

# Salud Juntos Winter 2011 Brigade to Punta Ocote



## Saturday 8 January 2011

We automatically awoke this morning at 6 AM, only to realize that we hadn't set our alarms and had no patients to see. In keeping with duty hour restrictions, this was the residents' mandated one day "free of clinical and scheduled educational activities" in seven.

After the first leisurely breakfast of the trip, we set off for a day of adventure.

### Pullapanzak Waterfall



(Left to right) Matthew Feng, MD, Pat Broyles, Dale Reiger, Thiri Pugazhendhi, MD, and Joseph Miller, MD, MPH while still dry. Thanks to Drs. Dan Twelker and Dawn De Castro from the June Brigade to La Guacamaya for recommending this off-the-beaten-path treasure. Dale, who had been there at least a dozen times, was the perfect host- but we doubt this trip will be as memorable as the past trips with the Cornell students.





For some reason, we found the Spanish word for waterfall rather easy to remember.



A soaked Dr. Miller and Matthew explore a hidden cave behind the waterfall.

### See One, Do One, Teach One



After confirming that the guide returned the surface, Dr. Miller took the plunge. Can your Department Chair do this?



We couldn't find the pot of gold, so it looks like we'll be back at work on Monday.

## Lake Yojoa



We had lunch on the lake at the tranquil Agua Azul.



Matt and Pat launch their intrepid paddle boat, the HMS SOS, into the lake.



Pat snapped this photo of a solitary tree rising out of the lake. Birds had noticed it, too, as evidenced by their nest.



Locals pilot their boat toward fish farms in the distance.

## Salud Juntos Staff of the Day



Dale Reiger from Seattle, WA, is Treasurer and past President of Salud Juntos, an organization which emphasizes community health in Honduras via training and mobilization of promotoras. He founded Salud Juntos with his son, Sheridan, over three years ago. Dale had sold his international export business and retired at age 47. He was looking for more rewarding non-profit work than Seattle afforded. After reading *Mountains Beyond Mountains*, he set his sights overseas.

A chance encounter led to meetings with Terry Tack, OD, and the first eye Brigade to La Guacamaya in 2008. Dale recalls how they gave sight back to a keratoconus patient who had, until then, never seen his children. It was a seminal moment that led to the birth of Salud Juntos, which gained non-profit status shortly thereafter.

Dale is a globe trotter, having visited Asia 29 times, Central America 14 times, and Europe 11 times. This Brigade constitutes his 54<sup>th</sup> international trip. His other interests include acrylic and oil painting, glass firing, and playwriting. His art will be exhibited this March and he is collaborating with his girlfriend, Teri Jo Summer, on installation work. More info is at [shiningseastudios.com](http://shiningseastudios.com).



Joseph Miller, MD, MPH (right), is Head of the Department of Ophthalmology and Vision Science. He completed his residency at Yale, where his training included three months of cataract surgery at Princess Margaret Hospital in the Bahamas. After completing his fellowship in pediatric ophthalmology at Johns Hopkins in 1991, he joined the Department, which has been home ever since.

From the outset, he volunteered across the border in Nogales, Sonora, performing surgeries with Dra. Ramirez. He joined the Navy Reserves after September 11 and served on medical missions to Cameroon. He connected with Salud Juntos via Mindy Fain, who was recruiting physicians for the La Guacamaya clinic, though ultimately his first Brigade was to Punta Ocote in 2009 with his daughter, Laura.

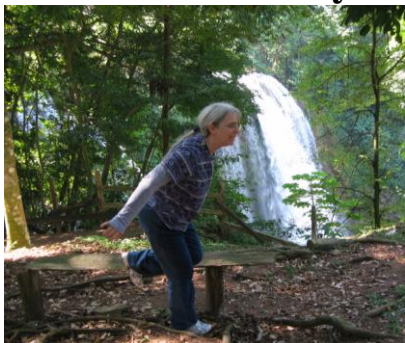
Concurrently, plans were being made for an ophthalmology residency at UPH. The Eye Brigades fulfilled this program's goal of improving care for the underserved. Residents who participate in the Brigades gain the experience and confidence to organize and carry out their own Brigades in the future.

This was Dr. Miller's third Brigade. They have taught him to be grateful for the things we take for granted at home, for example water fountains with clean drinking water on demand. He is married to Sarah, his wife of 30+ years. They have two daughters, Emily and Laura. His

hobbies include running, cycling, photography, ham radio (his call sign is KI7WV), and the weather. Check out his webcam on Mt.

Lemmon at [www.pocomas.net](http://www.pocomas.net).

## Chicken of the Day



Pat is today's self-proclaimed chicken after opting out of the waterfall experience.

## Geotag of the Day



For anyone planning to retrace our steps from El Progresso to Pullapanzak Falls, we recommend caution when following your GPS. Most likely, the route will be plotted right over (the edge of) this bridge. Luckily, a quick detour is available.

Bridge Out

*N 15 degrees 11.561'*

*W 87 degrees 53.488'*

## Week-in-Review Statistics

Of the 269 patients seen, 91 (34%) were men and 178 (66%) were women. Ninety-six (36%) were under 40 while 173 (64%) were over 40.

Age	Hyperopia	Emmetropia	Myopia
<= 40 yrs	38	17	5
>40	146	6	2

The patient counts from the past two Brigades are as follows:

Year	Mon	Tue	Wed	Thu	Fri	Total
2010	31	33	42	76	60	242
2011	39	55	35	79	61	269

## Acknowledgments

Special thanks to:

- *Allergan and Alcon for supplying us with the majority of our topical medications*
- *ALERT for hundreds of glasses, especially Barbara Daily and Sally Manley for coordinating our order*
- *Tucson General Supply and Industrial Supply & Tools for allowing us to purchase safety glasses at cost*
- *The Eyes on Sight Lions Club Branch for funds to purchase the safety glasses*
- *Dan Twelker (CLEERE) and Erin Harvey for donating children's sunglasses*
- *Laura Miller for her assistance in our preparations—we wish you could have been here with us!*
- *The Department faculty for making this trip possible for the residents*
- *Our families for their support and patience waiting for our return home*