



SAIL
In Bhutan



Please support SAIL in Bhutan

To whom it may concern

February 2019

Gastritis, gastric cancer and other related diseases have become a widespread and devastating burden for the nation of Bhutan and its people. A root cause for the deadly gastric cancer is a *Helicobacter pylori* infection in the stomach. Up to 90% of the Bhutanese population is infected with an especially virulent and aggressive H-pylori strain. As a result, gastritis is a very common and painful condition for many people, and the incidence of deadly gastric cancer in Bhutan is 5-fold.

We are Dasho Kado, former chief bodyguard and aide-de-camp to the King of Bhutan, and Gerwin Winter, a pharmacist from Germany who has enjoyed an international career in the pharmaceutical industry. We created the idea of the **SAIL** in Bhutan project. **SAIL** stands for **S**aving **A**nd **I**mproving **L**ives. We would like to help patients in Bhutan with a free program to eradicate their H-pylori infections and to do so we have chosen the WHO globally approved triple therapy with the so-called PAC regimen for 10 days of treatment with:

- Pantoprazole 40 mg bid (twice daily)
- Amoxicillin 1000 mg bid (twice daily)
- Clarithromycin 500 mg bid (twice daily)



The medicines were manufactured in Europe under highest quality standard from a globally respected pharma company, just for **SAIL**.

Thanks to the coordination from Dasho Kado and as directed by Honorable Secretary of Health, Dasho Dr. Ugyen Dophu, several meetings were held in 2018 with us, to discuss our project **SAIL** in Bhutan, which received overwhelming support from the ministry, the department of medical supplies, gastroenterologists and pharmacists.

Description of our project:

Patients will be diagnosed via gastro endoscopy on positive H-pylori infection. Then they will take the PAC regimen for 10 days to eradicate their H-pylori. They will be supported with a specially designed compliance program in which nurses and our local **SAIL** project coordinator will remind them daily on correct intake of the medicines and also check on their quality of life (QoL) changes. We expect a very high eradication success rate, which will be measured 6 to 12 weeks after treatment, as instructed by international guidelines for this therapy. Efficacy results will be measured with modern technology, the non-invasive Urea Breath Test (UBT). The UBTs and the accompanying infrared spectrometer device were also donated by **SAIL**. QoL and all results will be anonymously documented in a specially designed registry database. The Bhutanese ethical committee approves the project and patient consent will be documented as well. Patients will be retested and followed up upon once a year, for up to 10 years. Results and data will be published in due course.

The **SAIL** project will start in 2019 with more than 2000 patients in its first phase. But there are many more thousands of patients with unmet medical needs. Therefore, we would like to ask for your support and help to eradicate gastric cancer in a whole country, Bhutan. Save one life for just about \$15. **Every patient counts!**

Thank you sincerely

Kado and Gerwin

Taxfree donations: **SAIL in Bhutan e. V.**
Oettingenstrasse 26
80538 Munich, Germany
www.sailinbhutan.com

Bank: Kreissparkasse München Starnberg Ebersberg
Account #: 29058062
IBAN: DE 10 7025 0150 0029 0580 62
BIC: BYLADEM1KMS