



**Newsletter Editor:** Student of KMDC Rabia Waseem

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## EDITOR'S NOTE

The journal is introducing eJManager, as part of the editorial functions of the journal. We expect that the next issue of the journal will be online submission from December 2017. A few salient features of this system include:

eJManager is an online journal management, indexing and publishing system that was launched in 2002. The software involves online submission of all articles, their revised versions for reviewing and editing via an editorial board.

The processes of online submission and reviewing of articles has a user friendly interface. It will result in an increased submission turn around speed as all processes are being conducted online. It can be accessed from any computer using the Internet; the eJManager not only provides necessary online tools for article submission and publishing but also offers services like article composing, article hosting and reference checking hence reducing administration time and costs.

Its online editorial board contains features like admission of unlimited editors, enhanced pre-publish tools, automatic production of table of contents, author index, subject index, full control of the manuscripts at every step and much more. All these services offered by the online software have helped save time of the editorial and publishing staff and scholarly societies and institutes.

Further details have been discussed in the Editor's update in this issue.

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

## HIGHLIGHTS OF THE JOURNAL VOL. 22(3) SEPTEMBER, 2017

### EDITORIAL

#### **Better Late than Never; the Newborn Screening Programme in Pakistan**

Newborn screening, introduced in 1962, is a preventive public health measure for the diagnosis of up to 34 congenital conditions. It aims to reduce morbidity and mortality by early identification and detection of diseases. A delay in diagnosis can lead to dire clinical consequences such as growth retardation, learning disabilities, coma and even death. Unfortunately, in Pakistan, its significance is still neglected. There is a need to start awareness and motivation campaigns for the community and the health care providers so that Pakistan can consider having its own national newborn screening programme.

### ORIGINAL ARTICLES

#### **Coping Strategies in Women with Anxiety and Depression during Prenatal Period**

Prevalence of antenatal anxiety and depression is an important public health issue. It can lead to problems like preterm delivery, low birth weight and postnatal depression affecting the bond between the mother and her baby. Antenatal depression can be treated using coping strategies. Coping means to invest one's own conscious effort to overcome stress and its adverse outcomes. If pregnant women settle on an adaptive coping strategy, it would not only be beneficial for their own selves, but also their future generations and the whole community.

#### **Anaemia prevalence and its socioeconomic and dietary determinants among teenage school girls of Karachi**

Anaemia, condition in which your blood lacks enough healthy red blood cells or haemoglobin constitutes a serious global health problem. Iron deficiency is its leading cause. It is more common in young girls and pregnant woman as more iron is required during periods of growth and pregnancy. Anaemia leads to fatigue, decreased resistance to infection, faltering growth and increased antenatal maternal mortality. Awareness regarding intake of dietary and supplementary iron should be increased in women and the general population to combat the disease.

#### **Assessment of Vitamin D Levels In Healthy Infant: A Cross-Sectional Survey Highlighting the Relationship of Vitamin D with Feeding Habits**

Vitamin D is a fat soluble prohormone and has two main forms; ergocalciferol and cholecalciferol. It plays a vital role in calcium and phosphorus regulation at the level of intestine, kidney and bone. Deficiency of Vitamin D can lead to osteoporosis in adults and rickets in children. In Pakistan, nutritional rickets is more common among infants. Dietary counselling of the parents and Vitamin D supplementary programmes conducted at the community level can help to increase awareness and eradicate this problem.

#### **Caffeine Consumption and Academic Performance among Medical Students of Dow University of Health Sciences (DUHS), Karachi, Pakistan**

A cross-sectional study was conducted at Dow Medical College to determine the frequency of caffeine consumption and its effect on the students' academic performance. Majority of the students reported that caffeine use increased their academic performance, however, the study concluded that no association exists between the two. It is recommended that the students decrease the amount of caffeine consumption, adopt a healthier lifestyle and share this knowledge with their friends so that everyone can steer clear of this false social perception.

**Quiz:** To enhance the knowledge that our journal imparts, we have introduced pictorial quiz consisting of a photograph of a clinical condition along with a scenario followed by a quiz, the key to which is provided. We anticipate that this addition will enlighten our readers.