



The Humanitarian

A newsletter of Pakistan Kidney and Liver Institute and Research Center

Summer 2018

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Back to life from the shadows of death



"Thought of losing my younger brother started to hit my mind. He was in pain and shattered after knowing that he was a renal failure patient needing a kidney transplant. Adding fuel to the fire was his financial inability to get the required treatment."

Qurat ul Ain (Sister and donor of the first kidney transplant patient at PKLI&RC). 4



PKLI successfully commences Kidney Transplantation

A large number of patients in Pakistan visit India or China for kidney and liver transplantation spending millions of rupees for each transplant. But at PKLI&RC, these transplants will be free or subsidized for deserving patients and those who can afford will pay for the service as per their capacity. The quality of these treatment facilities for the poor will be at par with the rich without any discrimination.

Taking another significant step towards becoming a center of excellence in healthcare, PKLI&RC's highly trained surgeons have performed the first kidney transplant successfully in the hospital on May 29, 2018, followed by two other renal transplant surgeries on May 31 and June 4, 2018. The first transplant surgery was carried out on a teacher from Qila Didar Singh, Gujranwala, on

his birthday. He received a kidney donated by his elder sister. The second patient from Shadbagh, Lahore, received a kidney donated by his younger brother, while the third recipient from Jhang had his elder sister as the donor. All these patients were suffering from end-stage kidney disease.

President and CEO of PKLI&RC Prof. Dr. Saeed Akhter led the team who performed these complex surgeries. He stated that the institute is planning to perform such high-end surgeries on regular basis to extend opportunity of kidney transplant to other patients on dialysis in the hospital. Dr. Saeed has vast experience in kidney transplants and complex renal surgeries and has served as Chairman of Department of Urology at Texas Tech University Health Sciences Center in Lubbock,

Texas, USA.

Prof. Dr. Saeed Akhter expressed that PKLI&RC aims to bring multidisciplinary expertise in a range of fields to Pakistan, and these successful transplant operations demonstrate the huge positive impact that this state of the art institute will create in the years to come.

Ranked eighth in the world as far as kidney diseases are concerned, Pakistan bears more than 20,000 deaths attributable to kidney diseases every year. Chronic kidney disease is one of the rapidly-rising diseases in the country. There is scarcity of hospitals in Pakistan that offer radical cancer surgeries for bladder and prostate cancer and a big number of patients in the country will suffer because of lack of required technical expertise. There is a dire need of a facility like PKLI&RC

that will offer treatment for these specialized complex cancer surgeries. The hospital will train kidney and liver transplant surgeons, and surgeons performing complex surgeries for cancer. It will also train anesthesiologists, intensive care specialists and other specialists, and nurses and paramedics for future creation of dozens of PKLI&RCs to serve the entire nation. The hospital will be well-equipped to perform complex medical procedures, including robotic surgery, radicle prostatectomy, surgery for advanced bladder cancer, and advanced endoscopic procedures. Usually hospitals just cut the donor open with a huge incision but PKLI&RC is one of the few centers which do laparoscopic donor nephrectomies in Pakistan. At PKLI&RC, the cost of a kidney transplant will not be more than



PKLI&RC team, led by the veteran Prof. Dr. Saeed Akhter, who performed the first renal transplant.

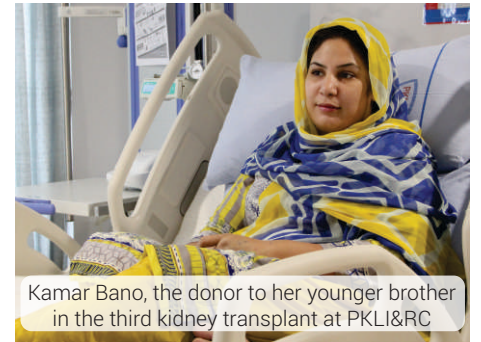
what reputed private sector hospitals in the country are charging, but the quality of treatment will be comparatively higher since it is a highly specialized transplant center capable of performing complicated transplants. PKLI&RC's transplant nephrologists and surgeons have vast national as well as international experience and it will deal with transplantation and its associated complications 24/7.



Ali Raza, the recipient of the third kidney transplant at PKLI&RC



The second kidney transplant patient, Muhammad Kaleem Iftikhar, and his younger brother, Muhammad Waseem (the donor), talking before the transplantation



Kamar Bano, the donor to her younger brother in the third kidney transplant at PKLI&RC

PKLI&RC holds Art competition prize ceremony, Celebrates HPTC's 1st anniversary

Dr. Lubna Ehtizaz's had teary eyes when she received a prize award of Rs. 50,000 for her deceased daughter's art work submitted in PKLI&RC's art competition titled "Healing with Art." The emotions were too much at that moment and the proud mother of the contestant, late Amraha Ehtizaz who died of a liver disease, had a lot of appreciation for the hospital management on acknowledging her daughter's participation even when she is no more in this world. PKLI&RC held a prize distribution ceremony on March 19, 2018, for the art competition on the occasion of the first anniversary of PKLI&RC's Hepatitis Prevention and Treatment Clinic (HPTC) in Lahore. There were around 1725 entries of art

work sent by students of numerous educational institutions, art councils and other artists from 40 different cities. A jury composed of members from reputed institutes in Lahore selected the winners in various

categories. The hospital awarded prizes to the first three position holders. Four contestants won in the special categories and thirty children contestants also got encouragement prizes.



Back to life from the shadows of death

The first kidney transplant at PKLI&RC got a gift of kidney on his birthday

Thought of losing my younger brother started to hit my mind. He was in pain and shattered after knowing that he was a renal failure patient needing a kidney transplant. Adding fuel to the fire was his financial inability to get the required treatment. Every passing day was putting increased stress on him and his family, including a young wife and a new born baby boy. When I saw him in pain and dejected, I broke down and cried.

The advised transplant surgery was the only solution to save my brother Waqar Ahmed's life, but it required millions of rupees which he could never afford. It was a nightmare for a school teacher to think about arranging huge finances to get a transplant done in India or even here in Pakistan. The horrible situation was not merely posing a threat to his life, it was also leading his dependents to sink deeper and deeper in the sea of misery. Thinking about his wife and infant's future was exerting immense pressure on my brother and I could see his agony was aggravated many times. Although our family was supportive through it all, yet they could hardly do anything other than prayers to help Waqar.

He originally had kidney pain six months back and went to a local doctor for a checkup where urea and

creatinine tests suggested that kidneys were not normal. It was diagnosed after further investigation that both of his kidneys were not working.



Waqar Ahmed, the first kidney transplant patient at PKLI&RC

As we were looking for a miracle and it did happen when we got to know about PKLI&RC, a newly established, state-of-the-art kidney and liver institute in Lahore. I cannot express in words how much relieved Waqar, his dependents and I felt when doctors at PKLI&RC told

us that they would perform a kidney transplant on my brother and he would be able to lead a healthy life again. They needed a donor and I was ready to donate not just one, even both of my kidneys in order for pulling my brother back to life from the shadows of death. This was my chance to give my beloved one a gift like no other. PKLI&RC carried out the transplant surgery and made it happen without any hassle. We felt like we were truly cared for and that too for free.

I am extremely impressed to see my own recovery which was so fast that I could go home on the third day of the surgery. Just the next day of the transplantation, my brother felt and looked so much better with a healthy kidney again. He regained health and quality of life so fast, thanks to PKLI&RC's highly trained team of specialists led by the able and dedicated transplant surgeon Prof. Dr. Saeed Akhter. Indeed, PKLI&RC gave Waqar a new life by offering free of cost transplant surgery that we could not afford otherwise. We are so grateful to PKLI&RC. From the staff to the nurses, doctors and surgeons, everyone provided such wonderful and compassionate care. We pray to Allah SWT for the hospital and its team's successes in the future!

Hepatitis prevention and Treatment Program

An update

PKLI&RC established Hepatitis Prevention and Treatment Program (HPTP) in July 2016 and the first Hepatitis Prevention and Treatment Clinic (HPTC) was launched at Lahore in March 2017. This program provides state-of-the-art preventive, screening, diagnostic, vaccination and treatment services for Hepatitis B and C completely free of charge. The hospital planned to set up clinics in 25 districts of Punjab out of which 23 clinics have been launched as of May 2018. The remaining clinics are likely to be operational soon. Currently, about 3000

patients are being seen daily at these centers. Altogether, these clinics have served around 428,000 patient visits as of May 2018.

To follow the WHO mandate to make Pakistan a Hepatitis Free country by 2030, in addition to the diagnostics and treatment services at the filter clinics, PKLI&RC regularly conducts community engagement and health awareness activities for prevention of hepatitis. More than 370,000 people in

various cities and villages have been reached through these awareness activities.





PKLI - The Journey Continues...

An Update

The beginning of a state-of-the-art kidney and liver transplant hospital, dubbed as Pakistan Kidney and Liver Institute and Research Center, is truly a promising prospect that will revolutionize Pakistan's healthcare landscape, which is tattered with the epidemics like kidney and liver ailments including viral hepatitis. PKLI&RC's first phase was inaugurated on December 25, 2017, thanks to the hard work of the hospital's team and the support provided by the Government of Punjab. The mission of the hospital is to achieve the pleasure and mercy of Allah SWT by providing quality treatment facilities for free or at subsidized rates to the poor at par with the rich patients

without discrimination based on race, religion, color, creed and financial status.

The mega hospital aims to become a center of excellence in healthcare to provide advanced clinical services initially in the fields Urology, Nephrology, Gastroenterology and Hepatology, Hepatobiliary Surgery, Kidney Transplant, and Liver Transplant and in other specialized medical fields in the future. The hospital will set up PKLI Institute of Endocrinology and PKLI Institute of Rheumatology in the near future. PKLI Institute of Neuroscience, PKLI Heart & Lung Institute and PKLI Cancer Institute will be established in the

coming years.

As a very large institute spread over more than one and a quarter million square feet, most of which is still under construction, PKLI&RC decided to launch limited services in the limited available space in December 2017 so that patient care is not delayed. Once the larger space is handed over to PKLI&RC by IDAP and the construction company, full scale services including emergency rooms, liver transplant and complex surgeries and complex endoscopies will be started. The hospital is planned to be launched in phases. The hospital will be a facility of 500 beds initially expanding to 800 beds on its completion with a 100-bed

emergency center, a 100-bed ICU, a 100-bed outpatient dialysis facility, a 500-bed in-patient facility, 20 operating rooms and 10 same-day surgery suites.

PKLI&RC is a patient-centered hospital where the only priority is to save a life. This healthcare project is designed on JCIA (USA) standards (International Standards for Healthcare). The hospital has proudly triggered a reverse migration of brain in Pakistan's healthcare industry. Several highly trained specialists and consultants from USA, UK, Pakistan and other countries have joined the hospital. Many devoted doctors came back to Pakistan with a zeal to serve the nation where they will train young Pakistani doctors to ensure that enough manpower is available in the country to cater to the needs of a very large population.



PKLI&RC is building modular operating rooms using stainless steel panels with anti-bacterial and anti-amoebic coating instead of bricks and mortar structures. Its operation theaters create Luminar airflow that is about 99.9% bacteria free. To ensure highly effective and cost-saving healing environment, PKLI&RC adopted Leadership in Energy and Environmental Design (LEED), a globally recognized system of sustainability achievement. The building saves energy, water and resources, generates less waste, and supports human health. PKLI&RC's laboratory automation, with integrated robotics and IT solutions, will be in place to simplify lab operations - both reducing manual reliance and maximizing patient safety. Total lab automation will reduce the chances of errors and save time.

In PKLI&RC, healing will be an upward journey that begins the moment a patient arrives. Consistent with the

brilliant concept of "walk in the green," the hospital building has perfect healing environment for patients. Also, PKLI Bazar is planned to be set up in the environs of the hospital. The hospital separated its corridors into A, B, C corridors so that the waste materials are never transported through the clean corridors in order to keep patient areas absolutely free of germs. Similarly, PKLI&RC segregated patient areas and staff areas to cut down unnecessary traffic inside the patient areas. The institute designed and constructed its building to facilitate people with disabilities with accessible patient rooms, entrance points, corridors, stairs, and special washrooms. PKLI&RC is integrating Real-Time Location Systems (RTLS), which will automatically identify and track the location of objects or people in the hospital in real time, into the hospital processes.

PKLI&RC has plans to establish a university to introduce undergraduate and postgraduate programs to train nurses, paramedics and other healthcare providers on world-class standards. The institute will train postgraduates for FCPS and MS/MD/M.Phil. in Urology, Nephrology, Gastroenterology, Anesthesia, ICU and fellowship in kidney and liver transplantation to produce high quality human resource for Pakistan. Research will be undertaken in the emerging field of medicines to find cure for various diseases. The institute is building partnerships for research with high profile institutions within Pakistan like Lahore University of Management Sciences (LUMS), National University of Medical Sciences (NUMS) and armed forces and University of Veterinary and Animal Sciences (UVAS). PKLI&RC is in the process of signing MOU with University of Illinois, Chicago, and George Town University, Washington DC, for collaboration in education and research.

PKLI&RC is on course to become a new benchmark in the healthcare sector of Pakistan and this will be the future Harvard or Oxford of Pakistan, Insha'Allah!

What are Kidneys and why are They Important?

Every human being has two kidneys. Each one is about the size of our fist. They are located near the middle of our back, just below the rib cage. Healthy kidneys perform many important functions, including removing waste products and extra water from our body, assisting in controlling blood pressure, making red blood cells, and helping keep bones healthy.

Symptoms of Kidney Diseases:

There are almost no symptoms of kidney diseases at the initial stages. But in the later stages of these diseases, the patients may have symptoms such as;

- Feeling of tiredness or short of breath
- Trouble in thinking clearly
- Not feeling like eating
- Trouble in sleeping
- Dry and itchy skin
- Muscle cramping at night
- Needing to go to the bathroom more often at night
- Swollen feet and ankles

Causes of Kidney Diseases:

Anyone can get kidney diseases at any age and in all genders. A few key factors that increase the risk for kidney diseases are;

- Diabetes
- High blood pressure
- A family history of CKD
- Low fluid intake
- Excessive use of medicines over the course of many years that damage the kidneys
- Old age (over 60 years)

Prevention of Kidney Diseases:

Not everyone who is at risk will get kidney disease. We need to talk to a healthcare provider about how to reduce our chances of getting kidney diseases.

We should also:

- Have regular check-ups by our healthcare provider.
- Control our blood sugar if we have diabetes.
- Regulate our blood pressure if we have high blood pressure.
- Make healthy food choices.
- Avoid excessive usage of salt in diet
- Exercise regularly.
- Lose weight in case of overweight.
- Avoid smoking and alcohol.
- Avoid herbal supplements and those used for body building.

Treatment of Chronic Kidney Diseases:

In chronic kidney diseases, dialysis and kidney transplant is the treatment.

PKLI&RC's World Kidney Day commemorations



PKLI&RC successfully organized Awareness Walk and Awareness Seminar on March 4 and March 8, 2018, respectively, to commemorate World Kidney Day 2018.

Those events were attended by a large number of people, including celebrities, medical students, healthcare professionals, government officials and individuals from other walks of life, taking part with supreme enthusiasm. The walk was focused on raising awareness on kidney diseases prevention. The Seminar featured scientific talks on the causes, prevention and treatment of kidney diseases, including kidney stone management and transplant, by a number of qualified speakers. Health Minister Punjab Mr. Khawaja Salman Rafique, Mayor Lahore Mr. Mubashir Javed graced the events with their presence whereas Jawad Ahmed, a famous singer, and Ali Mir, a prominent TV artist, were also amongst the participants in the Walk.

PKLI&RC Marketing Department's corporate sector engagements

PKLI&RC's Marketing Department effectively engaged corporate sector organizations, including Lahore Chamber of Commerce & Industry, MCB Bank Ltd., Bank Al Habib Ltd., IBM, and Haleeb Foods Ltd., to create awareness about Hepatitis prevention measures throughout the first half of 2018.

Likewise, the department conducted awareness sessions about kidney diseases prevention at Lahore-based PakTurk Schools and Colleges, Jazz (Mobilink), and Panasian Group (Volvo) to commemorate World Kidney Day 2018.

A big number of students and staff members of these organizations attended the sessions and found them to be very interactive, informative and helpful for them. Furthermore, the Marketing team engaged several educational institutes and art councils, and invited them to visit the hospital to see the mega project and meet with its skilled and dedicated team.



PKLI&RC launches Tree Plantation Drive



Former Pakistan cricket team captain Misbah ul Haq planting a tree as part of PKLI&RC's "Tree Plantation Drive."

Pakistan is among the top 10 in a list of countries most likely to be affected by global warming. Unfortunately, trees and forests are not sufficient in proportion to the total land area in the country.

Bearing in mind that greenery is essential to preserve healthy environment and to maintain ecological balance, PKLI&RC launched its "Tree Plantation Drive" on April 26, 2018, in order to enhance healing atmosphere at the hospital and to contribute towards slowing down effects of global warming in our beloved country.

Misbah ul Haq, one of the most successful captains in the history of Pakistani cricket, was the chief guest. Several notables from different organizations, including Malik Tahir Javaid, President of Lahore Chamber of Commerce and Industry, joined in the drive. Ali Mir and Ayesha Jahanzeb, well-known artists, were part of the event. The trees were planted in the names of the participating organizations and individuals. Students from various educational institutions were also in attendance.

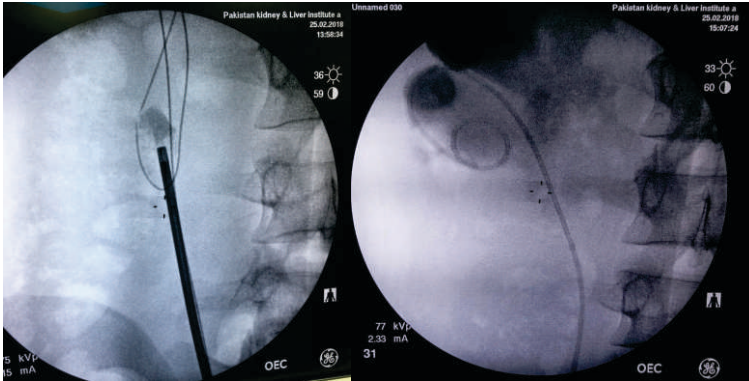
Events



US Consul General to Lahore Elizabeth Kennedy Trudeau visiting PKLI&RC on March 14, 2018.



Chinese Consul General to Lahore Long Dingbin touring PKLI&RC on May 24, 2018.



1st Laser Treatment at PKLI&RC

PKLI&RC performed first laser treatment of kidney stone with complete fragmentation and removal of large stone on February 26, 2018. Dr. Tanweer Ahmed Naweed Bhatti, Consultant Urologist, performed Normal Orifice Transluminal Endoscopic Surgery (NOTES) on two patients. The treatment was successfully completed and both patients went home within 24 hours.

1st CT Scanner at PKLI&RC

On January 10, 2018, PKLI&RC operationalized its first 128 slice CT scanner, named Revolution EVO, which is providing a wide range of services to patients and clinicians. This state-of-the-art scanner ensures modern cross sectional imaging. The CT scanner is designed to provide the high-resolution, low-dose images and ultimately it provides the quick diagnosis and treatment of the patients' diseases.

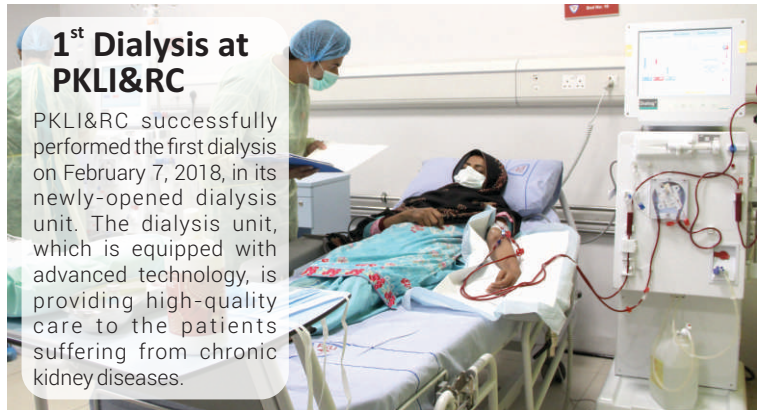
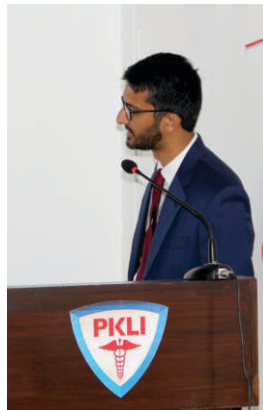


A group photo on the visit of Denmark Ambassador to Pakistan Rolf Michael Hay Pereira Holmboe on April 19, 2018, at PKLI&RC.



Lecture on research delivered at PKLI&RC

PKLI&RC invited Dr. Talha Ijaz, Blocker Scholar, University of Texas Medical Branch in Galveston, Texas, USA, to deliver a lecture presentation on June 11, 2018, as part of the PKLI Grand Round series. Dr. Talha is Resident, Department of Internal Medicine/Research, Emory University School of Medicine in Atlanta, Georgia, USA. The presentation was on the topic of "Research by Medical Doctors: Making of a Physician Scientist." All physicians at PKLI including Clinical HOD, Consultants, Sr. Registrars, Registrars and Medical Officers attended the grand-round presentation. They expressed that the lecture was very interesting, innovative and interactive. The participants took deep interest in the session and asked many pertinent questions to enhance their knowledge.



1st Dialysis at PKLI&RC

PKLI&RC successfully performed the first dialysis on February 7, 2018, in its newly-opened dialysis unit. The dialysis unit, which is equipped with advanced technology, is providing high-quality care to the patients suffering from chronic kidney diseases.



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Pakistan Kidney and Liver Institute and Research Center
 One PKLI Avenue, Opposite DHA Phase 6, Lahore, Pakistan.
 Tel: +92 42 38102940-2 ext. 2366
 Email: marketing@pkli.org.pk

www.pkli.org.pk | Facebook | Twitter | Instagram | pklinrc

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