

Common Diseases

Nepali transcript:

सनिता: नेपालमा सबैभन्दा prevalent disease भनेको एकदमै बढी दिक्कत हुने disease चाहि के होला, public healthको हिसाबले हेर्दाखेरी, हुन्छ नि?

मनिता: हुन्छ। अब यो कुराहरू चाहि अब age factorहरू , socio-economic factorहरू अनि environment factorले पनि affect गरिराखेको हुन्छ नेपालमा basically. अनि अब यही रोग नै सबैभन्दा common छ भनेर ...त्यो .. त्यसलाई affect गर्ने factorsहरूलाई नभनिकन भन्न चाहि अलि अप्ठ्यारो हुन्छ होला सायद। मेरो ...मेरो knowledgeले त्यो भ्याउदै न ...मतलब यही हो भन्नको लागि तर seasonal variationमा चाहि नेपालमा जुन चाहि हाम्रो drinking water supplyहरू ...हुन त नेपाल एउटा...worldको second largest country हो चाहि water resourcesमा तर पनि हामीले चाहि सबै ...सबै populationलाई चाहि drinking water provide गर्न सकिराखेको छैन। यसले गर्दाखेरी चाहि जुन चाहि summer timeमा चाहि drinking waterले गर्दाखेरी फोहोर पानी, पिउने पानीले गर्दाखेरी नै हुनसक्ने समस्याहरू एकदम धेरै छ। जस्तै typhoid भयो, hepatitis B भयो um अरु त्यस्तै अरु कुनै enteric fever, amoebiasisहरू um, अलि common छ यहा। अनि सबभन्दा.... छुट्टयाउनै नहुने भनेको चाहि हाम्रो tuberculosis हो, नेपालको...नेपाल मात्रै नभनुम्, south Asian countryमा चाहि tuberculosis हो। त्यसैले हाम्रो यो medical educationमा सबैभन्दा बढी focus गर्नेयदि एउटा medical studentलाई tuberculosisको बारेमा केही थाहा छैन भने ऊ चाहि एउटा doctor बन्न लायक student हैन। tuberculosisको चाहि एउटा ...एउटा हाम्रो चाहि medical phrase छ हैन, common presentation.....uncommon presentation...I'm sorry, "Uncommon presentations of common diseases are more common than common presentation of uncommon diseases." हामीले यहा बसेर नै एउटा tuberculosisको एउटा pathogenesis भनुम्, जुन चाहि रोग लाग्ने तरिका हो... त्यो.... एउटा format छ, त्यो एउटै मात्र तरिका छ, तर नेपाल जस्तो countryमा....देशमा चाहि कस्तो छ भने tuberculosisले कस्तो तरिकाबाट present गर्न सक्छ भने हामीले predict गर्न सक्दैनौं। किनभने कोही मान्छेको एउटा सानो घाउ लिएर हुन्छ त्यो TB हुन सक्छ। छाती दुखेको छ, त्यो

TB हुन सक्छ। पेट दुखेको छ, त्यो TB हुन सक्छ। त्यसैले हरेक रोग, हरेक रोगलाई चाहि TB नै rule out गर्छ हाम्रो देशमा चाहि।

सनिता: TB भनेको चाहि...

मनिता: Tuberculosis हजुर¹ ।

English translation:

Sanita: In Nepal, what is the most prevalent, I mean, what is the most infectious disease, in terms of public health, you know?

Monita: Okay. Now these things are basically affected by age factors, socio-economic factors, and environmental factors in Nepal. And now it will probably be difficult to point out and say that this is the disease that's the most common... without looking at the factors that affect it. My... my knowledge doesn't cover it... I mean, pointing out that one particular disease, but looking at seasonal variation, in Nepal, the drinking water supplies that we have... actually Nepal is one... world's second largest country in terms of water resources, but we haven't been able to provide drinking water to the entire population. Because of this, during summertime, because of drinking water, dirty drinking water, there are a lot of problems that can occur. For example: there is typhoid, there is hepatitis B. Um, others such as enteric fever, amoebiasis, um, are quite common. And the most...the disease that we cannot afford to miss, for us, is tuberculosis in Nepal. Let's not just say Nepal, it is [the most prevalent] in South Asian countries. That is why, in our medical education, it is the most focused... if a medical student doesn't know anything about tuberculosis, he or she is not a student capable of being a doctor. For tuberculosis, one... there is one medical phrase right, common presentation... uncommon presentation... I'm sorry, "Uncommon presentations of common diseases are more common than common presentations of uncommon diseases." By sitting here, one... let's say one of the pathogenesis of tuberculosis, which is the way in which one gets the disease... that... there is one format, there is just one way to get it, but in a country like Nepal, in what way will tuberculosis present itself, we cannot be sure. This is because, if a person has a small wound, it could be because of TB. If the chest hurts, it could be TB. If the stomach hurts, it could be TB. So for every...every disease, we need to rule out TB [first] in our country.

Sanita: By TB, you mean tuberculosis...

Monita: Tuberculosis, yes.

¹ a formal way of saying yes.

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