



**CARE  
FOR  
CURE**

*towards zero leprosy*

Even though leprosy is said to be eliminated in Nepal, the truth of what happens to those who catch it lives with them.



# FOREWORD

Dear Friends of INF,  
Namaste and Jaimashi!

For more than 60 years, the International Nepal Fellowship has followed in the footsteps of Jesus, caring for the people with leprosy, healing them and restoring hope and dignity. We have seen many changes and development happening in Nepal and even in the last 10 years. But then something that hasn't changed in 2000+ years since Jesus walked this earth- in many countries leprosy is still a feared and stigmatising disease.

Every year more than 3,000 people in Nepal are diagnosed with leprosy. Many more will remain undiagnosed due to stigma, fear, and lack of medical expertise. While for many, it is about battling the unknown.

Annually, the three hospitals of INF Nepal - Green Pastures Hospital- Pokhara, Shining Hospital- Banke and Surkhet diagnose 280 new Leprosy cases, admit around 460 leprosy patients for disease related complications and have more than 24,000 outpatient visits [new and follow up]. And each year the number of patients continue to grow — as leprosy is still spreading in Nepal.

Today, with the generous support from people like you, we CARE for and CURE for those affected by leprosy and related conditions.

We know our path forward is long and we will stumble along the way. **With God's guidance, we can solve this problem ! As a friend of INF Nepal please consider making a special gift today** that will help us run these hospitals in western part of Nepal which will drastically improve the efficiency and quality of compassionate care delivered to leprosy patients.

Please do as God leads you today — and give a gift to help us reach our urgent USD 170,000 [AUD 230,000/ GBP 130,000/NPR 2 Crore] fundraising goal which will support INF's leprosy work in Nepal.

Thank you and may God bless you abundantly.



**Krishna Adhikari**  
*Executive Director*  
INF Nepal



**RC Timothy**  
*Chairperson*  
INF Nepal

## WHAT IS LEPROSY AND HOW IS IT TREATED?

- Leprosy, also known as Hansen's disease, is caused by Mycobacterium leprae. It causes nerve damage and muscle weakness.
- Symptoms may occur within one year but can also take as long as twenty years or even more to appear.
- Leprosy is transmitted via droplets, from the nose and mouth, mostly during close and frequent contact with untreated cases.
- Untreated, leprosy can cause progressive and permanent damage to the skin, nerves, limbs, and eyes.
- Children too are the victims of the disease. Their disease is usually transmitted from a family member or close relative.
- Leprosy is treated with Multi-Drug therapy [MDT]. Treatment is effective and free for all patients. Though treatable, stigma associated with leprosy is a huge challenge to overcome.

## INF's LEPROSY WORK

Since its establishment in 1952, the International Nepal Fellowship [INF] has cared for leprosy patients. INF continues to treat and rehabilitate patients affected by leprosy by providing multi-drug therapy, necessary surgery, peer counselling by former patients, and self-care training for patients with disease complications, ongoing impairments and the provision of assistive devices.

From the early 1970s, INF also helped to pioneer and support government-led leprosy control programmes in the western half of the country, identifying and treating cases of leprosy in some of the poorest and most remote districts of Nepal.

Work by the government, INF and other organisations led to a significant reduction in leprosy, and in 2009 the disease was officially declared eliminated in Nepal. This is defined globally as less than one case of leprosy per 10,000 people in the population. While this is a great achievement, the disease is not fully eradicated, with over 3,000 registered new cases per year.

**Every year more than 3,000 people in Nepal are diagnosed with leprosy. Many more will remain undiagnosed due to stigma, fear, and lack of medical expertise while for some, it is still about battling the unknown.**

# Story of HOPE



Leprosy was declared eliminated in Nepal in 2010. Try telling that to 14-year-old Aasha.

Aasha\* was six years old when her family first noticed blisters on her legs. She was taken to a nearby health centre where she was given medicine for an allergy, but there was no improvement in her condition. By the time she was ten, blisters had started appearing on her face. Her condition continued to deteriorate, and she was eventually referred to INF's Green Pastures Hospital [GPH], where she got the correct diagnosis and treatment.

Aasha faces the problem of a severe reaction to the leprosy drugs frequently, with fever and nerve pain as the major symptoms. One of the drugs causes temporary darkening of the skin, and Aasha feels uncomfortable when people see her differently. Even though leprosy is said to be eliminated in Nepal, the truth of what happens to those who catch it lives with them. Stigma and fear of being affected with leprosy are as strong as before.

*\*Name changed for anonymity*



Reconstructive surgery of a leprosy patient at GPH

## In INF in 2019-20



**More than 24,353 people affected by leprosy** were treated through Outpatient and Inpatient services of which **with 280 new cases of leprosy detected.**



**18 reconstructive surgeries** conducted for leprosy patients.

## How to support this CARE FOR CURE movement?

Join our movement and become our Partners who CARE. Even though leprosy is said to be eliminated in Nepal, the truth of what happens to those who catch it, lives with them. Stigma and the fear of being affected are strong and hard to live with.

### Making a financial gift

Donations are **TAX-DEDUCTIBLE**

- one-off
- monthly
- quarterly
- annually

### Cost details

**FOOD NRs 300 [\$2.5]** provides two meals for a leprosy patient.

**THERAPEUTIC SESSIONS NRs 400 [\$3]** provides two quality therapeutic interventions [Occupational & Physiotherapy]

**MEDICINES NRs 800 [\$7]** provides medicines for an ulcer patient for seven days.

**HOSPITAL CARE NRs 1300 [\$11]** provides essentials like nursing care, medicine, investigation, food, bedding and other supplies for one day for an inpatient while receiving treatment for leprosy.

**PROTECTIVE SHOES NRs 1800 [\$15]** provides a pair of protective shoes which restores mobility and prevents cuts, blisters and infections

**SELF-CARE KIT NRs 2160 [\$18]** provides the necessary equipment for preventing, cleaning and treating ulcers for someone with leprosy.

Even the smallest contribution can help to provide an effective cure, expert care and vital restoration.

### Method of Payment

- A donation of any size can be made through: [www.inf.org/donate/CareforCure](http://www.inf.org/donate/CareforCure)
- Bank Transfer – This is the easiest and most cost-effective way to support

**Standard Chartered Bank Nepal Ltd.**

New Baneswor, Grindlays Building,  
Kathmandu, Nepal

**SCBLN PKA**

Account Name: **INF International**

Account Number : **01-2849909-01**

- Cheque – Make cheques payable to “INF International Ltd”



## Take **ACTION** for **ZERO LEPROSY** in Nepal!

INF's leprosy work is an ideal investment for mandated Corporate Social Responsibility [CSR] funds.

Please contact us to discuss possible projects to meet your requirements.

### Your contact details

Name

Postal Address

Email

Phone

Alternatively, you can fill in this tear off form and return it to INF Nepal in the following address:

INF Nepal  
PO Box 5  
Pokhara-1, Simpani  
T 061-520111, 521994  
info@nepal.inf.org  
www.inf.org

# CARE FOR CURE

*towards zero leprosy*



### DR BASUDEV PANDEY

Director

Epidemiology and Disease Control Division  
Department of Health Services

Ministry of Health and Population, Government of Nepal

The elimination of leprosy from Nepal is only at the national level but in reality, leprosy is far from over. INF has been assisting in various technical issues including patient search, referral service, community-based rehabilitation service for leprosy-affected people, prosthesis/orthosis service, capacity building of health workers etc.



### DR BINOD BINDU SHARMA

Director

Health Directorate

Ministry of Social Development

Province Government, Gandaki Province

INF has been an indispensable partner organisation of Health Directorate and we hope to see INF leading our battle against leprosy at the community level by conducting contact tracing, examining the suspected people, conducting public awareness programmes in the Gandaki Province and providing the necessary treatment.



### BHANU JYOTI OLI

TB and Leprosy Officer

District Health Office, Banke

In the light of the fact that leprosy being still active in Banke and some of the districts of Terai and midwest region of Nepal, it is crucial towards zero leprosy that INF continues its leprosy control programme.



### DR ULLA-BRITT ENGELBREKTSSON

Monitoring and Evaluation Advisor

INF's Shining Hospital Surkhet

Long leprosy delays aggregate negative consequences for individuals and families and increase the risk for transmissions. Much can be done to shorten delays. Every effort to do so is important, even crucial, towards leprosy eradication.



### DR RAMESH SHARMA

Consultant - Head of Leprosy & Dermatology

INF's Green Pastures Hospital

Leprosy is not just a medical disease but also it has many social implications. INF can be a very effective organisation to fight leprosy in all aspects. Given the experience of its staff in leprosy and community work, including rehabilitation, INF can fulfill the potential of providing holistic care and management in leprosy.



### YUEK MING POON

Leprosy Advisor

INF's Green Pastures Hospital

The care doesn't stop just by handing over the packets of MDT. There is treatment and support that goes on for lots of aspects of their lives. We are really empowering the people affected by leprosy in Nepal to take care of themselves. All of us need to have a correct understanding of leprosy and compassion toward those with the disease.