

Newsletter June and July 2023

Our medical director Dr. Prativa Pandey received the New Business age/Standard Chartered “Woman entrepreneur of the year 2023 award” at a function to mark the achievements of women in the private sector in Nepal. We are very proud of her achievement and congratulate her for this award. Dr. Suvash Dawadi and physiotherapist Prayoush Neupane from CIWEC have both been elected into the board of Himalayan Rescue Association (HRA), an organization that strives to make mountain tourism safer. Congratulations and best wishes to both.

1. What’s in the news:

Dengue season has started in Nepal. Cases are expected to steadily rise to a peak in September-October and start to decline in late November.

During this time, please protect against mosquito bites by covering up and using a mosquito repellent on exposed skin avoiding eyes and mouth. DEET 30% and Picaridin 20% are good quality repellents but are not available in Nepal. Odomos is available that can be used instead. Avoid mosquito breeding around your house and workplace



by not having water collect in empty containers, flower pots, and discarded tyres. Dengue vaccines like Dengvaxia and Qdenga are not yet available in Nepal. Dengue causes fever, body aches, headaches, pain behind the eyes, nausea and fatigue. Diagnosis is by means of a rapid blood test. Most persons can be treated as outpatients. Avoid aspirin and ibuprofen if you suspect that you may have dengue, use paracetamol for fever and pain control.

2. What's new at CIWEC:

A. Colonoscopy services – We have installed a brand new

state of the art Pentax endoscopy machine for performing upper and lower G.I. (colonoscopy)

endoscopies. Colonoscopy is indicated as a screening tool for colon cancer (particularly after age 45 years)

and also for evaluating/ruling out problems due to weight loss, anemia or blood loss, chronic abdominal pain or chronic diarrhea or for follow up of previously diagnosed conditions. For setting up a colonoscopy, you may call the hospital or write to

bookings@ciwec-clinic.com.



B. Pain Management - Pain Medicine is growing as a specialty. A 'pain physician' is a specialist who assesses and evaluates pain, classifies and grades it, and then treats it effectively. Many modalities of pain management have been developed for a variety of conditions such as medications, nerve blocks, spinal/epidural drug injections, radiofrequency ablation, and viscosupplementation for arthritis, implantation of intrathecal pumps, spinal cord stimulators, and stem cell treatment. Pain Management specialist is now available at CIWEC to guide you for managing pain of different types.

C. Health packages on promotion - We are happy to announce that we are continuing with health screening packages on promotional rate. The promotional rate is valid until the end of August. Please make use of the offer while it lasts.

3. What activities did CIWEC do in these 2 months?

D. Blood Drive

CIWEC organized a blood donation camp in collaboration with the Silver Mountain School of Hotel Management and Himal Blood Transfusion Center on the 11th July, 2023. A total of 103 participants took part in the noble cause and we collected a total of 96 pints of blood in this drive



making it the most successful drive CIWEC has ever conducted. We thank all the participants for volunteering to donating blood.

E. Medical Partnership at Himalayan Travel Mart (HTM) 2023

CIWEC hospital acted as health partner for the Himalayan Travel Mart (HTM), Nepal's premier international travel and tourism trade show facilitating unparalleled networking and business opportunities and valuable industry insights among the global tourism and hospitality organizations, and individuals engaged in different aspects of tourism in the Himalayan region. Our in-house doctor Dr. Suvash Dawadi, MDGPPEM, DIMM was a keynote speaker on the topic "Rejuvenating Travel Spirit and Tourism Business: Adapting to climate change, embrace sustainability and building a resilient tourism industry". CIWEC also put up a medical desk at the event





offering free basic health checks to the attendees of the event. HTM was held from June 6th to 9th, 2023, in Kathmandu, Nepal.

4. What would you like to see at CIWEC?

Please get back to us with comments and suggestions. We would love to hear from you.

Thank you.