

Pakistan Health Monitor
05 – 11 December 2009

Public Health Program

PRCS launches HIV /AIDS awareness drive

ISLAMABAD: Pakistan Red Crescent Society (PRCS) on Tuesday launched HIV/AIDS campaign to create awareness of the disease among youth by lighting candles at its National Headquarters here.

[Daily Times A3, The Nation 14, Dawn Pg.15](#)

92, 157 children to be immunized against polio – 11 December 2009

ISLAMABAD: The District Health Department has made elaborate arrangements for a three-day anti-polio drive due to start in rural areas of the federal capital on December 14, District Health Officer Dr Amirzada Khan said on Thursday. According to a press release, he said that as many as 92,157 children would be administered anti-polio drops during the campaign.

http://dailytimes.com.pk/default.asp?page=2009\12\11\story_11-12-2009_pg11_8

All set for anti-polio drive

ISLAMABAD: Arrangements have been made for the launching of anti – polio drive in the rural areas of Islamabad from 14 to 16 December 2009.

[The News pg.13](#)

Swine flu alert – 11 December 2009

Pakistan's first confirmed case of swine flu was reported last August, the second in September. By October, the number of cases was five, and now, according to a senior official in the federal health ministry, it is 30 with seven deaths in total. The majority of cases are believed to be in Karachi.

<http://www.dawn.com/wps/wcm/connect/dawn-content-library/dawn/news/pakistan/19-swine-flu-alert-hh-03>

Consumer Information

Child Vaccination do not cause of Diabetes – 06 December 2009

ISLAMABAD-Routine childhood vaccinations do not increase the risk of developing diabetes according to a study of more than 700,000 Danish children.

[The Nation pg.14](#)

Homeopathy can save the day for kidney patients – 06 December 2009

Although the number of dialysis centres is increasing in many regions of Pakistan, most patients stop treatment within the first three months because of cost constraints. Dialysis is not a permanent solution. It is rather an interim arrangement to keep alive the patient whose kidneys stop functioning.

http://www.thenews.com.pk/daily_detail.asp?id=211971

Clot risk higher after surgery: Research – 07 December 2009

ISLAMABAD- The risk of blood clot after surgery is higher and last longer than Previously thought, say researchers at the University of Oxford.

[The Nation Pg.14](#)

Lifestyle risks for diabetes nerve pain – 07 December 2009

PESHAWAR (Agencies): Everyone, from the youngest child to the oldest adult, experiences anxieties and fears at one time or another. Feeling anxious in a particularly uncomfortable situation never feels very good.

[The Frontier Post pg. 2](#)

Chronic pain trips up seniors – 07 December 2009

PESHAWAR (Agencies): Falls are a leading cause of death among older Americans, and new research confirms that chronic pain contributes to those accidents.

[The Frontier Post Pg. 2](#)

Globe measles deaths drop by 78 per cent – 07 December 2009

PESHAWAR (Agencies): The Measles Initiative announced today that measles deaths worldwide fell by 78 per cent between 2000 and 2008, from an estimated 7333,000 in 2000 to 164,000 in 2008.

[The Frontier post pg. 2](#)

Medicine developed to cure HIV patients – 07 December 2009

ISLAMABAD: Chairperson Nasim-e- Sahar, an NGO, claimed that she had prepared a medicine with the help of Herbal Kalongi which was beneficial for the patients of HIV virus after deep research and study of seven years.

[The Frontier Post 9](#)

Sustenance of viruses in nature – 07 December 2009

THIS is apropos of the supplement on world AIDS Day (Dec 1). Plants, animals and human beings suffer from diseases caused by viruses. AIDS (acquired immune deficiency syndrome) is a contagious disease caused by HIV (human immunodeficiency virus).

<http://www.dawn.com/wps/wcm/connect/dawn-content-library/dawn/the-newspaper/letters-to-the-editor/sustenance-of-viruses-in-nature-729>

Western diets turn on fat genes – 07 December 2009

Those extra helpings of gravy and dessert at the holiday tables even less of a help to your waistline than previously thought.

[The Nation Pg.11](#)

ICT asked to setup new hospital – 07 December 2009

ISLAMABAD- Ministry of Health has asked the local administration of Islamabad Capital Territory (ICT) to set up a new hospital in the federal capital to ease the burden of incoming patients on the Federal Government Hospitals.

[The Nation Pg. 13](#)

Call to create awareness about AIDs – 08 December 2009

HYDERABAD, Dec 7: A seminar on HIV/AIDS here on Monday was told that there were 97,400 patients of the disease in Pakistan and worldwide figure of the patients was 530 million. The seminar was organized by the Association for Betterment and Development of Human Beings and addressed by its head Ms Rafia Bangash, Dr Tufail Ahmed Bhatti, Dr Nazir Ahmed, Abdul Sattar Rind and Assistant Director, labour department, Aijaz Ali Shah. The speakers warned that the country was at the brink of a disaster as far as AIDS was concerned, and said that they should set their priorities and remove crisis of understanding.

<http://www.dawn.com/wps/wcm/connect/dawn-content-library/dawn/the-newspaper/national/call-to-create-awareness-about-aids-829>

Tips for skin care in winter – 08 December 2009

ISLAMABAD – In winter it is easy to forget to take good care of skin .One of the main problems during the cold winter months is the excessive dryness in the air.

[The Nation Pg. 1](#)

Easy ways to be in good health without medication – 08 December 2009

PESHAWAR – health is wealth. This old adage is probably one of the best that has ever been said. Good health can save you a good amount of money by looking your best, feeling young and resisting diseases.

[The Frontier Post pg.2](#)

Hepatitis C drug development – 08 December 2009 – 09 December 2009

In a dramatic finding, a new drug for Hepatitis C virus (HCV) infections that targets liver cells produced a substantial drop in blood levels of the virus in animals (chimpanzees) and continued to work up to several months after treatment.

[The frontier Post Pg.7](#)

Early morning smoking increases nicotine intake

ISLAMABAD – A new study suggests that those who rise and smoke inhale more nicotine than other smokers. It is generally presumed that the number of cigarettes you smoke impact the amount of nicotine you consume.

[The Nation Pg.14](#)

Not all babies placed back to sleep – 09 December 2009

Placing infants on their backs for sleep can help reduce the risk of sudden Infant Death Syndrome (SIDS).But a study by Yale School of medicine researchers and their colleagues shows that while the practice helped reduce the incidence of SIDS, it has reached a plateau since guidelines were released by the National Institute of Child Health and Human Development.

[The Nation Pg.11](#)

Death and disability – 09 December 2009

We count the dead – 484 since October 5 according to one source – and the wounded are almost an afterthought. Forty-nine people died in the Lahore atrocity, and at the time of writing 180 are reported injured. The bombs in Moon Market were placed and detonated in such a way as to cause maximum casualties, and demonstrated a calculated callousness that is coming to characterize terrorist strategies. The dead from the Lahore bombing will all be buried by the time these words are read, and the 180 or more who survived now face the rest of their lives bearing whatever scars and injuries they received. Our health services are generally poor and are aimed at basic response at point of need.

http://www.thenews.com.pk/daily_detail.asp?id=212253

Managing lupus symptoms

Lupus is an autoimmune disease that can cause symptoms including pain and stiffness in the joints, body aches, fever, a rash on the skin and impaired cognitive function.

[The News Pg. 13](#)

Handicapped persons should be facilitated in academic institutions – 09 December 2009

RAWALPINDI: The government should work out an integrated ducation system to facilitate special persons in general academic institutions. People must change their behaviour towards the handicapped, including blind persons and should not pity them for no reason.

[The News Pg.14](#)

'Surge-on' general's dangerous diagnosis – 09 December 2009

It will be disappointing if the contradiction between escalating a war and being hailed as a man of peace escapes Obama altogether. Will Barack Obama experience a twinge of guilt tomorrow when he steps up to accept the Nobel Peace Prize in Oslo, less than 10 days after he effectively claimed ownership of the war in Afghanistan? We are unlikely to find out until the presidential memoirs are written at some point in the future, but it will be disappointing if the contradiction between escalating a war and being hailed as a man of peace escapes him altogether. Although the decision announced last week at the West Point military academy ought to have caused little surprise, it nonetheless spawned a great deal of disappointment at various levels.

<http://www.dawn.com.pk/wps/wcm/connect/dawn-content-library/dawn/the-newspaper/columnists/surgeon-generals-dangerous-diagnosis-929>

NWFP registers 509 HIV/AIDS cases this year so far

PESHAWAR: Provincial AIDS Control Programme Manager Dr Sher Muhammad Khan said on Tuesday that 509 cases of HIV/AIDs including 124 women and 371 men were registered in 2009 in NWFP and the figure was increasing day by day.

Daily Times A3

Prevention, awareness crucial for control of AIDS

Islamabad: The complexities inherent in effectively combating HIV infection makes prevention the critical aim and awareness the pivotal step in controlling the AIDS pandemic. Senator Nilofar Bakhtiar, who is also the vice chairperson of the Pakistan Red Crescent Society (PRCS), made this observation while addressing participants of an awareness campaign organized by the PRCS here on Tuesday to sensitise youth about the growing menace of AIDS. The campaign was launched by AIDS patients struggling to become useful citizens of the society.

<http://www.thenews.com.pk/print1.asp?id=212404>

Swine flu victim may have been infected by foreigner

LAHORE: The physiotherapist at the Nawaz Social Security Hospital, who died of swine flu on Monday, may have been infected with the virus while treating a foreigner, said the Medical Superintendent (MS) of the hospital said on Tuesday.

<http://www.dailytimes.com.pk/default.asp?page=2009%5>

Exercise reducing stress to curb cancer

PESHAWAR: Eating hobbies , exercise schedule, and dealing with stress affects the risk of developing cancer these may able one to have more control over preventing the disease than was previously thought.

The Frontier Post pg. 3

Swine flu spreads in Karachi – 10 December 2009

KARACHI, Dec 9: While federal and provincial health officials may be making their best efforts to contain the spread of the swine flu virus (H1N1), there have been credible reports that the virus has hit Karachi in a big way and is making its presence felt in other cities of the country.

<http://www.dawn.com/wps/wcm/connect/dawn-content-library/dawn/the-newspaper/local/karachi-swine-flu-spreads-in-karachi-029>

Essential medicines out of stock – 10 December 2009

LAHORE, Dec 9: Some essential medicines are not available in the market all over province.

According to wholesale medicine dealers and retailers in Lahore, three essential medicines -- thyroxin (for thyroid glands), zyloric (for uric acid) and panadol (painkiller) -- are short throughout Punjab because of their economical rates. For example, a retailer says a pack of 100 tablets of thyroxin is available at Rs30. "Since its supply is short the pack is being sold up to Rs200," he said, pointing out that pharmaceuticals had created artificial shortage in order to increase the sale of alternative medicines which were expensive.

<http://www.dawn.com/wps/wcm/connect/dawn-content-library/dawn/the-newspaper/national/essential-medicines-out-of-stock-029>

what, s causing my gastritis? – 10 December 2009

Gastritis occurs when the stomach lining becomes swollen and irritated, causing common symptoms including stomach pain and indigestion.

[The News Pg.13](#)

Need stressed for tabling bill on women reproductive health– 11 December 2009

ISLAMABAD: There is dire need to introduce a bill on women s' reproductive health through active engagement of female parliamentarians, Member National Assembly (MNA) Sherry Rehman said on Thursday. She was addressing the 'National Advocacy and Learning Forum' here. The forum was organized by the World Population Foundation (WPF) at a conclusion of their one-year project 'Capacity Building of Pakistani NGOs on Gender Based Violence and Reproductive Health' funded by the World Bank.

http://dailytimes.com.pk/default.asp?page=2009\12\11\story_11-12-2009_pg11_7

Health Delivery

10 bed cardiac hospitals opens – 07 December 2009

HYDERABAD, Dec 6: District nazim Kanwar naved Jamil inaugurated the Arif Hussain Shaheed cardiac unit on Hali road on Saturday.

[Dawn Pg. 9](#)

Healthcare bill – 07 December 2009

LAHORE, Dec 6: Chief Minister (CM) Shahbaz Sharif says that Punjab healthcare bill 2009 will soon be got approved from the Punjab Assembly. "The bill will be enforced in letter and spirit as it is aimed at welfare of the people and introducing a system of checks and balances of health facilities in the province," CM's Task Force on Spurious Drugs chairman Dr Saeed Elahi quoted the chief minister as saying.

<http://www.dawn.com/wps/wcm/connect/dawn-content-library/dawn/the-newspaper/national/healthcare-bill-729>

Health problems of Cholistan – 07 December 2009

Cholistan Derwar markaz located in the heart of the desert lacks funds to run its health facilities to cater to the population of its five union council (UCs).

[Dawn Pg .4](#)

Irregularities detected in pims radiology dept – 07 December 2009

ISLAMABAD, Dec 6: An inquiry committee in its interium report has found irregularities in the working of the radiology department at the Pakistan Institute of Medical Sciences (Pims).

[Dawn Pg. 15](#)

Pims to become volunteer blood donation hospital – 08 December 2009

ISLAMABAD, Dec 7: The Pakistan Institue of medical sciences (Pims) is on the path to become the first total volunteer blood donation hospital in the country and apart of drive the first registration camp would be set up at the international Islamic University on Tuesday.

[Dawn Pg. 15](#)

Health Dept recruits 2,456 'quacks' at BHUs – 11 December 2009

LAHORE - Punjab Health Department recruited 2,456 'quacks' in grade 17th for providing healthcare facilities to

innocent school children at Basic Health Units (BHUs) level and new posts of School Health & Nutrition Supervisors were created for this purpose on the orders of Governor Punjab.

<http://www.nation.com.pk/pakistan-news-newspaper-daily-english-online/Regional/Lahore/11-Dec-2009/Health-Dept-recruits-2456-quacks-at-BHUs>

Professional Issues

Hospital pharmacy sealed on CM's orders – 06 December 2009

LAHORE: The pharmacy of the Doctor's Hospital was sealed on the orders of Punjab Chief Minister Shahbaz Sharif, a private TV channel reported on Saturday. The CM ordered the closure in connection with the findings of an inquiry report into the death of three-year-old Imanae Malik. As the pharmacy was being sealed, hospital staff assaulted a TV reporter who was on scene to cover the event.

http://www.dailytimes.com.pk/default.asp?page=2009%5C12%5C06%5Cstory_6-12-2009_pg13_6

Doctors protest FJMC affiliation – 06 December 2009

LAHORE - A large number of female students of the Fatima Jinnah Medical College (FJMC) on Saturday took out a rally against the government's decision of affiliating their college with the University of Health Sciences (UHS). The participants of the rally gathered at the FJMC and went through Shaarey Fatima Jinnah, chanting slogans against the decision and demanding its immediate withdrawal. Hoisting banners and placards, inscribed with slogans in favour of their demands, they reached the Punjab Assembly Building at Faisal Chowk where they staged a protest demonstration.

<http://www.nation.com.pk/pakistan-news-newspaper-daily-english-online/Regional/Lahore/06-Dec-2009/Doctors-protest-FJMC-affiliation>

Lyari hospital in shambles – 06 December 2009

KARACHI- Owing to shortage of senior doctors, specialists, and surgeons in Lyari general hospital (LGH) patients of this Karachi locality are not getting proper healthcare facility, besides the hospital set up with huge funds is in shambles and its future seems bleak.

[The Frontier Post Pg. 4](#)

Girl's death: Probe team for action against hospital admn – 06 December 2009

LAHORE, Dec 5: The chief minister's committee probing into the death of a three-year-old girl owing to reported negligence of physicians at a private hospital has recommended "strict legal action" against three doctors and the hospital administration.

<http://www.dawn.com/wps/wcm/connect/dawn-content-library/dawn/the-newspaper/national/girls-death-probe-team-for-action-against-hospital-admn-629>

Doctor seeks govt support for HIV-Aids experiments – 07 December 2009

ISLAMABAD- A Pakistani doctor sought financial help from the Govt to make final experiments in the field of medicine, which she claimed proved to be cure for Human Immunodeficiency Virus (HIV) and to make it beneficial for the whole humanity.

[The Nation Pg .13](#)

Two officials of Doctors Hospital held – 08 December 2009

LAHORE: Johar Town police on Monday arrested Doctors Hospital General Manager Ziaul Hasan Bukhari and Dr Hafiz Sanaullah for their "criminal negligence" that resulted in the death of three-year-old Imanae Malik on November 29.

http://www.dailytimes.com.pk/default.asp?page=2009\12\08\story_8-12-2009_pg7_14, [The Nation Pg.2](#)

Doctors' 'negligence' claims MNA's life – 08 December 2009

ISLAMABAD, Dec 7: Pakistan Muslim League-Nawaz MNA Faiz Mohammad Khan died due to the alleged negligence of doctors at Pakistan Institute of Medical Sciences (Pims) on Monday. Late Faiz Mohammad Khan was the cousin of Federal Minister Azam Swati and hailed from Mansehra district.

"The legislator was brought to Pims with light fever and chest pain.

<http://www.dawn.com/wps/wcm/connect/dawn-content-library/dawn/the-newspaper/national/doctors-negligence-claims-mnas-life-829>, The Nation Pg.1

'Punjab govt can close down Doctors Hospital' – 08 December 2009

LAHORE: Medical and legal experts have said that the government could shut down the Doctors Hospital and the Pakistan Medical and Dental Council (PMDC) could also cancel the practicing license of the accused doctor in the Imanae Malik case.

http://www.dailytimes.com.pk/default.asp?page=2009\12\08\story_8-12-2009_pg13_7

Hospitals short of blood, resources – 08 December 2009

LAHORE: The city hospitals faced shortage of blood and resources to treat the patients with burn injuries late on Monday when scores of Moon Market blast injured were brought there for treatment. Some 40 injured were shifted to Shaikh Zayed Hospital, 44 to Jinnah Hospital, 20 to Services Hospital, seven to Mayo Hospital and 35 to a private hospital of Allama Iqbal Town. Hospitals called for blood donations to save the lives of the injured.

Heartrending scenes were seen in the hospitals where attendants were worried about their near and dear ones.' I am not worried about my wounds but what is troubling me is injuries to my seven-year-old son and wife,' Muhammad Amin, who was under treatment in Farooq Hospital, said.

<http://www.dawn.com/wps/wcm/connect/dawn-content-library/dawn/news/pakistan/metropolitan/16-hospitals+short+of+blood,+resources-hs-04>

Physician's abduction, doctors' strike affects patients in hospitals - 09 December 2009

LAKKI MARWAT- The ailing people suffered a lot as doctors and paramedics across the district remained on strike on the second consecutive day against the physician's abduction.

The Nation Pg. 19

Threats of swine flu eruption Health Dept and hospitals unprepared – 09 December 2009

LAHORE: The Punjab Health Department, medical superintendents of public and private hospitals and doctors on the whole are not yet prepared to handle any epidemic out-break such as flu and swine flu, which has already killed one man in the metropolis.

The Nation Pg.2C12%5C09%5Cstory_9-12-2009_pg13_3

ILL-MANAGEMENT at allied hospitals, Doctors from teaching cadre not complying with CM,s directions – 10 December 2009

Rawalpindi: Senior doctors from teaching cadre of Rawalpindi Medical College, who are supposed to supervise working at Accident & Emergency departments of the allied hospitals to cater to emergency cases, remain absent from duty giving almost no attention to the directives issued by Chief Minister Punjab Mian Shahbaz Sharif.

The News Pg.14

Al-Shifa Trust 22,500 patients treated at free eye camps – 10 December 2009

Rawalpindi: The Al-Shifa trust Eye Hospital treated a record 22,500 patients at 81 free eye camps established under its community outreach programme during last four months.

[The News Pg.14](#)

Mental Hospital runaway treats patients at Mayo – 10 December 2009

LAHORE: Administration of the Mayo Hospital on Wednesday caught a fake doctor, who, in fact, was a patient of the Punjab Institute of Mental Health, while he was busy in checking the patients at the emergency ward of the Hospital boldly with a stethoscope hanging around his shoulders.

[The Nation Pg. 3](#)

Doctors raise questions over swine flu vaccine – 10 December 2009

LONDON: Roche, the manufacturer of tamiflu, has made it impossible for scientists to assess how well the anti flu drug stockpiled around the globe works by withholding the evidence the company has gained from trials, doctors alleged on Tuesday.

[Dawn, Pg.10](#)

Medical negligence – 11 December 2009

The president's call for an effective plan to deal with the rising cases of medical negligence is timely. Given the numerous incidents being reported every other day of people dying at the hands of ill-trained medical professionals who lack knowledge, competence, professional integrity and commitment, it is time to address the problem. At least nine such cases have been reported in the press since September from all over the country. Many of them have provoked public protests testifying to the growing awareness of patients' rights.

<http://dawn.com.pk/wps/wcm/connect/dawn-content-library/dawn/news/pakistan/19-medical-negligence-hh-02>

PIMS ED quits over doctors 'negligence' – 11 December 2009

ISLAMABAD: Pakistan Institute of Medical Sciences (PIMS) Executive Director Dr Altaf Hussain has voluntarily withdrawn himself from the post of Executive Director till the finalization of the inquiry and fixing of the responsibility of the alleged neglect regarding death of MNA Faiz Muhammad Khan. In a letter written to Secretary Health on Thursday, Dr Altaf Hussain also requested the Secretary Health to allow him approach the Supreme Court for an independent judicial inquiry to find out the facts. It merits mentioning here the MNA died at PIMS the other day due to the alleged neglect of the medical staff.

http://dailytimes.com.pk/default.asp?page=2009\12\11\story_11-12-2009_pg11_3, Dawn Pg.15, The news pg.13

Another case of doctors negligence – 11 December 2009

Rawalpindi, Dec 10: A mother who delivered her first baby at the Holy Family Hospital 36 hours ago died on Thursday evening because of alleged negligence of doctors and paramedics

[Dawn Pg.13](#)

More vigilance after Imanae? – 11 December 2009

As a part of the medical profession, I am aware of the pressures one faces in the workplace. The emergency room is buzzing with patients round the clock, demanding treatment and asking to be prioritized. Often, patients expect doctors to be God-like, capable of diagnosing and treating the disease in the same breath. Doctors are also expected to provide medications that act more like magic potions than pharmaceutical drugs. In case a medical

practitioner fails to do so, he or she is snubbed and pronounced a good-for-nothing. Of course, despite the high expectations, doctors make mistakes too, which in the medical profession can prove to be fatal.

<http://blog.dawn.com/2009/12/08/more-vigilance-after-imanae/>

Wasim's death: Health Ministry cancels licenses of 'negligent' doctors – 11 December 2009

ISLAMABAD: The Health Ministry on Thursday suspended the doctors blamed for the death of Pakistan cricket legend Wasim Akram's wife, and had their practice licenses cancelled.

[http://dailytimes.com.pk/default.asp?page=2009\12\11\story_11-12-2009_pg7_11,](http://dailytimes.com.pk/default.asp?page=2009\12\11\story_11-12-2009_pg7_11)

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