



میٹھی زندگی

April 2021 - Vol. 5

Give Life to **3000** Children with Diabetes **ACROSS PAKISTAN**

Contrary to the common misconception, there is nothing one can do to prevent their child from getting type 1 diabetes. And insulin is the only treatment! You can help your child prevent its complications by taking insulin regularly, frequent checking and maintaining good blood sugar levels, teaching them the importance of eating a healthy diet, participating in regular physical activity, scheduling regular visits with your child's diabetes doctor and a yearly eye exam.

AGAINST THE COMMON MISCONCEPTION, DIABETES TYPE-1 IN CHILDREN IS FAR MORE DANGEROUS IF LEFT UNTREATED.

Contrary to general misconception, diabetes is a medical condition that is manageable with taking regular medication, frequent blood sugar checking and healthy lifestyle. Although it is commonly perceived to be a medical condition only in older people, type-1 diabetes in children is far more dangerous if left untreated. In our years of work, Meethi Zindagi has seen a lot of tragic emergencies ranging from loss of consciousness to even death. In one of countless cases due to lack of awareness, four years old Ahmad had to spend 8 days in ICU. His father Rashid Ali was concerned about his son's deteriorating health but never thought that it could be diabetes.

"FOR THREE MONTHS I WAS TAKING AHMAD TO DIFFERENT DOCTORS BUT NONE OF THEM COULD POINT OUT THE REASON FOR MY SON'S SICKNESS. WHEN I WAS FINALLY TOLD THAT HE HAD DIABETES, I COULD NOT BELIEVE THAT IT COULD AFFECT CHILDREN TOO," RASHID ALI.

Being a government employee with low salary, he could not think of a way to afford insulin and raise his family of 4 people at the same time. Considering the poor financial state of the family, Ahmad's doctor suggested Rashid to get his son registered in Meethi Zindagi's "Promise of Insulin" program. Since then, we make sure that Ahmad receives his monthly requirement of insulin regularly. This is such a prime time and he should be able to enjoy life just like other children of his age but these delicate flowers are fragile and need a lot of care. He is currently dealing with a foot wound that we hope will heal soon. To carry on our mission we will need your help. Donate to Meethi Zindagi today to save these innocent children from horrors and suffering of improperly treated diabetes.



INSULIN FOR QUALITY LIFE

Fathers look forward to their sons becoming their allies and support, but sometimes, life has its own challenges. Though treatable and common, diabetes is still a condition that no parent would ever want to think of their child enduring. Type-1 diabetes can be dealt easily with the use of timely insulin but what happens when there are not enough resources? Muhammad Ikhlq is a daily wageer of Islamabad trying to do his best, raising a family of 5 people. With 3 sons, he saw 3 pillars that would share his burden but the floor shook beneath his feet when his youngest son Usman was diagnosed with type-1 diabetes at the age of 2.

"HOLDING HIM IN MY ARMS, I KEPT WATCHING USMAN WITH GRIEF AND ASKED MYSELF THAT HOW COULD HE LIVE HIS WHOLE LIFE IN PAIN?"

M. IKHLAQ

Being a father, it was Ikhlq's top priority to provide his son with insulin but limited financial capacity kept his hands tied. He had no option but to ration insulin, or go with insulin options that did not suit Usman very well. This caused so much damage that Usman lost his left eye. We are glad that 12 year old Usman's family contacted us and now, he has access to the insulin which suits him well, provided to him by us every month.

"THE INSULIN THAT I COULD AFFORD DID NOT SUIT MY SON WELL, AND



COST US HIS LEFT EYE. I CAN NEVER BRING THAT BACK." M. IKHLAQ.

There are many children like Usman that have access to no insulin or can only afford a certain type of insulin which may not suit them well resulting in long term complications. With your kind contribution of only Rs 6500/- we can help a child live a

normal life for one whole month. Meethi Zindagi depends on its donors. Let us hold hands for a good cause and provide these children with an opportunity to live a healthy life.

A CONDITION, NOT A DISEASE



Diabetes has always been considered as a disease that restricts you in every phase of life. Contrary to that, it is a medical condition that is manageable with medication, check and balance. In our years of work, Meethi Zindagi has seen a lot of sad faces and crying eyes but we were amazed when we met this 15 years old boy from Sahiwal. Shahzaib is a bright student who firmly believes that nothing can stop him from achieving his dreams. He wants to be a supporting pillar for his family by becoming an engineer. Although, matters started getting complicated when Shahzaib was diagnosed with diabetes and his mother, even after trying to manage money wisely, had to choose between his school fee and insulin.

"I HAD NEVER THOUGHT THAT IT COULD BE DIABETES AS HE WAS SO YOUNG FOR IT. WHEN WE GOT TO KNOW ABOUT TYPE-1 DIABETES FOR THE FIRST TIME, IT WAS VERY SHOCKING AND NEW FOR US," HIS MOTHER SAID.

Luckily the family got in touch with us after being referred by a doctor at DHQ hospital. After meeting and talking to Shahzaib, Meethi Zindagi promised him to provide with needed insulin. His unhindered optimism really lifted our spirits and we became even more affirmed on our ambition to help several more children like him. Our dream is a lot bigger than what we have achieved today. Support us with your love and Zakat so no dream gets left behind and no child suffers alone. Let us stand together.

A SEMINAR CHANGED THEIR DAUGHTER'S LIFE

Every kid wants to make a lot of friends. Sometimes they start feeling low and depressed because they feel different from others. Using insulin in school, frequent visits to the bathroom and laziness can make them stand out. It is unfortunate for a child to be introduced to syringes, glucometers and test strips at an early age.

Our seminars put huge emphasis on spreading awareness, and on not thinking of diabetes as a disease but as a medical condition. Our team aims not only to provide these children with their bodily needs but also take care of their emotional health. Upon visiting high standard schools in Karachi, Lahore and Islamabad we spread awareness among children related to diabetes and to donate for a good cause. The passion these children have for helping others is uplifting. Laraib was diagnosed with diabetes at a very early age of just 10 years. Her body needed insulin 3 times a day but just like any other child her age, she was scared of needles which made it really hard for her parents to inject the necessary insulin. **"EVER SINCE THE DIAGNOSES MY DAUGHTER HAD BECOME DEPRESSED. WHENEVER I WOULD TELL HER TO TAKE INSULIN, SHE RESISTED AND TRIED TO CONVINCE ME THAT SHE WILL BE FINE WITHOUT IT." LARAIB'S FATHER.**

On a friend's suggestion Laraib's mother attended one of the Meethi Zindagi seminars that changed her life. Keeping our promise of insulin we registered Laraib's needs and she is now a part of our program. To help many other children like Laraib, we need more support and prayers from our donors.



BETWEEN THE DIVIDE

The Creator balances the world with his unmatched expertise. Some of us have been blessed enough to have a healthy life and a comfortable living. On the other hand, some amongst us can barely have enough food to fill their stomach and adding to the trial, health issues tag along. Although, contrary to the way it seems, they are not the only ones that are challenged.

IF GOING THROUGH CRISIS BECAUSE OF NOT HAVING THE FINANCIAL RESOURCES IS ALLAH'S TEST, THEN SO IS HAVING THOSE RESOURCES AND NOT SHARING THEM WISELY.

We bring to you the story of a bright star named Amna. Appreciated by teachers and family for her brilliance, she stands bravely in the face of type-1 diabetes at a very young age of 11 years. Back in 2016, upon the diagnosis, a local hospital provided her with the essential insulin. Things stabilized for a few years until insulin stopped acting effectively on Amna. As a result, she started getting weaker and fainted very frequently. The only way suggested by doctors for betterment was using a different insulin that comes in insulin pen and taking a healthier diet.

Fareeda, mother of Amna immediately got in a state of panic and could not figure a way to help her daughter. She could not figure out any possible way to earn extra Rs 6000-7000 to ease the pain of her child. Running a small salon she is the only bread earner of her family as her husband is jobless. In addition, her daughter being allergic to wheat and gluten really limited the options for her. Unable to provide Amna with the needed nutrition, she did not see any way to afford an insulin pen. Upon seeing the desperate mother, Amna's doctor told Fareeda about Meethi Zindagi.

Dearest Amna is now one of our beneficiaries and every month, she is provided with a package containing glucometer, insulin, test strips, wipes and the most essential insulin pen. Each package costing Rs 6500 onwards per month can change so many lives just like Amna's. Your Zakat can help many children live a normal life just like others.



A MOTHER'S CRY FOR HELP

A mother's love has no match. She provides, loves and cares for all her children and fights off any evil that reaches them. Every day we see so many mothers sacrificing their wishes, their appetite and their passions for their children. It is said that birth is one of the most painful experiences in a woman's life and yet she knowingly goes through it for the sake of motherhood.

One of the biggest loss in the world is for a mother to lose her child. Sadly, this brings us to Saima's story, a strong woman from Rawalpindi. She reached out to our team when she had already lost a child to Anemia and diabetes. Upon inquiry we came to know that she has 3 other children, all affected by diabetes. Saima could not hold back her tears while talking to us.

"I WANTED TO DIE WITH MY DYING SON, BUT I KNEW I HAD TO LIVE FOR MY OTHER 3 CHILDREN. I HAVE TO PROVIDE THEM WITH BETTER THAN WHAT MY THIRD BORN WENT THROUGH." SAID AMNA.

Saima's husband is an ordinary salesman at a local shop. Affording insulin for 3 children at the same time is impossible for him. One of the three kids named Abdul Hadi is 9 years old and just like his unfortunate brother, in addition to diabetes, he suffers with Anemia too.

Meethi Zindagi has promised this mother to provide her children with insulin regularly. Nothing can make up for the loss of her child but one can contribute in saving her motherhood from enduring more losses. Help us save these angels by donating today. Your one good deed can fill your life with tons of prayers and their lives with health and stability.



LACK OF KNOWLEDGE IS DARKER THAN NIGHT

One of the biggest misconception, especially in Pakistan, is that only adults or older people can get diabetes. The fact on the contrary is that diabetes adheres to no specific age group. It is simply a medical condition that elevates the blood sugar level in body. The carelessness and ignorance in local clinics has cost us many precious lives.

Our next story is about precious 4 years old Asia. Her parents were concerned when they saw Asia's health declining day by day but never even imagined what the root cause would turn out to be. Life kept progressing until one day, Asia started losing consciousness. Unable to think of anything, she was taken to the nearby clinic. Instead of assessing the situation of this child through tests, the staff injected glucose in her body. Her condition worsened to a point where she remained out of her senses for multiple hours. She was immediately rushed to the ICU in time and luckily her condition started stabilizing after being given insulin.

Nazim Hussain, a watchman who has big dreams for all of his kids was devastated on the news of his daughter having diabetes. In his limited income, he barely fed his family and could not think of any way to afford regular insulin. That is when Meethi Zindagi showed its full support after being contacted and promised to provide Asia with needed insulin every month.

Another misconception that sustains in our society is the thought that a person with diabetes cannot function equal to a normal person. This is completely false. If body is provided with needed insulin in time, then the person with diabetes is as capable of achieving great things as a person without it. Let us hold hands and help Asia live her father's dreams. Your Zakat can help many like her in need.



MEETHI ZINDAGI SYMPOSIUM

Pakistan today has 19 million adults living with diabetes and an unknown number of children, estimated to be more than one million. According to a research, the number of cases of diabetes has increased by four times over the last 4 decades. There are at least one or multiple people in a household that have diabetes. It is said to be a very common condition yet many people do not even have the basic knowledge about it. Meethi Zindagi puts great emphasis on awareness of diabetes as it is a condition that can lead to physical deformity or even death if handled carelessly. On the other hand, if kept in check, one can live a normal or even an exceptional life. People like Waseem Akram (cricketer), Zeba Bakhtiar (actress) and Fawad Khan (actor) are living examples of extraordinary lives with diabetes.

14th November is globally celebrated as World's Diabetes Day which provided our team with a great opportunity to conduct a symposium on the unaddressed issues of life with diabetes. The main purpose of this gathering was to answer concerns related to diabetes, spread awareness and educate. In addition to many other qualified speakers, we were proud to have Zeba Bakhtiar among us. She is a living example of the fact that diabetes cannot stop you from achieving your dreams and that having diabetes does not limit you in any way. Even at the age of 58, she is still as healthy and active as she was in her prime days.



"BY KEEPING UP WITH MY INSULIN ROUTINE AND HEALTHY DIET, I AM LIVING A PERFECTLY HEALTHY LIFE." SAID ZEB.

In addition to spreading awareness and clarifying the myths related to diabetes, we also aim to help 3000 children with diabetes across Pakistan. People are as always encouraged to attend our seminars and to help us in this good cause.

INSULIN IS NOT A NEED BUT A NECESSITY

If a person keeps holding their breath for long durations, oxygen levels start declining. Lack of oxygen can disturb heart's rhythm and in a similar way, lack of insulin can disturb everything inside your body. For a child who has insulin dependent diabetes, it is as important as oxygen.

We often hear people saying that diabetes eats a body from the inside and that it damages the kidneys but there is no exaggeration in stating that it is all preventable by regular and timely use of insulin. To achieve stability, one should be careful of their body's need for insulin. They should follow a nutrition plan and regularly exercise.

Unavailability of insulin to a person in need can cause long term effects such as blurry vision, nervous debility, weakening organs and brain damage. In extreme cases, lack of insulin production can also become a reason for death.

A medical condition does not have any regard for a person's social or financial status. In Pakistan, millions of children have type-1 diabetes. Unfortunately, in case of any medical condition, poverty is the bigger concerning issue. They stay busy trying to make their ends meet with limited financial resources and can never think of affording a month's expense of insulin.

Diabetes just creeps up on people and in some cases, it is already too late at the time of diagnosis. It is common for the heart and kidneys to fail for the people suffering from this condition when they do not get the insulin required by body.

Take a minute to ponder upon the fact that thousands of innocent children die every year because of unavailability of insulin in their lives. To help these little angels, Meethi Zindagi has promised 3000 children from all over Pakistan to provide them with free packages containing insulin, testing strips, glucometers and needles. In 2019, Corona changed the world and economic system rapidly. However, as promised to the enlisted people, insulin was provided at the doorsteps even during the lockdown. Meethi Zindagi stands equally concerned with the parents and we try our best to share their pain. Please help us save these valuable lives. Only with your support, we can serve humanity and save them from pain.



Great Life Despite Diabetes



Meethi Zindagi

میٹھی زندگی سب کے لئے

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

☐ Karachi ☐ ISB/RWP ☐ Lahore

☐ 1 month: Rs. 6,500

☐ 3 months: Rs. 19,500

☐ 6 months: Rs. 39,000

☐ 1 year: Rs. 78,000

I am enclosing a cheque of Rs.

Name:

Address:

Contact:

E-mail:

Company:

Donation: ☐ Zakat: ☐ Other: ☐

Account Title: MEETHI ZINDAGI, Account Number: 0120-006900229623

Bank Name: Faysal Bank Limited

Rawalpindi Office: 65-A, Street 3, Westridge 1, Opposite Rafay Mall, Peshawar Road, Rawalpindi. Tel: 051-8313-214

Karachi Office: E-127/G4, Block 7, Near Maskan Chowrangi, Gulshan-e-Iqbal, Karachi. Tel: 0335-555-4606

Lahore Office: 254-B, Street 5, Cavalry, Ground, Lahore Cantt. Lahore. Tel: 0332-8313-214

Call/WhatsApp: +92-335-555-4606

Website: www.meethizindagi.org, Email: resource.gen.dept@meethizindagi.org

Facebook: www.facebook.com/meethizindagidiabetes

They need Insulin just as we need oxygen. They are waiting for your support today so they could live, grow, study, prosper and then perhaps one day, support other underprivileged children like them. Come, join hands with Meethi Zindagi and give them life!



*The Holy Prophet, peace be upon him said:
"Give charity without delay, for it stands in the way of calamity."
(Al-Tirmidhi)*