



THE LIVER CARE FOUNDATION

ANNUAL REPORT- 2007

PREAMBLE

This Report covers the period of activities from Jan1- December 31 2008.

THE FOUNDATION

The Liver Care Foundation was established in 2005 as a non profit Organisation with a view to contribute to society by connecting with the public, patient and provider, as a part of its focus towards prevention of liver disease(s).

GOAL

To assist and support Healthcare related to Liver Diseases.

VISION

To contribute to a world 'Free of Liver Disease'

MISSION

1. To advocate and generate public awareness about Liver Health through information, education and communication.
2. To assist those living with liver disease.
3. Strive continuously to bridge the global gap in the field of academics and research, relating to Liver and its diseases.

LIVER AND ITS CARE

INTRODUCTION

The Liver is an organ which is placed on the right side of the body. It is distinctly the largest and key organ of a human body.

It is strategically the first port of entry from process of digestion before nutrients leave for the rest of the body.

The Liver, therefore, is a very sensitive and an important organ in the human body and has a crucial role to play in infusing in us the passion for a long life—an enthusiasm which we take for granted—which could easily be dismayed when the Liver gets afflicted.

It is indeed a point for concern that, as per WHO report, more people die of Hepatitis B in a day than AIDS in an entire year.

Dr Shiv Sarin, Joint Director-‘Hepatitis Day’ states that the national prevalence rate for hepatitis B is 4.7 percent, while that of AIDS is less than one percent.

Around 45 million people in India are infected with Hepatitis B and about 15 million with Hepatitis C. This, Dr Shiv Sarin states, is primarily due to lack of awareness.

Moreover, people are hardly aware that both hepatitis B and C are spread in the same way as AIDS.

Dr. Shiv Sarin states that the amount of blood needed to transmit hepatitis B and C is much less compared to HIV virus.

The most notorious of liver affliction is Hepatitis, which could cause a host of associated ailments that could endanger life.

Many lives have been affected beyond repair due to this disease.

There are three distinct categories of Hepatitis—Hepatitis A, B and C, of which Hepatitis B is particularly virulent.

On a worldwide study, the figures are estimated at 300 to 400 million people and the vulnerable areas are Southeast Asia, China, sub-Saharan Africa and the Indian subcontinent.

In India alone, nearly 36 million people are severely affected by the Hepatitis virus.

The Government of India has expressed its concern in the matter and has therefore launched a campaign against this killer disease by starting a Hepatitis B vaccination programme in selected districts and urban slums.

CHAPTER 1

The Liver Care Foundation aims at providing:

1. Awareness
2. Assistance
3. Academic Support
4. Organisation Values

Awareness

The aim of LCF is to bring about an awakening in the minds of people about the importance of functioning of liver in a human body; and if not taken care of, can create a number diseases related to liver and thus cause complications.

It will also educate people about the treatment of liver disease and the availability of Doctors and Hospitals, treating this malady

Assistance:

LCF will endeavour to provide assistance in terms of financial aid (and through Donors) to those who are willing to donate their liver.

Academic Support:

LCF also undertakes to promote upcoming Doctors, financially, who though, are well qualified to attend higher studies or present papers, but cannot do so for lack of funds. Each case is considered on merit through a screening body before providing them with any financial assistance

Organization Values:

Competency, Credibility, Commitment, Care and Cooperation constitute the culture of The Liver Care Foundation.

CHAPTER II

KEY ACTIVITIES OF 2007-2008

REVIEW OF ACTIVITIES

Introduction

The Review of Activities covers the period 01 April 2007 to 31 March 2008

Activities

In pursuit of our Mission and our Goal, The Liver Care Foundation (LCF) has carried out the following activities

A. Academics.

Scholarship-Presentation of Paper

- i) LCF has tried to bridge the global gap in the field of Academics. Towards this, LCF has awarded scholarship to Doctors to enable them to present Papers on Liver Health at International Forums.
- ii) Scholarship awards were given to six medical doctors to present their Paper at the APASL Meeting in Kyoto in 2007 and to five medical doctors, to present their Paper at APASL Meeting in Seoul in 2008.

The following Doctors were given scholarship during year 2007-08

Dr. Ajay Sharma Kumar Choudhary

Dr. Akash Shukla

Dr. Praveen Sharma

Dr. Sanjeev K Sharma

B. Sponsoring

LCF has also sponsored APASL Workshop/Meetings in New Delhi in 2007/08. These Workshop/Meetings are held with a view to study and analyse new medical concepts in the field of Gastroenterology and means of improving the methodology in the care of liver patients. The Workshop/Meetings were well attended by renowned Gastroenterologists

from all over the world and from India. Dr Shiv Sarin, MD, DM, chaired the Workshop and the Meetings.

C. Talk Series--Awareness about Liver and its related Disease

It has been observed that more often than not, most people who suffer from liver disease(s) are a victim of ignorance of knowledge about Liver and its related diseases, its prevention and cure.

It therefore becomes imperative that there is a need to educate the populace on liver.

LCF has therefore undertaken this task of bringing about Awareness amongst people which is a part of its mission.

It was therefore decided to conduct a series of Health Talks on Liver to a cross section of Society.

We have made a good beginning in our series on Health Talk on Awareness about Liver and have covered various sections of the Society.

A Health Talk was delivered by Dr Puja Sakhuja, MD, a renowned Liver Pathologist in the country, to a cross section of Society at the India Habitat Centre on 22 Feb 2008.



Dr Puja Sakhuja, MD, delivering the Talk



A section of the audience listening to the Talk



Dr Shiv Sarin amongst other Panelists

D. Survey Forms

As stated above, it was noted that the level of awareness amongst the people ranged from total ignorance to a mediocre level of information on Liver.

It was then decided to carry out a Survey with a view to gauge the depth of knowledge people have about liver and its related diseases.

This would then enable us to modulate our talk to the concerned audience.

LCF therefore printed 5000 survey forms in English and 2000 survey Forms in Hindi.

These forms were distributed to various Organisations/Educational Institutions as also to the lower sections of society.

We have been able to get a good response from the Survey Forms which indicates the depth of information about Liver amongst various sections of Society.

The information required from the Survey Forms also helps in spreading awareness amongst those who are filling up these forms.

The Survey Forms will be distributed during all Health Talks, as also, will be distributed in Schools/Colleges and to the Corporate Sector.

E. Website

It is planned to start our own website which will help the public at large to gain complete information on Liver and other related matters and to include information on treatment at various hospitals, liver donation, list of doctors specialising in Gastroenterology and FAQs.

We hope to launch the website very shortly.

F. Joint Ventures

It is planned to have a joint venture with Industrial/Corporate which will help us in spreading awareness about Liver by carrying out vaccination campaigns and arranging Health Talks in their respective Halls/Auditoriums.

We are in the process of holding joint venture with ASSOCHAM and PHDCCI, in this regard.

G. Rotary Blood Bank

In a meeting with the Chief Medical Officer, Rotary Blood Bank-LCF raised the issue of spreading awareness about Liver and its related ailments, by distributing Brochures to those who came to donate blood in the Blood Donation Camps organised by them.

The CMO appreciated the idea and stated that at times, they could not take blood of donors as they were suffering from hepatitis infection and these

donors desired information about this illness. She therefore thought it to be a good idea if LCF could spread awareness during the blood donation camps.

In fact, the CMO went further to state that they could also distribute Brochures on behalf LCF.

LCF has been able to spread awareness amongst the blood donors during the campaign through a brief talk and through distribution of Brochures; wherever Rotary Blood Bank has carried out a Blood Donation Camps.

H. Printing of Brochures

LCF has printed two separate brochures, which contain information about the following:

1. Foundation, its Vision and Mission
2. You and Your Liver—gives out a information on maintaining a healthy Liver. It supplements the talk on “You and Your Liver”.

LCF also printed 10” scales/rulers with relevant material from the Talk on “You and Your Liver”.

This material is distributed during the Health Talks

I. Planning of Health Talks in Future

LCF has planned to hold Health Talks on Liver to cover a large segment of Society which shall include Industry/Corporate Sector, Schools and Colleges, and a good number of Social Institutions.

The following have confirmed to hold the Talk in their respective places:

- a) ASSOCHAM
- b) PHDCCI
- c) Delhi Public School, R K Puram
- d) Army Public School
- e) IIT
- f) Bhagat Singh College
- g) Mahavir Public School

- h) Rajasthan Ratnakar
- i) Naval Public School

LIVER TRANSPLANT GROUP

A Liver Transplant has been formed by those who have had a liver transplant. The main aim of this group is to spread awareness amongst those people who are suffering from severe liver ailments and are likely to go through a liver transplant.

This idea to create such a group was initiated by Mr P B Vijay—one of our Trustees.

Since this compliments our Mission, LCF supports its cause and partakes in any of their meetings.

A meeting of the LTP Group took place in Oct 2007 to discuss the following issues:

- A. Legal Issues relating to—overview of the Act, penalties of the Act, Role of the Authorisation Committee and role of Insurance Companies
- B. Medical-Concept of brain stem death; medical perspective on transplant of liver, heart and kidney, unclaimed and known bodies brought to the Hospital; cost of transplant and post transplant care
- C. Human Rights—Fundamental right to life; health; human rights instruments
- D. Religious
- E. NGOs role in raising awareness, raising funds
- F. Organ Donor Cards

The meeting was well attended which was inaugurated by Justice Shivraj Patil

PLANNING FOR THE FUTURE

LCF plans to carry out the following activities in the coming year:

A. Health Talks

It is planned to conduct two to three Talks on Liver every month with a view to cover a larger section of society thus connecting with people. It is intended to cover more schools and colleges, industrial houses, rural areas and the glitterati.

B. Vaccination Campaigns

We have joined hands with PHDCCI to carry out vaccination of Hepatitis B in the rural areas wherein PHDCCI will sponsor the vaccines as well as hold a health Talk through their doctors, using our Talk module

C. Website

Although we have launched our website, it needs to be updated and completed in all aspects—which shall be done in the year ahead.

D. Academics--Scholarship

LCF will continue to award scholarship to deserving doctors to present their Paper in the international forums.

E. Academics--Sponsoring

LCF will sponsor the next APASL Meeting in New Delhi which is scheduled to be held in Feb 2009.

F. Book Release

LCF is planning to release a book which shall contain experiences of those patients who have undergone liver transplant and of those persons who have donated their liver.

It is hoped that this book would clear a lot of myths and apprehensions in the minds of people who need a liver transplant and who may consider donating their liver.

G. Fund Raising

With the planned capacity building and increase in the activities, printing of brochures etc, it is intended to seek donors who would be willing

to donate funds to the cause of the Foundation thus helping us in achieving our targets.

H. Helpline

It is planned to open a Helpline for all those seeking information on Liver and those who want to be treated.

The modalities are being worked out in terms of a joint venture or establishing it through our own resources.

I. Publicity

We intend to spread the message about Liver and Liver Transplant through the media and newspapers.