

Chuckle n'Chat

Warning signs of
lung infection and
ways you can treat it

**3 MOST COMMON
SYMPTOMS OF
TYPE 2 DIABETES**

EVERYTHING YOU
NEED TO KNOW ABOUT
'HEALTHWASHING'



April edition 2022

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editor's comment



Dear Readers

The Covid-19 pandemic has changed our lives in innumerable ways. Many of us may feel a bit different than the people we were at the beginning of the pandemic. And while the pandemic has brought stresses, challenges, and a lot of tragedy, it's okay if at this point into it, you're also grateful for the personal changes it's meant for you.

Whenever there's a moment that feels like a change or a chapter break, it's an opportunity. And if you discovered something new and better when you were forced to live differently during the pandemic, it's absolutely okay to hang on to that.

For some of us, the pandemic forced us to experiment with lifestyles or routines we wouldn't otherwise have tried. Be it working from home, spending less time on the go, spending more time with family, or taking more time for self-care. The pandemic has meant different things to different people, when it comes to how it may have changed your work, social, and leisure routines. But for many, covid-19 has meant doing less and interacting with fewer people.

As some countries begin to reopen, you might feel pressure to add back all of those prior commitments. If you don't want to, think about what obstacles are actually

standing in the way of making the changes you want to hold on to. For example, maybe a return to office is making your schedule especially crazy or you've signed up your family for multiple activities. 2020 and 2021 were bleak years because of the number of people who died being family, friends and workmates but there was one distinct ray of light, and hope: the World Health Organisation approved the world's first malaria vaccine, 'Mosquirix'. This Covid-19 pandemic is nowhere near over. It is the nature of viruses to evolve and mutate, so it's to be expected that we will continue to see new variants emerge as the pandemic goes on. Restrictions are mostly decided based on facts and data on the number of cases, infection risk of variants and the uptake of vaccination of the entire population.

BA.2 has caught attention in recent days as it has been responsible for an increasing proportion of Omicron infections compared to the BA.1 lineage that has been the dominant Omicron type so far. For us all it's about living safely with Covid-19 and not just about living with Covid-19. We at MASCA take the opportunity, to wish you all, Our Members, Member Firms and Health Service Providers, good health and a happy relaxing Easter.

Bye bye *Maria*

PLEASE NOTE!!

WHILE EVERY REASONABLE PRECAUTION HAS BEEN TAKEN TO ENSURE THE ACCURACY OF THE ADVICE AND INFORMATION GIVEN TO READERS, NEITHER THE EDITOR, MASCA OR THE PUBLISHERS CAN ACCEPT ANY RESPONSIBILITY FOR THE ARTICLES THAT HAVE BEEN SUBMITTED FOR PUBLICATION.



BODY LANGUAGE

Warning signs of lung infection and ways you can treat it

Our respiratory health can be affected by many factors. Doctors and medical professionals are concerned about the acute rise in the number of people suffering with chest pain and breathing issues.

To top it off, lung infections can also take a serious toll on a person. Caused by a virus, bacteria, and sometimes even a fungus, one of the most common types of lung infection is pneumonia, which can go from mild to life-threatening problems. That said, it is extremely crucial to know all about the signs and symptoms of a lung infection and figure out ways to treat it immediately.

Persistent cough with thick mucus can be a sign of lung infection

A person dealing with a lung infection may cough persistently, helping him or her get rid of the mucus produced from inflammation of the airways and lungs. Respiratory

illnesses like bronchitis or pneumonia may trigger coughing that may be accompanied with thick mucus ranging from clear, yellowish-grey, green, white colour. Sometimes, the mucus may carry blood. This type of cough may continue for many weeks.



Shortness of breath and heavy chest pain can cause distress

Shortness of breath means when you find it difficult to breathe or have trouble finishing a cycle of breath. Besides lung infection, it can be a sign of many other dangerous illnesses including a heart attack, which is why it is all the more

important to get it diagnosed in time. A lung infection may cause shortness of breath accompanied with a stabbing chest pain.

You may experience wheezing

When you have a lung infection, your airways may narrow down due to inflammation. This could therefore lead to wheezing, a high-pitched whistling sound when you exhale.



Lung infections may come with fever, chills and fatigue

Any form of infection can cause serious inflammation in the body, leading to severe health issues. Lung infections are no different. That said, it may be accompanied with fever, chills and fatigue, only indicating that your body is trying to fight off the infection.

Treatments

Doctors may prescribe antibiotics to treat a bacterial lung infection. Additionally, lung infections caused by a fungus can be treated with the help of antifungal medications.

However, these might not help with an infection caused by a virus. You'll have to wait for your body to fight off the infection on its own.

Home remedies to treat lung infections

While most lung infections can be treated with prescribed medications, certain home remedies can help speed up the recovery and ease your symptoms. Here are some of the ways you can do that.



- Drink lots and lots of fluid
- Get plenty of rest
- Make sure you follow a healthy diet
- Make use of humidifier or remember to practice steam inhalation
- Drink warm drinks
- Avoid smoking or being around a smoker
- Do not lie flat while sleeping. Instead keep your head elevated to avoid letting the mucus settle in your chest.

HEALTH WATCH

Recognising the three most common symptoms of Type 2 diabetes

Type 2 diabetes is a chronic metabolic condition characterised by high blood sugar levels that can only be managed by taking medications. A person is diagnosed with diabetes when the pancreas does not produce enough insulin (a hormone) or if the cells are not able to utilise it to turn the glucose produced from food into energy. This is due to glucose which remains in the blood affecting different functions of the body. The signs and symptoms of diabetes start to appear slowly and vary from person to person. However, there are some signs which are common and can be witnessed in most cases of diabetes. Together they are referred to as the three P's of diabetes - polydipsia, polyuria, and polyphagia.

The 3 Ps of diabetes:

Polydipsia

Polydipsia is a medical term used to describe excessive thirst, which is common among diabetic patients. In

this situation, a person feels excessive thirst or parched. It starts happening in the case of diabetes when the rounds to the bathroom increase. Due to the presence of excessive glucose in the bloodstream, our kidneys have to work extra to remove them from our system. It increases the frequency of urination and the body's requirement for water. You eventually feel more thirsty to make up for the fluid loss from the body.



Polyuria

Polyuria is a medical condition used to define excessive passing of urine, which is another hallmark sign of

diabetes. Unmanaged or high blood sugar levels forces kidneys to overwork to remove the unused glucose and toxins in the bloodstream. After kidneys filter excessive glucose they are excreted through urine. Most people produce about 1–2 litres of urine per day, but in the case of polyuria, it increases to more than 3 litres of urine in a day. Other conditions that lead to polyuria are pregnancy, kidney disease, high calcium levels and diuretic medications.



Polyphagia

When glucose obtained by absorption of food is not utilised by cells to produce energy, it makes the person feel hungry. The excessive hunger caused due to lack of fuel is known as polyphagia. The hunger associated with diabetes doesn't go away after consuming food. The more a person will eat the higher will be their blood sugar level. Even after eating they will feel tired and weak. Some other conditions that may lead to polyphagia include overactive thyroid or hyperthyroidism,

premenstrual syndrome (PMS) or stress.



How to manage diabetes

Polydipsia, polyuria, and polyphagia are three general symptoms of diabetes that are often witnessed together in this condition. However, there are other conditions as well in which a person may experience these signs. To confirm, consult with your doctor. Depending on the severity of your condition the doctor may prescribe you drugs or insulin shots. Along with that, you will be required to make some necessary lifestyle changes to manage your blood sugar levels. Remember that unmanaged diabetes can damage your organs over time and may turn fatal.



DID YOU KNOW? The Difference Between Blackouts and Fainting

Some people use the terms blackout and fainting interchangeably, but they are two different things. A blackout is a loss of memory. Fainting, also called passing out, is a loss of consciousness. Both of these can have several different causes.



What Causes a Blackout?

Intoxication. One of the main causes of temporary memory loss is intoxication, often with alcohol. According to one survey, over half of college students have blacked out from drinking at least once in their lives.

When your blood alcohol level reaches 0.15, you are likely to blackout. This is nearly double the legal limit for driving in most states.

A blackout from intoxication is due to a brain malfunction. Your brain stops saving the things you do as memories. You may act normal and do things like socialise, eat, drive, and drink. But, your brain is impaired and does not record your memories during this time.

Some people are more prone to blacking out than others. Blacking out is not always a sign that you abuse alcohol, but it can be.

Some people who drink heavily can also experience a brownout. This is when you remember some of the events of the time you were drinking. Sometimes, the events can come

back to you with a cue that sparks your memory.



Head injury. Even mild head injuries can lead to a concussion. This can cause you to have memory issues and confusion. Most of the time, if you have a concussion, you can't remember the events that led to the injury.

Epilepsy. Seizures can also cause memory problems. Sometimes, directly after a seizure, you can enter a state of post-ictal confusion (refers to the state shortly after the event) This means you may be confused and not remember what happened directly before the seizure, or what you did after the seizure happened. Generally, your memory of those

events will come back within 5-30 minutes, once the post-ictal state is over.

What Causes Fainting?

The primary cause of fainting is a temporary drop in blood pressure. When your blood pressure drops too low, your heart does not pump enough blood to your brain, so you lose consciousness. This is called syncope, which has many causes including:

Vagus nerve stimulation or irritation. This is also called vasovagal syncope. When your vagus nerve gets stimulated, your heart rate and blood pressure can lower, leading to fainting. This can happen when going to the bathroom, having blood taken, receiving a shot, or experiencing extreme emotions.

Standing too quickly. You may have experienced the feeling of getting lightheaded from standing up too quickly. Some people also faint from doing this. When that



happens, it is called orthostatic hypotension.

Internal bleeding. If you are bleeding internally, your blood pressure can drop.

Heart problems. Several heart conditions can cause fainting including irregular heartbeat and valve dysfunctions.

Epilepsy. Seizures can also cause fainting and full loss of consciousness, not just a blackout.


When to See a Doctor

If you faint frequently, you should visit your doctor to make sure it is not from an underlying health condition. You should also visit your doctor if you faint and have a history of heart disease.

Fainting while exercising is not common, and may be a cause for concern. Additionally, if you fall and hit your head, causing you to lose consciousness, you should always get evaluated by a doctor to rule out a head injury.

Frequent blackouts may be a sign of an underlying medical condition. It can also be a sign that you have an alcohol use disorder. Drinking to the point of blacking out frequently can lead to other problems, like issues with long-term memory. It can also make you more likely to injure yourself accidentally while intoxicated. If you would like to stop drinking, there are resources that can help.



A top-down photograph of a person with reddish-brown hair, wearing a light blue sweater and jeans, sitting on a bed. They are eating from a white plate that contains several small round items (possibly potatoes or dumplings) and some meat. The person is holding a remote control in their right hand, looking towards the right side of the frame. The bed has a blue blanket and a white pillow. The overall lighting is dim, suggesting a nighttime setting.

What Is Night Eating Syndrome?

Night eating syndrome (NES) is a condition that combines overeating at night with sleep problems. With NES, you eat a lot after dinner, have trouble sleeping, and eat when you wake up at night.

Symptoms

If you have NES, you eat at least a quarter of your daily calories after dinner.

If that's you, and you wake up to eat at least twice a week, you may have NES if you also have at least three of these:

- Lack of appetite in the morning
- A strong urge to eat between dinner and sleep
- Insomnia four or five nights a week
- A belief that eating is necessary to get to sleep or get back to sleep
- A depressed mood that gets worse during evening hours

Night eating syndrome is different from binge eating disorder. With BED, you're more likely to eat a lot at a single sitting. If you have NES, it's likely that you eat smaller amounts throughout the night.

NES is also different from sleep-related eating disorder. With NES, you'll remember that you've eaten the night before.

What Causes It?

It's not clear. Doctors think it might be related to issues with the sleep-wake cycle and some hormones. Changes in your sleep schedule and routines aren't responsible.

You're more likely to have night eating syndrome if you're obese or have another eating disorder. A history of depression, anxiety, and substance abuse are more common in people with NES.

NES affects a little more than 1 in 100 people. If you're obese, there's about a 1 in 10 chance you have it.

Genetic Reasons?

Researchers have found a possible link between NES and genetics. There's a gene called PER1 that's thought to have a hand in controlling your body clock. Scientists believe a defect in the gene could cause NES. More research is needed.



How Is It Diagnosed?

Your doctor will diagnose night eating syndrome after asking you questions about your sleep and eating habits. This could include a detailed questionnaire. You may also have a sleep test called polysomnography. It measures your:

- Brain waves
- Blood oxygen levels
- Heart and breathing rates

Usually, you'll have a polysomnography at a hospital or sleep center.

To be diagnosed with NES, you need to overeat at night for at least 3

months. The eating and sleeping patterns also can't be due to substance abuse, a medical disorder, medication, or another psychiatric issue.

Health Effects

NES is tied to obesity, but it's not clear if obesity is the cause or the effect of NES. One thing is known: the disorder makes it tough to lose weight. Not all studies have shown that you eat more if you have NES, and not everyone with night eating syndrome is obese.

Sleep troubles that come with NES also may contribute to weight gain. If you sleep poorly, you're more likely to be overweight.

Treatments

Antidepressants and cognitive behavioral therapy appear to help, though few studies have been done on NES. One small study found that relaxation training helped shift appetite from night to morning.

Several studies of antidepressants showed improvement with night eating, mood, and quality of life.

You may also take melatonin or substances that boost melatonin for NES.

As always, talk with your doctor before you take anything.

EVERYTHING YOU NEED TO KNOW ABOUT 'HEALTHWASHING'



Much like brain-washed or white-washed, it's the act of villainising nutrients that the food industry indulges in to keep its profits churning. So, what exactly is health washing?

When marketing people or health experts, position their product in a way, to make us believe that it is healthy, when in fact it is just the contrary, contributing to our poor health. Essentially, health washing is exactly like brainwashing which applies to trends and nutrition myths in the area of health and wellness.

Popular brands have faced strong criticism due to giving out misinformation about their product and their ingredients. So, we talk to experts who are here to guide us in order to become a more smart and informed buyer.

BECOME A SMART BUYER!

Experts say the brands will keep churning out products because that's how the marketing cycle works. So, it's the consumers who need to make

better choices. Experts say consumers need to become smart buyers. It's easy to fall prey to health washing. Being an informed consumer will help you make better decisions. It is recommended to minimally use any food which comes out of a box or packet. Shift to whole foods like vegetables, fruit, whole grains, nuts, seeds, herbs, lentils, beans and naturally raised animal foods to eliminate any chance of health-washing.



PAY ATTENTION TO INGREDIENTS

Paying attention to the ingredients of the product, before throwing it in your trolley is very important. Health experts say that it's because of this habit that most of the customers fall prey to this. Always read the ingredients on a product and check

for uncommon complex names that you cannot pronounce or do not understand. If there are more than two such ingredients, it's a sign that these products are loaded with ingredients that have been altered at a molecular level in a laboratory and may not be suitable for consumption. It is suggested that one should buy products that are herbal and has directly come from mother nature. Choose products that have natural ingredients, are environment friendly, sustainable, clean and have healthy packaging devoid of plastic. If the majority of the product can be recreated in your kitchen, it's a sign of it being healthy.



HERE'S HOW YOU CAN AVOID BEING HEALTH WASHED

Terms like sugar-free, low fat, natural, made with fruit, source of fibre, source of omega-3, high protein, and so on, are terms that are commonly used when it comes to health washing. Healthwashing magnifies attention to a particular nutrient mentioned on the main label in an attempt to make us believe that it is extremely nutritious. However, it negates the health-destroying ingredients also present in that food.

For example, boxes of cereal may claim to be sugar-free but may be loaded with artificial sweeteners and preservatives completely defeating the purpose. My strongest tip to keep away from falling prey to health washing would be to learn how to read all ingredients instead of buying a product at its face value. The only part of a label worth reading is the ingredients list and nutrition information. Never buy anything without reading those.



DON'T DISCONNECT WITH YOUR CULTURE FOOD

Experts say that health washing actually disconnects people from the food that is part of their culture and suits their climate rightly. More and more people are saying no to items

like ghee, rice, mangoes, bananas because they are labelled as items that make you fat. Ghee (is a class of clarified butter that originated in the Indus valley. It is commonly used in cuisine of the Indian subcontinent, Middle Eastern cuisine, traditional medicine, and religious rituals) and is a great source of Vitamin E, C, D and K. It is filled with antioxidants and it has been linked to lowering multiple health risks like cancer and heart disease. In fact, food made in ghee actually increases the nutrition level of the particular dish. All the ancient royal dishes are still made in ghee because of the nutritional value added to your body. But let's not forget that too much of anything is not good, and too much ghee isn't good either. Consumption of ghee in a moderate amount is a healthy option.

Nutritionist busts a few myths around healthwashing:

NATURAL MEANS HEALTHY

Natural has its own definition for every company. Read the labels and do not buy a product because it's natural.

ORGANIC AND HEALTHY

Know the certifications before relying on a company for organic produce. Consult a dietician. Consume the product for some time and see if you really find a difference rather than


paying double the amount every time



Labels usually mention portion size that's fit enough for small children whereas the product is for people 16 years and above, so obviously the portion size would be bigger than the one mentioned on the product.

Watch out for inscriptions on labels like:

- Low calorie
- It could have invisible calories in the form of artificial sweeteners
- Low fat
- It could be loaded with sugars and salt!
- Low salt
- It could be loaded with sugar and fats!
- Natural sweetener



Surprising Causes of High Cholesterol

Stress

Chronic stress causes a number of health problems, including high cholesterol. Research shows that it raises your risk for high LDL (“bad”) cholesterol and lowers levels of HDL (“good”) cholesterol. That’s because stress hormones, such as cortisol and adrenaline, trigger changes that may lead to higher blood sugar and inflammation. Over time, this may cause your liver to pump out more cholesterol and blood fats called triglycerides.

Unfiltered Coffee

That French press, Turkish coffee, or espresso habit may brew up trouble for your cholesterol. These coffees don’t use a filter, so oily compounds in the beans called diterpenes seep into your cup. These oils can raise

LDL cholesterol. While a serving or two a day is fine, experts recommend no more than four unfiltered coffees a day.

Medications

Some drugs may have an unexpected effect on your cholesterol. These include certain birth control pills, retinoids, corticosteroids, antivirals, and anticonvulsants. Some medicines for high blood pressure, such as diuretics and older forms of beta-blockers, can also raise your cholesterol. Talk to your doctor about any medications that you take. You may need a different dose or another drug altogether.



Thyroid Issues

Your body uses thyroid hormones to help remove the extra cholesterol that it doesn't need. So, when you have an underactive thyroid, or hypothyroidism, your levels of total and LDL cholesterol go up. Talk to your doctor if you have symptoms of hypothyroidism, such as fatigue, dry skin, muscle weakness and aches. A blood test can screen for the condition.



Type 2 Diabetes

Type 2 diabetes can cause high blood sugar. When there's too much sugar, it may attach to proteins, such as cholesterol molecules. This makes cholesterol more harmful. For example, people with type 2 diabetes tend to have more small, dense LDL particles, which raises the risk of heart disease. They also have lower

amounts of protective HDL cholesterol. This cholesterol may not work as well to sweep away the "bad" cholesterol.

Menopause

The sex hormone estrogen affects your cholesterol levels. When estrogen falls after menopause, your cholesterol goes up. Research shows that LDL and total cholesterol levels rise around and after your final period. To make matters worse, women gain an average of 8 to 10 pounds after menopause. They also stop exercising as much, which can up the risk of high cholesterol.

Sitting a Lot

Whether it's at your desk or on a couch, sitting for hours on end is bad for your health. It's linked with obesity, heart disease, and high cholesterol. When you sit for too long, an enzyme that turns harmful LDL cholesterol into good HDL cholesterol drops by 95%. To protect your heart, take frequent breaks. Stand up at least every 30 minutes and, if you can, go for a 5-minute walk every hour.

Liver Problems

Your liver makes, processes, and breaks down cholesterol. When your liver doesn't work properly, it can affect your cholesterol levels. One of the most common conditions is

nonalcoholic fatty liver disease (NAFLD), which happens when extra fat is stored in the liver. It affects nearly 1 in 4 adults. The more severe form is known as NASH (nonalcoholic steatohepatitis). It causes the liver to swell and scar, leading to liver cirrhosis.



Too Much Alcohol

Along with processing cholesterol, your liver also breaks down alcohol. So, when you drink too much, it can affect your cholesterol. One study found that men who drank heavily roughly 4½ drinks or more at once had worse cholesterol levels, compared to those who didn't. This was true for those who binged only on occasions, too. If you drink, keep it moderate no more than one drink a day for women and two for men.

Pregnancy

During pregnancy, your body uses cholesterol to help the foetus grow and develop. That's why your cholesterol levels may rise up to 50% in the second and third trimesters. They can stay elevated for about a month after birth. This temporary

spike usually doesn't harm the mother or baby. But if you already have high cholesterol, your doctor will want to keep track of your levels.

Kidney Problems

Cholesterol affects the way your kidneys work. Research shows that high cholesterol may harm kidney function and raise your risk of kidney disease. On the flip side, kidney problems may increase your cholesterol levels. Research shows that nephrotic syndrome, a type of kidney disorder, increases your LDL and total cholesterol levels. Chronic kidney disease also lowers your HDL levels.



A High-Sugar Diet

Saturated fat is often blamed as the main dietary cause of heart disease. But too much sugar is a culprit, too. A diet high in the sweet stuff causes your liver to make more LDL cholesterol and triglycerides, and less HDL cholesterol. One study found that people who got 10% or more of their calories from added sugars were up to 3 times as likely to have low HDL levels, compared to those who got less than half that amount.

MIDGETS

Hypothyroidism: Signs of an underactive thyroid in children



The prevalence of hypothyroidism disease is common in adults but children too are equally prone to this hormonal issue. The endocrine disorder in fact can affect people of all age groups, including children and newborns.

Hypothyroidism is referred to as an endocrine disorder in which the thyroid gland (the butterfly-shaped gland present at the lower neck) does not produce enough thyroid hormone required for the normal functioning of the body. A low amount of thyroid hormones in the blood may slow down a child's growth rate and even lead to other

symptoms like fatigue, weight gain, constipation, and cognitive delay.

What causes hypothyroidism in children

Hypothyroidism is mostly caused in children when someone in the family already suffers from this condition. Children with parents, grandparents and siblings suffering from endocrine disorders are more likely to develop this condition. The younger ones are either born with the endocrine disorder or develop later in childhood. In this condition, the thyroid does not produce and release enough thyroid hormone into

your bloodstream. It slows down the metabolism and decreases the growth rate, leading to weight gain and making it difficult to tolerate cold weather.

Who is at greater risk?

Children suffering from some particular conditions are at greater risk of developing hypothyroidism later in life. It includes conditions like:

1. A chromosomal disorder
2. An autoimmune disorder
3. Not enough or too much iodine intake
4. Injury to the thyroid gland
5. Radiation to the head and neck
6. Unmanaged thyroid disorder in mother during pregnancy

Symptoms of hypothyroidism in newborns

The symptoms of hypothyroidism vary in children depending on their age. The signs are different in newborns than younger children. In newborns, the signs appear a few weeks or months after their birth. The common signs include:

1. Yellowing of the skin and whites of the eyes
2. Constipation
3. Low appetite
4. Cold skin
5. Less crying
6. Heavy breathing

7. Decreased activity
8. A large tongue

Symptoms of hypothyroidism in younger children

In younger children, signs of hypothyroidism are similar to grown-ups to some extent. They are:

1. Shorter than average height
2. Shorter than average limbs
3. Slow mental development
4. Brittle hair
5. Puffy face
6. Tiredness
7. Constipation
8. Dry skin

Treatment

The treatment method for hypothyroidism is different for newborns and younger children. Depending on the severity of the condition, the doctor may prescribe daily thyroid hormone therapy with medications. Remember that it is important to get proper treatment for hypothyroidism to manage the symptoms. Untreated hypothyroidism may lead to problems with the nervous system or developmental delays.

Common First Aid Dos and Don'ts



Don't: Lean Back for Nosebleeds

Tilting your head back sends the blood down your throat, which could irritate your stomach or even choke you. Better to sit down and lean forward just slightly. Don't lie down and keep your head above your heart to slow the bleeding. Pinch the front of your nose with your thumb and forefinger for 5 minutes. Check if the flow has stopped. Repeat if needed. If your nose is still bleeding

after 20 minutes, call your doctor or get medical help.

Don't: Butter Your Burns

Greasy ointments can seal in the heat. Plus, butter or petroleum jelly might help trap bacteria that cause infection. Instead, run cool, not icy, water over your burn for 5-10 minutes and wash gently with soap. Go to your doctor or clinic if your burn is bigger than your hand, or if it's on your hands, face, or private parts.

Do: Put the Tooth Back In

Hold a knocked-out tooth without touching the root. If dirty, quickly

rinse in water. Then try to put the tooth back in its gum socket. If you cannot, put it in your mouth next to your cheek then put it in milk. Don't keep it in tap water because it can damage the root. Get to your dentist or to the Emergency Room right away. Your chances of saving the tooth is highest within the first 30 minutes.

Don't: Apply Heat on Frozen Hands

Frostbitten or frozen skin can burn at temperatures that may normally be comfortable. That's especially true for direct heat from a stove, fire, or a heating pad. Thaw hands or feet in about 100-degree Fahrenheit water. It should feel warm, not hot, to a person or a body part that isn't frozen. Get to a doctor if any part of the skin turns hard and white.

Do: Push Down on Serious Bleeding

Stop the flow with gauze or sterile cloth over the wound. Use a clean T-shirt or sock if that's all you have. Raise the injured part to let gravity help slow the bleeding. You can bandage the wound to keep constant pressure on it. See a doctor for care afterwards. Get medical care right away if the blood is spurting or if it won't stop.

Do: Use the Heimlich Method for Choking

This maneuver can dislodge food or objects from choking a person's airway when they cannot, cough, or breathe. To do the Heimlich, stand behind the person, put your arms around their waist, and bend them forward. Put your fist just above the belly button, below the rib cage, and close your other hand over it. Give several sharp thrusts in and up until the item pops out.



Do: Back Slap for Choking

The Red Cross suggests doing this only if you bend the person forward at the waist and support their chest with your other hand. Strike them between the shoulder blades several times. Then switch to the Heimlich maneuver and alternate until the food pops out. Never strike a choking person on the back if they're standing upright. That could actually send the food farther down their windpipe.

Do: Keep a detached Severed Fingertip

Clean the fingertip with water or, better yet, sterile saline solution or even contact lens solution. Then cover the digit in damp gauze and put it in a watertight bag on ice. Take care that the fingertip doesn't touch the ice directly, which could further damage it.



Don't: Take Ipecac for Poisoning

Syrup of ipecac will make you throw up what's in your stomach. But that doesn't seem to get rid of the poison. Ipecac itself can be unsafe with certain poisons or for some people with medical problems. If you've swallowed something dangerous, call 999.

Don't: Remove Deeply Stuck Objects

You can probably take out a splinter on your own. But if a needle, fishhook, pencil, or something else is stuck deep in your skin, it's best to

let your doctor remove it. If the site is sore, red, or if you suspect it's infected, get medical help. Take care not to push down the embedded object even deeper.

Don't: Rub an Injured Eye

If something feels stuck in your eye, blink to try to flush it out. You can also rinse with saline or contact solution or tap water. But if you think your eye is cut or punctured, or if something is clearly sticking out of it, get to a doctor right away. Don't attempt to pull out an object or use any medication. If necessary, tape the bottom of a paper cup around the eye to protect it.

Do: Roll an Unconscious Person on Their Side

Then gently tilt their head back. This helps keep the tongue out of the way of the airway so they can breathe. This "recovery position" lets blood and vomit drain out of the mouth. Don't try this if the person may have injured their spine or neck, such as after a car crash. With infants, put them face down over your arm and support their neck and head with your hand. Just be sure to keep clear of the nose and mouth. Call 999.



SMOOTH NEWS

7 myths about endometriosis

Lots of theories, lots of misinterpretation and a whole lot of myths. So, let's set the record straight on a few things.

Endometriosis, or endo for short, is a chronic inflammatory condition in which cells that are similar to the lining of the uterus (endometrium) grow outside of this layer and result in pain, inflammation, organ dysfunction, and, in some cases, infertility. Emphasis is put on the term 'similar' because there are a lot of incorrect definitions that refer to endo as the endometrium, despite histological and genetic variations.

A hysterectomy does not cure endometriosis

Endometriosis is tissue similar to the lining of the uterus, that grows outside of the uterus.

Therefore, removing the uterus will not remove the endometriosis. It may relieve some symptoms, but it won't cure endometriosis as there is no cure for this condition.



Pregnancy does not cure endometriosis

Some people with endometriosis may experience temporary suppression of their symptoms while pregnant.

Teenagers can get endometriosis

Prior to the introduction of laparoscopy in the 1970s,

endometriosis could only be diagnosed during a laparotomy, which is a major surgical procedure resulting in some decent-sized scars. We're talking a 10-15cm incision into the abdomen. Because of the risks and costs associated with a laparotomy, this procedure was only really performed as a last resort for those with super severe symptoms, who were past child-bearing age.

So, obviously, not teenagers. Nobody is too young to have this condition and it's often throughout adolescence that our symptoms develop even though many of us won't receive a diagnosis until we're in our twenties or thirties. Endometriosis has even been found in an unborn foetus!



Menopause does not stop endometriosis

As you probably know, menopause is when you stop menstruating. The body's production of estrogen and progesterone slows down and your hormone levels fall to a point where your ovaries stop releasing eggs. However, there is no guarantee that menopause will stop your endometriosis because the lesions create their own localised estrogen.

Birth control does not stop endometriosis

Birth control can treat the symptoms of endometriosis, but there's no evidence to suggest it can treat or stop the growth of the actual disease itself. It is suggested that birth control helps relieve pain for some people, which is helpful, but it's important to remember that it is normally a chronic inflammatory condition.

Endometriosis is not a menstrual disease

One of the proposed theories surrounding endometriosis is this thing called retrograde menstruation, which is when blood flows backwards into the pelvis instead of out of the vagina during menstruation.

It does not grow in accordance to menstrual cycles and, as mentioned previously, endometriosis has been found in people who do not have a uterus; therefore, it cannot be regarded as a menstrual disease or a disease of the uterus.

Endometriosis is not the endometrium

Therefore, it doesn't always correspond to the usual hormonal changes that induce menstruation. Endometriosis is in a different lane and the uterus is not to blame!



CHUCKLES

AUBURN

During a lesson about adjectives, my friend, an elementary school teacher, asked her class to describe their mothers. One boy described his mother's hair as auburn.

Impressed by his sophisticated word choice, my friend asked: "How do you know her hair colour is auburn?" Her student replied: "Because that's what it says on the box."

ONLY ON TUESDAYS

"Has your son decided what he wants to be when he grows up?" I asked my friend. "He wants to be a dustbin-man," he replied. "That's an unusual ambition to have at such a young age." "Not really. He thinks that dustbin-men work only on Tuesdays."

AN ENGLISH PROFESSOR WROTE THE WORDS:

"A woman without her man is nothing" on the chalkboard and asked the students to punctuate it correctly.

All of the males in the class wrote:

"A woman, without her man, is nothing."

All of the females in the class wrote:

"A woman: without her, man is nothing."

IS GOOGLE A HE OR SHE?

A She, no doubt, because it won't let you finish your sentence without suggesting other ideas.

GETTING OVER BUMPS

I've never liked speed bumps much. But I'm getting over it slowly.

I'M IN FRONT OF IT

Mother knocks on her son's door, "It's late. Are you still behind your computer screen playing video games?"

The son replies, "of course not. I'm in front of it."



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