

OTHER WAYS TO GIVE

Planned Gifts. Bequests and gifts by beneficiary designation left to AHD can ensure long term impact.

Stock Donations. If you donate stock that has increased in value since you bought it more than a year ago, you can take a charitable deduction for the stock's fair market value on the day you donate. You'll also avoid capital gains taxes on the increase in value over time.

Contribution from required minimum distribution (RMD). If you are over the age of 70 ½, the government requires you to take annual distributions from your retirement account. Up to a certain amount, these distributions may be made tax-free as long as they are directed to a 501(c)(3) organization, such as Andean Health & Development. Up to \$100,000 of your annual RMD from IRAs may be distributed directly to charity, enabling you to avoid paying income taxes on that amount.

Please contact Chief Operating Officer, Laura Dries, to make a contribution or learn more:
laura.dries@andeanhealth.org. Thank you.

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We have a new
video for our 20th
Anniversary!

Check it out at www.andeanhealth.org.

A NEED
A VISION
& SHARED
VALUES



Please donate to train local doctors and provide high quality medical care to Ecuador's underserved.

☐ I would like to make a one-time donation of \$ _____

☐ I would like to join the **Hesburgh Hospital Society** by pledging \$1,000 each year for 3 years. Enclosed is my first gift.

Name: _____

Address: _____

Email: _____

Phone: _____

Card Type: ☐ Visa ☐ MC ☐ Amex Exp: Date: _____

Card #: _____

Checks may be made payable to Andean Health & Development and sent to 1100 Delaplaine Ct., Madison, WI 53715 or made online at www.andeanhealth.org.

AHD's financials are audited annually by Lulloff & Taylor, LLC, CPA. AHD is a 501(c)(3) non-profit. Donations are tax-exempt. Tax ID: 39-1809174. Please ask if your company matches donations. Thank you!

Winter 2017

An Update
on the Impact You
Make Possible

www.andeanhealth.org • info@andeanhealth.org



ANDEAN HEALTH & DEVELOPMENT NEWS:
20 YEARS OF QUALITY, SUSTAINABLE HEALTH CARE FOR
LATIN AMERICA'S UNDERSERVED

WINTER 2017



Dr. Carlos Troya teaches EKG reading to the current family medicine residency class.

FROM THE FIELD

Ligia delivered her magnificent, nine-pound baby boy in early November. Big babies with wide shoulders sometimes get stuck above mom’s pelvic bone and need special, rapid maneuvers from the medical team to complete the journey out – her baby was no exception to the rule, but did just fine.

Then mom’s uterus did not contract. When that happens, heavy bleeding can rapidly ensue. Massages and medications frequently alleviate this, but not always.

This time, nothing worked.

We took Ligia to the emergency room to try to control the bleeding. Her blood pressure was lower than anything I had ever witnessed; she ultimately required an emergency hysterectomy (removal of the uterus) to save her life.

We had delivered a beautiful baby girl that same morning. The proud parents were Carlos, a family physician with Saludeses for more than eight years at Hesburgh Hospital, and his wife Diana, HR Director of the hospital. They could have enjoyed a quiet first night at the hospital with the new family addition. Instead, knowing this patient needed blood urgently and knowing that retrieving blood from the Red Cross is always time-consuming, Carlos jumped into action mode. He took Ligia’s husband to Red Cross, and ultimately to a government hospital, to procure the life-sustaining blood.

The emergency surgery and the blood saved Ligia’s life. She needed more transfusions the next day, but she recovered and is now home with her baby. Carlos’s reflection? “We had a picture-perfect delivery of our daughter today. This other couple could have been us instead. I couldn’t just sit there.”

That’s the kind of team we have in Ecuador.

Thank you for supporting our work, and Happy Holidays!

- David
David Gaus, M.D., MPH/TM is the Founder and CEO of Andean Health & Development.



Dr. Carlos Troya: HH Medical Director, AHD Residency Graduate, and Proud Father

AHD’S ONLINE MEDICAL JOURNAL: Sharing Clinical Expertise and Showcasing Groundbreaking Leadership in Rural Health

As part of the “Andean Health Institute,” AHD (Saludeses in Ecuador) publishes an online medical journal that has become a critical resource for health workers not only in Ecuador but throughout Latin America. The journal, *Salud Rural* (Rural Health), is published quarterly online and receives an average of 7,000 views a month. Articles include practical and timely topics, such as the epidemiological transition in rural populations or mental health resilience after Ecuador’s 2016 earthquake, and also more wide-reaching issues, like the medical education system in Latin America.



The journal complements the Saludeses Clinical Manual, which is a textbook (in Spanish) for AHD’s residents and other health professionals working in the countryside. Both resources are designed to teach the application of high quality medical practices in low-resource settings.

A major goal of the Andean Health Institute (AHI) is to share the lessons we’ve learned with the larger public health community. The journal and the clinical manual capture AHD’s two decades of knowledge and make it accessible to a broader audience. Visit saludrural.org to learn more.



First day’s ride to Milwaukee

CONGRATS, AHD CYCLISTS!

In September, 50 intrepid cyclists “hit the road” to raise funds and awareness for Andean Health & Development. Many in the group began the eight-day journey near the University of Wisconsin. They then moved on to Milwaukee, shuttled north to the Upper Peninsula, cycled over the top of Lake Michigan, and biked down the west coast of Michigan, ultimately ending up at the University of Notre Dame after covering 500 miles between AHD’s two university partners. Others joined at the beginning or end of the trip, riding from Madison to Milwaukee or from Michigan City to Notre Dame.

Together, they rode 9,456 miles and raised \$332,696! This marks the seventh year that many on the team have cycled together. Congratulations to the cyclists, and huge thanks to all the donors who supported AHD through this fun (and grueling) event!

“My third AHD bike ride was a trip of a lifetime—and all for a great cause! The laughter, fun, and camaraderie flow effortlessly from an organization with a great mission. To have so many great people all in one place for a week working together for AHD is an amazing experience. I wouldn’t have missed it for the world.”

- Rachel English, 500-Mile Rider and AHD Advisory Board Member



Final day’s ride to Notre Dame