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HEART DOCTORS

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HEART DOCTORS **ACTIVITIES** of the year **2022**



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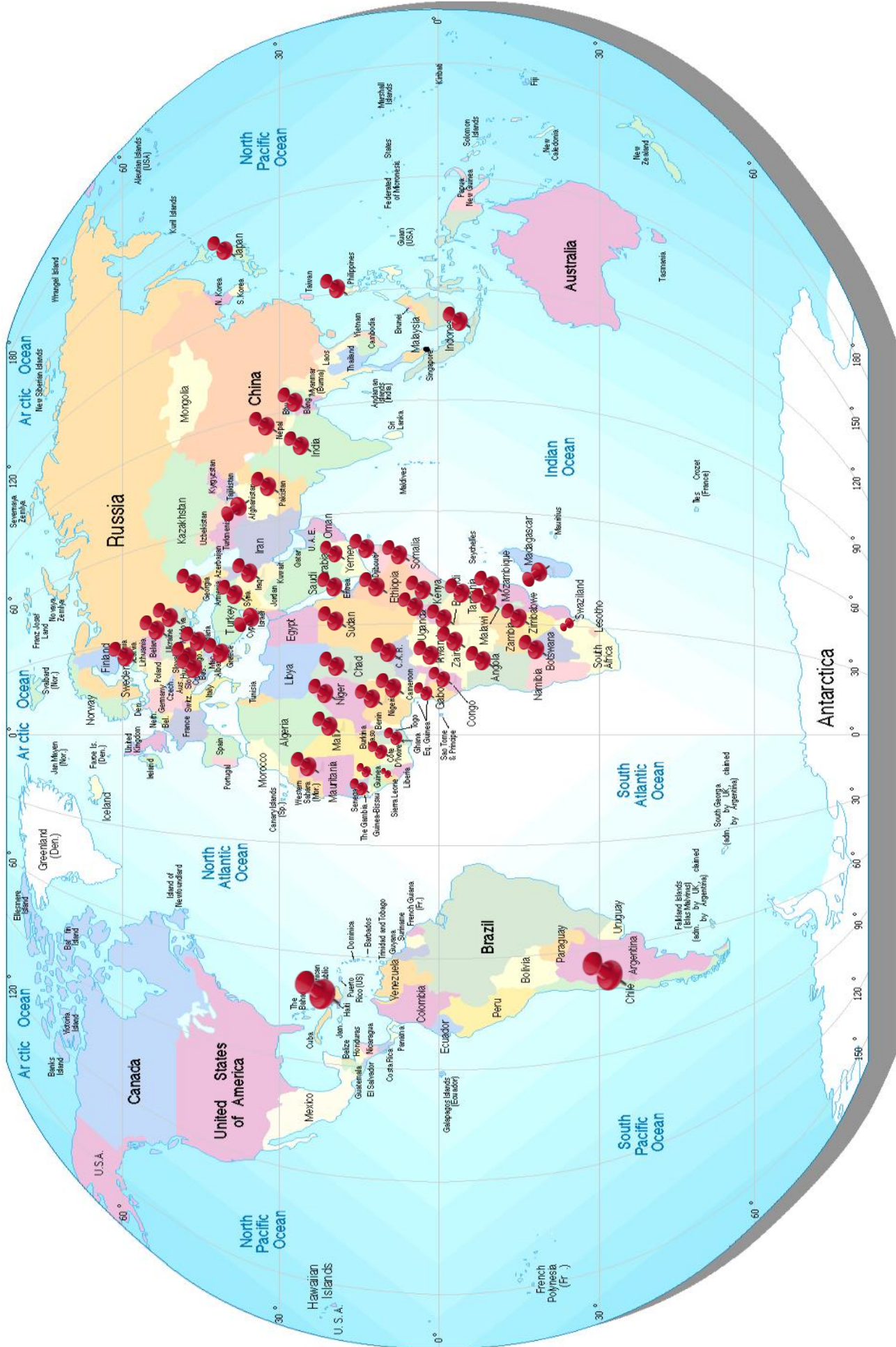
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INTRODUCTION

“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, **1.459** missions have been accomplished in 78 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), 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 2022

Countries and Missions

During the year 2022, “Heart Doctors” visited **26** countries (including Greece). In 2022, one more country, **Eswatini**, was added. Thus, the total number of countries that have accepted humanitarian assistance from “Heart Doctors” up to now, are **78**. The corresponding number of missions accomplished in 2022 is **78**.

In foreign countries, **7** missions for medical services, **20** missions for delivery of medicines, **36** missions for food distribution and **9** missions for provision of other necessary supplies were carried out.

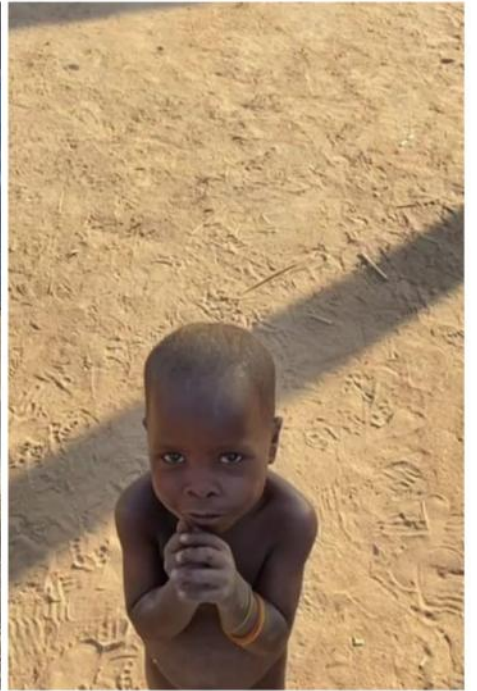
In Greece, **6** missions were accomplished during the year 2022 which included provincial hospitals and schools.

Construction Projects

During the year 2022, a bore hole was built in Fianga Region-Chad and a school building was constructed in Sunti Golden Sugar Estate, Mokwa LGA, Nigeria.

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







MISSIONS FOR MEDICAL SERVICES

Four Sub-Saharan African countries were visited by «Heart Doctors» during 2022 to carry out seven 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
Nigeria	3
Sierra Leone	1
Chad	1
Total	7

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



Nigeria – States of Lagos, Ogun, Ondo

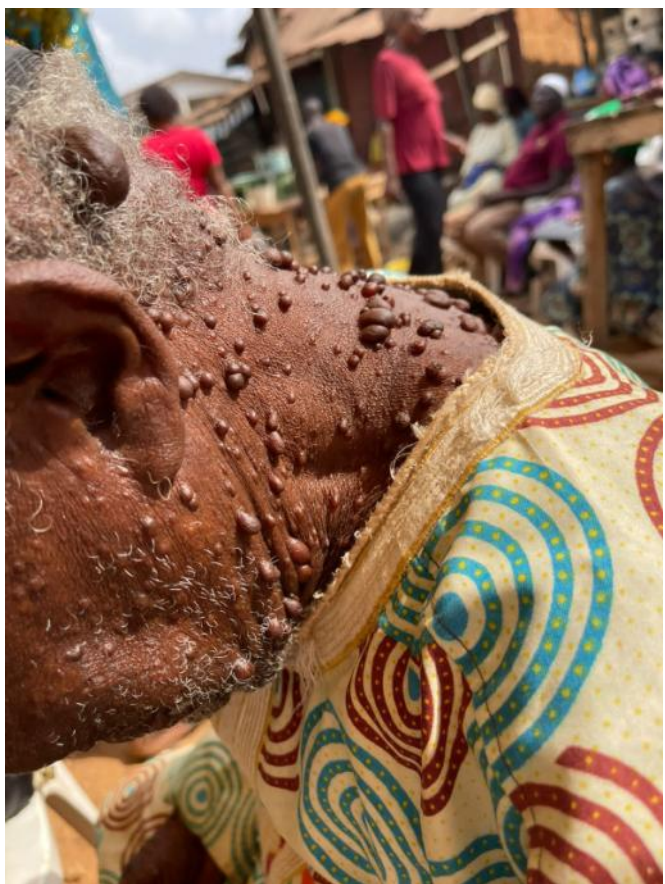
On February 5, 2022 a team of “Heart Doctors” arrived in Lagos of Nigeria after an invitation of FMN Company (Flour Mills Nigeria – Koumantaros), in order to offer free medical care to patients of Lagos, Ogun and Ondo States.

Medical services were provided to the workers of FMN Company in the area of Apapa, Lagos (7-10.2.2022) and to the workers of “Pasta FMN” in nearby state Ogun in Agbara (11.2.2022).

Then “Heart Doctors” team moved to Ondo Town, capital of Ondo State. In near town Bagbe patients were examined and assisted (15.2.2022). Furthermore, medical services were offered to patients of Bolorundo town (16.2.2022) and in the area of Slums of the capital (17.2.2022). Three mothers were found there which were malnourished and their babies were lacking maternal milk – powder milk, which was carried from Athens, was fed to the babies.

The main health problems observed were: malaria, anemia, gastroenteritis, respiratory infections, hypertension, skin diseases, arthralgias, eye diseases.





North Cameroon, Katrang

On March 5, 2022, a team of “Heart Doctors” departed Athens for Cameroon, in order to provide medical care to sick people of Katrang village and its surrounding areas and distribute food to the starving families there.

Medical camp started immediately. The main health problems were malaria, helminthiasis (mainly in children), scabies, respiratory infections, epilepsy, wounds, eye problems, diarrhea syndromes, back pain, arthralgia and children malnutrition.

“Heart Doctors” team purchased corn from the local market, transferred it to the auxiliary facilities of church “Holy Apostles”, packaged it in big plastic bags and distributed it to the starving families.





Nigeria

38th M I S S I O N 19/03/2022

Nigeria - Delta State

On March 19, 2022, a team of “Heart Doctors” departed from Athens to Lagos in order to provide free medical services to patients of Oshimili North Local Government area, Delta State, in Nigeria.

On March 24, 2022 the team moved from Lagos to Asaba capital of Delta State and visited the Ambassador Ignatius Olisemeka. After conducting a Formal Flag Off Ceremony “Heart Doctors” provided free medical services to the patients of Ibusa community (25 and 26.3.2022). On the 27.3.2022, after the examination of the patients the team visited the traditional King of Ibusa.

The team continued the medical services at the communities Akwukwu-Igbo (28.3.2022), Illah (29.3.2022) and Okpanam (30.3.2022).

The President of the Local Government of North Osimili area, Mr. Innocent Esewezie, organized a “Thankful Visit” in honor of “Heart Doctors”.

The main health problems observed were: malaria, anemia, gastroenteritis, respiratory infections, hypertension, skin diseases, arthralgias, eye diseases, burns and epilepsy.

OSHIMILI NORTH LOCAL GOVERNMENT AREA COUNCIL
IN COLLABORATION WITH
“HEART DOCTORS” HUMANITARIAN FROM GREECE
presents

6 DAYS FREE MEDICAL TREATMENT

DATE / VENUE:
25TH - 27TH MARCH (IBUSA)
28TH MARCH (AKWUKWU-IGBO)
29TH MARCH (ILLAH)
30TH MARCH (OKPANAM)
TIME: 9 AM - 5 PM DAILY

HON. INNOCENT ESEWEZIE
EXECUTIVE CHAIRMAN
OSHIMILI NORTH LGA

FEATURES:
FREE CONSULTATION & COUNSELING / FREE LABORATORY SCREENING,
FREE DISTRIBUTION OF DRUGS FOR CHILDREN, ADULT & ELDERLY





Nigeria – Niger State

On May 17, 2022, a team of “Heart Doctors” departed from Athens to Abuja in Nigeria, with purpose to visit Niger State in order to provide free medical services to patients of surrounding area Sunti.

The next day, the team drove from Abuja to Sunti and settled in Golden Sugar Estate as a guest of FMN Company. They offered free medical services to the patients, workers and habitants of the nearby villages – the transportation of the patients was provided by the company.

The main health problems observed were: malaria, anemia, gastroenteritis, respiratory infections, hypertension, skin diseases, arthralgias, eye diseases, burns and epilepsy.

Some mothers were found with lack of breast milk in order to feed their babies. The doctors provided powder milk for the infants.





10th MISSION 12/10/2022

Sierra Leone – Kambia

After the Government invitation of Sierra Leone, three members of the team of “Heart Doctors” arrived in Kambia area of the country in order to offer free medical services in distant agricultural villages. The local planning was organized by the Commercial Director and Public Relation Manager of Africa Bulk Shipping Company (Mr. Abraham Lincoln Bah).

“Heart Doctors” stayed in the capital Kambia, departing daily for a different distant village where they were examining patients. The villages are the following: Mam-bolo (14.10.22), Bamoi Munu (15.10.22), Kawulu (16.10.22), Kychum (17.10.22), Bamoi Luna (18.10.22).

Press Conference was given in the Ministry of Health, with the presence of the Deputy Minister.

The main health problems observed were: malaria, anemia, upper respiratory infections, bronchitis, hypertension, skin diseases, arthralgias, eye diseases, back-aches , urinary infections and epilepsy.

Powder milk was provided to infants suffering from malnutrition.





Chad – Fianga

On December 1, 2022 four members of “Heart Doctors” team departed to Chad in order to provide free medical services to the inhabitants of the Fianga town.

On December 2, 2022 the team stayed overnight in the Bongor village and on 03.12.22 arrived to Fianga village and met with the priest of the Orthodox Church which was raised few years back. The Local Mayor welcomed members of the mission and accompanied them to the hotel.

In between 3-5.12.2022 large number of inhabitants of the area with health issues came for examination and treatment. For this purpose, the area of church was used.

The main health problems observed were: malaria, respiratory infections, arthritis, eye diseases, backaches and fatigue.

At the end of the third day the team crossed the borders to Cameroon and drove to the area of Katrang, North Cameroon.





North Cameroon – Katrang

On December 6, 2022, “Heart Doctors” humanitarian organization departed from Bongor city in Chad and entered Yagoua, a town in the borders of North Cameroon. The team moved to Katrang and settled in small huts, nearby the church of “Holy Apostles”. The mission of the team was to provide free medical services to the patients of the area during the period 6-9.12.2022.

The medical services were provided at the facilities of the “Holy Apostles” temple area. The attendance of the patients was high as always.

The main health problems were malaria, back pain, gastritis, arthritis, scabies, respiratory infections, epilepsy, eye problems, diarrhea syndromes, hematuria, childhood cachexia and arthralgia.





MISSIONS FOR DELIVERY OF MEDICAMENTS

During the year 2022, 20 medicine delivery missions were accomplished. In one of those missions in Ukraine (the 3rd, 8.4.2022) besides medicine and dressing material, bedding items were offered as well. Moreover, in one mission in Pakistan (the 4th, 16.9.2022) besides medicines, food was offered to the flood victims as well.

Ukraine: “Heart Doctors” members and contributors used two cars to transport medicines, bandage material and other hospital items in Kiev. The mission started on the 8.4.2022 from Greece through North Macedonia, Serbia, Hungary and arrived in Kiev.





FOOD MISSIONS

In the year 2022, 36 food missions were carried out in 15 countries, as shown in the following table:

Country	Number of Missions
Armenia	1
Djibouti	4
Eritrea	4
Eswatini	1
Gambia	1
Guinea	1
Guinea Bissau	1
India	2
Liberia	1
Mozambique	4
Niger	2
Somalia	4
Sudan	5
Ukraine	2
Zimbabwe	3
Total	36



Armenia: A visit was made in the capital Yerevan where holiday gifts and food were distributed to students (5.1.22).

Djibouti: Four missions were realised in Djibouti. Rice, corn flour, wheat flour and powder milk were distributed in very poor families (10.5.22, 22.6.22, 2.10.22, 14.11.22).

Eritrea: Four missions were carried out in the capital Asmara. Rice, wheat flour, powder milk and corn flour were distributed to poor families (10.5.22, 22.6.22, 2.10.22, 14.11.22).

Eswatini: On June 21, 2022 a mission was carried out for a first time in this country where the population was starving. Rice and corn flour were distributed.

Gambia: There was a mission in capital Banjul. Rice and powder milk were purchased and distributed to poor families (12.7.22).

Guinea: A mission was organized in capital Konakry. Rice and powder milk were purchased and distributed to poor families (12.7.22).

Guinea Bissau: A mission was organized in capital Konakry. Rice and powder milk were purchased and distributed to starving families (12.7.22).

India: In the surroundings of Hyderabad city, Telangana State, dhal, rice, wheat flour were distributed to starving families due to drought (27.4.22). Moreover, in villages of Andhra Pradesh State, rice, dhal and sugar were distributed (23.1.22).

Liberia: In the capital Monrovia a mission was carried out where rice and powder milk were distributed (12.7.22).

Mozambique: Three missions (23.2.22, 21.6.22, 15.11.22) were carried out through Harare and one more through Maputo (23.8.22). Rice, corn and powder milk were distributed to starving families.

Niger: Two missions were carried out in South Niger, (Zinder area), food (wheat flour, powder milk and corn flour) were purchased and distributed to moving shepherds people. In addition to that bottled water was offered in that area which suffers from drought (26.2.22, 3.10.22)

Somalia: Food was transported by car through Djibouti to the borders of Somalia in order to distribute it to starving people in Somalians' camp. Wheat flour, corn flour, rice and powder milk were delivered in four missions (10.5.22, 22.6.22, 2.10.22, 14.11.22).

Sudan: In surrounding areas of Khartoum and Darfur (near Nyala city), rice, corn flour, powder milk and wheat flour were distributed in starving people. Moreover, bottled water was offered in Darfur. Four missions in Khartoum (10.5.22, 22.6.22, 2.10.22, 14.11.22) and one mission to refugees in Darfur (2.10.22) took place.

Ukraine: Two missions were carried out where food (oil, milk, bottled water) was delivered to civilians through border towns Tiraspol and Briceni of Moldavia (28.2.22, 28.5.22).

Zimbabwe: Three missions were carried out in the capital Harare. Rice, corn flour and powder milk were distributed to poor families living in surrounding areas (23.2.22, 21.6.22, 15.11.22).

It is needed to clarify that in Liberia, except for food, clothes for children were also distributed. Moreover, on the above mentioned missions in Ukraine, blankets were offered to the civilians.

OTHER MISSIONS

CLOTHING, FOOTWEAR, SCHOOL SUPPLIES, ETC.

Country	Number of Missions
Armenia	2
Gambia	1
Georgia	2
Moldavia	4
Total	9

Armenia: Two missions took place in Kapan city and clothes and school supplies were distributed to school children (9.6.22, 3.8.22).

Gambia: In Banjul capital a visit took place and various of school supplies were bought and distributed to the school children (23.8.22).

Georgia: Two missions took place in Tbilisi capital where clothing to children in various schools were distributed (31.1.22, 3.8.22).

Moldavia: Four missions took place in Chisinau capital where clothing and footwear were bought and distributed to the school children (31.1.22, 8.5.22, 2.11.22, 27.12.22).



CONSTRUCTION WORKS

Fianga town, Chad.

Water drilling and bore haul was constructed in Fianga town, Chad.

Sunti, Nigeria

Construction project of a school building for primary education is in progress in the area Sunt, Golden Sugar Estate (Mokwa LGA, Niger State, Nigeria).



HUMANITARIAN AID IN GREECE

Offer of consumables to hospitals

Four visits in hospitals were made in order to offer medicines and various consumables (28.1.22, 8.3.22, 29.7.22, 26.10.22).

Aid to the school of Second Chance in Larisa (Prison)

On May 13, 2022 “Heart Doctors” members visited the school and provided clothes and blankets to the students.

Aid to the Minority School Iliopetra in Xanthi

On December 16, 2022 “Heart Doctors” offered clothes and food to the families of the students of the minority school.

Family support

The support of some mothers with their children who have been abandoned by their husbands and fathers continued in 2022 (these families live mainly in Perama, Kaminia, Nikaia, Korydallos, Drapetsona and Keratsini).

Escorts of patients

In some cases, when necessary, “Heart Doctors” provide escorts for patients who have to be transported urgently to hospitals in Athens. Travel, accommodation and subsistence expenses of the escorts were covered.

Other activities

- The church warden of Agia Triada in Kifisia asked “Heart Doctors” to vaccinate young people, members of the parish. The pediatrician of the Organization did the vaccinations.
- Medicines were offered to social pharmacies of the Municipality of Athens and the Municipality of Saronikos in Kalyvia Thorikos (the medicines in question have been given to “Heart Doctors” by friends but were not used in their medical missions).





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.

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



MISSION MEMBERS

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Nikolaos Dimakis
Helen Sotiriou
Eygenia Lyras
Mairy Ypsilandi
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Urania Galli –Ypsilandi
Maria Giatagana
Stefania Lamprou –Giatagana
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Xaris Dimitrakopoulos
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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, Brussels Airways, 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.

The transportation companies “Grammi Stati Bros 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 Holy Trinity 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 hospi-

tals in Greece. 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 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 Bujumbura (Honorary Concul 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.

We thank the President of the Federal Republic of Nigeria Mr. Muhammadu Buhari, the Governor of the Niger State Mr. Abubacar Sani Belo and all the Governors from different States who helped “Heart Doctors” missions in Nigeria.

We also thank the Israeli friends of the company ABK VENTURES-SARL Group, for the invitation and local organization of our medical mission in Guinea. Likewise, we thank Mr. Nikolaos Koumantaros CEO of FMN Company, Mr. Ioannis Katsaounis, Mr. Alno du Pisano Manager and his wife Mrs. Tamare in Sunti Golden Sugar Estate, for their help during the missions in Nigeria.

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”.



