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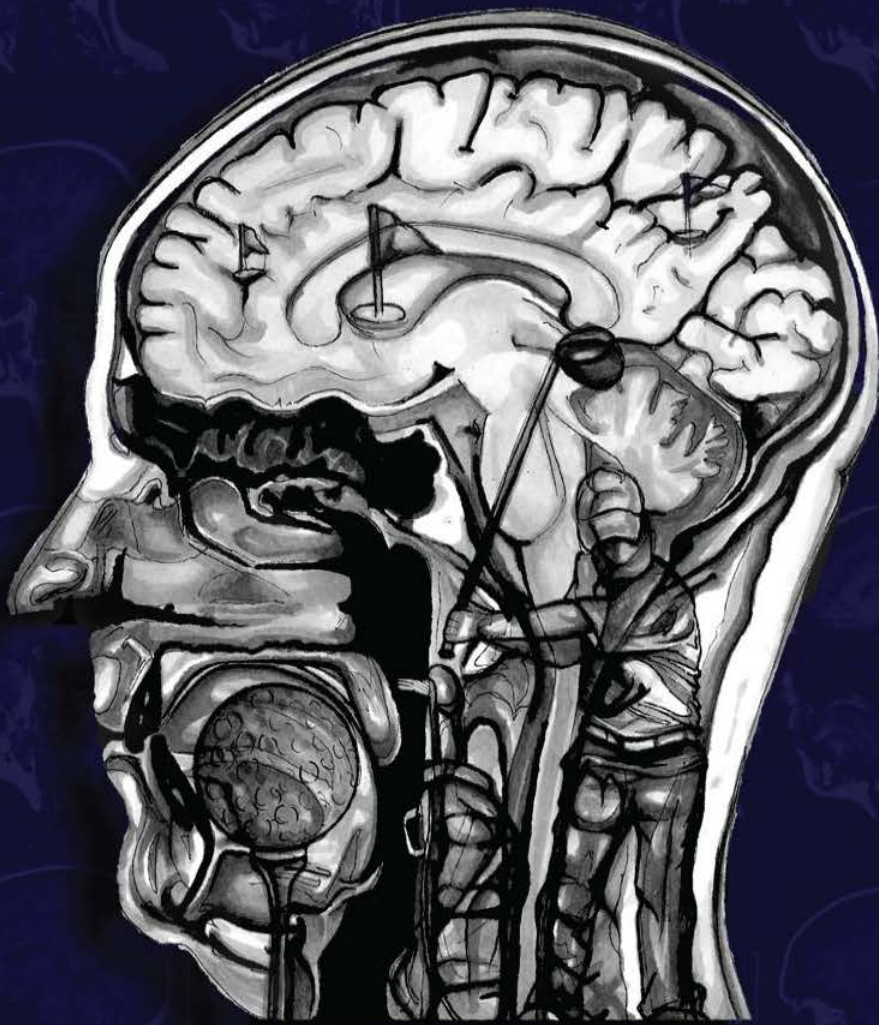
Beyond Theatres : Issue 1, 2016

Department of Surgery
Aga Khan University

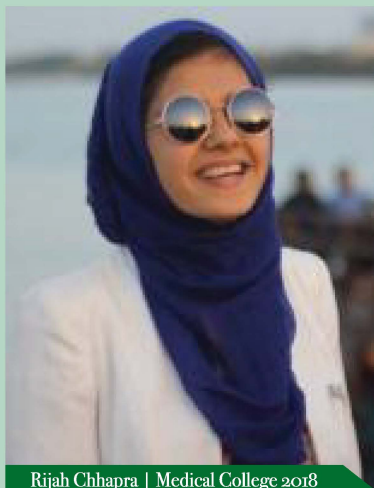
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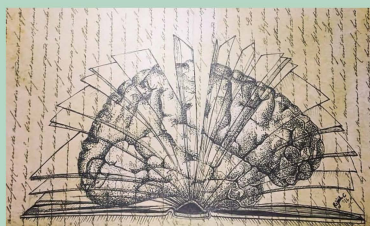
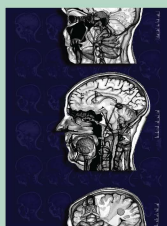
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BEYOND THEATRES



Rijah Chhapra | Medical College 2018



Art has been a part of me for as long as I can remember and I have come to learn that medicine is just another facet of art. A synonym, an embodiment. The human body in all its delicate intricacies continues to inspire me.

Cover Page: Within theatres surgeons handle the fragility of life. They rediscover themselves in these complexities, taking them beyond theatres.

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Taking Beyond Theatres, Further Beyond

Greetings Dear Readers,

As the Department of Surgery grows, so does this newsletter, and in this issue we bring you even more additions to Beyond Theatres. We have added a section **Road to Annual Meeting**, where the preparations for our Annual Surgical Meeting will be shared, including the provisional plan and list of speakers. We hope this will be a regular feature of the first issue of each year, whereas in the second issue, we will be covering the meeting itself. We have added a section **Meet our Alumni** highlighting some of our graduates working at AKU and outside, and a section mentioning **Faculty Visitors**, which will introduce the readers to national and international faculty who took time out to visit us in the last six months. We have also joined hands with Writers' Guild to bring you a little bit of **Narrative Medicine** in each issue, details of which you can find inside.



Last issues' front cover was a photograph by one of our fellows Dr Hassan Bari, and in this issue, we have gone a notch higher. Our front cover has been hand drawn by one of our students Rijah Chhapra, specially for Beyond Theatres. The back cover is once again a photograph by Dr Hassan Bari.

We look forward to hearing from each one of you. Please write to us. Tell us what you are doing. Send us your photographs. Share your achievements. Or just send us a note on how you felt about this newsletter. You can contribute to any of the many sections we feature. We want to use this newsletter as a means for bringing our friends together and as such, have no strict guidelines for publication.

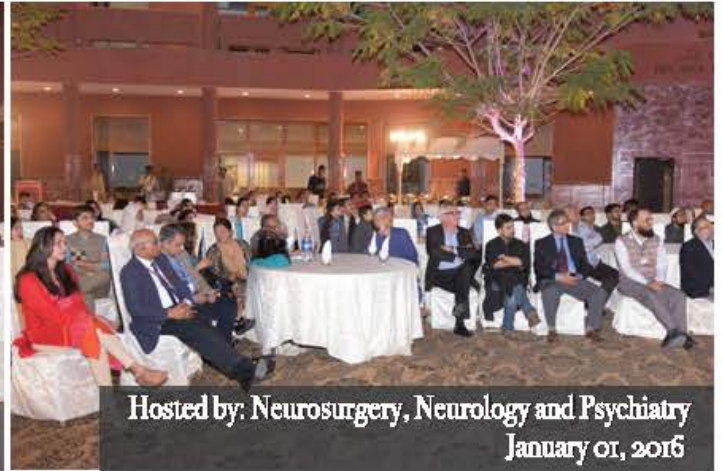
We thank all of those who have contributed in this issue. We also thank all our friends for the positive feedbacks on last issue and hope to continue hearing from you.

Happy reading

- M Shahzad Shamim | Chair, Newsletter Committee

Annual Appreciation Evening Neuroscience

Academic Events



Intern's Skills Workshop



CME Symposium on Bariatric Surgery



Director: Amir Shariff & Rehman Alvi
March 19, 2016



Endnote Workshop



Director: Khabir Ahmad
March 21, 2016

Orthopaedic Review Course



Director: Haroon ur Rashid – Coordinator: Naveed Baloch
March 21-26, 2016

Basic Surgical Skills Workshop



CME Symposium on Neuro-Robotic Exoscope



Vascular Ultrasound Workshop



Director: Zia ur Rehman
April 30, 2016

CME Symposium on Differentiated Thyroid Cancers: Changing Paradigms



Director: Mubasher Ikram & Moghira Siddiqui
May 07, 2016



Preparatory Course TOACS, I.M.M. (Surgery)



Basic Laparoscopic Skills Workshop



Workshop for Surgical Faculty on Building a Great Place to Work



Coordinator: Scott Schweyer - May 2016

Faculty Reaching Out

Faculty	Event	Venue
Breast Surgery		
Abida Sattar	EBCC10 Conference	Amsterdam, Netherlands
Abida Sattar	17th Annual Meeting American Society of Breast Surgeons	Dallas, USA
Shaista Khan	EBCC10 Conference	Amsterdam, Netherlands

Faculty	Event	Venue
Cardiothoracic Surgery		
Hasanat Shariff	Intra Aortic Balloon Pump	Bangkok, Thailand
Hasanat Shariff	Getinge Group Middle East	Rastatt, Germany
Hasanat Shariff	96th Annual Meeting AATS	Baltimore, USA
Muneer Amanullah	ELSO-SWAC 2016	Dubai, UAE
Muneer Amanullah	Bristol Heart Institute	Bristol, UK
Muneer Amanullah	2016 AATS Aortic Symposium	New York, USA

Faculty	Event	Venue
General Surgery		
Amir Shariff	Arab Health	Dubai, UAE
Amir Shariff	Center For Medical Simulation	Boston, USA
Amir Shariff	Bariatric Master Class	Istanbul, Turkey
Hasnain Zafar	Abdominal Wall Repair Master Class	Istanbul, Turkey
Inam Pal	12th World Congress IHPBA	Sao Paulo, Brazil
Rizwan Khan	12th World Congress IHPBA	Sao Paulo, Brazil
Sadaf Khan	Digestive Disease Symposium	Abu Dhabi, UAE
Tabish Chawla	SAGES Annual Meeting	Boston, USA
Tabish Chawla	International Symposium on Pancreatic Cancer	Glasgow, UK

Faculty	Event	Venue
Dentistry		
Attiya Shaikh	AEEDC Dubai World Orthodontic Conference	Dubai, UAE
Attiya Shaikh	International Orthodontic Conference SLOS	Colombo, Sri Lanka
Attiya Shaikh	Global Education Development Centre Education	Dubai, UAE
Dinaz Ghandhi	69th Indian Dental Conference	New Delhi, India
Fahad Umer	ITI Education Week	Bern, Switzerland
Fahad Umer	International Dental Conference	Berlin, Germany
Faisal Qayyum	11th CAD/CAM & Digital Dentistry International Conference	Dubai, UAE
Faisal Qayyum	Dubai World Dental Meeting & AEEDC	Dubai, UAE
Farhan Raza Khan	General Dental Practitioners Symposium 2016, Dubai Healthcare City	Dubai, UAE
Farhan Raza Khan	Course on Systematic Reviews	Oxford, UK
Mubassar Fida	1st International Orthodontic Conference SLOS	Colombo, Sri Lanka
Mubassar Fida	116th Annual Session of AAO	Orlando, USA
Najeeb Saad	Dr. Vailati Adhesive Rehabilitation Course	Lisbon, Portugal
Najeeb Saad	International Dental Conference	Berlin, Germany
Najeeb Saad	56th EXCIDA with 1st FDI Persian Regional and 34th ICOI World Congress	Tehran, Iran
Najeeb Saad	Ontario AGD Fellow Track Courses	Toronto, Canada
Najeeb Saad	Nobel Biocare Global Symposium	New York, USA

Faculty	Event	Venue
Neurosurgery		
Ehsan Bari	84th AANS Annual Scientific Meeting	Chicago, USA
Rashid Jooma	5th Annual Conference of Neurological Surgeons Society of India	Srinagar, India
Shahzad Shamim	84th AANS Annual Scientific Meeting	Chicago, USA
Shahzad Shamim	Istanbul Micro-Neurosurgery Course	Istanbul, Turkey
Syed Ather Enam	AO Spine Advanced Symposium - Trauma And Degenerative Diseases of The Cervical Spine	Ljubljana, Slovenia
Syed Ather Enam	Der Johannes Gutenberg University, Mainz Laboratory Of Experimental Neuro-oncology	Heidelberg, Germany
Syed Ather Enam	University Sains Malaysia	Kelantan, Malaysia

Faculty	Event	Venue
Ophthalmology		
Irfan Jeeva	AOCMF European Forum & 6th AOCMF Advanced Course On Orbital Reconstruction	Birmingham, UK
Irfan Jeeva	Royal College Of Ophthalmologists Annual Congress	Birmingham, UK
Irfan Jeeva	Diploma Course In Aesthetic Medicine	Dubai, UAE
Irfan Jeeva	Intermediate Skills In Plastic Surgery: Soft Tissue Facial Reconstruction	Birmingham, UK
Pir Bux Salim Mahar	31st Asia Pacific Academy Of Ophthalmology Congress	Taipei, Japan
Pir Bux Salim Mahar	12th EGS Congress	Prague, Czech Republic
Rashid Baig	13th International Congress Of The Middle East Africa Council Of Ophthalmology	Bahrain, Saudi Arabia
Rashid Baig	ESASO Modules	Lugano, Malta
Shaukat Ali Chhipa	ESASO Modules	Lugano, Malta
Tanveer Chaudhry	World Ophthalmology Congress	Guadalajara, Mexico
Tanveer Chaudhry	Purpan University Hospital Of Toulouse	Toulouse, France

Faculty	Event	Venue
Orthopaedics		
Masood Umer	Arab Health	Dubai, UAE
Masood Umer	11th Asia Pacific Musculoskeletal Tumour Society Meeting	Kent Ridge, Singapore
Masood Umer	6th PKUPH Advanced Spine & Pelvic Tumor Surgery Course	Beijing, China
Mujahid Jamil	University Of Leeds	Leeds, UK
Naveed M Juman	33rd Annual San Diego Course	San Diego, USA
Riaz Lakdawala	AAOS Meeting	Orlando, USA
Rizwan Haroon Rashid	The Chinese University of Hong Kong	Shatin, Hong Kong
Tashfeen Ahmad	19th Asia Pacific Association Congress	Melbourne, Australia
Tashfeen Ahmad	AO Trauma Middle East Research Forum & Grand Writing Course	Dubai, UAE

Faculty	Event	Venue
Otolaryngology		
Mumtaz J. Khan	12th Annual International ENT Master Class	London, UK
Mumtaz J. Khan	8th Oman Head & Neck Course With Hands-On Cadaver Dissection	Oman, Muscat
Sohail Awan	10th Molecular Biology of Hearing and Deafness Conference	Hinxton, UK

Faculty	Event	Venue
Paediatric Surgery		
Arif Mateen Khan	3rd UAE Clinical Simulation Conference	Dubai, UAE
Muhammad Arshad	APSA Annual Meeting	San Diego, USA
Saqib Qazi	IPEG Annual Congress	Chuo Ku, Japan
Shabbir Hussain	BAPS 2016	Manchester, UK

Faculty	Event	Venue
Research		
Syed Adnan	8th Asian Oncology Summit 2016	Kyoto, Japan

Faculty	Event	Venue
Urology		
Hammad Ather	5th International Urology Meeting	Colombo, Sri Lanka
Hammad Ather	6th International Endourology Meeting	Paris, France
Hammad Ather	EAU 2016	Munich, Germany
Nasir Sulaiman	5th International Urology Meeting	Colombo, Sri Lanka
Nuzhat Faruqui	5th International Urology Meeting	Colombo, Sri Lanka
Raziuddin Biyabani	AUA Annual Meeting	San Diego, USA



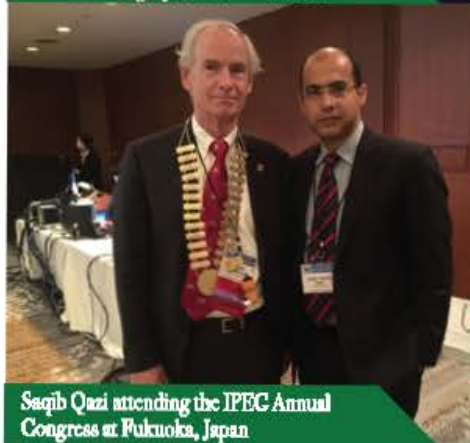
Mujahid Janil attending cadaveric pelvic acetabular surgery course in Leeds, UK



Shabaz Shammim with Professor Hugues Dufau, one of the world's most renowned faculty on brain mapping and Neuro-oncology at Chicago, USA



Shankar Chhipa Operating on Cadaver in ESASO Oculoplastic module in Malta



Saqib Qazi attending the IPEG Annual Congress at Fukuoka, Japan



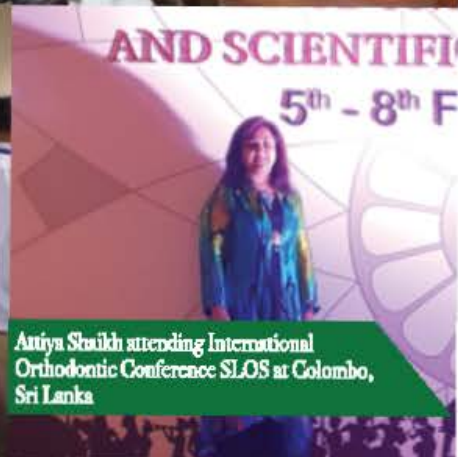
Masood Umer with Orthopedic Residents at Pelvis Workshop



Shankar Chhipa receiving certificate by Prof. Luz Maria Vasquez of Spain at University of Malta



Haroon ur Rashid with residents; Orthopedic Casts and splints workshop



Antiya Shaikh attending International Orthodontic Conference SLOS at Colombo, Sri Lanka



Sobail Awan attending a conference at Molecular Biology of Hearing and Deafness at Hinxton, UK



Haroon ur Rashid with residents; Orthopedic Casts and splints workshop



Tinveer Chaudhry received Diploma at ESASO Graduation ceremony in Barcelona, Spain

Faculty Visitors



Amin Kassam

Neurosurgeon
Aurora Neuroscience Innovation Institute
Milwaukee, USA



Jon Kristinsson

Bariatric & General Surgeon
Aker University Hospital
Oslo, Norway



Syed Faisal Alam

Vascular Surgeon
Western University, Kalamazoo
Michigan, USA



Turab Pishori

General Surgeon
Deakin University
Victoria, Australia

Travelogue

Opulence: Thy Name is Wien

Aneela Darbar, Neurosurgeon

Wien or commonly known as Vienna, is not only the city of magnificent opulence and pomp due to 600 years of Hapsburg Empire but also the "City of Music" and the "City of Dreams". This capital of Austria, lies in the country's east on the Danube river. Art and culture had a long tradition in Vienna, including theatre, opera, classical music and fine arts. Its artistic and intellectual legacy was shaped by residents including Mozart, Beethoven and Sigmund Freud. The city is also known for its Imperial palaces, including Schönbrunn and the Habsburgs' summer residence. In the Museums Quartier district, historic and contemporary buildings display works by Egon Schiele, Gustav Klimt and other eminent painters.



The highlight of my trip was the visit to 19 Berggasse Street, the office of Professor Dr. Sigmund Freud where I saw the first "couch of free associations" (free association is a psychoanalytic term coined by Freud where patients can come relax on the couch in a state of quiet, unreflecting self-observation, and then report internal observation taking care not to exclude any of them). Also many precious original articles are preserved in the museum including the one on the effects of cocaine. The story goes that a friend of Freud was alcoholic and in order cure him of his alcoholism, Freud asked him to switch to cocaine (after testing small doses himself). Miraculously the friend was cured of alcoholism but became a cocaine addict.

My second favorite place was the Wiener Staatsoper or the Vienna State opera house. It's a magnanimous mid-19th century building with Neo-Renaissance façade and architecture. The marble stair case adorned with roman figurines and statues is worth a visit. The opening premiere opera was Don Giovanni, none other but by the famous Wolfgang Amadeus Mozart in 1869.

Another attraction is the summer palace of Hapsburg's empire. The 1,441 room Baroque palace is one of the most important monuments in the country and its vast gardens spans over 300 years, reflecting the changing tastes, interests, and aspirations of successive Habsburg's monarchs. One interesting character that emerged out was of the Empress Elisabeth famously known as "Sissi". Born into Bavarian royalty Sissi was obsessed to maintain her beauty and youthful figure. Despite four pregnancies, she weighed only 50 kg on a frame of 5 feet 8 inches and would go on a "hunger cure" if her weight would exceed 50 kg.

These are just few of the many attractions of Vienna. It is worth a second visit.



Combining work with recreation: Our trip to UK

Farhan Raza Khan, Dentistry



I was looking forward to visit UK this year for two reasons. Primarily, because I was scheduled to attend three academic events scheduled at three different cities in UK in a block of 25 days which is my longest break from AKU in last 14 and lastly being accompanied with my family, we had plans of visiting friends and family on the days where none of my academic events was scheduled.

From 16-18th May 2016, I attended a course on "Meta-Analysis" offered by Prof. Michael Bornstein at Kensington, London. It was an advanced level hands-on course on generating forest plots designed for researchers engaged in Meta-analysis with statistics background. From 19-23rd May, we were free so we took the train to Scotland and visited Falkirk and Edinburgh. In Falkirk, we were hosted by Dr Bilal Ansari (residency graduate of Operative Dentistry 2008 and then Instructor dentistry in 2009). His family joined mine to visit places like Felix and the Giant Falkirk wheel, these are engineering wonders and tourist places of that region.

From 25-28th May, we stayed at central Manchester, where I was confirmed to attend British Dental Association Annual Conference and Exhibition. From 31st May to 8th June, we stayed at Oxford where I attended a weeklong course on "Systematic Reviews" at University of Oxford. The city of Oxford was so peaceful and attractive that it can easily bring Keats and Milton out of any person who possesses even a little artistic sense and esthetic attribute.

We were lucky that for the 13 days of my academic activities in UK, my family got an equal number of days for travel and recreations. Overall, our 26 days in UK were well spent.



Proud to Announce



Haroon Ur Rashid
Orthopaedics - Elected 2nd term
as President of ASAMI Pakistan
(Association for study and
application of methods of Ilizarov)

Welcome on Board



Ali Sadiq
Senior Instructor
Dentistry

**Surgical Neuro-Oncology
Fellowship program has been
approved by PGME and will induct
first Fellow in 2017.**

Promotions



Rizwan Haroon Rashid
Senior Instructor
Orthopaedics



Wajahat Aziz
Senior Instructor
Urology

New Responsibilities



Masood Umer
Section Head
Orthopaedics



Shahzad Shamim
Director
Internship Program



Muneer Amanullah
Interim Associate Dean
PCME

Service Recognition 25 or more years



Ahmed Ali Shah



Amanullah Memon



Jamsheer Talati



Mansur Ahmed



Munawar Rehman



Murad Bana



Rashid Jooma



Rizwan Azami



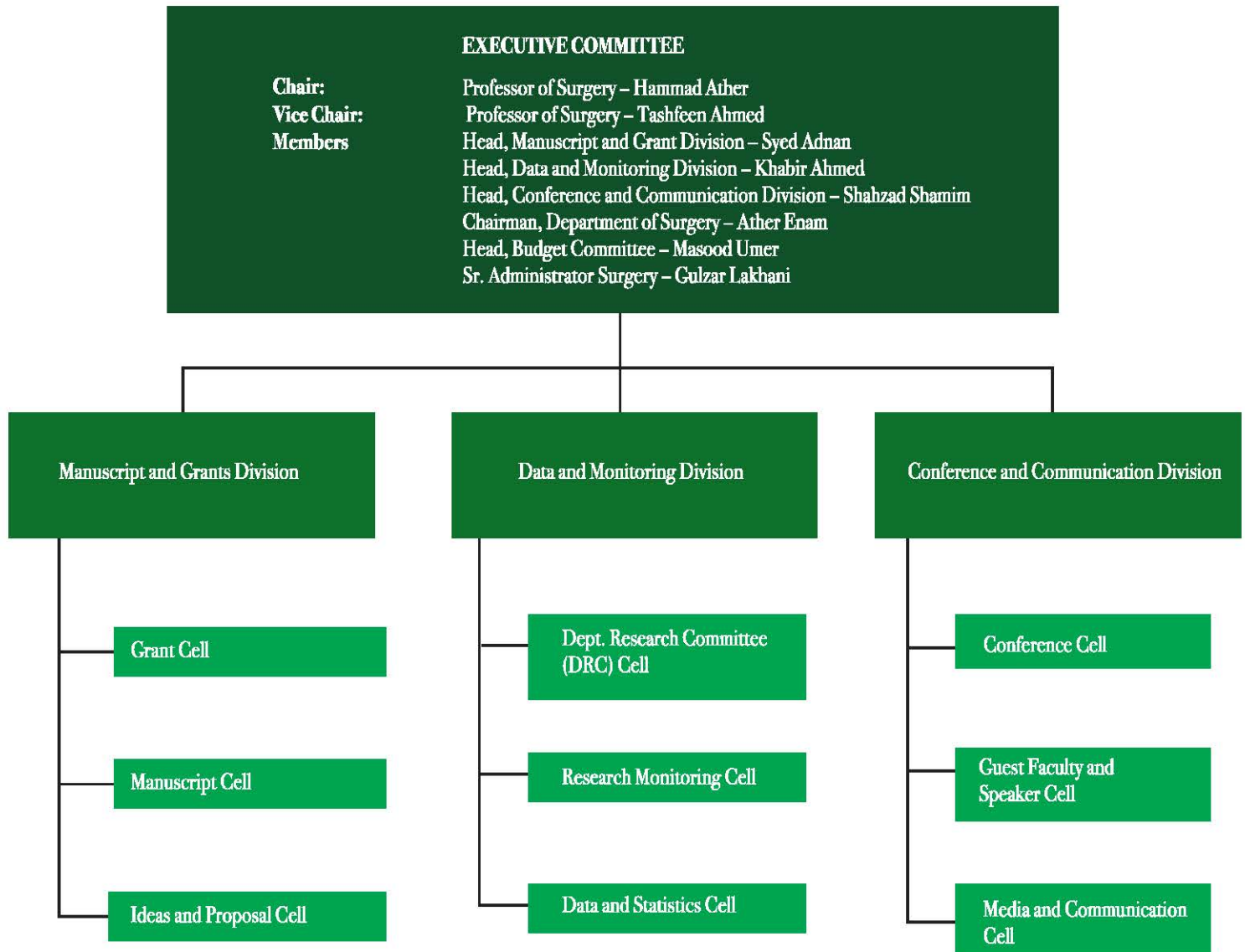
Shaista Khan



Ziad Sophie

Office of Academia and Research in Surgery (OARS)

Organogram



The Office of Academia and Research in Surgery (OARS) will:

- Facilitate, advance and monitor research activities in the Department of Surgery.
- Provide support to research endeavors of surgical faculty members, fellows, residents and staff.
- Organize, promote and develop all activities related to symposia, conferences, workshops and other continuing medical education events.
- Oversee and monitor the progress of the activities through respective OARS cells.

Cleared IMM Examination

Residents Corner



Kashmala Amjad
General Surgery



Abdul Hakeem
General Surgery



Fauzan Alam Hashmi
General Surgery



Faizuddin Najmuddin
Neurosurgery



Muhammad Atif
Orthopaedics



Saleem Qureshi
Orthopaedics



Hussain Wahab
Orthopaedics



Salman Jamil
Urology



Rizwan Nazee
Operative Dentistry

Cleared FCPS Examination



Salman Ahmed Mangrio
Otolaryngology



Huma Faiz
Paediatric Surgery



Fazal Wahab Khan
Cardiothoracic Surgery



Hana Arbab
Paediatric Surgery



Ramiz Mumtaz
Otolaryngology

Residents Reaching out

Resident	Event	Venue
General Surgery		
Noman Shahzad	Annual Congress and Medicare Expo on Trauma & Critical Care	Madrid, Spain
Dentistry		
Farheen Fatima	International Orthodontic Conference SLOS	Colombo, Sri Lanka
Adeel Tahir Kamal	International Orthodontic Conference SLOS	Colombo, Sri Lanka
Plastic Surgery		
Muhammad Asif	Thailand- Singapore-Taiwan, Triangle Plastic Surgical Conference 2016	Hua Hin, Thailand
Muhammad Asif	Annual Middle East Update in Otolaryngology Conference, Head and Neck Surgery	Dubai, UAE
Samiullah Abdullah	25th Annual Hand Review Course & Inaugural Joint Scientific Meeting	Kent Ridge, Singapore
Neurosurgery		
Muhammad Faheem	84th AANS Annual Scientific Meeting	Chicago, USA
Muhammad Waqas	21st Annual Meeting of the Japan Society of Neurosurgical Emergency	Tokyo, Japan
Otolaryngology		
Hamdan Pasha	Annual Middle East Update in Otolaryngology Conference, Head and Neck Surgery	Dubai, UAE

Fellow / Instructor

Fellow / Instructor	Event	Venue
Neurosurgery, Instructor		
Badar Uddin Ujjan	11th Asian Congress of Neurological Surgeons ACNS	Surabaya, Indonesia
GI, Fellow		
Hassaan Bari	12th World Congress of International Hepato-Pancreato-Biliary Association	Sao Paulo, Brazil
General Surgery Instructor		
Tanzeela Gala	Jubilee Conference of the European Society of Surgery	Naples, Italy



Prof. Mushtaq Ahmed Farwell | January 2004

Down the Memory Lane



Fellows Festival 1994



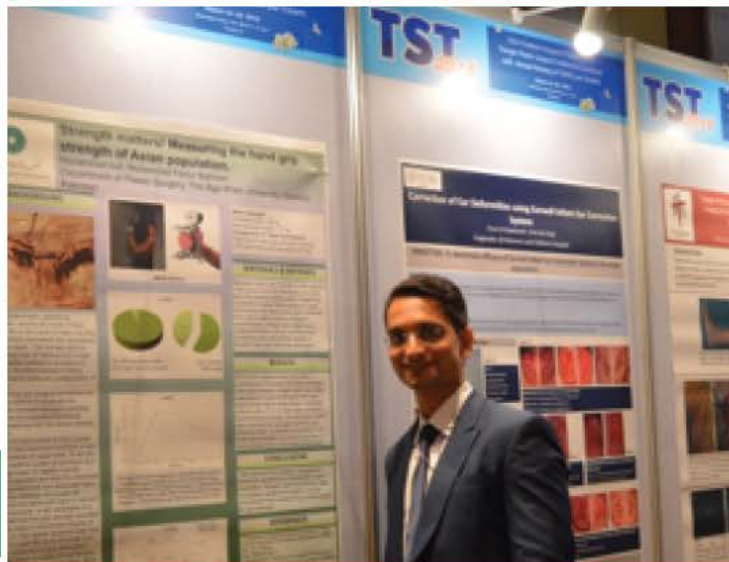
FCPS Graduation Ceremony at CPSP



Samiullah Abdullah attending the 21st Annual Conference - Pakistan Association of Plastic Surgery (PAPSCON 2016) at Peshawar



Faheem Khan, Akber Jaleel & Altaf Laghari attending the Cervical Spine Course at DHA Golf Club Karachi, February 2016



Asif Ahsan was awarded the best poster presentation at 2016 Thailand-Singapore-Taiwan Meeting



Samiullah Abdullah attending the 25th Annual Hand Review Course & Inaugural Joint Scientific Meeting, Singapore



Hamdan Pasha & Asif Ali at Annual East Update in Otolaryngology and Exhibition Head & Neck Surgery Dubai, UAE



Residents & Fellow get together at Kolachi restaurant



ENT Faculty & Residents at Sindh Club



Neurosurgery team at Annual Appreciation Evening
Neuroscience at AKU



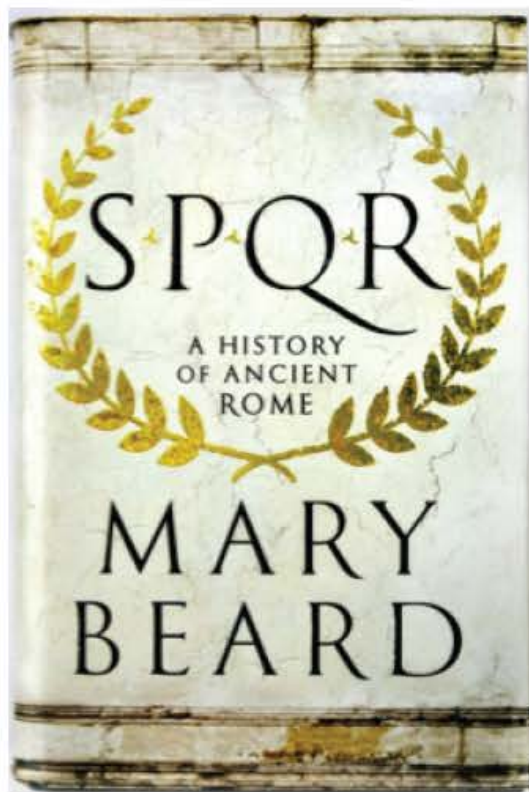
General Surgery picnic at Dream World



Residents Beyond Theatres

SPQR: A History of Ancient Rome

by Mary Beard. Profile Books 2015



It has become fashionable in the tourism business to have an academically qualified guide embellish the sightseeing of historic, architectural and other such sites with learned insights. By extension, the gratification of reading a work of popular history could possibly be enhanced by having an author steeped in the learning of the period or the peoples. Mary Beard is Professor of Classics at Cambridge and through her writings and broadcasting has a remarkable contribution in making ancient civilizations of Europe accessible to general audience.

SPQR is the initialized "trade mark" of Rome proclaiming the Senate and People of The Eternal City and is used by Prof Beard as the title of an extremely engaging guide to the historical landscape from its founding in 753 BC to its dissipation in the tides of rising eastern powers around 350 AD. Not only does she fit in a panoramic view of Rome from its early years as a fledgling republic to its rise and fall as an empire, but the narrative is filled with informed asides, observations and insights that makes the book scholarly in its scope but breezy and enjoyable in its tone.

Beard makes a particular effort to tease out the lives of ordinary citizens especially the women from available sources that are largely focused on the ruling elite. The power of Rome made Roman culture an aspirational goal and she describes how the British elite quickly adopted Roman customs and language after conquest by the legions in AD 43. She points out that they believed that they were assuming civilization though it was really part of their enslavement and the irony of this

should not be lost on South Asian readers with an anglophile background.

It is instructive to appreciate the role of personal ambitions combined with material acquisitiveness in the subversion of democracy in the Roman story and the price of the hubris driving militaristic nations to wars in distant lands.

Why should we be interested in Roman history? The City State was undoubtedly the super power of the ancient world and as a Greek historian wrote "Who could be so indifferent or so idle that they did not want to find out how, and under what kind of political organization, almost the whole of the inhabited world was conquered and fell under the sole power of the Romans in less than 53 years, something previously unparalleled?" But to make my case of the import of looking back in history, I turn to Marcus Tullius Cicero who is a prominent feature of all accounts of Rome, in large part owing to his voluminous writings that have passed down to posterity. Indeed Beard begins her book by an account of the conspiracy against the state when Cicero was Consul. It was Cicero who said "To be ignorant of what occurred before you were born is to remain always a child. For what is the worth of human life, unless it is woven into the life of our ancestors by the records of history?"



- Rashid Jooma

On returning for the dead ...literally.

Surgery through Ages

If eternal life eludes us, and death is inevitable, then the next best thing is, perhaps, being reborn. But not in the hazy hereafter, but right here, in the world we are familiar with, in the body that we call ours, back into the saddle we have been occupying thus far.

Robert Cornish (1903-1963) was obsessed by the idea of bringing the dead back to life. He had the right credentials, with a PhD at the age of 22, he had a solid scientific training. In order to restore circulation he made use of a see saw sort of a device, to rock the circulation back into action once the heart had given up. The back and forth rocking, generally associated with efforts towards trying to put pesky kids to sleep, was being used to wake up the dead in this case. This was of course aided by a concoction of some adrenaline, mixed with some heparin, liver extract, gum arabic, and blood, all injected through a fat needle intramuscularly. Cornish also attempted to deliver the kiss of life to the corpse by directly puffing oxygen into the mouth of the dearly departed, in order to lure him back to the world he had left. Strangely enough, it never worked.

Cornish however is credited in bringing back to dead dogs back to life, an event he had filmed and is available on You Tube for all to see and judge. After his success with the dogs, a death row inmate offered Cornish his body, for revival, an invitation too tempting to turn down by the scientist. However, the body was required immediately following death to initiate interventions, and this was not possible in a gas chamber execution since the deadly gas might have killed the resuscitator himself. Also there was the minor legal matter of double jeopardy, whereby a person cannot be punished twice for the same crime. The fear was that the convict would be killed, then revived and would walk off a free man. But no such luck for this convict. Robert Cornish did find success after all, of not in raising the dead, but in marketing his own brand of toothpaste.

But that was back then. Flash-forward to 2016, the current year. Dr Himanshu Bansal, an Orthopedic Surgeon with a self-professed interest in neurosciences (an oxymoron in its own right), who unabashedly compares himself to Albert Einstein and Isaac Newton, has embarked upon a study that would positively make Cornish blush. But the good orthopod, is not alone in his flight of fantasy. This project, named "ReAnima Project", is a collaboration between Dr Bansal's company Revita Life Sciences and Bioquark Inc, a company based in USA. The project will take place in the small town of Rudrapur in Uttarakhand state in Northern India, a site known more for Hindu pilgrimage, yoga and scenic mountains than for cutting edge scientific research. Basically, the plan is to recruit 20 people, actually 20 brain dead people for two weeks each and see if they will avoid going to the funeral home just yet. The exact details of the interventions that the researchers plan to undertake are not known, however there is plan to inject the cadavers own stem cells to see if its state can be reversed. Whether Dr Bansal also plans on rocking the deceased back to life, as was the modus operandi for Dr Cornish, is also not known.

This study fails on several fronts, scientific as well as ethical. It would never have been permitted in the US but has managed to circumvent regulatory and scientific scrutiny in India because it does not involve living humans, and it is not a drug trial.

Let us, for a moment set our scientific skepticism aside and imagine this really happening: a dead man starts to breathe, opens his eyes and looks around. Will he be the same person? What if a few key synaptic connects got rewired and this is a totally different person who cannot connect to anything around him? And, what if the waking up is partial? Pulled out of the grave, this person now breathes on his own, but is dependent on others for practically everything else he does.

Death is our enemy. That is what has come to define modern medicine. However, is it always worth defying?

Further reading:

<http://www.madscientistblog.ca/mad-scientist-17-robert-cornish/#sthash.ob8ByWMQ.hQ76znYa.dpuf>

<https://www.youtube.com/watch?v=YnRoO4u6gIQ&index=9&list=RDYnRoO4u6gIQ>

<http://scroll.in/article/808634/why-an-indo-us-project-to-bring-the-dead-back-to-life-is-no-lamhing-matter>



- Aamir Jafarey

A Short History of Head Transplants. Yes, really!

Mary Shelly started writing 'Frankenstein; or The Modern Prometheus' as an 18 year old in 1818, and the first edition was published in 1820. Few would have thought this young girl's fantasy would inspire scientists and surgeons to explore the limits of science. Stories about crazy surgeons and mad scientists cannot be complete without the mention of head transplants. Replacing the head of one individual with another is still considered a far-fetched (if not ridiculous) idea by most of us, but for some unusually optimistic, dangerously over-adventurous surgeons, it is a challenge, quite possibly the final frontier in surgery.

Perhaps the first person to come close to performing a head transplant was an American physiologist Charles Guthrie (1880 – 1963). Guthrie's fascination with head transplants not just brought him immense unpopularity, but may have also cost him the Nobel Prize. Guthrie had worked with the famous French physician Alexis Carrel on his projects related to vascular surgery for which Carrel later won the 1932 Nobel Prize in Physiology or Medicine. It is widely considered that the primary credit for this work should have gone to Guthrie rather than Carrel, had it not been for Guthrie's association with head transplant related experiments.

Vladimir Demikhov (1916 -1998) was a Soviet scientist and one of the world's greatest pioneers of solid-organ transplant. He was the first to coin the term 'transplantology' and wrote the world's first monograph on transplantation, which for a long time remained the only monograph on this topic. He is credited with several transplantations between 1930 -1950, including heart transplant, and a heart-lung replacement, both performed in animals. Christiaan Barnard the South African cardiac surgeon who performed the world's first human heart transplant, visited Demikhov's laboratory twice and considered him his teacher.

But Demikhov went a bit too far, when he successfully transplanted the head of one dog to another. His two-headed dogs gained him worldwide fame, but also disapproval from most scientific corners.

A few years later in 1959, Washington Post also reported two cases of head transplants in dogs, performed in China, although the details of these procedures are not available.

Robert White (1926 – 2010) a celebrated American neurosurgeon was greatly inspired by Demikhov's work. In 1970, after a long series of experiments, White was able to perform transplant of one monkey-head onto the body of another monkey. Since the surgery involved division of cervical spine, the monkeys were quadriplegic. However to White's credit, the monkey could still hear, smell, taste, eat and follow objects with its eyes, before succumbing to immune rejection nine days later. Ironically, White went on to become an adviser to Pope John Paul II on medical ethics, and established the Vatican's Commission on Biomedical Ethics in 1981. Even as late as the 90's, White planned to perform a human head transplant (probable patients included Stephen Hawking and Christopher Reeve) and practiced on corpses at a mortuary.

This brings us to the Italian neurosurgeon Sergio Canavero, who as you read this, is planning to perform a much publicized two-part human head transplant procedure, which he has modestly nicknamed HEAVEN (Head Anastomosis Venture) and GEMINI (subsequent Spinal Cord linkage) in 2017. Valery Spiridonov, a 31-year-old Russian has already volunteered his head. The protocols for the procedures have been published in *Surgical Neurology International* and his progress can be followed on YouTube.

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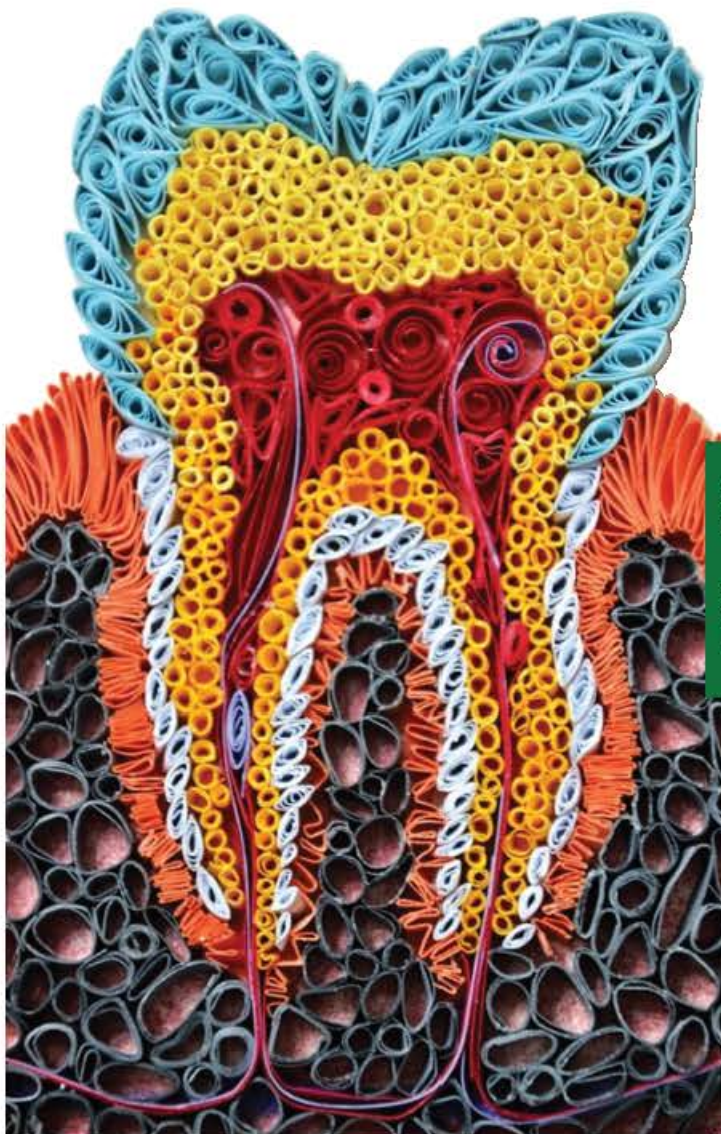
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- Shahzad Shamim

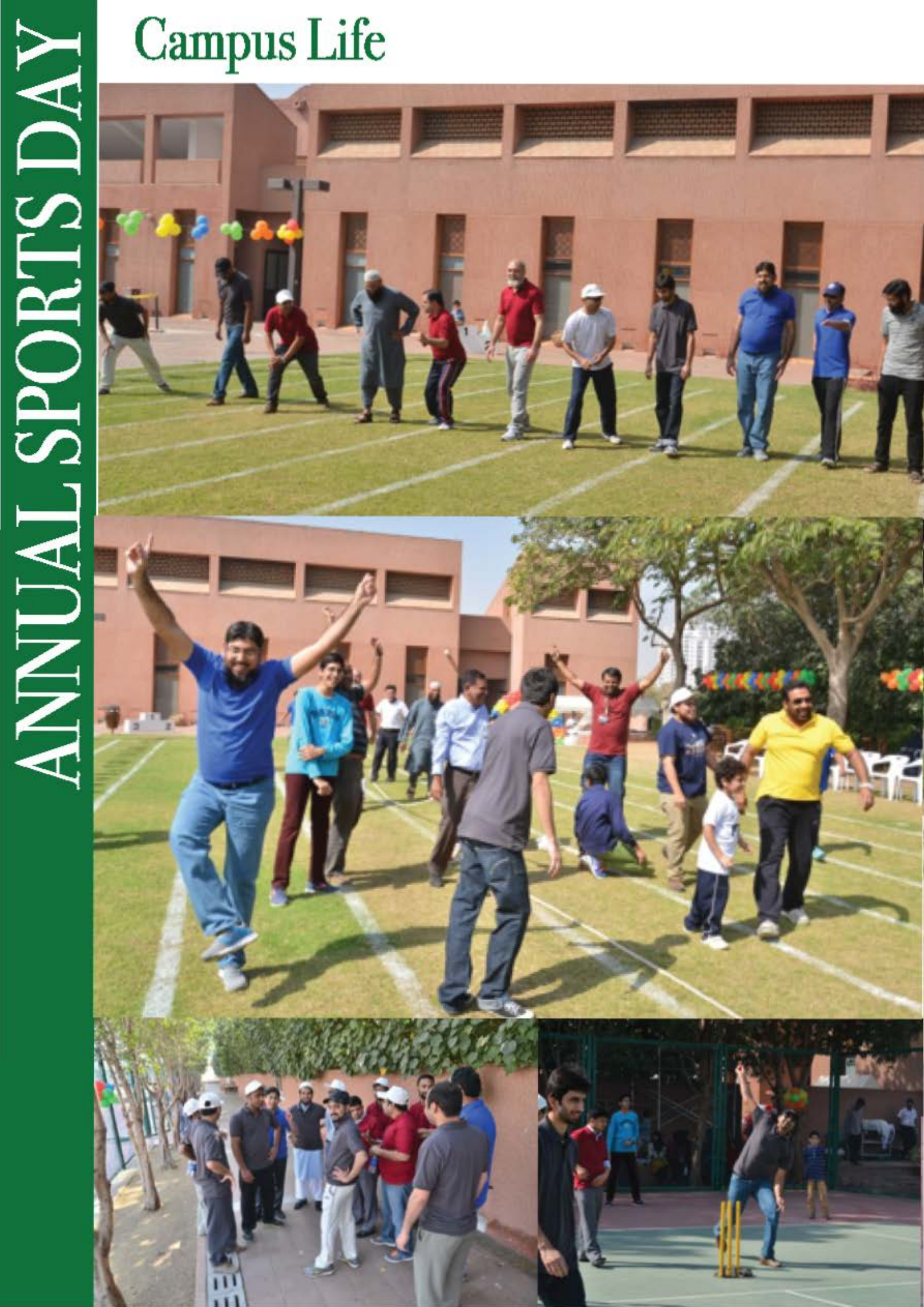


Photo Courtesy: Marium Khan



Art work by Samira Adnan,
Operative Dentistry AKUH PGME Alumnus 2014

Selected as cover image for a UK based international
Dental Journal called Dental Update for the May issue



ANNUAL SPORTS DAY

Campus Life

Sports Day - February 07, 2016



ANNUAL SPORTS DAY



Iftar Dinner | June 29, 2016



Brunch at Avari Tower Karachi | May 29, 2016

Faculty with their Families

Surgeons' Lives Beyond Theatres

Gorakh Hill

May 2016



Kund Malir

April 2016



Ormara Beach

April 2016





Shahzad Shamim



Aneela Darbar & Dinaz Gandhi



Haroon ur Rashid



Dinaz Gandhi



Dinaz Gandhi



Rizwan Khan, Inam Pal & Hassaan Bari at Copacabana Beach, Rio de Janeiro, Brazil



Shahzad Shamim at 18 m depth in the Arabian Sea somewhere off Churna Island



Nuzhat Faruqui, Nasir Sulaiman & Ahmed Ali Shah at Airmen Golf Club, PAF Base, Korangi Creek



Farhan Raza Khan with their family at Dubai, UAE



Ismail Pal & Rizwan Khan at Christ the Redeemer, Rio de Janeiro, Brazil



Saqib Qazi at Fukuoka, Japan

A Thousand Words & More

- Photo Courtesy:



Ahmed Ali Shah



Narrative Medicine: Stories of Illness & Beyond



"How much time do I have?"

- M Shahzad Shamim

Very few fortunate brain tumor patients (*such an oxymoron*) had the sad opportunity of asking this themselves. Most of the time the question was asked by someone from the family. But the question always came up, so it was by no means unexpected. But much earlier than I expected. Or liked. How I dreaded answering it.

He was 35, tall for his ethnic background but still short for the global average. Brownish, medium weight when I first met him, but much lighter now after all the 'treatments' he had received. He was part of the country's shrinking educated, middle class, an engineer working for a local firm, apparently doing really well. With him used to be his wife, a pretty girl, a few years younger and a mother of two, a boy and girl, neither older than three. The wife, like most women who come to my clinic either as patients or attendants, hardly ever participated in the discussions. I once met his parents too, but they too did not talk much. He did all the talking. When we first met in my tiny clinic a few months ago, he appeared anxious, no... terrified. After his surgery, there was obvious relief, perhaps as a consequence of the mistaken assumption that the worst had passed away. Now after a few months of further treatment, I once again see him in a different mood altogether. He looked neither anxious, nor afraid. He looked tired.

"How much time do I have?"

I knew the answer. I could answer the question, without answering it. Or, I could choose not to answer the question, even when answering it in detail. That is my privilege as a physician.

So, how am I to answer this all-important question? Do I tell him that he has a rapidly enlarging brain tumor, which has recurred despite all forms of 'advanced' treatment that decades of research have arrived at? Decades of research worth a trillion dollars, which benefited a generation of researchers, students, universities, and of course, numerous drug company workers. But has the research benefitted any patients? Only a very few, giving them a few more weeks to live....or a few more weeks to die.

Do I tell him that it should not matter to him anyway because in a few weeks time, he will lose all perception of time, persons, and even reality.

Or do I tell him to go home. Go home and start preparing for the final journey, to a place, which may or may not exist, depending on his belief. Go home and tell his wife that he loves her...that he loved her. And then tell her about all the loans he had to take to afford this treatment hoping that he would one day return it all, but will now have to pass on to his wife. She will need to find an extra job. Her children will have to cancel their plans for vacations, or their desire for one. He lost this gamble and his wife will have to pay for it. But then he knew the stakes were high. His doctor had told him there might be a treatment. Might.

Do I say go home to his little boy and girl, hug and kiss them, before he stops recognizing them. Give them his life's worth of experience and advice. He has learnt so much in his life and it is all stored in his memories. Now that he will lose his memory, the information has to be transferred elsewhere.

And when I do tell him how much time he has left, do I look him in the eye? Or on his forehead just below the scar I gave him for a surgery that now seems unnecessary. Even ridiculous. Such an expensive procedure rendered futile by my colleague in histopathology. But I had 'scientific evidence' to support my decision. Not decision... recommendation; perhaps it is the same for this too is my privilege as a physician.

One of the greatest scientific minds ever, Einstein defined stupidity as, 'repeating the same actions and somehow expecting different results'.

We have spent more than a trillion dollars in brain tumor research and yet, have not been able to influence either the fundamental practice of brain tumor management, or the outcomes beyond a few weeks, at best.

I wonder how Einstein would have defined all of this.

Einstein also advocated that time is relative. I understand this now, for this patients' remaining time just cannot be quantified. Can you compare few weeks of independent, healthy life with a few months of totally dependent, vegetative state? Which one is longer?

"How much time do I have?"

Death is an event, but dying is a process, which starts when I answer this question. When I don't, the process does not start. I cannot delay death, but I can delay dying.

But then, I think of my own time, and my own priorities.

I smile, and tell him to see the oncologist who sent him to me.

I leave the room.

Narrative medicine, or reflective writing in medicine, recognizes the value of the patient's story in clinical practice, medical education and research. The idea of combining story-telling with medicine has played a part in medical education for over 40 years, with studies repeatedly showing that a literary flavor of this sort can strengthen and support the compassionate instincts of doctors. Writing about patients and patient encounters, thus, not just creates a unique learning and teaching experience, but also allows for the processing of one's thoughts, feelings and emotions. This very processing, in turn, allows for empathy and compassion to be bred, acknowledged, nurtured...and then shared in the most fluid of transactions.

Narrative Medicine has been a recent addition to AKU. Asad Mian, under the banner of Critical Creative Innovative Thinking, leads this initiative that has resulted in the Writers' Guild – an online editorial board that houses medical narratives from anyone interested. An interest group in its own being, it has been pivotal in bringing together amateur writers, editors, artists/photographers and blog developers - friends, colleagues and strangers, connected uniquely by the will to let patient stories flow from one heart to the next. The stories are published online, and the links are circulated among the interest group. Everyone is free to comment, and the comments themselves make for an interesting, learning experience.

Beyond Theatres has joined hands with the Writers' Guild to publish one blog in each of its issues. Surgeons are welcomed to comment on what's published as well as to contribute: please visit <http://anitinerantobserver.blogspot.com/p/narrative-medicine.html> for the NM blogs and feel free to submit your comments on each. For submission guidelines write to ccit@aku.edu; mention Narrative Medicine in the subject line. The Writers' Guild offers not just editorial input and suggestions, but once your write-up is ready for publication, an accompanying illustration/photograph is attempted as part of a 'photo-blog'.

Graduate of General Surgery Residency Program - 1994



- Zahid Hussain Khan
Vascular Surgeon
Russett Hall Hospital,
Walsall, Midlands, UK.

From Our
Alumni

Graduate of Orthopaedic Residency Program - 1994



Ehsan Lakhani
Associate Professor
Orthopaedic Surgeon
Aga Khan University, Karachi

Graduate of General Surgery Residency Program - 1993



-Tarek Fikheri
General Surgeon
Deakin University
Victoria, Australia

Graduate of General Surgery & Urology Residency Program - 1990



- Farhat Abbas
Dean, Medical College
Professor, Urologist
Aga Khan University, Karachi

Graduate of General Surgery Residency Program - 2009

-Shahida Ajez
House Staff, General Surgery at
Bronx-Lebanon Hospital Center,
New York, USA

My progress and regress in Surgery

My surgical journey started at AKUH in 2004 when I joined General Surgery residency program from which I graduated in 2009. This has been so far one of the most rewarding and best experiences of my life. I can never forget my mentors, teachers, co residents, friends and the ancillary staff. Their kindness, encouragement and the positive and motivated environment they created; all are lifelong assets.

I always wanted to do fellowship post residency. The top most specialties on my list were Minimally Invasive Surgery and Surgical Oncology. While preparing for a future fellowship in United States, I had a year to spend in Pakistan. I was accepted at Shaukat Khanum Cancer Hospital and Research Center in a Breast Surgery Fellowship in 2010. This was yet another valuable experience of my life with extensive surgical and oncological exposure and training under amazing teachers. During my stay at Shaukat Khanum Cancer Hospital I completed my exam requirement for fellowship in USA. I had started taking the exams while I was at AKU. At the end of my one-year fellowship at SKMC, I matched in Minimal Invasive Colorectal Surgery at University of Illinois at Chicago and Advocate Lutheran General Hospital.

This was a dream come true. One telephonic interview and I matched.

Life was so kind to me. Two years in Chicago were a whole new world of experience. I got exposure to not only major surgical procedures in Colorectal and Anorectal diseases under the pioneer of Colon and Rectum Surgery in USA, but also to the evolving and novel surgical techniques. Major complex laparoscopic surgeries were routine. Robotic Surgery was totally new to me. But I was lucky to work with well-established Robotic Surgeons. Dr Alcantara, Dr Praad and Dr Marcek and their large group helped me obtain the skills and participate in many research projects on novel techniques. During the fellowship, endoscopic procedures and endoscopic imaging modalities were added to my armamentarium. I got opportunities to present at national and international meetings and conducted workshops in robotic techniques.

In mid-2013 I made one of the toughest decisions of my career. It was between getting a job under restricted license requirements or to repeat the residency to get an un-restricted license. I opted for the later. American College of Surgeons (ACS) granted me credit for the previous training and exempted me from almost 50% of the residency requirements, I still ended up doing most of it. Currently I am in New York and looking forward to working as a independent Colorectal/ General Surgeon.

It seems my dream to join academic medicine has to wait!



Save
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Surgical Innovations for
the Developing World

October
21-22, 2016

2nd Annual Surgical Meeting

Aga Khan University Karachi, Pakistan

Conference Preparation





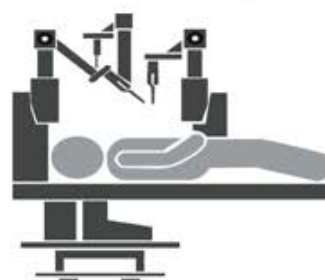
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International & National Faculty

Aamir Ali Syed, General Surgeon, Pakistan
Abdur R. Alvi, General Surgeon, Pakistan
Abul Fazal Khan, General Surgeon, Pakistan
Ajay Puri, Orthopaedic Surgeon, India
Amjad Pervaiz, Colorectal & General Surgeon, UK
Anwar Ahmed, Neurosurgeon, UAE
Asim Mehmood, Neurosurgeon, USA
Ather Osama, Pakistan Innovation Foundation
Bilal Faiz Khan, Ophthalmologist, Pakistan
Donald J. Ferguson, Dentist, UAE
Fayyaz Hashmi, Cardiothoracic Surgeon, USA
Guzanfar Choudry, Urologist, UAE
Henry Marsh, Neurosurgeon, UK
Imtiaz Ali, Ophthalmologist, Pakistan
Islam Kassem, Dentist, Egypt, UK
Lubna Samad, Paediatric Surgeon, Pakistan
Majeed Chaudhry, General Surgeon, Pakistan
Marita Eisenmann-Klein, Plastic Surgeon, Germany
Mohsin-e-Azam, Orthopaedic Surgeon, UAE

Mumtaz Maher, General Surgeon, Pakistan
Muneera Shakir, Ophthalmologist, Pakistan
Munir Ahmed Khakwani, Urologist, UK
Mushtaq Ahmed, Orthopaedic Surgeon, UK
Nadeem Butt, Ophthalmologist, Pakistan
Nadeem Khurshaidi, General Surgeon, Pakistan
Nadeem Parvaiz, Radiation Oncologist, UAE
Nadya Khan, Neurosurgeon, Switzerland
Pervez Hoodbhoy, Physicist, Pakistan
Saeed Qureshi, General Surgeon, Pakistan
Shafi Ahmed, Laparoscopic & Colorectal Surgeon, UK
Sharif Hashmani, Ophthalmologist, Pakistan
Sohail Chughtai, Orthopaedic Surgeon, UK
Sohail Hafeez, Orthopaedic Surgeon, Pakistan
Tariq Aziz, Ophthalmologist, Pakistan
Torben Schroeder, Vascular Surgeon, Denmark
Upendra Devkota, Neurosurgeon, Nepal
Zafar Zaidi, Urologist, Pakistan
Zakiuddin Ahmed, E-Health, Pakistan
and many more...

Pre-Conference Workshops

October 21, 2016 (*limited seats*)

Organizing Committee

Masood Umer, Chair, Conference
Shahzad Shamim, Co-Chair, Conference
Hammad Ather, Chair, Special Supplement, JPMA
Amir Shariff, Chair, Scientific Committee
Tashfeen Ahmed, Co-Chair, Scientific Committee
Aneela Darbar, Chair, Workshop Committee
Moghira Iqbal, Co-Chair, Workshop Committee

Registration Fee:

Conference: October 22, 2016

Student, Resident & Nurse: Rs. 1,000/-

Faculty: Rs. 2,500/-

50% waiver on conference registration for participants registered for any of the pre-conference workshops.

The Aga Khan University Department of Continuing Professional Education is accredited by the Pakistan Medical & Dental Council (PMDC) and the American Association of Continuing Medical Education (AACME) to provide continuing medical education. The Aga Khan University Department of Continuing Professional Education designates this live educational activity for a maximum of 7.00 AACME Category 1 Credits.

Each participant should only claim these hours of credit that he/she actually spent in the educational activity.



For Further Information / Registration:

Conference Secretariat, Aga Khan University Karachi, Pakistan

Email: conf.sec@aku.edu or shariff.charania@aku.edu | Tel: +92 21 3486 4578 / 3486 4584 / 3486 4374



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THE AGA KHAN UNIVERSITY

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

Surgical Innovations for the Developing World

Aga Khan University, Karachi

October 21-22, 2016



Pre-Conference Workshops

Friday, October 21, 2016 | CIME Building, AKU

Spinal Instrumentation: A Hands-on Workshop

Time: 9:00am to 5:00pm

Registration Fee: Rs. 2,500 (20 Participants)

Coordinator: Dr Gohar Javed

Orthopaedic Oncology Course

Time: 9:00am to 5:00pm

Registration Fee: Rs. 3,000 (100 Participants)

Coordinator: Dr Masood Umer

The Anatomy and Practice of MRI Tractography in Neurosurgery

Time: 9:00am to 5:00pm

Registration Fee: Rs. 10,000 (20 Participants)

Coordinator: Dr Shahzad Shamim & Dr Rashid Jooma

Locally Advanced Breast Cancer: Imaging and intervention

Time: 9:00am to 1:00pm

Registration Fee: Rs. 2,000 (25 Participants)

Coordinator: Dr Abida Sattar

Basics of Laparoscopic Surgery

Time: 2:00pm to 5:00pm

Registration Fee: Rs. 3,000 (20 Participants)

Coordinator: Dr Amir Shariff & Dr Rizwan Khan

Mitral Valve Repair Using Bovine Heart

Time: 9:00am to 1:00pm

Registration Fee: Rs. 3,500 (20 Participants)

Coordinator: Dr Saulat Fatimi

Urodynamics in Children

Time: 2:00pm to 5:00pm

Registration Fee: Rs. 1,000 (20 Participants)

Coordinator: Dr Saqib Qazi

Cardiac Surgery Advance Life Support

Time: 2:00pm to 5:00pm

Registration Fee: Rs. 3,500 (20 Participants)

Coordinator: Dr Hasanat Shariff

Endourology on Virtual Reality Simulator

Time: 9:00am to 1:00pm

Registration Fee: Rs. 3,000 (20 Participants)

Coordinator: Dr Hammad Ather

Periodontally Accelerated Osteogenic Orthodontics

Time: 9:00am to 1:00pm (50 Participants)

Registration Fee: Rs. 5,000 Faculty - Rs. 2,500 Trainee

Coordinator: Dr Attiya Shaikh

Flexible Ureteroscopy

Time: 2:00pm to 5:00pm

Registration Fee: Rs. 5,000 (20 Participants)

Coordinator: Dr Hammad Ather

Current Trends in Periodontal Surgery

Time: 9:00am to 5:00pm

Registration Fee: Rs. 15,000 (20 Participants)

Coordinator: Dr Attiya Shaikh

Innovations in Virtual Healthcare and Telemedicine

Time: 2:00pm to 5:00pm

Registration Fee: Rs. 2,000 (50 Participants)

Coordinator: Dr Zakiuddin Ahmed

Clinical Photography

Time: 9:00am to 1:00pm

Registration Fee: Rs. 2,000 (40 Participants)

Coordinator: Dr Mohsin-e-Azam

Creating a flap for LASIK

Time: 9:00am to 1:00pm

Registration Fee: Rs. 5,000 (20 Participants)

Coordinator: Dr Sharmeen Akram

Reading OCT + Panel Discussion

Time: 2:00pm to 5:00pm

Registration Fee: Rs. 500 (25 Participants)

Coordinator: Dr P. S. Mahar

Basic Knee Arthroscopy

Time: 9:00am to 1:00pm

Registration Fee: Rs. 5,000 (15 Participants)

Coordinator: Dr Naveed Baloch

The Aga Khan University Department of Continuing Professional Education is accredited by the Pakistan Medical & Dental Council (PMDC) and the American Association of Continuing Medical Education (AACME) to provide continuing medical education.

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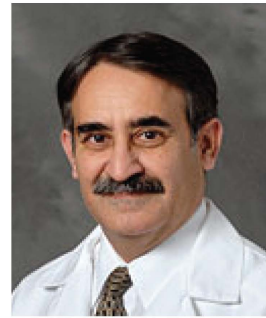
International Faculty



Amjad Pervaiz, UK



Anwar Ahmed, UAE



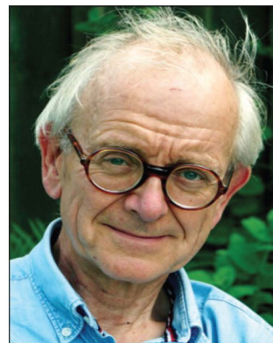
Asim Mehmood, USA



Donald J. Ferguson, UAE



Guzanfar Choudry, UAE



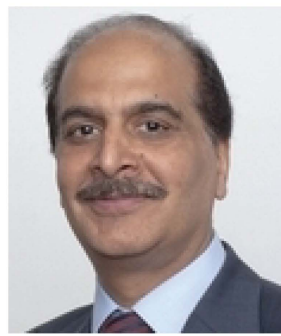
Henry Marsh, UK



Mohsin-e-Azam, UAE



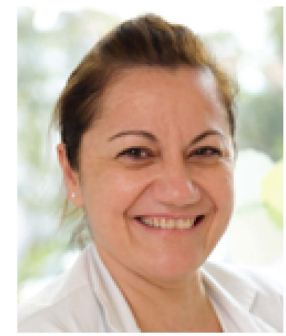
Munir Ahmed, UK



Mushtaq Ahmed, UK



Nadeem Pervez, UAE



Nadia Khan, USA



Shafi Ahmed, UK



Sohail Chughtai, UK



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Upendra Devkota, Nepal

Breast Surgery

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