

INTERVIEWER: Welcome to “En Comunidad” (“In The Community”). Today we have with us Dr. Ginger Ruddy, and she will be talking about the importance of volunteering and about her experience in the country of Guatemala where she spent some time. Thank you for being with us.

DR. RUDDY: Thank you for having me.

INTERVIEWER: Why don't you tell us a little bit about the organization that took you down to Guatemala?

DR. RUDDY: I went to Guatemala through Reach Beyond Borders. It is an organization here in Seattle that has had connections for 15 years with doctors, dentists and eye doctors in Guatemala. So, they go there to help those doctors to increase those specialty services in rural areas in Guatemala.

INTERVIEWER: In Guatemala. So then this organization collaborates with another organization in Guatemala called La Mision (“The Mission”).

DR. RUDDY: Absolutely.

INTERVIEWER: So then you are one of the doctors who travel to Guatemala to offer services.

DR. RUDDY: Yes.

INTERVIEWER: Tell us a little bit about the services you were offering at the clinic and where you were.

DR. RUDDY: Ok. We were in Solola, in the department of Solola, in the city of Cipresales. It is very close to Lake Atitlan, in the southern part of the country. We had four departments at the clinic, eye doctors, dentists, pharmacy and medical department. The risk of dying during childbirth is one of the highest in Latin America. So, the opportunity to check with ultrasound to know where the placenta is and the baby's orientation in the uterus can decrease the risks for women.

INTERVIEWER: And, how was the experience for you?

DR. RUDDY: It was very good. The people are very friendly, and next time I go there we are going to help educate the midwives, nurses and health promoters to solve the problems that they tell us that they need help with. So, I am very happy. And also, I hope my prenatal and childbirth care for my own patients here in Seattle improves as a result of my experience.

INTERVIEWER: A very international experience. Thank you for being here with us. For all of those people who wish to know more about volunteering for this organization, you can call 425-488-9537 or you can go to the website [www.reachbeyondborders.org](http://www.reachbeyondborders.org). Thank you for being with us.

DR. RUDDY: Thank you.