

HEALTHMAG

A Magazine for all Medical Students and Allied Health Science Students

HealthMag

Issue: January, 2021

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From the Editor-in-chief

FROM THE EDITOR-IN-CHIEF



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HealthMag is the magazine meant for the students of Medical Science, Nursing Science, Physiotherapy, Pharmacy, Physiology, Anatomy, Psychology, Nutrition and students of other allied sciences. This magazine promises to provide the students with information that is needed for their academic performance, career opportunity, medical/health science related job opportunities around the world, information related to medical/health science related examinations around the world.

Today, students are not bound to one place. From academic opportunities to job opportunities, there are ample of options. So, students are also confused how to choose the best one for them. You might not be knowing about many of these opportunities. HealthMag Team researches those options at intricate level and provides you the much needed information.

In today's era, there is much demand of getting higher education. For that, students are ready to see options abroad as well. Well planned qualifications are always useful in getting a good job.

This magazine also strives to provide medical/health sciences related information to the students. We, the whole team, need your kind participation to spread the magazine among your college friends, juniors, seniors and also teachers.

From the Managing Editor

FROM THE MANAGING EDITOR



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With all the new hopes and resolution, MedBlog18 along with its team has laid the foundation of HealthMag, a new magazine for students and professionals of medical and allied health sciences. We provide lots of exciting and helpful information for the students and fresh professionals for advancement of their career and also job opportunities. In this globalized world, education and job opportunities have seen sudden exponential rise but in most of the cases, the students and professionals are not aware of it. Either the required information cannot reach them or they cannot reach the information. But with the right information, they can proliferate themselves in their career and the society can get more jewels in the future.

Along with these, we also provide certain study tips and topic explanations briefly. HealthMag promises to bring a lot of exciting dimensions in upcoming issues ranging from interviews, scholarship info, information of Master/Doctoral degrees in several parts of the world and more.

With our foundation step, we expect our readers to interact with us and participate in propagating this magazine. You can also send your own articles regarding your career to us (check the last page).

Wish you Happy Reading our Magazine “HealthMag”!

Pandemics: How Large Is COVID-19

COVID-19 is a nightmare even for the Medical Professionals. Its impact is really huge and far beyond what anyone could have ever expected. It has been almost a year now and its time to sum up. To assess the impact of this Pandemic, its worth drawing a comparative study amongst the previous Pandemics. This would help us understand and analyze the spectrum of the effect of COVID-19.

Here's a brief summary of the Pandemics that the planet underwent over centuries.

1. Pandemic during the Peloponnesian war, said to be the 1st Pandemic, caused the death of two third of the affected population (430 BC).
2. Antonine Plague (165 to 180 A.D) had a death toll of 5 million people.
3. Cyprian Plague (250 to 2620 A.D) is estimated to have killed 5000 people every day at the peak of the Pandemic.
4. Justinian Plague(541 A.D) lasted for a long period of time and had recurrences over the next 2 centuries. It killed more than 50 million people altogether.
5. The great Leprosy of the 11th century.is said to have killed hundreds and thousands of people at that time.
6. Bubonic Plague / Black death of 1350 is estimated to have a death toll of one third of the world population.
7. The great Plague of London took away the lives of 20% of the population of London of that time.

8. The Cholera Pandemic which broke out in 1817, is said to have killed more than 150,000 people.

9. Figi Measles of 1875 took away the lives of 40,000 people.

10. The Russian Flu of 1889, killed 360,000 people.

11. The Spanish Flu / Avian- borne flu took away 50 million lives.

12. HIV / AIDS, first identified in 1981, is recorded to have killed more than 35 million people till date.

13. SARS of 2003 is estimated to have killed 774 people.

14. Covid - 19 is recorded to have killed 18,29,515 people (as of 2nd January, 2021).

The above data clearly show how big the present pandemic is.

Ranging from clinical to economical, social to commercial..it has touched each and every corner of the world. The huge death toll has left us spellbound. Hundreds and thousands of people lost their jobs across the world. A huge number of students' academic careers got pushed back by a whole year leaving them getting plunged into uncertainty and insecurity. Though the recovery rate, over time, has increased by many folds, the overall impact is not pretty satisfying. Moreover, the Re-infection, mutant variant of the virus have evoked deep concern amongst the doctors and scientists.

As we discussed earlier, this is not the first time the world has witnessed such a huge clinical disaster. Let's hope that it won't be too long before the earth will recover from this crisis and people all over the world would get back to their normal lives.

A Story

A Baby Girl

Somewhere in USA, a mother had a small baby girl. The baby was a white doll and the mother was very happy with her. The brown eyed baby girl was brought to the house and the neighbours came to see her. "Wow! That's the cutest girl ever". Months passed by. Later, years passed by. And yes, the the cute baby girl has already passed 8 years. That's right - 8 years, but the cute baby girl is still a baby - 13 lbs in weight and 27 inch in height. The development of the girl child is paused physically and also mentally. Still then, she cannot stand of her own. She smiles at some familiar faces, bones are of newborn and still she's yet to utter a single sound. The mother said with wet glistening eyes "I have got a baby forever".

Seeing her physical and mental growth, the doctors concluded its out of their knowledge. It was the first documented case of eerie condition. First 5 years of the baby girl used to spent sometimes at home and mostly in hospital due to frequent bouts of Pneumonia.

Very slowly, with the mother's support, the baby girl started painting with her fingers. But even with high doses of growth hormone, the baby girl failed to grow.

A series of investigations and consultation took place. The parents ran here and there with no outcome. But suddenly and yes, all of a sudden, it was found the esophagus is way too smaller than usual which used to divert the food to lungs, leading to frequent Pneumonia. She had antireflux operation and was given direct food into stomach via special tube.

Years after, the baby girl is not baby anymore. She's growing physically and mentally. Although she can't be like any other child but she's going good, in her way, in her pace.

Novel Corona Virus

There had been not enough research on the finding of the mechanism by which Novel Coronavirus is affecting the body. As the doctors and researchers are busy in managing the patients of the diseases, hardly any research on the detailed mechanism of the pathology of Novel Coronavirus.

The researchers found that before the symptoms are shown, early lung lesions are found. During the time when incubation period of 14 days have not reached, the lesion in the lungs usually develop.

QUICK FACTS:

- ❁ Among many symptoms of COVID-19, one of the most important symptoms is anosmia or loss of smell. Many reported it was the first symptom to appear.
- ❁ Corona viruses are sensitive to higher temperature and relative humidity
- ❁ Corona viruses can live on a surface for hours to days. Like they can live 24 hours on cardboard while 2-3 days on plastic and stainless steel. Although, the droplet transmission remains the major route.
- ❁ It has been found that corona virus is more deadlier among male patients as compared to female patients.
- ❁ Having the disease and resolving from that, cannot guarantee an immunity against COVID-19. It may re-appear
- ❁ This outbreak or rather pandemic has brought changes among human social lives.

Career Choice

You as a medical student, a nursing student, a physiotherapy student, a student of nutrition, pharmacy or psychology or any allied health science student, can opt for this side-career as well.

It may become your full time career but as a side career, its the best.

Without wasting much time, here is this: a health blogger.

Yes, any health science related student can become a health blogger. This niche (that is health) is one of the most demanding choices and again available bloggers in this niche are much lesser. Bloggers from other niche are quite available (specially technology), but health bloggers are in real demand. We know, the terms of medical science and related fields are difficult, so, health related websites or the owners of those websites look for students/fresh professionals who can write the blog articles properly and technically without much mistakes.

You can also get a good sum while enjoying writing health articles. But you need to know how to write blogs effectively. Its not like normal articles. There are some technical points of writing blogs. A good blogger must know many points to make her/his blog article a good one.

But how can you write one? How can you become a Health Blogger from tomorrow? Here are some guidelines.

Firstly, you need to read some blog articles from internet. You can search them on any search engine. You need to notice the way it is written. Use simple words and short sentences and paragraphs. Now, you need to write some blog articles about trendy topics with the title being very attractive. You have to practise a little before you are ready for becoming a real health blogger. We will have more regarding this topic. Stay tuned with us for next month's issue.

Summarised!

CORONAVIRUS DISEASE 2019 (COVID-19)



The University of Cape Town (UCT) is taking the threat of infection in our community extremely seriously. Please familiarise yourself with the information that follows to ensure your health and safety.

What is COVID-19?

Coronaviruses usually affect only animals. Those that infect humans cause mild to severe upper respiratory tract illness, including high fever, coughing and difficulty breathing.



COVID-19 has been declared a global pandemic by the World Health Organization and a national disaster by President Cyril Ramaphosa.

Slowing the spread

COVID-19 spreads from the upper airways of an infected person when they cough or sneeze. Saliva droplets fall onto nearby surfaces, where the virus can live for a number of days. Most of the risk comes from touching infected surfaces and then touching your nose, mouth or eyes.



Social distancing is the most effective way of slowing the spread of COVID-19.



Keep your distance from others (about 2 meters).



Avoid taking public transport.



Limit your activities in public and avoid crowded places (gatherings larger than 100 people).



UCT has cancelled or postponed events until the end of June 2020.



Staff and students must work from home if possible.



UCT will rely largely on online learning.



Students must vacate residences where possible.

Who is most at risk?

People over 60 and those living with chronic medical conditions, such as:

- cardiovascular disease
- diabetes
- respiratory conditions
- high blood pressure
- cancer.

Travellers to high-risk areas are particularly vulnerable.



What if I have been travelling?

- Stay home on your return.
- Practise social distancing for 14 days.
- Ensure meticulous hand hygiene and cough etiquette.
- Take your temperature twice a day.
- Monitor for fever, a cough or trouble breathing.

What if I present with symptoms?

- Stay at home and self-isolate
- Ensure meticulous hand hygiene and cough etiquette.
- Immediately contact the facilities earmarked for COVID-19 testing or the Student Wellness Service.



Summarised!

What is the best prevention?



Wash your hands regularly with soap and water.



Regularly use an alcohol-based ($\geq 60\%$ alcohol) hand sanitiser.



Cover your mouth (using a tissue or your elbow) when coughing or sneezing.



Place used tissues directly into the bin, and wash your hands immediately afterwards.



Increasingly clean all surfaces that are frequently touched using normal cleaning products.



Avoid close contact with people who are sick.

Who can I talk to?

National Department of Health WhatsApp service
060 012 3456 (WhatsApp "Hi" for access to relevant information)

National Institute for Communicable Diseases (NICD) hotline
0800 029 999

Student Wellness Service
021 650 5620 (office hours)
021 650 1271 (after hours)
021 650 5685 (staff only)

Independent Counselling and Advisory Services (ICAS)

On-site counselling will be suspended for now, but the all-new ICAS On-the-Go app lets you chat live with an ICAS counsellor, giving you and your family access to 24/7/365 health and wellness info.

Please call me: ***134*905#**

Email uct@icas.co.za

Telephonic counselling **080 111 3945**

UCT Coronavirus Disease 2019
web page:
bit.ly/UCTCovid-19

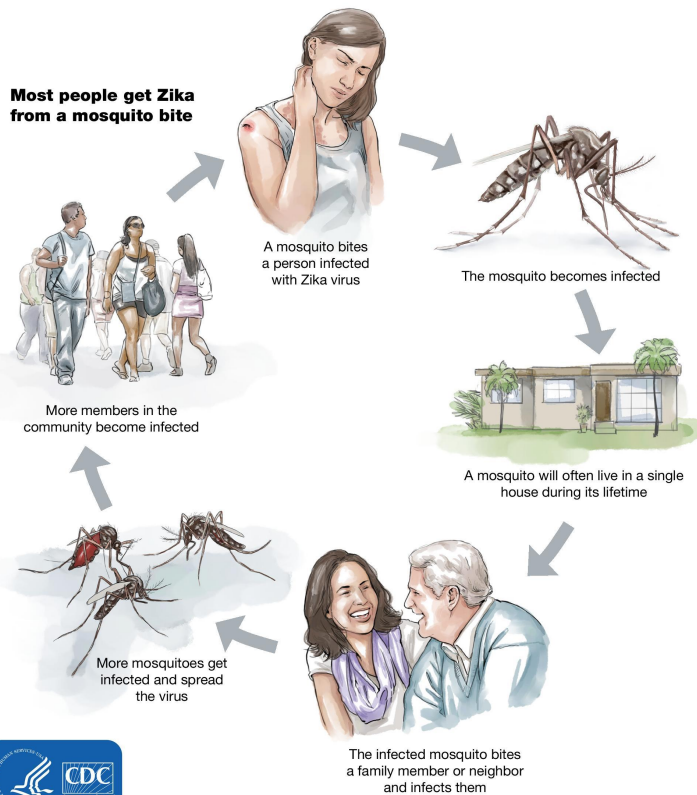


UNIVERSITY OF CAPE TOWN
IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD

Summarised!

PROTECT YOUR FAMILY AND COMMUNITY: HOW ZIKA SPREADS

Most people get Zika from a mosquito bite



Other, less common ways, people get Zika:

During pregnancy
A pregnant woman can pass Zika virus to her fetus during pregnancy. Zika causes microcephaly, a severe birth defect that is a sign of incomplete brain development



Through sex
Zika virus can be passed through sex from a person who has Zika to his or her sex partners



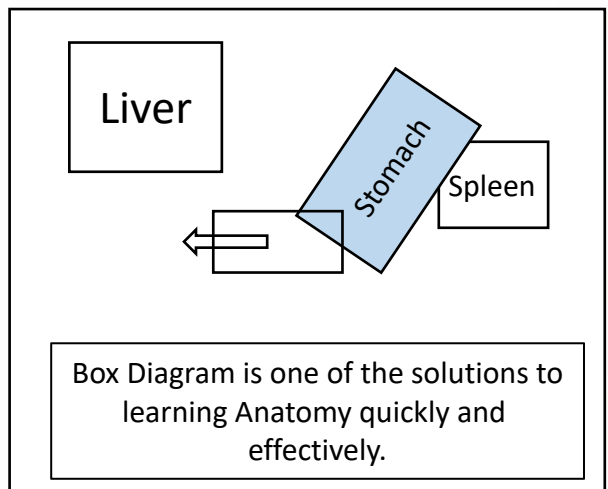
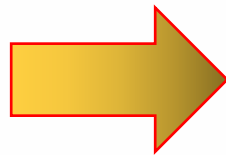
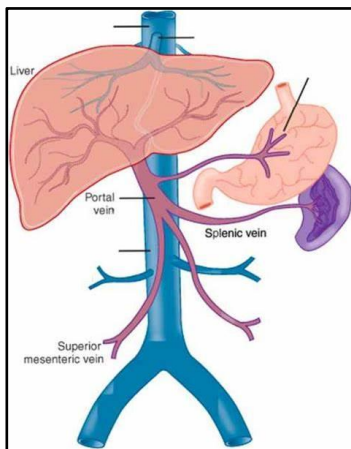
Through blood transfusion
There is a strong possibility that Zika virus can be spread through blood transfusions



How To Study: Anatomy

Studying Anatomy is one of the difficult job in many courses. Whoever has to study Anatomy in their course, you can follow the following ways so that Anatomy does not remain nightmare for you anymore

- ❖ Firstly Anatomy is huge. So, you need to start studying it as soon as possible. Its better if you can start it before your class has started
- ❖ Anatomy is mainly descriptive type of subject. That means, it mostly talks about the location and relative positions of the various anatomical structures. So, the more you study, your concepts will grow.
- ❖ The most important point is simply do not read the chapters of Anatomy. Studying Anatomy and studying any other subject is quite different. You always need to keep paper and pen by your side while studying Anatomy. Because you need to always draw the relationship and study. There is no need of artistic representation. Consider the box diagram shown below.



- ❖ Whenever you will study Anatomy, you should make use of simple lines, triangle, rectangles, square to draw conceptual diagrams. This will help you extremely.
- ❖ Revision is must. Periodically you must revise otherwise its really difficult to remember upto exam day.

More tips/tricks will be shared regarding "How To Study" different topics/subjects. Hope it works well with you...

Guess

☉ Part of the body which does not have blood supply

		R			
--	--	---	--	--	--

☉ Heart size is comparable roughly to your _____

			T
--	--	--	---

☉ Largest Bone in the body

				R
--	--	--	--	---

☉ Special mites usually present eyelashes are called as

	E					X
--	---	--	--	--	--	---

☉ One of the vestigial organ

		P				X
--	--	---	--	--	--	---

☉ Smallest cell in male is

	P			
--	---	--	--	--

☉ Organ that never grows with age

						L
--	--	--	--	--	--	---

☉ Longest and widest nerve in the body

	C			T		
--	---	--	--	---	--	--

☉ Another name for Acetaminophen

							L
--	--	--	--	--	--	--	---

☉ Nails are made up of

		R		T		
--	--	---	--	---	--	--

☉ The bone that is located innermost place

	T				S
--	---	--	--	--	---

Send us the answers at this email address:
dipan.samanta@yahoo.com

Mention your name, course, university, your country and also attach one of your photo. We will feature you with all the details in the next issue.

Career: HealthCare Administrator

This is a wrong idea that if you study MBBS, Nursing, Pharmacy, Physiotherapy or any other clinical medical fields (where you need to deal with the patients), you need to work in hospital as a professional. No, at least now there are other opportunities as well. If you have studied professional healthcare courses like MBBS or hold Bachelor degree in Nursing, Physiotherapy, Pharmacy, other allied science fields and if you are interested in administrative jobs like managing a hospital or healthcare institute, you can opt for this career choice. Now before going into detail, you need to know what exactly is Healthcare Administrator?

A hospital administrator functions like a CEO (Chief Executive Officer) or business manager and is fully responsible for the smooth, efficient and day-to-day running and operations of a hospital. He or she interacts and coordinates with patients, stakeholders, employees on a regular basis. In short, he or she oversee the overall management of the hospital or institution.

Now to manage some entity, you must know about the functioning of the entity. Suppose you can notice, a software engineer runs a software company much better than a non technical businessman. If the owner of a software company is a non technical businessman, then, he needs to employ a software engineer cum manager to oversee the whole functioning of the software company. Likewise, a hospital or healthcare business is best managed by a healthcare professional only. This demand has increased now a lot due to which the hospitals and other healthcare business entities are employing Healthcare administrator.

Requirements to be a Healthcare Administrators:

- Although very less Healthcare professionals choose this stream as career, so, you can hardly find anyone. But if you hold a degree in Medical Science or related fields, you will be surely given priority
- A degree in Business and Management. Specific degrees in Healthcare Administration are also available, even online courses are present.
- Aptitude in management, personality development, spoken abilities, etc

For more information on this career, scan this QR code and read further



Know More

Comparing the Healthcare Systems in India and the United States



Step by step process for Indian nurses to work in USA



Top Medical Destinations in the World for MD/MS



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Tell us what you liked the most in this first issue. What you want to know more about your study, career, jobs. Write us email at **dipan.samanta@yahoo.com**

If you want to send us any of your writing, you can surely do that. We will publish in the next possible issue. Your writing should be based on Health Science (any topic), about your university, about any career opportunity, your academic success, your method of studying or any other. You can first talk to us via mail (**dipan.samanta@yahoo.com**).

FOR ANYTHING, YOU CAN INTERACT WITH US BY VISITING HEALTHMAG's HOMEPAGE

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