



**Eingetragener Verein zur Förderung medizinischer Versorgung
und sozialen Betreuung in Nord Samar - Philippinen**

Bugko, April 2012

Dear members, dear friends and supporters of Mabuhay!

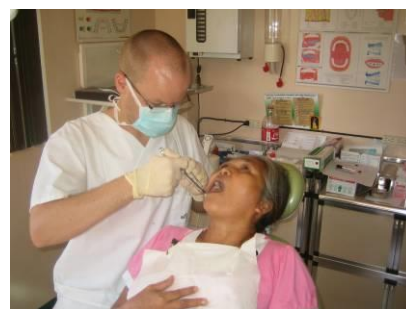


Like last year, Sr. Veronica and I were in Germany. On 12/22/2011 our club annual general meeting took place and we were glad to see many friends and acquaintances. We are grateful to Sr. Anita, who again offered us the Christmas festive decorated meeting room in St. Elisabeth. For years, she is a close associate and confidant to our project. It is nice to see how you all take part in our project here, and how you are interested in its progress. There was a change in the Board of

Directors, as Doris Schmitz – Scheffler, for personal reasons, gave up her position as chairman after seven years.

As the new chairman, Susanne Schmidt, was elected. We are thankful to both of them for their commitment. On January 12, Sis. Veronica and I went back to Bugko. As always, the time at home just flew away. (From left: Mrs. Susanne Schmidt, Mrs. Doris Schmitz Scheffler)

On 20 January Larissa Sarah F. and Dominic H., two young dentists from Germany came to us. They threw themselves immediately into work and extracted teeth, did fillings and supervised the volunteers doing the Fluoride-Prophylaxis-Program. The Patients' line was endless, and they treated 346 patients. They did 451 dental extractions, 137 fillings and 31 patients received only drug therapy. The numbers spoke for themselves.



(These are just some sample pictures)

About their experiences here, they report the following:

The Philippines - dreamlike islands, countless beaches and waters as far as the eye can see. The whole thing is best during the dry season. That's how a package trip to the Philippines is described. Our trip to Asia was more concentrated with the ability to do dental services after studying dental medicine abroad and to travel in the country. It was not much to do with a holiday trip.

After we had already volunteered in South America with dentists in aid projects, we wanted to do the same in another country and at the same time to explore the different areas of that country before we go into permanent employment in Germany. Coincidentally, we learned through friends of Sabine and the project "Mabuhay - Hilfe zum Leben e.V." in Northern Samar, Philippines. Once we were informed in detail, we decided to go to the Philippines - dream islands, but also great poverty.

That was our first impression: a natural, lush green island with a beautiful coastline. Sabine, Sr. Veronica and all the volunteers received us warmly, and we got the opportunity to get a picture of the very simple life circumstances of the people in the place. Most of the people can't spend much money for health care so that the "Mabuhay Association" help them in their daily lives with a nutritional and fluoride-prophylaxis program as well as with a dental and medical program. Nestled in the beautiful and nature untouched scenery, we had the opportunity to really help many people and besides. During free days and weekends we had the chance to see the country side and explore the island. We felt from the start at home and welcomed and also had much to do!

In addition to the full-year primary care, the Mabuhay Clinic is doing missions throughout the year. Volunteered physicians from various disciplines as well as dentists do service once a week free of charge of which many of the treatments patients could not afford under normal conditions. In our case, we did rely on generous donations from various dental companies and thus enable people in addition to the usual standard of just tooth extractions to get high quality restorations. We were happy that especially the very young patients whose carious teeth were left untreated, under normal circumstances the only alternative may be to extract the tooth. For all treatments, we used the dental treatment room with a simple, but adequate and well-functioning unit. From morning to evening we had patients.

Because of poor oral health, not existing oral hygiene and lack of dental care also numerous extractions were on the agenda. After the obligatory health check and registration in the morning, each patient was assigned a number and so one after the other was treated. On some days, the rush was just too big to completely renovate all patients, so we were just able to perform only the most necessary treatments to rule out more inflammation and to relieve pain.

The daily, tireless efforts of Sabine, Sr. Veronica, Kalle, and all the volunteers - against all odds - and the nice evenings at the end of the day were very impressed. The residence has become for us an unforgettable experience through which we come to know not only completely different circumstances, but also have gained a lot of nice friends. We will continue to help "Mabuhay". We hope that Sabine and her team continue to receive the much needed support because without such a comprehensive and sustainable aid the project can not be sustained.

Sarah Franz u. Dominik Hunold

On 10 February came Dr. Georg Fobes from Bonn to us in the station. He led our medical-/surgical mission in conjunction with ISM (International Surgical Mission). Dr Paul R. (Colorado) and Dr. Seth K. (San Diego) came into the station for two days to perform outpatient minor surgeries. As in past years, many patients came from all over North - Samar to us. Dr. Fobes, have long supported our organisation wanted to gather information on site and see what we do. He examined over 1000 patients! and the patients felt comfortable with him who has such a well experienced hands.



Dr Paul Radway and Dr. Seth Koeuth in the OR:



Visit to the nutrition program:



He has also compiled a report on his experiences:

The invitation of Sis. Sabine and Sis. Veronica in the Philippines to Bugko I gladly accepted because I always wanted to be there as a doctor and wanted to operate, where no great technical effort is available and without much organization to help the local people. A little adventure was added too, because here on the Philippine island of Samar, I had an opportunity, to see an almost on tourism unexplored island.

In Bugko, a village with about 7000 inhabitants, on an extensive beach on Chinese sea, spoiled by lush vegetation and tropical hot climates and at times more intense downpours unimaginable for all concerned. I was housed and taken care of by the sisters.

After my arrival on Friday, February 10, 2012, It was right at the next Day that I had to face my first case. Saturday morning they brought us an unconscious 43 year old woman, who because of her medical history and my study notes for a severe brain hemorrhage. After pharmacological cardiovascular stabilization thru an infusion we brought her in the clinics own ambulance with flashing lights and Sis. Sabine as driver to the 30 km far away hospital in Catarman. Here we saw many pretty, smartly dressed nurses who are bored busy with their cell phones, and facilities in a completely desolate state at the emergency room. Such was the metal frame of the mobile stretcher bent and rusted, blocked the wheels squealed and the plastic covers were worn and torn, not any cover was seen so the patient was just lying on plain metal. From a waste tubs that stood in the corridors, jumped suddenly to me a rather emaciated cat. In the corners of the room was plenty of mold, partially solved the plaster from the ceiling, the walls had visible traces, to blood or other human excrement were thinking for us unimaginable, unacceptable conditions for the patients there. The care taking of the Patients was mainly handled by their own family members.

Under these circumstances, and the technical equipment of the hospital, the standard in the 1950s in our hospitals in Germany were equivalent. Our patient in already extremely critical condition with no chance of survival. She died at the same evening in the hospital.

The following Monday, then began the regular medical mission. The sisters have been corresponding with posters and notices publicizing the mission.. So I had about 100 patients every day with all sorts of diseases to examine and to give the available medicines. Fortunately, I could rely at any time on the help of Sis. Sabine in the diagnosis and treatment of diseases which are typical for the region. For example, worm infestation in children or the long-term treatment of tuberculosis Patients.

7.30 in the morning opened the door of the clinic, and the first swarm of Patients went to the registry and then in the covered waiting area to protect the patients from sun and rain.

From there, groups of 10-15 patients were directed to the house, where the treatment rooms doctor's office, dentist's room are located. Here the blood pressure measuring, weighing and measuring of body temperature took place.

Then the patients were with me, and a volunteer translated the local dialect complaints into English.

I tried with eyes, ears, hands, a stethoscope and reflex hammer to make a diagnosis. Then the patients were evident from the above The prescription drug they could avail free of charge in the so-called "Pharmacy" which was redeemed in the next building. There was also a donation box for the Patients who wanted to thank or give a share to the treatment or medicines they availed of.

Looking back about 70% of my patients were children. I usually diagnosed in all patients respiratory tract infections, followed by acute and chronic related musculoskeletal disorders and stomach ailments. With the resources and diagnostic available to me, of course, a virulence of some diseases could not be ruled out always.

Chronically ill patients with high blood pressure or diabetes mellitus were given their regular medication and were informed about the necessity of taking their medication regularly. Some surgical cases, e.g. Appendicitis or nodular uterine enlargement were sent to the next hospital. A few patients were helped only with high dosis of pain medication due to far advanced severe disease in a hopeless prognosis.

In addition to the 10 busy days I had the opportunity to see the life of the neighborhood and the surroundings. So we went to a Primary school, a cemetery with typical funeral homes for

the dead, explored the colorful weekly markets, enjoyed beautiful beaches and got enchanted by the friendliness and serenity of the islanders. During visits in the Catholic community the worship particularly struck me of the joy and enthusiasm of the Church visitors.

If, on the island of Samar, the families will be protected from misfortunes here life in the very modest scale is possible. But if by accident, illness or death the family's income is not any more secured, Medical expenses or indebtedness, poverty with malnutrition and its consequences are not covered by the Philippine Government at all. When I, on 24 February, took up my journey back home, I realized that our responsibility dictates us to generous and efficient help to those who can't afford and are in need. The project Mabuhay contributes, according to my Experience, every cent to the improvement of living conditions in the area and particular the Children benefit from it. Easter 2012 Dr. Georg Fobes

On 9 March came my beloved parents for the third time. As already Dr. Fobes found out, we have many patients with shoulder - knee and back problems. The orthopedic specialist came just right on time. Some patients had known him already and had asked months ago, when he comes back. The full waiting room spoke for itself



My mother diligently assisted and took over many of the injections. The two are a great team.

Also, they have personally written something about their work here:

Dear

Friends,

This year we visited our daughter again 3 weeks in Bugko-time passed far too quickly! Nevertheless, it was worth it!

Right at the beginning of our stay we met Dr. Klaus de Cassan "Fund of German Dentists"(HDZ). We got along very well, no wonder as we are working in and for the same thing!

Many old and new patients were treated by the "German doctor" and again we saw diseases that we have never seen before. It's amazing how the people deal with their sicknesses. Dr. Fobes from Bonn/Ippendorf, who has worked 2 weeks before us in Bugko can attest it.

Injections into the joints, infiltration of the spine were in order. Thanks to the donation of medicines, of the Rotary Club Bornheim thru Prof.Bruch easy and gave the people a great relief and often end of the pain.

Fever, cough and diarrhea, however, are the most common diseases. Usually only an antibiotic helps. Also, open wounds caused by accidents and brawls were seen. - a deep wound to the head could be sutured by my husband, too.

A new experience for us was a medical mission. It was conducted in Mabuhay Clinic and was facilitated by 5 Filipino doctors from Manila. Here we were able to admire the organizational skills of our daughter. At the entrance of the clinic patients were enrolled from two volunteers (there were 250 that day) and forwarded to the appropriate specialist. This in turn had a separate area for consultation, an assistant, who recorded the findings in a record. The medication was then handed out to the patient in a special form who then proceeded to the created "pharmacy". Even 11 minor operations were performed on that day. Everything went well and without hassle due to the highly trained volunteers.

So we saw again a lot and are happy to return home with the conviction that Sabine is at the right place and is handling her task with great success. Please help us also this year to help other people! Thank you and best regards
Anne and Bernd Korth

Now it has become a very long letter since the first quarter here was filled with many events, but also with many new encounters and new friends, and I am happy that this newsletter contains so many different experiences of our visitors. It shows again how much your help is needed here and how much you all support us. Our task is yours, too, and in this knowledge I greet you with warm and heartfelt gratitude from Bugko

Yours,

Sabine Korth

Salamat (Thank you) from Bugko!

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