

# OSHMed Magazine

Occupational Safety & Health and Medical

by



## THE BRAIN'S NEW "CLEANING" MECHANISM

IS YOUR BRAND READY TO JOIN THE RESCUE? • HEALTH & SAFETY: MASTERING HAND SAFETY • FUN TIME - JOKE OF THE WEEK • E.M.A. WEEKLY EMERGENCY STATISTICS

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# The Brain's New "Cleaning" Mechanism

**WINDHOEK** – In a week of transformative medical news, researchers have unveiled two separate but equally profound discoveries that could redefine how we approach Alzheimer's disease and cognitive aging. For the Namibian public—where an aging population and a growing focus on non-communicable diseases are rising priorities—these breakthroughs offer a message of both hope and empowerment.

From a molecular "master switch" in the brain's support cells to a physical "hydraulic rinse" triggered by simple core movements, the latest science suggests that brain health is far more dynamic and manageable than we once believed.



## 1. The Sox9 Breakthrough: Turning on the Brain's "Vacuum Cleaners"

For decades, Alzheimer's research focused primarily on neurons, the cells responsible for thinking and memory. However, a landmark study published on May 2, 2026, in *Nature Neuroscience* has shifted the spotlight to astrocytes—star-shaped support cells that were long considered mere "glue" for the brain.

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A promotional image for the TV show '9112'. It features three main characters standing in front of two yellow ambulances at night. The character in the center is a man with glasses wearing a red uniform, flanked by two women in blue uniforms. The background shows a city skyline and a South African flag. A large '9112' logo is in the bottom right, and a yellow banner in the top left says 'Season 2 coming on the 1st of June'. At the bottom, there are social media icons and the text 'youtube.com/@bokehstudiosnam' and 'EVERY 1ST AND 15TH OF THE MONTH'.

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Researchers at the Baylor College of Medicine have discovered that a single protein, known as **Sox9**, acts as a master regulator for these astrocytes. As we age, Sox9 levels typically drop, causing astrocytes to become "sluggish" and less effective at maintaining a healthy brain environment.

**The Discovery:** By boosting Sox9 levels, scientists were able to "reawaken" these aging cells. Once activated, the astrocytes began to aggressively seek out and ingest **amyloid-beta plaques**—the toxic protein clumps that are the hallmark of Alzheimer's. This process, known as phagocytosis, effectively turns these support cells into a biological "cleaning crew" that vacuums up waste before it can damage neurons.

"We are moving beyond just blocking damage," explains the research team. "We are now learning how to enhance the brain's own natural ability to clean and protect itself."

## 2. The "Molecular Rinse": How Your Core Muscles Clean Your Brain

Perhaps the most surprising news this week comes from the Zurich Institute for Neurosciences. A study titled *The Core-Cerebral Conduit*, published earlier this month, has identified a literal "hydraulic bridge" between the torso and the brain.

While it is well known that the brain "cleans" itself during sleep (via the lymphatic system), this new research proves that we can trigger a similar cleaning cycle while awake through simple physical movements.

**The "Ab-Brain" Connection:** When you **engage your core or tighten your abdominal muscles**, it creates a subtle pressure wave that travels up the spinal column. This wave acts as a pump, pushing **cerebrospinal fluid (CSF)** into the brain with increased force. This "hydraulic surge" helps flush out metabolic byproducts—including the precursors to Alzheimer's—far more effectively than deep breathing or a heartbeat alone.

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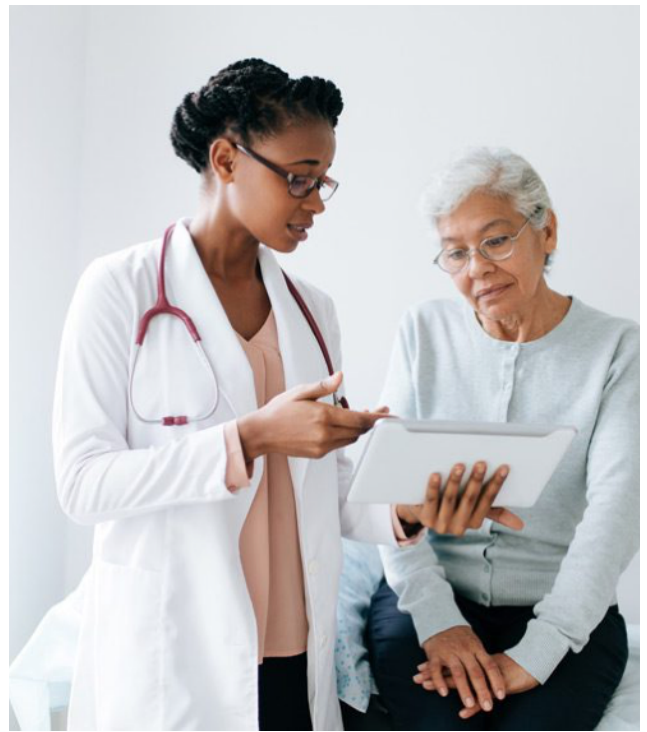
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This discovery suggests that daily activities like walking, postural adjustments, or core-focused exercises (such as Pilates or functional training) act as a form of "manual maintenance" for the brain's plumbing system.

### 3. Why This Matters for Namibia

While these studies were conducted in high-tech laboratories, their implications are deeply relevant to Namibian health. As our healthcare system evolves, there is an increasing need to focus on preventative geriatric care.

Recent reports from the *University of Namibia* have highlighted a need for greater dementia awareness and specialised care strategies. These new findings suggest that we do not have to wait for expensive, high-end drugs to begin protecting our aging population. By promoting lifestyle



interventions—such as core strength and general physical activity—we can empower Namibians to take proactive steps in "rinsing" their brains and preserving their memories.

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# Heroes in the Spotlight: Namibia's 9-1-1-2 Returns for Season 2 – Is Your Brand Ready to Join the Rescue?



**WINDHOEK** –In the heart of Namibia's busiest streets and most remote corners, a siren wails. For most, it's a sound of crisis; for the teams behind the **9-1-1-2 Emergency Response Documentary Series**, it's a call to capture the extraordinary. After a gripping debut, Namibia's first-of-its-kind emergency response series is gearing up for **Season 2**, and the production team at Bokeh Media is inviting the Namibian business community to ride shotgun.

## The Real Stories Behind the Sirens

9-1-1-2 is not your typical reality show. It is a raw, documentary-style project that follows

the heartbeat of Namibia's frontline: emergency medical teams, rescue responders, and incident command units. By capturing real-life emergency situations, the series bridges the gap between the "unseen heroes" of our country and a public that rarely sees the split-second decisions that save lives.

The goal is simple yet profound: to educate the public on safety and emergency response while giving our first responders the recognition they deserve.

## Why Namibian Corporates are "Checking In"

In a world of "skip-able" ads, brands are looking for marketing that actually means

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An advertisement for OSH-Med international First Aid Training. The background is a blurred image of a first aid kit. The text is as follows:

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something. By supporting 9-1-1-2, companies aren't just buying ad space; they are associating their names with safety, responsibility, and community heroism.

### The Impact for Your Brand:

- **Trust & Credibility:** Align your business with life-saving services.
- **High Engagement:** Target a diverse audience of adults aged 18–45, security-conscious households, and urban drivers.
- **Multichannel Exposure:** Your brand appears across YouTube episodes, Facebook videos, Instagram Reels, and dedicated social media promotions.

### Sponsorship Packages: A Tier for Every Business

Bokeh Media has designed a range of partnership levels to ensure that everyone from local coffee shops to national corporates can show their support. Packages are priced monthly in Namibian Dollars (N\$):

### Join the Mission

With limited sponsor positions available, now is the time for Namibian businesses to secure their spot in the next season of this high-impact series. Whether you are a mechanic keeping the community moving or a corporate giant keeping us secure, your support helps tell the stories that matter most.

### Get Involved Today:

- **Email:** [9112@osh-med.pro](mailto:9112@osh-med.pro)
- **Watch Previous Episodes:** [YouTube @BokehStudiosNam](#)
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Season 2 is coming. Will your brand be part of the response?



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#### Operating Hours

Mon - Fri : 8.00am - 5.00pm  
Sat : 8.00am - 3.00pm  
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#### Contact Emails & Website

Email: drcorneliandikon15@gmail.com  
Email: stirlingmedicalcentre4@gmail.com  
Website: www.stirlingmedical.health

**Physical Address:** Upper Floor, Auas Valley shopping Mall, opposite Waltons



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# Health & Safety - Mastering Hand Safety: The Human Factor Behind Workplace Injuries

***WINDHOEK** – Our hands are the most universal and vital tools across every industry. Because they are involved in almost every work task, they are incredibly vulnerable; in fact, hands are the second most commonly injured body part, and when wrists are included, they rank first. Every year, nearly one in a hundred people will sustain a hand injury either at work or at home.*

The stakes are remarkably high. Hand injuries are not just frequent; they often result in lifelong consequences. Research indicates that 58.5 percent of hand injuries requiring an emergency room visit lead to "residual functional impairment," meaning the damage can permanently alter an individual's livelihood and ability to work.

**The Illusion of PPE** A common misconception is that simply providing Personal Protective Equipment (PPE) solves the problem. However, one survey found that 83 percent of workers who sustained a hand injury reported that the incident occurred despite them being given safety gloves. Hand injuries typically stem from small, momentary errors—such as briefly removing a glove or placing a hand in the line of fire—rather than a complete lack of equipment.

These minor mistakes are deeply rooted in human factors like fatigue, distraction, rushing, and complacency. When an organisation suffers from a lacklustre safety

culture, these behaviours go unchecked, leading to inevitable incidents.

**Cultivating a Culture of Awareness** To effectively reduce hand injuries, organisations must look beyond the gloves and focus on behaviour and leadership.

- **Supervisory Leadership:** Frontline supervisors are perfectly positioned to identify complacency and intervene before an incident occurs. When supervisors approach safety with curiosity—asking workers why they removed their PPE rather than immediately punishing them—they build trust and uncover systemic issues.

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- **Habit Building:** Educating employees on human factors empowers them to identify when they are rushing or distracted. The ultimate goal is to build automatic safety habits.
- **Off-the-Job Safety:** When workers don safety gear without thinking, these positive habits transfer to their personal lives. This is critical, as individuals are statistically more likely to be injured at home—where there are no supervisors, rules, or issued PPE—than in the workplace.

For top-tier, industry-specific hand protection, businesses can source reliable PPE directly at [www.osh-med.pro](http://www.osh-med.pro).

Yet, as the data shows, gloves alone are not enough. **OSH-Med** can also assist organisations with professional **on-site risk assessments** to identify hidden hazards, pinch points, and systemic vulnerabilities before they result in an injury. Coupled with a broad spectrum of other **Health & Safety Services**, OSH-Med partners with companies to evaluate work environments, build supervisor competence, and foster a safety culture that genuinely protects your most valuable assets—your workers' hands.

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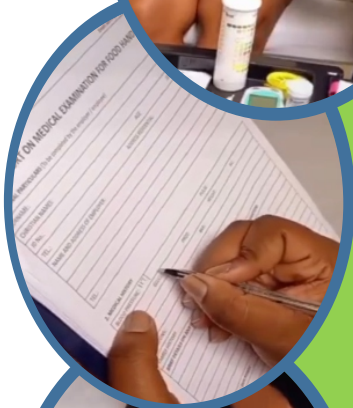


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# Fun Time - *Joke of the week*



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EMA Rescue Services (Ambulance Service)	9112
MVA Fund Emergency Services	9682
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# E.M.A. Emergency Statistics

## updated 6.5.2026

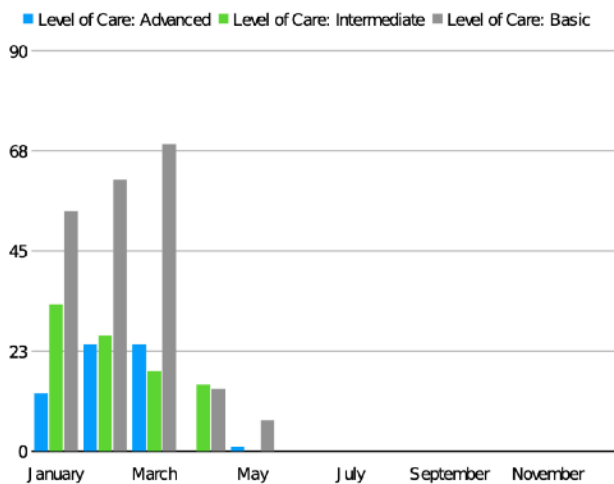
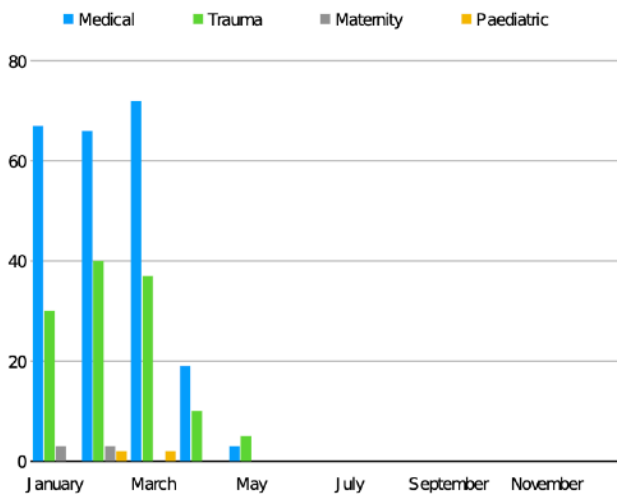
In 2026

E.M.A. assisted the public with  
Emergencies in the value of

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up till now

	Medical	Trauma	Maternity	Paediatric	Level of Care: Advanced	Level of Care: Intermediate	Level of Care: Basic
January	67	30	3	0	13	33	54
February	66	40	3	2	24	26	61
March	72	37	0	2	24	18	69
April	19	10	0	0	0	15	14
May	3	5	0	0	1	0	7
June	0	0	0	0	0	0	0
July	0	0	0	0	0	0	0
August	0	0	0	0	0	0	0
September	0	0	0	0	0	0	0
October	0	0	0	0	0	0	0
November	0	0	0	0	0	0	0
December	0	0	0	0	0	0	0
<b>Total per annum</b>	<b>227</b>	<b>122</b>	<b>6</b>	<b>4</b>	<b>62</b>	<b>92</b>	<b>205</b>
<b>Total</b>	<b>359</b>				<b>359</b>		



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# Emergency Call



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- **Where** is the emergency?
- **What** happened?
- **What** kind of injuries?
- **How many** injured person
- **Waiting** for further question

## Emergency Numbers:

**Ambulance services:**

**E.M.A. Rescue Service**

**9112**

**Fire Brigade:**

Windhoek

061-21 1111

**Police:**

NamPol

10 111

City Police (Whk)

061-302 302

MVA Fund

9682

(all numbers are from GRN or non-profit organisations)



d.o.c.  
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