



Dear Physicians, Colleagues, and Friends,

Looking to do something different for a vacation, but also want to use your clinical skills? Come join us for our next medical mission! Thank you so much for your interest in NSU-COM and DOCARE's trip to the Amazon of Ecuador in the Spring of 2008. Whether you found out about our mission through a professional publication, are an alumni of NSU-COM, or work with one of our students, we are so proud to offer you an **amazing opportunity for professional and personal growth**. Please read on for details. This information is accurate at this time, but as one would expect with large groups and international travel, this is tentative. **We appreciate your patience and flexibility as we work to prepare for this mission.**

Ecuador Mission 2008

- *Dates:* March 14-23, 2008
- *Cost:* \$1,650 all inclusive cost including air fare, most meals, and accommodations
- *Applications:* Applications will be made available electronically in November and will be due Dec/Jan 2007
- *Locations:* Quito, Baeza, Quijos, and Tena-Napo Amazonica of Ecuador. We will visit a variety of clinics in these towns. Our home base will be *Hosteria San Jorge* <http://www.hostsanjorge.com.ec/>
- *Group size:* approximately 20 physicians/NP/PA, and 40 students. Our goal is a 2:1 student to doctor ratio to maximize the learning experience for the students.
- *Types of physicians needed:* primary care specialties including Peds, Internal Medicine, Family Medicine, Optometrists, Dentists, Pharmacists, ER Physicians, ect.
- *Special skills:* Spanish Speakers are extremely helpful to us! Interest in Osteopathic Manipulative medicine is also a great asset. At this time we are not planning to offer CME credits.
- *How to prepare now:* Make sure your **passport** is up to date and consider **vaccinations** recommended for travelers by the CDC website. We recommend anti Malarial prophylaxis such as Malarone, Aralen, or Doxycycline. Vaccines recommended include Typhoid Fever, Yellow Fever, and HepA/B. And of course **start setting money aside** as applications will be due soon.

- What you can expect: Although we see patients in some remote locations, our accommodations are quite nice. You **will have hot water, shower, three meals a day, bottled water, and a bed**. Students share rooms, but physicians can have private or semi private rooms. We expect to see about **2,500 patients over 4 days (about 30 clinic hours)**. Much of the trip requires bus rides to reach our destination. We travel from the capital city of Quito and work our way east into the Amazon basin, seeing patients, taking in the scenery, and sight seeing along the way. **We visit sites specified by the Ecuadorian government to be in extreme need and are areas of true poverty**. Last year we most commonly saw patients with: parasitic infections, fungal infections, acute infections, and musculoskeletal pain. **Unique cases** included multiple patients with AAAs, Leishmaniasis, Scabies, and blindness in twin girls due to maternal Chlamydia.
- **For fun** we visited the beautiful colonial city of Quito, Ecuador, rode inner tubes down a tributary of the Amazon, hiked through a beautiful section of rain forest, bathed in the natural springs of mountain water, and enjoyed **cultural presentations** from a traditional **Shaman medicine man** and the Children's Performing Arts School of Baeza, Ecuador.

- What our students expect from their preceptor physicians:
We are very grateful to have physicians volunteer to work, teach, and explore with us. **This is a special opportunity for physicians to remind themselves of why they became a doctor**. Also, students who join this mission are very committed to learning and advancing their clinical and communication skills so you can be sure you will have enthusiastic, hard working students at your side! Students hope to be challenged by their preceptors in an encouraging and positive manner. We hope that physicians who join us enjoy teaching students, sharing, working hard, and exploring. **It would be an honor to have you join us and help us provide much needed medical care!**

If you have any further questions or would like to forward a name of an interested individual, please contact our physician recruitment director, Katherine Lumpkin. We also have a national website at <http://www.docareintl.org/> or our chapter NSU-COM website www.nsudocare.org for further information.

Sincerely,
Mary N. Chrisochos, OMS-II
chrisoch@nova.edu
(954) 817-5180
NSU-COM DOCARE Vice President



DOCARE
 Nova Southeastern University
 College of Osteopathic Medicine

Dear Physicians:

Your IGC student is submitting this letter in request of medications for the NSU DOCARE Student Chapter. DOCARE is a national organization that is dedicated to serving people all over the world in medically underserved areas. We are planning two trips in 2008, one to **Guatemala** and another to **Ecuador**. Once there, we will be seeing patients that have little or no medical care and we are asking for pharmaceutical donations from physician offices. Our first trip to Guatemala will occur in January, followed by a trip to Ecuador in April. The sooner we can begin to compile the medications, the better prepared we can be. Please either give your donated materials to your IGC student or ship them to the address below as soon as possible. A general list of medications we are looking for is as follows, while a detailed list is attached:

- Anti-Microbials
- Vitamins: both for children and adults
- Analgesics/Fever reducers
- Topicals
- GI medications
- Respiratory Medications
- Miscellaneous

If you are not able to donate medications at this time, but are willing to make a monetary donation so that we may purchase remaining medications, that too would be greatly appreciated. Your help is sincerely appreciated and will surely touch the lives of many needy people around the world. Please sign the form below indicating if you will be able to help us at this time. Feel free to contact me if you have any questions or concerns.

Sincerely,
 Deidre Bass, OMS-II
 NSU-DOCARE Medications Chair
deidbass@nova.edu
 239-910-3622

Shipping Address
 Mary Chrisochos
 Attn: DOCARE Medical Missions
 461 NW 87th Terrace
 Apartment 301
 Plantation, FL 33324

_____ Yes, I will be sending medications
 Physician Signature

_____ No, I will be unable to send donations at this time
 Physician Signature

Physicians, Volunteer for the Mission!

We are also looking for physicians, nurse practitioners, and physician assistants who would be willing to accompany us to Ecuador as a preceptor. If you would like more information regarding the trip and are interested in teaching medical students in this unique opportunity, please include your contact information below.

Mary N. Chrisochos, OMS-II
 Physician Recruitment Chair
chrisoch@nova.edu
 954-817-5180

Name _____
 Email _____
 Phone # _____
 Specialty _____



NSU-COM DOCARE MEDICAL MISSIONS PROGRAM

Itemized medication request list for an estimated 1,200 patients

****MEDICATIONS CANNOT BE EXPIRED more than 6 mos.****

<u>ITEM</u>	<u>SIZE</u>	<u>AMOUNT</u>
<i>ANTIMICROBIALS</i>		
Amoxicillin	500 mg. tablets or capsules	500
	250 mg/5cc susp.	72 (150cc) bottles
	125 mg/5cc susp	48 (150cc)bottles
Cephalexin	500 mg tablets or capsules	200
Doxycycline	100 mg	200
Erythromycin	500 mg tablets or capsules	100
	200mg/5 cc susp	6 (150cc) bottles
Trimethoprim/Sulfamexazole	800/400 mg. tablets	200
	400/80 mg tabs	200
	pediatric susp	36 bottles
Metronidazole	500 mg.	250
Ciprofloxacin	500 mg.	300
Acyclovir	200mg	100
 <i>PAIN/FEVER MEDICATIONS</i>		
Tylenol	325-500 mg.	1200
	Infant Drops	12 bottles
	Children's liquid	48 bottles
Ibuprofen	200 mg.	1000
	Infants drops	12 bottles
	Children's liquid	36 bottles
ASA	325 mg	1000
Other NSAID (Naproxen, mobic, celebrex)		
 <i>TOPICALS</i>		
Anti Lice Shampoo	small bottles with combs	100
Anti Scabies Body Lotion	4 oz	50
Sunscreen #15 or higher	4 oz	100 bottles
Moisturizing Creams	8 oz	200 bottles
Low Potency Steroid creams	15 gram	100 tubes
Hydrocortisone 11/2 –2%		
Antibiotic ointment/creams	15 gram	100 tubes
Anti fungal creams	15 grams	100 tubes
 <i>G.I. MEDS</i>		
H2 Blockers (Ranitidine 150mg)		2000 tabs
Liquid Mylanta or Maalox	4 oz.	50 bottles
Chewable Antacids – Any		2000 tabs
Vitamins:		
Adult MV		2000 tabs
Childrens chewables		10,000 tabs
Prenatal		1000 tabs

RESPIRATORY MEDS

Antihistamines		
i.e. Benedryl, Atarax	25 mg	500 tabs
Liquid Prep for peds	4 oz	50 bottles
Loratidine tablets or capsules	10 mg	1000
Pseudoephedrine -Decongestant	30mg. adults tabs	1000
Childrens cold med chewables or liquid - any		500 tabs/50 bottles
Nasal Steroid sprays – any Rx		20
Nasal Saline Sprays - OTC		40
Bronchodilators – Rx Inhalers		20
Jet Neb mixtures		20

CV/DM Meds

HCTZ	25mg	1000
Enalapril	10mg	1000
Atenolol	50 mg	500
Metformin	500 mg	2000 tabs
Sulfonurea	low dose	1000
Ie. Glyberide	5 mg	

MISCELLANEOUS

Silvadine ointment	25 grams	4
Meclizine		100
Prednisone Tablets	10 MG	100
Trazadone HCl (Desyrel)	50 mg. tabs	250
Antibiotic Otic Drops	5 cc	20 bottles
Ie. Cortisporin otic drops		
Ear wax softener		20 kits
Antibiotic Eye drops	5 cc	20 bottles
Ie. Gentamycin, tobramycin ophth.		
Natural Tears or other product for dry eyes		50 bottles
Vaginal Preps- metrogel		6
monistat		6
Selenium Sulfide Shampoo		6
Throat Losengers		500
Epi-Pens- adult^^		2 pak

THE MOST IMPORTANT MEDICATIONS NEEDED ARE:

Antibiotics:

TMP/SMX -- tablet and susp
Amoxicillin -- tablet and susp
Biaxin -- tablet and susp
Cipro --
Keflex --

Antiparasitics: (Any or all)

Mebendazole
Thiabendazole
Albendazole

Derm

Steroid cream - hydrocortisone is o.k.
Antifungal cream - any

Analgesics:

Tylenol and other NSAIDs

Vitamins:

Adult, children, prenatal, iron

Cough meds:

Cualfensin
Dextromethorphan
Antihistamines



DOCARE

Nova Southeastern University
College of Osteopathic Medicine

To Whom It May Concern,

As a non-profit international organization, DOCARE organizes medical mission trips to Central and South America to provide medical care that is greatly lacking in these underserved and developing countries. Our NSU-COM chapter of DOCARE is currently planning two missions for this upcoming year. In January 2008 we will be traveling to Guatemala to treat indigent communities and in March 2008 we will be going to Ecuador and the Amazon to treat the tribes of the Amazon rainforest.

We have over 70 students, 40 physicians, and many of their family members that will be donating their time and money to the people of Guatemala and Ecuador. Last year in Ecuador we treated more than 2,500 patients in five days and anticipate more this year. We will not only be treating families, but we will also be bringing Sigma Sigma Phi's "Doctor's Bag" program which is intended to take away some of the children's fears of going to see a health care provider. Most importantly, along with a medical evaluation, we will also be providing these communities with free medications and needed health education.

Therefore, we are kindly asking generous business owners and interested donors to help us fundraise for these essential missions. Your contributions will go towards medications, medical literature, and medical supplies. We will also be purchasing medication packages from AmeriCares (www.americares.org) at \$150.00 per package. If you would like to make a tax deductible donation please see the following form for details. All donors will receive a thank you package after the mission and will be able to place their organization logo or name on our missions t-shirt if the donation is \$150+. Checks can be made payable to "NSU DOCARE." Please fill out the following donor form in its entirety.

Thank you in advance for your help. Your donation means a great deal to us as students and as future physicians. If you have any questions, please do not hesitate to contact us. Thank you for your time.

Very Sincerely Yours,
Mary N. Chrisochos, OMS-II
NSU DOCARE Vice- President
461 NW 87th Terrace Apt 301
Plantation, FL 33324
chrisoch@nova.edu
(954)-817-5180



DOCARE

Nova Southeastern University
College of Osteopathic Medicine

Donor Form

Dear Friends and Patrons: Please fill in the following information and return with your financial donation.

We thank you in advance for your kind donations!!

Please send all checks payable to 'NSU DOCARE' to:

Michelle Henry

5805 Hampton Hills Blvd

Tamarac, FL 33321

Donor/Organization Name: _____

Address: _____ Phone: _____

E-mail: _____ Giving Level: _____

Tax Deductible amt enclosed: (Certificate #: 16-03-19196) \$ _____

In gratitude of your donations of \$150/greater, we would like to represent your organization: Please send any Organization logos that you would like advertised on our mission trip T-shirts via email to Michelle Henry at michenny@nova.edu

Ecuador Mission 2008

Explore- a beautiful colonial city and the center of the Earth



Serve- Where there is true need



Teach- motivated and committed osteopathic medical students



Learn- of Ancient Mayan, Incan, and Andean culture and new ways of healing



Rediscover- your sense of purpose, a feeling of peace, and your hope in humanity

DOCARE INTERNATIONAL greejosh@nova.edu, chrisoch@nova.edu www.nsudocare.org