

May, 2023

# Quarterly Newsletters

## About us

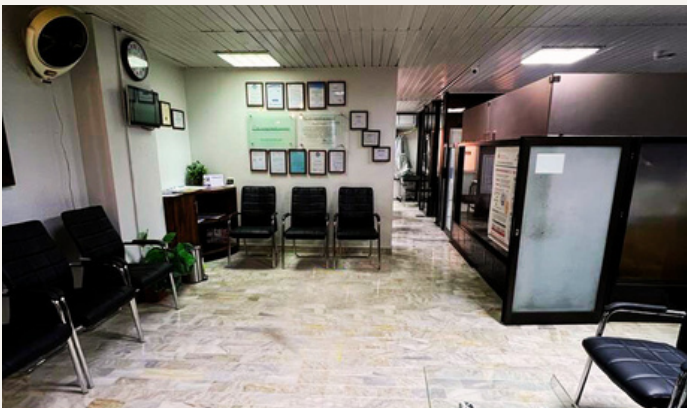
We have been providing highly personalized professional medical services suited to individual needs and tailored solutions according to client requirements for the past four decades. Our patients' peace of mind is our top priority and this approach has helped our patients with extremely good results.



"The great majority of us are Muslims. We follow the teachings of the Prophet Mohammed (may peace be upon him). We are members of the brotherhood of Islam in which all are equal in rights, dignity and self-respect. Consequently, we have a special and a very deep sense of unity. But make no mistake: Pakistan is not a theocracy or anything like it."

- Muhammad Ali Jinnah

Dr. Arshad Health Associates, Karachi Facility



# 8 HIGH PROTEIN NUTS TO BOOST YOUR MUSCLE GAINS



## NUTS for fitness

If you're looking to increase your strength and build muscle, there is no escaping the importance of protein in your diet. Protein is a nutrient made up of essential amino acids - the building blocks for muscle tissue, and all other tissues and cells in your body.

To build muscle, any strength exercise routine you undertake will have limited results unless you also consume the optimal amount of protein per day as part of a healthy diet.

Nuts are an excellent plant-based protein source for both vegetarians and meat eaters. For years, meat sources of protein have enjoyed good publicity, but while we need to moderate meat consumption to protect our heart health, eating lots of high protein nuts can help keep our hearts healthy.

These eight common high protein nuts pack in the most protein per 100 g serving. All protein figures below can be found on the US Department of Agriculture website.

## 1. Peanuts

**Protein: 25.8 g per 100 g of peanuts.**

Peanuts top the list for providing the most grams of protein per serving. Even though peanuts are considered a nut from a nutritional standpoint, they belong to the legume family. This means they're related to lentils, chickpeas, and beans - all of which are also protein-rich and good for your heart.



Peanuts also contain many vitamins and minerals, including biotin which helps to convert the food you eat into energy<sup>1</sup> - another great benefit for those who are strength training.

Like all nuts, you can enjoy their delicious nutty, earthy flavour as a raw snack, or incorporate them in many dishes.

## 2. Almonds

**Protein: 21.2 g per 100 g of almonds.**

From a culinary standpoint, almonds are grouped with nuts - their nutty, woody, and sweet flavour can be prepared in many different ways in cooking. However, almonds are technically a high protein seed. Like many nuts, they are high in antioxidants, reducing cell damage made by reactive molecules known as free radicals - which is one of the risk factors for heart disease and some cancers.



## 3. Pistachios

**Protein: 20 g per 100 g of pistachios.**



These high protein nuts have milder, sweeter notes and a lower fat and higher fibre content compared with other nuts. This makes them a good choice for people looking to create calorie deficit while remaining fuller for longer - especially useful for healthy weight loss.

Other health benefits of pistachios include their high amounts of vitamins and minerals, and their higher ratio of essential amino acids to protein content, when compared with other common nuts. Minerals, vitamins, and essential amino acids support a wide range of crucial mechanisms in your body.





## 4. Cashews

**Protein: 15.3 g per 100 g of cashews.**



Cashew nuts are a good source of protein as well as several other health-promoting nutrients, including copper. This essential trace mineral is needed for many physiological processes, including brain development, cell and tissue creation, and immunity.

When you don't get enough copper, you have a higher chance of developing health problems such as anaemia, high cholesterol, osteoporosis, and an increased vulnerability to infections.

Cashews can be blended to add rich, nutty notes to sauces or added to dishes raw to add crunch and texture.

## 5. Walnuts

**Protein: 15.2 g per 100 g of walnuts.**

As well as being another protein-rich nut, the dry and slightly bitter walnut is an especially healthy nut for your heart. One large study found that eating walnuts and peanuts regularly could significantly reduce your risk of coronary heart disease and cardiovascular disease.

It is believed that this is because both walnuts and peanuts are particularly rich in a plant-based form of omega-3 fatty acids - called alpha-linolenic acid (ALA) - that can protect your heart and ward-off heart disease.



## 7. Brazil nuts

**Protein: 14.3 g per 100 g of Brazil nuts.**

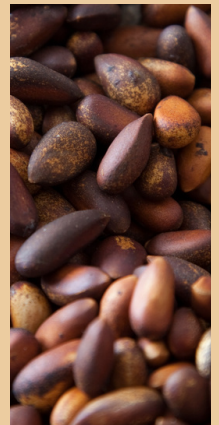
These high protein nuts have a smooth, buttery texture and are relatively large. Due to their size, eating only one Brazil nut a day provides your daily requirement of selenium. This antioxidant helps to protect your cells from damage, may help fight off infection, and supports your thyroid - a gland that controls your metabolism.



## 8. Pine nuts

**Protein: 13.7 g per 100 g of pine nuts.**

Mild and sweet tasting pine nuts are actually seeds from pine cones. However, their nutritional benefits are in-line with the other nuts we've looked at - they are a source of healthy fats which helps to ward off heart disease, they're loaded with essential vitamins and minerals, and they have anti-inflammatory properties which, among other health benefits, could help to limit the spread of cancer.



## 6. Hazelnuts

**Protein: 15 g per 100 g of hazelnuts.**

Hazelnuts are another great source of protein for muscle building. These are the nuts used in nutty chocolate spreads like Nutella - their woody, nutty taste complimenting the sweet chocolate.



When eaten regularly, they can also help to lower LDL (bad) cholesterol and increase HDL (good) cholesterol, regulate blood pressure and can help improve blood sugar levels. These benefits are reversed when you stop eating these delicious, earthy nuts, so it's best to keep them in your diet.



# How to get rid of indigestion

## What causes indigestion?

There is often no obvious reason for what brings on indigestion. However GP, Dr Hana Patel from UK, says indigestion is caused by excess stomach acid and can be brought on by eating foods that are particularly greasy, spicy, or rich.

Some pre-existing health conditions can also be an indigestion trigger - the cause that brings indigestion on. For example, acid reflux, when acid from the stomach persistently flows back into your mouth, and through your gullet (oesophagus) can cause indigestion or heartburn. The later stages of pregnancy can also bring on indigestion. This can be caused by hormonal changes, as well as pressure from the growing baby on your stomach. Other causes of indigestion include:

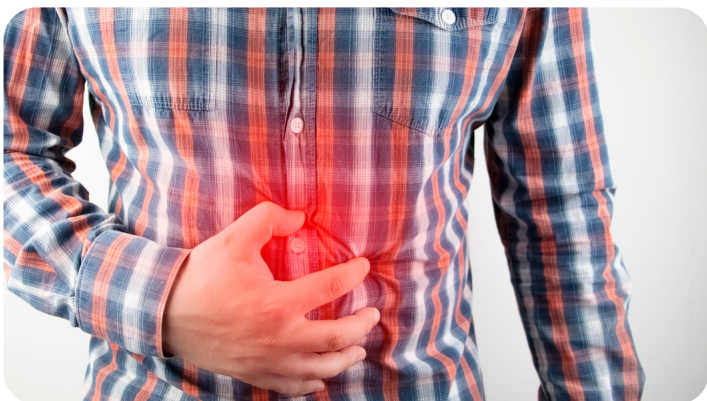
- **Overeating.**
- **Eating too quickly.**
- **Too much caffeine.**
- **Too much alcohol.**
- **Carbonated/fizzy drinks.**
- **Smoking.**
- **Anxiety.**

Some medications have also been known to make indigestion worse, such as ibuprofen, which can irritate the stomach's lining.

## What does indigestion feel like ?

Dr Patel says: "Indigestion can feel like a pain or burning sensation in the upper abdomen. It can also make you feel nauseous. Eating can either make symptoms worse or better, but it's likely you'll quickly feel full and uncomfortable after eating a meal."

Pain caused by indigestion is generally mild but can sometimes be more severe. You might experience bloating in the abdomen, as well as burping, and farting.



## Don't eat too close to bedtime

Eating too close to bedtime can worsen indigestion. When you're lying down, digestion isn't as easy for the body and acid from the stomach can flow into the esophagus, causing discomfort.

It is therefore recommended that you stop eating 3-4 hours before bed. It is thought to take this long for food to clear from the stomach and pass to the small intestine.

## Watch your portion size

Tackling indigestion doesn't just involve what you eat - it's also about how much you eat.



Tackling indigestion doesn't just involve what you eat - it's also about how much you eat.

Large meals and eating too quickly are one of the main causes of indigestion. You should aim to eat three decent-sized meals each day.

But how do big portions cause indigestion? Well, big meals expands your stomach. This can lead to feelings of extreme fullness and bloatedness, much like when pregnancy.

## Reduce alcohol consumption

Alcohol can contribute to indigestion as it's associated with the rise of acid from the stomach into the throat causing irritation to the tissues in the oesophagus. Some alcoholic beverages produce more acid than others.

If you are someone who struggles with indigestion frequently and you drink alcohol, it's advised to remain hydrated at the same time - alcohol is a diuretic and can actually dehydrate you - and never drink on an empty stomach.



## Cut down on caffeine

Cutting down on caffeine could greatly improve your indigestion pain.

Coffee and other caffeinated beverages can cause indigestion due to their effect on the lower oesophageal sphincter - the muscles connecting the lower end of the Gullet to the stomach. Too much caffeine can cause these muscles to relax, creating an opening for stomach acid to travel into the oesophagus, causing pain and discomfort.

Coffee can cause symptoms even for those without a history of indigestion. In these instances, a safer substitute might be decaf or low-acid coffee, which is specially designed for sensitive stomachs and doesn't compromise the taste.



## Cut down or stop smoking

Smoking weakens the sphincter, once again opening the doors for acid to leak from your stomach to your oesophagus.

Smoking tobacco can also reduce the amount of bicarbonate present in your saliva. Bicarbonate is acid-neutralising.



## Try to lose weight if you are clinically overweight

Anyone can get indigestion or heartburn, but it has been long suspected by researchers that being medically diagnosed as obese can increase your likelihood of indigestion.

The specifics aren't exactly known, but it is thought that carrying extra weight puts more pressure on the abdomen, forcing acid up the oesophagus.

Therefore, maintaining a BMI within a healthy range and adopting simple lifestyle changes can be a simple solution to those restless nights with indigestion and can be an easy solution in how to get rid of indigestion.

One study actually found that women with a normal BMI (under 25) at the start of the study, who then had an increase in BMI of more than 3.5 points, were three times more likely to experience acid reflux symptoms than those with no weight changes. One study actually found that women with a normal BMI (under 25) at the start of the study, who then had an increase in BMI of more than 3.5 points, were three times more likely to experience acid reflux symptoms than those with no weight changes.

## Try medication

Dr Patel says: "Your pharmacist can help with over-the-counter medication for persistent indigestion. These remedies include antacids - like Gaviscon - or medications that reduce the amount of stomach acid made by the glands in the stomach lining - such as esomeprazole.

## When to see a doctor about indigestion

Indigestion can really interfere with your everyday life, not to mention your sleep if it's keeping you awake at night. If you've tried lifestyle changes and over-the-counter remedies but still find your indigestion to be persistent, or if you can't pinpoint the cause, your GP can offer advice.

Dr Patel adds: "If your symptoms are affecting you in that you are losing weight, vomiting, or having to drastically alter your diet, you should seek advice from a doctor, as well as if symptoms become more frequent."



# Testicular Cancer Awareness



Testicular Cancer Awareness Month is observed annually in April to encourage men between the ages of 20 to 35 to get tested for testicular cancer. The month also doubles as a time to reflect on advancements in research, treatment, and progress. According to the American Cancer Society, testicular cancer remains one of the most treatable cancer types, with over 95% of those diagnosed surviving past five years.

Testicular cancer became a thing when it was first diagnosed in patients in the 1960s. The disease develops in the testicles, a part of the male reproductive system causing a lump to be present when touched.

Although according to the National Cancer Institute, testicular cancer most often develops in young and middle-aged men and is the most common form of cancer in 20 to 35-year-old men, the organization estimates that several more thousands of men between the age bracket – excluding the 9,610 men in the United States that were already diagnosed with testicular cancer in 2020, would benefit from testing for the disease.

According to medical researchers, a percentage of men with testicular cancer will have no symptoms. The cancer might only be found during medical testing for other conditions, such as imaging tests done to find the cause of infertility.

The disease develops when cancer cells form in the tissues of one or both testicles – the egg-shaped glands located inside the scrotum that produce testosterone and sperm. Although testicular cancer is considered rare and accounts for just 1% of cancers diagnosed in men, it is the most common form of cancer in men aged 20 to 35.

Testicular Cancer Awareness Month was initiated to encourage men between that age group to get diagnosed and kickstart the process of treatment that has seen a massive jump in its effectiveness in recent years.

## Testicular Cancer Awareness FAQs

### Q. Who is most at risk of developing testicular cancer?

**A.** According to statistics from diagnosed cases, the National Cancer Institute identifies the ages between 20 and 35 to be most at risk of developing testicular cancer.

### Q. Is testicular cancer a death sentence?

**A.** No. Testicular cancer is one of the most treatable cancer cases, with less than 5% resulting in deaths.

Is a testicular cancer lump hard or soft?

When you self-examine for testicular cancer, you may discover a hard lump on the side or front of the testicle.

## How to Observe Testicular Cancer

### Learn to self-diagnose

Most often, the first symptom of testicular cancer is a lump on the testicle, or the testicle becomes swollen or larger. On Testicular Cancer Awareness Month, particularly touch the region around your scrotum and see if any abnormalities exist to celebrate. You may also visit a health care professional for a proper test. Men with testicular cancer will sometimes feel heaviness or aching in the lower belly or scrotum.



### **Volunteer**

Volunteer in various capacities and organizations, promoting testicular cancer awareness and helping patients come to terms with their diagnosis. The period between diagnosis and treatment is often emotionally taxing for patients. If, as a way to observe the holiday, you can pledge to help make that period lighter for patients through an N.G.O. of your choice, you will be celebrating the month in the best way possible.

### **Celebrate on social media**

Encourage people to get tested on social platforms. Share humorous and lighthearted stories of your own journey to help convince even more men during the holiday month. Use #TesticularCancerAwarenessMonth in your post.

## **Important Facts About Testicular Cancer**

### **Chemotherapy offers a cure**

Chemotherapy offers a cure rate greater than 80%, even in cases where cancer has spread widely,

### **Its early sign is a developing lump**

One of the first signs of testicular cancer is often a lump or swelling in the testes.

### **Sitting for too long increases the risk**

A sedentary lifestyle is associated with an increased risk of developing testicular cancer.

### **Cannabis, testicular cancer, and Western nations**

Higher rates of testicular cancer in western nations are believed to be due to the use of cannabis.

### **Its prevalence has doubled since its discovery**

According to medical reports, the global incidence has doubled since the discovery of testicular cancer in the 1960s.

## **Why Testicular Cancer Awareness**

### **It encourages self-examination**

Testicular cancer has most recently been diagnosed in about 10,000 men in the U.S. in 2020, with the possibility of an even larger number in the focused group of 20 to 35-year-olds if every man within this age range is examined. The events organized around the Testicular Cancer Awareness Month celebration encourage men in that group to take action.

### **It demystifies treatment**

Testicular Cancer Awareness Month is important to demystify treatment procedures. The holiday informs and helps men take comfort in the fact that it is the most common form of cancer diagnosed in men and that it has a high treatment success rate.

### **It reports on progress**

For men diagnosed with testicular cancer, the National Cancer Institute notes five types of standard treatments used to treat the disease, including surgery, radiation therapy, chemotherapy, surveillance, and high-dose chemotherapy with stem cell transplant. But, the N.C.I., including many other organizations, actively researches further treatment methods. Testicular Cancer Awareness Month serves as a day to be brought up to speed with the progress of these searches.



# Staff Get together





# Iftar Buffet Dinner





# Importance of healthy lifestyle



A healthy lifestyle is the key to maintaining physical, mental, and emotional well-being. While many factors contribute to a healthy lifestyle, nutrition plays a crucial role in providing the body with the necessary nutrients to function optimally. In this article, we will discuss the importance of nutrition in daily life and provide tips for maintaining a healthy lifestyle.

Nutrition is the process by which the body absorbs and utilizes nutrients from food. Nutrients are essential for growth, repair, and maintenance of the body's tissues and organs. A well-balanced diet should provide the body with the necessary macronutrients (carbohydrates, protein, and fat) and micronutrients (vitamins and minerals) to function optimally.

Carbohydrates provide the body with energy and are found in foods such as grains, fruits, and vegetables. Protein is essential for building and repairing muscle tissue and is found in foods such as meat, fish, and legumes. Fat is necessary for proper brain function and is found in foods such as nuts, seeds, and oils. Vitamins and minerals are essential for a variety of bodily functions, including immune function, bone health, and hormone regulation.

Here are some ways that good nutrition can help to achieve a healthy lifestyle:

**Provides necessary nutrients:** A well-balanced diet provides the body with the necessary macronutrients (carbohydrates, protein, and fat) and micronutrients (vitamins and minerals) to function optimally. These nutrients are essential for growth, repair, and maintenance of the body's tissues and organs. A diet lacking in essential nutrients can lead to deficiencies, which can cause a variety of health problems.

**Supports a healthy weight:** Consuming a diet high in fruits, vegetables, and whole grains has been associated with a lower risk of obesity and related chronic diseases, such as type 2 diabetes, heart disease, and certain cancers. On the other hand, a diet high in processed and high-fat foods has been associated with an increased risk of obesity and related chronic diseases. Maintaining a healthy weight is essential for overall health and well-being.

**Prevents chronic diseases:** Good nutrition is essential for maintaining overall health and preventing chronic diseases. For example, a diet high in fruits and vegetables has been associated with a lower risk of cardiovascular disease and certain types of cancer. Similarly, consuming foods high in omega-3 fatty acids, such as fatty fish, has been associated with a lower risk of heart disease.

**Boosts immune function:** A well-balanced diet that includes a variety of fruits, vegetables, whole grains, lean protein, and healthy fats can boost immune function and help the body fight off infections and diseases. Nutrients such as vitamin C, vitamin D, and zinc are essential for immune function and can be found in a variety of foods.

**Improves mental health:** Good nutrition is essential for maintaining mental health. Research has shown that a diet high in fruits, vegetables, whole grains, and lean protein is associated with better mental health outcomes, including lower rates of depression and anxiety.

Maintaining a healthy lifestyle requires a well-balanced diet, regular physical activity, and adequate sleep. Here are some tips for maintaining a healthy lifestyle:







- **Eat a well-balanced diet:** A well-balanced diet should include a variety of fruits, vegetables, whole grains, lean protein, and healthy fats. Limit your intake of processed and high-fat foods, and avoid sugary drinks.
- **Stay hydrated:** Drink plenty of water throughout the day to stay hydrated. Limit your intake of sugary and caffeinated drinks, as they can dehydrate the body.
- **Get regular exercise:** Aim for at least 30 minutes of moderate-intensity exercise most days of the week. This can include activities such as brisk walking, cycling, or swimming.
- **Get enough sleep:** Aim for 7-8 hours of sleep per night to allow your body to rest and recover.
- **Manage stress:** Practice stress-reducing activities such as meditation, yoga, or deep breathing exercises.

In addition to the above tips, it is important to pay attention to your body's nutritional needs. For example, if you are pregnant or breastfeeding, you may need to increase your intake of certain nutrients such as folate, iron, and calcium. Similarly, if you have a medical condition such as diabetes or high blood pressure, you may need to follow a specific diet to manage your condition.

To ensure that you are getting the necessary nutrients, it is important to eat a variety of foods from all food groups. If you have trouble getting all the necessary nutrients from your diet, you may consider taking a multivitamin or other dietary supplement. However, it is important to speak with your healthcare provider before starting any new supplements, as they may interact with other medications or have potential side effects.

In conclusion, a healthy lifestyle requires a well-balanced diet, regular physical activity, and adequate sleep. Nutrition plays a crucial role in providing the body with the necessary nutrients to function optimally. By following the tips outlined in this article, you can maintain a healthy lifestyle and improve your overall well-being.



"Your health account, your bank account, they're the same thing. The more you put in, the more you can take out."

– Jack LaLanne

# The Psychology of Uncertainty in Difficult Decision



In clinical practice diagnosis, referral, arranging treatment and teamwork difficulties may all give rise to troubling uncertainties for doctors.

Uncertainty is everywhere in medicine, diagnosis can be unclear or provisional, patients may not respond to treatment as expected, they may not agree to treatment, they may get unpredictable outcomes such as allergies or team work may not go as planned.

There is another, more undermining, kind of uncertainty which affects all doctors, and perhaps affects AITs more than most. This is the uncertainty that doctor's feel when they find themselves stuck, & when they think that a different doctor, someone cleverer, more experienced, wiser, would know what to do. We call this the **"what do you do when you don't know, what to do"** moment in clinical practice.

Doctors describe uncertainty as stressful, scary and paralyzing. They feel embarrassed, anxious, worried that their patient may be harmed.

Doctors don't like feeling like that, after all we spend our lives studying passing exam, trying to get things right.

## Doctors worry that uncertainty will lead to professional failure.

Uncertainty, initial anxiety that things are going badly can be accompanied by darker feeling that lurk in the background, sometimes only barely consciously.

In a way, doctors fear that uncertainty could lead to the professional death of being stuck off or shamed in front of our peers, is mirrored by patients' responses to uncertainty. If uncertainty is unpleasant for doctors, it can be agonizing for patients whose uncertainties concern their own wellbeing and existence. Am I ill? will I suffer? Am I going to die? such intense feeling can be transmitted to doctors via processes called transference and counter transference.

## Other effects of uncertainty on doctor.

Doctors discomfort with uncertainty can have other adverse effect. If doctors adhere to the idea that there is always a right answer or correct management plan. The result may be too much time checking and worrying about decision.

Doctors who are perfectionists can find themselves in an uncomfortable cycle. They believe that a good doctor gets everything right. Typically, doctors have passed all their examination (often with high marks) are considered knowledgeable and competent by their colleagues, but internally feel like imposters.

Management uncertainty divides into negotiating uncertainty when one doctor is working with one individual to try and make a diagnosis and networking uncertainty, when a wider group or network is involved (for e.g. Laboratories, radiology, referral pathways) in making a diagnosis.

In this short, article can't describe all the skills needed for uncertainty. Many skills will already be known and available to the doctors but not used because of the distress and paralysis that uncertainty – induced anxiety causes.

Some examples can be mapped on the analyzing quadrant as uncertain diagnosis/patients involved.

**Example 1:** Mr. Jones has been listed for a hysterectomy, if she can lose enough weight to make it safer. In discussion, she responds like this,

Mr. Jones: I can't lose weight because my income is too low to go to weight watchers.

Dr. Yes, I see, but we have a weight loss clinic here.

Mr. Jones: But I can't come during working hours. Dr. I see would you like this information about suitable weight loss diet.

Mr. Jones: Yes, but its hard for me to read it because I am dyslexic. In this Negotiating quadrant situation, the management is uncertain, one doctor/patient involved.



# Uncertainty in a Radical New Light:



Uncertainty can be seen as desirable, acceptable, useful and indeed essential for effective medical practice. Being uncertain is not a deficient or inadequate state. Paying attention to untypical features, or recognizing that team work is going wrong, can give us that moment of recognizing that enables us to choose a better strategy.

Uncertainty, failure and error re inevitable success may only come after trying a few things or may not come at all. Uncertainty can be embraced and even enjoyed, while being worked through systematically. We take a good history, we classify, identify the process needed, use air skills, learn new ones and then practice and polish them.

Unexpected or different situations, showing the heroism of incremental care. The patient who says, 'Thank you for listening' a relative who shakes your hand when you leave the house, where a patient has died and says, 'we would never have got through this without you' are immensely rewarding in spite of the uncertainties that will have attended their care.

Uncertainty is an inevitable part of clinical work and yet causes many doctors to become stressed experience feelings of inadequacy or embarrassment.

Trying to avoid such feeling may lead to dysfunctional ways out, which are quick actions to avoid uncertainty.

## Empowering or frightening ? Showing uncertainty with patients

When troubling symptoms or serious illness occur, patient can find it harder to cope with the uncertainty than their doctors, as their health even their existence is at stake.



## Classifying patients approaches to uncertainty

Like doctors, patients find diagnosis helpful. A diagnosis can help patients to make sense of their experience, understand the treatment options open to them, and to orientate them to their prognosis.

## Patients and analyzing uncertainties

When patients are faced with uncertainties and when analyzing uncertainties with the diagnosis remaining unclear, they often long for their condition to be given a 'name' and find it difficult to cope with the uncertainty. A patients uncertainties may be compounded if no unifying diagnosis is playing a part in their illness. Although there were new uncertainties about prognosis and treatment, these seemed to be offset by a greater sense of control. Patients also have questions about their illnesses that are of a more existential and general nature. What was happened? Why has it happened? Why has it happened to me? Why now? What would happen if nothing were done about it?

## Patients and negative uncertainties

Negotiating uncertainties can creat difficulties, as patients often struggle to link their own experiences with the ideas that clinicians have about treatment.

## Patients and Team-working uncertainties

Great uncertainties of the team working type can be experienced by patients with chronic or serious illnesses. Clinicians may not appreciate the complexities of care at home, the caring of a relative with dementia, or late stage cancer can have an immense impact on family or other carers.

Many patients feel a sense of isolation when facing serious illness, even after treatment is complete, as illustrated by this patient who echoes the existential questions brought into focus by Helman.



## Exploring the Doctor-Patient Relationship; Responses to uncertainty

The specific nature of the doctor-patient relationship affects which uncertainties can be discussed and whether. Patients contribute to the meanings that emerge in the intricate interactions between doctor and patients, as a negotiation of what subjects are acceptable takes place. The doctor-patient relationship in this decision-making and negotiating aspects of care has been described as being one of the following four kinds.



### Clinicians knows best

A clinicians knows best approach occurs with paternalist clinicians who make decisions for the patients. Most people hope for this in life-threatening situations where special expertise is required i.e when treating a multiple injured patient in an emergency department.

As doctors routinely overestimate the benefits of treatment and underestimate the risks, patients should perhaps be more cautions about taking the word of paternalistic clinicians at face value.

### The informant clinicians

The informant clinicians avoid instructions and gives patients information to help them make an informed choice. At first, this may seems like a good approach. However, it can leave patients feeling isolated and uncertain with all responsibility being devolved to the less experts.



### The interpretative clinicians

The interpretative clinician goes beyond leaving the patient to make a choice themselves and guides decision-making using expert knowledge while also incorporating the patients values and priorities. This is called 'shared decision-making' as both parties are involved.

Is this enough in situation of complexity, uncertainty or end of life care? Accepting the risks of surgery of chemotherapy may be a way of avoiding more challenging uncertainties.

### The Deliberative clinicians

Th deliberative clinicians goes beyond the 'interpretative clinician' helping the patient to explore their health related values, that can be realized in the clinical situation and which of those values are more worthy. The clinicians acts more like a teacher or friend, engaging in a dialogue about what values are the most important to the patient at the time and even indicating, what decision about medical care would be admirable.

## Strategies and skills for discussing uncertainty with patients

Strategies for discussing uncertainty with patients revolve around sharing clinical reasoning and using appropriate explaining and framing skills, as well as developing the doctor-patient relationship in a way that is supportive and empathic.

### Sharing Clinical Reasoning

Doctors can be wary about discussing uncertainty with patient believing that this decreases trust and increases anxiety, although they freely acknowledge such uncertainty when talking with colleagues. How doctors express uncertainty is very important. Simply saying 'i don't know' doesn't inspire trust. American clinicians with the same information refer for surgery twice as often as UK based physician. Doctors need to be skilled in explaining what these are, in avoiding over treatment, an in effect being good at 'breaking good news'. A GP with an ongoing relationship with a patient may find themselves acting like referees or arbiters when specialists disagree or suggest mutually incompatible treatments, e.g. Diabetologists may want to stop beta blockers, cardiologist may want to continue them.

### Developing Empathic Relationships

All consultations have been psychologically and social components, empathy with a patient's concerns and needs will help to build a strong relationships, in which the patient can express themselves and feel supported by the doctors, through whatever illness they are experiencing.





## Our Services

- Outpatient Clinic - General & Specialists
- Clinical Laboratory
- COVID PCR Laboratory
- Travel Clinic
- Vaccination
- Physiotherapy
- Pharmacy
- Hospitalization - Arranging & Monitoring
- Corporate Medical Services
- Occupational Health Services
- Immigration/Visa Medicals
- DNA Sampling
- Age determination Tests
- Ambulance Services - Air & Medevacs
- Medical Coverage for events
- First Aid Training / First Aid Boxes
- Health Audits
- Medical Services Consultancies
- Doctor / Paramedic Escort
- Remote Site / Field Medical Services
- Repatriation of Mortal Remains
- Only OGUK approved Facility in Pakistan
- 24 Hours Call Services

## Our Healthcare Facilities

### DR ARSHAD HEALTH ASSOCIATES - ISLAMABAD

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### DIPLOMATIC FAMILY CLINIC, ISLAMABAD

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