

## **Benazeer received door step health facilities**

The subjects name is Benzeer begum aged 65 years. She is the 2nd wife of late Fazl-e-haq. She has one son, who is a laborer in Saudi Arabia and four daughters (3 married and the younger one unmarried). She belongs to Sholabar sub tribe of Afridi clan. She is an IDP, from Khyber agency, Bara, Qazi abad, village mashomano adhera, due to operations against armed militants started by Pakistan government 5 years back. She moved to sango village along with her family and now residing opposite to government high school for boys, sango village.

She previously had health issues but never consulted any health clinic due to rigid domestic environment. She was never allowed by her husband to visit any health clinic. She happened to meet SHED health team in a camp at Sango village arranged in early May, 2015. There she was spotted and presented with medical assistance, services and help, which she accepted after her family was convinced.

A proper history was taken to start with her management. It was found that she had a history of being hit by a cow 23 years back. She had polyuria and polydipsia since 20 years. These symptoms had affected her quality of life adversely causing a depressive state of mind making her role in daily domestic chores diminished, and inability to attend guests or participate in any gatherings, physical inactivity, frequently contracting infections causing her more problems with daily activities and decreased sexual drive (the reason for marriage in first place was to give birth to male children for her husband). Her complete and precise history was taken and she was fully examined and advised some tests and asked for follow up visits.

In the coming visits with further examinations and investigations she was diagnosed to have Type 2 Diabetes militias T2DM and Moderate Primary Hyper Tension HTN. Fortunately there was no end organ damage or complications of any sorts. For both the conditions she was started on drugs, provided via free pharmacy set by SHED health team. She was also counseled about dietary plan and exercise.

In the coming follow up visits, marked improvements in her physical wellbeing and quality of life were noticed. By her own admission she had a complete mental relief. She was physically active and participating in house chores and was being able to give enough time to family

The patient is enjoying normal life as per the standards of their norms. In follow ups it was found that she is free of the symptoms of the disease and is coping well with her routine life. She has been convinced that she will have to continue her treatment further and maybe lifelong.

The patient and her whole family are happy with the efforts put together by SHED team for her health and concerns about her standards of life. They are very thankful for our efforts about diagnosing her, providing treatment to her and making it accessible to her.

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