

# IMPACT

October 2013

## FROM A PREDICTABLE END TO NEW BEGINNINGS

PBS is rewriting these stories  
with your *zakat* everyday



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi



**THE PATIENTS' BEHBUD  
SOCIETY FOR AKUH**

Changing Lives, Bringing Smiles

## Chairman's Message



M. R. Monem

Dear Friends,

As I review the cases of *mustehiq* patients who have been assisted by *zakat* funds through the Patients' Behbud Society for AKUH (PBS), I feel a sense of satisfaction. In 2012, 2,696 patients were assisted, of which 21 per cent were children. These include baby Ahmed from Balochistan whose life was saved by a pioneering ECMO system at Aga Khan University Hospital (AKUH), and the son of a fruit seller in Sindh who was born with a congenital heart condition. They are both well and home with their respective families.

All these patients hail from a socio-economic background which struggles to make ends meet daily. The additional burden of onerous medical expenses is a crushing one for them to bear. Without financial assistance from the Hospital, these patients would not have been able to

afford the medical care they required, and many of them would have succumbed to their illness. However, we cannot afford to get complacent on the basis of these achievements; they represent just a drop in the ocean of need. This year, there are already 1,683 *mustehiq* patients who have received *zakat* to finance their treatment, but in the future there may be many, many more.

AKUH is one of the foremost providers of comprehensive medical care in the country, and is accessed by patients from all over the country. Some of them are unable to pay the full cost for their medical treatment. PBS plays an important role by providing *zakat* support to them.

Please help continue this noble, humanitarian work by supporting us now and in the future. We appeal to you to donate generously in order to keep the lamp of hope alight for countless *mustehiqeen*.

*"And whoever saves one - it is as if he had saved mankind entirely."*  
(Al-Quran 5:32)

Gratefully yours,

M. R. Monem

## What Makes The Patients' Behbud Society For AKUH Unique?



Main entrance, Aga Khan University Hospital (AKUH)

**High quality medical treatment** for *mustehiq-e-zakat* patients at **Aga Khan University Hospital**

**100 per cent *zakat*** spent on treatment of *mustehiq* patients

**Shariah compliant**

Donors ***amanat*** not spent on any marketing or administrative activities

## Hoping Against Hope

### Zain Khanzada

*"I had lost all hope for the cure of my son's disease had it not been for the tremendous moral and financial support of the doctors and staff at the Aga Khan University Hospital."*  
Nasreen Khanzada.

For Zain Khanzada's family, life is anything but easy. Residing in a rented house in Karachi, Zain's father is visually impaired and does odd jobs to support his family. His mother works as a seamstress to support the household.

Youngest amongst his siblings (3 brothers and a sister), Zain had a challenging early childhood. At a tender age of seven months, Zain



Zain Khanzada

contracted a serious disease that caused intense swelling of his stomach. Zain's parents took his condition lightly. However, when he showed no signs of improvement, worry started to set in.

Over a span of a few months, Zain visited no less than six hospitals in Karachi without any visible signs of improvement. His parents spent all their savings on diagnostic tests and treatment prescribed by several doctors. He was treated extensively for tuberculosis, liver, gastrointestinal, cardiac and kidney diseases without any change in his condition. However, it was during the course of the diagnostic tests that the devastating news came in - Zain was diagnosed with cancer.

But the situation did not change even after the diagnosis of the disease. Zain continued to shuttle between hospitals that did not possess any adequate treatment facilities or expertise to treat his case.

*"Doctors tried their utmost to cure Zain but unfortunately the hospitals did not have the facilities to treat him or to provide post-operative care,"* recalls Zain's mother.

It was then that one of the treating doctors referred Zain to Aga Khan University Hospital (AKUH), Karachi. Since his family had exhausted all their savings on his treatment and diagnostic tests, they were worried



The surgery at Aga Khan University Hospital (AKUH)

how they would bear the cost of treatment at such a large hospital.

*"The doctors at AKUH gave me the confidence and informed me of The Patients' Behbud Society at AKUH that supported me to proceed with Zain's treatment at the hospital,"* says Zain's mother.

Zain underwent multiple surgeries at AKUH and his condition became critical at times. However, after spending 5 days in the Intensive Care Unit out of a total of 19 days at the hospital, Zain was discharged after complete recovery. Approximately 80 per cent of Zain's treatment cost was borne by The Patients' Behbud Society while the balance was

arranged by doctors and staff at the hospital.

*"Everyone went all out in their support for Zain's treatment and I shall be forever indebted to all those who supported this cause,"* says Zain's mother, humbled by the support received at AKUH.

*"I urge all donors to continue their support for AKUH as many more lives can be saved through their zakat."*

Nasreen Khanzada, Zain's mother

## Happenings



Children enjoying activities at the Paediatric Oncology Day

### Cancer Survivors Day

On March 9, 2013, the Department of Oncology organised Cancer Survivors Day for their patients at Aga Khan University Hospital.

This was not only a celebration of life after cancer, but also a momentous day in the lives of those who have survived. Cancer Survivors Day serves as a day of solidarity for families whose loved ones have suffered from this disease. It serves as a platform where those who have been recently diagnosed can gain strength and comfort from the positivity of those who have survived.

It was an occasion in which cancer survivors mingled with other equally courageous men and women of varying ages and backgrounds.

During the course of the day, patients and guests were informed of the availability of financial assistance through the Patient Welfare Programme, and *zakat* through the Patients' Behbud Society for AKUH, which supports patients requiring chemotherapy at Aga Khan University Hospital.

### Paediatric Oncology Day

Survivors of childhood cancer gathered at Aga Khan University Hospital on March 29, 2013 to offer hope and encouragement to children fighting the disease. The annual haematology/oncology party was organized by Dr Zehra Fadoo, paediatric haematologist and oncologist at AKUH and her team.

This is an opportunity for patients and families to create support

groups to help themselves in a difficult phase of their lives. Children enjoy the day especially as they come to the hospital only for fun and games, without being poked by syringes!

Some of these children have received financial assistance through the Patient Welfare Programme and the *zakat* fund of the Patients' Behbud Society for AKUH.

**Cancer can be fully cured among children, if diagnosed and treated at an early stage. Treatment of childhood cancer has improved manifold as better drugs and other supportive-care are available. Today, up to 70 per cent of all children with cancer can be cured.**

### Reaching out to Pakistani diaspora in Seattle

Dr Syed Asad Ali, Assistant Professor, Department of Paediatrics and Dr Anita Zaidi, Professor and Chair of the Department of

Paediatrics and Child Health, made a presentation to 20 Pakistanis based in Seattle on April 14, 2013.

The objective of the presentation was to raise awareness regarding the welfare initiatives of Aga Khan University and its Hospital (AKUH) and to provide details on the Students' Financial Assistance, Patient Welfare Programme, as well as the *zakat* fund run by the Patients' Behbud Society for AKUH.

The doctors made a special appeal to participants to remember AKU whilst making their annual contributions.

### PBS on TV

In an effort to raise awareness regarding PBS and the work that it undertakes to provide high quality medical treatment to *mustehiq* patients, Mr M. R. Monem represented the Society on Dawn News, CNBC and Aaj TV during the holy month of Ramadan.



Dr Anita Zaidi and Mr M. R. Monem with participants of the TV show

## The Next Generation Comes on Board

### A New Member



Abdur Rahim Tariq

*"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal."*

Albert Pike

I went to the same school as my father and stand proud in calling myself a 'Habibian'. Our school was the only one which made it incumbent to participate in various kinds of sports, including swimming, hockey and basketball, inculcating the true spirit of healthy competition. After completing my undergraduate in finance, I joined the London Business School where I am currently doing my Masters in Business Strategy.

I have been fortunate enough to be born into a family with a flourishing textile business, which today *Alhamdulillah* is one of the biggest fully vertical textile complexes in

Pakistan and we now plan to further expand into real estate.

It is my heartfelt desire to carry the mantle of family tradition, and stay true to the teachings of my late grandfather, Mohammad Rafi who was the pioneer/founder of Jamiat Taleem ul Quran that has been teaching Quran to the needy for the last 50 years.

It is organisations such as the Patients' Behbud Society for AKUH which are doing so much for the less fortunate members of our society.

As a member of PBS, I wish to contribute to the development of Karachi's communities and Pakistan's future generations.

Having been blessed by Allah, it is now a burning desire deep within me to make a difference to the lives of the needy.

## Department of Paediatrics and Child Health

### In The Limelight



Caring for children at AKUH

Pakistan has a high burden of child mortality - one in eleven children will die before their fifth birthday.<sup>1</sup> Most of these deaths are preventable, but occur due to lack of access to timely and appropriate healthcare.

Aga Khan University Hospital recognised that in addition to taking care of sick children, it also has a responsibility to promote children's health throughout Pakistan, especially the most vulnerable children, living in poor communities in the urban slums and rural villages of our country. This prompted a renaming of the Department of Paediatrics to Department of Paediatrics and Child Health.

**The mission of the Department of Paediatrics and Child Health, Aga Khan University is to serve the children of Pakistan by providing them**

**access to the highest standards of clinical care and conduct research to find solutions that save lives and improve health. Investing in the children of Pakistan is an important component of a holistic effort at AKU to invest in the future of the nation.**

#### Facilities/Services

The Department of Paediatrics and Child Health provides a wide range of medical facilities for children with health problems, including sub-specialty services in paediatric cardiology, oncology (cancer), neonatology, neurology, infectious diseases, critical care, endocrinology and genetic disorders. Its clinical services are available in six health facilities :AKUH Stadium Road campus, four AKU secondary hospitals in Karimabad, Garden, Kharadar and Hyderabad and at the Clifton Medical Services. Facilities

<sup>1</sup><http://devtracker.dfid.gov.uk/countries/PK/>

include 225 inpatient beds, 24 hour availability of paediatric emergency and urgent care services, neonatal ICU, paediatric ICU, semi-intensive care and paediatric consulting clinics.

### Community Programmes

Over the last 12 years, the Department of Paediatrics and Child Health at AKU has implemented several innovative programmes of preventive care and community health promotion in urban slums of Karachi and rural areas of Pakistan which reach a population of over 2 million people. These efforts have helped reduce child mortality rates in these areas, and promote healthy behaviour such as getting children vaccinated, seeking appropriate healthcare, and delivering babies in hospitals instead of homes.

The Department has also played a lead role in developing national and global child survival, immunisation, and nutrition policies. Its strong advocacy has facilitated early introduction of life-saving vaccines against killer germs such as Hib and pneumococci which cause the vast majority of pneumonia and meningitis disease and deaths among the country's children.

### Research

Over the last 10 years, the Department has developed a comprehensive research programme in child health relevant to saving children's lives in Pakistan. Departmental research is focused on those areas which are linked to the most deaths in Pakistani children: newborn care, pneumonia

and diarrhoea management, and maternal and childhood malnutrition. Immunisation strategies for prevention of infectious diseases and stimulating optimal childhood development are also important areas of work. The Department has earned an international reputation for its work and has been recognised through multiple partnerships and collaborations with organisations such as WHO, UNICEF, Bill and Melinda Gates Foundation, Global Alliance for Vaccines and Immunizations and many North American and European universities (Johns Hopkins, University of Toronto, London School of Hygiene and Tropical Medicine and Karolinska Institute in Sweden).

### Academics

AKUH, as a teaching hospital, emphasises the importance of paediatric care by making it a part of the structure of its curriculum. Medical students at the University complete a three-month rotation training through paediatric wards, neonatal and well-baby units and outpatient and emergency services. Residents and fellows are trained in various paediatric disciplines of relevance to Pakistan, each undergoing 5-7 years training and specialisation after medical school graduation, to cater to the special needs of sick children in the country.

The department is also facilitating capacity development of paediatric physicians at public sector hospitals through special training opportunities at AKUH, as well as in their own hospitals.



Children at an outreach clinic

### Support from AKU Faculty

"Charity begins at home" and in order to meet the pressing needs of Karachi itself, a team of dedicated doctors at the Department of Paediatrics and Child Health have gathered together to collect funds for needy children who are admitted to AKUH for treatment.

*"We started a special fundraising initiative for children to be treated at AKUH. We want to increase access to high quality life-saving clinical services to children we see in our katchi abaadi and rural communities who have no means to afford treatment, as well as to needy children referred by other public sector and charity hospitals who don't have the needed expertise for some problems our children face,"* explained Dr Anita Zaidi, Professor and Chair of the Department of Paediatrics and Child Health, and an alumnus of

the first MBBS Class of AKU, graduating in 1988.

The Paediatric Welfare Fund activities and fundraising are led by Dr Syed Asad Ali, Assistant Professor of Paediatric Infectious Diseases at AKU, and also an AKU alumnus who returned to join AKU's faculty after further training in America.

*"We are motivated to help as many children as we can to live a normal life by raising funds from people who care about our children's future. Our own faculty members, students, staff, and our families are also contributing through their zakat and other donations to this cause by giving whatever they can afford. I am hoping that we can enlarge our family of giving individuals through this initiative,"* stated Dr Ali.

## A Father's Love

### Mohammad Anas Sajjad



Anas with his father

*"I was determined to go to any lengths to save my son,"* recalls Mohammad Sajjad, father of Mohammad Anas Sajjad, who was diagnosed with cervical tumour in 2011.

Second amongst his five siblings, Anas was born and raised in Multan, a city in Punjab, Pakistan. A shopkeeper by profession, his father earned a modest living and was providing the best possible education to his children with his available resources.

The diagnosis of the disease, however, was nothing short of a miracle. Anas developed the first signs of disease when he encountered persistent pain in the

neck. When regular pain relief medicines failed, he visited a specialist who advised a bone scan. Since the bone scan report showed anomalies, Anas was advised MRI and CT scan by the specialist. The costly tests proved to be futile due to poor diagnosis by the doctors. Anas was declared a psychological patient who was using pain as an excuse to escape studies and subjected to shock therapy by doctors.

But aware of his son's excruciating pain, Sajjad knew that it was no excuse. He continued his quest for better diagnosis and visited several doctors. The closest diagnosis attained was tuberculosis (TB) of the bones, declared by the medical

board of a hospital in Multan. Sajjad began his son's treatment with the hope for cure. Anas was treated for nine months with no improvement in the pain.

When the treatment did not provide any positive results, Anas was advised a repeat bone scan, MRI and MRI with contrast. The cost of the tests was borne by the hospital that advised treatment for TB. The results indicated a clot in the bone due to an injury leading to the diagnosis of cervical tumour, a rare kind in Pakistan.

The treatment of the tumour was very risky and costly but Sajjad was determined to give his son a new life. After much discussion with friends and other doctors, Sajjad decided to take Anas to Aga Khan University Hospital (AKUH), Karachi. The doctors at AKUH were very supportive and indicated a 70 per cent success rate due to the critical nature of the surgery. Anas was advised CT angiogram, which again was an expensive procedure.

Realising the financial condition of the patient, the doctor at AKUH referred him to the Patients' Behbud Society for AKUH (PBS).

The surgery was successful despite the risks involved and the support by PBS proved instrumental in making this happen.

*"The donations from PBS gave a son back to his father,"* said a teary-eyed Sajjad whose words said volumes of his appreciation for the donors who stepped forward to contribute towards this noble cause.

It was through this support that Anas received treatment at a world-class facility at nominal expenditures and was rewarded with a new life.



*"The Patients' Behbud Society is a blessing for the deserving people; a ray of hope in darkness."*  
Father of Anas Sajjad

## Our Members

M. R. Monem, *Chairman*

Zahir Janmohamed, *Honorary Secretary*

Abdur Rahim Tariq  
Anwar Rammal  
Aslam Jindani  
Ebrahim Sidat  
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## PBS is Grateful to its Partners



PBS is also thankful to Fatima Batool, Hikmat Turabi, Imran Aslam and Sabeena Saleh for supporting it's outreach efforts.

## Please Contribute Your Zakat To PBS

I wish to contribute PKR/USD \_\_\_\_\_ \*as zakat to  
The Patients' Behbud Society for AKUH.

Mode of Payment: Cheque Wire Transfer

Cheque/Wire Transfer Transaction #: \_\_\_\_\_

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Funding Options:

General  Paediatrics  Chemotherapy

Send your zakat contributions to:

The Patients' Behbud Society for AKUH, Stadium Road, Karachi

Tel: +92 21 3486 2961/2903; Cell: +92 332 314 2060

Email: patients.behbud@aku.edu Website: <http://pbs.akuh.org/>

[www.facebook.com/zakat.akuh](http://www.facebook.com/zakat.akuh)

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