



**No matter
how hard it is
We will find
and remove it.**

NEWSLETTER
JANUARY ISSUE
2020 January-June
Bi-Anually

THRIVE FOR LIFE

Tabba  **Kidney**
Institute
POST GRADUATE TRAINING & RESEARCH CENTER

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From Editor's Desk

We welcome you to the "Thrive for Life" Tabba Kidney Institute Bi-Annually Newsletter Volume 1 2019, which unveils the dynamism and success of our Institute and people. Tabba Kidney Institute started as a complete kidney care hospital in 2015 and since then till now the institute has attained the height of success which surpassed individual and organizational milestones with outstanding performances from both staff and services domain. The state-of-the-art kidney treatments and unconventional approach of our doctor's and surgeons have drastically propelled the institute image among the medical fraternity. This has spurred positive talks in the health industry and received vocal recognition at so many medical events and platforms.

Our aim is to stand out amongst the Kidney Care Institution and to support this notion Tabba Kidney Institute initiated the year 2019 with the essential addition of URO-ONCOLOGY (PEDIATRIC & ADULT) in the list of our services. Tabba Kidney Institute not only providing comprehensive kidney care, but we are also committed to educating medical professionals via offering fellowship training programs in Urology and Nephrology.

Since the inception Tabba Kidney Institute is thriving to provide specialized renal care for peds and adults, which was never available in Pakistan before, TKI is the pioneer of many Laparoscopic Urological procedures in Pakistan as well as we are the first who have introduced Hi-Flux Dialysis in the country at a very nominal cost.

After achieving the goal of establishing a specialized renal care hospital TKI has started to follow the notion of educating medical professionals from all walks of life and equipped them with latest technologies in the field of Urology and Nephrology. TKI organized its First International Master Class on Laparoscopic Surgeries with the name of Urolithology in Dec 2017, in the same month we have also conducted a conference with the name of Dialysis Insight to educate nephrologists and dialysis technicians about the care and hygiene of dialysis patients. In March 2018 we have conducted 2nd International Master Class named Nuts & Bolts on 3D Laparoscopic surgeries. The journey hasn't finished here, Tabba Kidney Institute has conducted the most awaited International Pediatric Urology Congress in December 2018 and in February 2019 we have conducted an International Master Class on Andrology with live surgeries, interactive talks and simulation labs.

We at Tabba Kidney Institute aim to further extend all our unified efforts to continue offering quality in all aspects. The above accomplishments are dearly cherished and accounted for, but for us, it is just the beginning of our journey towards being the best kidney care institute in the country and beyond.

Wishing everyone a very happy reading

Best Regards



Shazia Junaid Lalani
Manager Marketing (HOD)

The second edition of Tabba Kidney Institute Newsletter is coming out after the success of his first edition, we have come with the same promises as we delivery in our last edition of TKI newsletter. The next issue of this edition will be based on the digital platform e-newsletter. This edition includes achievements, messages, milestones, event organized, and that organized by Tabba Kidney Institute. I would like to thanks all my other departments for their prompt response to our inquiry. I appreciate the information that we have received from the other departments and I also appreciate the extra effort of our team to take out the second edition of Tabba Kidney Institute Newsletter.

I hope and all my best wishes with my TKI team members and other staff to get more success in the future. I'm happy to have as a part of this team. In a short time, I have been here with this hospital to make things run smoothly. It's that kind of flexibility and dedication that will help this hospital grow to its full potential.

Best Regards



Muhammad Omer Farooq Rana
Social Media Marketing Executive

Fueled by passion and urgency, Tabba Kidney Institute is a lifeline for all people affected by kidney diseases. As pioneer in scientific and innovation of Nephrology and Urology in Pakistan. Tabba Kidney Institute focuses on the whole patient via the lens of kidney health. We enhance lives through action, education and accelerating changes.

This is second issue of thrives for life we are having optimistic approach for maximizing the total quality management of operations of our institute. By focusing on our educational services like teaching and training. We are not only emphasizing on medical education but offering other internship programs to spread hospital management programs.

We are on the mission of

بہتر سے بہترین کی جانب -

Best Regards



Yawar Sohail
Digital Marketing Strategist

We Continued Serving Humanity

We move to you!
Tabba Kidney & Heart Institute
now at Hyderabad.

Tabba Kidney Institute and Tabba Heart Institute are proud to announce the launch of our second state-of-the-art centre in the heart of Hyderabad (Boulevard Mall, AutoBahn Road). This centre will cover different services under one roof such as diagnostic, consultation and treatment services from widely acclaimed specialists of Urologists, Nephrologists and Cardiologists from Karachi.



UroOncology

Diagnostic & Treatment Services
Tabba Kidney Institute



Every year hundreds of man, woman and children are diagnosed with kidney, bladder prostate cancer as well as testicular cancer in Pakistan. Tabba Kidney Institute is providing the country's best Uro-Oncology services with internationally trained and recognized faculty.

We Treat Cancer of
Kidney Bladder Prostate Testicular

SPECIAL DISCOUNT
ON PEDIATRIC CHEMOTHERAPY
FOR KIDNEY AND BLADDER CANCER

Now Tabba Kidney Institute is connected with University of Karachi

Department of Physiology, University of Karachi and Tabba Kidney Institute signed a MoU to promote educational services at both the Institutes through training and researches. The heads of Department of physiology visited TKI which was reciprocated by head of Department of Urology TKI to evaluate the standards, the available facilities and the opportunities for students. It is agreed that TKI will facilitate Students from Department of Physiology, University of Karachi for internship program. The nominated students from Karachi University will be exposed to different facilities at TKI during their minimum total 48 hours internship program. This program will provide students to create career awareness and knowledge.



#EndPolio Pakistan

17th - 21st December 2019

Pakistan is one of only three countries in the world with the ongoing wild polio-virus transmission. 102 Polio-virus cases reported across Pakistan in 2019. **Do vaccinate your children.** It can establish lifelong immunity to the disease. Tabbba Kidney Institute conducted 5 Days Free Polio Vaccination Program. Polio Eradication Office, Gulberg joined hands us with us in this free vaccination camp.



Free Kidney Screening Clinic

Pakistan ranks eight in kidney diseases causing 20,000 deaths every year. Early diagnoses and aggressive treatment can prevent you from underlying kidney diseases. To filter out renal patients in the city, TKI will be operating free kidney screening program on every Sunday at our TKI Main Azizabad Campus.



For the benefit of Female Urological Complaints Tabbu Kidney Institute now launches..

UroGynaecology

We Treat:

- Symptoms of Lower Urinary Tract
- Female Genital/Pelvic Organ Prolapse
- Urinary Incontinence
- Interstitial Cystitis
- Overactive Bladder
- Urinary Tract Infection
- Urinary Retention
- Bladder Pain

Specialty Treatments

- Anterior and Posterior Floor Prolapse Repair (with and without mesh)
- Tension Free Vaginal tape (TVT), TVT-O, TOT
- Mini Sling Procedure for Stress incontinence
- Genito-Urinary Fistula Repair including
- Vesicovaginal Fistulae (VVF)

Diagnostics Tests & Procedures

- Cysto-Urethroscopy
- Urodynamic Testing
- Ultrasound



Clinic Timings

Monday - Saturday
10:00 AM - 03:00PM

HOSPITAL ETHICS COMMITTEE REPORT

TILL JULY 2019

TKI Hospital Ethics Committee (HEC) is an independent body working for more than one year. HEC meets every month and discuss ethical issues and research proposals received from different sources. Every Ethical issue form is discussed in depth and forwarded accordingly for action.

TRAINING SESSION FOR MEMBERS:

- CBEC faculty from Sindh Institute of Urology & Transplantation (SIUT) conducted a session on Functionality of HEC and trained committee members how to review 'Research proposal'
- Discussion on Ethical Principles among HEC members
- Dr Abeer from National Institute of Cardiovascular Diseases (NICVD) had taken two sessions: Ethical Dilemma & Professional communication and Breaking bad news.



GET FLU VACCINE NOW



THE FLU virus can be life-threatening, the vaccine can help protect you. Get your flu shot today.

فلو وائرس جان لیوا ثابت ہو سکتا ہے۔ اس سے حفاظت ممکن ہے۔
آج ہی فلو شاٹ حاصل کریں۔

Family Healthcare Activity at OCEAN MALL

26th July 2019

Tabba Kidney Institute conducted a free day-long medical activity for Kids, Adults & Women covering all ages in which we provided free kidney screening test, clinical consultation and diet consultation by our specialized doctors. This camp conducted on Friday, 26th July at Ocean Mall.



300+

Families were interacted with this activity

Hyderabad Gymkhana

Free Kidney Screening

19th November 2019

Tabba Kidney Institute conducted one day-long free medical activity and took a presentation of medical education regarding kidney and urological diseases with question and answer session for Hyderabad Gymkhana members on 19th Nov 2019. We conducted a blood sugar test, blood pressure, diet consultancy by our specialized doctors.



ENJOY DRY FRUITS IN WINTERS

by Maria Aamir - Nutritionist , TKI



Dry fruits are traditionally known to be powerhouse nutrients. they are set to provide us with a host of health benefiting properties if eaten in moderation. They also boost immunity and prevent lifestyle diseases. Let's focus on commonly available and super nutritious dry fruits like

Almonds – Being naturally high in Monounsaturated Fatty Acids and Vitamin E, almonds help in maintaining healthy cholesterol levels. Presences of magnesium and potassium also help to maintain normal blood pressure and heart function. High dietary fibre, proteins and good fats present in almonds makes you feel fuller and thus helps to avoid overeating. (**Recommended Serving – 1 to 6*)

Walnuts – These brown and crunchy delights are treating to the taste buds. They have the number of neuroprotective compounds such as Vitamin E, Omega-3 Fatty Acids and Anti-Oxidants which helps to enhance cognitive function. They help to fight stress and promote a sense of calm. Walnuts are rich in B- Vitamins and Anti-oxidants that fight free radical damage thus delaying and helping prevent wrinkles and other signs of aging. (**Recommended Serving – 1 to 2*)

Pistachio Nuts – Pistachio is amongst the most anti-oxidant rich nuts around. They are high in lutein and Zeaxanthin both of which promotes Eye health. They play an important role in promoting blood vessels health that because they are rich in L-Arginine which when converted into nitric oxide helps dilate blood vessels. Pistachio has a low glycemic index which might promote lower sugar levels. (**Recommended Serving – 1 to 10*)

Cashew Nuts – Cashew are an excellent source of vitamins (E, K & B-6), phosphorus, zinc and magnesium making it beneficial for health. It helps to lower blood cholesterol levels and improves heart health. Adding limited quantity to your regular diet helps in weight management as it contains a good amount of healthy fats which gives a feeling of being full and satiated and prevents overeating. (**Recommended Serving – 1 to 6*)

Peanuts – Although peanuts are technically legume which means that they belong to a group of foods, plant family, most people consider as a nut. Peanuts have a strong nutritional profile. They are an excellent source of plant-based protein, fibre and many key vitamins and minerals that makes a person feel fuller for longer. Peanuts contain a range of polyphenols, antioxidants, flavonoids and amino acids that are beneficial for health. (**Recommended Serving – 1 to 10*)

Renal Module for O' Levels Students

1st October 2019

Lady Bird Grammar School students visited Tabba Kidney Institute to know more about Kidney diseases and dialysis procedures. They were also allowed to freely interact with different patients of dialysis to understand their disease and procedure of Dialysis.

At the end of the session they were awarded with certificates of completion on renal module.



CME

DIABETES MANAGEMENT IN CHRONIC KIDNEY DISEASES

26th November 2019

A well attended CME lecture on **DIABETES MANAGEMENT IN CHRONIC KIDNEY DISEASES** was delivered by visiting **Prof. Uzma Khan (M.D)**, from Cosmopolitan International Diabetes & Endocrinology Centre Columbia, USA.

Dr. Asif Jaan – Consultant Endocrinologist at TKI facilitated this medical education program.



International participations

- **Dr. Bilal Jamil**, Medical Director at TKI & who is also a member of **ISN-ACT** (International Society of Nephrology – Advancing Clinical Trial) committee was invited to participate in its meeting. The committee is developing a Web based Tool Kit to guide nephrologists and physicians about conducting medical researches. This Tool-Kit will be formally launched in February 2020 during the World Congress of Nephrology in Abu Dhabi. The ISN-ACT meeting was held on the sidelines of **ASN** Week in Washington DC, USA in Nov 2019.



- **Dr Sherjeel Saulat**, Director Surgeries & Head of Urology Department, was invited by Shifa International Hospitals Limited, Islamabad, to deliver a talk and facilitate on “Urology Revision Course” held on 9th October 2019. Around 50 senior residents in the speciality of Urology throughout the country attended this course. Urology faculty has a great interest in teaching and training for the young future urologists.

- **Dr Sherjeel Saulat** was invited as faculty in 6th World Congress of the World Federation of Associations of Pediatric Surgery and the First International Conference for Reconstructive Pediatric Urology, held from 30th October to 3rd November 2019, at Doha, Qatar. He was included as a panellist on Urolithiasis. He delivered his talk on “**RIRS & Micro Perc**”. He was the only faculty from Pakistan and this is a proud moment for Tabba Kidney Institute. **Dr Jahanzeb Shaikh** accompanied with him and attended the congress.

Prof. Serdar Tekgul

MD, FEAPU

Professor & Chief of Pediatric Urology

Hacettepe University, School of Medicine,
Ankara, Turkey

visited TKI

He visited TKI in September 2019 to share his expertise and teach our young doctors, OT team, nurses and other staff. At the end of a week-long stay at TKI his remarks were: “I spend wonderful days with a great team of committed young doctors hardworking staff, beautiful children and parents seeking help.

Prof. Serdar Tekgul's commitment to help budding Pediatric Urologists and his passion to establish structured fellowship training program in Pediatric urology is commendable.

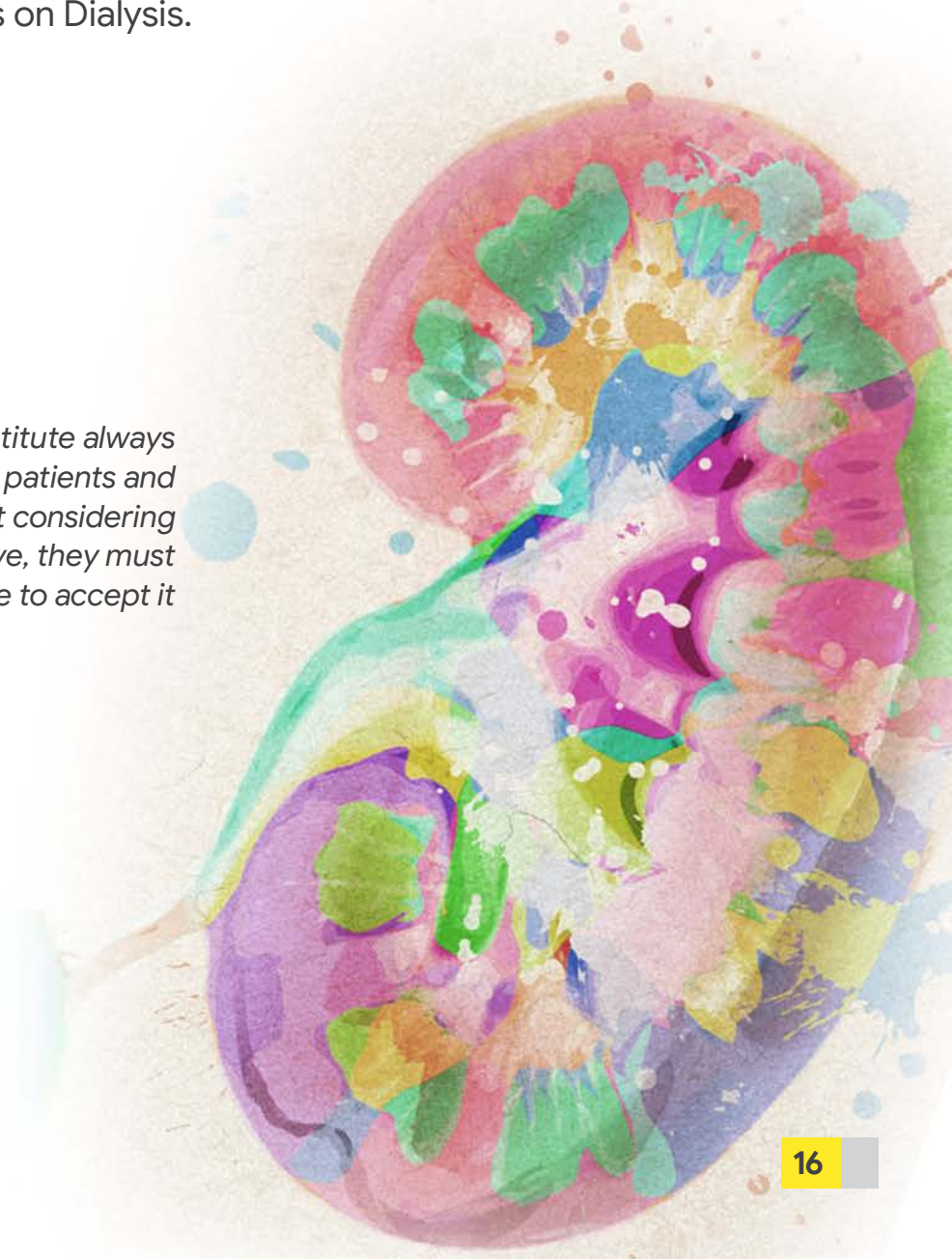


KIDNEY DIALYSIS

‘A LIFE SENTENCE, NOT A DEATH SENTENCE’

Kidney dialysis a ‘life sentence, not a death sentence’ Most people have a different perception of dialysis. Some of them thought that when a person comes on dialysis so his/her life becomes shorter. Many Chronic Kidney Disease patients who conduct Dialysis Treatments are terrified when they search for “Survival Rates Of Dialysis Patients.” The low average causes patients to become depressed, worried, demoralized, and very concerned about their longevity (lifespan). However, Tabbu Kidney Institute always encourages patients to ignore the averages since each patient is different and many patients lead long lives on Dialysis.

Tabba Kidney Institute always motivates their patients and train them about considering the alternative, they must have to accept it



World Diabetes Day 2019

14th November 2019

Over 425 million people are currently living with diabetes in the world. Most of these cases are type 2 diabetes, which is largely preventable through regular physical activity, a healthy and balanced diet, and the promotion of healthy living environments. Tabba Kidney Institute Celebrated "World Diabetes Day 2019" and tried to create general public awareness on diabetes on this day. We appreciate **Mrs Maria Aamir** - Nutritionist at TKI for her efforts to make this event success.



First International Intensive Course in Laparoscopic & Reconstructive Urology (FIICLRU)

6th – 8th December 2019

The three-day First “Intensive Course in Laparoscopic & Reconstructive Urology on 6th to 8th December 2019. Surgeons and trainers from Germany, the United Kingdom, Romania, Turkey & Austria participated. This Master class provided multiple learning platforms to young urologists from all over the Pakistan and a participant from Afghanistan. State-of-the-art lectures, live surgeries on 3D and 4K camera imaging system for the first time in Pakistan were the hallmark of the event.

The course was certified by Jinnah Sindh Medical University and the University of Karachi. It was also endorsed by the European Association of Urology (EAU) and Department of Medical Education of College of Physicians & Surgeons Pakistan (CPSP) also awarding CME hours.

Opening remarks

by

Dr Syed Aqeel Ahmed

Chief Operating Officer, TKI

“A country like ours needs to place much greater emphasis on “Teaching and training” rather than simply treatment and cure. We believe this course will provide a tremendous learning opportunity to young urologist of this country“.





The vision behind arranging this intensive course was that there is the hard pathway of going abroad and learning at various overseas centres which cannot be followed by hundreds of other training residents due to various reasons, can now have the chance to learn the tips and tricks of this trade in their very own country. It is time that we invite international faculty to come to our wonderful homeland to teach our young urologists.



We thank our partners for promoting FIICLRU

As you would be very well aware, the Urology Department of Tabba Kidney Institute, Karachi conducted First International Intensive Course in Laparoscopic and Reconstructive Urology, held from 6th to 8th December, 2019 at Tabba Kidney Institute, Karachi. Surgical equipments and pharmaceuticals companies were generous enough to participate in this event. On behalf of the Organizing Committee, I would like to thank to all of sponsors for their kind support in this educational activity. From the feedback I have received from various participants of the course, it was quite a successful. This would not have been possible without the very active participation of the surgical equipments and pharmaceutical companies in general. Their active participation is very much appreciated by the entire organizing team. Their hospitality suites were very elegantly designed and strategically located. It proved to be a central meeting point for all the participants during the tea/coffee and lunch breaks throughout three days.

I would like you to specially convey my sincerest appreciation and gratitude to all of them as well.

In the end, thank you once again and I look forward to your continued co-operation for our mutual benefit in the promotion of scientific knowledge.

Shahid Hasan

Event Manager / Member of Event Finance Committee

Thanks to



UROLOGY (ADULTS & PEDIATRIC)

CLINIC SCHEDULE
Monday-Wednesday-Saturday
10:00am - 05:00pm



STONE CLINIC (Adults & Paeds)

CLINIC SCHEDULE
Monday To Saturday
10:00am - 02:30pm



NEPHROLOGY (ADULTS)

CLINIC SCHEDULE
Monday-Wednesday-Thursday
10:30am - 02:30pm



NEPHROLOGY (PEDIATRIC)

CLINIC SCHEDULE
Monday-Wednesday-Saturday
3:00pm - 5:00pm



URO-ONCOLOGY (ADULTS & PAEDS)

CLINIC SCHEDULE
Saturday
03:00pm - 05:00pm



ANTENATAL CLINIC

CLINIC SCHEDULE
Monday-Wednesday-Saturday
10:00am-05:00pm



DIALYSIS CLINIC

CLINIC SCHEDULE
Saturday
11:00am-02:00pm



RENAL TRANSPLANT CLINIC

CLINIC SCHEDULE
Monday-Tuesday-Friday
10:00am-02:00pm



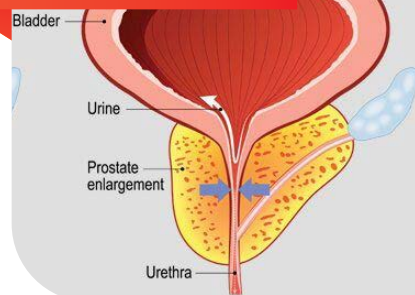
URO-GYNAECOLOGY CLINIC

CLINIC SCHEDULE
Monday-Tuesday-Thursday-Saturday
3:00pm-5:00pm
Friday
10:00am-12:00pm



BPH PROSTATE CLINIC

Monday To Saturday
10:00am-02:30pm



MALE INFERTILITY & PROSTATE CLINIC

CLINIC SCHEDULE
Monday-Wednesday-Saturday
10:00am - 05:00pm



GASTROENTEROLOGY CLINIC

CLINIC SCHEDULE
Thursday
04:00pm-05:00pm



INFECTIOUS DISEASES CLINIC

CLINIC SCHEDULE
Tuesday
11:00am-12:30pm



DIABETIC CLINIC

CLINIC SCHEDULE
Tuesday
04:00pm - 05:00pm



NEUROLOGY CLINIC

CLINIC SCHEDULE
Thursday
04:00pm - 05:00pm



NUTRITION CLINIC

CLINIC SCHEDULE
Monday - Saturday
10:00am - 01:00pm



A woman wearing a brown patterned headscarf is lying in a hospital bed, smiling at the camera. She is covered with a white blanket. To her right, a dialysis machine is visible with red and white tubes connected to her. The machine has a digital display and various control buttons. The background shows a hospital room with blue walls and other medical equipment.

HIGH-FLUX DIALYSIS FACILITY SOON AT DHA KARACHI

Tabba  **Kidney**
Institute
POST GRADUATE TRAINING & RESEARCH CENTER

PATRONAGE

Mohammad Ali Tabbā, CEO
Dr. Syed Aqeel Ahmed, COO
Dr. Sherjeel Saulat, Director Surgeries
Dr. Bilal Jamil, Medical Director

MAIN CAMPUS: ST-26, Block-7, Federal B Area, Karachi.

HYDERABAD CLINIC: 3rd Floor, Boulevard Mall. A/14 Auto Bahn Rd, Hyderabad.

DHA CLINIC: 107-C, Adjacent to Tooba Masjid, Commerical, Phase II, DHA, Karachi.

03-111-KIDNEY (543639) & book an appointment at www.tabbakidney.org



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