

ANNUAL REPORT 2016

Scaling New Heights

TOGETHER





THE DIABETES CENTRE

The Diabetes Centre is the largest Diabetes charity in Pakistan. We serve through a state-of-the-art multidisciplinary centre that provides comprehensive and compassionate care to those suffering from diabetes.

PAKISTAN

The Diabetes Centre, Inc. is registered with Securities and Exchange Commission of Pakistan as a not-for-profit organization under Section 42 of Companies Ordinance 1984.
Registration number: 0077804

UNITED ARAB EMIRATES

The Diabetes Centre is an approved UAE-Red Crescent Project.
Registration number: 1435

UNITED KINGDOM

The Diabetes Centre is a registered charity with Charity Commission of England & Wales.
Registration number: 1151904

UNITED STATES OF AMERICA

The Diabetes Centre is a registered not-for-profit corporation in the Washington state.
Registration number: EIN- 47 -5252417



Mountains Beyond Mountains

Friends,

The journey of a thousand miles begins with a single step. We took that initial step 5 years ago and we have come far in changing the course of diabetes epidemic in Pakistan. I am in awe of how high we have moved our base camp in scaling this mountain. It is because of our teamwork and courage that we have made to these heights.

This year we have implemented a number of new services at our clinic. The foremost of these include Foot Care and Eye Care. We hope that our multi-disciplinary approach will make a positive impact in the lives of our patients.

As we celebrate the achievements highlighted in these pages, let us not forget two things. One, our mission is to provide excellent clinical care to our patients. In this process, we are also increasing health literacy and diabetes awareness. Second, we are on this sacred journey for the sake of Allah and His pleasure. We toil to pursue this penultimate height.

With enthusiasm,
Dr. Asjad Hameed
Chairman, The Diabetes Centre





CONSTRUCTION UPDATE

As Pakistan's largest diabetes charity, The Diabetes Centre (TDC) is constructing its first flagship hospital in Islamabad, Pakistan. Once operational, by the end of 2017, it will be one of the largest diabetes specialty hospitals in South Asia. TDC plans to build similar facilities in major cities of Pakistan such as Lahore, Karachi, and Peshawar.



Islamabad project's grey structure was completed in 2016, and work has commenced on interior and exterior finishing stages. With 72000 square feet of space over 5 storey, the hospital will provide 12 exclusive treatment facilities for diabetes and related complications. The range of clinical services will include foot, eye, heart, kidney, dental, male health, and diabetes during pregnancy. Allied health services, such as pharmacy, and state of the art radiology and laboratory are also planned. Finally, the building will have diabetes education rooms for patients and a conference center.

Currently AC ducting , electrical wiring , firefighting, and IT system installations are being completed. Additionally, painting , floor tiling and doors and windows installation works are underway on different floors of the hospital.

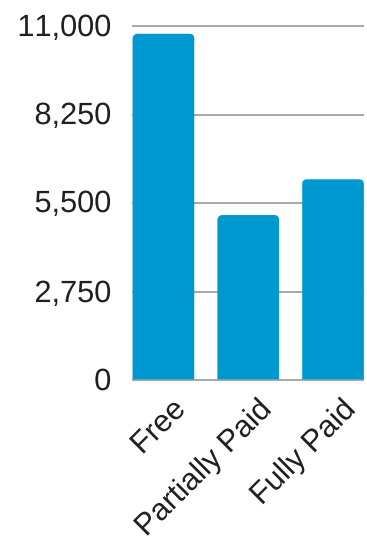




DIABETES CLINIC

In February 2014, TDC opened an interim clinic on a 3 kanal plot of land in front of the under-construction main hospital facility. The clinic has 5 consultation rooms, a laboratory, pharmacy, and a general room for education. In 2016, we added additional services that include ECG, ultrasound, podiatry (foot care), and ophthalmology (eye care).

5049 Total Registered Patients
22099 Total Patients Served





DIABETIC FOOT CLINIC

In Pakistan, it is estimated that up to 10% of diabetic patients develop neuropathic plantar diabetic foot ulcers (DFU), and >10% of those undergo amputation. In addition to significant financial burden, DFU has a well-known negative impact on quality of life. Repetitive overload causes soft tissue damage and contributes to the development of DFU. Adequate offloading facilitates wound healing and reduces the risk of ulcer progression.

Of the many methods to offload pressure in DFU management, total contact casting (TCC) is considered the 'gold standard' treatment. However, TCC remains underutilized with less than 2% of clinicians using this modality for the treatment of DFU. TDC established a diabetic foot clinic in January 2016 with the recruitment of **Dr. Azeem Lodhi** for the treatment of patients with DFU and its complications.

Dr. Lodhi has improved patient outcomes using rest, elevation, and immobilization by Ankle Foot Orthosis (AFO) splint, followed by surgical intervention and offloading by TCC.



1820 Patients treated
1409 Patients with active ulcer
1300+ Patients successfully treated
50 Lower extremity amputations

Hilton Pharma donated TDC a PodoScanner in January 2016 and during the year we performed 1748 scans. The podoScan is used to measure the pressure distribution points on the foot while standing or walking. It provides the analysis of pressure peaks and movement asymmetries as well. It helps highlight point on the foot that can be more prone to pressure ulcers and hence complications.

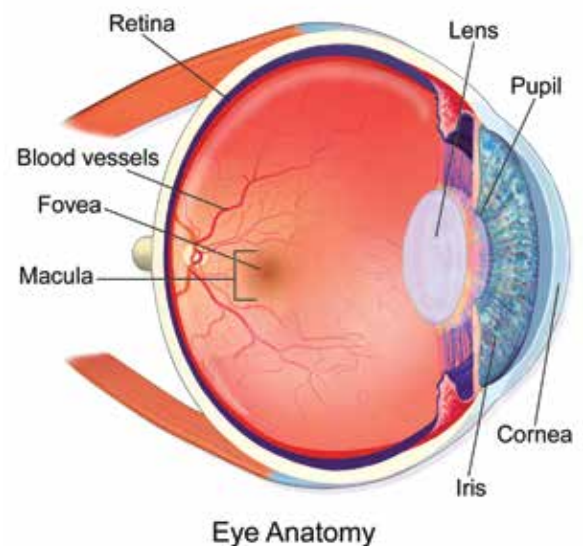


EYE SCREENING

TDC started the service of Fundoscopy in November 2016 with the latest Digital Retinal Camera. A total of 374 tests were performed in November and December of 2016.

The retinal camera is used to take pictures of the back of the eye (retina). It shows the central and peripheral retina, optic disc and macula of the eye. In patients with diabetes, regular screening examination is important to screen for Diabetic Retinopathy.

Diabetic Retinopathy is the most common cause of blindness in diabetics and can be detected and prevented if screening is done earlier.





PATIENT EDUCATION

TDC established a Patient Education Department in January, 2016 for general education and awareness of patients regarding their disease management, dietary habits and insulin guidance. Trained Diabetes Educators are available for awareness session with patients, where the patients are educated regarding their diet plans, life style modification, insulin injection techniques and other treatment protocols, e.g. exercise, blood glucose monitoring, management of hypoglycemia etc.

The Patient Education Department provides take home evidence-based material to the patients in order to prevent long term complications and emergency management. The departmental team is also involved in different activities like diabetes awareness camps and school programs.

Patients have been evaluated in their follow-up visits, and a remarkable positive response has been seen in the blood glucose levels and patient compliance. Of the 6575 patients provided Diabetes Education, about 40% patient were type 1 while remaining were type 2.



DIABETES AWARENESS

March 15th - A session on "Diabetes Education in School" was conducted for students at **Froebel's International School** Islamabad. **Dr. Nasreen Naveed** also conducted a session with teachers to educate them regarding healthy life style and teachers responsibilities regarding children with Type 1 diabetes. A free Screening camp for school staff was also arranged (top photo).

April 9th - World Health Day was celebrated at TDC clinic. This year's focus was on diabetes.

September 2nd - A diabetes screening camp at **Maliha Park**, Satellite town, Rawalpindi.

September 7th - A diabetes screening camp was set up at **Civil Hospital**, Kahuta (bottom photo).

October 20th - A diabetes camp was set up at **Al-Mustafa Trust Medical Centre**, Danda Shah Bilawal, Chakwal.

November 21st - A diabetes screening camp at was Cset up at **Telenor**, Head Office, Islamabad (middle photo).

December 10th - A diabetes screening camp was held at **Wah Gardens**, Wah.



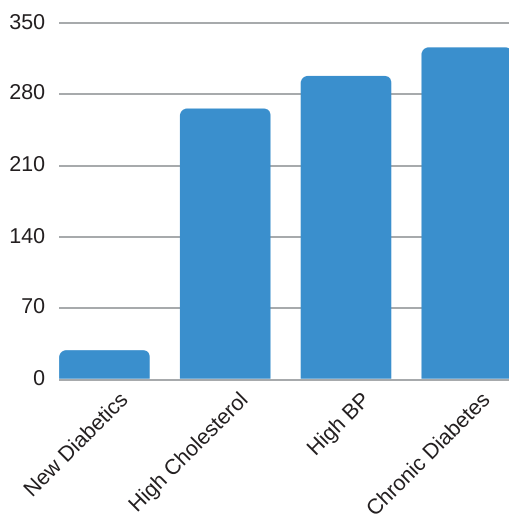
COMMUNITY DIABETES SCREENING

Community Diabetes Screening (CDS) has potential benefits of early identification and referral to the healthcare system, patient education for healthy lifestyle changes, and reduced healthcare cost for diabetes and associated complications.

CDS camps organized by TDC are held by trained caregivers, including at least one diabetologist. Previous diagnosis of diabetes, high blood pressure (BP), and high cholesterol was noted in all cases. Patients were screened for height, weight, body mass index (BMI), BP, and random capillary blood glucose level. New cases of diabetes were diagnosed based on family history, signs and symptoms of diabetes, and random blood glucose levels.

There were 90% adults and 10% children with a male to female ratio of 0.8:1. The CDS program's yield of individuals with undiagnosed diabetes was 3%. All abnormal findings were referred for medical follow-up at an established healthcare facility utilizing a medical laboratory for confirmation testing.

947 People Screened





PAKISTAN EVENTS

March 26 - A high level group of businessmen from **North Industries Corporation (NORINCO)**, one of the largest group of companies of China visited The Diabetes Centre's pilot clinic and project site at Barakahu, Islamabad (top photo). NORINCO is ranked 5th in all Chinese enterprises and has been evaluated five-star on social responsibility development index.

The high level delegation was briefed by CEO- **Mr. Naveed Hameed** and Medical Director **Dr. Nasreen Naveed**. **Mr. Tahir Abbasi**, TDC Board Member, was also present at site to welcome the visitors.

The delegates were impressed with the quality of medical care provided in pilot clinic for the poor and needy patients. They also showed satisfaction on the progress of hospital construction and expressed their support for this noble cause.



June 24th - The Diabetes Centre hosted an iftar and dinner with the collaboration of **UAE Embassy** in Pakistan for the general public at TDC clinic. More than 100 people joined TDC community for the event (middle photo).

On June 26, TDC hosted an iftar and dinner at **Pearl Continental Hotel, Lahore** to galvanize the community in that city to establish **The Diabetes Centre, Lahore**. **Mr. Shaiq Tanveer**, TDC Advisory Board Member and **Dr. Asjad Hameed**, Chairman TDC, discussed the proposal with philanthropists in Lahore business community interested in supporting the project. A pledge of PKR 10 million was made for the Lahore project and commitments were made for further fundraising and search for a suitable location for the centre.



December 22nd - A session was held on diabetes awareness and TDC's Mission of Fight Diabetes at **Pearl Continental Hotel, Karachi**, and inauguration of TDC coordination office in Karachi (bottom photos).

VISITING DOCTORS

Dr. Asjad Hameed (top photo)

Abu Dhabi, UAE
February 04 – 06, 2016
April 29 – 30, 2016
October 28 – 29, 2016
December 28 – 29, 2016



Dr. Nuzhat Hameed

Abu Dhabi, UAE
February 04 – 06, 2016

Dr. Talat Mahmood Butt (middle photo)

Abu Dhabi, UAE
February 26 – 27, 2016
December 02, 2016



Dr. Muhammad Shoaib Khan (bottom photo)

Abu Dhabi, UAE
February 26 – 27, 2016
September 09 – 10, 2016

Ms. Asma Naheed

Educational Psychologist
Abu Dhabi, UAE
April 29, 2016

Dr. Sajid Rana

Abu Dhabi, UAE
July 22, 2016

Dr. Munir Iqbal

Abu Dhabi, UAE
December 28 – 29, 2016





UAE EVENTS

On Friday, May 27th, TDC held its Diabetes Awareness Gala Dinner for the Pakistani community in the UAE. The event was held in the auditorium of **Pakistan Association Dubai (PAD)**.

More than 300 people attended the event. **Mr. Mohammad Salman Iqbal**, Founder and President of **ARY**, was the Chief Guest (top and middle photo). Presentations were made by **Dr. Asjad Hameed** (eminent Diabetologist and TDC Chairman) and other members of TDC team, including **Mr. Ehtesham Uddin**, **Mr. Mahmood Moosa**, and **Mr. Dabeer Rasool**. They highlighted the ongoing activities to improve awareness of the risk factors, symptoms, and complications of diabetes. The tremendous work of Diabetes Clinic in Islamabad, Pakistan, was also presented.

Mr. Salman Iqbal assured full support of his organization to TDC to achieve its objectives. To much acclaim and appreciation, he also announced to cover the cost of IT systems and establishing a kidney center at TDC. It is estimated that 80,000 Pakistanis develop kidney failure due to Diabetes every year.



Earlier, TDC held a similar Diabetes Awareness session on May 6th at **Park Rotana Hotel**, Abu Dhabi, in which a panel of doctors answered questions about diabetes and its management (bottom photo).



TELETHON

During the holy month of Ramadan, people from across the world joined together to raise PKR ~25,000,000 for The Diabetes Centre. **Dr. Shahid Masood, Mr. Anwar Maqsood, and Mr. Salman Ahmed** were the celebrities that assisted in the telethon (opposite photo).

We thank our donros and contributors and the team of **ARY** for their generous support.



FUNDRAISING

TDC Pakistan team organized a diabetes awareness and fundraising dinner at the Tulip Club, Islamabad on June 3rd, 2016. **Dr. Shahid Masood** was the chief guest. The program went as planned and almost PKR 10 million was pledged (opposite photo).



UK EVENTS

On February 6th, a fundraising dinner was held by TDC-UK at Barking, London. Another fundraising event was held on November 29th at Spice Village in Southall, UK (opposite photo).

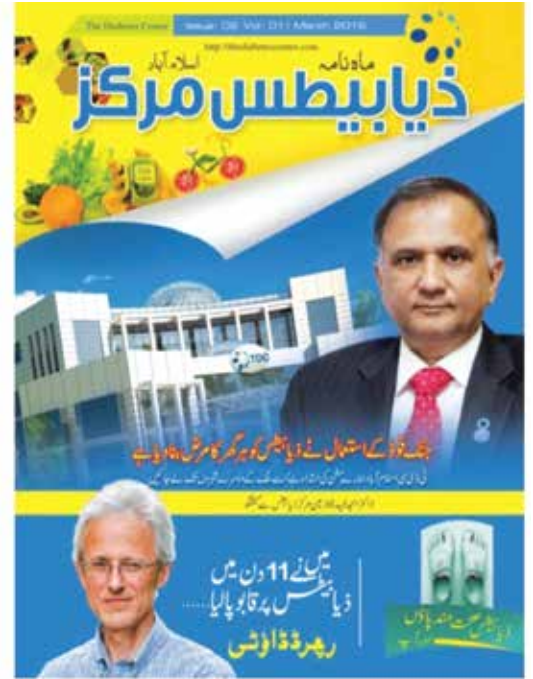
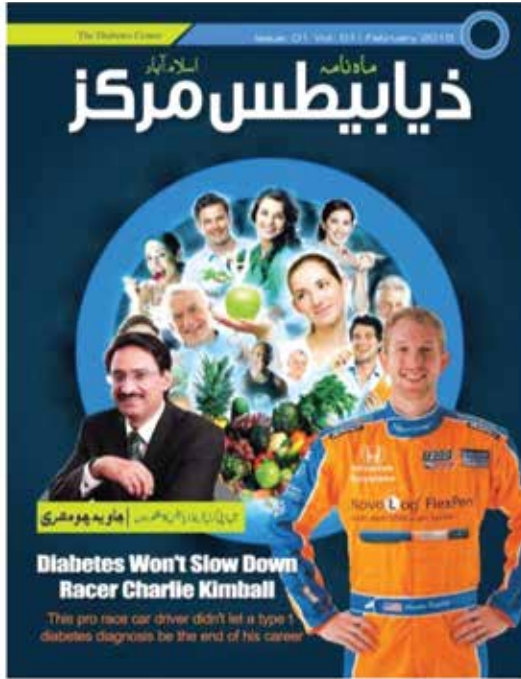




WORLD DIABETES DAY

World Diabetes Day (WDD) is the world's largest diabetes awareness campaign with events organised in more than 100 countries. Led by the **International Diabetes Federation (IDF)**, WDD unites the global diabetes community to produce a powerful voice for diabetes awareness and advocacy. WDD is a year-long campaign to reflect the realities of dealing with a chronic condition.

TDC has been using this occasion to highlight the epidemic of diabetes in Pakistan and raising awareness about the disease and its complications. The theme of WDD 2016 was 'Eyes on Diabetes'. TDC hosted WDD 2016 activities across the globe. In Pakistan, TDC held a diabetes screening camp and awareness walk at **Ayub National Park**, Rawalpindi on 12th November. Another Diabetes screening, awareness session and walk was held at **Fatima Jinnah Women University** in Rawalpindi on 14th November, 2016.

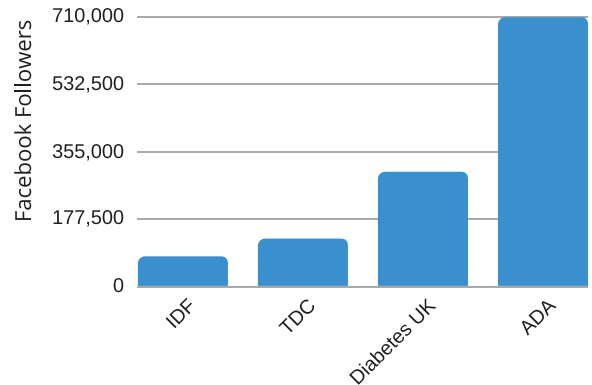


WEB AND MEDIA

February, 2016 - First edition of TDC Magazine published.

TDC website had 1,070 sessions with 2,207 page views, most (78%) being from Paksitan. Other visitors to the website came from UAE, USA, Saudi Arabia, UK, Hungry, India, Australia, China, and Germany.

TDC Facebook following has shown remarkable growth with the addition of Urdu posts and content. We surpassed the International Diabetes Federation (IDF) in the number of followers, but still have a long way to go when compared with Diabetes UK (299,981) or American Diabetes Association (ADA) followership (706, 032).



1029 Twitter Followers

124,298 Facebook Followers

FINANCIAL HIGHLIGHTS



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AUDITORS' REPORT TO THE MEMBERS

We have audited the annexed balance sheet of **The Diabetes Centre** (the Company) as at June 30, 2016 and the related income and expenditure account, cash flow statement and statement of changes in fund together with the notes forming part thereof, for the year then ended and we state that we have obtained all the information and explanations which, to the best of our knowledge and belief, were necessary for the purposes of our audit.

It is the responsibility of the Company's management to establish and maintain a system of internal control, and prepare and present the above said statements in conformity with the approved accounting standards and the requirements of the Companies Ordinance, 1984. Our responsibility is to express an opinion on these statements based on our audit.

We conducted our audit in accordance with the auditing standards as applicable in Pakistan. These standards require that we plan and perform the audit to obtain reasonable assurance about whether the above said statements are free of any material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the above said statements. An audit also includes assessing the accounting policies and significant estimates made by management, as well as, evaluating the overall presentation of the above said statements. We believe that our audit provides a reasonable basis for our opinion and after due verification, we report that:

- a) in our opinion, proper books of accounts have been kept by the Company as required by the Companies Ordinance, 1984;
- b) in our opinion:
 - i) the balance sheet and income and expenditure account together with the notes thereon have been drawn up in conformity with the Companies Ordinance, 1984, and are in agreement with the books of account and are further in accordance with accounting policies consistently applied;
 - ii) the expenditure incurred during the year was for the purpose of the Company's business; and
 - iii) the business conducted, investments made and the expenditure incurred during the year were in accordance with the objects of the Company;

- c) in our opinion and to the best of our information and according to the explanations given to us, the balance sheet, income and expenditure account, cash flow statement and the statement of changes in fund together with the notes forming part thereof conform with approved accounting standards as applicable in Pakistan, and, give the information required by the Companies Ordinance, 1984 in the manner so required, and respectively give a true and fair view of the state of the Company's affairs as at June 30, 2016 and of the surplus, its cash flows and changes in fund for the year then ended; and
- d) in our opinion, no Zakat was deductible at source under the Zakat and Ushr Ordinance, 1980 (XVIII of 1980).


Chartered Accountants

Engagement Partner:
Shahzad Ali

Islamabad
Date: February 18, 2017

**THE DIABETES CENTRE - TDC
BALANCE SHEET
AS AT JUNE 30, 2016**

	Note	2016 Rupees	2015 Rupees
ASSETS			
Non - current assets			
Property and equipment	4	160,610,812	104,801,038
Intangible assets	5	564,940	136,081
Security deposit		200,000	200,000
		161,375,752	105,137,119
Current assets			
Stock	6	2,102,592	-
Prepayments, accrued interest and other receivables	7	143,332	340,115
Investment	8	20,000,000	29,000,000
Cash and bank balance	9	17,715,261	7,484,783
		39,961,185	36,824,898
TOTAL ASSETS		<u>201,336,937</u>	<u>141,962,017</u>
Less: Liabilities			
Trade and other payables	10	951,351	237,631
NET ASSETS		<u>200,385,586</u>	<u>141,724,386</u>
Funds			
Accumulated surplus fund		190,574,946	130,376,175
Restricted Fund - Zakat		9,810,640	11,348,211
		<u>200,385,586</u>	<u>141,724,386</u>
Contingencies and commitments	11		

The annexed notes 1 to 23 form an integral part of these financial statements.


CHIEF EXECUTIVE


DIRECTOR

**THE DIABETES CENTRE - TDC
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED JUNE 30, 2016**

	Note	General Fund Rupees	Restricted Fund Rupees	2016 Rupees	2015 Rupees
INCOME					
Clinical income	12	12,609,908	-	12,609,908	2,013,572
Donations	13	61,721,192	23,610,723	85,331,915	56,877,534
Other income	14	1,152,673	-	1,152,673	916,818
		<u>75,483,773</u>	<u>23,610,723</u>	<u>99,094,496</u>	<u>59,807,924</u>
EXPENDITURES					
Clinical expenses	15	6,455,230	22,990,708	29,445,938	8,878,248
Administrative expenses	16	8,747,373	2,157,586	10,904,959	7,450,680
Finance cost		82,399	-	82,399	95,394
		<u>15,285,002</u>	<u>25,148,294</u>	<u>40,433,296</u>	<u>16,424,322</u>
Taxation	3.17	-	-	-	-
Total surplus / (deficit) for the year		<u>60,198,771</u>	<u>(1,537,571)</u>	<u>58,661,200</u>	<u>43,383,602</u>

The annexed notes 1 to 23 form an integral part of these financial statements.


CHIEF EXECUTIVE


DIRECTOR

**THE DIABETES CENTRE - TDC
STATEMENT OF OTHER COMPREHENSIVE INCOME
FOR THE YEAR ENDED JUNE 30, 2016**

	Note	General Fund Rupees	Restricted Fund Rupees	2016 Rupees	2015 Rupees
Total surplus for the year		60,198,771	(1,537,571)	58,661,200	43,383,602
Other comprehensive income for the year		-	-	-	-
Total comprehensive income for the year		<u>60,198,771</u>	<u>(1,537,571)</u>	<u>58,661,200</u>	<u>43,383,602</u>

The annexed notes 1 to 23 form an integral part of these financial statements.

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CHIEF EXECUTIVE



DIRECTOR



1 IN 2
ADULTS WITH
DIABETES IS
UNDIAGNOSED



WORLD DIABETES DAY
EYES ON
DIABETES

LET'S
TAKE CONTROL
OF DIABETES
NOW



Better Health for Brighter Future

DIABETES

LET'S TAKE
CONTROL
OF DIABETES,
NOW.



World Diabetes Day
14 November 2016

Diabetes Awareness



**The
Diabetes
Centre**



world diabetes day
14 November, 2016

Better Health for Brighter Future



s Walk

STEP OUT | WALK
TO STOP DIABETES

Pharmevo
Our dream, a healthier society

NOVO NORDISK

Hillier
PRACTICE

STEP OUT | WALK
TO STOP DIABETES

World Diabetes Day
14 November 2018

Every year on November 14th
World Diabetes Day
brings diabetes to
attention of the world

VISION & MISSION TDC TEAM

Our vision is to be recognised as a centre of excellence offering comprehensive and compassionate care to diabetics in Pakistan. We strive to achieve that vision by providing excellent clinical services to the diabetic patients, irrespective of their ability to pay, with a focus on quality and sustainability of care that would result in better clinical outcomes and improved quality of life; and thorough fostering and supporting education and training in diabetes management for the medical profession and to promote public education and awareness of diabetes.

We are a group of overseas professional Pakistanis who are determined to change the course of diabetes epidemic in their homeland, Pakistan, where relatively little attention has previously been paid to this epidemic. Pakistan ranks in the top 10 countries globally for Diabetes prevalence. We established The Diabetes Centre (TDC) as a not-for-profit corporation under the Companies Ordinance of 1984 and are licensed by the Securities and Exchange Commission of Pakistan to establish, support, run, manage, and maintain hospitals and clinics all over Pakistan, particularly for diabetes and generally for other diseases. Nationally, TDC is certified by Pakistan Centre for Philanthropy; whereas internationally, we are a registered and tax exempted charity in UK and USA, and are also supported by the UAE Red Crescent as project #1435.



THE DIABETES CENTRE

Better Health for A Brighter Future

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