International Health Review (IHR) Volume 3 Issue 1, Spring 2023

Editor-in-Chief *Umar Bacha* UMT

Executive Editor *Muhammad Salman Bashir* UMT

> Editor *Afifa Tanweer* UMT

Managing Editor Zainab Hassan UMT

Assistant Editor Aqsa Sattar KRSS, UMT Technical Editor *Muhammad Rafiq Awan* KRSS, UMT

Publishing Process Editor *Syeda Saira Iqbal* KRSS, UMT

> Language Editor Aiman Kamran KRSS, UMT

Indexing Editor Syed Mughees ul hassan KRSS, UMT

> Metadata Editor *Shanawer Rafique* KRSS, UMT

Formatting Editor Sadaf Lal Din KRSS, UMT

Graphic Designer Muhammad Abdullah KRSS, UMT

In charge Subscriptions Samreen Aamer KRSS, UMT

> Dispatcher Abdulaziz KRSS, UMT

Editorial Board

Advisory Board

Muhammad Akram University of Health Sciences, Lahore, Pakistan

Abdul Momin Department of Human Nutrition & Dietetics NUMS

Irfan Bashir Afro-Asian Institute, Lahore, Pakistan

> *Khalid Mehmood* UAE University, Al Ain, UAE

Mohammad Reza Hadian Tehran University of Medical Sciences

Warda Fatima University of the Punjab, Lahore, Pakistan *Chandrika Murughaiah* University Malaysia Sabah, Malaysia

Muneeb Iqbal University Of Southern Queensland, Ipswich, Qld, Australia

> *Habib ur Rehman* University of Lahore, Pakistan

Sanaullah Iqbal UVAS, Lahore. Pakistan

Riffat Mehboob Lahore Medical Research Center, Lahore, Pakistan