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**WHealth**

Health - Your Ultimate Wealth

*SARCOMA AWARENESS MONTH*






**JULY 2023**

# 2023

## JULY

July is globally recognized as **Sarcoma Awareness Month**, a significant healthcare event. Sarcoma, a unique type of cancer, often lacks the same level of awareness as more commonly known cancers like liver, breast, or lung cancer. It is vital to increase awareness about sarcoma and bone cancer, as early symptom recognition can lead to timely diagnosis and improve the chances of successful treatment. The campaign "Let's Talk about the Forgotten Cancer" aims to raise awareness of sarcoma and bone cancer, which are often overlooked due to their infrequent occurrence.

The factors which increase the risk of one having sarcoma can be:

- 
**Exposure to chemicals:** Chemicals found in industrial effluents and herbicides increases the risk of sarcoma.
- 
**Radiotherapy:** Radiotherapy used in cancer treatment puts one at a higher risk of developing sarcoma in the later stages of life.
- 
**Viruses:** People with weak immune systems are at an increased risk of sarcoma if infected with herpesvirus 8.
- 
**Genetics:** Some genetically passed syndromes have the capacity to increase the risk of sarcoma.
- 
**Lymphedema:** Increase in the risk of sarcoma due to backing up of lymph in the body.

# 28 WORLD HEPATITIS DAY

## JULY

This day is observed every year to creating awareness and promote prevention, diagnosis, and treatment strategies for hepatitis, a liver-related inflammatory condition.

### Healthy Dietary Tips to Avoid Liver Damage Due to Hepatitis



Avoid alcohol consumption & smoking.



A nutritious diet protects against hepatitis by minimising fatty acid composition in the liver



Eating a good quality of protein is necessary when you are battling chronic hepatitis



Hepatitis patients need to be careful about their intake of sugar



Watch your iron intake



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## Nurture the Connection Between Health & The Environment

The correlation between personal well-being & the surrounding environment defines environmental health. A thriving environment not only nurtures healthy and secure communities but also enhances the overall health and wellness. This multifaceted field encompasses various aspects such as food safety, air quality, climate conditions and chemical exposure.

### Some simple strategies for improving your Environmental Health



**Make Your Home Healthier** - Be aware of harmful substances in your home, including cleaning chemicals, and clean them out to maintain good health.



**Practice Food Safety Steps** - Ensure clean utensils, surfaces, separate raw foods, cook to correct temperature, and store food properly to prevent germ spread.



**Reduce Your Allergies** - Pollen can cause allergies; reduce dust, vacuum floors, bathe pets, or use medications to alleviate symptoms.



**Living Sustainably** - Consider public transportation, reduced water and electricity usage, and recycling to keep the environment healthy.

## Embrace the Monsoons with Resilience & Good Health!

Don't let the rain dampen your well-being. Take proactive steps to protect yourself from seasonal illnesses. From staying dry to maintaining personal hygiene, prioritize your health during the rainy season. Stay vigilant, stay healthy!



**Dengue & Chikungunya Fever:** Eliminate stagnant water around your home to reduce mosquito breeding sites. Wear protective clothing that covers your arms and legs.



**Typhoid Fever:** Consume only clean and safe drinking water, preferably boiled or filtered. Wash your hands thoroughly with soap and water before eating or handling food. Avoid consuming raw or undercooked food, particularly meat and seafood.



**Respiratory Infections:** Wash your hands regularly with soap and water. Avoid close contact with individuals who have respiratory infections. Cover your mouth and nose with a tissue or your elbow while coughing or sneezing.



**Gastrointestinal Infections:** Drink clean and safe water. Boil or filter water before consumption. Avoid eating raw or uncooked food, particularly street food. Wash fruits and vegetables thoroughly before eating.



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## DID YOU KNOW?

Maintaining social connections is beneficial for your health? Studies show that having a strong social support system can reduce the risk of mental health issues, improve cardiovascular health, and even increase longevity.

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