



2011 Issue: 01



THE
HEALTH
FOUNDATION

The Health Foundation (THF) is a non-profit public service organization which came in to existence in 2007. It is a group of likeminded individuals from all walks of life who are concerned about the general health of all Pakistanis.

The target population of THF is people living below the average poverty line; those people who cannot even fulfill their daily needs. With this aim in mind, the primary task THF has taken up is battling hepatitis in our target population. It's an already known fact that hepatitis has affected millions worldwide; the situation is worse in Pakistan. The hepatitis-infected population here is a staggering 12 million and the numbers are growing day by day at an alarming rate. One out of every 10th individual in Pakistan is suffering from either Hepatitis B or C virus. THF is striving day in and day out to bring down the number

of hepatitis-infected individuals by cultivating awareness for prevention, and how to avoid cross contamination by the hepatitis virus.

This was done actively in the past by:

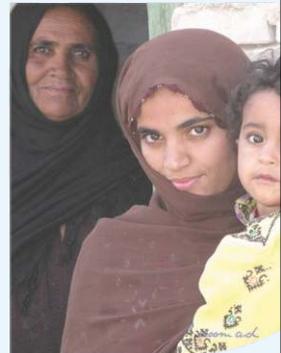
- Conducting awareness sessions for health workers, practitioners, corporate sector workers / staff, teachers and parents of students from various schools. They were made aware about Hepatitis via brochures, seminars, and various free screening camps. The screening camps specially, provided screening, vaccination, injection safety protocols and other related information.
- Participating in World Hepatitis Day.

Hepatitis is killing thousands in Pakistan, Hence it is about time to put a stop to this menace hence ensuring the safeguard of the future generations.

The Health Foundation

is working in collaboration with:

- **GAVI Alliance** <http://www.gavialliance.org/>
- **CSO** consortium from Pakistan working towards this Goal.
- **CDGK**
- **Chief Minister (CM) Hepatitis Program**
- **Rashid Memorial Welfare Organization**
- **Indus Hospital**



The main aim of THF is to make Pakistan a healthier nation and protecting our future generations from hepatitis. In the near future, THF plans to branch out into other fields regarding general health, apart from Hepatitis.

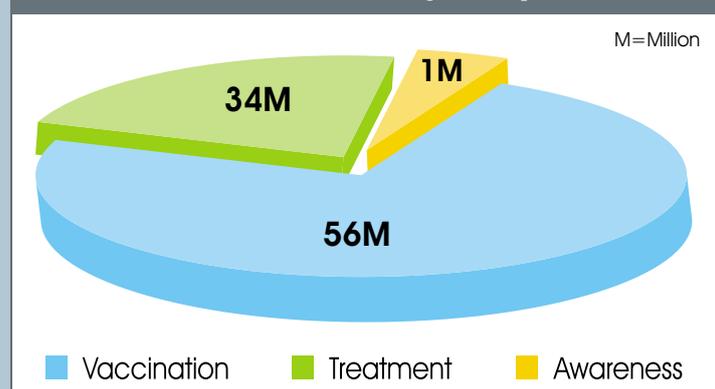
Amjad is 39 years old. He has four kids the eldest 8 yrs and the youngest only 2 months. He lives with his old ailing mother, 2 unmarried sisters, his wife and 4 kids in a small broken down locality. This family of 9 has only 1 room to fit in. Amjad works throughout the day to make both ends meet. During the day he sells refreshments on foot while at night he works as a guard. Even working 126 hours a week he is still not able to fully support his family of 9. After visiting a local clinic due to some



symptoms he was diagnosed with Hepatitis C. He has been Hep C+ for the past 6 years. His family was devastated as he was the sole bread earner and was not able to get treatment due to lack of funds. He was referred to THF by a local general practitioner. On hearing his story; we at THF were moved and were compelled to help him out with a follow-up by a specialist and free treatment; it being one of our main goals. Now it has been one year since his treatment has finished and his SVR (Sustained Viral response is negative). Amjad is just one of the few lucky ones who was able to get the treatment on time before it was too late for him. We at THF try our best to help out the poor suffering souls but there are still millions out there who are dying day in and day out due to complications from Hepatitis. It is about time to come together as a nation and play our individual role in this WAR AGAINST HEPATITIS



Total Expenditure by THF for Vaccination, Treatment and Awareness against Hepatitis



MILESTONES Achieved

Awareness Statistics

- Various awareness sessions and programs (via print media, leaflets, visual aid and interactive sessions) regarding safe injection practices and prevention have also been carried out among **160,000** individuals, including health practitioners, school teachers, parents and factory workers in various parts of Karachi.
- Print material has also been translated in Sindhi and distributed in Tando Allayar.

Vaccination Statistics

- **10,000** pregnant females have been screened for Hepatitis B.
- **127** infants born to Hepatitis B positive mothers were given HBIG and Hepatitis B vaccine within 24 hours of birth.



Vaccination Activity

- Vaccination for Hepatitis B has been given to approximately **120,906** children under 18 years of age in Karachi.
- Vaccination for Hepatitis B has also been given to **806** people in Jacobabad.
- **4000** employees from the corporate sector in Karachi have also been vaccinated for Hepatitis B.
- A total of **56 million** PKR have been spent to date on THFs Hepatitis B prevention program through vaccinations.



Awareness Session

Coverage & Outlay

- The Health Foundation has carried out its vaccination campaign in collaboration with **GAVI Alliance** and **Chief Ministers Hepatitis Control Program**.
- THF was able to get way in to Schools, Madaris and corporate sector employees. Accessing Madaris is a big achievement for THF; as Madaris are thought to be inaccessible, but THF got a positive response from them. This further proves the need of awareness eventually results in a better vaccination system for future generations.
- To date, approximately **34 million** PKR have been spent by THF for more than **950** non-affording patients who have been administered with Hepatitis C treatment from various centers of THF in Karachi.
- The Health Foundation practiced to provide treatment for Hepatitis C, charging only a small fee of about 10% from the patients. As of January 2011, all patients are now being provided with free treatment for Hepatitis C in collaboration with the Chief Ministers Hepatitis Control Program.

By the grace of God, these are just a few milestones that THF has achieved in a very short time. There are yet many far-flung and inaccessible areas that still need to be explored.

With this mind set, The Health Foundation welcomes everyone who is interested in helping us out in any other way; be it a small donation, spreading our message or just simply making people aware of Hepatitis, vaccination, prevention and cure. This is our primary goal for the near future.



THF Centre at Rashidabad, Tando Allayar

PREVENTION TIPS AGAINST HEPATITIS B and C

Some safety measures are to be taken for prevention of Hepatitis B and C:

- **Injection Safety**
Injections for minor illnesses should be avoided at all cost. Oral treatment is available and is as effective as any injection; try to avoid all kinds of injections/drips. This is one of the major causes for getting infected with Hepatitis. If an injection is unavoidable, then ensure that a new, quality disposable syringe is to be used and is destroyed in your presence after use.
- **Avoid Unsafe Surgeries**
Great care is required during minor/major surgeries, dental surgeries, gynecological examinations, cosmetic surgeries, circumcision. Acupuncture and making tattoos is risky and can pass on the disease quietly before the individual can know of it.
- **Vaccination of Spouse**
The spouse of any Hepatitis B-infected patient needs to be vaccinated if not already exposed. In order to avoid sexual transmission of the disease, refrain from extra-marital sexual relations.
- **Blood Screening**
Unnecessary blood transfusions should be avoided at all cost. If it is mandatory and life-saving, then ensure that the blood bag being transfused is screened for Hepatitis B and C.
- **Avoid Sharing Personal Items**
Avoid sharing of personal items like tooth brushes, shaving razors, miswak, etc.
- **Safety Precautions for Hospital Staff**
The hospital staff treating patients with Hepatitis B or C should observe extra care by using gloves, masks, protective clothing and eye covers during handling of the patients and the infective material.
- **Newborn Vaccination**
Newborn babies should be vaccinated for Hepatitis B within 24 hours after birth, irrespective of whether the mother is Hepatitis B-positive or not.

APPEAL FOR DONATIONS!

Saving one person from Hepatitis inflicted disability and death is like saving the entire humanity

Your donation of Rupees 40,000/- can do it!

A lesser amount of Rupees 1,500/- can help

vaccinate one person, And prevent the onset of Hepatitis

Please Act Now!

Striving For A Healthier Pakistan



THE
HEALTH
FOUNDATION

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Donation and Zakat Account Details:

Bank Account No.: 010-5893-2

Title of Account: The Health Foundation

Name of Bank: UBL, S.I.T.E. Branch, Karachi.

(all Donations are Tax Exempted)

PREVENTION