



## Family Planning on the Rise

**S**oft Power Health is very excited to report that our family planning programs continue to help more people access the family planning they want. Both through our ongoing family planning outreach programs in 38 villages and at the Mother and Child Wellness Center, the number of people who receive our services is growing.

Over the years, I have heard all kinds of reasons why Ugandans would not be interested in family planning. Luckily, Soft Power Health responds to what the communities ask for and as a result we have had the most successful family planning year to date.

Soft Power Health's success in this area comes from having an enduring, dedicated, and widespread community outreach program in combination with a devoted center for all family planning needs. Word about our services in the field and at the clinic has spread through the 38 villages we attend, so the pool of people we assist continues to grow.

At the Mother and Child Wellness Center for the first nine months of 2012, we have provided 402 three-month long Depo-Provera injections, 58 three-month courses of birth control pill plan; inserted 44 long-term birth control implants, and placed 29 IUDs. Our quarterly cosponsored family planning days with Marie Stopes have been very popular too. For the four quarterly cosponsored family planning events of 2012, we performed 73 tubal ligations, placed 133 long-term contraceptive implants, placed 9 IUDs, and even performed 2 vasectomies.

Finally, in our family planning outreach programs, we have provided 1885 injections of three month Depo-Provera, 292 three-month courses of birth control pill plan, and 9,074 condoms. All these numbers are up from last year and we are very grateful for your ongoing support to make this possible for the people of Uganda.

## Field Patients – Long Term Dedication

With the help of enthusiastic Soft Power Health staff such as Sarah and Patrick, we have been able to identify and treat a number of patients with serious and complicated health problems. These patients often are in need of chemotherapy, HIV treatment, or complex surgeries. Most of these patients live far from medical care and represent the poorest of the poor in Uganda. Malnutrition is pervasive in these patients. Soft Power Health has taken on a number of these patients and oversees their care and treatment. Sometimes this continues for years and sometimes for a matter of months.



One such patient, Nakiranda, a blind HIV+ woman from a small village about 40 minutes drive from the clinic, was living with her three small children in a

**Through education comes knowledge, through knowledge comes power!**

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very impoverished setting. She was severely malnourished and her CD4 count was very low when we first went to visit her. Her children had been in charge of feeding their mother and themselves via subsistence farming a small plot.

Soft Power Health was able to provide her with food, treatment of malnutrition and access to anti-retroviral treatment. We also donated a mosquito net for herself and her children to sleep under.

Although Nakiranda's condition was quite serious when we found her, once on treatment and eating a better diet, she improved and for nearly a year was doing very well. She even managed to start a small business selling charcoal.

*Nakiranda and her three children*



Unfortunately, she contracted pneumonia over the summer and died from her disease orphaning her 3 small children. A generous donor to Soft Power Health volunteered to pay for the children's education and ensure that they would be properly looked after. Today, all three children are healthy and doing very well at school.

## The Allan Stone Community Health Clinic -Busier Than Ever Before!



*The Allan Stone Community Health Clinic*

Under the guidance of Dr. Charles Kalumuna, the Allan Stone Community Health Clinic is having its busiest year yet! The clinic, which saw 12,000 patients last year, is on track to treat close to 20,000 people this year!! So far, as of the end of September, we have treated 14,371. The quality of service and the dedication of all the staff have made for high patient satisfaction. Dr. Charles has committed himself to providing the best treatment for everyone who walks in the door.

Clinical officers Dr. Oliver and Dr. Wilson handily assist him. (Clinical officers have the equivalent of three years of medical school training and are well suited to treat primary care patients, similar to nurse practitioners.) Our nurses stay very busy too, dividing their time between the clinic and outreach programs. We currently have 6 nurses employed

at Soft Power Health. Finally, our laboratory technicians are vital to helping the doctors and nurses in the diagnostic process. Some days the clinic sees over 100 patients!

For the first time in our nearly seven-year history, we have seen malaria drop to second from the first most commonly treated disease. We hope that this is in part due to our substantial efforts in malaria education and prevention over the years in the surrounding communities. For the last 6

months, gastro-intestinal disorders have replaced malaria as the most commonly treated condition. Other frequently treated diseases are upper respiratory tract infections, urinary tract infections, and sexually transmitted diseases. Thanks to the hard work and dedication of all the Soft Power Health staff, we are able to help people feel better fast, and treat them at a price all can afford.

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MOST COMMONLY  
TREATED DISEASE**

## Our New Solar Refrigerator – A Life Saver!!

In July, the clinic acquired a new, completely self-contained solar refrigerator. After years of having partially functional solar fridges and fridges that run on mains power – which is completely unreliable despite the completion of the new hydro-power dam just a few kilometers away – we installed a solar refrigerator with the primary purpose of keeping our vaccines cold! Various reagents for the lab and several medicines are also stored in the refrigerator, but to date, this has vastly improved our ability to provide vaccinations both at the clinic and in the community. We have added a dedicated nurse to accompany



*The solar panel and solar refrigerator with Nurse Doreen*

our family planning outreaches and provide vaccinations in the field, thus insuring even more access for those in need. Despite efforts by the Ugandan government to tackle the vaccination problem for its citizens, diseases like Measles, Tetanus, and Polio persist and contribute to significant morbidity and mortality.



# Malaria Has A New Striped Foe



*Sarah Muwanguzi, demonstrating use and care of Soft Power Health's new striped mosquito nets*

Last December, Soft Power Health introduced its new striped nets into the field and the response was fantastic. Ugandans love the brightly colored stripes. In some cases, when we ran out of nets, some nyabos argued over who could have the last striped net. Our new container of striped and blue nets arrived in April, and the reaction has been so positive for the striped nets that we must now have dedicated net sales selling either striped nets or blue nets. Both nets are still Long Lasting Insecticide Treated Nets (LLINs) good for repelling mosquitos for up to five years if taken care of properly. Best Net, our net supplier, hypothesized that stripes would make the nets more appealing. So far, it looks like they are right! Stay tuned for our update on the striped appeal.

In addition, Soft Power Health's malaria education and prevention efforts turn out to be even more important than ever based on the latest results of malaria vaccine trials in infants. Unfortunately, the result of this vaccine trial, done over several years with thousands of participants, indicates that the vaccine is only 30% effective. Thus, education about malaria and net usage are more important than ever! Thanks to all who continue to support Soft Power Health's work. To date in 2012, we have sold 7,054 nets and followed up on 1,094 nets purchased through our outreach programs. Our grand total of nets sold is nearly 60,000.

## Soft Power Health – IN THE NEWS

It is amazing what one person and a little vision can do! Adventure photographer and storyteller, Trevor Clark visited Soft Power Health two years ago. Through his efforts, a story appeared about Soft Power Health on [CNN.com](http://CNN.com). It was a wonderful way to get the word out about what Soft Power Health does. In addition, Trevor helped get stories placed in *Ladies Home Journal* and *Canoe and Kayak* magazine. Thank you Trevor for all your help. To check out more of Trevor's work go to [www.trevorclarkphoto.com](http://www.trevorclarkphoto.com).



## Meet New Country Manager Shirley Grew



Although Kyabirwa village is a long way from Seattle, Shirley Grew eagerly took on the role of

country manager in Uganda for Soft Power Health this year. Shirley has an MPH and extensive managerial experience, and she had spent considerable time volunteering in Uganda before she decided to take the plunge and move to Uganda full time. Shirley has been extremely dedicated and took on all tasks, great and small, with a determined spirit. We are very grateful to have Shirley working with Soft Power Health!

## 2012 Volunteer Projects

Summer always provides an opportunity to have volunteers visit Soft Power Health. This past summer we had two students, an MPH candidate and a second year medical student from Mt. Sinai's Global Public Health Program, and a third student from the University of Rochester MPH program.



The two students from Mt. Sinai, Kimberly and Isabella, studied malnutrition in the communities we work in to evaluate prevalence in those communities and to see how we might be able to address malnutrition. Teresa, an MPH student from the University of Rochester, came to help us evaluate whether education, at the time of mosquito net purchase, makes a difference in effective net usage. We are eagerly awaiting the final results of both research projects.

# Partner With Us!

Preventing malaria and improving people's overall quality of health are among the simplest and most effective ways to help people lift themselves out of poverty.

Soft Power Health depends on the generosity of individual donors and foundations to continue with its important work. Your financial contribution can make a huge and immediate impact.

We understand that you may frequently be asked to give money and know it is important that your money be used carefully and effectively.

One of the strengths of Soft Power Health is that our nearly all-Ugandan staff work directly with the people we serve. No middlemen are involved so donations go directly to those they were intended for.

## Two Ways to Give:

Send check payable to:  
Soft Power Health  
2887 Purchase Street  
Purchase, NY 10577 USA

Online at:  
[softpowerhealth.org](http://softpowerhealth.org)

Soft Power Health is a registered 501(c)(3)  
and all contributions are tax deductible  
Tax ID # 20-5195776

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## Your Money At Work:

\$3.50 salary of one malaria educator  
for one day

\$7.50 one mosquito net that can prevent three  
or more children from being bitten for 3-5 years

\$14 a year Soft Power Health can purchase medication  
to treat malaria for one Ugandan child

\$20 2,400 bottles of Water Guard (clean water  
treatment) for 600 gallons of safe drinking water

\$150 20 mosquito nets that will cover an average of  
60 children and prevent around 360 episodes of  
malaria, a savings of 1,200,000 Ugandan shillings  
or \$600 for each family

\$220 salary of a doctor  
for one month

\$360 salaries of two nurses  
for one month

\$500 cost of field patient medical treatment  
and rehabilitation for one month

\$800 one month's contraceptive supplies and malnutrition  
treatments for the new Mother and Child Center

\$1,500 cost of fuel for our outreach  
vehicles for one month

\$3,000 one month's worth of  
Clinic laboratory supplies

\$4,000 one month's worth of  
Clinic medicines



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