



Fall 2014
Global Health
Lecture Series



12:00 Noon CT
ACB 110

- Monday, August 18
Andrea Tenner, MD, MPH, FACEP
[War, Disaster and Death: Managing Complex Emergencies](#)
- Wednesday, August 20
Peter Hotez, MD, PhD
[The NTDS, Blue Marble Health, and the Antipoverty Vaccines](#)
- Wednesday, September 10
Joel Dickens, MD
[Baptist Medical Center, Ghana](#)
- Thursday, September 18 *ACB 100*
Robert Gupta, TED Senior Fellow
The Medicine of Music
- Wednesday, October 8 *ACB 100*
[Michael Russell, SOM, Class of 2017](#)
- Friday, October 10
Patti Patterson, MD, MPH
[Pediatrics in Jinotega, Nicaragua](#)
- Wednesday, October 22
Christina Esperat, RN & Sharon Decker, RN
[Collaborations with Silliman University, Philippines](#)
- Friday, October 31
Dr. Seema Yasmin, Staff Write,
The Dallas Morning News
Emerging Infectious Diseases: How Worried Should We Be?
- Wednesday, November 5
Bryan Small, CEO, ACT Holdings, LLC
[The Alabama-Coushatta Tribe Economic Development Efforts](#)
- Friday, November 14
Christine Neugebauer, MS, MT-BC, LPC
Applications of Music in Medicine
- Wednesday, November 19
Kenn Freedman, MD
Ophthalmology in Vietnam & Cambodia

Presentations with hyperlinks were recorded and can be viewed on the [OGH website](#) or checked out from the [OGH library](#).

Global Matters

The newsletter of the Office of Global Health

Volume 29, Fall 2014

Spring 2015 Dates for Global Health Lecture Series and Global Perspectives Film series

Global Health Lecture Series

ACB 110, Noon

- Wednesday, January 14
- Wednesday, February 04
- Wednesday, February 18
- Wednesday, March 04
- Wednesday, March 25
- Wednesday, April 08
- Wednesday, April 22
- Wednesday, May 06

Global Perspectives Film Series

ACB 240, Noon

- Thursday, January 22
- Thursday, February 12
- Thursday, March 05
- Wednesday, April 16
- Wednesday, May 14

Available from the OGH Library

The following resources are available for check-out:

Book

Blood & Bone: Poems by Physicians

Edited by Angela Belli & Jack Coulehan

Blood and Bone: Poems by Physicians explores the profound connections between medicine and poetry through the eyes of contemporary physician-poets. These one hundred poems record instances of pain and recovery, joy and grief, humor and irony within the restricted society of caregivers and their patients.

Movie

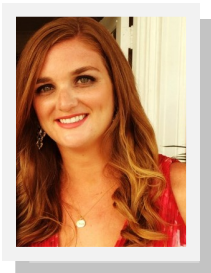
Ghosts of Rwanda

FRONTLINE marks the 10th anniversary of the Rwandan genocide with a documentary chronicling one of the worst atrocities of the 20th century. In addition to interviews with key government officials and diplomats, the two-hour documentary offers eyewitness accounts of the genocide from those who experienced it first hand. FRONTLINE illustrates the failures that enabled the slaughter of 800,000 people to occur unchallenged by the global community.

For more information about the resources available from the OGH library, visit our [website](#).

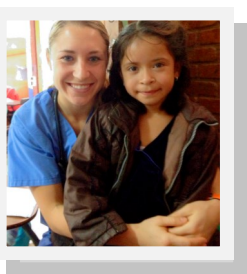
Global Health Alliance Column

It's a new academic year and with it comes a new group of Global Health Alliance (GHA) officers. Here's a look at the 2014-2015 officers.



Nicole Drawbridge
GHA President

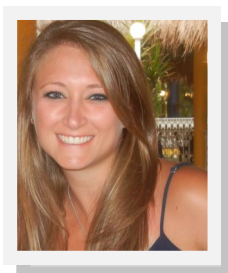
Nicole is a 26-year-old medical student from Dallas, Texas. She completed her undergraduate degree at the University of North Carolina at Chapel Hill. Regarding global health, Nicole expressed, "I am interested in understanding more about the world that my generation is inheriting and how health care providers can make a thoughtful, deliberate, and beneficial impact on eradicating poverty and minimizing disease." An interesting fact about Nicole: "I once went swimming with dwarf Minke whales while diving off the eastern coast of Australia."



Erin Baroni
GHA Vice President

Erin is a 24-year-old student from Carrollton, Texas. She is completing her second year in the Family Medicine Accelerated Track (FMAT) program. She graduated with a Bachelor of Arts in Biology from the University of Texas at Austin. She is interested in global health because she finds "the interplay between culture, economics, politics, and medicine fascinating." Erin continues,

"While volunteering in Nicaragua, I saw this multi-faceted dynamic exemplified, which continually inspires my interest to help those whose political or cultural infrastructures don't provide them with the same security we have here." An interesting fact about Erin: "I work as a personal trainer at the Texas Tech Rec Center and run a free exercise class here at the HSC."



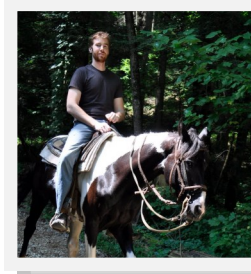
Melissa Ponder
GHA Secretary

Melissa is a 24-year-old medical student from Katy, Texas. She completed her undergraduate degree at Trinity University in San Antonio and earned a degree in Neuroscience. In regard to global health, Melissa expressed, "I'm interested in global health because I enjoy learning about other cultures and think it is important to understand others' backgrounds in order to provide patients the greatest care possible. I've also participated in clinical volunteer trips to Central America and hope to continue working abroad in low resource areas as a future physician." An interesting fact about Melissa: "I spent a semester studying abroad in Auckland, New Zealand, where I was able to sky dive, bungee jump and climb a glacier."



Parin Garg
GHA Treasurer

Parin is a 23-year-old originally born in New Delhi, India where he spent his first 7.5 years before moving to the United States. He completed his undergraduate degree at Austin College, in Sherman, Texas, majoring in Economics. He said he's interested in global health because "growing up in India I was exposed to extreme poverty and a lack of basic health care on a daily basis. My eventual goal is to be able to volunteer my services as a physician back in India for a couple weeks every year. I am also interested in participating in organizations such as Doctors Without Borders." An interesting fact about Parin: "I spent a semester studying abroad in New Zealand where I also hiked up Mount Doom (Mt. Ngauruhoe) from Lord of The Rings."



Ryan Klitgaard
GHA Special Events Coordinator

Ryan is a 28-year-old medical student from Plano, Texas. He received his undergraduate degree in Biology at Texas State University. In regard to global health, Ryan expressed, "I want to help people that truly need it in a way that is meaningful to them." An interesting fact about Ryan: he recently got a puppy!

Continued on the top of page 3.

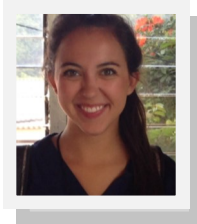
Global Health Alliance Column cont.



Karla Arredondo
GHA Representative, School of Allied Health

Karla is a 29-year-old originally from Mexico. She is currently working on a Master of Occupational Therapy in the School of Allied Health Sciences. She received a Bachelor of Science degree and a minor in Biology from the University of Houston. In regards to global health, Karla expressed, "A sociology class that I took in college made me aware of healthcare systems in different countries, as well as the approach to health care as a culture, and world issues regarding health. I feel that as

healthcare professionals it's important to have a vast understanding of health care because we live in a country with a diversity of cultures, and being knowledgeable of people's experiences with health care helps us gain cultural awareness, be empathetic to different backgrounds, and build rapport with our patients." An interesting fact about Karla: "I love food! I'll try everything when I travel and I've eaten things like cow's brains and eyes, grasshoppers, frogs, and more."



Kelles Garrison
GHA Representative, School of Nursing

Kelles is a 21-year-old nursing student from Richardson, Texas. She is completing her senior year and plans to graduate in May. She completed her pre-nursing requirements at Texas Tech University. In regards to global health, Kelles expressed, "Global health care is the reason I became interested in nursing and it is what I hope to focus on after school. I love traveling and working with people all over the world." An interesting fact about Kelles: "After my first nursing international trip I fell even more in love with global health and I can't wait to see what's to come!"

Mark Your Calendar for the Global Perspectives Film Series



You're invited to join the Office of Global Health as we host a screening of one of the many films from our library.

12:00 Noon
CST
ACB 240

- Thursday
September 25
Saving Face
- Thursday
October 9
A Doctor of My Own
- Thursday
November 13
Silenced Voices
- Thursday,
December 4
TBD

Attendees are welcome to bring their own lunch.
Free snacks will be provided!



Country Close-up* *every issue OGH will select another country to feature

Kyrgyz Republic

Kyrgyzstan is located in Central Asia, west of China, and south of Kazakhstan. It became a Soviet republic in 1936 and achieved independence in 1991 when the USSR dissolved. The inauguration



of Almazbek Atambayev was the first peaceful transfer of presidential power in independent Kyrgyzstan's history.

With a population of 5,604,212, Kyrgyzstanis are 65% Kyrgyz, 14% Uzbek, and 13% Russian. The majority speak Kyrgyz which is one of

the official languages. The other official language, Russian, is used by 13% of the population. The majority of Kyrgyzstanis are Muslim (75%). An additional 20% are

Russian Orthodox.

Kyrgyzstan is a poor, mountainous country with a dominant agricultural sector, including cotton, tobacco, wool, and meat. The economy depends heavily on gold exports,

mainly from output at the Kumator gold mine. As of October 28, 2014, one USD is equal to fifty-six Kyrgyzstani Som.

According to the World Fact Book, life expectancy at birth for males is sixty-six years, while for females it is seventy-five years.

The World Health Organization (WHO) reports the leading causes of death to be cardiovascular diseases; other non-communicable disease; communicable, maternal, perinatal, and nutritional conditions; cancers; injuries; chronic respiratory diseases; and diabetes.



When in... Saudi Arabia

- Men should greet every other man in the room with a handshake and the words *Assalaam Alaikum* (May peace be upon you), to which he will reply *Waalaikum Assalaam* (And peace also upon you).
- Greet the most senior person first, then greet around the room in a counterclockwise direction.
- Close friends of the same sex may embrace. Women greet each other with a handshake or hug. Men should not greet or touch women unless they are blood relatives.
- You will gain respect for expressing your views honestly (especially concerning religion and politics), as long as your case is well reasoned. It doesn't matter if your opinion differs from that of others, since intelligent argument is a good way of demonstrating your intellect and provoking thought in a courteous and dignified way.
- Eat and pass plates of food with your right hand; the left is reserved for unclean uses such as going to the bathroom. Don't touch anyone with your left hand.
- If someone offers you food or drink it is impolite to refuse, but you should not finish everything on your plate because this implies that the quantity of food was insufficient.
- Alcohol and pork are forbidden, even to visitors.

World AIDS Day Facts

By Alma Aranda, Office of Global Health at El Paso

What is World AIDS Day?

- World AIDS Day is held on December 1st each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and to remember people who have died of the disease and its complications. World AIDS Day was the first ever global health campaign. It was commemorated for the first time in 1988.

Why is World AIDS Day important?

- World AIDS Day is important because it reminds the public and governments that HIV/ AIDS has not gone away.

What should I do on World AIDS Day?

- World AIDS Day is an opportunity for you to [learn the facts](#) about HIV and put your knowledge to action by showing support and passing the facts about HIV/ AIDS along to your family and friends.

Be Aware- QUICK FACTS !

- Did you know – there are still about 6,000 NEW HIV infections a day (in 2013)
 - * About 700 are in children under 15 years of age
 - * About 5,200 are in adults aged 15 years and older, of whom:
 - ◇ almost 47% are among women and about 33% are among young people (15-24) (http://www.who.int/hiv/data/epi_core_dec2014.png?ua=1)
- Worldwide, there were about 2.3 million new cases of HIV in 2012.
- 13.2 million children have been orphaned by HIV (<http://www.who.int/gho>)
- About 35.3 million people are living with HIV around the world- although Sub-Saharan Africa bears the largest burden, with nearly 1 in 20 adults living with HIV.
- More than 1.1 million people in the United States are living with HIV, and almost 1 in 6 (15.8%) are unaware of their infection. (www.aids.gov/hiv-aids-basics)
- Every month, 1,000 young Americans become infected with HIV. Young people ages 13 to 24 make up about 26 percent of all new diagnoses in the U.S. (<http://www.cdc.gov/hiv/risk/age/youth/index.html>)

*Please Join the Office of Global Health for
our Spring 2015 cultural event:*

Lunar New Year

*Be on the look out for more information on
the time, date, and location!*

*If you're interested in volunteering to assist
with the event, please email OGH at
globalhealth@ttuhsc.edu*



When in... Saudi Arabia Cont.

- It is okay to sit with your legs crossed as long as you don't point the soles of your feet at anyone.
- Women never travel alone and are not allowed to drive; this applies to visitors.
- Always ask permission before taking someone's photograph, and don't take pictures of women or government buildings.
- Saudi males often walk hand in hand as a sign of friendship.
- Saudi women wear a black silk cloak called the *abaya*, along with a headscarf and veil. Saudi men wear a gown called a *thobe*. This is usually white, although during cool weather you will see darker colors.
- Visitors should dress modestly. Men should cover everything from their navels to their knees. Female visitors usually wear the *abaya* over their clothing, but anything is acceptable as long as it covers the shoulders, arms to the wrist and knees. Headscarves are not essential, but they show respect for the culture.
- You should only give a gift to a very close friend; otherwise, your overfamiliarity will be viewed as a big insult.
- In a restaurant or hotel, a service charge is usually added to the bill, but you should tip an additional 10% for excellent service.

Taken from ***Behave Yourself!*** By Michael Powell

International Flavor



Chevda
*recipe provided by
 Manisha Bhati,
 School of Medicine,
 Class of 2018*

Ingredients:

- 1 1/2 cups Cheerios
- 1 1/2 cups Kix
- 1 1/2 cups Corn Flakes
- 1 1/2 cups plain Rice Chex
- 2-3 tbsp. olive oil
- 1-2 tsp. mustard seeds
- 1-2 tsp. turmeric
- 1-2 tsp. salt
- 5-7 curry leaves
- 1-2 red chili powder (to taste)

Instructions:

- In a large pot, add the olive oil and mustard seeds and heat on the stove at high heat.
- Cover the pan. The mustard seeds will start to pop.
- Once the popping begins, add the curry leaves and lower the heat.
- Wait for curry leaves to crisp (about 20 seconds).
- Add the Kix cereal.
- Roast the cereal for about 1 minute.
- Add the Cheerios and roast for 1 minute. Stir the cereal so the bottom layer does not brown.
- Sprinkle the turmeric, salt, and red chili powder over the cereal. Be sure to spread the spices, otherwise, some pieces of cereal will absorb a lot of spice while others will be lacking.
- Add the remaining cereal and stir to ensure the spices cover all of the cereal.
- Pour mixture from the hot pot into a storage container or bowl.
- Do not close the container until the mixture has fully cooled.

Pan's Labyrinth

A Movie Review

by Karla A. Arredondo, School of Allied Health Sciences, Class of 2015

Guillermo del Toro's fantasy film has been called an adult fairy tale. Even though it is anchored firmly in the reality of war, it is one of the greatest fantasy films created. At first, it is challenging to understand a movie that provides fauns and fairies and creates an inhuman sadist sporting the uniform of a Franco fascist. Only the 11-year-old heroine sees the fauns and fairies, but that does not mean she's only dreaming; they are as real as the fascist captain who murders at the poorest excuse.

The Mexican director was strongly inspired by the sly horror of classic fairy tales but had no interest in making a children's film. Instead we get a film that looks horror straight in the eye. Set in Spain in 1944, bands of anti-Franco fighters hide in the forest, fortified by news of the Normandy landings and other setbacks for Franco's friends Hitler and Mussolini. Capitan Vidal, a sadist under cover as a rigid military man, is relocating his new wife Carmen, who is very pregnant, and her daughter from her first marriage, Ofelia. Ofelia hates her stepfather, who values Carmen only for breeding purposes.

Ofelia comes across a strange insect that looks like a praying mantis. It shudders in and out of frame, and we're reminded of Del Toro's affection for odd little

creatures. The insect, friendly and insistent, seems to her like a fairy. When she says so, the bug becomes a vibrating little man who leads her into a labyrinth and to her first frightening meeting with the faun. Some viewers have confused the faun with Pan, but there is no Pan in the picture, and the international title translates as "Labyrinth of the Faun." The faun seems to be both good and evil; however, what he actually offers is not good or evil, but the choice between them. In a commentary, Del Toro mentions that Ofelia is "a

girl who needs to disobey anything except her own soul." The whole movie, he says, is about choices.

The film is visually stunning, from the imaginatively strange creatures to the baroque organic look of the faun's lair. Del Toro transitions between many of these scenes

with a moving foreground sweep. He portrays most of the mill interiors in a cold blue-grey slate, but introduces life tones into the faces of characters we favor and into the fantasy world. This play of color codes is present throughout the movie, and we travel from scene to scene, intuitively sensing good or evil intentions. With a disturbing, unexpected ending, we are left questioning our judgment and the fantasy versus real world. What was real? What was fantasy?



In the News, Around the World

- [I Used to Cover My Face With a Scarf—But Not Any More: Indian Acid Attack Survivors Unite for Inspirational Fashion Shoot](#)
Five acid attack victims have taken part in a unique photo shoot.
- [Meet the Female Muslim Boxer ‘Bringing Shame On Her Family’](#)
Ambreen Sadiq, one of Britain’s first Muslim female boxers, tells Radhika Sanghani what it’s like battling prejudice and racism from her community—and even her family.
- [How a Dissolvable ‘Tampon’ Could One Day Help Women Stop HIV](#)
Engineers at the University of Washington in Seattle have come up with an experimental technology that may one day make HIV protection for women as easy as using a tampon.
- [Growing a Bounty for Garden State’s Hungry](#)
When Chip Paillex started a garden with his 4-year-old daughter in 2002, he never imagined it would change the lives of thousands of people.
- [Ernest Cole: Brave Photographer Who Exposed Horrors of Apartheid From Within](#)
In 1967, one year after leaving South Africa to go into exile, Cole published his first and only photo book, entitled “House of Bondage.”
- [Arthur Bloom: How the Healing Power of Music Helps Wounded Warriors](#)
Studies show that music can reduce anxiety and even help an injured brain heal. Arthur Bloom, founder of MusiCorps, believes music is medicine for the mind.
- [Searching for the Crashless Car](#)
How did cars become “computers on wheels,” so automated that some are about to start driving themselves? The story begins 45 years ago with a quest to make cars safer and the battle over the air bag.
- [Using Music to Fight Ebola in Liberia](#)
The United Nations Children’s Fund—UNICEF—has worked with local musicians to produce a song “Ebola is Real,” which urges Liberians to take measures against the disease, such as washing their hands.
- [Slavery’s Last Stronghold](#)
Imagine being rescued from modern slavery, only to be charged with a crime. That’s the apparent reality in Mauritania, the country with the world’s highest incidence of modern slavery.
- [Brits May Get Paid for Losing Weight](#)
Overweight Brits may soon find that shedding extra pounds would benefit their wallets as well as their waistlines.
- [A Veteran AIDS Activist Has Déjà Vu from Ebola Panic](#)
Gregg Gonsalves, who himself is HIV-positive, talks about comparisons between the panic over Ebola in the U.S. and the panic and paranoia around AIDS in the 1980s.
- [Why Your Brain Wants To Help One Child In Need—But Not Millions](#)
Why do people sometimes give generously to a cause—and other times give nothing at all?
- [Grannies Taking Care Of Grannies Is Good For Everyone](#)
Who better to check on the health of older folks than other older folks? That’s what AgeWell Global, an innovative program in South Africa, is doing.
- [Why My Grandma Never Had A Pap Smear](#)
Women in the developing world may never be tested for cervical cancer. Clinics are far away, cultural biases may keep them away. Now an inexpensive test lets them do it themselves.
- [Drones Are Taking Pictures That Could Demystify A Malaria Surge](#)
How is a rare strain of malaria spreading near cities in Southeast Asia? That’s the question that’s been puzzling a team of scientists. And they’re using drones to find the answer.
- [A Day for Global Girls Gets People Talking, But Then What?](#)
October 11 is the U.N.’s day devoted to stopping child marriage, stepping up education and much more. Does the day really help? Experts have a mixed reaction.
- [Breaking The Chains That Bind The Mentally Ill](#)
In low-income countries, a person with schizophrenia might be chained to a tree or to a hospital bed. On World Mental Health Day, WHO is urging an end to such practices.
- [Gangs Can’t Stop Columbia’s Butterflies From Rescuing Women In Need](#)
By bus, by bike and by foot, they come to the aid of abused and displaced women in Columbia. And they’ve just won a \$100,000 humanitarian prize for their efforts.

September

07—Zhongqiu Jie (Mid-Autumn Festival); China
08—Moon Festival; Taiwan
15—Respect for the Aged Day; Japan
22—Ancestors' Day; Cambodia
23—Blessed Rainy Day; Bhutan
24—Heritage Day; South Africa
25—National Youth Day; Nauru
26—Culture Day; Marshall Islands
29—Family & Community Day; Australia
30—Agricultural Reform Day; Sao Tome & Principe

October

01—Day of Teachings and Instructors; Uzbekistan
04—Peace & National Reconciliation Day; Mozambique
06—In Honor of Education Day; Kiribati
13—Fitness Day; Japan
15—Rural Women's Day; Malawi
25—Islamic New Year; Algeria
26—Day of Fulfillment; Nauru
28—Civil Servants Day; Brazil

November

04—Community Service Day; Dominica
05—Bonn Om Touk (Water Festival); Cambodia
06—Green March Day; Western Sahara
12—National Youth Day; East Timor
15—National Peace Day; Côte d'Ivoire
19—Puerto Rico Discovery Day; Puerto Rico
29—National Unity Day; Vanuatu

International Holidays and Celebrations

Language Lesson:

Please

Afrikaans	Asseblief	Malagasy	Azafady
Albanian	Lutem	Maldivian	Adhes kohfa
Bosnian	Molim	Ojibwe	Daga
Catalan	Sisplau	Quechua	Allichu
Cuyonon	Patigayon	Romanian	Te rog
Czech	Prosím	Samoan	Fa'amolemole
Dutch	Alstublieft	Sicilian	Pi fauri
Esperanto	Mi petas	Slovenian	Prosim
German	Bitte	Somali	Fadlan
Haitian Creole	Souple	Spanish	Por favor
Hausa	Don Allah	Sundanese	Mangga
Hungarian	Kérem	Swahili	Tafadhali
Igbo	Biko	Tok Pisin	Plis
Indonesian	Tolong	Venetian	Per piasser
Italian	Per favore	Welsh	Os gwelwch yn dda
Lojban	Pluka	Wolof	La neexee
Luxembourgish	Wann ech glift	Xhosa	Ndicela