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# DIRECTOR'S MESSAGE



God has always intended for humans to live in good health. From the very beginning of the Bible to the very end there is the Tree of Life with healing in its leaves. Healing is a theme of scripture and one of the mighty acts of God.

The grace of God is experienced deeply when people are healed.

At Caris we believe in healing the sick. We believe in empowering people to healthy living. This month's newsletter illustrates two major ways we are involved in healing the sick, one, the head and neck surgery camp and two, the cancer screening campaign.

The head and neck surgery camp changes people's lives in astounding ways. Patients come for surgery from all over Kenya and they have tumors that have deformed their faces and necks. This creates shame and hiddenness. But after the long and involved surgeries they leave the hospital looking mostly normal - healed and happy. One of the most delightful statements made by our doctors is when they tell a patient that they no longer have cancer. It has been removed from their body. God heals.

This year was our tenth head and neck surgery camp. Each year it is hosted by Tawfiq Hospital. They have given the patients the best of professional care both pre-op and post-op. They are our partners in healing the sick. Together we have done close to 2000 free major surgeries to heal those who could otherwise never afford it.

But the camp is not just about healing. It is about empowering the Kenyan ENT doctors to have better practice and surgery skills. The visiting doctors from the USA are some of the world's best ENT Head and Neck surgeons. They take this time to work a long side of the Kenyan ENT doctors to give them more training and skills. At Caris we believe in empowerment at all levels. We do not just want to do free surgeries for the poor. We want to empower doctors from the region to be able to better serve their people.

The second area of health giving is the cancer screening. Cancer is killing more women in Kenya than any other disease. Since we have over 3000 women in our program we want to be an influence to help save lives. So in cooperation with the Kilifi county program we were able to screen many women through the local dispensaries. Detecting the cancer in it's early stages does save lives. At the same time we checked blood sugar levels and blood pressure.

Caris believes in good health and we will continue to bring healing. One of our foundation scriptures from the Bible is Isaiah 65:20 in that little children will not die young and adults will live long productive lives.

This prophecy is one that we seek to make come true as we bring the grace of God to others.

**JIMMY REPPART**  
International Facilitator

# CARIS HOSTS FREE HEAD AND NECK SURGERY CAMP



*Dr. Mark Varvares, [left] Professor of Otolaryngology from Harvard Medical School operates on a patient together with Dr. Ian Bwete, [centre] a Ugandan ENT surgeon and Dr. Samuel Okerosi [right] a resident from the University of Nairobi.*

BY EMMANUELLA KINDA

**M**ore than 60 patients received free head and neck surgeries organized by Caris Kenya. The free surgical camp targeted those without access to medical care. The surgery team was led by one of the world's best Otolaryngologists from Nashville USA, Dr. James Netterville. Dr. Netterville is a Professor of Otolaryngology and Director of the Head and Neck Oncologic Surgery at Vanderbilt University. He worked with twenty-five Doctors from five major universities; Harvard, University of California, University of Utah, University of Chicago and Vanderbilt University. Doctors were

hosted by Tawfiq hospital, Malindi. Medical services available to patients included diagnosis, pre and post operation care.

Through a partnership with Kenya Ear Nose and Throat Society (KENTS) and University of Nairobi, his team trained other Ear Nose and Throat (ENT) surgeons, nine Kenyans, one Ugandan and two Omanis. KENTS partnership with Vanderbilt University begun in 2010. An initial meeting was held between Mr. James Reppart, Director Caris Foundation Kenya, Professor Isaac Macharia an ENT surgeon from KENTS, Dr. Charles Gathiru an ENT surgeon in Malindi and Dr. James Netterville of Vanderbilt University.



*LEFT: Dr. James Netterville examines a patient's neck mass. BELOW: Jeffrey Mueller, Medical Director of Autopsy Pathology from University of Chicago looks through a microscope at a specimen to observe cells.*

Since then, they have held two-week annual ENT surgery camps in Malindi. Dr. Joyce Aswani, a representative at KENTS said the camp empowers local ENT surgeons and provides medical care to those who need it most. “Every year, we identify surgeons interested to further their skills and serve the community,” said Ms. Aswani. “These surgeons get to attend the camp.”

“In theatre, the senior surgeons teach us about the anatomy and sometimes take us through the surgery that’s going to be done,” said Dr. Firyal Balushi an ENT resident from Oman. Another resident Dr. Ian Macharia, from the University of Nairobi, said they had specific training on diagnosis. “When a patient comes in with a mass on the throat, we may think, it is a thyroid or goiter, however from what they have taught us, a surgeon should have the capability of doing an ultrasound to diagnose problems in the tissues without making an incision,” he said.

Some patients underwent reconstruction surgery after removal of malignant tumors in the head and neck areas. Tissue or bone was lifted from another site to fill in the wound where the tumor was. This is known as flap surgery. Dr. Ian Bwete an ENT surgeon from Uganda said flap surgery is necessary



to maintain a patient’s looks.

“In the case of head and neck surgeries, when the jaw is diseased, it is removed and replaced with bones from the leg,” he said. At the camp, there was hands-on learning on many levels. Local ENT surgeons and residents assisted in patient identification and surgery.

“Caris Foundation organizes for the camp before the arrival of doctors,” said Moses Gona, Caris Logistics Facilitator. “Dr. Gathiru pre-screens patients, weeks before the camp. This way, we are able to get patients in great need of treatment but without the funds to do so.”



*LEFT: Dr. Kristin Yancey, [centre] performs myringotomy ear surgery with Dr. Richard Tomberlin [left] in anesthesia.*

*Dr. Kristin and Richard are resident from Vanderbilt University. Looking on is Dr. James Netterville, [right] Professor of Otolaryngology and Director of the Head and Neck Oncologic Surgery at Vanderbilt University.*

*BELOW: Kadzo Lewa before operation and in recovery at Tawfiq Hospital.*

Majority of patients come from across the country to receive treatment. Kadzo Lewa, traveled 89 kilometers to receive neck surgery. Mrs. Lewa who hails from Kaloleni Sub County had lived with a neck mass for 10 years. She experienced several symptoms associated with the swelling. “I used pain medication due to body aches,” she said. Strenuous chores such as pounding maize and fetching water were impossible to accomplish. The 53-year-old received free surgery on Friday October 26, 2018. “I am happy that the growth has been removed,” Kadzo said.

“I hope my life will go back to normal and that I will once again become a productive member of my family.”

Running concurrently with the surgical camp was an ENT outreach program headed by Dr. Kristen Yancey, a resident of Vanderbilt University. Working with another resident Jacqueline Harris, and a team of five Kenyan community workers, they visited four schools and diagnosed

ear problems in children below 17 years. “We tested a set of children that teachers had expressed a concern about their hearing,” said Kristen. Tinnitus ear infection was the most common issue found in all the children they screened. Certain cases of fluid in the eardrum were diagnosed. Two children from Mahenzo missions school underwent myringotomy surgery. The fluid was removed and a small plastic tube inserted into the eardrum to keep the middle ear aerated.

At least 150 patients with ENT medical issues were screened. The medical camp began on October 22, 2018, and ended on November 2, 2018.





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1. Dr. Michael Moore goes over head and neck reconstruction options before first cases on Wednesday October 24, 2018 at Tawfiq Hospital. Photo by Dr. James Netterville.

2. Dr. Jason Hunt and Lisa Mingle going over an xray of a patient in pre-operation. Photo by Moses Gona.



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3. Hanna Lee plays with Miriam Mdetsi and Musa Barisa after their ear surgery. Looking on is Musa's mother. 4. Jacqueline Kunga, a nurse from Tawfiq examines a student's ear at Mahenzo Missions school on October 23, 2018.

5. Dr. Benjamin Campbell, a resident of Vanderbilt teaches other doctors how to use the mini ultrasound machine to evaluate a neck mass on October 24, 2018 at Tawfiq hospital in Malindi.



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# CELEBRATING THE 10 - YEAR ANNIVERSARY



*International facilitators James Reppart and the late Laura Jean Reppart [centre] together with Caris Kenya staff and sixty single mothers at the organization's office in 2008. [FILE]*

BY EMMANUELLA KINDA

In October, 2008 Caris Foundation International, a Texas private non-profit launched its services in Malindi, Kenya. Its aim, to make a difference in the lives of impoverished people through aid and empowerment.

Caris Kenya Director James Reppart and the late Mrs. Laura Jean Reppart together with Mulangaza, a local Non-governmental organization [NGO] created a research instrument to pre-assess 200 single mothers in Malindi. Sixty of the most desperate single mothers and their 105 children were selected and enrolled into the Single

Mothers Program [SMP]. They were trained, mentored and provided with relief by Caris Kenya.

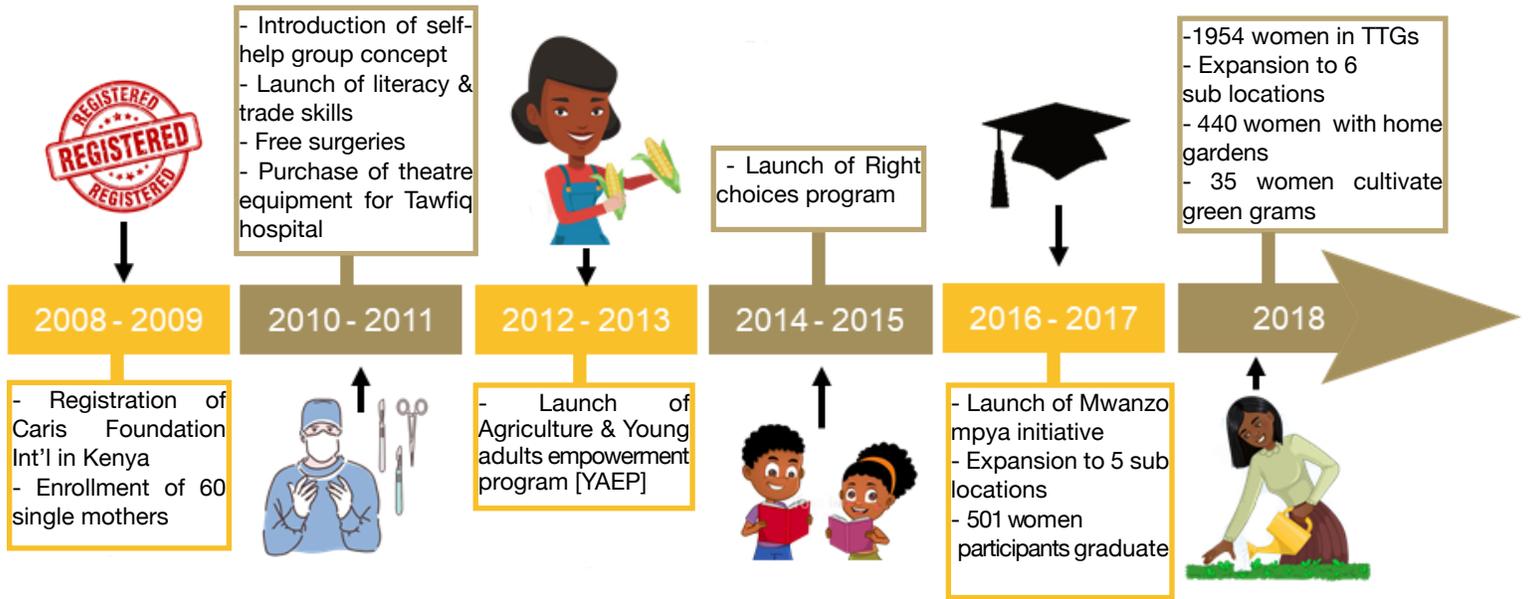
Ten years later, Caris Kenya has expanded its area of work to five sub-locations, and 1954 women participants in Tuajalie Tujisaidie groups [TTG]. Its programs have been modified to provide quality services to communities. Mr. Reppart recounts how the program begun. "We came from a humble beginning and a small budget," he said. "Our simple budget included a program for life skills training, mentoring and relief for the sixty single mothers.

Each week, every single

mother was presented with a basket which contained essential items such as maize flour, soap, beans, oil and milk.

Caris Deputy Director, Jane Gitahi remembers how the organization began with few staff. "I remember how each of you has had an opportunity to come for a chat or an interview then join the organization and blend in," Ms. Gitahi said.

Caris Kenya staff celebrated the 10-year anniversary with food and drinks. The celebration represents both a recognition of years of service to the community and launch of its expansion to six new sub locations.



ABOVE: *Infographic showing history of Caris Kenya.*

LEFT: *Caris Kenya staff in 2008. [From left] Jane Gitahi, Mwanaima Mzee, Margaret Kihara [fourth from left], James Reppart [third from right] and the late Laura Jean Reppart [right]. The rest left the organization for other opportunities.*

BELOW: *Caris Kenya staff on October 2, 2018. Photos courtesy of Caris Kenya*



# CARIS PROMOTES BREAST AND CERVICAL CANCER AWARENESS



***Women gather at Mmangani dispensary in Malimo sub location for Breast and Cervical cancer screening on October 17, 2018.***

**BY EMMANUELLA KINDA**

On Monday, October 15, 2018, Caris Kenya began a free medical outreach camp. The medical camp which began at Ganda dispensary targeted women. Working with Malindi sub county hospital, the camp provided breast and cervical cancer screening, blood sugar and pressure testing, HIV counseling and testing.

The exercise also took place in Mmangani, Madunguni, Paziani, and Gahaleni. Medical services were held for two days in each sub location. These are efforts by Caris Kenya to provide cancer screening and awareness to rural women in Kilifi County. New data by the World Health Organization [WHO] shows that Kenya has the highest number of cancer-related deaths in East Africa. Breast cancer is the top killer amongst cancers in Kenyan women followed by cervical.

Addressing women gathered at Mmangani Dispensary on Tuesday, October 17, 2018, Caris Kenya Director, Jim Reppart was particularly happy with the turnout. He said the organization is working with Malindi sub county hospital to bring better health to the communities. “The bible says that you are supposed to live strong and we want to make that come true for you,” said Mr. Reppart. “We want you to have good health,” he added.

Caris Kenya Deputy Director, Jane Gitahi said regular check-up is necessary to maintain optimum health. “A woman is the pillar of the family, therefore it is essential to have regular cancer, HIV and blood pressure testing,” she said. “Equipped with knowledge of your health status, you are able to lead a good life.”

Malindi sub county Nurse Sophie Ndungu in a

a cancer awareness talk prior to screening, emphasized on early detection and prompt treatment. “It is very important to have regular checks for cervical and breast cancer,” said Mrs. Ndungu. “Early detection improves survival rate.” She also said breast cancer affects both men and women. “Although very common in women, breast cancer can also affect men because they have breast tissue.”

822 women attended the free clinics. Sexually Transmitted Diseases [STI] were detected in 146 women. These started treatment at the dispensary. 49 new cases of abnormal blood pressure

were diagnosed. 6 women, one with a breast lump and five with cervical prolapse were booked for gynaecology clinic for further investigation and management. 9 tested positive for presence of pre-cancerous lesions through inspection of the cervix with Acetic acid [VIA] and Lugol’s iodine [VILI]. They were referred to Malindi sub county for a second opinion. 4 tested positive for HIV. 3 have started treatment, while another was referred to Malindi sub county for management.

The medical outreach ended in Gahaleni on October 26, 2018.



*LEFT: John Chengo tests blood pressure of a patient at Ganda Dispensary.*

*BELOW LEFT: Malindi sub county hospital Nurse Scholar Kabaila [left] prepares a patient for breast and cervical cancer.*

*BELOW RIGHT: Malindi sub county hospital nurse Ruth Njeru counsels a patient.*

Photos by Emmanuella Kinda





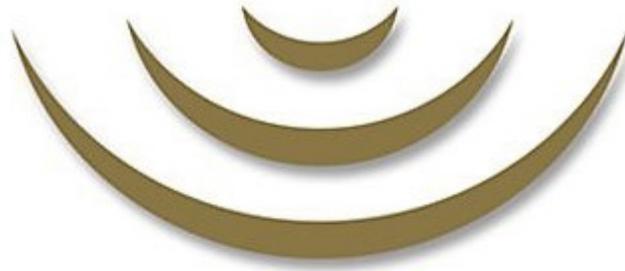
**1. Alice Kadzo, a Caris community facilitator [sitting] registers women at the medical camp at Ganda dispensary. 2. Caris Deputy director Jane Gitahi addresses free clinics attendees at Mmangani dispensary on October 17, 2018..**

**3. Dr. Chengo, a medical practitioner at Ganda dispensary, introduces Caris and Malindi sub county staff to attendees.**

**4. Sophie Ndungu, a nurse from Malindi sub county hospital [centre] gives a cancer awareness talk to free clinics attendees.**

**5. Malindi sub county nurses Brenda Walela [sitting left] and Catherine Mutua [standing] explain to Amina Charo [right] the breast and cervical cancer screening process.**





# CARIS

## FOUNDATION

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INTERNATIONAL

**Grace To All**

