MULTI-COMPONENT LIONS MEDICAL MISSION TO SAGAING, AND INLE LAKE, MAYANMAR

JANUARY 19, to FEBURARY 2, 2013

LCIF IAG GRANT GA13197/24-A

PRESENTATION SUMMARY
NOVEMBER 2013
Background and time line of project

Country assessment Feb 24-29, 2012
Grant proposal Preparation/Numerous meetings
Grant Submittal Sept 10, 2012
Grant Award Nov 5, 2012 for $30,000.00
Mission trip January 18-Feb 2, 2013
Final report submitted Feb 27, 2013
Final LCIF BOD acceptance April 22, 2013
Total time from start to April 22nd-Approximately 15 months
Major Mission Objectives

• Continue on site Discussions with US Embassy and USAID Personnel in Yangon concerning LCI long term interests in Myanmar and country needs.

• Conduct:
  -- cataract surgeries;
  -- Eye examinations and eye glass dispersment;
  -- Diabetes education seminar/discussions;
  -- Low Vision Seminar/discussions’ at the Sitagu Ayudana Hospital in Sagaing Hills and at the Sitagu Metta Clinic in Inle Lake.

• Outfit a small clinic in Nyaung Shwe Township with advanced analytical equipment to help meet the needs in a catchment area of some 40,000 people.

• The mission focused on the disadvantaged and underserved in these locations and served as a major LCIF country development effort for further Lions activities in the future.

• Follow up meetings in Thailand with PIP Kajit Habanananda and the Lions of Chiang Mai concerning their interest in taking the next steps to promote Lionism in the country.
Participants and areas of responsibility

- Lions Clubs International

<table>
<thead>
<tr>
<th>Name</th>
<th>Area of Responsibility</th>
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<tbody>
<tr>
<td>Lion to be Meera Alibhai</td>
<td>Vision screener, support as needed</td>
</tr>
<tr>
<td>Lion Suleiman Alabhai OD</td>
<td>Lead Optometrist</td>
</tr>
<tr>
<td>Lion PCC Dennis Brining</td>
<td>Overall Project Chairperson, Team Leader, Diabetes training</td>
</tr>
<tr>
<td>Lion Linda Brining</td>
<td>Vision screener, data base development, support as needed</td>
</tr>
<tr>
<td>Lion PDG Dennis Kelly</td>
<td>Lead Vision screener, Auto Refractor</td>
</tr>
<tr>
<td>Lion to be Ahn Thu Phan OD</td>
<td>Optometrist</td>
</tr>
<tr>
<td>Lion Suzanne Tolson</td>
<td>Vision screener, support as needed, Diabetes training</td>
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8/26/2013
<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sumanta Chaudhri MD</td>
<td>Pre-op evaluator 1st week only</td>
</tr>
<tr>
<td>Kweku Grant-Acquah MD</td>
<td>Ophthalmologist -3rd year resident-1st week only</td>
</tr>
<tr>
<td>Bruce Miller</td>
<td>Video Recorder</td>
</tr>
<tr>
<td>Vernon C Parmley MD</td>
<td>Ophthalmologist 2nd week only</td>
</tr>
<tr>
<td>Michael Parmley</td>
<td>Medical Student 2nd week only</td>
</tr>
<tr>
<td>Rich Paul</td>
<td>Executive Director, WAO</td>
</tr>
<tr>
<td>Arvind Saini MD</td>
<td>Ophthalmologist 1st week only</td>
</tr>
<tr>
<td>Robert D. (Bob) Sullivan MD</td>
<td>Ophthalmologist</td>
</tr>
<tr>
<td>Lion Kevin P Wienkers MD</td>
<td>Ophthalmologist</td>
</tr>
<tr>
<td>Justin Yamanuha MD</td>
<td>Ophthalmologist-3rd year resident-2nd week only</td>
</tr>
</tbody>
</table>
Participants and areas of responsibility continued

Global Community Service Foundation

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lion Marcia Selva</td>
<td>President GCSF and Global Spectrum Travel-Travel and logistics</td>
</tr>
<tr>
<td>Max Tolcott</td>
<td>Regional Director-Logistics</td>
</tr>
<tr>
<td>Sao El Sandar Myat</td>
<td>Shan State Representative-Logistics</td>
</tr>
<tr>
<td>Mon, Myat Myat</td>
<td>Dr. Plastic and Reconstructive surgery-Support</td>
</tr>
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Key Supporting Organizations and Primary Subcontractors

**Key Supporting Organizations:**

--Lions Clubs International Foundation- Primary Funder of $30,000.00;
--Fairfax Host Lions Club- Contribution of $1,000.00;
--New Berlin Lions Club of Wisconsin of $2,000.00;
--Allergan and Alcon Ophthalmic Products valued at $86,000.00 each;
--Alcon Phaco supplies valued at $2,000.00;
--The Eyeglass Recycling Center who supplied 1,000 pair of glasses;
--Bausch & Lomb, MST, AAO, Eye Surgery & Laser Center of Wisconsin, Micro Medical Devices & Katena;
--American Diabetes Association and National Institutes of Health for Diabetes Literature
--Dr. Nanissara-Chancellor of the Sitagu International Buddhist Academy-Mission Country Host.

**Primary Subcontractors:**

--Appasamy, Ltd., of India for Intraocular Lens (IOL's) and surgical Supplies ($10,228.80);
--Visual Compassion out of TX for Optometry Supplies ($3,339.04);
--Eye Supply USA & Occusoft for Optometry Supplies ($2,543.10);
--GCSF-All Travel and Logistics ($8,154.20 + all airfare, visa’s and ground packages for each participant).
Yangon

8/26/2013
The Team Arrives in Sagaing
Sitagu Ayudana Hospital
Sitagu Ayudana Hospital Cont.
Vision Problems Encountered Sitagu Ayudana and Inle Lake Hospitals

- **Refractive Errors** - people whose vision can be corrected by glasses
  - Myopia (nearsighted) 30%
  - Hyperopia (farsighted) 70%
  - Astigmatism (mixture of the two 81%)
  - Presbyopia (need for reading glasses in addition to above) 43%

- **Aging Condition of the Eyes**
  - Cataract 167 individual had cataract surgery
  - Age related macular degeneration-no treatment except visual aids

- **Genetic Diseases of the Eyes**
  - Glaucoma-childhood (buphthalmos) as well adult onset
  - Retinitis pigmentosa-tunnel vision with eventual blindness-no treatment
  - Macular dystrophy-almost like age related macular degeneration but much younger onset
  - Optic nerve atrophy-poor vision from childhood due to underdeveloped nerve
Vision Problems Encountered at the Sitagu Ayudana and Inle Lake Hospitals

- **Acquired problems in the eye:**
  - Trauma—usually damage to cornea from outdoor sources—branches, bamboo, tools
  - Pterygium—abnormal growth of scar tissue over cornea due to excessive sun exposure
  - Dry eyes, allergic conjunctivitis, scarring of eyes—again all due to outdoor lifestyle
  - Retinal detachment—unknown cause but acute onset and potentially result in blindness

- **Other eye problems:**
  - Strabismus—an eye turn that can lead to:
  - Amblyopia—lazy eye—need patching and or surgery for strabismus
  - Dacryocystitis—blocked tear duct causing inflammation and pain

*This is the most definitive information we have found on vision problems and should be of enormous benefit to future Lions work in Myanmar.*
Bagan-Time in Between
Sitagu Metta Hospital
Sitagu Metta Hospital Cont.
Sitagu Metta Hospital Cont.
Sitagu Metta Hospital Cont.
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• **Aging Condition of the Eyes**
  -- Cataract - 118 individuals had cataract surgery
  -- Age related macular degeneration - no treatment except visual aids

• **Genetic Diseases of the Eyes**
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Dr. Wunna’s Clinic

- ECG Machine
- Oxygen Concentrator
- Glass ware and Reagents
- Urine Analyzer
- Blood Analyzer
- Autoclave
- Examination Bed
- Rabies Vaccine
- Snake Anti venom
- Plans for follow on support
Key Results of the Mission

- Productive meetings and data collection from USAID and US Embassy personnel concerning our mission and the way forward.
- Conducted over 610 eye examinations and vision screenings.
- Conducted 118 cataract surgeries.
- Dispensed over 250 eye glasses and 500 pairs of sun glasses.
- Introduced the concept of preventative Diabetes Health Care.
- Introduced the concept of low vision rehabilitation into the local medical community.
- Outfitted local clinic in Nyaung Shwe Township with advanced analytical equipment to help meet the growing needs of the local community around Inle Lake which has a catchment area of 40,000 people. This effort also established a key focal point for Lionism to spread in the future. Additional support planned in the future.
Key Results of the Mission Cont.

- Given the overall problems encountered, coming into this country halfway around the world and doing a limited number of cataract surgeries and providing a few hundred pair of glasses has a limited footprint.

- However, being able to capture the scope of the issues surrounding eye care in several locations across Myanmar, having dialogue with their medical professionals, exchanging ideas, discussing ways to improve their ability to practice and introducing new approaches to eye care and Diabetes based on our experiences in the USA lays the true groundwork for future Lions Missions.

- Numerous senior officials and individuals pivotal to our success were made honorary Lions, and the Lions Logo were left on a number of facilities along with plaques commemorating the effort.

- Not counting the Original Country assessment and numerous planning meetings. The team spent more than 4,610 man hours in the actual implementation and support of the effort and preparing the final report. This was an extremely complex effort and had far reaching implications across a very large geographical area with the country.

- Patients ranged in age from 11 months to 97 years old and came from as far away as 1,000 miles to see the “American Doctors” who are perceived to be the last bastion of hope. The mission was the largest and most diverse to be hosted by both hospital locations.

- Set the stage for LCI’s next steps in country and assignment of regional responsibilities.
Long Term Goal for Sitagu-Ayudana Hospital and the 26 Sitagu Clinics Is:
(Dr. Nanissara, July 2013)

• Preserve & Maintain current facilities and equipment.
• Extension & Protection:
  --General equipment is set up in all facilities but complicated equipment such as YAG lasers is still required.
  --Eye Clinics need to have an attached medical clinic or hospital as both go hand-in-hand.
• Training and Education:
  --Choose local staff from the area and send to the main Sitagu-Ayudana Hospital in Sagaing for training (6 months to 1 year).

Note: Any donations will be used to purchase top quality equipment: i.e. YAG lasers, Phaco emulsifiers, operating microscopes, autoclaves, boiling sterilizers, slit lamps, auto keratometers, non-contact tonometers, generators, etc.

• Developing Sitagu Emergency Treatment Plan for natural and man made disasters:
  --One ambulance fully fitted out with equipment and medicines, 2 doctors and 2 nurses;
  --One mobile unit fitted out for surgical purposes;
  --One SUV for team of doctors.

Perhaps there is a future Lions Project in these goals to further our impact in Myanmar?
Recommendations

• Involve the Lions from Thailand who are geographically and culturally closer to the Myanmar people and in a much better position to serve their neighbor.

• Obtain(ed) the long range strategic plans from Dr. Nanissara and updated plans from Dr. Lin in the Ministry of Health.

• The vision needs are so great in this country, that we believe a focused approach by the Lions using this data is critical to help achieve a lasting impact on the population.

• Publish(ed) our findings and make them available to other groups going to Myanmar so they have a better understanding of what to expect and how to prepare for any future missions.
The Lions of Thailand
Thailand Visit Results

- Extremely positive discussions with the Lions of Chiang Mai and PIP Kajit Habanananda about taking the next step to expand Lionism in Myanmar.

- Recommendation to LCI senior management that regional responsibility for Myanmar come under PIP Kajit given his proximity to the country and experience in expanding Lionism in other Asian countries.

- LCI has assigned regional responsibility of Myanmar to PIP Kajit to evaluate registering LCI with the appropriate Ministry and explore setting up pilot Lions clubs in Yangon. Follow up meeting in Oak Brook to determine way forward, August 9-16, 2013.
Thank you for your attention