

ARTHRITIS CARE FOUNDATION

Annual Progress Report 2018-19



www.arthritiscare.org.pk

Arthritis Care Foundation

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FOREWORD

السَّلَامُ عَلَيْكُمْ

Warm Greetings on behalf of the Arthritis Care Foundation!

The progress made in the field of Rheumatology today offers much better outcomes to Rheumatic disease patients. Although the treatments available for Rheumatic diseases are effective in limiting pain, disability & premature death, these are expensive and not easily accessible by a vast majority of patients. As a consequence, the burden of Rheumatic diseases is growing at a fast pace in our country. The main objective of ACF is to provide assistance to deserving arthritis patients, for treatment, diagnostics and rehabilitation.

Since its establishment in 2010, Arthritis Care Foundation has been contributing towards enhancing access of Rheumatic patients for high quality diagnostics as well as medical and surgical treatments. During this short span of time, a growing number of patients have benefitted through the services offered by ACF and are managing to lead an active and productive life. This growth has been made possible with the enduring support of our worthy donors who have supported the cause and helped ACF extend its services to a growing number of patients with progressive joint damage and disability.

ACF is continuing to invest in addressing the critical shortage of qualified rheumatologists in Pakistan. Every year scholarships are awarded and opportunities are made available to doctors for acquiring advanced and specialized training in the field of Rheumatology.

As the disease continues to be surrounded by myths and misconceptions, ACF actively engages in awareness building campaigns whereby information about rheumatic diseases is disseminated amongst the general public through diverse mediums.

Journey of a thousand miles begins with a single step. ACF took that step and is fortunate to have the support of esteemed organizations like yours in helping ACF serve its mission of providing treatment to arthritis patients that are hugely dependent on its assistance. Such organizations indeed serve as a beacon of light and symbol of hope for us. As we enter another year full of hopes and aspirations, we look forward to strengthening our partnership with your ongoing support as it is only by working together that our fight in the war against disability can be won.

With warm regards,

Prof. Dr. Nighat Mir Ahmad
Founder Trustee & Chairperson
Arthritis Care Foundation (ACF)

Prof. Dr. Sumaira Farman Raja
Founder Trustee & Co-Chairperson
Arthritis Care Foundation (ACF)

ORGANIZATIONAL OVERVIEW

BACKGROUND

The founders of ACF started community services in Pakistan in 1998, with the establishment of Rheumatology Clinics at Akhtar Mubarak Referral Centre, Lahore, in collaboration with AFJOG and Fatima Memorial Hospital. These services were expanded to collaborate with the Health project of Behbud Association, Lahore, in 2005. These facilities provided free consultations, subsidized/free diagnostics, medications, physiotherapy and/or rehabilitation to indigent or less privileged arthritis patients. Arthritis Care Foundation was formally registered in 2010 as a step towards expanding and maximizing these services to deserving patients of rheumatic diseases requiring financial assistance.

MISSION

To establish, encourage, assist and support, Medical, Social Welfare and Educational activities, pertaining to deserving or under privileged patients, both adult and children with arthritis and other related rheumatic diseases, regardless of their gender, religion, caste, or colour, and without prejudice to the generality of the aforesaid.

OBJECTIVES

- To assist non-paying patients with diagnostic tests as well as with treatment including consultations, laboratory test, radiology, medicines and latest Biologic agents;
- To provide latest treatments, which are highly effective but expensive e. g. Biologic therapies;
- To establish an endowment fund for providing scholarships to trainees in Rheumatology, where by addressing the critical shortage of qualified rheumatologists in the country;
- To facilitate joint replacement for deserving arthritic patients, both children and adults;
- To establish a comprehensive physician, patient and public awareness program, through seminars and disease information booklets;
- To establish patient support groups
- To establish the first Institute of Rheumatic Diseases in Pakistan: for patient care, training and research; and collaborate with other organizations for this purpose.

MEMBERS EXECUTIVE COMMITTEE

CHAIRPERSON

Prof. Nighat Mir Ahmad, MD

MBBS, FACP, MACR

Diplomate American Board of Rheumatology

Diplomate American Board of Internal Medicine

Consultant Rheumatologist & Physician

Professor & Chair, Department of Rheumatology

National Hospital & Medical Centre, DHA, Lahore

CO-CHAIRPERSON

Prof. Sumaira Farman Raja

MBBS, FRCP, FACP, FACR,

SCE Rheumatology (UK)

Certificate Paediatric Rheumatology (Australia)

Consultant Rheumatologist & Physician

Professor & Co-Chair, Department of Rheumatology

National Hospital & Medical Centre, DHA, Lahore

GENERAL SECRETARY

Dr. Muhammad Ahmed Saeed

MBBS, FACP, FACR,

FCPS Rheumatology

FCPS Internal Medicine

Consultant Rheumatologist & Physician

Associate Professor & Head Department of Rheumatology

National Hospital & Medical Centre, DHA, Lahore

FINANCE SECRETARY

Ms. Samina Sultana

BA, LLB

Managing Partner, Alliance Education Management Services

JOINT SECRETARY

Dr. Col. Tauseef Irfan

MBBS, MRCP

Consultant Family Physician

JOINT FINANCE SECRETARY

Dr. Shabnum Sarfraz

MBBS, MBA, Harvard Global Health LEAD Fellow

Member Social Sector & Devolution

Ministry of Planning, Development & Reform

Planning Commission

Government of Pakistan

BOARD OF TRUSTEES

Justice (Retd.) Amir Raza

BA (Honors), LLB (Pb), LLM (Harvard University)

Prof. Dr. Tasnim A. Raza,

MBBS, M.Phil Anatomy (Pb)

Director Health Project, Behbud, Lahore

Mr. Farid Ahsanuddin

Chief Executive

Engineering Corporation (Pvt) Ltd.

Ms. Anjum Ahmed

CEO

Learning Alliance (Pvt) Ltd

Ms. Laila Nusrat,

Chairperson

Bali Memorial Trust

Ms. Uzma Ahmad

LLM (USA), LLB (PU)

Legal Consultant (Corporate Governance)

Mr. Assad Ahmad

BA Economics (Yale University, USA)

Principal/Senior Executive Officer

Frere Hall Capital Management (UAE)

LIST OF VOLUNTEER SPECIALISTS AND DOCTORS

<p>Prof. Nighat Mir Ahmad, MD MBBS, FACP, MACR Diplomate American Board of Rheumatology Diplomate American Board of Internal Medicine Consultant Rheumatologist & Physician Professor & Chair, Department of Rheumatology National Hospital & Medical Centre, DHA, Lahore</p>	<p>Prof. Sumaira Farman Raja MBBS, FRCP, FACP, FACR, SCE Rheumatology (UK) Certificate Paediatric Rheumatology (Australia) Consultant Rheumatologist & Physician Professor & Co-Chair, Department of Rheumatology National Hospital & Medical Centre, DHA, Lahore</p>
<p>Dr. Muhammad Ahmed Saeed MBBS, FACP, FACR, FCPS Rheumatology, FCPS Internal Medicine Consultant Rheumatologist & Physician Associate Professor & Head Department of Rheumatology National Hospital & Medical Centre, DHA, Lahore</p>	<p>Dr. Saira Elaine Anwer Khan MBBS, MRCP (UK) SCE Rheumatology (UK) Consultant Rheumatologist & Physician Assistant Professor, Division of Rheumatology FMH College of Medicine & Dentistry, Lahore</p>
<p>Dr. Shabnam Batool MBBS, FCPS (Medicine) FCPS (Rheumatology) Senior Registrar, Division of Rheumatology FMH College of Medicine & Dentistry, Lahore</p>	<p>Dr. Muhammad Razaqat Hameed MBBS, FCPS (Medicine) SCE Rheumatology (UK) Senior Registrar, Department of Rheumatology National Hospital & Medical Centre, DHA, Lahore</p>
<p>Dr. Col. Tauseef Irfan MBBS, MRCP Consultant Family Physician</p>	<p>Dr. Amna Ahmed MBBS, FCPS (Medicine) Consultant Physician & Rheumatologist Senior Registrar, Department of Rheumatology National Hospital & Medical Centre, DHA, Lahore</p>
<p>Dr. Muhammad Yasir Imran MBBS, FCPS (Medicine), FCPS (Rheumatology) Assistant Professor of Rheumatology East Medical Ward, King Edward Medical University, Lahore</p>	<p>Dr. Bilal Azeem Butt MBBS, FCPS (Medicine), FCPS (Rheumatology) Assistant Professor of Medicine, Fatima Jinnah Medical University, Sir Gangaram Hospital, Lahore</p>
<p>Dr. Ghazala Mukhtar MBBS, National Hospital, Lahore</p>	<p>Dr. Tasnim Rasheed MBBS, Behbud Association, Lahore</p>
<p>Dr. Samra Yasmeen MBBS, National Hospital, Lahore</p>	<p>Dr. Roshila Shamim MBBS, FCPS (Medicine)</p>
<p>Dr. Zeeshan Aslam MBBS, FCPS (Medicine)</p>	<p>Dr. Haseeb Khan MBBS, FCPS (Medicine)</p>
<p>Dr. Asad Ullah Khan MBBS, FCPS (Medicine)</p>	<p>Dr. Muhammad Faiq MBBS, FCPS (Medicine)</p>
<p>Dr. Naveed Aslam MBBS, FCPS (Medicine), FACP</p>	<p>Dr. Zia Uddin MBBS, FCPS (Medicine)</p>
<p>Dr. Farhan Bashir MBBS, FCPS (Medicine)</p>	<p>Dr. Sumera Ghani MBBS, FCPS (Medicine)</p>
<p>Dr. Tashia Malik MBBS, FCPS (Medicine)</p>	

PROGRESS REPORT 2018-19

PATIENT TURNOVER

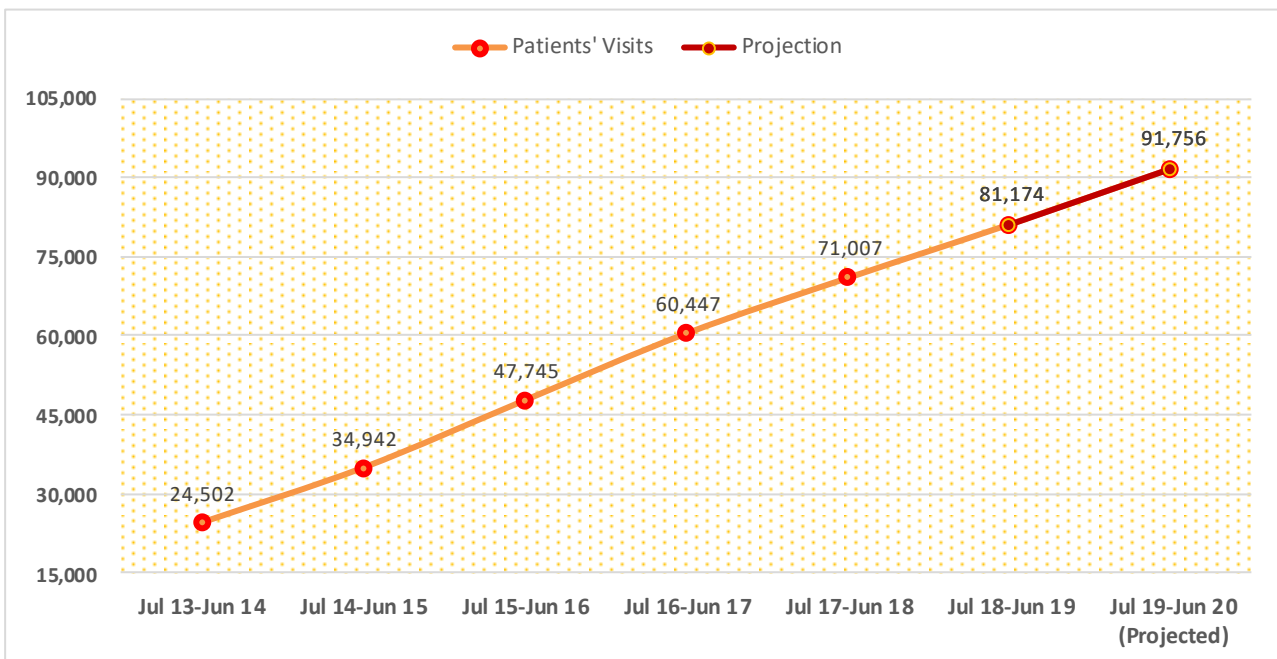
Founders of ACF who pioneered rheumatology services in the city of Lahore in 1998, together with their dedicated team of Consultants/Specialist Registrars are currently providing free or subsidized patient care through various General Collaborative Rheumatology Clinics.

During the current financial year, we are hoping to reach out to around 10,000 patients' visits. It is important to highlight here that other than these free/general patient categories, the same team is also providing consultations to the white-collar patients in the semi-private clinics.

Alhamdulillah, these thousands of patients are saved from getting crippled and will therefore be useful members of society. It is important to remember here that when Rheumatic patients do not receive timely and effective treatment, they face the risk of disability and are even unable to carry out simple routine daily tasks.

'Every Day Counts' is the tagline for our arthritis awareness campaigns.

FIGURE 1: TREND OF PATIENTS' VISITS (ACCUMULATED) IN ALL ACF-FUNDED CLINICS



ACF SUPPORTED CLINICS

ACF supported the following projects:

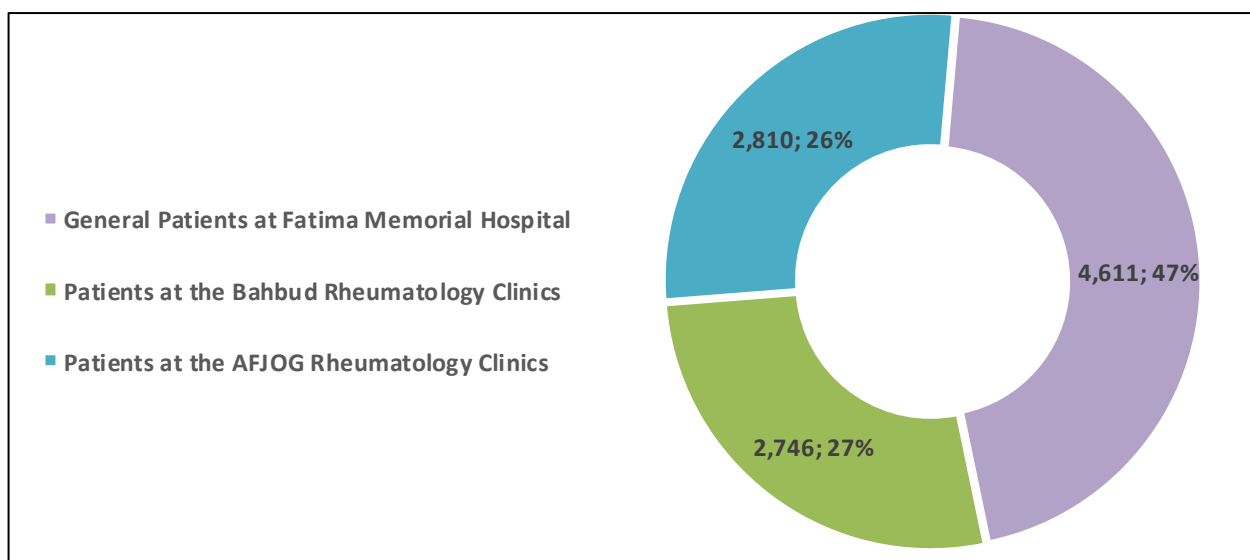
- ACF & Division of Rheumatology, Fatima Memorial Hospital (FMH)
- ACF & Behbud Collaborative Rheumatology Clinic
- ACF & Association of Fatima Jinnah Old Graduates (AFJOG) Rheumatology clinic
- In-patients at National Hospital and Medical Center
- ACF Lupus clinic
- Dispensary at ACF Office

ACF & DIVISION OF RHEUMATOLOGY, FATIMA MEMORIAL HOSPITAL (FMH)

FMH Division of Rheumatology was headed by Prof. Nighat Mir Ahmad MD, who is an American Board-Certified Rheumatologist and amongst first few doctors who laid the foundation of this new emerging specialty in Pakistan. Division of Rheumatology had overwhelming patient load due to extreme shortage of rheumatologists and unavailability of rheumatology services in government institutions. In order to cater to poor and white-collar arthritis patients, the faculty established a first ever trust by the name of Arthritis Care Foundation (ACF).

ACF provided free medications, biologics, diagnostics, joint replacements and expensive treatment to deserving inpatients as well as out-patients seen at the FMH Division of Rheumatology. In the financial year 2018-19, ACF spent Rs. 19,355,313 on providing medications, biologics, facilitating diagnostics and joint replacements for to general patients seen at Fatima Memorial Hospital (FMH).

FIGURE 2 : COMPOSITION OF PATIENT VISIT'S TURNOVER AT THE PROJECTS SPONSORED BY ACF



ACF & BEHBUD COLLABORATIVE RHEUMATOLOGY CLINIC

Free Rheumatology clinics were started in collaboration with Behbud Association, in 2006. ACF funded trainees provide free consultation twice a week at this clinic. It is ensured that one of the consultant attends their monthly health project meeting. ACF sponsored the cost for medications & biologics for rheumatology patients seen at the Behbud Clinic.

In the last financial year 2018-19, ACF sponsored free medicines and medical tests at the Behbud rheumatology clinics worth Rs. 2,936,162. Behbud provides clinic space, ancillary support staff, diagnostic facilities and physiotherapy to rheumatology patients at subsidized rates.

ACF & ASSOCIATION OF FATIMA JINNAH OLD GRADUATES (AFJOG)

Free weekly Rheumatology clinics were started at Akhtar Mubarak Referral Center (AMRC), Lahore in 1996 and later were moved to AFJOG. AFJOG provides clinic space and support of ancillary staff, diagnostic facilities and physiotherapy free of cost to rheumatology patients.

ACF is sharing with AFJOG AMRC the cost of medications provided to indigent arthritis patients and funding salary of senior medical officer worth Rs. 45,000/- per month with the support of one of ACF international donors. ACF team comprising of Rheumatology consultants, senior registrar and PG trainees provide free consultation. During the last financial year, there were 2810 rheumatology patients'

visits at AMRC rheumatology clinics. In the financial year 2018-19, ACF contributed medications worth Rs. 103,197.

IN-PATIENTS AT NATIONAL HOSPITAL AND MEDICAL CENTRE

Towards the end of financial year in review, ACF's founding members i.e. Prof. Nighat Mir Ahmad; Chairperson, Prof. Sumaira Farman Raja; Co-Chairperson and Dr. Muhammad Ahmed Saeed; General Secretary, have shifted their training & fellowship program from Fatima Memorial System to National Hospital Post Graduate Institute. ACF Board of Trustees have approved realignment of its projects in line of ACF's objectives including patient care, research, teaching and training. Arthritis Care Foundation had entered into a Memorandum of Understanding with National Hospital & Medical Center with a vision to facilitate less privileged in-patients, whereby ACF is providing medications to deserving patients and National Hospital is facilitating through discounted rates for in-patient admissions & diagnostics of ACF referred patients.

ACF faculty through its efforts got the Department of Rheumatology at National Hospital & Medical Centre, Lahore accredited for post graduate trainee program by College of Physician & Surgeons Pakistan (CPSP). Two post graduate trainee fellows have been inducted in the training program, being funded by ACF, will be providing patient care services in ACF collaborative free clinics.

ACF LUPUS CLINIC

ACF acquired designated clinical space for subsidized/charity clinics at Shadman office. Less privileged patients from across the province come for consultation from qualified Consultant Rheumatologists. Deserving patients are also provided with free medications from dispensary.

ACF DISPENSARY

ACF acquired premises on rent at Shadman, Lahore for its office and dispensary. Patients seen at various clinics supported by ACF are dispensed with free medication at Shadman Dispensary under supervision of qualified Pharmacist.

ACF SUPPORTERS

- Association of Fatima Jinnah Old Graduates (AFJOG)
- Behbud Association
- INFAQ Foundation
- Learning Alliance Pvt. Ltd
- I-Care Foundation
- Zaman Foundation
- Ashai Support Program
- Siddiq Shafi Trust
- Askari Cement Ltd.
- MCB Islamic Bank Ltd
- Gloves N Gloves, Lahore
- Jamal Rug Weavers Pvt. Ltd
- WAK Group (Wak Gas)
- Rafi Group
- Pakistan State Oil (PSO)
- Convent of Jesus & Mary
- Interwood Mobel Pvt. Ltd.
- Tabba Foundation
- M. Khawaja Sports Pvt. Ltd
- National Bank of Pakistan

- Al-Hamd Corporation
- Welfare Network
- Hope Uplift Foundation
- Murree Brewery
- Systems Limited
- Waheed Sons
- Siddiqsons Limited
- Sitara Chicks Layer Farm
- Shafisons Engineering Pvt Ltd
- Fatima Latif Welfare Trust (Fast Cables)
- White Pearl Rice Mills Ltd.
- Pakistan Flour Mills Association
- Al-Razi Healthcare Pvt. Ltd.
- Chughtai Lab Pvt. Ltd.
- Chaudhry Nasrullah Family Trust
- Horizon Logistics & Safety

ACF SERVICES

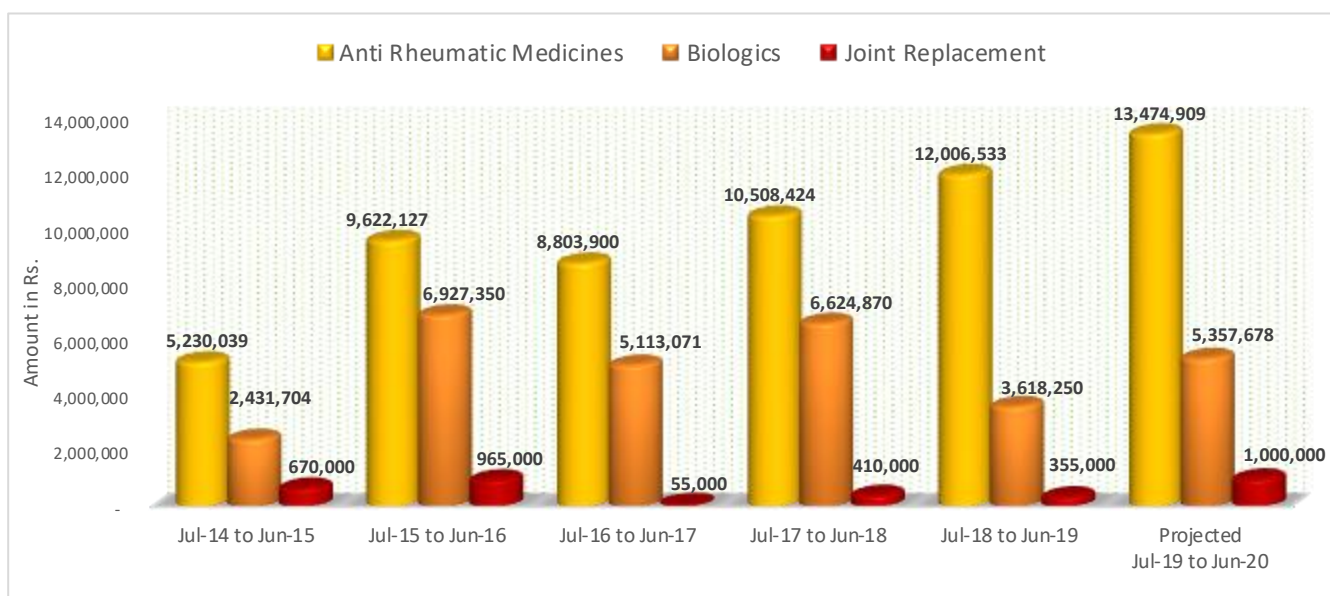
ACF services are listed as below:

1. Conventional Disease Modifying Medications, Diagnostics and Rehabilitation
2. Biologics (Rituximab, Etanercept, Tocilizumab)
3. Joint Replacements Facilitation
4. Expensive Medications for Lupus (SLE) Patients (Mycophenolate Mofetil)
5. Scholarship(s) for Rheumatology Trainee (s)/Fellow(s)
6. Health Awareness Campaigns
7. Printing of Patient Educational Brochures/Newsletters

CONVENTIONAL DISEASE MEDICATIONS, DIAGNOSTICS AND REHABILITATION

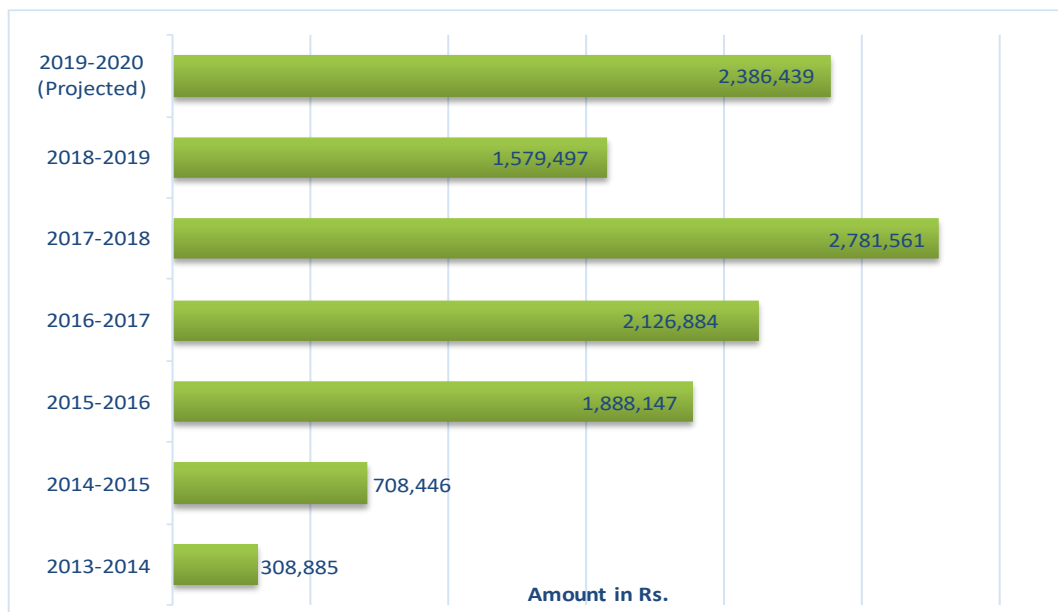
Arthritis patients are first started on conventional disease controlling medications. The average cost for the first line medications ranges from Rs. 15,000 to 80,000 per month.

FIGURE 3 : EXPENDITURE TRENDS; HEALTH PROJECTS



Lab tests and diagnostics have always been essential for screening of disease and proper treatment of patients. Therefore, ACF facilitated Diagnostics through funding of Rs. 1,579,497/- during financial year ending June 30, 2019 and increased its budgeted amount upto Rs. 2,386,439/- for current financial year in order to facilitate for more number of patients.

FIGURE 4 : EXPENDITURE TRENDS; DIAGNOSTICS/LAB TEST



BIOLOGICS

Severe Resistant Arthritis and Lupus Patients who do not respond to conventional therapy are given Biologics. These include Rituximab, Etanercept and Tocilizumab. Apart from these there is another class of expensive medication called IVIG which is very expensive and used for life threatening complications of diseases like Lupus and Myositis.

It must be noted that timely intervention with Biologics prevents disability & therefore prevents need for Joint Replacement. Therefore in addition to a huge clinical benefit, there is significant health and economic impact as well. A total of Rs. 3,618,250 was expensed during July 2018 to June 2019 on provision of costly Biologics.

ACF team is not only providing facilitation to patients but also channelizing the deserving patients to Pakistan Bait-ul-Mal; liaising with patient support programs initiated by some pharmaceutical firms.

Two of the ACF team members are currently working in public sector hospitals; one at Mayo Hospital and other one at Sir Gangaram Hospital Lahore, have been mainly facilitating these deserving ACF referred patients.

Amount allocated on procuring biologics during the current financial year is around Rupees 5.5 Million

treatment is 2 – 5 years. Previously the cyclophosphamide was the drug of choice in this potentially life threatening disease. Although cheaper, cyclophosphamide is potentially toxic and may cause infertility in young people; MMF is more expensive but does not carry this risk.

MMF is a long term treatment and it is anticipated that in the coming fiscal year this number will go up. In order to continue providing this costly but effective treatment ACF requires at least Rs. 10 Million.



Mr. Imran, 22 years young labourer, diagnosed with Spondyloarthritis (SPA). He belongs to very poor family and lives with his elder brother. He is being treated with expensive medications (Biologics; Secukinumab) through support of Arthritis Care Foundation (ACF). Due to financial constraints, ACF seeks support for his continuous treatment. Cost of his monthly treatment is around 100,000/-.



JOINT REPLACEMENTS

For patients with advanced Osteoarthritis and Rheumatoid Arthritis with irreversible damage to joints, joint replacements are the only option left. ACF has been sponsoring joint replacements of deserving patients since its inception. A single hip replacement costs around Rs. 250,000 to Rs. 300,000 and bilateral knee replacement costs more than Rs. 500,000.

There is a growing number of patients requiring financial assistance for joint replacements which is crucial for them to serve as useful members of the society, ACF targets to reach out to more in need and is seeking Rs. 2,500,000 to help extend this service in the coming year.

REHABILITATION EQUIPMENT

Every year ACF spent a handful amount on provision of rehabilitation equipment to indigent patients. These equipment includes walkers, crutches, rollators, canes as well as manual and electric wheelchairs. During last financial year, ACF provided rehabilitation devices of worth Rs. 151,500. Through this facilitation ACF tries to fulfil its aim of encouraging patients to become an independent member of the society.

SCHOLARSHIP(S) FOR RHEUMATOLOGY TRAINEE (S)/FELLOW(S)

There are increasing number of patients requiring advice and treatment, but they are restricted not only by the financial constraints that they face but also by the critically low number of experts in the field of Rheumatology in our country.

It is estimated that for a population of above 210 Million, minimum of 2500 Rheumatologists are needed. Pakistan only has a handful of Rheumatology experts i.e. around 75, a number critically deficient to meet the needs of a large number of Rheumatic patients.

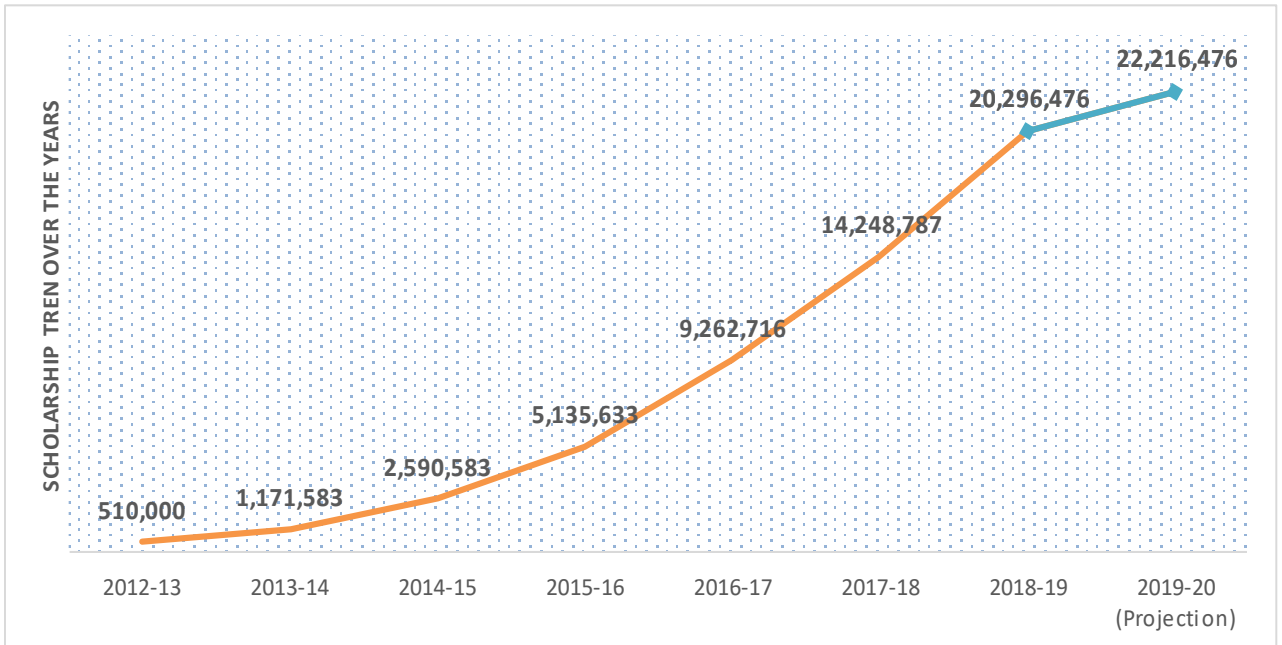
Recognizing the need for more experts in the field, ACF started scholarships fund for training in Rheumatology. ACF takes an undertaking from the recipients of the scholarship to dedicate at least one day per month after completion of their training towards providing free service to Rheumatic patients.

These trainee fellows during their training conduct free clinics at ACF supported clinics under supervision of qualified consultants. These residents also participate in patient awareness programs.

Following is the detail of scholarships for FY 2018-19:

- ✎ Mir-Farman-Tariq-Mehboob Scholarships for supporting Junior Faculty
- ✎ Naim-Salam Scholarship
- ✎ Rao Farman-Aesha Farman Scholarship
- ✎ Zaman Foundation Scholarship
- ✎ INFAQ Foundation Scholarship (2x)

Figure 5 : Accumulated Trend of Scholarship Funds for Post-Graduates

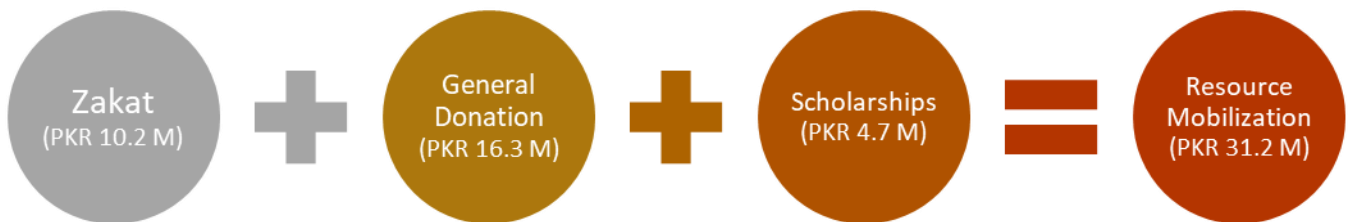


Since inception ACF spent more than Rs. 20 Million on scholarship funding. A total of Rs. 6,047,689 was spent on scholarship of Post Graduate trainees in 2018-19.

RESOURCE MOBILIZATION

ACF ran several charity drives during the year and collected Rs. 10,212,150 through Zakat. We are grateful to our donors for support and assistance, which is always utilized with the utmost care. List of our corporate donors is also growing.

FIGURE 6 : DONATIONS COLLECTED IN DIFFERENT CATEGORIES DURING 2018-19



Zakat donations are exclusively spent on medications for deserving patients in line with the Shariah.

PUBLIC AWARENESS PROGRAMS/WALKS AND PRINTING OF BROCHURES/NEWSLETTERS:

ACF holds frequent public awareness activities including organizing educational seminars & walks and prints brochures on various rheumatic diseases and newsletters for patients & general public. During the year, ACF team organized various educational/awareness seminars and walks in collaboration with Department of Medicine, Fatima Jinnah Medical University, Lahore. This is part of ACF commitment towards public awareness about these diseases.

PUBLIC AWARENESS SEMINAR & WALK IN CONNECTION WITH ‘WORLD LUPUS DAY & WORLD ANKYLOSING SPONDYLITIS DAY’ IN COLLABOTATION WITH DEPARTMENT OF MEDICNE, FATIMA JINNAH MEDICAL UNIVERSITY, MAY 2019



PUBLIC AWARENESS SEMINAR & WALK IN CONNECTION WITH ‘WORLD ARTHRITIS DAY’ IN COLLABOTATION WITH DEPARTMENT OF MEDICNE, FATIMA JINNAH MEDICAL UNIVERSITY, OCTOBER 2019



VETERAN ACTRESS "MS. SAMINA PEERZADA", VISITED ACF COLLABORATIVE CHARITY CLINIC AT AFJOG HOUSE, LAHORE. SHE MET PATIENTS AND ADMIRERD EFFORTS OF ACF TEAM.



GLOBAL RHEUMATOLOGY EDUCATIONAL INITIATIVE

Arthritis Care Foundation, in collaboration with Royal Society of Medicine (RSM) UK and Royal College of Physicians (RCP) UK, organized a three-day educational program “Global Rheumatology Educational Initiative” in Lahore. The renowned speakers were Prof. Dr. Ali S. M. Jawad (Vice President Global, RCP), Prof. Dr. John Axford (Honorary Secretary, RSM) and Dr. Maaz Ali Abbasi (Consultant Radiologist, University College London Hospitals NHS Foundation Trust, UK).

This educational initiative was organized in Services Institute of Medical Sciences (SIMS) Lahore, University of Health Sciences (UHS) Lahore and Fatimah Jinnah Medical University (FJMU) Lahore, respectively. The second day of the event at UHS, was mainly for family physicians and scientific program was drafted as per their needs.

Panel discussions to improve teaching, training and research in Rheumatology in a developing country like us, were conducted by Prof. Nighat Mir Ahmed MD, Prof. Dr. Sumaira Farman Raja and Dr. Muhammad Ahmed Saeed, together with Prof. Dr. Javed Akram (VC, UHS), Prof. Dr. Khalid Masood Gondal T.I (VC, KEMU), Prof. Dr. Amer Zaman Khan (VC, FJMU), Prof. Dr. Mahmood Ayaz (Principal, SIMS) during this conference.



PROF. DR. ALI JAWAD

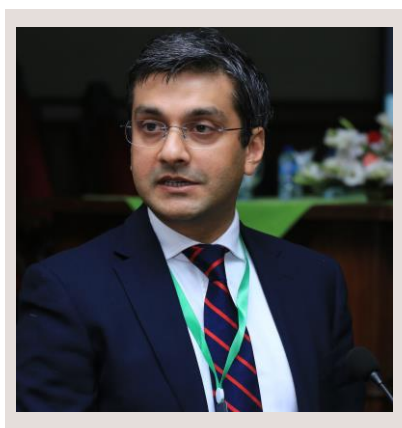




PROF. DR. JOHN AXFORD



DR. MAAZ ALI ABBASI



ANOTHER MILESTONE ACHIEVED

ACF team is pleased to share the inauguration of Rheumatology Clinic at Fatima Jinnah Medical University (FJMU), Lahore. Dr. Bilal Azeem Butt who joined FJMU as Assistant Professor of Medicine, has been trained by ACF faculty, funded through Arthritis Care Foundation with the support of donor organization; "Hope Uplift Foundation".

ACF through funding training positions is trying to improve access for millions suffering from arthritis and related diseases in Pakistan.



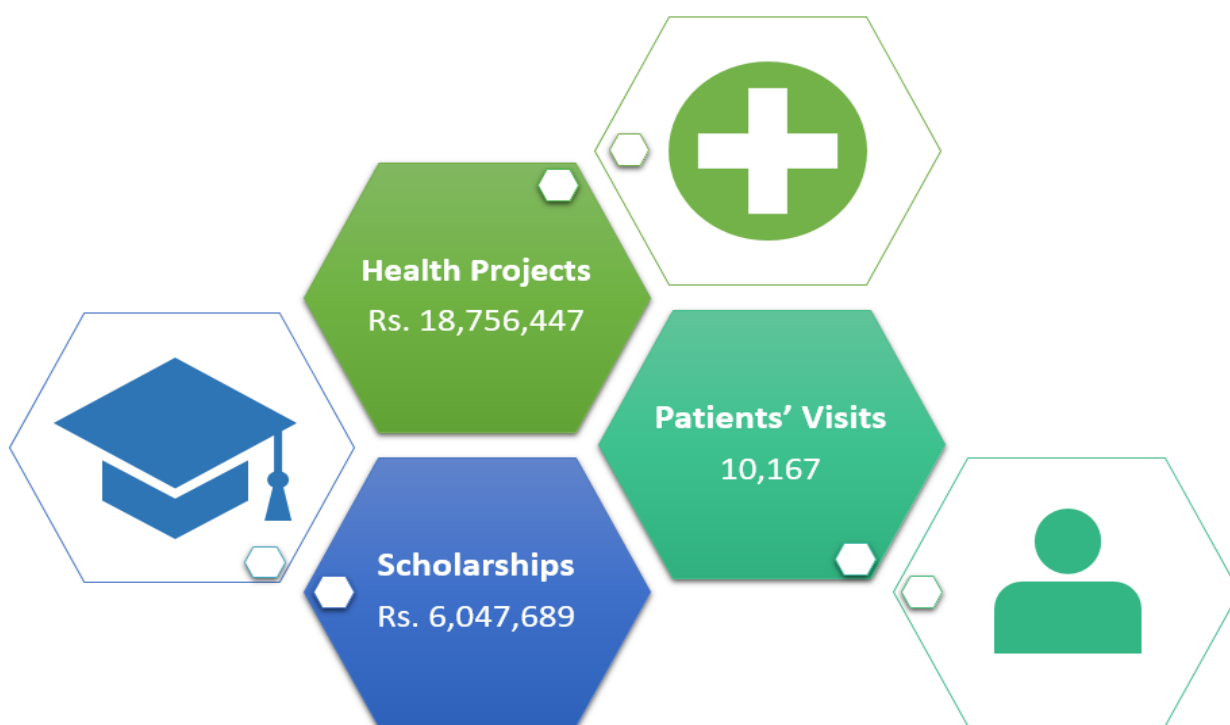
TARGETS FOR CURRENT FINANCIAL YEAR 2019 – 20

With enhanced scope and aspiration of reaching out to more number of patients this year, ACF aims to aggressively mobilize the resources to meet the forecasted targets for the year 2019-2020. ACF has set its target for fundraising as above Rs 50 Million.

TABLE: EXPENSES SUMMARY FOR 2017-19 AND FORECASTED BUDGET FOR 2019-20

Expenses Heads	Expenses Incurred 2017-2018	Expenses Incurred 2018-2019	Projected Expenses 2019-2020*
EXPENSES ON HEALTH PROJECTS			
- Expenses on Anti Rheumatic Medications	10,508,424	12,006,533	13,474,909
- Expenses on Biologics	6,624,870	3,618,250	5,357,678
- Expenses on Diagnostics	2,781,561	1,579,497	2,386,439
- Expenses on Clinical Staff Salaries	940,883	1,045,667	1,802,517
- Expenses on Assist Devices	116,500	151,500	250,000
- Expenses on Joint Replacement	410,000	355,000	1,000,000
- Expenses on In-Patients' Treatment	-	-	1,800,000
- Rental Space for Charity Clinic	-	-	602,400
EXPENSES ON SCHOLARSHIPS	4,986,071	6,047,689	1,920,000
EDUCATIONAL, RESEARCH & TEACHING EXPENSES	-	-	2,000,000
ADMINISTRATIVE EXPENSES	3,584,301	3,265,671	4,956,675
Grand Total	29,952,610	28,069,807	35,550,618

* 26.65% projected increase based on average per month expenses



AUDIT REPORT
Arthritis Care Foundation

2018-19

INDEPENDENT AUDITORS' REPORT TO THE BOARD OF TRUSTEES

Opinion

We have audited the financial statements of **Arthritis Care Foundation (the Trust)**, which comprise the statement of financial position as at **June 30, 2019**, and the income and expenditure account, statement of changes in fund, and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the **Trust** as at **June 30, 2019** and its financial performance and its cash flows for the year then ended in accordance with Accounting Standard for Not for Profit Organisations (NPOs) issued by ICAP.

Basis for Opinion

We conducted our audit in accordance with the International Standards on Auditing (ISAs) as applicable in Pakistan. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Statements* section of our report. We are independent of the Trust in accordance with the International Ethics Standards Board for Accountants' Code of Ethics for Professional accountant as adopted by the Institute of Chartered Accountants of Pakistan (the Code), and we have fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those charged with Governance for the Financial Statements

The Trustees are responsible for the preparation and fair presentation of the financial statements in accordance with International Financial Reporting Standards (IFRS) as adopted by Institute of Chartered Accountants of Pakistan, and for such internal control as the Board of Trustees determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, Trustees are responsible for assessing the Trust's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Trust or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Trust's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements


Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs as applicable in Pakistan will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.


As part of an audit in accordance with ISAs as applicable in Pakistan, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Trust's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to the events or conditions that may cast significant doubt on the Trust's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Trust to cease to continue as a going concern.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

Date: 05 NOV 2019
Place: Lahore


UHY Hassan Naeem & Co.
Chartered Accountants
Ibne Hassan (FCA)



Arthritis Care Foundation
Statement of Financial Position
As at June 30, 2019

FUNDS AND LIABILITIES	Note	2019 Rupees	2018 Rupees	ASSETS	Note	2019 Rupees	2018 Rupees
Funds				Non-current assets			
Accumulated surplus - unrestricted		21,522,198	17,913,977	Equipment	6	280,674	205,531
Reserve fund		640,882	640,882	Intangible	7	31,500	42,000
Deferred grant - income based		99,754	55,145				
		<u>22,262,834</u>	<u>18,610,004</u>			<u>312,174</u>	<u>247,531</u>
Current liabilities				Current assets			
Accrued liabilities	4	15,378	27,331	Short term investments	8	6,543,162	6,543,162
				Advance, deposit and other receivables	9	194,483	255,379
				Stocks	10	846,062	1,326,851
				Cash and bank balance	11	14,382,331	10,264,412
						<u>21,966,038</u>	<u>18,389,804</u>
Contingencies and commitments	5					<u>22,278,212</u>	<u>18,637,335</u>
						<u>22,278,212</u>	<u>18,637,335</u>

The annexed notes 1 to 22 form an integral part of these financial statements

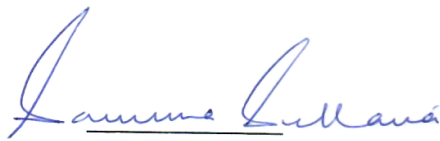

Finance Secretary



Chairperson

Arthritis Care Foundation
Income and Expenditure Account
For the year ended June 30, 2019

	Note	Restricted fund	Un-restricted fund	2019 Total	2018 Total
------(Rupees)-----					
INCOME					
Donations	12	7,658,701	23,596,353	31,255,054	33,234,524
Interest income	13	-	422,974	422,974	293,665
		<u>7,658,701</u>	<u>24,019,327</u>	<u>31,678,028</u>	<u>33,528,189</u>
EXPENDITURE					
Expenses on health projects	14	5,536,443	13,220,004	18,756,447	21,382,238
Expenses on scholarships	15	2,122,258	3,925,431	6,047,689	4,986,071
Administrative expenses	16	-	3,258,547	3,258,547	3,572,282
Finance cost		-	7,124	7,124	12,019
		<u>7,658,701</u>	<u>20,411,106</u>	<u>28,069,807</u>	<u>29,952,610</u>
Surplus of income over expenditure before taxation		<u>-</u>	<u>3,608,221</u>	<u>3,608,221</u>	<u>3,575,579</u>
Taxation		-	-	-	-
Surplus of income over expenditure after taxation		<u>-</u>	<u>3,608,221</u>	<u>3,608,221</u>	<u>3,575,579</u>

The annexed notes 1 to 22 form an integral part of these financial statements



Finance Secretary



Chairperson

Arthritis Care Foundation
Statement of Changes in Accumulated Funds
For the year ended June 30, 2019

Particulars	Unrestricted fund	Reserve fund	Deferred grant income based	Total
-----Rupees-----				
Balance as on July 01, 2017	14,338,398	640,882	-	14,979,280
Transferred from income and expenditure account	3,575,579	-	55,145	3,630,724
Balance as on June 30, 2018	17,913,977	640,882	55,145	18,610,004
Balance as on July 01, 2018	17,913,977	640,882	55,145	18,610,004
Grant/donation received during the year	24,019,327	-	7,703,310	31,722,637
Transferred from income and expenditure account	(20,411,106)	-	(7,658,701)	(28,069,807)
Surplus for the year	3,608,221	-	44,609	3,652,830
Balance as on June 30, 2019	21,522,198	640,882	99,754	22,262,834

The annexed notes 1 to 22 form an integral part of these financial statements.


Finance Secretary


Chairperson

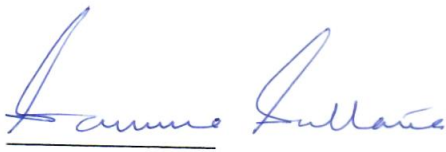
Arthritis Care Foundation

Statement of Cash Flows

For the year ended June 30, 2019

	Note	2019 Rupees	2018 Rupees
Cash flow from operating activities			
Surplus of income over expenditure before taxation		3,608,221	3,575,579
Adjustments for non cash items:			
Depreciation	6	29,457	24,890
Amortization	7	10,500	10,500
Finance cost		7,124	12,019
		<u>47,081</u>	<u>47,409</u>
Operating cash flows before working capital changes		3,655,302	3,622,988
Working capital changes:			
(Increase)/decrease in accrued liabilities		(11,953)	1,035
Decrease in advance, deposit and receivable		60,896	279,611
Decrease/(increase) in stocks		480,789	(429,203)
		<u>529,732</u>	<u>(148,557)</u>
Cash used in operations		4,185,034	3,474,431
Finance cost paid		(7,124)	(12,019)
Net cash generated from operating activities		4,177,910	3,462,412
Cash flows from investing activities			
Purchase of equipment		(104,600)	(41,800)
Net cash outflow from investing activities		(104,600)	(41,800)
Cash flows from financing activities			
Grant received - net		44,609	55,145
Net cash generated from financing activities		44,609	55,145
Net increase in cash and cash equivalents		4,117,919	3,475,757
Cash and cash equivalents at beginning of the year		16,807,574	13,331,817
Cash and cash equivalents at the end of the year	17	<u>20,925,493</u>	<u>16,807,574</u>

The annexed notes 1 to 22 form an integral part of these financial statements



Finance Secretary



Chairperson

1 Legal status, nature of business, significant events and transactions

Entity and its operations

Arthritis Care Foundation is a charitable society registered on July 27, 2010 under the laws of Societies Registration Act XXI of 1860. The registered office is situated at 711-Shadman-1, Lahore. The trust was setup with an objective to establish, encourage, assist and finance medical, social welfare and educational activities, of patients suffering from arthritis, rheumatic and other diseases.

Summary of significant events and transactions

Donations amounting to Rs. 1,040,000 and Rs. 1,630,000 were received during the year from Ms. Samina Sultana (Finance Secretary) and Ms. Anjum S. Ahmed (Trustee).

2 Basis of preparation

2.1 Statement of compliance

These financial statements have been prepared in accordance with the accounting and reporting standards as applicable in Pakistan. The approved accounting and reporting standards applicable in Pakistan comprise of:

Accounting Standard for Not for Profit Organizations (Accounting Standard for NPOs) issued by the Institute of Chartered Accountants of Pakistan.

2.2 Basis of accounting

These financial statements have been prepared under the accrual basis of accounting except for cash flow information.

2.3 Critical accounting estimates and judgments

The preparation of financial statements in conformity with approved accounting standards requires management to make judgments, estimates and assumptions that affect the application of policies and reported amounts of assets and liabilities, receipts and expenditures. The estimates and associated assumptions and judgments are based on historical experience and various other factors that are believed to be reasonable under the circumstances, the result of which form the basis of making the judgments about carrying values of assets and liabilities that are not readily apparent from other sources. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revision to accounting estimates are recognized in the period in which the estimate is revised if the revision affects only that period, or in the period of revision and future periods if the revision affects both current and future periods. The areas where various assumptions and estimates are significant to society's financial statements or where judgments were exercised in application of accounting policies are:

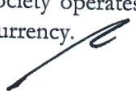
a) residual values and useful lives of equipment	<i>Note</i> 3.1
b) provisions and contingencies	3.4

2.4 Basis of measurement

These financial statements have been prepared under the historical cost convention except as otherwise disclosed in the respective accounting policy notes.

2.5 Functional and presentation currency

Items included in the financial statements are measured using the currency of the primary economic environment in which the society operates. The financial statements are presented in Pakistani Rupees, which is also the functional currency.



3 Significant accounting policies

These accounting policies set out below have been applied consistently to all periods presented in these financial statements.

3.1 Equipment

Equipment is stated at cost less accumulated depreciation. Depreciation is charged on an asset from the month when the asset is available for use till the month of its disposal i.e. full depreciation is charged in the month of addition, while no depreciation in the month of disposal.

Depreciation is charged on reducing balance method at the rates specified in Note 6.

Normal repair and maintenance is charged to Income and expenditure account as and when incurred, while major renewal and replacements are capitalized.

3.2 Intangible asset

These are stated at cost less accumulated amortization and any accumulated impairment losses. Intangible assets are amortized on a straight line basis at the rate given in the Note 7 to the financial statements so as to write off the depreciable amount of an asset over its useful life.

Amortization on additions to intangible assets is charged from the month in which an asset is acquired while no amortization is charged for the month in which asset is disposed off.

3.3 Stocks

These are stated at lower of cost and net realizable value. Cost is determined principally on first in first out (FIFO) basis. Net realizable value signifies the estimated selling price in the ordinary course of business less costs necessary to be incurred for sale.

3.4 Provision and contingencies

Provisions are recognized when the Arthritis Care Foundation has a legal and constructive obligation as a result of past event, it is probable that an outflow of resources will be required to settle the obligation and the realizable estimate of the amount can be made.

3.5 Taxation

Arthritis Care Foundation has been approved as a Non-Profit Organization under section 2(36) of the Income Tax Ordinance, 2001.

3.6 Funds

Restricted Funds


This fund represents donations received by the society for the treatment of patients who require biologics vaccines and for scholarships of doctors.

Unrestricted funds

Grants and donations not restricted for a specific purpose or fund are credited to this fund upon receipt.

3.7 Interest Income

Interest income on deposits with banks is recognized on time proportion basis taking into account the amounts outstanding and rates applicable thereon.



Arthritis Care Foundation
Notes to the Financial Statements
For the year ended June 30, 2019

4 Accrued liabilities

These represent amount payable for utilities and withholding taxes deducted from payments to suppliers.

5 Contingencies and commitments

No tax exemption was availed for the current period. However procedure for obtaining is in due course by tax consultants. Accordingly it is a possible obligation as it is probable on the basis of past practice that tax exemption will be granted by the regulatory authority.

6 Equipment

Particulars	Office computer	Office equipment	Furniture and fixtures	Total
Cost				
Balance at July 01, 2017	39,800	171,500	8,500	219,800
Additions	4,800	37,000	-	41,800
Disposal	-	-	-	-
Balance at June 30, 2018	44,600	208,500	8,500	261,600
Balance at July 01, 2018	44,600	208,500	8,500	261,600
Additions	-	7,500	97,100	104,600
Disposal	-	-	-	-
Balance at June 30, 2019	44,600	216,000	105,600	366,200
Accumulated depreciation				
Balance at July 01, 2017	22,875	7,485	819	31,179
Charge for the year	6,226	17,896	768	24,890
Disposal	-	-	-	-
Balance at June 30, 2018	29,101	25,381	1,587	56,069
Balance at July 01, 2018	29,101	25,381	1,587	56,069
Charge for the year	4,650	18,450	6,357	29,457
Disposal	-	-	-	-
Balance at June 30, 2019	33,751	43,831	7,944	85,526
Written down value 2018	15,499	183,119	6,913	205,531
Written down value 2019	10,849	172,169	97,656	280,674
Rate of depreciation (%)	30%	10%	10%	

7 Intangible

	2019 Rupees	2018 Rupees
Cost		
Balance brought forward	105,000	105,000
Additions	-	-
Disposal	-	-
	105,000	105,000
Accumulated amortization		
Balance brought forward	63,000	52,500
Charge for the year	10,500	10,500
Disposal	-	-
	73,500	63,000
Written down value	31,500	42,000
Rate of amortization (%)	10%	10%

Arthritis Care Foundation
Notes to the Financial Statements
For the year ended June 30, 2019

8 Short term investments

This represents investment made in scheduled bank fixed term deposits at interest rate of 10.70%. (2018:4.40%).

9 Advance, deposit and other receivables

	2019 Rupees	2018 Rupees
Security deposit	-	40,000
Interest receivable	120,841	166,276
Advance tax	73,642	49,103
	<u>194,483</u>	<u>255,379</u>

10 Stocks

This represents stock of medicines for treatment of Arthritis.

11 Cash and bank balance

	2019 Rupees	2018 Rupees
Cash in hand	8,392	6,169
Cash at bank - <i>Current Account</i>	14,373,939	10,258,243
	<u>14,382,331</u>	<u>10,264,412</u>

12 Donations

	Restricted funds		Un-restricted funds	Total	Total
	2019	2019	2019	2019	2018
I-Care foundation	543,310	-	543,310	543,310	2,561,201
Infaq foundation	7,115,391	-	7,115,391	7,115,391	4,466,065
Others	-	23,596,353	23,596,353	23,596,353	26,207,258
	<u>7,658,701</u>	<u>23,596,353</u>	<u>31,255,054</u>	<u>31,255,054</u>	<u>33,234,524</u>

13 Interest income

This amount represent interest income on short term investment in term deposits at the rate of 10.7%. (2018:4.40%).

14 Expenses on health projects

	Restricted funds		Un-restricted funds	Total	Total
	2019	2019	2019	2019	2018
Medicine consumed	4,793,133	7,213,400	12,006,533	12,006,533	10,508,424
Clinical staff salaries	-	1,045,667	1,045,667	1,045,667	940,883
Biologics	543,310	3,074,940	3,618,250	3,618,250	6,624,870
Joint replacement	200,000	155,000	355,000	355,000	410,000
Rehabilitation equipment for patient	-	151,500	151,500	151,500	116,500
Medical test for patients	-	1,579,497	1,579,497	1,579,497	2,781,561
	<u>5,536,443</u>	<u>13,220,004</u>	<u>18,756,447</u>	<u>18,756,447</u>	<u>21,382,238</u>

Arthritis Care Foundation
Notes to the Financial Statements
For the year ended June 30, 2019

15 Expenses on scholarships	Note	Restricted funds	Un-restricted funds	Total	Total
		2019	2019	2019	2018
Faculty support programme	15.1	-	1,335,000	1,335,000	1,796,490
Post graduate trainees scholarship	15.2	2,122,258	2,590,431	4,712,689	3,189,581
		<u>2,122,258</u>	<u>3,925,431</u>	<u>6,047,689</u>	<u>4,986,071</u>

15.1 This represent scholarships paid to senior doctors of Fatima Memorial hospital (FMH) for seeing Arthritis patients recommended by ACF.

15.2 This represent scholarships paid to Post Graduate (PG) trainees of Fatima Memorial hospital (FMH) for seeing Arthritis patients recommended by ACF.

16 Administrative expenses	Note	Restricted funds	Un-restricted funds	Total	Total
		2019	2019	2019	2018
Salaries and wages		-	1,637,999	1,637,999	1,604,113
Fund raising expenses		-	404,314	404,314	683,390
Public awareness expenses		-	1,250	1,250	-
Rent rates and taxes		-	432,000	432,000	266,000
Printing and stationery		-	271,697	271,697	350,016
Repair and maintenance		-	19,290	19,290	30,352
Utilities		-	89,242	89,242	105,800
Vehicle running expenses		-	62,974	62,974	59,821
Website maintenance expenses		-	68,500	68,500	136,420
Depreciation	6	-	29,457	29,457	24,890
Amortization	7	-	10,500	10,500	10,500
Postages and courier		-	74,742	74,742	104,473
Traveling expenses		-	-	-	11,520
Legal and professional charges		-	90,000	90,000	40,000
Auditors' remuneration		-	2,000	2,000	2,000
Miscellaneous expenses		-	64,582	64,582	142,987
		<u>-</u>	<u>3,258,547</u>	<u>3,258,547</u>	<u>3,572,282</u>

17 Cash and cash equivalents	Note	2019	2018
		Rupees	Rupees
Cash and bank balance	11	14,382,331	10,264,412
Short term investments		6,543,162	6,543,162
		<u>20,925,493</u>	<u>16,807,574</u>

18 Taxation

No tax expense has been charged as per note 5.

Arthritis Care Foundation
Notes to the Financial Statements
For the year ended June 30, 2019

19 Related party transactions

The related parties comprise of executive committee and members of board of trustees of the Arthritis Care Foundation. Transactions with related parties are as follows:

Name	Relationship	Nature of transaction	2019 Rupees	2018 Rupees
Prof. Nighat Mir Ahmad	Chairperson	Donation	150,000	300,000
Prof. Sumaira Farmman Raja	Co -Chairperson	Donation	665,850	373,000
Dr. M. Ahmed Saeed	General Secretary	Donation	50,000	331,000
Ms. Samina Sultana	Finance Secretary	Donation	1,040,000	770,000
Dr. Tauseef Irfan	Joint Secretary	Donation	30,000	30,000
Dr. Shabnam Sarfraz	Joint Finance Secretary	Donation	-	100,000
Prof. Dr. Tasnim A. Raza	Member of Board of Trustee	Donation	20,000	-
Ms. Anjum S. Ahmed	Member of Board of Trustee	Donation	1,630,000	1,340,000
Ms. Uzma Ahmad	Member of Board of Trustee	Donation	-	200,000

20 Number of Employees


	2019	2018
Number of employees at the end of the year	9	9
Average number of employees	9	9


21 Date of authorization

These financial statements were authorized by Board of Trustees on **05 NOV 2019**.

22 General

- 22.1 Figures of previous year have been re-arranged and reclassified wherever necessary for the purposes of comparison.
22.2 Figures have been rounded off to the nearest Rupee.


Finance Secretary


Chairperson

آرتھرائٹس کیسز فاؤنڈیشن

(ایک تعارف)

جوڑوں کے امراض (Rheumatic Diseases) دنیا بھر میں معذوری کا باعث بننے والی بیماریوں میں سرفہرست ہیں۔ ان امراض کا تعلق صرف جوڑوں ہی سے نہیں بلکہ ان میں سے کچھ امراض تو گردوں، دل، دماغ اور پھیپھڑوں کو بھی متاثر کر سکتے ہیں۔ جن کی بروقت تشخیص اور علاج نہ ہونے پر موت بھی واقع ہو سکتی ہے۔ جوڑوں کی یہ بیماریاں عمر کے کسی بھی حصے میں لاحق ہو سکتی ہیں۔ حتیٰ کہ بچے بھی ان بیماریوں کا شکار ہو سکتے ہیں۔

پچھلی تین دہائیوں میں ان امراض کے علاج میں پیش رفتی ہوئی ہے۔ اور بروقت تشخیص اور علاج سے ان امراض پر نہ صرف قابو پایا جا سکتا ہے۔ بلکہ مریض کو معذوری سے بھی بچایا جا سکتا ہے۔

ایک اعداد و شمار کے مطابق دنیا میں ہر تیسرا فرد کسی نہ کسی قسم کے جوڑوں کے مرض کا شکار ہے۔ ترقی یافتہ ممالک میں ہر اسی ہزار سے ایک لاکھ آبادی کے لیے 1 جوڑوں کے امراض کے معالج (ریویمانالوجسٹ) کا معیار مقرر کیا گیا ہے۔ اس معیار کے مطابق لگ بھگ تین کروڑ سے زائد آبادی والے اس ملک کے لیے کم از کم 2500 جوڑوں کے امراض کے معالجوں (ریویمانالوجسٹ/Rheumatologists) کی ضرورت ہے۔

بد قسمتی سے اس وقت ہمارے ملک میں صرف 70 سے 75 ریویمانالوجسٹس موجود ہیں۔ البتہ تو یہ ہے کہ بیشتر سرکاری ہسپتالوں میں جوڑوں سے متعلق شعبہ ہی موجود نہیں۔ اس گھمبیر صورت حال میں آرتھرائٹس کیسز فاؤنڈیشن کے بانی ڈاکٹروں نے کئی سال قبل اس شہر میں جوڑوں کے مریضوں کے لیے مفت کلینک کا اجراء کیا اور 2010 میں باقاعدہ آرتھرائٹس کیسز فاؤنڈیشن کے نام سے ایک ٹرسٹ کی بنیاد رکھی۔ جو کہ جوڑوں کے امراض میں مبتلاء مستحق مریضوں کو نہ صرف رائج دوائیاں مفت فراہم کی جاتی ہیں بلکہ جوڑوں کے امراض کے لیے جدید اور کارآمد دوائیاں (جنہیں بائیولوجکس Biologics کہا جاتا ہے) بھی فراہم کی جاتی ہیں۔ ان ادویات (Biologics) پر ایک مریض کے علاج پر اٹھنے والے خرچے کا تخمینہ چار سے آٹھ لاکھ سالانہ ہے۔

جوڑوں کے وہ مریض جو بروقت علاج نہ ہونے کی وجہ سے مستقل معذوری کا شکار ہو جاتے ہیں، آرتھرائٹس کیسز فاؤنڈیشن ایسے مستحق مریضوں کے جوڑوں کی تبدیلی کے آپریشن میں بھی معاونت کرتی ہے۔ ایک مریض کے ایک جوڑے کی تبدیلی پر ہونے والے خرچے کا تخمینہ ڈیڑھ سے تین لاکھ روپے تک ہے۔

ایسے بہت سے لاچار مریض آپ کی معاونت (بذریعہ زکوٰۃ و صدقات) کے منتظر ہیں۔

شکریہ

HOW YOU CAN HELP ACF

You can support ACF by making a general donation, a Zakat donation, or a Sadqa donation. Zakat donation are exclusively spent on Medications for deserving patients in line with the Shariah. Your support will help procure medication for deserving arthritis patients or can be used to fully or partially sponsor one of the following:

- ❖ Medication for one Rheumatoid arthritis patient Rs.80,000/annum (Approx.)
- ❖ Medicine for one Lupus (SLE) Nephritis Patient Rs.260,000/annum (Approx.)
- ❖ Hip Joint Replacement Rs.250,000 (Approx.) and Knee Joint Replacement Rs.500,000 (Approx.)
- ❖ Biologic Medicine (rituximab) for un-controlled Rheumatoid arthritis or Lupus patient Rs.320,000 (Approx.)
- ❖ Biologic Medicine (Etanercept) for Ankylosing Spondylitis or Rheumatoid Arthritis Childhood Arthritis patient Rs.1,000,000/annum (Approx.)
- ❖ Biologic Medicine (Tocilizumab) for JIA/Childhood Arthritis or Rheumatoid Arthritis Rs.600,000/annum (Approx.)

You can donate by choosing one of the following:

1. You can courier crossed cheques in the name of
“ARTHRITIS CARE FOUNDATION”
to ACF Postal Address: 676-Shadman 1, Lahore
or contact ACF Helpline: **0336-4313637**

2. For electronic transfer:

<p><i>A/C Title:</i> Arthritis Care Foundation <i>A/C No.</i> 0010000326530011 <i>IBAN #</i> PK98ABPA0010000326530011 ALLIED BANK LTD Liberty Market Lahore Branch Code: 0215 Swift Code: ABPAPKKA</p>	<p><i>A/C Title:</i> Arthritis Care Foundation <i>A/C No.</i> 0081003109950001 <i>IBAN #</i> PK22MCIB0081003109950001 MCB ISLAMIC BANK LTD Z-Block DHA Lahore Branch Code: 008 Swift Code: MCIBPKKI</p>
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3. International donors can get tax exemption if they opt to donate through I-Care Foundation, America

[https://i-care-foundation.org/charity/arthritis-care-foundation-acf/donate/?org=Arthritis%20Care%20Foundation%20\(ACF\)&amount=0](https://i-care-foundation.org/charity/arthritis-care-foundation-acf/donate/?org=Arthritis%20Care%20Foundation%20(ACF)&amount=0)

4. For online donations and to learn about our activities visit our website
www.arthritis-care.org.pk

FRIENDS OF ACF
We are where we are because of you all!



LEARNING ALLIANCE





CONTACT DETAILS

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	www.arthritiscare.org.pk
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For urgent queries, please write to:

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