



Generating Hope, One Woman at a Time

Hope for Our Sisters 2018 Impact Report

Thank you for walking with our sisters and us! Thank you for supporting us with your investments, time, talents and prayers. What a journey we have been on these last seven years: a journey with you that began when we said yes to precious women and girls in Angola, the DR Congo and Nepal.

With your support, we made important strides this year in the work of preventing fistula. Community members across all three partner countries (Angola, Nepal and DR Congo) are learning about the need for maternal care, causes of fistula, and ways to prevent it within their communities. Men, women and children attend our Fistula Awareness and Prevention Sessions in Angola and Nepal. These educational gatherings are geared towards teaching and empowering families and whole communities to choose health for their wives, mothers, sisters, daughters -- *and themselves*. **Between these education sessions, our life-saving, preventative Maternal Health Funds, and crucial diagnostics from the Ultrasound Empowerment Program, we have reached over 4,100 women, men and health workers since 2013. With your help, we endeavor to reach 10,000 people by 2020.** Together, as partners with our precious sisters and you, we are striving to help these women drive fistula out of their villages and, importantly, to advocate for other women who remain voiceless. Our precious sisters may not see or believe this yet, but they are future change-agents and leaders of hope and health. Because of you, this is slowly becoming a reality.

Our sisters are on a journey to impact future generations.

HFOS strives to impact women's health through a variety of programs, from the preventative programs described above, to making possible the sexual-gender based violence groups that teach women their inherent worth, to empowering women to prevent fistula recurrence after repairs with Empowerment Program education, and more. Dietrich Bonhoeffer teaches us, "We are not to simply bandage the wounds of victims beneath the wheels of injustice, we are to drive a spoke into the wheel itself." What is **our spoke**? Life changing and hope generating preventative efforts. While we will always fund fistula surgeries, prevention is our best chance at eradicating fistula forever.



FISTULA FAST FACTS

2-3 million women worldwide are living with fistula (BMC Research Notes).

Nearly 5% of women in the poorest places, like Malawi, may develop fistula in their lifetime. (BJOG)

830 women die everyday from preventable causes related to pregnancy and childbirth (WHO)

Education. In 2018, we continued to support the studies of two surgeons through our partnership with the Pan-African Academy of Christian Surgeons (PAACS). Dr. Tresor Mabanza, a native of the Democratic Republic of Congo (DRC) specializing in women's health, and Dr. Sam Fabiano, a native of Angola studying fistula surgeries, both remain committed to their studies and grateful for our partnership. **By funding education, we ensure the providers our sisters need are available in their home countries and we help to strengthen global healthcare infrastructure in one of the areas where it is weakest - Women's Health.** We continue to make ourselves available for funding the education of a female surgeon. Thank you for your contributions to the health of women in DRC and Angola.



Awareness. Dr. Shirley Heywood, our long-term partner through International Nepal Fellowship (INF) in the Surkhet region of Nepal, began her transition into a brick-and-mortar structure in 2018. Previously, she could only hold surgeries periodically in the form of “camps”, which rendered it impossible to guarantee immediate treatment for women who had traveled, and crippled her efforts at systematic education about what fistula is and how to prevent it. **HFOS used your investments to spread awareness of the new, permanent hospital via radio, live dramas and fistula educators, and to initiate the very first empowerment program for women recovering from fistula under Dr. Heywood's care.** Thank you for giving life to a program that will change women's health Nepal.

Prevention. In 2017, our president traveled with Myron Glick of Jericho Road to the Wellness Center based in Goma. At its inception, this clinic was unable to offer cesarean deliveries, but it has since grown in capacity. Brooke approached Myron about a partnership to fund cesarean deliveries for women at risk for fistula and other birthing injuries, as well as protect their children from dying during childbirth. **You, our supporters, rallied to raise over \$12,000 in 22 days through the GlobalGiving web platform, enabling more than 75 women to receive life-saving maternal care.** Thank you for choosing hope.



“Thank you for enabling us to partner with our sisters to generate lasting change!”
Brooke F. Sulahian, President & Co-Founder

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