



PROJECT C.U.R.E.

Communique

Delivering Health and Hope to the World

special winter edition

Restoring Health and Hope in MALAWI

This is Daudi. She is an 18-month-old baby born with HIV in Malindi, Malawi. Daudi is in WHO classification Stage III, which diagnoses her with AIDS. Children with her condition can live to at least the age of 15 if they are compliant with Anti-retroviral (AVR) therapy but most are not—while medications are free and supplied by the government, many people lack the transportation needed to access AVR clinics.

With just two physicians for every 100,000 people in Malawi, Phoenix Internist Dr. Helen Trop-Zell (pictured left) sees far too many cases like Daudi's during her month-long medical trips to the small rural sub-Saharan community of Malindi, Malawi. "Dr. Helen" as she's known in Malindi, often says that, "being born in the U.S. is a lot like winning the lottery." And when it comes to education and health care, she's not too far off. Americans are guaranteed an education through high school and with hard work college can be attainable for most. Should sickness strike, the needed care is available to get well.

In Malindi, Malawi, conditions are less fortunate. While primary school education in Malawi is free, many of the children here, especially girls,

won't start school because it's discouraged by their parents due to distance and cost of supplies. And when it comes to healthcare, "Many patients don't seek care until they are very sick because they cannot afford to pay," explained Dr. Helen.

Malawi, is among the poorest African countries, where the average income is less than \$160 a year. Despite seemingly affordable healthcare—hospital consultations cost \$.30 USD, a delivery is \$3, and surgery, such as a C-section, is about \$10.00—St. Martin's Hospital, the only healthcare facility in Malindi, is ill-equipped to provide the needed care.

"The first time I visited St. Martin's Hospital in rural Malawi I was overwhelmed by the poverty and the unnecessary deaths, and felt helpless. I am now returning with a plan—that includes Project C.U.R.E."

"I was overwhelmed by the lack of supplies," explained Dr. Helen. "The operating room at St. Martin's had failing oxygen compressors, nasal cannulas and suction tubes that were reused, and often ran out of vicryl suture material that's critical to close wounds," she continued. There are up to 10 deliveries a day at this 100 bed hospital, with no ultrasound machines to determine whether or not emergency C-sections are needed. Additionally, no x-ray machines are available to diagnose the many cases of pneumonia and tuberculosis. Lab testing is minimal and patient charting is managed on loose pieces of paper which can become separated damaged and lost.

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C.U.R.E. Kits Provide Relief in the Peruvian Amazon

As an international businessman, Richard Horstman's work has led him to many far reaching corners of the world. So when his daughter, Dr. Molly Horstman, told him about her upcoming medical mission through Amazon Promise to Peru, he knew this was a trip that he couldn't miss. Despite his non-medical background, Richard wanted to help. "I knew about C.U.R.E. Kits and thought that [this trip] would be the perfect opportunity."

C.U.R.E. Kits are packaged with items needed by medical professionals in clinics, hospitals and orphanages. They are designed to be hand-delivered as luggage and are packed to meet international airline travel regulations; the boxes measure 31 in. x 18 in. x 13.5 in. and weigh approximately 45 pounds. Each Kit includes an inventory list of the contents, and all paperwork including the required Letter of Donation for customs.

Along the Pastaza River in the Peruvian Amazon, Richard's clinic team visited eight villages and provided medical and dental care to nearly 1,400 patients. C.U.R.E. Kits proved invaluable for providing care to the many needy indigenous patients, especially a young girl with advanced leishmaniasis, a tropical disease transmitted by certain species of sandfly and common throughout developing countries. "Without the kit, we would not have had enough syringes and small gauge needles needed for the 30 days of injections she required," said Dr. Molly Horstman.

"[C.U.R.E. Kits] proved to be a very efficient way to provide much needed medical supplies where they are desperately needed," said Richard. "I would definitely do this again," he continued.

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With so much need, how can one person make a difference? "The first time I visited St. Martin's Hospital in rural Malawi I was overwhelmed by the poverty and the unnecessary deaths, and felt helpless. I am now returning with a plan—that includes Project C.U.R.E." Dr. Helen has been fundraising since July 2009, and has nearly reached her goal of \$20,000 to ship the first container of medical supplies (valued at \$400,000) to St. Martin's. Until those are delivered, she continues to bring a little hope with every trip: new and unused laptops for data tracking; a projector to assist the teachers, healthcare educators and clergy with presentations to large groups; generic medications, electronic BP cuffs, thermometers,



Each C.U.R.E. Kit contains thousands of dollars worth of basic, life-changing medical supplies. If you will be traveling to a resource-poor destination where healthcare facilities are ill-equipped or unavailable, please consider bringing a C.U.R.E. Kit. "For only a \$150 donation, you can deliver health and hope to the world." ■

For more information about C.U.R.E. Kits, please visit projectcure.org/get-assistance/medical-kits or contact Patrice Baker at patricebaker@projectcure.org.

glucometers, glucose test strips, suction tubes, NG tubes, sterile packing, medical books, clipboards for charting, a camera, soccer balls, and coloring books in Chichewa that teach children and their families how to prevent and treat burns—5,000 coloring books will accompany the Project C.U.R.E. container. On top of this, Dr. Helen is attempting to learn Chichewa, the national language, so that she can train healthcare workers and communicate with patients.

"I am blessed to have the ongoing opportunity to improve the lives of the grateful Malawians I have met, even if it may be for brief moments in time," said Dr. Helen. ■

Coming Full Circle:

Words from Hospitals and Clinics We've Helped

MIRAJ HEART INSTITUTE, WANLESS HOSPITAL | MAHARASHTRA, INDIA

Dear Project C.U.R.E.,

We the staff of the Miraj Heart Institute, Wanless Hospital, are grateful for these wonderful donations.

A big thank you to PROJECT C.U.R.E. from the grateful cardiac team of Wanless Hospital.

This project has made a substantial impact on our capability of providing care to the poor and needy. I have received costly equipment which will help me run my program still better and more proficiently. Some of our equipment like the Heater/Cooler machine was almost broken down and because of shortage of funds I could not get a replacement. Now with these new machines replacing my older ones we will be able to further improve the quality of care that we can offer our patients.

The disposable items which I have received will cut down my operating costs by over Rs 25,000 per Adult patient (around 200 Adults will benefit) and about Rs. 5,000 per Pediatric patient (around 100 children will benefit). My average cost of surgery is around Rs. 100,000 and hence my operating costs will come down by almost one fourth in adult cases.

We once again thank all of our well wishers, friends and donors who continue to help and support us and empower us to carry out this service which has been the Mission and Vision of our founder Sir. Dr. William Wanless.

With much love,

Dr. Shirish S. Pargaonkar
Head, Cardio-vascular & Thoracic Surgery,
In-Charge, Miraj Heart Institute



KYANJA HEALTH CENTER | KAMPALA, UGANDA

"When Kyanja Community Health Centre was opened in October 2008 there was a lot of excitement, faith, hope and promises of support. The poor people of the community (some travelling on foot from seven miles away) knew that help had come.

Over the past two years the journey has been long and hard. Faith has endured but the excitement dwindled, hope suffered loss and many promises of support haven't materialized.

Project CURE hasn't simply supplied this community centre with some medical equipment, supplies and stethoscopes. You have renewed our excitement, restored the hope we had, strengthened our faith and resolve to make a difference in this underserved community and been a great support.

Thank You."

-Dr. Peter Kulaba, Kyanja Health Centre



Mothers Making a Difference

About a year ago, a group of mothers with children at the Montessori School of Denver (MSD) got together and started a group called "Full Circle" to teach their kids about philanthropy and show them how they can have a direct impact on the lives of others.

They quickly adopted Project C.U.R.E.'s Kits for Kids program started fundraising to send an entire 40-ft. cargo container of C.U.R.E. Kits for Kids "shoeboxes" to Belize. They intend to

travel to Belize and personally distribute the Kits to parents and children in need while making a video documentary of the process to bring back and share with their kids and other students at MSD. To date they have raised around \$7k and filled over 500 Kits for Kids!

If you would like to help the Full Circle moms in their effort to bring home healthcare to Belize, please reference "Full Circle: in the memo section on your check.

Project C.U.R.E. Receives Four-Star Charity Navigator Rating



Project C.U.R.E. has received a prestigious "4-star" rating from Charity Navigator, the nation's largest and most utilized independent financial health evaluator of over 5,500 charities. In a letter from Ken Berger, president and CEO of Charity Navigator, he congratulated Project C.U.R.E.

"on achieving our coveted four-star rating for sound fiscal management." **A four-star rating is the highest rating a charity can earn from Charity Navigator. This rating qualifies as "exceptional, meaning that the charity exceeds industry standards and outperforms most charities in its Cause."**

As 2010 draws to a close, we would like to thank everyone who has made this year so successful. Thousands of lives have been saved around the world because of the humble and heroic efforts of all of you who support Project C.U.R.E.

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how **YOU** can help



Connect with us on Facebook and follow @ProjectCURE on Twitter.



Make a donation to help fund the delivery of desperately needed medical supplies to hospitals and clinics throughout the developing world.

- A monthly donation of just \$25 will send one box of life-saving supplies every month.
- Sponsor a Box: \$25 ■ Sponsor a Pallet: \$500 ■ Sponsor a Container: \$20,000



Give medical equipment and supplies. For more information and to view a list of acceptable donations, please visit ProjectCure.org/give-supplies or call our donation line at 720.323.5448.



Volunteer your time and talent to Project C.U.R.E. Our 12,000 volunteers across the country help make our work possible. If you would like to be part of this growing community, please visit projectcure.org/volunteer or call our volunteer line at 303.792.0729 Ext. 400.

For more ways to get involved with Project C.U.R.E., please visit projectcure.org or call 303.792.0729.