

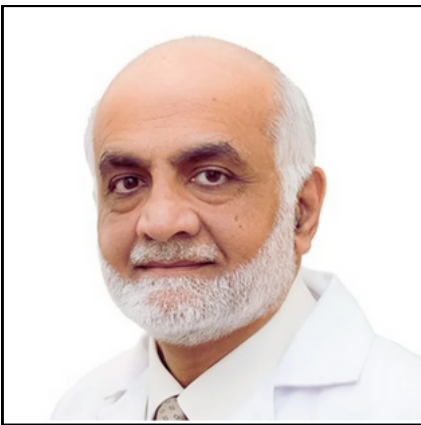
Abaseen Institute of Medical Sciences

NEWSLETTER

March 2025/ Vol 4 / Issue 1

میٹھی بات | خوبہ خبرہ | Sweet Talk

Message from CEO, Sugar Hospital



DR. ZIA UL HASAN

The blessed month of Ramadan is a time of reflection, devotion, and immense generosity, where every prayer and good deed is multiplied many times. It is a time to extend our hands to those in need, fulfilling our duty of compassion and charity.

As Prophet Muhammad (PBUH) said: "The best charity is that given in Ramadan (Tirmidhi)."

At Sugar Hospital, we are committed to serving patients who cannot afford quality medical treatment. Many of them rely solely on the generosity of donors like you. This Ramadan, we humbly appeal to your kindness and urge you to contribute towards our mission of raising PKR 23 million in Zakat for the year 2025.

Your Zakat and Sadaqah can bring hope, healing, and relief to those struggling with illness and financial hardship. Every contribution, big or small, can make a difference, and bringing smiles to those who have nowhere else to turn.

Ramadan Kareem! May this month bring you and your loved ones peace, prosperity, and countless blessings.

ABASEEN INSTITUTE OF MEDICAL
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THANK YOU DONORS!

February 27

Much thanks to our donors and supporters in Pakistan, Middle East, UK and United States. With their help, Sugar Hospital was able to provide critical care and medicines to patients last year. Their support is needed again so we need to raise PKR 23 Million (\$84,000 USD) for the coming year .

**Zakat Funds needed
from March 2025 to February 2026**

Donors	Allocation	Target(PKR)	Target (USD)
AIMS USA	40%	9,504,320	\$33,944
AIMS ME	30%	7,128,240	\$25,458
AIMS UK	15%	3,564,120	\$12,729
AIMS PAK	15%	3,564,120	\$12,729
Total:	100%	23,760,800	\$84,860

RAMADAN AND DIABETES AWARENESS SESSION

February 27



Ramadan and Diabetes

A special guidance program for diabetes patients, hosted by Sugar General Hospital during the blessed month of Ramadan on February 27

Sugar General Hospital Hosts Diabetes Awareness Program for Ramadan Today, Sugar General Hospital organized an informative session on diabetes management during Ramadan, guiding patients on essential precautions and healthy habits while fasting.

A panel of esteemed experts, including

- Prof. Dr. Roh ul Muqem,
- Dr. Muhammad Jawad,
- Dr. Abdul Jalil,
- Dr. Ahmad Zeb Khan,
- Mr. Ayaz Mujahid,
- Dr. Shahezeb Khan,
- Dr. Hidayat Ullah, and
- Dr. Ghazala Rehman, shared key insights on healthy diets and fasting strategies.

Patients actively participated in an interactive Q&A session, making the event a valuable initiative in the hospital's mission to support diabetes patients during Ramadan.

RAMADAN AND DIABETES AWARENESS SESSION

February 27

Prof. Dr. Rooh-ul-Muqim

Medical Director. MBBS, FCPS
(General Surgery)

Dr. Muqeem warmly welcomed everyone to the Ramadan Event. He emphasized the importance of understanding how fasting affects individuals with diabetes and the need for proper guidance to ensure a safe and healthy Ramadan.



Prof. Dr. Abdul Jalil Khan

Consultant Family Physician,
MBBS, MRCGP

Dr. Jalil discussed the Islamic and medical perspective:

- Who Can Fast?
 - Individuals with well-controlled Type 2 diabetes, who do not experience frequent hypoglycemia (low blood sugar) or hyperglycemia (high blood sugar).
 - Those who can manage their blood sugar levels through diet and mild medication adjustments.
- Who Should Avoid Fasting?
 - Type 1 patients who rely on multiple insulin doses.
 - Those with severe hypoglycemia or diabetic ketoacidosis (DKA).
 - Diabetics with complications such as heart disease, kidney issues, or nerve damage.



RAMADAN AND DIABETES AWARENESS SESSION

February 27

Rd. Ghazala Rehman
Certified Clinical Nutritionist

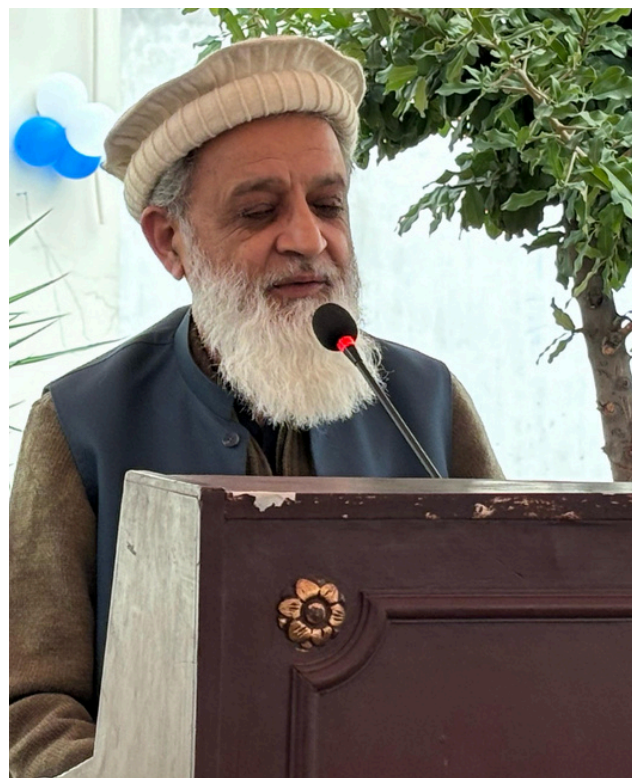
MS. Ghazala discussed the importance of a well-balanced diet for diabetic patients during Ramadan to help maintain stable blood sugar levels and overall well-being. She suggests:

- Proper meal planning
- Focusing on nutrient-dense foods that provide sustained energy and prevent sudden spikes or drops in blood sugar
- Staying well-hydrated between Iftar and Suhoor
- Preventing dehydration and maintaining kidney health
- Avoiding processed, fried, and sugary foods
- Portion control
- Mindful eating habits



PROF DR LAL MUHAMMAD KHATTAK
CONSULTANT EYE SURGEON / MBBS,
FCPS, ICO

Dr. Lal Muhammad Khattak discussed the impact of diabetes on eye health during Ramadan, focusing on potential risks and preventive measures. He explained how uncontrolled diabetes can lead to conditions like diabetic retinopathy, cataracts, and glaucoma, which may worsen during fasting due to blood sugar fluctuations. He emphasized the importance of regular eye check-ups, staying hydrated, and following a proper diet to protect vision. He also guided patients on recognizing warning signs such as blurry vision, eye pain, and dryness that require medical attention.



RAMADAN AND DIABETES AWARENESS SESSION

February 27

DR. JAWAD

MBBS, MCPS, Specialist Family
Physician Diabetologist

Dr. Jawad provided a detailed explanation of diabetes and its impacts in Ramadan:

- Type 1 Diabetes: An autoimmune condition where the pancreas produces little or no insulin. Individuals with Type 1 diabetes usually require insulin therapy and may face difficulties in fasting.
- Type 2 Diabetes: A condition where the body becomes resistant to insulin or doesn't produce enough. With proper medication adjustments and lifestyle modifications, some Type 2 diabetics may be able to fast safely.
- Gestational Diabetes: Occurs during pregnancy and usually resolves after childbirth, but requires careful monitoring during fasting.



Dr. Ahmad Zeb Khan

MBBS, FCPS (Medicine) FCPS
(Nephrology), SCE Nephrology (RCP UK)

Dr. Ahmad Zeb provided guidance for diabetic patients with kidney disease, emphasizing the high risks of fasting. He stressed the importance of hydration to prevent worsening kidney function. Medication adjustments, especially for diuretics, may be needed to avoid dehydration. A balanced diet with controlled protein intake is crucial to reduce strain on the kidneys. Patients should monitor warning signs like swelling, fatigue, or changes in urine output and break their fast if necessary. He advised those with advanced kidney disease should not fast due to the risk of severe complications.



RAMADAN AND DIABETES AWARENESS SESSION

February 27

Dr. Hidayat Ullah
MBBS, MD, FCPS, Registrar Sugar Hospital



Dr. Hidayatullah provided an in-depth explanation of diabetes, its types, and how it affects overall health in Ramadan. His discussion covered common symptoms like excessive thirst, frequent urination, fatigue, and slow wound healing in Ramadan. Dr. Hidayatullah emphasized the importance of blood sugar management, regular check-ups, and lifestyle modifications to prevent complications.

ATTRACTING INSURANCE BASED PATIENTS

AIMS Sugar Hospital is committed to achieving self-sustainability. Patients who can afford to pay are charged a fee for services, and all revenue from these paid services is reinvested into the community's deserving patients. One of the new strategies is to partner with companies that provide health insurance to their employees, allowing insured customers to access Sugar Hospital's services. With a team of top healthcare providers and state-of-the-art equipment, Sugar Hospital's charitable spirit makes it an appealing choice for patients.

In this regard, Sugar Hospital has established Memorandums of Understanding (MOUs) with three companies to refer their insured patients to Sugar Hospital. These companies are:

- Statelife
- East West Insurance
- Rescue 1122



**DR. MUQIM, MEDICAL DIRECTOR, SIGNING MOU WITH GHAYOR KHAN
DISTRICT EMERGENCY OFFICER (RESCUE 1122)**

ABASEEN INSTITUTE OF MEDICAL SCIENCES

AIMS USA FUNDRAISER

February 23



AIMS USA held a fundraiser in Texas on Feb. 23, 2025, to raise Zakat funds for diabetic patients in need. A huge THANK YOU to everyone who donated! May Allah SWT bless you abundantly. Donations can still be made at www.abaseen.org. Every contribution counts!



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MEDICAL CAMP AT REGI

19th February



Medical Camp was organized at Regi Rural Health Center by AIMS. The camp facilitated the local people of Regi. The camp provided the following facilities. The camp facilitated more than 65 patients.



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MEDICAL CAMP AT ST JOHN CATHEDRAL CHURCH

February 09



Medical Camp at St John Cathedral Church

On February 9th, 2025, AIMS organized a successful medical camp at St. John Cathedral Church, specifically catering to the minority community of Peshawar.



ABASEEN INSTITUTE OF MEDICAL SCIENCES

MEGA HEALTH SCREENING CAMP

January 10



The camp, attended by students and local residents, provided vital health services, including checkups for vitals, diabetes, hypertension, family medicine, nutrition, eye, dental, dermatology, feet, and mental health.

Event speakers included

- Dr. Muhammad Tufail
- Dr. Prof. Sara Safdar
- Dr. Mehr Taj Roghani
- Dr. Amin Jan
- Dr. Roh Ul Muqim
- Dr. Ahmad Zuhayr Mufti
- Dr. Fasih Iqbal

This initiative was offered as our ongoing commitment to promoting community health and well-being

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MEGA HEALTH SCREENING CAMP

January 10



ABASEEN INSTITUTE OF MEDICAL SCIENCES

X-RAY SERVICES NOW AVAILABLE AT SUGAR HOSPITAL



X-Ray Services are Now Available! Thanks to all donors who made this possible! It has greatly enhanced our capacity to provide efficient diagnosis and provide better care to patients.



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MEDICAL CAMP AT SWABI

January 08



Medical Camp was organized by AIMS and Khyber Medical University at KMU IHS Swabi Campus. In the camp, care and medicines were provided to the residents of Swabi.



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MEDICAL CAMP AT REGI

18th December



The Medical Camp at Regi Rural Health Center was organized by AIMS on 18th December 2024.



NEW STRATEGY FOR CAMPS TO MAKE THEM IMPACTFUL

AIMS has refined its camps strategy to enhance its impact at Regi. Each patient is now assigned a Family Treatment Supporter (FTS) to help manage their health progress. This support system ensures better adherence to treatment, especially for patients struggling with disease management. Patients complete an FTS form to regularly track their progress in medication (anti-diabetic and anti-hypertensive), diet, and exercise. This approach aims to improve health outcomes and better control diabetes.

IMPACT BASED CAMP

AIMS organizes Medical Camp that can create a positive Impact on patient health. A Family Based Treatment Supporters (FTSs) form is provided to the patient that enables the patient to record his/her progress regularly in regard to anti diabetic medicine, anti hypertensive medicine, diet restrictions and daily exercise.



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REGI VILLAGE – AN IMPACTFUL MEDICAL CAMP

STATISTICS

Number	Description
1,657	Community Members screened
1,182	Female screening
475	Male screening
1,657	Community members screened for diabetes
1,675	Community members screened for Hypertension
500	Community members screened for Cholesterol
143	HBA1C tests conducted
1,080	Treated for diabetes
918	Treated for hypertension

AIMS has been organizing diabetes awareness and healthcare camps in Regi Village, KP, a village of 25,000 residents. Due to various challenges, many of these individuals are unable to access urban hospitals. As a result, they are extremely grateful for the health care services delivered at their doorsteps

EDUCATION & AWARENESS SESSION
TOPIC: IPL HAIR REMOVAL METHOD

14th December



Presented by Dermatologist Dr. Shazia Naz, an education session was provided to the staff of Sugar Hospital. IPL (Intense Pulsed Light) hair removal is a popular, non-invasive treatment for reducing unwanted hair. Here's how it works:

- IPL device emits a broad-spectrum light that targets the hair follicle.
- The light is absorbed by the pigment in the hair, damaging the follicle.
- The damaged follicle slows down hair growth, and repeated treatments can lead to permanent hair reduction.



DETAILS ON IPL FOR HAIR REMOVAL

14th December

IPL (Intense Pulsed Light) hair removal is a non-invasive and effective treatment designed to reduce unwanted hair growth gradually over time. This advanced technology utilizes broad-spectrum light to target hair follicles beneath the skin's surface. The device emits controlled pulses of light, which are absorbed by the melanin in the hair shaft. As the melanin absorbs the light, it generates heat that weakens and eventually disables the hair follicle, preventing future growth.

IPL is particularly suitable for individuals with lighter skin tones and darker hair, as the contrast between the hair and skin allows the light to be absorbed more effectively. Unlike traditional laser hair removal, which uses a concentrated beam of light, IPL covers a broader area, making the treatment quicker and more efficient. However, since hair grows in different cycles, multiple sessions are required to achieve long-lasting, noticeable results.

While IPL is a safe and effective hair removal option, results may vary depending on factors such as hair color, skin type, and the frequency of treatments. Individuals with lighter or red hair, darker skin tones, or hormonal imbalances may experience different outcomes. For best results, it is essential to follow a consistent treatment schedule and consider occasional maintenance sessions to sustain smooth, hair-free skin. IPL is a versatile, pain-free, and cost-effective alternative to traditional hair removal methods such as shaving, waxing, and epilation, making it a popular choice for those seeking long-term hair reduction with minimal discomfort.

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PATIENT STORIES

Sugar Hospital has achieved a remarkable milestone by successfully operating on a patient with Situs Inversus and Dextrocardia, a rare congenital condition where the organs are reversed or mirrored from their normal positions.

The medical team's expertise and dedication have given the patient a second chance at life.



This patient was diagnosed with diabetes 8 years ago. He faced several problems. His kidneys and bladder were affected. Without any source of income, he relies on Sugar Hospital for his treatment. With the grace of Allah SWT, his condition is well managed.

Thank you donors for your support!



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WISHING A WARM WELCOME TO OUR NEW STAFF

Dr. Babar Zaheer, an ophthalmologist has joined our Hospital. He is an expert in providing comprehensive eye care services to patients.



Our surgical unit has been joined by Dr. Najeeb. He is a renowned surgeon for

- Plastic Surgery
- Cosmetic Surgery
- Reconstructive Surgery.



Dr. Hidayat MBBS (khyber medical college), MD, FCPS Training General Medicine (Hayatabad Medical Complex) has joined Sugar Hospital as the Senior Medical Officer and Registrar.



Meet Salman Zaman our new Operations Manager. He brings with him, vast experience in management, operations, procurement, and business development.



ZAKAT APPEAL : SPONSOR A CHILD



"اپنی نعمتیں بانٹیں: زکوٰۃ اور
عطیات دیں، امید دیں!"



For Zakat

Title: AIMS Pakistan Zakat Fund

Bank: National Bank of Pakistan

**Branch: Hayatabad Township Branch, NBP Phase V,
Peshawar**

IBAN Number: PK12NBPA175900415639637

Call: 03011155713

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VOLUNTEERS NEEDED




VOLUNTEERS NEEDED!



If you are interested in giving back to the community,
then you are at the right place!

More info, call us at:

 **03011155713**



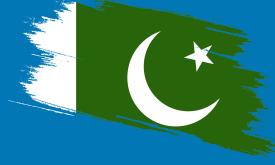
Scan me!

HOW TO DONATE



**Bank Transfer:
Cheque or Cash**

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ACCOUNT TITLE: AIMS PAKISTAN DISTRICT COMMUNITY PROGRAM

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

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