
M A G A Z I N E

HEALTH BEATS

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**Unconditional
Love**



Forever Grateful



Endless Sacrifice

June Edition 2023

WORLD BRAIN TUMOR DAY

8th June



World Brain Tumor Day is observed on June 8th every year to raise awareness about brain tumors, their symptoms, and the treatments available. Brain tumors are abnormal growths of cells that occur in the brain or the surrounding tissues, and they can be either malignant (cancerous) or benign (non-cancerous).

There are many factors that can contribute to the development of brain tumors, including genetics, exposure to radiation, and certain medical conditions. In some cases, brain tumors can develop without a known cause. The symptoms of brain tumors can vary depending on their location and size, but can include headaches, seizures, changes in vision or speech, and difficulty with coordination.

While the causes of brain tumors are not fully understood, there are several things you can do to reduce the risk of developing a brain tumor:

1. Protect your head:

Head injuries can increase the risk of developing brain tumors. Wear a helmet while riding a bike or participating in contact sports, and take precautions to avoid falls.

2. Avoid exposure to radiation

Exposure to ionizing radiation, such as radiation therapy for cancer treatment or radiation from nuclear accidents, can increase the risk of developing brain tumors. If you must undergo radiation therapy, discuss the risks and benefits with your doctor.

3. Eat a healthy diet:

A diet rich in fruits, vegetables, and whole grains can help reduce the risk of developing a brain tumor. Limit your intake of processed foods, red meat, and saturated fats.

4. Exercise regularly

Regular exercise can help reduce the risk of developing a brain tumor. Aim for at least 30 minutes of moderate exercise most days of the week.

5. Protect yourself from chemicals:

Exposure to certain chemicals, such as pesticides, can increase the risk of developing a brain tumor. Use protective clothing and follow safety guidelines when working with chemicals.

6. Get regular check-ups:

Regular check-ups with your doctor can help detect brain tumors early, when they are more treatable. Be sure to report any unusual symptoms, such as headaches, seizures, or changes in vision or speech.

By taking these steps, you can reduce your risk of developing a brain tumor and improve your overall health. If you have concerns about your risk of developing a brain tumor, talk to your doctor to learn more about prevention and early detection.

World Blood Donor Day

June 14



World Blood Donor Day is observed on June 14 every year to raise awareness about the importance of donating blood and to thank blood donors for their life-saving contributions. This year, the theme of the campaign is "Give blood and keeps the world beating", which highlights the crucial role that blood donors play in keeping the world healthy and vibrant.

The COVID-19 pandemic has brought about unprecedented challenges for blood donation efforts, with many countries facing shortages of blood supplies due to the disruption of blood drives and decreased donor turnout. However, despite the pandemic, there is still an urgent need for blood donors to ensure that hospitals and healthcare facilities can provide life-saving treatments to patients in need.

If you are a healthy adult who meets the eligibility criteria, donating blood is a simple and easy way to make a difference in someone's life. One blood donation can save up to three lives, and the blood products derived from a single donation can help patients suffering from a range of medical conditions, including cancer, anaemia, and traumatic injuries.

To ensure the safety and well-being of both donors and recipients, blood donation centers have implemented strict protocols to prevent the spread of COVID-19. These measures include pre-screening for COVID-19 symptoms, wearing masks and gloves, and maintaining social distancing guidelines.

In addition to the life-saving benefits of blood donation, there are also health benefits for the donors themselves. Donating blood can help reduce the risk of heart disease, improve blood flow, and lower the risk of certain types of cancer.

So, if you are able to donate blood, consider making a difference in someone's life by giving blood this World Blood Donor Day. Your donation could be the difference between life and death for someone in need, and you could be a hero in someone's life.



FATHER'S DAY

Father's Day is a special day dedicated to fathers and father figures. It is celebrated on the third Sunday of June every year. This day is an opportunity to show appreciation for the important role that fathers play in our lives. While we celebrate fathers and their contributions to our families, it is also important to recognize the importance of men's health and well-being.

Men's health is a critical issue that is often overlooked. Men tend to prioritize work and family over their own health, which can lead to serious health problems in the long run. As we celebrate Father's Day, it is important to encourage men to prioritize their health and well-being.

Here are some ways that men can take care of their health:

01

GET REGULAR CHECK-UPS

Regular check-ups are important for detecting and preventing health problems. Encourage your father or father figure to get regular check-ups with their doctor or primary care provider.

02

EXERCISE REGULARLY

Regular physical activity is important for maintaining good health. Encourage your father or father figure to engage in regular physical activity, such as brisk walking, cycling, swimming, or jogging.



03

EAT A HEALTHY DIET

A healthy diet is essential for maintaining good health. Encourage your father or father figure to eat a balanced diet that includes plenty of fruits, vegetables, whole grains, lean protein, and healthy fats.

04

MANAGE STRESS

Stress can have a negative impact on health. Encourage your father or father figure to practice stress-reducing activities, such as meditation, deep breathing, yoga, or spending time outdoors.

05

AVOID SMOKING AND EXCESSIVE ALCOHOL CONSUMPTION

Smoking and excessive alcohol consumption can have serious health consequences. Encourage your father or father figure to avoid smoking and limit their alcohol consumption.



By taking these simple steps, men can improve their health and well-being. As we celebrate Father's Day, let's encourage the important men in our lives to prioritize their health and well-being. Let's celebrate their contributions to our families while also supporting their efforts to maintain good health.

WORLD SICKLE CELL DAY

June 19

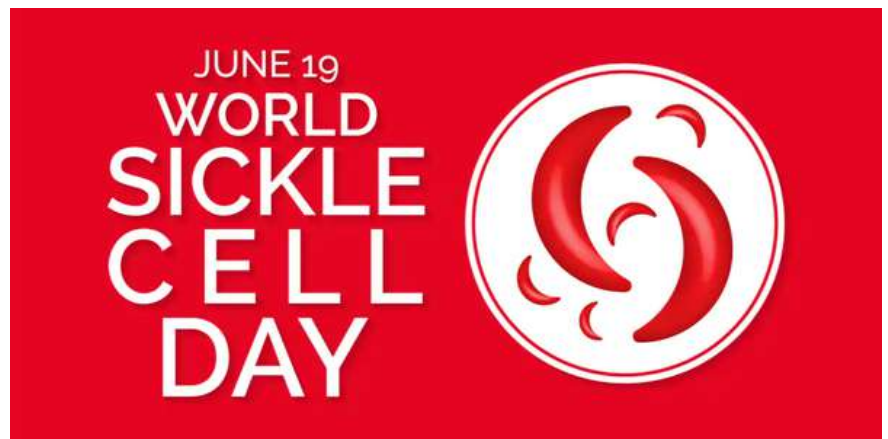
World Sickle Cell Day is observed on June 19 every year to raise awareness about sickle cell disease, a genetic blood disorder that affects millions of people around the world. This year, the theme of the campaign is "Breaking the silence: Speak out for sickle cell", which aims to encourage people with sickle cell disease to share their experiences and raise awareness about the challenges they face.

Sickle cell disease is caused by a genetic mutation that affects the shape and function of red blood cells. The abnormal cells can block blood flow, leading to pain, organ damage, and other serious health complications. The disease is most common in people of African descent, but it also affects people of Hispanic, Middle Eastern, and Mediterranean heritage.

Although there is currently no cure for sickle cell disease, there are treatments and management strategies that can help reduce symptoms and improve quality of life. These include pain management, blood transfusions, and medications that help prevent complications.

However, many people with sickle cell disease face significant challenges, including discrimination, stigma, and limited access to healthcare services. It is important to raise awareness about these issues and work towards improving the lives of people with sickle cell disease.

On this World Sickle Cell Day, let us take a moment to recognize the strength and resilience of those who live with sickle cell disease. Let us also work towards increasing access to healthcare services and advocating for better treatments and support for those affected by this condition.



If you have sickle cell disease, remember that you are not alone. There are resources available to help you manage your condition and connect with others who understand what you are going through. Let us break the silence and speak out for sickle cell, so that we can work towards a future where everyone with this condition can live their lives to the fullest.



INTERNATIONAL DAY OF YOGA

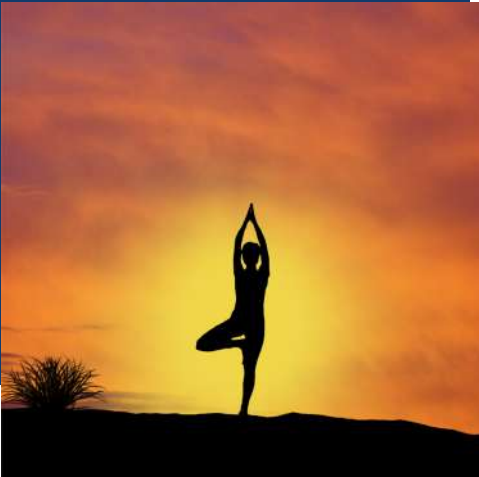
(June 21)

International Day of Yoga is celebrated every year on June 21 to promote physical, mental, and spiritual well-being through the practice of yoga. This year, the theme of the campaign is "Yoga for Well-being", which emphasizes the holistic benefits of yoga for individuals and communities.

Yoga is an ancient practice that originated in India and has gained popularity around the world for its numerous health benefits. Practicing yoga regularly can improve flexibility, strength, balance, and posture, while also reducing stress, anxiety, and depression.

To celebrate International Day of Yoga, here are a few tips to get you started:

- **Find a quiet space:** Create a peaceful environment where you can practice yoga without distractions. You can use a yoga mat, or simply use a soft surface like a carpet or grass.
- **Start with basic poses:** If you're new to yoga, start with basic poses like downward-facing dog, child's pose, and tree pose. These poses are easy to do and can help you build strength and flexibility over time.
- **Breathe deeply:** Yoga is all about connecting your breath with your movements. Take deep, slow breaths as you move through each pose, and focus on relaxing your body and mind.
- **Practice regularly:** Consistency is the key when it comes to yoga. Try to practice at least a few times a week to see the full benefits of the practice.
- **Join a class:** If you're looking for more guidance and support, consider joining a yoga class in your community. Many studios and gyms offer yoga classes for all levels, and you can also find classes online.





In addition to these tips, you can also explore different styles of yoga, such as hatha, vinyasa, or restorative yoga, to find the practice that works best for you. Remember, the most important thing is to listen to your body and practice yoga in a way that feels comfortable and safe for you.

This International Day of Yoga, take some time to connect with your body, mind, and spirit through the practice of yoga. Whether you're a beginner or an experienced yogi, there are endless ways to celebrate the day and prioritize your well-being.



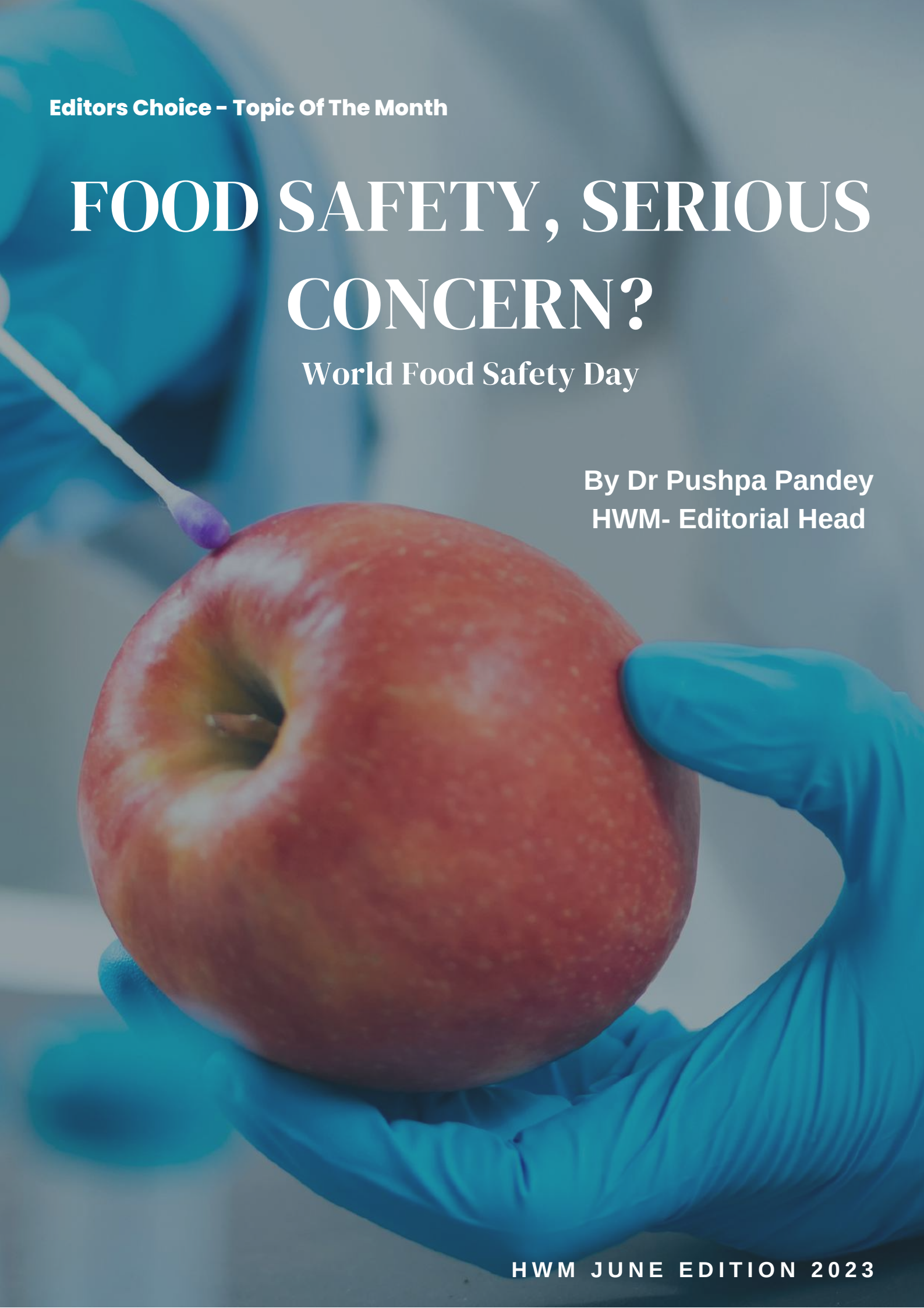
Editors Choice – Topic Of The Month

FOOD SAFETY, SERIOUS CONCERN?

World Food Safety Day

**By Dr Pushpa Pandey
HWM- Editorial Head**

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World Food Safety Day

Food is something solid or liquid which is swallowed, digested and assimilated in the body which provides the essential nutrients to different parts of the body. After air, food is another important necessity of life. It enables the growth and repair of the tissues of different organs. It's an essential substance for growth and maintenance of the body. This is the substance which is generally considered having protein, carbohydrates, fat and other nutrients which are very useful for the functioning of the body.

Today in the world we have a shortage of resources due to which we find the international problem which is prevailing. Hence, we need to secure our food resources for the world. The country those who have the natural resources like forest reserves, rainfall, good soil has at least sufficient food growth in their countries, where as some of the countries are lacking all these resources and that is how it's very difficult to fulfill the needs of the people there.



Food safety has become one of the most important matters of concern for our survival. Keeping this point of view in our mind United Nation has already taken the initiative for preserving the resources and trying to supply the same in different countries.

7th June is celebrated as a World Food Safety Day. This is to bring awareness among the people about the depleting soil, shortage of water resources in the world and also deforestation which is taking place in the name of development. This is a great matter of concern. If we don't become aware and act today the whole world is going to face drastic results within a few years.

Some of the states in South Africa have declared zero water storage. When there is no water, thereby making it impossible to solve many functionalities of a country. Since their soil isn't moist it does not support the growth of agriculture. As a result, once-the cities and states-depreciate the country won't be able to grow adequate grains and crops for the population. Many of the countries don't have sufficient natural resources as well. They completely depend on importing most grains from different countries like China, India, South America and North America who are capable of supplying food to different parts of the world.

When we see the lands along beds of river Amazon, Michigan, Ganga, Godavari and we see only a few rivers are left with good soil and good fertility. It is our duty to take proper measures to save our food resources and replenish it for years to come for ourselves as well as the global community.

Some of the measures which are taken in order for food safety around the world are extremely important. One such measure is growing food in feasible small spaces and being aware about taking care of the soil and water storage. Creating artificial wells during rains to grow and promote agriculture and growing the plants without soil. Horticulture is another branch of cultivation that has to be promoted.





Government of all these countries should be alerted and should be made aware how these measures should be implemented on a large scale. This is not the time just to think about the policies but to make policies and work on the execution of them on a great speed. If this is not done, we are going to see the dark phase of earth within this century.

Another 50 to 60 years from now three fourths of the countries of the world will be facing draught condition, bad soil and hardened land due to the growth of agriculture of food grains are going to get affected badly. If we are not taking the measures now it will be too late to rectify the situation.

To begin with we have a few steps for food safety that we can incorporate in our day-to-day lives.

For listing few:

- Always prepare food in the required quantity taking into consideration the appetite of the family members
- Never bulk order at restaurants in the urge of trying out new variety
- Plant trees as much as you can
- Participate in movements like #SaveSoil initiated by the Isha foundation

**“A journey of a
thousand
miles begins
with a single
step.”
– Lao Tzu**