

KNOW ALL ABOUT PNEUMONIA

Reasons



Bacteria Viruses

Diagnosis



Chest X-Ray Blood tests

Treatment

- 1) Antibiotics
- 2) IV fluids
- 3) Rest
- 4) Oxygen therapy



Symptoms



Fever



Chest pain



Difficulty in breathing



Cough with sputum



General weakness



Loss of appetite



Vaccination



Frequent hand washing



Healthy diet



Physical exercise



To give up smoking

WORLD PNEUMONIA DAY

NOVEMBER 12th



RISK FACTORS FOR DIABETES



Being overweight



Sedentary lifestyle



Family history



PCOD



History of heart disease or stroke



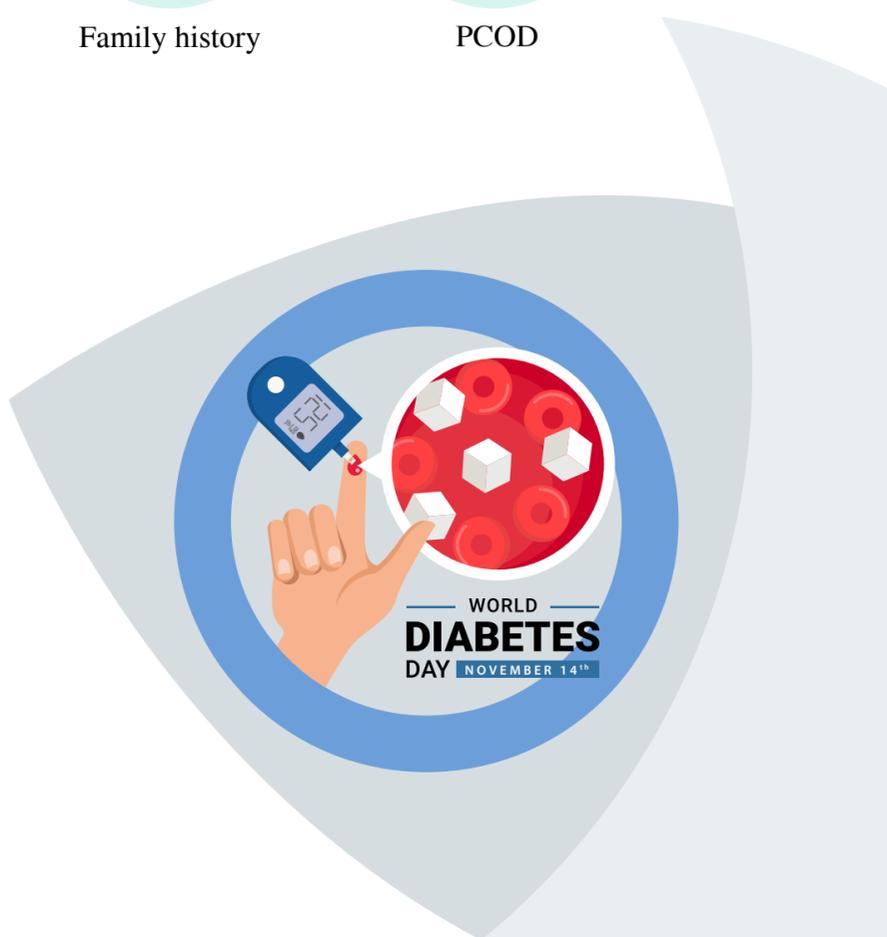
High blood pressure



Age above 45 years



Active smoker



WORLD DIABETES DAY NOVEMBER 14th

WHAT IS ANTIBIOTIC RESISTANCE?



- Antimicrobial resistance occurs when bacteria, fungi, and other microorganisms learn to resist the medications meant to kill them. That implies that the germs survive and develop. Treatment for resistant infections can be challenging and perhaps impossible.
- One of the major risks to modern development, food security, and global health is antibiotic resistance.
- Anyone, of any age, in any nation, can become susceptible to antibiotic resistance.
- The abuse of antibiotics in both humans and animals is hastening the natural occurrence of antibiotic resistance.
- As the effectiveness of the antibiotics used to treat them declines, an increasing range of illnesses, including salmonellosis, TB, gonorrhoea, and pneumonia, are becoming more challenging to treat.
- Antibiotic resistance increases mortality, costs of care, and length of hospital stays.

WORLD ANTIBIOTICS AWARENESS WEEK

NOVEMBER 18th to 24th



WHAT IS PANCREAS?



PANCREATIC CANCER FACTS

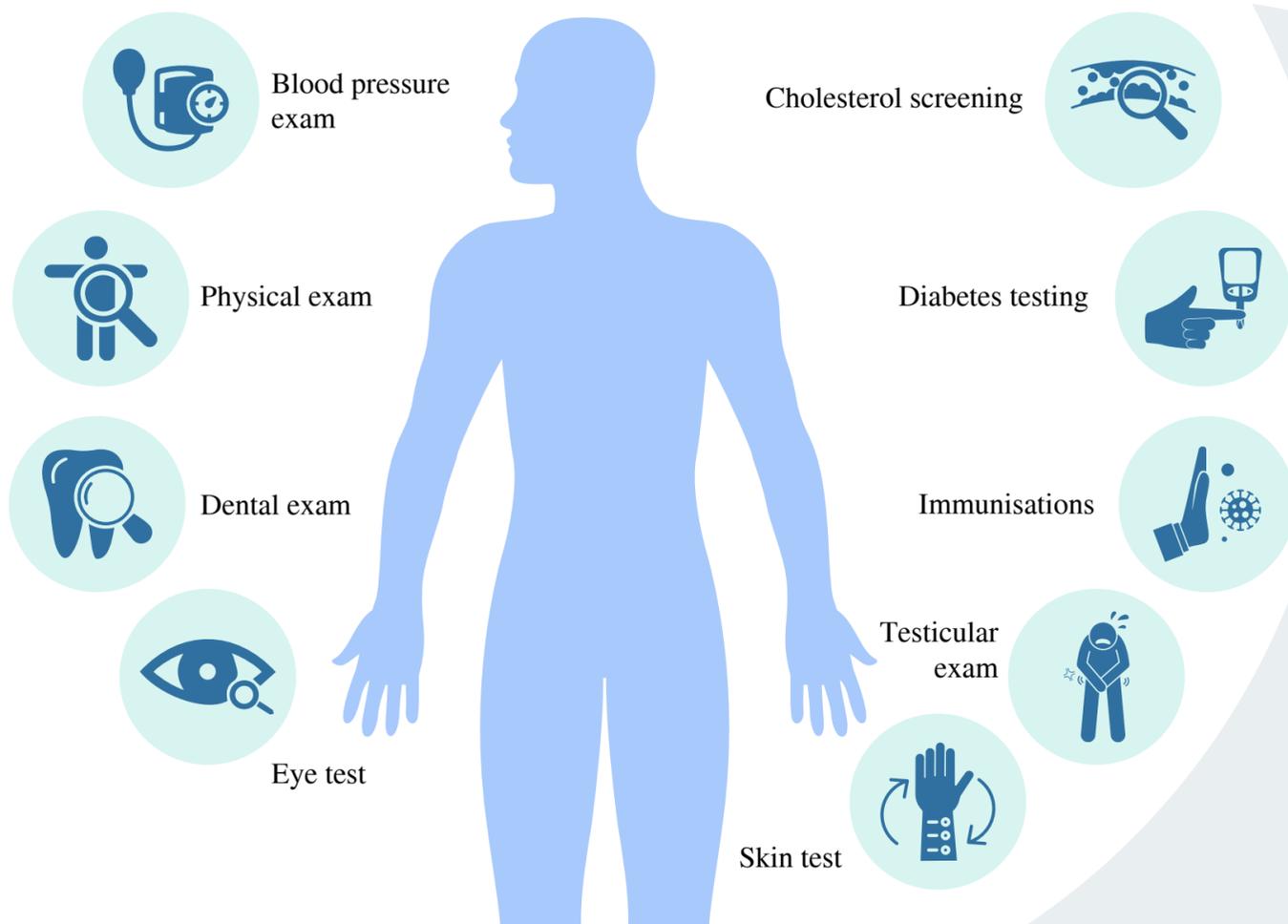
- It is a 6 inch long organ that is located deep within, between the stomach and the spine and the abdomen
- It performs endocrine and exocrine tasks.
- It discharges digestive fluids, sometimes referred as digestive enzymes.

- Of all the main malignancies, pancreatic cancer has the greatest fatality rate. After lung and colon cancer, it is currently the third most common cause of cancer-related death in the United States.
- More than 49,830 Americans are expected to die from pancreatic cancer in 2022, according to estimates that 62,210 Americans will be diagnosed with the disease.
- The 5-year relative survival rate for all phases is 11%.

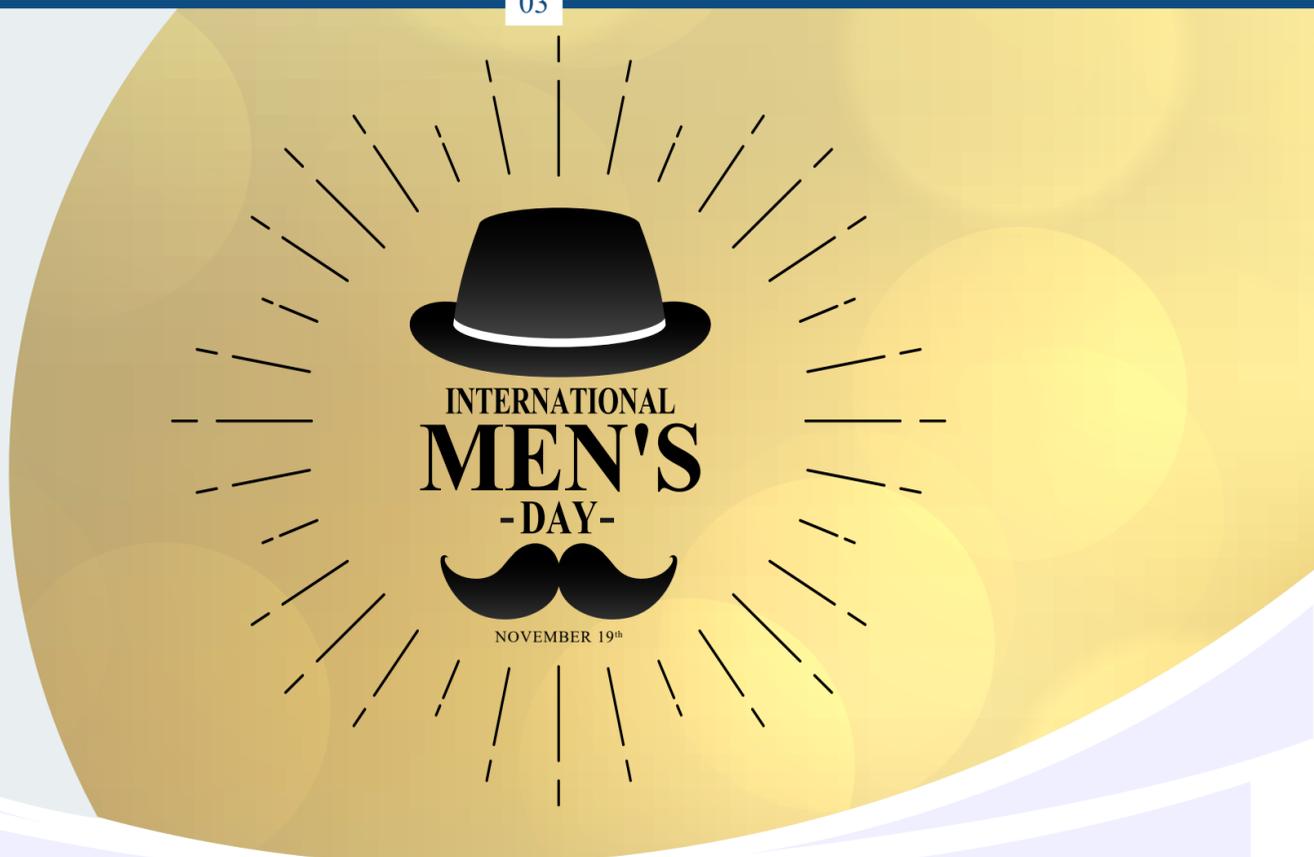
WORLD PANCREATIC CANCER DAY

NOVEMBER 19th

HEALTH SCREENINGS FOR MEN: A CHECKLIST



- Blood pressure exam
- Cholesterol screening
- Physical exam
- Diabetes testing
- Dental exam
- Immunisations
- Eye test
- Testicular exam
- Skin test



STOMACH CANCER PREVENTION

- Consume a lot of fruits and veggies. Incorporate fruits and vegetables into your diet on a daily basis. Pick a selection of fruit and vegetable colours.
- Limit your intake of smoked and salty foods. Limiting these meals will help to protect your stomach.
- Give up smoking. Quit smoking if you do. Stop smoking if you don't already. Smoking raises your risk of developing stomach cancer as well as several other cancers. Ask your doctor for assistance if you need it because quitting smoking can be quite difficult.
- In case stomach cancer runs in your family, let your doctor know. People who have a strong family history of stomach cancer may undergo screening for the disease. Before symptoms appear, screening tests can detect stomach cancer.



NOVEMBER 01st to 30th

STOMACH CANCER AWARENESS MONTH



Vitamin D deficiency may increase your chances of premature death



Medical experts warn about a Covid explosion post Diwali



Cancer drugs could be potent against Malaria



Fatty liver linked to survival in E.Coli infection



The first case of the highly infectious strain BQ.1 has been detected in India in Maharashtra.

CHILL PILL CORNER



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