



# QUARTERLY REVIEW

Jinnah Medical & Dental College  
Jinnah Medical College Hospital

APRIL - JUNE 2014

## JMDC GUEST LECTURE SERIES MOLECULAR GENETIC BASIS OF EPILEPSY

Dr Fazal Arain, Department of Biological and Biomedical Sciences, AKUH, delivered a lecture on Molecular Genetic Basis of Epilepsy on May 12, 2014. He discussed various aspects of genetic variations in epilepsy and emphasized that research can contribute more in the diagnosis and treatment of epilepsy.



## CARCINOGENESIS: HOW TO PROTECT THE BLUE PRINT OF LIFE (DNA)

Dr Shahid Pervez, Department of Pathology & Microbiology, AKUH, gave a presentation on Carcinogenesis: How to Protect the Blue Print of Life (DNA) on April 12, 2014. He informed that DNA is a fragile molecule that is continually under assault from agents in the environment, our diet & even from normal processes that takes place within the cell. He discussed various rules to avoid cancer i.e. Do not smoke, avoid exposure to carcinogens, low calorie diet, eat fresh fruits & vegetables, be physically active, avoid overweight, prevent and treat cancer related infections, have the right gene and have LUCK.



## OBESITY PARADIGMS IN PAKISTAN

Dr Syeda Sadia Fatima (JMDC Alumni), Dept. of Biological and Biomedical Sciences, AKUH, shared the informative session on Obesity Paradigms in Pakistan on June 14, 2014. She highlighted the body composition, nutrition and active lifestyle and their incorporation in routine life.



## NEONATAL RESUSCITATION WORKSHOP

"There has been no appreciable decrease in neonatal mortality in Pakistan and organized efforts are needed to address this issue." This was stated by Professor S. M. Inkisar Ali while addressing participants of Neonatal Resuscitation Workshop organized at JMCH by Department of Paediatrics. 25 doctors and senior nurses attended this workshop. Interactive presentations included talks by Professor Inkisar Ali, Dr Habiba Hasan and Dr Rahat Naz. Separate sessions were organized for hands on training i) Bag and Mask Ventilation ii) Endotracheal Intubation. Director Nursing, Mrs Ghazala Tariq, expressed her appreciation for the successful workshop and distributed certificates.



## INTERNATIONAL NURSES DAY & LAMP LIGHTING CEREMONY

It has been a tradition of Medicare School of Nursing (MSON) that it arranges programs for its students. The segment of the same tradition was repeated in the form of Lamp Lighting Ceremony and International Nurses Day together, for 1st, 2nd year Diploma Programs and Generic BScN 2nd semester, at Dr Mumtazuddin Haider Auditorium on May 14, 2014. The program started with the recitation of verses from the Holy Quran by Mr Rehan, student of Generic BScN 2nd semester. A brief history of both the programs was given by Ms Sumita Gill. Major(R) Munnaza Parveen, Deputy Director, Nursing, played the role of Lady with the Lamp, led the students to lit their lamps. After that, all the lamp lighters recited the Nursing Pledge. Students from all the nursing programs delivered speeches on the theme of Nurses Day. Dr Tariq Sohail, Chairman, S.M.Sohail Trust, appreciated the efforts of students, faculty members, organizers and gave positive remarks for the Nursing Profession. Major (R) Munnaza, presented him a bouquet. Mrs Ghazala Tariq, Director Nursing, received shield as a token of thanks. The program was concluded with vote of thanks by Mr Sultan Mehmood, the Vice Principal of MSON.



## FACULTY JOURNAL CLUB

JMDC Faculty Journal Club conducts regular lecture every Wednesday. Following lectures were delivered:

**Speaker Dr Lubna Ali**

Lecturer Physiology

**Topic** Validity of Alpha fetoprotein for diagnosis of hepatocellular carcinoma in cirrhosis

**Speaker Dr Ariam Younus**

Lecturer Pharmacology

**Topic** Prenatal Multivitamin Supplementation & Rates of Pediatric Cancer

**Speaker Dr Amber Ilyas**

Assistant Professor Anatomy

**Topic** A Study on Coronary Predominance in Cadaveric Human Heart

**Speaker Dr Sabeen Hashmat Gazi**

Lecturer Biochemistry

**Topic** Status of Serum Adiponectin related to insulin resistance in pre Diabetics

**Speaker Dr Imran Afzal**

HOD Forensic Medicine

**Topic** Fire Arm Injuries

Dr Saif -Ur-Rehman, Asst Prof Community Health Sciences, addressed the faculty, students & administrative staff about the health issues of "Vector Borne Diseases". He said that most of the diseases are preventable and necessary steps can save millions of lives. People are losing their lives due to diseases that are carried by vectors including mosquitoes, ticks, flies, sawflies, fleas and bugs. Vector borne diseases affect the poorest populations, particularly where there is a lack of access to adequate housing, safe drinking water and sanitation. MBBS III Year students Abdur Rehman highlighted about "Yellow Fever" and Huma Quadir informed about "Vector".

## NO TOBACCO DAY-Smokers never grow old Because they die young

JMDC health club organized "No tobacco Day" on June 18, 2014. This day is celebrated across the world to encourage control of tobacco use which contributes to millions of deaths every year. Dr Zainab Hasan, Assistant Prof. Community Health Sciences, welcomed the participants and said that tobacco is smoked and chewed in various forms in Pakistan and is a significant cause of preventable oral and respiratory conditions. She informed the theme for 2014 was "raise taxes on tobacco" and taxes have been imposed on 20 pack cigarette. Dr M. Taqi, Assistant Professor Community Dentistry, highlighted that though everybody knows the ill effects of tobacco, they continue to use it. He presented the benefits of quitting and shared methods to quit smoking. The students of 4th year MBBS presented a pictorial view of the organs damaged by tobacco. They engaged the participants in a "breath in a straw" activity to demonstrate how difficult breathing becomes for people whose lungs are damaged by smoking. The ceremony closed with distribution of certificates to participants. Stay away from smoking and keep others safe as well!



## WORLD HEALTH DAY

To commemorate World Health Day awareness lecture was held on April 16, 2014 to mark the anniversary of the establishment of the World Health Organization in 1948.



## ANNUAL SPRING FESTIVAL

It was a pleasure for the students to enjoy Annual Spring Festival on March 29, 2014. Large number of students attended the Spring Festival. There were mouthwatering Golaganda, hot and spicy pizzas and delicious ice-creams, Stalls of games, jewelry, crafts, music and pet animals like snakes, puppy & birds, to be photographed with.



## WORLD HYPERTENSION DAY

World Hypertension Day was organized on May 21, 2014. Dr Tariq Farman Consultant Cardiologist, JMDC, informed that we can control Hypertension by weight control, eating a low sodium diet and with regular exercise. If these lifestyle changes do not control or prevent hypertension, then drug therapy is necessary. Control of other risk factors that interact with blood pressure is also important. Smoking, high cholesterol, and diabetes accelerate the damage by high blood pressure on the heart and blood vessels. It is important to manage and control all these factors. Remember, high blood pressure may cause no symptoms. You need to have your blood pressure measured at regular intervals. Control of high blood pressure can add years to a happy life!



## WELCOME TO S.M.SOHAIL TRUST

### Dr Shehla Naqvi

Professor Pediatrics & Incharge Infection Control

### Dr Muhammad Taqi

Assistant Professor Orthodontics

### Dr Anil Kumar

Assistant Professor Psychiatry

### Mrs Rozina Nizar

Head of Nursing Medicare Heart Hospital

### Dr Fauwad Wali Ahmed

CMO-JMCH

### Mr Kamran Saroor

Assistant Manager Billing Medicare Heart Hospital

### Mr Nadeem Qamar

Assistant Manager Pharmacy Medicare Heart Hospital

### Mr Faisal Majeed Khatri

Bio Medical Engineer Medicare Heart Hospital

### Mr Farman Ullah

Senior Cath Lab Technician Medicare Heart Hospital

## PROMOTION

### Dr Atiya Fasih

Associate Professor Obstetrics & Gynaecology

### Dr Fadieleh A. Sohail

Assistant Professor Medicine and Allied Specialties & Deputy Head Medical Education

### Mrs Tayyaba Fraz

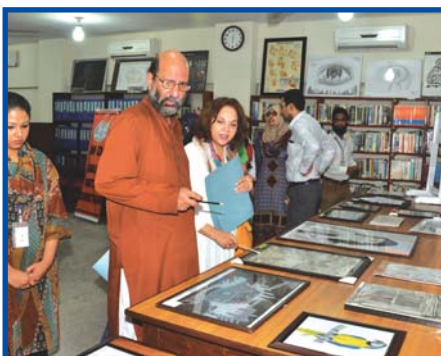
Assistant Professor Pharmacy

## PROFESSIONAL & CONTINUING EDUCATION

NAME	DEPARTMENT	TOPIC	VENUE
Dr Shahid Azeem Mirza	Ophthalmology	ASCRS-ASOA Symposium & Congress 2014	Royal College of Physicians & Surgeons, Boston
Dr Mariam Iqbal	Dental	Advance Level Course on Curriculum Development In Health Profession Education	AKUH
Dr Abdullah-El-Muttaqi	Surgery	23rd Biennial International Convention	Jinnah Convention Centre , Islamabad

## ANNUAL ART EXHIBITION

Annual Art Exhibition was organized under the guidance & patronage of Prof Baqir Soomro and Dr Meesum Rizvi, Associate Professor Anatomy Department on April 24, 2014. Students from all departments eagerly participated. Their handmade pictures, sketches, paintings, photography and engraved crafts were displayed. The art work of the students chosen for first, second and third positions were given cash prizes and certificates. Mr. Jimmy Engineer was the judge and appreciated students interest and their efforts.



## ANNUAL DEBATE

Annual Debate Competition was scheduled on June 13, 2014. The English topic was: "The hand that rocks the cradle can rock the profession". The Urdu topic was: "All Medical Colleges should allocate certain quota to male candidates". Winners were awarded shields & certificates were distributed to all participants.

WINNERS	ENGLISH		URDU	
1st Position	Naveera Jabeen	Pharm D III Year	Fatima Imam	MBBS II Year
2nd Position	Munsif Adil	MBBS IV Year	Usama Amin	MBBS II Year
3rd Position	Seep Akhtar	MBBS II Year	Aniqua Rehman	MBBS II Year



## HISTORY AND PEOPLE

Renowned historian, Dr Mubarak Ali, delivered a lecture on the 'Forgotten People in History' at a conference, titled 'History and People'. The event was jointly organized by the S.M. Sohail Trust, Pakistan Institute for Labour, Education and Research (Piler) and the Pakistan Study Centre, at the Jinnah Medical and Dental Medicare Campus to mark International Labour Day on May 01, 2014. Dr Ali was awarded the Sobho Gianchandani Excellence Award for his work on the history of people and working class.

## 44 IMPLANTS IN A WEEK

Dr Montasir Junaid, Assit Prof, Otolaryngology (ENT), JMDC, along with Pakistan Cochlear Implant Team performed 44 implants in a week from March 29 to April 5, 2014 at Lahore. In any big center of the world no more than 20-25 implants/ year are being done. The Cochlear implant itself is a miracle of science which enables the deaf and mute children (congenital/acquired) to regain this precious sense of communication. The Cochlear Implant operation last for 1.5 hours (approx.) and can be performed as a day care procedure. The Implant has specialized electrodes which are inserted in the cochlea via mastoid approach. Once inserted the Audiologist checks for the integrity of channels corresponding to different sound levels in the O.T. After the initial time of 4-8 weeks, the implant is switched on, and with the passage of time the child undergoes therapy to understand the sounds received and practices verbal exercises. We congratulate Dr Montasir for his achievement.



JMDC participated in 12-Inter-University Football Tournament held at AKUH Football Ground on May 16, 2014



JMDC Girls Team participated in 12-Inter-University Throw Ball Championship held at Baqai Medical University Ground on April 24, 2014



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