



JPMA

Journal of the
Pakistan Medical Association (Centre)

Volume 75 No. 8

August 2025

Pages 1181 - 1346

EDITORIAL

- 1181** Embracing Diverse Learners: Making Higher Education Inclusive and Effective
M S Shamim

RESEARCH ARTICLES

- 1183** Comparison of visual assessment (VA) and automated assessment (Digital Image Analysis, DIA) of Ki-67 in breast carcinoma
M Zartash, N Mamoon, I Mahmood
- 1188** Does concurrent pelvic organ prolapse surgery affect outcomes of mid-urethral Sling? A tertiary care experience
S Aijaz, U Kashif, N Chughtai, S Malik
- 1194** Clinical profile, management, and outcome of electric burn injuries at a tertiary care hospital
B Akram, F A Khalid, U Ishaq, S S Ali, M Y Mehrose, Y Sajjad
- 1199** Treatment of idiopathic sudden sensorineural hearing loss with press needle
F Qin, S Guo, X Yin, J Guo, X Lu, J Ma
- 1204** Acute effects of caffeine on intraocular pressure
I Riaz, M Fayaz, F Zahid, S Noureen, H A Nadeem, Mehronisa
- 1209** Childhood trauma and psychopathy in emerging adults: the mediating role of family cohesion
J-W Tan, Y-Y Li, H Li
- 1213** Investigation of enhanced external counter pulsation of blood pressure-elevating effect on chronic heart failure patients with low blood pressure
C Bingxu, S Jie, Q Quan, J Wing, G Qingjing, Q Yuanqiang, C Jie
- 1218** Current status of selective nonsteroidal anti-inflammatory drug-COX-2 inhibitor use in outpatients with low back pain and cardiovascular comorbidities: An Analysis of the NAMCS Database
Y Liu, J Lu, G Liu
- 1224** Comparison of effectiveness between two treatment methods for patients with anal fistula and their impact on serum IL-6 and SAA
Y Lu1, Y Han, S Cheng, X Zhang
- 1229** Comparison of clinical effects of aspherical monofocal and Tecnis ZMB00 multifocal intraocular lenses in patients with age-related cataract
D Han, X Ma, J Gao, Z Xu, F Liu
- 1235** Evaluation of the relationship between vitamin D deficiency and microalbuminuria, glycaemic control, lipid profile in patients with type 2 diabetes mellitus
Z I Y Saldaz, A Ozder
- 1241** Attachment styles and psychosocial and emotional reactions to dating violence: mediating effects of active coping and self-criticism
S Rehman, S Saleem, S T Zahra

SCOPING REVIEW

- 1247** Enablers & barriers to online and e-learning for health professionals in Pakistan: a formative research
Z S Ladhani, A M Khan, Z A Bhutta

SHORT COMMUNICATION

- 1262** Network analysis of beta gene (HBB) haplotypes related to Hb S (β6 Glu → Val) in Denizli, Turkiye
O Ozturk

SHORT REPORT

- 1267** Sequelae of obstructive Nephropathy due to urolithiasis: a retrospective study at a tertiary care hospital of Lahore
U M Kathia, A Ali, M Sheraz, H M Qadri, A I Butt, K H Gondal

CASE REPORT

- 1271** Creeping through the sinuses—unusual intrusion of ascariasis in the nasal cavity of a young female: a case report
F Sahrish, S Iqbal, S M Cheema, S Irum, M Niazi, M J Chaudhary
- 1274** Chylous mesenteric cyst—post trauma challenge: a case report
A Ghafoor, M N Rafique, M B Chishti, N-U-Mubeen, A Rafique, M W Farooka
- 1277** Symmetrical peripheral gangrene complicating recurrent cholangiocarcinoma: a case report
C Yang, J Hu, X He, X Fan
- 1281** Transforming pulmonary embolism care: advanced catheter techniques in Pakistan: a case report
F Islam, M S Arif, M I Ansari, A Hakeem, J Abubaker
- 1284** Unveiling success: determinants of a successful haematopoietic stem cell transplant: a case report
T M Satti, R Jafar, Z Habib, K Ejaz, Z Arif, F H Shah
- 1287** A diagnostic and management odyssey of a rare case of rhizomelic chondrodysplasia punctata
Qurat Ul Ain, A Halim, A Shabbir, A Marriam

CASE SERIES

- 1290** Direct aesthetic restoration of black triangles in anterior teeth with a bio clear matrix: case series
H Zheng, F Zhang, A-n Wang, H Tao, Y Cao, L Zhang

RECENT ADVANCES IN ENDOCRINOLOGY

- 1293** Pharmacosimilars In Obesity Medicine: Informed Choice, Appropriate Choice
S Kalra, A Singh, N Kapoor

PRIMARY CARE DIABETES

- 1296** Biohacks And Diabetes: Obstacle Or Opportunity
S Kalra, M Verma, N Kapoor



ISSN (ISSN-L) 0030-9982

Impact Factor 0.9

Journal of the Pakistan Medical Association (Centre)

Editorial Board

Chairman
Editor-in-Chief
Associate Editor-in-Chief
Associate Editors

Shahid Ahmed Sami
Fatema Jawad
Huma Qureshi
Qudsia Anjum Fasih
Sina Aziz
Syed Muhammad Mubeen
Syeda Zanaib Ali
Syed Muhammad Zulfiqar Hyder Naqvi
Anwar Ali Khawaja

Editor, Students' Corner
Statistical Reviewers
Managing Secretary

Members

Aamna Hassan
Aisha Mehnaz
Ali Yawar Alam
Anwar Ali Siddiqui
A.R. Jamali
Bushra Shirazi
Farooq Azam Rathore
Fehmina Arif
Gulnaz Khalid
Muhammad Iqbal Afridi
Khalid Zafar Hashmi
Kiran Ejaz
Manzoor Hussain
Masood Ali Shaikh
Mehwish Kashif
Mirza Naqi Zafar

Mohammad Wasay
Muhammad Shahzad Shamim
Syeda Nosheen Zehra Zaidi
Ramsha Zaheer
Rehman Siddiqui
Rubina Naqvi
Rumina Hasan
Sadiya Ahsan
Muhammad Shahid Shamim
Syed Sharaf Ali Shah
Sohail Akhtar
Shahan Waheed
Syed Mamun Mahmud
Uzma Fasih
Zakiuddin G. Oonwala
Zubaida Masood

International Advisors

Ahmed Badar (KSA)
Amin Ali Muhammad Gadit (CANADA)
Bilal Haider Malik (UK)
Farhad Handjani (IRAN)
Farrokh Habibzadeh (IRAN)
Gerry Mugford (CANADA)
Itrat Mehdi (OMAN)
MEL Heyman (USA)
Mohammad Bagher Rokni (IRAN)

Mubeen Rafay (CANADA)
Mihnea Alexandru Gaman (ROMANIA)
Sanjay Kalra (INDIA)
Shabih Zaidi (UK)
Sultan Ayoub Meo (KSA)
Tanveer Azher (CANADA)
Tahir Masood (KSA)
Zohra Zaidi (UK)

The Journal of Pakistan Medical Association (JPMA) is published monthly from PMA House, Aga Khan III Road, Karachi-74400, Pakistan.

All articles published represent the opinion of the authors and do not reflect official policy of the journal. All rights reserved to the Journal of the Pakistan Medical Association. No part of the Journal may be reproduced, stored in a retrieval system, or transmitted in any form or by any other means, electronic, mechanical photocopying, recording or otherwise, without prior permission, in writing, of the Journal of the Pakistan Medical Association.

Price: Rs.2,200/- (Single Issue)

Annual Subscription Rs.28,000/- in Pakistan and US\$450.00 for overseas countries (including air mail postage).

Publication Office: PMA House, Aga Khan III Road, Karachi-74400, Pakistan. Telephone/Fax: 9221-3226443.

E-mail: editor@jpma.org.pk

Volume 75, Number 8

August 2025

Pages 1181 - 1346

BAROCRINOLOGY

1298 Obesity And The Spleen
S Kalra, S K Vermaz, N Kapoor

ADVANCES IN NEPHROLOGY

1301 Role of lifestyle interventions in reducing UTI burden among Individuals with obesity
S Sharma, N Kapoor, S Kalra

EVIDENCE -BASED NEURO-ONCOLOGY

1304 Mirror image or molecular mirage? investigating hormone receptor discordance in breast cancer brain metastases
Q u A Tariq, E A Ali, N Ahmed, Saad-bin-Anis, I Yousaf, M S Shamim

IMAGING CORNER

1307 Detection of accessory splenic tissue on liver/spleen colloid scan – Another marvel of SPECT/CT
A Amin, X Touqeer, M Razi

REHABILITATION SCIENCES

1309 Rehabilitation of adults with fibromyalgia
S Y Lee, K Song, F A Rathore

OPINION

1312 That fiduciary relationship!
N Hossain

LETTER TO THE EDITOR

1314 Dumper deaths – public health breakdown on Karachi's roads
M A Shaikh, S M Mubeen

1316 Beyond the house job: Time to rethink medical training?
Z Z Cheema, N Siddiq

1317 Neutrophil to lymphocyte ratio (NLR): a road to an inexpensive biomarker for acute exacerbation of COPD
M Hassan, L Noor

1318 The need for special skills training in the last year of residency, with an emphasis on minimally invasive surgery
M Nauman, M Hussain, A S Hasan

STUDENT'S CORNER

1320 RESEARCH ARTICLE: Anxiety and its coping mechanisms among engineering and medical students: a comparative study
M Tariq, M Arham, H Suqrat, Q Sohail

1327 COMMENTARY: Striking a delicate balance: ethical considerations and promising advances in timely diagnosis and patient safety for Hunter syndrome
N Sadiq, O Ahmed, F Ubaid

1330 LETTER TO THE EDITOR: Audiology and speech pathology as emerging medical health fields
D Zeb, A Zeb, Z Tariq

1331 LETTER TO THE EDITOR: Dequalinium chloride: a non-antibiotic alternative for the treatment of bacterial vaginosis
K Karara, A Shabbir

1332 LETTER TO THE EDITOR: Differentiating and promoting palliative and hospice services in optimizing end-of-life care
R Inam, A Mehmood, A Kazi



ISSN (ISSN-L) 0030-9982

Impact Factor 0.9

Journal of the Pakistan Medical Association (Centre)



Volume 75, Number 8

August 2025

Pages 1181 - 1346

-
- 1334** LETTER TO THE EDITOR: Is lower back pain a growing issue in Pakistani adult population?
S M F A Warsi, Z Hasan
-
- 1335** LETTER TO THE EDITOR: Overexposure to Benzodiazepines: the irony in psychiatric treatment
H Sadia
-
- 1336** LETTER TO THE EDITOR: Enhancing ocular health: Advocating for Vitamin D serum testing and supplementation in patients with recurrent episcleritis
M Ans, A Qaisar, A Sohail
-
- 1338** LETTER TO THE EDITOR: Compression garments optimising performance, recovery and well-being
V Latif, R Amjad, M Mustafa
-
- 1339** LETTER TO THE EDITOR: Global emergency, local action: safeguarding Pakistan from Mpox
U Hasana, W Munir, A Khan
-
- 1340** LETTER TO THE EDITOR: Mpox outbreak: A new pandemic threat
M A Faheem, M R Virani, M S Hyder
-
- 1342** LETTER TO THE EDITOR: The rise of superbugs: Confronting antimicrobial resistance in Pakistan
F Ishaq
-
- 1343** LETTER TO THE EDITOR: National registry of Haemoglobinopathies in Pakistan
K H Khan, H Zahid, A M Gain, N Mushtaq, R Mushtaq
-
- 1345** LETTER TO THE EDITOR: Feeding the mind: Nutritional strategies across different stages of Alzheimer's disease and their significance
E Ahmad, A Mehmood, R Inam
-
- 1346** LETTER TO THE EDITOR: Barriers to timely treatment of undescended testis in Pakistani patients
N Ali, F U Khan, M Osama
-