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89001107-03

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Address

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

Soneri Bank Ltd

Account Title
Bank

Branch Code
Account Number

The Patients' Behbud Society for AKUH
Soneri Bank Limited, Islamic Banking,
Cloth Market Branch
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1520002293

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Address

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Standard Chartered Bank
SCBLUS33
1095 Avenue of the Americas,
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MCB Islamic

Account Title
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Branch Code
Account Number

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MCB Islamic Bank
1923
9001713691000296

Bank Alfalah Limited

Account Title
Bank
Branch Code
Account Number
IBAN #

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5518
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026009593 or
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55 Anderson Street, Suite 445,
Boston, MA 02114, USA
+1 678-248-9999
info@i-care-america.org

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For online donation:

Please visit www.i-care-america.org/donors

Kindly let us know when the payment is made by sending an email at patients.behbud@aku.edu

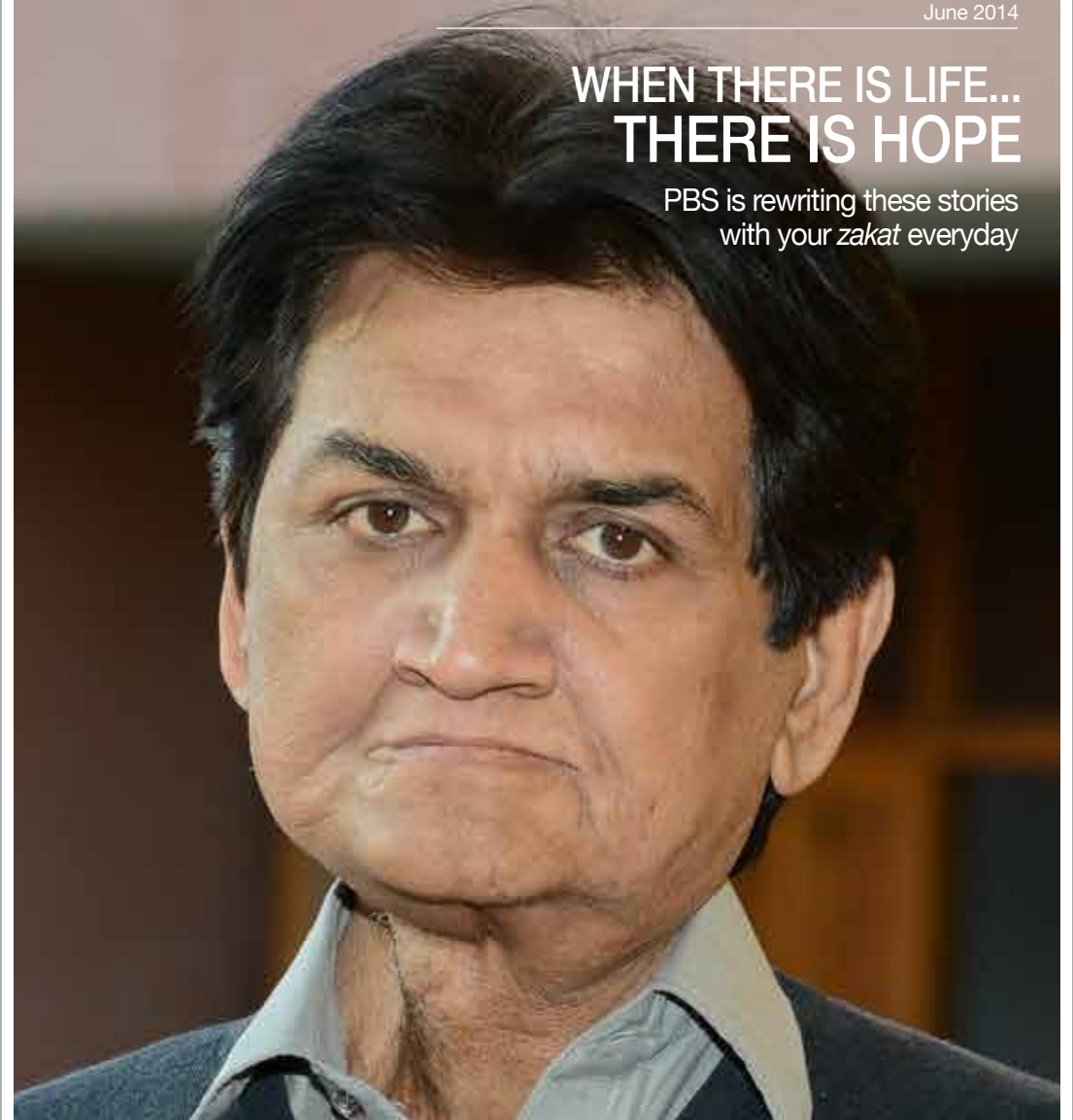
Concept & design: The Brand Crew

IMPACT

June 2014

WHEN THERE IS LIFE...
THERE IS HOPE

PBS is rewriting these stories
with your *zakat* everyday



The Patients' Behbud
Society for AKUH



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital

Chairman's Message



M. R. Monem

Dear Friends,

The year 2013 has come to an end. As I look back, I feel a sense of happiness at the achievements of the PBS during the year, and gratitude towards all our generous donors who have made these achievements possible. A total of PKR 137.65 million was raised during the year by the Society, and 2,599 *mustehiq* patients were provided *zakat* assistance. In response to the launch of the Paediatric Welfare Fund, a sum of PKR 6.2 million was raised for needy child patients. The ray of hope that the PBS lit for these patients and their families is heart-warming.

However, we cannot afford to become complacent, as 2014 will bring greater challenges. General inflation, the rising cost of medical treatment, and the increasing prevalence of disease in the country will increase the number of patients who require medical treatment but

are unable to afford it. As a result, the need for financial assistance for patients will also increase.

This issue focuses on medical treatment of needy cancer patients at AKUH. The word 'cancer' invokes fear and despair in the hearts of those who experience it in any way, either directly or through their loved ones. However, medical science has made progress in the treatment of cancer and an early diagnosis can make the difference between life and death for patients. Unfortunately many cancer patients cannot afford treatment, particularly due to the high cost of cancer therapy.

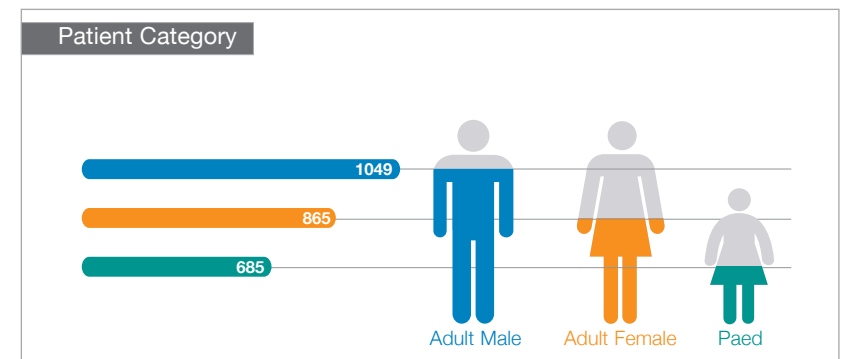
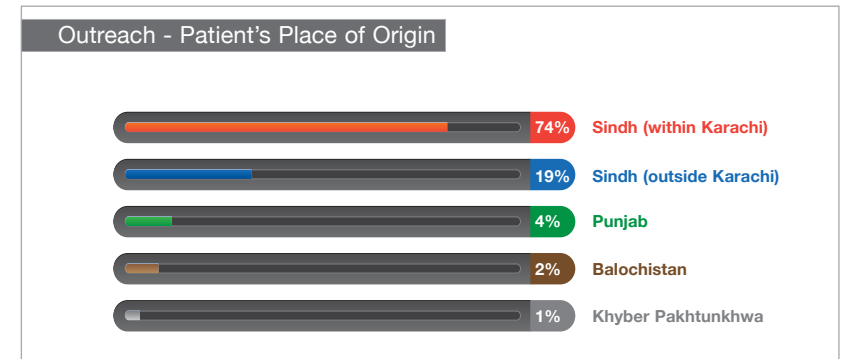
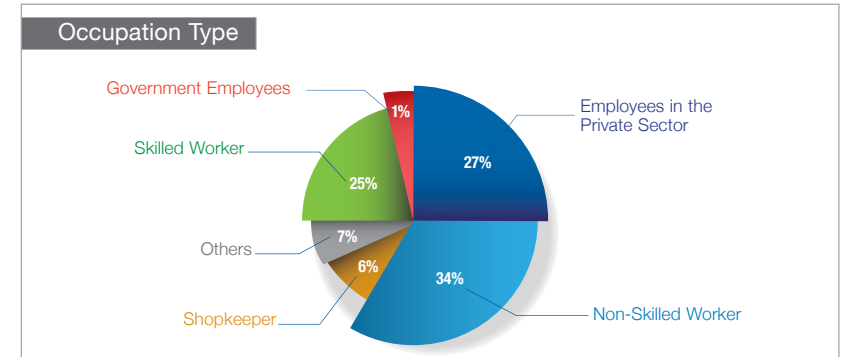
I appeal to you to contribute generously for this noble cause, as your *zakat* funds will help to give the gift of life to needy cancer patients.

"The parable of those who spend their substance in the way of Allah is that of a grain of corn: it groweth seven ears, and each ear hath a hundred grains." (Surah Al Baqara 2:261)

Gratefully yours

M. R. Monem

Spotlight on 2013 Distribution of Patients Assisted by PBS



Where There is Life There is Hope

Shaukat Qasim Agaria



Recovered and happy to be back with his family

“God and the medical staff of AKUH have granted me a second chance at life”

Shaukat Qasim Agaria was a salesman in a shop in the Light House area of Karachi. On his meagre salary, he supported his wife and three children. Although it was a financial struggle, he educated his children in order to provide them with a better future. He and his family were coping, until tragedy struck in 2011. Shaukat felt a growth in his mouth. After visiting several doctors, Shaukat learnt that the growth was

cancerous. He arrived at AKUH on the advice of family and friends, who had faith in the Hospital’s medical competence. Consultants at AKUH advised him to undergo surgery within two weeks, or it would be too late, as the cancer was spreading rapidly. The cost of the surgery was prohibitive for him and his family, so they applied for financial assistance from AKUH. A substantial part of the treatment cost was paid by PBS.

Despite this reprieve, Shaukat’s family struggled to make ends meet while Shaukat was undergoing

treatment, as their sole breadwinner was unable to work. There were days when his wife found it difficult to put food on the table at home. Yet she did not lose her resolve to help her husband overcome this illness. In view of their difficult circumstances, AKUH waived a large part of the costs of the follow-up treatment and visits over the three years following surgery, thus minimizing Shaukat’s medical expenses. Shaukat’s doctor has declared that he is now free of cancer.

Shaukat and his family are relieved that their ordeal is behind them. However, they can never forget the

care and support provided to them by the medical staff of AKUH.

“They [the doctors and medical staff] looked after us as though we were their parents. We can never forget what they did for us. Whenever we pray, we first pray for the health and wellbeing of our care givers at AKUH,” says Shaukat.



Happenings



APPNA Convention

AKUH and Pakistani institutions make significant progress at APPNA Convention, Orlando, USA.

APPNA (Association of Physicians of Pakistani Descent of North America) was incorporated in 1977, to provide a platform and representation for young Pakistani physicians in North America. The APPNA conference is organized annually, with the objective of providing a window for health professionals, distributors and manufacturers to interact and develop in the North American market.

The Resource Development Department of AKU participated in the APPNA Convention held in Orlando in July 2013. As many as 4,000 guests and their families attended the convention. 90 exhibitors were able to display their

products and services at the convention this year. The AKUH team, too, made a strong statement, and raised awareness for their range of welfare initiatives, including the Patient Welfare Programme and The Patients' Behbud Society for AKUH. Many visitors were under the misconception that AKUH is funded only by His Highness the Aga Khan and the *Ismaili* community. Visitors were impressed by AKUH's endeavours to improve quality of life, particularly in the face of considerable challenges in poor and developing countries. They consented to support in every possible way and to spread the word among their peers to further boost AKUH's fund-raising initiatives and programmes.

Dean, Medical College Comes on Board A New Member

Dr Farhat Abbas has recently joined the executive committee of PBS and is an active member. The Dean of the Medical College in Pakistan, Dr Farhat Abbas has been with AKU since 1985, serving previously as Associate Dean Postgraduate Medical Education, Medical Director, Associate Dean Clinical Affairs and Chief Operating Officer of the University Hospital, Karachi. He is a Fellow of the European Board of

Urology, the College of Physicians and Surgeons Pakistan, the American College of Surgeons and the Royal Colleges of Surgeons of Edinburgh and Glasgow. In parallel with his other activities, he has maintained a strong commitment to care for patients, and to mentor and develop students. In 2010, Dr Abbas was awarded the Tamgha-e- Imtiaz for achievements in the field of medicine.



Dr Farhat Abbas

Department of Oncology

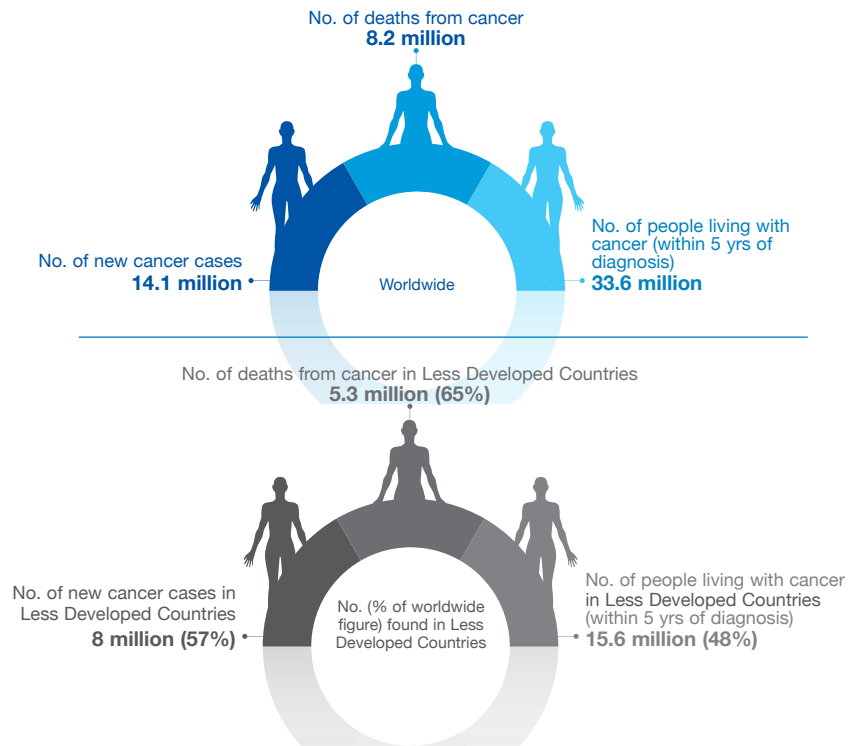
What is Cancer?

Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells. Cancer is caused by both external factors (tobacco, chemicals, radiation and infectious organisms) and internal factors (inherited mutations, hormones, immune conditions, and mutations that occur from metabolism). These causal factors may act together or in sequence to initiate or promote

carcinogenesis. The development of most cancers requires multiple steps that occur over many years. Certain types of cancer can be prevented by eliminating exposure to tobacco and other factors that initiate or accelerate this process. Other types of cancer can be detected at an early stage, when the disease is most treatable. Cancer is treated with surgery, radiation, chemotherapy, hormones and immunotherapy.

Who is affected?

Statistics for 2012



Global Cancer Facts & Figures 2nd Edition – American Cancer Society
 Globocan 2012: Estimated Cancer Incidence, Mortality and Prevalence Worldwide in 2012, International Agency for Research on Cancer, World Health Organization (WHO), http://globocan.iarc.fr/Pages/fact_sheets_population.aspx



Doctors at work at the Department of Oncology

The overall age standardized cancer incident rate is almost 25% higher in men than in women, with rates of 205 and 165 per 100,000 respectively. In Pakistan there were 148,000 new cancer cases and 101,100 deaths caused by cancer in 2012. The five most frequent cancers among men were lip/oral cavity, lung, non-hodgkins lymphoma, colorectal and prostate; whereas the most frequent cancers among women were breast, lip/oral cavity, cervix uteri, ovary and oesophagus. According to recent estimates, the number of cancer cases is increasing in Pakistan.

multidisciplinary effort and requires the combined participation of a team of physicians, nurses, pharmacists, allied health professionals and social workers. The public also has to be educated about cancer, its probable symptoms, characteristics, available inpatient services and the importance of early diagnosis and prevention.

Facilities and Services:

The Department of Oncology (Cancer) provides a wide range of services through multidisciplinary clinics in medical oncology, haematology surgical oncology, paediatric oncology, radiation oncology, palliative care and nutrition. AKUH also provides subsidized cancer treatment to needy patients through The Patient's Behbud Society (PBS) and the Patient Welfare Programme.

How the Department of Oncology at Aga Khan University Hospital helps:

The diagnosis, treatment and management of cancer is a

Ibn Zuhr Building:

The Ibn Zuhr Building houses the Aga Khan University Hospital's oncology services and offers comprehensive care for cancer under one roof. The second floor houses the Day-care Oncology Unit, which is a 54 bedded unit and caters to patients for outpatient chemotherapy, blood transfusion, bone marrow aspiration, intrathecal medication etc. Approximately 13,000 patients are being treated at this unit every year, whereas approximately 30,000 patients are seen at the multidisciplinary consulting clinics. An inpatient ward facility is also available for those patients requiring admissions.

In order to provide quality care to patients and to keep pace with the latest global technology, state-of-the-art Intensity Modulated Radiotherapy (IMRT) and 3D conformational radiotherapy techniques have been introduced. IMRT is used to reduce the radiotherapy dose to surrounding normal tissues, especially those adjacent to and or overlapping with the tumour. Total body irradiation (TBI), is a form of radiotherapy given in a way to cover the whole body, to destroy highly resistant cancer cells or as a preparative procedure prior to bone marrow transplantation. This unit also has a state-of-the-art bone marrow transplant unit. The Department of Oncology is also supported by onsite services such as pulmonology, nephrology, cardiac and surgical specialities. It also has access

to laboratory, blood bank and radiology services.

Research:

Cancer is an area of priority for research in the university. A number of faculty members are involved in various types of cancer research. The Department of Oncology is also aiming to encourage multidisciplinary research between basic scientists, clinical faculty, nursing and allied health personnel in both quantitative and qualitative research.

Clinical Trials:

The department is participating in international and national clinical trials facilitated by the Clinical Trials Unit of AKUH.

Academics:

The Department of Oncology is focusing on education programmes for physicians, nurses, pharmacists and allied health personnel, in order to build capacity. These programmes include fellowships in medical oncology, residencies in radiation and haematology oncology, and allied health programmes for radiation therapy technologists and medical physicists. The department also supports Continuing Medical Education (CME) for faculty development and organizes awareness programmes for the public. During 2013, a Cancer Survivor Day was organized, as well as symposiums on breast cancer and gynaecological-related cancers. The department also actively participates in the undergraduate programme (MBBS).

References by Islamic Scholars:

The Quran stresses the financial and economic importance of *zakat*. The instruction to establish *zakat* is mentioned more than 100 times, usually in conjunction with *salah* (prayer), and the two are referred to as a means of purification. Muslims are guided to pay *zakat* on their total wealth and assets in excess of *nisab* (minimum wealth criteria to pay *zakat*) to the poor, for their society's social and economic welfare. The Quranic verses emphasize that all resources belong to Allah and that these resources are thus a trust that must be used to satisfy the basic needs of all those who, for no fault of their own, cannot afford the basic necessities of life in a civilized and dignified manner.

Based on the guidance of the Quran, Muslim scholars have identified the benefits of *zakat*. One positive

economic effect of *zakat* is an increase in the money supply and a consequent increase in the demand for goods and services. *Zakat* also provides debt relief and enhances price stability. If accumulated in times of prosperity, *zakat* funds can aid society through times of depression. The system of *zakat* is an effective fiscal distribution mechanism. It can help to reduce the gap between the rich and the poor. Though the system of *zakat* has fallen out of use recently, if properly re-established, it can have great economic impact. From early Islamic times, the fulfilment of the basic needs of every person who is unable to meet his/her individual needs has been regarded as the concern of the State. *Zakat* is the first institution of social security in Islam. Payment of 2.5 per cent of his/her savings for *zakat* is one of the fundamental duties of a Muslim.



Department of Oncology

A Patient at AKUH Cancer Ward



Molecular therapy can be very effective in treating cancer and has fewer side effects. However, it is an expensive treatment and not affordable for everyone. PHOTO: FILE

"As soon as the doctor unveiled that the cells found are malignant and you are likely to have cancer, chemotherapy was the first thing that came in my mind," says a 43-year-old woman with lymphoma cancer at Aga Khan University Hospital (AKUH).

Most cancer patients are scared of chemotherapy more than they are scared of the disease itself.

The question is: how can a patient and their loved ones face and overcome this devastating disease? "It is a painful task to bring her here for a session. My daughter is always scared before coming here. Mental torment starts as soon as she smells the alcohol swabs," told a mother, sitting next to her

four-year-old going through a chemo session.

Another patient (an adult) described the aftermath of chemo: "The nausea sets in after a day making me feel feeble, that is the time when I count how many more to go..." In such situations, the role of hospital staff is also extremely important. This is because not every patient is accompanied by family and sometimes attendants have to fill that gap. "We always tell the patients not to be pessimistic," says a staff nurse.

The past few years have given new hope to cancer patients. Researchers have made major advances in finding drugs which target the cancer cells. The side effects

gained from molecular therapy, for example, are very mild as compared to the traditional chemotherapy. The pressing concern is that the treatment isn't affordable for everyone.

Dr Nehal Masood, Head of the Department of Oncology at AKUH says, "Targeted therapy drugs are very effective with few traditional side effects; so not all chemo is toxic and today there are many patient-friendly drugs in the market. A lot of patients undergoing chemo at AKUH are receiving these new drugs."

Cancer is a diagnosis that concerns the whole family; it is like an unwelcome house guest. "The condition was disclosed to me by the doctor in such a way that I took it as a challenge rather than a disease!" admitted a cancer survivor. The support of relatives, friends, doctors and nurses leads towards a hopeful future for a cancer patient.

"Advancement, innovation and quality..." Interview with Mr Moin Fudda



Mr Moin Fudda

"The gift of Aga Khan University to Pakistan has had a 360 degree impact on each sphere of life."

Mr Moin Fudda, a leading professional, member of corporate governance and Honorary Consul General of New Zealand spoke about his association with the University Hospital and described its contribution to Pakistan.

Mr Fudda is former Chief of Commercial Union Life Assurance Co. (Pakistan) Ltd. (now renamed New Jubilee Life Insurance Co. Ltd.). An MBA (1979) in Insurance and Risk Management from St. Jones University (formerly The College of Insurance), New York, his portfolio includes being the Managing Director of the Karachi Stock Exchange, former President of the Overseas Investors Chamber of Commerce and Industry (OICCI) and former President of the Management Association of Pakistan.

His association as a donor to Aga Khan University commenced before the establishment of the Patients' Behbud Society (PBS) for AKUH. He describes the leadership of AKU as 'forward looking and caring people' who care 'without any discrimination'. During his tenure as Country Chief for Commercial Union Life Assurance Co., he paid regular visits to AKU and received information about its activities that bolstered his confidence in the University Hospital and resulted in his regular support to the Patient Welfare Programme of AKUH.

Mr Fudda acknowledges the dedication and expertise of PBS leadership and committee members, which instilled in him full faith in their noble work. His wife was one of the founding members of PBS and remained on the committee for several years, overseeing the distribution of *zakat* to *mustehiq* patients.

He explains that what distinguishes PBS is its ability to collect *zakat* and distribute it on a large scale, through a completely transparent *shariah* compliant system. He feels that AKU needs to disseminate this information on a wider scale, in order for other institutions in Pakistan to emulate this role model.

"I strongly believe in the quality of services and education provided by AKU. My conviction prompted me to work with the Government of New Zealand to sponsor the training of nurses in Pakistan. I also worked with the Aga Khan Development Network (AKDN) to pilot a life-insurance project in the Northern Areas of Pakistan, to

cover the triple access points of education, women and health", he said.

Mr Fudda commends AKU for developing human capacity in the country through excellent employee training as well as introducing the innovative system of on-line access to medical reports. He is also appreciative of the quality and humility of its doctors, who are among the best in their field.

On a parting note, he commented, "You have to have faith in the people... they bring high standards to the institution."

Our Members

M. R. Monem, *Chairman*

Zahir Janmohamed, *Honorary Secretary*

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

S. M. Pervez
Talat Dehlavi
Yasin Malik
Yasin Siddik
Zahid Khan

PBS is also thankful to Sabeena Saleh for supporting its outreach efforts.



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The Patients' Behbud Society for AKUH.

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Cheque/Wire Transfer Transaction #: _____

Bank: _____ Date: _____

Donor's Name: _____ Address: _____

Tel: _____ Mobile: _____

Email: _____

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General Paediatrics Chemotherapy

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

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

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