

THIS ISSUE: HIV/AIDS Treatment Programs

How Can You Help?

Consider coming to volunteer as a counselor, or sponsor a volunteer.

Build awareness of HIV/AIDS in your local community.

Make specific donations to Refuge-Egypt's medical programs.

Provide continued prayerful support for the AIDS treatment program and other Refuge-Egypt medical ministries.

How to give?

Refuge-Egypt accepts cheques and bank transfers from all corners of the world. For specific details on how to give from where you are, please visit our website: www.refuge-egypt.org/ * see "support us"



Well Baby Clinic



Refuge-Egypt Clinics Combat AIDS

"They are a high risk group," Dr. Eman Kamal says. High risk and unable to get care in Egypt, HIV patients find much needed medical attention at Refuge-Egypt's medical clinics. Only one other location in Cairo offers ARV treatments, the Egyptian Ministry of Health, which provides care for Egyptian citizens only. HIV patients represent 3% of Refuge-Egypt clinic patients.

Dr. Eman Kamal, director of medical programs for the past five years, enthusiastically talks about the landmark HIV/AIDS

treatment program that Refuge-Egypt has begun for its clients.

Although Refuge-Egypt has offered HIV testing and counseling since 2003, Dr. Kamal has only recently obtained the support and permission necessary to provide antiretroviral treatments to her patients.

The program Dr. Kamal has put in place is supported by the Global Fund through the Egyptian Ministry of Health. Refuge-Egypt's medical programs are equipped to provide five years of treatment for

twenty patients.

So far, Dr. Kamal says, it has been enough. Although the clinics have identified 114 patients as HIV-positive over the last six years, they presently have about sixty active cases of HIV/AIDS. Of these, just six patients currently need ARV treatments. However, more of those patients may need them in the future, as well as any children who test positive. Dr. Kamal hopes to steadily expand the amount of treatment available.

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A Look At . . . Medical Care Ministries

-Refuge-Egypt medical care ministries involve several programs, including the Arba Wa Nus clinic, Well Baby clinic, and Well Child clinic. They provide both preventative and curative care.

-Arba Wa Nus, an area on the outskirts of Cairo with many Sudanese refugees, benefits from the medical services offered by our clinic. The clinic provides health education lectures for asylum seekers and refugees, as well as giving general medical assistance and specialized services for tuberculosis patients and pregnant women.

-In Zamalek, Refuge Egypt operates Well Baby and Well Child clinics. Well Baby monitors the growth and health of children under age two and Well Child cares for children between the ages of two and five. Each clinic opens one day a week, and in 2009, the Well Baby Clinic provided 1841 consultations.

-The Medical Care team expanded their work in mother/child health by recently opening the Well Child Clinic, which has already provided 763 consultations in the last two quarters of 2009. As a result, a Malnourished Child Clinic has also opened for severely malnourished children.

-Most importantly, as Cairo struggles with air and street pollution, these clinics seek to promote children's health through immunizations and early detection of diseases. Parents also receive essential information about child care.

-Last year, the Well Baby and Well Child programs distributed 1,872 food packages to aid sick and malnourished children.

-Medical Ministries continues to identify and address the pressing health concerns of the refugees. Resources are being used in ways that maximize their services. Medical Ministries is a blessing to many refugees.



ARV treatments are now available for patients at Refuge-Egypt.

Refuge-Egypt is based at All Saint's Cathedral in Zamalek.



Clinics Combat AIDS (cont. from page 1)

Although the ARV treatments are a good start, Dr. Kamal's vision doesn't stop there. HIV/AIDS is a highly stigmatized disease in Egypt, especially for refugees, who are often subject to prejudice. Dr. Kamal hopes one day to build a confidential support group for her patients, but this will be a difficult process; people are usually very reluctant to talk about the disease, even to others who have it.

Christian counselors are needed to address the psychological and emotional difficulties that accompany HIV/AIDS. Dr.

Kamal also wants to develop a home-based care program in order to protect patient privacy as much as possible. Ultimately, her goal is to develop a fully functioning hospital with a confidential HIV/AIDS treatment department, so that patients would not have to venture into Egyptian public hospitals where quality treatment can be hard to find.

Even though many of these dreams remain far in the future, the new ARV treatment program has made a significant impact. Dr. Kamal's eyes sparkle as she describes the story of

one family of patients. Thanks to treatments, one child's HIV is solidly under control, while the other was born completely free of the disease. Other patients have been able to return to their homes, or move to better situations in Europe and North America where treatment is more readily available than in Egypt.

While a 20-person treatment program might not sound like much, it is a huge blessing to the patients that previously had no place to go for help. Dr. Kamal for one sees the benefits first-hand, and longs to see this program grow in years to come.

Highlights From the Past Year

During 2009, the ministry of Refuge Egypt included the following:

-The Emergency Team registered 800 new individuals; 84 percent of them are from Sudan. The team also distributed 4,000 food packages and gave clothing to 1,600 recipients.

-In Self-Reliance, 500 people were placed in jobs, 90 of which were with new employers. Tukul Crafts received over 100,000 EGP through the sales of handmade products.

-In Youth Programs, our youth members formed hip-hop and dance groups, and then performed concerts for each other. Also, many youth enjoyed participating in our football program.

-In Counseling, 30 students attended basic and intermediate Lay-Christian Counseling Training. We now have a trained psychosocial support worker as well.

2009 was a successful year for Refuge Egypt. It is our joy to serve the needs of those who bear the burden of hard times in Sudan. Life in Egypt is difficult for Sudanese refugees; however, through generous donations and partnerships Refuge Egypt is capable of being a glimmer of hope. 2010 is in full-swing and we value your continued prayers and support in the up-coming year.