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## Successful Aging: Age-In-Action Conference in South Africa



IHAN's President Sorosh Roshan with Children and elder from Indonesia in 1986

For centuries, scientists and researchers have been on a continuous quest to find ways to prolong life. Technological advances have made it possible to reach a higher level of longevity. It is estimated that the human body can live up to 125 years when engaged in a healthy lifestyle, and it is projected that by the year 2050, worldwide life expectancy will reach 78 years, instead of the 69 years that was projected for the year 2000. Older people have become the fastest growing population group, and reforms in public policy to accommodate the needs of our elderly must be revised and implemented.

Dr. Sorosh Roshan, President of IHAN, along with Dr. Suzanne Stutman, IHAN Vice President and Peace Activist Judith Lerner joined the South African Council for the Aged to participate in "Age-In- Action," a national conference that took place from July 9th through the 11th in Stellenbosch, South Africa.

Dr. Roshan and Dr. Stutman were two of the 13 distinguished plenary speakers. Among other plenary speakers celebrating aging were Mr. Marius Fransman, Minister for Social Services and Poverty Relief in the Western Cape, Mr. Ngconde Balfour, Minister of Sport and Recreation of Cape Town, Dr. Zola Skweyiya, Minister of Social Development in Cape Town, Mrs. Cheryl Gilwald, Deputy Minister of Justice, and Professor Kader Asmal, National Minister of Education.

The conference, "Age-In- Action," was developed mainly to recognize the rights of older people for self-development and empowerment, to educate older people on the benefits

of active and healthy aging, to explore innovative programs for economic empowerment and self-sustainability of older people, and to provide a platform for debate on issues such as new approaches to community care through collaboration and appropriate partnerships, implications of the Madrid Declaration for the management of aging in South Africa, and the networking and sharing of information and expertise.

One of the main issues of this conference was to approve proposed amendments to the Constitution, amendments that would help provide care, counseling, health care services and educational programs related to HIV/AIDS, basic adult education and training to poor, needy and abused elders - 60 years and above- in areas where no other service exists, including marginalized and rural communities. These amendments would also help organizations to freely advocate and monitor the rights of older people in South Africa, to ensure that their human and democratic rights are recognized and respected, and to conduct social research to form relevant intervention and developmental programs.



Left to right: IHAN President Sorosh Roshan, NCW President and Vice President of IHAN Suzanne Stutman, Cape Town Minister of Sport and Recreation Ngconde Balfour, and Peace Activist Judith Lerner

IHAN's trip to South Africa "was successful," said Dr. Roshan, "It was very informative, educational, and most of all inspiring." Dr. Roshan and Dr. Stutman addressed a plenary session and conducted a workshop on the second day of the conference on Nutrition for Healthy Aging. Some of their recommendations for successful aging follow.

## "Successful aging is to grow old gracefully and stay in good physical and emotional health."

- Sorosh Roshan -

As aging is a gradual process in which the capacity for cell division, growth, and function of our organs is lost over time, depending on genetic factors and lifestyle, each person will have a different experience of aging. But if we practice a healthy lifestyle throughout the life cycle, we can enhance our health and diminish the speed of aging.

Some of the problems identified with aging are physiological changes such as sensory loss, oral health problems, gastrointestinal and metabolic abnormalities, cardiovascular disease, reduction in the pleasure of eating due to hyposmia (the ability to smell is reduced) and dysgeusia (the capability to digest foods is reduced), dry mouth (xerostomia), and hyposalivation. These conditions can create difficulties in chewing and swallowing, and can also cause gastrointestinal changes such as constipation due to inadequate intake of fiber, fluid, and sedentary life style, the development of glucose intolerance, increase in plasma levels of 1.5mg/dl per decade, deficient insulin production or function, hypochlorhydria (lower levels of digestive acid), and diminished absorption of nutrients such as B12, iron and calcium. The metabolism of calcium and vitamin D is also altered during aging.

In order to bypass these problems easily, it is important to pay particular attention to the following factors: proper nutrition and hydration, physical activity and adequate rest, nurturing the mind and spirit by maintaining active family and social relationships.

### Proper Nutrition

Caloric requirements begin to decline from 55-60, (500 kcal per for men and 300 kcal for women), protein requirements increase

slightly from 20-30 kcal per kg of body weight depending on the person's weight. 1.25g of protein per kilogram of body weight is appropriate for the elderly (12-16% of total daily calories). The US RDA for adults is .8g of protein per kilogram of body weight. The protein need varies depending on illness, stress, open wounds, burns, vigorous exercise, infection and altered GI function.

Carbohydrate intake is limited to 55% of total daily calories. 40% of it must be from complex carbohydrates, whole grains, vegetables and fibers. Dietary Fat should be 30% of daily calories, and it is recommended to reduce saturated fats. One should increase intake of monounsaturated and polyunsaturated sources including Omega 3 fatty acids (salmon, tuna fish, walnuts and flaxseed powder). Among the nutrients and vitamins, there should be a calcium intake of 800-1200mg/day, phosphorus intake should be reduced to 700mg/day, vitamin D should be increased for the homebound with limited sun exposure. The recommended dose of Iron for people over 50 is 10mg/day and 5mg/day for people under the age of 50.

Also, it is important to add antioxidants into diets for the elderly. Vitamin E for example enhances immune function. Vitamin C may help to protect against cataracts, vitamins B12, B6 and folate may help to improve nutritional status and energy, and protect against elevated serum homocysteine, a risk factor for depression and cardiovascular and neurological deficits. Antioxidants also help support the skin's ability to rejuvenate itself and to fight off damage caused by sun, smoke, pollution, etc.

### Hydration and Fluid Intake

The Human body is made of 95% or more of water. Dehydration is the most significant cause of fluid and electrolyte disturbances in the elderly. A daily fluid intake of 30-35 ml per kilogram of body weight, or a minimum of 1.0-1.5 ml per kilogram is necessary.

Fluid requirements increase with exercise.

### Physical Activities and Adequate Rest

It is important to remember that since older people have lower metabolism, less digestive enzymes and slower reacting functioning systems, walking in the fresh air is essential, as well as practicing physical weight bearing exercises to maintain the blood circulation, which will deliver more oxygen into the lungs and will help boost metabolism. By an increase in circulation, more nutrients are driven into the cells, and skin cells are less affected. 20 minutes of exercise daily is recommended.

It is recommended to have at least 7 1/2 hours of sleep daily. This helps in delivering nutrition to the skin, replenishing, rejuvenating, and restoring the skin by facilitating the absorption and distribution of fluids to the entire body.

### Nurturing the Mind and Spirit

In addition to following healthy diets and recommendations for the wellbeing of the physical body, it is important to engage the elderly in our society, to make them feel included and respected in order for them to feel complete. Some messages from *IHAN's film Successful Aging*:

**"Young people should respect and learn from them, allow them to continue to learn and be part of society."**

-Sorosh Roshan, IHAN President-

**"Take what you are given, make the most of it, and give as much as you can."**

-Eleanor Dunnenfeld, former President of the National Council of Women/USA -

**"Whatever you do, do it with love."**

-Eddy Locke, Jazz Musician-

**"It is wonderful to get up in the morning and just go, use your imagination, do it for yourself - no one else, but yourself."**

-Kathy Grant, Teacher-

**"I want to listen to young people and I want them to listen to me. Both groups should always interact together."**

-Judith Lerner, Peace Activist-

## Celebrating Women and Children of the Human Family

On September 17, 2003 IHAN's President, Sorosh Roshan, was welcomed by over 700 students, faculty and staff in Lehman College of the City University of New York. Half a century ago, Lehman served as headquarters to the United Nations. There, the first UN Security Council meetings on American soil were held in 1946. Dr. Roshan was the keynote speaker for Lehman's 2003 Academic Convocation.

Located in the Bronx, New York, Lehman College serves over 9000 students, 70%



From left to right: Provost Anthony J. Garro, IHAN's President Sorosh Roshan, and President Ricardo R. Fernández

being women. Each year, an important academic figure, scientist, or influential role model is invited to speak to the Lehman community and serves as a source of inspira-

tion for the new academic year.

Dr. Roshan spoke about the trials and triumphs she's had through the journey that led her to become an activist for women's and children's health and rights on local, national and international levels. "Her willingness to share her desires to succeed, her sources of inspirations, as well as the difficulties that she had to overcome were the key element that inspired our students," said Provost and Vice President for Academic Affairs Anthony Garro.

# Johnson & Johnson

IHAN would like to take this opportunity to thank and acknowledge Johnson & Johnson for its collaboration and support for the Vaccination Project, which took place in Hargasia, Somaliland in December 2003. With the generous donation of medical supplies from Johnson & Johnson, IHAN was able to treat over 1000 women and children.

Johnson & Johnson, which was founded in 1886 by Robert Wood Johnson in New Brunswick, New Jersey, has been ranked number one for over three consecutive years in national corporate reputation surveys. One of Johnson & Johnson's missions is to support good works and charities, and to encourage civic improvements and better health and education throughout the world. Currently, Johnson & Johnson employs 110,900 people in companies established in Latin America, Europe, Africa and Australia. Its products are available in more than 175 countries, and its fundamental mission is to "help heal, cure disease and improve the quality of life."

For over 115 years, Johnson & Johnson has provided continuous care to our communities, through quality products and services and its support of charities. For such dedication, once again, thank you.

## Polio Eradication Faces \$210 Million Shortfall

For over 15 years, the World Health Organization (WHO) has tried to eradicate poliomyelitis, or polio, around the globe with great success. Unfortunately, WHO's plan to immunize 175 million children against polio by the end of the year has been threatened by a funding shortfall of \$210 million.

Polio is an infectious viral disease that causes the inflammation of the gray matter of the spinal cord. This can result in permanent paralysis of the limbs and also death. Although there is no cure for the disease, a vaccine to protect against poliovirus infection was discovered in the 1950's.

**"Now is the time to boost our global effort and resolve to wipe the disease out everywhere"**

Jong-Wook Lee, WHO Director General

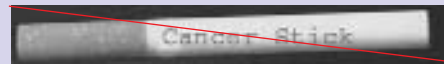
By 1988 the World Health Organization launched the Global Polio Eradication Initiative. At the time, there were approximately 350,000 cases of polio reported in the world. Within 14 years, 51 European countries were certified polio-free. Out of the 125 countries considered to be polio-endemic in 1988, only seven countries remain so at present (India, Nigeria, Egypt, Pakistan, Afghanistan, Somalia and Niger).

One of IHAN's missions is the eradication of preventable diseases through the provision of vaccination for children throughout the world. In furtherance of this goal, IHAN sent a medical team to Somaliland in December to administer vaccinations for children of that region. It should be noted that the newly appointed WHO Director-General, Dr. Jong-Wook Lee, has added polio eradication to his list of priorities. Dr. Lee believes that for the first time in the century, there is an opportunity to finally eradicate the disease from the planet. "Now is the time to boost our action and resolve to wipe the disease out everywhere," said Dr. Lee on July 29, 2003 in Geneva. "We need the money for a final offensive against the disease, otherwise we will be forced to slash polio immunization and surveillance programs," he noted.

## WHO Adopts Anti-Smoking Treaty

During the 56th World Health Assembly in Geneva in May of 2003, the World Health Organization (WHO) successfully presented the world's first tobacco use treaty, the WHO Framework Convention on Tobacco Control (FCTC). The FCTC marks the beginning of the end for tobacco advertisement, with a provision providing for an eventual ban on all tobacco advertising.

WHO's statistics on the adverse effects of tobacco are alarming. Smoking kills approximately 4.9 million people each year. Approximately 80,000 to 100,000 young people around the world become addicted to tobacco each day. In the first half of the year 2003, around 251,000 children have become regular smokers.



In addition, 50% of all tobacco-related deaths occur in developing countries, where "people are usually misinformed and misled by big tobacco companies, which are very aggressive in their marketing," says the World Bank's tobacco control coordinator Joy de Beyer. Beyer furthermore explains that according to research conducted in Bangladesh "for every smoker, the money spent on cigarettes could save a person from malnutrition."

The good news for tobacco control supporters is that after the WHO adopted the FCTC, nations around the world must rectify their policies regarding tobacco consumption, including tobacco advertising. Already in the Philippines, where \$788 million were spent last year in medical expenses for tobacco-related diseases, a law was signed to prohibit smoking in public places and all tobacco advertising was banned within five years.

Tobacco companies have used advertising in the entertainment and sports industry to portray and create a false illusion of smoking as fun and glamorous, spending up to \$6 billion a year to seduce the youth into smoking. However the FCTC may signal a dangerous threat to the industry's multibillion dollar revenues. For future generations FCTC means a hope for a healthier life and environment.

## Peace as a Human Right

**December 9, 2003:** IHAN sponsored the conference "**Peace as a Human Right.**" Dr. Suzanne Stutman, Vice President of IHAN chaired the conference and read from her forthcoming book, *White Feather: A Journey to Peace.*

Dr. Noeleen Heyzer, Executive Director of UNIFEM discussed how the women in Africa, after the massacre of their boys and men, adopted surviving children regardless of tribal affiliation. These women are a shining example of forgiveness and universal peace.

Dr. Bloom, Executive Director of the Sanctuary Program for trauma survivors spoke of "Basic Rules for Creating Peace at Home, in Organizations, and in the World."

Dr. Jocelyn Brown, Director of New York Child Advocacy Center, spoke of "Creating a Sanctuary for Abused and Neglected Children."

Mr. David McCorkle, C.S.W. Current Site Project Coordinator of Family and Children's Services with Columbia

University's NIMH Research Project spoke on "Creating Sanctuary for Women and Children in a Domestic Violence Center."

Mr. Daniel M. Jones, MSW, participated with several of his students, whom are survivors of trauma, representing Family Members from September 11 for a Peaceful Tomorrow. This organization was nominated for the Nobel Peace Prize, 2003. "Is Peaceful Response Possible?" was his topic.

## The World Faces Water Shortage Women and Girls Are Shouldering the Burden

**W**ater is the major constituent of living matter. From 50 to 90 percent of the weight of living organisms is water, and three-fourths of the Earth is covered by water. Unfortunately, with the use of technology throughout the years, humans have polluted most of the world's water resources. As a result, more than 3 million people die every year from diseases caused by unsafe water. More than a third of the world's population do not have access to proper sanitation. "Water is likely to become a growing source of tension and fierce competition between nations, if present trends continue," says United Nations Secretary -General Kofi Annan.

Among the attempts to change the "trends" to which Mr. Kofi Annan referred to, proclaiming 2003 as the International Year of Water was perhaps the most important task. This year, world leaders are already tackling water and sanitation programs. If proposed programs are implemented, by 2015 more than half of the 1.2 billion people who are lacking safe drinking water will have easier access to clean water.

Other NGOs are already doing their part. During the General Assembly of the International Council of Women (ICW) which took place from August 29 to September 6, 2003 in Perth Australia, ICW offered a seminar to over 300 women from all over the globe to discuss what many world leaders have described as "the major political issue of the future." WATER: The Source of Life, was the title of the seminar.

IHAN as an organization dedicated to promote health and education worldwide was an active participant and Dr. Sorosh Roshan, IHAN's President, contributed to the seminar by discussing "Health Issues in American Water."

Women from four regions shared their concerns, knowledge and particular experiences to seek solutions to current and



future water issues. They focused on the broad themes of cultural uses of water, attitudes and interpretation toward water, water management, and approaches to water conservation. Themes such as forces for change, water as a source of political conflict, youth perspectives on water conservation, sustainable management of water resource, women as program developers, managers, educators, communicators, leaders, suppliers and deliverers of water were also discussed, and rural, urban, indigenous, non-indigenous, and gendered perspectives were also explored.

Among the participants: Dr. Anamah Tan, President of International Council of Women, discussed Singapore's Recycling Program. Mrs. Pnina Herzog, from the World Health Organization, talked about WHO perspectives on water issues, Barbara Arnold from New Zealand's Environment and Risk Management Group, Hort Research, Environment Convenor, addressed Pacific Water Issues: effluents, toxic waste, and water-borne contaminants, and Collen Hayward, Executive Policy Advisor from Aboriginal and Torres Strait Islander Services spoke about water issues facing indigenous communities.

Seminars such as WATER: The source of Life are necessary specially for women, since "women and girls are primarily responsible for water use," says Marcia Brewster, UN Department of Economic and Social Affairs. "Unfortunately, women and girls have no voice or choice about water policy making, we need to get them involved" added Ms. Brewster.

For now, the United Nations and some other organizations are working to improve water conditions around the world, but as Secretary-General Kofi Annan says "what is needed, along with freshwater, is fresh thinking. We need to learn how to value water."

## The Greatest Experiment Ever Performed on Women a new book by VP of IHAN Barbara Seaman



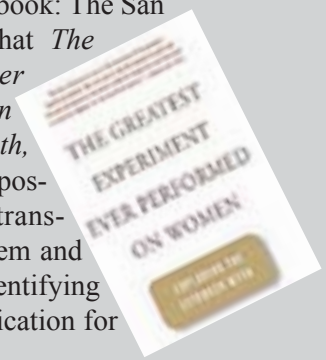
IHAN Vice President  
Barbara Seaman

For most women who begin experiencing menopause, the best and most recommended method of alleviating the uncomfortable symptoms is to follow their doctor's orders. In these cases, estrogen is the most recommended prescription -it has been for over 100 years. But, is it really necessary? Have doctors and scientists really researched

the use of the commonly used "hormone therapy"? Or has this been "The Greatest Experiment Ever Performed on Women"? as journalist, cofounder of the National Women's Health Network and Vice President of IHAN, Barbara Seaman notes in her most recent book.

Seaman, who has been a women's health advocate for more than forty years, illuminates today's "menopause industry," tracing the history of estrogen use from its early purveyors, to the present, and looks at how an experiment of this proportion could have been conducted without oversight, intervention, or real knowledge as to what its effects would be.

Among some reviews of the book: The San Francisco Chronicle says that *The Greatest Experiment Ever Performed on Women Exploding the Estrogen Myth*, is a "splendid history that exposes how menopause was transformed into a medical problem and who was responsible for identifying hormone therapy as the medication for this 'disease'."



The Greatest Experiment Ever Performed on Women: Exploding the Estrogen Myth is available for sale now.

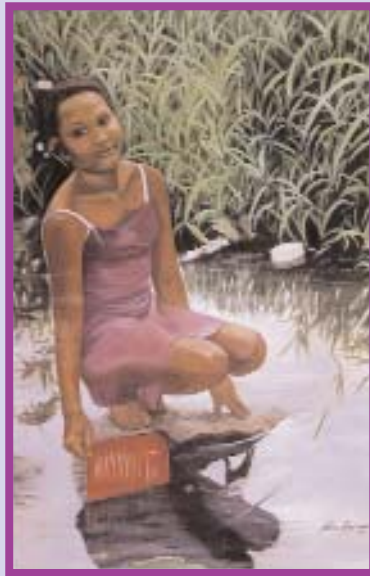
## Sister to Sister International

IHAN would like to thank Sister to Sister International (SIS) for their monetary contribution for the Somaliland field project.

STSI based in Westchester, New York is a non-profit, non-governmental organization that represents the interest, protects the rights and advocates for the advancement of women of African descent globally in all aspects of economic, political and social life. STSI is committed to supporting the U.S. Platform for Action on women and its objectives regarding racial and gender equality, development and peace.

If you would like more information about STSI, you can visit their website at <http://www.stsi.org/homepage.html>

## Clara Espinosa Donates Painting to ICW



"Water of the Stream," painting by Ms. Clara Espinosa, Esq. donated to ICW

Espinosa has become another way to contribute to women's and children's well being. During the ICW General Assembly held in Perth, Australia, Mrs. Espinosa donated one of her paintings from her second solo exhibition, which is titled "Children From My Land," to raise funds for ICW.

In addition to painting themes of social relevance, Mrs. Espinosa defends women in court to obtain child support and she has facilitated the adoption of abandoned children since 1989.

IHAN and the ICW thank Clara Espinosa for her contributions to the women and children of the world.

For the Caribbean lawyer and artist Clara Espinosa, painting has become more than a form of expression, hobby, or profession. Painting for Mrs.

## KIKURAGE

### Japanese and Chinese Fountain of Youth

According to the World Bank, "under-nutrition affects



over one-third of all preschool children in the world, and deficiencies of specific vitamins and minerals affect one billion children and adults worldwide." The reality of malnutrition is a sad one, but according to the Resources Council's Science and Technology Agency in Japan, "Kikurage," or black fungus, which has been drawing the attention of medical and nutrition authorities for many years now, may bring a new solution for nutritional problems worldwide.

The fungus, or mushroom, which is a cooking ingredient that has been prized in china for its anti-aging effects, is a great source of vitamin D when it's in its dried stage. In addition, "Kikurage" also contains vitamins B1 and B2, and according to nutrition

institutes in Japan, Kikurage ranks second among food products in vegetable fiber and it has three times as much iron as liver and twice as much calcium as milk.

Dr. Shuichi Kimura says that "black fungus is the health mushroom containing the micronutrients that Japanese tend not to take enough of." Machiko Chiba, originator of Kikurage Essence, says that Kikurage has been treated as a precious source of high quality nutrition for over 2000 years.

IHAN thanks Machiko Chiba for her Kikurage Essence donation, which provided a good source of supplemental nutritional benefits to many women and children of Somaliland.

For additional information on "Kikurage" visit [www.machiko-cook.com](http://www.machiko-cook.com)

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*With your help, we can improve international health education and awareness.*

*How you can help:*

*IHAN depends entirely on contributions of time and money to conduct its important work. You can help by sending a tax deductible contribution to the address below or*



INTERNATIONAL  
HEALTH  
AWARENESS  
NETWORK

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## IHAN

*The International Health Awareness Network (IHAN) is a nonprofit organization dedicated to improving the health and welfare of women and children, particularly in developing countries. Each year we adopt a needy cause related to our mandate empowering through health and education and in cooperating with other NGOs, governmental bodies and concerned citizens we make a small but important difference.*

## 2004 Upcoming Events

### March 1

United Nations, New York  
CSW Side Event - Gender Equity and Peace Building

### March 25

Philadelphia, USA  
Penn State & IHAN  
Celebration of Women's History Month and Empowerment of Women  
Peace X Peace film narrated by Liza Hepner

### April 19

Philadelphia, USA  
Fundraising Event at Abington College at Penn State University for South Africa Literacy Project

### May 23

United Nations, New York  
Gala Reception

### May 24

Lehman College, Bronx, New York  
Peace as a Human Right, Women as Peacemaker

### June 10-17

South Africa  
Literacy Project for HIV Orphans  
Penn State University - IHAN- Age In Action & HEARTBEAT

### July 28-August 4

Tokyo, Japan  
MWIA General Assembly

### October 21

New York, USA  
New Frontiers in Modern Medicine

### December 10

New York, USA  
Commemoration of Human Rights

## IHAN PUBLICATIONS

1. *The Impact of Health Care Policy and Practices on Women.*
2. *The Impact of Nutrition on Women's and Children's Health*
3. *Elimination of Violence Against Women and Children.*
4. *New Millennium Strategies for Women's Health and Human Rights in the Work Place.*
5. *Improving Women's Health Throughout the Life Span: The Right to Information.*

*Please contact IHAN to order a copy*

*by becoming a volunteer to assist us in our fund raising and in our health and educational missions. If you would like to know more about our work or how you can help us accomplish our mission, please feel free to contact us.*

*I'd like to help. Please find enclosed my tax deductible contribution to IHAN*

