



The
Lives
You're
Changing

2019
HIGHLIGHTS



African Mission Healthcare, PO Box 8598, Pueblo, CO 81008-8598
Info@AfricanMissionHealthcare.org | 614-259-7229

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Thank You

As African Mission Healthcare celebrates our 10th year anniversary this winter, I am continually amazed by the combined power of your generosity linked with our many dedicated on-the-ground partners.

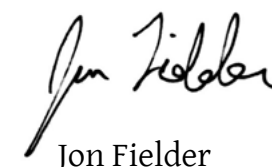
Your ongoing support makes it possible for people in Africa to have access to compassionate, quality medical care. Your financial support of AMH during 2019 makes possible 343,367 patient visits.

Here are some of the key ways you are saving lives and helping transform the future of healthcare in Africa. In 2019 we:

- Started **an emergency C-section program in Uganda**, with the goal of providing 1,200 operations in the next three years.
- **Reached 18,050 cumulative surgeries** and corrective procedures sponsored through your generous support of our Surgical Access for Everyone (SAFE) Initiative.
- Launched the **Mission Hospital Teaching Network**. Nkhoma Hospital in Malawi and Kibuye Hospital in Burundi will be the first two to become part of a decade-long L'Chaim Initiative grant to empower teaching hospitals to become medical and educational centers of excellence.
- **Started building a 20-unit housing complex** to support the proposed Cardiothoracic Center at Tenwek Hospital in Kenya. The effort is the only one of its kind outside of South Africa.
- Constructed **housing for faculty and trainees** in Burundi, Liberia, Malawi and Uganda. Housing is the number one infrastructure need from our teaching hospital partners.

This progress is just the beginning. We are excited to see the on-going impact we have together have in these communities over the next 10 years and beyond.

Thankful for your partnership,



Jon Fielder



Your Impact Around the World Through African Mission Healthcare

Our Vision: We envision an African continent filled with enduring and improving health systems where everyone has access to quality, compassionate medical care.

Our Mission: We strengthen African mission hospitals to aid those in greatest need.

Facing COVID-19: Response, Recovery, and Resilience



This year has brought with it the COVID-19 pandemic. Our mission hospital partners are stronger and more effective than ever before, but the stakes are high, not only for many families and individual lives across Africa but also for the mission hospitals and health workers that are critical to their care. Mission hospital teams are playing an essential role in responding to the COVID-19 pandemic and will continue to care for the communities they serve even after the pandemic finally subsides.

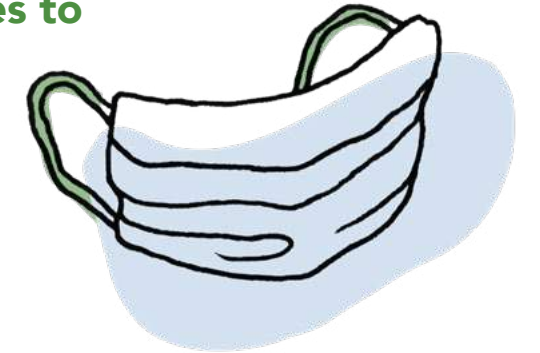
Thank you for supporting our COVID Response Fund.



Because of compassionate donors like you, AMH is helping support hospital teams and secure critical PPE, oxygen, and supplies to fight the coronavirus.

We've seen even in the United States how important access to medical care is and how quickly healthcare systems can be overwhelmed.

For people living in Africa, the situation is even more desperate and your on-going support is making a significant impact in helping prepare and respond as the virus spreads.



This pandemic is an example of why it is so essential to invest in the long-term capacity and resiliency of mission hospitals. Investments made by AMH and our partners have helped prepare for this kind of crisis. With your generous help, we can make hospitals and health systems even more resilient and ready for the next crisis. With your help, they will be even more prepared for the next crisis while they continue to provide quality, compassionate care for so many of the hurting and forgotten.

As we continue to listen to the doctors and hospital staff on the ground and support their efforts, we're grateful to have you joining us.



Mira Mazire: Building Local Healthcare Capacity



Ever since she was a little girl, Miria wanted to become a doctor so she could help her community. She grew up in a remote village in western Uganda, where extreme poverty and poor health conditions are the norm. Miria is a devout Christian and felt compelled to follow Jesus's



UGANDA only spends \$44 per capita on healthcare each year



teachings about helping the poor and healing the sick. Her faith was a catalyst for her calling to pursue medicine and sustains her today.

Now she's a Banyatereza Sister who works as a clinical officer (similar to a physician assistant in the United States) at the St. Therese of Lisieux Health Centre in Rwibaale, Uganda. African Mission Healthcare sponsored her training. She graduated at the top of her class with a degree in clinical medicine and community health.

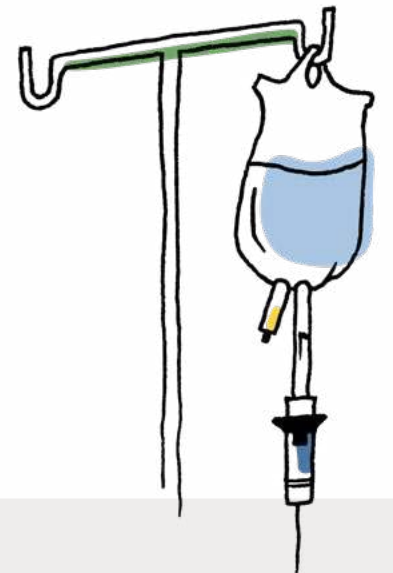
She hopes to work in Rwibaale for the rest of her life, to treat and educate the impoverished community.

Every day she works around the clock, seeing patients one-on-one. She admits and diagnoses the sick, assists with administration tasks, and teaches the community how to prevent common illnesses.

Her goal is to become a doctor, so AMH is once again sponsoring her studies. She anticipates that in the future St. Therese of Lisieux Health Centre will have a functioning operating theatre and she'll be able to work as a full-time surgeon.

She hopes to work in Rwibaale for the rest of her life, to treat and educate the impoverished community.

Your assistance makes it possible for women like Miria to serve their communities and, in turn, teach and train the next generation of local medical staff.

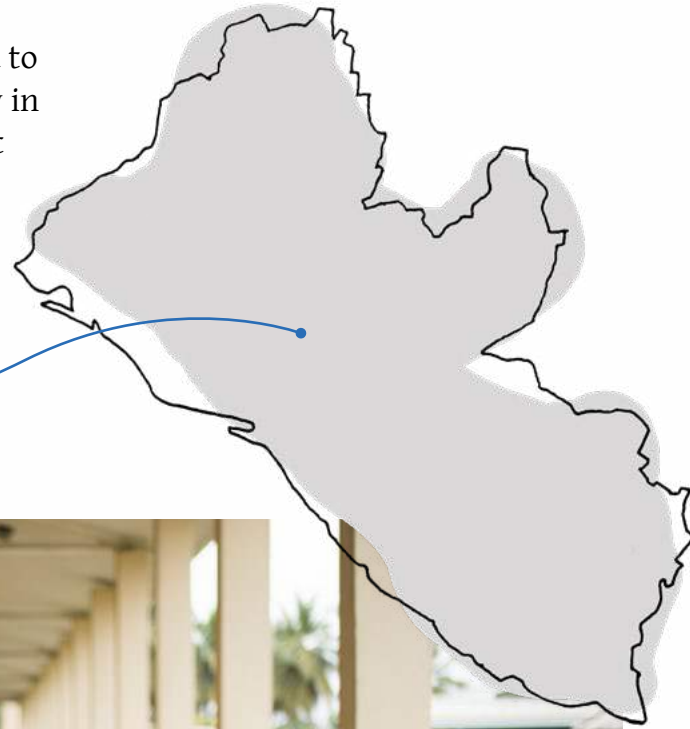


With support from AMH, **the clinic recently completed a basic operating theater** and successfully delivered its first baby by Cesarean section; the clinic still has to refer patients to other hospitals for most other types of surgery.

The Future of Liberia: Meet Three Doctors-in-Training

They are the future of Liberia's healthcare system. Each is acquiring a broad and versatile set of skills needed to treat patients across Liberia, especially in remote areas that otherwise would not have access to quality healthcare.

ELWA hospital is supported by AMH and is where medical missionary Dr. Rick Sacra continues to tirelessly serve



Dr. Mamawah George-Amman.



Originally, Dr. George-Amman was aiming to become an obstetrician-gynecologist because of her passion for women's health. Instead she decided that the family medicine program at ELWA Hospital would train her to have a greater impact, allowing her to care for women, their families and communities in a holistic way.

"It really brings pity to my heart to see young women having kids while infected with HIV — they are exposed to risk factors because there is no care," says Dr. George-Amman. "But I think if there was somebody there to talk to them, to educate them, and to help them out, you would have a society in a few years where these women are proud mothers that can stand up and help other young women have a future."

Dr. Biligan Sagno-Korha



"I've been working here at ELWA Hospital for the past five years as a [junior doctor] before enrolling in the family medicine residency program," says Dr. Biligan Sagno-Korha. "The family residency program is a very, very important program in Liberia. I believe that Liberia needs it a lot — we have other specialties like ob-gyn, pediatrics, surgery, internal medicine, but all those are limited either by sex or by age, whereas family medicine is not limited either by age or sex. You see all those patients."

What makes all the long hours and taxing work worth it for her? "The best part about being a doctor is when you see your patient smiling after you have offered a service."



Dr. L.P. Craig

“Being a Liberian, and then coming to specialize as a family physician, I will have a vast role to play, helping the nurses, helping the community, helping to run a hospital — I cannot overemphasize the potential for impact.” Dr. L.P. Craig is now in his second year of training. His mom is a nurse, so it was important to him to continue in the family tradition.

“This program is essential. When we are trained as family physicians, we serve as a gateway — our patients will not have to unnecessarily travel to the city hospitals. The family physician can serve as a gateway, treating many illnesses even in the very remote counties, where patients are often stranded,” he says. “You can then transfer patients that need to see a specialist. As a family physician you will see a lot of different cases, that even the internist, the pediatrician, the surgeon, may not have the opportunity to see. You will see them — and you can often handle them right there.”

Before heading back to his rounds, Dr. Craig had a message to share with all those who have supported ELWA: “We owe the donors a lot. In the first place, without them, there would not have been a family medicine program. The family medicine physician is a complete physician. In the second place, without these donors, we could not have been trained. So we owe them a lot. We owe them the deepest gratitude from our hearts. Today, while we have not yet arrived, we are getting there. And it is because of their support.”



These young and impressive doctors are just the beginning. With enough resources, ELWA Hospital will continue training many more. “A lot of people are dying because of a lack of health centers and medical experts,” says Jason Montgomery, the Program Director. “The hope in the long-run is that we can help change this.”

Saving Kassim: A Story of Hope and Healing



“Please save my son from the pain he is going through.”

This plea is the heartfelt desire of every mother, regardless of whether she lives in a remote village in Africa or across the street in your hometown.

Kassim’s mother, Neema, watched as her one-year-old son’s health deteriorated. He was constantly in pain. He couldn’t sleep at night, and he was crying so much it was hard for him to eat.

Kassim’s father works hard as a cook at a local restaurant, but the long hours are barely enough to



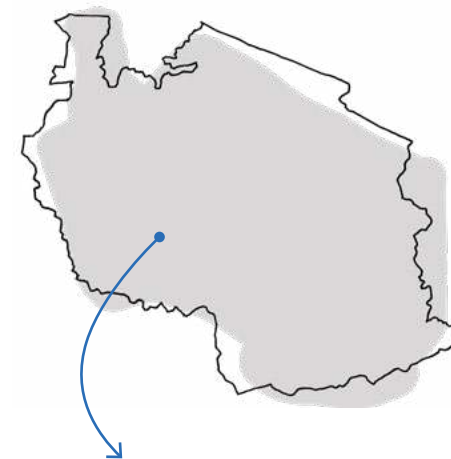
provide the basics for his wife and baby. The parents had to wait until the end of the month before they had enough money to take Kassim to the hospital for a simple clinic visit.

Kassim was diagnosed with an inguinal hernia. The doctors told the anxious parents that their baby required surgery, but the cost was more than they could possibly afford. Their only option was to buy medicine to treat his pain and return home.

A case like Kassim’s could progress to an “incarcerated” hernia, where the swelling becomes “stuck” and the intestine may become permanently damaged. This condition could even end in death.



“God bless you all for helping fund and treat my son and saving him from the pain and suffering he was going through.”



Neonatal disorders are the leading cause of premature death in TANZANIA

Unlike in the US, most hernias in Africa are not corrected until a serious emergency arises.

When the doctor treating Kassim learned that his parents couldn’t afford the necessary operation, he directed them to Arusha Lutheran Medical Center (ALMC) in Tanzania, supported by African Mission Healthcare, where they could get help.

After a 10-hour bus ride, they finally made it to ALMC. Thanks to the generosity of partners like you, Kassim received the hernia repair through AMH’s SAFE (Surgical Access for Everyone) program. The operation was successful and now little Kassim has the chance at a better, brighter future.

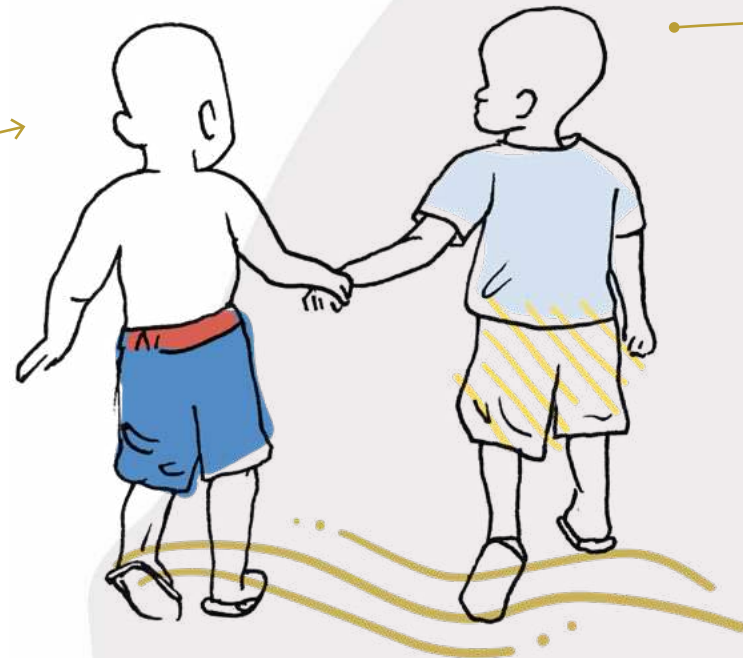
“God bless you all for helping fund and treat my son and saving him from the pain and suffering he was going through,” Kassim’s mother says.

The AMH Lifecycle of Care

NEWBORN FIRST 28 DAYS

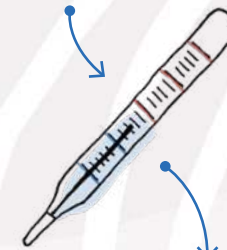
AMH supports neonatal ICU care, where over 90% of premature, sick babies survive. The cost to save a life is \$800.

In Africa almost half of the children who die under 5, die in the first 28 days.



AGE 4 MALARIA

AMH has provided treatment to over 40,000 malaria patients through partner Katawa Clinic, at less than \$7 per case.



1 in 5 children in Malawi suffer from malaria.

AGE 24 PREGNANCY

AMH helps provide Safe Motherhood services in South Sudan, seeing a greater than 95% drop in maternal mortality. AMH now sponsors C-sections for \$220.

Less than 20% of women in rural Uganda who need a C-section get one.



Cataracts are the leading cause of correctable blindness in Africa.

AGE 70 CATARACTS

AMH has sponsored 2,159 cataract removals at a cost of \$103 per eye. We are sponsoring a physician assistant from the Nuba Mountains to become a cataract surgeon.



The burden of diabetes has more than doubled over the past three decades; cardiovascular disease is the 2nd leading cause of death in Africa after HIV.



AGE 63 HIGH BLOOD PRESSURE & DIABETES

In Malawi and Liberia, AMH supports residency training for family medicine doctors who provide primary care for the young and old.

Cervical cancer is the leading cancer killer of women in East and Southern Africa, followed by breast cancer.



AGE 44 BREAST CANCER

AMH has sponsored 490 mastectomies and hysterectomies for women unable to afford their operations.

HIV is the leading cause of death in Kenya and 1 in every 179 Kenyans has TB today. TB is the leading killer of people with HIV, and TB accounts for 1 in every 20 deaths in the country.

AGE 31 HIV & TB

AMH has trained 3,200 Kenyan healthcare providers in hands-on HIV and TB care. Most of the certified HIV care providers in the country have been trained by AMH.

Key Successes of 2019

While much was accomplished in 2019, we are particularly excited about these key successes.

Launch of Our Expanded C-section Sponsorship Program in Uganda

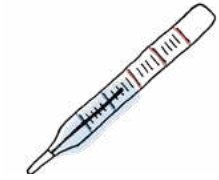
Less than 20% of poor women in rural Uganda who need a C-section can get one. AMH is partnering with three hospitals in Uganda to sponsor more than 1,200 C-sections over three years to help women and their babies get the care they deserve. By the end of 2019, AMH had already sponsored 177 C-sections.

Growing Support of Mission Teaching Hospitals Across Africa

- At Arusha Lutheran Medical Center in Tanzania, AMH provided scholarships to 72 nursing students and sponsored life-changing operations for 309 children at The Plaster House pediatric rehabilitation facility.
- AMH supported trainee doctors in the family medicine residency program at ELWA Hospital in Liberia.
- At Bongolo Hospital, a major surgery training site in Gabon, AMH's engineer worked to install critical electrical upgrades.
- Housing for family physician resident trainees was built at Nkhoma Hospital in Malawi.
- Kijabe Hospital and AMH collaborated to start anesthesia, maternal health, and critical care training initiatives in Northern Kenya.
- With financial and project management assistance from AMH, Tenwek Hospital in Kenya broke ground on housing for staff and trainees of the heart surgery program.



The Impact You Help Make Possible



Direct Clinical Visits Made Possible

- 98,000 in 2019
- 611,000 Total



Surgeries and Corrective Procedures Sponsored

- 1,223 in 2019
- 18,619 Total



Local Health Professionals Trained

- 349 in 2019
- 3,736 Total

2020: Celebrating 10 Years of Compassionate Medical Care



Nuba 2020

In partnership with Dr. Tom Catena, AMH is launching Nuba 2020 - a movement of compassionate people standing together to help provide the next 20 years of essential medical care for the people of the Nuba Mountains. This once-in-a-generation opportunity will dramatically impact the sustainability and future of healthcare in this remote region of Sudan.



Launch Our Mission Hospital Teaching Network

African Mission Healthcare started the L'Chaim ("To Life") Initiative in 2016 with the Gerson L'Chaim Prize for Outstanding Christian Medical Missionary Service. AMH is now expanding that initiative to establish the L'Chaim Mission Hospital Teaching Network. **The goal is to strengthen medical education centers that are training the next generation of African healthcare professionals to provide excellent, compassionate medical care. These professionals will in turn be prepared and equipped to train others, expanding their impact across Africa.**

For years, AMH has been aiding mission teaching hospitals in nations like Kenya, Tanzania, and Cameroon. In 2019, AMH awarded two emerging mission teaching hospitals a long-term development grant.

Our plan is for Kibuye Hope Hospital in Burundi and Nkhoma Hospital in Malawi to each receive \$250,000 annually for 10 years to enhance medical education and institutional sustainability. These initial awards are made possible by the generosity of Rabbi Erica and Mark Gerson. AMH has already identified 10 other hospitals that would benefit from being part of this network and is looking for additional partners to support its expansion.

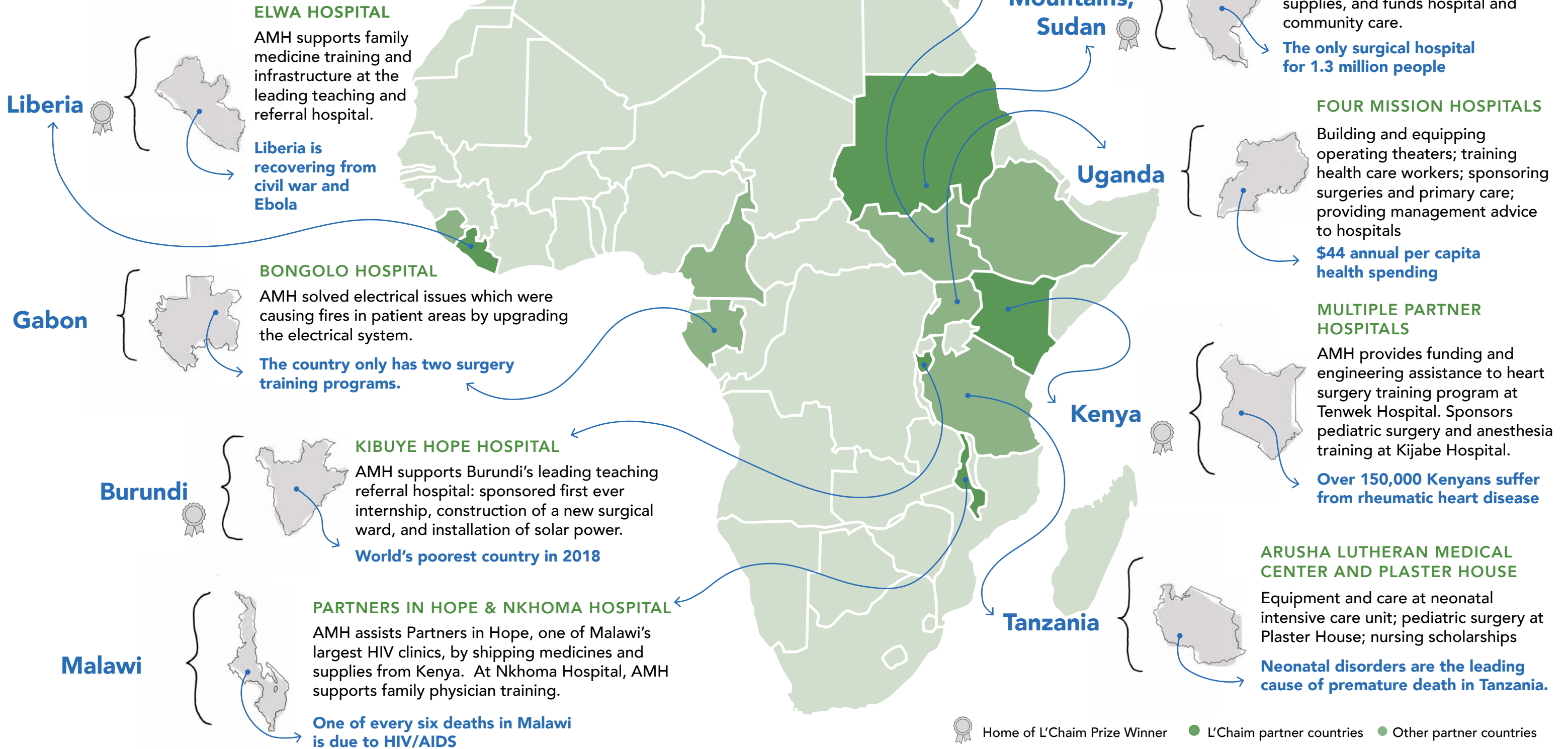


Complete a Medical Education Building at Kijabe Hospital in Kenya

AMH is committed to helping Kijabe and other facilities grow as mission teaching hospitals. Kijabe does not have adequate space to accommodate the flood of young healthcare workers coming from across Africa to learn. The construction of new educational and clinical rooms will improve teaching and empower these students, who will return to their home regions and countries better able to serve their people.

Where AMH Works

We have worked with 45 mission hospital partners across 18 countries. Today we are active in nine nations saving lives, building infrastructure, creating sustainable medical systems, and training the next generation of African health workers.



L'Chaim Initiative

History of the L'Chaim Initiative

Beginning in 2016, African Mission Healthcare has awarded the annual Gerson L'Chaim Prize for Outstanding Christian Medical Missionary Service to support clinical care and medical education at the winner's institution.

The L'Chaim Prize (which means 'To Life' in Hebrew) was started by Mark Gerson, philanthropist, co-founder, and chairman of AMH, and his wife Erica Gerson, a rabbi and AMH board member. The \$500,000 award is the largest for direct clinical care in the world.

“There is no greater return on investment than joining forces with missionary doctors in Africa who are daily transforming the lives of children and families in some of the most poverty-stricken areas of the world. As Jews, we have a Torah obligation to love the stranger -- and we are so grateful to the Christian missionary doctors we support through AMH to enable us to fulfill this responsibility.”

—Mark & Erica Gerson

As with all its work, AMH takes a “ground-up” approach to the awarding of the L'Chaim Prize. Long-term doctors and their hospitals are best positioned to know what they require. AMH comes alongside the winner to refine those needs and assist with execution of high-impact projects.

The L'Chaim Prize was born from the desire to draw attention to the life-saving work of Christian medical missionaries. The Prize is a catalyst for improving health systems and garnering additional support.



2019 Laureate: Dr. Tom Catena, Nuba Mountains, Sudan

Dr. Peter Attia has called Dr. Tom Catena the “most important doctor in the world.”

In recognition of his long-standing commitment to the people of Nuba, his decision to stay despite great danger to himself, the transformational impact of Gidel Mother of Mercy Hospital, and the absolute necessity of supporting the only surgeon for 1.3 million people, AMH has awarded Dr. Catena the 2019 Gerson L'Chaim Prize.

“I think people may look at Africa and say, ‘What you’re doing is just a drop in the ocean’. . . But when you’re there, you don’t see a drop in the ocean. You see a person. You see a life.”

—Tom Catena

Thanks to our generous donors and the \$500,000 L'Chaim Prize, we're already \$2 million toward the \$7.5 million goal for Nuba 2020. With your help, we can reach our goal and help Dr. Tom build sustainable healthcare that lasts generations.

Update on Past L'Chaim Prize Winners



2016 Laureate: Dr. Jason Fader, Kibuye Hope Hospital, Burundi

Dr. Jason Fader helps lead a growing mission teaching hospital in Burundi, central Africa.

- Completed a new 48-bed surgical ward to meet the rising demand for surgery.
- Provided orthopedic supplies to correct 250 broken legs. Dr. Fader has trained Burundian doctors to perform these procedures.
- Built housing for staff and trainees.
- The Prize sponsored Burundi's first-ever internship program, which is already so popular it's being expanded with support from AMH.
- In partnership with CBN, I-TEC, and other supporters of Kibuye, AMH made possible the installation of a solar power system. The impact has been immediate:
 - 16% more patient visits
 - 13% more hospitalizations
 - 20% more x-rays
 - 14% more major operations
 - 9% decrease in surgery mortality
- The successful partnership led to the selection of Kibuye as a pioneer site in AMH's L'Chaim Mission Hospital Teaching Network.



2018 Laureate: Dr. Rick Sacra, ELWA Hospital, Liberia

Dr. Rick Sacra, survivor of the Ebola virus, continues to make an enduring impact in Liberia. Highlights since the awarding of the L'Chaim Prize include:

- Housing for faculty to teach in the family medicine residency program is complete.
- Conducted evaluation of solar energy needs; awaiting word on a grant to install a comprehensive power system.
- Sponsorship of seven Liberian family medicine physicians in training.
- Support for surgical, laboratory, and intensive care equipment, a medical education building, and African teaching faculty.



2017 Laureate: Dr. Russ White, Tenwek Hospital, Kenya

The L'Chaim Prize catalyzed the growth of the heart surgery training program, led by long-term missionary surgeon Dr. Russ White.

- Support for the first heart surgery trainees in the country.
- Procured medical equipment and sponsored training of technicians to perform heart ultrasounds.
- With assistance from CBN, Samaritan's Purse, Lakewood Church and Joyce Meyer Ministries, AMH has begun the construction of 20 housing units for medical staff and trainees.
- Architectural and engineering plans for the new hospital and utilities upgrade are complete.





Visit Nuba2020.com to make an impact that will last for generations.



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