



Nigahban - Civil Hospital Karachi

TOUCHING LIVES

شکریہ! سول ہسپتال کو ترقی کی راہ پر گامزن کرنے اور ہمیں نگہبانی کا ایک اور موقع دینے کیلئے

سول ہسپتال کراچی میں ہر سال بارہ لاکھ مریضوں کا علاج ہوتا ہے اور ہر روز 3,300 مریضوں کی دیکھ بھال کی جاتی ہے جن میں سے 90% زکوٰۃ کے مستحق ہوتے ہیں۔ آپ ہی کی مدد سے سول ہسپتال ان مریضوں کو ہر لمحہ علاج فراہم کر رہا ہے۔ جیسا کہ آپ سمجھ سکتے ہیں کہ یہ ایک ہمہ وقت کام ہے اور اس نیک کام میں آپ کی مسلسل شرکت کی ضرورت ہے۔

گزشتہ سال آپ کی مدد سے نگہبان ویلفیئر ایسوسی ایشن نے سول ہسپتال میں طبی سہولیات کو عالمی درجے پر قائم رکھنے کی اپنی جدوجہد جاری رکھتے ہوئے کئی اہم تبدیلیاں کیں۔ جن میں سرجیکل یونٹ IV کی تعمیر و توسیع، جدید مشینری کی خرید و بیسی اور ہزاروں مستحق مریضوں کا مفت علاج شامل ہے۔ ہمارا عزم ہے کہ صحت مند زندگی پر سب کا حق ہے مگر اس کے کئی پہلو ہیں جس میں سب سے اہم پہلو مریضوں کے لیے مفت علاج کی فراہمی کو یقینی بنانا ہے۔ آج جبکہ نگہبان کی کاوشوں سے سول ہسپتال میں بہترین علاج کے لیے تمام سہولیات موجود ہیں تو ہمارا دوسرا فرض مستحق مریضوں کی خدمت کرنا ہے۔ اس مقصد کو پورا کرنے کے لیے رمضان کے مبارک مہینے سے بہتر اور کون سا موقع ہو سکتا ہے؟ نگہبان کا ساتھ دیں اور خلقِ خدا کی خدمت میں اپنا حصہ ڈالیں۔



سول ہسپتال کراچی میں آنے والے
90% مریض زکوٰۃ کے مستحق ہیں۔
آپ کی مدد کے بغیر یہ نیک کام ممکن نہیں!



**Her Cancer is swallowing her up!
Every bite she swallows, her cancer grows!**

She was having difficulty in swallowing her meals and was growing weaker every day! Her mysterious condition was not understood by anyone until she was brought to Civil Hospital all the way from Liaquatabad.

32 years old Erum is a mother of two and has recently been diagnosed with Esophagus cancer (cancer in the tube that carries

food from the mouth to the stomach).

Surgical Unit IV is treating Erum's stage four cancer, with the help of all the medical procedures such as Endoscopy, C.T. scan, Barium swallow, and Esophagectomy operation. These procedures will cost Rs. 125,000. The treatment will take almost six months to complete. In the meanwhile, Nigahban Welfare Association will look after all the incurred expenses.

In addition to Erum, Nigahban Welfare Association has helped in the treatment of twelve cancer patients in the month of June alone. We need your continued support in our efforts.



Mr. Jehangir Ali Shah

Managing Director, Pakistan
State Oil

Healthcare is an area of great concern for us especially among those who come from a relatively lower income background. The rising cost of medical care throughout the country has left many people without access to decent and affordable medical care.

It is organizations like Nigahban Welfare Association that offer a ray of hope to people in such situations. With dedicated care givers and up-to-date medical equipment, Nigahban is working hard to provide quality healthcare to the less fortunate.

PSO is working to help improve this situation. As a responsible public sector Company, we are working tirelessly for the benefit of our fellow citizens. Let us all join hands and work together to provide decent affordable health care to those who need it most.

A Glance at Nigahban's Services

Over the years, Nigahban has upgraded its services through the following means:



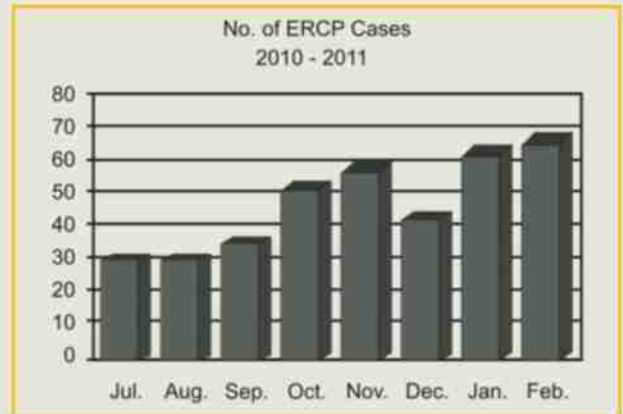
- Installation of video Laparoscopy at an outlay of Rs. 6.5 million.
- Rs. 5 million were invested in Endoscope disposables and another Rs. 5 million were spent on the purchase of new scopes.
- Eleven Oxygen systems were provided to Civil Hospital worth a total of Rs. 300,000.
- Apart from equipment upgradation, free medicines worth Rs. 730,000 are being provided annually.

Moving up the Stairs of Care

Thank you for taking us higher and for instilling a hope for the future!

The graph represents your support. It represents the fact that your care is not stagnant but climbing up the stairs of care. Even in a short span of the last few months, we have witnessed an increasing number of patients walking in for more tests, surgeries and urgent medical needs and we are there for them.

The great news is that today many more people are associated with our cause than ever before.



This graph shows the support you have given us. Every year, we are able to carry out 1,200 endoscopies and 560 colonoscopies. ERCP is one of the major tests provided by Nigahban. From July 2010 till February 2011 we have seen more than a three-fold increase in the tests provided here.

We are thankful to major corporate houses for helping us make ERCP available to a large number of patients. We are also thankful to our hundreds of supporters for their magnanimous donation for the

provision of Gastroscopy services to non-affording patients.

Thank you for always standing next to us. We hope that you will continue to take us up the stairs of care.

Renovation of Dental OPD at Civil Hospital More Than Just Medical Care

Medical care, in true sense, includes treatment in an environment conducive to recovery. Patients need a good hygienic environment along with medicines. Keeping this in mind, the Dental OPD of Civil Hospital was completely overhauled by the Health Department, Government of Sindh, and a modern hygienic look was given to it. This Department is annually catering to the needs of hundreds of patients.



Your Zakat DOES Change a Life

The abdominal pains were more than she could bear. Tears would appear in her eyes. At times, she felt that she was bursting from inside.

Razia Razzak's confusion about her illness rose and she found herself with no other hope except Nighaban Welfare Association, Civil Hospital. She was admitted in Surgical Unit IV on March 28th, 2011 where she was diagnosed with hernia. Soon after the surgery, she found herself in relief. It was her bravery and persistent courage which saved her from the tormenting nightmare. One other ingredient which paved the way for her recovery was someone's zakat.

She could definitely not afford her tests and surgery amounting to Rs. 60,000. Her poverty would easily have taken her away from her six children.

Today, Razia is alive and well. We hope that your persistent support in the form of zakat and donations will keep our vision alive.



When the muscles leave the rhythm!

Difficulty in swallowing, heartburn, gas, constipation, vomiting and diarrhea are all mistaken as common everyday abnormalities in the human body. But what we fail to realize is that all these are symptoms of Gastro-intestinal Motility.

The disease occurs when the muscles in the tube that carry food and water from the mouth to the stomach leave their natural working rhythm and start contracting abnormally leaving the patient in great pain.

The disease is also associated with diabetes and paralysis of the stomach. Considering the severity of this disease and the large number of related cases, Civil Hospital recently started its state-of-the-art Gastro-intestinal motility lab. The lab also provides the facility to monitor the Esophageal pH. This is the measurement of how much acid is entering the stomach.

Civil Hospital is ensuring that they treat every disease while Nighaban Welfare Association guarantees that Civil Hospital is properly equipped to do so. Together, we are making a difference. However, we will always need the help and support of generous people such as you!

Spying on the disease with the latest SPY GLASS!

Nigahban helps Civil Hospital keep the medical advancement going!



From the simple medication through herb to the latest advancement in the healthcare system --- who would have thought that medical progression will mark a new beginning for the human kind and will continue to do so!

With the ambition to ensure that modernized medical equipment changes the face of healthcare activities in Civil Hospital, Nigahban Welfare Association has helped the colossal hospital in acquiring many necessary types of equipment.

Our donors realize the importance of the work that is being done at this mammoth hospital and believing in the objective of Civil Hospital, ZVMG Rangoonwala Trust recently helped in the purchase of the latest Spy Glass. The equipment is the advanced version of ERCP, providing better diagnosis of hidden diseases to the doctor.

Spy Glass ERCP enables the doctors to directly visualize the sight of interest --- a stricture, stone or other area of concern and makes use of optically guided biopsies. It also allows the physician to secure a definitive diagnosis and perform therapeutic intervention in one procedure.

This machinery will benefit countless poor patients having Cholelithiasis, Chole Dosholtithiasis and Bile Duct Stone diseases. We believe that every milestone is a small battle won against disease and poverty but the war is far from over. We need your support in our journey towards happy and healthy households.



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Message by Dr. Saad K. Niaz

Vice President
Nigahban Welfare Association



My work at Civil Hospital and Nigahban is to provide solace to our patients. As a doctor, I know

how disease can damage a human. Working with Nigahban, I have closely seen the trauma these poor

patients face apart from the disease and I have learnt a new meaning of serving humanity.

With the help of socially responsible corporate sector and many philanthropic individuals, we have successfully upgraded medical equipment at Civil Hospital providing efficient and accurate diagnosis and reliable results. We have also provided free medical assistance and surgeries to thousands of patients.

Our mission to serve is far from over and we need you to participate and support in this journey to provide more advanced and reliable healthcare to poor patients of Civil Hospital Karachi.

Please send your Zakat to Nigahban so that more and more poor patients can benefit from your giving.



A Special Thanks!

We are grateful to ELKO and Bawa Securities for sponsoring the Ramzan edition of our newsletter. Their support is an important step in spreading awareness about Nigahban Welfare Association, Civil Hospital.

Through them our message will reach caring people benefitting thousands of patients.

"Prayer carries up half way to Allah Almighty, fasting leads up to the doors of Paradise and alms (poor due) procure us admission!"

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Nigahban
Civil Hospital Karachi

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

Please send your contribution to: The Resource Development Department

Nigahban Welfare Association, Surgical Unit IV, 2nd Floor, Civil Hospital

Baba-e-Urdu Road, Karachi -74200. Phone: 021-32072595, E-mail: nwa_chk@yahoo.com.

