

WHAT WE ARE DOING

Every year in March/April our Australian surgical team travels to Nepal to work with the Scheer Memorial Hospital in Banepa. During the visit, over 60 patients receive the gift of life changing surgery. Team members include surgeons, anaesthetists and nurses. "Skills transfer" in the form of formal and informal education is integral to the program. The Scheer Memorial Hospital uses funds provided by our team to find the patients, and provide operating theatres, local nursing assistance, physiotherapy and pharmacy services.

When Women's Health became part of HealthCare Outreach in 2010, many of the women who came for treatment had suffered with a uterine prolapse for years, sometimes decades.

A patient who arrived at the Hospital a week after patient selection was finalised, had suffered with this condition for over 30 years. Luckily the surgeon was able to help her and schedule surgery for the next day. It's hard to imagine the impact that this treatment had on her life. Access to healthcare that we take for granted is almost impossible for the poor in Nepal.

These annual outreach visits, along with many other types, have resulted in the treatment of hundreds of children and adults, and introduced these patients, their families and communities to the health programs offered by the sponsoring organisations in Nepal.

HOW YOU CAN HELP

Your donation will profoundly transform the life of a Nepali woman who might otherwise live the rest of her life with the debilitating and socially isolating condition.

If you would like to support this program, please complete the "My Gift" form overleaf and send to the Sydney Adventist Hospital Foundation.

WANT TO KNOW MORE?

For further information please visit www.sah.org.au/healthcare-outreach or contact:

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200,000 Nepalese Women are in need of immediate corrective surgery.

"...in the most extreme cases, the condition will lead to isolation and potential abuse..."



Your gift of \$300 will cover the entire cost of a life changing operation.



Patient travel, hospital fees, medical supplies and on-going care are all taken care of.



HEALTHCARE OUTREACH

ABOUT HEALTHCARE OUTREACH

Sydney Adventist Hospital's HealthCare Outreach program coordinates volunteer medical, nursing and allied health professionals to undertake medical and surgical procedures in developing countries, where men, women and children otherwise have restricted or no access to medical treatment.

Since the first trip in 1986 approximately 1750 volunteers have assisted in over 100 programs and surgery has been performed on over 3000 patients in 12 different countries.

The original program was to Tonga to assist people dying of rheumatic heart disease. Since then the program has continued to expand in response to different medical needs.

The Nepal Reconstructive Program is proudly part of HealthCare Outreach at Sydney Adventist Hospital.

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Michael Were – HealthCare Outreach Manager

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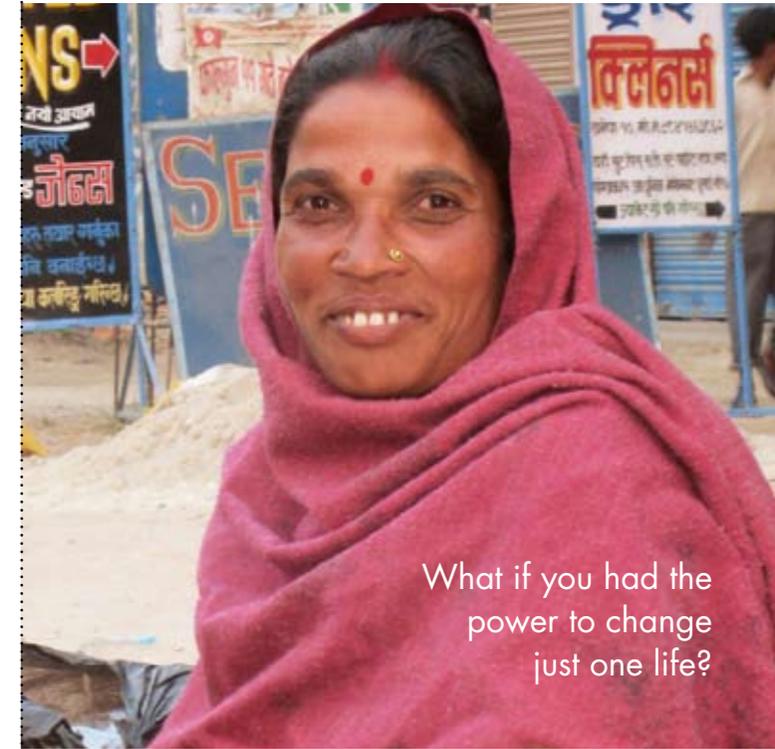


Reconstructive Team, Nepal 2010



SYDNEY
ADVENTIST
HOSPITAL

HEALTHCARE OUTREACH RECONSTRUCTIVE PROGRAM Nepal



What if you had the power to change just one life?

TRANSFORMING WOMEN'S LIVES IN NEPAL



WHAT IS UTERINE PROLAPSE?

Uterine prolapse can result from prolonged labour, too early or too closely spaced pregnancies, improper delivery techniques and resuming work too soon after childbirth.

All of these conditions are common in rural Nepal, where child marriage is prevalent, family planning use is low, women typically carry firewood and other heavy loads and nine out of ten give birth at home without a skilled birth attendant.



The condition is painful and humiliating and affects some 600,000 Nepalese women, according to a 2006 demographic and health survey, and 200,000 of these are in need of immediate corrective surgery. It cross-cuts every social, ethnic and geographical group in Nepal and occurs in girls as young as 16.

The condition has various degrees of severity. In third-degree prolapse, when the uterus falls completely out of the body, women typically experience incontinence and frequent infections, often leading to isolation or even abuse.

Source: United Nations Population Fund (2009). Fallen Wombs, Broken Lives: Responding to Uterine Prolapse in Nepal.

WHO WE ARE

The Nepal Reconstructive Program was established in 1994 to treat children and adults with cleft lips and palates who could not afford treatment. The program expanded in 2004 to include burn scar contracture surgery and, in 2010, women's health, with an emphasis on the repair of uterine prolapse.

All team members are volunteers who donate their time and expertise, and contribute financially to the program. 100% of donated money is used for the care of the patients.



"Nepal was a timely reminder of how fortunate we are. The experience reaffirmed for me all the reasons I chose to study medicine. It was such a privilege to be involved with a team that can and does make such a difference."
– **Dr Andrew Booker, Obstetrician / Gynaecologist.**



"The patients have nothing, expect nothing and yet are so humble and appreciative of the care they receive. Giving to them is so easy, and in giving, I am receiving"
– **Bronwyn Chalmers, Registered Nurse.**



Sharing knowledge and experience.

MY GIFT

Thank you for your life changing gift in support of Sydney Adventist Hospital's HealthCare Outreach program.

Please complete this form and return to:

Sydney Adventist Hospital Foundation
Project N – Nepal Women's Health
185 Fox Valley Rd
WAHROONGA NSW 2076

Name _____

Address _____

Postcode _____

Phone _____

Email _____

My cheque or money order for \$ _____ is enclosed (made payable to the SAH Foundation).

I would like to donate \$ _____ from my credit card.

Card Type Visa Master Card Amex Diners

Card Number

□□□□ □□□□ □□□□ □□□□

Expiry Date □□/□□

Name on Card _____

Signature _____

The Sydney Adventist Hospital Foundation treats all supporters' information confidentially. Your privacy is of the utmost importance to us. If you do not wish to receive fundraising direct mail from the Foundation, please tick this box.

TOO BUSY TO FILL OUT THE FORM?

Visit www.sah.org.au/healthcare-outreach-donations
Follow the prompts and clearly mark your donation to:
Project N – Nepal Womens or call **02 9487 9405**.

* Donations over \$2 are tax deductible and 100% of your donation will go to the project.