

Secure Your Health

MiNDSET



Five Major Classes of Mental Illness

1. Mood Disorders
 2. Anxiety Disorders
 3. Eating Disorders
 4. Dementia specific
 5. Schizophrenia/Psychotic Disorders
- /Depression



Your Health

As a healthcare goal, we think it is appropriate to increase your awareness about certain health problems like heart disease, diabetes, arthritis, respiratory problems, approach in maternity care, dental care, eye care, digestive system care, urinary system care, cancer treatment, water borne diseases, mosquito bred diseases, anti-microbial resistance, stress and mental disorders, negative attitudes, drug addiction, abuse. We want this information from different sources to help you find the path to a healthier life.



Your Health

Heart attackers

Out of best current knowledge, the following list of medical conditions affect your heart.

1. Sedentary lifestyle
2. Excess body fat
3. High blood pressure
4. Cholesterol levels
5. Metabolic conditions (a cluster of risky conditions like obesity, insulin resistance, Type 2 diabetes, hypertension, (blood test related) high triglycerides and low HDL cholesterol levels)
6. Oxidative stress (smoking, excess drinking, drug addiction, not following a balanced diet, mental or emotional stress, apnoea)
7. Chronic inflammation (indicated by (blood test related) high C-reactive protein levels. Due to triggers like eating too much fast food, not eating healthy fats (rich in omega 3 fatty acids), high stress & anxiety, excess abdominal or central fat, poor digestion, frequent gum infections and ulcers)

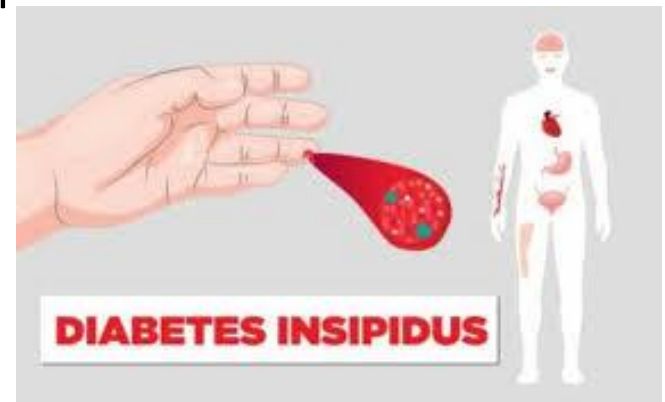


Your Health

Diabetes and symptoms

Out of best current knowledge, the following list of medical conditions (need to be monitored) for signs of diabetes.

1. Sedentary lifestyle and obesity
2. Unexplained weight loss
3. Frequent urination
4. Protein in urine
5. Excessive thirst
6. Fatigue or feeling unwell
7. Abdominal pain and/or vomiting with rise in sugar levels
8. Genital itching
9. Blurred vision
10. Tingling in the hands and feet



Your Health

Arthritis and symptoms

Out of best current knowledge, the following list of medical conditions (need to be monitored) for signs of arthritis.

1. Joint pains and stiffness
2. Fever and swollen glands
3. General ache which lasts beyond 6 weeks
4. Feeling unwell (for people between the ages of 30 and 50)
5. Pains and aches that persist after a viral or bacterial infection
6. Viral, bacterial or fungal infection at a joint site
7. Excess of uric acid in the blood
8. Inflammation of toe joints and/or small joints in hands
9. Skin lumps (or nodules) on elbows and other pressure areas
10. Thinning and weakening of muscles around joints
11. Redness, swelling of joints and/or joint abnormalities



Your Health

Respiratory problems and symptoms

Out of best current knowledge, the following list of medical conditions (need to be monitored) for signs of asthma.

1. Inhaling in short gasps
2. Exhaling with long wheezing noises
3. Racing pulse
4. Difficulty in breathing caused by stress, anxiety or exercise
5. Difficulty in breathing triggered by changes in temperature, dust mites, pollen dust, cigarette smoke
6. Difficulty in breathing triggered by feathered and/or furred animals
7. Sticky mucus or phlegm
8. Breathlessness and tightness in chest
9. Persistent cough (often at night, early in the morning or during/after activity)
10. Lips turn blue



Your Health

Maternity care and health promotion

Out of best current knowledge, the following list of points (need to be kept in mind) for better health promotion of pregnant mothers.

1. Pregnant and breastfeeding women need to eat a variety of main foods - carbohydrates, proteins, sugars & fats and vitamins & minerals - particularly iron, folate, calcium, iodine & Vitamin A
2. Iron pills and folate (folic acid) tablets should be provided to pregnant women as part of routine antenatal care
3. Personal hygiene, especially hand washing and keeping the genital area clean, helps to prevent infection during pregnancy (and at all times)
4. Getting plenty of rest and sleep, and avoiding alcohol, cigarettes, illegal drugs, strong chemicals and infectious persons helps to protect the pregnant woman and her unborn baby



Your Health

Maternity care and health promotion (continued)

Out of best current knowledge, the following list of points (need to be kept in mind) for better health promotion of pregnant mothers.

5. Immunization against tetanus should be a routine part of antenatal care

6. Full and exclusive breastfeeding, is the best and only nourishment a baby needs in the first 6 months of life

7. Full and exclusive breastfeeding may protect the woman from becoming pregnant again up to 6 months after the birth, but only if feeding is very frequent and her menstrual periods have not returned

8. Birth spacing of at least 2 years is good for the health of the woman, her baby and any older children — in fact for all her family

For more in-depth details, you can search for “**Antenatal Care Module: 14. Health Promotion Issues During Pregnancy**” on the Internet.



Teeth and problems

Out of best current knowledge, the following list of medical conditions (problems) affect teeth.

1. Formation of plaque on the teeth due to a lack of good dental and oral hygiene
2. Root decay
3. Abscess (collection of pus in or around the root of the tooth)
4. Dental erosion (loss of tooth enamel) due to eating disorders or even a hiatus hernia
5. Chipped, cracked or missing teeth (if a tooth is knocked out completely due to an accident or injury, the same can be implanted again but for this you must not touch the root of the tooth and it needs to be kept immersed in milk till your visit to the dentist)
6. Impacted teeth due to problems like lack of space for other teeth to grow or emerge
7. Irregular, misaligned or protruding teeth
8. Sensitive teeth (due to changes in the bacterial flora in the mouth)



Teeth and problems (continued...)

9. Discolored teeth
10. Mottling due to excess fluorine in the water
11. Untreated infections lead to inflammation that does not reduce till the infection is treated . This inflammation can lead to other problems in the body
12. [Dental cavities are signs of active or even compromised immune systems and can help signal or detect stages of oropharyngeal cancers,](#) thought to be driven by oral cases of the sexually transmitted infection human papillomavirus (HPV)
13. Periodontal disease (conditions like gums bleeding a lot and frequent abscesses or infections) can make the blood sugar more difficult to control, so any lack of well-planned treatment can adversely affect people with diabetes
14. Chronic gum conditions such as gingivitis or advanced periodontal disease increase the risk for heart disease, as this condition, if particularly undiagnosed & unmanaged will lead to increased C-reactive protein levels (a marker for high inflammation levels)

Your Health



Teeth and problems (continued...)

15. Dental problems have a connection with glaucoma . Dental problems left untreated lead to increased bacteria in the mouth and can enter the blood stream, where, this is of concern as streptococci bacteria is more commonly known to be found in case of glaucoma patients

16. There is a link between oral microbiome, **digestive** and systemic health. Dental problems if recurrent can indicate gastrointestinal disorders and vice versa poor digestive health can affect teeth

Most of the problems affecting the teeth can be controlled by good dental and oral hygiene and a sensible diet (with regular intake of sufficient water to avoid excess acid buildup in the mouth). Get a personalized oral health plan if you suffer from a heart disease, a respiratory disease, diabetes or are pregnant.

Avoid smoking or chewing tobacco.

Your Health



Published by
Researcher Gate

Age

Oral hygiene

Lifestyle

Overall health & immunity

*Common Oral and
Throat Conditions*

Halitosis
Caries
Gingivitis

Periodontitis

Pharyngitis

Rheumatic
Fever

INFLAMMATION

INFLAMMATION

Alzheimer's

Diabetes Mellitus

Cardiovascular Disease

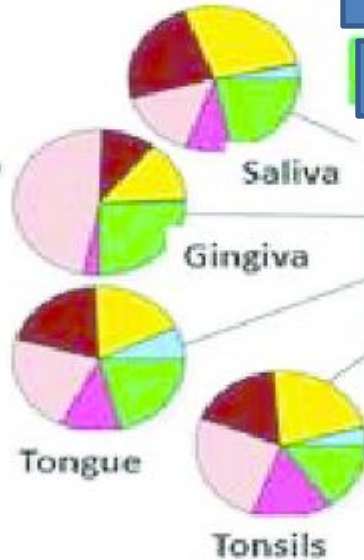
Arthritis

Bacteremia

Respiratory Disease

*Common Systemic
Inflammatory Diseases
Associated with Poor Oral Health*

- Actinobacteria**
 - Corynebacterium
 - Propionibacterium
 - Other Actinobacteria
- Bacteroidetes**
- Firmicutes**
 - Lactobacillus
 - Staphylococcus
 - Streptococcus
 - Other Firmicutes
- Fusobacteria**
- Proteobacteria**





Dental care and points of importance

Out of best current knowledge, the following points are important when you go in for dental care.

1. Safe treatment through natural process (as far as possible) or through surgical intervention when needed or indicated
2. Standard Operating Procedures for complete oral examinations, checkups, schedule of consultations with parameters to be assessed, investigations to be carried out, screening for various diseases, precautions to be taken by patient, advice to be followed regarding diet, exercises, benefits in abstaining from drinking/taking drugs
3. Protocols for briefing and education of patient about dental health, general health, precautions to be taken, the treatment / surgical intervention experience, the complications expected if any and plan to address these complications, estimated expenditure so the family can take informed decisions



Dental care and points of importance

4. Protocol/Procedure for providing special care to women who are pregnant or with poor obstetrical conditions, nursing mothers, patients with multiple disorders or with medical history (such as diabetes) with consultation and advice to help treat condition
5. Procedure for obtaining informed consent on standardized forms
6. Detailed SOP on conducting safe procedures, including protocols to be followed for major surgeries, procedures for asepsis during surgeries, procedure for controlling heavy or excessive bleeding
7. Policy for restriction on unnecessary or hazardous investigations
8. Protocol for prescribing of antibiotics or other drugs, protocol for pain management and administration of different analgesics



Dental care and points of importance

9. Documented procedure for Infection control, for observing radiation safety norms
10. Procedure for safe handling and disposal of bio-medical waste according to rules
11. Protocol for reporting adverse/near miss/sentinel events
12. Procedure for briefing the patient/family (at suitable instances) regarding care of the patient, need for follow-ups, dietary advice



Your Health

Eye related problems

Out of best current knowledge, the following list of medical conditions affect your eyes.

1. Common eye problems
2. Vision problems
3. Squint problems
4. Cornea problems
5. Cataract
6. Diabetic retinopathy
7. Glaucoma
8. Accidental eye injury cases
9. An Initial opinion on conditions needing other healthcare services



What is available today to treat eye related problems?

Comprehensive eye care that ranges from consultation, to diagnostics (via in-house laboratories), to treatment and where applicable reconstructive / corrective surgery for patients with the above conditions

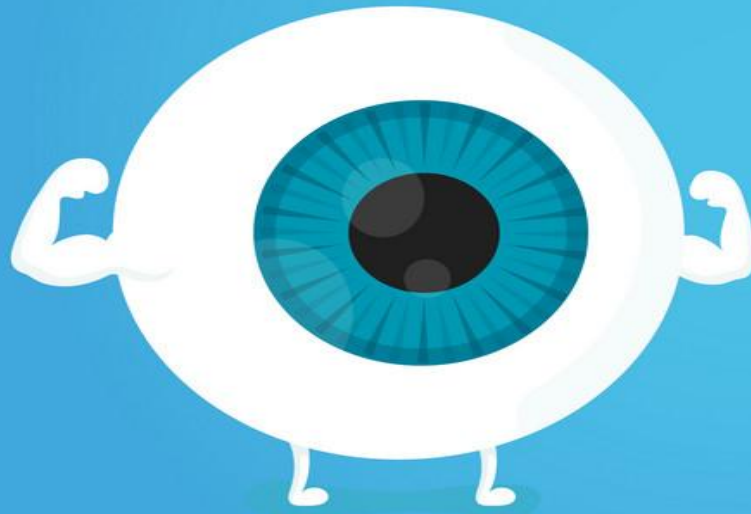
Your Health

Eye care and points of importance



Eye Care...
Do You Really
Care??

8 TIPS FOR EYE HEALTH



**REGULARLY EYES
CHECKING**



**PROPER
LIGHTING**



**BLINK
FREQUENTLY**



**WEAR SUNGLASSES
ON SUNNY DAY**



**DISTANCE
ADJUSTMENT**



**GAZE FOR
A GREEN TREE**



**EYES
EXERCISING**



**EAT
HEALTHY FOOD**

Your Health



Eye Care...
Do You Really
Care??

Eye care and points of importance

SIX STEPS TO HELP KEEP YOUR EYES AND VISION HEALTHY



Eat right for good sight

Nutrients found in many fruit and vegetables and fatty acids can help protect your sight



Cover up

Cumulative exposure to the sun's UV light increases your risk of developing cataracts and macular degeneration



Quit smoking

Smokers are up to four times more likely to develop macular degeneration – the UK's leading cause of sight loss – than non-smokers



Be screen smart

Avoid eye strain by using the 20-20-20 rule, especially if you're using a computer for long



Watch your weight

Damage to blood vessels in the eye caused by excess body weight has been linked to the onset of glaucoma



Get tested

Get your eyes checked every two years even if you think your vision is perfect. Early detection is vital to prevent avoidable sight loss

Your Health

Digestive system and related problems

Out of best current knowledge, the following list of medical conditions affect your digestive system.

1. Appendicitis
2. Colitis
3. Diverticular diseases
4. Gall bladder infections
5. Intussusception
6. Hernia
7. Cancer of the stomach, intestine, gall bladder, pancreas, liver etc
8. Common digestive system ailments



What is available today to treat related problems?

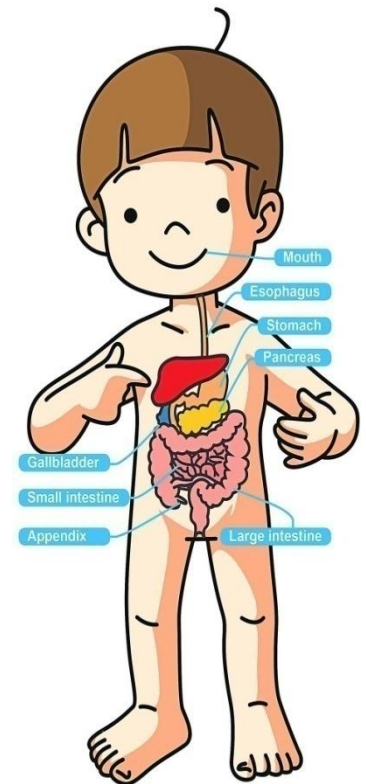
Comprehensive digestive system disease related healthcare that ranges from 24/7 consultation, to diagnostics (via in-house laboratories), to treatment and/or life saving surgery for patients with the above conditions

Your Health

Digestive System care and points of importance

How can we take care of our digestive system?

- **step1:** Eat right, consume protein, carbohydrates in right amount and make sure you get plenty of fiber. Eat on right time schedule.
- **step2:** Drink plenty of water and avoid sugary drinks or those that contain caffeine. Limit alcohol drinks to 2 times a day.
- **step3:** Exercise. Moving around helps things move along



Your Health

Urinary system and functions

The following are the functions of the urinary system.

URINARY SYSTEM FUNCTIONS

1. Remove liquid waste from blood
2. Maintain acid balance in body
3. Maintain fluid balance in body
4. Control blood volume
5. Formation of urine

Excretion of waste products from the body

Your Health

Urinary system and related problems

Out of best current knowledge, the following list of medical conditions affect your urinary system.

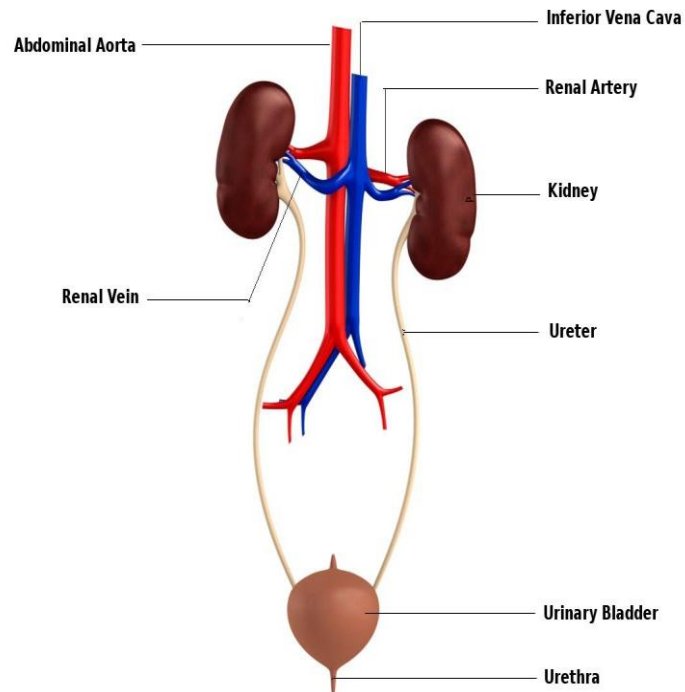
1. Recurrent urinary tract infections
2. Urinary incontinence (involuntary leakage)
3. Voiding dysfunction
4. Overactive bladder (urge to pass urine frequently, polyuria)
5. Low volume of urine (oliguria)
6. Vesicoureteralreflux
7. Bladder infections
8. Other urinary problems like haematuria(blood in urine), dysuria (pain when passing urine)
9. Bladder Polyps, Bladder Cancer
10. An Initial opinion on conditions needing Nephrology and Gynecology services



Your Health

What is available today to treat urinary system related problems?

Comprehensive healthcare that ranges from consultation, to diagnostics (via in-house laboratories), to treatment and reconstructive / corrective surgery for patients with the previously mentioned conditions.



What Foods Promote a Healthy Urinary Tract System?



- Your urinary system, including your kidneys, bladder, ureters and urethra, filters and eliminates waste products from the bloodstream and helps regulate fluid and salt balance in your body. A healthy diet provides your urinary system with nutrients it requires to function efficiently. Certain foods offer particularly high levels of urinary-health-boosting benefits.

Your Health

How can you keep your urinary system healthy?

7 Ways to Support Your Urinary System



1. Stay hydrated
2. Go when you gotta go
3. Keep the Kidneys warm
4. Herbs to strengthen the urinary system
5. Foods to strengthen the urinary system
6. Avoid excess sugar and carbs
- 7.

Regular exercise and healthy diet

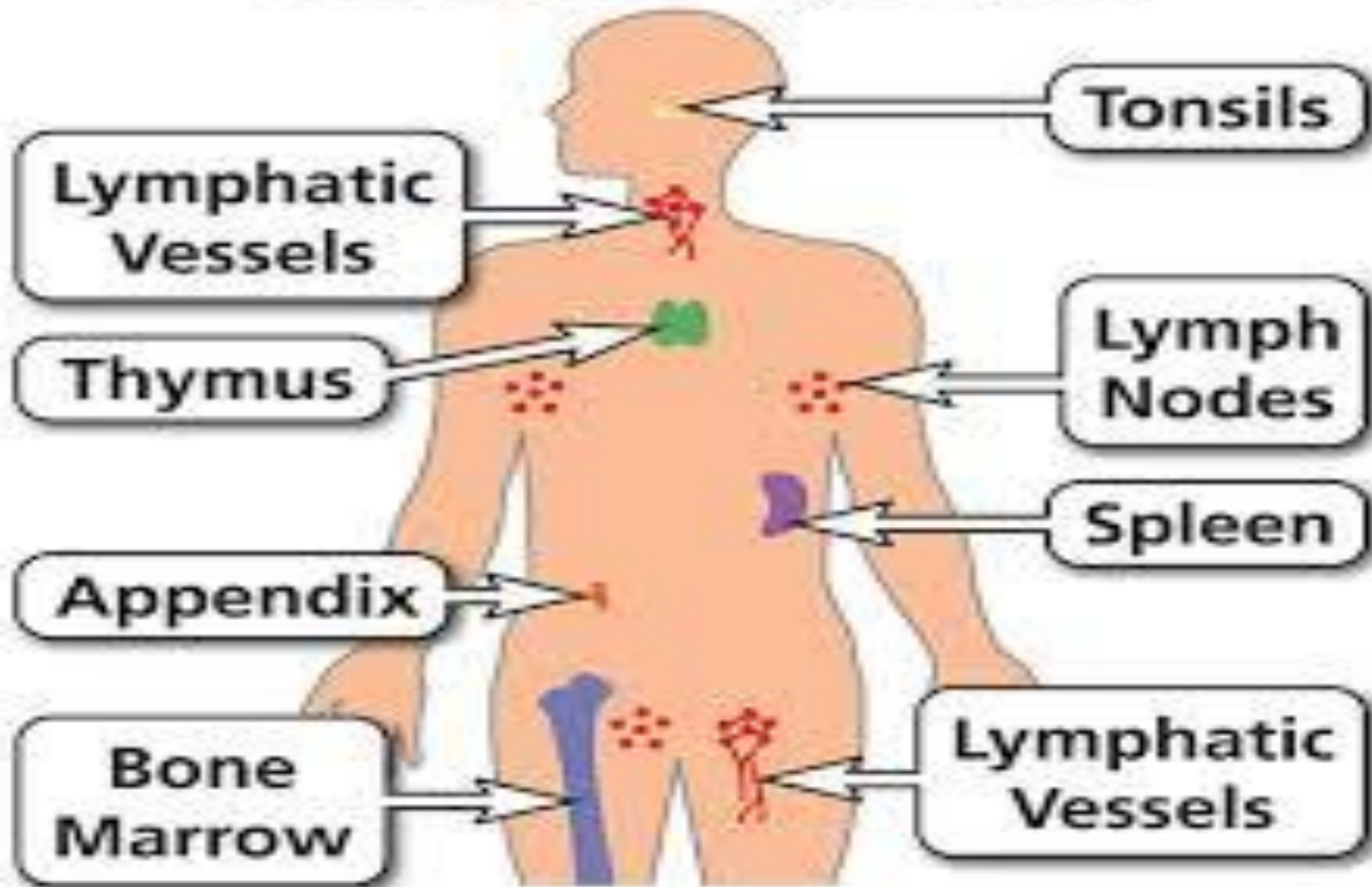
- + Maintain a bladder diary
- + Urine analysis when needed
- + Ensuring urine culture and sensitivity reports guide treatment

HerbalRemediesAdvice.org

Your Health

Natural defense systems that fight disease and infections

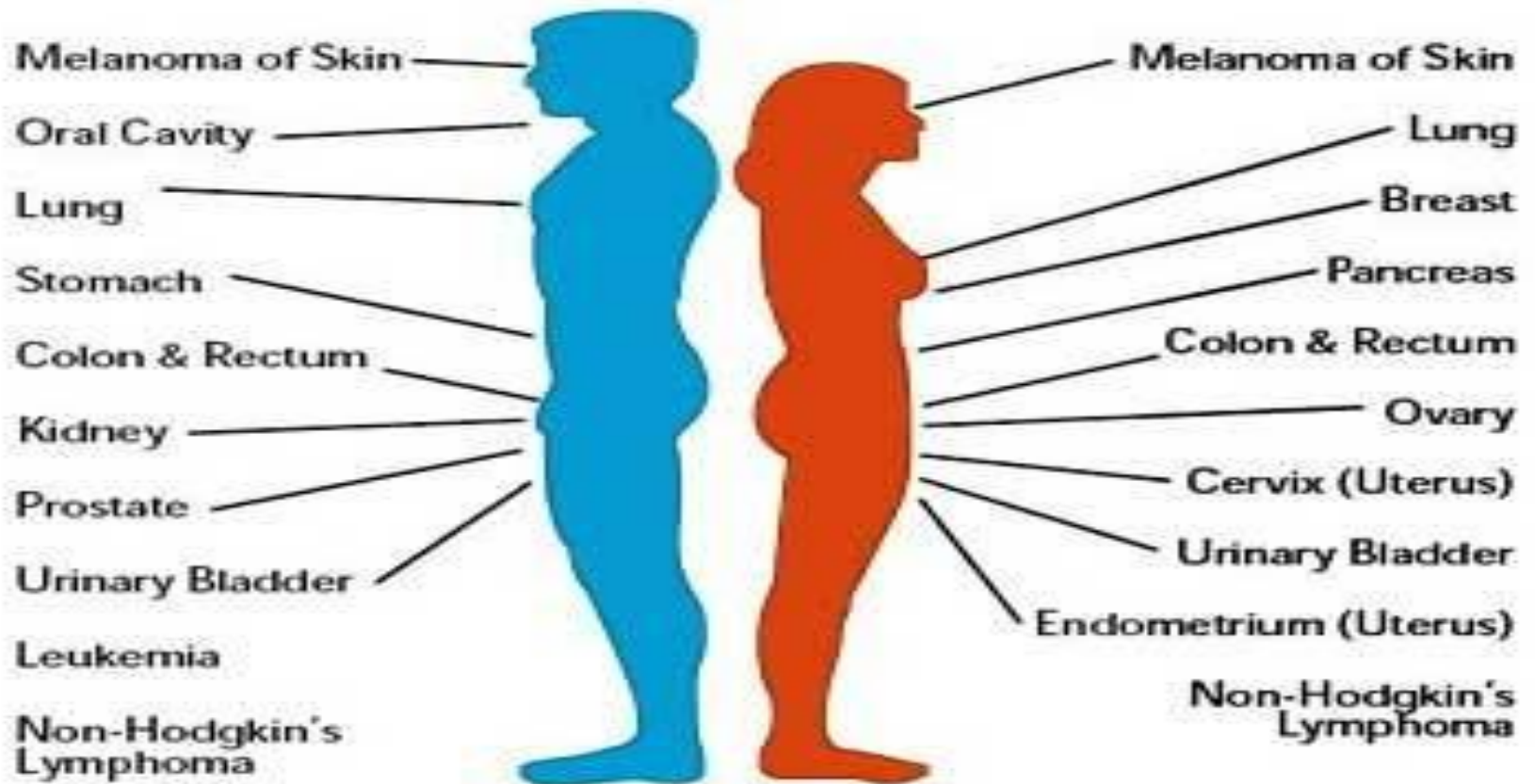
Immune System



Your Health

Types of Cancers

MULTIPLE FORMS OF CANCER



Your Health

Methods of early detection of Cancers

1. Screening tests
2. Mammography
3. Specific Antigen tests for prostate cancer
4. Routine checkups
5. Physical inspection
6. Self-examination



Potential signs

1. Unexplained weight loss
2. Lump or swelling
3. Persistent low grade fever
4. Persistent cough , changes in vision or speech or feeling continuous shortness of breath
5. Unusual change in bowel or bladder habits

Your Health

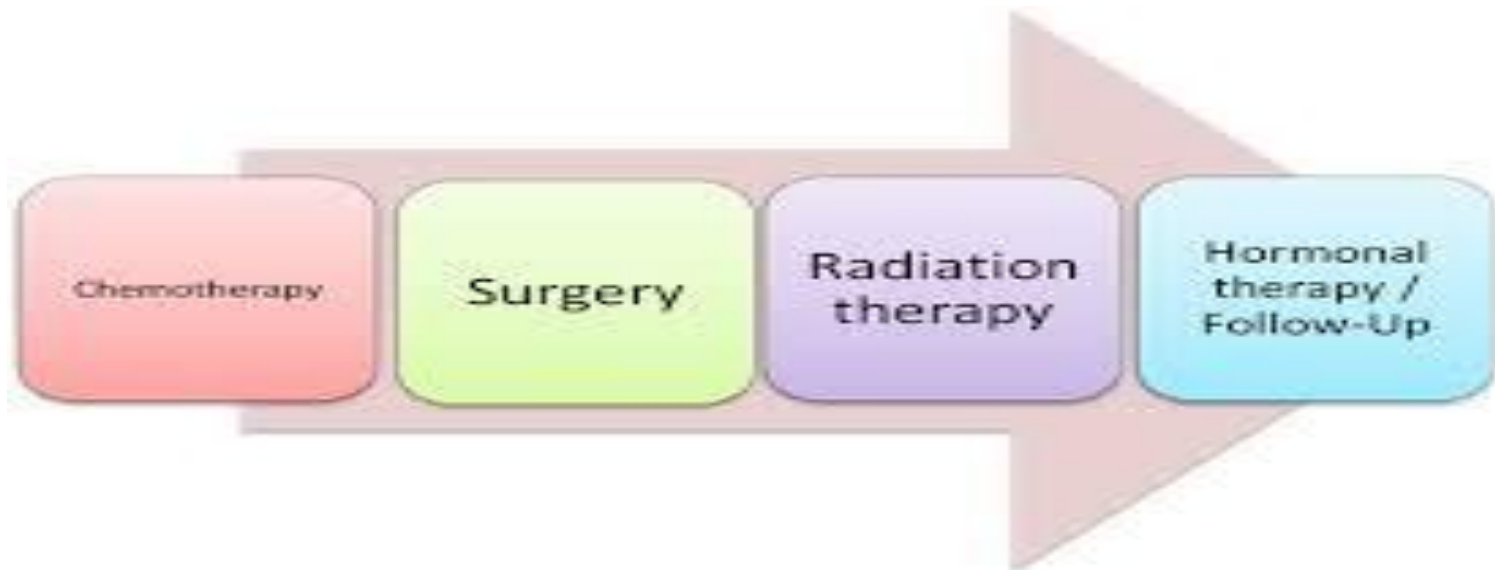
Broad aim of cancer care

1. Screening and early detection to ensure control and longevity
2. Patient education to share information with the patient and family as to what is the type of cancer, how far has it spread, stage of cancer, prognosis for survival, possible treatments and their success factors with a prognosis for longevity and relief, side effects of treatment, maintenance therapy or long term drug treatment, pain control treatments, post diagnosis wellness plan to prevent infections and improve chances of recovery, periodic screening or schedule of diagnostic tests to detect chance of a relapse, risks to the other family members possibly due to inherited factors, similar environment etc.
3. Comprehensive cancer care to ensure best chances of control and survival
4. Due study and relevant cancer care services to help cases where a family may be at risk due to inherited factors (gene mutations, abnormalities etc)

Your Health

Broad aim of cancer care

5. (Community services) Health campaigns and camps to share information about rises in specific cancer types, vulnerability of people living in a specific location, region, environment etc, sensitization and awareness building of causes for specific cancer types and risks that lead to their occurrences with enough information about early warning signs



Your Health

Nature of healthcare services

The services offered could be the following

1. Screening and prevention
2. Early diagnosis and treatment
3. Cancer surgery
4. Inpatient and outpatient chemotherapy or radiotherapy
5. Inpatient and outpatient cancer care, where this cancer care could cover palliative care or pain relief, physiotherapy, dietetics and psychological support (in addition connecting of patient and family to support groups etc)
6. Patient Education Programs for different cancer types
7. Physiotherapy and Rehabilitation services to ease pain, discomfort or aid recovery
8. Outreach services via exclusive Mobile Health Unit (MHU) services

Your Health



Water borne diseases and symptoms

Out of best current knowledge, the following list of medical conditions (need to be monitored) for signs of common water borne diseases.

Disease and Transmission	Microbial Agent	Sources of agent in the water supply	Symptoms
<u>Amoebiasis</u> (hand-to-mouth)	Protozoan (<u>Entamoeba histolytica</u>)	<u>Sewage</u> , <u>non-treated drinking water</u> , <u>flies</u> in water supply	Abdominal discomfort, <u>fatigue</u> , weight loss, <u>diarrhoea</u> , <u>bloating</u> , <u>fever</u>
<u>Giardiasis</u> (faecal-oral) (hand-to-mouth)	Protozoan (<u>Giardia lamblia</u>)	Untreated water, poor disinfection, pipe breaks, leaks, <u>groundwater</u> contamination, <u>Camp grounds</u>	Diarrhoea, abdominal discomfort, <u>bloating</u> , and <u>flatulence</u>

Your Health

Water borne diseases and symptoms (continued)

Disease and Transmission	Microbial Agent	Sources of agent in the water supply	Symptoms
<u>Botulism</u>	<u><i>Clostridium botulinum</i></u>	Bacteria can enter an open wound from contaminated water sources. Can enter the gastrointestinal tract through consumption of contaminated <u>drinking water</u> or (more commonly) food	Dry mouth, <u>blurred</u> and/or <u>double vision</u> , difficulty swallowing, muscle weakness, difficulty breathing, slurred speech, <u>vomiting</u> sometimes <u>diarrhoea</u> . Death is usually caused by <u>respiratory failure</u>

Your Health

Water borne diseases and symptoms (continued)

Disease and Transmission	Microbial Agent	Sources of agent in the water supply	Symptoms
<p>Cholera</p> <p><u>What is hypovolemic shock?</u> Severe fluid loss makes it impossible for the heart to pump a sufficient amount of blood to your body</p>	<p>Spread by the bacterium Vibrio cholerae</p>	<p>Drinking water contaminated with the bacterium</p>	<p>In severe forms it is known to be one of the most rapidly fatal illnesses known. Symptoms include very watery diarrhoea, nausea, cramps, nosebleed, rapid pulse, vomiting, and hypovolemic shock (in severe cases)</p>

Your Health

Water borne diseases and symptoms (continued)

Disease and Transmission	Microbial Agent	Sources of agent in the water supply	Symptoms
Dysentery	Caused by a number of species in the genera Shigella and Salmonella with the most common being Shigella dysenteriae	Water contaminated with the bacteria	Frequent passage of faeces with blood and/or mucus and in some cases vomiting of blood.
Salmonellosis	Caused by many bacteria of genus Salmonella	Drinking water contaminated with the bacteria. More common as a food borne illness .	Symptoms include diarrhoea , fever , vomiting, and abdominal cramps

Your Health

Water borne diseases and symptoms (continued)

Disease and Transmission	Microbial Agent	Sources of agent in the water supply	Symptoms
Typhoid fever	Salmonella typhi	Ingestion of water contaminated with faeces of an infected person	Characterized by sustained fever up to 104 °F, profuse sweating ; diarrhoea may occur. Symptoms progress to delirium , and the spleen & liver enlarge if untreated. Some people with typhoid fever develop small red spots on the abdomen & chest.

Your Health

Water borne diseases and symptoms (continued)

Disease and Transmission	Microbial Agent	Sources of agent in the water supply	Symptoms
<u>E. coli Infection</u>	Certain strains of <u>Escherichia coli</u> (commonly <i>E. coli</i>)	Water contaminated with the bacteria	Mostly diarrhoea. Can cause death in <u>immuno compromised</u> individuals, the very young, and the elderly due to <u>dehydration</u> from prolonged illness

Your Health

Water borne diseases and symptoms (continued)

Disease and Transmission	Microbial Agent	Sources of agent in the water supply	Symptoms
<u>Leptospirosis</u>	Caused by bacterium of genus <u>Leptospira</u>	Water contaminated by the animal urine carrying the bacteria	Begins with <u>flu-like symptoms</u> then resolves. The second phase then occurs involving <u>meningitis</u> , <u>liver</u> damage (causes <u>jaundice</u>), and <u>renal failure</u>

Your Health

Water borne diseases and symptoms (continued)

Disease and Transmission	Microbial Agent	Sources of agent in the water supply	Symptoms
<u>SARS</u> (Severe Acute Respiratory Syndrome)	<u>Coronavirus</u>	Manifests itself in Improperly treated water	Symptoms include <u>fever</u> , <u>myalgia</u> , <u>lethargy</u> , <u>gastrointestinal symptoms</u> , <u>cough</u> , and sore throat <u>Myalgia</u> : in this context it is muscle pain without reason like injury

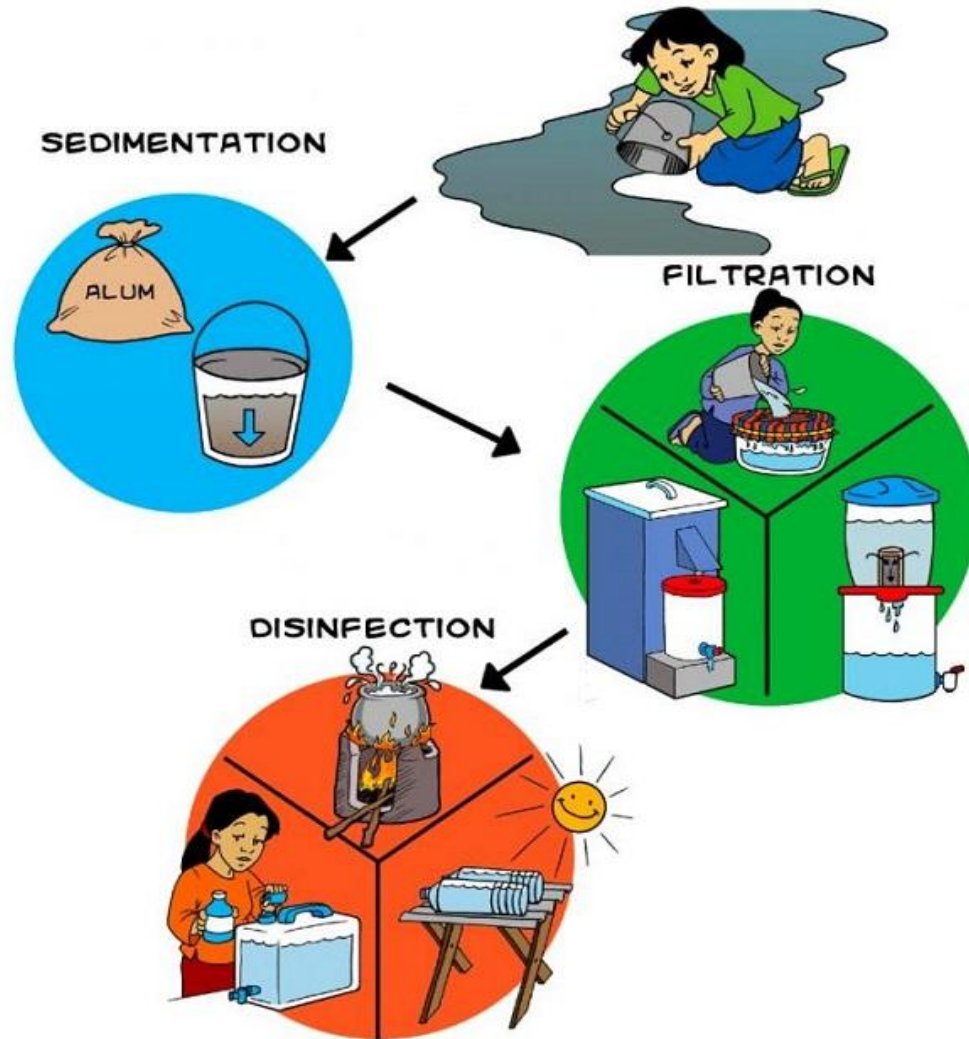
Your Health

Water borne diseases and symptoms (continued)

Disease and Transmission	Microbial Agent	Sources of agent in the water supply	Symptoms
Hepatitis A	Hepatitis A virus (HAV)	Can manifest itself in water (and food)	Symptoms are only acute (no chronic stage to the virus) and include Fatigue , fever, abdominal pain, nausea, diarrhoea, weight loss, itching, jaundice and depression

Your Health

Water borne diseases and prevention (hybrid scenario)



Your Health

Water borne diseases and prevention



Your Health

Water borne diseases and prevention

Prevention & Control

- Hygiene education
- Good nutrition
- Good sanitation
- Water related issues should be addressed immediately
- Public health infrastructure is of utmost importance to control outbreaks
- Avoid contacting soils that may be contaminated with feces
- Do not defecate outdoors ~ rural areas
- Wash /Sanitize our hands before eating
- While travelling to places with poor sanitation , avoiding contaminated water

Regular de-worming

Your Health

Mosquito bred diseases and symptoms

Out of best current knowledge, the following list of medical conditions (need to be monitored) for signs of 2 severe in risk mosquito bred diseases. On the basis of adaptability, this list can be extended.

Disease and how do the mosquitoes breed	How does the disease spread?	Symptoms	Detection
Japanese Encephalitis The Japanese Encephalitis mosquito breeds in polluted water, ditches, paddy-fields and in vegetation submerged in water.	<p>Bite of the Culex mosquito, which bites mostly at night. Humans are accidental victims, the mosquito is known to infect animals like pigs and water birds.</p> <p>The feeder mosquito can rarely pick up the virus from an infected person and spread it to another through a successive bite.</p>	<p>For adults and older children Neurological problems like headaches, neck stiffness, near paralysis, disorientation and lack of coordination. In addition to these symptoms, the ones that follow in the “For babies or infants section” also apply.</p> <p>For babies or infants + Fever + Seizures + Tremors</p>	<p>+ ELISA test using serum samples</p> <p>+ CBC count that is indicative of slightly elevated WBC, signs of leukopenia</p> <p>+ Elevated levels of aspartate aminotransferase and alanine aminotransferase, drop in sodium levels, even mild anaemia</p>

Your Health

Mosquito bred diseases and symptoms (continued)

Out of best current knowledge, the following list of medical conditions (need to be monitored) for signs of 2 severe in risk mosquito bred diseases.

Disease and how do the mosquitoes breed	How does the disease spread?	Symptoms	Detection (continued)
Japanese Encephalitis (Continued)	<p>Bite of the Culex mosquito, which bites mostly at night. Humans are accidental victims, the mosquito is known to infect animals like pigs and water birds.</p> <p>The feeder mosquito can rarely pick up the virus from an infected person and spread it to another through a successive bite.</p>	<p>For adults and older children</p> <p>Neurological problems like headaches, neck stiffness, near paralysis, disorientation and lack of coordination. In addition to these symptoms, the ones that follow in the “For babies or infants section” also apply.</p> <p>For babies or infants</p> <ul style="list-style-type: none">+ Fever+ Seizures+ Tremors	<p>+ EEG (Electroencephalography) tests that report diffused delta patterns, theta waves and burst suppression</p> <p>+ MRI and CT-scans showing bilateral thalamic lesions, basal ganglia, pons, cerebellum and spinal cord abnormalities</p> <p>+ Cerebrospinal fluid (CSF) testing showing elevated protein levels.</p>

Your Health

Mosquito bred diseases and symptoms (continued)

Out of best current knowledge, the following list of medical conditions (need to be monitored) for signs of 2 severe in risk mosquito bred diseases. On the basis of adaptability, this list can be extended.

Disease and how do the mosquitoes breed	How does the disease spread?	Symptoms	Detection
Dengue	Bite of several species of mosquito of the Aedes type , more commonly said to be Aedes type A	<p>Symptoms typically begin three to fourteen days after infection.</p> <p>This may include a high fever, headache, vomiting, muscle and joint pains, and a characteristic skin rash</p> <p>Severe dengue is defined as that associated with severe bleeding, severe organ dysfunction, or severe plasma leakage</p>	<p>Can be confirmed by specialty microbiological laboratory testing.</p> <p>This can be done by virus isolation in cell cultures, nucleic acid detection by PCR, viral antigen detection (such as for NS1) or specific antibodies (serology).</p> <p>Virus isolation and nucleic acid detection are more accurate than antigen detection, as related to costs.</p>

Your Health

Mosquito bred diseases and symptoms (continued)

Out of best current knowledge, the following list of medical conditions (need to be monitored) for signs of 2 severe in risk mosquito bred diseases.

Disease and how do the mosquitoes breed	How does the disease spread?	Symptoms	Detection (continued)
Dengue (Continued)	Bite of several species of mosquito of the Aedes type , more commonly said to be Aedes type A	<p>Symptoms typically begin three to fourteen days after infection.</p> <p>This may include a high fever, headache, vomiting, muscle and joint pains, and a characteristic skin rash</p> <p>Severe dengue is defined as that associated with severe bleeding, severe organ dysfunction, or severe plasma leakage</p>	Positive IgM & IgG tests for dengue antibodies when detected in a blood sample have different interpretations depending upon the possible time of infection

Out of best current knowledge, your HGI makeup (Health-Growth-Immunity) depends upon

- 47

Your Health



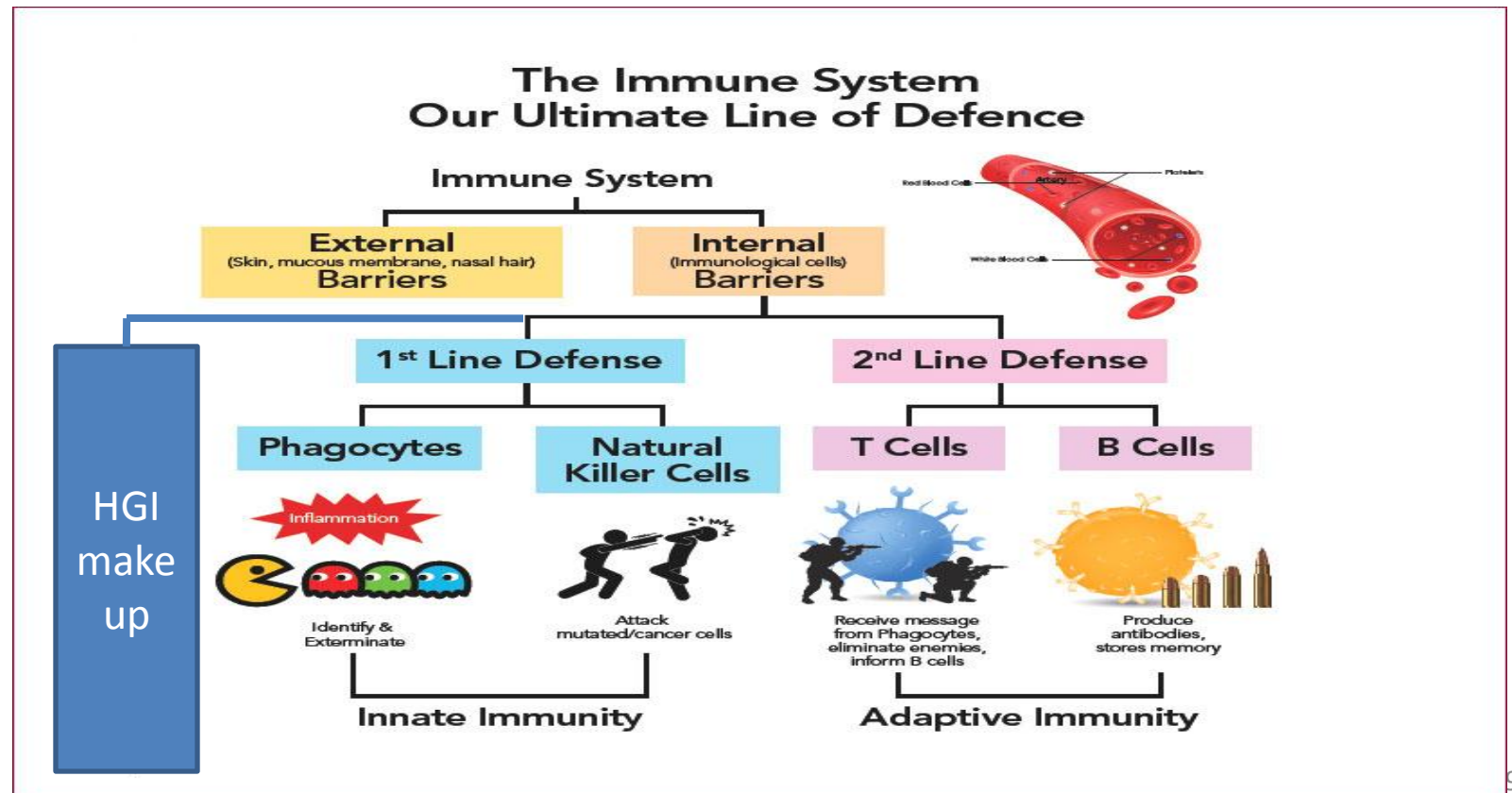
- (h) diagnostic tests you regularly avail of, the success in the line of treatment based on the diagnosis or specimen's culture sensitivity tests
- (i) the climate change in your city or region
- (j) the quality of the sewer systems, drainage systems in your city or region (keeping in mind that rains and mini floods cause contamination)
- (k) disaster, endemic, epidemic, infection incidence or prevalence in the associated RADIUS or catchment area, drug resistance incidence or prevalence in the associated RADIUS or catchment area
- (l) the mosquito or vector bred disease menace prevalent in your city or region
- (m) whether socially equitable and accountable healthcare is available
- (n) whether veritable & accountable druggists & chemists are available
- (o) the quality of water available to you
- (p) the quality of air or the presence of greenhouse gases, smoke, smog, toxins, particulate matter, pollen dust, dust mites in the air

Your Health

(q) your exposure to pesticides/insecticides, contaminants or hazardous chemicals

(r) your city's or region's slaughter houses or suppliers of meat

The booklet states that these terrarium markers can be managed via a P2PC (Plan to Prevent & Control) methodology in knowing your health



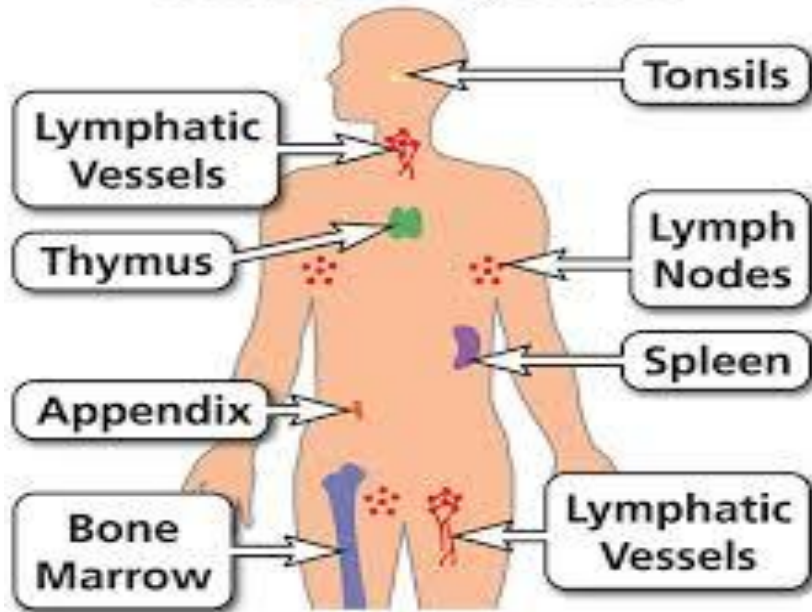
Your Health

WHO has developed the GLASS framework to monitor and control the problem of anti-microbial resistance (AMR). It has set a timeline and prioritization of AMR category for this. A baseline is available below.

Priority specimen	Priority pathogens	Sources of infection	Indicators via AST
Bloodstream infections	E-coli, K. pneumoniae A. baumannii S. aureus S. pneumoniae Salmonella spp	Community, Hospital, Animal or livestock Food or Agricultural products	Patients with intermediate and resistant results for Antibiotic susceptibility testing (AST)
Urinary tract infections	E-coli K. pneumoniae	Community, Hospital, Animal or livestock	Patients with intermediate and resistant results
Acute diarrhea	Salmonella spp Shigella spp	Community, Hospital, Animal or livestock Food or Agricultural products	Patients with intermediate and resistant results
Gonorrhea, Urethra, Cervix	N gonorrhoeae	Community, Hospital	Patients with intermediate and resistant results

Your Health

Immune System



Here P stands for Psycho which means mind
N stands for Neuro which means nervous system

I stands for Immunology which means
bodies immune defenses

Details about the empty nest program are
part of the consultant's P2PC methodology
for healthier living

Energization of your anatomy

Design an empty nest program* to manage your PNI to influence immunity. It is an effort to work on conditioning the mind, so it controls the nervous system to respond by generating more white blood cells / immune cells that can attack invaders that affect the body's response to "stress, illness and every day medications" in different phases of activity and/or recovery.

Psychologists also recommend that people should involve themselves regularly in creative insights/ activity to ensure they have interests that are conformant with longevity and more for continued fulfillment.

Your Health



What you must know about drugs or medicines?

Is the drug spelt right in your latest prescription? Does the name include special symbols “like () or [a]”, lettered or numbered prefixes or suffixes? Is there any mention about the **drug dispersion or drug release**? What is the drug’s generic name, as this can help you know and procure the right drug to prevent medication errors due to different medicines having a similar name or having names that sound the same or when labelling is improper?

What does the drug treat as per the prescription or consultation slip? Is the drug safe for you and your Consumer Group (Pregnant, Paediatric, Geriatric or Others)? Has the drug cured you “satisfactorily” earlier? Do you know of the drug’s possible side effects? Do you know about Drug Adverse Events & steps to taken? Has the method of administration (orally, sublingual, rectal, IM, SC, IV or topical) been indicated correctly?

Your Health



Is the drug being bought in the right dosage & condition? how to and for how long you need to consume the drug? Have you been advised on how wrong consumption or casual disposal of medicines can affect you, or your family, or close in proximity social circles & even the environment?

To know more, review points such as: Is the drug on the Core Essential Medicines List? Is the drug on the Complementary Essential Medicines List indicating it needs specialized healthcare facilities or training? Is the drug an approved drug? Is the drug being prescribed as a repurposed product? Is the drug part of old or dead stock? Is the drug available in a newer or alternate formulation as a medicine?

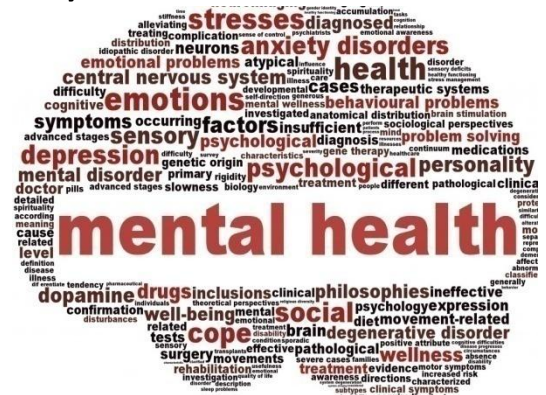
Do you have safe dispensing mechanisms to take your medications according to priority, dosage, timing or frequency (even if you suffer from failing eyesight, or cannot read)? Do you get your bag of medicines reviewed every time you consult your doctor or medical practitioner? Do you know of how to return or dispose of the drug when it is not needed?

Your Health

Stress, mental health problems and symptoms

Out of best current knowledge, the following list of symptoms (need to be questioned) for signs of stress or ailing mental health.

1. Low self-esteem
2. Unexplained anxiety or obsession
3. Feeling continued despair about loss in business, performance at work or in academics
4. Concern about family and other relationships
5. Feeling victimized, frustrated, unhappy mostly
6. Disorientation, sleeplessness
7. Believing in improbable things
8. Restlessness and/or nervousness
9. Prolonged irritability with severe bouts of anger

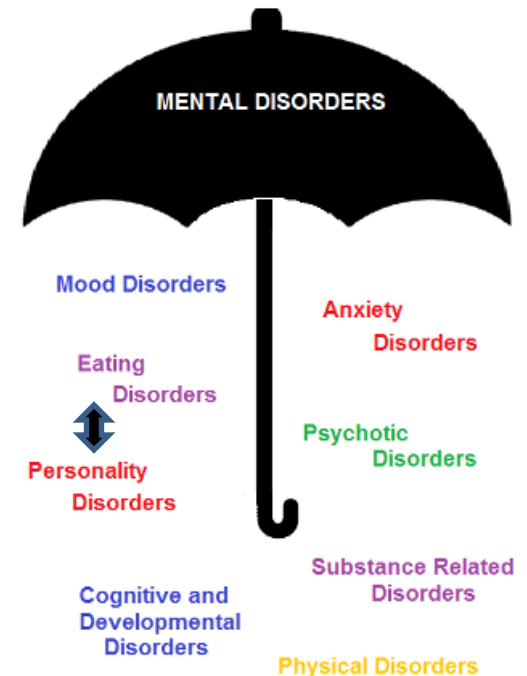


Your Health

Stress, mental health problems and symptoms

Out of best current knowledge, the following list of symptoms (need to be questioned) for signs of stress or ailing mental health.

10. Feelings of being rejected (or not being accepted) in the family, amongst peers and amidst associated social circles
11. Lack of any future direction or goal setting
12. Self-destructive behavior and/or addictions
13. Antisocial behavior
14. Speaking or thinking of suicide and ending life



Your Health

Positive Attitudes in today's stressful world

Today all over the world mental health is being recognized as the well-being of the intellectual and emotional parts of the mind. One important part of our minds is positive attitude, where this trait is self-developed.

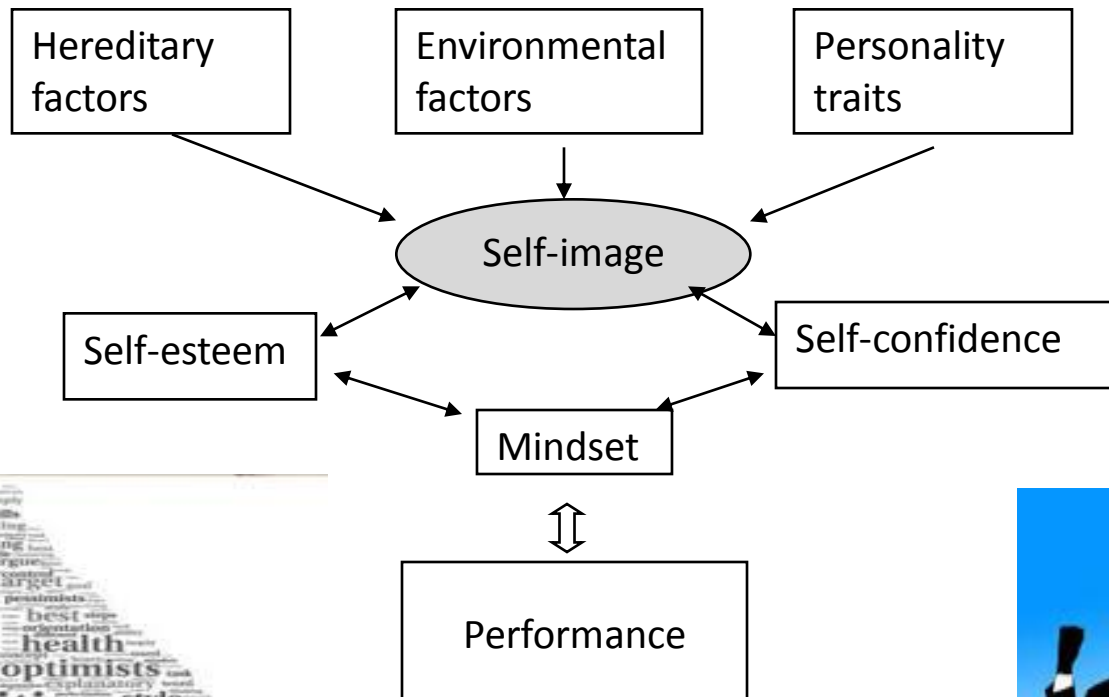


Positive attitude can help each of us do the following:

1. Deal with stress (like for example “examinations” in the life of students, “achieving promotions” in the life of a person at work)
2. Cope up with concerning situations
3. Improve our thinking and problem-solving ability
4. Boost our self-esteem and self-confidence (which together form our “self-image”)
5. Achieve our inner potential



What determines our self-image and mindset?



Your Health

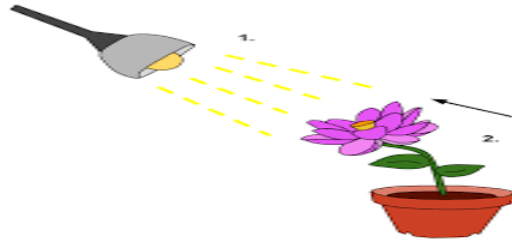


How does a positive mindset or attitude help?

To explain this we look at two scenarios

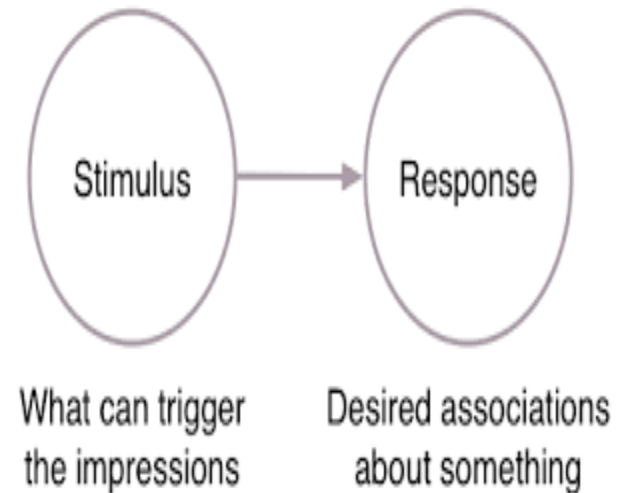
Scenario 1 (Reactive response)

Stimulus → Response



Scenario 2 (Conditioned response)

Stimulus → Positive Mindset + Choice → Response



In scenario 1, a person simply responds to external stimulus. This is simply reactive and need not produce the best of results.

In scenario 2, a person conditions his or her mind to think positively (in multiple ways) and then uses best choice to respond to any situation. This approach gives a person more control over the results that follow.

Your Health



What is the importance of a positive mindset or attitude?

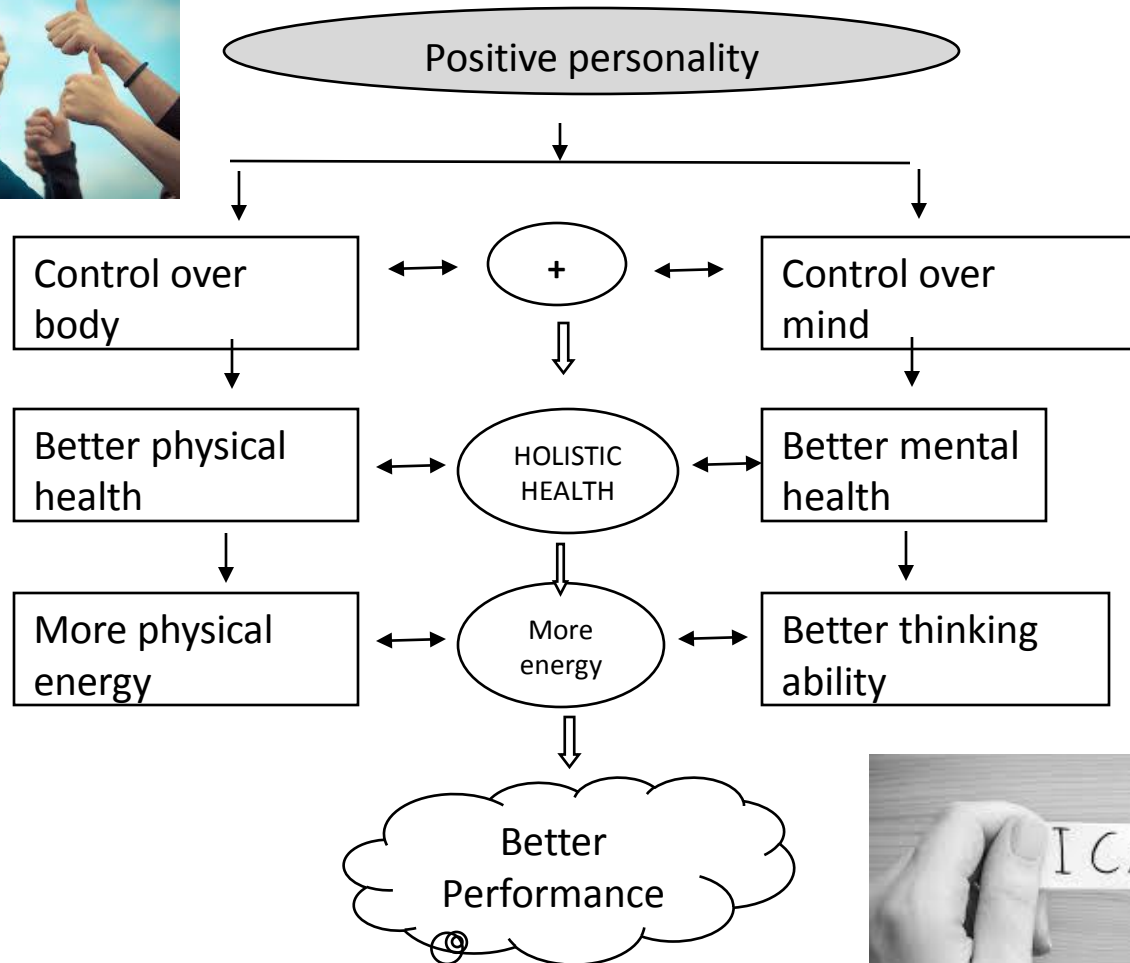
1. A positive attitude helps us remain in better control of difficult situations
2. It helps us rethink our thoughts and focus on problem solving. It prevents us from being extremely affected by a negative situation.
3. A positive attitude is an important part of personality development which in turn helps us achieve more success in our personal and professional lives.
4. A positive attitude helps us make more friends and improves our rapport with people.



Your Health



How does personality influence us?



Your Health



How can a person improve his or her mindset or attitude?

1. Make a list of strengths and weaknesses
2. Make a list of achievements that improved your energy levels
3. Look at all failures from an objective point of view (practice the SOAR technique to do this)
4. Set yourself goals that are short term, long term, life based, interests based)
5. Believe in yourself (it is important to mention one organization called “Mouth and Foot Painting Artists Association, Mumbai” where differently able children and adults use only their mouth and foot to draw and paint art that is marketed. This is an example of how willpower and commitment can help one succeed).



Your Health



The SOAR technique

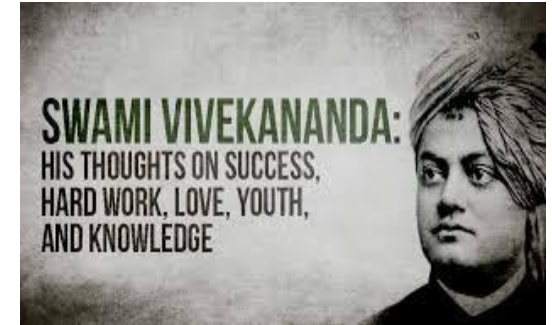
1. **S – Stop thinking** negative thoughts but sit in silence to re-energize your self. Get inspired.

2. **O – Observe** what your feelings are doing to your mind and body

3. **A – Accept** whatever has happened or is happening in an objective sense (focus on what to do next)

4. **R – Relax** and let go of your strong concern for the problem. Become more objective and results oriented.

Practising this technique will help raise your energy levels to rethink strategy and thereon act better.



Your Health

Drug addiction and symptoms

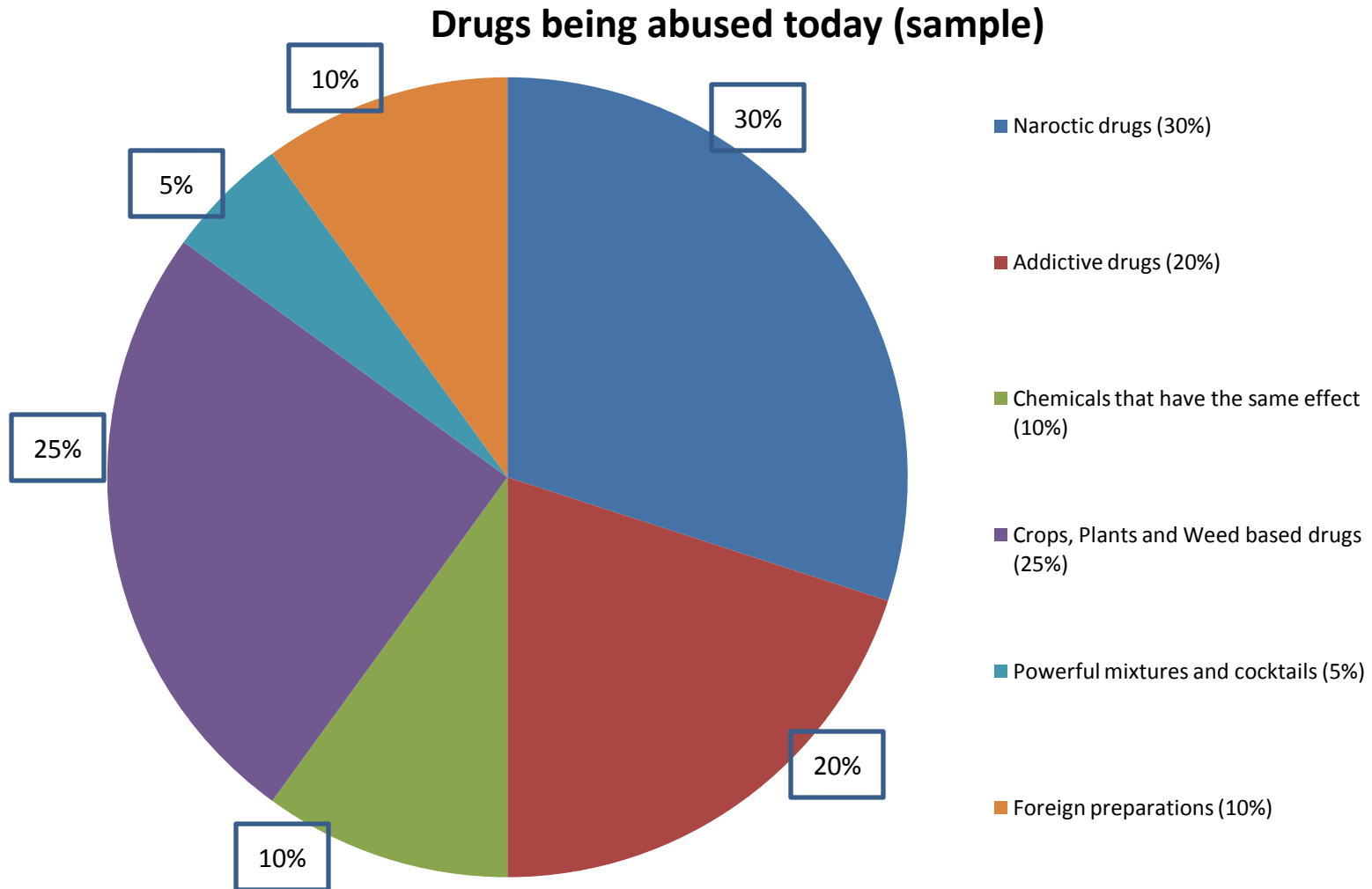
Out of best current knowledge, the following list of symptoms (need to be monitored) for signs of drug addiction.

1. Weight loss (sudden and unpredicted)
2. Physical appearance changes (unforeseen)
3. Shies away from direct one to one conversations
4. Reduced inter-activeness (unexplained)
5. Emotional outbursts or mood swings
6. Needle or injection marks (unconfined or unexplained)
7. Pocket money related trends (asks for money or seen having more money)
8. Has unknown contacts on mobile (not known earlier or not accounted for)



Your Health

Drug addiction and symptoms (continued)



Your Health

Victim of abuse and symptoms

Out of best current knowledge, the following list of symptoms (need to be questioned empathically) for signs of abuse.

1. Physical appearance changes (unforeseen premature or post puberty changes)
2. Weight gain (sudden or unpredicted around the navel area for girl students)
3. Shies away from direct one to one conversations (about premature or unforeseen changes in menstrual cycle for girl students)
4. Cuts, bruises or injury marks (unexplained in private or near private areas)
5. Reduced inter-activeness (unexplained)
6. Fear, emotional outbursts or mood swings
7. Visits to the toilet frequent (seems upset or concerned)
8. Talks about whether the mobile can be misused to disclose one's pictures or photos (not known earlier or not accounted for)

Your Health

Victim of abuse and symptoms

Maltreatment Type	Symptoms
Neglect	<ul style="list-style-type: none">▪ Signs of malnutrition▪ Poor hygiene▪ Unattended physical or medical problems
Physical abuse	<ul style="list-style-type: none">▪ Unexplained bruises, burns, or welts▪ Child appears frightened of a parent or caregiver
Sexual abuse	<ul style="list-style-type: none">▪ Pain, bleeding, redness, or swelling in anal or genital area▪ Age-inappropriate sexual play with toys, self, or others▪ Age-inappropriate knowledge of sex
Emotional abuse	<ul style="list-style-type: none">▪ Extremes in behavior, ranging from overly aggressive to overly passive▪ Delayed physical, emotional, or intellectual development

Your Health

Victim of abuse and symptoms

Signs of Elder Abuse

Physical:

- Bruises or grip marks
- Repeated unexplained injuries
- Dismissive attitude about injuries

Neglect:

- Lack of food and water
- Lack of basic hygiene
- Sunken eyes or loss of weight

Psychological:

- Uncommunicative and unresponsive
- Unreasonably fearful or suspicious
- Lack of interest in social contact
- Unexplained changes in behavior

Financial:

- Life circumstances don't match what is known about the person's financial assets
- Large withdrawals from bank accounts
- Signature on checks doesn't match the older person's signature

Your Health

To help secure your life and well-being

It is important that you have this information handy.

1. Your name, sex, age, blood group (though it is recommended that the same be ascertained prior to any medical procedure or intervention)
2. Your blood pressure, blood sugar levels (whether normal, low, high)
- 3.a Any other life changing condition
- 3.b Any anti-microbial resistance incidences
- 3.c Organ donor (details)
4. Your address
5. Your emergency contact numbers
- 6.a Your medical history (in brief)
- 6.b Your last major complaint (in brief)
7. Whether on prescription medicines
8. Whether under treatment
9. Any adverse drug reactions



Your Health

To help secure your life and well-being (continued)

10. Dial-in numbers for

- (a) A family doctor or physician
- (b) A preferred hospital or nursing home
- (c) Medical history related hospital, nursing home, medical practitioner
- (d) Preferred First-aid or emergency services

Please ask for the Secure Your Life Card to help take this initiative further.

Disclaimer: As the role of social etiquette and consumer behavior determine the response to incidences affecting an individual, the information available in the Secure Your Life Card can only universally reduce risk and facilitate decision making. To facilitate more adaptability, it can also include a URL that will in future be provided by healthcare providers, diagnostic centres or medical practitioners for what is termed as anytime look up of patient history information with the help of an emergency code.

Designed by:

K.S.Venkatram (AOEC, Gap analysis consultancy)

Malleswaram, Bengaluru

Email: venkataoec@gmail.com

Mobile: 9342867666

Name of Healthcare (Claim) Policy:



Secure Your Life (Companion Card) [Y]/[N]

Card No:

Name:

(Mobile Pattern)

Sex:

Age:

Blood Group:

Blood pressure (level): High/Normal/Low

Blood sugar (level): High/Normal/Low

Life changing condition (if relevant):

PHOTOGRAPH

Sample only

Anti-microbial resistance incidences (if relevant):

 Organ donor (details):

 Linked AADHAAR No:

Linked with Healthcare (Claim)

Policy No:

Card valid from:

Card valid till:



Name:

Card no:

Sample only

Whom to contact and important details in case of an emergency

Telephone numbers:

Names of family doctor or physician and contact numbers:

Names of preferred hospital or nursing home and contact numbers:

Medical history:  If [Y], URL for lookup:

Last major complaint:  If [Y], URL for lookup:

Preferred First-aid or Emergency services (medication, medical equipment registration for emergency admission & need for treatment details, whom to contact numbers):

Whether on prescription medicines? Yes/No

Whether under treatment? Yes/No

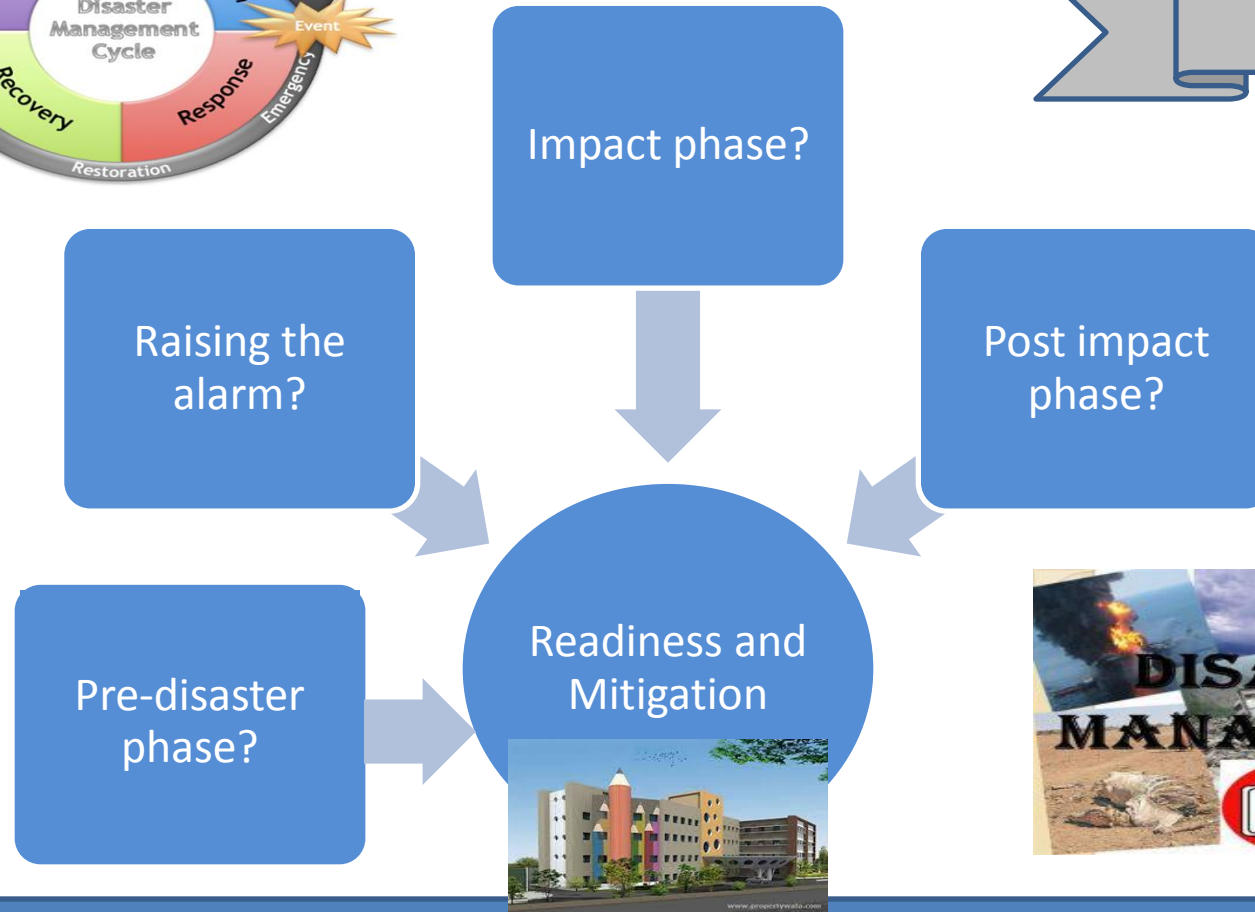
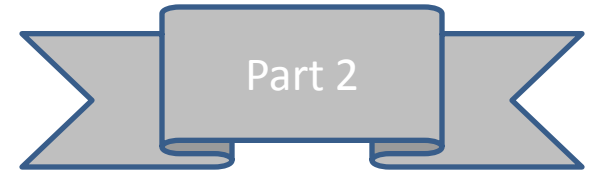
Any adverse drug reactions:

If found please return to:

 If [Y] or  image present means that this information is part of a database

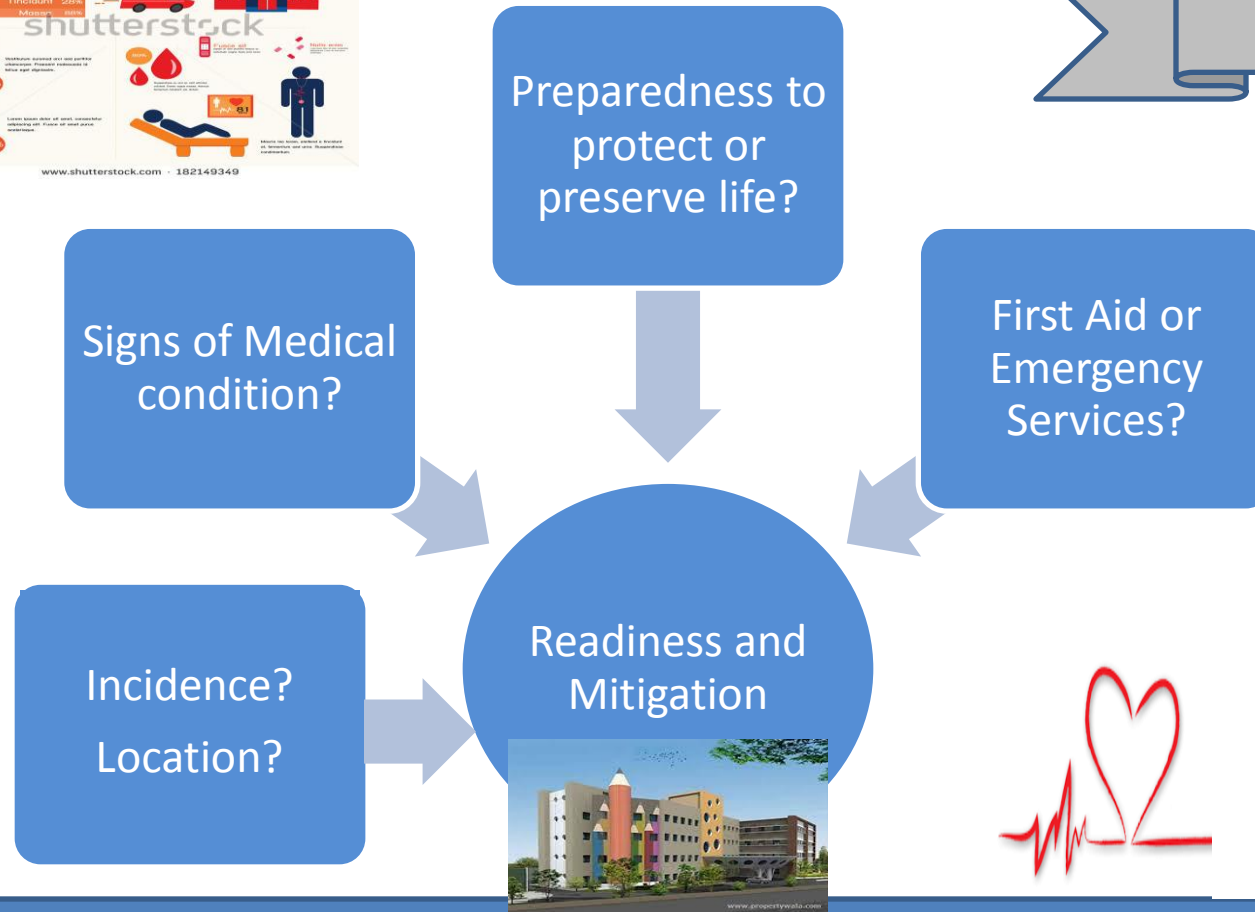
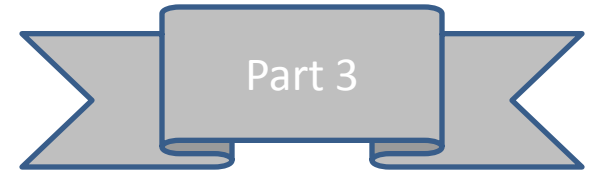


Towards Disaster Management



Get Your Guide for Readiness & Disaster Mitigation

Towards Anytime Aid or Emergency Services



Get your First Aid Guide

Secure Your Life (booklet)