

Clinica Esperanza Fall Newsletter

Update: So many people requested that we have our online auction, though we were unable to have our annual Sundae by the Sea event. So, by popular demand we will have our auction and you can start bidding on December 4th.

The auction site will be available to view on November 20th. This is a great way to bid on some wonderful Christmas gifts and also support Clinic Esperanza. In the past, there have been hotel stays, meals, recreation activities, etc. Most of our items are good for a full year, so if you or someone you know has a trip planned, get ready to place your bids. The auction link is: <http://clinicaesperanza.org/clinica-esperanza-online-auction/>. Please help us spread the word and go online to <http://clinicaesperanza.org/sundae-by-the-sea/>.

Blessings! What an awesome summer we had. With God's direction and your contributions, we were able to expand our community health and diabetes program in a big way. Our prenatal program is still growing and well received. Through October, we have seen over 22,000 patients this year and filled over 37,000 prescriptions. We could not run this clinic without your generous donations and the medications from Direct Relief which total over \$4.6 million. If you are planning a trip down in the next 12 months, we would appreciate your help in bringing us any of the following of our most popular top dispensed medications: Acetaminophen 500mg, Aspirin 81mg, Ibuprofen 200mg, Children's liquid Acetaminophen, Lovastatin 40mg, Ranitidine 150mg, Metformin 500mg, and Adult/Children's multi-vitamins. Thru a generous grant from Vitamin Angels, we receive both prenatal and children's chewable vitamins for children ages 1-5.



Dr. Panchame is in his sixth month of employment at the clinic practicing general medicine. This is his first private clinic to work at since graduating and likes the fact that this setting allows him more time to explain to his patients how to be healthy, first by making lifestyle changes, and thus avoiding sickness. His treatment options are more varied at Clinica Esperanza with more pharmacological options as compared to the public setting.

Dr. Panchame also loves his interaction with visiting staff from first world countries. Treatment options and medicines are constantly improving, and by working side by side with visiting staff, he is able to expand his arsenal of options to provide the best care for his patients.



Vaccination Program Update:

As we are the only vaccination program west of Coxen Hole, we continue to grow daily and have

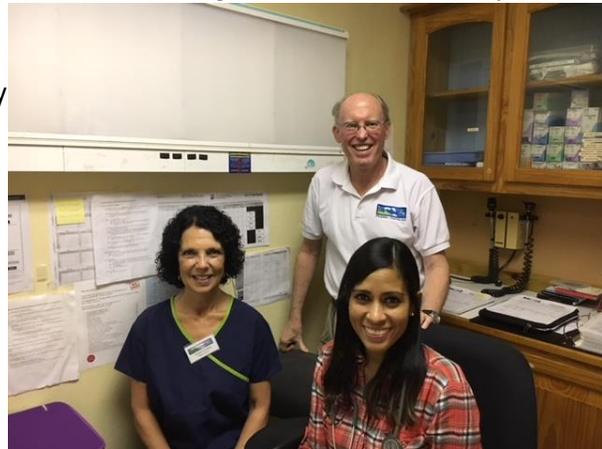


vaccinated 450+ children and women since our inception in May. Marlen, our vaccine nurse, picks up and drops off the vaccines on a daily basis, but next week the Ministry of Health is delivering a special refrigerator. Thanks to all those who answered our plea to purchase this new refrigerator. The money donated will be used to purchase additional medications for our diabetes program. Our 10 X 10 vaccination room is in need of a colorful update by a volunteer if someone is so interested. Also, when available we give a small stuffed animal to every child following their first visit. Picture of Dr. John Schorling, Sophie Schorling, and Dr. Susana

Galeas

Diabetes Program Update:

Dr. John Schorling and his wife Sophie, who is a nurse, have been coming to the island since May 28, 2016. They are both on the faculty of the University of VA, internal medicine and the school of nursing respectively. With a background in public health, they saw a need for improved treatment in patients with diabetes and returned the following November to work with Dr. Stacy and the clinic staff to develop a program for the treatment of diabetes. The ideal treatment for a chronic illness like diabetes requires a comprehensive approach. The American Diabetes Association recommends delivering care using a chronic care model which includes setting up special visits just to deal with diabetes. They have developed guidelines for treatment and a data base to track patients. Patients are encouraged to be proactive in their own care by using resources that support healthy lifestyles. Clinica Esperanza made a commitment to implement this model and hired Dr. Susana Geleas this past March. Since then, she has been seeing the majority of diabetic patients in the clinic on a monthly basis. She treats all the diabetic patients in a standardized way and provides extensive patient education regarding their management of diabetes. A data base is kept of all of these patients with diabetes. Since March, approximately 400 new patients have been registered in this program. The results have been outstanding. At each visit, patients get their blood sugar checked which captures their blood sugar at that time. A test called a Hemoglobin A1c is done every 3 months which is a better picture of their blood sugar level in response to therapy. An ideal level is less than 7.0. A good level is less than 8.0. Overall, the blood sugar level of patients in the program have decreased from 9.6 to 8.4 in a six month period. 40% of the patients who have the most poorly controlled diabetes, their hemoglobin A1c levels decreased an average of 11.8 to 9.1!!! These results would be considered a huge success in any setting with patients with diabetes. They are even more remarkable given that very few patients are treated with insulin and these results are from the use of oral medications in conjunction with lifestyle modifications. Also contributing to these results are the ongoing diabetes classes conducted at the clinic. The impact of this program is exemplified by the 50 year old man from West End who initially was seen by Dr. Susana in August. At that time his hemoglobin A1c was very high, over 13. With her help, the dietary and exercise changes he made, and the medications supplied by the clinic, when he was seen this month his hemoglobin A1c was down to 7.6. He and the staff were very happy with his success! This scenario has been repeated several times since the inception of this program.



New Volunteer Housing:



Our new volunteer housing is now available. Located within one mile of the clinic in a secure neighborhood, we have 6 units equipped with a full kitchen, den, 1 bathroom, and 2 air-conditioned bedrooms. Our screened in pavilion will have a full kitchen to enable us to offer meals for groups and will also be an excellent location to hang out and fellowship. Nic and Adrien Van Zee will be providing onsite management. Transportation to and from the clinic will be provided. Currently, Nic is in the process of

constructing a pool to cool off on those hot Honduran nights. You can view pictures of the apartments on www.clinicaesperanza.org. If you are considering bringing a group of volunteers or you are coming to volunteer, please contact Nic at nicvanzee@yahoo.com.

Wish List

We are still looking for an experienced physician, perhaps a long-term missionary doctor or a recently retired doctor to share his or her expertise with our Honduran doctors who are serving at the clinic while waiting to go on to a specialty program. We also have medical students and residents from around the globe who would also greatly benefit from the mentoring of an experienced doctor. If this opportunity appeals to you or you know of someone else who might be interested, please write to peggy@clinicaesperanza.org.

Wishing all a blessed and peaceful Thanksgiving and Christmas holiday!

