

When she's healthy, she can do anything

When women are healthy, so are their families and communities—the starting point for a stronger, more stable world. Helping women protect their health is one of PATH's most important areas of work.

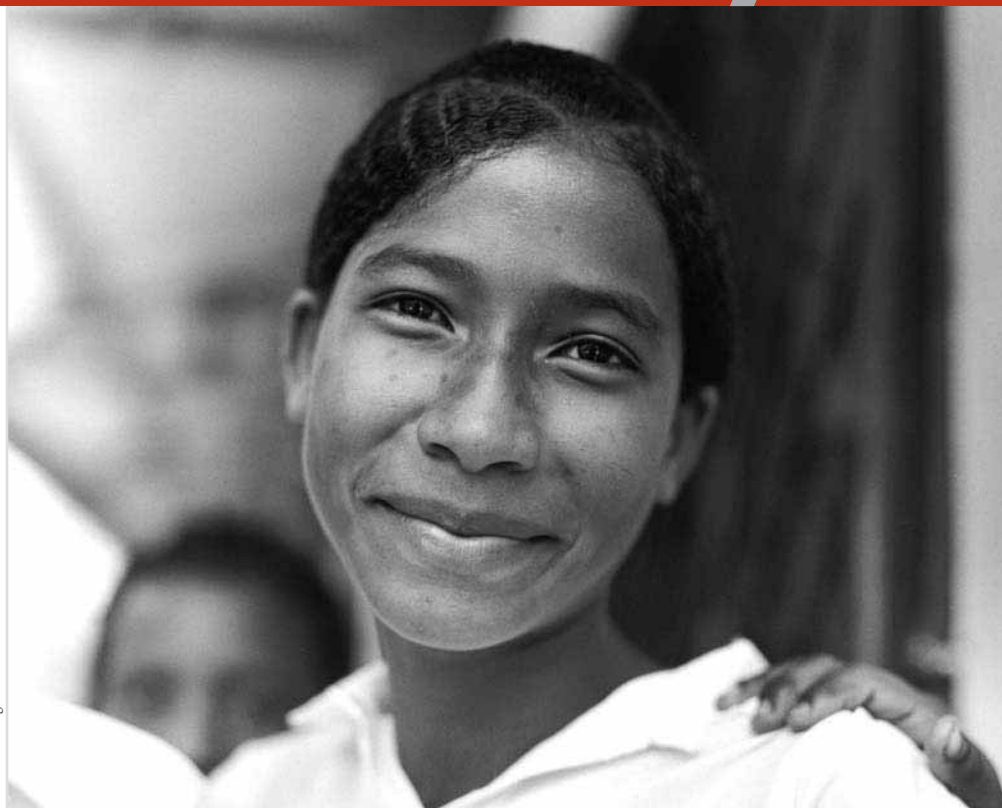
With the right tools and information, a woman can protect herself against HIV. She can avoid the health threats that would rob her of her most productive years. She can care for her family, participate in her community.

When she's healthy, she can do anything. And we can put health within her reach.

We can give her protection against HIV

Increasingly, the face of the AIDS crisis is female. Women who are exposed to HIV are twice as likely as men to be infected. And they're often less able to protect themselves; gender inequality in the developing world limits women's options and ability to make their own choices about HIV prevention.

"Woman-initiated" protection is the key—tools that women can use to prevent HIV infection, other sexually transmitted infections, and unintended pregnancy. For example, the PATH Woman's Condom—a



PATH/Mike Wang

Severe health problems among women in the developing world affect the health of whole communities and economies. With your support, we're giving women the power to keep themselves healthy and strong.

redesigned female condom that is easy to use, comfortable, and affordable—offers women an unobtrusive barrier. This year, a manufacturer in China will become the first to produce the device.

There's also new promise from microbicides (gels or vaginal rings that could reduce the risk of HIV infection): the first substantial evidence that an effective microbicide is possible. The Global Campaign for Microbicides, housed at PATH, has worked for more than a decade to build support that can move microbicides from research to reality.

We can keep her, and her baby, safe during birth

In wealthy countries, the risk of a woman dying from pregnancy or childbirth is 1 in 8,000. But consider the prospects for women in poorer

countries, where that risk can be as high as 1 in 17.

In India, South Africa, and elsewhere, PATH is working to make sure women have access to medical care before and during delivery. We're also trying to reduce the risk of postpartum hemorrhage—a major cause of maternal death—by encouraging the use of successful prevention strategies and ensuring that necessary drugs are available and affordable in poor countries.

We're committed to making this critical moment as safe as possible, regardless of where a woman lives.

We can detect cancer while there's still time to treat it

Women don't need to die of cervical cancer, even though almost all women

Continued inside

A mother's hope becomes a leader's promise

When Margarita Quintanilla thinks about her hopes for Nicaragua, she thinks about her two-year-old daughter, Maya. In Nicaragua, daily realities—such as the violence that affects women at all levels of society—make it hard for girls and women to take control of their lives.

When Margarita took her first job at a public health center, the world was just starting to understand how

violence affects women's health. In the people she treated, she saw how violence contributed to the spread of disease, could end in unwanted pregnancy, and kept women from seeking badly needed medical care.

In 2002, she joined PATH as our first staff member in Nicaragua and began

working with girls in one of the country's poorest communities, teaching them to protect themselves against violence, disease, and unwanted pregnancy. She helped establish a multicountry alliance to respond to gender-based violence in Latin America. This year, she became our Nicaragua program leader, charged with guiding our work to keep women safe and healthy.

Her daughter will one day face the same challenges that many women confront throughout Nicaragua and the world. "I want a world in which she has the same access and the same opportunities as everyone else," Margarita explains. Margarita is determined to make changes today that will improve the world for Maya—and girls like her—tomorrow.

Hear Margarita tell her story at PATH's Breakfast for Global Health on Tuesday, May 19, 2009. Contact events@path.org or 206.788.2093 for more information.



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are infected with the virus that causes the disease at some point in their life. Cervical cancer deaths are highly preventable through early screening and treatment. For the youngest generation of women, a new vaccine offers the promise of protection against the cancer-causing human papillomavirus.

PATH is extending the safety net of cervical cancer screening by developing screening tools that deliver results within minutes and can be analyzed with even the most basic equipment. And we're working in India, Peru, Uganda, and Vietnam to prepare the way for introduction of the new vaccine.

Women's health is everyone's concern

One woman's illness reaches far beyond her bedside. PATH is committed to giving women the tools they need to be healthy.

With your support, a woman can raise strong children. She can help her family earn a living income. She can be part of the answer for communities and countries in the developing world.

When she's healthy, she can do anything. When she's healthy, *we* can do anything. ●

Transforming Nicaragua's youth

In a country where violence is a fact of life, especially for women, PATH and our partners are reaching young people through their peers to change attitudes toward violence, sex, and gender roles. The "Entre Amigos" project in Nicaragua works with preteen and teenage boys and girls, transforming them into leaders in their communities and suggesting new ways to think about gender roles and equity.

Entre Amigos operates in Ciudad Sandino, an extremely poor community with the highest crime rate in Nicaragua. Ciudad Sandino is also home

to 13-year-old Enyel. Each month, Enyel walks through his dusty neighborhood to round up other boys his age. They gather in somebody's yard and talk about important topics they won't study in school: sex, peer pressure, and puberty. They learn from each other how to respond to anger without violence and to respect girls and women.

Enyel joined Entre Amigos three years ago and says it changed the way he thinks. He understands his

body better, he is more aware of violence and abuse in his community, and he makes an effort to help his mother around the house. He sees change among his peers, too. "I feel good and also very proud that I can help," he says. Through Entre Amigos, PATH is helping young people like Enyel set big goals for their communities—and for themselves. ●



Savir Malhotra

Thirteen-year-old Enyel is changing himself and the world around him through PATH's Entre Amigos project.

A breakthrough in children's health

On January 21, we announced a breakthrough: scientists at PATH have developed a way to prevent the freeze damage that can render vaccines useless. Just as extreme heat can ruin desperately needed vaccines, so can overexposure to cold in the "cold chain" of freezers, refrigerators, and coolers that protect vaccines during transportation and storage.

Widely available additives—used in food, soft drinks, and other products—can protect many essential childhood vaccines. At about a penny for ten doses, it's affordable even in very poor regions. It's a huge leap forward in ensuring that potent vaccines reach the world's children.

PATH/Robin Bielik



Leaders in Health Care: Michael Free

Seattle Business has honored Dr. Michael Free, PATH's vice president and senior advisor for technologies, for "Outstanding Achievement and Innovation in Life Sciences." He is among the first to be honored by the magazine's annual Leaders in Health Care awards. Dr. Free has helped move technologies into use on almost every continent in his more than 25 years at PATH. Be sure to check newsstands for the March issue of *Seattle Business* and its profile of Dr. Free!

2009 Breakfast for Global Health sponsors

Each year, PATH welcomes our supporters to the Breakfast for Global Health, an annual fundraising event that fuels our most innovative work. We are grateful to the generous sponsors listed below, who provide essential support for the event.

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advancing technologies,
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For additional information about upcoming lectures, special events, or the Breakfast for Global Health, contact events@path.org. Contact Jan Jacobs, director of donor relations, with questions about giving opportunities or other feedback, at jajacobs@path.org or 206.788.2492.

A company's commitment to health

At McKinstry Co., a Seattle mechanical construction and engineering firm, the focus for both CEO and employees is on building a healthy community. It's a mindset that extends beyond the company walls and into communities and countries where people face challenges to their health and well-being every day.

That's one reason why the McKinstry Co. Charitable Foundation, the giving arm of the company, chooses to support PATH and the work we do to improve global health. "If you don't have wellness and health, you can't succeed in developing your country," says Genevieve Guinn, McKinstry's corporate communications director. "You need to be healthy."

It's a value that stretches back nearly 50 years to the company's early days.

McKinstry's co-founder, George Allen, was an active community booster and emphasized the role a company could take in giving back. Years later his son, Dean Allen, now the company's CEO, founded the McKinstry Foundation with his wife, Vicki, to carry on that commitment.

The foundation focuses its support on youth education and global health initiatives, something in which its founders take personal interest. Dean, whose background is in biochemistry, is actively involved in Seattle's global health community, including serving as the current treasurer of PATH's board of directors.

Last fall, he and his wife traveled to Vietnam with PATH to see firsthand how our work is improving people's lives. The foundation also emphasizes this commitment close to home—every year, McKinstry employees receive \$500 each to give to the charity

of their choosing. It's a gesture that gets staff talking with their families and with each other about the issues they value.

The foundation sees PATH as an important player in bringing health solutions to communities in the developing world. PATH's emphasis on technological innovations is fascinating, Genevieve notes, and finding answers for some of the most complex illnesses is an emotional prospect. When you put the two together, the results, she says, are magic.

For the McKinstry Foundation, supporting PATH and building healthy communities is imperative—whether at workplaces in Seattle or in homes around the globe. "It's the right thing to do," Genevieve explains, "and we have to take responsibility." ●

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