



HUDA CLINIC ANNUAL REPORT 2017

A look into the amazing work and accomplishments of our volunteers, donors, and supporters in the past year!

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For almost 15 years, the HUDA Clinic has sought to provide the underserved community of Metro Detroit with medical services, at no charge. We provide preventative screenings and referrals to specialists as needed. We have expanded from our humble beginnings in the Muslim Community Center in 2004 through the help of dedicated volunteers, partnerships with local organizations and hospitals, and generous donations.

The HUDA Clinic achieves its goals through generous donations, physician volunteerism, and passionate student leadership.

A Brief History of HUDA Clinic

'04

THE BEGINNING

HUDA Clinic began in 2004 as a once a month clinic, based in a room at the Muslim Center. In these days, the services provided were strictly primary care.

'08

NEW BUILDING

In 2008, the HUDA Clinic purchased a building across the street from the Muslim Center. Moving into this building alleviated crowding issues, and allowed more providers and patients to be seen in a given day.

'12

DENTAL SERVICES ADDED

Under the leadership of Dr. Shakeel Niazi, HUDA adds on Dental Services. Through grants from Blue Cross, Delta Dental, and Michigan Dental Association Foundation, as well as donations, the HUDA Dental Clinic is born.

HUDA in 2017

1,918

Primary Care Visits

441

Dental Care Visits

954

Pharmacy Visits

88

Mental Health Care Visits

48

Vision Care Visits

427

Insurance Application Assistance

'13

HUDA URBAN GARDEN FOUNDED

To supplement the care provided at the HUDA Clinic, our staff PA, Babar Qadri, took lead on the project of providing alternative means of chronic disease management. The Garden provides nourishment to hundreds of patients.

'14

MORE SERVICES ADDED

HUDA Clinic is now open multiple times per week, offering Podiatry, Psychiatry, Ophthalmology, & Pharmacy Services. With the HUDA Urban Garden in full motion, HUDA moves towards providing more comprehensive care.

'17

TODAY

Today, the HUDA Clinic is open at least four days a week, seeing hundreds of patients a month. In an effort to continue providing more comprehensive care, HUDA adds on Cardiology and Physical Therapy services, made possible through the volunteerism of generous physicians and providers.

396

Referrals to New Providers

1,720

Referrals to Community Resources

791

Total Unduplicated Patients

668

New Patients

43%

Patients Below Federal Poverty Level

42%

Patients Between 100% & 200% of FPL

2.75

Full-Time Staff Equivalency

5,720

Total Volunteer Hours

Letter from the Chairman



Dear **Friends,**

We find ourselves in the 14th year of HUDA Clinic's mission, which was merely an idea in the early 2000s. Today, HUDA stands as a symbol of compassion, service, and humanity. The volunteers and supporters of HUDA Clinic make it possible for it to continue to serve hundreds of underserved patients across all of Metro Detroit, year after year. In 2017, we noticed that our patient numbers doubled from 2016. Although we are enrolling patients into insurance programs, we still continue to care for those patients who fall through the cracks due to immigration status, employment, or other reasons. Some patients come to us because they cannot afford the copays or deductibles associated with their programs. These patients cannot see their physician on a monthly basis, making it extremely difficult for them to manage their chronic illnesses. Additionally, many patients need specialty services as soon as possible, but are unable to do so because of lack of insurance or inadequate coverage. For all of these patients, HUDA stands as a safety net provider of care so that regardless of their insurance coverage circumstance, they can still get the need they deserve. Finally, we find ourselves navigating as many eligible patients as we can onto insurance programs, while providing them their care and medications in the interim.

I began at HUDA Clinic in 2012 as an undergraduate student volunteer. As I fell increasingly more in love with the work being done here, I found HUDA to be more so a platform than anything else. Many individuals find themselves having skills, expertise, or experiences that would allow them to help others. However, they find it difficult to find somewhere to do so. If you are a professional or have experience or passion for charitable work, I implore you to get involved at HUDA in 2018 in any capacity you can! You could be making a world of a difference in someone's life.

A handwritten signature in black ink, appearing to read 'Ghufraan Akram', with a stylized flourish at the end.

Ghufraan Akram

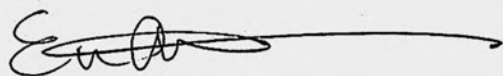
Chairman of the Board



Letter from the Executive Director

As the newest member of the HUDA Clinic, it is truly an honor leading HUDA to continue to serve as a safety net to those in need. Since its inception in 2004, the HUDA Clinic has steered remarkable interventions to close the gap in access to primary care, dental, mental health, and other related services for those experiencing unemployment, poverty, homelessness, and a lack of health insurance coverage. We have successfully managed to expand our capacity from a once-a-week clinic, fourteen years ago, to a 4-day-a-week clinic today. This wouldn't have been possible without the support of our dedicated volunteers, generous donors, and the HUDA Board of Director's. For 14 years, the HUDA Clinic continues to stay committed to our mission by improving the lives of those in need through free comprehensive healthcare, education and resources. Every day, I am inspired by the strength and resilience of our patients, the commitment and passion of our volunteers and staff, and most importantly, what HUDA stands for. When I look at HUDA, I don't just see a place where the uninsured can receive health services, but rather as a place of community. A community where underrepresented voices are heard and reflected. As HUDA continues to grow, I am extremely proud of all that HUDA has accomplished, and I am even more excited about our outlook for an equally promising future. I look forward to moving HUDA in a direction that allows us to evolve and adjust to better serve the needs of the community.

The future of HUDA is bright, with endless possibilities geared towards improving the health and wellness of those underserved. I am truly grateful for all of your support, allowing the HUDA Clinic to reach our goals and continue to serve our community.



Eman Altairi
Executive Director



Primary Care Services

Primary care doctors are typically the first line of contact for patients; treating general health concerns, providing education, and writing prescriptions and referrals as needed. HUDA aims to bring primary care and specialized services to uninsured and underinsured populations in the Metro Detroit area. We provide preventative primary care services in a person-focused community health clinic, our goal is to make Michigan healthier.

The HUDA clinic has an in-house pharmacy that provides free medications to our clients. We try our best to refer patients to a low cost source for any necessary medications not available here.

Primary Care Services

Health Assessments
Laboratory Services
No Cost Pharmacy
Diabetes Screening
& Treatments
Diabetes Education Programs
Cholesterol & Blood
Pressure screenings
Health Education & Resources
Nutrition Education
OB GYN
& Specialist Referrals

**HUDA IS A PROUD PARTNER OF THE MICHIGAN STATE
UNIVERSITY COLLEGE OF OSTEOPATHIC MEDICINE.
STUDENTS ARE PRECEPTED BY DR. SAQIB NAKADAR.**

HUDA allows me to interact with my community on a personal basis. It is a meaningful experience to be able to serve the population of Detroit that needs care the most. The irreplaceable moments with patients and education from Dr. Nakadar make volunteering at HUDA one of the most important parts of my education as a medical student.

-Megan Ross 1st Year at MSUCOM



Dental Services

HUDA provides general dentistry services in our location. Many people wait to have necessary dental work done because they don't have insurance. However small dental problems can quickly become incredibly painful if left alone. At HUDA, we provide patients with the necessary exams, x-rays and cleanings they need to prevent future exacerbations of their illnesses. Under the guidance of Dr. Shakeel Niazi, our dental clinic is now open once a week!



Dental Services

X-Rays
Deep Cleanings
Composite Fillings
Tooth Extraction
Referrals to low cost
dentists as needed

Dental care services continue to be the most requested service at the HUDA Clinic. Many end up waiting too long to get their dental checkups, especially those who do not have insurance. HUDA provides these patients the care they need to ensure their oral hygiene and health is maintained.

HUDA IS A PROUD PARTNER OF THE UNIVERSITY OF DETROIT-MERCY AND THE UNIVERSITY OF MICHIGAN SCHOOLS OF DENTISTRY, PRECEPTED BY DR. SHAKEEL NIAZI.



Learning from Dr.Niazi, observing his procedures and seeing how happy the patients were after the procedure was the best experience at the clinic. Being able to see fourth years challenging extractions and restorations was very interesting and nice!
-Dental Student

More Services

MENTAL HEALTH CARE

We have psychiatrists on staff along with our licensed social workers to provide therapy and treatment for a wide range of mental health concerns. We offer free counseling and treatment to veterans, homeless, uninsured, and the working underinsured.

OUR DOCTORS' TESTIMONIALS

I volunteered at Huda Clinic for the first time as a medical student in 2004. It was always my dream to come back and bring mental health services to Huda. By the grace of God, and the hard work of volunteers, Dr. Omar, Dr. Cheryl El Amin myself and others, have been able to provide these services at the clinic since 2013. We offer free psychiatric evaluations, group therapy, referrals for individual therapy, and free medications. Our patients come from all over the Metro Detroit area; recent immigrants struggling to grasp the new health care system, individuals who have lost their insurance due to unemployment, and students who have no insurance. We provide psychoeducation, recommendations for treatment and medication management, but most of all, we are here to just LISTEN empathically and provide support and healing.

-Dr. Saba Maroof



Services Include

- Prescribing psychiatrists
- Therapists
- Teen & Adult Counseling
- Depression, Eating Disorders, and more.

I can say mental health issues can sometimes make people non-fictional. I feel very happy to provide service and help to those members of community who fall through the cracks for being uninsured. We are proud to share that a good number of our patients have been able to continue their education, find gainful employment and able to continue their jobs.

-Dr. Sabiha Omar



Now Offering! **PHYSICAL THERAPY & CARDIOLOGY**

Through the help of our amazing volunteer cardiologists and physical therapy professionals, we are now able to provide both services to our patients, in-house, at no cost! Both of these services are a huge help to our patients and we are grateful to our volunteers for making this possible.

OUR PT PROVIDERS

Volunteering at HUDA to me is a way to give back to the community and stay humble. Helping those in need is and watching patient's progress provides job satisfaction and a reminder of why I chose the the rehabilitation field. PT has provided HUDA clinic an option to provide not just pain relief without the use of medication, but allows HUDA to educate patients on the benefits of a healthy life style by teaching exercise, nutrition , ergonomics, and avoiding future injuries.

-Jawwad Rashid, LPTA

Volunteering at HUDA CLINIC has been a tremendously rewarding experience for me. As a volunteer in the physical therapy department, I have had the privilege of being involved in several different aspects of patient care. The hard work and dedication of those in the volunteer office as well as others working at HUDA facilitate a pleasant and growth-oriented environment for those who are interested in volunteering as well as those in need.

-Ali Bokhari, LPTA



PT Services:

- Pain management
- Therapeutic exercises to restore movement/strength
- Neuromuscular reeducation
- Manual therapy

Cardiology Services:

Coming soon!

Events From 2017

The volunteers at HUDA Clinic spend a considerable amount of their time planning and executing amazing events every year, each catered to helping the less fortunate in a unique way. These events are the highlights of 2017!



DOCTORS FOR A DAY

The annual Doctors for a Day event is meant to excite inner city children not only about medicine, but the plethora of careers that are possible. Headed by volunteers, each station aims to teach the kids about how their body works, and how they can improve their health. Of course, simply being told how your body functions isn't all that engaging, which is why interactive demonstrations let the kids not only listen about how their health could ebb and flow, but also let them see it before their own eyes.

DAY OF DIGNITY

Each year, the HUDA Clinic participates in the Day of Dignity by Islamic Relief USA. In 2017, our volunteers helped the underserved population of Detroit by providing free health screenings and assessments, in hopes of raising awareness and providing education towards preventative medicine. Many of the patients screened at this event were unaware of their chronic conditions, and were provided with resources for follow up care.





PROJECT HAPPY FEET

Due to the difficult lifestyle of homelessness, the need for this care in inner city Detroit was noticed by HUDA Clinic. For the second year in a row, the HUDA Clinic helped the homeless residents at the Detroit Rescue Mission Ministries with foot washes, podiatric check ups, haircuts, general check ups, and care kits. The event was planned and executed by the volunteers of HUDA Clinic, who spent weeks preparing the event. Almost 60 volunteers joined, comprised of undergraduate students, medical students podiatrists, and physicians.



BACK2SCHOOL DRIVE

The HUDA Clinic was able to donate 120 backpacks, along with school supplies, to the children of The Boys & Girls Club of America! Our goal was to help equip future doctors, engineers, artists, etc. with the tools they needed to succeed today. This event was the first school supply drive by the HUDA Clinic, which was made possible by the volunteers of our Advisory Board. We plan on making this an annual event, to help the local children around the HUDA Clinic have the supplies they need to succeed.



PMTS4CHANGE

For the past several years, the HUDA Clinic has partnered with Paul Mitchell Schools for their Annual PMTS4Change event at Cass Community Services. While they provide free haircuts to the homeless, the HUDA Clinic volunteers provided free health screenings and education to the participants of the event. Since chronic illnesses are very difficult to manage in the homeless population, it is imperative to catch them early and provide resources for them to get help.

HUDA Urban Garden

In 2014, we successfully launched the HUDA Urban Garden - an initiative that provided months of freshly grown produce for our patients and the surrounding community.

The HUDA Urban Garden was founded by a group of volunteers at the HUDA Clinic, a free medical clinic located in the heart of an impoverished area of Detroit.

At the HUDA Clinic, the focus of the physicians is on helping the patients, not only by providing them with healthcare, but also with strategies of how to eat and live a healthy lifestyle. As such, introducing healthy fruits, vegetables, and herbs in one's well guided diet is a strong proponent to living healthy. Rather than just telling patients to include these power foods in their meals, the HUDA Clinic loves to lead by example!

In 2012, Babar Qadri, a physician assistant at the HUDA Clinic, was advising a patient to include more fruits and vegetables in her diet. The patient told Babar "Well, all we have around here are liquor stores with frozen sandwiches and fast food joints."

In that moment, Babar had the idea to create a resource for patients like this, allowing them to acquire the ingredients they desperately need, not only to live a health life, but to reverse their chronic illnesses. And from that day on, with the guidance and experience from community members and like, HUDA Urban Garden was born, or should we say, seeded?!

In early 2013, a group of youngsters joined Babar to begin this project, and today they remain as the co-founders and Executive Board members.

Today, this Garden is roughly 6000 square feet, on a piece of land less than 100 feet from the HUDA Clinic. The patients at HUDA Clinic are able to walk over and help tend to the garden. Of course, if it's ready, they're able to harvest anything they want at the garden!



Our Volunteer Providers & Community Partners

Without whom HUDA's mission would not be possible

Primary Care

Nasser Ahmad, M.D.
Muzzammil Ahmed, M.D.
Syed Akbar, M.D.
Abdulrazak Alchakaki, M.D.
Ahmad Alsibai, M.D.
Mohammed Arsiwala, M.D.
M.D.Naveed Aslam, M.D.
Humera Athar, M.D.
Muhammad Azrak, M.D.
Amtul Bandagi, M.D.
Ali Berry, M.D.
Yari Campbell, M.D.
Farrah Hafeez, D.O.
Wahed Ishaqsei, M.D.
Elena Jdanova, M.D.
Joel Kahn, M.D.
Muhammad Khan M.D.
Muneer Khan M.D.
Irina Kapustina, M.D.
Radwa Koujane - PA-C
Usman Master, M.D.

Raafia Mir, M.D.
Ramla Moghul, M.D.
Muhammad Munir, M.D.
Beena Nagappal, M.D.
Saqib Nakadar, D.O.
Danial Rashid, M.D.
Wasim Rathur, M.D.
Ahmer Rehman, M.D.
Touseef Rehman, M.D.
Mohammed Rehman, D.O.
Mohamed-Iqbal Rouf, M.D.
Andrea Schrieber, M.D.
Zahid Sheikh, M.D.
Yousuf Siddiqui, M.D.
Rajeev Sudhakar, M.D.
Ammar Sukari, M.D.
Nabil Suliman, M.D.
Jukuku Tayeb, M.D.
Habeeb Yazdani, M.D.

Dental Care

Ahmad Allam D.D.S.
Asmaa Abdel-Salam D.D.S.
Ahmad Fawaz D.D.S.
Rouzana Hares D.D.S.

Rassak Moneer D.D.S.
Monica Monroe RDH
Shakeel Niazi D.D.S.

Ophthalmology/Optometry

Sulman Hans O.D.
Hanif Peracha M.D.
Meiraj Siddiqui M.D.
Leila Siblani O.D.

Mental Health

Saba Maroof M.D.
Sabiha Omar M.D.
Lamis Jabri M.D.
Cheryl El-Amin LMSW
Catherine Ziyad LMSW

Physical Therapy

Jawwad Rashid LPTA
Ali Bokhari LPTA
Iqbal Mehboob DPT

Cardiology

Samer Salka M.D.
Camilla Nelson M.Ed

Podiatry

Syed Ghani DPM

Dermatology

Fasahat Hamzavi, M.D.
Robert Singer M.D.

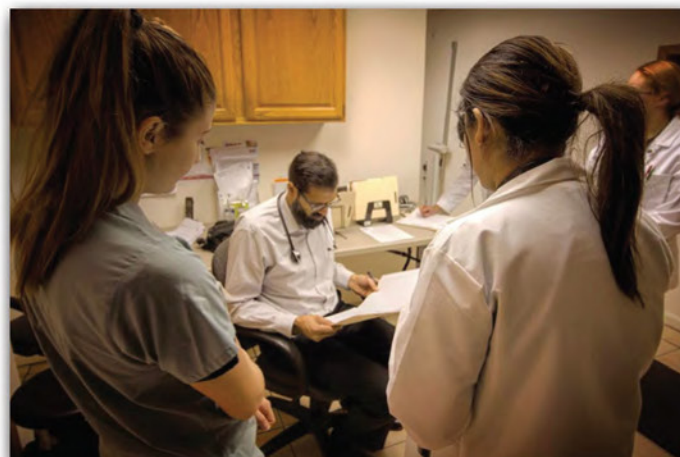
Community Partners

Americana Foundation
Blue Cross Blue Shield of Michigan
D.L.I.V.E - Detroit Medical Center
Detroit Life Is Valuable Everyday
Delta Dental
Dream of Detroit
Family Rehab Care
Helen L. Kay Charitable Trust
Islamic Association of Greater Detroit
Michigan Dental Association Foundation
Michigan Muslim Community Council
Michigan State University
College of Osteopathic Medicine
St. Joseph Mercy Oakland Hospital
Syrian American Medical Society
The Elite Smile Center
The Muslim Community Center
University of Detroit Mercy School of Dentistry
University of Michigan School of Dentistry
Wayne State University Eugene Applebaum
College of Pharmacy and Health Science
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