

The Ahmadiyya

April 2006

Gazette

USA



*Special Edition:
Fazle Omar Hospital*

خواہش یہ ہے اور دعا یہ ہے کہ جماعت احمدیہ
کا ہسپتال دنیا کا بہترین ہسپتال ہو حضرت خلیفۃ المسیح الرابعؒ



Tahir Heart Institute

*“This is our wish...we pray
that the hospital of the
Jama'at should be the best
hospital in the world...”*

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ ﴿٨١﴾

SOURCE: FAZLE OMAR HOSPITAL STAFF



Fazle Omar Hospital, Rabwah, Pakistan

This is our wish...we pray that the hospital of the Jama'at should be the best hospital in the world, not only from the point of view of having the most courteous workers, but also from the perspective that they should offer prayers for their patients and not depend completely on treatment. They should further be entrusted with the care of the poor and also should be blessed with first class physicians and medical staff.

-- *Hadhrat Khalifatul Masih IVth
Jalsa Salana, Rabwah, 1983*

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*Special Issue on Fazle Omar Hospital,
Rabwah, Pakistan*

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Abbreviations for salutations used in this publication

saw:	<i>sallallahu alaihi wasallam</i> (peace and blessings of Allah be upon him)
as:	<i>alaihisalaam</i> (peace be upon him)
ra:	<i>radhi allah hu 'anhu</i> (May Allah be pleased with him/her)
rh:	<i>rahimahullahu ta'ala</i> (May Allah shower mercy on him/her)
aba:	<i>ayyada hullah ta'ala binasrihil aziz</i> (May Allah strengthen him with His mighty help)
swt:	<i>subhana wa ta'ala</i> (holy and exalted)

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Editorial

By definition, hospitals are institutions that provide professional health care to the sick. Fazle Omar Hospital is a prime example of just such an institution. Founded February 20, 1956, Fazle Omar Hospital was inaugurated in 1958 by our second *khalifa*, *Hadhrat* Mirza Bashiruddin Mahmood Ahmad^{ra}. As 2006 marks the 50th anniversary of the hospital, we are helping our members become familiar with this great icon of the *Jama'at* and seek their continued support for this establishment.

The concept of a "hospital" is credited to the Sinhalese people of Sri Lanka, where the first such institution was established in the year 4 B.C. King Ashoka of India is reported to have established a hospital in 230 B.C. for the affluent Brahmins. In the United States, hospitals were first referred to as "Alms-houses." In 1713, William Penn established the first hospital called "The Pennsylvania Hospital." Today, there are 5,901 accredited hospitals providing 987,313 beds in the United States.

Every year, a few agencies and organizations attempt to evaluate the hospitals and rank their performance. Last year, the *U.S. News and World Report* named 176 hospitals to be the top performers among 17 specialties in the nation. How this evaluation takes place and the criteria used to rank them are varied and chosen by the agency conducting this evaluation. The Cleveland Clinic, which ranked as the fourth best hospital in the nation last year, outlined the following six parameters to gauge hospital performance: *Credentials, Experience, Range of Services, Research and Education, Patient Satisfaction, and Outcomes*.

In as much as these parameters are excellent reflectors of the quality of care at a typical hospital, our fourth *khalifa*, *Hadhrat* Mirza Tahir Ahmad^{rh}, adds two key parameters to this list in describing the vision of Fazle Omar Hospital. Addressing the 1983 *Jalsa Salana* in Pakistan, *Hazoor*^{rh} said:

"This is our desire for which we supplicate to Allah that the hospital of our Jama'at should be the best hospital of the world; with respect to the courteous behavior of its workers, who would also be prayerful for their patients and would not depend on treatment alone, and their hearts would be imbued with the love and affection for the poor, and also from the perspective of the hospital being endowed with top class medical experts."

(*Al-Fazal*, April 12, 1984)

In this vision, *Hazoor*^{rh} emphasized that the medical staff at this hospital must rely on the Grace of Allah and not on the treatment alone. Recovery and healing come from Allah and therefore prayers should be sought regularly for all the patients that are being treated. Doctors must have a deep sense of service to humanity, and this should show in their treatment at all times.

In 1979, *Hadhrat* Khalifatul Masih III^{rh} advised Ahmadi doctors to remain up-to-date in medical research and utilize advanced technology in their treatments. Continuing his address, he said: "An Ahmadi doctor

is one who has made a pledge with his Creator that he will serve mankind and will do so with selfless sacrifice and extreme sincerity. Therefore, it is incumbent upon [Ahmadi doctors] that they fulfill this pledge.”(*Al-Fazal*, September 4, 1979)

These qualities are the hallmarks of the staff at Fazle Omar Hospital. Each day, the entire staff joins in collective silent prayers led by the hospital administrator. Every operation that is conducted begins with the silent prayers of the concerned staff. These traits make Fazle Omar Hospital a model of service to humanity. Foreign-trained graduates of reputable standing and with advanced education have been, and are serving the hospital on a full time basis.

All the ingredients required to make Fazle Omar Hospital the number-one institution in the world have been deployed and are being augmented with expanded facilities and state-of-the-art medical equipment. May Allah enable us to fulfill *Hadhrat* Mirza Tahir Ahmadth's vision. May we pay heed to the Promised Messiah^{as}'s Persian psalm: “*My sole desire and objective is to serve mankind.*” (*Mara Matloob O Maqsood Khidmate Khalq Ust*)

In this issue, we present the addresses of our *khulafa*, the visions of the *sahaba* and a pictorial of the current staff and their activities. Our beloved *Hazoor*^{aba} advised American Ahmadi doctors to donate their time as *waqifeene aarzi* and serve at the hospital. By the Grace of Allah, the Ahmadiyya Muslim Medical Association (AMMA) has made concerted efforts towards fulfilling this objective. We include a detailed report of the group's ongoing efforts.

We hope and pray that this pictorial brings forth the best of the Ahmadiyya *Jama'at*'s pursuits in the service of humanity and enables us to promote this cause. *Ameen.*

Anwer M. Khan
Editor
Special Issue



Fazle Omar Hospital, Rabwah, Pakistan

The Holy Qur'an on Health

1. In the Name of Allah, the Gracious, the Merciful.
2. All Praise belongs to Allah alone, Lord of all the worlds,
3. The Gracious, the Merciful,
4. Master of the Day of Judgment.
5. Thee alone do we worship, and thee alone do we implore for help.
6. Guide us in the straight path,
7. The path of those on whom Thou hast bestowed Thy favors, those who have not incurred Thy displeasure and those who have not gone astray.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ①
 الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ②
 الرَّحْمَنِ الرَّحِيمِ ③
 مَلِكِ يَوْمِ الدِّينِ ④
 إِلَهِكَ تَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ⑤
 اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ⑥
 صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ ⑦ غَيْرِ الْمَغْضُوبِ
 عَلَيْهِمْ وَلَا الضَّالِّينَ ⑧

This is the first chapter of the Holy Qur'an and is also called the gist of the entire Qur'an.

The Holy Prophet^{saw} has given various names to this *surah*, One such name is 'Al-shifa' which means healing and cure. *Hadhrat* Abu Saeed Khudri^{ra} reports that a few companions of Holy Prophet^{saw} passed by a village during a journey. They asked the village chief if he could provide hospitality, but the chief declined. The same night, the chief was caught with a snake bite; his people came to these travelers and enquired if any of them knew any incantation that might be of benefit. One companion responded in the affirmative. He was brought to the chief, and recited *Surah* Fatiha and upon the wound. The chief recovered and bestow upon this companion a heard of goats as a reward. He declined to accept and stated that he would like to first check with the Holy Prophet^{saw}. He met the Holy Prophet^{saw} and explained that all he did was recite *Surah* Al-Fatiha. Hazaar^{saw} smiled and asked how did he know that *Surah* Fatiha has healing powers. (*Hadeeqaul Saleheen*, p. 541)

Hadhrat Abu Saeed^{ra} further relates that the Holy Prophet^{saw} said that *Surah* Fatiha provides healing to every ailment. (*Tafseer-e-Kabeer*, vol. 1, p. 3)

وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِي ①

'And when I fall ill, it is He who restores me to health' [26:81]

Ahadith on Health

٥٤٠ — عَنْ ابْنِ عَبَّاسٍ رَضِيَ اللَّهُ عَنْهُمَا قَالَ : قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ : تَعْمَتَانِ مَغْمُورٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ ، الصِّحَّةُ وَالْفَرَاغُ . (بخارى كتاب الرقاق - ترمذى)

Hadhrat Ibn-e-Abbas^{ra} relates that the Holy Prophet Muhammad^{saw} said that there are two bounties of Allah, neglecting which many people incur huge losses: one is health and the other is leisure.

٥٤٤ — عَنْ جَابِرٍ رَضِيَ اللَّهُ عَنْهُ عَنْ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَنَّهُ قَالَ : بِكُلِّ دَاءٍ دَوَاءٌ فَإِذَا أُصِيبَ دَوَاءُ الدَّاءِ بَرِئَ بِإِذْنِ اللَّهِ عَزَّ وَجَلَّ . (مسلم كتاب السلام باب لكل داء دواء)

Hadhrat Jabir^{ra} related that Holy Prophet^{saw} said that every disease has a cure; if the right medication is made available for the ailment, Allah bestows upon healing to the patient.

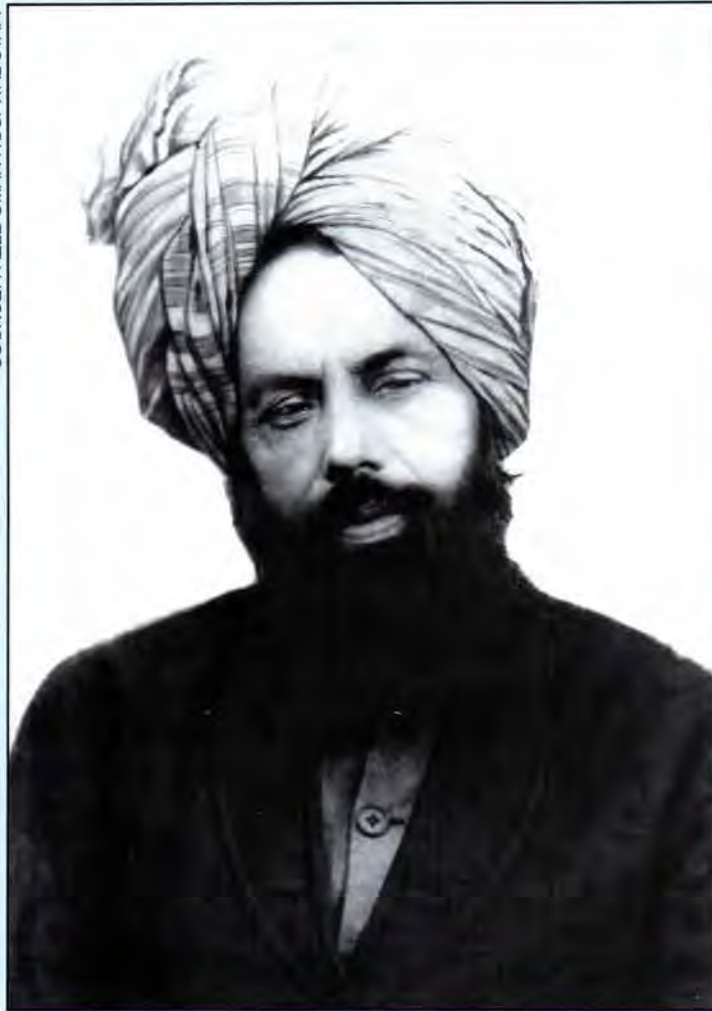
A prayer the Holy Prophet Muhammad^{saw} would offer for the sick

أَذْهِبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِ
أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ
شِفَاءً لَا يُغَادِرُ سَقَمًا .

O Lord of people! Grant relief from this illness, for you are the Healer. There is no healing except that which comes from You, So, grant complete healing without leaving a trace of illness.

Hadhrat Ahmad^{as}: **Instructions to Ahmadi Physicians**

SOURCE: FAZLE OMAR HOSPITAL STAFF



Hadhrat Ahmad's personal example of caring for the sick and poor:

Once, a few ladies from neighboring villages came to seek some treatment and medications for themselves and their children, and *Hadhrat Ahmad^{as}* remained occupied with them for a long time. Watching all of this, *Hadhrat Maulvi Abdul Kareem Sahib^{ra}* remarked: "This is quite an arduous task and a great amount of your precious time is wasted." *Hazoor^{as}* responded:

"This is also a similar religious chore, these people are destitute, there is no hospital here. I keep a stock of various Greek and English medicines for these people and these come in handy. There is a great reward for this work. A believer (*momin*) should not be careless and indifferent to these chores." (*Malfoozat*, vol. 2, p. 3)

Hadhrat Ahmad^{as}'s instructions to medical practitioners:

• Early on, Greeks were bestowed with the knowledge of herbal medicine; later, Muslims acquired it and since then they begin writing this inscription: '*Howash Sha'fee*' ('God is the Healer') on every prescription. This practice was followed only by Muslims and no one else. The great and sincere medical practitioner is one who would treat patients on the one hand and continues to pray for them on the other, and believes that the cure is only in God's hands. (*Malfoozat*, vol. 9, p. 368)

• Our Muslim medical practitioners had this great habit; it is written that whenever they would feel any patient's pulse, they would say:

'Holy art Thou! No knowledge have we except what Thou hast taught us; surely, Thou art the All-Knowing, the Wise.' (*Al-Baqara*, verse 33)

• A patient of *Hadhrat Hakeem Maulvi Nooruddin^{ra}*, after meeting with him, also came to meet *Hadhrat Aqdas Masihe Mauood^{as}*. On this occasion, *Hadhrat Ahmad^{as}* stated:

"I would like that doctors in our *Jama'at* should not consider their knowledge to be sufficient; rather, they should keep the door of Allah open and should not make final and categorical declarations about their patients. Many a time it has been observed that for certain patients, doctors unanimously declared no escape from death; yet for these very patients Allah makes such arrangements that they are saved. Similarly, there are cases when doctors consider their patients' recovery imminent and signs of their recovery indeed manifest themselves, yet Allah informs certain believers about their death. Now the death is not imminent in the eyes of doctors, yet it is already decreed and it too manifests itself. I have read the accounts of many herbal physicians; the most difficult element in the treatment of ailments is diagnosis; therefore, if one makes a mistake in diagnosis, one would also make a mistake in treatment, as some of the ailments are so complex and intricate that one cannot even comprehend them. Therefore, for such situations Muslim physicians have strongly recommended supplications and prayers. With full compassion and true sincerity for the patient, if someone would ardently pray with complete attention, then Allah will reveal the true nature of the ailment, as nothing is hidden from His eyes." (*Malfoozat*, vol. 10, p. 344)

Hadhrat Ahmad^{as} frequently offered this prayer when he was ill:

I seek help in the name of Allah, the Sufficient. In the name of Allah, the Healer. In the name of Allah, the All-Forgiving and Merciful. In the name of Allah, the Benign, the Generous. O Protector, O Mighty O Companion, O Friend heal me.

(۱) بِسْمِ اللَّهِ الْكَافِي . بِسْمِ اللَّهِ الشَّافِي . بِسْمِ اللَّهِ الْغَفُورِ الرَّحِيمِ
بِسْمِ اللَّهِ الْبَرِّ الْكَرِيمِ . يَا حَفِیْظُ
يَا عَزِيزُ يَا رَفِیْقُ يَا وَلِیُّ اشْفِنِیْ

Hadhrat Hakeem Maulvi Nooruddin^{ra} Khalifatul Masih I

SOURCE: WWW.AL-ISLAM.ORG



The Holy Prophet of Islam, *Hadhrat Muhammad^{sa}* has been reported as saying that there are two types of knowledge: one is that of spirituality and the other is that of the body (medicine). The combination of these two qualities in one person is an extraordinary gift of God, a representation of which was our beloved *Hadhrat Hakeem Maulvi Nooruddin, Khalifatul Masih I^{ra}*. His ability as a *hakeem* par excellence was commonly acknowledged by his contemporaries. This was not due to his extensive knowledge of medicine and its application, but was because the light of *Taqwa* that engulfed his entire demeanor and brought forth a luster whose brightness could be felt by all those who met him.

Describing his unique capability as a *hakeem*, his master, *Hadhrat Masih-e-Mau'ood^{as}* said:

“The presence of *Maulvi Sahib* is quite important; his diagnosis is superb and the greatest thing is that he prays for his patients; where indeed, would one find such doctors?

(*Malfoozat*, vol. 9, p. 354)

Hadhrat Hakeem Maulvi Nooruddin^{ra}: **Inspiring Incidents of Healing**

Usually in the method of treatment known as *Hikmat* (Greek medicine), the most valuable thing that *Hukama* (those who practice Greek medicine) cherish are their prescriptions, which they usually hide from others, as they are considered extremely valuable. *Hadhrat Maulvi Nooruddin^{ra}* was the total opposite. Once his teacher, *Hakeem Ali Hussain*, who was moved by his student's extraordinary wisdom, gave him his *bayaz* (collections of prescriptions). *Nooruddin^{ra}* left them in the room where he was being taught. The next day *Hakeem Sahib* reminded him about that valuable collection. *Nooruddin^{ra}* responded, "What would I do with them? I have to clinically examine the patients anyway." His teacher was startled but agreed with the response, for a profound message was implicit in it: the first important step is the right diagnosis. Syed Hasanat Ahmad in his book, *Hakeem Noor-ud-Deen (Khalifatul Masih I): The Way of the Righteous¹*, has preserved a few incidents of the healing talents of *Hadhrat Khalifatul Masih I^{ra}*, a few of which are reproduced below from his book with only minor modifications:

The Messiah of Hopeless Patients

- In 1879, there was a famine in the state, which was followed by an outbreak of cholera. *Hakeem Sahib* spent days and nights visiting far-flung areas affected by cholera. The *Maharajah* was very happy and gave him a gift of valuable dresses.
- In 1886, the *Rajah* of Poonch wrote a letter to the *Rajah* of Jammu that he was in need of a highly skilled physician for the treatment of his son, who had lost his mental balance. *Hakeem Sahib* examined him and was able to cure him. The *Rajah* of Poonch gave *Hakeem Sahib* several thousand rupees, and his own *Rajah* also rewarded him handsomely for his noble gesture.
- There was a custom official in the State, who had a serious life-threatening bout of a stomach ailment. The pain was so severe that the people had to come to *Hakeem Sahib's* place at midnight. He knew a general cure, but he immediately went to his clinic and prepared a new chemical mixture. This mixture had a surprising effect and saved the life of this official.
- Once cholera broke out in the State, while the *Maharajah* was away with some of his relations at one of his castles. *Hakeem Sahib* was also with him. One of the relations suddenly developed dysentery, and apart from this, these were the days of cholera. *Hakeem Sahib* immediately attended to him with some medicines, which had an immediate effect and allowed him to recover. As this relative of the *Maharajah* was himself also a *Rajah* (*Rajah Moti Singh*), *Hakeem Sahib* was rewarded by him handsomely, and continued to receive financial rewards from him for several years.

1. Published in 2003 by Islam International Publications, Ltd. Available for download in pdf form at: <http://www.alislam.org/library/books/noor-ud-deen/hakeem-noor-ud-deen.pdf>. The quoted sections are from page 55 of the book.

Hadhrat Fazle Omar
Mirza Bashiruddin Mahmud Ahmad
Khalifatul Masih II^{ra}

SOURCE: FAZLE OMAR HOSPITAL STAFF



One of the 52 characteristics mentioned in the prophecy of the *Musleh-e-Mau'ood* was that, "He would come into this world and will heal many of their disorders through his Messianic qualities and through the blessings of the Holy Spirit." *Hadhrat Khalifatul Masih II^{ra}* was a living manifestation of this revelation. Both with medications and prayers, he healed thousands of patients. To further this cause, *Hadhrat Fazle Omar^{ra}*, on *Muslehe Mauood* Day in 1956, laid the foundation stone of two important buildings; one was Fazle Omar Hospital and the other was the Central Office of *Majlis Ansarullah*. *Hazoor Aqdas^{ra}*, at about 4:30 pm after *Asar* prayers, arrived at the proposed site of the hospital. Dr. Mirza Munawar Ahmad and other staff of the proposed hospital received *Hazoor^{ra}* at the site. *Hazoor^{ra}* placed three bricks at the foundation site; one of them was brought from Qadian. This was placed in the center and an animal was slaughtered as *sadqah* to mark the moment. *Hazoor^{ra}* then led silent prayers and proceeded to the site of the proposed *Ansarullah* office. Here, *Hazoor^{ra}* waited for the members to join him, and then led silent prayers after laying the foundation stone of the proposed office building. The hospital was completed and on September 21, 1958, its inauguration was performed by *Hadhrat Khalifatul Masih II^{ra}*. Since then, by the Grace of Allah, the expansion of the hospital, both in facilities and services, has been on the rise. (Source: *History of Ahmadiyyat* (volume 18) by *Maulana Dost Muhammad Shahid Sahib*).

Foundation Stone Ceremony of Fazle Omar Hospital

SOURCE: FAZLE OMAR HOSPITAL STAFF



Hazoor^{ra} is proceeding to the foundation stone site.

SOURCE: FAZLE OMAR HOSPITAL STAFF



Collective prayers after the laying of the foundation stone.

Hadhrat Mirza Nasir Ahmad Khalifatul Masih III^{rh}

SOURCE: WWW.AL-ISLAM.ORG



Hadhrat Khalifatul Masih III^{rh}, accompanied by Dr. Mirza Munawar Ahmad Sahib, is proceeding to the Ahmadiyya Medical Association meeting to address its members.

Hadhrat Khalifatul Masih III^{rh}: **Address to the Ahmadiyya Medical Community**

From the Daily *Al-Fazal*, September 20, 1979:

An Ahmadi doctor is one who makes a pledge with God to serve mankind. Medical practitioners should be well informed of modern medical research. Hadhrat Khalifatul Masih III addresses a meeting of the World Ahmadiyya Medical Association.

On August 29, *Hadhrat Khalifatul Masih III^{aba}* graced the members of the worldwide Ahmadiyya Medical Association with his presence and addressed them for 90 minutes. *Hazoor Aqdas* drew the attention of the members towards their goals and objectives by reminding them that the purpose of their association is to serve mankind collectively and in an organized way. Wherever in the world treatment facilities are not available, Ahmadi doctors should be ready to serve with full sincerity, wholeheartedness and a deep sense of duty. They should be always ready to serve with medical treatment, and offer prayers filled with the notion that the cure only comes from God. For this service, they should not seek any compensation.

Describing the current needs, *Hazoor* explained the scheme of *Majlis Nusrat Jehan*; how this task began and how 36 doctors toiled to make this scheme successful. Allah bestowed a great deal upon all of them and they witnessed how Allah showered His blessings on them. They performed services to mankind, increased the dignity of the *Jama'at* and received the blessings of Allah in this life and the Hereafter. Medical service under *Majlis Nusrat Jehan* is ongoing and *Hazoor* appealed to the members of this association to participate in this program.

Continuing his address, he stated that the second need of the hour is service in our country where 80% of people do not have adequate medical care. Here too, an Ahmadi doctor can serve with sincerity, prayers and hard work. *Hazoor* pointed out that whereas it is important that we nurture our youth, develop their minds and arrange for developing their capabilities, it is equally important for these youth that when their land needs their service, they should leave behind all comforts, honor and wealth and return to serve the people of the underdeveloped region. This is the way in which they could serve their nation. An Ahmadi doctor is one who pledges to God to serve mankind and who does so with selfless motives and utter sincerity. Therefore, it is incumbent upon Ahmadi doctors that they fulfill pledges they make with their God.

Later, *Hazoor* recited the Quranic prayer *Rabbe Zidni Ilma*, and explained that this prayer teaches us that our knowledge is very limited and we should continually indulge in prayers and efforts to increase it. *Hazoor Aqdas*, describing the various advancements in medical research, pointed out that the members should remain well informed and use such research on an experimental basis in their own treatments wherever applicable, so that the correct picture of the patient's condition manifests itself. In this vein, he spoke about the properties of vitamins and other products and stated that research should be conducted on them. He urged the Medical Association to take on this research responsibility in an organized way. He also urged them to acquire literature and magazines that are published abroad and keep their members well informed, and to take advantage of the latest medical information. We pray that Allah enables us to act upon the advice of our Imam and that we continually serve mankind under his leadership. May He bless our efforts. *Ameen*.

Hadhrat Khalifatul Masih IV^(rh)'s Vision of Fazle Omar Hospital

Addressing the attendees of the 1983 Jalsa Salana held in Rabwah, Pakistan, Hadhrat Khalifatul Masih IVth discussed the challenges facing Fazle Omar Hospital and the need for volunteer physicians to offer their time in service to the hospital. Below are some of his comments. -- Editor.

Fazle Omar Hospital is a department of Nizarat Umoore Aama and as such, is greatly serving the Jama'at by the Grace of Allah. It needed expansion in many areas, so certain organizational issues needed to be addressed. There were some complaints from the needy population that proper funds are not made available for their ailments. Inexpensive medicines are allocated to them while those who can afford it are able to buy expensive medicines. Other, similar issues also surfaced; therefore, the entire system has now been changed. Now, all the workers residing in Rabwah, whether they are *Waqifeen* or not, are guaranteed proper treatment. It will be the task of the doctors to figure out the treatments and there will be no hindrance in this function. If we have to send someone overseas for advanced treatment, then the Jama'at will *Insha'Allah* do so. This is a great blessing of Allah that full treatment is guaranteed for all the workers residing in Rabwah.

By the Grace of Allah, the doctors are cooperating as well and are working hard. However, a scarcity of space is greatly felt; therefore, an extensive program of expansion is being made this year and we hope that this would fulfill the needs of a few years hence. For example, due to the scarcity of space and a lack of residential quarters, the hospital remained open only for few hours and, likewise, doctors would stay for only a few hours, even though it is expected that a hospital should remain open for 24 hours. Upon investigation, it became apparent that this could not be possible. Similarly, there were no living quarters for the nurses or lady doctors. A hospital that should be a leading hospital should remain open around the clock. When I addressed this issue, the doctors offered greater sacrifices and now they are available for 12 or more hours. *Insha'Allah*, when construction is completed, the hospital would remain open for 24 hours. Besides this, new instrumentation is also being provided. Whatever needs they specify are being arranged.

This is our wish, and we pray that the hospital of the Jama'at should be the best hospital in the world, not only from the point of view of having the most courteous workers, but also from the perspective that they should offer prayers for their patients and not depend completely on treatment. They should further be entrusted with the care of the poor and also should be blessed with first class physicians and medical staff.

In this regard, I would like to admonish the physicians of our Jama'at that they should offer their time as *Waqfeene Aarzi* and serve the hospital. It would be a tremendous service. They should write to us as to what periods of time they could be available to come to Rabwah. For *Waqfe Aarzi*, they would have to make arrangements for their own meals and lodging; therefore, we are not worried in that regard. We would arrange the distribution of their assignments and if we could have enough notice, we would arrange a schedule for the entire year that ensures that doctors are available to serve at the hospital throughout the year.

Hadhrat Mirza Masroor Ahmad Khalifatul Masih Vaba

طاہر ہارٹ انسٹی ٹیوٹ کے لئے مالی قربانی کی نئی تحریک۔ خصوصیت سے احمدی ڈاکٹر زکواس کا رخیہ میں حصہ لینے کی دعوت

تیسرے میں آج ایک تحریک کرنا چاہتا ہوں خاص طور پر جماعت کے ڈاکٹر زکواس اور دوسرے احباب بھی عموماً، اگر شامل ہونا چاہیں تو حسب توفیق شامل ہو سکتے ہیں، جن کو توفیق ہو، گنجائش ہو۔ یہ طاہر ہارٹ انسٹی ٹیوٹ کے لئے مالی قربانی کی تحریک ہے۔ حضرت خلیفۃ المسیح الرابع رحمہ اللہ تعالیٰ کی ربوہ میں خلافت العاج کے شروع میں یہ خواہش تھی کہ یہاں ایک ایسا ادارہ ہو جو اس علاقے میں دل کی بیماریوں کے علاج کے لئے سہولت میسر کر سکے۔ اس دور میں کچھ بات چلی بھی تھی لیکن پھر اس پر عملدرآمد نہ ہو سکا۔ بہر حال یہ خیال ہے کہ آخری دنوں میں حضور کی اس طرف دوبارہ توجہ ہوئی تھی لیکن خلافت خاتمہ کے شروع میں اس پر کام شروع ہوا۔ ایک ہمارے احمدی بھائی ہیں انہوں نے اپنے والدین کی طرف سے خرچ اٹھانے کی حامی بھری۔ پھر امریکہ کے ایک احمدی ڈاکٹر بھی اس میں شامل ہوئے۔ انہوں نے خواہش کی کہ میں بھی شامل ہونا چاہتا ہوں۔ بہر حال نقشہ وغیرہ بنائے گئے اور بڑی خوبصورت ایک چھ منزلہ عمارت تعمیر کی جا رہی ہے جو اپنی تعمیر کے آخری مراحل میں ہے اور اس فیلڈ کے ڈاکٹر ماہرین کے مشوروں سے یہ سارا کام ہوا ہے۔ وہ اس میں شامل ہیں۔ خاص طور پر ڈاکٹر نوری صاحب سے مشورہ لیا گیا ہے۔ ایک ہارٹ انسٹی ٹیوٹ کے لئے کیسی کیسی چیزوں کی ضرورت ہوتی ہے۔ ڈاکٹر صاحب مرکزی کمیٹی میں شامل بھی ہیں۔ مستقل وقت دیتے ہیں ماشاء اللہ۔ پھر جو نقشے انہوں نے بنوائے تھے جیسا کہ میں نے کہا وہ چھ منزلہ عمارت کے تھے جس میں تمام متعلقہ سہولتیں رکھی گئی تھیں جو دل کے ایک ہسپتال کے لئے ضروری ہیں۔ تو اس وقت انہوں نے بخیرہ دیا تھا، جو اندازہ خرچ دیا تھا اس وقت بھی اس رقم سے زیادہ تھا جس کی ان دو صاحبان نے (جن کا میں نے ذکر کیا) دینے کی حامی بھری تھی۔ تو انتظامیہ کچھ پریشان تھی۔ میں نے انہیں کہا کہ یہ نقشہ جو بنائے گئے ہیں جن کی میں نے منظوری دی تھی اسی کی منظوری دیتا ہوں۔ اللہ کا نام لے کر اسی کے مطابق کام کریں۔ انشاء اللہ اللہ تعالیٰ برکت ڈالے گا، فضل فرمائے گا۔

لیکن اب جو ایکو پمنٹ (Equipment) اور سامان وغیرہ ہسپتال کا آنا ہے وہ کافی قیمتی ہے۔ میں نے انہیں کہا ہے کہ جیسے رقم کا انتظام ہوتا جائے گا یہ فیزز (Phases) میں خریدیں۔ لیکن ابتدائی کام کے لئے بھی کافی بڑی رقم کی ضرورت ہے۔

اس لئے میں احمدی ڈاکٹروں سے خصوصاً کہتا ہوں کہ اللہ تعالیٰ نے آپ لوگوں پر بڑا فضل فرمایا ہے اور خاص طور پر امریکہ اور یورپ کے جو ڈاکٹر صاحبان ہیں۔ اسی طرح پاکستان میں بھی بعض ایسے ڈاکٹر ہیں جو مالی لحاظ سے بہت اچھی حالت میں ہیں۔ اگر آپ لوگ خدا کی رضا حاصل کرنے اور غریب انسانیت کی خدمت کے لئے اس ہارٹ انسٹی ٹیوٹ کو مکمل کرنے میں حصہ لیں تو یقیناً آپ ان لوگوں میں شامل ہوں گے جن کو خدا بے انتہا نوازتا ہے اور ان کے اس فعل کا اجر اس کے وعدوں کے مطابق خدا کے پاس ہے انتہا ہے۔ کوشش کریں کہ جو وعدے کریں انہیں جلد پورا بھی کریں۔ اس ادارے کو مکمل کرنے کی میری بھی شدید خواہش ہے۔ کیونکہ میرے وقت میں شروع ہوا اور انشاء اللہ تعالیٰ، اللہ تعالیٰ سے امید ہے وہ خواہش پوری کرے گا جیسا کہ وہ ہمیشہ کرتا آیا ہے۔ اللہ تعالیٰ آپ لوگوں کو یہ موقع دے رہا ہے کہ اس بیک کام میں، اس کار خیر میں حصہ لیں اور شامل ہو جائیں اور اس علاقے کے بیمار اور دھکی لوگوں کی دعائیں لیں۔

Hadhrat Khalifatul Masih V^{aba} Launches the Tahir Heart Institute Scheme

In his Friday Sermon dated June 5, 2005, Hadhrat Ameerul Momineen^{aba} launched the great scheme of sacrifices for the establishment of Tahir Heart Institute, Rabwah. Below is an excerpt of his address (the original Urdu text of these comments is on the opposite page).



SOURCE: WWW.AL-ISLAM.ORG

“Today I would like to launch a scheme in which physicians in particular, and other members in general, could participate if they so choose and have an ability to do so. This is the scheme of financial sacrifices for the establishment of the Tahir Heart Institute. Hadhrat Khalifatul Masih IVth, in the initial years of his *khilafat*, wanted an institution that would provide treatment for heart disease in this area. In this regard, some discussions did take place but these could not be put into practice.

During the later part of his life, I think that a renewed attention was focused on this project. The project began in the fifth *khilafat*. One of our Ahmadi brothers expressed his desire to bear the costs for this project on his parents’ behalf.

Later, a U.S. Ahmadi doctor also expressed his desire to participate. Blueprints were made and a beautiful building - six stories tall – is now under construction and is in the final stages of completion. All this has been accomplished in consultation with the experts of related fields. In particular, Dr. [Masoodul Hasan] Nuri *Sahib* is worth mentioning, whose advice was sought with respect to what was needed for such an institute. Dr. Nuri *Sahib* is also a member of the central committee and regularly donates his time, *Masha’Allah*. The blueprints he conceived are for six stories, as I said earlier, and consist of all the requirements necessary for a heart institute. At that time, the expense estimate he presented was greater than the donations of the two individuals I just mentioned, and the administration was hence anxious. I then told them that I am renewing permission for the blueprints approved earlier and to proceed with work, and Allah will bestow His Mercy and Grace upon the project, *Insha’Allah*. After this, additional members have been joining this scheme. Presently, the building is almost complete and will be ready in the next few months. As I related earlier, a few members participated in the construction and administration of the hospital and made every effort to adopt frugal means wherever it was possible. In particular, Dr. Nuri *Sahib*’s technical advice was available at every step. May Allah bless them all.

Now, the equipment and other items that are needed for the hospital are quite expensive. I have advised them that as the collections are realized, they should continue purchases in phases; but even for the initial equipment, a large sum of money is required. Therefore, I address Ahmadi doctors living in Britain or the United States, and even in Pakistan, where there are some who are very well off financially, that Allah has bestowed upon you a great blessing. To achieve the pleasure of Allah and to serve mankind sincerely, if you would donate for the Tahir Heart Institute, you would be included among those whom Allah would reward immensely; this reward according to Allah’s word is truly immense. Try to fulfill quickly the pledges you make in this vein. I greatly desire to complete this institute, as it began in my tenure. *Insha’Allah*, I hope that Allah would make my wish come true, as He has been doing in the past. Allah is giving you a chance to partake in this noble project and great endeavor and to receive the blessings of the prayers of ailing patients. Today, heart ailments are increasing everywhere, with treatment so expensive that a poor man cannot afford it. Therefore, this is an opportunity Allah is giving you to receive the blessings from the prayers of these poor patients. Please take advantage of this opportunity.”

Praying with Healing Defines Ahmadi Culture

SOURCE: FAZLE OMAR HOSPITAL STAFF



Hadhrat Khalifatul Masih II^{ra} offers prayers on the occasion of the foundation stone ceremony for Fazle Omar Hospital on 20 Feb 1956.

Hadhrat Khalifatul Masih IIIth with Hadhrat Begum Sahiba offers prayers in front of a newly inaugurated Ahmadiyya medical facility in Bo, Sierra Leone.



SOURCE: WWW.AL-ISLAM.ORG



Hadhrat Khalifatul Masih IVth, here seen offering silent prayers, advised Ahmadi doctors, nurses and caregivers: ...[The staff] should offer prayers for their patients and not depend completely on treatment.... (Jalsa Salana, Rabwah, 1983).



Dr. Ghulam Ahmad with his staff at the clinic in Kokofu, Ghana.



SOURCE: WWW.AL-ISLAM.ORG

Hadhrat Khalifatul Masih Vaba leads silent prayers during a gathering.



Dr. Umar Din seen with his staff offering silent prayers at the Ahmadiyya clinic in Lagos, Nigeria.

Fazle Omar Hospital staff begin their day with prayers for the patients' well being and health.

SOURCE: FAZLE OMAR HOSPITAL STAFF



A Vision of Syed Ghulam Ghaus^{ra} about FOH

Dr. Syed Ghulam Ghaus^{ra} was a long-standing companion of the Promised Messiah^{as}. During the 1956 *Jalsa Salana*, he was blessed with a vision, the details of which he sent in the form of a letter to Dr. Mirza Munawar Ahmad *Sahib*, who became the first Chief Medical Officer of FOH. Below is the text of this letter, which was printed during the month of January, 1957 in the daily *Al-Fazal*. The English translation of this letter is also presented below. -- Editor.

وَعَلَى عَتِيدِ الْمَسِيحِ الْمَوْعُودِ
سیدی واکٹر مرزا منور احمد صاحب! السلام علیکم ورحمۃ اللہ وبرکاتہ۔ گذشتہ شب و صبح ۲۴ دسمبر ۱۹۵۶ء میں حضرت مسیح موعود
علیہ السلام کو دیکھا کہ آپ حضرت میاں بشیر احمد صاحب کے ساتھ ایک نہایت وسیع مکان میں گفتگو کر رہے ہیں جس کو میں نے نہیں جانتا
بعد حضرت مرزا بشیر احمد صاحب میری طرف مخاطب ہو کر فرمایا کہ حضور میرے ساتھ زیر تعمیر فضل عمر ہسپتال کے بارے میں
فرمایا ہے میں اس سے حضرت مسیح موعود علیہ السلام کو ہسپتال مذکور کے متعلق گہری دلچسپی معلوم ہوتی ہے۔ وہ چاہتے
ہے کہ ہمارا یہ شفا خانہ بہر فوج مکمل اور ہر ضرورت کو پورا کرے اور ایسا ہو کہ کسی چیز کی کمی اس میں نہ رہے۔ مثلاً وسعت کے
اسے کافی مکمل بیڈ (BED) ہوں جس میں سینکڑوں مریض آسکتے ہوں اور ادویات بھی ہر ایک مرض کے لئے جیتا ہوں
آلات اور متعلقہ سہولتیں بھی ہر ایک قسم کے آپریشن کے لئے جیتا ہوں۔ اور سرجن اور فریڈین بھی ہر علاج کے بطور
بیسٹ موجود ہوں۔ آملہ اور دیگر بار مریضوں کے لئے ان کے حسب حال ہر ایک شے کا انتظام ہو مختصر یہ کہ حضور کو
ہسپتال کو موجودہ زمانہ کی ضروریات کے مطابق ایک مثالی ہسپتال دیکھنا چاہتے ہیں۔ اخراجات کے متعلق حضور کو
تشویش نہیں معلوم ہوتی۔ تعبیر اسکی واضح ہے کہ سا اہا سال سے ہمارا یہ تجربہ ہے کہ جب بھی کوئی تحریک حضرت
مبین علیہ السلام اللہ تعالیٰ ایدہ اللہ تعالیٰ بنصرہ کے مبارک منہ سے نکلی تو مجلس تریں جماعت اُس میں بڑے بڑے حصہ لیا ہے۔ والسلام
خاکسار سید غلام غوث پشتر روہ۔

Sayeddi Dr. Mirza Munawar Ahmad Sahib: Assalamo Alaikum wa Rahmatullah

Last night, the night of December 24th, 1956, I had a vision in which I saw that *Hadhrat Masihe Mauood^{as}* is having a conversation with *Hadhrat Mirza Bashir Ahmad Sahib* in a large house, but I am unable to hear this conversation. Afterwards, *Mirza Bashir Ahmad Sahib* addresses me and says *Hazoor^{as}* was talking with him about *Fazle Omar Hospital* that was under construction. In this conversation, *Hazoor^{as}* displayed a great interest regarding this hospital. *Hazoor^{as}* expressed his desire that this hospital should be complete in every respect, fulfilling all patient needs by leaving no requirement unattended, e.g. it should have enough beds to accommodate hundreds of patients, and medications should be enough to meet the needs of these patients. Further, it should be capable of offering all types of operating procedures. Physicians and surgeons of diverse specialties should be available for treating the patients. Adequate facilities should be available for the poor, the needy or even patients with affluence, according to their requirements. In short, *Hazoor^{as}* would like to see this hospital be the exemplary hospital of our times. Regarding expenses, *Hazoor^{as}* did not seem to be worried at all. This dream has a clear and obvious interpretation: every scheme uttered by our beloved Imam always came to fruition by the generous contributions of the sincere members of the *Jama'at*.

Wassalaam,

Syed Ghulam Ghaus, Rabwah

A Message from our *Ameer Jama'at* U.S.A.

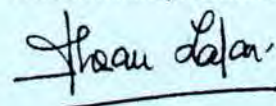
With the Grace of Allah, *Jama'at* members are continuing in their efforts so as to meet, or even exceed the expectations of *Hadhrat Khalifatul Masih Al-Khamis^{aba}*; namely, that Ahmadies in the U.S.A. raise a total of \$3.5 million towards the Tahir Heart Institute Fund by April 30th of this year.

Hazoor^{aba} has, at the same time, created for all of us an opportunity to partake in the never-ending charity (*Sadaqa-e-Jariya*); that is, the Fazle Omar Hospital in Rabwah, an institution to take care of the needy as well as others, and the focus of such dedicated efforts that are and always have been made by Ahmadies in Pakistan over the years. It is a most worthy project.

I am taking the opportunity to commend everyone for their work on this project, each within his/her own sphere and abilities. The task is enormous, but we are all in a *Jama'at* which will, in the not too distant future, look back with satisfaction on such a small project, at the time when our abilities by the Grace of Allah will be so much better. This is a seed you are all sowing, so that those that follow you will, in particular, reap the fruit of it, *Insha'Allah*.

We are, at this time, about \$1.5 million short of the target and I would urge all to look around and make it happen so that you are able to present this gift to *Hazoor^{aba}*. May Allah strengthen us all in our resolve and in our abilities, financial and otherwise, and take each one of us to a happy landing with Him. *Ameen*.

Wassalaam, Khaksar



Dr. Ahsanullah Zafar
Ameer, Jama'at U.S.A.

SOURCE: FAZLE OMAR HOSPITAL STAFF



The proposed site plan for the Tahir Heart Institute, located at Fazle Omar Hospital in Rabwah, Pakistan.

Message from the Current Administrator of Fazle Omar Hospital

by *Lt. Col. (Retired) Dr. M. Munir Ahmad (MBBS, DPH, MOE)*
Chief Medical Officer, Fazle Omar Hospital



Lt. Col. (Ret.) Dr. M. Munir Ahmad

Fazle Omar Hospital, as its name implies, is progressing because of the bounties of God Almighty. It is receiving no grant from the government, but is at the top of all government hospitals here. Its development funds are coming through the generous contributions of the Ahmadiyya community from all over the world. God the Beneficent has exalted the *Jama'at's* monetary sacrifices so much that the hospital is giving free treatment to all needy persons irrespective of religion, caste or creed. Our monthly expenditure on welfare alone has been over a million Rs. last year. The daily sick attendance is continuing to increase, which is obviously due to the popularity of this hospital.

Many specialists of different faculties from within and abroad generously donate their precious time to the hospital. The Tahir Heart Institute, a project of 35 crore Rs. is a shining example of the *Jama'at's* devotion to the welfare of the people of this area. Fazle Omar Hospital, which started as a small dispensary with a single doctor in 1958, has now become a beautiful, 165-bed hospital. Its Nawab Muhammad Din block (1991-92) as OPD, laboratory building (1992-93), and Begum Zubaida Bani Wing (2002) as the Ob/Gyn wing are a few examples of the *Jama'at's* aim towards "humanity first", i.e., taking care of the suffering of their fellow countrymen. Our professional needs are growing so much that I pray that our manpower not lag behind. *Allah Hafiz-o-Nasir.*

Some Salient Features of Fazle Omar Hospital

*by Lt. Col. (Retired) Dr. M. Munir Ahmad (MBBS, DPH, MOE)
Administrator, Fazle Omar Hospital*

Fazle Omar Hospital started as a dispensary in 1958. It has now become a full-fledged hospital. By the Grace of Almighty Allah, it can now be compared with any big hospital of the area. Here, I outline the salient features of this hospital.

Main Block

1. This includes an Out-Patient Department (OPD) Block (the Nawab M. Din block). Medical, surgical, and ophthalmologic (eye) specialists are accommodated here with their medical officers to see OPD cases. The offices of PRO and the pharmacist, along with a patient registration room and a pharmacy are also located in this block. Around 500-700 patients visit the OPD daily from 8 am to 2 pm.

2. FOH includes an X-ray Department, which consists of two X-ray machines, one USG machine and one mammography machine. Two portable X-ray machines are also available. On average, 50 skigrams are done daily.

3. On the first floor of the Radiology Department, there is a second OPD block for ear-nose-throat (ENT), pediatric, dental, and junior surgical specialists. Visiting specialists, such as dermatologists and neurologists also see their patients here. Between 60-80 patients are referred to pediatric and dental specialists, respectively.

4. The Emergency Department always remains open (24 hours), and is equipped with all necessary life-saving equipment. A minor OT with defibrillator, along with central oxygen and suction facilities are also available.

5. The Operation Theatre is nicely equipped with two operating tables and all necessary OT requirements and facilities.

SOURCE: FAZLE OMAR HOSPITAL STAFF



The Operation Theatre of Fazle Omar Hospital, located in the Main Block.

SOURCE: FAZLE OMAR HOSPITAL STAFF



The Children's Intensive Care Unit at Fazle Omar Hospital.

6. The hospital has a number of wards. These include an Isolation Ward, a side room surgical area for male patients, and wards for male and female patients needing general medical, eye, or ENT treatments. All of these wards are located on the first floor. Five elaborately furnished rooms have also been recently built. The total bed strength in this block is 26 and 65, respectively. All the wards have central suction, and oxygen-supply facilities.

7. The FOH Pathological Laboratory is well equipped. All types of tests are carried out here. Up to 1000 tests are done daily.

SOURCE: FAZLE OMAR HOSPITAL STAFF



The patient record room of Fazle Omar Hospital, located in the Administration Block.

SOURCE: FAZLE OMAR HOSPITAL STAFF



A view of Bait-e-Yadgar, the first mosque built in Rabwah. It is located on the premises of Fazle Omar Hospital.

Begum Zubaida Bani Wing

It is built on the most modern design with a beautiful elevation. It has its own operation theatre, delivery room, neonate ICU, labor ward and Ob/Gyn ward. In addition, a female surgical ward with a three-bed post-operative room is also available. Six well-furnished family rooms are also in this wing. In total, it is a 75-bed wing. All Ob/Gyn emergencies are dealt with here.

Administration Block

This block consists of offices for the Administrator (Chief Medical Officer) and Deputy Administrator. A properly managed and well equipped record room and a computer / business center are also located in this block, along with a library and seminar hall with audiovisual facilities. A reception desk, where accounts of paid cases are maintained electronically, is also located in this block.

Tahir Heart Institute

The THI is now nearing completion. It is a very well-planned facility and will have 80 beds. All heart-related procedures and lab investigations will be done there. It is in a six story block.

Bait-e-Yadgar

There is a small mosque called Bait-e-Yadgar, located on the premises of. It is the first mosque built in Rabwah. The foundation stone was laid by *Hadhrat Mirza Bashir Ahmad^{ra}*.

Fazle Omar Hospital: A Poem

Fazle Omar Hospital

*O Fazle Omar Hospital, We are proud of Thee
Of thy service to an ailing humanity*

*Thy outlook is modest, thy building so simple
Yet, thy professional potential is incredible*

*Thou cater for the poor, the needy and weary
The old and the widow whose life is dreary*

*All patients from afar and patients from near
Find treatment and comfort without prejudice or fear*

*The staff is unique with a spirit of dedication
Seeking Allah's pleasure is their sole intention*

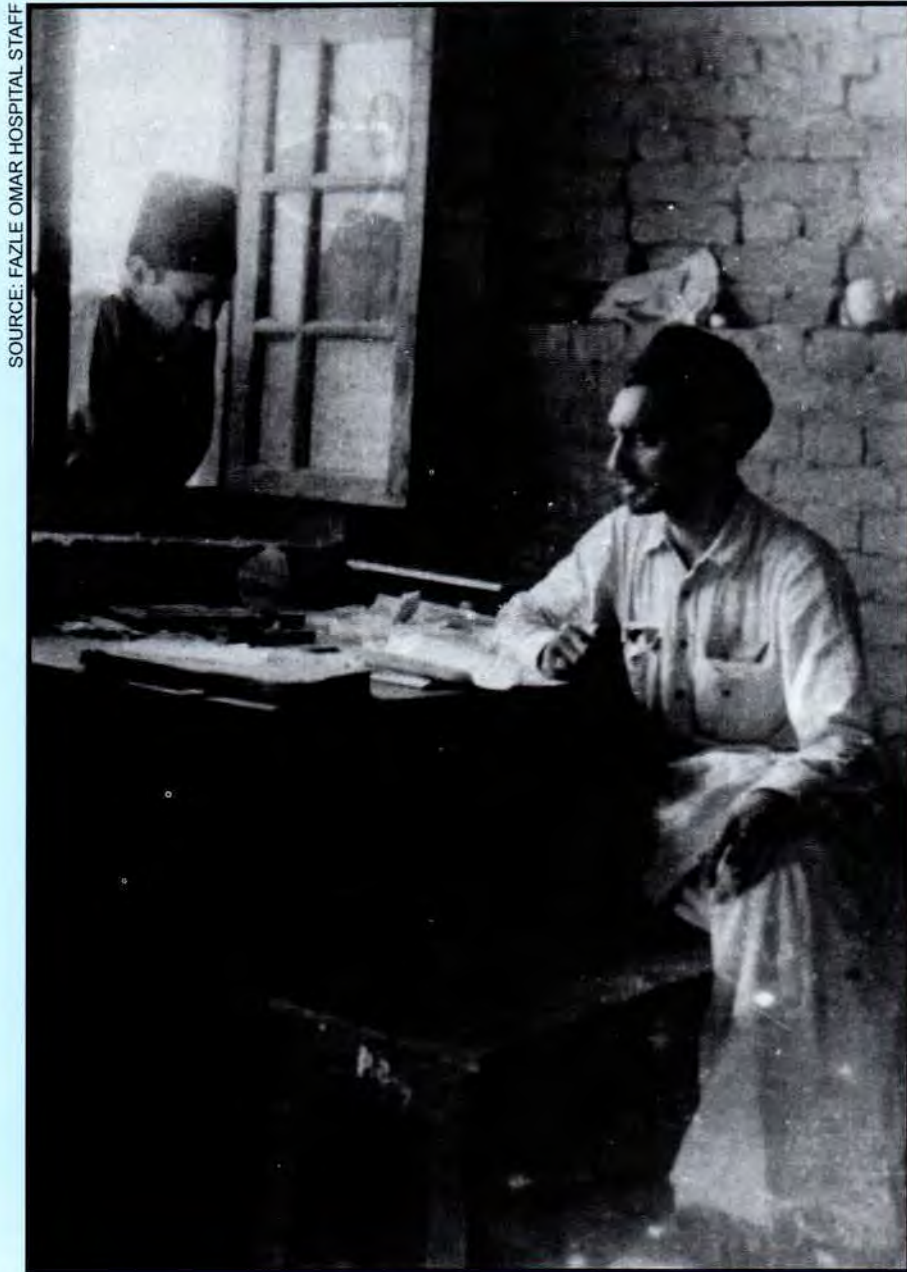
*Where a missionary spirit prevails and not worldly merits
Where medicine is practiced with its highest ethics*

*Endurance, forbearance and love is thy preaching
A good doctor-patient relationship thy teaching*

*May Allah grant thee more glory and fame
And continue to add blessings to thy name*

by Dr. Nusrat Jehan Malik

Pioneers of Fazle Omar Hospital



First Reception Area of Fazle Omar Hospital

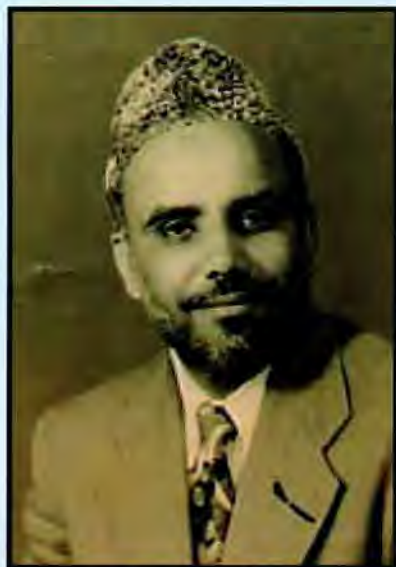


*Hadhrat Dr. Hashmatullah
Khan Sahib^{ra}*

Jama'at Ahmadiyya established the first hospital (known as Noor Hospital) in 1917 in Qadian with the efforts of *Hadhrat* Mir Nasir Nawab Sahib. *Hadhrat Khalifatul Masih II^{ra}* invited *Hadhrat* Dr. Hashmatullah Khan^{ra} from Patiala, who was a companion of the Promised Messiah^{as} and who was a physician with the railway, to come to Qadian and serve the *Jama'at*. Dr. Khan^{ra} resigned his job and came to Qadian. There, he was given the honor of being the personal physician to *Khalifatul Masih^{ra}*; later in 1919, he was assigned to run Noor hospital. His affectionate behavior and caring personality enhanced the attraction of the hospital. Scores of people would come to Qadian for treatment from the neighboring areas. In 1947, he came to Lahore and later to Rabwah with his beloved *Hadhrat Khalifatul Masih II^{ra}*. In Rabwah, he was placed in charge of Fazle Omar Hospital in 1958. He continued to serve the hospital when in 1959, *Hazoor^{ra}* instructed him to live by *Qasre Khilafat*. Dr. Khan^{ra} has the distinction that he has been referred to in a divine revelation about *Hadhrat Ahmad^{as}*. During his European tour, *Hadhrat Khalifatul Masih II^{ra}* referred to him as being an angel, thus fulfilling the prophecy of the advent of the Messiah descending on a white minaret with two angels.

Dr. Mirza Munawar Ahmad was the illustrious son of *Hadhrat Fazle Omar^{ah}*. He was *Waqife Zindegi* and worked as a medical officer at Noor Hospital Qadian from 1944 to 1947. He moved to Lahore, and then Rabwah with *Hadhrat Khalifatul Masih II^{ra}*. Here he was appointed as Chief Medical Officer in 1959.

Under the guidance of *Hadhrat Khalifatul Masih II^{ra}* and *III^{rh}*, he was instrumental in building the main block of the hospital as it exists today. In the late sixties, the Basic Investigative and Pathology Laboratory was established. Later on, the Department of Radiology was opened as the hospital acquired an X-ray machine. A women's section was added with a qualified doctor. In the early seventies, cardiology and operating facilities were started. Dr. Mirza Munawar Ahmad continued to direct the hospital until he retired in 1983. The hospital continued to grow under his leadership and was ready to take the next major expansion in the eighties. He served as a medical missionary from 1944-1983 and passed away in 1990.





Dr. Muhammad Ahmad




*Dr. Mirza Munawar
Ahmad Marhoom*

Dr. Muhammad Ahmad was the elder son of Dr. Hashmatullah Khan^{ra}. He started working at Fazle Omar Hospital under Dr. Mirza Munawar Ahmad. He was assigned to take care of the ladies ward until the women's section was established.

Fazle Omar Hospital: A Timeline (1956-1981)

1956	The foundation stone is laid for FOH on 20 Feb 1956. <i>Hadhrat</i> Ghulam Ghaus ^{ra} , a companion of the Promised Messiah ^{as} , writes a letter to Dr. Mirza Munawar Sahib; in it, he relates a vision he had on the night of 24 Dec 1956, concerning the establishment of FOH.
1957	The Daily <i>Al-Fazal</i> prints <i>Hadhrat</i> Ghulam Ghaus ^{ra} Sahib's vision.
1958	Inauguration of FOH on 21 Sep 1958. Dr. Mirza Munawar Sahib is the first CMO; Dr. Ghulam Fatima Sahiba steps down after 10 years of Ob/Gyn service since the founding of Rabwah; Dr. Fehmeeda Munir succeeds her as Ob/Gyn Department Head.
1960	 
1965	The National Institute of Cardiovascular Disease (NICVD) begins its Cardiovascular Population Survey Research in Rabwah, a project which lasts for five years.
1969	
1970	The NICVD issues its official report, which proves to be influential and widely cited in the cardiovascular field within the Pakistani medical community.
1975	<div> <p><i>The events from this timeline series have been compiled from a number of sources. In particular, we are indebted to Capt. Majid Khan Sahib for supplying us with details about the history and progress of Fazle Omar Hospital. Other information was compiled from material obtained from Fazle Omar Hospital Administrators, both past and present, as well as from recollections of doctors and health personnel. -- Editor.</i></p> </div>
1980	

Fazle Omar Hospital: A Timeline (1982-2006)

- | | | |
|------|--|---|
| 1981 | | |
| 1982 | | Dr. Mirza Munawar Sahib retires as CMO after nearly 25 years of service, and is succeeded by Dr. Latif A. Qureshi. |
| 1985 | | Dr. Antonio R. Gualtieri, a scholar of comparative religion, visits Fazle Omar Hospital on 8 Jan 1985 with his wife Peggy. FOH is later described in Dr. Gualtieri's book <i>The Ahmadis: Community, Gender and Politics in a Muslim Society</i> . (2004; McGill-Queen's University Press). |
| 1986 | | <i>Hadhrat Khalifatul Masih IVth</i> appoints a committee to make an expansion and development plan for FOH. |
| 1988 | | <i>Hadhrat Khalifatul Masih IVth</i> approves the committee's 4-phase plan. |
| 1989 | | Four doctors' quarters are constructed on the hospital premises. Flyproofing is deployed for the hospital, and general repairs made. |
| 1990 | | A nurses' hostel and school are constructed. |
| 1991 | | A new labor ward is established at FOH. |
| 1992 | | Construction of the Nawab Muhammad Din block, which is the new outpatient department of FOH, is completed. |
| 1993 | | Construction is completed for the Laboratory Building of FOH. |
| 1995 | | A new Radiology Block and Operating Theater extension are built. |
| 2000 | |  |
| 2003 | | <i>Hadhrat Mirza Masroor Ahmad</i> inaugurates the Begum Zubaida Bani Wing of FOH on 20 Feb 2003. |
| 2005 | | <i>Hadhrat Khalifatul Masih V^{aba}</i> launches the Tahir Heart Institute Appeal on 5 June 2005. |
| 2006 | | |

My Experience as Chief Medical Officer of Fazle Omar Hospital

by Dr. Latif Ahmad Qureshi (BSc, MBBS, FRCP (Edinburgh) DCH (London))
Department of Medicine, Fazle Omar Hospital

Introduction



Dr. Latif Qureshi

The Holy Qur'an mentions that the Muslim *Ummah* has been created for the service of mankind:

'kuntum khaira ummatin ukhrijat lin nas'.

Treating the physical ailments of people is a very important service for mankind. We find that in the renaissance of Islam – during the lifetime of the Promised Messiah^{as} – this aspect of service gained great importance and momentum. *Hadhrat* Mirza Ghulam Ahmad of Qadian, the Promised Messiah^{as}, was a great physician himself. He spent much of his time treating and giving medicines to the ailing people who came to his door for this purpose.

The successors after him, the *Khulafa*, continued this good work. Making new medical facilities for the service of an ailing humanity has always been a top priority of the Ahmadiyya Muslim Community throughout the world.

The Beginning

There was a top quality hospital -- Noor Hospital -- in Qadian before the partition of the Indian sub-continent in 1947. It was manned and staffed by eminent physicians and surgeons of that time. After the partition of India, all the staff of the Noor Hospital, Qadian, migrated to Pakistan. A new Ahmadiyya colony was established in 1948 at Rabwah in the District of Jhang of Pakistan, to help the displaced persons of the Community. Among the very first steps taken to establish this town was the creation of a hospital in Rabwah, then manned by many of the staff of the hospital from Qadian. *Hadhrat* Dr. Hashmatullah Khan^{ra}, a companion of the Promised Messiah^{as}, was in charge, and Dr. Mirza Munawar Ahmad was among the medical staff. Dr. Hashmatullah Khan^{ra} served as Medical Advisor to *Hadhrat* Khalifatul Masih II^{ra}, who was then residing at Lahore. Dr. Mirza Munawar Ahmad first took up residence in Rabwah along with a skeleton staff of his team, wherein he established a hospital made of mud barracks and quarters. He did eminent work in eradicating malaria, malnutrition, anemia and other prevalent diseases in the local population.

Dr. Mirza Munawar Ahmad also planned for a new hospital, as per the instruction of *Hadhrat* Khalifatul

Masih II^{ra}. The foundation was laid down by *Hadhrat Khalifatul Masih II^{ra}*. It was built with the donations of members of the Ahmadiyya Muslim Community, many of whom were eminent clinicians of the time. (A tablet bearing their names is still exhibited in the foyer of Fazle Omar Hospital, Rabwah.) The hospital contained: an outpatient department, medical and surgical wards separately for males and females, an operation theatre, labor room, X-ray facilities, electrocardiography, a clinical laboratory and a few private rooms. The building continued to expand piecemeal according to the needs of the hospital. New wards and departments were continually added to the old building, with donations received from members of the Ahmadiyya Muslim Community throughout the world. The newest facility planned is the Tahir Heart Institute.

A note here about Dr. Mirza Munawar Ahmad may be appropriate. He was the son of *Hadhrat Khalifatul Masih II^{ra}* and was both an eminent physician and skillful surgeon. He was entirely dedicated to the service of the public at large and a top quality administrator; the entire hospital was planned and built under his close supervision. It was built to the highest standard of specifications and architecture of the time. Plants, trees and flowers were tastefully cultivated in the then totally barren land of Rabwah, and Fazle Omar Hospital became a beauty spot of the arid scene.

I joined the clinical team of the Fazle Omar Hospital in 1969, after having completed my training in the U.K. Pulmonary Tuberculosis was rife and Dr. Mirza Munawar Ahmad had already established a system to treat the patients on scientific lines, tracing their contacts and caring for them as well. They provided for long-term expensive treatment and food and nutrition, with funds from generous donors of the community. In those days, the treatment for tuberculosis had to be continued for a period of eighteen months. The patients were followed up with regular sputum and blood test and serial X-rays of the chest. They were given the appropriate drugs from the hospital and a close watch was kept on them. We were able to control this serious disease in our population with these excellent measures.

Another very important event that happened before my arrival was that Rabwah as a town was selected for the Cardiovascular Population Survey Research by the National Institute of Cardiovascular Disease (NIVCD) in Karachi. This was carried out under the able guidance of Major General Shokat A. Sayyed, an eminent cardiologist of Pakistan. A team of cardiologists and their support workers visited Rabwah regularly and monitored the population for cardiovascular diseases. This research continued for five years and concluded in 1970 with a published report. This research remained an important document for the planning and progress of cardiovascular diseases in Pakistan, and was widely quoted in the literature.

Further Development

My training in the U.K. was mainly in non-interventional cardiology, but I had also gained valuable experience in chest disease, particularly the treatment of pulmonary tuberculosis. I had also worked in senior posts in neurology and pediatrics. After arriving in this hospital, I took up an increasing amount of work in the outpatients and wards and developed medical facilities in cardiology, neurology, chest disease and pediatrics. Coronary care and intensive care units were established to look after serious heart patients. We were able to perform most of the non-invasive cardiac investigations such as echocardiography, 24 hours holter monitoring, and exercise stress testing in suitable patients.

There was a serious shortage of paramedical staff and nurses to look after all these facilities. We therefore undertook the training of our own nurses and paramedical staff, and the scheme was very successful and has flourished with the passage of time.

It soon became apparent to me that many of our patients were suffering from complicated liver and intestinal problems. I therefore undertook to establish a facility to investigate and treat these patients with the help and guidance of my friends working in London and Lahore. We were soon able to perform abdominal ultrasounds, diagnostic and therapeutic endoscopies, colonoscopies, sclerotherapy and banding of esophageal varices in our hospital.

A team of young clinicians who joined the hospital was also continually trained in all these facilities, some of who continue to serve Fazle Omar Hospital to this day. Many others have gone on to serve in Asia, Africa, Europe and North America.

A sound clinical laboratory and radiology department is essential for the proper functioning of a medical unit that includes cardiology. We have tried to upgrade all these facilities continually and are striving to improve the results all the time.

Conclusion

Hadhrat Khalifatul Masih II^{ra} (who founded this hospital and whose name it bears), and all his successors have been very keen to make this hospital the best in the world. They have blessed this institution with their prayers and supported it with their keen personal interest for its success. In my lifetime, I have seen these prayers and wishes of the *khulafa* take shape in the form of progress of the institution and a miracle of healing for patients who come for treatment. This hospital continues to provide a most valuable service to mankind and is continually improving in its stature.

Now that a tertiary cardiac facility in the form of the Tahir Heart Institute is rapidly taking shape in this hospital under the guidance of *Hadhrat Khalifatul Masih V^{ra}*, I have firm faith that the project will be completed and *Insha'Allah* manned by eminent clinicians dedicated to the cause of serving the world at large.

Dr. Latif Ahmad Qureshi earned his undergraduate degree from Government College in Lahore and earned his medical degree from King Edward Medical College, also in Lahore. He received his medical training at Mayo Hospital in Lahore and various institutions in the United Kingdom in Cardiology, Pulmonology, Neurology, Pediatrics and Gastroenterology.

My Experience as Administrator of Fazle Omar Hospital

Lt. Col. (Ret.) Dr. M. Abdul Khaliq, the outgoing Administrator of Fazle Omar Hospital, served the hospital for over a decade and retired at the age of 81. We requested him to share a brief note with our readers describing the accomplishments and progress of the hospital during his tenure. He graciously has sent his observations which are presented here in his own words. -- Editor.

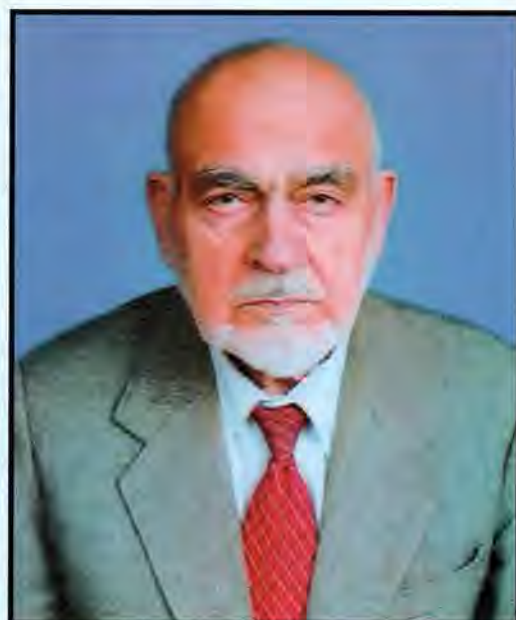
In 1970, I still had nine years of Army service left but luckily, an opportunity arose to get voluntary retirement at age 50. I applied for retirement and offered my services to the *Nusrat Jehan* Scheme initiated by *Hadhrat Khalifatul Masih IIIth*. I was released from the Army in 1974 and called to *Nusrat Jehan* service in 1977. I served in Sierra Leone (West Africa) for three years.

In June 1992, PIA started an air service to Tashkent in the former USSR. I availed myself of this opportunity for *Waqfe Aarzi* in Uzbekistan with my younger sister (Sadr Lajna, Rawalpindi District). There were only a few people who knew English. We hired a Russian college student as an interpreter to learn about conditions in the city and their knowledge about Islam. Later, we visited Samarkand and Bukhara and stayed with a Muslim family in Samarkand. I submitted my report to *Hadhrat Khalifatul Masih IVth* in London after the *waqf*.

The *Ameer Jama'at* of Islamabad informed me in September 1994 that I had been selected by *Hadhrat Khalifatul Masih IVth* as the Administrator of Fazle Omar Hospital, Rabwah. It was a complete surprise to me. I had no previous experience of working at the *Jama'at* center in Rabwah and was an unknown person there. I requested some time to think it over.

I joined as Administrator of FOH on October 20, 1994. My first priority was to learn about the wishes of *Hadhrat Khalifatul Masih IVth*. I collected all previous letters issued to FOH by *Hadhrat Khalifatul Masih IVth* into a single folder. He had had to approve all FOH expenditures and had expressed dissatisfaction with FOH running at a loss and being totally dependant on *Anjuman Ahmadiyya* for funding. By the Grace of God, all financial liability was lifted after one year of effort. When I took over, the hospital had 60 in-patient beds. There was a shortage of qualified consultants. Only the medical, surgical and gynecology departments had trained postgraduate staffs. Doctors were now allowed to take study leave. After obtaining postgraduate diplomas (FCPS), more specialists became available in ENT, pediatrics and gynecology. We had the consulting advice of a pathologist to help a junior pathologist.

Junior medical officers ultimately are the backbone for the day to day running of the hospital. Unfortu-



*Lt. Col. (Ret.) Dr. Muhammad
Abdul Khaliq Sahib*

nately, we have not been able to get fresh medical graduates in spite of several appeals. The departments of pediatrics and ENT have been most affected. Visiting specialists from Pakistan and the U.S. have provided coverage for several specialties at FOH from time to time.

The Begum Zubaida Bani Wing, which has an independent out-patient department, wards, labor room and two operation theaters stands as an impressive building to the south of the main hospital. An additional labor room is isolated for hepatitis cases. Six private rooms are available. There is a conference room, specialized gynecology clinics and a cafeteria. An elevator has been installed. A pediatric intensive care unit (ICU) and ward has been established. The construction of a radiology block with new equipment has been completed.

The reception area was refurbished. The administrative office was re-designed for a better working environment. The ward master, medical store and old records are now housed in the basement. The first floor was renovated to create ENT and ophthalmology wards and a small operating room for eye surgery. Five new outdoor clinics were constructed. The laboratory was reconstructed. New automatic analyzers and other lab equipment have been installed. The radiology block has been connected to the main building and provided with a ramp. There is a new surgical ward, ICU and private rooms. A new guest house was built over the canteen block for visiting physicians. A residential guest house has been built by converting a doctor's apartment.

The idea of establishing a state-of-the-art cardiac center was floated by a visiting physician to attract patients to FOH. American physicians offered to contribute both financing and staffing. One visiting physician, Maj. Gen. Masudul Hasan Nuri *Sahib*, had some sessions with *Hadhrat Khalifatul Masih IVth* and the idea for the Tahir Heart Institute (THI) was confirmed. Our Deputy Administrator, Capt. Abdul Majid *Sahib*, an enthusiastic supporter, has been appointed secretary of construction of the THI project. Support staff is being trained in batches at the Armed Forces Institute of Cardiology, Rawalpindi, under the guidance of Maj. General Nuri *Sahib*.

I hope and pray that the process of improving FOH will continue in the future in accordance with *Hazoor^{ra}*'s wishes. His vision is that Fazle Omar Hospital should be a modern institution which is self-contained, self-sustaining and a center of excellence in providing health care services to the local population. In 2005, I realized that with health issues related to my advanced age of 81 years, I could not do full justice to running the hospital efficiently. I therefore, humbly requested *Hadhrat Khalifatul Masih V^{aba}* to relieve me of my duties. He very graciously accepted my request and I relinquished the office of the Administrator in June 2005, after serving the institution for ten years and eight months.

I thank Almighty God for His blessings and request members of the *Jama'at* for prayers that may Allah accept my humble services and give me the strength to continue to serve the *Jama'at* in other capacities as well in the future. *Ameen*.

Lt. Col. (Ret.) Dr. Khaliq Sahib, served as a house surgeon and also in the casualty ward in Mayo Hospital, Lahore from 1946-1947. He joined field medical units as an officer in the Pakistan Army Medical Corps and served in command positions in Field Ambulances and Military Hospitals. After this service, he served as a doctor in Sierra Leone under the Nusrat Jehan Scheme beginning in 1977. In June 1992, he served through the Waqfe Aarzi program as a physician in Tashkent, Uzbekistan and also offered his service in Samarkand and Bukhara. In 1994, he was selected by Hadhrat Khalifatul Masih IVth as Administrator of Fazle Omar Hospital in Rabwah, Pakistan. He retired from this post in 2005.

Fazle Omar Hospital Officers and Staff



SOURCE: FAZLE OMAR HOSPITAL STAFF

The Begum Zubaida Bani Wing of FOH

Dr. Nusrat Jehan Malik (MBBS, LRCP, MRCS, FRCOG)
Department of Obstetrics & Gynecology, Fazle Omar Hospital

While the West has changed the ancient art of obstetrics into a science with technology and is facing litigations, the developing world today is struggling for safe motherhood. The situation according to a press release by NCMH (July 31, 2002) is that each year an estimated 4-5 million births take place. About 80% of the deliveries take place at home, of which 95% are attended by untrained traditional birth assistants. About 30,000 women die each year of pregnancy-related conditions in the country, i.e. one woman dies every 20 minutes.

The Obstetrics/Gynecology (Ob/Gyn) Department at Fazle Omar Hospital not only serves the 50,000-strong population of Rabwah, but also a considerable number of people from neighboring towns and peripheral villages where this scenario exists. 'The longer you look back the further you can look forward,' said Sir Winston Churchill in 1944. The specialty of Ob/Gyn at FOH can look back to its origin



SOURCE: FAZLE OMAR HOSPITAL STAFF

Exterior view of the Begum Zubaida Bani Wing at night.

after partition in two rooms made of uncemented mud, with Dr. Ghulam Fatima *Sahiba* and three chairs battling with not only the unavailability of bare necessities, but also earthen floors harboring infection, adverse dietary and birth customs, intoxication with indigenous remedies, malnutrition, poverty, tetanus and unregulated fertility. Then came Dr. Fahmeeda Munir *Sahiba* who held the fort for nineteen years, up until 1984. This team worked for the primary health care of mothers and children and was a blessing for the rural periphery where the fetus prayed: *At birth help me to breathe with speed; Let not my cord be cut by reed.* However, there still were no facilities for blood transfusions, Caesarean sections or major gynecological surgery.

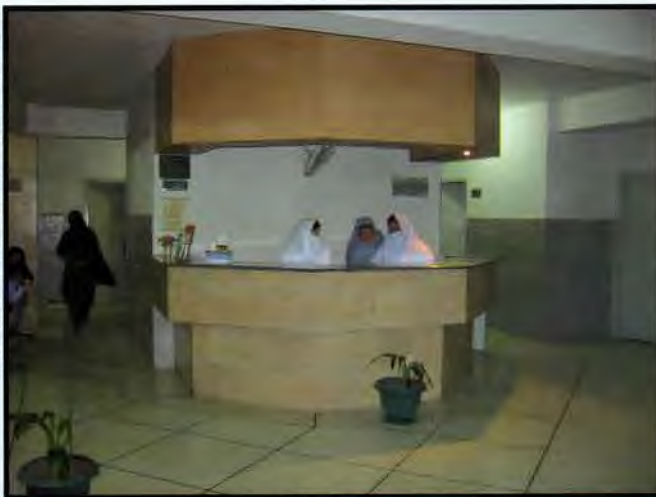
In 1985, the uphill task of updating the department was launched under the kind guidance and prayers of *Hadhrat Khalifatul Masih IVth* who personally led the leap forward. By the Grace of Allah, we now have a purpose-built three level building, the 'Begum Zubeda Bani Wing', which was a generous donation by Mr. Sharif Bani Sahib. The unit is beginning to gain recognition as one of the best and most modern Ob/Gyn units in the district. *Alhumdolillah.* Although the department consists of a bare minimum of staff, their dedication coupled with prayers generates a magnificent potential. The unit comprises:

SOURCE: FAZLE OMAR HOSPITAL STAFF



Office of the Department Head, Obstetrics and Gynecology, in the Zubaida Bani Wing.

SOURCE: FAZLE OMAR HOSPITAL STAFF



The reception desk in the Zubaida Bani Wing.

SOURCE: FAZLE OMAR HOSPITAL STAFF



Private patient room in the Begum Zubaida Bani Wing.

PHOTO BY DR. ARSHAD M. KHAN



Surgical instruments ready for use in a procedure room of the Begum Zubaida Bani Wing. Sterilization techniques are rigorously adhered to by the staff.

Outpatient Facilities

Antenatal, Postnatal, Gynecology, Infertility and Menopause Clinics. The procedures conducted include infertility tests, insertions of IUCDs, minor ops, cryocautery, cervical cytology, ultrasound with color Doppler and bone density measurements. About 1400-1800 patients are seen in the Ob/Gyn Outpatients each month.

Emergency Facility

A 24 hour service is available for obstetrics and gynecological emergencies.

Inpatient Facilities

(60 beds) There are four bedded bays, each having a washroom. Some private rooms are also available.

Delivery Suite

Facilities for normal and instrumental deliveries, cardiotochography, entonox analgesia, infant warmer and resuscitator, central oxygen and suction systems exists. *Insha'Allah*, we plan to have epidurals available soon. There is also a separate arrangement for the management of hepatitis patients.

Operating Room: It is well equipped for performing major obstetric and gynecological surgery, including cancer surgery, *Alhumdolillah*. Laparoscopy, hysteroscopy and thermal balloon endometrial ablation are also performed.

Special Care Baby Unit: This is also well equipped and organized by a pediatrician.

The Begum Zubaida Bani Wing is the first building in Rabwah with an elevator facility. There is a convenient seminar room with teaching aids and a collection of modern books, journals, videos and CDs relating to the specialty. There is an attractive play area for children and a coffee shop as well. With the blessings of *Hadhrat Khalifatul Masih V^{aba}* the department of Ob/Gyn is about to launch, *Insha'Allah*, an IUI (Intrauterine Insemination) facility, a first step to assisted reproduction.

The daughters of Ahmadiyyat, with their strength of faith in Allah, their covenant of allegiance to *khilafat* and by virtue of many qualities of womanhood -- such as endurance, forbearance, adaptability, winning gentleness, firm sense of duty, and selfless devotion -- shall continue their onward march to serve an ailing humanity, *Insha'Allah*. The joy of creation more than returns all the pains of labor and so does an accomplished task in the service of Allah. We hope and pray that the spirit of today's Ob/Gyn Department at Fazle Omar Hospital will be handed over with renewed vigor and enhanced glory to our successors. *Ameen*.

Dr. Nusrat Jehan Malik graduated from Fatimah Jinnah Medical College in Lahore, Pakistan and later became a fellow of the Royal College of Obstetrics and Gynecology in the U.K. in 1981. Immediately following the passing of her father, Maulana Abdul Malik Khan Shaheed, she dedicated her life (waqf) to the service of Ahmadiyyat in 1983. She has been working at FOH for over twenty years, and now currently serves as the director of the Ob/Gyn department at the Begum Zubaida Bani Wing.

Begum Bani Zubaida Wing - A Poem

Thou are stately, thou art prestigious
Snuggling amidst the sacred premises
Thy stones and paving, thy decor and shaping
Not architecture but a fulfillment of promises

Thy very being stems from events long passed
Supplication of Zubaida Bani and her dream
Prayers and visions of the divine Caliphs
Coupled with the will of God it seems

A bough of Fazle Omar Hospital laden with bounty
Thou art a monument of benediction
A reality of dreams -- a goal to ambitions
Treasured in thy folds an era of dedication

We love thee and thy horizons too
The magnitude of thy mission is manifold
He whose vision you are -- unto Him we are sold

Honour and glory be always with thee
God's blessings shower down on all thy
beneficiaries, benefactors, patients and workers
May the spring kiss laurels and never a fall.

Ameen.

Dr. Nusrat Jehan Malik

Inauguration Ceremony of the Begum Zubaida Bani Wing

On Feb. 20, 2003, during the khilafat of Hadhrat Mirza Tahir Ahmad^{rh}, Hadhrat Mirza Masroor Ahmad, who is now our beloved Khalifatul Masih V^{aba}, presided over the inauguration ceremony of the Begum Zubaida Bani Wing of Fazle Omar Hospital. In this section, we present a few glimpses of this historic ceremony.

SOURCE: FAZLE OMAR HOSPITAL STAFF



Hadhrat Mirza Masroor Ahmad^{aba} is poised to cut the ribbon to mark the inauguration of the Begum Zubaida Bani Wing of Fazle Omar Hospital.

SOURCE: FAZLE OMAR HOSPITAL STAFF



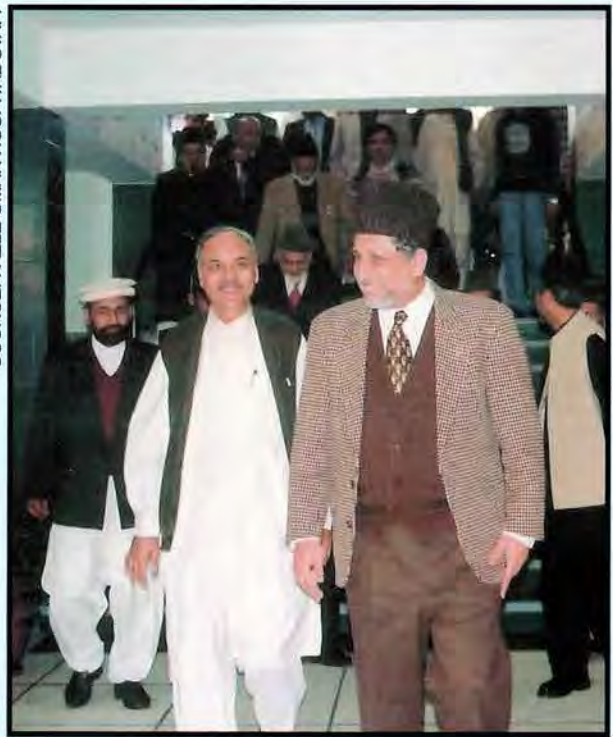
Hadhrat Mirza Masroor Ahmad^{aba} leads the gathering in silent prayers during the inaugural ceremony.

SOURCE: FAZLE OMAR HOSPITAL STAFF



Hadhrat Mirza Masroor Ahmad^{aba} seated with other officials and guests during the inaugural ceremony of the Begum Zubaida Bani Wing.

SOURCE: FAZLE OMAR HOSPITAL STAFF



Hadhrat Mirza Masroor Ahmad^{aba} tours the newly constructed Begum Zubaida Bani Wing during its inaugural celebration.

Living Signs of Divine Help: Notes from the Zubaida Bani Wing

- A seven and half month pregnant lady was brought to Fazle Omar Hospital on February 15, 1993. Her blood pressure was skyrocketing and her whole body was swollen. A day earlier, she was at a hospital in Faisalabad and was told that her fetus had died and with artificial means the delivery had to be induced. Our examination revealed the totally opposite scenario. The fetus was alive and an ultrasound specialist confirmed this. Since patient's relatives did not believe the news, another ultrasound exam was carried out that confirmed the live status of the fetus. The patient was admitted, her blood pressure was controlled and after few days a Caesarian operation was performed and a 4.5-pound live baby girl was born. This is truly a grace of Allah. An entire record is available at the hospital with pictures.
- On January 24, 1997, a 20-year old unconscious girl was brought in the labor ward at midnight from Narang Wala. 30 minutes earlier, a midwife attempted to execute her delivery, and in so doing, turned the uterus upside down, a state known as Acute Uterine Inversion. The patient was cold and barely breathing. She was brought on a trolley; there was no time to move her to the operating theater, and the entire staff along with blood bank assistance occupied to attend her. The placenta was removed from the uterine wall and with bare hands (gloves on), and a recitation of *darood* by the entire staff, we tried to turn the uterus. Allah blessed the effort, and the entire staff saw a miracle: slowly her pulse came to normal and with the additional blood supply and three hours of close care, her condition reverted to that of a normal healthy person. By the *Iftar* time she was recovered. *Alhumdolillah*.
- An Ahmadi couple from Khushab came to the hospital with feelings of utter hopelessness. This couple wanted to have children, and had tried to get help from top class OB/Gyn specialists in the country to no avail. They wrote a letter to *Hadhrat Khalifatul Masih IVth*, who directed them to visit the Ob/Gyn ward of Fazle Omar Hospital. Upon examination, we found that apparently nothing was wrong with her in terms of her ability to conceive. Tests were conducted and care was properly administered, augmented with homeopathic treatment as well. They were also given proper counseling and psychological advice was also given to both of them. After five months of treatment, we suggested some rest to her with continued check-ups. A few weeks later, she conceived and after nine months of care, a baby boy was delivered at our hospital, *Alhumdolillah*. Allah bestowed a natural birth to a couple who were earlier given advice to try artificial insemination. Now they have two children.
- A lady who was at term in her pregnancy was brought on a four-wheel carriage at night when the staff just left after a full day's work. Her condition was extremely serious. This lady had never visited any doctor or hospital. The midwife refused to do the delivery. Her condition was called Cord Prolapse, where the chord comes down before delivery. According to western Ob/Gyn literature, this lady had no chance of survival let alone the survival of both her and the baby. The staff nurses held that cord by hand for three hours until the entire staff was brought back from homes (short of ambulance). During the next three hours, she continuously kept praying for the baby. Proper professional care saved the life of the mother and she delivered a beautiful girl alive and safe.

These miracles can only happen to the servants of *Hadhrat Mirza Ghulam Ahmad Qadiani*^{as}

Salient FOH Guest Book Entries

Marhooma Hadhrat Maryam Siddiqua Sahiba – Former *Sadr Lajna Imaillah* Pakistan

“ It was a long standing desire that our hospital would be among the best hospitals of the country. Allah has fulfilled this desire, The entire hospital seems to be in its best form, a great deal of efforts on the ladies section is obvious. With the presence of kind, pleasant and courteous doctors, a patient forgets her ailment and her spirit is rejuvenated. May Allah enable them to excel in this vein even greater than before and Faz'e Omar hospital may not only stand out as the best hospital of the country rather the best hospital in the world. Mt prayers are always with you.”

Syeda Tahira Nasir Sahiba:

By looking at the Gynae department of Fazle Omar Hospital, I always felt a great happiness. I am yet happier to learn that this department has maintained its status with sincere efforts and wholehearted attention on the sound and noble footings on which it was established. May Allah grant all the doctors and their staff the ability to serve in a superior way and bestow upon them His blessings and nearness. My sincere wishes and prayers will always be with you.

SOURCE: FAZLE OMAR HOSPITAL STAFF

FAZLE OMAR HOSPITAL

VISITORS BOOK

Serial No.	Date	Name	Designation	Address	Remarks
	8 Jan 1985	Dr. Antonio R. Gualtieri	Professor of Religion	Carleton University, Ottawa	Canada
		<p>Thank you doctors for giving us insight into a dimension of Ahmadyyat we never knew existed.</p> <p>We hope we may repay you in a small way by bearing witness to what we have learned from you.</p>			
	" "	Peggy Nixon Gualtieri	wife & mother	38 Broadview Ave Ottawa K1S 2H6 Canada	
		<p>We are deeply grateful to you for your kindness & generosity of spirit toward us.</p> <p>We are profoundly inspired by your dedication & all that you have accomplished.</p>			

Photograph of a portion of the Fazle Omar Hospital guest book, showing 8 Jan 1985 entries of Dr. Antonio R. Gualtieri and his wife Peggy N. Gualtieri. Dr. Gualtieri, an Adjunct Professor Emeritus of Comparative Religion at Carleton University in Ottawa, Canada, has written two monographs about *Jama'at Ahmadiyya*: (1) *Conscience and Coercion: Ahmadi Muslims and Orthodoxy in Pakistan* (1989); and (2) *The Ahmadis: Community, Gender and Politics in a Muslim Society* (2004).

Tahir Heart Institute, FOH Rabwah

by Dr. Maj. Gen. Mohammad Masudul Hasan Nuri



Dr. Masoodul Hasan Nuri

Hadhrat Khalifatul Masih IVth had a burning desire to see Fazle Omar Hospital (FOH) as one of the best centers not only in the region but also in the entire country. He had a long association with the ailing humanity and understood in depth their plight and woes. He was their spiritual and medical healer, thus providing them with a patient ear and 'homeopathic medication'. Realizing the dire need for medical uplift, *Hazoorth* constituted a committee in the mid 1980s to look into the hospital's affairs and recommend its expansion (I was one of the members). In the grand scheme of things, he suggested setting up a cardiac centre in FOH. In his letter dated 27th September 1985, *Hazoorth* wrote:

"....Planning should be started for a 'Heart Wing' in FOH Rabwah. This may be phased out in such a manner so that heart surgery can be started."

In another letter dated 15th October 1986, he emphasized that "....Ahmadi doctors in Pakistan could and should get together and help out the deserving Ahmadi patients and others as well.... I wish you [all] every success."

He sent another global message to all Ahmadi doctors when he wrote, dated 15th May 1989, ".... [One] ought to do one's best to cure mankind of its physical ailments. Apart from service to humanity, [one] is performing *khidmat-e-deen* in this way."

FOH thus made great strides of progress in various fields of medicine and surgery. A new gynecological and pediatric wing, the Begum Zubaida Bani Wing, was constructed with the latest facilities. On *Hazoorth*'s directions, efforts were expedited in the late 1990s, when a generous amount was donated for the heart center. During the last days of his illness, in the years 2002 and 2003, he mentioned more than once for the need to set up a state-of-the-art cardiac facility in FOH. This facility, he emphasized, should cater for the needs of the growing 'epidemic' of heart disease in the developing world. How true he was, as we now witness a 'pandemic' of heart diseases in countries like Pakistan and many others.

After the sad demise of *Hadhrat Khalifatul Masih IVth* in April 2003, *Hadhrat Khalifatul Masih V^{aba}* embarked upon the implementation of the long-cherished desire of establishing a 'Heart Wing' in the memory of his predecessor. A committee for this purpose was created, which included *Nazir Amoore Aama*, *Nazir Jaidad*, the deputy administrator, the architect and myself as members. A number of hospitals both at home and abroad were visited and studied in detail.

On July 30, 2003, a detailed presentation was made to *Hazoor Aqdas^{aba}* in London. The name 'Tahir Heart Institute' was suggested, which *Hazoor^{aba}* graciously accepted. It was mentioned that THI (Tahir Heart Institute) also stands for Texas Heart Institute in Houston, Texas, USA, which is one of the best heart centers in the world today. *Hazoor^{aba}* prayed that Tahir Heart Institute should also be an outstanding facility for cardiac patients and open new avenues for the *Jama'at*, *Insha'Allah*. Detailed plans were presented

and valuable guidance sought on each aspect. Designs and plans for the six-story building were discussed in length, and included construction of an outpatient department with non-invasive facilities, emergency and reception departments, a coronary care unit, cardiac catheterization and angiography suites with a post-angiography ward, an operation theater and intensive therapy center, a high dependency unit, male and female wards, a rehabilitation department, a library research department, an administration block, conference room, auditorium with the capacity for 300, cafeteria, and other services like laundry, cook house, sterilization unit, power generation unit, heating and air conditioning plant, and accommodations for doctors and paramedics. Since then, a number of such meetings have been held and Hazoor^{aba} has always given valuable advice. The foundation stone for THI was laid on the 27th of Ramadhan, November 23, 2003.

The structure of the six-story complex is now complete. The furnishings and the fixtures shall be completed by the fall of the year, *Insha'Allah*. Medical equipment shall be ordered in June of this year and its installation completed by the end of the year. The outpatient department, emergency and reception, coronary care unit, male and female wards, cardiac catheterization and angiography suites with a post-angiography ward shall be functional by the end of the year, *Insha'Allah*. The OT and ITC shall be phased out by the middle of 2007, *Insha'Allah*.

The Tahir Heart Institute needs special prayers at a time when it is halfway through its completion. One name that deserves special prayers is Mr. Majid Ahmad Khan, the Deputy Administrator of Fazle Omar Hospital, whose untiring efforts are praiseworthy. He has put in a lot of effort, initially in the completion and functioning of the Zubaida Bani Wing and now the Tahir Heart Institute.

Dr. Mohammad Masudul Hasan Nuri graduated as a doctor at the age of 22, qualified as a physician at the age of 25 and as a cardiologist at the age of 32 from the prestigious St. Thomas Hospital in London. He stood first in almost all of his undergraduate and post-graduate examinations and, in the process, obtained a number of honors and medals. For the next twenty five years he worked as an interventional cardiologist, a professor and, later, as an executive director of the the Armed Forces Institute of Cardiology and National Institute of Heart Disease in Rawalpindi, Pakistan (considered one of the best cardiac institutes in the country).

He has traveled widely as an invited guest speaker at major conferences and symposia worldwide. He has a number of publications to his credit in the form of monographs, articles and abstracts in peer-reviewed journals. As an educator, cardiologist, administrator and community health activist, he has made outstanding contributions in the field of cardiovascular medicine. In 2003, he was awarded the Sitara Imtiaz by the President of Pakistan. He also rose to the highest rank of Major General in his specialty. He has worn many hats, but he takes greatest personal satisfaction in his humble association as personal physician to Hadhrat Khalifatul Masih III^{rh} and Hadhrat Khalifatul Masih IV^{rh}.

Foundation Ceremony for Tahir Heart Institute

The following is the English translation of the news excerpt about the 23 Nov 2003 foundation stone ceremony for the Tahir Heart Institute, originally printed in Urdu in the Daily Al-Fazal. -- Editor:

The foundation stone laying ceremony of the Tahir Heart Institute took place on Sunday, November 23, 2003, at 10:30 am at the construction site in Rabwah. Dr. Mohammad Ashraf greeted all the guests who were gathered. *Sahibzada* Mirza Khursheed Ahmad, *Nazire Ala' Sadr Anjuman Ahmadiyya*, under the instructions of *Hadhrat Khalifatul Masih V^{aba}*, laid the first brick which *Hazoor^{aba}* already blessed with his prayers. Another brick from Qadian was also placed next to the first one. Following this pattern, many individual men and women were called upon to lay bricks. Their sequence and names follow:

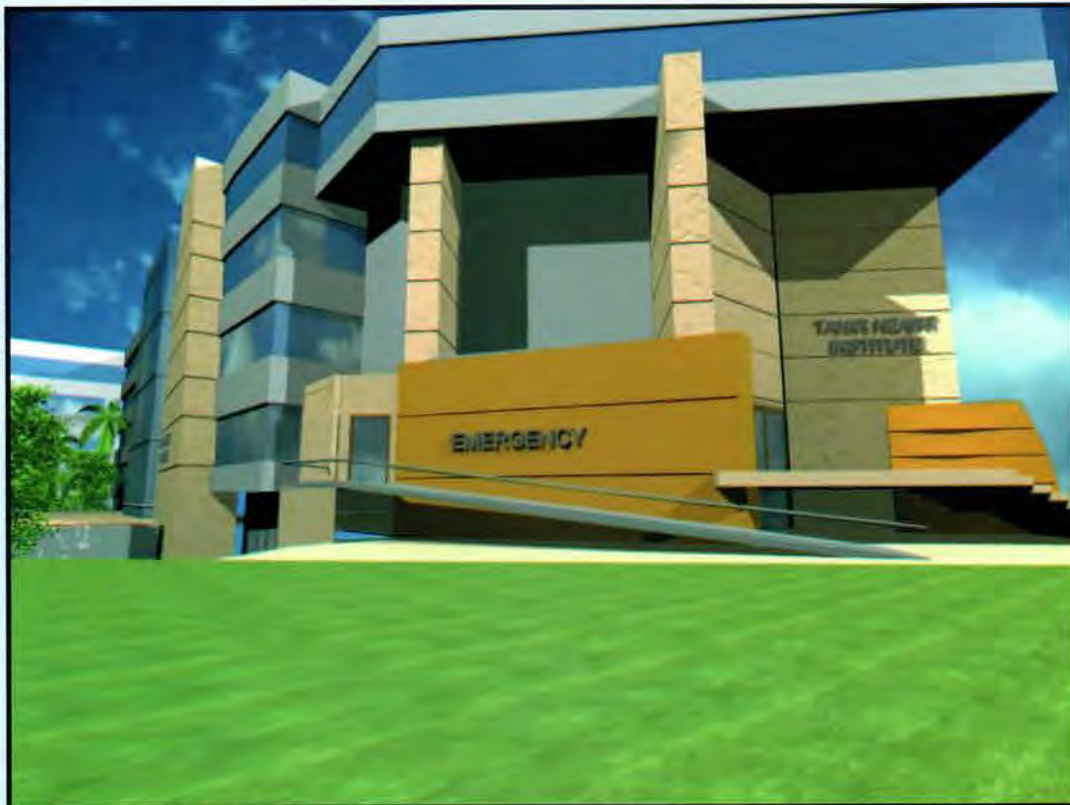
Ch. Hameedullah, *Vakil e Ala'*; Sheikh Muzaffar A. Zafar, *Sadr Majlis Waqfe Jadid*; Syed Mahmood Ahmad Shah, *Sadr Majlis Khuddamul Ahmadiyya*; Dr. Imtiaz Chaudhary, AMMA USA representative; Dr. Masudul Hasan Nuri, President Ahmadiyya Medical Association; Mirza Abdul Haq, representing the *Ameers* of various districts; Ch. Allah Baksh Sadiq, *Sadr Umoomi*; *Maulana* Muniruddin *Sahib* representing missionaries; *Sahibzadi* Amtul Basit representing *Hadhrat Ahmad^{as}*'s family; *Sahibzadi* Amtul Quddoos, *Sadr Lajna Imaillah* Pakistan; Tahira Siddiqua *Sahiba*, wife of *Hadhrat Khalifatul Masih IIIth*; Qasim Ahmad, Architect; Khalid Masood, *Nazir Umooore Aama*; Lt. Col. (Ret.) Dr. Muhammad Abdul Khaliq, Administrator, Fazle Omar Hospital; Dr. Mirza Mubasher Ahmad, Senior Physician, Fazle Omar Hospital; and Majid Ahmad Khan, Secretary Tahir Heart Institute Construction.

Sahibzada Mirza Khursheed Ahmad, after laying the foundation bricks, led the gathering in silent prayers. With well-designed charts, the entire structure was beautifully explained. In an interview with a few reporters regarding the Tahir Heart Institute, Dr. Nuri and Captain Majid Khan explained that it was the desire of *Hadhrat Khalifatul Masih IVth* to upgrade Fazle Omar Hospital to be a modern hospital that includes a heart institute that would be a leading center in the world. With the financial assistance of a few individuals, construction was started almost 18 months ago. After the sad demise of *Hadhrat Khalifatul Masih IVth*, this project was presented to our beloved *Imam^{aba}*, who decided to make this wing of the hospital to be a grand institute, and who named it as the Tahir Heart Institute.

The current building of the Tahir Heart Institute is three times larger than the adjacent Zubaida Bani Wing. As such, this institute will be capable to conduct open heart surgery, angioplasty, angiography and all other heart procedures. With respect to its capacity, it will be the fourth largest facility in Pakistan for heart ailments; with respect to its excellence in quality, it would surpass all other institutions in Pakistan, *Insha'Allah*.

Many trained heart physicians from Britain and America are expected to arrive here. The institute will have two operation theaters, two catheterization labs, OPD (outpatient) facilities for 300 patients and approximately 80 beds. The building will also have a large auditorium. There exists no city in the world with a population of 50,000 that houses such a facility for heart ailments as the Tahir Heart Institute, both in size or quality. *Insha'Allah* with the Grace of Allah, it will be completed 24-30 months from now. May Allah bless us in all the small steps taken towards its completion and may He make this facility a source of benefit for mankind.

SOURCE: FAZLE OMAR HOSPITAL STAFF



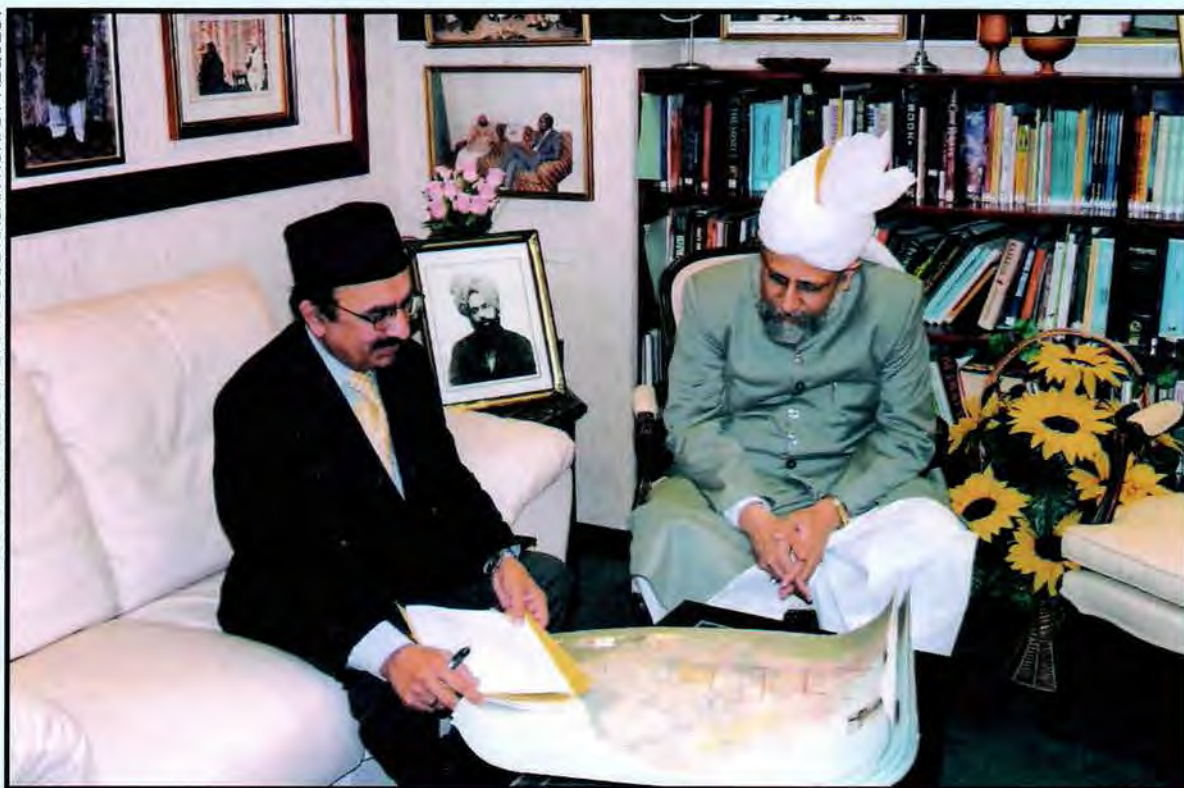
One view of the proposed structure for the Tahir Heart Institute.

SALIENT FEATURES OF TAHIR HEART INSTITUTE

Cardiac Hospital - Six stories high.
Total built area: 120,457 square feet
Total number of beds: 74
Total private rooms: 16
Out-Patient Department for 300 patients
2 cardiac operation theatres
2 angiography theatres
Includes a teaching institute

Tahir Heart Institute: Planning and Construction

PHOTO SUPPLIED BY DR. MASUDUL HASAN NURI BY REQUEST



An historic photograph of *Hadhrat Ameerul Momineen*^{aba} reviewing the design plans for the Tahir Heart Institute with Dr. Masudul Hasan Nuri Sahib.

SOURCE: FAZLE OMAR HOSPITAL STAFF



Status of construction for the Tahir Heart Institute as of Dec 15, 2005.

SOURCE: FAZLE OMAR HOSPITAL STAFF



Status of construction for the Tahir Heart Institute as of Jan 22, 2006. Bait-e-Yadgar, the first mosque built in Rabwah, can be seen in the lower right area of the photo.

SOURCE: FAZLE OMAR HOSPITAL STAFF



Status of construction for the new Doctors' Accommodations as of Jan 25, 2006.

U.S. Ahmadi Physicians to Join Faculty Ranks at the Tahir Heart Institute

by **Muhammad A. Mumtaz, MD**
President, AMMA, USA

By the grace of Allah, a number of physicians currently in the US are planning to join the faculty of Tahir Heart Institute in the near future. Following is a brief bio sketch of these blessed individuals that is being published with the request of special prayers for them and their families.

Anwar ud Din, MD



Dr. Anwar ud Din *Sahib* comes from a distinguished family of lifetime devotees like *Maulana* Abdul Khaliq of East Africa and *Maulana* Sultan Mahmood Anwar *Sahib*. He is the son of Dr. Zia ud Din, who was a lifetime devotee and worked in Fazle Omar Hospital and then subsequently in the Ahmadiyya Clinic in Kano, Nigeria. His great grandfather was *Hadhrat* Hafiz Fazal Din of Kharian, who was one of the disciples of the Promised Messiah^{as}. Dr. Anwar ud Din *Sahib* grew up in Kano, Nigeria and completed his medical education in 1981 from the College of Medicine, at the University of Lagos in Nigeria. Prior to that, he completed undergraduate education from Talimul Islam College, Rabwah, Pakistan. In 1981,

he became a devotee for the Ahmadiyya Muslim *Jama'at*. He was posted at the Ahmadiyya Clinic in Kano, Nigeria, until 1984, and subsequently at the Ahmadiyya Clinic in Apapa until 1989. He moved to the U.S. for advanced training in 1989. He completed internal medicine residency training and a cardiology fellowship at the Marshall University in Huntington, West Virginia. He is board-certified in internal medicine, cardiology and nuclear cardiology. He is a Fellow of the American College of Cardiology as well as a Fellow of the Society of Cardiovascular Angiography and Interventions. He re-dedicated himself for the Tahir Heart Institute in 2004. He is currently in the Columbus, Ohio *Jama'at*, where he lives with his wife, three daughters and one son.

Syed Mashud Ahmad, MD



Dr. Syed Mashud Ahmad *Sahib* comes from the blessed family of *Hadhrat* Amma Jaan^{ra}. He is the son of Syed Mir Masud Ahmad *Sahib* and the grandson of Mir Ishaq *Sahib*^{ra} who was the brother of *Hadhrat* Amma Jaan^{ra}. He is a graduate of Quaid-e-Azam Medical College, Faisalabad, Pakistan (1991). He did his junior college studies at Talimul Islam College, Rabwah, Pakistan. After graduation, he did his internship at Bhawal Victoria Hospital in 1991-92. He then worked as a medical officer in Fazle Omar Hospital for one and a half years. For the next four years, he worked at a number of Ahmadiyya hospitals and clinics in Liberia and Gambia. Upon returning from these duties, he was made the Senior Registrar at Fazle Omar Hospital. He worked in this capacity until 2003, at which time he

came to the U.S. for advanced training upon the instructions of *Hadhrat* Khalifatul Masih IVth. Currently, he is a resident physician at Providence Hospital in Washington, D.C. He plans to complete training in pulmonary critical care and then return to the Tahir Heart Institute. He is a lifetime devotee.

Saquib Samee, M.D



Dr. Saquib Samee *Sahib* is a talented physician from Rawalpindi Medical College, Pakistan. For five years, he served as the General Secretary of the Ahmadiyya Medical Association of Pakistan before coming to the U.S. Dr. Samee has had a desire to serve the *Jama'at* since childhood, and wrote to *Hadhrat Khalifatul Masih IVth* during his second year of medical school, requesting that he should be accepted into the *waqf* scheme. *Hazoorth* had a vision about Dr. Samee and expressed his desire that he become a heart specialist, after which he should serve the *Jama'at* through the *Nusrat Jehan* Scheme. Dr. Samee has dedicated the last ten years in pursuit of fulfilling the wishes of his beloved *khalifa*.

At a time when it was next to impossible to get into an internal medicine residency training program, a pre-requisite for cardiology training, he was offered some of the most prestigious residency programs in the country, including orthopedic surgery, neurosurgery and radiology. However, he had made a promise to his *khalifa* and refused to waiver from his commitment to cardiology. He completed internal medicine residency training in Saint Louis, Missouri. After residency, he was accepted to the National Institutes of Health Clinical Cardiology Research Fellowship at the prestigious Mayo Clinic, in Rochester, Minnesota. During that time, he was able to publish in very reputable journals. Currently, Dr. Samee is a Clinical Cardiology Fellow at the University of Connecticut Health Center in Farmington, Connecticut. Miraculously, his cardiology and interventional cardiology training will be completed in exact conjunction with the completion of the Tahir Heart Institute. At that time, *Insha'Allah*, he will serve there as a clinician under the *Nusrat Jehan* Scheme, as advised by *Hadhrat Khalifatul Masih V^{aba}*. He currently lives in Farmington, Connecticut, with his wife and two children.

Muhammad Ata-un-Nur Khalid Nuri, MD



Dr. Khalid Nuri *Sahib* is the talented son of General Masoodul Hasan Nuri, a renowned cardiologist in Pakistan. General Nuri *Sahib* has played a key role in the development of Tahir Heart Institute (see page 46 of this issue). Dr. Khalid Nuri took up medicine and cardiac surgery as a career under the advice of *Hadhrat Khalifatul Masih IVth*. He graduated from Aga Khan University Medical College with distinction in 1998. This is one of the best medical schools in Pakistan. He came to the U.S. in 1999 with the intention of training in cardiothoracic surgery. He finished his general surgery residency training (a pre-requisite for cardiac surgery) at West Virginia University Hospital in 2004. Subsequently, he went for cardiothoracic surgery residency

training at the Milton S. Hershey Penn State University in 2004. There, he has earned the admiration and respect of some of the leaders in cardiac surgery, such as Dr. David Campbell and Dr. Walter Pae. He is currently finishing his residency this year and plans to go to Great Ormond Street Hospital for Children in the U.K. for further training in pediatric cardiac surgery. This is one of the leading institutions in the world for pediatric cardiac surgery. He is a devotee under the *Nusrat Jehan* Scheme and plans to return to Pakistan to work at the Tahir Heart Institute upon the completion of his training.

The AMMA: Report of Past Activities

by Dr. Nasim Rehmatullah (President, Ahmadiyya Muslim Medical Association, 1992-2004)

It was a great honor and privilege for me to serve as the President of the Ahmadiyya Muslim Medical Association from 1992 to 2004. As many know, the association was formed as an auxiliary of the Ahmadiyya Muslim Community under the guidance of *Hadhrat Khalifatul Masih IIIrd* in the 1970s. The mission was, and continues to be, serving mankind.

The components of this mission are as follows:

1. Education
 - a. Organize health fairs and lectures to educate the public on common health problems and their respective treatment.
 - b. Provide medical journals, both in print and electronic, for medical libraries, particularly those in Rabwah, Pakistan.
 - c. Provide consultation in medical matters.
2. Funding
 - a. Local purchases of medicine and equipment, primarily for Jama'at hospitals and clinics, where deemed necessary.
3. Special Projects
 - a. Organize the collection of funds for special projects, including mosques, clinics, and hospitals.

In keeping with this mission, we achieved the following (collectively and in some instances individually) during the years 1992 through 2004:

- Various chapters organized health fairs periodically.
- Medical journals, print and electronic, were sent to the Khilafat Library in Rabwah.
- Orthopedic equipment, including power drills and saws, were sent to FOH Rabwah.
- US \$50,000.00 was sent to FOH Rabwah and US \$10,000.00 to the Gambia clinic.
- Assisted the clinic in Guatemala with expertise, X-ray equipment, and funding for three years.
- Several members (physicians and dentists) accomplished *Waqfe Aarzi* at FOH Rabwah and African countries, including Gambia.
- AMMA collected and provided the majority of the funding for the construction of Baitur Rahman Mosque, Maryland in 1994.
- AMMA provided U.S. \$15,000.00 for the Quaid-e-Azam film project.
- Members routinely provide care for missionaries and other *Jama'at* members including medical care at *Jalsa Salana*.
- Dr. Imtiaz Chaudhary translated a homeopathy book by *Hadhrat Khalifatul Masih IVth* into English.

There is much more that can be listed. Many worked quietly and contributed in time and material without fanfare. The following must be recognized for their relentless efforts. Foremost among them is Dr. Mirza Amin Baig. Several women physicians need to be recognized in this category as well. The work of our missionaries, who helped us in any way they could, is also worth noting. Anwer M. Khan and Waseem Sayed are two well-rounded individuals who help out in all situations. I followed such stalwarts as Dr. Imtiaz Chaudhry, Dr. Shahed Ahmed and Dr. Naseer Tahir and others. Dr. Karimullah Zirvi, who, as a general secretary for many years, put in tremendous work hours in the organization of the association. I was indeed blessed to have worked with such fine people who facilitated my work.

Our late *Ameer*, Mr. M. M. Ahmad *Sahib*, was a source of great inspiration to us all. Dr. Ahsanullah Zafar *Sahib*, our present *Ameer*, guides us and continues to support our endeavors. The great blessing of *khilafat* provides us the protection, security and the confidence we need to continue our great mission. This is the catalyst that keeps rekindling us.

The torch is now passed on to some fine young men and women. Dedicated and bubbling with energy, their work continues with great zeal. The Tahir Heart Institute is our next grand project and is a test of our mettle. Let us pray that we will prove equal to the task. God bless us all.

PHOTO BY KALEEM BHATTI



Hadhrat Ameerul Momineen^{aba} is accompanied by his staff and Dr. Nasim Rehmatullah, a former President of the AMMA, as they proceed to a meeting while visiting Canada.

A portion of the text of a message from Hadhrat Khalifatul Masih IVth printed within a plaque on display at Baitur Rahman Mosque, in Silver Spring, MD. (U.S. Jama'at Headquarters).

...I do hope and pray that the sacrifices of all those who have generously participated in the building of this humble yet great house of God will find favour with the Lord. This mosque has been built at a cost of \$4.25 million, which has been provided almost entirely by the members of the U.S. Ahmadiyya Jama'at. A large share of the credit goes to the members of the Ahmadiyya Medical Association, who have provided more than half the entire expenses. The president and office bearers of the Ahmadiyya Medical Association should especially be remembered in our prayers. Among them, there are some whose personal sacrifices are phenomenal...

-- Hadhrat Mirza Tahir Ahmad, Khalifatul Masih IVth

*The Ahmadiyya Muslim Medical
Association, USA*

Presidential Appreciation Award 2005

Presented to **Karimullah Zirvi, Ph.D.** for his outstanding leadership, dedication and service as the General Secretary of this Association from 1982 to 1996.

Jazakamullah Ahsanul-jaza.

Current AMMA Organization USA

by Dr. Mansoor Qureshi (MD, FACC, FSCAI), Vice President, AMMA USA

The Ahmadiyya Muslim Medical Association was established in 1982 under guidance from *Hadhrat Khalifatul Masih III^{rh}*. Over the years, it has continued to establish its structure and organization. This association has also performed various important tasks of both national and international significance.

The AMMA is a professional organization under the auspices of Ahmadiyya Muslim Community. The National *Ameer* is the overall patron of the association. The organization is being run under a constitution approved by *Hadhrat Khalifatul Masih V^{aba}*. Membership includes physicians, nurses, pharmacists and ancillary medical personnel. Members all over the United States have been divided into various chapters. Each chapter has an elected president. Various chapters are geographically grouped into regions. These regions are coordinated by elected regional secretaries. There are four elected central offices, which include a President, Vice President, General Secretary and a Treasurer. These offices are elected every two years. There is one general body meeting per year at the occasion of annual convention of the *Jama'at*. Routine conference calls keep national, regional and chapter officials and membership in touch.

The Ahmadiyya Muslim Medical Association is currently involved in projects of national and international significance. Locally, members provide medical assistance to *Jama'at* members on a regular basis. Periodic health fairs are held to provide basic testing and medical advice to members of the *Jama'at*. At national events, the AMMA provides first aid coverage in collaboration with the department of *Khidmat-e-Khalq*.

In the aftermath of recent natural calamities, members of AMMA have worked closely with "Humanity First" providing both financial and physician help.

The AMMA has been focusing on both medical students and medical residents. Periodic conference calls have been set up to help would-be and current medical students. A residency help desk has also been established to guide graduating medical students through the process of obtaining residency training positions.

Members of AMMA have the good fortune of contributing to all *Jama'at* financial schemes. Currently, members are responding to the Tahir Heart Institute scheme of *Hadhrat Khalifatul Masih V^{aba}* with open hearts.

Members of AMMA have been providing *Waqfe Aarzi* services to various hospitals all over the world. Lately, special emphasis have been laid towards physician visits to Fazle Omar Hospital, Rabwah. Members have been regularly visiting this hospital.

May Allah help us continue and improve our efforts. *Ameen*.

Fazle Omar Hospital in the Press

Below is the text of a press release published in the Dawn, a major Pakistani newspaper published out of Karachi. The press release was issued by Lt. Col. Dr. M.A. Khaliq Sahib, who was the Administrator of Fazle Omar Hospital at the time.



*Lt. Col. (RETD) Dr.
M.A. Khaliq Sahib*

9 FEB 2002

Eye donations

Corneal transplantation surgery has been started in the Fazle Omar Hospital, Rabwah, under the auspices of the Noor Eye Donors Association and Eye Bank.

Eye surgeon Dr Mirza Khalid Tasleem Ahmad performed operations on two patients to restore their eyesight successfully after the death of an eye donor, Mr Abdul Salam of Darul Yaman Sharqi, Rabwah, who had donated his eyes only a few months ago.

This service to humanity is being greatly appreciated by the local people and a large number of people are offering eye donations.

Eye donation and corneal transplantation are being carried out at only a few places in Pakistan. Most of these donated eyes are being acquired from Sri Lanka, one cornea costing between Rs25,000 and Rs30,000.

The Noor Eye Donors Association is providing this facility purely on humanitarian basis to the needy without any discrimination.

LT. COL. (RET.) DR. M.A. KHALIQ

Administrator, Fazle Omar Hospital

Rabwah

Research Study of Fazle Omar Hospital Patients

Below is the text of an abstract of a scientific paper published in the March 2005 issue of Professional Medical Journal. This research was conducted on a study cohort at the Fazle Omar Hospital in Rabwah. (From PakMediNet).

Khalid Amin, Masood Javed, Sultan Mubashar, Muhammad Zakria, Israr Kafeel.

Coronary heart disease; risk factors associated with clinical evidence among adult population in major hospital in Chenab Nagar

Professional Med J [Mar 2005];12(1):17-22.

Fazle Omar Hospital, Chenab Nagar

Objective: To identify risk factors associated with clinical evidence of coronary heart disease (CHD) among adult population reporting in a major hospital, in Chenab Nagar. **Study design:** Case control study **Settings:** Fazle Omar Hospital, Chenab Nagar. **Period:** From Mar 2000 to Jun 2002. **Total population** is approximately 50,000. Fazle Omar Hospital is the only major hospital in the area. All patients from Chenab Nagar and from suburbs report to the hospital. **Cases:** Men and women of 35 years and above, having CHD, confirmed by history and ECG and/or exercise tolerance test, where indicated. **Controls:** Men and women of 35 years and above, not having CHD as evidenced by history and ECG and/or exercise tolerance test. **Results:** We enrolled 190 cases and 343 controls in our study. Of 190 cases, 96 (50.5%) were males and 94 (49.5%) were females. Age of study subjects ranged between 35 years and 85 years. Mean age was 52.9 years. BMI was almost equal in both cases and controls. Hypertension, smoking, and diabetes were more prevalent in cases. In univariate analysis, males were at a higher disadvantage. Incidence of disease continued to rise with increasing age. Cases were more likely to have family history of CHD, hyperlipidemia, and hypertension. Duration of hypertension was also compared. With increase in duration, incidence increased. Cases were more than 3 times more likely to be smokers. There was a clear dose-response relationship. Diabetes was two times more common in cases than controls. Raised systolic blood pressure, raised diastolic blood pressure, increased levels of serum cholesterol and triglycerides showed positive association with disease. However serum LDL, serum HDL, and BSF levels failed to show any significant difference among cases and controls. The final multi variate model included independent effects of age, family history of CHD, family history of hyperlipidemia, greater duration of HBP, being smoker, and having high serum cholesterol levels. **Conclusion:** Our study shows that established risk factors are also prevalent in our population. Higher age, being male, heredity, family history of CHD, hyperlipidemia and hypertension were positively associated with CHD. Longer duration of hypertension, smoking and diabetes enhanced the risk. Levels of serum cholesterol and triglycerides were found elevated more in cases compared to controls. HDL and LDL failed to show association with disease.

U.S. Physicians Visiting Fazle Omar Hospital as *Waqifeene Aarzi*

Pediatricians

Dr. Zarar Bajwa
Dr. A. Nadeem Mian
Dr. Col. Fazal-ur-Rahman



General Surgeons/Oncologists

Dr. Mirza Maghfoor Ahmad
Dr. Rana Nauman Ahmad (surgical oncology)
Dr. Syed Muzaffar Ahmad
Dr. Tahir Ijaz (radiation oncology)
Dr. Ata-ur-Rab

Surgical subspecialists

Dr. Nasir Islam Bhatti (ENT)
Dr. Agha Shahid Khan (neurosurgery)
Dr. Ahsan M. Khan (ophthalmology)
Dr. Abdul Hakim Nasar (dentistry)
Dr. Abrar Pirzada (hand surgery)



Orthopedic surgeons

Dr. Mirza Amin Baig
Dr. Imtiaz A. Chaudhry
Dr. Nasim Rehmatullah



Psychiatrists

Dr. Shehla Effandi
Dr. Ahmad Hameed
Dr. Fareed Aslam Minhas
Dr. Ijaz-ur-Rahman
Dr. Laique Tahir



Dermatologists

Dr. Ayesha Khan
Dr. Abdul Rafique Sami

***Cardiologists***

Dr. Amira Abbas
Dr. Fahim Ahmad
Dr. Anwar ud Din
Dr. Sheikh Ejaz
Dr. Ahmad Munir
Dr. Afzal-ur-Rehman
Dr. Saqib Sami

Internists/Specialists

Dr. Saima Ahmad
Dr. Kaleem Malik (E.R.)
Dr. Khalil Malik (allergy/immunology)
Dr. Taha Mansoor
Dr. M. Ashraf Meelu (hematology/oncology)
Dr. M. Mehmood (gastroenterology)
Dr. Tahir Ahmad
Dr. Abdul Qudoos (anesthesiology)
Dr. Abdus Salam Rafique (pulmonology)
Dr. Habib ur Rahman
Dr. Maqbool Sharif (nephrology)
Dr. Faheem Younus (infectious diseases)

***Neurologists***

Dr. Anwar Ahmad
Dr. Bashiruddin Khalil Ahmad
Dr. Rafique Ahmad Basharat
Dr. Saleem A. Tahir



Impressions of Waqifeen-e-Aarzi

Our beloved Hazoor^{aha} made a general appeal to all the practicing physicians and surgeons in the U.S. to donate their time as Waqifeen-e-Aarzi by offering their services to Fazle Omar Hospital. In response to the call of our beloved Imam, both the physician community in the United States and the Ahmadiyya Medical Association mobilized their efforts to meet these challenges. Dr. Salim Tahir Sahib, who has served at FOH many times, spearheaded these efforts and several doctors spent their time at FOH. In the following pages, the observations of these Waqifeen are being shared for the benefits of readers. A list of these Waqifeen is also presented for the sake of seeking prayers. We strongly urge all practicing doctors to avail themselves of this unique opportunity to serve a suffering humanity and also reap the benefits of obeying our Imam Ayyadahullah. -- Editor



Dr. Saleem Tahir

Our latest visit to FOH, as with all previous visits, was an inspiring experience. Despite the many challenges it faces, the institution continues to provide valuable services to the Rabwah community and residents of its environs. Although it is limited in resources and is in need of more staff and equipment, the hospital remains heavily utilized. A visit on any typical day to the outpatient department of the hospital attests to how many patients depend on this hospital for their medical needs.

Physicians visiting from abroad get a chance to appreciate the selfless and invaluable services that the dedicated staff tries to provide to the needy. The hospital is lacking specialists in various fields and there is need for more highly trained specialists to provide periodic services to the patients.

In the month of mid February-mid March, at least five members of AMMA visited FOH. During their visits, patients of respiratory, cardiology, neurology diseases were seen, lectures on various topics of interest were delivered and a workshop on BCLS/ACLS was held. During his visit, Dr. Anwar ud Din held daily classes on ACLS and related topics in cardiology. Dr. Abdus Salam Rafique presented audio-video lectures on pulmonary topics including management of asthma and tuberculosis. Dr. Saleem Tahir presented a lecture on epilepsy and saw about 90 neurological patients. Dr. Nasir Bhatti saw patients of ear-nose-throat diseases. Dr. Khalid Malik from Pittsburgh saw patients of internal medicine.

The Tahir Heart Institute's building is nearing completion and hopefully will be well equipped and well staffed to cater to the needs of the cardiac patients. I found the new and old administrative staff to be very cooperative and welcoming as usual. The following suggestions will go a long way to help visiting physicians:

1. One should plan one's visit well in advance and inform the administration 1-2 months before the visit, so that appropriate announcements can be made in the Al-Fazal newspaper. This will ensure proper utilization of the visiting physician's services by patients. FOH has nice on-site accommodations for visiting physicians and provide meals as well. Visits should be preferably 7-10 days long to provide some follow up on the patient's diagnosis and treatments. Shorter visits will probably not be as helpful or productive.

Be mentally prepared to see patients of all specialties, not just yours.

2. Carry all equipment such as a stethoscope, ophthalmoscope, otoscope, sphygmomanometer (or any other equipment pertaining to your specialty that you may use on your daily hospital rounds) with you. Availability and familiarity with your equipment helps in a big way.

3. Take along any medications you can spare for poor and deserving patients, including antibiotics, anti-hypertensives, and diabetic pharmaceuticals.

4. Prepare an MS Powerpoint talk for the medical staff on a medical topic of your specialty. They have a projector that works fine with your laptop.

5. Visiting different departments of the hospital to exchange ideas with hospital physicians and administrators provides better insight into the problems faced in medical care delivery within FOH. One should have an open mind and a sympathetic ear for the patients' and staff's problems, especially since some of these are quite unique to FOH. For both improved patient care on an ongoing basis, and the effective utilization of a visiting physician's time, it would be prudent to associate a local physician in rounds with the visiting doctor.

In summary, FOH provides an opportunity to serve the humanity under the banner of Ahmadiyya Nizame Jama'at and is a fulfilling and rewarding experience in many ways. I urge members of the Ahmadiyya medical community to spare some time to serve the nation and country that gave us the opportunity and education to be what we are today. This is not only a *Sadqa* of your mind and profession but something we all owe to our motherland.

Dr. Saleem A. Tahir is a practicing neurologist in Detroit, Michigan, and Dr. Abdus Salam Rafique is a pulmonologist working in Phoenix, Arizona.



Dr. B.K. Ahmad

I was motivated in the summer of 2003 by Hazoor's call to Ahmadi doctors in the West to visit Rabwah and do Waqf-e-Aarzi at Fazle Omar Hospital. Dr. Salim Tahir, a fellow U.S. neurologist, and I went to FOH in November 2003. I had the opportunity to return in December 2005. Our visits were announced beforehand in *Al-Fazal*, and patients and their families were waiting to be seen.

We saw scores of adult and pediatric patients with a wide variety of neurological problems. The level of sophistication of the patients was surprisingly high. Some patients came with copies of their CT scans, MRIs and EEGs performed in Faisalabad or Lahore. We also made rounds in the FOH medical ward and saw a few patients at their homes.

We gave lectures on neurological topics to a few doctors, nursing students and the lay public. We had taken a lot of U.S. medication samples with us, but had to learn the names and doses of medicines available locally. The choices were limited, but adequate for our needs. The FOH administrator and his staff were very helpful, cooperated with us fully and gave us paramedical support as needed. FOH provided excellent apartment-style furnished accommodations. We were able to offer *salat* at *Masjid Yadgar* on the FOH premises.

The FOH *Waqfe Aarzi* experience made us keenly aware of several medical and social issues of Ahmadi living in Rabwah. I plan on visiting FOH every year *Insha'Allah*, and highly recommend my fellow U.S. Ahmadi physicians to do the same.

Dr. Bashiruddin Khalil Ahmad is a neurologist practicing in Roanoke, Virginia



Dr. Ahsan M. Khan performs cataract surgery at Fazle Omar Hospital.

In the spring of 2004, Allah blessed me with the opportunity to perform *Waqfe Aarzi* at Fazle Omar Hospital's eye clinic. This was a trip I had always wanted to make, ever since I decided to pursue medicine as a career. Our beloved Hazoor^{abna} had urged all U.S. Ahmadi doctors to dedicate their time and services to the hospital, so this was an opportunity to obey Hazoor's instructions and, at the same time, fulfill my own lifelong dream.

Over a one week period, I was able to see several hundred patients, some traveling from over 200 km away. Although the examination equipment in the clinic was old, it was in good working order. Many ophthalmic medications were available, and I also dispensed several eye drops that I had brought with me, donated by pharmaceutical companies. The operating room had much of the surgical equipment I needed for cataract surgery. I brought intraocular lenses with me along with surgical tools, and in all was able to implant about a dozen intraocular lenses. The operating room staff were technically very skilled in their surgical assistance and knowledge of surgical technique. It was surreal operating 10,000 miles from home in a small remote village in the middle of Pakistan, and feeling so surprisingly comfortable with my surroundings.

Working at Fazle Omar Hospital was, without a doubt, the most uplifting experience of my medical career. I am thankful to Dr. Lt. Col. Abdul Khaliq Sahib, the administrator, and Captain Majid Sahib, the deputy administrator, who were able to organize my *Waqfe Aarzi* appointment, including coordinating transportation. Dr. Rasheed Rashid Sahib, the director of ophthalmology, was my mentor and made sure my needs in the clinic and operating room were met at all times. I enjoyed working with him and I appreciate the time he spent with me.

I am particularly thankful to Dr. Nusrat Jehan, director of Obstetrics/Gynecology (Ob/Gyn). From the moment I arrived, she took special care of me from every standpoint, including living arrangements, food, transportation and hospital duties. Although she herself had just returned from an international conference and had a considerable load of work to do in the Ob/Gyn department, she sacrificed a lot of her time to help me on a daily basis. My heartfelt gratitude and prayers go towards her for this.

I finally would like to extend my prayers to all those who work at Fazle Omar Hospital on a regular basis, and who have been doing so for years, including those mentioned above. I got to know many of them personally and they have become my life-long friends and colleagues. They are role models for all physicians aspiring to contribute in some small way towards Fazle Omar Hospital. Their sacrifices and hard work, when witnessed first hand by those visiting from abroad, are truly inspiring and embody the spirit of *waqf*. May Allah strengthen their hand, grant them *shifa'a* in their ongoing medical care of the sick, and bless them and their families with long, healthy lives in the service of Ahmadiyyat.

I also request your prayers for this humble servant of Islam. Please pray that Allah grant me the opportunity to make many more visits to Fazle Omar Hospital in the near future, *Insha'Allah*. Please also pray that Ahmadi physicians from *Jama'at* U.S.A. come to Fazle Omar Hospital in large numbers to offer their services to this blessed and noble institution, under the direction of Hazoor^{aba}, *Insha'Allah*.

Dr. Ahsan Mahmood Khan is an ophthalmologist practicing in Orange County, California

It was during my time at King Edward Medical College that I used to hear about a certain physician in the USA who used to donate money and equipment to Fazle Omar Hospital. I used to wish and pray to God that one day I should be of some service to this hospital whose foundation was laid by *Hadhrat Musleh Maoud*. However, once I had the opportunity to go and work at Fazle Omar Hospital, I realized that no amount of service or donation we provide is enough. It is with only Allah's miraculous ways that this hospital continues to provide healthcare facilities to the local people of Rabwah and beyond. Local resources are just not enough.

Offering our time and financial sacrifice is our humble way of being a part of those miraculous ways of Allah. Every patient that I have seen there and every physician that I have met seems to be charged with an unmistakable trust in Allah. The Tahir Heart Institute is the pinnacle of that belief that all Ahmadis have in common that the *khalifa's* word is the Word of Allah. The progress of the project that I have seen myself over the last two years is living proof of that.

I believe that physicians visiting Fazle Omar Hospital must establish personal repertoire with their counterpart (if available). This will ensure ongoing improvement in knowledge, skill and resources at the local level. This is how we can bring the level of this entire Institution to that of a regional center of excellence. That in turn will be the true fulfillment of *Hadhrat Musleh Maoud's* vision.

Dr. Nasir Islam Bhatti is an otolaryngologist on staff at Johns Hopkins University Medical Center

I was inspired by God almighty to visit Rabwah to assess the progress and practicality of the Tahir Heart Institute. I must admit I was very skeptical about it when I learned about the project.

Access to Rabwah was quite good, except for a small stretch of road after you exit from M2, the highway that connects Lahore to Islamabad. I reached Rabwah at night and stayed in one of the well furnished guesthouses, which was very comfortable. The next morning I visited the hospital. The project director of the Tahir Institute, Mr. Majid Ahmad Khan, was kind enough to take me around. I visited the Women's Hospital first, which impressed me immensely with the way it was functioning. The hospital is very clean, spacious, and beautifully organized. I met with some of the patients and I could not believe that in a remote city like Rabwah, they are able to provide such a high standard of care. My next visit was the General Hospital, which was just as impressive as the Women's Hospital. In the intensive care unit there were quite a few sick patients and their treatment was very satisfactory.

At last, I entered the building which will soon be home to the Tahir Heart Institute and I heard myself uttering, "*Alhamdulillah*." I did not have the slightest idea about the size and the extent of its construction. The multi-level building is almost complete. The design and the layout are both modern and

practical. I cannot describe the detail, but I can say it seems like we are building a heart institute that one would find in the United States. I am helping one of the hospitals in Portland, Oregon build a facility to perform heart surgery. I must say, our Tahir Heart Institute, when completed, will be as impressive as the Kaiser Permanente facility at Sunnyside Hospital in Portland.

To me, it seems Tahir Heart Institute is a reality. *Insha 'Allah*, it will start to function soon. It will be a one-of-a-kind facility in a town like Rabwah to render help to poor patients. I have no doubt about its success. It is an earnest desire of our *khalifa* and it bears the name of the beloved Khalifatul Masih IVth. It is incumbent upon us to make every possible sacrifice to complete this mission and pray for its success.

The cardiology floor will be completed in December, 2006. After getting the Cardiology Department fully established and functioning, they plan to work on the surgical floor. I have already committed myself to help as much as possible to set up an adequate surgical facility. May Allah help us fulfill the wish of our beloved *khalifa*.

Dr. Aftab Ahmad is a Senior Cardiothoracic Surgeon at St. Vincent's Hospital in Portland, Oregon, and a Clinical Assistant Professor for Oregon Health and Sciences University.

For the last few years, I have been blessed to be able to serve our community through *Waqfe Arzi* at Fazle Omar Hospital, Rabwah. I was born in Lahore, Pakistan and as a youngster I frequented Rabwah. Then, as a medical student, I had occasions to visit the hospital. After I came to the U.S., I had the recollections of that hospital more as a glorified rural dispensary serving a few thousand people. The hospital will close at 1 pm and, if you were lucky, you may be able to see a doctor. If there happened to be an emergency, than mostly you were on your own.

After I moved to the U.S., and after years of training, I found in my heart to say *labbaik* to the *khalifa*'s call and return to Rabwah for *waqf*. By then, I had been involved in missionary work elsewhere, especially in Africa. I became aware about such volunteer work and the difficulties one faces while working in countries that lack modern facilities.

When I first arrived in Rabwah, I was happily surprised at the willingness of the administration and medical staff to make our stay comfortable and useful. I found them to be organized and focused. There were patients lined up to be seen by the appropriate specialist and whatever facilities were available were provided for us. I found staff to be willing to learn and cooperate. I was particularly impressed by the transformation of the hospital to a modern facility within their means. The hospital was open 24 hours a day to receive emergencies and provide necessary care. The investigations that were not available in the hospital were obtained from better equipped facilities in bigger cities. The standard of cleanliness was up to modern standards. There was organization and coordination in all functions. The women's hospital could be the envy of any modern facility.

Most surprising of all was the construction of the Tahir Heart Institute. The building was on its way to completion and I found it to be very well thought out and designed to accommodate a state-of-the-art cardiology/cardiac surgery unit, which allows for future expansion. I had no doubt in my mind that I was witnessing the unfolding of a modern era in medicine in the small remote town of Rabwah that is no less than a miracle and was only possible with Divine intervention. I felt that I had been blessed to be a very

small participant in this process and felt lucky to be there on such an historic occasion. I believe that those who will participate in this process will be blessed and the ones who, unluckily, are unable or unwilling to do so, will be left with a remorse that will leave them unfulfilled, for the time to participate will then be gone. Allah's blessings don't wait for mortals: they just happen as planned.

Dr. Agha Shahid is a practicing neurosurgeon living in Maryland.



Dr. Mirza Amin Baig

I've had the opportunity to visit Fazle Omar Hospital many times within the past several years as a *Waqife Aarzi*. I hosted an orthopedic clinic, which was previously advertised in the Daily *Al-Fazal*. Many people came from long distances for consultation. I also gave lectures in my specialty to the doctors and general public. I saw the construction of the Tahir Heart Institute and I was very impressed with its design. It seemed apparent to me that it will be an ideal institution for the treatment of the patients suffering from heart diseases. My wish is that Allah make it one of the best heart institutes, where people from many countries come for treatment, *Insha'Allah*. I request my doctor colleagues to devote their time and financial assets for this establishment, as it is the wish of our beloved Imam.

Dr. Mirza Amin Baig is an orthopedic surgeon working in Baltimore, Maryland.

SOURCE: FAZLE OMAR HOSPITAL STAFF



An illuminated Fazle Omar Hospital at night. The hospital services now run 24 hours a day.

Essay: A Matter of Your Heart - Risks and Prevention of Heart Disease

by Mubashir A. Mumtaz, MD



Dr. M.A. Mumtaz

The Holy Qur'an states:

Save him who comes to Allah with a sound heart (26:90)

Coronary heart disease is the narrowing or complete blockage of the arteries that supply blood to the heart. The heart muscle needs oxygen and nutrients supplied through the blood to survive. When the artery is narrowed by fatty deposits, it causes a decreased blood supply. A heart attack occurs when a blood vessel feeding the heart is completely and abruptly blocked. Once the heart muscle dies, it does not regenerate and the heart weakens. Therefore, the prevention of heart disease is much more crucial than treatment after the onset of disease.

Coronary artery disease is the most common type of heart disease, affecting 13 million Americans. Last year, 1.25 million Americans had heart attacks. The American Heart Association has identified several risk factors.

1. Increasing age
2. Male gender
3. Heredity
4. Smoking
5. High Blood Pressure
6. High Blood Cholesterol
7. Physical Inactivity
8. Obesity
9. Diabetes
10. Stress and alcohol may also contribute to heart disease

While one's age, gender and heredity cannot be altered, the other risk factors can be modified, treated or controlled by changing one's lifestyle or taking medication. The following are some simple strategies for a "heart-healthy" lifestyle.

1. Don't smoke: This the most powerful preventable risk factor for heart disease. No amount of smoking is safe. Tobacco smoke contains more than 4,800 chemicals and many of these can damage the vessels of the heart. Smoking cessation dramatically drops the risk of heart disease within one year.

2. Exercise, exercise, exercise: Regular exercise increases blood flow to the heart and strengthens its contractions. This, in turn, increases blood flow output with fewer number of heart beats. Federal guidelines recommend at least 30-60 minutes of moderately intense physical activity for five to six days of the week. A moderately intense physical activity is described as that during which the person is able to talk but unable to sing. A brisk walk every day, going up and down the stairs or using the treadmill regularly affectively improves endurance. But even simple life style changes can add valuable energy-spending minutes to one's activity profile:
 - Instead of taking the car, walk to places within a one mile radius like the library, convenience store or school;
 - Use the stairs instead of elevators;
 - Park at the farthest spot in the parking lot;
 - Perform household chores or work with weights while watching television;
 - Walk up and down the soccer or softball field sidelines while watching the kids play.
 - Sign up for *Waqare Amal* whenever the opportunity presents itself.
3. A "heart-healthy" diet: The Dietary Guidelines describe a **healthy diet** as one that emphasizes fruits, vegetables, whole grains, and fat-free or lowfat milk and milk products; also includes lean meats, poultry, fish, beans, eggs, and nuts; and is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars. Vegetables, fruit, whole grain and lowfat dairy products can help protect your heart. There is a large amount of data to back this up. This does not mean one has to refrain from *korma*, *pulao* and meat products for life. Instead, simple modifications to a traditional recipe can cut down the fat and calories significantly without compromising the flavor. Some cooking tips are as follows:
 - Choose from lean cuts of meat like loin and round. Avoid chuck and ribs.
 - Choose boneless, skinless chicken which is 98% fat free.
 - Include fish at least 1-2 times/week as it is a great source of omega 3 fatty acids.
 - Avoid organ meats as they are loaded with cholesterol.
 - Substitute lean ground turkey or chicken in ground meat dishes whenever possible.
 - Use an egg substitute instead of whole eggs in cooking and baking.
 - Choose a cooking oil with the least amount of saturated fat. Currently, olive oil and canola oil contain the lowest percent of saturated fat.
 - The fat content of many traditional dishes like *pulao* and *korma* can be reduced by preparing the gravy in advance, placing it in the refrigerator for a couple of hours, and then skimming the fat from the top.
 - Many of the nut oils have also been shown to improve lipid profiles when incorporated into a healthy diet. A few nuts a day, or a teaspoon of flaxseed oil a day, can aid in improving the HDL/LDL ratio.
 - Re-portioning the plate can significantly alter caloric content of a meal. Adding more salad and vegetables to the plate and less meat and gravy creates a well balanced and nutritious meal.
 - Whenever possible, choose whole grain breads, pasta and cereal.
 - Bake, broil, grill or steam whenever possible. Avoid frying and fried products.
 - Saturated and *trans* fats are the most harmful. Major sources of these fats include high grain beef, butter, *ghee* (hydrogenated oil), regular cheese, whole milk, regular margarine and

interestingly, most of the store bought meals and desserts. Most grocery stores and restaurants use shortening as their primary cooking and baking fat because of its exceptional shelf life and unbeatable price. Current research on the harmful properties of these fats has influenced some food processors and restaurant owners to switch to healthier oils. Unfortunately, they are not as prevalent as we would like. If you routinely dine out, ask the restaurant what kind of fats they use for cooking.

- As for grocery food items, the products with no *trans* fat actually say “no trans fat”. The best way to find these products is to read the labels.
- You also have to increase your intake of fruits and vegetables to 5-10 servings per day. The best way to incorporate them regularly is to add a fruit or vegetable to your plate before adding anything else.

4. Maintain a healthy weight: A little extra weight can put strain on your heart. Increased weight can lead to high blood pressure, high cholesterol and diabetes, which in turn increase the risk of heart disease. A simple way of assessing your weight is to use a simple calculation that relates your weight (in pounds) to your height (inches); this calculation results in a score called the “Body Mass Index” or BMI. Generally a BMI of 18.5-25 is considered healthy. Another simpler but less accurate way is to measure your waist. Men should measure 40 inches or less and women should measure 35 inches or less. However even small reductions in weight could be beneficial.

5. Keep your blood pressure under control: It’s good to keep your blood pressure under an optimum range of 120/80 mmhg. If you test in the high normal range 130-139/85-89 mm Hg make arrangements to have it rechecked in a year. If your blood pressure runs higher you should consult a physician so medications could be started.

6. Monitor your cholesterol: The goal is to keep your HDL high and LDL low. Dr. Mehmet Oz of Columbia Presbyterian in New York describes an easy to remember way. H is for happy (HDL), the more happy the better. L is for lower LDL, the lower the better. If you already have heart disease or diabetes it is recommended that you take medication to keep LDL less than 100mg/dl. If you have two of the major risk factors (obesity, high blood pressure or a family history of premature heart disease) your LDL should be less than 130mg/dl.

7. Control diabetes aggressively: Diabetes is one of the major risk factors for heart disease, stroke, and peripheral vascular disease (lack of adequate blood-flow to the limbs due to narrowing or complete blockage of arteries/blood vessels which carry the blood from the heart). The incidence of diabetes has increased markedly around the globe and has achieved epidemic proportions. Diabetes is a hereditary disease but its prevalence today is due to increased caloric intake, obesity and inactivity. Diabetes should be controlled by following a proper diet, daily exercise, and medication as necessary under regular check-up and supervision by your physician. Monitor blood sugar daily at home using a glucometer. The aim should be to keep fasting blood sugar around 100mg/dcl. Your doctor should check your hemoglobin A1C every 3-4 months. This lab test reflects three months average blood sugar. The ideal hemoglobin A1C in diabetics should be 6.5 or below. If it is above 7 the incidence of major

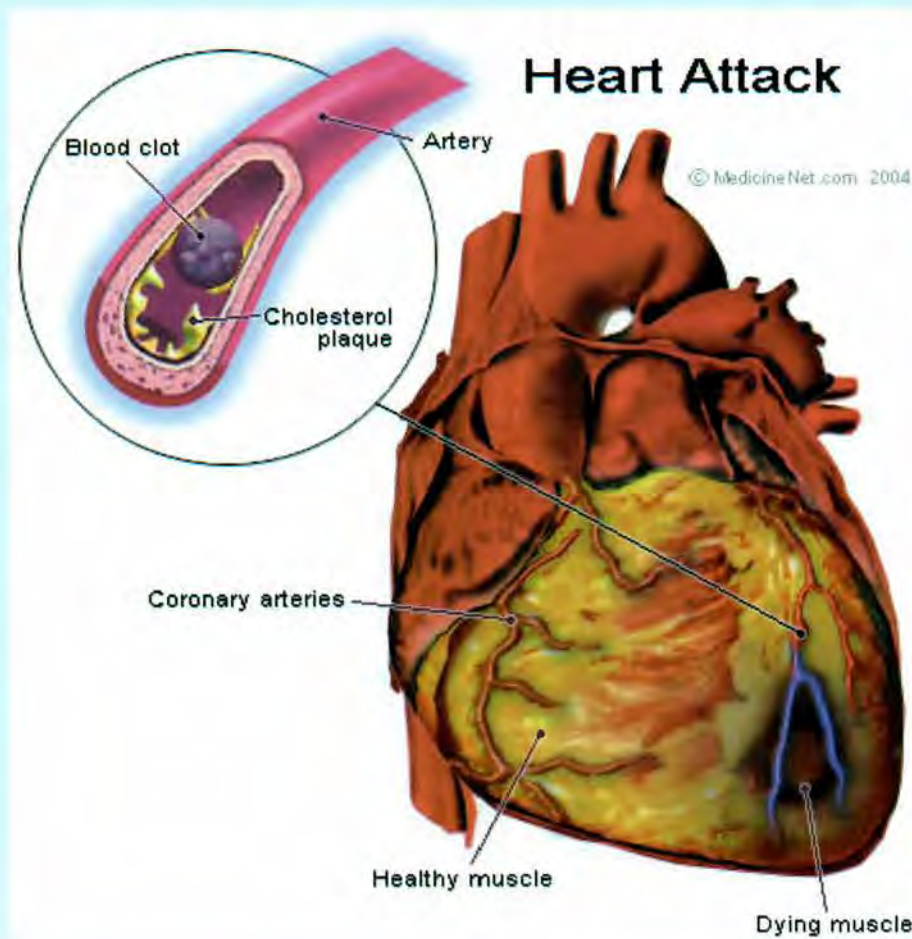
complications like heart attacks, stroke, blindness, kidney failure and vascular insufficiency increases greatly. An occasional blood-sugar check-up in the doctor's office is not enough so regular home-monitoring is essential for control of diabetes

8. Teach your children: Involve kids at an early age in making smart choices. Eating in moderation as preached in Islam is a great way to start.

9. Relieve stress: The best way to relieve stress is through prayers. As Allah says in the Holy Quran "Those who believe, and whose hearts find comfort in the remembrance of Allah. Aye! It is in remembrance of Allah that hearts can find comfort." (13:29)

A healthy heart leads to a healthy mind and soul.

One of the useful links on the internet is Americanheart.org where you can calculate your risk and learn more about heart disease and its prevention.



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Acknowledgments

Being grateful is being a true human. We all are dependent on Allah's Mercy and are interdependent for each other's assistance. We are fortunate that, in this endeavor, we have had the assistance of many individuals in both the U.S. and Pakistan. We appreciate and offer sincere thanks to Lt. Col. (Ret.) Dr. Munir Ahmad *Sahib*, the Administrator of Fazle Omar Hospital, as well as his hard-working staff, for supporting this publication. Dr. Nusrat Jehan Malik *Sahiba* sent us a substantial amount of material in the form of write-ups, pictures, CDs and faxes using all methods of dispatch, including hand deliveries. Tahir Mirza *Sahib*, the librarian of Jamia Ahmadiyya Senior Campus, Rabwah, was an important liaison for these purposes, and we offer our thanks to him for his help. Our magazine is being graced with the invaluable articles of Dr. Masudul Hasan Nuri, Dr. Latif Ahmad Qureshi, Dr. Nusrat Jehan Malik, Col. (Ret.) Dr. Abdul Khaliq, Dr. Nasim Rehmatullah, Dr. Muhammad Ali Mumtaz, Dr. Mansoor A. Qureshi and Dr. Mubashir Mumtaz. The *Waqifeene Aarzi* physicians not only spent their valuable time in response to the call of our beloved Imam^{aba}, but also shared their sentiments with us in their brief notes. Another important aspect of publication is editing and proofreading. In this regard, we are grateful to Dr. Naseer Ahmad and his wife Tanvir Ahmad *Sahiba*, who painstakingly reviewed the entire text. A pictorial cannot be put together without a thoughtful layout, copy editing and selection of pictures; we thank Dr. Arshad M. Khan and Dr. Ahsan M. Khan for these great services. To conceive an idea is one thing, and to execute it something else; we are indebted to our respected *Ameer Jama'at* USA, Dr. Ahsanullah Zafar *Sahib*, for the opportunity to publish this pictorial. May Allah bless each and every one of us who contributed in this great task. It is our desire that this magazine promotes a greater appreciation and interest in the worldwide Ahmadiyya medical community and its role in promoting universal human welfare.

Anwer M. Khan
Editor, Special Issue
Chino Hills, CA

Majlise Aamla, Jama'at Ahmadiyya USA

April 2006

PHOTO SUPPLIED BY PEER HABIBUR RAHMAN



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Seated, L to R:

Missionary Ziaul Haq Zaki, Missionary Inamul Haq Kauser, Missionary Yahya Luqman, Missionary Syed Shamshad Nasir, Missionary M. Zafrullah Hanjra, Missionary Irshad A. Malhi, Missionary Incharge and *Naib Ameer*, Daud Hanif; *Ameer* USA, Dr. Ahsanullah Zafar; *Naib Ameer* and Secretary Public Relations, Zinda Mahmood Bajwa; *Naib Ameer* and Chairman MTA, Dr. Nasim Rehmatullah; *Naib Ameer*, Dr. Hamid ur Rahman; *Naib Ameer*, Dr. Zaheer Ahmad Bajwa; General Secretary, Dr. Masood Malik; *Sadr Ansarullah*, Dr. Wajeeh Bajwa.

Standing, L to R:

Muhasib, Mirza Naseer Ehsan Ahmad; Secretary *Sanat-o-Tijarat*, Khurram Fawad Ahmad; Secretary Sattelite Fund, Dr. B.K. Ahmad; Secretary *Tabligh*, Ali Murtaza; Additional Secretary Finance, *Alhaj* Dhulfiqar Yaqoob; Secretary Audio/Video, Dr. Abdul Hakeem Nasir; President, Silver Spring *Jama'at*, Ch. Pervaiz Aslam; Secretary *Ziafat*, Amjad M. Chaudhary; Imtiaz Rajeki, *Jama'at* Philadelphia; Secretary *Tarbiyyat*, Nasir M. Malik; Secretary MTA, Peer Habibur Rahman; Secretary *Wasaya*, Dr. Khalid Ata; Secretary *Tehrik-e-Jadid*, Anwer Mahmood Khan; Assistant Secretary, *Umoore Aama*, Tariq Amjad; Additional Secretary *Waqf-e-Jadid*, Bilal Abdul Salam; *Amin* (Trustee), Shafat Faisal Khan.

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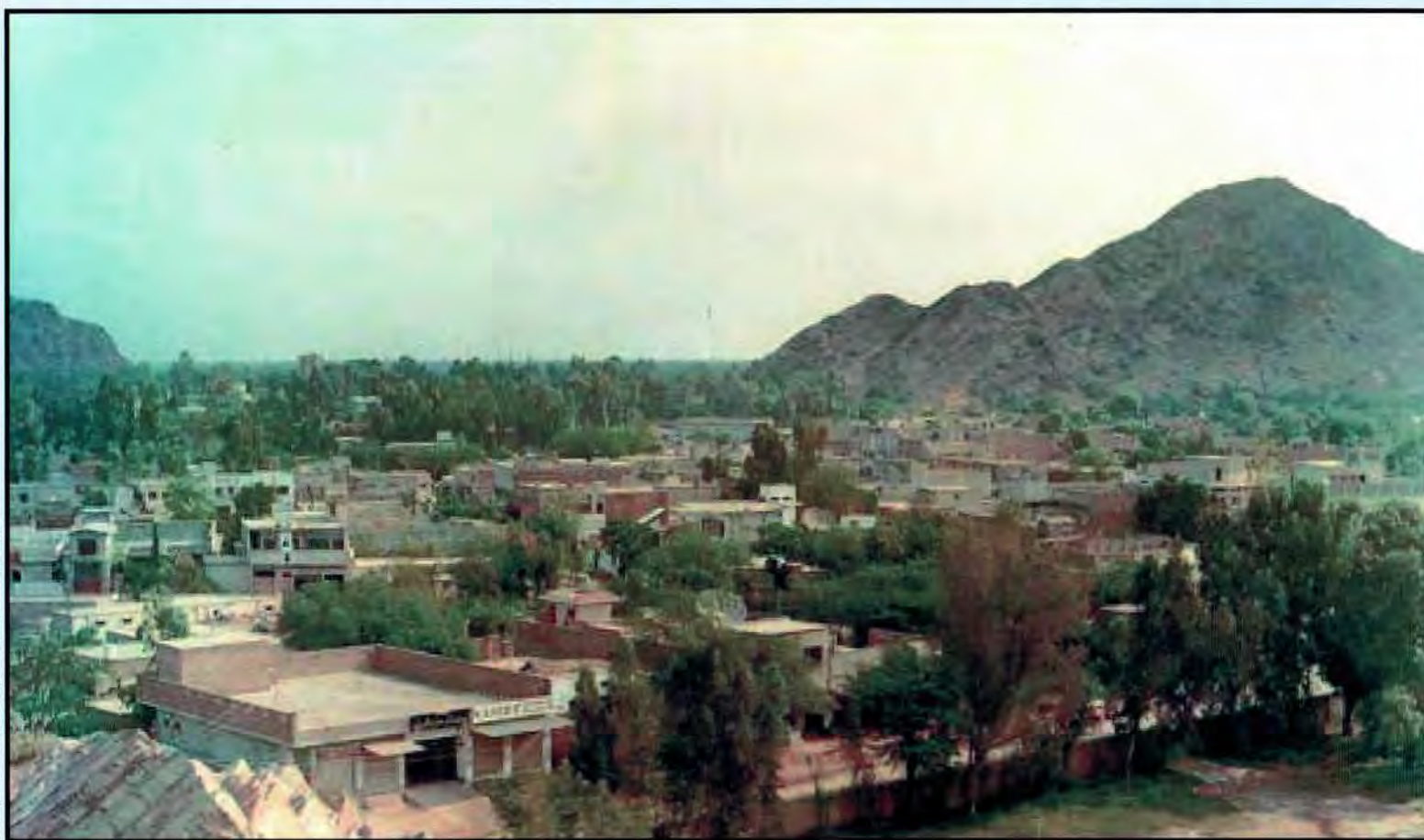
A Scholar's Opinion of Fazle Omar Hospital

The following are excerpts from Dr. Antonio R. Gualtieri's recent study of the Ahmadiyya community, entitled: *The Ahmadies: Community, Gender and Politics in a Muslim Society* (2004). -- Editor.

"We learned that over ninety percent of the patients served by the hospital are non-Ahmadies because the hospital caters to a wide surrounding geographical area. Non-Ahmadi Muslims and Christians come there with the confidence that they will be taken care of efficiently and lovingly. I asked what percentage of the hospital budget came from government funds and was told not a cent. The hospital is totally supported by Ahmadi funds, approximately 60% of which are generated by the fees that are charged and the other 40% by donations from the Ahmadiyya community." (p. 54).

"As our tour of the hospital continued, we removed our shoes, donned surgical gowns, masks and caps, and inspected two operating theatres that were not then in use. These evinced a commitment to using the latest equipment provided by medical science that the community could possibly afford. The hospital is in a constant state of development. The architecture of the building shows the way section after section, wing after wing, have been added as funds become available. It has all been done in the face of the constitutional, legal, and practical hurdles that are put in the way of Ahmadi practice of their religion." (p. 58)

A panoramic view of a portion of Rabwah, 2006. The city began as a tent community in 1948 and now has grown to become a thriving center for Jama'at Ahmadiyya activities. Fazle Omar Hospital and its associated health facilities, such as the Nawab Muhammad Din Block, Begum Zubaida Bani Wing, and the soon-to-be-completed Tahir Heart Institute exemplify the Ahmadiyya commitment to community service. Love for all, Hatred for None.



SOURCE: FAZLE OMAR HOSPITAL STAFF

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SOURCE: FAZLE OMAR HOSPITAL STAFF



SOURCE: FAZLE OMAR HOSPITAL STAFF



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