CULTURE, TECHNOLOGY AND HEALTH

MY LIFE AS AN ANTHROPOLOGIST/ENDOCRINOLOGIST AMONG THE HOCANK AND UMONHON OF NEBRASKA

[Image of a photograph of a person and a tent]

[Image of a photograph of a group of people]
HOCANK AND UMONHON
CULTURAL AND PHILOSOPHICAL VIEWS CAN HELP US UNDERSTAND SCIENCE AND SCIENCE CAN BE USED IN A CULTURAL LANGUAGE TO HELP UMONHON AND HOCANK
DEEP CULTURE
HOCANK
GREEN BAY WISCONSIN
MOVED FIVE TIMES
RELATED TO IOWAY,
MISSOURI, OTO
UMONHON RELATED TO
PONCA, Kansa, QAPAW,
QAPAW

DR EASTMAN SANTEE AND DR PICOTTE
UMONHON

THE FIRST INDIAN DOCTORS
QUALITATIVE: WHO AM I?

Sudah Yehuda Kovesh Shaheb MD

- Royal Colleges of Physicians and Surgeons, London, England
- Uni Melbourne and Queensland
- Endocrinology: Washington University and U of Miami
- Anthropology: Royal U. London
- Consultant Endocrinologist to Unravilion, McCork, Latvia
- Visiting Professor of Anthropology: Harare, Cole
- International Youth, Myanmar/Cambodia/Malaysia/Indonesia en various
- Traveller: 35 countries and 16 territories

Australian Flag near Eiffel Tower
Cha Ku Ke with his "new" car

QUANTITATIVE/QUE SOY YO?/WHAT AM I?

QUIEN SOY YO

QUALITATIVO
A 2012 Pew Research Hispanic Trends Project report showed 95% of Hispanic adults—including those born in the U.S.—said it is important that future generations of Hispanic speak Spanish.

My colleagues at National Institute of Endocrinology La Habana Cuba
Medical Anthropology teaches you to divert your gaze from the sterility of the Epidemiologists and Clinicians (pardon the pun) and go beyond facts and figures and transcend to the level of the suffering and focus on the society in which the patient lives.

The best definition is the one I have heard from Dr Paul Farmer, a Medical Anthropologist and a Humanitarian Physician. (Haiti, Rwanda, Russia etc.)

If you concentrate on the physiology of The disease, and not include the society That is causing it, you will fail to heal.
WE ARE LIVING IN A PHILOSOPHICALLY FECUND ERA

PAPA FRANCISCO/POPE FRANCIS

SADHGURU/SOUTH INDIA

PATANJALI AND BUDDHA LIVED AROUND 2500 YEARS AGO

BUDDHIST PHILOSOPHY

YOGIC PHILOSOPHY OF PATANJALI

PAUL RADIN AN ANTHROPOLOGIST LIVED WITH THE HOCANK
DALAI LAMA, KOENIG AND PIERRE MERRICK?

Philosophers
Works in the field of
Enlightened the Dalai Lama
Student Theosino Koonings
Students of the Pengur Pha
These two are the Indian
One in the top left.

DALAI LAMA, FRIEDRICH KOENIG AND PIERRE MERRICK

External "Rights" do not bring internal happiness.

What is desired? To long for something that you don't have: whether or not you need it. Add to that a belief that by possession of these "Rights", by fulfilling that desire, you would become happier. DALAI LAMA

We need to forget what medicine doctors' advice as a result of telling something we don't have. Regardless of what we do, regardless of what we do. FRIEDRICH KOENIG

Be happy and grateful for the things you have and don't be unhappy about that which you do not have... PIERRE

Why I became a Medical Anthropologist?

CSEF Elder
Mexikwood Elder
Mexican Kickass
Alabama Comkatta

We can fight Diabetes if we eat JOBS!
It is the Food that made us so sick
100 per cent Language speakers
Strongly Protestant but Language speakers
WHAT A PITY YOU ARE NOT SMART ENOUGH TO UNDERSTAND WHAT WE CAN TEACH YOU?

She also said: we have the answers but no one asks us!

HOW TO USE THE WISDOM OF THE INDIES TO LOOK AFTER THE HEALTH OF THE INDIES?

• Relationships
• Gratitude
• Humility
• Sacrifice

Growth is a painful process.”
-- Wilma Mankiller

I learned a long time ago that I can’t control the challenges the Creator sends my way but I can control the way I think about them and deal with them.

ATTACHMENT: YOGIC

Whenever we grow, we usually need to let go of emotional attachments.
Black Elk
(Hehaka Sapa)

"Peace... comes within the souls of men when they realize their relationship, their oneness, with the universe and all its powers, and when they realize that at the center of the Universe dwells Wakan-Tanka, and that this center is really everywhere, it is within each of us."

--

PEACE IS WITHIN OURSELVES

PRAYER, YOGIC BREATHING INSULIN RESISTANCE

Each soul must meet the morning sun, the new sweet earth and the Great Silence alone!

-- Ohiyesa (Dr. Charles A. Eastman), SANTEE SIOUX

It is with the Heart that One sees The Little Prince

"So unbelievable things like that happen. But you have to believe it first. Not wait until you see it first, then touch it, then believe it... You have to say it from the heart."

-- Wallace Black Elk, LAKOTA

DIABETES CARE DONE WITH THE HEART BRINGS BETTER RESULTS THAN THE ONE DONE WITH THE BRAIN
“It seems that if Elders can feel that you are open to learning, they are more than generous with their teaching.”
— Chief Councilor, Lenard George

Most human beings love to share what they know with people who are excited to listen.

“Laughter - that is something very sacred, especially for us Indians.”
— John (Fire) Lame Deer, ROSEBUD LAKOTA

We medicine men try to doctor our sick, but we suffer from many new white man’s diseases, which came from the white man’s food and white man’s living, and we have no herbs for that.

LAUGHTER HELPS DEAL WITH THE STRESS

HOW IS THIS POSSIBLE?
IMPORTANCE ON QUALITY THAN QUANTITY

- BOTH HOCANK TRIBAL HEALTH DIRECTOR AND CEO OF THE UMONHON HEALTH EDUCATION CENTRE
- VERY SUPPORTIVE
- DEDICATED PEOPLE WHO WILL GO OUT OF THEIR WAY TO HELP THE PATIENTS DAY AFTER DAY
- RN CDE PHN
- RN EDUCATOR MNT

HO CANK TRIBAL SPECIALTY HEALTH CLINIC

- RN CDE
- EDUCATION
- PHN
- SOCIAL
- PSYCHOLOGIST
- THEN
- I AM GIVEN 40 MINUTES
- MINIMUM
- PER PATIENT

UMONHON TRIBAL HEALTH SPECIALTY CLINIC

- RN EDUCATOR
- MNT NUTRITION
- CHW
- FAMILY PRESENT
- TOTAL TIME FOR CONSULTATION 90 MIN
- HEAD TO TOE CARE
WHAT IS MY ROLE? AS AN ENDOCRINOLOGIST? AS AN ANTHROPOLOGIST?

- Particularize their immediate medical and social problem in cultural context that they can understand
- Not what is happening?
- But why it is happening?

EXPLANATORY MODELS
DR ARTHUR KLEINMAN, PSYCHIATRIST, HARVARD

- An explanatory model reveals how people make sense of their illness and provides a framework whereby social science researchers and healthcare providers engage with participants/patients in comprehensively understanding their lived illness experience.

- Why do you think it started when it did?
- What do you think your sickness does to you?
- How severe is your sickness? Will it have a long or short course?
- What kind of treatment do you think you should receive?
- What are the most important results you hope to receive from this treatment?
- What are the chief problems your sickness has caused for you?
- What do you fear most about your sickness?
PIMA BAJO DE MEXICO

• PIMA BAJO DE MEXICO

PIMA ALTO VS PIMA BAJA
USA VS MEXICO

• PIMA
• YEARS OF FOLLOW UP
• INDIAN DIET VS ANGLO DIET
• 1.3 TIMES VS 2.5 TIMES DIABETES
• SOME CHEMICAL CHANGES INDUCED WHICH IS NOT PRESENT IN PIMA BAJA LIFESTYLE OR THE TARAHUMARA LIFESTYLE
TARAHUAMARA OR RARAMURI, COPPER CANYON, MEXICO

Rara muri means running people.

JHU/WASI SAN, DESIERTO KALAHARI, NAMIBIA

- NO OBESITY
- HYPER
- INSULINAEMIA

DELTA ORINOCO, VENEZUELA, WARAO INDIANS
TICUNA INDIANS OF THE AMAZON

PEER EDUCATION IN CAMBODIA
PEER EDUCATION IN CAMBODIA

Eating Habits of People

- **What?**
  - Quality of Food
- **Why?**
  - Depression, Stress
- **How?**
  - Alone, Fast Food
- **When?**
  - B & D +/- Snacks
- **Where?**
  - Office, Public Places, Home

WRONG FOOD OR BAD EATING HABITS?

- **FRENCH PARADOX**
  - The French eat more fat, drink far more but less than half the Diabetes and Heart Disease compared to Americans. Why?
- **Even the busiest executive takes time off for Lunch and sits down and EATS, not GULPS deliciously even though somewhat fatty food, washing it down with wine. Total Calorific Intake is LESS**
A TYPICAL DINNER

MIDDLE CLASS FRENCH FAMILY

SOUP
APPETIZER
MAIN DISH
SALAD
DESSERT
CHEESE PLATE
WINE
CHAMPAGNE, WINE, COFFEE OR TEA.

MICROBIOME

WHY DOES DIABETES DISAPPEAR JUST A FEW DAYS AFTER BARIATRIC SURGERY, EVEN BEFORE THERE IS LOSS OF WEIGHT?

EAT TO PLEASE YOUR MICROBES. THEY KNOW YOUR GENETIC ORIGINS!

YOU ARE NOT ALONE!
KNOW YOUR MICROBIOME, THEY KNOW WHO YOU ARE!

GENETIC FOOD BUT SCIENCE TO PROVE IT
Daily Eating Patterns and Their Impact on Health and Disease

- Central circadian pacemakers, sleep/wake homeostasis, and feeding/fasting rhythms coordinate distant metabolic processes for efficient metabolism through endocrine and neuronal signals.
- Each cell has autonomous circadian clock components that interact with key metabolic regulators and effect cellular metabolic efficiency.
- Obesity and dysmetabolism can be induced by perturbing these physiological or cellular cycles either via genetic manipulation, disruption of light/dark cycles, and by feeding patterns.

OBESE INDIVIDUALS ON THE AVERAGE EAT/SNACK FOR 14 PLUS HOURS PER DAY

Diet and Feeding Pattern Affect the Diurnal Dynamics of the Gut Microbiome
FASTING AND LONGEVITY

• the physiological effect of short-term repeated fasting (4 consecutive days, every 2 weeks). The results showed that fasting mice survived significantly longer than the full-fed mice, in spite of the fasting group having a heavier body weight than the control group
• DR JV NEEL 1962
• HAD PREDICTED THAT THE GOOD STATE OF HEALTH OF INDIANS PRIOR TO 1862 WAS DUE TO THRIFTY GENE
• FASTING WAS A COMMON PRACTICE, INCLUDING FOUR DAYS WITHOUT FOOD OR DRINK AT SUNDANCE, VISION QUEST

GUT MICROBIOME DIVERSITY AMONG CHEYENNE AND ARAPAHO INDIVIDUALS FROM WESTERN OKLAHOMA

• the C&A participants had taxonomic profiles characterized by a reduced abundance of the anti-inflammatory bacterial genus Faecalibacterium, along with a fecal metabolite profile similar to dysbiotic states described for metabolic disorders. American Indians are known to be at elevated risk for metabolic disorders.

HOW TO ENRICH OUR MICROBIOME GET DIRTY

•
DR. SHAHEB
RECOMMENDATIONS
FOR GOOD GUT
BACTERIA AND
LOOSE WEIGHT

RESTRICT THE HOURS YOU ARE EATING

EAT WHEN YOU ARE HUNGRY

STOP LONG BEFORE YOU FEEL FULL

DON'T EAT ALONE

OR IN FRONT OF COMPUTER OR INSIDE THE CAR

EAT FOOD WHENEVER POSSIBLE


GET YOUR VITAMINS AND MINERALS NATURALLY THROUGH FOOD

AVOID WORDS SUCH AS HIGH, LOW, NON, IN YOUR FOOD

IF YOU ARE TOO BUSY TO EAT, DON'T EAT

MR. LIM 83 BANGKOK: EAT LESS, LOVE MORE

SUNDANESE FOOD IN BOGOR, INDONESIA
Which Vegetables Produce OILS?

Who can tell me where CANOLA OIL comes from?

TECHNOLOGY AND CULTURE

- We are using modern technology to understand the diabetes, obesity, and culture interaction
- Continuous Glucose Monitoring (CGM)
- Insulin Pump Therapy for Type 2 Diabetes among Indigenous People
- Both of which would help us understand diabetes among Indians

MEDTRONIC

Thanks to Sarah and Kate, Omaha

Continuous Glucose Monitoring

Insulin Pump Therapy for Type 2 Diabetes Patients

Micronome Measurements in selected patients
CONTINUOUS GLUCOSE MONITORING: THE FOUR DAY EFFECT

CONTINUOUS GLUCOSE MONITORING: THE EFFECT OF STRESS

INSULIN PUMP FOR TYPE 2 DIABETES

INITIAL RESULTS
ONE WEEK
1. AVERAGE BLOOD SUGAR DOWN FROM 250-300 TO 150
2. AVERAGE BLOOD SUGAR 300 PLUS DOWN TO 140
TWO TYPES OF TREASURES
ELDERS AND ADOLESCENTS

IF YOU THINK THE SOCIETY YOU LIVE IN HAS NO INFLUENCE ON YOUR HEALTH, LOOK AT THIS MAP

HOT FLASHES AND NIGHT SWEATS
JAPANESE 18% CHINESE 22% WHITE 31% MEXICAN 35% AFRICAN 46%
Although there remains a difference in socioeconomic profile between those of African and of European origin in Cuba, this has decreased over recent decades. In the United States, the greater magnitude of social differentiation parallels a greater relative risk of BP elevation among blacks, suggesting that social, economic and psychological factors may play an important role in the observed racial gap in cardiovascular risk.
I BRING CHOCOLATES FROM BELGIUM FOR OUR INDIAN PATIENTS

Association of chocolate and heart health benefits is confirmed!

- **OBJECTIVE:**
  - To examine whether chocolate consumption is associated with a reduced risk of ischaemic heart disease, we used data from a prospective study of Swedish adults and we performed a meta-analysis of available prospective data.

- **CONCLUSIONS:**
  - Chocolate consumption is associated with lower risk of MI and ischaemic heart disease.

PATIENTS WITH CVD MAY BENEFIT FROM TAI CHI

**TAI CHI IS THOUGHT TO BE 2000 YEARS OLD**

- Traditional Chinese exercises such as tai chi may lower blood pressure (BP), better cholesterol levels, and improve quality of life and depression in patients with heart disease and strokes.

- **J AM HEART JOURNAL, MARCH 2016**

PRANAYAMA YOGIC BREATHING Decreases insulin resistance and releases nitric oxide into lungs
THAT IS ALL, THANK YOU FOR LISTENING TO ME

Endocrine

4/27/2016

28