Global Health Outreach Clerkship Takes SOP Students to Guatemala

For the second straight summer, SOP Assistant Professors Drs. Shawna King and Niambi Horton traveled out of the country with a group of P4s as part of the Global Health Outreach elective clerkship. The students, all from the SOP’s Dallas/Fort Worth campus, included Zubin Bhakta, Steve Hammond and Tyler Sledge.

The group spent nine days in Guatemala performing health screenings and educating patients about diabetes, hypertension, lifestyle issues and a variety of other topics of concern to the community. Their first three days were spent in Guatemala City learning about the Guatemalan national health care system and visiting primary care clinics in remote areas surrounding Guatemala City. From there, they traveled to Santiago Atitlán, the capital of the Tz’utujil Mayan community, and worked alongside staff and volunteers from all over the globe at Hospitalito Atitlán and at a local church.

“Choosing the location and which organization is very difficult,” Dr. King said. “We spend much time researching, discussing and praying about this decision. But we are both passionate about Central and South America and plan to continue our mission work in that part of the world.”

Dr. King said the GHO clerkship took place in Costa Rica last year because she and Dr. Horton had both been there several times previously. This year they had the opportunity to go to Guatemala with CEDEPCA (Centro Evangélico de estudios pastorales en Centro América), an organization Dr. Horton worked with while she was in college.

“We wanted to work with an organization rather than organize our own trip this year to make sure we had a lasting and sustainable impact in the communities where we worked,” Dr. Horton said. “This is why I pursued a career in health care and academia. It combines all of the things I love the most: helping and teaching people. In these experiences I learn as much from the students and patients on the trip and during the rotation as I teach, perhaps more.”

To participate in the clerkship, students undergo an application and interview process. Those selected then spend more than a month preparing for the clerkship by learning about the culture, taking Spanish classes, collecting donations and working with Drs. King and Horton at various local clinics and organizations. For the students who took part in the clerkship this year, the experience proved to be very rewarding.

“My first rotation as a fourth-year pharmacy student may indeed have become one of the most educational experiences of my life,” Zubin said. “I was taught about different cultures, the practice of pharmacy in and out of the United States and even about me as an individual. We were forced out of our comfort zones, which ultimately allowed us to know what we were truly capable of. From this I was able to understand that no matter the barriers that are present, if we work hard enough we can find ways to overcome them. I would recommend this rotation hands-down to any of my colleagues who wish to grow, not only as a student, but also as a person.”

Tyler said the clerkship gave him a new look at medical care and provided him with insight into building relationships, communicating and respecting other cultures.

“My hope is that the events that took place over this time will serve as a base to how I hope to perform in both my future career and life,” Tyler said. “The Global Health Outreach rotation was an excellent experience from both a personal and academic aspect because we were able to see first-hand how a culture with limited resources to health care functions and the resilience of the people that make it happen. Professionally, I feel a greater understanding of how to approach situations with patients from different cultures and in situations where communication may not be as straightforward as it may seem.”
Global Alliance for Clean Cookstoves

Exposure to toxic smoke from traditional cookstoves and open fires accounts for nearly 2 million deaths annually, with women and young children the most affected, according to World Health Organization estimates. The primary means of cooking and heating for nearly 2 billion people in the developing world, exposure to cookstove smoke has cascading implications, including: increased health problems, personal security risks, environmental consequences, and a negative economic impact.

Cookstove smoke contributes to a range of chronic illnesses and acute health impacts, such as acute pneumonia in children under the age of five, lung cancer, and Chronic Obstructive Pulmonary Disease (COPD). A growing body of evidence suggests links to other conditions, including Tuberculosis, cardiovascular disease, cataracts, and low birth weight.

The World Health Organization estimates harmful cookstove smoke to be the fifth-worst overall health risk factor in poor, developing countries.

In addition to health consequences, the use of traditional cookstoves and open fires also has environmental consequences. Roughly 3 billion people cook their food by burning solids, such as wood, dung, or coal in crude, polluting stoves. The use of these fuels represents a significant part of the total primary energy demand in developing regions, nearly half for Africa and more than a quarter for India.

Inefficient, polluting cookstoves can contribute to climate issues through emissions of greenhouse gases like carbon dioxide, methane, and aerosols such as black carbon. The broad use and adoption of clean cookstoves would significantly reduce these emissions.

The Global Alliance for Clean Cookstoves, a public-private partnership led by the United Nations Foundation, was created to combat health issues caused by cookstoves. The goals of the alliance are to save lives, improve livelihoods, empower women, and combat climate change by creating a thriving global market for clean and efficient household cooking solutions.

The alliance will work in cooperation with other leading international non-profit organizations, foundations, academic institutions, corporate leaders, governments, UN agencies, and local NGO’s, women’s self-help groups, and community members to achieve their goals and help overcome the market barriers that currently impede the production, deployment, and use of clean cookstoves in the developing world.

The Alliance has initiated the ‘100 by 20’ campaign which calls for 100 million homes to adopt clean and efficient stoves and fuels by 2020, thereby laying the foundation for a long-term, universal adoption of clean and efficient cooking solutions.

For more information about the Global Alliance for Clean Cookstoves, go to www.cleancookstoves.org.

Quick Facts from CleanCookstoves.org:

- Exposure to cookstove smoke kills nearly 2 million people every year.
- Nearly 3 billion people use polluting, inefficient stoves and open flames to cook their food.
- Exposure to cookstove smoke doubles a child’s risk of contracting pneumonia.
- Girls spend as many as 20 hours per week collecting fuel.
- Clean cookstoves save families fuel and money.
- Stove companies create local jobs and improve livelihoods.

The Killing Fields

A CIMA Movie Review by Bethany Williams

Based on a true story, The Killing Fields is set in Cambodia in the 1970s during the regime of the Khmer Rouge. This powerful story centers around two characters: an American reporter, Sydney Schanberg, and his Cambodian translator and fellow reporter, Dith Pran. The film details not only the war, but also the friendship that grows between the two men as they face the difficulties born of a violent and powerful regime.

Although The Killing Fields is difficult to follow in the beginning, it is worth sticking out the first twenty minutes. This film is excellent if you enjoy learning about world history and the plight of a nation caught in the midst of war. Not only is it educational, but it is entertaining and moving. This dramatic account of the power of friendship, perseverance, and dedication will inspire you in your own relationships and battles.

Bethany Williams is a second year medical student. Look for more CIMA movie reviews in future volumes of Global Matters. All reviewed films can be checked out from the CIMA Library. For more information visit our website at ttuhsc.edu/cima/library.
Mark Your Calendar: the CIMA Film Series

You’re invited to join the CIMA office as we host a screening of one of the many films from our extensive library.

12:00 Noon CST

- Thursday September 9
  ACB 260 K
- Thursday October 14
  ACB 250
- Thursday November 11
  ACB 250
- Thursday December 2
  ACB 260 G

**October Feature Film:**
As We Forgive
Can mercy restore what genocide destroyed?

**November Feature Film:**
Hold Your Breath
A deadly disease, a deeply religious man, a compassionate doctor, a collision of cultures

Future film titles to be announced!

Attendees are welcome to bring their own lunch.

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The Center for International and Multicultural Affairs cordially invites you to

**BEYOND BORDERS, BEYOND MEASURE**

An exhibit of photographs taken by TTUHSC students engaged in service & study abroad

*Louise Hopkins Underwood Center for the Arts*

*Icehouse Gallery*

*511 Ave. K*

*Lubbock, Texas*

*Friday, October 1, 2010*

*6:00-9:00pm*

*Come and go.*

Featuring photographs taken by Meredith Aikman, Katy Britten, Whitney Boyce, Emily Calasanz, Mohammed Hamzeh, Karen Luk, Craig Milner, Christine Pan, Kaiti Severson, Tracy Soledad, Meera Subash, and Brenda Watkins

All proceeds from the sale of photographs will go towards scholarships for TTUHSC students participating in international programs and activities.
University of Edinburgh Researches Ectopic Pregnancies

Ectopic pregnancies occur when a fertilized egg becomes implanted in the fallopian tube instead of the uterus. While ectopic pregnancies are rare, accounting for approximately 2% of pregnancies, they can result in the rupture of fallopian tubes and may affect a woman’s ability to conceive later on.

Of women who develop ectopic pregnancies, the number of those who smoke is four times greater than the number of those who do not. Research conducted at the University of Edinburgh, and funded by the Wellbeing of Women charity, has recently uncovered the cause. Tissue samples from female smokers and non-smokers, as well as women who had previously experienced health and ectopic pregnancies were examined.

It was discovered that female smokers had twice the level of protein PROKR1 in their fallopian tubes as compared to non-smoking females who experienced healthy pregnancies. This protein thwarts muscle contractions in the walls of the fallopian tubes, thus halting the transfer of the fertilized egg into the uterus. Cotinine, a chemical in cigarettes, is known to cause the production of increased levels of PROKR1.

In addition to the affects smoking has on the lungs, this research has shown that components of cigarette smoke are transported through the bloodstream to affect the reproductive system. You can find the complete report in the latest edition of the American Journal of Pathology.
~ article from World News—Daily Mail Reporter

Bunol has a population of 9,000 people. During the festival 30,000 visitors are expected to attend. Unable to accommodate such a large increase in population many participants must resort to staying in nearby Valencia.

The tomato fight has been a tradition in Bunol since around 1944. Regardless of the origin of the festival, its fair to say that you probably won’t find a more unusual, or more messy, festival anywhere else in the world.

To view more images of La Tomatina visit the following websites:

- latomatina.org
- Lonely planet
- Indie Travel Podcast
- Yahoo! News
- The Wondrous.com

Spain’s Tomatina Festival

Mama always said to eat your vegetables, but in Bunol, Spain (located in the Valencia region), people gather each year to throw their vegetables.

La Tomatina is a week long festival that culminates in a giant food fight. It is held on the last Wednesday of August and has become one of the highlights of Spain’s many summer festivals.

Thousands of tourists and visitors flock to the small village of Bunol to be a part of the event. Truckloads of over-ripe tomatoes are brought to a central location and then the havoc ensues.

In preparation of the pulpy mess, local shopkeepers cover their storefronts with huge plastic covers.

The exact history of La Tomatina is unknown. There are many different stories that suggest the origin of the world’s largest tomato fight. These stories have become part of the Tomatina legend.

Usesful Websites

- Need assistance with your next trip abroad? Try visiting the following websites:
  - To obtain or renew your passport: travel.state.gov/passport
  - To register your upcoming trip abroad with the State Department: https://travelregistration.state.gov
  - To obtain country specific information regarding your destination: travel.state.gov/travel
  - To find a list of vaccinations required or recommended for your destination: www.cdc.gov/travel/vaccinationslist.aspx
  - For information regarding what you can and cannot bring back from your trip (know before you go): www.customs.gov/xp/cgov/travel/traveltips/broughtback.htm
  - To locate a U.S. Embassy: www.usembassy.gov
  - For information regarding air travel including carry-ons and prohibited items: www.tsa.gov/travelers
  - To view current exchange rates: www.xe.com/ucc/
  - Students should also consider purchasing an International Student IDentity Card (ISIC) for discounts abroad: www.isic.org
  - To vote absentee if an election is being held while you’re abroad: www.fvap.gov

- To view more images of La Tomatina visit the websites:
  - latomatina.org
  - Lonely planet
  - Indie Travel Podcast
  - Yahoo! News
  - The Wondrous.com
Harjot Singh grew up in Houston, TX and attended undergrad at the University of Texas, Austin (UT). For the first two years of her college experience her major remained undeclared. It wasn’t until she attended a medical mission with Global Medical Training, a student organization at UT, during her junior year that she became serious about medicine. Medicine was always a possibility (her mother works in the health care field), but it was her experience with Global Medical Training that convinced her it was the career she wanted to invest in. The idea of working abroad and being involved in international health issues was very appealing.

With Global Medical Training Harjot had the opportunity to travel to impoverished areas of Mexico where the group set up makeshift medical clinics. Seeing the passion the group members displayed for global health concerns and witnessing the kind of impact a group of volunteers can have on a community sparked Harjot’s own interest in international medicine. “I never gave it (medicine) serious thought until I ran across this group. It looked pretty amazing, what they did...I came across this group and it just felt right,” recalls Harjot.

Harjot became involved with the International Medicine Club at Texas Tech University Health Sciences Center after attending one of their meetings last year. The meeting featured Dr. Jason Prystowsky, a physician who works with Doctors Without Borders (MSF) in areas devastated by malnutrition. “It was one of the first organization meetings of the year. It was the beginning of August. There were flyers everywhere that said a speaker from Doctors Without Borders was coming, and I was really excited about that because that is something I want to do eventually,” Harjot recalls.

After attending the first meeting she continued to be involved in the club’s activities. “Whenever I’m interested in something or passionate about something I definitely want to take a more active role in that organization...international medicine is something that is near and dear to my heart. I knew for a fact that I wanted to be involved.” This passion for international health issues led her to accept the position of President for the 2010-2011 academic year.

This academic year the International Medicine Club has restructured its board of officers. “The club has grown tremendously...This year we have so much interest in my class and the upcoming class...that gives us room to do so much more,” says Harjot. With nine officers serving the club they can focus their energies on a wide range of topics and interests. Some of the goals the club wants to accomplish this year include promoting awareness of current events in global health, encouraging activism and being an active solution to problems facing the world, and preparing students to go abroad through clinical trainings.

The International Medicine Club also plans to host a poverty banquet again this year. Last year the club hosted a full house at the International Cultural Center. A unique twist at the banquet provided attendees the opportunity to really experience the impact of poverty. The proceeds of the banquet were donated to Breadlove Foods, Inc., a non-profit organization based in Lubbock that provides dehydrated food products to countries all over the world.

This past summer Harjot joined a group of eight students from TTUHSC who traveled to Jinotega, Nicaragua for a medical mission. This experience is just one of the many Harjot hopes to participate in as a student at TTUHSC. As the interest in international health opportunities continues to grow, it will take a strong leadership team to address the needs of the student body. Harjot and her team of officers hope to do more to provide more international opportunities to students at TTUHSC.

### International Flavor

#### Sesew Froe (Shrimp and Eggplant)

adapted from West African Cook Book by Ellen Gibson Wilson

Serves 4

**Ingredients:**
- 1 medium eggplant, peeled and cubed
- 1 cup boiling water
- 1 teaspoon salt
- 1 can tomatoes, chopped
- 1 bunch green onion, chopped
- 2 medium jalapenos, chopped
- 1 can tomato paste
- 1/2 teaspoon salt
- 1/2 cup parsley, chopped
- 2 tablespoons olive oil

**Instructions:**
- Place eggplant in water with salt and simmer for 10 minutes. Drain and set aside.
- Sauté onions and peppers in oil for 10 minutes. Add tomatoes and simmer for 5 minutes.
- Sprinkle shrimp with salt. Let stand for 10 minutes
- Add shrimp and 1 cup water to the pot. Simmer until shrimp are done.
- Add ginger and tomato paste. Stir well.
- Add eggplant and simmer for 5 minutes.
- Sprinkle with parsley and serve with rice.
Republic of Ecuador

The republic of Ecuador is located in the northern portion of South America between Colombia and Peru. It is approximately the size of Colorado and has a population of over 13,750,000 people. A large majority of this population is mestizo, a mixed Indian and Spanish ethnicity. It’s diverse terrain includes jungle area, a rich agricultural coastal plain, mountain valleys, and a group of volcanic islands in the Pacific Ocean. In recent years the urban population has increased significantly as Ecuadorians from the central highlands and coastal lowlands have migrated towards the cities. Spanish is the official language although many indigenous languages are popular as well, especially the Ecuadorian dialect of Quechua.

In the 16th century Spanish forces arrived in Ecuador defeating the Inca armies and establishing colonial rule. It wasn’t until 1822 that Ecuador gained it’s independence from Spain. It was in that year Ecuador joined the Republic of Gran Colombia. It became a separate republic in 1830. For the most part, both the 19th and 20th centuries were a time of great political turmoil. The 21st century has also seen the rise and fall of many political leaders as Ecuador’s political parties tend to be factionalized. In July 2008 assembly members met to draft a new constitution, the 20th constitution since Ecuador’s independence. A long history of border disputes with Peru was finally settled in 1998 while the on-going conflict in Colombia is still an important border issue impacting Ecuador.

Ecuador’s major exports are petroleum, bananas, shrimp, coffee, cut flowers, cacao, hemp, wood, and fish. It is the world’s largest exporter of bananas and plantains. The dollar was adopted as the national currency in 2000, a decision which helped stabilize the nation’s economy and foster economic growth. However economic growth has slowed with the decline of petroleum production.

According to World Health Organization statistics the life expectancy for Ecuadorians is 70 years for males and 76 for females. The infant mortality rate is 26 of every 1,000 live births. The top ten causes of death for all ages are Ischemic heart disease, cerebrovascular disease, diabetes, lower respiratory infections, hypertension, tuberculosis, perinatal conditions, violence, stomach cancer, and nephritis and nephrosis.
Steven said the rotation started as an opportunity to travel outside the U.S. for the first time and learn about another culture, but the experience was much more than he ever imagined.

"After completing this rotation I have a new outlook on life," Steven said. "It allowed me to experience things that I would have otherwise not been able to experience. No one can take away the things I saw and learned on this trip and I highly recommend every student take advantage of an international health outreach project."

Drs. King and Horton said they received plenty of help in putting together the 2010 GHO clerkship. SOP Assistant Professor Dr. Jill Polk precepted the students in her clinic and Smile company, Sheman Dental Group, Karr Dentistry, Triumph Hospital and Northwest Texas Surgery Center all made donations to Hospitalito Atitlán.

"We also received a great deal of support and help from Summer Balcer (assistant dean for student services) and Janea Robinson (student services unit coordinator)," Dr. Horton said. "Without those two working with us the trip would not have been as successful as it was."

Dr. King said she plans to return to the same area next year with a new group of P4s.

"Medical mission work has been a lifelong dream of mine and one of the main reasons I chose a career in a health care field," Dr. King said. "It is impossible for me to describe how rewarding it is to be able to share this passion with a colleague and pharmacy students."

Dr. Horton is also making plans for next year’s clerkship and will continue to work to achieve the GHO mission.

"This rotation offers the students a rare opportunity not only to grow as pharmacists, but most importantly as people, as human beings," she stressed. "We can all learn something from everyone we encounter in life and it’s important to go where things are different to see how other people in other places and cultures do things so we can take the best of what we see and encounter and bring that back and apply it to our patients and our lives at home."

This article originally appeared in From the Dean’s Desk, the newsletter of the School of Pharmacy, June—July 2010.
International Holidays and Celebrations

September
01—Constitution Day; Slovakia
02—Independence Day; Vietnam
03—Independence Day, Qatar
06—Bonaire Flag Day; Bonaire
07—International Literacy Day; International
09—Rosh Hashanah; Jewish
10—Eid al Fitr; Islamic
11—Ganesh Chaturthi; Hindu
14—San Jacinto Day; Nicaragua
15—Independence Day, Costa Rica
16—Fiesta Patrias; Mexico
18—Yom Kippur; Jewish
19—St. Januarius Day; Italy
20—Keiro-no-Hi; Japan
21—International Day of Peace; International
22—Equinox; International
23—National Day; Saudi Arabia
24—Heritage Day; South Africa
25—Kamarampaka Day; Rwanda
26—The September Revolution; Yemen
27—Maskal; Ethiopia
28—Confucius’s Birthday; China & Taiwan
29—Michaelmas; International
30—Maitresse Delai; Haiti

October
01—Mehregan; Iran
02—Gandhi Jayanti; India
03—Tangun Day; South Korea
04—Independence Day; Lesotho
06—Armed Forces Day; Egypt
08—Independence Day; Croatia
09—Independence Day; Uganda
10—Cirio de Nazare; Brazil
11—Thanksgiving; Canada
12—Independence Day; Equatorial Guinea
14—Santa Fortunata; Peru
15—Rectification Day; Burkina Faso
16—World Food Day; International
18—Heroes’ Day; Jamaica
19—Samora Machel Day; Mozambique
20—Birthday of the Bab; Baha’i
21—St. Ursula Day; British Virgin Islands
23—Proclamation of the Republic; Hungary
24—United Nations Day; International
25—Thanksgiving; Grenada
26—Karva Chauth; Hindu
27—Naming Day; Zaire
28—Ochi Day; Greece
29—Cumhuriyet Bayrami; Turkey
30—Creole Day; Dominica
31—Reformation Day; Germany

Language Lesson:
Pleased to meet you.

Albanian
Gezohem qe te takova

Belarusian
Pryiemna paznajomicca

Catalan
Encantat

Danish
Rart at møde dig

Estonian
Meeldiv tutvuda

French
Enchanté

German
Schön

Hawaiian
Hau’oli kēia hui ‘ana o kāua

Inupiaq
Katigatchiart

Italian
Piacere di conoscerci

Lithuanian
Malonu tave matyti

Malay
Selamat berkenalan

Occitan
Encantat!

Portuguese
Prazer

Samoan
Ua ou fiafa ua ta teleoai

Sicilian
Piaciri di canusciri

Spanish
Mucho gusto Encantado

Tagalog
Kinagagalak kong makilala ka

Uzbek
Tanishganindan hursandman

Xhosa
Ndiyavuya ukukwazi

Zulu
Ngiyajabula ukukwazi

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