

Himalayan health exchange

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*****PASTE*****

Himalayan Health Exchange

2003 International Health Expeditions' Schedule

Himalayan Health Exchange and Office of 'Health Care Program For Tibetans in Ladakh' will organize the following medical/dental camps in the remote Himalayan regions of Indo-Tibetan Borderlands and North India in 2003. Participation for all expeditions is open to: - Residents & Medical, dental, nursing, pharmacy and P.A. students. Each trip is designed to provide care to approximately 1200 underserved patients and an opportunity for international health exposure to participants. Participation on each trip is limited to 18.

Note: Participants will work alongside physicians in non-traditional clinical set-ups. Participants are responsible for arranging their own funding to cover trip cost and must be willing to put in a minimum of 6-8 hours of clinical work, each day, for seven days straight on each camp.

2003 Schedule

Dharamsala: Dharamsala (North India,) home to The 14th Dalai Lama and Tibetans in Exile. March 29 April 13

Tibetan Settlements: Tibetan Settlements of Ladakh in the Western Trans-Himalayan region of North India. May 17-May 31

Spiti, Tibetan Borderland : Ancient Tibetan kingdom of 'Guge' along Indo-Tibetan Borderlands. June 5 June 23

Chang Thang Plateau, Tibetan Borderland (Ladakh): Medical-dental expedition to Ladakh and Tso-Morari lake 15,000' on the Chang Thang Plateau along the Indo-Tibetan border. July 17 - Aug. 4, 2003.

Kalim Pong - Sikkim: Tibetan settlements of Eastern Himalayan Kingdom of Sikkim. October 4 October 18, 2003.

For Details : e-mail: info@himalayanhealth.com URL www.himalayanhealth.com

Or Contact: Ravi I Singh (404) 929-9399

Dr. William Norton (912) 685-5997, e-mail: nbnorton@pineland.net

Himalayan Health Exchange

2003 International Health Expeditions' Schedule:

Himalayan Health Exchange and Office of 'Health Care Program For Tibetans in Ladakh' will organize the following medical/dental camps in the remote Trans-Himalayan regions of Indo-Tibetan Borderlands and Nepal in 2003. Participation for all expeditions is open to: - Residents & Medical, dental, nursing, pharmacy, public health and P.A. students. Each trip is designed to provide care to approximately 1500 underserved patients and an opportunity for international health exposure to participants. Participation on each trip is limited to 18.

Note: Participants will work alongside physicians and dentists in non-traditional clinical set-ups. Participants are responsible for arranging their own funding to cover trip cost and must be willing to put in a minimum of 6-8 hours of clinical work, each day, for seven days straight on each camp.

2003 Schedule

Dharamsala: Dharamsala (North India,) home to The 14th Dalai Lama and Tibetans in Exile. **March 29 – April 13**

Tibetan Settlements: Tibetan Settlements of Ladakh in the Western Trans-Himalayan region of North India. **May 17 – May 31**

Spiti, Tibetan Borderland : Ancient Tibetan kingdom of 'Guge' along Indo-Tibetan Borderlands. **June 5 – June 23**

Chang Thang Plateau, Tibetan Borderland (Ladakh): Medical-dental expedition to Ladakh and Tso-Morari lake 15,000' on the Chang Thang Plateau along the Indo-Tibetan border. **July 17 - Aug. 4, 2003.**

Lingshed: Medical-Dental trek to a remote Tibetan village in Zaskar, Ladakh. **July 31 - August 23, 2003.**

Lukla - Everest Base Camp: Camp at Lukla followed by a trek to Kala Pathar and Everest Base Camp 18,200'. **September 18 – October 6, 2003**

Kalim Pong - Sikkim: Tibetan settlements of Eastern Himalayan Kingdom of Sikkim. **October 4 – October 18, 2003.**

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X-Sender: simla7@pop.mindspring.com
X-Mailer: QUALCOMM Windows Eudora Version 5.0
Date: Wed, 30 Oct 2002 11:18:42 -0500
To: April Rodon <asr7@po.cwru.edu>
From: Himalayan Health Exchange <info@himalayanhealth.com>
Subject: Re: International Health Camps (2002 STUDENTS' BULLETIN)

Dear April,

All of our medical/dental camps are located in very remote regions of the Himalayas. Camps are organized at sites selected by our coordinators and local state health authorities. Some of our camps are organized at the Tibetan Refugee Settlements that fall under the administration of Tibetan Health Department (Govt. Of Tibet in Exile.) To reach these regions as a team of 10 or more, we are required by the local Govt to use services of its approved local based and licensed our fitters whom we pay for all the ground operations.

Trip costs range between US \$ 3,800-\$4,100 and are inclusive of international airfare, domestic flights within the host country, accommodations, meals and services of hired staff and interpreters. It includes almost everything including small and detailed items such as distilled bottled water etc. Trip cost does not include visa fee or other expenses related to personal items. We do have an administration cost of \$680 built into the above stated trip costs. A large amount of this administration cost supports our project heart that sponsors Rhuematic Heart disease patients for valve replacement surgeries. We sponsor 2-3 patients each year.

Students are supervised and work alongside US based physicians who lead the teams. Local physicians and health care workers join in during clinics as an exchange and work jointly to provide care to our patients. At the end of each clinic day, an hour is set aside for case study in which students can go over and share their experience with the rest of team on the most interesting/complicated case of the day. Interpreters whenever needed, are provided during clinic hours.

Here are e-mail addresses of three MS 4 students who had recently participated in our programs. Please feel free to contact them to hear about their experience. So far we have not had a single student who has not had a good experience. In most cases it has been life changing in the positive way.

1) Dr. Laurie Norcross Resident 1st yr e-mail: <Lnorcross@hotmail.com >
2) Allene Gagliano MS 4 UV e-mail: ag6d@virginia.edu [434-244-4066](tel:434-244-4066)

3) Shawn Vanio MS 4
Ph # 716-564-1707
srvainio@buffalo.edu

Attached, please find a copy of our 2003 Schedule for MS 4. I will be happy to answer any questions or concerns that you or any of your students have.

Thank you

Sincerely

Ravi I Singh
Himalayan Health Exchange
404-929-9399

At 09:48 AM 10/30/2002 -0500, you wrote:

Thank you to whomever passed this along to my office. I have a few questions concerning this program. First would be cost, would you be able to briefly summarize approximate costs involved for airfare, food & lodging, cost for the program? Who are the physicians who supervise this program and do they speak English to communicate with the students since the students really won't be communicating much with the patients. Have you had students who have already been part of this program with good results? This sounds like a great program. I'll be happy to pass this along to our 4th years. April

>X-Sender: simla7@pop.mindspring.com

>Date: Wed, 14 Nov 2001 20:57:07 -0500

>From: Himalayan Health Exchange <info@himalayanhealth.com>

>Subject: International Health Camps (2002 STUDENTS' BULLETIN)

>Ravi Singh

>404-929-9399

> Himalayan Health Exchange

> 2002 International Health Expeditions' Schedule:

& Each trip is designed to provide care to approximately 1500

>underserved patients and an opportunity for international health exposure

>to participants. Participation on each trip is limited to 18.

> Note: Participants are responsible for arranging their own funding to

>cover trip cost and must be willing to put in a minimum of 6-8 hours of

>clinical work, each day, for six days straight.

> Dharamsala: May 3 , 2002.

> Lukla- Everest Base Camp: May 20

> Spiti : 2002.

> Chang Thang Plateau, Tibetan Borderland (Ladakh): 15-day medical-dental

>expedition to Ladakh and Tso-Morari lake 15,000' on the Chang Thang Plateau

>along the Indo-Tibetan border. 2002.

> Lingshed: Medical-Dental trek to a remote Tibetan village in Zaskar.

> July 31 - August 23.

Panamik: Oct 20, 2002.

- > For Details : e-mail: info@himalayanhealth.com
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- > Professor of Surgery, International Medical Education, Tropical Medicine
- > George Washington University Medical Center
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- > www.himalayanhealth.com
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- > 2002.doc"

April S.Rodon
Coordinator
Center for International Health
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216-368-6321 ph
216-368-8664 fax

There is no beginning or end,
yesterday is history, tomorrow is mystery
today is a gift (author unknown)



A-14 Schedule 2003 MS 4.doc