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Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. This section contains 747 words (approx. 2 pages at 400 words per page) Dr. Lori Alvord, the author and main character of The Scalpel and the Silver Bear, has a reflective and divided perspective on her life. It is reflective in that Alvord is keenly aware of her emphases in the book. She makes her themes explicit and draws clear lessons from her story. There is no guesswork when it comes to Alvord's view. The perspective is also fundamentally divided because of Alvord's experience as a Western-trained surgeon and a member of the Navajo nation. As mentioned at several points in the guide, Alvord self-consciously develops a dual identity between her two lives. Alvord's initial identity is as a member of the Navajo nation, though with a white mother and a father partly integrated into Western culture, she was always set apart in terms of the expectations her family had for her. When Alvord made it to Dartmouth she stuck to… (read more) This section contains 747 words (approx. 2 pages at 400 words per page) Copyrights The Scalpel and the Silver Bear from BookRags. (c)2025 BookRags, Inc. All rights reserved. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Chapter Seven opens with Dr. Alvord visiting a clinic in Crownpoint and seeing a patient named Dezbah Tsosie. She needed to have her gall bladder removed, but the medicine man had told her this, as Navajos often get large gallstones. Ancestrally, the Navajo ate lots of grains, beans and limited meat. Modern American diets are hard on the Navajo as a result. Alvord had performed many gall bladder surgeries; people can live well without gall bladders. Alvord had come to treat the whole person, not just the organs, to focus on the harmony of their being. At Gallup, Alvord was becoming more intent on gaining the trust of her Navajo patients. Her patients felt like she worked magic on them. In her, the healer and doctor were merged. Alvord noted that the medicine men taught... (read more from the Chapter Seven, Spiritual Surgery Summary) Copyrights The Scalpel and the Silver Bear from BookRags. (c)2025 BookRags, Inc. All rights reserved. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. This section contains 706 words (approx. 2 pages at 400 words per page) Dr. Lori Arviso Alvord was the first Navajo female surgeon. Today, she serves as the Associate Dean of Students and Multicultural Affairs for Dartmouth at the Medical School. She also holds an assistant professorships in surgery and psychiatry. Alvord's story tells much more about her life than her current occupation. Alvord grew up in Crownpoint, a small town on the Navajo Reservation in New Mexico. Though she had a white mother, Alvord was fundamentally raised Navajo, in Navajo culture. However, her parents encouraged her to get an education and when she went to college, she found her way into science and ultimately medicine. College at Dartmouth and medical school at Stanford were challenging for her, as it was difficult for someone with her unique background to fit in. In Alvord's medical practice, she was fundamentally challenged to choose between her Navajo cultural heritage and the… (read more) This section contains 706 words (approx. 2 pages at 400 words per page) Copyrights The Scalpel and the Silver Bear from BookRags. (c)2025 BookRags, Inc. All rights reserved. The Scalpel and the Silver Bear is the autobiography of Dr. Lori Arviso Alvord, the first female Navajo doctor in the United States. Alvord was raised in a small town named Crownpoint on a Navajo reservation adjacent to New Mexico. She grew up the daughter of a Navajo man and a white, blond woman, feeling torn between Navajo and modern American worlds. The book tells the story of Alvord's attempt to integrate the core insights and wisdom of her two cultural traditions. She intends her book to serve two other purposes as well: to tell the story of how one Navajo broke the glass ceiling and to illustrate the medical knowledge latent in Navajo rituals and taboos. Alvord argues that modern medicine has lost any sense of spirituality. One of the most intimate things you can do with a person, in Alvord's opinion, is to cut them open and change what is inside of them. Navajos traditionally do not allow themselves to be cut open and are afraid to touch the dead. Alvord was thus raised with a profound sense of reverence about the body and found her interest in surgery coming into conflict with it. Alvord became convinced early in her career that the Navajo philosophy of the harmony of all things, The Beauty Way, could be used to aid in the healing process for her patients, especially Navajo ones. She argues throughout the book that hospital staff should try to form communities of care, to integrate families and communities into patient care and to show respect for the culture and histories of patients. The Scalpel and the Silver Bear has fourteen chapters. Chapter 1, Chantways, relates Navajo health culture to the reader and introduces Dr. Alvord's practice, birth and childhood, along with the histories of her grandmother, mother and father. Chapter 2, Walking the Path between Worlds, discusses the relationship between Alvord's Navajo culture and her experience in college. Chapter 3, Journey Down the Medicine Path, explains how Alvord decided to become a surgeon and how her desire both amplified and alienated her from her connection with her Navajo roots. Chapter Four, Life Out of Balance, clarifies how Alvord learned to be a better doctor for her Navajo patients and discusses treating her patients for gallbladder problems. Chapter Five, Rez Dogs and Crow Dreams, examines the terrible struggle that many Navajos and Native Americans generally have with alcoholism. Chapter Six, Ceremony Medicine, focuses on the role of the medicine man or woman in Navajo culture and how they often possess wisdom about healing despite being unacquainted with modern medicine. Chapter Seven, Spiritual Surgery, shows Alvord starting to explicitly integrate Navajo philosophy into her medical practice. Chapter Eight, The 'Navajo Plague' discusses a hantavirus epidemic among the Navajo. Chapter Nine, Two Weddings, explains Alvord's relationship with and marriage to Jon Alvord. Chapter Ten, At the Big Medicine Space, explores Alvord's life at her hospital in Gallup, New Mexico. Chapter Eleven, Do Not Try to Count the Stars, and Chapter Twelve, The Spirit Horse's Bridle, focus on Alvord's pregnancy and her associated visit to a medicine man. Chapter Thirteen, A Knotted Sash, tells the story of her son Kodi's birth. Chapter Fourteen relates the story of Alvord's grandmother Grace's death and her family's decision to leave Gallup for Dartmouth, where Alvord would take up a prestigious position at the medical school and start to integrate her Navajo philosophy into medical practice there. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. This section contains 779 words (approx. 2 pages at 400 words per page) The central theme of The Scalpel and the Silver Bear is Alvord's experience both as a surgeon (represented by the scalpel) and as a member of the Navajo Nation (represented by the silver bear). Alvord grew up in Crownpoint on the Navajo Nation reservation. She was poor in a poor community and while her father faced many of the struggles of other Navajo men (such as alcoholism), both her father and mother encouraged her to get an education. However, her experience at Dartmouth led her to feel alienated from whites. While she connected with the Native American students at Dartmouth, she did find herself culturally drifting away from her Navajo roots. This alienation only increased in medical school. Alvord gave one powerful example of this when she had to dissect a human cadaver despite the fact that Navajo custom demands that the dead not be touched... (read more) This section contains 779 words (approx. 2 pages at 400 words per page) Copyrights The Scalpel and the Silver Bear from BookRags. (c)2025 BookRags, Inc. All rights reserved. The Scalpel and the Silver Bear: The First Navajo Woman Surgeon Combines Western Medicine and Traditional Healing (1999) is the autobiography of Dr. Lori Arviso Alvord. It details her journey to become the first Navajo female surgeon, overcoming the challenges presented to her by her own Navajo culture as well as the prevailing stereotype at the time that only men could be surgeons. Along this journey, Lori realizes that western medicine is facing a crisis. It has forgotten that its true purpose is to help heal people. Working with Navajo patients, especially at the Gallup Indian Medical Center, makes Lori realize that western medicine can learn from traditional Navajo healing practices. She goes on to strongly advocate for the blending of these two practices to produce a strong form of medicine.The book’s title, The Scalpel and the Silver Bear, illustrates the dualism that is the heart of Lori’s argument. The scalpel symbolizes Lori’s professional career as a surgeon. The silver bear represents her Navajo heritage and guiding light. Modern medicine does many incredible things, especially in terms of healing the body. However, it currently takes a microscopic view of healing and fails to see how the whole human being (mind, body, and spirit), as well as an individual’s relationships to family and community and the natural world, impact health and wellbeing. The Introduction through Chapter 2 focuses on Lori’s youth and experiences as an undergraduate at Dartmouth. In these opening chapters, Lori details her struggle with walking between two worlds. As a child, she never felt like she belonged to either the Navajo or white community. It is her ability to see through two cultural lenses, however, that ultimately make her a better surgeon. She is open to blending two different perspectives on medicine to produce its strongest form. Family and community are also incredibly important to Lori. Her grandmother serves as a source of inspiration since she too was from two different cultures. Becoming part of the Native American community at Dartmouth helps ease Lori’s sense of loneliness and homesickness. These chapters lay the foundation for why Lori comes to believe that relationships matter to a person’s overall health.Chapters 3 and 4 explore Lori’s path to the medical field and her early years as a physician. She provides firsthand experiences with the barriers she had to overcome to eventually become a surgeon. The first is personal. Lori felt that she did not have what it took to become a surgeon. A mentor in her life saw otherwise and encouraged her to look into medical school. The Navajo cultural traditions, such as taboos against touching dead bodies and asking probing questions, also presented their own challenges for Lori. Finally, as a female minority surgeon, she would learn that male surgeons would constantly challenge her. Lori overcame each of these challenges, only to face an even bigger challenge when she finished medical school: Her clinical and technical training did not teach her how to relate to and interact with her patients. In Chapters 5-8, Lori outlines how she began to incorporate traditional Navajo healing practices into her surgical procedures. The secret lay in the Beauty Walk, which emphasizes living a harmonious and balanced life. A medicine man knew the source of a terrible illness that swept through the Navajo nation by following this Navajo concept. Within Lori’s story readers also learn the terrible toll that centuries of racism have taken on the Navajo people. There are instances in the story where Lori’s two parallel worlds combine, such as at her wedding (Chapter 9), and collide, as is the case when a young girl needed surgery to save her life but her family was fearful of what doctors would do to her in a hospital (Chapter 10).As the book heads into the concluding chapters, Lori’s journey with Navajo healing practices becomes more personal. She begins to incorporate the Beauty Walk into her personal life. Lori recognizes when her life has gotten off balance (Chapter 11) and decides to visit a medicine man for the first time to help her correct this balance for both her and her baby’s sake (Chapter 12). Through Lori’s own birthing experience, she also sees firsthand the power of blending western medicine and Navajo healing practices (Chapter 13). Lori wraps her argument up by reaffirming that it is possible to change the course of medicine by introducing Navajo ideas about healing (Chapter 14).The Scalpel and the Silver Bear illustrates that minority women, even in the face of great adversity, are able to pursue their dreams. In so doing, Lori will also help change the world of medicine for the better and help others hear the concerns of the Navajo people. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. This section contains 676 words (approx. 2 pages at 400 words per page) The Scalpel and the Silver Bear is the story of a girl from a small town on a Navajo reservation who grew up to be a surgeon, Dr. Lori Arviso Alvord. It also focuses on how the ancient tribal practices of the Navajo can help expand the American medical system's ideal of healing. The first element of the story shows that great and surprising things are possible, the second indicates that there really is wisdom in Navajo healing practices. Modern medicine has great technology but has lost that which heals best: relationships, lifestyle and community membership. Patients often feel forgotten and powerless; the physician dictates healing to the patient. Patients are made passive. But patients are then nothing more than a machine to be tweaked. Alvord learns this lesson by becoming as good... (read more from the Introduction and Chapter One, Chantways Summary) This section contains 676 words (approx. 2 pages at 400 words per page) Copyrights The Scalpel and the Silver Bear from BookRags. (c)2025 BookRags, Inc. All rights reserved. The Scalpel and the Silver Bear is the autobiography of Dr. Lori Arviso Alvord, the first Navajo woman surgeon in the United States. Dr. Alvord speaks on the challenges she faced combining traditional Navajo healing with modern western medicine. The child of a Navajo father and a white mother, she experienced first-hand the clash of cultures during her childhood on the reservation. We follow her through her undergraduate years at Dartmouth and on to medical school and surgical residency at Stanford. She returns to her hometown as a surgeon, hoping to bring western medicine to the Dine (Navajo people) but finds reluctance with her patients on her Bilagaana (Anglo; white person) healing techniques. She explores the ancient Navajo power of healing through song, and learning to respect the emotional and spiritual needs as well their physical ailments. Our health care system is in crisis. Dr. Alvord's philosophy is a clear example of Engel's Biopsychosocial model. Having a more balanced approach to patient care can lead to better patient outcomes. I can relate to Dr. Alvord's sense of being torn between her Navajo heritage and her American side. While working as a surgeon, she had difficulty treating patients because the Navajo are private, dignified and social. In modern medicine doctors have forgotten certain aspects of someone's life can affect the healing process. Our relationships, how we live our lives, our feelings of belonging and wholeness. Doctors forget about the patient, their feelings with his or her treatment, thus leaving the patient with no input in their own treatment. Modern medicine needs to look at the medical education and culture being fostered on medical students first. Dr. Alvord shows us that there is a lot more to medicine than science. Bridging the gap between holistic medicine and modern medicine can improve the lives, wellbeing and finally become healers and not just doctors. Order custom essay The Scalpel and the Silver Bear with free plagiarism report 450+ experts on 30 subjects Starting from 3 hours delivery Get Essay Help I can look at my own children as an example, being half-Filipino and half-Peruvian. Is this the best of both worlds? Or a hinderance for them? I use this analogy, just as Dr. Alvord struggles with her own upbringing. She feels like she's two different people in two distinct roles, one being Navajo and the other being white. The realization that her life is split between two different cultures just as my two sons. I get the sense that she doesn't accept her American heritage. She is heavily influenced by her grandmother, she grew up hearing stories of her people. Even though her grandmother encouraged her to be both Navajo and American. Navajo history is one of great sadness. The wars with the United States government, their forced relocations to reservations. Many Navajos live improvised, even lacking basic electricity and running water. I empathize with Dr. Alvord's grief for her people, especially the anger towards whites because of the past injustices suffered by the Navajos. Being a minority myself in this country, I have felt alienated and discriminated many times in my life especially in the military. Growing up in Miami, which the majority are Latinos. I never experienced racism. In boot camp was the first time I was called a racial slur. I can agree modern medicine needs to adapt and include the patient's perspective into their treatment. Western medicine can learn from different cultures especially the Navajo. The Native American's philosophies on healing, is the concept of "Walking in Beauty." It is the Navajo way of living a balanced and harmonious life, in touch with all components of one's world. This a path to better health, healing and life. Dr. Alvord realized this phenomenon during Evelyn Bitsui's surgery. She had complications during surgery and suffered a stroke as a result. She concluded that her anger and frustration might have caused the stroke. Her Navajo side knew she was in disharmony and not in beauty. Working in an OR, that itself can be stressful. Medical school and residency, every medical student is pushed to the limit, but every situation can be coped with. If Dr. Alvord knew her triggers to stress maybe she could have better handled all the issues during Evelyn's surgery. A positive outcome would have been the result. Coping strategies especially active and planning strategies would benefit her future patients. She went through many ups and downs trying to find a way to blend Navajo healing with modern medicine. In order for her to be a better doctor she needed to look at the Navajo tradition of healing for her answers. She finally learned to clear her mind of all thoughts and letting balance and peace take their place. She essentially created her own small healing ceremony. Clutching her silver bear necklace, her pulse slowed and her mind became focused. Western medicine can learn from a Navajo's belief and spirituality can be a coping technique to deal with the stress of illness. She knew she cannot let her anger interfere with her patients. The medicine men and women of the Navajo were the spiritual leaders of the tribe. They see a person not simply as a body, but as whole being. Body, mind and soul are connected to other people, to families, to communities, the planet and the universe. Every relationship lives in harmony and order to be healthy. Even the patient and healer need to be in sync in order to achieve healing. Medicine men use the power of the human voice to sing the patient to health. They perform healing ceremonies, in which the medicine men or women sing and chant to cure illness. This belief sees illness as a consequence of things falling out of balance, like losing one's way from the path of beauty. Song can give the individual hope and have a positive effect on their condition. Dr. Alvord describes such ceremonies as magical and powerful things. The energy that surrounds these healing ceremonies calm everyone present. Their belief in their body's harmony is restored. I was amazed how the hataalii (medicine men) could predict ailments individual have from diabetes, gallstones, and other diseases. They knew "white men's medicine" can cure "white men's diseases." They worked with a patient's mind and body and practiced a viable form of medicine that modern medicine has yet to understand. Their belief that everything is interconnected and that everything has a cause and effect. One's sickness can be from some other aspect of their life that out of balance or not in harmony. Navajo healers didn't treat a part of the body but treated the body as a whole. Their medicine was for the whole human being-mind, body, and spirit. Modern medicine is now realizing that effect the mind has on an individual's health. New technologies and research have discovered how the mind can positively or negatively affect the immune system. Modern medicine doesn't need new research to figure this out, all they need to do is look at other cultures healing practices. What surprised me the most was how she treated her patients with deep concern, worry and profound respect. Especially with the case of Melanie Begay, and her grandmother Bernice Begay who openly was not allowing Dr. Alvord to cut open her granddaughter. The Navajo culture is matriarchal, meaning the women were in charge especially the older women in the tribe or clan. The Navajo believe in the beauty of the body, the sacredness of the body, and to defile the body would disturb the harmony and balance of the individual. Dr. Alvord was in a very difficult situation. A cultural clash between her western medical training and her Navajo upbringing. She had an inner conflict during this case, but deep down inside she knew the surgery was the best chance to heal Melanie. She was able to relate to Bernice's fear about western medicine and her reluctance to let the surgeons operate on her granddaughter. Her knowledge of the hospital social workers trying to get a court order to force Melanie to have the operation. She wanted to avoid any unnecessary anguish or pain on Melanie's family against the hospital staff. Her decision to speak with Melanie's father, and finally agree to let the surgery proceed before it was too late. Dr. Alvord was offered the position of associate dean of student affairs at Dartmouth's medical school. She was honored to be offered the position but her one and only reservation was her grandmother and how she would handle the winter of New Hampshire. Somehow her grandmother was very intuitive and knew about the job offer. Through some powerful, ancient Navajo legend she chose to leave this world. Dr. Alvord grandmother's death had a profound effect on her. She was amazed even after she suffered a stroke, the doctors gave her one day to live. Her will kept her alive for another week. She finally let go and died peacefully, surrounded by her loved ones, the sacred mountains, and thus finally at home. Dr. Alvord's philosophy was revolutionary to modern medicine. Her ideas she gained from her Navajo heritage, taught her to respect her patients and empower them. Not just her patients but the medical team too. It's important to acknowledge and respect each member. She learned the when it comes to treating someone's illness, everything is connected. Medical team's efforts, the patient's efforts, spiritual health, health of all their relationships, their comfort and trust in the operation they will undergo. She preached about the imbalance of people with their body, each other, the community, natural world, leads to sickness. The stress of disharmony can cause illness, depression, violence and even death. Her ideal hospital would be a breakthrough in patient wellness and treatment. Her hospital would not smell or appear as any hospital. The hospital will be comforting, inviting, filled with warm light. The staff would be dedicated to the patient's comfort and actively participating in their healing process. Her hospital would be a place where illness wasn't thought of as organ or organ system specific but as the effect of imbalance. Illness would be seen as a lack of harmony in their mind, body, spirit, family, friends, community, environment. The Doctors would know and understand balance and harmony. The physicians would treat their patients by restoring balance and harmony in their lives. Even the operating room would consist of a team of professionals, who worked together smoothly and respected one another including their patients. This book was a welcoming and rewarding experience for myself. I learned the history and the culture of the Navajos. The Navajo philosophy "The Beauty Way" is great example of the correct path to living a healthy and stress-free life. I believe also with Dr. Alvord of living in balance and harmony, especially with your mind, body and spirit. Everything is connected, your relationships with family and friends, to nature are all intertwined to someone's life. New clinical studies and research support her beliefs of illness as multifactorial. Her success in breaking barriers is very influential for anyone looking to become a surgeon. I believe her life, is a great example for young Navajo girls to break from tradition and dream big! Her efforts in her new position shall greatly impact new medical students on how to respect and gain the trust of their patients. Not only just the Navajo but all cultures can benefit from the new philosophy. Western medicine needs a new infusion of specially trained doctors treating their patients as a whole not just as pieces in an assembly line. Is our healthcare system in crisis? Will these ideas help usher a new way to treating the wellness of people, years to come? Only time will tell, but I do believe this is a start in the right direction. Bibliography Biography The Scalpel and the Silver Bear. (2000, January 19). Retrieved from JAMA Network: Dr. Lori Arviso Alvord. (2015, June 15). Retrieved from Changing the Face of Medicine: Engel, G. L. (1977, April 8). The Need for a New Medical Model: A Challenge for Biomedicine. Science, 129-136. Retrieved from JSTOR: Fenigsohn, H. (2008). The Scalpel and The Silver Bear (Book Review). Retrieved from University of Massachusetts Medical School eScholarship@UMMS: Lori Arviso Alvord, M. a. (1999). The Scapel and the Silver Bear. Bantam Books. Taylor, S. (1998, July). Coping Strategies. Retrieved from UCSF MacArthur Research Network on SES ; Health: The Scalpel and the Silver Bear Study Guide. (n.d.). Seattle: BookRags, Inc. The Scalpel and the Silver Bear. (2019, Sep 05). Retrieved from Analyzing literature can be hard — we make it easy! This in-depth study guide offers summaries & analyses for all 14 chapters of The Scalpel and the Silver Bear by Lori Arviso Alvord. Get more out of your reading experience and build confidence with study guides proven to: raise students’ grades, save teachers time, and spark dynamic book discussions. SuperSummary Study Guides are written by experienced educators and literary scholars with advanced degrees in relevant fields. 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SuperSummary helped me get a high grade on my test and complete my summer assignment.” — Dudley L, High School Student Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Take our free The Scalpel and the Silver Bear quiz below, with 25 multiple choice questions that help you test your knowledge. Determine which chapters, themes and styles you already know and what you need to study for your upcoming essay, midterm, or final exam. Take the free quiz now! Directions: Click on the correct answer. Questions 1-5 of 25: Copyrights The Scalpel and the Silver Bear from BookRags. (c)2025 BookRags, Inc. All rights reserved. "I was a good surgeon, I was not always a good healer." (Introduction, 3) "At the basis of Navajo philosophies of healing is a concept called 'Walking in Beauty.' It is a way of living a balanced and harmonious life, in touch with all components of one's world. This is a path to better health and healing and life." (Introduction, 3) "I live between two worlds. In one of them I am a dispenser of a very technologically advanced Western style of medicine. In the other, people are healed by songs, herbs, sand paintings, and ceremonies held by firelight in the deep of winter." (Chapter 1, 8) "The scalpel is my tool...but may 'Silver Bear', my Navajo beliefs and culture … are what guide me." (Chapter 1, 16) "The outside non-Indian world is tribeless, full of wandering singular souls, seeking connection through societies, clubs and other groups. White people know what it is… Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. The Navajo celebrate a baby's first laugh, which is a sign that the soul has been attached to the body. Alvord and Jon had decided to induce labor. She would go to GIMC for the procedure. Despite frustration with some of the procedures, she felt pretty happy. When a Navajo gives birth, many rituals are carefully followed, rituals Alvord wanted to observe. Some rituals are described. Then Alvord reviews Kodi's birth. The first two days of induction were full of rented movies, reading and Scrabble. Her contractions grew, but she still enjoyed herself until the third day when the drugs started to kick in. Her mother and sister, husbands in tow, were visiting. Alvord's bodily condition edged her towards a C-section. She wanted to remember her misery throughout the procedure when she was... (read more from the Chapter Thirteen, A Knotted Sash Summary) Copyrights The Scalpel and the Silver Bear from BookRags. (c)2025 BookRags, Inc. All rights reserved. Chapter One: Chantways Healing Through Music In different cultures, songs are used as a means of healing, suggesting that music can penetrate deeply into a person's being, aiding recovery. Singing is not only a scientific phenomenon involving breath and sound but also an act that combines mind, memory, and community, often carrying spiritual significance. The Duality of Medicine Modern medicine offers advanced technologies and treatments, yet there exists another healing tradition grounded in holistic practices that include mind, spirit, and culture. The author, Dr. Lori Arviso Alvord, reflects on her experiences as a Navajo woman and a Western-trained physician, emphasizing the importance of traditional healing methods from her Navajo heritage, particularly through chants or ceremonies, which hold significance for various ailments. Personal Experience in Healing Alvord recounts an experience with a patient, Charlie Nez, who showed signs of improvement during a traditional chant. This incident highlighted the necessity of integrating hope and emotional strength into medical treatment, demonstrating that both Western and indigenous healing approaches can be beneficial. Living Between Two Worlds As an enrolled member of the Diné (Navajo) tribe and a surgeon, Alvord navigates two distinct cultural identities. Her life is described as a blend of traditional Navajo elements and modern medical practices, revealing the complexities of these dual identities and the wisdom gained from both. Cultural Perspective on Healthcare Alvord emphasizes the significance of understanding the Navajo worldview, which sees health as a balance, intertwined with spiritual and communal aspects. Traditional beliefs are crucial when treating Navajo patients to foster trust and acceptance, leading to better healthcare outcomes. Reflections on the Practice of Medicine The author notes that the pressure of the Western medical system often neglects the importance of patient relationships. By incorporating Navajo philosophies into her surgical practice, Alvord strives to bridge the gap between cultures, asserting that ultimate healing must consider both physical and emotional wellness. Conclusion: A Call for Harmonious Healing Alvord advocates for a healthcare approach that respects both scientific advancements and traditional practices. She envisions a pathway that connects cultures, emphasizing the need for a compassionate approach to medicine that ensures patients receive holistic care, akin to how one would treat family. The concept of “walking in beauty” represents the harmony and balance crucial in both Navajo life and effective medical practice.InspirationKey Point : The Power of Healing Through MusicLife inspiration : In Chapter One of 'The Scalpel And The Silver Bear,' you are invited to explore the profound influence of music as a universal healing tool. Imagine attending to your own wounds—both physical and emotional—and discovering that a simple song, a melody woven with memories and community spirit, can mend your heart or soothe your mind just as effectively as any advanced medical technology. This chapter inspires you to embrace the healing power of music in your own life, encouraging you to not only find solace in melodies during times of struggle but also to recognize the interconnectedness of mind, body, and spirit in the pursuit of well-being.Critical ThinkingKey Point : Cultural integration in medicine is essential.Critical Interpretation : Dr. Alvord's narrative underscores that blending traditional Navajo healing methods with modern medical practices could enhance healthcare outcomes. This duality presents a compelling argument for a more holistic approach to medicine. However, one must critically assess whether such integration is universally effective or applicable across varied cultural contexts. Critics may argue that this perspective, while valuable, cannot discount the complexities of individual patient experiences and medical realities, as seen in broader discussions about cultural competence in healthcare (See Betancourt et al., 2003 on cultural competence in medicine). Additionally, others may point out that solely relying on traditional practices can pose risks, questioning the validity of integrating such methods without rigorous scientific backing. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Lori Alvord This Study Guide consists of approximately 25 pages of chapter summaries, quotes, character analysis, themes, and more - everything you need to sharpen your knowledge of The Scalpel and the Silver Bear. Practicing medicine amongst the Navajos led Alvord to expect the unexpected, but Alvord was not prepared for what happened to her next. In 1993, Alvord was involved in surgery and happened to be assisted by an Army Special Forces medic trainee named Jon Alvord. They had positive interactions several times and after a few days, Jon asked her to lunch. (Dr.) Alvord had no idea why she asked him, but decided to go. At lunch, they made small talk. It turned out that it had taken Jon two weeks to get the courage to ask her out. Additionally, he was twenty-three, she thirty-four. Alvord decided not to let the age difference bother her. In Alvord's dating career, she'd dated all kinds of people, most of whom were Native Americans. She had no prejudice against whites, but... (read more from the Chapter Nine, Two Weddings Summary) Copyrights The Scalpel and the Silver Bear from BookRags. (c)2025 BookRags, Inc. All rights reserved. Sites like SparkNotes with a The Scalpel and the Silver Bear study guide or cliff notes. Also includes sites with a short overview, synopsis, book report, or summary of Lori Alvord’s The Scalpel and the Silver Bear.We found no such entries for this book title. Please see the supplementary resources provided below for other helpful content related to this book. Sites with a book review or quick commentary on The Scalpel and the Silver Bear by Lori Alvord. In The Scalpel and the Silver Bear we embark on a journey with Lori Arviso Alvord through her life on the reservation, going to school, then eventually making it back to the reservation. In a world where humans act so programed, Dr.Alvord incorporates her native beliefs and rituals to break up the monotony of modern medicine. She begins her story describing what life is like on the reservation, they are very minimalistic and traditionally focused. Everything is done with a purpose and they teach the children to not attract attention to yourself, this was proven extremely difficult when Dr.Alvord started college at a white majority school. She excelled in college and medical school and found comfort with other Native American students. She perused