



## Care when it counts...

*Prenatal care is remarkably inexpensive and effective in preventing birth defects, but unfortunately most women around the world have no access to health care before, during, or after pregnancy.*

Jeisy Malino is a wife and mother at just 18 years old. This is difficult enough alone, but with severe poverty included in the mix the stresses are enormous. Jeisy helps provide for her family by preparing food near the main road and trying to sell it to cars that stop in traffic. It is both dangerous and hard work. Her income is included with the others from her family to help the 9 people who live together in one small home (Jeisy and her husband and child,



her parents, and various siblings and cousins). Keeping food on the table is a daily struggle.

When Jeisy became pregnant she worried about her baby, knowing she didn't eat well or have a safe living or working environment. She felt helpless until she found Salud Total. Shortly after becoming pregnant she started coming to the clinic for regular care. She received checkups, prenatal vitamins, and education on caring for her unborn child.

Thanks to your support she had a normal pregnancy and delivered a healthy boy who is now 1 ½ years old. As

is often the case, this couldn't happen using medical care that is unreliable. To change someone's health, whether a mother, child, or fetus, you must be available. At Total Health we believe that providing care that prevents problems from occurring is far more effective than treating the problems after the damage is done. Prenatal care is a great example of this and is provided to women throughout the La Ceiba area. Thank you for helping us "be there when it counts".

*If you break your neck,  
if you have nothing to  
eat, if your house is on  
fire, then you got a  
problem. Everything  
else is inconvenience.  
~Robert Fulghum*

## Counting on you...

You can make a huge difference in the lives of thousands of people like Jeisy. As a country we are facing unprecedented economic uncertainty, but we still need perspective. Many countries around the world face 50% or greater unemployment. Worldwide, the average annual income of a “low income” family is \$450 while the average annual

income of a “middle income” family (the world's middle class) is \$1920 per year. Somehow facing a recession here seems less daunting when we realize how fortunate we really are.

Overcoming the effects of worldwide poverty is a daunting task, but we can do our part to change a corner of the world. For a relatively small

amount of money (about \$50,000 per year) we can provide care for thousands of people, helping to improve their lives and making them better able to care for themselves.

We need your help more than ever! Please join us by participating in a medical trip or by donating to support the care that is given.

• *To donate send a check made out to “Total Health” to PO Box 424, Lewis Center, OH 43235.*

• *You can donate online by going to [www.totalhealth.org](http://www.totalhealth.org) and clicking on the donate button.*

### ***If you would like more information about [Total Health](http://www.totalhealth.org):***

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