



Third Quarter Newsletter



July Clinic Pinnacles

Highlighted Case Opportunities: July cases were dominated by typhoid fever, intestinal worms' infestation, coughs and colds, and acute upper respiratory infections. The children, ages 0-13 years old suffered with diarrhea and lack of immunizations. On the gynecological side there were several cases of urinary tract infections (UTI) and sexually transmitted diseases. The Clinic serviced 361 patients this month.

In July, the Clinic hosted a five-day awareness event attended by 181 men. Each age group, ranging from 18 – over 65, received information involving their physical health, mental health, and social connections. The goal was to increase the awareness of preventable health issues, engaging in healthier lifestyle choices and the action needed to detect early signs of cancer, heart disease, and depression. It was discovered that men are more apt to suffer from “deaths of despair” which involves alcoholism, overdose, and suicide. Undiagnosed mood disorders in men can result in learning disabilities, violence, and substance abuse.

One case noted during the men's event was a 40-year-old man who complained of a growth in his left side. He had fallen from a rooftop about five years ago and suffered a soft tissue injury. Six months after his initial fall a bulge began growing. After his referral to the hospital a CT scan discovered his growth had initiated a hernia in his left lumbar region warranting a surgical procedure at the Nsambya Hospital in Kampala, Uganda.

August Clinic Pinnacles

Highlighted Case Opportunities: August indicated concentrated cases in the same areas as the month of July. Emphasis is on a bacterial infection known as **Brucellosis**. This infection spreads from animals to people through unpasteurized milk, cheese, and other dairy products. The bacteria that causes brucellosis can spread through the air or direct contact with infected animals. In some cases, the mother can pass the disease to their infants during birth or their breast milk and through sexual activity.

Brucella bacteria signs and symptoms include fever, joint and back pain, fatigue, sweats, physical weakness and headaches. Long term symptoms can lead to arthritis and spondylitis affecting the spine and adjacent joints. It can also affect the reproductive system, liver, heart, and central nervous system.

A highlighted case is Byaruhanga aged 47, who is a goat farmer. Four of his goats experienced miscarriages that was not carefully handled. Byaruhanga visited the clinic with severe left-side testicular pain, high fever and sweating. He was diagnosed with brucellosis and was treated. In the meantime, his pregnant wife delivered her baby, and both were brought into the clinic with brucellosis symptoms. The mother was advised to wean the baby and begin her on powdered milk. After the baby began convulsing for eight hours, they were both treated for the disease and eventually recovered.



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September Clinic Pinnacles

Highlighted Case Opportunities: Malaria and acute respiratory tract infections remain a great challenge to the community of Fort Portal. As a result, asthma, an inflammatory disease of the lungs airways, makes it difficult to breath and perform physical activities. Asthma symptoms occur when the lining of the airways swell and the muscles around them tighten. Symptoms include wheezing, tightness in the chest and shortness of breath.

Kamulasi, a former smoker, is a 45-year-old male diagnosed with asthma for two years. He also had nasal polyps, allergic rhinitis, nasal congestion, post-nasal drip, and anosmia. Kamulasi was referred to an Ear, Nose, and Throat doctor where he underwent nasal polyps' surgery. Continued use of a nasal spray and an inhaler improved his condition. **The clinic requests inhalers as treatment for asthma patients.**





Humanitarian Hands CHARITIES

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

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Ugandan Children's Manager's Report July - September

This month of **July** found the children continuing to work hard in their school studies. Some of the students are candidates who are preparing to do their mock examinations that will prepare them for the Uganda National Examination Board. The children's manager met with the children and their guardians to remind them about the issues concerning HIV/AIDS, rape, defilement, and early pregnancy. Challenges include lack of scholastic materials like textbooks, school uniforms, and shoes. Some of the children have no shoes or their shoes are very worn.

August is the month the children break for the end of Term II. This month the schools held an Orphaned Children's Youth Conference. Some of our youth played a part in the conference. They discussed issues concerning the day-to-day life of the orphaned children, choosing the appropriate peer group, needs to empower the children, and how to keep safe from defilement issues. The ABC Strategy was used to educate the children—A-Abstinence, B-Be faithful, C-Condoms use to control the spread of HIV and other related infections. End of Term II exams were also administered to the children.

September brought a downpour of rain which made the roads impassable and walking to school a great challenge. Some of the children do not have raincoats or proper backpacks to protect their books. The challenges face are the need for raincoats, backpacks and food. The children began their Term III in mid-September. School fees/tuitions were paid. The children are so thankful for their sponsors' financial support that ensures their education and meals while they are attending school. As part of their mentorship program, the children are encouraged to focus and prepare for their end of the year exams. The program includes one-on-one academic counseling, group motivational talks about discipline, time management, and academic success. Some of the children showed signs of emotional distress. Partnerships with local counselors provided some support for these children.



Imagine Life Through a Child's Eyes...Sponsor a Child's Education!

Ugandan Children's Tuition/Support Timeline for 2026 in Fort Portal, Uganda will be reported in December 2025

Funds are used for: Tuition, Uniform, Lunch Meals, School Supplies, Additional Meals/Clothes

ANNUAL TOTAL-----\$396/\$450 (according to grade level)

Term Payments: \$132/\$150 per term (according to grade level)

Monthly payments: \$33/\$38 per month (according to grade level) Auto Pay via PayPal (Donate) or Your Bank

Payments accepted: Checks (mailed to address below)

Credit Card Payments: via PayPal (Donate) at www.hhcharities.org

Zelle (Business): (info@hhcharities.org)/CashApp (Business): \$Humanitarianhands

*** Use your Match Program at your place of employment to maximize your giving. ***

95% of your tuition payments are wired to Uganda for the children

92% if paying via credit card payments 3% for charge fees/5% for administrative costs