



LAST YEAR, YOU HELPED RAISE

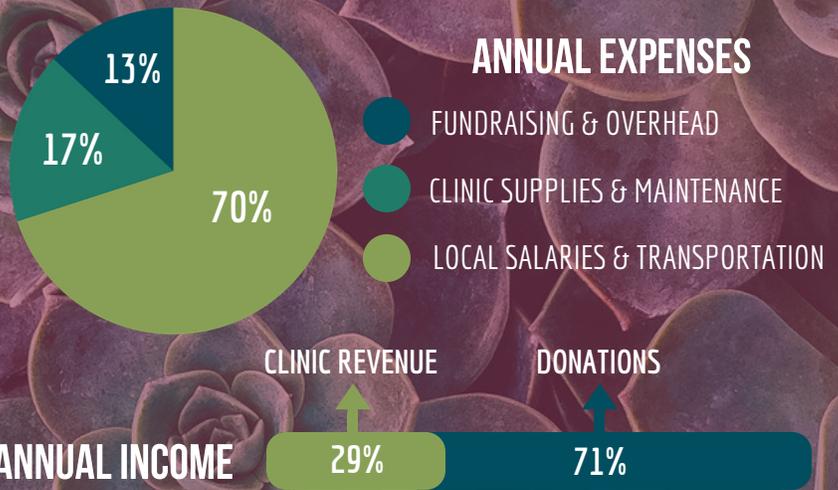
\$13,000

DURING THE HOLIDAY FUNDRAISING
CAMPAIGN.

\$30,000

IS OUR CURRENT FUNDRAISING GOAL!

CHECK OUT THE BACK COVER TO LEARN
HOW YOU CAN CONTRIBUTE.



YOUR DONATIONS MATTER

Our mission is to improve health and health services for the people of Santa Ana, Honduras, to promote self sufficiency at a grassroots level, and to educate students and medical professionals on the healthcare needs and daily challenges faced by people in resource-poor areas. However, we cannot fulfill these goals without support from individuals like you. This year, our holiday fundraising campaign target has been increased to \$30,000. We hope you can help us reach this goal.



OPTOMETRY

Board member and Optometry Specialist Dr. Rebekah Montes recently returned from leading a brigade of student volunteers from the University of Houston College of Optometry. With only seven days at their disposal, they helped provide eye care and prescription glasses to over 140 patients.



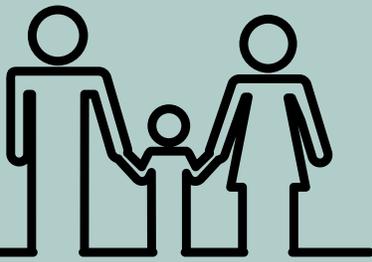
PRIMARY CARE

On average, the Santa Ana clinic receives 400 patients each month from the surrounding communities; over half return to the clinic on a regular basis for primary care from our local clinicians. See inside to read about Dr. Hubert Ho's transformative experience seeing patients in Santa Ana.



DENTAL

After many months of planning, the clinic's first full-time dentist recently began work in the newly completed dental suite. During her first month, she treated 25 adult and 160 adolescent patients and provided educational seminars to families on oral hygiene.



MOST COMMON HEALTH CONDITIONS

A guide to the diseases most frequently treated in the Santa Ana Clinic



INFECTION

In 2016, the clinic treated 1,294 infections. 25% of these cases were attributed to pneumonia and 22% to gastritis.



CARDIOVASCULAR

Many patients with cardiovascular disease suffer from uncontrolled high blood pressure and secondary complications.



DIABETES

The Santa Ana Clinic holds group meetings where diabetic patients receive critical care and information about living with diabetes.



GASTROINTESTINAL

Patients often contract gastritis and irritable bowel syndrome as a result of untreated drinking water in the area.



ALLERGIES

Last year, 210 patients were treated for allergies that most often affected the skin and respiratory system.



A NEW PERSPECTIVE

BY
DR. HUBERT HO

“I have often encountered patients who hiked for three to five hours to be seen at the clinic. So, when I see patients at the Santa Ana Clinic now, I listen patiently and eagerly to their stories and complaints.”

My experiences in Santa Ana have helped me become a more complete physician. I have been going on medical missions to Santa Ana for many years with the West University Baptist Church.

The people of Santa Ana and the surrounding villages live a hard life. In my first year of seeing patients at the Santa Ana clinic, I tried to see patients as quickly and efficiently as possible like I would in my Sugar Land office. However the people of Honduras have taught me humility and compassion. I have often encountered patients who hiked for three to five hours to be seen at the clinic. So, when I see patients at the Santa Ana clinic now, I listen patiently and eagerly to their stories and complaints. I also have learned that patients do not just need medical treatment. I have learned to treat patients spiritually. I now pray with every patient that I see and treat.

In July, the West University Baptist Church brigade treated 250 patients and provided emotional and spiritual support.

The group conducted vision screenings for 30 children at the surrounding grade schools and passed out donated bracelets, stickers and coloring books.

The most common conditions seen by Dr. Montes and her volunteers were cataracts, preseptal cellulitis, and viral and allergic conjunctivitis



WINDOWS TO THE SOUL



DONATIONS IN ACTION

1

PLAN

Before beginning any project, the first step is to initiate a discussion with the Local Committee. Made up of six volunteers from Santa Ana, the committee's insights on local health disparities guide the discussion on project development.

A FRESH OUTLOOK

For many years, families from Santa Ana received oral care only when a brigade with a dentist was in town. Even then, the scope of available treatments was limited. Many patients endured the pain of having viable teeth pulled because the equipment or supplies necessary for a root canal were unavailable. The pain of a rotting tooth was enough to lead many patients to say, 'just take it out.'



Though, this isn't to say that oral health was a neglected topic; student groups on brigades often presented lectures to families at the local schools about oral hygiene where toothbrushes and toothpaste were handed out. Now, thanks to a generous donation by the Whitis family, the Santa Ana Clinic is equipped to not only diagnose and treat oral diseases, but also provide consistent dental care to prevent future suffering.

With the introduction of a consistent oral health care program, Santa Ana and the surrounding communities are one step closer to a comprehensive healthcare system tailored to the needs of those it serves.

2

IMPLEMENT

Dentist and Shoulder to Shoulder board member Dr. Jolly Johnson (pictured below) oversaw the planning phase of the dental project which included transporting supplies and equipment, maintaining three dental chairs and training clinic staff.

3

EXECUTE

In the first month, 158 patients received dental care including fluoridation and educational materials to take home. In the near future, denture and root canal services will be offered in order to increase revenue.



Cataract patients were referred to an ambulatory surgical clinic in Tegucigalpa where they could receive free treatment.

The eight student volunteers gained vital experience which allowed them to be well prepared for their summer clinical at the optometry college.



“The most noteworthy aspects of our trip were talking to the locals and how friendly everyone was.”

- Dr. Rebekah Montes



TO DO LIST

- DONATE** with the enclosed card or visit houstonshouldertoshoulder.org/donate.
- CONNECT** to smile.amazon.com so that 0.5% of every Amazon purchase is donated to the Houston Shoulder to Shoulder Foundation.
- SHARE** this newsletter with a friend or colleague and encourage them to donate too!

**WE CAN'T REACH
\$20,000 WITHOUT
YOU!**

HOUSTON STRONG

Dear friends in Houston,

We send you a cordial and attentive greeting wishing that the almighty God is blessing your life and the lives of your loved ones.

The below signatures of members of the Local Committee of the Houston Shoulder to Shoulder Community Clinic, located in the village of Santa Ana, municipal of Colomoncagua, department of Intibucá, Honduras, represent our solidarity with you for all the problems and inconveniences Hurricane Harvey caused as it passed through the city of Houston.

So let us reiterate again our prayers and support in this difficult time. Again, thank you for the love and interest that you have for our community, we reiterate to you our signs of solidarity in this hard moment.

A LETTER FROM OUR COLLEAGUES IN SANTA ANA

