

Abaseen Institute of Medical Sciences

NEWSLETTER

November 2024/ Vol 3 / Issue 7

میٹھی بات | خوبہ خبرہ | Sweet Talk

MESSAGE FROM CEO, SUGAR HOSPITAL DR. ZIA UL HASAN



Dear AIMS Donors,

Thanks to your support, we have been able to care for 140,000 patients, conduct 600,000 lab tests, and help 700 children manage diabetes. Your contributions have allowed us to provide the following:

- 2024: Established a Radiology Department.
- 2023: Added patient waiting area, clinics, surgical services, & an operating room.
- 2022: Built Emergency Room & a High Dependency Unit (HDU).
- 2021: Launched an Eye Center & upgraded Foot Care facilities.
- 2020: Delivered essential services during COVID-19 & hired an endocrinologist.

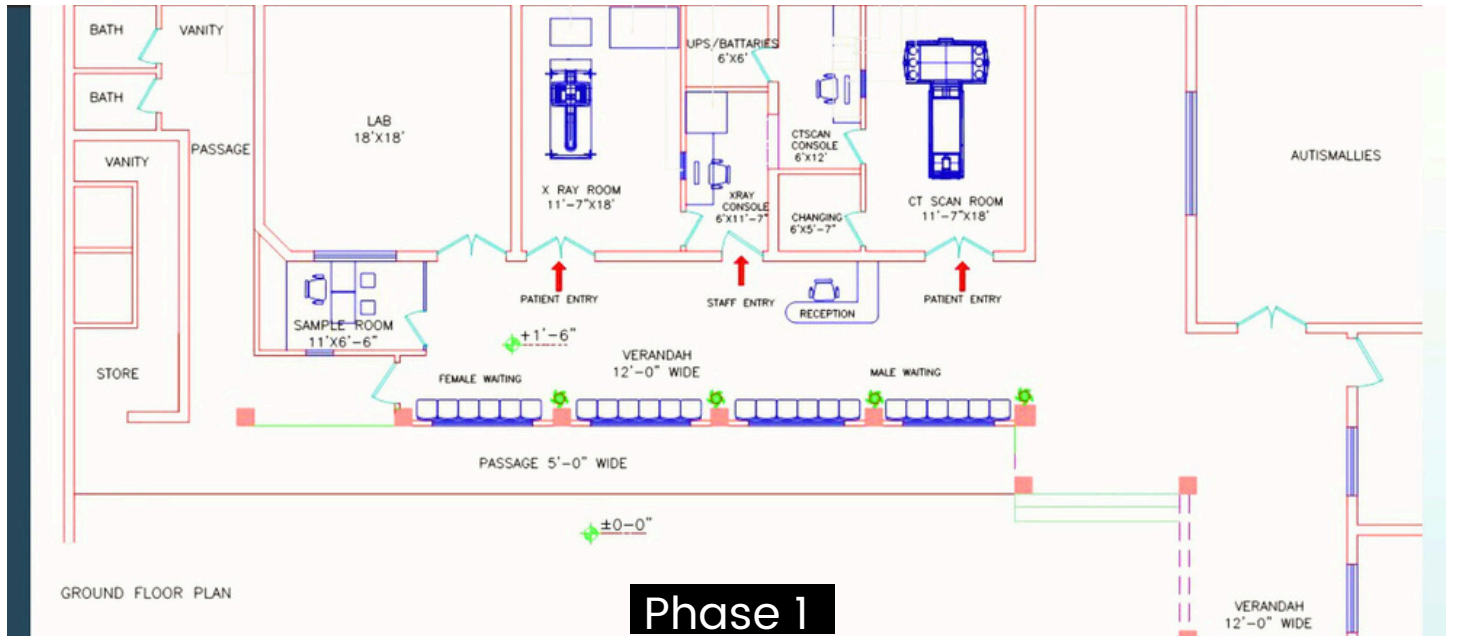
Additionally, we organized medical camps to provide healthcare directly to patients unable to visit the hospital. Enclosed are photos illustrating the impact of your support.

Looking ahead, we are aiming to enhance healthcare for women, a vulnerable group facing many challenges. Our goal is to establish a fully equipped Women's Health Center to provide essential treatments. This expansion depends on the generosity of our community, and we invite you to support us in this next step.

Thank you for your continued commitment. May Allah SWT increase His Blessings on you!

ABASEEN INSTITUTE OF MEDICAL SCIENCES

2024: ESTABLISHED A RADIOLOGY DEPARTMENT



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2023: CONSTRUCTION OF PATIENTS WAITING AREAS, DOCTORS
CLINICS AND AN OPERATING ROOM. STARTED SURGICAL SERVICES



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2022: BUILT AN EMERGENCY ROOM & A HIGH
DEPENDENCY UNIT!



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2021: ESTABLISHED A FULL OPHTHALMOLOGY DEPARTMENT FOR
COMPREHENSIVE EYE CARE & ENHANCED FOOT CARE FACILITIES



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2020: PROVIDED ESSENTIAL SERVICES DURING COVID-19,
TELEMEDICINE AND HIRED AN ENDOCRINOLOGIST



AIMS USA PRESIDENT VISIT TO AIMS SUGAR HOSPITAL

OCT 31, 2024



Dr. Rashid Hanif, President of AIMS USA, visited Sugar. Seated at the center, he was briefed on the hospital's comprehensive services and the impactful utilization of funds. The meeting showcased the hospital's commitment to excellence in patient care and efficient resource management. Dr. Rashid Hanif expressed his admiration for the hospital's initiatives and its contribution to community well-being.



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AIMS UAE TEAM VISITS SUGAR HOSPITAL

OCT 30, 2024



From left to right: Zaim Jee, Asadullah Khan, Khursheed Alam, and Saba Tanveer toured the hospital's newly installed facilities and state-of-the-art equipment. They extended their best wishes to the management for the successful launch of the new Radiology services, including the CT-Scan and X-Ray. The team also visited the Community Medical Camps held at St. John's Cathedral Church in Peshawar, commending the initiative's positive impact. Their visit highlighted a shared commitment to advancing healthcare services and community welfare.



WORLD DIABETES DAY AT SUGAR HOSPITAL

14, November

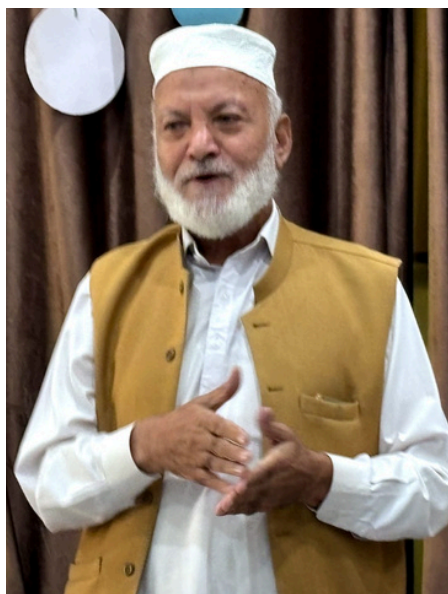


AIMS Sugar Hospital marked World Diabetes Day with a impactful event aimed at raising awareness about diabetes, its treatment and impact on individuals' lives. Led by Medical Director Dr. Rooh Ul Muqim and dedicated staff members, the event educated attendees on the importance of diabetes management and prevention. The informative sessions were followed by a symbolic walk, where staff and guests united to show their support for those living with diabetes.

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WORLD DIABETES DAY AT SUGAR HOSPITAL

14, November



MEDICAL CAMP AT REGI VILLAGE

20, November



Medical Camp at Rural Health Center Regi was organized by AIMS on 20th November.

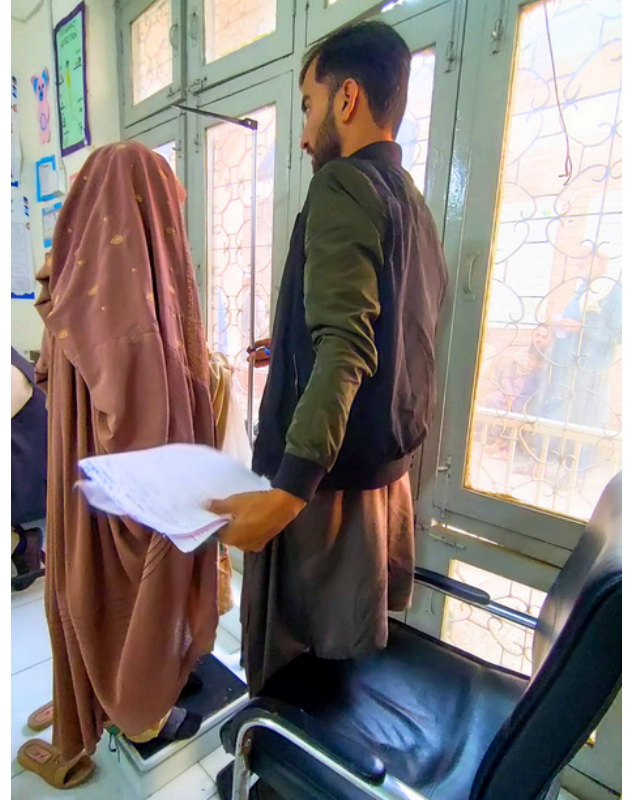
The camp provided the following services:

- BMI Checkup
- HBA1C Test
- Random Sugar Test
- Doctor's Consultation
- Dietician Consultation
- Blood Pressure Checkup
- Medicines and Insulin

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MEDICAL CAMP AT REGI VILLAGE

20, November



MEDICAL CAMP AT ST. JOHN'S CATHEDRAL CHURCH

Oct 31, 2024



Diabetes is a growing chronic disease in Pakistan. In line with its commitment to primary healthcare at doorstep, AIMS Sugar Hospital organized a comprehensive medical camp at St. John's Cathedral Church, Peshawar, catering to the healthcare needs of Sikh and Christian minority communities.

The camp was made possible with the support of Dr. Sara Safdar and Bishop Shehzad Murad.

Around 77 patients were registered in the camp.

The camp provided following services

1. Random Blood Sugar Test (RBS)
2. HbA1c Test
3. BMI Checkup
4. Doctor's Consultation
5. Blood Pressure Checkup
6. Dietician Consultation
7. Medicines

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MEDICAL CAMP AT ST. JOHN'S CATHEDRAL CHURCH

Oct 31, 2024



MEDICAL CAMP AT CHRISTIANS MINORITIES WAS ASSEMBLY OF GOD CHURCH, ZARGARABAD, PESHAWAR

Oct 05, 2024



A medical camp for Christians Minorities was arranged at the Assembly of God Church, Zargarabad, Peshawar by AIMS. Around 65 Patients were registered in the camp.

The camp provided the following facilities to the patients

- BMI Checkup
- Doctor Consultation
- Dietician Consultation
- Medicines

Christian community was thankful to AIMS for their efforts.

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MEDICAL CAMP AT CHRISTIANS MINORITIES WAS ASSEMBLY OF GOD CHURCH, ZARGARABAD, PESHAWAR

Oct 05, 2024



PATIENT STORY



Moazam Julian (66) came to Medical Camp in. st.Johns Church, Peshawar. His RBS was 402 and blood pressure was also high. He then did HBA1C test and it was 9.7 (which is high level of sugar). He was provided with insulin and high blood pressure medicines and was referred to AIMS Sugar Hospital for proper treatment.

If you or a loved one has diabetes, trust our expert endocrinologists for personalized treatment and guidance.

Advanced diagnostic services

Comprehensive care

Lifestyle counselings

Transform your life with AIMS Sugar Hospital. Your health, our priority

MEGA EVENT ON TYPE 1 DIABETES MANAGEMENT

OCT 26, 2024



MegaEvent on Type 1 diabetes management with station-based evaluation, education and practice of Insulin technique, glycemic monitoring, hypoglycemia protocol, diet and pediatric care was conducted at AIMS hospital.

Experts from other hospitals also attended the session and added their valuable thoughts and experience.



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EDUCATION & AWARENESS: PROBLEMS FACED BY SURGEONS WHILE DEALING WITH DIABETEC PATIENTS!

Nov 02, 2024



Presented by Medical Director Dr. Rooh ul Muqim. The informative session was attended by Staff of the Hospital.



KEY POINTS FROM THE SESSION ON PROBLEMS FACED BY
SURGEONS WHILE DEALING WITH DIABETEC PATIENTS!

Nov 02, 2024

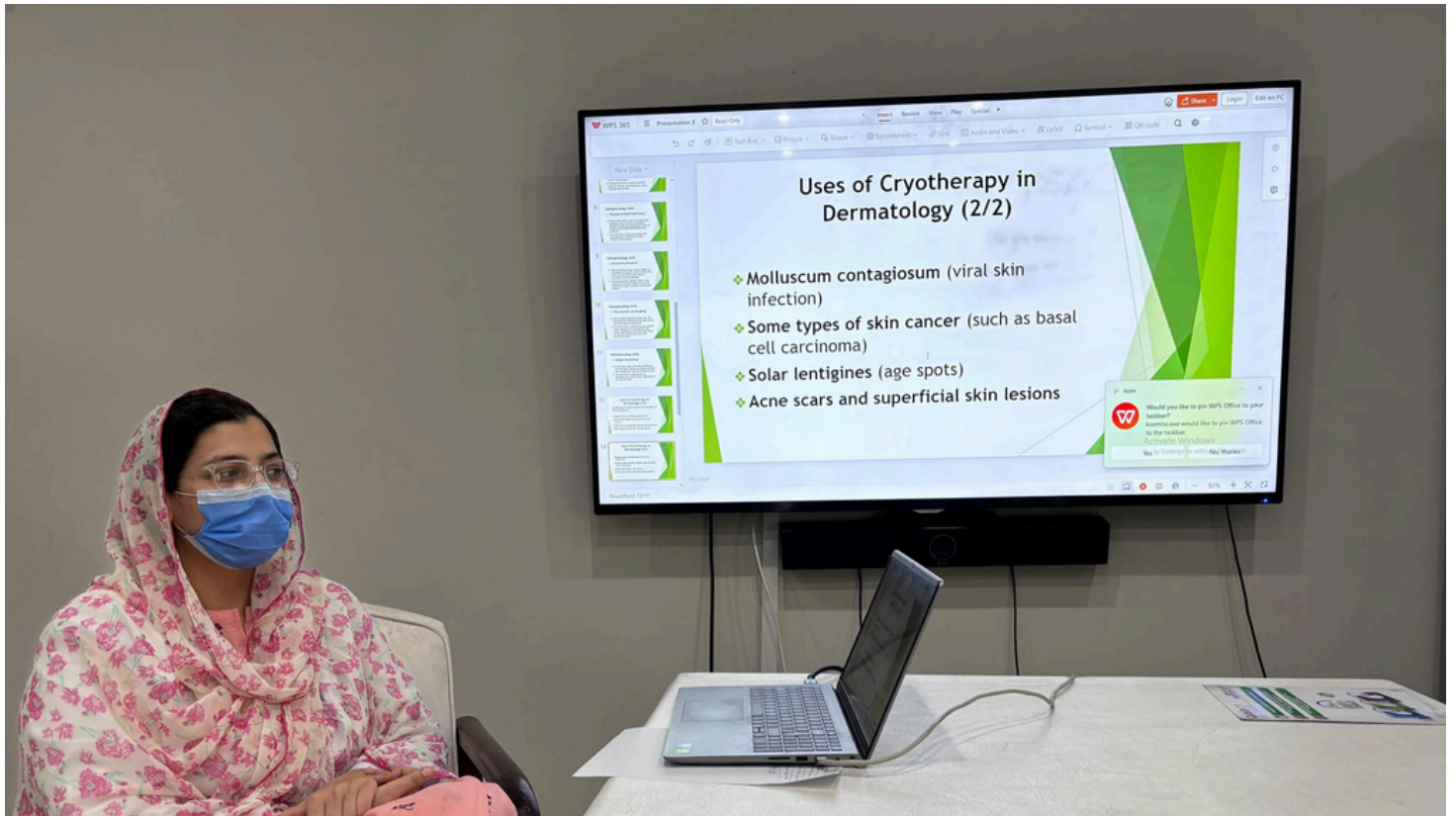
Surgeons often encounter specific challenges when managing diabetic patients, due to the complex nature of diabetes and its effects on various body systems. Some key issues include:

1. **Delayed Wound Healing:** Diabetes impairs blood flow and oxygenation to tissues, often leading to delayed wound healing.
2. **Higher Infection Risk:** High blood glucose levels create an environment conducive to bacterial growth, which increases the risk of infections both during and after surgery.
3. **Anesthetic Complications:** Diabetic patients may have coexisting cardiovascular, kidney, and liver complications, affecting the choice and dosage of anesthesia.
4. **Neuropathy and Reduced Pain Sensitivity:** Diabetic neuropathy can diminish the ability to sense pain, which may delay patients in reporting symptoms like infection or discomfort post-surgery.
5. **Vascular Complications:** Diabetes often leads to peripheral arterial disease (PAD) and other vascular issues, which increase the likelihood of ischemia in surgical sites, especially in extremities.
6. **Blood Glucose Management:** Both hyperglycemia and hypoglycemia can have severe impacts on recovery, wound healing, and the risk of infection. Surgeons must work closely with endocrinologists to maintain optimal glucose levels.
7. **Renal Complications:** Many diabetic patients have kidney issues, which complicate fluid and electrolyte management.
8. **Increased Risk of Cardiovascular Events:** Diabetic patients are more prone to cardiovascular issues, such as heart attacks and strokes, during surgery. This requires additional preoperative cardiac evaluation and monitoring during surgery.
9. **Need for Close Monitoring Post-Surgery:** After surgery, diabetic patients require more intensive monitoring for blood glucose levels, signs of infection, and cardiovascular stability, which can increase the workload and need for specialized care.

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EDUCATION & AWARENESS: CRYOTHERAPY WAS PRESENTED BY DERMATOLOGIST DR SHAZIA

OCT 19, 2024



Academic Session on Topic Cryotherapy was presented by Dermatologist Dr Shazia. Cryotherapy, also known as whole-body cryotherapy (WBC), is a non-invasive, pain-free medical treatment that exposes the body to extremely low temperatures for a short period (usually 2-3 minutes). The session was attended by staff of the Hospital.



ABASEEN INSTITUTE OF MEDICAL SCIENCES

EDUCATION & AWARENESS: CRYOTHERAPY WAS
PRESENTED BY DERMATOLOGIST DR SHAZIA

Nov 02, 2024

Cryotherapy is a dermatological treatment that uses extreme cold, often with liquid nitrogen, to treat various skin conditions. It works by freezing and destroying abnormal or damaged skin cells. Common uses include removing warts, skin tags, and precancerous lesions like actinic keratosis. It is also effective for conditions like tinea pedis and certain benign growths. The procedure is quick, minimally invasive, and typically performed in a clinic. Patients may experience temporary redness or blistering, but recovery is usually fast. Cryotherapy is valued for its simplicity, safety, and ability to target specific skin issues with precision.

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EDUCATION & AWARENESS SESSION: DENTAL HYGIENE

SEPT 28, 2024



Academic Session on Dental Hygiene was presented by Dental Assistant Yaseen Khan.
The Session was attended by Staff of the Hospital.



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EDUCATION & AWARENESS SESSION: VIRAL CONJUNCTIVITIS WAS BY
OPTOMETRIST, DR. MUHAMMAD AAMIR

SEPT 21, 2024



Academic Session on Topic of Viral Conjunctivitis was presented by our experienced optometrist, Dr. Muhammad Aamir. The session was attended by staff of the Hospital



**10TH & 11TH
DECEMBER**

**10:00- 03:00
AM PM**

MEGA HEALTH SCREENING CAMP



- Free Health Check-up
- Expert Consultation
- Health Education and Awareness



**091-5892728,
0301155713**



**SUGAR HOSPITAL
A-6 B/3, PHASE-V, HAYATABAD,
PESHAWAR, PAKISTAN**

HOW TO DONATE



**Bank Transfer:
Cheque or Cash**

Donate in Pakistan



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ACCOUNT NUMBER: 1759003156265090

IBAN: PK90NBPA1759003156265090

BRANCH CODE: 1759

BRANCH: HAYATABAD TOWNSHIP

ADDRESS: NBP PHASE 5 BRANCH, PESHAWAR, KPK, PAKISTAN

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