

Andean Health & Development

Quality, sustainable health care for Latin America's underserved

Spring 2019 Update



From the Field

by Dr. David Gaus

You may have heard people speak of social determinants of health. These include poverty, poor education, political disenfranchisement, and being a member of a cultural or ethnic minority. Another one is war. I would like to tell you about a patient I saw in clinic early this year.

Eduardo is a 51 year-old man who transported vegetables in big trucks along the Ecuador-Colombia border. He was kidnapped about 5 years ago by the Colombian Guerillas, the FARC, and was threatened with death on a daily basis. He sold everything he owned in order to pay his way out, and after twelve long months, they finally released him.

Shortly after his release, Eduardo was diagnosed with hypertension, diabetes, and post-traumatic stress disorder (PTSD). He is convinced that these conditions resulted from his kidnapping and all the stress related to that experience. Eduardo and his wife have moved several times because he feels his kidnappers continue to secretly monitor him. They hope to live at least a few years in Santo Domingo, Ecuador. Having heard about how we manage diabetes at Hesburgh Hospital, he happened to show up one day when I was in clinic.

This man clearly needed insulin therapy, which has helped him considerably. Cardiovascular disease, and its relation to diabetes, is still not emphasized in medical education in Ecuador, and few physicians know more than to treat diabetes with an old medicine called glyburide and nothing more, let alone insulin. At AHD, we teach all our residents how to provide state-of-the-art diabetes care with some local contextualization.

The complexity of the drug trade and the guerillas on the Ecuador-Colombia border are beyond the scope of this update. It is clear, though, that the unnerving revelations from the “Chapo” trial confirmed the suspicions of many Ecuadorians regarding the nature and extent of drug trafficking. The good news is that it does not seem to be affecting us institutionally at either facility. Eduardo’s story leaves little doubt, however, about the negative impact and the unmeasured consequences this conflict has on both the Colombian and Ecuadorian people. This human impact is one more factor that we must be cognizant of in our daily work.

Thank you for helping us provide high quality health care to the people of rural Ecuador.

David

David Gaus, MD, MPH/TM is the Founder and CEO of Andean Health & Development.

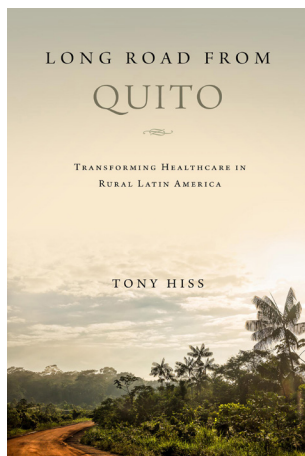
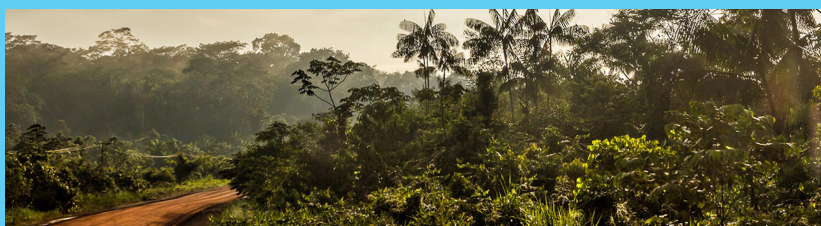


Santo Domingo, Ecuador, and its surroundings have a population of 600,000. The city is a commercial and industrial center situated halfway between the capital and the coast.

With your support, we have provided 20 years of quality, sustainable health care for Latin America's underserved.

Hot Off the Press

Long Road from Quito



A book about the inspiring journey of Dr. David Gaus and Andean Health & Development is now on bookshelves. *Long Road from Quito* is written by Tony Hiss. Hiss is the author of 13 books and was a staff writer at the *New Yorker* for 30 years. Since then, he has been a visiting scholar at New York University.

Available wherever books are sold
Visit undpress.nd.edu or andeanhealth.org.
Or call (800) 848-6224 to order a copy.

A book signing by David Gaus will take place at Hammes Bookstore on the University of Notre Dame's campus on June 1 at 11:30am.

From the Back Cover...

"If you are lucky, a few times in life you will come across a person who is able to hew out of the mountain of despair a stone of hope. It is even rarer still to find in such a leader a genuine sense of humility and a depth of soul that radiates joy and laughter. I know you will enjoy and be inspired by this story of a modern-day man who is as holy as he is innovative, who is as determined as he is fun, and who is both visionary and focused on the set of eyes before him at any given moment." —Lou Nanni, from the Foreword

"Celebrated writer Tony Hiss has used David Gaus's personal and professional life's journey to Ecuador to explore global health in a fresh and intellectually probing manner. Students entering this burgeoning but ill-defined field should read it carefully, as should others who harbor a concern for social justice and equitable access to quality health care." —Barnett L. Cline, Professor Emeritus, Tulane University, Past President, American Society of Tropical Medicine & Hygiene

"Creating health for underprivileged populations through education of family physicians, promotion of healthy behaviors, control of risk factors, disease prevention, and delivery of compassionate and comprehensive care: That is what Long Road from Quito: Transforming Health Care in Rural Latin America is all about, the captivating story of David Gaus and the Andean Health and Development Initiative. A must read for all those interested in health development around the world." —Julio Frenk, President of the University of Miami, Former Minister of Health of Mexico

Two Book Releases in One Month

The third version of our AHD medical manual was published in March. To the right is a group of our graduated physicians who attended the event where we launched the manual in Portoviejo on the coast of Ecuador. The manual is in Spanish and contextualized for health professionals who work in low resource settings. It's where the Washington Manual meets anthropology and sociology: it has all the necessary clinical information but also includes a "sociocultural aspects" section in each chapter. For instance, something as mundane as diaper rash opens the door to a discussion of home remedies with which the physician should be familiar, such as toasted barley powder for diaper rash. Additionally, we are proud to report that the University of Wisconsin Department of Family Medicine has endorsed our manual. To view the online version of the manual, visit biblioteca.saludesa.org.ec.



With your support, we have provided 20 years of quality, sustainable health care for Latin America's underserved.

Meet Our Staff

AHD's facilities are operated by local residents of Santo Domingo and Pedro Vicente Maldonado, Ecuador. The two hospitals staff 110 people. In fact, Hospital Pedro Vicente Maldonado is the largest private employer in that town. Working with and for the communities served instead of as an outside organization drives a faster, more profound transformation of the healthcare system. The economic and social impacts we seek to make in the community explain where the "Development" in "Andean Health & Development" came from.

Jose, Maintenance



Jose started out as a security guard at Hospital PVM 12 years ago. He then worked in the cleaning department and now is in charge of all maintenance needs at the hospital. He's known to be able to fix *anything*!

Dr. Hernandez, OBGYN



Dr. Hernandez provides formal ultrasound and x-ray services for which she was trained in residency. Frequently, ultrasound is performed by physicians who only take a short course, and therefore, can miss important findings on these imaging studies.

Diana, Kitchen



Diana has worked in the hospital cafeteria for two years. She estimates that she makes 90 meals a day.

Dr. Guevara, Outpatient



Dr. Guevara, from Santo Domingo, is a 2014 graduate of AHD's Family Practice Residency Program. She is now the director of the outpatient clinic at Hesburgh Hospital. She is the exemplar of "the health care leaders of tomorrow" from AHD's mission statement.

Juan Carlos, Pharmacy

Keeping a pharmacy stocked with emergency, life-saving medicines is a significant challenge where suppliers also often run out of medications. Our EMR includes an inventory system that Juan Carlos uses to maintain stock minimums and maximums to help alleviate these challenges.

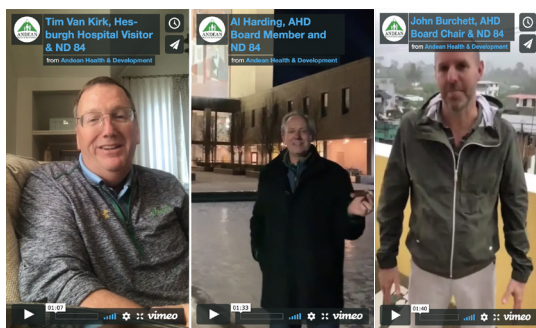


With your support, we have provided 20 years of quality, sustainable health care for Latin America's underserved.

ND's Class of 84 Matching Opportunity for 35th Reunion

In honor of graduating 35 years ago, a group of David Gaus's classmates hopes to raise a \$350,000 gift from the class through a special matching funds campaign. AHD's "Class of 84 Committee" pledges to match every gift from classmates up to \$175,000, essentially doubling all donations, until July 1.

Visit www.andeanhealth.org/84class to learn more about this initiative, to make a gift, and to view the video greetings from 84 class members who discuss how and why they're involved with AHD.



Follow us on FB and Twitter

facebook.com/andeanhealth

twitter.com/andeanhealth

www.andeanhealth.org
info@andeanhealth.org

AHD Advisory Board

Rev. Theodore Hesburgh (1917-2015) FOUNDING CHAIR
 University of Notre Dame

John Burchett, CHAIR
 Washington, DC

Laurie McKeon, VICE CHAIR
 Pleasant Prairie, Wisconsin

Juan Esteban Baus
 University of Notre Dame

Jim Conway, MD
 University of Wisconsin

James Dunn
 Milwaukee, Wisconsin

Rachel English, MD
 Milwaukee, Wisconsin

Mike Flores
 Chicago, Illinois

Peter Gottsacker
 Milwaukee, Wisconsin

Michael Hansen
 Fort Lauderdale, Florida

Al Harding, MD
 South Bend, Indiana

Michael Heisler, MD, MPH
 Sioux Falls, South Dakota

Tara Kenney
 Boston, Massachusetts

Lou Nanni
 University of Notre Dame

Paul O'Hop
 Washington, DC

John C. Rudolf
 Seattle, Washington

Mary Runger
 Chicago, Illinois

Maureen Hesburgh Ryan
 Chicago, Illinois

Jenny Grantham Stein
 Madison, Wisconsin

Peter Urbain
 Chicago, Illinois

Tim Willis
 University of Notre Dame



AHD Management

David Gaus, MD, MPH/TM
 CHIEF EXECUTIVE OFFICER
Diego Herrera, MD
 VP OF SALUDESA

Laura Dries
 CHIEF OPERATING OFFICER
Alicia Acker
 DEVELOPMENT ASSISTANT

Please donate to train local doctors and provide high quality medical care to Ecuador's underserved.

name							
address							
email							
phone							
card type	<input type="checkbox"/> VISA	<input type="checkbox"/> MC	<input type="checkbox"/> AMEX	card expiration date			
card #						3-digit code	
<input type="checkbox"/>	I would like to make a one-time donation of \$ _____.						
<input type="checkbox"/>	I am in the Notre Dame Class of 84; my donation will be matched by generous classmates!						
<input type="checkbox"/>	I would like to join the Hesburgh Hospital Society by pledging \$1,000 each year for 3 years. Enclosed is my first gift.						

Checks may be made payable to Andean Health & Development and sent to 1100 Delaplaine Ct., Madison, WI 53715 or made online at www.andeanhealth.org.

AHD's financials are audited annually by Luloff & Taylor, LLC, CPA. AHD is a 501(c)(3) non-profit. Donations are tax-exempt. Tax ID: 39-1809174. Please ask if your company matches donations. Please also consider bequests and planned gifts by beneficiary designation left to AHD, which can ensure long-term impact. Thank you!

spring 2019

With your support, we have provided 20 years of quality, sustainable health care for Latin America's underserved.