

Health Center 12-month report 01 October 2006 – 01 October 2007

From 1 October 2006 to 01 October 2007 the Autonomous/Independent Non-profit Organization “Health Center” carried out philanthropic actions in “Health Fairs”:

01.10.2006	Polytechnic University, city of Chita	
21.10.2006	gymnasium ? 2	Irkutsk – 290 people
17.11.2006	High school ? 65	Ulan-Ude – 410 people
20.01.2007	High school ? 25	Irkutsk – 452 people
18.01.2007	Linguistics university	Irkutsk – 355 people
24.03.2007	High school ? 38	Angarsk – 319 people
31.01.2007	High school ? 38	Irkutsk – 230 people
07.04.2007	High school ? 39	Irkutsk – 414 people
14.05.2007	High school ? 52	Ulan-Ude – 368 people
19.05.2007	High school ? 7	Irkutsk – 320 people
12.05.2007	High school ? 49	Irkutsk – 350 people
22.04.2007	High school village ?. Maloe Goloustnoe, Irkutsk – rural region	– 300 children and 87 adults
15-19.06.07	Joint action “Be healthy” with Irkutsk Oblast Diagnostic	– 1890 people
07.07.07	Angarsk, conducted the Health Fair for participants of the Angarsk Economic Forum	– 520 people
13.09.07	Training on how to conduct the Health Fair at the railway university	
20.09.07	Training on how to conduct a joint Health Fair with the Center on Prophylactic Narcotics	

Total: 6809 people, consisting of their children, university students, high school students, gymnasia (specialized secondary school) – 3808, teachers from universities, high schools, and gymnasia – 591, adult population – 2410

During the course of the Health Fair were conducted the following actions:

- free consultations by doctors of the following specialties:
cardiologists, neurologists, orthopedists, ophthalmologists, endocrinologists, allergists, otolaryngologists, nephrologists, gastroenterologists.
 - screening – inspection of blood sugar and cholesterol, ultrasound of organs in the abdominal cavity, measurement of height, weight, and arterial pressure.
- Consultations done by specialists of children’s clinical hospitals in the oblast, Center for prophylactics, prenatal center, AIDS center, pediatrics institute.



Irkutsk family learns from a pig's lungs.

- Conducting of consultations by specialists of prophylactic medicine by risk factors of the development of illnesses of the cardiovascular system: smoking, alcoholism, obesity.

Prophylactics of breast cancer – self-diagnosis training.

- Training for youth – prophylactics of responsible motherhood, AIDS, narcotics.

- The (recycled) materials were acquired for conducting research: test-cavity, gel, disposable/non-reusable material – moist and dry napkins, paper towels, linen sheets.

In addition, cotton-wool, sanitizing material (alcohol), disposable gloves, disposable knife, blood pressure and weights.

- For conducting of actions were prepared, copied and distributed to visitors actions of printed products on prophylactics, the dangers of smoking, the dangers of narcotics, on a healthy lifestyle, on problems of nutrition, etc.;
- During the Fair visitors listened to more than 10 lectures on how to lead a healthy lifestyle, prepared with specialists – medical students, collaborators of the Oblast Center of medical prophylactics, AIDS center, prenatal center, Narcotics dispensary, nutritionists, institute of pediatrics.
- In each high school – carried out mini-performances about the dangers of smoking, prophylactic factors of the risk of cardiovascular diseases. Volunteers – students and those who work at the Health Fair – carried out the performances.
- Training of how to show the first emergency assistance in trainings, in the cases of drowning, electric shock, etc.
- Children from poor and under-provided-for families received Nutrition products enriched with vitamin-and-mineral complexes – kisel (sour fruit jelly), beverages, candy from the company “Art Life.”
- Actions of advertisement through means of mass information: newspapers, television programs, advertisement booklets.
- A group of doctors and university teachers and the authors of the book Education on the Health Culture of University and High School Students took active participation in the preparation of the Health fair at the Linguistics university.
- Open affiliation of the Irkutsk Health Center in Angarsk, on the basis of MANO City Health Clinic ? 3 and Ulan-Ude, based on the Republic of Children’s Clinical Hospitals.

Director, Health Center

S.P. Andriyashkina



Irkutsk Health Center Report
01 October 2006- 01 October 2007

19=28.5

Date	Vendor of Payee	Purpose or description	amount in rubles	amount in US\$\$
10.10.2006		phone calls	572	20
08.11.2006	Center of National Symbols	Copy service	60.0	2
17.11.2006	"Elite complex", Ltd	phone repair	750.0	26
10.10.2006	Telephone Company	phone card	572	20
08.11.2006	Center of National Symbols, Ltd	Picture printed service	60	2
17.11.2006	Elite complex Ltd	computer repair	750	26
18.11.2007	Telephone Company	phone calls	473	17
19.11.2006	Grinkomtex, Ltd	Electric battery	89.0	3
20.11.2006		post office service	77.4	3
20.11.2006	Center of National Symbols, Ltd	Picture printed service	56.0	2
20.11.2006		post office service	03.???	0
28.11.2006		post office service	19.???	0
07.12.2006	Third Rome, Ltd	Expenses materials for computer	407.0	14.3
13.12.2006	Atavina Elena Anat, Ltd.	Picture printed service	219	8
09.12.2006		post office service	3.40	0
16.12.2006		post office service	4.10	0
16.12.2006		post office service	28.10	1
16.12.2006	pharmacy	Expenses materials for glucometer	333.5	12
16.12.2006	Telephone Company	phone calls	88.00	3
20.12.2006	Telephone Company	phone card	250.00	9
21.12.2006	pharmacy	blood pressure equipment	1642.0	58
28.12.2006	Telephone Company	phone card	100.0	4
30.12.2006	Y.R. Gorovov, Ltd.	Expenses materials: napkins	170.0	4
03.01.2007		post office service	235.7	8
04.01.2007	L.G. Sereda, Ltd.	calendar	190.0	7
08.01.2007	Yamanov, Ltd.	Expenses materials: napkins	210.0	7
09.01.2007	Shvalgin, Ltd.	Ticket to Angarsk	40.0	1
09.01.2007	Shvalgin, Ltd.	Ticket to Irkutsk	40.00	1
09.01.2007	Telephone Company	phone calls	129.00	5
10.01.2007	Sibpolygraph, Ltd.	accountant journal/log-book	10.0	0
10.01.2007		account feels	8 000.00	281
14.01.2007	Viktor Gen. Minin, Ltd.	phone card	100.0	4
16.01.2007		post office service	12.0	0
16.01.2007		post office service	48.0	2
20.01.2007	Telephone Company	phone card	100.0	4
25.01.2007		phone card	100.0	4
27.01.2007	Telephone Company	phone card	100.0	4
31.01.2007		Expenses materials: cotton wools, napkins	1768.0	62
31.01.2007	irk Region, Ltd.	oil	192.0	7
06.02.2007		post office service	3.40	0
07.02.2007	Telephone Company	phone card	100.0	4
08.02.2007	Voronov N.N.	Expenses materials: cotton wools, napkins	1 773.00	62
09.02.2007		Expenses materials for office	25.00	1
09.02.2007		Expenses materials: cotton wools, napkins	275.00	10
09.02.2007		Expenses materials for office	290.00	10
10.02.2007		Expenses materials: cotton wools, napkins	73.50	3
10.02.2007	Gerasimova S.P. Ltd	Expenses materials: cotton wools, napkins	300.00	11
10.02.2007		Expenses materials for office	70.00	3
10.02.2007	Photo services (Photoslugi), Ltd	Picture printed service	153.0	6
12.02.2007	S.V. Kadochnikov, Ltd.	Expenses materials: cotton wools, napkins	116.5	4
12.02.2007	pharmacy 103	Expenses materials for glucometer	510.0	18
14.02.2007	Vanova V.V. Ltd	Expenses materials for office	160.00	6
15.02.2007	S.P. Gerasimovich, Ltd.	Expenses materials: cotton wools	280.0	10
21.02.2007	L.S. Smuzhikova, Ltd.	Expenses materials for office	15.0	0
21.02.2007		post office service	9.15	0
21.02.2007		phone calls	465.00	16
21.02.2007		post office service	23.01	1
24.02.2007	Elena Anat Atavina, Ltd.	Picture printed service	25.0	1
24.02.2007	Elena Anat Atavina, Ltd.	Picture printed service	259.00	9
24.02.2007	Telephone Company	phone calls	70.00	3
24.02.2007	Elena Anat Atavina, Ltd.	Picture printed service	110.0	4
28.02.2007	Elena Anat Atavina, Ltd.	Picture printed service	14.00	0
14.03.2007		phone card	100.00	4
12.03.2007		Ticket to Angarsk	47.00	2
14.03.2007		phone calls	100.00	4
15.03.2007	"Sibartelecom" Ltd.	phone calls	693.00	24
16.03.2007	Telephone Company	phone calls	200.00	7
18.03.2007		phone calls	200.00	7
20.03.2007	Eldorado Ltd	Expenses materials for office	629.00	22
22.03.2007		post office service	48.00	2
23.03.2007	Apparateka Ltd	Expenses materials for glucometer	1 203.00	42
24.03.2007		Ticket to Angarsk	5.50	0
24.03.2007		Ticket to Angarsk	5.50	0
24.03.2007		phone calls	155.00	5
20.03.2007		Expenses materials: cotton wools	40.00	1
24.03.2007		Ticket to Angarsk	11.00	0
24.03.2007		post office service	57.00	2
04.04.2007	Sereda I.G. Ltd	Expenses materials for office	181.00	7
04.04.2007		phone calls	100.00	4
04.04.2007		Ticket to Ulan-Ude- bed	50.40	2
04.04.2007		Ticket to Ulan-Ude	372.50	13
04.04.2007		Ticket to Ulan-Ude	372.50	13
05.04.2007		Ticket to Irkutsk	422.90	15
05.04.2007		Ticket to Irkutsk	422.90	15
05.04.2007		Ticket to Irkutsk- bed	50.40	2
06.04.2007		Ticket to Angarsk	47.00	2
09.04.2007		Expenses materials for glucometer	418.00	15
09.04.2007		Expenses materials for glucometer	35.00	1
10.04.2007		phone calls	740.00	26
11.04.2007		Ticket to Angarsk	37.00	1
11.04.2007		Ticket to Irkutsk	37.00	1
12.04.2007		Ticket to Angarsk	47.00	2
13.04.2007		Expenses materials for office	47.00	2
14.04.2007		post office service	51.00	2
17.04.2007		Ticket to Angarsk	47.00	2
19.04.2007		Ticket to Angarsk	47.00	2
19.04.2007		Ticket to Irkutsk	37.00	1
20.04.2007		phone calls	100.00	4
20.04.2007		Expenses materials for glucometer	675.00	24
20.04.2007		Expenses materials: cotton wools	40.00	1
23.04.2007		Ticket to Angarsk	37.00	1
25.04.2007		accountant journal/log-book	10.00	0
25.04.2007		Expenses materials: cotton wools	2 870.00	100
25.04.2007		Internet	300.00	11
25.04.2007		post office service	38.94	1
25.04.2007		accountant journal/log-book	250.00	9
26.04.2007		phone calls	200.00	7
27.04.2007		phone calls	100.00	4
28.04.2007		Expenses materials for office	150.00	5
28.04.2007		accountant feels	8 000.00	281

Plan of work of the “Health Center” in the city of Irkutsk on grant ? 57832 for 2008:

1. Conduct Health Fair in the city of Ulan-Ude -2.
 2. Conduct Health Fair in the city of Angarsk - 2.
 3. Joint work with the department of professional and mid-specialized education of the Department of education in the Irkutsk oblast by the organization of the Health Fair in the Irkutsk oblast in the institutes of professional technological education: Irkutsk, Sayansk, Shelexov, Uct-Ilimsk.
 4. Work in the center in special projects in Ulan-Ude on the prophylactics of smoking – 2
 5. Work in the center in special projects in Angarsk on the prophylactics of narcotics – 2
 6. Work in the center in special projects in Irkutsk on the prophylactics of AIDS– 2
 7. Training of how to give first emergency assistance in the cases of drowning, electric shock, etc., with the use of a training doll “Vitim” to high school students, students of professional technology, etc.
 8. Participation in the creation and production of booklets and pamphlets on what comprises a healthy lifestyle.
 9. Prepare and convey the cycle of lectures on healthy lifestyle in high schools, specialized secondary schools (gymnasia), universities, labor unions. The cycle consists of five lectures.
- Collaborate with the Oblast Center of prophylactics and with other medical centers in the organization and conducting of joint actions-3.