

WORLD IMMUNIZATION DAY 10th November

Why is Childhood Immunisation Important?

Vaccines are essential for protecting children against infectious diseases such as measles, mumps, rubella and whooping cough which can have serious implications on the child's health.

Vaccinations prevent the child from contracting diseases for which there are mostly no medical treatments. These disorders can result in serious complications and might even be fatal.

When children are vaccinated, their immune systems develop infection-fighting antibodies to protect them from contracting the targeted disease if they are exposed to it later in life.

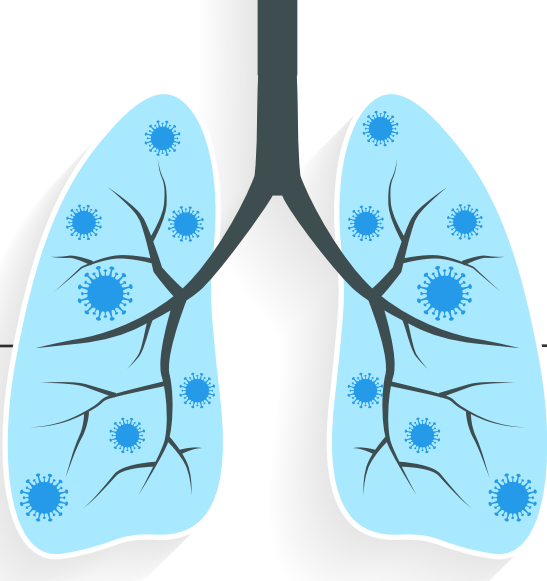

Getting vaccinated costs far less than getting treated for the diseases that the jabs protect you from.

Many deadly diseases like Smallpox, Yaws and Polio have been eradicated due to mass vaccination programmes.

WORLD PNEUMONIA DAY 12th November

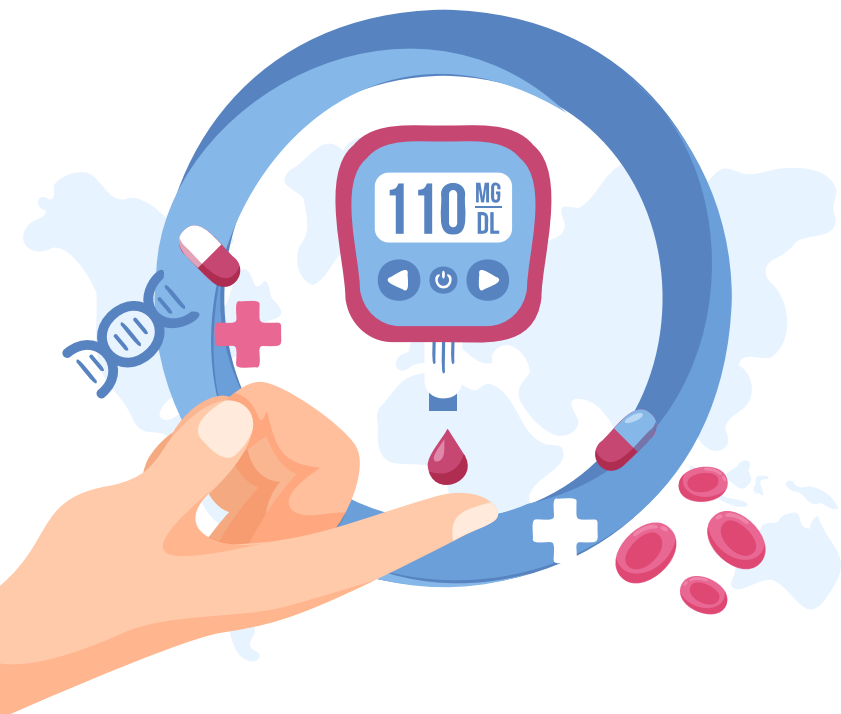
Flu Vs Pneumonia

	FLU	PNEUMONIA
Cause	Viral infection	Bacterial/viral/fungal infection
Occurrence	Suddenly	May take long time to develop
Contagiousness	Highly contagious	May or may not be transferrable
Symptoms	Body aches and pains Dry cough Extreme fatigue Fever above 100.4 degrees Headache	Bluish fingernails and lips Chills Confusion (most common in older adults) Coughing Decreased appetite Extreme fatigue Fever up to 105 degrees Pain when breathing deeply Quick heartbeat and breathing Sweating Trouble catching your breath Wheezing (common in children) Yellow, greenish or bloody mucus when you cough

WORLD DIABETES DAY 14th November

Surprising Facts About Diabetes



1 Diabetes is a significant risk factor for heart disease and stroke because diabetes may raise blood cholesterol levels.

2 For each sugary soda cup you drink per day, your risk of developing type 2 diabetes increases more than 10 percent, according to a recent study in the American Journal of Clinical Nutrition.

3 High blood glucose can damage vision and impair nerve function, causing a loss of sensation.

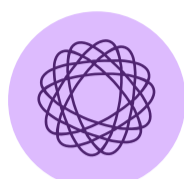
4 You can have diabetes or prediabetes and not know or feel it.

5 Stress can increase your blood sugar levels.

NATIONAL EPILEPSY DAY 17th November

Tips to avoid getting epileptic seizures

Epileptic seizures are often associated with particular triggers or changes in your daily habits or routine. Here are some common behaviors and factors that may trigger an epileptic seizure:



Mental strain, such as from solving complex problems



Stress, anxiety, or other emotional issues



Hormonal changes in women, often from pregnancy or menstruation



Alcohol or drug abuse or the process of quitting alcohol or drugs



A change in medications, or skipping or missing a dose of anti-seizure medication



Change in sleep schedules, feeling very tired, or significant sleep deprivation



Something that over stimulates the senses, like lights that flash brightly, watching television, playing video or computer games, or working on a computer

ANTIBIOTIC AWARENESS WEEK 18th-24th November

MYTH

ANTIBIOTICS

FACT

Can Stop Antibiotics After Symptoms Subside

Can Use Antibiotics Prescribed For Others

We can have fixed antibiotics for certain symptoms



No, one must finish the entire course of antibiotics, even after feeling better. Only the full dose of antibiotics can destroy bacteria completely. Stopping medicines midway can cause mutation and may also develop resistance to the medication.

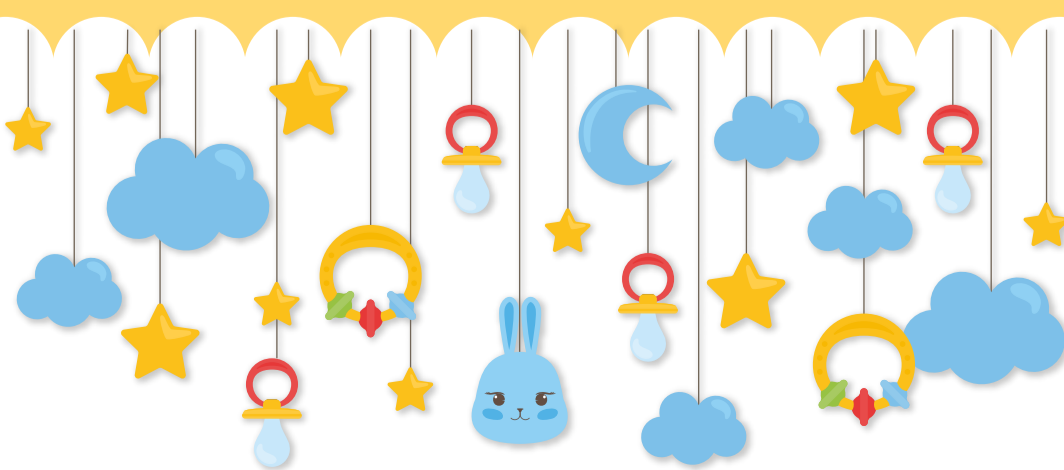
Do not ever take antibiotics prescribed for others, even if you strongly feel that the symptoms are the same. It may not work for you, may cause allergic reactions and can also worsen the symptoms.

Similar symptoms do not necessarily mean same set of bacterial infection. Different set of antibiotics are needed for different bacterial treatments.

NEWBORN CARE AWARENESS WEEK 15th-21st November

DO'S AND DON'TS of neonatal care

- Do get help as and when you need. Managing neonates can get taxing.
- Do bathe your child with just lukewarm water (no soap) for the first 7-10 days.
- Do breastfeed the baby as and when needed.
- Do not use ear buds for cleaning the ears, just a mul cotton cloth should be used.
- Do swaddle the baby- helps eliminate anxiety and avoids scratching of the face by fingers.
- Do not hesitate to consult a paediatrician if you feel something about the baby is odd (if the baby cries more, does not sleep well,etc)
- Do cut the baby's nails after a bath, once the baby is asleep.
- Do not hesitate to let people know if you don't want them to visit. It is ok to being careful and protective about your baby.



FUN FACTS ABOUT HEART

If you were to stretch out your blood vessel system, it would extend over 60,000 miles.

The beating sound your heart makes is caused by the opening and closing of its valves.



Electricity going through the heart makes the muscle contract. The heart can continue to beat outside the body as long as it has sufficient oxygen due to this electricity.



When resting, it takes 6 seconds for blood to travel from your heart to your lungs and back again, 8 seconds to go to the brain and back, and 16 seconds to go to your toes and back.



Your heart pumps about 2,000 gallons of blood every day.

Blood pressure in the heart can squirt blood over 30 feet.



Death from a broken heart, or broken heart syndrome, is possible but extremely rare.



VITAMINS TO HELP BOOST IMMUNITY

Vitamins are essential constituents of our diet that have long been known to influence the immune system. Vitamins A and D have received particular attention in recent years as these vitamins have been shown to have an unexpected and crucial effect on the immune response. But Vitamins C and E have also proven their caliber in improving immunity.



Vitamin C contributes to immune defense by supporting various cellular functions and helping in wound healing.

Sources- guavas, bell peppers, kiwifruit, strawberries, oranges, papayas, broccoli, tomatoes, kale, and snow peas.



Vitamin A is crucial to a very sophisticated bi-directional mechanism that takes place in the digestive system and leads to immune tolerance across the entire gut lining. Immune tolerance is the essence of good health.

Sources- Leafy vegetables, tomatoes, red bell pepper, mango, fish oils, milk, eggs, carrots, etc.



Vitamin D has numerous effects on cells within the immune system. It inhibits B cell proliferation and blocks B cell differentiation and immunoglobulin secretion.

Source- Sunlight



Vitamin E is a fat soluble antioxidant. Dietary interventions of vitamin E at supplemental levels have been shown to enhance cell-mediated and humoral immune responses, thus boosting the immunity in human bodies.

Sources- Nuts, vegetable oils, etc

BREATHING EXERCISES TO RELIEVE STRESS

Just breathing in a certain manner can relieve so much stress. Practicing these techniques from wherever you are will give you an instant sense of calm and peace.



Pursed lip breathing

Sit in a relaxed manner, purse your lips as if you are blowing a whistle, inhale, and exhale as slow as possible.

Diaphragmatic breathing

Lie down comfortably, put one hand on your chest and one on your belly. While breathing in, take as much air as possible while expanding your chest. While breathing out, exhale slowly while feeling the emptying of the chest.

Breath focus technique

Sit or lie down comfortably. Place one hand on the chest and the other on the belly to feel the movement. Close your eyes and start focusing on imagery- something that makes you calm- sea, trees, rains, etc. Once the focus is achieved mentally start chanting- "Inhaling peace and calm" while inhaling and "Exhaling anxiety" while breathing out.

Alternate nostril breathing

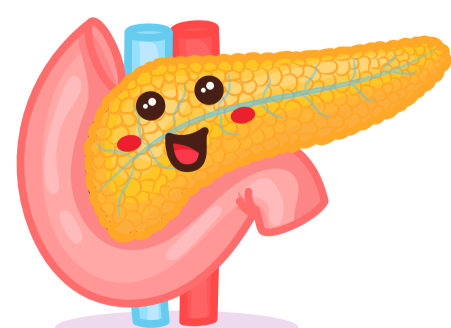
While sitting comfortably, you need to put your thumb over one nostril and index finger over the next. Breathe in from one nostril and breathe out from the other.

Sitali breath

Be seated in a comfortable manner. Curl your tongue in such a manner that it forms a circular shape along the mouth's edge. Breathe in with your mouth deeply. Exhale with your nose.

CHILL PILL CORNER

I'm not ill, my pancreas is just lazy.



I was playing hide and seek in the hospital, but they kept finding me in the ICU.



For feedback and employee benefit requirement please write to sales.healthbenefits@jbbodamail.com

CIN: U66010MH2002PTC138193 License Number: 133 (17 Mar 2021 to 16 Mar 2024) Copyright © 2020 J B Boda. All rights reserved.
J B Boda Insurance and Reinsurance Brokers Pvt Ltd - Registered Office Maker Bhuvan 1 Churchgate, Mumbai - 400020, Maharashtra, India. www.jbboda.com

Ref: Cavallazzi R, Ramirez JA. Influenza and Viral Pneumonia. Clin Chest Med. 2018;39(4):703-721. doi:10.1016/j.ccm.2018.07.005

Disclaimer: By using or accessing the brochure, you agree with the Disclaimer below without any qualification or limitation. The statements made in this brochure are only for information purpose and not for the purpose of medical advice or guarantee of outcome. If you need medical advice, they should consult a doctor or other appropriate medical professional. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not assume liability of the information on this brochure and no representation or warranty has been expressly or impliedly given as to its accuracy, completeness or correctness. The information provided has been gathered from reputable sources such as the website of Ministry of Health and Family Welfare. However, J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. is not responsible for errors or omissions in reporting or explanation. No individuals should use the information contained in this brochure for self-diagnosis or self-treatment of any health related condition. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. reserves the right to modify, alter, add and delete any one or more of the information provided in the brochure. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. shall be under no obligation to notify you of the amendment to the information. No warranties or assurances are given in regarding the accuracy of the information supplied in this brochure, and that no liability will accrue to J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. in the event that you suffer loss as a result of reliance upon the information provided in this brochure. You are responsible for your health and safety at all times. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not warrant that any insurance related information provided in this brochure, represents coverage provided to any insured, or are consistent with any present, future, local, state, or central laws, administrative rules, or prevailing case law. Any reference to insurance documents is only for general information and should not be used to claim coverage under any insurance policy.