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HEART DOCTORS

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

HEART DOCTORS ACTIVITIES of the year 2019



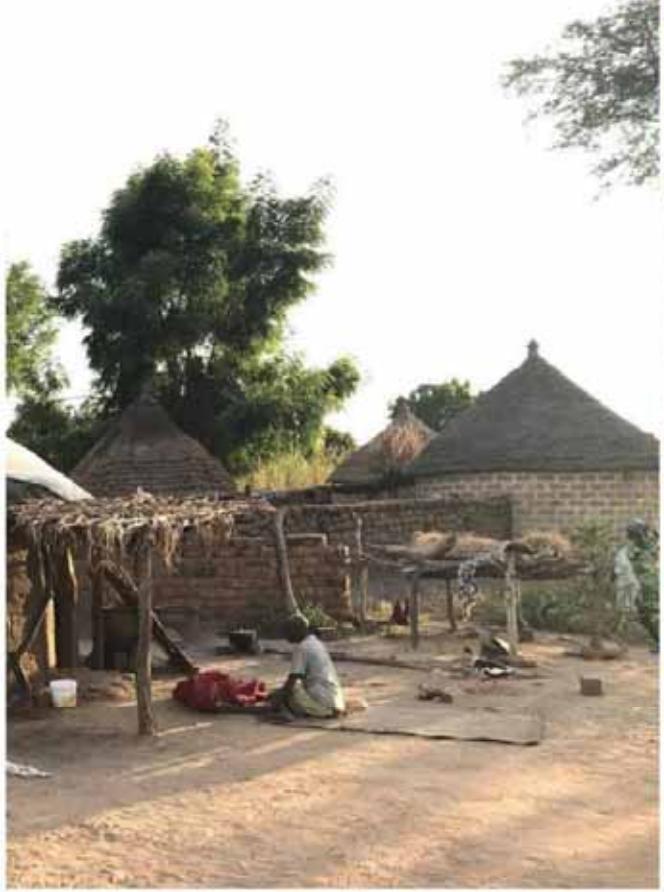
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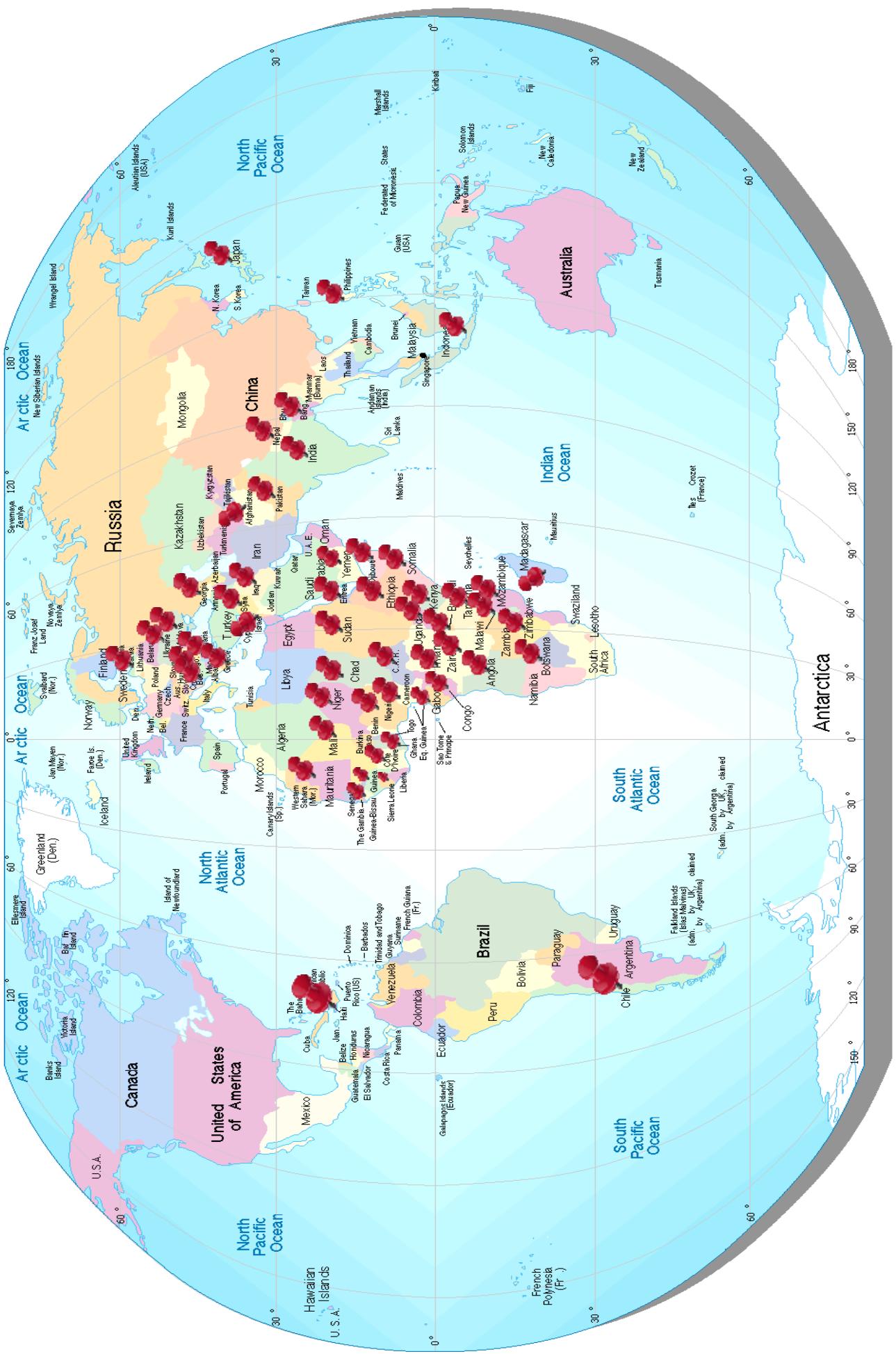
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CONTENTS

Contents	3
Introduction	5
Missions for medical services	9
Missions for delivery of medicaments	22
Missions for delivery of food	22
Other Missions	24
Humanitarian aid in Greece	26
Construction Works	28
"Heart Doctors" Distinctions	30
School visits	31
Medicines and other materials	34
Mission members	35
Acknowledgements	36
Incident.....	38
"One picture is worth a thousand words"	40





INTRODUCTION

"Heart Doctors": identity and humanitarian activities

During the war in Yugoslavia, a few friends from Greece decided to help by gathering medicines, food provisions and other necessary items, which they transported by car and delivered to the victims of the war.

An informal group of Greek doctors and 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. 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, **1.189** missions have been accomplished in **72** 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, Malawi, Mozambique and Zimbabwe; they have offered food relief in Sudan (Darfur and Khartoum), Ethiopia, Kenya, Somalia, Djibouti, Eritrea, the Democratic Republic of the Congo, Madagascar, Niger, Mozambique, Guinea Bissau, India, etc. Construction projects have been accomplished in Sri Lanka, Burundi, Nigeria, Kenya, Ghana, and Cameroon.

In Greece, many missions have been carried out to deal with extraordinary and 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 or are located (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 missions shall cover themselves all expenses.

ACTIVITIES IN 2019

Countries and missions

During the year 2019 "Heart Doctors" worked in **30** countries (including Greece).

In 2019, three more countries, **Guinea**, **Slovakia** and **Uzbekistan**, were added to those already assisted by "Heart Doctors". Thus, the total number of countries that have received humanitarian assistance up to now, are **72**. The corresponding number of missions in 2019 are **97** (and the total number of missions accomplished since "Heart Doctors" started their activities is **1.189**).

In Greece, **11** missions were accomplished during the year 2019. Provincial hospitals continued to receive humanitarian assistance (mainly expendable hospital material). Poor families with mother and young children abandoned by the father, were supported. Various schools were visited and students were supported (particularly, adult students attending second chance schools).

In foreign countries, various missions were accomplished (of medical care, delivery of medicines and food, as well as other necessary commodities).

Natural Disasters

In the field of major natural disasters, "Heart Doctors" were present in Indonesia, which was hit by a volcanic eruption and the tsunami that followed (the straits of Sundra between Sumatra and Java). The Organization provided also on-the-spot assistance to India (floods in Odisha, Mumbai and Bihar), Bangladesh (monsoon floods), Zimbabwe, Malawi and Mozambique (cyclone).

Construction projects

In 2019, two rural medical centers, one school building and a borehole for drinking water were inaugurated in Niger State, Nigeria. The projects were financed by friends of the Organization.

Cooperation

The activities described in this report are the result of the assistance and cooperation of many people who relentlessly and with great joy and true love contribute in any way to the humanitarian work of "Heart Doctors".

Anonymous friends and associates of "Heart Doctors", are offering selfless care to suffering communities, and are personally involved in many missions, covering the relevant costs.

"Heart Doctors" are very thankful to all those who contribute in any way to the humanitarian work and congratulate them for their selfless work.







MISSIONS FOR MEDICAL SERVICES

Three Sub-Saharan African countries were visited by “Heart Doctors” during 2019 in six missions, and offered medical services to populations living in remote rural areas. These countries and the number of missions for each of them are listed in the following table:

Country	Number of Missions
Cameroon	2
Nigeria	3
Guinea	1
Total	6

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



On 30.1.2019, a five member team of "Heart Doctors" travelled to Northern Cameroon through Chad. The purpose of the mission was the attendance of sick people in Katrang. The team moved by car from N' Djamena to the remote village Bongor near the river Longone which separates Chad from Northern Cameroon.

On the 1.2.2019, the team crossed the river by one of the traditional boats and reached the nearby Cameroonian community of Yagoua. A Christian Orthodox priest, from the compound at Katrang, was there expecting the team. The priest was responsible for the local organization of the mission and the transportation of the team.

Following a two hour drive, the team reached the compound at Katrang, where "Heart Doctors" had financed the construction of traditional huts many years ago for the accommodation of their members. The team settled in the huts, arranged the medicines in the building where sick people are received and started examining and treating those who were there expecting the doctors.

During the following three day period (2 – 4.3.2019), large numbers of people with various health problems were examined and treated from 7:00 am. to 3:00 p.m. Frequent diseases were malaria, anemia due to many diseases, infections of the respiratory tract, syndromes with diarrhea, joint and bone problems, low back pain, parasitoses, skin infections, epilepsy, eye problems, sexually transmitted diseases and malnutrition of children.





77



On Tuesday afternoon, the 30th of April 2019, a five-member team of "Heart Doctors" departed from Athens to Abuja, the capital of Nigeria. Next day, the team moved by road to the city of Bida, in Niger State, where it settled at the private home of the Governor of the State as his invited guests.

The main purpose of the mission was to provide free medical services to patients living in remote or isolated settlements. An additional purpose was to inaugurate a rural medical center recently constructed in Niger State. The project was financed by friends of "Heart Doctors".

The medicines for the medical camp and milk for malnourished children were brought from Athens by the members of the mission. The Governor of Niger State provided vehicles for the movements of the mission, hospitality and policemen for security.

During the next five days, the team visited the settlements which had been selected by the local authorities, one settlement per day; after

the medical examination and treatment of the sick people, the team returned to their residence in Bida to spend the night. The settlements visited were the following:

02.05.2019. Consultation of patients in Kpayi village, Etsu Tasha ward, Edatin Local Government.

03.05.2019. Consultation of patients at Emiyayako Fembo Village, Etsu Twado Ward, Gbako Local Government

04.05.2019. Visit to the Emir of Bida, who heads all the Emirs of Niger State. Thanks were addressed to "Heart Doctors" for their humanitarian assistance to Nigeria and the team members were offered traditional costumes as gifts.

After this visit, the team left for the remote settlement Kowankasa, Tegina Ward, Rafi Local Government (2½ hours drive), where the official inauguration of a rural medical center took place. The project consists of two nursing care units and one delivery room. (see chapter "Construction Works" pp.28-29)

05.05.2019. Consultation of patients at the village of Goshigi, Badaggi Ward, Kacha Local Government.

06.05.2019. Consultation of patients in the village of Etsu, Tasha Ward, Edati Local Government. The main diseases observed were:

Malaria, conjunctivitis, skin diseases, several cases of anemia, and many children with deformation of the lower limbs in the knee with revogonia (possibly due to rachitis or Blound's disease), hypertension, bronchitis, arthralgia, back pain, dysmenorrhea, fungal infections, gastritis, kala-azar, otitis, helminthiasis, epilepsy, sickle cell anemia, tuberculosis, burns.



On the 26.9.2019, a five member team of "Heart Doctors" departed from Athens for the city of Lagos in Nigeria. The purpose of the mission was medical attendance of the inhabitants of various poor neighborhoods of the larger area of Lagos with health problems, following an invitation from friends of "Heart Doctors". The activities of the mission were organized by those people and places with lack of facilities for primary health care were carefully selected by them.

The team was received at the airport by members of the organizers, who, after clearance of the medicines through customs, transported the team to an hotel with a mini bus, which was used for transportation during the entire duration of the mission.

The program included the following activities:

28.9.2019: visit to a school in Oroke Village in Ajah district, where the children of the school with various health problems were examined and treated together with their parents and inhabitants in the larger area, who had been notified in previous days for the free medical services by doctors from a Greek humanitarian Organization.

29.9.2019: Medical services to the people in the main building of SSION of Ajah district in Lagos.

30.9.2019: Attendance of people with health problems of Sangotedo Village in Ajah district.

1.10.2019 and 2.10.2019: Attendance of people in two different parts of Amuwo Odofin district.

3.10.2019: Examination and treatment of sick inhabitants in a Medical Center of Ajegunle, a neighborhood of the city of Lagos, which was supposed to be very poor and dangerous to drive through. Various professionals in the center proved very helpful to the team for treating large numbers of people.

Most frequent health problems encountered were malaria due to the recent rainy season, hypertension due to the frequent daily use of salted food, infections of the respiratory tract, diarrheas, pain in the area of the upper abdominal region, which was referred as ulcer, parasitoses, low back pain and arthralgias.

"Heart Doctors" are very grateful to Mr. Ramesh Harthiramani, the Head of the organizing members of this mission and his coworkers, who were accompanying the doctors every day, assisting them in their activities in any way they could.





75

On the 30th of October 2019, a five member team of "Heart Doctors" departed from Athens for Katrang, a region in North Cameroon, where Heart Doctors had financed the construction of several buckaroos in a compound, in order to provide medical services to the people in this area twice a year. The team arrived in the capital of Chad through Cairo and headed south in a mini bus to Bongor, a village near the river Longone, in order to cross it and reach Cameroon on the other side, going through customs in both borders. After spending the night in Bongor, the team crossed the flooded river due to the recent heavy rains. The members of customs and policemen at the borders of Chad were working in boats, because their offices were flooded. The team was then transported from the river side (at Yagua) to Katrang (Datcheka) by another mini bus and reached the compound after five hours instead of two, due to the road being in mud. At the compound, the team spent a short time to settle in the buckaroos and prepare the medicines, and then started attending the first people gathered.

During the following 4 days, large numbers of people from distant areas around the camp, with various health problems, were attended from 7.00 am to 16.00 pm. The most frequent problems were malaria and schistosomiasis, especially in children due to the recent rainy season. It was noted that the medical centers in the villages around the compound were short of antimalaria drugs and the people could not afford to buy any, in case some were available. Other health problems were pains of the lower back and joints, infections of the respiratory system, skin infections, epilepsy, wounds, eye problems, infections of the urinary tract.







A six-member team of "Heart Doctors" departed from Athens on 23.11.2019 for the capital Minna, of Niger State, Nigeria. Next day the team arrived in Abuja, and was welcomed by the local coordinator of the mission (with his associates appointed by the Governor of Niger State, Mr. Abubakar Sani Bello). The coordinator helped also with the customs clearance of the medicines brought from Athens. Then the team left Abuja and moved by car to Minna, accompanied by the coordinator, his associates and police, and settled in a guest house, as guests of the Governor.

The purpose of the mission was to provide medical care to sick residents of Niger State and to inaugurate one school building, one rural medical center and a well for drinking water in the remote village Ebba (She Ward, Shiroro LGA). The local activities of the mission had been organized by the coordinator and the competent local authorities; hospitality, transportation and security were provided by the Governor of Niger State.

Healthcare was offered to the patients of the following settlements:

- 25.11.2019: Shengu, Gini Ward, Munya LGA
- 26.11.2019: Kazai Indiya, Gini Ward, Munya LGA
- 27.11.2019: Ebba, She Ward, Shiroro, LGA. Shakwata, Maitumbi Ward, Bosso LGA
- 28.11.2019: Masumagu, Yangulu Ward, Magama LGA
- 29.11.2019: Ang / Companies, T / Wada North Ward, Chanchaga, LGA

The inauguration of the school building, the rural medical center and the well took place on 27.11.2019 in the village of Ebba, along with the attendance of patients. The medical center consists of 3 hospital wards (for medical examination and attendance, labour ward, auxiliary facilities). The well will serve the school and the medical center, as well as the population of the village. It is estimated that this project, funded by friends of "Heart Doctors", will meet the needs of 20,000 residents in the wider area. Officials from the Ministry of Health and the Ministry of Education of the State, the representative of the Governor and the traditional Emir, other officials and large crowds attended the inauguration ceremony. Traditional dances followed that delighted the people.

The main health problems observed were the following : malaria, respiratory infections, diarrhea syndromes, hypertension, stomach problems, helminthiasis, lower back pains, arthritis, and dermatitis. To certain undernourished babies special enriched milk was given; that milk had been brought from Athens by "Heart Doctors".



On Wednesday, 4.12.2019, a six member team of "Heart Doctors" departed from Athens for Conakry, the capital of Guinea. Friends of "Heart Doctors" from Israel, of ABK VENTURES – SARL Group, who run business in Guinea, invited "Heart Doctors" to visit the country and offer free medical services to the people of remote communities.

The team was received by the organizers at the airport of Conakry and spent the night at an hotel in the capital. Next day an interview of the team members was programmed with the local TV. The authorities of the Ministry of Health had been informed in advance and had requested all appropriate documents of the participating doctors, in order to issue a working permit to perform medical work in Guinea. The local Medical Council provided the doctors a special card which allows them to enter the country without any visa and as frequently as wanted.

Then the team departed in the early afternoon hours, with destination northwards, to the village KANSAN, at a distance of 600 kilometers from Conakry, escorted by two members of the organizers. This distance was covered in approximately 19 hours (due to bad road conditions, to spending the night, and to the crossing a river by an improvised primitive vessel moving manually).

Next day, 7.12.2019, following the necessary welcome addresses by the local authorities, the medical camp started working in a building close to the accommodation place; the first sick people gathered. During the entire duration of "Heart Doctors" presence, the daily time schedule was 8.00 am - 2.00pm with an intermission and from 4.00pm – 6.30pm. The organizers were always available and provided daily bottled water, bread etc.

Most frequent health problems were malaria due to absence of appropriate drugs and medical personnel, intestinal parasites, severe anaemia due to iron deficiency, gastritis, low back pain and joint pains, infections of the respiratory tract, hypertension, severe chronic traumas and skin infections, eye problems, osteomyelitis, leprosy and malnutrition of children.

In the evening hours, children used to gather near the residence of the team and were chanting apparently religious prayers learned at school, and continued with dancing and singing close to an open fire, the African way. Women also participated in the dancing.

On 12.12.2019, the team returned to Conakry and was informed that the local

TV news had covered their humanitarian medical activities. The government expressed their gratitude for the medical services offered to the people in that remote area in the north of the country.

"Heart Doctors" wish to express sincere thanks and gratefulness to the organizers of the mission, ABK VENTURES – SARL Group, for the perfect organization, support and hospitality. Without their assistance, this mission would have not been possible.







MISSIONS FOR DELIVERY OF MEDICAMENTS

During the year 2019, 22 drug delivery missions were accomplished in four countries.



MISSIONS FOR DELIVERY OF FOOD

Country	Number of Missions
Bangladesh	1
Congo, D. R.	1
Djibouti	4
Eritrea	4
Gabon	1
India	4
Indonesia	1
Mozambique	2
Niger	2
Somalia	4
Sudan	7
Zimbabwe	2
Total	33

Bangladesh: On 10.7.19 a team of “Heart Doctors” visited Bangladesh and provided food aid to flood victims caused by monsoon rains in Southeast Asia (rice, fava and wheaten flour were distributed).

Congo, Democratic Republic: On 30.6.19, the capital of Kinshasa was visited and basic foodstuffs were distributed to starving families living in the outskirts (rice, maize, sugar, milk powder).

Djibouti: With four food missions, the following staple foods were delivered to very poor families: rice, maize, wheaten flour and milk powder (22.1.19, 18.6.19, 20.9.19, 17.12.19).

Eritrea: Four food missions were accomplished in Asmara, the capital of Eritrea, and the following food items were distributed to poor families: rice, corn flour, wheaten flour, milk powder and sugar (22.1.19, 18.6.19, 20.9.19, 16.12.19)

Gabon: On 30.6.19, near the capital of Libreville, rice, maize, and milk powder were distributed to poor families.

India: Four missions were carried out to villages of Andhra Pradesh State where rice and fava were distributed (9.1.19), to the maritime town Puri of Odisha State where rice, fava, dhotis, saris and shoes were distributed to victims of cyclone Fani (9.5.19), to Bombay where rice, fava and wheaten flour were distributed to flood victims (10.7.19), and to Patna, capital of Bihar State, where rice, fava, dhotis and saris were distributed to flood victims (9.10.19).

Indonesia: "Heart Doctors", working with volunteer friends, visited Jakarta in Java, Indonesia (2.1.19). From there they provided food (rice, wheaten flour, bottled drinking water), which was distributed to tsunami victims caused by the eruption of the volcano Anak Krakatau on 22.12.2018, and the subsequent submarine landslide (Sunda Strait between Java and Sumatra). The load of medicines, transported from Athens, was handed over to the responsible authorities of Indonesia. The devastation was very great: 429 deaths, crowds of injured and homeless were reported, while other disasters were huge. The atmosphere was stinking and suffocating.

Mozambique: Two missions were realized in Mozambique (2.3.19, 5.6.19). Various food items were purchased in Harare, the capital of Zimbabwe, from local wholesale markets (rice, wheaten flour, milk powder) and were transported to the border town of Mutare, and distributed to neighboring Mozambique.

Niger Republic: On 21.3.19 and 19.9.19, a team of "Heart Doctors" visited the city of Zinder of southern Niger and purchased various basic foods (corn flour, rice, milk powder, sugar and wheaten flour). These food items were delivered for distribution to a group representing shepherd nomads from the wider area (national groups of Fulani, Tuareg and Hausa).

Somalia: Four missions were accomplished in which maize, rice, wheaten flour, milk powder and sugar were transported from Djibouti to the borders with Somalia where Somalis stay in camps. The commodities were then distributed to the starving people (12.1.19, 18.6.19, 20.9.19, 17.12.19).

Sudan: At the outskirts of Chartoum as well as in Darfur (near Nyala) starving refugees and other very poor people were visited seven times by a team of "Heart Doctors" which purchased from local markets and distributed to the needy people rice, corn flour, milk powder, wheaten flour, bottled drinking water and clothing. The corresponding missions were accomplished in the following dates: 22.1.19, 20.3.19, 18.6.19, 19.9.19, 20.9.19, 16.12.19, (two missions on 16.12.19: one in Chartoum and one in Darfur).

Zimbabwe: Rice, wheaten flour and milk powder were purchased and distributed in Harare to very poor families by "Heart Doctors" and friends who visited twice this country (2.3.19, 5.6.19).



OTHER MISSIONS

CLOTHING, FOOTWEAR, SCHOOL SUPPLIES, BLANKETS, DRINKING WATER ETC.

Country	Number of Missions
Gambia	1
Georgia	7
Kazakhstan	1
Liberia	2
Malawi	1
Moldavia	7
Mozambique	1
Romania	1
Serbia	1
Slovakia	1
Uzbekistan	1
Zimbabwe	1
Total	25

Gambia: Children of poor families were offered various clothing items in Banjul, the capital of Gambia, on 6.6.19

Georgia: Seven missions were carried out in the capital Tbilisi (17.1.19, 12.2.19, 2.4.19, 17.5.19, 28.5.19, 3.7.19, 28.8.19); during this period various clothing items, footwear and school supplies were distributed to school children.

Kazakhstan: A mission took place in the capital Astana (22.10.19); school supplies, clothing and footwear were distributed to school children. The same items were distributed in an orphanage.

Liberia: Two visits were organized to the capital Monrovia at the outskirts of which various types of clothing were distributed to school children (2.3.19, 6.6.19).

Malawi: A mission was made (26.3.19) during which victims of the tropical cyclone Indai (which hit Zimbabwe, Mozambique and Malawi) were provided with blankets and clothing

- mainly children. Malawi has been hit in many areas, such as Nsange at the lower part of the River Shire.

Moldova: Seven missions were carried out to the capital Chisinau (17.1.19, 12.2.19, 2.4.19, 17.5.19, 28.5.19, 3.7.19, 28.8.19); clothing, footwear and school supplies were distributed to pupils of poor families.

Mozambique: On 26.3.19, "Heart Doctors" arrived with volunteer friends in Maputo, capital of Mozambique, where they took care of the victims of the Cyclone Indai, which hit Mozambique, Malawi and Zimbabwe. The cyclone formed on 4.3.19 and disintegrated on 21.3.19, causing major catastrophes in those three countries (in Mozambique it affected mainly the areas of Beira, Dondo and Chimoio cities). Blankets and clothing were offered - the latter mainly for children.

Romania: A mission took place in Bucharest, at the outskirts of which school supplies were distributed to school children of needy families (12.9.19).

Serbia: A mission took place in Belgrade - school supplies were distributed to pupils at the outskirts of the city (12.9.19).

Slovakia: The first humanitarian mission to this country took place on 12.9.19. Various school supplies were purchased and offered to school children.

Uzbekistan: A mission took place in the capital Tashkent (22.10.19); various clothing and footwear items were distributed to children of poor families.

Zimbabwe: A mission was accomplished on 26.3.19. The victims of the tropical cyclone Indai (which hit Zimbabwe, Mozambique and Malawi) were offered blankets and clothing - mainly children.

It should be clarified that in two missions in India, besides foodstuffs, clothing was also distributed (dhotis for men and saris for women) on 9.5.19 and 9.10.19.



Offering medicines and expendable items to Hospitals

In 2019, various expendable items were donated to Hospitals, such as urine collectors, blades, scalpels and bottles containing oxygen. Seven missions were carried out for this purpose.

Mission to the 2nd Second Chance School in Larisa

On 18.1.19, a six member team of "Heart Doctors" visited the Second Chance School of Larisa, which operates in a separate section of the Prisons of the city of Larisa. The recent humanitarian activities of "Heart Doctors" were presented to the students (video) and related discussions followed.

As in previous visits, eye glasses with corrective lenses were again distributed to students facing visual problems. Blankets and other bedding, a printer, books etc. were also offered. Heating oil was provided to keep the premises of the school warm and pleasant during the visit.

Mission to Second Chance School in Eleonas of Thebes

On 26.2.19, a team of "Heart Doctors" visited the Prison for women in Eleonas of Thebes, after consulting with the Director of the Prison, Mr. George Makris. There the team met the adult students of the Second Chance School. The rooms were strikingly clean, the atmosphere calm and the people polite and eager to listen and discuss with. The humanitarian activities of the Organization were presented to the students and discussions followed. The students were pleased with the opportunities offered to them for employment, education and training (computer, painting, theater, and recently rural workshops). Eye glasses with corrective lenses and sunglasses were provided.

Ophthalmological services to students of the 2nd Second Chance School in Larisa

On 1.3.19, a four-member team of "Heart Doctors" visited the 2nd Second Chance School in Larisa with an ophthalmologist from the Evangelismos Hospital in Athens. Twenty four students with eye problems were examined. All of them had refractive problems, many had conjunctivitis and two had amblyopia. Various examinations and tests were made, glasses were given and prescriptions were written by the eye doctor (the prescriptions were dispensed by opticians cooperating with "Heart Doctors"). The students served and the staff were grateful.

Mission to Domokos Second Chance School

On Monday, 18.3.19, a seven-member team of "Heart Doctors" visited the Second Chance School for males in Domokos Prison. Mrs. Eleni Sotiriou, head of the team, spoke to the students about the humanitarian activities of "Heart Doctors" emphasizing the voluntary and humanitarian nature of the Organization. Pictures from various missions of "Heart Doctors" were shown. The students were offered sweets and given individual parcels containing useful personal items (shampoo, soap, body sponges, toothpaste and toothbrushes). Blankets, jackets, trousers, shoes etc. were offered to the stu-

dents (paper for PC printing, balls for football game, notebooks, pens and books were offered to the school). Eye glasses with corrective lenses were also distributed (they had been ordered by telephone).

Vaccination of children

On 30.3.19, the church warden of the Holy Trinity Church in Kifissia asked "Heart Doctors" to vaccinate young children of needy families who are members of the respective parish. The pediatrician of the Organization visited the church and vaccinated the children.

Medical examination of children and provision of health certificates

On 16.4.19, the Principal of the 79th Athens Elementary School asked "Heart Doctors" to examine 24 school children and issue individual student health certificates, required for games and physical exercise. A two-member team with the pediatrician examined the students and provided the corresponding individual sheets to 23 children (one student was found to suffer from a health problem). Some of the children, who were found to have minor health problems, were given treatment and their teachers and parents were informed.

The priest of the Church of Virgin Mary Marmariotissa in Chalandri, requested the same examination (11 children were examined on 5.10.19 and 13 more on 19.10.19).

Mission to Grevena Second Chance School

On 15.5.19, a five-member team of "Heart Doctors" visited the Second Chance School, which operates in the Prison of Grevena. The purpose of the visit was to inform adult male students about the Organization's humanitarian activities and to provide the students with certain useful items. After talking to the students the following were distributed: sportswear, shoes, slippers, hats, hand towels, and eye glasses.

The Director of the Prison, the Principal of the School and the students thanked the team of "Heart Doctors".

Supporting poor families

This year's special support program for very poor families focused on abandoned mothers with young children (mainly in Perama, Tampouria, Nikaia, Korydallos, Drapetsona and Keratsini).

Patient escorts

In certain cases, "Heart Doctors" decided to provide escorts for patients who had to be transported to Athens hospitals as a matter of urgency (travel, accommodation and other expenses of the escorts were covered).

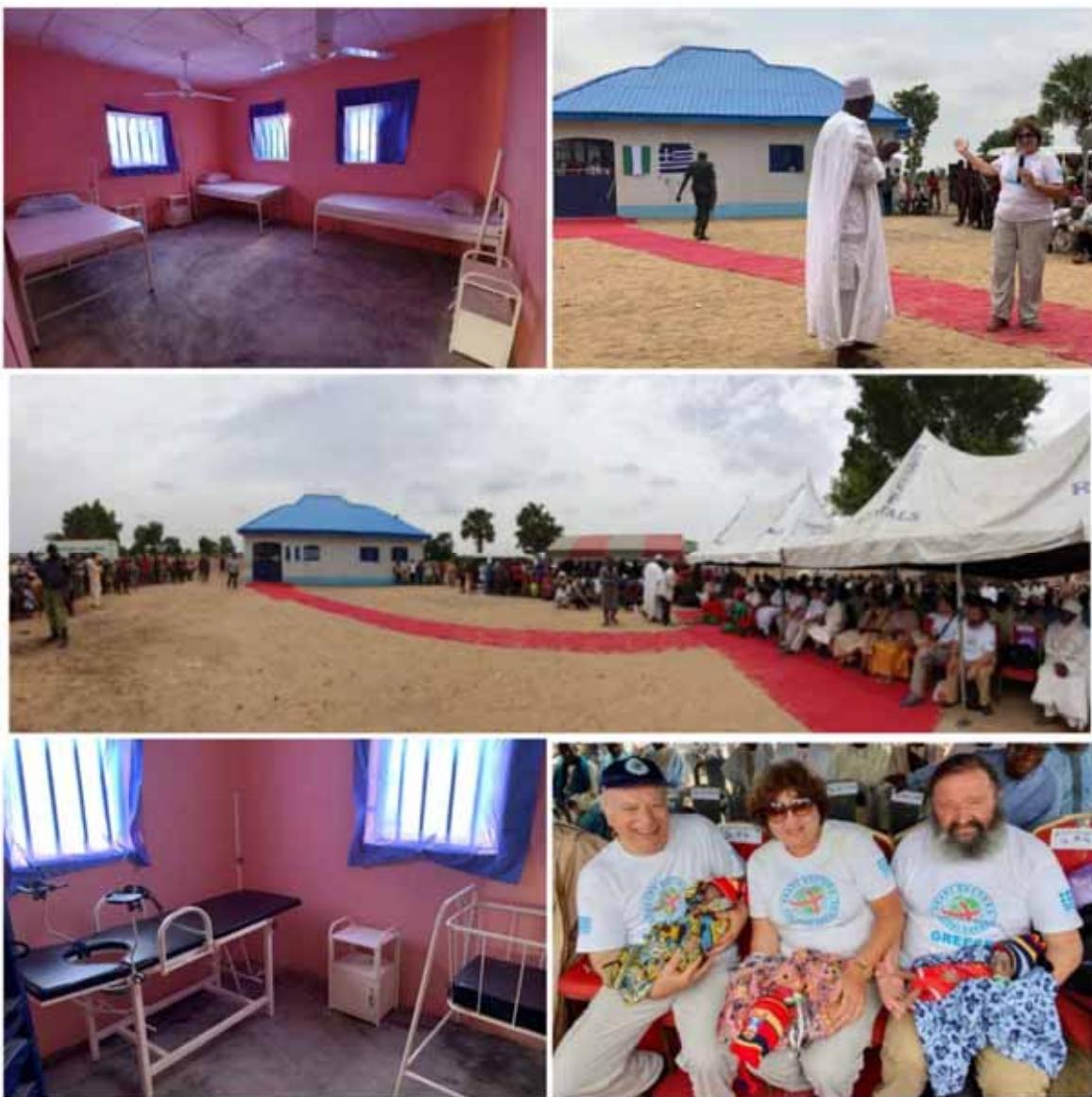


CONSTRUCTION WORKS

Medical center in Kowankasa (Tegina Ward, Rafi Local Government, Niger State)

During the 32nd Mission of "Heart Doctors" in Niger State, Nigeria, on 4.5.2019, the official inauguration of a rural medical center took place. The building was erected at the remote settlement of Kowankasa (Tegina Ward, Rafi Local Government, Niger State). The medical center consists of two treatment rooms and a delivery room. It will serve a population of 30,000 residents in the wider area. The team of "Heart Doctors" started from the city of Bita (where they were hosted) and after two and a half hours of driving reached the settlement. The inauguration ceremony was attended by the Emir of Kangara (Alahaji Salisu Tanko), a delegation of the State Governor, many officials and crowds of people from the surrounding areas. Following the speeches and the ribbon-cutting, traditional celebrations followed with songs and dances.

This clinic was really inaugurated almost 3 days earlier with the first childbirth there. The mother gave birth to triple babies, which she presented to the "Heart Doctors" team on the day of the inauguration, saying "nagode" (thank you).



Medical center, school building and a well in Ebba (Shee Ward, Shiroro Local Government, Niger State)

The official opening of a school building, a rural medical center and a well constructed in the remote village of Ebba, Nigeria, took place during the 34th Mission of "Heart Doctors" in Niger State, Nigeria.

The medical center consists of 3 rooms (medical examination and treatment rooms, childbirth room, and auxiliary areas). It is estimated that those projects, financed by friends of "Heart Doctors", will meet the needs of 20,000 residents in the wider area.

The above mentioned projects were overseen locally during the stage of construction works by the old friend and associate of "Heart Doctors" Hon. Umaro Tanko Kuta.



“HEART DOCTORS” DISTINCTION

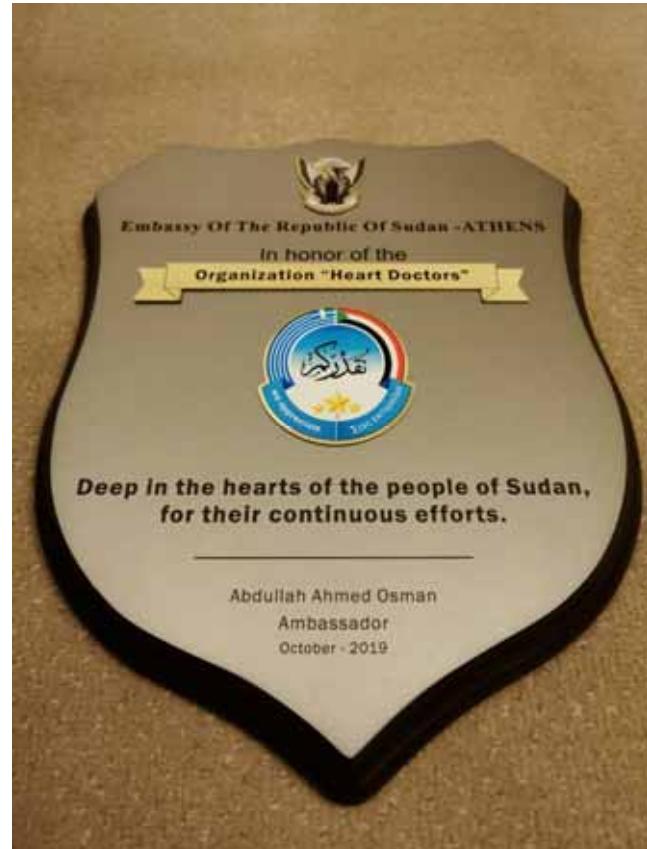
On October 15, 2019, the Sudanese Embassy in Athens honored “Heart Doctors” for their humanitarian assistance to the people of Sudan in the years 2001 - 2019. During that period of time, the Greek Humanitarian Organization “Heart Doctors” conducted in the capital Khartoum and other cities, as well as in the region of Darfur, 98 humanitarian missions and offered food, medical care, medicines, and bedding. Offering of aid continues mainly by providing food to people starving in Khartoum and Darfur.

The Sudanese Ambassador in Athens, Mr. Abdullah Ahmed Osman, in a special ceremony offered a commemorative plaque to the Vice President of the Organization, Mrs. Eleni Sotiriou, which reads:

Embassy of the Republic of Sudan, ATHENS
In honor of the Organization “Heart Doctors”

Deep in the hearts of the people of Sudan,
for their continuous efforts

Abdullah Ahmed Osman
Ambassador
October 2019



SCHOOL VISITS

Mrs. Eleni Sotiriou, Vice-President of the humanitarian Organization "Heart Doctors", with a team of members and friends of the Organization, after being invited, visits various schools, and other groups of interested people; she presents to the audiences the work "Heart Doctors" carry out in their missions within Greece and abroad. Children are very impressed by the low level of living, and local circumstances (sickness, hunger, dangers, wars, conflicts, natural disasters and distress) prevailing in the poor areas of the countries visited by "Heart Doctors".

School visits take place only when there is time available for this activity – during the intermissions between successive missions or in periods of heavy rains in Africa and Asia when "Heart Doctors" cannot work there. When the visited places in Greece are far away from Athens (Northern Greece, Peloponnese, Crete), the visiting team stays for days in the places visited.

The following visits were accomplished in 2019:



18.1.19, 2nd School of Second Chance, Larisa.



- 11.2.19, **4th High School of Levadia.**
- 26.2.19, **School of Second Chance, Women's Prison, Elaionas.**
- 18.3.19, **School of Second Chance, Domokos.**
- 6.4.19, **Official Opening, the Painting Exhibition of Mrs. Sini**, in Alexandroupolis.
- 8.4.19, **4th Primary School of Koufalia.**
- 8.4.19, **1st Primary School of Koufalia.**
- 8.4.19, **Boy Scouts Movement in Greece**, Thessaloniki.
- 9.4.19, **4th High School of Polichni.**
- 15.5.19, **School of Second Chance, Grevena Prison.**



16.5.19, **“Mother” - Model Nursery Station**, 3 Alexander the Great, Panorama.



16.5.19, **1st All Day Primary School of Thessaloniki.**



16.5.19, **NEA Acropolis, International Philosophical Organization**, Thessaloniki.

20.5.19, **12th Primary School of Rhodes.**

23.5.19, **10th High School of Nikaia.**

7.6.19, **Georgiou Zoi Schools, 3rd grade Primary School**, Argyroupoli.

19.12.19, **Georgiou Zoi Schools, 1st Grade, Primary School**, Argyroupoli.



MEDICINES AND OTHER MATERIAL

"Heart Doctors" are happy to receive from the general public medicines that are donated to them for their humanitarian activities. The donated medicines are used free of charge in the medical missions of "Heart Doctors". Students attending schools, coaching schools and foreign languages teaching institutes, even university students, send their contribution by post or bring it by themselves to the offices of the humanitarian Organization.

The Orthodox Christian Church, Police Officers, business firms and their staff, pharmacies, various individuals, pensioners and even unemployed people, contact the "Heart Doctors" offices and find the way to offer the drugs they can afford.

Medicaments that are necessary for medical missions abroad, such as those against tropical diseases, which are not produced or marketed in Greece, are purchased from the European market.

Apart from medicines, many other useful goods such as basic foods (milk powder for children, sugar, wheaten flour, corn, corn flour, corn oil, rice, beans, etc.), bottled drinking water, clothing and footwear, bedding, household equipment, school supplies, mosquito nets etc. are distributed in certain missions. Most of these items, which are supplied mainly in countries abroad, are usually bought close to the populations receiving the relief, in order to minimize the cost of transporting the goods.

In the past, "Heart Doctors" collected various food items in Greece, which then were transported to places of major hunger or suffering from natural disasters by military planes (of type C130). Bulky and heavy commodities are no longer collected in Greece by "Heart Doctors".

In the case of earthquakes, floods and major fires hitting Greece or the Balkan countries, food, clothing, drinking water, bedding, etc. are collected or purchased in Greece and then transported by car to the area of disaster.



MISSION MEMBERS

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Giataganas Xenophon, Doctor, Professor of Medicine and Hematology

Sotiriou Ioannis, Doctor, General Practitioner

Dimadis Vasilios, Pediatrician, Doctor of the Athens University

Dimakis Nikolaos, Doctor, General Practitioner

Sotiriou Helen

Ypsilandis Pantelis

Ypsilandi Mary

Lyras Eygenia

Lamprou Angelos

Giatagana Maria

Lamprou – Giatagana Stefania

Andersen Irene

Sfetkopoulou Stella

Anastasiadis Michael

Kalaitzis Konstantinos

Genetoglou Romylos

Xiptera Venetia

Giataganas Andreas

Pardalos Kyriakos

Sofikitis Eleftherios

Plessa Georgia

Zachariadis Antonis

Magganas Alexandros

Laggakis Efstratios

Colleagues from Thessaloniki:

Dimitriadou Popi

Badawi Hassan, Professor, University of Thessaloniki

Dimitriadou – Badawi Evina

Dimitriadis Timos

Ziogou Pantelis

Ziogou Simeon

Kiorteve Parthena

Abatzidis Vasilios

Kehagia Artemis

Tzelepis Dimitrios

Ziogou Kostas

Maniatis Ioannis

Paraskevas Dimitris

Sfikakis Prodromos

ACKNOWLEDGEMENTS

Primary, secondary and higher education students, as well as students of foreign language institutes, on their own initiative or more commonly encouraged by teachers or relatives, continue to offer medicines to "Heart Doctors". We thank them cordially.

Many friendly people remember the humanitarian work that is being done for years and contribute by offering drugs and by other ways. Pharmacists, various individuals, even retired, and the Orthodox Church, offer medicines and other useful items. The Organization thanks them very much indeed.

Many friends and associates of "Heart Doctors" contribute offering their personal services in transporting, checking, classifying and organizing the drugs that are collected. Others offer their own means of transport for transportation of materials. Others work in groups in Athens, Thessaloniki, Rhodes etc for the collection of medicines. Others assist the doctors in offering medical services. To all these selfless and tireless friends, who act anonymously and selflessly as 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 Dodecanisiaki Marine EN", "Skevos Mougros and Co EE" and "Thessaloniki – Athens KTEL Transport" are very gratefully thanked for their substantial contribution to the work of "Heart Doctors" by transferring free medicines and other materials.

We thank the Pope and Patriarch of Alexandria and All Africa Mr. Theodoros II, the Patriarch of Jerusalem Mr. Theophilos III, 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 for their assistance and cooperation the priests and church wardens of Agia Paraskevi in Perama and Saint Nicolas in Ilion. We congratulate the head priest and the church warden of Holly Trinity Church in Nea Kifisia for medicines and other useful items they often send to "Heart Doctors".

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 the country. For the same reason, we thank the Governor of the 2nd Piraeus and Aegean 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 execu-

tives and all the employees of the Directorate-General of the International Developmental Cooperation, the heads and staff of the Diplomatic Services of Greece in foreign countries and especially in Nairobi, Abuja (Ambassador Mrs. Maria Saranti), in Bujumbura (Honorary Consul Mr. George Coucoulis) and in Antananarivo (Honorary Consul Mr. Panagiotis Taloumis). We also cordially thank the Embassy and the Consulate of Nigeria in Athens (H.E. Godfrey A.E. Odudigbo, fcd, Charge d' Affairs, Mrs. Nsisong O. Ojeleye, Consular/Education Officer) and the Consulate of Ghana in Athens (Honorary Consul Mr. Panagiotis Tsakos). Similarly, we thank the Honorary Consul of Cameroon in Nicosia Mr. Charalampos Christofidis and the Honorary Consul of Chad in Athens Mr. Efstathios Mokas.

We thank the responsible Directorate of the Greek Ministry of Education, Research and Religious Affairs for the approval it grants to "Heart Doctors" to visit the schools of the country and inform the students about their humanitarian work, volunteering and mutual support.

For the invitation and local organization of our missions, we express our thanks to the President of the Federal Republic of Nigeria, Mr. Muhammadu Buhari, the Governor of the State of Niger Mr. Abubakar Sani Belo, the Governor of Benue State Mr. Samuel Ortom, the Governor of Katsina State Mr. Aminu Belo Masari, the Prince Ajibola Afonja in Oyo State, Mr. Ramesh Harthiramani / Data Group, Lagos; we also thank our old friend and close local partner in Nigeria Hon. Umaro Tanko Kuta. We thank the Israeli friends of the company ABK VENTURES-SARL Group, for the invitation and local organization of our medical mission to Guinea. Likewise, we warmly thank the President of the Republic of Burundi Mr. Pierre Nkurunziza, Mr. Abdul Fofana, his wife Samira and Dr. Sesay, MP, in Sierra Leone, and the diplomat Sidamine Ould Ahmed Challah in Mauritania.

The Consular Authorities of Cyprus in many countries offer their organizational services in carrying out our humanitarian activities there. We greatly thank them for their willingness and enthusiasm.

We very much thank all other dedicated friends, in Greece and abroad, who all contribute to our work selflessly.

Finally, we congratulate the anonymous friends and associates who lovingly assist poor people in distress and accomplish many food and other necessary supplies missions in collaboration with "Heart Doctors", setting thus an excellent example of solidarity and compassion.





In our medical missions to foreign poor countries, as a rule, we arrive in remote or isolated areas where the inhabitants can not easily visit a doctor or hospital.

It is not easy to approach this destination ... After a difficult, exhausting and long journey (very bad roads, going through fields due to damaged road networks or lack of proper roads, crossing small or big rivers), we arrive at the place where we will work. There we raise the Greek flag, set up our improvised dispensary and without delay we start seeing the patients, who have gathered all around.

Sick people usually wait patiently for their turn to be examined and receive the necessary medicines, always free of charge from "Heart Doctors", who offer primary medical care. However, many times, particularly serious cases appear. One of these incidents concerns a 20-days-old boy from Niger State... We met the baby during our medical mission there in early May, 2019.



The baby was born with a harelip... He was struggling to survive, because his mother couldn't breastfeed the baby. We managed to give the baby some milk using a syringe. This is a practical and easy way to feed a baby. The nurse we were using as an interpreter was really surprised by the way we fed the baby; he said that these babies usually die because their mothers cannot breastfeed them and increase their bodily weight in order to be operated.

"Heart Doctors" cooperated with local authorities and the Health Commissioner of Niger State and the baby was operated in a hospital in the capital of the State. In the photos one can see the baby after the operation!





A P I C T U R E I S W O R T H A T H O U S A N D W O R D S "

It is a most moving recent photo...

After the inauguration of a medical center by the team of "Heart Doctors" in a very remote rural area of Niger State, in Nigeria, (you can see the medical center in the photo behind the woman), a mother, carrying her child on her back fastened the traditional way by a piece of fabric, is running behind our vehicle to say goodbye and "thank you"...

Her cordial smile is the best offering to us. From now on, her child will have easy and quick access to a doctor, which automatically means more auspicious prospects to survive and progress in life.



After the construction of medical centers in remote rural areas, the corresponding government sends doctors and nurses to work there. The residents of these remote areas can now easily access a doctor. However, in the previous situation, the sick people had to walk a long distance under the hot sun, in order to reach a medical center. Some of them never started such a long and precarious trip, while others died on their way to the medical center because they were getting exhausted and their health condition worsened soon...

