

**Some of the Most Common Health Problems and Likely Sources in the Rivas  
"departamento" (District) in Nicaragua**

<b>Health Problem</b>	<b>Source</b>	<b>Approximate Percentage of Clinic Attendees with this Problem</b>
Kidney Stones	Water Quality (My opinion: Salt water on one side of the ecosystem, Volcanic soil on the other side, and sugar cane fields with multiple agricultural toxicities, leaching into the very hard ground-water in between)	30%
Chronic Biliary Colic & Cholestatitis	Again, in my opinion, this is related to water quality and general hygiene as well, secondary to the fact that the liver is so overtaxed in dealing with both natural and environmental toxins in the water.	30%
Urinary Tract Infections	Mostly general hygiene for the women (probably E. coli). Possible STDs for at least some of the men. Also may be secondary to upper and lower urinary tract irritation in the case of kidney stone formation.	25%
Gastro-Intestinal infections (bacterial, protozoal and helminthic)	Hygiene and Water Quality	25%
Chronic Musculo-Skeletal Injury & Inflammation, Osteo-Arthritis, Repetitive Motion Syndrome, etc.	Difficult and repetitive manual labor (swinging a machete with the same arm, 6-7 days a week for 30 years, or hand-washing clothes on a washboard for the same amount of time)	25%
Upper Respiratory Infection and/or COPD	Cooking indoors over a fire with no chimney	25%
Chronic Dyspepsia	Probably related to the chronic biliary inflammation either secondarily or as a precursor to the same (sluggish gall).	20%
Nutritional Deficiencies, Anemia, Fatigue, Hair Loss	This was generally seen in mothers who were, in my opinion, not getting enough protein and had a diet that was lacking in many of the B vitamins as well as other micronutrients.	20%
General Cold and Flu, Malaise	No specific, apparent cause, other than exposure to a pathogen and likely a weakened immune system	15%