

CHIEF EDITOR DR. SYED MUBIN AKHTAR

KARACHI PSYCHIATRIC HOSPITAL

Regd. No. SS-237 BULLETIN MAY 2012

UNDERSTANDING PSYCHIATRIC ILLNESSES

Karachi Psychiatric Hospital (Hyderabad)



Speaking on the occasion, Dr. Syed Mubin Akhtar, Dr. Abdullah Shaikh, Dr. Kamal Pervaz, Dr. Pervaz Rais and Dr. Darya Khan Laghari.



Karachi Psychiatric Hospital - Karachi Addiction Hospital



Dr. Syed Mubin Akhtar speaking on the occasion of Monthly Awareness Program held at Karachi Psychiatric Hospital.



Free Medical Camp organized by Karachi Psychiatric Hospital at Pak Colony.



Dr. Syed Mubin Akhtar, Najeeb Umar, Ghalib Irfan, Noor-ul-Huda Syed, and Syed Mujahid Barkati addressing on the occasion of Shaam-e-Urdu at Karachi Psychiatric Hospital.

جہاد فی سبیل اللہ

اسلامی جہاد کا مقصد غیر اسلامی نظام کی حکومت کو مٹا کر اسلامی حکومت قائم کرنا ہے۔
اسلام یہ انقلاب صرف ایک ملک یا چند ملکوں میں نہیں بلکہ دنیا میں برپا کرنا چاہتا ہے۔ کوئی انقلابی مسلک جو قومیت کے بجائے انسانیت کی فلاح کے اصول لے کر اٹھا ہو، اپنے انقلابی رخ نظر کو بھی ایک ملک یا ایک قوم کے دائرے میں محدود نہیں کر سکتا بلکہ وہ اپنی عظمت کے عین اقتضای سے مجبور ہے کہ عالمگیر انقلاب کو اپنا مطمح نظر بنائے۔ حق جغرافیائی حدود کو قبول کرنے سے انکار کرتا ہے۔
(سید ابوالاعلیٰ مودودی)

EDITORIAL BOARD

Chief Editor & Publisher

Dr. Syed Mubin Akhtar

Diplomate of the American Board of Psychiatry & Neurology (USA)

Editor

Dr. A.K. Panjwani

Associate Editor

Mehjabeen

Professional Advisor

Dr. Salahuddin

Business Manager

Muhammad Fayyaz

Circulation Manager

Shamshad Chand

Photographer & Reporter

Farzand Ali

Readers are requested to send their articles, comments & suggestions.

Doctors who desire to get the bulletin should send their address, contact number and email to:

Address: B-1/14,

Nazimabad # 3,

Karachi-74600

Phone: 111-760-760

Fax: 36681610

Email: editor@kph.org.pk

Email: support@kph.org.pk

KARACHI PSYCHIATRIC HOSPITAL

MONTHLY BULLETIN

(Medical and General Articles)

Vol.35 Issue No. V

Regd. No. SS-237

May - 2012

01	AIR FORCE DROPPED 10,600 BOMBS IN THE TRIBAL AREAS	75
01	WHEN FC WAS CAUGHT RED-HANDED IN OIL SCAM OF BILLIONS	75
02	MQM IS A TERRORIST ORGANIZATION - CANADIAN COURT	76
04	THE LOOT SALE OF PLOTS IN ISLAMABAD	78
04	CORRUPT PPP GOVERNMENT VS. THE SUPREME COURT	78
05	SURGEON GENERAL GETS SPECIFIC ON HOW SMOKING KILLS	79
06	TOBACCO-RELATED DISEASES KILL 100,000 IN PAKISTAN ANNUALLY	80
07	NEWLY DIAGNOSED DIABETES MELLITUS AS A RISK FACTOR FOR SERIOUS LIVER DISEASE	81
07	GUTKA USE A MAJOR CAUSE OF ORAL CANCER	81
08	41% OF AMERICANS ARE BORN ILLEGITIMATE	82
09	A PERSON CAN BECOME MNA EVEN IF CONVICTED OF A MORAL CRIME AFTER 18TH AMENDMENT	83
10	DIET DRINKS UP RISK OF HEART ATTACK	84
11	JI SENATORS LEAVE SENATE WITH CHALLENGE TO INTELLIGENCE AGENCIES	85
12	SITTING LINKED TO SHORTENED LIVES	86
13	AFAQ ACCUSES ALTAH OF INTRODUCING EXTORTION IN KARACHICORD CLAMPING PROTECTS NEW BORN BABIES	87
14	NEW LAW GIVES PERKS AND PRIVILEGES TO EX-MPS	88
14	DELAYED CORD CLAMPING PROTECTS NEW BORN BABIES	88
15	IMPROVEMENT OF VITAMIN D STATUS VIA DAILY INTAKE OF FORTIFIED YOGURT DRINK EITHER WITH OR WITHOUT EXTRA CALCIUM AMELIORATES SYSTEMIC INFLAMMATORY BIOMARKERS, INCLUDING ADIPOKINES, IN THE SUBJECTS WITH TYPE 2 DIABETES	89
16	OBJECTIVELY MEASURED PHYSICAL CAPABILITY LEVELS AND MORTALITY: SYSTEMATIC REVIEW AND META- ANALYSIS	90
17	AMERICA IS TAKING OVER PAKISTAN	91
18	PAKISTAN LOST RS7,020 BILLION, GOT ONLY RS990 BILLION FOR HELPING AMERICA	92
19	RAPE IN US MILITARY	93
19	NATO TROOPS WEAR DIAPERS	93
20	\$1.5 BN OF PAKISTAN LOOTED BY ZARDARI AND BENAZIR: SWISS INSTITU TE	94
21	WILL THE RULERS TAKE UP ARMS AGAINST PAKISTAN?	95
22	PPP GOVT. CAUSES LOSS OF RS20 TRILLION	96
23	RICE REVEALS ALL ABOUT BENAZIR-MUSHARRAF NRO DEAL	97
24	UNSAFE WATER	98
25	MUSHARRAF DID MASSIVE RIGGING IN 2008 POOLS	99
26	HIS NAME IS KHAN, IMRAN KHAN	100
27	OLD CORRUPT POLITICIANS JOINING IMRAN	101
28	CORRUPTION IN SINDH GOVT. PAYING RS10BN ANNUALLY TO GHOST EMPLOYEES	102
28	EUROPEAN NATIONALS WORKING AS SPIES WITH GOVT'S APPROVAL: FO	102
29	FLOOD HAVE EXPOSED GOVT. MACHINERY'S FAILURE	103
29	AIDS SPREADING FAST AMONG PROSTITUTES	103
30	SPURIOUS DRUGS CAUSE OVER HALF A MILLION DEATHS EACH YEAR	104
31	EFFECTS OF A COMPREHENSIVE SURGICAL SAFETY SYSTEM ON PATIENT OUTCOMES	105
32	INCREASED FRUCTOSE ASSOCIATES WITH ELEVATED BLOOD PRESSURE	106
33	HYPNOTICS' ASSOCIATION WITH MORTALITY AND CANCER: A MATCHED COHORT STUDY	107
35	COMPUTER TAUGHT TO RECOGNIZE ATTRACTIVENESS IN WOMEN	109
36	PSYCHIATRIC CONSULTATION BY PHONE AND E-MAIL	110
37	متحدہ کا خواتین جلسہ یا میوزیکل پروگرام؟	111

مخلص مسلمان

This magazine can be viewed on Website: www.kph.org.pk

AIR FORCE DROPPED 10,600 BOMBS IN THE TRIBAL AREAS

(From an article by Qamar in the News)

Among the lessons was the need to monitor and strike mountain passes that could be used as escape routes for the displaced Taliban fighters, Suleman said. In the first two years of counter-insurgency operations, the air force conducted more than 5,500 strike sorties, dropped 10,600 bombs and hit 4,600 targets, Suleman said.

More than 10,600 bombs have been dropped and 4,600 targets destroyed, he said. The PAF has flown more than 500 F-16 sorties with the DB-110 pod, and 650 with the Star Safire EO/IR sensor on the C-130.

The statistics may impress but while Suleiman claimed that "we've broken the back of militants in the Fata," he also warned that offensive military engagement could only accomplish "10 to 15 percent" of the task of pacifying the tribal areas. The rest must be done by dialogue, winning hearts and minds through economic development of these very poor regions, he said.

WHEN FC WAS CAUGHT RED-HANDED IN OIL SCAM OF BILLIONS

(From an article by
Amir Mateen in The News)

A whole network of oil smuggling from Iranian border of Taftan to as far as Multan in Punjab operates with the FC as a partner. It was an organized operation with formal bookkeeping supervised by the officer class involving billions of rupees.

It transpired that a petrol or diesel tanker that travels from Taftan carries from 15,000 to 20,000 litres of fuel which values about Rs1.3 million. Every tanker pays Rs2000 and a bus Rs300 on every check post of the FC, police and levies, which makes the smuggler save roughly half of the profits.

The FC has about 50 check posts and levies another 50 and the police about 20.

Around 100 tankers and 40 buses ply on this road daily. Similar arrangements are in place on the road towards Pakhtunkhwa Khyber via Zhob and Afghanistan through Naushki. If one calculates, the scale of the smuggling is worth billions of rupees.

MQM IS A TERRORIST ORGANIZATION - CANADIAN COURT

Date: 20100727
Docket: IMM-4068-08
Citation: 2010 FC 781

Ottawa, Ontario, July 27, 2010

PRESENT:

The Honourable Mr. Justice Mosley

BETWEEN:

MUHAMMAD RIZWAN

Applicant

and

**THE MINISTER OF CITIZENSHIP AND
IMMIGRATION**

Respondent

REASONS FOR JUDGMENT AND JUDGMENT

This is an application for judicial review pursuant to section 72 of the Immigration and Refugee Protection Act, S.C. 2001, c. 27 (IRPA) of the decision of N. Holden, Immigration Officer with Citizenship and Immigration Canada (CIC), dated August 28, 2008 wherein the applicant's request for permanent residence in Canada was refused.

The application for permanent residence in Canada was refused as the immigration officer concluded that the applicant was a person described

in paragraph 34(1)(f) of the IRPA and consequently was inadmissible to Canada based on the applicant's admitted membership in the Muttahida Qaumi Movement (MQM-A), an organization for which there were reasonable grounds to believe has engaged in terrorist activities.

These are my reasons for dismissing the application.

As politics in Pakistan are often turbulent, there is evidence that some members of MQM-A may have engaged in violence.

The applicant is said to have been a member of MQM when it was led by Altaf Hussain.

The immigration officer found that the evidence demonstrates that in order to achieve its political goal, the MQM-A consistently resorted to extreme violence during the period of the applicant's membership, which included killings of civilians, policemen and army officers and torturing its rivals. The immigration officer found many examples in the evidence that demonstrated that the MQM-A violent activities often had deadly consequences for the civilian population.

In the mid-1990s, the MQM-A was heavily involved in the widespread

political violence that wracked Pakistan's southern Sindh province, particularly Karachi, the port city that is the country's commercial capital. MQM-A militants fought government forces, breakaway MQM factions, and militants from other ethnic-based movements.

The immigration officer found that numerous documents and publications asserted that MQM-A proper was involved in brutalities leading to the death and torture of its opponents, intimidation of the local population, and that it pursued these violent tactics for many years.

In the opinion of the immigration officer, the evidence of murder and torture of civilians and police officers under the known circumstances as well as the intention to intimidate the public, cause death or serious bodily injuries to those who disputed MQM-A's political stance, can be interpreted as acts of terrorism within the meaning of "terrorism" as stipulated in Suresh, above, at para. 98.

In view of the above, I must dismiss the application.

JUDGMENT

IT IS THE JUDGMENT OF THIS COURT that the application is dismissed.

"Richard G. Mosley"

Judge

FEDERAL COURT

The advertisement for 'mind matters' features a large, stylized face graphic in the background. Three medicine boxes are prominently displayed in the foreground:

- Togal** (Zinc 100mg) (Zinc Oxide Capsules)
- Sycozip** (Zinc 100mg) (Zinc Oxide Capsules)
- FLUCATE** (Zinc 100mg) (Zinc Oxide Capsules)

Below the medicine boxes, the 'mind matters' logo is visible. To the right, it states 'Manufactured & Marketed By: Akhai Pharmaceuticals (Pvt) Ltd. Karachi - Pakistan.'

THE LOOT SALE OF PLOTS IN ISLAMABAD

(From an article by Ansar Abbasi in The News)

The National Police Foundation (NPF), which was established for the welfare of police officials, has ended up scandalously allotting Islamabad land worth billions of rupees at throwaway prices to the ruling elite, including generals, bureaucrats, ambassadors, close relatives of top police officials and well-connected civilians.

The loot sale of a facility created for the welfare of the poor cops has been going on in sectors E-11 and O-9 of Islamabad, which were purchased by the government-controlled NPF on nominal prices for the benefit of all police forces in the country.

In one case, an NPF employee got eight plots from the foundation for himself and his family.

All these allotments were made by successive managing directors (MDs) of the NPF who, according to an NPF former MD, are only competent to allot one plot to each police official. How the civilians, other bureaucrats and military personnel were allotted these plots remained unexplained. The list, available with The News, contains names of more than 150 army personnel, who have been benefited from the NPF's generosity. General Pervez Musharraf, Maj Gen Muhammad Rashid Baig, Maj Gen Nisar Muhammad Khan, Maj Gen Farrukh Javed, Maj Gen Ijaz Amjad, Maj Gen Inayat Ullah Khan Niazi, Gen Sikandar

Hayat, son of Lt Gen (r) Moinuddin Haider, son of Gen (r) Muhammad Iqbal, wife of Lt Gen Ali Kuli Khan, wife of Maj Gen Ch Sardar Ali and many brigadiers (some of whom were later elevated as generals), colonels, majors etc are also the beneficiaries of the National Police Foundation.

CORRUPT PPP GOVERNMENT VS. THE SUPREME COURT

(From an editorial in the News)

On December 16, 2009, the Supreme Court corrected a historic wrong by throwing the controversial National Reconciliation Ordinance (NRO) into the dustbin of history for being ultra vires of the Constitution.

Although not President Zardari-specific, the landmark of Dec 16 reduced him to an accused president and revived all corruption cases against him involving \$1.7 billion.

Sadly, looking at the evidence that has unfolded in the court over the past few years - in not just the NRO case but also in cases such as NICL, Haj, Steel Mills, etc - this is what politics is, or has become under the present government: a business that opens unlimited opportunities for corruption and for its defence.

SURGEON GENERAL GETS SPECIFIC ON HOW SMOKING KILLS

Emily P. Walker - MedPage

A new report from the Surgeon General details how cigarette smoke causes damage to nearly every organ system in the body and provides physicians with a fresh message for their patients: Explain the specific ravages of smoking, rather than a more general "Smoking kills" message.

The 700-page report, "How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Diseases" reads like a textbook and details how smoking affects the reproductive, cardiovascular, and pulmonary systems.

Previous IOM smoking reports have explained that tobacco smoke causes diseases, but the new report -- intended for a scientific audience -- details exactly how that happens. It is known that smoking causes a lot of diseases and cancer, it's very important that every smoker understands what happens to their body. Some of the report's broad findings include:

- Exposure to cigarette smoke brings about genetic changes that alter critical cellular pathways that foster uncontrolled cell growth and overpower normal mechanisms that prevent their growth and spread. For instance, nicotine, methylnitrosamine, and butanone -- ingredients found in cigarettes -- can activate a signal that

allows the survival of damaged epithelial cells that would otherwise die.

- Cigarette smoke exposure leads to coronary heart disease, stroke, aortic aneurysm, and peripheral arterial disease. That was already known, but the report found that the risk for those diseases doesn't increase in a linear fashion with exposure. Even just a few cigarettes a day are sufficient to "substantially increase the risk of cardiac events."
- Cigarette smoking produces a chronic inflammatory state that contributes to the atherogenic disease process.
- Oxidative stress and protease-antiprotease imbalance have a major role in chronic obstructive pulmonary disease (COPD), and smoking cessation remains the only proven way to reverse the pathogenic processes that lead to COPD.
- Consistent evidence supports links between smoking and chromosome changes or DNA damage in sperm, affecting male fertility and a woman's ability to get pregnant and increasing the chance of anomalies in offspring. Evidence also shows that smoking during pregnancy is associated with development of a cleft lip in the infant.

It's a lot more science behind the effect of cigarette smoke and the effects it has on

the body. We can go and say 'cigarette smoke affects platelet function that can affect blood flow.

Along with the report, HHS released a guide on what physicians should tell patients about smoking. Recommendations include: "If you have diabetes and smoke, your risk for kidney disease is two to three times higher than if you don't smoke," and "Nearly one-third of cancer deaths are directly linked to smoking."

Physicians could tell their patients that there is absolutely no "safe" level of cigarette smoke exposure. Even one cigarette causes real biologic changes in the body.

Even secondhand smoke leads to a rapid and sharp increase in endothelial dysfunction and inflammation, which are implicated in acute cardiovascular events and thrombosis.

The report also concludes that there isn't enough evidence that filtered, "light" cigarettes, or "low tar" versions are any less harmful than the cigarettes that were around five decades ago. Actually, design modifications may have undermined quit-smoking efforts because people mistakenly think a newer cigarette is healthier than an older one.

This comprehensive scientific report shows that even brief exposure to tobacco smoke can trigger acute cardiac events and potential sudden death. The evidence clearly states that tobacco products are lethal weapons capable of shortening the lifespan of smokers and nonsmokers alike.

<http://www.medpagetoday.com/23833>

TOBACCO-RELATED DISEASES KILL 100,000 IN PAKISTAN ANNUALLY

(From an article by
Muhammad Qasim in the News)

Tobacco-related diseases kill 100,000 people in Pakistan every year - more than suicide bombing, road traffic accidents, honour killings and drug abuse combined. Pakistanis burn away over Rs600 million daily on cigarettes alone and equal amount on smokeless tobacco - 'naswar', 'paan', 'pan masala', 'gutka' and the like.

"Sheesha smokers inhale more carbon monoxide than cigarette smokers, and thus put themselves at a greater risk of heart disease, stroke, cancers, impotency, infertility and chronic respiratory diseases," said Dr. Ashraf adding 'sheesha' smoker may inhale as much as smoke during one session as a cigarette smoker inhales consuming 100 or more cigarettes.

**SMUGGLED CIGARETTES CAUSING
LOSS OF RS.7.4BN**

Smuggled cigarette packs with no pictorial health warning printed on them are not only undermining the positive outcomes of pictorial health warnings made mandatory in Pakistan from September 1, 2010 onwards, but are also causing a huge annual loss of Rs.7.4 billion to the national exchequer in terms of tax collection, states a research study released by The Network for Consumer Protection on the eve of World No-Tobacco Day.

NEWLY DIAGNOSED DIABETES MELLITUS AS A RISK FACTOR FOR SERIOUS LIVER DISEASE

Porepa L, et al _ CMAJ 2010

The researchers retrospectively examined the administrative databases of the universal healthcare system in the province of Ontario from 1994 through 2006.

The comparisons were made among 438,069 adults with newly diagnosed diabetes and an age-, sex-, and regionally-matched control group of 2,059,708 individuals without known diabetes. Preexisting liver or alcohol-related disease were cause for exclusion.

During a median of 6.4 years of follow-up, serious liver disease -- liver cirrhosis, liver failure, or liver transplant -- developed in 2,463 newly-diagnosed diabetes cases and 5,902 controls.

Thus, unadjusted liver disease incidence was 92% higher with diabetes (8.19 per 10,000 person-years with diabetes and 4.17 without it).

This difference remained significant across mutually-adjusted patient subgroups by age, gender, urban versus rural residence, and income level.

Diabetes appeared to have the most pronounced link with liver cirrhosis (adjusted hazard ratio 2.55, 95% CI 2.35 to 2.76) and the least with liver

transplantation (adjusted HR 1.31, 95% CI 1.05 to 1.64).

Hypertension and obesity didn't appear to entirely account for the relationship with diabetes. The risk of serious liver disease in nondiabetic individuals with preexisting hypertension or obesity was elevated but less so than among those with diabetes.

But the researchers cautioned that it is difficult to separate out the effects of these related conditions.

<http://www.medpagetoday.com/tbprint.cfm?tbid=20780>

GUTKA USE A MAJOR CAUSE OF ORAL CANCER

(From an article in The News)

Commissioner Karachi Muhammad Hussain Syed said extensive use of betel leaf, betel nuts, gutka, main puri and supari was the biggest cause of mouth cancer.

Addressing a seminar at the Karachi Medical and Dental College as the chief guest, he said the number of people suffering from the lethal disease in Karachi was alarming.

41% OF AMERICANS ARE BORN ILLEGITIMATE

(From an article by Ansar Abbasi in the News)

More than half of births to American women under 30 occur outside marriage. Appearing on Feb 17th in the New York Times, the report titled- For Women Under 30, Most Births Occur Outside Marriage- in the very beginning admitted: "It used to be called illegitimacy. Now it is the new normal." The report was jointly authored by JASON DePARLE and Sabrina Tavernise and could be accessed at: http://www.nytimes.com/2012/02/18/us/for-women-under-30-most-births-occur-outside-marriage.html?_r=1&pagewanted=all on the Internet.

Among mothers of all ages, 59 percent in 2009 - are married when they have children.

"Marriage has become a luxury good," said Frank Furstenberg, a sociologist at the University of Pennsylvania.

The shift is affecting children's lives. Researchers have consistently found that children born outside marriage face elevated risks of falling into poverty, failing in school or suffering emotional and behavioral problems.

By the mid-1990s, a third of Americans were born outside marriage. Congress, largely blaming welfare, imposed tough restrictions. Now the figure is 41 percent - and 53 percent for children born to women under 30, according to Child Trends, which analyzed 2009 data

from the National Center for Health Statistics.

About 92 percent of college-educated women are married when they give birth, compared with 62 percent of women with some post-secondary schooling and 43 percent of women with a high school diploma or less, according to Child Trends.

Reviewing the academic literature, Susan L. Brown of Bowling Green State University recently found that children born to married couples, on average, "experience better education, social, cognitive and behavioral outcomes."

Editor's notes: Lets stop aping the western way of life lest our women suffer the same fate.



A PERSON CAN BECOME MNA EVEN IF CONVICTED OF A MORAL CRIME AFTER 18TH AMENDMENT

(From an article by Ansar Abbasi in the News)

A close reading of the post 18th Amendment Constitution exposes the present parliament to have removed the words like "corrupt", "corrupt practice", "illegal practice", "misuse of power or authority" from Article 63 of the Constitution that deals with the disqualifications of the members of the National Assembly and Senate.

Even conviction under moral turpitude and that too if the person is sentenced for less than two years imprisonment, would now not be a cause of concern for the MPs and other rulers as Article 63 does not disqualify a person to be member of the parliament if he is jailed for less than two years for an offence covered in the definition of moral turpitude.

Moreover, the offence of "misuse of power or authority" has been removed altogether from Article 63.

The pre-18th amendment Article 63(1)(h) and (l) read as: "63.(1) A Person shall be disqualified from being elected or chosen as, and from being, a member of the Majlis-e-Shoora (Parliament, if:- (h) he has been convicted by a court of competent jurisdiction on a charge of corrupt

practice, moral turpitude or misuse of power or authority under any law for the time being in forces.", "63(1)(l) he is found guilty of a corrupt or illegal practice under any law for the time being in force, unless a period of five years has elapsed from the date on which that order takes effect."

After the 18th amendment, the Article 63(1)(h) has been changed to the extent of excluding the convictions of corrupt practice or misuse of power or authority from the offences liable for the MP's disqualification.

The Article 63(1)(h) in the present constitution reads as: "63.(1) A Person shall be disqualified from being elected or chosen as, and from being, a member of the Majlis-e-Shoora (Parliament, if:- (h) he has been, on conviction for any offence involving moral turpitude, sentenced to imprisonment for a term of not less than two years, unless a period of five years has elapsed since his release."

In the pre-18th amendment constitution, Article 63(1)(l) read as: "he is found guilty of a corrupt or illegal practice under any law for the time being in force, unless a period of five years has elapsed

from the date on which that order takes effect."

This very clause (l) of Article 63(1) has been removed altogether in the present constitution. Consequently the convicted corrupt, no matter how much public money they have looted, are not disqualified to become member of the parliament.

Article 63 talks of the following two convictions only:

"(g) he has been convicted by a court of competent jurisdiction for propagating any opinion, or acting in any manner, prejudicial to the ideology of Pakistan, or the sovereignty, integrity or security of Pakistan, or morality, or the maintenance of public order, or the integrity or independence of the judiciary of Pakistan, or which defames or brings into ridicule the judiciary or the Armed Forces of Pakistan, unless a period of five years has elapsed since his release."

"(h) he has been, on conviction for any offence involving moral turpitude, sentenced to imprisonment for a term of not less than two years, unless a period of five years has elapsed since his release." There is no mention of corrupt, or the corrupt practice, or the misuse of authority.

Editor's notes: Instead of trying to measure up to the requirements of article 63 of the Constitution Muslim league and PPP (plus partners MQM, ANP etc) have expunged those articles from the Constitution.

DIET DRINKS UP RISK OF HEART ATTACK

People who consume diet soft drinks daily could be unwittingly inviting strokes and heart attacks.

The study was conducted by Hannah Gardener and colleagues from the University of Miami Miller School of Medicine and Columbia University Medical Centre, the Journal of General Internal Medicine reports.

Gardener and team examined the relationship between both diet and regular soft drink consumption and risk of stroke or myocardial infarction (heart attack), according to a Miami statement. Data were analyzed from 2,564 participants in the Northern Manhattan Study, which was designed to determine stroke incidence, risk factors and prognosis in a multi-ethnic urban population.

The researchers looked at how often individuals drank soft drinks-diet and regular-and the number of vascular events that occurred over a 10-year period.

They found that those who drank diet soft drinks daily were 43 percent more likely to have suffered a vascular event than those who drank none, after taking into account pre-existing vascular conditions such as metabolic syndrome, diabetes and high blood pressure. (Agencies)

JI SENATORS LEAVE SENATE WITH CHALLENGE TO INTELLIGENCE AGENCIES

(From an article by Ansar Abbasi in the News)

The outgoing Jamaat-e-Islami Senators have left a real test for the other political parties, particularly the past and present champions of the missing persons, by moving in the Senate a constitutional amendment bill to curb the forced disappearance of hundreds of Pakistanis by state agencies.

The JI's constitutional bill seeks to reduce the powers of the intelligence agencies in case of preventive detention to a reasonable limit and ensure the right of fair trial for every detainee. The bill proposes to reinstate the maximum duration of "one month" for preventive detention without being heard, as it was in the original text of the 1973 Constitution, before third constitutional amendment made in 1975 increased this period to "three months". Similarly, the bill seeks the detained person to be informed of the charges against him "as soon as may be, but not later than one week".

By moving this constitutional amendment bill, the Jamaat-e-Islami has taken an initiative and now it is for the other parties in Parliament to get this amendment through to check the

controversial and illegal actions of the intelligence agencies and redress the suffering of the missing persons and their near and dear ones whether they are from Balochistan, Tribal Areas, Swat or anywhere else in Pakistan.

Much has been said in public rhetoric in the past as well but none of the political parties except Jamaat-e-Islami has dared to challenge the powers of the intelligence agencies, who are alleged to have illegally kidnapped and detained hundreds of Islamists post-9/11, innumerable alleged terrorists in different acts of terrorism within Pakistan and hundreds of alleged Baloch terrorists for months and years without any free trial or information of their whereabouts to their relative.

According to Professor Khurshid Ahmad three years back a similar bill was moved by him but it lapsed.

The JI senators seek to curb the power of intelligence agencies regarding preventive detention as it prohibits handing over any Pakistani citizen to a foreign country without the prior permission of the High Court concerned.

SITTING LINKED TO SHORTENED LIVES

From an article in The News

People who spent a lot of time sitting at a desk or in front of a TV were more likely to die of any cause during a three-year period than those who were only sedentary a few hours a day, according to a new study. Researchers found that the link between too much time sitting and shortened lives stuck when they accounted for how much moderate or vigorous exercise people got as well as their weight and other measures of health.

That suggests shifting some time from sitting to light physical activity—such as slow walking and active chores—might have important long-term benefits, researchers said.

"When we give people messages about how much physical activity they should be doing, we also need to talk to them about reducing the amount of hours they spend sitting each day," Hidde van der Ploeg, the new study's lead author from the University of Sydney, said.

Of more than 200,000 adults age 45 and older, van der Ploeg and her colleagues found that people who reported sitting for at least 11 hours a day were 40 percent more likely to die during the study than those who sat less than four hours daily. That doesn't prove sitting, itself, cuts people's lives short, she pointed out.

Although the researchers also asked participants about a variety of lifestyle habits, there could be other unmeasured

differences between people who spend a lot or a little time sitting each day.

Still, the findings are consistent with other recent studies suggesting health consequences from too much sitting, said Mark Tremblay, an obesity and activity researcher at Children's Hospital of Eastern Ontario in Ottawa.

"Sitting or reclining, especially in front of screens, is bad for you regardless of your age," said Tremblay, who wasn't involved in the new research. People tend to think they're okay as long as they get their "dose" of working out each day, he said.

But, "Getting your 30 minutes of physical activity five times a week is not insurance against chronic disease," Tremblay added. Instead, time spent doing moderate or vigorous exercise and time being totally sedentary may each affect long-term disease risks separately, he said.

For the new study, van der Ploeg and her colleagues surveyed about 220,000 people from New South Wales, Australia between 2006 and 2008. The surveys included questions about participants' general health and any medical conditions they had, whether they smoked and how much time they spent both exercising and sitting each day.

Then the research team tracked responders using Australian mortality records for an average of almost three years, during which 5,400 -- between two

and three percent died.

They found that the extra risk tied to sitting held up regardless of whether people were normal weight or overweight, how much time they spent working out and whether they were healthy or had pre-existing medical conditions, van der Ploeg's team reported this week in the Archives of Internal Medicine.

She said too much sitting may affect blood vessels and metabolism by increasing fats in the blood and lowering "good" cholesterol levels. "When you are standing or walking your leg muscles are constantly working, which helps to clear blood glucose and blood fats from the blood stream," she said. "If you are sitting this is not happening because the muscles are not active."

Even for people who have jobs that involve a lot of desk work, there are ways to train yourself to regularly interrupt sedentary behaviour, Tremblay said. "Makes sure the fax machine is four steps away from you, not within reaching distance," he advised. "Drink enough water that you have to pee four times a day. Stand up, stretch, walk around a little bit, say hi to your friend in the cubicle next door." "Try standing up while on the phone or have a stand up meeting," van der Ploeg suggested.

When it comes to life outside of work, "You don't have to stand or walk for 100 percent of your leisure time of course, as sitting is very comfortable," she said. "But try to find a healthy balance between sitting, standing and walking or other physical activities." Agencies

AFAQ ACCUSES ALTAF OF INTRODUCING EXTORTION IN KARACHI

Mohajir Qaumi Movement Chairman Afaq Ahmed accused Muttahida Qaumi Movement (MQM) leader Altaf Hussain of having introduced extortion to the city of Karachi.

Addressing media persons at a press conference at the National Press Club, Afaq Ahmed accused the MQM industries minister of having collected more than Rs50 million from the city's industrial area alone, including an additional Rs2-3 million from the Builders Association.

Afaq claimed that Altaf was now making a hue and cry over the wave of extortion plaguing Karachi, which was ironic given how the MQM leader had held the city hostage in the name of mandate. "We strongly condemn extortion," the Mohajir Qaumi Movement leader blasted.

He also revealed that police officials had on countless occasions arrested MQM workers, caught red-handed in extortion related criminal activities.

Afaq also blamed the "wall chalking" taking place in Karachi for a separate Mohajir province at Altaf Hussain's behest. He said he was vehemently opposed to creation of provinces on linguistic basis, and further disclosed that Altaf Hussain had demanded money from Gen Aslam Beg at the residence of Yunus Habib in his (Afaq's) presence.

NEW LAW GIVES PERKS AND PRIVILEGES TO EX-MPS

(From an article in The News)

The law of perks and privileges has been enforced for former members of Parliament for the first time in the history of Pakistan.

Under the new law, ex-MPs will use a blue passport for travel, VIP lounge and official rest houses as well as get medical treatment for themselves and members of their families free of cost in government hospitals.

Parliamentary sources said that at the time of the approval of the national budget on June 22, an amendment was quietly added in the Finance Bill, in Act 1974, regarding the salaries of members of Parliament. It said: "Former member of any House of Parliament, who remained a member for at least one term, will enjoy medical facilities along with other perks which will be described in the law and which incumbent members are enjoying."

The National Assembly Secretariat and Senate Secretariat have issued a notification for the implementation of the new law. The enforcement of the law will be from 1973 and will benefit more than 10,000 former parliamentarians.

With the implementation of the new law, VIP cards will be issued from the Senate and National Assembly secretariats to former MPs so they can avail facilities extended to incumbent legislators and grade-22 government officials.

Editor's notes: When more than 50% of the population doesn't get two square meals a day such a lavish grant to the landlords and other rich former MNAs and senators is brutal and the present parties in the government are responsible. Let us throw out the PPP led, ANP, MQM government.

DELAYED CORD CLAMPING PROTECTS NEW BORN BABIES

Ola Andersson and Colleagues - BMJ

The authors investigated the effects of delayed cord clamping, compared to early clamping, on the iron status of infants at four months of age in a Swedish county hospital.

Four hundred full term infants born after low-risk pregnancies were involved in the study. Some had their umbilical cords clamped after at least three minutes and others had them clamped in less than ten seconds after delivery.

The results show that babies who experienced delayed clamping had better iron levels at four months of age and there were fewer cases of neonatal anaemia.

The researchers estimated that, for every 20 babies having delayed clamping, one case of iron deficiency would be prevented, regardless of whether the baby also had anaemia. Furthermore, delayed cord clamping was not associated with any adverse health effects.

The authors conclude that delayed cord clamping "should be considered as standard care for full term deliveries after uncomplicated pregnancies."

IMPROVEMENT OF VITAMIN D STATUS VIA DAILY INTAKE OF FORTIFIED YOGURT DRINK EITHER WITH OR WITHOUT EXTRA CALCIUM AMELIORATES SYSTEMIC INFLAMMATORY BIOMARKERS, INCLUDING ADIPOKINES, IN THE SUBJECTS WITH TYPE 2 DIABETES

J Clin Endocrinol Metab 2012

A Middle Eastern yogurt drink known as "doogh" and fortified with vitamin D was found to decrease inflammatory markers in people with type 2 diabetes, researchers found.

Those who drank the doogh fortified with vitamin D, or vitamin D plus calcium, had decreased levels of highly sensitive C-reactive protein and several interleukin proteins, among other markers of inflammation, reported Tirang Neyestani, PhD, of Beheshti University of Medical Sciences in Tehran, Iran, and colleagues. In addition, those drinking the fortified concoctions had significantly higher levels of adiponectin.

Adiponectin is a hormone known to have anti-inflammatory properties and to regulate the metabolism of glucose. A 2009 review of the literature found that higher levels of adiponectin were associated with a lower risk of type 2 diabetes.

Neyestani and colleagues noted that animal studies have shown vitamin D to have a beneficial effect in various autoimmune disorders. These researchers also reported last year the positive effect vitamin D has in diabetics on endothelial

biomarkers and on glycemic control, again using fortified doogh.

However, they said that the evidence in humans showing this particularly unique effect of vitamin D is scarce.

In this study, researchers conducted a double-blind, randomized, controlled trial over 12 weeks in 90 patients with type 2 diabetes. Participants were randomized equally either to plain doogh, doogh fortified with vitamin D, or doogh fortified with vitamin D and calcium.

Baseline characteristics between the groups were similar, with an age range of 30 to 60. Participants drank two bottles of the liquid yogurt per day. The average body mass index was 29 kg/m².

The prevalence of overweight and obesity is escalating in Iran, moreover, obesity and abdominal adiposity have a close association with development of type 2 diabetes; in other words, most cases of type 2 diabetes are overweight or obese.

Both groups with fortified drinks showed significant improvement of vitamin D status at the end of 12 weeks, "confirming high bioavailability of vitamin D in doogh." The inflammatory markers that significantly decreased at the end of 12

weeks were C-reactive protein, interleukin(IL)-1 beta, IL-6, fibrinogen and retinol binding protein (RBP)-4.

This is the first study to show that vitamin D with or without extra calcium resulted in a significant decrease in these particular inflammatory biomarkers, as well as an increase in adiponectin and RBP-4.

Vitamin D studies of healthy people have typically not shown beneficial effects. "It is possible that the immunomodulatory effect of vitamin D can be more clearly observed when the immune system is stimulated.

The findings, however, are not inconsistent with animal studies.

Our study showed for the first time that adiponectin, a substance secreted by fat tissue that has an anti-inflammatory effect, increased when calcium and vitamin D-fortified dough was consumed.

Unlike vitamin D, calcium can be obtained through diet, mostly dairy products. Vitamin D, however, has very limited food sources.

People usually do not have sufficient direct sun exposure for many reasons, including cultural, as women in Iran are veiled since age 9.

In Iran, this problem is more complicated by the fact that there is no fortification program at the time. We therefore must rely mostly on vitamin D supplementation for now.

A limitation of the study was that three-quarters of participants were deficient in vitamin D, and that longer-term studies need to be done to adequately capture all vitamin D-dependent functions.

[http://www.medpagetoday.com/
Cardiology/Diabetes/31947](http://www.medpagetoday.com/Cardiology/Diabetes/31947)

OBJECTIVELY MEASURED PHYSICAL CAPABILITY LEVELS AND MORTALITY: SYSTEMATIC REVIEW AND META- ANALYSIS

Cooper R et al - 5M/2010 Sep

A growing body of evidence indicates that physical capability - the ability to perform physical daily tasks - predicts future health and mortality. In this systematic review and meta-analysis, investigators determined the associations between objective measures of physical capabilities (e.g., grip strength, walking speed, chair rising) and early mortality.

Most studies involved people older than 60. Follow-up ranged from about 5 to 20 years. Meta-analysis of 14 studies that involved 53,000 people showed that those in the lowest grip-strength quartile were 67% more likely to die during follow-up than people in the highest quartile. Meta-analysis of five studies that involved 15,000 people showed that those in the slowest walking-speed quartile were three times more likely to die during follow-up than people in the fastest quartile. Meta-analysis of five studies that involved 28,000 people showed that those in the slowest chair-rise-time quartile were twice as likely to die during follow-up as were those in the fastest quartile. All analyses were adjusted for age, sex, and body size.

<http://dx.doi.org/10.1136/bmj.c4467>

AMERICA IS TAKING OVER PAKISTAN

(From an article by Tahir Ali in the News)

The US policymakers decided to exercise the option of achieving control over Pakistan by controlling Pakistan's leadership, through incentives and coercion. This strategy is followed in most Middle Eastern countries.

The US administrations always felt comfortable with military dictators, yet historically these dictators at certain stages tended to show defiance. As such, when in 2006 Musharraf was found reluctant to dance to the tune of the Americans, it was principally decided to invest in the political leadership. Benazir Bhutto, while in exile, played a major role in reinforcing this effort.

The strategy by the US vis-a-vis Pakistan envisaged that Pakistani leaders willing to support the US agenda in the region would be assisted in their efforts to reach the corridors of power. At the same time, control over major institutions would have been achieved by cultivating local assets, thereby establishing a network to elevate and protect those who comply and marginalise those not falling in line. Preferably, with the passage of time, an alternative leadership would have been prepared to ensure a friendly change, if the situation so demanded. Rampant corruption, economic dependence on the US and the negative internal dynamics of Pakistan would have served as tools to support the strategy.

The NRO was brokered by the US and it paved the way for the return to power of useful local assets willing to play the Americans' game. Their role was to support the USA's grand design in the

region and create an internal environment for the successful application of the USA's strategy of converting Pakistan into a pliant state in the long term.

In my view, the Americans' strategy was to cripple Pakistan's economy to a level where it had to remain dependent on the USA, sabotage Pakistan's nuclear programme through indirect methods, undermine the army's status and establish control over it, and curtail the army's ability to defy the USA's grand design in the region. The Americans also wanted infiltration of CIA assets in major institutions, so that the implanted leadership could be supported and kept in power. If one critically observes recent happenings, effects of this infiltration are visible in the Memogate scandal. A rescue apparatus has been immediately set in motion to protect those looking after US interests in Pakistan.

If justice prevails, the nation can hope to break the shackles of slavery. But if the CIA's rescue apparatus is able to save the perpetrators of Memogate, the nation will be destined to enslavement, this time to be controlled directly or indirectly by the USA through the Americans' implanted assets. This will be colonisation of a new kind.

Editor's notes: All the above opinions seem to come as if from the mouth of Syed Munawar Hasan, Ameer of Jamaat e Islami. Was he right all the time?

PAKISTAN LOST RS 7,020 BILLION, GOT ONLY RS 990 BILLION FOR HELPING AMERICA

(From an article by Ansar Abbasi in The News)

Pakistan's economy has been facing the loss of Rs3 billion every day and Rs93 billion every month due to the highly controversial US-led war on terror for the last 46 months of the Gilani regime.

In return, according to official sources, Pakistan directly or indirectly (through NGOs and USAID) received around \$800 million to \$900 million per year aid making the total around \$11 billion (Rs990 billion). This means Pakistan lost \$78 billion besides compromising its sovereignty, inviting terrorism, sacrificing more than 35,000 people including soldiers and other law enforcing personnel but in return received peanuts.

According to official figures, the loss to the country's economy due to war on terror was \$28 billion during the six-and-a-half-year post 9/11 tenure of General Musharraf but this heavy cost of the so-called war on terror has jumped to \$78 billion - an increase of \$50 billion (Rs4500 billion) under Gilani's 46 months tenure.

According to government statistics, under the CSF programme, Pakistan received \$12.5 billion (in cash and kind) in the last 10 years. It includes \$8.6 billion in cash.

According to Dr Shahid Siddiqi, as per the government's figures the loss to the country's economy in 2011 due to war on terror was 8.5% of the GDP whereas the aid that Pakistan has received was merely 0.2% of the GDP. It means that we got

0.2% aid and lost 8.5% of the GDP merely to please the Americans.

During Musharraf's tenure there were only nine drone attacks but during the last 46 months of the Gilani govt there have been more than 300 drone attacks, which killed thousands of innocents including women, children and the old.

The Quickest Way of Ending
Fire

PEPZOL
(Omeprazole)

For Acid Peptic Disorders

- Fast Acting PPI.
- Superior Efficacy.
- Convenient OD dosage.
- Alu-Alu Packing.

Mass Pharma (Private) Limited
Karachi, Pakistan

RAPE IN US MILITARY

It is estimated nearly one in three female US soldiers is a victim of sexual aggression in the military, a little-known fact highlighted in a film screened at the Sundance festival.

The documentary "The Invisible War," by American director Kirby Dick, is in competition at the independent movie-fest.

Dick, a Sundance regular, has a background of examining contentious issues. His film "Twist of Faith," about pedophilia in the Roman Catholic Church, was shown here in 2005 en route to being nominated for a best documentary Oscar.

No film has ever been made that specifically deals with sexual violence against female soldiers by their own comrades-at-arms, the filmmaker told AFP.

The documentary, built around powerful testimony from female - and one male - rape victims, shows how trauma stems not only from the assault, but also from the indifference, or even hostility, from the army when they seek justice.

In 25 percent of cases of sexual abuse, the person who has the final say in whether an investigation is launched is the alleged rapist himself.

The victim's nightmare doesn't end there: having lodged a complaint, they often find themselves sidelined, or their career progression can be blocked altogether.

Even worse, they themselves can face disciplinary action, as, for example, in the case of one female soldier whose rape claim was shelved, but who was later condemned for adultery.

"Women should work shoulder to shoulder with men". Even the mightiest country can't protect its women who are soldiers themselves.

NATO TROOPS WEAR DIAPERS

(From an article by Ansar Abbasi in the News)

Technologically well equipped and facility-wise pampered, the US-led NATO forces, which are already eating dust in Afghanistan at the hands of Taliban, are finding it impossible to fight as they don't have "diapers to wear".

A diplomatic source said that the NATO supply line cut by Pakistan has hurt the US-led NATO forces in many ways, including the severe shortage of diapers for the US-NATO soldiers.

A Google search on the matter revealed that the diaper shortage crisis faced by the US-led NATO forces in Afghanistan was first reported by an Urdu daily early last month. In addition, a lot of discussion in different blogs is going on over the shortage of diapers, tissues and chicken in Afghanistan.

According to the newspaper report of last month, the US authorities had contacted the Pakistani authorities early last month for immediate provision of diapers.

The newspaper report had claimed that the report of the shortage of diapers first appeared in the US media.

The well protected US- NATO forces riding armoured personnel carriers and other army vehicles, do not dare to get outside their vehicles to ease themselves for fear of attacks by the Taliban.

Editor's notes: So much for the slogan of

\$1.5 BN OF PAKISTAN LOOTED BY ZARDARI AND BENAZIR: SWISS INSTITUTE

(From an article by Sabir Shah in the News)

According to the International Centre for Asset Recovery of the Basel Institute on Governance in Switzerland, which assists developing countries in making use of international legal assistance to recover their stolen assets, President Asif Zardari and his late spouse Benazir Bhutto were allegedly involved in looting \$1.5 billion from the national coffers.

The Swiss institute further writes: "This sum allegedly came from illicit profits through kickbacks in every sphere of government activity, including: rice export deals, the sell-off of state land, purchase of planes for Pakistan International Airlines, sugar mills, oil and gas permits, awarding of broadcast licenses, privatisation of state-owned industries and rake-offs from state welfare schemes."

She returned to Pakistan in October 2007 after reaching an understanding with President Pervez Musharraf by which she was granted amnesty and all corruption charges were withdrawn. However, Benazir Bhutto political life was ended with her assassinated on December 27, 2007. Her husband Asif Ali Zardari (now the current President of Pakistan) also played a prominent role in both administrations. He served as Minister of Investment from 1993 to 1996."

The institute had cited references of John

F. Burns 1998 article "House of graft: tracing the Bhutto millions - a special report; Bhutto clan leaves trail of corruption" that had appeared in the New York Times and also made use of material in BBC's obituary story on Benazir Bhutto and Raymond W Baker's 2005 book "Capitalism's Achilles Heel: Dirty money and how to renew the free-market system."

WORKSHOPS FOR DOCTORS

Venue: Karachi Psychiatric Hospital

Nazimabad # 3, Phone: 111-760-760

E-mail: rashid.hassan@kph.org.pk

Schedule for 2012 (First Monday of every month)

7st May	Anxiety
4th June	Phobia
2nd July	Mental Retardation
6th August	Children Education & Training Problems
3rd September	Depression
1st October	Addiction
5th November	Sexual Problems
3rd December	Schizophrenia

Features

- o All doctors cordially invited to participate.
- o Pre-registration or bring your CNIC, Visiting card or PMDC card.
- o Workshops will be free.
- o We will invite professionals for workshops.
- o We will provide certificates to all participants.
- o Lunch will be provided.
- o The timing will be 2 pm to 3 pm.

WILL THE RULERS TAKE UP ARMS AGAINST PAKISTAN?

(From an article by Naeem Sadiq in the News)

Some of the prominent dual nationality Pakistanis whose name have repeatedly appeared in the press include the acting governor of the State Bank, the Governor of Sindh, the Home Minister, Altaf Husain the leader of MQM and the Hussain Haqani the former Pakistani ambassador in USA. Dozens parliamentarians, politicians and government servants who perform important state functions are alleged to be holding dual nationalities.

What does it mean to be holding a dual nationality in terms of law, ethics, loyalties and interests. Article 63 (1) of the constitution clearly states that a person shall be disqualified from

-being a member of the majlis-e-shoora (Parliament), if he ceases to be a citizen of Pakistan, -or acquires the citizenship of a foreign state. This clearly means that a person acquiring the continue to remain as a parliamentarian if he acquires the citizenship of a foreign state.

The constitutional requirement is not without a well considered rationale. The us oath of citizenship requires a citizen to entirely renounce all allegiance and fidelity to any other foreign state, and if required to bear arms on behalf of us against a foreign country. The UK requires citizens to swear, a personal oath of allegiance to the Queen and her, heirs and successors, if they wish to become a British citizen. One can therefore easily conclude that in a case of conflict, many of the Pakistan's leading country to which the swore allegiance.

Can a ruling elite that has sworn complete allegiance to a foreign county be loyal to Pakistan? Why was this vital verification missed out by the election commission? Why have the people of Pakistan not considered it Supreme Court not moved to rid Pakistan of a ruling elite that has sworn to bear arms and fight against Pakistan itself if so directed by their 'other' country?

PPP GOVT. CAUSES LOSS OF RS20 TRILLION

(From an article by Ansar Abbasi in The News)

The Gilani government's policies have cost the country's economy more than Rs11,000 billion (Rs11 trillion) in addition to Rs8500 billion that Pakistan, according to the Transparency International, has lost during the last four years because of corruption, tax evasion and bad governance.

The combination of these two total figures takes the total to Rs19500 billion. **The Transparency International Pakistan** claimed that Pakistan has lost an unbelievably high amount, more than Rs8500 billion (Rs8.5

trillion or \$94 billion) in corruption, tax evasion and bad governance during the last four years of Prime Minister Yusuf Raza Gilani's regime.

However, what is interesting to note is the fact that during Musharraf's post 9/11 tenure Pakistan lost Rs21 billion per month in US's war on terror. This figure has gone extremely high during the present regime under Gilani as the cost of the war on terror has increased to Rs96 billion per month.



The present government had announced tax amnesty and laundered Rs150 billion at mere 2 percent tax. Siddiqi termed it as the financial NRO for looters, black money holders and corrupt.

The economy of the country has been destroyed to such an extent during these years of the PPP government that the growth rate of the country's GDP touched all time lows and averaged 2.6 percent, the lowest in the history of Pakistan and the

lowest in the region.

As against Pakistan's 2.6 percent, India's economy showed the growth of 8.9 percent, Bangladesh 6 percent, Sri Lanka 6.6 percent and Vietnam 6.1 percent.

Editor's notes: Only Jamaat e Islami has a team of educated and honest members who can root out corruption in the country and turn it towards progress and prosperity. Let us support it.

RICE REVEALS ALL ABOUT BENAZIR-MUSHARRAF NRO DEAL

(From an article by Shaheen Sehba in the News)

In graphic detail, Condi has disclosed in her book, "No Higher Honor", how she toiled for many sleepless nights to bring Musharraf and Benazir together in 2007.

At the beginning of 2007, she says, Musharraf had asked for help in bridging his differences with Bhutto, the powerful opposition leader who'd lived in self-imposed exile throughout his rule.

"It seemed a long shot, but if the two rivals could come to a power-sharing arrangement, it would shift the weight of politics towards the moderates and undermine the Islamists.

"Richard Boucher, the assistant secretary for South and Central Asian Affairs, became the point man for the US in exploring a deal. Shuttling back and forth between the parties - usually meeting Bhutto in London - Richard got them close enough to make a face-to-face meeting possible. That encounter took place in the UAE in late July, but their discussion was inconclusive. When I talked Musharraf out of declaring a state of emergency, I promised to redouble our efforts to bring the two of them together.

"Boucher shuttled back and forth several

times in the fall. By early October, there were four outstanding issues: when would Musharraf shed his military uniform (before or after the elections); would Bhutto and her party colleagues be immunized in the multiple corruption cases against them (including the one against her husband); could she become prime minister despite a constitutional prohibition against a third term (she'd already had two terms); and finally, would Musharraf support her return to Pakistan before the elections?

Revealing details Rice says: "I went to bed at about midnight, only to be awakened at 12:41 am by Musharraf. Well, I had said he could call anytime. I called Bhutto at 4:58 am and relayed the latest offer. The next morning, I talked to each of them one more time. They had a tentative deal - not firm but detailed enough that Bhutto would be permitted to return to Pakistan to stand in the parliamentary elections that would be held by mid-January."

"Mr President," I said. "I'm on the hook for him to take off his uniform and allow Bhutto to run for prime minister. He made a direct promise to the secretary of state of the US. If he backs off that

now, we'll have no relationship at all in Pakistan - even if we have one with Musharraf."

"The only other people in the Oval Office were the Vice President, Steve and Josh Bolten, so we could be very direct with one another. "I don't want people trashing him," the president said. The vice president added that Musharraf was essential to the war on terror.

Rice says the final act for the beleaguered Pakistani president came as it grew increasingly clear that he was losing support among the army, the institution on which he counted to support his continued rule.

It was clear, though, that Musharraf was on borrowed time in Pakistan. I thought he'd run out his string of luck, a view not widely shared with the administration. The question was how to use the time we'd bought to create better conditions for the upcoming elections. The answer, we believed, lay in forging an alliance between the two strongest political forces in the country: Musharraf and former Prime Minister Benazir Bhutto.

Editor's notes: This is ample proof that America interferes in the internal affairs of our country and that the military as well as political parties like PPP take dictation from them. Tariq Ali was right when he responded to the titles of Benazir's book "Daughter of the East" that she was actually the "Daughter of the West"

UNSAFE WATER

(From an article in the News)

The findings of the study on the quality of water in the country's rural areas conducted by the Pakistan Council of Research in water resource make for shocking reading. They tell us that 82 percent of water sources in 24 districts are unsafe and responsible for many diseases that take their toll on our people. The five-year study notes that water-related diseases cause an annual loss of Rs25 billion or more and that 250, 000 children in the country die every year due to sickness caused by the quality of the water they drink.

The situation is obviously alarming. When the state is unable to provide even safe water to millions of citizens, it is obviously failing in its most basic duties in a horrendous fashion. Despite the publicity the issue has received over the past few years, too little has been done to change the situation and offer people better quality water. The pollution of more and more water sources is a factor in this. But solutions have been suggested, including cheap indigenous ones that involve water filtration through earthen vessels. Boiling is not always a practical remedy for people who lack sufficient fuel and must obtain enough water for large households. The latest study makes it clear that this is a disaster of the highest order. It must be given priority so that lives can be saved and healthcare expenditures used more wisely.

Editor's notes: For the last 65 years the successive governments, military as well civil (Muslim league, PPP, MQM etc) have failed in their responsibility to supply pure clean water to the populace. They should be held accountable for all the death and destruction this has caused.

MUSHARRAF DID MASSIVE RIGGING IN 2008 POLLS

(From an article by Tariq Butt in the News)

A new book enlists massive rigging in the 2008 general elections, which was done with the motivation to retain power by Pervez Musharraf and his king's party.

The vigorous pursuit of power by Musharraf and his cronies largely accounted for unlawful practices, the 230-page book authored by Iffat Humayun Khan and published by the Oxford University Press said.

The writer has done Masters and M Phil from National Institute of Pakistan Studies, Quaid-i-Azam University. She is currently working as research associate in the International Islamic University, Islamabad, and is conducting research on elections from a global perspective. Khan's father, Humayun Khan, who is former secretary Election Commission.

Right from the announcement of the date of elections till the conclusion, the regime was making studied moves to manipulate the elections. The aim was to ensure not only Musharraf's survival but also that of his carefully crafted system. The system-rigging, Khan noted, took place because the government was non-competitive since the president had all the powers and influenced the whole process throughout the elections. He took every step necessary for winning by tempering with the Constitution,

imposing emergency rule, curbing the media and the judiciary, and influencing the Election Commission, using arbitrary means to disqualify his opponents, and allowing the preparation of inaccurate electoral lists. The manipulators were the military, bureaucrats and the politicians besides foreign forces, which were also involved to some extent, she wrote.

On the polling day, selective and targeted rigging took place, the book said adding most of the candidates of the PML-Q and the Muttahida Qaumi Movement (MQM) indulged in it with the help of bureaucracy, nazims, police, and other government officials, who assisted them in rigging the polls.

To make matters worse, the increasingly unpopular president embedded the last jewel in his crown by deposing the assertive chief justice of Pakistan. This seemed to be part of the pre-poll rigging plan, the book said.

Editor's Notes: The stand of Tehreek Insaf and Jamaat e Islami stands vindicated that it is futile to take part in the elections under Musharraf as they cannot be fair. The judges of the supreme and High Courts were also of that opinion. The only ray of hope in this corrupt government is the brave and principled stand of the judges.

HIS NAME IS KHAN, IMRAN KHAN

(From an article by Sana Bucha in the News)

Electoral campaigns have never been this much fun. Shahbaz sang Jalib with such fervour that he brought tears to his own eyes. Altaf Hussain showed his softer side by singing the same Jalib verse albeit changing the words to reflect his new alliances. Khan chose to let others sing for him, inviting revolutionary bards like Shehzad Roy, Strings and the one-hit wonder, Shahzaman. Carefully choreographed, Khan's rally was a success, proving that politics can be sexy.

The Muttahida Qaumi Movement has obviously forgotten Khan's jarring remarks against it at Karachi airport when he was not allowed to enter the city. In return, Khan has also conveniently forgotten the cases he had registered against Altaf Hussain in London.

Aside from entertainment, what did we, the public, get out of the PTI's recent show of strength?

Neither a realist nor an idealist, Imran Khan has a split personality when it comes to foreign policy. He struck a nerve with many people when he spoke of his suggested solution for Kashmir: Khan will ask the Indian army to withdraw from Kashmir. Will he induce the Indian army to withdraw through diplomacy or will alternate pressure come into play?

Khan declared Nawaz Sharif unfit to fight dengue. Sure, the Sharifs have failed in combating dengue but dare I ask - does Khan recall which single lab

refused to lower its rates to 90 rupees to conduct dengue testing?

Khan's solo flight in '97 took off with his belief that he would secure himself the post of prime minister. That kept him engaged until General Musharraf's coup d'etat. Khan supported the general till his referendum and later boycotted the 2008 elections. Khan's pendulum-like swinging from one position to the other speaks volumes of his naivety and lack of understanding of Pakistan's politics.

M-KATE

(Fluphenazine Decanoate 25 mg/ml)
INJECTION

A time proven drug
for the management of Schizophrenic Disorders

Schizophrenia - a mental disorder which affects thinking, feeling and behavior. One amongst every 100 persons is schizophrenic.

PRODUCT FEATURES:

- ▶ Highly potent behavior modifier with prolonged efficiency.
- ▶ Slow release results in longer duration of action.
- ▶ Extended tranquilizing effect.
- ▶ Useful in the maintenance treatment of non-agitated, chronic schizophrenic patients.

Product Name: M-KATE (Fluphenazine Decanoate) Injection

Ophth Pharma (Pvt.) Ltd.

241, Sector 24, Kotungi Industrial Area, Karachi, Pakistan.



OLD CORRUPT POLITICIANS JOINING PTI

(From an article by Tariq Butt in the News)

Three key political figures of Rahimyar Khan district, who have just joined Pakistan Tehrik-e-Insaaf (PTI), have been associated with General Ziaul Haq's regime, Mohammad Khan Junejo-led Pakistan Muslim League (PML), Pakistan People's Party (PPP), PML-Nawaz and PML-Q in their extended political career.

The last party with which they were aligned was the PML-Q, which has turned out to be the major loser in Imran Khan's onslaught to induct a maximum number of electable political figures. The second loser in this campaign is the PPP while the PML-N is least scathed in this sense.

Rafiq Haider Leghari, Zafar Iqbal Warraich and Chaudhry Shaukat Daud of Rahimyar Khan district, who have now moved to the PTI, had been winning and losing national and provincial elections on tickets of different political parties as well as independent candidates. Some of them started off in politics from Ziaul Haq's district councils.

Warraich was minister of state for interior, who was in-charge of the Islamabad administration, when the Lal Masjid Islamabad operation was conducted, resulting in hundreds of

casualties, and when the capital police chief dragged deposed Chief Justice Iftikhar Muhammad Chaudhry from his hair as the top judge made an attempt to go to the Supreme Court on March 13, 2007 against the dictates of the then president, Pervez Musharraf.

Editor's notes: So if the people of most of the old parties are corrupt and should not be let in, then from where Imran Khan is going to get his honest team? It is only the Jamaat e Islami which has worked on this issue from the first day. It required that those who want to become its full members (رکن) should take an oath before Allah that they will be honest and truthful, and fulfill all the obligations (فرائض) laid down by Islam, as well as shun all things forbidden (حرام). More than thirty thousand persons from all parts of country have joined this group and provide a big cadre of reliable and disciplined people who can run an honest government. History has proved that whatever office Jamaat candidates have served in they have themselves been honest and banished corruption from their departments too. This is the only group of honest people available in Pakistan. Let us avail of their services.

CORRUPTION IN SINDH GOVT: PAYING RS10BN ANNUALLY TO GHOST EMPLOYEES

(From an article by M. Waqar Bhatti in the News)

Sindh Information Minister Shazia Marri has disclosed that thousands of ghost employees have been drawing salaries totaling Rs10 billion annually from the provincial exchequer.

Addressing a news conference at the Sindh Secretariat on Saturday, she revealed that a preliminary investigation into the service records of government employees showed that over 40,000 employees happened to be "ghost" while over 1,000 had been doing two government jobs.

Marri further informed that the majority of ghost employees existed in the departments of education, population welfare, labour and manpower and police, who were drawing monthly salaries worth billions of rupees.

Most astonishingly, the salaries of some 300 employees of various provincial departments who had died months and years ago were still being drawn, she said.

Editor's notes: The city govt's sanitary department also has its share of 'ghost' sanitary workers which number almost fifty thousand in Karachi alone. The salaries of these workers are pocketed by their officers and they are let off from work just to receive other incentives from the department.

EUROPEAN NATIONALS WORKING AS SPIES WITH GOVT'S APPROVAL: FO

(From an article by Mariana Baabar in the News)

Three German nationals including one in uniform were detained and sent back to Islamabad because they failed to provide documentary evidence of their stay in Khyber Paktoonkhwa. The German media said the three were members of Germany's BND foreign intelligence agency, about which there was no response from the Foreign Office except that they were not in possession of the required documents.

"We know who these nationals are and we know about their activities as they coordinate with us on many occasions," said one FO official.

Earlier last week it was Norway that was in the limelight, when the minutes of a parliamentary committee meeting were leaked to the media that caught unawares Norway's head of intelligence Janne Kristiansen, as she admitted that Norway had military agents working in Pakistan. She resigned from office after this breach of confidentiality.

Editor's notes: Our government happily permits foreign agents to work in Pakistan. No wonder we have murder, mayhem and bomb blasts.

'FLOODS HAVE EXPOSED GOVT MACHINERY'S FAILURE'

(From an article in the News)

A seminar, titled, "Disaster Management, Development Structure Challenges and Capacity Issues", jointly organized by Pakistan Institute of Labour Education and Research (PILER) and Pakistan Fisherfolk's Forum (PFF) at the PILER Centre discussed at length the question of protection of lives of citizens and failure of the institutions in Pakistan and concluded that there was dire need to hold a continuous public debate on the issue of flood-affected people.

Senior economists, professionals, civil society experts, and those working on the relief and rehabilitation of flood-affected people noticed that the disasters occurred because of the failure of the state institutions.

The speakers underlined the aspects of the lives of the flood- and rain-affected people, their rehabilitation in relation to their citizenship rights, and a lack of adequate measures on the part of the State.

Dr Kaiser Bengali, a senior economist and former Advisor to the Sindh Chief Minister on Planning and Development, said that the Provincial Disaster Management Authority (PDMA) in Sindh remained ineffective during the recent floods.

He argued that 2010 floods exposed existence of abject poverty in rural areas. A large number of people when displaced by the flood do not want to return to their areas because they did not have homes and they were under debt.

He pointed out that the natural drains, waterways and parts of the River Indus

had been encroached upon by certain influential persons." He also discussed the remodeling plan of LBOD through diversions and increasing its capacity which, he said could be more disastrous for the ecology of Sindh.

AIDS SPREADING FAST AMONG PROSTITUTES

(From an article in the News)

Karachi holds the unenviable statistic of housing the largest number of female prostitutes in the country, which stands at 25,399 and is closely followed by Lahore that has a total of 23,766, says a national survey conducted by the Canada-Pakistan HIV/AIDS Surveillance Project. At the same time, 19,115 male prostitutes live in Pakistan. They are spread over 3,706 spots in 14 cities of the country. According to the survey, there are some 89,178 female prostitutes in 14 cities. The study identified that some prostitutes operated their business from home, some from Kothikhanas, others from brothels or streets while some would use cell phones to contact their clients. Deputy Director Sindh Aids Control Programme (SICP) Syed Qamar Abbass Shah, while commenting on the findings of the survey, said the prevalence of HIV/AIDS among prostitutes was an alarming sign.

Editor's notes: Prostitutes cause much social, moral and medical damage and should not be called by such euphemisms as "sex worker" or "service worker." Moreover prostitution is illegal in Pakistan and evokes the death penalty in Islam.

SPURIOUS DRUGS CAUSE OVER HALF A MILLION DEATHS EACH YEAR

(From an article by Sabir Shah in the News)

Although the problem of spurious/falsely-labelled/falsified/counterfeit (SFFC) medicines was first addressed at international level in 1985 at a conference held in Nairobi, the multi-billion-dollar global trade in bogus drugs is still responsible for over half a million deaths every year.

The World Health Organisation (WHO) claims that between January 1999 and October 2000 alone, 46 confidential reports relating to such drugs were received by it from 20 countries. While about 60 per cent of these reports came to the WHO from developing countries, the remaining 40 per cent were reported by developed countries.

It is pertinent to note that at present, out of the 191 WHO member states, about 20 per cent are known to have well developed drug regulation, about 50 per cent implement these regulations at varying levels of development and operational capacity and the remaining 30 per cent either have no drug laws in place or have very limited capacity that hardly functions. A research conducted by The News International, by taking into account the January 2010 report of the WHO and the April 5, 2008 edition of London's Daily Telegraph newspaper, reveals that counterfeiting is greatest in regions where regulatory and enforcement systems for medicines are weakest.

The January 2010 report of the WHO reads: "In most industrialized countries with effective regulatory systems and market control (i.e. Australia, Canada, Japan, New Zealand,

most of the European Union and the United States of America), incidence of SFFC medicines is extremely low - less than one per cent of market value according to the estimates of the countries concerned. But in many African countries, and in parts of Asia, Latin America, and countries in transition, a much higher percentage of the medicines on sale may be SFFC."

The April 5, 2008 edition of London's Daily Telegraph states: "The multi-billion-pound global trade in bogus medicines is responsible for an estimated half a million deaths a year. Fake pharmaceutical drugs - whether sold directly over the Internet or infiltrated into the neighbourhood pharmacy or local hospitals - have become a huge and fast-increasing threat. In 2005, 500,000 single doses of fake medicines were discovered across Europe. The following year that number had shot up to 2.5 million."

The prestigious British newspaper had held: "The developing world still records the majority of deaths. In China, between 200,000 and 300,000 people are estimated to die each year because of counterfeit or substandard medicines. The WHO estimates that 200,000 of the one million malaria deaths a year would be prevented if all the drugs were genuine. Fake vaccines killed 2,500 during a meningitis epidemic in Niger in 1995. Eighty-nine children died in Haiti the same year after swallowing paracetamol cough syrup that had been made with cheap, toxic diethylene glycol."

EFFECTS OF A COMPREHENSIVE SURGICAL SAFETY SYSTEM ON PATIENT OUTCOMES

de Vries EN, et al _ N Engl J Med 2010

Making a list and checking it twice -- before and after surgery -- appears to reduce complications, including deaths.

Among six hospitals in the Netherlands, complications fell from about 27 per 100 patients at baseline to about 17 per 100 after initiating checklists.

Also, in-hospital mortality fell from 1.5% to 0.8% after the checklists were put into place. System improvements such as surgical checklists have gained widespread support. For example, Atul Gawande, along with World Health Organization (WHO) colleagues published a report on perioperative surgical safety checklists that linked checklists with significant reductions in major complications.

The report by Gawande et al. investigated the use of checklists in operating rooms, while the study by the Dutch researchers investigates the use of the lists to aid preoperative and postoperative care.

To address that larger arena, Boermeester et al. developed Surgical Patient Safety System (SURPASS) checklist, which follows the surgical pathway from admission to discharge. It consists of 11 checklists covering different phases of preoperative, intraoperative, and postoperative care. The lists are completed by surgeons, anesthesiologists, nurses, and other staff.

The researchers tested the lists in six

hospitals and compared outcomes pre and post list implementation. They also compared the outcomes data (before and after implementing the checklists) with outcomes of patients treated at five control hospitals.

A total of 3,760 patients were observed at the six hospitals three months before implementation, and 3,820 were observed three months afterwards.

The researchers found that after implementation of the checklist, total number of complications dropped from 27.3 to 16.7 per 100 patients.

The proportion of patients with one or more complications also decreased from 15.4% to 10.6% ($P < 0.001$).

And in-hospital mortality fell from 1.5% to 0.8% during that time.

The proportion of patients who had temporary disability and the proportion requiring a second surgical procedure to resolve a complication also decreased significantly, by 2.7% and 1.1%, respectively.

Outcomes didn't change in the control hospitals. Boermeester noted that there was not full compliance with the checklist. Rates were monitored in a sample of patients -- 26% of those who had surgery -- and a median of 80% of items per checklist were completed.

<http://www.medpagetoday.com/tbprint.cfm?tbid=23286>

INCREASED FRUCTOSE ASSOCIATES WITH ELEVATED BLOOD PRESSURE

Jalal D, et al _ J Am Soc Nephrol 2010

Jalal and her colleagues used data from 4,528 adults without a history of hypertension included in the National Health and Nutrition Examination Survey (NHANES) from 2003 to 2006.

The majority (61%) had a systolic blood pressure of less than 120 mm Hg. Another 30% were prehypertensive (systolic pressure of 120 to 139 mm Hg).

The rest of the participants had either stage 1 or stage 2 hypertension (6% and 2%, respectively).

Fructose intake was determined through a self-administered dietary questionnaire. Consumption of natural fruits was excluded to isolate intake of added sugar.

Median intake was 74 grams a day. Increasing systolic blood pressure was associated with increasing fructose intake, a trend that reached borderline statistical significance ($P=0.05$).

After adjustment for demographics, comorbidities, physical activity, smoking, total kilocalorie intake, and dietary confounders including total carbohydrate, alcohol, salt, potassium, and vitamin C intake, as well as other factors, fructose intake of 74 grams per day or higher was associated with higher

odds of elevated blood pressure at the following thresholds ($P<0.05$ for all):

☆ 135/85 mm Hg: OR 1.26

☆ 140/90 mm Hg: OR 1.30

☆ 160/100 mm Hg: OR 1.77

Additional analyses showed that fructose intake was associated with systolic -- but not diastolic -- blood pressure.

The reason this study, and not some previous studies, found an association between fructose consumption and hypertension could be because of the high level of consumption in the current study.

In addition, some previous studies looked only at soft drink consumption or included naturally occurring fructose from fruit in their analyses.

There are several possible mechanisms that might explain the positive association between fructose and blood pressure, the authors wrote, "including stimulation of uric acid, inhibition of [the] endothelial nitric oxide synthase system, and stimulation of the sympathetic nervous system, or by directly increasing sodium absorption in the gut."

<http://www.medpagetoday.com/tbprint.cfm?tbid=21000>

HYPNOTICS' ASSOCIATION WITH MORTALITY AND CANCER: A MATCHED COHORT STUDY

Kripke DF, et al "" BMJ Open 2012

The use of hypnotic sleep aids was associated with a three- to five-fold higher mortality risk compared with the risk for nonusers, even when the prescription was for a small number of pills.

A prescription for 0.4 to 18 doses per year was associated with a mortality hazard ratio of 3.60 compared with patients who had no prescriptions for hypnotics.

The hazard jumped to 5.32 for patients prescribed more than 132 doses a year. Rough order-of-magnitude estimates ... suggest that in 2010, hypnotics may have been associated with 320,000 to 507,000 excess deaths in the U.S. alone.

From this nonrandomized study, we cannot be certain what portion of the mortality associated with hypnotics may have been attributable to these drugs, but the consistency of our estimates across a spectrum of health and disease suggests that the mortality effect of hypnotics was substantial.

Patients who used hypnotics most often also had an increased risk of cancer, with an overall cancer increase of 35% among those prescribed high doses.



More than 30 years ago a study showed that both cigarette smoking and hypnotic use were associated with excess mortality. But the link to hypnotics was largely discounted because the study was not designed

primarily to examine these drugs.

Subsequently, at least two dozen studies examined the mortality risk associated with hypnotic use, and two-thirds of the studies demonstrated significant ($P < 0.05$) associations. Lack of uniformity across the studies precluded a meta-analysis, but 22 of the reports showed a mortality hazard ratio that exceeded 1.0.

A query of the database identified 10,531 adult patients who had at least one prescription for a hypnotic drug from Jan. 1, 2002 to Sept. 30, 2006. Using the same database, the authors matched the hypnotic-user group with 23,674 patients

who did not have a prescription for a hypnotic during the period studied.

Three-fourths of patients prescribed a hypnotic had an explicitly stated sleep-related indication in their records.

Women (mean age 54) accounted for 63.9% of hypnotic users. Hypnotic users and the control group had been followed for about 2.5 years. The users had a mean morbidity score of 1.53. Zolpidem was the most commonly used hypnotic (4,338), followed by temazepam (2,076).

Overall, 6.1% of hypnotic users died during observation, compared with 1.2% of the nonusers. Hypnotic use was associated with a significantly increased mortality risk ($P<0.001$). The magnitude of the hazard ratio increased with the number of pills prescribed per year ($P<0.001$ for all comparisons versus nonusers):

☆ HR 3.60 for 0.4 to <18 pills

☆ HR 4.43 for 18 to 132 pills

☆ HR 5.32 for >132 pills

Separate analyses of the two most commonly used hypnotics showed a similar increase in the mortality hazard. For zolpidem the hazard increased from 3.93 for patients who took 5 mg/year to 130 mg/year, to 5.69 for patients who had prescriptions for >800 mg/year ($P<0.001$). Patients with temazepam prescriptions totaling 1 mg/year to 240 mg/year had a mortality hazard of 3.71, increasing to 6.56 for >1,640 mg/year ($P<0.001$).

Overall, only patients whose hypnotic use fell into the top two categories (18

to 132 pills and >132 pills) had an increased cancer risk (HR 1.20, $P=0.022$; HR 1.35, $P<0.001$).

For individual drugs, only patients in the top category of zolpidem use had an increased cancer risk (HR 1.28, $P=0.023$), whereas the two top categories of temazepam use were associated with an increased mortality hazard (HR 1.44, $P=0.024$; HR 1.99, $P<0.001$).

The residual confounding could not be fully excluded "due to possible biases affecting which patients were prescribed hypnotics and due to possible imbalances in surveillance."

The cohort studies may demonstrate an association but do not necessarily imply causality. However, the preferable randomized controlled trial method for assessing hypnotic risks may be impractical due to ethical and funding limitations.

The meager benefits of hypnotics, as critically reviewed by groups without financial interest, would not justify substantial risks. A consensus is developing that cognitive behavioral therapy of chronic insomnia may be more successful than hypnotics.

Against meager benefits, it is prudent to weigh the evidence of mortality risks from the current study and 24 previous reports, in order to reconsider whether even short-term use of hypnotics is sufficiently safe.

<http://www.medpagetoday.com/PrimaryCare/SleepDisorders/31391>

COMPUTER TAUGHT TO RECOGNIZE ATTRACTIVENESS IN WOMEN

"Until now, computers have been taught how to identify basic facial characteristics, such as the difference between a woman and a man, and even to detect facial expressions," says Kagian. "But our software lets a computer make an aesthetic judgment. Linked to sentiments and abstract thought processes, humans can make a judgment, but they usually don't understand how they arrived at their conclusions."

In the first step of the study, 30 men and women were presented with 100 different faces of Caucasian women, roughly of the same age, and were asked to judge the beauty of each face. The subjects rated the images on a scale of 1 through 7 and did not explain why they chose certain scores. Kagian and his colleagues then went to the computer and processed and mapped the geometric shape of facial features mathematically.

Additional features such as face symmetry, smoothness of the skin and hair color were fed into the analysis as well. Based on human preferences, the machine "learned" the relation between facial features and attractiveness scores and was then put to the test on a fresh set of faces.

Says Kagian, "The computer produced impressive results -- its rankings were very similar to the rankings people gave." This is considered a remarkable achievement, believes Kagian, because it's as though the computer "learned" implicitly how to interpret beauty through processing previous data it had received.

Beauty is Golden

The notion that beauty can be boiled down to binary data and interpreted by a mathematical model is nothing new. More than 2,000 years ago the Greek mystic, philosopher and mathematician Pythagoras observed the connection between math, geometry and beauty. He reasoned that features of physical objects corresponding to the "golden ratio" were considered most attractive. Kagian published the findings in the scientific journal *Vision Research*. Co-authors on the work were Kagian's supervisors Prof. Eytan Ruppin and Prof. Gideon Dror.

<http://www.sciencedaily.com/releases/2008/04/080404122139.htm>

PSYCHIATRIC CONSULTATION BY PHONE AND E-MAIL

Karachi Psychiatric Hospital was established in 1970, and today (2010) has branches in North Nazimabad, Nazimabad and Quaidabad in Karachi as well as a branch in Latifabad, Hyderabad. More than 200 patients come to our hospital daily and the average number of in-patients is one hundred and fifty (150). About 30 professionals, including psychiatrists, graduate doctors, psychologists and social therapists work in the hospital to treat the patients. The paramedical and other staff members are almost three hundred (300). Since there are less than four hundred (400) psychiatrists for the whole country of sixteen crore people we feel the immediate need to extend our psychiatric expertise to other cities and villages without actually going there. This we plan to do with the cooperation of the general practitioners and other doctors interested in providing proper treatment to psychiatric patients. We have a sliding scale of fees which people of various financial status can afford, and we will work out a system of sharing of fees between Karachi psychiatric hospital and the cooperating doctors.

Patients can also contact us directly for consultation and advice.

The fee can be sent by easy paisa A/c no. 0344-2645552-2, or UBL Omni A/c No. 0344-2645551.

Online bank Account, MCB Bank: Title: Karachi Psychiatric Hospital, A/c No.

1236-662-2.

Meezan Bank Ltd. Title: Karachi Hospital (Pvt) Ltd. A/c. No. 0131-0100001143.

Dubai Islamic Bank. Title: Karachi Hospital (Pvt) Ltd. A/c. No. 0102284001.

The patients can choose the doctor according to the fees they can afford. The phone operators can guide in this matter.

For further details please contact C.E.O,
Karachi Psychiatric Hospital
(Tel:021-36603244, 021-36684503,111-760-760)

Estar[®]
(Escitalopram 5, 10 & 20mg Tablets)

Brings good time

VOXAMINE[®]
(Fluvoxamine maleate 50 & 100mg Tablets)

More Life per Day!

EvoKaLM[®]
(Quetiapine fumarate 25, 100 & 200 mg Tablets)

A friendly antipsychotic

Pharmvo[®]
Our dream, a healthier society
www.pharmvo.com

مخلص مسلمان

(سید ابوالاعلیٰ مودودیؒ)

کے غضب کو دعوت دینے کی ہم معنی ہے۔ ہم ہرگز یہ توقع نہیں رکھ سکتے کہ اپنے رب کی کھلی کھلی مافرانیاں کر کے ہم اس کی رحمت اور نصرت کے

مستحق بن سکیں گے..... اس میں خطرے کا یہ پہلو بھی ہے کہ پاکستان کے عناصر ترکیبی میں نسل، زبان، جغرافیہ، کوئی چیز بھی مشترک نہیں ہے۔ صرف ایک دین ہی ہے جس نے ان عناصر کو جوڑ کر ایک ملت بنایا ہے۔ دین کی جڑیں یہاں جتنی مضبوط ہوں گی اتنا ہی پاکستان مضبوط ہوگا، اور وہ جتنی کمزور ہوں گی اتنا ہی پاکستان کمزور ہوگا..... اس میں خطرے کا پہلو یہ بھی ہے کہ یہ کیفیت ہمارے ہاں جتنی زیادہ بڑھے گی، ہماری قوم میں منافقت اور عقیدہ و عمل کے تضاد کی بیماری بڑھتی چلی جائے گی..... کیا کوئی شخص یہ سمجھتا ہے کہ یہ بیماری جو ہماری مذہبی زندگی میں پھیلانی جا رہی ہے، صرف مذہب کے دائرے تک ہی محدود رہ جائے گی؟ ہماری پوری قومی عمارت کو کھوکھلا کر کے نذرِ کدے دیں گے؟ جو مسلمان خدا اور رسول ﷺ کے ساتھ مخلص نہ رہے اس سے آپ کیا توقع رکھتے ہیں کہ وہ قوم، وطن، ریاست اور کسی دوسری چیز کے لئے مخلص بنا بت ہو سکے گا؟

(..... مگر یہ گروہ کرنا ہی میں سالہذا اجتماع سے خطاب۔ ۱۰ نومبر ۱۹۵۱ء.....)

ہم دیکھ رہے ہیں کہ ہمارے ملک میں اعلانیہ خدا کے احکام کی خلاف ورزی ہو رہی ہے اور ایسے رُک وقت میں بھی لوگ اس سے باز نہیں آتے

جب کہ ہم اپنے آپ کو چاروں طرف سے خطرات میں گھر لپاتے ہیں اور خدا سے نصرت مانگ رہے ہوتے ہیں۔ ہم دیکھ رہے ہیں کہ ہمارے میں فریفتگی اور فتنہ و فحش کی زبردستی چلی جا رہی ہے۔ ہم دیکھ رہے ہیں کہ اسلام آج بھی اس طرح بے بس ہے جس طرح انگریز کے زمانہ میں تھا۔ بلکہ اس کے اصول اور قوانین اور احکام اس وقت سے کچھ زیادہ پامال کے جا رہے ہیں..... یہ سب کچھ ان مقاصد کے بالکل خلاف ہے جن کا نام لے کر پاکستان مانگا گیا تھا اور جن کے اظہار و اعلان ہی کے طفیل اللہ تعالیٰ نے یہ ملک ہمیں بخشا تھا۔ کہا یہ گیا تھا کہ ہمیں ایک خطہ زمین اس لئے دیا گیا ہے کہ اس میں ہم مسلمان کی سی زندگی بسر کر سکیں اور اسلام کی بنیادوں پر خود اپنے تمدن اور اپنی ایک تہذیب کی عمارت اٹھا سکیں۔ مگر جب خدا نے وہ خطہ دے دیا تو اب کیا یہ جا رہا ہے کہ اس تہذیب و اخلاق و تمدن کی عمارت مکمل کی جا رہی ہے جس کی بنیاد یہاں انگریز رکھ گیا تھا..... اس صورت حال کو ہم جس جہ سے خطرہ سمجھتے ہیں وہ یہ ہے کہ یہ صورتِ طور پر خدا

متحدہ کا خواتین جلسہ یا میوزیکل پروگرام؟

ایسا لگ رہا تھا جیسے یہ کوئی سنجیدہ پروگرام نہیں میوزیکل پروگرام ہے۔ اور یہ سب کچھ رنج الاول کے مقدس مہینے میں ہوا۔

مغرب کی اذان پر بھی الطاف حسین کا خطاب نہیں رکھا۔ خواتین نے سر ڈھانپ کر اذان کے احترام کا مظاہرہ کیا اور مختصر رہیں کہ شاید ان کے قائد بھی اپنا گانا اور تقریر روک دیں۔ اتنا احترام تو میٹلز پارٹی کی لبرل رہنما محترمہ بے نظیر نے بھی وزیر اعظم ہوتے ہوئے کر لیا تھا اور "اذان بچ رہا ہے" کہہ کر اپنی تقریر روک دی تھی۔ ایسا لگتا ہے متحدہ قومی موومنٹ یہ بالی ووڈ کلچر پورے ملک پر مسلط کرنے چلی ہے۔ کراچی میں تو اس کا مظاہرہ سب ہی نے دیکھ لیا ہے۔ (جمارت)

گزشتہ الوار کو متحدہ قومی موومنٹ نے خواتین کی طاقت کا مظاہرہ کیا اور مزار قائد کے پاس ایک بڑے جلسہ کا اہتمام کیا جس

میں جناب الطاف حسین کے دعوے کے مطابق دس لاکھ خواتین نے شرکت کی۔ بلاشبہ صرف خواتین کا اتنا بڑا اجتماع پہلے دیکھنے میں نہیں آیا اور نہ ہی ماؤں بہنوں بیٹیوں کا اتنے بڑے پیمانے پر رقص کرنے اور تھرکنے کا منظر نظر سے گزرا۔ لیکن شاید یہی لبرل کلچر ہے۔ خود متحدہ کے قائد بھی مختلف فلمی گانے گا کر خواتین کو محظوظ کرتے رہے۔ جناب بابر غوری ڈھولک بجاتے رہے۔ ہر ایک نے اپنے اپنے فن کا کھل کر مظاہرہ کیا۔

محترمہ نسیم جلیل جیسی شائستہ اور باوقار خاتون بھی رقص کنائیں تھیں۔

.....

.....



Remarks about the bulletin

From

THE EDITOR
KARACHI PSYCHIATRIC HOSPITAL
B-1/14, NAZIMABAD # 3,
KARACHI, PAKISTAN-74600

Stamp not necessary
if mailed in Pakistan
Postage will be
paid by addressee

Staple or stick with tape



UNDERSTANDING PSYCHIATRIC ILLNESSES



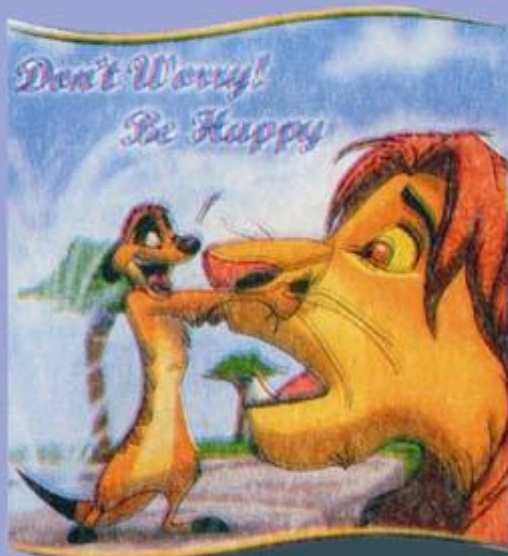
Dr. Syed Mubin Akhtar presenting awards to Dr. Darya Khan Laghari, Dr. Pervaz Rais, Dr. Kamal Pervaz, and Dr. Abdullah Shaikh.



Mr. Syed Salahuddin and Syed Haider Ali presenting gifts to Lucky Award Winners.

GLIMPSES OF PROGRAM





Produces Tranquility So A Great Companion

The Alprazolam
a world accepted
swift & safe
Tranquilizer for....

Mazolam[®] Alprazolam

Tablets 0.25 mg, 0.5 mg & 1 mg

● Anxiety disorder

● Panic disorder

● Depression

● Social Phobia

● Pre-menstrual
syndrome



munawar - pharma
(Pvt) Ltd. Lahore
Ethical Marketing Division
224-A, First Floor, New Muslim Town, Lahore
Tel: 5841320-27 Fax: 5841320
E-mail: mpharm@wolnet.pk
Factory: 31, km, Iqbalpur Road, Lahore.
ph: 5935073-4 Fax: 5935072

