

## ....A Place to serve.

Total Health is a not for profit, charitable organization created to improve health care delivery in Latin America. This mission is accomplished by working with local churches in La Ceiba, Honduras, Managua, Nicaragua, and Guayabo, El Salvador. The function of Total Health is to raise money for the operational costs of the clinics, and to recruit medical personnel to travel to Latin America and work in the clinics and surrounding communities.



### Total Health

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Web Site: [www.totalhealth.org](http://www.totalhealth.org)



*Changing lives one person  
at a time...*



*...through consistent, reliable  
medical care for the  
impoverished people of Central  
America.*

## Total Health

### Mission overview

*Total Health ... a place to serve.* Total Health is a U.S. based organization that is committed to providing high quality, consistent and reliable medical care in Central America. In short, we want to provide primary care medicine to people who have never had it before. Through disease prevention and early treatment we can dramatically change the health of the people we serve.



This is being done by funding the salaries of doctors and other key clinic positions, supplying medications on a consistent basis, expanding diagnostic capabilities like x-ray and laboratory equipment, and sending medical teams from the US to help provide care.

### Health Care

Access to health care in Central America is limited at best and at times simply does not exist. The government run health care system is able to provide some care to some people, but they simply do not have the resources to care for the great need that exists there today. There is a constant shortage of supplies and caregivers which means health systems frequently cannot help those in need. Therefore, many of the poorest people in the world are at ever increasing risk of illness, further reducing their ability to care for themselves and their families.

Total Health has partnered with local churches in La Ceiba, Honduras, Managua, Nicaragua and in Guayabo, El Salvador to provide full time primary care services to those communities. Through these clinics we are improving the health status of those in need, which in turn allows them to provide for themselves and their families. Poverty includes not only material poverty, but also emotional poverty, spiritual poverty and poverty of opportunity. By partnering closely with churches, we also provide vital spiritual and emotional care. We believe that confronting poverty on all fronts will produce better lives for the many thousands of people we serve.

### Safe, Sanitary housing

Total Home is a construction program that provides safe and sanitary homes to families in need. Most of the families we serve live in shacks made from scrap materials they have collected. The homes provide no safety and are often unsanitary and a major cause of disease transmission. By building safe and clean houses, we dramatically improve the safety of the most vulnerable members of the family while reducing disease transmission in the family and their neighbors.



### How can I help?

1. Your time:
  - Sign up for a one week trip to work in Latin America.
  - Volunteer to help organize and raise support here in the US.
2. Your resources:
  - Donate supplies to Total Health for use in the clinic.
  - Donate money to support medical care in Latin America.<sup>1</sup>

For more information about Total Health or to volunteer please contact us at the address below or visit our web site at [www.totalhealth.org](http://www.totalhealth.org).

<sup>1</sup> To donate to Total health, please make checks payable to "Total Health" and mail to the address listed below. At the end of the calendar year you will receive a list of all contributions made to Total Health for your tax records. Total Health is recognized by the IRS as a 501(c)3 charity and all donations are completely tax deductible. Total Health welcomes donations designated for specific projects or purposes. We will make every effort to ensure that donations with these designations are used for the purposes expressed; however we reserve the right to use any donation for any purpose depending on the needs of the clinic. If a specified project is fully funded, or is no longer in effect, the funds will be used in the area of greatest need in the clinic. Donations that are made without a specific project or purpose designated will be use in the area of greatest need at the clinic.

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