



International Medical Health Organization (IMHO)

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In This Issue

[Pushing Healthcare to the Next Level in Sri Lanka](#)

[Remembering Dr. Loshini Lakshman](#)

[Sri Lanka Project Updates](#)

[11th Annual IMHO Convention & Texas Chapter Rally Support](#)

[Upcoming Events](#)



Pushing Healthcare to the Next Level in Sri Lanka

Quick Links: Recent Reports

[2014 Annual Souvenir Program](#)

[2013 IMHO Annual Report](#)

[Empowerment of War-Affected Women through the Promotion of Savings](#)

[Mental Health in Older People](#)

[Jaffna Medical Association \(JMA\) Newsletter: June 2013](#)

[2013 Annual Souvenir Program](#)

[IMHO Annual Update: Leading the Way Forward](#)

[Return to our Roots: Full IMHO Overview](#)

[Cancer Care at Batticaloa Hospital](#)

[Let Us Not Forget: Societal Evolution in Sri Lanka](#)

[Mental Health Development Efforts in Sri Lanka & Ethiopia](#)

[Women's Health Issues & Current Needs](#)

[Rebuilding Haiti:](#)

As the medical and health infrastructure in Sri Lanka continues to develop and services are expanded, greater attention is being paid to non-communicable diseases, mental health, and other modern health issues associated with greater longevity and rising standards of living. IMHO has been at the forefront of promoting and supporting such innovative activities as the Jaffna Diabetic Center, Mental Health Rehabilitation Units, Cardiac Catheterization Lab, and the newly established Center for Neuro-Developmental Disorders. These facilities are providing crucial services to those affected by **diabetes, heart disease, psychiatric disorders, autism, and more.**

Another emerging need is to provide treatment and support to people struggling with addiction and substance abuse problems. Alcohol consumption, the rates of alcoholism, and substance abuse issues have been steadily rising in Sri Lanka in recent years. Alcohol dependence, like any addiction, causes changes in the way the body and mind functions, often leaving addicts emotionally crippled and unable to properly care for themselves. Life becomes about enabling the next fix, not on promoting or enabling a quality of life that all persons deserve.

Attempting to quit or cut back on consumption by addicts leads to withdrawals and overall has a very low rate of success in the long-term. Without proper counseling and medical care, patients very often relapse or are unable to see treatment through in the first place. Furthermore, when a person develops an addiction it leads to neglecting all aspects of his/her life, including family, work, health, and day-to-day living.

In response to this emerging need, IMHO has supported the development of the **"Kuruntham" Regional Alcohol Rehabilitation Center** at the Chavakachcheri Base Hospital and is now supporting the development of a **Drug & Alcohol Rehabilitation Center in Kilinochchi** (pictured below), which combined serve a catchment area of several hundred thousand individuals. Together with your support, we can continue to pave the way towards a truly modern and holistic healthcare system.

[Serving the Health and Education Needs in Petit-Goave](#)
[Rebuilding Livelihoods in Sri Lanka: An Appeal](#)

[Profiles of War-Affected Families in Sri Lanka](#)

[In Service of Humanity: Global Outreach of IMHO](#)

[All Previous IMHO e-Newsletters](#)



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Remembering Dr. Loshani Lakshman through a Memorial Cardiac Fund in Jaffna

It is with a heavy heart that we acknowledge the passing of Dr. Mrs. Loshani Lakshman, Anesthetist at Jaffna Teaching Hospital and loving wife of Dr. P. Lakshman (Consultant Cardiologist at Jaffna Teaching Hospital). In honor of this remarkable woman and her commitment to providing care and comfort to others, IMHO with the support of a very generous donor has established the **Loshani Lakshman Memorial Cardiac Fund** in her honor with the first \$10,000 pledged already. These funds will be used for cardiology-related projects in Jaffna that serve the well-being of patients in need and promote the development of cardiac services in the region. Plans are already being made to utilize some of these funds for diagnostic and therapeutic equipment at the Jaffna Teaching Hospital Cardiac Catheterization Lab.



If you would like to **contribute** to the Loshani Lakshman Memorial Cardiac Fund, you are welcome to donate online [HERE](#) (simply make a note of the purpose in the memo line).

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[Picture Galleries](#)

[IMHO in the News](#)

[Blog](#)

[Donate](#)

[Recent Events](#)

1) The Jaffna Teaching Hospital Cardiology Unit is in need of a **TOE (transesophageal echocardiogram) Probe** for the echocardiogram machine IMHO provided earlier, which is now being utilized by 2 Adult Cardiologists and 1 Pediatric Cardiologist. TOE assessment is not only needed for diagnostic purposes but also for therapeutic purposes in ASD device closure and in intraoperative assessment. This added equipment, which is estimated to cost **\$25,000**, will significantly improve the standard of cardiac care for the people of the Northern and Eastern Provinces.

2) Equipment to diagnose and treat gynaecological problems in women is an urgent need in Jaffna. At present, there is no such equipment available to carry out minimally invasive diagnostic procedures. We need your support to help provide a **hysteroscope** (which will enable doctors to carry out diagnostic tests) and **rectoscope** (which will enable doctors to carry out minimally invasive surgeries, including trans cervical resection of endometrium--TCRE). With this new equipment, it will be possible to avoid many unnecessary hysterectomies (removal of the womb). This equipment is estimated to cost **\$29,050**. Please make a contribution today!

3) A **tractor/trailer, plow, and funds for purchasing paddy** donated by IMHO is providing several women-headed households with much needed livelihood assistance in the community of Anaivilunthan, Kilinochchi. This helps transport paddy bags and distribute packed rice & flour to market. It is expected that 107 people will benefit directly and 250 indirectly (children and dependents).



11th Annual IMHO Convention & Texas Chapter Ramps up the Support

11th Annual IMHO Convention: Tustin, CA

The 11th Annual IMHO Convention was held on Saturday, May 3rd in Tustin, California. Several hundred supporters came out for the event, which featured a musical concert, dance performances, dinner, auction, and special presentations by Chief Guest Dr. Harry Leibowitz (*Founder of the World of Children Award*) and Keynote Speaker Dr. Judy Jeyakumar (*Psychiatrist at Kalmunai Base Hospital Mental Health Unit*) who was visiting from Sri Lanka. The annual **IMHO Souvenir Program (2014)** was also unveiled at the event, which you can now access online by clicking [HERE](#).

Many thanks to the event organizers and sponsors for their generosity and commitment, and to those who came out and supported IMHO through this event. Another year, another successful convention!

Texas Annual Fundraising Dinner: Houston, TX

Over 80 volunteers and donors from across Texas attended the 2014 IMHO Texas Annual Fundraising Dinner Program at Ashianna Restaurant in Houston on Saturday, March 1st. The program included presentations on a site visit to Grace Care Center in Trincomalee, maintaining oral health, review and update on projects, financials and goals for 2014. The event also featured a health forum, an interactive discussion of health issues with a medical panel, music entertainment, and dinner.

The event itself raised about \$15,000, which, added to the \$14,000 already raised since last July, brings the Texas Chapter annual contribution up to **\$29,000**. These funds will be used to:

- 1) provide ongoing **livelihoods support**, including support for low income, women-headed households under the care of Sister Lourdes and other needy families in the remote areas of Kilinochchi
- 2) provide additional **three-wheelers for paraplegics** in Vanni & Batticaloa
- 3) give **senior care assistance** at the Grace Care Center in Trinco
- *4) contributed towards providing an **ultrasound scanner** that was given to Kilinochchi Hospital, as well as **shoes/socks for children** at the Mahadeva Achchrama in Kilinochchi.

MTS 5K Charity Walk: Plano, TX

The Metroplex Tamil Sangam annual Charity 5K Walk/Run was held at the Hoblitzelle Park in Plano on Saturday, May 10th with proceeds going to support IMHO's three wheeler program for paraplegics and quadriplegics in Vanni, Sri Lanka (which enables income generation, improved self worth, and self-reliance). Thanks to the generosity of the participants and donors, nearly **\$15,000** was raised, exceeding the original goal of \$10,000. We would like to thank the MTS and all the donors, sponsors, and supporters for their compassion and generosity in choosing IMHO.

Upcoming Events

Dallas, TX: May 26, 2014

The Annual DFW IMHO Fund Raising BBQ Event will be held on Monday, May 26, 2014 at the Home of Addison Place in Addison, Texas. For details, please email texas@theimho.org.

Burtonsville, MD: May 31, 2014

On Saturday, May 31st, Mathavi Sankar, a young woman from Ellicott City, Maryland, will be performing her Bharathanatyam Arangetram in Burtonsville, Maryland. Mathavi, who volunteered with IMHO last summer in Ethiopia, dedicates this program towards supporting humanitarian and educational efforts. Rather than receiving gifts and flowers for her Arangetram, she would greatly appreciate if a donation be made to International Medical Health Organization (IMHO). If you are interested in attending this event or in making a contribution to the cause, please contact mathavidance@gmail.com for more details. Many thanks!

**Be the
Difference.
Save a Life
with just
\$1/day!
DONATE
TODAY!**

With **just \$1/day** (or \$30/month) you can help save and improve the lives of persons in need in Sri Lanka and elsewhere around the globe. Please consider making a donation to IMHO today. You can **donate online via PayPal as a one-time or recurring donation** (the amount & frequency of which are up to you).

You can also **donate via mail** by sending a check made out to "IMHO" to the following address:

**IMHO Treasurer
955 Proprietors Road, Suite B
Worthington, Ohio 43085
U.S.A.**

All donations are tax-deductible (tax ID code #59-3779465)

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