

## BNF Volunteer Dentist Trip's Summary Report

A renowned German Dentist, Mr Frank Schneehage, was here in Bhutan from August 5<sup>th</sup> to 17<sup>th</sup> and he treated altogether 106 nuns in 3 different nunneries. His programme to cover the Eastern part of Bhutan had to be cancelled due to heavy rain fall, landslides, and road blocks while he was here. However, he was able to devote his time instead in treating the nuns in Walakha nunnery in Punakha, Zilukha nunnery, and Hongtsho nunnery in Thimphu. He was quite overwhelmed to see how many nuns have unattended dental problems. He did what he could within the 12 days he had been here and helped the nuns tremendously. He wants to come back next year to reach out to other nunneries in the remote parts as planned originally and also to do follow ups on some of the nuns he treated this time. But we will have to wait and see if we can afford to have him again. Although Mr. Schneehage, paid his own air tickets to Bhutan we had to look for sponsors to help with the local expenses such as room and board and transportation from nunnery to nunnery.

We are very grateful to Dr. Schneehage for providing his services and FireFly Mission in Singapore for supporting his local expenses this time. We hope to be able to find such supporters for his future visits so that he can cover the dental health care for the nuns throughout the country.

In the following pages are some photos of dental treatment undertaken in each of the nunneries along with details of dental treatment and dental issues of the nuns he worked on.



Left: Dental supplies brought along by the volunteer dentist

Below: Examples of the state of dental health of some of the nuns who received treatment



Reported by:

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## Hongtsho nunnery, Thimphu

Volunteer dentist providing dental treatment to the nuns



Young nun with her dental health care record




Summary of dental treatment and dental issues of the 23 nuns at Hongtsho nunnery and their Spiritual Teacher Lopen Sonam Dorji

Name of the Nunnery: HONGTSHO		07.08.2016							
No	Name	age	Decay Cavity	missing(exept M3)	residue root	Scaling Calculus	Perio BOP	Retained Impaction	Extraction
1	SitaTsering (Abbot)	40				1			
2	Kinzang Choden	24				1	1		
3	Tsering Wangyel	25				1	1		
4	Nangay Wangmo	22	1						
5	Kinley Lham	24							1
6	Tanden Wangmo	12		1		1		1	
7	Tsewang Lham (B)	22							
8	Tandin Laki	20	1						
9	Tashi Tshomo	22							
10	Dorji Pem	13				1	1		
11	Chimi Zam								
12	Kinley Bidhe	12	1						
13	Chechey	24		5					
14	Dawa Zangmo	12				1	1		
15	Tsering Danker	23	2	2					
16	Tsering Zangmo	23		1				1	3
17	Nima	23	2						
18	Tsewang Dema	17	1						
19	Tandin Wangmo	11	1					2	
20	Nima Dema	26							
21	Dophu Zam	12			2				
22	Dorji Wangmo		1			1			
23	Rinzin Lhamo	22	4	4		1	1		
24	Sonam Dorji (Lopen)					1	1	1	
Total			14	15	2	10	7	5	4

**Walakha nunnery, Punakha**




འབྲུག་མེ་གཞི་རྒྱུ་མཉམ་སྲུང་འཛུགས་  
**BHUTAN NUNS FOUNDATION**

**Dental Health Care**

Date: 9/11/16 No. 52  
 Patient name: Pemla Lham Age: 32  
 Address: Walakha Nunnery, Punakha  
 Medical history, discomfort: \_\_\_\_\_  
 Allergy:  cardiovascular disease  infection

Exam:	Decay	Pain	EC	calculus	restored tooth	BOP	Impaction	
Primary teeth	0	0	0	0	0	0	0	0
Permanent teeth	0	0	0	0	0	0	0	0
Primary teeth	0	0	0	0	0	0	0	0
Permanent teeth	0	0	0	0	0	0	0	0

Therapy report:  Extended  22  Scaling  Restored tooth treatment provided

Date: \_\_\_\_\_

Sample Dental Health Care record which was made for each nun

## Summary of dental treatment and dental issues of the 55 nuns at Walakha nunnery

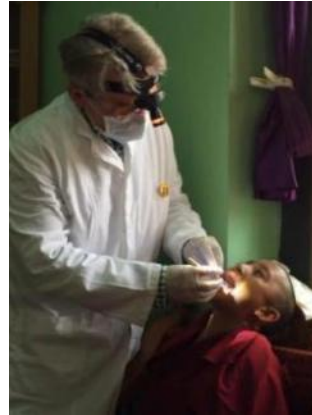
Name of the Nunnery: Walakhe Nunnery, Punakha		09.08.2016										
No	Name	age	Filling		missing( exept M3)	residue root	Scaling		Periodontitis		Retained	
			Decay	Cavity			Calculus	BOP	Impaction	Extraction	Milkteeth	other
1	Lungten Zangmo	16		3	3		1					
2	Ugyen Zam	23					1					
3	Kinley Dem	15		2	2							
4	Karma Wangmo	20										
5	Dawa Chojey	19			1							
6	Phurpa Lhamo	18		1							1	
7	Kinley Yuden	9					1		1			
8	Dechen Zam	16										
9	Kinley Bidha	16					1		1			
10	Sonam Choki(1)	18		1	1		1		1			
11	Sonam Choki(2)	25		2	2							4
12	Deki	21		2							1	
13	Passang Lhamo	21					2		1			TMJ probl
14	Kezang Wangmo	19										
15	Thinley Gyem	17					1		1			
16	Passang	14			3		1		1			
17	Tenzin Wangmo	18										

18	Passang Wangmo	19		4	1							
19	Sonam Choden	16		4								
20	Tenzin Kinga Pelmo	20										
21	Ngawang Pelmo	16		2								
22	Pema Yangchen	18		4								
23	Namgay Wangmo	19					1		1			
24	Phub Zam	18					1		1			
25	Sonam Deki	20		2	2		1					
26	Tandin Lhamo	22		2								
27	Kinley Wangmo	20		1			1		1		3	
28	Damcho Wangmo	17										
29	Tashi Lhamo	20										
30	Shakya Wangmo	21		1	1						1	1
31	Lhakpa Dolma	20		4	4	1					2	
32	Phub Lham	17		1			1					
33	Phub Zam	17										
34	Yeshi Pelden	38			1							
35	Khenpo Phub Dorji	49		1	2							
36	Laki Wangmo	25										
37	Namgay Pem	32			1						1	
38	Pema Zam	23		5								

39	Phurpa Lhamo	24	1		1	1				
40	Ringzin Wangmo	30					1	2		
41	Kezang Dema	27		2						
42	Thinley Wangmo	20		1						
43	Tsewang Choden	43	1				1			
44	Namgay Lhamo	33	1	3				4		
45	Pema Yangchen	25	2	5						
46	Jamyang Lhamo	20	1	1	1	1				
47	Tshering Zam	29					2	2		
48	Pema Lhamo	25								
49	Gyem Lham	40	2							
50	Tashi Khuden	21	2	1						
51	Nima Wangmo	25			1	1				
52	Pema Lham	32	1							
53	Yeshe Wangmo	20	1		1	1				
54	Tashi Kelden	18								
55	Choki Wangmo	32	1	2				1		
Total			55	39	1	19	14	4	18	5

## Zilukha nunnery, Thimphu

Nuns receiving dental treatment



Explaining dental issues to the nuns



Summary of dental treatment and dental issues of the 30 nuns at Zilukha nunnery

Name of the Nunnery: Zilukha Nunnery		11.08.2016								
No	Name	age	Decay Cavity	missing(exept M3)	residue root	Scaling Calculus	Perio BOP	Retained Impaction	Extraction	other
1	Choying Zangmo		1	2						
2	Pema Choden	40	1							crown 17
3	Kinzang Lham	37	4	1		1	1			21 avital
4	Ngawang Lhamo	50	3	4		1	1			
5	Pema Pal	74		14	2		1			
6	Thinley Pal	70	2	1		1	1		6	Diabetes, RR high
7	Kunzang Pal	70	3		2	1	1			
8	Laki Wangmo	40	4	5		1	1		6	
9	Geden	55	1			1	1			
10	Dema Lhamo	40	4		1	1	1		2	
11	Tshering Bum	27	2	3		1	1		3	
12	Yeshi Pal	19								
13	Ngawang Yangden	24	2	1	4					
14	Tenzin Yangden	16	1						4	
15	Rinchin Pal	15	1						1	
16	Rinzin Pal	14	3							
17	Tashi Pal	48	2	6	2	1	1			
18	Odzer Dolma	15				1	1		3	Amoxi already prescribed
19	Tenzin Peldon	16		1		1	1			Instruction: tooth brush
20	Tshultrim Wangmo	16	1	1		1				
21	Pema	41								
22	Choney Pal	17	1			1	1			
23	Tashi Wangmo	38								
24	Yangchen Pal	13	2			1	1			
25	Ngawang Pal	35		6						
26	Phuntsho Pal	19								prosthesis
27	Ngawang Yeshi Pelmo	14	2						1	36 pus
28	Ngawang Tenzin Lhamo	25	1	1						
	Ngawang Tenzin									16 broken
29	Yangkey	16								
30	Dachok Pal	18	2							
Total			43	46	11	12	12	0	26	