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## Beyond Theatres : Issue 1, 2018

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# BYOND THE TREES



آغا خان یونیورسٹی  
THE AGA KHAN UNIVERSITY



# BEYOND THEATRES



Cover Page by:  
Shahzad Shamim, Neurosurgeon



Back Page by:  
Mehdia Nadeem Roshan Ali, Medical Student  
Sana Zeeshan, Breast Surgeon



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# Embracing Change

Change is important. In fact, change is essential. Anatole France, the French poet, writer and Noble laureate writes, 'If we do not change, we do not grow. And if we are not growing, we are not really living'. Change creates opportunity, enthusiasm, catalyzes innovation and prevents stagnation. Change should be encouraged, and change we must.

In this issue of Beyond Theatres, we present to you the usual updates from what we have been up to, over the first six months of 2018. It has now become standard that the first issue of Beyond Theatres, covers the Annual Surgical Meeting (about to undergo its third and final change of name, and the second issue covers our Annual Day and Convocation. The two issues have their distinct themes, colors and content, and are easily distinguishable for any given year. This year too, in this issue, we are covering our third annual surgical meeting, that continues to grow in size and impact every year. We also celebrated the launch of our book, *The Struggle Within: Stories of Battles against Cancer*, comprising of inspirational tales of cancer survivors, their families and caregivers. The book was launched by the President of AKU as part of the conference inauguration. More details inside.

This issue also contains invaluable material in our relatively new, but increasingly popular sections, From a Surgeons' Bookshelf, Surgeons' Lives Beyond Theatres, and Surgery through the Ages. Contributors include Imran Jalbani, Aneela Darbar and Rashid Jooma, among others. We have renamed our travelogue as Surgeons' Log, and in this issue, it features the journey made by Irfan Daudi to Mount Everest and Tibet; the roof of the world. I am thankful to all those who have contributed.

A little bit about the front cover. I took this photograph (with a smartphone) of an old, majestic Banyan tree on Male, the capital island of Maldives. With me were Masood Umar and Anwar Suhail, the three people who have been together throughout this newsletter's journey of more than a decade, and we jokingly compared the tree's deep roots, strong trunk, far-reaching branches and the extremely soothing shade, to our own department's evolution. I find the analogy quite appropriate.

Back to change. This will be my last editorial. It is because I feel this responsibility should be frequently rotated to allow a more robust, and diverse flow of ideas; and for the newsletter to continue improving. I do believe I have done a reasonable job and owe this to my phenomenal team, especially our administrative associate and my dear friend, Shariff Charania, the real force behind every issue that we print. I wish the new editor in chief, the very best.

Happy reading!



M Shahzad Shamim | Chair, Newsletter Committee

# Workshop, Courses and Symposia

## 3<sup>rd</sup> AKU Orthopaedic Review Course



Director: Haroon ur Rashid – Coordinator: Naveed Baloch  
January 15-20, 2018



3RD ANNUAL SURGICAL CONFERENCE





# Pre-Conference Workshops & Symposia



**Neurovascular Microsurgery Workshop**  
Director: Ehsan Bari & Saad Akhtar



**Symposium on Pediatric Orthopaedic Tumors**  
Director: Masood Umer



**Symposium on Laryngeal Cancers: New Frontiers of Management**  
Director: Moghira Siddiqui



**Symposium on Multidisciplinary Management of Early Breast Cancer**  
Director: Abida Sattar



**Workshop on Oncoplastic Surgery**  
Director: Shaista Khan



**Workshop on Minimally Invasive Biopsies**  
Director: Imrana Masroor





**Symposium on Thoracic Oncology**  
**Director: Syed Shahabuddin**



**Workshop on Sleeve Lobectomy**  
**Director: Syed Shahabuddin**



**Symposium on Uro Oncology**  
**Director: Hammad Ather**



**Workshop Simulator Training of TURBT**  
**Director: Hammad Ather**



**Workshop on Studer Neobladder**  
**Director: Hammad Ather**



**Symposium on Head & Neck Cancer Reconstruction**  
**Director: Fazlur Rehman**



**The Journey of Precision Radiation Treatment**  
**Director: Nadeem Abbasi & Bilal Qureshi**



**Intraoperative Monitoring for Neural Protection**  
**Director: Rashid Jooma**





**Symposium on Ocular Tumors**  
**Director: Shaukat Chhipa**



**Symposium on Orbital Radiology and Tumors**  
**Director: Shaukat Chhipa**



**Brachial Plexus Course**  
**Director: Aneela Darbar**



**Pediatric Oncology Symposium**  
**Director: Saqib Qazi**



**Multidisciplinary Dental Seminar**  
**Director: Farhan Raza Khan**



**Symposium on Advances in GI Surgical Oncology**  
**Director: Inam Pal**



**Workshop on Radiological Assessment of Rectal Cancer**  
**Director: Sadaf Khan**



**Pediatric Neuro-Oncology Outreach Course**  
**Director: Naureen Mushtaq**





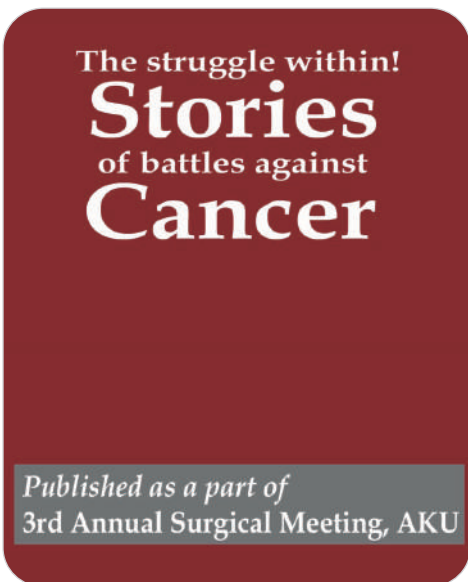
**Training related to supportive care needs of head and neck cancer patients**  
Director: Zohra Jetha, Amina Aijaz, Salima Shams



**Training related to supportive care needs of chemotherapy patients**  
Director: Zohra Jetha, Amina Aijaz, Salima Shams



**Neuro Oncology Symposium and Multidisciplinary Tumor Board**  
Director: Shahzad Shamim & Ehsan Bari



Firoz Rasul, President AKU, launching 'The Struggle Within: Stories of battles against Cancer', a book comprising of inspirational stories of cancer patients, their families and physicians. The book was edited by M Shahzad Shamim, Munira Moosajee and Amir Shariff, and was launched with the inauguration of Annual Surgical Meeting, 2018.



## Surgical Skills Workshop for Intern



Director: Zia ur Rehman | March 3, 2018

## Urinar – Pakistan 1<sup>st</sup> Webinar Series on Urology TURBT & Laser Surgery



Director: Hammad Ather | March 6, 2018



## Preparation of Urology Clinical Examination



Director: Raziuddin Biyabani





## Workshop on Writing and Interpretation of Pedigree



Director: Jamsheer Talati | March 13, 2018

## Preparation of TOACS, I.M.M. (Surgery)



Director: Amir Shariff – Coordinators: Aymna Shoukatali, Delvene Soares & Omer Khalid  
March 21, 2018

## Neurosurgery Education & Research (NEAR)



Director: Gohar Javed – Coordinator: Saad Akhtar Khan | April 7-8, 2018



## 1st International Hip & Knee Arthroplasty Symposium



Director: Mujahid Jamil – Coordinator: Shahryar Noordin | April 28-29, 2018

## 13<sup>th</sup> AKU Basic & Advanced Ilizarov Course



Director: Haroon ur Rashid – Coordinator: Yasir Mohib | May 4-6, 2018



## Workshop on Emotional Intelligence for Residents



Director: Tashfeen Ahmed & Qamar Riaz | May 2-5, 2018

## Surgical Skills Workshop for Residents



Director: Amir Shariff – Coordinators: Amyna Shoukatali, Delvene Soares & Omer Khalid  
May 12, 2018

## CME on Diabetic Retinopathy



Director: Sharmeen Akram – Coordinator: Najmul Islam | May 14, 2018

# Faculty Reaching Out

Faculty	Event	Venue
<b>Breast Surgery</b>		
Abida Sattar	19th Annual Meeting ASBS 2018	Orlando, USA
Shaista Khan	28th Annual Interdisciplinary Breast Center Conference	Las Vegas, USA
Lubna Vohra	Paris Breast Rendezvous 2018	France, Paris

Faculty	Event	Venue
<b>Cardiothoracic Surgery</b>		
Hasanat Shariff	Train the Trainer, Wythenshawe Hospital	Manchester, UK
Hasanat Shariff	Global Surgery and Social Change, Harvard University	Dubai, UAE
Mahim Malik	AATS Surgical Patient Safety Course	Boston, USA
Muneer Amanullah	52nd Annual Meeting of The Association For European Pediatric & Congenital Cardiology	Athens, Greece
Muneer Amanullah	12th GFHM & 3rd Euro Asian Symposium Of Pediatric Cardiology & Cardiac Surgery	Athens, Greece
Muneer Amanullah	Congenital heart disease fund raiser Program	Glasgow, UK

Faculty	Event	Venue
<b>Dentistry</b>		
Ali Sadiq	European Federation of Periodontology Meeting	Amsterdam, Netherlands
Dinaz Gandhi	AEEDC World Oral & Maxillofacial Conference	Dubai, UAE
Fahad Umer	UPENN - International Program	Pennsylvania, USA
Faisal Qayyum	International Dental Conference & Exhibition	Dubai, UAE
Farhan Raza Khan	European Federation of Periodontology Meeting	Amsterdam, Netherlands
Mubassar Fida	International Dental Conference & Exhibition	Dubai, UAE
Mubassar Fida	11th Asia Pacific Orthodontic Conference	Aklan, Philippines
Mubassar Fida	AAOS 2018 Annual Meeting	Washington DC, USA
Rashna Aga	AEEDC Dubai 2018 - Dubai Dental Conference	Dubai, UAE
Robia Ghafoor	10th International Dental Exhibition and Meeting	Singapore
Robia Ghafoor	European Federation of Periodontology Meeting	Amsterdam, Netherlands



# Faculty Reaching Out

Faculty	Event	Venue
<b>General Surgery</b>		
Hasnain Zafar	Aspen/Nutrition Science & Practice Conference	Las Vegas, USA
Inam Pal	International Hernia Congress	Miami, USA
Rizwan Khan	International Hernia Congress	Miami, USA
Rizwan Khan	4th Meeting of Asian-Pacific Laparoscopic Hepatectomy	Wuhan, China
Tabish Chawla	Society of American Gastrointestinal and Endoscopic Surgeons (SAGES)	Seattle, USA
Tabish Chawla	UAE International Conference & Exhibition	Dubai, UAE

Faculty	Event	Venue
<b>Neurosurgery</b>		
Aneela Darbar	3rd International Neurosurgery Residents Course	Amsterdam, Netherland
Ehsan Bari	USANZ 71st ASM & ANZUNS 23rd Annual Meeting	Melbourne, Australia
Ehsan Bari	2018 AANS Annual Scientific Meeting	New Orleans, USA
Ehsan Bari	International Conference on Recent Advances in Neurotraumatology (ICRAN)	Naples, Italy
Gohar Javed	3rd Brachial Plexus Cadaveric Dissection Course	Bangkok, Thailand
Rashid Jooma	2018 Bethune Round Table In Global Surgery	Toronto, Canada
Rashid Jooma	Global Surgical Frontiers Conference	London, UK
Syed Ather Enam	7th European Conference On Clinical Neuroimaging	Brussels, Belgium
Syed Ather Enam	2018 AANS Annual Scientific Meeting	New Orleans, USA

Faculty	Event	Venue
<b>Otolaryngology</b>		
Mubasher Ikram	72nd Annual Meeting, Canadian Otolaryngology Head & Neck Surgery Society	Québec, Canada
Mumtaz J. Khan	AHNS 2018 & Combined Otolaryngology Spring Meeting	National Harbor, USA
Mumtaz J. Khan	3rd ENT Master-Class Course	Beijing, China

# Faculty Reaching Out

Faculty	Event	Venue
<b>Ophthalmology</b>		
Irfan Jeeva	AOCMF Course - Orbital Dissection; Advanced Surgical Techniques	Rotterdam, Netherlands
Irfan Jeeva	33rd Asia-Pacific APAO & 29th Hong Kong Ophthalmology Symposium	Hong Kong
Irfan Jeeva	TOPO Guided University Course	Athens, Greece
Irfan Jeeva	Alcon Wave light ® Technology Users Meeting	Barcelona, Spain
Irfan Jeeva	Editorial Board Meeting For International Journal of Surgery: Oncology	London, UK
Rehman Siddiqui	Ophthalmology Review (ADORE) Meeting	Abu Dhabi, UAE
Rehman Siddiqui	2nd International Swept Source OCT & Angiography Conference	Paris, France
Rehman Siddiqui	Building New Standards in Management of Ocular Neovascularization	Dubai, UAE
Sharmeen Akram	European School for Advanced Studies in Ophthalmology (ESASO)	Viganello, Switzerland
Sharmeen Akram	SAARC Academy of Ophthalmology Conference	Kathmandu, Nepal
Tanveer Chaudhry	32 <sup>nd</sup> International Congress of HSIOIRS	Athens, Greece
Tanveer Chaudhry	SAARC Academy of Ophthalmology Conference, Nepal Ophthalmic Society Annual Meeting	Kathmandu, Nepal

Faculty	Event	Venue
<b>Pediatric Surgery</b>		
M. Arshad	Annual Meeting of Association of Pediatric Surgeons of America	California, USA
Saqib Hamid Qazi	IPEG 27th Annual Congress	Seattle, USA
Saqib Hamid Qazi	19 <sup>th</sup> European Pediatric Surgeons Association Congress	Paris, France
Sohail Dogar	Duke Patient Safety Leadership Course	North Carolina, USA
Sohail Dogar	Global Health Training Fellowship	Texas, USA
Sohail Dogar	Annual Meeting of Association of Pediatric Surgeons of America	California, USA



# Faculty Reaching Out

Faculty	Event	Venue
<b>Orthopaedics</b>		
Haroon Ur Rashid	AAOS 2018 Meeting	New Orleans, USA
Haroon Ur Rashid	20th Asia Pacific Orthopaedic Association Congress	Antalya, Turkey
Masood Umer	Optional Mini-Fellowship Workshop and Stoller Musculoskeletal Imaging	Las Vegas, USA
Masood Umer	AAOS 2018 Meeting	New Orleans, USA
Masood Umer	IM Nailing Symposium	Eger, Hungary
Naveed Juman	Sports Medicine CME Course	Utah, USA
Pervaiz Hashmi	AAOS 2018 Meeting	New Orleans, USA
Riaz H. Lakdawala	2nd World Arthroplasty Congress	Rome, Italy
Riaz H. Lakdawala	Knee Revision Course	Norderstedt, Germany
Rizwan Haroon Rashid	International Trauma Course	Munich, Germany
Shahryar Noordin	Fundamentals In Arthroscopy - Arthroscopy Association of North America	Chicago, USA

Faculty	Event	Venue
<b>Urology</b>		
Hammad Ather	Urological Society of Australia & New Zealand Annual Meeting	Melbourne, Australia
Jamsheer Talati	2018 Editorial Board Meeting – IJS - Elsevier	London, UK
Jan Ringers	Joint NTV-BTS Transplantation Congress 2018	Rotterdam, Netherlands
Raziuddin Biyabani	AUA Annual Meeting 2018	San Francisco, USA
Wajahat Aziz	European Society of Sexual Medicine Meeting	Lisbon, Portugal
Wajahat Aziz	European Association of Urology (EAU)2018	Copenhagen, Denmark

# Faculty Reaching Out



Tabish Chawla with AKU Alumni at Society of American Gastrointestinal and Endoscopic Surgeons' USA



Farhan Raza Khan with Dentistry fellow colleagues at CPSP



Massod Umer at Ilizarov Course at Peshawar



Irfan Jeeva at the International Alcon Experience Academy, Spain



Muneer Amanullah at congenital heart disease fund raiser in Glasgow, UK



Aneela Darbar at the AO Spine Advance Degenerative Spine & Scoliosis Course, Lahore



# Faculty Reaching Out



Sharmeen Akram at Presidential Dinner at SAARC 2018



Dinaz Ghandhi at AEEDC Oral & Maxillofacial Surgery Conference, UAE



Aneela Darbar conducted workshop on Awake Craniotomy at 7th SAARC Conference Lahore



Sharmeen Akram invited speaker at SAARC, Nepal



Sohail Dogar with Henry Rice, Astrid & Bria at Duke University, USA



Shahzad Shamim with Neurosurgeons: Henry Marsh, Rui Manilha and Andrew Mahtani



# Faculty Reaching Out



Muneer Amanullah with Surgery Interest Group after 3rd Annual Surgical Conference



Sohail Dogar with Dr Jed, Texas Children Hospital, Houston, TX, USA



Shahzad Shamim & Aneela Darbar with faculty at the AO Spine Advance Course, Lahore



Irfan Jeeva at LaserVision Clinical & Research Eye Institute, Greece



Breast Surgeons: The wisest mind has something yet to learn



Amber Sultan at Association for Excellence in Medical Education (AEME) Conference, Islamabad



# Faculty Reaching Out



Muhammad Arshad & Sohail Dogar with Dr Shareef in Palm Desert California, USA



Three papers of Cardiothoracic surgery from AKU were presented at the international Global health conference, supervised by Muneer Amanullah



Orthopaedic team at Quetta



Sana Zeeshan at workshop: perforator mapping, Paris Breast Rendezvous



Sohail Dogar Dr Alexandar Alluri & Astrid, Duke University, North Carolina, USA



Rizwan Khan at the 4th Meeting of Asia-Pacific Laparoscopic Hepatectomy Committee, Wuhan, China



# Faculty Reaching Out



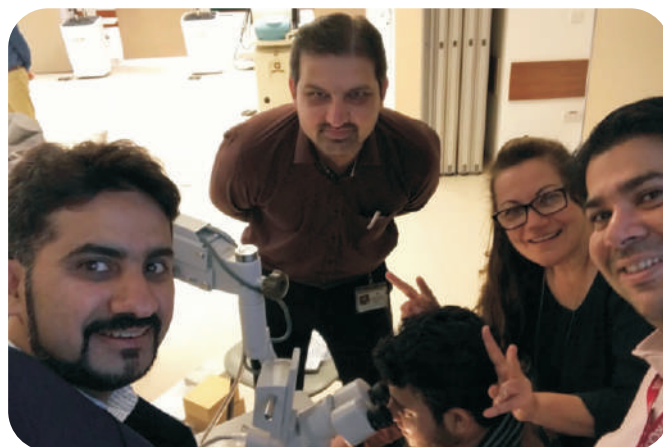
Sohail Dogar with Dr Henry Rice, Astrid, Bria Johnston, Duke University, North Carolina, USA



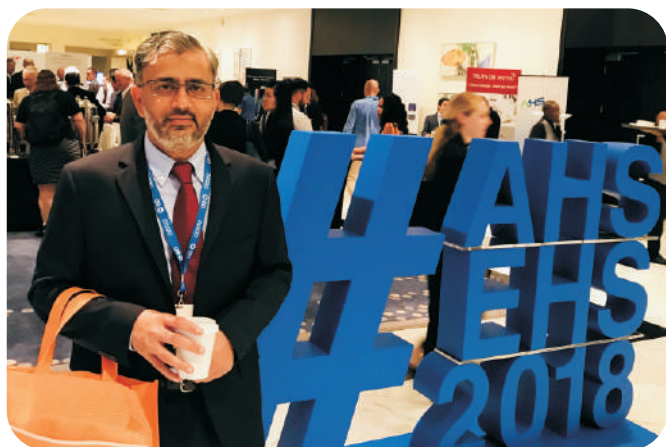
Aneela Darbar at the 2nd International Neurosurgery Residents Course in Amsterdam



Masood Umer at Pelvic & Acetabular Fracture Course at Rawalpindi



Shahzad Shamim, Saad Akhthar Khan, Naveed Zaman with Neurosurgeon Nadia Khan



Rizwan Khan at International Hernia Congress, Miami



Sohail Dogar with Dr Tamara Fitzgerald & her husband at Duke Children Gala, Durham, USA





Orthopaedic Medical Camp at The Aga Khan Maternal and Child Care Centre, Hyderabad



Donating Orthopaedic books to 2017 Graduating Residents

## 2<sup>nd</sup> Professor Farhat Moazam Surgical Grand Round Quiz



Champion: Sadaf Khan



Runner-up: Ziad Sophie



2<sup>nd</sup> Runner-up: Tahir Shahab

## Academic Visitors - International



**Atif Jalees Khan, Radiation Oncologist, USA**



**Christian A. Bach, Urologist, Germany**



**Davide Maria Donati, Orthopaedic Surgeon, Italy**



**Debora Garozzo, Neurosurgeon, UAE**



**Eric Bouffet, Neuro-Oncologist, Canada**



**Faiz Bhora, Cardiothoracic Surgeon, USA**



**Frank Frizelle, General Surgeon, New Zealand**



**Hatem Halabi, Surgical Oncologist, USA**



**Henry Marsh, Neurosurgeon, UK**



**Nabil Al-Zaher, Otolaryngology, Saudi Arabia**



## Academic Visitors - International



**Osama Hamed, Surgical Oncologist, Jordan**



**M. Tariq Imtiaz, Neurophysiologist, Saudi Arabia**



**Rakhshanda Rahman, Breast Surgeon, USA**



**Riccardo A. Audisio, General Surgeon, UK**



**Sadir Alrawi, General Surgeon, UAE**



**Sion Barnard, Cardiothoracic Surgeon, UK**



**Vincenzo Valentini, Radiation Oncologist, Italy**



**Yasser A. Khan, Ophthalmologist, Canada**



**Rui Manilha, Neurosurgeon, Portugal**



**Yavuz Anacak, Radiation Oncologist, Turkey**

## Academic Visitors - International



**Yong Koo Park, Pathologist, Korea**



**Andrew Mahtani, Neurosurgeon, USA**



**Mark Holterman, Pediatric Surgeon, USA**



**Ai-Xuan Le Holterman, Pediatric Surgeon, USA**



**Umer Butt, Orthopaedic Surgeon, UK**



**Tanvir Sadique, Orthopaedic Surgeon, UK**



**Ahmer Azhar Karimuddin, General Surgeon, Canada**



# Welcome on Board



**Murtaza R. Kazmi**  
Assistant Professor  
Dentistry



**Rehan Nasir**  
Senior Instructor  
Urology



**Sohail Dogar**  
Senior Instructor  
Paediatric Surgery



**Fareed Ahmed Sheikh**  
Senior Instructor  
Vascular Surgery

# Promotions



**Rizwan H. Rashid**  
Assistant Professor  
Orthopaedics



**Nadeem A. Siddiqui**  
Assistant Professor  
Vascular Surgery

# New Responsibilities



**Abida Sattar**  
Section Head  
Breast Surgery



**Robia Ghafoor**  
Section Head  
Dentistry

# Proud to Announce

## Tamgha-i-Imtiaz conferred on Nuzhat Faruqi

Nuzhat Faruqi was conferred the Tamgha-i-Imtiaz For her work in the field of Public Services.



## Letter of Commendation from Naval Chief of Pakistan

She also received the **Letter of Commendation** from Naval Chief of Pakistan for her work in the field of Public Services; she is the first civilian in Pakistan to receive such an award.





## A year in Egypt for my Renal Transplant Fellowship



Mansoura is capital of Dakahlia governorate and also known as Pearl of Delta. The Urology and Nephrology Center (UNC) at Mansoura was founded in 1983 to provide comprehensive treatment and research opportunity, as bladder cancer was endemic in Egypt due to bilharziasis. Over the years it has become world renowned, in the areas of renal transplant, urological oncology, female urology, pediatric urology and minimal invasive urology. I had opportunity to join this prestigious institute for one year, as a part of my renal transplant surgery fellowship. UNC is a 260-bed hospital with six operating rooms, performing three or more cases of renal transplant every week. Being the only fellow in academic year 2106-2017, I was instantly welcomed as part of surgical team. The first few weeks were difficult to adjust with the new place, and spice free Egyptian food, but pretty soon, I realized that cooking Pakistani food myself, would be my only option. Luckily, I was joined by another colleague and this brought a sigh of relief.



I never got a chance to leave Mansoura in the first few months but later on, I started my exploration with Ras El Bar (Head of land), a small town two-hour drive from Mansoura, where Nile ends in Mediterranean Sea. The place was so beautiful that I ended up visiting it several times. We also explored Alexandria over a weekend, and stayed in an apartment, right on the shore. We visited the Citadel of Qaitbay, the 15th-century defensive fortress located on the Mediterranean sea coast. Montaza Palace was another attractive place where we spent hours. The famous Alexandria Library is both a library and a cultural center, and also houses a small museum. This building is trade mark of modern architecture in Egypt. We also saw Pompey's pillar column of single Aswan granite with height of 26.85 m.

I also had the opportunity to attend several hands-on workshops and courses, and also supervised vascular anastomosis workshop arranged by Egyptian society of renal transplant surgery. On off days, I was assigned to assist a senior surgeon in complex cases and it was a great experience to work with Professor Hassan Abol-Enien, a well-known international figure in field of bladder cancer and urinary diversion.





I also attended the Annual Congress of Egyptian Urological Association at Sharam-El-Sheikh, and took this opportunity to explore Red Sea. SOHO Square and Naama Bay are other important places to visit. Ras Mohammad National Park is a preserved area in Red Sea and this was the site for my first diving experience.

Most memorable time in Mansoura was during holy month of Ramadan which I spent attending iftar parties organized by faculty members. I wore my traditional shalwar kameez to these parties, that drew quite an attention. Mahshi is local dish

(stuffed rice with meat, wrapped in wine leaves) is essential part of dinner, other than this stem fish and meat are also integral part of dining.



Cairo was the last city I visited. The National Museum at Tahrir square is a must-see. Human mummies and even animal mummies are well preserved. Mohammad Ali Pasha mosque is another attraction, and the architecture and design of this mosque is not different from those in Istanbul. Great Giza pyramids are one of the wonders of the world. Three mountainous pyramids and many small ones (some are vanishing away) are connected with each through underground network of tunnels.

Majority of these tunnels are closed now. However local guide were hardly of any use. I was lucky to be joined by my family for a couple of weeks during school holidays. Sharm El Sheikh was the city kids enjoyed most.



# My Seven Days in Tibet



When you hear the word Tibet it conjures up images of monks, meditation and mountain peaks covered with snow. Tibet is known as the roof of the world with an average elevation of 15000 feet. This enigmatic and striking abode is a plateau north of the Himalayas and has attracted throngs of adventure seekers from around the world. I was sufficiently motivated to go, soon after, two of my cousins agreed to accompany me. We set aside our trepidations of altitude sickness and embarked on the trip on April 8th 2018.

We arrived at Katmandu in Nepal on our first leg and found the city surrounded by verdant mountains on three sides, filled with tourists and, abundant historic temples and pagodas. Religion seemed intensely woven into the daily fabric of life. We saw numerous statues of goddesses, monkey filled temples, and saffron draped sadhus. During our two night stay here we were able to obtain Chinese visas and Tibet entry permits.

The flight to Lhasa was breathtaking as we crossed the world's highest summit Mount Everest. The jagged massive peak was clearly visible in all its golden glory. Lhasa is 13000 ft above sea level, a unique and spiritual city, flanked on all sides by majestic snow covered mountains. There was no feeling of altitude sickness yet. We walked around observing the everyday life of Tibetans. Nearly all of them are Buddhists (only 3% Muslims). The landscape is picturesque with snowcapped mountains, sparkling rivers and lakes. We visited the JOKHANG TEMPLE with spinning prayer wheels and monks softly humming mantras to themselves.



Hundreds of pilgrims were performing "full body prostration" expressing deeply spiritual faith to purify the bad karma. We wandered through the masses and the mazes that constitute the famous "BARKHOR BAZAAR". Devotees performed circumambulation, holding prayer beads as they moved in a clockwise direction.



Next day we visited the SERA MONASTERY built in circa 1419 also known as the "Wild Roses Monastery". This is one of the "great three" schools of Tibetan Buddhism. Here women wore colorful Tibetan costumes and monks roamed in their deep maroon colored robes. We had to climb up the slopes and several hundred steps. We quickly became out of breath and tired but the sights and sounds were so enchanting it kept us going. Inside the monastery we saw a centuries old tradition of "philosophical debate" amongst the monks, being held in white, pebbled courtyards. There were about a hundred monks in pairs chanting animatedly with each other while performing a

routine of slapping themselves in a frenzy, helping them learn the Buddhist philosophy. It was captivating to watch. Our next stop was the SUMMER PALACE built for the 7th Dalai Lama in the 1700's. Subsequently it became home for successive Dalai Lamas including the current 14th Dalai Lama till his exile in 1959

when the Chinese military took over the country. Next day we visited the "DREPUNG MONASTERY" established in AD1416. It's the world's largest monastery housing 10,000 monks. In Tibet it becomes evident very soon that five primary colors (blue, white, red, green and yellow) hold a huge significance representing five pure lights, each of which signify a state of mind, a celestial Buddha, a body part, and a mantra from the word Hum.

Next day we visited the world famous "POTALA PALACE", a masterpiece of sacred architecture and the residence of Dalai Lama. The climb to the top of the fortress is not for the weary of mind and body. I thought of it as a closest thing one finds to a "stairway to heaven". The view of the Himalayas from the top of the palace was magical. We collapsed several times gasping for air on our ascent to the top. That day we did 20,000 steps and vowed never to do it again. We saw eight stupas in the palace largest being 50ft tall. These are the Buddhist tombs for the burial of sacred Dalai Lamas. Potala Palace has 1000 rooms, 10,000 shrines and about

200,000 statues. Inside there is the tomb of the 7th Dalai Lama " the Great One" encased in 4000 kg of gold.



After three days in Lhasa our next destination was the MOST awaited. We embarked on our Journey to the EVEREST BASE CAMP. We travelled along the Friendship Highway on an 8 hour journey to SHIGATSE the second biggest city in Tibet. We passed KHAMBA LA at the elevation of 15800 feet where we savored the majestic views of Turquoise YAMDROK-TSO Lake, one of the three "Holy Lakes" in Tibet. Along the long winding highway we passed an enchanting village called GYANSTE which prides on having a 14th century historical KUMBUM fort with a large gold domed stupa. We then descended into Shigatse (elevation 14500 feet)

and visited Tashilhunpo monastery residence of successive Pancham Lama, a major attraction in Shigatse. The next day we continued our journey on another 8 hour drive through a Small town called Lhatse. We then went through GYAMTZO LA pass elevation 17400 feet. We continued our drive south passing through PANG LA PASS elevation 18000 feet, eventually arriving at RONGBUK that has a monastery of the same name. This is the highest monastery built anywhere in the world at 17300 feet. Here we reached the EVEREST BASE CAMP. Our abode for the next two nights would be in the tents made of Yak skin and thick, woven, woolen fibers made from Yak hair. The hikers/climbers who go on the Everest climb take their first test at this point, hiking 2kms to the foothills of the mighty mountain. Finally we were there. The feeling of awe was indescribable. I must say it was truly an emotional experience. We were only 19 kilometers from the world's tallest summit. I was humbled by the might of nature and our insignificance in the scheme of things. I urge you all to do it.





# Residents' Corner

## Cleared IMM Examination



Haroon Kasi  
Orthopaedics



Zaid Ahmed Shamsi  
Orthopaedics



Kamil Zafar  
Operative Dentistry



Meisha Gul  
Operative Dentistry



Sarah Irfan  
Orthodontics



Qurat ul Ain Tariq  
Neurosurgery



Sara Iqbal  
Cardiothoracic Surgery

# Residents' Corner

## Cleared FCPS Examination



Ahmed Abdul Habib  
Orthopaedics



Irfan Anwer  
Orthopaedics



Obada Hussein Ali Hasan  
Orthopaedics



Amjad Ali Qureshi  
Neurosurgery



Saad Bin Anis  
Neurosurgery



Muhammad Asif Ali  
Plastic Surgery



Muntazir Hussain  
Otolaryngology



Nasir Khan  
Urology



# Residents Reaching Out

Name	Event	Venue
Neurosurgery		
Saad Bin Anis	International Conference on Recent Advances in Neuro-rheumatology (ICRAN) 2018	Naples, Italy
Saad Bin Anis	World Federation of Neurosurgical Societies (WFNS) Symposia 2018	Kuala Lumpur, Malaysia
Dentistry		
M. Hasan Hameed	23rd International Conference on Dentistry and Dental Materials	Rome, Italy
Meisha Gul	EuroPerio9	Amsterdam, Netherlands
Kamil Zafar	23rd International Conference on Dentistry and Dental Materials	Rome, Italy
Adeel Tahir Kamal	11th Asian Pacific Orthodontic Conference	Boracay, Philippines
Hafiz Taha Mahmood	23rd International Conference on Dentistry and Dental Materials	Rome, Italy
Erum Afzal	World Dental Implants and Orthodontics Congress	Tokyo, Japan
Durr-e-Shahwar Malik	World Dental Implants and Orthodontics Congress	Tokyo, Japan
Shizrah Jamal	Annual Congress on Endodontics and Prosthodontics	Tokyo, Japan
Otolaryngology		
Hamdan Ahmed Pasha	10th International Academic Conference in Otolaryngology, Rhinology and Laryngology (ORLIAC)	Makati, Philippines
Rahim Dhanani	10th International Academic Conference in Otolaryngology, Rhinology and Laryngology (ORLIAC)	Makati, Philippines
Haissan Iftikhar	British Academic Conference in Otolaryngology (BACO) 2018	Manchester, UK
Rahim Dhanani	British Academic Conference in Otolaryngology (BACO) 2018	Manchester, UK

## Residents Reaching Out



Saqib Bakhshi at 7th SAARC Neurosurgery conference, Lahore



Huma Faiz at International Society of Pediatric Oncology SIOP, Washington DC, USA



Residents, Fellow and Instructors at CPSP Convocation



Rahim Dhanani & Hamdan Pasha at 10th International Academic Conference in Otolaryngology, Rhinology and Laryngology, Makati, Philippines



Muhammad Hasan receiving best oral presentation awarded at Annual PGME Conference 2018



## Residents Reaching Out



Muhammad Hasan at 23rd International Conference on Dentistry and Dental Materials, Rome, Italy



Hamdan Pasha at 10th ORLIAC in Manila



Rahim Dhanani at British Academic Conference in Otolaryngology in Manchester, UK



Kamil Zafar received award at the 10th Pakistan conference on Oral and Maxillo-facial surgery at CPSP



Huma Faiz with Prof Andrea Hynes  
Pediatric Onco Surgeon SIOP, Washington DC



Rahim Dhanani & Hamdan Pasha in Philippines



Shahzad Shamim

# Egaz Moniz

**the Portuguese Genius who was awarded Noble Prize, but for the wrong achievement.**



In this issue, we are making an exception by not presenting the story of a surgeon. Instead, we are presenting the story of a physician, with a profound historical influence on two entirely separate surgical procedures. Egaz Moniz (1874 - 1955) a Portuguese Neurologist, is credited with the development of cerebral angiography, that completely revolutionized intracranial imaging, and a few decades later, has emerged as the basis for the introduction of a variety of safer, and more effective minimally invasive treatment options for several neurosurgical and neurological conditions. It wouldn't be unfair to say that cerebral angiography was one of the most important innovations of the last century. Egaz was nominated for Noble prize at least twice (thrice by some accounts) for the development of angiography, although he was turned down each time. However, and this is where it gets even more interesting, Egaz

did receive a Noble prize (shared with Walter Rudolf Hess), for the introduction of 'leucotomy' (better known by its American name, lobotomy), a procedure which laid the foundations for 'psychosurgery' and is widely considered as one of the most horrid surgical interventions ever published. Even though Egaz never once performed the surgery himself, owing perhaps due to his lack of surgical training, but more likely due to his disabling gout, he is considered the 'father of psychosurgery', and also credited with the first use of the term 'psychosurgery'.

So what is this horrid procedure? The leucotomy (a subject of several papers, documentaries, books of fiction and horror movies), was based on the observation that removing the frontal lobes of a chimpanzee made it calmer and more cooperative. Soldiers with injuries to frontal lobes (a reasonably common pattern in those days), were also found to have "changes in character and personality", in Moniz's own words. Egaz conceived that partial destruction of frontal lobes, especially the white matter tracts, may give the same result in certain psychiatric patients. He convinced a neurosurgeon Almeida Lima to perform the procedure on 20 patients, initially using chemical destruction of white matter tracts using absolute alcohol, and later using a 'leucotome' a needle-like instrument with a wire-loop at one end, thereby replacing chemical destruction by mechanical one. Egaz reported 'excellent' results, which later on, were widely criticized on the grounds of ethics, safety, and even the credibility of scientific data. The procedure was popularized in North America through Walter Freeman and James Watts, who adopted a modified technique and renamed it "lobotomy." The procedure became immensely popular, and remained so for at least two decades, eventually falling out of favor, but not before several thousand patients had undergone it. According to estimates, from between 1940 and 1950, almost 20,000 leucotomies (lobotomies since it was in US) had been performed in the United States alone and proportionally more in the United Kingdom, majority on women. In fact, a study of American hospitals found nearly 60% of leucotomy patients were women; and another study from Canada reported 74% of leucotomies were performed on women.



As if being one of the very few people in world to achieve three (or four) Noble prize nominations, and eventually a Noble prize; and introducing a revolutionary diagnostic and therapeutic procedure (cerebral angiography, not leucotomy) weren't enough, Egas was also involved in high-level national politics. In fact, he served on a number of important political positions including a Portuguese Member of Parliament, Minister for External Affairs, Ambassador to Spain, and also represented Portugal at the historic 1918 Versailles Peace Conference, all before his experiments with angiography and psychosurgery. Next time you hear an excuse for not writing, remember this, despite the illustrious career mentioned above, Egaz was also a prolific writer, and not just contributed immensely to the scientific literature, but also authored on sexology, and two (yes, two) autobiographies. He attracted a lot of negative publicity for his series of controversial graphic books, A Vida Sexual (a sexual life).

Egas at 37 years of age, was a Professor at the University of Lisbon, where he worked for 33 years (including his break for politics), and went on to become the Dean of Medical School. Even as Dean, he couldn't stay out of mainstream news, getting himself arrested (one of his three known police arrests) for preventing police from settling a student-run protest.

Egaz spent his last 16 years in a wheelchair, after being shot multiple times by an unhappy patient. The carotid siphon, the twisting of the internal carotid artery inside the temporal bone, was reported by Egaz, and has been named after him, as the Egas Moniz's siphon.



Masood Umer, Pervaiz Hashmi & Haroon ur Rashid with Prof Mohammad Umar



# Departmental Iftar



ULPHAT continue to provide treatment of complex diseases with a favorable outcome



# Surgeons' Lives

Departmental Picnic: Sandspit Beach





# Beyond Theatres



Departmental Picnic: Sandspit Beach





Rizwan Khan & Inam Pal at Miami Beach Florida, USA



Lubna Vohra, Shaista Khan & Azmina Vali Mohammad at Lahore



Sana Zeeshan with the Python at the mango festival, AKU



Pediatric Surgeons at Bahawalpur, Pakistan



Dinaz Gandhi, Yanar Dag, Fire Mountain, Baku Azerbaijan



Cancer Day 2018 at AKU



Tanveer Chaudhry at Grand Canyon in Nevada, USA



Masood Umer at Eger, Hungary





Amir, Fazli and Shahzad at the PSL final in Karachi



Rizwan Khan at Miami Beach, Florida, USA



Orthopaedic group at an offcampus breakfast on Super Highway



Shahzad Shamim with Neurosurgery Residents, Instructor and Alumni



Masood Umer celebrating 50th wedding Anniversary of their Parents



Shahzad Shamim with AOSpine faculty at Wagah border





Sohail Dogar with Dr AiXuan Holterman in Chicago, USA



Sana Zeeshan at Madam Tussauds Istanbul



Surgery Faculty at Rashidabad, Sindh

## Golf Tournament 2018 - Mending Kid's Hearts





## Thousand Words & More



**Vatican Museums, Vatican**



**King Hasan Mosque, Morocco**  
Captured by Tanveer Chaudhry



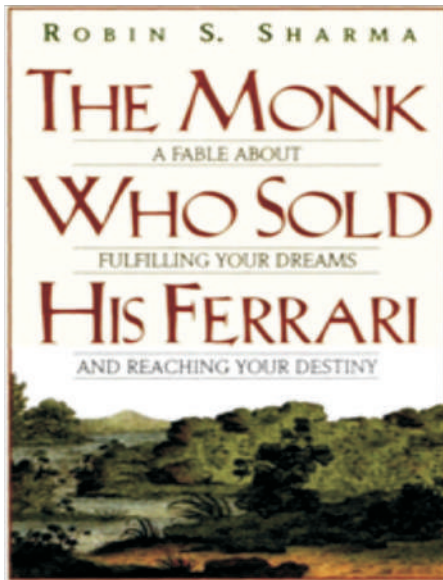




Aneela Darbar

# The Monk Who Sold His Ferrari

A Fable about Fulfilling Your Dreams and Reaching Your Destiny  
by Robin Sharma



The book is a good read and it helps us to weigh our desires against our needs towards a happier existence. Succeed we all might, but the question is have we really succeeded? Many amongst us have made it big in our lives, but how many of us are happy? How many of us can take each and every decision of our lives with a cool and calculated mind without letting anything cloud our judgment? This is what the book teaches us.

The fable is about Julian Mantle, a high-profile attorney with a crazy schedule and a set of priorities that centers on money, power and prestige almost like the values of our society. After suffering from a heart attack in the middle of court, he goes on a spiritual quest through the Himalayas and returns to impart his new-found wisdom on colleague and friend John, the narrator of the book.

Sharma's book comes down to a list of seven principles to apply to life:

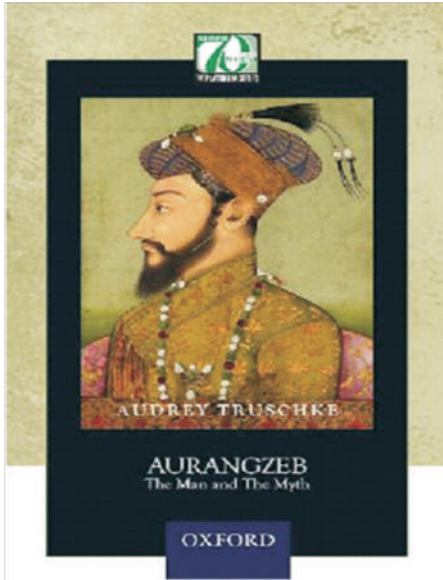
- **Master Your Mind:** Learn to focus, and consciously eliminate negative thoughts from your mind
- **Follow Your Purpose:** Focus on your priorities – and stay on track by focusing on the desired end goal.
- **Practice Kaizen:** Focusing on continuous self-improvement
- **Live With Discipline:** Recognize the importance of willpower while forming new habits.
- **Respect Your Time:** Adopting a “death-bed mentality” – living each day like it's your last.
- **Selflessly Serve Others:** Daily acts of kindness and cultivating richer relationships.
- **Embrace The Present:** Live for today – stop looking ahead and waiting for things to be better down the road; enjoy things as they happen.

Although these principles have been around for centuries, however, anyone and everyone who might encounter a stage in life when things appear to exist out of balance will draw inspiration and determination to succeed against all odds after reading this book. I have read this book more than once and still enjoy it, sometimes reading through, other times picking out odd chapters that relate to a particular situation to draw on the relevant instruction or inspiration.



Rashid Jooma

# Aurangzeb: The Man and the Myth, by Audrey Truschke



Surely the jewel of the Royal Library at Windsor Castle is the Padshahnama that visually chronicles the reign of Emperor Shah Jahan. This sumptuous feast of colors that are pristine 400 years on is a delight to behold, and one arresting image documents the celebrated event at a royal tournament in 1633 when a crazed elephant stampeded towards the royal party. The youthful Aurangzeb exhibiting great courage, charges the elephant and attacks it with a spear to drive it away. His elder brothers Dara Shikoh and Shah Shuja are seen to lurk at some distance from the danger and in the illustration are pictured behind their father, seemingly apprehensive. The Emperor was greatly impressed by his younger son's bravery and besides awarding him the title Bahadur, had him weighed in gold. It does not require a flight of fancy to conjecture that this event germinated in Aurangzeb's mind the idea

that he was a man of destiny and in her slim but insightful biography Audrey Truschke certainly portrays him as a man with a mission.

His great grandfather Akbar extended the empire at its eastern and southern reaches in the main by alliances and treaties with Hindu rulers. Aurangzeb had a different mindset and spent many years of his 49 year long reign on campaign to secure and expand the empire. This brought him in to brutal conflict with the Hindu Rajas, and their historiography and that of the British colonial writers, has projected him in bad light. This animus has intensified in more recent times with the ascent of Hindu nationalism in Indian political life and the ruler who expanded the Mughal empire both geographically and economically to unprecedented heights, is widely reviled as a religious bigot, a Hindu hater and temple demolisher. In 2015, Delhi's Aurangzeb road was renamed in a vengeful act of historic revisionism.

Truschke is an academic historian at Rutgers University and a specialist in South Asian history but has produced an eminently readable and compressed account without losing the flavor of authenticity. Her bibliographical essay at the end of the book attests to an extensive survey of primary and secondary sources and she has tracked down numerous Imperial Firmans and letters to make her case. Aurangzeb in her view took himself and his responsibility very seriously being preoccupied with the idea of being a just and equitable ruler devoted to the welfare of his subjects. He also viewed the Empire as a legacy of Timur and Akbar given to him in trust to protect and nourish. His dire responses to seditions and rebellions are to be seen through this lens of obligation. She questions on authority the neo-legends of whole scale razing of temples and forced conversions and points to royal documents that tell of grants of land and money to Hindu holy men and temples, his good terms with yogis and such like. In his



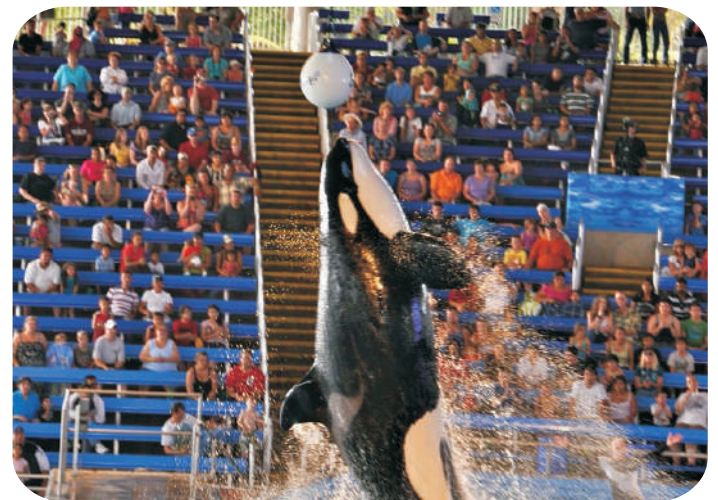
reign the numbers of hindu state officials and notables increased significantly compared to the court of his predecessors. And though he became increasingly religious later in this life he still admonishes in one letter, a local official for mistreating hindus.



This book was not uniformly well received in India and though some took the message that Aurangzeb needs to be assessed as a product of his circumstance and time, many derided the author for undertaking a fool's errand in her attempt to humanize him. Even in Pakistan the issue is debated and a recent play "Dara" by Lahore-based playwright Shahid Nadeem

revolves around the well-worn historical "what if" that conjectures a different trajectory to subcontinental history if Dara Shikoh, Shah Jehan's first born son and favorite were to have become the 6th Mughal emperor rather than Aurangzeb. Truschke takes issue with this and makes the point that Shikoh was ill-suited and ill-prepared for the job. It is worth reading this work to be able to make up your own mind.

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## Human & Animal Synchronization - Clicking at the right moment

Captured by Tabish Chawla



## Down the Memory Lane



Surgery Annual Day 1988



Surgery Annual Day 1997

Standing: Shaista Khan, Shaheen Zakaria , Muneer Amanullah, Abdus Samad, Rehan Khan, Nadeem Khurshidi, Mushtaq Ahmed, Khurram Siddiqui, Shahzad Ghaffar, Nida Wahid, Ghulam Sarwar

Sitting: Dildar Hussain, Ahmed Nazim, Abdul Ahad, Rizwan Khan, Ghulam Haider



## From Our Alumni

### **Rehan Masood**

*General Surgery Residency Program 2004*



**Consultant General Surgeon  
Drumheller, Alberta, Canada**

### **M. Nadeem Khurshaidi**

*General Surgery Residency Program 1998*



**Consultant General Surgeon  
Liaquat National Hospital, Karachi**

### **Masood Umer**

*Orthopaedic Surgery Residency Program 1997*



**Consultant Orthopaedic Surgeon  
Aga Khan University, Karachi**

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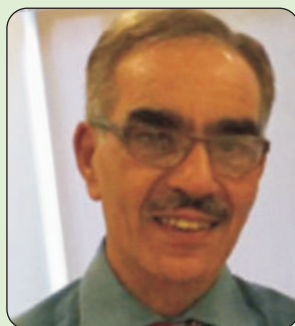




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