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HEART DOCTORS

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



HEART DOCTORS
Activities
of the year **2018**



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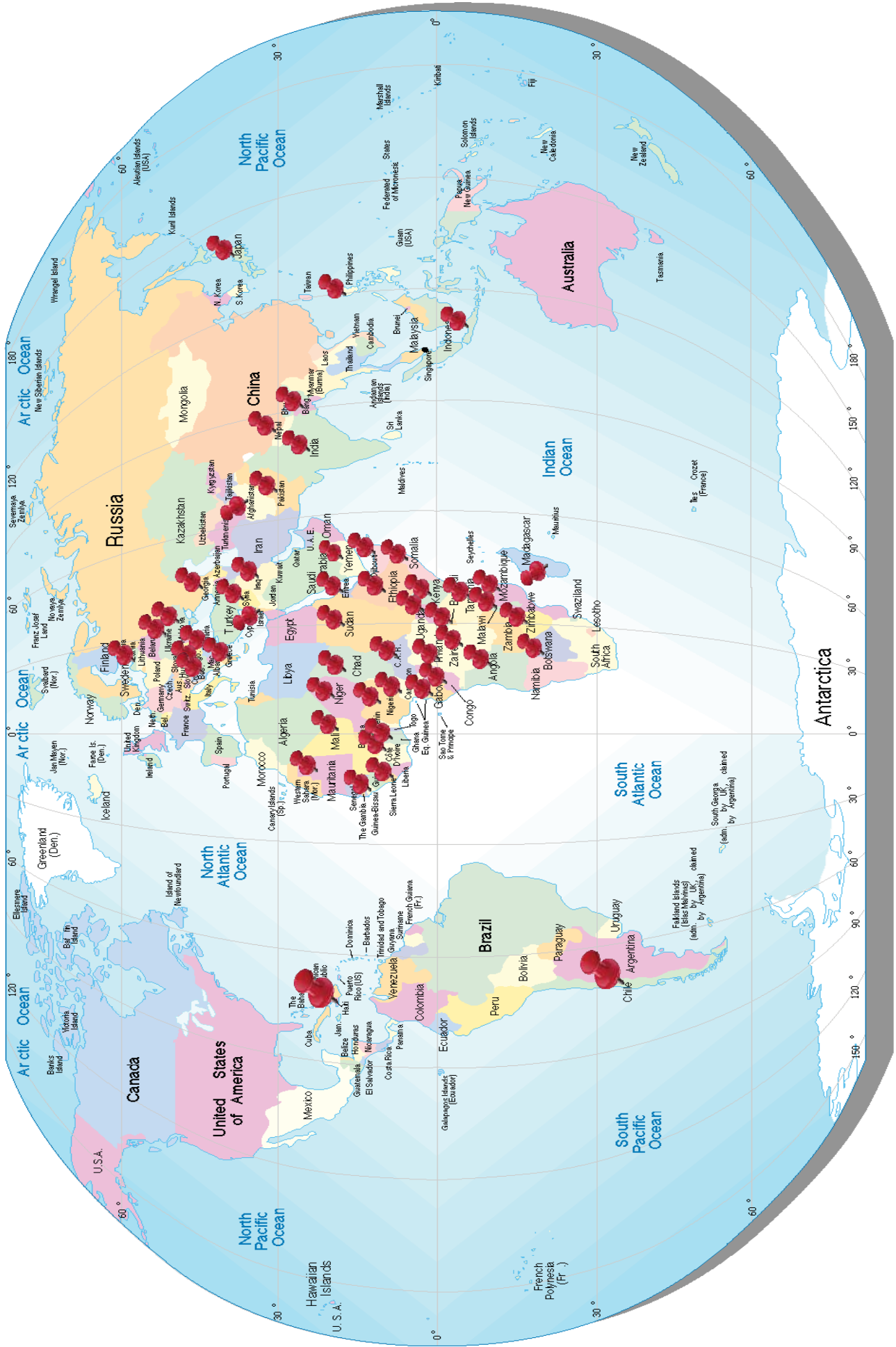




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Introduction

"Heart Doctors": identity and activities

During the war against Yugoslavia, a few volunteering friends from Greece decided to help the people by gathering medicines, food and other necessary provisions, which were transported by road and offered to the victims of the war.

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 populations. 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 small 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, 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 of populations), epidemics, natural disasters (earthquakes, hurricanes and cyclones, floods and tsunamis, major fires) and famines and hunger due to prolonged drought or other reason. "Heart Doctors" offer also free medical care and necessary medicines to populations they visit where they live, namely in remote or inaccessible areas where there are no doctors and hospitals. As far as possible, they are also looking for resources to carry out small or larger projects such as drinking water supply, building of rural medical centers, hospitals, orphanages, schools, libraries, etc.

To date, 1,092 missions have been accomplished in 69 countries of Africa, Asia, Europe and America. These missions have covered the need for assistance of all the above-mentioned forms. "Heart Doctors" were actively present in various wars and events of war (Iraq, Lebanon, the Gaza Strip, Afghanistan, Pakistan, Syria and Libya), in earthquakes (Iran, Haiti, Chile, Indonesia, Nepal), in the case of tsunamis (Sri Lanka, Indonesia, Japan), floods (India, Bangladesh, Myanmar and the Balkans), in hurricanes in the Philippines; they are offering food relief to Darfur and Khartoum in Sudan, Ethiopia, Kenya, Somalia, Djibouti, Eritrea, the Democratic Republic of Congo, Madagascar, Niger, Mozambique, Guinea Bissau. 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 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 people in 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 mission of the organization shall cover all their own expenses.

Activities of the year 2018

Countries and missions

In the year 2018, "Heart Doctors" offered relief to **26** countries (including Greece), where they accomplished **73** humanitarian missions.

During this year, two more countries, Senegal and the Republic of Congo (Brazzaville), were added to those assisted by the organization. Thus, the total number of countries that have received relief by "Heart Doctors" so far is **69** (and the corresponding total number of missions in all those countries so far is **1,092**).

Five missions for medical services, twenty five missions for delivery of medicines, eighteen missions for provision of food, and seventeen missions for distribution of other necessary supplies were carried out abroad.

Humanitarian activity within Greece continues (support to provincial hospitals, assistance to the victims of the disastrous fires in Mati of Attica, support for very poor families, school visits to inform children about the humanitarian work of "Heart Doctors", medical examination of children of certain schools).

Natural disasters

In the field of major natural disasters, "Heart Doctors" were present both in Greece (tremendous fires in Mati of Attica) and in distant Indonesia, which was hit by earthquakes, tsunamis and volcanic eruptions. "Heart Doctors" and cooperating friends assisted the victims.

Construction projects

In the year 2018, a rural medical center was financed and a drinking water well was opened in Teshan Randa, Niger State, Nigeria. A maternity wing was also added to the rural medical center that was constructed last year in the Lafiyan Kpada settlement of the same State.

Cooperation

The activities described in this yearly report are the result of the assistance and cooperation of many people who, selflessly, joyfully and lovingly offer in various ways to the humanitarian work of "Heart Doctors".

Friends who prefer to be anonymous, dedicated to the work of selfless assistance to suffering people, cooperate with "Heart Doctors" and participate in person in many missions, covering their own expenses.

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







Missions for Medical Services

Two Sub-Saharan African countries were visited by “Heart Doctors” during 2018 to carry out five missions there and offer medical services to populations living in remote rural areas. These countries and the number of missions per country are listed in the following table:

Country	Number of Missions
Cameroon	2
Nigeria	3
Total	5

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

22nd MISSION Cameroon 07 / 02 / 2018

On February 7, 2018, a five-member team of “Heart Doctors” flew from Athens and via Cairo, where they spent the night, arrived at N'Djamena (Chad). From there they moved to the Bongor riverside settlement where they stayed overnight. The following morning, having crossed the river that separates Chad from Cameroon with improvised boats, they landed at Yagoua, Cameroon, and from there they arrived by car at North Cameroon's site Katrang, where there is a Christian Orthodox church dedicated to Saint Apostles (9.2.2018).

After settling down in the “boukaroo” type of huts, the team started working with the first patients who had come from various places around to be examined by the doctors. Many of them were already there from the previous day staying outdoors and waiting for the team to arrive.

During the four-day period (from 10th to 13th of February), medical care was provided to a large number of patients from Katrang and Chad.

Main health problems were: parasites with diffuse abdominal pains, epigastric pains which were labeled as gastritis especially for older men and women (mainly due to the consumption of a home made strong alcoholic drink), low back pains, joint pains, symptoms from the uro-genital system, malaria especially in children, injuries, scabies, eye problems. To mothers with insufficient milk production, milk powder and food supplements were given.





29th MISSION Nigeria 07 / 03 / 2018



On Wednesday the 7th of March 2018 a seven-member team of "Heart Doctors" departed from Athens for Cairo, where they spent the night. Next morning, the team left Cairo for the city of Kano, Nigeria. From there, they moved to Katsina State and reached the capital, where they settled in an hotel as hosts of the Governor of the State. The local organization of the mission activities, the necessary means of transport and

the security of the team members (using the necessary police force) were undertaken by the governmental authorities.

On the 9th of March the team visited the Permanent Secretary of the State Ministry of Health in which the purpose of the mission was discussed (medical care to patients in remote rural areas of Katsina State and food to malnourished children). Then, the team visited the village Dankama (Kaita Local Government, Katsina State) where patients were examined and treated at the local Health Center (Primary Health Center of Dankama). For each malnourished child, special strengthening food was granted (called "Garin Lafiya") - for the most serious cases of malnutrition, milk brought from Athens was also given to the sick children (donated by the Aegean Airways). Specific tonic dietary supplement (Nutrini Power Drink, product of Nutricia), was also given to the sick children.

On the 10th of March patients were examined at the local health center of Mashi Village (Mashi Local Government, Katsina State). Malnourished children were given "Garin Lafiya" food together with milk and dietary supplement.

On the 11th of March the team visited Charanchi Village (Charanchi Local Government, Katsina State). There, patients were examined at the health center of the area. Similarly, "Garin Lafiya" food and milk were given to malnourished children.

On the 12th of March the team visited Mami village (Mami Local Government, Katsina State) where patients were examined at the local health center. Malnutrition was more widespread there – "Garin Lafiya" and strengthening milk were given to sick children.

On the 13th of March the team visited Sandamu Village (Sandamu Local Government, Katsina State). Patients from the local area gathered at the health center of the village and were examined there. Children suffering from malnutrition were treated in a similar way.

At noon of this day a festive event was organized in honor of the team. The State Health Minister attended the event.



The main diseases and health problems observed and treated were the following: malaria, malnutrition in many children, gastroenteritis, upper respiratory system infections, skin diseases, conjunctivitis, hypertension, anemia, undiagnosed forms of malignant tumors, ascites etc.

The specific health strengthening food “Garin Lafiya”, was a mixture of seeds (millet, soybeans and groundnuts, in proportion 6-3-1), which were milled by local mills and freshly packed in 5 kg plastic bags. The Katsina State Primary Health Care Agency was responsible for milling the seeds and delivering the food to “Heart Doctors” who covered the cost. The distribution was made by the members of the team immediately after the medical examination of the sick children (each child was given a 5 kg pouch). The mills, exhausting their productive capacity, gave the team daily the amount they could – they delivered 4,075 kg of special food, which was distributed to 815 malnourished children.



30th MISSION Nigeria 26 / 04 / 2018

On Thursday, the 26th of April a six-member team of the Greek humanitarian Organization “Heart Doctors” left Athens via Cairo, where they spent the night, and arrived the next day in Abuja, the capital of Nigeria. The purpose of this mission was to provide free medical care to remote agricultural populations living in the wide area of Kontagora, in Niger State. The



Governor of Niger State, Hon. Abubakar Sani Bello, invited “Heart Doctors” to carry out this mission and contributed by offering the necessary vehicles for transport, policemen for the security of the mission (24 hour guard) and hospitality for five days.

On the 27th of April, the responsible local officials received “Heart Doctors” at the airport of Abuja, and led them by car to Kontagora; there the team settled in an hotel of the city as guests of the Governor of the State.

The team started from the hotel each morning and visited a different remote settlement every day, according to a plan drawn up by local authorities. The team examined the patients who were gathering at the settlement and treated them by providing the necessary medicines. Special milk for children (Nutrini Drink Powder) was given to children suffering from malnutrition. That milk was kindly donated to “Heart Doctors” by the Aegean Airlines together with additional material (caps, t-shirts, candies and various “Papadopolou” biscuits). The settlements visited were the following:

- 28.04.2018: Magama, Magama Ward, Kontagora Local Government
- 29.04.2018: Runtuwa Gari, Yangara Ward, Magama Local Government
- 30.04.2018: Tundan Wada, Madara Ward, Kontagora Local Government
- 01.05.2018: Tashan Randa, Bobi Ward, Mariga Local Government

The main diseases observed and treated were: Malaria, gastroenteritis, upper respiratory tract infections, conjunctivitis, skin diseases, back pain, arthralgia, tuberculosis, leprosy, oral cavity tumors, parasites, urinary tract infections, schistosomiasis, gynecological diseases, hypertension, diabetes, anemia, child malnutrition.

“Heart Doctors” transferred from Athens and offered to hospitals in Niger State, for free use by needy patients, external fixation sets (with their needles). This material was offered to “Heart Doctors” in Greece by various State hospitals and was disinfected by the General Hospital of Rhodes.



The material donated by AEGEAN Airlines to “Heart Doctors” was distributed mainly to children which appreciated it very much indeed! The milk powder for children proved life-saving for many of them.



23rd MISSION Cameroon 20 / 10 / 2018

On the 20th of October 2018 a seven member team of “Heart Doctors” traveled from Athens to Cameroon through N'Djamena, the capital of Chad. The purpose of the mission was to provide medical assistance to the inhabitants of Katrang, an area in North Cameroon. The initial plan of this mission was to provide medical attendance to places in Chad on the way to Cameroon, an activity which was supposed to have been organized by the mayor of N'Djamena. But, as it was found out at the arrival, this had not been possible. Furthermore, surprisingly, the team was not expected at the airport in the early morning hours. After a short relax, it was found out that no planning had been prepared for the trip to the Chadian city of Bongor, a distance of approximately 150 kilometers; from there the team should cross the river Longone and reach the Cameroonian riverside city of Yagoua. Following long negotiations, a mini-bus was hired for the trip to Bongor (including the transfer of medicines). Early in the morning, after obtaining a new visa from the embassy of Cameroon in N'Djamena, the team started the journey to the city of Bongor, and managed to cross the river after the customs formalities and police control there. This journey, from N'Djamena to Bongor, was covered in 5 hours due to the very bad road conditions. At Yagoua, fortunately, the team was expected by a guard of the lodge in Katrang with a mini-bus for transportation. The mission reached the lodge in the evening after a two hour drive from Yagoua.

From the 23rd to the 29th of October, large numbers of people came with various health problems, walking long distances from around the compound, even crossing the borders from Chad, seeking medical attendance. The most serious problems were malaria, especially in children, schistosomiasis, other parasites, low back pain, infections of the urogenital and respiratory tracts, arthralgias and scabies. An infant of a few months of age was brought to “Heart Doctors” with a congenital absence of large areas of skin of his body.

Local dancing was performed by the school girls to express their gratefulness to the team for taking care of their health problems.





31st MISSION Nigeria 26 / 11 / 2018



On Monday afternoon, 26.11.2018, a five-member team of “Heart Doctors” departed with Egypt Air from Athens to Abuja, the capital of Nigeria, via Cairo, where they spent the night. Next day, the team arrived in Abuja and moved by road (5 hours drive) to Kontagora, Niger State, where it settled in an hotel as guests of the Governor of the State. The main purpose of the mission was to provide free medical services to patients living in remote and isolated settlements of rural areas; an additional purpose was to inaugurate a rural medical center and a well, a project of “Heart Doctors” financed by certain friends of the Organization. “Heart Doctors” transferred from Athens the required medicines, milk for children and other items. The Governor of the State provided hospitality, the necessary vehicles for travel to and from the settlements to be visited, and a small body of policemen for security reasons. During the next five days, the team visited the settle-

ments which had been selected by the local authorities, one different settlement per day. These settlements were as follows:

28.11.2018: Mariga Local Government, Makogi, Bangi Ward. To visit Makogi village a 4 hour drive was required - the roads were in a very bad condition, the cars moved on dirt roads, even on non-existent roads, between fields and agricultural crops.

29.11.2018: Magama Local Government, Runtuwa Bille, Yangalu Ward. Among the crowd of people gathered and waiting to be examined and treated by the doctors, there were three infants whose mother had died at birth. Neighboring mothers undertook to raise the orphans together with their own. Milk powder was given to those mothers to feed the orphans.

30.11.2018: Mariga Local Government, Tashan Randa, Bobi Ward. Here, the inauguration of a rural medical center and a borehole was performed; that was a “Heart Doctors” project, financed by certain of their friends. The inauguration ceremony was attended by the local traditional king, officials of the government and inhabitants of the surrounding areas. The medical center and the borehole will serve an estimated population of 20,000 people.

1.12.2018: Bosso Local Government, Shakwata, Maitumbi Ward. In addition to the examination and treatment of the patients gathered in this village, a Nigerian member of the escort of the team collapsed due to severe malaria he suffered from. Heart Doctors acted immediately by injecting the sick person who came back to his senses soon.

2.12.2018: Lapai Local Government, Kpashimi. Two-and-a-half hours drive was required to move from Kontagora to this village; at one point, heavy rains had completely destroyed the road and another route had to be found. The sick people gathered - among them many of the Fulani ethnic group - were exceptionally uneasy and difficult to control and keep in order.

Milk powder was given to infants (a repeated friendly offer of the Aegean Airlines to African children, along with “cereal bars”, biscuits, candies etc. that made young children very happy indeed).

The diseases observed were: malaria, anemia, respiratory tract infections, gastroenteritis, helminthiasis of the gastrointestinal system, arthralgias, lower back pains, migraines, skin diseases, dysmenorrhea.



Missions for Delivery of Medicaments

During the year 2018, 25 drug delivery missions were accomplished in five countries.

Food Missions

Country	Number of Missions
Djibouti	2
Eritrea	2
Georgia	1
India	1
Indonesia	1
Mozambique	1
Moldavia	1
Niger	2
Somalia	2
Sudan	4
Zimbabwe	1
Total	18

Djibouti: Two missions were carried out (4.4.2018, 7.9.2018); the distributed food items were : rice, sugar, corn flour and milk powder for children.

Eritrea: Two food missions were realized in Eritrea and delivered to the capital Asmara for poor families: rice, corn flour, sugar, milk powder for children (4.4.2019, 7.9.2018)

Georgia: One food mission was organized in Tbilisi – multi-grain cereals, biscuits, sokof-retes, etc. were offered to school children (22.7.2018).

India: One mission was carried out in impoverished villages of Andhra Pradesh State and food items were distributed (20.9.2018). Non-food items were also provided to a Female College in Anantapur.

Indonesia: “Heart Doctors” with co-operating friends visited Indonesia (Jakarta) and offered

food, blankets and bottled drinking water to the victims of the 7.5-magnitude earthquake of the Richter scale and the 6-meter tsunami which followed. The earthquake, tsunami and volcanic eruptions hit Indonesia on 28.9.2018 and the team arrived there on 8.10.2018. The aid was distributed to the islands of Sulawesi (the coastal town of Palu) and Lombok. The dead people numbered many thousands and the injured, sick and homeless were hundreds of thousands.

Moldavia: Food for children was offered on 22.7.2018, to poor families in Chisinau.

Mozambique: The following commodities were delivered on 8.9.2018: corn flour, rice, and milk powder for children.

Niger: On 6.5.2018 and 1.9.2018, rice, sugar, corn, milk powder for children and drinking water were delivered to nomadic shepherds belonging to the ethnic groups of Fulani, Tuareg and Haousa - at the city of Zinder, South Niger.

Somalia: Two missions were carried out to transport corn, rice, sugar and milk powder for children from Djibouti on the Somali borders where starving people of Somalia stay in camps; they received the delivered commodities (4.4.2018, 7.9.2018).

Sudan: Four missions were accomplished in Sudan – in Darfur refugee camps, near Nyala, and in the outskirts of Khartoum (4.4.2018, 6.5.2018, 6.9.2018): the foodstuffs distributed were rice, sugar, corn flour and milk powder for children.

Zimbabwe: One mission was accomplished in Harare and corn flour, rice and milk powder for children were distributed (8.9.2018).



Other Missions

Clothing, footwear, school supplies, blankets, drinking water etc.

Country	Number of Missions
Botswana	1
Congo, Republic of	1
Georgia	4
Liberia	1
Mozambique	1
Moldavia	4
Namibia	1
Rwanda	1
Senegal	1
Togo	1
Zimbabwe	1
Total	17

Botswana: one mission was carried out in the capital Gaborone (12.11.2018) and clothing was distributed to school children, boys and girls (sweat suits and shirts).

Congo, Republic: various school supplies for pupils were distributed in one mission to the capital Brazzaville (15.7.2018).

Georgia: four missions were accomplished in Tbilisi (24.1.2018, 20.3.2018, 18.6.2018, 26.9.2018); the following articles were distributed: sweat suits, galoshes, athletic shoes, t-shirts, sandals, school supplies.

Liberia: one mission was carried out (29.5.2018) and clothing was distributed to school children in Monrovia.

Moldavia: Four missions were accomplished in Chisinau (24.1.2018, 20.3.2018, 18.6.2018, 26.9.2018), and the following commodities were distributed : sweat suits, galoshes, athletic shoes, t-shirts, sandals, school supplies.

Mozambique: clothing for children was distributed by one mission (28.5.2018).

Namibia: one mission was realized (9.11.2018), and clothing (sweat suits) was distributed to school children in the capital Windhoek.

Rwanda: one mission was accomplished (14.7.2018) and various school supplies were offered for school children in Kigali.

Senegal: one mission was accomplished in Dakar (30.5.2018); various types of clothing (overalls, t-shirts, etc.) were offered to school children.

Togo: one mission was carried out in the suburbs of Lome (9.11.2018) and clothing was distributed to school children.

Zimbabwe: one mission was realized in Harare (8 May 2018); clothing was distributed to school children.

The victims of tsunami in **Indonesia** (28.9.2018), apart from food, were also given blankets and drinking water. In **India** also, besides food, other useful materials were offered to the Female College in Anantapur (20.9.2018).





Humanitarian Aid in Greece

Offer of drugs and expendables to General Hospitals

In the year 2018, assistance was offered to the General Hospital of Rhodes in the form of medicines and various expendable items.

Mission to 2nd Second Chance School in Larissa

On the 31st of January 2018, a four-member team of “Heart Doctors” visited the 2nd Second Chance School of Larisa (which operates in a separate section in Larisa prisons). Mrs. Eleni Sotiriou addressed the students of this school presenting them the humanitarian activities of “Heart Doctors”. Eye glasses with corrective lenses were distributed to some students suffering from visual problems (the required examination had been done on a previous visit). Blankets, bed sheets, shoes, clothes and socks were also delivered. On the 26th of the same month, heating oil was sent to heat the premises where the Second Chance School operates.

Aid to fire victims in Mati of Attica

“Heart Doctors” with friends and associates helped the victims of the terrible fires, which on July 23, 2018, burned Mati of Attica and the neighboring settlements of Voutsas - Kokkino Limanaki - Aghios Andreas, leaving behind biblical destruction with 100 people dead. The relief offered consisted of various food items, blankets and drinking water.

Support to poor families

This year's special support program for very poor families continued, focusing on abandoned mothers with young children (mainly in the districts of Perama, Tabouria, Korydallos, Drapetsona and Keratsini).

Medical examination of school children for health certificate

“Heart Doctors” were invited by the Director of the 79th Elementary School of Athens to examine medically certain school children and issue their Student Health Certificate – the parents of those children were unemployed and uninsured (mainly foreigners). The visit to the school and the examination of the children took place on 27.3.2018. Similar work was done at the Church of Virgin Mary Marmariotissa for many foreign children, in order to provide them with the same certificate in order to participate in sport programs organized by the parish of the Church (Saturday 17.9.2018 and 24.9.2018).

Patient escorts

In many cases, “Heart Doctors” have secured escorts of patients who should move urgently to Athens hospitals (travel and other expenses of the escorting persons were covered).

Construction Works

Medical Center and well in Nigeria

On the 30th of November, 2018, the five-member team of “Heart Doctors” carrying out the 31st medical mission to Niger State in Nigeria, visited the remote settlement Teshan Randa (Bobi Ward, Mariga Local Government). They inaugurated there the Agricultural Health Center, which had been financed with donations of friends of “Heart Doctors”. This project included also the opening of a well supplying drinking water to the Medical Center and the people living in the wider area. This project covers the needs of 20,000 inhabitants of the corresponding remote region.

The building consists of two nursing chambers, a birth chamber, a doctors' office and toilets.

Impressive and very happy indeed were the little children who were screaming around the well, pumping water and filling their cups and small jugs. Fulani shepherds appeared coming out of the bushes shaking their pastoral sticks and running to the well to drink fresh clean water. Mothers were filling bowls with clean water to wash their babies!

The inauguration was performed in the official presence of the local king. Present were also various governmental officials and various officers of the local government. Vice-President Mrs. Eleni Sotiriou addressed the gathered people. Present was also Mr. Umara Tanko Kouta, an old friend and associate of “Heart Doctors”, who supervised the building works of the project. Nice traditional music and dancing followed. The local people, smiling thanked the team by putting their two hands on the part of the heart and saying, in their language, “nugende” (meaning “thank you”).





Maternity wing

A maternity wing was also added to the Medical Center, which was inaugurated last year in Lafiyan Kpada Village (Gulu, Lapai Local Government, Niger State). The inauguration of the additional wing took place on the 2nd of December, 2018. Friends of “Heart Doctors” financed the construction of this wing.





School Visits

Mrs. Eleni Sotiriou, Vice-President of the organization, with a team of members and friends, after being invited, visits various kindergartens, schools, university departments and other groups of interested people; she presents to the audiences the work “Heart Doctors” carry out in their missions within Greece and abroad. School 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.

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 2018:

31.1.2018, **2nd School of Second Chance** in Larisa city.





6.2.2018, **4th Primary School of Korydallos**

18.3.2018, Visit to the Organization **YOGArt**, During the visit, antibiotics for children and eye drops were offered to “Heart Doctors”.

14 - 15.5 2018, **10th Junior High School of Nikaia**

24.5.2018, **2nd Primary School of Kalyvia Thorikou**

23.5.2018, **3rd Junior High School of Alexandroupolis “Domna Visvizi”**

23.5.2018, **6th and 11th Kindergartens of Komotini**

24.5.2018, **2nd Primary School of Ampelokipoi, Thessaloniki**

24.5.2018, **12th Primary School of Ampelokipoi, Thessaloniki**

24.5.2018, **Primary School of Palaio Agionerio Kilkis**

24.5.2018, **Primary School of Neo Agionerio Kilkis**



24.5.2018, **NEW ACROPOLIS**, International Philosophical Organization. During the visit, medicines were offered for the missions of “Heart Doctors”.



Offerings of Medical and other Materials

"Heart Doctors" are happy to receive from the general public medicines that are donated to them for their humanitarian purposes; the donated medicines are then used free of charge in the medical missions of "Heart Doctors". School pupils, students attending 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 organization 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 and other natural disasters in Greece and in the Balkan countries, food, clothing, drinking water, bedding, etc. are collected or bought in Greece and then transported by road to the places affected.

The website of "Heart Doctors", and the related Facebook, list the specific medicines urgently needed every time.

Mission Members

Yataganas Xenophon, Doctor, Professor of Medicine and Hematology

Sotiriou Ioannis, Doctor, General Practitioner

Dimadis Vasilios, Pediatrician, Doctor of the Athens University

Sotiriou Helen

Ipsilandis Pantelis

Ipsilandi Mary

Lyras Eygenia

Giatagana Maria

Lamprou – Giatagana Stefania

Lamprou Aggelos

Giataganas Andreas

Pardalos Kyriakos

Andersen Irene

Sftekopoulou Stella

Zachariadis Antonis

Kalaitzis Konstantinos

Anastasiadis Michael, optician

Genetoglou Romylos, pharmacist

Xiptera Venetia

Tsoukala Despina

Magganas Alexandros

Laggakis Stratos

Colleagues from Thessaloniki :

Dimitriadou Popi

Badawi Hassan, Professor, University of Thessaloniki

Dimitriadou – Badawi Evina

Dimitriadou – Badawi Eirini

Dimitriadis Timos

Ziogou Pantelis

Ziogou Simeon

Kiorteve Parthena

Abatzidis Vasilios

Kehagia Artemis

Galani Liana

Galanis Thanasis

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Sfikakis Prodromos

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

Despite the financial difficulties faced by many friends of "Heart Doctors", many of them remember the humanitarian work that is being done and contribute by offering drugs and by other ways. Pharmacists, various individuals, even retired, and the Orthodox Church, offer medicines and other useful items. "Heart Doctors" thank them very much.

Many friends and assistants of "Heart Doctors" contribute by 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, Komotini 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.

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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 a brilliant example of solidarity and compassion.





During the school year 2017-2018, “Heart Doctors” together with the teachers and the children of the 6th and the 11th nursing schools of Komotini have performed a beautiful trip in the world of volunteering, selfless offering and real love.

“Heart Doctors” played the role of the postman and transferred to the children of Katrang – North Cameroon, the paintings and the messages of the little students from Komotini . Also, in return “Heart Doctors” took video and pictures from the children in Katrang - Cameroon and showed them to the small students of the nursing schools in Komotini. The little students have learned about the way of living of the children in Cameroon. During the last visit of “Heart Doctors” to the 6th and the 11th nursing schools of Komotini, the children and the teachers warmly welcomed the team and offered medicaments for the forthcoming missions.

Meanwhile, they had prepared a wonderful theatrical play concerning the human rights of the children – the play was dedicated to the humanitarian work of “Heart Doctors”.

Here is a short extract from the role of one of the students:

**“Every year, at that particular day
the doctors are coming
to open boreholes
for us to drink clean water.
That is why we feel well, happy and strong”**

“Heart Doctors” really thank the children of the two nursing schools for the beautiful and moving experience they have created. They congratulate the children for their initiative, inspiration and love and wish to all of them a bright educational future! They also congratulate the devoted teachers for their excellent work!



