

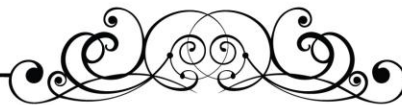


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Index

1. Acidity inside out 1-2
2. Fascinating Facts about Human Body 3
3. Be an Empowered Patient 4-5
4. How to Grow Yourself Professionally? 6-7
5. How to Manage Workplace Stress? 8-9
6. The Basics of Cyber Security You Need to Know to Protect Your Online Presence 10-11
7. Zybon-D Launch 12
8. International Women's Day Celebrations 13



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Acidity- Inside Out

Reviewed By: Nouman Afzal and Romail Riaz

To keep up with the pace of fast moving world, our life is always on a roller coaster ride. Meeting deadlines, traveling, working overtime etc. all add up to the abnormal functioning of the body. Our lifestyle has become as such that acid reflux has become one of the common problems every other person is facing to some extent. This problem has no bar of age or gender. In Pakistan, according to the Journal of Family Medicine, 24% people are suffering from heartburn and common causes are unhealthy life style, stress induced routine, over eating and eating unhealthy food.

What are the reasons of Acidity Reflux?

Acid reflux can be caused because of malfunctioning of stomach. Other common causes of acidity are;

- Unhealthy Lifestyle like; poor eating habits, no proper sleep schedule, lying or working out right after eating etc.
- Certain medications like; aspirin, ibuprofen, certain muscle relaxers, or blood

pressure medicines

- Eating oily, spicy food at improper times or unscheduled eating pattern or eating certain foods, such as citrus, tomato, chocolate, mint, garlic, onions etc.
- Stress



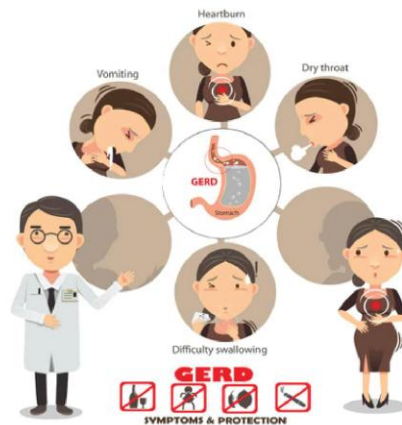
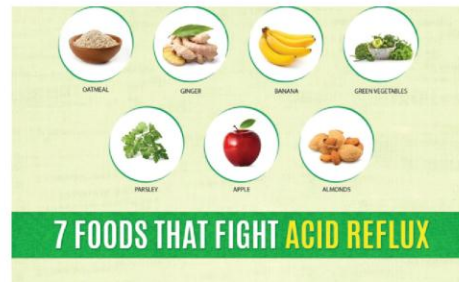
What are the Symptoms?

There is a reason acid reflux is called heart burn. The actual throbbing pain, burning feeling all the way from stomach to the throat is

usually felt during the times of acid reflux.
Other symptoms are;

- Nausea
- Bloating (gas)
- Burping
- Hiccups
- Feeling of choking when you intake food.

medical solutions.



How can it be treated?

If you have mild acid reflux problem it can be treated with certain lifestyle changes, taking or avoiding certain foods;



If the problem persists certain medications, surgical therapy or endoscopy will be suggested. It is always suggested to nip the evil in the bud, which means start making lifestyle changes at the initial phase of problem to avoid



Fascinating Facts about Human Body:

1. A person will die from lack of sleep sooner than they will from starvation, which usually takes a few weeks.
2. There are approximately 96,000 km of blood vessels in the human body.
3. If the lining of mucus were to disappear from your stomach, your stomach would digest itself.
4. Your heart beats 100 000 times a day.
5. If you remove the minerals from a bone by soaking it overnight in a six percent solution of hydrochloric acid, it will become so soft, you could tie it in a knot. Imagine what you do to your bones when you take carbonated drinks.
6. When you were born, you had 300 bones. Now you have 206, if you are an adult. The rest of the bones have not disappeared – they have merely fused together.
7. When you look at an object, the image of that object appears upside down on your retina. However, your brain automatically corrects for this, allowing you to perceive the object the right side up.
8. Enamel, found on our teeth, is the hardest substance in the human body.
9. The heart is the hardest working muscle in the body. Every day, it creates enough energy to drive a semi-truck over 18 miles (30 kilometers). Over a lifetime, that's equivalent to driving to the moon and back.
10. The brain is 60 percent fat, but it still works hard. At any given time, your brain can generate up to 25 watts of power – that's enough to power a light bulb.



Be an Empowered Patient

What is 'patient empowerment'?

The concept of 'patient empowerment' was developed in 1998 to spread the awareness about patient's role in their health related issues especially in treatment and disease management. WHO defines empowerment as; "a process through which people gain greater control over decisions and actions affecting their health" (WHO 1998)

Questions like "Do I really need this test, medication or procedure?", "What are risks related to it?", "What are better alternates?" are one sign of an empowered patient. Similarly, when you know your body type, your family history, food or medicines or season which affects you, allergies you have etc. so when you go to a doctor to get some diagnosis you are actually helping the doctor by telling about yourself is another way of being an empowered patient.

The concept of 'empowered patient' is getting to a leading point because of advancement in technology and spread of general awareness about healthcare. More patients are taking responsibility of their health and along with healthcare professionals. They reach to a decision of mutual consent for health problems which are proving more beneficial because patients own the problems and take the responsibility to make it better.

Essential Components of Being an Empowered Patient;

1. Gather Information

Information is fundamental to any journey of empowerment and awareness. With vast information being available at ease, the task is to gain 'right' information. Information should be accurate, most updated about the issue and coming from the right source.

2. Health Awareness

Basic health information is a key to gather information and then act accordingly. You must know your body, health condition, impact of certain food or season, reaction of routine medicines etc. Especially if you or someone in the family has special health conditions like a disease or allergy then you should be even more vigilant about knowing more.



3. Digital Literacy

Latest technology can empower you to gain control of your health issues. There are online platforms for certain diseases, mobile apps, search engine database, social media advocacy etc. which helps to establish links and gather information. You can even find support groups to deal with certain diseases and get to learn from other people's experiences.

4. Self-Efficacy

Self-efficacy in healthcare is about meeting your own set goals about the health condition. It is a journey of self-empowerment which cannot be accomplished without you taking responsibility of it. For some; the goal would be to get out of prevailing health condition towards betterment while some would aim for simply managing the disease. Self-empowered patient are ready to accept challenges and do their best to make their health better.

5. Mutual Respect

While you gather information on your own it is very important to respect what your healthcare

professional has to say. You getting all the information, even from reliable sources, do not mean you know it all. Healthcare professionals are the qualified persons to make a decision, prescribe or treat in a certain way. You have all the right to question based on your information. But mutual respect, on level of both i.e. patients and doctors is important.

6. Shared Decision Making

Decision about your treatment or disease management must be mutual one. The suggestion of doctor and your consent; both are equally important. If it is about lifestyle change, going for a surgery, routine of follow-ups or medication, all must be decided mutually. That is the core idea of an empowered patient.

Why you should be an 'empowered patient'?

Because why not? Ignorance is not always bliss. This is your life or of your loved one. How can you sit back and let someone else take complete charge of it? This is 21st century. Excuse of not knowing is irrelevant. With so much information available at ease you cannot put the blame on anyone else. Make the decision and with well-informed people or field experts to get to the right conclusion. But your, your child's or parents' health should be your priority.

MESSAGE: Do not forget to be compassionate and empathize with other person suffering from any health issue, no matter how trivial it appears to you. Every person has different impact of health related issues on their lives and personality and every person has their own way of dealing with it. Some might hype a mere seasonal flu so much that it appears they would die any minute. While someone's loved one would be suffering from a fatal disease yet their endurance and resilience would never let you know what they are going through. Respect their choice of reacting to health issues. You just empathize and offer prayer if nothing else.



How to Grow Yourself Professionally? A Simple Guide

Every career oriented person has one thing in common. No matter which industry, level of experience or professional objectives one has, they all have and should have desire to grow professionally. The motivation to get better and improve skill set with the goal to bring diversification is the fundamental means of getting on the path of progression.

Every working person is in a constant desire of better opportunity and professional growth. Who does not like the idea of promotions, diversified responsibilities, recognitions, better income and more decision making power? But people are often clueless where to start and How to make things better for themselves and the career. Here is a simple guide for you to begin with and remember; sky is the limit.

Take on new challenges. Let them know

you want more. Ask your boss to give you a new task, more challenging than previous one. And then take his feedback very humbly to learn and grow. New challenges often require learning or polishing the skills. That is one way of growing professionally.

Read. Keep yourself up to date about the relevant industry knowledge. Read about things which are of your interest or you know will help you in professional life. It can be about soft skills, attitude management, industry trends and practices etc. Make your reading sources diversified. Not just internet articles but latest researches, conference outcomes, interview of industry leaders or books can be authentic and informed reading sources.

Invest in your learning. There are so

many ways to learn when you are actually willing to learn something new. Coursera and LinkedIn offers free courses, free webinars or YouTube videos and tutorials can be a good learning source. Not always money is required to learn a new skill. Investment of time and your efforts also pays off really well.

Get a mentor. Be a mentor. For professional as well personal growth, a good mentor really matters. Especially at the start of career, people who are good guides make up the path and clears direction of progression. Good mentor highlights your strengths and points out weaknesses to work on them for better future. If you are lucky to find one, learn from them as

much as you can and then pass on that knowledge to other beginners. Be a mentor for those in need of one.

Surround yourself with like-minded peers. People who have constructive impact on your personality and growth are worth spending time with. People who lift you up and be the motivator of your growth are real keepers. There is no point of spending time with people who do not understand your passion and are cynic about your progressive ideas.



How to Manage Workplace Stress?

Although mental health issues are becoming common because of various reasons, it is admirable that it is no more a taboo. People are vocal about it and because of increased awareness people are becoming helping hands to take people out of their mental illnesses. Among budding mental health issues, work-related stresses is becoming most common. Everyone who has ever held a job, at some point or other, must have experienced work stress.

Work stress might seem usual but if not managed on time it can lead to various physical illnesses like; constant headache, stomach issues, muscle or joint pains or even serious heart issues. It can further trigger anxiety disorder or depression. People even develop unhealthy habits to apparently overcome stress like; over eating, smoking, distorted sleep pattern etc. People usually do not realize that they are going through work stress until body starts reacting in one of the above mentioned ways.

Having a good job is not guarantee for not

developing stress at any stage. There can be various reasons that contribute to work-related stress, some of them are mentioned below;

- Pressure of meeting deadlines
- Over-burdened
- Unsatisfactory job description
- Inter-personal conflicts
- Less or no opportunities of growth
- Lower salaries or compensation
- Unclear performance expectations

Taking Steps to Manage Work Stress:

1. Identify the Stressors:

Know what is bothering. Only when you know what is triggering the stress hormones then you can think of managing or avoiding those situations. Focus on the real problem to avoid self-imposed stress.

2. React Wisely:

If reacting to the stressful situation will help in reducing it then go for it. Talk to your supervisor; get towards the solution of your problem. If it is people or their attitude which is

is bothering you confront them, if it is over burden, job timings or related to perks or salary talk to the person who is responsible for these.

3. Look for Healthy Alternates:

If your reaction goes unnoticed or strategically you are not in a position to react then wait for the suitable time. Look out for alternate options like developing positive habits, bringing changes in lifestyle or routine.

4. Learn to Relax:

Know what helps you relax and do that. It should be positive and constructive approach. Could be socializing with right kind of people, hanging out in nature or with friends, reading, volunteering, learning new skill etc.

5. Plan ahead:

Prioritize your work and plan what has to be done when. This will minimize your stress by maximizing productivity and feeling of accomplishment.

While work stress is a real and rising problem, it is solvable. All you have to do is be vigilant of the stressors, know what bothers you, know your relaxing techniques and prioritize your health especially mental health. In doing so, if you find any colleague going through work stress be their support.

Live Healthy, Be Healthy.

WHAT ARE THE WARNING SIGNS THAT YOU'RE EXPERIENCING TOO MUCH STRESS AT WORK?

- FEELINGS ANXIOUS, IRRITABLE, OR DEPRESSED
- FATIGUE
- MUSCLE TENSION OR HEADACHES
- SOCIAL WITHDRAWAL
- DECREASED LIBIDO
- APATHY OR LOSS OF INTEREST AT WORK
- TROUBLE SLEEPING
- PROBLEMS CONCENTRATING
- STOMACH ISSUES
- USE OF DRUGS OR ALCOHOL TO COPE

HERE ARE 6 SIMPLE STRATEGIES TO HELP YOU BETTER COPE WITH WORK RELATED STRESS

- 1 FORM POSITIVE RELATIONSHIPS**
 - ✓ SHARE YOUR THOUGHTS AND GET THINGS OFF YOUR CHEST
 - ✓ DEVELOP FRIENDSHIPS WITH COWORKERS
 - ✓ LEAN ON YOUR FRIENDS AND FAMILY FOR SUPPORT
- 2 START EXERCISING (OR EXERCISE MORE)**
 - ✓ EXERCISE LIFTS YOUR MOOD, INCREASES ENERGY, AND SHARPENS FOCUS
 - ✓ SHOOT FOR AT LEAST 30 MINUTES OF ACTIVITY ON MOST DAYS
 - ✓ GO FOR WALKS THROUGHOUT THE DAY TO DE-STRESS
- 3 EAT HEALTHY AND NUTRITIOUS FOODS**
 - ✓ REDUCE YOUR SUGAR CONSUMPTION TO AVOID ENERGY CRASHES
 - ✓ EAT MORE OMEGA-3 FATTY ACIDS FOR IMPROVED MOOD
 - ✓ AVOID STIMULANTS LIKE CAFFEINE OR NICOTINE
- 4 GET ENOUGH SLEEP**
 - ✓ AIM FOR 8 HOURS OF SLEEP EACH NIGHT
 - ✓ TURN OFF SCREENS 1 HOUR BEFORE YOU WANT TO GO TO BED
- 5 PRIORITIZE AND ORGANIZE**
 - ✓ PLAN REGULAR BREAKS THROUGHOUT YOUR DAY
 - ✓ PRIORITIZE YOUR MOST IMPORTANT TASKS AND PROJECTS EARLIER IN THE DAY
 - ✓ DELEGATE THE THINGS YOU DON'T HAVE TO DO YOURSELF
- 6 KICK YOUR BAD HABITS**
 - ✓ RESIST TRYING TO BE PERFECT WITH EVERYTHING
 - ✓ THINK POSITIVELY AND DON'T BEAT YOURSELF UP OVER LITTLE THINGS
 - ✓ DON'T SWEAT OVER THINGS OUT OF YOUR CONTROL



The Basics of Cyber Security You Need to Know to Protect Your Online Presence

Reviewed By: Khurram Ayaz

What is Cyber Security?

Cyberspace is anything that has to do with the Internet. Crimes that happen in real life – such as stealing – also happen on the Internet. Implying security and protective measures to ensure safety and confidentiality of data and computing devices like smart phones, desktop, private and public computer networks etc. which are connected through internet is in general called cyber security.

CYBER CRIME CATEGORIES

- 🌐 Hacking
- 🌐 Identity theft
- 🌐 Cyber Bullying

- 🌐 Cyber Stalking
- 🌐 Financial fraud
- 🌐 Digital Piracy
- 🌐 Computer viruses and worms
- 🌐 Malicious Software
- 🌐 Intellectual property rights
- 🌐 Money Laundering
- 🌐 Denial of Service attack
- 🌐 Electronic Terrorism, Vandalism and Extortion

Why should you know about cyber security? Importance:

The security departments can't protect the Internet alone. It is responsibility of all to make smart and safe decisions when using the

Internet. When we understand the threats, we have to tell other individuals who probably won't be as tech savvy or digitally literate. Setting an example of good online behavior is something you can do to prevent any kind of effect. That's the reason digital security starts with YOU. Each Internet user, regardless of age, gender, class and literacy are our Nation's first line of defense against online criminals. If we as a whole turned out to be increasingly mindful of whom we converse with, what we state, and what we share on the web – we can have a major influence.

Cyber security is becoming progressively significant in this day and age. Security dangers are not simply looked by big companies directing tasks on the web. Any individual who peruses the net is a potential victim of digital culprits. If cybercrime keeps on increasing at its present pace, it may effectively turn into the greatest risk to each individual on the planet.

What are the threats or vulnerabilities?



The biggest cyber security threats to YOU at this age include:

- 🌐 links to malicious websites,
- 🌐 malware, drive-by downloads and
- 🌐 Viruses

How can you be safe?

The Internet is not a safe place because any computer can be an easy target for cybercriminals.



- 🌐 Unsafe websites that do not have a security certificate should be avoided. Look for HTTPS at the start of the URL.
- 🌐 An email from an unknown source should not be opened.
- 🌐 Anti-virus software needs to be installed to help prevent threats.
- 🌐 Create strong passwords and never share with anyone
- 🌐 Never share your personal details to unknown people online
- 🌐 Avoid connecting to public Wi-Fi
- 🌐 Think before sharing anything on cyberspace especially of your personal life; it also include check ins
- 🌐 Always keep your smartphones locked when not using it and download apps from reliable sources

Basically we are the ones in charge of our activities on the web. By far most of security breaks happen in view of negligence. Individuals can remain safe on the web on the off chance that they pursue the fundamental standards of security depicted in this guide. Most likely, nobody can take out each conceivable hazard related with online exercises; however by avoiding potential risk one can extraordinarily diminish the dangers involved.

Zybon-D Launch

(Ossein Mineral Complex + Vitamin D)



13

