

الجامعة الأهلية
AHLIA UNIVERSITY
BAHRAIN

**ADMINISTRATIVE SERVICES DIRECTORATE
HEALTH UNIT**

PART-B

**MEDICAL/HEALTH & WELLBEING
AWARENESS**

NB: This document is for general medical awareness only.

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HEALTH BENEFITS OF BANANA

Health Benefits of Bananas

www.GreenTidings.org

www.facebook.com/GreenTidings

- 
- Anti-diarrheal (green bananas)
 - Provide energy
 - Help with hangovers
 - Help circulation
 - Fight infections
 - Protect skin against damage from UV-light
 - Anti-ulcer
 - Suppress prostate-gland enlargement
 - Suppress Oxalate kidney stones (stem extract)
 - Anti-diabetic
 - Enhance nutrient absorption
 - Fight obesity
 - Heartburn remedy
 - Help maintain regular heartbeat
 - Reduce risk of stroke
 - Reduce symptoms of nicotine withdrawal
 - Lower blood pressure
 - Help body deliver oxygen to the brain
 - Fights depression and anxiety
 - Reduce menstrual pains
 - Reduce itches and pains of bug bites (peel)
 - Anti-inflammatory
 - May prevent kidney cancer
 - Help curb sugar cravings
 - Prevent age-related macular degeneration

BANANA NUTRITION

Top 8 Health Benefits of Banana

BANANA (100g)

- ENERGY - 89 kcal
- PROTEIN - 1.1 g
- CARBOHYDRATES - 23 g
- TOTAL FAT - 0.3 g
- FIBER - 2.6 g
- SUGARS - 12 g
- CHOLESTEROL - 0 mg
- SODIUM - 1 mg
- POTASSIUM - 358 mg
- MAGNESIUM - 27 mg
- PHOSPHORUS - 22 mg
- CALCIUM - 5 mg
- IRON - 0.26 mg
- ZINC - 0.15 mg



1-

Bananas

verywell

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Sodium-Free
- ✓ Good Source of Fiber

The nutritious amount of fiber in bananas can help you feel fuller for longer

0.4g FAT

105 CALORIES

3.1g FIBER

27g CARBS

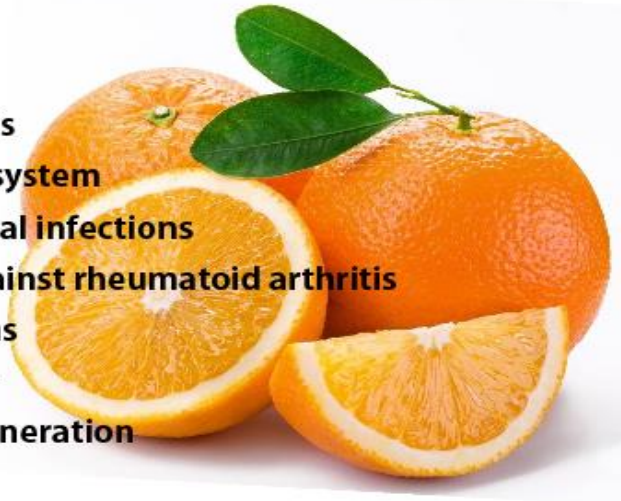
1.3g PROTEIN

(per medium banana)

HEALTH BENEFITS OF ORANGE

- lower the risk of stroke
- Prevent cardiovascular disease
- lower cholesterol
- lower high blood pressure
- Prevent cancer
- prevent peptic ulcers
- Prevent arteriosclerosis
- build a good Immune system
- protect you against viral infections
- provide protection against rheumatoid arthritis
- repair damaged sperms
- help you look younger
- improve macular degeneration
- prevent constipation

BENEFIT OF ORANGE



KIDNEY STONES

HOW NOT TO GET STONES

Kidney stones are small, solid masses that can develop in urinary tract. When concentration of salts and minerals goes up in urine, they eventually become crystals. Over a few weeks or months, these crystals can build up and become stones

WHAT CAN CAUSE THEM

- Junk food has high salt content and other chemicals
- Meat products increase production of uric acid
- Aerated drinks have concentration of toxic substances. Magnesium and calcium go up in blood due to high consumption of these drinks



WHAT TO DO

- Avoid junk food, eat green leafy vegetables and fruits
- Consume meat products in moderation
- Daily water intake should be at least 2 to 3 litres

TREATMENT

- For smaller stones, you just need to drink a lot of water and take painkillers to let them go out of the body through urinary tract
- For bigger stones, surgery is required

Dehydration:

A person who sweats a lot and does not drink enough water has more chances to develop kidney stones.

Obesity:

Obesity can increase the insulin levels in the blood and the calcium levels in the urine which can result in greater risk of kidney stones.

Family History:

If you have family history of kidney stones. You are also likely to develop the same because of the inability to absorb oxalate can be hereditary.

Digestive Diseases and Surgery:

Inflammatory bowel disease, chronic diarrhea and gastric bypass surgery can cause changes in the digestive process which may affect the absorption of the calcium and water and hence increasing the risk of forming kidney stones.

High Protein and High Sodium Diet:

One should avoid high sodium and high protein diet, as sodium increases the excretion of calcium from the kidneys and animal protein such as meat, poultry, beef, eggs and seafood's boost the levels of uric acid which can cause formation of kidney stones.

Symptoms of Kidney Stones

- Severe pain in the side and back, below the ribs
- Pain that spreads to the lower abdomen and groin
- Pain that comes in waves and fluctuates in intensity
- Pain on urination
- Pink, red or brown urine
- Cloudy or foul-smelling urine
- Nausea and vomiting
- Persistent urge to urinate
- Urinating more often than usual
- Fever and chills if an infection is present



The best way to prevent kidney stones is to make sure you drink plenty of water each day to avoid becoming dehydrated.

20

Exercise Benefits

1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
15. Improves complexion
16. Detoxifies body
17. Decreases stress
18. Boosts immune system
19. Lowers blood pressure
20. Reduces cancer risk

STOP OVERDOSE OF ANTIBIOTIC

STOP OVERUSE AND MISUSE OF ANTIBIOTICS COMBAT RESISTANCE



Antimicrobial resistance happens when bacteria and other microorganisms change after being exposed to antimicrobial drugs. Antibiotics are among the most common antimicrobial drugs used in humans and animals. The overuse and misuse of antibiotics is speeding up the development of resistance and putting us all at risk.

Antibiotic resistance can affect anyone, of any age, in any country. It is a threat to human health, food security and sustainable development.

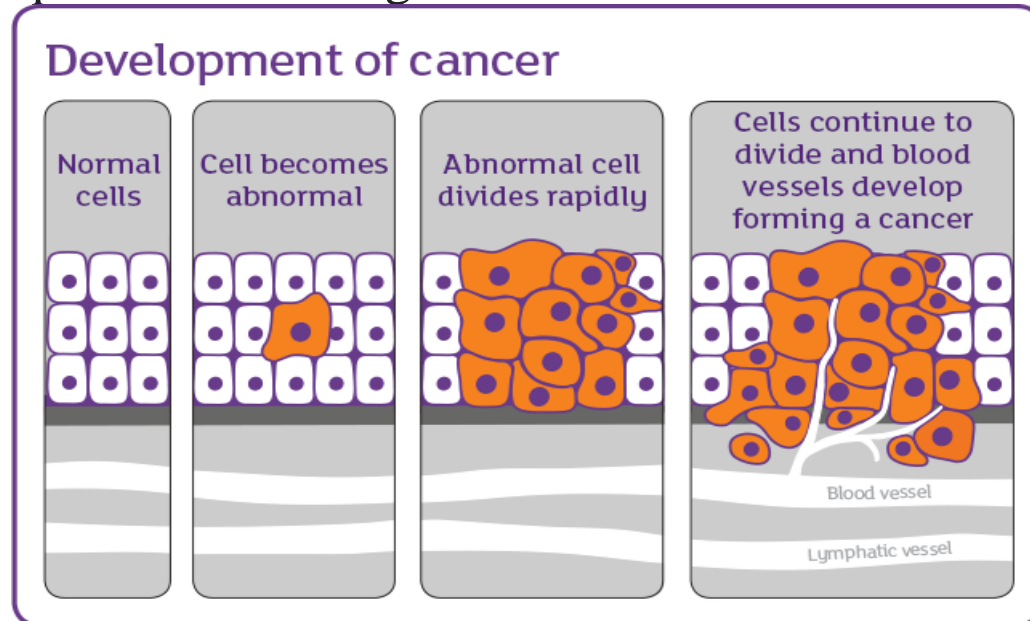
WHAT YOU CAN DO

- 1 Stop overuse and misuse of antibiotics by:**
 - > *Seeking advice from a qualified health professional before using antibiotics*
 - > *If prescribed antibiotics, following a health professional's advice on how to take them*
 - > *Educating family and friends about antibiotic resistance*
- 2 Prevent the spread of infection by:**
 - > *Washing hands regularly*
 - > *Preparing food hygienically*
 - > *Keeping vaccinations up to date*



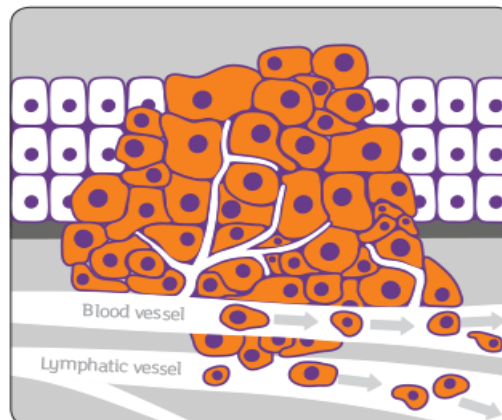
WHAT DO WE KNOW ABOUT CANCER

Cancer is a large group of diseases that can start in almost any organ or tissue of the body when abnormal cells grow uncontrollably, go beyond their usual boundaries to invade adjoining parts of the body and/or spread to other organs.



Metastasis

In some cases, abnormal cancer cells spread to other parts of the body through blood or lymphatic vessels. This is called **metastasis**.



EARLY DETECTION OF CANCER CAN SAVE LIVES

Know the **10** warning signals



1 A sore that does not heal, changed color, ulcerates or bleeds.

1



2 Unusual bleeding or discharge from any opening in the body, example, blood in the urine, stool, frequent or heavy menstruation.

2



3 A lump or swelling that has progressively enlarged which may or may not be associated with pain.

3



6 Obvious change in size or texture in a wart or mole.

6



**REDUCE CANCER RISK,
ADOPT A HEALTHY
LIFESTYLE**

4 Indigestion or difficulty in swallowing.

4



7 Non smokers' cough or hoarseness of voice that persist for more than 2 weeks. Smokers' cough that becomes intense.

7



9 Persistent pain or discomfort in the abdomen.

9



5 Change in bowel or bladder habits consistently for a duration of 2-3 months.

5



8 Unexplained tiredness and /or weight loss of 10% or more within a period of 3-6 months.

8



10 Unexplained fever.

10



9 Easy Ways to Reduce Your Cancer Risk



Eat a heart-healthy diet.



Limit your alcohol intake.



Be physically active.



Don't smoke – or use any form of tobacco.



Make your home smoke-free.



Avoid too much sun and use protection.



Breastfeed to reduce mother's cancer risk.



Ensure your children get hepatitis B and HPV vaccines.



Take part in cancer-screening programs.

Source: World Health Organization

[#worldcancerday](#)

DEPRESSION



Depression: what you should know

If you think that you might
have depression, read on...

What is depression?

- Depression can happen to anyone and is not a sign of weakness.
- It's an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by difficulty carrying out daily activities.
- People with depression also normally experience several of the following: loss of energy; change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; thoughts of self-harm or suicide.
- But don't worry. Depression can be treated – with talking therapies, medication or both.

What you can do

- Talk to someone you trust about your feelings – most people find that talking to someone who cares about them helps.
- Seek professional help – your local health-care worker or doctor is a good place to start.
- Try to keep doing at least some of the activities that you usually enjoy.
- Stay connected with friends and family.
- Exercise regularly – even if it's just a short walk.
- Stick to regular eating and sleeping habits as much as possible.
- Avoid or restrict alcohol intake and don't use illicit drugs – they can make depression worse.
- If you feel suicidal, contact someone you trust for help, or ring the emergency services.

REMEMBER: With the right support,
you can get better – so if you think you might
be depressed, seek help.





Preventing and treating depression as you get older



Some of the life changes that come with ageing can cause depression. If you think you might be at risk, read on...

What you should know

- Depression can happen to any of us as we age and is not a sign of weakness.
- It's an illness characterized by persistent sadness and a loss of interest in activities that we normally enjoy, accompanied by difficulty carrying out daily activities.
- Depression among older people is often associated with physical conditions, such as heart disease, high blood pressure, diabetes or chronic pain; difficult life events, such as losing a loved one; and a reduced ability to do things that were possible when younger.
- People with depression also normally experience several of the following: a loss of energy; a change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or suicide.
- Depression can be treated – with talking therapies, medication or both.

What you can do

- Keep up with activities that you enjoy and find alternatives for things that are no longer possible.
- Stay connected with friends and family.
- Eat at regular intervals and get enough sleep.
- Exercise regularly if you can – even if it's just a short walk.
- Avoid or restrict alcohol intake and only take medicine as prescribed by your health-care provider.
- If you think you may be depressed, talk to someone you trust about your feelings.
- Seek professional help – your local health-care worker or doctor is a good place to start.

REMEMBER: Don't lose hope and don't be afraid to ask for help – there's lots that can be done to prevent and treat depression.





Worried that your child is depressed?

Growing up is full of changes – like starting school, going through puberty, and preparing for exams. For some children, changes like this can cause stress and depression. If you think that your child may be depressed, read on...

What you should know

If you have young children

- It's common for young children to experience emotional problems.
- A headache or stomach ache, persistent crying or difficulty being away from you can be signs of an emotional problem.
- Loss of interest in play, irritability and difficulty concentrating are other signs.
- Depression, however, is rare among young children.

If you have older children or teenagers

- Depression is quite common among older children and teenagers.
- Signs and symptoms include: persistent sadness or irritability; difficulty in carrying out daily activities; loss of interest in activities that they normally enjoy; withdrawal from others; feelings of worthlessness or guilt; fatigue; restlessness; difficulty concentrating; changes in appetite or sleep patterns; taking risks they wouldn't normally take.
- Depression is not a sign of weakness and can be prevented and treated.

What you can do

- Talk to your child about how they're feeling and whether anything's worrying them.
- Pay particular attention to their well-being during life changes such as starting a new school or puberty.
- Encourage your child to get enough sleep, eat regularly, be physically active, and to do things they normally enjoy.
- Spend time with them.
- Speak to people you trust who know your child, to see if they've noticed anything that might be worrying them.
- Ask your health-care provider for advice. Don't delay getting in touch if you're worried.
- Protect your child from situations where they may experience excessive stress, maltreatment or violence.
- If your child has thoughts of self-harm, or has already self-harmed, seek help from the emergency services or a health-care professional. And remove items such as medicines, sharp objects and firearms.

REMEMBER: If you think your child might be depressed, talk to them about how they're feeling. And don't be afraid to seek professional help.



Living with someone with depression?

To see how you can help them, while also taking care of yourself, read on...

What you should know

- Depression can happen to anyone and is not a sign of weakness.
- It's an illness characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by difficulty carrying out daily activities.
- People with depression also normally experience several of the following: loss of energy; change in appetite; sleeping more or less; anxiety; reduced concentration; indecisiveness; restlessness; feelings of worthlessness, guilt, or hopelessness; thoughts of self-harm or suicide.
- Depression can be treated. Finding the best course of treatment depends on the severity of the condition.
- The support of friends and family helps people recover from depression.

What you can do

- Make it clear that you want to help, listen without judgement, and offer support.
- Find out more about depression – talking to someone you know who has recovered or a local health worker are good places to start.
- Encourage them to seek professional help and offer to go with them to appointments.
- If they're prescribed medication, help them remember to take it.
- Be patient – recovery can take time.
- Help them with everyday tasks and to have regular eating and sleeping patterns.
- Encourage regular exercise and social activities.
- But be mindful that trying to do too much can be stressful and make depression worse.
- Encourage them to focus on the positive, rather than the negative.
- If they're thinking about self-harm, or have already intentionally harmed themselves, don't leave them alone. Seek help from the emergency services or a health-care professional. And remove items such as medicines, sharp objects and firearms.
- Take care of yourself too. Try to find ways to relax and continue doing things you enjoy.

REMEMBER: When you live with someone with depression, you can help them recover, but it's important to look after yourself too.



Preventing depression during your teens and twenties



Adolescence and young adulthood present many new opportunities. But this time of change can also be stressful and cause depression. If you're feeling overwhelmed, read on...

What you should know

- Depression can happen to anyone and is not a sign of weakness.
- It's an illness characterized by persistent sadness or irritability and a loss of interest in activities that you normally enjoy, accompanied by difficulty in carrying out daily activities.
- Other signs include withdrawal from others, feelings of worthlessness or guilt, fatigue, restlessness and difficulties with schoolwork. You might also be experiencing changes in appetite or sleep patterns.
- You might be inclined to take more risks than normal and sometimes think about harming yourself.
- There are lots of things that you can do to prevent and treat depression.

What you can do if you are feeling down, or think you may be depressed

- Talk to someone you trust about how you're feeling.
- Seek professional help – your local health-care worker or doctor is a good place to start.
- Stay connected with friends and family.
- Exercise regularly – even if it's just a short walk.
- Stick to regular eating and sleeping habits.
- Avoid or restrict alcohol intake and refrain from using illicit drugs – they can make depression worse.
- Try to keep doing things that you've always enjoyed – even when you don't feel like it.
- Be kind to yourself and try to focus on the positive.
- Congratulate yourself on your achievements – past and present, no matter how small.

REMEMBER: You are not alone. If you think you might have depression, talk to someone you trust or seek professional help.





Do you feel like life is not worth living?

If you have experienced thoughts of suicide or self-harm, read on...

Are you experiencing any of the following?

- Pain that seems overwhelming and unbearable.
- Feelings of worthlessness or hopelessness.
- Loneliness.
- Constant negative thoughts.
- Difficulty imagining any way to deal with your problems other than suicide.
- The feeling that everyone would be better off without you.
- Difficulty understanding why you are thinking or feeling this way.



What you need to know

- You are not alone. Many people have gone through what you're experiencing and found help.
- It's okay to talk about suicide. Talking can help alleviate some of the feelings you're experiencing.
- Experiencing thoughts of suicide or self-harm is a sign of severe emotional distress.
- Thinking about suicide is not a weakness and nothing to feel guilty about.
- You can get better.
- Help is available.

What you can do

- Talk to someone you trust about how you feel.
- Talk to a health worker, such as a doctor or mental health professional, or a counsellor or social worker.
- Join a support group.
- If you think you're in immediate danger of harming yourself, contact the emergency services or a crisis line.

REMEMBER: You are not alone.

If you feel like life is not worth living, reach out for help.

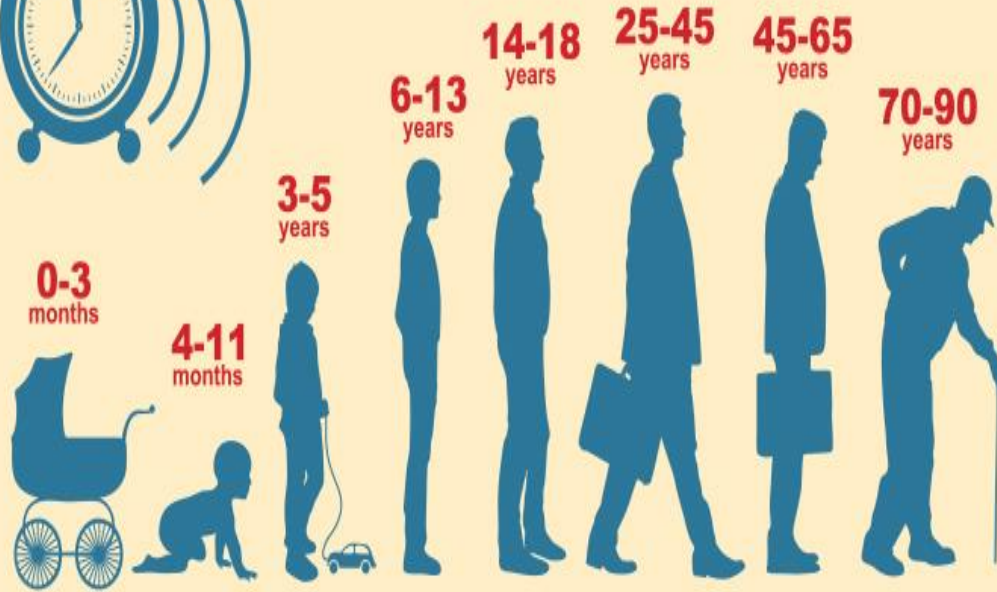


SLEEP DEPRIVATION





SLEEP TIME INFOGRAPHIC



14-17
hours

12-15
hours

10-13
hours

9-11
hours

8-10
hours

7-9
hours

7-9
hours

7-9
hours

Health Benefits of Walking.

1. Doesn't require special equipment
2. One of the easiest ways to get more active
3. Reduces symptoms of depression and anxiety
4. Helps with weight management
5. It's accessible to everyone
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of abnormal cell growth
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain lean muscle tissue
14. Helps maintain strong bones
15. Reduces the risk of heart attack
16. Less likely to lead to injuries
17. Reduces stress
18. Reduces risk of heart disease
19. You don't have to pay for it
20. Builds aerobic fitness

References.

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