



Newsletter

August 2004 - September 2005

Julay! and welcome to 2005 Ladakh Heart Foundation (LHF) newsletter. Things have really taken off this year with the construction of the hospital well under way, visitors from Julay Ladakh (Japan), various village clinics and 5 heart operations carried out in S.N.M. Hospitals, Leh by the Doctors from AIIMS (New Delhi). The Healthy Heart Programme was launched in early June05 and also Japanese sponsors funded 2 operations for a 6-month-old Tibetan girl and an 18-year-old Ladakhi girl, earlier this year in Delhi, which were both successful (pictured below).



Jigmet Ladol



Ngawang Thupten

Lecture Programs

Dr. Norboo continues to run his popular lectures on topical subjects (such as hypertension, heart attack, diet, etc.) to the local communities and schools.

Village Clinics and Health Camps

This year's village clinics have been conducted in the areas of Thatsang Kuru, Sumdo and Nang and have all been a great success. Many other clinics were

also carried out in 2004. A list of these clinics can be found at the end of this newsletter.

Also, more clinics are planned before the end of summer in the Chomda Sacta villages. These will be large scale clinics run over a 3 day period, examining up to possibly 500 local residents.

Lions club, LIP and LHF Leh camp.....



Tundup Paljor (before surgery)



Dr Norboo & Dr Diskit in Sumdo

Tundup Paljor, pictured above was diagnosed with PDA at the SOS school clinic in Sumdo, Chantung. He was brought to Leh within weeks of the clinic for heart surgery.

Patient Register

Rheumatic heart disease 143 total, congenital heart disease 93 total
Due to health education numbers of rheumatic heart disease have been reduced. Exit programme, government taken over distribution of Benzathine penicillin, syringes and distilled water for primary prevention of acute rheumatic fever and secondary prophylaxis of rheumatic heart disease. We are extremely pleased by the outcome of this project and the acceptance of the programme by the government.

Construction Site (to date)

- Ground floor plastering is finished
- Roof is half completed
- Electric wire ducting has been installed in the ground floor
- Guest house is finished
- Trees are becoming established turning the desert landscape to greenery
- Government have agreed to tarmac the hospital drive (due to be completed by the end of summer 2005)
- Lend building stuff
 - Cardish from Indus Hotel for loan of roof supports
 - Sharma from Leh for supports

- Tibetan community for their voluntary help in laying the foundations
 - Free lunch from Saboo village womens volunteers for all workers, they will repeat
 - Thundup and Sarma helping with the electrical fittings
 - Wangyal Tsering phunchok spituk engineering /design
- As the Dalai Lama is the patron on the LHF, a request will be made to him, asking if he will open the hospital next year if he visits Ladakh. All friends, sponsors and connected parties of the LHF will receive further information and personal invites on confirmation.

Heart Surgery

Here is the list of the PDA and MS patients operated on by Professor Sampath Kumar at SNM Hospital Leh in July 2005-08-13

No.	Name	Age	Sex
1	Tashi Angmo	31	F
2	Tashi Lamo	38	F
3	Skitzom	58	F
4	Tundup Paljor	5	M
5	Stanzin Chorol	20	F

Individual Sponsorships

Other Projects

This summer saw the start of the Healthy Heart Programme, (with photos) designed to bring awareness to the importance of looking after your heart. The repeating 4-week programme involved local people attending 2 yoga classes per week that included asana (postures), Pranayama (breath control) and relaxation techniques. An educational talk was also given at each class on various aspects of healthy living (diet and healthy eating, relaxation, cessation of smoking etc.)

In 2004 – 2005 we had a great number of volunteers, both locally and from as far a field as Australia and Japan. Here’s what some of them had to say about LHF

“We arrived in Ladakh at the beginning of June to come and volunteer for the Ladakh Heart Foundation. Since we arrived we have been involved in lots of different & interesting projects from participating in village clinics/camps, to

running yoga classes to designing health promotional presentations. The 3 months we've spent working here in Ladakh have been some of the most rewarding and enjoyable times we've ever had in India.....id highly recommend it!"

Over the course of the next year we hope to be beginning to raise money for the equipping of the new hospital, especially for the previously stated registration requirements. The new hospital should one day include a fully functional operating theatre, and all necessary diagnostic equipment, such as an echocardiography machine, treadmill and X-ray. We will have more information next year.

Last winter we made an application for government funding to pay for hospital equipment such as lab instruments, heart lung machine, sterilisers etc.

We are currently applying for the registration of the hospital with the directorate of health services, Kashmir.

Mention Dr Norboo new appointment???

Indian research application

If you would like to sponsor any individual part of the operation of the foundation, such as a Village Clinics, the Hospital requirements or the Rheumatic Heart Disease injections, please contact Lama Chogyal at the Foundation.

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Campaigns

Health Camps 2004 – 2005		
Place	Date	Total Patients
Ladakh Old Citizen	25.07.04	180
Ladakh Young Citizen	28.08.04	204
Upper Karzoo	10.10.04	39

Chuchot Gongma	11.10.04	47
Marchelang	24.10.04	68
Shenam	31.10.04	36
Lower Karzoo	01.11.04	33
Sumdo	09.07.05	12
Thatsang Kuru	10.07.05	90
Nang	07.08.05	44

Rheumatic Heart Disease	144
Congenital Heart Disease	93
Acute Rheumatic Fever	9
Coronary Artery Disease	22

Brief report of the activities of Ladakh Institute of Prevention (L.I.P) during 2004 to 2005

The statement preceding this brief report is the reiteration of objectives of L.I.P and the tentative structure of this institution and the way it is going to evolve. The year 2005 has been eventful for L.I.P. the premium levied by LAHDC for the allotted land fixed at Rs 20,000/- per kanal was finally reduced to Rs 1000/- per kanal after persuasion by the secretary with the CEC and executive councillors. Final allotment order with revised premium rate has been issued in **favour of L.I.P and a total amount of Rs 30,000/- (Rupees thirty thousand) has been deposited in the government treasury. Dr Norboo Tsering treasurer has been following the case and the proper revenue record of handing over of the allotted land is expected to be finalized in a week or two.**

L.I.P can now look forward to initiate developing the site and as an initial step plans to approach Sadhbavna project of Indian army for their engineering support for leveling of the site and to the LAHDC for sanctioning rig drilled water source and approach road development.

L.I.P site located in proximity to LHF can give support to each other in more than one way. Though financially and functionally separate institutions, it can have working relationships in cost sharing of development of biochemistry and hematology laboratories and library and community health outreach programmes. These two initial activities of infrastructure development and a vibrant community outreach programmes are very essential to enable LHF & LIP to get accreditation from department of science and technology. DST accreditation is pre-requisite for applying for funding for its various research projects. The present bottleneck for both the institution is lack of an experienced medical orientated administrator. We propose the name of Dr. Norboo Tsering as the most suitable experienced administrator in view of his experience in government as CMO and medical superintendent of S.N.M Hospital Leh. We are confident that the general body will approve the proposal. Dr Norboo Tsering being one of the founder members of L.I.P we are confident, will accede to our request and shoulder the responsibility.

YOGA SESSION

LIP and LHF introduced Yoga sessions in the LIP office lobby. Three batches of participants; each batch comprising of 6 to 8 participants underwent well-planned yoga initiations and training. Mr. Simon and Mrs. Emma Simon, very experienced yoga teacher and experienced nurse supervise respectively were kind enough to conduct the yoga sessions voluntarily and painstakingly. Each batch attended eight sessions of yoga classes on Monday and Thursday's between 5 to 6.30pm for 4weeks. The Yoga classes were followed by brief talks and discussions on topics like yoga and heart: nutrition and health, importance of exercise, basic first aid etc.

Mr. Cam and Mrs. Sarah took over the responsibility of yoga sessions from middle of September to October for the third batch of 8 participants Mrs. Sarla Chewang the president of LIP also participated for the full course of yoga session with the third batch. LIP & LHF plans to motivate our office staff member Miss Sherap Dolma to develop this skill as a trainer. She has been attending 24 session of yoga this season. Inactivity, a big risk factor for cardio-vascular disease, diabetes, obesity and related health problems is afflicting the Ladakhi society in a big way. Propagation of yoga in the younger generation by LIP & LHF is one of the many ways of letting the society shed off the habit of inactivity. Next year, we plan to develop yoga programmes for middle aged and hypertensive subjects quite appropriate for their health conditions.

PREVENTION OF STROKE AND DEMENTIA

LIP & LHF are grateful to Professor Otsuka Kuniaki of women's hospital, university of Tokyo and Fukuda Denshi Company to let us utilize their instrument (PWV) (to determine aortic stiffness and the ECG machine. We utilized this opportunity to do well-planned study in the rural and urban community with questionnaire on life style, sleep pattern, psychiatric ailments followed by physical examination and cognitive function tests and battery of other investigations which includes height and weight measurement (BMI) SaO₂, B.P, Pulse wave velocity, ECG, fasting blood sugar and hemoglobin estimation. Though the study was meant for senior citizens; the communities desire made us to include men and women aged 40years and above. These studies were preceded by health education explaining to them in particular the relevance of the study. On the completion of study, each subject was examined by the physician and appropriate treatment and advice were given free on spot. The relevant findings of the investigations recorded on their health cards.

The population covered in the urban sector included Shanam, Kazoo, Murche and a portion of main town. In the rural set up – the study included areas as far as Thakungkuru, Sumdo, Karzok in Changthang; Tongtot, Taksha and surrounding villages in Nubra and Sakti.

The study being very detailed in nature, help of dedicated, trained and motivated volunteers is very crucial to make this programme successful. LIP and LHF very gratefully acknowledges the invaluable help of following volunteers: Dr Diskit, Dr Tundup, Dr Norbu Angchuk; Dr Stanzin Choeing; Dr Pame, Dr Farhana, Dr Rinchen Angmo; Dr Qadar Pasha; Dr Iqbal, Mr. Mohd Iqbal; Mr. Motup; Mr. Stobdan; Miss

Dolley, Mr. Thubstan; Mr Dorje Angchuk, Mrs. Rinche Angmo; Mr.Tsering Sonam, Miss Yeshe Angmo, Miss Sumi, Mr.Rigzin and Angdus stok, staff members of PHC Sakti Panamik Tongstot Staksha, Mr Wangchuk Noney; House father and house mother and children of lions club children hostel; SOS hospital staff Mr Thubstan (the excellent camp cook) and not forgetting Miss Sherap Dolma and Ms Rinchen Dolma for producing the questionnaire forms well in time.

This type of epidemiological studies cum health education cum health clinics though very useful for health of the individual as well as health of the community producing enormous information for future health planning as well as promotion of health and prevention of diseases; however each big camp costing on an average Rs 20,000/- (Rupees twenty thousand) for the NGO organizing it may affect the enthusiasm unless government; NGO's and individual support groups joins in this noble venture.

List of places where camps held 2004 – 2005

Health Camps 2004 – 2005		
Place	Date	Total Patients
Ladakh Old Citizen	25.07.04	180
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Chuchot Gongma	11.10.04	47
Marchelang	24.10.04	68
Shenam	31.10.04	36
Lower Karzoo	01.11.04	33
Sumdo	09.07.05	12
Thatsang Kuru	10.07.05	90
Nang	07.08.05	44
Sabu	01.09.05	25
Tongstot (Nubra)	17.09.05 to 18.09.05	87
Taksha (Nubra)	19.09.05	78
Sakti	25.09.05 to 26.09.05	130
Total no. of patients=1073		

List of the publication during 2005

- (1) K.Otsuka, T.Norboo, Y.Otsuka, H.Higuchi, M.Hayajiri, C.Narushima, Y.Sato, T.Tsugoshi, S.Murakami, T.Wada, M.Ishine, K.Okumiya, K.Matsubayashi, S.Yano, T.Chogyal, D.

Angchuk, K.Ichihara, G.Cornelissen, F. Halberg. Chronoecological health watch of arterial stiffness and neuro-cardio-pulmonary function in elderly community at high-altitude (3524 m), compared with Japanese town. *Biomedicine and Pharmacotherapy* 59(2005) S58-S67

- (2) K.Otsuka, T.Norboo, Y.Otsuka, H.Higuchi, M.Hayajiri, C.Narushima, Y.Sato, T.Tsugoshi S.Murakami, T.Wada, M.Ishine, K.Okumiya, K.Matsubayashi, S.Yano, T.Chogyal, D. Angchuk, K.Ichihara, G.Cornelissen, F. Halberg. Effect of aging on blood pressure in Leh, Ladakh, a high-altitude (3524 m) community, by comparison with a Japanese town. *Biomedicine and Pharmacotherapy* 59(2005) S58-S67

Scientific paper presentations by Dr T. Norboo and Dr T. Lhadol of LIP &LHF during the year 2005

January 8 to 10 2005

Dr. T. Norboo consultant LHF and secretary LIP was invited to attend International Workshop on emerging trends in High Altitude Physiology and medicine organized by Defence Institute of Physiology and Allied science, DRDO ministry of defence in Delhi.

From 8-10 January

Dr Norboo read a paper on medical problems of high altitude natives, chaired a session and was on the panel discussion.

January 11,2005

Dr. T. Norboo consultant LHF and secretary LIP was invited to deliver a lecture on “Chronic Mountain Sickness” in the institute of Genomic and allied science New Delhi.

Dr. S. Lakiri USA was the other speaker. This special lecture session was organised by Institute of Genomic and allied science to pay tribute to late Professor Paintal the renowned Physiologist and high altitude researcher. Scientists of the institute, the Director and the faculty members and clinicians from Patel Chest Institute attended the special session.

Dr T. Norboo and Dr Tsering Lhadol of LIP were on the panel of Ladakh Autonomous Hill Development Council for preparing the manuscript for vision document – Ladakh 2020. They were mainly responsible for interacting with different sections of the society to develop “Health and Environment policy for Ladakh-2020”.

They remained involved in the process for major portion of 2004. The draft document was presented to the council of ministers and Bureaucrats of J&K state in 2nd week of may 2005 and Prime minister of India Dr Manmohn Singh released the final document during his Leh visit.

The role of LIP as a cornerstone in Ladakh environment and health policy was thoroughly discussed, emphasized and documented in the policy.

May 1 to 2/ 2005

Women alliance of Ladakh (WAL) Ladakh health and environment organization (LEHO) and Ladakh ecological development group under the aegis of Ladakh Voluntary network funded by LAHDC organised two day seminar on May 1 to 2; 2005 on “Sustainable management of Garbage in Leh town through peoples” participation, professionals and civil society”.

Dr. Norboo of LIP was asked to present a paper on the topic” Impact of growing number of tourists arrivals on the health of public and environment of Leh township in particular”.

The Chairman LAHDC and the executive councillors participated in the deliberation on both days. Apart from other issues discussed; Dr. Norboo could highlight the role LIP can play in improving the health and environment of the Ladakh. The Chairman LAHDC suggested that LIP should take up the issue of “drinking water” particularly its safety aspect. The issue of course is on the top of the objectives of LIP.

June 23 to 26; 2005

Dr. T. Norboo consultant LIP and LHF conducted the visit of MS Bella Shah Sr.Dy. Director General of Indian council for medical research to various health institutes: Stockholders for medical research. SNM Hospital: 153 GH; Mahabodhi Charitable Hospital and LIP and LHF. Her visit to Leh is the result of the decision taken after panel discussion in January DIPAS organised conference in Delhi to extend research facilities in civilian sector. She advised LIP and LHF to get accreditation from DST and than apply for project funds.

For LIP: her visit has been fruitful and hopefully a beginning of an association of collaborative study: we need to discuss the issue in depth-plane things and write projects before the end of this year to follow up with concerned authorities for sanction.

July 13 to 14: 2005

Dr. T. Norboo and Dr. T. Lhadol of LIP were invited to attend and present papers in the workshop cum seminar “High altitude health related issues and high altitude medicine” held jointly by DIPAS and 153 GH. Dr. T. Norboo was on the panel discussion of experts where the army commandant as users of health related recommendations participated. The high point for LIP was the appreciation by Dr. S. Silwamurthy the chief controller of DRDO of our contribution and their willingness to work with us in collaboration and extending their support.

