

Our Global Fight Against Diabetes



At home in rural Piura, Peru, Elizabeth worried about her health.

Her younger sister had diabetes, but how could Elizabeth learn if she herself was at risk? A medical test would be expensive for this single mother. When Elizabeth heard AmeriCares was offering free blood testing near her home last March, she lined up to be one of 730 people screened. To her relief, Elizabeth's test results were normal.

The free screening Elizabeth attended was just the first step in a year-long diabetes project AmeriCares is managing in Peru with support from Bristol-Myers Squibb. Our local partners in the area, Peru-VIDA and Piura Fair Trade, will follow 250 diabetic and pre-diabetic patients and provide various treatment and educational materials for those patients and their families and friends. AmeriCares and Bristol-Myers Squibb will learn which interventions have the most effect on preventing and managing diabetes in a poor, rural community. This is crucial because diabetes, left untreated, can cause kidney failure, blindness and nervous system damage.

Peru is just one country where AmeriCares is helping to educate, screen and treat people with this chronic disease. Last year, AmeriCares distributed diabetes medicines to 56 countries worldwide.

In the U.S., where an estimated 1.2 million uninsured residents have diabetes, our Chronic Disease Initiative makes educational materials and therapies available for clinics' low-income patients. Many of our 550 U.S. partners also provide their patients with the medicines and supplies we donate. In just the last two years, AmeriCares donated 4.6 million insulin syringes and nearly 1 million pen needles, both provided by the medical technology company BD.

"Having these products on hand increases patient compliance and lowers risk of amputations, vision loss, kidney failure and other serious complications of diabetes," says Dr. Frank Bia, AmeriCares medical director.

Screening, education, medicine, supplies and support for clinics: AmeriCares is involved in every step necessary to combat this global disease.

In Peru, AmeriCares provided free diabetes screening for an entire community (top). AmeriCares is delivering medicines for Syrians like this child in a refugee camp in a Turkish border town (right).

Syria Crisis Update

As the deadly civil war in Syria enters its third year, AmeriCares has provided more than \$2 million in medical aid, including antibiotics, chronic disease medicines and wound care supplies. In the last nine months, the number of Syrian refugees has more than tripled: An estimated 1.4 million Syrians have now fled the country.

Mustafa* is one Syrian for whom AmeriCares medicines are making a difference. Mustafa became partially paralyzed when he was shot in the back during the conflict in Syria. While being treated at a clinic in a refugee camp in Ramtha, Jordan, Mustafa suffered from headaches, limb pain and bedsores. After he was provided medicines donated by AmeriCares, including vitamins, pain medication and ointments for his sores, Mustafa's condition greatly improved.

"Huge waves of people in dire need have overwhelmed local resources and aid organizations," says Karl Erdmann, emergency response manager at AmeriCares. "The complexity of the situation and shortages of critical medicines intensify this humanitarian crisis." To help Syrians affected by the crisis, AmeriCares will continue to support volunteer doctors traveling to the region as well as our partners in Jordan, Turkey and Lebanon.

**name changed*



Photo by REUTERS/Osman Orsal



From the President and CEO

Dear Friends,

This is an active time at AmeriCares. Not only are we helping people in the Northeast recover from Hurricane Sandy (page 3), but AmeriCares Emergency Response Team is also delivering relief supplies to the Philippines, where thousands struggle in the aftermath of Typhoon Bopha.

Our worldwide network of partners tells us what's needed in an emergency. When the garment factory in Bangladesh collapsed in late April, killing hundreds and injuring even more, doctors used medicines we had stocked in the country to treat survivors and we quickly sent additional supplies.

Our aid for the Syrian refugees (page 1) and people fleeing violence in Mali (page 2) also continues.

But health emergencies aren't always the result of a disaster. When low-income, uninsured people lack information about chronic diseases such as diabetes, they're at risk for progressive illness and disability. Our global diabetes work provides educational materials and access to donated medicines (page 1) to reduce risk, support lifestyle changes and provide no-cost treatment.

It is only because of your generosity that we are able to make a difference in so many ways, in so many lives.

With sincere appreciation,

Curtis R. Welling
President and CEO

Lasting Help for Ghana's Children

When AmeriCares Africa team found that the children in many of Ghana's homes for orphans were underweight in 2011, we delivered calorie- and nutrition-packed supplements to help immediately.

But the team also wanted to put a lasting solution in place: Poor nutrition during childhood, they knew, could result in a lifetime of ill health. To prevent malnutrition among Ghana's orphaned children, AmeriCares launched One Child One World, a five-year pilot program for 30 homes. Ghanaian organizations Hope for All Foundation and Youth and Social Enterprise Fund joined the effort.

The team found that compared with children living with families, twice as many children in the homes were underweight. The team also discovered that caregivers in the homes needed training on issues such as hygiene, nutrition and the emotional needs of orphaned children. AmeriCares continued deliveries of nutrition-packed cereals.

The AmeriCares team and partners brought in experts to create lessons caregivers can use to improve children's health and nutrition. Some instructions were simple, such as making soap and water more available to children to prevent the spread of disease. Others were more complex, such as finding sustainable local sources of low-cost, nutritious food. Working together, the teams trained representatives from the 30 participating homes.

Now, real lasting change is taking hold. Not only are children in the homes steadily gaining weight, but more than 100 caregivers know what needs to be done — and are sharing that knowledge with others. The lessons can be used in orphan homes across Ghana.

What's growing here — knowledge and healthy children — will benefit generations to come.



This malnourished child just arrived at a home for orphans.

Photo by Phil Farnsworth

Crisis Update: Medicine to Mali

In April and May, AmeriCares delivered two emergency air shipments to Mali to help alleviate a critical shortage of medicines in the country's war-torn North. A recent spike in the conflict has exacerbated the effects of a lingering hunger crisis. Emergency medical aid is urgently needed to curb the spread of deadly diseases like malaria and cholera.

An estimated one in five households in northern Mali face severe food shortages, a situation likely to worsen. With nearly 300,000 people displaced within the country due to the conflict, hunger and malnutrition pose additional challenges to the health and well-being of vulnerable Malians.

This latest shipment is a follow-up to an emergency module AmeriCares sent last summer, which contained enough water purification packets to provide clean water for 25,000 people. AmeriCares is working with the emergency response agency of the Malian government to keep abreast of critical needs in the country.

Partner in Profile: Fresenius Kabi USA



After volunteer physician Dr. Jeffrey Wilkinson performs his fistula repair surgery at Bwaila Hospital in Lilongwe, Malawi, there's one more important step: He must prevent infection. An obstetrical fistula is a disabling condition causing chronic urinary incontinence in women, usually the result of prolonged labor. Preventing infections after fistula surgery is challenging, but thanks to donations from Fresenius Kabi USA (Formerly APP Pharmaceuticals), Dr. Wilkinson and other fistula surgeons can confidently treat patients with the highly effective broad spectrum antibiotic piperacillin/tazobactam.



Photo by David Snyder

Fresenius Kabi first supported AmeriCares after the 2010 earthquake in Haiti with donations of injectable medicines. The health care company continues to donate to AmeriCares emergency pharmacy.

Fresenius Kabi's injectable medicines such as anticoagulants, anesthetics and antibiotics still carry the well-known APP brand and are highly sought after by volunteer doctors traveling on outreach trips to treat patients who are critically and chronically ill. The company routinely directs doctors to AmeriCares Medical Outreach staff, who coordinate donations. In just three years, Fresenius Kabi has donated more than \$1 million of medicines to volunteer doctors through AmeriCares Medical Outreach program.

In addition to providing medicines for emergency medical stocks and medical outreach, Fresenius Kabi has provided injectable medicines for AmeriCares ongoing global medical aid. In all, Fresenius Kabi has donated more than \$7.7 million in injectable medicines, reaching patients in 72 countries.

"Fresenius Kabi is a valued partner in our work, helping us save lives and improve the health of people all over the world," says Geoff Kneisel, AmeriCares vice president of corporate relations.

Hurricane Sandy Response Continues



AmeriCares continues to help homeowners and health centers struggling to recover from Hurricane Sandy. In just over six months, AmeriCares aid has reached an estimated 400,000 people through the 100 health care organizations and local relief groups we have supported with medicine, funding and supplies. In all, AmeriCares has provided more than \$5 million for Hurricane Sandy emergency response and

recovery. We are focusing on four areas: meeting immediate needs; restoring health services; addressing long-term health problems including mental health issues; and preparing for future emergencies.

One highlight: We are funding counseling programs in schools. "If we can give kids the tools to cope with a traumatic experience, research has shown we can prevent long-term mental health issues," says Garrett Ingoglia, AmeriCares vice president of emergency response.

No longer struggling with a fistula or at risk for infection, this young mother has a bright future (top). Children in a counseling program funded by AmeriCares color their fears red (above). Donor Carl Bailey (right).

Plan a Gift, Leave a Legacy

Financial advisor Carl Bailey is on a mission: To help people unable to help themselves. AmeriCares is Carl's partner. Not only does Carl give to AmeriCares, but AmeriCares donates crucial medicines to charitable medical groups that Carl funds and organizes.

Carl began supporting the Boehringer Ingelheim AmeriCares Free Clinic of Danbury after he founded a tennis and mentoring program for disadvantaged children in Danbury, Conn. He referred participants' parents to the clinic and was so impressed, he began to make donations. "I experienced firsthand the respect and care patients received there," he says.

After the market sell-off of 2000 through 2002, Carl took a sabbatical to Nicaragua in 2004. Alarmed at the lack of basic medicines and medical supplies, Carl contacted AmeriCares. Now, AmeriCares Medical Outreach program donates medicines, products and equipment to medical volunteers traveling to Nicaragua to provide care — all through nonprofit medical groups Carl organizes.

Financially secure, Carl wants to be sure that his estate helps others — now and in the future. With his focus and drive, that's already happening. By making AmeriCares and other charities beneficiaries of his retirement assets, Carl knows his philanthropy will continue even after his lifetime.



Photo courtesy of Carl Bailey

Your Donations at Work in 60 Countries

With your help, between January 1 and March 30 AmeriCares sent medicines and medical supplies to the following countries:

Afghanistan	Costa Rica	Ghana	Kenya	Nepal	Peru	Tanzania
Albania	Dominican Republic	Guatemala	Laos	Nicaragua	Philippines	Thailand
Armenia	Democratic Republic of Congo	Guyana	Lebanon	Nigeria	Poland	Togo
Bangladesh		Haiti	Liberia	North Korea	Romania	Tunisia
Belize		Honduras	Malawi	Pakistan	Rwanda	Uganda
Bolivia		India	Marshall Islands	Palestinian Territories	Sierra Leone	Ukraine
Cambodia		Jamaica	Mexico	Panama	Solomon Islands	United States
China		Japan	Mongolia	Paraguay	Somalia	Uzbekistan
Colombia		Jordan	Myanmar		St. Kitts	Vietnam
						Zambia



Haiti

Haiti: An AmeriCares-sponsored health fair reinforces hand washing as a key step in cholera prevention. We continue to help the country recover from the 2010 earthquake.

Sri Lanka: Little Tharani is recovering well in the new hospital wing AmeriCares built for Trincomalee District Hospital, part of our 2004 Southeast Asia tsunami response. Our work there is helping communities rebuild stronger.



Sri Lanka



United States



Japan

Japan: For elderly Japanese who lost everything in the 2011 earthquake and tsunami, an AmeriCares-funded gardening program eases stress.

United States: On the New Jersey shore, Michelle and her son Jonathan celebrate AmeriCares installation of a new wheelchair ramp to their home, which was damaged by Hurricane Sandy.


AmeriCares

AmeriCares is a nonprofit global health and disaster relief organization that delivers medicines, medical supplies and aid to people in crisis around the world and across the United States.

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