



MED TO ONE

Providing medicine to impoverished patients with long-term medical conditions in developing nations
.....to enable them to live up to their potential.

I'm so excited about MED TO ONE's recent expansion to Huaraz. Huaraz is in the Andes mountains, where agriculture is still the primary occupation and daily lives of the people have not changed much in hundreds of years. Healthcare in Peru's capital of Lima is difficult to obtain for those with few economic resources; for those in Huaraz it's almost impossible. Tests like MRIs and visits with specialists like neurologists are not available and require a trip to Lima, which would be impossible without MED TO ONE's help. MED TO ONE will help them get the exams they need, then provide the medicine that's prescribed as a result. Tauni Crefeld, MED TO ONE.



Shirley Huerta, her family, and MED TO ONE's coordinator



Victoria with her parents and MED TO ONE's coordinator

Want to be a MED TO ONE Sponsor?

Make a difference in a patient's life.

Sign up online at:
www.med2one.org
Call 973-626-9928

Or write:
PO Box 26
Bloomingdale NJ 07403

Expansion to Huaraz

Huaraz, Peru is a district 8 hours from Lima, at an altitude of around 10,000 ft in the Cordillera Blanca mountain range, which includes Huascarán, Peru's highest mountain, which is over 22,000 feet high. It is home to Quechua-speaking descendants of the Incas, many preserving their traditions unchanged for hundreds of years. Huaraz is city of approximately 143,000, and is surrounded by numerous farming villages.

The Huaraz area is popular with mountain climbers, trekkers, and outdoor enthusiasts and is known as the "Switzerland of the South". The area is remote, rugged, and beautiful, with incredible mountain views. While beautiful, the area's remoteness makes it harder to overcome challenges of poverty and sickness — especially when a family member has a long-term condition like epilepsy.

MED TO ONE's expansion to Huaraz was enabled by the request of Roger, a missionary who had worked with Tauni Crefeld on previous missions to Peru, and who is currently focusing on Huaraz. Roger guided Raquel, MED TO ONE's Lima-based coordinator, to meet the patients he'd requested support for.

There are currently 8 patients eligible for MED TO ONE's support, with several others requiring medical tests such as an MRI to validate their condition and enable a prescription to be written. Raquel will help these candidates travel to Lima,

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One-Time Gift; MRI or EKG

MED TO ONE is vital because it breaks the vicious cycle many of the patients find themselves in. They can't find a job because of their condition. So they can't earn the money they need to pay for their medication.

Some MED TO ONE patients find themselves in a double vicious circle — an infinite loop. They need an expensive MRI or EKG exam, costing up to \$150, before they can even get a diagnosis and a valid prescription. Even if a patient had money for medication, they would not have money for the test needed to get the prescription.

MED TO ONE helps patients break through both barriers, first by covering the cost of the exam. Then, once a valid prescription is written, and if the patient is confirmed as having a chronic condition, the patient's medicine will be covered by MED TO ONE as well.

To help MED TO ONE break the first circle of the infinite loop holding these patients back from living up to their potential, please consider contributing one-time for the cost of an EKG or MRI — from \$100 to \$150. Or, you can donate one-time whatever you are able to MED TO ONE's "where most needed" fund. MED TO ONE's "where most needed" fund currently covers both the cost of one-time exams such as these, and also covers new patients until they are sponsored.

To contribute one-time, you can send a check to MED TO ONE at: PO Box 26, Bloomingdale NJ, 07403, or contribute online at: www.med2one.org/donate.html.

MED TO ONE is a 501 (c)(3) charity.
www.med2one.org



Martin Carahuanco

Expansion to Huaraz— Meet MED TO ONE's Newest Patients

and **MED TO ONE** will cover the cost of the exams they need.

In October, Raquel will travel back to Huaraz with Health Bridges International, to support their week-long clinic, visit the **MED TO ONE** patients, and identify additional patients requiring our unique support.

Below are the stories of a few of **MED TO ONE's** newest patients from Huaraz.



Gersón Rodríguez

Martín Carahuanco Tranca, age 40. Martin was diagnosed with epilepsy when he was 25, and the condition has advanced progressively as he has not been able to get medicine to treat it. He needs an EKG. Martin still lives with his parents, due to his condition. He has 5 older siblings who have moved out and are living on their own. Martin and his parents work in the fields.

Gersón Jesús Rodríguez Rodríguez, age 14, convulsions. Gerson started having convulsions when he was 5 years old, and they've gradually worsened. He suffers from convulsions twice a day. Gerson lives with his mother. His father abandoned him and his mother as a result of his condition. He is very studious, and still attends school, but he feels very limited because of the convulsions.

Karen Artega Pajuelo, age 9, convulsions. Karen does not receive any special therapy or go to school. She cannot speak. Karen was

born healthy, but when she was two months old, her father hurt her when he was drunk. Afterward, she cried constantly, vomited and her eyes rolled. She also got a high fever and has been experiencing convulsions ever since. At age 7 she was diagnosed with epilepsy, and prescribed various medications. Karen's mother said that the medicine hasn't helped so doesn't give her anything. Karen needs to be seen by a doctor, and will need to be seen several times until the doctor can determine the correct dosage level. Karen lives with her mother, grandparents, and three siblings. Her mother works in a bakery. Karen's father deserted the family when Karen started suffering from convulsions.

Shirley Huerta, age 5, convulsions. Shirley is developmentally delayed, and suffers from convulsions. In 2007, she was diagnosed with a tumor in the left ventricle of her heart, which has not been operated on yet. When Shirley was 6 months old, she was hit on the head. At 9 months old, Shirley began convulsing. It is not known if the convulsions are a result of the tumor, or due to being hit. She needs a new examination to get an updated, valid prescription for her condition.

If you would like to sponsor any of these patients from Huaraz, or any of **MED TO ONE's** unsponsored patients, write: info@med2one.org, call: 973-626-9928, go to www.med2one.org, or write us at: PO Box 26, Bloomingdale NJ 07403.



Karen Artega

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.
- **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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Contact Us

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