



Spring 2015  
Global Health  
Lecture Series



12:00 Noon CT  
ACB 110

- Wednesday, January 14  
Ambassador Tibor Nagy,  
State of the World 2015:  
Predictions and Reflections
- Monday, January 26 \* ACB 100\*  
Nelson Guda, PhD  
The ENEMIES Project: a Search  
for Light in Terrible Conflict
- Wednesday, February 4  
Vivien Ingram, SOM, Class of 2017  
Health, Healing, & Hope: Haiti  
Pre-, During, Post- Earthquake
- Wednesday, February 18  
Fatima Lavent, MD  
The Healthcare System of Turkey
- Wednesday, March 4  
Arthur Islas, MD  
Health Care at a Mt. Everest Base  
Camp
- Wednesday, March 25  
Scott Ridley, PhD, Dean, College  
of Education  
East Lubbock Promise  
Neighborhood
- Wednesday, April 8  
Rosalinda Jimenez, EdD, RN,  
APRN, SON  
Using Promoters to Improve  
Outcomes
- Wednesday, April 22  
Justin Berk, MPH, MBA, SOM,  
Class of 2015  
Medical & Systemic Challenges in  
Management of HIV-infected Chil-  
dren in Lesotho, Africa

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 30, Spring 2015

## School Supplies for Nicaragua

The Office of Global Health, Global Health Alliance, Pediatrics Club, and Medical Spanish Club are collecting school supplies for children in Jinotega, Nicaragua, the TTUHSC affiliated site for International Programs for Students.

To contribute, please bring the following items to the Office of Global Health (2B410). Supplies will be collected February 1 through May 1. Cash donations are also accepted and will be used for the purchase of school supplies.

- ◆ Box of Crayons (24/pkg)
- ◆ Wide ruled lined paper
- ◆ Washable markers (8/pkg)
- ◆ Wide ruled spiral bound notebooks
- ◆ Colored pencils
- ◆ Blunt  $\square$ p/rounded scissors
- ◆ Pencil sharpener

For more information, visit the [OGH website](#)

## Available from the OGH Library

The following resources are available for check-out:

### Book

*We Mad Climb Shaky Ladders*  
Pamela Spiro Wagner

*We Mad Climb Shaky Ladders* is a collection of poems written over the course of twenty-five years as the author struggled to live with a devastating mental illness, paranoid schizophrenia. The poems bear witness to the innumerable ways a life can go off course from the inside out—from the small disasters of everyday life, to the devastation of suicide. Schizophrenia is a frightening disease, a psychiatric illness that lies for most people in an uncharted wilderness.

### Movie

*The Age of AIDS*

Twenty-five years after the first reported cases, FRONTLINE presents *The Age of AIDS*. Featuring interviews with Bono, President Clinton, Dr. David Ho, and dozens of other prominent AIDS activists, policy makers, and scientists, the documentary examines how and why humanity has failed to stop the spread of HIV. Filmed in 19 countries, the epic four-hour series chronicles the scientific breakthroughs, political struggles, and human cost of the AIDS pandemic.

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

## Global Health Alliance Column

### AIDS: The Past and the Present

by Erin Baroni, Vice President, Global Health Alliance, School of Medicine, Class of 2017

When the Center for Disease Control (CDC) issued its first report in 1981, 270 cases of 'severe immune deficiency' had been reported, 121 of which resulted in death. Now, the CDC reports that about 50,000 people in the United States acquire HIV every year, adding to the 1.2 million already affected, 14% of whom do not know they are infected. Worldwide, about 35 million people are living with HIV, a number that continues to climb.

Human immunodeficiency virus (HIV) consists of two strains: the more virulent HIV-1 and the less virulent HIV-2, both of which evolved from the much earlier Simian immunodeficiency virus (SIV). Like many other diseases, HIV is believed to have been transmitted via zoonosis, or transfer from an animal to a human, most likely through handling of infected chimpanzees. However, many questions are still

left unanswered, such as why the virus spread in the 20th century despite much earlier human SIV exposure.

The virus works by hijacking reverse transcriptase, an enzyme that allows the cell to use RNA to transcribe DNA. By doing this, the virus can insert its own DNA into ours, allowing it to replicate in the body. HIV preferentially targets CD4(+) T cells, which are responsible



for warding off viruses and other infections in our body, therefore leading to severe immune deficiency in affected individuals. Due to this hindrance on the immune system, the first two diseases seen in AIDS patients were Pneumocystis pneumonia (PCP) and Kaposi's sarcoma, diseases that are rare in healthy individuals.

Early on, it was suggested that the disease was transmitted sexually. The first reported cases were predominantly homosexual males, so the disease was first coined "GRID," or gay-related immune deficiency. Within a year, however, health officials realized that nearly half of those affected were not gay and renamed it Acquired Immune Deficiency Syndrome (AIDS).

Since the early 1980's, those affected with HIV/AIDS have endured stigma from society. Although the virus can only be transmitted through bodily fluid contact, some people still have a bias towards infected individuals. Furthermore, many people are on highly active anti-retroviral therapy (HAART), which significantly reduces an individual's risk of transmitting the virus to others. In a speech given by Princess Diana in the early 1990's she said, "HIV does not make people dangerous to know, so you can shake their hands and give them a hug: heaven knows they need it," yet some twenty years later prejudice is still prevalent.

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## Global Health Alliance Column cont.

Many efforts have been made to eradicate HIV/AIDS. World AIDS Day was established in 1988 to “show support for people living with HIV and to commemorate people who have died.” Both the World Health Organization (WHO) and the CDC have placed eradication as a top priority, hoping to wipe out the disease by 2030. In 2002 the (RED) campaign was started to help raise funds, with clothing lines featured at stores like Gap and (RED) sponsored apps avail-

able through the Apple app store.

Clearly this topic is one of importance and one from which we can glean many important points. Despite new scientific evidence and continually increasing awareness of the disease, many people are still under-educated, frightened, and improperly treated. Although some of these facts may be discouraging, many advances have been made, such as new prophylactic medications on the market and vaccines

in clinical trials. A cure, or at least better prevention, is in the foreseeable future thanks to the efforts of those fighting this terrible epidemic.

Resources:

- [National AIDS Trust](#)
- [Centers for Disease Control and Prevention](#)
- [World Health Organization](#)
- [Healthline](#)

## 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  
May 14  
No Woman, No Cry
- Thursday  
June 11  
TBA
- Thursday  
July 16  
TBA
- Thursday,  
August 13  
TBA

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

### Georgia

Georgia is located in Southwestern Asia between Turkey and Russia. A former Soviet state, Georgia moved forward under the “Georgian Dream” coalition which resulted in a democratic and peaceful government transition of power. In November of 2013, Giorgi Margvelashvili was elected president. Joining the European Union is among the top foreign policy goals for Georgia.



With a population of

4, 935, 880, Georgians are 83% Georgian, 6% Azeri, and 5% Armenian. The majority of the population speaks Georgian with only 9% speaking Russian. 84% of Georgians are Orthodox

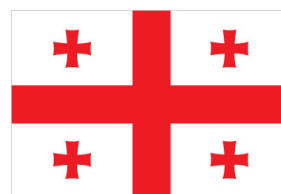
Christian. An additional 10% are Muslim.

While Georgia imports nearly all its needed supplies of natural gas and oil products, its main economic activities include cultivation of agricultural products such as grapes, citrus fruits,

and hazelnuts. Mining of manganese, copper, and gold also enhance the economy. As of February 16, 2015 one USD is equal to two Georgian Lari.

According to the CIA World Fact Book, the life expectancy at birth for males is seventy-one years, while for females it is eighty years.

The World Health Organization reports the leading causes of death to be cardiovascular diseases, cancers, chronic respiratory diseases, and injuries.



## When in... Hong Kong

- In Hong Kong, a greeting will either be an English handshake or a Chinese bow or nod. Bowing deeper than another person is a mark of respect for that person's superior status. Men and women may shake hands. Greet the most senior person in a group first.
- Punctuality is very important, especially in business. An exception is dinner engagements at someone's house, for which you should show up 30 minutes late.
- Offer a business card with both hands, with the text facing away from you. When you receive a business card, it is polite to scrutinize it closely and then keep holding the card, rather than stuffing it in your pocket (which is rude and also signifies the end of the meeting).
- Keep gestures to a minimum. The Chinese use very few gestures when speaking and may find such gestures distracting and irritating.
- Expect to be let down very gently, since the Chinese are very diplomatic and will go out of their way to save face. If you need to discuss a sensitive subject, do so in private so you don't show someone up in public.
- Use the thick end of your chopsticks when taking food from a communal dish. Refusing food or drink is impolite, but don't dig around in a bowl looking for the best bits of food. Leave a small amount of food untouched to indicate that you are satisfied.

## Public Health Week

The Student Public Health Association (SPHA) held its inaugural Public Health Week Monday, April 6 through Friday, April 10. Monday through Thursday SPHA members staffed an information table and distributed cookies and various handouts featuring public health information. On Wednesday, the organization co-hosted the Global Health Lecture *Promotors: Community Advocates* featuring Rosalinda Jimenez, EdD, RN, MSN, APRN-BC. Thursday featured a private screening of *The Waiting Room* at the Alamo Draft-house. The following is an interview of the officers regarding the week's events.

### Why do you think focusing on public health is important?

→ Amanda Cutts, the Social Chair, answered, "The very definition of public health is: to prevent disease, promote health, and prolong life among the population as a whole. In order to do so there is a need to put focus on public health. The only way to make any type of a difference in obtaining the goal of prolonging life would be to take preventative measures to ward off diseases; along with making sure to advocate

for a healthier lifestyle to increase the quality and quantity of life."

→ Taylor Lenzmeier, the President, replied, "I believe focusing on Public Health is important because we go through our everyday life without even thinking about the health effects that we could be putting on ourselves or future generations. Also to be above the hype of the media and advertisement to truly promote what is healthy for our nation."

→ Mike McMurry, the Treasurer, responded with, "Public health is more than vaccination. So many fields are available to follow as a student and as a servant of the community. People do not and will not take care of their body, mind, and soul. Public and global health members I believe, are wired to take on that task."

### How do you feel the week went?

→ Cutts—"I feel the week was a fantastic beginning to a new era in health care at Texas Tech

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## Public Health Week cont.

University Health Science Center. I see Public Health Weeks in the future having more events, information, and a bigger chance of reaching out to the community of Lubbock to get the people involved.”

- Lenzmeier—“I think with the program being so new it went great. We had a lot of people getting interested in Public Health and that was what we wanted out of this first year. We wanted more people to be more aware that Public Health is here now.”
- McMurry—“The week went well as a whole. I would like to see us inside the UMC cafeteria and presenting information and goodies as people go by. I believe we need to make a major splash with the public (those outside the TTUHSC – UMC walls). There are visitors that need to know about public health.”

### What did you think about the screening at Alamo DraftHouse?

- Cutts—“I feel it was a fantastic start to inform the TTUHSC student body about an ongoing issue that affects us here in the states and globally. Many of the individuals who attended the event are metamorphosing into future

healthcare professionals/providers and I think this screening of *The Waiting Room* provided insight into the dilemma of treating uninsured patients. In the future hopefully these screenings will increase in size and encourage more people to make changes in how they want the future of health care to be for the population.”

- Lenzmeier—“I think the screening at Alamo DraftHouse was an awesome experience. We had a great turn out and almost filled every seat. We will definitely want to do something like this again in the future.”
- McMurry—“I believe the film screening went well. For next year, I’d like to incorporate prizes and work around school schedules. Would be nice if the Global Health and Public Health formed a coalition and was able to use resources to promote for social events and fund raisers.”

## When in... Hong Kong Cont.

- Eat rice by holding the bowl close to your face and scooping the rice into your mouth with your chopsticks. Never leave your chopsticks stuck in your rice; this is associated with death.
- It is polite for you to offer to pay, but your host will always settle up. Never suggest splitting the bill because this implies that your host cannot afford it.
- Burping and slurping are acceptable ways of expressing your enjoyment of the food.
- Jaywalking will result in a fine if you get caught. Cars have the right-of-way, so be alert.
- If you show a lot of interest in an item while shopping, you will be expected to buy it.
- Do not wear blue or white at social events; these colors are associated with death and mourning.
- Tipping is much more common in Hong Kong than in China, where it is often considered rude. However, it is still not obligatory.
- Giving gifts, on the other hand, is an integral part of Hong Kong protocol. If someone gives you a gift, you should reciprocate (always wrap a gift, but not in blue paper). You should open the gift in private.
- If you are invited to a private home, bring whiskey, candy, or cookies.

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

## International Flavor



**Braised Chinese Pork Meatballs**  
*recipe provided by*  
**Peihuan Tsai**  
*School of Medicine,*  
**Class of 2017**

### Ingredients—Meatballs:

- 1 pound ground pork
- 1 box firm tofu
- 2 slices ginger (minced)
- 2 green onions (white part only) - finely chopped
- 1 egg white
- 1 tbsp. cornstarch
- 2 tbsp. Chinese rice wine
- 1 tbsp. sesame oil
- 1 tsp. salt
- 1 tsp. sugar
- White pepper—to taste

### Ingredients—Soup:

- 2 cups no sodium chicken stock
- 1 tbsp. soy sauce (or to taste)
- 1 tbsp. oyster sauce (or to taste)
- 1 tbsp. Chinese rice wine (or to taste)
- 2 green onions
- 10 leaves of Napa cabbage (halved)

### Instructions:

- Mince the tofu.
- Combine all ingredients for the meatballs together in a bowl until it becomes very sticky.
- Make 6 wrist-sized meatballs.
- Add the oil and heat the wok on medium heat.
- Turn the heat down to low and sear the meatballs until golden brown.
- Remove the meatballs from the heat and set aside.
- Place the cabbage leaves and chicken stock in the wok. Close the lid and cook until soft.
- Arrange the cabbage in the bottom of the saucepan, place the meatballs on top, and pour in the soup base ingredients. (The liquid should be slightly over the meatballs, if not, add more stock).
- Close the lid and cook on low heat for 1 hour.
- Enjoy! (It's delicious over rice or noodles).

## XXY

### A Movie Review

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

Alex was born with both male and female sex organs. Her parents considered sex “reassignment” surgery when she was a child, but they could not follow through. As a result, Alex was raised as a female until age 15, which is when the film, *XXY* takes place. Alex is on hormone therapy to suppress male hormones, but as the teenage years unfurl, Alex is unsure about how she feels sexually.

Alex is the daughter of a marine biologist and his wife. Her parents have sheltered her from stigma by moving away from a large city in Argentina to an island off the shore of Uruguay. They hope Alex can grow up more privately here, with freedom to be herself and feel like a normal child. Alex, however, expresses that she is tired of moving schools. She also secretly stops taking her hormones. Alex feels neither like a man in a woman’s body, nor like a woman in a man’s body. She is aware that peers see her strangely, and she is tired of trying to succumb to social norms.

The film climaxes when guests arrive on the island: a plastic surgeon, his wife, and their son Alvaro, who is about Alex’s

age. There is a clear attraction between Alex and Alvaro, and they experience what may be the first sexual encounter for both. The scenes are dramatic and impactful, but focus more on what the teens feel than on what they do.

With beautifully composed shots, the film is raw, and real, and at times, quite human. *XXY* is an Argentine-Spanish-French drama film written and directed by Lucía Puenzo. Viewers witness Alex being bullied. They view Alex’s sexuality as the subject of the surgeon’s opinions. Most of all, they see her parents, each with their own opinions

and hopes for Alex, respect Alex’s growth and her journey of self-discovery. Alex is in despair and viewers see it reflected in various scenes. She is tired of being poked and prodded by the unhealthy curiosity of society and tired of being considered a freak. Alex wants to be accepted as herself, but she is not sure who that is. In wanting her to find happiness, her parents provide a refuge, even though they rarely discuss her intersexuality with her. This is precisely why the film can avoid a “solution” and yet end with a bittersweet conclusion.



## In the News, Around the World

- [Should You Donate Differently?](#)  
Technology allows us to give cash directly to the poorest people on the planet. Should we do it? In this thought-provoking talk, veteran aid worker Joy Sun explores two ways to help the poor.
- [When the Flu Wiped Out Millions](#)  
Before Ebola, there was the flu—the Spanish flu of 1918, which burned rapidly through army barracks, refugee camps, troop ships, all the crowded high-risk zones that World War I created.
- [Myanmar: Rohingya Not Welcome](#)  
A decades-old policy has prevented Rohingya from being full citizens in Myanmar. The United Nations estimates more than 100,000 Rohingya fled Myanmar since ethnic and sectarian violence erupted in the country's western Rakhine state in the summer of 2012.
- [Solar Road Opens in the Netherlands](#)  
The world's first road to convert sunlight into energy opens in the Netherlands. It's a small patch of a pike path made of modules that include solar cells. The developer will use it as a test route for three years. Energy created by the road can power traffic and street lights or households.
- [The Guy Who Delivers HIV Medicine On His Bicycle](#)  
A South African teenager got tired of waiting in the clinic for his grandparents' HIV meds. So he came up with a solution. All it took was a bicycle.
- [Me, Myself, and the Loo: A Woman's Future Can Rest On A Toilet](#)  
"My Toilet," a new photo exhibit in London, documents how commodes—or the lack of a proper one—affect the health, safety and education of girls and women around the world.
- [The \\$.30 Kit That Could End Malaria](#)  
Through Ashley Uys' company, Medical Diagnostic, he has developed a self-testing kit that can diagnose the disease in less than 30 minutes, and put sufferers on the path to recovery faster.
- [What Veterinarians Know That Physicians Don't](#)  
What do you call a veterinarian who can only take care of one species? A physician. In a fascinating talk, Barbara Natterson-Horowitz shares how a species-spanning approach to health can improve medical care of the human animal—particularly when it comes to mental health.
- [Predicting the Flu So You Can Avoid It](#)  
Imagine being able to predict when the flu might strike your town, a bit like how meteorologists predict when a storm is heading your way. Think about what companies or hospitals or even you could do to prepare. That's exactly what infectious disease experts at Columbia University's Mailman School of Public Health are doing. They've figured out a way to forecast the flu.
- [This Backpack Was Trash. Now It's a Life-Saving Schoolbag For Kids](#)  
It was trash. They turned it into a backpack. It also doubles as a light. Oh, and it's saving the lives of schoolchildren.
- ['Anti-Women' Citizenship Bill Sparks Fury in Nepal](#)  
Nepal's parliament is proposing to bar all single parents from passing on their citizenship to their children in a new national constitution, sparking outrage among rights activists.
- [Bill Gates Says We Could Eliminate At Least 4 Diseases In the Next 15 Years](#)  
Bill and Melinda Gates' annual letter is out, and it includes some lofty predictions for the future—especially in the way of public health. The letter, which spells out the Gates' hope for the next 15 years, ambitiously predicts that by 2030 humans will have eradicated four diseases from Earth.
- ['Instagram For Doctors' Lets Medics Share Photos to Solve Mystery Cases](#)  
F-1 is a medical photo sharing app that lets doctors upload images and scans to aid diagnosis. Identifying information is removed or covered before images are posted to ensure anonymity.
- [How Did A Celibate 82-Year-Old Buddhist Monk Contract HIV?](#)  
An 82-year-old celibate Buddhist abbot from Cambodia has been diagnosed with HIV. His doctor was the cause: He was reusing syringes and infected a reported 272 individuals, including babies and children.
- [Now This Is An Example Of Truly Educational Radio](#)  
In Sierra Leone, schools have been closed since July to keep the Ebola from spreading. So the government began a new way of teaching—on the radio.

## March

- 01—Nuclear Victims Remembrance Day; Marshall Islands
- 06—Holi; India
- 08—International Women’s Day
- 13—Anniversary of the Election of Pope Francis; Vatican City
- 15—Youth Day; Palau
- 21—Humans Rights’ Day; South Africa
- 24—Truth and Justice Day; Argentina
- 30—Land Day; West Bank
- 31—Micronesian Traditions and Culture Day; Micronesia

## April

- 04—Angolan Peace Day ; Angola
- 07—National Health Day; Kiribati
- 10—Fast and Prayer Day; Liberia
- 14—Cambodian New Year; Cambodia
- 20—Americas’ Da; Honduras
- 21—Ancestors Veneration Day; Belarus
- 23—Children’s Day; North Cyprus
- 25—Korean People’s Army Foundation Day; North Korea
- 28—National Heroes’ Day; Barbados
- 30—Carnival Day; Sint Maarten

## May

- 01—Prayer Day; Faroe Islands
- 04—Greenery Day; Japan
- 05—Anniversary of the Battle of Puebla; Palau
- 09—Victory and Peace Day; Armenia
- 11—Gospel Day; Tuvalu
- 18—Flag and University Day; Haiti
- 21—Navy Day; Chile
- 24—Culture and Literacy Day; Bulgaria
- 25—Africa Day; Lesotho

# International Holidays and Celebrations

## Language Lesson: Toilet Signs

	Male Toilet	Female Toilet
Afrikaans	Here	Damen
Albanian	Burra	Gra
Danish	Herrer	Damer
Dutch	Heren	Dames
Estonian	Meestele	Naistele
Finnish	Miehet	Naiset
French	Hommes	Femmes
German	Herren	Damen
Icelandic	Karlar	Konur
Indonesian	Pria	Wanita
Italian	Signori	Signore
Malay	Lelaki	Perempuan
Norwegian	Herrer	Damer
Polish	Panowie	Panie
Portuguese	Homens	Senhoras
Spanish	Caballeros	Señoras
Swahili	Wanaume	Wanawake
Swedish	Herrar	Damer
Turkish	Erkekler	Bayanlar
Welsh	Dynion	Merched