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THE AGA KHAN UNIVERSITY

inspire

Innovation, Service & Patient -
Centered Research & Education

Department of Medicine

Volume 2 | Issue 1

Message From The Chair

Dear Colleagues,

First of all, a hearty welcome to our new Dean, Professor Dr. Adil H. Haider who joined this week. We are looking forward to many years under his energetic and dynamic leadership. His foundational message of One AKU Medicine resounds with all of us!

As we bid 2018 goodbye with thanks, I want to take a moment to reflect on some of the initiatives we have launched in the department that I am hoping you will continue your support for this year.

In the last few months our Strategic Planning Taskforce has been hard at work with developing a roadmap for our department for the next few years. We hope to be sharing with you, this month, a list of objectives and activities generated as a result of this group's intense discussions and strategizing. I will be looking to you for your valuable input.

An Academic Reform Council delegated with the task of analyzing areas for improvement for Medicine Grand Rounds came up with formal recommendations. They have revamped Grand Rounds offerings with panel discussions, guest lectures and Case based conferences. They have an exciting line up of speakers and topics and I am very much looking forward to seeing you at the next one.

A Program for Women in Medicine has been started. The overarching goal of this department-wide development program is to promote academic advancement, acknowledge and support accomplishments, and provide mentorship for women faculty and trainees in the Medicine department.

The Department of Medicine Governance Council created to bring service line and sectional leadership together, has been having regular meetings and have been able to have many open and candid discussions to arrive at solutions.

I hope to see you all at the upcoming retreat tentatively planned for Saturday, January 26, 2019.

Wishing you all a new year full of health and good fortune,

Zainab

Diabetes and the Journey of Professor Najmul Islam

Diabetes is on the rise. No longer a disease of predominantly rich nations, the prevalence of diabetes is steadily increasing everywhere, most markedly in the world's middle-income countries.

According to WHO, the number of people with diabetes has risen from 108 million in 1980 to 422 million in 2014. The global prevalence of diabetes among adults over 18 years of age has risen from 4.7% in 1980 to 8.5% in 2014 and has been rising more rapidly in middle- and low-income countries.

One in every six people is a diabetic in Pakistan as 9.04 per cent of new diabetes mellitus (without them knowing about their disease) have been added to updated findings of diabetes prevalence in the country.

A major joint initiative for establishing comprehensive diabetes services at Aga Khan University (AKU) and Aga Khan Health Service, Pakistan (AKHS, P), the Staged Diabetes Management Program (SDM), was undertaken in March 1999 with partnerships between AKU, AKHS, P, George Washington University, Becton-Dickinson, and Nutri-Fit (Canada). This joint venture aimed to provide quality diabetes care and improve clinical outcomes at all levels of care in both institutions. The then new section of DEM played a major role in the first two years of the SDM project and one of the major driving forces behind this initiative was Professor Najmul Islam.

Professor Najmul Islam, a nationally renowned and internationally recognized Endocrinologist lives with his wife and 4 children in Karachi, Pakistan. Dr Najmul Islam graduated from Dow Medical College in 1984. His father was a Commissioner of Income Tax and wanting to instill the values of hard work, honesty and sacrifice, he told his son that you will have to work and finance your post-graduation. This was 1985 and the young Najmul Islam was earning Rs.90/ month as a house-officer, he saved up a year's income, took Qarz-e-Hasna from Banking Council and was awarded a scholarship and with Rs. 41,080 in his pocket landed in UK. Within a few months he had cleared his exam, started his training and returned all his loans with the first month's salary. Being extremely attached to his family, he would visit Pakistan twice a year for the next 5 years so it came as no surprise when he booked the first flight back home as soon as he cleared his MRCP Internal Medicine in 1990 and joined Aga Khan University as Senior Instructor, Internal Medicine.

In those days, there was no Endocrinology section at AKU so he was surprised when one of his colleagues at the time who was awarded a Faculty Development Award (FDA) came back from a year rotation and spoke very highly of the Endocrine department of St Bartholomew's, London. It got him thinking and when he was awarded an FDA in 1995 he went to train at St Bartholomew's, England as well and that was the beginning of his life time affair with Endocrinology. The Endocrine department of St Bartholomew's is of international repute. While at St. Bartholomew's he also spent time in the fertility center of the hospital learning about Reproductive Endocrinology, Infertility Management and IVF while attending the Lipid Clinic of the hospital on a weekly basis. He came back a changed man with an ambition to establish and extend the footprint of Endocrinology in Pakistan.

Upon his return, Dr Najmul Islam and his colleague Dr. Abdul Jabbar established the section of Endocrinology in 1999. A full-time Diabetes & Endocrinology Clinic was officially launched in March 2000 at Aga Khan University Hospital with the help of Dr. J. Akhtar and Dr. A. Jabbar. He started the first ever Endocrine Forum in Karachi, Pakistan in 1998 where a group of Endocrinologists in the city would host monthly meetings to discuss interesting cases and review Endocrine topics. This has now been replaced by Monthly Clinical Meetings under the auspices of Pakistan Endocrine Society. The group initiated the 'Diabetes Endocrinology & Metabolism Fellowship Program' at Aga Khan University in November 2001. They were among the Founding Members of Pakistan Endocrine Society in 2002, a Society which he later on served as President. He also established the Child Growth Society of Pakistan in 2003. The group then decided to further the academic agenda nationally and so approached College of Physicians and Surgeons, Pakistan to develop a national Endocrinology Fellowship Program. The CPSP adopted the AKU curriculum and approved the Endocrinology Fellowship Program in 2008. By then his team at AKU had earned a national reputation and people were referring patients from all over Pakistan. Interestingly, the patient mix was the same then as it is now; a bulk of the patients were diabetic followed by thyroid disorders. Since then, he has not only developed specialized clinics such as Bone and Metabolic Disorders, Diabetic Clinic, Foot Clinic and Thyroid Clinic but physician champions as well to further the agenda. The Endocrine section has been flourishing under his leadership since 2003 and has developed and trained many extraordinary clinicians who have gone on to further the endocrinology footprint nationally. Dr. Najmul Islam and his team at AKU have contributed immensely to developing national capacity in addressing the diabetes epidemic. They are now developing collaborations with international partners to reduce the burden of diabetes in Pakistan. Dr. Najmul Islam is an AKU success story and continues to inspire many physicians across the country.

***Bone and Mineral Diseases
Hello from Pakistan!***

by Sarah Nadeem

Dr. Sarah Nadeem, Assistant Professor Endocrinology recently published an article in the International Society for Clinical Densitometry (ISCD) Newsletter, Connections titled, "Bone and Mineral Diseases

Hello from Pakistan!?. ISCD is dedicated to advancing high-quality musculoskeletal health assessments in the service of superior patient care. A short excerpt is given below;

"Fractured bones=fractured identity" -Richard B. Hovey

Elderly people who fracture a hip have a higher mortality both short term and long term². Yet osteoporosis or "fragility of bones" does not garner the same urgency in health systems like a heart attack or stroke. We as bone health specialists need to explain this message, loudly and clearly. Let's prevent hip (and all) fractures to improve lifespans and quality of life!

I am an Endocrinologist, Assistant Professor at the Aga Khan University Hospital (AKUH), Karachi, Pakistan. Having completed my Endocrinology fellowship at the Mayo Clinic, Rochester and working in the US for 15 years, most recently at the Loyola University; I moved back to Pakistan (and my alma mater) this year.?

To read more, Click [here](#)

Department of Medicine at National and International Forums



CME Symposium on "Psoriasis", spearheaded by Dr. Saadia Tabassum and Dr. Najam us Sehar, Section of Dermatology at Regent Plaza hotel. It was well attended by dermatologists and general physicians with guests speakers from Karachi and Lahore.



Dr. Adeel Khoja, attended the Scientific Manuscript Writing Workshop hosted by the Harvard Medical School Center for Global Health Delivery–Dubai from November 4-8, 2018. This funded opportunity provided Dr. Khoja with a protected time to draft a manuscript, related to Hepatitis C test-and-treat model, which is currently being implemented at rural and urban union councils of Malir District, under mentored training of Harvard scholars and faculty members.

Research Associate, Taj Muhammad, performing HCV Rapid Test as a part of Dr. Saeed Hamid's study, "Extension of Hepatitis C Screening, Diagnosis and Treatment into the Community" at Bhitaiabad, Karachi.



Professor. Dr Wasim Jafri received Master of the American College of Gastroenterology, for his recognized stature and achievement in clinical gastroenterology and teaching and his contribution to the College in service, leadership and education.

To view the clip, click [here](#)



Dr. Javaid A. Khan at his son's (Dr. Zain A. Kahn) convocation at Dow University of Health Sciences. His son also recently graduated from the AKU Internship program

Endocrinology Section organized a CME lecture on "Endocrine Update for Physicians?" Dr Nanik Ram gave a talk on Thyroid Dysfunction, Dr Aisha Sheikh on Poly Cystic Ovarian disease and Dr Muhammad Qamar Masood updated the physicians on Vitamin D Deficiency. Over a hundred physicians participated in this CME.



Dr. Salman Farooq, final year Neurology resident was awarded a travel grant to present his paper at the American Neurology Association (ANA) Meeting held in Atlanta, Georgia, 21st -23rd October, 2018.



Mr. Shaheen Hirani and Mr. Sarfaraz Pyarali graduated from the Diploma Program (Healthcare & Lean Hospital Management) of Pakistan Institute of Management, sponsored by Dept. of Medicine, AKU.

Sinking Heart by Minaz Mawani (published in DAWN Newspaper)

Dawn Newspaper published an OpEd by Ms. Minaz Mawani, an Epidemiologist and Senior Instructor, Research in which she stressed upon the mortality rate due to cardiovascular disease and highlighted the efforts being undertaken at Aga Khan University to increase the awareness about cardiopulmonary resuscitation (CPR) and more specifically hands-only CPR recommended by the American Heart Association for laypersons who see someone suddenly collapse in an out-of-hospital setting. A short excerpt is given below;
 ?EVERY hour, approximately 46 individuals die because of cardiovascular disease in Pakistan. About half of these deaths are due to sudden and unexpected cardiac events, leading to cessation of cardiac activity. This is also known as cardiac arrest.

The current structure of pre-hospital care services in Pakistan is unable to deal with this burden, effectively leading to a poor survival rate. Few ambulances are equipped with trained personnel and equipment to provide timely life-support interventions.?

To read more, Click [here](#)

What Are Academics Around the World Reading This Month?

-Gut checkpoint: A rising cancer treatment may get a boost from intestinal bacteria

Azvolinsky A.

Nat Med. 2018 Mar 6;24(3):251-253. doi: 10.1038/nm0318-251.

To read click; http://bit.ly/gut_checkpoint

- An atlas of genetic influences on osteoporosis in humans and mice

Morris JA, Kemp JP, Youtten SE, Laurent L, Logan JG, Chai RC, Vulpescu NA, Forgetta V, Kleinman A, Mohanty ST, Sergio CM, Quinn J, Nguyen-Yamamoto L, Luco AL, Vijay J, Simon MM, Pramatarova A, Medina-Gomez C, Trajanoska K, Ghirardello EJ, Butterfield NC, Curry KF, Leitch VD, Sparkes PC, Adoum AT, Mannan NS, Komla-Ebri DSK, Pollard AS, Dewhurst HF, Hassall TAD, Beltejar MG; 23andMe Research Team, Adams DJ, Vaillancourt SM, Kaptoge S, Baldock P, Cooper C, Reeve J, Ntzani EE, Evangelou E, Ohlsson C, Karasik D, Rivadeneira F, Kiel DP, Tobias JH, Gregson CL, Harvey NC, Grundberg E, Goltzman D, Adams DJ, Lelliott CJ, Hinds DA, Ackert-Bicknell CL, Hsu YH, Maurano MT, Croucher PI, Williams GR, Bassett JHD, Evans DM, Richards JB.

Nat Genet. 2018 Dec 31. doi: 10.1038/s41588-018-0302-x. [Epub ahead of print]

To read click; http://bit.ly/An_atlas_of_genetic_influences_on_osteoporosis

- Helen Salisbury: Did you save any lives today?

BMJ 2019;364:k5039

To read click; http://bit.ly/Did_you_save_any_lives_today

- Association between intake of non-sugar sweeteners and health outcomes: systematic review and meta-analyses of randomised and non-randomised controlled trials and observational studies

BMJ 2019;364:k4718

To read click; <http://bit.ly/2F5YDvY>

- Circulating high sensitivity C reactive protein concentrations and risk of lung cancer: nested case-control study within Lung Cancer Cohort Consortium

BMJ 2019;364:k4981

To read click; http://bit.ly/highsensitivityCreactiveprotein_and_risk_of_lung_cancer

- Understanding Links among Opioid Use, Overdose, and Suicide

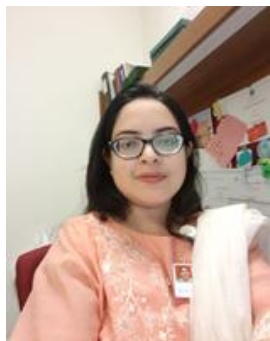
N Engl J Med 2019; 380:71-79

DOI: 10.1056/NEJMra1802148

To read click; <http://bit.ly/2R568KN>



Congrats!
Dr. Fateh Ali Tipoo
has been
appointed Associate
Professor-
Cardiology,
effective December,
2018



Congrats!
Dr. Sobia Siddiqui
has been
appointed Manager,
Dept. of Medicine,
effective January,
2018



Featured Faculty Profile

Dr. Om Parkash; ? Man is the Architect of his own fortune?

What made you pick Medicine as your calling in life?

During my childhood my youngest brother underwent three surgeries that made me decide to pursue medicine. Unlike most people, I come from a very humble and rural background in Ghotki, Sindh. My basic education has been from a government. I wanted to come out of that phase and only higher education was the way to achieve this aim. With the financial support of my uncle, I graduated from Chandka Medical college, Larkana, with a Gold Medal in MBBS.

What are your hobbies/interests?

Badminton, watching documentaries and travelling.

Had you not been a doctor, what would you have done?

I would have loved to be either a Software Engineer or Teacher.

What advice would you like to give to your juniors?

Do what you love with passion and sincerity.

What lessons have you learned from your seniors?

Perseverance, leadership skills and mentoring skills.

What made you choose AKU?

Being best graduate of my university I wanted to be trained from the best organization in the country and AKU was the clear choice.

What in your opinion is your biggest accomplishment; 1 personal and 1 professional?

Personal: Higher education of my siblings (brother and sister).

Professional: Advance therapeutic endoscopy especially ERCP and Luminal stenting.

Tell us about 1 challenge/failure that taught you a lot in life

Being a member from a humble and minority resident, I had to work much harder to achieve my targets and prove myself to get where I am. That proved the saying that ? Man is the Architect of his own fortune?.

Who/what do you draw your inspiration from (your muse if you may) and why?

I draw my inspiration from my mentor Dr Saeed Hamid, in therapeutic endoscopy and his patience in teaching me ERCP. Also people like Nageshwar Reddy as well as Shayam who are world leaders in therapeutic GI procedures.

What are your future goals?

To introduce advance postgraduate training program in GI endoscopy and further enhance my advance therapeutic endoscopic skills by getting international exposure.

Publications

Disrupting Fellow Education Through Group Texting: WhatsApp in Fellow Education?

Kochar A, Rymer J, **Samad Z**; Duke Cardiovascular Education Group.

J Am Coll Cardiol. 2018 Dec 25;72(25):3366-3369. doi: 10.1016/j.jacc.2018.11.007.

Outcomes of patients with Guillain Barre Syndrome ? Experience from a tertiary care hospital of a developing Asian country and review of regional literature

Sarah H Siddiqui, Tahira H Siddiqui, Masood U Babar, **Adeel Khoja, Sara Khan**

Journal of Clinical Neuroscience <https://doi.org/10.1016/j.jocn.2018.11.031>

Impact of sepsis and non-communicable diseases on prognostic models to predict the outcome of hospitalized chronic liver disease patients

Fakhar Ali Qazi Arisar, Shahab Abid, Preet Ayoub Shaikh, Safia Awan

World J Hepatol. Dec 27, 2018; 10(12): 944-955

Epidemiology of asthma and associated factors in an urban Pakistani population: adult asthma study-Karachi
Shama Razzaq, Asaad Ahmed Nafees , Unaib Rabbani, **Muhammad Irfan**, Shahla Naeem, Muhammad Arslan
Khan, Zafar Fatmi and Peter Burney

BMC Pulmonary Medicine (2018) 18:184

Predictors and Changes in Cardiac Hemodynamics and Geometry With Transcatheter Aortic Valve
Implantation.

Alenezi F, Fudim M, Rymer J, Dunning A, Chiswell K, Swaminathan M, Bottiger B, Velagapudi P, Nicoara A,
Kisslo J, Velazquez E, Vemulapalli S, Bloomfield GS, **Samad Z.**

Am J Cardiol. 2018 Dec 4. pii: S0002-9149(18)32143-X. doi: 10.1016/j.amjcard.2018.11.038. [Epub ahead of
print]

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