

ANA, AGE 13

We met Ana in Tonga during our visit in 2009. She was extremely sick with a complex form of rheumatic heart disease. It was determined that she was too ill to be considered for surgery.

Her condition however improved somewhat while the team was operating on other patients. The improvement gave the team hope that she would be able to cope with complex and difficult surgery.

During a gruelling 9 hour surgery, Ana had three valves replaced in her heart. She has recovered well and now has the chance to lead a healthy long life with a normal life expectancy.



“These people have no other opportunity for surgery and as a team we are able to provide a second chance of life and an improvement in their quality of life.”

– Annette Baldwin, Operation Open Heart Tonga Project Leader

NAY, AGE 5

The Operation Open Heart team met Nay in 2010 during a visit to Myanmar (Burma). He was 5 years old, however weighed just 10 kilograms. He suffered frequent chest infections and shortness of breath, and had been given limited medical treatment by a local doctor.

With his mother, they travelled for three days by boat to seek urgent treatment in Yangon, the country’s largest city. On arrival, Nay was diagnosed with a congenital heart defect.

In Myanmar, Operation Open Heart is heavily focused on training local cardiac surgeons. Using skills already learnt, a local surgeon was able to provide Nay with the corrective surgery he urgently required, under the supervision of the Operation Open Heart team surgeon.

Nay’s operation was a great success, and he left hospital only a few days later. He has now returned home and is living the normal life of a five year old.



Your gift will help others like Nay receive the heart surgery they so urgently need.



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.

Operation Open Heart is proudly part of HealthCare Outreach at Sydney Adventist Hospital.

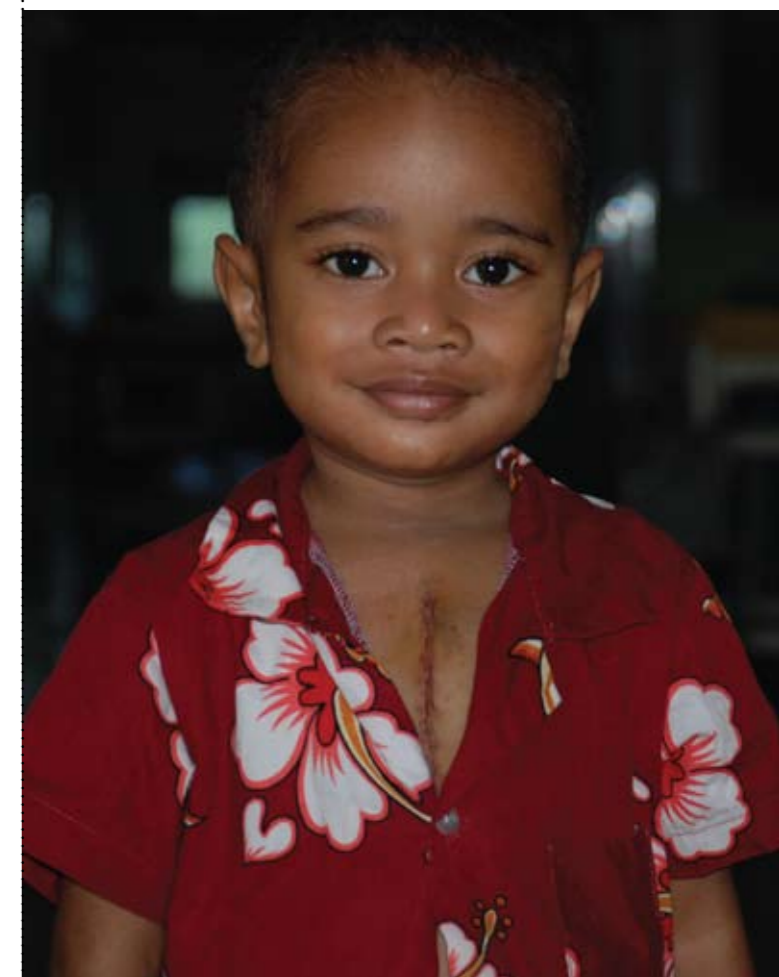
WANT TO KNOW MORE?

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

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HEALTHCARE OUTREACH OPERATION OPEN HEART



TRANSFORMING LIVES AROUND THE WORLD

WHAT IS A CONGENITAL HEART DEFECT?

A congenital heart defect occurs at birth where the structure of the heart does not completely develop. There are many types of congenital heart defects and approximately nine in every 1000 babies born will have a defect of some type.

These defects are usually treatable at an early age with surgery and are regularly diagnosed in advanced and developed countries. Countries without expertise in cardiac medicine are unable to diagnose or treat these conditions.

Left untreated, these defects will prevent the natural development of a child often leaving them more susceptible to other illnesses. They will almost certainly die long before their normal life expectancy, and suffer from a diminished quality of life.

WHAT IS RHEUMATIC HEART DISEASE?

Rheumatic heart disease is caused by rheumatic fever. This fever is an inflammatory disease that can develop after an infection, and can affect the heart, joints, skin and brain.

It is common worldwide, predominantly in tropical and warmer climates, and particularly in developing countries where basic infections and sickness often go untreated.

The fever can leave irreversible scarring and damage to the heart. Left untreated, the heart will suffer under the damage caused, and heart failure is inevitable.

WHO WE ARE

Operation Open Heart was established in 1986 by a small group of hospital medical and nursing staff who travelled to Tonga, indignant that life saving cardiac procedures easily accessible in Australia were not available in the South Pacific.

Since then, over 80 similar trips have been organised throughout Africa, South-East Asia and the South Pacific, with over 2000 patients having received life changing cardiac surgery.

Operation Open Heart is proudly part of Sydney Adventist Hospital's HealthCare Outreach program responsible for organising various different medical development initiatives internationally.

WHAT WE ARE DOING

Each year we organise approximately six Operation Open Heart visits to various countries. A team is comprised of about 40 medical professionals. Team members volunteer their time and also make financial contributions. The team members include surgeons, anaesthetists and nurses.

During a two week stay, a team can provide life changing surgery to between 25 and 50 patients suffering from congenital or rheumatic heart disease. Without Operation Open Heart many of these patients would not have survived, and at best most would not be able to lead the active and productive lives that they now have.

Many of the countries we visit have no other access to cardiac surgery. For patients suffering with cardiac disease, this means that Operation Open Heart is their only chance of receiving the critical treatment they desperately need.

The surgery that takes place is highly specialised, and with very little of the equipment available in the countries we visit, Operation Open Heart must be self sufficient. This means the purchase and transportation of critical equipment and supplies that will be used during a visit. Approximately 3 tonnes of equipment is shipped from Australia for each trip.

Another important component of Operation Open Heart is to provide training, in the diagnosis and treatment of heart disease, to many of the health professionals in the countries visited. The aim of this training is to support the medical professionals in the countries visited so that they may gain self-sufficiency in the future.

HOW YOU CAN HELP

For many patients, heart failure is the most likely outcome without immediate corrective surgery. If you would like to support this program, please complete the "My Gift" form and send to the Sydney Adventist Hospital Foundation.

Your donation will profoundly transform the life of someone living with cardiac disease.

BAINAM, AGE 8 MONTHS

Bainam was diagnosed shortly after birth with a congenital heart defect. He had a hole between two of the chambers in his heart, and his heart and lungs struggled with the high blood flow. Without corrective surgery, Bainam's heart would have stopped working.

During an Operation Open Heart visit to Papua New Guinea, Bainam received surgery and the hole was repaired. His surgery was not without incident due to a total hospital power failure, one of the many challenges faced while working in developing countries.

Bainam's surgery was successful, and he has recovered well. He is growing up fast and can now expect to live a happy and productive life.



WANT TO KNOW MORE?

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

Michael Were – HealthCare Outreach Manager
P (02) 9487 9295 E michael.were@sah.org.au

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
185 Fox Valley Rd
WAHROONGA NSW 2076

I would like my donation to go to the teams work in the following country:

- Where it's needed most (Project J)
 Fiji (Project A) Papua New Guinea (Project B)
 Vietnam (Project D) Vanuatu (Project E)
 Myanmar (Project F) Rwanda (Project G)
 Tonga (Project M) Solomon Islands (Project I)

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

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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 and follow the prompts or call **02 9487 9405**.

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