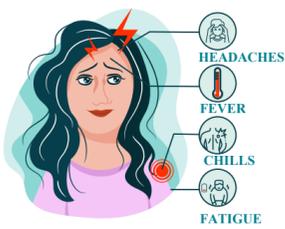


### WORLD PATIENT SAFETY DAY

During the continuing challenges of the coronavirus pandemic, we are celebrated World Patient Safety Day on 17<sup>th</sup> September, a healthcare discipline that assists in reducing complexity in the healthcare system and reducing patient harm in healthcare facilities. This year health organizations are creating awareness for “Safe maternal and newborn care” on world patient safety day.

### POST-COVID-19 VACCINATION CARE IN PEOPLE WITH DIABETES?

The Center for Disease Control and Prevention has stated earlier in January 2021 that people with diabetes are at an increased risk of developing severe complications from COVID-19, and people with diabetes should be added to the priority list for vaccination. Vaccination against the virulent coronavirus is crucial for people with diabetes. While people with diabetes get vaccinated against the coronavirus, they must ensure the following care: [1]



Monitor for any immediate reactions post-vaccination



Avoid taking too many caffeinated drinks for a few days after vaccination



Avoid applying an ice pack or hot fomentation at the site of the injection



Avoid exerting too much physically soon after vaccination



Avoid eating carbohydrate-rich and fatty food

### REMEMBER THOSE WHO CAN'T REMEMBER, ON THIS WORLD ALZHEIMER'S DAY

Alzheimer's disease is an irreversible, progressive brain disorder that gradually affects memory and thinking skills. Eventually, the person affected with Alzheimer's is not able to perform the simplest tasks. Around 10 million new cases of Alzheimer's are detected every year globally.

21<sup>ST</sup> SEPTEMBER  
WORLD ALZHEIMER'S DAY

#### How to care for someone with Alzheimer's disease?

Providing care for people with Alzheimer's disease can be difficult. Caregivers must ensure to reduce frustration among people with Alzheimer's and provide a safe environment for them. The caregiver can incorporate the following steps to achieve this:

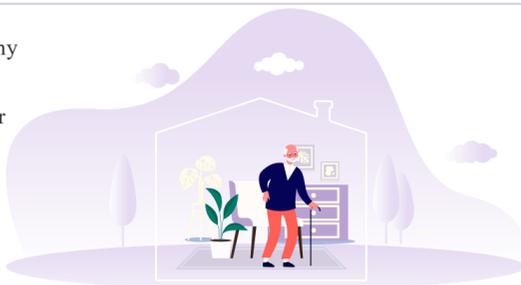
#### Reduce frustration:

- Make a schedule for their daily activity.
- Allow some flexibility in the schedule.
- Allow the people with Alzheimer's disease to do as much as they can without much assistance.
- Provide them with choices to select from, but not too many.
- Give them simple one-step instructions.
- Avoid allowing long or multiple naps during the day
- Reduce distractions like TV, phone during mealtime or while communicating with people with Alzheimer's disease.



#### Create a safe environment:

- Avoid leaving extension cords or any other clutter that could cause falls
- Lock cabinets that have medicine or poisonous or hazardous things.
- Keep matches and lighters outside the reach of people having Alzheimer's disease to avoid any fire accidents.



## HOW TO ENSURE GOOD PARENTING FOR EARLY CHILDHOOD DEVELOPMENT DURING THE LOCKDOWN?

Parenting is a beautiful experience! Unfortunately, most parents feel that they are caught unaware of the world of parenting, and many of them often wish for a parenting handbook! While there is no personalized handbook available, here are some simple ways to encourage your child's overall development during the lockdown.

### Ways to nourish your child's intellectual skills during the lockdown

Participate with your child in various skill-building activities like reading, role-playing, and science activities to help them build language skills, thinking skills, and creativity.

Ensure your child gets enough sleep.

Allow your child to explore through their senses and learn new things.

Engage your child to play memory games.

### Ways to nourish your child's physical growth during the lockdown

Encourage your child to indulge in physical activities while staying indoors.

Provide home-cooked nutritious meals to your child.

Limit screen time.

Engage your child in fine motor skills like beading and lacing.

Ensure that the vaccinations of your child are done on time.

### Ways to nourish your child's social-emotional growth

- Try to build a strong bond of trust between your child and you.
- Give your child enough attention.
- Listen to your child.
- Encourage your child and appreciate their efforts.
- Praise your child's accomplishment.
- Avoid using abusive/foul language in front of your child.



## THIS WORLD HEART DAY LOVE YOUR HEART

Your heart helps to circulate blood in your body. As it is a crucial organ of the human body, you must keep it healthy by exercising regularly, eating healthy, and avoiding things that can damage your heart, like smoking or excessive alcohol consumption.



### Interesting facts about the heart

The average heart is almost the size of an adult fist

The heart beats about 1,15,000 times every day

The opening and closing of the heart valves causes the heart beating sound

Around 2,000 gallons of blood is pumped by the heart each day

Laughing is good for your heart as it reduces stress

## DESTRESS YOURSELF WITH YOGA

Yoga is one of the most popular methods to manage stress. The various yoga poses enhance blood circulation and control hormones. In addition, meditation induces relaxation that can help you destress. Here are a few yoga asanas that you can do to destress yourself.



### CHILD POSE

This pose helps to calm the brain and relieve stress



### BRIDGE POSE

The bridge pose relaxes the body, reduces stress and mild depression



### CORPSE POSE

The corpse pose tranquilizes the central nervous system, mind and reduces stress, headache, fatigue, and anxiety



### CAT POSE

This pose helps power up the brain with improved focus, coordination, and mental stability



### PUPPY POSE

This pose helps to relieve chronic stress, tension, and insomnia



## NURTURE YOUR IMMUNITY WITH SOME CRUNCHY NUTS

Nuts always come first in our mind when we think of foods that are nutritious and immunity-boosting. These crunchy nuts are filling and healthy and add a dash of flavors to everything they are added. So “going nuts” is a wise option.



### ALMONDS

Almonds are packed with antioxidants and Vitamin E that reduce inflammation, cancer threats and slows down aging.

### CASHEWS

Cashews are rich in copper and iron, which promotes the production of red blood cells, enhancing one’s immunity.



### WALNUTS

Walnuts are rich in omega 3 and anti-inflammatory properties that help to reduce the risk of developing heart disease and cancer.

### PISTACHIOS

Pistachios are loaded with vitamin B6 and arginine that enhances immunity and takes care of the nervous system.



## DE-ADDICT YOURSELF FROM SOCIAL MEDIA TO LEAD A HAPPIER LIFE!

Have you ever wondered how many cumulative hours you spend browsing on social media? Usually, people spend around 2-3 hours every day browsing online. Social media is acting as a magnet to pull its users back to it repeatedly by providing instant gratification to its users, by providing them with instant likes from their loved ones. But this happiness is a mirage and can become an addiction. Try these small steps to De-addict yourself from social media to develop healthy relationships that may help you lead a happy life



Set time slots for using social media.



Turn off notifications or keep your smartphones away when you are spending quality time with your loved ones.



While you are meeting your family and friends, avoid spending much time on the phone.



Be social in person and not much on digital platforms.



Avoid checking social media updates on your phone soon after waking up.



**PATIENT**

Dear Dr I am addicted to twitter

**DOCTOR**

Sorry I did not follow you...

For feedback and employee benefit requirement please write to [sales.healthbenefits@jbbodamail.com](mailto:sales.healthbenefits@jbbodamail.com)

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