



Dr. Greg and Gisela with Nagi Anis in nearly completed shower house at Nagi

Interior of newly completed solar shower house at Nagi

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Earthquake damage at Ka-Nying Gumpa. A picture is worth a thousand words

Abandoned, structurally unsound living quarters at Nagi Gumpa after earthquake

“Tent-City” at Ka-Nying Gumpa after earthquake damaged to monks living quarters

Boudha Stupa badly damaged from earthquake

Registered Tibetan nurse, Tenzin Daton dressing a young monk's wound

Dentist, Dr. Dolma instructing young monks on proper tooth brushing techniques

Dr. Chhiring is very pleased with HMF's first automobile

Dentist, Dr. Dolma, and Dr. Chhiring with newly purchased portable dental unit

Dr. Dolma and Assistant Saru Senchen at Benchen Dental

Rad tech prepping patient for X-ray

 **Himalayan Medical Foundation**
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25TH ANNIVERSARY ADDITION

Dear Donor,

2018 marks the 25th year the HMF has been operational in Kathmandu, Nepal. It is slightly surreal to grasp this fact for myself. When I first started volunteering my medical services to a few monasteries I had no idea where that would lead.

In 1992, when I first started contemplating the idea to establish some form of an official health care system for the Tibetan Buddhist Monasteries in Kathmandu, a friend remarked: "Consider carefully, because once you set up medical clinics and get established you will never in good conscious be able to discontinue the work. Medical services are desperately needed, so once you start it will be hard to stop."

In addition to that, about 12 years ago Khenchen Thrangu Rinpoche strongly emphasized to me that the work of the HMF is too important to ever stop, and that "not even on my death bed can I stop this much needed and appreciated work." OK, that put an end to any thoughts regarding how long I will run the organization even when I get very old! To accomplish this lofty goal I will need some help.....from you and any new donors which come our way over time. Your kind donations are the main way the HMF is able to survive and thrive. It is the collective help from all of you individually that has made the difference over all these years. Some of you have been regular donors for over 20 years and I have come to recognize your names. It is like getting a greeting from an old friend! So many thanks and much gratitude to all of you who have made it possible for the HMF to function for these past 25 years. Let's shoot for another 25 years shall we?



On behalf of the HMF staff in Nepal, Gisela and myself, we would like to express our profound gratitude to you and your generosity in helping the HMF operate over these past 25 years. I hope our stories and photos continue to inspire your kind support. The HMF is a 501 c 3 nonprofit organization and all donations are tax deductible. Our operations, staff and budget have expanded over these past 3 years, so your continual support of our work is essential.

Please make a donation via PayPal at our website: www.himalayanmedicalfoundation.org or make out a check to the HMF and send to 608 Portside Ct., Lafayette, CO 80026

Sincerely yours,
Dr. Gregory Rabold
 Dr. Gregory Rabold, Founder and Medical Director HMF
 Email: jamesrabold@gmail.com
 Phone: 720 387 8087

Kathmandu had a fairly uneventful year and that is great news! No earthquakes, significant flooding, government breaks downs, strikes, etc. The electricity delivery has significantly improved and we have been able to fully function without interruption for the entire year. In 1993 the staff of the HMF consisted of myself and Dr Chhiring Lama. Today we have a staff of 9 health professionals who work daily at our clinics. Adding Dr Karma Dolma as our first full time dentist has been a huge success. She is very motivated, hard working and full of helpful ideas. The HMF's recently acquired automobile and portable dental unit has made it possible for Dr. Dolma to provide dental services to all our Gumpa clinics as well as to schools, orphanages, and some of the more remote locations in the Kathmandu valley. Many patients, some over 60 years old have never had a dental exam in their entire life. Our main dental facility at the Benchen Free Clinic is open daily and is first rate (esp. for Kathmandu) as the photos will show. We are delighted to provide full time Medical and Dental services to our patients for the first time.

Because it is our 25th year anniversary, I have pulled up photos from our archives dating back to 1992. Hope you enjoy the show.



Tulku Ugyen Rinpoche examination 1994

Young monks with fungal scalp infections

Healed face after treatment

Nepali boy with severely burned face

Young Dr. Chhiring examining a patient 1993

Tenga Rinpoche examination in 2007

Trachoma eye infection in Pullahari monk

Worried mother with child with perforated ear drum from infection

Elderly Nepali woman receiving nebulizer treatment for her asthma

Dr Greg surrounded by young monks at Benchen Gumpa 1993

Yangsi of Tulku Ugyen examination 2010

Dr. Chhiring loves his work

Elderly Nepali expressing her gratitude to Dr. Chhiring

Mingyur R. check up with Dr. Greg

Dr. Greg taking BP of old friend Tashi Lama

Holy, healthy, happy Nagi Gumpa Cow

Pharpang clinic patients showing their queue cards

Monks nervously awaiting a Hepatitis B vaccination

Ouch!

A Khampa Tibetan refugee

Poor elderly Nepali woman with none the less a very dignified expression

Nepali man who suffered from 2-4 seizures per day until the HMF sponsored his medications. Now he is seizure free

Looks like a Dental Clinic referral

Choki Nyima Rinpoche receiving a BP check

Medical Monk Assistant at Benchen Free Clinic for the past 20 years

Dressing a drained neck abscess

Grateful smile after treatment



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