

**REPORT OF THE MEDICAL MISSION TO THE PAMS POLYCLINIC IN COLLABORATION WITH CAYETANO HEREDIA.
IN HONOR OF DR. JOSE MIGUEL MORALES
ABRIL 22 – 26, 2024; CHINCHA, PERU**

This medical mission to the PAMS Polyclinic in Chincha was conducted in collaboration with members of the Alberto Hurtado Faculty of Medicine of the Peruvian University Cayetano Heredia (UPCH). A salient picture of this mission was the special ceremony to unveil a plaque in honor of the Polyclinic cofounder and benefactor, Dr. Jose Miguel Morales Dasso, who recently passed.

The medical mission started with an orientation at the Polyclinic on Sunday evening April 21, where Dr. Manuel Valdivieso, the mission director and President of the Polyclinic Directory, and the Medical Director, Dr. Sore de Dios Casani, described the overall objectives of the medical mission, the different specialties, and services to be available during the mission. Following a tour, Dr. Casani and Administrator Veronica Leiva provided refreshments as everyone mingled and became familiar with the clinic and its services.

PARTICIPANTS:

The mission included faculty, senior specialty residents and senior medical students of the UPCH who collaborated with PAMS members of the US, specialists coming from Lima and members of the medical, nursing,



administrative staff of the PAMS Polyclinic in Chincha. Several additional participants were graduates from other medical schools such as San Fernando (UNMSM) and University of Applied Sciences (UPC). The medical mission was possible through donations received from the Cayetano Heredia Alumni Foundation (CHAF) and from the Polyclinic of the Peruvian American Medical Society (PAMS).

The mission was the combined effort of 39 participants who served at different times during the mission (see roster). Included were 35 physicians, 3 students, 1 dentist and 1 administrator. There were two specialists from the US, 13 from Lima, 10

members of the Polyclinic staff, 10 specialty residents and 3 medical students. The group included 4 members of the Polyclinic Directory and 5 specialists from SANNA/Pacifico. We were pleased to welcome Dr. Luis Pedro Saona, Obstetrician - Gynecologist and Dean of the Faculties of Medicine, Stomatology and Nursing at UPCH and, Dr. Alejandro Garcia, Cardiologist and President of the Cayetano Heredia Alumni Foundation (CHAF). All were able to use their specialty knowledge and skills during the mission.

The following specialties were represented: Anesthesiology, General Medicine, Internal Medicine, Cardiology, Dermatology, Endocrinology, Gastroenterology,



Hematology/Oncology, Gynecology, Neurology, Pediatrics, Pediatric Surgery, Ophthalmology, Urology, Traumatology, and Dentistry. Of special interest was the participation of representatives of the Glaucoma Lima Center who conducted a one-day campaign of screening and diagnosis of glaucoma and cataracts for specialized care by members of this Center in Lima.

Mission support services included laboratory, EKG, cardiac stress test, ophthalmologic evaluation, upper and lower gastrointestinal endoscopy, ultrasonography, mammography, radiology, and dental care.

COMPONENTS OF THE MEDICAL MISSION:

The medical mission had three components to include:

1. Daily, free of charge Health Fairs
2. Daily, subsidized specialty consults and procedures
3. Free of charge medical care in medical posts

At the Health Fairs, medical students and physicians from the mission evaluated patients for anemia, chronic bleeding, hyperglycemia, high blood pressure, and visual acuity problems. Glasses donated by the PAMS Polyclinic were provided as needed.

We sent teams of general and specialty care physicians along with medical students to the medical posts of Sunampe Health Center and San Jose- El Carmen Health Center.

During the medical mission we cared for 729 patients who received 1181 consultations and procedures. There were 472 females and 257 males. By age, there were 80 children (0 to 10 years), 47 adolescents (11 to 18 years), 451 adults (19 to 65 years) and 151 elderly (66 years or more). By site, patients were served with consultations and procedures as follows:

Polyclinic	954 (74%)
Health Fair	119 (11%)
Extramural	108 (11%)
TOTAL	1181 (100%)

Note that a visiting team from the Glaucoma Lima Center brought portable equipment to conduct a small campaign to rule out the pre-cense of cataracts and glaucoma and refer patients at risk to Lima for further therapy.

Among the 108 patients seen at extramural sites, 58 (54%) were seen at the Medical Post San Jose/El Carmen and 50 (46%) at the Sunampe Medical Post.



By site of residency, in descending order, 10 or more patients per site came from Chinchu Alta, Pueblo Nuevo, Sunampe, El Carmen, Grocio Prado, Chinchu Baja, Alto Laran. Fewer patients per site came from Chavin, Tambo de Mora, Asia, Capillas, Carabayllo, Castro Virreyna, Ica, Lima, Miraflores, Mollopampa, Palpa, San Juan de Yanac, San Pedro de Huacarpapa, Cañete, Surquillo y Paracas.

It should be noted that 402 patients (34%) had their care completely free of charge to include those cared for in Health Fairs and at extramural sites. The remaining 779 patients (66%) had the cost of their care reduced while being subsidized by the medical mission.

The most requested specialties were, in descending order, general medicine and internal medicine, echography, ophthalmology, gastroenterology, cardiology, urology, dermatology, oncology, endocrinology, pediatrics, gynecology, odontology, traumatology, neurology and general surgery.

OBSERVATIONS MADE AT THE HEALTH FAIR COMPONENT:

This was an important component of the medical mission, and it was run by the medical students under the supervision of two general medicine physicians and the support of the Polyclinic’s administrative staff. Of the 119 patients seen by this team, there were 88 females (74%) and 31 males (26%). By age, there were 81 adults (68%), 32 elderly (27%), 5 adolescents (4%) and 1 child (1%).



PATIENTS BY BODY MASS INDEX		
Normal	36	30%
Overweight	50	42%
Obesity I	21	18%
Obesity II	8	7%
Underweight	3	3%
Obesity III	1	1%
Total	119	100%



PATIENTS BY FASTING GLICEMIA		
Pre Diabetes (100-125)	55	57%
Diabetes (>=126)	10	10%
Normal (70 -99)	32	33%
Total	97	100%

PATIENTS ACCORDING TO HEMOGLOBIN		
Female, normal (≥ 12)	72	61%
Male, normal (≥ 13)	20	17%
Female, anemia (< 12)	15	13%
Male, anemia (< 13)	11	9%
Children, 5 to 10 years, anemia (< 11.5)	1	
Total	119	100%

PATIENTS ACCORDING TO BLOOD PRESSURE		
Normal (PAS < 120 y PAD < 80)	76	64%
Pre - Hypertension (PAS 120-139 y/o PAD 80-89)	22	18%
Hypertension, Grade I (PAS 140-159 y PAD 90-99)	12	10%
Hypertension, Grade II (PAS ≥ 160 y/o PAD ≥ 100)	8	7%
NA (1 child)	1	1%
Total	119	100%

PATIENTS ACCORDING TO VISUAL DISTURBANCES		
Alteration of visual acuity	88	74%
Normal	31	26%
Total	119	100%



A rapid analysis of the population served at the Health Fair showed that the population served was affected by several potentially serious issues. Most were adult women and elderly men and women. There was a prevalence of being overweight (42%) or obese (25%) which together came to a risky BMI of 80%. The incidence of pre-diabetes and diabetes was 67%; that of anemia 28% being worse in women (13% vs 9% respectively); pre-hypertension and hypertension 35% and, 74% of the entire population had alterations of visual acuity. These data are extremely important for the development of health prevention programs for the population of Chincha.

OTHER OBSERVATIONS DURING THE MEDICAL MISSION:

As in the past, we found several patients that required immediate specialty care. One was a baby who came with pneumonia and was found to be hypoxic and was transferred as an emergency to a local hospital by Dr. Fuentes. Another was an adult with the sensation of a foreign body in his right eye that was seen by a local hospital and prescribed eye drops for an irritated eye. This patient saw Dr Alzamora thereafter. She found a metallic foreign body encrusted in the cornea that she removed carefully with



excellent results.





We encountered a patient with ischemic coronary findings at

the time of stress test by cardiologist Dr. Garcia. The patient was referred to Lima for further coronary evaluation and

treatment. A patient with history of total hysterectomy for uterine



cancer performed several years ago presented with possible recurrence in vagina. She came to PAMS because of perceived lack of care at her prior hospital. Dr. Valdivieso referred her to the Instituto Nacional de Enfermedades



Neoplasias (INEN) in Lima for further specialized care. Several patients were found with newly



diagnosed, advanced, cancers of the stomach and liver that Drs. Bussalleu, Soriano and Valdivieso referred to INEN for further care. A young woman with a large breast mass with axillary adenopathy

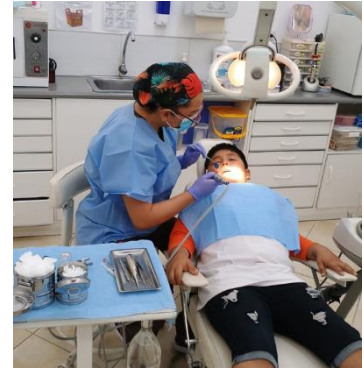
seen at a local medical post was also referred to INEN by Dr. Valdivieso. These patients are only an example of several instances where the presence of our physician volunteers made a difference in



the care of patients and make our participation in medical missions worthwhile.

CAMPAIGN OF DENTAL CARE TO NEEDY CHILDREN

With the support of Mrs. Kathy Zambrano, we conducted a dental campaign among children of limited resources of the area thanks to the coordination with ONG Social Creativa that allowed for parents and children to receive instructions on dental prophylaxis by Dentist Silvia Amaro, nurse Belen Flores and Administrator Veronica Leiva. We donated dental paste and dental brushes to the audience. Twenty children were identified for care consisting of dental curing, application of sealants, dental prophylaxis, and extractions. The care of these children was free of charge. Thank you Dr. Amaro and Mrs. Zambrano for making this possible.



SPECIAL EVENT: UNVEIL OF THE PLAQUE TO HONOR DR. JOSE MIGUEL MORALES DASSO.

In the middle of the day of Wednesday April 24, we held a special ceremony to honor the cofounder and benefactor of the Polyclinic, Dr. Jose Miguel Morales Dasso. Present were his wife, Mrs. Blanca B. de Morales,

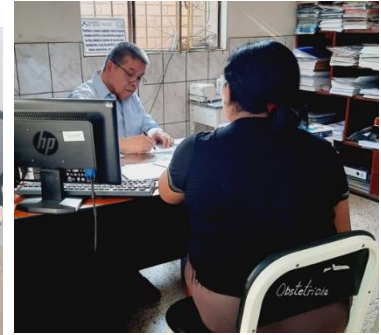


two of their daughters and, several friends and local businessmen who knew Jose Miguel in life. Dr. Valdivieso rendered an emotional homage to Dr. Morales emphasizing his personal qualities as prominent

attorney, agriculture and mining businessman as well as fervent supporter of education in Peru. He had received distinguished recognition from the Peruvian government for these roles. Manuel reminded the audience of Dr. Morales' generosity and role in the creation and support of the Polyclinic for which PAMS and, he personally, are forever indebted. He then invited Mrs. Morales to help unveiling the plaque in honor of her husband. This was followed by a brief presentation of thankfulness and appreciation by Mrs. Morales and her daughter Jimena, and both indicated their desire to continue to support the Polyclinic.



Dr. Blanca Alzamora presented to Mrs. Morales a special petition to Tierra Santa that she obtained to honor Dr. Morales when the Franciscan priests of Tierra Santa pray or say their Masses. Thank you Dr. Alzamora for this honor.



OTHER ACTIVITIES

On April 23, Veronica Leiva led a Polyclinic team to an Occupational Medicine celebration at the mining



company Nexa Resources in Chavin. In addition to showing the capabilities of the Polyclinic as provider of Occupational Medicine services, to the company, we exhibited our wide range of medical services available to its workers and their families. Some 400 people visited our kiosk. Similar activities took place on April 26 at the installations of Textil del Valle where some 150 employees visited our kiosk. Employees of these companies and their leaders were pleased with our presentation at their sites. Thank you, Veronica Leiva for leading these efforts.

SOCIAL EVENTS

Several social events were organized by the Polyclinic administration in appreciation to the mission volunteers. On the evening of Monday 22, all volunteers were invited to a welcome dinner hosted by the Polyclinic at the Princess Restaurant in the Chincha Plaza de Armas. As it is tradition in our medical missions, this was a



spectacular dining experience of 10 delicious dishes of Peruvian Chinese fusion cuisine. On Thursday 25, we held a farewell dinner at the Princess Restaurant where delicious Peruvian dishes were savored and local artists played guitar, cajon and sung Peruvian music including local afro dances that not only were enjoyed by those present but several volunteers danced to their hearts content. Both dining experiences were delicious and very well received.

THANK YOU TO ALL WHO VOLUNTEERED AT THE MISSION

Thank you to both Dr. Sore de Dios Casani and Administrator Veronica Leiva who provided excellent support to the organization and execution of this mission. Thank you to the leadership, faculty, medical specialty residents and medical students of the UPCH for their support and excellent participation at this medical mission. Thank



you also to SANNA/Pacifico for participating in our mission. We extend our appreciation to all other physicians, dentist and volunteers who participated in this medical mission.

A special thanks to those who provided resources to make this medical mission possible including free Health Fair services at the Policlinic, free care at the Medical Posts of Sunampe and El Carmen, and subsidized consults and

procedures to many patients at the Policlinic.

We invite members and friends of PAMS to join us in future medical missions to the PAMS Polyclinic in Chincha. We need medical specialists to join our missions. Our next scheduled medical mission will take place on August 12 to 16, 2024. The impact that medical missions have on the life of the Polyclinic and the patients it serves is exceptional. Please participate, donate, or do both, to support these medical missions that benefit vulnerable people in Chincha, Peru.

Respectfully,

Manuel Valdivieso, M.D.
President, Directory,
PAMS Polyclinic,
Chincha, Peru

MISSION'S ROSTER, APRIL 22-26, 2024			
PHYSICIANS	SPECIALTY	DATES	CITY/COUNTRY
Valdivieso, Manuel	Oncology, Hematology, Internal Medicine	April 22-26	USA
Alzamora, Blanca	Ophthalmology	April 23-24	Lima
Garcia, Alejandro	Cardiology	April 22-25	USA
Saona, Luis A.	Gynecology	April 22-23	Lima
Bussalleu, Alejandro	Gastroenterology	April 24-26	Lima
Soriano, Cesar	Gastroenterology	April 24-26	Lima
Ojeda, Manuel	Gastroenterology	April 22-23	Lima
Quispe, Luz	General Medicine	April 22-26	Lima
Forttini, Vanessa	General Medicine	April 22-26	Lima
Vargas, Alberto	Pediatrics	April 24	Lima
Fuentes, Marianela	Pediatrics	April 25	Lima
Gomez, Carlos	Traumatology	April 25	Lima
Anticona, María Isabel	Endocrinology	April 24-25	Lima
Vergara, Ciro	Anesthesiology	April 26	Lima
Fuertes, María	Dermatology	April 24-25	Lima
POLYCLINIC PERSONNEL			
Casani, Sore de Dios	Medical Director	April 22-26	Chincha
Leiva, Veronica	Administrator	April 22-26	Chincha
Amaro, Silvia	Dentist	April 22-26	Chincha
Malca, Ronald	General Medicine	April 22-26	Chincha
Calderón, Nelson	Ophthalmology	April 26	Lima
Orta, Hector	Traumatology	April 24	Chincha
Tello, María	Urology	April 22-26	Lima
Buleje, Sergio	Pediatrics Surgery	April 22-24-26	Lima
Espinoza, Renzo	Dermatology	April 23	Lima
Espinoza, Juan José	Neurology	April 22	Ica
RESIDENTS			
Vizcarra, Esperanza	Gynecology	April 22-25	Lima
Lozada, Heydi	Gynecology	April 22-25	Lima
Espinoza, Rocio	Cardiology	April 24-25	Lima
Zarate, Arnold	Cardiology	April 24-25	Lima
Gil, Milagros	Cardiology	April 22-23	Lima
Apaza, Jessica	Cardiology	April 22-23	Lima
Monge, Anibal	Cardiology	April 24-25	Lima
Puente de la Vega, Eloy	Gastroenterology	April 22-23	Lima
Zambrano, Kelly	Pediatrics	April 22-24	Lima
Soto, Lido	Ophthalmology	April 23-24	Lima
MEDICAL STUDENTS			
Leon, Javier	6to año	April 22-26	Lima
Raraz, Giancarlo	6to año	April 22-26	Lima
Reynoso, Maira	6to año	April 22-26	Lima