



PROFESSIONALS FOR HUMANITY (PROFOH)

Medical . Water . Education

NEWSLETTER
Third Quarter 2016

Inc. / Germany, Ghana, Ireland ,Nepal, Nigeria, South Africa, USA
www.profohmed.org

"Faith is the bird that feels the light and sings when the dawn is still dark." Rabindranath Tagore

About us Professionals for Humanity (PROFOH), is a global non-profit, medical and social humanitarian organization under the 501 status in the United States that is also incorporated in Germany, Ghana, Ireland, Nepal, Nigeria and South Africa. It has presence in Egypt, Brazil, Italy, Serbia, Ivory Coast, Honduras, DR Congo, Benin, Liberia, Cameroon and the United Kingdom.

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Greetings to all members and volunteers.

July- PROFOH commends virtual doctors for helping patients in Zambia



Photo: Zambian beneficiaries of virtual doctors programme at a maternal care facility

The idea of virtual doctors started with Huw Jones, working in Zambia as a safari guide, was driving a Land Rover along a road in a remote part of the country. He saw a trail of blood in the road, and his first reaction was that it might have come from an animal killed by a lion. But he came across a couple on a bike - the man riding and the woman carried on the handlebars. She was pregnant and bleeding heavily and they had been cycling for hours with the aim of reaching the nearest hospital, almost 60 miles away. The woman was in a great deal of pain and her husband seemed to be in a state of shock. Mr Jones stopped to pick them up and drove them, but the woman was already weak and died in the back of the Land Rover before they could reach anyone who could give them medical help. It was an awful example of the lack of medical provision for rural communities in sub-Saharan Africa - and, he

says, he has come across too many deaths that could have been avoided with better care. Zambia has **about 1,600 doctors for a population of 14 million**, and two-thirds of these are working in towns and cities, while most of the country's population is in the countryside. It means access to good quality health care is often difficult if not impossible. When Mr Jones returned to the UK, he began to develop a project to fill some of these gaps. The virtual doctors project means that these isolated health centres can be supported by doctors thousands of miles away. Health workers and clinical officers on the ground use an app on a smartphone or tablet computer to take notes on a patient's symptoms and photographs. This information is sent to a volunteer doctor in the UK who helps with a diagnosis and recommends treatment. Virtual Doctors is now supporting 19 rural health centres, which typically deal with problems such as malaria, tuberculosis, HIV/Aids and pregnancy-related conditions. There are also two district hospitals taking part in the project. These local health centres have catchment areas of tens of thousands of people, and hospitals provide services for hundreds of thousands, the virtual doctors are now supporting health services for almost a million people. The charity wants to expand further, with discussions in progress about working with other countries in sub-Saharan Africa, including Tanzania and Uganda. PROFOH has initiated a discussion with this amazing group. The Virtual Doctor system has been backed by the Zambian government.

July- PROFOH/MMI Medical mission in Kaduna-Nigeria



Photo: Dr. Quartemont and his team during surgery in Kaduna

Dr. Quartemont led a team of Six for 2-weeks joint mission trip in Kaduna- Nigeria with 3 medical students from Atlanta and 1 from Bryan, TX. First time in Nigeria, Africa for that matter, they saw a different Nigeria –very different from the stereotypes by the international media. "Their eyes were opened," with many new sights & experiences in this amazing country. The team initially arrived in the capital city of Abuja. We were unable to do any medical outreaches in Abuja as planned, but made a good contact for future outreaches. We then travelled to Kaduna by road in a minivan with 16 pieces of luggage (primarily consisting of medical supplies), that we had strapped to the roof, maxing out the vans weight capacity. We literally prayed our way on this 2-1/2 hour journey, and God was with the team as they arrived without incident. We were welcomed to Kaduna by Pastors Tunde and Tina Bolanta. The mission was designed for the Kaduna North District of Senator Hunkiyyi but fails to commence. Consequent upon our arrival the next day we commenced surgery at Mercy Angels Hospital and Mercy Home Orphanage, where we addressed many pre-surgery issues before the surgical cases were dealt with. By and large 28 surgeries were performed with the assistance of 3 other Nigerian doctors. However, hundreds of patients benefited from clinical consultations and treatments.

July- PROFOH second medical mission to Central America

Professionals For Humanity (PROFOH) is proud to part of the group that conducted a clinical and social mission in Honduras in Central America and was even prouder that our very own Board member, Dr. Conrado Ordóñez, was a leading member of the team.



Photo: Dr. Conrado being assisted by his colleague inside the operating room in Honduras

Dr. Conrado is a dedicated family medicine practitioner. The mission covered a one-week period. It involved minor surgeries, out-patient consultations and treatment including training of local health workers. There was also the education aspect and distribution of several gift items to the community where several local experts also assisted the team. Over 100 persons were direct beneficiaries. Plans are in advanced stage for the next medical mission in Honduras for later this year or early next year. The Chair and the entire Board express their profound gratitude to Dr. Conrado for flying the flag of PROFOH in South America; he is also working on plans for the next mission in Ghana. Dr. Conrado has also represented PROFOH at the World Bank/IMF meetings in Washington, DC in addition to conducting several medical missions in Africa.

Aug-A recent survey concludes -Kenya's new health care battle



Photo: Dr .Margaret Chan, Director General WHO

PROFOH is in the process of incorporation in Kenya, therefore ,that great country has become of high interest to our organization, a recent survey concluded that across the continent, concluded that Africa is finally overcoming the challenges of infectious diseases. But, a new battle is on ground. Today, Kenya is an AIDS success story. UNAIDS says Kenya is one of the countries showing the most remarkable progress in reducing the number of new HIV infections and expanding anti-retroviral therapy. Kenya has the second biggest AIDS treatment program in Africa (after South Africa) with over 900,000 people being treated.. As more Kenyans have gotten AIDS treatment, life expectancy has started going up again, and if current trends continue, Kenya will return to its historic peak of 60 years in 2017, according to the World Bank , Of course, that's good news. But it also means many Kenyans are now surviving AIDS and living long enough to contract non communicable diseases. As we seek to eliminate AIDS by 2030, a new pandemic is on the rise in Kenya and around the world in both developed and developing countries – a pandemic of non communicable diseases like cardiovascular and respiratory disease, hypertension, diabetes and cancer. **These diseases, also called chronic diseases**, used to be a problem mainly of rich countries, but no more. Annually, 28 million people die from non communicable diseases in low- and middle-income countries like Kenya, representing nearly 75 percent of deaths from non communicable diseases globally Other reasons for the rise of these diseases in Kenya – in addition to greater life expectancy – are poor lifestyle choices such as too much fast food, not enough exercise and excessive alcohol and tobacco use. Kenyans are adopting more sedentary lifestyles, leading to an increase in obesity and associated diseases like diabetes and cancer. Non communicable diseases contribute to over 50 percent of inpatient admissions and 40 percent of hospital deaths in Kenya, a UN Task Force on non communicable diseases found in 2014. It also found that 18 percent of Kenyan preschool children are obese.

Aug-Brian Camazine Medical Mission at NCH -Nigeria



Photo: Dr. Camazine and his team at the NCH Nigeria

As always, Dr Brian Camazine, President ESF and Board member PROFOH, made another mission trip to NCH Nigeria. During the 5 weeks trip, 13 Nigerian upper level healthcare workers participated, and they acquired valuable experience and exposure to handle complex surgical cases. Many nursing and medical students were also present. Over 700 patients were treated and 138 operations performed. All members of the team were Nigerians except Dr. Camazine. This aspect of the trip is quite unique and Dr. Camazine is very proud to get such a strong local participation. The mandate of ESF is also provide education and manpower development. The previous 4 weeks mission that took place in June was very similar to this one in content and delivery as Over 700 patients were treated and 121 operations performed. Dr. Camazine and his team have performed over 550 surgeries since the beginning for this year. The next medical mission from him is schedule to take place in November. . The Chair and the entire Board express their profound gratitude to Dr. Camazine for his amazing dedication.

Sept-PROFOH congratulates Sri Lanka as WHO Certified her malaria- free



Photo: Map of Sri Lanka with a remarkable public health achievement

Sri Lanka, among the most malaria-affected countries not long ago, has been **certified malaria-free** by the World Health Organization (WHO). After the Maldives, Sri Lanka is the second country in WHO's South-East Asia Region to eliminate malaria. Sixty years ago, Sri Lanka was one of the most malaria affected countries. And since October 2012, indigenous cases of malaria there have come down to zero. The pressure is now on India.

By comparison, India is third among 15 countries having the highest cases of malaria and deaths due to the disease. And while malarial deaths have fallen across the world in the last 15 years, the disease is still an acute public health problem. In 2015 alone, there were an estimated 214 million new cases of malaria. Questions are being asked, how did Sri Lanka, a tropical country, become malaria-free? WHO said that the island nation's success comes from a strategy shift it made in 1990s. The strategy: intensively target the parasite in addition to targeting the mosquito. The change in strategy was unorthodox, but highly effective. Mobile malaria clinics in high transmission areas meant that prompt and effective treatment could reduce the parasite reservoir and the possibility of further transmission. Effective surveillance, community engagement and health education, meanwhile, enhanced the ability of authorities to respond, and mobilized popular support for the campaign," a WHO statement said. Considering that as many as 3.2 billion people, or almost half the world's population, are at risk from the disease, Sri Lanka becoming malaria-free is a "remarkable public health achievement" as WHO puts it.

Aug-PROFOH welcomes study on dilute honey may fight urine infections

Honey and water might be a useful weapon against urine infections in hospital patients, say UK researchers. Scientists at University of Southampton have shown in the lab that diluted honey stops some common bacteria from forming sticky, hard-to-remove layers on surfaces such as plastic. In theory, a honey solution might be useful for flushing urinary catheters to keep them clean while they remain in the bladder. Many more trials would be needed to check it would be safe to use in humans. Honey has been used for centuries as a natural antiseptic. People have used it to treat burns and wounds and many companies now sell a range of "medical grade" honey products that comply with regulatory standards.



Photo: A urine sample

The laboratory work, published in the Journal of Clinical Pathology, looked at two common bacteria that can cause urine and bladder infections - E. coli and Proteus mirabilis. Even at low dilution - about 3.3% - the honey solution appeared to stop the bacteria from clustering together and creating layers of known biofilm. Dr Bashir Lwaleed's team used Manuka honey (made by bees that feed on the nectar of the manuka tree) in their study because this dark-colored honey from Australia and New Zealand is known to have bacterial-fighting properties. They say other types of honey might work too, but they have not tested this Dr Lwaleed said: "Nobody knows exactly how or why honey works as an antibacterial.

Sept-PROFOH and Cross Rivers State Government partner to build world class hospital



Photo: Dr. Lorinda, kama and Cao during discussions with Governor Ben Ayada

PROFOH Vice Chair, Dr. Lorinda Liang led a team of five to Cross River state, met with the Governor Prof. Ben Ayade. He took us through what the state is doing to attract investors in general and particularly in the health sector and engage with us, He will be signing the Bill in law of Cross River State Health Insurance every taxable adult pays minimum of N1000 equivalent of 3 USD monthly to access quality health care, The projection of one million persons

of the four million population of the state pays . The State Government has previously spent about four million dollars for the construction of world class hospital in Calabar and the project is yet to be completed. He ask our team to partner in the project under PPP platforms, Responding Dr. Lorinda, assured the Governor that the group would source for interested agencies or institutions that would build operate and transfer to the government after the stipulated period of time. The Governor asked his commissioners to furnish us with details of documents requested by our team. Both the Governor and Dr. Lorinda exchanged gifts. The team inspected some projects and visited tourist sites and a dinner in honour of Dr. Lorinda and her team was held on behalf of the State Government.

Sept-PROFOH congratulates the 2016 Nobel Prize winner medicine

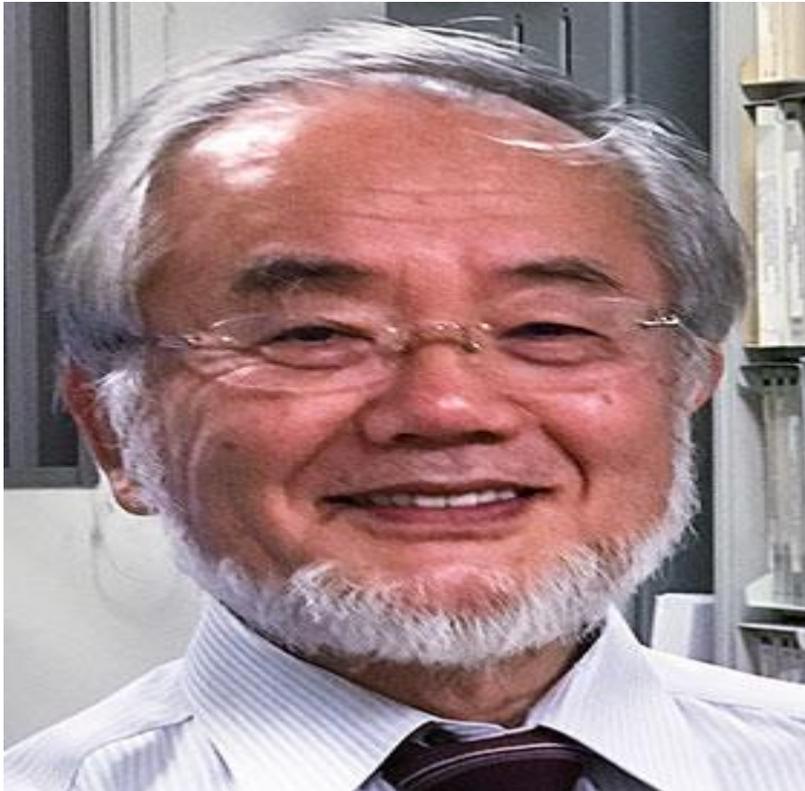


Photo: Yoshinori Ohsumi of Tokyo Institute of Technology, Tokyo, Japan

The 2016 Nobel Prize in physiology or medicine goes to Yoshinori Ohsumi of Japan for discoveries about the secrets of how cells can remain healthy by recycling waste. He located genes that regulate the cellular "self eating" process known as autophagy .Dr Ohsumi's work is important because it helps explain what goes wrong in a range of illnesses, from cancer to Parkinson's.The body destroying its own cells may not sound like a good thing. But autophagy is a natural defence that our bodies use to survive. It allows the body to cope with starvation and fight off invading bacteria and viruses, for example

And it clears away old junk to make way for new cells. Failure of autophagy is linked with many diseases of old age, including dementia. Research is now ongoing to develop drugs that can target autophagy in various diseases, including cancer.The concept of autophagy has been known for over 50 years, but it wasn't until Dr Ohsumi began studying and experimenting with baker's yeast in the 80s and 90s that the breakthrough in understanding was made.Dr Ohsumi is reported to be surprised about receiving his Nobel Prize, but "extremely honoured" Speaking with the Japanese broadcaster he said that the human body "is always repeating the auto-decomposition process, or cannibalism, and there is a fine balance between formation and decomposition. That's what life is about.His pioneering work in yeast led to the discovery of the key genes and fundamental biochemical processes that are required for autophagy.As autophagy is well conserved from yeast to man, his laboratory's discoveries have also provided the critical tools to many labs to enable the appreciation of the important roles of autophagy in diverse physiological and disease processes.More than 270 scientists were nominated for the prize, which was awarded at Sweden's Karolinska Institute and comes with eight million Swedish kronor (around £728,000 or \$936,000 or 834,000 euros) for the winner.

INVITATIONS, UPDATE & EVENTS

PROFOH has been invited to Habitat III, the United Nations Conference on Housing and Sustainable Urban Development, taking place in **Quito, Ecuador, 17–20 October 2016.**

PROFOH participated at the Peace Builder Forum held in Europe last year, this year we are invited to New York, United States The next Forum is going to be held in **New York, USA on 28-29 October 2016.**

PROFOH has been invited to attend this year World Paediatric Medical Congress, Advancing Children's Healthcare and Wellness. Abu Dhabi **UAE, 13-14 November 2016.**

The GNRC networks, faith based organizations and international organizations working for children, as well as diverse religious leaders from around the world will gather in **Panama on 9-11 May 2017 for GNRC Fifth Forum It will be convened under the overall theme: "Transformed Faith Communities: Ending Violence against Children.**

PROFOH has been invited to attend the Nordic Region Trade & Export Finance Conference **November 2016,as a special guest of ITC, as 395 delegates in over 19 countries will attend.**

The next medical mission from Dr. Brian Camazine will be in **November 2016 at NCH Nigeria**

PROFOH Medical Mission- **November 2016. Port Harcourt-Nigeria**

PROFOH Medical Mission-November **Q1 2017 Accra Ghana**

APPRECIATION - PROFOH STRATEGIC PARTNERS

Jans Haven, for the fund raising efforts in the US

State Clinical Translational Scientific Research, for building formidable networks.

Earthwide Surgical Foundation, for performing over 550 bold surgeries this year.

Medical Mission International, for two mission trips to Africa this year.

Dr. Liang for coordinating efforts with Ghana Ministry of Health

Dr. Sobra for mobilizing the surgery department of Alexandra University for the postponed Kaduna mission

Dr. Regab for coordinating our postponed the Kaduna mission efforts in Rotterdam, the Netherlands

Mr. Von-Have for building the coalition of the willing for PROFOH in Germany.

Dr. Gbanaador for his patience and support

Mr. Jarrell for his efforts in coordinating the next medical mission Port Harcourt.

Mr. Ajay and Anita Singh of PROFOH Nepal for their efforts in Kathmandu

Ms. Nazami for all her efforts to get PROFOH of the ground in India

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