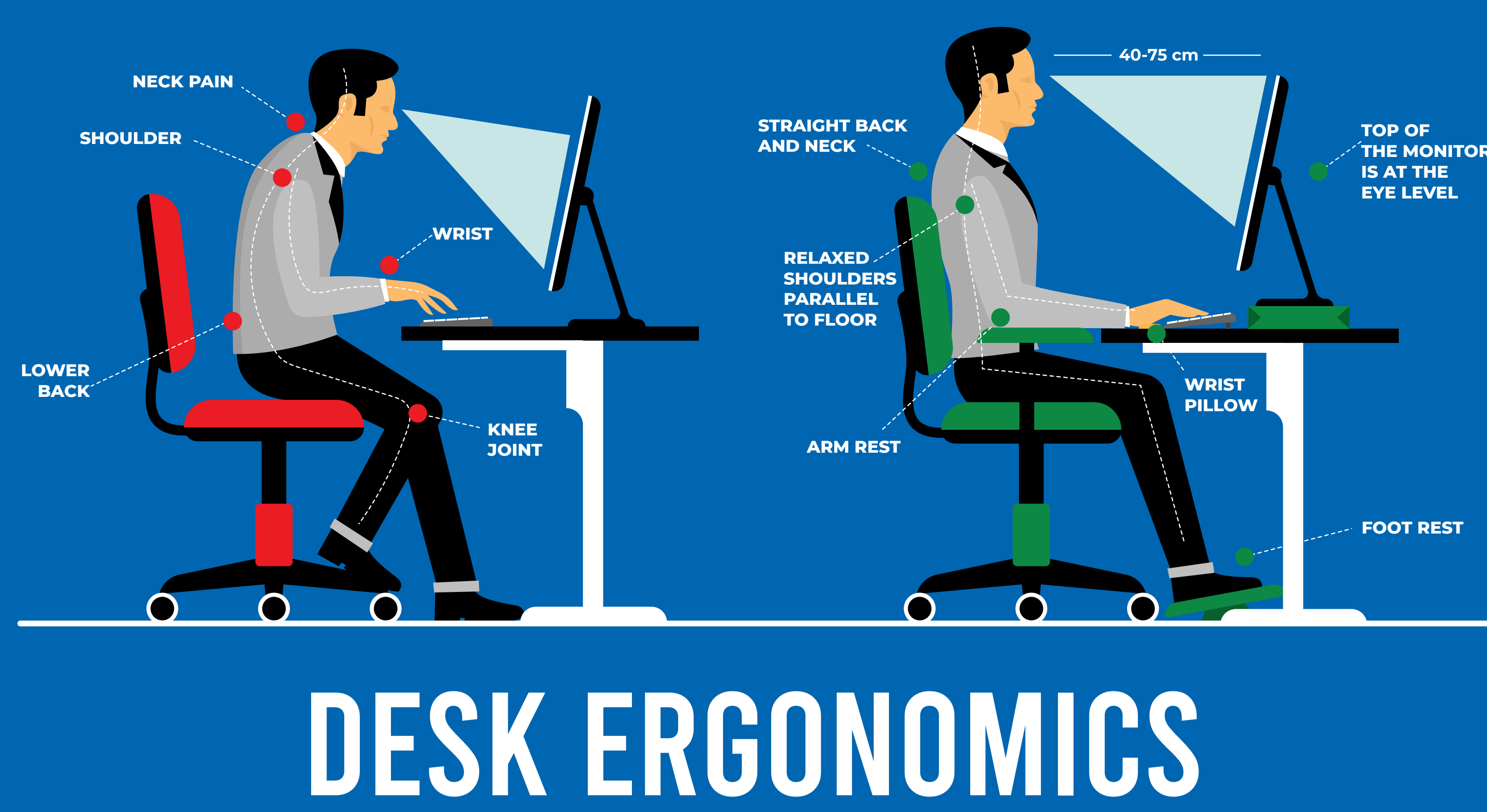


# JANUARY 2023 NEWSLETTER



## DESK ERGONOMICS

Here's to you who spend long hours seated on a desk! Read through for tips that will highly reflect on your daily well-being.

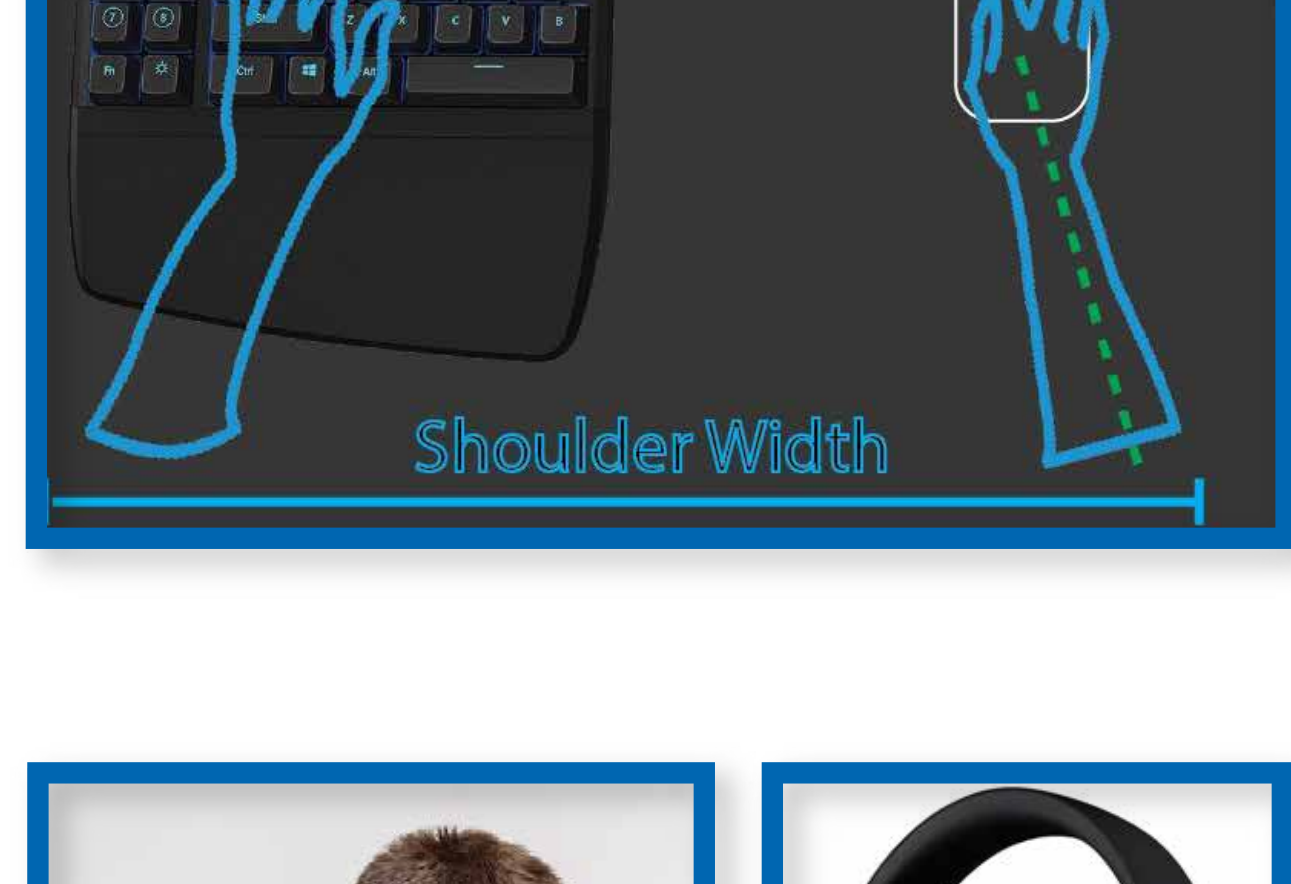
### 1. Chair

Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor. Adjust armrests so your arms gently rest on them with your shoulders relaxed.



### 2. Key objects

Keep key objects — such as your telephone, stapler or printed materials — close to your body to minimize reaching. Stand up to reach anything that can't be comfortably reached while sitting.



### 3. Keyboard and mouse

Place your mouse within easy reach and on the same surface as your keyboard. While typing or using your mouse, keep your wrists straight, your upper arms close to your body, and your hands at or slightly below the level of your elbows.

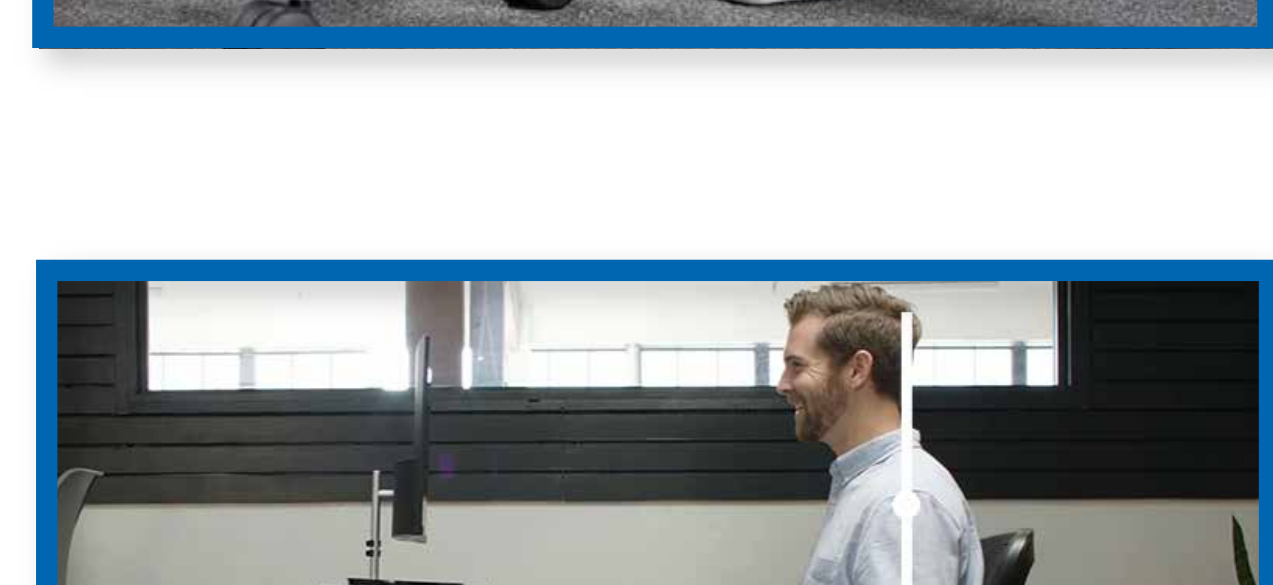


### 4. Telephone

If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a headset rather than cradling the phone between your head and neck.

### 5. Footrest

If your chair is too high for you to rest your feet flat on the floor, use a footrest. If a footrest is not available, try using a small stool instead.



### 6. Desk

Under the desk, make sure there's clearance for your knees, thighs and feet. If the desk is too high and can't be adjusted, raise your chair. If your desk has a hard edge, pad the edge or use a wrist rest. Don't store items under your desk so your feet can move freely.



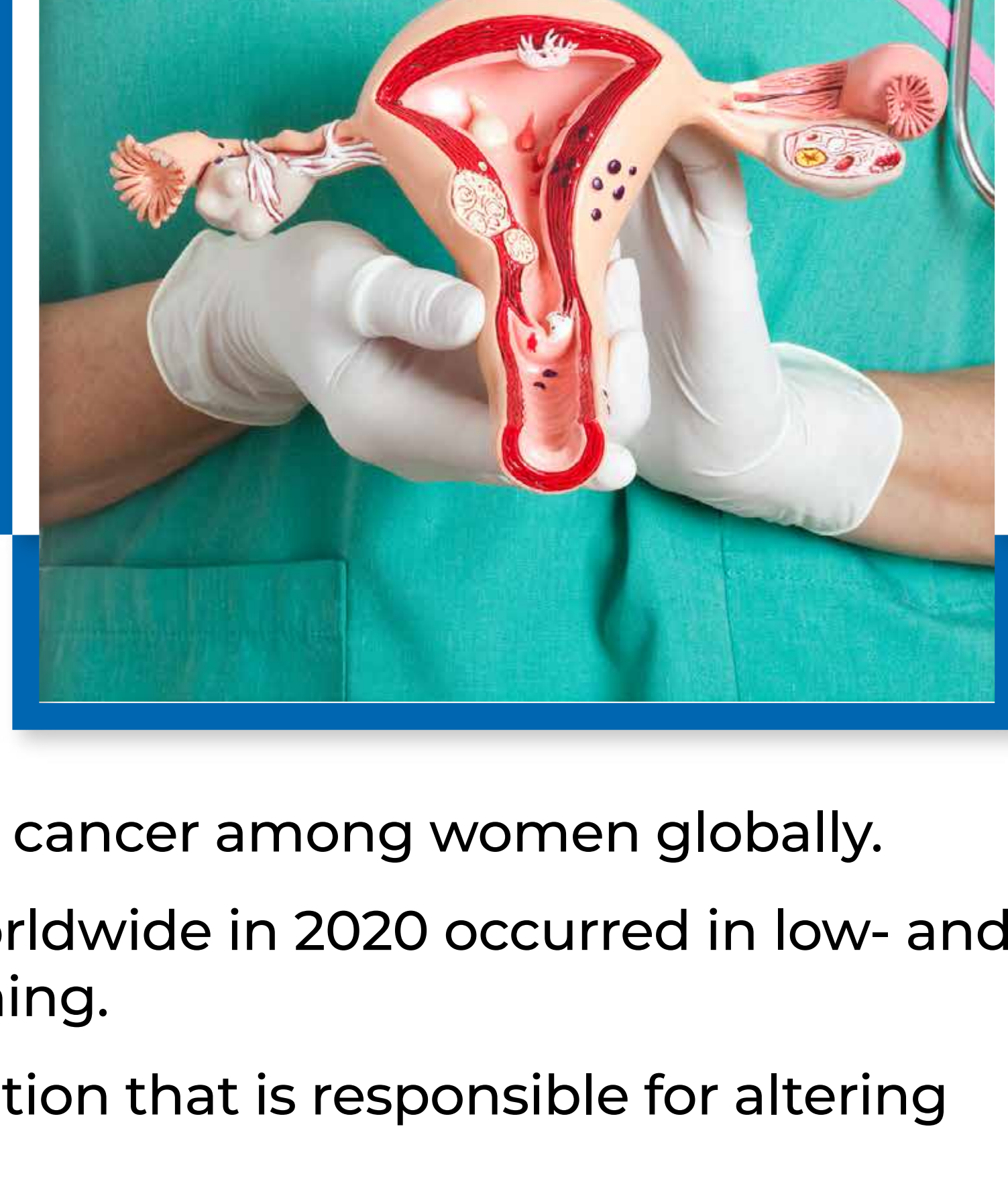
### 7. Monitor

Place the monitor directly in front of you, about an arm's length away. The top of the screen should be at or slightly below eye level. The monitor should be directly behind your keyboard.

The next time you are at the office, make sure you abide by all the above checklist! Don't forget to take care of your body, it's the only place you are forced to live in for the rest of your life!

## CERVICAL CANCER.

January represents its Awareness Month, and believe it or not, both genders play a major role in this disease!



1. Cervical cancer is the fourth most common cancer among women globally.
2. About 90% of the new cases and deaths worldwide in 2020 occurred in low- and middle-income countries due to lack of screening.
3. HPV (Human Papillomavirus) is a viral infection that is responsible for altering cervical cells and leading to pre-cancers.
4. Two human papillomavirus (HPV) types (16 and 18) are responsible for nearly 50% of high-grade cervical pre-cancers.
5. HPV is mainly transmitted through sexual contact and most people are infected with HPV shortly after the onset of sexual activity. More than 90% of them clear the infection eventually.
6. Women living with HIV are 6 times more likely to develop cervical cancer compared to women without HIV.
7. Vaccination against HPV and screening and treatment of pre-cancer lesions is a cost-effective way to prevent cervical cancer.
8. Cervical cancer can be cured if diagnosed at an early stage and treated promptly.

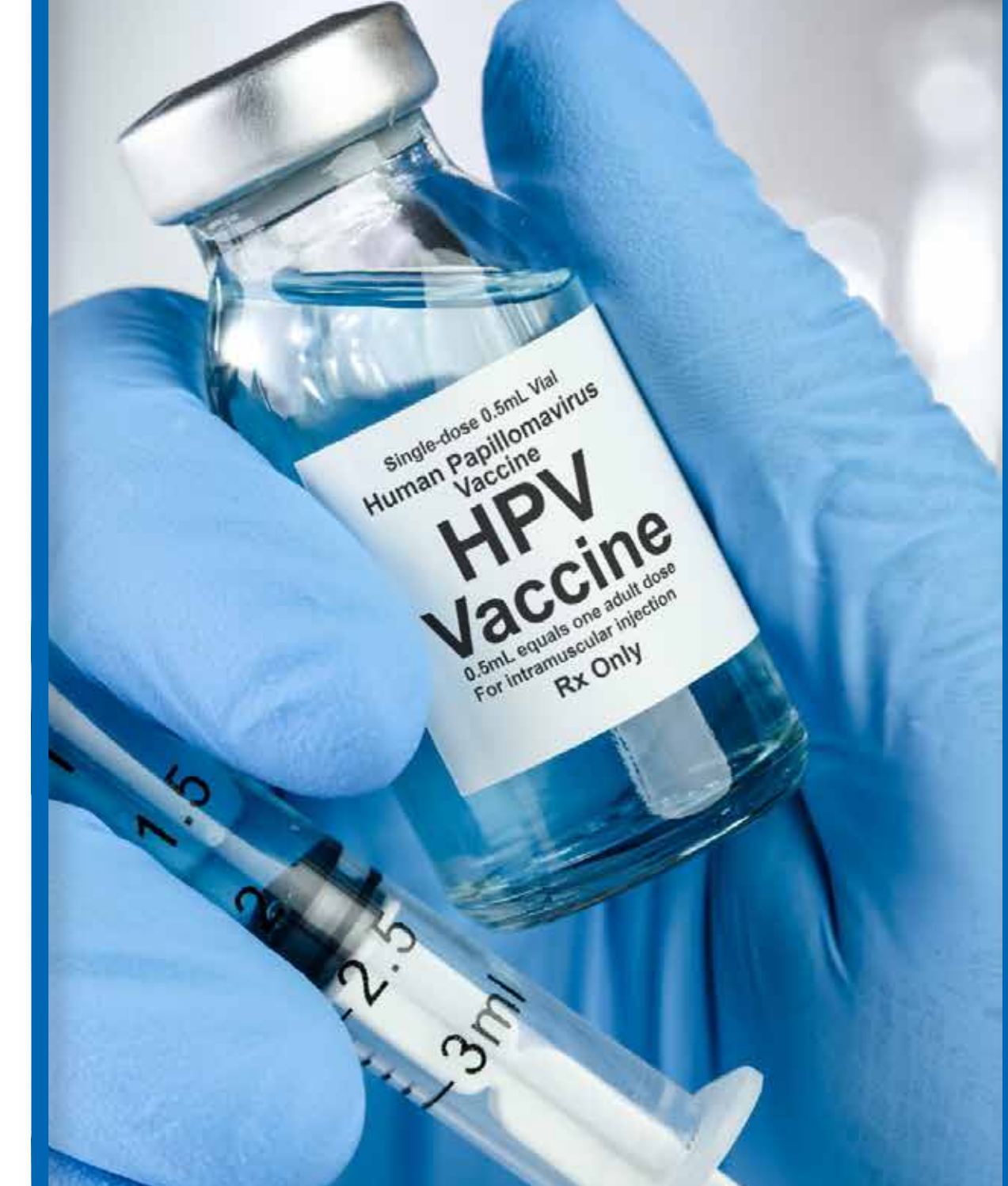
## THE GOOD NEWS IS

**That Comprehensive Cervical Cancer Control Is Available, And Includes Crucial Ways As To Prevent Or Treat This Type Of Cancer. Here's An Elaboration On The Steps:**

1. Primary Prevention (Vaccination Against Hpv).
2. Secondary Prevention (Screening & Treatment Of Pre-cancerous Lesions).
3. Tertiary Prevention (Diagnosis & Treatment Of Invasive Cervical Cancer).
4. Palliative Care (Which Will Be Developed On A Later Stage).

### 1. HPV Vaccination:

There are currently 4 vaccines which have been found as safe and effective in preventing infections with HPV infections, high grade pre-cancerous lesions and invasive cancer. HPV vaccines work best if administered prior to exposure to HPV. Therefore, to prevent cervical cancer WHO recommends vaccinating girls aged 9 to 14 years, when most have not started sexual activity. Some countries have started to vaccinate boys as the vaccination prevents HPV related cancers in males as well as. HPV vaccination does not replace cervical cancer screening.



### 2. Screening:

Cervical cancer screening involves testing for HPV infection to detect pre-cancer and cancer, followed by treatment as appropriate. Testing is done among women who have no symptoms and may feel perfectly healthy. Screening should start from 30 years of age in the general population of women, with regular screening with a validated HPV test every 5 to 10 years, and from 25 years of age for women living with HIV. A range of treatments is proposed depending on the recommendation of the treating physician and the specific diagnosis of the patient.

### 3. Tertiary Prevention:

When a woman presents symptoms of suspicion for cervical cancer, she must be referred to an appropriate facility for further evaluation, diagnosis & treatment. A range of symptoms of early-stage cervical cancer may non-exclusively include: irregular blood spotting, bleeding after sexual intercourse, persistent back, leg or pelvic pain, weight loss, fatigue, loss of appetite.

### 4. Palliative care

is also an essential element of cancer management to relieve unnecessary pain and suffering due to the disease.



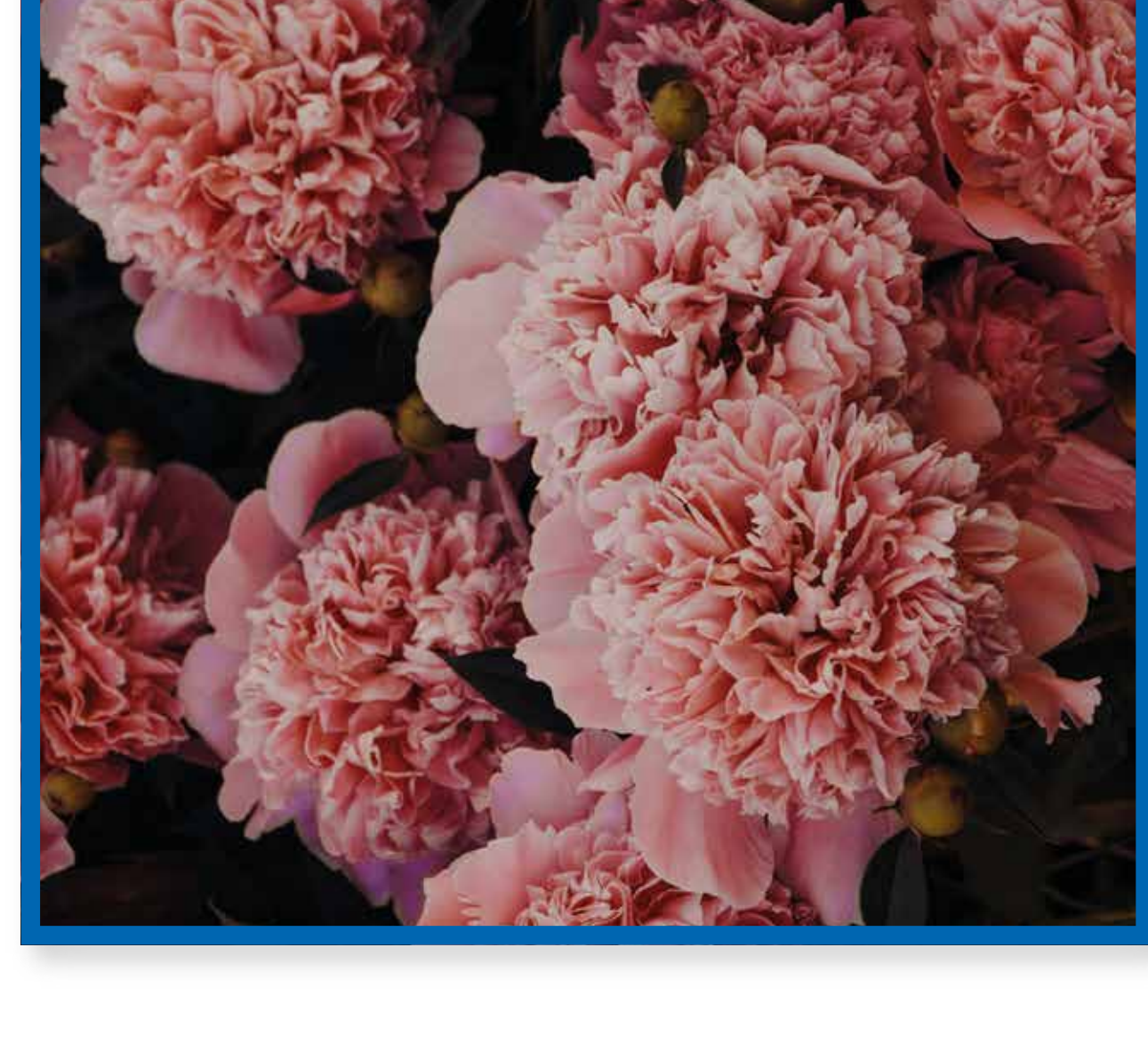
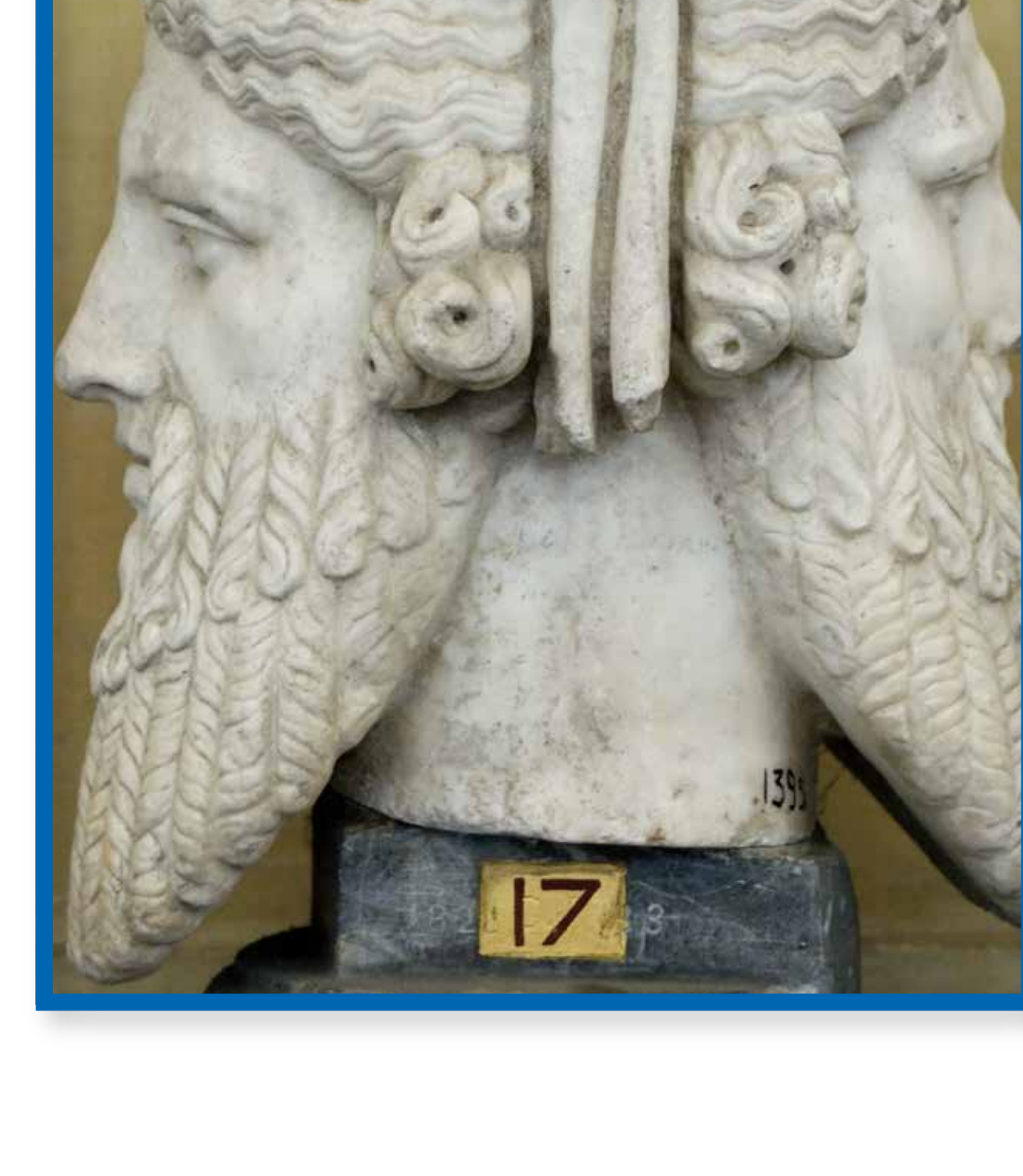
### So, What Is The Take-home Message Here? Get Tested And Be Aware!

The Medical Field Has Made Enormous Advancements In Treating Such Conditions And Professionals Are Available Around-the-clock For Assistance.

Spread The Word And Be Conscious About Your Physical Health!

## INTERESTING WORLDWIDE FACTS ABOUT JANUARY

1. The month of January is named after Janus, the Roman god that has two heads, one to look backward and one to look forward towards the New Year.
2. The 31<sup>st</sup> day of January was added to the month by Julius Caesar.
3. January is filled with extremes. In the northern hemisphere January is the coldest and snowiest month in many places, but in the southern hemisphere January is by far the hottest.



4. In the Roman calendar only 10 months had formal names. Winter (January and February) was simply known as the "dead period". This is because the government and military weren't active in the coldest, darkest months

5. Each month also has a birth flower. The month of January is represented by the carnation. You're welcome for this gift idea for anyone born in January.