ULOSIS DAY WORLD TUB INVEST TO END TB. SAVE LIVES.

Dr Syed Sharaf

Vice Chairman,

O effective

ely control

TB in Pakistan, working in collab-

oration with communities is mandatory.

It is necessary to remove barriers or hin-

drances in diagnostic process and make

easy access to TB treatment for everyone.

compulsory to diagnose every infected

person and ensure their complete treat-

ment. Collaborative efforts of any soci-

ety play vital role to control any disease

particularly TB. The role of all impor-

tant stakeholders (physician, cured

patients, social worker and community

leaders) is crucial in eradication of TB

Each year approximately 500,000 peo-

ples get infected with TB across Pakistan.

Pakistan is estimated to have 5th highest

prevalence of multidrug resistance TB

which is due to improper, inadequate,

incomplete treatment and discriminating

behavior of the society with the TB patient.

Day 2022, we need to invest more on the

awareness of TB, its diagnosis and treat-

ment so to eradicate this lethal disease

The content of both the General

Secretary/ Vice Chairman Messages and

the article is intended for educational pur-

pose only and that Pfizer Pakistan and/or its

affiliates shall not be responsible as to the

content of and the opinion expressed by the

society and/or its nominated healthcare pro-

Without treatment, tuberculosis may be fatal²

from all over the world.

Disclaimer:

fessional therein.

According to the theme of World TB

For complete eradication of TB, it is

Partnership,

Ali Shah

Stop TB

Pakistan

Messages

S. M. Wajeehuddin

Country Manager, Pfizer, Pakistan

n the early 1900s, tuberculosis (TB), a bacteria that settles in the lungs and eats them away, continued to be among the deadliest diseases, killing one in seven people in the US and Europe1. Unfortunately, it still continues to be a major public health concern in Pakistan and countries around the world. It is the second leading infectious disease after

COVID-19; killing 1.5 million people in 2020, globally². Over 95% of cases and deaths are reported in developing nations2. Sadly enough, Pakistan ranks 5th amongst high TB burden countries3. World Health Organization (WHO) estimates that 44,000 Pakistani citizens died from TB in 2018, the highest number from any infectious disease3.

The socioeconomic and psychological impacts of TB are multifold. While the impact is most often measured as the direct costs of treatment (including the costs of medicines, personnel, and facilities used), the economic burden is considerably higher⁴. The largest indirect cost of TB for a patient is the loss of income; earnings lost from illness and death are commonly much greater than the direct costs of treatment, besides in some cases impacting the patients socially also.

At Pfizer, we are committed to addressing these challenges by developing therapies to treat or prevent disease spread and improve the quality of life for patients. We have always stood by the fight to combat TB by joining hands with all relevant stakeholders, including government authorities, NGOs, and medical community. We continue to produce quality medicines as per WHO standards and make them available at affordable prices to ensure easy access to the patients. We are constantly working towards educating healthcare professionals on ways to improve their diagnostic and management capabilities, while at the same time creating mass level awareness amongst general public.

Each year, we commemorate World TB Day on March 24 to raise public awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end this endemic.

Let's Join Hands to Eradicate TB! References:

1) Mysteries, Female Pioneers: Meet the Biochemist Who Tackled One of TB's Great. https://www.pfizer.com/news/articles/female-pioneers-meet-biochemist- who-tackled-one-tb%E2%80%99s-great-mysteries>. Accessed on 17-March-2022. 2) Tuberculosis, Key Fact by WHO, 14 Oct 2021. https://www.who.int/news-

room/fact-sheets/detail/tuberculosis. Accessed on 17 March 2022. 3) Pakistan Chest Society, A National Clinical Guidelines for Diagnosis & Management of Drug Susceptible Tuberculosis, March 2020.

4) Dennis A. Ahlburg et al. The Economic Impacts of Tuberculosis, The stop tb initiative 2000 Series. Pg 1-34. (Code: PP-MYR-PAK-0066) ■

Pfizer Breakthroughs that change patients' lives

Dr Iqtidar Ahmed Executive Secretary, Stop TB Partnership,



B spreads from person

to person through the air. When people with lung TB cough, sneeze or spit, they propel the TB germs into the air and may infect another person. Common symptoms of active lung TB are cough with sputum and blood for two weeks or more, chest pains, weakness, weight loss, fever and night

The common diagnostic test for TB includes sputum microscopy and chest Xray. TB is 100 per ecnt treatable and curable, and its treatment is freely available in government hospitals. If left untreated or not managed as advised by physician, simple TB may convert into resistance TB which may be life threatening.

World TB Day is commemorated on March 24th of every year. As per the theme of World TB Day and to eradicate TB from the world, we should spread awareness about this disease, educate people that how they can prevent themselves from getting this disease, make easy access to anti TB drugs and for early diagnosis and proper take care of TB patients.

Stop TB Partnership Pakistan is serving as bridge among the patients and the available resources for the management of TB. So, we request Industrialist/ busicommunity and government authorities to join hands with us for the complete eradication of this contagious deadly disease.

Invest to end TB and save lives

Dr. Shahina Qayyum

ORLD TB Day is commemorated on March 24th of every year. The objective of observing this day is to create awareness that Tuberculosis is a treatable and preventable disease. The anti TB drugs are available

since last one century but still a total of 1.5 million people died from TB in 2020. About one-quarter (two billion persons) of the world's population has a TB infection. In spite of availability of effective treatment facilities, 1.3 million persons failed to register for the treatment.

Unfortunately, the situation in Pakistan is not much different from other high TB burden countries, although we have diagnostic and treatment facilities available across country, out of estimated 570,000 patients having TB in 2020, 241,688 failed to register for the treatment. The situation becomes grave when we see that 21,000 out of 25,000 drug resistant TB cases were not brought for treatment. People with active TB can infect 5-15 other people through close contact over the course of a year if left TB can infect 5-15 other people through close contact over the course of a year if left untreated. This situation even became

more worse due COVID epidemic. Some possible facts for neglecting TB Treatment:

1. Not recognising the TB presumptive Any individual who has following symptoms should be considered as TB presumptive:

Cough for more than two weeks

Blood in spu grade Low fever

> Loss of appetite Cold sweats Loss of weight

TB mostly in the lungs but it can involve any part of body. Derangement of function of any system of body can be due to tuberculosis

2. Not getting tested for tuberculosis All presumptive should be tested for tuberculosis.

Free testing facilities for TB investigations are available across country in public and private sector.

Following tests are done for diagnosis of tuberculosis:

Sputum microscopy

Gene Xpert test: this is done for molecular diagnosis of tuberculosis on sputum and other body secretions. This gives information about presence of TB bacteria and also about presence of drug resistance against very potent drug rifampacin used for treatment of TB

Culture and sensitivity test for TB: this is done on sputum and other body secretions this is done to see the viable bacteria and their sensitivity and resistance against drugs used for TB X-ray chest, histopathology and sometime serological tests are done to get the supporting evidence

3. Not getting treatment for tuberculosis Mostly all diagnosed cases of sensitive tuberculosis need to be treated

Continued on Page 2



fizer Pakistan Limited

Prof (Dr) Farhan Essa Abdullah CEO & MD, Dr Essa Laboratory &

ORLD TB day serves as opportunity to disseminate awareness about TB among the masses and take actions

TB often remains undiagnosed because patients do not share their complete history because of the misconception that it is incurable and communities belonging to lower socioeconomic status do not have appropriate access to education and diagnostic services.

Around 430,000 people including 15,000 children are affected by Tuber-

LETS END TB

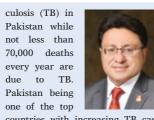
Chest X-Ray

Dr. Essa Laboratory

Dr Essa Lab offering low-cost tests for TB patients

tries in the world afflicting people. We also have the fourth-highest rate of Multidrug-resistant TB

The theme of World TB Day 2022 -'Invest to End TB. Save Lives.' - deliv-



one of the top needs our great efforts so that we can overcome this lethal disease. This World TB Day, Dr Essa Lab remains committed to this mission, as TB proposes unprecedented challenges to our community. We provide accurate timely diagnostic tests at our lab with highly trained dedicated professionals to offer their services in the fight

make use of all our resources in the fight against TB. This is especially important in this era since the Covid-19 pandemic has greatly affected the progress made to curb TB. Tuberculosis (TB) is a bacterial infection and mostly affects the lungs. Kidneys, spine, or the brain may also be affected. This disease $is\,spread\,in\,an\,airborne\,manner,\,such\,as$ coughing and sneezing. Personal items or a handshake, a toilet, or other items that a person with TB has touched cannot be a source of spread. Good ventilation is the requirement to prevent the mask and not trying to stay in a small enclosed space with poor ventilation. People at a high risk to encounter people with TB, such as healthcare workers, should be routinely tested for TB. A childhood vaccine is often given in countries where TB is more common.

Diagnostic tests for TB are therefore very necessary for people at high risk, such as health care professionals or people living in confined and poor ven-



tilation areas. These tests include a TB skin test, called Mantoux tuberculin skin test or a TB blood test that can

The majority of our society belongs

to the lower socioeconomic class. Patients' knowledge about their disease is limited, and they have very limited health education. Our society faces Potential reasons because of increasing TB cases appears to be more closely vision rather than patients' non-compliance. Because of the perception of TB being incurable, people usually do not disclose that they are undergoing or have gone through TB treatment. This



gives rise to a vicious cycle where cases only increase. It is vital to break this cycle in order to end TB.

is necessary to cure the disease and prevent its spread to other people.

Dr Essa lab stands steadfast in the face of any calamity, providing highquality professional services catering nostic and testing services include MTB skin test services and Blood Tests as well as complete radiology services such as chest X-Rays that would help TB patients. On this World TB Day, we are offering special discounted packages for important diagnostic tests necessary in TB. ■

Message

Prof (Dr) Mohammad Saeed Quraishy (TI) Meritorious Professor of Surgery Vice-Chancellor, Dow University of Health Sciences

ORLD Tuberculosis Day is commemorated on the 24th of March with the objective of observing to create awareness that Tuberculosis is a treatable and preventable disease. The anti TB drugs are available for about a century, but still the death toll in the world due to TB is more than 1.5 million. TB infects two billion people which is one-fourth population of the world. Despite the availability of effective treatment facilities, 1.3 million people across the world failed to register for treatment.

Unfortunately, the situation in Pakistan is not different as the country has the 5th largest burden of TB patients. Pakistan is included among those countries where diagnostic and treatment facilities are available throughout the country. If left untreated, one case of TB Infects 10 to 20 people in a year and one untreated drug-resistant TB case will transmit drug-resistant infection, which is difficult to manage.

A TB sanatorium was established in 1939 in the form of five cottages by the family of Mr. Deep Chand Ojha, who was a wellknown philanthropist, who donated his property for the relief of TB patients. It was extended to 65 Huts in 1942 by the AYUVEDIC TB Relief Association. In 1973, it was upgraded from a Sanatorium to Ojha Institute of Chest Diseases, as it is referred to today. The OICD is now recognised by the World Health Organisation

The Ojha Institute of Chest Diseases (OICD) is providing quality services free of charge for better care of TB and chest diseases for all the patients in the community. The laboratory of OICD is designated as a Provincial Reference Laboratory for Tuberculosis. OICD has four chest clinics functioning in the periphery of Karachi located at Nazimabad, Lyari, Malir, and Ojha. Unfortunately, TB is still considered a stigma. Together all of us should spread information about symptoms of the disease so the patient can be diagnosed and treated early.

We look forward to our interested donors coming forward and helping Dow University Hospital facilitate the patients in need and make our services and facilities available to all those seeking quality healthcare at an affordable price. ■

GeneXpert MTB & Radiology. Treatment of Tuberculosis is of sixmonth duration composed of the intensive phase of two months followed by a continuation phase of four month

Drug-resistant TB is a form of TB in which TB germs are resistant to usual TB drugs so the treatment is prolonged and with more toxic drugs. Causes of drug resistance are related to poor compli ance, irregular treatment, and poor quality of drugs.

Ojha Institute of Chest Diseases, DUHS is involved in many research projects in the diagnosis & treatment of Pulmonary Tuberculosis. There has been research on the diagnosis of TB, Such as the utility of gene Xpert in smear-negative TB cases, sensitivity of gene Xpert MTB in cases of TB Lymphadenopathy.

There are ongoing research in different aspect of TB like peripheral blood technique in PTB patient and relationship with

TB is highly contagious but can be treated

Prof (Dr) Fouzia Perveen

Acting Director Ojha Institute of Chest Diseases Dow University of Health Sciences

ACH year, we commemorate World Tuberculosis (TB) Day on March 24 to raise public awareness about the devastating health, social and economic consequences of TB, and to step up efforts to end the global TB epidemic. Mycobacterium Tuberculosis was discovered by Robert Koch on March 24, 1882 as a cause of Tuberculosis. TB bacteria spread through the air from one person to another. Tuberculosis is a highly contagious infection, transmitted to other healthy persons by infected droplets generated by coughisng or sneezing of a patient having active pulmonary Tuberculosis disease. These tiny droplets dry rapidly, remain suspended in the air for several hours. They infect persons by inhaling these particles.

Patients with Pulmonary Tuberculosis can present with cough for more than two or more weeks, low-grade fever, blood in sputum, loss of appetite, and weight loss those patients presenting with these symptoms are called presumptive cases of TB.

Presumptive TB cases are diagnosed on sputum microscopy

Invest to end TB and save lives

Continued from Page 1

for tuberculosis for six months. During this period, according to body weight even a combination of up to four drugs to be given. During treatment sputum microscopy is done for three times. Anti TB drugs are available free of cost by the government but in spite all efforts one-third of TB patients do not seek treatment.

Following are few possible reasons of this:

patients fear discrimination that they will be treated as untouchables. Society will disown them and they will be treated differently and will have to live in isolation away from everybody. In order to avoid all the hassles, avoid seeking treatment. Although TB, like any other disease, is caused by a germ and it has nothing to do with sins or evil deed

Fear of financial burden may refrain to seek TB treatment: The information about the free treatment facility may get from nearby public or private clinics/ or hospitals. It should be publicised that TB treatment in public sector is free and many pri-

vate clinics under public private mix. Fear of TB drugs side effects refrain patients to seek treatment. Usually no side effects of anti TB drugs been observed in 95 per cent of the cases and even these drugs are safe and can be given to pregnant patients and children. In few instances if mild side

effects appeared may control easily. We may contribute towards its spread If do not seek proper treatment for TB. Do remember. TB infects the ones who are around us. the ones most dear to us and this cycle goes on. A grave problem regarding tuberculosis is Resistant tuberculosis. This is the result of improper, inadequate and incomplete treatment. Sometimes medicines prescribed are

not undergone bioequivalence or bioavailability tests. Sometimes medicine prescribed are not according to body weight or treatment not taken for full duration. Due to these reasons TB bacteria learn to resist medicine patients become the source to transfer drug resistant TB. The treatment of drug resistant TB needs special medications which are more expensive and are required to be taken for much longer duration.

tuberculosis in Pakistan we have well placed national and provincial TB control programmes. They are integrated with other TB infection control programmes and also

For this reason, the theme for World TB Day for this year is: INVEST TO END TB

Investment to end TB is required in many sectors:

Development of new and effective drugs which are cost effective, free of side effects and can decrease the doses and duration of which are equally effective for HIV infected and non-infected person.

Diagnostics test for TB that can differentiate between drug resistant, drug sensitive and latent TB. Operational Research. Investment in operational research, for finding new TB cases and effective and innovative ways for treatment, plays cru-

Covid epidemic harmed the entire

Dr Shahina Qayyum is a renowned pulmonologist serving TB patient since last 35 years. She is a trustee of 'Stop TB Partnership Pakistan' and a governing council member of 'Pakistan Chest Society'. She is among those who introduced the DOTS programme in Pakistan, she also served in Jinnah Postgraduate Medical

Center (JPMC) and OJHA institute. Currently she is affiliated with Bridge Consultant Foundation. This foundation is working as a bridge between private and public sector for TB control. She has multiple research publications in her field.

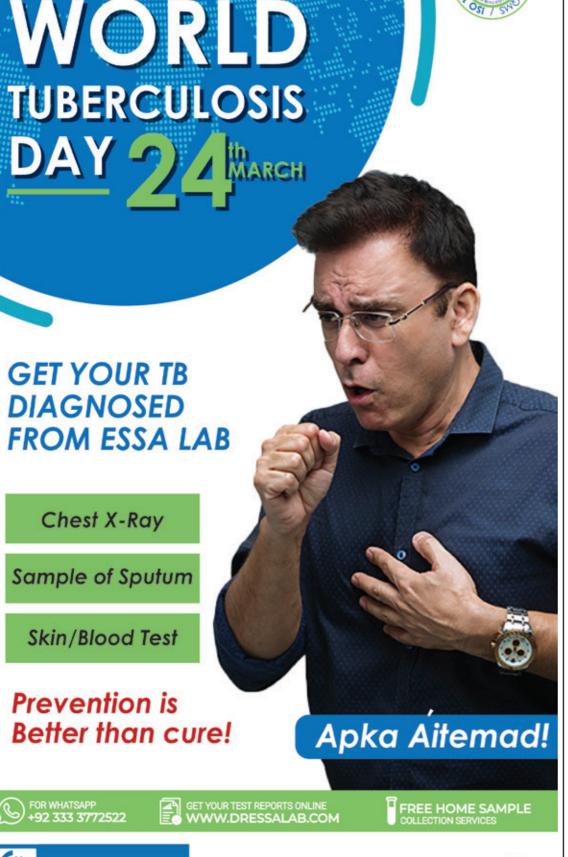
 $responsible \, for \, planning, implementation \, and \,$ monitoring of TB control activities, spreading of information regarding the diagnosis and treatment of TB. TB control Programme is also responsible for coordinating activities

with NGOs, private and public sector. To control TB in Pakistan, around \$135 million are required but after pooling every resource including global fund only \$50.3 million made available. To control TB in Pakistan more investment is needed.

This situation has worsened due to Covid

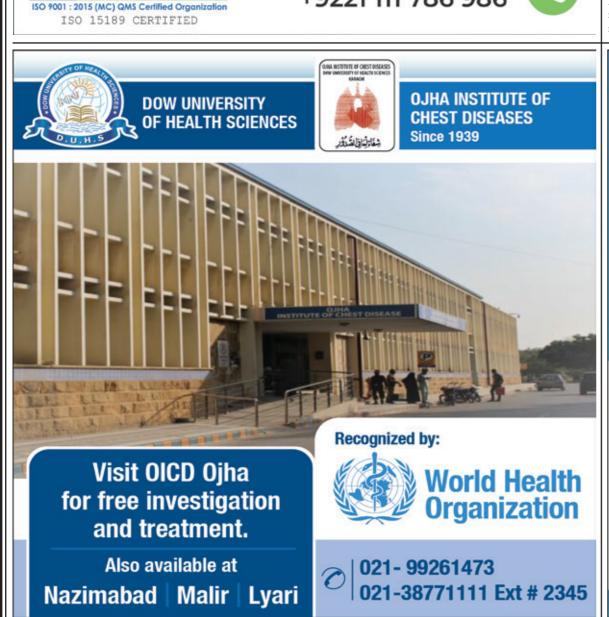
health and economic system of the world and has adversely affected the TB control activities, but the lesson learned is that if proper investment in prevention and treatment is made than epidemic of infectious disease can be controlled.

Tuberculosis is also an infectious disease and thus it can effectively controlled if effective investment is made in prevention and treatment of TB leading to saving precious lives and preventing economic losses due to disease. ■



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