

MEETHI ZINDAGI



MAY 2019 NEWSLETTER



Meethi Zindagi

میٹھی زندگی سب کے لئے

A PROMISE OF LIFE MADE TO HARIS IN RAWALPINDI

Meethi Zindagi is a national institute working towards managing diabetes in children across Karachi, Islamabad and Lahore.

35.3 million adults and 1.6 million children are affected by diabetes in Pakistan annually. These concerning figures are unfortunately the outcome of lack of awareness and healthcare facilities in the country. Besides this, un-affordability has remained a dominant problem for underprivileged people, compelling them to compromise their food over the need of Insulin and adequate healthcare that makes their lives challenging.

Meethi Zindagi was established in 2012 with the aim to educate, empower, support and influence change in order to improve the lives of people with diabetes so that they can face their day-to-day challenges with more energy and courage. We have initiated the "Promise of Insulin" Programme to support underprivileged students; we will provide them Insulin, medication, consultancy and awareness so that they can live healthy lives by managing their diabetes well.

Through a series of awareness sessions and camps, Meethi Zindagi is educating people, especially children, regarding diabetes and guiding them with appropriate ways to sustain a healthy lifestyle. We have recently signed an MoU with 120+ schools across Pakistan so that we can reach out to needy children with diabetes and provide them free medication.

It's a real pleasure to share that within a brief period of only six years, Meethi Zindagi has transformed thousands of lives struggling with diabetes. This is just the start of the journey and we have a long way to go. We request you to join Meethi Zindagi in our struggle to eradicate the risks around diabetes; it is a life threatening condition that can turn fatal if not maintained daily and we need your donation and Zakat to provide medication to every person with diabetes in need and help save lives.



HARIS WITH HIS FATHER

Eight year old Haris belongs to an under-privileged family of 8, living in a small village in the suburbs of Rawalpindi. His parents approached us through social media and the next day we visited them. His mother told Meethi Zindagi team that six years ago followed by his continuous weakness and weight loss, they admitted Haris in the hospital, where he was diagnosed with Type 1 diabetes.

She said, "It was very hard to hear and absorb the reality that my son was going to endure this suffering throughout his life. Since then we try every single day to manage his health condition and help him live a normal life with limited resources. Like every parent, we also have dreams for our son, but we are still concerned for his future. I don't want to say it, but in the last six years we have spent all of our savings on his treatment. I thank you all for coming to our home and making us believe that we are not alone and helpless any more".

Now Haris is registered in our "Promise of Insulin" project and it has been almost six months since we have been fulfilling his Insulin needs and providing him necessary medication.

Meethi Zindagi has taken the responsibility of many children like Haris and is striving to give them a bright future. Please join Meethi Zindagi and bring the sweetness in the lives of these children while sharing the burden of their families.

Providing healthcare to a child with diabetes costs approximately Rs. 6,500 per month. A small intervention can potentially gift them a lifeline. We invite you all to Join hands with us and give your donation and Zakat so that we can build healthy futures for the children of our country.



SUPPORT MEETHI ZINDAGI BY CALLING US AT 0335-555-4606 AND SPREAD HAPPINESS

ZEBA BAKHTIAR AN EXEMPLARY LIFE

The renowned actress shares her struggle with Type 1

Meethi Zindagi is very grateful to Zeba Bakhtiar for sharing her diabetes experience. No doubt she is an inspiration for people with diabetes, especially our youth. In an interview with Meethi Zindagi, she shared her struggle with her initial diagnosis and treatment.

When and how were you diagnosed with Type 1 Diabetes?

I was diagnosed at the age of 25. I was in Lahore, staying with a close friend. Her mother had insulin-dependent diabetes; she was the one who took me for diagnostic blood tests and explained to me that it is not fatal and I just need to have insulin injections.

What were your feelings in the initial days of diagnosis?

I was hospitalized for a week after I was diagnosed with diabetes, having a sugar level of 590. I was worried because I had no idea what had hit me. My career in India had just begun and I had been told that I had developed a condition that was incurable and lifelong. It was basically a learning curve that taught me resilience in the long run.

How do you manage your diabetes with your busy working schedule?

Being health conscious, I made some major changes in my lifestyle, like food and exercise. I made a chart of what would work for me which helped me greatly in balancing my personal and professional life.

What is your source of inspiration that you would share with fellow diabetics to help them cope?

When I was admitted in the hospital I met an 18 years old boy named Babar. He had a spinal injury and was on a wheelchair for life. Through him I realized how much celebrities can motivate viewers, I became aware that I owed it to all those watching me to be an example of strength for them. Hence I worked to find the positive side of diabetes to improve my life and the lives of those around me. Your strife only has as much power over you as you give to it. Allah has made us humans much stronger than any circumstance that we can face.

When I see people with diabetes, especially children, I wonder how they afford medication. I would urge everyone who has the means to support these children to reach out to them and provide them with medication that would help them lead healthy lives.



ZEBA BAKHTIAR
With
Meethi Zindagi

MZ REACHED LAHORE TO HELP ALISHBA & MANY MORE

"My daughter, Alishba, is a pretty self-sufficient child and never caused any trouble. Three months ago, after receiving a phone call from Alishba's school about a medical emergency, we rushed over to see if everything was okay with her. When I saw her at the principal's office, she was pale and sweating heavily in the cold weather of January. The teacher told us that Alishba was playing with her friends in recess when she went unconscious. It didn't seem alright to me and I called my husband to take her to the nearest hospital.

At the hospital we came to this awful realization that Alishba had Type 1 diabetes. Her blood sugar was really high, marked 460 at the time and she was given immediate care. Later, the doctor elaborated on the challenges of Type 1, the world we had entered had some rules that needed to be followed; Alishba had to receive shots of Insulin, blood glucose levels had to be checked four to six times a day and proper diet and precautions were the only treatment she could get to balance her high sugar level. I reacted to



DAIM

INSULIN SUPPORT TO DAIM IN ISLAMABAD

"For Daim, Insulin is as necessary as food."

Daim, a three and a half year old boy, is one of many children in Islamabad struggling with diabetes. He was diagnosed with Type 1 Diabetes three months ago.

His father, Nasir shared his experience:

"It all started right before his first three monthly check-up. His mother noticed that Daim regularly became thirsty, leaked through his nappy at night, and became repeatedly tired and grumpy. We took him to a hospital and told the doctor about his condition. After some tests, the doctor told us that Daim had Type 1 diabetes. Daim needed to receive insulin shots and getting his blood sugar levels checked several times a day, which we learnt were quite expensive." Hearing the news of their son's diagnosis of Type 1 was not easy for them to digest; they were anxious about the costly treatment and the pain Daim would have to endure. Earning a mere **Rs.14,000/-** as a security guard, it was impossible for Nasir to afford Daim's treatment on top of the monthly house expenditure.

"A light emerged in that dark hour when Daim's doctor referred us to Meethi Zindagi. Here, the doctors did some tests again and provided urgent care to balance Daim's high blood sugar level. They also assured us that all the expenses of Daim's treatment will be borne by them and educated us about the management of Diabetes and Daim's diet and intake."

Daim is now registered at Meethi Zindagi in their "Promise of Insulin" program and is receiving desired support free of cost every month. I want everyone to know that without the support of Meethi Zindagi, our whole life would have turned upside down."

Daim is one of numerous children who have a lifeline at Meethi Zindagi receiving Insulin and other desired support. On an average, Insulin and the support package costs around **Rs.6,500** per child per month which amounts to **Rs.78,000** per annum for one child. You can become a hope for children suffering with Type 1 diabetes from poor families by giving your Zakat and charity to Meethi Zindagi.

this news of my daughter's lifelong condition just like any other mother. It was also an extremely trying time for me given that I didn't know what to do with my daughter's condition. What if we failed to manage her diabetes properly? What if we couldn't afford the expensive management? What if her blood sugar shot up and she got hospitalized again? We knew that we could not fix everything but with some financial help and proper guidance we could help our daughter live a healthy life. We discussed our situation with Alishba's doctor and he referred us to Meethi Zindagi. Here, we met Dr. Sana who immediately registered Alishba in their "Promise of Insulin" programme and now by the grace of Allah and Meethi Zindagi's efforts, Alishba has made a full recovery. It's been a month since Alishba has been receiving Insulin and adequate care from Meethi Zindagi. We are grateful to Meethi Zindagi for their generous and timely support."



ALISHBA

PREVALENCE OF DIABETES & PREVENTION

Diabetes Mellitus (DM) is an emerging public health concern with multiple complications with an alarmingly increasing prevalence worldwide. The International Diabetes Federation reported that 425 million adults were living with diabetes in 2017 and by 2045 this number will rise up to 629 million. Diabetes Prevalence Survey of Pakistan 2016-17 revealed that 26.3% of country's population had diabetes.

Studies suggest that consequences of diabetes can be avoided or delayed through knowledge and awareness regarding risk factors and exercise.

Prevention is indeed better than cure.

Many celebrities and artists around the globe have diabetes and their struggle with this condition has inspired many people to keep fighting for themselves. One such shining example is of Dr. Sana Ajmal, the founder of Meethi Zindagi.

While answering a question she said "A majority of people in Pakistan have the misconception that diabetes is a severe disease; it can be fatal if not managed regularly but a little bit of support and discipline can ensure you a long and healthy life. Having diabetes myself since the age of 15, I have never thought of it as a disease but a condition which can be managed with proper guidance and medication".

Cancer, heart and kidney diseases are not the only ones that can kill, one irregularity in Insulin dosage can be fatal for a person with diabetes. Meethi Zindagi urges you to help save people lives, especially children. Our belief is that they can live a healthy and secure life with your kind support.



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SUPPORTING TALHA'S DREAM IN KARACHI

"My name is Talha and I am a 30 year old cricket enthusiast from Karachi. I was diagnosed in 1999 with Type1 diabetes. The challenges I have faced living with diabetes have altered my life greatly; being told not to play cricket anymore.

Diabetes has never been easy to live with along with many challenges of affording regular treatment and medication. Meethi Zindagi helped me eliminate these trials by sharing my load and providing Insulin and medication that constantly empower me. Today I have made my journey all the way to the national level cricket team. Meethi Zindagi has continued to support me since I have been registered with them and I am very thankful for their life-preserving support. Meethi Zindagi is truly making a difference in the lives of thousands of struggling diabetics in Pakistan and their support can help secure the future of many people like me."

Donate to Meethi Zindagi and give the gift of Insulin to the aspiring youth of our country.

WORLD DIABETES DAY 2018

"We can & We Will"

World Diabetes Day is the primary global awareness campaign focusing on diabetes and is held on 14 November every year. The World Diabetes Day gives a voice to people living with Diabetes and promotes health coverage for affordable and equitable access to diabetes management including improving knowledge and capacities of people with diabetes to take charge of their own care.

Meethi Zindagi celebrated World Diabetes Day 2018 in Islamabad. A huge crowd of people with and without diabetes joined us in our cycling activity titled "Revival of Cycling" from Nawaz Sharif Park to Kachnar Park Islamabad. The activity was organized in collaboration with

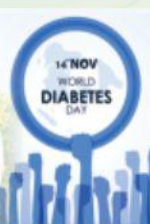
Critical Mass Islamabad and Early Bird Riders Islamabad, focusing to raise awareness on diabetes issues and supporting those living with it.

STAY HEALTHY: BE DIABETES FREE!



Diabetes Concerns Every Family

Right Treatment
and
Right Education
for Everyone!





WHY CHOOSE MEETHI ZINDAGI?

"The most beautiful thing one can do being a human is to bring a smile on another's face."

Meethi Zindagi has helped thousands of lives with our "Promise of Insulin" and peer support programme all over the country. Help us keep this tradition alive by giving access to thousands more Insulin dependents so that the sweetness in their lives continues to grow. Give the gift of health this Ramadan. Secure the future of a child with diabetes today.

To support a child in your city, please fill the form below:



I'd like to support a person with diabetes in:

☐ Karachi ☐ Islamabad ☐ Lahore

☐ 1 month Rs. 6,500

☐ 3 month Rs. 19,500

☐ 6 month Rs. 39,000

☐ 1 year Rs. 78,000

I am enclosing a cheque for Rs.

Name:

Address:

Contact:

E-mail:

Company:

Donation: ☐ Zakat: ☐ Other: ☐

Contact Details: 65-A, Street 3, Westridge 1, Opposite Rayay Mall, Peshawar Road, Rawalpindi. www.meethizindagi.org,

Cell: +92-335-555-4606

Email: resource.gen.dept@meethizindagi.org,
Facebook: www.facebook.com/meethizindagidiabetes

RECREATIONAL ACTIVITIES & DTREAT CAMPS

Apart from medication, diabetes requires a full regimen of a balanced diet, daily exercise, motivation and support to have a healthy and thriving life.

Our "Diabetes Retreat Camp (Dtreat)" is a peer support programme for the people with diabetes, in which they unite under the guidance of certified educators and doctors to learn about standardized diabetes management practices in a safe environment.

Besides warm up activities and exercises; we provide them with socio-psychological assistance and education in an amicable support group and entertainment sessions. All the participating educators and other care professionals are also people with diabetes which creates a real sense of solidarity, empathy and peer support.

Below are some of our recently held activities:

- Diabetes Sports Clinics
- Scuba Diving at Charna Island, Karachi
- Knock Out Diabetes – a boxing training with Uloomi Karim at Islamabad
- Sports Gala – Intra-school sports matches



THANK YOU FOR YOUR GENEROUS GIFTS, YOU ARE AN INSPIRATION!

Over the last few years, Meethi Zindagi has faced many challenges; however the love & support we have received from our benefactors has been great and has kept us focused towards our mission. We are delighted to share with you that thousands of people with diabetes have benefited from your collaborative support to Meethi Zindagi. The challenge continues as many more are waiting to enroll themselves to receive our services.

Thank you for your support and generosity over the years, the world needs more people like you! Our aim at Meethi Zindagi is to provide support to diabetics and educate the community about the prevention of diabetes by conducting awareness campaigns. As we look forward to the remained of 2019, we need continuous support to keep the "Promise of Insulin" alive for many hopeful children with Type 1 Diabetes. We urge you to resume your cycle of goodwill in supporting our cause and your help can potentially change the lives of the future of our country. Help Pakistan be a safer place for Type 1 diabetes by joining hands with Meethi Zindagi.