

A Year Volunteering in Ukraine

By Andrew Loginsky, DO

With little more than clothes, medical supplies, and a determination that surprised even myself, my year abroad volunteering for Ukraine started in a small mountain village in southeastern Poland. There, in a hotel-turned-refugee center, I joined US physicians Dr. Brian Lisse — who coordinated the effort among foreign healthcare workers — and Dr. Patrick Jung in providing medical aid to Ukrainians escaping the devastation of Russia’s full-scale invasion. Working out of a small upstairs kitchen supplied primarily through donations, and with no medical facilities nearby, we provided “in-house” medical care to the 80+ people, mostly women and children, living there at a given time. Once established, I was put in contact with a group of medics in Lviv, whom I teamed up with to teach tactical medicine to both vigilant civilians and soldiers. We were also prepared to provide medical assistance in response to any attacks on the city.



After returning to Poland a few times, my ease in crossing the border became an asset. As a result, I became the medical volunteer for 2 bus evacuations of Ukrainians with severe disabilities to facilities in Germany. This would not have been possible without the help of Medical-Psychological Help Lviv, an organization consisting of doctors, psychologists, and volunteers providing their respective services around-the-clock to address the surge in war-related travel at Lviv’s main railway station. With the opportunity to volunteer at any time and an endless supply of cases of varying intensity, this became my “home base”, where I volunteered on a regular basis with the opportunity to take on other projects as they arose.

Some of these ventures included volunteering for Razom, providing medical care to the internally displaced at a local church, being the guest speaker at English speaking clubs, doing medical record translation, and instructing the use of Point-of-Care Ultrasound. Being “on the ground” had its advantages. For example, soon after the destruction of the Kakhovka Dam, a fellow UMANA member, **Ivan Wolansky**, and I, were able to raise over \$2600 in less than 24-hours for fresh drinking water and see to its successful delivery to those most in need.



Andrew Loginsky, DO,
in Tatariv, Ukraine

Concurrently, I became a member of Rotary Club Lviv International, which is spearheading ambitious projects such as manufacturing Mobile Emergency Clinics, constructing bomb shelters in schools, and facilitating large-scale medical equipment deliveries. I also participated on a medical/counselor basis for two camps, one for children whose parents are in or are fallen members of the Armed Forces of Ukraine and another for orphans – Project Soniashnyk and Help Us Help, respectively. I visited Bucha and travelled as far east as Kharkiv, and everywhere, through the shadows of destruction, the unyielding spirit of free, courageous Ukrainians shone through. I see a bright future for healthcare in Ukraine after having witnessed transformative initiatives by Ternopil National Medical University, Eye Care for Ukraine, Lviv Oblast Veterans Hospital, and a hybridized organ transplant program, to name a few.

Admittedly, this year began with a leap of faith but developed accordingly. I’m proud to be part of the Ukrainian diaspora which has done so much to change the course of a war that to some seemed hopeless. I plan to enter residency in Emergency Medicine and continue to assist Ukraine as best as I can. Slava Ukraini!

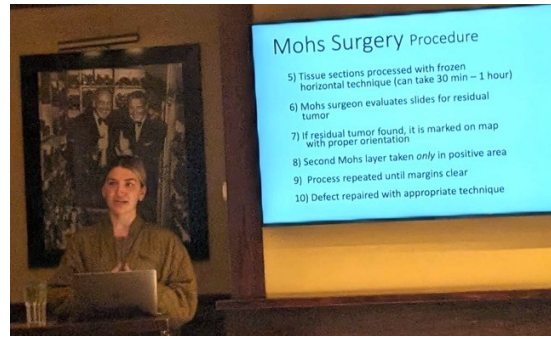
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UMANA CHAPTER NEWS

ILLINOIS BRANCH members met on May 17, 2024 at Wildfire restaurant in Oakbrook for a dinner, lecture, and Chapter meeting. **Solomiya Grushchak MD** presented an interesting talk on “The Who, What, Where of Mohs Micrographic Surgery for the treatment of skin cancer”. Some official Chapter business took place with the election of officers: **Drs. Maryana Yaremko** – President, **Olga Maihutiak** – Treasurer, **Victoria Kuritza** – Member of the Board. Members had a pleasant time learning something new in the dermatological field, reconnecting and socializing with fellow UMANA members.



Illinois Officers: Drs. Maria Hrycelak (ex-officio), Victoria Kuritza, Olya Maihutiak, Maryana Yaremko (new President), Olena Gordon (past President)



Dr. Solomiya Grushchak

SYRACUSE/NEW YORK CENTRAL BRANCH members organized a noteworthy contribution to healthcare facilities in Ukraine. This past year **Yuri Pashchuk, MSN,RN,CCRN**, spearheaded the humanitarian effort in the donation of 37 hospital beds from St. Joseph’s Hospital Health Center, where he is Chief Nursing Officer. **Nicholas Buniak, MD**, supervised and coordinated the pick up of the beds by RocMaidan, an organization based out of Rochester which is responsible for preparing this shipment to Ukraine.



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UMANA News

The Newsletter of the Ukrainian Medical Association of North America is published quarterly by UMANA with the objective to promote good fellowship and to uphold and enhance the best interests of UMANA. The newsletter serves as an impartial forum for the information for its members. UMANA cannot guarantee the accuracy of all information contained herein. Some information has been obtained from third party published and oral sources and may not have been independently verified. The treatment of articles, view, and opinions expressed in UMANA News is not necessarily endorsed by UMANA.

Distributed to members and friends of UMANA

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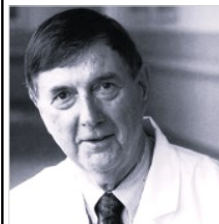
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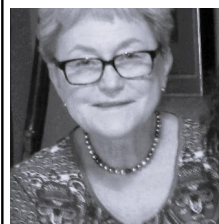
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The Ukrainian Medical Association of North America

OBITUARIES



HNATIUK, George MD, age 79, *Leopold Franzens Universität Innsbruck 1972*, member of Michigan Branch, died March 30, 2023.



ROGUTSKY, Irene DDS, age 80, *New York University College of Dentistry 1969*, member of New York Metro Branch, died June 14, 2024.



President's Message

Dorohi!

Learning is dementia prevention!

So, here's a brief look at ophthalmology:

The first successful human corneal transplant was performed by Eduard Zirm in 1905. Sir Harold Ridley (1949 first intraocular implants) and Dr. Charles Kelman (1967 first phacoemulsification surgery inspired by his dentist) revolutionized cataract surgery with their bold innovations. All amazing accomplishments for those moments in medicine!

2024 is equally exciting. During the American Academy of Ophthalmology Meeting researchers presented a procedure where stem cells are injected into an eye with a swollen cornea, these cells migrate onto the back side of the cornea and over a few weeks rehabilitate swelling and improve the vision! A single donor cornea can provide enough stem cells to help up to 300 eyes. The risks of corneal transplant surgery and the long rehabilitation are eliminated. Robotic surgery, micro implantable medication depots and virtual visual field testing are all changing the world of ophthalmology.

In April of 2025 the UMANA Scientific Conference in New York City will bring many of us together sharing ideas, listening to lectures, meeting new colleagues and networking – it will be outstanding no matter what your specialty.

Mark your calendar, clear your schedule and plan on attending the scientific conference in April in 2025 and the 75th Anniversary Gala!

Slava Ukraini!

Marta Lopatynsky, MD

Friday-Saturday, April 25-26, 2025
UMANA's XLVII Scientific Conference
in New York City
 &
Saturday, April 26, 2025
UMANA 75th Anniversary Gala Banquet
at the historic Ukrainian Institute of America in New York

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UMANA ILLINOIS Treasurer Olga MAIHUTIAK, MD, represented UMANA Medical Relief for UA project at the third international exhibition and conference, Rebuild Ukraine in Warsaw, Poland, focusing on health and rehabilitation in Ukraine, on June 24-25, 2024. She also visited “Unbroken” center in Lviv which provides physical, psychological, and psychosocial rehabilitation for those affected by Russian military aggression against Ukraine, “Superhumans” center in Vynnyky, Lviv region – an orthopedic specialist clinic for the treatment and rehabilitation of war victims who are dependent on a prosthesis due to amputation.

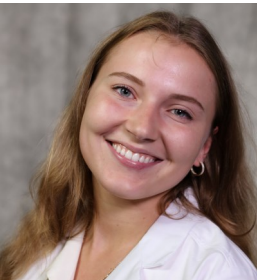


UMANA MEMBER NEWS

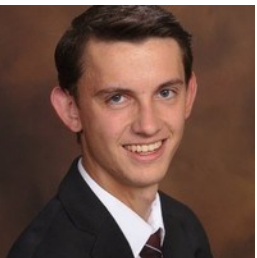


Douglas DAVIS, MD (Illinois Branch), will be starting in a new position in June 2024 as Assistant Professor of Radiology at the Medical College of Wisconsin and Froedtert Hospital system in Milwaukee.

Olena GORDON, MD (Illinois Branch), received “best inspiring speech” at the Trident Business Club Meeting (Ukrainian Entrepreneurs) on May 18, 2024. Dr. Gordon is the owner of a successful medical clinic: the Wellness Medical Center in Niles, Illinois.



Viktoria KONTSEVA, BS (Illinois Branch), passed the first part of the USMLE in June 2024. She’s looking to finishing medical school in 2026 and starting residency.



Roman O. KOWALCHUK, MD (Syracuse/New York Central Branch), completed his residency in radiation oncology at the Mayo Clinic in June 2024.



Victoria KURITZA, MD (Illinois Branch), finished her residency in Dermatology at University of Illinois Chicago Medical Center in June 2024. She has accepted a full-time position in private practice in downtown Chicago.



Victoria SHUST, OD (Pennsylvania Branch), started a new position at the Philadelphia VA Medical Center.

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Dr. Andrew Loginsky instructing POCUS at the 8th International Central European Emergency Medicine Conference in Bydgoszcz, Poland



“Motodopomoha” organization in Lviv basic “Stop the Bleed” courses for civilians using mannequins and fake blood.



Tactical Combat Casualty Care course for Ukrainian Soldiers (a regiment of the border guard) in Lviv. The course used a variety of mannequins, fake blood, and replicated environmental challenges as best as possible.



Volunteers of the day for Medical-Psychological Help Lviv at the railway station. Halyna Bordun (middle in yellow scarf) is the president of the organization, and her son (on her right) Dr. Valentyn Bordun coordinated the humanitarian effort of the organization. Dr. Loginsky (front row third from right)