

آرتھریس کیمرکوزیشن



ARTHRITIS CARE
FOUNDATION

ACTIVITY REPORT

20

25

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

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Diplomate of American Board of Internal Medicine

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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)

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Visiting Faculty & Chair Paediatric Rheumatology

Institute of Rheumatic Diseases

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Adjunct Faculty, Fatima Jinnah Medical University, Lahore

Director & Consultant Rheumatologist, Arthritis Care Centre

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FCPS Rheumatology, FACP, FACR

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Professor and Head Institute of Rheumatic Diseases,

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

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Ministry of Planning, Development & Special Initiatives
Planning Commission
Government of Pakistan

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. 620 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/Drugs worth **Rs. 245 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. 29 Million** worth of conventional medications and Targeted Therapies Drugs were consumed, respectively.
- ACF during the last financial year provided Biologics worth **Rs. 12 Million**, which is an expensive treatment for patients whose arthritis does not respond to conventional medicines. Since inception total of **Rs. 112 Million** were spent on procurement of Biologics.
- Diagnostics/Medical tests worth **Rs. 23 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. 70 Million** on Faculty Support Program and on scholarship funding of post graduate trainees in the field of Rheumatology.

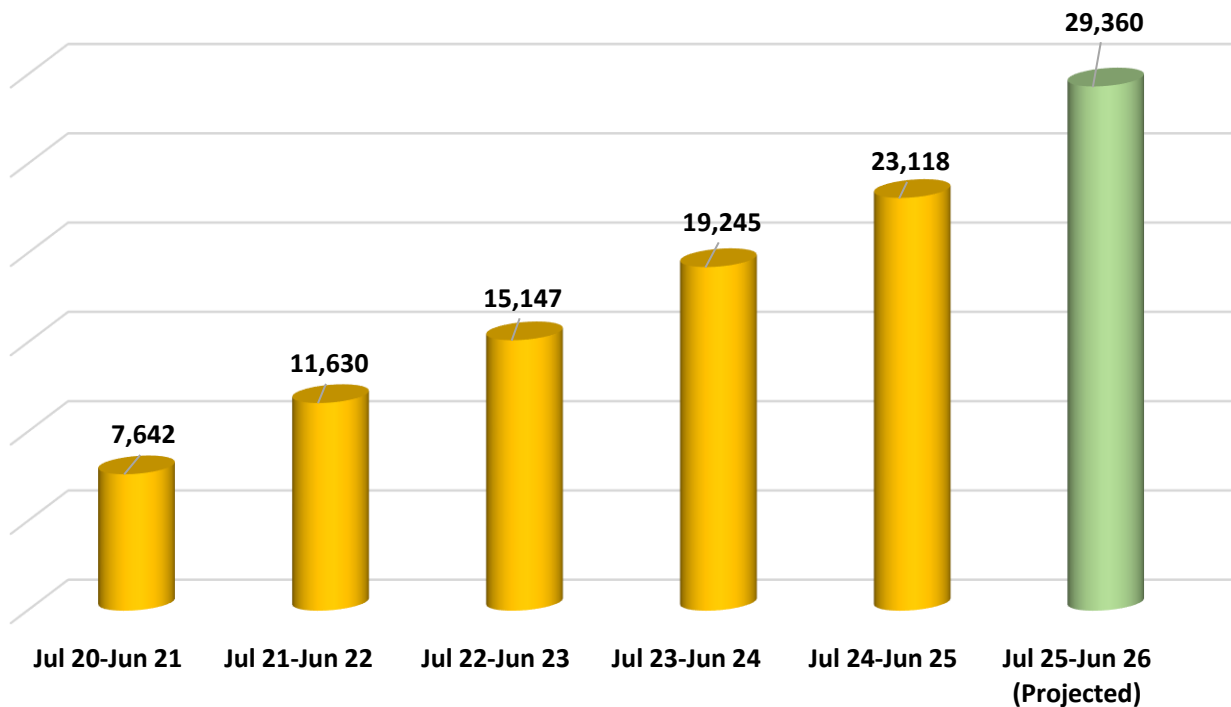
ARTHRITIS CARE FOUNDATION

ACTIVITY REPORT FOR FY 2024-2025

TREND OF PATIENT TURNOVER AT ACF SUPPORTED CLINICS

During financial year 2024-25, a total of 23,112 under privileged patients' visits were accommodated at ACF Charity and various supported clinics, depicting 20% 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, six volunteer rheumatologists and fourteen 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 (NEW MUSLIM TOWN)

During the reporting year, the ACF Centre (Muslim Town) remained a flagship facility for the provision of comprehensive and affordable rheumatology care to underprivileged patients. Dedicated charity clinics were conducted six days a week by qualified rheumatologists, including Dr. Saira Khan, Dr. Rafaqat Hameed, and Dr. Muhammad Faiq. In addition, Prof. Nighat Mir (Chair, ACF) and Prof. Ahmed Saeed (Co-Chair, ACF) conducted weekly clinics at the Centre, while Prof. Sumaira Farman (Co-Chair, ACF) provided clinical services on a monthly basis.

To ensure continuity and quality of care, the Centre maintained the services of one full-time Medical Officer and a qualified physiotherapist, both remunerated by ACF and available six days a week. Their presence strengthened patient facilitation, follow-up care, and rehabilitation services. With continued donor support, the Centre also operated an on-site X-ray facility, enabling the provision of subsidized radiology services and improving access to timely diagnostics for deserving patients.

Service Delivery at ACF Center & Key Performance Indicators (FY 2025)

- **Total OPD Visits:** Approximately **12,400** patient visits recorded
- **Unique Patients Served:** Around **430** complicated patients received care
- **Charity Clinics Conducted:** **288** clinics held during the year
- **Physiotherapy Sessions Delivered:** **515** sessions provided
- **Free/Subsidized Medications – ACF Dispensary:** **6620** encounters

In addition to free and subsidized consultations, eligible patients received essential medications, including high-cost biologics, through the ACF dispensary, along with discounted diagnostic services. During the last financial year, medications/drugs valued at approximately **PKR 51 million** were disbursed to deserving patients, significantly reducing out-of-pocket expenditure and improving treatment adherence. Overall, the ACF Centre (Muslim Town) continued to play a critical role in delivering integrated, high-quality rheumatology services, and reflecting ACF's sustained commitment to equitable healthcare access for patients with chronic rheumatic diseases.



ACF INSTITUTE OF RHEUMATIC DISEASES:

An Expansion to Strategic Vision:

Over the past decade, the burden of rheumatic and musculoskeletal diseases in Pakistan has increased significantly, with an **estimated 20–25% of the adult population** affected by one or more rheumatic conditions, while specialized diagnostic and treatment facilities remain limited. In response to rapidly rising patient volumes and persistent gaps in access to integrated rheumatology diagnostics, the Arthritis Care Foundation (ACF) has initiated a major infrastructure expansion to meet current and future care demands.

In a landmark development, a visionary philanthropist has acquired a **16-marla commercial** property in DHA Phase 2, Lahore, exclusively dedicated to ACF. The donor has further committed to fully financing the construction of a purpose-built, multi-storey rheumatology facility with an estimated covered area of approximately **16,000 square feet**, designed to serve as a comprehensive, patient-centric care hub.

We are pleased to share that construction activities have formally commenced. Contractor mobilization has been completed, and work on the grey structure is currently in progress. According to the approved construction timeline, completion of the grey structure is expected within approximately six months, followed by an additional six months for finishing and commissioning, subject to uninterrupted progress and timely financial flows.

The facility—envisioned as the **ACF Institute of Rheumatology**—will provide end-to-end rheumatology services under one roof. Planned components include advanced diagnostic imaging (MRI, CT scan, and digital X-ray), specialized physiotherapy and rehabilitation units, an on-site dispensary and infusion center, and purpose-designed academic spaces for clinical training, fellowship programs, and research. Once operational, the Institute is expected to cater to over 40,000 outpatient visits annually, substantially reducing diagnostic delays and out-of-pocket costs for patients.

In parallel with construction activities, ACF will mobilize separate financial resources during 2026 for the procurement of advanced medical equipment and high-end diagnostic technologies, representing a critical next phase of the project.

With construction progressing as planned, the ACF Institute of Rheumatic Diseases is expected to become fully operational by the end of 2026, emerging as a national center of excellence for rheumatology. The Institute will play a pivotal role in strengthening early diagnosis, ensuring continuity of care, expanding research and training capacity, and ultimately improving long-term health outcomes for thousands of patients across Pakistan.

ACF INSTITUTE OF RHEUMATOLOGY



Construction work in progress

Donate in the memory of your loved one

Donate a Room or Equipment

CT Scan Machine
PKR 16 Million



CT Scan Room
In the memory of : _____

X-Ray Machine
PKR 15 Million



X-Ray Room
In the memory of : _____

Ultrasound Machine
PKR 3 Million



Ultra Sound Room
In the memory of : _____

Physiotherapy Equipment
PKR 5 Million



Physio Room
In the memory of : _____

Pharmacy
PKR 10 Million



Pharmacy
In the memory of : _____

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Title: ARTHRITIS CARE FOUNDATION
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IBAN: PK98ABPA0010000326530011
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All donations are tax-exempt under Section 2(36), Shariah-compliant, and audited annually.

FOR INTERNATIONAL DONORS

www.i-care-foundation.org/charity/arthritis-care-foundation



DONATE NOW



12 - B, New Muslim Town, Opp Bank of Punjab, Near Ayubia Market, Lahore

www.arthritis-care-foundation.org info@arthritis-care.org.pk +92-42-35468591 | +92-336-4313637

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LUPUS Clinic



JIA Child Arthritis Clinic



Back Pain Clinic



Psoriatic Clinic



RA Clinic



Arthritis Clinic



Diagnostic Services



Physiotherapy Department



Facilitation Area



Dispensary



ACF Clinic Area



Patient Waiting Area

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)

PATIENTS' VISITS ACCOMMODATED FROM JULY-2024 TO JUNE-2025

	July 2023 To June 2024	July 2024 To June 2025
<i>Checkups at ACF CENTRE & Collaborative Clinics</i>	14,091	16,492
<i>ACF Dispensary</i> (Medications/Drugs/Biologics of referred patients)	5,154	6,620
TOTAL	19,245	23,112

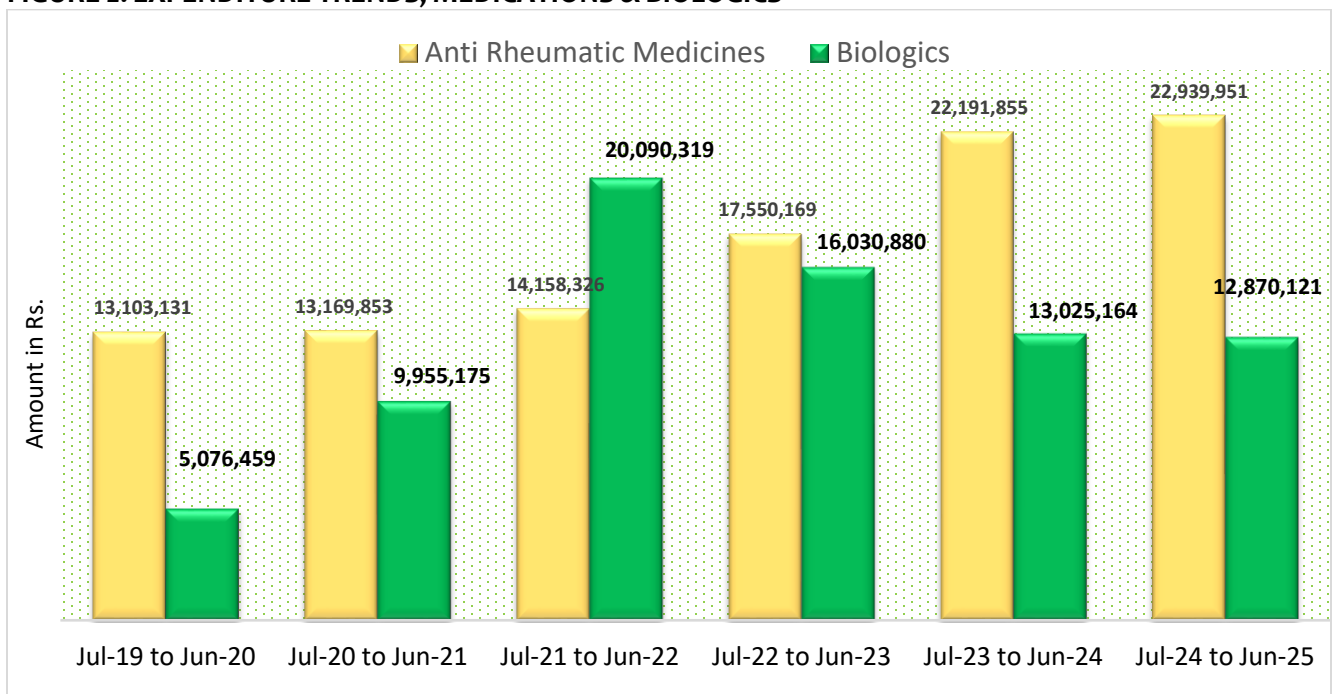
ACF SERVICES

- ✓ Conventional Disease Modifying Medications, Diagnostics and Rehabilitation
- ✓ Biologics (Rituximab, Etanercept, Tocilizumab)
- ✓ Joint Replacements Facilitation
- ✓ Provision of Targeted Therapy Drugs
- ✓ Expensive Medications for Lupus (SLE) Patients (Mycophenolate Mofetil)
- ✓ Scholarship(s) for Rheumatology Trainee (s)/Fellow(s)
- ✓ Health Awareness Campaigns
- ✓ Advocacy and Educational Activities

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-24 to June-25, the cost of medicines consumed for treating patients with various rheumatic diseases was **Rs. 22,939,951/-**. The spending is around **3.3%** more than as compared to last year expenditure on medication i.e. **Rs. 22,191,855/-**, for same period.

*TOTAL MARKET PRICES OF MEDICATIONS PROCURED DURING FY 2024-2025 WERE **PKR. 36 MILLION**. DUE TO NEGOTIATED DISCOUNTED RATES ACF WAS ABLE TO SAVE AROUND **PKR. 13 MILLION** DURING THE YEAR.*

Out of total medication procurement during the year, **Rs. 9,291,420/-** 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 24-25 reflected **40%** of total medicine consumption for the year.

*TOTAL MARKET PRICE OF 'MMF' MEDICATIONS PROCURED DURING FY 2024-25 WERE **PKR. 15 MILLION**. DUE TO NEGOTIATED DISCOUNTED RATES ACF WAS ABLE TO SAVE AROUND **PKR. 5.8 MILLION** ON THIS COSTLY MEDICATION.*

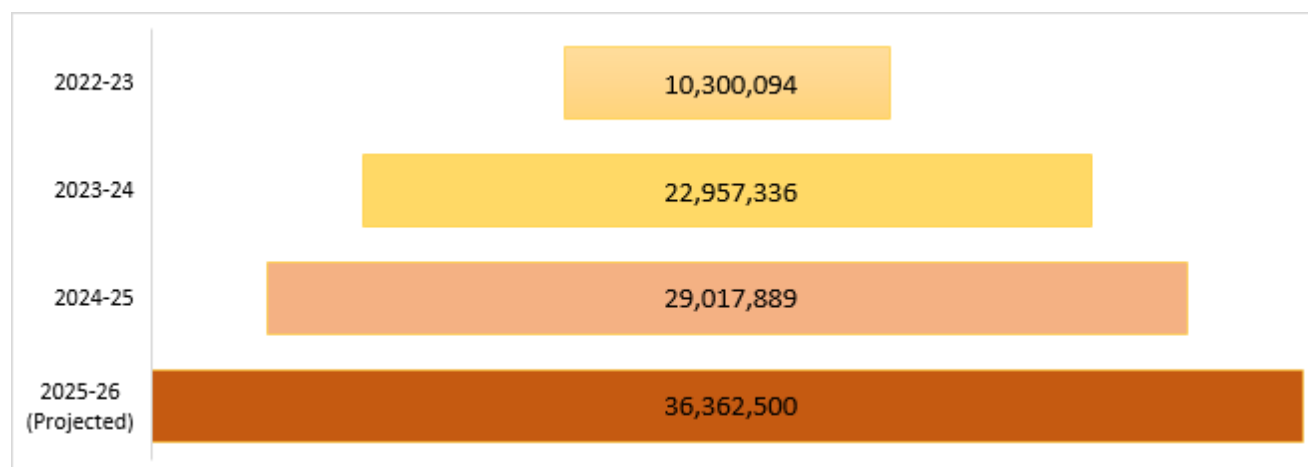
TARGETED THERAPY MEDICATIONS

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 started procuring these drugs 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. 29,017,889/-** was expensed during July 2024 to June 2025 on consumption of Targeted Therapies Drugs.

FIGURE 3: TARGETED THERAPY DRUGS' CONSUMPTION TREND (IN PKR)



*TOTAL MARKET PRICES OF JAK-INHIBITORS PROCURED DURING FY 2024-2025 WERE **PKR 52.8 MILLION**. DUE TO NEGOTIATED DISCOUNTED RATES ACF WAS ABLE TO SAVE AROUND **PKR 23 MILLION** DURING THE YEAR.*

BIOLOGICS

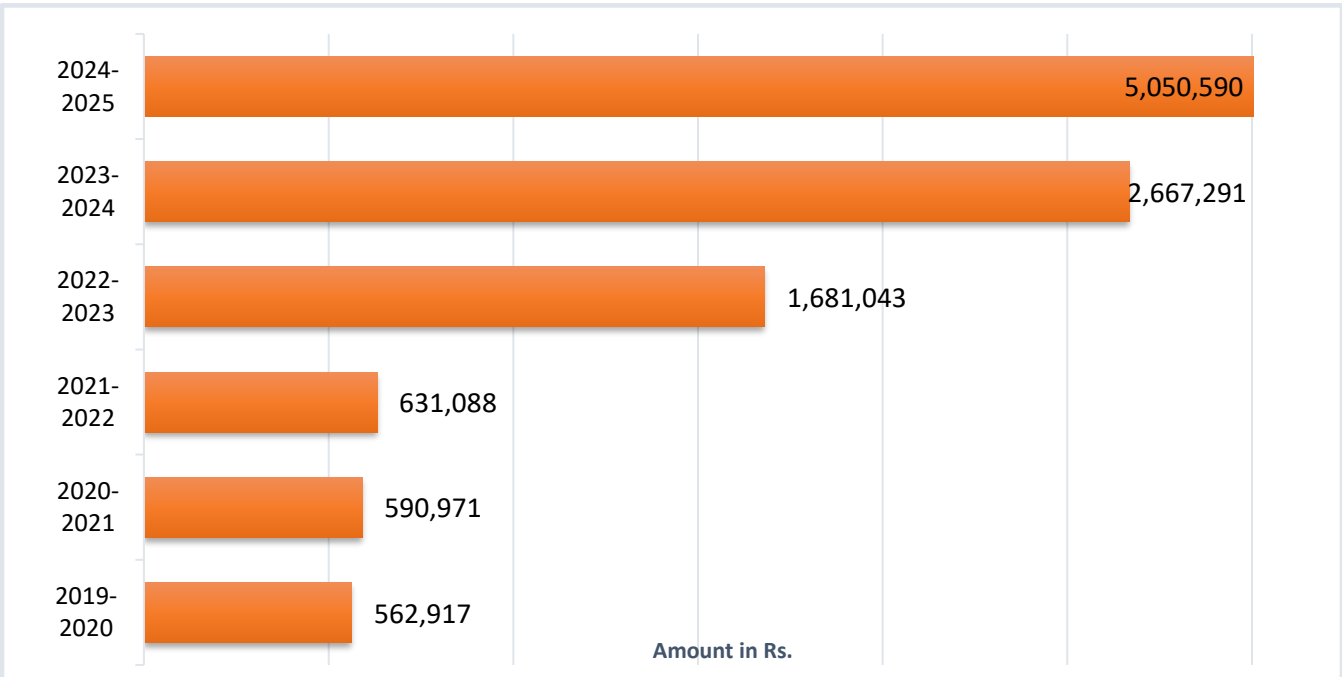
Patients not getting better with first line medicines have to use Biologics to prevent disability & therefore prevent need for Joint Replacement. Therefore, in addition to a huge clinical benefit, there is significant health and economic impact as well. Though, these are very expensive medicines. Total of **Rs. 12,870,121/-** was expensed during July 2024 to June 2025 on provision of costly Biologics.

*THROUGH VARIOUS ACCESS PROGRAMS & PATIENT SUPPORT PROGRAMS, ACF FACILITATED PATIENTS FOR THEIR BIOLOGICS WORTH AROUND **PKR 4.25 MILLION** ADDITIONAL TO **RS. 12.8 MILLION** WORTH OF BIOLOGICS PROCURED IN 24-25.*

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. 5,050,590/-** during financial year ended June 30, 2025 depicting an increase of 89% as compared to last year’s spending i.e. **Rs. 2,667,291/-**. ACF has increased its budgeted amount up to **Rs. 58 Lacs** for current financial year in order to facilitate for a greater number of patients.

FIGURE 4: EXPENDITURE TREND ON DIAGNOSTICS



TEACHING & EDUCATION

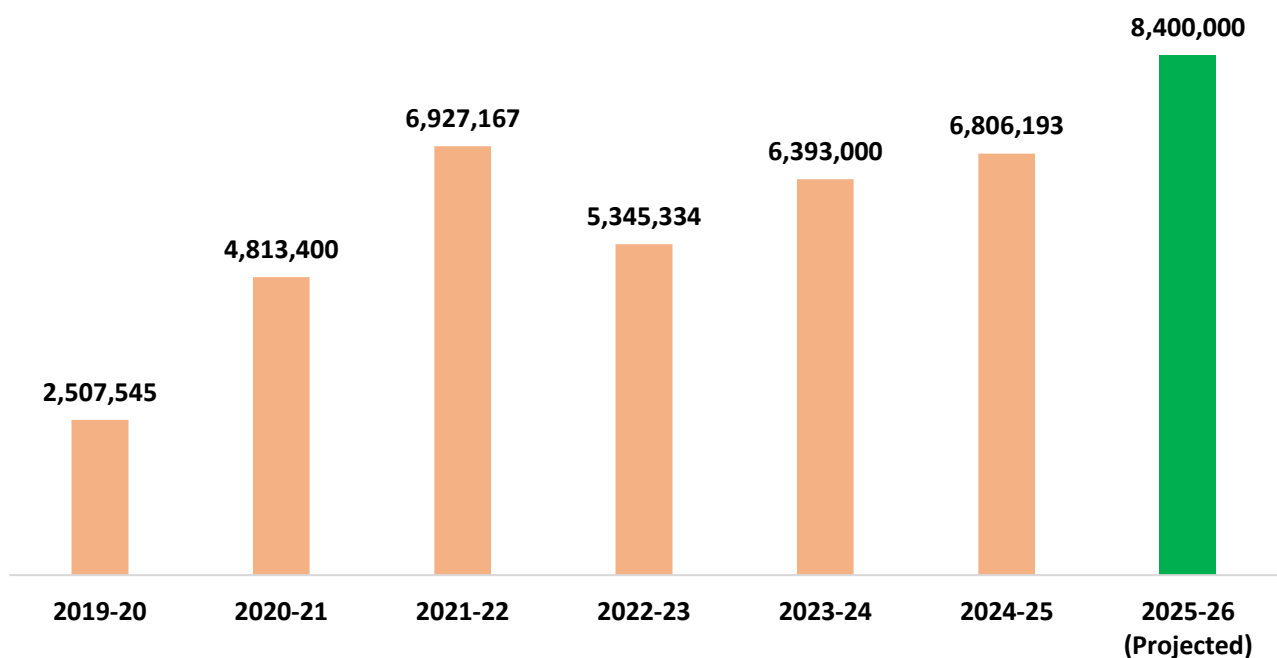
EXPENSES ON SCHOLARSHIP

During the FY 2024-25, ACF provided Seven (7) scholarships for Post Graduate training worth **PKR. 6,806,193/-** with an increased trend of 6.4% as compared to last FY24 i.e. **PKR. 6,393,000/**. 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 **PKR. 4,474,469/-** were spent on Faculty Support Program. The overall projected spending on scholarships and faculty support in the financial year 2024-2025 is around **PKR. 8.6 million**.

So far 50 rheumatologists have been trained by ACF Faculty, covering more than 50% of total practicing rheumatologists in Punjab. Out of these, 34 specialists have fully or partially been trained through ACF scholarship program.

ACF is currently funding 'Four' scholarships for PG trainees in rheumatology. Two 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: YEARLY TREND OF SCHOLARSHIP FUNDING (IN PKR)



ADVOCACY, OUTREACH & PUBLIC AWARENESS ACTIVITIES

JIA Support Group Activity: A Day of Hope and Healing 30th July, 2025.



27th Asia-Pacific League of Associations for Rheumatology (APLAR) Congress, taking place 3–7 September 2025 in Fukuoka, Japan.



Faculty and team of the Arthritis Care Foundation (ACF), from the platform of Pakistan Society for Rheumatology (PSR), successfully organized the 28th International Conference of PSR from 17th to 19th Oct 25 at the PC Hotel, Lahore.



ACF & PSR successfully organized “A Special Evening with Rheumatology Experts” on 15th October 2025 at Avari, Khursheed Hall.



ACF & PSR were honored to host Prof. Jovaria Mannan and Prof. Faryad Hussain as special guests, alongside distinguished speakers from Singapore, including Prof. Tash Arkachaisri, Dr. Elizabeth Ang, and Dr. Teh Kai Liang.



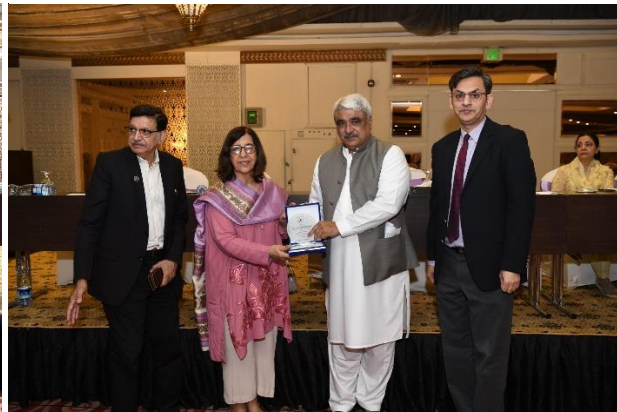
The Arthritis Care Foundation organized a fundraising Iftar dinner in 2025 at Avari Hotel, Lahore, to appreciate our ACF friends and supporters.



World Ankylosing Spondylitis Day | May 3rd, 2025. May 3rd, the Arthritis Care Foundation proudly observed World Ankylosing Spondylitis Day with a dedicated support group session.



Lupus awareness seminar organized by ACF in connection with world Lupus day.



SUCCESS STORIES



Tooba Shoukat was once a bright 9th-grade student full of dreams. But at just 11 years old, her world changed when she began experiencing unbearable pain in her feet. The pain became so severe that she could no longer walk, let alone attend school. After months of suffering, she was diagnosed with Juvenile Idiopathic Arthritis (JIA) in 2021.

Her condition made everyday life a struggle. Her education came to a halt, and her family couldn't afford the costly treatment—up to Rs. 15,000 per month. That's when the Arthritis Care Foundation stepped in.

With their support, Tooba received proper medical care, and for the first time in years, hope returned to her life.



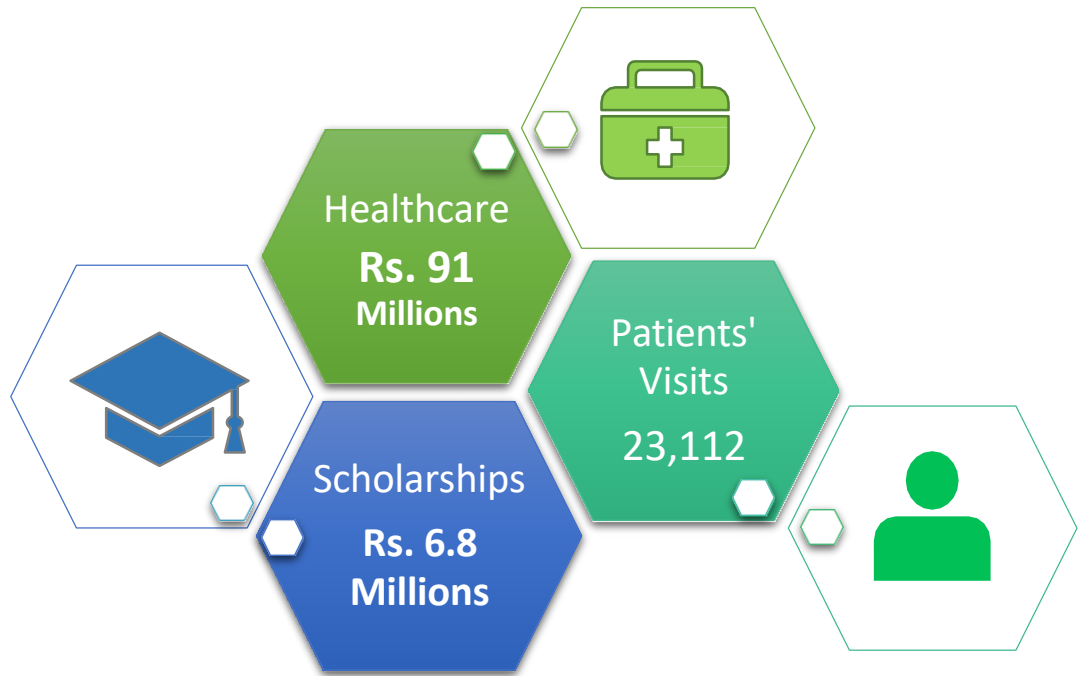
Ali Hassan, a 20-year-old young man, has been courageously battling Juvenile Idiopathic Arthritis (JIA) since childhood. The chronic pain and stiffness caused by the disease once forced him to leave school and limited his ability to live a normal life. Simple daily movements became a challenge, and the high cost of treatment—around PKR 30,000 to 40,000 per month—placed an overwhelming burden on his family. With the support of Arthritis Care Foundation, Ali now receives regular medicines and proper treatment. His pain is better controlled, his mobility has improved, and he is regaining hope for a healthier and more independent future. This support has given Ali a new chance at life.



Irfan, a patient from the outskirts of Lahore, was suffering from severe Arthritis, which caused extreme joint stiffness and pain. Over time, his condition worsened to the point where he could not move properly or perform daily tasks, making it impossible for him to work and support his family.

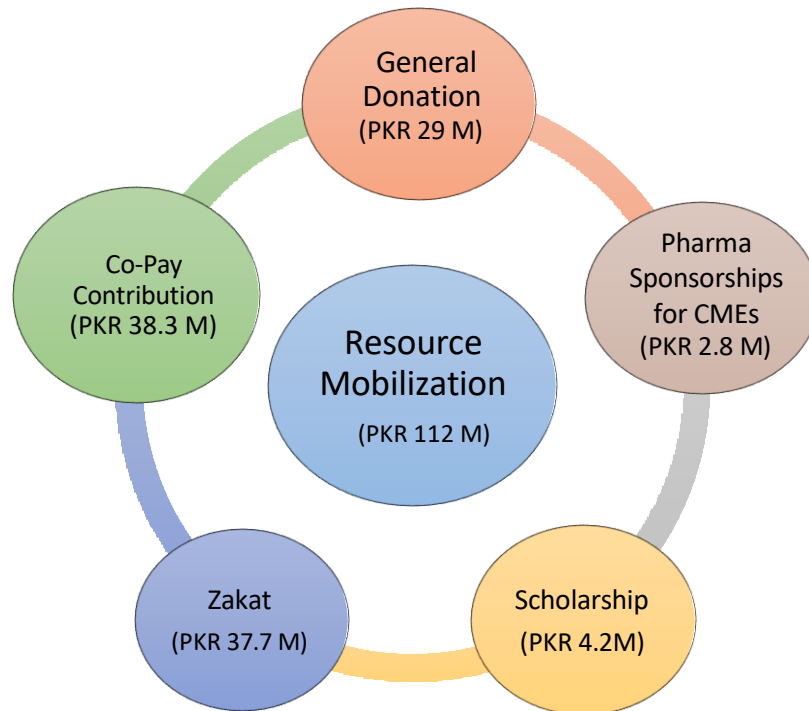
The prescribed medicine, Tofajak, costs between PKR 19,000 to 21,000 per month, an expense Irfan could not afford. With the support of the Foundation, he now receives this medicine at a highly subsidized cost of just PKR 4,000 per month.

As a result of regular treatment, Irfan's joint stiffness has reduced significantly, his mobility has improved, and he has returned to work to provide for his family. Today, he is living a more active and dignified life—showing how timely Arthritis care can truly change lives.



RESOURCE MOBILIZATION

Through charity drives during the year, ACF collected **Rs. 37 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>A/C Title: Arthritis Care Foundation A/C No. 0010000326530011 IBAN # PK98ABPA0010000326530011 ALLIED BANK LTD Mahmood Ali Kasuri Road Lahore Branch Code: 0909 Swift Code: ABPAPKKA</p>	<p>A/C Title: Arthritis Care Foundation A/C No. 0081003109950001 IBAN # 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 via following link

<https://i-care-america.org/charity/arthritis-care-foundation/>

4. For online donations and to learn about our activities visit our website

www.arthritiscarefoundation.org

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



LEARNING ALLIANCE

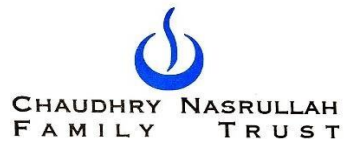


I-CARE FOUNDATION





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ASSOCIATION OF
FATIMA JINNAH
OLD GRADUATES



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