

Abaseen Institute of Medical Sciences

# NEWSLETTER

September 2024/ Vol 3 / Issue 6

میٹھی بات | خوبہ خبرہ | Sweet Talk



## MESSAGE FROM CEO DR. ZIA UL HASAN

I hope this message finds you in good health. I am writing to update you on the status of our fundraising efforts over the past three years and to outline our priorities for coming year.

### Fundraising Achievements

#### 2021:

- Established Circle of Care a comprehensive 9-step health check service.
- Launched Ophthalmology department.
- Hired an endocrinologist to provide expert advice on diabetic health.
- Continued community outreach camps, bringing healthcare to villages.

#### 2022:

Applied for the Sehat Saholat Program (SSP) and established an operating room, emergency room, 15-bedded ward, and ICU. Despite changes in government halting the SSP, our increased facilities provided more services to patients.

#### 2023:

- Established a surgical unit
- Acquired equipment for CT Scan & Radiology unit to be fully functional in 2024.
- Improved IT infrastructure.
- Acquired resources for Solar panels and Footcare Unit. Pending due to space requirement.

### Fundraising Priorities (2024-2025)

- Construct an additional floor to meet space requirements
- Establish a Women Healthcare Unit

# Support Appeal

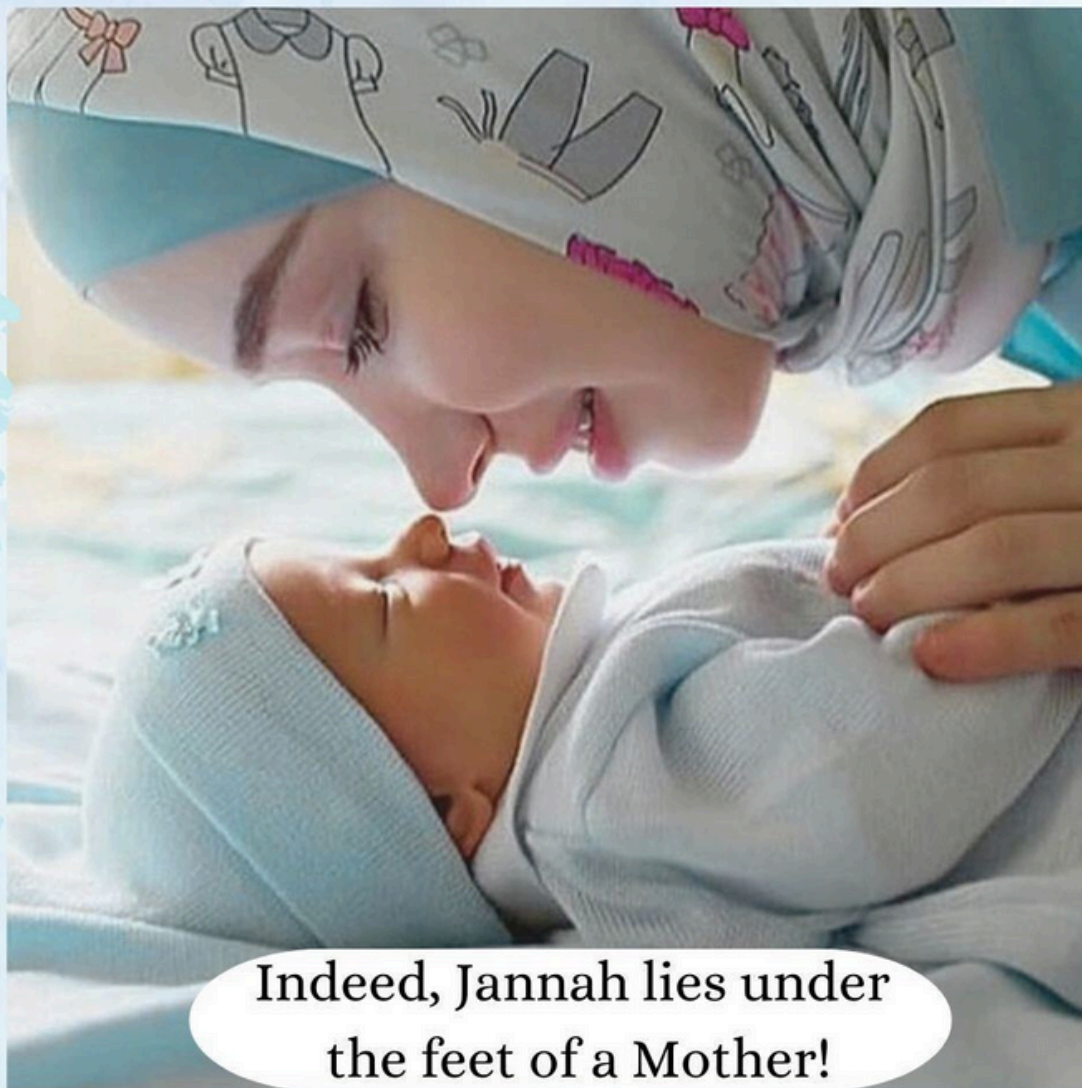
I urge our donors to continue their support helping us achieve our goals. I am incredibly grateful for your generosity and commitment to our mission. I thank all staff and volunteers for making it all possible. Together, we can make a significant impact on the lives of those we serve: patients and their families.

Thank you for your unwavering support.  
Dr. Zia Ul Hasan

2024 FundRaising Needs	Cost in PKR	Cost in USD
Medical Equipmtent	12,375,500	\$44,476
Technology Equipment	3,969,000	\$14,264
Civil Works	1,310,000	\$4,708
Electrical works	185,000	\$665
Miscellenous	1,721,376	\$6,192
Radiology Unit	10,000,000	\$35,939
2nd Floor Consturction. Includes Women Health Unit	40,000,000	\$143,756
Total Funds Needed for Hospital Expansion in 2024-2025	67,839,500	\$250,000



Save the DATE!



Give the Gift of Life!

Indeed, Jannah lies under  
the feet of a Mother!

## AIMS USA Online Fundraiser November 17th 2024, 1pm

Join us for the Expansion of AIMS Sugar Hospital!

Construction of Second Floor to establish

**Women Healthcare Unit: Healthy Pregnancies,**

**Deliveries, Pre-natal and Post-Natal Care,**

**Recovery Rooms, Medical Equipment : CTG**

**Machine, Ultrasound Room, Anesthesia Machine.**

### Zoom Meeting Link:

[https://us06web.zoom.us/j/82520368446?  
pwd=3llpQrahVksCX3CKIlixlBgnPTLvY.I](https://us06web.zoom.us/j/82520368446?pwd=3llpQrahVksCX3CKIlixlBgnPTLvY.I)

### Meeting ID:

812 5446 8597

**Passcode:** 861677



AIMS USA is a registered 501(c)(3) non-profit organization.

Donations are tax-deductible. Tax-ID/EIN: 84-3374777

PATIENTS WE SERVE



Hammad, who is 11 years old, and his 13-year-old brother Malang Jan are both fighting Type-1 Diabetes. Unfortunately, the illness caused them to lose their sight at an early age. They are currently undergoing treatment and receiving medication from Sugar Hospital, made possible by the generosity of donors.



PATIENTS WE SERVE



Muhammad Akbar, from South Waziristan, has lived without both hands for 15 years. Thanks to generous donors, he receives vital treatment and medication at Sugar Hospital, which transforms lives by restoring hope and dignity.

PATIENTS WE SERVE

Meet Intekhab, a 10-year-old who is bravely handling Type 1 diabetes while navigating through school and daily life. His determination motivates us all! Our hospital proudly delivers essential medication and treatment to Intekhab, guaranteeing he obtains the necessary care to flourish.



## FOUR BRAVE SIBLINGS, UNITED IN THEIR FIGHT AGAINST TYPE 1 DIABETES

20 Agust, 2024



Four brave siblings, united in their fight against Type 1 Diabetes. At Sugar Hospital, they found the care and community to keep their spirits high. Their unwavering courage is an inspiration to all.



# ABASEEN INSTITUTE OF MEDICAL SCIENCES

## KHYBER MEDICAL UNIVERSITY STUDENTS ASSESING HEARING OF PATIENTS AT SUGAR HOSPITAL





## MEDICAL CAMP AT VILLAGES (REGI)

21 Agust, 2024



A medical camp at Regi RHC catered to the needs of patients who cannot come to hospitals. The camp included kids, women and adults. They were provided full range of services including:

- HBA1C Test
- Doctors Consultation
- BMI Checkup
- Medicines



## DIABETES EDUCATION AND AWARENESS SESSION AT THE MEDICAL CAMP

21 Agust, 2024



## MEDICAL CAMP AT PANJPIR, SWABI

28 Agust, 2024



Sugar Hospital's medical camp in Panjpir, Swabi, a total of 88 patients were treated, with a notable majority being female (69) compared to male (19). The health conditions predominantly included Type 2 diabetes in 82 patients and Type 1 in just 2. Hypertension was prevalent among 58 individuals, with 54 patients experiencing both diabetes and hypertension. Alarmingly, 62 patients had elevated blood sugar levels, while 57 were recorded with high blood pressure.



## MEDICAL CAMP AT PANJPIR VILLAGES, SWABI

28 Agust, 2024





## MEDICAL CAMP AT GHAZI TARBELA

8 Septemeber, 2024



Sugar Hospital Ghazi medical camp treated 26 patients, with a balanced mix of 10 females and 16 males, spanning various age groups. Among them, 11 were diagnosed with diabetes, while 8 were non-diabetic, and 6 patients faced the dual challenge of diabetes and hypertension. Notably, 25 patients underwent the HBA1c test, revealing high blood sugar in 13. Despite no children having diabetes, the camp served a diverse group from young adults to the elderly.



## DOCTORS CONSULTATION AT MEDICAL CAMP REGI

18 September, 2024



## MEDICAL CAMP AT PANJPIR VILLAGE, SWABI

28 September, 2024



Sugar Hospital medical at Panjpir Village, Swabi were 84 patients, including 68 females and 16 males, with no children. Among them, 75 had Type 2 diabetes, and 55 were hypertensive. A total of 51 patients had both Type 2 diabetes and hypertension. No patients had Type 1 diabetes or were under 14 years old.



TRAINING AND PREPARING DOCTORS FOR MRCP  
EXAM (UK) AT SUGAR HOSPITAL



Thanks to the efforts led by Dr. Ahmad Zuhayr Mufti and his team, a successful mock examination for the distinguished MRCP(UK) - PACES practical exam was organized. This event, a first in Peshawar, attracted candidates from across Pakistan and experienced examiners from the wider region.

# ABASEEN INSTITUTE OF MEDICAL SCIENCES

## PREP FOR MRCP(UK). MOCK EXAMS





# ABASEEN INSTITUTE OF MEDICAL SCIENCES

## INDEPENDENCE DAY CELEBRATIONS





# ABASEEN INSTITUTE OF MEDICAL SCIENCES

## AIMS CONDUCTED INTERVIEW OF STUDENTS AT SOCIAL WORKS DEPARTMENT, PESHAWER UNIVERSITY



A team from Sugar Hospital interviewed students for internships at the University of Peshawar's Social Work Department. The interns will gain practical experience and serve in a charitable organization: AIMS Pakistan / Sugar Hospital.

## MEET NEW STAFF OF SUGAR HOSPITAL

Raheel Tahir has joined as the Senior Manager. With over 15 years of management experience, including at Al-Khidmat Hospital, he excels in administrative and technical roles, health awareness, and mobile camps.



Muhammad Waleed Saqib has joined as Deputy Senior Manager. With 13 years of experience at Shaukat Khanam Hospital and IDC Labs, he brings extensive health and business development.



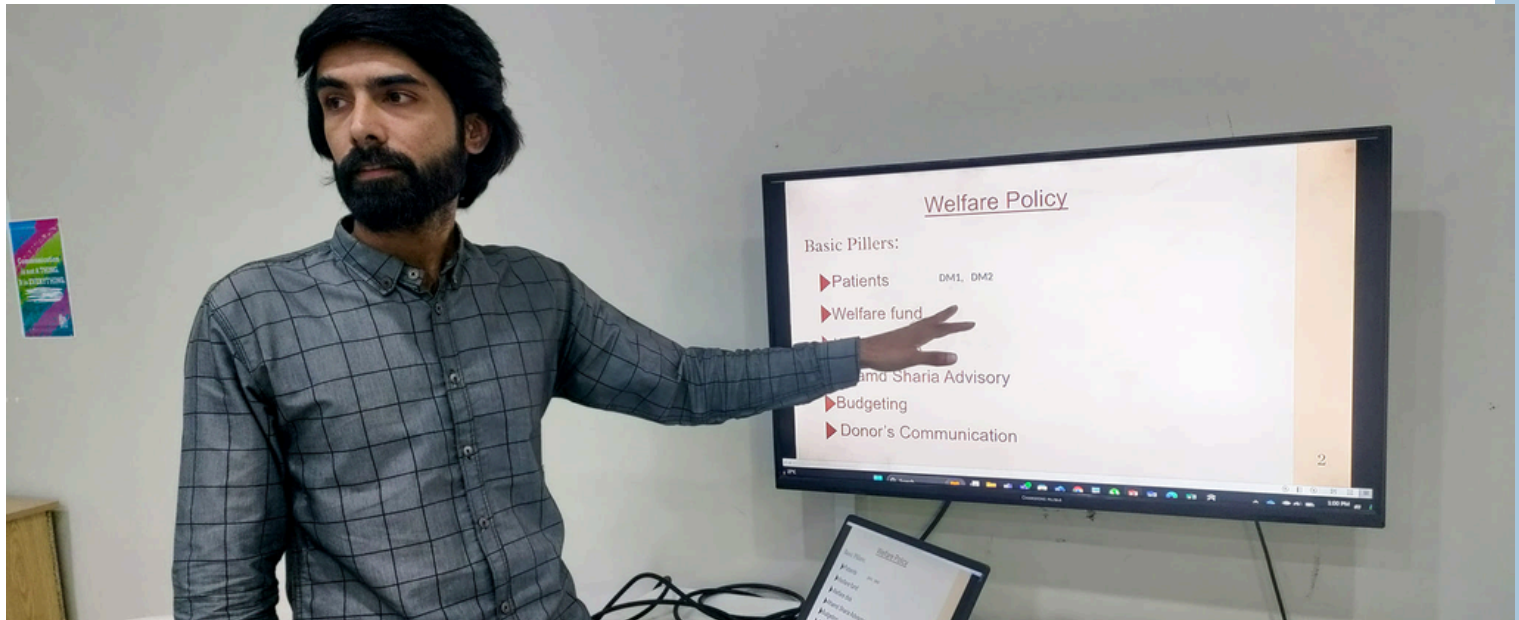
Dr. Rizmi Tahir has been appointed as a General Surgeon. She comes with outstanding education and expertise in her specialty.





## STAFF TRAINING ON WELFARE STRUCTURE AND NEEDS OF PATIENTS

14 September, 2024



Presentation by Welfare Officer Dawood Ahmad,  
explaining welfare policy



Presentation by Manager Projects, Saba Tanveer,  
explaining welfare desk, how welfare patients are given  
care and medicines

## ACADEMIC SESSION ON DIABETES GUIDELINES

07 September, 2024



Academic Session on Topic Diabetes Guidelines was presented by Endocrinologist Dr Fasih Iqbal. The session was attended by staff of the Hospital





## GUIDELINES FOR MANAGING DIABETES BY ENDOCRINOLOGIST DR. FASIH IQBAL

07 September, 2024

Below are general guidelines; patient-specific modifications may be necessary based on individual health status and needs.

### 1. Diagnosis:

- HbA1c\*  $\geq 6.5\%$  is diagnostic of diabetes.
- Fasting plasma glucose  $\geq 126$  mg/dL (7.0 mmol/L).
- 2-hour plasma glucose  $\geq 200$  mg/dL (11.1 mmol/L) during an oral glucose tolerance test (OGTT).
- Random plasma glucose  $\geq 200$  mg/dL (11.1 mmol/L) in a patient with symptoms of hyperglycemia.

### 2. Glycemic Control:

- HbA1c target: Usually  $< 7\%$  for most adults.

### 3. Lifestyle Management:

- Diet
- Physical Activity
- Weight Management

### 4. Pharmacologic Management:

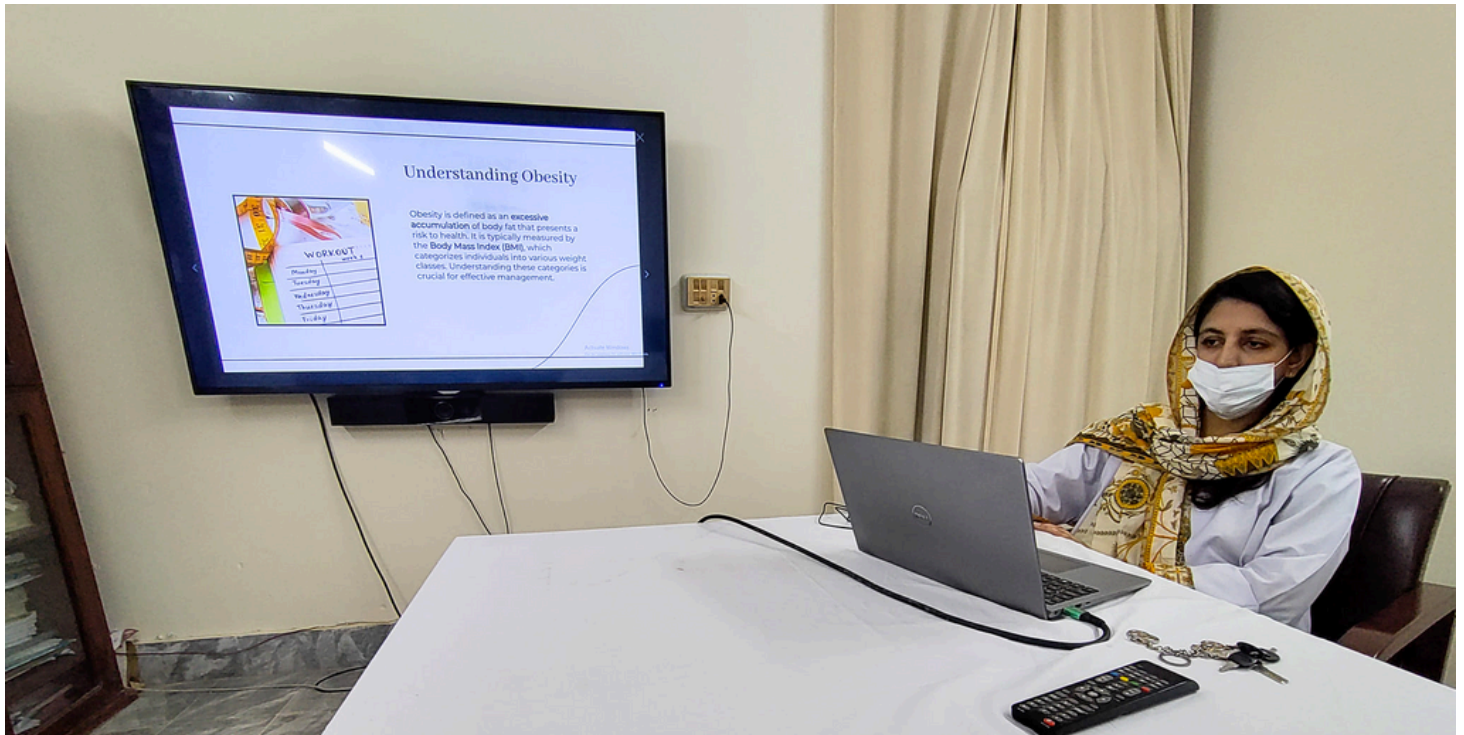
- Metformin
- SGLT-2 inhibitors or GLP-1 receptor agonists
- Insulin

### 5. Monitoring and Follow-up:

- Regular follow-up (every 3-6 months) to monitor HbA1c and treatment efficacy.
- Annual eye exams for diabetic retinopathy.
- Monitor nephropathy with annual urine albumin-to-creatinine ratio & serum creatinine.
- Foot examinations at every visit to check for neuropathy or ulcers.

## ACADEMIC SESSION ON MANAGEMENT OF OBESITY

05 Agust, 2024



Nutritionist Miss Ghazala presented a session on managing obesity, aiming to train staff to effectively counteract the obesity epidemic among patients.





## MANAGEMENT OF OBESITY

05 Agust, 2024

The management of obesity involves a comprehensive and individualized approach, targeting lifestyle changes, medical treatment, and sometimes surgical interventions. Here's a breakdown of key management strategies:

- **Calorie Reduction:** A calorie deficit of 500–1,000 kcal/day is recommended, leading to gradual weight loss of about 0.5–1 kg per week.
- **Balanced Diet:** Emphasize a diet rich in vegetables, fruits, whole grains, lean proteins, and healthy fats while limiting processed foods, sugary beverages, and high-calorie snacks.
- **Portion Control:** Teach patients to manage portion sizes and mindful eating to avoid overeating.
- **Low-Carb or Low-Fat diet**
- **Physical Activity:** Aim for at least 150 minutes of moderate-intensity exercise per week

## ACADEMIC SESSION ON IMPORTANCE OF ECZEMA

14 August, 2024



Academic Session on Topic Eczema was presented by Dermatologist Dr. Shazia. The Session was attended by Staff of the hospital





## IMPORTANCE OF ECZEMA

14 Agust, 2024

Eczema is a chronic inflammatory skin condition characterized by itchy, inflamed, and sometimes scaly skin. There are several types of eczema, each with specific triggers and characteristics. Here's an overview of the common types and their treatments:

### **Types of Eczema:**

1. Atopic Dermatitis
2. Contact Dermatitis
3. Dyshidrotic Eczema
4. Nummular Eczema
5. Seborrheic Dermatitis

Eczema management requires a tailored approach, addressing both symptom relief and long-term prevention. Identifying and avoiding triggers, maintaining proper skin care, and using the appropriate medications are crucial to controlling eczema effectively.

### **Treatment Approaches for Eczema:**

1. Moisturizing: Use creams or lotions regularly to keep the skin hydrated, especially after bathing.
2. Topical Steroids : Steroid creams are used to reduce inflammation and itching, but only for short periods due to possible side effects.
3. Topical Calcineurin Inhibitors: Non-steroid creams like tacrolimus and pimecrolimus help reduce inflammation, especially on sensitive areas like the face, with fewer side effects.
4. Antihistamines: Oral antihistamines, like cetirizine or loratadine, can help control itching, especially at night.

## ACADEMIC SESSION ON IMPORTANCE OF BREASTFEEDING

14 Agust, 2024



Academic Session on The importance of Breastfeeding for Babies was presented by Dr Amina Zehra.





## ACADEMIC SESSION ON IMPORTANCE OF BREASTFEEDING

14 August, 2024

The World Health Organization (WHO) and American Academy of Pediatrics (AAP) recommend exclusive breastfeeding for the first six months of life, with continued breastfeeding alongside complementary foods for at least the first year, and beyond if desired.

Breastfeeding is an unparalleled source of nutrition and protection for the baby while offering numerous health and emotional benefits to the mother. It also fosters a strong mother-baby bond, crucial for the baby's overall development.

Breastfeeding is an unparalleled source of nutrition and protection for the baby while offering numerous health and emotional benefits. Some are provided below:

- Perfect nutrition
- Easily digestible
- Rich source of antibodies
- Enhanced immunity
- Low risk of infections
- Mother and child bonding

# TRAINING WORKSHOP ON DIGITAL MANAGEMENT OF TYPE 1 DIABETES MELLITUS (DMD1) BY DR. MOHAMMED JAWAD

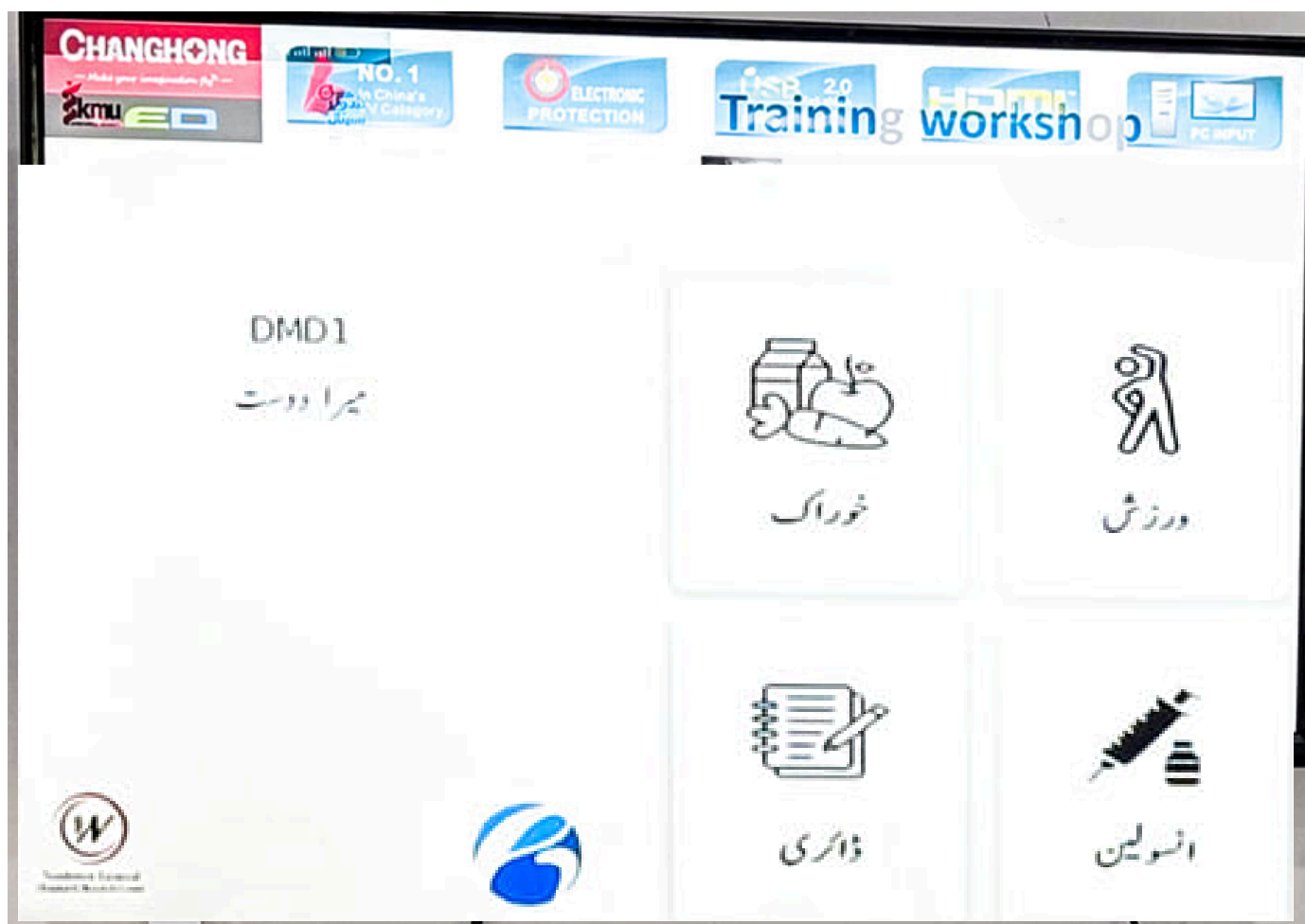
24 Agust, 2024





## MOBILE APP FOR DIABETES

24 Agust, 2024

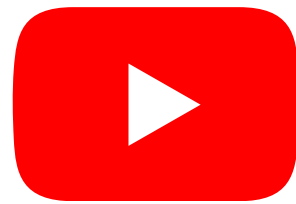


Dr. Jawad of Sugar Hospital has introduced a mobile app for Type 1 diabetics, allowing them to manage their condition and calculate daily carbohydrate intake. This tool marks a major step forward in diabetic care, giving patients enhanced control and accuracy.

**FOLLOW  
LIKE  
SHARE  
COMMENT**

## **Our Social Media**

**AIMS:**



**Sugar  
Hospital:**



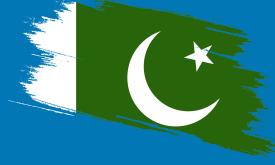


# HOW TO DONATE



**Bank Transfer:  
Cheque or Cash**

## Donate in Pakistan



ACCOUNT TITLE: AIMS PAKISTAN DISTRICT COMMUNITY PROGRAM

ACCOUNT NUMBER: 1759003156265090

IBAN: PK90NBPA1759003156265090

BRANCH CODE: 1759

BRANCH: HAYATABAD TOWNSHIP

ADDRESS: NBP PHASE 5 BRANCH, PESHAWAR, KPK, PAKISTAN

### Mobile App

Easy Paisa

03011155713

[www.pk.abaseen.org](http://www.pk.abaseen.org)



0915892728

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## Donate in USA



Scan QR Code:



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# *Call for* **VOLUNTEERS**



**Volunteers play a big role with us. We are looking for volunteers who can give time on a regular basis.**

## **BENEFITS OF VOLUNTEERISM**

- Rewards in this world and the hereafter.
- Personal growth.
- Health and well-being.
- Career development
- Social impact
- Learning opportunities

*Sugar Hospital is a charitable organization that provides care to the poor and needy. While those who can afford it are charged some fees, all earnings are put back into the hospital to facilitate patient care. It is a non-profit organization which means none of the profits go to the management, board members or any other individuals. All profits are put back in patient care.*



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