



## Fourth Quarter Newsletter



### October Clinic Pinnacles

**Highlighted Case Opportunities:** The Clinic had several conditions to treat this month. Most visits treated were Malaria, Hypertension, Peptic ulcers, Intestinal worms, and Pelvic disease. But one common condition among the women seen was **Breast Abscess**.

**Breast Abscess** is painful and develops under the skin usually caused by a bacterial infection. The abscess develops into mastitis, a breast infection. Infections can develop during breastfeeding because bacteria has entered the breast tissue or milk ducts, and becomes blocked which causes a lump. Left untreated mastitis causes abscess or pus formation. Symptoms include a throbbing pain, a lump or mass that may be tender, a high temperature, chills, and pus drainage. Antibiotics and drainage of the abscessed areas manages this infection.



### November Clinic Pinnacles

**Highlighted Case Opportunities:** For the month of November Malaria remains a constant condition treated along with, Respiratory Tract Infections (RTI), and Urinary Tract Infections (UTI). The Clinic assists with baby deliveries also.

**Respiratory Tract Infections (RTI) and Asthma** will be highlighted for this month.

**RTI** can be a result of a virus or bacteria primarily staphylococcus aureus, also known as “staph” which is airborne. Symptoms can include coughing, hoarseness, nasal blockage, fever, headache, and an irritated throat. To manage a viral infection multivitamin supplements, anti-viral drugs, and a fruit and vegetable diet assists with recovery from RTI. For bacterium infected, antibiotics treatments with Mucolytic (a mucus thinner) is administered.

**Asthma** is a non-communicable and a hereditary disease. It is a condition where a person’s airways become inflamed, narrow and swell, producing extra mucus, which makes it difficult to breathe. Nine clients were treated for asthma. Moses Rusoke, a known asthmatic and a 10 year-old, was brought into the Clinic in an emergency state with chest tightness, fast breathing and wheezing. An inhaler is given for quick relief, but a Nebulizer is a more effective instrument for the patient’s relief. The Clinic’s Nebulizer is no longer functioning properly. This instrument is on their must-have list.



## Fourth Quarter Newsletter

### December Clinic Pinnacles

**Highlighted Case Opportunities:** Respiratory Tract Infections, Malaria, and Sexually Transmitted Infections (STI) continue to dominate the conditions seen in patients for December. Highlighted this month are two medical conditions, **Hepatitis and Human Papilloma Virus**.

**Viral Hepatitis** is rarely seen at the Clinic. This is a liver infection caused by viruses A, B, C, D, or E. It can cause inflammation and liver damage and can be acute (short-term) or chronic (long-lasting). The severity and duration of the disease depend on the virus. Hepatitis A and E spread through contaminated food or water, or under-cooked meat. Hepatitis B, C, and D spread through contact with infected blood or body fluids.

Symptoms are abdominal discomfort, nausea and diarrhea, lack of well-being, enlarged liver with tenderness and pain, jaundice, fever, anorexia, joint pains, and hives.

Paul Byaruhanga was a patient with viral hepatitis. He had visited several clinics and hospitals with no improvement. The Parrish Clinic diagnosed Paul with hepatitis and treated his condition with antibiotics. The Clinic urged everyone to be vaccinated especially if they are a health worker.

**Human Papilloma Virus Infection (HPV)** is a common virus that can infect the skin, mucous membranes, and genital tract. There are over 100 various types of HPV, some of which can cause warts or cancer. Most cases of the cervical are caused by two strains that cause cancer of the genitals, anus, mouth, and upper respiratory tract. Three female patients visited with flat warts and genital warts. Daphne, a 39-year-old sex worker, came with raised lesions on her external genitalia with itching. She used oral medication with no relief. **Daphne needed a Polymerase Chain reaction (PCR) test to rule out HPV but the Clinic does not own this equipment.**





## Fourth Quarter Newsletter

### Essential Medical Equipment

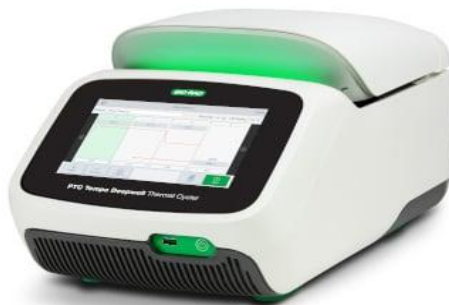
For the Clinic to operate more efficiently, we have listed equipment needs with **Uganda's approximate costs**. Please join us in working to send the Clinic funds for equipment. Equipment and cost range is:

- ❖ **Nebulizer-\$200-\$500**
- ❖ **Blood Chemistry Analyzer-\$700-1,500+**
- ❖ **PCR Machine-\$1500-\$1700**

**Of course, it is more advantageous and less costly to send funds so the Clinic can purchase the equipment in Kampala, Uganda. Anyone with access to non-government organizations, private companies, individuals, and institutions that can assist, please contact HHCharities at [info@hhcharities.org](mailto:info@hhcharities.org).**



Nebulizer



PCR Machine



Blood Chemistry Analyzer



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**Ugandan Children’s Manager’s Report October - December**

In the month of **October**, the students were encouraged to prepare for their Uganda National Examination Board (UNEB). This testing prepares them for their hopeful occupation in the future. Parents were visited and advised to have an environment in the home that supports the children as they perform their daily studies. The students are also preparing for their Promotion Exams which advances them to the next grade level. **Their needs include weather protectors for the rainy season.**

In **November**, the children’s Term III is in progress so testing will be done as they prepare for their upcoming holiday. The children’s manager challenged them to learn a new craft to occupy themselves while on their holiday break. Sports events and musical activities are in the planning process which will bring the children together for interaction and team-building. **They are requesting footballs (soccer balls), volleyballs, knitting materials, and weaving materials for the children’s activities.**

In **December** the children were blessed to have a Christmas party sponsored by the Missions Department, Church of Christ in Richardson, Texas. The children had beef, rice, beans and sodas, which is a great treat for many of the children. This Term III ended well for the children. All of them were promoted to the next level. **The children’s needs for this month include new uniforms, shoes, backpacks, and other educational material to enhance their learning process.**



**Imagine Life Through a Child’s Eyes...Sponsor a Child’s Education!**

**Ugandan Children’s Tuition/Support for 2025  
 Fort Portal, Uganda**

**Term I – February 27<sup>th</sup> – May 2<sup>nd</sup>  
 (Funds due by February 14, 2025)**

**Term II – May 26<sup>th</sup> – August 22<sup>nd</sup>  
 (Funds due by May 19, 2025)**

**Term III – September 15<sup>th</sup> – December 5<sup>th</sup>  
 (Funds due by September 8, 2025)**

Funds are used for: Tuition, Uniform, Lunch Meals, School Supplies, Additional Meals/Clothes

**ANNUAL TOTAL-----\$396/\$450 (according to grade level)**

**Term Payments: \$132/\$150 per term (according to grade level)**

**Monthly payments: \$33/\$38 per month ((according to grade level) Auto Pay via PayPal (Donate) or Your Bank)**

**Payments accepted: Checks (mailed to address below)  
 Credit Card Payments: via PayPal (Donate) at [www.hhcharities.org](http://www.hhcharities.org)  
 Zelle (Business): ([info@hhcharities.org](mailto:info@hhcharities.org))/CashApp (Business): \$Humanitarianhands**

**\* Use your Match Program at your place of employment to maximize your giving. \***

*\*95% of your tuition payments are wired to Uganda for the children\*  
 \*92% if paying via credit card payments 3% for charge fees/5% for administrative costs \**