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HEART DOCTORS

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N.G.O. Serial N° 131



Heart Doctors

ACTIVITIES

2024

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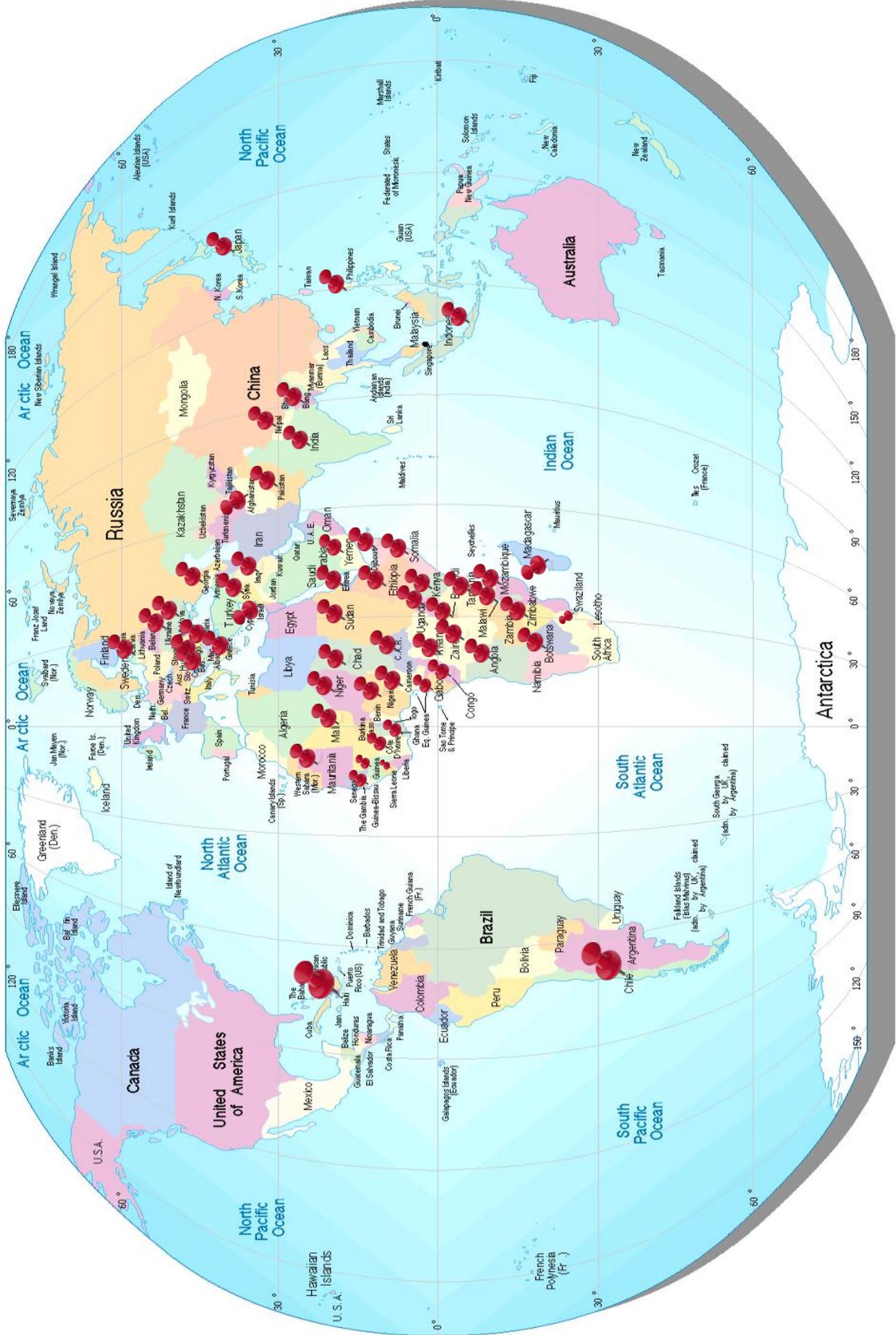
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CONTENTS

Contents	3
Introduction	5
Missions for medical services.....	9
Missions for delivery of medicaments	18
Food Missions	18
Other Missions	20
Construction Works	22
Humanitarian aid in Greece	24
Visits.....	26
Medicines and other materials	28
Missions members	29
Acknowledgements	30



INTRODUCTION

“Heart Doctors”: Identity and humanitarian activities

During the war of Yugoslavia, a few friends decided to assist people by gathering medicines, food provisions and other necessary items, which they transported car offered to the victims of that war.

Thus, an informal group of Greek doctors and other friends was formed, which soon began offering humanitarian assistance initially to very poor African communities. They offered medical services, medicines and food to populations living in remote rural areas, without 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, **1.606** 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, the construction of a building was financed 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. Those who participate in the missions cover themselves all their relevant expenses.

ACTIVITIES IN 2024

Countries and Missions

During the year 2024, “Heart Doctors” visited **28** countries (including Greece). The total number of countries that have received humanitarian assistance from “Heart Doctors” up to now, are **64**.

In foreign countries, **4** missions for medical services, **13** missions for delivery of medicines, **24** missions for food distribution and **16** missions for provision of other necessary supplies were carried out.

In Greece, **7** missions were accomplished during the year 2024 which included provincial hospitals and schools.

Construction projects

During the year 2024, a 2nd primary school building was financed in Katrang, North Cameroon.

Four toilets were built for both school buildings.

Furthermore, a rural medical center was inaugurated near the schools in the same area. “Heart Doctors” warmly thank all those who in any way contributed to the humanitarian work of the Organization.







MISSIONS FOR MEDICAL SERVICES

Two Sub-Saharan African countries were visited during 2024 to carry out four missions to offer medical services to populations living in remote rural areas. The number of missions for each of these countries 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.



42nd MISSION

Nigeria - Niger State

A five-member team of “Heart Doctors”, left Athens on Saturday, 27.1.2024, for Nigeria via Cairo. The team arrived the next day in the capital of Nigeria, Abuja, and departed immediately to Minna where they stayed overnight hosted by the governor of Niger State, Mr. Bago.

The first two days the team offered free medical services to two suburbs villages of Minna town according to the governors’ schedule.

On the 31st of January the team departed to the city Bida. After 2.5 hours of rough road trip the team visited the Emir of the area and offered free medical services to the employees in the yard facilities. Then, they visited the “Public Patient Treatment Clinic” where they treated one twin baby that was suffering from bronchial pneumonia. Greek powder milk was given to the baby.

In the afternoon of the same day, the team departed to Sunti following an invitation from Mr. Anlo du Pisani and his wife Tamara, General Manager of “Golden Sugar Estate” FMN Koumantaros Group Companies, Sunti, Mokwa, Niger State.

For the next three days, they offered medical services to the Sunti Golden Sugar Estate unit. 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. All patients were transported by the Company's trucks from nearby and remote villages every day. In many cases milk powder was provided to orphans malnourished babies.

Main diseases: Malaria, anemia, respiratory infections, gastroenteritis, infestations, parasitosis, skin diseases, arthralgias of adults and children, hypertension, diabetes, epilepsy, urinary tract infections.





34th MISSION

North Cameroon, Katrang

On the 15th of February 2024, a six member team of “Heart Doctors” departed for Chad with overnight stay in Cairo. The next day they arrived in N’Djamena where they started their trip by car to Bongor. After six hours of rough road they reached the borders where they crossed the river to the town Yangoua of Cameroon. Priest Irene was waiting for them and they continued driving for two more hours in the night in order to reach their final destination, Katrang village.

On 17th of February 2024, the team started the medical services with the help of the local translators which took place at the premises of the church of the Holy Apostles.

For the next five days, a large number of people, mainly women and children, gathered from very early in the morning, before dawn, in order to be examined. In some cases of severe malaria, three children were treated with injections.

Due to drought in the region, during this period, the team offered corn to needy poor families as well as powdered milk to infants whose mothers were unable to breast feed.

“Heart Doctors” offered school bags, pencils, erasers and scrapers to 120 students who will soon be housed in the two new classrooms which are under construction. Now the children are currently in a outdoor classroom with branches.

Main diseases:

Malaria (children – adult women), tracheobronchitis, gastroenteritis, parasites, urinary tract infections, skin diseases, epilepsy, hypertension, diabetes.





35th MISSION

North Cameroon, Katrang

On 21/10/2024, a six-member team departed for Chad with an overnight stay in Cairo.

As soon as they arrived in N'Djamena, immediately they set off by road to Bongor where, after six hours of rough road, they reached the borders and crossed the river to the city of Yangoua, Cameroon.

After 5 hours of night driving on a damaged road, they managed to reach their final destination, the isolated village of Katrang.

On 23/10/2024, medical services began with the help of local translators, which were carried out at the premises of the Church of the Holy Apostles. A large crowd of people, mainly women and children, gathered from very early in the morning, before dawn, to be examined.

On 25/10/2024, a new rural clinic was inaugurated, which consisted of a delivery room and three recovery rooms for adults.

The next day, due to the drought in the area at that time and in parallel with the examination of patients, the team distributed food to 100 poor families in the area.

Finally, on 27/10/2024, the team offered school bags to the students of the new school where the inauguration took place.

All the residents danced and sang traditional songs, expressing in this way the gratitude for the help they were offered.

On 28/10/2024, the members of the mission began their return journey by road to Yangoua at dawn, crossing the river into Chad and from Bongor they drove to N'Djamena where they spent the night. The next day they departed for Athens with an overnight stay in Cairo.

Main diseases:

Malaria, anemia, helminthiasis, upper respiratory infections, gastroenteritis, urinary tract infections, skin diseases, arthralgia, conjunctivitis, epilepsy. A few cases of malnutrition in children were also encountered, to whom milk and vitamins were given .





43rd MISSION

6/11/2024

Nigeria - Niger State

A four-member team, left Athens on 6.11.2024, for Nigeria via Cairo. The team arrived the next day in the capital of Nigeria, Abuja, and departed, with police escort, immediately to Minna where they stayed overnight hosted by the governor of Niger State to Governor's Guest House.

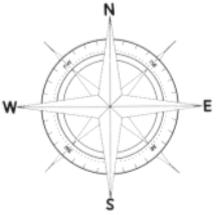
On the 8th of November the team offered medical services to a camp of displaced people due to criminal attacks in the IDP Camp, Kuta, Shiroro Local Government Area, Niger State. In a school complex, there were two thousand displaced people, mainly women and children, and a few adults, who lacked basic goods and food. The team provided 1,000 kilos of rice. A lack of education for the children of the camp in this area was noted.

On the 9th of November the team of "Heart Doctors" visited the area of Gusun village, Gurara Local Government Area, Niger State where there was a damaged clinic and they decided to finance the construction of a new one for the residents there. After the end of the second day of the medical free services, the team was invited by the Governor of Niger State "His Excellency Bago" to his home. The Governor welcomed the team with warmth and showed his enthusiasm for the work carried out by the "Heart Doctors" in their 43 missions in Nigeria. He immediately doubled the personal security of the team (eight police officers) and granted them the presidential VIP hospitality suite, noting that they would spend the night there each time.

On the 10th of November the team provided with medical services the Nubupi village, Bosso Local Government Area, Niger State.

Main diseases:

Malaria, upper respiratory infections, gastroenteritis, back pain, arthritis, musculoskeletal pain, parasites, skin diseases, conjunctivitis.



On 11/11 the team left Minna by road for Sunti where they settled after an invitation from the General Manager of Mr. Anlo du Pisani and his wife Tamara, of the “Golden Sugar Estate” FMN Koumantaros Group Companies, Sunti, Mokwa, Niger State, offering medical services for three days at the Sunti clinic of the “Sunti Golden Sugar Estate” unit. In addition to the employees of the company complex, crowds of patients who were transported by the company’s trucks from the villages of the wider area to Sunti were examined and received free medication.

Main diseases:

Malaria, anemia, helminthiasis, upper respiratory infections, gastroenteritis, arthralgia, conjunctivitis, skin diseases.



MISSIONS FOR DELIVERY OF MEDICAMENTS

During the year 2024, **13** medicine delivery missions were accomplished.



FOOD MISSIONS

In the year 2024, **24** food missions were carried out in **14** countries, as shown on the following table:

Country	Number of Missions
Djibouti	2
Eritrea	2
Eswatini	3
Ethiopia	1
Gambia	1
India	1
Kenya	1
Liberia	1
Malawi	1
Mozambique	3
Niger	2
Somalia	2
Sudan	1
Zimbabwe	3
Total	24

Djibouti: Two missions were carried out in Djibouti. Powder milk, flour, rice and corn were distributed. (26.6.2024, 15.9.2024)

Eritrea: Two missions carried out in Asmara. Powder milk, flour, corn and rice were distributed to poor families in surrounding area. (26.6.2024, 15.9.2024)

Eswatini: Three missions carried out in Eswatini. Rice, powder milk, corn, flour and sweets were distributed. (2.1.2024, 19.4.2024, 25.9.2024)

Ethiopia: One mission carried out in Addis Ababa. Cereals (teff) were distributed to starving families. (26.6.2024)

Gambia: One mission carried out in Banjul. Rice, powder milk, sugar and flour were distributed in the surrounding area. (24.5.2024)

India: A mission was carried out in surrounding areas of Andhra Pradesh, dhal and rice were distributed to poor families. (9.2.2024)

Kenya: A mission was carried out in Nairobi providing food to starving families. (18.4.2024).

Liberia: One mission carried out in Monrovia. Rice, powder milk, sugar and flour were distributed in the surrounding area. (24.5.2024)

Malawi: A mission was carried out through Beira of Mozambique. Powder milk, rice and flour were distributed to poor families in the area of Mulanje. (25.9.2024)

Mozambique: Three missions carried out where rice, powder milk, corn flour and wheat flour were distributed to starving families. (2.1.2024, 19.4.2024, 25.9.2024)

Niger: One mission was carried out in North Niger (28.2.2024), where rice, corn flour, sugar, powder milk and bottled water were distributed. One more mission was carried out in the city Maradi. Rice, flour, powder milk and bottled water were distributed. (15.10.2024)

Somalia: Two missions were carried out through Djibouti. Powder milk, flour, rice and corn were distributed to starving families. (26.6.2024, 15.9.2024)

Sudan: One mission carried out to Sudan through Eritrea due to the war. Rice, powder milk, flour and drinking water were distributed to refugees of the war in surrounding area. (15.9.2024)

Zimbabwe: Two missions carried out through Beira of Mozambique. Rice, powder milk, corn flour and wheat flour were distributed to poor families. (2.1.2024, 19.4.2024, 25.9.2024)

OTHER MISSIONS

CLOTHING, FOOTWEAR, SCHOOL SUPPLIES, ETC.

Country	Number of Missions
Armenia	3
Gambia	1
Georgia	3
Guinea	1
Guinea Bissau	1
Liberia	1
Moldavia	6
Total	16

Armenia: In a mission in Kapan city, blouses, socks and sweets were given to school children (8.5.2024). On 24.6.2024 and on 11.10.2024 two more missions took place in Yerevan where clothing for men and women was given.

Gambia: A mission took place in Banjul city where clothing and footwear were given to poor families in the surrounding areas. (11.12.2024)

Georgia: Two missions took place in the capital Tbilisi where clothing – shoes, blankets, socks and sweets were distributed to school children of poor families (8.3.2024, 8.5.2024). On 24.6.2024 in a mission through Yerevan, heaters were transported and distributed to poor families at the capital Tbilisi of Georgia.

Guinea: A mission took in the capital Conakry where clothing and footwear were provided to vulnerable groups. (11.12.2024)

Guinea Bissau: In one mission, clothing was given to children of various schools (24.5.2024)

Liberia: In a mission in Monrovia city, clothing and footwear were given to very poor families. (11.12.2024)

Moldavia: In five missions in the capital Chisinau shoes, blankets, socks, sweets, clothing for adults and heaters were distributed to school children of poor families (8.3.2024, 8.5.2024, 24.6.2024, 25.7.2024, 1.12.2024). One more mission took place on the 20th of September in the capital of Moldavia. Blankets, bed sheets and pillows were bought from the local market and distributed to flood victims. Storm “Boris” caused record-breaking rainfall in the area on September 15, 2024.



CONSTRUCTION WORKS

School building in Katrang, North Cameroon.

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



Toilets building in Katrang, North Cameroon.

The construction of four toilets was completed in Katrang for the students of both schools in the area.



Rural Medical Center in Katrang, North Cameroon.

The construction of a rural medical center was completed in Katrang for the needs of the inhabitants of the area (a delivery room and three recovery rooms).



HUMANITARIAN AID IN GREECE

Offer of medicines and consumables to hospitals

Four visits to hospitals to provide medicines and various consumables 24.1.2024, 18.6.2024, 30.7.2024, 25.11.2024.

Aid to the rural clinic in Fournia Village, Evrytania Area

On 13.10.2024, “Heart Doctors” visited the rural clinic in Fournia village and offered medicines and various consumables for its needs.

Family support

The support of some mothers with their children who have been abandoned by their husbands and fathers continued in 2024 (these families live mainly in Perama, Kaminia, Nikaia, Korydallos, Drapetsona and Keratsini).

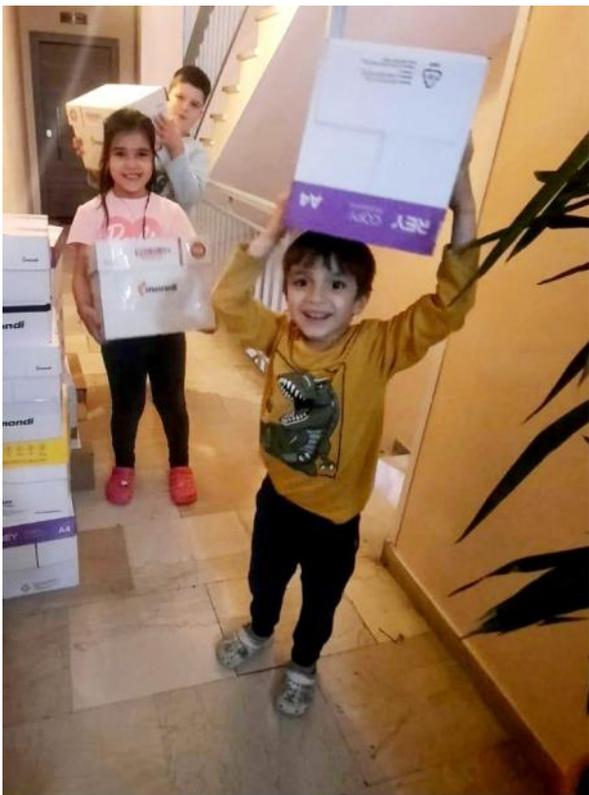
Escorts of patients

In some cases, “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 donated to social pharmacies and nursing homes of the Municipality of Athens, the Municipality of Saronikos in Kalyvia Thorikos, Acharnai-Menidi and Keratsini.





VISITS

Mrs. Eleni Sotiriou, Vice-President of the humanitarian Organization “Heart Doctors”, with a team of members and friends of the Organization, after being invited, visits various schools and other groups of people who show interest. She presents to the audiences the work carried out by “Heart Doctors” in their missions. Children are very impressed by the low level of living, and local circumstances (sickness, hunger, dangers, wars, conflicts, natural disasters and distress) prevailing in the poor areas of the countries visited by “Heart Doctors”. School visits take place only when there is time available for this activity – during the intermissions between successive missions or in periods of heavy rains in Africa and Asia when “Heart Doctors” cannot work there. When the places to be visited in Greece are far away from Athens (Northern Greece, Peloponnese, Crete), the team stays for days in these places. The following visits were accomplished in 2024:

13.2.2024, 6th High School of Marousi, Athens.



25.2.2024, “Heart Doctors” guests of the “Pharmacists of the World” organization at Megaro Mousikis (Concert Hall), Athens.



18.10.2024, Nursery School “LILOSPITO” Ano & Kato Glyfada, Athens.



15.12.2024, “Heart Doctors” as guests of the Y.W.C.A. of Greece (Christian Youth Union) in Komotini, following a relevant invitation, attended and participated in its established Christmas celebration with the theme "Love has no borders".



***Photo source: Y.W.C.A.Komotini and Thraki online.gr**

MEDICINES AND OTHER MATERIALS

“Heart Doctors” receive medicines from the general public, 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).

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 costs 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

Urania Galli - Ypsilandi

Theodoros Tzortzopoulos

Irene Andersen

Stella Sfetkopoulou

Maria Giatagana

Stefania Lamprou - Giatagana

Aggelos Lamprou

Xenophon Lamprou

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Tryfonia Anastasiou

Venetia Xiptera

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Konstantinos Ziogou

Pantelis Ziogou

Parthena Kiorteve

Prodromos Sfikakis

Simeon Ziogou

Stelios Sfikakis

Stella Krithinidou

Vasilios Abatzidis

Xaris Dimitrakopoulos



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The "Heart Doctors" Organization is strengthening the field of philanthropy with its uninterrupted presence in it for 26 consecutive years. Supporters in our work and companions in this "journey of offering and loving" are people who have known and recognized our work, trusted our team and providing it with practical support. We are honored to walk alongside with people whose field of interest turns from "me" to "we" and who are possessed of sincere and selfless altruistic feelings. We are honored to offer us undivided trust and support, recognizing that our team advocates pure volunteerism in itself, free from any selfish motive. Their trust and love deeply move us and at the same time fill us with strength, so that we can continue this sacred work of love and service. To all these people, we owe a big thank you from the bottom of our hearts, we dedicate this particular section from our group's annual report of activities to them and we wish them from our hearts that God will bless them and that every expression of love towards their suffering fellow human being will be returned to them many times over! Nothing would be the same without all of you!

Warm, heartfelt and sincere thanks...

- To the pupils, students and young people who attend schools, tutoring schools and foreign language institutes and offer medicines to our team, as well as to their teachers and parents, who encourage them to participate in humanitarian activities by planting the seed of love in their souls.
- To the friends of the "Heart Doctors" who contribute to the work being done, mainly by offering medicines, food and clothing (individuals, pharmacies and other businesses, staff of large organizations, Holy Christian churches, etc.).
- To the selfless, tireless and dedicated associates of the "Heart Doctors", who work anonymously as volunteers in Athens, Thessaloniki, Rhodes, Crete, etc. and who contribute with personal work to the collection, transport, control and classification of the offered medicines and other useful material, who offer privately owned means of transport for the transportation of material, but also who support and assist doctors in the provision of medical services.
- To the managers and employees of the airlines Egypt Air, Lufthansa and Aegean for their willing service to the Organization's teams during their travels in the context of carrying out humanitarian missions. Special thanks are expressed to Aegean Airlines and its staff of the Customer Service Department, headed by Ms. Eleni Kefala, for often offering milk for the malnourished children of Africa as well as sweets, biscuits and other gifts for the little ones and toddlers.
- To the company PAPADOPOULOU S.A. for the offer of biscuits, which we distribute in our missions.
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- To the Non-Profit Organization "Pharmacists of the World" for their offer of medi-

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