



NIGAHBAN - CIVIL HOSPITAL KARACHI

TOUCHING

LIVES

**YOUR ZAKAT
CAN CHANGE A LIFE**

☎ 0311-7772028
☎ 0320-2072595

Volume 21, February 2024

From Utter Despair to the Ray of Hope

آپریشن پر تو روز کے لاکھوں کا خرچہ ہوتا ہے،
میں غریب آدمی گھر ایک وقت کی روٹی نہیں لاسکتا
اتنا خرچہ کیسے اُٹھاتا۔



Abdul Latif

These were the words of Abdul Latif, a 70-year-old when asked why he had not undergone any operation despite being unable to digest food.

Latif lives in Kimal Town Karachi, and he is unemployed. His son is running the house by doing a few small jobs. Their financial condition was too weak to consider any treatment. Four months ago, Latif started vomiting throughout the day and could not

digest anything.

As his condition worsened, they incurred debts to take him to the hospital, where doctors diagnosed him with liver swelling and an enlarged heart. The doctors suggested that the only option for his survival was an operation, which they could not afford.

They turned to NIGAHBAN- the Civil Hospital when they were on the verge of

losing hope. Latif has been admitted to this facility for 18 days and has undergone surgery and an endoscopy. He has begun to recover, regaining weight after the surgery. He expressed happiness, sharing that the pain has reduced, and after the next endoscopy, he will fully recover. NIGAHBAN receives cases like Latif's daily. We have witnessed patients brought in critical conditions on stretchers, only to leave walking on their own. This exemplifies our mission: to save every precious life, viewing each patient not just as a case but as a valuable individual to be saved.

I don't remember the year
this pain started and
I have become used to having
it all the time.

Have you heard about the SIAG-Sindh Institute of Advanced Endoscopy and Gastroenterology?

The team NIGAHBAN Welfare Association was the driving force behind the establishment of the brand new institute SIAG as without their expertise it was not possible to implement this initiative. It was the vision of Dr. Saad Khalid Niaz, a renowned gastroenterologist and President of NIGAHBAN. Hence, with the generous support of the Sindh Government and the instrumental NIGAHBAN, which contributed 500 Million rupees towards the construction and acquisition of state-of-the-art machinery, SIAG aspires to deliver advanced gastroenterological services to the people of Sindh and beyond.

SIAG is a new feather in the cap of NWA, benefiting the people of Sindh.

It was inaugurated in May 2023 by the Honorable Chief Minister of Sindh, Mr. Murad Ali Shah. SIAG deals with upper GI endoscopy, colonoscopy, ERCP, spyglass, and more. One of the unique features of SIAG is its specialized facility for pediatric procedures and a fully equipped pediatric High Dependency Unit. SIAG is committed to providing high-quality medical care to all, regardless of their financial means. More than 900 procedures are performed each month completely free of charge. The purpose is to benefit more and more people.



Call to make
a donation:
0311-7772028
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can give
Someone
a LIFELINE!

اس رمضان آپ کی زکوٰۃ
مستحق مریضوں کی نگہبان

YOUR ZAKAT COULD MAKE ALL THE DIFFERENCE FOR SOMEONE IN NEED

From Minor Ailments to Major Challenges, We Provide Comprehensive Healthcare for all

NIGA HBAN-
The Civil Hospital
has truly been a blessing



Saeeda

We were unaware that my mother had stomach cancer until her small intestine burst and the pain became unbearable. We rushed her to a local hospital and doctors said prompt surgery was needed. Despite having limited savings from our

From Carrying to Walking: A Renewed Strength

small jobs, I and my father managed to cover the initial operation, hoping for her recovery. Unfortunately, her condition worsened after five consecutive surgeries. The doctors did 5 surgeries one after another and her condition worsened with each one. We had nothing left to spend on her medications and when the doctors couldn't handle the case, they referred us to NIGA HBAN Surgical Unit IV.

"I was not sure whether the doctors here could do anything but I had a relief that my mother could at least have medicines that we could no longer afford"

When we arrived, the doctors immediately washed my mother's stomach, leading to a significant improvement in her condition.

I was hopeful that she could receive the

necessary medicines which we could no longer afford. Now, after three months at NIGA HBAN, my mother underwent one successful surgery last month, with another pending.

میں اپنی ماں کو سول ہسپتال پیٹھ پر اٹھا کر لایا تھا ،
اور اب ماں خود اٹھ کر چلنے کی کوشش کرتی ہیں۔

This surgery has contributed to her improving health. Following the upcoming surgery, she will be discharged, and remarkably, we haven't incurred any expenses.

The son says, "I am grateful to this hospital; it has given a new life to not only my mother but also to our whole family."

NIGA HBAN- the civil hospital has truly been a blessing.

Healing at NIGA HBAN: Relief from Pancreatic Pain



Ayesha

It has been 26 years of enduring this severe pain. Since my birth, I had stones in my pancreas leading me to undergo numerous treatments in my hometown, Nawab Shah, which lacks basic facilities and proper treatment.

"I could not even continue my studies after intermediate due to my bad health"

Despite financial strains my father always managed to take me to the hospital, I underwent several surgeries, few doctors said my intestine was not in the correct position. Others said medicines would work but they did not and I kept on bearing this. All of this drove me to a state of isolation and with no hope I came to NIGA HBAN.

جس کا کوئی نہیں ہوتا اُس کا اللہ نگہبان ہوتا ہے۔

Soon after admitting me, the doctors did tests and revealed that the wrong medicines and operations had damaged my pancreas. They have now started installing stents to open blocked tubes in the pancreas, which brought a little relief to my pain. For another week I am staying here for treatment I am assured that I will recover. After a long time, I am experiencing a sense of well-being, and the pain is not tormenting me.

"I am thankful to NIGA HBAN that the problem no doctor could diagnose throughout my life was immediately found out by specialists here."

NIGA HBAN is transforming lives through accessible healthcare and support.

NIGA HBAN: A Beacon of Empathy and Expertise

The health of Saleem deteriorated due to his inability to afford treatment.

مجھے لگ میں یونہی درد میں کسی علاج کے بغیر رہ جاؤں گا۔

Saleem had been suffering from piles for the last three years, but his financial situation was never stable enough for any treatment or to purchase medicines for himself. When the condition got severe, he sought treatment at a civil hospital in Hyderabad and underwent surgery but the pain continued to increase. The doctors referred him to NIGA HBAN.

In NWA, after thorough checkups and endoscopy, he was diagnosed with rectal cancer. He began chemotherapy at our facility and is currently undergoing medication. While his condition has shown improvement, the road to full recovery remains long.

I cannot see him in this pain and be bedridden anymore, if we had the means to get any treatment his condition would have been better. - says Saleem's brother.

In this challenging journey, we appeal to our donors as every donation counts. We request them to stand alongside us in providing Saleem and others like him with the care they desperately need.



Saleem

Rising Above Challenges

Ali Muhammad's Inspiring Battle for Health and Home Stability

Ali Muhammad, 28 years old, is the sole breadwinner of his extended family. Being a farmer, he was barely managing to make ends meet throughout the month. While he was working in the field, a donkey attached to a cart ran over him, causing severe injury to his liver. He was rushed to the nearest



Ali Muhammad

hospital in his hometown, Larkana, where surgery was performed to repair the liver. However, his problems did not end there. After a month, he began experiencing stomach pain. In a despairing condition, he sought help at civil hospital NIGAHBAN. Doctors conducted tests and found that his stomach had

" I have the responsibility of fifteen family members on my shoulders and I don't know how my household will be managed. **"**

- Ali Muhammad

accumulated water, leading to severe pain. Ali Muhammad is currently undergoing treatment and is responding well to medication. He will remain under observation until his stomach functions normally again.

From Crisis to Recovery: Nigahban is Committed to Heal

It has been three days since her surgery at the Civil Hospital (NIGAHBAN), and she is showing significant improvement as compared to before. Such cases are often encountered in NWA, encouraging doctors to stay attentive in serving communities who have no one else to rely on during times of distress or misery.

We received the patient in an extremely critical condition; her intestine had ruptured, and upon arrival, her breathing was rapidly deteriorating.



Farida

Fortunately, it was morning, and all our doctors were prepared to conduct the necessary surgery.

Farida, the patient, shared, **"I had been experiencing abdominal pain for more than a year, but never did I imagine it could escalate to causing unbearable pain (rupture)."**

It has been three days since Farida underwent surgery at the Civil Hospital (NIGAHBAN), and her condition has significantly improved. Cases like Farida's are not uncommon in our region, which underscores the importance of doctors who remain dedicated to serving communities that may have no one else to rely on during times of distress.

A Journey through Diagnosis, Surgery, and Hope

There are times when we encounter patients whom we may not be able to assist much initially. We perform surgeries on them and then refer them to the Cancer Ward. One such case is Sonia, who had been experiencing multiple episodes of vomiting each day and weakness for the past 12 days, following the onset of nausea shortly after meals. Diagnostic tests conducted at our facility revealed that Sonia was in the third stage of intestinal cancer. She underwent surgery and her body exhibited positive signs of recovery.

"We were unaware of her cancer until we arrived at the civil hospital (NIGAHBAN),"

Said Sonia's husband.

20 years old Sonia and her husband are

" We provide the best possible care and an environment of healing to all our patients. **"**

hopeful as she is undergoing chemotherapy and her health is recovering with the treatments. Both are waiting for the day when she will be discharged and they'll go back to meet their only son.



Sonia with her Husband



Zainab Bibi

NIGAHBAN's

Compassionate Approach to Complex Medical Challenges

The daily life at Civil Hospital NIGAHBAN is unique. Every day, we encounter patients with multiple problems. Some arrive in critical condition, necessitating immediate surgery, while others have complications that make surgical intervention risky. One such case is that of Zainab Bibi, a 28-year-old married woman from Karachi. Upon her arrival with severe abdominal pain, medical tests, including an ultrasound, revealed a knot in her appendix. Operating on her could have been a serious threat to her life. Consequently, we admitted her and administered medications to alleviate her pain.

Although she is now pain-free, the operation remains pending. Our facility sees patients from all walks of life as we not only offer free treatments but also give compassionate care akin to that of family members from our dedicated staff.

In the embrace of NIGAHBAN, every patient finds care and compassion.

A Special Thanks!

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



GullKhan's wife Bakht Many

Finding Relief from 7 Years of Pain at NIGAHBAN

She had been enduring this pain for 7 years but their financial conditions didn't allow her to go for treatments. When her condition worsened they took her to the nearest hospital and the doctors referred her to NIGAHBAN.

In the civil hospital (NIGAHBAN), she underwent laparoscopy to remove gallstones. After one session, she experienced significant relief. The illiterate/less-informed husband had no idea the pain his wife had been bearing for

"I am very old and can't work; it's my son who runs the house and makes ends meet. We had nothing else but hopes for my wife to recover. -Gull Khan"

When Gull Khan brought his 60-year-old wife to the hospital, she was in extreme pain. After the test doctors diagnosed she had gallstones that had formed long ago.

seven years could have a treatment like this. She is now under observation; by the time you will be reading the story she will gone back home living happily with her family.

YOUR DONATION MAKES DIFFERENCE!

Rescuing Shahista from the Grip of Jaundice and Despair

Fifty-year-old Shahista from Gulshan-e-Hadeed came to the NIGAHBAN facility in an extremely critical condition.

She had been suffering from jaundice, which led to the development of an ulcer in her stomach, resulting in swelling in her pancreas. Doctors diagnosed her with a tumor, but due to the swelling, she could not undergo a biopsy. Shahista lives in a rented house with her extended family, and her husband is retired from his job; it was NIGAHBAN that gave her relief from extreme pain and the burden of responsi-

bilities.

It has been a whole month since she was admitted to our hospital, and she is under observation. The good news is that she is recovering quite quickly. The surgery to remove the tumor will be performed as the swelling of her pancreas decreases. During this crucial time, let us step forward and contribute to helping women like Shahista recover and return to their homes happily.



Shahista

"We cannot afford any private hospital, if NIGAHBAN wasn't there, I don't know in what condition my mother would have been, -says Shahista's daughter."

Name: _____ Company: _____

Address: _____

Telephone: _____ E-mail: _____

Amount donated: _____ Donation / Zakat: _____

I am enclosing a cheque for Rs. _____

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

1 Sponsor Disposable Items:

- ☐ Rs. 15,000
- ☐ Rs. 25,000
- ☐ Rs. 50,000
- ☐ Others: _____

2 Sponsor Equipments:

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

3 Sponsor Surgeries / Procedures:

- | | | | |
|--|-------------|--|-------------|
| <input type="checkbox"/> Gastrosocopy | Rs. 35,000 | <input type="checkbox"/> Sigmoidoscopy | Rs. 35,000 |
| <input type="checkbox"/> Colonoscopy | Rs. 45,000 | <input type="checkbox"/> Appendix | Rs. 45,000 |
| <input type="checkbox"/> ERCP | Rs. 110,000 | <input type="checkbox"/> Gallbladder | Rs. 80,000 |
| <input type="checkbox"/> Endoscopic Ultrasound | Rs. 150,000 | <input type="checkbox"/> Colon Cancer | Rs. 150,000 |

These amounts are approximate and may vary depending upon different factors.

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: 0311-7772028, WhatsApp: 0320-2072595, E-mail: nwa_chk@yahoo.com.



نگہبان ویلفیئر ایسوسی ایشن، سول ہسپتال دن رات کراچی اس کے گردنواح 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۔

Surgeries Performed

