Task Force established to eradicate quackery from Sindh

MN Report

KARACHI - Sindh Health Care Commission (SHCC) chalked out a comprehensive anti-quackery strategy, to eradicate menace of quackery from the province of Sindh, and a task force has been established in order to control malpractices. A meeting of SHCC, chaired by its Chief Executive Officer (CEO), Dr. Minhaj A Qidwai at PMA House Karachi. Chairperson, SHCC, Prof Dr. S. Tipu Sultan, Director Monitoring and Evolution, Dr. Suleman Otho, focal person, Sindh Health Department, representatives of Aga Khan Hospital , South City and others attended this meeting. The main agenda of the meeting was the development of anti-quackery strategy, promotion of ethical practices, and development of Terms of Reference (TOR) for anti-quackery teams, in collaboration with PMA, Civil Society and various representatives of major hospitals of Sindh. Chairperson, SHCC, Prof Dr. Tipu Sultan stated that, SHCC is a regulatory body formed to improve the quality of healthcare services in Sindh. He also informed regarding the meeting Continued on Page 12

DRAP orders immediate recall of heart drug over cancer fears

MN Report

ISLAMABAD - The drug regulator has ordered the immediate recall of some heart medicines for containing a potentially cancer-causing chemical.

The development comes following indications of the presence of an impurity, N-nitrosodimethylamine (NDMA), in the valsartan active pharmaceutical substance supplied by Chinese company Zhejiang Huahai Pharmaceuticals and used in these prescription medications. The substance is a potential carcinogen suggesting its long-term exposure could cause cancer. However, the DRAP orders won’t affect the Continued on Page 12

Pakistan Medical Association demands for the implementation of National Health Policy

MN Report

KARACHI - Pakistan Medical Association (PMA) Centre and PMA Karachi chapter, urged the national health policy makers to devise a comprehensive health policy, enforcing it in all four provinces of Pakistan. Addressing a joint press conference, Secretary General PMA Centre Dr. SM Qaisar Sajjad, Treasurer PMA Centre Dr. Qazi Muhammad Wasiq, President, PMA Karachi Dr. Khaliq Mukaddam and Continued on Page 12

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Cilostazol research in Asia: can it be applied to European and American patients?

By Jong S. Kim, Sun U. Kwon, and Shinichiro Uchiyama

First Part of this study has published in July 1-14 issue

Patients with symptomatic ICAS

As described above, the TOSS I, TOSS II studies showed that cilostazol is beneficial when the overall changes in symptomatic ICAS are taken into account. This beneficial effect may be attributed to either endothelial stabilization or inhibition of vascular smooth muscle proliferation. A favorable effect on lipid concentrations as an increase in high-density lipoprotein (HDL) mediated by cilostazol is also a potential mechanism. The primary end-points in these studies were the magnetic resonance angiography changes, but not clinical events. However, because progressive narrowing of arteries in ICAS patients is closely related to stroke recurrence, the results may be clinically extrapolated.

Asian patients

The incidence of SVD is higher in Asians than in Caucasians, as is intracranial hemorrhage associated with antiplatelet use. For example, the annual incidence of hemorrhagic stroke with aspirin in clinical trials for secondary stroke prevention was 0.17-0.28% in global trials such as the Clopidogrel vs. Aspirin in patients at Risk of Ischemic Events (CAPRIE), Clopidogrel for High Atherothrombotic Risk of Ischemic Stabilization; Management, and Avoidance in High-Risk Patients (CHARISMA), and the Prevention Regimen for Effectively Avoiding Second Strokes (PROFESS) studies; whereas it was much higher (0.84-1.00%) in Japanese trials such as the Saropregate-Aspirin Comparative Clinical Study for Efficacy and Safety in Secondary Prevention of Cerebral Infarction (S-ACCESS), Japanese Aggrenox Stroke Prevention vs. Aspirin Programme (JASP), and CSPS 2 studies (7).

Moreover, Asians more often have ICAS than Caucasians. Therefore, cilostazol may be a safer and more effective choice of antiplatelet for Asian stroke patients.

Can Asian research results be applied to non-Asian patients?

Based on the favorable study results from Asia, many Asian countries consider cilostazol a primary drug for treating stroke patients (Table 2). However, cilostazol is less widely recommended by European and American agents than others: ‘Of the recommended antiplatelet regimens we suggest clopidogrel or aspirin/extended release dipyridamole over aspirin (Grade 2B) or cilostazol (Grade 2C).’ It seems that although the total number of patients enrolled in the CSPS1, CSPS II, and CASIS/P studies reaches to 4572, the results from these studies were not considered sufficiently convincing by non-Asian physicians. Because TOSS I and TOSS II demonstrated that cilostazol is effective in the prevention of symptomatic ICAS progression, cilostazol is popularly used to treat ICAS patients in Asia (Table 2). However, it is not mentioned in European guidelines, and not recommended by American guidelines.

For example, although one guideline from the USA reads: ‘In patients with a history of noncardioembolic ischemic stroke or TIA (transient ischemic attack), we recommend long-term treatment with aspirin (75-100 mg once daily), clopidogrel (75 mg once daily), aspirin/extended-release dipyridamole (25 mg/200 mg bid), or cilostazol (100 mg bid) over no antiplatelet therapy (Grade 1A), oral anticoagulants (Grade 1B), the combination of clopidogrel plus aspirin (Grade 1B), or triflusal (grade 2B); cilostazol was considered a less effective agent than others: ‘Of the recommended antiplatelet regimens we suggest clopidogrel or aspirin/extended release dipyridamole over aspirin (Grade 2B) or cilostazol (Grade 2C).’

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<table>
<thead>
<tr>
<th>Incidence %/patient year</th>
<th>CLZ</th>
<th>ASA</th>
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<tr>
<td>n = 2,031</td>
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<tr>
<td>0.18; 0.04-0.31</td>
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<td>0.24; 0.14-0.38</td>
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<td>0.32-1.41</td>
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**Fig. 4** Incidence of hemorrhagic stroke according to systolic blood pressure categories. P = 0.61 for interaction; P = 0.01 for treatment. In this figure, patients’ mean number of patients who showed the classified value at least once. ASA, aspirin; CLZ, cilostazol.

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It is not mentioned in European guidelines, and not recommended by American guidelines. A recent guideline from the USA states that: ‘For patients with recent stroke or TIA (within 30 days) attributable to severe stenosis (70%-99%) of a major intracranial artery, the addition of clopidogrel 75 mg/d to aspirin for 90 days might be reasonable (Class Iib; Level of Evidence B)” and that: “For patients with stroke or TIA attributable to 50% to 99% stenosis of a major intracranial artery, the data are insufficient to make a recommendation regarding the usefulness of...
Heart Diseases; affecting more women than men: A study

**MN Report**  
**KARACHI** - According to a study in The Lancet Global Health, Heart Disease is considered to be the number one lethal condition, both in women and men of India, causing 2.1 million deaths across the country in 2015. Heart diseases remain undiagnosed in women, especially those living in underserved rural areas where people are seldom screened for risk factors such as elevated cholesterol, high blood pressure, diabetes and obesity, which is higher in older women than men in India.

Dr. Ravi Kasiwal, Chairman Clinical and Preventive Cardiology, Medanta, Gurugram, stated that, "Most heart attacks occur when fatty deposits (plaques) made of cholesterol, calcium and cellular waste deposit on the inside of the arteries and block blood flow to the heart. Though the process, called atherosclerosis, affects both genders, its progression is different in men and women." The risk factors for heart diseases are the same for men and women, yet the effects for many are compounded in women. For example, women with one risk factor have twice the risk of heart disease as those who do not, and those with three risk factors are at 10 times the risk compared to women without risk factors. Diabetes in women doubles their likelihood of death from a heart attack, as does smoking.

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**Acid related injuries in children; on rise**

**MN Report**  
**KARACHI** - Eminent Plastic Surgeon and Head of Burns Center, Karachi, Dr. Ehsmer-Al-Ibran revealed that acid injuries in children are increasing in Pakistan, mainly across the province of Sindh, as citric acid is being sold in cold drink’s bottles by sellers; meanwhile the concerned authorities have failed to stop the sale of acid, from within the open markets. Dr. Ehsmer Ibran explained that, acid related attacks are commonly seen in females and males but now, acid injuries are also rising in children due to unnecessary use of certain products containing high quantities of acid, at homes, such as for cleaning of toilets. These harmful products pose a serious threat to the users, particularly children, if such products are not used or stored sensibly at homes. According to Dr. Ehsmer, many cases have been reported to the Burns Units, where children were admitted due to ingestion of acid, mistaking them as beverages due to their packaging. He also mentioned that, acid is not only harmful for the residents, but it also damages the sewerage pipe lines, creating further issues.

He shed light upon a similar incident, reported in Shikarpur District, where a young boy Abdul Rasheed became a victim, when accidently a small bottle of acid fell on him while he was asleep. The youngster was badly injured and was immediately shifted to the Burns Centre Karachi.

*Continued on Page 12*
Secretary Health inaugurates new testing system for *Bacterial diseases*

*MN Report*

**KARACHI** - Secretary Health Sindh Dr. Usman Chachar inaugurated an automated identification and susceptibility testing system, known as BD Phoenix, at Dr. Ruth K.M Pfau Civil Hospital Karachi (CHK) for accurate and reliable detection of known and emerging antimicrobial resistance.

Medical Superintendent, CHK, Dr. Muhammad Tauqiq, Head of Central Lab, CHK, Dr. Ghulam Fatima, Additional Medical Superintendent, CHK Dr. Arif Niaz and other administrative officials were present at this occasion.

Dr. Usman Chachar stated that, this testing system giving minimum inhibitory concentration antibiotics (MIC) is the first automation system in microbiology in any public sector hospital’s laboratory. He expressed his appreciation towards the hospital’s administration for the induction of advance equipments, in order to facilitate patients in a better manner.

Medical Superintendent, CHK, Dr. Muhammad Tauqiq, added that this identification and susceptibility testing system provides accurate and reliable detection of antimicrobial resistance, rapidly. Additionally, its state of the art data management monitors analyzes and communicates actionable results, directly to the laboratories and concerned clinicians.

This system also follows a barcode system, which helps in minimizing human errors.

Dr. Muhammad Tauqiq also informed that, CHK has installed a flow-cytometer within a public sector hospital laboratory, which is being used for diagnosing certain cancers, such as leukemia and lymphomas.

Moreover, he requested the Secretary Health to sanction extra budget for purchase of reagents for flow-cytometer and Phoenix system. He mentioned that Dowites ‘83 have provided the health facility with privately hired staff, but a number of posts are still lying vacant.

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**Karachi’s Commissioner launches ‘anti-polio’ drive**

*MN Report*

**KARACHI** - Commissioner Karachi, Muhammad Saaleh Faruqui formally inaugurated the six- day ‘anti-Polio’ campaign in Karachi, at Sobheraj Hospital.

Deputy Commissioner-South Muhammad Salahuddin, Commissioner Karachi Polio Task Force Coordinator Dr. Nusrat Ali, the officials of Health Departments, representatives of WHO and UNICEF were present on this occasion.

Under this polio drive, approximately 1.9 million children aged 5 or less, will be vaccinated in 174 union councils across the city of Karachi.

Addressing the media, the Commissioner stated that, Karachi’s administration was committed to play its due role in eliminating Polio virus from the city, with the coordinated efforts and support of our international partners. He also added that, Polio eradication was a national cause and given top priority.

He greatly appreciated the role of international partners and prayed for a Polio free Pakistan, after tireless efforts made by all local and international experts.

Commissioner Karachi also emphasized upon the importance of this vaccine and that it was the duty of all stakeholders to make sure no child is left behind. He also suggested improving the country’s micro plan and preventive strategies against this disease.
Pancreatic Cancer: ‘Flexibility of cancer cells determining the area of metastases.’

A research team at the Technical University of Munich (TUM) has discovered that, pancreatic cancer often spreads and metastasizes in the liver or lungs. The prognosis is said to be better for patients with metastases in the lungs. However, the organ that is more likely to be affected depends on the cancer cells’ ability to alter their characteristics and shape. Cells in a tissue or tumor establish contacts with other cells and assume a scale-like appearance. Such cells modify their metabolism and detach themselves from the cluster of cells making up the tumor. As a result, they become long and thin, which allows them to enter nearby blood vessels, using them as a transport route to reach other organs and proliferate in tissue there. The cells then must transform themselves once again, in order to re-establish contacts with other cells. Not all cancer cells possess flexibility, technically known as plasticity. Dr. Maximilian Reichert, lead author of the new study and research group leader in the Internal Medicine Unit II of TUM University Hospital Klinikum rechts der Isar, discovered this phenomena and its consequences, mainly for pancreatic cancer. The study’s findings were published in the journal Developmental Cell.

Metastases in Liver or lungs - what is the decisive factor?
Dr. Reichert explained that, through this research, they were able to show that the spread of pancreatic cancer to the liver depends on the plasticity of the cancer cells. If the cells are unable to establish cell-to-cell contacts, they are passively flushed into the lungs by the bloodstream, where they become lodged. “This course of the disease is more favorable for patients, because lung tumors are easier to control.” He added. The plasticity of a cancer cell depends crucially on the presence of a cell adhesion molecule: the protein E-cadherin. It is found on the cell surface, responsible for cell-to-cell contacts. Using a mouse model, the research team discovered that, the absence of E-cadherin results in pancreatic cancer cells spreading to the lungs and not to the liver.

When the protein was present and functional, the cancer cells were also able to invade the liver. Researchers believed that, the cancer cells are able to take hold and colonize in liver tissue, due to close cell-to-cell contacts established with the help of E-cadherin. By altering the presence of E-cadherin, the research team was able to control the metastasis process in mice.

Epigenetic factors?
The research team also discovered that, these mechanisms are evidently controlled by the tumor by epigenetic programs. In the process, the genetic material (DNA) itself is not altered. Instead, chemical factors determine how strongly or weakly a section of DNA is read. Together with colleagues at Klinikum rechts der Isar, the team led by Maximilian Reichert plans to investigate whether these epigenetic programs can be inhibited or are suitable targets for treatment. “The more we understand about the formation of metastases, the better we’ll be able to influence the process. This is particularly important in the case of pancreatic cancer, because nearly all pancreatic cancer patients die as a result of metastases,” Dr. Reichert added.

PMA fears outbreak of water-borne diseases in Karachi

MN Report
KARACHI - As the monsoon season has arrived, Pakistan Medical Association (PMA) has urged Karachi’s public to protect themselves from diseases that spread due to contaminated water. The association requested everyone to use boiled or mineral water, to avoid water borne diseases.

Secretary General, Pakistan Medical Association (PMA-Centre), Dr. SM.Qaiser Sajjad, stated that, water borne diseases spread by drinking contaminated water. According to reports, about 3 million people of Pakistan suffer from waterborne disease like typhoid, cholera, hepatitis A and hepatitis E. Approximately, 250,000 children below the age of 5 years, die every year owing to waterborne diseases.

He also mentioned that, The US Centre for Disease Control and Prevention (CDC) has issued a health warning for Pakistan, alerting people against an ongoing outbreak of “extensively drug-resistant” typhoid fever, which does not respond to most antibiotics. The officials have urged the people to take extra care with food and water, and get vaccinated.

Dr. SM. Qaiser also advised the citizens to wash their hands properly, consume clean food and water. People should avoid consuming outdoor food and drinking water or beverages with ice of unknown purity. He greatly stressed upon the need to include typhoid’s vaccination within the National Immunization Program, in order to protect people from this severe disease.

CHK declares emergency in light of upcoming general election

MN Report
KARACHI - Under the directives of Sindh’s Health Department, Dr. Ruth K.M Pfoa Civil Hospital Karachi (CHK) has declared emergency during the general election day, which is scheduled to be held on July 25, 2018.

The Additional Medical Superintendent, CHK, Dr. Arif Niaz has been appointed as the focal person. All doctors, nurses, paramedical staff must fulfill their assigned duties, in their respective wards and OPDs. All heads of the departments are required to provide medical cover, including standby arrangements for medical, surgical or special care and to remain prepared for any uncalled emergency situation. The doctors, nurses and paramedical staffs sanctioned leaves have been suspended until further notice. Any non-compliance by the hospital’s staff would lead to stern disciplinary action against them.
DUHS launches NAT to reduce risk of diseases spread via blood transfusion

**MN Report**

**KARACHI** - Dow University of Health Sciences (DUHS) has introduced a Nucleic Acid Testing (NAT) technology for detecting and decreasing the risk of blood transmitted diseases, such as, HIV, HBV, HCV, WNV, Parvovirus B19 and HAV.

Vice Chancellor, DUHS, Prof. Dr. Saeed Qureshi inaugurated public sector’s first Blood Bank, in order to adopt the Real time Polymerase Chain Reaction (PCR) based NAT technology. Pro-Vice Chancellor, DUHS, Prof. Dr. Muhammad Masroor, Prof. Dr. Shaeen Sharafat, Dr. Shaeen Kusar, Dr. Asif Qureshi, Country Manager for Roshan Pakistan Dr. Qadeer Raza, Director Abdul Qayyum, Mr. Maqsood Ahmed Khan, Ms. Sabira and others were present on this occasion.

Prof Saeed Qureshi discussed regarding the crucial step taken by DUHS, to significantly contribute in reducing the rate of transmittable diseases like, Human Immunodeficiency Virus (HIV), Hepatitis B virus (HBV), Hepatitis C virus (HCV) and West Nile Virus (WNV) in Pakistan.

According to Prof Qureshi, NAT technology is world’s latest and safest technology available, which will help in minimizing the window period of such diseases. This technology also offers a higher sensitivity rate for detecting viral infections and provides safe blood transfusions. The traditional method for blood screening, also known as Immunocassay, or more commonly as the Serology test, detects antibodies to viruses or viral antigens. Thus, if there are no antibodies present, these simple traditional tests may not highlight or trigger a positive test result, especially if the patient gets tested during the window period.

Window period is the duration when the donor is exposed to a virus. Until the antibodies are produced against the virus, production and risk of infection in donated blood can be missed. That is, if the blood is donated during the window period, when the virus and its anti-bodies are not detectable by either of the old traditional screening tests but, the infectious agent may be present in the blood of the donor, this can infect other patients and the disease can spread, increasing its range. The Nucleic acid testing (NAT) is the most advanced tool which uses Real-time Polymerase Chain Reaction (PCR) technology to detect the presence of viral infections including the DNA and RNA viruses by simply screening the whole blood and plasma samples. This test is performed on donated blood and other blood components that may contain HIV, HCV and other such blood transfusion transmitted diseases. Approximately 40% of the 92 million donations of blood around the world are not tested and screened with NAT technology. The under developed countries are most likely to use contaminated blood due to inadequate serology testing and higher disease prevalence. This technology is beneficial as it takes about only a week to detect HCV - RNA after infection, while it takes about two months to detect such viruses through simple serology testing.

The US blood banks introduced NAT technology for detecting HIV and HCV in the late 1990s.

**Continued on Page 14**

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19 more Dengue cases surface

**MN Report**

**KARACHI** - As many as 19 more Dengue Fever cases were detected across the city of Karachi, taking the reported cases toll to 538 in the city, since 1st January 2018. As per weekly report issued by Prevention and Control Program for Dengue in Sindh, at least 19 new dengue fever cases were reported from within Karachi.

No new case surfaced from the other districts of Sindh. In July, a total of 19 dengue positive cases have been reported throughout the city of Karachi.

have been reported throughout the Province of Sindh, out of which 538 were reported from within Karachi and 34 from rest of the Province. Unfortunately, this year, a death was also reported in Karachi due to dengue.

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**UPCOMING EVENTS 2018**

**INTERNATIONAL**

July 11-14
BIT's 7th Annual World Congress of Infectious Diseases 2018 at Bangkok, Thailand.

July 12-14
The 7th Annual World Congress of Infectious Diseases-2018 (WCID-2018) at Bangkok, Thailand.

July 17-18
Asia-Singapore Conference on Sport Science 2018 at Singapore, Singapore.

September 14-16
17th Biennial Meeting of the International Gynecologic Cancer Society at Sakyu Ward, Kyoto, Japan.

September 26-29
IFSO World Congress 2018 at Dubai, United Arab Emirates.

September 28-1 October
The 23rd ASEAN Federation of Cardiology Congress (AFCC 2018) at Bangkok, Thailand.

October 1-4
World Cancer Congress Malaysia 2018 at Health Science.

November 16-19
50th Annual Congress of the International Society of Paediatric Oncology at Health Science.

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**2018 HEALTH DAYS CALENDAR**

**JULY**
11 World Population Day
26 World Hepatitis Day

**AUGUST**
1-7 World Breastfeeding Week

**SEPTEMBER**
9 International Fetal Alcohol Syndrome Day
20 World Retina Week
21 World Alzheimer’s Day
28 World Pharmacists Day
28 World Retina Day
29 World Heart Day

**OCTOBER**
5 World Sight Day
10 World Mental Health Day
12 World Arthritis Day
12 World Bone And Joint Week

**NOVEMBER**
1 Lung Cancer Awareness Month
9 World Quality Day
14 International Diabetes Day
17 World Chronic Obstructive Pulmonary Disease Day
26 World Anti-Obesity Day

**DECEMBER**
1 World AIDS Day
3 International Day of Disabled Persons
5 World Palliative Care Day
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Higher Education Commission’s initiative: Awareness on Environmental sustainability

University Ranking is an initiative took by Universitas Indonesia in year 2010 and has been adopted by several Asian universities. This year’s focal point was based on the Sustainable Development Goals (SDGs). Over 90 universities, including their Vice Chancellors, Rectors, Registrars, and faculty members attended this event. The ranking results were compiled on the basis of a number of sustainability indicators, including infrastructure, energy and water consumption, waste generation, transport usage and educational programs. HEC Executive Director, Dr. Arshad Ali discussed that Pakistan was facing acute water shortage, which would intensify in the coming years, due to which such campaigns should be held to spread awareness amongst the youth.

PMDC instructs medical colleges not to ‘sell’ seats to students

Young Doctors Association Pakistan Secretary Dr. Salman Kazmi and others appreciated the Chief Justice Supreme Court of Pakistan for personally taking up the matter of private medical colleges and ensuring that from this year, all admissions will be done on merit and no medical colleges will be able to “sell” seats in the aforementioned amount in the name of donation across the country.

Naegleria - The brain-eating amoeba; claims yet another life in Karachi

Death toll goes up to 5 this year, as the brain-eating amoeba Naegleria fowleri claimed another life in Karachi. Focal Person for the Naegleria Control Committee, Sindh, Dr. Syed Zafar Mehdhi, informed that, a 14-year-old boy, Meer Numan, resident of Nazimabad No.1, died in a private hospital of Karachi. He was brought to the hospital in a critical condition and died during treatment.

This organism, N. fowleri is found in warm freshwater bodies such as ponds, lakes, swimming pools, as well as underground and overhead tanks. It enters the human body through a person’s nose and consumes brain tissue. This amoeba can survive in high temperatures too.
“Family planning is central to women’s empowerment:” - UNFPA

GENEVA - 50 years ago, family planning was affirmed to be a human right, leading to what would become the annual observation of World Population Day, which focuses on the impact of the number of children born, on today’s world.

UNFPA Executive Director Natalia Kanem stated that, “Family planning is not only a matter of human rights; it is also central to women’s empowerment, reducing poverty and achieving sustainable development.” She also pointed out that, around 214 million women still don’t practice safe and effective family planning, for reasons ranging from lack of information or services, to lack of support from their partners or communities. This deprivation threatens their ability to build a better future for themselves and their families. The World Population Day was inspired by public interest generated by one particular date of huge significance. The UN estimated that it was 11 July, 1987, during which the world’s population reached five billion people.

UNFPA supports family planning in developing countries, by ensuring a reliable supply of modern contraceptives, strengthening national health systems and promoting gender equality. They are also fully committed to upholding the rights of individuals, especially women, to plan their family. Kanem added that, her team is striving to end all unmet needs for voluntary family planning in developing countries, by 2030; and urged the Government, Parliamentarians, Private sector and civil society to join forces to make this happen.

Child Life Foundation opens children’s Emergency block at Abbasi Shaheed Hospital

MN Report

KARACHI - Child Life Foundation, in collaboration with the Government of Sindh, inaugurated a Children’s Emergency block at Abbasi Shaheed Hospital (ASH), in order to provide quality emergency care, free of cost, to residents and children of Nazimabad and its surrounding areas. The new Children’s Emergency at ASH, is a 50 bedded facility, equipped with modern, fully automated machines, cardiac monitors, defibrillator, phototherapy units and a well stocked pharmacy. The Pediatricians, paramedical and other helping staff are qualified, and well trained to manage emergency cases. All forms of treatment and medicines will be provided free of cost.

Child Life Foundation came into being in year 2011, with a focused mission to provide every child of the country with affordable emergency care of good quality. Child Life Foundation has dedicated its sole purpose of working to save lives of critically ill children, admitted in government teaching hospitals of Sindh. With a network of five children emergencies across the city of Karachi, no child is more than 30 minutes away from a state of the art emergency care system. Till date, approximately 1.8 million children have been treated by these child care facilities. This Children’s ER is yet another achievement of Child Life Foundation, with a vision to benefit young patients with early and easy access to quality emergency care.
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High prevalence of Neurological & Mental disorders in men: researchers claim

**MN Report**

KARACHI - According to a study performed at the University of Maryland, UK; Men are more prone to developing neurological and neuro-psychiatric disorders like, autism and schizophrenia diseases, whereas women tend to suffer from depression and anxiety.

Genders may play an important role in determining the affinity of whether or not; one will suffer from neurological and mental disorders, or problems like hypertension, diabetes, and arthritis.

Neuro-developmental disorders are basically known as brain function disorders, that affects a human’s emotion, learning ability, self-control and memory. To understand this variation among genders, the researchers focused on a molecule, which plays a vital role in placental health.

Neuro-developmental disorders, such as autism spectrum disorders, early onset schizophrenia, and attention deficit hyperactivity disorder (ADHD), greatly affect a large percentage of males; as they are found to be more sensitive to prenatal insults, such as gestational stress, maternal infection and drug exposure. However, women are prone to developing depression or anxiety disorders, due to genetic and or environmental factors.

Collaboration of GRC and PRCS to reduce side effects of climate change

**MN Report**

KARACHI - Country Representative, German Red Cross (GRC) Mr. David Kinley, in collaboration with Pakistan Red Cross Society (PRCS), Sindh, themed “Beat the Plastic Pollution”, in connection of World Environment Day.

This session was attended by various stakeholders; belonging to the Government and private sector, as well as different environmentalists and associated NGOs.

This program served as a platform, provided the participants a chance to collaborate with the concerned authorities, in order to find joint solutions to fight present environmental challenges.

Mr. David Kinley, Representative GRC, appreciated the efforts of PRCS in spreading knowledge amongst local communities and preparing them to be more adaptive to the changing conditions.

Chairman, PRCS, Ms. Shahnaz Hamid welcomed the participants and discussed the new climate change adaptation project, which aims towards creating awareness regarding this important subject.

She informed that, this project will be working towards preparing our people to be more adaptive of the changing environment.

Program Officer of Climate Change Adaptation, PRCS, Mr. Jehangir Soomro, briefed the audience about the ways we can deal with the adverse effects of the environment. He added that, climate change is a reality and we need to create awareness, train our resources and find a joint mechanism to achieve desired results.

The participants agreed to work towards implementing small measures and providing incentives to local communities to minimize the use of plastic.

including members of Pakistan Disaster Management Authority (PDMA), Sindh Forest Department, Pakistan Institute of Oceanography, Sparco, NED University, Mehran University, United Nations World Food Program, Sindh Irrigation Department and media personnel participated in this interactive session.

In the end, PRCS Provincial secretary thanked the participants for their valuable time and input and stressed upon the implementation of sustainable acts, to secure our environment’s future.
Task Force established to... 
(Continued from front page)
organized to develop anti-quackery strategies, as quackery is one of the leading causes behind the increasing rate of mortality and morbidity in Pakistan. The Task Force explained that thousands of innocent lives were lost and many are still seriously affected due to quackery. Furthermore, Prof Tipu Sultan added that, in pursuance of Sindh Health Care Commission Act 2013, the anti-quackery strategy proposes to ensure the enforcement of banning of quackery within the province, in its forms and manifestations, through implementation of legislative reforms, establishment of anti-quackery cell/unit for coordination of implementation and enforcement of anti-quackery activities in Sindh, speed up of registration & licensing of healthcare establishments (allopathic, homopathic & Tibb), through a responsive complaints management system, alongside public awareness campaigns to promote patient’s rights and safety. CEO, SHCC, Dr. Minahaj A Oidwai, said that finally, the government is focusing their efforts against certain health facilities. He strongly urged the Regularity bodies like, Pakistan Medical and Dental Council, Pakistan Nursing Council, National Council for Tibb, National Council for Homoeopathy, Pharmacy Council of Pakistan (PCP) and others to coordinate with SHCC in this process of authentic registrations.

DRAP orders immediate... 
(Continued from front page)
medicines containing valsartan produced by other companies. Pakistan is among 23 countries, which have separately announced a recall of several drugs with valsartan as a precautionary measure to protect patient health. The announcements were prompted by the review of some medicines by European Union’s London-based medicines watchdog, EMA, over the detection of NDMA in the Zhejiang Huahai-made valsartan. According to the EMA, it is investigating the levels of NDMA in these valsartan medications, its possible impact on users, and steps to reduce or eliminate the impurity from future batches produced by the Chinese company. The review will also see if other valsartan medicines are affected. The doctors prescribe valsartan drugs for patients with high blood pressure to reduce complications like heart attack and stroke. They’re also used by the people with heart failures or attacks in recent times. According to a relevant official, the DRAP asked pharmaceutical companies to call in all such products made from valsartan supplied by Zhejiang Huahai Pharmaceuticals, while the authority’s federal and provincial additional directors were told to take the final decision. He said directions had also been issued to the federal drug inspectors to prepare an inventory of the active pharmaceutical substance of valsartan manufactured by Zhejiang Huahai and to ‘dispose of that on informed consent in the public interest or under the final decision by the authority’. The official said the recall orders would apply to both locally-manufactured and imported medicines. He said the importers of the Zhejiang Huahai-supplied valsartan included Sanofi’s Amarant Pharmaceuticals, Eforo Chemical Industries, High-Q Pharmaceuticals, Pharm-Evo, Safe Pharmaceuticals, Sami Pharmaceuticals and Tabros Pharma, and Lahore’s Searle Pharmaceuticals and Genetics Pharmaceuticals. Regularization of the presence of NDMA in valsartan was unexpected and is thought to be related to changes in the way the active substance was manufactured, the official asked doctors to take necessary measures to protect the users of those drugs from NDMA complications and report side-effects or adverse events to the DRAP. He advised patients not to stop taking valsartan without the doctor’s permission, warning that going off medication without supervision could be dangerous. When contacted, DRAP deputy director (quality control) Abdul Sattar Sohrani confirmed the recall orders and said that the pharmaceutical firms concerned had been given one week to remove from the market the medicines made from Zhejiang Huahai’s valsartan. He said the DRAP would strictly enforce its recall orders.

Pakistan Medical Association... 
(Continued from front page)
General Secretary PMA Karachi, Dr. Abdul Ghafoor Shoro, expressed their concerns over the deterioration of health and education system of Pakistan. They informed that, no national level health policy existed in Pakistan after passing the 18th amendment. They brought to everyone’s knowledge that, since last five years, less than 1 per cent of total GDP had been spent within our national health system. In order to bring improvement, allocation of at least 6 per cent of the total GDP for healthcare system in Pakistan is required. Secretary General, PMA Centre, Dr. Qaisar Sajjad expressed his discontent over the fact that, not even a single university of Pakistan stands in the ranking of top 500 universities of the world. The condition of our hospitals and health system is such that, our rulers treated travel abroad to get treated. He added that health and education have never been a priority of our ruling authorities, due to which there is a mushroom growth of private schools and hospitals. Furthermore, he urged the political parties to take health issues in their manifestos like, increased investment on prevention of diseases rather than solely focusing on the curative side, provision of clean water to every citizen of country to prevent waterborne diseases, prevention of mosquito borne diseases, complete elimination of quackery, public ban on tobacco products, strengthening of national vaccination program, followed by proper implementation, particularly to eradicate polio from our country. President, PMA Karachi, Dr. Khalil Mukaddam stated that, there is an urgent need of increasing the national health budget as per WHO recommendations, to reduce the suffering of patients in Pakistan. General Secretary PMA, Karachi Dr. Abdul Ghafoor Shoro added that, no one can provide healthcare sector without strengthening their basic health units, rural health centers, taluka hospitals by recruitment of doctors and specialists, nurses, midwives and paramedics on an emergency basis.
Moreover, he added that, Pakistan Medical and Dental Council (PMDC) should be made an independent and autonomous body for regularization of medical education and training in Pakistan. Treasurer PMA Centre, Dr. Qazi Muhammad Waissi demanded of the government to exempt doctors from election duties, as hospitals are required to provide health facilities to the citizens, round the clock, without any political hindrance.

Cilostazol research in Asia... 
(Continued from page 02)
clopidogrel alone, the combination of aspirin and dipridamole, or cilostazol alone (Class IIb; Level of Evidence C)’. The results of the TOSS I and TOSS II studies are not accredited probably due to the small number of patients enrolled and the use of surrogate markers rather than clinical endpoints. However, studies that are focused on ICAS like those in the West, and TOSS I, TOSS II, and CATHARIS appear to be the only studies that compared the efficacy of antiplatelets in patients with ICAS. In TOSS II, aspirin plus cilostazol provided more favorable results than aspirin plus clopidogrel, a regimen endorsed in the USA guideline, at least when the overall change in the stenosis was considered. Although a larger trial may still be needed to confirm the beneficial effects of cilostazol, patients with ICAS may benefit from aspirin plus cilostazol regardless of race-ethnicity - at least for the prevention of composite end points.
Finally, it seems quite clear that cilostazol is safer than aspirin and probably safer than other antiplatelets in terms of reducing bleeding complications, especially hemorrhagic strokes. All the previous trials including European and American patients are still needed. Nevertheless, based on current evidence, we suggest that at least a certain group of patients would readily benefit from cilostazol. In conclusion, we think that large trials including European and American patients are still needed.

Well equipped Digital Library... 
(Continued from page 15)
systems installed along with the retention of the names of computer network. Renovation of the library’s interior and replacement of the air conditioning system was performed. This facility will not only help assist the post graduates, researchers, tutors and faculty members but, will also aid in conducting various workshops, symposiums and seminars to enhance the researching activities, benefitting the university’s name.
No scientific proof that Multivitamins promote heart health

Taking multivitamin/mineral (MVM) supplements does not prevent myocardial infarction, stroke, or death from a cardiovascular cause, according to a comprehensive meta-analytic review of relevant research. "The take-home message is simple: there is no scientific evidence that MVM supplements promote cardiovascular health. We hope that this paper helps to settle the controversy on MVM use for CVD prevention," lead author Joonseok Kim, MD, University of Alabama at Birmingham, told theheart.org | Medscape Cardiology.

The study was published online today in Circulation:

Cardiovascular Quality and Outcomes. "Vitamin and mineral supplements are taken by nearly half of US adults, yet few benefits have been documented," said JoAnn Manson, MD, who was not involved in the study and is chief of preventive medicine, Brigham and Women’s Hospital and professor of medicine, Harvard Medical School, both in Boston, Massachusetts. "Regarding multivitamins and cardiovascular disease, specifically, neither observational studies nor randomized clinical trials have demonstrated clear benefits for primary or secondary prevention," Manson told theheart.org | Medscape Cardiology.

"Importantly, clinicians should emphasize with their patients that multivitamin supplements will never be a substitute for a healthful and balanced diet, which have many beneficial components for vascular health. Additionally, micronutrients in food are typically better absorbed by the body than those from supplements," she advised. Kim and colleagues did a systematic review and meta-analysis of 18 studies with more than 2 million adults (mean age, 57.8 years) with mean follow-up of 11.6 years. Eleven studies were from the United States, 4 from Europe, and 3 from Japan. Only 5 studies specified the dose and type of MVM supplement.

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**Doctors’ negligence affects patient care at NICH, Karachi**

**MN Report**

**KARACHI** - The doctors at National Institute of Child Health (NICH) are found to be giving unnecessary attention to data registry, instead of physically examining the children brought to the Emergency department of the hospital.

The doctors of non-governmental organizations (NGOs) posted in the Emergency department of Sindh’s children hospital, NICH, are not providing proper care to the visiting patients. Complaints have been launched against the staff members of NGOs, by the attendants of patients, but no one is paying heed towards their issues. The coordination between staff of the health facility and NGO employees was also not exemplary. An NICH official stated that, doctors of the non-governmental organization has seemed to be working as data entry operators in the emergency department, as their main focus is based on patient’s registration. He allegedly added that these doctors avoided examining serious patients, and is playing a number game to please their authoritative figures. The NICH source also disclosed that, these NGO doctors have been getting more funds from foreign donors. Director, National Institute of Child Health (NICH), Prof Jamil Raza, had no comments over this matter and stated that, deliberate negligence of the visiting children’s patients would lead to grave consequences.
Sindh Health Department dissatisfied by the affairs of Government hospitals

**MN Report**
LARKANA - The Secretary, Health Department, Government of Sindh, Dr. Muhammad Usman Chahar, has expressed serious concern over the lack of management and control within Sindh’s government hospitals.

In a letter sent to all District Officers (DHOs) and Medical Superintendents (MSs) of the province, he stated the matters that had no financial implications such as, adopting simple measures like cleanliness of premises and wards, proper garbage disposal, cleanliness and conduct of staff, procedural processing of OPD and admitted patients, storing stock register with transport disbursement of medicines and direction boards. He emphasized on enhancing the level of performance of duties by the staff, focusing on their presence and punctuality. Any absenteeism, absconding from government duties of any staff is to be checked by the MS or head of the health facility, and salaries should either be deducted or stopped. The concerned heads or MS will be deemed responsible, if strict actions won’t be taken by them.

The letter also emphasized over the fact that, government hospitals have been handling budgeting unfairly. Instead of necessary items for health service delivery, maintenance etc; unnecessary expenditure is being made. This practice should be stopped and expenditure should be made as per priority, to improve health service delivery.

It was also mentioned that, all MSs/In charge/Head of the Health Facilities are required to ensure strict necessary action on above lines and the supervisors from Director General Health Services Sindh and Directorates shall regularly visit and monitor the health facilities within their domain. Copies of this letter were also sent to all Commissioners of the province, DG Health, Director, Health Services of all the division including Karachi, Hyderabad, Mirpurkhhas, Nawabshah, Larkana and Sukkur.

In the light of this letter, it was reliably learnt that, over 150 employees of Chandka Medical College Hospital that have been practicing un ethical measures by not showing up to work, are still enjoying the support of Government’s accounts office, despite having knowledge of their absence.

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**DUHS launches NAT to ...**
*Continued from page 06*

to increase blood safety and transmission. Today, US have been able to supply 100 per cent safe blood, screened with NAT. Currently, countries like Thailand, Mexico, Malaysia, Indonesia, Egypt and India have been using NAT technology, while a number of countries in Europe and Asia have also adopted this technology including Australia, Germany, France, New Zealand, Canada and South Africa.

NAT technology is being used since 1985 and is now becoming a standard with the growing trend and common practice in the blood and plasma industries round the Globe.

The Food and Drug Administration (FDA) has encouraged the blood banks to adopt this technology, by licensing it. Many countries are still on their way to introducing this technology, in order to help protect their people from blood transfusion transmitted diseases.

This technology has been used in Pakistan since the early 2011.

**Drug Regulatory Authority of ...**
*Continued from page 16*

(or an alternative treatment) when you go for your next prescription.

- If you have any questions about your treatment, speak to your pharmacist who can tell you if your medicine is being recalled.
- If you are in a clinical trial with valsartan and have any questions, speak to the doctor treating you in the trial.
- Further information will be provided once available.

**Information for healthcare professionals:**

- *N-nitrosodimethyamine (NDMA)* has been detected in the valsartan active substance manufactured by Zhejiang Huahai Pharmaceuticals.
- As a result, valsartan medicines containing the active substance from Zhejiang Huahai are being recalled in the EU.
- National authorities are contacting pharmacists with information on the medicines to be recalled.
- EMA is now evaluating potential impact on patients of the exposure to NDMA in valsartan medicines. Further information will be provided once available.
KMC Hospitals begin to receive medicine supply

**MN Report**

**Karachi** - The supply of life-saving drugs to Medical and Health Services Department of Karachi Metropolitan Corporation (KMC) run health facilities have been started and the stock is said to be enough for 3 months. Senior Director Medical and Health Services Department, KMC, Dr. Bribal Genani, stated that, the drug supply to 13 major hospitals under KMC has been resumed and medicines have already been dispatched to Abbasi Shaheed Hospital (ASH). The heads of hospitals have been directed to send their officials with medicines indent, in order to send the supply of drugs to other associated hospitals. Health Department of KMC has received a grant of Rs394 million from the Government of Sindh, in April 2018, for the purchase of medicines, provision of diagnostic facilities, improvement of infrastructure and arrangement of other supplies for KMC associated hospitals. Dr. Genani further added that, 177 million have already been utilized for the purchase of medicines and provision of diagnostic facilities. He also informed that, supply of drugs and other diagnostic equipment to Abbasi Shaheed Hospital, Karachi Institute of Heart Diseases, Sarfaraz Rafiqui Shaheed Hospital, Sobhraj Maternity Hospital and other hospitals have started, in order to improve patient care. The financial grant given by the Government would help in making labs functional at various hospitals. He also said that KMC’s Health Department has requested for more financial aid to run affairs of KMC hospitals smoothly. The shortage of funds has badly affected the country’s health delivery system. The number of patients admitted in KMC hospitals, including the tertiary facility of Abbasi Shaheed Hospital, Karachi Institute of Heart Diseases and others had declined in last five years, due to unavailability of drugs and diagnostic facilities. Similarly, private laboratories and radiological centers are thriving in the vicinity of KMC hospitals, as patients are advised to consult these labs and diagnostic centers for all major and minor medical examinations due to closure of labs at KMC run hospitals.

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**Counselling tips**

By Zeenat Iqbal Hakimjee

- Remember reverse psychology, if you get after something it will get further from you so keep a distance and it will come to you itself.
- Sometimes being depressed is just the same as being sad or melancholy, so it’s nice to listen to melancholic music and your heart won’t sink.
- It is one thing to be open minded and another to be vulgar so know the difference.
- Two minds are better than one so when you are finding it difficult to find a solution ask for help.
- To tease somebody is something else and to abuse is something wrong so know where to draw the line.
- Blood is thicker than water so try and build family relationships.
- It is a separate thing to rely on your children and another to work hand in hand with them.
- Happiness is not an exterior feeling, seek for it inside you.
- Build strong relations with your parents because that is what matters most.
- Live such a life that people remember you when you are gone. As they say when you entered this world you cried, when you depart others should cry for you.
- Watch good television programmes to make you relax and give you a good nights sleep.
- Don’t be bossy it is one thing to be in a position of authority and another to throw your weight around.

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**Well equipped Digital Library opens at DUHS**

**MN Report**

**Karachi** - Vice Chancellor, Dow University of Health Sciences (DUHS), Prof Dr. Saeed Quraishy inaugurated the Digital Library at Dow Medical College. Principle, DMC Prof Kartar Dawani, Project Director Planning and Development, Mr. Abdul Rahim Khan, Chief Information Officer, IT Department Mr. Syed Sohaib Shams, along with other senior faculty members and staff graced the inauguration ceremony with their presence. The newly renovated facility of the Digital Library will enable the users to access more than 75,000 electronic content including international scholarly literature, peer-reviewed journals and e-books over a wide range of disciplines. There are 124 new computer

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**Quality Generics**

Aceclofenac (ACEMED) 100mg

Acelofenac (ACEMED) is a better choice of drug in managing pain with better efficacy and tolerability, patients experienced more number of adverse events (AEs) with di clofenac when compared with aceclofenac.¹

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**References**


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Quality Generics

ACEMED 100 mg (Acemeds) 100 Tablets

**Full prescribing information is available on request. Novartis Pharma (Pakistan) Limited**

15 West Khar, Karachi - 74000. Tel: 021-32001146-50

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**MEDICAL NEWS / July 15-31, 2018**
Drug Regulatory Authority of Pakistan recalls VALSARTAN

**MN Report**

KARACHI - Drap has issued a recall alert on the basis of information shared by European Medicine Agencies (EMA). An impurity has been detected in the "VALSARTAN" active substance supplied by Zhejiang Huahai Pharmaceuticals, a company in Linhai, China. Although, review of impurity is underway, it has been decided to recall the medicines containing valsartan supplied by Zhejiang Pharma, China. According to the Journal of Pakistan Medical Association & National Health Survey (2011), 33% of the Pakistani population above the age of 45 has hypertension, with 19% prevalence in people of age 15 or above. The statistics have only risen since then, which means the consumption of Valsartan medicines is pretty high in the country. The impurities found in these raw materials - from which Valsartan is manufactured - were substances that could cause cancer. DRAP Recall alert stated that a total of nine Pharmaceuticals Companies in Pakistan are on the DRAP recall list, and this list does not include Getz Pharma and its' products, Cova, Covam, & Cova-H. A statement issued by Getz Pharma's said that its Valsartan brands are manufactured using raw material/Active Pharmaceutical Ingredients (APIs) sourced from suppliers who are qualified as per WHO guidelines. Individuals who have been consuming Valsartan brands are requested to visit their health care consultants to take necessary measures and protect themselves!

Following important information are for patients using valsartan:
- An unexpected impurity has been found in the active ingredient used to make some valsartan medicines.
- Only some valsartan medicines in the EU are affected and these are being recalled.
- You should not stop taking your valsartan medicine unless you have been told to do so by your doctor or pharmacist.

You may be given a different valsartan medicine.

Continued on Page 14

PMA expresses concern over assigning doctors for election duties

**MN Report**

KARACHI - Pakistan Medical Association (PMA) Centre and PMA Karachi demanded from the government to exempt medical personnel including, doctors and nurses from performing election duties; or else our health delivery system would disintegrate during the Election Day.

A high level meeting of PMA Centre and PMA Karachi was held at PMA House, Karachi. The officials took notice of the situation according to which doctors at large have been nominated for performing duties, on the day of polling in the country. As it is a well-known fact that, medical practitioners are always considered as the people of essential services; they already have a big responsibility to provide health care during any circumstances. 25th of July will be a very sensitive day for the country, keeping that in mind, doctors and their vital services should be easily accessible. PMA strongly demanded that all medical personnel including doctors and nurses be spared from performing election duties, so they can focus on providing medical cover to the people across the country.

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