

Zakat Special 2017

hope



Shaukat Khanum
Memorial Cancer Hospital
and Research Centre

A Newsletter for the Friends of
Shaukat Khanum Memorial Cancer Hospital
and Research Centre

Apni zakat Shaukat Khanum Cancer Hospital ko dein taakeh

Zinda rahay ye dosti Aur dost bhi



Many cancer patients and friends like Awais and Asawer come to Shaukat Khanum Hospital in Lahore and Peshawar in the hope of receiving free cancer care. Your **Zakat** allows us to support the treatment of more than **75%** of our patients. This year we require **CAD 72 million** to help more such patients.

You can give your Zakat and donation in any of the following ways:

Please make cheques payable to 'Cancer Education Research Foundation' and mail to:

Cancer Education Research Foundation,
7800 Kennedy Road, Suite 101,
Markham, Ontario, L3R 2C7,
Canada.

You can donate online:

Website: www.cerfcanda.com
Email: donation@cerfcanda.com

For further information please contact:
Tel: (905) 470 8111
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FEATURE STORY

Getting Bigger and Better: SKMCH&RC, Lahore Builds a New Specialized Endoscopy Suite

Endoscopy involves using an instrument to examine various bodily organs from within. The commonest examples of endoscopy in day-to-day medical practice include gastroscopy, used to examine the foodpipe and stomach, colonoscopy, to examine the large bowel, and bronchoscopy, to examine the airways and lungs. Endoscopy plays an important role in the diagnosis and management of cancers of the gastrointestinal tract and the lungs, as well as of other organs.

Endoscopic procedures may be used for screening, to detect disease before it becomes clinically apparent, as well as to make a definitive diagnosis in patients with symptoms suggestive of cancer, as well as of a wide variety of other disorders. Endoscopy allows biopsy or sometimes complete removal of lesions seen, and also permits the application of various forms of endoscopic treatment. With the wide range of endoscopic procedures available at SKMCH&RC, the existing endoscopy suite is no longer adequate for our needs, and a new endoscopy suite at SKMCH&RC, Lahore has been commissioned to cater to the growing needs of our patients.

The new facility features a reception area and a patient waiting area, two procedure rooms, one of which has been designed to allow procedures to be carried out under fluoroscopic (X-ray) control, a six-bedded recovery area, as well as changing areas and storage space. This expansion will help to improve patient flow not only for endoscopy procedures but it will also help to create additional physical space for expansion of the Emergency Assessment Room (EAR). The

insertion, naso-jejunal feeding tube insertion, metallic stent insertion and bleeding control. Endoscopic retrograde pancreatography or ERCP, is also offered, with metallic and plastic stent insertion, as well as for removal of stones. The unit also provides the full range of endoscopic ultrasound (EUS) services, including for staging of cancers, fine needle aspiration of lesions outside the GI tract, including the pancreas, and EUS-guided drainage of the biliary system and of

pancreatic pseudocysts. Our pulmonary physicians offer the gamut of bronchoscopy services, including not only diagnostic bronchoscopy with biopsy and broncho-alveolar lavage, but also transbronchial biopsies, tracheal stent insertion, tumour fulguration, endobronchial ultrasound and fine needle aspiration, Pleurex catheter insertion

and medical pleuroscopy.

The commissioning of the new Endoscopy Suite is set to improve patient comfort and care for those undergoing endoscopy procedures, and will enhance our capacity to provide this essential service to our cancer patients.



endoscopy unit at SKMCH&RC, Lahore, currently provides a wide variety of diagnostic and therapeutic endoscopic procedures. These include diagnostic and therapeutic upper and lower GI endoscopy or gastroscopy and colonoscopy. Some of the therapeutic procedures offered include PEG tube



Hope Beyond Borders: Supporters in Canada Fund a New Linear Accelerator for SKMCH&RC, Lahore

Shaukat Khanum Memorial Cancer Hospital and Research Centre (SKMCH&RC) in Lahore is one of the largest radiation centres in the region, equipped with five linear accelerators as well as a high dose brachytherapy system. Radiation therapy is a key component of cancer treatment and the Hospital employs advanced radiation therapy techniques for highly accurate tumour targeting, while minimising radiation exposure to normal adjacent tissues and structures. These techniques include Intensity Modulated Radiation Therapy (IMRT), Image-Guided Radiation Therapy (IGRT), and now also "RapidArc" technology. These new modalities allow highly accurate

radiation delivery and treatment, while greatly reducing side-effects of treatment. Rapid-Arc treatment also allows delivery of radiation in a much shorter time, so that a larger number of patients can be treated using the same machine than was possible, until now.

The new linear accelerator, funded by the Cancer Education Research Foundation, Canada, has augmented our capacity to treat patients, and we can now provide radiation treatment to nearly a hundred additional patients a day.



Art Helps to Reduce Anxiety: The Paediatric Chemotherapy Bay Gets a Makeover

Chemotherapy is one of the commonest treatments used for cancer, and involves giving medicines which destroy cancer cells. The Chemotherapy Bay at SKMCH&RC Lahore is a thirty-two bedded out-patient chemotherapy facility where twelve beds are dedicated for the treatment of children with cancer. This children's section of the Chemotherapy Bay has recently been completely renovated and re-decorated to create a cheerful and child-friendly ambience to combat pre-treatment anxiety and to ensure maximal patient comfort.

In the Chemotherapy Bay, anti-cancer medications are given intravenously and therefore, for many children,

thinking about a hospital visit for their next chemotherapy appointment can be quite stressful. The transformation of the children's area aims to help children cope with the anxiety, stress, and fear associated with their treatment. It offers patients an immersive experience close to nature, surrounded by the friendly faces of their favourite animals, birds, and other wild creatures. At one end, awaiting exploration by little ones, sits a real-life wooden hut with a painted interior and cushions on the floor. This transformation has been applied to the corridors as well as the area where children are actually treated, so that patients can truly feel a part of the whole

integrated theme while receiving their treatment. The strength and fighting spirit of the tiger, the cheerfulness of the birds, and the friendliness of the monkeys, among others, are especially designed to provide a sense of comfort to our young patients and to give them something they can actually look forward to on their next hospital visit.

The new look of the Chemotherapy Bay is in line with the Hospital's efforts to ensure patient comfort at all levels. It is hoped that by creating a space for imaginative play, the new friendlier surroundings will greatly help in diverting children's attention from the natural anxiety they experience before receiving chemotherapy.



PESHAWAR UPDATE

SKMCH&RC, Peshawar: New Chemotherapy and Inpatient Units Open

Clinical services at SKMCH&RC Peshawar continue to expand. The 30-bed Chemotherapy Bay has opened in its final location, on the first floor. Chemotherapy is administered to patients daily from 8am to 8pm on weekdays, and patients from the Khyber Pakhtunkhwa, as well as those from as far south as Islamabad, are preferentially given appointments for chemotherapy there. This has proved to be very popular with patients and their families who otherwise had to make repeated journeys to Lahore to receive treatment. Twenty dedicated inpatient rooms, with a capacity of 40

increasing numbers of patients we see. Additionally, it has created space for the opening of a dedicated Outpatient Ambulatory Therapy (OPAT) bay on the ground floor, where patients needing short infusions, intravenous antibiotics, and so forth, can be seen and treated.

The SKMCH&RC, Peshawar, currently has inpatient and outpatient Medical Oncology, Paediatrics, Internal Medicine and Palliative Medicine services, with an inpatient unit, a fully equipped intensive care unit and the chemotherapy bay and outpatient ambulatory therapy bay, as described above. The Emergency Assessment Room is operational around the clock, seven days a week. Additionally,



Inpatient Room



Chemotherapy Bay

beds, together with a four-bedded ICU, have also now become operational on the second floor. In keeping with the Hospital's culture of quality and equality, we have no private rooms. Instead, each inpatient room has two patient beds reflecting the Hospital's commitment to provide the highest possible standards of care to all its patients, irrespective of their ability to pay. The transfer of chemotherapy, inpatient and ICU services from the ground floor to the dedicated locations for each has also meant that the Emergency Assessment room has been expanded to cater to the ever-

Radiology and Pathology services are also fully operational. The Radiology Department is equipped with x-ray, fluoroscopy, ultrasound, mammography, CT and MRI scanners. A full-service pharmacy offers the latest in sterile preparation facilities for chemotherapy, and also for total parenteral nutrition (TPN). Radiation Oncology services are planned for phase II of operations in Peshawar, and construction work on the bunkers for the radiation machines is planned to commence in the summer, Inshallah. We aim to start radiation oncology services in Peshawar in the spring of 2018, as planned.

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Please deposit your Zakat and donations at any of our local or overseas offices:

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