

OSHMed Health Magazine

by



HEART DISEASE HOW TO PREVENT & RECOGNISE THEM

Health Magazine for the Health of your Family and Employees,
Occupational Safety, Occupational Health, Emergency & Medical Care
and much more

Heart Awareness Month at the Maerua Mall

From the 01.08. till the 31.08.2023 the Heart Awareness Month takes place at the Maerua Mall in the Heart of Windhoek. This month is organised by the Namibian Heart Foundation (NHF) and supported by OSH-Med international and the nonprofit organisation E.M.A.



During this month the medical team of OSH-Med and E.M.A. and the NHF measure the Blood Pressure, Heart Rate and more. Further they explain what happens at a Heart Attack and how to prevent such. Every Saturday at 11h00 a presentation of the paramedical team of E.M.A. shows a patient simulation with the treatment of a Heart Attack and what everyone as First Aider can do.

This month is also education about prevention of Heart Diseases through a healthy living style. The Significance of Healthy Living in Preventing Heart Attacks should be priority in our lifestyle.

Heart disease, particularly heart attacks, remains one of the leading causes of mortality worldwide. While several factors contribute to the development of heart disease, adopting a healthy lifestyle plays a pivotal role in preventing heart attacks. This essay aims to explore the importance of healthy living as a means to reduce the risk of heart attacks, emphasizing the significance of regular exercise, a balanced diet, stress management, and avoiding harmful habits.

Body:

1. Regular Exercise:

Regular physical activity is crucial for maintaining a healthy heart and preventing heart attacks. Engaging in aerobic exercises such as brisk walking, jogging, swimming, or cycling helps strengthen the heart muscle, improves blood circulation, and reduces the risk of developing conditions like obesity, high blood pressure, and diabetes. Additionally, exercise helps control cholesterol levels, lowers stress, and promotes overall well-being.

2. Balanced Diet:

Adopting a balanced and nutritious diet is



essential for preventing heart attacks. Consuming a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can significantly reduce the risk of heart disease. It is important to limit the intake of saturated and trans fats, cholesterol, sodium, and added sugars. A well-balanced diet helps maintain a healthy weight, controls blood pressure, cholesterol levels blood sugar, and, all of which are vital for heart health.

3. Stress Management:

Chronic stress can have detrimental effects on cardiovascular health, increasing the risk of heart attacks. Incorporating stress management techniques into one's lifestyle, such as practicing mindfulness, yoga, deep breathing exercises, or engaging in

hobbies, can help reduce stress levels. Moreover, maintaining healthy relationships, seeking social support, and taking time for self-care are crucial for managing stress effectively and preventing heart disease.

4. Avoiding Harmful Habits:

Certain lifestyle habits significantly increase the risk of heart attacks. Smoking, for instance, damages blood vessels, increases blood pressure, and reduces oxygen supply to the heart. Quitting smoking is one of the most impactful steps towards preventing heart attacks. Additionally, excessive alcohol consumption can raise blood pressure

[CLICK HERE for more information on what to do in case of a Heart Attack](#)

Signs & Symptoms of a Heart Attack

Signs can vary and may be different for men and women. If you experience any of these signs, **call 9 1 1 2** or your local emergency number immediately.



Chest discomfort

Pressure, squeezing, fullness or pain, burning or heaviness



Sweating



Upper body discomfort

Neck, jaw, shoulder, arms, back



Nausea



Shortness of breath



Light-headedness



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Or online on www.osh-med.pro



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Special valid from 23.08. to 29.08.2023



'The greatest feeling in the world': Deep brain stimulation helps stroke survivor regain independence

According to CNN on any given weekend for more than 40 years, you could find Stan Nicholas jamming away on his guitar, playing motorcycle rallies and festivals all over the Cleveland area. The Ford retiree and his Burnt River Band's rock and blues had been drawing crowds since they were teens. Nicholas thought he'd be playing for life, but the music stopped for him one night in 2017.

KNOW THE SIGNS OF STROKE



The 66-year-old, who lived alone, was mashing potatoes for his dinner when he lost his balance, fell to the floor and couldn't get back up.

"Every time I got halfway up, my knees would buckle, and I'd fall down again," Nicholas remembered.

Nicholas was one of the nearly 795,000 people in the US who have a stroke every year.

Stroke is the fifth most common killer, but it's also one of the leading causes of

disability. For now, physical and occupational therapy is really the only option to help people like Nicholas, but it wasn't enough to get back all his physical abilities.

Nicholas volunteered to become one of the first people in the world to try to regain his body's function with the help of a little device planted in his brain and chest that the doctors hoped would stimulate them into action, even the parts of the brain that the stroke seemed to wipe out.

The results — detailed in a study published Monday in the journal *Nature Medicine* — have been hopeful for Nicholas, and if they could be replicated, they could show promise for thousands of people left disabled by a stroke.

In case of a **STROKE**, time matters. Call the Emergency Service early.



[CLICK HERE to read the full article.](#)



Health benefits and medical uses of Aloe vera

Aloe vera is a short-stemmed shrub. Aloe is a genus that contains more than 500 species of flowering succulent plants. Many Aloes occur naturally in Namibia.

The leaves of Aloe vera are succulent, erect, and form a dense rosette. Many uses are made of the gel obtained from the plant's leaves.



Aloe vera has been the subject of much scientific study over the last few years, regarding several claimed therapeutic properties. In this article, we will look at some of these claims and investigate the research behind them.

What is Aloe vera?

According to [Kew Gardens](#), England's royal botanical center of excellence, Aloe vera has been used for centuries and is currently more popular than ever.

It is cultivated worldwide, primarily as a crop for "Aloe gel," which comes from the leaf.

Aloe vera is widely used today in:

- Food – it is approved by the FDA as a flavouring.
- Cosmetics.
- Food supplements.
- Herbal remedies.

The earliest record of a human use for Aloe vera comes from the Ebers Papyrus (an Egyptian medical record) from the 16th century BC. According to a study published in the Indian Journal of Dermatology, in ancient Egypt, they called Aloe vera "that plant of immortality." The authors added that the plant has been used therapeutically in China, Japan, India, Greece, Egypt, Mexico, and Japan.

Benefits

The medicinal claims made about Aloe vera, as with many herbs and plants, are endless. Some are backed by rigorous scientific studies while others are not. This article focuses mainly on those that are backed by research.



1. Teeth and gums

A study published in [General Dentistry](#) reported that Aloe vera in tooth gels is as effective as toothpaste in fighting cavities.

2. Constipation

Germany’s regulatory agency for herbs – Commission E – approved the use of Aloe vera for the treatment of [constipation](#). Dosages of 50-200 milligrams of Aloe latex are commonly taken in liquid or capsule form once daily for up to 10 days.

3. Diabetes-induced foot ulcers

A study carried out at the Sinhgad College of Pharmacy, India, and published in the International Wound Journal looked at Aloe’s ability to treat ulcers.

4. Antioxidant and possible antimicrobial properties

Researchers at the University of Las Palmas de Gran Canaria, Spain, published a study in the journal Molecules.

The team set out to determine whether the methanol extract of leaf skins and flowers of Aloe vera might have beneficial effects on human health. The scientists focused on the extract’s possible [antioxidant](#) and antimycoplasmic activities.

5. Protection from ultraviolet (UV) irradiation

Scientists at Kyung Hee University Global Campus, South Korea, wanted

to determine whether baby Aloe shoot extract and adult Aloe shoot extract might have a protective effect on UVB-induced skin photoaging; in other words, whether they could protect the skin from the aging effects of sunlight.

6. Wounds from second-degree burns

A team of plastic surgeons compared Aloe vera gel to 1 percent silver sulphadiazine cream for the treatment of second-degree burn wounds.

They reported in the Journal of Pakistan Medical Association that the burn wounds among the patients treated with Aloe vera healed [significantly quicker](#) compared with those treated with 1 percent silver sulfadiazine (SSD).

The Gateway to Endless Opportunities

City of Windhoek

Vision: To be a SMART and Caring City by 2022

PUBLIC NOTICE

Illegal harvesting and trading of the Aloe plant

The Windhoek Municipal Council has noted with concern the illegal harvesting and trading of the Aloe plant that naturally occurs in the Municipal area.

All **Aloe species** are protected in terms of Schedule 9 of the Nature Conservation Ordinance, 1975 (Ordinance No. 4 of 1975) and Municipal Street and Traffic Regulations (GN 9 of 1930, as amended).

As such, no person shall at any given time cut, pick, remove or transport an Aloe plant or other protected plants in the municipal area without the approval of the Council, subject to the provisions of any other law relating to the protection of plants and subject to such conditions as the Council may impose.

Any person who contravenes or fails to comply with the requirements set under these laws commits an offence and will be arrested immediately.

The public is thus urged to refrain from the illegal harvesting and trading of the Aloe

and other protected indigenous plants. Residents are advised to report offences by contacting the

City Police control room at 061 302 302.

BUSH CONTROL			
90396	13(3) rw 1 &	Removing a protected species of bush from public open spaces or undeveloped, vegetated and municipal owned land	No admission of guilt – arrest on the spot
90397	13(4) rw 1 &	Interfering with the Council’s bush control operations	2000,00
90399	13(4) rw 1 &	Private people conducting their own clearing operations on municipal open spaces	2000,00





Advanced care specialists

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Mail : admin@westcarenam.com / admin@wfcmedical.com

Our vision

To be the leader in providing quality medical and clinical care enhancing the well-being of patients.

Our mission

- To provide competent, quality medical care;
- To provide appropriate, relevant and affordable medical support services;
- To contribute to the health of all Namibians;
- To provide an environment that enables all staff to develop their full potential;
- To maintain efficient and cost-effective processes and procedures; and
- To apply the highest ethical standards

Thank you to allow us PROUDLY INTRODUCE OUR SMALL FACILITY.

We are a 100% Namibian owned private entity with Namibian stakeholders and Namibian employees.

To emphasize: We are one of the few fully registered subacute and stepdown facilities in Namibia.

Newly developed wing for Frail care and Hospice care

BACKGROUND

West Care is an established Step-down and Rehabilitation facility providing short and long-term care for patients, enabling them to regain functional independence through skilled nursing care and rehabilitative services. West Care is a health care provider founded in 2016 and

is registered with the Namibia Ministry of Health and Social Services. The group has grown to include West Care Step-down and rehabilitation facility, Frail Care, Palliative Care as well as hospice and clinics. West Care provides a comprehensive range of medical services to the people of Namibia.

West Care has extensive experience in caring for sub-acute patients who are medically stable and no longer require high intensity acute care services. West Care's group of dynamic professionals have proven their commitment and compassion for caring and assisting patients on their journey to recovery.

As a private facility we focus on professional service and the quality of life of our patients. Our clients consist of



specialist physicians, medical practitioners, hospitals, all private medical aids, MVA, mines, insurance agencies, private patients referred directly from a medical hospital or patients transferred to our frail care facilities.

CORE VALUES

At West Care we embrace and promote the following values:

- **Integrity** - All activities will be conducted honestly and ethically.
- **Respect** - The Company recognises the value of all stakeholders, employees, customers and suppliers.
- **Teamwork** - The Company encourages each employee to be a team player.

- **Knowledge** - The Company strives to keep updated with the latest developments and technology.
- **Service Excellence** - The Company seeks to provide the best possible care and service to our patients and customers.
- **Continuous Improvement** - The Company aims to continually improve all aspects of its operation.



SERVICES

Sub-acute and rehabilitation

We offer an equipped isolation unit plus 10 private en-suite rooms meeting all our patients' needs. We offer:

- short-term post-surgical care,
- infections and specialized wound care,
- pain management,
- IV therapy,
- cardiac monitoring,
- nutritional counselling,
- restorative rehabilitation
- doctors-on-call (24-hour service)

We care for patients recovering from orthopedic surgery, strokes and respiratory and pulmonary failure. Our patients are cared for by specialized nursing staff and physician monitoring.

Frail Care/Palliative Care and Hospice services

Our long-term frail, palliative and hospice care patients receive the best of care. 24/7 nursing staff are here to attend to their every need.

Clinics

Highly-trained nursing staff perform primary health care services at our clinics.

A travel nurse is available every week day performing special services for insurance companies



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Bronze Supporter



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It is easy to become a supporter as private person or as company.
Apply with us to become a supporting member that we can fulfil our objectives.

Contact us:

Email: ema-organisation@osh-med.pro

Telephone: +264 (0) 61 302 931



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Medical

Assistance



Assistance in:
Emergency Medical Services
Medicine Services
Policing Services
and more



Info Hotline: 061-302 931



Emergency Call



Important information to give:

- **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.
Service Hotline
085 - 9112

OSH-Med International and Emergency & Medical Assistance Service Hotline: 061 – 302 931



Emergency Call: 9 1 1 2