



**Stellen Sie sich vor...**



**Stellen Sie sich vor...**

**...man könnte Magenkrebs verhindern**

**...für eine Handvoll Dollar.**

**...würde man es tun?**



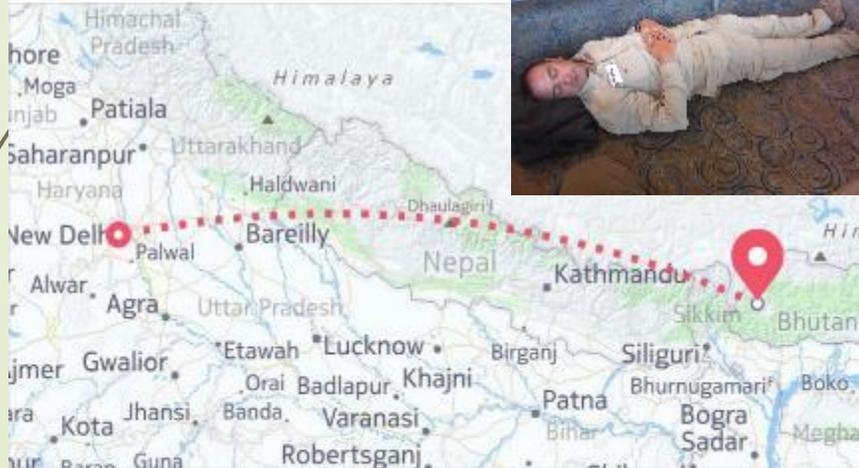
# Wie kommt man nach Bhutan?



Gerwin Winter is ✈️ travelling to **Paro, Bhutan** from **Delhi Airport**.

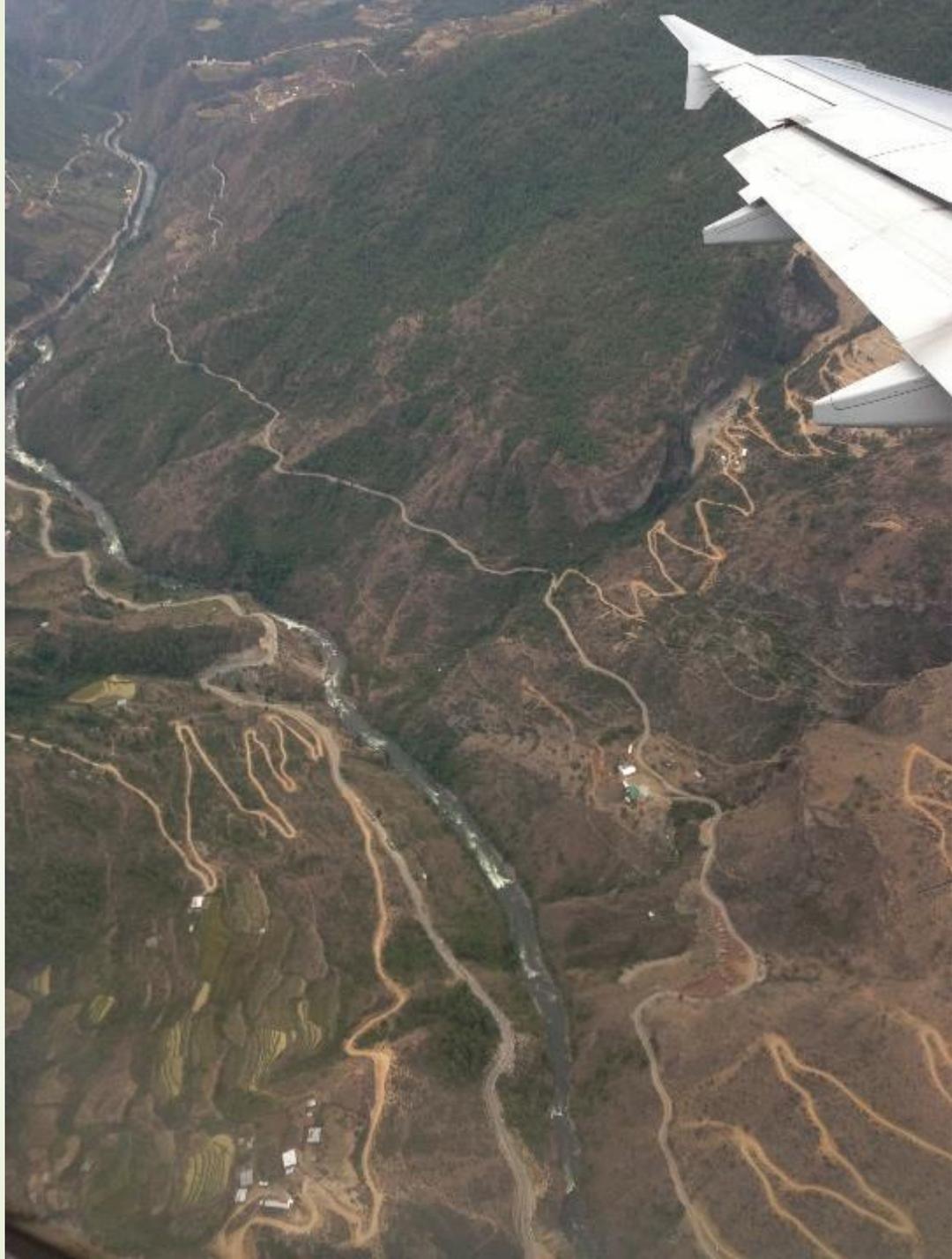
Just now · Delhi · 👤

Enjoying the Delhi airport carpet for some rest...



CITY  
**Paro, Bhutan**









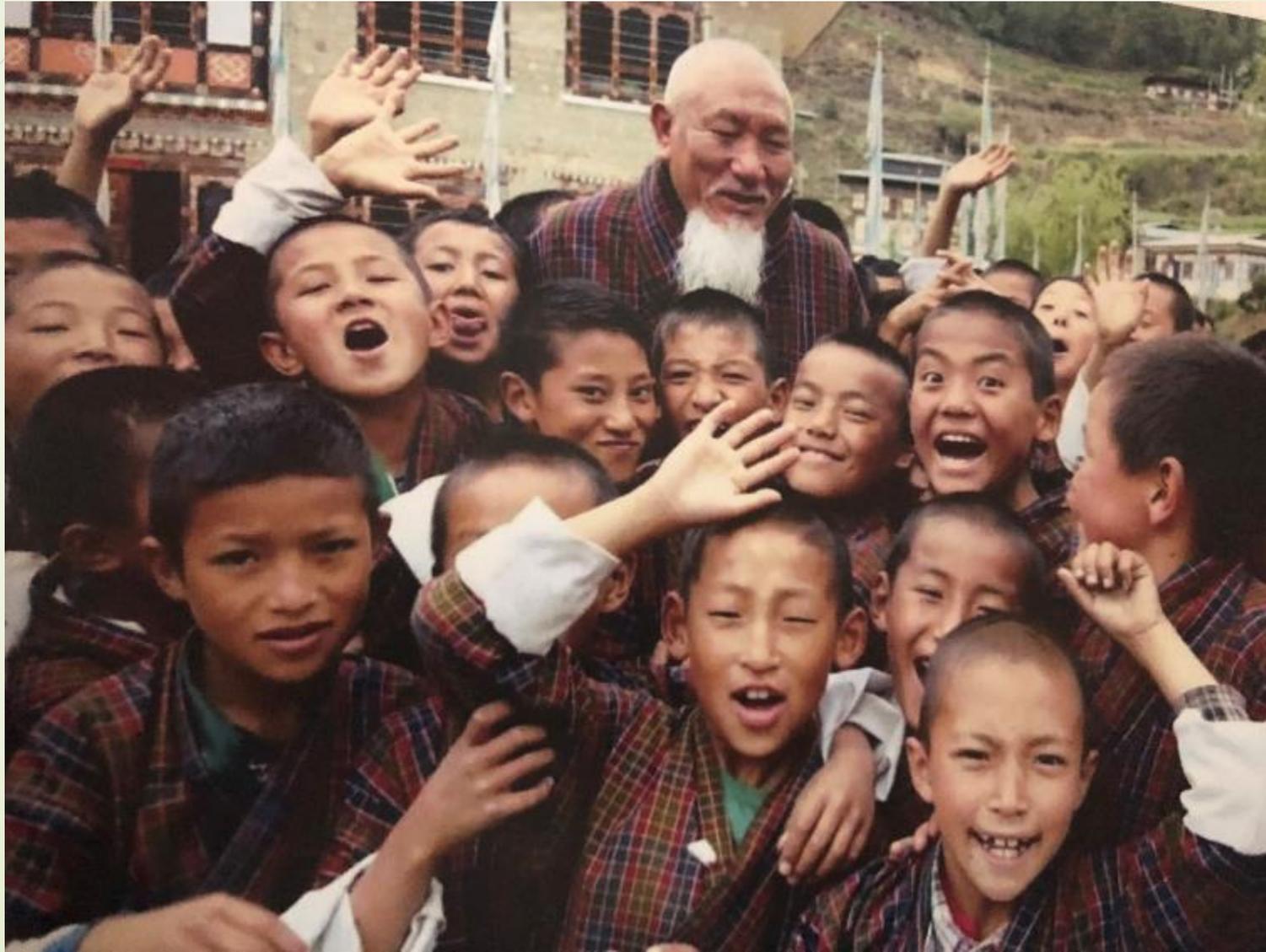
# Was ist Bhutan ?



# Was ist Bhutan ? => Gutes Bier ?



# Was ist Bhutan? => Nationales Glücksprodukt !



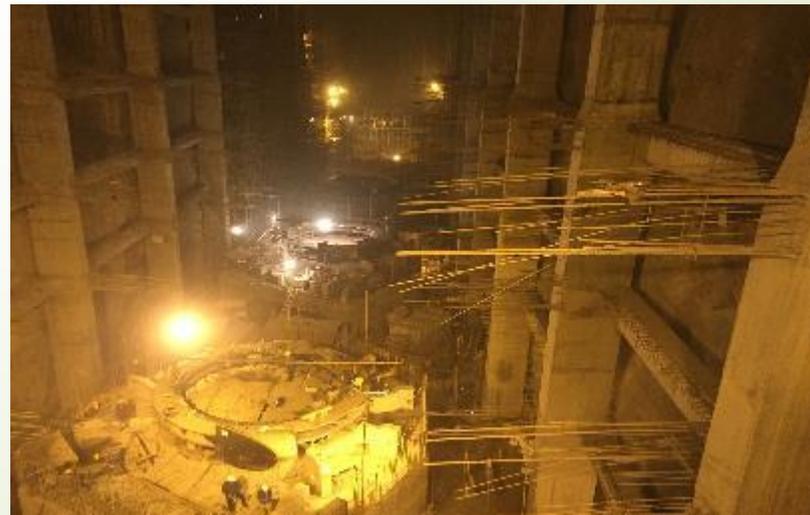
# Was ist Bhutan? => Monarchie/Demokratie



# Was ist Bhutan? => 99,9% Buddhismus



# Was ist Bhutan? => CO<sub>2</sub> negativ durch Wasserkraftwerke



**Was ist Bhutan? => viele Bergdörfer**



# Was ist Bhutan? => Aufregende Straßen...





# Was ist Bhutan? => Einfaches Leben



# Was ist Bhutan? => Nationalsport Bogenschiessen



## Was ist Bhutan? => Viele Tiere an der Strasse



# Was ist Bhutan? => Nationalgericht Chilli...



# Was ist Bhutan? => Man lebt vom Land



# Was ist Bhutan? => Viele Wasserfälle



# Was ist Bhutan? => Viele Hängebrücken



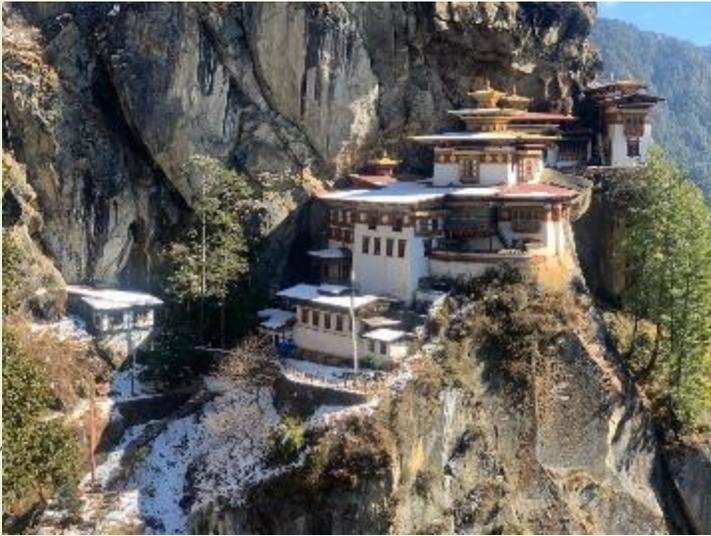
**Was ist Bhutan? => Dzongs (= Kirche + Rathaus)**



# Was ist Bhutan ? => Kinderfreundlich



# Was ist Bhutan ? => Das Tigers Nest





**SAAIL**

SAVING AND IMPROVING LIVES

**In Bhutan**

# Zusammenfassung:

## Saving And Improving Lives (SAIL) in Bhutan

- Magenkrebs ist tödlich und sehr schmerzhaft!
- Helicobacter-pylori (H-p) Infektion ist Klasse 1 Krebsauslöser, laut WHO.
- Bhutan hat die weltweit höchste Magenkrebs Rate (5 fach erhöht) weil die Infektionsrate über 90% liegt, mit einem speziell hoch virulenten H-p Bakterium.
- Eradikation des H-p Bakteriums ist möglich mit einer 10 Tages Therapie mit einem Säurehemmer und zwei Antibiotika, die „**PAC**“ Therapie genannt wird. (**P**antoprazol 40mg, **A**moxicillin 1000mg, **C**larithromycin 500mg)
- Therapie Erfolg kann mit nicht invasivem Atemharnstoff Test „**UBT**“ erfolgen
- Qualitäts Medikamente und UBT Diagnose sind in Bhutan nicht verfügbar
- „**SAIL in Bhutan e.V.**“ **gemeinnütziger Verein wurde gegründet mit 2 Zielen:**
  1. Die bhutanesischen Patienten unterstützen, via gratis PACs und UBTs.
  2. Gelegenheit um Daten zu generieren in einer Hochrisiko Population die weltweit von Bedeutung sein können.



## **SAIL in Bhutan - Vision:**

**Unsere Vision ist es Leben zu verbessern und zu verlängern - durch Verminderung von Schmerzen und ultimativer Prävention von Magenkrebs in Hochrisiko Populationen.**



# SAIL in Bhutan – Unsere Werte:

- **Leidenschaft für die Patienten:**  
Wir glauben jeder Patient zählt und man darf nie aufgeben
- **Erkenntnis schafft Schutz:**  
Wir glauben mehr Wissen schafft mehr Schutz der Gesundheit
- **Integrität ist ein Muss:**  
Wir glauben an die Verantwortung unserer Taten
- **Prävention ist besser:**  
Wir glauben Prävention ist besser als Behandlung danach

# Warum SAIL?



## ➤ **Spezielle wissenschaftliche Erfahrung:**

Als Apotheker und vorheriger Geschäftsführer in Biotech Onkologie habe ich ein grosses Network in der Pharmaindustrie und in wissenschaftlichen Kreisen von Professoren und Meinungsbildnern

## ➤ **Spezielle persönliche Motivation:**

Zeit, Unabhängigkeit, Flexibilität, und passion for patients! Carpe diem.

## ➤ **Spezielle lokale Verbindung:**

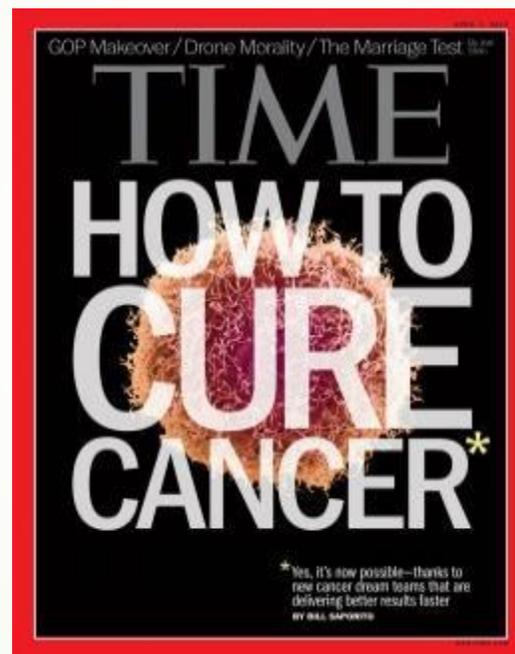
Kado, früher Chef der Leibgarde des Königs von Bhutan, ist ein enger Freund und hilft mit allen Kontakten vor Ort. Er ist die Verbindung zum Gesundheitsministerium, zur Zulassungsbehörde, zu Krankenhäusern, und zur königlichen Familie in Bhutan.

# Unsere Gesellschaft fragt nach SAIL seit Jahrzehnten...

Mai 1992



April 2013



Today...

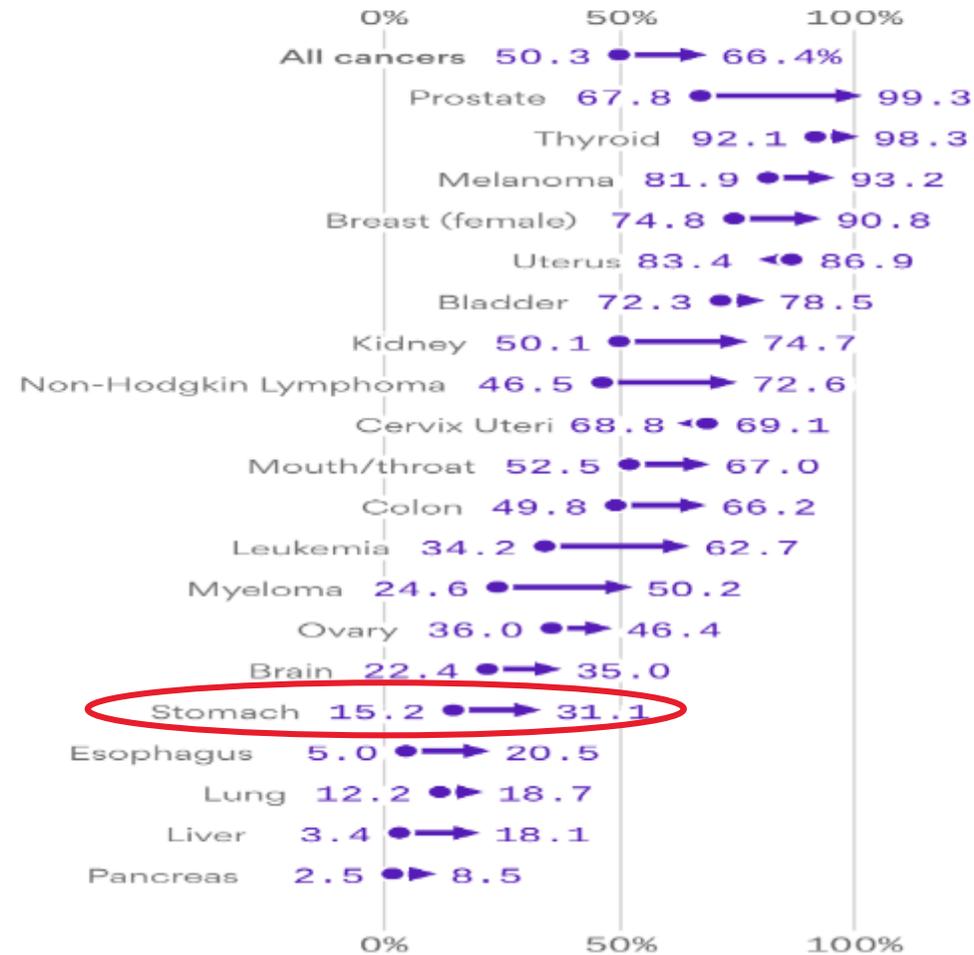


## Wie können wir Krebs verhindern oder heilen?

# 5-Jahres Überleben für Magenkrebs ist sehr niedrig

## Five-year survival rates for most common cancer sites

Average for the years 1975-77 and 2006-12



# H-pylori – ein potentieller stiller Killer!



- H-pylori ist ein spiral geformtes Bakterium, lebt in der Magenschleimhaut und löst Magengeschwüre und Magenkrebs aus
- WHO erklärt H-pylori als „Klasse 1 Krebsauslöser“ für Magenkrebs
- H-pylori verursacht direkt circa 900.000 Todesfälle jedes Jahr

# Bhutan mit höchster H-pylori Infektionsrate



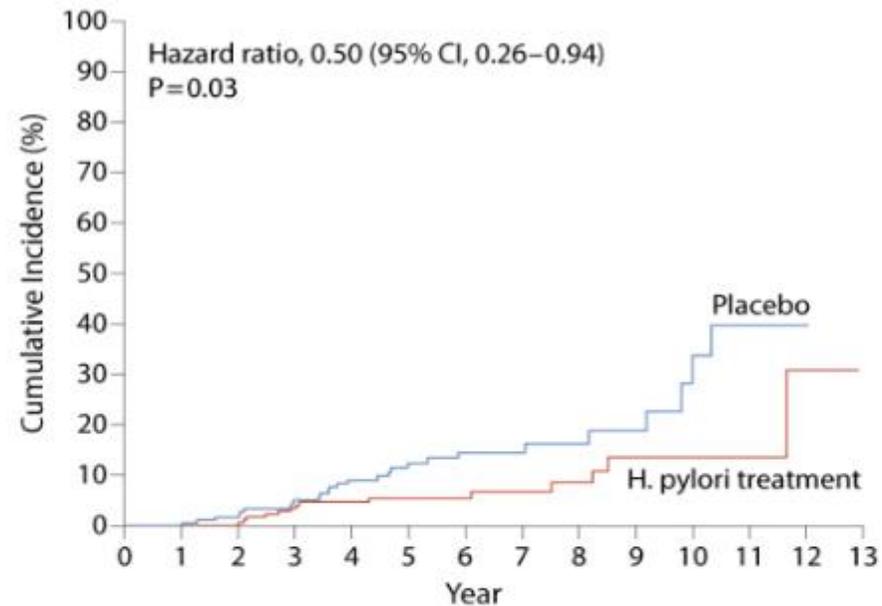
- Weltweit 50%
- USA & West Europa 30-50%
- Asien 70-80%

➤ **Bhutan 90%**

# H-pylori Eradikation kann **Leben retten**



The NEW ENGLAND  
JOURNAL of MEDICINE



## ORIGINAL ARTICLE

### H. pylori Therapy for the Prevention of Metachronous Gastric Cancer

I.J. Choi and Others

Among patients with endoscopically resected early gastric cancers who were infected with *Helicobacter pylori*, the incidence of metachronous gastric cancer was 50% lower among those who received active treatment with antibiotics than among controls.

Editorial *Helicobacter pylori* Treatment for Gastric Cancer Prevention

# Design unserer Datenerhebung



The image shows a flyer for SAIL in Bhutan. At the top left is the SAIL logo. To its right is a photo of two men, Dashe Kado and Gernot Wirtler, holding certificates. Below the logo is the text 'Please support SAIL in Bhutan' and 'To whom it may concern February 2019'. The main text describes the project's goal to eradicate gastric cancer in Bhutan through a 10-day PNC regimen. It lists the medications: Pantoprazole 40 mg bid (twice daily), Amoxicillin 1000 mg bid (twice daily), and Clarithromycin 500 mg bid (twice daily). A photo shows a group of people, likely patients or staff. The text continues with details about the project's description, including patient diagnosis, treatment, and follow-up. It also mentions the support from the Bhutanese government and the project's start in 2019. At the bottom, there is contact information for SAIL in Bhutan and the German partners in Munich.

**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 Dashe Kado, former chief bodyguard and aide-de-camp to the King of Bhutan, and Gernot Wirtler, 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 Saving And Improving Lives. 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 PNC 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 standards from a globally respected pharma company, just for SAIL.

Thanks to the coordination from Dashe Kado and as directed by Honorable Secretary of Health, Dashe Dr. Tigin Depla, 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 PNC 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 databases. The Bhutanese ethical committee approves the project and patient consent will be documented as well. Patients will be recontacted and followed up upon once a year, for up to 10 years. Results and data will be published in due course.

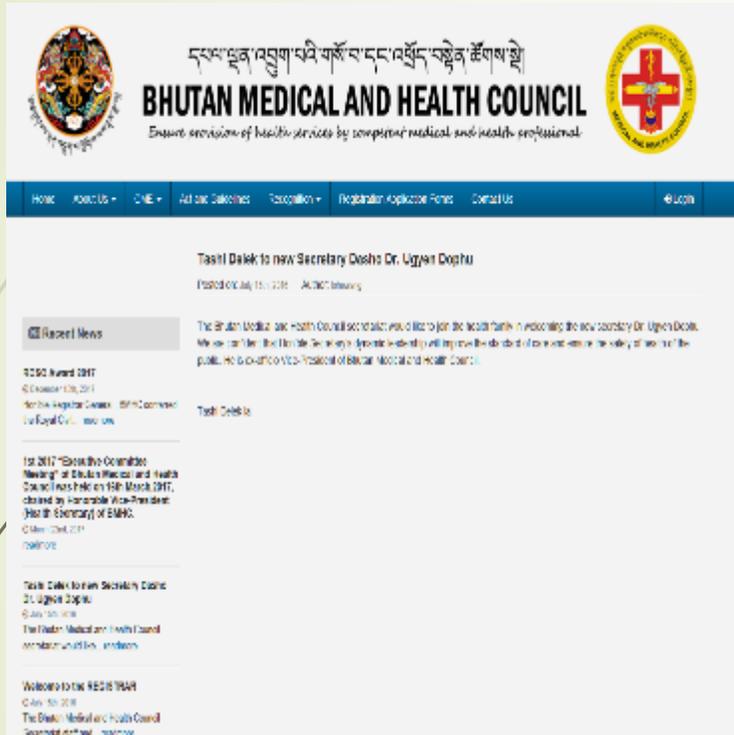
The SAIL project will start in 2019 with more than 2000 patients in its first phase. But there are many more thousands of patients with urgent medical needs. Therefore, we would like to ask for your support and help to eradicate gastric cancer in a whole country, Bhutan, have one life for just about \$5. **Every patient counts!**

**Thank you sincerely**  
Kado and Gernot

**Two free donations:** SAIL in Bhutan c/o, Call Center (user 20 0000) Munich, Germany, www.sailinbhutan.com  
SAIL in Bhutan c/o, Call Center (user 20 0000) Munich, Germany, www.sailinbhutan.com  
Account No. 25034422  
IBAN: DE 30 2503 0540 0009 0000 62  
BIC: BFSW33HAN30

- Diagnose via Endoscopie / UBTs
- PAC Behandlung für 10 Tage
- Patienten Compliance Unterstützung
- Erfolgsmessung nach 6-12 Wochen mit Atemtest in der Klinik
- Check auf Veränderung der Lebensqualität mit Fragebogen
- Dokumentation in einer Datenbank
- Patienten werden erneut getestet nach einem Jahr
- 10 Jahre follow up geplant
- Publikation der Daten ist geplant

# Lokale Unterstützung durch das Gesundheitsministerium



**April 2018: 1. Treffen mit  
Staatssekretär des  
Gesundheitsministeriums:**

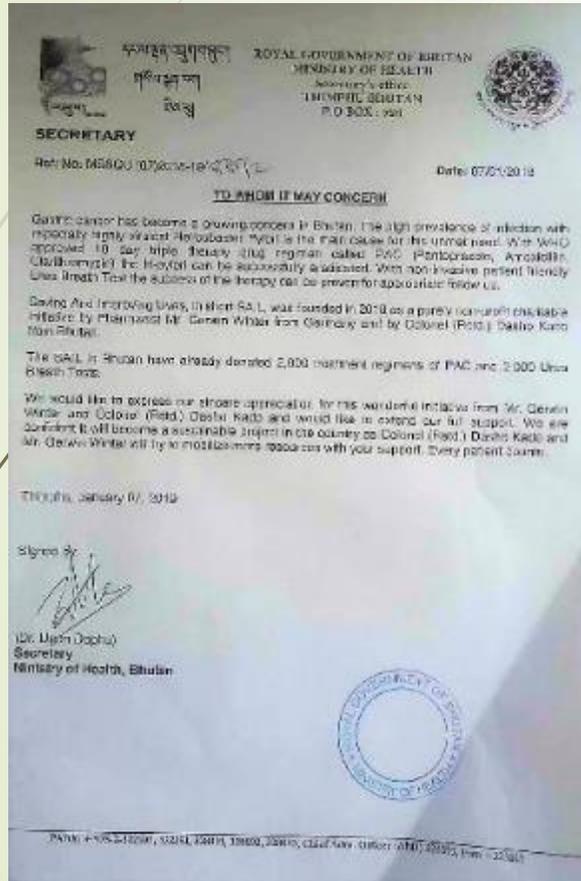


Dr. Pandup Tshering, Director General, Director Medical Services for MoH  
Dasho Dr. Ugyen Dophu, Secretary of Health  
Gerwin Winter, pharmacist and founder of "SAIL in Bhutan e.V."  
Kado Tshering, former chief of lifeguard and ADC to the King of Bhutan

## Lokale Unterstützung durch die Gesundheitsministerin



# Lokale Unterstützung durch das Gesundheitsministerium



# Unterstützung durch Fachärzte vor Ort!



**Chef Gastroenterologe  
Dr. Guru Dhakal**



## Unterstützung durch Krankenhäuser vor Ort!



# Unterstützung durch lokale Apotheker!



# Inspiriert von...Saving And Improving Lives in Bhutan



# Media Attention:

- [www.sailinbhutan.com](http://www.sailinbhutan.com)
- LinkedIn page “SAIL in Bhutan”
- Facebook Einträge
- Präsentation bei deutscher Onkologie Fortbildung
- Präsentation bei deutscher Gastroenterologie Fortbildung vor circa 1.000 Ärzten in Wiesbaden



# Aufklärungsbroschüren

## If YOU could help to end gastric cancer in a whole country, would you do it?

My vision is to achieve this goal. And I am fortunate to have enthusiastic and competent people alongside with me.

In 2018 we have already achieved a lot. We received donations of more than 80,000 euros from more than 65 different donors, enough to buy 6 palettes of amoxicillin and pantoprazole. We sent this medication to the Bhutan Ministry of Health. I was there to make sure that every euro that was spent on this project found its way to Bhutan. On a side note, this was the first time ever that clean and high quality drugs from Europe entered Bhutan.

But this is only the beginning. There is still a lot to do. We need more funding to buy more medicine, which will help to prevent cancer, and more Urea breath tests to identify infected individuals and to measure progress toward H-pylori eradication.

So, if YOU could help to end gastric cancer in a whole country, would you do it?

I sincerely thank you for your interest in this project, and I do hope that you will support us in our efforts.

Every euro counts because every patient counts!

Kind regards,  
Gerwin Winter



## Why I founded SAIL – Saving And Improving Lives in Bhutan e.V.

My name is Gerwin Winter and I am a pharmacist. During the last two decades, I worked in leading positions in healthcare. My last position (for the moment, of course) was Vice President & General Manager of Celgene Germany (based in Munich). I have always loved to travel and so I got to know a lot of different countries worldwide – including Bhutan. Its culture and people fascinated me from the first moment on.

Commonly known as one of the happiest places on earth, Bhutan is a beautiful country in the Himalaya, south of Tibet and north of India. However, its population suffers from a major medical health issue: a 5-fold incidence of gastric cancer, which means roughly 1 death per 1,000 people due to this terrible disease. The reason for this major health care problem is a 90% infection rate of the especially virulent *Helicobacter pylori* bacterium (H-pylori).

And this is the reason why I took a year off and founded SAIL – Saving And Improving Lives in Bhutan e.V. – in July of 2018.

## Here is your chance to change the course of human health once more.

Donations to "SAIL in Bhutan e.V." are tax deductible in Germany/Europe!

IBAN: DE10 7025 0150 0029 0580 62  
BIC: BYLADE3303  
Bank: Kreissparkasse München Starnberg Ebersberg

SAIL in Bhutan e.V.  
Oettingenstrasse 26  
80538 Munich, Germany  
www.sailinbhutan.com



## If YOU could help to end gastric cancer in a whole country, would you do it?

Saving And Improving Lives in Bhutan by eradicating H-pylori





## A glimpse at the founders of SAIL in Bhutan e. V.



**Gerwin Winter** lives in Germany. After studying pharmacy at LMU in Munich, he has enjoyed an international career in the pharmaceutical industry. Gerwin Winter founded „SAIL in Bhutan e. V.“ in 2018.



**Dasho Kado** lives in Bhutan. He formerly was chief of the king's bodyguards and now runs several philanthropic projects. He has been both – an inspiration and a strong supporter of SAIL from the first moment on.



**Prof. Dr. med. Katja Weisol** lives in Germany. She is member of the advisory board of the German Society of Hematology and Medical Oncology and a globally well-known hematologist and scientist with numerous peer reviewed publications in hematology.



**Kira Winter** lives in France. She is studying arts and psychology at the American university in Paris and has international experience with several social projects in India and Ghana.



**Behsad Zomorodi** lives in Switzerland. He studied economics, enjoyed an international career in the pharmaceutical industry and then founded the Pharmax company, where he serves as CEO.



**Prof. Dr. Thomas Siegel** lives in Germany. He started his own tax advising office 30 years ago and successfully supports several non-profit organizations with his expertise and engagement.



**Frank Rotmann** lives in Switzerland. He studied economics and after an international career in innovative pharma industry founded his own company PharmaAND with an entrepreneurial mindset.



**Franz Stuckenberger** lives in Germany. He studied pharmacy at LMU in Munich and runs his own pharmacy in Bavaria. He also has a degree in building biology and supports SAIL with a lot of passion.



## SAIL – Saving And Improving Lives In Bhutan

For round about

**15 euros**

you can save

**one live**

in Bhutan via this project.

**Every patient counts!**

## Facts & Figures

- The WHO categorized H-pylori as carcinogen class 1. Worldwide, it kills about

**900,000**  
people each year.

- In China, the biggest clinical trial ever on eradication of H-pylori is currently conducted. Approximately

**350,000**  
patients are included. After they received treatment, patients will be surveilled for 10 years.



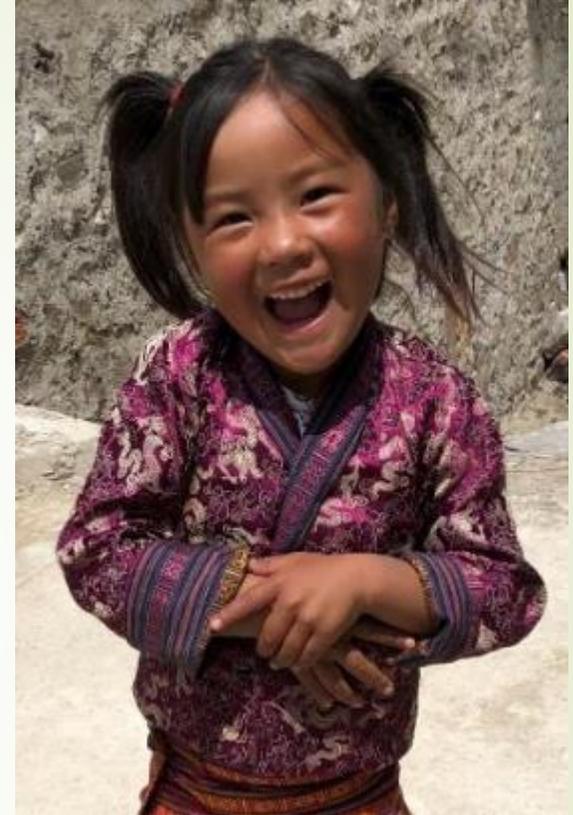
# Zwischenergebnisse:

- **Bisher 170.000 Euro an Spenden gesammelt und 162.000 Euro verwendet**
- **SANDOZ Medikamente für tausende Patienten direkt nach Bhutan geliefert**
- **Spektrometer + UBT Tests für tausende Patienten direkt nach Bhutan geliefert**
- **Neue Endoskopie Geräte direkt nach Bhutan gespendet**
- **Über 1.000 Patienten bisher behandelt und dokumentiert**
- **Eradikations Rate liegt bisher bei hervorragenden 86%**
- **Verbesserung der Lebensqualität durch Fragebögen dokumentiert**
- **Zweitlinien Medikamente (Bismut) direkt nach Bhutan geliefert**
- **Programm von Hauptstadt Thimphu auf Mongar und Gelephu ausgeweitet**
- **Von Gesundheitsministerin zum Berater erklärt worden**

**Stellen Sie sich vor...man könnte Magenkrebs in einem ganzen Land ausrotten...?**



# Jeder Patient zählt...



## Spendenkonto „SAIL in Bhutan e.V.“:

**Bank:** Kreissparkasse München Starnberg Ebersberg

**Account #:** 29058062

**IBAN:** DE 10 7025 0150 0029 0580 62

**BIC:** BYLADEM1KMS



**Jeder Patient zählt...**

**Vielen Dank  
für Ihre Aufmerksamkeit!**

