

August 16, 2023

Dear iCARE Partners, Supporters, and Volunteers,

The Great Shape! Inc. iCARE program has completed the inaugural mission for the people of Exuma, Bahamas and surrounding islands. Our free eye care clinic, held from August 7 to 11, 2023 was incredibly successful. We served onsite in the ballroom at the beautiful Sandals Emerald Bay located on Queen's Highway. Sandals graciously allowed the public access to the property to attend clinic during this time.

We began with a very busy first day occurring on a public holiday. This set the tone for the remainder of the week. Our team of 46 volunteers served with love, grace, and diligence to ensure as many as possible were treated each day to our services of full eye exams, glasses, SLT laser procedures for glaucoma, medications, and hypertension/diabetes screening.

The population of Exuma is estimated at 7,000, of which we served 1,976, or 28% of the people. We distributed in clinic ~2,000 sunglasses and ~1,100 reading glasses. We further donated 450 sunglasses and 600 reading glasses. Custom prescription glasses will be manufactured in the U.S. for 645 (a new record) of our patients. This means 32% of them required prescription glasses, which will be delivered in November of this year.

We also provided 28 SLT laser procedures for the treatment of glaucoma. Many of our patients were unaware that they have this insidious disease, which irreversibly damages sight culminating in blindness. For this reason alone, everyone should come to clinic to be tested.

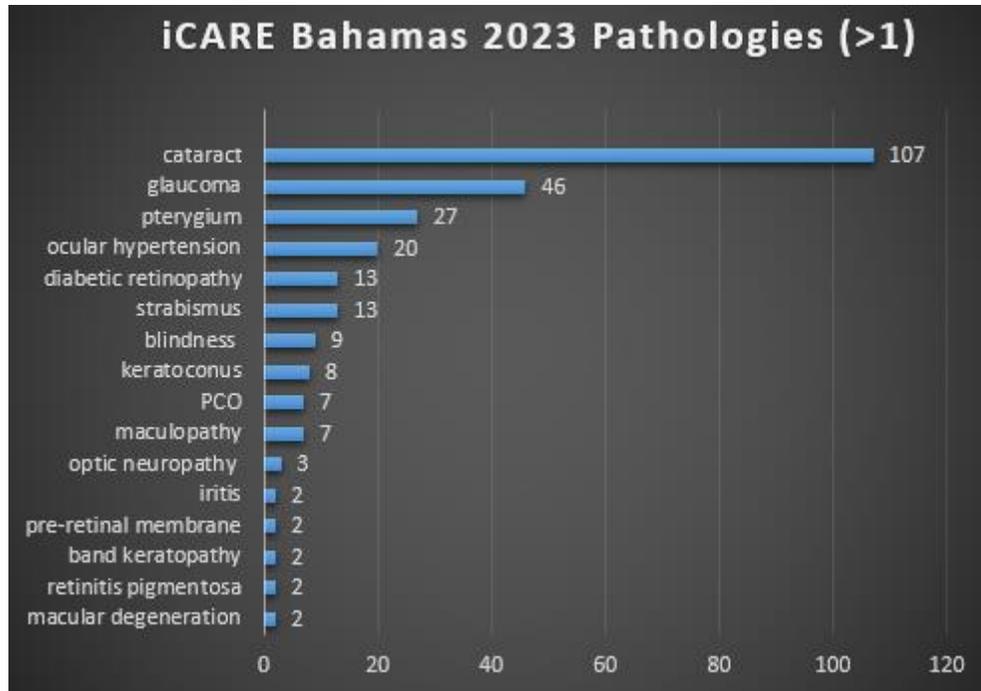


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The predominance of pathologies discovered were cataracts, glaucoma, and pterygium, and ocular hypertension (see chart). We referred our patients to the local clinic for follow-up care for all pathologies found. Those with glaucoma were given a few months of medication drops and the option of an SLT laser procedure (where applicable) to reduce pressure which helps protect sight.

The following graph outlines the number of pathologies diagnosed in our clinic, where more than one case was discovered:



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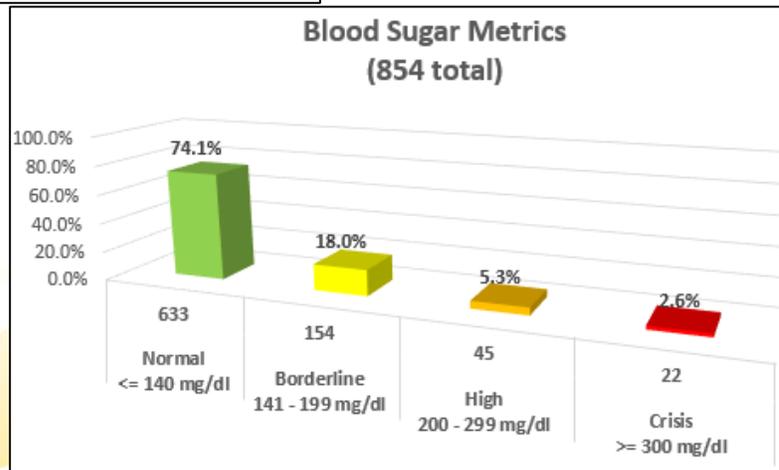
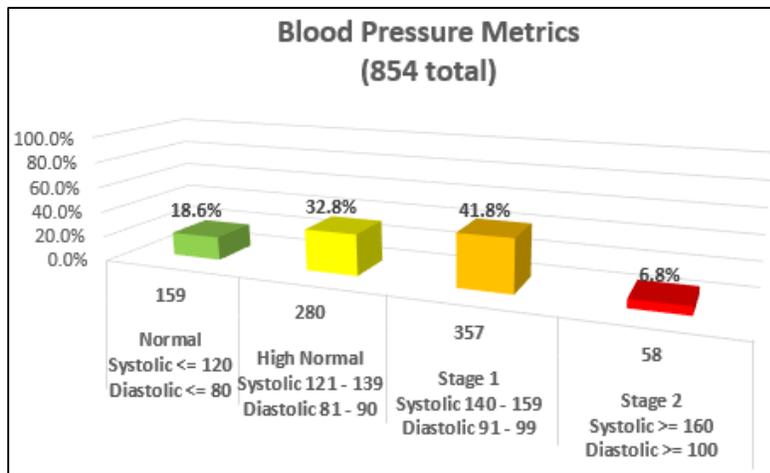
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Our health evaluation team screens patients over 44 years of age with a family history of hypertension or diabetes, who have not recently been tested or who ask for a test for any reason. This represents 854 patients. Those exhibiting unhealthy levels were educated on methods to restore health and referred to their local health care provider for immediate care.



81.4% of those screened for hypertension exhibited higher than normal blood pressures (see chart). The highest was recorded at 260/120. 25.9% of those screened for diabetes exhibited higher than normal blood glucose levels (see chart). The highest was recorded at 478 mg/dl.

There is a much higher prevalence of hypertension versus diabetes in this population. Most individuals were aware of their conditions but are noncompliant with lifestyle recommendations and medications. We were told that healthcare and medications to treat these conditions are accessible and affordable.



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The metrics for iCARE Bahamas 2023 are as follows:

Clinic Site: Sandals Emerald Bay Ballroom, Exuma, Bahamas
8/7/2023 to 8/11/2023

- 46 volunteers
- 1,976 vision exams
- 28 SLT laser treatments for glaucoma
- 854 health screenings for hypertension and diabetes
- 645 pair of custom prescription glasses will be made and delivered the week of November 12
 - 32.6% of total patient count
- 1,800 reading glasses distributed
- 2,450 sunglasses distributed
- over 279 pathology referrals to the local or private healthcare system
- over US\$151,000 retail value of medications dispensed
- US\$622,632 estimated total value in goods and services



Since our inception 14 years ago, iCARE has conducted 28 weeks of clinics and 5 weeks of cataract surgery – providing the following critical services and goods free of cost to the beautiful people of Jamaica, Turks & Caicos, Antigua, St. Lucia, Barbados, and The Bahamas at an estimated total value of over US\$15.29 million. This includes:

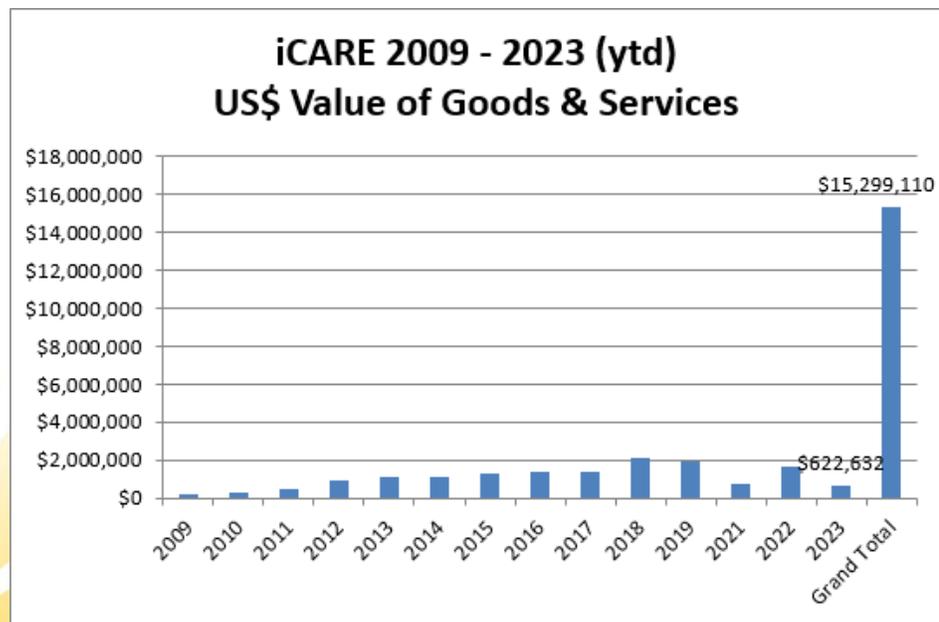
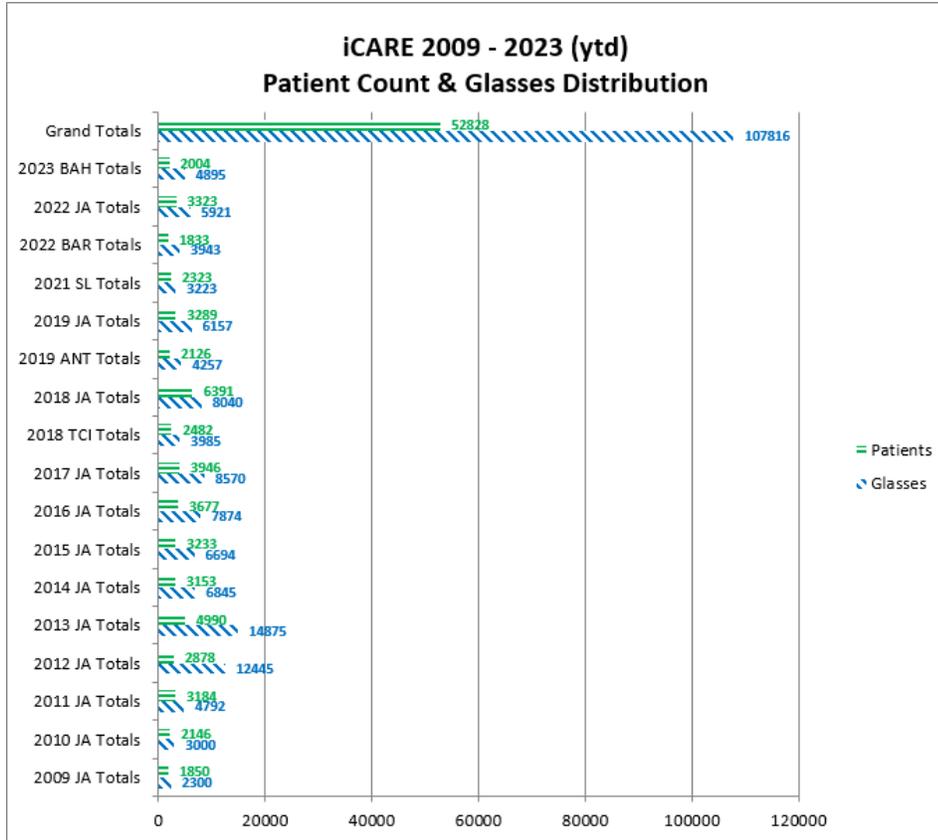
- 52,828 eye exams and procedures (includes 217 cataract surgeries, 22 MIG surgeries, 820 SLT laser procedures, 100 diabetic retinopathy PRP laser procedures, and 1 laser retinopexy)
- 107,816 glasses (includes prescription, reading, and sunglasses)



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The following graphs illustrate our patient & glasses totals and the value of goods & services (year to date) over the 15 years of the program. Note that patients receiving both eye exams/services and laser procedures or surgery are counted twice in this graph, as they are separate treatments:



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As always, we are extremely grateful to Sandals Foundation and Sandals Resorts for our incredible partnership and their committed and generous support which gives us the ability to impact so many lives and to serve in, yet again, another new country. Thank you Adam Stewart, Heidi Clarke, Jeremy Mutton, Snovakia Watson, and the entire Sandals Foundation and Sandals Resorts team.

Big acknowledgements to Deputy Prime Minister Cooper, the Bahamas Ministry of Health and Wellness, Bahamas Customs Department, Dr. Phillip Swann, Elaine Lightfoot, Ministry of Tourism, Royal Bahamas Police Force, and the many other government officials who helped us serve in Exuma and guided us through the process. Thank you for allowing us to perform these critical services for your wonderful people.

Special thanks to Tiffany Delaney, Jaime Morgan, Papa Joseph Wright, Sight is a Right, Michael Walach & Quest Vision Care Specialty Lab, Ohio State University College of Optometry SVOSH, Drs. Jenna & Travis Zigler, Eye Believe Foundation, Dr. Alex Pinhas, Dr. Ken Merchant, Essilor Vision Foundation, Sherry Phillips, Brenda Travis, Kurt Fischer, VOSH Colorado, VOSH & SVOSH International multiple chapters throughout the US and Canada, National Vision, Restoring Vision, our returnee volunteers, everyone transporting supplies & equipment, and all of our many supporters.



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Finally, deep, heartfelt gratitude to our incredible team of U.S. and Canadian volunteers who served with beautiful dedication, humility, and big hearts. Big up Abi Hilvers, Alex Ryan, Alexis Bond, Ashley Yearling, Bradley Dougherty, Brenda Travis, Brooke Peterson, Candy Archdale, Cay Cooney, Christopher Schlarb, Danice Souza, Daniel Brown, Dolores Chenoweth, Elaine Beaupre, Emily Magas, Emily Koziczowski, Hope Perez, Irada Azizova, Jamita Yizar Stith, Jenna Zigler, Kara Fedders, Kara Dunkle, Katie Hanley, Kelsy Steele, Ken Merchant, Kent Godfrey, Kenzie Coyne, Kristi Merchant, Kurt Fischer, Leah House, Makayla Hoying, Mike Scheuerman, Nikki Edwards, Paige Krebs, Peggy Fischer, Randy Thebeau, Samantha Dyer, Scott Fedders, Sherry Phillips, Sidney Parks, Susan Hunter, Ted Archdale, Travis Zigler, Ruby Randhawa, and Vandana Lal! Your hard work and selfless service to others is inspirational and the manifestation of **One Love** in practice. It is my honor and privilege to serve with you. You are all heroes and amazing human beings!



“The idea that some lives matter less is the root of all that is wrong with the world.”
– Paul Farmer



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We look forward to two more weeks of service this year in Westmoreland, Jamaica and St. Mary, Jamaica this upcoming October. There are many more life-changing results to follow.

Blessings, thank you, and one love,

Steven Stern

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