



**A COMMITMENT TO CARE:  
WORLD BREASTFEEDING DAY,  
ORGAN DONATION DAY &  
LUNG CANCER AWARENESS**

**HEALTHPEDIA**  
**AUGUST, 2024**





# WORLD BREASTFEEDING WEEK

## INTRODUCTION :

World Breastfeeding Week (WBW) is celebrated annually from August 1-7 to highlight the importance of breastfeeding for both babies and mothers.





# THE BENEFITS OF BREASTFEEDING :

## FOR BABIES:

- ✓ Provides ideal nutrition and supports growth and development.
- ✓ Contains antibodies that help protect against illnesses.
- ✓ Reduces the risk of developing allergies and asthma.

## FOR MOTHERS:

- ✓ Helps in postpartum recovery and reduces the risk of certain cancers.
- ✓ Promotes bonding with the baby.
- ✓ Can aid in natural child spacing (lactational amenorrhea method).

## FOR SOCIETY:

- ✓ Reduces healthcare costs due to fewer illnesses.
- ✓ Environmentally friendly, reducing waste from formula packaging



## CHALLENGES AND SUPPORT SYSTEMS:

### COMMON CHALLENGES:

- ✓ Latching difficulties
- ✓ Low milk supply
- ✓ Societal pressures and stigma

### SUPPORT SYSTEMS:

- ✓ Lactation consultants
- ✓ Breastfeeding support groups
- ✓ Helplines and online forums





# CREATING A BREASTFEEDING-FRIENDLY ENVIRONMENT

## IN THE WORKPLACE:

- ✓ Encourage workplaces to provide lactation rooms and flexible breaks for breastfeeding or pumping.
- ✓ Share success stories from companies with supportive breastfeeding policies

## IN PUBLIC SPACES:

- ✓ Discuss the importance of normalizing breastfeeding in public.
- ✓ Highlight any local laws protecting the rights of breastfeeding mothers



# LUNG CANCER AWARENESS





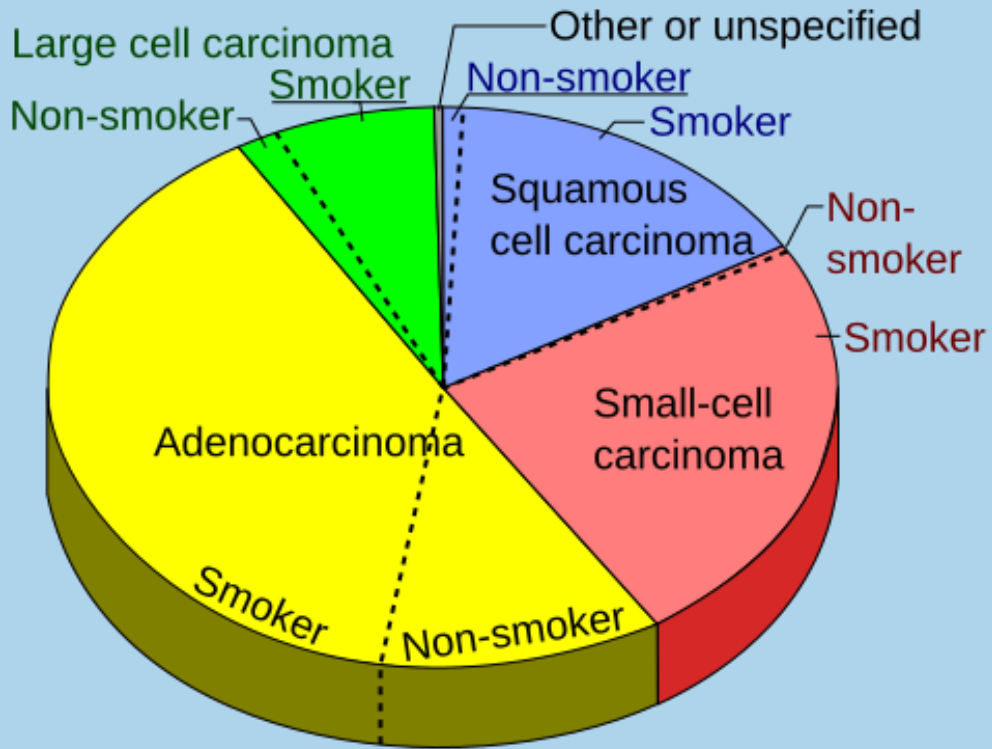
## **LUNG CANCER:**

Lung cancer is the most common cancer and the leading cause of cancer-related deaths worldwide. Each year, there are more than 2 million new cases and approximately 1.8 million deaths globally

## **SYMPTOMS:**

Often subtle and may include a persistent cough, coughing up blood, or shortness of breath. These symptoms are not always indicative of lung cancer but should be evaluated by a healthcare provider

# LUNG CANCER STATISTICS:



## CAUSES:

- Smoking
- Radon Exposure
- Occupational Exposure
- Air Pollution
- Genetic Factors

## PREVENTION:

- Avoid Smoking
- Protect Yourself at Work
- Reduce Exposure to Air Pollution
- Maintain a Healthy Lifestyle
- Regular Health Check-Ups







# WORLD ORGAN DONATION DAY



## **ORGAN DONATION:**

Organ donation rates vary by country and region. In countries with opt-in systems, where individuals must explicitly agree to donate, donor rates are often lower compared to opt-out systems, where individuals are presumed to consent unless they choose not to. For instance, Spain, which has an opt-out system, has one of the highest organ donation rates in the world.

## **ORGAN MATCHING:**

Organs are matched with recipients based on several factors, including blood type, tissue compatibility, and the size of the organ. This helps reduce the risk of rejection and ensures the best possible outcomes for recipients.





# LIST OF ORGANS THAT CAN BE DONATED

## ORGANS THAT CAN BE DONATED BY LIVING DONORS

- One kidney
- One lung
- A part of the liver
- A part of the pancreas
- A part of the intestine

## ORGANS THAT CAN BE DONATED WHEN DONOR IS DECEASED

- Kidneys (2)
- Liver
- Lungs (2)
- Heart
- Pancreas
- Intestines
- Hands and Face



**THANK YOU**

