



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

✓ 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)

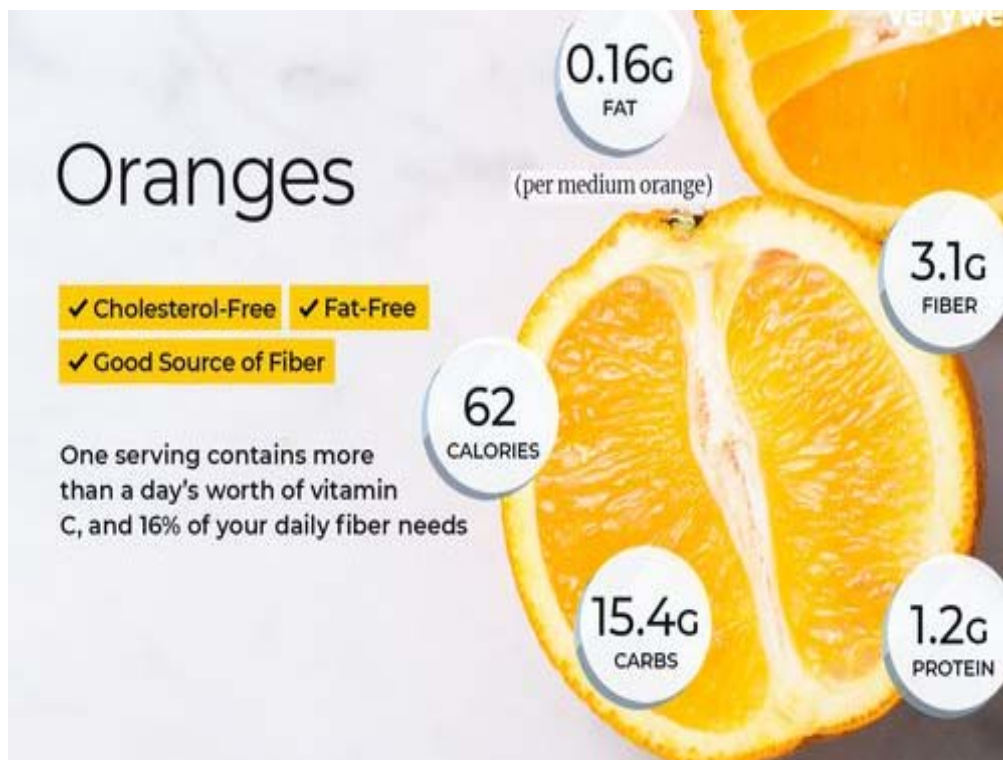
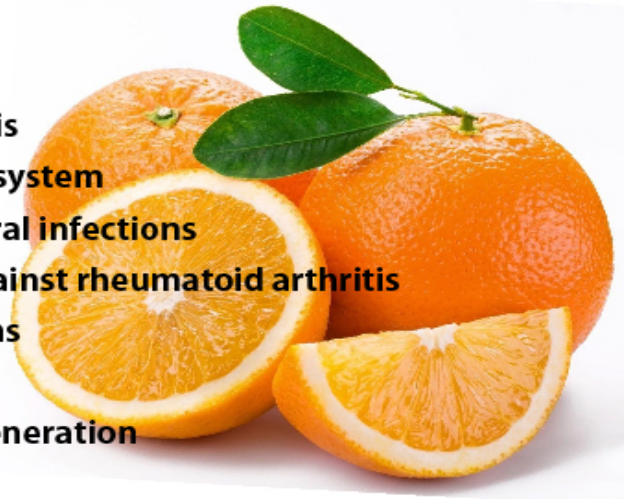
verywell

The infographic features a bunch of yellow bananas on a white background. It includes a list of benefits, a paragraph about fiber, and several circular callouts with nutritional values. The 'verywell' logo is in the top right corner.

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.

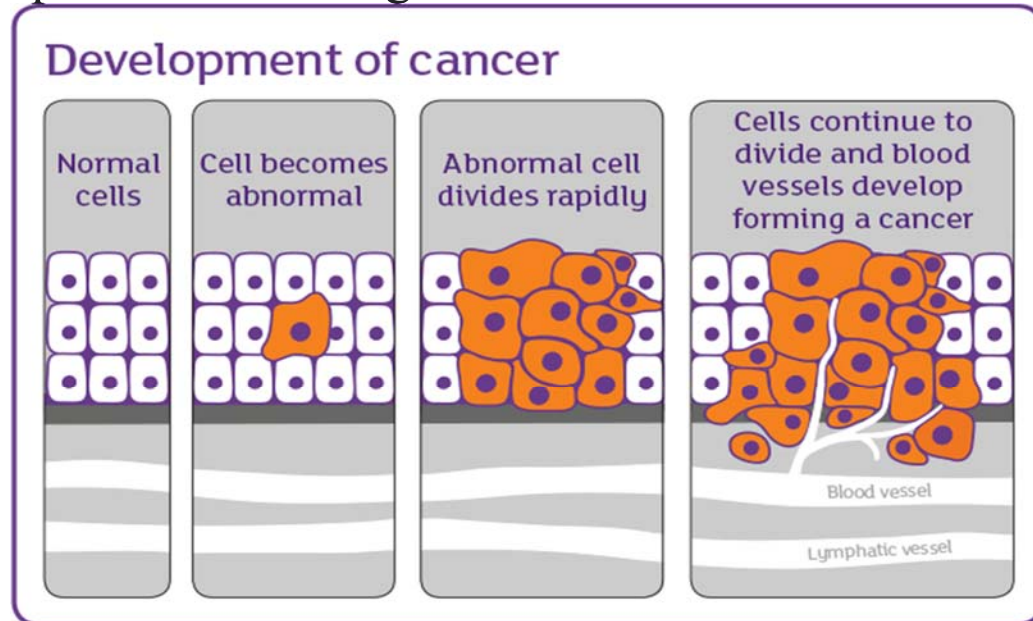
WHAT YOU CAN DO

- 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*



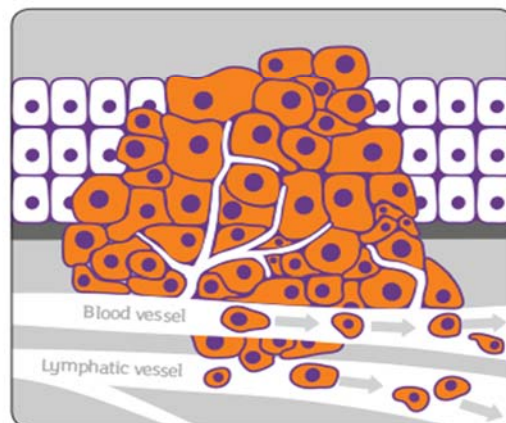
WHAT TO KNOW ABOUT CANCER

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.



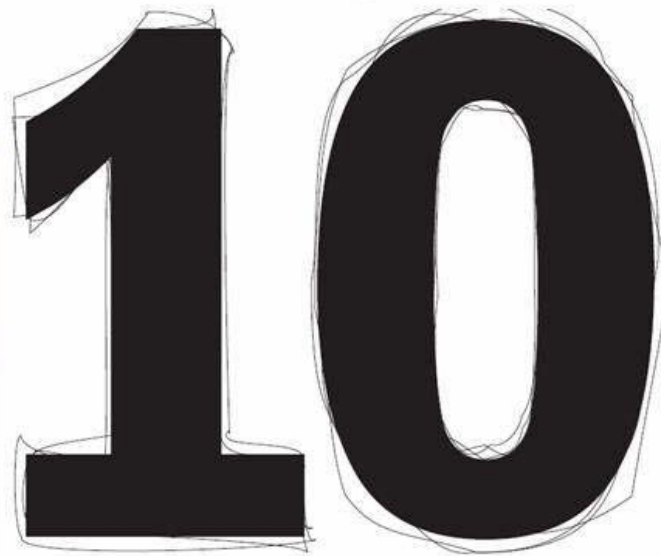
Metastasis

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 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](https://www.worldcancerday.org/)

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.



World Health Organization



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.



World Health Organization

SLEEP DEPRIVATION

HOW SLEEP AFFECTS YOUR HEALTH

SLEEP DEPRIVATION

IMPAIRED COGNITION
Lack of sleep impairs memory and your ability to process information.

HIGHER LEVELS OF ANXIETY
Lack of sleep raises the brain's anticipatory reactions, increasing overall anxiety levels.

STROKE RISK
When you sleep 6 hours or less a night, your chance of a stroke increases 4x.

INCREASED RISK FOR DIABETES
Lack of sleep increases cortisol and norepinephrine, both are associated with insulin resistance.

WEIGHT GAIN
Sleep helps balance hormones that make you feel hungry and full.

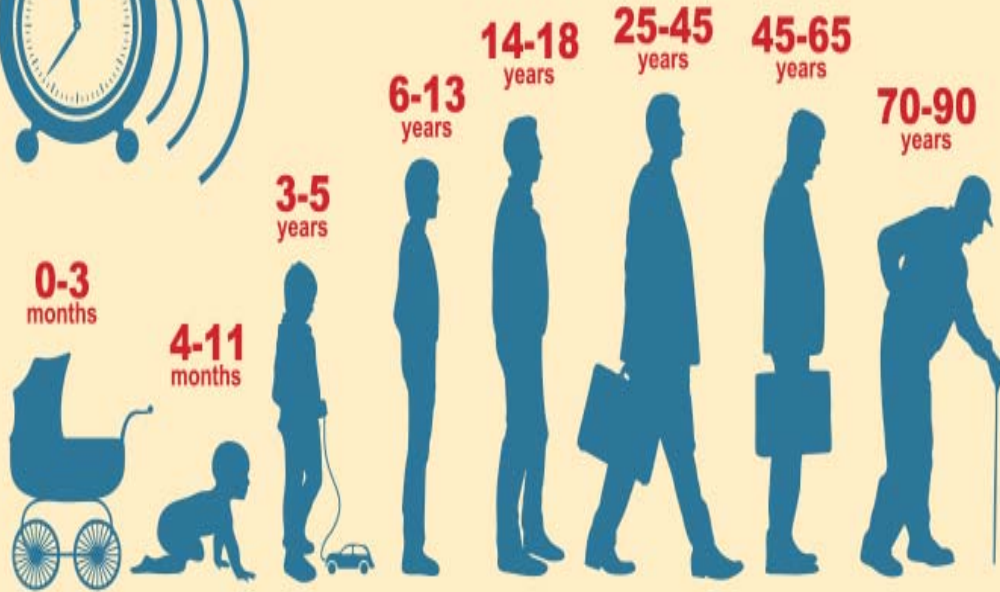
INCREASES SYMPTOMS OF DEPRESSION
A lack of sleep disrupts neurotransmitters to the brain which regulates mood.

INCREASED RISK OF BREAST CANCER
Melatonin decreases when you are exposed to light late at night. A decrease in melatonin disrupts estrogen production which can lead to breast cancer.

INCREASED RISK FOR HEART DISEASE
Blood pressure decreases when you sleep.



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

Oral, Eye and Ear Health

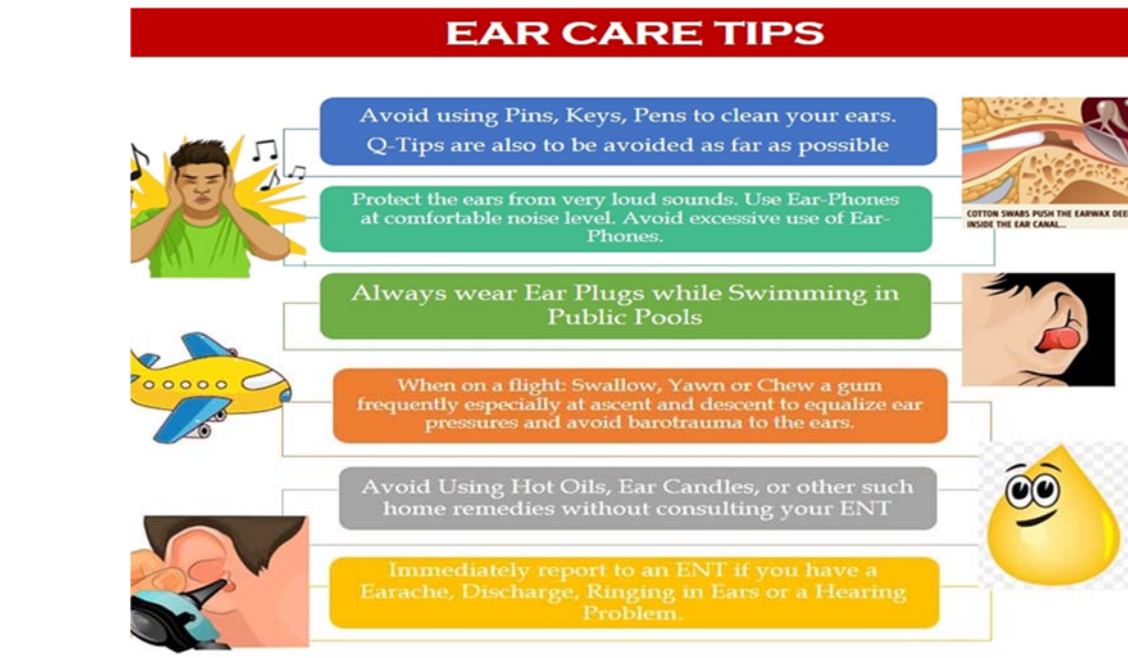
Every day we rely on our senses to navigate through the world. That's why it's **important to check the health of our eyes, ears, and teeth on a regular basis.**

The health of our mouth is more than sparkling teeth. It's being able to bite, chew and smile, without pain. It's also about preventing cancers, gum disease, tooth decay and tooth loss. What you eat and drink, how well you clean your teeth and things like smoking and drinking alcohol can affect your oral health.

Dental, vision and hearing problems can impact your life by affecting your school success, your ability to find work and your quality of life. They can put you at greater risk of injury and can indicate that you may have other serious medical conditions.

To help care for your eyes, ears, and oral health:

- Visit your dentist and optometrist regularly.
- Get your ears checked if you think you are having hearing issues.



10 Most Important Dental Tips

- 1 Proper Brushing and Flossing Regularly
- 2 Avoid Tobacco
- 3 Limit Sodas, Coffee, & Alcohol
- 4 Consume Calcium and other Vitamins
- 5 Visit Your Dentist Every 6 Months
- 6 Use Mouthwash along with brush & floss
- 7 Clean your tongue daily
- 8 Always Take a Healthy diet
- 9 Drink more water
- 10 Avoid Sugary & Sticky Foods

Tips for Healthy Eyes

Prevention from Diabetes			Distance adjustment
Wear Sunglasses on Sunny Days			Eat a Balanced & Healthy Diet
Regular Eye Checking			Avoid smoking & drinking

Stop smoking.

Smoking harms not just your physical health, but your mental health too



Smoking increases your risk of developing more than 50 serious health conditions. Some may be fatal, and others can cause irreversible long-term damage to your health.

You can become ill:

- if you smoke yourself
- if people around you smoke (passive smoking)

Smoking causes around 7 out of every 10 cases of lung cancer (70%).

It also causes cancer in many other parts of the body, including the: mouth, throat, voice box (larynx), esophagus (the tube between your mouth and stomach), bladder, bowel, cervix, kidney, liver, stomach, pancreas.

Smoking damages your heart and your blood circulation, increasing your risk of developing conditions such as:

- coronary heart disease
- heart attack
- stroke
- peripheral vascular disease (damaged blood vessels)
- cerebrovascular disease (damaged arteries that supply blood to your brain)

Smoking also damages your lungs, leading to conditions such as:

- chronic obstructive pulmonary disease (COPD), which incorporates bronchitis and emphysema
- pneumonia

Smoking can also worsen or prolong the symptoms of respiratory conditions such as asthma, or respiratory tract infections such as the common cold.

Health risks of passive smoking

Secondhand smoke comes from the tip of a lit cigarette and the smoke that the smoker breathes out.

Breathing in secondhand smoke, also known as passive smoking, increases your risk of getting the same health conditions as smokers.

For example, if you have never smoked but you have a spouse who smokes, your risk of developing lung cancer increases by about a quarter.

Babies and children are particularly vulnerable to the effects of secondhand smoke.

A child who's exposed to passive smoke is at increased risk of developing chest infections, meningitis, a persistent cough and, if they have asthma, their symptoms will get worse.

They're also at increased risk of cot death and an ear infection called glue ear.

Health risks of smoking during pregnancy

If you smoke when you're pregnant, you put your unborn baby's health at risk, as well as your own.

Smoking during pregnancy increases the risk of complications such as:

- miscarriage
- premature (early) birth
- a low-birth-weight baby
- stillbirth

Stopping smoking increases your chances of living a longer and healthier life.

World COPD Day 2022

World COPD Day, **16th November 2022**, is organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in

collaboration with health care professionals and COPD patient groups throughout the world. Its aim is to raise awareness, share knowledge, and discuss ways to reduce the burden of COPD worldwide.

“Your Lungs for Life”

The 2022 theme for World COPD Day will be “Your Lungs for Life”, which aims to highlight the importance of lifelong lung health.

What is COPD (Chronic Obstructive Pulmonary Disease)?

Chronic obstructive pulmonary disease, or COPD, refers to a **group of diseases that cause airflow blockage and breathing-related problems**. It includes emphysema and chronic bronchitis.

Chronic obstructive pulmonary disease (COPD) is a common, preventable, and treatable chronic lung disease which affects men and women worldwide.

Abnormalities in the small airways of the lungs lead to limitation of airflow in and out of the lungs. Several processes cause the airways to become narrow. There may be destruction of parts of the lung, mucus blocking the airways, and inflammation and swelling of the airway lining.

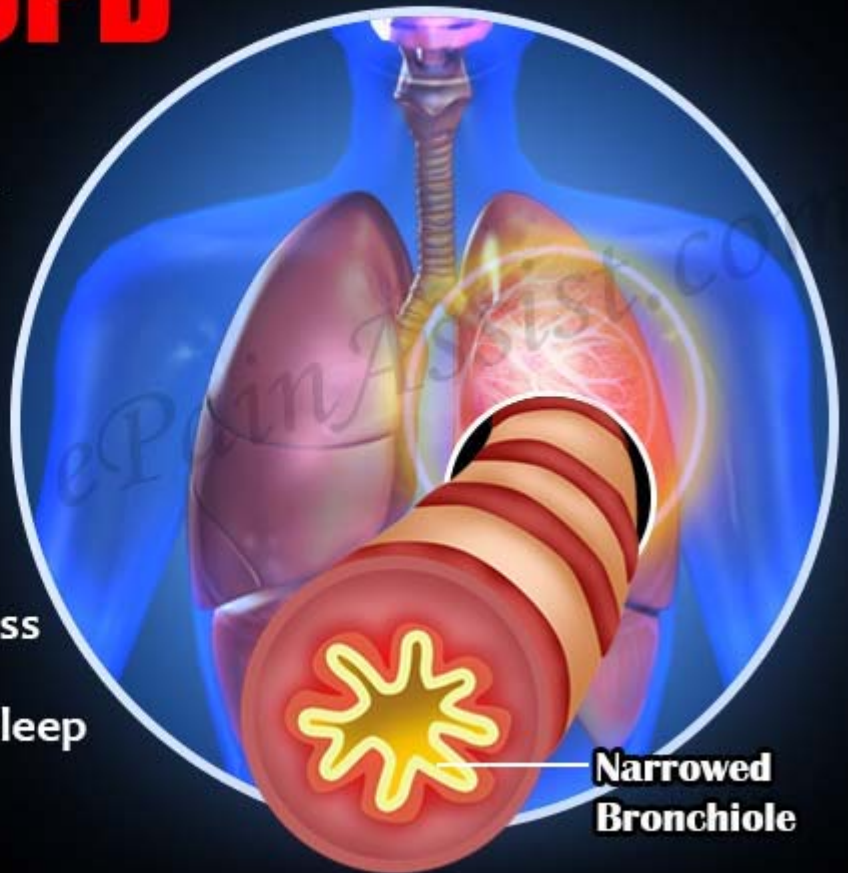
Key facts

- ✦ Chronic obstructive pulmonary disease (COPD) is the **third leading cause of death worldwide**, causing 3.23 million deaths in 2019.
- ✦ Nearly 90% of COPD deaths in those under 70 years of age occur in low- and middle-income countries (LMIC).
- ✦ Early diagnosis and treatment, including smoking cessation support, is needed to slow the progression of symptoms and reduce flare-ups.
- ✦ Environmental exposure to tobacco smoke, indoor air pollution and occupational dusts, fumes and chemicals are important risk factors for COPD.
- ✦ COPD results from long-term exposure to harmful gases and particles combined with individual factors, including events which influence lung growth in childhood and genetics.
- ✦ COPD causes persistent and progressive respiratory symptoms, including difficulty in breathing, cough, and phlegm production.

There is no cure for COPD, but early diagnosis and treatment are important to slow the progression of symptoms and reduce the risk of flare-ups.

7 Early Warning Signs of COPD

- Frequent Coughing Throughout the Day
- Thickness and Color of Mucus as the Early Warning Sign
- Short of Breath
- Headache or Dizziness
- Trouble in Falling Asleep
- Excessive Tiredness
- Weight Loss



For More Information:
Visit: www.epainassist.com

Steps to Prevent COPD



Quit Smoking



Avoid Second Hand Smoke



Stay Safe from Air Pollution



**Take Safety Measures
During Mining, Stone
Cutting, Exposure to
Chemical Fumes etc**



**Family History of COPD at
Times Increases Chances of
COPD or Early Occurrence**

Climate Crisis

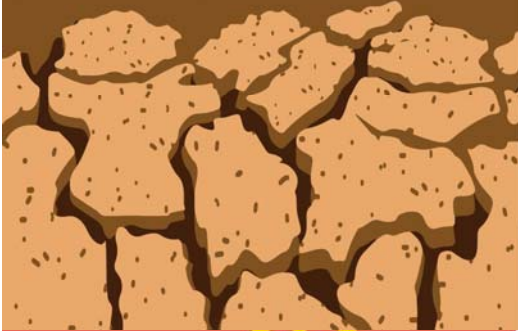
Climate Crisis is a health crisis.

- ➔ Air Pollution
- ➔ Heatwaves
- ➔ Wildfires
- ➔ Floods
- ➔ Droughts

& Other extreme weather events are increasing in frequency & force each year affecting the health of millions of people around the world. WHO & WMO first global knowledge platform on climate & health is given below,



DROUGHT



- ☑ **FOOD INSECURITY**
- ☑ **MALNUTRITION**
- ☑ **INFECTIOUS DISEASES**
- ☑ **PNEUMONIA**
- ☑ **PSYCHO-SOCIAL STRESS**

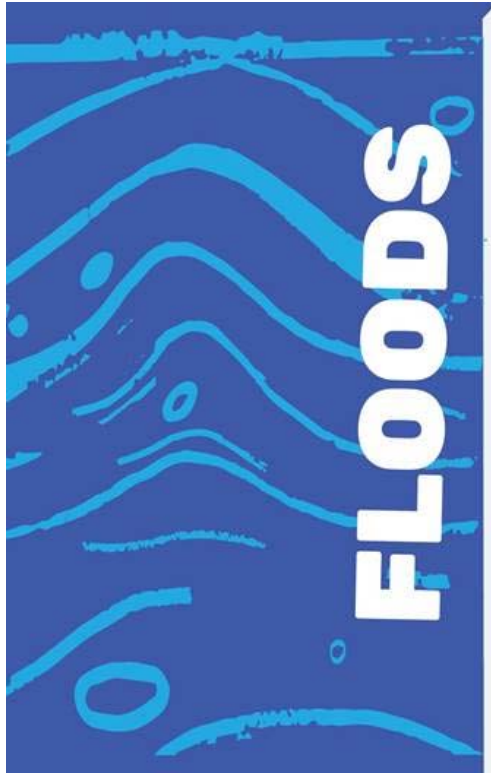


HEAT WAVES

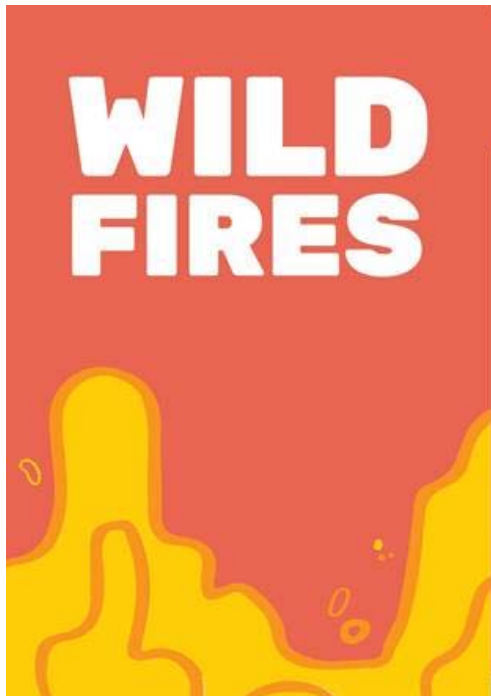


- ☑ **VOMITING**
- ☑ **EXHAUSTION**
- ☑ **DEHYDRATION**
- ☑ **ORGAN FAILURE**
- ☑ **HOSPITALIZATION**
- ☑ **DEATH**





- ☑ **INFECTIOUS DISEASES**
- ☑ **POISONING**
- ☑ **WATER-BORNE DISEASES**



- ☑ **SUFFOCATION**
- ☑ **BURNS**
- ☑ **CARDIOVASCULAR & RESPIRATORY PROBLEMS**



Stay Healthy during Flu season

STAY HEALTHY THIS FLU SEASON!

Fight the flu by following these simple steps to protect yourself and others from the spread of germs.



Get vaccinated against the flu—it's your best protection from flu and its complications.



Wash your hands often with soap and warm water or use an alcohol-based hand sanitizer.



Cover your mouth and nose with a tissue or your sleeve—never use your hand.



Don't touch your face—keep your hands away from your mouth, nose and eyes.



Clean surfaces like phones, doorknobs, light switches, remotes and countertops often.



Stay home from work or school if you get sick to prevent spreading the flu to others.

FLU PREVENTION TIPS



GET YOUR FLU SHOT

STAY HOME WHEN YOU ARE SICK



DRINK PLENTY OF WATER

EXERCISE OFTEN



WASH YOUR HANDS

EAT NUTRITIOUS FOOD













GET PLENTY OF SLEEP

COVER YOUR MOUTH AND NOSE



COLD VS. FLU VS. CORONAVIRUS

SYMPTOMS	COLD	FLU	CORONAVIRUS** (can range from mild to serious)
 Fever	Rare	High (100-102 F) Can last 3-4 days	Common
 Headache	Rare	Intense	Can be present
 General Aches, Pains	Slight	Usual, often severe	Can be present
 Fatigue, Weakness	Mild	Intense, Can last up to 2-3 weeks	Can be present
 Extreme Exhaustion	Never	Usual (starts early)	Can be present
 Stuffy Nose	Common	Sometimes	Has been reported
 Sneezing	Usual	Sometimes	Has been reported
 Sore Throat	Common	Common	Has been reported
 Cough	Mild to moderate	Common, Can become severe	Common
 Shortness of Breath	Rare	Rare	In more serious infections

Sources: National Institute of Allergy and Infectious Diseases. CDC. WHO.

**Information is still evolving

Stop the spread of Germs at work

STOP THE SPREAD OF GERMS AT WORK



● COVER YOUR MOUTH AND NOSE WHEN YOU SNEEZE OR COUGH.

Cough or sneeze into a tissue and then throw it away; use your arm or sleeve to cover if you do not have a tissue.

● CLEAN YOUR HANDS OFTEN.

Wash your hands with soap and water, vigorously rubbing together front and back for 20 seconds. Or use alcohol-based hand sanitizers, rubbing hands until they are dry.



● CLEAN SHARED SURFACES AND EQUIPMENT OFTEN.

Use disinfectants to clean commonly touched items such as doorknobs, faucet handles, copy machines, coffee pot handles, desktops, handrails, microwave buttons, keyboards, and elevator buttons. Germs travel fast with multiple hands touching shared surfaces.

● AVOID TOUCHING YOUR EYES, NOSE OR MOUTH.

Germs need an entry point, and the average adult touches his or her face once every three or four minutes. Keep hand sanitizer at your desk to use after meetings or before grabbing one of those doughnuts from the breakroom.



● STAY HOME WHEN YOU ARE SICK AND CHECK WITH A HEALTH CARE PROVIDER WHEN NEEDED.

When you are sick or have flu symptoms, stay home, get plenty of rest and check with a health care provider as needed.

WORLD TRAUMA DAY.

World Trauma Day occurs every year on October 17th. The day focuses on the importance of saving and protecting lives during emergencies. It's also a day to provide education on how to avoid traumatic injuries and deaths.

HISTORY OF WORLD TRAUMA DAY

World Trauma Day was created in New Delhi, India, in 2011. This was a result of the high number of deaths caused by road accidents in the country — an estimate of over 400 people lost their lives each day to it. The day was created to reduce injuries and deaths, as well as the after-effects of trauma incidents in the country and the world at large.

What is Trauma?

In the medical world, trauma is considered a physical injury. Traumatic events cause these physical injuries. These events include domestic violence, natural disasters, and severe car accidents. Traumatic injuries usually happen suddenly. They also require immediate medical care. It's common for those who suffer a traumatic injury to go into shock. Some may even require resuscitation or interventions to save the limbs. Many people develop a disability after suffering a traumatic injury. For others, their traumatic injury is fatal.

Statistics

In the United States and around the world, traumatic injury is the leading cause of death under the age of 45. Nearly 6 million

people die each year because of traumatic injuries. This number accounts for 10% of deaths throughout the world. Traumatic fatalities happen more than deaths related to malaria, tuberculosis, and HIV/AIDS combined. About 90% of these deaths occur in countries with low and middle incomes.

Traumatic injuries are also a leading cause of disability. Traumatic brain injuries are exceptionally debilitating. An estimated sixty-nine million people suffer from traumatic brain injuries each year.

WORLD TRAUMA DAY

(17th Oct.)

Prevent Trauma

- * **No violence**
- * **Always use helmets & seat belts while driving**
- * **Follow traffic rules**
- * **Prevent falls & slips**
- * **Use safety gadgets while working**



Snoring.

Don't let Snoring Break Your Heart!

SNORING threatens health - Snoring typically occurs when the tongue and throat muscles relax during sleep causing the airway space in the back of the throat to narrow. Breathing through a narrow airway causes a vacuum that pulls on the throat's soft tissue causing it to vibrate, which creates the snoring sound. This vacuum in the throat also spreads to the chest where the heart is located, causing a strain on the heart and the possibility for oxygen in the bloodstream to drop to dangerously low levels.

Home remedies and lifestyle changes for snoring.

Cases of snoring caused by benign factors, such as sleep position, can often be treated with simple home remedies. Certain lifestyle changes can also help treat snoring.

- 1. Sleep on your side**
- 2. Get enough sleep**
- 3. Raise the head of your bed**
- 4. Use nasal strips or a nasal dilator**
- 5. Limit or avoid alcohol before bed**

6. Avoid taking sedatives before bed

7. Try to stop smoking, if you smoke

8. Maintain a moderate weight

Effects of Snoring and Sleep Deprivation

The infographic features a central illustration of a person sitting on a bed with pillows, looking unwell. Surrounding this are several icons and text boxes:

- Cognitive Impairment**
 - Memory Loss
 - Hallucinations
 - *Risk of Stroke*
- Cardiovascular Health**
 - Arrhythmia
 - *Risk of Heart Disease*
- Mental Health**
 - Anxiety
 - Depression
- Weight Management**
 - Obesity
- Immune System**
 - Impaired Immune System
- Diabetes**
 - *Risk of Diabetes Type 2*

Anaemia

ALL ABOUT ANAEMIA

Insufficient amount of healthy red blood cells or haemoglobin in the body.
Results in reduced amount of oxygen being carried in the bloodstream.

over 30% of world populations are anaemic
2 billions

WHAT IS IRON DEFICIENCY ANAEMIA (IDA)?

Iron deficiency anaemia is a type of anaemia caused by insufficient iron in the body to produce normal red blood cells (RBC).
It is the most common nutritional deficiency worldwide.

CAUSES OF IRON DEFICIENCY ANAEMIA (IDA)

Speak to your physician to identify the underlying cause of your anaemia.

- Too little iron in your diet
- Blood loss
 - Gastrointestinal bleeding
 - Heavy menstrual cycle
 - Too frequent blood donation
- Problems absorbing iron
 - Intestinal disorder (Crohn's disease or celiac disease)
 - Intestinal surgery (gastric bypass)
 - Consume food that interfere with iron absorption (eg. coffee, tea, calcium)

IDENTIFYING THE SYMPTOMS

- Fatigue
- Dizziness
- Headaches
- Coldness in hands/feet
- Shortness of breath
- Pale skin
- Irregular heartbeat

GETTING ENOUGH IRON IN THE BODY

- Iron is required for red blood cell production.
- It is part of haemoglobin in the red blood cells that transports oxygen throughout the body.
- Red Blood cells have an average lifespan of 120 days in our body, therefore, our body needs regular supply of iron to continuously produce new red blood cells.

HOW TO MANAGE IDA

Dietary & lifestyle changes

- Types of food to consume - green leafy vegetables, lentils, oysters, red lean meat and fish. Consume these foods several times the regular amount, as our body only absorbs about 10% of dietary iron.
- Consume citrus fruit juices with meals.
- Don't consume tea or coffee with meals as it limits iron absorption.

Iron Supplements

- Check with your physician on the dosage of iron supplements.

Treat the underlying cause

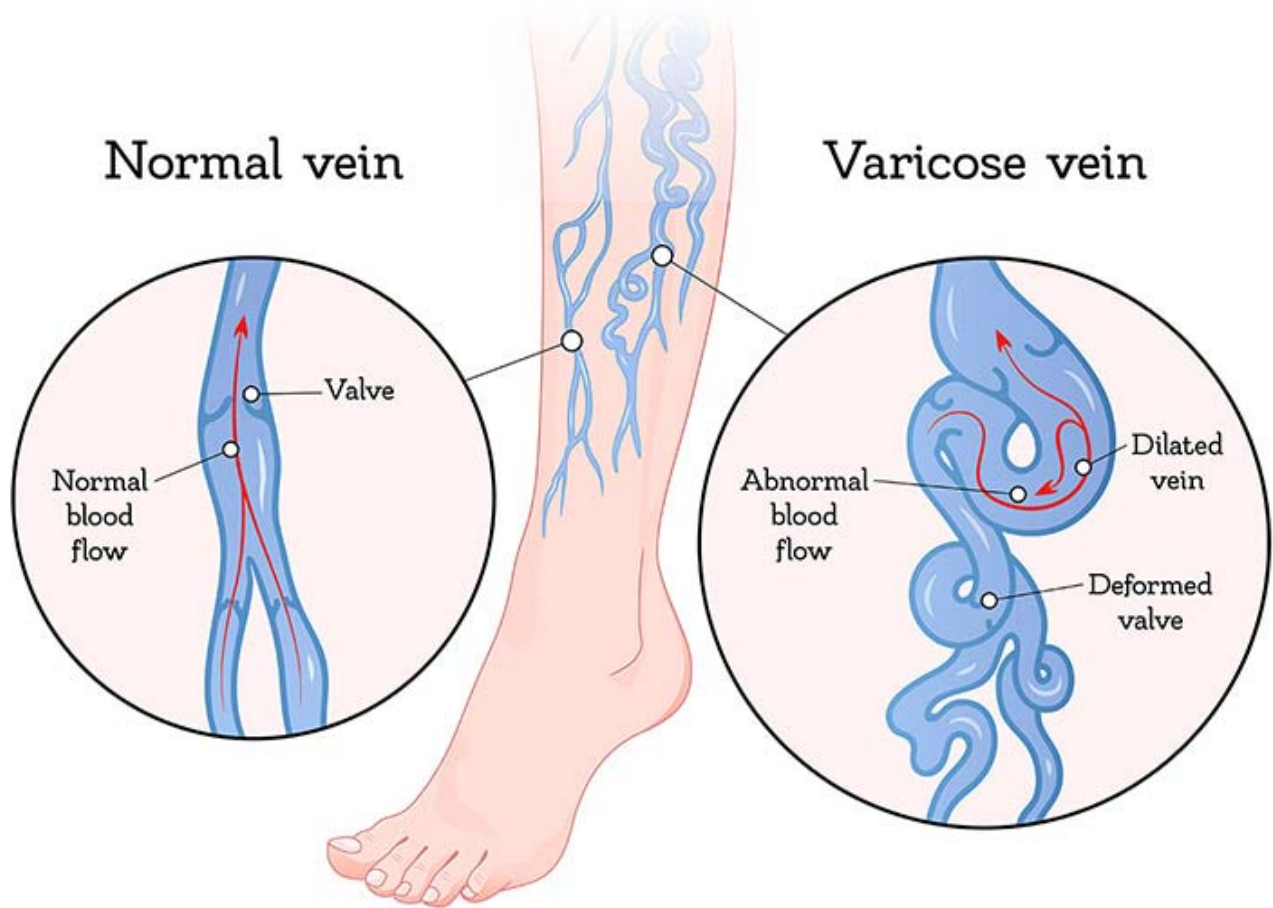
- Gastrointestinal blood loss, cancer, hormones and even pregnancy.
- Parasitic infections (hookworm infection)
- Speak to your physician for the appropriate treatment.

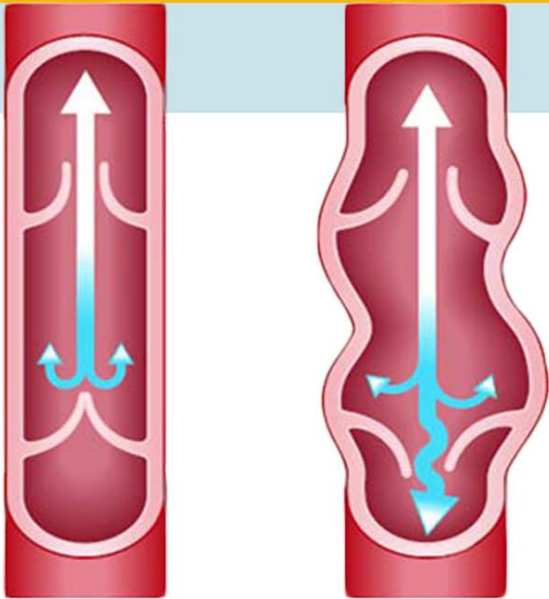
Additional Trivia

- IDA is most common among women due to menstrual bleeding and pregnancy.
- Pagophagia or *Pica* is an unusual condition where anaemics crave for ice and clay.

Varicose Vein

Varicose veins are swollen and enlarged veins that usually occur on the legs and feet. They may be blue or dark purple, and are often lumpy, bulging or twisted in appearance. Other symptoms include aching, heavy and uncomfortable legs, swollen feet and ankles.



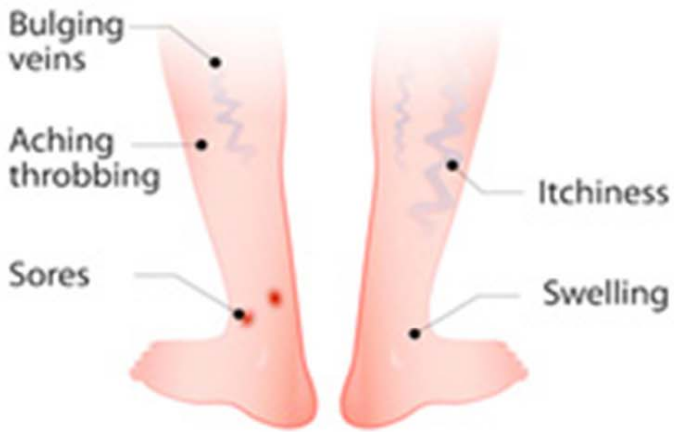


Varicose veins are twisted, enlarged veins.

CAUSES



SYMPTOMS



DIAGNOSIS

- Ultrasound
- Venogram

TREATMENT



HOW TO MANAGE



Don't stand for a long period



Lose weight



Exercise to improve your circulation

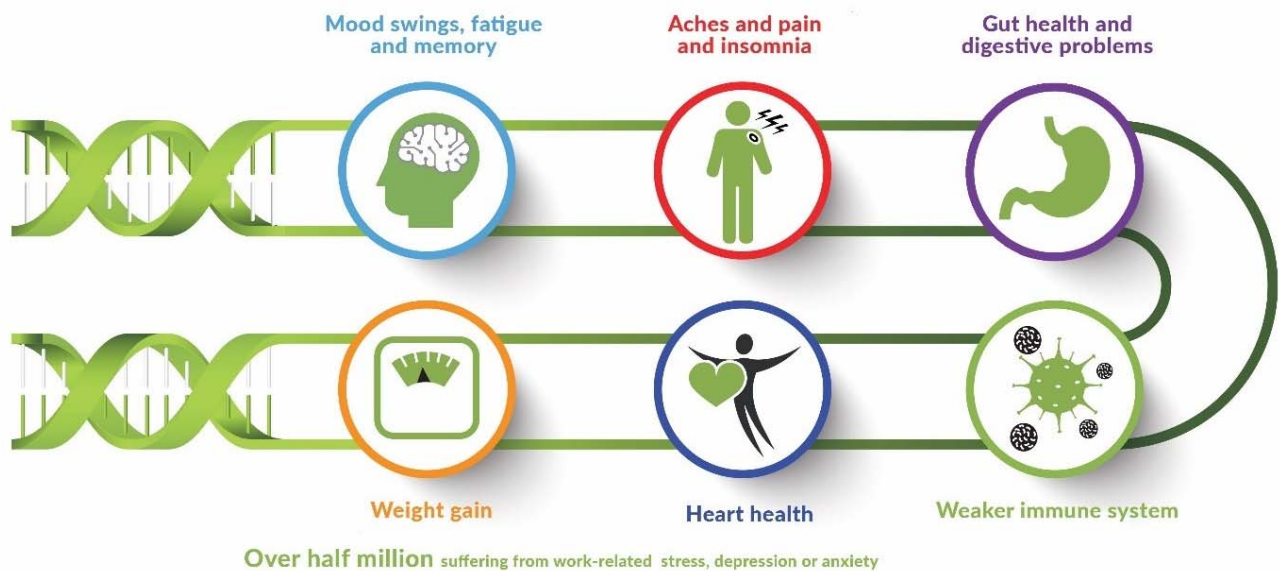


Use compression socks

How Stress Affects Your Health

How prolonged stress can affect your health?

Stress is the feeling of being under too much mental or emotional pressure. It is a normal physical response to events that make you feel threatened or upset. When you sense danger the body's defenses kick into a rapid automatic process known as the fight or flight reaction, or the stress response. The stress response helps you rise to meet challenges. However, beyond a certain point, stress stops being helpful and starts causing major damage to your health, mood, productivity, relationships, and quality of life.



What happens when you experience stress?

When your body senses danger the adrenal glands release adrenaline and cortisol – hormones that provide you with the extra energy and strength required for either fight or flight. Ongoing stress means the cortisol levels are constantly elevated. Consequently, the adrenals produce too much cortisol and the effects of chronic overexposure to cortisol can be devastating.

Some consequences of prolonged cortisol elevations are abnormal blood sugar levels, loss of muscle mass, unhealthy sleeping patterns and increase fat accumulation, especially in the stomach area and around the internal organs. For

example, when the cortisol is unbalanced, sleep patterns can be affected. Excess cortisol keeps us awake which leads to further excess cortisol secretion the next day resulting in food cravings, and consequent weight gain. This is a vicious stress cycle.

How does stress affect your digestion?

Stress also impacts digestion, and the gut may need additional support in the form of a digestive enzyme. Good stomach acid is also required to stimulate absorption of essential vitamins and minerals. Stress switches off stomach acid due to the fight or flight reaction!

How can you manage stress?

Ensure that you are managing stress. If you're stressed, whether by your job or by something more personal, the first step to feeling better is to identify the cause.

Some ways to destress are:

- **Get active** – Exercise helps reduce some of the emotional intensity you're experiencing by clearing your thoughts.
- **Have some 'me' time** – Take some time to socialize, relax and just chill out away from the stressful environment.
- **Avoid unhealthy habits** – Don't rely on alcohol, smoking and caffeine as your ways of coping as they will only help you temporarily and you will then return to your stressful environment afterwards and consequently, will probably feel worse.
- **Work smarter** – Prioritize your work instead of trying to do everything at once. Concentrate on the tasks that are more important first and leave the least important until last.
- **Meditate** – Try to meditate for a few minutes a day to help ease anxiety.
- **Breathing Techniques** – Take a five-minute break and concentrate on your breathing. Try breathing in through your nose for 4 seconds, hold your breath for 7 seconds and exhale through the mouth for 8 seconds.
- **Look after your gut** – Stress also impacts your digestion so a digestive enzyme may be a help during periods of stress.

Computer related health problems

People who use **the computers** for an extensive period of time may complain about headaches & pains in their wrists, arms & necks, These pains are due to using the **computer** keyboard for a long amount of time, They also suffer from **muscle** pain due to fatigue, So, You should take breaks when typing on the **computer**.

COMPUTER RELATED HEALTH PROBLEMS

There are three main notable medical problems that can arise from using computers:

- Carpal tunnel syndrome-repetitive strain injury
- Computer vision syndrome- eye strain, eye tiredness
- Musculoskeletal problems-pain the shoulders, lower and upper back, neck

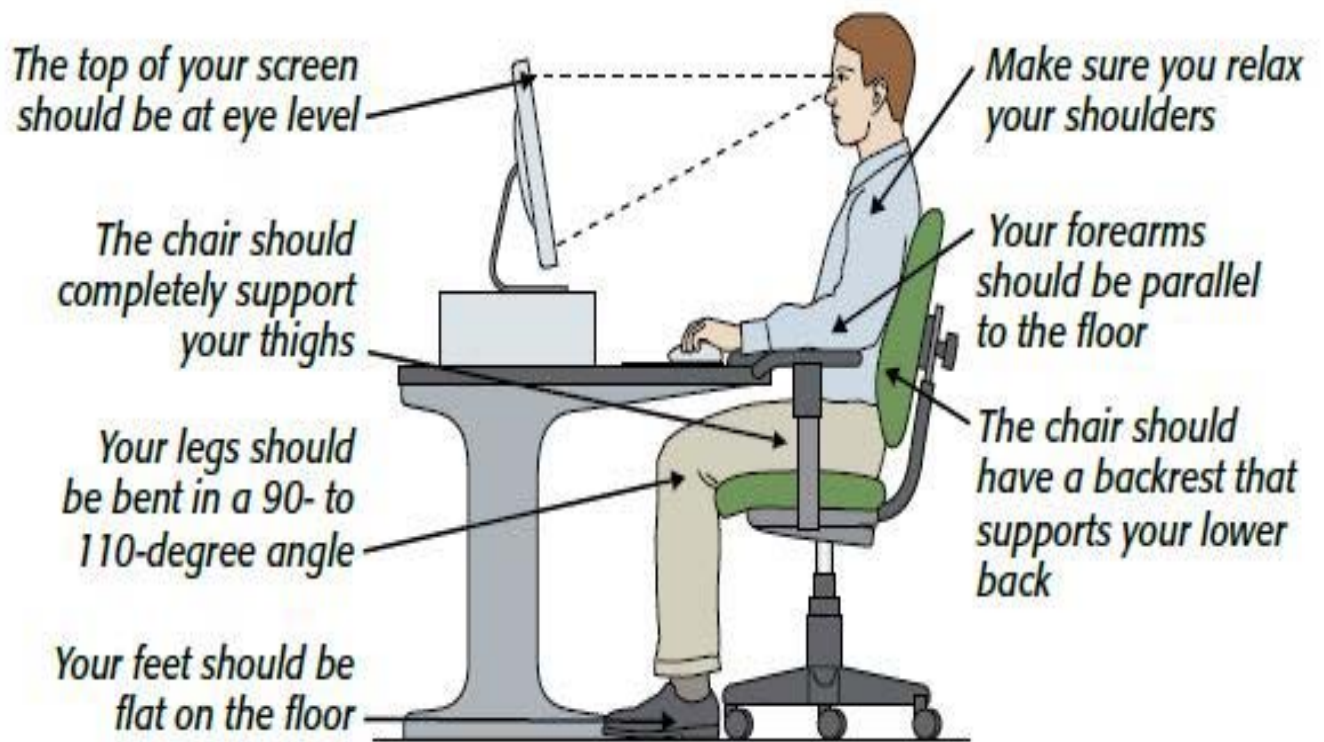
Techniques to Ease Eyestrain



- Every 10 to 15 minutes, take an eye break.
 - Look into the distance and focus on an object for 20 to 30 seconds.
 - Roll your eyes in a complete circle.
 - Close your eyes and rest them for at least one minute.
- Blink your eyes every five seconds.
- Place your display device about an arm's length away from your eyes with the top of the screen at eye level or below.
- Use large fonts.
- If you wear glasses, ask your doctor about computer glasses.
- Adjust the lighting.

Hand Exercises

- Spread fingers apart for several seconds while keeping wrists straight.
- Gently push back fingers and then thumb.
- Dangle arms loosely at sides and then shake arms and hands.



World Lung Cancer Day 2022

Lungs are a pair of spongy, air-filled organs located on either side of the chest that enables one to inhale oxygen and exhale carbon dioxide. Failure of this organ can instantly turn fatal. According to World Health Organization, lung cancer is responsible for nearly 25 percent of cancer death and is one of the most common cancers worldwide. **To raise awareness about the challenges and threats related to lung cancer, every year, August 1 is observed as World Lung Cancer Day.**

Risk factors



Smoking
Secondhand
smoke



Family
history



Air pollution
Radon gas
Asbestos

LUNG CANCER

Exams & Tests & Treatments



Chest x-ray



CT scan



Sputum
cytology



Cough



Coughing up blood



Wheezing



Fatigue



Chest pain



Weight loss



Thoracic
surgery



Chemotherapy



Radiotherapy

LUNG CANCER PREVENTION



Preventions do not completely eliminate the possibility of cancer, they are factors that reduce this risk.

World Hepatitis Day

World Hepatitis Day is observed each year on 28 July to raise awareness of viral hepatitis, which causes inflammation of the liver that leads to severe disease and liver cancer.

The world is currently facing a new outbreak of unexplained acute hepatitis infections affecting children. WHO, together with scientists and policymakers in affected countries, are working to understand the cause of this infection that does not appear to belong to any of the known 5 types of hepatitis viruses: A,B,C,D, and E.

This new outbreak brings focus on thousands of acute viral hepatitis infections that occur among children, adolescents, and adults every year. Most acute hepatitis infections cause mild disease and even go undetected. But in some cases, they can lead complications and be fatal. In 2019 alone, an estimated 78 000 deaths occurred worldwide due to complications of acute hepatitis A to E infections.

Global efforts prioritize the elimination of the hepatitis infections B, C and D infections. Unlike acute viral hepatitis, these 3 infections cause chronic hepatitis that lasts for several decades and culminate in over 1 million deaths per year from cirrhosis and liver cancer. These 3 types of chronic hepatitis infections are responsible for over 95% of hepatitis deaths. While we have the guidance and tools to diagnose, treat, and prevent chronic viral hepatitis, these services are often out of reach of communities and are sometimes only available at centralized/specialized hospitals.

On World Hepatitis Day 2022, WHO is highlighting the need for bringing hepatitis care closer to the primary health facilities and communities so that people have better access to treatment and care, no matter what type of hepatitis they may have.

WHO aims to achieve hepatitis elimination by 2030. To get there, WHO calls on countries to achieve specific targets:

Reduce new infections of hepatitis B and C by 90%.

Reduce hepatitis related deaths from liver cirrhosis and cancer by 65%.

Ensure that at least 90% of people with hepatitis B and C virus are diagnosed; and

At least 80% of those eligible receive appropriate treatment.

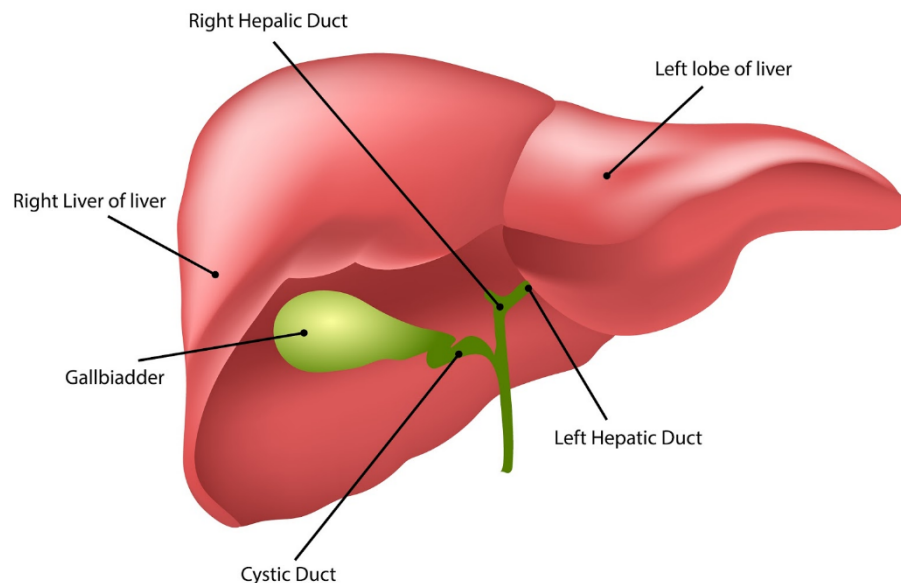
The date of 28 July was chosen as World Hepatitis Day, because it is the birthday of Nobel-prize winning scientist Dr Baruch Blumberg, who discovered hepatitis B virus (HBV) and developed a diagnostic test and vaccine for the virus.

What to know about Liver

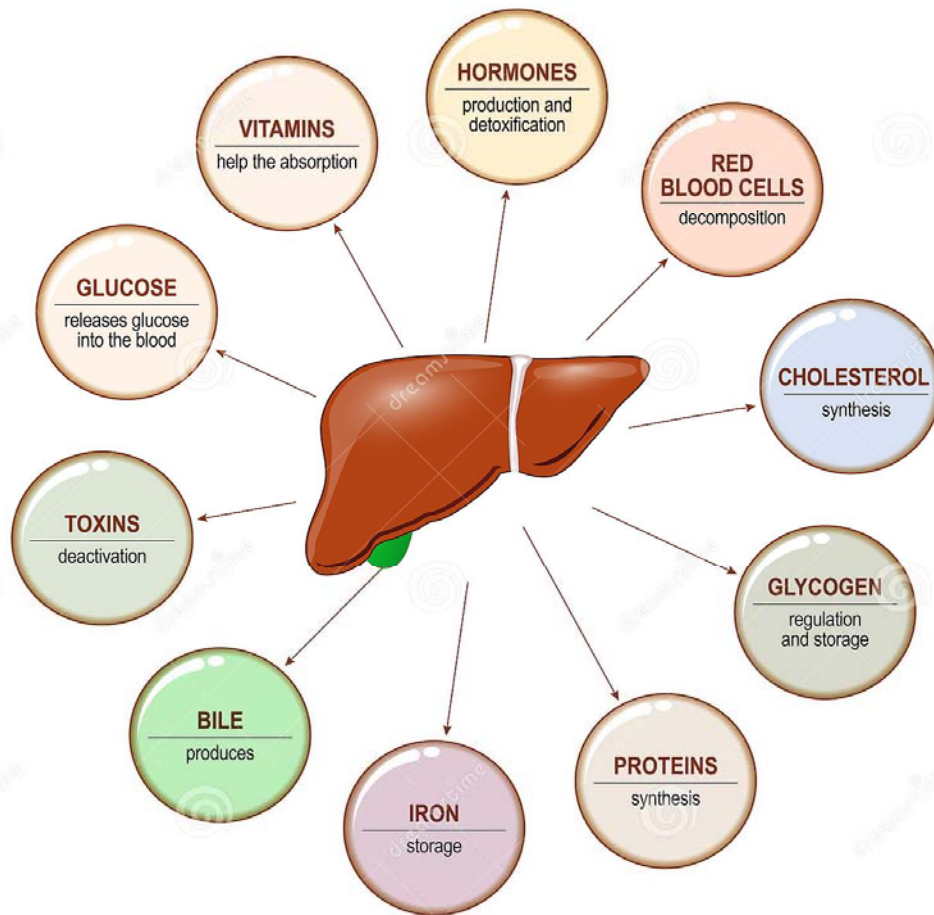
The liver is one of the most important of all our vital organs. The liver is responsible for filtering and detoxifying environmental toxins and pathogenic organisms.

The liver is a vital digestive organ that converts nutrients from the food we eat into essential blood components. It helps to store vitamins and minerals and produces key proteins and enzymes that maintain hormonal balance in the body. The liver helps the immune system fight infections and removes microorganisms from the blood stream. It also produces bile which is essential for digesting fats in our diet.

THE MEDICAL STRUCTURE OF THE LIVER



Functions of the healthy liver



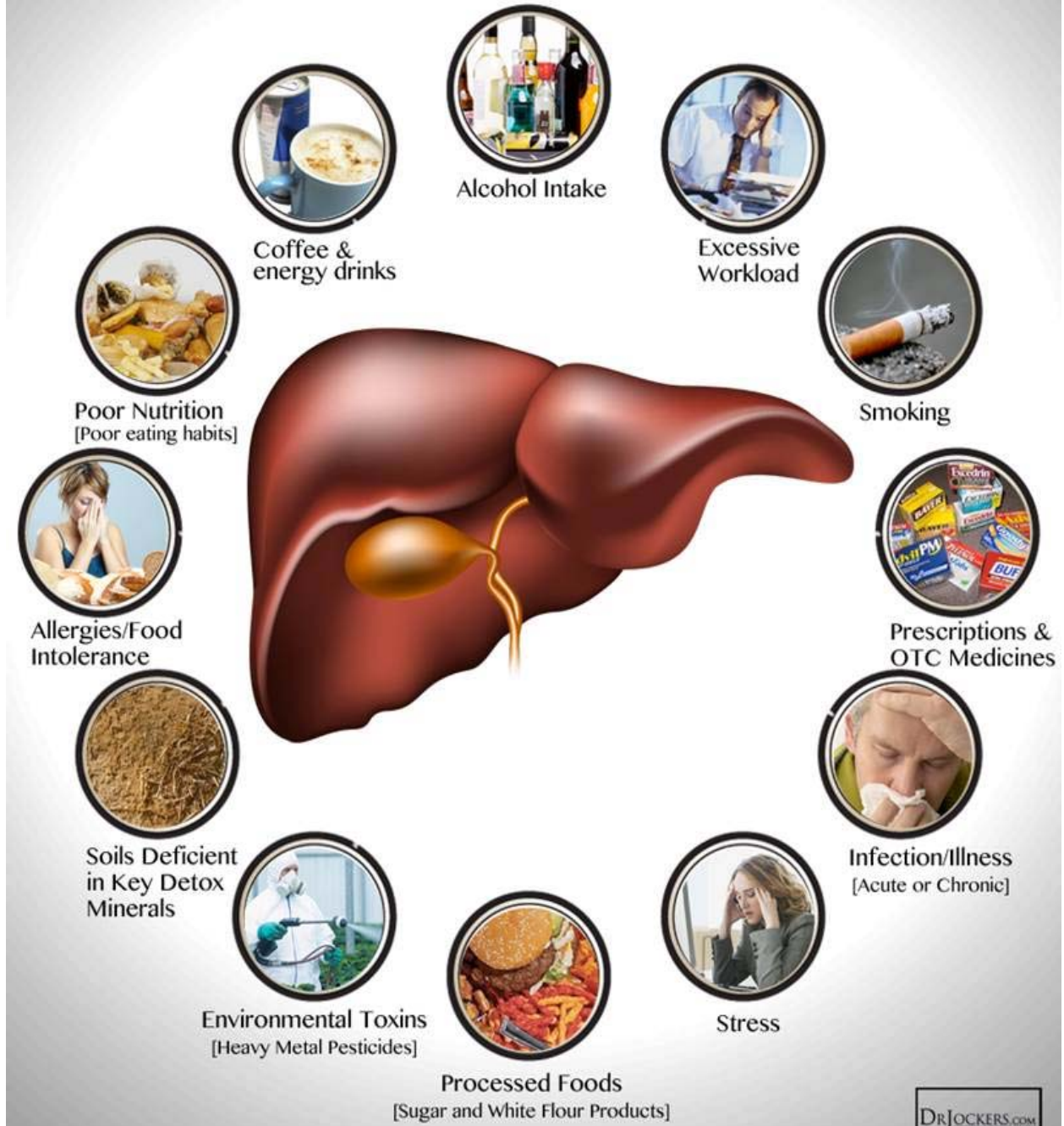
Liver Disease Symptoms



- Skin and eyes that appear yellowish (jaundice)
- Abdominal pain and swelling
- Swelling in the legs and ankles
- Itchy skin
- Dark urine color
- Pale stool color, or bloody or tar-colored stool
- Chronic fatigue
- Nausea or vomiting
- Loss of appetite
- Tendency to bruise easily

Why Do We Need Liver Protection?

Daily life overloads the liver leading to poor health and disease



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Liver Function Tests (LFTs)

AST (aspartate aminotransferase) (11 – 47 IU/L)

- AST is an enzyme found throughout the body, but predominantly in heart and liver cells.
- Most useful in detecting liver damage due to hepatitis, drugs toxic to the liver, cirrhosis, and alcoholism.
- Often ordered in conjunction with ALT.

ALT (alanine aminotransferase) (7 – 56 IU/L)

- An enzyme found mostly in the cells of the liver and kidney. When the liver is damaged, ALT is released into the blood stream. ALT is a useful test for detecting liver damage.
- Most useful in detecting damage due to hepatitis and drugs or other substances toxic to the liver.
- Often ordered in conjunction with AST.

AST/ALT Ratio

- The AST/ALT ratio is usually increased in alcoholic hepatitis, cirrhosis, and in the first day or two of acute hepatitis or injury from bile duct obstruction.

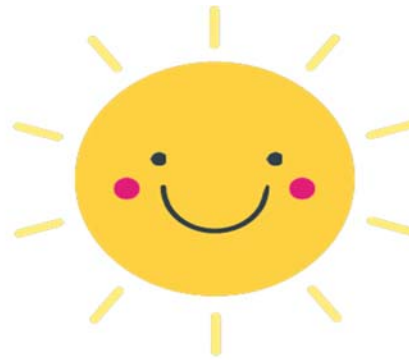
ALP (alkaline phosphatase) (30 – 120 IU/L)

- Found in bone and in the cells of bile ducts. ALP can indicate blockage of one or more bile ducts, liver cancer, hepatitis, cirrhosis, or when hepatotoxic drugs are taken.



Positive Thinking.

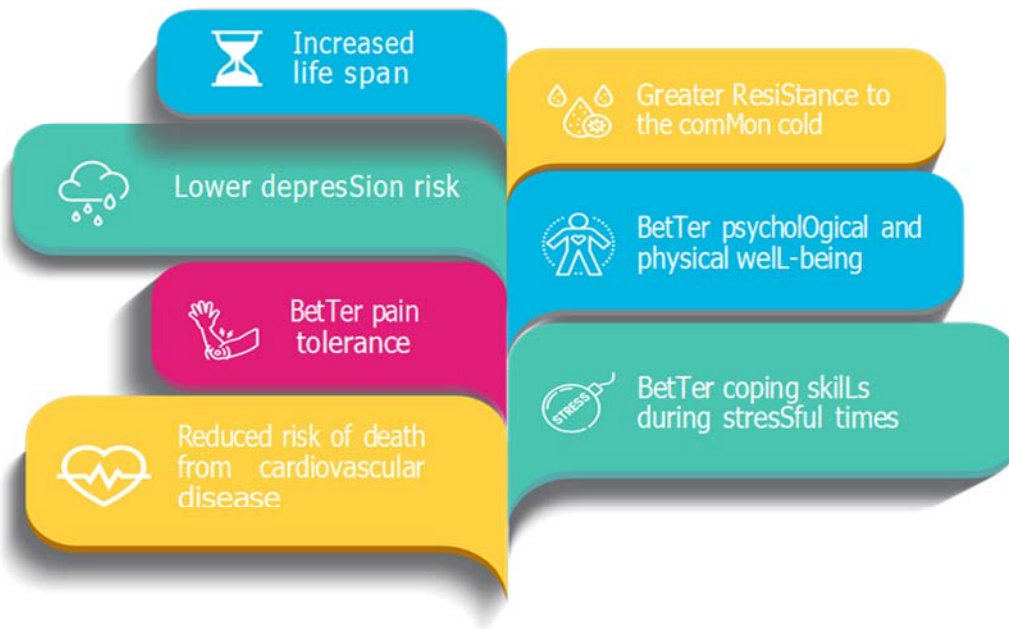
The Health Benefits of Positive Thinking



It's important to learn to rule your mind. Otherwise, your thoughts can board a runaway train to negativity. Daily positive thinking can improve your stress levels, reduce your risk for depression, and even increase your lifespan!

Positive thinking isn't merely wishing away or ignoring the bad, ugly, and unpleasant aspects of life. It's about changing your attitude to look at and respond to the more positive aspects of any given situation.

Benefits of positive thinking may include:



No doubt, life can throw some major curveballs. But it's all in how you handle it. You can have a good cry, complain about it to friends, and then move along. Wallowing and continuously revisiting it or thinking more bad is coming your way is one way to drain your energy and health. Lean on the power of positive thinking to better tackle life.

"Things turn out best for the people who make the best of the way things turn out."

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