

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

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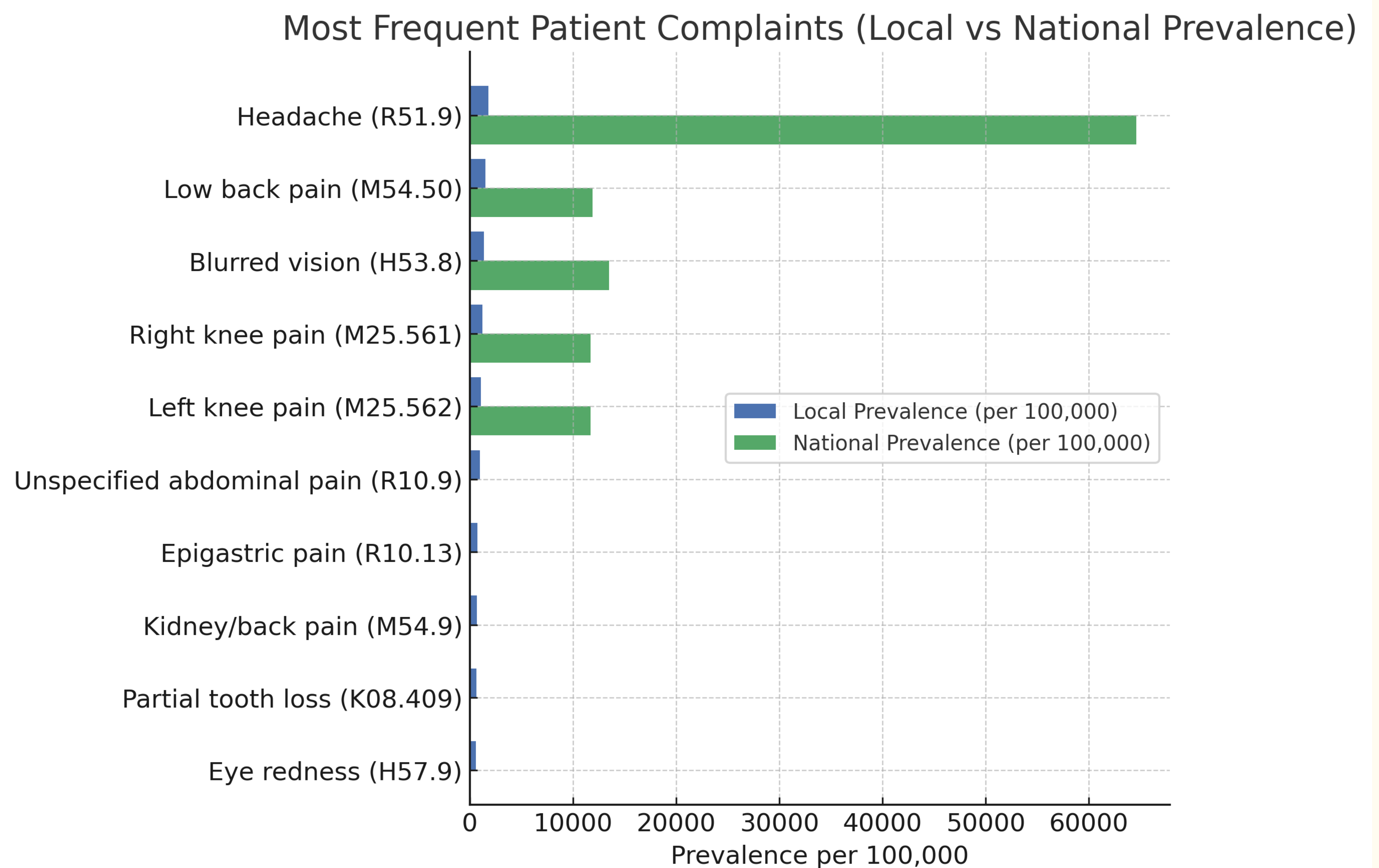
Introduction

- 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.
- Few studies have quantified local disease patterns at the community level, leaving gaps in understanding how regional environments, occupations, and access to care influence health outcomes.

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



Conclusion

- In Lamay District, the leading health complaints centered on musculoskeletal pain and visual disturbances.
- This is in contrast 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.