



HEALTHPEDIA SEPTEMBER, 2024

A COMMITMENT TO CARE



WORLD FIRST AID DAY

INTRODUCTION :

World First Aid Day is observed annually on the second Saturday of September. This day is dedicated to raising awareness about the importance of first aid and how it can save lives. It is an opportunity to emphasize the role of first aid in preventing injuries, promoting recovery, and enhancing community resilience



WHAT IS FIRST AID?

First aid is the immediate assistance given to a person suffering from an injury or illness until professional medical help arrives. It involves simple yet vital techniques that can help stabilize a person's condition, alleviate pain, and prevent the situation from worsening.

FIRST AID TIPS FOR YOUR DAILY LIFE:

- ✓ Keep a well-stocked first aid kit at home, in your car, and at work.
- ✓ Learn the emergency contact numbers in your area and keep them handy.
- ✓ Practice your first aid skills regularly to stay prepared.



WORLD ALZHEIMER'S DAY



INTRODUCTION :

World Alzheimer's Day is observed on September 21st each year to raise awareness about Alzheimer's disease and other forms of dementia. This day aims to educate people about the symptoms, challenges, and care needs associated with Alzheimer's, while also addressing the stigma that often surrounds these conditions. Alzheimer's disease is a progressive neurological disorder that affects memory, thinking, and behavior. It is the most common cause of dementia, accounting for 60-80% of cases. The disease typically affects people over the age of 65, but early-onset Alzheimer's can occur in individuals as young as their 30s or 40s.



KEY FACTS ABOUT ALZHEIMER'S:

- **Memory Loss:** One of the earliest symptoms of Alzheimer's is memory loss that disrupts daily life, such as forgetting recently learned information or important dates.
- **Confusion:** People with Alzheimer's may become confused about time, place, or familiar routes.
- **Difficulty with Tasks:** Performing familiar tasks, like managing finances or following a recipe, can become challenging.
- **Changes in Behavior:** Individuals may experience mood swings, anxiety, or depression. They might also become withdrawn or display changes in personality.



WORLD RABIES DAY



INTRODUCTION :

Rabies is a viral disease that affects the central nervous system. It is primarily transmitted through the bite of an infected animal and is almost always fatal once symptoms appear. Rabies affects both humans and animals, but it is preventable through vaccination and prompt medical attention after potential exposure.



KEY FACTS ABOUT RABIES:

- **Global Impact:** Rabies causes tens of thousands of deaths every year, mostly in Asia and Africa. Around 99% of human cases result from dog bites.
- **Preventable:** Rabies is 100% preventable through vaccination of both animals and humans and immediate medical care after exposure.
- **Symptoms:** Early symptoms of rabies in humans include fever, headache, and general weakness. As the disease progresses, symptoms can include confusion, agitation, hallucinations, and hydrophobia (fear of water).
- **Urgency of Treatment:** If you suspect you've been bitten by a rabid animal, seek medical attention immediately. Post-exposure prophylaxis (PEP) can prevent the virus from infecting you if administered promptly.



HOW TO PREVENT RABIES:

- **Vaccinate Pets:** Ensure that your pets are vaccinated against rabies. This is the most effective way to prevent the spread of the virus.
- **Avoid Wild Animals:** Stay away from wild animals, especially those that are behaving unusually. Rabid animals may appear aggressive, fearless, or disoriented.
- **Report Stray Animals:** If you notice stray dogs or cats in your community, report them to local animal control authorities.



WORLD HEART DAY



INTRODUCTION :

Heart disease is responsible for over 18 million deaths each year, making it the world's leading cause of death. Many of these deaths are preventable through lifestyle changes, awareness, and early intervention. By understanding the risk factors and adopting heart-healthy habits, we can significantly reduce the risk of developing heart disease.



HEART-HEALTHY TIPS:

- ✔ **Eat a Balanced Diet:** Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit the intake of salt, sugar, and saturated fats.
- ✔ **Stay Physically Active:** Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity each week, along with muscle-strengthening exercises.
- ✔ **Avoid Tobacco and Limit Alcohol:** Smoking is a major risk factor for heart disease. Avoiding tobacco and limiting alcohol intake can significantly reduce your risk.
- ✔ **Monitor Your Health:** Regularly check your blood pressure, cholesterol levels, and blood sugar to manage any potential risks early on.
- ✔ **Manage Stress:** Chronic stress can contribute to heart disease. Practice relaxation techniques like meditation, yoga, or deep breathing to manage stress effectively.



RECOGNIZING THE SIGNS OF HEART DISEASE:

- **Chest Pain or Discomfort:** Often described as pressure, squeezing, or fullness in the chest, it is a common symptom of a heart attack.
- **Shortness of Breath:** Difficulty breathing, especially during physical activity or at rest, can be a sign of heart problems.
- **Fatigue:** Unusual or unexplained tiredness can indicate that the heart is not functioning properly.
- **Palpitations:** Irregular or rapid heartbeats can be a sign of an arrhythmia.

THANK YOU

