Abu Dhabi Insurance Brokers | أبو ظبي لوسيطات التأمين

IT'S TIME TO EXPECT MORE

MAY 2023 NEWSLETTER

WORLD LAUGHTER DAY – MAY 1ST

REASONS TO LAUGH:

World Laughter Day is an annual event celebrated worldwide to raise awareness about laughter and its many healing benefits, as well as communities around the world who regularly practice comedy that promotes the wellness and overall well-being of a human. The short term benefits of laughter would be that it stimulates many organs, activates and relieve your stress response, and soothes tension. The long-term benefits would include improving your immune system, relieving pain, increasing personal satisfaction, and improving your mood.

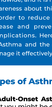
Some DAD JOKES That You Can Try On Friends And Family!

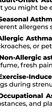
"What has more letters than the alphabet?"
"The post office!"

"How do you follow Will Smith in the snow?"
"You follow the fresh prints."

"Did you hear about the kidnapping at school?
It's okay, he woke up."

"I ordered a chicken and an egg from Amazon.
I'll let you know which comes first..."





WORLD ASTHMA DAY – MAY 2ND

Brief About Asthma:

Asthma is a chronic respiratory condition that affects millions of people around the world. The World Health Organization estimates that 235 million people suffer from asthma worldwide, and it is rising every year.
Awareness about this condition is necessary in order to reduce the prevalence of this disease and prevent its life-threatening complications. Here below are some types of Asthma and the treatments available to manage it effectively.

Types of Asthma:

1. Adult-Onset Asthma: occurs because of certain chemicals and other irritants that you might be exposed to frequently in the workplace.

2. Seasonal Asthma: occurs due to the change in weather and can be triggered by different allergens such as trees and grasses.

3. Allergic Asthma: occurs from allergens such as dust, dust mites, mold, pollen, cockroaches, or pet dander.

4. Non-Allergic asthma: occurs from different irritants we encounter in the air like perfume, fresh paint, room deodorizers, and tobacco smoke.

5. Exercise-induced asthma: occurs because of the narrowing of the airways in the lungs during strenuous exercise.

6. Occupational Asthma: occurs because of chemicals, enzymes, metals, animal substances, and plant substances in your work environment.

7. Nocturnal Asthma: occurs because of a reclining position you are in as you sleep, a delayed response to an allergen, allergens in your mattress, and sleep apnea.

Asthma Treatments:

1. Long-term Asthma Control Medications:
These medications keep asthma under control on a day-to-day basis and make it less likely you'll have an asthma attack.

2. Quick-relief Medications:
They are used as needed for rapid, short-term symptom relief during an asthma attack.

3. Allergy Medications:
May help if your asthma is triggered or worsened by allergies.

4. Inhalers:
Devices that let you breathe in medicine.

In May We Celebrate INTERNATIONAL FIREFIGHTER DAY AND INTERNATIONAL NURSES DAY

- International Firefighter Day

Was introduced in 1999 after a proposal out across the world due to the deaths of five firefighters in a bushfire in Australia. Therefore, this day is observed to recognize and honor the sacrifices that firefighters make to ensure that our communities and environment are as safe as possible.

- International Nurses Day

Every year International Nurses Day is celebrated on 12 May to commemorate the anniversary of Florence Nightingale's birthday. This day also celebrates the contribution done by nurses to society around the world.
On this day the International Council of Nurses organization produces an International Nurses kit to educate and assist health workers globally with a different theme every year.

FUN FACTS

01 A firefighter has to get dressed in less than 2 minutes.

02 The most likely thing to kill a Firefighter is a heart attack.

03 A firefighter needs 100 hours of training before legally being allowed to enter a burning building

04 On average, nurses walk 4 to 5 miles during a 12-hour shift. That's double any other profession.

05 The most common work-related injury reported by nurses is back pain & injuries caused by the lifting & moving of patients.

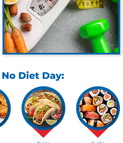
06 Nurses can work in law firms and join the military.

HAVE YOU EVER HEARD ABOUT CELEBRATING NO DIET DAY?

Yes, no diet day falls on May 6, however make sure not to celebrate it every day

- A Solid Excuse:

Having a healthy diet can provide numerous benefits for your physical and mental well-being. It can also have a significant impact on your physical and mental health, improving your overall quality of life. With that being said, we all know that a small break can never hurt anyone, right? Let's celebrate the international no diet day by listing the best all time cheat meals that you should consider eating.



- Best Foods To Consume On No Diet Day:

WORLD RED CROSS DAY - MAY 8TH

- Background:

The International Red Cross and Red Crescent Movement is a humanitarian movement with approximately 97 million volunteers, members and staff in more than 192 countries. It was founded to protect human life and health, to ensure respect for all human beings, and to prevent and alleviate human suffering. This date is the anniversary of the birth of Henry Dunant, who was born on 8 May 1828. He was the founder of International Committee of the Red Cross and the recipient of the first Nobel Peace Prize.

How You Can Help!

01 Online Donations (https://www.redcross.org/donate/donation.html)

02 Disaster Services

03 Blood Donations

04 Volunteer Services

05 Raise Awareness And Educate