



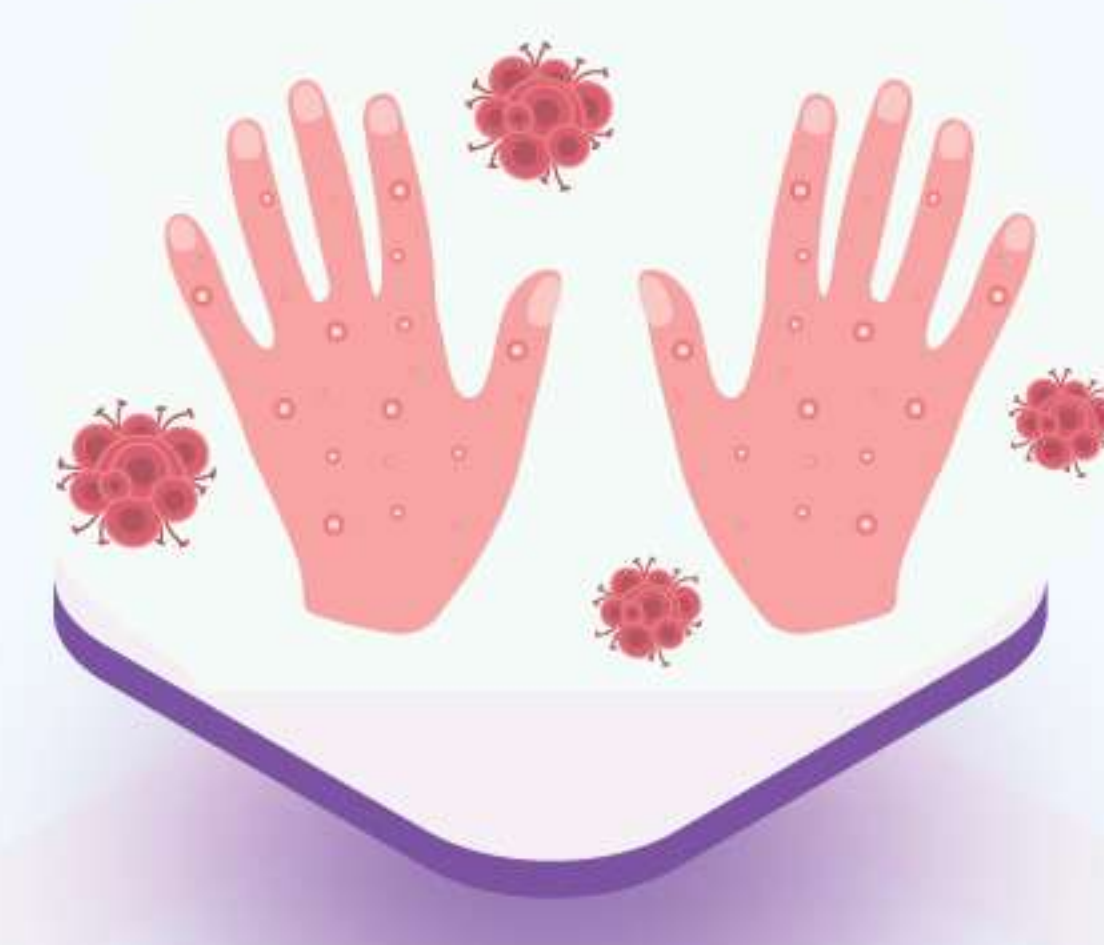
WHAT'S THE Buzz?



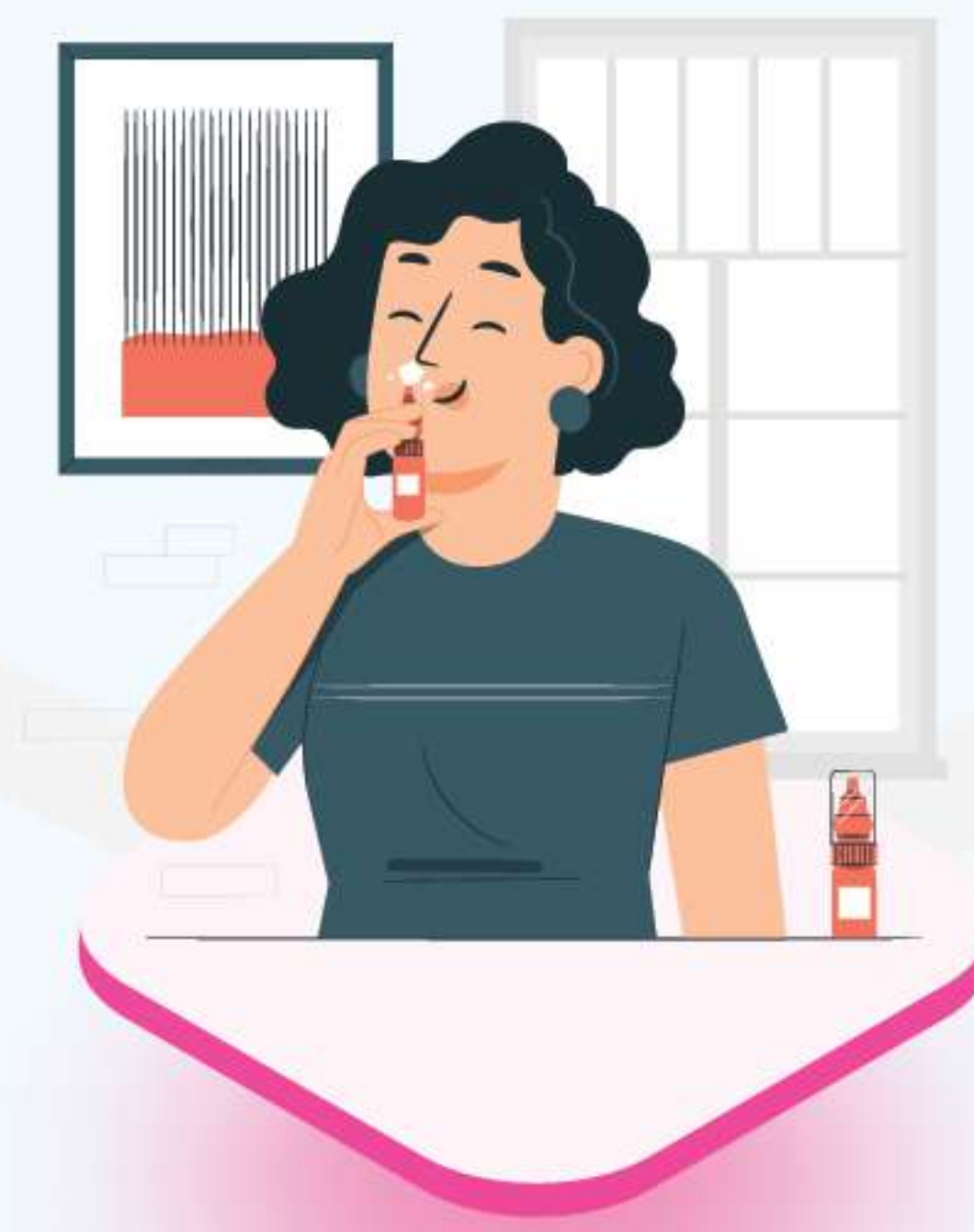
Indian Government grants 60 day special maternity leave in case of newborn death or stillbirth.



Indigenously made cervical cancer vaccine (Cervavac) is all set for the launch. The price of this vaccine would be in the range ₹200-₹400.



Delhi reports 6th Monkeypox case.



India's very first nasal vaccine gets drug panel's nod for restricted use. This vaccine is made by Bharat Biotech.



A study reveals that exposure to pollution in infancy impacts the gut bacteria and imposes greater risk of development of allergies.



21TH SEPTEMBER

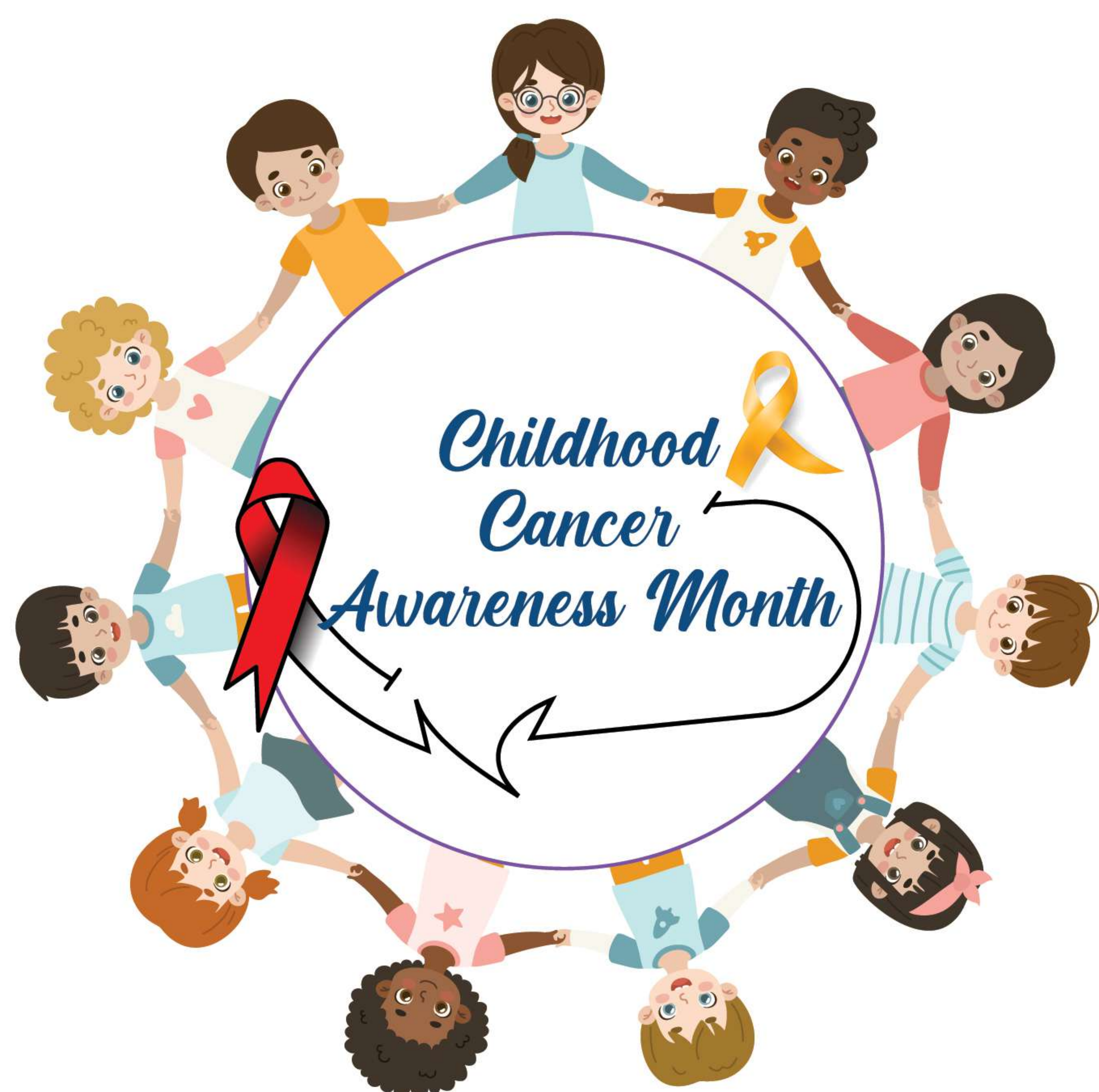
WORLD ALZHEIMER'S DAY

How does a patient with Alzheimer's present?

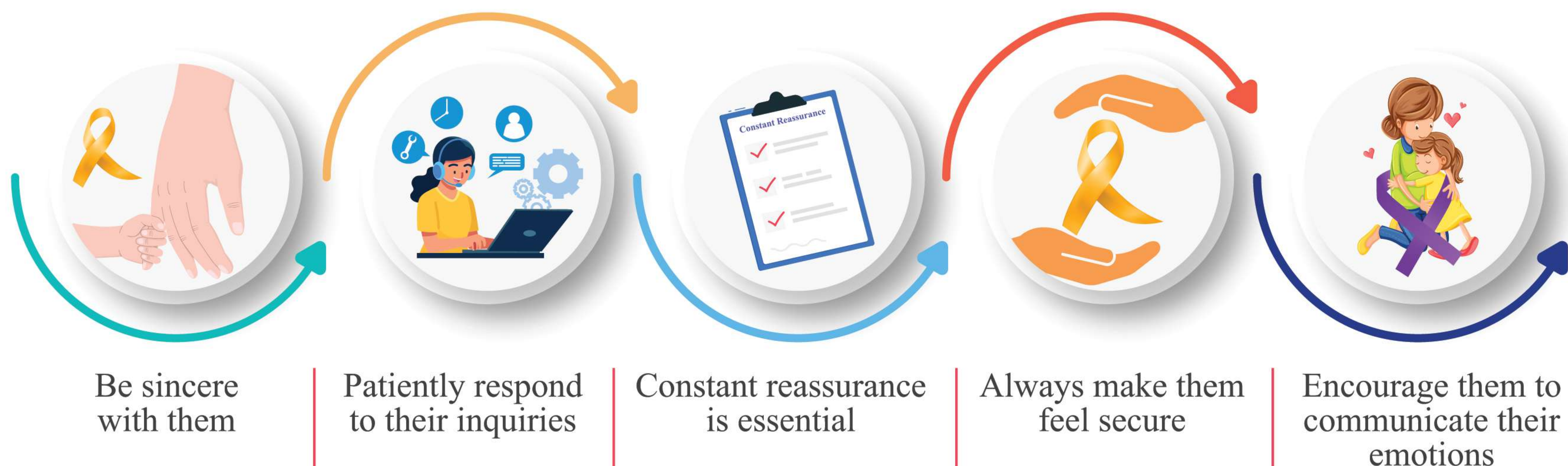
A person with mild Alzheimer's disease may appear to be in good condition, but they have increasing difficulty in understanding what is going on around them. Issues may include:

- Loss of memory
- Decline in initiative and spontaneity
- Poor decision-making due to poor judgement
- It takes longer to finish routine everyday tasks
- Repeating questions
- Difficulty managing finances and paying debts
- Wandering aimlessly and becoming disoriented
- Putting things in strange places or losing things
- Changes in mood and personality
- Increased aggression or anxiousness

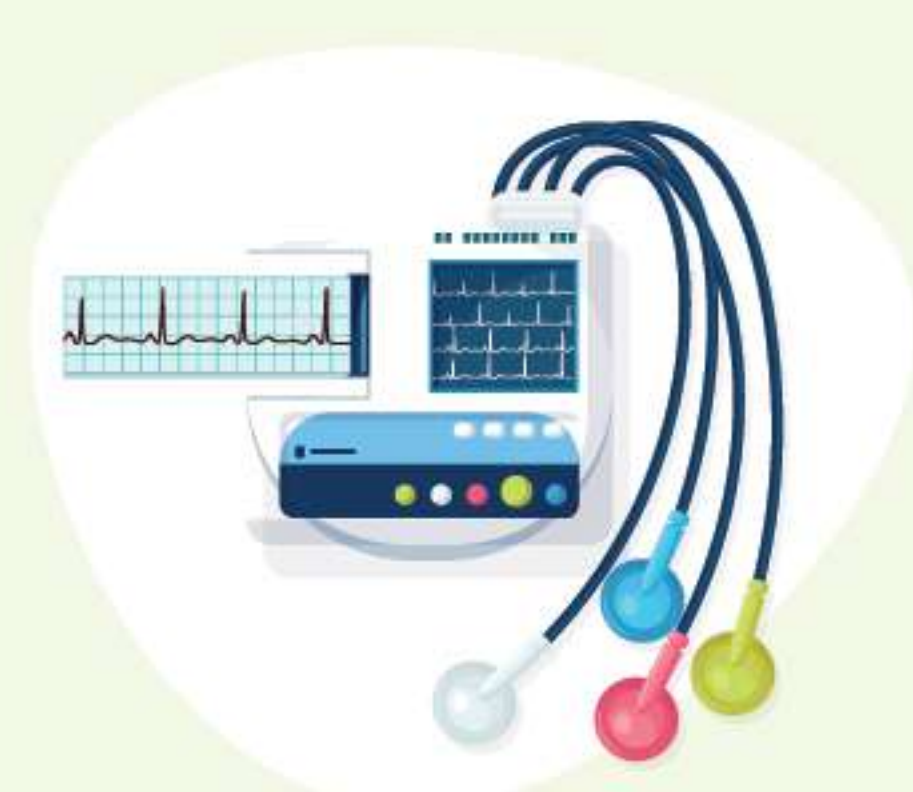
Childhood cancer support; let us be there for the bravehearts!



Here are a few things one can do to support child cancer fighters.



This **WORLD HEART DAY**, know about the diagnostic tests



Electrocardiogram (ECG/EKG): The electrical signals in the heart are captured by an ECG, a simple and painless examination. It can detect very slow or very fast heart beats.



Echocardiogram: In this non-invasive examination, sound waves are used to provide precise photographs of the beating heart. It demonstrates how the heart's valves and blood flow through the heart. If a valve is constricted or leaking, an echocardiography might assist identify it.



Exercise or stress test: These tests frequently entail using a treadmill or a stationary cycle while the heart rate is being tracked. Exercise tests can assist determine how the heart responds to exercise and whether exercising causes heart disease symptoms. You can be prescribed drugs if you are unable to exercise.



Cardiac catheterisation: This examination can reveal cardiac artery obstructions. The heart is reached by inserting a long, thin, flexible tube (catheter) into a blood artery, typically in the groin or wrist. To reach the heart's arteries, dye passes through the catheter. During the exam, the dye makes the arteries more visible on X-ray images.



WORLD SUICIDE PREVENTION DAY

— 10TH SEPTEMBER — DAY

Tips to cope with suicidal thoughts and distract yourself

You can be experiencing such extreme upset, rage, and pain that you think it will never pass. But it's crucial to keep in mind that they can't and won't endure. These emotions will pass, just like all others.

You can take actions right away to prevent yourself from acting on your suicidal ideas. Since every person is unique, you must determine what suits you the best.

These are some useful pointers that other individuals have used successfully when feeling suicidal.

Get safe right now by either talking to someone, getting help and avoiding any harmful situations and/or substances.

Distract yourself by going out, exercising or try online peer support groups.

Challenge yourself to live by finding reasons to live and find joy in smallest of things.



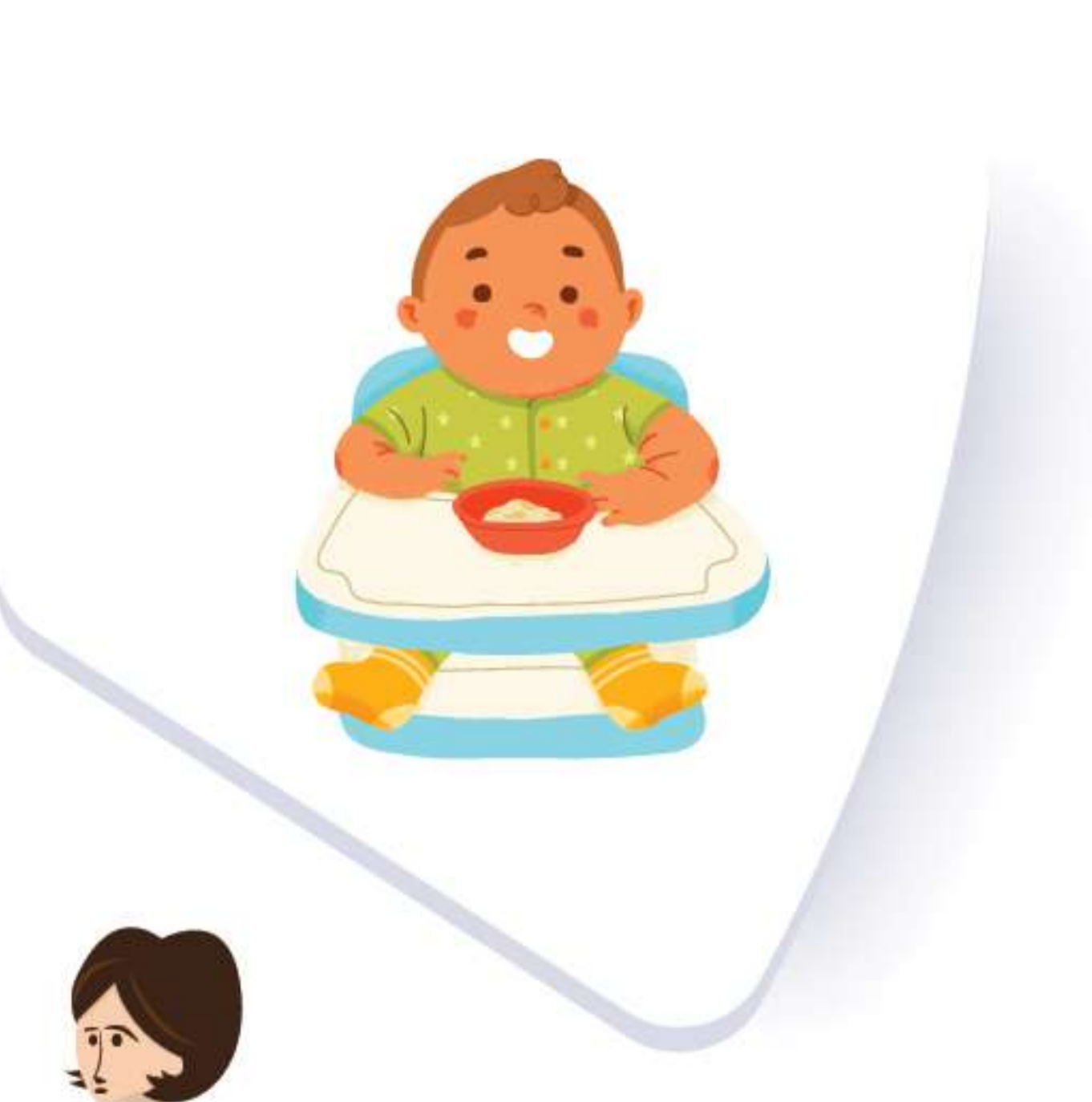
National Nutrition Week

Easy pointers in feeding little ones for optimum nutrition

Continue regular, on-demand breastfeeding until the child is 1 year old.



Begin feeding the infant in modest amounts at 6 months and progressively increase as they grow.



Practice good hygiene and correct food handling.



Slowly and patiently feed the child, encourage but do not force them to eat.



Feed infants 2-3 meals per day between the ages of 6 and 8 months and 3-4 meals per day between the ages of 9 and 23 months.



Where can physiotherapy help you?



Issues with the muscles and skeleton that cause neck and back discomfort



Issues with the bones, joints, muscles, and ligaments like Arthritis and the aftereffects of amputation.



Lung conditions like asthma, COPD, etc



Disability brought on by cardiac issues



Pelvic conditions, such as labor-related bladder and bowel difficulties



Loss of mobility resulting from brain or spinal cord injuries, illnesses like Parkinson's disease and multiple sclerosis, or both



Fatigue, discomfort, swollen joints, stiffness, and loss of muscle strength, such as during cancer treatment or palliative care

Chill Pill corner



Q: Why did the doctor tell the nurse to walk past the pill cupboard quietly?

A: So she wouldn't wake the sleeping pills.

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