



**IMRAN IDREES**  
GROUP OF COMPANIES

# *Imran Idrees* **INSIGHTS**

A Newsletter by Imran Idrees Group

Quarter 1 Review | January - March 2026



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# A Shared Commitment to Care

Healthcare institutions are built on the dedication of people who choose to serve others.

**Doctors** diagnosing illnesses with **skill and responsibility**. **Nurses** caring for patients with compassion and patience. **Teachers** shaping future healthcare professionals with knowledge and vision. Students striving to gain the skills and experience that tomorrow's healthcare will depend on.

At the **Imran Idrees Group**, these individuals form a community united by one shared mission: **improving lives through healthcare and education**.

The first quarter of 2026 has been an inspiring period for our institutions.

Across our hospitals and colleges, we have continued to:

- ▶ Expand clinical services
- ▶ Strengthen academic programs
- ▶ Celebrate institutional milestones
- ▶ Engage the community

For patients and families, these efforts translate into:

- ✓ Safer care
- ✓ Better facilities
- ✓ Improved access

For students and young professionals, they translate into:

Practical exposure | Stronger mentorship | Real clinical learning

This publication represents the spirit of service... It represents healing patients, future healers, and dedicated teams working together.

**Education strengthens healthcare.**  
**Healthcare strengthens education.**

We remain grateful to our leadership, faculty, staff, students, and community. Together, we continue our mission:

**To serve the ailing humanity**

*Editorial leadership shaping communication, identity, and institutional voice.*

## EDITORIAL TEAM



**Dr. Fahad Chaudhry**  
 Medical Superintendent &  
 Director Outreach Services



**Mr. Shahzad Ashraf**  
 Chief Marketing Officer  
*Editor-in-Chief*



**Ms. Areeba Khalil**  
*Co-Editor*



**Ms. Aina Atif**  
*Graphic Designer*



**Mr. Mubashar Ali**  
*Photographer*

“

*This publication reflects the spirit of service that drives our institutions forward.”*

# Our Vision for a Healthier Future

At the Imran Idrees Group, our mission is to enhance healthcare and education to create a **healthier, more informed** society.

## Advancing Healthcare & Education

We are committed to providing top-quality healthcare services to our community while empowering underprivileged students through scholarships and training programs.

### *Kidney Transplant Milestone*

We have proudly completed **30 Kidney Transplants**, giving new life to our patients in need.

## The Road Ahead: Liver Transplants

Our next major goal is to establish a Liver Transplant program to save even more lives.

## Our Ecosystem



Idrees Hospital Cantt



Imran Idrees Teaching Hospital



Sialkot Medical College



Imran Idrees College of Pharmacy



Imran Idrees College of Nursing



Imran Idrees Institute of Rehabilitation Sciences



Imran Idrees College of Psychology



Imran Idrees Dialysis Center



I-Care



I-Spark (Department of Computing)



**Prof. Dr. Imran Idrees Butt**  
Chairman & CEO

*“Saving lives and shaping futures — this is our unwavering commitment.”*

– Prof. Dr. Imran Idrees Butt

***Together, we are building a brighter, healthier future for all.***

# Leadership Team

Leadership guiding healthcare, education, and institutional excellence.



**Prof. Dr. Imran Idrees Butt**

*Chairman  
Imran Idrees Group*



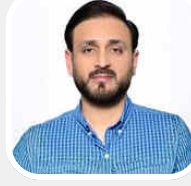
**Dr. Salman Imran Butt**

*President  
Imran Idrees Group*



**Mr. Mushtaq Butt**

*Director  
Imran Idrees Teaching  
Hospital*



**Mr. Asad Ali Butt**

*Director  
Imran Idrees College of  
Pharmacy*



**Dr. Umar Imran Butt**

*Director  
Imran Idrees Group*



**Dr. Mansoor Hassan Mian**

*Director  
Idrees Hospital Cantt*



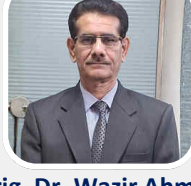
**Prof. Dr. Muhammad Sabir**

*Principal  
Sialkot Medical College*



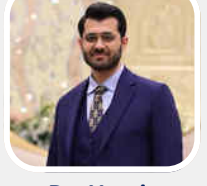
**Dr. Fahad Usman**

*Medical Superintendent &  
Director Outreach Services  
Idrees Hospital Sialkot cantt*



**Brig. Dr. Wazir Ahmed (R)**

*Medical Superintendent  
Imran Idrees Teaching  
Hospital*



**Dr. Umair Malik**

*Director of Medical Services  
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**Mr. Zeeshan Ahmed Butt**

*Chief Finance Officer  
Sialkot Medical College*



**Mr. M. Junaid Ahmad**

*Chief Finance Officer  
Imran Idrees Group*



**Mr. Shahzad Ashraf**

*Chief Marketing Officer  
Imran Idrees Group*



**Dr. Muhammad Abbas Bhatti**

*Principal  
Imran Idrees College of  
Pharmacy*



**Mr. Ghulam Rasool**

*Principal  
Imran Idrees College of  
Nursing*

**“Strong leadership builds institutions  
that patients can trust.”**

# A Quarter of Progress, Learning & Compassion

The first quarter of 2026 has been a period of meaningful progress across the institutions of the **Imran Idrees Group**. From strengthening clinical services to enhancing academic training and community engagement, every activity reflects our commitment to building a system where patients receive better care and students receive meaningful learning experiences.

## Strengthening Clinical Skills & Professional Training

On 9<sup>th</sup> January 2026, the Skills Lab at Imran Idrees Teaching Hospital organized hands-on training sessions for healthcare students. The training focused on:

✓ IV Cannulation    ✓ Intramuscular Injections    ✓ Subcutaneous Injections

Practical skills ensure patient safety and comfort. Supervised hands-on training builds confidence, teaches technique, hygiene, discipline and bridges the classroom-clinic gap.

IIG | Clinical Training



## Sehri & Iftar for On-Duty Teams A Month of Care & Togetherness

Throughout Ramadan, Sehri and Iftar boxes were arranged for on-duty staff across hospitals and institutions. From doctors and nurses to support staff, everyone serving patients during this sacred time was facilitated.



**Special Highlight:** An Iftar dinner was hosted by the President of IIG for administrative staff.



## Impact Beyond Facilities

These efforts reflect a deeper philosophy.

**Healthcare is not only about treatment  
it is about care, dignity, and human connection.**

By supporting both patients and healthcare providers, the Imran Idrees Group continues to build an environment



## Spiritual Connection Taraweeh at IITH Mosque

During Ramadan, Salat-ul-Taraweeh at the Imran Idrees Teaching Mosque was led by **Prof. Dr. Imran Idrees Butt**, a Hafiz-e-Quran. Hospital staff, patients, and their families attended, joining in prayers and collective Quranic dua, fostering an atmosphere of peace, reflection, spiritual connection, and community within the hospital.

# Academic Excellence & Institutional Milestones

## Farewell Ceremony — Pharmacy Graduates

The farewell ceremony marked a historic milestone as the first-ever batch of pharmacists graduated from Imran Idrees College of Pharmacy, strengthening the healthcare system of Sialkot and Gujranwala Division.



## Inauguration of State-of-the-Art Auditorium

The inauguration of the new State - of - the - Art Auditorium marked a key milestone in institutional development.

Modern academic spaces enhance learning, communication, and engagement through

conferences, seminars, workshops, and ceremonies. For students, it offers better exposure and experiences; for faculty, a platform for high-quality events. These improvements strengthen educational standards by fostering discipline, seriousness, and aspiration.

## White Coat Ceremony for MBBS Batch 2031

The White Coat Ceremony for MBBS Batch 2031 marked an important step in new students journey.

The white coat symbolizes ethics, responsibility, discipline, compassion, and service, reminding students that medicine is about knowledge and humanity.

The ceremony shapes professional identity early, linking learning with values-based practice and preparing future doctors to provide skilled, respectful, and compassionate care.



## Pharmacy Milestone

### • IICP Graduates

The first batch of IICP graduates enters the healthcare system, supporting safe medication use.

### • Digital Learning (LMS)

Moodle LMS enables structured learning and progress tracking.

### • Student Services

Enhanced services improve guidance and student support.

## SMC Academic Performance

Students of Sialkot Medical College secured positions in UHS merit, strengthening academic standing.

### • Postgraduate Training

New PGRs enhance clinical training and patient care capacity.

### • Academic–Clinical Integration

Hospital-based training ensures practical exposure, making graduates clinically ready.

# Academic Review, Sports Week, Educational Tours & Student Life

## DPI Visit – 16<sup>th</sup> Jan 2026

The Director of Professional Inspections (DPI) reviewed academic standards at the Imran Idrees Institute of Rehabilitation Sciences, ensuring quality education, practical training, and stronger professional preparation. High academic standards lead to better-trained graduates and improved patient care.



## Sports Week – 19<sup>th</sup> to 23<sup>rd</sup> Jan 2026

Imran Idrees College of Pharmacy hosted Sports Week, promoting teamwork, discipline, resilience, and leadership. Physical activity and healthy competition support holistic student development for future healthcare professionals.



## Recreational Tour – 23<sup>rd</sup> to 25<sup>th</sup> Jan 2026

Students visited **Neelum Valley**, gaining confidence, teamwork, adaptability, and emotional balance essential qualities for healthcare practice.



## Musical Night – 29<sup>th</sup> Jan 2026

Sialkot Medical College hosted a concert featuring **Dr. Hasan Raheem** and **Falak Shabir**, fostering creativity, connection, and well-being while strengthening student engagement and campus culture.



# Leading Kidney Care in Sialkot & Gujranwala Division

## New Dialysis Centre on Clinical Floor — 7-Storey Building (Second Tallest in Sialkot)

Imran Idrees Teaching Hospital has established a new Dialysis Centre on its clinical floor, strengthening kidney care services for Sialkot and surrounding areas. Located on the 4th floor of the hospital's 7-storey building, this expansion provides a more organized, efficient, and patient-friendly environment for kidney care.

### Advanced Dialysis Centre

The new dialysis centre is designed to improve capacity, safety, and patient experience. Latest dialysis machines, dedicated dialysis care area, continuous patient monitoring, strict infection control protocols, and better clinical coordination.

Managing complex and referred cases from Sialkot Kidney Centre for advanced inpatient and transplant services.



### Government-Supported Treatment

Eligible patients can receive treatment under:

- ✓ **CM Punjab Kidney Transplant Program**
- ✓ Public tax-funded healthcare support

*Government-supported programs enable patients to receive treatment through **public healthcare funding** — without reliance on Zakat.*

### Life After Transplant

- Improved quality of life
- Reduced dependence on dialysis
- Better energy and overall health

### Kidney Transplant — Long-Term Solution

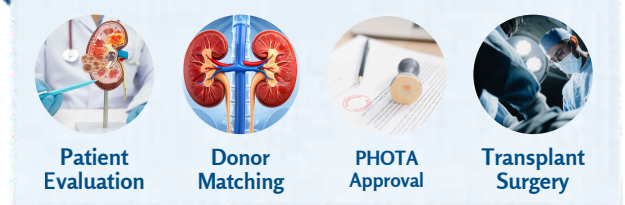


For suitable patients with advanced kidney disease, kidney transplant offers a long-term solution beyond dialysis.

- Patient evaluation
- Donor matching
- PHOTA-compliant approval
- Transplant surgery and post-care

Helps patients return to a healthier and more active life.

### Simple Transplant Process



### Why Choose IITH

- Complete kidney care under one system
- Government-supported treatment options
- PHOTA (Punjab Human Organ Transplantation Authority) compliant transplant program
- Experienced 24/7 medical team

*“Bringing advanced kidney care closer to the people of Sialkot and surrounding regions.”*

## Serving Sialkot & Surrounding Regions through Idrees Hospital and Imran Idrees Teaching Hospital

Transforming Healthcare at Scale.

Graduates

**1,000+**

10,000+

**46+**

Dialysis Machines

ADVANCED CARE

**13,000+**

Angiographies

**6,000+**

Cardiac Stents

**500+**

Major Cardiac Surgeries

 **Voice of Care** | **13,291+ Calls Handled** (Jan: 4,336 | Feb: 4,830 | March: 4,125)

Ensuring timely patient support, appointment coordination, and proactive follow-ups to enhance patient experience.

## Better Care for Children's Bone Fractures

**A Clinical Study from Sialkot Medical College**

### Authors:

Muhammad Hammad Abbas, Qurat ul Ain Zulfi, Saad Adnan Idrees, Fahad Usman

At Sialkot Medical College, in collaboration with Imran Idrees Teaching Hospital, a prospective comparative study was conducted over 8 months (April–December 2023) to evaluate the best surgical options for treating thigh bone (femur) fractures in children.

A total of **60 children (aged 7–12 years)** with femoral shaft fractures were included and treated using two techniques: Dynamic Compression Plate (DCP) and Titanium Elastic Nailing System (TENS).

The study compared healing time, duration of surgery, and post-operative outcomes.

### Key Findings

#### Faster Healing with DCP

Children treated with DCP showed quicker bone healing, with recovery in approximately 11–12 weeks, compared to longer healing time with TENS.

#### Shorter Surgery with TENS

The TENS procedure required significantly less time in the operating room around 30 minutes, compared to approximately 50 minutes for DCP.

#### Safe & Effective Outcomes

Both techniques were found to be safe, reliable, and effective, with good recovery outcomes in children.

### What This Means

Both DCP and TENS are effective treatment options.

The choice of procedure depends on the child's condition, fracture type, and clinical judgment of the surgical team.



# Patient Care, Trust & Service Impact

**Behind every hospital achievement is a human story.**

This quarter, one inspiring story was the successful cardiac treatment of **Ms. Tabassum** from **Azad Kashmir**. She came to Imran Idrees Teaching Hospital with a serious heart condition and successfully underwent angioplasty and stent placement, moving toward a healthier life.

For patients and families, such moments are deeply emotional. They represent not only treatment, but also relief, trust, and renewed hope. Stories like this remind us why advanced services matter, bringing specialized care closer and making recovery possible for those who might otherwise face delays or limited access.



## Gift of Life: Successful Kidney Transplants

During the first quarter of 2026, Imran Idrees Teaching Hospital successfully performed multiple kidney transplant surgeries, including:




**Majid Hussain**  
 Recipient

**Sonia Majid**  
 Donor

Relation: Husband | Wife




**Muhammad Ilyas**  
 Recipient

**Bilqees Ilyas**  
 Donor

Relation: Husband | Wife




**Saud Faisal**  
 Recipient

**Mumtaz**  
 Donor

Relation: Mother | Son




**Amir Naseer**  
 Recipient

**Samina Kousar**  
 Donor

Relation: Brother | Sister




**Ali Raza**  
 Recipient

**Ayesha Rani**  
 Donor

Relation: Brother | Sister




**Umair ul Hassan**  
 Recipient

**Amreen Imtiaz**  
 Donor

Relation: Brother | Sister




**Muhammad Asif**  
 Recipient

**Shazia bibi**  
 Donor

Relation: Brother | Sister

Kidney transplantation transforms lives, offering health and freedom from dialysis. These cases reflect family support, trust, and the hospital's advanced care and teamwork.

***"Every recovery story reminds us why compassionate healthcare matters."***



# Advancing Healthcare Through Global Exposure & Strategic Partnerships

In February 2026, Dr. Salman Imran Butt, President of Imran Idrees Group, attended the World Health Expo Dubai. This premier global event gathered leaders from 180 countries to showcase breakthroughs in clinical diagnostics, radiology, and medical technology.



By engaging with these international advancements, Imran Idrees Group reinforces its commitment to bringing global best practices to Sialkot and the Gujranwala Division. This exposure ensures the Group continues to deliver safer, smarter, and more patient-centered healthcare through the adoption of cutting-edge technology and evidence-based clinical standards.

## Strategic Clinical Collaboration with CMH Sialkot

Imran Idrees Teaching Hospital and Sialkot Medical College have signed a Memorandum of Understanding (MoU) with Combined Military Hospital (CMH) Sialkot to strengthen postgraduate clinical training.



### Key Highlights:

- Reciprocal postgraduate rotational training
- Continued stipend support by parent institutions
- Exposure to specialized clinical departments
- Training aligned with institutional SOPs and standards.

This collaboration enhances clinical training, promotes standardized medical practices, and contributes to improved patient care across the region.

# Leadership, People & Institutional Growth

## Honoring Dedicated Service: Farewell to Dr. Munim Javed

On **18<sup>th</sup> February 2026**, the institution bid a heartfelt farewell to **Dr. Munim Javed**, who completed his tenure as **Medical Superintendent**.

The farewell ceremony recognized his **dedication, professionalism, and service to the hospital**.

Leadership and colleagues expressed gratitude for his contributions and acknowledged the positive role he played in strengthening hospital operations and patient care systems.



## Welcoming New Members to the IIG Family

Every new team member brings fresh knowledge and energy, strengthening patient care and institutional growth. Strong teams build better systems, support, and experiences for both patients and students.

## Featured Leadership Joiner



**Brig. Dr. Wazir Ahmed (R)**

Medical Superintendent  
Imran Idrees Teaching Hospital

### Lab Technologists

- Sania
- Zaeem Ul Hassan
- Abu Baqar Minhas
- Amna Afzal
- Aqeel Baig

## Female Ward Renovation at Idrees Hospital

The female ward at Idrees Hospital has been comprehensively renovated to elevate patient care standards and enhance overall patient experience. The upgrade includes complete refurbishment of flooring, ceiling, walls, and interior furnishings, creating a modern and comfortable care environment. This initiative demonstrates Imran Idrees Group's commitment to continuously improving healthcare facilities for the community of Sialkot.



# Alumni Association & Institutional Connection

## Establishment of Alumni Association — Sialkot Medical College

We proudly announce the establishment of the Alumni Association (Interim Body) of Sialkot Medical College, marking an important step toward stronger alumni engagement and institutional collaboration. This initiative aims to build lasting connections with graduates, creating opportunities for mentorship, professional networking, and continued engagement with the academic community. The association will also help connect alumni with current students, supporting career guidance and knowledge sharing.

### Executive Committee (Interim Body)

- **President:** Dr. Wajahat Hussain
- **Vice President:** Dr. Ramish Suhaib
- **General Secretary:** Dr. Hassan Shahzad Mir
- **Joint Secretary:** Dr. Shaheer Ahmad
- **Finance Secretary:** Dr. Muhammad Mikram Majeed



### College of Pharmacy Highlights

#### Student Engagement

- Farewell of Pioneer Batch
- Orientation Day
- Sports Week
- Educational Tour to Mushkpuri Top

### Pharmacognosy Field Tour

Third Professional Pharm-D students visited Mushkpuri Top to study medicinal plants in their natural habitat, strengthening practical learning and understanding of natural drug sources.



### Clinical Research & Publication

Final-year students conducted clinical research projects focusing on research skills, critical thinking, patient care understanding, and therapeutics. These projects promote research culture and evidence-based healthcare.

#### Research Publication

Assessment of knowledge, attitude, and practices about the management of medication errors among healthcare professionals in District Sialkot, Pakistan

**Students:** Shanza Yousaf | Samra Asif | Faria Shahzadi | Khizra Nawazish

**Supervisor:** Dr. Naima Nasir

# Interfaith Harmony Convention 2026

Promoting unity, mutual respect, and peaceful coexistence, the Interfaith Harmony Convention was successfully held on **28<sup>th</sup> March 2026** at the Auditorium of Sialkot Medical College.

The event was graciously hosted by **Syeda Nosheen Iftikhar (MNA)**, Chairperson of the National Assembly Standing Committee on National Heritage & Culture Division, bringing together prominent religious scholars, policymakers, and community leaders to strengthen interfaith dialogue.



Key addresses were delivered by notable speakers including **Prof. Dr. Imran Idrees Butt** (Chairman Imran Idrees Group & CEO Sialkot Medical College), **Dr Nauman Idrees butt** (CEO of Capital Sports and Former President of the Sialkot Chamber of Commerce) **Abdul Khabbir Azad** (Chairman Ruet-e-Hilal Committee), **Syed Naveed Haider Shirazi** (Commissioner Gujranwala), and **Pandit Rattan Lal** (Member Tehsil Peace Committee).



Religious and community perspectives were further shared by **Molana Ayub Khan Sahib (Deoband)**, **Molana Ismail Haqi (Ahle Sunnat)**, **Allama Zakir Hussain Naqvi**, **Mark Henry** (President Pastor Alliance), and **Sardar Jass Karan Singh**, reflecting a unified voice for peace, tolerance, and coexistence.

The **Chief Guest, Sardar Ramesh Singh Arora**, Minister for Minorities, Government of Punjab, reaffirmed the government's commitment to protecting minority rights and promoting interfaith harmony across the province.



The event concluded with a unified pledge to uphold values of respect, inclusion, and coexistence strengthening the foundation for a more harmonious society.

## Early Detection of Cancer Can Lead to Successful Treatment

Cancer is a serious disease, but early detection can greatly improve treatment outcomes. When diagnosed at an early stage, cancer is easier to treat, with better chances of recovery and lower treatment burden.

*By Dr. Ali Ubaid  
 Visiting Consultant Surgical Oncologist  
 Imran Idrees Teaching Hospital &  
 Shaukat Khanum Memorial Cancer  
 Hospital, Lahore*



### Why Early Detection Matters

- Treatment is more effective
- Surgical outcomes are better
- Survival rates are higher
- Do Not Ignore Warning Signs
- Unexplained weight loss
- Persistent fatigue
- Lump or swelling
- Unusual bleeding
- Continuous cough or voice change

If symptoms persist, consult your doctor immediately.

### Final Message

Early detection saves lives. Do not delay medical consultation.

## I-CARE Anniversary & World Kidney Day Awareness

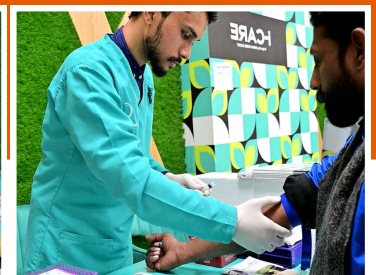
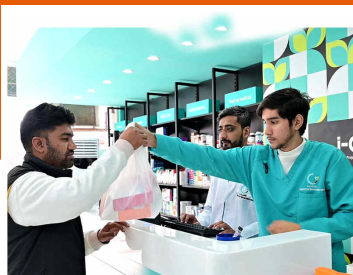
### I-CARE Clinic — Accessible Community Healthcare

#### Premium Services Under One Roof

Following a year of growth, I-Care continues to offer specialized medical services with significant community discounts:

- **Expert Consultations (50% OFF):** Access to Medical Specialists, Gynecology, Orthopedics, and Eye Specialists.
- **Laboratory Services (40% FLAT OFF):** High-quality diagnostic testing.
- **Ultrasound Services (70% OFF):** Advanced imaging at a fraction of the cost.
- **International-Standard Pharmacy (10% FLAT OFF):** We prioritize your health by stocking only multinational brands, ensuring premium quality medication is always available.

At I-Care Gohadpur, we bring specialized care and advanced diagnostics together to provide reliable healthcare solutions for the entire community.



On 24<sup>th</sup> January 2026, I-Care Gohadpur celebrated its first anniversary, marking one year of providing accessible, community-centered healthcare. The event featured a cake-cutting ceremony and employee appreciation shields to recognize the dedicated team behind a year of successful service. This milestone reflects our ongoing commitment to making high-quality medical care more responsive and local for every patient.

## PRIMARY PCI – Lifesaving Heart Attack Treatment

A heart attack is a medical emergency where every minute counts. Primary PCI is the gold standard treatment that quickly opens blocked arteries using a catheter, balloon, and stent—restoring blood flow instantly.

By: Dr. Ghufuran Adnan Butt  
Consultant Cardiology



### When Every Minute Matters

A heart attack occurs when a heart artery is blocked.

The heart muscle starts to die within minutes.

### What is Primary PCI?

Primary PCI is an advanced procedure that:

- Opens the blocked artery instantly
- Restores blood flow to the heart
- Uses a stent to keep the artery open

It is the fastest and most effective treatment for heart attack.

### Why Primary PCI is the Best Option

- Immediate restoration of blood flow
- Higher success rate
- Less damage to heart muscle
- Lower risk of complications

**Golden Time (Critical Window)**  
**Best results within 90–120 minutes**



### Delay can lead to:

Permanent heart damage  
Heart failure  
Increased risk of death

### Warning Signs of Heart Attack

- Chest pain or pressure
- Pain in arm, jaw, or back
- Shortness of breath
- Sweating or nausea

**24/7 Primary PCI**  
**Available in Sialkot**

## World Kidney Day Awareness Walk & Educational Session

On 12<sup>th</sup> March 2026, a World Kidney Day Awareness Walk and Educational Session promoted kidney health awareness. Participants included healthcare professionals, students, and faculty, highlighting the importance of:

- Hydration
- Balanced nutrition
- Regular checkups
- Early detection
- Preventive awareness

Public health education reduces the burden of disease, encouraging healthier behavior and early medical attention. Student participation also strengthens social responsibility and public health understanding.

*“Awareness is often the first step toward prevention.”*



## Academic Synergies & Professional Outreach

Leading colleges across **Daska** and **Sambrial** are actively engaging with **Sialkot Medical College**, requesting student visits to experience its integrated healthcare ecosystem — a **one-stop** solution for healthcare education and clinical exposure.



The **Principal of Nursing College**, accompanied by the marketing team, visited all government hospitals in Sialkot district to facilitate **career progression opportunities** for government nursing staff.

## Precision Just Got a Promotion: Strengthening Our Laboratory

At Imran Idrees Group, accurate diagnosis is the first step toward the right treatment. To strengthen this commitment, we have expanded our laboratory leadership and technical team.

*Prof. Dr. Abdul Shaheed Asghar  
Consultant & Professor of  
Pathology*



### Strategic Clinical Leadership

Our laboratory is led by experienced specialists ensuring diagnostic precision:

- **Prof. Dr. Abdul Shaheed Asghar** (HOD & Senior Consultant Microbiologist) brings 16+ years of international experience, previously serving as Lab Director at King Salman Armed Forces Hospital, KSA.
- **Asst. Prof. Dr. Afshan Khattak** (Chemical Pathologist) specializes in metabolic and biochemical diagnostics.
- **Mr. Bilal Umar (Lab Manager)** brings 10+ years of expertise in laboratory operations and quality management.

### Elevating the Standard

An External Quality Assurance Program (EQAP) with NHS Pakistan has been introduced to ensure globally validated accuracy, faster turnaround times, and reliable diagnostic reporting.



## Pre-Diabetes — The Warning Before the Disease

Diabetes is often called the “mother of diseases” because of its long-term impact on multiple organs, including the heart, kidneys, eyes, and nervous system.

By: Dr. Fahad Chaudhry  
Consultant Physician



Prediabetes affects **~25 million Pakistanis** — most without any symptoms. The good news: up to **80% of cases are fully reversible** with lifestyle change alone.

**~25M**

Pakistanis in prediabetes zone

**17%**

adults have type 2 diabetes

**11%**

national prediabetes prevalence

### Your blood sugar zones:

**Normal**

< 100 mg/dL | HbA1c < 5.7%

**Pre diabetes**

100–125 mg/dL | HbA1c 5.7–6.4%

**Diabetes**

126+ mg/dL | HbA1c 6.5%+

### Lifestyle Management

- Reverse prediabetes by swapping refined carbs for whole grains, walking 30 minutes daily, and losing 5–7% of body weight.
- Ensure 8 hours of sleep and annual HbA1c testing to halt the "mother of diseases" and reclaim your health

**کینسر کے مریضوں کا مفت علاج**  
اب تمام اخراجات اٹھائے گی حکومت پنجاب

وزیر اعلیٰ پنجاب مریم نواز شریف کی جانب سے  
کینسر کے معیاری اور مفت علاج کی فراہمی کیلئے تاریخ ساز اقدام

**چیف منسٹر سپیشل انیشیٹیو فار**  
**کینسر پشنس**



سپیشل نرڈ ویلڈ کینسر اینڈ میڈیکل  
ایجوکیشن ڈیپارٹمنٹ، حکومت پنجاب

پنجاب کے مستقل رہائشی کینسر کے ہر مریض کیلئے

**10 لاکھ روپے تک**  
**مفت علاج**



یہ سہولت اب  
عمران اور ایس پیجنگ ہسپتال  
سیالکوٹ میں دستیاب ہے۔



علاج کی سہولت ہسپتال پر موجود ہسپتالوں میں دستیاب ہے۔ تشخیص سے علاج تک مکمل سرکاری معاونت

24/7 (24/7) 042-99066000 042-99066001 0333-6756390 0800-09009



# A Commitment That Continues

At the Imran Idrees Group, every achievement, every milestone, and every service is part of a larger purpose — to serve humanity with dedication, compassion, and excellence.

From patient care to academic development, from community engagement to institutional growth, each step demonstrates our unwavering commitment to building a system that delivers **quality, trust, and long-term impact.**



## Our Mission

**Hamara Mission —  
Khidmat-e-Khalq-e-Khuda**

We believe that healthcare is not only a profession — it is a responsibility toward humanity.



## Our Promise

We remain committed to:

- ✓ Providing safe and quality healthcare
- ✓ Strengthening academic excellence
- ✓ Expanding access to advanced
- ✓ Building a system based on
- ✓ Trust and integrity



## Looking Forward

As we continue this journey, our focus remains on:

- ✓ Innovation in healthcare
- ✓ Continuous improvement
- ✓ Serving communities with compassion

## CLOSING REFLECTION

An institution is not remembered by its buildings — it is remembered by the lives it touches.

At the Imran Idrees Group, we are proud to serve, and we remain committed to making a difference every day.

## IMRAN IDREES GROUP

Advancing Healthcare | Empowering Education | Transforming Lives

“

*“Serving humanity is not a choice —  
it is our purpose.”*

”

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