



NIGAHBAN - CIVIL HOSPITAL KARACHI

TOUCHING

LIVES

YOUR
ZAKAT
CAN CHANGE A
LIFE

Volume 16, April 2018

Your Zakat and Charity Can Save Many Precious Lives

Zakat does not only purify the wealth of the contributor but also purifies his heart from selfishness and greed. In return, it purifies the heart of the recipient from envy and jealousy, from hatred and uneasiness; and it fosters in his heart, instead, good will and warm wishes for the contributor. As a result, the society at large purifies and frees itself from class warfare and suspicion, from ill feelings and distrust, from corruption and disintegration, and from all such evils.

So why not join hands together this Ramadan with Nigahban and help the poor by giving zakat and sadaqah? Your zakat can help many poor lives suffering from life threatening diseases and do not have enough money to recover from their illnesses for which you will be rewarded in the life Hereafter.

A hadith:

You wish for Allah to multiply your wealth, then purify it (through zakat).

Nigahban has a vision to create hope in people's lives and stand by the needy to protect them from harsh and real problems of life. This Association is proudly providing a helping hand to the poor souls suffering from harsh diseases. Suffering from life threatening diseases is not that heart breaking as is the thought that you don't have enough money to recover from it.



اس رمضان آپ کی زکوٰۃ
مستحق مریضوں کی نگہبان

“Those who spend their wealth in the cause of GOD, then do not follow their charity with insult or harm, will receive their recompense from their Lord; they will have nothing to fear, nor will they grieve.”

I Survived Colon Cancer

My name is Hania Abbasi and I am 18. My family is not very rich but we live a comfortable life. My father has a mobile shop; he is very proud of me. I completed my Intermediate a few months back.

I was diagnosed with Stage IV Colon Cancer when I was 16. I have pretty much tried to block the "bad memories" out of my mind but the recurrence of cancer has compelled me to share my story.

In the latter half of 2015, I started noticing some changes in my bowels. I had started going to the washroom more frequently. What finally brought me to the doctor was a little bit of blood in the stool. Right away, because of my age, the doctor said that he felt it was colitis (inflammation of the inner lining of the colon) and prescribed me some medicine. Thank God he was a thorough doctor and sent me to a colleague gastro specialist in Civil Hospital Karachi. Even

that doctor thought (because of my age) that it was colitis and prescribed some more medicine. She, however, wanted to follow up with a colonoscopy just to be sure.

I wasn't worried; I was told that colitis is a normal thing. However, when I woke up after the procedure — I'll never forget the look on the doctor's face — she said, "I'm 99% sure that you have colon cancer." I definitely was not prepared for that news! I was operated upon without delay and a part of my affected intestine was removed. It wasn't fun, but I tolerated it. I had no other option. The only good thing was the lack of financial pressure for my parents. Thanks to the guardian angels of Civil Hospital that go by the name "Nigahban", my abu didn't have to pay for my frequent stays, medicines, and repeated colonoscopies. I believe an estimated Rs. 200,000 were shouldered by Nigahban for my



treatment.

My follow-up colonoscopy last year was good. But this new year has started with pain in my large intestine once again. My doctor says it is an infection and I will be able to go home after staying under observation for a few days. I am not worried about the expense at least, I know my guardian angel has it covered! After the hard times I would like to give a word of advice: never take your life for granted because in a moment, it can all change. And if you have the terrible misfortune of having to go through something like this, keep positive and stay strong. You will go through it. I am a perfect example of that!!

No Compromise!

At Surgical Unit 4, Nigahban Welfare Association ensures that there is no compromise on providing quality services just because a patient cannot afford them.

Surgical Unit IV Civil Hospital is one of the largest Units in the city performing over 4,000 procedures per year including colonoscopies, gastroscopies and bronchoscopies for patients of all ages. It provides diagnostic procedures for conditions of the upper and lower gastrointestinal tract (bowel and stomach), including surveillance for cancer, ulcers, polyps, and irritable bowel syndrome. The Unit provides nursing care, equipment and supplies necessary for the safe and effective provision of gastrointestinal endoscopy, colonoscopy, and other diagnostic and therapeutic procedures.

What we do:

■ Colonoscopy (lower Gastrointestinal tract test) Cost: Rs:

The colon (large intestine) can be examined using a colonoscope. It can diagnose colon cancer; sometimes physicians are able to remove cancerous growths.

■ Gastroscopy (upper Gastrointestinal tract test): Cost: Rs.

Endoscopes are used to search for abnormalities or obtain tissue samples to test for ulcers. Bleeding ulcers can

also be repaired

■ Endoscopic Retrograde Cholangiogram Pancreatogram (ERCP) Cost: Rs.

This test combines the use of an endoscope with X-ray pictures to examine the tubes that drain the liver, gallbladder, and pancreas. It is used to remove gallstones or open narrow bile ducts.

■ Endoscopic Ultrasound : Cost: Rs.

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: Cost: Rs.

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 remove polyps.

■ Other gastrointestinal procedures

Conditions treated

- ✓ Stomach cancer – early and advanced
- ✓ Oesophageal cancer
- ✓ Gastro-intestinal stroma tumours of the upper intestinal tract
- ✓ Hiatus hernias
- ✓ Achalasia
- ✓ Gastroparesis
- ✓ Bile duct stones
- ✓ Pancreatic cancer
- ✓ Pancreatic cysts
- ✓ Colon cancer and polyps

While the service we give is beyond comparison, the feeling of gratitude and prayers we receive from patients when they receive these quality treatment at little or no cost at all is priceless. We owe this service to our friends' generosity who made it possible for us to serve without any compromise.



National Bank representative holding donation cheque to Nigahban



Nigahban Welfare Association team briefing school children about the services provided to patients



International master trainers of Endoscopy giving lectures and training to the staff of Nigahban Welfare Association's endoscopy team



The Patients in
High Dependency Unit
need more than just medicines!



Sponsor A Bed:

The cost of saving and serving one patient on a bed of High Dependency Unit is Rs. 56,000**
You can make a contribution in the name or memory of a loved one. To save more precious lives please support us; contact:
Tel: 0320-2072595

**Average cost

Accomplishments

Some key accomplishments since Nigahban's inception at Civil Hospital:

- Surgical Unit 4 set up in 2006 with state-of-the-art equipment and in-house fluoroscopy;
- Conducted first hands-on ERCP course and hands-on Colonoscopy course in 2006;
- First Unit in Pakistan to acquire Capsule Endoscopy in 2007;
- Started single balloon endoscopy in 2008
- Acquired Spy Glass in 2010. It became the first facility in Pakistan to do so.
- Acquired advanced EUS in 2014.
- High Resolution PH and mortality studies started in 2015.
- Endoscopic, Manometry and Surgical Services are being providing to all patients coming to NWA Civil Hospital free of cost.

A Special Thanks!

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



I am Grateful for my New Life!

A cancer survivor and Nigahban shares his story



With the start of 2018, Nawaz's life changed but not for a good reason. He was diagnosed with gastric cancer and specifically a tumor in the upper part of the stomach near the esophagus.

As soon as he got up on a Sunday morning, Nawaz, started feeling heart palpitation every time he moved; and every time he tried to get up, he felt very dizzy. He decided to wait, hoping it would go away, but it didn't. Later in the afternoon, he called his eldest son, Awais, at work and told him what was happening. Awais convinced him to go to the hospital immediately.

A few hours after he was admitted, Nawaz was given blood transfusion. His blood level had been at 5, and the doctor told him that if he would have waited one more hour, he would have lost his life. When the reports came in the next day, Nawaz was diagnosed with stomach cancer. There was a bleeding ulcer on top of a very deeply invasive

aggressive tumor.

"I am a retired clerk. I did not have the resources to pay for my operation and neither did my son. It was a trying time. Then my cousin paid me a visit. He told me to pack my bags and go with him to a hospital where he guaranteed my treatment, all expense paid! Sounded like the promotion for a dream vacation but I would have settled for my life only!" Nawaz came to Surgical Endoscopy Department Civil Hospital Karachi. He was checked through CT scans, endoscopies and then biopsies. One week later, he had a total gastrectomy – all expense paid! After the surgery, he had six weeks of chemo and radiation just in case there were any microscopic cancer cells left after the surgery. Fortunately, the cancer had not spread to other organs, so he was extremely lucky. Like many other beneficiaries, Nawaz feels that he owes Nigahban his life. The cost of the total stay, surgery & treatment of this poor man cost Nigahban Rs. 350,000 which were donated by a generous friend of the Association.

Our strength is the trust that our supporters have in our judicious use of their giving. We hope to continue upholding this partnership and serve more lives like Nawaz.

Nigahban ~ Delivering Hope



Nigahban meets health challenges at the community level every day by delivering state-of-the-art, critical medical equipment at Surgical Unit IV in Civil Hospital Karachi. The Association understand that medical equipment is a fundamental part of modern healthcare delivery and enables screening,

prevention, diagnostics, treatment and palliative care. Still a huge mismatch exists between the number of technologies available and what is accessible to our people in low-resource settings. Donations of medical equipment can bridge some of these gaps, allowing organizations like Nigahban to continue helping those who actually deserve your support.

The medical supplies and medical equipment that we procure through our friends save lives, make diagnosis and treatment possible, and ensure better outcomes for surgery and emergency care. Upgradation of equipment is Nigahban's linchpin program, through which we receive medical equipment from generous people. Thanks to them, we have served thousands coming for treatment at Surgical Unit IV.

THIS RAMADAN, YOU CAN SEND HEALTH AND HOPE TO YOUR BRETHERN IN NEED

Your gift will give the most vulnerable patients, families and children access to healthcare and hope. Below are our current and immediate needs for equipment at Civil Hospital Karachi.

1. Gastroscope Silver Scope Series Rs. 2.5 million
2. Slim Colonoscope Rs. 2.8 million
3. Duodenoscope, Silver Scope Series Rs. 2.9 million
4. Image1 S Connect Rs. 1 million
5. Cold Light Foundation Rs. 1.1 million
6. OR Light Sysetm Rs. 1.1 million



Warm thanks and prayers for our Supporters

We are writing to express our deepest thanks for your donation to our organization 'Nigahban-Civil Hospital'. Your contribution helps to bridge the gap between the fortunate and the less privileged. Support like yours inspires other to donate to trusts who are putting in their best efforts to help the less fortunate in terms of getting proper medical care and improving living conditions to the desperate.

Nigahban-Civil Hospital is a registered, non-profit, public charitable trust working towards its objective of 'Helping the poor with zakat and donation'. It is an approach to improve life of poor people.

It is donors like you who assist to bring services closer to people. Your one step will help many people recover from life threatening diseases and get a hope that they can survive. Thank you once again for your support towards the noble cause of Nigahban- Civil Hospital.

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 for Disposable Items:

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

2 Sponsor for Medicines:

- ☐ Rs. 100,000
☐ Rs. 200,000
☐ Rs. 300,000
☐ Others: _____

3 Sponsor for Equipments:

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

4 Sponsor for Surgeries / Procedures:

- ☐ Colonoscopy Rs.
☐ Gastrosocopy Rs.
☐ Endoscopic Retrograde Rs.
☐ Endoscopic Ultrasound Rs.

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.