

# ABOUT US

Friends of Little Hearts is an non-governmental organisation (NGO) focused on improving the health of children with heart conditions. Through our efforts, the Paediatric Cardiology Service at Dr. Ruth Pfau Civil Hospital Karachi (CHK), has been successfully operating for two years.

## 2ND ANNIVERSARY - DECEMBER 2024

# NEWSLETTER

**1000 ECHOCARDIOGRAMS**

Since inception we have performed over 1000 echocardiograms free of cost

**160 CHILDREN TREATED**

This is the number of children treated at the Paediatric Cardiology High Dependency Unit

**1000 ECGS**

This is the number of ECGs performed over 2 years

Healing hearts and spreading smiles during illness and beyond



World Children's Day celebration 2024

## Our Services:

We provide following services free of cost:

- Echocardiograms
- ECG
- Cardiac High Dependency Unit
- Cardiac opinion
- Pre-surgical cardiac evaluations
- Liaison with tertiary care centres

# Azan’s Journey: From Despair to Hope

Ten-year-old Azan arrived at CHK’s emergency room with a persistent fever lasting over two months, joint pain, and a recent seizure. Initial examinations revealed signs of a serious heart condition. An echocardiogram showed significant damage to his heart valves, prompting his admission for urgent cardiac care. He was treated for rheumatic heart disease and a suspected heart infection (infective endocarditis). As days passed, Azan’s condition became more complicated. He developed neurological issues, suffered a severe stomach bleed, and required intensive care, including intubation. Despite initial treatments, his infection persisted. Repeated blood tests showed ,fungal infection of the blood, for which he was immediately started antifungal medication, which led to noticeable improvement. After two months of HDU treatment at Civil Hospital (CHK), through our well stablished liaison, Azan was referred to Aga Khan University for advanced care. There, his damaged heart valve was successfully replaced with a bioprosthetic valve. Following a month of specialized care, he was discharged and returned to CHK for follow-up. During a multidisciplinary team discussion, specialists identified unusual findings in Azan’s case and recommended HIV testing. The results confirmed a positive diagnosis. Azan is now receiving treatment through an HIV clinic while continuing follow-ups for his heart, nutritional health, and psychological support. Azan’s story is one of resilience, medical teamwork, and hope—a reminder of the power of persistence in the face of life’s toughest challenges.

# Healing Hearts and Spreading Resilience

## Nihal’s Story: A Tiny Heart’s Fight for Survival

Nihal, just 22 days old, was admitted to the NICU with breathing difficulties. Doctors initially treated him for pneumonia, but during his examination, they noticed a murmur (an unusual sound) in his heart. Further testing revealed that Nihal had a critically narrowed pulmonary valve (narrowing of artery carrying blood to lungs) and a large PDA (a blood vessel that helps babies get oxygen before birth but usually closes afterward).

The PDA was helping Nihal maintain oxygen levels, but his condition required urgent intervention. The cardiology team at Aga Khan University Hospital was contacted, and Nihal was transferred there for specialized care. With financial support, he underwent a successful procedure to open the narrowed valve and close the PDA using a device.

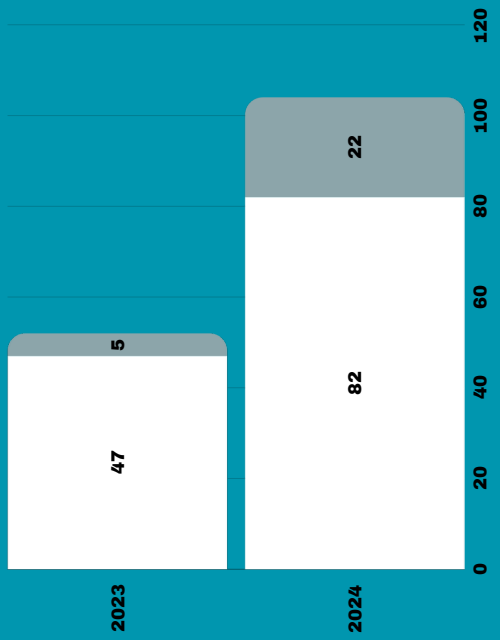
After his treatment, Nihal returned to us for follow-up care and ongoing management. His journey is a reminder of the importance of timely care and teamwork in saving lives, even the tiniest ones.

# Our Resileint Heroes

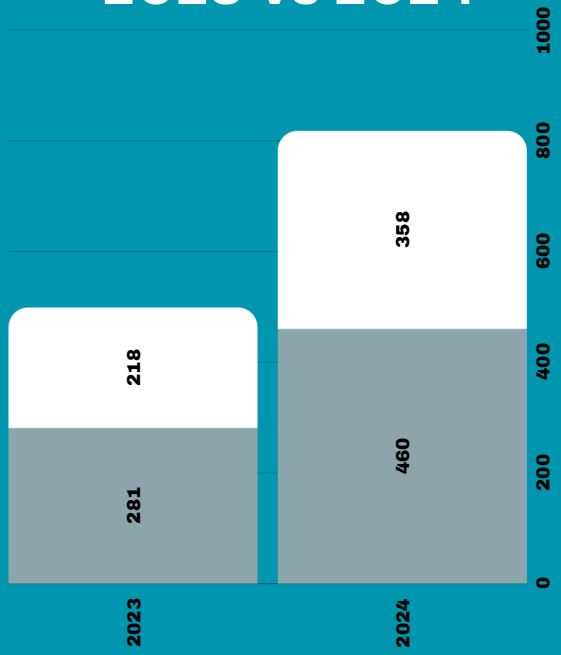


# Our Performance Over the Years

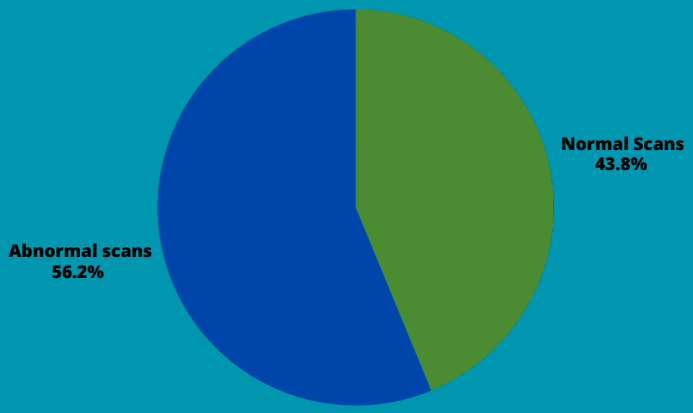
## Patients Admitted: 2023 vs 2024



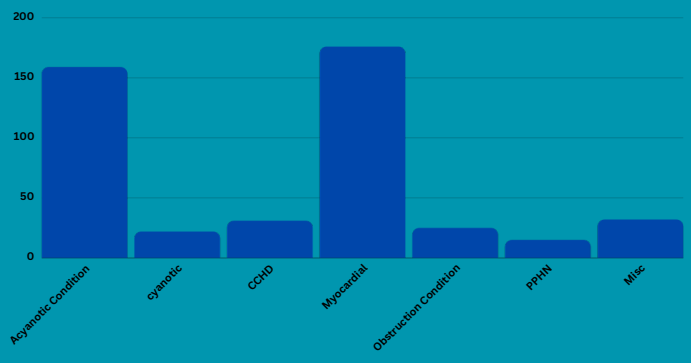

## Total Echocardiograms 2023 vs 2024



## Total Echocardiograms Performed: 818

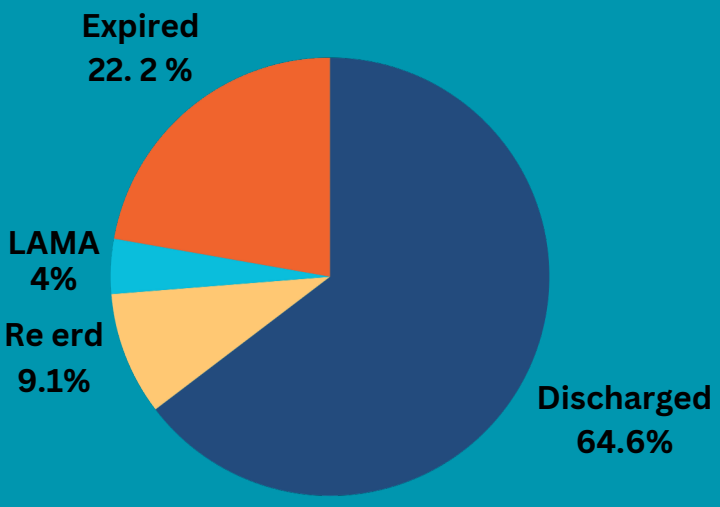



## Echo: Diagnosis



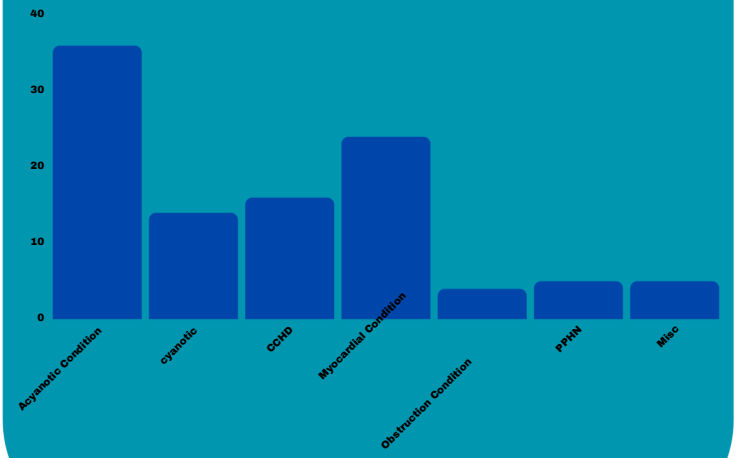

# Performance Data of 2024

## Admitted patients: outcomes




**TOTAL ADMISSION: 104**

## Diagnosis of admitted



# Donate and help heal little hearts

## For Local Donars

Donation Account account:
Account Title:
FRIEND OF LITTLE HEARTS
United Bank Limited
Account No:
309080765
Branch Code :
0401
IBAN No:
PK35UNIL0109000309080765

Zakat Account
Account Title:
FRIEND OF LITTLE HEARTS
United Bank Limited
Account No:
311374661
Branch Code :
0401
IBAN No:
PK22UNIL0109000311374661

## For Overseas Donars

Overseas Donors can support by contributing donations and zakat directly through I-Care Foundation. (5% admin fee will be deducted)
To make a donation, please visit our dedicated page on the I-CARE website:
https://i-care-foundation.org/charity/friends-of-little-hearts/

I-CARE FOUNDATION

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