



## Con Corazón Outreach Report

29 April 2021 – Marampaqui

This time, we have had electricity and we have not needed a generator on this opportunity. Even so, Mario Huillca promised to check the generator. We are happy that he is in good health after going through a difficult time with Covid-19.

Attempts to meet with the community

During the last months, on many occasions, we have tried to have a meeting with the Marampaqui authorities. I never had the opportunity to meet a manager or direct representative of the community, only some men who come to the health center.

A meeting would be very important to express our wishes and ideas to collaborate with each other. Also, to hear from them about the most urgent needs that the community requires. Mario Huillca, and other people, were instructed to call the leaders to a meeting where we can participate. Hopefully it will be soon.

Number of houses

According to one of the residents, it is estimated that there are approximately 250 houses distributed throughout Marampaqui. All the houses are very similar in terms of infrastructure and lifestyle. Until now, there is an interest in changing their traditional kitchens with less harmful kitchens.

### Activities

Medicine. - We have had 17 patients. On this occasion, arthritis problems were frequent.

Dentistry. - We have had 7 patients, most of them came with infections and dental abscesses. On this occasion, Dr. Kiomi Huaman was in charge of the dental service.

Laboratory. - Unfortunately, Ricardo canceled his participation the same day of the outreach. In the city of Cusco, Covid-19 cases are increasing. Ricardo works in a hospital in the city and due to the shortage of personnel in the laboratory, his boss called him to meet the demands of these times.

Nursing and triage. - Ana and Yoni worked together, including the application of injectables. The delivery of drugs in the Pharmacy occurred on a regular basis.

## Photo Gallery



Dental unit:

One of the challenges in this outreach was that the dental unit is not working. We try to fix the problem, but only temporarily. Later, we found that there were even more problems. We brought it to the city of Cusco to be seen by a specialist. This unit is important for dental fillings.

Benjamin trying to improve the quality of his family's nutrition:



Benjamin tells us that his oldest son, Marc, has anemia. We also noticed that his oral health condition is very bad, presenting multiple serious cavities. Dr. Davis finds that Marc also has parasites in his stomach. After giving the corresponding treatment, we instruct the family about balanced nutrition. It is recommended to eat the vegetables from the small greenhouse that they grow and suggested him to have a greater variety of vegetables in it. Meals should also be accompanying with proteins such as alpaca meat, we suggested.



A pain like no other

Aniceta Merma, a 63-year-old woman, comes to our health center with severe tooth pain. Dr. Kiomi finds infection in various parts of her mouth, as well as absence of teeth and swollen gums. Finally, 2 teeth with dental abscesses were extracted, which produced intense pain. Aniceta, now you feel very relieved of the pain and also very grateful.



Teaching by example

"If you drink alcohol every day, you cannot tell your children not to drink alcohol, because you have lost authority" We use this analogy to give an important message in oral health prevention "If you have never brushed your teeth, you cannot tell your children to brush their teeth, because you have lost authority" It is better for parents to brush their teeth together with their children, teaching by example, so that children can imitate this habit. Otherwise, children will not listen.