

Living Hope



HORIZON INTERNATIONAL MEDICAL MISSION, INC.

October 2015

DIABETES MELLITUS- A KILLER AMONGST THE LIVING



The world is troubled with HIV/AIDS and sometimes malaria which is endemic in sub-Saharan African countries. Substantial amount of dollars has been invested in fighting these diseases with high mortality and morbidity. Diabetes mellitus should be included in the above rank of disease. Its morbidity and mortality is devastating. From my experiencing working with patients in the rural African and Caribbean population for 15yrs, many walk around with symptoms and even with end organ damage from diabetes but are completely ignorant of their condition.

‘Doctor I can’t stop urinating and drinking a lot of water for the past one year’ said Mr. Fidelis Amadi in one of Horizon International medical mission visit to Imo—State , Nigeria in 2014. Then

Mr. F. Amadi had no other symptoms but blood sugar was very high. He was given the appropriate oral hypoglycemic drug metformin that could last for 6 months. One year later the story is different.

HIMM representative in Imo state Mr. Henry Onuoha brought the sad story of Mr. Amadi who is at the verge of losing his leg due to severe diabetic foot ulcer. Mr. Amadi has been out of his medicine for months and not following the diabetic diet. This is mainly due to poor finance. Unfortunately even when the money is available diabetic patients are limited in food variety in Nigeria. The staple food is composed of carbohydrates such as garri, fofoo, amala, tuo masara, rice and yam etc.

Diabetes mellitus is a chronic endocrine disease that involves complete damage or partial damage of the pancreas which has the function of insulin production. In type 1 diabetes the pancreas is not able to produce insulin from childhood as opposed to Type 2 diabetes in which there is partial insulin production noted at adult hood or earlier in patients who are obese. With deficit in insulin production the blood sugar is increased and if uncontrolled, complications of diabetes arise as we see in the case of Mr. Fidelis Amadi.



Special points of interest:

Diabetes Mellitus

Inside this issue:

story of
Mr. Fidelis Amadi

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HIMM has partnered with the local hospital in helping Mr. Fidelis Amadi to save his leg but he needs help for his medicine and food when he is eventually discharged. There are many in the rural and urban areas who suffer from this expensive disease but cannot afford medicine nor can they afford test strip or glucometer to measure their blood sugar. As HIMM picks up the fight against diabetes it requires patient education, medication and nutrition. We invite partners to contribute financially, volunteer service and medication donation.

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Horizon International Medical Mission (HIMM) was founded Dr. Kennedy Kelechi Okere who also serves as the president of the organization. The main purpose of the organization is to reach the medically and spiritually unreached people of Africa and the Caribbean. Dr. Okere grew up in Africa and lived in the Caribbean. While growing up he witnessed people in rural areas of these parts live in poor medical and living conditions without much hope for assistance. As Dr. Okere grew up, he continued to pray that one day God would raise a vessel after His heart that will lift the people out of their predicament. He had no idea that he was praying for himself.

Dr. Okere organized his first medical mission trip to Nigeria, West Africa in March 2000. At that time, he was a second year medical resident in Family Medicine at Memorial Health University Medical Center. He was able to recruit a local Physician, Dr. Emeka Anyamele, and local Nigerian Nurses. With the cooperation of the local Pastor of Ihiagwa Baptist Church, the community visited in Imo State, Nigeria, Dr. Okere converted the community church into a make shift clinic. Drs. Okere and Anyamele saw 600 patients during the 5-day clinic.

HIMM has gone on multiple mission trips since 2006. During each trip, HIMM has had the opportunity to recruit nurses, church ministers, a dentist, a medical student, a pharmacist and doctors.

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