



**FOR MANY OF US,** work is a place where we spend majority of our time. A healthy workplace can be described as one where workers and managers actively contribute to the working environment by promoting and protecting the health, safety, and well-being of all employees. Workplace stress isn't uncommon, but when left unchecked, it can lead to problems, such as depression and anxiety. That is why here at Medtech we have an open-door policy where any employee can simply walk in and seek assistance. As individuals we understand this and now business leaders too, are acknowledging the importance of wellbeing in the workplace as this is the key to any successful business.

**ZAHIRA HASSAN KUNHI,  
CPO.**





## WORLD MENTAL HEALTH DAY

————— OCTOBER 10 —————

The Pandemic had been a strike , this year for many.  
The Economic Uncertainty has affected negatively the mental health of many.

### WHAT IS MENTAL HEALTH ?

Many of them think , being mentally healthy means you dont have mental health problem.  
Mental Health is a Well Being and it is equally important as Good Physical Health. It is indeed having Good Emotional Health. Mental Health is indeed everyone's Business.

Lets do a Quick Check :

- 1, Are you making the most of your Potential ?
2. Are you coping up with life ?
3. Are you able to play a full part in your family , workplace and among Friends ?

If either of 3 is a NO for you , then you need to think about having a Good Mental Health.

Anxiety and depression are the most common problems, with around 1 in 10 people affected at any one time. Anxiety and depression can be severe and long-lasting and have a big impact on people's ability to get on with life. There is a stigma about Mental Health. Many people who live with a mental health problem or are developing one try to keep their feelings hidden because they are afraid of other people's reactions. And many people feel troubled without having a diagnosed, or diagnosable, mental health problem - although that doesn't mean they aren't struggling to cope with daily life.





## CARE FOR YOUR MENTAL HEALTH.

### **1. TALK ABOUT YOUR FEELINGS :**

Do not hesitate to talk about your feelings.

### **2. MAKE YOURSELF ACTIVE :**

Exercise is the key. It keeps your brain and your other vital organs healthy, and adds a significant benefit towards improving your mental health.

### **3. EAT WELL :**

Ensure that you have a good diet that contains good amount of nutrients that will enable not only great physical health but a good mental health.

### **4. KEEP IN TOUCH :**

Keep the Lines of Communication Open. It will definitely help.

### **3. SEEK HELP IN NEED:**

If things are getting too much for you and you feel you can't cope, seek help. All you need might be a listening ear.

### **6. MUCH NEEDED BREAK : TAKE IT.**

Sometime All you need is a change of scene or change of pace. Do not hesitate to take that call. Destress Yourself by Enjoying Some "me time".

### **7. SOMETHING YOU LOVE ? DO IT.**

Enjoying yourself can help beat stress..

### **8. ACCEPT YOURSELF.**

Good self-esteem helps you cope when life takes a difficult turn.

### **9. CARE FOR OTHERS.**

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.



# OCTOBER

BREAST CANCER

AWARENESS MONTH

**EVERY 29 SECONDS,**  
A woman is diagnosed with Breast Cancer.

## AGE

The older you are, the higher the risk. Advanced stages of cancer are mostly diagnosed with women older than 50.

## RACE

White women has a higher risk of being diagnosed with breast cancer than black women.

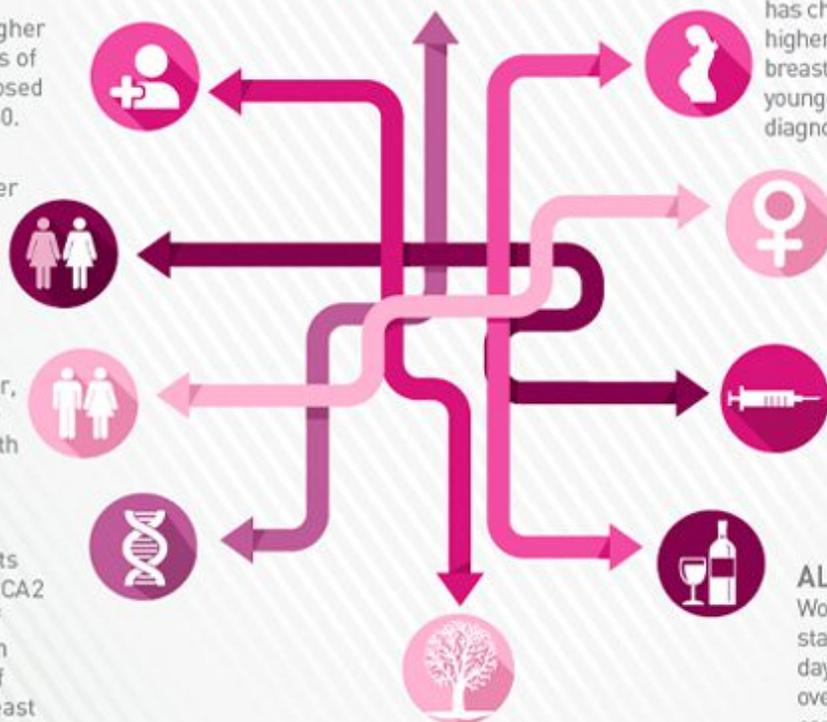
## SEX

Although men can also suffer from breast cancer, women are a 100% more likely to be diagnosed with breast cancer.

## GENETICS

The most common defects are in the BRCA1 and BRCA2 gene, women with one of these defects has a much higher risk (up to 80%) of being diagnosed with breast cancer.

## Risk Factors



## CHILDREN

Women who never had children or only has children after the age of 30, has a higher risk of being diagnosed with breast cancer. Having children, or at a younger age lowers your risk of being diagnosed with breast cancer.

## MENSTRUAL CYCLE

Women who start with their menstrual cycle before 12 years of age, or that goes through menopause after the age of 55, has a higher risk to be diagnosed with breast cancer.

## HORMONE REPLACEMENT

Women who have been receiving treatment for Oestrogen replacement, have a higher risk to be diagnosed with breast cancer.

## ALCOHOL CONSUMPTION

Women who consumes 2 or more standard alcoholic beverages per day, has almost double the chance over women who does not consume alcohol.

## YOUR FAMILY

If you have immediate family suffering from breast, uterine, ovarian, or colon cancer, your chances of being diagnosed with breast cancer is much higher. Between 20-30% of women suffering from breast cancer has a family history of cancer.



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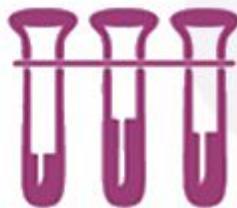
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### Symptoms to look out for

Early detection doesn't usually have any symptoms. When the tumor grows, the following changes can occur:

- Tumours or a slight thickening in or around the chest or armpit.
- Differences between the shape size of breasts
- Small wrinkles in the skin creases of the breast
- Nipples that are turned inward
- An abnormal discharge from the nipple



### 3 tests for Breast Cancer

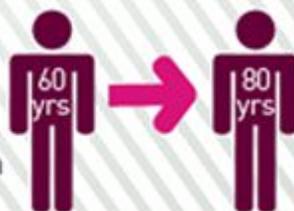
There are 3 ways of testing for breast cancer;

- Self Examination
- A clinical breast examination
- Mammogram



### And what about men?

Although it's nowhere near as common, men get breast cancer too. Men of all ages are diagnosed with breast cancer, but it is most common in men between the ages of 60-80.



THE **WORLD** IS BEAUTIFUL !!  
BUT INORDER TO SEE THE BEAUTY ,  
LOVE YOUR **EYES** FIRST.

## 5 SIMPLE WAYS TO TAKE CARE OF YOUR VISION



### WEAR EYE WEAR

Wearing Protective Eye Wear , will help in guarding the eyes.



### EAT VITAMIN RICH FOODS.

Ensure that you include ample amounts of Spinach , Carrots , Almonds and Citrus fruits in your diet to strengthen the Blood vessels in the eyes.

### PALMING



Doing Palming Excercises Calms the Optic Nerves.



### SUN IS INDEED A BLESSING

Sunning , means closing ypur eyes and allowing the rays to fall on your eye lids. This Realxes the body and promotes vision.

### EYE EXCERCISE IS A MUST.

Sunning , means closing ypur eyes and allowing the rays to fall on your eye lids. This Realxes the body and promotes vision.





## BACK in ACTION :

With the Current work trend, where we all get immersed in our chores, we tend to forget about a major support, Which is indeed our Spine. As this month marks , the importance of looking into this major support that we have been ignoring, let shed some light.

Are you aware that back pain is the leading cause of disability in the entire world and most common reason that people miss work ??

Let's Put our "Back " in Action with the below steps:

- Maintaining a healthy diet and weight:** Reduces the stress on the spine and provides nutrients to support healthy cells
- Remaining active:** Promotes fitness and strengthens the areas of the back that support the spine
- Avoiding prolonged inactivity:** Move around to ease the pain.
- Warm up or do stretches before participating in physical activities**
- Maintaining proper posture:** When you sit or stand straight the pressure on your spine is reduced
- Wearing comfortable, low-heeled shoes:** Heeled shoes disrupt the proper alignment of the spine
- Sleeping on a mattress of medium firmness:** Keeps your spine straight while you are sleeping
- Lifting with your knees:** Your back is not equipped to handle lifting
- Quitting smoking:** Promotes good circulation



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