



The PanAfrican Acupuncture Project

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Dear Practitioner:

I am writing to you today to invite you to consider joining us in August in Uganda. From the 1st to the 12th of August we will begin the training of two new groups of practitioners. As this is an area where the people are in great need of health care, I can guarantee that this will be an extraordinary experience, and one in which you can make a great contribution to the reduction of pain and suffering. Your participation will directly help to empower local Ugandan health-care providers by teaching them how to use simple, effective acupuncture protocols to address the needs of those with HIV/AIDS, malaria, TB, and other chronic conditions. You can truly make a very significant difference in people's lives.

I would like to take a few moments to describe some of our recent accomplishments.

Last July, we returned to conduct the second of three trainings in the Districts of Kamwenge and Rakai, believed to be where the HIV/AIDS epidemic began in Uganda. Although the average HIV prevalence rate in Uganda has been reduced to 6.4%, in Rakai and Kamwenge it remains as high as 12%.

The trainings took place at the Kyotera and the Kamwenge Health Centres, where 32 nurses, nursing assistants, and midwives returned to increase their knowledge and improve their skills (bringing the total number of Ugandan Trainees to 234). The Trainees reported that, since the first trainings, they had had great success with acupuncture in their places of work. Impressive and encouraging were the many cases in which patients suffering from splenomegaly (enlarged spleens) due to improper or incomplete malaria treatment reported significant reduction in pain and reduced swelling. (With your continued support,

we will be able to publish these preliminary data with the aim of getting the support to conduct a much larger study of the benefits of acupuncture in the treatment of malaria.)

During the December trainings, we continued to see the wide support of our work and the need for our services and the work of our Trainees. In Kamwenge, most mornings we were greeted by hundreds of patients waiting for treatment. Patients traveled from great distances, and many of them slept overnight in the clinic to ensure that they would receive acupuncture treatments in the morning.



By the end of the week, Trainees and Trainers were working nonstop, providing treatments both in the clinic and outside under the broad trees in the adjacent field. Over the course of the two weeks, the Trainees provided almost 1000 treatments. These districts now have health-care providers who are able to treat the

population with acupuncture, making them unique among their peers and much sought after by those seeking relief from their debilitating symptoms.

As you may have read, funds that have been used to support the distribution of AIDS medicines are being reduced. The United States Agency for International Development (USAID) and the US President's Emergency Plan for AIDS Relief (PEPFAR) are significantly reigning in their help. Because of this, newly diagnosed individuals in Uganda may be denied access to their medications.

Thus, it is even more important that we continue our important work—training health workers how to provide care when otherwise there may be none.

In late February, we returned to Uganda and visited five districts where we had previously worked. The Trainees related many breathtaking stories. Many of them reported how their acupuncture treatments have led to a significant

reduction in size and pain from grossly enlarged spleens, a malaria-related condition previously untreatable. Trainee Hussein spoke of one of his AIDS patients who, because of his acupuncture treatments, was once again able to walk. And David described how his treatments have greatly reduced the severity and frequency of epileptic seizures.

These are but a few among many stories of how acupuncture has been helping the people of Uganda. When drug supplies run out or when they fail to address the many debilitating symptoms rampant among Ugandans, acupuncture has become the effective treatment of choice.

In August when we return to Uganda, we will begin the training of two new groups of practitioners. During this training, a videographer will be traveling with us to create a professional documentary of our important work. With this, we will be able to show how, with your help, PAAP has been able to make significant change in the health of those in need.

Please seriously consider joining us. Go to www.panafricanacupuncture.org to begin the application process and feel free to contact me if you have any questions or concerns. You already know how powerful acupuncture can be. Now you have the opportunity to bring our simple yet highly effective treatment modality to a people in great need. You will make a significant difference.

Once again, thank you very much for your ongoing support. Your generous donations make a significant difference.

Sincerely,

Richard

Richard Mandell, Lic.Ac.
Licensed Acupuncturist
Founder and Director

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