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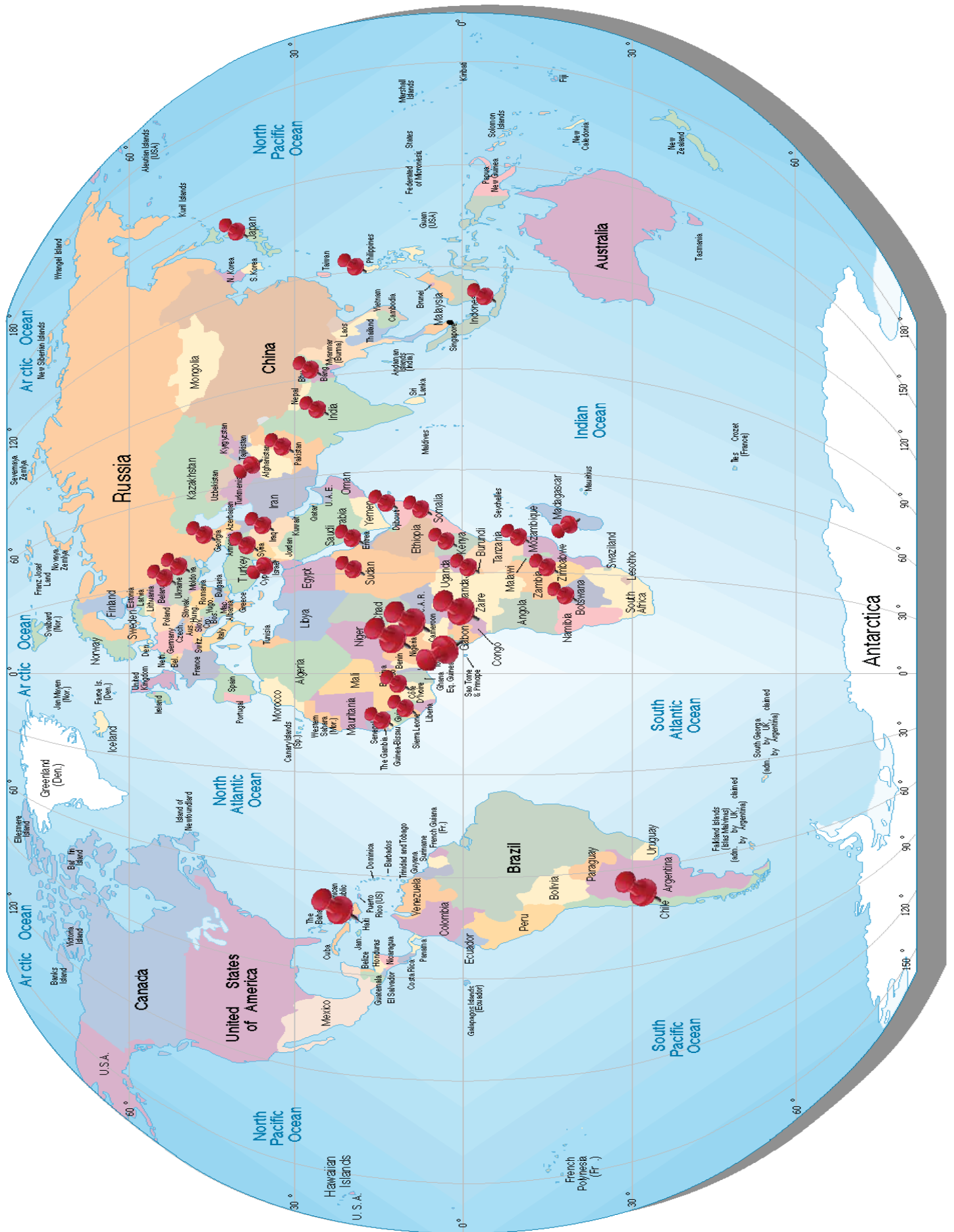
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Drawings from the 3rd Kinder garden in N. Smyrni, Athens

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Introduction

The humanitarian Organization "Heart Doctors" accomplishes missions and offers relief to populations facing urgent needs due to diseases, famine, war conflicts, dislocations, and natural disasters. From 1998 till the end of 2011, many missions have been accomplished by "Heart Doctors" in 59 countries of Africa, Asia, America and East Europe. During this period, 535 missions have been accomplished. This work consists mainly of offering medical services and medication to sick or wounded people, providing medicines, foodstuffs and various necessities of life to needy populations; humanitarian relief is also carried out by various projects such as the financial support of the construction of buildings destined to house medical centers, hospitals, institutions for the education of medical and paramedical personnel, orphanages and schools. Water supply projects are also very important in dry regions.

During the year 2011 "Heart Doctors" offered humanitarian assistance to 30 countries in 116 missions. This is the greater number of missions in one year accomplished by the Organisation. Relatively more missions were provisioning than medical attendance or donation of medicines to hospitals and medical centers. During 2011, countries visited more frequently were Sudan (13 missions donation of foodstuffs), Georgia, Abkhazia, south Ossetia (12 missions for donation of blankets, clothing and foodstuffs), Erythrea (9 missions for foodstuffs), Somalia (8 missions for foodstuffs) and Afghanistan and Iraq (each 7 missions for delivery of medicines). Furthermore Mozambique, Zimbabwe and Djibuti each received 6 loads of foodstuffs and Syria 6 missions for donation of medicines.

During 2011, " Heart Doctors" visited 7 countries for the first time. These countries are Mali and Mauritania (medical attendance), Japan and Libya (medicines for the victims of earth quake and of political unrest), Tongo, Gambia and Azerbaizan (provision of clothing, and school material).

In 2011, the construction works of the building for the accommodation of the staff of the Hospital in Gisuru (province Ruyigi in Burundi) financed by "Heart Doctors" have been completed Also the complex of buildings for the school of nurses has been inaugurated (Paramedical School at Gisara).

Several visits to schools in Greece and the USA by members of the Organization provided information for the activities of "Heart Doctors".

The donation of cows to poor families, which has been initiated in 2009 and provided the necessary quantities of milk to several families in Burundi, continued during 2011.

As in the past, in 2011 all missions have been accomplished by the members of "Heart Doctors" who visited the people in need in their remote areas and handed over the necessary help with their own hands. Friends of the Organization participated and offered their help generously with real love for the relief of hunger and sickness.

All members of the Organization are volunteers and for their humanitarian work they do not receive any financial support.

The activities of “Heart Doctors” are inspired by the power of love for the fellow human being, the enthusiasm of our members and all our friends and the general public of our country. They all contribute selflessly and anonymously offering medicines, foodstuffs, clothes, bedding etc. The victims of violence, illness, disaster and hunger receive the relief from our own hands in their countries and the places they live in where we visit them. Our offer is always free and without discrimination. Our members and friends are volunteers; they offer without remuneration or reward of any kind.

Missions for medical care

During the year 2011 “Heart Doctors” accomplished 6 missions for medical services to 4 African countries as follows:

Country	Number of missions
1. Burundi	3
2. Mauritania	1
3. Mali	1
4. Sierra Leone	1
Total	6

The countries Mali and Mauritania were visited for the first time, offering medical services to populations in distant remote areas. Medical missions are now briefly described following the chronological order of their accomplishment:



1. Burundi 31st Mission (11/2 -2011)

A six member team of "Heart Doctors" visited the settlement of Buramata and then the location where the Olympic stadium is being constructed, near the lake Tanganika, 80 klm south of the capital Bujumbura. Medical attendance was offered to the sick people of the villages of the district Karuzi (commune Mutumba, Coline kibuye, commune Nyabikere, Colline Rurwiza, commune Shombo, Coline Russi). Patients have also been examined in the settlement of Gisuru and the hospital complex created by "Heart Doctors" there.

Frequent diseases in the region were malaria, infections of the respiratory tract, gastroenteritis, skin infections, eye problems, low back pain and epilepsy. Many children's suffered of kachexia.

On the 18.2.2011 there has been a formal inauguration of the Gisuru nursing school, which was financed with the support of the Organization, in the presence of the President of Democracy of Burundi, government officials and a big crowd of people.

In Gisuru foodstuffs and children's clothing was donated to the children of poor families.





2. Mali 1st Mission (21/2 -2011)

A four member team of "Heart Doctors" visited Mali and worked in the region Siby for two days. The team then moved to the district Bancoumana for an additional two days work in cooperation with the local mayor. Then finally the team moved and worked in the villages Fila, Teke and Kela. A large number of patients was examined and received treatment. Frequent diseases were malaria, gastroenteritis, infections of the respiratory tract, parasitoses, and epilepsy. The team visited the wife of the president of Democracy of Mali, who was directing an institution for orphans, donated liquid iron to the hospital Louxenbourg for the children who suffer of anemia.

Greeks who live in Mali, George Kouris and Charis Malios, offered their assistance to the members of the team as well as the diplomat Mr Sidamine.



3. Burundi 32nd Mission (11/3 -2011)

A four member team of "Heart Doctors" reached the province Karuzi in Burundi to offer medical services to populations in distant rural areas. The first day sick people of the district Buramata were attended and subsequently the team moved to the district Karuzi where patients were examined and treated in the communities Shombo, Gihogazi and Buhiga for three days. Frequent diseases again were malaria, gastroenteritis low back pain, goiter, elminthiases. Many children were kachectic. Dry milk was distributed.

Cloths were distributed to naked children, kindly collected from Greek schools in the U.S.A. and transported to Burundi by Mr Kostas Zachariadis.



4. Mauritania 1st Mission (9/5 -2011)

A four member team of "Heart Doctors" visited Mauritania following an invitation of a diplomat and former ambassador Mr Sidamine Ould Ahmed Challah, whom the team met in a previous mission in Mali. The team worked for five days in the city Aleg (capital of Brakna region), in a building used as a Center for the youth (Maison de jeunes de Brakna Region). Patients came to be attended from the neighboring settlements Cheguer and Bouhdida, some from distant regions one hundred kilometers away. Many children suffered of severe anemia. Frequent diseases treated were malaria, parasites, dysentery, infections of the respiratory tract, arthralgias, gastritis, skin diseases, hypertension conjunctivitis and epilepsy. The climate was dry typical of the Sahara desert. This mission was organized by the mayor of Aleg Mr Sidamine, in association with his collaborators and friends.





5. Burundi 34th Mission (3/10 -2011)

A team of "Heart Doctors" visited initially the Hospital complex in Gisuru and thereafter moved to the provinces Cankuzo and Gitega, offering medical services to the sick people.

The province Cankuzo is situated north east of the country, close to the borders with Tanzania. The team attended large number of patients of the communes Mwiruzi, Mushiha, and Kigamba, living in the collines Munzenze, Shinge and Ntunda.

The team then visited the commune Bugendana of Gitega province. This commune is the birthplace of the vice president of Burundi, who asked "Heart Doctors" to contribute in the construction of a building compound for a professional secondary school in the commune of Bukendana. The team responded positively to this request.

People in these districts are very poor and suffer of many diseases, most frequently malaria, gastroenteritis, infections of the upper respiratory tract, arthralgias, low back pain, parasitoses, skin diseases, hydrocephalus, elephantiasis and infections of the urinary tract.

The team received children's clothing through custom clearance, sent to Burundi by students from Greek schools in New York for the children of Burundi.



The Hellenic Rescue Team is assisting





6. Sierra Leone 6th Mission (2/11 -2011)

The purpose of the mission in Sierra Leone was to offer medical services to the sick people in distant remote areas of the center of the country, the village Yele, district Bo, southern province, the village Magbondo, district Tonkolili, northern province. The mission was organized by Mr Abdul Fofana and his wife Samira.

The team first visited the Greek bishop in a compound donated to the Orthodox church by the local government. In this compound there were a church, a school, a library, rooms for accommodation of visitors, and it was told that soon there will also be a university. The bishop expressed his desire to the team for assistance in the work of the church in the future.

In the village of Yele, the team was received by students from the local school with welcome songs. In the following two days, large numbers of patients came from neighboring districts to be examined and treated. Apart from usual diseases, people in these districts suffered from hypertension, probably due to the daily consumption of salted fish from the nearby river.

A farewell ceremony with dances and traditional clothing has been organized to show the appreciation of the people to the doctors.

The team then moved to the village Magbondo, driving through narrow roads full of mud. Again many patients were examined and treated, suffering mainly of hypertension and stroke, high frequency of malaria especially in children, parasitoses and epilepsy.

The school building of the village needed repair and extension, and the team promised to contribute to the expenses.

During the work in Magbondo, the traditional ruler came for a visit, talked to the people expressing his thankfulness and admiration for the work of "Heart Doctors" in these remote areas, where no medical centers or personnel are available and the people cannot afford to pay for medicines.

Following a farewell ceremony by the local people with traditional songs, the team left the district.



The traditional ruler addressing his people



Children of
Sierra Leone

Mission for delivery of medicines

During the year 2011 medicines were delivered to 6 countries and 24 missions were accomplished for this purpose, as it is shown in the following table :

Country	Number of missions
1. Afghanistan	7
2. Japan	1
3. Libya	1
4. Iraq	7
5. Syria	6
6. Pakistan	2
Total	24

Needs for medicines are relatively high in countries involved in war or where violence conflicts continue ceaselessly (Afghanistan, Pakistan, Iraq). The help to Japan was the transportation and delivery of a load of medicines to the Narita International airport, for the earthquake and tsunami victims of the 8.9 magnitude of the Richter scale



Missions for provision of food stuffs

In 2011 “Heart Doctors”, in cooperation with friends, carried out in 2011, 61 missions for food relief in 14 countries (13 African and one European in Georgia). The recipient countries are shown in the following table:

Country	Number of missions
1. Ivory Coast	1
2. Georgia (Abhazia, S. Osetia)	4
3. Burundi	1
4. Congo, Democratic Republic	2
5. Djibouti	6
6. Erithrea	9
7. Gabon	2
8. Guinea Bissau	1
9. Kenya	1
10. Gambia	1
11. Mozambique	6
12. Sudan	13
13 Somalia	8
14. Zimbabwe	6
Total	61

Food aid was directed mainly to Sudan, Somalia and Pakistan. Sudan and Somalia face their long-lasting nutritional problem. In Somalia many lives are lost due to starvation. East Africa is suffering of drought for the last three years. Generally many countries, from the Atlantic to Erythrea in sahel zone, face frequently the problem of nutritional insecurity , because of drought, war conflicts which lead to mass movements of populations, resulting in famine, diseases and death of mainly small children.

The foodstuffs offered by our missions are the ones known as basic or staple food commodities. They are commodities of international trade bought and sold in big wholesale markets. The quantity bought is massively transported and easily preserved under normal environmental conditions. In 2011 the foodstuffs bought and donated were : rice, corn (maize), beans, wheaten flour, milk powder, sugar, beans and teff sometimes oil is also distributed.

Big cars are used for the transportation of foodstuffs from wholesale markets near to the location where the starving people stay. Transportation is very expensive due to the volume and weight of the foodstuffs. The dry milk for small babies is being transported from Greece.

Food relief is distributed to families. In case of delivering foodstuffs to refugee camps, the material is offered to the organized storehouses guarded by teams of refugees (Burundi, Darfur in Sudan, Congo). In other cases the tribe chiefs of starving communities are responsible for the distribution.

The distribution of foodstuffs does not only take place in alimentation missions but during any mission when there is a need for food.

“Heart Doctors” prefer the direct distribution of foodstuffs to starving people as the main form of feeding relief; this is so because their priorities concern very urgent situations having to do with physical survival.

Difficulties are faced in countries where there is no foodstuff to be purchased in the inland markets, like Somalia, so food has to be brought from neighbouring countries



Distribution of beans in Burundi

Missions for other purposes

During 2011, 25 missions were accomplished in 11 countries:

Country	Number of missions
1. Botswana	2
2. Georgia Abhazia, S.Osetia	8
3. Azerbaizan	1
4. Gambia	3
5. Gabon	2
6. Moldavia	4
7. Guinea Bisau	1
8. India	1
9. Namibia	1
10. Palestine	1
11. Togo	1
Total	25

School books, note books, pencils and school bags were distributed to students in Togo and Botswana.

Blankets, mattresses, sheets, pillows and pillowcases were given to Georgia, Moldavia and Gambia.

Clothing and footwear for children were donated to Togo, Botswana, Palestine, Gambia, Georgia, India, Namibia, Azerbaijan, Moldavia, Gabon and Guinea Bissau.

The restoration of a school building and of the benches of a school for the children of an Orphanage in the capital of Botswana Gaborone, was financed.

Kitchen utensils were donated to poor families in Gambia.

The countries Azerbaijan, Gambia and Togo were visited by "Heart Doctors" for the first time.

Infrastructure

1. inauguration of new projects

Gisuru Nursing School, Paramedical school

As part of the Gisuru General Hospital Complex developed by “Heart Doctors” in the past few years in the village of Gisuru of Ruyigi province, local government officials decided to add one complex of buildings in a nearby area, for a higher level of education of the nursing staff of the Hospital. The president of the Republic of Burundi expressed his wish to the team to contribute to the construction costs of this Unit.



The works started in early autumn of 2010.

The entire complex consists of administration, theatre, accommodation of students, teaching staff and directors, kitchen, restaurant for 160 students. The formal inauguration took place during the 31st mission of “Heart Doctors” in Burundi, on the 18.2.2011.

The inauguration ceremony took place in the presence of the President of the republic, the Minister of Health, many local government officials, the Bishop of the Orthodox Church in Burundi Mr Savas, representatives of other religions, the honorary consul of Greece in Burundi Mr Coucoulis and large crowds of people. The president of the republic gave an enthusiastic talk about the Humanitarian work and contributions of “Heart Doctors” to the people of the country and expressed his sincere thanks for the financial aid to this construction. Talks were also delivered by the vice president of the Organization Mrs Helen Sotiriou and the member doctor Parakevi Kalpaktoglou. The ceremony ended with traditional music and dances.



Olympic Stadium

“Heart Doctors” contributed to the construction costs of a stadium of Olympic size in Burundi. The works were completed by the end of July 2011 and was inaugurated without the presence of a member of the Organization, because of missions during the same period in other countries.

2. Programming of building works

Construction of a school building for technical education

The vice president of Burundi Mr Gervais Ruffyikiri requested from “Heart Doctors” to contribute for the construction of a building complex for a professional school of secondary education in the settlement Bugendana of Gitega district. The Organization promised to provide part of the necessary materials.

Restoration and extension of a school building

During the 6th mission in Sierra Leone, “Heart Doctors” visited the primary school of the village Magbondo (Tonkofili District, Northern Province) and decided to support the restoration of the building and the addition of two more classrooms as well as the purchase of new benches. Proposal and costs are expected.

Daily events during missions

Wound in the arm

A member of "Heart Doctors" was trying to push a large crowd of sick people gathered to be attended by the medical team. He was desperately trying to put those at front in a line without success. Two three locals were assisting him, speaking the local dialects. Aside, faraway from the crowd, a middle-aged man was hiding behind a bush, holding his right bandaged hand. Children and adults women and men hurried away from him, holding their noses.

Women with their babies were showing their annoyance, turning their faces away from the position of this man, whereas small children were throwing stones to him, who was actually trying to reach the doctors. This lasted for some time, he did not come out from his place until one of the doctors noticed him.

Bring this man who is hiding behind the bushes to me!

The doctor was trying to make him understand from the distance that he wanted to examine him, but the man was hesitant to move from his place, being afraid of his fellow citizens. Finally the doctor decided to move towards the patient. A terrible smell was coming from the hand, bandaged with dirty rotten leaves.

Go to the river to remove these rotten leafs of traditional medicine and wash yourself, the doctor said.

After some time the man returned to the bush he was hiding before. The doctor went there with anti-septics, gauzes, antibiotics and other necessary items, enough for the treatment of this wounded hand for several weeks. This neglected wound started somewhere in the forehead and extended up the the shoulder, reaching to the bone. Some men were holding the patient while the doctor cleaned his wound. Finally, relieved and happy with clean bandages in his hand, departed holding his medicaments with the other hand. He waved thanking the doctor while walking away.



Snake bitten

His right leg was swollen down to the foot and ankle. A wound low in the front of the lower leg up to the knee. Some bandage with dirty cloths. It appeared to be elephantiasis but it wasn't. The translators explained that this man stepped on and was bitten by a snake, which fortunately was not poisonous. The traditional doctors applied traditional medicines for the prevention of a reaction without success. The wound was getting bigger and the man heard that white doctors will be in the region and came walking slowly from far away, getting help from his stick and other fellow citizens and reached the medical campus. He believed that the doctors will help him with his problem.

The children accompanying this snake bitten man talked to the translating people. Everybody went back for this suffering man to proceed with his sticks and meet the doctors. The wound was in a terrible condition, open, full of dirt from the long walking trip. The doctors took care of the wound.

Don't go. Come again tomorrow to see you!

The man moved further away and sat under a tree. There he slept overnight and in the next morning they brought him to the doctors again. Treatment was completed, he received medicines for the future and instructions how to take the medicines and change his wound.

Go. And God be with you!

With tears in his eyes, this suffering man was thanking voiceless the members of the mission, looking each one of them deep in their eyes. He walked away and from a distance he turned over, lifted his stick, waved goodbye and disappeared to the bushes.



Weak Newborn

In Burundi, many women with their babies, reach the medical campus of "Heart Doctors" from a faraway agricultural settlement. Most of them have two to three children around them who are following, whereas the smallest are being carried on their back, tightened to the body with a thin cloth. They are waiting their turn patiently. Among them there is a woman who delivered her baby recently ahead of time. The baby was small and appeared very weak.

What is wrong with this baby?

It doesn't want to eat. It is going to die!

Lets put the baby to the breast to see!

When the baby reached the nipple with its lips, it appeared that it did not have the strength to suck milk from a breast full of milk.

The doctor asked the mother to pump milk from both breasts and put it in a clean glass from the pharmacy of "Heart Doctors". The woman did not understand and the doctor taught her how to pump the breast herself. Other woman helped her. Finally she succeeded to half fill the glass with her milk, yellow and sticky. The doctor aspirated some with a small syringe and dropped it in the baby's mouth. The baby swallowed it all.

The baby was very weak because it was born prematurely. It was also starving.

Continue to feed the child in this way and when it gets stronger it will eat by itself. It is a pity to have so much milk and the baby dying of starvation. Take and give him these vitamins.



Walking for days

Following a communication with the bishop of the Orthodox church in Cameroon, "Heart Doctors" reached, after a long and tiring trip, the district of Katrang in the north of the country. This place is being visited by the team for more than ten years. Naked children with swollen abdomens full of worms and heads covered with scabies did not change much the picture in this area in all these years. All suffer of malaria, children with malnutrition, weakness and kahexia. When the weather does not favour the growth of local grains, young and adults die of starvation.

It was impressive that large families with many small or bigger children come to the compound together with adults and old people. They do not take the train. There are no transportation vehicles there. They come walking, carrying babies, old people, some goats, dogs and a few bags and necessary sheets for the babies. The trip lasts for days and they traverse wild nature for 50 or more kilometres. Now they have settled under the trees and wait for their turn to be seen by the doctor.

First the babies, then the handicapped and aged.

All members of the family are examined. Children with swollen bellies take medicines for worms. The heads of all children are now covered with a white cream. The wounds are being cleaned and bandaged. The anemic persons take vitamins and iron. They get instructions how to take medicines for malaria. Antibiotics for the respiratory tract infections and pain relievers. In two days everybody has been attended. They take the road back home. They are all now happy and optimistic. The doctors give sweets to the children. The long return road seems easier now!



Gisuru

It was the first time that "Heart Doctors" visited the village of Gisuru in Burundi, near the borders with Tanzania. It was the time that an epidemic of severe skin infectious disease had reached the region. A painful dark wound was developing in the foot of young and older people. In long lines, some adults with distorted skin of the legs, hard like plastic, with missing toes and scars of the face. Leprosy!

He was leaving after the doctors took care of him, relieved and happy. Middle-aged and troublesome, with a few teeth in his mouth. He was holding a stick in his left hand for help while walking. He waved a thankful goodbye with his right hand. He was missing most fingers. The doctor held this hand without hesitation tightly. The patient emitted a glint of happiness.

The day was over and the team of doctors started collecting the medical material from the table, putting it to big bags. One member was throwing bonbons to the crowds of people further away. Young and old were running towards the sweets. Some were singing and dancing together with members of the team. Loud voices of the doctors were heard:

We are finished for today!

Slowly, patients were leaving the area of the campus. Then two small boys approached and talked to a member of the team. One child was talking in a local language, showing the other child who did not talk. The member did not understand a word and was repeating:

Children, we are finished for today. Go home!

The talking child insisted. Suddenly it took the doctor's hand and put it on the head of the other child. This child had high fever!

Quickly the bags were reopened, medicines were taken out and the accompanying child received medicines for the treatment of malaria. Instructions were given by the translators.

God has sent these children for the necessary treatment in the last moment. The disease was probably life threatening.

Transportation of Patients

Most patients reach without help the medical camp, usually in open air of the remote region selected every time. Babies are brought by their mothers in their arms or in the back tightened up with thin cloths. Grand parents bring the orphans, because many parents are lost from HIV infection or other diseases. Very old people are being transported by younger relatives in their backs. A usual picture of a sick person brought on a horse, camel or other animal. Some use wheelbarrows used for construction works. The relatives of patients improvise wisely. They construct beds for transportation with trunks and branches of trees. Very impressive are old bicycles, modified for the purpose of transportation of a sick person. People are holding the patient from both sides of the bicycle during transportation. Sometimes the patient drops from the bicycle due to bad road condition, before the campus is reached.

Often four men carry persons unable to walk in blankets. In one case a man was carrying his mother in a blanket on his shoulders

Sedation suckling

A usual problem in every day's work is that doctors are frequently annoyed by the crying and shouting babies and young children, waiting their turn around their mothers to be examined. This noise interferes with the doctor's work. Therefore, mothers are advised to put their children to the breasts to keep them calm. For the bigger children there are always bonbons which work for everybody.

An older women could not bring her grandchild in a rest. She explained that her daughter had died and left her this child. She took out her shrunken breasts and put the child on. The child stopped crying trying to suck milk from this aged breast without success. The doctors managed to examine the child quietly but then because of screaming, they gave him to drink dry milk prepared instantly for him. He took some with him back home.

Uncontrollable Situations

It happens often that at the end of the day, the crowd of people to be examined is not ending. Patients start to worry that the doctors will stop to work when it becomes dark. Then the lines are broken and order is lost. The strong, mainly men, push and reach the front lines, stepping on the weak. Then panic starts because everybody is pushing to reach the doctors before they stop working. There is danger that some children may get hurt. The only solution at this time is to leave the place. The team collects quickly and put the medicines in the bags and moves from the area. Some times this may happen during noon time. Then crowds are still large and especially mothers, who want to reach the doctors at any cost, may throw their children from a distance to the doctors!

What are you doing. The child may fall down and be stepped over by the crowd!

The doctors were shouting to the mothers while the child was handed over for examination and treatment. Indeed the child had high fever and the mother was afraid that it may have died.

In another situation the mother broke the window of the small building doctors were using for medical practice, entered the room like a wild animal holding her baby high with her hands, neglecting all patients waiting their turn to be examined. She did not care about the soldiers guarding the entrance of the building!

Some times the doctors use in the night lamps which can be attached on their heads, like mine workers, in order to continue and finish seeing the last patient of the day. This cannot be done in all occasions because of security reasons. The team has to return safely to their accommodation base before darkness. So they are obliged to stop working before dark.

People in chains

"Heart Doctors" cannot forget the experience of finding mentally ill patients tight with chains on trees, like dangerous dogs. Mainly men but also women and children. Each one in his own tree in a distance from the next patient. Day and night unable to move even for their needs. Relatives living close to this place were bringing food to these people. Winter and summer in rain and under the sun in the air and dust. One of the members of "Heart Doctors" dared to give to one of these persons water to drink which he did repeatedly. People living close to their own feces.

With the help of the Organization, these people are now living in clean rooms and enjoy professional help for their condition.

Acquisition of medicine, Foodstuffs and other necessary commodities

The medicines used by "Heart Doctors" to carry out their missions are offered to them by their friends (school children, employed and unemployed individuals, pensioners, various firms, associations, municipalities, utilities, churches, hospitals etc.). Medicines not available or not produced in Greece are bought from abroad (medicines against malaria and other tropical diseases). Some of our friends bring medicines regularly to the offices of the Organization while others organize collections all over Greece and send them to Athens. It is very touching that some children prefer instead of a birthday present to use the money and buy medicines for the children of Africa.

Foodstuffs, drinking water, blankets and bedding, medical equipment, beds, desks, clothes, school-books etc. are purchased from local markets which are as close to the populations receiving the relief as possible to reduce the costs of transportation. It must be noted, however, that clothes for children, blankets and dry milk distributed in 2011 were offered to the Organization by friends from Greece and the U.S.A from students of Greek schools in New York.

Friends from Greece buy the cows we distribute to very poor families in Burundi. Babies are dying because the mothers have no milk to breast-feed. "Heart Doctors" introduced a program of donating cows to vulnerable families which continued in 2011. Those cows are now giving birth to their calves which will become adult cattle thus increasing the available means for survival.

Friends of "Heart Doctors" who wish to remain anonymous, participate in alimentionation as well as medical missions, contribute with purchasing the necessary stuffs and are themselves present during the process of donation.

"Heart Doctors" do not collect items with large volumes or weight, because of lack of space for storage and the expensive transportation costs.



Informing the public

"Heart Doctors" always communicate with all their friends to inform and thank them for their donations (medicines, blankets, clothes etc.). Similarly, and as a rule, we inform the general public for the humanitarian activities of the Organization, particularly the young generation. Thus we visit kindergartens, schools and universities in order to meet young children and students and thank them for medicines or anything else they offer and show them how and where we use their donations. We also visit working people in the place of their employment or participate in other activities such as public meetings, seminars etc. the purpose being to inform the general public of our humanitarian work and the problems our fellow men face in their countries. To people sending medicines we send letter of appreciation of their donation containing information about the current activities of the Organization.

In invited meetings, a member of our Organization addresses the gathering and shows pictures of recent missions to the countries we visit (DVD). The public and particularly pupils and students get touched and impressed because of the dramatic situation they realize humans are facing in distant places of the world. Usually they ask questions and are eager to know more about the victims of disease, violence, hunger and misery. Sometimes the TV and the press are interested in our activities. People can also obtain information visiting or site in the Internet: www.heartdoctors.gr

During the year 2011 the following visits took place:

25-26.1.2011. Visit to the following schools of Patras:

10th primary School of Patras. Director Mr Lampros Ilias.

Primary school of Kato Kastraki Patron. Director Mrs Maria Pliaka.

Day Primary School of Rio. Director Mr Konstantinos Mpallas

34th Primary School of Patras. Director Mrs Ioanna Tsaka.

The invitation and the coordination of the visit were done by Mr Nikolaos Cholevas, who is in charge of Health education, Primary Education of the district of Achaia. An interview was given to the local TV channel "Lychnos".



9.3.2011 Visit to the general lycee of Derveni Korinthias.

Director Mrs Efrosini Koulama. The invitation for the visit was addressed from the school and in collaboration with the responsible person for Health Education, Primary education of the district of Korinthos Mrs Eva Papantoniou.



31.3.2011. Visit to Schools and Associations in Thessaloniki.

19th Nursery School of Kalamaria. Head: Mrs Grammatiki Samara.



4th Gymnasium of Polichni. Director Mrs Alexandra Athanasiadou.



TAEKBONTO "Titanes". Director Mr Nikolaos Manousakidis.



NEA AKROPOLI International Association. Director of the Egnatia Branch Mr Athanasios Koukouvis.



These visits were organized by friends of "Heart Doctors" in Thessaloniki, who escorted the visiting team.

1.4.2011. Visit to the 4th Gymnasium of Serres.

Director Mr Evangelos Margaros. Responsible person Mrs Vaia Liouza. The visit was organized by friends and collaborators of "Heart Doctors" in Thessaloniki., who escorted the visiting team. School children donated medicines.



12.4.2011. Visit of the 1st General Lycium of Lamia.

Director Mr Nikolaos Tempelis. The visit was programmed in collaboration with the school teacher Mr Dimitrios Nikolaou. The children donated medicines.



12.4.2011. Visit to the Gymnasium of Stilida.

Director Mrs Maria Micha. The visit was coordinated by the professor of the school Mr Antonios Kostorizos. The children donated medicines.



9.12.2011. Visit to the Dodecanese Schools A.G. "Rodion Pedia" Primary School.

Students were informed about the activities of "Heart Doctors" by Mrs Helen Sotoriou. Children of the school donated medicines.

12.12.2011. Visit to the 5th Gymnasium of Amarousion.

Acting Director Mrs Gogo Daniil. The students of the school have prepared an act of voluntarism and invited "Heart Doctors" as a living example. The children have sent medicines to the Organization.



13.12.2011. Visit to a Kindergarten of the municipality of Kallithea.

The visit followed an invitation by Mrs Teti Tsourou, responsible of the Center. The children have collected money and purchased medicines which were offered to "Heart Doctors". Toys were also given for the children of Africa.

18-21.12.2011. Visit of the two vice presidents of the Organization to Greek Schools in New York.

The two members discussed with students the work of "Heart Doctors", showed videos of recent missions. The children have collected and sent clothes to students of schools in Burundi.

Interviews in news media

23.5.2011

In a weekly newspaper of Dodekanese "GNOMI" Mr Petros Moschos is describing the work of "Heart Doctors" under the title "As long as human beings exist".

7.7.2011

In the National TV channel ET1, two women present the vice president of "Heart Doctors" describing the humanitarian activities of the Organization in a televised program under the title "Women".

17.7.2011

In the program "New Files" of the television channel SKY, the journalists Alexis Papachelas and Eleni Varvitsiotis interviewed the vice president of the Organization presenting the work of "Heart Doctors".

30.10.2011

Speech of the vice President of "Heart Doctors" Mrs Eleni Sotiriou to a gathering of women of the association "Women of Kremasti, Rhodes" (President Mrs Dimitra Tsimeta) about the activities of the Organization. This association is collecting and donating medicines to "Heart Doctors".



Singers of Kremasti, Rhodes

Team of mission

Dr. **Xenophon Yataganas**, Professor of Medicine, President
Dr. **Paraskevi Kalpaktsoglou**, Assistant Professor in Pediatrics, Immunologist
Dr. **John Sotiriou**, General practitioner
Mrs. **Helen Sotiriou**
Mrs. **Mary Ypsilanti**
Mr. **Pantelis Ypsilantis**

Ad hoc participations

Mr. **Andreas Yataganas**
Mrs. **Varvara Mammou**
Mr. **Kostas Zachariadis**
Mrs **Maria Yatagana**

Acknowledgements

We express our warmest thanks to all our compatriots of all ages who kindly offer to us medicaments and other items we use in our missions. Most of them are poor people, some are pensioners or unemployed and nearly all offer from what is absolutely necessary for their own survival. Certain friends send to our Organization their contribution regularly and independently of the occurrence of natural disasters; they know that violence, sickness, hunger and distress ceaselessly create victims which urgently need our love and actual care.

We congratulate our generous friends who participate in many of the missions for the provision of food and other necessary items (bedding, clothing etc.); they prefer to remain anonymous.

We thank young children, pupils and students of kindergartens, schools and universities of Greece who do not forget the children of poor countries and help them to overcome pain, agony, hunger and frustration. We also thank parents and teachers who guide and encourage the young generation to participate in humanitarian activities.

We thank all the students, parents and teachers of the Hellenic Community parishes of Zoodohos Pigi and Saint Demetrius in New York for their offering of clothing for children in Africa; we mention Mrs. Anne Prokof, Mr. Costas Zahariades and Mr. Nikolaos Andriotis for their initiative in this respect.

Medicines, blankets, clothing etc. are sometimes transported from the islands and remote cities of Greece to main cities and from there to our offices or our storehouse in Athens by private transport agencies or buses of public transport, free of charge. We thank them all.

We thank and congratulate our dedicated member Mrs. Paraskevi Kalpaktsoglou for financing the project of a Paramedical School (for training nurses) at Gisuru, Burundi.

We thank our friends who continue to buy and donate cows to very poor families in Burundi to support babies whose mothers have not enough milk to give them.

We are thankful to our friends and their leaders who work as unnoticed and quiet volunteers doing various kinds of useful jobs particularly in collecting, checking and packing medicines (in Athens, Thessaloniki, Rhodes, Serres, Drama, Imathia, Amynteo, Alexandroupolis, Kalamata etc.).

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