Seminar to Celebrate World Health Day Held at CMH Lahore Medical College

Department of Community Medicine of CMH Lahore Medical College (CMHLMC) organized a seminar to mark World Health Day with a primary objective of creating awareness among youth, students and general public about “diabetes”. CMHLMC Vice Principal Brig. (Retd.) Shakil ur Rehman Afridi was the chief guest on the occasion wherein eminent health professionals highlighted the importance of the day and delivered lectures on ‘diabetes prevention, gestational diabetes, diabetic foot and management of diabetes’. On this occasion, Poster Exhibition, video competition and Awareness Walk and skits were also organized, in which students and faculty members enthusiastically participated.

A good number of students, faculty members and people from different walks of life attended the seminar to improve understanding of diabetes. Speakers of the seminar included Professor Dr Muhammad Ashraf Chaudhry, Prof. Dr. Nilofer Mustafa, Maj.Gen® Ahmed Khan and Dr. Maria Javed.

Chief Guest, CMHLMC Vice Principal Brig. (Retd.) Shakil ur Rehman Afridi of the college, inaugurated the poster exhibition and appreciated the hard work & talent of medical students.
Dr. Muhammad Zeeshan Ashraf, Organizing secretary of the seminar presented welcome address.

Professor Dr Muhammad Ashraf Chaudhry, Head of Community Medicine, gave detailed presentation on “diabetes prevention.” Speaking on the occasion, Professor Dr Muhammad Ashraf Chaudhry highlighted magnitude of problem, warning signs, risk factors, complications and prevention of diabetes. He said there were more than 7 million diabetics in Pakistan and diabetes kills 90000 people every year in the country. He said that unhealthy diet, lack of physical activity, obesity, increasing trend of smoking and stress and depression were the main causes of rising trend of diabetes in the country. He said diabetes is the leading cause of heart attack, stroke, renal failure, blindness and amputations. He said that through healthy diet (more vegetable and fruits), regular physical activity of at least 30 minutes brisk walk daily and losing 5 to 10 percent weight in case of overweight, diabetes can be prevented.
Professor Dr. Nilofer Mustafa discussed the gestational diabetes. She said diabetes during pregnancy is associated with complications to both mother and baby. She said to prevent possible organ damage to the fetus, women with diabetes should achieve target glucose levels before conception.

Maj.Gen. (Retd.) Ahmed Khan discussed diabetic foot. He said diabetes can cause damage to the nerves throughout the body and most common affected areas are extremities, in particular feet. Nerve damage in these areas can lead to loss of feeling. Loss of feeling can allow injuries to go unnoticed, leading to serious infections and possible amputations. He advised that people with diabetes should regularly examine their feet.
Dr. Maria Javed, endocrinologist, highlighted the various aspects of diabetes management. She said it is necessary for diabetics to remain in regular contact with their doctor, regularly take the medicines, and monitor their blood glucose regularly. She said that having healthy blood glucose, cholesterol and blood pressure levels greatly reduces the chance you getting the complications of diabetes.
Poster competition of students on the topic ‘diabetes’ was also held and first four position holders were awarded shield/certificates. In the end, Dr. Zoofishan thanked the guests/students for sparing time and participation in the seminar.
Souvenirs and certificates were distributed among speakers and poster and video competition position holders and skit actors by chief guest.
Brig. (Retd.) Shakil ur Rehman Afridi congratulated department of Community Medicine for organizing an informative and educative seminar.