

A Healthy Start for Mothers and Infants



Photo by David Snyder

Manizha was worried. Pregnant, with no income, she was at risk: In Afghanistan, one out of every seven mothers dies in childbirth.

But Manizha went to Afshar Hospital, where AmeriCares and CooperSurgical, Inc., had just donated five fetal heart Dopplers. Doctors using a Doppler detected an unexpected three fetal heartbeats. Further examination revealed what could have been a death sentence for Manizha: One of her triplets was in breech position (bottom first) in the birth canal. With this information, doctors planned a Caesarean section and all three babies — and Manizha — are now safe and healthy.

Donated last summer, the fetal Dopplers are improving the level of care for the 4,000 expectant moms who receive treatment at Afshar Hospital each year. AmeriCares also delivered

two CooperSurgical Dopplers to LAMB Hospital in rural, northwestern Bangladesh, where 3,300 women give birth annually.

In community hospitals and small clinics in Haiti, El Salvador, Kosovo, India and more, AmeriCares delivers the medicines, supplies and training to help women and their families in this most vulnerable time around childbirth. In 2012, we delivered enough prenatal vitamins to help prevent birth defects in 64,000 newborns.



Photo courtesy of AMOR

Top, a volunteer medical worker (left) joins a new mother with her twins at Afshar Hospital in Kabul. Above, Manizha's triplets are healthy at their six-week checkup.

Hurricane Sandy Relief Update

AmeriCares continues to provide critical aid to survivors of Hurricane Sandy to make certain that people get the health care they need as they repair and rebuild damaged homes and businesses.

Three months after the storm, we have delivered enough aid for 360,000 people, including medicine to treat 10,000 people and 2,600 doses of flu and tetanus vaccine — more than \$3 million total. We sent our fully-equipped mobile medical unit to hard-hit communities in Staten Island, Queens and Nassau County, N.Y., to provide treatment space for damaged clinics. In all, we have provided more than 1 million relief items to more than 60 relief centers, volunteer groups, health clinics and hospitals across three states.

Already, our more than \$1 million in funding is helping a community clinic in the Rockaways, N.Y., stay open during repairs from flooding. We have also purchased a generator for the clinic, in preparation for future storms, and partnered with them to hold a health fair, where we offered free flu vaccine and health screening.

“People couldn’t access health care because facilities were closed or transportation was disrupted,” says Garrett Ingoglia, AmeriCares vice president of emergency response. “We are working to make sure that people get the health care they need, including mental health counseling.”



From the President and CEO

Dear Friends,

Being ready and able to save lives by delivering crucial medicines has been a hallmark of AmeriCares for more than 30 years. We are always investigating new ways to reach people in need with more immediate and increasingly targeted care. Pre-positioning medicine and supplies in advance of emergencies is one such way. Providing training for health care workers is another, ensuring that the aid we deliver today will help for years to come.

In Afghanistan (see page 1), our medicine, medical equipment and training protects the lives of mothers and children. In Cambodia (page 2), where multidrug-resistant infections are a deadly threat, AmeriCares works closely with hospital staff and drug manufacturer AstraZeneca to be certain at-risk patients receive effective care.

We continue to respond to two major emergencies — Hurricane Sandy in the U.S. and Typhoon Bopha in the Philippines. Our grants and deliveries of supplies are helping people on both sides of the world get the health care they need after devastating disasters.

To save more lives, we must remain at the forefront of humanitarian aid. It is an exciting place to be and it is only because of your generosity that we can make a difference, one life at a time.

With sincere appreciation,

Curtis R. Welling
President and CEO

When Only One Medicine Can Cure

Even when Srin Reong became weak from pneumonia, she delayed going to the hospital. Sihanouk Hospital Center for HOPE in Phnom Penh, Cambodia, is a two-day bus trip from Srin’s home, and she was reluctant to be that far from her three children. Once she did make the journey, doctors learned that Srin’s infection was resistant to most available antibiotics and, therefore, a serious threat to her life. Fortunately, AmeriCares had recently sent a supply of one of the few antibiotics that could effectively combat Srin’s infection: AstraZeneca’s Merrem® I.V.



Photo by Lauren Camp/AmeriCares

Srin was one of about nine patients who arrive at Sihanouk Hospital each month with a multidrug-resistant infection. Multidrug resistance can develop when antibiotics are used improperly — for the wrong illness (such as a virus), or for too short of a time to kill bacteria. In Cambodia, drug resistance is a growing threat to public health, in part because many antibiotics are available without prescription. Sihanouk Hospital is one of the only medical facilities in the country with the capacity to diagnose and treat these life-threatening infections — due, in part, to the support of AmeriCares and AstraZeneca.

Since 2008, AmeriCares and AstraZeneca have partnered to deliver Merrem to Sihanouk Hospital; last year, enough was provided to treat 25 patients. Without our donations, most patients in Cambodia would be unable to afford this antibiotic.

To ensure that disease-causing bacteria do not become resistant to Merrem, Sihanouk Hospital trains medical staff to follow precise guidelines when prescribing the drug. As the sole non-governmental organization in the country participating in a Ministry of Health taskforce to tackle antibiotic resistance, Sihanouk Hospital aims to strengthen national guidelines and stem the rising tide of drug resistance in Cambodia.

This collaboration was featured in *Emerging Infectious Diseases*, a medical journal published by the U.S. Centers for Disease Control and Prevention. “Antibiotic resistance becomes a real threat, especially where antibiotics are available without prescription,” says Frank Bia, M.D., medical director of AmeriCares. “With these donations of Merrem, used in a controlled manner, we’re at the forefront of battling this dangerous process of evolving resistance.”

Within two weeks, Srin was discharged, and returned home to her family in good health.



Photo courtesy of Sihanouk Hospital

With AmeriCares help, nurses at Sihanouk Hospital are trained to care for patients like Srin Reong (top) who suffer from drug-resistant infections.

Partner in Profile: ING Foundation

Late last fall, AmeriCares responded to two deadly disasters: Hurricane Sandy and Typhoon Bopha. In the Northeast, Sandy took more than 130 lives and left 8.5 million without power. In the Philippines, Bopha killed more than 1,000 people, displaced 1 million and wiped away thousands of acres of crops. AmeriCares ability to plan ahead, position emergency supplies and act quickly in both incidents is due in part to our partnership with the ING Foundation, an AmeriCares Emergency Response Partner.



For more than 10 years, ING U.S., its employees and the ING Foundation have contributed to AmeriCares, with a special emphasis on funding emergency response and preparedness. Last year, ING Foundation formally became an AmeriCares Emergency Response Partner. With the year-round support of ING, AmeriCares can strengthen its emergency capacity by meeting with partners and government agencies, monitoring events, conducting assessments and arriving quickly on the scene when help is needed. ING's commitment also helps us plan for long-term recovery and rebuilding in the months and years after disasters strike.



ING's support ensures AmeriCares is ready to respond.

The ING Foundation is the charitable giving arm of ING U.S. It supports efforts that empower people to secure a better financial future through charitable partnerships, employee volunteerism and charitable contributions. The foundation awards grants to nonprofit organizations addressing a variety of community needs and resources. ING U.S. has also been a generous sponsor of the AmeriCares Airlift Benefit, an annual event that raises funds for all AmeriCares global programs.

Donations of Flu Vaccine Save Lives

To safeguard the health of tens of thousands of people during this season's flu epidemic, AmeriCares donated more than 82,000 doses of flu vaccine to nearly 200 clinics and health centers serving the poor and uninsured in 34 states.

This year's flu season continues to be worse than average. Not only did people start getting sick early — in December — but when they do become ill, their symptoms are more severe. For those over age 65, infants and people with existing illness such as diabetes or heart disease, the flu is especially harsh. By mid-January, the Centers for Disease Control and Prevention reported that more than 50 percent of those hospitalized because of the flu were senior citizens.

AmeriCares began delivering the flu vaccine, donated by Merck and Sanofi Pasteur, in November. "Many of my patients suffer from chronic conditions like diabetes and chronic lung ailments such as asthma, so avoiding the flu is of great importance in our plan for their health care," says Mohommed Omar, medical director of the Health Access clinic in West Virginia. "Most could not afford to purchase a flu shot in the retail marketplace." AmeriCares supplied the clinic with 100 doses of flu vaccine.



Our donated flu vaccine protects health.

Plan a Gift, Leave a Legacy

A new tax law benefits donors and AmeriCares humanitarian work around the world.

You can now take advantage of the IRA tax-free charitable rollover, which is back for 2012 and 2013.

The new legislation allows you to transfer gifts up to \$100,000 per year from your individual retirement account (IRA) without paying any income taxes.

This applies to gifts made to AmeriCares in 2012 and 2013.

You may contribute tax-free gifts from your IRA if:

- You are 70½ or older at the time of the gift.
- You transfer funds directly from your IRA to AmeriCares.

It's important to note that your IRA gift can satisfy all or part of your minimum required distribution.

It's easy to transfer funds — just contact your IRA plan administrator. Also keep in mind that there can be significant tax benefits to making AmeriCares a beneficiary of your IRA.

Thanks to all of our loyal donors who plan current and deferred gifts and help ensure the future of AmeriCares.

To learn more about tax-smart ways you can support AmeriCares, please contact Malaine Miller, mmiller@americares.org or 203-658- 9634. Or, visit americares.org/giftplanning

Our Work Around the World



Haiti

Photo by Jempis Civil/AmeriCares

Three years after the earthquake, AmeriCares is restoring and strengthening the health care system in Haiti. The schoolchildren above have water purification tablets from one of our recent education events. For an update, visit americares.org/Haiti

March 11 is the two-year anniversary of the deadly earthquake and tsunami in northern Japan. Our projects there restore health services and, like this gardening program (below), help splintered communities heal. For an update, visit americares.org/Japan



Japan

Photo by Kazushi Kataoka

Philippines



Photo courtesy of Asia America Initiative

Relief supplies from our emergency medical module and two air shipments reached survivors of Typhoon Bopha in the Philippines. The December 2012 storm killed 1,000 people and displaced 1 million (above).

Worried about his health, this young mother (below) brought her son to Malamulo Hospital in southern Malawi, where food shortages and poverty make life hard. AmeriCares has been supporting Malamulo Hospital since 2002, donating enough medicine to treat 60,000 people last year alone.

Malawi



Photo by Julia Belmont/AmeriCares

We Send Aid Worldwide — AmeriCares delivered aid to 64 countries between October 1, 2012 and December 31, 2012: Afghanistan, Armenia, Bangladesh, Belize, Bolivia, Botswana, Brazil, Cambodia, Cameroon, China, Colombia, Dominican Republic, Ecuador, El Salvador, Eritrea, Ethiopia, Fiji, Ghana, Guatemala, Haiti, Honduras, India, Jamaica, Kenya, Kosovo, Laos, Liberia, Malawi, Marshall Islands, Mexico, Moldova, Morocco, Mozambique, Myanmar, Nepal, Nicaragua, Niger, Nigeria, North Korea, Pakistan, Palestinian Territories, Panama, Paraguay, Peru, Philippines, Poland, Romania, Rwanda, Senegal, Sierra Leone, Solomon Islands, Somalia, South Sudan, St. Vincent, Sudan, Syria, Tanzania, Thailand, Turkey, Uganda, United States, Uzbekistan, Vietnam, Zambia

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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