

IHDN News

DECEMBER 2012

MAY GOD BLESS YOU

MESSAGE FROM THE PRESIDENT

Dear friends,

We take this opportunity to thank you and your family for supporting our work over the past year. Most of you have shown interest and supported our work in Ghana since we started this journey in 1996. To all who are reading this newsletter, we say a big thank you. We never planned IHDN to become a major healthcare provider in Ghana when we started. We knew that our catchment area for the IHDN Mission Hospital was about 60,000 when we opened it in 2008. We did not know that the demand for our services would increase rapidly and bring over 25,000 people seeking medical care in 2012. We thank God for giving us the opportunity to help these people, who live on less than \$2 a day.

We sponsored the 21st mission trip to Ghana in 2012. We are planning two trips in January and July 2013. We are going there to continue to support the work of the hospital and teach medical and nursing students. We will also share the love of Christ through worship and teaching. We will continue with construction work on the inpatient ward depending on availability of money. We wish you a Merry Christmas and a fruitful and satisfying New Year. Thanks for being part of this faith journey. May God bless you.

Sincerely

Dr. Edem S. Agamah

President, IHDN

Update on inpatient wards and other construction

IHDN is continuing the construction of inpatient wards for the hospital as funds become available. Work is presently focused on a 40-bed unit. The walls for this building have gone up and the roof has been installed. Work remaining includes plastering of the walls, plumbing work, tiling, electrical, and installation of windows and doors—estimated to cost about \$110,000. There is also a need for extension of the access road (drive through) to these wards, which is yet to be tackled. Please see pictures online at www.ihdn.org. A six-unit building of one-room apartments was completed during the year and is being used to provide accommodations to the nursing staff. Other nursing staff currently, who do not have decent accommodation, are praying for the day when new apartments will be built for them to occupy. A canteen/cafeteria was opened earlier this year. This will allow patients and staff to be served food under hygienic conditions

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HEALTH STATISTICS

GHANA

Neonatal mortality Rate : 28
(per 1000)

No of under 5 mortality from
Malaria :10,000

Maternal Mortality
(per 1000) :350

USA

Total expenditure on health
as a percentage

of GDP :17.9 %

No of under 5 deaths all
causes :32,000

Source: World Health Organization

www.who.int/en

Summer Medical & Surgical Mission trip to Ghana a great success

We sponsored our 21st mission team to Ghana from July 2-18. The team members were:

1. Dr. Edem Agamah Team leader
2. Mrs. June Agamah Logistics
3. Ms. Akpene Agamah Student
4. Ms. Aseye Agamah Student
5. Ms. Alikem Agamah Student
6. Ms. Kelsey York Student
7. Mr. Jeffrey Zeleznik Student
8. Ms. Susan Lobb Registered nurse
9. Ms. Katherine Savage Medical student electives

The U.S. team was joined by a Ghanaian surgical team led by Dr. S.M. Zakariah from the Police Hospital in Accra. We treated over 2,031 patients in 9 days. Most patients had malaria, hypertension, or degenerative spine disease. Surgeries were performed on 29 patients. The commonest operation was hernia surgery. There were 4 patients with breast cancer and 4 with prostate cancer who were treated during this trip. Pathology specimens were brought back to Springfield and reviewed by Dr. Sanjai Nagendra, pathologist at Memorial Medical Center. These cases were presented to the medical community at the Memorial Medical Center Tumor Board. We thank all those who supported this trip.

Pursuing my journey to become a Medical Missionary

by Hannah Craig, 4th year Medical Student, SIU School of Medicine

I was struggling to sort it out in my mind: how and why we do what we do. How and why we practice medicine, that is. In a secular medical school, following Jesus' example is not taught as the motivation for becoming a physician, nor are Christian principles taught as the basis for our patient interactions. I first became acquainted with Dr. Agamah as a Christian doctor, someone who could help me sort through some of these thoughts and ideas to have a right perspective. He explained to me how Jesus was foundational in the practice of medicine. I also happened to hear more about his trips to Ghana.

I have a call from God to missionary work as a physician. This may sound simple, but practicing medicine in a different culture and language group, in a different world area, was causing me some legitimate concerns. How would I learn about tropical diseases from a medical school in the U.S. Midwest? How would I effectively communicate with someone of a different language and culture to provide quality medical care? When I learned about how this mission trip would give me knowledge on treating tropical diseases, and also training in how to interact with patients whose culture was different from mine, I was very interested in going. The opportunity seemed like a perfect fit for my life goals, to give me valuable knowledge I would not be able to receive elsewhere. This was the deciding factor.

As we are in the preparation phase for this mission trip, I see how IHDN is bringing that motivation that Jesus gives into a real life system of practicing medicine. Yes, I will hopefully learn many useful scientific and clinical facts that will improve my abilities; I hope to broaden both my knowledge and skill base to be a better doctor. But I also hope to *see* medicine practiced and delivered to people from a heart of love for God.

Going to Ghana: The journey of an aspiring Midwestern doctor

by Jeff Zeleznik, Senior, Ohio Northern University, OH

I feel so blessed to have been a part of the IHDN mission team this past summer, and the experience exceeded my expectations tremendously. I live in Strongsville, Ohio, a suburb of Cleveland, and I am a senior at Ohio Northern University where I am studying Exercise Physiology/Pre-Med. My girlfriend is from Springfield, Illinois and she and her family attend Hope Church. Lindsey's mom told me about the Agamah Family and IHDN's annual mission trips. Through her I was able to contact Dr. Agamah, and he invited me to attend the mission trip to Ghana in July.

Leading up to the trip I felt a combination of excitement and nerves. Being interested in medicine for most of my life, I was so excited to be able to learn from Dr. Agamah and gain valuable clinical experience while helping the Ghanaian people. This was going to be my first time traveling out of the country, which did make me very nervous—mostly because I did not know what to expect.

After arriving in Ghana, I was instantly made to feel as comfortable as possible. I was surprised by how welcoming and gracious the Ghanaian people were to the mission team. There were even times when sick patients would refuse to sit down in the consulting room so that all of us would have a seat. Some of my favorite memories from the trip were when we got to experience the culture and interact with the people. I remember one night a friend of the Agamah family spent hours teaching us how to count to ten in Ewe, the local language. We were so happy when we were finally able to do it, that we counted for all of the nurses at the hospital the next day.

We worked in the hospital for 8-10 hours a day. The time went by so fast every day that I never really realized how long we were working. One of the patients who left the biggest impression on me was actually one of the first patients that we saw. He came in to see Dr. Agamah with severe congestive heart failure, resulting in a large amount of swelling in his legs. In fact, he had to come in on a wheelchair because he was unable to stand up, let alone walk. He was admitted to one of the hospital's inpatient rooms and put on medication to reduce the swelling. After a couple of days, when we were making rounds before leaving the hospital, he wanted to try to walk. With some assistance, he was able to stand up and walk down the hall and back. He got the biggest smile on his face and was so excited that he was able to walk again. After he got back to his bed, he kept standing up and laughing because he was so happy. This experience made me realize how amazing it was to see how Dr. Agamah changed this one man's life, and confirmed that a career in medicine truly is what I am meant to do.

While this one patient stands out to me, there are so many who touched me and changed my life. As I continue my education as a medical student, I hope to continue my relationship with the Agamah family and IHDN as well, and return to Ghana on future mission trips.

What can you do to help to IHDN?

1. Pray, pray, and pray for IHDN.
2. Donate appreciated stocks, mutual funds, bonds or cash.
3. Donate items of value—things that you can use in the U.S. and can also be used in Ghana.
4. Volunteer to join us on a mission trip to Ghana

Keep the date opened for IHDN Fundraising Dinner - Friday April 5, 2013

More details to follow

International Health and Development
Network
P.O. Box 7488
Springfield, IL 62791

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*A medical missions group
using the earthly healthcare
ministry of Jesus Christ as
an example.*

www.ihdn.org

Two Mission trips planned for 2013

We will sponsor two mission trips to Ghana in 2013. The winter trip will be our 22nd mission trip to Ghana. The team members are:

Team A (January 24 to February 7, 2013)

- | | | |
|----|----------------------|-----------------------|
| 1. | Dr. Edem Agamah | Team Leader |
| 2. | Dr. Bulent Cetindag | Surgeon |
| 3. | Mr. Anthony Grasc | Physician Assistant |
| 4. | Ms. Vivienne Dawkins | Retired Nurse Manager |

Team B (January 24 to February 21, 2013)

- | | | |
|----|---------------------|-----------------|
| 5. | Ms. Hannah Craig | Medical Student |
| 6. | Mr. Jeffery Hubbard | Medical Student |

We will be joined once again by Dr. Zakariah and his surgical team from the Police Hospital in Ghana. We plan to do breast cancer surgeries

Memorial Donations to IHDN

Since the last edition, we received memorial donations in memory of Mr. Varner Zimmer, & Ms. Sharon Hale, who went home to be with the Lord. We pray for God's peace and healing for the Zimmer, Rice & Hale families. We thank all who donated.

Container shipped to Ghana

In October IHDN shipped a 40-foot container to Ghana. It contained donate supplies and equipment. Thanks for your support of this shipment.

Summer Trip dates: July 11 –25. 2013