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EDITOR'S NOTE

Vitamin D is one of the most essential vitamins for the human body and its deficiency leads to many diseases. The synthesis of vitamin D is a complex process which requires normal liver, kidney and parathyroid function. Its deficiency is associated with auto-immune diseases like rheumatoid arthritis, Crohn's disease, multiple sclerosis, muscular myopathy and low bone mineral density which can lead to fractures. The issue of vitamin D deficiency globally affects all age groups, however, in Pakistan it is most prevalent in pregnant and lactating mothers and infants. Vitamin D levels are crucial in pregnancy and lactation as low values can lead to impaired glucose tolerance, pre-eclampsia, low birth weight, neonatal hypocalcaemic seizures and childhood asthma. The chief disease amongst infants with vitamin D deficiency is rickets. It is one of the most prevalent diseases affecting paediatric population in several developing countries and the commonest reason of bone disease in children all over the world. The deficiency of vitamin D can be treated by increasing outdoor activities which provide exposure to the Sun. There should be an increased intake of diet rich in vitamin D such as vitamin-rich oily fish, organ meat and animal fat. Infants must be given 400 IU as a mandatory dosage for the first six months of life.

Prof. Dr. Sina Aziz (Chief Editor)

HIGHLIGHTS OF THE JOURNAL VOL. 23(2) JUNE, 2018

EDITORIAL

Vitamin D-The Neglected Vitamin

The issue of vitamin D deficiency globally affects all age groups, however, in Pakistan it is prevalent in all individuals but more so in pregnant women, lactating mothers and infants. The effect of vitamin D on bone formation and remodelling in all age groups is well known; its deficiency is associated with low bone mineral density and increased risk of fractures. National guidelines for requirements in different age groups and at different stages of life need to be developed as well as wide-scale fortification of cereal and dairy products.

ORIGINAL ARTICLES

To Evaluate the Compliance of Postpartum Intrauterine Contraceptive Device at Jinnah Medical College Hospital

A high population growth rate in Pakistan is the leading cause of many socio-economic and health problems. Lack of awareness regarding family planning and use of contraceptives is one of the reasons for population growth. Postpartum intrauterine contraceptive device, a small flexible and T-shaped device can be inserted into the uterus within one year of delivery. It causes inflammation of the endometrium destroying its receptive ability. It is a cheap, safe and convenient contraceptive method and public awareness programs should be conducted to encourage its future use.

Decline in Age of Nutritional Rickets, Need for Routine Vitamin D Supplementation in Young Infants

Rickets is one of the commonest diseases in the paediatric population can be defined as defective mineralisation of growing bone before the closure of the epiphysis. Nutritional rickets is the most prevalent in all the continents including Asia is due to the deficiency of vitamin D, a vitamin that is important in many other aspects for children than just causing bone mineralisation. This study was conducted to determine the age at diagnosis of rickets in children and to assess the association of that age with serum levels of vitamin D.

Effect of Structured Counselling on Women's Choice of Anaesthesia for Elective Repeat Caesarean Section (ERCS) At Abbasi Shaheed Hospital: A Cross-Sectional Comparative Survey

The rate of elective caesarean section for delivery has increased steadily over the past decade. The greater incidence of airway complications among this population has resulted in anaesthetists favouring regional anaesthesia over general anaesthesia. Spinal anaesthesia is as effective as general anaesthesia with favourable maternal and foetal outcomes. Spinal anaesthesia is comparable to general anaesthesia in terms of post-operative pain control. This study evaluates the effect of structured counselling in pregnant women regarding choice of anaesthesia.

Correlation between Blood Pressure Levels and Clinical Signs and Symptoms of Hypertensive Patients: A Gender and Age Based Comparison

Hypertension is among one of the most common chronic diseases, is associated with high mortality and has been identified as the third leading risk factor for disease. It is defined as a systolic blood pressure of 140 mmHg or more, or a diastolic blood pressure of 90 mmHg or more, or taking anti-hypertensive medication. This study determines the correlation between systolic and diastolic blood pressure levels and selected signs and symptoms among different genders and age groups of hypertensive patients.

Quiz: To enhance the knowledge that our journal imparts, this issue will contain a pictorial quiz on the histopathology of oral cavity, the key to which will be provided.