




CARCINOGENS WE ARE EXPOSED TO EVERYDAY!


Carcinogens are any cancer causing agents which can result in cancer if exposed to/consumed or inhaled.




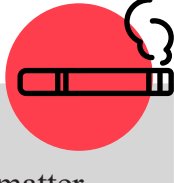
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1 Bisphenol A (BPA):
Usually found in plastic toys and items.
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2 Asbestos:
Used in ceiling repair, tyre work, etc.
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3 Formaldehyde:
Used in wooden polishes and carpentry work
- 

4 UV rays:
From sunrays
- 


5 Processed meat:
Salami, sausages, etc
- 

6 Tobacco: It doesn't matter whether you're a smoker or breathing in someone else's smoke. At least 70 chemicals in tobacco are known to cause cancer by damaging your DNA

- #### TIPS TO AVOID CARCINOGENS
-  Use sunscreen daily
 -  Use protective gear and eyewear whenever needed
 -  Avoid processed meat
 -  Check BPA free label while buying plastics
 -  Avoid active and passive smoking


MYTHS AND FACTS OF HEART HEALTH



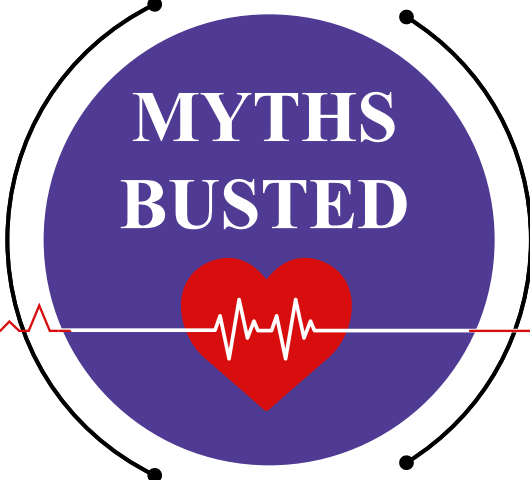

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MYTH: DAILY EXERCISE OF 60 MINUTES IS NECESSARY FOR GOOD HEART HEALTH

FACT: 30 TO 45 MIN OF EXERCISE 4 TO 5 DAYS/WEEK IS SUFFICIENT




MYTH: HEART STOPS FUNCTIONING AFTER A HEART ATTACK

FACT: ONLY A LITTLE PART OF HEART IS AFFECTED IN A HEART ATTACK
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MYTH: HIGH CHOLESTEROL LEVEL IS ONLY BECAUSE OF THE DIET

FACT: MANY FACTORS AFFECT THE CHOLESTEROL LEVEL LIKE GENETIC MAKE UP, ETC



MYTH: IF YOU TAKE A CHOLESTEROL-LOWERING DRUG, YOU CAN EAT ANYTHING.

FACT: LIMIT YOUR CHOLESTEROL AND SATURATED FAT INTAKE, SO YOUR STATIN CAN DO ITS JOB

HOW TO TAKE CARE OF ORAL HYGIENE IN KIDS



Let children choose their own toothbrush. They can pick one that has a favorite color or character.



Let children choose their own toothpaste. They can pick their favorite flavor.



Use a timer to make sure kids brush their teeth for 2 minutes. Or play their favorite song to help keep track of time.



Reward children for good oral care. Do not give them food or sugary treats. Offer something healthy or simple instead, like apple slices or a gold star.



Read books or watch videos that talk about dental hygiene.



Plan a fun activity following your child's dentist visit.



Pretend play with a dentist setup.

WHAT TO DO IF A PERSON AROUND YOU HAS A SEIZURE?



Keep other people especially kids or elderly out of the way.



Place them on their side, to help keep their airway clear.



Clear hard or sharp or potential injury causing objects away from the person.



Start a timer or check the watch at the start of the seizure, to time its length.



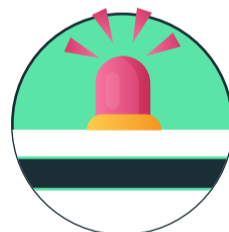
Do not try to hold them down or stop the movements.



Do not try to put any solids or water in the person's mouth



Cushion the person's head.



If the person is unable to breathe after the seizure or the seizure prolongs 5 minutes, call for medical HELP.

BREAKING THE STIGMA OF MENTAL HEALTH

X Those with depression are lazy

✓ Those with depression are fighting with themselves 24*7

X Those with anxiety are rude

✓ Those with anxiety are hypersensitive to things around them and get affected easily

X Those with suicidal thoughts are just seeking attention

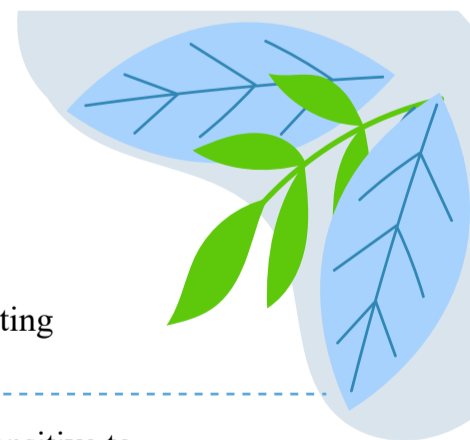
✓ Those with suicidal thoughts should be reached out and offered support to live longer and in a better way

X People with mental health conditions cannot work

✓ People with mental health issues can work like any other employee

X Mental health problems are permanent

✓ Many people will recover to a greater or lesser degree.





RARE DISEASE DAY®

RARE DISEASES YOU MUST HAVE NEVER HEARD BEFORE

Alice in Wonderland syndrome

According to the Oxford Handbook of Clinical Medicine, sufferers of Alice in Wonderland syndrome perceive objects as being far smaller than they are. It is also called micropsia or liliput sight disease.

Laughing Death

Laughing Death, more commonly known as Kuru, was exclusive to the tribal Fore people of New Guinea. The disease, which was characterized by sudden bursts of maniacal laughter, hit the headlines in the 1950s.

Foreign accent syndrome

Sufferers of foreign accent syndrome inexplicably find themselves talking in an unrecognizable dialect. Only 60 cases have ever been recorded.

Water allergy

Known to have ever affected only 30 people, water allergy or "aquagenic urticaria" is extremely rare, but its existence has been confirmed by the Medical Review Board. Sufferers appear to be allergic to water.

Stoneman syndrome

Fibrodysplasia ossificans progressive (FOP), also known as Stoneman Syndrome, slowly turns connective tissue such as tendons, muscles and ligaments into bone.

DONATE YOUR ORGANS AND SAVE LIVES



DID YOU KNOW ONE BODY CAN SAVE UPTO 50 LIVES!

- **ORGANS THAT CAN BE DONATED:** Liver, Kidney, Pancreas, Heart, Lung, Intestine.
- **TISSUES THAT CAN BE DONATED:** Cornea, Bone, Skin, Heart Valve, blood vessels, nerves and tendon
- **WHO CAN BE A DONOR?**

Living Donor: Any person not less than 18 years of age, who voluntarily authorizes the removal of any of his organ and/or tissue, during his or her lifetime

Deceased Donor: Anyone, regardless of age, race or gender can become an organ and tissue donor after his or her Death (Brainstem/Cardiac).

- **HOW CAN YOU BE A DONOR?**

Living people in their lifetime can pledge their organs. They will receive Donor Card which acts as a will for donating the organs.

In case of brain dead patients, Transplantation of Human Organs Act has been established with the rules to be followed for organ donation.

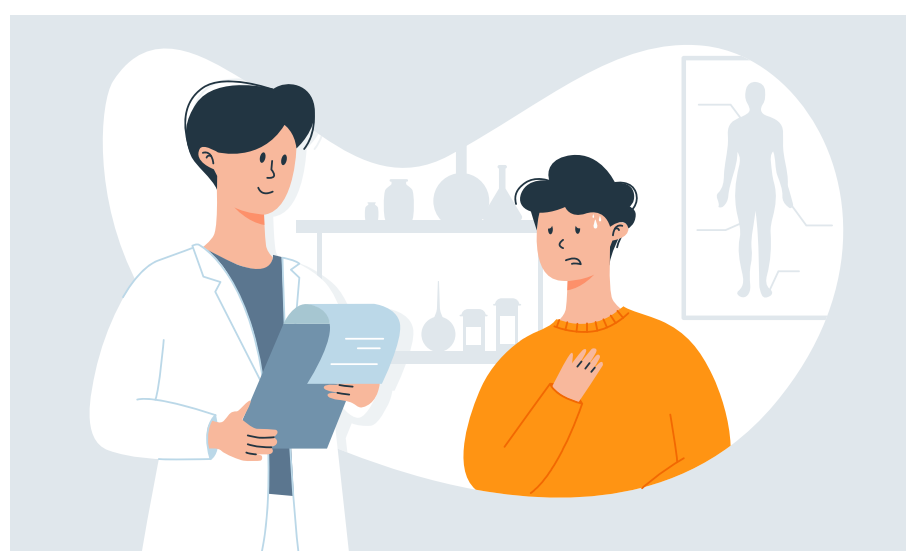
CHILL PILL CORNER

PATIENT:

DOCTOR, I'VE SWALLOWED A SPOON.

DOCTOR:

SIT DOWN AND DON'T STIR.



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