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HEART DOCTORS

Court decision N° 4229/2001
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HEART DOCTORS

Activities

2023



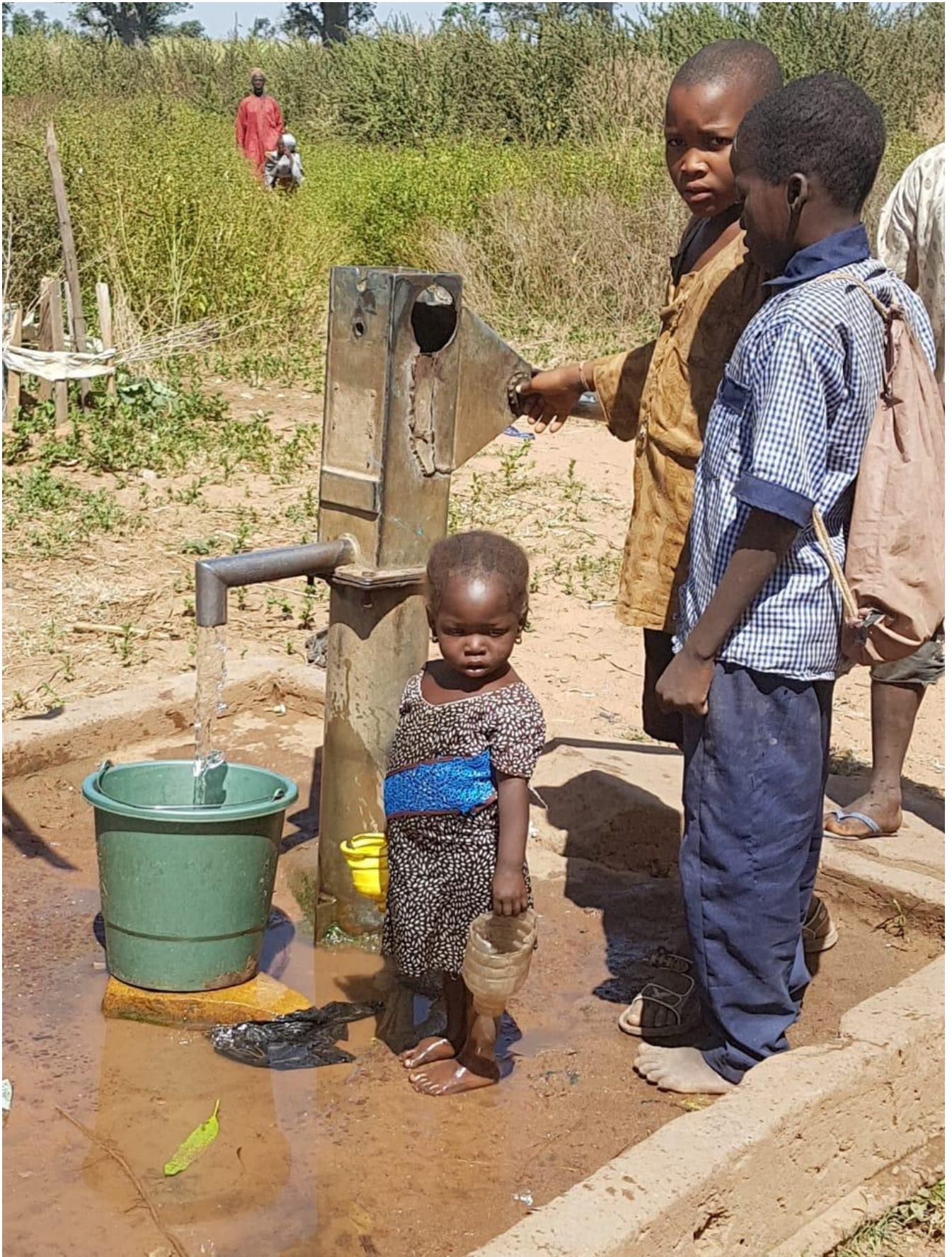
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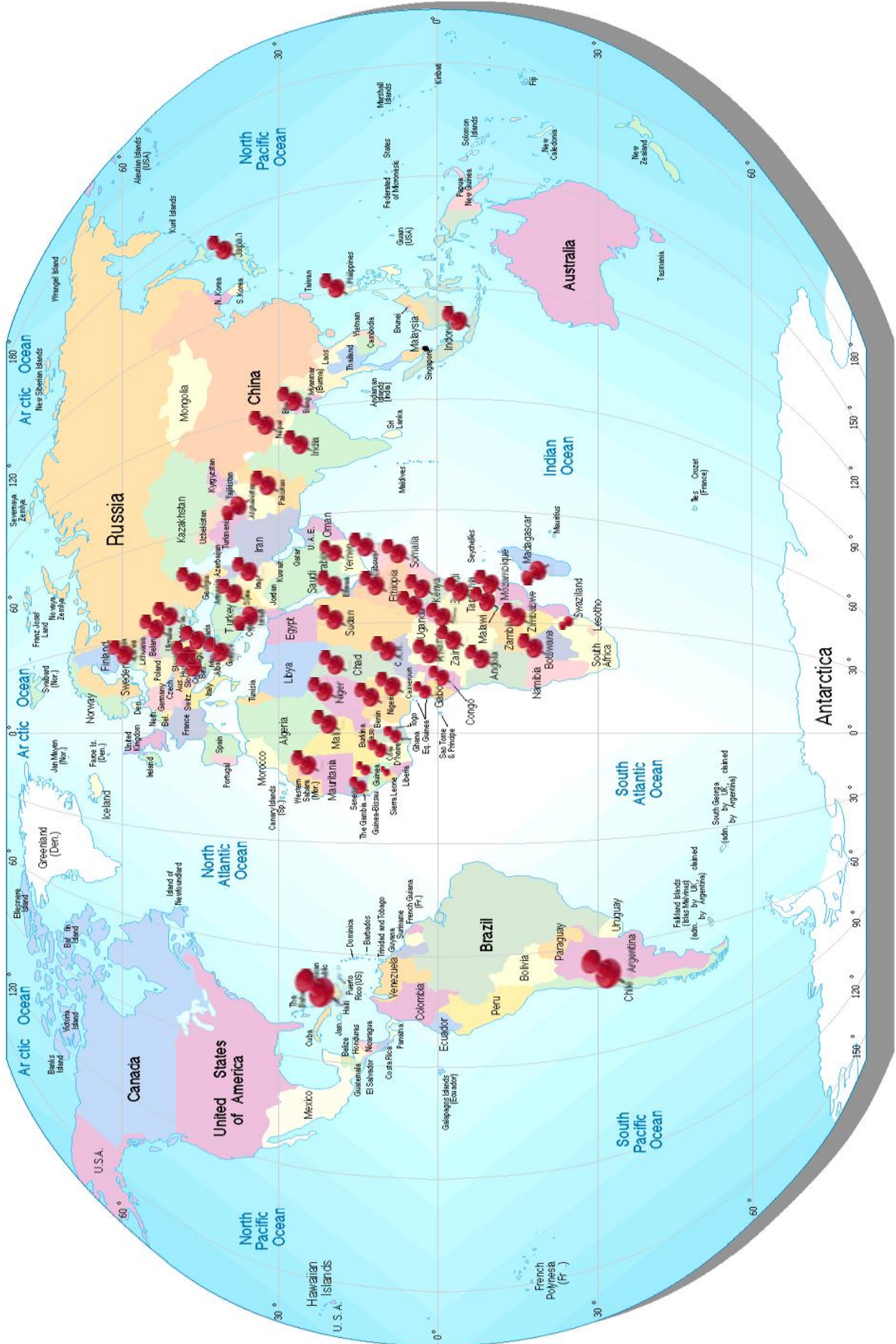
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INTRODUCTION

“Heart Doctors”: Identity and humanitarian activities

During the war against Yugoslavia, a few volunteering friends from Greece decided to assist the attacked people by gathering medicines, food provisions and other necessary items, which they transported by car and offered to the victims of that war. Thus, an informal group of Greek doctors and other friends was formed at that time, which soon began offering humanitarian assistance initially to very poor African communities. They used to offer medical services, medicines and food to populations living in remote or isolated rural areas, ill and forgotten, without any medical care. The members of that group created in 2001 the Humanitarian Organization “Heart Doctors”.

“Heart Doctors” is a Greek, Humanitarian, Non Profit, Non-Governmental Organization of volunteers. Their main task is to provide health care (medical camps), medicines, food, and other supplies free of charge in emergency situations where human health and life are faced with imminent danger. This happens in case of war conflicts, massive violent movements of people (refugees and internal massive and violent movements and dislocation of populations), epidemics, natural disasters (earthquakes, hurricanes and cyclones, floods and tsunamis, major fires) and hunger due to prolonged drought or other reasons. “Heart Doctors” offer also free medical care and necessary medicines to populations they visit in remote areas where there are no doctors and hospitals. As far as possible, they also try to secure economic resources to finance small or larger projects such as rural medical centers, hospitals, drinking water supply, school buildings, orphanages, libraries, etc.

To date, **1.542** missions have been accomplished in **78** countries of Africa, Asia, Europe and America. These missions have covered the need of assistance of all the above-mentioned forms. “Heart Doctors” were actively present in various wars and events of war (in Iraq, Lebanon, the Gaza Strip, Afghanistan, Pakistan, Syria and Libya), in earthquakes (in Iran, Haiti, Chile, Indonesia, Nepal), in the case of tsunamis (Sri Lanka, Indonesia, Japan), floods (India, Bangladesh, Myanmar and the Balkans), in cyclones in the Philippines, India, Bangladesh, Malawi, Mozambique and Zimbabwe; they have offered food relief in Sudan (Darfur and Khartoum), the republic of Niger, Ethiopia, Kenya, Somalia, Djibouti, Eritrea, the Democratic Republic of the Congo, Madagascar, Mozambique, Guinea Bissau, India, etc. Construction projects have been accomplished in Sri Lanka, Burundi, Nigeria, Kenya, Ghana, Cameroon, etc.

In Greece, many missions have been carried out to deal with devastating events such as earthquakes, major fires and floods. There has also been assistance to provincial hospitals and to very poor families of homeless and uninsured people. In Koutsohera village of Ilia, which was partially destroyed by the big fires of 2007, a building was constructed to house the kindergarten of the village.

“Heart Doctors” function on a genuine voluntary basis, without any employees. Members and associates as well as friends offer their services and everything else they can, without any reward. Any form of assistance offered by “Heart Doctors” is given free of charge and without distinctions of color, nation, religion etc.

The missions of the Organization are carried out by teams of members who visit the patients in the places where they live (settlement, tropical forest, savannah, camp, natural disaster area, etc.). Medicines and other forms of assistance are provided directly by “Heart Doctors” themselves, not by intermediaries. Those who participate in the mission teams shall cover themselves all their relevant expenses.

ACTIVITIES IN 2023

Countries and Missions

During the year 2023, “Heart Doctors” visited **23** countries (including Greece).

Total number of countries that have accepted humanitarian assistance from “Heart Doctors” in 2023, are **90**.

In foreign countries, **4** missions for medical services, **12** missions for delivery of medicines, **37** missions for food distribution and **20** missions for provision of other necessary supplies were carried out.

In Greece, **17** missions were accomplished during the year 2023 which included provincial hospitals and schools.

Construction Projects

During the year 2023, a primary health center, was reconstructed in Anguwan village in Minna town, Nigeria.

Moreover, a bore haul for drinking water was made in Jitta Kango village in Minna town, Nigeria.

Finally, a primary school building was constructed in Katrang, North Cameroon.

“Heart Doctors” warmly thank all those who in any way contributed to the humanitarian work of the Organization.





AID IN TURKEY





AID IN THESSALIA, GREECE

MISSIONS FOR MEDICAL SERVICES

Two Sub-Saharan African countries were visited by “Heart Doctors” during 2023 to carry out four humanitarian missions and offer medical services to populations living in remote rural areas. These countries and the number of missions for each of them are shown in the following table:

Country	Number of Missions
Cameroon	2
Nigeria	2
Total	4

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



40th MISSION

Nigeria - Niger State

A five-member team of "Heart Doctors", left Athens on Thursday, 26.1.2023, for Nigeria, following an invitation from the Economic group of Ioannis Koumandaros' company FMN (Flour Mills of Nigeria) to offer medical services to the Suntí Golden Sugar Estate unit, near Mokwa settlement and Jaki village of Niger State. In addition to the workers in the Sugar Estate, patients from the settlements of the wider area were also offered free medical examination and medication.

The nurses of the Clinic helped interpret with the patients, who were transported by the company's trucks on multiple routes from nearby and remote villages every day. All those who came were examined and the necessary medicines were given to them free of charge (all the available baby milks were also distributed). Many mothers did not have enough breast milk due to weakness and malnutrition. Many babies had lost their mothers who had passed away.

Main diseases: malaria, respiratory infections, gastroenteritis, skin diseases, arthralgias, hypertension, epilepsy, anemia, conjunctivitis, urinary tract infections, schistosomiasis, parasites, etc.





27/02/2023

32nd MISSION

North Cameroon, Katrang

On the 27th of February 2023, a five member team departed to Cameroon on a mission of medical attendance and alimentation of people in Katrang, a remote poor agricultural area in north of the country. With an overnight stay in Cairo, the team reached N'Djamena in Chad, and continued traveling by road south to the city of Bongor, near the river at the border with Cameroon.

After a five hour driving and quick clearance from customs the team crossed the river and was transported with a mini bus to the compound in Katrang, where the local priest and few residents of the area welcomed the members of the mission, and helped them to accommodate in the huts.

From 1/3 to 5/3 large number of patients gathering from far distances were daily attended.

Frequent health problems were: parasites, infections of the respiratory mostly and urogenital tracts, low back pain and arthralgias, eye problems, malaria not so frequent, scabies, cases of tropical splenomegaly, epilepsy and traumas.

In the afternoon hours of several days food was distributed to small children, the same that was prepared for the team once a day in the early evening hours, which the children enjoyed very much.

Maize was distributed to 141 families whose members lived in starvation due to prolonged drought.





41st MISSION

Nigeria – Niger State

A five-member team of “Heart Doctors”, left Athens on Saturday, 28.10.2023, for Nigeria.

The first three days the team offered free medical services on the suburbs of Minna town:

- 30/10 Tunga Primary Health Care Center, Minna
- 31/10 Bosso Primary Health Centre, Minna
- 01/11 Old Airport Primary Health Care, Minna

For security reasons, “Heart Doctors” did not perform medical camp in other areas than Minna.

On the 2nd of November the team departed from Minna to Sunti following an invitation from the Economic group of Ioannis Koumandaros' company FMN (Flour Mills of Nigeria) to offer for three days medical services to the Sunti Golden Sugar Estate unit, near Mokwa settlement and Jaki village of Niger State. In addition to the workers in the Sugar Estate, patients from the settlements of the wider area were also offered free medical examination and medication, and milk powder was provided to malnourished babies. All the patients were transported by the Company's trucks on multiple routes from nearby and remote villages every day.

In Lagos, the last three days the team visited Makoko area. Apart from free medical aid the team distributed food to the kids of the area, donated by FMN Company.

Makoko is located on the coast of mainland Lagos with more than 200.000 inhabitants. It is a very poor compound of wood houses standing over wooden poles over black filthy and bad smelling waters with some narrow floating passages. People are moving through the canals by small wooden boats holding hand long sticks and they don't have access in any kind of medical treatment.

Main diseases: malaria, respiratory infections, gastroenteritis, skin diseases, arthralgias, hypertension, anemia, eye diseases, malnutrition.



Nigeria



33rd MISSION

North Cameroon, Katrang

On the 27th of November 2023, a five member team of "Heart Doctors" departed for North Cameroon.

The purpose of the mission was to offer free medical care, food for the residents of the rural area and the inauguration of a primary school.

For the next five days, a large amount of the population, mainly women and children, gathered from very early in the morning, before dawn, in order to be examined.

The medical services took place at the premises of the church of the Holy Apostles.

Due to heavy drought in the region, during this period, "Heart Doctors" team offered corn to 100 needy poor families as well as powdered milk to infants whose mothers were unable to breastfeed.

During the afternoon hours, of a certain days, the team organized feeding of about 50 young children.

On the 2nd of December, "Heart Doctors" team inaugurated the building of the new primary school for 120 students. The ceremony was performed by the priest of the area. Moreover, the teachers and the students were wearing white blouses and school backpacks including pencils, erasers, scrapers and notebooks.

Later on, everybody who was present sang the National Anthem of Cameroon. The President of the village, the Headmaster of the school and the donor of the plot shared few words with the crowd.

The vice president of "Heart Doctors" team Mrs. Eleni Sotiriou, thanked everyone who worked together in order for the school to be completed. She promised that a similar building with two classrooms, for another 120 students, would be built soon.

She asked from the priest and the villagers of the area to contribute with personal labor for the construction of the new building, so they will maintain it, appreciate it and take care of it as if it is one of their own.

Main diseases: malaria, anemia mainly in children, gastroenteritis, arthralgia, skin diseases, urinary tract infections, bilharziosis (Snail fever with symptoms from hematuria due to the parasite "schistosomes" from stagnant water), eye diseases, breast abscess in a nursing mother of a newborn, large abscess on the buttock of an infant, breast milk deficiency due to malnutrition, osteomyelitis of the lower extremity in chronic trauma, hypertension, epilepsy, diabetes and other physical ailments due to financial inadequacy.





MISSIONS FOR DELIVERY OF MEDICAMENTS

During the year 2023, **12** medicine delivery missions were accomplished.



FOOD MISSIONS

In the year 2023, **37** food missions were carried out in **10** countries, as shown in the following table:

Country	Number of Missions
Djibouti	5
Eritrea	5
Eswatini	1
Guinea	1
India	3
Mozambique	3
Niger	2
Somalia	5
Sudan	10
Zimbabwe	2
Total	37

Djibuti: Five missions were carried out in Djibuti. Rice, corn flour, powder milk and wheat flour were distributed to poor families (5.1.23, 11.3.23, 27.4.23, 22.8.2023, 8.12.23).

Eritrea: Five missions were carried out in the capital Asmara. Rice, powder milk and corn flour were distributed to poor families (5.1.23, 11.3.23, 27.4.23, 22.8.2023, 8.12.23).

Eswatini: One mission carried out in Eswatini. Rice, powder milk and corn flour were distributed (15.6.23).

Guinea: One mission carried out in Guinea – Konakri. Rice and corn flour were distributed (28.9.23).

India: Two missions were carried out in surrounding areas of Andhra Pradesh, dhal and rice were distributed to very poor families (17.2.23, 3.7.23). One mission carried out in the suburbs of Hyderabad in Telengana State (17.11.23).

Mozambique: Three missions were carried out through Harare of Zimbabwe (4.1.23, 10.3.23, 15.6.23) Corn flour, rice, wheat flour and powder milk were distributed to starving families.

Niger: One mission was carried out in North Niger (12.3.23), where rice, wheat flour, powder milk and bottled water were distributed. On 2.9.2023 a second mission was carried out in Zinder city through Katsina, Nigeria where corn flour, rice, powder milk, sugar and bottled water were distributed.

Somalia: Five missions were carried out. Food was transported by car through Djibouti to the borders of Somalia in order to distribute it to starving people in Somalians' camp. Rice, powder milk, corn flour and wheat flour (5.1.23, 11.3.23, 27.4.23, 22.8.23, 8.12.23).

Sudan: Ten missions were carried out. In surroundings areas of Khartoum and Darfur (near Nyala city), rice, corn flour, powder milk, wheat flour and bottled water were distributed to starving people. (5.1.23, 11.3.23, 27.4.23, 22.8.23) Due to war which took place in the capital of Khartoum, one mission was carried out through Port-Sudan to distribute rice, corn flour, powder milk and bottled water to refugees. The second one was carried out through Asmara of Eritrea to Port-Sudan by car to distribute rice, corn flour and powder milk. (5.6.23, 10.6.23, 8.12.23).

Zimbabwe: Two missions were carried out in the capital Harare. Corn flour, wheat flour, rice and powder milk were distributed to poor families (4.1.23, 10.3.23).

It should be clarified that in both missions that were made in Cameroon, except for medical services “Heart Doctors” also distributed food in needed families.



OTHER MISSIONS

CLOTHING, FOOTWEAR, SCHOOL SUPPLIES, ETC.

Country	Number of Missions
Armenia	3
Gambia	2
Georgia	3
Guinea	1
Liberia	1
Moldavia	4
Sudan	1
Syria	1
Turkey	3
Zimbabwe	1
Total	20

Armenia: One mission was carried out on surrounding areas of the city Kapan where we provided clothing to vulnerable groups (3.5.23). A second mission carried out (28.06.23) on surrounding areas of the city Kapan where we distributed clothing and school material to school children of the city Kapan. On 24.8.23 a third mission carried out where we distributed school material to children of the city Kapan.

Gambia: On 10.5.23 in the capital Banjul a mission took place providing shoes in vulnerable groups. Moreover on 28.9.23 school material were distributed to school children of the city Banjul.

Georgia: One mission took place in the capital Tbilisi where we provided clothing for children in various schools and candies (12.1.23). On 19.9.2023 one more mission carried out where we distributed school material in school children of the area. On 14.11.23 we distributed gifts for Christmas to school children.

Guinea: One mission took place in the capital Konakry where we distributed clothing in vulnerable groups (10.5.23).

Liberia: In the capital Monrovia one mission took place where we distributed various school materials to students (10.5.23).

Moldavia: Two missions took place in the capital Chisinau where distributed in school children various stuff of clothing and sweets (12.1.23, 18.3.23). On 19.9.23 one more mission carried out where we distributed school material to students. On 14.11.23 we distributed Christmas gifts to students.

Sudan: On 28.6.23 the Embassy of Sudan in Athens in co-operation with the Embassy of Sudan in Egypt co-ordinated to distribute medicines and clothing to Port-Sudan.

Syria: One mission took place in refugee areas due to earthquake where blankets were distributed (8.2.23).

Turkey: On 10.2.23 a mission took place in Adana (2nd mission to Turkey) providing to earthquake victims blankets, clothing and bottled water. Moreover two missions were carried out in Marmaris and Fatiye (22.2.23, 3.3.23) distributing blankets, clothing, shoes, hygiene items and epidermal material. In the last one provided food also.

Zimbabwe: One mission carried out in Mutare city where we distributed clothes (15.6.23).



HUMANITARIAN MISSIONS IN TURKEY

FIRST MISSION



SECOND MISSION



THIRD MISSION



CONSTRUCTION WORKS

Katrang, North Cameroon.

The construction of a primary school for 120 students was completed in Katrang Area of North Cameroon.



Drinkable Water in Nigeria.

A bore haul was constructed in Jitta Kango village in Minna town of Niger State.



Minna town, Nigeria.

A health center was constructed in Minna town, in Anguwan Kompani Village, Niger State.



HUMANITARIAN AID IN GREECE

Delivery of first aid materials due to wild fires in Rhodes

On Sunday, 23.7.2023, a team of “Heart Doctors” visited Prefecture of Rhodes and Rodion Paideia School where they provided bed linens, towels and drinking water to the people affected from the wild fires in North area of Rhodes.

Delivery of first aid materials to flood victims in Thessalia

On Wednesday, 13.9.2023, a team of “Heart Doctors” left for Thessalia in order to distribute first aid materials to the flood victims affected from storm “Daniel”. The storm caused a record-breaking rainfall in the area on September 5-6, 2023. The villages visited were Rizovouni, Kalogriana, Krania and Magoula.

Two more missions were carried out on 20.9.2023 where the team of “Heart Doctors” distributed first aid materials (brooms, mops, buckets, mops, detergents, etc.) to the flood victims of the villages Vlochos, Maratheia, Korda and Parapotamos in Trikala and on 04.10.2023 they distributed first aid materials (quilts, pillows, towels, pillowcases, etc.) to the villages of Vlochos, Keramidi and Parapotamos in Trikala.

Offer of consumables to “GALILEE” Palliative Care Center

On 22.12.2023, team of “Heart Doctors” visited the “Galilee” Holy Metropolis of Mesogaia and Lavreotiki and offered various consumables.

Offer of consumables to hospitals

Seven visits in hospitals were made in order to offer medicines and various consumables 24.1.23, 1.3.23, 27.4.23, 8.5.23, 27.7.23, 9.10.23, 23.10.23.

Two electronic cardiograph machines were offered to a hospital on 11.12.23.

Aid to the school of Second Chance in Larisa (Prison)

On 20.1.2023, a team of “Heart Doctors” visited the Second Chance School in Larissa prison and offered to the students various items as follows:

Bathrobes, t-shirts, long-sleeve shirts, long-sleeve tops, jeans and sweatshirts, men's jackets and trousers, stationery, A4 papers, sheets, blankets, pillowcases, socks.

On 3.5.2023, “Heart Doctors” team visited again the Second Chance School in Larissa prison and offered free examination and distribution of visual material for those who face eye problems.

Aid to the Minority School Iliopetra in Xanthi

On 10.1.2023, “Heart Doctors” offered to the school children pencils, writing books and other relevant material as well as season sweets.

Family support

The support of some mothers with their children who have been abandoned by their husbands and fathers continued in 2023 (these families live mainly in Perama, Kaminia, Nikaia, Korydallos, Drapetsona and Keratsini).

Escorts of patients

In some cases, when necessary, “Heart Doctors” provide escorts for patients who have to be transported urgently to hospitals in Athens. Travel, accommodation and subsistence expenses of the escorts were covered.

Other activities

- Medicines were offered to social pharmacies of the Municipality of Athens and the Municipality of Saronikos in Kalyvia Thorikos (the medicines in question have been given to “Heart Doctors” by friends but were not used in their medical missions).
- Donation of blankets and bed sheets to poor families in Amfiali Attikis,



HUMANITARIAN MISSION IN THESSALIA, GREECE

FIRST MISSION



SECOND MISSION



THIRD MISSION



MEDICINES AND OTHER MATERIALS

“Heart Doctors” receive from the general public medicines, which are donated for their humanitarian missions. School children, students of foreign languages institutes, the Orthodox Christian Church, various companies and their staff, pharmacies and individuals find the way to offer medicines. Medicines against tropical diseases, which are not produced or marketed in Greece, are purchased from the European market.

Expendable hospital supplies, needed to support provincial hospitals in Greece, are purchased from the Greek market. The same applies to a variety of items offered to natural disaster victims in Greece, to poor families and needy adult school students in prisons etc. In addition to medicines, “Heart Doctors” use in their missions many other items such as basic foodstuffs (milk powder mainly for children, sugar, wheaten flour, maize, corn flour, corn oil, rice, beans etc.), bottled water, clothing and footwear, bedding items, household equipment, school supplies, mosquito nets etc. Most of these items are distributed in missions abroad. They are purchased in wholesale markets close to the populations to which they are offered (minimization of transport costs).

In the past, “Heart Doctors” used to collect food items from the general public in Greece; those items were transported to the places of great famine or natural disasters abroad by C130 planes at the expense of the Greek State.

It is clarified that certain friends of “Heart Doctors”, and volunteer associates, who prefer anonymity, help the work of the Organization by personally participating in the humanitarian missions and covering the cost of buying and distributing the material donated by them.



MISSION MEMBERS

Xenophon Giataganas

Ioannis Sotiriou

Vasilios Dimadis

Nikolaos Dimakis

Helen Sotiriou

Eygenia Lyras

Mairy Ypsilandi

Pantelis Ypsilandis

Theodoros Tzortzopoulos

Urania Galli –Ypsilandi

Maria Giatagana

Stefania Lamprou –Giatagana

Aggelos Lamprou

Xenophon Lamprou

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Irene Andersen

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Venetia Xiptera

Andreas Giataganas

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Pantelis Ziogou

Parthena Kiorteve

Prodromos Sfikakis

Simeon Ziogou

Stelios Sfikakis

Stella Krithinidou

Vasilios Abatzidis

Xaris Dimitrakopoulos

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Children and young people from kindergartens, schools, foreign language institutes and universities continue to offer medicines for the humanitarian work of “Heart Doctors”. We cordially thank all these donors, their teachers and their parents.

Many friendly people remember the humanitarian work that is being done for years and contribute by their offerings. Pharmacists, various individuals, even retired, and the Orthodox Christian Church, offer medicines and other useful items. “Heart Doctors” thank them very much indeed.

Associates contribute by offering their personal services in transporting, checking and classifying the drugs that are collected. Others offer their own means of transport for transporting materials. Others work in groups in Athens, Thessaloniki, Rhodes, Crete etc for the collection of medicines. Others assist the doctors in offering medical treatment. To all these dedicated volunteers, we express our very grateful thanks.

Leaders and employees of Egypt Air, Lufthansa Airways and Aegean Airlines are cordially thanked for their willingness to serve our members when traveling for our missions. Especially, we greatly thank Aegean Airlines because, in addition, it often provides us with milk for malnourished babies and young children – candies, t-shirts and other material is lovingly and enthusiastically prepared by the Customer Service Department as a gift to infants and young children of Africa. We would also like to express our thanks to PAPADOPOULOS S.A. for their contribution of biscuits to our missions in Africa.

The transportation companies “Grammi Stati Bros OE”, “Spanos Dodecanisos Seaways” and “Thessaloniki – Athens KTEL Transport” are very gratefully thanked for their substantial contribution to the work of “Heart Doctors” by free transferring medicines and other materials.

We thank the Pope and Patriarch of Alexandria and All Africa Mr. Theodoros II, the Patriarch of Antioch Mr. Ioannis the 10th, the Archbishops of Cameroon Mr. Gregorios, of Western Tanzania Mr. Ieronymos, of Nairobi Mr. Makarios, the Metropolitan of Nouvia Mr. Savvas and the Archimandrite Mr. Themistoclis Adamopoulos of the Diocese of Sierra Leone, as well as the Holy Clergy of the above mentioned Christian Orthodox Churches for the help and contribution they offer to our missions. Furthermore, we would like to thank and congratulate the priests and church warden of Holy Trinity Church in Nea Kifisia for medicines and other useful material they often send to “Heart Doctors”.

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We thank, the Governor of the Niger State Mr. Bago and all the Governors from different States who helped “Heart Doctors” missions in Nigeria.

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The Consular Authorities of Cyprus in many countries offer very important services during the implementation of humanitarian activities there. We thank the responsible officials for their kind help. We thank the rest of our friends, in Greece and abroad, who contribute to our work. Many thanks are extended to the anonymous friends and associates, who support poor fellow human beings by accomplishing many food missions and providing other necessary items, in collaboration with “Heart Doctors”.





SCHOOL CONSTRUCTION IN CAMEROON