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HEART DOCTORS

Court decision N° 4229/2001
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HEART DOCTORS ACTIVITIES ----OF THE YEAR 2017----



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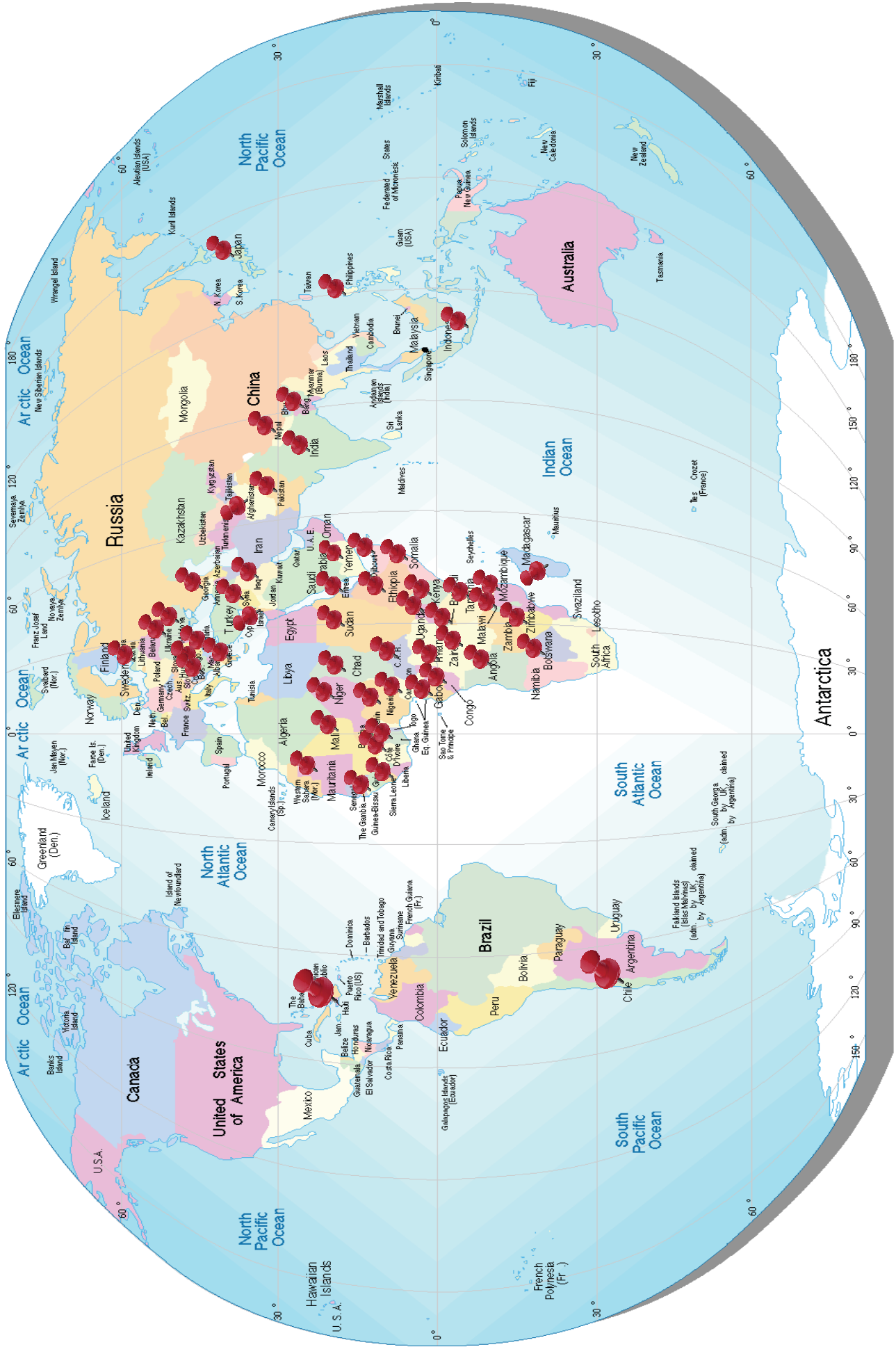
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Introduction

Heart Doctors and their work

“Heart Doctors” is a Greek, humanitarian, non-profit, Non Governmental Organization. Its main objective is to offer free medical assistance, medicines, foodstuffs and other necessary commodities and services in urgent cases when human populations face serious dangers or live in utter distress (wars, massive violent internal displacement of populations, epidemics, natural disasters - earthquakes, typhoons, floods, tsunamis - prolonged periods of hunger mainly due to droughts). Furthermore, “Heart Doctors” offer free medical assistance and necessary medicines to populations in isolation or living in distant places where no such services are provided. They also try to secure resources to finance humanitarian projects such as medical centers, hospitals, school buildings, libraries, water supply, etc.

The Organization was founded in 2001, while some of its members were already offering their humanitarian services before the official foundation. Up to now “Heart Doctors” have carried out **1019** missions in **67** countries of Africa, Asia, Europe and America. Furthermore, the organization has offered its services and support to a number of countries that are in a state of war such as Iraq, Lebanon, Gaza strip, Afghanistan, Pakistan, Syria and Libya; it has also helped countries struck by earthquakes or tsunamis such as Iran, Haiti, Chile, Java, Japan, Sri Lanka and Nepal. Flood victims have been assisted by “Heart Doctors” in India, Bangladesh, Myanmar and the Balkans. Philippines were visited and helped when typhoons caused major disasters there. Foodstuffs are distributed to starving populations in Sudan and Darfur, Ethiopia, Somalia, Congo, Niger Republic, Mozambique, Guinea Bissau, Eritrea, Djibouti etc.

In Greece the Organization has carried out various missions in cases of emergency and natural disasters such as earthquakes, major fires and floods. In recent years it assists some provincial hospitals by offering medicines and expendables. Meanwhile, it supports very poor families of unemployed parents and abandoned mothers living with their children; homeless people, poor individuals, certain schools and masses of refugees have been assisted. “Heart Doctors” support kitchen programs organized by municipalities and the Christian Church.

“Heart Doctors” missions are carried out by their members (or in close cooperation with friends) who visit the sick and people in need where they live or in the places of natural disasters. The aid is always offered and distributed directly by the members of the Organization or their cooperating friends without intermediaries

All the members of the Organization are volunteers. Members, friends and all who cooperate with “Heart Doctors” work always voluntarily without any recompense.

Activities in 2017

In the year **2017** the Organization accomplished **98** missions in **20** countries including Greece. Two countries, Romania and Yemen, received assistance from “Heart Doctors” for the first time.

In 2017, all kinds of activities, usually undertaken by “Heart Doctors”, were accomplished: medical missions, delivery of medicines, food and other relief, construction of medical centers, opening of wells for the provision of drinking water, care for poor families and individuals, school visits and assistance to provincial hospitals in Greece.

For the emergency needs of the flood victims in Western Attica, “Heart Doctors” delivered to the Municipal Council of Mantra (in Attica), loads of bottled drinking water, food, clothing, beds, bedding etc.

The number of missions of this year compared to that of the previous year 2016 is increased. The increase is observed in all kinds of missions.

With respect to school visits, it is noteworthy that in 2017 such visits were undertaken even during the summer period (for children in summer camps).

During this year, “Heart Doctors” were honoured by the Hellenic Medical Society for the Study of Risk Factors in Vascular Diseases. As a matter of fact, this Society granted to the First Vice-President of the Organization, the “Albert Schweitzer Award”.

It must be stressed that anonymous friends and associates of the Organization members, who are fully dedicated to the humanitarian work and volunteering, carry out together with the Organization certain missions covering all the required expenses. “Heart Doctors” congratulate these people for their selfless love.







Missions for Medical services

During the year 2017, “Heart Doctors” visited three African countries and offered free medical services to populations living in distant or isolated rural places. These countries and the corresponding number of missions are listed in the table below:

Country	Number of Missions
Cameroon	2
Burundi	1
Nigeria	6
Total	9

A short summary of the missions is given in the sequel:

Nigeria

23rd MISSION

18 / 01 / 2017

On Wednesday the 18th of January 2017, a six member team of “Heart Doctors” departed from Athens and traveled to Lagos, Nigeria, through Istanbul. Then they traveled with a mini bus to Oyo State, accompanied by 5 policemen and reached the area called IDS Elekara. Prince Abiodun Afonja received the team, welcomed them and offered hospitality in a guest house located next to his house.

“Heart Doctors” worked in the following communities where they attended thousands of sick inhabitants:

19.1.2017: Iseke

20.1.2017: Alalubosa

21.1.2017: IDS Elekara

22.1.2017: Sabo, Isale Oyo (in a large Hall of the L.A. Primary School)

23.1.2017: Oroki, Oyo (in the amphitheater of Emmanuel College)

In the house of Prince Abiodun Afonja a special meeting was organized to honour and thank “Heart Doctors” for their free medical services to the people of Oyo State. However, “Heart Doctors” asked to continue working with sick people instead of enjoying the amusement. The Prince offered an official meal to the members of the team and gave to each one a traditional costume and handicraft prepared for the occasion by people of Oyo State.

The most frequent diseases were the following:

Malaria, gastroenteritis, arthralgias, skin diseases, conjunctivitis, infections of the upper respiratory system, lower back pains, hypertension, epilepsy, parasites of the alimentary canal, typhoid fever.





Nigeria

24th MISSION

24 / 01 / 2017



On Tuesday the 24th of January 2017, a five member team of “Heart Doctors” departed by car from Oyo State, Nigeria, to Minna - the capital of Niger State. Five policemen escorted the team for security reasons. The trip lasted more than 7 hours; it was very difficult because of the very bad condition of the road and the high temperature of the atmosphere.

On the same day another five member team of “Heart Doctors” left Athens and through Istanbul reached Abuja and then moved to Minna, accompanied by a few

policemen. The two teams formed one group consisting of ten members; they were received by the representative of the Governor of Niger State and were accommodated in guest houses of the Governor.

Every day the whole team left the guest house and moved to one community of the Niger State to treat the sick people who gathered there. The roads of this State are very bad indeed and because of this four hours were spent every day to move to the selected community and return to Minna.

The following communities were visited:

25.01.2017: Kpatnugo, Godogbs, Katcha Local Government

26.01.2017: Akpmazyi, Anguooan Makaman, Siroro Local Government

27.01.2017: Kowankasa, Rafi Local Government

28.01.2017: Kango, Bosso Local Government

On the 26th of January, the medical center and the well financed by “Heart Doctors” in the area Akpmazyi, Anguooan Makaman, were inaugurated. The word “Anguooan” means “black star” in the local language. The gathered people received the team with great enthusiasm, smiling and happy. A big swarm of little children gathered around the well to see the drinking water being pumped out for the first time! Blankets, sheets, pillows and medical equipment brought from Athens were used to prepare the center for use. After the inauguration ceremony and the celebrations (music, dances and singing), sick people were medically examined and treated in the new medical center. During the inauguration, rice was distributed to very poor families by “Heart Doctors”.



Present in the ceremony was Hon. Umaru Tanko Kuta, an old friend of “Heart Doctors” who was responsible for the supervision of the constructions (medical center building and opening of the well).

The new medical center and the well will cover the needs of 40.000 people living in the wider area.

The most frequent diseases were the following:

Malaria, parasites of the alimentary canal, hypertension, lower back pains, gastroenteritis, skin diseases, arthralgias, bronchitis, typhoid fever.



Nigeria

25th MISSION

28 / 01 / 2017

On Saturday the 28th of January 2017, a ten member team of “Heart Doctors” left Minna and went to Abuja by car accompanied by two policemen. Four members of the team departed in the evening from Abuja to Athens and the rest spent the night at an hotel in Abuja. Next morning, on the 29th of January, the six members left Abuja for Benue State. The team crossed Nasarawa State and reached Makurdi, the capital of Benue State. There, the local authorities offered to the mission two cars and 10 men of the Immediate Intervention Forces. The first car acted as a precursor (clearing the road of the traffic), four cars followed (two of them of Benue State and two of the Presidency of Nigeria) and then the car with the mission members and the medicines followed. The trip from Abuja to Makurdi lasted five hours (the people responsible for the security of “Heart Doctors” preferred to move in day light because of the criminality in Benue State and some unrest during that period).

The team spent the night in an hotel in Makurdi and next day moved to Otukpo where it worked for two days in the General Hospital of Otukpo examining and treating sick people.

On the 1st of February, the team moved to Gboko and worked in the hospital there. Next day it moved to Adikpo and worked in the hospital of the city. In the afternoon of that day the mission returned to Makurdi and was received by the Governor of Benue State Mr. Samuel Ortom. He thanked “Heart Doctors” for their humanitarian aid and offered traditional costumes to the members of the team. The team was accommodated in guest houses of the Governor. Next day it moved to Daudu where many sick people gathered and were treated (Daudu is the city from which the Governor comes from).

The date and the place visited by Heart Doctors were the following:

30.1.2017: Otukpo (medical services in the local General Hospital)

31.1.2017: Otukpo (medical services in the local General Hospital)

01.2.2017: Gboko (medical services in the local General Hospital)

02.2.2017: Adikpo (medical services in the local General Hospital)

03.2.2017: Daudu (medical services in the local General Hospital)



The main health problems observed were the following:

Malaria, helminthiasis, tracheobronchitis, lower back pains, hypertension, epilepsy, conjunctivitis, gastroenteritis arthralgias, typhoid fever.



On Tuesday, the 14th of February 2017, a four member team of “Heart Doctors” flew to N'Djamena in Chad through Istanbul; they spent the night at N'Djamena and next morning they continued southwards by road till they reached the Chadian city Bongor. Then by pirogue they crossed the river separating Chad from Cameroon and reached the Cameroonian riverside town Yagoua in the Far North Province of Cameroon. At Yagoua the team purchased bottled drinking water and certain foods to prepare meals for the mission. Then they left for Katrang by car moving on primitive unpaved or nonexistent roads.

Thus, in the afternoon, the team arrived at Katrang and settled at the huts “Heart Doctors” had built years ago to use them for their missions in a place where there is no appropriate building to use as a shelter.

The military authorities of Cameroon sent again two soldiers of the Rapid Intervention Brigade (BIR) to protect the mission against possible attacks by “Boko Haram”.

During the next five days medical services were offered by the team to a great number of patients who flocked at that place from the wider area of Katrang. This time too many people came from neighboring Chad - they had to walk for at least 8 kilometers from the frontiers to reach the dispensary. The premises of the Greek Orthodox Church of Saint Apostles were used for the dispensary.

Many serious health problems were observed: malaria, anorexia, tuberculosis, ascites. Other diseases were: infections of the respiratory system, gastroenteritis, helminthiasis, arthralgias, low back pains, skin diseases, conjunctivitis, leprosy.

A case of malaria of an adult female suffering for eight days of high fever, headache, chills and vomiting, was initially treated with injectables and soon the woman was freed from the symptoms. After being given enhanced liquid food and additional oral treatment, she was sent to her residence by a motor cycle. Her family and neighbors greeted with great joy the recovery and sent to the team many thanks.

The well known seasonal dust of the Sahara desert, in January and February (called “armadan”), combined with a mild wind, was responsible for many infections.

Due to the mild wind blowing at night, the temperature dropped significantly at night and it was cold.

The Greek Airline «Aegean» had given the team a big suitcase containing milk for babies; that milk was offered to malnourished mothers who had not enough milk to breastfeed their babies. The same suitcase contained a lot of candies for older children. All were very happy to receive these gifts.





Nigeria

26th MISSION

11 / 03 / 2017

On the 11th of March 2017, a five member team of “Heart Doctors” traveled to the city of Kano in north Nigeria through Cairo. The purpose of the mission was the medical care of populations in remote areas of the States Kaduna and Niger, in Nigeria.

The team was then driven in a small van with military escorts to Kaduna and reached after a three hour drive an hotel for accommodation for the following five days. A health commissioner of the local health ministry came to welcome “Heart Doctors”.

On the 13th of March in the morning, following a quick visit to the ministry of health, we were informed about the program of the visit. For the 13th, 14th and 15th, of March the regional general hospital in Rigasa was chosen for the team to examine and provide treatment to the people of a large district, with the help of doctors and nurses. For three days, large numbers of people already informed about our presence came for consultation. The help of an assistant, performing the test for malaria free of charge, has been greatly appreciated, so that we could provide treatment only to those with a positive test.

Frequent health problems were malaria, epigastric pains labelled by the patients themselves as ulcer, hypertension, low back pain, infections of the respiratory and urogenital tract, and a complaint that the patients referred to as typhoid. It was noted that several persons who came for consultation because of persisting fever, and a positive test, had been treated in the recent past with medicines purchased from pharmacies in the market.

On the second day, the local Emir came for an official visit to the team and was found to suffer of malaria.

On the 16th and 17th of March, the team worked in a recently constructed medical center, close to a nearby old hospital in another district of Kaduna State. Among the people who came for consultation there was a 6-7 years old boy with a huge spleen filling his entire abdomen, for three years. He has been diagnosed by the local physicians as tropical splenomegaly, but with unknown aetiology and did not receive any treatment. It was suggested to the doctor to check for leishmaniasis and if confirmed to be sent to a teaching hospital for specific treatment.

Before leaving the team informed the health commissioner of Kaduna about our impressions on the health problems in this State, namely the connection of hypertension to the consumption of salt and dry fish and of ulcer with pepper and chilly, facts that are not stressed to the people by the medical staff.

On the 18th of March, the team moved to the city of Kontagora in Niger State, escorted by members of the local government and a security car with armed military staff driven by a so-called pilot driver trained to open ways. After a five hours drive, the team reached a compound of luxurious villas, owned by the local governor, for accommodation during our stay.

On the 19th of March, following the necessary visit to the local traditional Emir, the plan was to work in the village Ibanga, a distance of one hour's drive from Kontagora. The consultation was planned to take place under the shade of a huge mango tree. Nurses were there for help. Large crowds of sick people came with most frequent health problem malaria with severe anaemia, especially of the young children and febrile gastroenteritis. These problems were connected to a nearby river, which was used as a source of drinking water by all inhabitants of the region.

On the 20th of March, the team attended populations in Auna Center of the city of

Balugu in Magama district, on the 21st of March in the town Barumi and on the 22nd of March in the district Farin Shinge. On this day, after the completion of the work, the members of the team returned to Kaduna to spend the night and on the 23rd of March in the morning they were escorted to Kano by the staff of the local government and police.

“Heart Doctors” are very thankful to this staff and to all those officials who contributed to this very successful mission, especially for the cooperation of doctors and nurses.



Burundi

44th MISSION

14 / 09 / 2017

On Thursday, 14.9.2017, a six member team of “Heart Doctors” departed from Athens and through Istanbul and Kigali (Rwanda) reached Burundi (Bujumbura). The purpose of the mission was to offer free medical care to the population of Bubanza province. The local organization, preparation and coordination was undertaken by the Governor of Bubanza Province.

The communities visited and the health problems observed were the following:

On Saturday, the 16th of September, the team visited the community of Gihanga and organized the dispensary at the medical center of Buramata.

On Sunday, the 17th of September, the team moved to the community of Bubanza and worked at the medical center of Bubanza.

On Monday, the 18th of September, the team visited the community of Musigati and received the sick inhabitants at the medical center of Kivyuka.

On Tuesday, the 19th of September, “Heart Doctors” moved to the community of Mpanda and worked at the medical center of Mpanda.

On Wednesday, the 20th of September, the team visited the community of Rugazi and examined medically the patients at the medical center of Ruyange. The patients examined were found to suffer mainly from malaria, bronchitis, gastroenteritis, asthma, scabies, conjunctivitis, parasites, amebiasis, arthralgias, tuberculosis, lumbago and infections of the urinary system.

“Heart Doctors” express their deepest thanks to Mr. George Coucoulis, General Honorary Consul of Greece in Bujumbura, for the hospitality he offered to the members of the mission.





Nigeria

27th MISSION

1 0 / 1 0 / 2 0 1 7

On the 10th of October 2017, a five member team moved from Athens to Lagos in Nigeria, in order to offer medical services to poor populations in various villages in Oyo State. The team moved by car from Lagos to the city of Oyo and was accommodated at guest houses belonging to Prince Abiodun Afonja, a retired businessman, who was responsible for the local coordination of the mission. Transportation, security and other necessary means were provided by the Prince and local authorities.

Medical attendance took place in the following districts of Oyo state:

- 11.10.2017 Afijio, Akinmoojin (Health Center)
- 12.11.2017 Atiba, Ijawaya (Health Center)
- 13.10.2017 Oyo east Ajagba village (Health Center)
- 14.10.2017 Oyo west , Fashola (Health Center)
- 15.10.2017 Iseke (Health Center)
- 16.10.2017 Iware
- 17.10.2017 Imini village
- 18.10.2017 Saki east, Oje Owode
- 19.10.2017 Ishevin south
- 20.10.2017 Oksho Orellope

In most of the above places, the protocol demanded for a visit to the regional kings, where the team of doctors was formally introduced, informing the king about the activities of "Heart Doctors" and their purposes.

Most frequent health problems were: malaria, high blood pressure, low back pains, arthralgias, upper abdominal discomfort which local people labeled ulcer, lower abdominal

pain especially in women, stroke, problems of the eyes (irritation and reduced vision) and cases of long standing massive splenomegaly and hepatomegaly, the causes of which have not been diagnosed by the paramedical personnel. It was advised to refer these case to organized medical units, preferably teaching Hospitals, for proper tests and specific treatment. It was of interest to note that only relatively few mothers with their children came for consultation. It was stressed to all inhabitants to avoid salt and salty foods as well as chilli and pepper in their cooking, for protection from high blood pressure and what they called ulcer. The team was impressed by the perfect organization of the mission due to the efficiency and devotion of Prince Abiodun Afonja; this man, following his retirement, has dedicated most of his activities in the care of health and prosperity of his compatriots.





On the 31st of October 2017, a six member team of “Heart Doctors” departed from Athens and through Cairo reached Kano in Nigeria. The purpose of the mission was to offer medical services to remote rural areas of Katsina and Niger States and inaugurate one medical center and two boreholes in Niger State.



Activities in Katsina State

01.11.2017: The team moved by car from Kano airport to the capital of Katsina State and was accommodated in an hotel as guests of the Governor of Katsina, Hon. Aminu Belo Masari. Transportation and security were provided by the Governor; eight armed policemen guarded the team day and night. The team examined sick people at the following villages:

02.11.2017: Mazojin Fulani, Matazu Local Government

03.11.2017: Mazoji B, Matazu Local Government. Many mothers and children suffered here from malnutrition and cahexia.

04.11.2017: Sayaya, Matazu Local Government.

05.11.2017: Tuge, Musawa Local Government.

06.11.2017: Dumurkol, Maiduwa Local Government. The President of Nigeria Hon. Muhammadu Buhari comes from this village. In the afternoon the team visited the Governor of Katsina who thanked “Heart Doctors” warmly for their assistance to poor people.

Several children were carriers of sickle-cell anemia. Health Authorities informed us that in Katsina State – a part of northern territories of Nigeria – there are many cases of this anemia. The diseases observed were: malaria, helminthiasis, infection of the upper respiratory system, gastroenteritis, arthralgia, conjunctivitis, skin diseases and tuberculosis. Three cases of young children’s disfigured faces were observed (caused probably by osteosarkoma, in advanced stage). One case of cleft lip in a newborn baby was met and one young adult woman with a swollen left leg (elephantiasis) due probably to Kaposi disease. Splenomegaly was also observed in a middle-aged woman with anemia and swollen abdomen (probable Leishmania Donovan-Kala-Azar infection); further examination in a central State hospital was advised.

Activities in Niger State

07.11.2017: The team moved from the capital of Katsina to the city of Kontagora in Niger State accompanied by eight armed policemen – a journey of eight and a half hours. The Governor of Niger State offered hospitality in an hotel in Kontagora. Patients were examined and treated in the following villages:

08.11.2017: Sabon Gari Mango, Kontagora Local Government.

09.11.2027: Tungan Gika, Auna West/Magama Local Government.

10.11.2017: Ibanga Tudum Wada, Kontagora Local Government; Inauguration of a borehole “Heart Doctors” had financed there for the supply of drinking water; medical attendance of sick people in the village. Departure for Mina, the capital of Niger State.

An additional member of “Heart Doctors” arrived from Athens, and the seven member team was accommodated in guest houses of the Governor of Niger State. Three policemen were responsible for the protection of the team.

11.11.2017: Kowankasa, Tegna/Rafi Local Government; medical attendance of sick people.

12.11.2017: Lafiyan Kpada , Gulu / Lapai Local Government. Patients were attended and then the new medical center and a borehole in that village were officially inaugurated. This is the fourth medical center “Heart Doctors” have created in Niger State. Present in the ceremony was the local traditional king and Emir of Lapai, other officials and crowds of people. Officials addressed the people present and Mrs. Helen Sotiriou spoke on behalf of “Heart Doctors”. Traditional dances, music and special events followed. Present was also Hon. Umaru Tanko Kuta, who had supervised the construction works.

13.11.2017: Gbangba, Gbako Local Government. Local patients were medically examined and treated by the team.

14.11.2017: The team left Mina and moved to Abuja where they visited the Embassy of Greece. The Ambassadors of Greece, Mrs. Saranti, was informed about the activities of “Heart Doctors” in Nigeria; she mentioned the expansion of criminality in Nigeria and the very serious dangers from the militant islamist group Boko Haram.



On Wednesday, the 29th of November 2017, a six member team of “Heart Doctors” flew from Athens to Cairo where it spent the night; next morning they flew to N'Djamena in Chad and moved by two cars to the Chadian city of Bongor. The plan was to cross the river Logone by pirogue at that point and reach the Cameroonian riverside city Yagoua on the opposite bank. However, that proved impossible, because crossing the borders at that point was not allowed due to recent local incidents. Thus the team spent the night at Bongor.

01.12.2017: Very early next morning “Heart Doctors” left Bongor for the Chadian city Fianga from where they moved to the Cameroonian city Dutcheke at the borderline of the two countries. Then the team reached its destination in Katrang. Crowds of patients had already gathered at the premises of Saint Apostles’ church; medical examination and treatment of the people started immediately.

The military authorities of Cameroon sent again two armed men to protect the mission against possible attacks by “Boko Haram”.

02.12 – 05.12.2017: During the next four days large crowds of sick people came to Saint Apostles’ church to be attended by “Heart Doctors”. They came on foot from their homes which are dispersed all around in the wider area; many people came even from neighbouring Chad. Mothers with their babies and adults of all ages were present – some very old, some handicapped and unable to move by themselves.

Various diseases and health problems were observed:

Malaria, bronchitis, helminthiasis, schistosomiasis, gastroenteritis, skin diseases, arthralgias, low back pain, ascites, cardio-respiratory syndrome. Several kids in their early age were found to suffer from cachexia due to lack of milk and proper food (they were given milk powder and special enriched infant food).

The team stayed at the huts (“boucaroos”) constructed by “Heart Doctors” near the



church to serve their missions in a place where no shelter can be found; they prepared their simple meals by themselves (lentils, rice, pasta).

The Greek Airlines «Aegean» offered again milk powder for babies, shirts, candies etc. This time, the team visited many families in their “boucaroos” and offered them part of that material – the children were very happy indeed particularly with sweets and shirts which they enjoyed very much.

On the 6th of December, the team left Katrang and moved to N'Djamena, through Fianga. The armed guards accompanied the mission members as far as Dutcheke.



Missions for Delivery of Medicaments

During the year 2017, “Heart Doctors” realized 24 missions for delivery of medicaments.

Food Missions

Country	Number of Missions
Eritrea	5
Zimbabwe	3
India	2
Liberia	1
Mozambique	2
Moldavia	1
Niger	2
Somalia	4
Sudan	7
Djibouti	5
Yemen	1
Total	33

In **Eritrea**, rice, wheaten flour, sugar, milk powder for children and maize were distributed in the capital Asmara (12.1.2017, 10.2.2017, 9.5.2017, 30.9.2017, 14.12.2017).

In **Zimbabwe**, milk powder for children, rice, sugar and corn flour were distributed to poor families in Harare (2.3.2017, 8.5.2017, 14.12.2017).

In **India**, rice and dhal were distributed to people living in very poor villages in Andhra Pradesh. Detergents were also donated to an Anantapur college for girls (8.2.2017) and school material to students (5.9.2017).

In **Liberia**, rice and sugar were distributed (2.3.2017).

In **Mozambique**, milk powder for children, rice and corn flour were distributed to poor families (2.3.2017, 8.5.2017).

In **Moldavia**, rice and wheaten flour were distributed to school children and kitchen utensils for their families (3.3.2017).

In the **Democracy of Niger**, near the town of Zinder, rice, corn flour, wheaten flour and milk powder for children were distributed to Fulani, Tuareg and Hausa people (5.4.2017 and 30.8.2017). Due to excessive drought, people suffer from scarcity of food.

In **Somalia**, milk powder for children, rice, sugar, wheaten flour and maize were distributed to starving Somali people. The food items in question were purchased in Djibouti and transported to the area of Somalia near the borders with Djibouti (12.1.2017, 9.5.2017, 30.9.2017, 14.12.2017).

In **Sudan**, milk powder for children, rice, sugar, corn flour and wheaten flour were distributed to starving people living in poor districts of Khartoum and the suburbs (12.1.2017, 10.2.2017, 4.4.2017, 8.5.2017, 30.9.2017, 14.12.2017). On 4.4.2017 foodstuffs were also distributed to refugees staying at camps near Nyala (4.4.2017).

In **Djibouti**, rice, sugar, corn flour and milk powder for children were distributed (12.1.2017, 4.4.2017, 9.5.2017, 30.9.2017, 14.12.2017).

In **Yemen**, milk powder for children was delivered in the capital Sanaa (29.8.2017).



Other Missions

Distribution of clothing, footwear, school material, kitchen utensils and space heaters

Country	Number of missions
Georgia	8
Moldavia	5
Romania	1
Total	14

In **Georgia** (Tbilisi), school material, clothing, footwear, kitchen utensils and space heaters were distributed to students and their families (3.3.2017, 3.5.2017, 11.6.2017, 11.9.2017, 29.10.2017, 10.12.2017). Two missions were carried out in Southern Ossetia (3.5.2017 and 10.12.2017).

In **Moldavia** (Chisinau), clothing and footwear for school children, school material, kitchen utensils and space heaters were distributed to school children and their families (4.5.2017, 11.6.2017, 11.9.2017, 29.10.2017, 10.12.2017).

In **Romania** (Bucharest) clothing and footwear for children, and kitchen utensils were donated to an orphanage (11.6.2017).

In two missions to **India**, detergents were donated to a college for girls in Anantapur (8.2.2017), and school material was distributed to school children (5.9.2017).

Humanitarian Aid in Greece

Relief to General Hospitals

In the year 2017, assistance was offered to General Hospitals in the form of medicines and various other expendables. For this purpose twelve deliveries were carried out.

Visiting the Second Chance School in Larissa (2nd school)

On March 8, 2017, "Heart Doctors" visited the Second Chance School in Larissa Prison and offered clothing to the inmates, suitable eyeglasses (they had made the relevant examination at a previous visit) and handed out various medicines to the Prison Pharmacy for patients.



Food aid to Komotini

On the 28th and 29th of March 2017, a group of "Heart Doctors" visited schools in Komotini and delivered various food items to the Social Service of the Municipality of Komotini and to the churches of Agia Varvara and Agia Sofia (Metropolis of Maroneia and Komotini) for soups and other programs to help the poor in the city - pasta, lentils, rice, olive oil, sugar. A meeting was held with the reverend Metropolitan Mr. Panteleimon, the Deputy Mayor Mr. Nikolaos Sotirakopoulos and the Police Director of Rodopi, Mr. Michael Sevdinidis



Delivery of drinking water, food etc. to the flood victims of Western Attica

The heavy rainfall, that started on Wednesday 15.11.2017 and continued until Saturday 18.11.2017, caused a tremendous lethal flood in Mantra, Attica, Nea Peramos, Magoula and other neighboring settlements with 23 dead and many disasters on houses, roads and the networks of water and electricity supply. On 17.11.2017 "Heart Doctors", together with friends of the Organization, delivered to the City of Mantra, for the flood victims, loads of bottled drinking water. With new visits (27.11.2017, 15.12.2017, 20.12.2017) they delivered food, clothing, beds and bedding and other furniture.





The program of supporting poor families

This special program was continued successfully this year; families with unemployed parents and abandoned mothers with minor children were covered (mainly in Perama, Tampouria, Korydallos, Drapetsona, Keratsini). Various food items and other basic goods were supplied regularly.



Construction Works

Health Center and Well at Akpmazyi - Nigeria

On January 26, 2017, a medical health center was inaugurated in the village of Akpmazyi (Anguoan Makaman), in Niger state of Nigeria; close to the health center a borehole was also opened to provide drinking water. The works were financed by friends of the Organization.

The rural medical center covers the needs of 40,000 inhabitants of the wider region. The well serves both the needs of the medical center and the needs of the local populations who do not have access to clean water. The opening ceremony was attended by various officials and Mr. Umaru Tanko Kuta, who supervised the construction works.



Well at Ibanga Tudun Wada - Nigeria

On 10.11.2017, another borehole was opened in the village of Ibanga Tudun Wada, in Kontagora Local Government.



Health Center and Well at Lafiyan Kpada - Nigeria

On 12.11.2017, a rural medical center and a well were inaugurated in Lafiyan Kpada village, Gulu / Lapai Local Government, Niger State. The inaugural ceremony was attended by the local king and Emir of Lapai, other officials and crowds of local people. Hon. Usman N. Mohammed, executive chairman of the Lapai Local Government Council, addressed the gathered people and thanked "Heart Doctors" for securing the funds of the works; he said the Primary Health Care Clinic and the well of drinking water were vital for the people of that area. He also thanked "Heart Doctors" friend Hon. Umaru Tanko Kuta, who attended the works. The Vice President of "Heart Doctors", Ms. Eleni Sotiriou spoke to the gathered people. Celebrations with songs and dancing followed.



Distinction

E.M.Πα.Κ.Α.Ν. honours the First Vice President of "Heart Doctors"



On the 22nd of June, 2017, four members of “Heart Doctors” left Athens and visited the Elite City Resort Hotel in Kalamata. In the evening, the team participated in the opening ceremony of the 10th Panhellenic Medical Congress of the Hellenic Medical Society for the Study of Risk Factors in Vascular Diseases (E.M.Πα.Κ.Α.Ν.). During that ceremony, the “Albert Schweitzer” prize was awarded to Dr. John Sotiriou, general practitioner, First Vice President of the Greek Humanitarian Organization “Heart Doctors”. Dr. Sotiriou thanked for the prize granted to “Heart Doctors” and addressed the meeting speaking on “Heart Doctors” – experiencing the vision of selfless love”. Pictures from “Heart Doctors” activities were shown.

Dr. John Kyriazis, the President of E.M.Πα.Κ.Α.Ν., spoke enthusiastically about “Heart Doctors” praising their intensive and widespread humanitarian assistance. The Protosynkellos of the Metropolitan of Messinia, the Mayor of Kalamata and other distinguished speakers referred to “Heart Doctors”, commending their work.



School Visits

Every year the vice president of “Heart Doctors”, Mrs. Helen Sotiriou, together with a group of members and friends of the Organization, visit nurseries, primary and secondary education schools in several areas of Greece. The purpose of the visits is to inform the children about the work of the Organization and sensitize them to start voluntary work and thus help their fellow human beings (in their neighborhoods, villages or cities). The students are also informed about the living standards of the people “Heart Doctors” meet in their missions, the tremendous problems they face and the assistance they need.

In 2017 the following 15 schools were visited:

16.1.2017, **1st Elementary School of Voula**

11.1.2017 and 8.3.2017, **2nd School of Second Chance**, in Larisa (functioning in an independent section within the Larissa Prison)





28.3.2017, **7th Elementary School of Komotini**

28.3.2017, **13th Primary School of Komotini**

29.3.2017, **2nd Junior High School of Komotini**

30.3.2017, **1st All Day Primary School of Thessaloniki**

30.3.2017, **12th All Day Primary School of Thessaloniki**

25.4.2017, **10th High School of Nikaia**

27.4.2017, **16th Primary School of Maroussi**

28.4.2017, **135th Elementary School of Athens**

16.5.2017, **12th Elementary School of Rhodes**

24.5.2017, **1st Junior High School of Kalyvia Thorikou**

27.6.2017, **Private Camp for students in Markopoulo Mesogeion**



10.7.2017, **Center for the Creative Employment of Children of the Municipality of Vari-Voula-Vouliagmeni**

23.11.2017, **General High School of Rhodes**



Gathering of medicines and other materials

“Heart Doctors” accept donations of medicaments. The pharmaceutical material thus gathered is used in the missions of the Organization and therefore it goes to suffering people, free of any charge. School children, coaching school students, foreign language institutes and university students send medicines either by post or bring them by themselves to our offices. Furthermore, youngsters from athletic and other associations donate medicines.

The Greek Orthodox Church, certain enterprises and their staff, pensioners and even unemployed people bring to the Organization medicines, as their income allows them to do so.

The medicines against tropical diseases that are not produced and cannot be found in Greece are purchased from the European market.

In addition to the medicaments used in our medical missions, many other useful goods are distributed to populations in distress (milk powder, sugar, wheaten flour, rice, beans, drinking water, clothes, shoes, mattresses, housekeeping utensils, school materials, mosquito nets etc.). Most of the goods mentioned, which are distributed in countries abroad, are usually bought close to the areas receiving the relief, in order to minimize the transfer cost. In the past, the Organization has repeatedly gathered various foodstuffs in Greece that were transferred to countries in need by military airplanes (C-130 type). Bulky and heavy things aren't collected anymore in Greece.

During the year 2014 many people donated food, clothes, bottled drinking water, bed sheets, blankets etc which were transferred by trucks to the earthquake victims in Kefalonia and to the flood victims in the Balkans. In 2017 similar donations were made to help flood victims in Mantra of Attica and neighboring cities.

Some friends and associates of "Heart Doctors" who prefer anonymity help the organization's work by participating in missions and covering the cost of supply and distribution of the donated items.

Details concerning the medicines gathered by «Heart Doctors» are found in the website: www.heartdoctors.gr.



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 Evgenia

Yatagana Maria

Lamprou – Yatagana Stefania

Giataganas Andreas

Karagianni Mary

Pardalos Kyriakos

Andersen Irene

Sftekopoulou Stella

Kalaitzis Konstantinos

Anastasiadis Michael, optician

Genetoglou Romylos, pharmacist

Xiptera Venetia

Tsoukala Despina

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

Galani Liana

Galanis Thanasis

Tzelepis Dimitrios

Acknowledgements

We would like to express our thanks to the young people of our country who bring to us medicines, clothes etc. for the people who are in great need due mainly to poverty, sickness and natural disasters. Their selflessness proves that the youth care for suffering people.

Due to the economic crisis, there is a decrease as far as the donations of medicines to our Organization are concerned. However, many businessmen, pharmacists, pensioners and other individuals, still send us medicines. We thank them warmly.

Many friends contribute by their own personal help - either by transferring the material aid or by checking and classifying the medicines that are gathered. Others offer their own vehicles for the transportation of our relief materials. Some others work in groups in Athens, Thessaloniki, Rhodes etc. in order to facilitate the gathering of medicines, clothing etc. We thank all those selfless friends who offer a lot and want to remain anonymous.

Furthermore, we would like to thank the chief officers and the employees of the following airline companies : Air France, Lufthansa Airways, Aegean Airlines, Brussels Airways, Cameroon Airlines, Egypt Air, Kenyan Airways, Emirates Airways and Turkish Airlines for their excellent cooperation and willingness to serve our members when traveling for humanitarian reasons.

Special thanks are due to Aegean Airlines because they often provide milk powder for malnourished children, t-shirts, sweets etc that are lovingly and enthusiastically prepared by the Customer Service Department as a gift mainly to babies and infants in Africa (Ms Eleni Kefalas).

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In addition, we would like to thank the Pope and Patriarch of whole Africa Mr. Theodoros the 2nd, the Patriarch of Jerusalem Mr. Theofilos the 3rd, the Patriarch of Antioch Mr. Ioannis the 10th, the Archbishop of Cameroon Mr. Grigorios, the Archbishop of Nigeria Mr. Alexandros, the Archbishop of west Tanzania Mr. Ieronimos, the Archbishop of Nairobi Mr. Makarios, the Metropolitan of Nouvia Mr. Savvas and the Archimandrite Mr. Themistoklis Adamopoulos of the Diocese of Sierra Leone as well as the whole holy clergy of the above mentioned churches for the help they offer to the members of our missions and for their important contribution to the organization of the missions. Furthermore, we would like to thank for their help and cooperation the priests and the church warden of the following churches: Saint Paraskevi in Perama, the head priest of Saint Nicolas church in Ilion and the head priest of the Holy Trinity church in Nea Kifisia.

We warmly thank the political leaders of the Ministry of Health and the Heads of Service who help us in our effort to gather used external fixation devices from hospitals all over Greece. For the same reason, we thank the Governor of the 2nd Piraeus and Aegean Health Region, as well as her associates. Likewise, we also thank our hospitals that respond to our call for offering such equipment.



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We thank the competent Directorate of the Greek Ministry of Education, Research and Religious Affairs for the approval it grants to “Heart Doctors” to visit the schools of our country and inform the school children about humanitarian work.

We thank the following political leaders and friends in Nigeria for inviting “Heart Doctors” to work in Nigeria and for making the necessary preparations for carrying out our humanitarian work there: 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, and the Prince Abiodun Afonja in Oyo State. We also thank warmly our old friend and close humanitarian partner in Nigeria Mr. Umaro Tanko Kuta.

For similar reasons we thank the President of the Republic of Burundi, Mr Pierre Nkurunziza, Mr. Abdul Fofana and his wife Samira in Sierra Leone, the diplomat Sidamine Ould Ahmed Challah in Mauritania for their important help in the preparation and organization of our missions in their countries.

The consular Authorities of Cyprus in many countries offer their services, facilitating the accomplishment of our humanitarian missions. We thank them for their enthusiasm and dedication.

Finally, we congratulate, once more, all our anonymous friends and associates for their real love, generosity and readiness to assist suffering human beings, in many ways, setting thus a unique example of solidarity and compassion.





Hugging and caressing are ways to express love feelings without using words. A hug creates positive thoughts and pure feelings. It is believed that a hug of selfless love may even bring physical and spiritual healing.



