



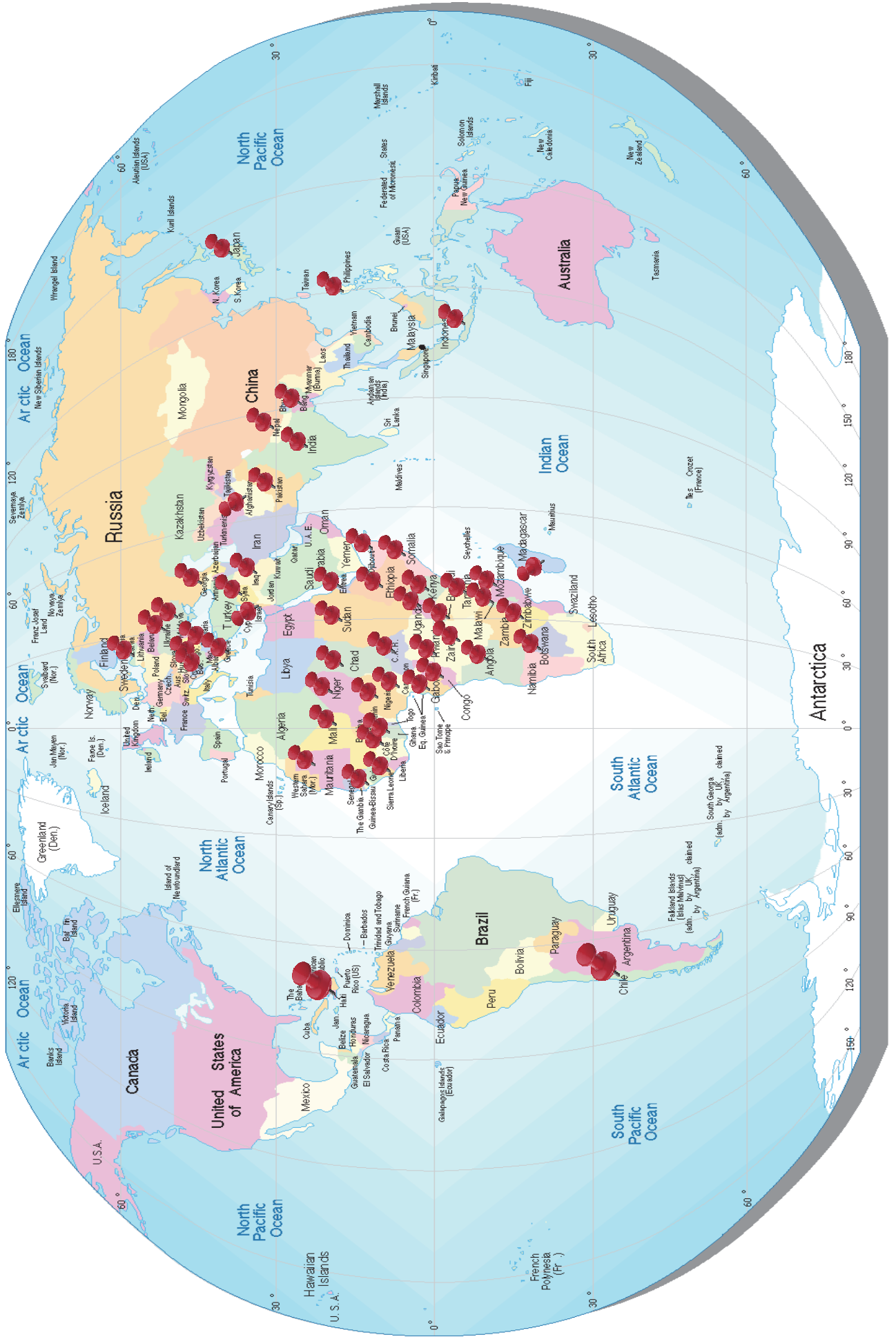


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# Introduction



## **“Heart Doctors” and their work**

“Heart Doctors” is a Greek, humanitarian, non-profit, Non Governmental Organization. Its main work 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 projects, etc.

The Organization was founded in 2001, while some of its members were already offering their humanitarian services before the official foundation. Up to today “Heart Doctors” have carried out **921** missions in **65** 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, the Democracy of Niger, Mozambique, Guinea Bissau, Eritrea, Djibuti etc.

In Greece the Organization has carried out various missions in cases of emergency and natural disasters such as earthquakes, major fires and in recent years it assists some provincial hospitals. Meanwhile, it supports poor families of unemployed uninsured or homeless people, individuals, schools and refugees.

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 2016

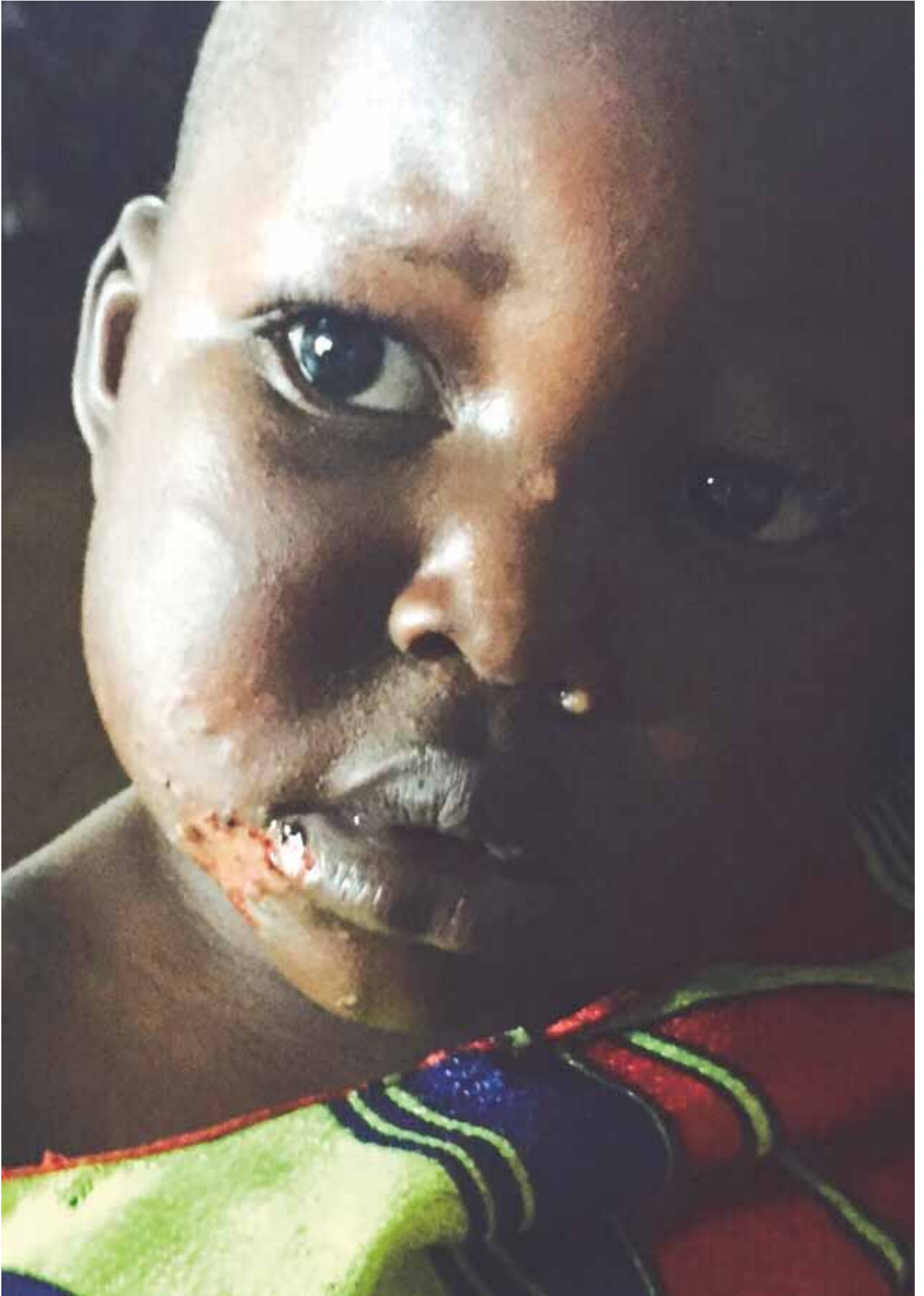
In the year 2016 the Organization accomplished 56 missions in 19 countries including Greece. “Heart Doctors’ ” missions are carried out by its members who visit the sick and people in need where they live or in the places of natural disasters. The aid is always offered and distributed directly by the members of the Organization or their friends without intermediaries.

All kinds of activities usually undertaken by “Heart Doctors” were accomplished in 2016: medical missions, delivery of medicines, food and other relief, medical center construction, care for the poor, school visits and assistance to provincial hospitals in Greece.

We underline the fact that many anonymous friends, who are fully dedicated to the humanitarian work and volunteering, carry out certain missions covering all the required expenses. “Heart Doctors” congratulate these people for their true and selfless love and their generous donations.









# Missions for Medical Services



During the year 2016, “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	2
Nigeria	4
<b>Total</b>	<b>8</b>

A short summary of the missions is given below:

19th  
MISSION  
Nigeria

7/02/2016

On the 7<sup>th</sup> of February 2016, a three member team of “Heart Doctors” travelled to Nigeria. The purpose of the mission was the medical attendance of people living in Adamawa State, following an invitation of the governor Sen. Mohamed Bindow Jibrilla.

The villages near the borders with Cameroon had been occupied for some time by the Islamic extremist organization Boko-Haram, and suffered of considerable damage and loss of human lives. The region was freed recently by the army.

The members were welcomed at the airport of Abuja by the Health Commissioner of Adamawa State Dr. Fatima Atiku Abubakar.

Next day the team met the governor of the State and other health officials. The governor expressed his sincere appreciation for the presence of “Heart Doctors” in his State.



Next day the team moved to the town Mubi, near the Cameroonian borders, which had been occupied by the terrorists. We were informed that many innocent people, men and women, had been killed for no reason, and many children walked alone on the streets without parents with nowhere to go. Following the protocol, the team first visited the traditional King of the region; then they reached the General Hospital and prepared the attendance of the sick. The team worked there in the afternoon and the next two days.

At this time “Heart Doctors” were invited to speak to students at the local University; two members of the team addressed a large crowd of students of various disciplines, referring mostly to spiritual and educational matters.

A large number of sick people were attended for three days in the outpatients examination room, assisted by nurses for interpretation. Most common health problems were epigastric pain (due to the sharp additives to food like pepper), gastroenteritis, hypertension (which was affected by the use of salty foods), joint pains, eye problems, infections of the respiratory and urogenital tracts, diabetes, and malaria.



On the 12<sup>th</sup> of February, the team moved to Ganye town; after a visit to the traditional King, the team reached the town General Hospital where a large number of sick people were waiting to be attended. The conditions were set for work and consultations started right away. During the next two days a large number of sick people were attended.

On the 15<sup>th</sup> of February, the team visited the governor of Yola, who expressed his gratefulness for our work in the two towns and the nearby villages.



# 42nd MISSION Burundi

23/02/2016

On Tuesday, 23.2.2016, an eight member team of “Heart Doctors” departed from Athens and through Istanbul and Nairobi reached Burundi (Bujumbura). The purpose of the mission was to offer free medical care to the population of Karuzi province. The local organization and coordination was undertaken by the Governor of Karuzi, Mrs. Calinie Mbarushimana.

On the 25<sup>th</sup> of February the team moved to the capital of Karuzi and started working right away. The night was spent in an hotel of the town of Karuzi.

Everyday, the team started from the hotel and moved to one community as scheduled by the coordinator; it worked there till evening in selected proper places where sick people gathered (medical centers, schools buildings etc.). Patients were examined and given the required medication; the medicines had been taken by the team from Athens. In the evening the team returned to the hotel to eat and spend the night.

The communities visited were the following:

- 25.2.2016: Rugwisa C.D.S. (commune of Nyabikere).
- 26.2.2016: Shombo.
- 27.2.2016: Nyaruhinda – Gitazamuka.
- 28.2.2016: Gihogazi.
- 29.2.2016: Mutumba.

The most common health problems treated were the following: malaria, infections of upper respiratory system, gastroenteritis, parasites of the gastrointestinal system, arthralgia, lower back pains, cleft lip, skin diseases, children suffering from kahexia, abscess (on thigh), scabies, gastritis.



The team was impressed by the low level of health conditions prevailing in certain areas of Karuzi province, the exacerbation of malaria, and the shortage of foodstuffs in Gihogazi – certain cases of cahectic children shocked the doctors. One starving mother brought her miserable skinny child to the doctors – the whole team offered whatever eatable provisions they had to save the weakened child and mother. To relieve the starving families, the team bought three tons of beans and distributed them to the needy.



# 18th MISSION Cameroon

15/03/2016



On the 15<sup>th</sup> of March 2016, a four member team of the humanitarian Organization “Heart Doctors” departed from Athens to Cameroon through Chad. The purpose of the mission was the medical attendance of the populations living in the district of Katrang, in the extreme north province of Cameroon. The transport of the mission within Cameroon had been organized by a local travel agent.

The team arrived at the airport of N'Djamena in the evening of the 15<sup>th</sup> of March 2016; they spent the night in N'Jamena and next morning moved southwards to the city of Bongor, in Chadian territory. After passport controls and customs clearance at Bongor, the team crossed by pirogue the river separating Chad from Cameroon and reached the Cameroonian city Yagoua, at the other bank of the river. Then the team with two soldiers left by car for Katrang – the escort by the soldiers is obligatory since the well known Islamic extremists of “Boko Haram” invade those areas killing innocent people and devastating the place.



Late in the afternoon of the 16<sup>th</sup> of March, the team reached Katrang and settled at huts locally called “boukaroos”; those huts have been built by “Heart Doctors” many years ago to house their mission members.

During the period 17 – 21.3.16 medical services were offered by the team to a great number of patients from the wide area of Katrang; people from Chad crossed the borders and came to the dispensary on foot. A separate large room of the local Christian Orthodox Church of “Saint Apostles” was used by the doctors to attend the patients. The main health problems observed were: malaria, infections of the respiratory system, low back pains, arthritis, wounds, helminthiasis, gastritis, hypertension, infections of the urinary system, conjunctivitis, eye problems and skin diseases.

On the 22<sup>nd</sup> of March the team returned to N’Djamena, and on the 23<sup>rd</sup> they reached Athens.



# 20th MISSION Nigeria

06/04/2016



On the 6<sup>th</sup> of April 2016, a four member team of “Heart Doctors” departed for Abuja through Istanbul. The purpose of the mission was to offer medical attendance to people in remote regions of Niger State – that State is the largest in Nigeria. The local preparation of the mission was undertaken by the old friend of Heart Doctors Mr. Umaro Tanko Kuta in cooperation with the Governor of Niger State Mr. Abubakar Sani Bello.

The members of the mission stayed at Minna, the capital of Niger State, and settled at an hotel as guests of the Governor.

On the 7<sup>th</sup> of April, the team first met the Governor of the State, who welcomed them and thanked warmly for Heart Doctors’ medical care relief to the people of Niger State for many years. After that meeting the mission moved by car to the village of Sabon Daga (3 hours drive from Minna) where many patients were examined and given the proper medication.

On the 8<sup>th</sup> of April, the team moved to the village Anguwan Makama (2 hours drive from Minna) and received at the dispensary large numbers of local patients.

On the 9<sup>th</sup> of April, the team reached Doko village (region of Agaba). “Heart Doctors” first met the local traditional Leader (Chief). Hundreds of sick people gathered at the Doko Basic Health Center; they were examined medically and given the necessary medicines. Among other illnesses, diabetes, hypertension and tuberculosis were observed.

On the 10<sup>th</sup> of April, the mission members visited Galapai. The dispensary was organized in the open air, under a big mango tree, because there was no proper building at that community.

On the 11<sup>th</sup> of April, the team reached the village Gulu and worked at the Gulu Vasta Basic Health Center (3 hours drive from Minna). There, the crowd of women was very agitated and caused a lot of noise.

On the 12<sup>th</sup> of April, “Heart Doctors” visited Baidna. Schistosomiasis was observed in many people. Most of the families in that village had 8 to 10 children or more.



On the 13<sup>th</sup> of April, the team worked at Garuso, a village in the suburbs of Minna.

More frequent were the following health problems: lower back pains, hypertension, diabetes, arthralgias, skin diseases, gastroenteritis, bronchitis and malaria – few cases.

“Heart Doctors” transported from Athens for the needs of the mission 7 large bags full of medicines. They also transported second hand external fixation sets for bone fractures which were offered to “Heart Doctors” by the Orthopedic Clinic of the Hellenic Red Cross General Hospital in Athens, to be used in Nigeria for the victims of attacks by Boko-Haram Islamic extremists in Eastern Nigeria. The team delivered the sets to the Governor of Niger State, for proper use.



# 43rd MISSION Burundi

27/09/2016



A five member team of “Heart Doctors” visited Burundi on 27.9.2016 to offer free medical care to rural communities of Karuzi province. The local organization, preparation and coordination was undertaken by Mrs. Calinie Mbarushimana, Governor of Karuzi Province.

On the 29<sup>th</sup> of September the team moved to the capital of Karuzi and started working. The night was spent in an hotel in the capital of the Province. Everyday, the team moved from that hotel to one community; it worked there till evening in medical centers or other places where patients gathered. The required medicines had been transferred by the team from Athens. The communities visited were the following:

- 29<sup>th</sup> of September. Kiranda.
- 30<sup>th</sup> of September. Cirambo. Medical Center
- 1<sup>st</sup> of October. Village of pigmies. Twa de Ramba.
- 2<sup>nd</sup> of October. Nyarunazi. Medical Center.
- 3<sup>rd</sup> of October. Nyabibuye. Medical Center.

The most common health problems observed were: malaria, gastroenteritis, infection of the upper respiratory system, skin diseases, scabies, conjunctivitis, arthralgia, musculoskeletal pains, parasitosis, drum fingers of hand and foot, hyperthyroidism, amoebiasis.

The team noticed again the low level of health prevailing in certain of the areas visited; the phenomenon of cahectic children is still there. Milk for babies was offered to children whose mothers, because of malnutrition, had no milk to breastfeed them.

The team returned to Athens on Wednesday, the 5<sup>th</sup> of October, 2016.



# 21st MISSION Nigeria

2/11/2016



On the 2<sup>nd</sup> of November 2016, a four member team of “Heart Doctors” departed for Abuja through Istanbul. The purpose of the mission was to offer medical attendance to people living in remote rural regions of Nassarawa State – that State was created 20 years ago and its population is 2.0 million people. The local preparation of the mission was undertaken by the Governor Hon. Umaru Tanko Al-Makura,

The members of the mission were welcomed upon their arrival at the Airport of Abuja by the Health Commissioner Hon. Daniel Iya; then they were led to Lafia, the capital of Nassarawa State, and settled at an hotel as guests of the Governor.

On the 3<sup>rd</sup> of November, the team first met the Deputy Governor of the State, who welcomed “Heart Doctors” and thanked for their free medical care relief to the people of Nassarawa State (a commemorative plaque was offered to the team). Then the mission moved to the Development Area Lafia North and offered medical care to patients gathered in Kwandare primary health care clinic.

On the 4<sup>th</sup> and 5<sup>th</sup> of November, the team moved to Lafia East Development Area and worked respectively in the primary health care clinic of Arikyal and Assakio.

On the 6<sup>th</sup> of November, the mission members visited Akwanga city and worked in Akwanga West Development Area (Mogs Clinic Rinze).



On the 7<sup>th</sup> of November the team visited the Karshi Development Area and examined sick people at Karshi Clinic.

More frequent were the following health problems: malaria, gastroenteritis, infections of the respiratory system, lower back pains, parasites, hypertension, arthralgias, skin diseases, epilepsy, infections of the urinary system, haematuria, osteosarcoma, heart diseases.

Before starting work in each community, the team had to visit the local traditional ruler (Emir) to get the required permission.



# 22nd MISSION Nigeria

7/11/2016



On the 7<sup>th</sup> of November 2016, a three member team of “Heart Doctors” departed from Athens and traveled to Abuja through Istanbul. The purpose of the mission was to meet the four member team of “Heart Doctors” already working in Nassarawa State, Nigeria, and offer together medical services to Niger State. The three members of the team carried with them 42 sterilized second hand external fixation sets to offer them to Nigerian hospitals to treat victims of atrocities caused by the Islamic extremist Boko Haram organization. The same team brought with them sheets, pillows and pillow cases for the Medical Center “Heart Doctors” had constructed in Galapai-Shiroro.

The local coordination of the mission was undertaken by the old friend of “Heart Doctors” Hon. Umaro Tanko Kouta and the services of Niger State governor Hon. Abubakar Sani Bello.

The unified team of 7 persons were guests of the Governor and stayed at the Guest House of the Government in Minna.

On the 8<sup>th</sup> of November, the team first met the Governor of Niger State, who thanked warmly for their free medical care relief to the people of Niger State and the construction



of the Medical Center at Galapai-Shiroro. Then the mission visited Lafiya Krada, of the local government area Lapai and worked treating the sick people who gathered there.

On the 9<sup>th</sup> of November, the team moved to Tafa local government Area and worked there.

On the 10<sup>th</sup> of November, the team moved to Shiroro and treated patients who gathered in Galapai clinic. On that day the Medical Center constructed by “Heart Doctors” was inaugurated by the Health Commissioner Dr. Mustapha Jibill. Officials were present and many crowds participated; The ceremony

was traditional with dancing, singing and merrymaking. “Heart Doctors” distributed packed rice to poor families and decided to finance the opening of two wells to secure the water supply needed for the proper functioning of the Medical Center.

On the 11<sup>th</sup> and 12<sup>th</sup> of November, the team worked in Bosso and Mariga respectively.

On the 13<sup>th</sup> and 14<sup>th</sup> of November, the team visited and worked in Gurara (Marige clinic) and Chanchaga respectively.



Frequent were the following health problems: malaria, gastroenteritis, infections of the respiratory system, lower back pains, parasites, hypertension, arthralgias, skin diseases, infections of the urinary system, heart diseases.

“Heart Doctors” transported from Athens, for the purposes of the mission, 10 bags containing medicines. The sterilized external fixation sets were given to the representative of the Governor to allocate them to the appropriate hospitals.

The team returned to Athens on the 15<sup>th</sup> of November, 2016.



# 19th MISSION Cameroon

22/11/2016



On the 22<sup>nd</sup> of November 2016, five members of “Heart Doctors” departed from Athens to Cameroon through Chad to offer medical attendance to sick people living in Katrang, a remote district in the extreme northern region of Cameroon. The transport of the team within Chad and Cameroon had been organized by a Cameroonian travel agent.

On the same day, the team reached N'Djamena and spent the night there; next morning they moved to the Chadian city of Bongor. After the usual controls at Bongor, the team crossed by pirogue the river Logon (separating Chad from Cameroon) and reached the Cameroonian city Yagoua, at the opposite bank of the river. Controls were repeated at Yagoua. Then the team left for Katrang.

Later on the 23<sup>rd</sup> of November, the team reached Katrang and settled at huts locally called “boukaroos” – they had been built by “Heart Doctors” years ago for their own use.

The military authorities of Cameroon sent two soldiers of the Rapid Intervention Brigade (BIR) to protect the mission from attacks that might be inflicted by the Islamic insurgent organization Boko Haram. The guard stayed near the team day and night till the end of the mission – it even escorted the team to Yagoua until all embarked to Bongor.

During the period 23 – 29.11.16 medical services were offered by the team to a great number of patients gathering from the wide area of Katrang and even to people from neighboring Chad. The premises of the nearby Christian Orthodox Church of “Saint Apos-





bles” were used to receive and treat the suffering people. “Heart Doctors” had brought from Athens, for this purpose, 10 bags full of medicines.

The main health problems observed were: malaria, infections of the respiratory system, schistosomiasis, low back pains, arthritis, wounds, helminthiasis, gastritis, infections of the urinary system, conjunctivitis and eye problems.

On the 30<sup>th</sup> of November the team returned to N’Djamena, and then to Athens through Constantinople.





# Missions for Delivery of Medicaments

During the year 2016, "Heart Doctors", realized 13 missions for delivery of medicines.



# Food Missions



Country	Number of missions
Djibouti	4
Eritrea	4
India	2
Mozambique	1
Niger	1
Somalia	2
Sudan	4
Zimbabwe	1
<b>Total</b>	<b>19</b>

In **Djibouti**, rice, sugar, corn flour and milk powder for children were distributed (12.1.2016, 14.4.2016, 4.9.2016, 19.11.2015).

In **Eritrea**, rice, wheaten flour, sugar, corn flour and milk powder for children were distributed in the capital Asmara (12.1.2016, 14.4.2016, 4.9.2016, 19.11.2016).

In **India**, rice and dhal were distributed to people living in very poor villages in Andhra Pradesh and to flood victims in Central and Eastern India (4.3.2016, 25.8.2016).

In **Mozambique**, milk powder for children and rice were distributed to the people living near the borders with Zimbabwe (15.4.2016).

In the **Democracy of Niger**, in the town of Zinder, milk powder for children, corn, sugar and wheat flour were distributed to Fulani, Tuareg and Hausa people. Due to excessive drought, people suffer from scarcity of food (23.7.2016)

In **Somalia**, milk powder for children, rice and sugar were distributed to starving Somali people. The food items were purchased in Djibouti and transported to the area of Somalia near the borders with Djibouti (12.1.2016, 19.11.2016).

In **Sudan**, milk powder for children, rice, sugar and corn flour were distributed to starving people living in poor districts of Khartoum and the suburbs (12.1.2016, 14.4.2016, 4.9.2016, 19.11.2016). Clothing was also distributed to students of three schools (19.11.2016).

In **Zimbabwe**, milk powder for children and rice were distributed to poor families in Harare (15.4.2016).



# Other Missions



Distribution of clothing, footwear and school material

Country	Number of missions
Georgia	2
Moldavia	3
<b>Total</b>	<b>5</b>

In **Georgia** (Tbilisi), raincoats, winter jackets, shoes and various school materials were distributed to students of three schools (17.5.2016, 16.11.2016).

In **Moldavia** (near Chisinau), raincoats, overall sweat suits, pupil skull caps, gloves, gum-boots, shoes, notebooks, schoolbags etc. were distributed to school children (17.5.2016, 5.8.2016, 16.11.2016).

# Humanitarian Aid in Greece

## Assistance to refugee children in the Port of Piraeus

On the 17<sup>th</sup> of March 2016, the pediatrician of “Heart Doctors” with members and friends visited the refugees staying at the port of Piraeus (Gate E) and offered medical care and medicines to sick children (infections of the respiratory system, skin diseases). Disposable baby diapers, baby bottles, baby wipes and baby clothes, shoes and sweets were distributed. Coordinator of the activity was the organization “Piraeus Initiative to Support Refugees and Immigrants” under the responsibility and supervision of EKEPY (National Center for Health Activities).



## Relief to General Hospitals

In 2016, medicines and various expendable materials were donated to General Hospitals in eleven deliveries.

## Supporting families in Perama

A special team of “Heart Doctors” members and volunteers under the responsibility of our pediatrician continued successfully the program of humanitarian assistance to poor families living in neighborhoods of the district of Perama, in Piraeus. Medical services, vaccinations for babies and young children against childhood diseases, necessary food items, clothing and footwear mainly for children, toys, household furniture and utensils, wood for woodstoves etc. are usually provided by the team. The team works at the church of Saint Paraskevi where it receives and treats the sick people; the main assistance, however, is offered at home: the team visits the patients in their houses and so it can see people staying in bed.

The people treated come mostly from very poor families of unemployed parents who usually have no health insurance.

In 2016, school children and other friends followed the team and visited Perama bringing with them toys, clothing and foodstuffs which they distributed to the deprived; sensitized citizens have also offered various necessary commodities for the people of Perama.





## Relief to refugees in Idomeni

“Heart Doctors” visited the refugee camps in Idomeni and offered various foodstuffs (bread, fruit and fruit juice) and other necessary commodities (7.3.2016).



# Construction Works

“Heart Doctors” decided to finance the construction of a medical center in the remote area of Galapai Shiroro, in Niger State, Nigeria. The construction works were supervised by the old friend of the Organization Hon Umaro Tanko Kouta. The building was completed recently and the official inauguration was performed in the presence of the Health Commissioner of Niger State Dr. Mustapha Mohammed Jibril, on the 10<sup>th</sup> of November, 2016. During the inauguration ceremony, “Heart Doctors” announced that an additional project had already started near the new Medical Center: two water wells would be opened soon to provide drinking water for the needs of the medical unit.





## Distinction

On 21.10.2016, the mayor of Vrilissia in Athens arranged a special event at the Cultural Center of the Municipality; various humanitarian organizations which participate in volunteer activities in Vrilissia were invited – among them “Heart Doctors”. The invited organizations were honored by the mayor for their contribution in supporting the poor and deprived people of Vrilissia.

## Participation in public discussion

The non profit Organization TEDx organized a meeting in Rhodes, in which the participating speakers presented their own contribution to the general subject “Values Worth Sharing”. The vice president of “Heart Doctors”, Mrs. Eleni Sotiriou, was invited and talked on “Heart Doctors activities, principles and values” (3.9.2016).

## Training in Volunteering

Students of private secondary education schools participate in a training program run by “Heart Doctors” – the aim being to familiarize the youth with volunteering and relevant work in the field. The interested students receive a certificate for their training. Teachers and parents of the students cooperate with the pediatrician responsible for the program.



# School Visits



Every year the vice president of “Heart Doctors”, Mrs. Helen Sotiriou, together with 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 visited are also informed about the living standards of the people we meet by our missions, their way of life and their needs. During this year, the following visits have been realized:

## School visits in the island of Rhodes

13.1.2016: **2<sup>nd</sup> Nursery School of Rhodes**

13.1.2016: **12<sup>th</sup> Primary School of Rhodes**

22.1.2016: **1<sup>st</sup> Primary School of Rhodes**

11.3.2016: **Educational Foundation Rhodion Paidia, Primary School, 6<sup>th</sup> class**



### **School visits in Boeotia**

1.2.2016: **Junior High School of Aliartos, Boeotia**

1.2.2016: **Junior High School of Distomon, Boeotia**

1.2.2016: **High School of Distomon, Boeotia**

1.2.2016: **Junior High School of Arahova, Boeotia**

### **School visits in Athens**

4.2.2016: **Ionios School, International Baccalaureate Diploma Program (IBDP)**

### **School visits in Ioannina:**

28.3.2016: **1<sup>st</sup> Primary School of Perama, Ioannina**

28.3.2016: **2<sup>nd</sup> Junior High School of Anatoli, Ioannina**



### **School visits in Arta**

29.3.2016: **Primary School of Panagia of Diasello, Arta**

29.3.2016: **Junior High School of Panagia of Diasello, Arta**

29.3.2016: **General High School of Panagia, of Diasello, Arta**

29.3.2016: **5<sup>th</sup> Junior High School, Arta**

### **School visits in Thessaloniki**

30.3.2016: **Junior High School of intercultural education, Evosmos Thessaloniki**

30.3.2016: **Private Junior High School Delasal of Thessaloniki**

### **School visit in Lagadas**

30.3.2016: **Primary School of Kolhikon, Lagadas**

### **School visits in Kastoria**

31.3.2016: **Junior High School of Vogatsikon, Kastoria**

31.3.2016: **Junior High School of Mavrochori, Kastoria**

31.3.2016: **Junior High School of Korisos, Kastoria**



# Gathering of medicines and other materials



“Heart Doctors” accept donations of medicaments. The material thus gathered is used in the missions of the Organization and therefore it goes to suffering people, free of charge. School children, coaching school students, foreign language 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 to “Heart Doctors”.

The Greek Orthodox Church, certain enterprises and their staff and pharmacies, 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 foodstuffs in Greece that were transferred to countries in need by military airplanes C-130. Bulky and heavy things aren't collected anymore in Greece.





During the year 2014 many people donated food, clothes, bottled drinking water, bed sheets etc which were transferred by trucks to the earthquake victims in Kefallinia and to the flood victims in the Balkans.

We mention again that certain anonymous friends who participate in some of our missions, cover the cost of buying the provisions distributed to suffering populations.

Details concerning the medicines gathered by “Heart Doctors” are found in our website: [www.heartdoctors.gr](http://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**

**Lira Eugenia**

**Yatagana Maria**

**Geronikola Maria**

**Lamprou – Yatagana Stefania**

**Yiataganas Andreas**

**Karagianni Mary**

**Andersen Irene**

**Sfetkopoulou Stella**

**Kalaitzis Konstantinos**

**Xiptera Venetia**

**Tzenetoglou Romylos**, Pharmacist

## **Colleagues from Thessaloniki:**

**Dimitriadou Popi**

**Badaoui Hassan**, Professor, University of Thessaloniki

**Dimitriadou – Badaoui Evina**

**Dimitriadis Timos**

**Ziogou Pantelis**

**Ziogou Simeon**

**Kiorteve Parthena**

**Abatzidis Vasilios**

**Kehagia Artemis**

**Galani Liana**

**Galanis Thanasis**

**Tzelepis Dimitrios**



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