



www.DLHope.org

"Serving people and the communities locally and globally"





Don't Lose Hope (DLH) Global, Inc. is a *nonprofit organization; a public benefit corporation* which is determined *exempt from federal income tax* under the section 501 (c) (3) of the Internal Revenue Code by the U.S. Department of the Treasury and Internal Revenue Service (IRS), and from Texas franchise or income tax under the Texas Revenue and Taxation with the File Number: 801433481 in the Office of the Secretary of the State of Texas.

Mission Statement

The central purpose of DLH Global is to promote the quality of life and well-being; and to increase years of healthy life for **all people** locally and globally.

DLH Global serves as a practical model of Holistic Community Health Promotion and Education Program which benefits the communities locally and globally; it is comprehensive as well as practical; and it is based on the whole person approach to health. The following are our pillars and core values:

HHealth

Outreach

Promotion

Education

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"Serving people and the communities in Cameroon"



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CAMEROON



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CAMEROON

PROJECT:



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CAMEROON

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CAMEROON

PROJECT

The central purpose of **DLH Cameroon Project** is to promote the quality of life and wellbeing for All People in Cameroon.

DLH Cameroon serves as a practical model of Holistic Community Health Promotion and Education Program to benefit all people and the communities in Cameroon; it is comprehensive, practical, and it is based on the whole person approach to health.

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THE MAIN COMPONENTS OF



1

The Construction of the very first **School of Public Health** in Cameroon; a sorely needed platform engage the whole Country in *Health Promotion and Education, Disease Prevention, and Preventive Care.*

2

The Establishment of **Agriculture Industry** to grow produce that would set the stage for healthy eating to prevent Lifestyle Disease namely, *high blood pressure, high cholesterol, type 2 diabetes, obesity, overweight, cancer, and stroke that are rampant today, in Cameroon.*

3

The Development of **The Food Industry** to establish the Culture of Healthy and Proper Eating in Cameroon.

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THE MAIN COMPONENTS OF THE PROJECT:

1. The **Construction** of the very first **School of Public Health** in Cameroon; a sorely needed platform engage the whole Country in *Health Promotion and Education, Disease Prevention, and Preventive Care*.



The School of Public Health with Applied Programs which aims at forming and training young Cameroonians to acquire practical knowledge and skills that they are ready to function and work independently without neither looking for jobs; nor extending their hands to the Cameroon Government, asking for jobs.

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THE MAIN COMPONENTS OF THE PROJECT:

2. The **Establishment of Agriculture Industry** to grow produce that would set the stage for healthy eating to prevent Lifestyle Disease namely, *high blood pressure, high cholesterol, type 2 diabetes, obesity, overweight, cancer, and stroke* that are rampant today, in Cameroon.



- The Agriculture Industry, which includes enterprises engaged in growing crops, cultivating plants that are life forms for food, fiber, fuel, healthy dairy products to meet consumer demands in Cameroon.
- Sustainable Agriculture Industry which forms and employs **young Cameroonians** in a wide-range of workers including farm laborers, researchers, scientists, salespeople, soil managers, and **Community Health Promoters and Educators**.

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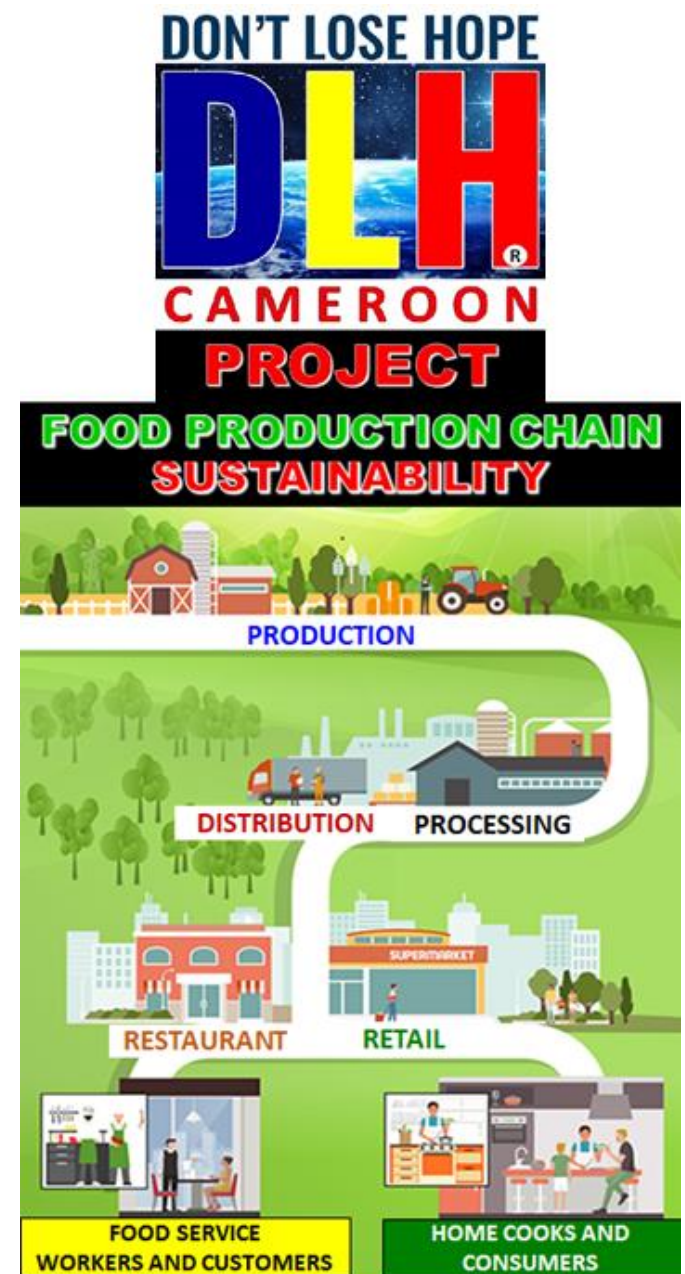


THE MAIN COMPONENTS OF THE PROJECT:

3. The Development of **The Food Industry** to establish the Culture of Healthy and Proper Eating in Cameroon.

A Productive and a Sustainable **role of the food industry in Cameroon** - The **role of the manufacturing food industry** in relation to provision of **foods** for the weanling which encompasses the following 5 main objectives:

1. customer satisfaction
2. Safety
3. providing product information
4. the maintenance of commercial viability.
5. sustainability of the Don't Lose Hope School of Public Health; and scholarships to students who work in the Agriculture Industry and the Food Industry to pay for their education.



THE PROJECT: A NOVEL APPROACH TO HEALTHCARE



**COMPREHENSIVE COMMUNITY HEALTH
PROMOTION AND EDUCATION OUTREACH PROGRAM
WHICH ENCOMPASSES:**

Total Wellness * Disease Prevention * Health Education * Preventive Care * Rehabilitation

*Reaching out to the Cameroon people and communities to help, educate, orient, advise,
and counsel people on health while improving health outcomes across the Country.*

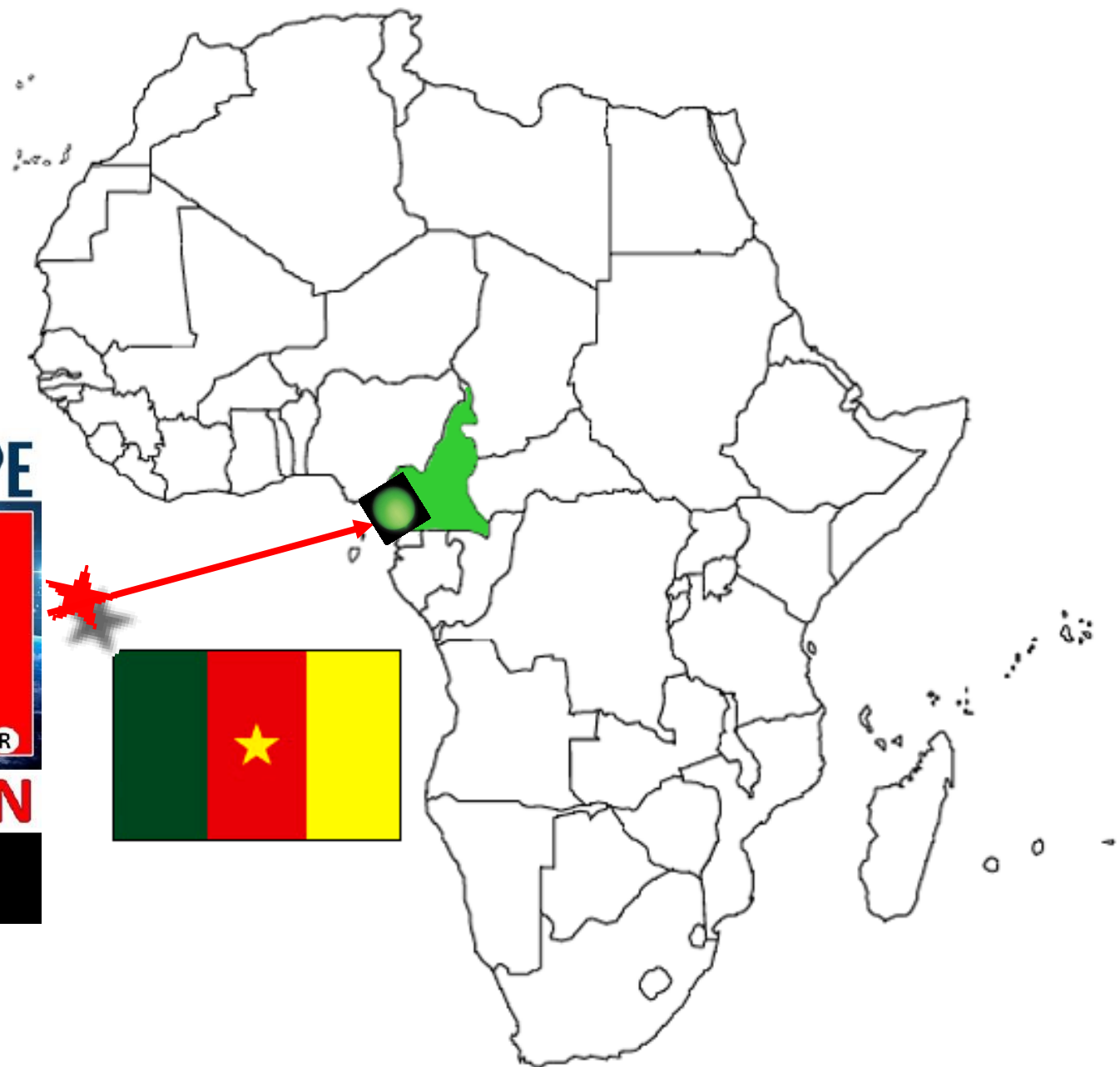
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*Serving people
and
The
communities
in
CAMEROON*



*in
AFRICA*



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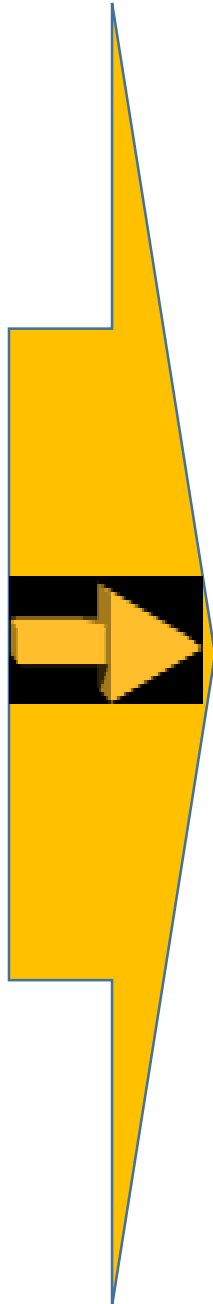
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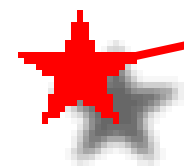
**THE ESTABLISHMENT
OF
THE VERY FIRST
SCHOOL OF PUBLIC HEALTH
IN
CAMEROON**

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THE ESTABLISHMENT OF THE VERY FIRST SCHOOL OF PUBLIC HEALTH IN CAMEROON



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IN PERSPECTIVE

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**CAMEROON FIRST SCHOOL OF PUBLIC HEALTH
GENERATED BY SOLAR PANNELS**

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IN PERSPECTIVE:
CAMEROON FIRST SCHOOL OF PUBLIC HEALTH
GENERATED BY SOLAR PANNELS:

Inspired by the Construction of Mirebalais: Hospital in Haiti
After the Earthquake in 2010



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CAMEROON FIRST SCHOOL OF PUBLIC HEALTH
GENERATED BY SOLAR PANNELS

 **Partners
In Health**
www.PIH.org/HUM-Haiti

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**CAMEROON
PROJECT**

**AND
ACTION PLAN:**

**DEVELOPMENTAL STRATEGIES, CONNECTIONS,
SYNERGIES, AND NETWORKING**

TO

ESTABLISH THE SCHOOL OF PUBLIC HEALTH IN CAMEROON



**Domestic
Resources
To
Empower**



**External
Resources
To
Empower**



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DLH
Don't Lose Hope

**C
K
T**

COMMUNITY KIDNEY TEST™

GLOBAL FIGHT AGAINST DIABETES

LOWER LIMB PROSTHETICS SOLUTION



Domestic Resources To Empower



External Resources To Empower

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CAMEROON FIRST SCHOOL OF PUBLIC HEALTH GENERATED BY SOLAR PANNELS

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CAMEROON PROJECT
AGRICULTURE INDUSTRY

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DLH
CAMEROON PROJECT
FOOD PRODUCTION CHAIN SUSTAINABILITY



CAMEROON

FOOD AND AGRICULTURE INDUSTRY

PRODUCTION

DISTRIBUTION **PROCESSING**

RESTAURANT **RETAIL**

FOOD SERVICE WORKERS AND CUSTOMERS **HOME COOKS AND CONSUMERS**

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"Serving people and the communities in Cameroon"





DR. SALOMON SAMEN (LEFT) AND DR. MARTIN EKOUMOU (RIGHT); HIGH SCHOOL FRIENDS WAY BACK IN CAMEROON. THEY ARE CELEBRATING THEIR REENCOUNTER AFTER 49 YEARS OF SEPARATION (WASHINGTON DC, NOV., 2018)



DR. SALOMON SAMEN:

A GLOBALLY KNOWN ECONOMIST WHO WORKED AT WORLD BANK FOR OVER 30 YEARS.

He is The Writer of the Business Plan for Don't Lose Hope Cameroon Project

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LOWER LIMB PROSTHETICS SOLUTION



Today in Cameroon, “Moto-Taxis” present a major Public Health problem; riders wear no helmets; and they are exposed to accidents which lead to lower limb amputation



LOWER LIMB PROSTHETICS SOLUTION





LOWER LIMB PROSTHETICS **SOLUTION**



LOWER LIMB PROSTHETICS SOLUTION



LOWER LIMB PROSTHETICS SOLUTION



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**THE ESTABLISHMENT
OF
A SUSTAINABLE
FOOD
AND
AGRICULTURE
INDUSTRY**

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AGRICULTURE INDUSTRY





FOOD AND AGRICULTURE INDUSTRY



To produce, sell and distribute foods which contribute positively to the health of its consumers. In one hand, dedicated students have participation in this work which contributes to their scholarship; and on the other hand, this work generates financial resources to support The School of Public Health while ensuring its sustainability.



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**CAMEROON
PROJECT**

**FOOD PRODUCTION CHAIN
SUSTAINABILITY**





**HEALTH REFORM PLAN:
INTEGRATE, AND UPGRADE DISPENSARIES
TO
CLINICS:
COMMUNITY HEALTH PROMOTION CENTERS
REVAMP AND REFURBISH HOSPITALS, AND ADD THE HEALTH
PROMOTION AND EDUCATION COMPONENTS AS WELL AS
PREVENTIVE CARE**

1

Adventist Dental Clinic
Yaounde, Cameroon
Dental Clinic
Cameroon Union Mission

1

Djoungolo Adventist
Yaounde, Cameroon
Clinic
Cameroon Union Mission

2

Nanga-Eboko Dispensary
Nanga-Eboko, Cameroon
Clinic
Cameroon Union Mission

3

Buea Seventh-day Adventist Hospital
Buea, Cameroon
Hospital
Cameroon Union Mission

4

Sangmelima Adventist Dispensary
Sangmelima, Cameroon
Clinic
Central-South Cameroon
Conference

5

Dogba Dispensary
Maroua, Cameroon
Clinic
North Cameroon Conference

7

Batouri Adventist Hospital
Batouri, Cameroon
Hospital
Cameroon Union Mission

6

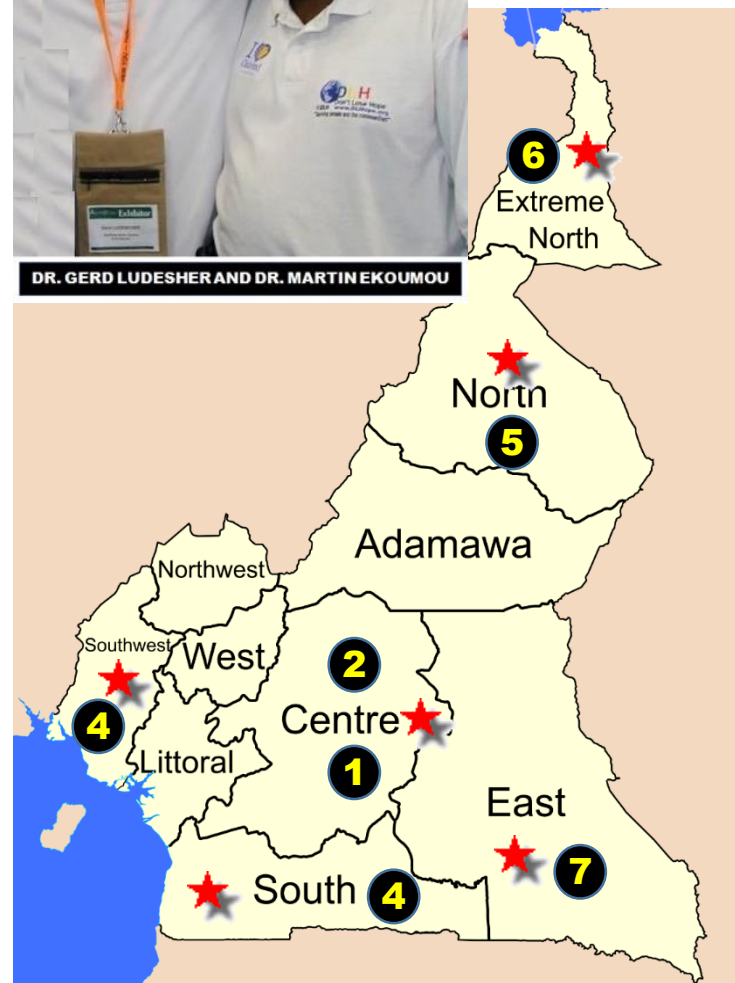
Koza Adventist Hospital
Koza, Extreme Nord, Cameroon
Hospital
Cameroon Union Mission

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DR. GERD LUDESHER AND DR. MARTIN EKOUMOU

**OUR
BIRTHPLACE!**





Ma Soeur Christine et moi avons grandi avec Gerd Ludesher et son frère, Jürgen Ludescher à Nanga-Eboko; à Tong.
Gerd et moi sommes tous nés à l'hôpital rurale Adventiste de Koza; au Nord du Cameroun, où nos pères Daniel Ekoumou et Edwin Ludesher étaient des pionniers missionnaires.
Nous sommes accompagnés dans cette pause,
Bell Bitti, le mari de Christine,

GC 2015 SAN ANTONIO, U.S.A.

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**THE
DELIVERY
ROOM:
Seventh-day
Adventist
Hospital
In
KOZA:
Northern
Cameroon**



**Our
BirthPlace
In
Northern
Cameroon!**



**Dr. Gerd Ludesher,
MD, MPH**



**Dr. Martin Ekoumou,
MD, MPH**



Childhood friends Dr. Ludesher and Dr. Ekoumou were born in this remote hospital in KOZA; their late Parents, Pastor Edwin Ludesher and Educator Daniel Ekoumou were pioneer missionaries in Northern Cameroon. Dr. Ludesher and Dr. Ekoumou reconnected at the General Conference of Seventh-day Adventist in 2015 San Antonio, U.S.A; they are determined to promote Community Health and Education in Cameroon.

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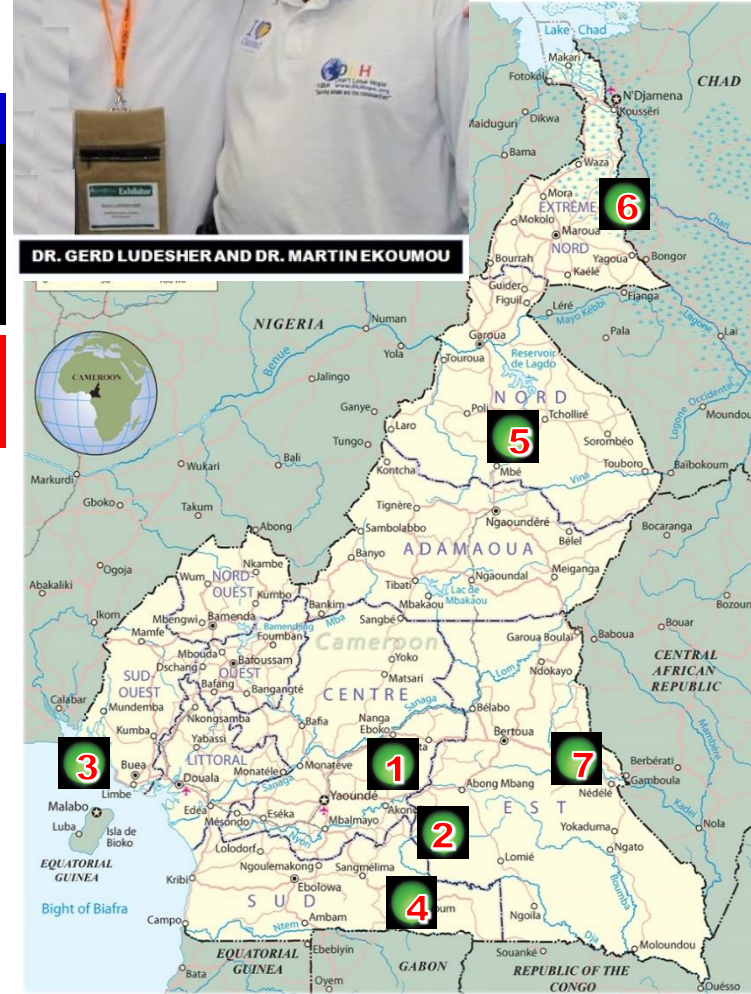




DR. GERD LUDESHER AND DR. MARTIN EKOUMOU

OUR BIRTHPLACE!

**HEALTH REFORM PLAN:
INTEGRATE, AND UPGRADE DISPENSARIES
TO
CLINICS:
COMMUNITY HEALTH PROMOTION CENTERS
REVAMP AND REFURBISH HOSPITALS, AND ADD THE HEALTH
PROMOTION AND EDUCATION COMPONENTS AS WELL AS
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1

[Adventist Dental Clinic](#)
Yaounde, Cameroon
Dental Clinic
Cameroon Union Mission

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[Djoungolo Adventist](#)
Yaounde, Cameroon
Clinic
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[Nanga-Eboko Dispensary](#)
Nanga-Eboko, Cameroon
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[Batouri Adventist Hospital](#)
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Hospital
Cameroon Union Mission

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[Koza Adventist Hospital](#)
Koza, Extreme Nord, Cameroon
Hospital
Cameroon Union Mission



Yaoundé - Djoungolo



CENTRE DE SANTE ADVENTISTE

« Vie et santé »

NOS SERVICES:

Consultation générale - Consultation prénatale - Pharmacie
Laboratoire - Accouchements - Planning familiale - Vaccinations
UPEC - Petite Chirurgie - Hospitalisation

24h/24

« Votre santé, notre priorité »

7j/7

Djoungolo Adventist

Dispensary

Yaoundé, Cameroon

Cameroon Union Mission

As seen in January 2019

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“Serving people and the communities in Cameroon”



Yaoundé - Djoungolo



CENTRE DE SANTE ADVENTISTE
« Vie et santé »
NOS SERVICES: Consultation générale - Consultation prénatale - Pharmacie
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24h/24 « Votre santé, notre priorité » 7j/7

Dr. Martin Ekoumou



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Djoungolo Adventist

Dispensary

Yaoundé, Cameroon

Cameroon Union Mission

As seen in January 2019

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Director of the Dispensary

Yaoundé - Djoungolo
CENTRE DE SANTE ADVENTISTE
« Vie et santé »
NOS SERVICES: Consultation générale - Consultation prénatale - Pharmacie
Laboratoire - Accouchements - Planning familiale - Vaccinations
UPEC - Petite Chirurgie - Hospitalisation
24h/24 « Votre santé, notre priorité » 7j/7

Djoungolo Adventist
Dispensary
Yaoundé, Cameroon
Cameroon Union Mission
As seen in January 2019

The Pharmacy:
The need for medical products
and supply is deeply expressed;
and it is alarming

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Dr. Martin Ekoumou



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Djoungolo Adventist
Dispensary
Yaoundé, Cameroon
Cameroon Union Mission
As seen in January 2019

THE PHARMACY:
The need for medical products
and supply is deeply expressed;
and it is alarming

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Dr. Martin Ekoumou

Lab Technician



Djoungolo Adventist

Dispensary

Yaoundé, Cameroon

Cameroon Union Mission

As seen in January 2019

THE LABORATORY:

**A handful of instruments; and
with only one microscope.**

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“Serving people and the communities in Cameroon”





Djoungolo Adventist
Dispensary
Yaoundé, Cameroon
Cameroon Union Mission
As seen in January 2019

THE LABORATORY:
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Djoungolo Adventist
Dispensary
Yaoundé, Cameroon
Cameroon Union Mission
As seen in January 2019

**THE DELIVERY ROOM:
Not in today's world of
High Tech**

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Yaoundé - Djoungolo

CENTRE DE SANTE ADVENTISTE

« Vie et santé »

NOS SERVICES:

Consultation générale - Consultation prénatale - Pharmacie
Laboratoire - Accouchements - Planning familiale - Vaccinations
UPEC - Petite Chirurgie - Hospitalisation

24h/24

« Votre santé, notre priorité »

73/7

[Djoungolo Adventist](#)

Dispensary

Yaoundé, Cameroon

Cameroon Union Mission

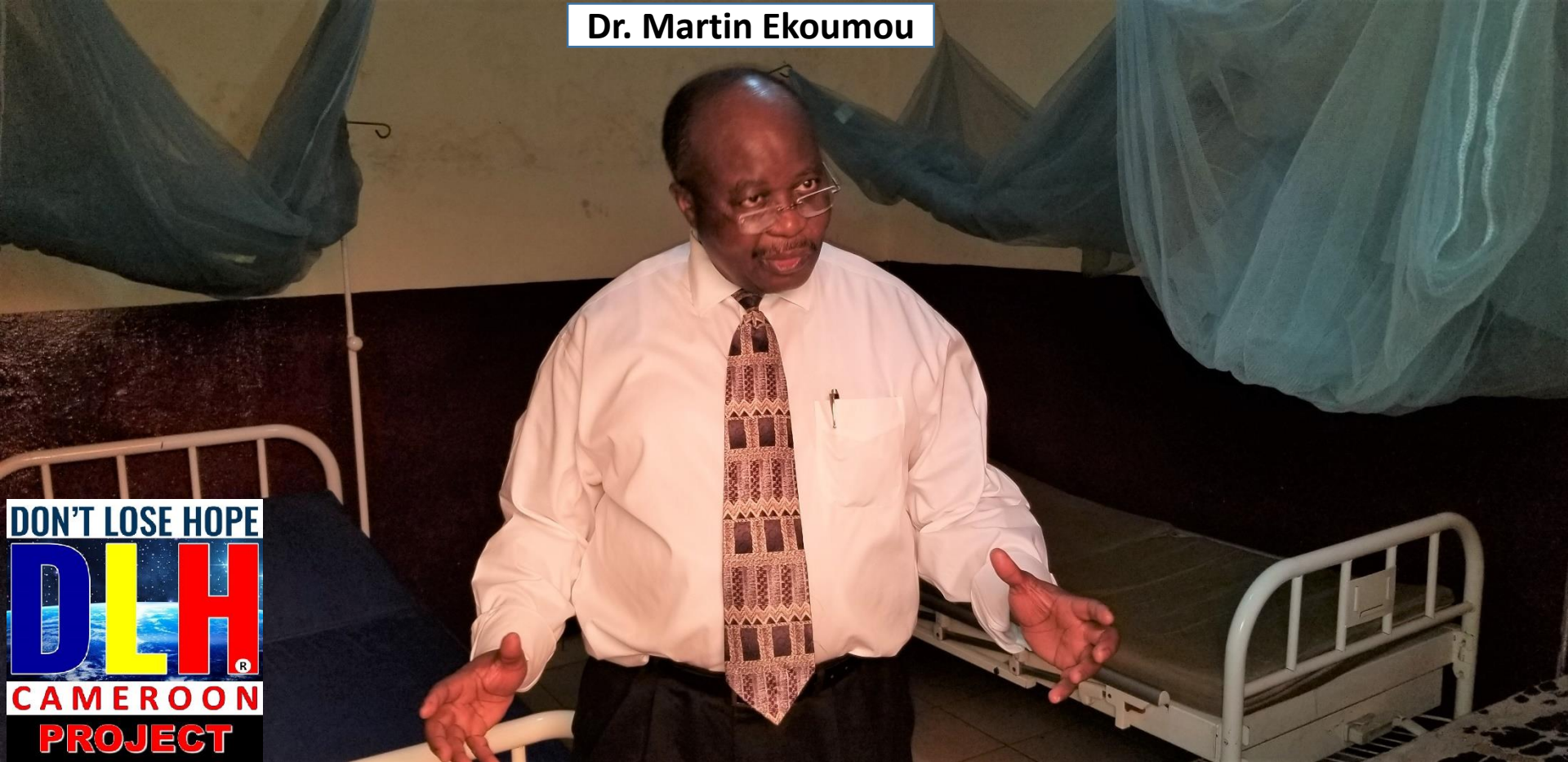
As seen in January 2019

**PATIENT'S BEDROOM:
No supply;
only Malaria Bed Nets**

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Dr. Martin Ekoumou



Djoungolo Adventist

Dispensary

Yaoundé, Cameroon

Cameroon Union Mission

As seen in January 2019

**PATIENT'S BEDROOM:
No supply;
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Yaoundé - Djoungolo
CENTRE DE SANTE ADVENTISTE
« Vie et santé »
 NOS SERVICES: Consultation générale - Consultation prénatale - Pharmacie
 Laboratoire - Accouchements - Planning familiale - Vaccinations
 UPEC - Petite Chirurgie - Hospitalisation
 24h/24 « Votre santé, notre priorité » 7j/7

The Dispensary Director:
ALL IS NEEDED; NOT JUST HERE IN OUR DISPENSARY; BUT ALSO IN ALL OUR DISPENSARIES HERE IN CAMEROON.

Djoungolo Adventist Dispensary
 Yaoundé, Cameroon
 Cameroon Union Mission
As seen in January 2019

Dr. Martin Ekoumou:
NEEDLESS TO SAY, IT IS HIGH TIME THAT DISPENSARIES BE REVAMPED, AND UPGRADED IN CAMEROON. ADEQUATE MEDICAL CLINICS WHICH INCORPORATE HEALTH PROMOTION AND EDUCATION ARE SORELY NEEDED

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Djoungolo Adventist

Dispensary

Yaoundé, Cameroon; *Cameroon Union Mission*

As seen in January 2019



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COMPLETE HEALTH PROMOTION AND EDUCATION

Reaching out to the communities in Cameroon to help, educate, orient, advise, and counsel people on health while improving health outcomes in the Country.



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**COMPREHENSIVE COMMUNITY HEALTH
PROMOTION AND EDUCATION OUTREACH PROGRAM WHICH
ENCOMPASSES:**

Total Wellness * Disease Prevention * Health Education * Preventive Care * Rehabilitation

*Making
Health
Care
Accessible
To
All People*



*Making
All People
Accessible
To
Health
Care*

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**DON'T LOSE HOPE
CONFERENCES**

Promoting Complete Health and Healthy Living in Cameroon

**COMPLETE HEALTH PROMOTION / EDUCATION
AT THE FOLLOWING LEVELS:**

- ◆ **PHYSICAL**
- ◆ **MENTAL**
- ◆ **MORAL**
- ◆ **FAMILY**
- ◆ **SOCIAL**
- ◆ **SPIRITUAL**

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**COMPREHENSIVE
COMMUNITY
HEALTH
PROMOTION
AND
EDUCATION
OUTREACH
PROGRAM
IN
CAMEROON**

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MEDICAL

DENTAL

OPTICAL



PHYSICAL HEALTH:

- Vital Signs
- Basic medical Check up
- General Health Education
- Physical Health Advisory



ORAL HEALTH:

- Vital Signs
- Dental Checkup
- Oral Health/Hygiene
- Oral Health Advisory



EYE HEALTH:

- Vital Signs
- Basic Eye Check up
- Eye Health Education
- Eye Health Advisory

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SERVICE AREAS

TO

BENEFIT THE CAMEROON PEOPLE AND COMMUNITIES



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COMPLETE HEALTH PROMOTION AND EDUCATION

DON'T LOSE HOPE



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SCHOOL HEALTH

COMPREHENSIVE
HEALTH
PROMOTION AND EDUCATION

HEALTHY STUDENTS
ARE PREPARED
TO LEARN

STAFF HEALTH:

- (1) PROMOTION AND EDUCATION
- (2) WELLNESS AND PREVENTION

COUNSELING
AND
MENTAL
HEALTH
SERVICES

HEALTHY
AND
SAFE SCHOOL
ENVIRONMENT

NUTRITION
SERVICES

YOUTH, FAMILY,
AND COMMUNITY
INVOLVEMENT

PHYSICAL
EDUCATION

ACCESS AND
AVAILABILITY TO
HEALTH SERVICES

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**ACTION PLAN TO SERVE AT BEST
 PEOPLE AND THE COMMUNITIES IN CAMEROON**



- HEALTHY COOKING CLASSES
- HEALTH CONFERENCES
- LIFESTYLE DISEASE PREVENTION
- HEALTH FAIRS
- MOBILE HEALTH CLINICS

- COMMUNITY FARMER MARKET
- HEALTHY FOOD DEMONSTRATION
- DIETARY ADVISORY
- HEALTH MOVIE SERIES
- HEALTH AND WELLNESS COACHING

EVENTS AND ACTIVITIES

PREVENTION AND WELLNESS

- TARGET VENUES:**
- SCHOOLS
 - CHURCHES
 - COMMUNITY CENTERS

- TARGET VENUES:**
- BUSINESSES
 - CORPORATIONS
 - COMMUNITY HEALTH FAIRS

COMPREHENSIVE COMMUNITY HEALTH PROMOTION AND EDUCATION OUTREACH PROGRAM

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Services which address Lifestyle Disease and other Chronic Diseases in Cameroon



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The Fight Against Lifestyle Disease:

Heart Disease

Hypertension

Cancer

Obesity

Smoking

High

Cholesterol

Stroke

Diabetes

Overweight

HIV/AIDS-STD

In

CAMEROON

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- ➔ Weekly Health Conferences/Seminars/Workshops
- ➔ Healthy Cooking Classes and Healthy Food Demonstration
- ➔ **Early** Testing and Screening of Lifestyle Diseases
- ➔ **Early** Advisory and Counseling on Healthful Living
- ➔ **Early** Control, Management, and Treatment

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HEALTHY EATING



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HEALTHY EATING



Natural Juices; no sugar; no fat to help fight against lifestyle diseases In the Cameroon communities.

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HEALTHY EATING



Natural Juices; no sugar; no fat to help fight against lifestyle diseases In the Cameroon communities.

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HEALTHY EATING



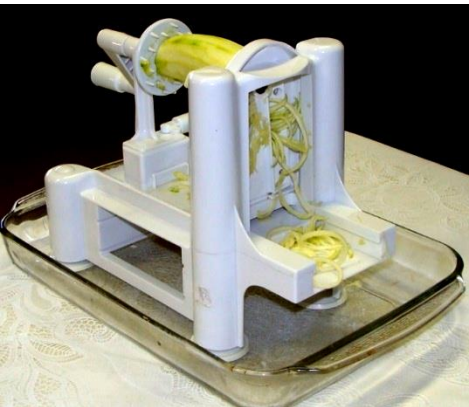
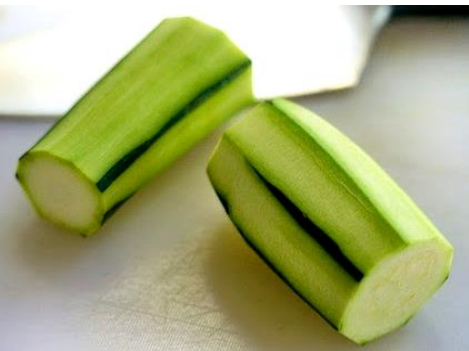
Plant-based pasta with no sugar; no fat to help fight against lifestyle diseases In the Cameroon communities.

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"Serving people and the communities in Cameroon"



THE BENEFITS OF PLANT-BASED DIET: HEALTHY EATING



Plant-based pasta with no sugar; no fat to help fight against lifestyle diseases In the Cameroon communities.

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HEALTHY COOKING CLASSES



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THE BENEFITS OF PLANT-BASED DIET: HEALTHY EATING



Plant-based foods with no sugar; no fat; rich in fibers, minerals and vitamins to help boost the Immune System which helps fight against lifestyle and other diseases in RGV Communities.

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THE BENEFITS OF PLANT-BASED DIET: HEALTHY EATING



**RICH
IN
FIBER
MINERALS
VITAMINS
THEY HELP
PREVENT AND
CONTROL
MANY DISEASES
INCLUDING:
obesity, high
cholesterol, heart
disease, overweight,
cancer, diabetes, high
blood pressure,
stroke, and...more**

www.DLHope.org

"Serving people and the communities in Cameroon"

THE BENEFITS OF PLANT-BASED DIET: FRUITS AND VEGETABLES



**RICH
IN
FIBERS
MINERALS
VITAMINS
HELP
PREVENT AND CONTROL
MANY DISEASES INCLUDING:**
obesity, high cholesterol, heart
disease, overweight, cancer,
diabetes, high blood pressure,
stroke, and...more

***They help fight against lifestyle disease and chronic disease.
Also, they promote weight loss and control.***

THE BENEFITS OF PLANT-BASED DIET: Whole Grains



**RICH
IN
FIBERS
MINERALS
VITAMINS
HELP
PREVENT AND CONTROL
MANY DISEASES
INCLUDING:**
obesity, high cholesterol, heart
disease, overweight, cancer,
diabetes, high blood
pressure, stroke, and...more

***They help fight against lifestyle disease and chronic disease.
Also, they promote weight loss and control.***

THE BENEFITS OF PLANT-BASED DIET: SEEDS



**RICH
IN
FIBERS
MINERALS
VITAMINS
HELP
PREVENT AND CONTROL
MANY DISEASES
INCLUDING:**
obesity, high cholesterol, heart
disease, overweight, cancer,
diabetes, high blood
pressure. stroke. and...more

***They help fight against lifestyle disease and chronic disease.
Also, they promote weight loss and control.***

THE BENEFITS OF PLANT-BASED DIET: NUTS



**RICH
IN
FIBERS
MINERALS
VITAMINS
HELP
PREVENT AND CONTROL
MANY DISEASES
INCLUDING:**
obesity, high cholesterol, heart
disease, overweight, cancer,
diabetes, high blood
pressure, stroke, and...more

***They help fight against lifestyle disease and chronic disease.
Also, they promote weight loss and control.***

PLANT-BASED DIET

This diet features whole grains, vegetables, and fruits which are rich in fibers, minerals, vitamins, and antioxidants. Fibers help protect against weight gain, and help prevent and control lifestyle and chronic diseases.



FIBER, VITAMINS, MINERALS, PROTEINS, ANTIOXIDANTS...



**SERVICE
TO BENEFIT
PEOPLE AND THE COMMUNITIES IN CAMEROON**

TOTAL HEALTH CONFERENCES

**The Fight
Against Lifestyle Disease:**

Heart Disease
Hypertension
Cancer
Obesity
Smoking

High Cholesterol
Stroke
Diabetes (II)
Overweight
HIV/AIDS-STD

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