



**Editors of Newsletter:** Students of KMDC: Iqra Anis and Maria Idrees Dawson

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### FROM THE CHIEF EDITOR'S DESK

Malaria is endemic in Pakistan. Despite being a major cause of morbidity and mortality resulting in death of one million people each year globally, major measures for its prevention have not been taken. A research paper by Farrukh Imtiaz et al. is published in the Annals of ASH and KMDC vol. 21 (3) 2016 has documented Plasmodium Vivax as the most common species in Khairpur district of Sindh, Pakistan. This article highlights the Roll Back Malaria partnership (RBM) and first Global Malaria Action Plan (GMAP). The study suggests endemicity of Malaria in Khairpur via microscopic malarial parasite (MP) test (Geimsa Staining).

This study highlights the need by its results of MP positive cases in greater promotion of health education and community participation to eliminate malaria from the community.

**Prof. Dr. Sina Aziz (Chief Editor)**

**Fourth Year MBBS student's Abstract accepted for poster presentation in World Congress of Paediatric Gastroenterology, Hepatology and Nutrition (WCPGHAN)**

**5<sup>th</sup> - 8<sup>th</sup> October 2016, Montreal, Canada.**

**1. Title: Eating Attitudes In Adolescents With Respect To Their Body Image**

Authors: Somia Jamal<sup>1</sup>, Areeba Arif<sup>2</sup>,  
Sina Aziz<sup>3</sup>, Tariq Adnan<sup>4</sup>

**2. Title: Childhood Feeding Difficulties Faced By Mothers From 6 Months To 2 Years In A Tertiary Health Care Facility.**

Authors: Maha Masood<sup>1</sup>, Iqra Anis<sup>2</sup>,  
Maria Dawson<sup>3</sup>, Sina Aziz

### HIGHLIGHTS OF THE JOURNAL VOL. 21(3) SEPTEMBER, 2016

#### ORIGINAL ARTICLE

##### **The Frequency of Fetal Congenital Anomalies and Associated Risk Factors Observed in Pregnant Women in a Public Sector Hospital of Karachi**

Congenital anomalies or birth defects can be defined as structural or functional anomalies, including metabolic disorders, which are present at the time of birth. The object of the cross-sectional study was to identify anomalies and risk factors in pregnant women presenting at a public sector hospital of Karachi. Healthcare authorities must consider primary prevention in the form of vaccination such as Rubella vaccine, nutrition and drugs such as folic acid to reduce preventable congenital anomalies.

#### SHORT COMMUNICATION

##### **Recurrent Urinary Tract Infection in Children - A Clinician's Approach**

Recurrent urinary tract infection refers to more than 2 infections in six months or 3 infections in one year. Urinary tract infection is one of the most common infections of childhood, standing second to respiratory tract infection RUTI may lead to chronic kidney disease, hypertension and renal failure. Treating children with infection may need awareness among the general practitioners and timely referral to pediatric nephrologist may prevent chronic diseases.

#### CASE REPORT

##### **Gullian-Barre Syndrome with Bilateral Facial Nerve Palsy - A Rare Entity**

A 7-year old girl, admitted at the department of paediatrics, Liaquat National Hospital presented to us with sign and symptoms of GBS post-varicella infection, with bilateral facial weakness. The patient was treated with Immunoglobulin IVIG therapy, the patient had significant improvement in gait, facial and limb muscle power. GBS should be considered in differentials of bilateral asymmetry. Early detection helps in complete recovery or limited weakness.

#### LETTER TO EDITOR

##### **Anorexia Nervosa: A Serious Psychological Disease**

Anorexia Nervosa presents with loss of appetite, alarmingly reduced body weight, misshaped torso appearance, and profound anxiety of being obese. This deranging mental illness affects several systems within the body, with complications such as purpura, liver dysfunction, osteoporosis, diabetes, acrocyanosis etc. Treatment of Anorexia Nervosa consists of two major components: Dietary treatment for weight restoration and Psychotherapeutic treatment. It is possible to minimize the number of relapses and reduce causes of these illnesses by means of skilled psychotherapy aimed at the psychopathology of Anorexia nervosa.

#### STUDENT CORNER

##### **A Simple Self-Exam to Save Women from Harm Breast Carcinoma**

Breast cancer is a calamity which, if diagnosed at a late stage, can cause undue pain and mortality. It is one of the cancers which can be treated effectively if diagnosed early. Thus, its prognosis can be monitored simply by the level of awareness and health education amidst the population. This letter to editor highlights the importance of the self breast examination, conducted by millions of women throughout the world, as a routine self-screening process for the presence of breast cancer.