



Ladakh  
**Heart**  
*Foundation*



Newsletter

August 2013 to 2014



## State Award for Ladakh Heart Foundation

It is with great pride that Ladakh Heart Foundation announces its receipt of the prestigious State Award for “Social Reforms and Empowerment for the year 2012.” The award was presented by Sh. NN Vohra, Governor of Jammu and Kashmir, and was accepted by Ven. Thupstan Chogyal, President, Ladakh Heart Foundation. The award was given in recognition of the Ladakh Heart Foundation’s mission, including several specific aims detailed below: “The Ladakh Heart Foundation Society Leh was registered in 1997 with the primary objective of providing Health Education and necessary interventional facility for prevention of acute rheumatic fever, prophylaxis for people suffering from Rheumatic Heart Disease, establishing physiotherapy centre and other related medical facilities. The organization has contributed immensely towards upliftment of health condition of Ladakhi people. While the main strategy of the society has been preventive awareness, it has also coordinated with cardiothoracic surgeons of All India Institute of Medical Sciences (AIIMS) Delhi to conduct operations of poor people of Ladkakh.

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Fifteen children were selected for free heart surgery, thanks to the diagnosis of Dr. Sampath Kumar, a renowned cardiologist from Delhi, who has been coming to Ladakh since 1998, and recently retired from the All Indian Institute of Medical Sciences (AIIMS).

## Heart surgeries were sponsored by the Salman Khan Foundation: Being Human at Fortis Hospital, Gurgaon, Delhi.





### Free Heart Surgeries: (Above and Left)

Four child patients after their successful heart surgery at Fortis Hospital in Delhi. These small children, two nomads from Changthang, one monk from Kargil District Sapi, and one female infant from Changthang, are unaware of where they are being sent, but with the help of Ladakh Heart Foundation Hospital they are being transferred to Delhi, approximately 940 km. away from Leh, for their heart surgeries.

Ladakh Heart Foundation  
(pediatric heart surgery):  
(Right)

Ven. Thupstan Chogyal,  
Founder and President of  
Ladakh Heart Foundation,  
with the mothers of four  
infants, one of whom already  
received heart surgery at  
Fortis Hospital (far left). The  
other three young girls are  
awaiting surgery at either  
Fortis Hospital or All Indian  
Institute of Medical Sciences  
(AIIMS).



### Patients treated during the year

S.No	Month	No. of Male	No. of Female	Total
	September 2013	10	202	306
(b)	October 2013	5	236	368
(c)	November 2013	03	223	319
(d)	December 2013	07	340	447
(e)	January 2014	01	172	265
(f)	February 2014	06	210	268
(g)	March 2014	02	227	312
(h)	April 2014	04	259	333
(j)	May 2014	04	252	374
(k)	June 2014	03	234	348
(l)	July 2014	07	187	295
(m)	August 2014	07	159	274
(n)	September 2014	03	159	162

### The laboratory

Ser No	Month	No of patients
(a)	September 2013	69
(b)	October 2013	86
(c)	November 2013	78
(d)	December 2013	99
(e)	January 2014	48
(f)	March 2014	26
(g)	April 2014	13
(h)	May 2014	41
(j)	June 2014	13
(k)	July 2014	11
(l)	August 2014	



### Children's Ward Painting Project:

With a view to help transform and humanize the childrens' ward of the Ladakh Heart Foundation Hospital, Ladakh Arts and Media Organization (LAMO) organized a painting workshop during the winter of 2013. Selected paintings were presented to the hospital on 09 July, 2014 during a simple ceremony. Dr. Monisha Ahmed, Director of LAMO, Isaac Gergin, and Madam Carina Chatlani attended the presentation ceremony, in addition to several other dignitaries. All paintings were signed by the child artists.

### The New Well:

With the generous sponsorship of the Hill Consul a well was dug in the fall of 2013 to improve hospital hygiene and provide clean drinking water, in addition to expanding the hospital's greenery. Apple trees were planted by hospital staff.

### New Staff Quarter:

A new staff quarter was constructed in the fall of 2013, and was completed in summer of 2014. The building is still awaiting a final coat of paint, but is nearly complete.

### Children's Playground:

A children's playground is underway, and should be completed in 2015.

## **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 lac.
- (b) 2 LCD TVs LG :?" approximately Rs. 8,000,000.00
- (c) 1 PA system (including speaker, amplifier, mikes, etc.): Rs. 50,000.00
- (d) Modification of vehicle for placement of LED TV: Rs. 30,000.00
- (e) 1 external generator to power the TV: Rs. 1 lac.
- (e) Total expenditure that would incur would be Rs. 9 lac/9.5 lac.

### **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 Abortions, Leh Police Station:** ????

# Cervical screening

From August 30<sup>th</sup> to September 2, 2014, Ladakh Heart Foundation's medical staff collaborated with a team of twelve international Singaporean gynecologists from the Himalayan Women's Health Project, to conduct a cervical screening and treatment camp at LHF. This team was headed by Dr. Swee Chong, in conjunction with the World Health Organization. A total of 906 female patients were screened & treated during the women's health camp. A total of 57 Loop Electro-surgical Excision Procedures (LEEP) were performed on patients found to have advanced precancerous lesions. All procedures were performed successfully and without complication.

While LEEP procedures were not performed on three patients, due to pregnancy and other issues, appropriate care was given. Sixteen patients were also found to have relatively minor conditions of endocervical polyps, and were successfully treated surgically without complications.



Women wait for the free cervical screening and health education program.  
(Photo above).

For the past three years, Dr Swee Chong has been part of a major ongoing screening program for cervical cancer in Nubra Valley. This program is studying the prevalence of cervical cancer in Ladakh, with the prior permission of the Medical Ethics Committee of Leh.

With thanks to:

LHF's  
donors and  
supporters.



We are very thankful to all of our donors for their kind contributions. Thanks to your hard work & support our efforts will not be in vain. Thank you for your kind thoughts, support, and warm wishes.

Kind regards,  
Ven. Thupstan Chogyal, Founder and Director of LHF