



Fistula

Saving Begum Jaan

Tale of a Social Outcast



Begum Jaan from Muzaffarabad was swamped by cameras; never in her life had she faced this many photographers. She found herself the center of attention at a ceremony arranged in a five star hotel, filled to capacity by an applauding audience. Truly a day that would not be soon forgotten by her or her family!

When the devastating floods hit the north-east areas of

Pakistan on 18th October 2005, Begum Jaan was undergoing labor at her home. She was left buried under the rubble of her house for ten long hours and tragically gave birth to a deceased child. A local midwife helped in her delivery but due to complications, Begum Jaan ended up losing the ability to control her urine excretion after the incident.

She had become a victim of Urine Incontinence (UI) –

Jaan, he shifted her to Karachi with the support of Edhi Trust. Dr. Aziz Abdullah, Dr. Shershah and his team conducted 3 operations in December 2005 and January 2006 at Atia General Hospital, Karachi that helped cure her of this dreaded affliction.

Begum Jaan attended the inauguration ceremony of Fistula Repair Project on 28th January 2006 at a local hotel with her husband Alam Deen and their 10 year old daughter. Dr. Nafees Sadiq presented to her a new dress which was representative of the fact that she was now free of the disease and her clothes would remain dry and clean.

Fortunately Begum Jaan is one of the few women to be treated with corrective surgery. According to UNFPA statistics, at least 150,000 women in Pakistan suffer from obstetric fistula and six thousand more develop this condition every year. This leaflet provides useful information on the causes and symptoms of the disease. Information on free of charge fistula treatment centers in Pakistan is also provided.

Fistula: Causes and Symptoms

Inadequate care and treatment during pregnancy and delivery become the cause of various diseases including disability. The most grievous is the disease fistula which not only causes physical excruciation but also has several psychological and social effects as well.



The fistula usually develops when a prolonged labor presses the unborn child so tightly in the birth canal that blood flow is cut off to the surrounding tissues, which necrotize and eventually rot away. More rarely, the injury can be caused by female genital cutting, poorly performed abortions, or pelvic fractures.

Obstetric Fistula is a severe medical condition in which a fistula (hole) develops between either the rectum or vagina

or between the bladder and vagina after severe or failed childbirth, when adequate medical care is not available. Due to loss of control over urine, it keeps flowing involuntarily.



Sometimes the fistula develops between the rectum and the vagina causing feces to escape through the vagina. This medical condition is called Rectovaginal fistula. Fistula is not repaired after childbirth and the involuntary urine flow continues for which the woman has to use a sanitary napkin all the time.

Fistula of any type causes intense physical and mental torture for a suffering woman as she is always stinky due to involuntary urine and feces excretion. Mostly, the husband divorces his wife and forces her out of the house and commonly people believe such a woman to be 'contaminant' and therefore prefer to stay away from her.

Fistula Victim

Forced marriage of young girls lead to weakening of their bodies and bones and if they give birth to a child in this case, they can become the victims of fistula. Older women who have given birth to multiple children can become weak and are also prone to this disease. In both cases, it is difficult to push the child during labor. If immediate medical treatment is not given to the victim, she may end up facing painful situations in her daily life.

Fistula can be cured

Our society sadly devalues women and their problems. Fistula has affected many women but this disease can be treated and 95 percent of the victims can be cured through operation/surgery. By helping the fistula victim in your family or neighborhood, you can give her a chance to lead a normal life and take care of her children and family.

Free of Charge Fistula Treatment Centers in Pakistan

Karachi

Dr. Saboohi Mehdi, Kohi Goth Women's Hospital
Kohi Goth, Landhi, Karachi
Ph: 021-38230856, Mob: 0333-3026437

Islamabad

Prof. Dr. Ghazala Mahmood, Dr. Kausar Tasneem Bangash
Maternal and Child Care Centre, Pakistan Institute of Medical
Sciences, Islamabad
Ph: 051-9260450, Mob: 0300-5510525

Lahore

Prof. Yasmeen Rashid, Dr. Tayyaba Majeed
Gynae Ward, Lady Willingdon Hospital, Lahore
Mob: 0300-4315535

Multan

Dr. Rafiq Anjum
Gynae Ward, Nishtar Medical College and Hospital, Multan
Mob: 0300-8732882, 033-6174488

Peshawar

Prof. Nasreen Ruby, Dr. Tanveer Shafqat
Gynae Ward, Lady Reading Hospital, Peshawar
Ph: 091-5810779, Mob: 0300-5996425

Quetta

Prof. Shahnaz Baloch, Dr. Najma Ghaffar
Gynae Ward, Bolan Medical College and Hospital, Brewery
Road, Quetta
Mob: 0333-7929269

Dr. Sidrik Jalal, Christian Hospital, Mission Road, Quetta
Mob: 0300-8381724

Prof. Sadaat Khan, Dr. Haq Nawaz, Dr. Masha Khan
Swandean Civil Hospital, Quetta
Mob: 0300-9386561

Larkana

Prof. Rafia Baloch, Dr. Shaista Abro
Gynae Ward, Sheikh Zaid Women Hospital, Chandka Medical
College, Larkana
Mob: 0300-3415322

Fistula Referral Centers

Karachi

Prof. Dr. Nargis Soomro, Civil Hospital, Karachi
Dr. Azra Jameel, Sindh Govt. Qatar Hospital, Orangi Town,
Karachi

Hyderabad

Prof. Dr. Pushpa Srichand, Liaquat University of Medical
Health Sciences
Jamshoro, Sindh

Nawabshah

Dr. Razia Bahadur, People's Medical College, Civil Hospital,
Nawabshah

For more information, call at our toll free number:
0800-76200

**Pakistan National Forum on Women's Health
(PNFWH)**
PMA House, Garden Road, Karachi



Produced by the Sindh Education Foundation as part of "Nurture" Magazine (Issue: 10 Nurturing Before Birth) under the RCC: ECD Programme which is supported by the Embassy of the Kingdom of the Netherlands and coordinated by the Aga Khan Foundation, Pakistan.

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