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“Local vs. National: Disease Prevalence in Lamay District, Peru”

Background: Regional differences in disease burden within Peru are not well documented. Understanding local health needs is essential for guiding resource allocation in rural Andean communities.

Methods: We conducted a cross-sectional analysis of patient encounters during a medical campaign in Lamay District, Cusco, Peru, in May 2024. Chief complaints were coded using ICD-10 and compared with national outpatient morbidity statistics from Peru. The population of Lamay is 6,016.

Results: A total of 1,844 patient encounters were recorded. The most frequent complaints were headache (R51.9, n=108; prevalence 1,795/100,000; national 64,600/100,000), low back pain (M54.50, n=90; prevalence 1,497/100,000; national 11,900/100,000), blurred vision (H53.8, n=83; prevalence 1,379/100,000; national 13,500/100,000), right knee pain (M25.561, n=74; prevalence 1,230/100,000; national 11,700/100,000), and left knee pain (M25.562, n=65; prevalence 1,081/100,000; national 11,700/100,000). Other frequent presentations included unspecified abdominal pain (R10.9, n=59; prevalence 981/100,000), epigastric pain (R10.13, n=43; 715/100,000), kidney/back pain (M54.9, n=42; prevalence 698/100,000), partial tooth loss (K08.409, n=37; 615/100,000), and eye redness (H57.9, n=34; 565/100,000). Musculoskeletal and ophthalmologic complaints accounted for the majority of encounters, while infectious conditions were less commonly reported than expected.

Conclusion: In Lamay District, the leading health complaints centered on musculoskeletal pain and visual disturbances, contrasting with national patterns where the most common health burdens include neonatal disorders, lower respiratory infections, ischemic heart disease, road injuries, and low back pain. These differences may reflect Lamay’s highland environment, occupational and demographic factors, and barriers to preventive and specialty care. Further research should explore these determinants to better understand regional variation and guide tailored healthcare delivery in rural Andean populations.