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BYOND THEATRES



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY



Front Page
Jamsheer Talati
For details, see page 36

BEYOND THEATRES

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The Evolving Newsletter

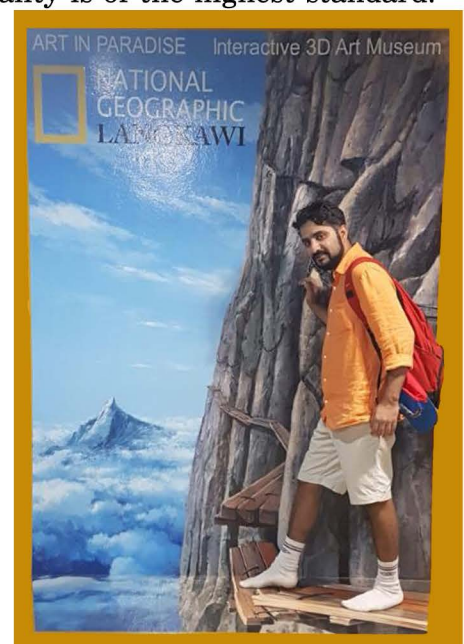
Greetings Dear Readers,

We present to you, yet another in a series of experiments in trying to come up with the perfect format of a department newsletter. So what's new? Well for starters, our stunning front cover is the generous contribution of our Professor Emeritus Jamsher Talati, and is a photograph of a painting conceptualized and created by him and his family (details on page 36). In this issue, we have covered a few of our annual departmental events such as the Surgical Meeting (page 4-10), Departmental Picnic (page 47-48), PGME Convocation (page 44) and Department's Annual Day (page 49-50). Our regular feature, Surgery Through the Ages (page 34-35) carries interesting historical vignettes behind hand washing, and how it came to be recognized as an essential practice in healthcare. From the Surgeon's Bookshelf (page 32) features our first ever contribution by a family member of an alumnus/faculty, and has been sent by Asra Jafarey, daughter of Aamir Jafarey. Surgeons' Lives Beyond Theatres (page 51-56) features our largest and the most remarkable collection of off campus faculty photographs. The Travelogue (page 30-31) carries an inspiring account of Mumtaz Khan's services with the Netterville African Mission. This issue also includes Sulaiman Hasan's recollection of Denton Cooley (page 33), and an introduction to Nuzhat Farooqui's charity organization ULPHAT (page 56). And of course there is also the usual round up of events, news, updates, the 6-months list of departmental publications, and more.

The committee works very hard to insure that the content of the newsletter is interesting, informative, accurate and attractive; and that the quality is of the highest standard. However, we would like to apologize for any shortcomings or oversight. We are extremely grateful to all those who take time out and send us their feedbacks. For the rest, please do send us your comments, contributions, photographs, or whatever you wish to share with the surgery family. We promise you that the newsletter committee will always be open to suggestions, and the committee will not hesitate to try out new things, for change is the only constant *.

Happy reading.

** Quote attributed to Heraclitus of Ephesus (535 BC – 475 BC), a Greek philosopher, known for his doctrine of change being central to the universe, and for introducing the term Logos.*



Workshop, Courses and Symposia

CME Symposium on **Enhanced Recovery after Surgery (ERAS)**



Director: Tabish Chawla
July 23, 2016

Conceptual Basis of Urology Course



Director: Hammad Athar
August, 13-14, 2016

Molecular Biology of Brain Tumors from Bench to Bedside



Director: M. Shahzad Shamim
August 16, 2016

Annual Neurosciences Meeting 2016 Showcasing Neuroscience Research in Pakistan



Director: S. Ather Enam
October 8, 2016

Cerebrovascular Microsurgery Workshop



Director: M Shahzad Shamim and Ehsan Bari - Coordinator: Saad Akthar
October 28, 2016

Surgical **Innovations** for the October 21-22, 2016 **Developing World**

Organizing Committee

Masood Umer

Chair, Organizing Committee

M Shahzad Shamim

Co-Chair, Organizing Committee

Amir Shariff

Chair, Scientific Committee

Tashfeen Ahmed

Co-Chair, Scientific Committee

Aneela Darbar

Chair, Workshop Committee

Moghira Iqbal

Co-Chair, Workshop Committee

Hammad Ather

Chair, Special Supplement, JPMA

Arif Mateen

Chair, Photography Display Committee

Muneer Amanullah

Chair, Entertainment Committee

Shahid Sami

Chair, Exhibition Committee

Sub-Theme Coordinators

Breast Surgery**Abida Sattar
Nazia Riaz****Cardiothoracic Surgery****Saulat Fatimi****Dentistry****Attiya Shaikh****General Surgery****Rizwan Khan****Neurosurgery****Rashid Jooma
Ehsan Bari****Ophthalmology****Sharmeen Akram****Orthopaedics****Mujahid Jamil
Haroon ur Rashid****Otolaryngology****Mubasher Ikram****Pediatric Surgery****Saqib Qazi****Plastic Surgery****Fazl ur Rehman****Urology****Nuzhat Faruqui
Muhammad Nazim**

Pre-Conference Workshops 2016

2nd Annual
Surgical
Meeting
of the Aga Khan University, Karachi



Orthopaedic Oncology Course
Coordinator: Masood Umer



MRI Tractography in Neurosurgery
Coordinators: Rashid Jooma, Shahzad Shamim



Basic of Laparoscopic Surgery
Coordinators: Amir Shariff, Rizwan Khan



Mitral Valve Repair Using Bovine Heart
Coordinator: Saulat Fatimi



Urodynamics in Children
Coordinator: Saqib Qazi



Innovations in Virtual Healthcare & Telemedicine
Coordinator: Zakiuddin Ahmed



Flexible Ureterscopy
Coordinator: Hammad Ather



Reading Optical Coherence Tomography
Coordinator: P. S. Mahar



Current Trends in Periodontal Surgery
Coordinator: attiya Shaikh



Endourology on Virtual Reality Simulator
Coordinator: Hammad Ather



Basic Knee Arthroscopy
Coordinator: Naveed Baloch



Locally Advanced Breast CA Imaging, Intervention
Coordinators: Adiba Sattar, Nazia Riaz



Clinical Photography
Coordinators: Mohsin-e-Azam, Abid Niazi



Creating a Flap for LASIK
Coordinator: Sharmeen Akram



Cardiac Surgery Advance life Support
Coordinator: Hasanat Shariff



Periodontally Accelerated Osteogenic Orthodontics
Coordinator: Attiya Shaikh



Staff, Department of Surgery

Inaugral Session

October 21, 2016

Annual Surgical Meeting





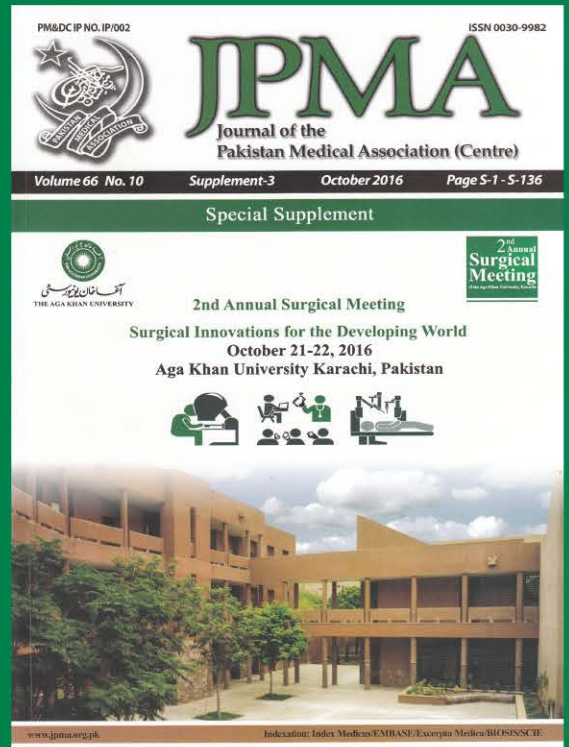
Play 'Javed' performed by medical students



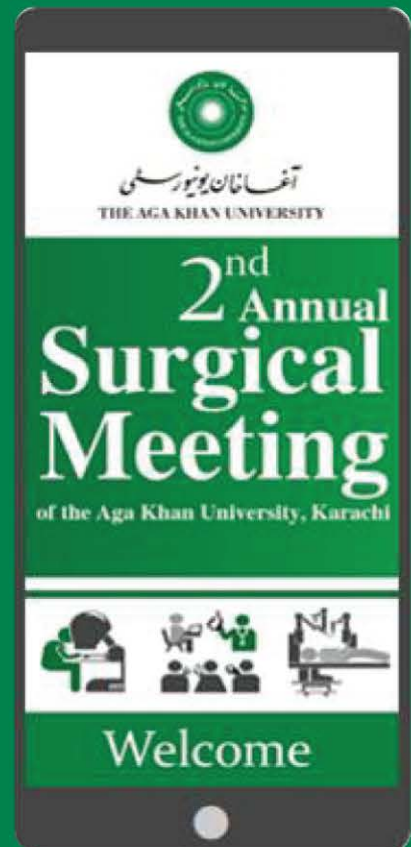
Ghazal by medical student



Conference Dinner



Special Supplement:
<http://www.jpma.org.pk>



Conference App:
http://whova.com/portal/aasc_201610
 Activation code: asm2016

Conference

Annual Surgical Meeting

October 22, 2016



Cardiothoracic Surgery Review Course



Director: Hasnat Shariff
October 16, 2016

5th Karachi Urology Week



Director: Hammad Ather
October 23-29, 2016

Neurosurgery Review Course



Director: Rashid Jooma, M. Shahzad Shamim - Coordinator: Saad Akhtar
November 11-13, 2016

Viva/Clinical Skills Examination of Urology Residents



Director: Raziuddin Biyabani
November 29, 2016

Foot and Ankle Workshop



Director: Tashfeen Ahmed - Coordinator: Shahryar Noordin
December 1, 2016

Spine Cadaveric Workshop



Director: Imtiaz Hashmi
December 1, 2016

Spine Instrumentation Workshop



Director: Gohar Javed - Coordinators: Ehsan Bari, Aneela Darbar
December 18, 2016

FESS Cadaveric Workshop



Director: Mubasher Ikram - Coordinators : Shabbir Akhtar, Moghira Iqbal
December 25, 2016

CME Seminar on Neurology, Neurosurgery and Psychiatry for Primary Care Physicians



Directors: Aneela Darbar & Saad Shafqat

Faculty Reaching Out

Faculty	Event	Venue
Breast Surgery		
Nazia Riaz	Cell symposia: 10 years of IPSCS	California, USA
Abida Sattar	3rd European School of Oncology-ESO-ESMO	Lugano, Switzerland

Faculty	Event	Venue
Cardiothoracic Surgery		
Hasanat Shariff	30th EACTS Annual Meeting	Barcelona, Spain
Hasanat Shariff	26th Annual Congress of Association of Thoracic & Cardiovascular Surgeons of Asia	Dhaka, Bangladesh
Muneer Amanullah	10th Advanced Symposium on Congenital Heart Disease in the Adult	London, UK
Muneer Amanullah	30th EACTS Annual Meeting	Barcelona, Spain
Sulaiman Hasan	30th EACTS Annual Meeting	Barcelona, Spain
Syed Shahabuddin	10th Advanced Symposium on Congenital Heart Disease in the Adult	London, UK
Syed Shahabuddin	American College of Surgeons Clinical Congress	Washington, USA

Faculty	Event	Venue
Dentistry		
Faisal Qayyum	8th Dental, Facial Cosmetic International Conference	Dubai, UAE
Faisal Qayyum	Pan-Dental Society Conference	Birmingham, UK
Mansur Ahmad	15th EURO Congress on Dental & Oral Health	Rome, Italy
Mubassar Fida	The 10th Asia Pacific Orthodontic Conference	Bali, Indonesia
Robia Ghafoor	ITI Education Week	Bern, Switzerland

Faculty	Event	Venue
General Surgery		
Abdul Rehman Alvi	American College of Surgeons Clinical Congress	Washington, USA
Amir Shariff	American College of Surgeons Clinical Congress	Washington, USA
Fazl ur Rehman	European College of Aesthetic Medicine & Surgery	Dublin, Ireland
Hasnain Zafar	American College of Surgeons Clinical Congress	Washington, USA
Hasnain Zafar	JCIA 6th Dubai Group	Dubai, UAE
M. Rizwan Khan	American College of Surgeons Clinical Congress	Washington, USA
Nadeem Ahmed Siddiqui	Hospital Clinic Barcelona - Fellowship	Villafoel, Spain
Sadaf Khan	Dilemmas & Debates in Colorectal Surgery	London, UK
Tabish Chawla	University Hospital of Heidelberg	Heidelberg, Germany

Faculty Reaching Out

Faculty	Event	Venue
Neurosurgery		
Aneela Darbar	Ned Foundation - Neurosurgical Humanitarian Mission	Zanzibar, Tanzania
Aneela Darbar	CNS Annual Meeting	San Diego, USA
Ehsan Bari	EANS 2016 Congress	Athens, Greece
Gohar Javed	ISPN 2016 Annual Meeting	Tokyo, Japan
Rashid Jooma	Immersive Touch Training and Simulation Orientation	Chicago, USA
Rashid Jooma	Arkansas Neuroscience Institute, Little Rock	Arkansas, USA
Shahzad Shamim	EANS 2016 Congress	Athens, Greece
Shahzad Shamim	AO Spine Faculty Development Course	Dubai, UAE
Syed Ather Enam	AANS, CNS Tumor Section Satellite Symposium	San Diego, USA
Syed Ather Enam	Academisch Medisch Centrum	Amsterdam, Netherlands
Syed Ather Enam	Universiti Sains Malaysia	Pualu Pinang, Malaysia
Syed Ather Enam	RFQ for AV Solution for OR 11	Dubai, UAE

Faculty	Event	Venue
Ophthalmology		
Ahmad Maqsood Burq	American Academy of Ophthalmology 2016	Chicago, USA
Irfan Jeeva	Ellanse Workshop	Dubai, UAE
Irfan Jeeva	Asia-Pacific Academy of Ophthalmology (APAO)	Chicago, USA
Sharmeen Akram	29th APACRS Annual Meeting	Bali, Indonesia
Shaukat Ali Chhipa	European School for Advanced Studies in Ophthalmology	Lugano, Malta
Shaukat Ali Chhipa	3rd Asia-Pacific Glaucoma Congress APGC 2016	Chiang Mai, Thailand
Shaukat Ali Chhipa	Singapore National Eye Centre	Singapore
Shaukat Ali Chhipa	American College of Surgeons Clinical Congress	Washington, USA
Tanveer Chaudhry	29th APACRS Annual Meeting	Bali, Indonesia
Tanveer Chaudhry	Asia-Pacific Academy of Ophthalmology (APAO)	Chicago, USA

Faculty	Event	Venue
Paediatric Surgery		
Arif Mateen Khan	World Federation of Associations of Pediatric Surgeons 2016	Washington, USA
Mohammed Arshad	World Federation of Associations of Pediatric Surgeons 2016	Washington, USA
Saqib Hamid Qazi	6th Annual Congress of European Society of Paediatric Endoscopic Surgeons (ESPES)	Madrid, Spain
Zafar Nazir	8th International Hospital Management Congress (IHMC) Tehran University of Medical Sciences	Tehran, Iran

Faculty Reaching Out

Faculty	Event	Venue
Orthopaedics		
Haroon Ur Rashid	71th Annual Meetings of The ASSH	Texas, USA
Haroon Ur Rashid	IFSSH & IFSHT Triennial Congress	Buenos Aires, Argentina
Haroon Ur Rashid	AO Master Course	Dubai, UAE
Haroon Ur Rashid	ASAMI Brisbane 2016 Meeting	Brisbane, Australia
Haroon Ur Rashid	International Wrist Arthroscopy Workshop & Seminar	Hong Kong
Masood Umer	ISAKOS Symposium & Workshop Series	Doha, Qatar
Masood Umer	Current Concepts In Joint Replacement Conference	Orlando, Florida
Naveed Juman	AO Trauma Regional Masters Course	Dubai, UAE
Riaz Hussain Lakdawala	American College of Surgeons Clinical Congress	Washington, USA
Rizwan Haroon Rashid	AO Trauma Fellowship	Singapore
Shahryar Noordin	AOA & NZUA - ASM 2016	Cairns, Australia
Tashfeen Ahmad	AOFAS Annual Meeting 2016	Toronto, Canada

	Event	Venue
Otolaryngology		
Sohail Awan	18th Conference on Speech & Hearing Sciences	Istanbul, Turkey
Moghira Iqbal	Global Online Fellowship In Head & Neck Surgery & Oncology Examination	Hong Kong
Shabbir Akhtar	Global Online Fellowship In Head & Neck Surgery & Oncology Examination	Hong Kong
Sohail Awan	Institute for Cochlear Implant Training	California, USA
Shabbir Akhtar	Memorial Sloan-Kettering Cancer Center	New York, USA
Moghira Iqbal	The University of Texas MD Anderson Cancer Center	Texas, USA
Mubasher Ikram	7th European Congress on Head and Neck Oncology (ECHNO)	Budapest, Hungary

Faculty	Event	Venue
Urology		
Amanullah Memon	5th Emirates International Urological Conference	Dubai, UAE
Farhat Abbas	King Abdullah Specialist Children Hospital	Riyadh, Saudi Arabia
Hammad Ather	13th Symposium on Urolithiasis & 26th Meeting of Japanese Society on Urolithiasis Research	Chiba, Japan
Nuzhat Faruqi	5th Emirates International Urological Conference	Dubai, UAE
Syed Muhammad Nazim	5th Emirates International Urological Conference	Dubai, UAE
Syed Raziuddin Biyabani	American College of Surgeons Clinical Congress	Washington, USA
Wajahat Aziz	5th Emirates International Urological Conference	Dubai, UAE

Save

The Date

aku.edu

2018 surgical meeting

Surgical Oncology Evidence & Practice

Call for Review Articles

2-3 February 2018

Deadline for submission of Review Article: May 29, 2017
Original articles will not be accepted

Submission / Further Information
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Impact Factor 2.2



آغا خان یونیورسٹی

THE AGA KHAN UNIVERSITY

Faculty Reaching Out



Pakistani Urologists attending
5th Emirates International Urology Conference
2016, Dubai, UAE



Haroon Ur Rashid Orthocon 2016. Shield Awarded
to Prof. Catagni, word authority on Ilizarov who
introduced the technique outside Russia



Shahzad Shamim, Ehsan Bari with
alumnus Anwar Ahmed in Athens, Greece



Hammad Ather, Nuzhat Faruqui & Nasir Sulaiman
at a conference in Sri Lanka



Masood Umer at Orthopaedic Conference
in LUMHS-Hyderabad, Jamshoro



Irfan Jeeva with Karl Golnik & Biro Zsoltat
Ophthalmology Naational Congress in Lahore

Faculty Reaching Out



Tabish Chawla delivering a talk at University Hospital Heidelberg, Germany



Shahzad Shamim with Andrew Maas at EANS, Athens. Maas is an authority on head trauma research



Haroon Ur Rashid at International hands-on Wrist Arthroscopy Workshop at Hong Kong



Aneela Darbar with Jose Piquer at Manazi Mmoja Hospital, Zanzibar



Nuzhat Faruqui attending International Urology Conference in Dubai

International Visiting Faculty



Alf Giese
Neurosurgeon, Germany



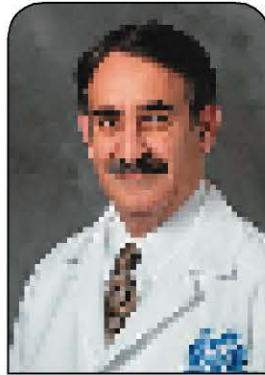
Robin Kennedy
General Surgeon, UK



Torben Schroeder
Vascular Surgeon, Denmark



Anwar Ahmed
Neurosurgeon, UAE



Asim Mehmood
Neurosurgeon, USA



Donald J. Ferguson
Dental Surgeon, UAE



Fayyaz Hashmi
Cardiothoracic Surgeon, USA



Guzanfar Choudry
Urologist, UAE

International Visiting Faculty



Marita Eisenmann-Klein
Plastic Surgeon, Germany



Jennifer Louise Burch
ERAS Nurse, UK



Mohsin-e-Azam
Orthopaedic Surgeon, UAE



Munir Ahmed Khakwani
Urologist, UK



Mushtaq Ahmed
Orthopaedic Surgeon, UK



Nadeem Parvaiz
Radiation Oncologist, UAE



Nadia Khan
Neurosurgeon, Switzerland



Sohail Chughtai
Orthopaedic Surgeon, UK

International Visiting Faculty



Hasan Mukhtar
General Surgeon, UK



Saleem Islam Hussain
Paediatric Surgeon, USA



Zubair Tahir
Paediatric Neurosurgeon, UK



Rebeca Alfayate
Neurosurgeon, USA



Adnan Siddiqui
Neurosurgeon, USA



Samer K. Elbabaa
Neurosurgeon, USA



Asif Naqvi
General Surgeon, UK



Karim Damji
Ophthalmology, Canada



Shafi Ahmed
Laparoscopic & Colorectal
Surgeon, UK

National Visiting Faculty

Abdul Bari Khan	Cardiothoracic Surgeon
Abdul Hameed	Plastic Surgeon
Abdur Rehman Alvi	General Surgeon
Abid Jamal	General Surgeon
Abid Niazi	Orthopaedic Surgeon
Abul Fazal Khan	General Surgeon
Ali Raza Brohi	Paediatric Surgeon
Ali Raza Khan	Cardiothoracic Surgeon
Ali Raza Syed	Dental Surgeon
Amir Bilal	Cardiothoracic Surgeon
Anis Bhatti	Orthopaedic Surgeon
Anjum Jalal	Cardiothoracic Surgeon
Anjum Vohra	Neurosurgeon
Arshad Hasan	Dental Surgeon
Ashar Jamelle	Dental Surgeon
Atta Bhatti	Neurosurgeon
Awab Alvi	Dental Surgeon
Ayaz Ali Khan	Dental Surgeon
Bilal Faiz Khan	Ophthalmologist
Farid Khan	Plastic Surgeon
Ghulam Mehboob	Orthopaedic Surgeon
Ijaz Hussain	Paediatric Urologist
Imtiaz Ali	Ophthalmologist
Javed Niazi	Ophthalmologist
Junaid Ashraf	Neurosurgeon
Kamran Hussain	Neurosurgeon
Kashif Ikram	Dental Surgeon
Khalid Ashrafi	Otolaryngologist
Khalid Chishty	Neurosurgeon
Khalid Mahida	Otolaryngologist
Khalid Mahmood	Neurosurgeon
Khurram Ataullah	Dental Surgeon
Lal Rehman	Neurosurgeon
Lubna Samad	Paediatric Surgeon
Majeed Chaudhry	General Surgeon
Mamoon Rashid	Plastic Surgeon
Mansoor A Khan	Orthopaedic Surgeon
Manzar Hussain	Neurosurgeon
Mazhar Nizam	Plastic Surgeon
Mehmood Haider	Dental Surgeon
Mohammad Ajmal	Otolaryngologist
Muazzam Tarar	Plastic Surgeon
Muhammad Sohail	Plastic Surgeon
Mumtaz Ali	Neurosurgeon
Mumtaz Maher	General Surgeon
Muneera Shakir	Ophthalmologist
Nadeem Butt	Ophthalmologist
Nadeem Khurshaidi	General Surgeon
Nadeem Qamar	Cardiothoracic Surgeon

National Visiting Faculty

Naqeeb Achakzai	Neurosurgeon
Naveed Aslam	Otolaryngologist
Noeen Arshad	Dental Surgeon
Obaidullah	Plastic Surgeon
Raz Bazai	Neurosurgeon
Raza Rizvi	Neurosurgeon
Riaz Raja	Neurosurgeon
S. Mohammad Awais	Orthopaedic Surgeon
Saeed Iqbal	Ophthalmologist
Saeed Minhas	Orthopaedic Surgeon
Saeed Qureshi	General Surgeon
Sajid Sultan	Urologist
Salman Khalid	Urologist
Salman Shah	Cardiothoracic Surgeon
Salman Sharif	Neurosurgeon
Shabbir Lehri	Neurosurgeon
Shahab Ghani	Plastic Surgeon
Shahid Noor	Orthopaedic Surgeon
Shahzad Ali	Urologist
Shams Brohi	Neurosurgeon
Sharif Hashmani	Ophthalmologist
Shehab Beg	Plastic Surgeon
Shoaib Ahmed	Otolaryngologist
Sohail Hafeez	Orthopaedic Surgeon
Tariq Aziz	Ophthalmologist
Tariq Khan	Neurosurgeon
Tariq Rafi	Otolaryngologist
Tariq Salahuddin	Neurosurgeon
Umar Farooq	Otolaryngologist
Zafar Zaidi	Urologist
Zakiuddin Ahmed	E-Health
Ziaul Islam	Plastic Surgeon
Zubair Ahmed Khan	Dental Surgeon

New Responsibilities



Sharmeen Akram
Section Head
Ophthalmology

Welcome on Board



Rehman Siddiqui
Lecturer
Ophthalmology

Proud to Announce



First Batch of Graduates Awarded Diploma in Dental Hygiene

Fellowship American College of Surgeons



Amir Shariff
General Surgery



Rehman Alvi
General Surgery



Rizwan Khan
General Surgery



Raziuddin Bijabani
Urology



Riaz H. Lakdawala
Orthopaedics



Syed Shahabuddin
Cardiothoracic Surgery



Shaukat Chhipa
Ophthalmology



Department of Surgery Faculty at Fellowship American College of Surgeons

Sitara-i-Imtiaz conferred on Professor Ather Enam



Syed Ather Enam, Chairman, Department of Surgery was conferred the Sitara-i-Imtiaz – the third highest civilian award by the Government of Pakistan for his achievements in the field of medicine by President Mamnoon Hussain.

Speaking about the award, he said: “I’m honoured to receive the award and glad to have laid the foundations for neurosurgical research and training at one of Pakistan’s leading hospitals. The award may be given to an individual but it actually reflects on the institution and everybody who works here. I am proud to be called an AKU doctor.”

The award will be presented to him in an investiture ceremony on Pakistan Day, March 23, 2017



Abdul Rehman Alvi received outstanding teacher award at the Awards Night 2016

Amir Shariff received student choice best teacher award at the Awards Night 2016



Rizwan Khan

Passed Masters in Health Professional Education with Honors



Muhammad Nazim

Passed Advanced Diploma in Health Professional Education



Shabbir Akhtar & Moghira Iqbal have been awarded Global Online Fellowship in Head and Neck Surgery and Oncology issued by International Federation of Head and Neck Oncologic Societies & Memorial Sloan Kettering Cancer Center.



Tashfeen Ahmed
Elected as Chairman
Pakistan Orthopaedic Association
Foot & Ankle Forum



Mubasher Ikram
Elected as President Sind Chapter of
Pakistan Society of Otolaryngology
Head & Neck Surgery (PSORL)



Farhan Raza Khan
Elected as President
Pakistan Association of Dental
Research (PADR)



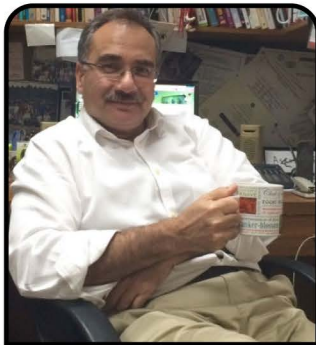
Masood Umer
Elected as President
Association for Study of
Method of Ilizarov Pakistan



Tabish Chawla
Appointed as Royal College of Physicians and Surgeons of Glasgow International Advisor for Surgeons in Pakistan



Mumtaz Khan
Appointed as Member of the International Advisory Board of American Head and Neck Society



Aamir Jafarey
Appointed as Professor of Bioethics, Centre of Biomedical Ethics and Culture, SIUT & Visiting Professor, Department of Surgery



Fahad Umer
Awarded as Fellowship of International Congress of Oral Implantology



Orthopaedic Retreat August 2016

Travelogue

More than Medicine

In 2006, when my mentor and dear friend, Dr. James Netterville invited me on a two week medical mission trip to Nigeria, I accepted the invitation, not thinking too much about it other than getting the opportunity to spend time with my friends in Africa. Little did I know that those two weeks would have an everlasting impact on me and I would be reminded every day about how fortunate I am to have what I have and to be where I am. The poverty, hunger, disease and lack of basic necessities of life were shocking and heartbreaking. Unfortunately, the violent political and sectarian upheaval in Nigeria has prevented us from visiting since 2013.



The Netterville African Mission now makes an annual trip to Malindi, Kenya. The group has a force of about 24 health care providers with surgeons, anesthesiologists, pathologists, speech therapists, operating room nurses as well as Otolaryngology residents and undergraduate medical students.



These trips are all self-financed. We bring in our own instruments and supplies that are self-purchased, donated or recycled from our operating rooms. What started as a simple surgical camp has expanded into an opportunity of learning for the local physicians, a means of cure for the sick and an experience of a lifetime for us all.

Over the last 18 years we have been able to take care of over two thousand patients with surgical diseases of the head and neck, primarily thyroid, salivary gland and facial skeletal neoplasms. From children with cleft lips and encephaloceles to adults with massive thyroids, parapharyngeal space tumors and ameloblastomas and fibrous dysplasias, there is a vast spectrum of diseases that are challenging and at times impossible to treat. Yet the experience is extremely gratifying and humbling. Not having to think about revenue generation, or worry about whether the patient will be able to afford the treatment, every bit of our energy is focused on providing the best possible care to these people



Mumtaz Khan



With the collaboration of the regional academic physicians, our objectives have expanded to include opportunities for the training of local doctors in the advanced surgical care of their people. With the significant limitations of resources, the local African physicians continue to take care of these complicated patients and they deserve recognition for what they are able to achieve in such conditions. Working

hand in hand with regional physicians, this model has resulted in excellent continuity of care by our African colleagues once we leave. The way forward and my own goal is to establish a similar program in Pakistan. We have the will, the expertise, the means and the drive to provide the care that our people deserve.



For more information, please visit our website: www.more-than-medicine.org



From a Surgeon's Bookshelf

When Breath Becomes Air

"Cancer, widely disseminated." That's what Paul Kalanithi a resident in Neurosurgery establishes when he sees his own CT scan.

At the fairly young age of 36, Paul Kalanithi was diagnosed with an inoperable stage IV lung cancer that through the course of this book, gives him hope by shrinking, and takes his life by spreading to almost every other area of his body.

The book starts off with a look into Kalanithi's past, an Indian-American man, who got accepted into Stanford where he graduated with a Bachelor's and Master's degree in English literature and a Bachelor's in human biology. "There must be a way, I thought, that the language of life as experienced - of passion, of hunger, of love - bore some relationship, however convoluted, to the language of neurons, digestive tracts and heartbeats." Thus, began his ongoing struggle with deciding whether he wanted to save a life, or understand it.

He chose Medicine.

Throughout the first portion of his book, 'In Perfect Health I Begin' Kalanithi mentions encounters with his patients, some good, some bad, and some life changing. During the early years of his residency, he recalls a twenty-two-year old male who had gotten into a motorcycle accident was brought in with a severe brain injury and though all the doctors relentlessly tried to save him, "After thirty minutes, we let him finishing dying. With that kind of head injury, we all murmured in agreement, death was to be preferred" Although Kalanithi was a Christian, he was also a doctor, and like most doctors, the scientific calculation of death overpowers the hope of reviving a lost cause. "I slipped back in, ghostlike, to save the ice cream sandwich in front of the corpse of the son I could not."

The second portion of his book, 'Cease Not till Death,' addresses his battle with cancer and the tumultuous rollercoaster that follows it. "Lying next to Lucy in the hospital bed, both of us crying, the CT scan images still glowing on the computer screen, that identity as a physician- my identity- no longer mattered."

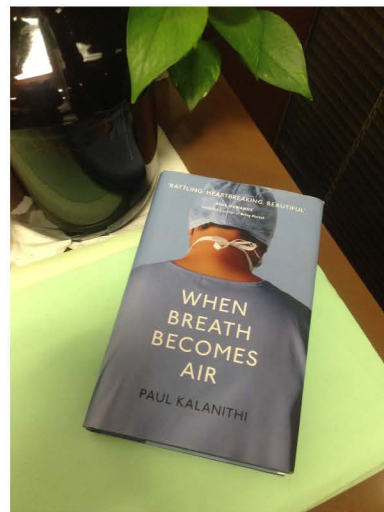
There was a sense of a power struggle between Kalanithi and Emma, his doctor, which show just how frustrating it must be having had several lives put into your hands, and putting your own into someone else's. His relationship with his doctor is a very important part of this book because unlike most other doctor- patient relationships, they both knew what was coming.

During Kalanithi's struggle, his bond with his wife, Lucy, grew stronger, he swayed back to his initial passion, literature, and he became a father. He dedicated this book to his daughter, Cady.

'When Breath Becomes Air' is a moving tale of how Paul Kalanithi went from living to struggling for a mere existence, before gracefully accepting death. During his last days, he told his family that if he were to come out of his cancer alive, he would not be able to live a meaningful life, because by that point, breath, had become air.

"I knew someday I would die, but I didn't know when. But now I knew it acutely. The problem wasn't really a scientific one. The fact of death is unsettling. Yet there is no other way to live."

Perhaps the most poignant message of this book is that this is, or can easily be, any doctor's story.

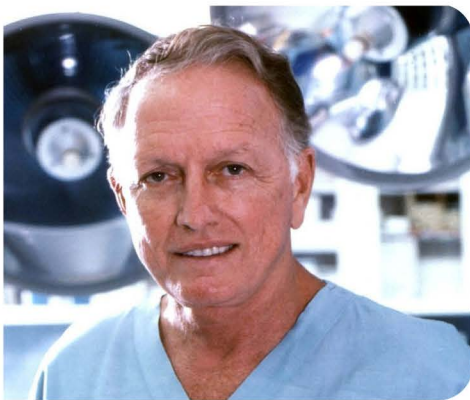


Asra Jafarey
Daughter of Aamir Jafarey

Surgery through the Ages

A Memory of Denton A. Cooley

Back in the early '90s, when I finished training, there were some iconic figures in the world of surgery who surgeons looked up to. In the cardiovascular world, Alain Carpentier, Tirone David, Magdi Yacoub, Stanley Crawford, Toby Cosgrove, to name a few, were among those who people traveled from far and wide to watch operate. Dr. Cooley, who passed away last year at the age of 96, on the other hand, was revered by all surgeons. I only realized why when I spent a week watching him at the Texas Heart Institute. Prior to that I had two-day encounters with him twice as a resident, in Cleveland and then in Minneapolis. I hadn't watched him operate but I did note that every time Toby Cosgrove would demonstrate a surgical maneuver that made something easy, he would say that he had learned that from watching Cooley. So I just had to see for myself.



One day in 1992, I walked into his OR, only find this 6ft, 4in, slender, larger than life figure with an even pitched Southern drawl, performing a Whipple. When the wound was being dressed, I looked up to see that just 3 hours had passed since the incision. It was fastest Whipple I had ever seen. Yet, at no time did I notice any hurry, hesitation, struggle or hear a raised voice. I voiced my surprise, expecting to see only heart surgery. Response: "Oh I really don't do these but the patient is a friend and he asked me to do his surgery. So I did". Through the week he did CABGs, valves, aneurysms, VSDs, coarctations, Fontans, gall bladders, lungs,

whatever one can think of. The story was the same. Clock seemed to stop when he operated. He seemed to be thinking six steps ahead all the time. Every anastomosis was the same running prolene. The GI ones were inverting and the vascular ones everting. No purposeless moves. No pauses.

Even in the middle of the worst disaster, he was completely unruffled. After all, when he came back from Minnesota after watching Kirklin and Lillihei use heart lung machines, he is said to have lost five consecutive ASD patients in one day, came back unfazed the next morning and had the sixth one survive.

In the corridor leading up to his office was a statue of his, labeled "the world's greatest surgeon". Once a lawyer asked him during a lawsuit if it was true what people said about him that he was the world's greatest surgeon. He said "yes". "That doesn't sound very modest" said the lawyer. " No" he said. " But remember I am under oath". Dr. Cooley was a champion basketball player in college. He played golf and music and served two years in the military. He had five daughters.

His name was on 1400 publications. He authored 12 books. Received numerous medals and awards. He was a resident at Hopkins when the first Blalock shunt was done. Open heart surgery did not exist. He went and learned every new thing that came out, started doing it and developed the easiest, cost effective way to do it. He put up a training program, the graduates of which have served all over the world, including Pakistan. He partnered with entrepreneurs and put up the Texas Heart Institute where he had the freedom to develop his own group and to do things his way. You could say that that's where the first "service line" was created.



Sulaiman Hasan

A life fully lived and certainly worth studying.

How hand washing became a part of surgery: **Stories of Ignaz Semmelweis and Joseph Lister**

The story of asepsis probably originates from the brilliant observations of a young Hungarian physician Ignaz Semmelweis, working in one of two adjacent located maternity wards at Vienna General Hospital. Of these two clinics, one was run by doctors and medical students; and the other by midwives. For some reason, the mortality difference was found to be enormous between the two, upto 18% for the ward run by doctors (yes, every 1 in 5 women were dying) compared to 2-3% for that run by midwives. Curiously enough, the mortality



rate for childbirth at home was less than 1%. Doctors and students in those days didn't care much about hand-washing or changing clothes in between procedures, and actually took pride in the stench and stains. Semmelweis postulated that the difference was due to the doctors and medical students, who were performing autopsies, and then seeing patients without washing hands in between (midwives by law were forbidden to do autopsies). This was well before Louis Pasteur and the recognition of micro-organisms and hence the theory was met with severe criticism and even ridicule. Even though he showed that the introduction of hand washing brought down the mortality rates almost immediately, his theory implied that the doctors were responsible for the previously high mortality, and became hugely unpopular with the physician leaders. His obsession with hand washing and his blunt accusations also did not help, and soon led to his removal from those hospitals. His good work though continued in another hospital and later on, Semmelweis found the dirty linen of patients as a source of mortality. The laundry was merely replacing linen without washing and the infection was being transmitted from mothers who died from sepsis, to the new occupant of the bed. Once the laundry was changed, the mortality once again came down. Only a few years later, these results would have been explained on the basis of 'Germ Theory', and the genius of this man would have been recognized. But sadly, Semmelweis died restrained, in an asylum, shunned from the medical society, ironically from an infected wound. Today, there are several hospitals, and a university in Budapest named after him. He is also the subject of several books, novels, plays, movies, and even an Oscar winning short film 'That mothers might live'. His life has also inspired the nomenclature Semmelweis Reflex, a term used when people refuse to accept new knowledge merely because it contradicts the accepted norms

Joseph Lister (1827-1912) was a British surgeon working at the Glasgow Royal Infirmary, who was the first to apply Louis Pasteur's discoveries to surgical practice. He developed the idea after learning that creosote was successfully used for treating sewage and first tried carbolic solution on a young boy with a compound fracture, which in those days would normally advance to wet gangrene and eventually an amputation. The boy's limb was salvaged and his fractured healed. This was published in Lancet and Lister went on to try carbolic acid on instruments, swabs, patients' skin and dressings.

His surgeries would also be carried out under a fume of carbolic steam, which would make everything moist, creating an effect of operating in a fog or a rainstorm. The drops had to be kept small to prevent damage to the eyes and Lister is said to turn up the collar of his coat to protect himself. The results were unbelievable. Mortality rates



Shahzad Shamim

plummeted and although there were some nay-sayers in the beginning, the practice was immediately accepted. Lister became a hero and to adjust to his recommendations, the old-style wooden operating theatres were replaced with metallic ones, operating room clothes were separated from outside clothes, and soon enough, operating gloves were introduced, revolutionizing surgery.

Today, Lister is remembered through the prestigious Lister Medal, and being one of only two British surgeons (other being John Hunter) to have a public monument in his honor. Several institutions are also named after him but perhaps the most unusual honor may be the naming of the highest point in the Royal Society Range, Antarctica, as Mount Lister. Lister is also the inspiration behind the Listerine mouthwash, and has a bacterium 'Listeria', as well as a slime mould genus 'Listerella' named after him.

Further Reading:

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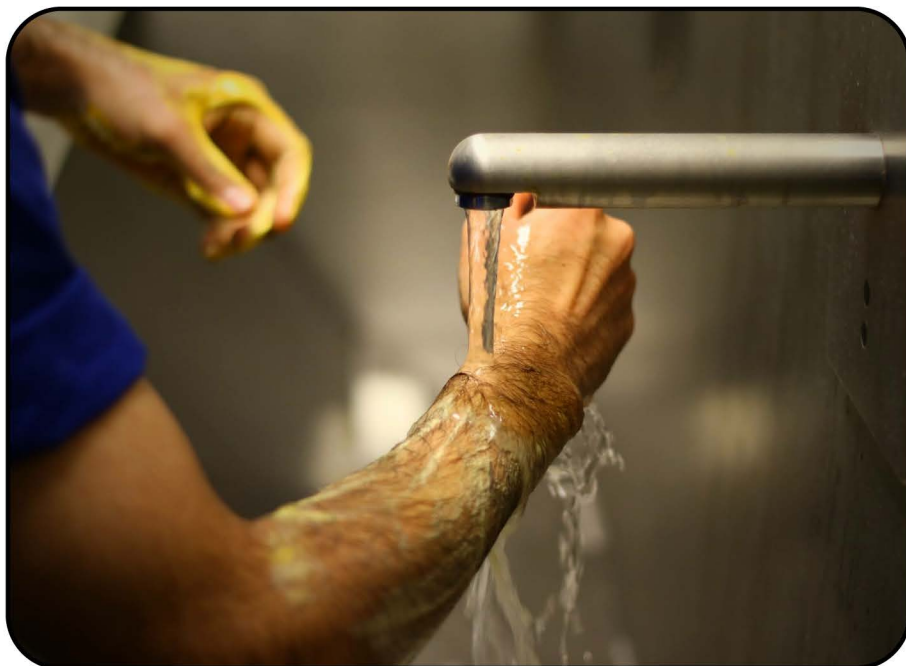
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Picture Credit: Hassaan Bari

Our Front Cover



This painting is an allegorical representation of growth of an individual from reading and reflecting on the knowledge in books, to searching and assimilating information from the computer; and of his journey through life leading his 'sons' up the ladder of knowledge under a Banyan tree. It predicts that books will be covered by Cobwebs; but that the roots of the tree of knowledge will continue to provide firm support and anchor. It is a representation of the evolution of the brain from a book dependent to a computer dependent mode all under a traditional banyan tree.

Production Notes: This was conceptualized and executed in 1990, as a drawing for the creation of a stained glass window, in the space of two weeks. The painting was mostly by me, but all immediate members of the family have their brushstrokes in it. Subsequently when the university asked for paintings for the Jenabai Shariff building I had it photographed by IzdeyarSetna. Transferred onto a plastic film, which was grafted onto a beveled glass, the transparent copy was donated to the University for placement in the JHS building.

The painting was predictive. No faculty had a computer in the office. Yet it shows a man sitting by a 'non existent' computer. It also demonstrates the value of early childhood development where a father assists his children up the steep steps of the steppe of learning, and the resultant explosive development of the brain.



Jamsheer Talati

Residents' Corner

Cleared FCPS Examination



Akber Jaleel Zubairi
Orthopaedic



Mohammad Farhan
Urology



Saad Akhtar Khan
Neurosurgery



Faheem Khan
Neurosurgery



Sajjad Ali Zaidi
Otolaryngology



Shoaib Hassan
Orthodontics



Maham Muneeb Lone
Operative Dentistry



Cleared IMM Examination



Bilal Ahmed
Orthopedics



Haris Patel
Paediatric Surgery



Samiullah Bashir
Neurosurgery



Ausaf Usmani
Orthopaedics

Residents Reaching Out

Residents	Event	Venue
Cardiothoracic Surgery		
Muhammad Tariq	Morrison Hospital Swansea - Clinical Attachment	South Wales, England
Muhammad Tariq	Newcastle Upon Tyne Hospital - Clinical Attachment	Newcastle, England
General Surgery		
Amyna Shoukat Ali	2016 NCRI Cancer Conference	Liverpool, England
Muhammad Sohaib Khan	American College of Surgeons Clinical Congress	Washington DC, USA
Noman Shahzad	5th International Conference and Exhibition on Surgery	Alicante, Spain
Neurosurgery		
Muhammad Faheem	84 th AANS Annual Scientific Meeting	Chicago, USA
Dentistry		
Muhammad Hasan	15th Euro Dental Congress 2016	Rome, Italy
Sheikh Bilal Badar	16th Euro Dental Congress 2016	Rome, Italy
Sadia Tabassum	15th Euro Dental Congress 2016	Rome, Italy
Rabia Ali	15th Euro Dental Congress 2016	Rome, Italy
Waqar Jeelani	Asia Pacific Congress on Dental and Oral Health	Bangkok, Thailand
Batool Ali	Asia Pacific Congress on Dental and Oral Health	Bangkok, Thailand
Hafiz Taha Mahmood	Asia Pacific Congress on Dental and Oral Health	Bangkok, Thailand
Orthopaedics		
Akbar Jaleel Zubairi	AO Trauma Course - Advanced Principles of Fracture Management	Dubai, UAE
Syed Talal Aqueel	Comprehensive Review in Hand and Upper Extremity Surgery	Chicago, USA
Otolaryngology		
Hamdan Pasha	17th International Congress of Endocrinology	Beijing, China
Pediatric Surgery		
Huma Faiz Halepota	World Federation of Associations of Pediatric Surgeons (WOFAPS) Congress 2016	Washington DC, USA
Urology		
Nasir Khan	Annual Academic Session organized by the Sri Lanka Association of Urological Surgeon	Colombo, Sri Lanka
Hussam uddin	EUSC 2016: Emirates International Urological Conference	Dubai, UAE
Jamil Ahmed	EUSC 2016: Emirates International Urological Conference	Dubai, UAE

Fellows and Instructors

Name	Event	Venue
Breast Surgery		
Sana Zeeshan	European Conference of Trauma & Emergency Surgery	Copenhagen, Denmark
Sana Zeeshan	3rd ESO-ESMO Breast Cancer in Young Women International Conference	Lugano, Switzerland
General Surgery		
Rizwan Sultan	American College of Surgeons Clinical Congress	Washington DC, USA
Hassan Bari	Hepatobiliary Pancreas Surgery Department, Yonsei University College of Medicine - Clinical Attachment	Seoul, Korea
Saleema Begum	12th International Congress of The Asia Pacific Hernia Society	Tokyo, Japan
Neurosurgery		
Saad Akhtar Khan	Congress of Neurological Surgeons (CNS) Annual Meeting	San Deigo, USA
Orthopaedics		
Yasir Mohib	AO Trauma Workshop	Izmir, Turkey
Yasir Mohib	AO Advance Course	Bahrain, Manama
Sherbaz Khan	AO Advance Course	Bahrain, Manama



Noman Shahzad, Resident, General Surgery
Completed Masters of Science - Epidemiology & Biostatistics

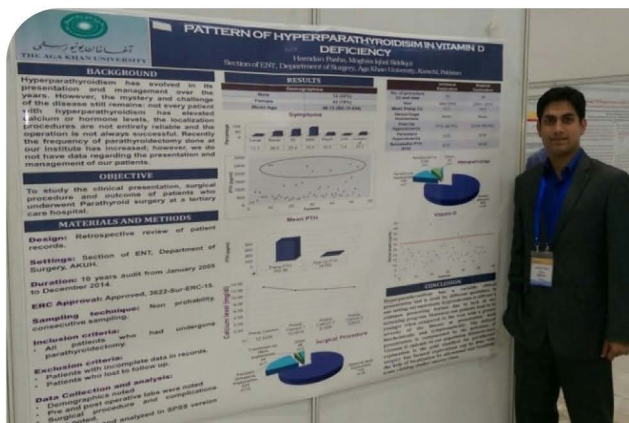


Faheem Khan with Mark S Greenberg at
AANS Chicago, USA



Mohammad Tariq Usman with OR team of
Freeman Hospital Newcastle upon
Tyne Newcastle, UK

Residents Reaching Out



Hamdan Pasha at International Congress of Endocrinology at Beijing, China



Aamna Shoukat with the company of Biologist Travel Grant' winners at NCEI Liverpool, England



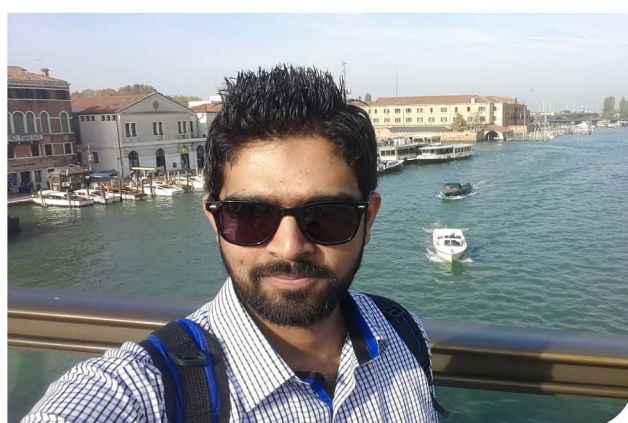
Huma Faiz at World federation of association of pediatric surgeons at Washington, USA



Rahim Dhanani, best moderated poster presentation, Annual PGME Conference, AKU



Sana Zeeshan at Oncology's cancer survivor day, AKU



Sheikh Bilal Badar at Venice, Italy

Residents Reaching Out



Waqar Jeelani Snorkeling at Maya Bay, Thailand



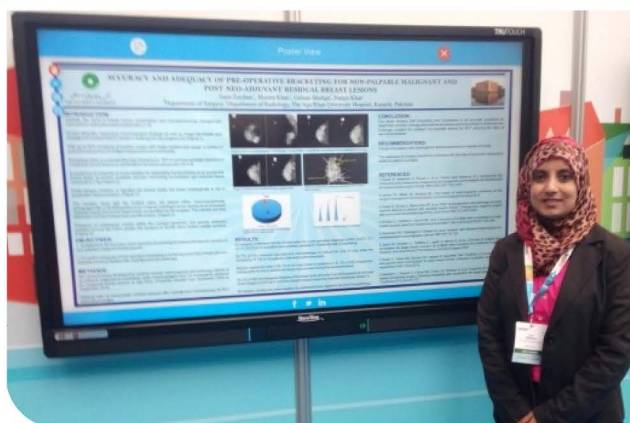
Hafiz Taha Mahmood at Phi Phi Island, Thailand



Saleema Begum at Princess in the wonderland, Disney World, Tokyo Japan



Noman Shahzad & Tanzeela Gala
Happy moments on MRCS convocation
at Royal College of Surgeons England, UK



Sana Zeeshan at ESMO congress 2016
held at Copenhagen, Denmark



Amyna Shoukat Poster presentation
at NCRI Liverpool, England, UK

Residents Reaching Out



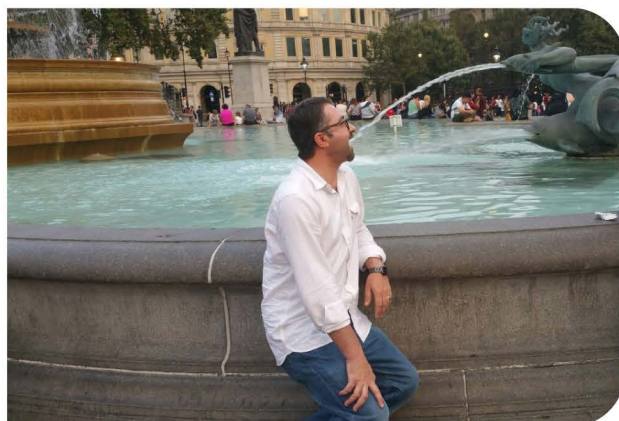
Mubasher Ikram, Rahim Dhanani, Adnan Khan & Zeeshan Shaikh at Pakistan Society of Otolaryngology (PSORL), Peshawar



Nuzhat Faruqui, Wajahat Aziz, Hussam Uddin, Jamil Ahmed at 5th Emirates International Urology Conference, Dubai, UAE



Faheem Khan & Saad Akhtar with previous neurosurgery fellow Bilal Khan and alumnus Rajesh Kumar at Germany



Mohammad Tariq Usman at Trafalgar Square London, UK



Hassan Bari at Seoul, Korea



Naveed Zaman Akhunzada at 29th Annual Conference Pakistan Society of Neurosurgery, Lahore

Graduate of Residency Programs 2016



Fazal Wahab Khan
Cardiothoracic Surgery



Jahangir Farman Ali
General Surgery



Noman Shahzad
General Surgery



Faheem Khan
Neurosurgery



Rabia Ali
Operative Dentistry



Batool Ali
Orthodontics



Waqar Jeelani
Orthodontics



Akbar Jaleel Zubairi
Orthopedic Surgery



Salman Ahmed Mangrio
Otolaryngology



Huma Faiz
Pediatric Surgery



Hussam Uddin
Urology



Jamil Ahmed Khan
Urology



Muhammad Farhan
Urology

Graduate of Fellowship Programs 2016



Sana Zeeshan
Breast Surgery



Hassaan Bari
Gastrointestinal Surgery



Rizwan Sultan
General Surgery & Trauma

PGME Graduation Ceremony



Journey to become a Cardiac Surgeon

Fazal Wahab Khan

Graduate – Cardiothoracic Program 2016



My journey started in the year 2000, when my aunt could not be operated for 3-vessel coronary disease during Eid holidays due to unavailability of a cardiac surgeon.

Inspired, I chose medicine and graduated from Dow Medical College in 2008. I took my USMLE but for various reasons, decided to stay in Pakistan. I did night calls and research with a job as Lecturer in Liaquat National Medical College, and also gave tuitions to students, until I was selected at AKU as the first resident of CTS integrated program. The first few months of residency were the most challenging. New system, strange faces, and long working hours were pushing me to insanity. Initial two years of GS training were really tough but I emerged stronger. In 2013, I started my dedicated training in CTS, mastering my surgical skills,

administrative and clinical abilities, and improved upon my research achievements, with the best surgeons in the country. They turned me into a hard worker, calm yet an aggressive surgeon. I passed FCPS-2 exam in first attempt during my chief residency and graduated as 'Best Resident' and 'Best Research Scholar'. This could not have been possible without the consistent love, support, patience and encouragement of my wife, my mother who brought me up as a single parent, sacrificed her life and made everything possible and available for me, my two kids Rayan and Raphael who gave me energy to go for rounds every morning, my relatives who prayed for my success, my in laws who I now call Abu and Ammi, my students, friends and my colleagues. I dedicate this journey to my late aunt Razia Khala, my grandmother, and my wife's late dada and dadi.

But the journey has just begun and I have to go further. I now start the beginning of a new chapter in my life as a junior faculty, an Instructor at AKU.





October 23, 2016

Annual Picnic





Annual Picnic

Annual Day





Annual Day

Surgeons' Lives Beyond Theatres



Dinaz Gandhi with Lassie



Inam Pal dirt biking in Karachi



Tabish Chawla with son Essa Chawla



Shahzad Shamim, Ehsan Bari with alumnus Anwar Ahmed in Athens, Greece



Dinaz Gandhi in Phoenix, Arizona



Shahzad Shamim with a group of international neurosurgeons on the Sea of Marmara



Mumtaz Khan at Karachi Golf Course



Masood Umer and Haroon ur Rashid with their boys



Dinaz Ghandhi on her weekend ride



Shahzad Shamim at 10m depth off the island of Churna



Shahzad Shamim with son Shafay in Langkawi



Aneela Darbar in Zanzibar

Gwadar



Swat



Farwell for Graduating Residents & Charna Island-Orthopedics Fellow





Shamsi Farmhouse - General Surgery Faculty & Residents



General Surgery Faculty & Residents



Breakfast Farewell of General Surgery Chiefs



Paediatric Surgery Faculty & Residents

ULPHAT Team at Orphanage, Iftar & Eid Gifts distribution



Every year for the last 4 years, Nuzhat Faruqi, with a few other surgery faculty members and donor friends, organizes a grand iftar party at an orphanage (Al Mohsin Hall in Gulberg – Karachi) under the patronage of ULPHAT Welfare Organization. The party is attended by friends and families of faculty members who not only spend time with the children and their teachers, but also distribute eid gifts, clothes, shoes, eidi, etc., to each child. Here are the photos of one of these iftar parties. To know more about ULPHAT (Unified Liaisons for Promotion of Health and Advanced Treatment) and the amazing services they provide, contact Nuzhat Faruqi, or join ULPHAT’s Facebook page



Nuzhat Faruqi, ration distribution at costal areas of Sindh and Balochistan



Nuzhat Faruqi, during Chitral earthquake relief work

Down the Memory Lane



Residents' Picnic 1992. How many of these gentlemen do you recognize?



Aamir Jafarey, Muneer Amanullah & Tabish Chawla
Pakistan Society of Paediatric Surgeon Conference
at Lahore, February 1993

From our Alumni

Arshad Ali Siddiqui Graduate of Neurosurgery Program 2004



Consultant Neurosurgery & Neuro intervention, Neuroscience institute Hamad Medical Corporation Doha-Qatar

Raja Shahzad Khan Graduate of Orthopaedic Program 1996



Consultant Orthopaedic Surgeon and In-charge of ER at South City Hospital, Karachi

Ghina Shamsi Graduate of General Surgery Program 2008



Surgery Alumnus **Ghina Shamsi** was featured as a strong, professional woman managing work life balance under extreme pressures, in an international print and media ad campaign by a telecommunication company

From our Alumni

Arifullah Khan MBBS, FRCSEd, FRCS (Gen)

Consultant General and Colorectal Surgeon

Head of Enhance Recovery Programme in Surgery

National Trainer for Laparoscopic Colorectal Surgery Programme in UK



Arifullah Khan graduated from Dow Medical College, Karachi and was amongst the first surgical trainees of AKU. He was the Chief Administrative Resident and was later appointed as Instructor in 1992. During this time he developed interest in rapidly evolving laparoscopic surgery.

In order to pursue his aims he left for United Kingdom in 1994, and received training in advance laparoscopic surgery at the University College Hospital London and the Middlesex Hospital. Following completion of sub-speciality training, he was awarded CCST and FRCS by the Intercollegiate Board in Surgery.

He is now working as Consultant General Surgeon and Colorectal Lead at the Mid Cheshire Hospital NHS Foundation Trust and is the Head for Enhance Recovery Programme in Surgery. He is also a National Trainer for laparoscopic colorectal surgery programme in UK and Course Director and National Trainer for Doppler guided minimally invasive haemorrhoidal surgery. He is a JAG accredited endoscopist and is an expert in diagnostic and therapeutic colonoscopies.

Arifullah Khan has continued his interest in teaching and training and is a faculty member in the Royal College of Surgeons of Edinburgh, FRCS exit examination course and MRCS course that is conducted at the Doctors Academy at the Christie School of Oncology. He is an active Educational and Clinical Supervisor and enjoys supervising his trainees in research and helps them in publishing and presenting their clinical work.

Arifullah Khan is settled in UK with his wife and two children. He enjoys sports and cycling. In near future, he is planning to travel internationally as a visiting faculty in order to help and setup advance laparoscopic surgery training programmes in colorectal surgery.

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