



2023
Annual Report



CON CORAZÓN

ORAL HEALTH
PROMOTION

The students Nicole and Lisbeth, from the dental school of the San Antonio Abad University of Cusco, took charge of the demonstration.



CON CORAZÓN

DENTAL
PREVENTION

Dentists using the portable dental machine and applying fluoroprotector S.



CON CORAZÓN

WAITING FOR
OUR TEAM

Arriving at our Medical Center it is always good to see our patients waiting for us. Some of them were waiting as early as 06:00 am.



Amélie and Paul volunteered during one month in Cusco.

Organization

This year we have received signs of support that we are very happy about. This becomes a new challenge for us from an administrative, accounting and leadership point of view. The new projects meant a step forward with more goals, more responsibilities, more staff and more workload. The results speak for themselves, which are accompanied by the satisfaction and positive response of our beneficiaries. On the other hand, the recognition from local authorities such as the Peruvian Dental School in the Cusco region, from the primary schools where we operate and from the population in general, make us feel very proud to belong to a group of people who want to establish a more supportive world.

Volunteers at Con Corazón

Thanks to our website, many people find us and learn from all the activities we do. Some are encouraged to give us a helping hand in any of our projects and decide to strengthen the workforce of the Con Corazón team. In this way they book their fly tickets and visit us for a period of time. These visits are very productive for both the volunteer and the host. This year the people who visited us come from France, England and the USA. We also had volunteers from the city of Lima and Cusco. One of the activities they carry out is helping with homework in orphanages and schools, dental assistants, dentists and

people interested in doing research. They also carried out health and nutrition promotion and prevention campaigns. These experiences change lives, not only of the children, but also of the volunteers themselves, who when they return home appreciate more the world in which they live.

Medical Center

How can we not emphasize the joy and contentment of the residents of Marampaqui where our medical center is located. Every time we visit them, people welcome us pleasantly and always with a smile. Regular medical-dental activities consist of providing free health services, which are accompanied by preventive promotional talks during the patients' waiting time. Also, the clinical laboratory to make more precise diagnoses to benefit the patient's treatment plan. Our pharmacy is always full of medicines that are also distributed to the beneficiaries free of charge. Likewise, the maintenance of the medical center's infrastructure is carried out by the inhabitants of Marampaqui in coordination with our health promoter who lives near the medical center. This type of work consists of cleaning, plumbing, electricity, painting walls, etc.

Health prevention and promotion

This year the Prevention and Promotional talks have been more frequent than ever. In addition, the Nutrition

Project includes raising awareness through talks to children who will benefit from the meals. Children's daily diet is mainly composed of carbohydrates. That is to say, a plate of food will often include rice, potatoes, noodles and sometimes proteins and very little amount of vegetables. Sweets play an important role in their poor oral condition and general health. Therefore, it is very difficult for children to change their habit for a healthier one. Through bi-monthly talks in the school classrooms and given by our staff, children begin to take interest and give more importance to the consumption of vegetables and fruits. They also learn that a balanced diet is the key to good nutrition. Once they learn this, during lunch, they end up eating the entire plate, something that did not happen in the first couple of months, where many left the vegetables on the plate without having eaten them.

Nutrition Project

This beautiful project is new and we have implemented it in the month of August 2023. Thanks to the NGO "Pietro Ruggeri" who are interested in contributing to a healthier world through nutrition, we were able to make the dream of many parents come true. Anemia is a public health problem in Peru. According to the government, its prevalence in children between 6 and 35 months is 40.9%, a figure that is equivalent to approximately 700,000



Ivoclar project: we do a dental examination of all children in a school in Cusco.

infants. This is, without a doubt, an alarming figure that must be reduced as soon as possible in order to preserve the well-being of a vast sector of our child population. For this reason, we have implemented activities to improve the quality of nutrition of the children of the Guadalupe school in Cusco. This consists of buying and preparing more vegetables, fruits and proteins in the children's lunches.

Smokeless Metal Stoves - SMS

The implementation of this Project is a success. Working with the community can sometimes be difficult in terms of meeting deadlines and strictly following the instructions given when installing the SMS. Despite everything, we ensure that the beneficiaries have a SMS and without indoor contamination. We learned many new techniques to achieve adherence to the use of these SMS. Changing their habits is very difficult since they had cooked with their traditional open fire stoves since their ancestors. This was a great achievement and we did it through informative and awareness-raising talks well in advance. Now we are ready to continue expanding the use of these SMS with a next project that we hope to be executed in early 2024. We firmly believe that in this opportunity, we will apply everything we learned in the first part. We are very thankful for the support from Rotary Club Aarau in Switzerland, which made those stoves possible.

Mobile Clinic

We have shown that our services can benefit patients in other villages other than Marampaqui. For example, we held a medical-dental campaign in the village of Pacchanta, where we were able to take all the Con Corazón staff including equipment, materials, supplies and medicines. There, the residents of Pacchanta provided us with a facility, tables, chairs and everything we need to carry out all our activities normally. Many patients were waiting for us who have difficulties accessing the government health services. We know that Con Corazón could expand reach through mobile clinics with a concerted effort from donors, village leaders, Ministry of Health and community participation.

Ivoclar Project

Ivoclar is a dental company with a wide range of products and systems for dentists and dental technicians, located in Schaan, Liechtenstein. We have an agreement with the company for three years. We recently received a visit from one of Ivoclar's representatives who came from Liechtenstein exclusively to see our ongoing project. This supervisor was able to see the results of different activities such as Prevention and promotion of oral health, preventive treatments, treatments for cavities and other oral diseases. We have had the opportunity to show the different locations in which we carry out the project

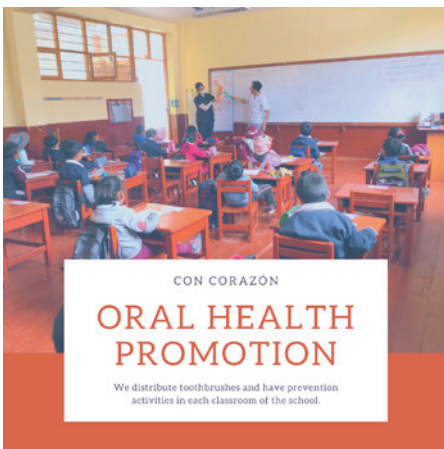
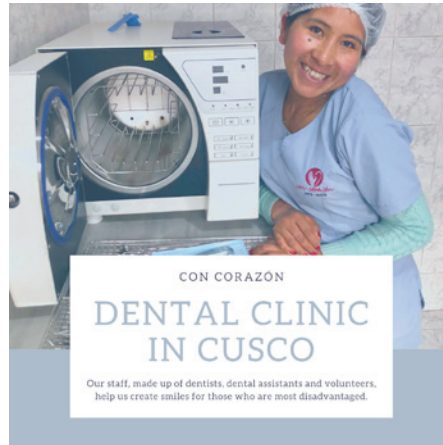
such as a mobile dental office that we installed inside a school and our dental clinic in the city.

Dental Clinic

One of the indicators of the success of this project is patient satisfaction. They recommend us by word of mouth to other potential patients. Patients have access to quality oral health services that do not cause financial hardship for our patients and their families. We also see patients who pay "zero fees" thanks to Ivoclar. The majority are children between 6 and 12 years old from a school located on the outskirts of Cusco, a poor area. When we announce a free dental campaign, aimed at the rural school where we intervene, our facilities are also used to provide the service. This includes recruiting volunteer dentists and dental assistants to provide treatments at our dental clinic. Our desire is to digitalize our different oral health services/products, being able to provide the best in our region, especially for the most vulnerable population.

Thank You

Con Corazón would like to thank all our stakeholders, supporters, donors, volunteers and staff members to make everything possible.



Selection social media wall 2023