



October 15, 2009

Dear Sir/Madamme,

With the onslaught of Typhoon Ondoy, practically a large portion of Metro Manila and some portion of Luzon were submerged by rain floods, people's lives and houses were devastated and thousands of families were forced to settle in different evacuation centers under dismal condition.

With this event, the Medical Action Group (MAG), Alt*Health Foundation, Inc., Integrative Medicine for Alternative Health Care Systems (INAM PHILS.), Health Care Without Harm (HCWH), and Claret Urban Poor Apostolate (CUPA) have agreed to consolidate their modest resources and efforts to respond to the health needs of marginalized sector by conducting successive relief and medical missions every Friday, which will start this coming Friday, October 9, 2009, in communities that are still submerged with water, underserved and in dire need of essential health services and relief goods.

In this regard, we would like to appeal for your kind hearted support by providing medicines and hygienic kit which can be used to help prevent sickness and diseases and any eventualities of community health outbreak. We are attaching herewith the list of needed medicines and the contents of hygienic kit.

We are also inviting health professionals from your alumni to participate in the said medical mission. The details and venue of the medical mission will be announced later.

In this time of crisis, our concerted efforts are highly needed by our marginalized sector that remains homeless and powerless.

You can send all your communications to INAM Philippines, Inc.. c/o Cristy Magno or Malou Tinga at telephone number 9264810/9263356 or fax number 9285099. Our email address is inam_phil@yahoo.com.

Anticipating for your full support. Thank you and more power!

Respectfully yours,

Edeliza P. Hernandez, R.N.
Executive Director - MAG

Elenita Afuang Pedrosa, DMD, MPH
Executive Director - Alt*Health Foundation

Sr. Dulce Velasco, M.D., MMS
Executive Director - INAM Philippines

Merci V. Ferrer
Executive Director - Health Care Without Harm

Fr. Eduardo C. Apungan, CMF
Director - Claret Urban Poor Apostolate

MEDICINES for Adults and children

For Upper Respiratory Tract Infection
Antibiotics like Amoxicillin, Cloxacillin, Cefalexin, co-trimoxazole capsules and syrup

Antipyretics/analgesics, like paracetamol, mefenamic acid and ibuprofen
Cough and colds – Lagundi, Carbocisteine, ambroxol, salbutamol
Oral rehydration solution – oresol
Anti diarrheal - Loperamide
Multivitamins, Ferrous sulfate, Vitamin C
Anti-hypertensive – Nifedipine, metoprolol
Anti-fungal – sulfur soap
Chlorine Tablets
Betadine
Ethyl Alcohol
Cotton
Gloves

Hygienic Kit

Laundry soap
Bath Soap
Ethyl Alcohol or 40% isopropyl alcohol
Tooth brush
Tooth Paste,
Cotton
Betadine
Gauze & plaster
Tissue paper
Daiper
Sanitary Napkin
Towellete

Herbal Medicines

Lagundi : syrup or tablet
Anti-fungal – Akapulco ointment
Virgin Coconut Oil or coconut Oil
Soap or ointment : Bayabas, Akapulko, and other anti-fungal ointments
Anti-diarrhea