

The Diabetes Centre

Annual Report 2023-2024

— 1 July 2023 – 30 June 2024 —

Changing Lives Together



Together, we are building a healthier tomorrow.

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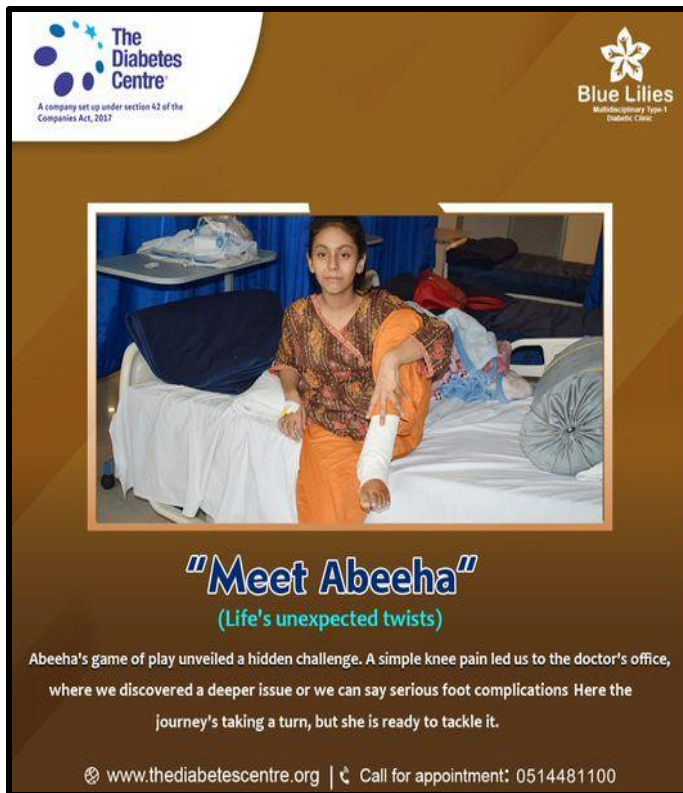
Message from the Founder

The Diabetes Centre (TDC) was founded with a singular mission: to serve humanity by providing dedicated, world-class treatment for one of the most pressing health concerns of our time. As a founder, I take immense pride in the progress we have made in a relatively short span of time—treating hundreds of thousands of patients, saving countless lives, and preventing complications that once seemed unavoidable.

Yet, our achievements must not lead us to complacency. Diabetes continues to grow at an alarming pace in Pakistan, demanding an even greater response from all of us—healthcare providers, philanthropists, policy-makers, and civil society. TDC has proven that with vision, integrity, and collective will, we can create institutions that match international standards



while remaining deeply rooted in compassion and accessibility. I call upon all individuals and organizations of conscience to join us in this noble mission, so that together we may build a healthier, stronger Pakistan.



The Diabetes Centre
A company set up under section 42 of the Companies Act, 2017

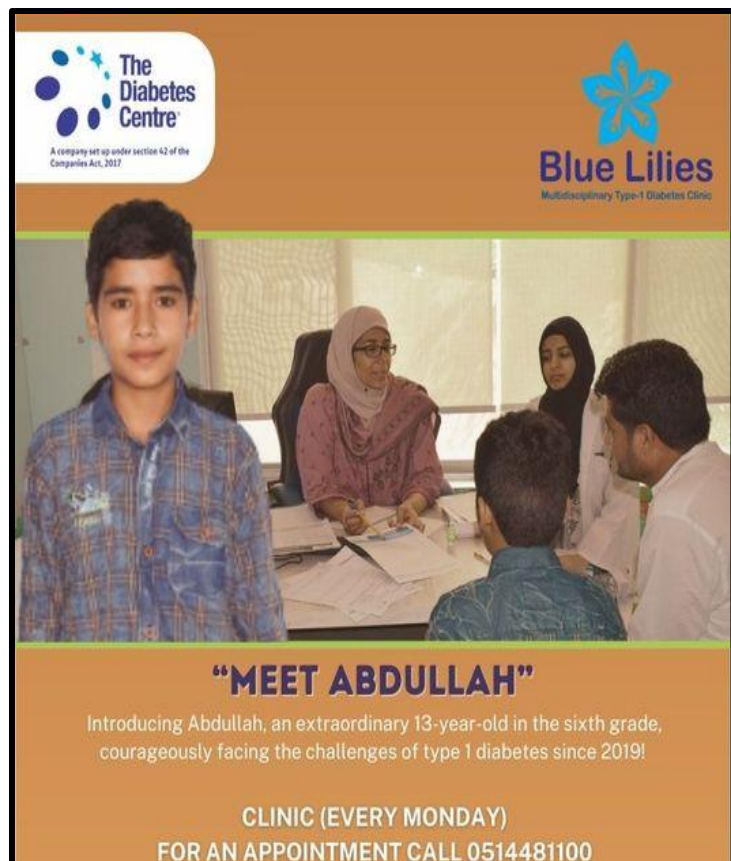
Blue Lilies
Multidisciplinary Type-1 Diabetes Clinic

"Meet Abeeha"
(Life's unexpected twists)

Abeeha's game of play unveiled a hidden challenge. A simple knee pain led us to the doctor's office, where we discovered a deeper issue or we can say serious foot complications. Here the journey's taking a turn, but she is ready to tackle it.

🌐 www.thediabetescentre.org | 📞 Call for appointment: 0514481100

Meet the Angles



The Diabetes Centre
A company set up under section 42 of the Companies Act, 2017

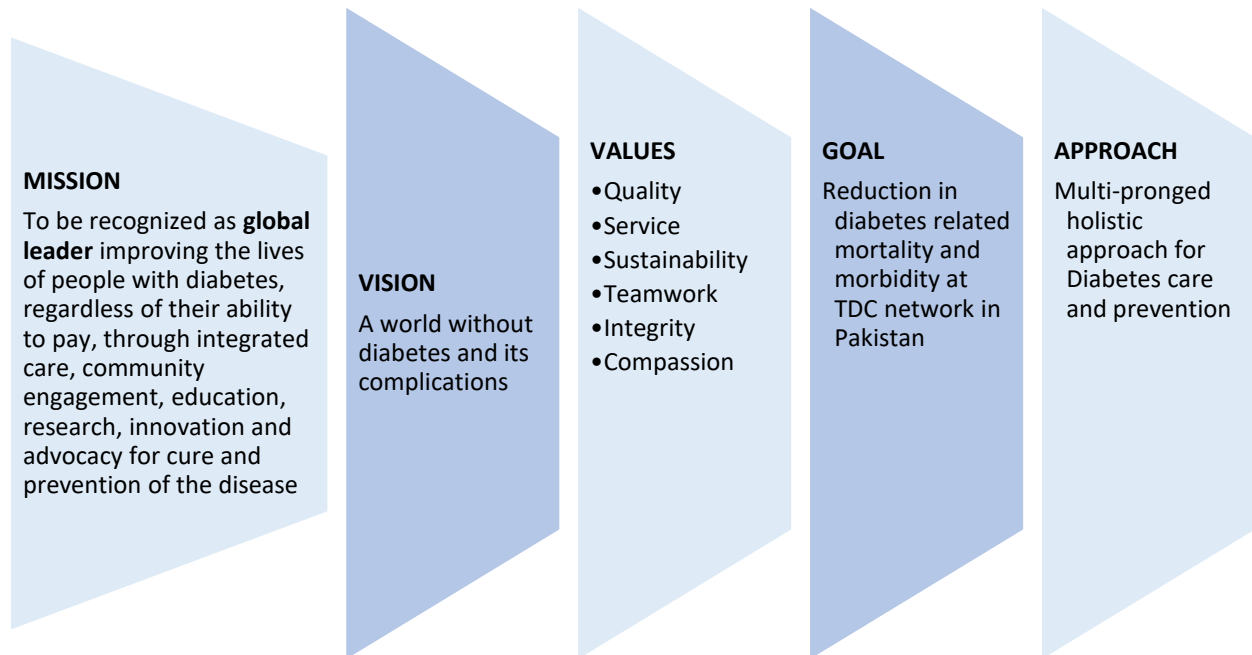
Blue Lilies
Multidisciplinary Type-1 Diabetes Clinic

"MEET ABDULLAH"

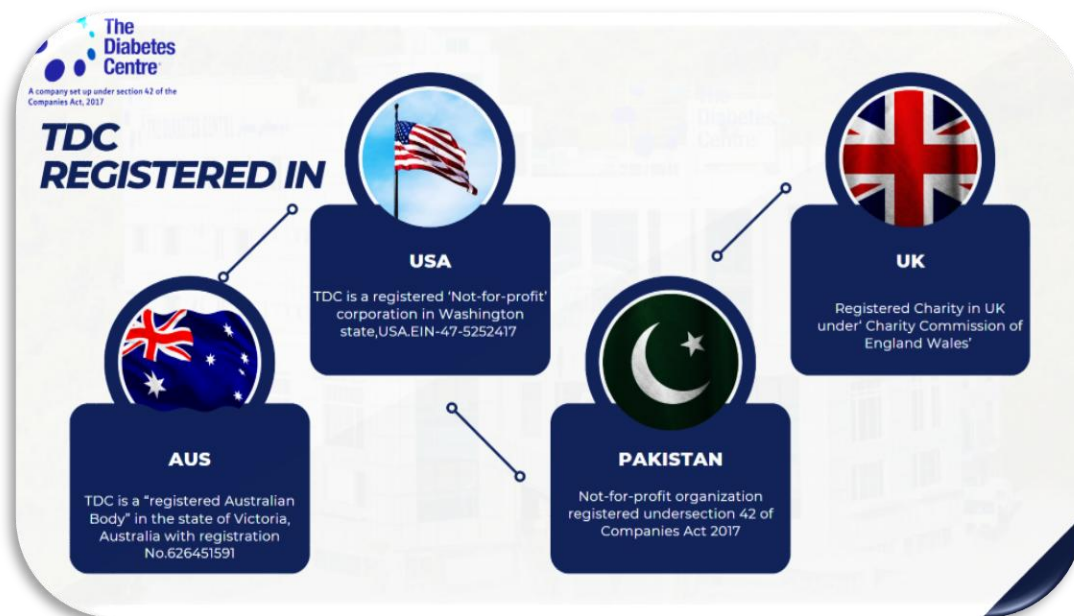
Introducing Abdullah, an extraordinary 13-year-old in the sixth grade, courageously facing the challenges of type 1 diabetes since 2019!

CLINIC (EVERY MONDAY)
FOR AN APPOINTMENT CALL 0514481100

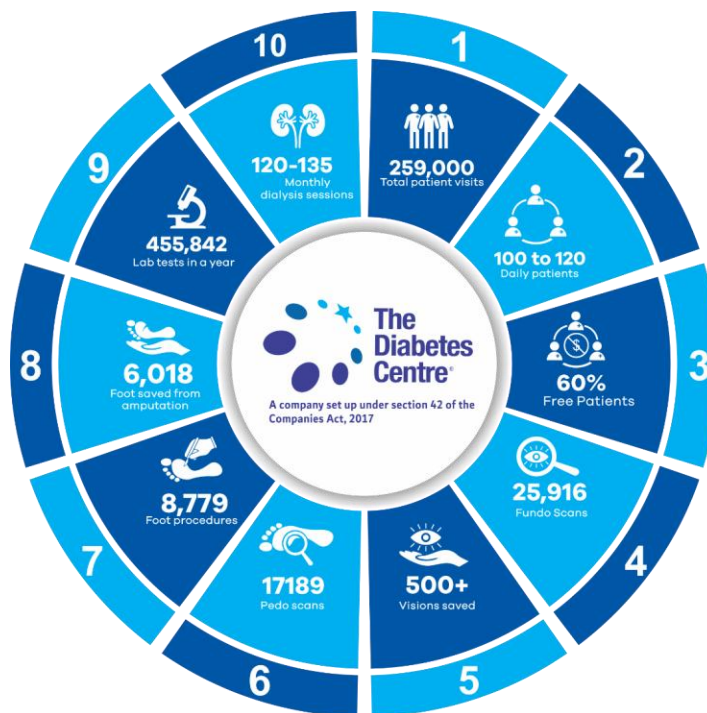
TDC Strategic Framework: Mission, Vision, Values and Approach



International Presence

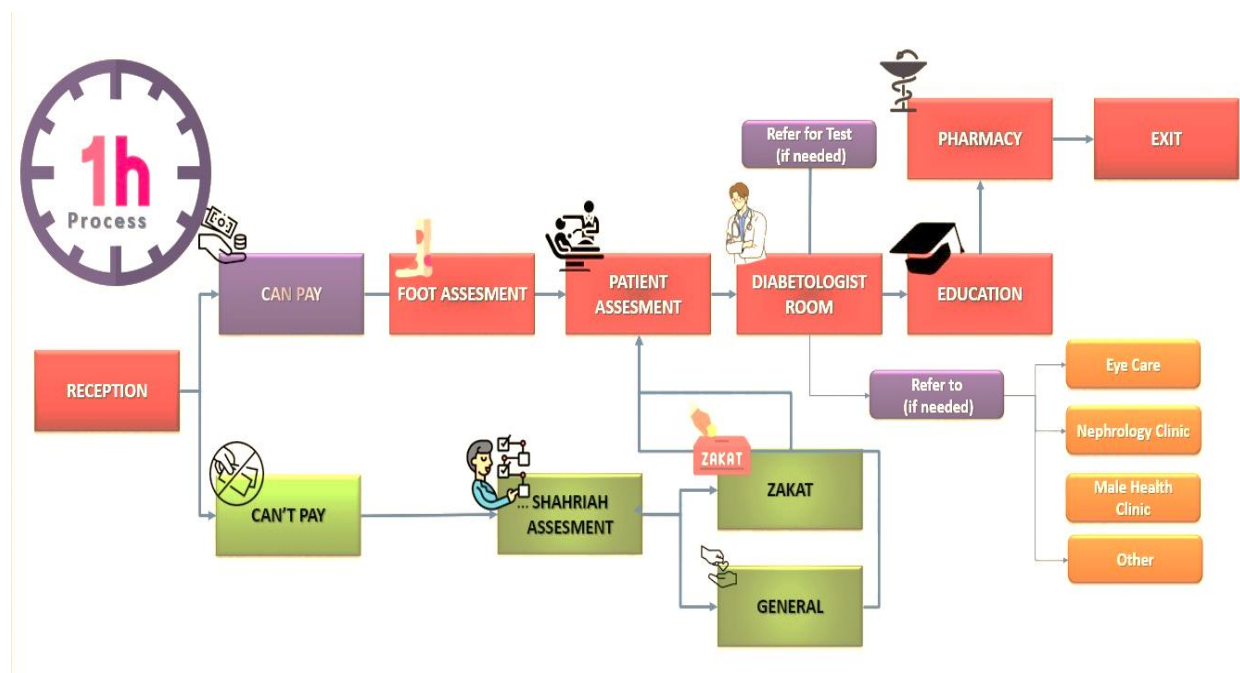


Milestones



Patient-Centered Care Pathway at TDC

TDC's patient care pathway is designed to provide organised, compassionate and timely diabetes care from reception to consultation, education, pharmacy and specialist referral. Through its Shahri'ah, Zakat and general support system, TDC ensures that patients receive the care they need with dignity, regardless of their ability to pay.



A Holistic Model for Diabetes Care

The Diabetes Centre has defined a comprehensive service model that reflects its commitment to serving humanity through a truly holistic approach. From prevention, screening, counselling and public awareness to clinical treatment, complication management, rehabilitation and emergency response, TDC's model addresses every stage of diabetes care. Its work extends beyond hospital-based services to community outreach, education, research, advocacy, innovation, partnerships and support for underserved populations. By integrating preventive, promotive, curative, palliative, rehabilitative and emergency services, TDC continues to build a patient-centred system that not only treats diabetes but also protects dignity, improves quality of life and supports healthier communities.

Level-1	Preventive	Population screening, counselling & referral program (both outreach and telehealth)
	Promotive	Community Diabetes Educator/ Podiatrists Certification of HCPs Public awareness (seminars, walks, symposia, social media activities) Obesity Prevention Smoking cessation
	Innovative	AI based solution Advocacy Research
	Collaborative	Multi-lateral technical and financial partner-ships
Level-2	Curative	Clinical Management of diabetes (OPD, Lab, IPD, OT, patient help desk, helpline) Establishing peripheral centres linking to TDCs Differently abled population Marginalised population
Level-3	Palliative	Management of complications Eye care Foot care Kidney care (dialysis) Cardiac care
	Rehabilitative	Mental Health Sexual Health Physiotherapy
Level-4	Emergency Response	Humanitarian Response 24/7 Emergency Service

Specialist Clinical Care and Multidisciplinary Services

TDC continued to strengthen its specialist care model through free consultations, patient education and multidisciplinary support. Dr Ahmed Khan, an Interventional Cardiologist from Australia, provided free consultations at the G-8 facility, while an eye-health awareness session highlighted the importance of early detection of diabetic retinopathy, cataracts and glaucoma. Together, these activities demonstrate TDC's integrated approach to diabetes care, where prevention, specialist consultation and patient education work together to improve long-term outcomes.

Free cardiology consultations at TDC's G-8 facility.

Eye-health awareness session focused on diabetic complications and regular check-ups.



Dr Ahmed Khan (Cardiologist One Day Clinic at G-8)



Specialist consultations and awareness sessions supporting holistic diabetes care.

PedoScan Machine: Strengthening Preventive Diabetic Foot Care

The Diabetes Centre has further strengthened its diabetic foot care services with the addition of a PedoScan machine, enabling early detection of vulnerable feet and abnormal pressure points in patients at risk. This advanced assessment helps identify problems before they progress into ulcers, infections or other serious complications. By



supporting timely intervention, personalised footwear advice and preventive foot care planning, the PedoScan facility reflects TDC's commitment to reducing diabetic foot complications, preventing amputations and improving long-term patient outcomes.

Dental Department: Advancing Oral Health Services

The Diabetes Centre has strengthened its clinical services with the establishment of a dedicated Dental Department, equipped with an advanced dental chair and digital X-ray facility. This addition enables TDC to provide modern, safe and efficient dental assessment and treatment for patients, particularly those living with diabetes who are at higher risk of oral health complications. The department supports early diagnosis, improved treatment planning and better patient comfort, while reinforcing TDC's commitment to comprehensive, integrated and patient-centred care under one roof.



Complication Prevention, Recovery and Rehabilitation

A key part of TDC's impact lies in preventing complications and helping patients regain quality of life. The patient recovery story from October to December 2023 highlighted the role of specialised diabetic foot care, timely surgical decision-making and prosthetic rehabilitation in restoring mobility and independence. TDC also continued to raise awareness of the hidden burden faced by diabetic foot patients and the need for early, specialised support to prevent disability and improve outcomes.



Diabetic foot ulcer care and rehabilitation support for a patient requiring amputation and prosthetic care. Awareness of the hidden burden of diabetic foot disease and preventable complications. Focus on restoring mobility, independence and dignity through multidisciplinary care.



Community Outreach, Screening and Early Detection

TDC's outreach activities during the year focused on taking diabetes care closer to communities through free screening, awareness and practical guidance. The Kotli Sattian camp provided clinical assessment, counselling and essential support to more than 130 patients, while screening activities at Jazz HQ and public awareness venues engaged wider community and corporate audiences. These initiatives reflected TDC's commitment to early detection, prevention and accessible care for people who may otherwise delay or miss timely medical support.

- Free medical camp for diabetes patients at Kotli Sattian, including assessments, screening and medicines support.
- Corporate and public screening activities to promote early diagnosis and healthier lifestyles.
- Community-facing care designed to identify risk early and guide people towards timely treatment.

GT Road DHA



Kotli Sattian



Lahore



Sahiwal



Sialkot

Community outreach, diabetes screening and preventive guidance across public, and corporate settings.

Children, School Health and Type-1 Diabetes Support

School-based screening remained a major focus, with TDC organising free Type-1 diabetes awareness and screening camps in Islamabad government schools and at the Federal Directorate of Education. These activities helped educate children, parents and teachers on early signs of Type-1 diabetes, while reinforcing TDC's pledge to conduct 25 school camps and provide free insulin support to every child living with Type-1 diabetes. The programme represents an important investment in early intervention, child health and long-term community wellbeing.

- Free Type-1 diabetes screening and awareness camps in government schools.
- Engagement of children, teachers and parents in prevention and early recognition.
- Commitment to free insulin support for children living with Type-1 diabetes.



School health initiatives for Type-1 diabetes awareness, early detection and child-focused care.

TDC Mosque Project: Supporting Spiritual Well-being

The Diabetes Centre has successfully completed the TDC Mosque Project, providing a dedicated and accessible space for prayer within the hospital premises.

This facility has been established to serve staff, patients, attendants and members of the general public, ensuring that spiritual needs are supported alongside medical care. The completion of the mosque reflects TDC's commitment to creating a compassionate, inclusive and patient-centre environment where physical, emotional and spiritual well-being are all respected.



Hospital on Wheels and Mobile Healthcare Access

The launch of TDC's Hospital on Wheels marked a major step towards delivering diabetes care directly to underserved and remote communities. Fully equipped with diagnostic tools, consultation space, pharmacy support and trained professionals, the mobile unit is designed to provide screening, education and treatment services free of charge. By overcoming geographical and financial barriers, the initiative supports early detection of diabetes and pre-diabetes, strengthens community-level prevention and contributes to evidence-based public health planning.

- Mobile healthcare unit launched to deliver diabetes care outside hospital premises.
- Screening, education, consultation and treatment support provided through a fully equipped vehicle.
- Focus on underserved communities, household-level screening and preventive health education.



Hospi

tal on Wheels: mobile diabetes care, screening and community health access.



Diabetes Awareness and Public Engagement

In November 2023, TDC observed Diabetes Awareness Month in alignment with World Diabetes Day through a focused campaign on prevention, early detection and informed diabetes management. Activities included a press conference at the National Press Club, screening and awareness camps at Centaurus Mall, Bestway Cement and Lok Virsa Mela, an awareness walk at F9 Park and a special event at TDC's hospital premises. These efforts mobilised supporters, patients, communities and professionals around a shared commitment to accessible and preventive diabetes care.

- Press conference, awareness walks and screening activities during Diabetes Awareness Month.
- Public and corporate engagement at key venues across Islamabad.
- World Diabetes Day activities reinforcing prevention, early detection and accessible care.



Diabetes Awareness Month and World Diabetes Day public engagement activities.

Research, Academic Development and Training

TDC advanced its academic and research agenda through structured institutional engagements and educational activities. The Research and Development Department organised a Research Retreat led by Dr Imran Mirza and Dr Asrar Ahmad to strengthen evidence-based diabetes care and identify future research priorities. Academic visits, the NUMS collaboration, the CECOS University MoU and an educational session on SGLT2 inhibitors further supported TDC's role as a research-oriented, academic and training-focused diabetes institution.

- Research Retreat to develop ideas in epidemiology, disease management and future diabetes care models.
- Academic partnerships with institutions including NUMS and CECOS University.
- Educational session on SGLT2 inhibitors and empagliflozin in diabetes and cardiovascular care.



Research, academic collaboration, clinical education and training-focused development.



Research retreat Led by Dr Imran Mirza and Dr Asrar Ahmad

Training & Development

Doctors Morning Sessions	BLS Trainings	Nursing Staff Trainings	3-C Communication (by Australian Team)	TDC International Lectures	Importance of Zakat	Total Trainings Conducted
16	-	02	-	-	-	18
17	01	03	-	-	-	21
18	-	02	-	-	-	20
16	-	09	01	01	-	27
12	-	07	-	03	01	23
79	01	23	01	05	01	110



Institutional Partnerships and Leadership Visits

Throughout the year, TDC welcomed leaders, partners and supporters who strengthened its institutional network. These included a high-profile medical delegation linked with Rawalpindi Medical University, the MoU with Askari General Insurance, visits by TDC Australia representatives and donors, a leadership visit from ICT-ESSI and a distinguished visit from Growth Junction, Dubai. Such engagements reinforced confidence in TDC's mission and opened avenues for collaboration in healthcare access, research, training, insurance support and community impact.

- MoU with Askari General Insurance to support affordable care for insured patients.
- Visits by local and international supporters, donors, public-sector representatives and academic leaders.
- Institutional engagement supporting access, training, collaboration and service expansion.



Supporters' Visit from TDC Australia



Mr Suleman Ansar Khan, Director of Growth Junction, Dubai



Leadership Visit by ICT-ESSI Ms Rabia Aurazaib



Strategic Partnership with CECOS University



Prof. Dr. Muhammad Umar, Vice Chancellor of Rawalpindi Medical University, Dr. Bushra Khar



Askari General Insurance



Jazz Headquarters

Partnerships, MoUs and leadership visits strengthening TDC's institutional network.

Infrastructure Expansion and Sahiwal Hospital

The beginning of construction for TDC's new hospital in Sahiwal represented a major milestone in expanding diabetes care beyond Islamabad and towards South Punjab. The project is aligned with TDC's long-term vision of making specialised diabetes services more accessible to underserved populations. By bringing world-class care closer to communities, the Sahiwal Hospital will help reduce travel barriers, improve continuity of care and expand the reach of TDC's patient-centred model.

- Construction of TDC Sahiwal Hospital initiated during the reporting period.
- Expansion aimed at bringing specialised diabetes care closer to South Punjab.
- Future-focused investment in access, capacity and regional service delivery.



TDC Sahiwal Hospital construction and site visit: expanding access to specialist diabetes care.

Staff Wellbeing and Organisational Culture

TDC's Sports Gala Week brought staff together through cricket, football, badminton and team challenges. Beyond recreation, the activity promoted workplace wellbeing, team spirit and morale, strengthening the human foundation behind TDC's patient-care mission. A motivated and connected workforce remains essential to delivering compassionate, high-quality services across all departments.

- Sports Gala Week promoted staff engagement, wellbeing and teamwork.
- Activities included cricket, football, badminton and team challenges.
- The initiative strengthened morale and organisational culture.



TDC Sports Gala Week: team-building, wellbeing and staff engagement.

Fundraising and International Community Support

In March 2024, TDC organised fundraising and awareness events in Brisbane, Islamabad, Wollongong and Manchester, bringing together communities across Pakistan, Australia and the United Kingdom. Through gala dinners, iftar gatherings and community health programmes, supporters raised awareness of diabetes prevention and contributed towards the upcoming TDC Sahiwal Hospital. These events reflected the strength of TDC's global support network and the shared commitment to ensure that no deserving patient is left untreated.

- Fundraising and awareness events held across Pakistan, Australia and the UK.
- Support mobilised for the upcoming TDC Sahiwal Hospital.
- Community leaders, medical experts and donors joined hands to support accessible diabetes care.



Fundraising and awareness events supporting TDC Sahiwal Hospital and patient care.

Acknowledgement and Way Forward

The Diabetes Centre extends its sincere gratitude to all patients, families, donors, healthcare professionals, volunteers, partners and well-wishers who have stood with us throughout the year. Every screening camp, consultation, awareness session, training activity, partnership and outreach initiative reflected a shared belief that quality diabetes care must remain accessible, compassionate and dignified for all.

The progress achieved during 2023–2024 was made possible through the commitment of our clinical teams, management, Board members, international chapters, donors and community supporters. Their collective efforts have enabled TDC to expand its services, strengthen preventive care, support children living with Type-1 diabetes, improve complication management, advance research and training, and reach underserved communities through initiatives such as Hospital on Wheels.

As we move forward, TDC remains committed to building a stronger, more integrated and patient-centred model of diabetes care across Pakistan. Our focus will remain on prevention, early diagnosis, treatment, education, rehabilitation, research, innovation and community outreach, ensuring that no deserving patient is left behind due to financial hardship or lack of access.

Together, we continue working towards a healthier future — and towards TDC’s vision of a world without diabetes and its complications.

Working Towards A World Without Diabetes & Its Complications