



SEHAT CHECK



JANUARY
2023

—
A monthly roundup of
news articles on
women's health in
Pakistan

A Joint Project of





EDITOR'S NOTE

HAPPY NEW YEAR!

January was Cervical Cancer Awareness Month and the articles that appeared on the topic, discuss it in detail. Cervical cancer has been taking lives, yet there is hesitancy among Pakistan's women in getting a diagnosis. The role that doctors play in putting women at ease so they get preventive care cannot be overstated. Of course, treatment needs to be made affordable and accessible too.

This month two women gave birth in ambulances. It is high time that hospitals provide care to pregnant women on the way to the health facility. Ambulance deliveries are quite common as health facilities are sometimes very far. The health and safety of the mother and child is crucial.

As a women's health media monitoring publication, Sehat Check's job is to throw a spotlight on Pakistan's health system with a view to implementing solutions that provide timely and good-quality care to women and girls.

FLOODS

Source:
Daily
Khabrain

Date:
9-1-2023



KHAIRPUR, MINOR DAUGHTER OF FLOOD-HIT FAMILY DIES OF COLD (TRANSLATION)

Flood water could not be evacuated from Tehsil Ganj in Khairpur, causing increased difficulties for flood victims. A 5-year-old daughter from a flood-hit family has died of cold. According to the father, the girl had contracted pneumonia and fever due to cold which resulted in her death in the hospital.

REPRODUCTIVE HEALTH

BREASTFEEDING AND INFANT HEALTH

Breastfeeding is one of the most effective ways to ensure child health and survival. However, nearly two out of three infants are not exclusively breastfed for the recommended six months according to the World Health Organisation. The importance of mother feed cannot be ignored. Breast milk is the ideal food for infants. It is safe, clean and contains antibodies that help protect against many common childhood illnesses. Breast milk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to a third during the second year of life. Women who breastfeed also have a reduced risk of breast and ovarian cancers. A WHO report published in April 2022 revealed that formula milk companies post content on their social media accounts around 90 times per day, reaching 229 million users; representing three times as many people as are reached by informational posts about breastfeeding from non-commercial accounts. This pervasive marketing is increasing purchases of breast-milk substitutes and therefore dissuading mothers from breastfeeding exclusively as recommended by the WHO. If mothers have difficulty in feeding they must immediately consult a doctor, nurse or available health care professional, as poor feeding may lead to poor weight gain of baby.

Source:
The News

Date:
1-1-2023

AWARENESS ABOUT WOMEN'S HEALTH STRESSED

The Post Graduate Medical Institute Principal Prof Dr Muhammad Al-Fareed Zafar has said that New Year 2023 needs to be celebrated as the year of women's rights and self-reliance so that women can contribute to the economic development and national prosperity by improving their own health. Moreover, awareness about their health and wellbeing would not only minimise the women's problems but they would also get equal opportunities for treatment and health care. Prof Al-Fareed Zafar said that normally women in the society hesitate to discuss their health issues especially gynecological diseases, which creates complications for them which are also dangerous to their health. He said that there is a dire need to create self-confidence in every woman regarding gynecological issues so that they can get timely medical advice from doctors and treatment as well. Dr Laila Shafiq and medical experts contributed that women during menstruation and pregnancy face many problems about which it is necessary that mothers must give their daughters basic information. Moreover, girls should be aware of the issues so that they don't face any problem.

Source:
The News

Date:
3-1-2023

REPRODUCTIVE HEALTH

CALL FOR YOUTH ACCESS TO REPRODUCTIVE HEALTH SERVICES

'Our youth make up 70% of the total population and there is a need to bridge the gap that they face in accessing reliable reproductive health information and services', this was highlighted by Dr. Amanullah, CEO, Forum for Safe Motherhood (White Ribbon Alliance Pakistan Chapter) at a Consultative Session organized in Karachi on Wednesday, December 21, 2022. The Consultative Session aimed at creating awareness about Aghaaz: Pakistan's premium Pre-Marital/Marital Counselling Approach. Initiated by the Ministry of National Health Services, Regulation & Coordination (MoNHSR&C) in collaboration with the World Health Organization (WHO) and Forum for Safe Motherhood, Aghaaz has been developed to provide young people who are about to get married or who are recently married complete access to comprehensive sexual and reproductive health information.

Source:

Daily Times

Date:

5-1-2023

WOMAN GIVES BIRTH IN AMBULANCE

A woman gave birth to a baby in Rescue 1122 ambulance while being shifted to hospital at Lakki Marwat on Friday. The Rescue 1122 Lakki Marwat spokesman said that a pregnant woman resident of Naurang Tehsil was being shifted in an ambulance to hospital for childbirth. Due to the medical condition of the woman, the Rescue's female medical emergency technicians, Kausar Jabbeen and Sahiba Bibi handled the case in a professional manner and the woman gave birth to a healthy child in ambulance.



Source:

The Nation

Date:

7-1-2023

REPRODUCTIVE HEALTH

Source:
The News

Date:
13-1-2023



'UNMET NEED FOR FAMILY PLANNING HIGHEST AMONGST POOREST WOMEN'

"Poorest women in Pakistan need to be provided subsidies for travel and other out-of-pocket expenses incurred to meet service provider fees in reaching family planning services through incentivized voucher schemes," said Faisal Kundi, Special Assistant to the Prime Minister on Poverty Alleviation and Social Safety at the ceremony to launch scale-up of family planning voucher scheme in Punjab, organised by the Population Council. Addressing participants at the launch, SAPM Faisal Kundi said government accords the highest-level priority to poverty alleviation and to achieve that reducing the population growth rate is critical. He further said evidence generated from the scale-up of the voucher scheme will support the government of Pakistan in implementing similar programmes that provide better health outcomes to the poorest women.

REPRODUCTIVE HEALTH



Source:

The Frontier Post

Date:

16-1-2023

WOMAN GIVES BIRTH TO CHILD IN AMBULANCE

A woman gave birth to a baby in Rescue 1122 on Sunday when she was being taken to a hospital in Peshawar. Spokesman of Rescue 1122 said that they were shifting a woman resident of Jahangir Abad to hospital that on the way the health of her was felt severe and she gave birth a baby in their ambulance. The medical technician in the ambulance assisted the woman in the birth of her child. He said that the mother and her kid are in good condition

MYTH OF POPULATION CONTROL

It is the dawn of 2023. Ahead of us are several national problems that continue to be overlooked. The solutions are obvious, but the intent to act is missing. Critical areas face stagnation, with population and education on top of the list. Both sectors are interrelated but their current state is at the heart of everything that plagues Pakistan's progress. The last 10 years show little change in our educational trends. Universal primary enrolment, especially for girls, is lagging. And fertility rates have not changed for a decade. But while state responsibility for education is at least widely discussed, the public discourse on our annual population growth rate of two per cent frequently disappoints. Our demographics are well known to those who matter. So, don't they see the linkages between human and other development? Instead, we hear the frequent lame excuses – 'Population is a provincial subject', 'population control is against our religion, 'it is a politically inexpedient topic', etc. This impasse is dominated by an outdated but continuing concept of population control. 'Population control' is a term full of fallacies; it is decidedly not the way the state should tackle demographic challenges. A rights-based approach must be on top of the agenda. Whether it is a question of granting political rights or citizens' rights to services, the philosophy and orientation of the state must change.

Source:

Dawn

Date:

16-1-2023

REPRODUCTIVE HEALTH

CAMPS SET UP TO CREATE AWARENESS ABOUT FAMILY PLANNING

The District Population Welfare Department organised three camps in different areas to create awareness and provide free-of-cost medical services to people about family planning. According to a spokesman for the department, camps were established at Dhoke Munshi in Rawalpindi, Balawara village in Kotli Sattian and Waseemabad in Taxila, where free-of-cost medicines were provided to women and children. He said medical consultation, examination, and treatment was also provided to people. The spokesman said the department, under the supervision of District Population Officer Sheery Sukhan, was making concerted efforts and looking for more ventures to arrange such programmes to extend maximum healthcare facilities to people who were suffering.



Source:

Dawn

Date:

17-1-2023

WOMAN GIVES BIRTH TO QUADRUPLETS

A woman gave birth to quadruplets, including three girls and a boy at Benazir Bhutto General Hospital (BBGH) on Monday. BBGH Additional Medical Superintendent Dr Zafar confirmed the birth of quadruplets. The mother and all children were in good health, he said, adding that they were under the supervision of specialist doctors and would get all required treatment. All children were delivered without C-Sections,said the woman's husband, Ameer Sultan.



Source:

The Express Tribune

Date:

26-1-2023

REPRODUCTIVE HEALTH

Source:

Daily
Jinnah

Date:

31-1-2023



MATERNAL AND CHILD CARE CENTRE ESTABLISHED IN THQ HOSPITAL KALLAR SYEDAN (TRANSLATION)

The maternal and child health care center "Nutrition Center, Programme for Improved Health" will provide better health facilities to pregnant women and undernourished children at Tehsil Head Quarters Hospital. Only the women and children registered with BISP (Benazir Income Support Programme) will be benefited under this programme. According to the hospital's administration, so far five pregnant women have been registered and the parents of 11 undernourished children have been sent to NADRA for Form-B of the children.

CERVICAL CANCER

CERVICAL CANCER PREVENTION

January is the cervical cancer awareness month. The purpose is to promote awareness globally and highlight work that needs to be done to eliminate cervical cancer. In 2020, 604,000 new cases of cervical cancer were identified, a majority of those in low-middle-income countries globally; 342,000 people lost their lives due to it. In Pakistan, 68.6 million women aged 15 years and older are at risk of developing cervical cancer. This makes it the third most common cancer among women in Pakistan and the second most frequent cancer in women between 15 and 44 years of age. Yearly, around 5,008 women are diagnosed with cervical cancer, out of which 3,197 die from the disease. About 88.1 percent of invasive cervical cancers can be attributed to HPVs 16 or 18. At a given time, around 0.5 percent of women in the general population are likely to have cervical HPV-16/ 18 infection.

Source:
The News

Date:
15-1-2023

DEFEATING CERVICAL CANCER

Only a small percentage of people are aware that January is designated as Cervical Cancer Awareness Month worldwide to raise awareness and emphasize the work that needs to be done to eradicate cervical cancer. Given that 68.6 million Pakistani women aged 15 and older are at risk of having cervical cancer, the issue is significant for Pakistan. This places it as the second most frequent cancer among women between the ages of 15 and 44 in Pakistan and the third most frequent cancer overall. In 2020, there will be 604,000 new instances of cervical cancer worldwide, with the majority occurring in low- and middle-income nations. Of them, 342,000 people died from the disease. Since 3,197 women die from cervical cancer each year, out of the 5,008 women who are diagnosed with the disease each year, it is possible to prevent cervical cancer deaths. Understanding cervical cancer is the key to finding a remedy. The female reproductive system includes the uterine cervix, sometimes known as the "cervix." The human papillomavirus (HPV), smoking, a low socioeconomic level, several relationships, and other factors all contribute to cervical cancer. Regular cervical screenings are indicated for sexually active women who have used combined oral contraceptives for a significant amount of time (5 years or more).

Source:
Daily
Times

Date:
16-1-2023

CERVICAL CANCER

CALL FOR LAUNCHING AWARENESS DRIVE AGAINST CERVICAL CANCER

Dr Shazia Sobia Aslam Soomro, Parliamentary Secretary for the Ministry of National Health Services Regulations and Coordination, has stressed the need for launching country-wide awareness campaigns to bust the myths regarding female cancer and how to prevent it. Dr Sayeda Batool said that Pakistan has less prevalence of cervical cancer compared to India, but despite this, 6000 cases of cervical cancer are reported each year in Pakistan causing about 3,000 deaths. She stressed that the basic treatment options are crucial to prevent prevalence in adult women while vaccinations are a more futuristic approach and would bear fruit after a few decades. She stressed the need for a holistic approach to prevention and treatment while kick-starting vaccination of 15-year-old girls and cost-effective screening and visual inspection at home to bridge lacunas in screening and testing.

Source:
The News

Date:
21-1-2023

DOCTORS CALL FOR AWARENESS ABOUT CERVICAL CANCER

A symposium held titled with “Early Screening of Cervical Cancer” at Saidu Medical College, organized by the department of Gynecology, Saidu Group of Medical Teaching Hospitals, Swat, on Tuesday. The aim of the symposium was to raise awareness among women about screening for the disease while reviewing the complications caused by cervical cancer. Commissioner Malakand Division Saqib Raza Aslam participated as the chief guest in the symposium. Commissioner Malakand Division appreciated the efforts of the Saidu Group of Hospitals and said that whether it is a general situation or an academic situation or an epidemic situation like Corona, the doctors and other staff of the Saidu Group of Hospitals have played an excellent role by being in the front line. Commissioner Malakand Division said that the Saidu Group of teaching Hospitals in a short span of time has introduced quality healthcare services and modern medical facilities which have made diagnosis and treatment of complex diseases like cervical cancer possible in Swat.

Source:
The
Frontier
Post

Date:
25-1-2023

UKS RESEARCH CENTER

CONTACT:

+90 518430475, 2305152, 2305110

EMAIL:

Info@uksresearch.com.pk

SOCIAL MEDIA



ADDRESS:

Office 4B-4C 4th Floor, Gulberg
Palace E-11/3 Islamabad

<https://uksresearch.com.pk/>

Gender Watch

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