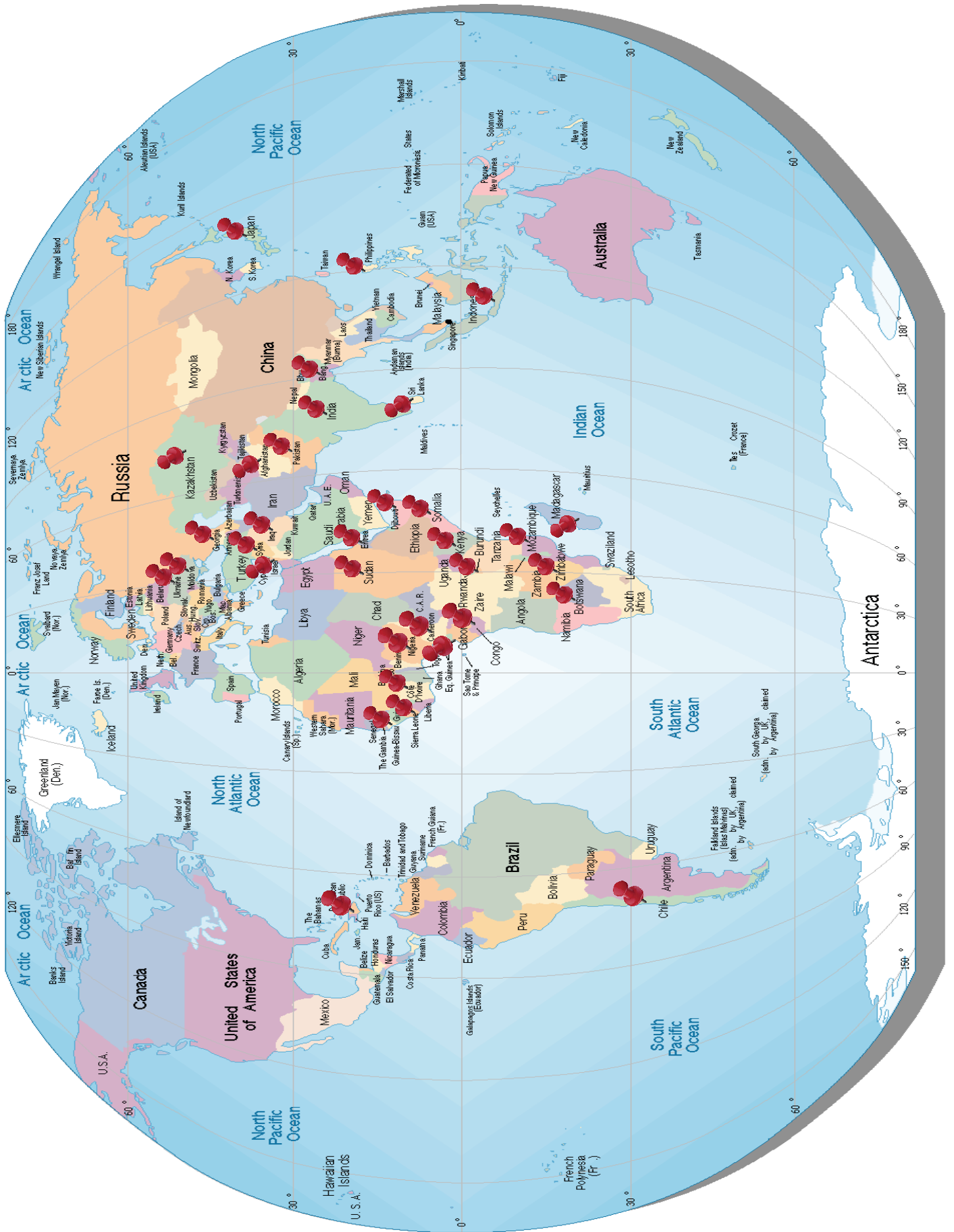






Contents

Contents	3
Introduction.....	5
Medical Missions	6
Missions for Medicament Delivery	22
Food Missions	23
Other type of Missions.....	24
Humanitarian Aid in Greece.....	25
School Visits	27
The words of the patriarch of Alexandria for “Heart Doctors”.....	28
Gathering of Medicine and other material	28
Mission Members	29
Many Thanks to	30



Introduction

“Heart Doctors” is a Greek, humanitarian, non-profit, non governmental organization. Its main duty is to offer free medical assistance, medicines, food, clothes, shoes, mattresses and any other necessary items, in extremely urgent cases where persons are in distress that is in case of war, in massive violent move and displacement of populations, epidemics, natural disasters (earthquakes, typhoons, floods, tsunamis etc) as well as prolonged periods of hunger due to drought. 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. “Heart Doctors” also secure financial resources for various humanitarian projects such as water tanks, water supply systems, construction of buildings for hospitals, medical centers and dispensaries, orphanages, kindergartens and schools of primary education.

The organization was founded in 2001, while its members were already offering their services before the official foundation (during the war in Yugoslavia). Up to today “Heart Doctors” have carried out more than 700 missions in 60 countries - in Africa, Asia, Europe and America. Furthermore, the organization has offered its services to a number of countries that are in a state of war such as Iraq, Lebanon, Gaza strip, Afghanistan, Pakistan, Syria, Libya, to countries that have undergone an earthquake such as Iran, Haiti, Chile, Java, Japan, struck by tsunami such as in Sri Lanka, where floods took place like India, Bangladesh and Myanmar. Food was distributed in Darfur, in Sudan, in Ethiopia, in Somalia, in Congo and in the republic of Niger. As far as construction projects are concerned, the organization has been active in Kenya, Sri Lanka, Burundi and Nigeria.

In Greece, the organization has carried out various missions in urgent cases such as disasters due to earthquakes and major fires (in Peloponnese); in recent years it has donated expendables to hospitals in Rhodes Island and in Drama. Meanwhile, it keeps offering medical services to poor families, to homeless and to uninsured persons. In the year 2007 “Heart Doctors” built a new building for the kindergarten of the village of Koutsochera in Ilia - the village was partly destroyed by the forest fire of that year.

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

In the year 2013 the organization accomplished 78 missions in 23 countries. The number of medical missions doubled compared to the previous year. However, the total number of missions has decreased this year with the exception of missions for offering medical services and other relief to poor people living in Greece.

“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 distributed by members of the organization. We point out that many anonymous friends who are fully devoted to the humanitarian work of the organization, participate in the missions covering all the expenses. “Heart Doctors” congratulate and thank these people for their true love and their generous donations.

Medical Missions

During the year 2013, Heart Doctors visited five African countries and in eight visits offered medical services to populations living in distant agricultural places. These countries are listed in the table below:

Country	Number of Missions
Ghana	1
Cameroon	2
Burundi	2
Nigeria	1
Sierra Leone	2
Total	8

A short summary of the missions as they were made according to their date of fulfillment during the year is given in the sequel.



Nigeria

17th Mission(10.1.2013)

A five member team of "Heart Doctors" traveled to Mina, the capital of Niger State; the purpose of the mission was to offer free medical services to the people of remote areas in that State. The team worked in the following areas: Akma Jyi, Beyi, Pandogari, Gisuru, Erena, and Maje. Every day, a large number of people came for consultation with various health problems, the most frequent of which were hypertension, upper and lower abdominal pains, parasites, malaria, infections of the urogenital tract and of the respiratory tract, low back pain, hemoglobinopathy S/C and other. The team visited the village SHE and worked at its medical center, which was financed and inaugurated in 2008 by the Organization. Mr. Umaro Tanko Kuta, an old friend of "Heart Doctors", organized the activities of the mission very efficiently.





Nigeria



Cameroon

12th Mission (26.1.2013)

A four member team of "Heart Doctors" accomplished a medical mission in Northern Cameroon (Katrang region). The members of the team stayed in huts, which locally are called "boukarou". At first, the dispensary was organized in a building; already inhabited by bee swarms, which attacked everybody entering the place. So, the team had to move to the nearby church of Saint Apostoles, where the work continued till the end of the mission. Thousands of patients from all villages around visited the dispensary; many people also came from the neighboring communities of Chad. People who were attended suffered mainly from: malaria, parasites, infections of the respiratory and uro-genetical tract, arthralgias, lower back pains, diarrhea, skin diseases, etc.





Cameroon



Burundi

36th Mission (23.2.2013)

A five member team of "Heart Doctors" visited Burundi and offered medical services to poor people living in various communities of Karuzi province and Buramata. At Buramata, blankets and clothes were also distributed. Thousands of patients were examined and given the appropriate medicines. The main health problems observed were malaria, parasites, infections of the respiratory system, lower back pains, skin and eye problems and wounds. Many children were underfed and suffered from malnutrition.





Burundi

Sierra Leone

8th Mission (19.3.2013)

A four member team of "Heart Doctors" accomplished a medical mission to Sierra Leone, in Freetown and in the district of Yele. In Freetown the team worked in cooperation with the Christian Orthodox priest Dr. Themistoclis; there they were attended students, teachers and other people in the compound of the Christian Church and invalids of the recent war in Waterloo village supported by Father Themistoclis. In Yele the team worked, in cooperation with Mr. Fofana, in Yele, Matamp, Masuna Na and Yarama. Frequent health problems were: malaria, hypertension, eye problems, infections of the genitourinary and respiratory tracts, joint and lower back pains, diarrhea etc.





Ghana

3rd Mission (25.5.2013)

A four member team of "Heart Doctors" flew from Athens to Accra. The purpose of the mission was to offer free medical services and medication to poor populations living in villages of the remote rural areas off the capital of Ghana. The mission was locally organized and coordinated by the Orthodox Church of Ghana and particularly by the Reverend Bishop Savvas and his assistants of the Christian Clergy. The team received hospitality in an apartment for guests belonging to the Christian Church in Accra. Every morning, according to the prepared schedule, the team moved by car to a remote village where the dispensary was arranged in the building of local church or in the central square of the village. The patients gathered there orderly and were examined and treated. The villages visited were: Tema, Breman, Larteh, Peki Avatile, Afransi, Abodom and Fomena.



Sierra Leone

9th

Mission (8.10.2013)

A four member team visited the settlement of Yele in Sierra Leone where they offered their medical services to the population. The first day they worked at that place and in the next days they visited and worked at the settlements in Matamp, Mayopoh, Makonkori , Mapaki, Makenild, Kathanthra and Mumba. In Yele region, the team observed some patients having cholera symptoms and on further questioning, they found out that there was an epidemic of cholera. Medical instructions were given to the population for prevention of the disease. Unfortunately, the team found out that the medicines that the local authorities were using were ineffective. The mission was locally organized and coordinated by an old friend of the organization Mr. Abdul Fofana. His wife prepared dinner. All the arrangements with the local authorities were made by Dr Sesay.



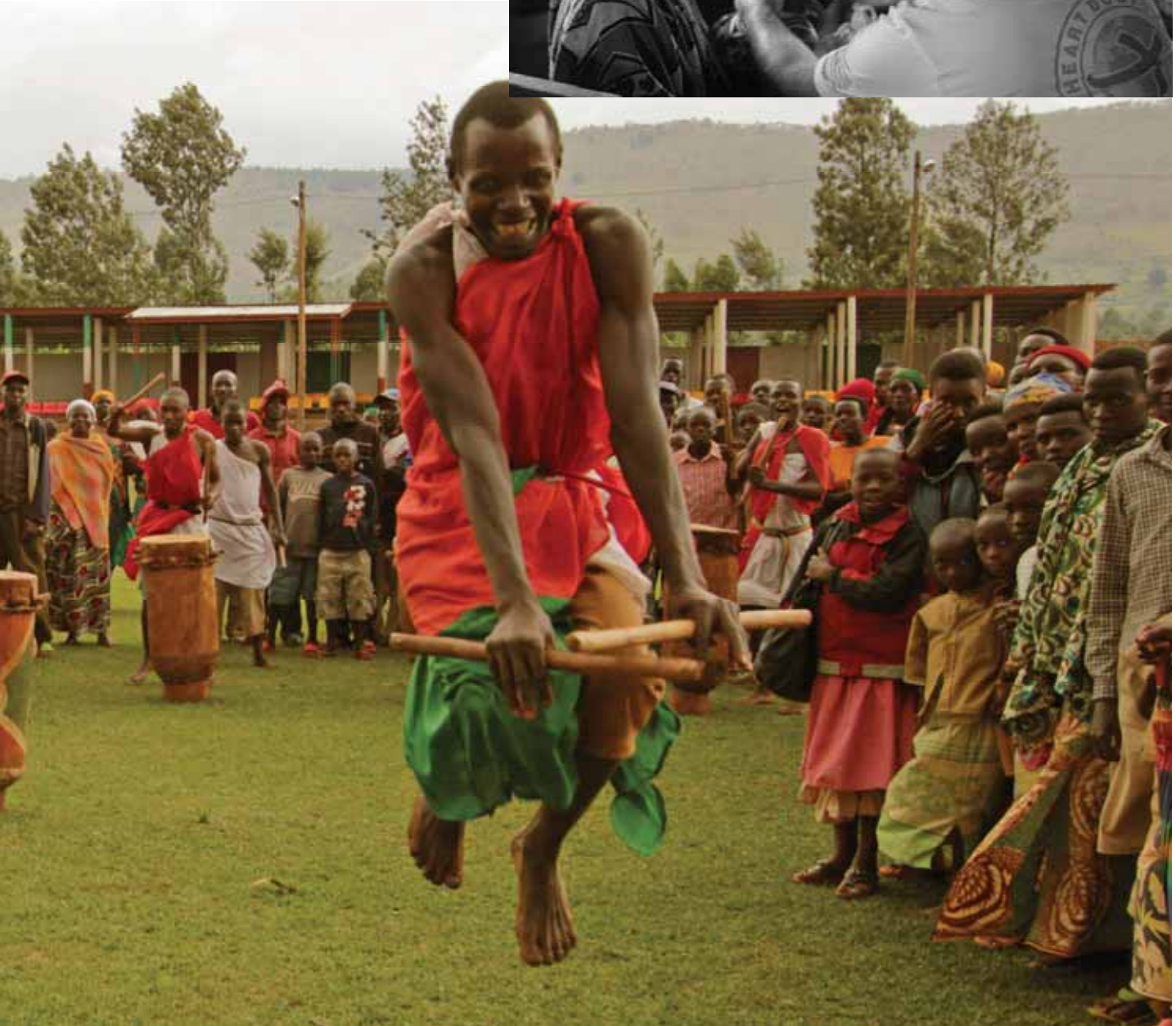


Burundi

38th Mission (4.11.2013)

A four member team visited the settlement of Gitega in Burundi and offered their medical services to the population living in the following four distant places: Gishubi, Itaba, Nyarusange and Giheta . The coordination of the mission was perfectly done by the chief of the district. The people receiving the medical services were happy and organized local musical and dancing events in order to honor the doctors. Thousands of patients received their medicaments. They mostly suffered from Leprosy, goiter and malnutrition.





Cameroon

13th Mission (15.11.2013)

Four Heart Doctors members reached the city of Maroua by plane and from there they travelled by car to Katrang where they stayed in small local huts called "Bukarou". Our transportation to Katrang was very adventurous as it was done during the night. We took a new road as the old one was closed due to flooding from excess raining. Two army security officers came along with us and stayed throughout the mission for protection from kidnapping, something that is not rare in these areas.

We examined the sick people in St. Apostles Orthodox Church. Many patients were examined and were found to suffer mostly from: malaria, worms, and skin diseases. The team sent a heavy anemic child to the hospital for blood transfusion and covered all the relevant expenses. The two army officers facilitated the work of the doctors by keeping order to the patients waiting to be examined.





Missions for Medicament Delivery

During the year 2013, "Heart Doctors" realized 32 missions for delivery of medicines to four countries which are listed in the table below:

Country	Number of Missions
Afghanistan	7
Iraq	9
Pakistan	4
Syria	12
Total	32

Most missions were realized in Syria where the needs were greater, due to the violent conflicts going on in this country and the massive move of uprooted populations.

We also continued the donation of medicines to Al-Kindy hospital in Baghdad. In Iraq "Heart Doctors" have carried out the greatest number of missions than in any other country. These missions were initiated in the year 2003, during the 2nd war in Iraq, where our members offered their medical services to war victims. Since then, food and medicines were given to many towns especially in Baghdad. All these years, the organization has never stopped donating medicines to the victims of the countless conflicts and suicide bombings.

Furthermore, the organization continued the donation of medicaments to Afghanistan and Pakistan.

Food Missions

Countries	Number of Missions
Djibouti (+ blankets)	3
Eritrea (+ blankets)	4
Gabon	1
Guinea Bissau	1
India	2
Ivory coast (+ uniforms)	1
Liberia	2
Mozambique	2
Niger State	1
Philippines	1
Somalia	2
Sudan (Darfur, Khartoum)	6
Zimbabwe	2
Total	28

The food missions mentioned above are realized to people that are in great need due to urgent hunger circumstances. Relatively more missions are realized in Sudan. Unfortunately, the situation in the refugee camps of Darfur and in the suburbs of Khartoum is not improving at all. Usually, most of the foodstuffs distributed were: rice, corn, milk powder, sugar, wheat flour, beans, and more.

Many of the missions are realized by "Heart Doctors" friends, who participate in the work of the Organization with great pleasure and want to remain anonymous. We are very thankful for their services and for their vital contribution to the missions of the organization.

Members of "Heart Doctors" and friends visited the Philippines: Samar and Leyte islands (belonging to the group of Visayas islands) in order to help the victims of typhoon "Hayan". They distributed milk for children, rice and drinking water in plastic bottles. Many villages have been completely destroyed, thousands of people have died and 2 million people remained homeless. Typhoon "Hayan" struck simultaneously with a 4,8 Richter earthquake and a tropical storm.

Other type of Missions

Countries	Number of Missions
Burundi	1
Djibouti	1
Gabon	1
Somalia	2
Zimbabwe	1
Total	6

Gabon: distribution of clothes and shoes to 1500 children.

Zimbabwe: distribution of school material (bags, notebooks, pencils etc) and clothes (jackets and uniforms) to 600 students.

In **Burundi** 25 cows were purchased and distributed to the population of Buramata. These cows are expected to cover the need for milk of the 1500 children that live in this district. The above relief program was initiated years ago, when it was observed that the mothers living in this area didn't have enough breast milk to feed their children and some of them didn't have food to feed the members of their families, due to low or non-existing income. Therefore, the organization decided to offer some cows in order to save many children suffering from malnutrition. This program was proven to be very helpful to this population and is still being continued.

Somalia: distribution of blankets, tents and mosquito nets to the people gathered at the borders with Djibouti.

In **Djibouti**, mosquito nets were distributed.



Humanitarian Aid in Greece

Contribution to the General Hospital of Rhodes

In 2013, three missions were carried out for the donation of medical and paramedical material to the General Hospital of Rhodes.

Missions to Heliopetra Village in Xanthi (North Greece)



“Heart Doctors” realized two missions to the little village of Heliopetra in Xanthi. The first, was on the 3rd of October 2013 to the primary minority school following an invitation of the vice director. The team was composed of four members of “Heart Doctors” and four close friends and collaborators living in Thessaloniki. The children of the school didn’t have any books, they were not vaccinated and couldn’t attend gymnastics (because there was no doctor to examine them and fill in the forms that are required in order to participate in gymnastics)

and had a great need for clothing.

Many school materials, books, clothes, shoes and bags were distributed to the 64 children of the primary school and the 18 children of the nursery school. We informed the children and their parents about the humanitarian work of the Organization and gave them some short guidelines that may help them to confront the difficulties that they are passing through.

At this point, we would like to thank all those people that contributed in any way to this mission and especially the company that transported all this material from Athens to Xanthi at very low cost.

The second mission was realized on the 19th of October 2013 when we distributed household equipment such as beds, bed sheets etc. to very poor families that were selected from the first mission. We also sent a wheel chair to a family with nine children, one of which was handicapped.



Distribution of food to the families of students of the 3rd High School in New Philadelphia

The working staff of the companies: McCann, Central and Coca-cola offered to “Heart Doctors” food which in turn was transferred with a truck to the 3rd High School of New Philadelphia on the 20th of December 2013. The food was distributed to poor families of students who were in great need. The food that was distributed was mostly pasta, milk, sugar, pulse, etc. The distribution was done by the principal of the school together with a person from the organization.

Perama

This year, the special program in Perama continued with success, with a team of volunteers under the leadership of a Heart Doctor member, Dr Vassilios Dimadis (pediatrician), who offered their 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 medicines and vaccinate children whenever necessary. The people treated, come mostly from very poor families that have no work and no social insurance. Most of the times together with the medical services, the team distributes materials that



are necessary such as milk for infants, food, clothes etc. A big quantity of canned milk was donated by a milk company at Christmas and Easter period, which was in turn given to poor families together with other food supplies donated by friends who support this program.

Marousi

In the St. Apostles church, situated in Marousi, the above mentioned pediatrician, every Friday afternoon examines children coming from very poor families.

Crucial Surgeries

This year one ten years old child from Perama, who had a very serious cardiological problem and a four month old infant were operated free of charge and were cured. All the other expenses for the operation were covered by a “Heart Doctors” member.

At this point we would like to thank all the people who, with great love, help to fulfill all these programs.

School Visits

Every year the vice president of the Organization Mrs Sotiriou together with members and friends of "Heart Doctors" visit nursery, primary and high schools of several areas in Greece in order to inform the children about the work of the organization and sensitize the youngsters of the voluntary work to help the 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:

26.3.2013 Visit high school of Tsiamouli institute in Peristeri, Athens.



The visit was organized in cooperation with Mrs. Dora Barakou, Director of the high school. We showed a DVD and informed the children about the work of the organization. Thereafter we had a conversation with the children. Later, the children gathered and offered to the organization medicines.

27.3.2013 Visit to the 16th primary school in Marousi, Athens.

The visit was organized by the Director of the school Mr. Constatinos Douroukas. We informed the children about the activities of "Heart Doctors", they were very much interested in the subject and they kept on asking questions for hours after the end of the presentation.



2.10.2013 Visit to the 6th minority school of Heliopetra in Xanthi, Thrace.

Together with the humanitarian activities, the team informed the children about the work of the organization. The invitation and coordination of that mission was done by Mrs. Smaragda Karasi-mopoulou, the vice Director of that school. School material as well as clothes and shoes were distributed to these children.

THE PATRIARCH OF ALEXANDRIA

Talks about the orphans from the civil war in Burundi.

In the Greek newspaper "REAL NEWS" (Sunday, 10.3.2013), an article of the Pope and Patriarch of Alexandria and All Africa, Theodore the 2nd was published with the title "Next to the orphans of the civil war". It refers to the civil war between two ethnic tribes known as Toutsis and Hutus in Burundi, that lasted 13 years. Many people lost their lives during that war. Many of the orphans took shelter in a place the Patriarch called the "Roof of love in Burumata", which was realized with the help of a team of doctors from Greece, the so called "Heart Doctors", who decided to see the constant offering to humanity as their own way of life".

Gathering of Medicine and other materials

Heart Doctors accept any kind of medical donations which are in turn given to the people in need, free of charge. School students, nursery students, coaching school students, foreign language students and even 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, many enterprises and their staff, hospitals and pharmacies, pensioners and even people with no work find the way to 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, many other goods are distributed in our missions such as different kinds of basic foods (milk powder, sugar, wheaten flour, rice, beans etc), water, clothes, shoes, mattresses, housekeeping stuff, school material, mosquito nets etc. Most of the goods listed above distributed in countries abroad, are usually bought close to the areas where they are going to be distributed, in order to minimize the transfer cost. In the past, the organization has gathered food in Greece that was transferred to the countries in need by military airplanes C-130. Bulky and heavy things aren't collected anymore, because their transfer cost to the place in need is very big and therefore not affordable.

During the year 2013 many people donated school and athletic material, clothing and shoes to the Heliopetra minority primary school. Among them were the parent society of Moraitis School, "KLEPSIDRA" bookstore in Kalyvia and the Athletic Association in Kalyvia Thorikou.



Children of the 5th Kindergarten of Keratsini donating Medicine

At this point we should mention 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. Current medicine needs as well as any other information concerning future missions can be found in our website: www.heartdoctors.gr.

Mission Members

Xenophon Giataganas, Doctor, Professor of Medicine and Hematology

Ioannis Sotiriou, Doctor, General Practitioner

Vassilios Dimadis, Pediatrician, Doctorate from Athens University

Helen Sotiriou

Mary Ipsilantis

Pantelis Ipsilantis

Eugenia Lira

Maria Triantafyllou - Giatagana

Stefania Lamprou - Giatagana

Colleagues from Thessaloniki:

Popi Dimitriadou

Hassan Badawy, Professor, University of Thessaloniki

Pantelis Ziogou

Athanasios Galanis

Liana Galanis

Other colleagues

Romilos Genetoglou , pharmacist

Venetia Xiptera

Despina Tsoukala

Konstantinos Kalaitzis

Many Thanks to

We would like to express our special thanks to all the young people of our country who bring to our offices medicines, clothes, books and toys for the people of Greece and other countries who are in great need due to poverty, illness, natural disasters and war. Their feelings of selflessness, love and giving is very important and shows that the youth of this country care about people in need and in turn this fills us with joy. Children in nursery schools, of primary and secondary education, and even university students, also students in foreign language coaching schools, in athletic associations and gym, by their own initiative or encouraged by their teachers or relatives, trust us and offer to us medicines and other useful things they gather for relief. We would like to thank each one of them.

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

Many friends of "Heart Doctors" and people who cooperate with us, contribute with their own personal help either by transferring medicines to our store house 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, Amindeo, Kozani, Serres, Alexandroupoli in order to facilitate the gathering of medicines. We specially thank all those humble, selfless, anonymous and dedicated friends.

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.

In addition, we would like to thank the Pope and Patriarch of Alexandria and All Africa Theodoros the 2nd, the Patriarch of Jerusalem, Theofilos the 3rd, the Patriarch of Antioch Ioannis the 1st, the Archbishop of Cameroon Grigorios, the Archbishop of Nigeria Alexandros, the Archbishop of west Tanzania Ieronimos, the Archbishop of Nairobi Makarios, the Metropolitan of Akkra, Savvas, and the Archimandrite Themistoklis Adamopoulos 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 local organization of the missions. Furthermore, we would like to thank for their help and cooperation the priests and the church warden of Saint Paraskevi church in Perama, the head priest of Saint 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.

In addition, we would like to thank the Political Leaders of the Greek Ministry of Foreign Affairs, all the people working in the General Directorate of International Developmental Cooperation of the Ministry of Foreign Affairs, the Head and the staff of the Diplomatic Services of Greece in countries abroad, especially in Nairobi, in Abuja, in Khartoum, in Bujumbura (the Honorary Consul Mr. George Koukoulis), and in Antananarivo (the Honorary Consul Mr. Panagiotis Taloumis). Furthermore, we would like to thank the Consul and the Ambassador of Nigeria in Athens, the Honorary Consul of Cameroon in Athens, Mr. Aggelos Papadopoulos and the Honorary Consul of Ghana in Athens, Mr. Panagiotis Tsakos.

We warmly thank the following who offered their kind assistance and close cooperated for the local preparation and coordination of our missions: Hon. Umaro Tanko Kuta in Nigeria, Hon Buccumi Moise, minister of Energy and Mineral Resources in Burundi, Mr. Abdul Fofana, his wife Samira and Dr. Sesay, MP in Sierra Leone, the diplomat Sidamine Ould Ahmed Challah in Mauritania and the Greek friends Haris Mallos and George Kouris in Mali.

The Consular Authorities of Cyprus in many countries offer systematically their services to us, facilitating the realization of our humanitarian missions. We thank them for their enthusiasm and love.

Finally, we would like once more to thank and congratulate all the anonymous friends for the real love they show to suffering human beings, by organizing and financing many of the missions and thus setting a unique example of solidarity and compassion.