

ΓΙΑΤΡΟΙ ΚΑΡΔΙΑΣ

Αριθ. Απόφασης Πρωτοδικείου 4229/2001
Αριθ. Μητρώου Μ.Κ.Ο. της Υ.Δ.Α.Σ. 131



HEART DOCTORS

Court decision N° 4229/2001
N.G.O. Serial N° 131

HEART DOCTORS ACTIVITIES of the year 2021



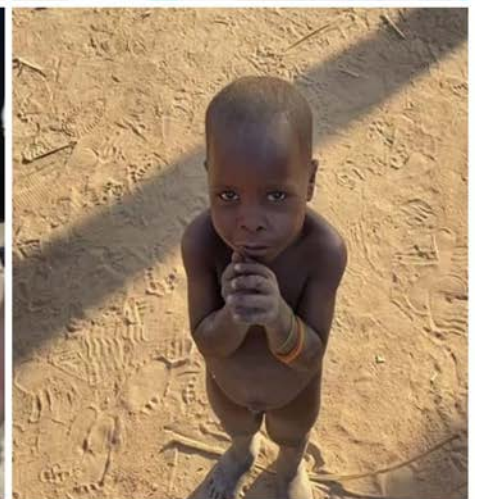
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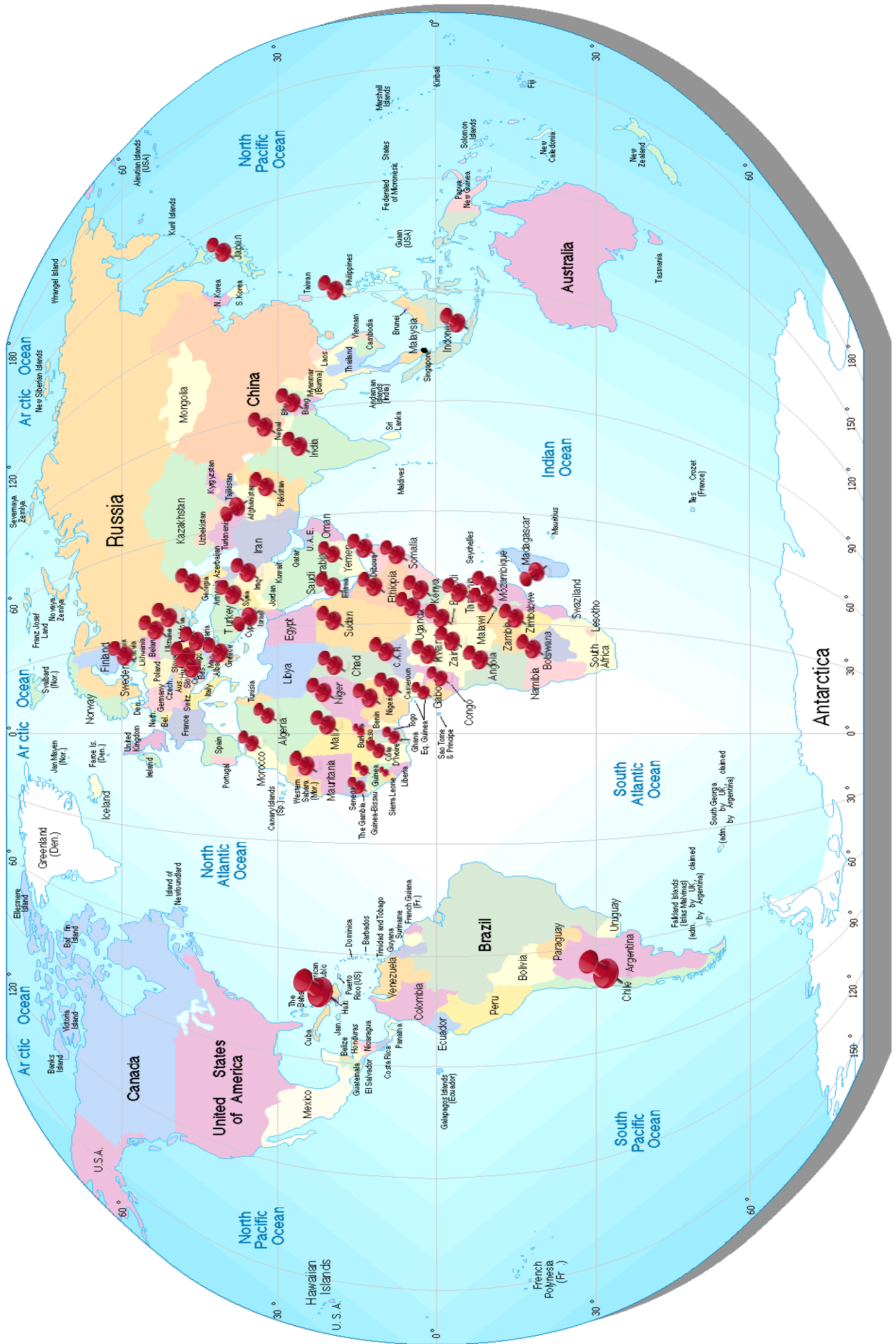
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INTRODUCTION

“Heart Doctors”: identity and humanitarian activities

During the war against Yugoslavia, a few volunteering friends from Greece decided to assist the attacked people by gathering medicines, food provisions and other necessary items, which they transported by car and offered to the victims of that war.

Thus, an informal group of Greek doctors and other friends was formed at that time, which soon began offering humanitarian assistance initially to very poor African communities. They used to offer medical services, medicines and food to populations living in remote or isolated rural areas, ill and forgotten, without any medical care. The members of that group created in 2001 the Humanitarian Organization “Heart Doctors”.

“Heart Doctors” is a Greek, Humanitarian, Non Profit, Non-Governmental Organization of volunteers. Their main task is to provide health care (medical camps), medicines, food, and other supplies free of charge in emergency situations where human health and life are faced with imminent danger. This happens in case of war conflicts, massive violent movements of people (refugees and internal massive and violent movements and dislocation of populations), epidemics, natural disasters (earthquakes, hurricanes and cyclones, floods and tsunamis, major fires) and hunger due to prolonged drought or other reasons. “Heart Doctors” offer also free medical care and necessary medicines to populations they visit in remote areas where there are no doctors and hospitals. As far as possible, they also try to secure economic resources to finance small or larger projects such as rural medical centers, hospitals, drinking water supply, school buildings, orphanages, libraries, etc.

To date, **1.374** missions have been accomplished in **77** countries of Africa, Asia, Europe and America. These missions have covered the need of assistance of all the above-mentioned forms. “Heart Doctors” were actively present in various wars and events of war (in Iraq, Lebanon, the Gaza Strip, Afghanistan, Pakistan, Syria and Libya), in earthquakes (in Iran, Haiti, Chile, Indonesia, Nepal), in the case of tsunamis (Sri Lanka, Indonesia, Japan), floods (India, Bangladesh, Myanmar and the Balkans), in cyclones in the Philippines, India, Bangladesh, Malawi, Mozambique and Zimbabwe; they have offered food relief in Sudan (Darfur and Khartoum), Niger, the republic of Niger, Ethiopia, Kenya, Somalia, Djibouti, Eritrea, the Democratic Republic of the Congo, Madagascar, Mozambique, Guinea Bissau, India, etc. Construction projects have been accomplished in Sri Lanka, Burundi, Nigeria, Kenya, Ghana, Cameroon, etc.

In Greece, many missions have been carried out to deal with devastating events such as earthquakes, major fires and floods. There has also been assistance to provincial hospitals and to very poor families of homeless and uninsured people. In Koutsohera village of Ilia, which was partially destroyed by the big fires of 2007, a building was constructed to house the kindergarten of the village.

“Heart Doctors” function on a genuine voluntary basis, without any employees. Members and associates as well as friends offer their services and everything else they can, without any reward. Any form of assistance offered by “Heart Doctors” is given free of charge and without distinctions of color, nation, religion etc.

The missions of the Organization are carried out by teams of members who visit the patients in the places where they live (settlement, tropical forest, savannah, camp, natural disaster area, etc.). Medicines and other forms of assistance are provided directly by “Heart Doctors” themselves, not by intermediaries. Those who participate in the mission teams shall cover themselves all their relevant expenses.

ACTIVITIES IN 2021

Countries and missions

During the year 2021 “Heart Doctors” worked in **27** countries (including Greece).

In 2021, two more countries, **Armenia** and **South Africa**, were added to those already assisted. Thus, the total number of countries that have accepted humanitarian assistance from “Heart Doctors” up to now, are **77**. The corresponding number of missions accomplished in 2021 is **90**.

In foreign countries, **4** missions for medical services, **18** missions for delivery of medicines, **41** missions for food distribution and **17** missions for provision of other necessary supplies were carried out.

In Greece, **10** missions were accomplished during the year 2021. Provincial hospitals are still receiving humanitarian assistance (mainly expendable hospital material). Poor and weak families with mother and young children abandoned by the father, were supported. Relief was offered to fire and earthquake victims.

Natural disasters

“Heart Doctors” helped the earthquake victims of Indonesia (29.1.2021), the fire victims of Euboea (9.8.2021) and the earthquake victims of Crete (30.9.2021).

Construction projects

During the season of autumn 2021, a school building was erected in Datcheka village, in the Extreme North Region of Cameroon.

“Heart Doctors” warmly thank all those who in any way contribute to the humanitarian work of the Organization.







MISSIONS FOR MEDICAL SERVICES

Three Sub-Saharan African countries were visited by «Heart Doctors» during 2021 to carry out four humanitarian missions and offer medical services to populations living in remote rural areas. These countries and the number of missions for each of them are shown in the following table:

Country	Number of Missions
Cameroon	2
Congo - Brazzaville	1
Nigeria	1
Total	4

A short description follows for each mission in chronological order of their accomplishment.



“Heart Doctors” left Athens, on 7.2.2021, for the Republic of the Congo (Brazzaville), after an invitation of the African company “World Wide and African Development Business” – SA (2WADB). The purpose of the invitation was to offer medical care to sick residents of remote rural areas of the country. Eventually, due to local dangers, the authorities suggested the team to work near the capital. The settlements, whose patients were offered medical services, were the following:

- 11.2.2021: Linzolo,
- 12.2.2021: Invouba,
- 13.2.2021: Mabaya,
- 14.2.2021: Kingandou Guimbi and Mayama (two separate areas)
- 15.2.2021: Louingui,
- 16.2.2021: Ndzoumouna,
- 17.2.2021: Nkoue,
- 18.2.2021: Kimpila

A large number of patients, young children and adults, came daily for medical examination and treatment. The main health problems of the patients were malaria (in limited frequency), back pain and arthralgias, helminthiasis, respiratory infections with common cold characteristics, hypertension, conjunctivitis, wounds etc.

“Heart Doctors” express their heartfelt thanks to the General Manager of 2WADB for the invitation, the hospitality and the assistance provided daily to the team.





“Heart Doctors” left Athens on 10.4.2021 for Cameroon, in order to offer medical services to residents of Katrang area, in the Extreme Northern Province of the country. The team arrived by air to N'Djamena, the capital of Chad, through Cairo. Then it moved by car to the Chadian border river town Bongor (12.4.2021), crossed the river and entered Cameroon at the town Yagoua.

Then by a very old mini-bus the team moved to Katrang and settled in small huts, which had been constructed there by “Heart Doctors” many years ago. The priest of the local church of the “Holy Apostles” welcomed the team. Patients from the area had already begun to gather near the temple.

During the period 13 to 21.4.2021, people with health problems gathered daily near the church; small groups entered a separate hall of the church premises where they were examined by the doctors of the team and received the necessary treatment. The main health problems were malaria, helminthiasis (mainly in children), scabies, respiratory infections, epilepsy, wounds, eye problems, diarrhea syndromes, back pain and arthralgia.

On 22.4.2021, the team left by road for the city of Maroua. Next day they flew to Duala and then through Cairo arrived in Athens.





36th M I S S I O N 21/10/2021

A team of “Heart Doctors” left Athens on 21.10.2021 for Abuja, the capital of Nigeria, via Cairo. In Abuja, the team was welcomed by the local coordinator of the mission and was taken by car to the Sugar Investment Group named “Sunti Golden Sugar Estate” (in Sunti, Mokwa LGA, Niger State), of the company Koumantaros Flour Mills of Nigeria.

“Heart Doctors” were invited to offer free medical services to the employees of this Group and the people of the scattered settlements in the wider area (40 communities).

The patients gathered daily at the local Sunti Clinic were examined and treated from morning to afternoon. Interpretation was provided by the medical and nursing staff of Sunti Clinic. Sick people were transported to the clinic every day, by ten trucks, from the settlements of the wider area.

The medical attendance was offered during the period 23-30.10.2021. Thousands of patients were treated - babies, infants, young people, adults and the elderly. The main health problems observed were: malaria, anemia, gastroenteritis, respiratory infections, gastritis, hypertension, skin diseases, arthralgias, urinary tract infections, schistosomiasis.

Warm thanks are addressed to the owners of Sunti Golden Sugar Estate, especially to Mr. Ioannis Katsaounis and the Director Mr. Alno du Pisani and his wife Tamara du Pisani.





On November 13, 2021, “Heart Doctors” left Athens for Cameroon, in order to provide medical care to sick people of Katrang village and its surrounding areas and distribute foodstuffs to the starving families there.

“Heart Doctors” flew to N'Djamena, the capital of Chad, through Cairo; from there, they moved by car to Bongor and crossed the river that separates Chad from Cameroon at that place..

After entering Cameroon, the journey to the small settlement of Katrang was long and took place on ground having no paved roads. The medical team settled in the “boukaroo” huts near the church of Saint Apostles and started its work the next morning (17.11.2021).

Patients in the area began to gather near the church. From 17.11.21 to 21.11.21, people of all ages came daily and, after the medical examination, they received treatment and medication. Main health problems were malaria, helminthiasis (mainly in children), anemia, scabies, respiratory infections, injuries, eye problems, diarrhea syndromes, back pain, arthralgia, malnutrition in young children.

Climate change is adversely affecting agricultural production in the vast area of northern Cameroon resulting in malnutrition. The team purchased maize and transported it to an auxiliary room of the premises of the church where it was packed in large bags, which were then distributed to the starving families.

In autumn of 2021, a school building was erected in the neighboring village of Datcheka; that building will house school children of primary education. This “Heart Doctors” project was completed in November 2021.

On 22.11.2021, the medical team returned to N'Djamena from where it flew to Athens via Cairo.





MISSIONS FOR DELIVERY OF MEDICAMENTS

During the year 2021, 18 drug delivery missions were accomplished in four countries.

FOOD MISSIONS

In the year 2021, 41 food missions were carried out in 16 countries, as shown in the following table:

Country	Number of Missions
Djibouti	5
Eritrea	5
Gambia	1
Georgia	1
Guinea Bissau	1
India	2
Indonesia	1
Moldova	1
Mozambique	3
Niger	2
Senegal	1
Somalia	5
South Africa	1
Sudan	9
Togo	1
Zimbabwe	2
Total	41

Djibouti: Five missions were carried out, and the following basic foods were distributed to very poor families: rice, corn flour, wheaten flour and milk powder (8.1.21, 28.3.21, 18.6.21, 5.10.21, 2.12.21).

Eritrea: Five missions were realized to the capital Asmara. Rice, wheaten flour, milk powder and corn flour were given to poor families (8.1.21, 28.3.21, 18.6.21, 5.10.21, 2.12.21).

Gambia: In a mission to the capital Banjul, rice and milk powder were distributed to families living in the suburbs (24.5.21).

Georgia: A mission was carried out to the capital Tbilisi, where various foods were distributed to people in need (4.1.21).

Guinea-Bissau: In a mission to the capital Bissau, rice and wheaten flour were distributed (24.5.21).

India: Two missions were carried out to the outskirts of Hyderabad and the villages of Andhra Pradesh State; dhal, rice and wheaten flour were distributed (30.1.21, 10.10.21).

Indonesia: On 29.1.21, in a mission to Jakarta, the capital of Indonesia, various food and clothing items were purchased from local markets and were offered to the victims of the earthquake of the island Kelevi (or Salawezi) on 15.1.2021. The earthquake (6.2 on the Richter scale) left many dead, injured and homeless.

Moldova: With a mission to the capital Chisinau, various foods were bought locally and distributed (4.1.21).

Mozambique: With three missions to the capital Harare of Zimbabwe, various foods were bought from the local markets (rice, wheaten flour, milk powder, corn flour), which were transported to the border with Mozambique; from there they were distributed to the neighboring areas of Mozambique (9.1.21, 29.3.21, 23.5.21).

Niger: On 29.3.21 and 1.12.21, in two missions to the city of Zinder, in Southern Niger, rice, wheaten flour and milk powder were bought and offered to representatives of pastoral communities (Fulani, Tuareg and Hausa). Peoples of these tribes have been assisted by “Heart Doctors” since 2005.

Senegal: A mission was carried out in the capital Dakar and food (couscous) was distributed to families (1.7.21).

Somalia: Food was transported by car from Djibouti to the borders with Somalia, where there is a camp of starving Somali people. Five missions were accomplished and rice, corn flour, milk powder and wheaten flour were offered to the people (8.1.21, 28.3.21, 18.6.21, 5.10.21, 2.12.21).

South Africa: On March 12, 2021, an orphanage was visited in Johannesburg and the following items were offered: long-lasting milk, milk powder for infants, instant maize porridge, rice, biscuits and various sweets.

Sudan: In suburbs and very poor neighborhoods of Khartoum as well as in Darfur (near the town of Nyala), rice, corn flour, milk powder, and wheaten flour were distributed to refugees and other starving families. Bottled drinking water was also offered in Darfur. Five missions were carried out to Khartoum (8.1.21, 28.3.21, 18.6.21, 5.10.21, 2.12.21) and four to Darfur (8.1.21, 28.3.21, 5.10.21, 2.12.21).

Togo: With a mission to the capital Lomé, rice and wheaten flour were distributed (1.7.21).

Zimbabwe: In two missions to the capital Harare, rice, wheaten flour, milk powder and corn flour were distributed to families living in the surrounding areas (9.1.21, 23.5.21).

During the 29th medical mission to Cameroon, food was offered to starving families (13.11.21).

OTHER MISSIONS

CLOTHING, FOOTWEAR, SCHOOL SUPPLIES, ETC.

Country	Number of Missions
Armenia	1
Benin	1
Georgia	6
Liberia	1
Moldavia	7
Zimbabwe	1
Total	17

Armenia: For the first time, in a visit to the city of Armavir in Armenia, various school supplies were distributed to children (2.9.21).

Benin: Clothing for young people was distributed to poor families in the capital (1.7.21).

Georgia: Six missions took place in Tbilisi, the capital of Georgia. Clothing and personal gifts for Christmas were distributed to school children of poor families and children in orphanages (3.2.21, 10.5.21, 10.6.21, 24.9.21, 3.11.21, 8.12.21).

Liberia: On 1.7.2021 a mission was accomplished to the capital Monrovia for the distribution of clothing to children of very poor families.

Moldavia: In Chisinau, the capital of Moldavia, seven missions were carried out and various items of clothing and personal gifts for Christmas were purchased and offered to children of poor families and orphanages (3.2.21, 31.3.21, 10.5.21, 10.6.21, 24.9.21, 3.11.21, 8.12.21) .

Zimbabwe: A mission was accomplished to the capital Harare and from the local markets various school supplies, shoes etc. were purchased and distributed to school children (29.3.21).

It is pointed out that in addition to food, clothing was also offered to the earthquake victims in Kelevi Island, Indonesia (29.1.21). In Moldavia, clothing was also distributed (3.2.21). In Somalia, flip flops were also distributed (5.10.21).

CONSTRUCTION WORKS

Construction of a school building in Dutcheka village of northern Cameroon.

During the autumn of 2021, a school building was erected in Dutcheka village, in the Extreme North Province of Cameroon. The school will house 300 primary school children of the wider area, which includes Katrang. The project was completed in November 2021 and was financed by a generous friend of "Heart Doctors".



HUMANITARIAN AID IN GREECE

Offer of expendables to provincial hospitals in 2021

Various expendables were offered to provincial hospitals during 2021 (seven missions: 5.1.21, 9.3.21, 19.3.21, 28.5.21, 12.7.21, 14.11.21, 17.12.21).

Assistance to fire victims in Euboea and earthquake victims in Crete

On 9.8.2021, “Heart Doctors” together with friends and volunteers, delivered to the competent local services pallets of bottled drinking water, for the urgent needs of fire victims in Euboea . On 30.9.2021, blankets and sheets for the victims of the earthquake that hit Crete were also delivered to the appropriate local authorities (the earthquake was 5.8 points on the Richter scale and struck Alkalochori in Heraklion, on 28.9.2021, leaving one dead, many injured and hundreds homeless).

Offer of bedding

In an institution of the island of Rhodes, which provides care for children with special needs, bedding items were offered (27.12.2021).

Family support

The support of some mothers with their children who have been abandoned by their husbands and fathers continued in 2021 (these families live mainly in Perama, Kaminia, Nikaia, Korydallos, Drapetsona and Keratsini, in Pireaus).





MEDICINES AND OTHER MATERIALS

“Heart Doctors” receive from the general public medicines, which are donated for their humanitarian missions. School children, students of foreign languages institutes, the Orthodox Christian Church, various companies and their staff, pharmacies and individuals find the way to offer medicines.

Medicines against tropical diseases, which are not produced or marketed in Greece, are purchased from the European market.

Expendable hospital supplies, needed to support provincial hospitals in Greece, are purchased from the Greek market. The same applies to a variety of items offered to natural disaster victims in Greece, to poor families and needy adult school students in prisons etc. In addition to medicines, “Heart Doctors” use in their missions many other items such as basic foodstuffs (milk powder mainly for children, sugar, wheaten flour, maize, corn flour, corn oil, rice, beans etc.), drinking water, clothing and footwear, bedding items, household equipment, school supplies, mosquito nets etc. Most of these items are distributed in missions abroad. They are purchased in wholesale markets close to the populations to which they are offered (minimization of transport costs).

In the past, “Heart Doctors” used to collect food items from the general public in Greece; those items were transported to the places of great famine or natural disasters abroad by C130 planes at the expense of the Greek State.

In certain cases of earthquakes and floods in Greece and the Balkan countries, food, clothing, drinking water, bedding, etc. are collected in Greece and transported to the disaster sites.

It is clarified that certain friends of “Heart Doctors”, and volunteer associates, who prefer anonymity, assist in the humanitarian work by personally participating in missions and covering the cost of buying and distributing the material donated by them.



MISSION MEMBERS

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ACKNOWLEDGMENTS

Children and young people from kindergartens, schools, foreign language institutes and universities continue to offer medicines for the humanitarian work of “Heart Doctors”. We cordially thank all these donors, their teachers and their parents.

Many friendly people remember the humanitarian work that is being done for years and contribute by their offerings. Pharmacists, various individuals, even retired, and the Orthodox Christian Church, offer medicines and other useful items. “Heart Doctors” thank them very much indeed.

Associates contribute by offering their personal services in transporting, checking and classifying the drugs that are collected. Others offer their own means of transport for transporting materials. Others work in groups in Athens, Thessaloniki, Rhodes, Crete etc for the collection of medicines. Others assist the doctors in offering medical treatment. To all these dedicated volunteers, we express our very grateful thanks.

Leaders and employees of Air France, Lufthansa Airways, Aegean Airlines, Egypt Air, Emirates Airways and Turkish Airlines, are cordially thanked for their willingness to serve our members when traveling for our missions. Especially, we greatly thank Aegean Airlines because, in addition, it often provides us with milk for malnourished babies and young children – candies, t-shirts and other material is lovingly and enthusiastically prepared by the Customer Service Department as a gift to infants and young children of Africa (responsible is Ms Eleni Kefala).

The transportation companies “Grammi Brothers Stati OE”, “Spanos Dodecanisos Seaways” and “Thessaloniki – Athens KTEL Transport” are very gratefully thanked for their substantial contribution to the work of “Heart Doctors” by free transferring medicines and other materials.

We thank the Pope and Patriarch of Alexandria and All Africa Mr. Theodoros II, the Patriarch of Jerusalem Mr. Theophilos 3rd, the Patriarch of Antioch Mr. Ioannis the 10th, the Archbishops of Cameroon Mr. Gregorios, of Nigeria Mr. Alexandros, of Western Tanzania Mr. Ieronymos, of Nairobi Mr. Makarios, the Metropolitan of Nouvia Mr. Savvas and the Archimandrite Mr. Themistoclis Adamopoulos of the Diocese of Sierra Leone, as well as the Holy Clergy of the above mentioned Christian Orthodox Churches for the help and contribution they offer to our missions. Furthermore, we would like to thank and congratulate the priests and church warden of Holly Ttinity Church in Nea Kifisia for medicines and other useful material they often send to “Heart Doctors”. We also thank the priest of the Holy Temple of Saint Apostles in Katrang, North Cameroon, as well as his associates for the assistance they offer to our medical missions there.

We warmly thank the political leaders of the Ministry of Health and the Heads of Service who help us in our effort to gather second hand external fixation devices from hospitals in Greece. For the same reason, we thank the Governor of the 2nd Piraeus and Ae-

gean Health Region, as well as the associates. Likewise, we thank the hospitals that contribute to this project (KAT, Red Cross, General Hospital of Rhodes).

We thank the political leadership of the Ministry of Foreign Affairs of Greece, the executives and all the employees in the General Directorate of the International Developmental Cooperation (YDAS) – and now in Directorate Z2. We also thank the heads and staff of the Diplomatic Services of Greece abroad and especially in Abuja (Ambassador Mr. Ioannis Plotas), in Nairobi, in Douala (Honorary Consul of Greece Mr. Anestis Ar-nopoulos), in Burundi (Honorary Consul of Greece and Cyprus Mr. George Coucoulis) and in Antananarivo (Honorary Consul Mr. Panagiotis Taloumis). We also warmly thank the Embassy and Consulate of Nigeria in Athens (H.E. Mrs. Opunimi KINKUGBE, Ambassador, and Mr. Felix LOGO, Consular Officer). We also thank the Honorary Consul of Cameroon in Nicosia, Mr. Charalampos Christofidis, the Honorary Consul of Chad in Athens, Mr. Efstathios Mokas, and the Honorary Consul of Ghana in Athens, Mr. Panagiotis Tsakos.

We thank the competent Directorate of the Ministry of Education, Research and Religions for the approval it gives us to visit the schools in Greece and inform the students about our humanitarian work, volunteering and solidarity of people.

The Consular Authorities of Cyprus in many countries offer very important services during the implementation of humanitarian activities there. We thank the responsible officials for their kind help.

We thank the rest of our friends, in Greece and abroad, who contribute to our work.

Many thanks are extended to the anonymous friends and associates, who support poor fellow human beings by accomplishing many food missions and providing other necessary items, in collaboration with “Heart Doctors”.



