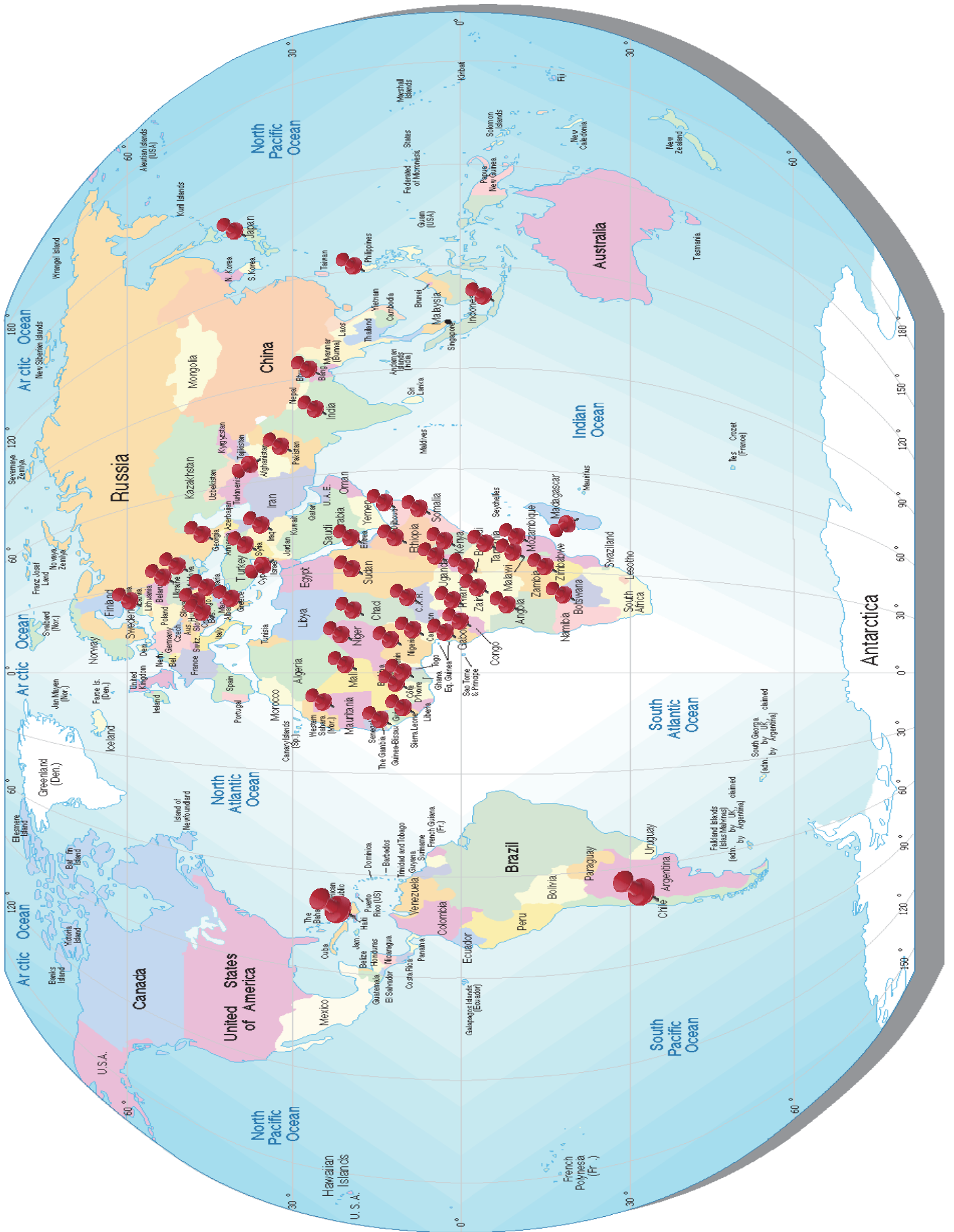




CONTENTS

Contents	3
Introduction	5
Missions for medical services	7
Missions for delivery of medicaments.....	18
Food missions.....	19
Other kind of missions.....	21
Humanitarian aid in Greece.....	24
Construction Works.....	28
School visits.....	29
Honorary distinction of "Heart Doctors".....	33
Presentation of "Heart Doctors" in a publication.....	34
Gathering of medicines and other materials.....	34
Mission members.....	36
Thanks.....	37





Introduction

"Heart Doctors" is a Greek, humanitarian, non-profit, non-governmental organization. Its main duty is offering free medical assistance, medicines, food, clothes, shoes, mattresses and other necessary items, in extremely urgent cases where human populations face serious dangers and live in utter distress (wars, massive violent internal dislocation of populations, epidemics, natural disasters - earthquakes, typhoons, floods, tsunamis - prolonged periods of hunger 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 finance many humanitarian projects such as water supply installations, buildings for medical institutions, hospitals, schools, libraries etc.

The organization was founded in 2001, while its members were already offering their humanitarian services before the official foundation. Up to today "Heart Doctors" have carried out 800 missions in 64 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 and Sri Lanka. 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. Food is distributed to starving populations in Sudan and Darfur, Ethiopia, Somalia, Congo, the Democracy of Niger, Mozambique, Guinea Bissau, Cameroon etc.

In Greece the Organization has carried out various missions in emergency cases and disasters such as earthquakes, major fires and in recent years it assisted considerably the General Hospital in Rhodes island and the General Hospital in Drama. Meanwhile, it supports poor families of unemployed uninsured or homeless people.

All the members of the organization are volunteers. Members, friends and collaborators of the Organization work always voluntarily without any recompense.

In the year 2014 the Organization accomplished 70 missions in 24 countries. "Heart Doctors" missions are realized by its members who visit the sick and people in need at their home or in places where disasters have taken place. The aid is always offered or distributed directly by the members of the Organization.

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

Missions for medical services

During the year 2014, "Heart Doctors" visited three African countries and offered free medical services to populations living in distant or isolated agricultural places. These countries are listed in the table below:

Country	Number of missions
Ghana	1
Cameroon	1
Burundi	2
Total	4

A short summary of the missions is given below:



14th Mission

Cameroon

07/03/2014

A five member team of "Heart Doctors" accomplished a medical mission in Northern Cameroon (Katrang region) and offered their medical services and medication to the local population in need. Thousands of patients from all villages around visited the medical camp; many people also came from the neighboring communities of Chad. People who attended suffered mainly from: malaria, parasites (mainly bilharziasis), infections of the respiratory and uro-genetical tract, arthralgias, lower back pains, diarrhea, skin diseases etc.

A child that suffering from malaria, was very anemic and had to be taken urgently to the nearest hospital for blood transfusion. "Heart Doctors" covered the cost of the necessary blood transfusion.

Two soldiers accompanied the team throughout the mission for security reasons; they also assisted in maintaining order among the patients.





Cameroon



Burundi

29/03/2014



A five member team of "Heart Doctors" visited Burundi on Saturday, the 29th of March 2014, and offered medical services to poor people living in the following communities of Gitega province: Mungwa, Mdava, Makebuko, Buraza and Bugendana.

An old lady came to Heart Doctors with a few months old baby whose mother had died; the baby was not breastfed and as a result was found in a very bad nutritional condition. The team gave to the child milk for babies and saved his life. Two other babies faced the same problem and were given milk. Furthermore, a lady that had given birth alone at home came to our

doctors, who took care of her and removed the placenta; they also treated the baby that was in a very poor health condition. Another day, a child that suffered from a serious type of malaria, was brought to our dispensary almost unconscious. The doctors treated the child with injections and managed to revive the sick child and restore his health.

The main health problems observed were malaria, parasites, infections of the respiratory system, diarrhea, lower back pains, chronic liver and spleen syndromes, skin and eye problems and wounds.





Burundi

40th Mission

Burundi

27/09/2014

On Saturday, the 27th of September 2014, a five-member team of "Heart Doctors" left Athens for Burundi. The purpose of this humanitarian mission was to offer medical assistance and medication to sick populations living in remote and distant rural communities in the provinces of Gitega and Muyinga. The local preparation and coordination of the mission was undertaken by the Governors of the two provinces. The responsible services and officers of those provinces effectively contributed to the success of the mission.



The members of the team stayed at an hotel in the capital of the two provinces. Every morning they visited by car a different community of each province as scheduled by the coordinator; they worked there till evening and returned to the hotel to spend the night. The sick people gathered at local medical centers, schools or other suitable places where "Heart Doctors" arranged their improvised dispensary and received the people for examination and treatment.

In the province of Gitega the following communities were visited by the team:

29.9.2014, Gitega Zone Rural

30.9.2014, Bugendana

1.10.2014, Mutabo

2.10.2014, Maramvya

In the province of Muyinga the following communities were visited:

3.10.2014, Hospital of the District Giteramyi CDS Mugano

4.10.2014, Kamaramagambo Health Center

5.10.2014, Center of Health Kayenzi

6.10.2014, Hospital of Cashoho

7.10.2014, Hospital of Muyinga

Diseases observed were cleft lip, arthralgia, gastroenteritis, skin diseases, conjunctivitis, infections of the upper respiratory system, parasites of the alimentary canal, cachexia, HIV, malaria, chronic infected wounds, elephantiasis, Korsakoff's syndrome, hepatitis, urinary tract infection.

A 14 years old girl suffered from leg osteomyelitis and was sent to Ngozi hospital for the necessary specific therapy.





Burundi

4th Mission

Ghana 07/03/2014

A five member team of "Heart Doctors" departed from Athens on the 15th of October 2014 to the capital of Ghana via Constantinople. In Accra the team was received by a member of the government and representative of SADA (Savannah Accelerated Development Authority) in Accra. The Greek consul in Ghana, Mr. Theofilos Pizanias, was the inspiring person of this mission; he organized the visit in collaboration with officials of the ministry of health, local authorities and SADA. As a matter of fact, SADA organized the whole program, offered the transportation means and covered all the expenses.

On October 16th, the team traveled by air to the city of Tamale and was taken immediately to the headquarters of SADA, where information was exchanged about the activities and principles of both Heart Doctors and SADA. Then the team left by car for the city of Fumbisi accompanied by a member of the government and an official of SADA.

On the 17th and 18th of October, the team offered medical services to the people of the villages Weisi and Nabdam of the Bulsa South district. Then, the team moved to the city of Bolga and on the 19th and 20th of October, people of the villages Kitimiaagin and Yakoti of the Nabdam district were attended for examination and treatment. In the afternoon of the 20th of October, the team moved to Naleigu district to spend the night. On the 21st of October, medical services were offered to the people of the city Gambaga of the East Mamprusi district and on the 22nd people from the village Kurugona in the same district were attended. On the 23rd, the team worked for the people of the city Jisonayili.



On the 24th, a gathering was programmed of Heart Doctors and members of SADA, in the headquarters of SADA together with people of the press and local television for a survey of the visit. Comments were made about the health problems of the people in the areas visited from the president of Heart Doctors, together with sug-

gestions for a drastic reduction of the consumption of pepper and salt. These two additives, because of the almost daily use of dried fish, are responsible for the many cases of gastritis and hypertension, the two main problems which apparently concern the entire population of Ghana.

The present mission in Ghana was probably the best organized medical activity of Heart Doctors in an African country.

Frequent health problems encountered were low back pain, gastritis, hypertension, scabies, eye problems, malaria, infections of the respiratory tract, diarrhea.



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Missions for delivery of medicaments

During the year 2014, "Heart Doctors", realized 13 missions for delivery of medicines to four countries which are listed in the table below:

Country	Number of missions
Afghanistan	2
Iraq	4
Palestine	3
Syria	4
Total	13

Most missions were realized in Syria and in Iraq where the needs were greater, due to the violent conflicts going on in these countries and the massive move of uprooted populations

Food missions

Country	Number of missions
Ivory coast	2
Bosnia Herzegovina	1
Gabon	1
Eritrea	4
Zimbabwe	1
India	2
Mozambique	3
Niger State	1
Palestine-Gaza	1
Serbia	1
Somalia	4
Sudan	4
Syria	2
Djibouti	4
Total	31

In **Ivory Cost**, wheaten flour, milk powder for children and other foodstuff were distributed to starving families. Furthermore, clothes and shoes were distributed to students.

In **Bosnia-Herzegovina**, food and drinking bottled water were distributed to the flood victims living in the towns Zenica and Gorazde (26.6.2014).

In **Gabon**, corn was distributed to the people in need.

In **Eritrea**, wheaten flour, rice and milk powder for children were distributed.

In **Zimbabwe**, wheaten flour was distributed.

In **India**, rice was distributed to people living in very poor villages in Andhra Pradesh.

In **Mozambique**, corn, wheaten flour and sugar were distributed to the people living near the borders with Zimbabwe.

In the **Democracy of Niger**, in the town of Zinder, rice, corn flour and milk powder for children were distributed to Fulari, Tuareg and Hausa people. Due to excessive drought, people suffer from scarcity of food.

In **Palestine - Gaza** Strip, milk powder for children, sugar and cous-cous were distributed.

In **Serbia**, during the second mission to Obrenovac, bottled drinking water and foodstuffs were distributed (rice, wheaten flour, sugar, pulses, spaghetti, canned milk etc). The foodstuffs were transferred from Greece by truck.

In **Somalia**, wheaten flour, milk powder for children, rice and sugar were distributed. The food items were transferred from Djibouti; they were distributed to the population in need living near the borders with Djibouti.

In **Sudan**, during the four missions, wheaten flour, milk powder for children, rice and sugar were distributed to starving people living in the suburbs of Khartoum.

In **Syria**, during the two missions, milk powder for children, rice, wheaten flour and drinking bottled water were bought at Lebanon and distributed to the people living in refugee camps.

In **Djibouti**, wheaten flour, milk powder for children, rice and sugar were distributed.

Other type of missions

Country	Number of missions
Bulgaria	3
Georgia	3
Gabon	1
Zimbabwe	2
Latvia	1
Moldavia	4
Serbia	1
Total	15



In Bulgaria, "Heart Doctors" realized three missions. During the first one, in Sofia (27.5.2014), they distributed several goods for camping such as rain coats, uniforms for children, blankets, sheets, kitchen utensils, cutlery, plates etc. During the second mission, in Varna - Asparouchovo (25.6.2014), food items, clothes, bed sheets were distributed to the flood victims. During the third mission in Varna - Asparouchovo (24.9.2014), clothing for children was distributed.



In **Georgia (Tbilisi)**, clothing for children living in orphanages, bed sheets to a home for the aged and jackets and school bags for students were distributed.

In **Gabon**, clothes and shoes were distributed to students.

In **Zimbabwe**, shoes and athletic uniforms were distributed to students.

In **Latvia**, several goods appropriate for children's camping were distributed.

In **Moldavia**, children's clothes to orphanages, bed sheets to several homes for the aged, jackets, uniforms, rain coats and shoes to children were distributed.

During the first mission in **Serbia** (7.6.2014), which was realized in Obrenovac and Krupanj, foodstuffs, drinking bottled water, clothes, bed sheets, blankets, soaps, toilet papers and other useful goods were distributed to the flood victims.





Humanitarian aid in Greece

Mission to Kefallinia - Lixouri



A four member team travelled to Kefallinia and especially to Lixouri on the 5th of February 2014, offering aid to the earthquake victims. The number of homeless people after the two earthquakes (27/1/2014 5,8 RH and 3/2/2014 5,7 RH) was estimated around 5000. Heart Doctors distributed food, medicines, blankets and other stuff primarily to Matzavinatio hospital in Lixouri; this relief enabled it to reopen after the closure due to the earthquake. "Heart Doctors" visited the closed gym of the town, where many homeless were sheltered; they also visited the museum and the village of Saint Demetrios where food and blankets were distributed.



Relief to the General Hospital of Rhodes



In 2014, donation of medical and paramedical material to the General Hospital of Rhodes was carried out on three occasions.

Clothes to students of the 79th Primary School in Athens-Medical examination

The pediatrician of the organization together with a team of volunteers visited the 79th Primary School of Athens and examined medically students whose parents are unemployed and have no social insurance. Personal Health Certificates were issued for the examined children. Furthermore, the team distributed clothes and offered eyeglasses to the students facing eyesight problems. Parents and students were very grateful for the help.

Foodstuffs to students of the 3rd Junior High School in Athens - Medical Examination

On the 12th of March 2014, the pediatrician of "Heart Doctors" with his team visited the 3rd Junior High School in Nea Philadelphia (Athens) and examined medically students whose parents are unemployed and have no social insurance; a Personal Health Certificate was issued by the pediatrician for each of the examined students. Various food items were distributed to very poor families of certain students. The director of the school and the association of the parents of the school assisted the team of "Heart Doctors" in this mission. The same team visited the school on the 19th of December 2014 and repeated the distribution of food items.

Perama



This year, the special program in Perama continued successfully, with a team of volunteers under the leadership of Dr. Vassilios Dimadis, pediatrician, who offered medical services to families in need. Usually, the team works at the church of Saint Paraskevi as well as at the houses of the people. They distribute medi-

cines and vaccinate children whenever necessary. The people treated come mostly from very poor families that have no work and no insurance. Most of the times together with the medical services, the team distributes materials that are necessary such as milk for babies, foodstuffs, clothes etc.



Marousi

At the church of St. Apostles, situated in Marousi, the above mentioned pediatrician, every Friday afternoon examines medically children of very poor families gathering there from various places of Athens.

Construction works

The building of the library in Bumba of Sierra Leone (Yele area) has already been completed. The total cost of the project was covered by Heart Doctors. The Library is in operation; students and the public are making use of its services. The official inauguration will take place when "Heart Doctors" will visit again the area of Yele for a new medical mission there



School visits

Every year the vice president of the "Heart Doctors", Mrs. Helen Sotiriou, together with members and friends of the Organization visit nurseries, primary and high schools in several areas of Greece in order to inform the children about the work of the organization and sensitize the youngsters of the voluntary work to help their fellow human being. They also inform the children about the living standards of the people we visit in the missions, their way of life and their needs. During this year, the following visits have been realized:

School visits in Patras:

27.1.2014: Model Experimental Junior High School of Patras University

27.1.2014: Model Experimental Senior High School of Patras University.

27.1.2014: 21st Junior High School of Patras

28.1. 2014: Model Junior High School of Patras

28.1.2014: Model Experimental Senior High School of Patras

28.1.2014: 9th Junior High School of Patras



School visits in Ioannina:

18.3.2014: 5th Junior High School of Ioannina

18.3.2014: 11th Junior High School of Ioannina

19.3.2014: 6th Junior High School of Ioannina

19.3.2014: 8th Junior High School of Ioannina

19.3.2014: Junior High School of Stavrakion, Ioannina

19.3.2014: Junior High School of Anatoli, Anatoli, Ioannina



School visits in Thessaloniki:

11.11.2014: "Mother" Nursery School of Thessaloniki

11.11.2014: Department of Philosophy, University of Thessaloniki

12.11.2014: 5th Primary School of Thessaloniki

12.11.2014: 19th High School of Thessaloniki

School visits in Attiki:

10.11.2014: Amalieion Boarding School for Girls, Marousi

01.12.2014: 3rd Primary School of Glyca Nera, Paiania

08.12.2014: 5th High School of Marousi

19.12.2014: 33rd Primary School of Athens

19.12.2014: 120th Primary School of Athens

19.12.2014: 173rd Primary School of Athens.



School visit in Thiva:



4.12.2014: 8th Primary School of Thiva

School visits in Larisa District:



9.12.2014: 32nd Primary School of Larisa

9.12.2014: Primary School of Pirgetos

9.12.2014: 1st Vocational Senior High School of Ellassona

School visit in New York



In December 2014, Dr. Ioannis and Mrs. Helen Sotiriou, vice Presidents of "Heart Doctors", visited the Greek School of Archangel Michael Church in Long Island, New York.

Honorary distinction of "Heart Doctors"



The Group of African Ambassadors in Athens selected "Heart Doctors" to honor them with the amount of 10.000 Euros as a prize for the humanitarian long term assistance they offer to many African countries and to other countries of the world. The awarding ceremony took place on 10.5.2014 during the official opening of the 13th African Festival in Athens. In that ceremony the Ambassador of the Democracy of South Africa Mr. R.S. Makgetla, Dean of the Group of African Ambassadors, said that the Group awards the prize to Heart Doctors because of their invaluable assistance to Africa and other countries in the world; he handed to the President of "Heart Doctors" Dr. Xenophon Yataganas a document stating the amount of the prize to be received from the Embassy of South Africa. The amount of the prize was a part of the proceeds of the 12th African Festival. President Yataganas thanked the Group for their decision to honor "Heart Doctors" and said that the Organization offers its humanitarian services following God's Will and expects no recognition or award; the amount of the prize will return to Africa in the form of continued humanitarian assistance. Mrs. Helen Sotiriou, Vice President of Heart Doctors, addressed also the gathering. The event was recorded by mass media representatives.

Presentation of “Heart Doctors” in a publication

An issue of Boussias Communications in the year 2014 presents 34 health oriented humanitarian organizations. The title of the issue is «Άνθρωποι για τον άνθρωπο» (“Humans care for Humans”). History and activities of Heart Doctors are presented in this publication.

Gathering of medicines and other materials

“Heart Doctors” accept any kind of donations of medicaments which are in turn given to the people in need, free of charge. School students, nursery students, coaching school students, foreign language and university students send medicines either by post or bring them by themselves to our office. Furthermore, youngsters from all kind of athletic and other associations donate medicines.

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 for 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 stuff, 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 food stuffs in Greece that were transferred to the 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.

At this point we should mention again that some of the friends and colleagues of the Organization, who also participate in the missions, are covering their own expenses and the cost of the whole mission and prefer to stay anonymous.

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

Mission Members

Xenophon Yataganas, Doctor, Professor of Medicine and Hematology

Ioannis Sotiriou, Doctor, General Practitioner

Vassilios Dimadis, Pediatrician, Doctor of the University of Athens

Helen Sotiriou

Mary Ipsilandi

Pandelis Ipsilandis

Eugenia Lira

Maria Triantafillou- Yatagana

Stefania Lamprou -Yatagana

Irene Andersen

Venetia Xiptera

Despina Tsoukala

Konstantinos Kalaitzis

Romilos Tzenetoglou, pharmacist

Colleagues from Thessaloniki:

Popi Dimitriadou

Hassan Badaoui, Professor, University of Thessaloniki

Evina Dimitriadou-Badaoui

Timos Dimitriadis

Pandelis Ziogou

Simeon Ziogou

Parthena Kiorteve

Vasileios Abatzidis

Artemis Kehagia

Dimitrios Tzelepis

Many thanks to

We would like to express our thanks to all the young people of our country who bring medicines, clothes, books and toys for the people of this country and abroad who are in great need. Their feelings of selflessness, love and offering are very important for our society.

Children in nursery schools, in primary, secondary and high schools, university students and students in foreign coaching schools, from athletic associations, by their own initiative or encouraged by their teachers or relatives trust us and give us their offerings. We thank each one of them.

Due to the economic crisis there is a decrease as far as the offers are concerned. However, many civilians, businessmen, pharmacists, pensioners, still send us some medicines. We thank them.

Many friends contribute to our work by offering their services (personal help either by transferring the relief material or by checking and classifying the medicines that we gather). Others offer their own vehicles for the transportation of our material. Some others work in groups in Athens, Thessaloniki, Rhodes, Imathia, Aminteo, Kozani, Serres, Alexandroupolis etc. in order to facilitate and coordinate the gathering of medicines. 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 facilitation of our members traveling for humanitarian missions.

We thank the Pope and Patriarch of Alexandria and 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 Accra 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 in the organization of our 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 Saints Apostles church in Marousi, the head priest of Saint Nicolas church in Ilion and the head priest of the Holy Trinity church in New Kifisia.

We would like to thank all the people working in the Department of International Developmental Cooperation of the Ministry of Foreign Affairs of Greece, the staff of the Diplomatic Services of Greece in countries abroad, especially in Nairobi, in Abuja, in Khartoum, in Bujumbura (the Honorary General Consul Mr. George Coucoulis), in Antananarivo (the Honorary General Consul Mr. Panagiotis Taloumis) and in Accra (the Honorary General Consul Mr. Theofilos Pizanias). Furthermore, we would like to thank the Ambassador and the Consul of Nigeria in Athens, the Honorary General Consul of Cameroon in Athens (Mr. Aggelos Papadopoulos), of Ghana in Athens (Mr. Panagiotis Tsakos) and of Ivory Coast in Athens (Mrs. Mero Kesesioglou). Warmest thanks to all the Ambassadors of the African Countries in Athens and particularly to the Ambassador of the Democracy of South Africa Mr. R.S. Makgetla, Dean of their Group in Athens.

We warmly thank the following friends for their local assistance: Hon. Umaro Tanko Kuta in Nigeria, Hon Buccumi Moise, MP in Burundi, Mr. Abdul Fofana, his wife Samira and Dr. Sesay, MP in Sierra Leone, the diplomat Sidamine Ould Ahmed Challah in Mauritius and the Greek friends Hari Malios and George Kouris in Mali. Their help has been very important for "Heart Doctors".

The Consular Authorities of Cyprus in many countries offer their services willingly and promptly, facilitating our humanitarian missions. We thank them for their enthusiasm and dedication.

Finally, we would like once more to thank and congratulate all the anonymous friends who act with us and support with their own means suffering human beings in various countries; they set a standard inspiring example.