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IPH NEWS

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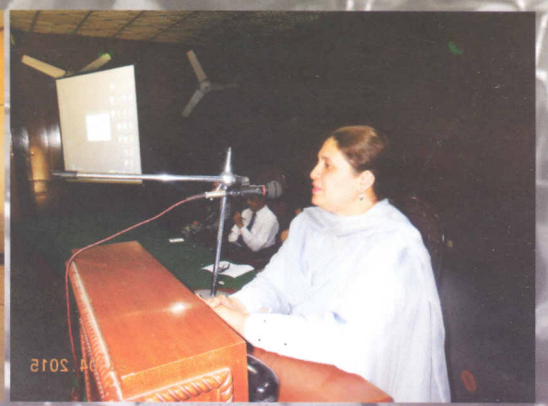
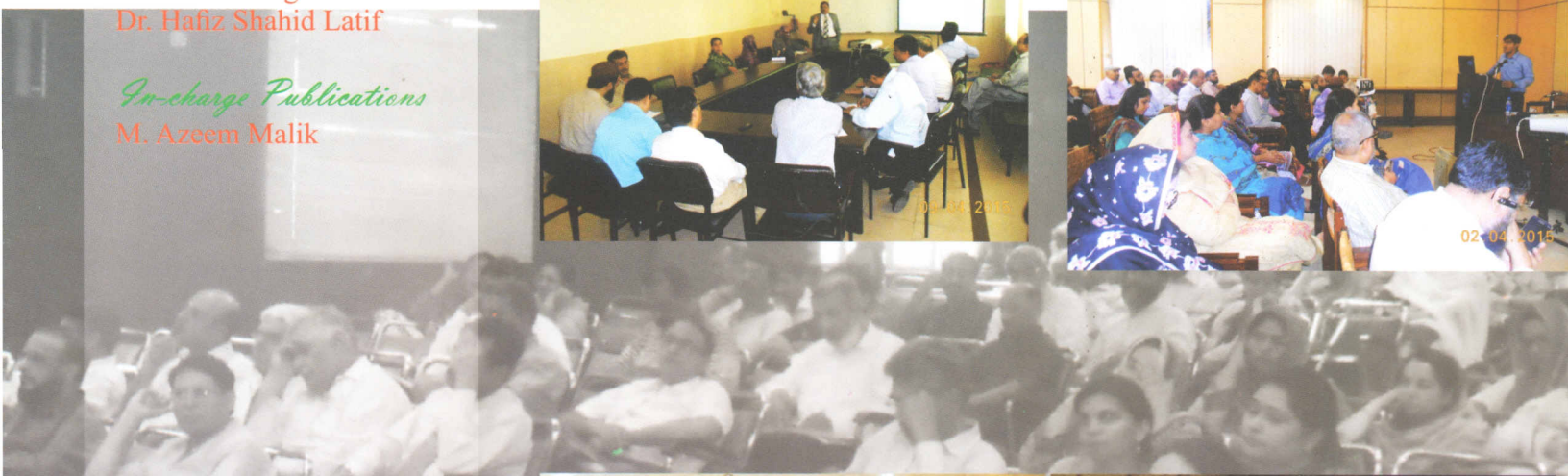
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B VITAMINS

A Brief Introduction To Health & Micronutrients

AFIRA AZIZ

B vitamins are a class of water-soluble vitamins that play important roles in cell metabolism. Though these vitamins share similar names, research shows that they are chemically distinct vitamins that often coexist in the same foods. In general, supplements containing all are referred to as a vitamin B complex.

Vitamin B1 – Thiamin:

Assists in carbohydrate & amino acid meta-bolism. Thiamin needs are proportional to your energy or calorie needs. The more calories you consume, the greater your need for this vitamin. The beauty is that the more calories you consume, the more thiamin you automatically consume anyway.

Sources of Thiamin:

Though thiamin is found in most food groups, many get most of their thiamin from fortified breakfast cereals and enriched grains such as rice and pasta. Meat, beans and peas are additional sources. There are no known toxicity symptoms of thiamin. Alcoholics and those who eat a junk food-heavy diet are at risk of Thiamin deficiency. A diet of highly processed, but unenriched foods provides ample calories with little thiamin. Additionally, alcohol contributes calories without providing good nutrition, and it interferes with thiamin absorption. Thiamin deficiency disease is called beriberi and is characterized by weight loss, confusion, irritability, nerve damage and muscle wasting.

Vitamin B2 - Riboflavin:

Assists in carbohydrate and fat metabolism.

Sources of Riboflavin:

These include dairy products, fortified cereals and enriched grains. Mushrooms and organ meats such as liver are additional sources. Riboflavin deficiency is uncommon, but alcoholism increases an individual's risk. The symptoms include swollen mouth and throat, dermatitis and anemia.

Niacin - Nicotinamide, Nicotinic Acid:

Assists in carbohydrate and fat metabolism. Helps with cell differentiation, participates in DNA replication and repair.

Sources of Niacin:

Meat, poultry, fish, fortified breakfast cereals and enriched grains are good sources of niacin. Severe

niacin deficiency leads to pellagra characterized by the 4 Ds: dermatitis, dementia, diarrhea and eventually death.

Vitamin B6 – Pyridoxine, Pyridoxamine, Pyridoxal:

Assists in protein and carbohydrate metabolism, supports blood cell synthesis & neurotransmitter synthesis.

Sources of B6:

Fortified breakfast cereals are especially good sources of vitamin B6. Other sources include bananas, chickpeas, white potatoes, sunflower seeds, beef and poultry. Large doses of vitamin B6 cause nerve damage that may be irreversible. The UL for vitamin B6 is 100 mg/day. Alcoholism increases the risk of vitamin B6 deficiency just as it does for many other B vitamins. Otherwise deficiencies are rare. Symptoms include anemia, dermatitis, depression, confusion & convulsions.

Vitamin B12 – Cobalamin:

Participates in the metabolism of folate, helps protect the myelin sheath, the coating that surrounds and protects nerve fibers.

Sources of Cobalamin:

There are no sources of B12 in foods of vegetable origin; so strict vegans will need a supplement. Fish, beef, poultry and dairy contain naturally occurring vitamin B12. Vegans can obtain B12 from fortified breakfast cereals and fortified soy products as well as supplements. We can store enough B12 in the liver for two years. Older people are at risk for vitamin B12 deficiency because many have a stomach condition that decreases the absorption of this vitamin. Too little vitamin B12 causes megaloblastic anemia. The red blood cells grow very large and have a short life span. Because of vitamin B12's role in protecting the myelin sheath, a deficiency also causes neurological symptoms including tingling, numbness, cognitive changes, disorientation and dementia. These neurological defects may or may not be reversible. Pernicious anemia is the form of B12 deficiency resulting from an autoimmune disease that damages the stomach and inhibits vitamin B12 absorption. Pernicious anemia is treated with vitamin B12 injections.

New Post Graduate Class 2015-16 Joins In



The new batch of post graduate students for MPH, MMCH, MHM and MPhil Community Medicine joined in on 20 April 2015. A total of 71 students have joined the courses and remaining 9 are also expected to arrive soon. The Medical Education Department and Research & Publication Cell welcome the new batch and wish them a happy stay in IPH. Reported by Zahid Ch.

IPH Hosts Dengue TAC Meeting

Technical Advisory Committee for Dengue is the top decision making body in Dengue Prevention & Control Program Punjab. A meeting chaired by Khawaja Salman Rafiq, Advisor to Chief Minister Punjab for Health was held



in Conference Room of IPH on 30 April 2015, which was attended by other members including Prof. Maaz (Dean IPH), Prof. Farkhanda Kokab (HOD Epidemiology), Prof. Shahid Iqbal (HOD Infectious Diseases) Dr. Wasim Akram (Head R&D), Dr. Islam Zafar (ADGHS) and Dr. Somia Iqtidar (Secretary DEAG). Multiple issues related to dengue alert generation were discussed. Khawaja Salman Rafiq formulated a subcommittee to review dengue related data on alternate day basis and to suggest prompt measures. Reported by Anjum Razzaq

4th Year MBBS Students From KEMU Visit IPH

A 40 member strong group of 4th year MBBS students from KEMU visited IPH Lahore on 27 April 2015. The purpose of the visit was to see the larvae of various mosquitoes with special reference to Aedes Aegypti. The group was accompanied by demonstrators from Department of Community Medicine KEMU. Dean IPH along with Dr.



Humayun Naru HOD MEP greeted the group and demonstrated the larvae under the microscopes. They were supported by Dr. M. Aslam, Mr. Majeed, Mr. Abbas and Mr. Mubarak. Similar visits are expected to continue over next few months. Reported by M. Aslam

CME Seminars for May to July 2015

The following table contains the requisite information regarding the seminars those will be held from May to July 2015. The participating health professionals will earn the credit hours required for re-certification / renewal of PM&DC practising license, per section 16-B of PM&DC (Amendment) Act, 2012.

Sr.No.	Title	Date	Speaker
1	Biosafety	07.05.15	Prof. Dr. Zarfishan
2	Denque Vector Surveillance in Puniab	14.05.15	Dr. Anjum Razzaq
3	Insecticides	21.05.15	Dr. Muhammad Aslam
4	Polio in Puniab – The Current Situation	28.05.15	Prof. Dr. Shahid Iqbal
5	Material Management	04.06.15	Dr. Shehzad Saeed
6	Life Table	11.06.15	Dr. Shahid Malik
7	TB – Under DOTS Program	18.06.15	Prof. Dr. Zarfishan
8	Alert Generation in Denque	25.06.15	Dr. Anjum Razzaq
9	Dental Caries	02.07.15	Dr. Mushtaq Alam
10	HMIS	09.07.15	Dr. Naeem Asghar
11	Millennium Development Goals (MDGs)	16.07.15	Dr. Humaira Zareen
12	Census	23.07.15	Dr. Shahid Malik
13	HIV – An Emergina Infection in Pakistan	30.07.15	Prof. Dr. Zarfishan

Nursing Students From Sadia Waheed FMH College of Nursing Lahore Visit IPH

47 2nd year nursing students from Sadia Waheed FMH College of Nursing Lahore visited MCH department on 13th April 2015. They were briefed about the MCH department. They were divided into groups to observe the working of MCH and EPI centers. **Reported by Humaira Zareen**

Post Grads Learn About Dengue Vector Surveillance



IPH Conducts CME Activities

IPH successfully organized CME-accredited seminars on the following topics during the month of April:

- Epidemic Investigation by Department of Epidemiology
- Dengue Vector Surveillance & Identification by Department of Medical Entomology & Parasitology
- MERS - An Emerging Infection by Department of Infectious Diseases
- Measles by Department of Maternal & Child Health
- Prevention & Management of Obesity by Department of Nutrition & Dietetics

Around 800 participants highly appreciated the efforts of CME/CDE Cell of IPH for providing the platform for knowledge enhancement as well as earning credit hours, under the leadership of Dean IPH and supervision of Prof. Dr. Shahid Iqbal. **Reported by Hafiz Shahid Latif**

Routine IPH Activities During April 2015

Activities	No.
Vector surveillance of parks with ovitraps in Lahore	192
Vector surveillance of houses with ovitraps in Lahore & other Districts of Punjab	1049
Dengue PCR performed	788
Dengue virus tests performed (IgM, IgG, NS1)	17
Persons receiving health education on dengue	3082
Clients receiving family planning services	55
Expectant mothers receiving antenatal care	77
Mothers receiving post natal care	02
Patients utilising public dental health services	198
Polio vaccination for international travellers	58
Children receiving vaccination of :	
BCG	15
Pneumococcal	63
Pentavalent	63
Tetanus Toxoid	41
Oral Polio	112
Measles	36
Anti-Rabies vaccination given to dog bite victims	2631
Nutrition Diagnostic Biochemical Lab Tests	147
Patients having sputum tested for AFB	546
Patients having sputum cultured for AFB	546
Tests for Hepatitis B	25
Tests for Hepatitis C	25
HIV Elisa	18
HIV Rapid	18
CBC tests performed	44
Infants & children receiving health care	249
Adults receiving health care	333
Water samples tested for faecal contamination	536
Computer Training Sessions	05
Research Methodology sessions	12
Daily report on dengue disease & surveillance	30