



CIWEC Newsletter

July 2025

Health/Medical News

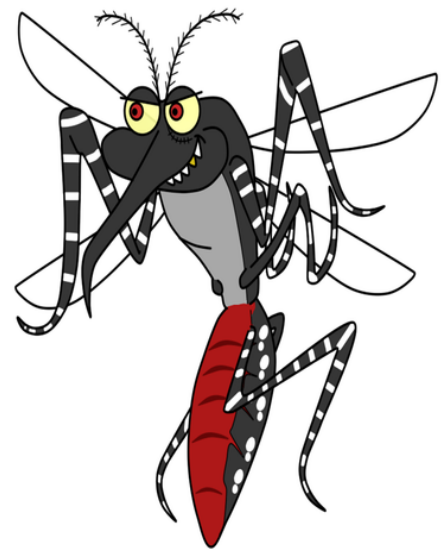
1. Dengue

Dengue cases are starting to be seen in Nepal and will continue to increase in the coming months. As temperatures rise and water collects in various places with monsoon rains, ideal mosquito breeding conditions are created increasing the risk of dengue transmission.

Dengue fever is a mosquito-borne viral infection characterized by high fever, severe headache, pain behind the eyes, muscle and joint pain, and a rash in about 50%.

As there is no specific treatment for dengue, the best way to keep yourself safe is to prevent being bitten by mosquitoes. We recommend covering yourself, using mosquito repellents when needed, and prevent your surroundings from holding water to prevent mosquito breeding.

Dengue vaccine Qdenga produced by the Japanese company Takeda, is licensed in many countries around the world including the European Union, UK, Thailand, Malaysia, Vietnam, Indonesia, Argentina and Brazil, but is not yet available in Nepal. If you happen to be traveling in the countries mentioned above, you could get vaccinated. It is a live vaccine given in 2 doses at 0 and 3 months.



2. Water borne diseases

Waterborne diseases in Nepal are most prevalent during the pre-monsoon and monsoon season (April - August). Several waterborne diseases become common during this time including diarrhea, dysentery, typhoid fever, and gastroenteritis.

For prevention we recommend drinking only boiled and bottled water, consuming hygienic foods, covering food from flies and practicing good hand hygiene.



3. Health packages on promotion

We are pleased to share that our health screening packages are now back on promotion. The offer is valid until the end of August. Please visit us to get your health checked.

Appointments can be booked through either by phoning or emailing the reception desk at bookings@ciwec-clinic.com.

4. CIWEC Pokhara welcomes a new doctor

CIWEC Hospital introduces you to our new MDGP, **Dr. Nav Raj Bastakoti** at the Pokhara office.

Dr. Nav Raj Bastakoti is a specialist in general practice (MDGP) with 19 years of clinical practice experience. He holds a strong interest in Travel Medicine and is committed to enhancing healthcare delivery through both clinical practice and community-based initiatives.

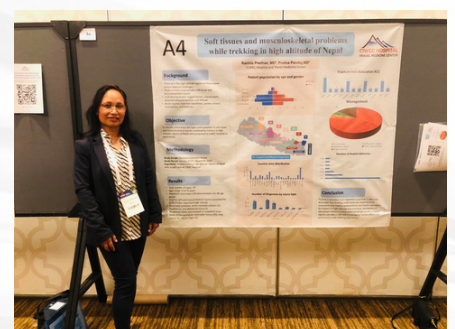
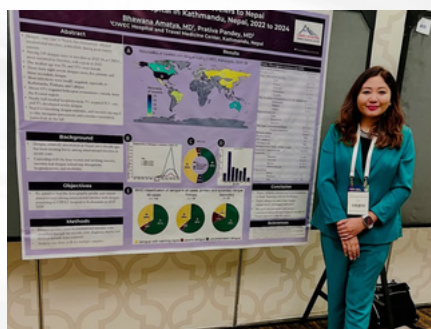
He is fluent in English, Russian, Nepali, and Hindi, enabling him to communicate effectively with a diverse range of patients and colleague



5. Conferencing

The International Society of Travel Medicine (ISTM) is the world's leading organization dedicated to the advancement of travel medicine. Its mission focuses on the prevention and management of health issues associated with international travel and migration. CIWEC doctors and nurses participated in the ISTM Conference held from May 11–15, 2025, in New Orleans, USA.

Our medical team contributed through oral and poster presentations on a range of travel-related health topics. Notably, our Medical Director, Dr. Pratiba Pandey, received the best Oral Presentation Award in recognition of her outstanding contribution, and our Senior Nurse, Ms. Bhawani Khadka, was honored with the Distinguished Nurse Leadership Award.



Participation in Tourism initiatives as a Health Partner



1. Himalayan Travel Mart

CIWEC Hospital participated as the official health partner at the Himalayan Travel Mart (HTM) 2025, held from June 3 to 5 in Kathmandu organized by PATA Nepal Chapter.

Dr. Suvash Dawadi represented CIWEC as the guest panelist on the first day of the conference. He delivered an insightful presentation on the growing significance and potential of Travel Medicine and Medical Tourism, highlighting the evolving role of healthcare in supporting global mobility and tourism safety.

We setup a health booth throughout the event providing complimentary basic health screenings including blood pressure checks, Body Mass Index (BMI), and random glucose testing to the visitors of the event. The booth also served as an informative resource center, offering expert medical advice and health-related information tailored to the needs of travelers and tourism professionals.

2. Health Partners for X-tri

CIWEC Hospital collaborated with the Himalayan Xtri as the official health partners for this year's awe-inspiring race providing comprehensive medical coverage from athlete registration through race completion.

The Himalayan Xtri Triathlon is an extreme endurance race held in the high-altitude terrain of Nepal, comprising a 3.5 km swim, a 165 km bike ride, and a 43 km run, reaching altitudes of up to 4,000 meters.

Our team provided comprehensive medical support before, during, and after the event—ensuring every athlete received the care they needed to perform safely and recover effectively. From injury prevention and emergency response to recovery support, our focus remained on the health and well-being of each participant every step of the way.

The race was scheduled on 10th May which was then followed by a closing and award ceremony on 11th May, 2025.



3. Health Partners for Everest Marathon and Annapurna Marathon

CIWEC Hospital acted as the Official Health Partner for the Annapurna Marathon 2025, held on June 3rd. CIWEC provided fully-equipped medical stations at Annapurna Base Camp (starting point) and Ghandruk Village (finish line).

Our dedicated medical team ensured the health and safety of all runners throughout the challenging terrain and high altitudes.

We also partnered with the Tenzing Hillary Everest Marathon, an International High Altitude Adventure Sports Event held on May 29 every year from Mt. Everest Base Camp crisscrossing the high Sherpa trails of Khumbu valley. This event celebrates the historical successful ascent of Mt. Everest by Tenzing Norgay Sherpa and Sir Edmund Hillary on 29th May 1953.