

## SMOKING & OTHER HEALTH RISKS

Smoking harms nearly every organ of the body and affects a person's overall health. Smoking can make it harder for a woman to become pregnant. It can also affect her baby's health before and after birth. Smoking increases risks for preterm delivery, still birth, low birth weight, crib death, ectopic pregnancy and orofacial clefts in infants. Smoking can also affect men's sperms which can reduce fertility and also increases the risks for miscarriage and birth defects. It can also affect bone health as well.

Women past child bearing age who smoke have weaker bones than women who never smoked. They are also at greater risk for broken bones. It affects the health of your teeth and gums and cause tooth loss. It can also increase the risk for cataracts and age related macular degeneration-AMD (damage to a small spot near the center of retina, needed for central vision). Smoking is a cause of type II diabetes and is difficult to control. The risk of developing diabetes is 30-40% higher for active smokers than non smokers. US Department of health & human services, Centre for Disease Control & Prevention, Office on smoking & health (assessed April 2017)



## HIGH BLOOD PRESSURE WITH HEADACHE

Does High B.P cause headaches?? The verdict is out on whether or not high blood pressure can be proven to cause headaches. Some studies indicate that there is no connection, while others show strong co-relation between the two. The American Heart Association supports research that claims headaches are not a symptom of high blood pressure. In fact, the AHA suggests that people with high blood pressure are less likely to have recurring headaches. Very high blood pressure can trigger an event known as malignant hypertension, also known as hypertensive crisis. During a hypertensive crisis, pressure in the cranium builds as a result of the blood pressure suddenly spiking up to critical levels. The resulting headache feels unlike any other kind of migraine or head pain. Traditional headache treatments such as aspirin are ineffective to relieve the pain. In addition to a headache, malignant hypertension usually is also associated with blurred vision, chest pain, and nausea. Medically reviewed by Steve kim, MD , feb 5,2016– written by Kathryn Watson.



## FEB-2018

## METFORMIN– WEIGHT LOSS PILL?

Metformin is a drug prescribed to manage blood sugar levels in people with type 2 diabetes. According to research, metformin can help some people lose weight. However its not clear why metformin may cause weight loss. One theory is that it may prompt you to eat less by reducing the appetite. It may also change the way, body uses and stores fat. Although studies have shown that metformin may help with weight loss, the drug is not a quick fix solution. According to one long-term study, the weight loss from metformin tends to occur gradually over one to two years. The amount of weight lost also varies from person to person. Taking the drug without following other healthy habits may not lead to weight loss. Individuals who follow a healthy diet and exercise while taking metformin tend to lose the most weight. This may be because metformin is thought to boost how many calories you burn during exercise. In addition, any weight loss you have may only last as long as you take the medication. That means if you stop taking metformin, there is a good chance that you will return to your original weight.



And even while you are still taking the drug, you may slowly gain back any weight you have lost. In other words , metformin may not be the magic diet pill some people have been waiting for. It has been shown to reduce weight in some but not others. One of the benefits of metformin is that even if it does not cause weight loss, it does not cause weight gain. This is not true for some of the medicines used to treat type 2 diabetes.

This use of metformin is an off labelled use. That means that FDA has not approved metformin as a weight loss aid. University of Illinois-Chicago, Drug Information Group. April-6,2017.



# The Indus Health Network

## 4th Biennial Conference

### Department of Pharmacy

#### Symposium on "Multidisciplinary Pharmacy Practices in Redefining HealthCare"

### Session Summary and Highlights

It is important for health care professionals to keep up with medical trends in their specialty. The Indus Health Network organized fourth biennial conference- ICON '18 with a theme of "Redefining Health Care".

The Department of Pharmacy availed this platform to gather pharmacy professionals from different organizations at a single forum. A symposium on "Multidisciplinary Pharmacy Practices in Redefining HealthCare" was held on **January 21, 2018** at Marriott Hotel, Karachi. Those attending the conference received thought-provoking presentations from brilliant medley of national and international speakers.

The symposium was chaired by **Prof. Dr. Abdullah Dayo** (Dean Faculty Pharmacy University of Sindh) and Co-Chaired by **Syed Shamim Raza** (Director Pharmacy Services Agha Khan University Hospital) and **Dr. Zahid Khan** (Chairman Pharmacognosy Faculty Pharmacy FUUSAT).

The session began with a welcome note from **Dr. Aslam Shah** (Sr. Manager Pharmacy & Purchase, The Indus Hospital) and then it was proceeded by series of presentations by subject expert speakers. The Pharmacy session was dedicated to the memory of **Senior Pharmacist, Muhammad Khalid Yousuf (Late)**, in remembrance of his services in the field of pharmacy.



## International Speakers

**Dr. Klaus Meier** (CEO of Clinical and Hospital Pharmacy, Lower Saxony, Germany and President of German Society of Oncology Pharmacy) joined the session on video conference and delivered the lecture about Oncology Pharmacy; From the past to the future. He highlighted that communication is an important aspect in providing best patient care. He further elaborated that hand written prescriptions should be replaced by computerized prescription to avoid medication errors.



**Dr. Muhammad Aslam Siddiqui** (Director, Inpatient Pharmacy Services Cleveland Clinic Abu Dhabi, UAE) presented the lecture about latest technologies and automation being used in Pharmacy services. He said that the way in which medications are ordered and dispensed is dramatically changing. The new technologies must be adapted to improve patient outcomes, and reduce the cost of care, as patient is the first initiative.



## National Speakers

**Dr. Iyad Naeem Muhammad** (Assistant Professor, Department of Pharmaceutics, Faculty of Pharmacy, University of Karachi) discussed the Incidence and Prevalence of Nosocomial Infections & role of Pharmacist in its Prevention. He stressed that Pharmacist should be involved in Infection Control teams to prevent the spread of Nosocomial Infections in patients.

**Dr. Komal Shamim** (Sr. Pharmacist, Pediatric Oncology; The Indus Hospital) delivered the lecture about different types Of Prescription errors; their evaluation and outcomes of their interventions. She shared the statistical data of drug interventions recorded by Pharmacists in Peadriatic Oncology Setup.

**Dr. Eraj Afreen** (Senior Pharmacist, The Indus hospital) talked about Antimicrobial Stewardship Program and it significance. She discussed and provided statistics about different metrics used to measure antimicrobial consumption. She further discussed about the pattern of antimicrobial prescribing habits, the population being exposed to antibiotics and how the cost could be saved from an effective antibiotic stewardship program.

Congratulations **Dr. Mehreen Muzammil (AKUH)** and **Dr. Eraj Afreen (IHK)** on winning free trip & registration to attend **4th IVPN Conference' 18**, to be held at Cleveland Clinic in Abu Dhabi. (Sponsored by Cleveland Clinic and A.M Distributors)

# ICON'18: Pharmacy Session At A Glance.

