

# IMPACT

March 2016

# BEAUTIFUL MIND



آغا خان یونیورسٹی ہسپتال

The Aga Khan University Hospital



The Patients' Behbud  
Society for AKUH

*15 years of  
health & hope*

## PBS CELEBRATES 15 YEARS OF HEALTH AND HOPE!



### What is PBS

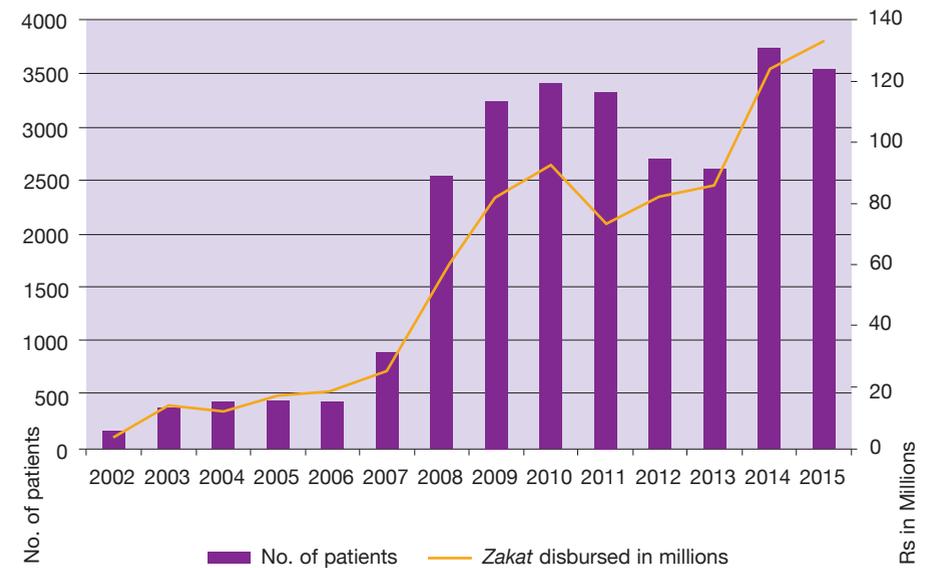
The Patients' Behbud Society for AKUH (PBS) is an independent, charitable society responsible for collecting and disbursing *zakat*, in order to help *mustehiq* patients receive high quality medical treatment at the Aga Khan University Hospital (AKUH), its clinics and medical centers. Formed in 2001, PBS is celebrating its 15th year anniversary, with you - its respected donors. Your unwavering and continued generosity has enabled us to support over 28,000 patient visits with Rs 829 million worth of financial assistance.

### Why it started

There are millions of people currently living below the poverty line in developing countries such as Pakistan. Economic constraints come with a host of other problems, the most fatal of which is poor health. Many patients from such low-income households find themselves unable to meet their medical expenses. The PBS was formed by a group of well-wishers, to provide such patients with financial support and quality health care.

### How it works

As a conscientious body of humanitarian endeavor, PBS exclusively utilises your donations for patients' treatments. Through a meticulous and strict process, it identifies those patients who are most eligible for your *zakat* on a shariah compliant basis. The criticality of their condition and financial situation is taken into consideration when approving their welfare. Great emphasis is placed on the legal transparency of all its exchanges; regularly audited account details are publically available on the PBS website (<http://pbs.aku.org/>).



### Members

The PBS has been rapidly expanding since its inception, under the guidance and vision of a committee of professionals, philanthropists and prominent members of society. Committee members are selected on the basis of their integrity and ability to spread awareness of our cause.

### The PBS Pledge

The PBS is committed to saving lives while helping donors to fulfill their *zakat* obligation most effectively. After supporting over 28,000 patient cases, many related to complex and life-threatening illnesses, *InshaAllah*, PBS plans to strengthen its' efforts further. Our goal is to ensure that the maximum number of *zakat mustehiq* patients can lead healthier, happier lives.

## MIND OVER MATTER

His glinting eyes and mischievous smile are extraordinary. This is because ten-year-old Sameer Ahmed has just survived a terrifying ordeal: hydrocephalus or fluid buildup in the brain.

Being the second youngest member of a large family, Sameer hails from Larkhana. He started experiencing crippling headaches, fits, agonizing pain and even difficulty in walking. When he started to suffer from memory loss, coughing up blood and losing consciousness, his family was prompted to seek medical aid, but the hospital near Larkana was unable to help them.

Other patients at the hospital were moved by Sameer's family's tribulation and suggested that the child be admitted to Aga Khan University Hospital (AKUH) in Karachi. His distraught family also realized AKUH was their safest bet. One of Sameer's older brother's aged 27, and his mother traveled to Karachi in the hope of bringing the child's plight to an end. Dr Shahzad Shamim an assistant professor and consultant neurosurgeon at AKUH, duly saw the child. Dr Shamim also referred the case to the Patient Welfare office, as he realised that the family may be unable to bear the cost of the treatment.

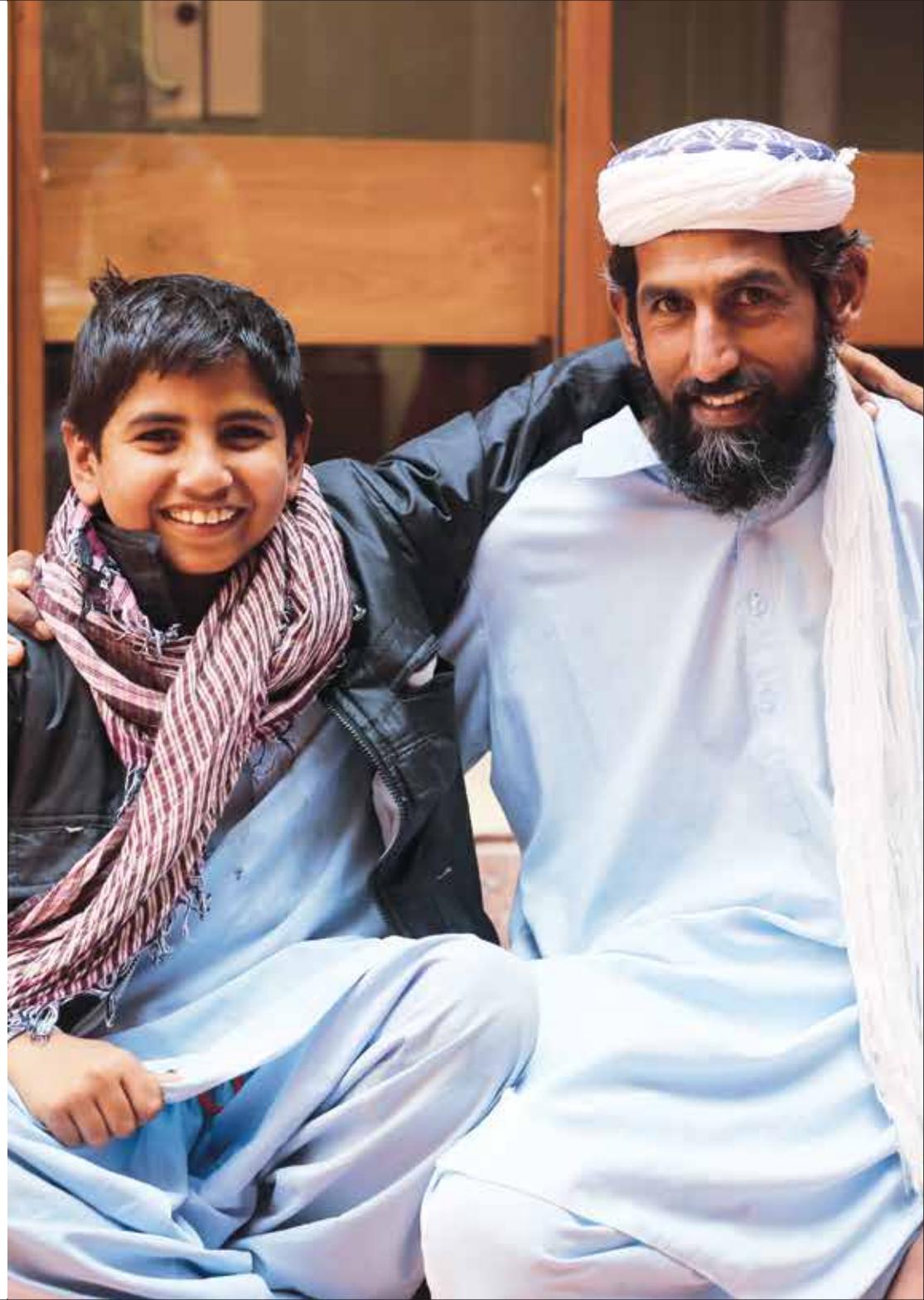
Dr Shamim performed an emergency external ventriculostomy, a surgical procedure to divert the high-pressure fluid in Sameer's brain. Further complex surgery was carried out over two stressful months of tests and medication. Sameer made excellent progress after this and was free to go home.

As fate would have it, a few weeks later, the poor child was rushed back to AKUH emergency services where Dr Shamim investigated him anew to discover Sameer was suffering from intracranial hemorrhage, a condition which creates very high pressure in the skull compressing surrounding brain tissue. The condition is potentially fatal and so the patient had to undergo a second life saving operation in a matter of months. Dr Shamim and his team successfully conducted the operation.

Sameer's health has been progressively improving over the course of his time at AKUH under the watchful care of the excellent medical staff at the hospital. His medical expenses have been almost entirely covered by the Patients' Behbud Society for AKUH and the Patient Welfare Programme.

His brother's shoulders sag with relief and he is overcome with emotion and gratitude as he says, "I can pray for other patients, when I see them suffering. And hope that I can be of assistance to them. The AKUH has helped us tremendously."

Almost a year of treatment later, Sameer is like any other bubbly kid. He laughs as brightly as any person with a healthy life ahead of them would.



## CURING COMPLEX CONDITIONS – THE MIND AND BRAIN SERVICE LINE AT AKUH

It is often said that the goal of all medical practice is to save the brain. This adage rings true since the brain controls all of the body's organs and is the source of all thought and action.

The extensive importance of the brain has led to the development of a 'Mind and Brain' service line at AKUH. The range of services provided by this line has grown extensively since its three sections – neurosurgery, neurology and psychiatry - first came into being in the mid-1980s. Beginning in September 2015, these three specialties have been merged into an integrated service line platform, with the intent of serving patients with greater quality, efficiency, safety, and excellence.

### Neurosurgery

Neurosurgery at AKUH has become a national leader in treating structural diseases and injuries of the brain, spinal cord, and vertebral column. These debilitating illnesses can have a far-reaching impact on the mind and body, extracting great human and economic cost. Skilled surgeons help restore the damaged nervous system, making use of AKU's top-notch technology. The hospital has seven neurosurgeons on staff.

AKUH is one of the few centres in the country with advanced facilities to perform the full spectrum of neurosurgical operations. One of the country's leading neurosurgeons, Dr Ather Enam (professor of neurosurgery and chairman of the surgery department) is uniquely experienced in performing the complex procedure of awake craniotomy. This intricate operation allows careful removal of a brain tumor while preserving functionally important brain tissue. Epilepsy surgery, which can help patients in whom medical anti-epileptic therapy has been exhausted, is also uniquely offered at AKUH.

Our neurosurgeons undertake a comprehensive range of neurosurgical approaches, including interventional neurovascular procedures and minimally invasive and endoscopic cranial and spinal techniques. An important addition to AKUH Neurosurgery is robotic surgery, arranged through generous donor support.

The Neurosurgery group at AKU is also academically busy, with several research programmes, frequent international publications and an intensive residency programme, which prepares neurosurgeons for the future.

### Neurology

"Our specialists attract referrals from Iran, Afghanistan and all over Pakistan. The Pakistani diaspora in the US, UK, Canada and Middle East – who often face long waiting times abroad – also come to AKUH for second opinions and even treatment since they can get high quality care at a fraction of the cost and at a faster speed," says Dr Saad Shafqat, Professor of Neurology and Chief of the Mind and Brain Service Line.

Neurology is a non-surgical branch of medicine concerned with the study and treatment of organic disorders of the nervous system. Fourteen neurologists with experience in the key areas of neurology – including stroke, epilepsy, headache, multiple sclerosis, neuromuscular medicine, and movement disorders – are currently working at AKUH. A high-quality neurology residency and two advanced fellowships (in stroke and clinical neurophysiology) are also in place.

Our neurologists are particularly interested in identifying research solutions to complex problems in neurology. Neuroscience is one of the six research themes at AKU. For example, Dr Ayeesha Kamal, a faculty member at AKU, whose research focuses on stroke and related conditions, has secured competitive grants from prestigious international sources such as NIH (USA) and the Canadian government; her latest project is to develop a glove-shaped stroke detection device to provide early warning signs to patients.

### Psychiatry

The Mind and Brain service line also includes psychiatrists and psychologists. These specialists are mental health experts who help vulnerable patients negotiate the struggles of life and treat crippling diseases of the mind such as schizophrenia, bipolar illness, depression, and a range of anxiety disorders. Psychiatry at AKU comprises twelve psychiatrists, along with five clinical psychologists. A robust psychiatry residency programme prepares future psychiatrists. A fellowship training in child psychiatry has also been initiated.



Brain tumours  
Neuroscience Education  
Dementia and Elder Care  
Hypertension and Stroke  
Cutting-edge Neurosurgery  
Infections of the CNS  
Basic Neuroscience  
Learning and Behavior Problems

Epilepsy  
Parkinson's  
Brain Injury  
Brain Awareness  
Substance Abuse  
Neuro-Ophthalmology  
Stress, Anxiety and Depression  
Post Disaster Trauma Response

AKUH's psychiatry skills have been sought at times of national tragedy, as when the students who survived the Army Public School attack came to AKU to access a wide variety of treatments in their hour of need.

Besides providing diagnostic acumen, pharmacologic therapy, and intensive counseling, renowned AKU psychiatrists such as Dr Ayesha Mian volunteer their time to spread awareness about mental illness, using broadcast media, workshops in schools, and public seminar sessions. A major intent behind these sessions is to counteract the stigma that is often associated with mental illness. Upcoming plans for AKU Psychiatry include a dedicated substance abuse and rehabilitation programme.

Over the course of 2016, the Mind and Brain service line is set to begin 'The Year of the Mind and Brain' at AKU – a yearlong series of activities that will deepen its impact on society. The events under the campaign will hone the skills of professionals, raise awareness of mental, neurological, and neurosurgical issues, and conclude with a regional research symposium at the AKUH in November.

In light of this article, we hope you will support our efforts to foster a healthier brain, and a peaceful mind!

Since the expense of intricate surgeries and ongoing consultations can be very difficult for most patients to bear, the AKUH has provided Rs 538 million in welfare and *zakat* support between 2010 and 2015. This support has helped needy patients requiring neurosurgery, neurology, psychiatry and related services, to eventually return to their daily life, healthy and unburdened.

**Volumes – Mind and Brain Service Line (Jan to Dec 2015)**

Service	Number of Patients
Outpatient Consulting Clinics (Neurology, Neurosurgery, Psychiatry)	48,567
Neurophysiology Procedures (Outpatient)	3,227
Inpatient Admissions (Neurology, Neurosurgery, Psychiatry)	3,971
Neurophysiology Procedures (Inpatient)	2,023
Surgery procedures	1,603

## “IT’S A COLLECTIVE RESPONSIBILITY”, SAYS MR RIAZ SIDDIQUI

Mr Riaz Siddiqui owns Infotel, a business that provides financial security. Founded in 1995, Mr Siddiqui has successfully expanded the company to where it stands today as a leading provider of secure e business transactions and smart card issuance systems.

Mr Siddiqui’s association with AKUH started some ten years ago when his wife, then a doctor at AKUH, informed him about PBS and its pledge to serve people who could not afford their medical treatment. Mr Siddiqui investigated and studied the work of the PBS. Struck by the sincerity of the cause, he has been a member of PBS since.

Asked about what in his mind makes AKUH stand out amidst other charitable organisations, Mr Siddiqui states:

“With AKUH, you have a real hospital from which people are being registered and discharged. Many other non-profits and NGOs do not have their own medical facilities.”



“It is trust...AKUH has our trust and I know my *zakat* is going to aid those patients’ who are in need.”

He expresses confidence in the institution, stating that he feels secure that the money donated to PBS is spent systematically to help those in urgent need at the Hospital. It is one of the most pressing reasons why he continues an active involvement with PBS. Moreover, at the PBS, the donor is given information, by medical experts and welfare officers, about the diagnosis for the patients and the estimated cost of the treatment. This further increases the element of transparency.

Mr Siddiqui believes that everyone shares a collective responsibility to improve the situation of Pakistan and increase the level of public service. Since the public sector is inadequately developed, there is a real need for the private sector to provide a brace of welfare support. It is thus important, he says, to avoid the 'blame game'. He believes that the people of Pakistan should take action by establishing a consistent pattern of spending their wealth in a way guaranteed to be effective.

Mr Siddiqui feels Pakistanis' are generous by nature, elaborating: "Once the people of Pakistan have trust and faith that their *zakat* is being distributed in the right way, they will keep giving."

## OUR MEMBERS

M. R. Monem, *Chairman*

S. M. Pervez, *Vice President*

Zahir Janmohamed, *Honorary Secretary*

Abdur Rahim Tariq  
Anwar Rammal  
Ebrahim Sidat  
Farhat Abbas  
Nadeem M. Khan

Nadeem Yahya  
Talat Dehlavi  
Yasin Siddik  
Yasmin Jaffer

## 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 #: \_\_\_\_\_

Bank: \_\_\_\_\_ Date: \_\_\_\_\_

Donor's Name: \_\_\_\_\_ Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Funding Options:

General

Paediatrics

Cardiology

Chemotherapy

Send your *zakat* contributions to:

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

Tel: +92 21 3486 3000; Cell: +92 300 072 3000

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

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

Approved u/s 2(36) (c) of the Income Tax Ordinance 2001

Contributions eligible for tax credit u/s 61

Registered with **Pakistan Centre for Philanthropy**

# YOU CAN CONTRIBUTE YOUR ZAKAT

THROUGH YOUR VISA CARD AT [www.pbs.aku.org](http://www.pbs.aku.org)

OR AT ANY OF THE FOLLOWING BANKS

## **HBL**

Account Title  
Bank  
Branch Code  
Account Number  
IBAN #

The Patients' Behbud Society for AKUH  
Habib Bank Limited, Karsaz Branch, Karachi  
0896  
89001107-03  
PK65 HABB 0008968900110703

## **For Overseas Contributions**

Swift Code  
Correspondence Bank  
Swift Code  
Address

HABBPCKA  
Habib Bank Limited, New York  
HABBUS33  
60 East, 42nd Street, Suite 535,  
New York, NY 10165, USA

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## **Soneri Bank Ltd**

Account Title  
Bank

Branch Code  
Account Number  
IBAN #

The Patients' Behbud Society for AKUH  
Soneri Bank Limited, Islamic Banking,  
Cloth Market Branch, Karachi  
0048  
01520002293  
PK58SONE0004801520002293

## **For Overseas Contributions**

Swift Code  
Correspondence Bank  
Swift Code  
Address

SONEPKKAICK  
Standard Chartered Bank  
SCBLUS33  
1095 Avenue of the Americas,  
New York, NY 10036, USA

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## **MCB Islamic**

Account Title  
Bank  
Branch Code  
Account Number  
IBAN #

The Patients' Behbud Society for AKUH  
MCB Islamic Bank, Khalid Bin Waleed Road Branch, Karachi  
1923  
9001713691000296  
PK27MUCB9001713691000296

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## **Bank Alfalah Limited**

Account Title  
Bank  
Branch Code  
Account Number  
IBAN #

The Patients' Behbud Society for AKUH  
Bank Alfalah Limited, Gulshan-e-Iqbal Branch, Karachi  
5518  
5000170948  
PK10ALFH5518005000170948

## THROUGH THE i-CARE FUND AMERICA INC.

### **Payment through cheque/wire transfer:**

Account Title  
Bank  
Account Number  
Swift Code  
ABA Number  
ACH R/T  
Address

The i-Care Fund America Inc.  
Bank of America  
4636612240  
BOFAUS3N  
026009593 or  
011000138  
139 Charles Street, # 348,  
Boston, MA 02114, USA  
+1 678-248-9999  
[info@i-care-america.org](mailto:info@i-care-america.org)

Phone  
Email

### **For online donation:**

Please visit [www.i-care-america.org/donors](http://www.i-care-america.org/donors)

Kindly let us know when the payment is made by sending an email at [patients.behbud@aku.edu](mailto:patients.behbud@aku.edu)