

PAKISTAN



Pakistan is home to 161.1 million people. It stretches from the Himalayas to the Arabian Sea. The earthquake that decimated northern Pakistan and India on 8 October 2005 killed some 60,000 people and left over 3.5 million homeless. The earthquake highlighted the poor infrastructure and the growing problem of tuberculosis (TB). The high prevalence of TB has led to an increase in poverty, drastically reduced the workforce and slowed the nation's economic progress.

Pakora



These recipes are reproduced from Tearfund's *Killer TB* Easter 2006 Church Pack, courtesy of Sheila McKelvie. Sheila's husband Dr Bill McKelvie is in charge of the Diocese of Hyderabad TB control programme, which is based in the Sindh province of south-east Pakistan and supported by Tearfund. He has worked for 16 years in Pakistan, a country where over 3 million people suffer from TB and over 250,000 new cases are notified every year.



- 250g flour
- 1 teaspoon salt
- ¼ teaspoon red pepper
- ¼ teaspoon black pepper
- 1 tablespoon fresh coriander
- ¼ teaspoon cumin
- ¼ teaspoon baking powder
- 200ml water to mix dough
- 1 onion
- 1 potato
- 30g spinach, chopped
- vegetable oil for deep-frying



Makes
16-20

- Mix the flour, baking powder and spices with water to make a thick paste
- Let it stand for 30 minutes
- Chop vegetables finely and add them to the paste just before deep-frying
- Heat the oil
- Carefully place tablespoons of the mixture into the oil
- Fry until golden brown and the vegetables are soft
- Drain excess oil, blot on kitchen towel if wished and serve hot

Note: this is a popular snack food sold by street vendors.



Imrose, Chief Paramedic at Tearfund partner The Diocese of Hyderabad TB Control Programme, treats 51-year-old tenant farmer Bhalla for tuberculosis. Thanks to the free treatment, Bhalla has been able to return to work and make a full recovery.

Photo : Marcus Perkins / Tearfund

Chicken karai (Chicken and tomato curry)



- 100ml vegetable oil
- 1 kg boneless chicken, in small pieces
- 1 bulb garlic, crushed
- 3cm fresh ginger, crushed
- 1 teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon garam masala
- 1 teaspoon red pepper
- 1 kg tomatoes, peeled
- 1 tablespoon lemon juice
- ¼ cup plain yoghurt
- ¼ cup coriander



- Heat the oil in a wok
- Add the chicken and stir-fry at high heat until the oil becomes clear (about ten minutes)
- Add the garlic, ginger, salt, cumin and garam masala then stir for one minute
- Add the tomatoes, lemon juice and yoghurt
- Reduce the heat and simmer until the tomatoes and chicken are tender (about 20-25 minutes)
- Increase the heat and stir until the oil separates from the tomato mixture
- Garnish with fresh chopped coriander
- Serve with rice or roti (whole wheat flat bread)

Serves 6



Janjho, 21, is newly married but unable to work the fields with her husband. She gets weaker every day. Her mother died of TB and she is travelling to the Diocese of Hyderabad TB Control Programme Clinic to be tested for the disease. Photo: Marcus Perkins/Tearfund

PAKISTAN Carrot halva



- 500g carrots, peeled and grated
- 8 whole green cardamom pods
- 500ml whole milk
- 5 tablespoons oil
- 25g sugar
- 40g raisins
- 30g pistachios



Serves
4-6

- Bring the carrots, cardamom and milk to the boil in a heavy-bottomed pan
- Cook over medium heat, stirring occasionally until dry (about one hour)
- Add oil and fry over a medium heat until mixture turns an orange-brown colour
- Add sugar, raisins and nuts
- Stir and fry until sugar dissolves
- Serve warm

Note: this dessert is available in shops during winter when carrots are in season.



Mejhr, 6, sits with her grandfather Soomar. Despite suspected TB, shortness of breath and fever, Mejhr walked five miles to the clinic with her grandfather. They are too poor to afford the bus fare, but will receive a full course of treatment - free of charge - thanks to Tearfund supporters in the UK.

Photo: Marcus Perkins/Tearfund

PAKISTAN Supporting doctors to fight TB



Dr Bill McKelvie, shown here with his wife Sheila, runs a Tearfund-supported TB control programme. Following the Asia earthquake in October 2005, Bill joined the relief effort and treated survivors in the north-east of the country. Photo: Marcus Perkins / Tearfund



Tuberculosis (TB) in Pakistan is the focus of Tearfund's *Killer TB* Easter 2006 Church Pack. The easy-to-read book, which is supplied with a CD and DVD, uses six real-life stories to show the effects of TB of the lungs and what we can do to stop it. The disease is spread through the air when someone with TB coughs, sneezes, talks or spits; it is more infectious than HIV/Aids or Hepatitis B and C.

Across the world 9 million people contract TB and, according to the World Health Organisation, more than 1.7 million people die annually. Add to this the Aids-related deaths caused by TB and then the total rises to 2.7 million.

TB is easily caught, but also easily cured – if you can afford the full eight-month course of treatment or have access to a free treatment centre. The poor are the most vulnerable because they live in crowded conditions. Early treatment is essential to stem the spread of the disease. In Pakistan, the medicine costs 170 rupees a week; the average wage is 500 rupees (about £6.50) – that's why the poor need help.

Tearfund is supporting the Diocese of Hyderabad project, run by Dr Bill McKelvie, which has five clinics and a team of paramedics who visit patients in their villages. The paramedics are local young men trained to make diagnoses and provide medical treatment.

Killer TB highlights the work of Chief Paramedic Imrose who has been inspired by Jesus' example of reaching out his hand to a leper and healing him (Matthew 8:1-4). He says that, 'TB is curable and can be cured if the patients complete their treatment. If people are diagnosed early and treated early, with the right monitoring they will get better. I have hope that TB can be cured in Pakistan.'