



Sight is a **Right**

May 16, 2023

Carhuaz, Peru 2023 Mission Report

Dear Sight is a Right Partners, Sponsors, Supporters, and Volunteers,

The Carhuaz, Peru 2023 mission was a huge success, well beyond our expectations with our small team of 17 volunteers and several local volunteers. This mission was scheduled to occur in the spring of 2020, but was cancelled due to the pandemic. Three years later, we made good on our commitment to serve this beautiful community of the Andes.

Our outreach was dedicated to the blessed memories of Rosa I. Velásquez, a resident of Ancash and the mother of Consul Miguel A. Velásquez of the Seattle Peruvian Embassy, and Melitón Alpaca, a resident of Lima and father of Monica Alpaca Doimi, our primary sponsor in Carhuaz.



Our mighty, dedicated, hard-working team served 1,911 patients during just 4 days of clinic. These numbers are even more remarkable given the language barriers of Spanish and mostly Quechua. Our local team of translators were critical to our success, allowing us to effectively communicate with our patients in both languages.

Volunteers met up in Lima on the morning of April 29. After an 8-hour bus ride we arrived in Carhuaz – a lovely pueblo nestled deep in the Andes at an elevation of 2652 meters (8700 feet). We lodged at the beautiful and comfortable properties of [Montaña Jazz Lodge](#) and [Hotel El Abuelo](#).

Our clinic was located in the center of town at the Beneficencia de Carhuaz, next to the police station. Each day we were met with large crowds of townspeople eager to receive free, life-changing eye care.

All of our equipment and supplies were hand carried by the team into the country. We ensured that every patient received the glasses they need – whether it be reading glasses, prescription glasses, or both. We also brought a small assortment of prescription glasses. If a suitable pair was not available, the patient was fitted with a pair of frames of their choice. We will make their glasses in the US and return them in the next 3 months when they are complete.

Our doctors diagnosed a wide variety of ocular pathology. 9.79 % of all patients examined exhibited a type of pathology. More than 182 referrals were given for pterygia, cataracts, glaucoma, and other pathologies. Our patient population included a high percentage who experience daily intense sun exposure without eye protection (with the exception of hats). Therefore, pterygia and cataracts were the most common pathologies encountered. We counselled on the importance of wearing sunglasses, and made sure everyone left with a good quality pair as part of our complete care.



By day:	5/1/2023	5/2/2023	5/3/2023	5/4/2023	Total	% Tot. Path	% Tot. Pts.
Total patients seen in pathology:	30	44	68	45	187		
Cataract	15	32	42	28	117	45.0%	6.12%
Pterygium	10	8	8	10	36	13.8%	1.88%
Advanced dry AMD - Geographic atrophy	3	10	10	8	31	11.9%	1.62%
Glaucoma	4	4	5	4	17	6.5%	0.89%
Blindness	3	1	5	3	12	4.6%	0.63%
High myopia	1	1	3	5	10	3.8%	0.52%
Amblyopia	1		1	1	3	1.2%	0.16%
Corneal opacity	1		2		3	1.2%	0.16%
Optic neuropathy	1	1	1		3	1.2%	0.16%
Traumatic optic neuropathy			3		3	1.2%	0.16%
Ectropion		1	1	1	3	1.2%	0.16%
Wet age-related macular degeneration			2		2	0.8%	0.10%
Proliferative diabetic retinopathy		2			2	0.8%	0.10%
Marfan's with subluxed crystalline lenses	2				2	0.8%	0.10%
Squamous cell carcinoma			1	1	2	0.8%	0.10%
Glaucoma suspect		1			1	0.4%	0.05%
Non-proliferative diabetic retinopathy	1				1	0.4%	0.05%
Retinal vein occlusion	1				1	0.4%	0.05%
Iris coloboma	1				1	0.4%	0.05%
Ocular surface irritation	1				1	0.4%	0.05%
Intracranial path pathology	1				1	0.4%	0.05%
Corneal edema	1				1	0.4%	0.05%
Symptomatic posterior vitreous detachment	1				1	0.4%	0.05%
Retinal cysticercosis		1			1	0.4%	0.05%
Nasolacrimal duct obstruction		1			1	0.4%	0.05%
Rhegmatogenous retinal detachment			1		1	0.4%	0.05%
Keratoconus			1		1	0.4%	0.05%
Chalazion				1	1	0.4%	0.05%
Viral conjunctivitis				1	1	0.4%	0.05%



Our nurses performed ~999 blood sugar and blood pressure screenings. Of those screened for diabetes mellitus, 1.3% were found to have elevated blood sugar levels (>200 mg/dL), with the highest level of 512 mg/dL. Of those screened for hypertension, 19.6% were found to have elevated blood pressure readings (>130/80 mmHg), with the highest reading of 210/135 mmHg. Those with abnormal levels were provided verbal and written education on the specific disease process, its impact on eye health and visual function, and its impact on vital end organs such as the heart and brain and increased risk of atherosclerotic cardiovascular disease such as heart attack and stroke. These patients were given written referrals to the hospital or local healthcare providers for immediate care or further evaluation.

The metrics for Carhuaz, Peru 2023 are as follows:

- Clinic location in Carhuaz, Peru (Ancash Region)
- 4 days of clinic from May 1 to May 4, 2023
- 17 volunteers from the United States and Canada:
 - 5 optometrists, 2 MDs, 3 opticians, 1 RN, and 6 support
- 1,911 vision exams performed (4.2% of population)
- 683 pair of prescription glasses:
 - 624 to be fabricated in the US and returned to our patients in 3 months
 - 59 pre-made distributed in clinic
 - 36% of patients required prescription glasses
 - This is our record for the number of custom glasses made for a clinic
- Distributed ~1,800 pair of sunglasses
- Distributed ~1,318 pair of reading glasses
- Distributed medications worth over US\$50,964
- Performed ~999 blood pressure / blood sugar screenings
- Referred over 182 patients for cataract surgery and other pathologies



The estimated value of goods and services delivered for our Carhuaz, Peru 2023 mission is US\$459,113:

Sight is a Right has no paid members or staff. We are a 100% volunteer organization:

- We were able to realize ~US\$81.20 in support for every US\$1.00 spent (overall value)
 - Our total overhead for goods and services delivered is only 1.8% (cost)
 - This means 98.2 cents of every dollar spent goes directly to goods and services

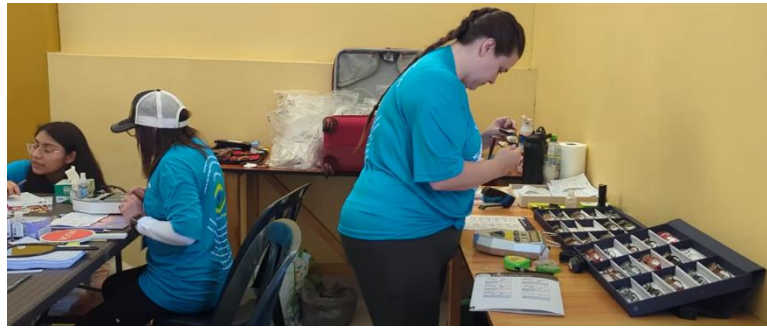




This outreach could not be accomplished without the tremendous support of our partners, sponsors, and supporters. Deep gratitude to our primary sponsor Monica Alpaca Doimi for generously lodging the majority of our team and providing the bulk of our meals at the beautiful Montaña Jazz Lodge. Much love for always being available to help make important connections and help with the many tasks required for conducting our mission. Also to Jorge Antonio Lino

Rodriguez (Cuqui), Luis Fernando Llano Gonzales, Myorenji Nicol Rojo Figueroa, Rosaly Grease Rojo Figueroa, Angel David Rojo Figueroa, and Geraldine Graciela Romero Figueroa. Huge thanks to Felipe Díaz Busto for providing lodging and food for the remaining members of our team at the spectacular Hotel El Abuelo. Also to the entire staff.

Big thanks to all our local sponsors Cristian Hidalgo Pajuelo and the many members of Club Rotario de Independencia, Huaraz; Giovanna Irene Gross Porras and Caritas Huaraz, Perú; Lic. Carlos Eugenio Cántaro García; Municipalidad Provincial de Carhuaz; Beneficencia de Carhuaz; Agua de Mesa La Soledana; Restaurante Pakta; Fleur de Lodge; and Transporte Nieto.



Huge thanks and respect to Angela Salazar Landauro, Yess Elizabeth Blas Alfaro, Marcos Urbano Romero Fernández, Carmen Zarela Zamora López, Quique Apolinario Villarán, Nidia Patricia Vidal López, Yanira Vidal Fojas, Edancy Carbajal Raza, Rubi Cribillero Carbajal, Tania Jazmina Castillo Carrasco, Marta Alvarado Calixto, Jorge Daniel, Alzamora Márquez, Sheyla Aquino Guillén, Claudio Mautino Rondón, Carlos David Alzamora Padilla, Bertha Tamariz, Nicol Zurita Ríos, Yeda Romero Blás, Patricis Veramendi Huanca, Gabriela Norabuena Jácome, Yeda Elizabeth Blas Alfaro, and the other translators and local volunteers whose names I don't know. Your assistance allowed us to see many more patients. Your support will once again be critical when we return in three months with over 600 custom prescription glasses to dispense.

Many thanks to our stateside supporters Essilor Vision Foundation, americares, Travis & Jenna Zigler and Eye Believe Foundation, Great Shape! Inc. iCARE, Michael Walach and Quest Vision Care Specialty Lab, Consul Miguel A. Velásquez, VOSH, National Vision, and Restoring

Vision. Also to Karl & Kathy Ward, Leon & Robyn Andris, Dr. Margaret Johnstone, Dr. Ted & Renee Archdale, Yetta Jean Stern, Hector Chejfec, Atala Valdes, Dr. Gabriela Miller, John Sinno, Cheryl Goldberg, Michelle Bangiyev, Artem Pinkhasov, Irina Mushiyeva, David Lion, Tara Miller, Isaac Rozenfeld, Marina Pinhas, Janelle Page, Linda Van Kessler, Matthew Thistle, and Inna Zenina.

Big up to the board members of Sight is a Right for your stewardship of our small, powerful organization: Dr. Alex Pinhas, Jason Forbes, Dr. Dan Brown, Dr. Kathy Ward, and Mary Seguti.

And finally, deep, heartfelt gratitude and respect to all of our Carhuaz, Peru 2023 mission team volunteers who travelled far, donated to our cause, and worked tirelessly through rigorous conditions to serve a grateful and deserving community with grace and love: Dr. Gary Knowles, Dr. Rose Knowles, Dr. Shilpa Patil, Dr. Craig Bowen, Dr. Amir Ghanipour, Dr. Alex Pinhas, Dr. Stella Pinhas, Allison Turner, Stacey Johnsky, Krista Heartwell, Susan Wetherell, Jamita Yizar Stith, Myla Stith, Myles Stith, Boris Pinhas, and Robin Gonsorowski. You are truly my heroes as well as heroes to the people of Carhuaz. I love you all for your inspirational, selfless service to others, and your willingness to do what few will.



Love is the bridge between you and everything. – Rumi

We look forward to serving many more communities in the years to come. At Sight is a Right we believe that healthcare is a fundamental human right that should be available to everyone regardless of their economic circumstances. We identify underserved communities throughout the world and provide them with free healthcare services, with the primary focus of eye care. Everyone deserves vision!

Blessings and thank you,



Steven Stern

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Team hike to Laguna Hualcacochoa (14,288 feet)