

## I didn't leave my home for decades for fear they would see my leg

1 message

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It's called elephantiasis for a reason.  
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Punam's leg has been swollen for 30 years. She has lymphatic filariasis.

Before finding treatment with effect:hope she travelled far to see doctors for treatment, but her leg remained the same. With every new day, she found herself struggling to navigate in her own home because of her leg deformities. Moving from one room to the next was an impossible struggle, let alone doing housework.

Punam had no knowledge of how to care for her body to stop her condition worsening, and had frequently suffered infections since she first contracted lymphatic filariasis. The infections sometimes caused her to be bed-ridden, and leave her helpless with fevers and pain.

Luckily, she is one of the few whose family remain supportive. Her children care for her even though Punam is too afraid to go outside. She hasn't been socially active for decades because people might stare at her leg like she is a monster.

Even though we were able to give her shoes and help her learn how to care for her disability, the years that have gone by were filled with pain and silent suffering for Punam. There are many others like her who have little knowledge of the disease and live in constant fear and isolation. **Click here to find out more about the disease and our work in India to combat Lymphatic Filariasis.**

### NTDs

neg·lect·ed trop·i·cal  
di·seases

*noun.*

Diverse group of diseases  
common in low-income  
populations of developing regions

### Lymphatic Filariasis

LF, like many Neglected Tropical Diseases, is a disease that sneaks up on you. Parasitic worms infect a person and can live inside their bodies for years before any symptoms show. If not treated the person's body begins to swell in many areas, often the legs - giving the impression of an elephant leg This causes pain, deformities, and limited mobility. Their communities shun them because of their disease. People lose their jobs because of extreme social stigma, and struggle emotionally and financially as a result.

**Click to learn more  
about LF.**

[LEARN MORE](#)



**In case of a Canada Post Strike:** The Canadian Union of Postal Workers may be going on strike as of Monday, July 4th. During this uncertain time we urge you not to mail in donations but either make them online at [effecthope.org/donate](http://effecthope.org/donate) or call us at 1-888-537-7679. Thank you!

## IMPACT UPDATE



### HAPPY CANADA DAY!

Watch now to find out what really makes a Canadian mad and the impact your donations made last year.



A BIG thank you to Bonnie Hope and her group from the Kente Prebysterial United Church Women's group for donating an astounding 12 boxes of stamps to our stamp program! effect:hope relies on our stamp program to raise money to support our international programs. This is the largest donation we have received this year.

The Kente Prebysterial United Church is part of a group of 22 churches that set a 5-year mandate to focus on and fight child poverty. When they came across effect:hope they knew they found an organization that had the same goals as them. Bonnie said that "knowing that the stamps we collect can be used to help those living with debilitating diseases feels amazing, it's such an easy way to make such an incredible impact on a person's life." And their women's group does more than just collect stamps; they help out at local schools, the food bank, and all their ongoing Mission and Service projects.

**Click to find out more about our stamp program and other ways to get involved.**

Congratulations to Jennifer Zhang who successfully completed the Toronto Waterfront 10K on Saturday! Jennifer was running to raise money for the Every Child Thrives project which provides deworming treatments and Vitamin A supplements for kids under 5 in Côte d'Ivoire and Kenya. As we reported in the last newsletter, Jennifer was part of the team that secured a special grant from Global Affairs Canada that will match all donations made by 3x! But while in Côte d'Ivoire and barely being able to run in the extreme



heat Jennifer felt a personal connection with these kids she was working to help...the idea that they had to live their lives in this extreme environment while also being riddled with worms that was sapping their energy and nutrients inspired her to run for them back in Canada.

Her goal is to raise \$10,000 for the Every Child Thrives project. She is still short of her goal.

If you can please **Help protect a child today** by giving a generous donation! With the 3x match the \$10,000 becomes \$40,000!

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### Have a question?

If you have any questions or concerns about this newsletter, please contact Andrea Onley and she will be happy to help you.

Email: [aonley@effecthope.org](mailto:aonley@effecthope.org)  
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