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Dear Prospective WHV team member:

I hope this note finds you well. I am initially planning a medical mission trip back to Nigeria (our eleventh) sometime in early January, 2012 for a 10 and/or 20-day excursion. We are making arrangements with the governments of a few states (primarily Nasarawa) to have safe passage and transportation, comfortable accommodations, police protection when necessary, and healthy meals.

The new governor of Nasarawa is requesting that we define our services that we plan to render to the many needy people of the wondrous country. I would truly appreciate your input and expertise into this matter. At this time I am considering:

DIABETES and HYPERTENSION SCREENING CLINICS. This has been our most successful undertaking for the last few years. We screen patients for diabetes via a glucometer. We collect the data, give medicines and supplements when necessary or prescribed by local physicians, and leave thousands of doses of strips for the health professionals to utilize all year long. We have ample digital sphygmomanometers to take blood pressures. All data is recorded on green cards and shared with the hospital staff.

VITAMIN A PROGRAM TO MINIMIZE BLINDNESS AND XEROPHALMIA

This program was initiated in January 2010 in the remote village of Azara. It is known that children who don't get adequate Vitamin A in the first few years of life may develop a condition known as xerophthalmia in which the tear ducts do not form properly. This can lead to poor vision and even blindness. Via the distribution of small doses of Vitamin A capsules (costing about 8 cents per patient) we can help to alleviate this preventable affliction.

PREECLAMPSIA PROGRAM FOR PREGNANT MOTHERS

This will be a new program geared toward nurses. **Preeclampsia** is a pregnancy condition in which high blood pressure and protein in the urine develop after the 20th week (late 2nd or 3rd trimester) of pregnancy. We will attempt to provide education on treating hypertension and possible low protein intake. We will also try and supply a good pre-natal vitamin formula to each patient that will ensure a healthier baby upon delivery.

Of course, your suggestions and recommendations are vital for the success of these programs but especially for the success of our voluntary medical mission. I can assure you that the trip will be a life-changing experience that will fill you with both professional and spiritual satisfaction.

Please contact me regarding your interest and/or support of this endeavor. It will take plenty of planning, logistics and moderate financial support, so your participation will be appreciated.

Remain Blessed.

Dr Dan