

JAN-FEB-MAR, 2024

Long Service Award

Baby Book

Website Updated

AMC Employee App

World Kidney Day



Compassion | Wellness | Expertise

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Newsletter is available on website now!



Ali Medical Centre celebrated its **27 years** of service on 14th February, 2024. The event was organized by the Human Resources and Development Team. The CEO **Dr. Bilal Arshed Butt** and Managing Director **Mr. Ali Umar Alvie**, delivered a stirring speech, acknowledging the dedication and hard work of the entire staff in upholding Ali Medical's mission of providing quality healthcare services to the community.

Special recognition was given to the 35 employees who have been with Ali Medical Centre for 10 years or more. Each of them was presented with a prestigious shield along with cash prizes as a token of appreciation for their long-standing commitment and contribution to the success. **Mr. Aurangzeb** (OT Technician) and **Mr. Haq Nawaz** (Nursing Assistant) were the oldest, dedicating 28 and 25 years of service. Also, **Mr. Hassaan A. Khan** (Head of HR & D) and **Mr. Mohammad Haris Anwar** (Chief Financial Officer) were appreciated for their outstanding services in the past year.

We truly value and acknowledge each and every employee's hard work and dedication.



The event was concluded with a heartfelt tribute by **Mr. Hassaan A. Khan** (Head of HR & D), to the founding members and pioneers of Ali Medical Centre, reminiscing about the humble beginnings and the journey of growth and excellence over the past 27 years. It was a joyous occasion filled with nostalgia, gratitude, and renewed determination to continue serving the community with excellence for many more years to come.

We are thrilled to introduce the AMC Employee App, a cutting-edge solution designed to streamline employee tasks and foster a more productive work environment. Whether you're a medical professional, administrative staff member, or part of our support team, this app is your gateway to enhanced convenience and efficiency.

Leaves

- Apply Leave
- Leave History
- Leave Balance

Document Expiry

- CNIC
- Driving
- PNC
- PMDC etc.

Statistics

- Attendance
- Training
- Meeting
- Medical etc.

Attendance

- Own Attendance
- Subordinate Attendance
- Missed Attendance

Tickets/PPM

- Generate Ticket
- View Ticket Status
- Close/Reopen Ticket
- View PPM
- Close PPM

Loan

- Loan History

Approvals

- Leave Approval
- PRF Review
- PRF Recommend
- PRF Approval
- PO Approval
- Indent Approval
- Transfer Approval
- PR Recommended
- PR Approval
- Billing Approvals

Trainings

- View Future Trainings

Roster

- Own Roster
- Subordinate Roster

Notifications

- Job vacancies
- Events
- Internal Alerts
- Management Stats

Tasks

- View Tasks
- Close Tasks
- Upload Document

Meetings

- View Meetings

Key Benefits:

- **Enhanced Efficiency:** By digitizing routine tasks and processes, the AMC Employee App frees up valuable time for employees to focus on their core responsibilities, resulting in increased productivity and efficiency.
- **Improved Communication:** The app promotes transparent and efficient communication between employees and management, fostering a culture of collaboration and teamwork.
- **Greater Convenience:** With access to essential tools and information at their fingertips, employees can manage their work-related tasks with ease, even when on the go.
- **Employee Satisfaction:** By empowering employees with a user-friendly and feature-rich mobile app, we demonstrate our commitment to their well-being and professional development, leading to higher job satisfaction and retention rates.

The AMC Employee App represents our ongoing commitment to innovation and excellence in employee management. By leveraging technology to streamline processes and enhance employee experiences, we are confident that our workforce will thrive, ultimately contributing to the success and growth of Ali Medical Centre.

Khawar Wajahat
Head of IT/MIS

Free Camp

Ali Medical Centre hosted a Free Medical Camp on February 11, 2024, in the village of **Samma Karaga**, located in *Abbottabad district*. The camp aimed to provide essential healthcare services to underserved communities in rural areas. Over **500 patients** received free consultations and medicines during the camp, ensuring access to much-needed medical care for those who may have otherwise struggled to afford or access it. Ali Medical Centre always ensures accessible healthcare reaches every corner.



MY BABY Book

Introducing the baby book as a gift for newborns at Ali Medical Centre evokes heartfelt reactions from families. Parents often express gratitude for this thoughtful gesture, seeing it as a symbol of care and support from the medical center. The baby book is not merely a present; it's a meaningful token that signifies the beginning of a beautiful journey for their child. Families appreciate the opportunity to document their little one's growth and milestones, cherishing each moment captured within its pages. The gift of the baby book fosters a sense of connection and belonging, strengthening the bond between the medical center and the families it serves.

By celebrating the arrival of each newborn with such a meaningful gift, Ali Medical not only strengthens its bond with the community but also leaves a lasting impression of compassion, wellness and expertise that extends far beyond the walls of the hospital.



At Ali Medical Centre, we take great pride in recognizing and celebrating the exceptional efforts of our team members through our 'Employee of the Quarter' program, which awards outstanding employees every quarter. These individuals, selected for their exemplary performance, dedication, and embodiment of our organization's values, consistently go above and beyond in their roles, making significant contributions to our mission of providing quality healthcare. Their hard work, teamwork, and commitment to excellence inspire us all and play a crucial role in our continued success.



We extend our heartfelt congratulations to the employees honored in the past quarter and look forward to continuing to celebrate the achievements of our exceptional team in the quarters ahead.

Death anniversary of our visionary chairman (Mr. Ali Raza Alvie)

On the solemn occasion of the death anniversary of the esteemed Chairman of Ali Medical Centre, heartfelt prayers and tributes were offered in remembrance of his legacy and contributions to the healthcare community. The event commenced with a dua, invoking blessings upon the departed soul and seeking solace for the grieving hearts of his family, friends, and colleagues. Heartfelt tributes were paid, recounting our visionary Chairman's leadership, unwavering dedication, and profound impact on the growth and development of Ali Medical Centre. His guiding principles of compassion, integrity, and excellence continue to inspire all who had the privilege of knowing him. In this moment of reflection and remembrance, we honor his enduring legacy and commit to carrying forward his noble vision with the same zeal and commitment that he exemplified throughout his lifetime.





Website

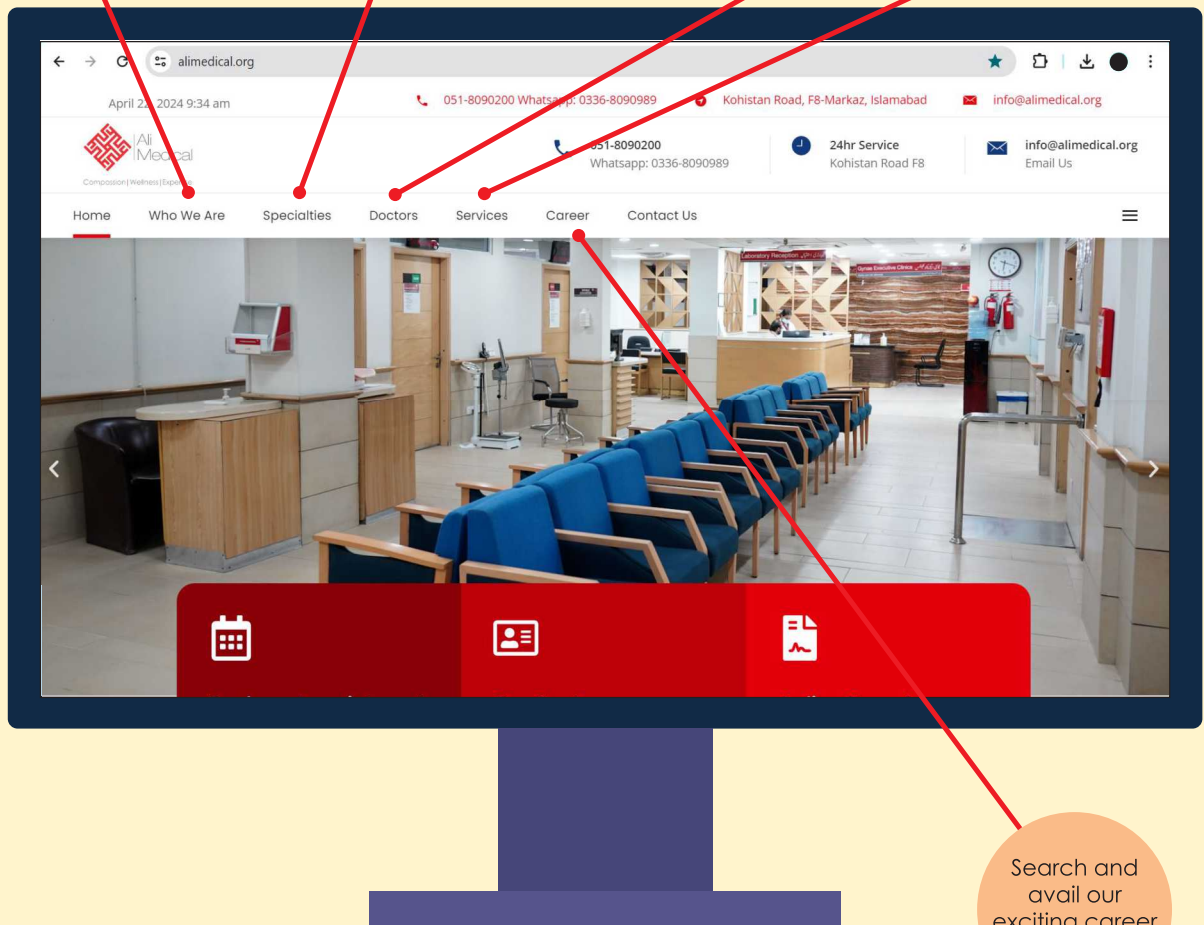
We're excited to unveil the all-new Ali Medical Centre website, embodying our dedication to cutting-edge healthcare. Our website ensures effortless navigation and accessibility across all devices. Committed to inclusivity, our website adheres to accessibility standards, ensuring everyone can access vital healthcare information. Join us as we revolutionize the healthcare experience, one click at a time. Visit the website today and embark on a journey towards better health, empowered by Ali Medical Centre's commitment to excellence and innovation.

Explore our vision, mission & core values, showcasing our dedication to exceptional healthcare.

Explore our comprehensive range of both medical and surgical specializations.

Meet our team of experienced & compassionate physicians, specialists, & healthcare providers dedicated to delivering personalized care & expertise.

Discover our array of services, tailored to meet your needs.



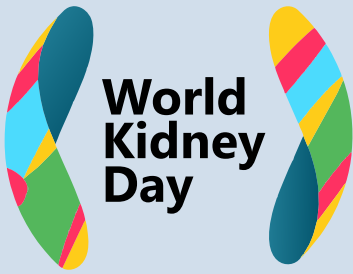
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On 20th March, 2024 Ali Medical Centre organized an event in observance of World Kidney Day, dedicated to raising awareness about kidney health and highlighting the importance of prevention and early detection of kidney diseases.

Ali Medical has done more than **175** Kidney transplants till now. Our dedicated nephrologists, **Dr. Zahid ul Zahideen** and **Dr. Zahid Nabi** delivered engaging speech, discussing various aspects of kidney health, common kidney diseases, risk factors, and preventive measures. Their talks provided valuable information to the audience, empowering them to take proactive steps towards maintaining healthy kidneys.

In recognition of their contributions to kidney health awareness, certificates and shields were presented to **Dr. Zahid Nabi, Dr. Zahid ul Zahideen, Dr. Amir Ghazanfar, Col. Qaiser Tufail** and to all stakeholders of Kidney Transplant. These tokens of appreciation served to honor their dedication and commitment to promoting kidney health and improving patient outcomes.



Through initiatives like this, Ali Medical continues to make meaningful contributions towards enhancing public health and well-being.



Mosquitoes are not just pesky insects; they can also pose significant health risks. Here's a breakdown of the dangers they present, common symptoms of mosquito-borne diseases, and protective measures you can take:

Mosquito bites can pose various dangers, primarily due to the potential transmission of diseases. Mosquitoes can transmit various diseases to humans, including *Malaria*, *Dengue fever*, *Zika virus*, *West Nile virus*, *Chikungunya*, *Yellow fever* and *Japanese encephalitis*.

What are the symptoms of a mosquito bite?

- Itchy and irritated skin.
- A raised, circular bump on the skin where the mosquito bite occurred.
- An allergic reaction (hives, swollen throat, faintness and wheezing).
- Infection of a disease carried by a mosquito (fever, headache, body aches, rashes, nausea, eye irritation and tiredness can accompany various diseases).



Protective Measures:

Use Mosquito Repellents: Apply insect repellents, or oil of lemon eucalyptus to exposed skin and clothing.

Wear Protective Clothing: Wear long sleeves, long pants, socks, and shoes when outdoors, especially during dawn and dusk when mosquitoes are most active.

Use Mosquito Nets: Utilize mosquito nets, especially while sleeping, to prevent mosquito bites, particularly in areas where mosquito-borne diseases are prevalent.

Eliminate Breeding Sites: Regularly empty, clean, or cover containers that collect and hold water, such as flower pots, tires, buckets, and birdbaths, to prevent mosquitoes from breeding.

Install Screens: Ensure windows and doors are equipped with screens to keep mosquitoes out of indoor spaces.

Avoid Outdoor Activities During Peak Mosquito Activity: Mosquitoes are most active during dawn and dusk, so try to limit outdoor activities during these times.

Seek Medical Attention: If you develop symptoms of a mosquito-borne illness after being bitten, seek medical attention promptly. Early diagnosis and treatment can prevent complications.

Remember, prevention is key when it comes to mosquito-borne diseases. By taking appropriate precautions, you can significantly reduce your risk of mosquito bites and the potential health consequences associated with them.





There are 537 million people living with diabetes today. It is projected that by 2045, 700 million people will have the disease worldwide. Diabetes leads to over 4 million deaths a year. It affects all ages, communities and continents. According to the *International Diabetes Federation*, **Pakistan** is one of the 21 countries with **26.7%** of adults, affected by diabetes making the total number of cases approximately **33 million**. This number is alarmingly high and is also increasing with each passing year.



Diabetes is a chronic condition that affects how your body turns food into energy. When you eat, your body breaks down sugars and starches into glucose, which is a form of sugar that serves as the main source of fuel for your cells. Insulin, a hormone produced by the pancreas, helps glucose enter your cells to be used for energy. There are several types of diabetes:

Diabetes TYPE 1

AGE UNDER 30

Reasons

- PAST VIRAL INFECTION
- GENETIC PREDISPOSITION

Symptoms

- EXCESSIVE THIRST
- FREQUENT URINATION
- WEIGHT LOSS
- BLURRED VISION
- FATIGUE

HEALTHY

FOOD CONVERTED TO GLUCOSE. GLUCOSE NOURISHES THE MUSCLES. PANCREAS PRODUCES INSULIN. INSULIN CONVERTS TO ENERGY AND REGULATES THE CELLS.

DIABETES TYPE 1

FOOD CONVERTED TO GLUCOSE. PANCREAS PRODUCES NO INSULIN.

Diabetes TYPE 2

10%

Reasons

- MEDICINE
- PANCREATIC DISEASES
- STRESS
- OVERWEIGHT

HEALTHY

FOOD CONVERTED TO GLUCOSE. GLUCOSE NOURISHES THE MUSCLES. PANCREAS PRODUCES INSULIN. INSULIN CONVERTS TO ENERGY AND REGULATES THE CELLS.

DIABETES TYPE 2

FOOD CONVERTED TO GLUCOSE. INSULIN RESISTANT TISSUES. PANCREAS PRODUCES LOW INSULIN LEVELS.

RISK FACTORS OF GESTATIONAL

- Being overweight
- Have a family history of type 2 diabetes
- Had gestational diabetes during previous pregnancy
- Have a hormone disorder called polycystic ovary syndrome (PCOS)
- Have given birth to a baby who weighed more than 9 pounds

Diabetes Gestational

Develops during pregnancy in women who do not already have diabetes when the body cannot produce enough insulin.

Bodily changes such as **weight gain in pregnant women cause the cells in the body to use insulin less efficiently (insulin resistance)**

Other specific types: There are other less common forms of diabetes, including monogenic diabetes and secondary diabetes, which can result from certain medical conditions or medications.

Managing diabetes involves maintaining healthy blood sugar levels through a combination of medication, diet, exercise, and lifestyle modifications. Untreated or poorly managed diabetes can lead to serious complications over time, including heart disease, stroke, kidney disease, nerve damage, vision loss, and amputation. However, with proper management and regular medical care, many people with diabetes can lead healthy, fulfilling lives.



Memorandum of Understanding

MoUs were signed with the following organizations in the past few months:



Unboxed



Comwave Institute



**Rawalpindi Women Chamber of
Commerce & Industry**



**FDI- Federal Directorate of
Immunization**



**NCS Institute of Sciences –
Capital Campus Islamabad**



**ICSTSI- Islamabad Chamber of
Small Traders & Small Industries**



Islamabad Bar Association

Our commitment is always at the forefront so, we are absolutely delighted to see the positive impact on all these organizations and look forward to reaping the benefits.

New Joining Consultants



Dr. Israr Ahmed

General Surgeon
MBBS, MCPS, FCPS, CHPE



Dr. Muhammad Tariq

Psychiatrist
MBBS, FCPS, EMDR Psychotherapist



Dr. Atiq ur Rehman

General Surgeon
MBBS, MS



Dr. Tehreem Yaseen

Obstetrician & Gynecologist
MBBS, FCPS



Dr. Wasif Jamil

Nephrologist
MBBS, FCPS



Dr. Shegref Mushtaq

Dermatologist
MBBS, FCPS

Patients' Feedback

Admitted due to lungs bacterial infection under Dr. Urfi's administration. Ms. Sabahat was found very professional, hard working and committed towards her job. Always greeting the patients and attendants with a pleasing smile. Really appreciated her for her job. Many thanks.

Muhammad Safdar

Really good service the emergency. The RN Salman who administered the injection was extremely kind, courteous, understanding and helpful. His method of injecting is especially commendable because my daughter Zayna suffers from extreme anxiety and paranoia of needles and injections but was extremely satisfied with the way he did it.

Hania Ali

Mr. Zahid Bangash is very cooperative and has good gestures towards patients. He just treats patients like family members with awesome conduct. I really appreciated him for his good conduct.

Zulqarnain

The whole experience was excellent. All doctors and staff are very friendly and professional. Ms. Sunaila was excellent and managed the whole process very professionally and smoothly.

Syed Abbas Ali

Dr. Atif Inam Shami is very good doctor. He dealt with me really well and explained everything in a good manner. I really recommend Dr. Atif Inam Shami for consultation.

Arooj Arif

Editorial Board

Founder: Mahmood ul Haq Alvie (Late)
Patron in Chief: Ali Raza Alvie (Late)
Patron: Ali Umar Alvie (Managing Director)

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Editor: Dr. Sana Malik (AMD)
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