CONСULTANTS

General Physician
Dr. Imtiaz Manzoor, FCPS
Dr. Saima Khan, MD
Dr. Hafiz Lai, FCPS
Dr. Fahad Saied, MBBS

Chest Specialist
Dr. Salimuddin Aziz, DTCC, FCCP

Gynaecologist
Dr. Fatima Saleem Ansari, MCPS, FCPS

Orthopaedics
Dr. Bilquees Mustafa, FCPS
Dr. Sareka Rathore, MCPS, FCPS
Dr. Shaiza Mughees, FCPS

Paediatrics
Dr. Farrukh Naseem Vohra, MBBS, DCH
Dr. Usha Khatri, MBBS, DCH
Dr. Muhammad Saleem Raza, MBBS, DCH

Dr. Capt. Ijaz Ahmad Niazi, MBBS, MS Ortho
Dr. Ijaz Malik, FCPS
Dr. Hafiz ur Rehman, MS, MBBS

Neuro Surgeon
Dr. Ashfaq Abdul Razaq, MBBS, FRCS, FCPS (Neurosurgey)

Radiologist
Dr. M. Shoaib Khan Ghory, MBBS MCPS

Dietitian
Dr. Shumaila Naqvi

General Surgeon
Dr. Mumtaz Manzoor, FCPS
Dr. M. Shaim, FCPS, FACS

Nadiya Saied, MBBS, MRCS, FCPS

Dr. Nasir Uddin Khan, MBBS, FCPS

Dr. Usama Ijaz, MBBS, FCPS

Urologist
Dr. Ijaz Shehzad, FCPS (Surgery)

FCPS (Urology)

Neuro Physician
Dr. Shakeel Ahmed, MBBS, DCN,

MD Neurology

Gastroenterologist
Dr. Wajiduddin Ahmed, MD

Dr. Asad Siddiqi, MD

Mr. Manzoor Hussain, MBBS, FCPS

ENT Specialist
Dr. Tahir Hussain Khan, MBBS DLO

Dr. Imitiaz Aher Siddiqui, MBBS, DLO

Dr. Nand Lal, MBBS, DLO

Cardiologist
Dr. Imran Haider, MBBS, Diploma

Dr. Suman ya Gurmani, MBBS, FCPS

Dr. Muhammad Ahmed, DipCard

Dermatologist
Dr. Shagufta Jabeen, MBBS, Diploma

Sonologist
Dr. Shahla Aziz, MBBS, Diploma

Dr. Shakeel Ahmed, MBBS, Diploma in Ultrasounds

Dr. Farzana Younas, MBBS, Diploma

Pathologist
Dr. Arif Jamil, M.B.B.S, M.C.P.S (PATH)

Dr. Nighat Yasmeen, MCPS (PATH)

Dental Surgeon
Dr. Sajib Zafar, BDS

Dr. Shafia Parveen, BDS

Dr. Maia Zahid, BDS

Dr. M. Shohibullah Khan, BDS M. Sc (Oral)

Anaesthetist
Dr. Mateen Akhtar, MCPS

Dr. Sajid Naseem, MCPS

Dr. Mukesh Kumar, MBBS, MCPS

Psychiatrist
Dr. Saleem Ahmed, MBBS, Certificate (IMR)

Extrologist
Mr. Shahid Akhtar, M.A

Mr. Naizat Sultana, M.A

Diabetologist
Dr. Jameel Ahmed, MCPS, MRCGP

NEURO SERVICE

Chiniot General Hospital has advance neuro department with Supreme medical facilities along with highly proficient consultants .

Neurosurgery (or neurological surgery) is the medical specialty concerned with the prevention, diagnosis, treatment, and rehabilitation of disorders which affect any portion of the nervous system including the brain, spinal cord, peripheral nerves, and extracranial cerebrovascular system.

General neurosurgery involves most neurosurgical conditions including neuro-trauma and other neuro-emergencies such as intracranial hemorrhage.

Types of Neuro Surgery
1. Vascular neurosurgery
2. Stereotactic neurosurgery
3. Oncological neurosurgery
4. Skull Base Surgery
5. Spinal Neuro Surgery
6. Peripheral Nerve Surgery
7. Pediatric Neuro Surgery
8. Neuropsychiatric Surgery
9. Geriatric Surgery

OTHER SERVICES

Pharmacy (Within Hospital Premises):

Well stocked Pharmacy remains open 24 hours and provides services to all inpatient, outpatient and emergency cases under the supervision of well qualified staff and pharmacists. To ensure the quality of medicines these are directly purchased from the manufacturers or their sole distributors and are kept at appropriate temperature for their efficacy

Staff Training Programmes:

Chiniot General Hospital provides update refresher courses and training programmes for Doctors, Administration, Nursing Staff and Front office staff. The Hospital also offers Nurse Aid Diploma

Morning, Evening & Night OPD:

Chiniot General Hospital is conducting Morning OPD (8am-2pm), Evening OPD (4-6 pm) and Night OPD (6-9 pm) on daily basis through experienced Consultants with post graduate qualifications.

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Depression

Depression is a feeling of low mood that lasts for a long time and affects your everyday life. It can make you feel hopeless, despairing, guilty, worthless, unmotivated and exhausted. It can affect your self-esteem, sleep, appetite, sex drive and, sometimes, your physical health. There are also some common specific forms of depression, such as:

- Postnatal depression (PND) - depression that can develop from between two weeks to up to two years after becoming a parent. It’s usually diagnosed in mothers, but can affect partners too.
- Seasonal affective disorder (SAD) - depression that is related to day length and usually (but not always) occurs in the winter.

Could I be ‘going mad’?

Experiencing a mental health problem is often upsetting and frightening, particularly at first. If you become unwell, you may feel that it’s a sign of weakness, or that you are ‘losing your mind’, and that it’s only going to get worse. You may be scared of being seen as ‘mad’ by other people in your life. You may also be afraid of being locked up in an institution. In reality, mental health problems are a common human experience. Most people know someone who has experienced a mental health problem. They can happen to anyone, at any time. And it’s likely that, when you find a combination of self-care, treatment and support that works for you, you will get better.

Are people with mental health problems dangerous?

The most common mental health problems have no significant link to violent behavior. The proportion of people living with a mental health problem who commit a violent crime is extremely small. There are lots of reasons someone might commit a violent crime, and factors like drug and alcohol misuse are far more likely to be the cause of violent behavior. It’s important to remember that experiencing difficult thoughts, feelings and behaviors when you’re unwell is common, and it’s extremely unlikely to mean you may harm another person.

Feels like I am locked in a black room inside myself.

Anxiety

Anxiety refers to strong feelings of unease, worry and fear. Because occasional anxiety is a normal human experience, it’s sometimes hard to know when it’s becoming a mental health problem - but if your feelings of anxiety are very strong, or last for a long time, they can be overwhelming.

You might experience:
- Constant worrying about things that are a regular part of everyday life, or about things that aren’t likely to happen.
- Unpleasant physical symptoms such as sleep problems, panic attacks, an increased heartbeat, an upset stomach, muscle tension or feeling shaky.
- A specific anxiety disorder, such as generalized anxiety disorder (GAD), panic disorder, a phobia, obsessive-compulsive disorder (OCD) or post-traumatic stress disorder (PTSD)

Will I recover?

It is possible to recover from mental health problems and many people do - especially after accessing support. Your symptoms may return from time to time, but when you’ve discovered which self-care techniques and treatments work best for you, you’re more likely to feel confident in managing them. It’s important to remember that recovery is a journey, and it won’t always be straightforward. You might find it more helpful to focus on learning more about yourself and developing ways to cope, rather than trying to get rid of every symptom of your mental health problem. What recovery means to you will be personal, but for most people, the most important thing is to find ways to live the kind of life you want.

CORPORATE PANEL


CHINIOT GENERAL HOSPITAL
### Vaccine Data Record July 2015 to March 2016

<table>
<thead>
<tr>
<th>Government Vaccine</th>
<th>Private Vaccine International Level</th>
</tr>
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<tbody>
<tr>
<td>BCG</td>
<td>Rota Virus</td>
</tr>
<tr>
<td>PANTA</td>
<td>Chicken Pox</td>
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<tr>
<td>PC</td>
<td>Hep-A</td>
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<tr>
<td>OPV</td>
<td>MMR</td>
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<tr>
<td>MEASLES</td>
<td>Influenza</td>
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<tr>
<td>T.T</td>
<td>Typhlaid</td>
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<tr>
<td>IPV (New Addition)</td>
<td></td>
</tr>
</tbody>
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### Patient Centricity & Safety

- Dr. Zakiuddin (International Speaker)

- Enhancing Patient Experience
  - Dr. Riaz Ahmed

### Patientologist

- Dr. Riaz Ahmed
  - Pharm EVO

### CME BY

- Dr. Faraz Hashmi
  - Patient First

### Cardiovascular Outcomes After Incantment with Sitagliption

- Dr. Adnan Kanpoor
  - Thiazolidinedione Treatment
  - Raspby, 65 year old male
  - Type II Diabetes Mellitus
  - Changes in Stroke

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**CHINIOT GENERAL HOSPITAL**

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1. General Information

CHINIOT GENERAL HOSPITAL

2. Medical Services

- Emergency Services
- Hospital Services
- Surgical Services
- Outpatient Services

3. Contact Information

Email: cgh@cgh-k.com
Website: http://www.cgh-k.com

We are always available to serve you.

Visit our Facebook page for updates:
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