

Health Beats

Powered By Health Wealth management Pvt Ltd



DIWALI WISHES | NOVEMBER EDITION



WWW.HEALTHWEALTH.MANAGEMENT



Oct 2022

CONTENT

BREAST CANCER MONTH

1 Oct -30Oct



WORLD MENTAL HEALTH DAY

10Oct

WORLD ARTHRITIS

DAY
12 Oct

HAND WASHING

DAY
15 Oct



TOPIC OF MONTH : WORLD OLDER PERSON DAY

1 Oct

Breast cancer Month

Breast cancer happens when cells in your breast grow and divide in an uncontrolled way, creating a mass of tissue called a tumour.

What are the types of breast cancer?

There are several different types of breast cancer, including:

- Infiltrating (invasive) ductal carcinoma. Starting in your milk ducts of your breast, this cancer breaks through the wall of your duct and spreads to surrounding breast tissue. Making up about 80% of all cases, this is the most common type of breast cancer.
- Ductal carcinoma in situ. Also called Stage 0 breast cancer, ductal carcinoma in situ is considered by some to be precancerous because the cells haven't spread beyond your milk ducts. This condition is very treatable. However, prompt care is necessary to prevent the cancer from becoming invasive and spreading to other tissues.
- Infiltrating (invasive) lobular carcinoma. This cancer forms in the lobules of your breast (where breast milk production takes place) and has spread to surrounding breast tissue. It accounts for 10% to 15% of breast cancers.
- Lobular carcinoma in situ is a precancerous condition in which there are abnormal cells in the lobules of your breast. It isn't a true cancer, but this marker can indicate the potential for breast cancer later on. So, it's important for women with lobular carcinoma in situ to have regular clinical breast exams and mammograms.
- Triple negative breast cancer (TNBC). Making up about 15% of all cases, triple negative breast cancer is one of the most challenging breast cancers to treat. It's called triple negative because it doesn't have three of the markers associated with other types of breast cancer. This makes prognosis and treatment difficult.
- Inflammatory breast cancer. Rare and aggressive, this type of cancer resembles an infection. People with inflammatory breast cancer usually notice redness, swelling, pitting and dimpling of their breast skin. It's caused by obstructive cancer cells in their skin's lymph vessels.
- Paget's disease of the breast. This cancer affects the skin of your nipple and areola (the skin around your nipple).





SYMPTOMS AND CAUSES



What are the early signs of breast cancer?

Breast cancer symptoms can vary for each person. Possible signs of breast cancer include:

- A change in the size, shape or contour of your breast.
- A mass or lump, which may feel as small as a pea.
- A lump or thickening in or near your breast or in your underarm that persists through your menstrual cycle.
- A change in the look or feel of your skin on your breast or nipple (dimpled, puckered, scaly or inflamed).
- Redness of your skin on your breast or nipple.
- An area that's distinctly different from any other area on either breast.
- A marble-like hardened area under your skin.
- A blood-stained or clear fluid discharge from your nipple.



Some people don't notice any signs of breast cancer at all. That's why routine mammograms and are so important.

However, research indicates that are several risk factors that may increase your chances of developing breast cancer. These include:

- Age. Being 55 or older increases your risk for breast cancer.
- Family history and genetics. If you have parents, siblings, children or other close relatives who've been diagnosed with breast cancer, you're more likely to develop the disease at some point in your life. About 5% to 10% of breast cancers are due to single abnormal genes that are passed down from parents to children, and that can be discovered by genetic testing.
- Smoking. Tobacco use has been linked to many different types of cancer, including breast cancer.
- Alcohol use. Research indicates that drinking alcohol can increase your risk for certain types of breast cancer.
- Obesity. Having obesity can increase your risk of breast cancer and breast cancer recurrence.
- Radiation exposure. If you've had prior radiation therapy — especially to your head, neck or chest — you're more likely to develop breast cancer.
- Hormone replacement therapy. People who use hormone replacement therapy (HRT) have a higher risk of being diagnosed with breast cancer.

There are many other factors that can increase your chances of developing breast cancer. Talk to your healthcare provider to find out if you're at risk.

WORLD MENTAL HEALTH DAY

10 OCT

Everyone carries stress and it can be especially difficult to manage when you begin feeling overwhelmed. A break to reset may be needed. You've likely heard of someone taking a mental health day, but what does that mean? A mental health day is a day meant to help reduce stress and burnout. It can provide a pause to come back with more energy, less stress and a renewed spirit.

What Exactly is a Mental Illness

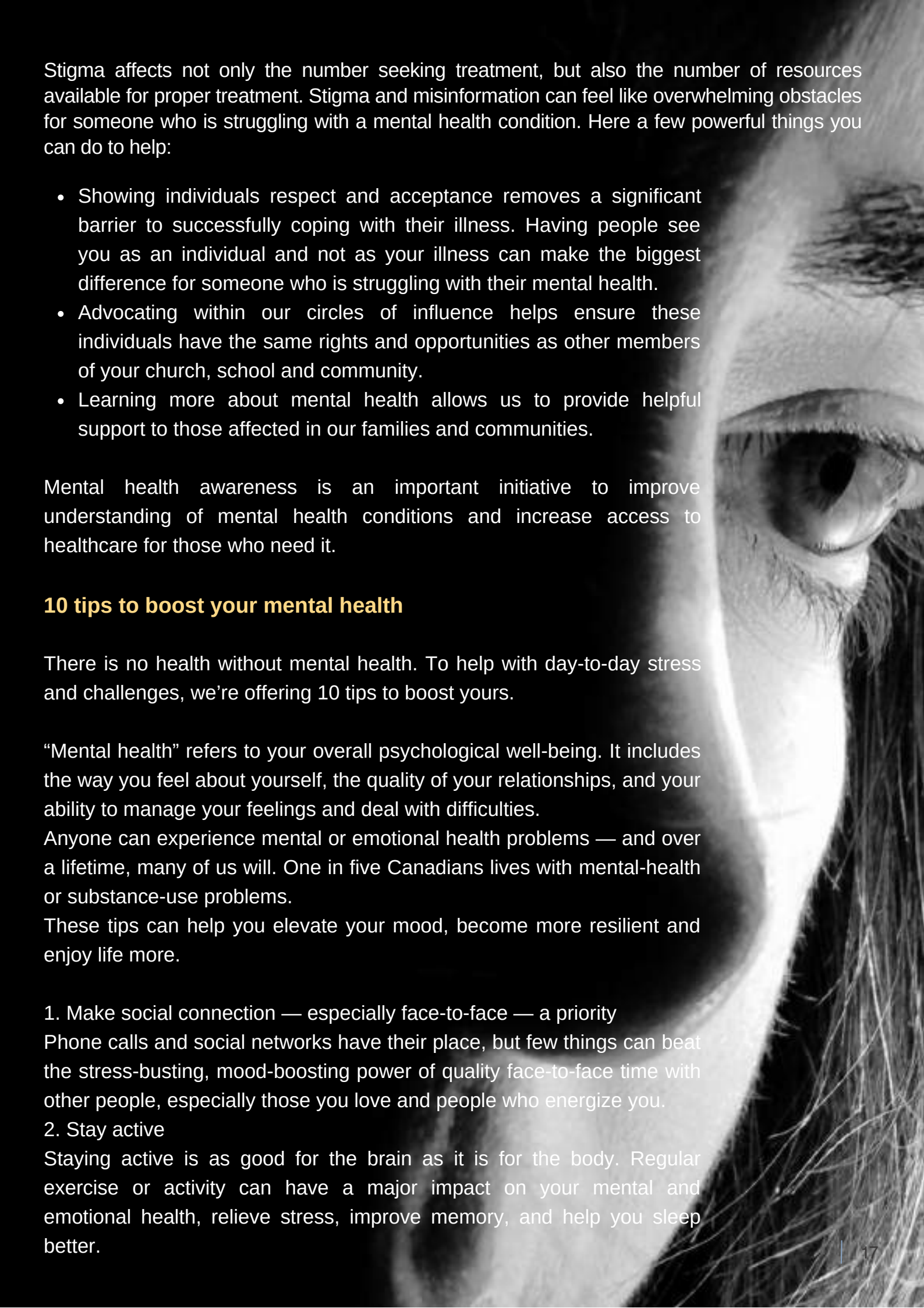
A mental illness is a physical illness of the brain that causes disturbances in thinking, behavior, energy or emotion that make it difficult to cope with the ordinary demands of life. Research is **starting to uncover the complicated causes of these diseases which can include genetics, brain chemistry, brain structure, experiencing trauma and/or having another medical condition, like heart disease.**

The two most common mental health conditions are:

- **Anxiety Disorders** – More than 18% of adults each year struggle with some type of anxiety disorder, including post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder (panic attacks), generalized anxiety disorder and specific phobias.
- **Mood Disorders** – Mood disorders, such as depression and bipolar depression, affect nearly 10% of adults each year and are characterized by difficulties in regulating one's mood.

What You Can Do to Help

Although the general perception of mental illness has improved over the past decades, studies show that stigma against mental illness is still powerful, largely due to media stereotypes and lack of education, and that people tend to attach negative stigmas to mental health conditions at a far higher rate than to other diseases and disabilities, such as cancer, diabetes or heart disease.



Stigma affects not only the number seeking treatment, but also the number of resources available for proper treatment. Stigma and misinformation can feel like overwhelming obstacles for someone who is struggling with a mental health condition. Here a few powerful things you can do to help:

- Showing individuals respect and acceptance removes a significant barrier to successfully coping with their illness. Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health.
- Advocating within our circles of influence helps ensure these individuals have the same rights and opportunities as other members of your church, school and community.
- Learning more about mental health allows us to provide helpful support to those affected in our families and communities.

Mental health awareness is an important initiative to improve understanding of mental health conditions and increase access to healthcare for those who need it.

10 tips to boost your mental health

There is no health without mental health. To help with day-to-day stress and challenges, we're offering 10 tips to boost yours.

“Mental health” refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

Anyone can experience mental or emotional health problems — and over a lifetime, many of us will. One in five Canadians lives with mental-health or substance-use problems.

These tips can help you elevate your mood, become more resilient and enjoy life more.

1. Make social connection — especially face-to-face — a priority

Phone calls and social networks have their place, but few things can beat the stress-busting, mood-boosting power of quality face-to-face time with other people, especially those you love and people who energize you.

2. Stay active

Staying active is as good for the brain as it is for the body. Regular exercise or activity can have a major impact on your mental and emotional health, relieve stress, improve memory, and help you sleep better.



3. Talk to someone

Talk to a friendly face. If you have concerns, stresses or worries, sharing these with someone who cares is one of the most effective ways to calm your nervous system and relieve stress.

4. Appeal to your senses

Does listening to an uplifting song make you feel calm? Does squeezing a stress ball help you feel centered? What about taking a walk in nature and enjoying the sights and sounds of the trees? Everyone responds to sensory input a little differently, so experiment to find what works best for you.

5. Take up a relaxation practice

Yoga, mindfulness, meditation and deep breathing can help reduce overall levels of stress.

6. Make leisure and contemplation a priority

We can all be guilty of being "too busy" to take some down time, but leisure time is a necessity for emotional and mental health. Take some time to relax, contemplate, and pay attention to the positive things as you go about your day — even the small things. Write them down if you can, because they can be easy to forget. Then reflect on them later if your mood is in need of a boost.

7. Eat a brain-healthy diet to support strong mental health

Foods that can support your mood include fatty fish rich in omega-3s, nuts (walnuts, almonds, cashews and peanuts), avocados, beans, leafy greens (spinach, kale and Brussels sprouts), and fresh fruit such as blueberries.

8. Don't skimp on sleep

It matters more than you think. Sleep is our body and mind's best way to recharge and rejuvenate. One way to get sleep better is to take a break from the stimulation of screens — TV, phones, tablets or computers — in the hours before bedtime. Consider reading or listening to relaxing music instead.

9. Find purpose and meaning

This is different for everyone but finding purpose in your day is a big factor to good mental health. You might try one of the following:

- Engage in work that makes you feel useful
- Invest in relationships and spend quality time with people who matter to you
- Volunteer, which can help enrich your life and make you happier
- Care for others, which can be as rewarding and meaningful as it is challenging
- Think of one good deed or gesture to do each day





Arthritis

12 OCTOBER

Arthritis is a common disorder that affects your joints. It can cause pain and inflammation, making it difficult to move or stay active. There are many types of arthritis. Each form causes different symptoms and may need different treatments. While arthritis usually affects older adults, it can develop in men, women and children of any age.

Arthritis is most common in the following areas of the body:

Feet , Hands , Hips , Knees , Lower back.

What are the parts of a joint?

Joints get cushioned and supported by soft tissues that prevent your bones from rubbing against each other. A connective tissue called articular cartilage plays a key role. It helps your joints move smoothly without friction or pain.

Some joints have a synovial membrane, a padded pocket of fluid that lubricates the joints. Many joints, such as your knees, get supported by tendons and ligaments. Tendons connect muscles to your bones, while ligaments connect bones to other bones.

What are the different types of arthritis?

Arthritis is a broad term that describes more than 100 different joint conditions. The most common types of arthritis include:

- Osteoarthritis, or “wear and tear” arthritis, which develops when joint cartilage breaks down from repeated stress. It’s the most common form of arthritis.
- Ankylosing spondylitis, or arthritis of the spine (usually your lower back).
- Juvenile arthritis (JA), a disorder where the immune system attacks the tissue around joints. JA typically affects children 16 or younger.
- Gout, a disease that causes hard crystals of uric acid to form in your joints.
- Psoriatic arthritis, joint inflammation that develops in people with psoriasis (autoimmune disorder that causes skin irritation).
- Rheumatoid arthritis, a disease that causes the immune system to attack synovial membranes in your joints.

What are the symptoms of arthritis?

Different types of arthritis have different symptoms. They can be mild in some people and severe in others. Joint discomfort might come and go, or it could stay constant. Common symptoms include:

- Pain.
- Redness.
- Stiffness.
- Swelling.
- Tenderness



How is arthritis diagnosed?

If you think you may have arthritis, see your healthcare provider. The provider will ask about your symptoms and learn how joint pain affects your life. Your provider will perform a physical exam, which may include:

- Assessing mobility and range of motion in your joints.
- Checking for areas of tenderness or swelling around your joints.
- Evaluating your overall health to determine if a different condition could be causing your symptoms.

How is arthritis treated?

There's no cure for arthritis, but there are treatments that can help you manage the condition. Your treatment plan will depend on the severity of the arthritis, its symptoms and your overall health.

1) Conservative (nonsurgical) treatments include:

- Medication: Anti-inflammatory and pain medications may help relieve your arthritis symptoms. Some medications, called biologics, target your immune system's inflammatory response. A healthcare provider may recommend biologics for your rheumatoid or psoriatic arthritis.
- Physical therapy: Rehabilitation can help improve strength, range of motion and overall mobility. Therapists can teach you how to adjust your daily activities to lessen arthritic pain.
- Therapeutic injections: Cortisone shots may help temporarily relieve pain and inflammation in your joints. Arthritis in certain joints, such as your knee, may improve with a treatment called visco supplementation. It injects lubricant to help joints move smoothly.

Will need surgery for arthritis?

Healthcare providers usually only recommend surgery for certain severe cases of arthritis. These are cases that haven't improved with conservative treatments. Surgical options include:

- Fusion: Two or more bones are permanently fused together. Fusion immobilizes a joint and reduces pain caused by movement.
- Joint replacement: A damaged, arthritic joint gets replaced with an artificial joint. Joint replacement preserves joint function and movement. Examples include ankle replacement, hip replacement, knee replacement and shoulder replacement.

Hand Washing Day

October 15 is Global Hand Washing Day, a global advocacy day dedicated to increasing awareness and understanding about the importance of hand washing with soap as an effective and affordable way to prevent diseases and save lives.

Teach kids to wash their hands using these five steps, and for a good reminder, print one of these posters:

1. Wet your hands with warm water
2. Lather your hands with soap
3. Scrub your hands for 20 seconds
4. Rinse your hands under running water
5. Dry your hands with a clean towel

What are Ways to Make Hand Washing Fun for Kids?

1. Use different colours / scents of soap. Then, let them pick which soap they want to use
2. Sing a song. You can go with Happy Birthday twice or come up with your own 20-second hand washing tune
3. Make it a game
4. Start a sticker chart
5. Try a washable marker
6. Add some glitter

What are the objectives for Global Hand Washing Day?

To recognize that hand washing is one of the most effective actions you can take to –

- i) Reduce the spread of pathogens and prevent infections, including the COVID-19
- ii) Reduces the number of people who get sick with diarrhea by 23-40%
- iii) Reduces respiratory illnesses, like colds, in the general population by 16-21%
- iv) Reduces absenteeism due to gastrointestinal illness in school children by 29-57%

What types of products should be used for hand washing?

- Approved liquid/foam soap must be at all sinks.
- Soft absorbent paper hand towels should be available at all hand wash sinks.
- Hand moisturiser should be available via wall mounted dispenser or pump dispenser.
- Alcohol hand rub should be available for use at point of care, e.g. at each bedside.





TOPIC OF THE MONTH
EDITORIAL CHOICE

UNIQUENESS OF LIFE

ON WORLD ELDER DAY


By Dr Pushpa Pandey
HWM Editorial Head



International Day for Older Persons

Uniqueness of Life -

"GROWING OLD IS MANDATORY, BUT GROWING UP IS OPTIONAL "



Life is like a river. It keeps on flowing till it meets its destination i.e. ocean. In the first stage river is very energetic, full of charm, full of beauty and in a single stream. In the second stage river becomes voluminous, very big and powerful. It has the power to take away or flow away huge buildings and heavy materials also. In this stage during the floods river becomes more powerful. In the last stage river gets distributed in many branches and in tributaries and also becomes very slow. It looks burdened and tired and before meeting the ocean it breaks out in many small branches. Human's life is also the same. In childhood the child is very innocent, very powerful and completely contented with whatever he has. In the second stage human life gets load of responsibilities. They have family, they have job or business. They have many other social, cultural responsibilities and promises to fulfill.

Your small, cute and lovely toddler finds himself that from a single person (a child) he gets distributed in many roles i.e. son, brother, son-in-law, husband, father and friend also. By the time the last stage comes a person gets completely distributed in many branches as his family keeps on growing and one day he finds himself becoming grandparents ; an old and elderly person. In this stage they are called old people. They are exhausted. They either sleep too much or don't get sleep at all during the day.

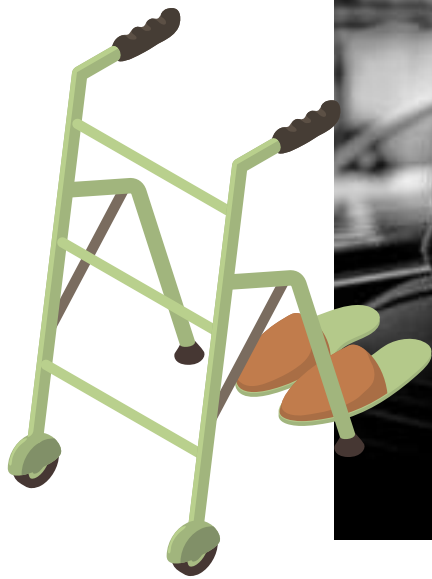
They feel uneasy. They always wait and expect someone to come and talk to them preferably their own children. They find themselves extremely helpless, hopeless. They are unable to work physically, mentally weak. They become perplexed and sometimes emotionally unstable also. When elderly people go through such kind of mental state they have full chances of getting Alzheimer or memory loss.

The question comes why do we have to compare human life with the river. Whatever stages maybe there of the river but the river is never bounded by anyone's commands, anyone's instructions or any external walls. It flows freely and takes turns whenever and whichever direction it wants to flow. But this is not the same in the case of human life. As age grows and we all start depending on others for various reasons.



The nations General Assembly decided to declare 1999 as the International Year of Older Persons that is called (IYOP). The proclamation was launched on 1st October 1998 the international Day of older persons by United Nations secretary general Kofi Annan. There is also a question when a person is considered old or we say what age does the old age begin? The World Health organization considered the age starting at 60 and above is the old age however this may not be true for other countries as Africa believes that 65 age is the age of old age. World Economic Forum (WEF) recently said that the age of 65 is better called old age. In the same manner European countries also consider the old age at 65 whereas America considers that old age for men is 70-71 and for women 70-73. Turkey and all the countries consider 55 years is the old age begins whereas China considered 64 men and 50 for women. In India the retirement age is 58 years for state and 60-62 for the central Govt. That is how we can say the age consideration for old or elderly people differs from country to country.

Whatever maybe the age limit but there are certain things which need to be taken care. The Younger generation thinks about the old people that they are worthless, they are unable to think properly, they may not be social, they are bad drivers etc. These people start losing touch with the modern technology, they tell the same things repeatedly, they feel lonelier and they become physically weak. Some of these perceptions are true and we have to check it out the rest of the things about the aging and old people. The biggest challenge for these elderly people is financial insecurity, then they have the difficulty in completing the day to day task, another problem which comes is the difficulty in mobility and also the health care services which are difficult for them to be available without any support.



The person has spent his full life and has lots of experiences. These people have time to devote to social work and development. Their rich experience and dedication to the work would really help in growth of the person. They have time so they can help to improve someone's life. Most of the elderly people have a charitable and generous nature. They are always ready to help and support their children and grandchildren even others whenever the need arises. They can do small businesses i.e. taking care of some franchises, can become an academic tutors, very good photographers, very good tour guides, pet sitters and those who are good at academics can become a special guest lecturers in the degree colleges or in schools and they can also handle the guidance and counseling centers very well.

One should spend quality time with their parents and grandparents. One should make them feel that they are special to them by cooking delicacies for them, giving a small gift, taking them for a walk, if possible take them out for a small visit to different places of their wish. Somehow we should try to bring a smile on their faces and make them realize that you value them and you owe for whatever they have done for you and for your life.

Another point which we always miss is why elderly people are not respected or not taken care! There is only one reason that they forget to give due respect to their children. They show specific love only for their sons or for their daughters which is not to be justified. And in most of the cases we see this kind of behavior towards their son-in-laws or daughter-in-laws.



Elderly people should know that though they maybe loosing their physical strength, position & power, and maybe having a low income or pension, they might be having weaker listening or hearing power yet love in the heart has not declined. Love and affection are always the same in all ages. The power of love never reduces. One cannot deny this particular fact. If such elderly people can't support physically, economically or mentally to the young family members maybe son-in law or daughter-in-law or sons/daughters yet they can share unconditional love for them equally. This might mend the relationship and fill the gap which generally happens in the families.

On the other hand the sons and daughters and their family members should understand that elderly people have done enough for them and now it is the time for them to return by showing the gratitude and serve them and keep them happy. Few minutes of quality time and good gesture of love and kindness is more than enough for them to spend the whole day. The loneliness flies away and they pass their time happily. This is what is supposed to be done not only in order to celebrate the occasion i.e. first October rather it has to be followed in day to day chorus which is very important.

Last but not least if the children are not able to take care of the elderly parents they should make a suitable place for them where they could live a very comfortable and convenient life. They should be able to take care of their health. There should be other required facilities so that the end of life is spent happily, joyfully and without any pain or grudge.

"Ageing is just another word for living so live happily, joyfully without hurting anyone"



Happy
Diwali



For Feedback Mail : info@healthwealth.management or Call :8657082472
www.healthwealth.management