



Once again we have the pleasure to reach you through this news letter. The year gone by had been very fruitful in terms of welfare of patients, development of infrastructure, habitat etc. We had been receiving blessings of all the well wishers and we hope the same would be continued in the coming year also.

LHF News Letter

August 2014 to August 2015

Cervical Cancer screening camp

A total of 3,000 female patients were screened & treated during the women's health care camp and A total of 102 LEEP procedures were performed on patients found to have advanced conditions of pre-cancerous lesions. All procedures were performed successfully and without complications. The response were huge and we had to work from 6:00 in the morning till 12:00 midnight. We are planning to take the medical camp to all the villages in the coming time. The good news is that people of Ladakh are very conscious of their health these days.



Ten children had free heart surgery



Free Heart Surgery

Ten children hailing from far flung areas of Ladakh including the Tibetan Children from SOS were treated at FMRI Gurgaon for Heart Surgery through the foundation 'being human'. We are very much thankful to Mr Salman Khan and also to District administration Leh for bearing the travel expenses for two children .

Number of Patients during the year

Month	No. of Male	No. of Female	Total
September 2014	-	255	255
October 2014	-	438	438
November 2014	01	423	424
December 2014	-	368	368
January 2015	-	419	419
February 2015	08	281	289
March 2015	03	258	261
April 2015	06	523	529
May 2015	07	488	495
June 2015	05	498	503
July 2015	-	404	404
August 2015	-	331	331



We are thankful to Dr Lhadol

LHF would like to pay its heartfelt gratitude to Dr Tsering Lhandol Gynaecologist, Dr Norboo (Physician) and their team for the continuous support to the hospital by treating various patients on a daily basis. Most of the patients at Ladakh Heart Foundation are Dr Lhandol's patients related to Gynae.

From the beginning of Ladakh Heart Foundation, Dr Lhandol and Dr Nurboo have been working as volunteers with LHF.

The good news is Dr Nordon Otzer (ENT Specialist) has joined the Ladakh Heart Foundation Team. We expect more patients to be treated at LHF in the coming time.



Lama Chogyal, Founder LHF

TV Interview in the USA

Founder & President of Ladakh Heart Foundation was invited for Live TV interview with Voice Of America and Radio Free Asia. He got the opportunity to give a detailed briefing about the progress of Ladakh Heart Foundation.



Staff Quarter

This year we have finished the construction of second floor of staff residential building. LHF expresses thanks to all the supporters. Next year we hope to complete the construction.



Laboratory

The laboratory of Ladakh Heart Foundation offers many services such as Hepatitis B Screening, Blood Grouping, Urine analysis, Hemoglobin Level, Glucose level and Serum Bilirubin, etc. During the period undercoverage, number of laboratory tests conducted are as under:-

Date of Camp	Type of Camp	Total No of Patients attended	Doctors attended
18 May 2015 to 23 May 2015	Screening of cervical Camp for women	1782 (out of which 02 patients have detected advanced cervical cancer and referred to higher centre for treatment. Both the patients got treated and came back safely).	Dr Swee Chong and his team of Singapore.
03 Jun 2015 to 06 Jun 15	Dental and eye camp	350	A Team of doctors from LV Prasad eye institute, Hyderabad India
23 Jun 2015 to 27 Jun 15	Dental and eye camp	490	-do-
23 Jul	Dental	570	-do-

(a)	September 2014	98
(b)	October 2014	51
(c)	November 2014	65
(d)	December 2014	55
(e)	January 2015	80
(f)	March 2015	25
(g)	April 2015	113
(h)	May 2015	91
(j)	June 2015	58
(k)	July 2015	44
(l)	August 2015	32

네팔 학교건립 및 설산사. 라다크심장재단 후원금 전달

문중교구 복인도 설지순례단은 7월 21일 네 팔 포카라 사찰 대중에게 학교 건립기금과 장학금을 전달했으며, 중앙종회 부의장 오신, 양산 보현정사 정수 스님과 관승들도 공동으로 장학금을 전달했습니다. 이어 마닐라 한국사원인 설산사를 참배한 자리에서는 해를 주지스님의 주인과 함께하는 사찰운영(지역사의 의료사업과 체육활동, 컴퓨터교육, 불교대학 등)에 대한 설명을 듣고 정수 스님과 관승 대종들이 불사중인 설산사에 모신금줄을 전달했습니다. 뿐만 아니라 티베트 불교에서 운영하라는 라다크 레에 위치한 '라다크 심장재단'을 방문, 열악한 현지 환경 속에서 심장질환, 치과, 안과, 부인과 등 다양한 진료현장을 견학하고, 병원 재단 이사장인 조엘 스님에게 '홍익문 화복지법연'에서 병원운영과 부대시설 건립에 사용될 후원금을 전달했습니다. 정수 스님은 해외 자원봉사자들을 격려했으며 오신, 정수 스님과 관중교구 자선 스님 등 관승들도 공동으로 후원금을 전달했습니다.

Ven Jang woo sounim's visit to Ladakh

Mr. Jang Woo Sounim visited Ladakh Heart Foundation this year. He has been supporting LHF from the very beginning. LHF would not have been possible without the kind support of so many people, specially people like Jang Woo Sounim, Choi Boksun and his Son Sudong Chung, Baek Woo Sounim, Ven Sik Mun Cheng , Singaporean Bhuddist friends Ms Kuan Yuan Kit & family, Siew Choo Ong and some of Italian and American friends .

PROPOSAL FOR MOBILE HEALTH AWARENESS:

Health-related problems in Ladakh are on the rise. Studies have revealed that most cases stem from lack of awareness and traditional cultural perceptions of illness and appropriate behaviors surrounding treatment. Because illiteracy is a hurdle for many Ladakhis, we are proposing a mobile health awareness program and workshop to increase peoples' awareness of various health problems, both life-style related and genetic, and the precautions that should be taken to prevent chronic illness.

Components of Proposed Health Awareness Plan:

- (a) Video recordings from various specialist doctors (in local dialects), highlighting various health problems experienced by patients, including environmentally and socially-induced illnesses.
- (b) Several LED TVs (including replacements) with USB capability, to be attached to a vehicle, and used to broadcast the aforementioned video recordings to populations gathered in communities across Ladakh, including prominent centers, remote villages, and schools.

Accessories Required for the Project:

- (a) A load carrier Mahindra (Bolerio mini truck): approximately Rs. 6 lacs
 - (b) LCD TVs LG 84" : approximately Rs. 3 lacs
 - (c) 1 PA system (including speaker, amplifier, mikes, etc.): Rs. 1.50 lacs
 - (d) Modification of vehicle for placement of LED TV: Rs. 70k
 - (e) 1 external generator to power the TV: Rs. 1 lac.
- (Total Estimated cost would be around Rs. 12,20,000)

The proposed project will primarily target the following health-related categories:

Hypertension
High cholesterol
Smoking
Obesity, leading to diabetes
Diet (prevention of cardiovascular disease and cancer)
Heart Attack
Sexually transmitted disease, HIV and AIDS
Environmental and occupational health disease
Accident prevention

CANCER IN LADAKH:

According to a five-year study conducted by the World Health Organization and the Himalayan Women's Project, 12% of women in Ladakh develop cervical cancer. Breast cancer is also becoming more prevalent. Early diagnosis can help to reduce the number of cancer cases.

According to Dr. Tsering Norboo, who has worked in and conducted research throughout the Ladakhi region for the past fifty years, cancer of the stomach is the leading cause of death for Ladakhis and Tibetans. Combined with cancer of the esophagus, pancreas, liver, gall bladder and bile duct, it forms 61% of the cancer burden in Ladakh.

IMPORTANT HEALTH STATISTICS:

Hepatitis B Cases, courtesy of Ladakh Institute for Prevention (LIP): 13% Tibetan, 3-4% Ladakhi

Annual Number of Drunk-driving Accidents, Leh Police Station: 174 accidents, 44 casualties

Annual Number of Suicides, Leh Police Station: 14%

Number of Abortion cases in a year: 3 as per Leh Police Station