

# Physical, Emotional and Financial Well Being

HMEC 2017

Vipin Kalia, MD

317-414-4439

[KALIA\\_VIPIN@HOTMAIL.COM](mailto:KALIA_VIPIN@HOTMAIL.COM)

# My mind's debate

- ▶ Real or only Inspirational
- ▶ Decision point Internal Struggle
- ▶ Medical Training - When we teach other Doctors ( Or when Doctors teach each other ) - Reality- No sugar coating
- ▶ Spiritual Guidance
- ▶ Buddha's - Life is "Dukha"
- ▶ Dukha - has been well documented
- ▶ Real Detail has not been well documented except in Medical Literature ( I SKIPPED PICTURES )

# View from India - While I was in India at age 19

- ▶ Giant Disney World
- ▶ Quick reality check
- ▶ Forensic Pathology to buff up the resume while Undergraduate
- ▶ Death was not upsetting part, that was accepted even in early twenties
- ▶ Rotting Corpses and Young African American Men
- ▶ White corpse turning complete Black and then white rice thrown all over
- ▶ White Rice are the Maggots

# Dukha continued

- ▶ Trauma Surgery/ER rotation
- ▶ Humans that are not dead yet
- ▶ Bloody, Purulent discharge from Pressure Decubiti mixed in with Fecal/Urine and Maggots growing in there and signs that “ There has been No Human contact for weeks
- ▶ Entomology is used as a tool of forensic Pathology
- ▶ In Forensic Path Lab and ER/ICU, those larvae and formed full insects
- ▶ Buzzing in your Ears and Nose thru the masks
- ▶ This gives me Moral Authority to speak on this TOPIC

# Brown color and Foreign Accent

- ▶ An opportunity for patients who are Pastors, assistant Pastors, Deacons and Church Elders to convert me
- ▶ They would invite me to try and give the message of Jesus
- ▶ I would share “ THE REALITY on Jesus’s Earth
- ▶ My challenge 3 x 3 mile city street -
- ▶ If No Church, I would give you \$50.00
- ▶ Non-Discrimination - Methodists, Episcopalian, Hindu, Sikhs , Muslims any Denomination, any time

# Biology/Ecology

- ▶ Whole web of life is Interconnected and each species has a role
- ▶ People who have spent 10 to 60 years sitting in a religious institution are totally disconnected
- ▶ Have you ever turned to your left or right - Mr.X or Mrs.X - I am Joe, Should I ever find my self in this situations, would you check up on me ? I offer, I will check up on you!
- ▶ Answer - No
- ▶ Never a part of a sermon

# Prevalence

A comprehensive review article found the prevalence of elder abuse to be approximately 10% including physical abuse, psychological or verbal abuse, sexual abuse, financial exploitation, and neglect.<sup>14</sup>

- ▶ 14. Lachs, M., & Pillemer, K. (2015). Elder abuse. *New England Journal of Medicine*, 373, 1947-56. doi: 10.1056/NEJMra1404688
- ▶ <https://ncea.acl.gov/whatwedo/research/statistics.html#14>
- ▶ National Center on Elder Abuse

## So What I saw and What Research shows

- ▶ What I saw and what the researchers saw and published In NEJM medicine match
- ▶ Confirmation of my suspicion
- ▶ In the United States, the 2010 people age 65 and older : 40.3 million, or 13% of the total population.
- ▶ 10 % of 40.3 million = 4.03 million subject to above abuse
- ▶ 2,843,391 people of Indian origin in 2010 (0.9% of U.S. population),
- ▶ 13% of that is 369,640 people are > Age 65
- ▶ BY US statistics 10% of that number =36,964 are Potentially subject to same Abuse/Neglect/Exploitation



## VHPA/HMEC's answer HAVAN

- ▶ Hindu American Vanaprasthi Network
- ▶ It was launched in 2011 in Indianapolis with a national conference in Indianapolis, IN
- ▶ Hope - Local Chapters in every Metropolitan area
- ▶ Reality - Less optimistic or More pessimistics



# Why ?

- ▶ **Thinking, Fast and Slow**
- ▶ by Prof: [Daniel Kahneman](#) - Only Psychologist to win Nobel Prize
- ▶  $2 \times 2 = 4$
- ▶  $378 \times 845 = 319,410$
- ▶ A bat and a ball together cost \$1.10
- ▶ A bat costs \$1.00 more than the ball
- ▶ How much does the ball cost ?
- ▶ System 1 and System 2
- ▶ System 2 - Sympathetic Activation ( a.k.a STRESS )

# Who-ever wants to Adopt HAVAN

- ▶ We are happy to Guide
- ▶ Must have patience
- ▶ Must have “Brain formatted in Gita’s Central Message “
- ▶ Do your Duty Don’t look for Fruit
- ▶ Dr. Saini’s Experience - It was 8 Years before he had reliable partners
- ▶ Now people can’t Imagine life “without that senior group “