

SACHJ

South Asian Canadian Health Journal

October ,2020 Vol : 9 Issue: 5

South Asian Canadian Health Journal



South Asian Canadian Health Journal
SACHJ

South Asian Canadian Health & Social Services (SACHSS)
22 Melanie Drive, Units 6 & 7, Brampton. Ontario. Canada. L6T 4K9.
647- 718 -0786
www.sachss.org

INSIDE THIS ISSUE

1. SACHSS
2. NEWS AND UPCOMING EVENTS
3. ADJUSTMENT DISORDERS
4. BENEFITS OF KINDNESS
5. AN INTRODUCTION TO MINDFULNESS
6. SOCIAL MEDIA USAGE AND MENTAL HEALTH ISSUES
7. CORONA VIRUS: A DETAILED SCOPE
8. COVID-19 AND MENTAL HEALTH
9. GENERAL VIEW OF CANCER
10. TAKING CARE OF SENIORS

South Asian Canadians Health & Social Services (SACHSS)

SACHSS offers culturally and linguistically appropriate services for South Asian men, women, seniors and youth, and other communities. SACHSS provides programs focused on Health Promotion, Mental Health and Addictions issues.

SACHSS serves clients with treatment and counselling services for those mandated by the legal system for issues such as driving under the influence of alcohol/drugs (DUI), violence, domestic violence, anger management etc.

SACHSS runs the PAR (Partner Assault Response) program for domestic violence and undertakes assessments and referrals to rehabilitation centres and intervention services for clients with addiction issues. We offer our services in Hindi, Punjabi, Urdu, Tamil, Gujarati, Malayalam and English.

SACHSS has highly qualified and experienced staff in the fields of Health Promotion, Mental Health and Addiction. We give early, convenient and flexible appointments including evenings and weekends and provide prompt, detailed client reports.

SACHSS serves all individuals and groups irrespective of their nationality, race, religion, ethnicity, language, colour, sexual orientation and preferences.

SACHSS strives to build a healthy and vibrant South Asian community.

Referrals from clients, physicians, family doctors, hospitals, the legal system, lawyers, agencies and organizations are now accepted

INFORMATION ON SACHSS

SACHSS REHAB & DROP IN CENTRE

We are happy and pleased to inform you that because of all the support, help and patronage from all our patrons, we opened our SACHSS Rehab and Drop in Centre at 22 Melanie Drive, Units 6 and 7, Brampton. Ontario. L6T 4K9. (Near Steeles & Melanie).

We now have our Thursdays Evenings 6- 8 pm Healthy Living Group at our new premises.

All are welcome.

SACHSS Healthy Living & Positive Lifestyle Education Group

THE SOUTH ASIAN CANADIANS HEALTH & SOCIAL SERVICES - SACHSS IS RUNNING ITS GROUP PROGRAM:

NAME: "HEALTHY LIVING & POSITIVE LIFESTYLE EDUCATION GROUP"

DATE & TIME: THURSDAY EVENINGS 6PM TO 8PM

LOCATION: OUR BRAMPTON OFFICE AT 22 Melanie Drive, Units 6 & 7, Brampton. Ontario. L6T 4K9. (Just South of Steeles and Melanie, near Steeles and Torbram).

WHO CAN ATTEND?

- i. Anyone who faces stress and who needs and is interested in Stress Management and development of a Positive Lifestyle.
- ii. Persons who need help in dealing with their everyday stress which causes anxiety, depression and other issues in them
- iii. Persons who want to improve their Lifestyle with positive physical health and mental health
- iv. Persons with mental health issues
- v. Persons with addiction issues
- vi. Anyone with anger/violence/domestic violence issues
- vii. Anyone who has a family member with mental health, addiction or anger/violence/domestic violence issues
- viii. Anyone with legal problems related to mental health, addiction or anger/violence/domestic violence issues
- ix. This group is open to men, women, seniors and youth. All are Welcome!

OUR PROGRAMS

PROGRAMS FOR HEALTH EDUCATION & HEALTH PROMOTION	WOMEN'S PROGRAMS	PROGRAMS FOR MENTAL HEALTH
PROGRAMS FOR ADDICTIONS	YOUTH PROGRAMS	PROGRAMS FOR DOMESTIC VIOLENCE
ANGER MANAGEMENT PROGRAMS	COUPLE & MARRIAGE COUNSELLING	SENIOR'S PROGRAMS
OUTREACH PROGRAMS	PROGRAMS FOR HOMELESS INDIVIDUALS	INDIVIDUAL & GROUP COUNSELLING

FOR ALL OUR SERVICES REFERRALS ARE ACCEPTED FROM ALL ORGANIZATIONS, AGENCIES, PHYSICIANS, AND THE LEGAL SYSTEM INCLUDING PROBATION & PAROLE OFFICERS AND BAIL OFFICERS AND LAWYERS.

SELF-REFERRALS ARE ACCEPTED.

FOR REFERRALS PLEASE CONTACT:

Dr. MAHER HUSSAIN
M.D.(India), M.P.H.(USA)
Chief Executive Officer & Clinical Director
South Asian Canadians Health & Social Services- SACHSS
22, Melanie Drive, Units 6 & 7, Brampton. ON. Canada. L6T 4K9.
Phone : 647-718-0786
maher2004@gmail.com
www.sachss.org
https://www.facebook.com/www.sachss.org/

OCTOBER 2020: ARTICLES

ADJUSTMENT DISORDERS

Dr.Maher Hussain

M.D.(India), M.P.H.(USA)

South Asian Canadians Health & Social Services- SACHSS

Introduction

In our everyday life we come across stressful or unexpected events or situations or conflicts and this stress may cause significant problems in relationships, at work or at school.

One has to make adjustments in everyday life to deal with different stressful or unexpected events or situations or conflicts.

Some do well in making adjustment and dealing with stress and moving on with their lives.

Some have difficulties in making adjustments and deal with those stressful situations and experience more stress than one would normally be expected in response to a stressful or unexpected event, and the stress causes significant problems in relationships, at work or at school or other spheres of life. This leads to mental health issues such as anxiety, depression or other issues such as disturbances of emotions or conduct. Adjustment disorder is a group of symptoms, such as stress, feeling sad or hopeless, and physical symptoms that can occur after one goes through a stressful life event. The symptoms occur because you are having a hard time coping. Your reaction is stronger than expected for the type of event that occurred. Adjustment disorder (stress response syndrome) is a condition that happens when you have great difficulty managing with, or adjusting to, a particular source of stress, such as a major life change, loss, or event. While adults can experience adjustment disorders, it is more diagnosed in children and adolescents.

Work problems, going away to school, an illness, death of a close family member or any number of life changes can cause stress. Most of the time, people adjust to such changes within a few months. But if you have an adjustment disorder, you continue to have emotional or behavioral reactions that can contribute to feeling anxious or depressed.

Symptoms

Signs and symptoms depend on the type of adjustment disorder and can vary from person to person. You experience more stress than would normally be expected in response to a stressful event, and the stress causes significant problems in your life.

Adjustment disorders affect how you feel and think about yourself and the world and may also affect your actions or behavior. Some examples include:

- Feeling sad, hopeless or not enjoying things you used to enjoy
- Frequent crying
- Worrying or feeling anxious, nervous, jittery or stressed out
- Trouble sleeping
- Lack of appetite
- Difficulty concentrating
- Feeling overwhelmed
- Difficulty functioning in daily activities
- Withdrawing from social supports
- Avoiding important things such as going to work or paying bills
- Suicidal thoughts or behavior

Symptoms of an adjustment disorder start within three months of a stressful event and last no longer than 6 months after the end of the stressful event. However, persistent or chronic adjustment disorders can continue for more than 6 months, especially if the stressor is ongoing, such as unemployment.

Getting Help

You don't have to tough it out on your own, though. Treatment can be brief and it's likely to help you regain your emotional footing.

Usually stressors are temporary, and we learn to cope with them over time. Symptoms of adjustment disorder get better because the stress has eased. But sometimes the stressful event remains a part of your life. Or a new stressful situation comes up, and you face the same emotional struggles all over again.

Get help and talk to your doctor and mental health professional if you continue to struggle or if you're having trouble getting through each day. You can get treatment to help you cope better with stressful events and feel better about life again.

If you have concerns about your child's adjustment or behavior, talk with your child's pediatrician.

Suicidal thoughts or behavior

If you have thoughts of hurting yourself or someone else, call 911 or your local emergency number immediately, go to an emergency room, or see your doctor or confide in a trusted relative or friend and get necessary help from health care professionals.

Causes

Adjustment disorders are caused by significant changes or stressors in your life. Genetics, your life experiences, and your temperament may increase your likelihood of developing an adjustment disorder.

Risk factors

Some things may make you more likely to have an adjustment disorder.

Stressful events

Stressful life events may put you at risk of developing an adjustment disorder. For example:

- Divorce or marital problems
- Relationship or interpersonal problems
- Changes in situation, such as retirement, having a baby or going away to school
- Adverse situations, such as losing a job, loss of a loved one or having financial issues
- Problems in school or at work
- Life-threatening experiences, such as physical assault, combat or natural disaster
- Ongoing stressors, such as having a medical illness or living in a crime-ridden neighborhood

Life experiences

Life experiences can impact how you cope with stress. For example, your risk of developing an adjustment disorder may be increased if you:

- Experienced significant stress in childhood
- Have other mental health problems

- Have a number of difficult life circumstances happening at the same time

Complications

If adjustment disorders do not resolve, they can eventually lead to more serious mental health problems such as anxiety disorders, depression or substance abuse.

Diagnosis

Diagnosis of adjustment disorders is based on identification of major life stressors, your symptoms and how they impact your ability to function. Your doctor will ask about your medical, mental health and social history.

For diagnosis of adjustment disorders, the following diagnostic criteria are used by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), published by the American Psychiatric Association.

DSM-5 criteria:

- Having emotional or behavioral symptoms within three months of a specific stressor occurring in your life
- Experiencing more stress than would normally be expected in response to a stressful life event and/or having stress that causes significant problems in your relationships, at work or at school
- Symptoms are not the result of another mental health disorder or part of normal grieving

Types of adjustment disorders

The DSM-5 lists six different types of adjustment disorders. Although they're all related, each type has unique signs and symptoms. Adjustment disorders can be:

- **With depressed mood.** Symptoms mainly include feeling sad, tearful and hopeless and experiencing a lack of pleasure in the things you used to enjoy.
- **With anxiety.** Symptoms mainly include nervousness, worry, difficulty concentrating or remembering things, and feeling overwhelmed. Children who have an adjustment disorder with anxiety may strongly fear being separated from their parents and loved ones.
- **With mixed anxiety and depressed mood.** Symptoms include a combination of depression and anxiety.

- **With disturbance of conduct.** Symptoms mainly involve behavioral problems, such as fighting or reckless driving. Youths may skip school or vandalize property.
- **With mixed disturbance of emotions and conduct.** Symptoms include a mix of depression and anxiety as well as behavioral problems.
- **Unspecified.** Symptoms don't fit the other types of adjustment disorders, but often include physical problems, problems with family or friends, or work or school problems.

Length of symptoms

How long you have signs and symptoms of an adjustment disorder also can vary. Adjustment disorders can be:

- **Acute.** Signs and symptoms last six months or less. They should ease once the stressor is removed.
- **Persistent (chronic).** Signs and symptoms last more than six months. They continue to bother you and disrupt your life.

Treatment

Many people with adjustment disorders find treatment helpful, and they often need only brief treatment. Others, including those with persistent adjustment disorders or ongoing stressors, may benefit from longer treatment. Treatments for adjustment disorders include psychotherapy, medications or both.

Psychotherapy

Psychotherapy, also called talk therapy, is the main treatment for adjustment disorders. This can be provided as individual, group or family therapy. Therapy can:

- Provide emotional support
- Help you get back to your normal routine
- Help you learn why the stressful event affected you so much
- Help you learn stress-management and coping skills to deal with stressful events

Medications

Medications such as antidepressants and anti-anxiety drugs may be added to help with symptoms of depression and anxiety.

As with therapy, you may need medications only for a few months, but don't stop taking any medication without talking with your doctor first. If stopped suddenly, some medications, such as certain anti anxiety and antidepressant medications, may cause withdrawal-like symptoms.

Prevention

Developing healthy coping skills and learning to be resilient may help you during times of high stress. Understanding and adjusting with others and maintaining good relationships with everyone will help in preventing such situations.

If you know that a stressful situation is coming up — such as a move or retirement — call on your inner strength, increase your healthy habits and rally your social supports in advance. Remind yourself that this is usually time-limited and that you can get through it. Also consider checking in with your doctor or mental health professional to review healthy ways to manage your stress.

References

<https://www.mayoclinic.org/diseases-conditions/adjustment-disorders/symptoms-causes/syc-20355224>

<https://www.mayoclinic.org/diseases-conditions/adjustment-disorders/diagnosis-treatment/drc-20355230>

<https://medlineplus.gov/ency/article/000932.htm#:~:text=Adjustment%20disorder%20is%20a%20group,type%20of%20event%20that%20occurred.>

<https://www.webmd.com/mental-health/mental-health-adjustment-disorder#1>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/adjustment-disorders>

Benefits of Kindness

Being kind would lengthen our life expectancy

Nyna Petrov

South Asian Canadians Health & Social Services- SACHSS

Our parents have repeated many times that wickedness is bad. Above all, it could make us age faster. And science says it!

Researchers from the Bedari Kindness Institute at the University of California at Los Angeles have studied the benefits, psychological and physical, of kindness on our organism and the results are unmistakable: kindness is much better for health.

"Being kind or even thinking about how you can be more kind to others lowers blood pressure," said Daniel Fessler, director of the institute.

Being kind, that is, being honest and caring, towards ourselves first, could also reduce the risk of depression and anxiety.

A diagnosis confirmed by Kelli Harding, a doctor at Columbia University, who believes that kindness and empathy "boost the immune system and help people overall to live better and longer".

Another scientific survey, published in the Journal of Health and Social Behavior, has shown that people who volunteer are less prone to depression.

On the other hand, living in an environment that forces you to adopt an unpleasant attitude towards others would considerably increase stress and heart rate and could therefore "literally shorten life".

An Introduction to Mindfulness

Ramitha Narayanan

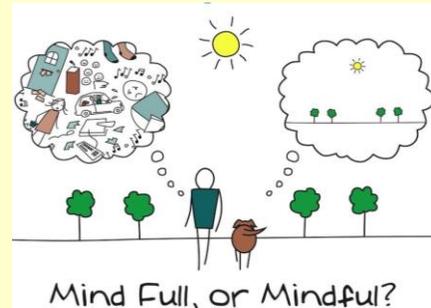
Humber College Lakeshore Campus

We have all heard the term Mindfulness, which describes a psychological trait of awareness that arises through "paying attention in a particular way and being in the present moment". There are essentially two elements of mindfulness (1) awareness of one's moment to moment experience and (2) being nonjudgmentally accepting of it. Some of the mindfulness interventions include meditation, body scanning, breathing, and mindfulness yoga. In recent years there have been various evidence based research that proves the effectiveness of mindfulness on emotional regulation. Successful emotional regulation improves relationships, and promotes good health. In Buddhist lessons "mindfulness" is used as a practice to create self-learning and insightfulness, and develop enlightenment of the self and liberation from miseries. It allows individuals to act as an external observer to the events that unfold outside and inside of self and the impact it has within the individual, without having a judgmental/negative perspective. It helps to train the wandering mind to create harmony which allows people to become aware and attentive without distraction. This way, the individual learns how not to get influenced by the negative effects of anxiety, tension, stress and remain neutral as they emerge and pass away on their own.

Lay Meaning of Mindfulness

- Moment to moment awareness

- Staying in the present moment
- Attentional control
- Form of self-regulation



Benefits of Mindfulness

Mindfulness enables individuals to act intentionally, not being driven aimlessly by the motivations of the mind and re-establishes one's capacity to react appropriately. Several disciplines and practices can be used to cultivate mindfulness, such as yoga, physical exercise and mindfulness meditation leading to mental wellbeing, building calmness capacity and improve concentration. With practice, mindfulness can serve as the optimal antidote to healing stress that can sometimes undermine our health, performance efficiency and quality of life by providing a sense of improving sense of relaxation. Evidence based research on mindfulness has identified the following benefits:

- i. **Reduction in Stress levels:** Mindfulness related activities have been proven effective in altering affective and cognitive processes that are the underlying sources for various clinical issues affecting health. It is also proven to help people develop the ability to use emotional regulation strategies that enables them to experience emotions selectively and process it differently.
- ii. **Improvement in cognitive process and focus:** A study examined the positive effects of mindfulness on the individuals' ability to focus, stay attentive and avoid distraction. The results showed that self-reported mindfulness were directly correlated to cognitive flexibility, control and attention related issues.
- iii. **Building a healthier social environment:** Mindfulness has helped members increase their ability to respond well to relationship stress and teaches them effective ways of communicating one's emotions to the another during social conflict situation which leads to interpersonal relationship satisfaction.
- iv. **Other General Benefits:** Mindfulness enhances self-insight, individual morality, fear responses, and provides numerous somatic health benefits including accelerated immune system functioning, and reduction in psychological stress. Additionally, mindful meditation helps individuals develop empathy, compassion, and patience to deal with problems and empowers individuals to discover effective/healthy solutions.

Mindfulness has plenty of positive benefits that will lead to feelings of fulfillment, happiness, peace and wellness.

Practicing Mindfulness

There are two forms of mindfulness practice; formal and informal. Mindfulness meditation is a formal practice that must be done on a day to day basis. It will take a long time for individuals to master performing this mental exercise. The meditation is commonly done sitting, with eyes closed, lying down or while walking. Depending on the individual preference it is optimal to use some soothing sound (i.e. mantra, sound wave, instrumental) or choose a silent space. Informal practice is any routine activity that can be made into a mindfulness practice as one brings their full attention to it (i.e. eating meals, cleaning). Below are some simple mindfulness activities that one can practice at one's convenience to build awareness of the present moment.

Mindfulness Activities

Five Senses Exercise

Rationale: Quick beginner mindfulness activity that is done to develop surrounding awareness.

Tune into your senses:

- Notice 5 things you can SEE
- Notice 4 things you can FEEL
- Notice 3 things you can HEAR
- Notice 2 things you can SMELL
- Notice 1 thing you can TASTE



Breathing Exercise

Rationale: This helps to connect your mind to one of its most vital functions.

- Breathe in the through the nose for 4 Seconds
- Hold for 4 seconds
- Exhale through mouth for 4 seconds
- Hold for 4 seconds
- Repeat cycle 5 times

Mindful Eating

Rationale: Developing awareness of what you are eating is important to ensure proper absorption of nutrients.

- Sit in a comfortable position without distractions
- Notice the food you are eating.
 - Shape, texture, smell, colors, size
- Take a bite or sip and feel the sensations the food creates.
- Chew slowly and eat until you feel the sensation of a satisfied appetite



Affirmations Exercise

Rationale: Allows an opportunity to verbally communicate to oneself as a form of positive reassurance.

Say the following sentences out loud:

- I only exist right now
- I will not worry of things out of my control
- I am here in the present moment
- I will focus on what makes me happy
- I attract positive energy
- My mind is calm
- My thoughts are not me
- I choose to replace worry with love and acceptance.

Progressive Muscle Relaxation

Rationale: Helps notice the body parts in a state of tension and in a state of relaxation.

Lay down facing the ceiling

Using the Classic “Squeeze and Release”

Technique

- Squeeze your toes and release 10 times
- Bring legs closer to chest and release 5 times
- Squeeze in belly tight as you inhale and release as you exhale 10 times
- Shrug your shoulders towards your ears and release 5 times
- Squeeze your hands making a fist and release them.

Use this exercise throughout the body or on the parts where you would like to focus.

Gratitude List

Rationale: In order to lessen the complaints and shortcomings of life, it is important to appreciate the little things we possess.

Keep a dedicated journal to make a gratitude list.

- Start your day off by writing down three things that you are grateful for that you otherwise take for granted.
- This triggers your mind to constantly look for positive things that you are grateful for helping to boost your mood.



Stand tall like a tree

Rationale: When winds of life (problems) come up, stay grounded yet flexible, like a strong tree during a storm.

- Stand upright in a comfortable position and pretend you are a tree.
- Wiggle your toes as if they were the roots of the tree, and reach your arms up in the air as if they were branches.
- Start to sway side-to-side as if the wind is pushing you.
- Notice that your legs do not move just as the tree roots/trunk does not move.



Positive Memories

Rationale: Positive memories often have positive impact on one’s mood and emotions

- Sit in a comfortable position and remember a positive event from your life.
- Use your imagination and transport yourself back to that time and place.
- Try to use all your senses to think of that moment (things you saw, heard, feel, spoke, or smell)
- Notice what emotional changes this memory creates. (i.e. smiling, warm feeling)
- Let these emotions fill your mind.

References

- Ackerman, C. (2020). 22 Mindfulness Exercises, Techniques & Activities For Adults (+ PDF's). Retrieved 5 October 2020, from <https://positivepsychology.com/mindfulness-exercises-techniques-activities/>
- Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: a review of empirical studies. *Clinical psychology review*, 31(6), 1041–1056. <https://doi.org/10.1016/j.cpr.2011.04.006>
- Mindfulness Exercises (2020). Retrieved 5 October 2020, from <https://www.mhsdbt.com/blog/wp-content/uploads/2017/03/Mindfulness-Exercises.pdf>
- What are the benefits of mindfulness?. (2019). Retrieved 5 October 2020, from <https://www.apa.org/monitor/2012/07-08/ce-corner>
-

SOCIAL MEDIA USAGE AND MENTAL HEALTH ISSUES

Kavya Harish

Georgian College

INTRODUCTION

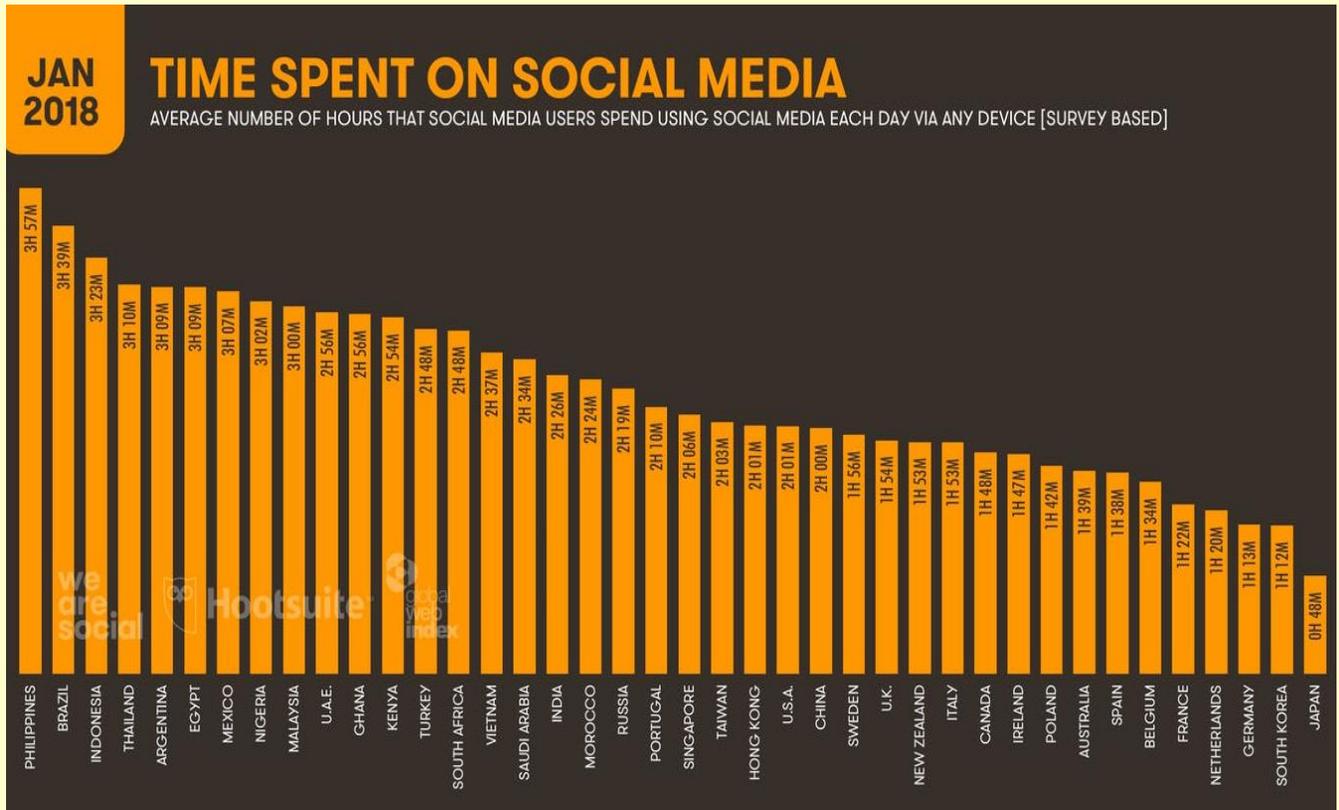
In the past decade social media has developed huge and its usage has been increased tremendously. Now it has become a part of life. Most of the people cannot move on their day to day life without social media. It has changed the way people communicate with each other. When it helps to keep the people far to feel closer but at the same time people who are near to feel faraway. Recently, some researchers have associated social media use with several psychiatric disorders, including depressive symptoms, anxiety, and low self-esteem. As social media is a new phenomenon there is lot of questions regarding the links between social media and mental health, rise a serious general population mental health concern, for which answers are yet to be found.

Evidence shows social media use increase their mental distress, self-injurious and suicidality among youth. They also do social comparison with others which has a negative interactions & self-view and negative interpersonal relationship. The cyberbullying has become very common in recent days which is really a concern.

A survey says sites like Facebook, YouTube, Twitter, and Pinterest are the most used platform in Canada with Snapchat and Instagram becoming increasingly popular among younger users. As like in other countries Facebook is the most popular site in Canada with 18 million users, in

which 70% are engaging everyday. Also 86% of Ontario students visit social media sites daily & 16% spend 5 hours or more a day, says Centre for Addiction and Mental Health.

Which countries use the social media the most?



This image shows the list of countries with more people who use social media on an average number of hours. Philippines top the list with 57 million people using social media in 3 hours. Canada is in 30th place with 48 million users of social media in 1 hour.

WHAT IS SOCIAL MEDIA?

Social media is any digital tool that allow anyone with internet access to create account, communicate to each other, search and find content about almost anything they want and to share whatever content they choose to post with public.

Types of Social Media

There are many types of social media, here are the two topmost ones.

- **Social Network:** This is to connect and exchange content or ideas with others. Example Facebook & Tweeter.

- **Media Network:** This is to distribute photos & videos. Example YouTube & Instagram.

SOCIAL MEDIA & ITS EFFECTS:

Mental issues like depressive symptoms, low self esteem or self comparison & self harm can be caused by social media is because when people connect through virtual media it leads to altered or wrong impression of the physical & personality traits. One can show themselves as completely different person, eg: a boy can pretend himself as a girl. Not only the gender or appearance but also their education level, intelligence, and many other characteristics of a virtual person. It does happen in direct contact too but very rare because we are selective in connecting with people. But when it comes to online anyone can connect with anyone in this world and pretend as they want.

Depression & Self Harm:

In a study was reported that participants impressions are other users are happier & feeling that life is not fair as they are not doing great in their life. They might get this kind of feeling by seeing other media which they post. People always choose what they want to show to world and most of the time people only show their happy side or fake it as if they are that way. But seeing others as happier & successful does not generally result in depression. But if the individual has depressive symptoms or psychiatric comorbidities may have negative impact on mental health. This kind of people may have characteristics such as less friends and location tagging. In some cases, it has also have led to self harm.

Anxiety & Social Isolation:

A survey shows heavy and long use of social media use can also lead to anxiety and social isolation after being rejected by others. These people have increased risk of suicide when compared to people who spend more time on different creative or recreation activities and in person communication. Also, individual may get affected by cyber bullying, which is a form of online aggression, in the ways like more of negative comments (both personally and physically) on their post. The negative effect is more when it is done by peers or known person more than from a random person. It increases their anxiety and social isolation.

Social Media Addiction

Checking the social media once every few seconds and scrolling through has been increased in last decade. Its not that all who using social media becomes an addict to it. But few percent of people who are being overly concerned and has uncontrollable urge to log on & use social media, devoting more time & effort in social media will start showing some lag in other life aspects. Addictive social media use will look much like that of any other substance use disorder, including mood modification (i.e., engagement in social media leads to a favorable change in emotional states), salience (i.e., behavioral, cognitive, and emotional preoccupation with social media), tolerance (i.e., ever increasing use of social media over time), withdrawal symptoms (i.e., experiencing unpleasant physical and emotional symptoms when social media use is restricted or stopped), conflict (i.e., interpersonal problems ensue because of social media usage), and relapse (i.e., addicted individuals quickly revert back to their excessive social media usage after an abstinence period). Eg: Blue whale game was trending few years back & was a dangerous game which took off many peoples lives , main target were youngsters.

CONSEQUENCES ON DAILY LIFE

For individuals who use more of social media will also have an impact on their day to day offline activities. It always does affect one's privacy, confidentiality, and unintended consequences of disclosing personal information. When we talk about disclosing personal information it may not have to be from the person whose information it belongs to, some people just spread unnecessary fake news or information which sometimes even becomes popular or trending. When a news spreads fast, that social platform are least bothered about the source from where it, is it the right news and also does that contain any harmful content or unnecessary contents which cannot be viewed by all age group. The person about whom the information is shared may not even be aware of this and when it reaches back to them by different source that will lead to a negative mental impact which may become serious in future. Few studies have worked on danger of social media use for a individual with mental illness, the risk for them is more than the people with no mental issues. The risk for them extend beyond extreme symptoms which can affect their daily life.

HOW IT CAN CHANGE?

In recent times the role social media playing in this society is huge. People are more focused on satisfying people who are in virtual connection by posting more of pictures and videos or by trying to show to the world that one is happier or successful than others. Instead of getting connected with people at home, making new friends at park and knowing their neighbours. These platforms also have positive sides like it allow people to stay in touch with family and friends around the world. One should be more aware of how and when to use social media. People now a days spend most of their time just by checking any notification even without getting any. These platforms also must make their policies strict and pay more focus on what kind of information's or contents are shared in their platforms. Make some restrictions on what kind of comments one can add in a post and avoiding the idea of mass sharing. Social media can develop in any way or any high, but individuals can and have to take control of their own behavior.

PREVENTION:

When it comes to the part of being safe it all starts from parents, they can start from setting ground rules for the family. They can develop a plan for everyone in the family on how long social media can be used. Children should allow their parents to see their post and texts to make sure nothing is out of hand and its all safe. If they cannot show it to their parents, they cannot post it. Parents can teach proper and positive way of using media and importance of offline time like yoga, recreation activities, good sleep routine, etc. They can also protect their children by allowing to post pictures with objects, nature, or any of their interest without them in it. This helps children to use social media to explore their area if interest and get the freedom at the same time being safe and secure.

References

<https://doi.org/10.1007/s41347-020-00134-x>

<https://www.cmaj.ca/content/192/6/E136>

[https://www.thebalancesmb.com/what-is-social-media-](https://www.thebalancesmb.com/what-is-social-media-2890301#:~:text=Social%20media%20is%20any%20digital,links%20and%20short%20written%20messages.)

[2890301#:~:text=Social%20media%20is%20any%20digital,links%20and%20short%20written%20messages.](https://www.thebalancesmb.com/what-is-social-media-2890301#:~:text=Social%20media%20is%20any%20digital,links%20and%20short%20written%20messages.)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4183915/>

<https://digitalmarketinginstitute.com/blog/social-media-what-countries-use-it-most-and-what-are-they-using>

<https://www.mcleanhospital.org/news/it-or-not-social-medias-affecting-your-mental-health>

<https://www.addictioncenter.com/drugs/social-media-addiction/>

CORONA VIRUS

Kamaljeet Kaur Dhaliwal
Fleming College (Peterborough)

History of Corona Virus

In December 2019, Chinese state media reported that a team of researchers led by Xu Jianguo had identified the pathogen behind a mysterious outbreak of pneumonia in Wuhan as a Novel Corona virus. Although the virus was soon after named 2019-nCoV, and then renamed SARS-CoV-2, it remains commonly known simply as the corona virus. While that moniker has been catapulted into the stratosphere of public attention, it's somewhat misleading: Not only is it one of many corona viruses out there, but you have almost certainly been infected with members of the family long before SARS-CoV-2's emergence in late 2019.

Corona virus is large amount of viruses which may cause the infection in humans. It is also known to cause respiratory infections like from common cold, cough to severe respiratory issues. It began in Wuhan, China in December 2019.

Introduction: - Corona Viruses are a type of virus. There are many different types and some cause diseases identified corona virus.

Causes of Corona Virus

The current pandemic is caused by COVID-19 Virus. Its officially named SARS-CoV, (2019-nCov)

When someone comes directly contact with infected person then that person get corona.

How transmit from wild to human life?

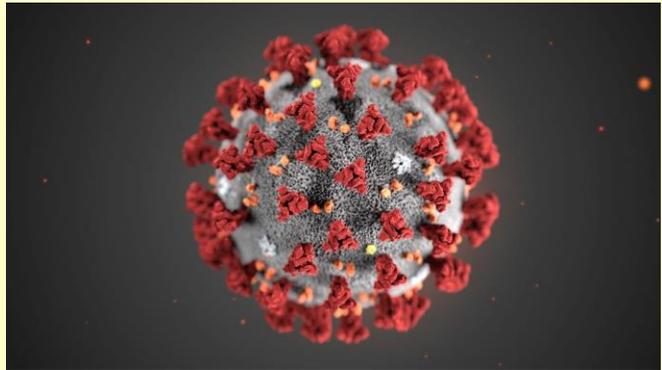
Corona viruses that infect animals can be spread to humans and then spread between people, but this is rare. This is what happened with the virus that caused the current outbreak of COVID-19, with the virus likely originating in bats. The first reported infections were linked to a live animal market, but the virus is now spreading from person to person.

The virus that causes COVID-19 spreads mainly from person to person through respiratory droplets from coughing, sneezing, and talking. Recent studies show that people who are infected

but do not have symptoms likely also play a role in the spread of COVID-19. At this time, there is no evidence that animals play a significant role in spreading the virus that causes COVID-19. Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. More studies are needed to understand if and how different animals could be affected by COVID-19.

Sign and Symptoms

- Worsening Cough
- Shortness of Breath
- Temperature above 38 degree C (Fever)
- Chills
- Fatigue and weakness
- Muscles and Body ache
- Headache
- Abdominal pain, diarrhea



Routes of Transmission

- Close Contact
- Contaminated Surfaces
- Common greetings

This is spreading from person to person through small droplet from their nose and mouth. If anyone inhales the breath of infected person then he/she can get infection. Moreover, If infected person droplets land on objects or surfaces then other people touch it and then it goes through the nose and mouth. Then, they can get corona virus. It can be spread through respiratory droplet expelled by someone who is coughing.

High risk factor

- Older age people
- People who have low immunity power
- Children (New Born)
- Pregnant Women

How different it from other diseases

This virus is completely different from other diseases because it is a large family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS)

Diagnostic Testing

Since the signs and symptoms of COVID-19 can be absent, mild, severe or can look like the flu or other illnesses, the only way to confirm you have COVID-19 is through a 1.

SARS-CoV-2 (nucleic acid or antigen)

Laboratory test takes 1-2 days

Management of Corona Virus

Assessment

Check body temperature and symptoms of infection

Travel history like, countries, states or cities with active COVID 19 cases

Physical examination

Carefully documentation and check sign and symptoms which may occur 2 to14 days after exposure to the virus and then take signature of the client

Management

Monitor vital signs regularly to check the respiratory function and manage hyperthermia

Monitor O2 saturation to check the level of hypoxia.

Manage fever including adjusting room temperature and apply cold packs and give IV fluids.

Maintain respiratory isolation and use personal protective equipment, such as mask, gowns.

Provide information about transmission of COVID-19.

Isolate the client in a separate room who effected from this virus.

Prevention

Most people with mild corona virus illness will recover on their own.

If you are concerned about your symptoms, you should self-monitor and consult your health care provider. They may recommend steps you can take to relieve symptoms.

Avoid Closed Spaces, crowded places and close contact

Stay home and away from others if you feel sick

Stick to a small and consistent social circle and avoid gathering in large group

Limited contact with people at higher risk, such as older adults and those with underlying medical conditions or weakened immune system

Keep distance of at least 2 arms lengths (2 Metres) from others

Hand Hygiene and Respiratory Etiquette

Maintaining good hand and respiratory are very important personal practices that help reduce the risk of infection or spreading infection to others.

Wash your hands often with soap and warm for at least 20 seconds

When coughing or sneezing

Sneeze into a tissue or bend of your arm, not your hand.

Avoid touching your eyes, nose, or mouth with unwashed hands

It is important to stay more than one meter (3 feet) away from a person who is sick.
We have to wear face mask in the crowded places and public places.

Furthermore, People have to hospitalize if they feel not well.

Wash hands frequently

Take hot water shower after coming inside the house or before touch to children.

If any person is infected by the COVID-19 then he have to self isolate for 14 days to protect yourself and others.

Maintain physical distancing

Maintain respiratory hygiene

Sanitize your hands after every 1hr to kill the virus.

References

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus>

https://www.who.int/health-topics/coronavirus#tab=tab_1

<https://newsnetwork.mayoclinic.org/discussion/how-the-virus-that-causes-covid-19-differs-from-other-coronaviruses/>

<https://everynurse.org/blog/nursing-management-covid-19/>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html>

Covid-19 and Mental Health

Name- Kritika Deol

Fleming College, Peterborough



Introduction:

The COVID-19 widespread has likely brought abundant changes to how you live your life, and with it instability, changed day by day schedules, money problems and social restrictions. You'll stress almost getting sick, how long the pandemic will last and what long-standing time will bring. Misinformation, rumors, false believes and superstitions have led people feel that their lives are out of control and everything seems unclear and confusing.

Statistics

Anxieties about the well-being impacts of the virus, concerns for family members, extended social isolation, economic risk and uncertainty are all common sources of distress around the world.

“While some predict that there will be a long-term rise in the number and severity of mental health problems due to the COVID-19 pandemic, Statistics Canada is committed to monitoring the mental health of Canadians over this period. Canadians were asked how their mental health has changed since physical distancing began. Just over half (52%) of participants indicated that their mental health was either "somewhat worse" or "much worse." The other 48% of

participants said that their mental health was "about the same," "somewhat better" or "much better." Almost one quarter of the crowdsource participants (24%) reported fair or poor mental health, 31% reported good mental health, and nearly half (46%) reported very good or excellent mental health. Previously published data from the 2018 Canadian Community Health Survey found that 8% of Canadians reported fair or poor mental health, 24% reported good mental health, and 69% reported very good or excellent mental health" (Statistics Canada, 2020).

Causes

We all are aware of the bizarre physical affects that Covid-19 has caused but is that all we care about? The global pandemic has jailed everyone around the world in their homes and left everyone with loss of jobs, opportunities, social life and what not? The financial loses for once can be restored but people have lost their loved once which they were not even allowed to see for the last time. The constant fear of getting sick, the loneliness that accompanies quarantine, and a fragile economy combine to create complicated challenges to mental well-being (The Bronfenbrenner Center for Translation Research, 2020).

The world has witnessed a very large amount of deaths due to Covid-19 and those deaths have affected so many people as family members, relatives or friends of populaces suffering from coronavirus were not allowed to meet them or see them after they died. This lifetime of grief and sorrow might have affected some and most of us. Not only just regular people but the front line workers like Health Care Workers, Grocery Stores Workers and other essential workers have experienced a tremendous amount of constant stress and worry about providing their services to people and not to get COVID-19 at the same time.

Contribution of Health Care Workers and Front Line Workers

The Health Care Workers evidently came under so much of pressure of taking care and treating hugely increased amount of patients suffering from Coronavirus. Working for 15-18 hours a day became a "regular day" in the life of health care workers. Besides having the trauma, sleepless nights, burnout and exhaustion, the health care have provided their constant services to the people.

Two of the most common mental health struggles are anxiety and depression.

Anxiety

“Anxiety is your body’s natural response to stress. It’s a feeling of fear or apprehension about what’s to come. The first day of school, going to a job interview, or giving a speech may cause most people to feel fearful and nervous.”

Types of Anxiety Disorders include Panic Disorder, Phobia, Social Anxiety Disorder, Obsessive-compulsive disorder, Separation anxiety disorder, Illness anxiety disorder, and Post-traumatic stress disorder

Some ways used as remedies for anxiety

Getting enough sleep, Meditating, Eating Healthy Diet, Avoiding Alcohol, Quitting smoking cigarettes.

Depression

“Depression is classified as a mood disorder. It may be described as feelings of sadness, loss, or anger that interfere with a person’s everyday activities.”

Types of depression: Major Depressive Disorder & Persistent Depressive Disorder

Ways to treat Depression: Avoid Alcohol and Drugs, Learn to Say No, Self-Care, Exercise, Socializing.

Management

According to *Centers for Disease Control and Prevention* there are many ways to manage the high stress, anxiety and other mental struggles caused by the pandemic, self-isolation and other difficulties. Some healthy ways to cope with these struggles are to:

1. Know what to do if you are sick and know the right resources.
2. Take breaks from watching, reading or listening to news stories.
3. Connect with others (mostly virtually)
4. Eat Healthy
5. Have a good amount of sleep
6. Seek help in case of crises or need
7. Avoid consuming alcohol or tobacco products

Recovery

Some of the important information regarding how to Recover from COVID-19 or ending home isolation. It may be stressful to be separated from your loved ones if you were exposed to COVID-19 or getting quarantined because of the symptoms you might have.

Tips to remember:

1. You are not alone
2. It is not your fault
3. Know timing is everything and the bad time will pass
4. Focus on things you CAN do
5. Accept that you can't control everything
6. Focus on your physical, emotional and mental health
7. Eat Healthy
8. Get in to your old routine (Medical University of South Carolina, 2020)

Conclusion

“You can expect your current strong feelings to fade when the pandemic is over, but stress won't disappear from your life when the health crisis of COVID-19 ends. Continue these self-care practices to take care of your mental health and increase your ability to cope with life's ongoing challenges” (Mayo Clinic, 2020)

Twenty-twenty has brought so many misfortunes, sadness, grief and unexpected sorrows to us. The Global Pandemic has altered our lives in the ways that might not ever get reversed but at the end-of-the day we have to live with it. We have to take care of our mental health because if it is not good, nothing else would be good. This Pandemic has made us all realize that even in such life-threatening situations, we all are here to help each other, and we will always be. Just remember, you are not alone.

References

- Centers for Disease Control and Prevention. (2020). *Coping With Stress*.
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Legg., T. (2020). *Everything You Need to Know About Anxiety*. Healthline.
<https://www.healthline.com/health/anxiety>
- Legg., T. (2020). *Everything You Want to Know About Depression*. Healthline.
<https://www.healthline.com/health/depression>
- Medical University of South Carolina. (2020). *Top 12 tips to relieve COVID-19 stress*.
<https://web.musc.edu/about/news-center/2020/03/25/covid-19-stress-relief>

Mayo Clinic. (2020). *Covid-19 and your mental health*. <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>

Statistics Canada. (2020, May 27). *Canadian's mental health during the COVID-19 pandemic*. <https://www150.statcan.gc.ca/n1/daily-quotidien/200527/dq200527b-eng.htm>

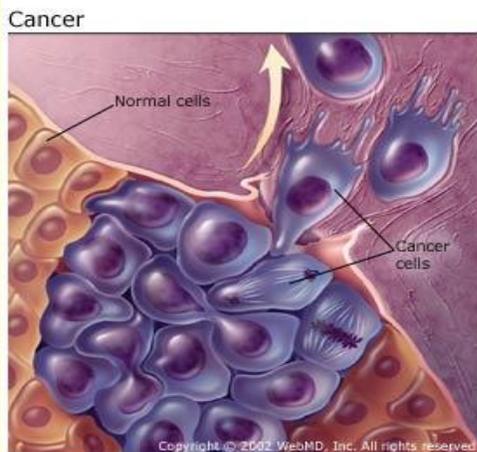
The Bronfenbrenner Center for Translation Research. (2020). *What Are The Mental Health Effects of COVID-19?*. <https://www.psychologytoday.com/us/blog/evidence-based-living/202008/what-are-the-mental-health-effects-covid-19>

CANCER – CAUSES & PREVENTION

Rupinder Kaur
Fleming College

INTRODUCTION

Cancer is an uncontrolled growth of abnormal cells which spreads throughout the whole body and that leads to various body system cancers such as skin cancer, brain cancer, breast cancer, colon cancer, lung cancer, pancreatic, liver cancer, prostate cancer, cervix cancer and many more. Cancer is the second-leading cause of death in the world and it has two types Benign and Malignant; In Benign, tumors do not spread to other parts of the body. In Malignant, tumors spread to other body parts and interfere with body functions.



Key Facts:

1. Cancer is the second leading cause of death globally, and it is an estimated 9.6 million deaths in 2018. About 1 in 6 deaths are due to cancer worldwide.

2. Tobacco is the most important risk factor for cancer and is responsible for approximately 22% of cancer deaths.
3. Cancer causing infections such as hepatitis and human papilloma virus (HPV) are responsible for near to 25% of cases in low - and middle - income countries.
4. The economic impact of cancer is significant and is increasing.
5. About one third of deaths from cancer are because of the 5 leading behavioral and dietary risks; for example, high body mass index, lack of physical activity, low fruit and vegetable intake, tobacco and alcohol use.

Incidence of Cancer: The World Health Organization (WHO) provides general information about cancer globally. It accounted for 8.2 million deaths and it's the most recent data from WHO. It is an estimated that deaths from cancer will be rising continually to 13.1 million deaths in 2030. Breast, lung, stomach, colon, liver cancers are the most cancer deaths every year.

Ontario Cancer Statistics: The incidence rate has increased each year since at least 1981 as the number of new cases of cancer diagnosed each year in Ontario. In 2020, it is an estimated that 91,946 new cases of cancer excluding non-melanoma skin cancer are expected to be diagnosed in Ontarians.

CAUSES:

1. The common cause of cancer is **Genetic changes OR Genetic predisposition:** DNA presents in the cell nucleus which makes different types of proteins. A segment of DNA that contains proteins is called gene. When changes occur in human genes which has control over human cell and body functions, especially the way they grow and divide. Some specific genes changes can cause cells to avoid normal growth controls and become cancer. Sometimes, people get genetic mutations from their parents however, some mutations are not inherited but they expose to certain cancer- causing substances.
2. **Lifestyle:** Certain lifestyles are known to increase the risk of cancer. People who have habits of smoking, use of tobacco, excessive exposure to the sun or sunburn, obesity and having unsafe sex may contribute to cancer.
3. **Health Conditions:** Some chronic health conditions such as chronic kidney diseases, pulmonary disease, cysts in reproductive organs and ulcerative colitis.
4. **X-rays:** When people get higher dose of radiation and exposed to ultraviolet rays cause skin cancer.
5. **HPV:** The Human Papilloma Virus causes cervix and other reproductive cancers; it happens because when people have unsafe sex and they get sexually transmitted disease.

Most Common types of Cancer:

1. Lung
2. Breast
3. Colorectal
4. Prostate

5. Skin Cancer
6. Stomach

1. **Lung Cancer:** Lung cancer is also very common in men and women and top cause of death. It is the cancer that starts in lungs and spreads throughout the body. It is caused by smoking, but it is preventable by avoiding passive smoking.
2. **Breast Cancer:** Among women, breast cancer is the most common cancer that is diagnosed after skin cancer and leads to death. It is estimated that women who have breast cancer are 55 or older or most are between the age 35 and 54 years old. It is an uncontrolled growth of unusual cells occurs around the breast and it spreads quickly.
3. **Colorectal Cancer:** Cancers of the colon and rectal are common, the most occurrence of colorectal cancer is older age. Risk increases more after age of 50. If colorectal cancer is diagnosed and treated early while the tumour is benign then it is highly curable. But if tumour continues to grow then it can spread directly to other tissues and organs.
4. **Prostate Cancer:** Prostate cancer is a very slow growing cancer with causing no symptoms until in advance age. This disease most common in older men rather than before the age 50. People who have family history of prostate cancer are more prone to have this type of cancer in life.
5. **Skin Cancer:** This is the most common cancer in the world. The people who live to age 65 years and have fair-skin, suffer from skin cancer.

STRATEGIES FOR CANCER PREVENTION: Many cancers have a chance of cure if they detected early and treated adequately. Therefore, between 30-50% of cancers can be prevented by avoiding risk factors and implementing treatment strategies. There are several ways to reduce the cancer risk but there's no specific way to prevent cancer. Preventable ways are following:

1. **Dietary Strategy:** Take a variety of antioxidants that contain higher amount of fruits and vegetables such as:
 - Vitamin A, C, D, E and K
 - Carotenoids
 - Seafoods
 - Broccoli
 - Cabbage
 - Green Tea
 - Blueberries
 - Grapes
 - Strawberries
2. **Lifestyle Strategy:** To reduce cancer try to improve your lifestyle as following:

- Maintain a healthy weight
 - Exercises everyday
 - Reduce sodium intake
 - Avoid grilled food
 - Limit red meat and animal fat
 - Know your personal and family medical history
3. **Stop smoking:** smoking leads to various types of cancer not only lung cancer. Therefore, stop smoking, to reduce the risk of cancer in the future
 4. **Avoid excessive alcohol:** To reduce cancer risk, use moderate amount of alcohol because people who have excessive intake of alcohol may have higher risk of liver, esophagus cancer.
 5. **Avoid excessive sun exposure:** Apply sunscreen before you go outside in sunlight, harmful UV rays can increase the risk of skin cancer.
 6. **Cancer screening:** Screening is to identify the people with abnormalities such as a specific cancer but have not developed any symptoms and refer them instantly, for diagnosis and treatment. If you have any doubt, consult with your doctor about cancer screening exams such as breast exams, pap test, tissue biopsy, prostate exams, urine tests, testicular exams. Women are required to have breast exam and mammography for breast cancer, PAP cytology test for cervical and uterine cancer, Prostate exams and Prostate antigen blood test for men who have prostate cancer, colonoscopy, urine test, blood tests for other cancers of all ages.
 7. **Immunization:** Immunizations can help to reduce the risk of virus infections which causes cancer. People could ask to their doctors if they need any vaccines of Hepatitis B to lower the risk of liver and HPV vaccines to lower the risk of reproductive organs cancer.
 8. **Medical Treatment:** The main goal of treatment of cancer is generally to cure cancer and to improve the patient's quality of life. This can be accomplished by palliative care and psychosocial support. An important step is health services should be integrated and people centered. Every cancer has a specific cure with treatment if it is diagnosed early.

The most common treatments are:

1. **Local Therapy that includes:**

- Surgery is the only curative therapy for many common solid tumors. Surgery has significant role in cancer prevention. Some specific surgeries to cure cancer are Colectomy, Mastectomy, Thyroidectomy, Oophorectomy, Removal of premalignant skin lesion
- Radiation Therapy is a local therapy used in treatment of cancer. It involves an administration of ionizing radiation in the form of X-ray or gamma rays to tumor site. Radiation therapy with curative intent is the main treatment in limited stage of Prostate, gynecologic tumors and CNS tumors.

2. Systemic Treatment:

- Chemotherapy requires multiple cycles. It is the main treatment for malignant diseases. Chemotherapy cannot distinguish between the normal cells and cancer cells. It is commonly used to treat leukemia, Cancers of breast, Ovary, Intestinal Tract as well as other types of cancers.
 - Radioactive Material
 - Monoclonal antibodies
3. **Supportive Care:** The goal of supportive care is to prevent psychological, social, and spiritual problems related to the disease. This type of care helps patients and family to cope with emotional stability and confusions related to cancer and treatment.
 4. **Non-conventional therapy:** Related to use of hormone therapy and immunotherapy to treat the cancer.

References

https://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/articles/health_and_medical_reference/cancer/understanding_cancer_basics_cancer.jpg

<https://www.webmd.com/cancer/guide/understanding-cancer-basics>

<https://www.who.int/news-room/fact-sheets/detail/cancer>

<https://www.medicinenet.com/cancer/article.htm>

<https://www.cancer.gov/about-cancer/understanding/what-is-cancer>

<https://www.mayoclinic.org/diseases-conditions/cancer/symptoms-causes/syc-20370588>

<https://www.cancercareontario.ca/en/statistical-reports/ontario-cancer-statistics-2020/ch-1-estimated-current-cancer-incidence>

<https://www.slideshare.net/bikash2510/cancer-prevention-and-management>

TAKING CARE OF SENIORS

Sukhpreet Kaur
Sir Sandford Fleming College

Introduction:

Seniors plays important role in everybody's life. They are the roots for us who helps us to stay connected with our culture, tradition, and with our history. It is agreeable that sometimes it is challenging to take care of older people. But we should take care of them. In my opinion, in age of 70's or above some people behaves little differently due to aging process, some people face hard time due to diseases they face disorders such as dementia, lung diseases, arthritis, Alzheimer's disease. To keep our seniors physically, mentally fit we can help them to perform daily activities so that they stay healthy.

Aging process:

Our body undergoes many changes with aging. As grown-ups age, some may encounter ordinary age-related changes in memory and thinking. Dementia, or serious cognitive decline that meddles with everyday life, is not normal aging process. Ageing is a characteristic cycle. Everybody must go through this period of life at their own time and movement. In the more extensive sense, ageing mirrors all the progressions occurring through the span of life. These progressions start from birth—one develops, creates and accomplishes development. To the youthful, ageing is energizing. Middle age is when individuals notice the age-related changes like turning gray of hair, wrinkled skin and a considerable measure of physical decrease. Indeed, even the most beneficial, tastefully fit cannot get away from these changes. Gradual physical impedance and practical inability are seen bringing about expanded reliance in the time of old age. As indicated by World Health Organization, ageing is a course of natural reality which begins at origination and closures with death. It has its own elements, much outside human ability to control. Nonetheless, this cycle of ageing is likewise dependent upon the developments by which every general public understands old age. In the greater part of the created nations, the age of 60 is viewed as proportionate to retirement age and it is supposed to be the start of old age. In this part, most people comprehend the subtleties of ageing measures and related physiological changes. (ageing process and physiological changes)

Taking care of physical health issues:

As we age, our bodies go through a lot of changes. On the outside we change physically, but there are a lot of internal changes that occur too. Knowing what to expect and how to slow some of those changes can help you stay as comfortable and active as possible. Physical fitness helps to keep lifestyle healthy.

Physical Changes That Come with Aging**Bones, Muscles and Joints**

As we age, our bones shrink in size and density. A few people really become shorter! Others are more prone to fractures because of bone loss. Muscles, ligaments, and joints may lose quality and adaptability.

Exercise is an incredible method to slow or prevent the issues with bones, muscles and joints. Keeping up quality and adaptability will help keep you strong. What's more, a healthy eating routine including calcium can help your bones strong. Make certain to converse with your primary care physician about what kinds of diet and exercise are directly for you.

Digestive System

Swallowing and digestive reflexes delayed down as we age. Swallowing may get harder as the throat contracts less powerfully. The progression of discharges that help digest food in the stomach, liver, pancreas and small digestive tract may likewise be decreased. The decreased stream may bring about stomach related problems that were absent when you were more youthful.

To keep our digestive system healthy during the ageing we should stay hydrated by drinking plenty of water. Regular exercises can also help to maintain our digestive system by keep our system more active. Moreover, we can avoid the overeating can help us stay healthy during ageing.

Kidneys and Urinary Tract

Kidneys may turn out to be less productive in eliminating waste from the circulatory system in light of the fact that your kidneys get littler as they lose cells as you age. Chronic diseases, for example, diabetes or hypertension can cause considerably more harm to kidneys.

Urinary incontinence may happen because of an assortment of wellbeing conditions. Changes in hormone levels in ladies and having an extended prostate in men are contributing components that lead to urinary incontinence.

Balance diet is the most important thing which can help us to keep our whole body system healthy during ageing. Moreover, to keep kidneys and urinary tract healthy we should avoid drugs such as smoking, alcohol and etc.

Brain and Nervous System

As we age, we normally lose cells. This is even obvious in the cerebrum. Cognitive decline happens in light of the quantity of synapses diminishes. The cerebrum can make up for this misfortune by expanding the quantity of associations between cells to save mind work. Reflexes may back off, interruption is almost certain and coordination is influenced.

There are so many activities which can help us to keep our brain system healthy during ageing such as Exercise regularly, do not smoke or use other tobacco products, get plenty of rest, take care of health conditions that may cause decreased nervous system functioning, eat a balanced diet, drink plenty of water and other fluids.

Weight

Diminishing degrees of physical action and an easing back digestion may add to weight gain. Your body will most likely be unable to consume off the same number of calories as it once could, and those additional calories will wind up being put away as fat.

Healthy weight maintenance can be done by keeping track of what you eating. Be active, do exercises, and eat balance diet.

Heart

Your heart pumps throughout the day and night, regardless of whether you are alert or sleeping. It will pump more than 2.5 billion beats during your lifetime! As you age, veins lose their flexibility, greasy stores develop against conduit dividers and the heart needs to work more earnestly to circle the blood through your body. This can prompt and solidifying of the arteries. Dealing with your body with the correct kinds of fuel will assist you with keeping your heart healthy and solid. You can deal with your heart by practicing and eating heart-sound foods. (johnson memorial health)

Taking care of mental health issues:

Here are the absolute most regular psychological well-being diseases experienced by seniors:

Depression:

Depression is a kind of temperament issue that positions as the most inescapable psychological wellness worry among seniors. In the event that untreated, it can prompt physical and mental weaknesses and hinder social working. Also, gloom can meddle with the side effects and therapy of other constant medical issues.

Basic indications of depression incorporate progressing trouble, issues dozing, physical pain or distress, removing from exercises recently delighted in.

On the bright side, depression can typically be successfully treated in older adults. If you suspect a loved one or client is showing signs of depression, seek help immediately.

Alzheimer and Dementia:

It can be difficult to take care of the person having Alzheimer and Dementia. There are many seniors who are facing these mental health issues. to complete their needs You can care for the physical needs of your loved one by closely coordinating care with his or her physician. Such as making environment safer to reduce fall risk. Moreover, to help our elders who are having these disorders we can help them with many activities of daily living, such as light housekeeping, making meals, medication reminders. More important is paying attention to person's changing physical needs.

Helping seniors living active and healthy life

We can help our seniors to live healthy and active life by following steps.

- Help them with the medications if any recommended to them. By providing them the medications at proper time.
- Communicate with them as much as possible. It could make them feel that they are important to us.
- Balance diet help to stay mentally and physically healthy. Assisting them with the balanced diet can help them to stay fit and active.
- Exercising also a main factor which people use to stay active and healthy. We can help our seniors to do exercises daily to keep them healthy.
- Caring or assisting our seniors supports them to fight with the diseases and weaknesses. We can care our seniors by helping them with financial responsibilities, help them with decision making so that they don't regret for anything later on. Take care of their needs.
- Respecting our seniors make them feel that they are important which could increase their lifespan.
- Be patient with our seniors because often, seniors are **hard of hearing and it may take them a little longer to process information**. Take your time when explaining things, break them up into smaller parts, and talk loudly and clearly. Lastly, explain what you are doing and why you are doing it.



References

- Ageing process and physiological changes.* (n.d.). Retrieved from
www.intechopen.com/books/gerontology/ageing-process-and-physiological-changes:
HYPERLINK "https://www.intechopen.com/books/gerontology/ageing-process-and-
physiological-changes" <https://www.intechopen.com/books/gerontology/ageing-process-and-physiological-changes>
- Caring people.* (n.d.). Retrieved from caringpeopleinc.com/blog/mental-illnesses-in-the-elderly/:
HYPERLINK "https://caringpeopleinc.com/blog/mental-illnesses-in-the-elderly/"
<https://caringpeopleinc.com/blog/mental-illnesses-in-the-elderly/>
- Johnson memorial health .* (n.d.). Retrieved from blog.johnsonmemorial.org/9-physical-changes-
that-come-with-
aging#:~:text=%209%20Physical%20Changes%20That%20Come%20With%20Aging,w
aste%20from%20the%20bloodstream%20because%20your...%20More%20:
"http://blog.johnsonmemorial.org/9-physical-changes-that-come-
withaging%23:~:text=%209%20Physical%20Changes%20That%20Come%20With%20
Aging,waste%20from%20the%20bloodstream%20because%20your...%20More%20"
[http://blog.johnsonmemorial.org/9-physical-changes-that-come-
withaging#:~:text=%209%20Physical%20Changes%20That%20Come%20With%20Agi
ng,waste%20from%20the%20bloodstream%20because%20your...%20More%20](http://blog.johnsonmemorial.org/9-physical-changes-that-come-withaging#:~:text=%209%20Physical%20Changes%20That%20Come%20With%20Aging,waste%20from%20the%20bloodstream%20because%20your...%20More%20)
-

SACHSS REHAB & DROP IN CENTRE

We are happy and pleased to inform you that because of all the support, help and patronage from all our patrons, we opened our SACHSS Rehab and Drop-in Centre at 22 Melanie Drive, Units 6 and 7, Brampton. Ontario. L6T 4K9. (Near Steeles & Melanie).

We now have our Thursdays Evenings 6- 8 pm Healthy Living Group at our new premises.

All are welcome.

SACHSS SENIORS PROGRAM

Who? All Seniors and family members are invited.

When? 1st Saturday of Every Month, from 11 am to 1 pm at

Where? SACHSS Centre at 22 Melanie Drive, Units 6 & 7, Brampton. ON. L6T 4K9. (South of Steeles & Melanie, near Steeles and Torbram)

What? SENIORS PROGRAM ACTIVITIES:

Presentations

Discussions

Fun Activities

Get Together

Refreshments

Free Program

SACHSS WOMEN'S PROGRAM

Who? All women and girls of all ages are invited.

When? 4th Saturday of Every Month, from 11.30 am to 1.30 pm at

Where? SACHSS Centre at 22 Melanie Drive, Units 6 & 7, Brampton. ON. L6T 4K9. (South of Steeles & Melanie)

What? WOMEN'S PROGRAM ACTIVITIES:

Presentations

Discussions

Fun Activities

Get Together

Refreshments

Free Program



South Asian Canadians Health & Social Services- SACHSS

Not for profit Charity Organization (Registered) Ontario, Canada

22 Melanie Drive, Unit 6&7 Brampton. Ontario. L6T 4K9. Canada
Phone: 647-718-0786. Website: www.sachss.org

South Asian Canadians Health & Social Services (SACHSS) is a registered not for profit charity organization. SACHSS provides culturally and linguistically appropriate services to South Asian and other communities. SACHSS services include Health Education, Health Promotion, Mental Health, Addiction, Stress Management, Anger Management and related social issues and social and recreational programs. SACHSS provides services in Hindi, Punjabi, Urdu, Tamil, Gujarati, Malayalam, Sindhi, Arabic, French and English.

For contact: 647-718-0786

416-884-6198

Maher2004@gmail.com

COVID-19 ANNOUNCEMENT

Our services are continuing over telephone and online during this COVID-19 pandemic.

For telephone counselling and telephone services please call 647-718-0786.

For other online services please contact us through info.sachss@gmail.com or maher2004@gmail.com

We will resume our regular services once the situation improves.
