

# FAITH IN PRACTICE

## We Have a Heart for Mothers

LIFE CHANGING MEDICAL MISSION IN ACTION.

**B**ecause of Dr. Peter K. Thompson's leadership and persistence and your gifts, women in remote areas of Guatemala now have access to an effective screening process for cervical cancer.

Dr. Thompson, a well known retired OB/GYN surgeon and new member of the Faith In Practice board of directors, first visited Guatemala in 2004. His friend and colleague, the late Carol King, finally persuaded him to go on "just one" Faith In Practice mission trip.

"No way did I want to do village trips," he says. "I just wanted to be a part of the surgical teams going to Antigua to operate."

Despite Peter Thompson's initial reluctance to travel to the interior villages, he found himself called to go there and serve in ways he could never have imagined. He learned that the rate of cervical cancer was much higher in developing countries like Guatemala than in the United States, and Pap screening programs have proven unsuccessful in the remote areas for many reasons. Few women can afford the test and are not able to travel to central testing sites for repeat visits. In addition, laboratory results are all too often unreliable and follow up is difficult.

Research shows that a single-visit screening for cervical cancer is more effective in developing countries. Armed with that knowledge, Peter spearheaded the Guatemalan Women's Initiative within Faith In Practice which trains medical personnel to use this new screening technique. In one visit, a woman's cervix is visually inspected with an acetic acid (vinegar) wash. If white lesions are present, the cell-freezing cryotherapy treatment is administered immediately following the visual assessment and the only medication needed afterwards is Tylenol. Within weeks, healthy cells replace those that have been affected by the human papilloma virus and further treatment is not usually needed. Those with a normal test return in three years, and those who have received

cryotherapy treatment return in one year. What an improvement from the Pap smear and a blessing to the women of Guatemala! Dr. Peter K. Thompson has demonstrated another way to put faith into practice.

### Maria's Story

YOUR GIFTS MADE A DIFFERENCE.

Maria is 45 years old this year. Like most women in rural Guatemala Maria did not understand how important cervical cancer screenings are to a woman's health.

Maria is just one of the women who came to a Faith In Practice clinic in Jalputagua for VIA screening in March. Dr. Thompson examined Maria using VIA (visual inspection with acetic acid). Maria was anxious when she found out that she had precancerous cells. After counseling, she was relieved to find out that cryotherapy could be done that day. The whole "see and treat" regime took one and a half hours.

Maria was given Tylenol for the discomfort and returned home to her husband and children. She was instructed to visit the Faith In Practice family practice clinic next year for a follow up exam and screening.

Precancerous cells can be treated immediately when caught early enough. With your help, mothers like Maria will have the cervical cancer screenings in time to be treated.

**Dr. Thompson and Rosario, a Guatemalan trainee for the VIA/Cryo program, visit with Maria after her successful treatment.**



# Women's Health Initiative Expands

THANKS TO YOU WE'VE REACHED NEW REGIONS.

**A**t the Gala in 2005, we unveiled plans for the Women's Health Initiative. Thanks to generous donors like you, Faith In Practice was able to purchase cryotherapy equipment and launch a training program.

In 2006 when Faith In Practice held its first Women's Initiative training seminar at Obras Sociales del Santo Hermano Pedro Hospital, 14 health care workers attended the week long session. Representatives from a well-known women's advocacy group, WINGS, were among these first 14 health care workers who were trained, and they immediately incorporated VIA/Cryotherapy screening into their program of women's health. Doctors and nurses at the Obras Sociales del Santo Hermano Pedro in Antigua also added VIA/ Cryotherapy to the services they offer.

Cervical Cancer per 100,000 Women		
	Guatemala	U.S.
Incidence of Lesions (Pre- and Cancerous)	40	8
Mortality Rate	17	2



Since that time, Dr. Thompson has expanded the training program into the Petén, a large under-served region in northern Guatemala and into Jutiapa near the Salvadorean border. These doctors and nurses, now certified as VIA/ Cryotherapy specialists, are offering this service to women in those areas of Guatemala.

"We are training health care workers in the remote regions so a woman knows she can return to be evaluated and treated by the same group near her village, if need be," Dr. Thompson says.

The next training program will be offered at the Obras Sociales del Santo Hermano Pedro Hospital in July 2007 and participants from many parts of Guatemala are expected to attend.

**Women who come to the clinic stand in lines up to two hours before they are seen in the VIA/Cryo clinics.**

## Spring in Guatemala

**D**ear Friends,  
Spring is a season of renewal and hope in all parts of the world. In the Guatemalan countryside where many of our patients live, the dry landscape turns green almost overnight as the rain starts. Seeds are planted and the cycle of new life begins.

Every spring our village medical teams travel to the rural villages of Guatemala to the mountains of Chimaltenango and Solola, the deserts of Jalapa and El Progreso and the coasts of Retalhuleu and Isabal. Each area is geographically distinct, and its people are different, speaking different dialects. What they have in common is the woman in each family that holds it together. We have seen hundreds of Guatemalan women who walk for miles carrying their children to our family practice medical clinics with the hope that our doctors would see and treat them. Some were desperately ill with pneumonia and perhaps we saved their lives. Others had chronically runny noses and coughs caused by living with dust and dirt floors that often get wet and muddy. Many of the mothers who come just want vitamins thinking vitamins will help when there is not enough food, and others are seeking Tylenol, knowing

that one night in their dark and remote village miles from a doctor a fever will come to one of their many children and they will be helpless. So, some push and shove to get a place in line and others wait patiently for their turn with hope that we will not run out of the medicines they need.



### DIRECTOR'S CORNER

Mothers hold this country together...with the same love and concern that mothers all over the world have for their children. We dedicate this issue to the mothers of rural Guatemala. Their strength and perseverance inspires us. Our VIA/Cryotherapy program will help save their lives by offering a quick and sure way to check and treat them in one visit close to their homes. We can prevent that deadly killer, cervical cancer, from taking them away from their families.

Thank you for being a part of the hope and care that Faith In Practice brings to the people of Guatemala this spring with our Women's Initiative, our village clinics and our surgery teams.

*Vera Wiatt* Executive Director

# Guatemalan Women Spread Word

WEARING A BUTTON TELLS FRIENDS ABOUT SCREENINGS.

Every woman who receives cervical cancer screening through the Faith In Practice Women's Initiative Program receives a pink metal button with the words "Dígales," meaning "tell them." The buttons, initiated by Dr. Peter Thompson's wife Nancy and Joe Wiatt, encourage women to tell other women about the need for cervical cancer screening.



## How Can You Help?

EXPAND THE WOMEN'S HEALTH INITIATIVE.

"Part of the Faith In Practice vision is to expand the Women's Initiative in Guatemala by training and opening more clinics throughout the country and hiring an in-country coordinator to direct the program internally," says Joe Wiatt, co-founder and treasurer of Faith In Practice.

### How can you help make that vision a reality?

Joe Wiatt sums it up: "We are always in need of prayers, funds, equipment, and volunteers to provide these services for women in Guatemala."

You may want to take part in the Mother's Day Alternative Gift Market and give a gift to Faith In Practice in honor of someone you love. Please use the enclosed remittance envelope.

If you are interested in volunteering on one of the mission trips that provide life changing medical services, please visit the Faith In Practice web site: [www.faithinpractice.org](http://www.faithinpractice.org). Trip dates for 2008 will be posted soon.

## Mother's Day Gifts

GIFT MARKET TO SUPPORT CERVICAL CANCER SCREENING.

Motherhood means love all around the world, but for many mothers and children in Guatemala who are facing a future of poverty, illness, and hunger, love alone is not enough. Faith In Practice is offering an alternative Mother's Day gift market to support cervical cancer screening.

### SUGGESTED GIFT LIST:

- |   |         |
|---|---------|
| • Visual Inspection Test for five                         | \$10    |
| • Cryotherapy Treatment for two                           | \$25    |
| • Refill a tank of nitrous oxide to treat 4 women         | \$50    |
| • Purchase a full tank of nitrous oxide                   | \$150   |
| • Sponsor training for one Guatemalan nurse/physician     | \$500   |
| • Sponsor a training seminar for 10 medical professionals | \$5,000 |
| • Purchase a Colposcope                                   | \$7,000 |

Send a gift of compassion in honor of a woman you love, and we will send a Mother's Day card signed by you to let her know of your gift or we will send you the cards. Give a gift online at [www.faithinpractice.org](http://www.faithinpractice.org).

### DID YOU KNOW?

#### SAVE THE DATE!

Tuesday, October 30  
2007 Gala  
Westin Galleria  
Houston, Texas

#### INTRODUCING!

#### New Board Members:

- Rev. Kristin Huffman
- Norman Lewis
- Peter K. Thompson, MD
- Curt Webb
- Laura Andrews Wortham

#### SPECIAL 2007 CHARITABLE GIVING OPPORTUNITY

Are you 70-1/2? Take advantage of the 2007 tax-free IRA charitable rollover available to you and give a tax-free gift to Faith In Practice. You can transfer up to \$100,000 from an IRA to Faith In Practice and your other charitable organizations.

The deadline is December 31, 2007 to meet your required minimum distribution and avoid income tax. To learn more, contact Jill Hughes at [jhughes@faithinpractice.org](mailto:jhughes@faithinpractice.org).





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*Faith In Practice  
received Charity Navigator's  
highest rating for  
the third year in a row.*

## SPOTLIGHT

The mission of Faith In Practice is to improve the physical, spiritual, and economic conditions of the poor in Guatemala through spiritually enriching short-term medical and dental mission trips and health-related educational programs.



(1.) Thank you SpawMaxwell for raising over \$26,000 for Faith In Practice. (2.) Support Casa de Fe – buy a tile. (3.) Young girl with sibling waiting to see a doctor in a remote village.

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