

March 2022 Newsletter

We are extremely excited to provide you with our first Newsletter!

Aid Via Action (AVA) was officially founded April 1, 2021, as a charitable non-profit 501(c)3 organization. The fundamental philosophy of our organization is to minimize disparities in health care that are brought about by geographical location.

One of the major current goals of our young organization is to strengthen the health care system of low-income countries (LICs). I initially traveled to El Peten, Guatemala in October 2014 to volunteer and provide general surgery assistance to El Hospital Nacional de San Benito (HNSB).



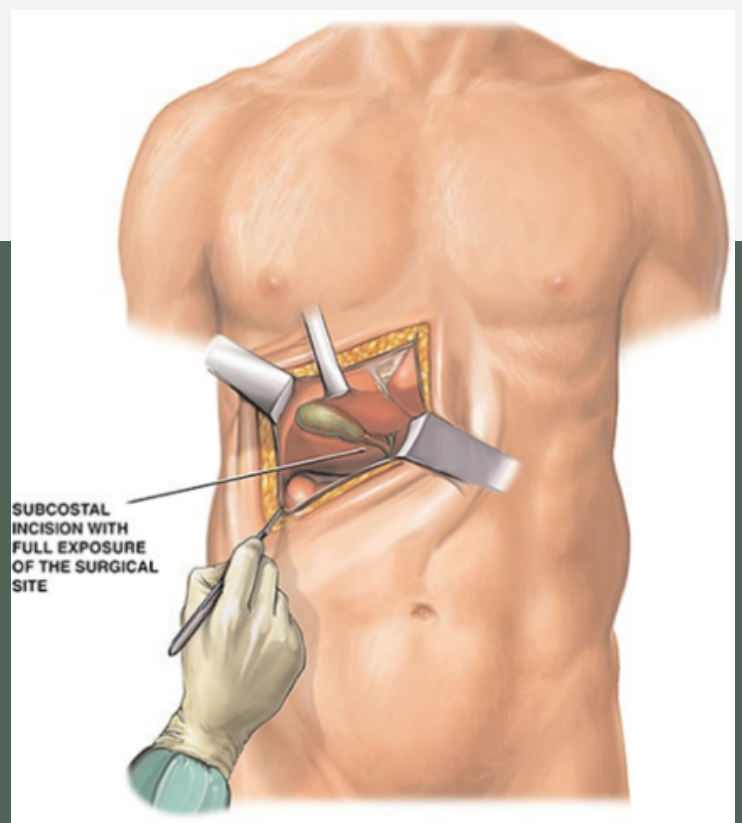
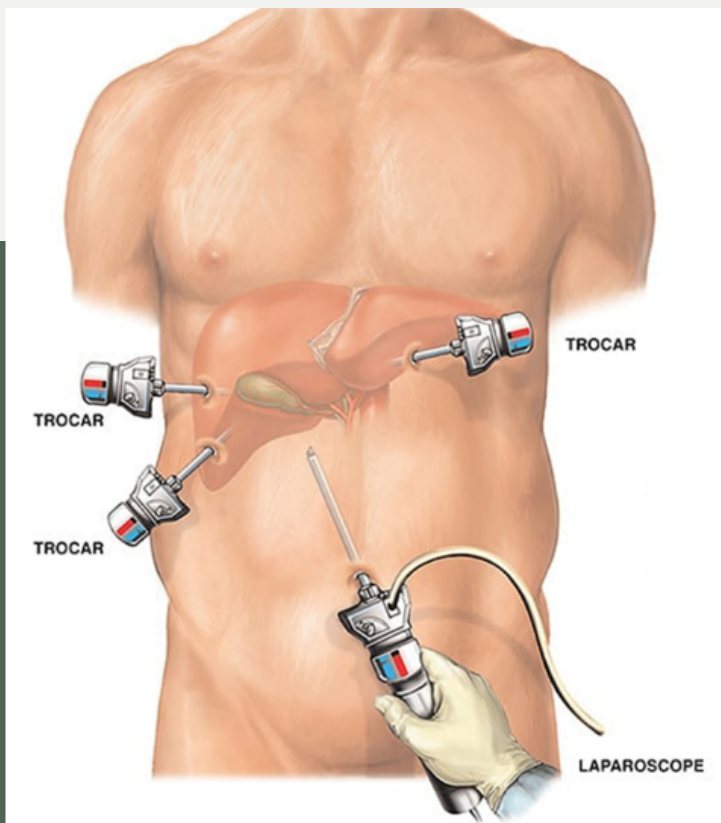
The hospital is located six miles southwest of the beautiful island and capital of El Peten, Flores.



I was immediately impressed by the skills of the staff surgeons at the hospital and very moved by the incredible patient population, as well as the amicable and hospitable nature of all the people in Guatemala.

However, one of the immediate differences between the hospital where I practice in Dallas, Texas and HNSB was the lack of equipment and resources of the hospital to deliver high quality care that matched the skill of the surgeons. This was particularly evident with regards to laparoscopic equipment. For instance, one of the most common operations performed in the United States and around the world is the removal of the gallbladder because of pain caused by gallstones.

In high-income countries (HICs), the best approach to remove the gallbladder is with four small incisions and the assistance of a camera, which is called the laparoscopic approach.



Patients who have the gallbladder removed this way, feel less pain, spend less time in the hospital, recover faster, and return to work sooner. The laparoscopic technique requires equipment and ongoing supplies to regularly provide this service.

In HNSB, these resources are limited. Thus, instead of having a typical approach in HICs, the practice of many LICs is to perform the operation via the open approach.

Therefore, the primary focus of AVA as of now is to assist HNSB with laparoscopic equipment and on-going supplies for the surgeons in Guatemala to continuously provide this service to patients in the area who present for care at the hospital.

The path getting there so far has been a learning and humbling experience. I have been fortunate to have a magnificent board of directors who have been instrumental to the success of the organization.

The initial goal was simple, but obtaining and delivering supplies proved challenging, and resulted in great deal of learning.

In 2020, Dr. Cesar Augusto Ortiz Vargas was named the director of HNSB. During our conversations Dr. Ortiz voiced the need for



laparoscopic equipment at HNSB, which sparked the idea of developing AVA to assist with this first endeavor. The paperwork for an official non-profit 501(c)3 organization was completed in April 2021.

Bing Yi, a student at UT Austin, and a board member, developed our webpage: www.aidviaaction.org. This has been pivotal in allowing us to provide information to others about our organization. Soon after the webpage went live, something extraordinary happened!

We started receiving donations from friends who shared similar views in global health. In 2021, AVA received \$1,525.50 in donations. As of February 2022, AVA has already received \$1,400.00. 100% of the donations goes into financing the mission of assisting HNSB.

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 No. Autorización: 9F99BEE7-2F2E-4828-98F3-5174895A478A
 Fecha Emisión: 21-01-2022 08:00:00

Nit: CF Nombre: AID VIA ACTION INC
 Dirección: Hospital Regional San Benito Petén, 9a calle entre avenida Francisco Archila y 6a avenida "A" zona 3, San Benito, Petén

#	Descripción	Precio Unitario	Cantidad	Total
1	[S-1029] PINZA GRASPER 5 X 330MM 3D 101.045	Q 1,950.00	2.0	Q 3,900.00
2	[S-1021] PINZA DISECTORA MARYLAND 5 X 330MM 101.028	Q 1,950.00	1.0	Q 1,950.00
3	[S-1057] TUBO DE SUCCION E IRRIGACION 5/10 X 330MM E 5/10 X 330	Q 1,400.00	1.0	Q 1,400.00
4	[S-1165] PUERTO TROCAR IMÁN CON PUNTA DE SEGURIDAD 5.5 X 95MM	Q 1,800.00	2.0	Q 3,600.00
5	[S-1390] APLICADOR DE CLIPS DE TITANIO 10 X 330 MM COLOR NEGRO	Q 2,900.00	1.0	Q 2,900.00
6	[S-1012] CAJA DE CLIPS DE TITANIO 10MM LT300 M-L X 120 CLIPS	Q 800.00	1.0	Q 800.00

Sujeto a pagos trimestrales ISR
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CERTIFICADOR: Megaprint, Sociedad Anónima NIT: 50510231

TOTAL Q 14,550.00



This is the type of Aid Via Action that we envision for our organization. The support from all our donors has been magnificent in making this possible.

GOBIERNO DE GUATEMALA
 MINISTERIO DE SALUD PÚBLICA Y ASISTENCIA SOCIAL
 HOSPITAL DE SAN BENITO

Municipio de San Benito, departamento de Petén;
 Día 21 del mes de enero de 2022.

Señores
 AID VIA ACTION INC
 Presentes.

De manera atenta y respetuosa, me dirijo a ustedes, augurándoles éxito en el desempeño de sus funciones diarias.

El motivo del presente, es manifestarles mi agradecimiento, por la donación de equipo médico que realizaron, al Hospital de San Benito, Unidad Ejecutora 255 del Ministerio de Salud Pública y Asistencia Social; cuyo valor haciende a la cantidad de Catorce mil quinientos cincuenta quetzales exactos (Q14,550.00), dicho equipo medico esta descrito en la factura No. 791562280 de fecha 21 de enero de 2022.

Dicho equipo es de gran utilidad y, será utilizado para brindar asistencia médica y salud, a los usuarios que acuden a este Centro Asistencial.

Agradeciendo la atención al presente, me suscribo de ustedes.

Atentamente;

Dr. Cesar Augusto Ortiz Vargas
 Director General
 Hospital de San Benito.

During the first official trip to Guatemala with AVA, I was also able to assist with several operations at HSNB:

- o An exploratory laparotomy for perforated gastric ulcer
- o An elective open cholecystectomy for biliary colic
- o A chronically incarcerated inguinal hernia repair on a young man
- o An inguinal hernia repair on a young woman
- o An above the knee amputation for severe rest pain on an octogenarian woman



A lecture to the surgical staff and medical students was also delivered on the management of acute appendicitis with antibiotics instead of an operation. I had an opportunity to discuss ongoing research projects and aims of AVA with the chief of surgery: Dr. Eugenia Quiñónez. She has a strong commitment to the goals of AVA and will be receiving a medical student in April who will be performing a study on major lower extremity amputations at HNSB.



The overall goal of the trip was success, and we continue to establish strong links for the future of AVA.



We are pleased to introduce Secherre Michaelis, CRNA who will be in charge the recently created AVA Instagram account. Secherre has a strong commitment to global health and her input within the organization will be invaluable.

The plans for the next trip are already underway. I will make the second visit of the year in early March. We have outlined the goals and hopefully, we will be able to continue with slow but constant progress.

The main goal of this first newsletter is to provide our donor with tremendous gratitude and to let you all know that these funds have been used for Aid Via Action at HNSB.

On behalf of our entire board of directors I thank our donors profoundly. We could not do this without your help. Thank you!

- **Jeremy McGee**
- **Gina Wilson**
- **Roger Bedimo**
- **Babatunde Onimago-Ishiaka**
- **Kennth Livingston**
- **Cory Sagduyu**
- **Sara Livingston**
- **Eve Guth**
- **Joanne Berke**
- **Chirstian Reichert**
- **Elizabeth Livingston**
- **Patricio Polanco**
- **Thai Pham**
- **Amelia Anderson**
- **Senthil Sambandam**
- **Angela Guzzetta**
- **Julie Walke**
- **Elizabeth Delatoree**