

# ANNUAL REPORT



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[www.arthritiscarefoundation.org](http://www.arthritiscarefoundation.org)

2024

## **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.

## **BOARD OF TRUSTEES**

### **PROF. NIGHAT MIR AHMAD, MD**

#### **FOUNDER TRUSTEE & CHAIRPERSON**

MBBS, FACP, MACR

Diplomate American Board of Rheumatology

Diplomate of American Board of Internal Medicine

Professor & Associate Dean, Institute of Rheumatic Diseases (IRD)

Central Park Medical College

Chair Department of Rheumatology, National Hospital & Medical Centre

Director & Consultant Rheumatologist, Arthritis Care Centre

Chair Faculty, University of Health Sciences (UHS)

Adjunct Faculty, Fatima Jinnah Medical University (FJMU)

### **PROF. SUMAIRA FARMAN RAJA**

#### **FOUNDER TRUSTEE & CO-CHAIRPERSON**

MBBS, FRCP, FACP, FACR,

SCE Rheumatology (UK), CCD

Graduate Certificate Paediatric Rheumatology (Australia)

Head Department of Rheumatology

National Hospital & Medical Centre, Lahore

Visiting Faculty & Chair Paediatric Rheumatology

Institute of Rheumatic Diseases

Central Park Medical College, Lahore

Adjunct Faculty, Fatima Jinnah Medical University, Lahore

Director & Consultant Rheumatologist, Arthritis Care Centre

### **PROF. MUHAMMAD AHMED SAEED**

#### **FOUNDER BOARD MEMBER, CO-CHAIRPERSON**

MBBS, FCPS Internal Medicine,

FCPS Rheumatology, FACP, FACR

Consultant Rheumatologist

Professor and Head Institute of Rheumatic Diseases,

Central Park Medical College Lahore

Visiting Faculty of Rheumatology, National Hospital and Medical Centre, Lahore

Adjunct Faculty, Fatima Jinnah Medical University, Lahore

President Pakistan Society for Rheumatology

### **MS. SAMINA SULTANA**

#### **TREASURER**

BA, LLB

Managing Partner, Alliance Education Management Services

**DR. SAIRA ELAINE ANWER KHAN**

**GENERAL SECRETARY**

MBBS, MRCP, FRCP, CESR Rheumatology  
Associate Professor Rheumatology  
Shalamar Medical & Dental College, Lahore  
Adjunct Faculty, University of Health Sciences (UHS)

**PROF. TASNIM A. RAZA**

MBBS, M.Phil. Anatomy (Pb)  
Director Health Project, Behbud, Lahore

**MR. FARID AHSANUDDIN**

Chief Executive Officer  
Engineering Corporation (Pvt) Ltd.

**MS. ANJUM SHAMIM AHMED**

Chief Executive Officer  
Learning Alliance (Pvt) Ltd

**COL (R) DR. TAUSEEF IRFAN**

MBBS, MRCP  
Consultant Family Physician

**DR. SHABNUM SARFRAZ**

MBBS, MBA, Harvard Global Health LEAD Fellow  
Member Social Sector & Devolution  
Ministry of Planning, Development & Special Initiatives  
Planning Commission  
Government of Pakistan

**MS. LAILA NUSRAT**

Chairperson  
Bali Memorial Trust

**MR. ASSAD AHMAD**

BA Economics (Yale University, USA)  
Principal/Senior Executive Officer  
Frere Hall Capital Management (UAE)

## ARTHRITIS CARE FOUNDATION

### HIGHLIGHTS

Arthritis Care Foundation (ACF) with the support of donations from respectable individuals and corporate organizations, has been able to provide consultation and treatment, both free & subsidized, hence preventing disability and relieving suffering of patients with arthritis and other auto-immune diseases.

- Since inception in 2010, ACF has spent more than **Rs. 496 Million** mainly on its core health related projects, which include free & subsidized medications, biologics, as well as facilitation of diagnostics plus provision of scholarships to Post Graduate (PG) trainees in the field of Rheumatology.
- Since 2010, Medications worth **Rs. 276 Million** were provided to sick patients, who otherwise would have become disabled due to uncontrolled arthritis or, in some cases, developed renal failure due to uncontrolled disease. During last Financial Year, **Rs. 22 Million** and **Rs. 23 Million** worth of conventional medications and Targeted Therapies Drugs were consumed, respectively.
- ACF during the last financial year provided Biologics worth **Rs. 13 Million**, which is an expensive treatment for patients whose arthritis does not respond to conventional medicines. Since inception total of **Rs. 101 Million** were spent on procurement of Biologics.
- Diagnostics/Medical tests worth **Rs. 17 Million** were facilitated for timely diagnosis and monitoring of treatment since ACF inception.
- Apart from patient care, supporting rheumatology fellowship training program is one of the main objectives of ACF. Since inception, ACF has spent **Rs. 47 Million** on Faculty Support Program and on scholarship funding of post graduate trainees in the field of Rheumatology.
- 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. So far total of **Rs. 5.5 Million** has been spent on joint replacements/implants of indigent patients.

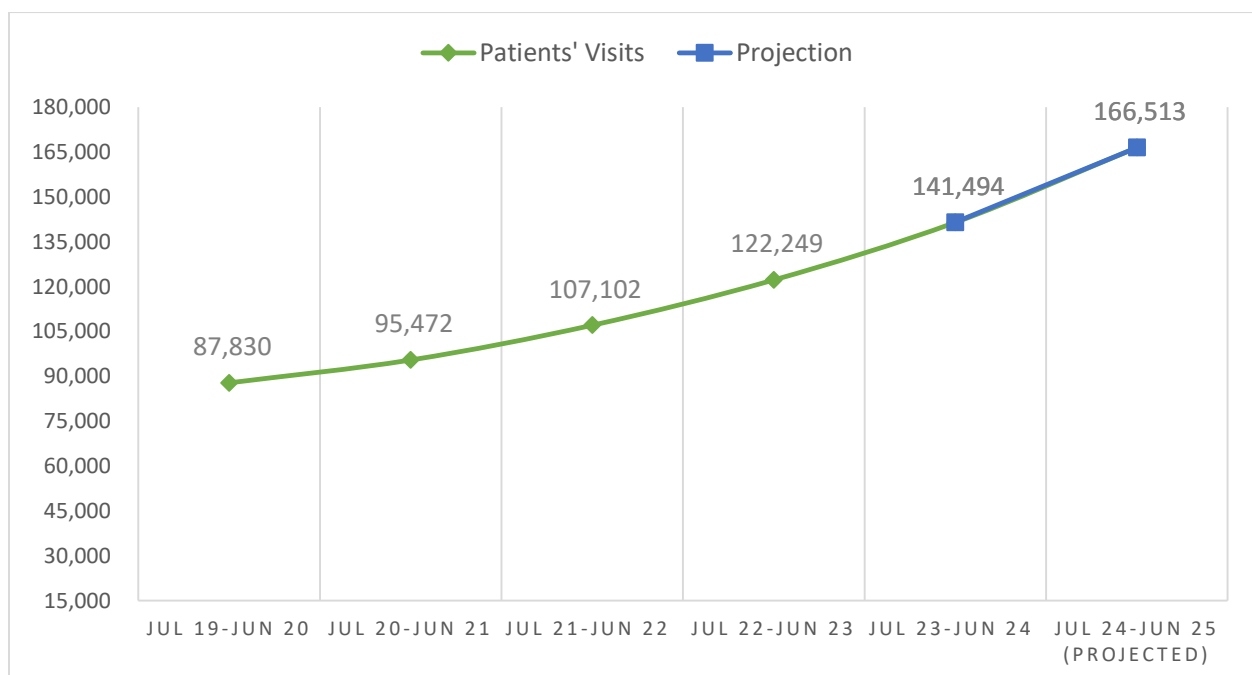
# **ARTHRITIS CARE FOUNDATION**

## **ACTIVITY REPORT FOR FY 2023-2024**

### **TREND OF PATIENT TURNOVER AT ACF SUPPORTED CLINICS**

During financial year 2023-24, a total of 19,245 under privileged patients' visits were accommodated at ACF Charity and various supported clinics, depicting 27% yearly increase.

**FIGURE 1: IMPROVED QUALITY OF LIFE OF PATIENTS' FAMILIES**



ACF as a registered trust started working for the welfare of patients with rheumatic diseases in Pakistan in 2010. At the time of ACF's inception three founding members started volunteer services and provided state of the art free care to less privileged patients.

As of today, seven volunteer rheumatologists and Eleven doctors on ACF's payroll are providing free & subsidized services at ACF Centre and ACF collaborative clinics at Akhtar Mubarak, Behbud Association, 'AAP Ka Clinic', National Hospital & Medical Centre, and Central Park Teaching Hospital accommodating thousands of indigent patients with arthritis and autoimmune diseases.

## ACF CENTRE (MUSLIM TOWN)

With a vision of expanding healthcare services and consolidating charity clinics, Arthritis Care Foundation has acquired a premises (7000 Sq. Ft) on rental basis located in the center of Lahore in New Muslim Town area. ACF envisages to build it a state of the art Institute of Rheumatic Diseases providing all services (X-Rays, Diagnostics, and Physiotherapy) under one roof.

Dedicated charity clinics Six days per week are being conducted by qualified rheumatologists including Dr. Saira Khan, Dr. Rafaqat Hameed and Dr. Muhammad Faiq. Additionally, Prof. Nighat Mir (Chair ACF) conduct weekly clinic at ACF Centre. Prof. Sumaira Farman and Prof. Ahmed Saeed (Co-Chairs ACF) do clinics at ACF Centre once every month. One designated Medical Officer and qualified physiotherapist on ACF remunerations are permanently available, Six days a week to facilitate needy patients. With the help of donors, ACF managed to install X-Ray machine; providing subsidized radiology services to deserving patients.

Deserving patients are not only getting free or subsidized consultations but also get free or subsidized medications and biologics through ACF dispensary as well as discounted diagnostics support. During last financial year around **PKR 42 Million** worth of medications were disbursed to deserving patients through ACF dispensary.

### INAUGURATION CEREMONY OF ACF CENTRE, APRIL 2023



## **ACF SUPPORTED CLINICS**

In order to reach out more, ACF also collaborates with and supports various projects as under:

- ❖ ACF & AFJOG Collaborative Rheumatology Clinic
- ❖ ACF & BEHBUD Collaborative Rheumatology Clinic
- ❖ ACF Collaboration with National Hospital & Medical Centre
- ❖ ACF Collaboration with Central Park Teaching Hospital
- ❖ ACF Collaboration with PSIM Foundation (AAP KA CLINIC)

## **ACF & ASSOCIATION OF FATIMA JINNAH OLD GRADUATES (AFJOG)**

Since 1998, free weekly rheumatology clinics have been operational at Akhtar Mubarak Referral Center (AMRC), Lahore, before being relocated to AFJOG House. At this collaborative center, AFJOG generously provides clinic space, ancillary staff support, diagnostic services, and physiotherapy at no cost to rheumatology patients.

As part of this partnership, the Arthritis Care Foundation (ACF) has established and continues to maintain its own formulary within the collaborative center. ACF funds the essential medications for underprivileged arthritis patients and fully funds the remuneration of a senior medical officer and a dispensary assistant to ensure seamless patient care. Additionally, the ACF team conducts free consultations once a week, further strengthening its commitment to accessible rheumatologic care. Through this collaboration, ACF has provided medications worth over **PKR 13.5 million** to indigent patients. In the financial year 2023-24 alone, ACF contributed **PKR 4,187,459** worth of medications to patients receiving treatment at the AFJOG collaborative rheumatology clinics.

## **ACF & BEHBUD COLLABORATIVE RHEUMATOLOGY CLINIC**

Free Rheumatology clinics were started in collaboration with BEHBUD Association, Lahore in 2006. ACF funded senior medical officer provides free consultation once a week at this clinic. It is ensured that one of the senior consultant attends their monthly health project meeting. ACF incurs the cost for medications for rheumatology patients seen at the BEHBUD Rheumatology Clinic. BEHBUD provides clinic space, ancillary support staff, diagnostic facilities and physiotherapy to rheumatology patients at subsidized rates. In the last financial year 2023-24, ACF sponsored free medicines at the BEHBUD Rheumatology clinics worth **Rs. 1,667,243/-** and so far **PKR 19.2 Million** has been spent on medications and diagnostics support for patients seen at BEHBUD.



### **ACF COLLABORATION WITH NATIONAL HOSPITAL & MEDICAL CENTRE**

Arthritis Care Foundation has collaborated with Department of Rheumatology, National Hospital & Medical Centre (NH&MC) in strengthening of fellowship program and facilitation of in-patients treatment of white collar patients through negotiated subsidized rates. During the period in discussion, ACF spent **Rs 549,582/-** on in-patients treatment of ACF referred patients at NH&MC. ACF is also funding remuneration of a Senior Registrar, who is providing patient care at the Rheumatology Department and also actively involves in teaching & training.

Since 2019, seven rheumatologists, funded by ACF, have completed their fellowship training from the Department of Rheumatology, National Hospital & Medical Centre, Lahore; including a Rheumatologist from Baluchistan. He is second of only two rheumatologists providing services in Baluchistan. The first rheumatology service set up in Quetta is also by an ACF scholarship recipient. Currently four trainee fellows are being fully or partially funded by ACF at Department of Rheumatology, National Hospital & Medical Centre Lahore.

### **ACF COLLABORATION WITH CENTRAL PARK TEACHING HOSPITAL**

In 2021, through an MOU between ACF and Health & Education Foundation, ACF has joined hands with Central Park Teaching Hospital & Medical College (CPTH&MC); a project of Health & Education Foundation, and established a state of the art Department of Rheumatology. The Department of Rheumatology is being headed by Prof. Muhammad Ahmed Saeed. ACF aided in establishment of state of art Rheumatology Department at CPMC as well as Biologics Infusion Centre. ACF is supporting indigent patients through provision of medications (including biologics) and diagnostic facilitation. Through Faculty Support Program, ACF is also funding 50% of faculty of the department including remuneration of an Assistant Professor Rheumatology.

In January 2022, due to efforts of ACF team, the Department of Rheumatology at CPTH got accredited by CPSP for FCPS Rheumatology training program. ACF is funding TWO trainee fellows through its Scholarship Program. During one year period (July-23 to June-24), more than **Rs. 7.2 Million** has been spent on provision of medications, biologics, faculty support and scholarship program at CPTH&MC. Currently, around **Rs. 510,000** per month is being funded by ACF for Human Resources of the Rheumatology Department through Health & Education Foundation. This department is also recognized as research Centre for rheumatic disease patients and is part of The Asia Pacific League of Associations for Rheumatology (APLAR) registry on Spondyloarthritis (a kind of arthritis affecting spine & joints)

### **ACF COLLABORATION WITH PSIM FOUNDATION (AAP KA CLINIC)**

ACF has also collaborated with PSIM Foundation; an initiative of Pakistan Society of Internal Medicine (PSIM), to establish a Rheumatology clinic at 'AAP KA CLINIC' project of PSIM Foundation near Ganga Ram Hospital Lahore; a prime area in central Lahore.

ACF funded qualified rheumatologist is providing clinical services at 'AAP KA CLINIC' once a week. While the PSIM Foundation is providing clinic space, ancillary support and medications to deserving patients seen at the clinic.

### **PATIENTS' VISITS ACCOMMODATED FROM JULY-2023 TO JUNE-2024**

	July 2022 To June 2023	July 2023 To June 2024
<i>ACF CENTRE</i>	2,174	4,011
<i>ACF &amp; BEHBUD Collaborative Rheumatology Clinic</i>	1,059	1,158
<i>ACF &amp; AFJOG Collaborative Rheumatology Clinic</i>	3,210	3,274
<i>ACF patients admitted at NH&amp;MC</i>	57	29
<i>ACF &amp; 'AAP KA CLINIC' Collaborative clinic</i>	567	815
<i>Department of Rheumatology, Central Park Teaching Hospital (Collaborative Project of ACF and Health &amp; Education Foundation)</i>	4,312	4,804
<i>ACF Dispensary (Medications of referred patients)</i>	3,768	5,154
<b><i>TOTAL</i></b>	<b>15,147</b>	<b>19,245</b>

## **ACF SERVICES**

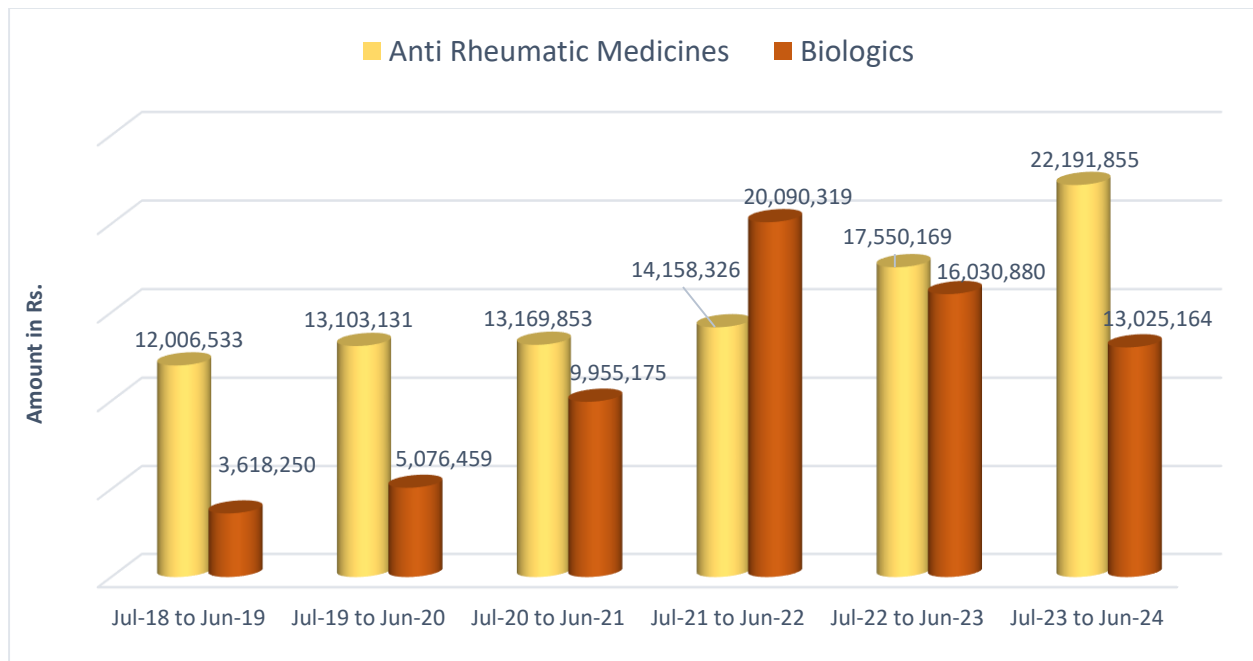
ACF services are listed as below:

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

## **EXPENDITURE ON MEDICATIONS FUNDED BY ACF**

Arthritis patients are first started on conventional disease controlling medications. The average cost for the first line medications ranges from Rs. 20,000 to 150,000 per month.

**FIGURE 2: EXPENDITURE TRENDS; MEDICATIONS & BIOLOGICS**



During FY from July-23 to June-24, the cost of medicines consumed for treating patients with various rheumatic diseases was **Rs. 22,191,855/-**. The spending is around **26%** more than as compared to last year expenditure on medication i.e. **Rs. 17,550,169/-**, for same period.

*TOTAL MARKET PRICES OF MEDICATIONS PROCURED DURING FY 2023-2024 WERE **RS. 32.5 MILLION**. DUE TO NEGOTIATED DISCOUNTED RATES ACF WAS ABLE TO SAVE AROUND **RS. 10.3 MILLION** DURING THE YEAR.*

Out of total medication procurement during the year, **Rs. 5,881,167/-** were spent on procurement of Mycophenolate Mofetil (MMF) for young lupus nephritis patients who otherwise would have developed renal failure due to uncontrolled disease and would have needed dialysis. The spending on MMF medication in FY 23-24 reflected **26%** of total medicine consumption for the year.

*TOTAL MARKET PRICE OF 'MMF' MEDICATIONS PROCURED DURING FY 2023-24 WERE **RS. 12 MILLION**. DUE TO NEGOTIATED DISCOUNTED RATES ACF WAS ABLE TO SAVE AROUND **RS. 6.2 MILLION** ON THIS COSTLY MEDICATION.*

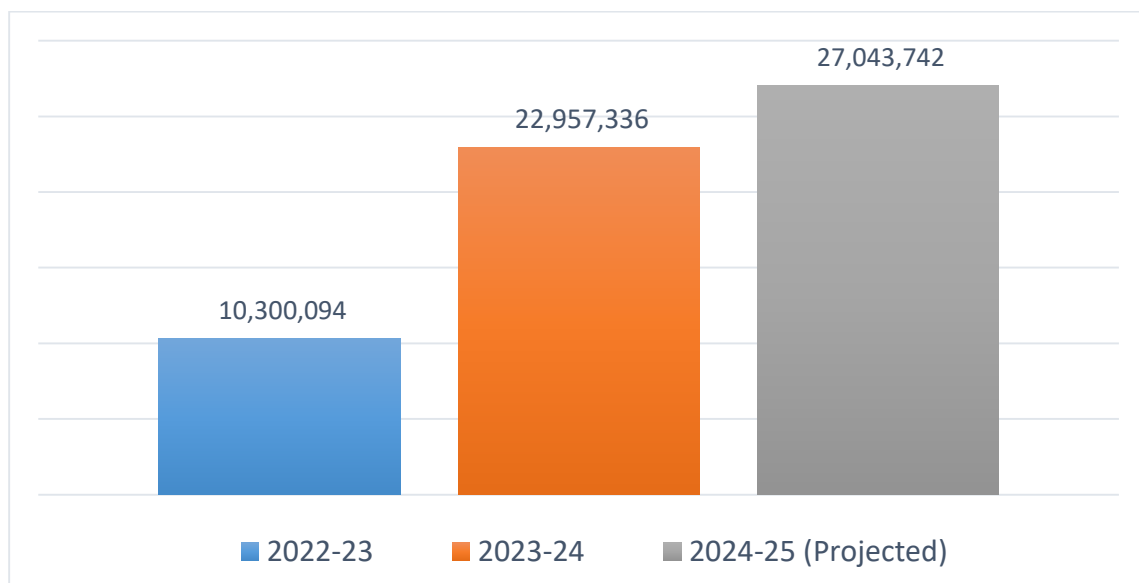
### **TARGETED THERAPY MEDICATIONS**

A new highly effective targeted therapy /drug known as a Janus kinase (JAK) inhibitor has been launched lately in Pakistan (FDA approved since 2015). Also known as Tofacitinib; being used for the treatment of autoimmune disorders like Rheumatoid arthritis (RA), Ulcerative Colitis, Ankylosing Spondylitis, Psoriatic arthritis & Polyarticular course JIA.

ACF has entered into an MOU with a National Pharmaceutical and started procuring above medicine on subsidized rates. Treatment with this targeted therapy is helping ACF to curtail overall cost and to reach out more deserving patients.

Total of **Rs. 22,957,336/-** was expensed during July 2023 to June 2024 on consumption of Targeted Therapies Drugs.

**FIGURE 3: TARGETED THERAPY DRUGS CONSUMPTION TREND**



*TOTAL MARKET PRICES OF JAK-INHIBITORS PROCURED DURING FY 2023-2024 WERE **RS. 62.7 Million**. DUE TO NEGOTIATED DISCOUNTED RATES ACF WAS ABLE TO SAVE AROUND **RS. 39.7 MILLION** DURING THE YEAR.*

## **BIOLOGICS**

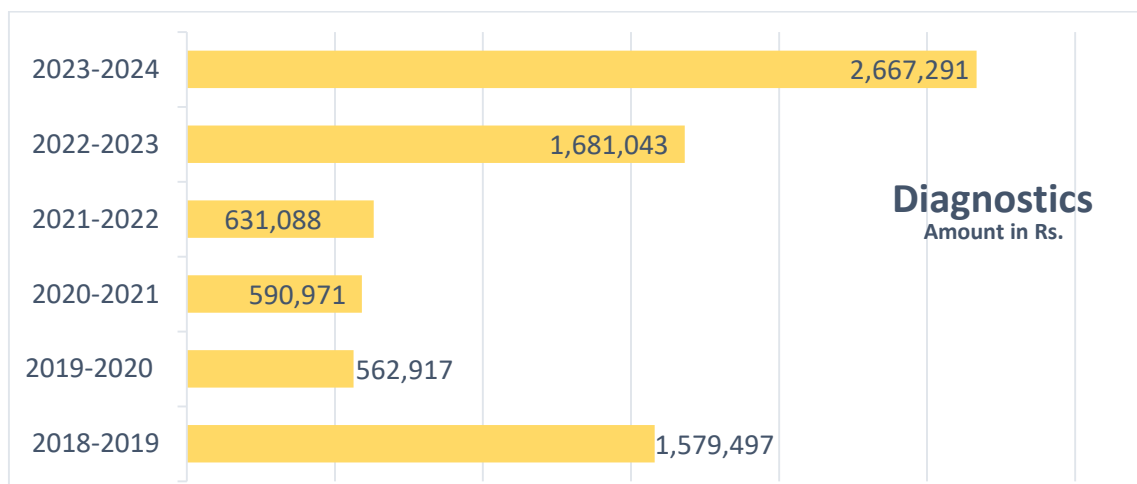
Patients not getting better with first line medicines have to use Biologics to prevent disability & therefore prevent need for Joint Replacement. Therefore in addition to a huge clinical benefit, there is significant health and economic impact as well. Though, these are very expensive medicines. Total of **Rs. 13,025,164/-** was expensed during July 2023 to June 2024 on provision of costly Biologics.

*THROUGH VARIOUS ACCESS PROGRAMS & PATIENT SUPPORT PROGRAMS, ACF FACILITATED PATIENTS FOR THEIR BIOLOGICS WORTH AROUND **RS. 5.5 MILLION** ADDITIONAL TO **RS. 13 MILLION** WORTH OF BIOLOGICS PROCURED IN 23-24.*

## **DIAGNOSTICS/ MEDICAL TESTS**

Lab tests and diagnostics have always been essential for timely screening of disease and proper treatment of patients. Therefore, ACF facilitated Diagnostics through funding of **Rs. 2,667,691/-** during financial year ended June 30, 2024 depicting an increase of 58% as compared to last year's spending i.e. **Rs. 1,681,043/-**. ACF has increased its budgeted amount up to **Rs. 56 Lacs** for current financial year in order to facilitate for more number of patients.

**FIGURE 4: EXPENDITURE TREND; DIAGNOSTICS**



## **IMPLANTS / JOINT REPLACEMENT**

ACF has been sponsoring joint replacements of deserving patients since its inception. During the year ended June 2024, ACF spent **Rs. 490,000/-** on joint replacement facilitation of an underprivileged patient. For current financial year a budget of Rs. 1,000,000/- were designated for the implants of deserving patients.

## TEACHING & EDUCATION

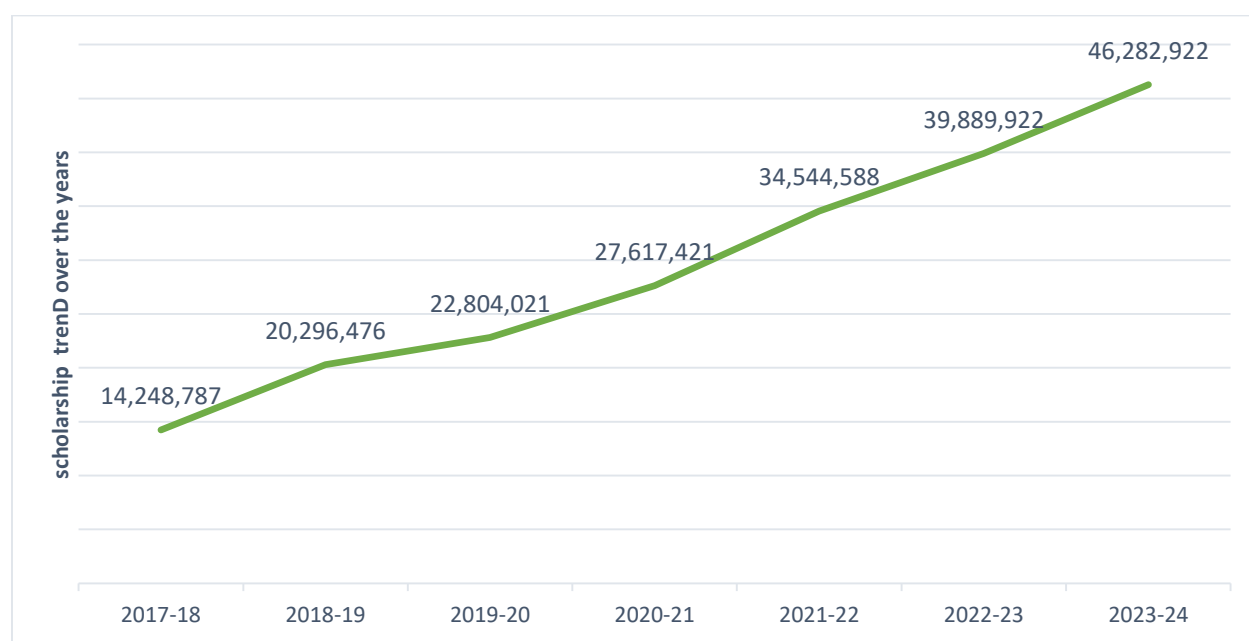
### EXPENSES ON SCHOLARSHIP

During the FY 2023-24, ACF provided Seven (7) scholarships for Post Graduate training worth **Rs. 6,393,000/-** with an increased trend of 19% as compared to last FY23 i.e. **Rs. 5,345,334/-**. In account of Faculty Support Program, ACF also sponsored the remunerations of Assistant Professor Rheumatology and Senior Registrar Rheumatology at Central Park Medical College and National Hospital respectively. During the year **Rs. 3,467,474/-** were spent on Faculty Support Program. The overall projected spending on scholarships and faculty support in the financial year 2024-2025 is around Rs. 9.5 million.

So far 45 rheumatologists have been trained by ACF Faculty, covering more than 50% of total practicing rheumatologists in Punjab. Out of these, 33 specialists have fully or partially been trained through ACF scholarship program. Six of alumni have pioneered Rheumatology services at public and private hospitals in Lahore including Mayo Hospital and Sir Ganga Ram Hospital; setting up the first Rheumatology services in Punjab Govt. sector. Two have started the first ever Rheumatology services in southern Punjab i.e. Multan. Kindly note, patients from these cities and their remote catchment areas previously had to travel to Lahore for getting expert advice.

ACF is currently funding 'Seven' scholarships for PG trainees in rheumatology. Five trainee fellows are under training at the Department of Rheumatology, National Hospital & Medical Centre and 'Two' trainee fellows are under training at the Department of Rheumatology, Central Park Teaching Hospital. Moreover, two of ACF trained rheumatologists started rheumatology services at Baluchistan including the first ever rheumatology service set up in Quetta by an ACF scholarship recipient.

**FIGURE 5: "ACCUMULATED" TREND OF SCHOLARSHIP FUNDS**



## **PUBLIC AWARENESS ACTIVITIES**

### **AWARENESS & EDUCATIONAL PROGRAMS**

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 years, ACF team organized several educational/awareness seminars and walks in collaboration with Department of Rheumatology, Central Park Teaching Hospital and Department of Rheumatology & Medicine, National Hospital & Medical Center. This is part of ACF commitment towards public awareness about these diseases.

- In May 2024, the Arthritis Care Foundation (ACF) organized a **Lupus Awareness Seminar & Walk** in collaboration with Central Park Medical College to raise awareness about lupus, an autoimmune disease that affects millions globally. The event began with an informative seminar featuring leading healthcare professionals (rheumatologists), who discussed the latest advancements in lupus research, treatment options, and the importance of early diagnosis. . Following the seminar, participants took part in a Lupus Awareness Walk around Central Park, dressed in purple, the official color of lupus awareness, to show solidarity with those affected by the disease. The walk helped raise awareness, fostered a sense of community, and promoted the importance of research and early detection.
- Remarkable achievement of Arthritis Care Foundation team under the leadership of Prof. Nighat Mir Ahmad, Prof. Sumaira Farman Raja and Prof. Ahmed Saeed. The faculty and fellows of Department of Rheumatology at Central Park Medical College and National Hospital Medical Centre Post graduate institute in the recent Asia Pacific League of Associations for Rheumatology (APLAR) conference held in Singapore from September 20-25th. These departments with collaboration and research and fellowship training support from ACF has proudly presented ten research abstracts, showcasing our commitment to advancing the field of rheumatology.
- **JIA Support Group Activity: A Day of Hope and Healing:** Arthritis Care Foundation hosted an inspiring and heartwarming JIA (Juvenile Idiopathic Arthritis) Support Group activity. It was a wonderful opportunity for families and individuals to come together, share their experiences, and find support. Engaging discussions led by our expert speakers, providing valuable insights into managing JIA. Fun and creative activities for kids, making the day both educational and entertaining. Heartfelt stories of resilience and strength from our community members. Informative sessions on the latest research and treatments for JIA.
- ACF recently hosted **FCPS Rheumatology Clinical Mock Exam** where talented doctors from across the region gathered to hone their skills and share knowledge. It was an inspiring day filled with learning, collaboration, and dedication to advancing arthritis care. During the event, our dedicated doctors engaged with real patients, providing compassionate care while honing their skills in arthritis management. From diagnosis to treatment, each interaction was a valuable learning experience aimed at enhancing patient outcomes.



LUPUS AWARENESS SEMINAR  
IN CONNECTION WITH 'WORLD LUPUS DAY' IN COLLABOTATION WITH  
MIR KHALEEL-UR-REHMAN MEMORIAL SOCIETY (JANG NEWS GROUP), MAY 2024





## ACF CHARITY CLINICS



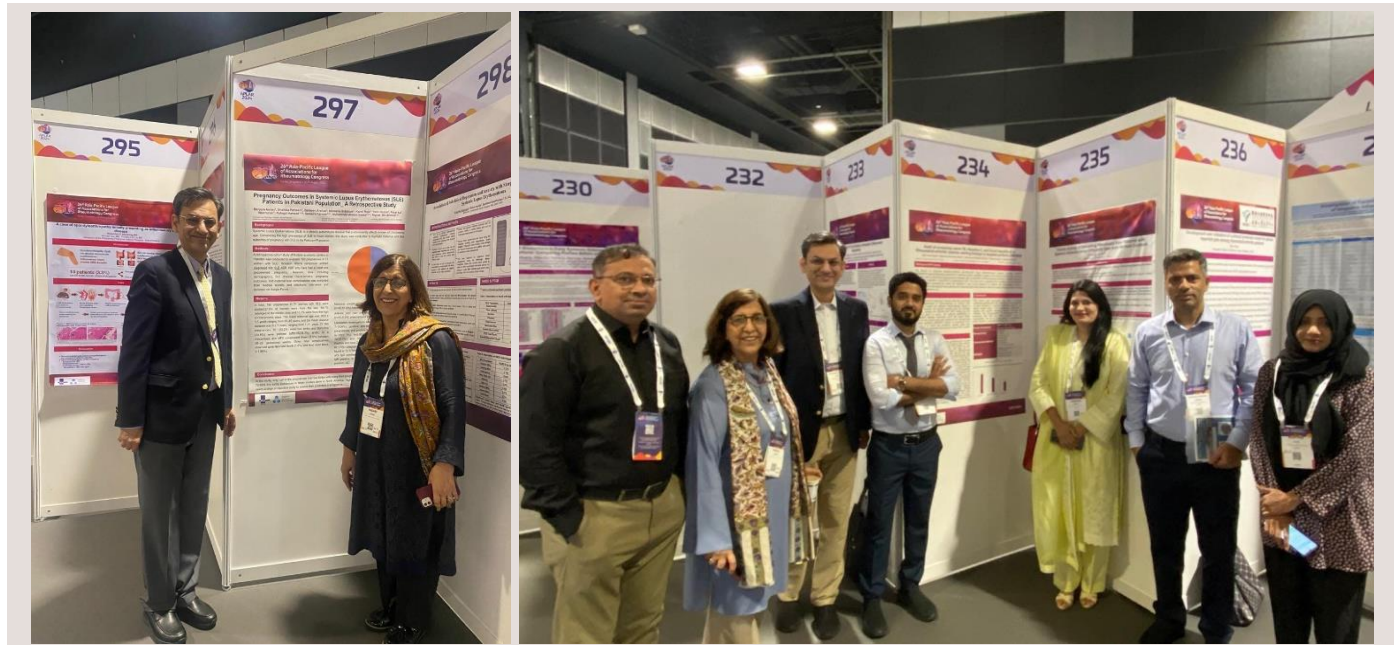


ACF CHAIR PROF NIGHAT MIR AHMAD AND CO-CHAIR PROF SUMAIRA FARMAN RAJA  
CO-CHAIR PROF AHMED SAEED WHO IS THE CURRENT PRESIDENT OF THE PAKISTAN SOCIETY FOR RHEUMATOLOGY  
SPEAKING AT THE PSR ANNUAL CONFERENCE HELD IN PC BHURBAN





ASIA PACIFIC LEAGUE OF ASSOCIATIONS FOR RHEUMATOLOGY (APLAR) CONFERENCE  
HELD IN SINGAPORE FROM AUGUST 20-25TH  
THE REMARKABLE ACHIEVEMENTS OF ARTHRITIS CARE FOUNDATION TEAM UNDER THE LEADERSHIP OF PROF. NIGHAT  
MIR AHMAD, PROF SUMAIRA FARMAN RAJA AND PROF AHMED SAIED





JIA SUPPORT GROUP ACTIVITY  
A DAY OF HOPE & HEALING  
AT ARTHRITIS CARE FOUNDATION, JULY 2024





LUPUS AWARENESS WALK & SEMINAR  
WORLD LUPUS DAY  
AT NATIONAL HOSPITAL LAHORE, MAY 2024



PROF AHMED SAEED DELIVERING A TALK ON REAL WORLD DATA ON TOFACITINIB A NEW CLASS OF DRUGS FOR RHEUMATOID ARTHRITIS AND OTHER RHEUMATIC DISEASES AT SERENA HOTEL ISLAMABAD. PROF. NIGHAT MIR AHMAD CHAIRED THE SESSION AND PRESENTATION OF LOCAL RESEARCH DATA WAS VERY WELL APPRECIATED





LUPUS AWARENESS WALK & SEMINAR  
A DISEASE WITH THOUSAND WORDS | WORLD LUPUS DAY – MAY 2024  
AT CENTRAL PARK TEACHING HOSPITAL



FCPS RHEUMATOLOGY CLINICAL MOCK EXAM  
AT ARTHRITIS CARE FOUNDATION, APRIL 2024





ACF FUNDRAISING IFTAR DINNER  
AT AVARI HOTEL 2024, LAHORE



## Arsalan Raza, a 10-year-old boy

### SUCCESS STORIES



Diagnosed with Systemic Onset Juvenile Idiopathic Arthritis (SoJIA) when he was just one year old. For years, Arsalan struggled with basic activities that most children take for granted. He couldn't walk, attend school, or even play with other children. His condition severely affected his quality of life, leaving his family searching for hope and help.

In 2021, Arsalan's journey toward recovery began when the Arthritis Care Foundation stepped in to sponsor his treatment. Since then, the foundation has covered all his medication costs, providing a lifeline to his family. Initially, he began receiving injectable biologics (Actemra), which cost Rs. 17,500 twice a month, for free. Recently, he was switched to oral biologics (Tofacitinib) at a more affordable cost of Rs. 6,000 per month, which is also fully funded by the foundation.

Today, Arsalan is stable. He can walk, go to school, and play with friends—things that once seemed impossible. His recovery is a true success story, demonstrating the power of care and support.

## Shazia Mukhtar is an inspiring example of resilience and strength

### SUCCESS STORIES



At the age of 27, she has been living with polyarticular (JIA) for the past 15 years, a condition that has caused severe joint deformities and even led to the loss of vision in her left eye. Despite these challenges, Shazia continues to face each day with courage. She struggles with daily tasks and relies on a wheelchair. Arthritis Care Foundation has been a crucial support, providing her with free medicines worth 10,000 rupees monthly. Recently, the Foundation has committed to covering the cost of her oral biologic treatment, worth 150,000 rupees, offering her hope for better disease control. Shazia's story is a true success, not just because of the medical care she is receiving, but because of the strength she demonstrates every day. With the help of the Arthritis Care Foundation, she is now able to look ahead with a sense of hope and the possibility of regaining some control over her life.



## A 31-year-old mother of two

### SUCCESS STORIES



Faiza Ashraf, a 31-year-old mother of two, has been living with the debilitating disease psoriatic arthritis (PsA) since 2019. Over time, her condition worsened, causing intense pain and swelling, especially in her right knee. In 2021, her doctors recommended biologic therapy for better disease control. Faiza started receiving injectable biologics, Fraizeron, which cost 50,000 PKR each, and she required two injections per month, making her treatment costly.

Fortunately, the Arthritis Care Foundation generously sponsored her treatment, helping Faiza continue the medication that was crucial for her well-being. However, in 2022, due to a shortage of injectable biologics, Faiza had to switch to the oral biologic Tofacitinib. Unfortunately, this treatment didn't work well for her, and her symptoms worsened.

Thankfully, Faiza was able to return to biologic therapy, and with continued support from the Arthritis Care Foundation, she began seeing improvements in her condition. Her pain and psoriatic patches decreased, and she regained more mobility, allowing her to take care of her family again.

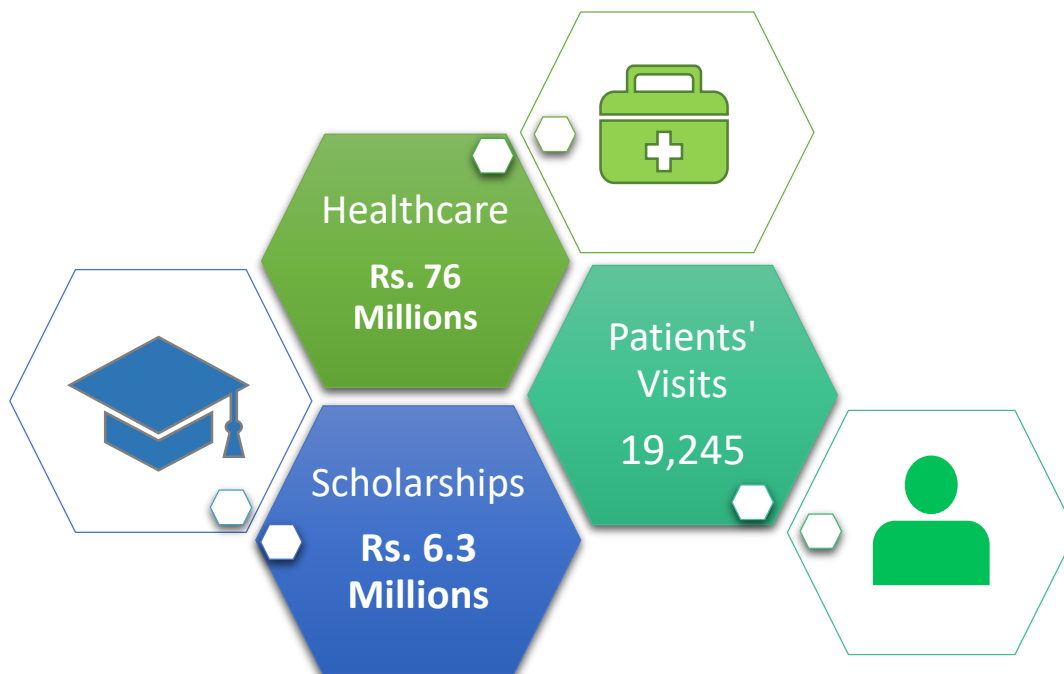
## A 30-year-old woman from Dipalpur

### SUCCESS STORIES



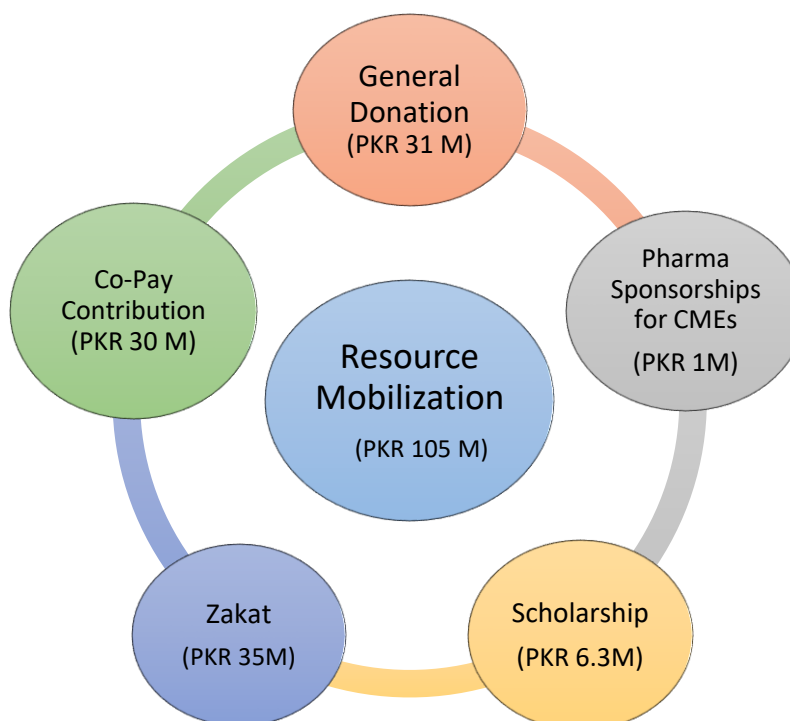
Asma is a 30-year-old woman from Dipalpur. She began experiencing joint pain at age 20, starting with her elbows and later affecting her hands. Unfortunately, she was not on the right medications initially. Now, she is taking medicine that helps to some extent, as the rest of her joints—such as her knees and feet—remain undamaged. However, she is a young woman with hand deformities that could have been prevented and she started disease-modifying medications like methotrexate earlier, which would have cost around 3,000 to 4,000 per month. Currently, she is taking medications that cost 15,000 per month, and her fingers will not be able to straighten.

Asma receives her medications from the Arthritis Care Foundation at discounted rates, but the expenses remain high. She pays approximately 10,000 per month to keep her disease under control. There is a pressing need for more rheumatologists in rural areas and district hospitals so that patients can begin treatment early. Many patients cannot afford these medications, and they are often not available in government hospitals due to their high cost. Funding for medications is essential



## **RESOURCE MOBILIZATION**

Through charity drives during the year, ACF collected **Rs. 35 Million** 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.



## 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.50,000/annum
- ❖ Medicine for one Lupus (SLE) Nephritis Patient Rs.80,000/annum
- ❖ Biologic/Injectable for un-controlled Rheumatoid arthritis or Lupus patient Rs.20,000/month
- ❖ Joint Replacement Rs. 100,000 (Approx.)
- ❖ Treatment for JIA/Childhood Arthritis Rs.10,000/month

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: 12 – B, New Muslim Town, Lahore

or contact ACF Helpline: **0336-4313637**

### 2. FOR ELECTRONIC TRANSFER:

<p><b>A/C Title:</b> Arthritis Care Foundation <b>A/C No.</b> 0010000326530011 <b>IBAN #</b> PK98ABPA0010000326530011 <b>ALLIED BANK LTD</b> Mahmood Ali Kasuri Road Lahore <b>Branch Code:</b> 0909 <b>Swift Code:</b> ABPAPKKA</p>	<p><b>A/C Title:</b> Arthritis Care Foundation <b>A/C No.</b> 0081003109950001 <b>IBAN #</b> PK22MCIB0081003109950001 <b>MCB ISLAMIC BANK LTD</b> Z-Block DHA Lahore <b>Branch Code:</b> 008 <b>Swift Code:</b> MCIBPKKI</p>
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3. International donors can get tax exemption if they opt to donate through I-Care Foundation, America via following link

[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

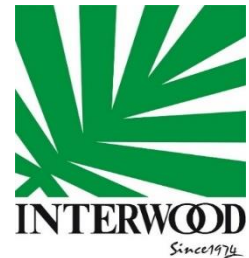
[www.arthritiscarefoundation.org](http://www.arthritiscarefoundation.org)

# FRIENDS OF ACF

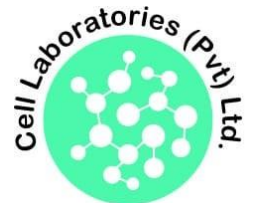
We are where we are because of you all!



LEARNING ALLIANCE







## CONTACT DETAIL

	Arthritis Care Foundation (ACF) 12-B, New Muslim Town, Opp Bank of Punjab, Ayubia Market, Lahore
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