

PAAIS ANNUAL REPORT 2020

PAAIS is one of elite member societies of the world (Associate) of the WAO, sharing the same vision of aims and objectives. We are involved in educational, research, training of the medical professionals in the specialty of Allergy and Immunology and creating awareness about allergic and immune diseases in medical professionals and in general public.

Below are the few but very important events and programs held by PAAIS.

1. Arranging Free allergy camps 3 times a year to create awareness in general public and also doing allergy tests and providing SLIT VACCINES AT negligible price
2. Training workshops for doctors in field of Allergy and Immunology
3. Seminars and Telemedicine for medical professionals at the far-flung areas of Pakistan
4. Developed PAAIS GUIDELINES FOR COVID-19 BY DR.SHAHID ABBAS. AUGUST 2020 which were dedicated to WAO.

https://www.researchgate.net/publication/343417984_PAAIS_Guidelines_for_COVID-19_by_DrShahid_Abbas_z-liborg

www.allergypaaais.org, www.allergycenter.info,

<https://b-ok.asia/book/5557993/25d385>

5. PAAIS GUIDELINES FOR COVID-19 was dedicated to WAO



Dedicated to: -

The World Allergy Organization for helping to create Awareness, Educational and Research activities through the member societies in different countries of the world

Dr. Shahid Abbas

President PAAIS

The World Allergy Organization (WAO) is an international umbrella organization whose members consist of 103 regional and national allergology and clinical immunology societies from around the world. By collaborating with member societies, WAO provides direct educational outreach programs, symposia and lectureships to members in nearly 100 countries around the globe.

6. INFLUENZA VACCINATION & MEDICAL CAMP ORGANIZED FOR DAWOODI BOHRA JAMAT AT RAWALPINDI. 20 OCT 2019
7. WORLD ALLERGY CAMP 2020 RAWALPINDI. 21-25 JANUARY 2020
8. CME SEMINAR ON CUNTAGEOUS ALLERGY AND CLINICAL IMMUNOLOGY AT AGHA KHAN, KARACHI. 1 MARCH 2020
9. OPENING OF ALLERGY CENTER IN PAF HOSPITAL WITH COLLABORATION OF PAAIS AND ALLERGY & ASTHMA CENTER, ISLAMABAD, WHICH WILL BE DECLEARED AS CENTER OF EXCELLENCE IN ALLERGIC DISEASES IN ASIA. 14 MARCH 2020
10. MEETING WITH PRESIDENT OF WORLD ALLERGY ORGANIZATION PROF. IGNACIO ANSOTEGUI. 2020
11. Developed Pollen Research center with the collaboration of Allergy & Asthma Center Islamabad

12. Developed House Dust Mite Research Center with the collaboration of Allergy and Asthma Center Islamabad

FOLLOWING ARE THE HIGHLIGHTS

Currently started Corona awareness and preventive program for the people of Pakistan, formulations developed by us and supplying at special rates.

1-Hospital Grade Hand Sanitizer which is approved by PCSIR according to recommendations of WHO. It is moisturizing and kills 99.9% germs

2-Advanced Hand Wash which is moisturizing and keeps hands healthy after frequent hand wash

3-Detoxvit Immunoboost Formula Tablets

Considering importance of Vitamin C, Magnesium, Zinc, Dr Shahid has developed special IMMUNOBOOST formula i.e Detoxvit CZM with high class ingredients, and Vitamin C is buffered which will not cause acidity which can be helpful to prevent the corona virus infection. Now available at special discounted price



14. INFLUENZA VACCINATION & MEDICAL CAMP ORGANIZED FOR DAWOODI BOHRA JAMAT AT RAWALPINDI. 20 OCT 2019

PAAIS & Allergy and Asthma Center arranged a closed community based camp for Dawoodi Bohra community. Dawoodi Bohra community is a religious denomination which is spread around the globe. Around 300 residents from this community are residing in Rawalpindi, Pakistan which are suffering from

allergy and asthma and lack complete awareness. Allergy and asthma center provided free consultation, awareness with free medications.



3- WORLD ALLERGY CAMP 2020 RAWALPINDI. 21-25 JANUARY 2020

President of PAAIS Dr. Shahid Abbas organize free pollen allergy camp every year for people of Pakistan. As 24.64% population of Pakistan are effected by pollen allergy every year - reported by The News 2007. We aim to aware people and facilitate them with treatment of pollen allergy. Reporting patients came from all areas of Pakistan from ages of 3 - 80 years as this year free pollen allergy camp was held from 21-25 January 2020 being very successful once again due to all efforts of Dr. Shahid Abbas and Team Pakistan.



FREE POLLEN ALLERGY CAMP 21 - 25 JANUARY 2020



**POLLEN ALLERGY CAMP 2020 IN
RAWALPINDI CENTER**



Free Pollen Allergy Camp was organized jointly by Pakistan Allergy Asthma and Immunology Society (PAAIS), Allergy and Asthma Center and Allergy Center Rawalpindi from 21st January) to 25th January 2020 on IJP Road Rawalpindi

The objective of this camp is to prevent the asthma attack in the patients while diagnosing and RUSH IMMUNOTHERAPY.



Patients with all age group are facilitated to free allergy testing and pollen vaccines on 50 % discount.

Doctors and other camp staff explained the precautionary measure to the patient's to prevent the asthma attack .Some medicine companies also participated to provide the free medicines to the needy patients.

4- CME SEMINAR ON CONTAGEOUS ALLERGY AND CLINICAL IMMUNOLOGY AT AGHA KHAN, KARACHI. 1 MARCH 2020









5- OPENING OF ALLERGY CENTER IN PAF HOSPITAL WITH COLLABORATION OF PAAIS AND ALLERGY & ASTHMA CENTER, ISLAMABAD, WHICH WILL BE DECLEARED AS CENTER OF EXCELLENCE IN ALLERGIC DISEASES IN ASIA. 14 MARCH 2020



Department of Medicine In Collaboration with
Department of Continuing Professional Education (DCPE)
and Pakistan Association of Dermatologists (PAD)
is pleased to announce CME Seminar on

CUTANEOUS ALLERGIES & CLINICAL IMMUNOLOGY

On Sunday, 1st March, 2020

Course Director: Dr. Najam-us-Saher

Coordinators: Dr. Palwasha Jalil, Dr. Sabeika Kerawala & Dr. Tazein Amber (AKUH), Dr. Manzoor Memon & Dr. Javed Memon (PAD)

Facilitator: Dr. Palvisha Qadri

Venue: KASBL

Chief Guests: Brig Dr. Ajmal Rashid & Dr. Naseema Kapadia

9:30 a.m: Registration

10:00 a.m: Recitation of verses from Holy Quran

10:10 a.m: Welcome by Dr. Sadia Masood (Section head)

10:15 a.m: Pathogenesis of Cutaneous Allergies and Contact Dermatitis

Dr. Syeda Shamoona Tirmizi, Assistant Professor, Hamdard Medical University, Karachi

10:30 a.m: Contact Dermatitis

Dr. Rabia Ghafoor, Assistant Professor, Jinnah Post-Graduate Medical Centre, Karachi.

10:45 a.m: Allergic Pharmacotherapy & Immunotherapy

Dr. Shahid Abbas, Consultant Allergy & Immunology, Islamabad. President Pakistan Allergy Asthma & Immunology Society.

11:00 a.m: Tea Break

11:25 a.m: Theoretical basis of Patch Testing

Dr. Erum, Assistant Professor, Institute of Skin Diseases Karachi, Sindh

11:35 a.m: Theoretical Basis of Skin Prick Testing

Dr. Yousuf Mallick, Consultant Dermatologist, Indus Hospital Karachi

11:45 a.m: Practical Pearls & Demonstration/ Hands-on of Patch Testing

Dr. Shahid Abbas, Consultant Allergy & Immunology, Islamabad. President Pakistan Allergy Asthma & Immunology Society.

12:30 a.m Practical Pearls & Demonstration/ Hands-on of Skin Prick Test

Dr. Shahid Abbas, Consultant Allergy & Immunology, Islamabad.

President Pakistan Allergy Asthma & Immunology Society.

01: 00 p.m: Panel discussion and Q&A by participants

01:20 pm: Vote of Thanks by Dr. Manzoor Memon

01:30 p.m: Lunch

Panelists: Dr. Sadia Masood (AKU), Dr. Saadia Tabassum (AKU), Dr. Ajmal Rashid (AKU), Dr. Humaira Talat (DUHS), Dr. Ijaz Ahmed (ZMU), Dr. Manzoor Memon (ISD) and Dr. Sadaf Asim (DUHS).



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY

Date: 30th January, 2020

To,
The President Pakistan Allergy Asthma & Immunology Society,
Al-Rahman chambers,
G 7/3 Blue Area,
Islamabad.

Dear Dr. Shahid Abbas,

On behalf of The Aga Khan University Hospital (AKUH) Pakistan, I would like to cordially invite you to collaborate with us from the platform of PAAIS in Karachi on the 1st of March 2020, at AKUH and enlighten us on 'The cutaneous manifestations of Allergy and Immunology'. It is a one day CME activity where we will be focusing on Eczemas and the diagnostic tests related to them especially including 'Patch Testing' and 'Skin Prick Test' with practical demonstration.

I would be grateful if you share your expertise on the topic with our participants. Your knowledge would be an excellent addition to our program. Please, do not hesitate to contact me if you have any questions. Looking forward to hearing back from you.

Sincerely,

Dr. Najam-us-Saher
Assistant Professor Dermatology
Department of Medicine
The Aga Khan University Hospital Pakistan.
E-mail – najamussaher.rizvi@aku.edu

**6- MEETING WITH PRESIDENT OF WORLD ALLERGY ORGANIZATION PROF.
IGNACIO ANSOTEGUI. 2020**





7-Pollen Research Center established with the collaboration of Allergy and Asthma Center Islamabad in 2015

We collect and purify pollen with following two methods with stringent methods of collection and purification and microscopical studies

1-Plants are collected according to season and placed on the large hanging aluminum trays where the sunlight falling from glass windows. When dry the flowers and catkins are put on the collecting trays and passed through different grades of sieves with shaker.

2-We have developed special turff of steel where branches with flowers of allergenic plants are put and the branch lower part is dipped in fresh water and upper part drooping out so that pollens fall on the filter paper around the turf. These are covered with plexiglass hood and exposed to lights led light (460 and 660 nm wave lengths). The pollen are collected on the white filter paper around the turf

CANNABIS Pollens in FALL and PAPER MULBERRY POLLENS in SPRING are causing severe allergic diseases in Islamabad. The Pollen count ins sprint rise to more than 35000 pollens per day or 1500 pollens per cubic meter per hour.

PAAIS with the collaboration of Allergy and Asthma Center developed POLLEN RESEARCH CENTER. Where the branches are collected early morning with special devices. Pollens are collected by drying and also developed special turf of steel having water



Special turf for collection of Pollens. Branches with flowers or catkins are placed in turf of water and the upper parts of the branches are hanging or drooping out. These are exposed for some days to special lights which are helpful for dehiscence or release of pollens. These pollens fall on the glazed paper put below the turf






Below demonstration of collection of pollens by special device or Pollen Collector



House dust mite Research Center: -


House dust mite research center was established in 2017 but in spite of efforts we could not culture the house dust mites. The Dr. Shahid Abbas had training in 2019 with Prof Anchalee and Prof Natt in Mahidol University Hospital, Department of Entomology, Bangkok and then imported special Humidifying Incubator and equipment and started culturing the House Dust Mite. Now we have some successes and we also have opened for training of doctors in house dust mite allergy




PAAIS

**PAKISTAN ALLERGY
ASTHMA & IMMUNOLOGY
SOCIETY**


Aerobiology of allergenic plants of Islamabad




AERO BIOLOGY RESEARCH LAB




Paper Mulberry




Cannabis sativa with pollen sacs




Pollen Collection with Pollen Collector



Pollen Collection in house with Trough




Pollen Collection with POLLEN HOOD & TROUGH with UV light




Plants dried in large trays for drying and collection


HOUSE DUST MITE Research Lab




Dust from house passed through special apparatus to get more house dust mites




Dust examined for House Dust mite Identification and separation



After identification house dust mites are cultured in humidifying incubator and observed frequently. Finally, the house dust mite colonies are separated and frozen for further research on house dust mite allergies



D. pteronyssinus Female
D. farinae Female



D. pteronyssinus Male
D. farinae Male