



NIGAHBAN - CIVIL HOSPITAL KARACHI

TOUCHING

LIVES

**YOUR
CONTRIBUTION
CAN CHANGE A
LIFE**

Volume 17, April 2019



Millions of people from all over Sindh visit Civil Hospital Karachi (CHK) every year with empty pockets but a belief in their hearts of returning home with good health. The ever-increasing number of patients visiting CHK every day increases the burden on the Hospital. It therefore requires the consistent support of the general public so that it can provide treatment to the poor.

Nigahban Welfare Association is delivering high standard treatment to poor patients of all ages since 2006. It is too good to be true for patients when they enter Nigahban's Surgical Unit IV and receive high standard care. Your support enables Nigahban to help non-affording patients by delivering services with latest technology.

During Ramadan, a month full of blessings and caring, we try and do as many good deeds as we can. Please donate your Zakat for treatment of ailing patients and give them another lease of life.

Allah described the reward of saving someone's life in Al-Quran as:
"And whoever saves one's life it is as if he saved the entire mankind." (Surah Al-Mai'dah 5:32)

Nigahban is most grateful to our supporters and requests you to come forward and free many others from the pain and suffering of their illness. Let's brighten someone's life through zakat.

Your ZAKAT can give Someone a LIFELINE!
Call to make a donation: 0320-2072595, 021-32749086

اس رمضان آپ کی زکوٰۃ
مستحق مریضوں کی نگہبان



Excelling in Care!

When we say that quality is our sole focus, we really mean it

Surgical Unit IV–Nigahban was established in 2006 with a singular purpose – to create a high quality surgical healthcare facility for under-privileged communities providing excellent medical treatment. Focusing on the patient, Nigahban has established a new standard of healthcare. At Surgical Unit IV–Nigahban, the highest standard of care is delivered to patients needing surgical procedures in a comfortable atmosphere by highly

trained and experienced surgeons and gastro-enterologists. Care, compassion and commitment are the focus of every element of the patient experience at Nigahban. Every year, Nigahban performs over 4,000 surgical procedures including colono-scopies, gastro-scopies and broncho-scopies for patients of all ages.

Colonoscopy (lower gastro-intestinal tract test) costs Rs. 8,000: The colon (large intestine) can be examined using a colonoscope. It diagnoses colon cancer so that physicians can remove such cancerous growths.

Gastroscopy (upper gastro-intestinal tract test) costs Rs. 5,000: Endoscopes are used to search for abnormalities or obtain tissue samples to test for ulcers. Bleeding can also be cured.

Endoscopic Retrograde Cholangiogram Pancreatogram (ERCP) costs Rs. 30,000:

The test combines the use of an endoscope with X-ray pictures to the tubes that drain the liver, gallbladder and pancreas. It is used to remove stones in bile ducts and open narrowed ducts.

Endoscopic Ultrasound costs Rs. 40,000: A special scope is inserted into a patient's esophagus for doctors to view detailed images of the chest, abdomen and pancreas

allowing for more precise diagnosis.

Sigmoidoscopy costs Rs. 6,000: This tool has a small camera attached to the end which can take images of the colon. Sigmoidoscopy is also used to obtain tissue samples and helps remove polyps.

Other Gastrointestinal procedures

Conditions Treated:

- ✓ Stomach cancer—early and advanced
- ✓ Oesophageal cancer
- ✓ Gastrointestinal stromal tumors of the upper intestinal tract
- ✓ Hiatus hernias
- ✓ Achalasia
- ✓ Bile duct stones
- ✓ Pancreatic cancer
- ✓ Colon cancer and polyps

Minimally Invasive Surgery

Cost: Rs. 60,000 to 70,000 (approx)

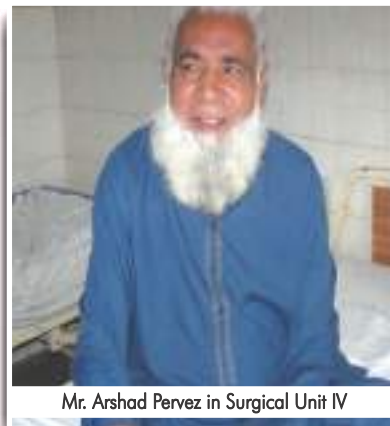
Minimally invasive surgery minimizes incisions to reduce trauma to the body. This type of surgery is usually performed using thin-needles and an endoscope to visually guide the surgery. The goal of minimally invasive surgery is to reduce post-operative pain and blood loss; it helps in speed recovery, and lessens scarring. Several minimally invasive spine fusion surgery devices have been designed with the goal of allowing placement of pedicle screws and rods into the spine using several smaller incisions rather than the one longer incision used in open spinal fusion surgery. The theory is that the screws and rods are placed into the spine with minimal trauma to the muscle and tendons in the back. The cost of this surgery is Rs.60-70,000 depending on the category. As you can imagine this is totally beyond the pocket of the poor! You can sponsor this surgery to save a precious life.

Life is not a bed of roses

My name is Arshad Pervez and I am 72 years old. I belong to a middle class family of four persons. After bidding farewell to my 30-years working career, I decided to spend my life at home with my wife and two sons. Both my sons are wage-earners in a garment factory and look after the expenses of our house. We were living almost a comfortable life but life didn't go quite as planned. Much of the time, I simply didn't feel well. I found myself fighting nausea and fending off abdominal cramps more often than not. But ever the optimist, I concluded that stomach-aches and indigestion were nothing more than a natural stop on the road due to aging. After seeing two doctors and going through procedures, a CT scan revealed the actual problem and then the ultrasound confirmed the radiologist's report and revealed a gallstone the size of a plum.

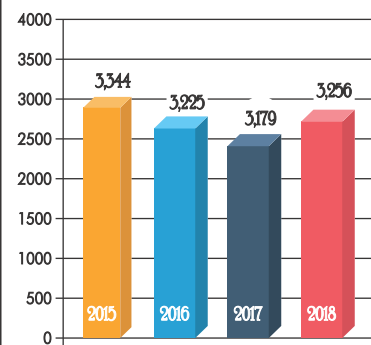
After spending my life savings on expensive scans and doctor's fee, I was conscious and worried about the treatment as it was impossible for us to afford the surgery required. I did not have the resources to pay for the treatment neither did my sons as they both work on daily wages. But when one door closes, another opens; I discussed my situation with a friend and he advised me to visit Surgical Unit IV–CHK. I visited the Unit to

see if I could adopt the medical services and I was amazed to see the doctor's behavior and the quality of treatment that was being delivered to patients; one can never expect from a non-governmental organization. I met a doctor who reviewed my reports and admitted me to the Surgical Ward. I received immediate attention and went through Laparoscopic Cholecystectomy (removal of my gall bladder). By the grace of Allah, I went through the surgery effectively. Now I'm getting the post surgery care and feeling better than I have in months. For that, I owe Nigahban and the entire staff an enormous thank you.



Mr. Arshad Pervez in Surgical Unit IV

Surgeries performed since 2015



Expansion of Services by Nigahban to Unit II & V

As a friend of Nigahban, you will be happy to know that with your support and love, we have been able to expand our services to Surgical Unit II and Surgical Unit V of Civil Hospital Karachi as well. This means that we are now providing services on 129 beds instead of the 45 that we have been catering; this is enabling us to benefit maximum number of patients at the same time. With this huge expansion, the number of patients and their expenses has increased three times. Nigahban is in urgent need of funds and support from our friends to achieve our goal of treating maximum number of patients and we request you to double your zakat and giving this year so that hundreds of more poor patients can benefit from your giving. May Almighty bless you for your care for the less privileged.

I didn't come this far to lose!

The road of life is full of ups and downs and sometime you despair so much that you may not see any ray of hope. Only those who love and care for you, those who sacrifice every comfort for you are the ones who prove to be the ray of light and hope. For me it was the love and care of staff and faculty of Surgical Unit IV when I was diagnosed with pancreatic cancer.

My name is Ghazala and I am 35 years old. I lived with my cousins after the death of my parents in a home accident. After completion of my Masters in Arts from Karachi University, I started working as a teacher in a primary school.

In December 2018, I was initially diagnosed with jaundice by a general physician and was given medicine to treat my condition. But a few days later I started developing serious complications like high grade fever, nausea, belly-ache and regular painful indigestion. I visited my physician again. After investigating my symptoms she estimated that it might be caused by pancreatic cancer.

My world suddenly seemed very dark, I was anxious with so many worries, financial instability, expensive cancer treatment, everything seemed impossible but as a teacher I didn't want to give up. I've faced many challenges in my life but sitting back and watching myself dying of a disease wasn't something I could fully understand. I decided to fight. On my next visit, I discussed my situation with my physician and he told me

about Surgical Unit IV-CHK. It was a moment of relief to know the existence of an organization in the city that facilitates under-privileged patients like me.

Before my visit to Surgical Unit IV, I was still nervous, wondering whether people will be helpful and I will be getting good care but they didn't disappoint me as I was received welcomingly here and observed the comfortable environment. I met a doctor who investigated me completely and performed an endoscopic ultrasound which confirmed that I had pancreatic cancer. I was then immediately admitted in the Ward and my surgery was confirmed for the next week. Throughout the week, I received treatment for jaundice. As per the schedule, they performed the surgery called whipple procedure successfully. I was shifted to the High Dependency Unit for chemo- radiotherapy to remove the cancer cells. The doctor has now informed me that I am recovering progressively and soon I will be discharged. It is so satisfying to have someone take care of you with so much love and care without asking for anything. I personally believe that getting treatment in an organization like Nigahban is better than any expensive private hospital.

Ghazala after her surgery



High Dependency Unit: Exceptional People, Exceptional Care

"It is said that you should never depend too much on others, they will fail you. I still did. I depended on the High Dependency Unit of Nigahban. They didn't fail me."
(Nasir, a successfully recovered patient of High Dependency Unit at Surgical Unit IV)

Sponsor a bed: High Dependency Unit of Nigahban is a 4-bedded Unit equipped with hi-tech advanced equipment and medical team. Only severely ailing patients are admitted in HDU who need exceptional care and support. The average cost of saving and serving one patient on a bed in HDU is Rs. 56,000. You can save a life by contributing Rs. 56,000 for treatment of a patient in HDU.



Trained team of Surgeons are performing Robotic Surgeries now in O.T. Complex CHK

Donated by the Government of Pakistan, the robotic surgery machines are kept in OT complex of Civil Hospital Karachi. Breaking through, Surgical Unit IV has achieved a milestone by performing the first robotic surgical procedure on a female patient in Karachi. The procedure, called hysterectomy, was performed by the trained surgical team of Nigahban in which the uterus of the 55-year-old patient was removed. The robotic technique used during the surgery was the first of its kind in the country. So far, the Surgical Unit IV-Nigahban team has performed two surgeries by using this technique. This team includes Dr. Shehryar, Dr. Zubair and Dr. Sajida Qureshi. According to them, less pain, less loss of blood, and faster recovery resulted as compared to traditional surgery. This makes robotic surgery a very useful procedure which minimizes the risk of human error to almost zero; in addition, it also reduces the post-surgery complications". The team further described the benefits of robotic surgery as follows: "this would open new vistas of robotic surgery in the country particularly in the field of oncology, gynecology and general surgery". The initial high cost of this state-of-the-art treatment is Rs. 600,000. You can contribute towards this amount to to save a life by donating your Zakat and charity to Nigahban.



A Special Thanks!

Nigahban Welfare Association
is most grateful to
Bawa Securities
for their continuous support
in helping us
reach out to caring people.

Thank you~ We couldn't have done it without you!

May God Bless you for your generosity... As we go deeper into 2019, Nigahban would like to pause for a moment and thank you for all your magnanimous support over the years. I am sure you will be delighted to know that your giving has changed the course of thousands of lives for the better. Your love, kindness and generosity throughout last year is inspiring and highly valued. The last year has been a challenging one....up until our friends decided to provide generous support for the cause. On behalf of our patients, Nigahban thanks you for all the smiles that you gifted to them through your zakat and charity. Nigahban is blessed to have friends like you. Thank you for keeping this precious cycle going and keep on changing lives for the better. Wishing there were more people like you!

Prof. Dr. Shehriyar Ghazanfar (General Secretary, NWA, CHK)



An aged patient sitting on the Hospital bed



Needs of Nigahban for 2019

Giving is not just about making a donation; it is about making a difference. As we go deeper into 2019, we hope you will be a part of helping Nigahban continue treatment of non-affording patients with your Zakat. Your love and support will give a new lease of life to ailing patients. For the expansion of Nigahban, our immediate needs and operating expenses budget for 2019 is mentioned below.

▪ Medicine	60 million Rs.
▪ Medical Disposables	2 million Rs.
▪ Medical Equipment Purchase	4 million Rs.
▪ Endoscopy Disposables	2 million Rs.
▪ Ventilators	4 million Rs.
▪ Endoscopes	2.5 million Rs.
▪ Computerized Patient's System	1 million Rs.

Our Mission Continues Because of Your Generosity!

As you know the most expensive treatment in any Hospital is surgery and Nigahban is committed to provide the best surgical procedures for poor patients. Due to our performance last year, the patients coming into Nigahban's Surgical Unit IV is increasing this year. Due to this increased influx, the expenses are escalating as well including the costs of important surgical items, disposable ware and medicines.

Support from our donors has equipped Nigahban's Surgical Unit IV with hi-tech latest machines and we have kept these upgraded. Our need is now less on 'hardware' and more on 'software' because we have the equipment and now we need funds to run the medical machinery to help humanity.

The holy month of Ramadan is approaching and Nigahban requests you to please put up your hand and support us to save many more lives by pledging your zakat for the underprivileged patients in Nigahban's Surgical Unit IV. Your zakat and charity can help Nigahban to continue our journey to mitigate the suffering of thousands of patients. With your donation this month, Nigahban will ensure that a family will have a reason to smile throughout Ramadan, Eid-ul-Fitr, and beyond.

نہجہبان ویلفیئر ایسوسی ایشن، سول ہسپتال دن رات کراچی اور اس کے گرد و نواح کے غریب مریضوں کو جدید طبی سہولیات اور ادویات فراہم کرنے میں مصروف عمل ہے۔ ساتھ ہی ساتھ ان سہولیات کو جدید تر بنانے کیلئے موجودہ سہولیات کی بہتری اور نئے آلات کی فراہمی جاری ہے۔ جہاں غریب طبقے سے آنے والے مستحقین کو مفت علاج فراہم کیا جا رہا ہے وہیں درمیانے طبقے کے سفید پوش لوگ بھی رعایتی علاج سے مستفید ہو رہے ہیں۔ مستحق مریضوں کی بڑھتی ہوئی تعداد کے علاج و ادویات کیلئے اپنی زکوٰۃ و عطیات نہجہبان ویلفیئر ایسوسی ایشن، سول ہسپتال کراچی بھجوائیں۔

Name: _____ Company: _____

Address: _____

Telephone: _____ E-mail: _____

Amount donated: _____ Donation / Zakat: _____

I am enclosing a cheque for Rs. _____

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

1 Sponsor Disposable Items:

- ☐ Rs. 10,000
☐ Rs. 25,000
☐ Rs. 50,000
☐ Others: _____

2 Sponsor Medicines:

- ☐ Rs. 5,000
☐ Rs. 25,000
☐ Rs. 100,000
☐ Others: _____

3 Sponsor Equipments:

- ☐ Rs. 500,000
☐ Rs. 1 million
☐ Rs. 2 million
☐ Others: _____

4 Sponsor Surgeries / Procedures:

- ☐ Gastroscopy Rs. 5,000
☐ Colonoscopy Rs. 8,000
☐ ERCP Rs. 30,000
☐ Endoscopic Ultrasound Rs. 40,000

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: 0320-2072595, 021-32749086, E-mail: nwa_chk@yahoo.com.