



MEDORA Nepal
health foundation



Dentist Rien Koopmans founded Medora in 2007. Medora's main goal is to promote dental health and general health care in Nepal.

To reach this goal, a healthcare centre was set up in Chitwan in 2017 and together with a team of Nepalese healthcare provider's continuity is provided.

Focusing on the future we concentrate mostly on prevention; this is done by giving information and instructions concerning oral and general hygiene and the prevention of health risks.

Ten years of experience has taught us that continuous checks and cooperation with local partners and healthcare providers ensures the continuity.

Medora works together with Medora Belgium, which was founded in 2014.

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BRUSH AT SCHOOL: The daily washing of hands and brushing of teeth together and keeping the surroundings clean. Medora introduced this programme at Government schools in Chitwan and work from the healthcare centre. After this programme follows the School Health Programme.

SCHOOL HEALTH PROGRAM: Dental screening at school and follow up treatment at the healthcare centre. Once or twice a year a team of volunteers travel from the Netherlands and Belgium to Nepal to start up a programme of providing dental care to the school children and local inhabitants.

PREVENTIVE INFORMATION: The healthcare centre provides dental and medical information to adults on subjects such as: eating habits; oral care; ear, nose and throat; diabetes; ophthalmology; mouth cancer; heart disease and a healthy living environment.

OTHER PROJECTS: Building toilet facilities and water facilities at schools, guiding/leading women's groups, providing warm clothes, support for the victims of earthquakes or flooding.

COOPERATION: Together with the foundation "Child and Ear" that carries out ear screening and followed up by treatment in the healthcare centre. With the local Eye clinic that carries out eye screening and follow up with spectacles.



HELP US TO PROMOTE THIS INITIATIVES