



JPMMA

Journal of the
Pakistan Medical Association (Centre)

Volume 76 No. 04

April 2026

Pages 492 - 641

EDITORIAL

- 492** Rising Medication Prices in Pakistan: A Growing Concern for Regular Treatment Adherence
A. Sultan, U. Siddique, M. Asif

RESEARCH ARTICLE

- 493** Impact of lupus nephritis on foeto-maternal outcomes: A retrospective case-control study
Dure Shahwar, D. Rehmani, A. Raza, A. Malik
- 500** Sensitivity pattern of salmonella typhi and paratyphi in paediatric patients
S. Ahmad, M.F. Rasool, Kifayatullah, M. Ahmad, M. Raza, T. Halim
- 503** Assessing the impact of quality of life and complications on diabetes distress in adults with Type 2 Diabetes
G. Can, H. Elbi, F. Ozcan, N. Ozdemir, Z. Hekimsoy
- 509** Proximity of the maxillary dentition to the incisive canal and greater palatine foramen among patients with various vertical and sagittal growth patterns
Z. Shakeel, W. Jeelani, M. Ahmed, A.M. Chughtai
- 514** Changes in sexual function in women undergoing posterior colporrhaphy and perineorrhaphy with or without anterior colporrhaphy
M. Alhaizan, H. Almandeel, M. Alhainiah, D. Aldabeeb, A. Bogis, G. Alshaiikh
- 520** The effects of ethnic origin and gender dimorphism on auricular morphometry: A cross-sectional study
K. Karacan, M. Erdogan, H. Celik
- 525** Neck flexor endurance, craniovertebral angle and neck motion association with and without neck pain: A cross-sectional analytical study
S. Qureshi, S.I. Ahmed, A.A.M. Baig
- 530** Lean and Non-obese Metabolic Dysfunction Associated Steatotic Liver Disease in Diabetics and Gender-wise association in a Low-income country
F.N. Malik, S. Naveed, S.M. Ahmad, Z. Ali, M.F. Waqar
- 535** Relationship between serum immunological biomarkers and small airway obstruction in patients with mild-to-moderate asthma and allergic rhinitis and their prognostic value
J. Xue, X. Liu, C. Bai, Y. Zuo, W. Hao
- 541** Effect of surfactant administration in respiratory distress syndrome in terms of radiological changes in preterm infants: A multi-centre study
I. Qaisar, A. Ayub, A. Zafar, K. Wania, M. Haq, A. Farooq
- 546** Tissue expression of SKA1 (Spindle kinetochore-associated complex 1) in oral cancers and oral potentially malignant disorders: An association with disease progression
S. Khan, M.M. Alamgir, U. Bukhari, M.S. Farrukh, Quratulain
- 551** Pregnant women's knowledge about birth defects and their associated risk factors in Quetta
Z. Omer, S. Jahanzaib, R. Khan, R. Mansur, A. Naeem, S. Ahmed
- 557** Frequency of preoperative anxiety and associated factors among adult surgical patients undergoing elective surgery in Civil Hospital Karachi
E. Kazim, A. Muqet, R. Munsab, R. Zafar, J. Taj, A. Fatima
- 562** The spectrum of biopsy proven glomerular disease in a tertiary hospital
A. Aziz, A. Wajid

AUDIT ARTICLE

- 567** Clinical audit: Reviewing management of gallbladder and common bile duct stones at a public sector tertiary care hospital in Karachi, Pakistan
I. Zulfikar, A. Ashkar, S. Irfan, F.Z. Siddiqui, A. Baig

SYSTEMATIC REVIEW

- 571** Effectiveness of virtual reality in pain management, range of motion and functional performance in frozen shoulder patients: A systematic review
A.F. Qazi, A. Asif, B. Fayyaz, S. Naheed, R. Shabbir, S.M.S.A. Naqvi

NARRATIVE REVIEW

- 577** Breast cancer in Pakistan: Current status of screening, diagnosis, and management - A Review
M.F. Ibrahim, R. Shafaut, A.A. Mankani, M.R. Hasmi, M.A. Abbasi, A. Rija, S. Vijay, S. Usmani

SPECIAL COMMUNICATION

- 583** Bypassing clinical research for secondary evidence synthesis: Are systematic reviews replacing clinical research for medical students and residents in Pakistan?
F.A. Rathore, F. Farooq, G. Wajid

SHORT REPORT

- 589** Multi-disciplinary team approach in a teaching hospital: Challenges and opportunities
M.N. Rafique, M.B. Chishti, M.W. Farooq

CASE REPORT

- 592** Ovarian leiomyoma- An uncommon tumour
M.Y. Rana, S. Hanan
- 595** Membranous nephropathy secondary to pulmonary tuberculosis
M. Yasin, M. Khan, F. Khan, N. Khan
- 598** Congenital glucose-galactose malabsorption due to SLC5A1 mutation: A case of hypernatraemic dehydration
H.A. Arsoy, H.Z. Terzi, A. Oto, M. Tutanc
- 602** Inflammatory myofibroblastic tumour masquerading as acute appendicitis in a child: Case report
M.R. Waheed, M. Noor-Ul-Haq, S.S.H. Zaidi, B. Fatima, Z. Zafar, M. Azam

RECENT ADVANCES IN ENDOCRINOLOGY

- 605** Metacrinology
S. Kalra, S. Das, S. Shaikh, N. Kapoor

PRIMARY CARE DIABETES

- 607** The Primary Care Endocrinologist
S. Kalra, M. Verma, A. Dhingra, N. Kapoor

BAROCRINOLOGY

- 609** ACEing the person-centred choice of anti-obesity therapy
N. Raizada, S. Kalra, A. Dhingra, N. Kapoor

Continued



ISSN (ISSN-L) 0030-9982

Impact Factor - 0.9

Journal of the Pakistan Medical Association (Centre)

Editorial Board

| | |
|----------------------------------|---|
| Chairman | Shahid Ahmed Sami |
| Editor-in-Chief | Fatema Jawad |
| Associate Editor-in-Chief | Huma Qureshi |
| Associate Editors | Qudsia Anjum Fasih Sina Aziz Syed Muhammad Mubeen |
| Editor, Students' Corner | Rida e Fatima |
| Statistical Reviewers | Syed Muhammad Zulfiqar Hyder Naqvi |
| Managing Secretary | Anwar Ali Khawaja |
| Administrative Secretary | Asif Saeed Bhojani |

Members

| | |
|---------------------|---------------------------|
| A.R. Jamali | Mohammad Wasay |
| Aamna Hassan | Muhammad Iqbal Afridi |
| Aisha Mehnaz | Muhammad Shahid Shamim |
| Ali Yawar Alam | Muhammad Shahzad Shamim |
| Anwar Ali Siddiqui | Rubina Naqvi |
| Bushra Shirazi | Rumina Hasan |
| Farooq Azam Rathore | Sadiyah Ahsan |
| Fehmina Arif | Shahan Waheed |
| Gulnaz Khalid | Sohail Akhtar |
| Khalid Zafar Hashmi | Syed Mamun Mahmud |
| Kiran Ejaz | Syed Sharaf Ali Shah |
| Manzoor Hussain | Syeda Nosheen Zehra Zaidi |
| Masood Ali Shaikh | Uzma Fasih |
| Mehwish Kashif | Zubaida Masood |
| Mirza Naqi Zafar | |

International Advisors

| | |
|----------------------------------|----------------------------------|
| Ahmed Badar (KSA) | Mohammad Bagher Rokni (IRAN) |
| Amin Ali Muhammad Gadit (CANADA) | Mubeen Rafay (CANADA) |
| Bilal Haider Malik (UK) | Mihnea Alexandru Gaman (ROMANIA) |
| Fahad Saqib Lodhi (Dubai) | Sanjay Kalra (INDIA) |
| Farhad Handjani (IRAN) | Shabih Zaidi (UK) |
| Farrokh Habibzadeh (IRAN) | Sultan Ayoub Meo (KSA) |
| Gerry Mugford (CANADA) | Tanveer Azher (CANADA) |
| Itrat Mehdi (OMAN) | Tahir Masood (KSA) |
| MEL Heyman (USA) | 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.2200.00 (Single Issue)

Annual Subscription 26,000 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: 9221-32226443.

E-mail: editor@jpma.org.pk

Volume 76, Number 04

April 2026

Pages 492 - 641

ADVANCES IN NEPHROLOGY

- 612** Dialysis Toolkit for Severe Thrombocytopenia in Patients with Acute Kidney Injury
S. Sharma, I. Haddiya, D.A. Abdellatif, S. Kalra

EVIDENCE BASED NEURO-ONCOLOGY

- 615** Global Disparities in Paediatric Brain Tumour Surgery
J. Javed, F. Nisar, M.S. Shamim

IMAGING CORNER

- 618** Diachronous primary Neuroendocrine tumour of the mediastinum: Dual FDG and DOTA avidity on PET/CT
N. Nazir, A. Zubair, A. Hassan, K. Saddique

REHABILITATION SCIENCES CORNER

- 620** Rebooting the Brain: Non Invasive Brain Stimulation and the Future of Neurorehabilitation
M. Anjum, M. Zia, O. Shafiq, F.A. Rathore

LETTER TO THE EDITOR

- 624** Glucagon like peptide-1 receptor agonist (Ozempic): Revolutionising chronic kidney disease management in diabetes
Q. Nazir, M. Amna, Z. Asif
- 625** Non-endoscopic capsule sponge test: Rethinking Barrett's oesophagus screening
H.M.U. Amjad, Q. Yaseen
- 626** Declining heart health in Pakistan! A hidden or less studied monster?
F. Abbasi, Q. Abbasi, Zain Ul Abideen
- 627** Limited patient awareness of rheumatoid arthritis (RA) Complications and how to address this
M.Z. Afzal, F. Farooq, T. Naveed
- 628** Naegleria fowleri: A deadly miss in emergency rooms
Dropati, Dev Das, F. Memon
- 629** Mitomycin-C in soaked sponge or sub-tenon injection during trabeculectomy: The better option
M.S. Shabbir, M.A. Shabbir, Q.A. Siddiqui, N. Jamal

STUDENTS' CORNER

- 630** CASE REPORT: Unilateral Valsalva retinopathy as an initial presentation of pancytopenia: A case report
A.S. Ghazanfar, R. Siddiqui
- 634** LETTER TO THE EDITOR: Sleep Hygiene: A key to improved well-being
W. Khalid
- 635** LETTER TO THE EDITOR: Understanding the causes of missed miscarriage during the first trimester
M. Niaz, S. Nadeem, M. Khan
- 636** LETTER TO THE EDITOR: The overlooked role of uterine fibroids in primary infertility in Pakistan
S. Rani, A. Sohaib, R. Balach
- 637** LETTER TO THE EDITOR: Rethinking chest imaging in childhood pneumonia: Ultrasound as the new norm
M. Khan, A. Azam, T. Shahrukh
- 638** LETTER TO THE EDITOR: Beyond the pill: Advocating internet-based cognitive behavioural therapy for insomnia in Pakistan
A. Shakoor, A. Shakoor
- 640** LETTER TO THE EDITOR: Oral health education: A call for couple centred intervention
A. Khattak, T. Afridi, U. Afridi
- 641** LETTER TO THE EDITOR: SVR testing and its role in Hepatitis C care in Pakistan
N. Rabbani, D. Sattar, Alishba tu Neha