



Marketing and Promotions Section

JUNE CALENDAR OF EVENTS

- Dengue Awareness Month
- National Kidney Month
- No Smoking Month
- Prostate Cancer Awareness Month

- 12 – Independence Day
- 14 – World Blood Donor Day
- 14 to 18 – Safe Kids Week
- 17 – Father’s Day
- 23 – DOH Anniversary
- 25 – National Patients Safety Day
- 4th week – National Poison Prevention Week



Cough and Colds Alert !!!

by: C. Forteza

“Achoo! - Achoo! Cough and colds again??”. In this changing weather condition most people experience illnesses which come and go. The most common of which are cough and colds - no matter how much we try to protect ourselves and our family by carefully choosing the food we eat, water we drink, we may never be sure we are safe from these illnesses. Recovering from cough and colds is no different from facing our everyday struggles... We do the best we could hoping not to end up miserable.

HEALTH POSTS

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The Rainy Season.....



Here comes the bride.

Perhaps the most common event during the month of June is the romantic scenery of weddings. And the chaotic moments of school rush. Many couples choose this month to tie the knot. But together with the bridal showers and the opening of classes, also comes the rain showers, thunder storms, typhoons and of course flooded streets. The month of June ushers in the second in only two types of season in the Philippines, the rainy season.

But what really causes heavy rains to pour almost everywhere? Well according to Philippine Atmospheric and Geophysical and Astronomical Services Administration (PAGASA), “raining is caused by the phenomenon called Southwest monsoon or the hanging habagat”. According to a report made by the Department of Science and Technology (DOST), “the southwest monsoon or Habagat refers to the flow of very humid wind, which ranges from a perceptible amount of moisture to the point of being oppressive. This phenomenon actually starts during the summer months in the northern hemisphere, when the Asiatic continent becomes warmer than the surrounding seas”.

During the transition period, the atmosphere will change from extremely dry to highly humid with occasional rain showers. Thunderstorms can also be observed during this period.

True enough the coming of the brides and students; the month of June is accompanied by wet but not necessarily wild season. It’s definitely a start of the series of changes in the surrounding, starting from the golden sunset to the rainbow of colorful umbrellas. It’s again time to bring out your rain gears, and start to prep yourself up to deal with the traffic jams, flooded streets and overloaded LRT couches. And of course don’t forget to keep your guard up as we all know. Wet season also brings a barrage of illnesses. So stay cool and healthy this June.

by: J. Cabullo

12 TIPS TO AVOID COUGH AND COLD

Helpful Tips

1. Wash your hands
2. Drink plenty of fluids
3. Stop smoking
4. Keep tissues handy
5. Take a sauna
6. Have a spicy food
7. Get plenty of rest
8. Eat specific food (dark green leafy vegetable & citrus fruits)
9. Avoid sugar & junk food
10. Sleep well
11. Go for aromatherapy
12. Get exercise

moringa

by: L. Magsisi

Scientific Name :Moringa oleifera Lam
English Name :Horse Raddish Tree
Tagalog Name :Malunggay

Moringa Leaves are full of essential disease-preventing nutrients:

- Vitamin A, which acts as a shield against eye disease, skin disease, heart ailments, diarrhea, and many other diseases.
- Vitamin C, fighting a host of illnesses including colds and flu.
- Calcium, which builds strong bones and teeth, and helps prevent osteoporosis.
- Potassium, essential for the functioning of the brain and nerves.
- Proteins, the basic building blocks of all our body cells.

100 GRAMS COOKED MALUNGGAY - LEAVES

3.1 g Protein 0.6 g Fiber
96 mg Calcium 29 mg Phosphorus
1.7 mg Iron 53 mg Ascorbic Acid
0.14 mg Riboflavin

"For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after."



Jeremiah 30:17 (KJV)

Generally, cough and colds are spread by bacteria or virus-infected droplets which are always present in the air, ready to attack victims. Cough and colds can be acquired by simply touching the eyes or nose and surfaces contaminated with germs. Inhaling germs can definitely acquire various indications. Frequent feeling similar to sneezing, sore throat, stuffy nose are the usual symptoms of COLDS. When symptoms are observed colds starts in two to three days, if not treated it may lead to infection. According to the National Institute of Allergy and Infectious Diseases, antibiotics are not effective against viruses because colds cannot be cured but the symptoms can be treated by medications.

COUGHING actually helps the body to heal and protect itself, it is also a reflex that keeps the throat and airways clear though it can be annoying. Coughs can either be Acute or Chronic — the first one associated with cold or flu and actually last less than two to three weeks and the latter last more than three weeks.

"Adults get between two to five colds per year whereas children get approximately five to ten".

While cough and colds are contagious, here are some tips and information that can help you to enjoy a healthy life.



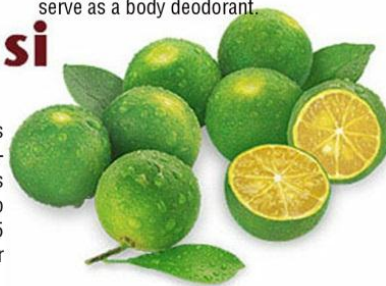
Malunggay known scientifically as Moringa Oleifera Lam is one of the world's most useful plants. It is cultivated in all countries of the tropics. It is easy to plant, and is available year-round. It is used as: food, effective flocculants, antibiotics, oils and coagulants for turbid waters. It is called "mother's best friend" and miracle vegetable" by many who have known its beneficial effects. In fact, it is used as the logo of the Food and Nutrition Research Institute of the Department of Science and Technology.

According to the Nutritional Guidelines for Filipinos 2000 developed by the Technical Working Group headed by the Food and Nutrition Research Institute of the Department of Science and Technology (FNRI-DOST), one should consume two servings of fruit daily. Said serving ranges from 45 to 300 grams, depending on the size and variety of fruit, one of which is a vitamin C-rich food. Thirty-four medium sized pieces of calamansi are needed to meet the daily requirement of vitamin C.

Calamansi

(Citrus Mutis Blanco)

Calamansi belongs to the citrus family, and is also known as Philippine Lime or Kalamondin. The fruits is round and small, usually no bigger than an inch (approx. 2.5 cm), very acidic and like other citrus fruits, rich in Vitamin C.



Its exotic aroma and tartness makes it a refreshing beverage whether by itself - as in lemonade, or for blending with other fruit juices. It is also used in ice cream, yogurt and confectioneries.

by: J.C. Victoria



All of your body's functions, even your heart, stop when you sneeze.