

HEALTH OF BHUTANESE PEOPLE



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* MALE DOMINATED

* MALES AND FEMALES
HAVE SHARED
RESPONSIBILITIES

SOURCES OF CHRONIC LUNG DISEASES



* KIDS LEARN TO SMOKE EARLY



* GRANDMA STILL SMOKING



* INDOOR BIOGAS FOR COOKING IS A MAJOR LUNG HAZARD!

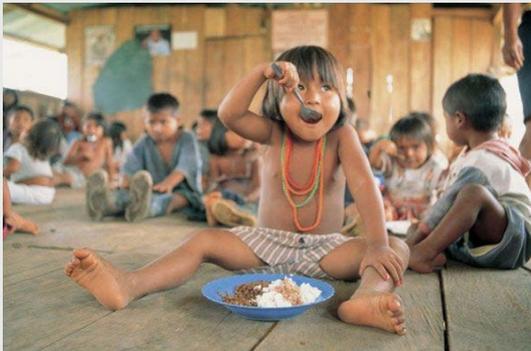


WHY SO MANY CASES OF TUBERCULOSIS?



- * SMALL CLOSELY BUILT REFUGEE CAMPS
- * POORLY VENTILATED INDOORS
- * LACK OF HYGIENE
- * POOR IMMUNIZATION STATUS

* INADEQUATE NUTRITION



* IMMUNOCOMPROMISED

WHY SO MUCH GASTROINTESTINAL ISSUES?





CHRONIC SEVERE HEARTBURNS



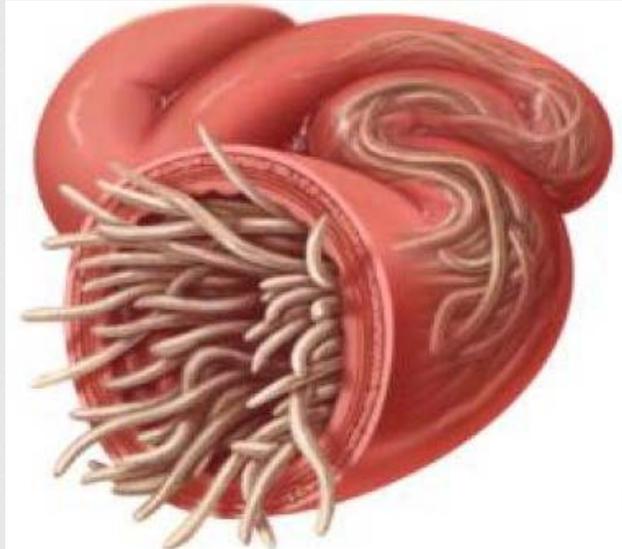
- * STRESS
- * CHILLIES
- * STRESS
- * CHILLIES



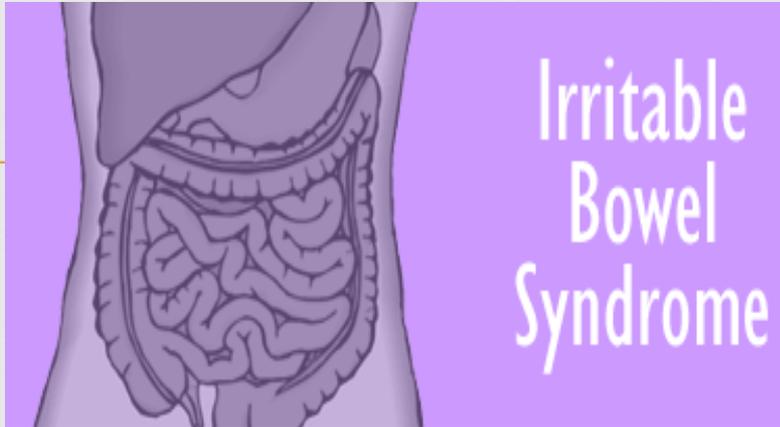
*** AND SOME MORE STRESS



ANY AND ALL KINDS OF INTESTINAL PARASITES



- * POOR HYGIENE
- * UNCHECKED
- * UNTREATED



- STOMACH CRAMPS
- BLOATING
- DIARRHEA
- CONSTIPATION
- NAUSEA, VOMITING

* VERY COMMON

* SOMETIMES NOT EASY TO FIX

* RELATED TO STRESS

WHAT IS STRESS FOR BHUTANESE PEOPLE?



- ❧ Losing house, cattle, property, citizenship in Bhutan
- ❧ Losing identity
- ❧ Physical torture endured during revolution in Bhutan
- ❧ Losing family members to torture and displacement
- ❧ Living in small concentrated refugee camps in Nepal
- ❧ Illiteracy
- ❧ Lack of job opportunities
- ❧ Poor accessibility to health care facilities in both Bhutan and Nepal

STRESS CONTINUES IN USA



- ❧ Adjustment disorders in USA
- ❧ Losing medical insurance
- ❧ Transportation and language difficulties
- ❧ Feeling of inadequacy of not being able to provide for their families
- ❧ Still carrying pain of lost and scattered family members
- ❧ Chronically sick and disabled family members
- ❧ Minimum wage hard jobs
- ❧ Internal conflicts within families

ARE WE SURPRISED AT HIGH FREQUENCY OF MENTAL HEALTH DISORDERS?



- ❧ DEPRESSION AND ANXIETY MOST COMMON
- ❧ PSYCHOTIC DISORDERS
- ❧ PSEUDOSEIZURES !!!
- ❧ ALCOHOL ABUSE AND SUBSTANCE ABUSE
- ❧ SOMATIZATION DISORDERS

“SOMATIZATION”



- ❧ HEADACHE
- ❧ CHRONIC ABDOMINAL AND PELVIC PAINS
- ❧ IRRITABLE BOWELS
- ❧ FATIGUE
- ❧ SHORTNESS OF BREATH
- ❧ BURNING SENSATION, TINGLING, NUMBNESS

WHAT IF I COULD DO DIFFERENT?



- ❧ KEEP EYES OPEN TO SIGNS OF ACTUAL DISEASE
- ❧ REGULAR SCREENING FOR MENTAL HEALTH DISORDERS
- ❧ AVOID REPETITION OF EXPENSIVE UNNECESSARY TESTS
- ❧ SPEND MORE ON DAMAGE CONTROL OF MENTAL HEALTH

ADDRESSING MENTAL HEALTH



- ❧ NEVER EASY !
- ❧ REFERAL TO MENTAL HEALTH PROFESSIONALS
- ❧ NEED FOR NEPALI SPEAKING MENTAL HEALTH PROVIDERS
- ❧ UNDERSTANDING THEIR PAST AND SPENDING MORE TIME WITH PATIENTS
- ❧ FAMILY EDUCATION
- ❧ AVAILABILITY OF CASE WORKERS AND SOCIAL WORKERS
- ❧ CONTINUATION OF MEDICAL INSURANCE BASED ON DISEASE

OPTIMISTICALLY SPEAKING...



- ❧ TRANSITION TO USA HAS BEEN ONE OF THE BEST THINGS THAT HAS HAPPENED
- ❧ PEOPLE ARE GRATEFUL TO BE HERE
- ❧ GETTING MEDICAL ATTENTION, THEY HAVE ALWAYS DESERVED



**MAKE NO
JUDGMENTS WHERE
YOU HAVE NO
COMPASSION.**

THANK YOU ALL FOR LISTENING

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