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## IMPACT : Issue 5

Patients' Behbud Society

*Aga Khan University Hospital, Karachi, patients.behbud@aku.edu*

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### Recommended Citation

Patients' Behbud Society, "IMPACT : Issue 5" (2015). *IMPACT*. Book 5.  
<http://ecommons.aku.edu/impact/5>

# YOU CAN CONTRIBUTE YOUR ZAKAT

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

OR AT ANY OF THE FOLLOWING BANKS

## HBL

Account Title	The Patients' Behbud Society for AKUH
Bank	Habib Bank Limited, Karsaz Branch, Karachi
Branch Code	0896
Account Number	89001107-03

## For Overseas Contributions

Swift Code	HABBPKKA
Correspondence Bank	Habib Bank Limited, New York
Swift Code	HABBUS33
Address	60 East, 42nd Street, Suite 535, New York, NY 10165, USA

## Soneri Bank Ltd

Account Title	The Patients' Behbud Society for AKUH
Bank	Soneri Bank Limited, Islamic Banking, Cloth Market Branch, Karachi
Branch Code	0048
Account Number	01520002293

## For Overseas Contributions

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

## MCB Islamic

Account Title	The Patients' Behbud Society for AKUH
Bank	MCB Islamic Bank, Khalid Bin Waleed Road Branch, Karachi
Branch Code	1923
Account Number	9001713691000296

## Bank Alfalah Limited

Account Title	The Patients' Behbud Society for AKUH
Bank	Bank Alfalah Limited, Gulshan-e-Iqbal Branch, Karachi
Branch Code	5518
Account Number	5000170948
IBAN #	PK10ALFH5518005000170948

## THROUGH THE i-CARE FUND AMERICA INC.

### Payment through cheque/wire transfer:

Account Title	The i-Care Fund America Inc.
Bank	Bank of America
Account Number	4636612240
Swift Code	BOFAUS3N
ABA Number	026009593 or
ACH R/T	011000138
Address	139 Charles Street, # 348, Boston, MA 02114, USA
Phone	+1 678-248-9999
Email	info@i-care-america.org

### For online donation:

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

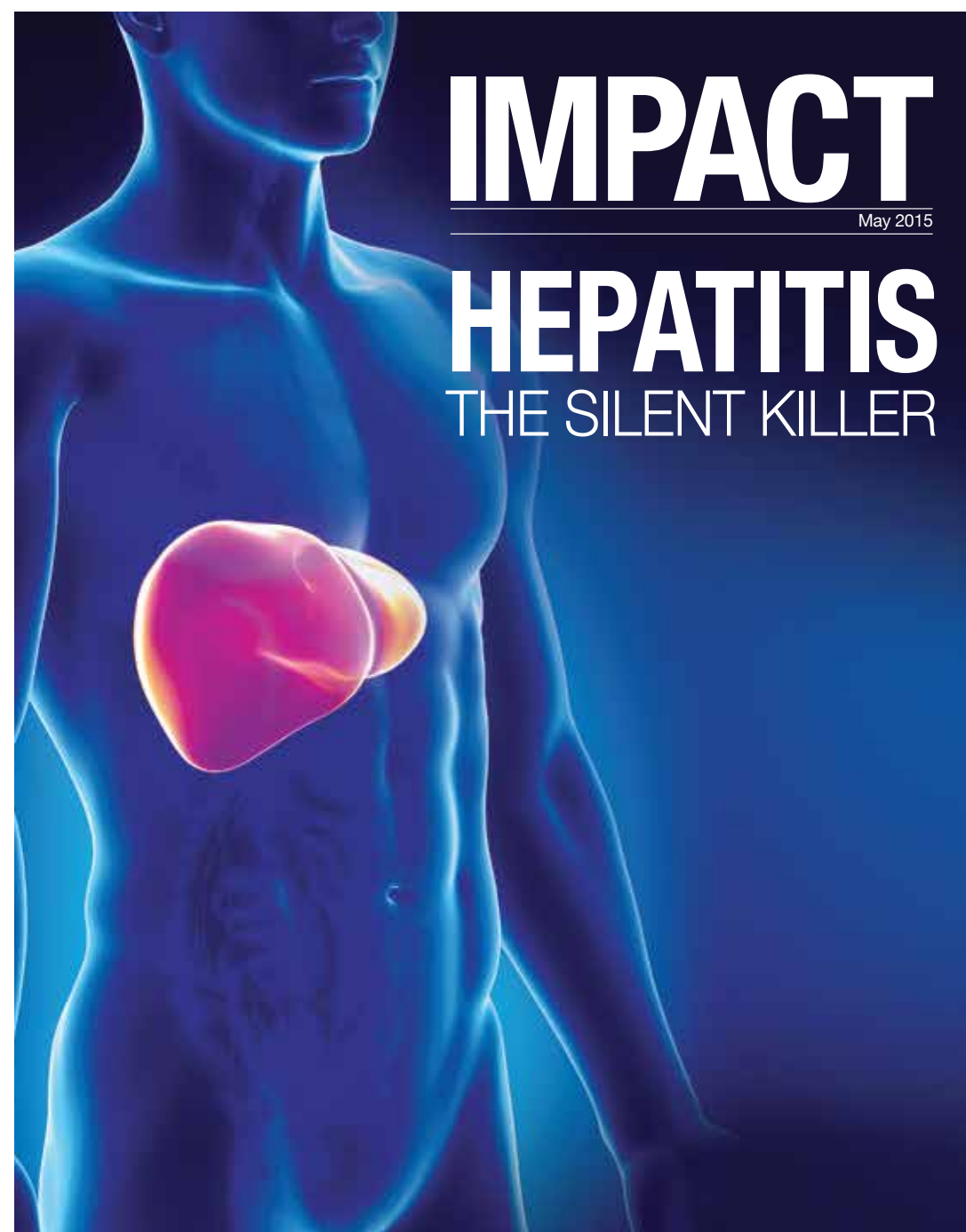
Kindly let us know when the payment is made by sending an email at [patients.behbud@aku.edu](mailto:patients.behbud@aku.edu)

# IMPACT

May 2015

# HEPATITIS

## THE SILENT KILLER



FIREB001163



The Patients' Behbud  
Society for AKUH



آغا خان یونیورسٹی ہسپتال، کراچی  
The Aga Khan University Hospital

## CHAIRMAN'S MESSAGE



M. R. Monem

Dear Friends and Supporters,

As I review the cases of *zakat mustehiq* patients who have been assisted through the Patients' Behbud Society for AKUH (PBS), I feel some sense of satisfaction. In 2014, over 3,700 patient visits were supported with Rs 124.35 million, of which 25 per cent were for children. This included conjoined twins who were successfully separated after a surgery at the Aga Khan University Hospital, the first at the Hospital. Both babies are well and at home with their family.

AKUH provides high quality medical care to patients from all socio-economic groups; over three quarters of our patients are drawn from low-to-middle income groups and include *zakat mustehiq* patients. This past year, a significant percentage of PBS funds were used to treat hepatitis and oral cavity cancer patients: 240 patients were

provided hepatitis vaccines worth Rs 2.6 million. Since the inception of PBS, over Rs 686 million has been provided in support to 24,215 beneficiaries.

We would like to thank the generous contributors of *zakat* and donors for their generosity and support, which has enabled us to keep alight the lamp of hope for so many needy and financially challenged patients.

This year our goal is to raise Rs 200 million and with the supportive community we have, we know it can be achieved.

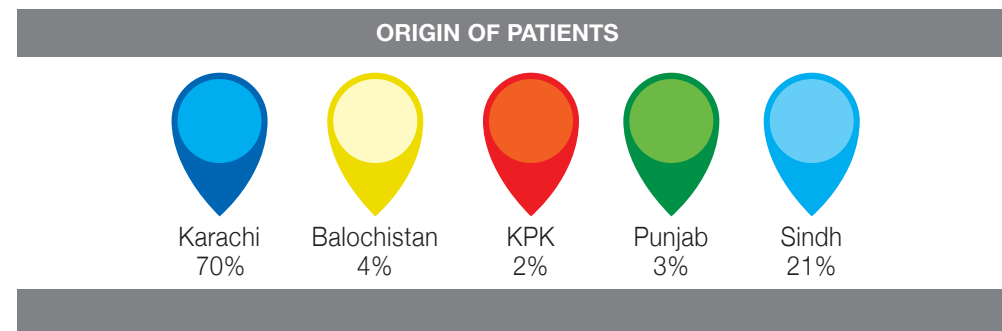
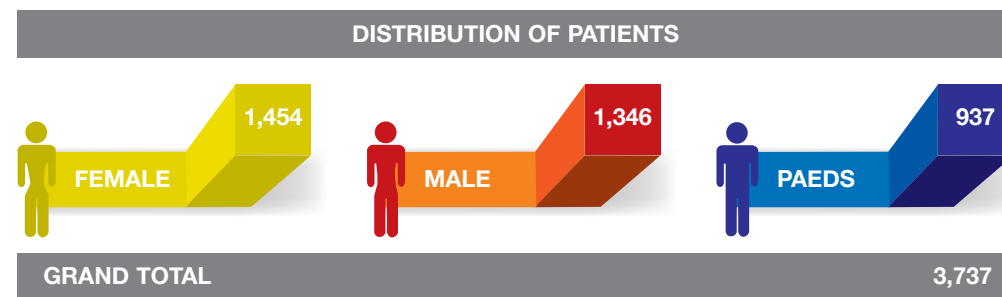
How clearly this is enunciated in the Quran

*"And be steadfast in prayer; give zakat, and bow down your heads with those who bow down (in worship)."* (Al Baqarah : Ayat 43)

Most gratefully yours,

M. R. Monem

## DURING 2014 YOUR DONATIONS HELPED COUNTLESS PATIENTS



### OCCUPATION TYPE OF PATIENTS

Skilled Worker	888
Shop keeper	190
Govt. job	221
Non Skilled Worker	1257
Private job	983
Others	198
<b>GRAND TOTAL</b>	<b>3737</b>

### NO. OF PATIENTS PBS SUPPORT (RS)

Inpatient	1,265	104,497,149
Lab	521	2,534,023
Surgical Daycare	126	3,964,181
Pharmacy	240	2,588,377
Radiology	296	2,973,230
Radiation onc. procedure	1,100	6,687,514
Other investigation	189	1,111,930
<b>GRAND TOTAL</b>	<b>3737</b>	<b>124,356,404</b>

## YOU NEVER WALK ALONE

Yasmeen Haider Baloch was diagnosed with hepatitis C by a local doctor in her native town of Malir. At the end of a six-month course of treatment, her symptoms such as mouth ulcers and stomach and backaches continued unabated. Yasmeen had not been cured.

In January 2014, Yasmeen was referred to Dr Rustum at the Aga Khan University Hospital. As she is financially dependent on her nephew (a mechanic with a small business), Yasmeen could not afford further treatment for hepatitis. However Dr Rustum forwarded her case to a patient welfare officer at AKUH. Through the support of both Dr Rustum and the patient welfare officer, Yasmeen underwent another course of treatment for hepatitis C. She received 48 injections of interferon and continued to visit Dr Rustum regularly for consultations and lab and radiology investigations to monitor the progress of the treatment. Of the total cost of her treatment (over Rs 431,134), 84 per cent was borne by welfare. At the end of 12 months, tests revealed that Yasmeen was finally free from hepatitis. She has been asked to return every three months to monitor her condition and ensure that the virus does not return.

During the course of her treatment, Yasmeen was guided on the changes that were required in her diet and lifestyle. Her patience and dedication helped her overcome this deadly illness, as did the support of the Patients' Behbud Society and Welfare Programme.

**Yasmeen says: "The doctors, medical team, patient welfare officer and staff are very helpful, well-spoken and courteous".**

"Timely diagnosis and cure is very important, because hepatitis can eventually lead to cancer. The disease has few symptoms, so without a test, it is impossible to diagnose. The longer the patient waits and remains unaware, the greater the risk", she says.



# HEPATITIS THE SILENT KILLER

## Definition And Incidence:

Hepatitis is an inflammation (swelling) of the liver, most commonly caused by a viral infection. The liver is the largest organ inside the body and it helps the body digest food, store energy and remove poisons.

There are five main hepatitis viruses, referred to as types A, B, C, D and E. Most people infected with hepatitis A, or E are able to fight off the virus and fully recover from the infection. However, a number of people with hepatitis B or C develop a long-term infection known as chronic hepatitis. This can lead to loss of liver function (liver failure) or liver cancer, both of which can be fatal.

An estimated 240 million people are chronically infected with hepatitis B, and another 130 to 150 million people globally have chronic hepatitis C infection. Approximately a third of those who are chronically infected with hepatitis C will develop liver cirrhosis or liver cancer.

The prevalence of Hepatitis B and C is highest in Central and East Asia and parts of Africa. In sub-Saharan Africa and East Asia, for example, between 5 to 10 per cent of the adult population is chronically infected with Hepatitis B<sup>1</sup>.

## Symptoms and Diagnosis:

Sometimes there are no symptoms of hepatitis in the first weeks after infection. But when they happen, the symptoms of acute hepatitis may include fatigue, nausea, poor appetite, belly pain, a mild fever, dark urine or yellow skin or eyes (jaundice). When hepatitis B and C become chronic, they can quietly attack the liver for years without causing any symptoms. By the time there are any warning signs, the liver may already be damaged.

Blood tests can easily determine whether a patient has viral hepatitis or not. These tests are widely available and easy to perform.

## Causes of hepatitis B and C:

- Receipt of contaminated blood and blood products.
- Sharing of needles and razors with an infected person (for drug use, body tattoos, or at a barber's shop etc.).
- Invasive medical procedures using contaminated equipment.
- From an infected mother to her baby at birth (for hepatitis B).
- By sexual contact with an infected person (usually for hepatitis B).

<sup>1</sup><http://who.int/topics/hepatitis/en/>  
<http://www.webmd.com/hepatitis/>  
<http://www.cdc.gov/hepatitis/C/cFAQ.htm>

## Preventive measures:

- Avoid re-use of syringes and needles.
- Testing of donated blood and improved access to safe blood.
- Hygienic health practices such as hand washing and use of gloves during surgical procedures; cleaning of equipment, safe waste disposal and training of health personnel.
- Change in lifestyle; reduced alcohol intake, avoidance of tattooing, shaving or needle usage in an unhygienic environment, and of multiple partners.
- For hepatitis B only - vaccination particularly for new-borns and infants.

## Treatment:

While hepatitis is a dangerous illness, it is not 'untreatable'. Hepatitis B, although not curable, can be controlled.

The goal of the treatment is to control the virus and keep it from damaging the liver, while the patient continues to lead a quality life. Hepatitis C can be cured by antiviral medication in more than 90% of cases, but access to diagnosis and treatment has been low.

## Providing Hope at Aga Khan University Hospital:

AKUH provides comprehensive services to patients with hepatitis C enabling access to the latest technology, research and treatment. Together with your assistance, we can continue to provide hepatitis patients with hope.

Within Pakistan, there are approximately 8 million people suffering from hepatitis C and 3.5 million people suffering from hepatitis B.

**AKUH has been a major centre, providing high quality diagnosis, prevention (vaccinations) and treatment for hepatitis, in coordination with global partners. AKU faculty and students have also conducted in depth research on hepatitis B and C.**

A new drug by the name of Sovaldi (generic name Sofosbuvir) has been introduced in Pakistan in March 2015, after being licensed in USA in 2013. In USA, this treatment costs US \$180,000 (a course of 180 tablets at US \$1000 per tablet). In Pakistan the drug is being heavily subsidised to make it affordable for the masses. The treatment is available for US \$ 1800 (\$ 10 per tablet), and has a very high rate of success. Currently 250 patients are receiving this treatment for hepatitis C at AKUH.



## FIRST SUCCESSFUL SURGERY TO SEPARATE CONJOINED TWINS

Saira and Saima were joined from the lower breastbone to the upper abdomen, and shared a liver, at birth. The conjoined twins have been successfully separated after a surgery at the Aga Khan University Hospital. This is the first such procedure at the Hospital.

Conjoined twins are rare, and the estimated incidence is 1 in 250,000 births. The twin's parents, Ilyas and Uzma, residents of Pano Akil, went from doctor to doctor seeking help. When the girls were around three and half months old, they were advised to visit the Aga Khan University Hospital. Ilyas, a policeman, was unable to afford the risky procedure to separate the twins. When the girls were admitted at AKUH, the Patient Welfare Programme stepped up to provide financial support.

A multidisciplinary team of 45 paediatric surgeons, specialists and technicians performed the seven-hour surgery, after over a month of planning, to separate the twins. Five days later, the girls were shifted to the special care unit of the paediatric ward, where they recovered from the procedure.

The successful surgery has allowed the two little girls to enjoy normal and happy lives.

"We were told that this is not possible in Pakistan" recalls Uzma, "but my husband and I clung to hope that somehow, somewhere we would find a cure, and we did when we came to this hospital."

\*All the names have been changed to protect the privacy of the family.



**"Now I have learnt that AKUH is not only for the rich. Poor people like me can also afford the quality treatment provided here", says the father of conjoined twins, Saira and Saima.**

## WITH GRATITUDE TO OUR BENEFACTORS AND PARTNERS:

All this, and much more, would not have been possible without your continued *zakat* contributions and willing support from our valued benefactors and partners. We are grateful for the monetary and in-kind contributions provided by our benefactors, and the support of our partners, whose assistance has gone a long way in increasing our collections, enabling the Hospital to reach out to a larger number of *mustehiq* patients.

## OUR MEMBERS

M. R. Monem, *Chairman*

Zahir Janmohamed, *Honorary Secretary*

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

S. M. Pervez  
Talat Dehlavi  
Yasin Siddik  
Zahid Khan

## 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

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