



HEALTHPEDIA OCTOBER, 2024

A COMMITMENT TO CARE



WORLD MENTAL HEALTH DAY OCTOBER 10

INTRODUCTION :

World Mental Health Day aims to raise awareness of mental health issues globally and promote efforts to improve mental health care. This day emphasizes the need to recognize mental health as an essential part of overall well-being, equal in importance to physical health.



WHAT IS MENTAL HEALTH?

Mental health is a person's emotional, psychological, and social well-being. It affects how we think, feel, and act, and is important at every stage of life. Mental health is a basic human right and is crucial for personal, community, and socio-economic development.

WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✔ **Daily Mindfulness:** Practice mindfulness and meditation to reduce stress and anxiety.
- ✔ **Physical Activity:** Engage in regular exercise to boost mental well-being by releasing endorphins.

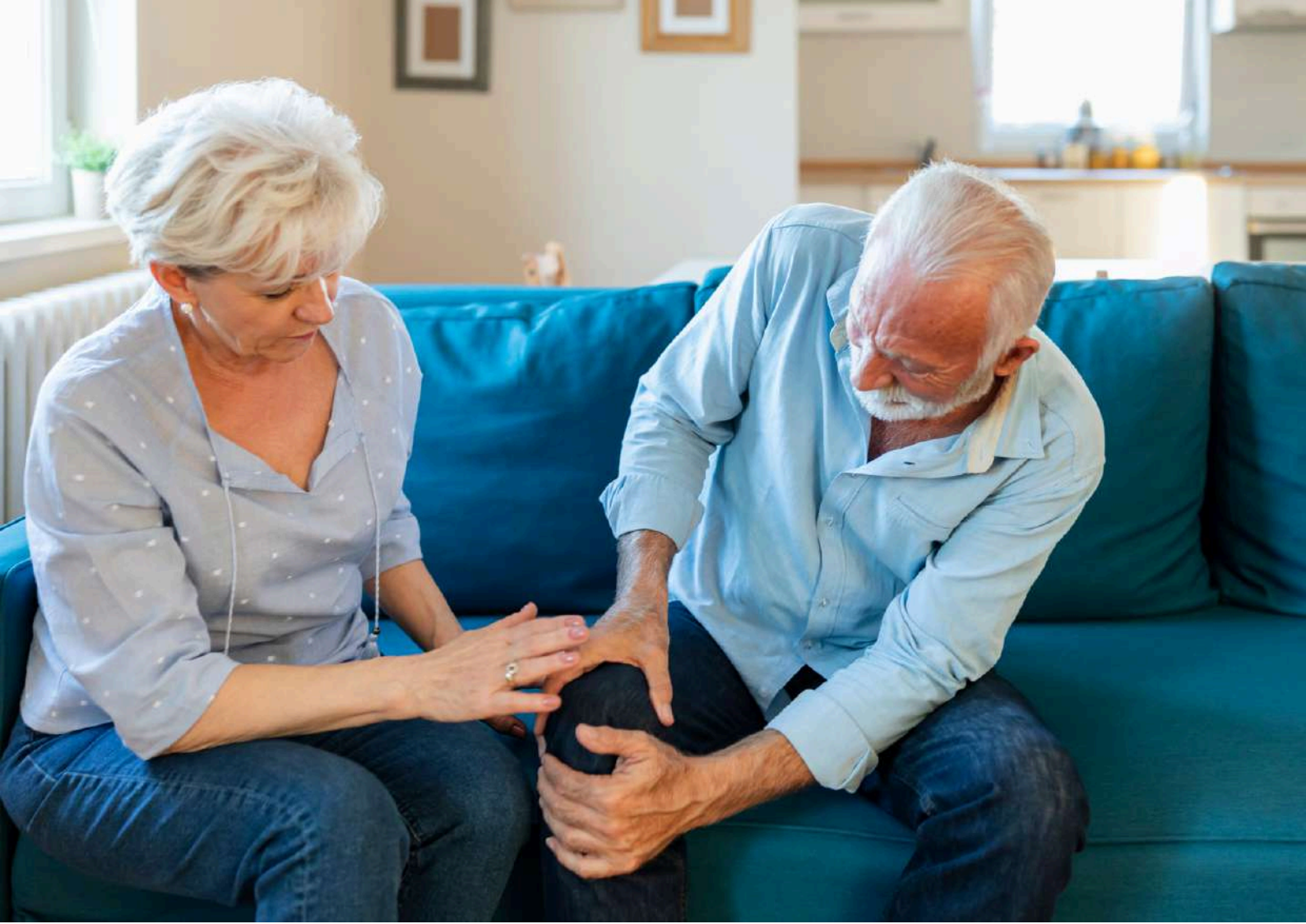


WORLD ARTHRITIS DAY
OCTOBER 12



INTRODUCTION :

World Arthritis Day raises awareness about the challenges faced by people living with arthritis, highlighting the need for better treatment, support, and early diagnosis. It also aims to educate the public about the types of arthritis, such as osteoarthritis and rheumatoid arthritis, and their impact on daily life.



KEY FACTS ABOUT ARTHRITIS :

- **Stay Active:** Gentle exercises like swimming, yoga, or walking can help reduce stiffness and improve joint mobility.
- **Maintain a Healthy Weight:** Weight management can reduce the pressure on your joints, particularly in the knees and hips.
- **Anti-inflammatory Diet:** Incorporate foods rich in omega-3 fatty acids, such as fish, nuts, and seeds, to help combat inflammation.
- **Joint Protection:** Use assistive devices or wear supportive shoes to reduce joint strain.



WORLD SIGHT DAY
OCTOBER 10



KEY FACTS ABOUT SIGHT:

- **Regular Eye Exams:** Schedule annual eye check-ups to monitor your vision and eye health.
- **20-20-20 Rule:** For every 20 minutes spent looking at screens, take a 20-second break by looking at something 20 feet away to reduce eye strain.
- **Protect Your Eyes:** Wear sunglasses that block UV rays and use protective eyewear when necessary.
- **Healthy Diet:** Eat foods rich in vitamins A, C, and E, such as carrots, leafy greens, and citrus fruits, to maintain good eye health.
- **Limit Screen Time:** Reduce exposure to screens and ensure proper lighting when reading or working.



GLOBAL HANDWASHING DAY

OCTOBER 15



INTRODUCTION :

Global Handwashing Day highlights the importance of hand hygiene in preventing the spread of diseases. It emphasizes the simple yet effective action of washing hands with soap and water to save lives, especially in communities with limited access to sanitation.



HEALTHY HAND WASH TIPS:

- ✔ **Proper Handwashing Technique:** Wash hands for at least 20 seconds, ensuring to clean all parts, including under the nails.
- ✔ **Use Soap and Water:** Always use soap and clean water when washing hands to ensure effective removal of germs.
- ✔ **Sanitize When Necessary:** When soap and water aren't available, use an alcohol-based hand sanitizer.
- ✔ **Handwashing Reminders:** Place reminders in key areas (bathrooms, kitchens) to encourage regular handwashing.
- ✔ **Encourage Children:** Teach children the importance of handwashing to establish lifelong healthy habits.



WORLD OSTEOPOROSIS DAY OCTOBER 20



INTRODUCTION :

World Osteoporosis Day is dedicated to raising global awareness of osteoporosis and metabolic bone disease. It emphasizes the importance of early prevention, diagnosis, and treatment of osteoporosis to protect bone health and prevent fractures.



WELLNESS TIPS:

- ✔ **Calcium-Rich Foods:** Incorporate calcium-rich foods like dairy, leafy greens, and fortified foods into your diet.
- ✔ **Vitamin D Intake:** Spend time outdoors or consume vitamin D supplements to help your body absorb calcium.
- ✔ **Weight-Bearing Exercise:** Activities such as walking, dancing, or strength training can help improve bone density.
- ✔ **Avoid Smoking and Limit Alcohol:** These habits can weaken bones and should be avoided for better bone health.
- ✔ **Bone Density Test:** If you're at risk for osteoporosis, consult a healthcare provider about a bone density scan.



WORLD POLIO DAY
OCTOBER 24



INTRODUCTION :

World Polio Day celebrates progress made toward global eradication of polio while raising awareness about the continued efforts needed to eliminate this crippling disease. The day calls for global collaboration to protect children everywhere by ensuring universal access to the polio vaccine.



WELLNESS TIPS:

- ✓ **Vaccination:** Ensure children are vaccinated according to the recommended polio immunization schedule.
- ✓ **Hygiene and Sanitation:** Maintain proper hygiene and sanitation practices to prevent the spread of poliovirus.
- ✓ **Support Polio Eradication Efforts:** Contribute to or support organizations working to provide polio vaccines in underdeveloped areas.
- ✓ **Advocate for Vaccination:** Encourage communities to prioritize immunization for children.
- ✓ **Stay Informed:** Keep up with the latest developments in global polio eradication efforts and spread awareness.



WORLD STROKE DAY OCTOBER 29



INTRODUCTION :

World Stroke Day promotes awareness about stroke, its prevention, and the importance of recognizing its symptoms. The goal is to reduce the incidence of stroke and ensure that more people understand the risk factors and how to take preventive action.



WELLNESS TIPS:

- ✔ **Know the FAST Signs:** Face drooping, Arm weakness, Speech difficulties, and Time to call emergency services—these are the key signs of a stroke.
- ✔ **Control Blood Pressure:** Monitor and manage your blood pressure, as high blood pressure is a leading cause of stroke.
- ✔ **Healthy Diet:** Eat a balanced diet low in salt and cholesterol to reduce stroke risk.
- ✔ **Physical Activity:** Engage in regular exercise to improve cardiovascular health and reduce stroke risk.
- ✔ **Limit Alcohol and Avoid Smoking:** Both increase the risk of stroke, so it's essential to moderate alcohol intake and avoid tobacco use.

THANK YOU

