Zimmer lab.

There was a huge opportunity to observe sports surgery both at professional as well as college level. ISK looked after the New York Knicks NBA team. It was interesting to see how sports surgeons were well integrated with the players, coach, physiotherapist and team psychologist to get the best out of the team. The OR experience involved the entire gamut of sports surgery involving arthroscopic procedures of the shoulder, knee and hip.

My second month was at the Hospital for Joint disease in spine/scoliosis surgery. This is one of the main centres pioneering the Pro-Disc system for lumbar and cervical disc replacement. There I saw many new procedures such as percutaneous scoliosis correction, VATS assisted scoliosis operation and instrumentation for kyphosis. Also there were lots of disc replacements to observe as well as day care kyphoplasty.

All in all, doing electives at centre outside is definitely helpful in expanding your field of knowledge in clinical and basic science work. It is not possible to compare my experiences at JPMC and

New York, but I think it is important for a resident to spend time at both places to get a well rounded feel of the very vast specialty of Orthopaedics.



Grand Alumni Re-union, December 18, 2008



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY
Celebrating 25 years

ALUMNI - Department of Surgery

RESIDENCY PROGRAMME												FELLOWSHIP PROGRAMME			
GENERAL SURGERY				ORTHOPAEDICS				OTOLARYNGOLOGY				PAEDIATRIC SURGERY			
S.No.	Name	S.No.	Name	S.No.	Name	S.No.	Name	S.No.	Name	S.No.	Name	S.No.	Name	S.No.	Name
1	DR. SALEEM AHMED YEAR 1997	26	DR. M. ASIM KHAN YEAR 2007	1	DR. MASOOD-UR-RAHMAN YEAR 1992	13	DR. M. JAWAID MERAJ YEAR 2002	4	DR. SHABEER AKHTAR YEAR 2008	1	DR. MOHAMMED ARSHAD YEAR 1998	2	DR. SHAH MASABAT SALEEM YEAR 2003		
2	DR. PHILOMENA DRAGO YEAR 2007	27	DR. KHURRAM M. SIDDIQUI YEAR 2007	2	DR. RIAZUSSAIN LAKDAWALA YEAR 1994	14	DR. SALMAN RIAZ YEAR 2004	5	DR. MOGHIRA IQBAL YEAR 2008	2	DR. HASNAIN ZAFAR YEAR 1999	3	DR. TANVEER UR REHMAN YEAR 2008		
3	DR. FARHAT ABBAS YEAR 1994	28	DR. SHAH MASABAT SALEEM YEAR 2001	3	DR. PERVAIZ HASHMI YEAR 1996	15	DR. SHARJEEL ASIF YEAR 2003	2	DR. SAYED AKBAR ABBAS YEAR 2005	6	DR. AHMAD NAWAZ AHMAD YEAR 2005				
4	DR. ZAFAR NAZIR YEAR 1991	29	DR. NIDA WAHID BASHIR YEAR 1991	4	DR. MANSOOR ALI KHAN YEAR 1996	16	DR. MUJAHID JAMIL KHATTAK YEAR 2004	3	DR. SADAF ZIA YEAR 2004						
5	DR. ABDAAL WASIM KHAN YEAR 1992	30	DR. RIZWAN KHAN YEAR 2002	5	DR. GHULAM SARWAR YEAR 1997	17	DR. SYED KAMRAN AHMED YEAR 1999								
6	DR. SALMAN EL-KHALID YEAR 1992	31	DR. ZULFIQAR HANIF YEAR 1992	6	DR. MASOOD UMAR YEAR 1999	18	DR. ABID NIAZI YEAR 2005								
7	DR. ARIFULLAH KHAN YEAR 1992	32	DR. LUBNA NOOR YEAR 1999	7	DR. MUMTAZ HUSSAIN SHAH YEAR 2003	19	DR. SHAHRYAR NOORDIN YEAR 2006	1	DR. M. IRFAN ALTAJ KHAN YEAR 2003	2	DR. MARIYA MEMON YEAR 2004				
8	DR. QAMAR ABID YEAR 1993	33	DR. ABDUL HALEEM QURESHI YEAR 2003	8	DR. NAHEEM UL KHALIQUE YEAR 2003	20	DR. KASHIF IZHAR YEAR 2006								
9	DR. ZIAUDDIN KHAN YEAR 1993	34	DR. DILDAR HUSSAIN YEAR 2003	9	DR. HUMA PARVEEN YEAR 2000	21	DR. AMBREEN ABDUL HAMEED YEAR 2006								
10	DR. ANWAR AHMED YEAR 1992	35	DR. IRAM NAZ YEAR 2003	10	DR. HAROON-UR-RASHID YEAR 2001	22	DR. TASHFEEN AHMAD YEAR 2007	3	DR. MUNEEZA KHAN YEAR 2006						
11	DR. TURAB PISHORI YEAR 1993	36	DR. FUAD ABID YEAR 1993	11	DR. KAMRAN MOHIUDDIN YEAR 2004	23	DR. M. BUKHSH SHAHWANI YEAR 2007	4	DR. SHAKEEL-UR-REHMAN YEAR 2005	1	DR. RAKHSHANDA LAYEEQUE YEAR 2001	3	DR. ALIYA KIANI YEAR 2006		
12	DR. SHABANA IQBAL YEAR 1993	37	DR. NAZIR NAZ YEAR 2004	12	DR. ABUL AHAD HALEEM YEAR 2004	24	DR. ATTIQ UR REHMAN YEAR 2007	2	DR. FARAH NAZ YEAR 2007	5	DR. HINA AHMED YEAR 2004				
13	DR. MOHD. ARSHAD YEAR 1995	38	DR. ALLAUDDIN YEAR 1995	13	DR. KALEEM SHAUKAT YEAR 2005	25	DR. ATIF KHAN YEAR 2007								
14	DR. TABISH CHAWLA YEAR 1995	39	DR. REHAN MASOOD YEAR 2005	14											
15	DR. ZAHID HUSSAIN KHAN YEAR 1995	40	DR. SAIRA NIZAMI YEAR 2005	15											
16	DR. RAHMAT ALVI YEAR 1996	41	DR. ZUBAIR LUQMAN YEAR 2005	16											
17	DR. AAMIR JAFAREY YEAR 1996	42	DR. AMBER MEHMOOD YEAR 2005	17											
18	DR. MUNEEB AMANULLAH YEAR 1997	43	DR. SAMEERA NAUREEN YEAR 1997	18											
19	DR. FAREED AKBAR SHAH YEAR 1997	44	DR. ASMA MUNIR YEAR 2006	19											
20	DR. HASNAIN ZAFAR YEAR 1999	45	DR. MUSHEER SHAFQAT YEAR 1999	20											
21	DR. TARIQ KHATRI YEAR 1999	46	DR. MOHAMMAD TAYYEB YEAR 2007	21											
22	DR. NADEEM KHURSHIDI YEAR 1999	47	DR. ATHAR ALI YEAR 2008	22											
23	DR. SHAHEEN ZAKARIA YEAR 1999	48	DR. GHINA SHAMSI YEAR 1999	23											
24	DR. IFTIKHAR R. KHAN YEAR 1999	49		24											
25	DR. RAKHSHANDA LAYEEQUE YEAR 1999	50		25											

Graduate of PGME and Faculty - AKU

Graduate of Medical College & Alumni of PGME

A grand alumni re-union was organized as a part of the 25-year celebration of the Aga Khan University. A full week of alumni related activity took place over the celebration week. Many international guests, former deans, and alumni attended the programme from various continents and participated with enthusiasm in this memorable event.

Department of Surgery also arranged a get-together of its alumni and past faculty on 18 December 2008. The founding faculty members Professors Farhat Moazzam, Mushtaq Ahmed, Jamsheer Talati and Dr Rizwan Azami were honoured by recitations from past alumni. The first batch of the graduating surgical residents were the guests of honour for this programme. They included Drs Philomena Drago, Zafar Nazir, Farhat Abbas and Saleem Ahmed. They were also given a special recitation by their junior alumni. More than 50 alumni attended the occasion. Dean and DG of the AKU were specially invited to give their reflections of the department of surgery. All the alumni who had graduated in the last millennium were presented with departmental souvenirs. A slide show of yesteryears was thoroughly enjoyed by the audience. The programme was followed by high tea.





Career Counseling December 16, 2008



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY
Celebrating 25 years

**GRAND
ALUMNI
REUNION**

December 15-21, 2008

Career Counselling Seminar
Tuesday, December 16, 2008, 4:00-7:00 pm
AKU Auditorium

Senior alumni from Pakistan and overseas to talk about career options for students, interns, residents, fellows, recent graduates and junior faculty.

Chair : Dr Masood Umer, MBBS '91, Residency '97
Co-chair : Dr Nauman Gulrez Rashid, MBBS '90

Time	Title	Speaker
1600 - 1605	Flavor & welcome to speakers	Masood Umer
1605 - 1610	Careers in Family Medicine	Saima Pervaiz
1610 - 1615	Role of a physician in health care industry	Noman Gulraiz
1615 - 1620	Steps towards a successful clinical academic: research / way to go	Khalid Saeed
1620 - 1625	Residency opportunities at AKU	Mumtaz Khan
1625 - 1630	Residency application in USA: tips & pearls	Adeel Butt
1630 - 1635	General Practice opportunities in USA	Obaid Siddiqi
1635 - 1640	Training opportunities in UK	Muameer Amanullah
1640 - 1645	Being an administrator & a clinician Making the two ends meet.	Farhat Abbas
1645 - 1650	CP&P: future directions	Rizwan Azami
1650 - 1655	Thinking out of the box	Aman Jafrey
1655 - 1700	Being a double alumnus: gain vs. loss	Masood Umer
1700 - 1705	Career in Public Health	Amir Javed
1705 - 1710	Being a housewife: was MBBS necessary?	
1710 - 1715	Balance in family and career	Rehana Kamal
1715 - 1720	Back to home: enjoyable experience!	Zehra Faddoo
1720 - 1725	Career opportunities in Middle East	Asim Belgaumi
1725 - 1745	Prayer & Teabreak	
1745 - 1750	Q n A	Nauman Gulraiz

As part of the grand alumni re-union held in December 2008, a career counseling session was arranged for all medical students, interns and residents. This session had huge participation by our under- and postgraduate students. The programme (given above) involved brief presentations by eminent alumni in their respective fields. A wide variety of topics were covered. The presentations generated so much discussion that the Q n A session lasted for over two hours. Dr. Masood Umer was the chairman of the session.

Research / Publications

Cardiac Surgery

1. The frequency of heparin induced thrombocytopenia in patients undergoing elective cardiac bypass surgeries
Natasha Ali,¹ Bushra Moiz,² Yasmin Rehman,³ Mohammad Salman,⁴ Shahid A Sami⁵
Department of Pathology & Microbiology,¹⁻⁴ Department of Surgery,⁵ The Aga Khan University Hospital, Karachi, Pakistan.
J Pak Med Assoc Vol. 59, No. 6, June 2009
2. Kawashima operation: Functional modification of Bidirectional Glen shunt with left superior vena cava in single ventricular morphology Syed Shahabuddin, Saulat Fatimi, Mehnaz Atiq, Muneer Amanullah
J Pak Med Assoc Vol. 59, No. 1, January 2009

Dentistry

1. Upper Lip Strain In Bimaxillary Proclination MUBASSAR FIDA, BDS, MCPS, FCPS (Orthodontics) NASEER AHMAD CHAUDHRY, BDS, MCPS (Oral Surgery), MCPS, FCPS (Orthodontics) REHAN QAMAR, BDS, FCPS (Orthodontics)
2. Soft Tissue Morphology in Bimaxillary Proclination Naseer Ahmad Chaudhry, BDS, MCPS (oral surgery), MCPS, FCPS (orthodontics), Mubassar Fida, BDS, MCPS, FCPS (orthodontics) Rehan Qamar, BDS, FCPS (orthodontics), Pakistan oral & dental Journal Vol 28, no. 2

General Surgery

1. Problem-based Learning: Enhancing Tutors' Facilitation Skills Using Structured Small Group Experiential Learning *Education for Health*, Volume 22, issue 1, 2009, **S Sadaf, SK Ali, RW Zuberi** Aga Khan University, Karachi, Pakistan
2. Ambulatory laparoscopic cholecystectomy: Is it safe and cost effective? Athar Ali, Tabish Chawla,

Abid Jamal¹ Department of Surgery, Aga Khan University, Stadium Road, Karachi, 1OMI Hospital, Karachi, Pakistan Journal of Minimal Access Surgery | January-March 2009 | Volume 5 | Issue 1

3. Mini-review
Epidemiology and prevention of hepatocellular carcinoma mSilvia Franceschi a,* , Syed Ahsan Raza a,b a International Agency for Research on Cancer, 150 cours Albert Thomas, 69372 Lyon Cedex 08, France (b) Department of Surgery, The Aga Khan University, Stadium Road, P.O. Box 3500, Karachi 74800, Pakistan
Please cite this article in press as: S. Franceschi, S.A. Raza, Epidemiology and prevention of hepatocellular carcinoma, *Cancer Lett.* (2008), doi:10.1016/j.canlet.2008.10.046
4. Acute mesenteric venous thrombosis: Improved outcome with early diagnosis and prompt anticoagulation therapy Rehman Alvi*, Sadaf Khan, Samiullah K. Niazi, M. Ghulam, Shahida Bibi
Please cite this article in press as: A Rehman Alvi, et al., Acute mesenteric venous thrombosis: Improved outcome with early diagnosis and Prompt..., *International Journal of Surgery* (2009), doi:10.1016/j.ijisu.2009.03.002
5. Impact of Rural Medical Care in Remote Mountainous region of Pakistan: challenges and opportunities
A. Rehman Alvi Pak J Med Sci 2009 Vol. 25 No. 1
6. Retroperitoneal necrotizing fasciitis ^when a simple procedure turns ugly Abdul Alvi FRCS FCPS Ghina Shamsi MBBS TROPICAL DOCTOR 2009; 39: 55-57
DOI: 10.1258/td.2008.080201
7. Surgical management of blunt pancreatic trauma: A modus operandi or individualized therapy?
Muhammad Rizwan Khan, Kiran Ejaz
J Pak Med Assoc Vol. 58, No. 11, November 2008

Neurosurgery

1. Shamim MS, Shamim MS. Research and publications: where do we stand? J Pak Med Assoc 2009. Feb;59(2):62-4.
2. Ajmal S, Shamim MS, Enam SA. Neurogenic claudication and radiculopathy as delayed presentations of retained spinal bullet. In press for The Spine Journal.
3. Tahir MZ, Shamim MS, Chishty KN. Recurrent atypical meningioma seeding to surgical scar. Neurol India. 2009 Mar-Apr;57(2):222-4.
4. Shamim MS, Razzak JA, Umer SM, Chawla T. Splenic injury after blunt abdominal trauma: an unusual presentation. J Emerg Med. 2008 Nov 18. [Epub ahead of print]

Otolaryngology

1. Management of allergic fungal sinusitis with postoperative oral and nasal steroids: A controlled study by Mubasher Ikram, FCPS, Akbar Abbas, FCPS, Anwar Suhail, FRCS, Maisam Abbas Onali, MBBS, Shabbir Akhtar, FCPS, and Moghira Iqbal, FCPS Ear Nose Throat J. 2009 April;88(4):E08

Orthopedics

1. Functional outcome, mortality and in-hospital complications of operative treatment in elderly patients with hip fractures in the developing world Yasir Jamal Sepah & Masood Umer & Afrasyab Khan & Abid Ullah Khan Niazi Received: 3 March 2009 / Revised: 11 April 2009 / Accepted: 27 April 2009 # International Orthopedics (SICOT) 2009.
2. Evidence based medicine — where do articles published in local indexed journals stand? Muhammad Amin Chinoy, Tashfeen Ahmad, Muhammad Tayyab, Soulat Raza, Indus Hospital, Aga Khan University, 2-4 Karachi. Vol. 59, No. 1, January 2009

Ophthalmology

1. Gender difference and delay in presentation of childhood squint Tanveer A Chaudhry, Aziz Khan, Muhammad Bilal Salman Khan, Khabbir Ahmad, J. Pak Med Assoc Vol. 59, No. 4, April 2009
2. Charge Syndrome Irfan Qayyum, Muhammad Moin, Tanveer Chaudhry, Mumtaz Hussain Pak J Ophthalmol 2008 vol 24 No. 4

Urology

1. Efficacy of Semirigid Ureteroscopy with Pneumatic Lithotripsy for Ureteral Stone Surface Area of Greater Than 30mm² M. Hammad Ather, M.D., FCPS (Urol), FEBU, Syed M. Nazim, MBBS, and M. Nasir Sulaiman, FRCS, FRCS (Urol), D.U. JOURNAL OF ENDOUROLOGY Volume 23, Number 4, April 2009 ^a Mary Ann Liebert, Inc. Pp. 619–622 DOI: 10.1089=end.2008.0182
2. The Safety and Efficacy of Optical Urethrotomy Using a Spongiosum Block With Sedation: A Comparative Nonrandomized Study M. Hammad Ather,* Ali Akbar Zehri, Kashifuddin Soomro and Irfan Nazir 0022-5347/09/1815-2134/0 Vol. 181, 2134-2138, May 2009 THE JOURNAL OF UROLOGY® Printed in U.S.A. Copyright © 2009 by AMERICAN UROLOGICAL ASSOCIATION DOI:10.1016/j.juro.2009.01.017
3. Alternate and Incidental Diagnoses on Noncontrast- Enhanced Spiral Computed Tomography for Acute Flank Pain M Hammad Ather, Kulsoom Faizullah, Ilyas Achakzai, Rizwan Siwani, Fariah Irani Urology Journal Vol 6 No 1 Winter 2009 Spiral Computed Tomography for Acute Flank Pain— Ather et al
4. Towards a Global Educational Matrix for Tomorrow's Health Systems Jamsheer Talati,1 FRCS (Edin)

5. Does the Type of Lithotripter Affect Outcomes in Children with Upper Tract Urolithiasis?
Syed Johar Raza, MBBS, iMRCS and M. Hammad Ather, FCPS (Urol), FEBU
JOURNAL OF ENDOUROLOGY
Volume 23, Number 2nd, February 2009
© Mary Ann Liebert, Inc. Pp. 000–000
DOI: 10.1089/end.2008.0485
6. Correlation of three immunohistochemically detected markers of neuroendocrine differentiation with clinical predictors of disease progression in prostate cancer
M Hammad Ather*1, Farhat Abbas1,
7. Nuzhat Faruqui1, Mohammad Israr2 and Shahid Pervez2
Published: 30 December 2008
BMC Urology 2008, **8**:21 doi:
10.1186/1471-2490-8-21
8. Predictors of recurrence of urethral stricture disease following optical urethrotomy.
Zehri AA, Ather MH, Afshan Q. *Int J Surg.* 2009 Jun 13. [Epub ahead of print] PMID: 19500695 [PubMed - as supplied by publisher]