



# JDC-ETHIOPIA

## SPINE AND HEART

INTERNATIONAL LIFE-SAVING SURGERY PROGRAM

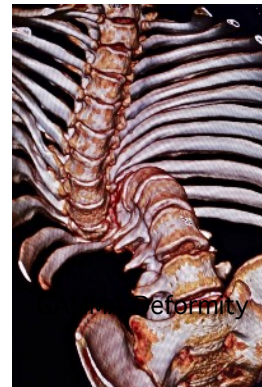
NOVEMBER 2017



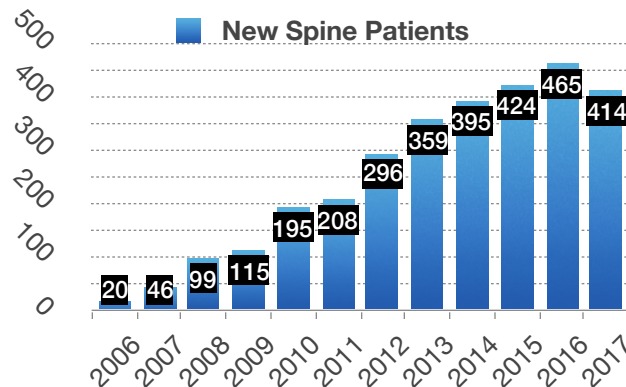
**History:** In 2006, we began working at Mother Teresa’s Mission, helping patients with spinal deformities, heart disease, and cancer. In 2011, we expanded to Yekatit 12 City Hospital. This year, we moved to AaBET Hospital, a crowded government trauma center.

**Chief Physician:** Rick Hodes, MD, MACP, internist trained at Johns Hopkins University. Holder of 5 honorary doctorates, subject of book: This is a Soul: the Mission of Rick Hodes and documentaries- Making the Crooked Straight (HBO) and Zemene.

**Patients and diseases:** Most are youths. Most hear of us from other patients, some referred by physicians and radio stories. Spine: scoliosis (idiopathic and congenital), kyphosis (congenital, TB), 5% neuromuscular, including old polio and neurofibromatosis. Hearts – rheumatic and congenital. Cancer: Hodgkins, osteosarcoma. When possible we take special challenges: huge jaw tumors and unusual deformities like Madura head, fibrous dysplasia of the orbit, huge ameloblastoma, hyena maulings, split hand/foot syndrome in twins, Olliers of hand. Presently 1 skull tumor in India.



**Patient Numbers:** grown from 20 new spines in 2006, to 414 this year. From 11 heart patients in 2006, to 54 this year. Surgeries: **Hearts** - 14 surgeries in 2008, will have 18 this year. Spines: 11 in 2006, Will have ~100 this year.



**Severity:** Most have spinal angles >100°. About 15% have horizontal spines. We’ve discovered new deformities: TT – tabletop spines, gamma spines, saxophone spines.

**Treatment:** Medical treatment done locally. Cardiac surgery at Amrita Hospital, Cochin, India. Spine surgery in Ethiopia by visiting teams (Texas, Chicago, Ghana). Difficult patients are sent to FOCOS Hospital in Accra, Ghana. The majority go into walking traction (23 hours/day) for 2-6 months before surgery. Children get adjustable “growing rods.” Cancer patients referred to the university hospital in Addis, we supply meds.

**Complications:** Several paralyses, 5 deaths, post-op infections, many rod complications.

### Trainees:

- Dr. Birhanu Haile-Michael, n/surg
- Dr. Eskinder Kebede, ortho
- Dr. Fre Alemseged, ortho

### Coming in the future:

- Dr. Addisu Mesfin, U Rochester
- Dr. Henock G/Hiwot, New York
- Dr. Matthew Geck, Texas
- Dr. David Genecov, Texas



Patients are never charged. We must raise \$1500/heart procedure, \$5500 for heart surgery. Ghana traction+surgery = \$15K-\$22K. We aim to raise \$2 million/ year. Money is our limiting factor. Please help us! All donations are tax-deductible.

**Donations:** [www.rickhodes.org](http://www.rickhodes.org) goes into our budget line at JDC

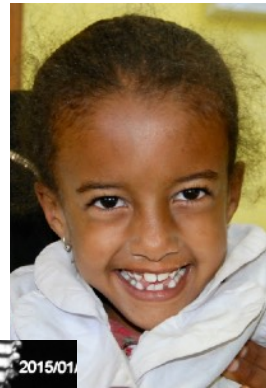
**Mailing** JDC-Global accounting

220 E 42nd St. #400, NY, NY 10017

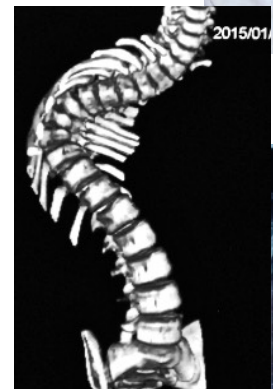
Must be marked “Ethiopia Medical” to get to us.

**Successes:**

- ▶ Identified spinal deformity as a major health issue in Ethiopia.
- ▶ Following about 3000 spine patients.
- ▶ Over 600 spine surgeries performed.
- ▶ Ethiopian government now supports us with airfare to Ghana.
- ▶ Following nearly 1000 heart patients, over 145 surgeries and procedures.
- ▶ Identified Ethiopians with the rarest diseases in the world: CLOVES, FOP, UHL's, Tabletop, gamma spine, Alpha, and NFibroma.
- ▶ Daily networking: MDs in -Israel, Ghana, India, USA, Germany.
- ▶ Ethiopian spine nurses trained at FOCOS Hospital in Ghana.
- ▶ Representing our patients at the renowned SRS - Scoliosis Research Society - 2 past presidents are close partners.
- ▶ Following one of the largest "growing-rod" cohorts in the world.
- ▶ Half the participants in the International FOX Study of severe deformity are ours.
- ▶ 4 documentary films about our work, including "Making the Crooked Straight" (HBO), and "Zemene," winner of multiple "Best" awards <[www.zemenefilm.com](http://www.zemenefilm.com)>
- ▶ Dr. Rick elected to SRS membership, and asked to join Bellagio Global Health Education Initiative, to advise on international educational issues. Lectures this year at Duke Univ, Baylor, Addis Ababa Univ, U Colorado, Vail, Austin College.



Melan Abdu, 9  
Before & After  
surgery



**Future:**

- ▶ Patients! We expect more than 1 new deformity per day.
- ▶ Great need for surgery.
- ▶ Ethiopian government likely to allocate land for a spine center. Talks proceeding.
- ▶ Working towards having several competent Ethiopian spine surgeons, + nurses, therapists, and doctors.

We want to continue surgeries: at least 100 spines and 20 hearts/year. Money is our limiting factor.

*Rick*

Rick Hodes, MD, MACP  
Medical Director, AJJDC-Ethiopia



*Main Partners and supporters:*

