



Fourth Quarter Report

October Medical Report

Highlights:

This October 2022 report highlights two medical conditions namely Diabetes Mellitus and Osteoporosis. Diabetes Mellitus is a metabolic disease resulting from insulin insufficiency or ineffectiveness, due to decreased insulin secretion, or peripheral resistance to the action of insulin, or a combination of the two. Chronic diabetes conditions include type 1 and type 2 diabetes. Potentially reversible diabetes conditions include prediabetes and gestational diabetes. Prediabetes happens when blood sugar levels are higher than normal, but the blood sugar levels aren't high enough to be called diabetes. Prediabetes can lead to diabetes unless steps are taken to prevent it. Gestational diabetes happens during pregnancy, but may go away after the baby is born. Diabetes symptoms include: excessive thirst, excess urinating, tiredness, loss of weight, loss of appetite, itching, and blurred vision.

Case Opportunity: Nineteen patients had Diabetes Mellitus. Four were newly diagnosed. Alice Kajona, age 57 female, diagnosed 6 months previously, was brought in unconscious and very febrile. She had hyperglycemia and a blood infection. Three hours later with an intravenous fluids and a catheter, she regained consciousness and left with prescribed antibiotics.



John H. and Marie Parrish Medical Clinic, Fort Portal, Uganda

Osteoporosis is a medical condition in which bones become weak and brittle. It's a disease that weakens the bones. Osteoporosis means a person has less bone mass and strength. The disease often develops without symptoms or pain and it's not discovered until the weakened bones cause painful fractures. Most of these fractures are fractures of hip, wrist, and spine. Bone is a living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of a new bone does not keep up with the removal of old bone. The doctors diagnose osteoporosis based on family history and imaging with an X-ray where bone density is measured to determine minerals in the bone which can be managed by mineral supplements. Risk factors include: sex, age, race, family history, hormone levels, diet and medication, and lifestyle.

Case Opportunity: In October, seven cases were diagnosed at the Clinic. Kangume, a 77 year old woman, was brought in on a stretcher with severe back pain, unable to walk. She needed an X-ray done so was referred to the hospital for imaging and management.





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November Medical Report

Highlights November:

This November 2022 report highlights a skin infection and a medical emergency, Human Papilloma Virus infection (HPV) and dehydration respectively. HPV infection occurs when the virus enters the body through a cut, abrasion, or smaller tear in the outer layer of your skin. The virus is transferred primarily from skin to skin. Different types of HPV infection cause warts on different parts of the body. Some types are on the feet while other varieties commonly occur on the face or neck. More than 40 different strains of HPV affect the genital area. The genital HPV infections are contacted through sexual intercourse and anal sex. Some HPV infections result in oral or upper respiratory lesions contracted through oral sex. It is possible for a mother with HPV infection to transmit the virus to the infant during delivery. This exposure may cause the infection of the baby's genitals or upper respiratory system.

Risk factors include: numerous sex partners, weakened immune system, damaged skin, and personal contacts

Case Opportunity: We received five clients with warts, all female. Three with flat warts, two with genital warts. Irene, a local sex worker, is a 34 year old client suffering from lesions over her genital area. She was self-medicating with ointments and oral medicines. With no relief. Doctors decided she needed DNA testing to identify the variety of HPV. A Polymerase Chain Reaction (PCR) machine is



John H. and Marie Parrish Medical Clinic, Fort Portal, Uganda

Dehydration is a condition brought about by the loss of significant quantities of fluids and salts from your body. If you don't replace lost fluids, you will get dehydrated. The human body is roughly 75 percent water. Without this water, it cannot survive. Water is found inside cells, within blood vessels and between cells. A sophisticated water management system keeps our water levels balanced and our thirst mechanism tells us when we need to increase fluid intake. Although water is constantly lost throughout the day as we breathe, sweat, urinate, and defecate, we replenish the water in our body by drinking fluids.

Common dehydration causes include: diarrhea, vomiting, fever, excessive sweating, increased urination, and burns. People at greater risks are: infants and children, older adults, people with chronic illnesses like diabetes or kidney disease, and people who work or exercise outside.

Case Opportunity: The Clinic treated 23 clients in November. Two adults and 21 children. Roger Alinda, an 18 month old male child, was a serious candidate for dehydration. He was brought into the Clinic semi-conscious and lethargic with a past bout with diarrhea and severe vomiting. He also was detected by the CBC machine to have a bacterial infection. After 30 minutes of fluid management, Roger was sent home with antibiotics for further recovery.





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December Medical Report

Highlights December:

December report highlights two medical conditions, **Acute Sinusitis and Asthma**. Sinusitis is a condition in which the cavities around your nasal passages (sinuses) become inflamed. Interference with drainage causes mucus build up. Sinusitis can be divided into acute and chronic sinusitis. Acute sinusitis can be triggered by a cold or allergies and may resolve on its own. Chronic sinusitis lasts up to eight weeks and may be caused by an infection or growths.

Blocked sinuses create a moist environment that makes it easier for infections. The area around your eyes and face may feel swollen. You may have throbbing facial pain or a headache. If they become infected and cannot drain they become pus filled, leading to signs and symptoms like thick yellow or greenish discharge from the nose.

Causes of sinusitis include: **Viral infection**- Most cases of acute sinusitis are caused by common cold. **Bacterial infection**- An upper respiratory tract infection persists longer than 7-10 days untreated, bacteria ascends from the respiratory tract invades the sinuses causing sinusitis. **Fungal infection**-Chronic sinusitis secondary to fungal infection sinus becomes abnormal weakening the immune system.

Case Opportunity: Thirty-seven clients visited the Clinic with allergies and common colds. Three had acute sinusitis. Jerome, 7 years old with history of respiratory infections, came in with severe symptoms of fever, facial and teeth pain. With help of the CBC machine, Jerome was treated and discharged.

Asthma is a condition in which a person's airways become inflamed, narrow and swell and produce extra mucus, which makes it difficult to breath. Asthma is also called bronchial asthma. It makes breathing difficult and can make some physical activities challenging or even impossible.

Symptoms include: shortness of breath, tightness or pain in chest, and wheezing. Asthma can be developed by: family history, allergic condition like hay fever, overweight, smoker, second hand smoke, exhaust fumes, and chemicals.

Case Opportunity: Nine cases were treated at the Clinic. Ruth Nyamata, a 72 year old female, came in with difficulty breathing, chest tightness, wheezing, and a persistent dry cough. As a known asthmatic, an inhaler and intravenous measures were taken to stabilize Ruth. The Clinic does not currently have a Nebulizer or an Automatic Multi-Parameter Patient Monitor, which will monitor vital signs of severely ill patients, would have been more beneficial to the patient. Ruth was discharged with medication.

Needs:

X-Ray Machine

Polymerase Chain Reaction machine

Automatic Multi-Parameter Patient Monitor



MANY THANKS

The Clinic is very grateful to Roland Parrish and his family for their steadfast financial support. We are also grateful to the Antioch Fellowship Baptist Church family for financing essential equipment for the Clinic. The Parrish Medical Clinic offers professional medical services which have saved thousands of lives in the community.



Humanitarian Hands CHARITIES

Building Hope...
One Heart, One Life, One Community At A Time

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About Our Ugandan Children

Ebola has raised its damaging head again in the Fort Portal, Uganda communities. In October and November it was difficult for the children's manager to personally visit homes and investigate the children's well-being. She has, however, been able to visit a few children. Life continually remains difficult for the children who still lack proper bedding to get them off of the dirt floors or covering to keep rodents and insects off of them while they sleep. While the children were home from an Ebola outbreak, it became increasingly hard for the guardians to feed them. Some families are living in a famine. The supported children are fed a meal at the school building which helps the guardians. As the children return to school, the rain challenges them as they journey to the school buildings. They usually end up with damaged books, wet clothing, and a cold. Our children's manager was also given the opportunity to speak with the guardians at the school parent meeting. She encouraged the guardians to provide a safe environment and reminded them to charge the children to be aware of their surroundings as they travel to and from school.

Most children do not have raincoats and backpacks. Their books are usually destroyed before they reach the school building. **Donations are accepted on our website at www.hhcharities.org. Also with CashApp and Zelle: \$humanitarianhands**

Donations

With your donations, HHCharities can provide the Parish Medical Clinic with much needed equipment to help effectively and efficiently serve clinic clients.

To donate funds for individual items of: X-ray machine, ECG machine, *Endoscopy Machine, Vein Detector Machine, *Biochemistry machine, *Doppler Ultra Sound Scanner, *Polymerase Chain Reaction Machine, cardiac beds, digital BP machines, cryotherapy machine, X-Ray machine, or an ambulance vehicle, visit www.hhcharities.org and click on 'Donate'.



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