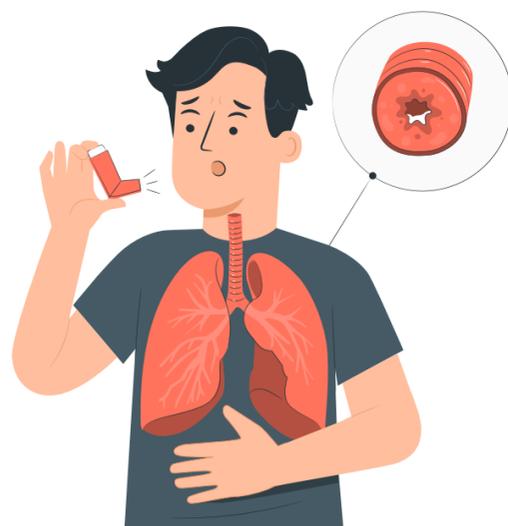


### WORLD ASTHMA DAY

02<sup>nd</sup> May

What to do when someone near you has an asthma attack?



Do not panic



Have them seated upright



Loosen any tight clothing



Try to eliminate trigger (dust/pollen/animal hair)



Help them with their inhaler



Look for signs of distress (bluish discolouration of lips/neck, fainting)



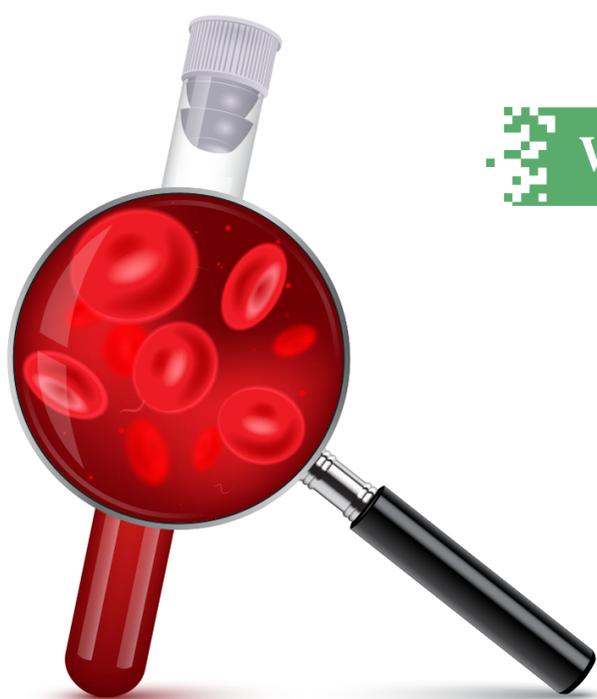
Call for help if in distress



### WORLD THALASSEMIA DAY

08<sup>th</sup> May

Everything you need to know about Thalassaemia



Thalassaemia is a rare blood condition in which body is not able to produce enough haemoglobin.

Haemoglobin helps in carrying oxygen through blood. So in thalassaemia this activity is hampered.

Constant fatigue, weakness, slow growth, etc is seen in thalassaemia.

The treatment options for it include frequent blood transfusions, chelation therapy, stem cell therapy, etc.

This disorder is passed from parents to offsprings.

## WORLD HYPERTENSION DAY

17<sup>th</sup> May

Look out for these symptoms:



## INTERNATIONAL DAY OF ACTION FOR WOMEN'S HEALTH

28<sup>th</sup> May

6 nutrients women need the most



## WORLD MULTIPLE SCLEROSIS DAY

30<sup>th</sup> May

What is multiple sclerosis?



It is an autoimmune disease where our own cells attack the nerve cells.

It is a disease that affects the brain and spinal cord.

It can cause issues with balance, vision, muscle control, etc

The disease is chronic in nature.

Treatment of multiple sclerosis includes medications, physical therapy, muscle relaxants, etc

## WORLD NO TOBACCO DAY

31<sup>st</sup> May

Some tips to go smoking free



1



Avoid friends who smoke or encourage smoking

2



Avoid going to pubs and bars

3



Try nicotine replacement therapy

4



Consult a specialist doctor

5



Talk to a therapist

6



Try spending time doing something creative

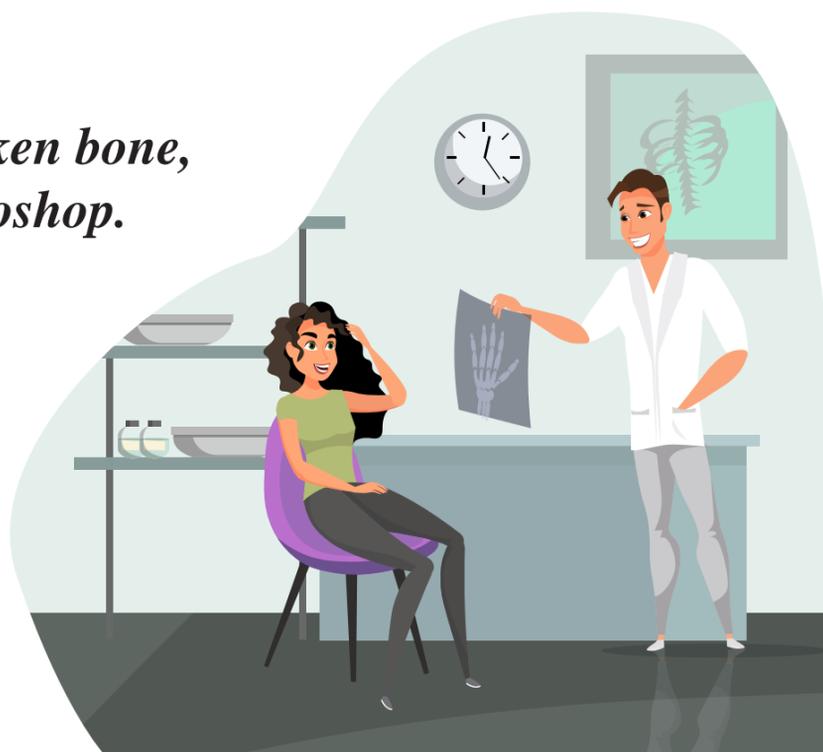
7



Get involved in sports

## CHILL PILL CORNER

*Your x-ray showed a broken bone, but we fixed it in photoshop.*



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

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