

HEALTH + BULLETIN

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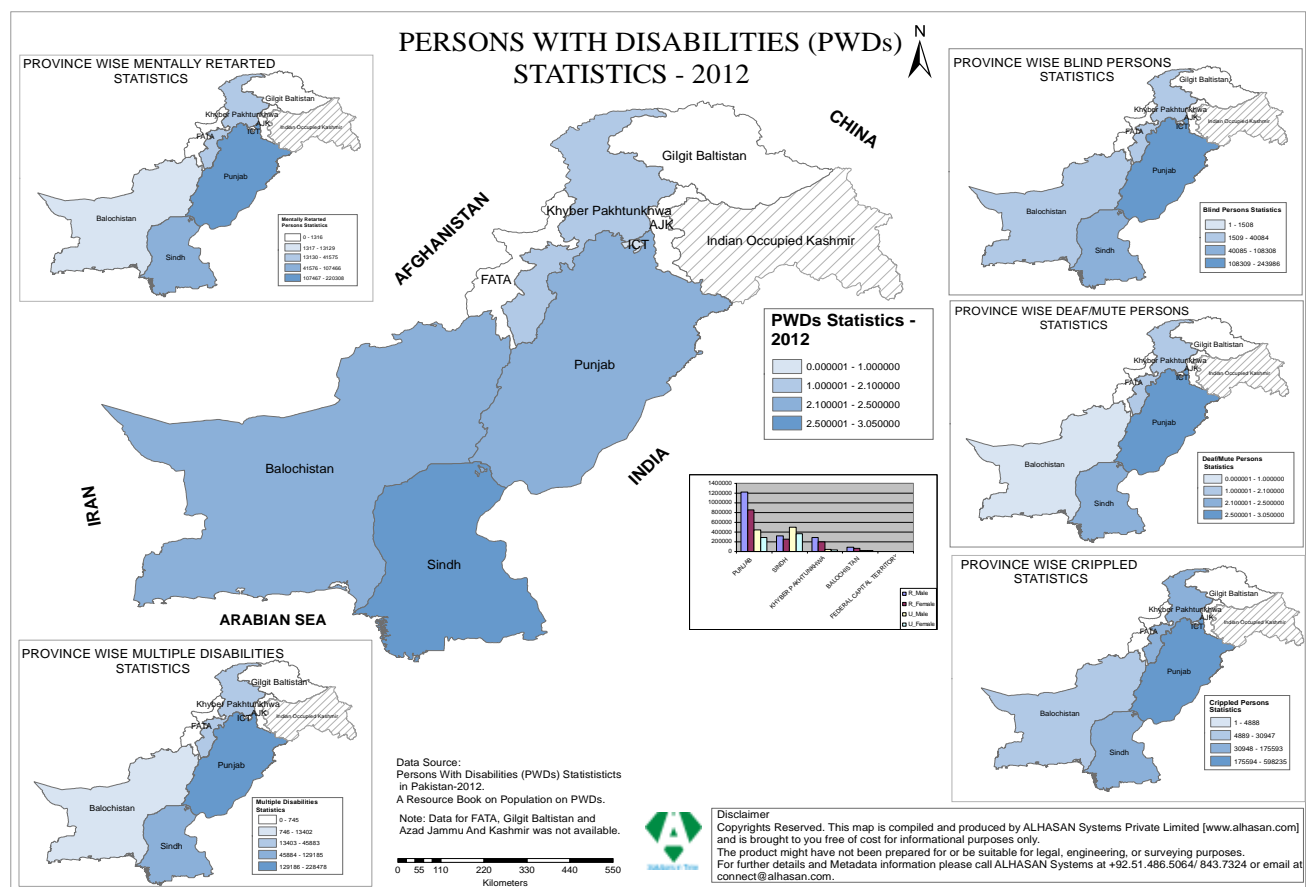
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Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead
US Anthropologist

Let's Join Hands connect@alhasan.com

News Headlines

Polio eradication: 'Nearly 100pc coverage in sensitive UCs of Malir'

Dawn, 5 July 2013

Anti-measles drive in high risk five-district from July 8

Pakistan Observer, July 4 2013

Youth dies of dengue

The Nation, July 03, 2013

Pakistan reports third 'brain-eating amoeba' death of 2013

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KARACHI, July 4: Almost 100 per cent polio vaccination coverage was achieved in the recently held polio drive in union councils that have been declared sensitive in Gadap, claimed deputy commissioner of Malir district Kazi Jan Mohammad on Thursday. He was briefing commissioner Shoaib Ahmad Siddiqui during his visit to the district. The deputy commissioner said that fool-proof arrangements had been made for the safety of vaccinators and to achieve optimum coverage during the next drive scheduled for this month. Mr Siddiqui, who has been directed to personally visit all districts of Karachi so as to personally assess public complaints about profiteering, encroachment, polio drive and other, started the exercise from Malir.

The deputy commissioner informed the commissioner that encroachment at Sohrab Goth had been removed and four police officials, including an assistant sub-inspector, deputed at a picket in the Sohrab Goth area had been suspended for failing to realise their responsibilities in protecting public property. Additional deputy commissioners, assistant deputy commissioners and revenue officers from Malir district were also present during the briefing. Mr Siddiqui drew the attention of the officers towards illegal hydrants and presence of water tankers' racket in the district and ordered immediate action against them. He said all illegal water connections must be severed, while water bowsers and other vehicles parked on or around hydrant premises be confiscated.

"Strict action must be taken against the unscrupulous elements be they the profiteers, hoarders, encroachers, water mafia or other criminal elements engaged in exploitation of citizens," said the commissioner. He said efforts must be made to raise public confidence in the office of deputy commissioner so that they communicate their problems and get them solved. Mr Siddiqui said assistant commissioners would be held responsible if the public grievances were not addressed and urged the officials to ensure regular visits to the areas under their respective jurisdiction.—APP

Lahore—Keeping in view the rising cases of measles in Punjab, the Expanded Programme for Immunization (EPI) of the health department is going to launch anti-measles drive in other five high risk districts of Punjab from July 8. Additional Director EPI department Dr Nazir Hussain while talking to media persons here on Wednesday stated this. To a question, he said that EDOs and DOs of concerned districts had been trained. However, necessary material had been dispatched to the concerned districts which include Attock, Rawalpindi, Bahawalpur, Bahawalnagar and Lodhran while in eighteen districts this drive is already in progress and will continue till July 7. He said that around 15,234,142 children of age group of six months to ten years had been vaccinated in 18 district of Punjab so far during the current drive. As many as 5124 teams consisting of four persons are involved in anti-measles drive. To a question, the additional Director said that around sixty percent cases of measles had been come down in Lahore where anti-measles drive was launched in May last.

Responding to another question about the rising number of cases of measles in other parts of Punjab, he said that in case of measles often parents did not contact doctors and treat the child on spiritual basis when the victim child reached at the last stage then they contact doctor or take the children to hospital where he succumbed to his ailment. He appealed to the parents to contact doctors without any delay in case of symptoms of measles in their child so that proper treatment at early stage could be ensured. He said measles was a curable disease and going out of control due to ignorance of people. About 20,915 cases of measles have been reported in Punjab during the last six and a half months with an addition of 175 new cases during the last 24 hours. According to health department officials, at least 182 deaths have been reported so far and most deaths occurred in Lahore, Gujranwala, Rajanpur, Rahim Yar Khan, Kasur and Sialkot. During the last 24 hours, around 175 cases of measles were reported from Punjab, including 23 in city hospitals, on Wednesday. The officials appealed to parents to get their children upto five years of age vaccinated without delay and cooperate with teams.

KARACHI - One more patient died of dengue fever in the city on Tuesday. A 22 year-old Zubair, resident of North Karachi, breathed his last at a local hospital, taking the death toll to three during this year. Provincial Dengue Surveillance Cell of Sindh Health Department has confirmed nine new dengue fever in the city during the last 24 hours, taking the total number of cases to 369.

A third person has died from the "brain-eating amoeba", Naegleria fowleri, in Pakistan this year, according to a Daily Times report. Ordering to Sindh Public Health Department official Ayaz Ahmed, a resident of Saddar town was admitted to a local hospital on Thursday where he died on Saturday evening. "It is the third case this year and we have yet not found any

News Headlines

The Global Dispatch, 30 June 2013

Child pronounced dead at Hospital found alive

The Express Tribune, June 19, 2013

Dialysis patients contracted hepatitis at Peshawar hospital: report

The News, June 18, 2013

Doctors encourage non-invasive treatments to treat club foot in children

The ExpressTribune, 5 June 2013

Details

swimming history of the deceased," he told Daily Times.

What is Naegleriafowleri and how do you contract it?

N. fowleri is a single-celled protozoan parasite (amoeba) that is found in very warm surface waters such as lakes, ponds, and rivers. The warm water temperatures of the hot summer months allow the amoeba to multiply. People typically get infected by swimming, jumping or playing in freshwater and get the water up their nose. From there the parasite travels to the brain and spinal cord and necrotizes, or basically eats brain tissue. The disease is known as primary amoebic meningoencephalitis (PAM) and it has a very rapid progression. Typical symptoms may start after a day or two; headache, fever, nausea and vomiting. Later symptoms may include seizures, irrational behavior, hallucinations and finally coma and death. The course of the disease typically last about a week. Because the symptoms are very similar to bacterialmeningitis, PAM may not even be considered in the diagnosis.

It is a rather rare infection with some 128 known cases recorded in the US since 1962; however, there is only one known survivor. And in the one survivor, it has been suggested that the survivor's strain of Naegleriafowleri was less virulent.

Treatment for this parasite has been unsatisfactory

Faisalabad: A child pronounced dead at Allied Hospital on Tuesday is fighting for his life at the intensive care unit. GhulamRasool, a relative of the child, said the baby, AyanHussain, aged 18 months, was brought to Faisalabad from Jhang on June 10. He had been running high temperatures for several days. He said the child was admitted to children ward, where his condition worsened over the days.

On Tuesday, he said, it fainted. The ward in charge was informed and the duty doctor was called. He said the doctor checked the child, pronounced him dead and issued a death certificate. The 'body' was handed over to the father, Muhammad Hussain. He said on their way home, when the ambulance ran over a pothole, the jolt caused the baby to start crying. It was rushed back to the hospital, where the nursing staff was shocked to see the baby alive. The baby was shifted to the intensive care unit. Rasool said he found the idea that had the child not cried, it might have been buried alive scary. He said the Health Department should take notice of the incident and cancel licences of the negligent doctor and others like him.

"Who knows how many children have been pronounced dead by the doctor when they were actually alive," he said. Medical Superintendent Rashid Maqbool said such mistakes were rare. He said no such incident had ever occurred at the Allied Hospital before. He said a committee had been formed to investigate the matter. Action would be taken against the doctor, if he was found guilty of negligence, he added.

PESHAWAR: It has been revealed that patients undergoing dialysis treatment at Lady Reading Hospital, Peshawar contracted hepatitis due to the use of infected instruments during treatments, Geo News reported Tuesday. According to an inquiry report issued following the directives of Peshawar High Court, patients at Lady Reading Hospital were treated with infected instruments during their dialysis treatments due to which they were stricken by hepatitis in Peshawar. Furthermore, it was also stated in the report that each year, at least 500 persons succumbed to hepatitis. The report revealed that due to the use of contaminated instruments during dialysis treatment at the hospital, millions have lost their lives so far. By using polluted instruments over and over again, the facility was subjected to Rs 20 million loss. The Chief Executive of Lady Reading Hospital acknowledged and accepted the facts presented in the inquiry report and assured departmental action against the culprits involved. Patients suffering from kidney disorders had filed a petition in the Peshawar High Court after which the court ordered investigation into the matter.

KARACHI: Medical experts are hopeful that by the year 2020, every child born with the club foot disorder in Pakistan will be able to lead a normal life through the Ponseti Method, said Professor DrMuhammed Amin Chinoy, head of the orthopaedic department at the Indus Hospital. He was speaking at an awareness workshop on Monday held to mark the World Clubfoot Day which is celebrated on June 3 across the world. The workshop was organised by the Ponseti International Pakistan, Jinnah Post Graduate Medical Centre, Pakistan Orthopaedic Association and the Indus Hospital at the Barrett Hodgson International High School on Monday. Justice (Retd) RanaBhagwanda was the chief guest at the event which was attended by a large number of children with club foot, their parents and doctors.

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Children Suffer as Pakistan Battles Measles Epidemic

The News, June 20, 2013

Non-invasive treatment

Dr Ignacio Ponseti, a physician at the University of Iowa, developed the Ponseti Method in the 1950s. This course of treatment does not involve expensive surgeries or equipment and instead involves a series of casts and a brace so that a child could walk and move properly.

Professor Anisuddin Bhatti of the JMPC said that performing surgery to treat this condition was wrong as the patient suffered from severe pains and there was no guarantee that the child would recover completely. He advocated the use of the Ponseti Method, saying that it increased the chances of a child's functional leg movement. "We have been using this method for the past six years," he said. "We have also been trying to change people's mindset towards the Ponseti Method."

LAHORE: In the intensive-care ward of Lahore's Mayo hospital, pale, spotty children cry in the intense heat of the Pakistani summer -- victims of a devastating measles outbreak. Punjab, Pakistan's most populous province of which Lahore is the capital, has borne the brunt of the epidemic. It has 18,000 of the 25,000 cases reported around the country by provincial health authorities and more than 150 -- all children -- of the 495 deaths. The province is the country's richest and most developed, but health experts say ineffective vaccination programmes and poor monitoring of the disease have led to the contagious disease running rampant. "Initially people were unaware about this epidemic, so they tried to treat the disease at home and using local street doctors," doctor Iftikhar Mirza, a spokesman for Mayo, Lahore's main public hospital, told AFP. "They were even unaware about the vaccination. So, when they came to us, the children were in a critical condition and many had already died." Asad Abbas, a labourer, tried to treat the disease, spread by droplets from the nose or mouth of infected people, with traditional methods and sought proper medical treatment only just in time.

"The red spots appeared on my six-year-old grandson's body some days back. We took it lightly and got him treated from a homeopathic practitioner," he said. "Then he started vomiting and his energy vanished. When we brought him here, he was about to die. But after treatment over here, he is okay now." Doctor Muhammad Younas, an official from the Directorate General of Health in Punjab, told AFP the province had seen 17,985 measles cases this year, with 158 deaths. "This is the worst situation in five years and we can confidently say that the number of these cases is much higher than during the previous five years," he said. Last year there were 310 measles deaths in Pakistan, according to the World Health Organization, described in January by a health ministry official as "a record high". The WHO uses a more conservative count of cases and deaths, but even by its measure 2013 is on track to be far worse than 2012. Since the start of the year the WHO has recorded 12,951 measles cases and 290 deaths across Pakistan -- compared to 14,984 cases and 310 deaths in the whole of last year. The WHO says three consecutive years of severe flooding, which put Pakistan's health system under severe strain, have helped measles cases rocket from 4,321 in 2010 to the current alarming figure. Pakistan has a network of vaccination centres for mothers and newborns, and issues vaccination cards for children who are born in hospitals or seen by doctors after birth. But many women -- like Asad Abbas's daughter -- give birth at home and do not see a doctor either during or after pregnancy.

Efforts to eradicate polio in Pakistan have been hampered by longstanding conspiracy rumours that the vaccination droplets contain a sterilising chemical as part of a Western plot to reduce the Muslim population. There has also been opposition from militant who see the vaccination drives as cover for espionage, and numerous health workers on polio campaigns have been gunned down in recent months. The United States fuelled the conspiracy theories by using a hepatitis vaccination drive in the Pakistani city of Abbotabad as cover for gathering intelligence on the whereabouts of Al-Qaeda founder Osama bin Laden. Measles programmes have not been affected by these problems, but even where families are aware of the dangers of the disease, efforts to get children immunised have struggled with youngsters not always showing up for jabs. The measles vaccine is cheap -- less than a dollar per child according to the WHO -- but two shots are recommended to prevent outbreaks, as around 15 percent of children do not achieve immunity with a single dose. An official with the UN Children's Fund in Punjab said missed vaccinations had built up over the years to create the current outbreak. "Some children could not be immunised even after vaccination and many others have issues of malnutrition, so all these cases accumulate after five years and the disease turn out as an epidemic. This is what has happened this time," the official told AFP on condition of anonymity. Jaffer Ilyas, a spokesman for the Directorate General of Health in Punjab, said the province had vaccinated 2.6 million children in response to the epidemic. Punjab Chief Minister Shahbaz Sharif has declared a "war against measles" and the province hopes to have the outbreak under control within weeks, Ilyas said.

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Multan: Nurses protest against superintendent

The News, July 2, 2013

Unhygienic ice spreads diseases in Karachi

The Frontier Post, June 6, 2013

Measles Concerns: Health Department officials stealing vaccine fridges

The Express Tribune, June 8, 2013

World Blood Donor Day' observed in Quetta

MULTAN: Nurses of Nishtar hospital continued their protest against behaviour of their superintendent on second consecutive day on Tuesday, Geo News reported. The protesting nurses also staged sit-in and demanded removal of the superintendent. They claimed that they had submitted written complaints to MS Nishtar hospital against superintendent several times but no action had been taken yet. They vowed to continue protest till their demand was met.

KARACHI: With rise in temperature of the city, the consumption of ice and other cold drinks has increased, but who knows that while using this ice made commercially by small ice factories, which innocently looks so transparent and clean, one can suffer from hazardous diseases. An ice depot owner in Gulshan-e-Iqbal, Amjad Hussain, said that normally water from tankers was used in making ice. "We use water supplied by tankers from the pumping stations of Karachi Water and Sewerage Board," he said. On a query if he carries out test of the water being used in making ice, Hussain said that it was impossible for them to go for test of every water tanker. "It is the responsibility of the KWSB, from where we get this water to check it for bacteria." When indicated that his ice factory was constructed just adjacent to a garbage bin, he ignored and said, "Sab Chaltahai (Everything happens here)."

Speaking on the condition of anonymity, a KWSB employee at Shah Faisal Colony Pumping Station said that throughout the years, we have not checked the quality of water being used for drinking and cooking purposes by citizens. "Last week, officials from the health ministry came and took samples of the water," he said adding that it was only due to rise in deaths of people from water-borne diseases, especially *Naegleria fowleri*, which forced the department to come. When contacted, a senior official of the provincial Health Department said that the standards set by the Environmental Protection Agency were not followed by ice factories, by and large. "We had raided different ice factories in the past and also issued warnings to some of them asking them to ensure clean environment and use water filter plants in the factory," he said. "Owners of the ice factories whose water samples had been found unfit had been told to stop producing ice until they ensured proper quality of water on the premises." A senior physician at Aga Khan Hospital, Dr Naseem Zehra said that usually people did not know how harm this transparent ice can cause to their health. "Diseases like Cholera, Dysentery, Polio, Hepatitis-A and others can be caused from using unhygienic ice," she said. Meanwhile, despite repeated calls to the KWSB Managing Director and other officials, no one was available for the comment. The Karachiites appeal to the concerned authorities, health department and KWSB, to ensure supply of healthy water in order to avoid spreading hazardous diseases.

The Lahore High Court on Friday summoned a Health Deputy Secretary, an executive district officer and a deputy district officer for June 11 on a petition filed by a drug inspector. Petitioner Bilal Yasin, a drug inspector from Ferozewala, submitted that he had been suspended from service for drawing attention to the theft of refrigerators provided by the UNICEF to store measles vaccines. Of the 81 refrigerators handed over to the Health Department in Sheikhpura, 36 had gone missing, said Yasin. He said that he had raided a site on a tip off and recovered four refrigerators from Vaccination Deputy Superintendent Ali Raza Gilani. Yasin said that he had lodged a complaint against Gilani and initiated a departmental inquiry against him. However, Yasin said, Sheikhpura Health EDO Rana Rafique and Ferozewala Health Deputy District Officer Zulfiqar Butt had managed to have the inquiry dropped. He said that he was suspended from service for drawing attention to the theft of the refrigerators. Yasin said he was neither given a notice nor a chance to explain, as was procedure.

Yasin alleged that he had been victimised by those involved in stealing the refrigerators. "They were given to the department to store vaccine, but the vaccine has not been stored properly. This will hamper efforts to control the epidemic," he said. He prayed to the court to set aside his suspension and direct the authorities to reinstate him. The judge remarked that while on one hand children were dying of measles, on the other, officers were being picked on for taking action against officials involved in the theft of refrigerators. According to official reports, more than 1,500 children are suffering from measles. As many as 129 children have died in the province so far. According to the World Health Organisation (WHO), the number of measles cases in Pakistan increased from 4,000 in 2011 to 14,000 in 2012. As many as 306 children died of measles in the country last year, most of them in flood-stricken areas.

QUETTA: A seminar was held here on Friday to observe 'World Blood Donor Day.' Member Balochistan Assembly, Rehmatullah Baloch, was the chief guest and threw light on the importance of blood donation. The MPA noted that donating blood did not cause any weakness as new blood got regenerated in three months, thus people should come forward

News Headlines*The News, June, 14 2013***UAE to finance Anti Polio Efforts in KPK, tribal areas***DAWN, June 9 2013***Details**

to donate blood to saving lives. He further said that the government was taking all measures for health sector including blood donating. "In this regard I would give all equipments for Blood donations", said Baloch. While announcing Rs10,000 for some actors who participated in a stage show to create awareness about World Blood Donor Day, he also praised those who donated blood through Baloch Blood Donors Society. The MPA and Baloch Blood Donor Society president Muhammad Anwar Baloch distributed certificates among blood donors on the occasion. (APP)

PESHAWAR: The United Arab Emirate has pledged to provide financial support to polio eradication efforts in Khyber Pakhtunkhwa and Federally Administered Tribal Areas for the next three years, according to officials. "We have sent plan for 2013-15 to the UAE government regarding polio immunisation in Khyber Pakhtunkhwa and Fata. The UAE will start financing the campaigns from July," they said. Presently, the polio vaccination programme in Pakistan, including Khyber Pakhtunkhwa and Fata is being run through \$330 million loan secured by the government from Islamic Development Bank (IDB). The officials said that IDB was approached last year by the government after refusals by the international donors to provide funds to the programme. The UAE had already contributed \$120 million to \$5.5 billion to the five-year (2013-18) global polio eradication plan, to eliminate the vaccine-preventable childhood ailment by the 2015, officials said. According to conservative estimates, the global plan seeks to eradicate polio by 2014 from Pakistan and by 2015 from Afghanistan and Nigeria, the other two endemic countries.

The UAE government has agreed to sponsor the Khyber Pakhtunkhwa and Fata polio eradication programmes from the amount, it has already donated to the global plan. The officials said that Khyber Pakhtunkhwa and Fata would stop using IDB's loan next month, when it would start getting exclusive funding from the UAE. They said that Fata and Khyber Pakhtunkhwa recorded nine cases -- the former having five and the latter four, out of the total 13 registered cases nationwide in 2013 so far. Last year, both accounted by 47 cases of the total 58 in Pakistan and had been under the focus of international donors. Fata has a total of 1.1 million under-five population but authorities are required to administer anti-polio drops to about 800,000 because the remaining children live in North and South Waziristan agencies where Taliban have banned vaccination.

Officials said that Melinda and Bill Gates Foundation, the main donor of the \$5.5 billion global polio eradication plan, had sought support of Pakistan Tehreek-i-Insaf chairman Imran Khan in polio eradication efforts in Khyber Pakhtunkhwa where his party was in power. According to them, US Microsoft giant Bill Gates had requested Imran Khan in a letter to further polio eradication in the province and safeguard children against disabilities. Bill Gates commitment to polio eradication resulted in his support for a massive anti-polio programme in Pakistan, Imran Khan tweeted. "The PTI is already committed to eliminating life threatening diseases from Pakistan through health education and immunisation programmes," he said. According to officials, Mr Khan tweeted in response to the letter delivered to him through his emissary on Friday that he would be calling him (Bill Gates) to discuss modalities of moving against polio that took lives of so many children in Pakistan, especially in Khyber Pakhtunkhwa.

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Polio Cases Recorded in Pakistan till 8-7-2013

Confirmed Polio Cases in Pakistan District/ Area Wise. (2013)				
Province/ Region	District/ Area	Type of Wild Poliovirus	No. of Cases	Total Cases
Khyber Pakhtunkhwa	Bannu	NSL1	1	4
	Mardan	NSL1	2	
	Malakand	NSL1	1	
FATA	FR Bannu	NSL1	2	10
	North Waziristan	NSL1	1	
	Khyber Agency	NSL1	7	
	Mbdin	NSL1	1	1
Punjab	Mianwali	NSL1	1	1
Sind	Dadu	NSL1	1	2
	Bin Qasim	NSL1	1	
Total			17	18

Health Departments and Monitoring Bodies

National Institute of Health (NIH)<http://www.nih.org.pk/>

Technical Information on Primary Amebic Meningoencephalitis (PAM) Caused by Naegleriafowleri

Background:

Caused by the Naegleriafowleri; the Primary Amebic Meningoencephalitis (PAM) is a rarely occurring but highly fatal disease with a mortality of about 99%. Since the occurrence of first case in Karachi Pakistan on 3rd July 2012, different tertiary care hospitals of Karachi have reported a total of 10 cases with 100% case fatality. Because of the limited scientific knowledge available on the subject, it is considered appropriate to share a summary of the available technical information to all concerned public health professionals.

The Agent:

Naegleriafowleri (commonly referred to as the "brain-eating amoeba"), is a single-celled free-living microscopic and heat-loving amoeba found around the world. The organism grows best at higher temperatures up to 46°C and is naturally found in warm freshwater environments such as lakes, rivers, canals, hot springs, warm water discharge from industrial or power plants, poorly maintained or minimally chlorinated swimming pools, water heaters and soil, where it feeds on bacteria and other microbes.

Transmission:

The infection usually occurs by entry of the contaminated water through the nose i.e. swimming or diving in freshwater places or putting contaminated water to the nose during ablution with inadequately chlorinated pool or contaminated tap water. The amoeba migrates to the brain along the olfactory nerve causing serious disease. Infections however do not occur by drinking contaminated water.

The Illness:

PAM is a rare but almost invariably fatal disease of the central nervous system. In US, only 01 out of 123 cases reported during 1962 to 2011 could survive whereas the other documented survival occurred in Mexico. From subsequent laboratory experiments performed on the California survivor's strain, it appears that the lesser virulence of the infecting strain might have contributed to his recovery.

Signs and Symptoms:

**Global update & National
 Advisory on
 Novel Coronavirus (NCoV)
 Infection**

Clinical similarity to bacterial meningitis increases chances of misdiagnosing PAM.

Symptoms usually start 1-7 days after exposure with death in 1-12 days of illness.

Because of rapid progression, the diagnosis is usually made after death.

Stage 1 is characterized by severe frontal headache, fever, nausea and vomiting. Usual presenting symptoms include severe headache, meningeal signs, fever, vomiting, seizures, and focal neurologic deficits. Other symptoms such as photophobia, mental status abnormalities, lethargy, dizziness, ataxia, cranial nerve palsy, hallucinations, and delirium have also been reported. Moreover in some cases, abnormalities in taste or smell, nasal obstruction, and nasal discharge have been observed.

Stage 2: Stiff neck, Seizures, Altered mental status, Hallucinations and coma rapidly progress to death. Autopsy findings include hemorrhagic necrosis of the olfactory bulbs and cerebral cortex.

3.2 Diagnosis:

Cerebrospinal fluid (CSF) studies of PAM patients typically demonstrate a pattern similar to bacterial meningitis with an elevated opening pressure, a polymorphonuclearpleocytosis, normal or low glucose, and elevated protein. However the observations of blood in the CSF and/or motile ameba serve as clues for potential diagnosis of PAM.

Diagnostic Options:

Direct Visualization in CSF:

The diagnosis can be made most quickly by microscopic examination of fresh, unfrozen, unrefrigerated cerebrospinal fluid (CSF). Frozen or refrigerated samples are not appropriate because cold temperatures kill the amebae.

- i. A wet mount of freshly-centrifuged CSF sediment might demonstrate actively moving trophozoites in a generally linear forward direction.
- ii. Additionally, Naegleria can be identified in CSF smears or cultures using hematoxylin and eosin (H&E), periodic acid-Schiff (PAS), trichrome, Giemsa, or Wright-Giemsa stains. A stained smear will show ameboid trophozoites with morphology typical of Naegleria i.e. Nucleus with a centrally located, densely staining large nucleolus.

Note:

- a. Gram stain must be avoided as the amebae gets destroyed during heat fixation.
- b. If amebae are identified in the CSF, the diagnosis should be subsequently confirmed with culture, PCR, or immunohistochemical (IHC) tests.

Direct Visualization in Tissue:

The diagnosis can be made from microscopic examination of stained smears of brain biopsy or autopsy specimens demonstrating trophozoites with typical morphology

This advisory is intended to serve the following objectives:

- Provide latest information about the spread on Novel Coronavirus (NCoV) infection to various categories of professionals in the health sector
- Guide healthcare staff in suspecting NCoV infection among Pakistani population and the subsequent case management
- Facilitate health managers in advance preparations

Global Epidemiological Update:

- The Novel Coronavirus (NCoV) was first identified in September 2012 among individuals with severe acute respiratory illness in Kingdom of Saudi Arabia. As of 27th March 2013, a total of 17 confirmed cases have been reported to WHO from; Saudi Arabia (09), Qatar (02), Jordan (02), United Kingdom (03) and United Arab Emirates (01). Eleven of the reported cases died with a case fatality rate of 64.7%.
- Most of the confirmed patients developed severe respiratory illness and their symptoms included shortness of breath, coughing, and pneumonia. Acute renal failure, pericarditis and disseminated intravascular coagulation were also observed in fatal cases.
- The efficiency of person-to-person transmission of NCoV is not well characterized but

appears to be low. Occurrence of two clusters in Saudi Arabia and UK however, raise the possibility of limited human-to-human transmission.

- Whereas the reservoir and route of transmission of the novel coronavirus are still being investigated, it is considered likely that this new strain originated from an animal source.

Viral Characteristics:

- Coronaviruses are a large family of common viruses causing a range of illnesses in humans and animals. In humans, coronaviruses can cause mild illness like common cold as well as severe illness like severe acute respiratory syndrome (SARS).
- The NCoV appears similar to coronaviruses found in bats however, genetic sequence analyses have shown that the new virus is different from other known human coronaviruses, including SARS.
- The WHO in collaboration with the affected countries is however, trying to better characterize the epidemiology of NCoV infection in humans

Clinical Features:

- All patients presented generally as pneumonia with symptoms of fever, cough, and shortness of breath and breathing difficulties. In fatal cases, severe respiratory distress and acute renal failure were predominant.
- The incubation period is currently considered to be up to ten days.
- There is no specific treatment for novel coronavirus infection; care is supportive.

Recommendations:

- People travelling to Arabian Peninsula, particularly for Hajj and Umrah may be advised to observe respiratory etiquettes and practice frequent hand washing.
- Persons who develop severe acute lower respiratory illness within 10 days after traveling from the Arabian Peninsula or neighboring countries (Bahrain, Iraq, Iran, Israel, Jordan, Kuwait, Lebanon, Oman, Palestinian territories, Qatar, Saudi Arabia, Syria, the United Arab Emirates, and Yemen)* should be carefully evaluated using the following criteria:
- A person with an acute respiratory infection, which may include fever ($\geq 38^{\circ}\text{C}$, 100.4°F) and cough; AND
- Suspicion of pulmonary parenchymal disease (e.g., pneumonia or acute respiratory distress syndrome based on clinical or radiological evidence;
- History of travel from the Arabian Peninsula or neighboring countries* within 10 days; AND
- Not already explained by any other infection or etiology, including all clinically indicated tests for community-acquired pneumonia

In addition, the persons who develop severe acute lower respiratory illness after contact with a suspected case should also be evaluated for NCoV infection

Case Management:

- Manage the suspected case through supportive care in an isolation room. Patient should wear a surgical mask and attendants should practice standard, contact, droplet and airborne precautions.
- Use dedicated individual equipment as far as possible and ensure foolproof decontamination of reusable healthcare equipment.
- All wastes arising from the patient care should be considered as clinical waste using the red bags.
- Clean and disinfect the environment at least once daily and terminally at discharge by using hypochlorite (1,000 ppm) solution.

Sample Collection and Transportation:

- Specimens being sent for NCoV testing should preferably be tested at local facility to exclude the presence of other known respiratory pathogens before dispatch.
- Exercising standard, contact, droplet and airborne precautions, samples must be transported to NIH; duly labeled / packed in triple packaging to the Department of Virology, Public Health Laboratories Division, National Institute of Health, Islamabad along with detailed clinical information and travel / contact history.
- Lower respiratory tract specimens (tracheal aspirates and bronchoalveolar lavage) appear to have the highest virus titre however, upper respiratory tract specimens may be collected when lower respiratory tract specimens are hard to obtain.
- For any likely delay in reaching referral laboratory, the respiratory tract specimens or serum may be frozen on dry ice

Ministry of Health Punjab

**Punjab Health
Department corporate
website**

June 02, 2013

Health Care Programs

Health care programs are designed to enhance the quality of life and facilitate the citizens to meet their health care needs. These programs also educate physicians and other health professionals. Under the health care programs ground breaking researches are controlled on the health crisis. Some initiated programs are listed below:

- Extended Program on Immunization (EPI)
- National Maternal and Child Health Program
- National Programme For Family Planning & Primary Health Care
- Nutrition Program
- Prevention and Control of Hepatitis
- Punjab AIDS Control Program (PACP)
- Punjab Health Sector Reforms Programme (PHSRP)
- Rollback-Malaria Program
- TB Control Program

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Exercise makes brain more resilient towards stress

Pakistan Tribune June 26, 2013

<http://paktribune.com/news/Exercise-makes-brain-more-resilient-towards-stress-261427.html>

ISLAMABAD: Exercising helps reorganize the brain so that its response to stress is reduced and there is no interference with its normal functioning, a research team has claimed. The researcher team based at Princeton University report in the Journal of Neuroscience that when mice allowed to exercise regularly experienced a stressor - exposure to cold water - their brains exhibited a spike in the activity of neurons that shut off excitement in the ventral hippocampus, a brain region shown to regulate anxiety.

These findings potentially resolve a discrepancy in research related to the effect of exercise on the brain - namely that exercise reduces anxiety while also promoting the growth of new neurons in the ventral hippocampus.

Because these young neurons are typically more excitable than their more mature counterparts, exercise should result in more anxiety, not less. The researchers found that exercise also strengthens the mechanisms that prevent these brain cells from firing. The impact of physical activity on the ventral hippocampus specifically has not been deeply explored, said senior author Elizabeth Gould, Princeton's Dorman T. Warren Professor of Psychology. By doing so, members of Gould's laboratory pinpointed brain cells and regions important to anxiety regulation that may help scientists better understand and treat human anxiety disorders, she said. From an evolutionary standpoint, the research also shows that the brain can be extremely adaptive and tailor its own processes to an organism's lifestyle or surroundings, Gould said.

A higher likelihood of anxious behaviour may have an adaptive advantage for less physically fit creatures. Anxiety often manifests itself in avoidant behaviour and avoiding potentially dangerous situations would increase the likelihood of survival, particularly for those less capable of responding with a "fight or flight" reaction, she said. Gould, who also is a professor in the

Princeton Neuroscience Institute, said that understanding how the brain regulates anxious behaviour gives potential clues about helping people with anxiety disorders and also says something about how the brain modifies itself to respond optimally to its own environment.

For the experiments, one group of mice was given unlimited access to a running wheel and a second group had no running wheel. Natural runners, mice will dash up to 4 kilometers a night when given access to a running wheel, Gould said. After six weeks, the mice were exposed to cold water for a brief period of time.

The brains of active and sedentary mice behaved differently almost as soon as the stressor occurred, an analysis showed. In the neurons of sedentary mice only, the cold water spurred an increase in "immediate early genes," or short-lived genes that are rapidly turned on when a neuron fires. The lack of these genes in the neurons of active mice suggested that their brain cells did not immediately leap into an excited state in response to the stressor.

Instead, the brain in a runner mouse showed every sign of controlling its reaction to an extent not observed in the brain of a sedentary mouse. There was a boost of activity in inhibitory neurons that are known to keep excitable neurons in check. At the same time, neurons in these mice released more of the neurotransmitter gamma-aminobutyric acid, or GABA, which tamps down neural excitement. The protein that packages GABA into little travel pods known as vesicles for release into the synapse also was present in higher amounts in runners.

The results have been published in the Journal of Neuroscience.

Updates on CDC's Polio Eradication Efforts

Report from Centre for Disease and Prevention

May 31, 2013

The eradication of polio is an important priority for the Centers for Disease Control and Prevention (CDC). We are closer than we have ever been to eradicating polio and it is critical that we take advantage of this opportunity.

On December 2, 2011, CDC Director Thomas R. Frieden, MD, MPH, activated CDC's Emergency Operations Center (EOC) to strengthen the agency's partnership engagement through the Global Polio Eradication Initiative (GPEI), which is committed to completing the eradication of polio. On December 14, Dr. Frieden enlisted the support of the entire CDC community to become active participants in an intensified effort to eradicate polio worldwide.

CDC's Involvement

In the final push toward global polio eradication, CDC continues its close collaboration with partners, including the World Health Organization (WHO), the United Nations Children's Fund (UNICEF), Rotary International, and the Bill and Melinda Gates Foundation to ensure a coordinated global and country-level response. CDC polio eradication activities and staff have moved into the EOC operational structure to ensure maximum use of CDC resources to support polio eradication, and to scale up timely technical expertise and support for polio-infected countries (Angola, Chad, Democratic Republic of the Congo, Nigeria, Afghanistan, and Pakistan) and for countries at risk of polio outbreaks (at-risk countries), in coordination with GPEI partners.

Since December 2, 2011, approximately 430 workers have supported CDC's polio eradication efforts in the EOC and in the field. Of these, 137 workers have completed 382 field deployments to Angola, Chad, Cote d'Ivoire, and other areas. Each day an average of 70-80 people are working on polio eradication in CDC's EOC.

Activation of the EOC has provided enhanced capacity for CDC's STOP Transmission of Polio (STOP) program, which trains public health volunteers in the United States and globally to improve polio surveillance and help plan, implement, and evaluate vaccination campaigns. Since December 2, 2011, more than 500 individuals have been deployed to work with the STOP program in a number of countries, including Chad and Kenya. In addition, the EOC has provided enhanced capacity to scale up in-country technical expertise and support for – polio surveillance, planning, implementation, and monitoring of polio vaccination campaigns – strengthening routine immunization, strengthening management and accountability.

A few additional examples of CDC polio eradication activities include:

- An in-depth review of priority countries' polio eradication plans to assess program gaps and training needs, and elaboration of plans for CDC's engagement in those countries.
- Publication of several joint World Health Organization Weekly Epidemiologic Record/CDC Morbidity and Mortality Weekly Reports (MMWR) highlighting polio eradication progress in Afghanistan and Pakistan, Africa, Chad, and Nigeria.
- Collaboration with GPEI partners on detailed country-plans for expanded technical and management support, including assistance with outbreak responses,

surveillance reviews, vaccination campaign planning and monitoring, and data management.

- Provision of operational support to Nigeria for the country's FY 2012 Polio Eradication Emergency Response Plan. The plan focuses on enhancing management and leadership skills to improve program performance.
- The development of indicators for monitoring polio vaccination campaign performance in the areas of planning, implementation, and evaluation.
- Review of WHO proposed outbreak response protocols for all polio-affected countries
- Creation of plans for needs assessments of immunization systems in Chad and Angola.

The Global Push toward the Finish Line

Polio incidence has dropped more than 99 percent since the launch of global polio eradication efforts in 1988. According to global polio surveillance data from May 28, 2013, 41 polio cases have been reported from the three remaining endemic countries: Afghanistan, Nigeria, and Pakistan. In 2012, a total of 223 polio cases were reported from five countries: Afghanistan, Chad, Niger, Nigeria, and Pakistan. Of the 2012 polio cases, 97% (217 of the 223 cases) were reported from the three remaining endemic countries.

January 13, 2013 marked two years since a child was paralyzed by wild poliovirus in India. The country was once considered the most complex challenge to achieving global polio eradication. On February 25, 2012, WHO removed India, one of the four remaining endemic countries, from the list of countries considered to have never interrupted the transmission of wild poliovirus. India has not had a case of polio since January 13, 2011 and no recent environmental samples have detected wild poliovirus. Activities continue in India to secure the gains achieved. Large-scale polio vaccination campaigns and active surveillance for acute flaccid paralysis (AFP) cases continue. Ongoing reports of AFP cases from India are fully expected. In fact, identification of high numbers of AFP cases means disease surveillance is working and enables India to quickly test cases to rule out polio as the cause.

While no polio cases have been detected in India for more than a year, poliovirus transmission is ongoing in the other three endemic countries – Afghanistan, Nigeria, and Pakistan. GPEI's Independent Monitoring Board considers Nigeria and Pakistan to be the greatest challenges for eradicating polio. In addition, Angola, Chad, and the Democratic Republic of Congo had eliminated polio in the past but have experienced reestablished transmission of poliovirus that has continued for more than one year, raising concerns that a window of opportunity to eradicate this crippling and sometimes deadly disease may be closing.

It is therefore imperative that we make this final push toward eradication one of our highest priorities. As Dr. Frieden has stated, "If we fail to get over the finish line, we will need to continue expensive control measures for the indefinite future...More importantly, without eradication, a resurgence of polio could paralyze more than 200,000 children worldwide every year within a decade." Now is the time, we must not fail

High Doses of Common Painkillers increase heart attack risks

Frontier Post(<http://www.thefrontierpost.com/article/17177/>)

APP_ISLAMABAD: Long-term high-dose use of painkillers such as ibuprofen or diclofenac is "equally hazardous" in terms of heart attack risk as use of the drug Vioxx, which was withdrawn due to its potential dangers, researchers said.

Presenting the results of a large international study into a class of painkillers called non-steroidal anti-inflammatory drugs (NSAIDs), the researchers said high doses of them increase the risk of a major vascular event -a heart attack, stroke or dying from cardiovascular disease by around a thirdm, Fox News Reported.

This means that for every 1,000 people with an average risk of heart disease who take high-dose diclofenac or ibuprofen for a year, about three extra would have an avoidable heart attack, of which one would be fatal, the researchers said.

This puts the heart risks of generic NSAIDs on a par with a newer class of NSAIDs known as COX-2 inhibitors or coxibs, which includes Vioxx a painkiller that U.S. drugmaker Merck pulled from sale in 2004 because of links to heart risks.

Other drugs in the coxib class include cerecoxib, sold by Pfizer under the brand name Celebrex, and etoricoxib, sold by Merck under the brand name Arcoxia.

"What we are saying is that they (coxibs, ibuprofen and diclofenac) have similar risks, but they also have similar benefits," said Colin Baigent of the clinical trial service unit at Britain's Oxford University, who led the study published in The Lancet medical journal.

He stressed that the risks are mainly relevant to people who suffer chronic pain, such as patients with arthritis who need to take high doses of painkillers such as 150mg of diclofenac or 2400mg of ibuprofen a day for long periods.

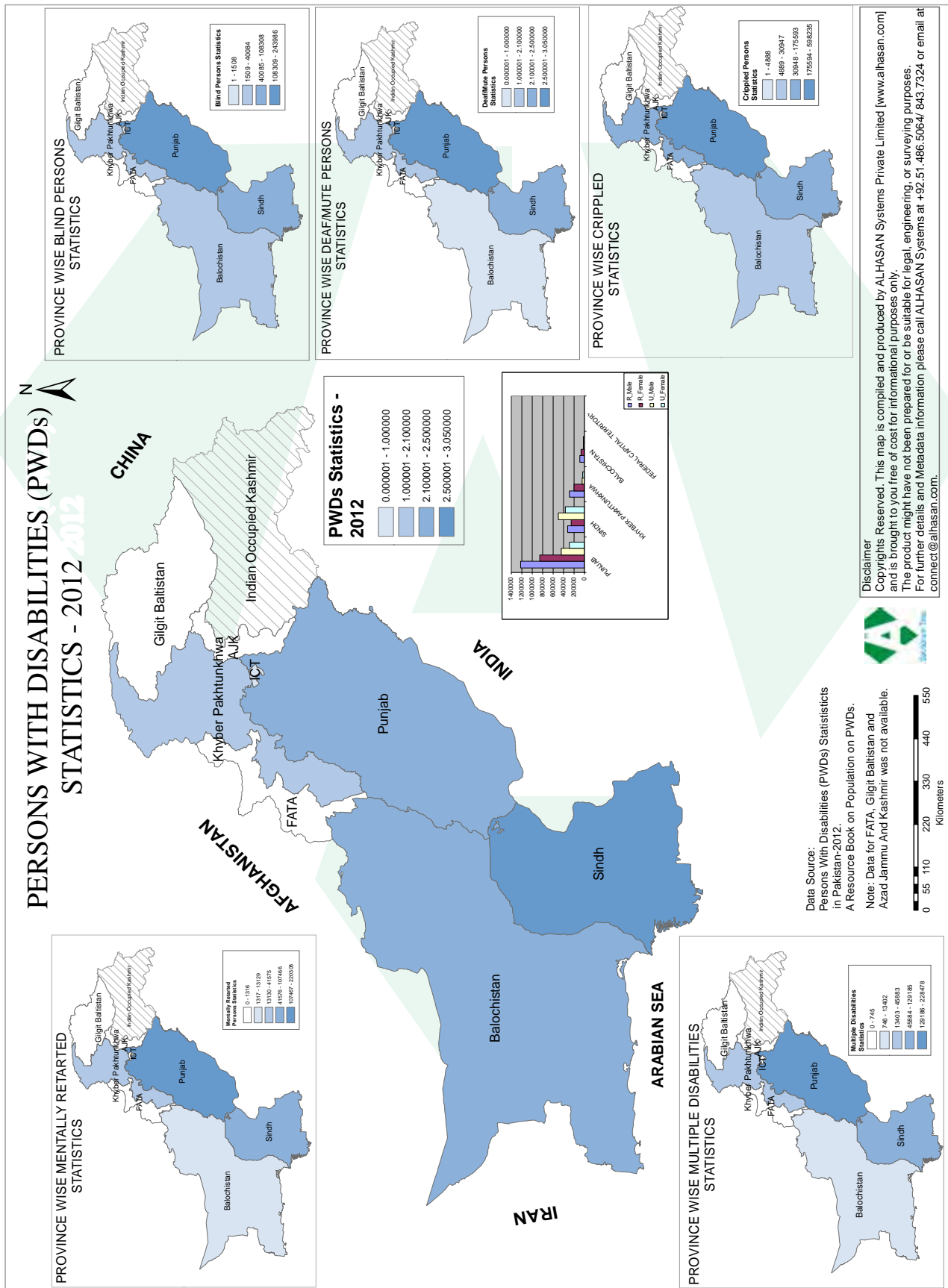
"A short course of lower dose tablets purchased without a prescription, for example, for a muscle sprain, is not likely to be hazardous," he said.

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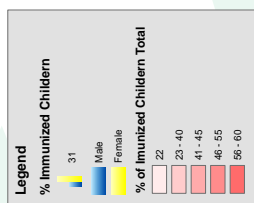
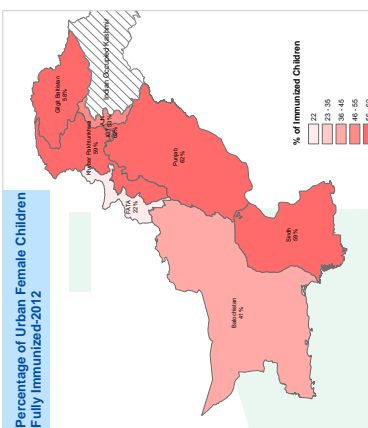
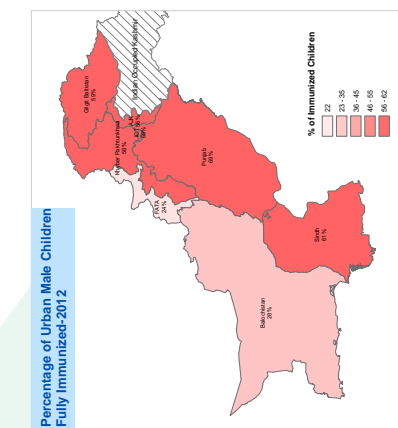
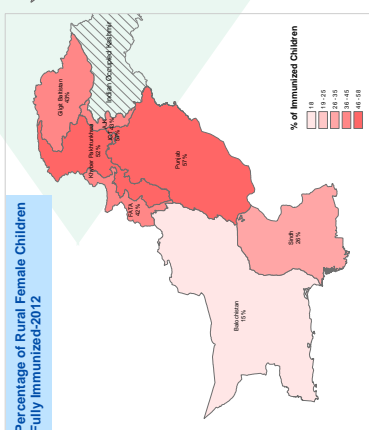
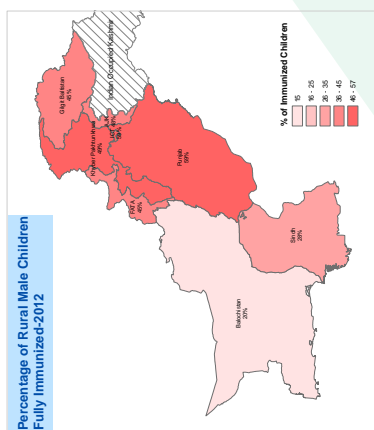
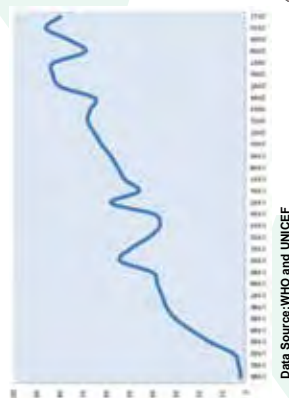
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Percentage of Total Children 12-23 Months Fully Immunized-2012

Progress of Pakistan in Children Immunization

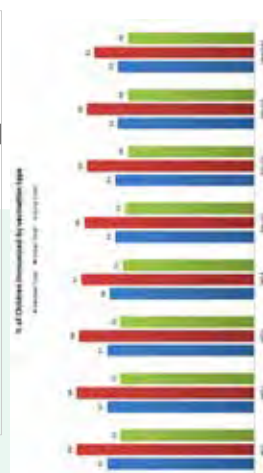
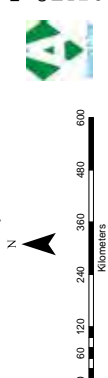


% of Children Immunized by Polio Vaccine % of Children Immunized by Measles Vaccine

Immunization Schedule

Age	Vaccinations	New schedule (2010 onwards)
At birth	BCG + Polio 0	BCG + Polio 0
6 Weeks	DPT 1 + HBV 1 + Polio 1	Pentavalent + Polio 1
10 Weeks	DPT 2 + HBV 2 + Polio 2	Pentavalent + Polio 2
14 Weeks	DPT 3 + HBV 3 + Polio 3	Pentavalent + Polio 3
9 months	Measles	Measles
12-15 months	Measles 2	Measles 2

Data Source: USMD Immunization Report-2012



Data Source: PSLM 2010-2011

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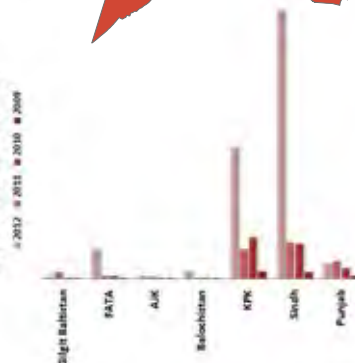
Measles Outbreak in Pakistan- (From 2012 till Feb 2013)

Reported Deaths Due to Measles

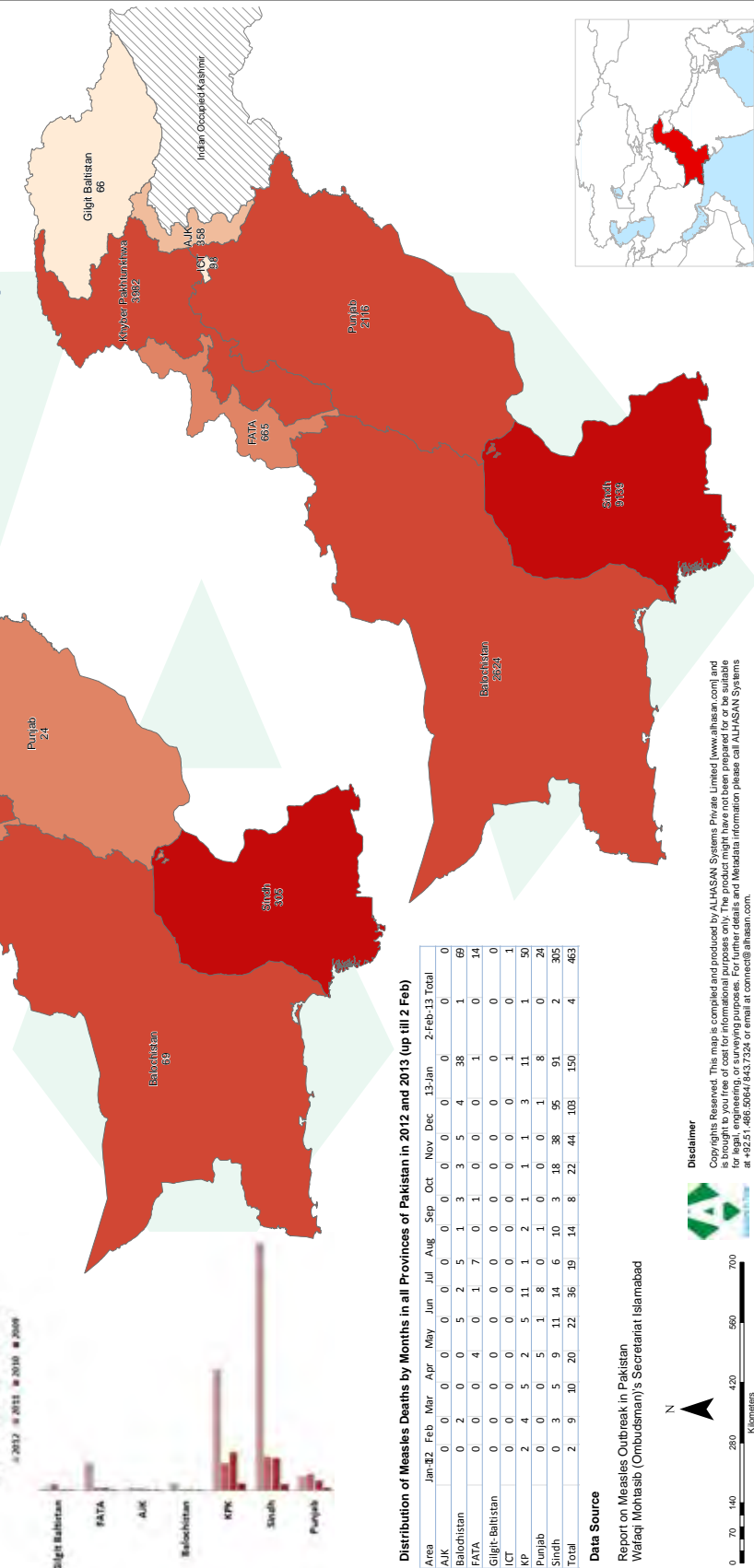
Distribution of Suspected Measles Cases by Months in all Provinces of Pakistan in 2012 and 2013 (up till 2 Feb)

Area	Jan-12	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan-13	2 Feb-2013	Total
AJK	0	3	5	12	62	50	32	41	19	18	12	14	85	5	358
Balochistan	70	121	108	228	252	352	257	48	64	61	110	139	808	6	2624
FATA	8	28	40	88	64	80	29	39	33	63	7	100	6	665	
Gilgit-Baltistan	3	0	0	3	6	4	2	3	1	4	5	23	12	0	66
ICT	0	1	3	11	15	11	5	4	5	0	4	4	35	0	98
KP	265	356	323	417	460	455	341	243	288	220	162	151	361	59	3862
Punjab	21	52	90	160	138	228	204	96	53	46	88	93	772	15	2116
Sindh	307	362	364	553	657	553	503	542	236	620	1039	1957	1748	38	9139
Total	415	723	873	1472	1714	1833	1424	1006	645	1002	1483	2388	3941	129	19490

Trend of suspected measles cases as reported by the provinces



Reported Measles Cases



Distribution of Measles Deaths by Months in all Provinces of Pakistan in 2012 and 2013 (up till 2 Feb)

Area	Jan-12	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan-13	2 Feb-13	Total
AJK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Balochistan	0	2	0	0	5	2	5	1	3	3	5	4	38	1	69
FATA	0	0	0	4	0	1	7	0	1	0	0	0	1	0	14
Gilgit-Baltistan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ICT	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
KP	2	4	5	2	5	11	1	2	1	1	3	11	1	1	50
Punjab	0	0	0	5	1	8	0	1	0	0	0	1	8	0	24
Sindh	0	3	5	9	11	14	6	10	3	18	38	95	91	2	305
Total	2	9	10	20	22	36	19	14	8	22	44	103	150	4	463

Data Source

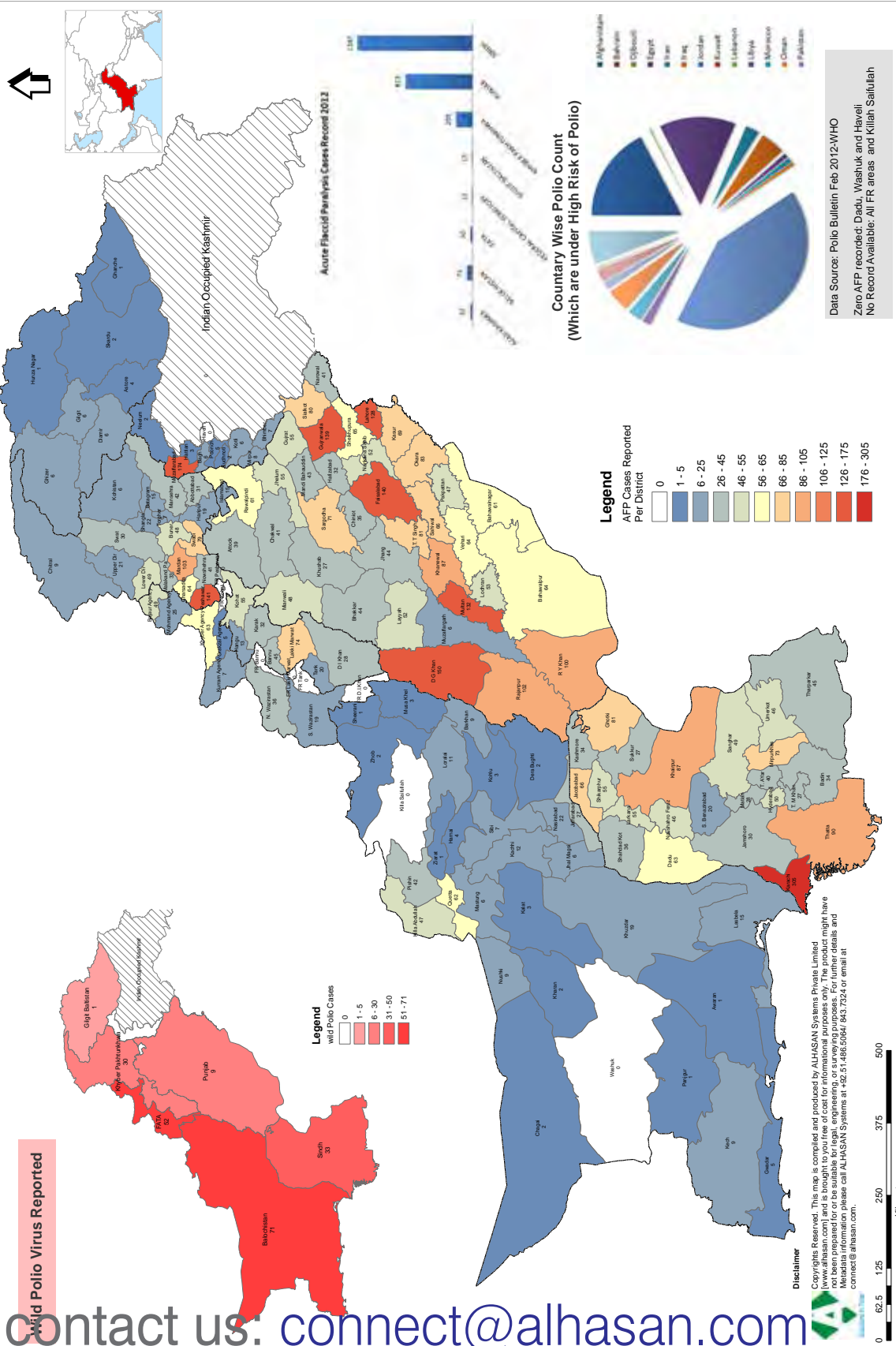
Report on Measles Outbreak in Pakistan
Wafaq Mohtasib (Ombudsman)'s Secretariat Islamabad

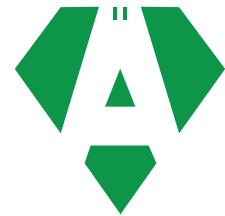
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Acute Flaccid Paralysis/Polio Case Count 2012-Pakistan





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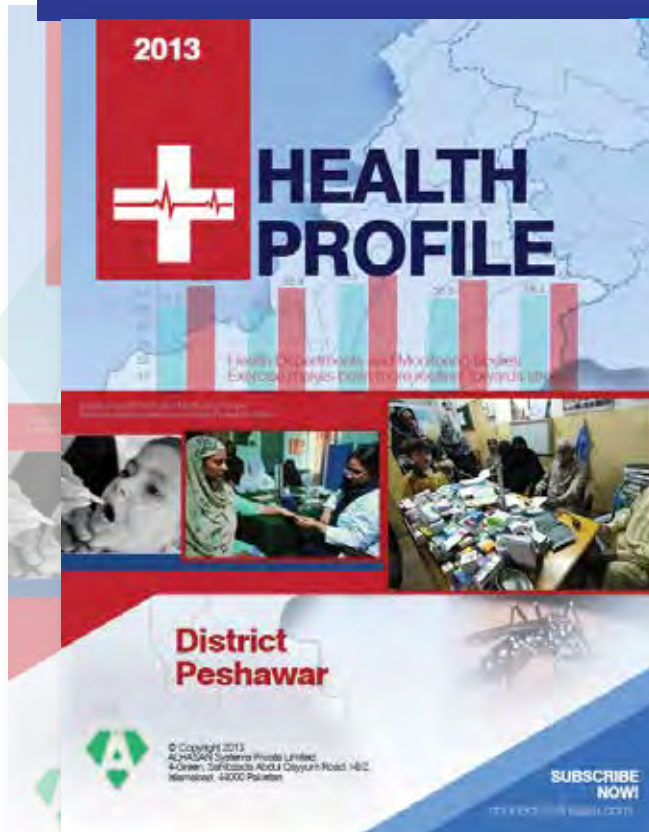
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Health Directory

Government Departments at district and Province

SR	Name Govt Dept	Phone	FAX	Email	Web	Add	City	District	Province
1	Department of Health in KPK	0092-91-9211789, 0092-91-9210342	0092-91-9210419	info@khyberpakhtunkhwa.gov.pk	www.healthkp.gov.pk	HRD building, Khyber Road	Peshawar	Peshawar	KPK
2	District Health Office Larkana	0092-74-9410711	0092-74-9140723	edohlrk@yahoo.com	www.sindhhealth.gov.pk	District Health Office, Near Jim Khana	Larkana	Larkana	Sindh
3	Health Department Balochistan	0092-81-9201954	0092-81-9201149	health.planningcell.qta@hotmail.com	www.balochistan.gov.pk/index.php?option=com_content&view=article&id=106&Itemid=156	Health Department, Block-5 Civil Secretariat	Quetta	Quetta	Balochistan
4	Health Department Punjab	0092-42-99210326	0092-42-99211710	infohealth.pitb.gov.pk	www.health.punjab.gov.pk	Civil Secretariat, Government of the Punjab	Lahore	Lahore	Punjab
5	Health Department, Government of Sindh	0092-21-99211012	0092-21-99222837	shsindh@yahoo.com	www.sindhhealth.gov.pk	Secretary Health, Sindh Secretariat, Building No. 1, 6Th Floor	Karachi	Karachi	Sindh
6	Health Services Academy	0092-51-9255590-6	0092-51-9255591	academy@hsa.edu.pk	www.hsa.edu.pk	Opposite National Institute of Health park read (NIH) Chak Shahzad	Islamabad	Islamabad	Federal
7	National AIDS Control Programme	0092-51-9255326	0092-51-9255173	info@nacp.gov.pk	www.nacp.gov.pk	Chak Shahzad	Islamabad	Islamabad	Federal
8	Punjab AIDS Control Program	0092-42-99201098	0092-42-99203394	pd.pacp@yahoo.com	www.health.punjab.gov.pk/?q=Punjab_ACP#contacts	First Floor, 5 Montgomery Road	Lahore	Lahore	Punjab
9	Punjab Health Sector Reforms Programme	0092-42-99231356	0092-42-99231359	pd.phsrp@punjab.gov.pk	www.phsrp.punjab.gov.pk	Punjab Health Sector Reforms Programme House # 120 - B, New Muslim Town.	Lahore	NULL	Punjab
10	Executive District Office Health Jacobabad	0092-721-654662	0092-721-512796						
11	Executive District Office Health Kasmore	0092-7057-570930							
12	Executive District Office Health Ghotki	0092703-652499	0092703-650003						
13	Executive District Office Health Shikarpur	0092-761-920022	0092-761-920023						
14	Executive District Office Health Sukkur	0092-71-9310121, 9310122	0092-71-9310122						

SR	Name Govt Dept	Phone	FAX	Email	Web	Add	City	District	Province
15	Executive District Office Health Khairpur	0092-243-9280151-2	0092-243-9280151						
16	Executive District Office Health Larkana	0092-79410711	0092-79410709						
17	Executive District Office Health Dadu	0092-25-9200086	0092-25-610545						
18	Executive District Office Health Nawabshah	0092-244-9370267-8							
19	Executive District Office Health Sanghar	0092-235-541326	0092-235-541025						
20	Executive District Office Health Matari	0092-222-760640	0092-222-760096						
21	Executive District Office Health Jamshoro	0092-22-3874987							
22	Executive District Office Health Hyderabad	0092-221-9200740-377	0092-221-9200376						
23	Executive District Office Health Mirpurkhas	0092-231-9290097	0092-231-9290098						
24	Executive District Office Health Umerkot	0092-238-571458	0092-238-570039						
25	Executive District Office Health Badin	0092-2978-61871	0092-2978-62333						
26	Executive District Office Health Karachi	0092-21-9230246-4645161-8144887	0092-21-9230504						
27	Executive District Office Health Thatta	0092-298-771353	0092-298-770153						
28	Executive District Office Health Tharparkar	0092-232-261253	0092-232-261379						
29	Executive District Office Health Abbottabad	0092-992-9310192							
30	Executive District Office Health Bannu	0092-928-9270132							
31	Executive District Office Health Batagram	0092-997-310507							
32	Executive District Office Health Buner	0092-939-510044							
33	Executive District Office Health Chitral	0092-943-412734							
34	Executive District Office Health D.I.Khan	0092- 966-9280199							
35	Executive District Office Health Hangu	0092-925-623034							
36	Executive District	0092-995-610997							

SR	Name Govt Dept	Phone	FAX	Email	Web	Add	City	District	Province
	Office Health Haripur								
37	Executive District Office Health Karak	0092-927-210837							
38	Executive District Office Health Kohat	0092-922-9260348							
39	Executive District Office Health Kohistan	0092-998-407132							
40	Executive District Office Health Lower Dir	0092-945-9250098							
	Executive District Office Health								
41	Malakand(Batkheila)	0092-932-410399							
42	Executive District Office Health Mansehra	0092-997-920169							
	Executive District Office Health								
43	Nowshehra	0092-923-580759							
	Executive District Office Health								
44	Shangla(Alpuri)	0092-996-850653							
	Executive District Office Health Swabi								
45	Executive District Office Health Swabi	0092-938-221606							
46	Executive District Office Health Swat	0092-946-9240739							
	Executive District Office Health Tank								
47	Executive District Office Health Tank	0092-963-510755							
48	Executive District Office Health Upper Dir	0092-944-880516							

Universities and Colleges

SR	Name Universities and Colleges	Phone	FAX	Email	Web	Add	City	District	Province
1	Ayub Medical College Abbottabad Pakistan	92-992-382321	92-992-382321	jamc@ayubmed.edu.pk	www.ayubmed.edu.pk	Ayub Medical College, Abbottabad-22040, Pakistan	Abbottabad	Abbottabad	Punjab
2	Baqai Medical University	0092-21-34410-427 to 430		info@baqai.edu.pk	www.baqai.edu.pk	Baqai Medical University 51, Deh Tor, Gadap Road, Near Toll Plaza, Super Highway P.O Box No 2407, Karachi	Karachi	Karachi	Sindh
3	Center for Health and Population Studies	0092-42-3639303		yazdani@brain.net.pk	www.chps.edu.pk	2-A/5 Chamba Lane, G.O.R-1, (Near Children Complex Library) Lahore-3, Lahore	Lahore	Lahore	Punjab
4	College of Physicians and Surgeons Pakistan	0092-21-111-606-606		administration@cps.edu.pk	www.cps.edu.pk	College of Physicians and Surgeons Pakistan 7th Central Street, Defence Housing Authority, Karachi	Karachi	Karachi	Sindh
5	DOW University of Health Sciences	0092-21-32715441-466	32715441-466	cms@duhs.edu.pk	www.duhs.edu.pk	Baba-E-Urdu Road Karachi	Karachi	Karachi	Sindh
6	Farkhanda Institute of Nursing, Affiliated with Gandhara University, Peshawar	0092-91-5844432	0092-91-5844428	info@gandhara.edu.pk	www.gandhara.edu.pk	Farkhanda Institute of Nursing 57 Gul Meher Lane, University Town, Peshawar	Peshawar	Peshawar	KPK
7	Frontier Medical College	0092-992-380190	0092-992-381028	fmcollege@yahoo.com, fmc@fmc.edu.pk	www.fmc.edu.pk	Frontier Medical & Dental College, P.O. Public School, Mansehra Road, Abbottabad	Abbottabad	Abbottabad	KPK
8	Gandhara College of Pharmacy, Affiliated with Gandhara University, Peshawar	0092-91-5844432	0092-91-5844428	info@gandhara.edu.pk	www.gandhara.edu.pk	Gandhara College of Pharmacy Canal Road University Town, Peshawar	Peshawar	Peshawar	KPK
9	Gomal Medical College	0092-966-9280339, 92-966-9280338	0092-966-9280340	gmc@yahoo.com	www.gomcdi.khan.edu.pk	North Circular Road, Gomal Medical College, Dera Ismail Khan	Dera Ismail Khan	Dera Ismail Khan	KPK
10	Hamdard University Karachi	0092-21-36440041-42		admissions@hamdard.edu.pk	www.hamdard.edu.pk	Hamdard University, Sharada Madinat Al-Hikmah, Muhammad Bin Qasim Avenue, Karachi, 74600	Karachi	Karachi	Sindh
11	Islamabad Medical & Dental College	0092-51-2232045		chairman@imdc.com	www.imdc.org	Islamabad Medical & Dental College Islamabad Pakistan	Islamabad	Islamabad	ICT
12	Jinnah Medical College Peshawar	0092-300-5257559	0092-91-5602475	info@jmc.edu.pk	www.jmc.edu.pk	Jinnah Medical College Peshawar Warsak Road, Peshawar	Peshawar	Peshawar	KPK
13	Kabir Institute of Public Health, Affiliated with	0092-91-58444232	0092-91-5844428	info@gandhara.edu.pk	www.gandhara.edu.pk	Kabir Institute of Public Health 57 Gul Meher Lane, University Town, Peshawar	Peshawar	Peshawar	KPK

SR	Name Universities and Colleges	Phone	FAX	Email	Web	Add	City	District	Province
	Gandhara University, Peshawar								
14	Kabir Medical College Peshawar	0092-91-5844432	0092-91-5844428	info@gandhara.edu.pk	www.kmc.edu.pk	Canal Road University Town, Peshawar, Khyber Pakhtunkhwa Pakistan	Peshawar	Peshawar	KPK
15	Karachi Medical and Dental College	0092-21-99260301	0092-21-99260306	info@kmdc.edu.pk	www.kmdc.edu.pk	Abbasi Shaheed Hospital Block M, North Nazimabad	Karachi	Karachi	Sindh
16	Khyber College of Dentistry	0092-91-9216217	0092-91-9218327		www.kcd.edu.pk	Khyber College of Dentistry, 25000 Peshawar, Khyber Pakhtunkhwa Pakistan	Peshawar	Peshawar	KPK
17	Khyber Girls Medical College	0092-91-9217698	0092-91-9217702	info@kgmc.edu.pk	www.kgmc.edu.pk	Khyber Girls Medical College, PDA Building Block IV, Phase V, Hayatabad Peshawar	Peshawar	Peshawar	KPK
18	Khyber Medical University	0092-91-9217697, 9217699	0092-91-9217704	qec@kmu.edu.pk, directorqec@kmu.edu.pk	www.kmu.edu.pk	PDA Building, Near Shalman Park, Street No. 9, Sector F-1, Phase 6, Hayatabad, Peshawar, Khyber Pakhtunkhwa, Pakistan	Peshawar	Peshawar	KPK
19	King Edward Medical University	0092-42-9211150	0092-42-7233746	kemcol@brain.net.pk	www.kemu.edu.pk	King Edward Medical University Nelagumbad, Anatkali	Lahore	Lahore	Punjab
20	Liaquat University of Medical & Health Sciences Jamshoro Sindh	0092-22-9213306	0092-22-9213306	registrar@lumhs.edu.pk	www.lumhs.edu.pk	Jamshoro, Sindh - Pakistan.	Jamshoro	Jamshoro	Sindh
21	Naseer Teaching Hospital Peshawar	0092-91-5844432	0092-91-5844428	info@gandhara.edu.pk	www.gandhara.edu.pk	Naseer Teaching Hospital Peshawar Nasir Bagh Road,	Peshawar	Peshawar	KPK
22	National College of Physical Education	0092-51-873115, 874115				National College of Physical Education Bank Road,	Mardan	Mardan	KPK
23	National Institute Of Psychology	0092-51-2230704	0092-51-2230704	info@nip.edu.pk		National Institute Of Psychology Centre Of Excellence Shahdara Road. Quid-i-Azam University.	Islamabad	Islamabad	Federal
24	NIMS College of Medical Sciences	0092-992-392421, 0332-8910366		nims_dent@hotmail.com	www.nims.edu.pk	NIMS College of Medical Sciences Link Murree Road Nawanshehr,	Abbottabad	Abbottabad	KPK
25	Pakistan Association of Orthodontists	0092-333-4207669		amjadassim97@hotmail.com, afeefumarzi@gmail.com	www.pao.org.pk	D-138-A, Block 4, Clifton	Karachi	Karachi	Sindh
26	Pakistan Institute of Medical Sciences	0092-51-9260470	0092-51-9260724		www.pims.gov.pk	Pakistan Institute of Medical Sciences H # F-10 PIMS Colony.	Islamabad	Islamabad	Federal
27	Peoples University of Medical & Health Sciences for women,	0092-244-9370249-5		web.admin@pumhs.edu.pk	www.pumhs.edu.pk	Nawabshah, District-Shaheed Benazirabad Sindh- Pakistan	Nawabshah	Nawabshah	Sindh

SR	Name Universities and Colleges	Phone	FAX	Email	Web	Add	City	District	Province
28	Punjab Institute of Cardiology Lahore	0092-42-99203052-6	0092-42-99200028		www.pic.go.p.pk	Punjab Institute of Cardiology GHOUUL-AZAM Jail Rd,	Lahore	Lahore	Punjab
29	Rehman Medical College, Peshawar	0092-91-5838 333	0092-91-5838 333	info.rmcc@rmi.edu.pk	www.rmi.edu.pk	Rehman Medical College, Peshawar 4/A-3, Phase-V, Hayatabad,	Hayatabad	Peshawar	KPK
30	Saidu Medical College	0092-946-9240134	0092-946-9240135	smc.swat@yahoo.com	www.smcswat.edu.pk	Saidu Medical College Saidu Sharif.	Swat	Swat	KPK
31	Sardar Begum Dental College Peshawar, Affiliated with Gandhara University, Peshawar	0092-91-5844432	0092-91-5844428	info@gandhara.edu.pk	www.gandhara.edu.pk	Sardar Begum Dental College Peshawar Canal Road University Town,	Peshawar	Peshawar	KPK
32	Shahed Mohtarma Benazir Bhutto Medical University Larkana	0092-74-9410715	0092-74-4752760	admissions@smbmu.edu.pk	www.smbmu.edu.pk	Shahed Mohtarma Benazir Bhutto Medical University Larkana village Arija, Air port road.	Larkana	Larkana	Sindh
33	Shifa College of Medicine	0092-51-8463759	0092-51-4435046		www.shifacollege.edu/cm	Shifa College of Medicine Pitrus Bukhari Road, H-8/4	Islamabad	Islamabad	ICT
34	Shifa College of Nursing	0092-51-4435046, 92-51-4431056	0092-51-4435046, 92-51-4431056	studentaffairs.scn@shifacollege.edu	www.shifacollege.edu	Shifa College of Nursing Pitrus Bukhari Road, Sector H-8/4, university of health science Lahore Khayaban-e-Jamia Punjab,	Islamabad	Islamabad	Federal
35	university of health science Lahore	0092-42-99230870	0092-42-99230870	info@uhs.edu.pk	www.uhs.edu.pk	Lahore Khayaban-e-Jamia Punjab,	Lahore	Lahore	Punjab
36	University of Health Sciences	0092-42-99231263	0092-42-99230820	info@uhs.edu.pk	www.uhs.edu.pk, webdeveloper@uhs.edu.pk	Khayaban-e-Jamia-e-Punjab	Lahore	Lahore	Punjab
37	University of Veterinary and Animal Sciences	0092-42-99211449	0092-42-99212846	helpline@uvas.edu.pk	www.uvas.edu.pk	Syed Abdul Qadir Jillani (Out Fall) Road	Lahore	Lahore	Punjab
38	Women Institute of Medical Technology	0092-998-392334		info@wimt.edu.pk	www.wimt.edu.pk	Women Institute of Medical Technology, Women Medical College, Muree Road Nawan Shahr.	Abbottabad	Abbottabad	KPK
39	Women Medical College Abbottabad	0092-992-392334	0092-992-390221	wmcpc@doctor.com	www.wmc.edu.pk	Women Medical College Abbottabad Muree Road, Nawanshehr,	Abbottabad	Abbottabad	KPK
40	Yusra Medical and Dental College	0092-321528384	0092-51-4492816	info@ymdc.edu.pk	www.ymdc.edu.pk	Yusra Medical and Dental College Main G.T Road, Kahuta Morr, PO Model Town, Humak	Islamabad	Islamabad	ICT

Hospitals

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
1	Advance Radiology Clinic (Hospital)	0092-213-2783536	0092-213-2788200	arc@cyber.net.pk	www.advancedradiologyclinic.e nic.pk	Behind Hamdard University Hospital (Taj Medical Complex) Off: M.A. Jinnah Road	Karachi	Karachi	Sindh
2	Aga Khan Hospital for Women, Karimabad	0092-213-6822963-6	0092-213-6811804			Aga Khan Hospital for Women, St-6/D Blk-7 Sh-E-Pakistan FB Area	Karachi	Karachi	Sindh
3	Aga Khan Maternal and Child Care Centre, Hyderabad	0092-221-614172-4, 0092-22-2660071-2	0092-221-612526, 0092-22-2660070			Aga Khan Maternal and Child Care Centre, Hyderabad	Hyderabad	Hyderabad	Sindh
4	Aiwan-E-Tijarat-O-Sanat Hospital Trust	0092-21-6995874				Aiwan-E-Tijarat-O-Sanat Hospital Trust, ST 1/1, Sec. 11C-2, North Karachi, Karachi	Karachi	Karachi	Sindh
5	Akhtar Eye Hospital	0092-21-34811908	0092-21-34813235	info@akhtareye.com.pk	www.akhtareye.com.pk/about_aeh.html	Akhtar Eye Hospital, FL-1 (4/C), Block 5, Rashid Minhas Road, Gulshan-e-Iqbal,	Karachi	Karachi	Sindh
6	Akram Hospital, Quetta	0092-81-2869236-5				Quetta	Quetta	Quetta	Balochistan
7	Al- Ibrahim Eye Hospital	0092-21-34560867	0092-21-34560718			Al- Ibrahim Eye Hospital, Old Thana, Gadap Town, Malir.	Karachi	Karachi	Sindh
8	Al Mustafa Medical Centre (Hospital)	0092-21-4820101				Al Mustafa Medical Centre, ST-1, Block No. 13-C, Gulshan-E-Iqbal, University Road.	Karachi	Karachi	Sindh
9	Al Nabi Hospital	0092-21-4963590				Al Nabi Hospital, B-15/1, Block No 4-A, Gulshan-E-Iqbal, Abdul Hasan Isaphani Road, Karachi	Karachi	Karachi	Sindh
10	Al-Ain Institute of Eye Diseases (Hospital)	0092-21-4556151				Al-Ain Institute of Eye Diseases, 241/3/A, Block-2, P.E.C.H.S. Shahrah-E-Quaideen, Karachi, Sindh, Pakistan	Karachi	Karachi	Sindh
11	Al-Hamra Medical Centre	0092-21-4388723	0092-21-4543362			Al-Hamra Medical Centre, Tipu Sultan Road, Karachi, Sindh, Pakistan	Karachi	Karachi	Sindh
12	Al-Mumtaz Medical Complex (Hospital)	0092-21-4510128				Al-Mumtaz Medical Complex, AL-MUMTAZ MEDICAL COMPLEX is in Karachi, Sindh, located in 25/423, Darakhshan Society Kala Board, Malir. Karachi	Karachi	Karachi	Sindh
13	Al-Noor Hospital Quetta	0092-81-2830395				Toghi Road,	Quetta	Quetta	Balochistan
14	Al-Razi Hospital	0092-21-5888888				Al-Razi Hospital, Mehmoodabad Gate, Karachi	Karachi	Karachi	Sindh
15	Alvi Dental Hospital	0092-21-4524371	0092--214313069			Alvi Dental Hospital, 23 B, Pechs, Smchs, Near	Karachi	Karachi	Sindh

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
16	Ankle Saria Hospital	0092-21-32720371				Embassy in Hotel, Karachi	Karachi	Karachi	Sindh
17	Asghar Hospital Quetta	0092-81-2827017				Ankle Saria Hospital, Garden Road, Near Makki Masjid.	Karachi	Karachi	Sindh
18	Ashfaq Memorial Hospital	0092-21-4822261				Alamdar Road, Ashfaq Memorial Hospital, Sb-9 Blk-13/C G'Iqbal, U/Sty Road, Karachi.	Quetta	Quetta	Balochistan
19	Awan Hospital	0092-21-666828				Awan Hospital, 1-D/36, Orangi Town, Karachi	Karachi	Karachi	Sindh
20	Ayub Teaching Hospital	0092-992-381907-14, 381846	0092-992-382321			main manshera road	Abbottabad	Abbottabad	KPK
21	Aziz Medical Centre (Hospital)	0092-21-6700666	0092-21-6633442			Aziz Medical Centre, B-151, Blk.-W, Allama Iqbal Town, North Nazimabad, Karachi	Karachi	Karachi	Sindh
22	Aziza Hussaini Hospital	0092-21-6806905				Aziza Hussaini Hospital, Meterenti Home C-52/13 FB Area, Karachi	Karachi	Karachi	Sindh
23	Babar Hospital	0092-21-4932181				Babar Hospital, Office 5 St-12 Habib Chamber Bl-14 G'Iqbal	Karachi	Karachi	Sindh
24	Bait-ul-Sakoon Cancer Hospital	0092-21-3455 3834-6	0092-21-3455 3942	baitulsukoon@hotmail.com	www.baitulsukoon.org/history	Bait-ul-Sakoon Cancer Hospital, Plot No. S.N.P.A. 17-J, Block - 3, K.C.H.S. Union, Karachi.	Karachi	Karachi	Sindh
25	Bantva Anis Hospital	0092-21-4926814				Bantva Anis Hospital, Plot #52-53 DMCHS, Block #3, Behind Gulistan Club, Shaheed-E-Millat Rd. Karachi	Karachi	Karachi	Sindh
26	Baqai Hospital Karachi	0092-21-36618396		baqaiot@yahoo.com	www.baqai.edu.pk/hospitals/baqai_hospital_university2/index.aspx	Baqai Hospital Karachi, 111-B, 1/8, Nazimabad no 3,	Karachi	Karachi	Sindh
27	Behood Association Medical (Hospital)	0092-21-5820663				Behood Association Medical , Pl. St-9 Bl. I Opp Shireen Jinnah Cly Clifton	Karachi	Karachi	Sindh
28	Bilal Foundation	0092-51-4456471- 8	0092-51-4456480	info@bilalhospital.com	www.bilalhospital.com	38-A, Satellite Town, Sadiqabad Road	Rawalpindi	Rawalpindi	Punjab
29	Brain & Medical Institute (Hospital)	0092-21-5370359				Brain & Medical Institute, Pl. St-32/A, Blk-5, Clifton, Karachi	Karachi	Karachi	Sindh
30	Burhani Hospital Karachi	0092-21-32214418	0092-21-32623046	info@burhanihospital.org.pk	www.burhanihospital.org.pk	Burhani Hospital Karachi, Tayebjee Road, Gari Khata, Butt Charitable Hospital, St. 30, Muhammadi Rd. Pl. Miie. B-C/48, Shershah	Karachi	Karachi	Sindh
31	Butt Charitable Hospital	0092-21-2572237				Hospital Road, Saddar, Rawalpindi cantt	Karachi	Karachi	Sindh
32	CANTONMENT GENERAL HOSPITAL	0092-51-9270914				Care Health Service, Suite No.	Rawalpindi	Rawalpindi	Punjab
33	Care Health Service	0092-300-					Karachi	Karachi	Sindh

SR	Name Hospitals (Hospital)	Phone	FAX	Email	Web	Add	City	District	Province
		2323801				43, Street No. 5, Main Ghazali Road, Block-B, Manzoor Colony, Karachi			
34	Carvan of Life Trust (Hospital)	0092-21-3587 3946		info@caravanoflifetrust.org	www.caravanoflifetrust.org	Carvan of Life Trust (Hospital), Defence Area, Phase V,	Karachi	Karachi	Sindh
35	CDA HOSPITAL Islamabad	0092-51-9221302	0092-51-9224377	webmaster.ch@cda.gov.pk	www.cda.gov.pk/hospital	St# 31, G-6/2, Islamabad	Islamabad	Islamabad	Federal
36	CHATTHA HOSPITAL Gujranwala	0092-55-3250077				Chatha Colony, Gujranwala 52250, Pakistan	Gujranwala	Gujranwala	Punjab
37	Children Cancer Foundation (Hospital)	0092-21-3635939	0092-21-36361895	info@ccfpakistan.org	www.ccfpakistan.org	Children Cancer Foundation (Hospital) ST-1/C, Block-10, Ayesha Manzli, Federal B Area,	Karachi	Karachi	Sindh
38	Children's Hospital, Quetta	0092-81-2823709-12				Quetta	Quetta	Quetta	Balochistan
39	Chinot General Hospital	0092-21-35063443	0092-21-35067673	cgh@cgh-k.com	www.cgh-k.com/files/cgh.asp	Chinot General Hospital, ST-1/3, Sector 41-B, Korangi Township.	Karachi	Karachi	Sindh
40	City General Hospital	0092-21-4510132				City General Hospital, Malir, Kalaboard, Karachi	Karachi	Karachi	Sindh
41	Civil Hospital Badin	0092-300-3020856				Civil Hospital Badin	Badin	Badin	Sindh
42	Civil Hospital Dadu	0092-25-9200092				Civil Hospital Dadu	Dadu	Dadu	Sindh
43	Civil Hospital Jacobabad	0092-722-654989				Civil Hospital Jacobabad	Jacobabad	Jacobabad	Sindh
44	Civil Hospital Kandhkot	0092-314-7320247				Civil Hospital Kandhkot	Kandhkot	Kandhkot	Sindh
45	Civil Hospital Karachi	0092-21-99215728		saeed.quraishy@chk.gov.pk	www.chk.gov.pk	Civil Hospital Karachi, Opp: Allawala Market, M.A. Jinnah Road,	Karachi	Karachi	Sindh
46	Civil Hospital Khairpur	0092-301-3407598				Civil Hospital, Gajani Centre, Civil Hospital Road, Khairpur	Khairpur	Khairpur	Sindh
47	Civil Hospital Sanghar	0092-302-3220304				Civil Hospital Sanghar	Sanghar	Sanghar	Sindh
48	Civil Hospital Sukkur	0092-71-9310132				Civil Hospital Sukkur, Sukkur, Dera Bugti, Rahim Yar Khan, Sindh	Sukkur	Sukkur	Sindh
49	Civil Hospital Tando Allahyar	0092-300-3077022				Civil Hospital Tando Allahyar,	Tando Allahyar	Tando Allahyar	Sindh
50	Civil Hospital Tando Muhammad Khan	0092-300-3020856				Civil Hospital Tando Muhammad Khan	Tando Muhammad Khan	Tando Muhammad Khan	Sindh
51	Civil Hospital Thatta	0092-301-2559675				Civil Hospital Makli, Thatta	Thatta	Thatta	Sindh
52	Civil Hospital Umerkot	0092-238-571748				Civil Hospital Umerkot	Umerkot	Umerkot	Sindh
53	Civil Hospital, Quetta	0092-81-9202018				Quetta	Quetta	Quetta	Balochistan

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
54	Creek City Hospital	0092-21 5347825	0092-21 5341862			Creek City Hospital, Bungalow #89, Street "P", Off Khayaban-e-Manafiz, Ph-VII, D.H.A. Karachi	Karachi	Karachi	Sindh
55	Creek City Medical Complex (Hospital)	0092-21- 35216396		contact@ccmc.pk pk	www.ccmc.pk/c concept.php	Creek City Hospital Complex, Pakistan Defence Officers Housing, Authority, 2/B East Street, Phase I, DHA, Karachi, 75500	Karachi	Karachi	Sindh
56	Cumber Specialists Hospital	0092-21 2202669				Cumber Specialists Hospital, CK 2/2, Moosa Street, Kharadar #2, Karachi	Karachi	Karachi	Sindh
57	Cumber Specialists Hospital	0092-21 2202669				Cumber Specialists Hospital, CK 2/2, Moosa Street, Kharadar #2, Karachi	Karachi	Karachi	Sindh
58	Dehli Medical Centre (Hospital)	0092-21- 6953212				Dehli Medical Centre, Markaz-E-Khidmat-E-Khalq, Dehli House, Educational & Medical Trust, Nagan Chowrangi	Karachi	Karachi	Sindh
59	DHQ Hospital Abbottabad	0092-992- 9310198, 9310199				Link Road, Abbottabad	Abbottabad	Abbottabad	KPK
60	District Head Quarter Hospital Jacobabad	0092-722- 654372				District Head Quarter Hospital Jacobabad, Opposite Grid Station, Stadium Road, Jacobabad	Jacobabad	Jacobabad	Sindh
61	District Head Quarter Hospital Badin	0092-279- 861926				District Head Quarter Hospital Badin, Badin Army Cantt, Haider Town, Badin	Badin	Badin	Sindh
62	District Head Quarter Hospital Dadu	0092-254- 711012				District Headquarter Hospital Dadu, H. No. 36/A, Housing Society, Near Bano Stop, Dadu	Dadu	Dadu	Sindh
63	District Head Quarter Hospital Ghotki	0092-7236- 81106				District Head Quarter Hospital Ghotki, Bungalow No. 23, Dorri Road, Opposite Marvi Floor Mills, Bypass, Ghotki	Ghotki	Ghotki	Sindh
64	District Head Quarter Hospital Hyderabad	0092-222- 671698				District Head Quarter Hospital Hyderabad, Bungalow No. B-81, Gulshan-e-Sehar, Near by pass Qasim Abad, Hyderabad	Hyderabad	Hyderabad	Sindh
65	District Head Quarter Hospital Jamshoro	0092-22- 3877020				District Head Quarter Hospital Jamshoro, Bungalow No. 1, Wapda Colony, Near SDO Office, HWSCO, Jamshoro	Jamshoro	Jamshoro	Sindh
66	District Head Quarter Hospital Kamber	0092-744- 211190				District Head Quarter Hospital Kamber, Near Shell Petrol Pump, Bypass Bango Dero Road, Kamber	Kamber	Kamber	Sindh
67	District Head Quarter Hospital Karachi East	0092-21- 99238954				District Head Quarter Hospital Karachi East, C-35, Block A,	Karachi	Karachi	Sindh

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
						Kazimabad, Model Colony, Near Jinnah Air Port, Karachi East			
68	District Head Quarter Hospital Karachi South	0092-21-34556162				District Head Quarter Hospital Karachi South, Z-175, Block 2, PECHS, Tariq Raod, Karachi South	Karachi South	Karachi South	Sindh
69	District Head Quarter Hospital Karachi West	0092-21-36649344				District Head Quarter Hospital Karachi West, D-64, Block B, North Nazim Abad, Karachi	Karachi West	Karachi West	Sindh
70	District Head Quarter Hospital Kashmore	0092-722-570258				District Head Quarter Hospital Kashmore/Kandhkot, Gulshaer Mohallah Opposite Government High School, Kashmore	Kashmore	Kashmore	Sindh
71	District Head Quarter Hospital Khairpur	0092-243-9280160				District Head Quarter Hospital Khairpur, A-4-81/1, Latif Colony, Station Road, Khairpur	Khairpur	Khairpur	Sindh
72	District Head Quarter Hospital Larkana	0092-74-9410233				District Head Quarter Hospital Larkana, Banglow No. A-32, Sachal Colony, Wagan Road, Larkana	Larkana	Larkana	Sindh
73	District Head Quarter Hospital Matiari	0092-222-760015				District Head Quarter Hospital Matiari, First Floor, Syed Rukhuddin Shah Complex, Main Matiari, Bypass Road, Matiari	Matiari	Matiari	Sindh
74	District Head Quarter Hospital Mirpurkhas	0092-233-9290137				District Head Quarter Hospital Mirpurkhas, B-9, Sattelite Town, Block 4, Unit No. 3, Mirpurkhas	Mirpurkhas	Mirpurkhas	Sindh
75	District Head Quarter Hospital Naushero Feroz	0092-242-448687				District Head Quarter Hospital Naushero Feroz, Farooq Town, Plot No. 43, National Highway Road, Naushero Feroz	Naushero Feroz	Naushero Feroz	Sindh
76	District Head Quarter Hospital Nawabshah	0092-244-9370217				District Head Quarter Hospital Nawabshah, H. No. 31, Housing Society, Nawabshah	Nawabshah	Nawabshah	Sindh
77	District Head Quarter Hospital Sanghar	0092-235-541451				District Head Quarter Hospital Sanghar, Opposite Civil Hospital, Sanghar	Sanghar	Sanghar	Sindh
78	District Head Quarter Hospital Shikarpur	0092-726-521387				District Head Quarter Hospital Shikarpur, Near Plaza Cenima, Shikarpur	Shikarpur	Shikarpur	Sindh
79	District Head Quarter Hospital Sukkar	0092-71-9310120				District Head Quarter Hospital Sukkar, H. No. C-114, Parsi Colony, Opposite District Accounts Officer Sukkar	Sukkar	Sukkar	Sindh
80	District Head Quarter Hospital Tando Allahyar	0092-22-3892108				District Head Quarter Hospital Tando Allahyar, Banglow No. 14, Shahbaz Colony, Near Nasar Pur Van Stop, Tando	Tando Allahyar	Tando Allahyar	Sindh

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
81	District Head Quarter Hospital Tando Muhammad Khan	0092-223-342721				Allahyar District Head Quarter Hospital Tando Muhammad Khan, H. No. 1, Somra Mohallah, Tando	Tando Muhammad Khan	Tando Muhammad Khan	Sindh
82	District Head Quarter Hospital Tharparkar	0092-23-2262102				District Head Quarter Hospital Tharparkar, Sodha House, Islam Kot Road, Mithi	Tharparkar	Tharparkar	Sindh
83	District Head Quarter Hospital Thatta	0092-298-550691				District Head Quarter Hospital Thatta, National Highway, Near Main Branch NBP, City Bus Stop No. 1, Thatta	Thatta	Thatta	Sindh
84	District Head Quarter Hospital Umerkot	0092-238-571869				District Head Quarter Hospital Umerkot, Banglow No. 21, Ward No. 311, Near Bilal Masjid, Somra Mohallah, Umerkot	Umerkot	Umerkot	Sindh
85	District Headquarter Hospital, Haripur	0092-992-380791, 503167	0092-992-381691	info@aimca.edu.pk	www.aimca.edu.pk/teaching_hospital.php	Abbottabad International Medical College P.O. Abbottabad Public School, Mansehra Road Abbottabad, Pakistan	Abbottabad	Hazara	KPK
86	Dow University Hospital	0092-21-99215690				Dow University Hospital, Baba-E-Urdu Road, Karachi 74200-Pakistan	Karachi	Karachi	Sindh
87	Dr. Alidina's Kharadar Maternity Home (Hospital)	0092-21-2204627				Dr. Alidina's Kharadar Maternity Home, Paria Street, Kharadar, Karachi	Karachi	Karachi	Sindh
88	Dr. Atique Orthopedic & Medical Centre (Hospital)	0092-21-4404535	0092-21-4505355	dr.atiqueanwar@gmail.com		Dr. Atique Orthopedic & Medical Centre, A-18/423, Darakhshan Society, Kalaboard, Malir, Karachi.	Karachi	Karachi	Sindh
89	Dr. Ziauddin Hospital	0092-21-35862937-9	0092-21-35862940	zhc@ziauddinhospital.com	www.ziauddinhospital.com/ziauddin-trust.htm	Dr. Ziauddin Hospital, 4/B, Shahrah-e-Ghalib, Block 6, Clifton,	Karachi	Karachi	Sindh
90	Faiz-E-Aam Hospital	0092-21-4558351	0092-21-4522406			Faiz-E-Aam Hospital, 2-Teachers C.H.Society Shaheed-E-Millat Road, Karachi,	Karachi	Karachi	Sindh
91	Fatemi Surgical Hospital	0092-21-278322				Fatemi Surgical Hospital, Cantonment Market, Lucky Star, Saddar, Karachi	Karachi	Karachi	Sindh
92	Fatima Bai Hospital	0092-21-4124249				Fatima Bai Hospital, Plot #805, JR-32, Laypat Rai Rd. Jamshed Quarters,	Karachi	Karachi	Sindh
93	Fatmid Foundation (Hospital)	0092-21-2225284	0092-21-2256752			Fatmid Foundation (Hospital), 393-Britto Road, Garden East, Karachi 74800, Sindh	Karachi	Karachi	Sindh
94	Fon General Hospital & Karachi Urology Center	0092-21-4989192				Fon General Hospital & Karachi Urology Center, C-130 Blk-9 G'lbai City, Karachi	Karachi	Karachi	Sindh

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
95	Gondal Memon Association (Hospital)	0092-21-4857662				Gondal Memon Association, JM-172, Jeker Street, adj Qudsi Masjid, Jamshed Rd, Karachi	Karachi	Karachi	Sindh
96	GOVERNMENT CIVIL HOSPITAL HQ: Gujranwala	0092-55-9200109				Civil Lines, Gujranwala	Gujranwala	Gujranwala	Punjab
97	Gulaab Devi Hospital, Lahore	0092-42-9230247-50	0092-42-9230817	gulabdevi@hotmail.com	www.gulabdevi.org	Gulab Devi Chest Hospital Ferozpur Road Lahore	Lahore	Lahore	Punjab
98	Gulshan General Hospital	0092-21-4992404				Gulshan General Hospital, C-51, Block No. 4-A, Gulshan-E-Iqbal, Abul Hasan saphani Road, Karachi	Karachi	Karachi	Sindh
99	Habib Medical Centre (Hospital)	0092-21-6341893				Habib Medical Centre, Bs-3 Blk-4 FB Area, Karachi	Karachi	Karachi	Sindh
100	Haji Rang Elahi Eye & General Hospital	0092-21-34967891				Haji Rang Elahi Eye & General Hospital, ST-4B, Block-4, Gulshan-e-Iqbal, Allama Shabbir A. Usm.	Karachi	Karachi	Sindh
101	Hashmani Hospital	0092-21-32781339	0092-21-32787044	info@hashmanis.com.pk	www.hashmanis.com.pk	Hashmani Hospital, JM-75, Off M A Jinnah Road Karachi, Pakistan	Karachi	Karachi	Sindh
102	Hayatabad Medical Complex	0092-91-9217188	0092-91-9217189			Hayat Abad Peshawar	Peshawar	Peshawar	KPK
103	Health Care Hospital	0092-21-5312320	0092-21-5801832	info@healthcarehospital.com.pk	www.healthcarehospital.com.pk/aboutus.htm	Health Care Hospital, Plot # 140, 17th East Street, Main Korangi Road, DHA, Phase-I, Hill Park General Hospital, S.N.C.C. 3/4, Block #3 Main	Karachi	Karachi	Sindh
104	Hill Park General Hospital	0092-21-4538563				Shahred-e-Millat Road, Karachi	Karachi	Karachi	Sindh
105	Holy Family Hospital, Rawalpindi	0092-51-4411377	0092-51-9290519			Holy Family Hospital Asghar Mall, Satellite Town Saidpur Road.	Rawalpindi	Rawalpindi	Punjab
106	HOPE Rehabilitation Center for disabled, Lahore	0092-42-35177791	0092-42-35177793	info@hope.org.pk	www.hope.org.pk	HOPE Rehabilitation Center for disabled 866-B, Faisal Town.	Lahore	Lahore	Punjab
107	Ibn-e-Seena Hospital	0092-21-34992706				Ibn-e-Seena Hospital ST-22 Block-6 Gulshan-e-Iqbal, University Road, Karachi	Karachi	Karachi	Sindh
108	Imam Zainul Abidin Hospital	0092-21-6608991	0092-21-6622680			Imam Zainul Abidin Hospital, C-42 & 43, Rizvia Society, Nzd.Karachi	Karachi	Karachi	Sindh
109	Indus Hospital	0092-21-35112709-17	0092-21-35112718	crd@indushospital.org.pk	www.indushospital.org.pk/index.php	Indus Hospital, Korangi Crossing.	Karachi	Karachi	Sindh
110	Institute of Orthopaedics & Surgery (Hospital)	0092-21-34315407-11	0092-21-34315415	info@iospak.com	www.iospak.com	Institute of Orthopaedics & Surgery, 187-C, Block 2, P.E.C.H.S., Shahra-e-Quideen,	Karachi	Karachi	Sindh
111	Jinnah Hospital, Lahore	0092-42-	0092-	info@aimc.edu.	www.aimc.edu.	Jinnah Hospital, Lahore Allama	Lahore	Lahore	Punjab

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
		9231400-23	429231427	pk	pk	Shabbir Ahmed Usmani Road.			
112	Jinnah Medical College Hospital	0092-21-5071854-6-8	0092-21-5073161	jmc@jmc.edu.pk	www.jmc.edu.pk/jmch/index.htm	Jinnah Medical College Hospital, S. R-6, 7/A, Korangi Industrial Area.	Karachi	Karachi	Sindh
113	JINNAH MEMORIAL HOSPITAL Gujranwala	0092-55-3253467					Gujranwala	Gujranwala	Punjab
114	Jinnah Postgraduate Medical Centre (Hospital)	0092-21-9201300		info@jpmc.com.pk		Jinnah Postgraduate Medical Centre, Rafiqui (H.J.) Shaheed Road,	Karachi	Karachi	Sindh
115	Kamal Hospital	0092-21-5655341				Kamal Hospital, 226/A, El Lines, Dawood Pota Rd., Saddar, Khi. Karachi	Karachi	Karachi	Sindh
116	Karachi Adventist Hospital	0092-21-2258021-	0092-21-2227010	kah@karachiadventisthospital.org	www.karachiadventisthospital.org	Karachi Adventist Hospital, 91, Depot Lines, M.A Jinnah Road, P.O.Box.	Karachi	Karachi	Sindh
117	Karachi E.N.T. & Eye Hospital	0092-21-2720866				Karachi E.N.T. & Eye Hospital, Rimpa Plaza, M.A.Jinnah Road,	Karachi	Karachi	Sindh
118	Karachi Institute of Heart Diseases (Hospital)	0092-213-9246097	0092-213-9246061			Karachi Institute of Heart Diseases, ST-15, Block-16, Federal B. Area,	Karachi	Karachi	Sindh
119	Karachi National Hospital	0092-21-32251587	0092-21-32230215	info@karachinational.com	www.karachinational.com/about-us.html	Karachi National Hospital (Pvt.) Ltd. 239, J. M. Amil Colony, M. A. Jinnah Road, Opposite Mazar-e-Quaid	Karachi	Karachi	Sindh
120	Kharadar General Hospital	0092-21-32510113-16	0092-21-32511984	info@kharadarhospital.org	www.kharadarhospital.org	Kharadar General Hospital, Aga Khan Road, Kharadar,	Karachi	Karachi	Sindh
121	Khyber Teaching Hospital	0092-91-9216362	0092-91-9216364	CHIEFKTH@SHI.PAKNET.COM.PK	www.khyber.4t.com/	University Town Peshawar, Pakistan	Peshawar	Peshawar	KPK
123	Kidney Center Hospital	0092-21-35661000	0092-21-35661040/50	mail@kidneycentre.com	www.kidneycentre.com/	Kidney Center Hospital, 197/9, Rafiqui Shaheed Road, Karachi-75530, Pakistan	Karachi	Karachi	Sindh
124	Kidney Foundation Hospital	0092-21-4532336	0092-21-4380842			Kidney Foundation Hospital, 5-Amber Towers, Sharaf Faisal 22-A, Block-6, P.E.C.H.S., Karachi, Sindh, Pakistan	Karachi	Karachi	Sindh
125	Kiran Patients Welfare Society Hospital	0092-21-5044037	0092-21-5044306	ali.kpws@hotmail.com	www.kpws.org/BreastCancer/index.htm	Kiran Patients Welfare Society (KPWS) Karachi Institute of Radiotherapy And Nuclear Medicine (KIRANHospital), Near Satura Goth, Scheme 33.	Karachi	Karachi	Sindh
126	Kunri Christian Hospital	0092-722-571837				Kunri Christian Hospital, Kunri69160, Taluka, Kunri,	Umer Kot	Umer Kot	Sindh
127	Kutiana Memon Hospital	0092-21-2315376-7	0092-21-2315148			Kutiana Memon Hospital, Aga Khan/G allana Road ,Kharadar.	Karachi	Karachi	Sindh
128	Lady Aitchison Hospital Lahore	0092-42-9211145-54		kemcol@Brain.net.pk	www.kemu.edu.pk	King Edward Medical University, Nelagumbad, Anarkali,	Lahore	Lahore	Punjab

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
129	Lady Reading Hospital	0092-91-9211430-49	0092-91-9211401	info@lrh.gov.pk	www.lrh.gov.pk	Lady Reading Hospital, khyber Bazar	Peshawar	Peshawar	KPK
130	Lady Willingdon Hospital Lahore	0092-42-921145-54		kemcol@brain.net.pk	www.kemu.edu.pk/lady-willingdon-hospital.html	King Edward Medical University Nelagumbad, Anarkali	Lahore	Lahore	Punjab
131	Lahore General Hospital, Lahore	0092-42-5810891-2				Lahore General Hospital, Amarsiddhu	Lahore	Lahore	Punjab
132	Layton Rahmatulla Benevolent Trust Eye Hospital	0092-21-35396600-5	0092-21-35396606	lrbt@cyber.net.pk	www.lrbt.org.pk/lrbt-a-beacon-of-hope	Layton Rahmatulla Benevolent Trust Eye Hospital, 37-C, Sunset Lane No.4, Phase – II Extension, 24th Commercial Street, D.H.A.	Karachi	Karachi	Sindh
133	Leprosy Patients Welfare Trust (Hospital)	0092-21-32436210	0092-21-32420485	lpwt@super.net.pk	www.leprosy/pwt.org.pk/About.htm	Leprosy Patients Welfare Trust, Room No.13, 3rd Floor, Waqar Center, Muhammad Feroze Street, Jodia Bazar, Near Khori Garden Masjid, P.O Box No. 6818, Karachi-74000, Pakistan.	Karachi	Karachi	Sindh
134	Liaquat National Hospital & Medical College	0092-21-3493 9612	0092- 21 3414 0014	admin@lnh.edu.pk	www.lnh.edu.pk	Liaquat National Hospital & Medical College, National Stadium Road,	Karachi	Karachi	Sindh
135	Lions Eye Hospital	0092-21-36990096	0092-21-36990096	info@lionseyehospital.org	www.lionseyehospital.org/about.html	Lions Eye Hospital, ST-21, Sector 5-B/3, Main Road, North Karachi Township.	Karachi	Karachi	Sindh
136	Mamji Hospital Orthopaedic & General	0092-21-36804706				Mamji Hospital Orthopaedic & General C-19 Block-17, F.B.Area, Near Water Pump, Marie Adelaide Leprosy Centre,	Karachi	Karachi	Sindh
137	Marie Adelaide Leprosy Center (Hospital)	0092-21-35682706,	0092-21-35683106	secretariat@malc.org.pk	www.malc.org.pk/index.html	Mariam Manzil, A.M. 21, Off Shahrah-e-Liaquat, P.O. Box No. 8666, Saddar.	Karachi	Karachi	Sindh
138	Mayo Hospital, Lahore	0092-42-99213666,				Hospital Road, Lahore	Lahore	Lahore	Punjab
139	Mid East Hospital Quetta	0092-81-2821103-5				Al Gilani Road	Quetta	Quetta	Balochistan
140	Muhammad Hospital	0092-21-6800396				Muhammad Hospital, C-53, Block-17, F.B. Area, Karachi	Karachi	Karachi	Sindh
141	Murshid Hospital and Health Care Center (Hospital)	0092-346-8215214	0092-21-32811307	info@murshid.org	www.murshid.org	Murshid Hospital and Health Care Center, Hub River Road, Muzahidabad,	Karachi	Karachi	Sindh
142	Nadeem Medical Centre (Hospital)	0092-21-4984300				Nadeem Medical Centre, St-D-18, Block No 6, Gulshan-E-Iqbal, Karachi	Karachi	Karachi	Sindh
143	National Institute Of Cardiovascular Diseases (Hospital)	0092-21-9201215	0092-21-9201216	nicvdedo@khi.comsats.net.pk	www.nicvd.edu.pk/AboutUs.htm	National Institute Of Cardiovascular Diseases (Hospital), Rafiqui (H.J.)	Karachi	Karachi	Sindh

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
144	National Institute of Children Health (Hospital)	0092-21-99201193	0092-2199205318	nfo@nich.edu.pk	www.nich.edu.pk/Default.aspx	Shaheed Road, Karachi-75510, Pakistan	Karachi	Karachi	Sindh
145	National Medical Centre (Hospital)	0092-21-35380000-3	0092-21-35805022	info@nmc.net.pk	www.nmc.net.pk	National Medical Centre, A-5/A, National Highway, Phase 1, Defence, Housing Authority, Near Kala Pul, Karachi.	Karachi	Karachi	Sindh
146	Nishtar Hospital Multan	0092-61-9200238	0092-61-9200227	nishatarmed@gmail.com	www.nmch.edu.pk	Nishtar Road, Multan.	Multan	Multan	Punjab
147	NUCLEAR ONCOLOGY & RADIOTHERAPY INSTITUTE & HOSPITAL	0092--51-9260611-15, 51-9261313	0092--51-9260616	nori@isb.paknet.com.pk	www.paec.gov.pk	Hanna Road, Sector G-8/3, Islamabad, PAKISTAN	Islamabad	Islamabad	Federal
148	Ojah Institute of Chest Diseases (Hospital)	0092-21-99261472-9		shahina.qayyum@duhs.edu.pk	www.duhs.edu.pk	Ojah Institute of Chest Diseases, Dow University of Health Sciences, Gulzar-e-Hijri, Suparco Road, KDA Scheme - 33, Karachi.	Karachi	Karachi	Sindh
149	Orthopaedic & Medical Institute (Hospital)	0092-21-32258075-79	0092-21-32251814	info@omihospital.com	www.omihospital.com/Introduction.html	Orthopaedic & Medical Institute, 89/1 Depot Lines, Karachi - 74400, Pakistan.	Karachi	Karachi	Sindh
150	P.E.C.H.S Trauma & General Hospital	0092-21-34310870-71-72	0092-21-34311341	info@pechstruma.com	www.pechstruma.com/aboutus.html	P.E.C.H.S Trauma & General Hospital, 1/4, 258/1, Block 6, P.E.C.H.S.	Karachi	Karachi	Sindh
151	Pakistan Red Crescent Society (Hospital)	0092-21-5836275				Pakistan Red Crescent Society, Hilal-E-Ahmer House, Clifton, Karachi, Sindh, Pakistan	Karachi	Karachi	Sindh
152	Patel Hospital	0092- 21-34968660-1	0092- 21-34985899	info@patel-hospital.org.pk	www.patel-hospital.org.pk/index.html	Patel Hospital ,ST-18, Block-4, Gulshan-e-Iqbal, Karachi - 75300, Pakistan.	Karachi	Karachi	Sindh
153	Progressive Surgicals Hospital	0092-21-2785931	0092-21-2789980			Progressive Surgicals Hospital, Shop No. 04-05, Cantonment Market, Block II, Lucky Star, Saddar Karachi	Karachi	Karachi	Sindh
154	Psychiatric hospital Lahore	0092-42-37415762		info@lph.com.pk		Psychiatric hospital Scheme Street, Near Wagon Stop Bastami Road, Sodiwal.	Lahore	Lahore	Punjab
155	Qamarul Islam Hospital & Diagnostic Centre	0092-21-5379168				Qamarul Islam Hospital & Diagnostic Centre ,Punjab Colony, Khayaban-e-Jami	Karachi	Karachi	Sindh
156	Railway Cairns Hospital Lahore	0092-42-9201720-21				Defence, Housing Authority, Karachi, Sindh.	Karachi	Karachi	Sindh
157	Railway Hospital, Quetta	0092-81-9211077				Garhi Shahu, Lahore	Lahore	Lahore	Punjab
						Railway Hospital, Quetta	Quetta	Quetta	Balochistan

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
158	Rajput General Hospital Rawalpindi	0092-21-4979403				Rajput General Hospital, ZC-2, Block 4, Gulshan-e-Iqbal, Abul Hasan Isaphani Road, Karachi	Karachi	Karachi	Sindh
159	Remidial Centre (Hospital)	0092-21-36633834 - 5	0092-21-36638189	info@remedialcentre.com	www.remedialcentre.com/a.htm	Murree Road, Rawalpindi	Rawalpindi	Rawalpindi	Punjab
160	Rural Health Center Chachro (Hospital)	0092-2381-73014				Rural Health Center Chachro, Taluka Chachro, Tharparkar, Sindh	Karachi	Karachi	Sindh
161	Rural Health Center Islankot (Hospital)	0092-2342-63119				Rural Health Center Islankot, Taluka Mithi, Tharparkar	Tharparkar	Tharparkar	Sindh
162	Sahib-uz-Zaman Hospital Quetta	0092-81-2662104				Alamdar Road	Quetta	Quetta	Balochistan
163	Sahib-uz-Zaman Hospital Quetta	0092-81-2855751				Alamdar Road	Quetta	Quetta	Balochistan
164	Saifee Hospital	0092-21-36789400	0092-21-36628206	info@saifeehospital.com.pk	www.saifeehospital.com.pk	Saifee Hospital, ST-1, Block-F, North Nazimabad, P.O. Box number 74700 Karachi, Pakistan	Karachi	Karachi	Sindh
165	Saleem Medical Complex Quetta	0092-81-2827104				Saleem Medical Complex Double Road, Quetta	Quetta	Quetta	Balochistan
166	Samdani Hospital	0092-21-34814946				Samdani Hospital, A-560, Block No.5, Gulshan-e-Iqbal, Karachi	Karachi	Karachi	Sindh
167	Sardar Bahadur Khan TB Sanatorium, Quetta	0092-81-2855751				Quetta	Quetta	Quetta	Balochistan
168	Sarfraz Rafiqi Shaheed Hospital	0092-21-475500721		info@rafiquihospital.com.pk	www.rafiquihospital.com.pk	Sarfraz Rafiqi Shaheed Hospital Short Cants Karachi, Services Hospital LahoreGhaus-ul-Azam (Jail) Road.	Karachi	Karachi	Sindh
169	Services Hospital Lahore	0092-429202089	0092-42-9203426			Shaukat Omar Memorial Hospital (Fauji Foundation), Shah Faisal Colony, Shahrah-e-Faisal, Faisal, Muslim Town, Lahore	Lahore	Lahore	Punjab
170	Shaukat Omar Memorial Hospital (Fauji Foundation) Karachi	0092-21-99248701				Sina Health, Education & Welfare Trust, F-7/1, Block 8, KDA Scheme 5, Kehkashan, Clifton,	Karachi	Karachi	Sindh
171	Sheikh Zayed Hospital Lahore	0092-42-35865731				University Road, Block D, New Muslim Town, Lahore	Lahore	Lahore	Punjab
172	Sina Health, Education & Welfare Trust (Hospital)	0092-21-3582 1076		info@sina.pk		Sindh Institute of Urology and Transplantation (Hospital), Civil Hospital.	Karachi	Karachi	Sindh
173	Sindh Institute of Urology and Transplantation (Hospital)	0092-21-99215752	0092-21-99215469	info@siut.org, resource@siut.org	www.siut.org/about-siut-our-history	Sindh Medical Centre, VIP Road.	Karachi	Karachi	Sindh
174	Sindh Medical Centre (Hospital)	0092-74-4040330	0092-74-4055866			Skin & Social Hygiene Centre, Behind Regal Cinema, Saddar,	Larkana	Larkana	Sindh
175	Skin & Social Hygiene Centre (Hospital)	0092-21-32723952					Karachi	Karachi	Sindh

SR	Name Hospitals	Phone	FAX	Email	Web	Add	City	District	Province
177	Sobhraj Maternity Home (Hospital)	0092-21-32636080				Karachi	Karachi	Karachi	Sindh
178	Social Security Hyderabad Hospital	0092-222-9200741-42				Social Security Hyderabad Hospital, Near Odean Cinema, Hyderabad	Hyderabad	Hyderabad	Sindh
179	South City Hospital	0092-21-35862301-3	0092-21-35878639	info@southcityhospital.org	www.southcityhospital.org/index.aspx	South City Hospital, South City Hospital (Pvt) Limited, St-1, Block-3, Shahrah-e-Firdousi, Karachi-75600	Karachi	Karachi	Sindh
180	Tabba Heart Institute (Hospital)	0092-21-36811842-50	0092-21-36379062			Tabba Heart Institute, St-1, Block # 2, Federal "B" Area, Karachi-75950,	Karachi	Karachi	Sindh
181	The Children's Hospital, Lahore	0092-42-9230901-10				The Children's Hospital Lahore Ferozepur Road.	Lahore	Lahore	Punjab
182	The Kidney Centre Post Graduate Training Institute	0092-21-35661000 (10 Lines)	0092-21-35661040/50	mail@kidneycentre.com	www.kidneycentre.com	197/9, Rafiqi Shaheed Road	Karachi	Karachi	Sindh
183	The Medical General Hospital	0092-21-6980149				ST. 16, Sec. 11-B, N/Kar, Karachi	Karachi	Karachi	Sindh
184	Usman Memorial Hospital	0092-21-36316328				Usman Memorial Hospital, ST/12, Block-1, F.B. Area, Karachi	Karachi	Karachi	Sindh
185	Zainab Punjwani Memorial Hospital	0092-21-32236251		zpmh@hotmail.com	www.panjwani.org/	Zainab Punjwani Memorial Hospital, Mohammadali Habib Road, Numaish, Karachi	Karachi	Karachi	Sindh
186	Zubair Medical Center (Hospital)	0092-726-521004				Zubair Medical Center, Hathidar Road, Opp Fire brigade Hazaridar Shikarpur	Shikarpur	Shikarpur	Sindh
187	Zubeda Khaliq Memorial Hospital	0092-581-546 8165	0092-581-546 8165	khansikandar@yahoo.com	www.zkmfreehospital.org/index.html	Zubeda Khaliq Memorial Trust, Sermik, Skardu	Skardu	Skardu	Gilgit

Humanitarian Organizations

SR	Name Humanitarian Organizations	Phone	FAX	Email	Web	Add	City	District	Province
1	Aga Khan Health Service Association for Health, Education & Agriculture	0092-213-5361196-97	0092-213-35308140	akhs@akhs.org	www.akhs.org	D-114, Block 5, Clifton	Karachi	Karachi	Sindh
2	Development Sindh	0092-235-541767		ahead_sgr@yahoo.com	www.aheadsanghar.page.it	Banglow No. 105/082, Block No. 2	Sanghar	Sanghar	Sindh
3	Customs Health Care Society	0092-42-37847008		asifj@welfareclinic.com.pk, yumna@welfareclinic.com.pk	www.welfareclinic.com.pk	449-Jahanzeb Block, Allama Iqbal Town	Lahore	Lahore	Punjab
4	Education Awareness & Community Health	0092-41-5504488	0092-41-2404488	each@hexlinx.net.pk	www.each.org.pk	Main Bazar Masoodabad, Near Sultan Chowk, samanabad, Faisalabad	Faisalabad	NULL	Punjab
5	Education, Health, Social Awareness & Rehabilitation Foundation (EHSAR)	0092-91-5853030	0092-91-5703070	ehsarfoundation@gmail.com	www.ehsar.org	EHSAR Foundation 43 - B, S. Jamal ud Din Afghani Road, University town	Peshawar	Peshawar	KPK
6	Family Health International	0092-51-285-5993	0092-51-285-4528	info@fhpk.org		Family Health International H#9 9th Avenue, F-8/1.	Islamabad	Islamabad	Federal
7	Frontier Primary Health Care	0092-937-863837	0092-937-861403	fhpak@gmail.com	www.frontierphc.com	Frontier Primary Health Care Nisatta Road, Bijli Ghar, G.P.O. Box - 52.	Mardan	Mardan	KPK
8	Gender and Reproductive Health Organization	0092-81-2872129	0092-81-2842982	genderbtl@gmail.com	www.gro.org.pk/contactus.html	Head Office: House# 171/28-B, Near IT university Jinnah Town	Quetta	Quetta	Balochistan
9	Health Education & Literacy Trust	0092-42-36663144	0092-42-5895453	heal@wol.net.pk, healtrust_pk@yahoo.com	www.healthtrust.org	53 - K, Gulberg 3 / 736-Z Phase III DHA / 157-E, Upper portion, New Super town, Ghazni Lane, Near Defence More. Lahore Cantt	Lahore	Lahore	Punjab
10	Health Education And Development Society, Pakistan	0092-3462926572		hedsbaltistan@gmail.com	www.hedsbaltistan.org	House # 32 Askole, 5, Amir Khuro Road, Mehvush, Overseas	Skardu	Skardu	Gulgit Baltistan
11	Health Oriented Preventive Education	0092-21-34520464		agboat@hope-ngo.com	www.hope-ngo.com	Cooperative Housing Society	Karachi	Karachi	Sindh
12	HealthNet TPO	0092-3038432419		qadeer.hntpo@gmail.com	www.healthnetpo.org	House No. 461, Street 58, Sector I-8/3	Islamabad	Islamabad	Federal
13	Healthy Environment Creative Society	0092-242-526043		hecs.org@gmail.com	www.hecs.org	HECS Office, 3rd Floor State Life Building, near ward Franchise, Main Road, Moro	Naushahro Feroze	Naushahro Feroze	Sindh
14	Integrated Health Services	0092-51-111362867		info@ihspakistan.com	www.ihspakistan.com	NULL	Islamabad	NULL	Federal

SR	Name Humanitarian Organizations	Phone	FAX	Email	Web	Add	City	District	Province
15	International Centre for Migration, Health and Development	(41 22) 783 10 80	(41 22) 783 10 87	secretariat@icmh.d.ch	www.icmhd.ch	Geneva (Main Office):11, Route du Nant d'Avril CH – 1214 Geneva Switzerland	NULL	NULL	NULL
16	Motto to Empower the Health, Education & Rights Balochistan	0092-83-8510220	0092-83-8510220	meher_jfd@hotmail.com	www.meher.org.pk	MEHER office, Dera Allah Yar Ya	Dera Allah Ya	Jaffarabad	Balochistan
17	Motto to Empower the Health, Education and Rights	0092 333 7881255		saif@meher.org.pk	www.meher.org.pk	MEHER office Main Civil Hospital Road, Near Zakat Office, Dera Allah Yar, District Jafferabad, Balochistan.	Allah Yar	Jafferabad	Balochistan
18	Pakistan National Forum on Women's Health	0092-21-32231534	0092-2132231534	shershahsyed@hotmail.com	www.pnfwh.org.pk	PMA House, Aga Khan III Road	Karachi	Karachi	Sindh
19	Participatory Efforts for Health Environment	0092-22-2650987	0092-22-2650987	rafiquejo@pehesindh.org	www.pehesindh.org	Bangalow no. B-02, Prince Town Phase 2, Qasimabad	Hyderabad	Hyderabad	Sindh
20	People's Primary Healthcare Initiative Balochistan	0092-81-2822660-4	0092-81-2827635	pphibln@yahoo.com	www.pphibaln.chistan.org.pk	House No:38-A Chaman Housing Scheme,Airport Road	Quetta	Quetta	Balochistan
21	Potohar Mental Health Association Sindh Health & Education Development Society	0092-345 8540063		potoharmentalhealthassociation@gmail.com		HO.No.521 Street # 66 G 11/2	Islamabad	Islamabad	Federal
22	Society for Education, Health Awareness & Technology	0092-22-2633163	0092-22-2633163	sheds.org@gmail.com		3rd Floor Baitul Mail Building ,Doctors Colony ,Near Liqat University OPD	Hyderabad	Hyderabad	Sindh
23	Society for Health & Education	0092-51-2827788		info@sehat.org.pk	www.sehat.org.pk	Society for Education, Health Awareness & Technology House 8, Street 39, G-6/2.	Islamabad	Islamabad	Federal
24	UM Health Care Trust	0092-21-32044126	0092-21-34661222	contact@shed.m.pk	www.shed-pak.org	House No. B-139 Block 1 Gulistan Johar	Karachi	Karachi	Sindh
25	Water, Health, Education, Environmental League Quetta	0092-51-210 6304	0092-51-926 6626	info @ umtrust .org	www.umtrust.org	H#510, Street 9, Sector F-10/2, 44000	Islamabad	Islamabad	Federal
26	Women Welfare for Health & Education Services Pakistan	0092-81-2445212	0092-81-2445212	razayt@yahoo.com	www.whaes.web.com	House No: 8-40/1479-2, Street no: 3, Ismail Colony Sirki Road Office No. 05, Jamia Masjid, Ruqia Square, Block 14, Water Pump, F/B Area karachi.	Quetta	Quetta	Balochistan
27	World Health Organization	0092-051-9255184-5	0092-51-9255042	wr@pak.emro.who.int	www.who.int	Premises of National Institute of Health, Park Road, Chak Shahzad, Islamabad	Islamabad	Islamabad	Federal

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شوگر کے مریض معالج کے مشورہ سے روزہ رکھیں:

ڈاکٹر طاہر رسول

لاہور (سپیشل رپورٹر) خوت ہیلتھ سروسز ذیابیطس سینٹر ٹاؤن شپ میں ذیابیطس کے مریضوں کے لئے رمضان اور روزے کے موضوع پر سیمینار کا انعقاد کیا گیا۔ اس موقع پر شرکاء کے شوگر کے ٹیسٹ بھی کئے گئے۔ پروگرام کو آرڈے نے ٹی وی ڈانے ال بھی اس موقع پر موجود تھیں۔ ماہر ذیابیطس ڈاکٹر طاہر رسول نے سیمینار کے شرکاء سے خطاب کرتے ہوئے کہا کہ شوگر کا مریض اپنے معالج سے مشورہ کر کے روزہ رکھیں کیونکہ روزہ رکھنے سے خون میں شکر کی مقدار خطرناک حد تک کم ہو سکتی ہے۔ خون میں تیزابیت بڑھ سکتی ہے، جسم میں پانی کی کمی ہو سکتی ہے لہذا شوگر کے مریض ڈاکٹر سے اپنی ادویات یا انسولین کو دوبارہ ایڈجسٹ کروائیں۔ رمضان میں شوگر کے مریض ورزش کو افطاری کے دو گھنٹے بعد کریں جبکہ مکمل تراویح کی ادائیگی بھی روزمرہ کی ورزش کے برابر ہے۔ افطار میں زیادہ میٹھی چیزوں سے پرہیز کریں۔ اپنے کھانے میں پھل، سبزیاں، دالیں اور دہی کا استعمال زیادہ کریں۔ اخوت کے ڈائریکٹر ڈاکٹر اظہار الحق ہاشمی نے کہا کہ شوگر کے مریض سحری قدرے تاخیر سے کریں۔ سحری میں کم کوکنگ آئل سے بنا ہوا پراٹھا استعمال کر سکتے ہیں۔ شوگر کے مریض افطار کے بعد پانی زیادہ استعمال کریں۔ ذیابیطس میں مبتلا حاملہ خواتین روزہ نہ رکھیں ٹائپ ون ذیابیطس والے مریض بھی روزہ رکھنے سے اجتناب کریں۔

تک 183 تک پہنچ گئی ہے۔ رجبانہ کے نوابی چک نمبر 291-گ-ب میں مقامی بچہ خشت کے رہائشی عامر کا ایک سالہ بیٹا علی حمزہ خسرہ کے باعث دم توڑ گیا۔ علاوہ انہیں فیصل آباد کے دو سرکاری ہسپتالوں میں مزید آٹھ بچوں میں خسرہ کی تصدیق ہوئی ہے جن میں سے ایک کی حالت تشویشناک بتائی جاتی ہے۔

گیسٹرو کے مریضوں میں اضافہ،

1200 ہسپتالوں میں داخل



(روزنامہ نوائے وقت)

لاہور (سپیشل رپورٹر) گرمی کی شدت کے باعث گیسٹرو کے مریضوں کی تعداد میں اضافہ ہو گیا اور لاہور کے سرکاری و نجی ہسپتالوں میں 12 سو مریض داخل کئے گئے۔ گزشتہ روز جناح ہسپتال میں 147، سرنگ رام ہسپتال میں 133، سروسز ہسپتال میں 151، میو ہسپتال میں 170، چلڈرن ہسپتال میں 101، گورنمنٹ شاہدرہ ہسپتال میں 78، لاہور جنرل ہسپتال میں 139، گورنمنٹ مزنگ ہسپتال میں 49 جبکہ کوٹ خواجہ سعید ہسپتال میں 65 مریضوں سمیت نجی ہسپتالوں میں گیسٹرو سے متاثرہ مریضوں کو علاج معالجہ فراہم کیا گیا۔

تھکاوٹ دور کرنے کیلئے انرجی

ڈرنک کی بجائے ٹماٹر کا جوس زیادہ

مفید ہے: طبی ماہرین

(روزنامہ نوائے وقت)

واشنگٹن (اے پی پی) طبی ماہرین کے مطابق تھکاوٹ دور کرنے کیلئے انرجی ڈرنک کی بجائے ٹماٹر کا جوس استعمال کرنا زیادہ مفید ہوتا ہے۔ یونان میں ہونے والی تحقیق کے مطابق صبح کی ورزش کے بعد ٹماٹر کا جوس دوران خون کو بہتر بناتا ہے، ساتھ ہی ٹماٹر کا جوس دل کی بیماریوں اور کینسر سے بھی محفوظ رکھتا ہے۔ ماہرین کا کہنا ہے کہ 2 ماہ تک مسلسل ٹماٹر کا جوس پینے سے جسم میں پروٹین کی کمی کو بھی دور کیا جاسکتا ہے۔

بچوں میں بڑھتا موٹاپا، خطرے کی گھنٹی

(روزنامہ جنگ)

عالمی ادارہ صحت کے اعداد و شمار کے مطابق 2011ء میں دنیا بھر میں چار کروڑ تیس لاکھ بچے موٹاپے کا شکار تھے۔ یہ اعداد و شمار پانچ برس سے کم عمر کے بچوں کے تھے۔ عالمی ادارہ صحت کے مطابق دنیا بھر میں ترقی پذیر ممالک میں فربہ بچوں کی تعداد میں مسلسل اضافہ خطرے کا الارم بج رہا ہے۔ عالمی ادارہ صحت کے مطابق ان ممالک کو ترجیحی بنیادوں پر اس مسئلے سے نمٹنے کے لیے کام کرنا ہو گا ورنہ بچوں میں موٹاپا مستقبل میں انہیں بہت سی بیماریوں میں مبتلا کر سکتا ہے۔ افریقہ میں گذشتہ بیس برسوں میں موٹے بچوں کی تعداد دو گنا ہو چکی ہے۔ عالمی ادارہ صحت کے اعداد و شمار کے مطابق 2011ء میں دنیا بھر میں چار کروڑ تیس لاکھ بچے موٹاپے کا شکار تھے۔ یہ اعداد و شمار پانچ برس سے کم کا سہارا لیتے ہوئے BMI یا Body Mass Index عمر کے بچوں کے تھے۔ ماہرین انسانی جسم کو قد، وزن اور عمر کے حساب سے پرکھتے ہیں۔ اس کے بعد ہی اس بات کا تعین کیا جاتا ہے کہ کس کو وزن بڑھانے کی ضرورت ہے، کس کا وزن درست ہے، کس کا وزن زیادہ ہے اور کس کا وزن تشویش ناک حد تک زیادہ ہے۔ عالمی ادارہ صحت کہتا ہے کہ وزن میں زیادتی آگے چل کر زندگی میں بڑے طبی مسائل جیسا کہ ذیابیطس، دل کی بیماریوں اور فالج کا سبب بن سکتی ہے۔ عالمی ادارہ صحت سے منسلک فرانسسکو برانکا کہتے ہیں کہ ترقی پذیر ممالک میں بہت سی ایسی وجوہات ہیں جن کی وجہ سے وہاں پر لوگ موٹاپے کی طرف مائل ہو رہے ہیں۔ ان کے الفاظ، 146 دنیا بھر میں کھانے کا نظام بدل رہا ہے۔ اب لوگ زیادہ تر ڈبوں میں بند خوراک کھاتے ہیں جن میں مختلف کیمیکلز ہوتے ہیں۔ ڈبوں میں بند خوراک میں چینی، چربی اور نمک کی شرح زیادہ ہوتی ہے۔ پھر ترقی پذیر ممالک میں لوگوں کی جسمانی سرگرمیاں بھی کم ہوتی ہیں جس کی وجہ سے بھی وہ موٹے ہوتے چلے جاتے ہیں۔ 145 فرانسسکو برانکا کا کہنا تھا کہ موٹے بچوں کی بڑھتی شرح پر قابو پانا اتنا آسان نہیں ہو گا۔ یہ مسئلہ امریکہ اور برطانیہ جیسے ترقی یافتہ ممالک کے لیے بھی دردِ سر بن چکا ہے جہاں بظاہر اس کا حل اتنا آسان نہیں دکھائی دیتا۔

موسمی بیماریوں کو پھیلنے سے قبل روکا جائے، سیکرٹری صحت



موسمی بیماریوں کو پھیلنے سے قبل روکا جائے: سیکرٹری صحت
تمام ہسپتالوں میں خسرہ کے مریضوں کے علاج معالجے پر خصوصی
توجہ دی جائے: حسن اقبال
(روزنامہ ایکسپریس)

لاہور (کامرس رپورٹر) سیکرٹری صحت پنجاب حسن اقبال نے ہدایت کی ہے کہ محکمہ صحت کے ماہرین موسمی بیماریوں کی روک تھام کے لئے قبل از وقت منصوبہ بندی کریں تاکہ وہائی امراض کو پھیلنے سے روکا جاسکے، انہوں نے یہ بات پنجاب میں خسرہ کی صورت تھال کے حوالے سے محکمہ صحت کی جانب بریفنگ کے دوران کہی۔

خسرہ نے مزید 2 بچوں کی جان
لے لی، 163 نئے مریض
ہسپتالوں میں داخل



(روزنامہ نوائے وقت)

لاہور (سپیشل رپورٹر + نامہ نگار) خسرہ سے ہلاکتوں کا سلسلہ جاری رہا اور مزید 2 بچے خسرہ کے باعث دم دوڑ گئے۔ وکٹوریہ ہسپتال بہاولپور میں ایک بچہ خسرہ کے باعث جاں بحق ہوا، لاہور سمیت پنجاب میں خسرہ سے مزید 163 مریض ہسپتالوں میں داخل ہو گئے جبکہ پنجاب میں اب تک رپورٹ ہونے والے مریضوں کی تعداد 21 ہزار 92 ہو چکی جبکہ لاہور میں اب تک رپورٹ ہونے والے مریضوں کی تعداد 5 ہزار 6 سو 53 ہے۔ پنجاب میں ہلاک ہونے والے بچوں کی تعداد

ریڑھ کی ہڈی کی مانند ہے لہذا پیرا میڈیکس کی اہمیت کے پیش نظر انہیں درپیش مسائل کے حل کیلئے تمام تر ممکنہ اقدامات کئے جائیں گے تاہم انہیں نے ان پر زور دیا کہ وہ بھی اپنی ذمہ داری ایمانداری کے ساتھ نبھائیں اور مریضوں کے ساتھ اپنا رویہ تبدیل کر کے ان کے ساتھ خوش اخلاقی اور خندہ پیشانی کے ساتھ پیش آئیں۔ انہوں نے کہا کہ 8 جولائی کو طلب کئے جانے والے محکمہ صحت کے اعلیٰ سطح کے اجلاس میں ڈاکٹر کے ساتھ ساتھ پیرا میڈیکس کے مسائل بھی زیر غور لائیں گے اور جتنا ممکن ہو سکا ان کی بہتری کے لئے اقدامات اٹھائیں گے۔ شوکت یوسفزئی نے کہا کہ انہیں سرکاری ہسپتالوں کی حالت زار اور اس میں مریضوں کو دی جانے والی سہولیات کے فقدان کا احساس ہے اور ان کی یہ دلی خواہش ہے کہ خیبر پختونخوا کے تمام ہسپتال پورے ملک کیلئے رول ماڈل ہوں اور اس اہم مقصد کیلئے ملک کے سرکاری و نجی شعبے کے بہتر طبی اداروں کا مطالعہ کر رہے ہیں اور ان کے تجربات سے استفادہ حاصل کرنے کیلئے ان کے انتظامی سربراہوں اور ماہرین کو یہاں کے دورے کی دعوت دے رہے ہیں اور اس سلسلے میں شوکت خانم ہسپتال لاہور کے ماہرین کا ایک وفد اسی ہفتے پشاور کا دورہ کر رہا ہے۔ صوبائی وزیر نے کہا کہ صوبے میں وسائل کی کوئی کمی نہیں صرف عزم مصمم کی ضرورت ہے انہوں نے کہا کہ اپنے وسائل کے علاوہ ملکی اور غیر ملکی ڈونرز صحت اور دیگر شعبوں میں امداد دینے کیلئے تیار ہیں اور ابھی بھی ملک کے ایک مخیر شخص نے صحت کے شعبے کیلئے 2-ارب روپے کے 165 طبی اسٹمز عطیہ کئے ہیں جنہیں عنقریب صوبے کے ہسپتالوں کو مہیا کیا جائے گا۔

اسلام آباد کے پہلے شہری میں ڈینگے وائرس کی تصدیق



(نیوز مارٹ، ڈاٹ کام)

اسلام آباد: رواں سیزن میں وفاقی دارالحکومت، اسلام آباد کے پہلے شہری میں ڈینگے وائرس کی موجودگی کی تصدیق ہوئی ہے۔ ڈینگے وائرس کے علاج کی خاطر سیکر جی سیون میں پولی کلینک اسپتال کی طرف سے قائم خصوصی مرکز میں سولہ سالہ نوجوان میں اس وائرس کے موجود ہونے کی تصدیق ہوئی ہے، یہ نوجوان سیکر ایف سیون فور کا رہائشی بتایا گیا ہے، اس کے علاج پر متعین ڈاکٹر ریاض محمود کے مطابق مریض کی حالت اب بہتر ہے اور اسے منجسٹ سیل میں زیر علاج رکھا جا رہا ہے۔

سرطان سے بچاؤ کے لیے انگور کھانا مفید ہے، طبی ماہرین۔



(روزنامہ اوصاف)

ماہرین صحت اور ڈاکٹرز کا کہنا ہے کہ سرطان کے خاتمے کیلئے انگور کھانا انتہائی مفید ثابت ہوا ہے۔ طبی ماہرین کے مطابق انگوروں میں جسم سے فاسد مادے خارج کرنے کی بھرپور صلاحیت ہے اور یہ دل کو مضبوط بنانے کیلئے بھی ایک بہترین ٹانک ثابت ہوتے ہیں۔ ماہرین نے کہا ہے کہ انگوروں کے استعمال سے جلد، پیچھے پھوڑوں اور معدے کے سرطان کے خطرات بھی کم ہو جاتے ہیں۔

محکمہ صحت کی مزید بہتری کیلئے ورکنگ گروپ تشکیل

ڈبلی آزاد ی۔ سوات

جسم میں مخصوص پروٹین ہلاک کر
کے کینسر روکا جا سکتا ہے



(روزنامہ اوصاف)

کینسر پر ہونے والی تحقیق سے سامنے آیا ہے کہ انسانی جسم میں ایک مخصوص پروٹین پایا جاتا ہے جسے ہلاک کر دیا جائے تو کینسر کے خلیوں میں بدھوتی نہیں ہوتی۔ یہ پروٹین بالغوں کی نسبت چھوٹے بچوں کے عضلات میں زیادہ متحرک ہوتا ہے۔ ڈاکٹروں کا کہنا ہے اس پروٹین کو ہلاک کرنے سے صحت مند خلیوں پر کوئی اثر نہیں پڑتا تاہم اس تحقیق پر مزید کام جاری ہے۔

ڈاکٹروں نے برف کو انسانی صحت کیلئے

نقصان دہ قرار دیا



زنگ آلودہ سانچوں، معر صحت پانی سے تیار ہونے والی برف

مہلک امراض پھیلانے کا سبب بنتا ہے

(ڈبلی مشرق)

پشاور (جنرل رپورٹ) صوبائی دارالحکومت پشاور میں انتظامیہ کی طرف سے چھوٹ ہونے کے باعث کھلے عام فروخت ہونے والے معر صحت برف کے حوالے سے طبی ماہرین کا کہنا ہے کہ موسم گرما میں پانی پینے کی طلب میں اضافہ ہوتا ہے تاہم زنگ آلود سانچوں، معر صحت پانی، ریت اور مٹی والے پانی سے تیار برف انسان کو بیماریوں میں مبتلا کرتی ہے، طبی ماہرین کے مطابق معر صحت برف ملا پانی یا مشروب بر قان، پیٹ، معدہ، گردوں اور پچے کے امراض میں مبتلا کرنے کا باعث بنتا ہے۔

پشاور (آزادی نیوز) خیبر پختونخوا کے وزیر اطلاعات و صحت شوکت علی یوسفزئی نے کہا ہے کہ محکمہ صحت کو صحیح ٹریک پر لانے اور اسے عوام خصوصاً دکھی انسانیت کی خواہشات کا آئینہ دار بنانے کیلئے ماہرین صحت پر مشتمل ورکنگ گروپ تشکیل دیا گیا ہے جس کی سفارشات پر حکومت عمل درآمد کر کے عوام کو سرکاری ہسپتالوں میں بہتر طبی سہولیات کی فراہمی یقینی بنائے گی۔ اسی طرح لوگوں کو مقامی سطح پر معیاری طبی سہولیات کی فراہمی اور پشاور کے بڑے ہسپتالوں پر بوجھ کم کرنے کیلئے صوبائی حکومت ضلعی ہیڈ کوارٹر ہسپتالوں اور دیہی و بنیادی مراکز صحت کو مستحکم کر رہی ہے۔ ان خیالات کا اظہار انہوں نے جمعرات کے روز پشاور میں صوبائی پیرا میڈیکل ایسو سی ایشن خیبر پختونخوا کے ایک وفد سے ملاقات کے دوران کیا۔ وفد کی قیادت ایسو سی ایشن کے چیئر مین سراج بر کی، صدر اسم گل اور جنرل سیکرٹری روائدار شاہ کر رہے تھے وفد کے ارکان نے صوبائی وزیر کو چارٹر آف ڈیمانڈ پیش کرتے ہوئے پیرا میڈیکس کو پی ایس ٹی اساتذہ کی طرز پر ترقی دینے، ڈاکٹروں کی طرح پروفیشنل الاؤنس اور انسٹیتھیز یا ٹیکنیشن کو انسٹیتھیز یا الاؤنس دینے، میڈیکل فیکلٹی کو ثانوی تعلیمی بورڈ کے برابر درجہ دینے ہیلتھ ریگولیٹری اتھارٹی میں رجسٹریشن کرنے، محکمہ صحت میں دو سال سے پڑے نئے سروس رولز کو منظور کرنے، گریڈ 9 کے پیرا میڈیکس کو گریڈ 12 دینے اور محکمہ صحت میں نرسز کی طرح پیرا میڈیکس کیلئے بھی اسسٹنٹ ڈائریکٹر اور ڈپٹی ڈائریکٹر کی اسامیاں منظور کرنے کا مطالبہ کیا۔ وزیر صحت نے پیش کئے گئے مطالبات پر ہمدردانہ غور کرنے کا یقین دلاتے ہوئے کہا کہ صحت کے شعبے میں پیرا میڈیکس کی اہمیت سے کوئی انکار نہیں کر سکتا اور انکی حیثیت

دودھ میں مضر صحت اشیاء کی ملاوٹ مختلف

بیماریاں پھیلنے کا خدشہ

(جنگ ڈاٹ کام)

کراچی (اسٹاف رپورٹر) کمشنر کراچی شعیب احمد صدیقی نے کہا ہے کہ شہر میں مضر صحت اور ملاوٹ والے دودھ کی فروخت کا نوٹس لیتے ہوئے متعلقہ اداروں اور نمائندہ تنظیموں کا ایک ہنگامی اجلاس کی دفتر میں طلب کیا، اجلاس میں صدارت کرتے ہوئے انہوں نے کہا کہ دودھ ایک مقدس مشروب ہے اور اس میں کسی بھی قسم کی ملاوٹ یا مضر صحت اشیاء شامل کرنا صرف قانونی بلکہ اخلاقی جرم بھی ہے۔ انہوں نے کہا کہ مختلف ذرائع سے ملنے والی اطلاعات کے مطابق دودھ میں اسٹارچ، آئل واشنگ پاؤڈر، یوریا اور ہے رُرمیونگ پاؤڈر شامل کئے جا رہے ہیں۔ جس کے بلع ایسا دودھ استعمال کرنے والوں میں فالج، کینسر اور کالائیر قان سمیت دیگر امراض کے پھیلنے کا خدشہ لاحق ہو سکتا ہے۔ لہذا ضرور اس امر کی ہے کہ ایسا عمل کرنے والوں کے خلاف انتہائی سخت اقدامات کئے جائیں۔ اور اپنے درمیان میں سے ایسی کالی بھیڑوں کو عوام اور میڈیا کے سامنے بے نقاب کیا جائے۔ ایسے لوگ دین و دنیا دونوں میں ہی کسی رحم یا نرمی کے لائق نہیں ہے۔ انہیں جتنی سخت سزا دی جائے۔ وہ کم ہے۔ کمشنر کراچی نے کہا کہ چیکنگ کے قانون کو مزید سخت بنانے کیلئے پی۔ سی۔ ایس۔ آئی آر مسودہ تیار کر کے دیں گے۔ جسے بعد ازاں منظوری کیلئے حکومت کو بھیجوا یا جائیگا۔ اس موقع پر صدر ڈیری فارمرز ایسوسی ایشن آف کراچی محمد سکندر ناگوری نے اجلاس کو یقین دلاتے ہوئے کہا کہ ڈیری فارم سے نکلا ہوا دودھ خالص ہوتا ہے۔ اگر مارکیٹ میں آکر اس میں کوئی ملاوٹ کرے تو اس کے ذمے دار نہیں ہیں اس موقع پر اجلاس میں ڈیمانڈ کی گئی کہ دودھ کے نمونے صرف پی۔ سی۔ ایس۔ آئی آر کی لیبارٹری پر قائم ہے۔ اجلاس میں فیصلہ کیا گیا ہے کہ موبائل ٹیسٹنگ لیبارٹری میں دودھ کی فوری ٹیسٹنگ کی سہولتیں بھی فراہم کجائے اور اس سلسلے میں ضروری انتظامات مکمل کئے جائیں، یہ بھی فیصلہ کیا گیا کہ بھینسوں کے انجکشن والے دودھ کے اثرات سے عوام اور میڈیا کو آگاہ کرنے کیلئے ایم۔ سی۔ کے ڈاکٹر محمد علی عباسی 9 جولائی تک اپنی رپورٹ پیش کریں گے۔

صحت کے لئے خطرہ



سافٹ ڈرکس، صبا مشرق کراچی

یورپ کے سائنسدانوں نے یونیسکو سے حفاظت کے لئے شیریں مشروب سے پرہیز کا مشورہ دیتے ہیں ایک تحقیق میں بتایا گیا کہ آپ خواہ ایک شیریں سافٹ ڈرک نہیں یا اس سے زیادہ اس کا تعلق آپ کی بعد کی زندگی سے ہے کیونکہ اس سے زیادہ یونیسکو میں مبتلا ہونے کا خطرہ بڑھ جاتا ہے۔ یورپی سائنس دانوں کا کہنا ہے کہ ایک مہینے میں میں ایک کین یا بوسل ایک اس سے کم کے مقابلے روزانہ ایک کین یا بوسل سافٹ ڈرک پینے سے 20 فیصد تک زیادہ یونیسکو ہونے کا خطرہ بڑھ جاتا ہے۔ زیادہ یونیسکو کی روک تھام کے لئے کام کرنے والی ایک رضا کار تنظیم کا کہنا ہے کہ شکر آمیز خوراک یا مشروب کو کم کرنے کی ضرورت ہے کیونکہ اس میں نسبتاً زیادہ حرارے (کیلوری) ہوتی ہے اور اس سے وزن میں اضافہ ہو سکتا ہے۔ یہ تنازعہ تحقیق برطانیہ، جرمنی، ڈنمارک، اٹلی، اسپین، سویڈن، فرانس اور نیدرلینڈز کے سائنس دانوں نے کی ہے۔ اس تحقیق کے بعد تقریباً تین لاکھ 50 ہزار افراد نے ان کی روزانہ کی خوراک کے بارے میں معلومات حاصل کی گئی ہے۔ تاکہ یورپ میں وسیع پیمانے پر خوراک کے بارے میں معلومات حاصل کی گئی ہے۔ تاکہ یورپ میں وسیع پیمانے پر خوراک اور کینسر کے تعلق پر روشنی پڑ سکے۔ ایک اور تحقیق کے مطابق "شکر آمیز سافٹ ڈرکس سے زیادہ یونیسکو کا خطرہ بڑھ جاتا ہے اور ایک دن میں آپ جتنے زیادہ سافٹ ڈرکس پیتے ہیں اسی مناسبت سے زیادہ یونیسکو کا خطرہ بڑھے گا۔ ٹائپ دور زیادہ یونیسکو سے محفوظ رہنے کے لئے یہ ہے کیونکہ ہمیں معلومات ہے کہ صحت مند ہی اس سے بچتے تحقیق میں بتایا گیا ہے کہ آپ خواہ ایک شیریں سافٹ کا واحد ڈرک نہیں اس سے زیادہ اس کا تعلق آپ کی زندگی سے ہے کیونکہ اس سے زیادہ یونیسکو کے مرض میں مبتلا ہونے کا خطرہ بڑھ جاتا ہے یورپی سائنس دانوں کا کہنا ہے کہ ایک مہینے میں میں ایک کین یا بوسل اس سے کم کے مقابلے روزانہ ایک کین یا بوسل سافٹ ڈرک پینے سے 20 فیصد تک زیادہ یونیسکو ہونے کا خطرہ بڑھ جاتا ہے۔

خسرہ اور کان پیڑوں کی وباء سینکڑوں بچے متاثر

(روزنامہ وقت، ڈاٹ کام)

فیصل آباد، چنیوٹ (نمائندہ وقت) فیصل آباد میں سینکڑوں بچے خسرہ کی وباء کا شکار ہو رہے ہیں۔ جبکہ 15 بچے خسرہ کی وبا کے باعث موت کا شکار ہو چکے ہیں۔ دیگر اضلاع سے طبی امداد کیلئے آنے والے بچوں کی ہلاکتیں اس کے علاوہ ہیں۔ یہ بات پر نسیل پنجاب میڈیکل کالج پروفیسر ڈاکٹر زاہد یاسمین ہاشمی کے زیر صدارت اجلاس میں ای ڈی۔ او ہیلتھ ڈاکٹر عبدالرؤف نے بتائی۔ اجلاس میں خسرہ کی بیماری پھوٹنے کی وجوہات، متاثرہ بچوں کے علاج معالجہ کے انتظامات کا جائزہ لیا گیا۔ اجلاس میں ای ڈی۔ او (ہیلتھ) ڈاکٹر عبدالرؤف میڈیکل سپرنٹنڈنٹ الائیڈ ہسپتال ڈاکٹر راشد مقبول اور دیگر نے شرکت کی۔ ڈاکٹر زاہد یاسمین نے کہا کہ حکومت پنجاب کی ہدایات کے مطابق خسرہ کی وباء پر قابو پانے کے سلسلے میں تمام تر طبی انتظامی اور انسدادی اقدامات پر موثر عمل درآمد کیلئے مربوط کوششیں ہونی چاہیں۔ اس ضمن میں شعبہ صحت کے ماہرین خسرہ کی بیماری کے پھیلاؤ کی وجوہات احتیاطی تدابیر اور آئندہ پائیدار حل کی تلاش کیلئے میڈیکل ریسرچ کے ذریعے سفارشات مرتب کریں۔ ای ڈی۔ او (ہیلتھ) نے بتایا کہ محکمہ صحت کے زیر اہتمام 24 دن سے 4 جولائی تک خسرہ کے خلاف مہم شروع کی جا رہی ہے۔ جس کیلئے مائیکرو پلان کی تیاری آخری مرحلے میں ہے۔ مہم کے دوران ضلع میں 6 ماہ سے 10 سال کے 30 لاکھ بچوں کو خسرہ سے بچاؤ کے حفاظتی ٹیکے لگائے جائیں گے۔ جبکہ 5 سال کے بچوں کو پولیو ویکسین اور وٹامن اے کے قطرے پلائے جائیں گے۔ ادھر چنیوٹ میں خسرہ اور کان پیڑوں کی وباء زور پکڑ گئی جس کے باعث درجنوں مریض سرکاری ہسپتالوں، بنیادی مراکز صحت، رورل ہیلتھ سنٹر ز اور پرائیویٹ کلینکس میں داخل ہیں۔ لیکن محکمہ صحت اور میونسپل کارپوریشن کے ذمہ دار افراد کے کاؤں پر جوں تک نہیں ریگ رہی ہے۔ وبائی امراض میں مبتلا متعدد مریض لقمہ اجل بن رہے ہیں۔ ماہر امراض بچگان سیکرٹری اطلاعات پی۔ ایم۔ اے ڈاکٹر عابد یاسین نے ہماری نمائندہ کو ان امراض میں مبتلا مریضوں کی ایک طویل لسٹ دی جو صرف ان کے ذاتی کلینک پر آنے والے مریضوں کی تھی۔ انہوں نے بتایا کہ میں طویل عرصہ سے پانچ سال سے کم بچوں کی ویکسین نہیں دی گئی۔ جس کی وجہ سے یہ امراض پھیل رہے ہیں۔ صرف زبانی جمع خرچ سے کام لیا جاتا رہا ہے۔ وزیر اعلیٰ پنجاب کو ان امراض کے پھیلنے کا نوٹس لینا چاہیے اور ذمہ داران کے خلاف کارروائی کی جانی چاہیے۔

اخروٹ خطرناک بیماریوں سے بچاؤ کا

باعث



خواتین کے لئے بھی اخروٹ کا استعمال نہایت مفید ہے

قوی اخبار

دیگر خشک میوہ جات کے مقابلے میں اخروٹ صحت کیلئے سب سے زیادہ فائدہ مند واٹشنگن (مائیکرو ڈیک) ایک حالیہ امریکی تحقیق میں اخروٹ کو انسانی صحت کے لئے سب سے زیادہ فائدہ مند خشک میوہ قرار دیا گیا ہے۔ تحقیق میں انکشاف کیا گیا ہے کہ خواتین کے لئے اخروٹ کا استعمال نہایت فائدہ مند ہے اور وہ خواتین جو باقاعدگی سے اخروٹ کو غذا کا حصہ بناتی ہیں ان میں زیا بیٹس کا خطرہ تین چوتھائی کم ہو جاتا ہے۔ ماہرین کے مطابق طبی فوائد کے لحاظ سے اخروٹ دیگر خشک میوہ جات کے مقابلے میں پہلے نمبر پر ہے کیونکہ اس میں صحت کے لئے فائدہ مند اجزاء کی مقدار سب سے زیادہ ہوتی ہے۔ ماہرین کا کہنا ہے کہ اخروٹ میں موجودہ اجزاء دل کی بیماریوں، ہائی کولیسٹرول اور ہڈیوں کے امراض سمیت کئی بیماریوں سے محفوظ رکھنے میں مدد دیتے ہیں لہذا اسے معمول کی غذا کا لازمی حصہ بنانا چاہیے۔

وٹامن ڈی کی کمی، ہائپر ٹینشن کا

سبب



(روزنامہ نئی بات)

یورپ: ایک نئی تحقیق کے مطابق وٹامن ڈی کی کمی ہائپر ٹینشن کا باعث بنتی ہے۔ تحقیق کے مطابق انسانی جسم میں وٹامن ڈی کی کمی بھی ہائپر ٹینشن لاحق ہونے یا اس میں اضافے کا باعث بنتی ہے۔ اس تحقیق میں ڈیڑھ لاکھ افراد نے حصہ لیا۔ ڈاکٹروں کے مطابق متوازن مقدار میں وٹامن ڈی لینے سے ہائپر ٹینشن کو روکا جاسکتا ہے۔

القرآن

يَا أَيُّهَا النَّاسُ قَدْ جَاءَ نَكْمُ مَوْعِظَةٍ مِّن رَّبِّكُمْ
وَشِفَاءٌ لِّمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِّلْمُؤْمِنِينَ ﴿٥٧﴾

Al-Quran - Chapter 10, Verse 57

O humankind! There has come to you an instruction from your Lord, and a cure for what (of sickness or doubt) is in the breasts, and guidance and mercy for the believers.

اے لوگو! تمہارے پاس تمہارے رب کی طرف سے نصیحت آئی (ف ۱۳۸) اور دلوں کی
صحت اور ہدایت اور رحمت ایمان والوں کے لیے،

کاپی رائٹ ۲۰۱۳

الحسن سسٹمز پرائیویٹ لمیٹڈ سکیورٹی اینڈ آپٹیمائزیشن کمیشن کے ساتھ کمپنی آرڈیننس ۱۹۸۴ (XL VII of 1984) کی شق ۳۲ کے
تحت رجسٹرڈ ہے۔ الحسن سسٹمز نے اس ہیلپ لائن کا اجراء بغیر کسی قیمت پہ مفاد عامہ اور معلوماتی مقاصد کے لئے کیا ہے۔

اپنی رائے، تجاویز، میٹاڈیٹا یا مزید معلومات کے لئے ہم سے رابطہ کیجئے۔

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8 جولائی 2013ء جلد 1، شماره 1

اخروٹ خطرناک بیماریوں سے بچائو کا باعث
وٹامن ڈی کی کمی، ہائپر ٹینشن کا سبب
سافٹ ڈرنکس، صحت کے لئے خطرہ
جسم میں مخصوص پروٹین بلاک کر کے کینسر روکا جاسکتا ہے
ڈاکٹروں نے برف کو انسانی صحت کیلئے نقصان دہ قرار دیا
اسلام آباد کے پہلے شہری میں ڈینگی وائرس کی تصدیق
سرطان سے بچائو کیلئے انگور کھانا مفید ہے، طبی ماہرین
موسمی بیماریوں کو پھیلنے سے قبل روکا جائے، سیکرٹری صحت
خسرہ نے مزید 2 بچوں کی جان لے لی، 163 نئے مریض
ہسپتالوں میں داخل
گیسٹرو کے مریضوں میں اضافہ، 1200 ہسپتالوں میں داخل
تھکاوٹ دور کرنے کیلئے انرجی ڈرنک کی بجائے ٹماٹر کا جوس زیادہ
مفید ہے۔ طبی ماہرین

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نقشہ جات • 12-23 ماہ کی عمر کے بچوں کا تناسب بلحاظ حفاظتی ٹیکہ جات • پاکستان میں معذور افراد کا شمار سال 2012ء
• پاکستان میں خسرہ کی وبا سال 2012ء سے 2013ء تک • پاکستان میں شدید فالج / پولیو کے کیسز کا شمار برائے سال 2012ء

