



# MED TO ONE

*Providing medicine for long-term needs, one patient at a time.*

**MEDICINA PARA UNO**



PROVEYENDO MEDICINA PARA CONDICIONES CRÓNICAS  
... Y CAPACITANDO A PACIENTES A ALCANZAR SU MÁXIMO POTENCIAL.

*I call Lima my "Ninevah." I decided not to go on a mission there in 2004; I'd already done a mission in Lima and wanted to go to more "interesting" locations. I signed up to go to a mission trip to the jungle instead, but God had other plans for me. Due to complications, the location for the trip changed but I wasn't notified until two days before the trip. I grudgingly went to Lima and on that trip I found the two teenagers with epilepsy who were the inspiration for founding MED TO ONE. God called me to Lima that year to show me what I needed to see. In May of 2009, God has been opening more doors, showing us the road to support ~96 patients in need in Arequipa, leaving me once again amazed, humbled, and grateful. Tauni Crefeld, MED TO ONE.*

## Feeding the 5000

MED TO ONE's motto has long been to go after the "one lost sheep"; to support the individual patients who are struggling with their conditions, forgotten by the state, overlooked by other charities. But as of May, MED TO ONE has an opportunity to support the residents of a homeless shelter on the outskirts of Arequipa that is more like "feeding the 5000" rather than finding the one lost sheep. The Albergue of Chilpinilla is a home that supports around 150 people, about 80% of whom suffer from mental problems, and many of whom suffer from a chronic medical condition as well. The inhabitants of the center are for the most part homeless, having been abandoned by their families because of their medical and mental conditions, and rounded up by the police. The center struggles to make ends meet, providing food and shelter, but not generally able to cover medical needs. Currently 96 of those patients require carbamazepine, the most commonly prescribed and most economic of the epilepsy/seizure medications. Supporting those ~96 patients will more than double the number of patients MED TO ONE supports.

**How is it possible that 96 patients have a seizure disorder?** 96 seems an incredibly high number of patients to have epilepsy, 96 out of 150 seems even more difficult to believe. But take into account the fact that epilepsy is more common in developing nations than in the US — nearly double— due to the fact that there is a higher risk of experiencing a condition which can lead to

permanent brain damage, including neurocysticercosis, meningitis, malaria, pre and perinatal complications and malnutrition. Add in the fact that mental conditions and epilepsy are often both outcomes of the same underlying neurological problems which leads to a higher incidence of epilepsy in patients with mental conditions. And add the fact that these patients come from poor backgrounds where their families struggle to make ends meet in normal conditions. The stress of taking care of a family member with epilepsy and mental conditions can be a burden sometimes resulting in their abandonment. Two of MED TO ONE's patients — Adrian in Arequipa and John Bejarano in Lima had been abandoned by their families because of their conditions. Adrian with mental retardation and schizophrenia was living on the streets before MED TO ONE stepped in. 11 year old John with epilepsy had been abandoned by his family, and only through the assistance of Lima's coordinator Raquel was John admitted into a state home.

### How can Med to One support so many?

MED TO ONE will rely on the staff at the center to support the patients' individual needs. The staff at the center will be responsible for providing the patients with their daily medication, and Arequipa's MED TO ONE coordinator Ducelia will work with the center personnel to verify that the medication is being taken and that the patients' conditions are being monitored. As residents of the home may leave and new ones may come, the number 96 is an estimate and could be more or less each month.

### NOW AVAILABLE: SPANISH BROCHURE AND WEBSITE

MED TO ONE's website is now in Spanish as well. Go to: [www.med2one.org/esp](http://www.med2one.org/esp), or click on the "en español" link on the MED TO ONE home page ([www.med2one.org](http://www.med2one.org).)

MED TO ONE Spanish brochures are also available.

Contact us: [info@med2one.org](mailto:info@med2one.org) or 973-626-9928 to have copies sent to you.

### Want to be a MED TO ONE Sponsor?

Make a difference in a patient's life.

Sign up online at:  
[www.med2one.org](http://www.med2one.org)  
Call 973-626-9928

Or write:  
PO Box 26  
Bloomingdale NJ 07403

MED TO ONE is a 501 (c)(3) charity.  
[www.med2one.org](http://www.med2one.org)



Carla Choque Vargas

## Newest Patients

**MED TO ONE** would like to welcome its newest patients from Arequipa, Peru.

**Carla Roxana Choque Vargas, Epilepsy, age 26, Arequipa, Peru.** Carla was diagnosed with Epilepsy when she was 10 years old. Carla lives with her father who is 64 and works as a security guard. Her mother, age 65, takes care of the home. They used to live in a rented house, but they were evicted. Now they live in the house of a woman who has given them a room. Carla works crocheting, but doesn't have the money to buy material to crochet.



Alex Copacondori

**Alex Genaro Copacondori Huamaní, age 22, Type 1 Juvenile Diabetes, Arequipa, Peru.** When he was 18, Alex began to have stomach aches and feel constantly hungry, thirsty and had to urinate frequently. He also started having problems with his vision. He was diagnosed with diabetes when he was 19. Unfortunately due to lack of economic resources, he couldn't afford the insulin prescribed and has had continuous attacks of hypoglycemia. Because of his medical condition, he had to quit school and has not been able to work. With **MED TO ONE's** support, he hopes to return to school to study carpentry or computing. Alex lives with his mother. His mother is unemployed, and they are extremely poor.



Angelita in 2007

If you would like to sponsor Carla, Alex, or another **MED TO ONE** patient, contact us at: [info@med2one.org](mailto:info@med2one.org), or call: 973-626-9928.

## 96 Patients—Continued

And as carbamazepine is one of the lowest cost medications, **MED TO ONE's** funding will be able to cover more patients than would typically be possible given the range of conditions and medications our other patients need.

**But MED TO ONE cannot support them without your help.** **MED TO ONE** is seeking multiple sponsors to jointly support the Center's patients. If you would like to help give these patients hope and a chance to live up to their potential, please contact us at: [info@med2one.org](mailto:info@med2one.org), go to [www.med2one.org](http://www.med2one.org), or call: 973-626-9928.

Future **MED TO ONE** newsletters will focus on individual patients, both how they came to be in the center, and how the medicine they are receiving has improved their lives.

## OBITUARY

Angela "Angelita" Magdalena Cari, one of **MED TO ONE's** first patients in Arequipa passed away in May 2009. Angelita's lungs were damaged from tuberculosis, and despite the oxygen **MED TO ONE** provided, her lungs were no longer able to support her. **MED TO ONE** enabled her life to be extended, and let her live her last years with dignity.



Angelita with her mother and Tauni Crefeld

## What is MED TO ONE ?

**MED TO ONE** is a unique organization meeting the long-term needs of impoverished patients for the long term now. **MED TO ONE** focuses on patients in Latin America suffering from epilepsy, diabetes, hypertension, Parkinson's, etc.

### Why is MED TO ONE so important?

In the countries where **MED TO ONE** serves, the socialized medical systems are terribly underfunded; medicine is generally not covered. Short term missions help fill the gap but do not meet the long-term needs of chronic sufferers.

Some patients—especially those with epilepsy—find themselves in a vicious circle where they cannot work or go to school because of their conditions, and they cannot work to pay for the medicine they need to live a normal life.

**MED TO ONE** can break this cycle and enable a patient to live up to their potential.

**ONLY MED TO ONE meets the long-term needs of individual patients now.**

**MED TO ONE** operates in Lima and Arequipa, Peru, Santa Cruz Bolivia, and plans to expand to Honduras soon.

## Get Involved

- **ONE TO ONE Sponsorship.** Consider giving a patient with a chronic condition a chance at a normal life.
- Contribute a **one-time donation.**
- **Help spread the word** about **MED TO ONE**; forward or share the newsletter; request a video or brochures, or let us know a venue (small group, business, or organization) that we could present to. Contact us at [info@med2one.org](mailto:info@med2one.org).
- **Donate your time.** There are numerous ways to help.
- Add **MED TO ONE** to your corporate "**donor match**" or giving campaign programs.

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*MED TO ONE is a non-profit under section 501 (c) (3) of the Internal Revenue Code.*