



Third Quarter Newsletter



July Clinic Pinnacles

Highlighted Case Opportunities: Epilepsy and Appendicitis are highlighted in this report. Epilepsy, a central nervous system disorder, with brain activity abnormalities accompanied by seizures and also appendicitis, a condition where the appendix becomes inflamed and filled with pus.

The Clinic received 17 plus clients for **Epilepsy** drug refills, however two were new clients who carried symptoms of epilepsy. Kobusinge, a 22-year-old female, visited the Clinic with seizures and other symptoms in the past five months. She experienced eight seizures since childhood some lasting more than 15 minutes. Kobusinge was treated with an anticonvulsant IV. Another patient, named Christopher, a nine-month-old child was brought in for routine immunizations and had experienced three seizures per month since birth. He had never been treated at a hospital, but his mother had taken him to an herbalist for a cure. Kobusinge and Christopher were both referred to a hospital for imaging. **This facility lacks an EEG Machine to aid in more efficient management of the patients.**

Appendicitis symptoms can be mistakenly identified as a bladder infection, gastroenteric, irritable bowel syndrome and other diseases. Seven clients, three females and four males visited the Clinic with symptoms. Kenema, a 47-year-old female came in with diarrhea, fever, and abdominal pain. Examination revealed a tenderness in the right iliac fossa. The ultrasound revealed appendicitis. **Kenema was referred to a District hospital that housed a surgical theatre for operating procedures. Without the surgical theatre major surgeries cannot be performed at the Parrish Clinic.**

August Clinic Pinnacles

Highlighted Case Opportunities: August focuses on two medical conditions. **Pneumonia** is an acute respiratory infection in the lungs. An infected person's lungs fills with pus which makes breathing painful and limits oxygen intake. **Benign Prostatic Hyperplasia (BPH)**, also called an enlarged prostate, becomes more common with aging men. This can cause blockage in the flow of urine out of the bladder, urinary and kidney infections.

Pneumonia in children under five years old is often found in the child's nose or throat affecting the lungs as they inhale. Infection can also be airborne from coughs or sneezes. Pneumonia can also spread to the child during and shortly after birth. It can be treated with oral antibiotics. Twenty-four children visited the Clinic; 19 with mild pneumonia and five had severe symptoms. Severe pneumonia, as seen in Charles a 22-month-old client, was unconscious with severe wheezing. Charles had been coughing for three days with difficulty breathing. He was nebulized and received oxygen, antibiotics, and antipyretics for treatment. **The nebulizer is not functioning well, so they improvised with an oxygen concentrator which is a slow process.**

Benign Prostatic Hyperplasia (BPH) can include several risk factors: aging, family history, diabetes, heart disease, and lifestyle. The size of the prostate does not always determine the severity of the symptoms. Some with enlarged prostates do not have any symptoms at all. As a precautionary measure, regular doctor visits are warranted. Three clients diagnosed with BPH in the month of August included a 64-year-old male, Patrick, who had not passed urine for two days with a distended abdomen and in extreme pain. An ultrasound was performed and showed Patrick had prostate hyperplasia. He was referred to a regional hospital for PSA testing and prostate biopsy to rule out prostate cancer. **The Clinic does not have a PSA machine to perform this test in house.** His results confirmed BPH and follow up medication was administered to control the symptoms.



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September Clinic Pinnacles

Highlighted Case Opportunities: The noncommunicable disease known as **Diabetes** is highlighted in the month of **September**. Diabetes is a disease that is a result of high blood glucose or blood sugar. Glucose can be produced by your body but also comes from the food you eat. Discussed here are three types of Diabetes: **Type 1, Type 2, and Gestational**.

Type 1 Diabetes means your body makes little or no insulin. Usually diagnosed in children and young adults. The immune system destroys the cells in your pancreas that make insulin. To replace the deficiency, insulin needs to be taken everyday to survive.

Type 2 Diabetes means the cells in your body are not using the insulin properly to keep the blood glucose level in normal ranges. Type 2 is the most common form of diabetes.

Gestational Diabetes develops during pregnancy and can go away after the baby is born. If you had Gestational diabetes there is a higher risk of developing Type 2 Diabetes later in life.

People with Diabetes with high blood glucose can eventually damage the heart, kidneys, feet, and eyes. Managing your blood glucose, blood pressure, and cholesterol levels can help prevent problems in the future.





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Essential Medical Equipment

For the Clinic to operate more efficiently, we have listed equipment needs with **Uganda's approximate costs**. Please join us in working to send the Clinic funds for equipment. Equipment and cost range is:

- ❖ **Nebulizer-\$200-\$500**
- ❖ **Blood chemistry Analyzer-\$700-1,500+**
- ❖ **Hemoglobin Electrophoresis Machine-\$500-\$900**
- ❖ **Doppler Ultrasound-\$1,500-\$5,500**

Of course, it is more advantageous and less costly to send funds so the Clinic can purchase the equipment in Kampala, Uganda. Anyone with access to non-government organizations, private companies, individuals, and institutions that can assist, please contact HHCharities at info@hhcharities.org.



Nebulizer



Electrophoresis Machine



Blood Chemistry Analyzer



Doppler Ultrasound



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Ugandan Children’s Manager’s Report July - September

In the month of **July**, the children’s manager was able to visit some of the children’s schools to see how they are progressing in their studies and checking to see what is affecting them as they continue their education. The manager reminded the children of the issues of rape, defilement and early pregnancies because pregnancies are running rampant in their communities. The continued support of HH Charities and some sponsors enables them to distribute beans, rice and corn meal to the children’s families that are needy.

In **August**, the children had a holiday break and prepared for their return to school in September. During this time, the children were encouraged to be disciplined, stay around the house, and avoid bad peer groups. Proper hygiene was emphasized to the girls especially to avoid any infections. They discussed changes that would occur to their bodies as they reached adolescent ages. The children’s manager reminded them that she is available to discuss any difficulties in their changing phase. We are proud to announce that the children performed very well during their second term.

September began Term 3 for the children. The children truly appreciate their sponsors. Without them their dreams to get an education would not come true. Thanks to our steadfast sponsors, the children’s tuitions were paid as they began their final term for this year. The children also are rejoicing because they have food to eat from the Food Pantry after they return home from school. The greatest challenge lies in the rainy weather which makes roads unpassable or hard to travel down. **Heavy rains affect them so they are requesting raincoats so they can make it to school okay and to keep their books dry.**

Many of the children are hoping and praying for a sponsor so they can attend school in 2024. **Be the answer to their prayers!** All the information you need to support a child is listed below. *Thank you for helping another child realize his/her dream!*

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

Ugandan Children’s Tuition/Support for 2024 Fort Portal, Uganda

Three (3) Academic Terms/Semesters in the **Ugandan Public Schools:**

**Term I – February 5th – May 3rd
 (Funds due by January 30, 2024)**

**Term II – May 27th – August 23rd
 (Funds due by May 21, 2024)**

**Term III – September 16th – December 6th
 (Funds due by September 9, 2024)**

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

ANNUAL TOTAL-----\$396/\$450

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

Monthly payments: \$33/\$38 per month (Auto Payments 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**