



हिमालयन स्वास्थ्य सेवा

Himalayan HealthCare

## Dr. Carroll Reports on her visit to Ilam, December, 2009



Nina Carroll is a Boston gynecologist who first visited Nepal in 1997. She returned during November, 2009 and is planning a visit again this winter from December 3-19. She is hoping to acquire cytology and colposcopy equipment to do a HPV prevalence study. In asking for volunteers to accompany her on her return to Nepal Dr. Carroll writes that “volunteering with HHC will be a life changing experience for you and your patients.” It seems that her initial visit to Nepal in 1997 was a life changing experience for her as well.

Following are excerpts from Nina’s blog written during her recent visit to Nepal.

Nov. 11 Kathmandu: In the streets without traffic signals Tatas, Terrios, Marutis, Mahindras and Hero Hondas have replaced the rickshaws and thousands of pedestrians that made up street traffic of 1997 when I last visited. Poinsettia trees, bougainvillea, red bottlebrush, soot-coated banana trees, dirty dogs, black and tan goats, sewing machines and tailors on street corners, rubble, roosters and *cont. p. 3*



## GlobeMed & HHC a New Partnership

GlobeMed is an organization which encourages university students to become leaders in bringing better health care and social justice to the impoverished of the world. Chapters at university campuses partner with a grass roots organization in a developing country. The chapter at the University of Colorado, formed in the fall of 2009, has partnered with HHC and while only in their first year of existence is already active in support of our work in Nepal.

GlobeMed at the University of Colorado has three projects planned for the 2009/2010 year.



**GlobeMed Sells SPIRAL**

**Crafts for HHC**

The first is to provide \$1,300 to HHC for the training of a female auxiliary health care worker who will become the primary provider of health care for 8,000 persons living in the Dhading region of Nepal.

The second involves the support of a village latrine program that would restructure a village's water and sanitation system and would build latrines for 30 households. GlobeMed will provide \$5,000 in a 50/50 cost sharing scheme with the villagers. Four student members of GlobeMed at the University of Colorado will travel to Tipling this summer to work with the latrine program and to teach English.

The third is the purchase of medical supplies through Project C.U.R.E., the world's largest supplier of donated medical supplies. Five thousand dollars raised by GlobeMed will buy \$100,000 worth of medical supplies which will then be delivered to HHC in Nepal.

GlobeMed has already sent four University of Colorado student members to Nepal for a research project during the winter break and has brought HHC co-founder Anil Parajuli to visit the Boulder campus. To learn more about GlobeMed visit their website at: <http://globemed.org>.

## **Please Join Us for these Upcoming Events**

**Friday, September 24**, gathering at the Harvard Club, Cambridge MA and **Saturday, the 25th** Gala Fundraiser, Boston Omni Parker House Hotel. Anil Parajuli, HHC cofounder, will attend both evenings.

**Saturday, October 1**, Dinner Party, Buffalo, NY with Anil. Time and venue TBA

**Thursday and Friday, October 7 and 8**, 2010 American Dental Association symposium. Orlando, Florida. Will provide an overview of global oral health problems, sustainable development projects, cross-cultural communications in diverse communities, and the impact of health promotion. Anil will be a symposium speaker.

**November 9-23**, Medical and dental trek to Tipling and surrounding villages, an area that we have been serving since 1992. For more information see our website [www.himalayan-healthcare.org](http://www.himalayan-healthcare.org).

**December 3-18**, Ilam, Nepal, obstetrics and gynecology camp with Nina. Carroll, MD Contact Nina at [ninasdancing@aol.com](mailto:ninasdancing@aol.com)



## Worldwide Decrease in Maternal Mortality during Pregnancy and Childbirth

Denise Grady reported in the April 13 edition of *The New York Times* on the worldwide decrease in deaths in women during pregnancy and childbirth. Dr. Richard Horton, editor of the medical journal *The Lancet* wrote of the study “The overall message, for the first time in a generation, is one of persistent and welcome progress” ([http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(10\)60518-1/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)60518-1/fulltext) ).

Reasons mentioned for these findings include the increasing use of skilled birth attendants to assist in deliveries, improvements in education and income and consequently nutrition among women, and the increased use of birth control, all areas where HHC has been working. Nepal was one of the countries mentioned in the study and we have noted in our own studies a decrease in maternal mortality related to pregnancy and childbirth. We are proud to have contributed to this remarkable statistic.

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dust - unchanged. Soni (Anil's wife) and I walk from the Himalayan HealthCare office to Durbar Square, stopping to shop and admire the exquisite temple carvings of the Newari artisans.

Nov. 13: Breakfast of hardboiled egg, crust-less bread, butter, and sweetened creamy tea. Taxied to Tribhuvan Airport, on my way to Ilam. Flight delayed because of Maoist demonstrations or weather. It's dry and hot. Airport sights: women all shapes and sizes in wild colors of saris and khurtas with pants, sandals, and painted toes, and bindis on their foreheads. Wi-Fi down, actually unavailable for all but about twenty minutes in the past four days. Finally, I board Buddha Air and fly above the clouds with the Himalayan range snowcapped mountains below to Bhadrapur to lunch under a shade tree at a small hotel while waiting for our driver. The road to Ilam at sunset is lined with great sights: a goat walking a boy, a girl walking a cow, mustard fields, poinsettia trees, trucks with colored headlights, bamboo stands, roadside fires, haystacks the size of houses,

marigolds with no leaves, dust-coated palm fronds, hairy pigs, dirty dogs, no cats, men smoking and staring, women working, wild saris strewn on clotheslines, the fat orange sun obscured by brown mist, the hairpin turns, higher and higher we climb out of the hot dusty plain. The Megh Baradur Parajuli Community Hospital (MBPCH) staff greets me with marigolds and a very long white scarf. The central courtyard is serene and beautiful.

November 15: We care for 25 patients and then a board meeting to discuss The Safe Motherhood project which aims to reduce maternal and child morbidity and mortality and provide HPV/ STI screening and family planning services to the women of Ilam and surrounding districts.

At 6pm I visit the Nepalbani FM radio office in Ilam to tape a radio interview about the Safe Motherhood Project. The 35 minute interview in English and Nepali will broadcast at 8 pm.

November 17: more patients...they kept coming.

November 18: I arrive at 7:50 am in the Spiral Crafts work room to find all of the female staff waiting for the talk about the Safe Motherhood project, HPV, and Pelvic Organ Prolapse: identification, screening and treatment. They are eager to learn. Breakfast of hard boiled egg, toast, and sweet creamy tea on the balcony with sunshine and staff. Goal to care for a maximum of 15 patients but we see 24.

November 19: Back to Kathmandu. First, tea planting ceremony (a tradition for departing volunteers) on the hospital grounds, then taxi for the 2 ½ hour drive to the airport through lush bamboo stands, tea gardens and small villages with morning markets. We had tea and momos (dumplings) at the airport since our flight was delayed by fog. The security checkpoint has a sign: "You are not allowed to have explosives in the airport." There was a large group of Bhutanese refugees in the departure lounge leaving Nepal for various countries.



Spring Trek 2010 The Ganesh Himal Behind

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