

Nigahban



# TOUCHING LIVES

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## Keeping Hope Alive!

For the poor being diagnosed with a disease is not less than a death certificate because of the expensive medical care. But thanks to Nigahban it need not be.



59-year-old Aziz Anwar belongs to a poor family of Shikarpur. He was admitted to High Dependency Unit of Surgical Unit IV with a condition called Squamous Cell Carcinoma of Esophagus. Due to his critical condition the doctors performed Endoscopic procedure immediately regardless of his inability to pay for the treatment. The department has given him a treatment worth Rs. 25,000 and he is gradually getting better.

56-year-old Iqbal Sharif belongs to Orangi Town Karachi. He was admitted to High Dependency Unit of Surgical Unit IV with a severe case of Obstructive Jaundice on 11<sup>th</sup> February 2008. Due to expensive treatment his only hope was Nigahban. He was immediately given ERCP (Endoscopic Retrograde Cholangiopancreatography) procedure. He has been given treatment worth Rs. 30,000 and is recovering.



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# Better Information, Better Health

## Beware Of Abdominal Pain

An abdominal pain is one of the most annoying things. It can be acute and sudden in onset and the pain can be chronic and long-standing. Abdominal pain may be minor and of no great significance. It can also reflect a major problem involving one of the organs in the abdomen.

We can prevent most of the abdominal problems by	When to see your doctor	IT'S AN EMERGENCY!
<ul style="list-style-type: none"> <li>• Having regular meals</li> <li>• Not over-eating</li> <li>• Cutting down on spicy and oily foods, coffee, tea and alcohol</li> <li>• Not smoking</li> <li>• Managing stress</li> <li>• Avoiding alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• When symptoms occur regularly</li> <li>• Pain or vomiting that lasts more than a few hours</li> <li>• Significant loss of weight</li> <li>• Fever</li> <li>• Frequent diarrhoea</li> </ul>	<ul style="list-style-type: none"> <li>• Symptoms do not subside despite medication given by family doctor</li> <li>• Sweating, breathlessness or nausea</li> <li>• Vomiting gets worse/blood in vomits</li> <li>• Stools are bloody or black in colour</li> <li>• Pain gets severe</li> </ul>



## Colonoscopy & It's Need

Colonoscopy is an endoscopic examination of colon (large intestine) and the lateral part of the small bowel with the help of a thin and flexible fiber optic camera called Colonoscope. The video camera helps the doctor take pictures or videos of colon. A colonoscopy helps find ulcers, polyps, tumours, and areas of inflammation or bleeding. During a colonoscopy, tissue samples can be collected for biopsy and abnormal growths can be taken out. Colonoscopy can also be used as a screening test to check for cancer or pre-cancerous growths called polyps in the colon or rectum.

Colonoscopies are often used to diagnose Colon Cancer, but also frequently used to diagnose inflammatory bowel diseases. A colonoscopy may be advised if you have symptoms such as bleeding from the anus, pains in the lower abdomen, persistent diarrhoea, or other symptoms thought to be coming from the colon.

An advantage of colonoscopy over x-ray imaging or other less invasive tests is the ability to perform therapeutic interventions during the test. This procedure has a low (0.2%) risk of serious complications.

## Colon & Its Function

To maintain good health your body must effectively eliminate food and bodily waste. Your colon is designed to accomplish this essential task by eliminating toxins in the intestines.

The colon (large intestine, rectum and anus) is the end portion of the human gastro-intestinal (GI) tract, which extends from mouth to the anus. It is a muscular tube approximately five to five and a half feet in length and has an average diameter of approximately two and a half inches. The main functions of colon are:

- Absorption of water and minerals, and
- Formation and elimination of body waste.



# Hope & Support for Poor Patients

## Services At Nigahban's Endoscopy Suite

Endoscopy -- where would the field of gastroenterology be without this technology? Perhaps an even more profound question is how the emergence of this imaging tool transformed the perspective of the gastroenterologist. The Endoscopic Suite of Surgical Unit IV is providing this service to hundreds of poor patients entering Civil Hospital. And Nigahban is making sure that non-affording patients get this diagnostic service free of cost.

Endoscopic Suite provides the following four Endoscopic procedures:

**Upper G.I. Endoscopy:** This is a visual examination of the upper gastro-intestinal tract. It helps in diagnosing and often in treating ulcers, intestinal bleeding, oesophagus, and heart-burn and gastritis. Nigahban is helping over 252 patients per month go through this free of cost and each procedure costs around Rs. 1,000 per patient.

**Colonoscopy** is a test to look at the inside of the colon. It is used to detect and treat colon cancer and certain bowel diseases. Around 70-80 patients per month get this diagnostic

service. The cost of this test in the market is Rs. 2,000 per patient and Nigahban is funding the cost of all non-affording patients.

**ERCP** (Endoscopic Retrograde Cholangiopancreatography) is both diagnostic and therapeutic. ERCP is used to diagnose and treat problems in the liver, gallbladder, bile ducts and pancreas. Nigahban is giving ERCP procedure to around 106 patients per month free of cost. This procedure generally costs Rs. 20,000 per patient.

**Oesophageal Stenting** treats oesophageal perforations (holes in oesophagus) when caught early, greatly reducing mortality rate. Around 14 patients per month are benefiting from this expensive facility. Generally each procedure costs Rs. 25,000.

The number of patients coming to Endoscopy Suite is increasing and Nigahban needs you to come forward and help maintain this process of care and cure especially to the under-privileged patients.



## A Note Of Thanks For Our Supporters

We are happy to announce that other than support of the community in the form of donations and zakat, Surgical Unit IV received sponsorships for much needed equipment. Three Multi-parameter Monitors and one Ventilator worth Rs. 2 Million have been donated and installed, enabling us to provide better care to poor ailing patients.

We are most thankful to **Infraq Foundation, Artistic Garments (Pvt.) Ltd., Orix Leasing (Pakistan) Ltd., HBL Modraba, Sheikh Sultan Trust, Atlas Steel, Al-Munnaf Corporation, Sea Trade (Pvt.) Ltd., Tapal Tea (Pvt.) Ltd., Habib Oil Mills, Adamjee Foundation, Engro Chemicals (Pakistan) Ltd., Arif Habib, Universal Leather and Civil Aviation Authority** for their thoughtful contribution in funding this important equipment and pray for their success.

Like all quality institutions whose only aim is to serve and

give, Nigahban's work is a continuous one. The next target for the organization is to install a state-of-the-art Video Laparoscopic System at a cost of Rs. 4.5 Million.

We look towards philanthropists and good corporate citizens to contribute in providing this equipment which will help provide quality treatment to the non-affording.

## A Special Thanks!

Nigahban is grateful to **Bawa Securities** for sponsoring our current and previous newsletters. Their thoughtful contribution is deeply appreciated.

Thank you Bawa Securities for standing next to the cause of Nigahban.



## Nigahban - An Overview



Success begins with vision. Nigahban was initiated in year 2006 with the thought of providing quality care in a well-equipped clean environment either for free or at an affordable price to facilitate the treatment and recovery of under-privileged patients of Sindh.

The most significant effort of Nigahban is at Surgical Unit IV of Civil Hospital Karachi. The Unit was completely refurbished during 2007 at a cost of Rs. 10 Million.

The difference between the old Unit and the upgraded Unit is most gratifying. Surgical Unit No. IV is dedicated to Endoscopy. In this up-gradation a large number of equipment has been added to the Unit making it one of the most up-to-date Units in Pakistan. In addition to providing a better environment and highly sophisticated equipment, Nigahban spends Rs. 3 to 4 million

every month for the purchase of disposable surgical tools to maintain the highest level of sterilization.

Nigahban is also focusing on providing quality treatment to non-affording patients. Nigahban believes in intrinsic dignity and value of human beings. If human dignity is to be fully realized, individuals must have the means to achieve it. Why associate poverty with increased suffering and mortality? Nigahban has achieved what is considered almost impossible to achieve, it has negated this association by providing free treatment to more than five thousand patients at Surgical Unit IV during 2007.

Nigahban needs your support to continue its effort in providing quality treatment to poor patients. Please fill up the form below and send with your contribution to Nigahban Welfare Association.

Name: \_\_\_\_\_ نام:

Company: \_\_\_\_\_ کمپنی:

Address: \_\_\_\_\_ ایڈریس:

Telephone: \_\_\_\_\_ ٹیلی فون:

E-mail: \_\_\_\_\_ ای میل:

Amount donated: \_\_\_\_\_ رقم عطیہ:

Donation / Zakat: \_\_\_\_\_ عطیہ / زکوٰۃ:

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I am enclosing a cheque of Rs. \_\_\_\_\_ Only

(All donations must be in the form of a crossed cheque in favour of "Nigahban Welfare Association").

