Health, Stress and Prevention from Casualty

Alcohol, Drug addiction, Brain attack, Sudden death and Life Style Modification in Cold- Hot Zone and Stress Management

Nepalese Embassy, Seoul, South Korea, Sungbuk-dong, Sungbuk-gu

Dr. Sarun Koirala, MD
WHAT IS HEALTH? (WHO)

- Physical wellbeing
- Mental wellbeing
- Social wellbeing

HEALTH
Isn’t it contrasting?
Plain Packs Would 'Turn Teenagers Off Smoking'  

Obama Jokes that First Lady ‘Scared’ Him into Quitting Smoking

In an unguarded moment on Monday, President Barack Obama joked that he was able to successfully quit smoking "because I'm scared of my wife."

Following a Civil Society Roundtable at the opening day of the United Nations General Assembly meeting, an open mic caught the president questioning U.N. Special Rapporteur Maina Kiai about his smoking habit.
पत्नी को डरले ओबामाले चुरौट छोड़े

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न्यूयॉर्क- कहाँ है आज की ओबामा की पत्नी मिली?

पक्षियों को सूचित बल कर्जामा अमेरिकी र उत्तर भारतीय संलग्न

बैरोडी- केन्या छिड़ेन्यात अमेरिका मुख्यमंत्री बैरोडी स्थानीय प्रभाव कभी नहीं होगा।

पत्नी को डरले ओबामाले चुरौट छोड़े

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पाकिस्तान में शक्तिशाली क्रममेंना ४ ५ वां विशेष (पाकिस्तान)- पक्षियों को पत्नी का बल सुभूतिस्थापना में मदद देने के लिए पक्षियों के लिए मुफ्त ब्रह्मांड में व्यापक महान समय अधिकारी आप जानते हैं।

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Alcohol and young people in Nepal

By Rupa Dhital, child worker in Katmandhu

Background

Being a multicultural and multi-ethnic country, Nepal is lagging behind in terms of society regarding alcohol use. But with the passage of time, social mores have weakened and caste-bound restraints have disappeared. The use of alcohol has found its way to various strata of society. The alcohol industry is powerful and earning a large chunk of the national economy generating one of the highest revenues from excise duties. The marketing of the product, and alcohol is available everywhere, without any restriction. The easy access to and availability of alcohol in an extremely conducive social environment, especially amongst the youth, is making them begin drinking. The anti-alcohol movements started by women in dry-zones and prohibited areas, though enjoyed initial success, have now become unsustainable due to market pressure and lack of legal stand of alcohol.

In 2000, I had the opportunity to co-ordinate a national survey as part of a Local Action project supported by FORUT. It involved interviewing 24,000 households in 16 districts representing both rural and urban development regions. The study provides the baseline information on the use of alcohol and drugs across different strata of the population in terms of age, gender and the adult population. The study also examines initiation to alcohol use and its correlation with risky drinking patterns among the youth.

Govt to alert communities of alarming figures

Alcohol the drug of choice for teens

THE social cost of drug abuse from alcohol, tobacco and illicit drug use is estimated to cost Australians $34 billion annually.

It is this staggering figure that prompts the Alcohol and other Drugs Council of Australia to hold their Drug Action Week each year.

"Drug and alcohol abuse cause a wide range of social and economic problems, including driving, drug-related violence, absenteeism and loss of productivity," Parliamentary Secretary to the Minister for Health and Ageing, Christopher Pyne, said.

Mr Pyne said the Federal Government was committed to alerting the community, particularly the young people, about the harm illicit drugs cause.

In the past month, 70 per cent of 16 and 17-year-olds have used alcohol 33 per cent have used tobacco and it is these kinds of alarming figures that are being targeted during Drug Action Week.
Reaction and in family
Prescription/Over-the-Counter Drugs Account for 7 Out of 11 of the Most Frequently Abused Drugs

Prevalence of Past Year Drug Use Among 12th Graders

In 2008, 15.4% of 12th graders reported abusing prescription drugs within the past year.

SOURCE: University of Michigan, 2008 Monitoring the Future Study
Percentage of Illicit Drug Use Concurrent with Last Alcohol Use

Source: 2006 and 2007 SAMHSA National Surveys on Drug Use and Health (NSDUHs).
रक्सी चढाइने मन्दिर

काढमार्गमा धेरै मठ-मन्दिर छन्, जस्रोहिनी हिन्दू धर्मावलम्बीहरूको फूल, अक्षत, दूध, तिक्का आदि पवित्र सामानहरू भगवानको नाममा चढाइन्छन्, तर वीर अस्पतालको ठीक विपरीत स्थानमा दूलो टूटिएको फिलामा अवस्थित महाकाल मन्दिरमा रक्सी चढाइन्छ। कारण यहाँ १ सय वर्ष पहले महाकालको शिला श्रीटिपिछा जिलेको राजाहरूले महाकालको मन्दिर निर्माण गरेको हितिहास छ। प्राप्ति: मकन्दराज अर्यान्त सन्न्यासिमा निधिविहारले यो मन्दिरमा रक्सी चढाएको ।
<table>
<thead>
<tr>
<th>Occupation</th>
<th>Drug Use</th>
<th>Alcohol Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>0.077</td>
<td>0.075</td>
</tr>
<tr>
<td>Food Preparation, Waitstaff &amp; Bartenders</td>
<td>0.187</td>
<td>0.15</td>
</tr>
<tr>
<td>Construction</td>
<td>0.141</td>
<td>0.124</td>
</tr>
<tr>
<td>Other Service</td>
<td>0.125</td>
<td>0.114</td>
</tr>
<tr>
<td>Transportation &amp; Material Moving</td>
<td>0.1</td>
<td>0.108</td>
</tr>
<tr>
<td>Sales</td>
<td>0.091</td>
<td>0.041</td>
</tr>
<tr>
<td>Machine Operators &amp; Inspectors</td>
<td>0.089</td>
<td>0.09</td>
</tr>
<tr>
<td>Executive, Administrative &amp; Managerial</td>
<td>0.089</td>
<td>0.071</td>
</tr>
<tr>
<td>Technicians &amp; Related Support</td>
<td>0.07</td>
<td>0.051</td>
</tr>
<tr>
<td>Handlers, Helpers &amp; Laborers</td>
<td>0.065</td>
<td>0.135</td>
</tr>
<tr>
<td>Professional Specialty</td>
<td>0.051</td>
<td>0.044</td>
</tr>
<tr>
<td>Mechanics &amp; Repairers</td>
<td>0.044</td>
<td>0.116</td>
</tr>
<tr>
<td>Extractive &amp; Precision Production (drillers, machinists, tailors, etc.)</td>
<td>0.044</td>
<td>0.055</td>
</tr>
<tr>
<td>Administrative Support</td>
<td>0.032</td>
<td>0.051</td>
</tr>
<tr>
<td>Protective Service</td>
<td>0.03</td>
<td>0.078</td>
</tr>
</tbody>
</table>

Economic burden to society due to alcohol, drugs and addiction:

- Illegal drugs: $181 billion/year
- Alcohol: $185 billion/year
- Tobacco: $193 billion/year
- Total: $559 billion/year

Social effect of alcohol and drugs:
Social effect of drugs, alcohol:

Substance Abuse Effects Families
This summer, Nepalese workers died at a rate of almost 1/day in Qatar, many of them young men who had sudden heart attacks.

According to documents obtained from the Nepalese embassy in Doha, at least 44 workers died between 4 June --8 August.

More than 50 % died of heart attacks, heart failure / workplace accidents.
Revealed: exploitation of Qatar’s World Cup ‘slaves’

Investigation reveals abuse of migrant workers preparing emirate for 2022
What are the symptoms of Dehydration?

✓ **The first symptoms** of dehydration include thirst, darker urine, and decreased urine production.

✓ **In fact, Urine color is one** of the best indicators of a person's hydration level.

✓ **Dry mouth, Lethargy, Few or no tears when crying, Weakness in muscles, Headache, Dizziness, Severe dehydration may be characterized by extreme versions of symptoms mentioned above as well as**: Lack of sweating, Sunken eyes, Shriveled and dry skin, Low blood pressure, Increased heartbeat, Fever, Delirium, Unconsciousness
HEAT EXHAUSTION

CAUSES:
- Fluid Intake
- Heat Exposure
- Activity
- Body Temp ↓ 38.8°C or 102°F

Symptoms:
- Headache
- Fatigue
- Weakness
- Skin Moist/Sweating
- BP - Orthostatic
- Pulse
- Anxiety - Confusion

(Management - Salt & Water Replacement, Rest)
HEAT STROKE

- Anxiety - Confusion
- Skin Hot & Dry
- Impaired Sweating
- Listlessness
- Na⁺ and K⁺ Depletion

↑ Body Temperature 40.6°C or 105°F

Cerebral Edema:
- Seizures
- Delirium
- Coma

↑ Pulse & Resp Rate

↑ Hypotension

Management - Cooling, Rest, Fluid & Electrolyte Support.
<table>
<thead>
<tr>
<th><strong>Heat Exhaustion:</strong></th>
<th><strong>Heat Stroke</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Heavy sweating</td>
<td>No sweating</td>
</tr>
<tr>
<td>Heavy thirst</td>
<td>Red or flushed, hot dry skin</td>
</tr>
<tr>
<td>Panting/rapid breathing</td>
<td>Any symptom of heat exhaustion but more severe</td>
</tr>
<tr>
<td>Rapid pulse</td>
<td>Difficult breathing</td>
</tr>
<tr>
<td>Headache</td>
<td>Pinpoint pupils</td>
</tr>
<tr>
<td>Blurred vision</td>
<td>Bizarre behavior</td>
</tr>
<tr>
<td>Exhaustion, weakness</td>
<td>Convulsions</td>
</tr>
<tr>
<td>Clumsiness</td>
<td>Confusion</td>
</tr>
<tr>
<td>Confusion</td>
<td>Collapse</td>
</tr>
<tr>
<td>Dizziness or fainting</td>
<td></td>
</tr>
<tr>
<td>Cramps</td>
<td></td>
</tr>
</tbody>
</table>
Heatstroke fact box

Symptoms
- High body temperature of 106° or higher
- Reddish tinge to skin
- Rapid pulse
- Nausea and/or vomiting
- Weakness; dizziness
- Unconsciousness

U.S. heat-related deaths

<table>
<thead>
<tr>
<th>Year</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>'95</td>
<td>1,021</td>
</tr>
<tr>
<td>'96</td>
<td>36</td>
</tr>
<tr>
<td>'97</td>
<td>81</td>
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<tr>
<td>'98</td>
<td>173</td>
</tr>
<tr>
<td>'99</td>
<td>502</td>
</tr>
<tr>
<td>'00</td>
<td>158</td>
</tr>
</tbody>
</table>

The three types of heat illnesses are heat cramps, heat exhaustion and heat stroke.

SOURCES: University of Maryland Medicine; National Weather Service
Heat Exhaustion and Heatstroke

**Signs and Symptoms:**

**Heat Exhaustion:**
- Severe thirst
- Muscle weakness
- Nausea, sometimes vomiting
- Fast, shallow breathing
- Irritability
- Headache
- Increased sweating
- Cool, clammy skin
- Elevation of body temperature to less than 104 degrees Fahrenheit (40 degrees Celsius)

**Heatstroke:**
- Severe, throbbing headache
- Weakness, dizziness, or confusion
- Difficulty breathing
- Decreased responsiveness or loss of consciousness
- May not be sweating
- Flushed, hot, dry skin
- Elevation of body temperature to 104 degrees Fahrenheit (40 degrees Celsius) or higher

**What to Do:**

If the child has a temperature of 104 degrees Fahrenheit (40 degrees Celsius) or more, or shows any symptoms of heatstroke, seek emergency medical care immediately. In cases of heat exhaustion and while awaiting help for a child with possible heatstroke:

1. Bring the child indoors or into the shade immediately.
2. Undress the child.
3. Have the child lie down; elevate feet slightly.
4. If the child is alert, place in cool (not cold) bath water, or sponge bathe the child repeatedly. If outside, spray the child with mist from a garden hose.
5. If the child is alert, give frequent sips of cool, clear fluids (clear juices or sports drinks are best).
6. If the child is vomiting, turn his or her body to the side to prevent choking.
7. Monitor the child’s temperature.

Think Prevention!
Warning Signs:

**Heat Exhaustion** vs. **HEAT STROKE**

**Heat-related illness is Preventable!**
- Heat-related illness is preventable.
- Stay somewhere cool.
- Drink plenty of water.
- Avoid sugar, alcohol & caffeine.
- Wear light clothing.

**Heat Exhaustion**
- Paleness
- Tiredness
- Weakness
- Dizziness
- Headache
- Fainting
- Muscle cramps
- Heavy sweating
- Nausea or vomiting

**Heat Stroke**
- Extremely high body temperature (103°F+)
- Red, hot, dry skin (with no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

**STOP**
- If you recognize symptoms of heat stroke, it is LIFE THREATENING.
- Get the person somewhere cool and seek medical attention IMMEDIATELY.

**Watch out!**
- If left untreated, heat exhaustion can progress to...

Michelle L. Holshue, 2015
Data on heat-related illness via CDC:
http://emergency.cdc.gov/disasters/extremeheat,
Heat Exhaustion and Heatstroke

What to Do:

Only You Can Prevent Heat Stroke

Think Prevention!
Your very own body of water

The average human body is composed of about 55% water. The average adult male is about 60% water, the average adult female about 50% water.*

How much water is that?
An average adult male with a weight of 80 kg (about 176 lbs) and a water content of 60%, would contain 48 kg or 48 L of water, equal to eight cases of standard-size bottled water.**

Where is all of that water?
All parts of the body contain some water. Here are some of the more “watery” parts.

- Lungs: 90% water
- Blood: 82%
- Skin: 80%
- Muscle: 75%
- Brain: 70%
- Bones: 22%

* Muscle contains more water than fat does. Males generally have higher muscle content than females.
** 1 litre of water weighs 1 kilogram. A standard size container of bottled water is 500 mL.

© Environment Canada, 2004
- Protects body organs and tissues
- Regulates body temperature
- Helps prevent constipation
- Helps dissolve minerals and other nutrients to make them accessible to the body
- Lubricates joints
- Moistens tissues such as those in the mouth, eyes and nose
- Carries nutrients and oxygen to cells
- Reduces burden on the kidneys and the liver by flushing out waste
How to manage the dehydration problem?

- **Prevention** is really the most important treatment for dehydration
  
  - Rehydration with water (ORS)
  
  - Use medication only in case of: anti-diarrheal, anti-emetics (stop vomiting), and anti-fever medicines.

How can dehydration be prevented?

- Consuming plenty of fluids and foods that have high water content (such as fruits and vegetables)

- People should be cautious about doing activities during extreme heat.

- Person who are exercising should make replenishing fluids a priority.

- Since the elderly and very young are often most at risk being dehydrated, special attention should be given to them to make sure they are receiving enough fluids.
Oral Rehydration Salts

Contents of 5 packets dissolved in 1 liter water will provide:
- Sodium
- Potassium
- Chloride
- Glucose

Hydrite® GRANULES FOR SOLUTION

REFORMULATED
ORAL REHYDRATION SALTS

Manufactured by Ambien Laboratories, Inc., Greenbelt Industrial Center, East Marilamas, Baguio, Baguio, Philippines for WESTMONT PHARMACEUTICALS, INC.

6 LEVEL TEASPOONS of SUGAR
HALF LEVEL TEASPOON of SALT
1 LITRE OF WATER
5 cupfuls (each cup about 200 ml.)
Importance of Drinking Water at the Correct Time Maximizes its Effectiveness on the Human Body:

1.) 2 glasses of water after waking up helps activate internal organs

2.) 1 glass of water 30 minutes before a meal helps digestion

3.) 1 glass of water before taking a bath helps lower blood pressure.

4.) 1 glass of water before going to bed avoids stroke or heart attack

SHARE IF YOU CARE
IT’s COLD Here, K Garne?

STEPS:

1. Avoid wearing cotton! Why?

Cotton traps moisture against your skin. Through convection, cold air and moisture work together to replace the heat that your body generates with cold energy. Use polypropylene or another synthetic material that is advertised to wick the moisture away from your skin.
2. Remember to layer up!
This refers to the way you dress. Start with soft layers against the skin and finish with a nylon material that will challenge wind and rain, such as Gore-tex®. The idea is that as the temperature changes, you can add or remove clothing that will keep you just warm enough.
3. Eat for the trip.

Your body will generate heat as it burns the fuel you have fed it. Eat foods that are high in fat content and calories. Remember that a calorie is actually a unit of measure that measures heat! Warm foods and hot drinks will really warm the soul on a cold day.
**Drink liquids.**

when it is below freezing the air will draw moisture out of you. If you are dehydrated it is harder for your body to keep you warm
4. Wear a Hat and Gloves.
If your feet are cold put a hat on. Your body will close off circulation to your fingers and feet if you head gets cold. Your head will not feel cold but your feet will. By putting on a hat you will warm up your head and the circulation will return to your cold feet warming them up.
TIPS:

Keep moving! It generates heat as a byproduct. Use those layers to keep the heat. Wiggle those toes and fingers to get heat there, too.

- Wear a hat! So much of your body heat can be lost from your head.
- If you stop your aerobic activity for a break, go ahead and put another layer on immediately so that you don't get cold.
- In your layers, wear long johns or Under Armor®. This will help you keep the heat near your body.

- If you are really having trouble staying warm and have chemical heat packs or warm water bottles, place them under your arm pits or on the inside of your upper thighs. These are areas where your arteries are close to the surface of your skin and your blood can gain a little extra heat to circulate.
Warning:
Know and become familiar with signs and symptoms of hypothermia.

The first sign of hypothermia is "stupidity" when your brain gets cold it doesn't work as well as normal. For example a person with mild hypothermia when asked if they will be warmer if they zip their coat up will say no, or if asked what $3 + 4 = $ will have to think hard about it. Some of the other signs of hypothermia are Confusion or sleepiness, slowed, slurred speech, shallow breathing, weak pulse, low blood pressure, a change in behavior during cold weather, excess shivering or stopped shivering, stiffness in arms or legs, and poor coordination.

✓ If you are in snowy conditions, remember to wear sunscreen. The white snow surface will reflect the sun's energy and provide more than you are used to. (Remember to apply UNDER your chin and IN your nose.)

✓ Do not consume alcohol in an attempt to "warm up". Alcohol lowers your body temperature.

✓ If you are too warm, you will sweat. Sweating will add too much moisture and then you’ll get really cold!
फिल्म ग्रेंड मस्टी ने 22 साल के मंगेश भोगल को इतना हंसाया कि उसकी मौत ही हो गई। मंगेश अपनी गर्लफ्रेंड के साथ शाम का शो देखने गया था। उसकी दोस्त ने बताया कि फिल्म देखते समय मंगेश काफी जोर-जोर से हंस रहा था। तभी उसकी तबीयत बिगड़ गई। पौरन उसे पास के अस्पताल ले जाया गया। वहां डॉक्टरों ने मंगेश को मृत घोषित कर दिया। डॉक्टरों ने बताया कि मंगेश को दिल का दौरा पड़ था। घटना गुरुवार की है। मंगेश मुंबई के उपनगर वसाई का रहने वाला था। हालांकि पुलिस केस दर्ज कर मामले की जांच कर रही है।
Nepali worker dies in Malaysia

KATHMANDU, Aug 19: A Nepali worker has died in Malaysia. He is Prahlad Rana, 25, of Asaina in Pipladi-8 in Kanchanpur district.

Rana was a worker at a juice factory based in Malaya city for the past two years. He went there through the Lucky Manpower Company based in Jawalakhel, Lalitpur.

He reportedly complained of chest pain, following his arrival from evening duty and then lied down on the bed, but instantly took his last breath. The incident took place three days back.

His colleague informed the Rana family about his death over telephone two days ago.

The body of the deceased has been kept at the local hospital. The Rana family has already requested the manpower company to make necessary arrangements to bring the body to Nepal. Prahlad’s family was learnt to have taken bank loan, keeping land in collateral to send him to Malaysia.
जानी राखौँ:
हृदयघात (Heart Attack) कसरी हुन्छ ?

मुटुले अन्य अंगहरुलाई रगत प्रवाह गराएका उसको आफै रक्त संचालनका लागि दुईवटा रक्तनलीहरु (कोरोनरी आर्टरी) सकृय रहेका हुन्छन । कुनै कारणवश (रिस्क फ्याक्टरहरु जस्तै निष्क्रिय जीवनशैली, उच्च रक्तचाप, उच्च कोलेस्ट्रोल, मधुमेह, धृष्टराख, मध्यपान आदि कारणहरु), उक्त कोरोनरी आर्टरीमा बोसो, केही रक्तकण आदी जमी रक्तप्रवाहमा अवरोध सृजना हुन्छ, जसका कारण कम्श : मुटुको मास्पेशी मर्दै जान्छ र हृदयघातका लक्षणहरु देखा पर्दछन ।
Warning Signs for Heart Disease
If any are present, a full medical evaluation is recommended prior to sports participation

**Personal history**
*(In the child/teenager themselves)*
+ Chest pain/discomfort upon exertion
+ Unexplained fainting/near-fainting
+ Excessive/unexplained fatigue associated with exercise
+ Heart murmur
+ High blood pressure

**Family history**
Family members with a cardiac condition, heart disease disability or who died of heart disease under age 50
Early warning signs of a heart attack:

- Pressure in center of chest
- Pain in shoulders, neck or arms
- Chest discomfort with fainting, sweating or nausea
Sudden Cardiac Death:

Cardiac Arrest: refers to cessation of cardiac pump function which may be reversible.

The phrase sudden cardiac death is a public health concept incorporating the features of natural, rapid, and unexpected. It does not specifically refer to the mechanism or cause of death.

There abrupt loss of consciousness within 1 hour of the onset of acute symptoms.

Other forms of sudden death may be noncardiac in origin. Examples include respiratory arrest (such as airway obstruction in cases of choking or asphyxiation, toxicity or poisoning, anaphylaxis, or trauma.)
Structural Cardiac Abnormalities
- Hypertrophic cardiomyopathy
- Arrhythmogenic right ventricular cardiomyopathy
- Congenital coronary artery anomalies
- Marfan syndrome
- Mitral valve prolapse/Aortic stenosis

Electrical Cardiac Abnormalities
- Wolff Parkinson White syndrome
- Congenital long QT syndrome
- Brugada syndrome
- Catecholaminergic polymorphic ventricular tachycardia

Acquired Cardiac Abnormalities
- Infection (myocarditis)
- Trauma (commotio cordis)
- Toxicity (illicit/performance enhancing drugs)
- Environment (hypo/hyperthermia)
Cholesterol level Mortality rate and also the cause of death in athletes per year.
Cause of Death in US: 1990-2006

Figure 2. Percent distribution of all deaths to teenagers 12–19 years, by cause of death: United States, 1999–2006

- Unintentional injury: 48%
- Suicide: 11%
- Homicide: 13%
- Malignant neoplasms: 6%
- Heart disease: 3%
- Congenital anomalies: 2%
- Other causes (residual): 17%

Cause of Death in US: 2010, Sources: Sudden Cardiac Arrest Foundation, USA
Occlusion of Coronary Artery

Ischemia → T wave inversion

Injury → S-T segment elevation

Infarction → Pathologic Q wave

ECG CHANGES IN ACUTE MYOCARDIAL ISCHEMIA, INJURY, AND INFARCTION
Other causes of Sudden Death:
Symptoms of Anemia

Central
- Fatigue
- Dizziness
- Fainting

Blood vessels
- Low blood pressure

Heart
- Palpitations
- Rapid heart rate
- Chest pain
- Angina
- Heart attack

Spleen
- Enlargement

Muscular
- Weakness

Intestinal
- Changed stool color

Respiratory
- Shortness of breath

Skin
- Paleness
- Coldness
- Yellowing

Eyes
- Yellowing

Red = In severe anemia

5 Best Natural Methods to Stay Away from Anemia
Sudden Death in Athletes
Few cases leading to sudden death
Respiratory causes: to sudden death

RESPIRATORY ACIDOSIS

- Hypoventilation → Hypoxia
- Rapid, Shallow Respirations
- ↓ BP with Vasodilation
- Dyspnea
- Headache
- Hyperkalemia
- Dysrhythmias (↑ K)

I can’t catch my breath.

- Drowsiness, Dizziness, Disorientation
- Muscle Weakness, Hyperreflexia

- Causes:
  - Respiratory Stimuli
    - (Anesthesia, Drug Overdose)
  - COPD
  - Pneumonia
  - Atelectasis

Retention of CO₂ by Lungs

pH (↓ 7.36)

↑ pCO₂ (↑ 45 mm Hg)
Extra Dural Hematoma shift of Falx Cerebri

SubDural Hematoma shift of Lateral Ventricle.
LEFT SIDED ACUTE SUBDURAL HAEMATOMA

INTRACRANIAL HAEMATOMA - NON-EVACUATED

Left lateral ventricle compressed and the midline is deviating to the right.

The right lateral ventricle larger than normal because the increased pressure is preventing escape of the cerebrospinal fluid from that ventricle.

Dilatation of the contralateral ventricle like this indicates that there is very significant pressure on the brain.

"Intracranial Haematoma - Non Evacuated".
CT- Acute Subdural Haematoma Demonstrating Midline Shift:

Midline shift >5mm
Intracranial haematoma - non evacuated
Cortical contusion >1cm in diameter

Obliteration of 3rd Ventricle
This haematoma requires surgical evacuation.
Brain Attack: Stroke- A cause of Death

Reversible cerebral vaso constriction:
Reversible cerebral vasoconstriction:
SUDDEN
DEATH
AND HOW
TO AVOID IT
How to manage?

- Occupational safety measures
- No alcohol, no smoking, no drugs
- Regular check for cholesterol, blood pressure
- Regular general health check up
- Screening for the infectious diseases: Hepatitis B, HIV, Malaria
- Oral rehydaration
- Maintance of body temperature
- Good diet
- Early time to bed
- Release stress factors
- Know the life saving procedures: CPR
Take safety measures:

Lanyard with Carabina which attaches to either a static line or an eyebolt secured in the building’s wall.

Body Harness

NB: A hard hat may not always be appropriate, but will be dependent upon the work activity (e.g. in construction work)
✓ Know the life saving procedures: CPR
✓ Know the life saving procedures: CPR
Let's not forget our family, live for them.
A Nepali laborer jumped to his death in Malaysia.

- A 30 years old Nepali laborer, Mr. Padam Bahadur Sunar jumped from rooftop of a house to his death in Malaysia.

- He was from Pokhara, Nepal. He was working there as illegally. Therefore he was preparing documents to return back to home. He directly jumped from the axis of the roof of the house, where he was living. As he jumped down, he died.

- The house owner informed to Police while suddenly he was climbing to axis of building to suicide on 6 am morning. Police and rescue personnel were present in the spot, while he was about to commit suicide but they became fail to save his life.
He was bothered by a few days. He was mentally deranged about return home forcedly. Police tried to convince him to bring down from the building more than two hours. Finally he jumped and stroke to the ground. After the first aid on the spot, he was taken to the hospital. Doctors declared his death immediately in hospital. His death body is kept in hospital for postmortem.

It is believed that he was escaped away from the company and was working as illegally at another company. Recently as Malaysian government applied a campaign to forced illegal labor to returned back to the home, they were insist to face trouble. The trouble might compelled him to commit suicide. Due to such reasons there are many Nepalese people committing suicide in foreign country every year.
A red arrow between boxes shows that a HIGH score on the first scale indicates more likelihood of scoring HIGHLY on the second. The thicker the arrow, the stronger the prediction.

A green arrow between boxes shows that a HIGH score on the first scale indicates more likelihood to score LOWER on the second. So social support protects against stress in several ways.
Disrupted sleep increases fatigue

Fatigue diminishes ability to cope with stressors in a healthy way

Inability to cope with stressors disrupts sleep
Figure 3. The developmental origins of schizophrenia.
Effects of Stress:

<table>
<thead>
<tr>
<th>On your body</th>
<th>On your mind</th>
<th>On your behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>Anxiety</td>
<td>Overeating or undereating</td>
</tr>
<tr>
<td>Muscle tension &amp; pain</td>
<td>Restlessness</td>
<td>Angry outbursts</td>
</tr>
<tr>
<td>Chest pain</td>
<td>Lack of motivation or focus</td>
<td>Drug or alcohol</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Irritability or anger</td>
<td>Tobacco use</td>
</tr>
<tr>
<td>Upset stomach</td>
<td>Sadness or depression</td>
<td>Social withdrawal</td>
</tr>
<tr>
<td>Sleep problems</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Effects of Stress:

Stress Causes These Issues and More:
- Hair Loss
- Heart Palpitations
- Racing Thoughts
- Feelings of Dread
- Anxiety
- Depression
- OCD
- Arthritis
- Fibromyalgia
- Constipation
- Diarrhea
- Binge Eating
- Drug or Alcohol Abuse
- Financial Distress
- Cancer
- Diabetes
- Obesity
- Hormone Imbalance
- Infertility
- Dehydration
- Acidity
- Heart Attack
- Death
- Pre-Mature Aging
- Wrinkles
Post Trauma Stress Disorders: PTSD?
IS STRESS WEIGHING YOU DOWN?
6 Ways to Increase Your Brain Power
WAYS...

EXERCISE & GET YOUR BODY MOVING
These tips can help you get a good night’s sleep

Go to bed and get up at about the same time every day, even on weekends.

Don’t eat or drink large amounts before bedtime.

Avoid nicotine and caffeine.
Mental Stimulation
Work Your Brain
Putting Your Brain to Work
Social Interactions
Meet, Greet, & Be Social
How Can You Put It All Together?
Stress
the Causes and Solutions
Stress

Relax
Stop Stressing, Start Living.
DEFINITION OF CPR

- CardioPulmonary Resuscitation
Life Saving: C.P.R.

CPR is as easy as **C-A-B**

**Compressions**
Push hard and fast on the center of the victim's chest

**Airway**
Tilt the victim's head back and lift the chin to open the airway

**Breathing**
Give mouth-to-mouth rescue breaths

American Heart Association
Learn and Live

(C)2010 American Heart Association 10/10DS3849
Adult and Child CPR

1) If the scene is safe, check the person.

2) If the person does not respond, have someone call for an ambulance and get an AED if one is available.

3) Open the airway using the head tilt chin lift and check for normal breathing.
• E:\ Adult CPR.mp4
• E:\► How to Perform CPR  How to Perform a CPR Demonstration.mp4
• E:\ How to Treat a Victim in Shock.mp4
• E:\Head, Neck, and Back Injuries.mp4
• E:\ chocking adult.flv.mp4
• E:\Seizure.mp4
• E:\What Causes Epilepsy (Epilepsy 5).mp4
• E:\► American Heart Association Unveils New CPR Guidelines.mp4