



Health Horizons

NEWS LETTER
AUGUST 2025

*Child Food
Issue*

*Constipation
In Children*

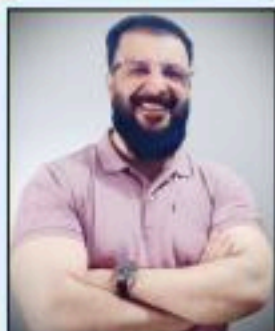
*Men's Mental
Health*

*Clinical
Psychology
Expert*

**A VISIONARY IN
NEURO
SURGERY**

ASST. PROF.

DR. WASEEM ANWAR MIR



By: Asst. Prof.
Dr. Waseem Anwar Mir
Neuro Surgeon, MBBS,
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Back Pain - A Common but Ignored Problem

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BACK PAIN PROBLEM

Back pain is one of the most common medical complaints affecting millions of people worldwide. Unfortunately, it is often taken lightly or ignored, while in reality, it can be an early sign of more serious spinal conditions.

Poor posture, prolonged sitting, lifting heavy objects, and staying in the same position for extended periods are among the leading causes of back pain. In some cases, the pain may be

a symptom of neurological issues such as a slipped disc or spinal stenosis.

If the pain is persistent, accompanied by numbness, tingling in the legs, or difficulty walking, it is essential to consult a neurosurgeon immediately. Early diagnosis and proper treatment can significantly reduce pain and help prevent long-term complications.

I strongly urge people not to take back pain lightly. Taking care of your spine is crucial for maintaining an active and healthy life.



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Indications

Pernicious Anemia
Endothelial dysfunction
Central neuropathic pain
Enhance anti-oxidant system of body
Reduce oxidative stress & promote nerve health



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Prof. Dr. Jai Krishin
Consultant Child Specialist



Child Food Issues in Pakistan A Serious Health Concern

Child malnutrition is one of Pakistan's most pressing health challenges. Nearly 4 out of 10 children under five are stunted, and many suffer from underweight and wasting due to lack of proper nutrition. Key causes include poverty, lack of awareness, poor maternal health, unsafe food, and weak policy implementation. Many families can't afford balanced meals, while others don't know the importance of nutrition in early childhood.

Important steps to prevent malnutrition include:

Maternal nutrition during pregnancy & vaccination

Mother feeding

Vaccination at birth

Complementary feeding starts at 6 months of age

The impact is long-term - malnourished children face poor growth, weak immunity, and learning difficulties, affecting the country's future.

Solutions lie in better health services, public awareness, clean water, school feeding programs, and stronger government action.

Addressing child food issues is not just about feeding children — it's about securing a healthier, stronger Pakistan.



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- ▶ ECG
- ▶ X-RAY
- ▶ ECHO
- ▶ ULTRASOUND



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Capital Diagnostic Centre



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Regulates insulin & aids diabetes management
Improves heart & lung health
May reduce cancer risk
Enhances mental & physical health

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200,000 IU Vitamin D3

IG-Cal**Benefits**

Vit K2 & D3: Direct calcium to bones, maintain levels.
Zero blood toxicity, easing, memory.
Calcium: Strengthens bones, may prevent osteoporosis & heart disease.
Magnesium: Supports heart, muscles, nerves, prevents strokes.

Per 50mL

Ca: 750mg | Mg: 50mg | Vit D3: 4000 IU | Vit K2: 20mcg | Zn: 10mg

Dosage

1-5 yrs: 1/2 tsp 2x/day | 6-12 yrs: 1 tsp 2x/day
13+ yrs: 1-2 tsp 2x/day



IG-Ferr Syrup



Qick-D Syrup



Cilof-A Syrup



Multivit Drops



IG-Cal Syrup

CILOF-A

(Cilof-A Oral Drops) (Folic Acid)

Uses

Prevents & treats folic acid deficiency
Supports healthy growth & DNA synthesis

Reduces risk of low birth weight & birth defects
Prevents anemia & neural tube defects

Per Drop

Folic Acid 98.7 mcg

Dosage

Infants 67 - 150 mcg, Adults 400 mcg daily (as per age/doctor advice)

IG-Ferr Syrup**Uses**

Supports red blood cell formation, boosts iron absorption, and prevents nutrient deficiencies in anemia, pregnancy, or recovery.

Each Spoon

L-Methylfolate: 400mcg
Iron Bisglycinate: 27mg
Vitamin C: 50mg
Vitamin B12: 400mcg
Zinc Sulfate: 10mg

Dosage

Children: 1-2 tsp daily
Adults: 2-4 tsp daily or as directed by physician

Multivit Drops**Uses**

Multitasking & multifunctional drops for healthy growth, immunity, and energy.

Per ml

Vit A, D3, E, C, B1, B2, B6, B12, Manganese, Folic Acid

Dosage

0-6 months: 13-14 drops daily
6 months-12 yrs: 1ml daily



CDC Ka Pakistan **A Tribute to Freedom and Unity**

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**CDC
Ka
Pakistan**

Capital Diagnostic Centre proudly celebrated Independence Day 2025 under the theme "CDC Ka Pakistan." The event was gracefully hosted by renowned anchorperson Naveed Khokhar, adding charm and

energy to the ceremony. Mr. Saeed Ullah Jan Marwat (Administrator CDC) shared his valuable words on the significance of independence and the role of unity in nation-building. Dr. Ubaid Ullah also addressed the gathering, highlighting the importance of progress through health and knowledge. Mr. Yaseen Khattak delivered an inspiring speech, paying tribute to the sacrifices of our forefathers for the freedom of our beloved homeland. To uplift the patriotic spirit, Mr. Waheed Babi captivated the audience with his



soulful performance of mili naghma, filling the atmosphere with love for Pakistan. The celebration was a heartfelt tribute to the resilience, sacrifices, and dreams that define our nation.





CLINICAL PSYCHOLOGY EXPERT



DR. QURRAH-TUL-AIN

PhD Clinical Psychology
Certified Autism Specialist (U.S.A.)
MS Speech and Language Pathology
MS Clinical Psychology
PGD Speech & Language Pathology
Cert Cognitive Behavioral Therapy
Cert Clinical Hypnosis
PGD Forensic Psychology

Dr. Qurrah-tul-Ain Expert in Clinical Psychology & Speech-Language Pathology

As a Clinical Psychologist and Speech & Language Pathologist, I've witnessed the devastating impact of neglecting mental health and speech issues in our society. Common concerns like depression, anxiety, stress, sleep disorders, OCD, and eating disorders can severely affect individuals and families.

PREVALENT ISSUES

Mental Health: Depression, anxiety, stress, sleep disorders, OCD, eating disorders.

Neurodevelopmental Disorders: Autism, ADHD, tic disorders, communication and learning disorders.

Speech Disorders: Receptive and expressive language disorders, articulation disorders, stammering, cluttering, word substitution disorders.

Age-Related Issues: Speech difficulties in the elderly, post-stroke patients (aphasia, dysphasia, dysarthria), and children with cerebral palsy.

IMPORTANCE OF EARLY INTERVENTION

Prompt Assessment: Identify issues early to prevent long-term complications.

Timely Management: Professional intervention can significantly improve outcomes.

Comorbidities: Addressing co-existing conditions is crucial for effective management.

CALL TO ACTION

Let's prioritize mental health and speech issues by:

Raising Awareness: Educating ourselves and others.

Seeking Professional Help: Consulting experts when needed.

Supporting Affected Individuals: Providing understanding and empathy.

By working together, we can create a more supportive and inclusive society.



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DR. NISAR IHSAN-RPH

Chief Pharmacist CDC

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Men's Mental Health Seminar Held at Capital Diagnostic Centre, Islamabad

MEN'S MENTAL HEALTH

Capital Diagnostic Centre (CDC), Islamabad, hosted an insightful seminar focused on ***men's mental health***, shedding light on a topic often overlooked in our society. The event aimed to raise awareness about the psychological challenge's men face and promote open dialogue and professional support.

The ***Chief Guest*** of the seminar was ***Mr. Ahmad Khan, CEO of CDC***, while ****Mr. Saeed Ullah Jan Marwat*** also graced the occasion as a special guest. Their presence underscored the importance of prioritizing mental well-being alongside physical health. The event was attended by several renowned medical professionals, including ***Dr. Jai Krishan***, a leading pediatrician, as well as other respected doctors and CDC staff members.



Organized by the ***CDC Media Department***, the seminar was professionally managed and moderated by ****Naveed Khokhar***, a well-known television anchor, who played a key role in coordinating the event. The discussions were led by ****Dr. Mahnoor Jadoon*** and ***Dr. Shania***, who addressed various aspects of men's mental health, including stress, anxiety, societal pressures, and the need for psychological support.

The seminar concluded with an interactive Q&A session, allowing attendees to engage with the experts and share their perspectives. Participants appreciated the initiative and stressed the need for more such events in the future.

Capital Diagnostic Centre continues to demonstrate its commitment to community well-being by addressing critical health topics through expert-led forums and public awareness campaigns.



Constipation in Pakistani Children A Growing Concern

CONSTIPATION IN CHILDREN

Constipation is a rising but often neglected issue among children in Pakistan. It involves infrequent or difficult bowel movements, hard stools, and abdominal discomfort. Sadly, due to cultural silence and lack of awareness, many cases go unnoticed until they become severe.

The main causes in Pakistani children include low fiber diets, poor water intake, lack of physical activity, and unhealthy toilet habits—especially in schools with poor sanitation. Increased screen time and junk food consumption are also contributing factors.

Common signs include straining during bowel movements, hard stools, stomach pain, and fewer than three bowel movements a week. If untreated, constipation can lead to serious issues like anal fissures, rectal bleeding, and emotional distress.



DR. UBAID ULLAH KHAN
Pediatric Surgeon &
Pediatric Colorectal Surgeon



Prevention is simple: increase fiber-rich foods like fruits, vegetables, and whole grains; ensure children drink plenty of water; and promote daily physical activity. Establishing regular toilet routines and maintaining hygiene are also important.

Parents and teachers must work together to address this issue early. With timely action, most cases of constipation in children can be easily treated and prevented.



CDC Child Health Service

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PAEDIATRIC COLORECTAL SURGEON

PAEDIATRIC SPEECH THERAPIST

PAEDIATRIC NUTRITIONIST

CHILD REHABILITATION

PAEDIATRIC ANAESTHESIA

PAEDIATRIC ALBINO

PAEDIATRIC PHYSIOTHERAPY

PAEDIATRIC PSYCHOLOGIST

PAEDIATRIC UROLOGY

CHILD PHYSICIAN

PAEDIATRIC SURGEON

PAEDIATRIC MEDICINE



Hearing Loss – Don't Ignore the Early Signs

Fellowship in Cochlear Implant Ear, Nose, Throat, Thyroid, Rhinoplasty & Endoscopic Surgeon Hearing loss affects millions worldwide, yet many people ignore the early signs until it seriously impacts daily life. As an ENT specialist, I encourage early diagnosis to prevent long-term problems.

Common Causes & Signs

Ear infections, wax blockage, aging, or loud noise exposure. Asking people to repeat themselves, turning up TV volume, difficulty hearing in noisy places, or ringing in the ears.

Why Early Action Matters

Untreated hearing loss can lead to social isolation, depression, and reduced brain function. Timely medical advice can protect your hearing and quality of life.

Treatment & Prevention

Medical/surgical treatment for infections or structural problems.

Hearing aids or cochlear implants for advanced cases.

Avoid loud noises and use ear protection.

Regular hearing check-ups after age 50.

Don't wait until hearing problems worsen. Early intervention keeps you connected to the world around you.



Professor Dr. Bakht Zada
MBBS - MChS - FCPS - CAPS - CIB
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ساون کا مہینہ اور آپ کی صحت

ساون کا موسم خوشیاں، برپائی اور تھنڈی ہوائیں لے کر آتا ہے، لیکن اس کے ساتھ مختلف صحت کے مسائل بھی جنم لیتے ہیں جن سے بچاؤ کے لیے احتیاط ضروری طور پر چھے، بزرگ اور کمزور قوت مدافعت رکھنے والے افراد اس موسم سے خاص میں زیادہ متاثر ہو سکتے ہیں۔

اس موسم میں عام بیماریاں جیسے نزلہ زکام، ڈیپنگی بخار، فوڈ پوائزنگ، آلودہ پانی سے پھیلتے والی بیماریاں، گردن توڑ بخار اور سانس کی تکلیف عام ہیں۔ ان سے بچاؤ کے لیے چند آسان احتیاطی تدابیر اختیار کی جا سکتی ہیں:

بارش میں بھیگنے سے بچیں، چھتری یا برساتی کا استعمال کریں۔
بھیگنے کی صورت میں فوراً کپڑے تبدیل کریں اور نیم گرم پانی سے نہائیں۔



تحریر: عبدالرحیم بانی
ال پاکستان ایسوسی ایٹس
ایف ایم ایف میڈیکل آرگنائزیشن

گرم مشروبات جیسے نوڈہ یا سوپ کا استعمال کریں۔
ہاتھوں کی صفائی کا خاص خیال رکھیں اور ہینڈ سینیٹائزر کا استعمال کریں۔
ٹازہ اور صاف غذا استعمال کریں، بازاری یا ہاسی کھانے سے پرہیز کریں۔
وٹنن سی اور ایٹی الرجی انویاٹ نزلہ زکام سے بچانے میں متاثر ہیں۔
پانی کی مناسب مقدار پیتے رہیں تاکہ جسم میں فائدہ سارے خارج ہوتے رہیں۔



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