

# HOPE

ZAKAT EDITION 2020



**Shaukat Khanum**  
Memorial Cancer Hospital  
and Research Centre

## GIVE YOUR ZAKAT TO SHAUKAT KHANUM HOSPITALS BECAUSE CHILDHOOD IS LOST WITHOUT MOTHERS

Countless children miss out on their childhood as they see their mothers battling cancer. Shaukat Khanum Hospitals in Lahore and Peshawar continue to provide free treatment to over 75% of all patients seen. This year, we need US \$ 69 Million to help more such patients. Give your Zakat to Shaukat Khanum Hospitals so we can save thousands of mothers for their children.

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**FIRST OF ITS KIND IN PAKISTAN**

## **A NEW AND INNOVATIVE LINEAR ACCELERATOR BECOMES OPERATIONAL AT SKMCH&RC, LAHORE**

Radiotherapy uses different types of high-energy radiation to damage or kill cancer cells so they cannot reproduce, making it a life-saving tool in the treatment of patients with cancer. It can be used as a standalone therapy, or in conjunction with other cancer treatments. It is frequently employed in the treatment of metastatic and recurrent cancers and may provide years of high-quality life. It may also be used near the end of life as an effective and efficient means of managing the pain which can accompany progressive cancer.

The Department of Clinical and Radiation Oncology at Shaukat Khanum Memorial Cancer Hospital and Research Centre in Lahore is the nation's largest radiotherapy facility comprehensively equipped with sophisticated technologies to deliver both external-beam therapy and brachytherapy. It has recently been upgraded with the addition of a fifth state-of-the-art radiotherapy machine. This is in addition to the four linear accelerators that are already available in the Department.

The new radiotherapy machine is the first of its kind in Pakistan and the Middle East, capable of wide spectrum and advanced treatment modalities. This machine is capable of performing highly targeted radiotherapy, which ensures delivery of high-intensity doses to the tumour cells only. The new linear accelerator allows real time tumour tracking and compensation for tumour movements, therefore, reducing the chances of missing the tumour and protecting the surrounding tissues. The new cutting-edge linear accelerator in its high intensity mode is three times faster than conventional linear accelerator. Treatments that would take ten to thirty minutes on previously installed machines can now be completed in less than two minutes on this latest machine, reducing the patient's time on treatment couch.

In 2019, over 73,000 radiation therapy sessions were recorded at both our hospitals in Lahore and Peshawar, which is a 13% increase from the previous year. These figures demonstrate the increasing demand of radiotherapy at our facilities and that the new linear accelerator will help us manage the anticipated workload.





## SKMCH&RC, PESHAWAR COMPLETES FOUR YEARS OF SERVICE

In December of 2019, Shaukat Khanum Memorial Cancer Hospital and Research Centre (SKMCH&RC) in Peshawar has completed four years of providing services to its patients. In this duration, the Hospital has recorded nearly 2,000 new patient registrations, over 146,000 outpatient visits, more than 4,000 hospital admissions, around 34,000 chemotherapy sessions, over 9,000 radiation therapy sessions, 73,000 imaging studies, over 1,000,000 pathology tests and nearly 800,000 pharmacy dispensations.

In a ground-breaking step, SKMCH&RC has brought the first PET CT scanning system to northern Pakistan. This also marks the inauguration of Nuclear Medicine services at SKMCH&RC, Peshawar. In the next six months, comprehensive diagnostic and therapeutic applications of Nuclear Medicine will be available to the patients of the region.

Nuclear Medicine employs minute amounts of radioactive material called radio pharmaceuticals to study the function of body systems and organs. PET CT scan is one of the most advanced hybrid imaging modalities for cancer patients. Majority of the cancer patients require multiple PET CT scans during the course of the treatment. It is primarily used for staging after diagnosis, during treatment for therapy response assessment and at the end of treatment to ensure the patient has no traces of cancer in the body. On average, around a hundred patients will benefit from this service every month, majority of whom are underprivileged cancer patients receiving free treatment at the Hospital.

Pakistan's first PET CT scanning system was installed at SKMCH&RC in Lahore in 2009. Today, SKMCH&RC has the largest Nuclear Medicine facility in Pakistan with two

functional PET CT scanners in Lahore and Peshawar, with a third scanner to be installed in Lahore in the near future.



2019 also saw the commencement of Physiology Laboratory at SKMCH&RC, Peshawar. This is equipped with Echocardiogram (ECHO) and Pulmonary Function Test (PFT) machines. The ECHO provides important information during and after cancer treatment to diagnose any side-effects in terms of heart damage in a timely manner. These tests are also conducted as part of pre-operative assessment of patients. The respiratory therapists perform PFTs in a variety of cancer and non-cancer patients, helping physicians plan treatment for their patients.

In 2020, we hope to develop radiology and nuclear medicine services where a new MRI, SPECT-CT scanner and other necessary equipment will be installed. Most importantly, with the commencement of surgical oncology services, numerous cancer patients will benefit who previously had to travel to Lahore to seek these services in a long and costly journey.



## CONSTRUCTION UPDATE ON SKMCH&RC, KARACHI

The site preparation for the construction of SKMCH&RC in Karachi has been completed and the technical evaluation of bids is underway by the Project Consultant. The construction is planned to start in the summer of 2020 while the commencement of clinical services is expected within three years of the initiation of construction work. The Hospital will open as a fully functional cancer hospital, with all the essential clinical and support departments one would expect of a facility of this nature.

The Hospital will be located inside the DHA City Project of the Defence Housing Authority on twenty acres of land. This comprehensive cancer centre in Karachi will help us provide state-of-the-art cancer care to the people from Sindh and Balochistan, closer to their homes, irrespective of their ability to pay. The Hospital will be a four hundred bed facility equipped with the latest cancer care technology, including diagnostic facilities, radiation treatment planning and delivery systems, and will have forty-seven outpatient examination room, a sixty-six bed chemotherapy facility, sixteen operation theatres, and twenty-four rooms for intensive care services.

### FLOOR PLAN OF SKMCH&RC - KARACHI

<b>BASEMENT</b>	Nuclear Medicine Department. Radiation & Clinical Oncology Department.	
<b>GROUND FLOOR</b>	Outpatient Department Emergency Room Radiology Department	Women's Imaging Unit Pharmacy Cafeteria
<b>1<sup>ST</sup> FLOOR</b>	Chemotherapy Bay Pathology Lab Blood Bank	Bone Marrow Transplant Unit Endoscopy Suite
<b>2<sup>ND</sup> FLOOR</b>	Operating Rooms Intensive Care Unit Central Sterile Supplies Department	
<b>3<sup>RD</sup> FLOOR</b>	Inpatient Unit	
<b>4<sup>TH</sup> FLOOR</b>	Inpatient Unit	
<b>5<sup>TH</sup> FLOOR</b>	Inpatient Unit	
<b>6<sup>TH</sup> FLOOR</b>	Administrative Floor	





## SHAUKAT KHANUM DIAGNOSTIC CENTRE, LIBERTY COMPLETES ONE YEAR OF PROVIDING STATE-OF-THE-ART SERVICES TO PUBLIC

Shaukat Khanum Diagnostic Centre, Liberty (SKDCL), located in the heart of Lahore, has successfully completed one year of providing state-of-the-art diagnostic and consultation services. The SKDCL is equipped with the latest technology and staffed by highly-trained medical professionals. Current diagnostic services include pathology and radiology services including MRI and CT scans, mammography, ultrasonography, digital X-rays and fluoroscopy. The Centre also offers selected clinical services including a Comprehensive Health Care Clinic (CHCC), Well Woman Clinic, One-stop Breast Clinic (OSBC), Hypertension and Kidney Care Clinic, Diabetes and Thyroid Clinic, Chronic Pain Management Clinic, Headache and Facial Pain Clinic, and Cardiology Clinic, all under one roof.

We believe that when women are healthy, communities have a promising future and therefore, we offer two clinics dedicated solely to women's health. The Well Woman Clinic provides health check to all women and preventive care visits provide an excellent opportunity for screening, evaluation of health risks and needs, counselling and immunizations. The One Stop Breast Clinic (OSBC) enables evaluation of benign

and malignant breast diseases at an accelerated pace. This clinic offers physical check-up, mammogram, ultrasound and biopsy, if required, during the same visit.

Patients can choose the Shaukat Khanum Diagnostic Centre, Liberty to receive world-class diagnostic and clinical services at a more convenient location, while also helping the less fortunate to access the best possible cancer care in Pakistan. All proceeds from these services will be utilised for the treatment of deserving cancer patients.



### THANK YOU TO OUR SPONSORS AND SUPPORTERS



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Published by the Marketing and Resource Development Department - Shaukat Khanum Memorial Cancer Hospital and Research Centre  
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