

**Nothing
Imprisons
you more
than a
Kidney
Disease**

Newsletter
JUNE 2020 Issue
June - December
Bi-Annually

Tabba  **Kidney**
Institute
POST GRADUATE TRAINING & RESEARCH CENTER

THRIVE FOR LIFE

T N Z T N C O N

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From Editor's Desk

Dear Readers,

The catastrophic year 2020 has almost come to a close, and as we have reached our first edition of Tabba Kidney Institute Newsletter "Thrive For Live" for the year 2020, I am proud to deem 2020 as another successful and challenging year for Tabba Kidney Institute especially considering the results and performances from both paramedical and administration staff in achieving the organization goals during the pandemic. Our non-clichéd and unconventional approach grows stronger and continues to propel the Institute's brand image across all marketing spectrums. Our employees grow in their dedication and commitment which is evident in internal productivity campaigns and performance evaluations.

Our Urology and Nephrology departments are on a continuing growth curve with significant progress in achieving the milestone by performing the successful Radical Nephrectomy of Wilm's Tumor of a four-year-old girl. Our nursing staff outstanding performance during pandemic prove their dedication towards the organization and this noble profession. Our frontline health workers safeguard the patients at the risk of their own lives. Technological advancements continue to take place, contributing greatly to Tabba Kidney Institute's aim of becoming the top Kidney care institution across the country, has added CT Scanner and Swiss Lithoclast Trilogy in the list of Medical Technology equipment. These valuable additions will further enhance the opportunities for providing advance treatments in the field of Urology.

This edition also covers the interview of our ID specialist Dr Ayesha Ilyas, her contribution in managing the pandemic was remarkable, with her expert consultancy, TKI nephrology department efficiently managed all dialysis on time and we are proud to say that due to her endless support and dedication of our nephrology staff TKI successfully saved all dialysis patients with this deadly virus and still smoothly running all processes.

With a remarkably successful year, we at Tabba Kidney Institute, have raised the bar even further. All the achievements covered in this edition are taken into special notice as they have been made despite external and internal challenges. Our aim is to keep pushing the bar, setting new benchmarks and staying true to our unconventional approach towards communication.

Best Regards



Shazia Junaaid Lalani
Manager Marketing (HOD)

I am more proud of our staff efforts during these unprecedented times. COVID-19 is a global pandemic that impacts all of us. We are working around the clock to ensure we protect our patients while still serving humanity and the vulnerable populations who rely on health. It has been remarkable to witness how our colleagues are coming together to support the battling effort against this pandemic. And the safety and wellbeing of our employees will continue to remain our top priority. While many around the world may be worried or anxious about COVID-19 spreading, we recognize that such fears and anxiety can lead to social stigma towards people but we are on the verge to compete for that stigma as well with an optimistic approach to beat this situation and move forward.

The third edition of Tabba Kidney Institute newsletter defines the events and valuable achievements and hard work of our organization to combat with Coronavirus.

Best Regards



Muhammad Omer Farooq Rana
Social Media Marketing Executive

The COVID-19 situation has evolved to the defeat and we have deal with a significant global challenge. Many governments around the world have taken stricter and more impactful measures to ensure the safety of their citizens. Understandably, there is a great sense of unease everywhere. It is in times of crisis that heroes are born. We would like to recognize in particular our frontline doctors and nursing staff – their commitment and their discipline are critical at this time to maintain safety and caring continuity. It is our priority to support them in this important endeavor. On the other side, our paramedic and the administrative team didn't stop the same passion to spread care, health, safety, and education without compromising the same quality standard.

At times like these, the worry list can be long for all of us, there are no exceptions. But I am also convinced that we will get through this if we do not lose our self-confidence and our energy. It is literally in our hands.

Stay Safe, Thank you.



Yawar Sohail
Digital Marketing Strategist

Fight against COVID-19

During the COVID-19 Outbreak, we are operating with the same quality services at Tabbā Kidney Institute, Clinical Centers, Laboratories, and Pharmacies remained open.

During this hard time, we are committed to providing the same high-quality care for which we have always known. The COVID-19 pandemic is the darkest public health challenge the world has faced in recent memory. Our experts are at the forefront of the response, providing outstanding renal care, educating the public, and conducting research to better understand the situation and the outbreak. This is an all-hands-on-deck moment, and we are acting accordingly.



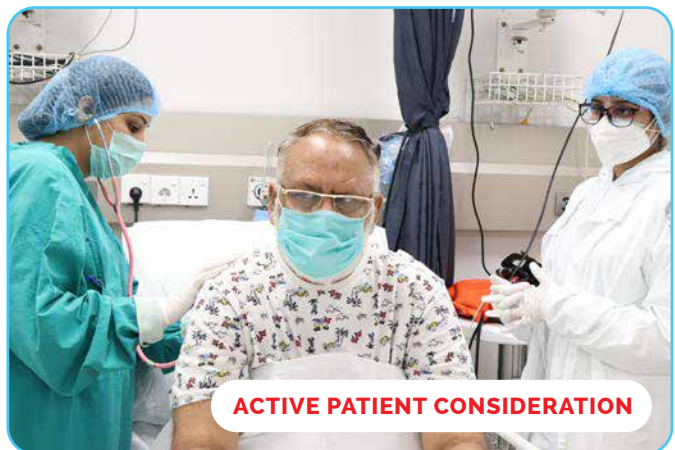
CONTINUOUS STAFF TRAINING



SECURED WITH PPE



PROTECTED SURGERIES



ACTIVE PATIENT CONSIDERATION



PROTECTED PHARMACY

Fight against COVID-19



Nurses and Emotions during COVID-19

The terrible COVID-19 pandemic is causing many hospitalizations and also deaths, sparing none. The crisis has trapped health care workers in a vicious circle of professional and personal dilemmas. Each day, despite fearing to catch the infection, nurses still perform their duty on frontlines to safeguard their patients. Even with the constant increase in disease burden in our population, and reports of healthcare professionals getting infected, the effort and constant care provided by nurses is tireless, holistic, and patient-centered.

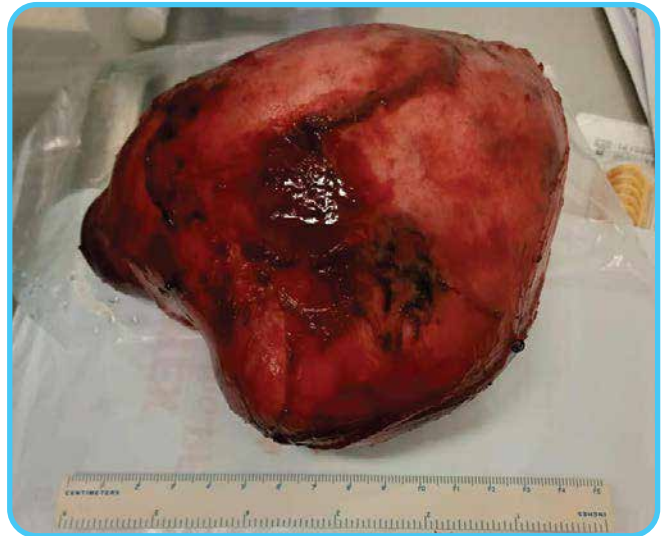
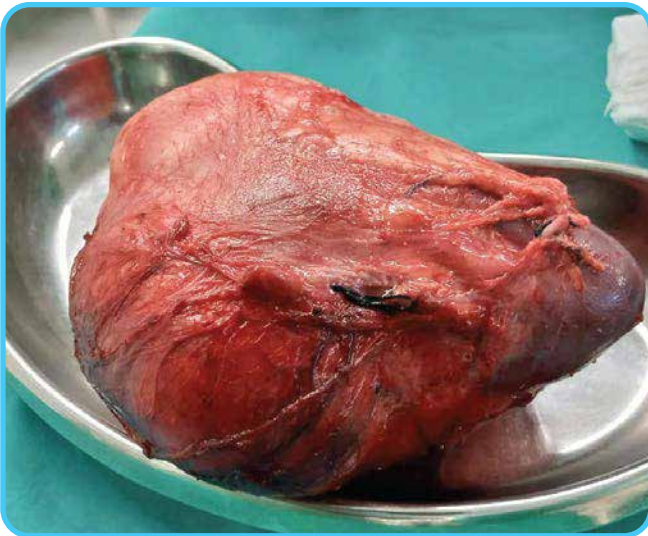
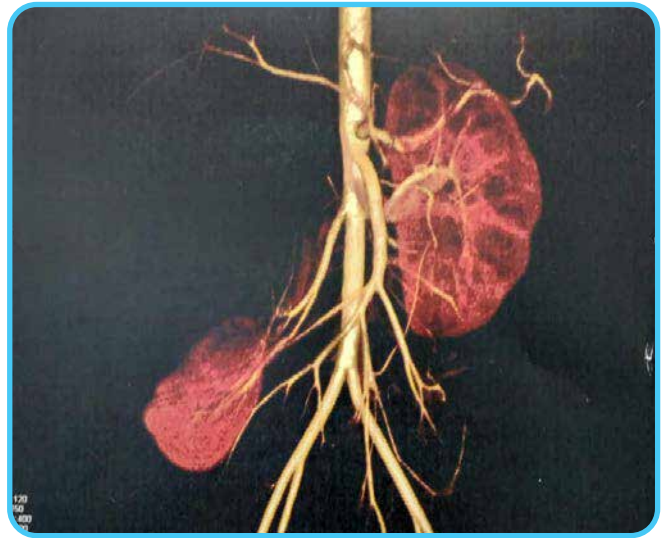
Although the entire work routine has been changed from the starting of shift till the end. Wearing the protective suit, the so-called (PPE) is not as easy as it sounds, one cannot touch their face, tight suffocating mask, and goggles, and they cannot talk with other staff, and cannot take breaks or use their phones to call their loved ones during entire shift. As we learn more about COVID, there are new infection guidelines introduce almost daily, remembering them all while performing stressful long hours duty is challenging. An analogy to explain it could be having a new exam daily and not knowing whether we would PASS or FAIL BUT still, we are standing up against all odds for the patients.

Our minds don't stop thinking about our patients even when we are at home, simultaneously, we are also humans who have other roles that define us other than being a nurse. We are also a parent, a son, or a daughter to our parents or parents in law, a spouse, or a sibling and in such extreme circumstances, we are always praying that our families remain safe while we serve your loved ones.

Milestones

Successful Treatments

We Congratulate our **Urology** team especially Dr. Sherjeel Saulat, Chief Urologist & Director Surgeries at TKI for performing the successful Radical Nephrectomy of Wilm's Tumor of a four-year-old girl came with Hematuria. She has diagnosed with Wilm's tumor after evaluation with a volume of about 980mls. Preceded with Radical Nephrectomy after Preoperative Chemotherapy sessions.



Milestones

New Technology in Home

New CT Scanner

We have added the latest High-tech Computed Tomography scanner in our Radiology department being handled with experienced radiologists. CT scan is an important diagnostic test that can help detect many serious health issues. It primarily uses X-ray technology to take cross-sectional images of different parts of the body.



Milestones

New Technology in Home

Lithoclast Trilogy

Complex kidney stone treatments just got easier for urologists with the latest introduction of Swiss Lithoclast Trilogy. It delivers controlled ultrasonic and ballistic energy concurrently or independently with simultaneous suction through a single probe. It breaks up hard stones more efficiently than leading dual-energy Lithotripters.



CORONAVIRUS AND KIDNEY DISEASE

Older adults and people with kidney disease or other severe chronic medical conditions seem to be at higher risk for more serious Coronavirus illness. Because of this increased risk for kidney patients, you need to take action to reduce your risk of exposure.

Does kidney disease are at a higher risk?

People with kidney disease and other critical chronic medical ailments are at higher risk for more severe illness. People on dialysis can have weaker immune systems, making it harder to fight viruses. However, it is necessary to know that kidney patients need to proceed with their regularly scheduled dialysis procedures and to take unavoidable precautions as prescribed by their doctors. It is also necessary to wash hands, maintain good hygiene and follow the instructions from their hospitals.

Are there special precautions that someone with kidney disease should take?

Older adults and people with kidney disease or other severe chronic medical conditions seem to be at higher risk for more serious COVID-19 illness. If you are at higher risk of getting very sick from COVID-19, you should:

- Stock up on groceries.
- Take daily precautions to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact.
- Wash your hands often.
- Avoid crowds as much as possible.
- Stay home as much as possible.

Please remember that if you are on dialysis, you should not miss your treatments. Contact your hospital if you feel sick or have any questions or concerns.

What about people with autoimmune diseases that can harm the kidneys?

With an autoimmune disease, the body's immune system attacks the body's cells, tissues and organs. Many of these diseases, such as IgA and lupus, can also attack and harm the kidney. People with an autoimmune disease may be prescribed certain immunosuppressive medicines by their healthcare professional (depending on the disease and other factors). These medicines work by keeping the immune system less active, which can make it harder for the body to fight infections.

Recommendations to reduce risk from COVID-19:

Keep taking any medicine as prescribed.

Wash your hands.

Maintain good hygiene.

You should contact your healthcare organization like Tabbu Kidney Institute.

Stay Healthy

Interview with Dr. Aisha Ilyas

MBBS, FCPS (Med), FCPS (ID)

Consultant Infectious Diseases at TKI



Is it safe to go to the hospital for dialysis during COVID 19 pandemic?

Patients on dialysis should not miss any session of dialysis. You can protect yourself from COVID 19 by wearing masks, hand washing, maintaining social distance. Also avoid eating and drinking at the dialysis centre. At TKI we are taking all precautions to keep our hospital safe from COVID both for our patients and staff. Also remember not to leave the house unnecessarily, avoid going to markets and overcrowded places. Even when going to the mosques, offer prayers and quickly return. Whenever possible use individual commute and always wear a mask properly.

What should I do before going to my dialysis center?

(1) Before coming for dialysis make sure you have no fever or cough, if you have any of this contact the unit doctor on the phone. (2) Properly wash your fistula site with soap and water at home. (3) Wear a mask, keep a hand sanitizer and a pair of gloves. (4) Once at the dialysis unit, make sure that your dialysis station is clean. The stethoscopes and BP apparatus are cleaned before taking your vitals.

If I get COVID-19, how will I continue my dialysis in isolation?

People on hemodialysis have been infected with COVID world over with good outcomes. If you have COVID that does not need hospitalization, inform the dialysis unit so they can schedule the dialysis with other COVID patients. You will continue your dialysis as scheduled with only slight change in your timings. Once, your isolation has ended you can rejoin your old shift. At TKI we are following the CDC guidelines for infection control and prevention for our dialysis patients with COVID.

Can dialysis patients recover from COVID-19?

Dialysis patients have the same chances of recovery with COVID like any other individual. At the start of the COVID we were really worried for our dialysis patients as they have very little immunity but the incidence and the outcome of COVID in dialysis patients has been the same as healthy individuals.

What foods should I have on hand?

Avoid eating at the dialysis centre, bring your own water bottle. At home you should consume healthy food in potassium, phosphorous and sodium (Read 'Role of Good Nutrition in COVID-19 by Maria Aamir')

What can the dialysis centers do to prevent the spread of COVID-19?

To make the dialysis centers safe both their staff and patients have to work together. At TKI our staff has been advised strictly to monitor themselves for any signs and symptoms of COVID. They wear full PPE at all time while attending the patients. The unit cleaning has been enhanced to minimize the spread of infection. The dialysis patients should also monitor themselves for any signs and symptoms and inform promptly. If anyone within the same household has been diagnosed with COVID, please inform the unit as you need to be quarantined till COVID PCR is awaited. For all suspected and confirmed cases of COVID separate dialysis shifts have been arranged.

What other infections should the dialysis patients be worried for in this weather?

Typhoid, malaria and dengue. These usually peak in rainy summers but can easily be avoided by hand washing, consumption of clean water and food, using mosquito repellents or wearing fully covered clothes and fumigation. Also, avoid storing water in open containers that can become breeding places for the mosquitoes. Keep yourself and environment clean and you will do well.

Anything else you will like to share with us.

The number of COVID cases is declining rapidly, if we continue to take safety precautions, we can eliminate this disease even before the vaccine is available. Please continue safe practices by wearing mask and social distance. We can stop COVID by being responsible.

Medical Camps

Free Medical Camp in Bachat Bazar (11th & 12th January 2020)

A fun-filled two days winter family festival organized by **International Memon Organization – IMO Pakistan Chapter**. Lots of Activities for families like shopping up to 30% off from companies. Mouthwatering food court, largest kids' arena with 35+ Activities to enjoy also every hour lucky draw for visitors. Tabba Kidney Institute also participated in this event, facilitate families by given 30% discounts on all our clinics. On the stall families came for free blood and sugar test.



Medical Camps

Free Medical Camp at Ary Feast (Family Festival)

(14th, 15th & 16th February 2020)

Tabba Kidney Institute participated in **ARY FEAST 2020**. At the festival, we provided free kidney screenings. Camp also programmed with entertainment activities like magic, music and games or quiz for families. We also distributed discount coupons on our labs, radiology, and consultant clinics for the winners who participated in the quiz competition. We have served free checkups to more than **600** people.



UroOncology

Diagnostic & Treatment Services
Tabba Kidney Institute



Every year hundreds of man, woman and children are diagnosed with kidney, bladder prostate cancer as well as testicular cancer in Pakistan. Tabba Kidney Institute is providing the country's best Uro-Oncology services with internationally trained and recognized faculty.

We Treat Cancer of
Kidney Bladder Prostate Testicular

**SPECIAL DISCOUNT
ON PEDIATRIC CHEMOTHERAPY
FOR KIDNEY AND BLADDER CANCER**

Stay Healthy

Dialysis patient should not stop their treatment during the COVID-19 outbreak

Stay safe during dialysis and the COVID-19 Outbreak:

Dialysis patients should not stop their treatments during the COVID-19 outbreak. Tabba Kidney Institute has fully equipped and well-trained staff that gives you complete protection and useful information to stop the virus from spreading. Dialysis patients should never skip their scheduled dialysis to refrain from serious complications that can arise from the non-purification of your blood.

Debunked Myths of Coronavirus

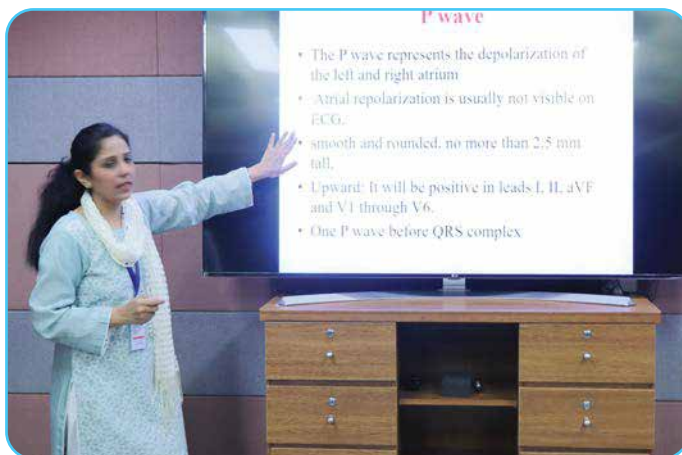
During this Corona-virus Pandemic, People usually adopted different kinds of home remedies to get themselves cured of the virus, so these are all debunking of miseducation. That means spotting and correcting these myths coming from the internet and word of mouth. Fortunately, we are here to correct you by stating the true facts against these myths.



Teaching & Training Programs

ECG Workshop

Nursing Service Department conducted two days ECG workshop in the month of January, 2020. In this workshop nursing staff from Tabba kidney Institute, Patel hospital, Saifee Burhani Hospital, Medicare & Cardiac Hospital were participated. Total above **40** nurses were awarded the certificate of participation. **Dr. Khubaib Majid** (Consultant from Tabba Heart Institute) also covered the major topic of ECG that is Arrhythmia. Other faculty from Tabba Kidney Institute covered the other topics that are Basic ECG, Heart Blocks, ECG changes in Myocardial Infarction.



Teaching & Training Programs

Awareness Session on Nutrition & Lifestyle Management in Chronic Diseases.

Tabba Kidney Institute celebrated Nutrition Month and conducted awareness session on Nutrition & Lifestyle Management in Chronic Diseases on Saturday on 14th March 2020. Program was facilitated by Ms. Maria Aamir, Clinical Dietitian / Nutritionist at TKI.



آغاز میزہیلتھ کلینک

میل انفرٹیڈی اور انڈرولوجی ٹریٹمنٹ

ٹباکڈنی انسٹیٹیوٹ اور کنگز کالج لندن پارٹنر انسٹیٹیوٹ

کی مشاورت کے ساتھ پیش کرتا ہے کلینک برائے مردانہ ہانچہ پن اور مردانہ کمزوری



خواتین کے معائنے اور مشورے کے لیے
ماہر امراض نسواں کی سہولت موجود ہے۔

کلینک کی خصوصیات:

- لیبارٹری ٹیسٹ۔
- نفسیاتی و ازدواجی مشاورت۔
- غذائی مشاورت۔
- طرز زندگی کی مشاورت۔
- عضوتناسل کے امراض۔
- قبل از وقت انزال۔
- منی (سپرم) میں کمی اور کمزوری۔

خصیہ دان (اسکروٹم) میں بننے والی رگوں کی تھیلی کا علاج بذریعہ سرجری۔

پیشاب کی نالی کی سختی (Stricture/Urethra) کا علاج بذریعہ Urethroplasty۔

Participations

2nd PROBE (Physiology Resonates and Ozonizes Biological Existence) (7th & 9th January 2020)

In the past few years, the world has witnessed immense success in basic sciences research, Tabba Kidney Institute is one of the few Institutes of Pakistan that are involved in basic science researches apart from their own domain of clinical and surgical course. Tabba Kidney Institute has participated in 2nd International Conference PROBE organized by the Department of Physiology, University of Karachi held from 7th to 9th January 2020, and proudly presented three research E-posters and two Oral research papers. There were a separate Urology and Nephrology sessions dedicated to relevant research articles, Eighteen of research papers were presented by National and International researchers, these sessions were chaired by Dr. Syed Aqeel Ahmed Chief Operating Officer of TKI and Dr. Sherjeel Saulat Qazi Director surgeries at TKI. As a keynote speaker, Dr. Syed Aqeel Ahmed stated that Tabba Kidney Institute is privileged to have basic science researchers team from the Physiology Department and TKI will always help students in their research-related activities. The conference is themed as 'Molecules to Mechanisms'; reflecting the contemplative and incredible role of Physiology in life sciences. The Chairman Department of Physiology KU Professor Dr. Taseer Ahmed said that researchers and scholars would attend the biennial scientific meetup. The event is supported by the Higher Education Commission-Pakistan, Pakistan Science Foundation, Office of Research Innovation and Commercialization, and World Poultry Science Association.



Participations

Participation in STEE (Strengthening Education & Empowering Diabetes Management) (28th - 29th February 2020)

Dr. Bilal Jamil Medical Director at Tabba Kidney Institute has participated as a Lecturer in STEE (Strengthening Education & Empowering Diabetes Management) held at Agha Khan University Hospital on 28th - 29th February 2020. He presented the lecture on Diabetic Kidney Diseases for Family Physicians.



PAUS Virtual Meeting (29th May 2020)

Our Urology Department, in collaboration with the Pakistan Association of Urological Surgeons (PAUS), hosted its monthly meeting on Friday, the 29th of May, 2020, at Tabba Kidney Institute, Karachi. On this occasion, around 45 to 55 PAUS members from different urological institutes of Karachi attended the meeting.



*For the benefit of
Female Urological Complaints
Tabba Kidney Institute
now launches..*

UroGynaecology Services



We Treat:

- Symptoms of Lower Urinary Tract
- Female Genital/Pelvic Organ Prolapse
- Urinary Incontinence
- Interstitial Cystitis
- Overactive Bladder
- Recurrent Urinary Tract Infection
- Urinary Retention
- Bladder Pain

Specialty Treatments

- Anterior and Posterior Floor Prolapse Repair
- Tension Free Vaginal tape (TVT), TOT for Stress incontinence
- Genito-Urinary Fistula Repair
- Hysteroscopy, Sacrocolpopexy, Sacrospinous fixation
- Vaginal Hysterectomy minimally invasive Surgery

Diagnostics Tests & Procedures

- Cysto-Urethroscopy
- Urodynamic Testing
- Ultrasound

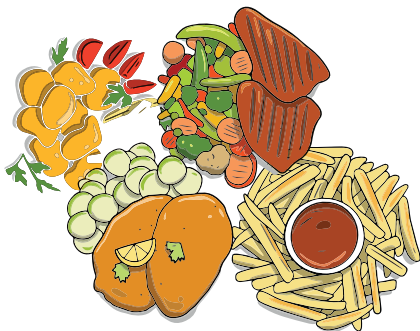
Main Campus Clinic Timings

Monday - Saturday
10:00 AM - 04:00PM

DHA Clinic Timings

Wednesday
03:00 PM - 05:00 PM

Stay Healthy



Role of Good Nutrition in COVID-19

by Maria Aamir



Good nutrition is much more than something to fill our stomach. What we eat and drink can influence our body's ability to prevent, fight, and recover from infections. Although there is NO particular food or dietary supplements that can prevent or cure COVID-19 infection except proper Nutrition & Hydration. People who eat a well-balanced diet tend to be healthier with a stronger immune system and lower risk of chronic illnesses and infectious diseases.

Important Guidelines for maintaining Good Nutrition

- Try to Make Food Plate as colorful as possible:

We need to choose a variety of fruits & vegetables because these are fiber-filled, low calorie, fat-free, and full of vitamins & minerals. Most discussing vitamin these days are antioxidants (Vitamin A, C, D & E along with the mineral Selenium) Antioxidants are substances that may prevent or delay some types of cell damage. Antioxidants rich foods include:

- Vitamin A: Pumpkin, Spinach, sweet potatoes, dark leafy greens, mangoes & cantaloupes.
- Vitamin C: Citrus fruits, strawberries, bell peppers, cauliflower, broccoli, tomatoes, sweet potatoes.
- Vitamin D: Sunshine, fortified milk and orange juice, egg, salmon, mackerel, liver.
- Vitamin E: Vegetable oil, almonds, whole grains, sweet potatoes.
- Selenium: Salmon, Haddock (types of fish)

- Cut back on Salt:

Limit salt intake to 2300 mg or 2.3 gram per day that is equal to 1 teaspoon. Remove the salt shaker from the table and experiment with fresh or dried herbs and spices for added flavor instead. Try to reduce or avoid the use of salty sauces and condiments like soy sauce, chicken cubes, chicken powder, and other preserved foods.

- Keep an eye on sugar intake:

Limit intake of sugar & sugary drinks like fizzy drinks, tetra packed fruit juices, energy & sports drinks & flavored milk. Choose fresh fruits & low sugar dessert options.

- Drink enough water:

Good hydration is important for optimal health. Drink as much water as possible instead of sugar-sweetened beverages.

- Eat a moderate amount of Fats & Oils:

- Replace butter & ghee with healthier fats like olive, soy, sunflower or corn oil during cooking.
- Choose white meat like poultry & fish, they are generally low in fats than red meat. Trim off all visible fats from meat before cooking and limit consumption of processed meats.
- Use low-fat milk & other dairy products.
- Avoid processed, bakery products & fried foods that contain industrially-produced Trans fats (unhealthy fats).

Events

Tabba Kidney Institute - ICI Pakistan “Khususi Kidney Camp” at Khewra

Tabba Kidney Institute has visited KHEWRA to “Khususi Kidney Camp” with the collabration of ICI Pakistan limited where 500+ populations screened the multiple health awareness sessions. Patients who have attended the health awareness sessions were in acute need of kidney screening and treatments that are not available there at the moment. Unfortunately, the female population were in majority who required health awareness regarding Urogynecological services. There are essential need for renal healthcare services in that vicinity to resolve their health issues which have been neglected since so many decades.



World Kidney Day - Awareness Session (12th March 2020)

This year World Kidney Day continues to raise awareness of the increasing burden of kidney diseases worldwide and to strive for kidney health for everyone, everywhere. Due to prevailed situation of coronavirus eruption around the country. Tabba Kidney Institute planned to create awareness programs during the International World Kidney Day.

On this day, we perform a live session highlighting the importance of preventive interventions to avert the onset and progression of kidney disease and teach renal patients to maintain their health during the coronavirus pandemic.



WKD - Awareness Session Panel: Mrs. Sana Tariq - Senior Research Officer, Mrs. Madiha Farhan - HOD Nursing, Mrs. Maria Aamir - Nutritionist, Dr. Ameen Zubair - Consultant Nephrologist and Dr. Lubna Razak - Consultant Gynaecologist.

Kidney Health Perception by Public health scientist

In this session, Our honorable guest speaker, a Public Health Scientist Dr. Muhammad Bilal Siddiqui elaborated on the value of public health care and preventing techniques to eliminate risks of kidney diseases in Pakistan. He also shared the solutions to mitigate the issues from past elevated kidney disease statistics.



International Nurses Day (12th May 2020)

Every year International Nurses Day is celebrated on 12th of May, it is the day to recognize and appreciate the contribution of nurses as pivotal and integral role players in health care. This year is unique, because none of us would be “celebrating” the day with seminars followed by lunches or hi-teas, there will be no team celebrations at fancy restaurants as we face the public health crisis. However, we will still appreciate everything that nurses do in our own unique ways. World Health Organization (WHO) has designated this year as "The year of the Nurse and Midwife. The International Nurses Day theme of 2020 is "NURSES A Voice to Lead Nursing the world to Health". The theme is indeed relevant, in the given situation of this pandemic (COVID-19) since the effort, dedication and round the clock care demonstrated by nurses is remarkable and praise worthy.

As Head of Nursing at Tabbā Kidney Institute, I want to express my gratitude and appreciate all nurses for their empathetic patient-centered care and outstanding performance throughout the year. Thank you for ensuring Best Clinical Practices and believing in the continuous improvement by participating in the organized workshops and seminars. On behalf of TKI's management, I wish you all a very Happy Nurses Day.

Madiha Farhan
HOD Nursing, TKI



DON'T LET DIALYSIS DEFINE YOU !

OUR HIGH-FLUX DIALYSIS WILL PROVIDE YOU EASE...

To improve the quality of dialysis, TKI has introduced an advance form of dialysis called High flux dialysis. In this dialysis, a special filter (dialyzer) is used which provides better dialysis treatment and clearance of blood. Currently Tabbba Kidney Institute has six fully equipped private rooms in deluxe dialysis unit where High-Flux dialysis is carried out. The facility is equipped with all necessary medical equipments and during dialysis patient's vitals are continuously monitored which provides extra comfort in addition to better dialysis. Each room has facilities like internet, telephone, TV and attendants are allowed to stay with the patient during therapy.



Clinics

UROLOGY (ADULTS & PEDIATRIC)

CLINIC SCHEDULE
Monday-Wednesday-Saturday
10:00am - 05:00pm



STONE CLINIC (Adults & Paeds)

CLINIC SCHEDULE
Monday To Saturday
10:00am - 02:30pm



NEPHROLOGY (ADULTS)

CLINIC SCHEDULE
Monday-Wednesday-Thursday
10:30am - 02:30pm



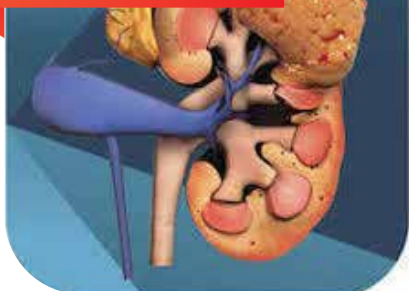
NEPHROLOGY (PEDIATRIC)

CLINIC SCHEDULE
Saturday
03:00pm - 05:00pm



URO-ONCOLOGY (ADULTS & PAEDS)

CLINIC SCHEDULE
Saturday
03:00pm - 05:00pm



ANTENATAL CLINIC

CLINIC SCHEDULE
Monday-Wednesday-Saturday
10:00am-05:00pm



DIALYSIS CLINIC

CLINIC SCHEDULE
Saturday
11:00am-02:00pm



RENAL TRANSPLANT CLINIC

CLINIC SCHEDULE
Tuesday - Friday
11:00am - 01:00pm



Clinics

URO-GYNAECOLOGY CLINIC

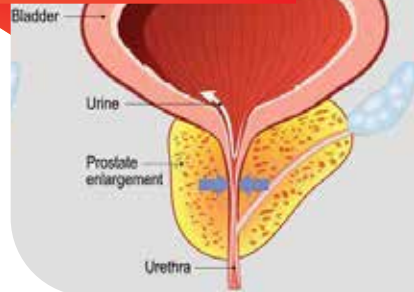
CLINIC SCHEDULE

Monday - Saturday
10:00am - 03:00pm



BPH PROSTATE CLINIC

Monday To Saturday
10:00am-02:30pm



MALE INFERTILITY & PROSTATE CLINIC

CLINIC SCHEDULE

Monday-Wednesday-Saturday
10:00am - 05:00pm



GASTROENTEROLOGY CLINIC

CLINIC SCHEDULE

Tuesday
04:00pm - 05:00pm



INFECTIOUS DISEASES CLINIC

CLINIC SCHEDULE

Tuesday
11:00am-12:30pm



DIABETIC CLINIC

CLINIC SCHEDULE

Tuesday
04:00pm - 05:00pm



NEUROLOGY CLINIC

CLINIC SCHEDULE

Thursday
02:30pm - 03:30pm



NUTRITION CLINIC

CLINIC SCHEDULE

Monday - Saturday
10:00am - 01:00pm



DHA & DIAGNOSTICS & CONSULTATION CENTRE

COMPREHENSIVE CARE FOR
KIDNEY DISEASES UNDER ONE ROOF

Our extensive range of services include:
Consultation Clinics

- Nephrology Clinic-Adult & Peads
- Urology Clinic-Adult & Peads
- Antenatal Clinic for Urological Disorders
- Prostate Clinic
- Male Urology Infertility Clinic
- Uro Oncology Clinic - Adult And Paeds
- Uro-Gynaecology Clinic
- Angioaccess/Vascular Clinic

- نیفرولوجی کلینک (بچوں اور بڑوں)
- یورولوجی کلینک (بچوں اور بڑوں)
- بچوں میں گردوں اور مثانے کی پیدائشی خرابی
- پروسٹیٹ کلینک
- مردانہ کمزوری کی کلینک
- گردوں اور مثانے کے کینسر (بچوں اور بڑوں)
- یوروگائناکولوجی کلینک
- ڈالیسس کے فسطولا اور گرافٹ کلینک

Equipped with High Tech 140 Watts Laser, 3D & 4K Camera Laparoscopic Technology in Pakistan.

LABORATORY

PHARMACY

ULTRASOUND

For Appointment and Details Please Call:

DHA Address: 107-C, Commercial Area "B", Phase II, DHA, Main Korangi Road, Karachi
Call Centre: 0311-1543639 & 0317-1706593 Telephone: 0213-5311211

TABBA KIDNEY INSTITUTE HYDERABAD OUTREACH CENTRE

Consultation Clinics

Urology Clinic (Adult/Paeds)

- Antenatal Clinic for Urological Disorders
- Adolescent Urology Clinic
- Andrology & Prostate Clinic
- UroOncology Clinic (Adults/Paeds)
- UroGynaecology Clinic
- Stone Clinic

Nephrology Clinic (Adult/Paeds)

- Haemodialysis Clinic
- Nephrotic Syndrome Clinic
- Diabetes Clinic
- Hypertension Clinic
- Transplant Clinic

**Equipped with High Tech 140 Watts
Laser, 3D & 4K Camera Laparoscopic
Technology in Pakistan.**

LABORATORY

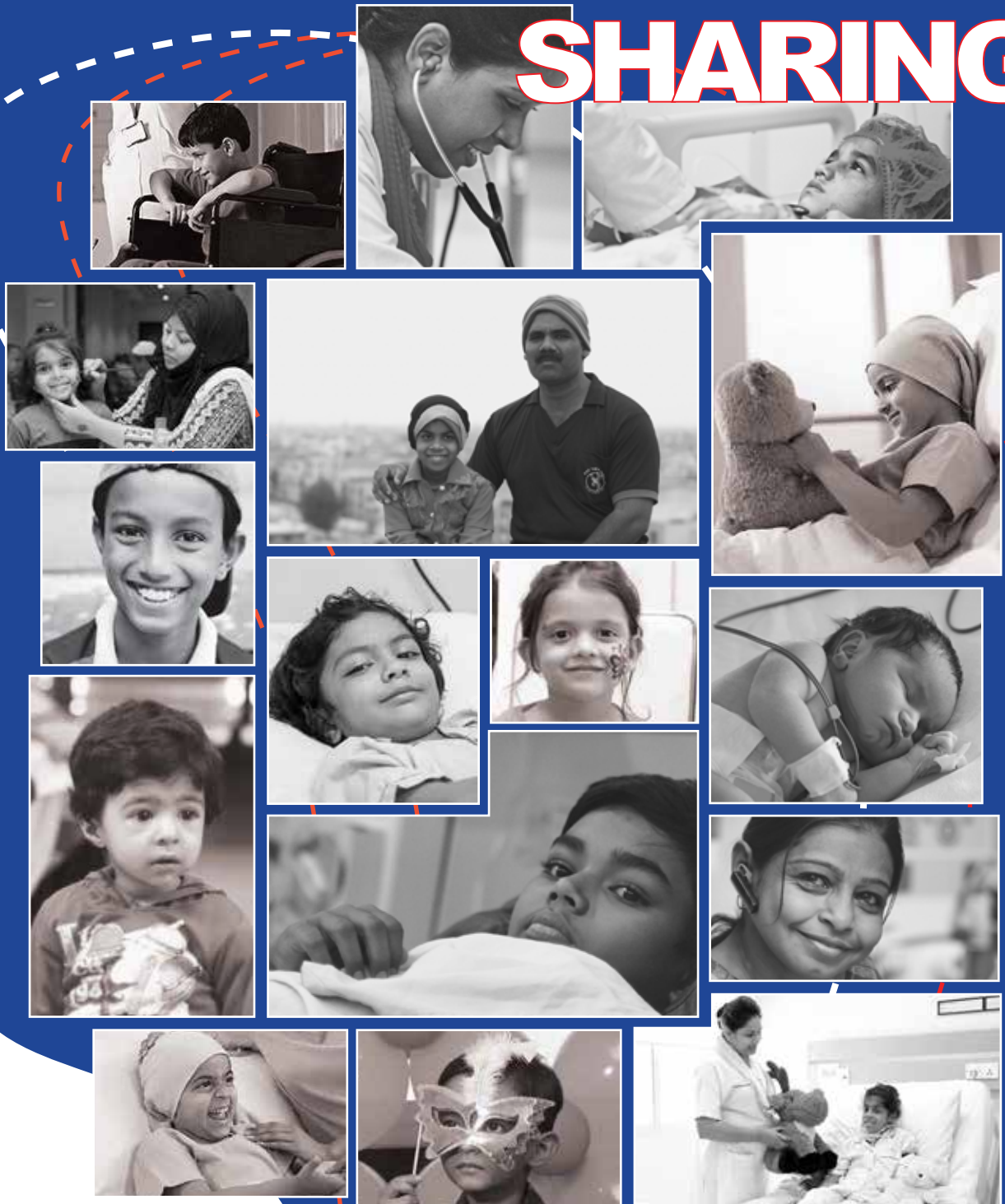
X-RAY

ULTRASOUND

For Appointment and Details Please Call:

Tabba Kidney Institute Hyderabad Outreach Centre
3rd Floor, Boulevard Mall, A/14 Auto Bahn Rd, Hyderabad.
Call: 0311-1543639 & 0317-1706594

SHARING



HAPPINESS

Tabba  **Kidney**
Institute
POST GRADUATE TRAINING & RESEARCH CENTER

PATRONAGE

Mohammad Ali Tabba, CEO
Dr. Syed Aqeel Ahmed, COO
Dr. Sherjeel Saulat, Director Surgeries
Dr. Bilal Jamil, Medical Director

MAIN CAMPUS: ST-26, Block-7, Federal B Area, Karachi.

HYDERABAD CLINIC: 3rd Floor, Boulevard Mall. A/14 Auto Bahn Rd, Hyderabad.

DHA CLINIC: 107-C, Adjacent to Tooba Masjid, Commerical, Phase II, DHA, Karachi.

03-111-KIDNEY (543639) & book an appointment at www.tabbakidney.org



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