

# Philippine Health Advisories



**Department of Health**

National Center for Disease Prevention and Control  
and the  
National Center for Health Promotion  
Manila, Philippines  
2005



# Foreword

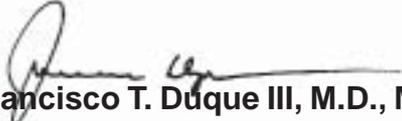
Diseases are perennial concerns in our country. They have been the causes of premature deaths and illnesses. Being a developing country with a tropical environment and alternating weather conditions, the Philippines is constantly seeing the occurrence of many diseases.

For this reason, the Department of Health (DOH) has identified various diseases in its effort to prevent its spread and improve the health condition of the people. This situation spawned a need for information about these diseases. As a response, the Department of Health produced one-page advisories in language easily understood.

This compilation of health advisories were put together for easier reference for those who want precise information. These were crafted in a way that even individuals with non-medical background can easily read and understand. The advisories have been grouped according to the nature of the disease or health condition.

The Department of Health is grateful to the World Health Organization and other DOH offices for assisting in the development of this project. We thank them for their unwavering support.

*Mabuhay kayong lahat!*

  
**Francisco T. Duque III, M.D., MSc.**  
Secretary of Health



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# Diseases/ Disorders/ Health Conditions



## ALZHEIMER'S DISEASE

- Is a form of dementia that is characterized by the progressive degenerative brain syndrome that affects memory, thinking, behavior and emotion.
- Constitutes 50-60% of all cases of dementia

### *Causes*

- There is destruction of brain cells disrupting the transmitters that carry the messages in the brain, particularly those responsible for storing memories.
- The cause for the destruction of the brain cells remains unknown.
- Studies show that genetic factors play a part in the development of the disorder.
- The neurotransmitters acetylcholine and norepinephrine are hypothesized to be hypoactive in Alzheimer's disease.

### *Symptoms*

- Loss of memory characterized by inability to recall past as well as new persons, events, situations and information
- Difficulty in finding the right words
- Difficulty in understanding what people are saying
- Difficulty in performing previously routine tasks
- Personality and mood changes

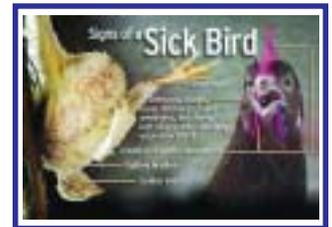
### *Prevention and Control*

- Currently there is no cure for Alzheimer's Disease.
- General treatment approach to patient is to provide supportive medical care, pharmacological treatment for specific symptoms, including disruptive behavior, and emotional support for patients and their families.



## BIRD FLU (Avian Influenza)

- Bird flu or Avian Influenza is a contagious disease of birds ranging from mild to severe form of illness.
- The outbreaks affecting some Asian countries caused by influenza A/H5N1 virus may also cause severe infection in humans.
- Bird Flu is transmitted to humans through inhalation or contamination with infected discharges or feces of sick chicken.



### *Signs and Symptoms*

- Fever
- Body weakness or muscle pain
- Cough
- Sore throat
- Some persons with H5N1 have sore eyes and/or diarrhea
- Difficulty of breathing in a week's time from onset in severe cases
- Case fatality ratio is around 35%

### *Treatment*

Treatment of Bird Flu in humans is the same as for other influenza viruses. Antiviral drugs, such as Osetalmivir halts the progress of the illness if given within the first 2 days from the onset of fever.

### *Prevention*

- Wash hands thoroughly with soap and water before and after handling live and dressed chicken.
- Cook chicken thoroughly.
- Do not sell live chicken, ducks, and pigs together in one cage or pen area.
- Do not catch, get near or keep in captivity wild birds.
- Do not handle sick or dead birds with bare hands. Use gloves or plastic material for the hands, facial masks and goggles.
- Report to the nearest agricultural/veterinary office any unusual death or illness of chicken and other birds.
- Report to the nearest local health centers any case of respiratory illness with history of exposure to sick chickens and other birds.



## CANCER

### About Cancer

Cancer is a group of many related diseases that begins in cells. Normally, cells grow and divide to produce more cells only when the body needs them. This orderly process helps keep the body healthy. Sometimes, however, cells keep dividing even if new cells are not needed. These extra cells form a mass of tissue, usually called a lump, swelling or tumor.

Tumors can be classified as: **BENIGN TUMORS** which are not cancerous. They often can be removed, and in most cases, do not come back; and **MALIGNANT TUMORS** which are cancerous. Cells in these tumors are abnormal and they divide without control and they can invade and damage nearby tissues and organs.

### *Risk Factors*

Cancer is a result of complex mix of factors related to heredity, diet, physical inactivity and prolonged, continuous exposure to certain chemicals and other substances.

A number of factors that increase a person's chance of developing cancer has been identified and are called "risk factors".

#### **Cigarette Smoking**

Smoking accounts for more than 85% of lung cancer deaths. Smokers are more likely to develop lung cancer compared to non-smokers. Overall, smoking has been linked to cancers of the mouth, larynx, pharynx, esophagus, pancreas and bladder.

#### **Excessive Alcohol Intake**

Heavy drinkers have an increased risk of cancers of the mouth, throat, esophagus, larynx and liver. Some studies suggest that even moderate drinking may slightly increase the risk of breast cancer.

#### **Unhealthy Diet**

Diet plays an important role in the development of many cancers, particularly in the digestive and reproductive organs. Long-term habit of not eating a healthy diet has been linked that increases incidence of cancer. Likewise, being seriously overweight has been linked to breast cancer.

#### **Chemicals and Other Substances**

Exposure to substances such as chemicals, metals or pesticides can increase the risk of cancer. Asbestos, nickel, cadmium, uranium, radon, vinyl chloride and benzene are well-known cancer-causing agents (carcinogens). These may act alone or together with other carcinogens, like cigarette smoke, to increase the risk of cancer.

### *Prevention*

There is no 100% guarantee that cancer can ever be prevented. However, being aware of the cancer risk factors will help in reducing the possibility of cancer. Early detection and proper treatment plays a big role in controlling cancer.

To lessen the risk of developing cancer:

**Quit Smoking**

**Limit Drinking Alcoholic Beverages**

**Watch Your Diet**

**Consult Your Doctor Regularly**

**Do Regular Physical Activity**



## BONE CANCER

### *Incidence*

Bone cancer is the 24<sup>th</sup> leading site overall, 18<sup>th</sup> in males and 21<sup>st</sup> among females. In 1998, an estimated 769 new cases will be seen, 479 cases among males and 290 among females. Osteosarcoma is the most common of all malignant bone tumors. Incidence increases at age 60.

### *Risk factors*

Areas of rapid bone growth, such as long bones in children and adolescents, as well as prolonged growth or overstimulated metabolism, such as chronic osteomyelitis and hyperparathyroidism. External radiation and bone-seeking isotopes have also been implicated.

### *Warning signals*

Pain that is worse at night.

### *Early detection*

Early detection is extremely difficult in asymptomatic patients. Patients with persistent and progressive bone pain should have an x-ray study of the bone.

### *Treatment*

Although amputation has been the standard treatment of most bone cancer, limb-sparing surgery has been developed for both malignant and aggressive benign tumors. Advances in orthopedics, bioengineering, radiographic imaging, radiotherapy, and chemotherapy have contributed to safer, more reliable surgical procedures. Paralleling these advances, adjuvant chemotherapy has dramatically increased overall survival.



## BREAST CANCER

Breast Cancer is the leading cancer site among Filipino women. It also ranks 2<sup>nd</sup> as leading cancer site in both female and male population. An estimated 14,043 new cases of, and 6,357 deaths due to breast cancer are expected to occur every year.

### *Causes*

**Genetic factor** or the hereditary susceptibility of the person

**Environmental factors** which include:

- a constant diet that is high in fat, salt and sugar;
- being overweight; and
- woman's age (above 30 years old) during first pregnancy or those who never had any children

### *Symptoms*

- Lump, thickening or swelling of the breast.
- Unusual change in the size or shape of the breast.
- One breast unusually lower than the other.
- Puckering/dimpling of the skin of the breast.
- Retraction on the nipple.
- A sore in the nipple.

### **Early Detection**

Breast cancers when detected early, and given prompt treatment, have excellent chances of being cured. Mammography and Breast Self-Examination (BSE) are important in the early detection of breast cancer.

Women without personal or family history of breast cancer should undertake mammography starting age 40 every two years. On the other hand, women at the age of 35 with personal or family history of breast cancer especially immediate relatives (i.e., grandmother, mother, aunt, sister) must have mammography every year.

BSE, though practical and economical, has its limitations. While a mammography can detect breast lumps even on its earliest stage, in BSE a lump would have to grow into a considerable size to be noticed and felt. But since not all Filipino women can afford to have mammography, BSE becomes the best alternative in breast exam.

BSE is done once a month, a week after a woman's monthly period. Through BSE, a woman becomes familiar with the usual appearance and feel of her breast. So she can easily tell any change on it.

### *Prevention*

Generally, breast cancer cannot be prevented from happening, particularly if a woman has a family history of breast cancer. However, certain measures can be done to minimize the contributing risk factors a woman may have:

- Eat a healthy diet consisting of high-fiber foods (cruciferous vegetables, foods rich in vitamins A and C)
- Get enough exercise. Be active to maintain body muscle's flexibility.
- Maintain ideal body weight

(turn to next page for instructions on Breast Self-Examination-BSE)

## Breast Self-Examination

Breast Self-Examination (BSE) is important in the early detection of breast cancer. It is done once a month, a week after a woman's monthly period. Through BSE, a woman becomes familiar with the usual appearance and feel of her breast. So she can easily tell any change on it and can consult a doctor immediately.

### Before A Mirror

1. Stand before a mirror with your arms at your side. Inspect your breast for any changes in the size, shape and contour. Check for swelling, dimpling or puckering of the skin. Gently squeeze each nipple and check for any discharge.
2. Put your hands on your hips and press down firmly, elbows out. Repeat the inspection.
3. Raise your arms over your head and repeat the inspection.

Normally, your left and right breast will not be exactly the same. It is very often that a woman's breast are totally the same. Through regular inspection, you will know what is normal for you.

### In The Shower

Your hands will move easier over wet skin. It is therefore easier for you to examine your breast during a bath or shower.

Use your right hand to examine your left breast, and your left hand for your right breast.

Keep your fingers flat. Move them gently in circular motions over every part of each breast. Check for any lump, hard knot or thickening.

### Lying Down

Lie flat on your back. Place a pillow or folded towel under your left shoulder. Put your left arm under your head.

Press gently but firmly your flatten fingers to breast and move in circular motions. Check for any lump, hard knot or thickening.

### Breast Clock Examination

The Breast Clock Examination is a methodical way of checking your breast for any lump, hard knot or thickening.

#### Step 1

Imagine your breast as a clock. Start at the outermost part of your breast or 12:00 position. Then move on to 1:00 position and so on around the imaginary clock face until you are back to 12:00 position.

#### Step 2

Examine every part of your breast. You will need to make at least three circles to complete the examination on one breast.

#### Step 3

Move hand over breast in downward and upward motion. Check for any irregularity.

#### Step 4

Squeeze the nipple of each breast between thumb and first finger. Any discharge should be reported to a doctor right away.





## CANCER in CHILDREN

### *Incidence*

In 1998, cancer among children will compromise 3.7% of all cancer among males and 2.6% of all female cancer. There will be around 2,707 new cases, 1,536 cases in boys and 1,171 among girls. Leukemias are the most common, compromising 47.8% of cancers among boys and 48.0% among girls. There will be around 735 new leukemia cases among boys and 563 new cases among girls. Other sites include brain and nervous system, retina, lymph nodes, kidney, bone and soft tissues, gonadal and germ cell sites.

### *Early detection*

Malignancies in children are difficult to detect because they may present similarly as other common childhood diseases. Parent should have their children undergo regular medical check-up and be alerted to the following symptoms which may be associated with cancer in children: prolonged, unexplained fever or illness; unexplained pallor; increased tendency to bruise, unexplained localized pain or limping; unusual masses or swelling; frequent headaches, often with vomiting; sudden eye or visual changes; sudden or progressive weight loss.

### *Some of the main childhood cancers are:*

**Leukemias:** The most common, compromising 47.8% of all childhood cancers. Leukemias may either be acute (with uncontrolled proliferation of immature or “blastic” cells) or chronic (proliferation of the more mature or differentiated cells). Leukemias may vary in presentation. Some are detected on routine physical examinations. Some, however, present with pallor, easy bruisability, malaise, anorexia, intermittent fever, bone pains, abdominal pain or bleeding.

**Brain and spinal cancer:** These rank 2<sup>nd</sup>, compromising 9.7% of all cancers. In the early stages of brain tumors these may cause headaches, dizziness, (often with nausea or vomiting), blurring of vision, double vision, difficulty in walking or handling of objects.

**Lymphomas** (Hodgkin’s Disease or non-hodgin Lymphoma): These rank 3<sup>rd</sup>, compromising 9.0% of all cancers. These usually involve the lymph nodes but may at times arise from other organs rich in lymphoid tissue. They cause swelling of lymph nodes in the neck, chest axilla and groin. They may also present as generalized weakness and fever.

**Retinoblastoma:** This ranks 4<sup>th</sup>, compromising 7.5% of all cancers. This is an eye cancer which usually occurs in children below four years old. The more common presenting signs include the cat’s eye reflex (a whitish appearance of the pupil) or squint. A red and painful eye, limitation of vision or proptosis are noted in the late stages.

**Wilm’s tumor:** This is a cancer of the kidney occurring in very young children. Usual presentation is an abdominal or flank mass. It compromises 3.4% of all childhood cancers.

**Osteogenic sarcoma:** A type of bone cancer which usually presents with pain, with or without swelling or a mass overlying the involved bone. It compromises 2.3% of all cancers in children.

**Rhabdomyosarcoma:** This is the most common soft tissue cancer in children, often presenting as a mass which may be painful. It usually occurs in the following sites: head and neck, genito-urinary tract, trunk, and extremities. It compromises 2.2% of all childhood cancers.

**Gonadal and germ cell sites:** These usually present as a testicular mass, or a pelvic mass among girls. They are 9<sup>th</sup> most common diagnostic group, compromising 3.6% of all cancers in children.

### *Treatment*

Management of childhood cancers is usually by a combination of the different modalities of treatment (surgery, radiotherapy, chemotherapy), coordinated by a team of experts including pediatric oncologists, surgeons, nurses, social workers, psychologists and others who assist children and their families.

### *Survival*

5-years survival rates markedly vary according to the sites of origin of the tumor.



## COLON CANCER

### *Incidence & morality*

Colon cancer ranks 6<sup>th</sup> overall, 5<sup>th</sup> among males and 7<sup>th</sup> among females. An estimated 2,963 new cases, 1,548 in males 1,415 in females, together with 1,567 deaths will be seen in 1998. Colon cancer increases markedly after age 50.

### *Risk factors & prevention*

Personal or family history of colon cancer; personal or family history polyps in the colon; inflammatory bowel disease.

Evidence suggest that colon cancer may be linked to a diet high in fat and deficient in whole grains, fruit and vegetables.

### *Warning signals*

A change in bowel habits such as recurrent diarrhea and constipation, particularly with the presence of abdominal discomfort, weight loss, unexplained anemia, and blood in the stool.

### *Early detection*

Unfortunately, early colon cancer is asymptomatic, and there is still no efficient screening method for early detection. The aim should be earlier diagnosis of symptomatic patients who complain of changes in bowel habits, vague abdominal pains, and unexplained weight loss and anemia, particularly among patients 50 years old and above, by means of barium enema or colonoscopy.

The mistaken obsession of our physician with amoebiasis and other forms of inflammatory bowel disease had for decades been a major factor that had delayed diagnosis of colon cancer. The wider availability of antidiarrheals, antibiotics and amoebecides may have worsened the situation. Too many physicians still insist in giving vitamin preparations and hematinics for chronic unexplained weight loss and anemia without carefully looking for the cause.

### *Treatment*

Early colon cancer is curable, and surgery is the most effective method of treatment.



## LIVER CANCER

### *Incidence & mortality*

Liver cancer is the 3<sup>rd</sup> leading sites for both sexes. It rank 2<sup>nd</sup> among males and 9<sup>th</sup> among females. In 1998, an estimated 5,249 new cases, 3,906 cases in males and 1,343 cases in females, and about 4,403 deaths are expected to occur every year. The incidence in males is practically 2 ½ that of females. Incidence increases at age 40.

### *Risk factors & prevention*

Studies point to a causal relationship between Hepatitis B virus carrier state and liver cancer. Primary Liver Cancer is much more common in countries where HBV carriers are prevalent, such as the Philippines and other Southeast Asian countries, as compared to most developed countries where Hepatitis B is less prevalent.

Hepatitis C infection, though less prevalent, can also lead to liver cancer.

Other factors implicated are heavy alcohol consumption, prolonged heavy intake of aflatoxin and other chemical carcinogens.

Emphasis should be towards prevention, by lowering the prevalence of Hepatitis B through infant vaccination and improving sanitation nationwide.

### *Warning signals*

Abdominal pain, constitutional symptoms such as weight loss, weakness, and loss of appetite. An abdominal mass or an enlarged liver are noted.

### *Early detection*

Unfortunately, there is no efficient early detection method for liver cancer.

### *Treatment*

For the occasional patient seen in an early stage, surgery can be curative. For the majority of cases, who are usually seen in an incurable stage, judicious and cost-effective palliative care can provide an acceptable quality of life.



## LUNG CANCER

In the Philippines, Lung Cancer is one of the leading cancer deaths among men and women. The steady increase in rates of people developing and dying from lung cancer is the delayed effects of increased smoking by the Filipinos. An estimated 17,238 new cases of, and 15,881 deaths due to lung cancer are expected to occur every year.

### *Lung Cancer Facts*

- Almost 100% of all lung cancer cases are caused by smoking.
- Smokers reach the "cancer age" at least 15 years earlier than non-smokers.
- Non-smokers who are continuously exposed to tobacco smoke in enclosed spaces also run the risk of getting lung cancer.
- Tobacco smoking before and during pregnancy may cause birth defects.
- Tobacco smoking reduces life expectancy.

### *Causes*

- **Cigarette Smoking**

Smoking causes 75% to 90% of lung cancer. Risk of developing lung cancer increases with the number of cigarettes smoked each day and the tar and nicotine contents. Smoking even one-half pack a day of low-tar and nicotine cigarette is risky. There is no such thing as safe cigarette.

- **Involuntary Smoking**

Also called "passive smoking", it is breathing in of harmful substances contained in tobacco smoke by non-smokers.

- **Pollution**

This includes air pollutants such as combustion of diesel and other fossil fuels.

### *Symptoms*

- Persistent dry cough that gets worse over time
- Constant chest pain
- Blood-stained sputum (phlegm)
- Extreme shortness of breath, wheezing or hoarseness
- Repeated pneumonia or bronchitis
- Swelling of the neck and face
- Weight loss
- Fatigue
- Difficulty in swallowing

### *Prevention*

Unfortunately, there is no effective way of detecting lung cancer on its early stages. That is why the best approach to lung cancer prevention is to **STOP SMOKING!**

The youth should be discouraged from starting the habit of smoking. **BE SMART, DON'T EVER START.**



## OVARIAN CANCER

### *Incidence*

Cancer of the ovary is 12<sup>th</sup> overall, and ranks 5<sup>th</sup> among females. An estimated 2,032 cases will occur in 1998. Incidence increase starting at age 40.

### *Risk factors*

Few specific risk factors have been defined – nulliparity, history of breast or endometrial cancer and of menstrual difficulties. Increased familial incidence has also been reported. Pregnancy and oral contraceptives are possibly protective. The role of exogenous hormones as a protective factor is still being studied.

### *Warning signals*

Ovarian cancers are usually asymptomatic at the outset and many cases are detected late. It is usually detected because of an abdominal mass, or mass felt during pelvic examination.

### *Early detection*

Thorough annual pelvic examinations may detect early ovary cancer. This is recommended to start at age 40.

### *Treatment*

For early cancer of the ovary, surgery is curative. In some cases of advanced cancer, surgery followed by chemotherapy may increase survival. Advanced cancer requires judicious and cost effective palliative care.



## RECTUM CANCER

### *Incidence & mortality*

Rectum cancer ranks 11<sup>th</sup> overall, 9<sup>th</sup> among males and 11<sup>th</sup> among females. An estimated 2,085 new cases, 1,142 cases in males and 943 cases in females, and 551 deaths will be seen in 1998. Rectum cancer increases markedly at age 50.

### *Risk factors*

Personal or family history of rectal cancer, personal or family history of polyps in the rectum.

While a diet high in fat and fiber deficient is also implicated, the evidence is not yet strong as that for colon cancer.

### *Warning signals*

Change in bowel habits, transanal bleeding, unexplained weight loss and anemia, blood in the stool.

### *Early detection*

There is insufficient evidence that a specific screening method had reduced mortality.

Earlier diagnosis of symptomatic patients should also be aimed for. Males and females 50 years and above who complain of blood in the stool, change in bowel habits, unexplained weight loss and anemia should all undergo a rectal examination and proctoscopy.

### *Treatment*

Early rectum cancer is curable by surgery. For advanced cases, judicious and cost-effective palliative care can offer an acceptable quality of life.



## STOMACH CANCER

### *Incidence & mortality*

Cancer of the stomach is the 8<sup>th</sup> leading site overall. 6<sup>th</sup> among males and 10<sup>th</sup> among females. In 1998, an estimated 2,563 new cases, 1,511 among males and 1,052 among females, will be seen. About 1,484 deaths will occur. The incidence begins to rise starting at age 50.

### *Risk factors*

Pernicious anemia, atrophic gastritis. Evidence suggest that gastric cancer may be linked to diet, such as salty food, smoked fish, pickled vegetables. The incidence that had changed to a healthier diet.

### *Warning signals*

Gastric cancer progresses silently to an advanced stage before symptoms alert the physician or the patient. Early symptoms include indigestion, dyspepsia, loss of appetite, and anemia. Weight loss, difficulty in swallowing, vomiting, abdominal mass suggest an advanced stage.

### *Early detection*

Unfortunately, there is neither an effective method primary prevention nor early detection of stomach cancer. In order to increase survival, earlier diagnosis of symptomatic patients should be the goal.

Patients over age 50 with vague epigastric symptoms, unexplained anemia, and weight loss should undergo upper gastrointestinal series or endoscopic studies.

### *Treatment*

Surgery remains the most effective method of treating gastric cancer.



## THYROID CANCER

### *Incidence*

Thyroid cancer ranks 7<sup>th</sup> overall, 4<sup>th</sup> in females and 17<sup>th</sup> in males. An estimated 2,584 new cases, 2,068 in females and 516 in males, will occur in 1998. The incidence is three times more in females than that in males. Thyroid cancer is the most common cancer of women at age 15-24.

### *Risk factors*

History of neck radiation during childhood.

### *Warning signals*

A hard mass in the anterior neck; nodules of the thyroid in men; rapid enlargement of a long-standing goiter in older patients; cervical lymph node enlargement; hoarseness, difficulty of swallowing, and difficulty of breathing associated with goiter.

### *Early detection*

Fine needle aspiration biopsy of solitary nodules, or of unusually prominent, hard or rapidly growing nodules in multinodular goiter.

### *Treatment*

Almost 95% of thyroid cancer in the Philippines are well differentiated carcinoma, and are highly curable by appropriate surgery alone. Radioactive iodine is the main mode of treatment for metastatic lesions.



## UTERINE CERVIX CANCER

### **Cervical Cancer**

The cervix is part of the female reproductive system located at the junction of the vagina and the uterus (womb). It is often called the neck of the womb.

In the Philippines, Cervical Cancer is the 2nd leading cancer site among women. An estimated 7,277 new cases of, and 3,807 deaths due to, cervical cancer are expected to occur every year.

Generally, all women who have had sexual intercourse are at risk of cervix cancer. However, rare types of cervical cancer can occur even in women who never had any sexual intercourse in their life.

### *Cause*

In recent studies, there had been overwhelming evidence that an infectious agent particularly human papilloma virus (HPV) that is transmitted through sexual intercourse causes cancer of the cervix.

The following had been established as possible causes of cervix cancer:

- have had multiple sexual partners
- have had sexual partners (regular or casual) who themselves had several sexual partners
- have had sexual partner who is infected with human papilloma virus
- had first sexual intercourse at a very early age, possibly 15 or 16 years old

### *Symptoms*

Generally, cervix cancer do not have symptoms. Often, the disease is detected during its advance stage. However, the following impressions often lead to cervix cancer:

- Unusual bleeding from the vagina at any time
- Unpleasant vaginal discharge

### *Early Detection*

Cervical cancer when detected early is curable. At present, the most reliable and practical way to diagnose early cervical cancer is through Pap smear.

A woman's first Pap smear should be done 3 years after the first vaginal intercourse. After that, it should be done every year for 3 years. If the Pap smear test is negative for the consecutive 3 years, then it can be done every two or three years. In unmarried women who never had sexual activity in their life, Pap smear should be done at age 35.

### *Early Detection*

Since there is almost universal acceptance that cervical cancer is primarily transmitted through sexual intercourse, the following preventive measures should be followed:

- a one-partner sexual relationship between partners should be observed
- a delay on the first sexual intercourse
- use of barrier contraceptives like condoms during sexual intercourse

## CAPILLARIASIS

Is an intestinal parasitism caused by smallest nematodes that infect humans called **Capillaria Philippinesis**. The worms can be seen in the small intestine of humans.



### *Mode of Transmission:*

The disease can be acquired through consumption of infected raw or improperly cooked small freshwater fish.

### *Incubation Period:*

After eating infected fish, it takes at least about 2 weeks for the eggs to mature.

### *Signs and Symptoms:*

- abdominal pain
- chronic diarrhea for more than 2 weeks
- loss of appetite
- weight lost
- vomiting
- swelling of the body
- muscle wasting

### *Treatment:*

- Mebendazole 400 mg/day given in divided doses for 20 days for new cases and for 30 days for relapses of cases.
- Eggs and parasites disappear from feces within 4 days and symptoms within a week.
- Albendazole has also been found effective in treating intestinal capillariasis using the same dosage as Mebendazole.

### *Prevention and Control:*

- Cook fish thoroughly before eating.
- Avoid eating raw fish.
- Use sanitary toilet for disposal of human waste.



## CHICKENPOX

### *Cause*

“varicella” virus

### *Mode of transmission*

- person to person by direct contact, droplet or air borne spread of fluid or secretions from persons with chickenpox
- contagious 5 days before and 5 days after the appearance of blisters

### *Signs and symptoms*

- appearance of reddish skin lesions which later become blisters on the 3rd - 4th day of fever
- weakness
- muscle and joint pains
- sudden onset of fever

### *Immediate treatment*

- chickenpox rashes will disappear in 1-2 weeks time even without treatment

### *Prevention and control*

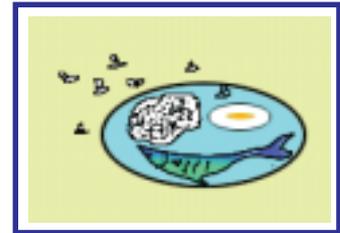
- Avoid crowded areas during epidemics
- Isolate known cases
- Vaccine is available as precautionary measure and as per doctor's advise.

Those who had the disease before are already immune and will not have the disease again.

## CHOLERA

### *Cause*

- *Vibrio cholerae* bacteria



### *Mode of Transmission*

- eating of food or drinking of water contaminated with human waste

### *Signs & Symptoms*

- sudden onset of frequent painless watery stools
- vomiting
- rapid dehydration (e.g. sunken eyeballs, wrinkled and dry skin)

### *Immediate Treatment*

- Replace lost body fluid by giving Oral Rehydration Solution (ORESOL) or a homemade solution composed of 1 teaspoon of salt, 4 teaspoons of sugar mix to 1 liter of water.
- If diarrhea persists, consult your health workers or bring the patient to the nearest hospital.

### *Prevention and Control*

- Drink only safe and clean water. If unsure, boil drinking water (Upon reaching boiling point, extend boiling for two or more minutes) or
- Do water chlorination
- Keep food away from insects and rats by covering it.
- Wash and cook food properly.
- Sanitary disposal of human waste.
- Use toilet properly and clean toilet everyday.
- Wash hands with soap after using toilet and before eating.
- Keep surroundings clean to prevent flies and other insects and rodents from breeding.

***In extreme cases, cholera is a rapidly fatal disease. A healthy individual may die within 2-3 hours if no treatment is provided.***



## DENGUE

### DENGUE HEMORRHAGIC FEVER

is an acute infectious disease manifested initially with fever.

#### *Transmission*

*Aedes aegypti*, the transmitter of the disease, is a day-biting mosquito which lays eggs in clear and stagnant water found in flower vases, cans, rain barrels, old rubber tires, etc. The adult mosquitoes rest in dark places of the house.



#### *Signs and Symptoms*

- Sudden onset of high fever which may last 2 to 7 days.
- Joint & muscle pain and pain behind the eyes.
- Weakness
- Skin rashes - *maculopapular* rash or red tiny spots on the skin called *petechiae*
- Nosebleeding when fever starts to subside
- Abdominal pain
- Vomiting of coffee-colored matter
- Dark-colored stools

#### *Prevention and Control*

- Cover water drums and water pails at all times to prevent mosquitoes from breeding.
- Replace water in flower vases once a week.
- Clean all water containers once a week. Scrub the sides well to remove eggs of mosquitoes sticking to the sides.
- Clean gutters of leaves and debris so that rain water will not collect as breeding places of mosquitoes.
- Old tires used as roof support should be punctured or cut to avoid accumulation of water.
- Collect and dispose all unusable tin cans, jars, bottles and other items that can collect and hold water.



## DEPRESSIVE DISORDERS

Mental disorders characterized by either depressed mood or markedly diminished interest or pleasure in most activities of the day.

### *Causes*

The causes vary;

- The research data are most consistent with the hypothesis with disregulation of the biologic amines specifically norepinephrine and serotonin,
- Family studies reported that first degree relatives of depressed disorders have 2-10 times more likely to have the disorder,
- Twin studies show that the concordance rate for monozygotic twins is about 50%,
- Stressful life events play the primary or principal role in depression, generally, it is the loss of significant person.

### *Symptoms*

- Significant weight loss or weight gain
- Difficulty in sleeping or oversleeping
- Fatigue or loss of energy
- Psychomotor agitation and slowness
- Excessive guilt or feeling of worthlessness
- Diminished ability to think or concentrate or indecisiveness
  - recurrent thoughts of deaths
  - recurrent suicidal ideations

### *Prevention and Control*

There are clear guidelines for the treatment of depressive disorders. This include both antidepressant medications and psychological interventions like cognitive therapy, behavior therapy, interpersonal therapy and family therapy.



## DIARRRHEA

### *Mode of Transmission*

- Ingestion of contaminated food and water.



### *Signs and Symptoms*

- Passage of watery stools at least 3x a day.
- Excessive thirst.
- Sunken eyeballs and fontanel.

### *Immediate Treatment:*

- Give Oral Rehydration Solution (ORESOL), rice soup (am) to replace lost body fluid.
- Continue feeding.

### *Prevention and Control:*

- Drink water only from safe sources. If unsure, boil water for 3 minutes or do water chlorination.
- Eat only foods that are well cooked and properly prepared. Avoid eating "street vended food".
- Keep the food away from insects and rats by covering them using food cover.
- Wash fruits and vegetables with clean water before eating or cooking.
- Use toilet when defecating.
- Wash your hands before eating and after using the toilet.

*If diarrhea does not stop,  
consult the nearest health center*



## DIPHTHERIA

### **A BACTERIAL (Toxin-Related) DISEASE**

It is an acute pharyngitis, acute naso pharyngitis or acute laryngitis with a pseudomembrane formation in the throat.

*Infectious Agent:* *Corynebacterium diphtheria*

*Reservoir:* Man

*Incubation Period:* 2 to 5 days or may be longer

*Mode of Transmission:*

- By droplets spread through sneezing, coughing and close personal contact.

*Period of Communicability:*

- May last for 2 to 3 weeks
- May be shortened in patients with antibiotic treatment
- Diphtheria transmission is increased in schools, hospitals, households and in crowded areas.

*Prevention:*

- Immunization of infants with 3 doses of DPT (at ages 6 weeks old, 10 weeks old and 14 weeks old).



## EPILEPSY

It is a brain disorder characterized by repeated seizures (“fits”) which may take many forms, ranging from the shortest lapse of attention to severe and frequent convulsions.

### *Signs and Symptoms*

- loss of awareness/consciousness
- disturbances of movement
- sensation including vision, hearing and taste
- automatic function, mood and mental function

\* attacks may vary in frequency from less than one per year to several per day

### *Causes*

- excessive electrical discharges in a group of brain cells
- any kind of brain disease can cause seizures (e.g. infection, injury, vascular, tumor, congenital and degenerative)
- imbalance of the chemical neurotransmitter in the brain
- some provocative factors in some patients for epilepsy like photic stimulation (disco lights, television, computers, etc.)
- over breathing
- over hydration
- loss of sleep
- emotional and physical stress

### *Treatment*

- Available anti-epileptic medications are effective and cost efficient.
- About 70% of newly diagnosed cases can be successfully treated with an anti-epileptic medication that is taken without interruption.



## FILARIASIS

commonly known as “elephantiasis” is a disease caused by a parasite transmitted by mosquito

### *Signs and Symptoms*

- Pain and swelling of the breast, vagina, scrotum, legs and arms
- Fever
- Cough
- Chills
- Wheezing



### *Prevention*

- Wear long sleeve shirt and long pants when working in farms or areas endemic of filariasis.
- Sleep under a mosquito net.

### *Treatment*

- Selective treatment with DEC (Diethylcarbamazine Citrate) is given to people with clinical manifestations of the disease.
- Mass treatment of the people living in established endemic areas.
- Medicines (DEC and albendazole) are given once a year for 5 years.

Filariasis sugpuin, Gamot ay inumin ...  
“Sang beses isang taon sa loob ng 5 taon”



## FOOT AND MOUTH DISEASE

### *Cause*

A virus of the family Picornaviridae, genus Aphthovirus.



### *EPIDEMIOLOGY*

- One of the most contagious animal diseases, with important economic losses
- Low mortality rate in adult animals, but often high mortality in young due to myocarditis.

### *Hosts:*

- Bovidae (cattle, zebu, domestic buffaloes, yaks), sheep, goats, swine, all wild ruminants and suidae. Camelidae (camels, dromedaries, llamas, vicunas) have low susceptibility.
- Direct or indirect contact (droplets)
- Animal vectors (human, etc.)
- Inanimate vectors (vehicles)
- Airborne, especially temperate zones (up to 60 km overland and 300 km by sea)

### *DIAGNOSIS*

Incubation period is 2-14 days

### *Prevention and Control*

- Protection of free zones by border animal movement control and surveillance
- Slaughter of infected, recovered, and FMD-susceptible contact animals
- Disinfection of premises and all infected material (implements, cards, clothes, etc.)
- Destruction of cadavers, litter, and susceptible animal products in the infected area
- Quarantine measures



## HEPATITIS A

It is caused by the Hepatitis A virus (HAV).

### *Mode of Transmission*

- ingestion of food contaminated with human waste and urine of persons who are sick of Hepatitis A

### *Signs and Symptoms*

- fever
- flu-like symptoms: weakness, muscle and joint aches, loss of appetite, dizziness
- with or without vomiting
- abdominal discomfort
- after few days, jaundice may follow

### *Immediate Treatment*

- No specific medicine to cure the patient or shorten the course of illness.
- Sick persons should be isolated, advised to rest, take plenty of fluids and avoid fatty foods.
- Patient who fail to take fluids or are too weak to eat are sometimes brought for intravenous administration of fluids and vitamins.

### *Prevention and Control*

- Wash hands after using the toilet, before preparing food and before eating
- Dispose human waste properly.
- Thoroughly cook oysters, clams, other shellfish for 4 minutes or steamed for 1 minute & 30 seconds.
- Practice safe handling and storage of food and water.

The disease is self-limiting  
and may last for 1 to 2 weeks.  
Patient often recovers even without treatment



## HEPATITIS B

### A VIRAL DISEASE

Hepatitis B is liver infection caused by the B type of Hepatitis virus. It attacks the liver often resulting in inflammation.

#### *Signs and Symptoms:*

- weakness
- stomach upset
- dark urine or very pale stools
- jaundice

#### *Mode of transmission*

Hepatitis B spreads through the following:

- from child to child
- from mother to child during birth
- through blood transfusion
- through sharing of unsterilized needles, knives or razors
- through sexual intercourse

#### *Complications*

- chronic hepatitis
- cirrhosis
- liver failure
- liver cancer

#### *Prevention*

- Immunization of infants with 3 doses of Hepatitis B vaccine at ages 6 weeks old, 10 weeks old and 14 weeks old.
- use of safe/clean injection and equipments/supplies

*Treatment:* NONE



## HEPATITIS C

- Hepatitis C is usually spread through contact with blood products, like accidentally being stuck with a dirty (used) needle, using IV drugs and sharing needles, or getting blood before 1992.
- Most people who are infected with hepatitis C don't have any symptoms for years. The virus stays in the liver and causes chronic liver inflammation, cirrhosis or liver cancer.

### *Signs and Symptoms*

- Headache, nausea and vomiting, abdominal pain, jaundice (the skin turns yellow), weakness and fatigue.
- Some people have dark yellow urine, light-colored stools and yellowish eyes.

### *Treatment*

Medicines such as interferon and ribavirin don't cure hepatitis C, but they do make people feel better and may prevent future liver problems.

### *Prevention*

- There is no vaccine for hepatitis C.
- Use condom during sexual activity to protect yourself and your partner from hepatitis C.
- Don't share needles with anyone.
- Wear gloves if you have to touch anyone's blood.
- Don't use an infected person's toothbrush, razor, or anything else that could have blood on it.
- Make sure any tattooing or body piercing is done with clean tools.



## HIGH BLOOD PRESSURE

- ❖ **A SILENT KILLER**
- ❖ **Most common among the diseases of the heart**
- ❖ **Most common cause of stroke**
- ❖ **Highly preventable**

### *MOSTLY AFFECTED BY HIGH BLOOD PRESSURE...*

- ❖ Smokers
- ❖ Overweight
- ❖ Older age group: above 40 years old for males; menopausal age for female
- ❖ With family history like, heart diseases, diabetes and kidney disease
- ❖ Under chronic stress
- ❖ Heavy alcohol drinker
- ❖ With high serum cholesterol level

### *Prevention ...*

- ❖ Don't smoke
- ❖ Maintain ideal body weight
- ❖ Exercise regularly (at least 20 minutes, continuous & 3x a week)
- ❖ Avoid fatty and salty foods
- ❖ Have adequate relaxation
- ❖ Drink moderately
- ❖ Have a regular blood pressure check-up

### Facts

- ❖ **CVD- no. 1 killer in the country**
- ❖ **Every hour, 9 Filipinos die of CVD**
- ❖ **1 out of 4 deaths in the country is due to CVD**
- ❖ **1 out of 10 Filipinos aged 15 years old and above has hypertension/high blood pressure**
- ❖ **80%-85% of all primary high blood pressure are mild and thus can be managed by lifestyle modification**

***Take good care of your heart,  
have a healthy lifestyle!***

## INFLUENZA

- Caused by Influenza virus (A, B or C)

*Incubation Period* 1-3 days

### *Mode of Transmission*

Entry of the virus into the respiratory tract:



- via droplets from an infected person through coughing, talking and sneezing.
- through contact with the surfaces, material and clothing contaminated with discharges of an infected person.

### *Signs and Symptoms*

- Fever of at least 38 °C
- Headache
- Runny nose, sore throat, cough or other respiratory manifestations
- May or may not have muscle or joint pains

### *Treatment*

- Use of antiviral agents within the first two days may halt the course of influenza illness. Consult your physician regarding antiviral agents.
- Paracetamol for fever. Aspirin should not be given to children.
- Antibiotics to be given only to complications of influenza such as pneumonia or otitis media.
- Adequate rest.
- Increase intake of oral fluids and eat nutritious foods.

### *Prevention*

- Influenza vaccination preferably to be given anytime from February to June.
- Provide separate room to a person sick with influenza.
- Cover mouth and nose when sneezing or coughing to prevent spread of the virus.
- Avoid crowded places. Distance yourself from at least 1 meter from people who are coughing or are sick with influenza.
- Wash hands frequently with soap and water.



## IODINE DEFICIENCY DISORDER

### *Causes*

- lack of iodine-rich foods in the diet
- presence of goitrogens in food (i.e. cassava and cabbage) and water which interfere with the absorption of iodine by the body
- increase requirement of iodine during adolescence, pregnancy and lactation



### *Signs*

- goiter

### *Prevention*

- Use iodized salt.
- Eat foods rich in iodine, like dilis, pusit, kuhol, lato (seaweeds), WHEN THERE IS NO RED TIDE BAN: talaba, tahong, alamang, shrimps, crab.
- In endemic areas, (with more than 30% of the population has goiter), take iodine supplement as prescribed by a physician.

### *Why is IODINE important?*

**Iodine** is needed to produce thyroid hormone, which prevents:

- mental retardation
- growth retardation
- physical deformities
- miscarriage and stillbirths



## IRON DEFICIENCY ANEMIA



### *Causes*

- lack of iron-rich foods in the diet
- lack of vitamin C in the diet which helps in the absorption of iron by the body
- chronic blood loss due to parasitism or menstruation
- increased demand of the body during pregnancy and lactation
- low absorption of iron from foods
- high requirement of infants, adolescent girls, pregnant and lactating women

### *Signs*

- weakness
- insomnia
- easily becomes tired
- lack of appetite
- lack of concentration
- paleness

### *Prevention*

- Eat foods rich in iron, such as meat, dark green leafy vegetables ( i.e. malunggay, kamote tops, gabi leaves, petchay, saluyot, alugbati, kangkong), liver, internal organs.
- Take iron tablets daily as prescribed especially during pregnancy.
- Eliminate intestinal parasites/deworming.
- Breastfeed infants up to 6 months and continue breastfeeding up to 2 years.
- Increase vitamin C intake.



## JAPANESE ENCEPHALITIS

- A disease caused by an arbovirus, a large group of viruses that are spread by certain invertebrate animals (arthropods), most commonly blood-sucking insects.
- It affects the central nervous system and cause severe complications and even death.
- It spreads to human by infected mosquitoes in Asia, the *Culex tritaeniorhynchus*, that lives in rural rice-growing and pig-farming regions.
- The virus can infect humans, most domestic animals, birds, bats, snakes and frogs. After infection, the virus invades the central nervous system, including the brain and the spinal cord.

### *Signs and Symptoms*

- Symptoms usually appear 6-8 days after the bite of an infected mosquito.
- Most infected persons develop mild symptoms or no symptoms at all.
- In people who develop a more severe disease, Japanese encephalitis usually starts as flu-like illness, with fever, chills, tiredness, headache, nausea and vomiting. Confusion and agitation can occur in the early stage.
- The illness can progress to a serious infection of the brain (encephalitis) and can be fatal in 30% of cases. Among the survivors, another 30% will have serious brain damage, including paralysis.

### *Treatment*

- Diagnosis is based on tests of blood or spinal fluid.
- There is no specific treatment for Japanese encephalitis. Antibiotics are not effective against viruses, and no effective anti-viral drugs have been discovered.
- Care of patient's centers on treatment of symptoms and complications.

### *Prevention*

- A vaccine is recommended only for persons who plan to travel in affected areas for 4 weeks or more, except in special circumstances such as an ongoing outbreak of disease.
- Because of the potential for other mosquito-borne diseases in Asia, all travelers should take steps to avoid mosquito bites. The mosquito that transmit Japanese encephalitis feed mainly outside during the cooler hours at dusk and dawn. Travelers should minimize outdoor activities at these times, use mosquito repellent on exposed skin, and stay in airconditioned or well-screened rooms.
- Travelers to rural areas should use bednets and aerosol room insecticides.



## KAWASAKI DISEASE

- Is non-specific disease that affects the mucus membranes, lymph nodes, walls of the blood vessels and the heart.
- Predominantly among young children, with 80% of patients below 5 years of age.
- No definite cause of Kawasaki disease has been identified. It appears that the vasculitis is brought about by an exaggerated immune response.
- Kawasaki disease can cause inflammation of blood vessels (vasculitis) in the coronary arteries and subsequent coronary artery aneurysms, that can lead to myocardial infarction and irregular heart beat (arrhythmias). About 20 - 40% of children with Kawasaki disease will have evidence of vasculitis with heart involvement.
- There is no test to affirm the disease. A doctor make diagnosis from the symptoms and a few characteristic laboratory findings, such as high platelet counts (cells that help blood clot) in the blood.

### *Signs and Symptoms*

- high persistent fever
- red eyes
- red mucus membranes of the mouth
- red cracked lips
- a "strawberry tongue"
- swollen lymph nodes
- skin rashes

### *Treatment*

Intravenous gamma globulin in high doses. Marked improvements is usually noted within 24 hours of treatment with IV gamma globulin.

### *Advise*

If high grade fever persists, is unresponsive to acetaminophen or ibuprofen and lasts more than >24 hours, seek consultation. Treatment should be started as soon as the diagnosis is made to prevent damage to heart and its arteries.



## LEPROSY

### *Cause*

*Mycobacterium leprae*

### *Mode of Transmission*

Airborne: inhalation of droplet/spray from coughing and sneezing of untreated leprosy patient



### *Signs and Symptoms*

- long standing skin lesions that do not disappear with ordinary treatment
- loss of feeling/numbness on the skin
- loss of sweating and hair growth over the skin lesions
- thickened and/or painful nerves in the neck, forearm, near elbow joint and the back of knees

***Go to the nearest health center for free  
Multi-Drug Therapy (MDT)***

### *Prevention and Control*

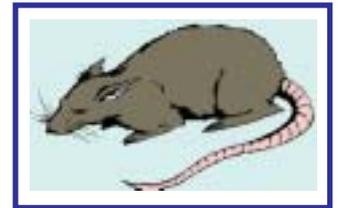
- Treat all leprosy cases to prevent spread of infection.
- We should avoid direct contact with untreated patients.
- Practice personal hygiene.
- Maintain body resistance by healthful living.
- Good nutrition.
- Enough rest and exercises.
- Clean environment.
- Immediate treatment.

## LEPTOSPIROSIS

*Cause* leptospira bacteria

*Incubation Period* 7 - 10 days

*Mode of Transmission*



- Entry of the leptospira bacteria through wounds when in contact with flood waters, vegetation, moist soil contaminated with the urine of infected animals, especially rats.

*Signs and Symptoms*

- Fever
- Non-specific symptoms of muscle pain, headache
- Calf-muscle pain and reddish eyes for some cases
- Severe cases result to liver involvement, kidney failure or brain involvement. Thus some cases may have yellowish body discolorization, dark-colored urine and light stools, low urine output, severe headache.

*Treatment*

- Antibiotics duly prescribed by a physician.
- Early recognition and treatment within two days of illness to prevent complications of leptospirosis, so early consultation is advised.

*Prevention and Control*

- Avoid swimming or wading in potentially contaminated water or flood water.
- Use of proper protection like boots and gloves when work requires exposure to contaminated water.
- Drain potentially contaminated water when possible.
- Control rats in the household by using rat traps or rat poison, maintaining cleanliness in the house.



## LEUKEMIA

### *Incidence & mortality*

The leukemia's rank 5<sup>th</sup> overall, 4<sup>th</sup> among males and 6<sup>th</sup> among females. Estimated number of new cases in 1998 are 1,659 in males and 1,488 in females, giving a total of 3,147 cases, of these 735 cases will occur in boys and 563 cases will be among girls.

### *Risk factors & prevention*

Exposure to high doses of radiation; and continuous and prolonged exposure to certain chemicals have been blamed for increasing the risk of getting leukemia.

### *Warning & signals*

Easy fatiguability, pallor, weight loss, easy bruising, frequent nosebleed, or repeated infections, especially among children. Symptoms of acute leukemia appear suddenly. Chronic leukemia may progress slowly with few symptoms.

### *Early detection*

There is no practical screening method for leukemia. Early detection of symptomatic patients, particularly children, should be aimed for. Peripheral blood smears and bone marrow examination confirm the diagnosis in suspicious cases.

### *Treatment*

Some forms of leukemia, particularly Acute Lymphocytes Leukemia in children, are highly curable by chemotherapy.



## LYMPHOMAS

( Hodgkin's disease and non-hodgkin lymphoma )

### *Incidence*

Lymphomas are the 10<sup>th</sup> overall, 8<sup>th</sup> in males and 14<sup>th</sup> in females. An estimated 2,088 new cases, 1,253 cases among males and 875 among females, will be seen in 1998. Incidence increases at age 55.

### *Risk factors*

Cause is still unknown but a viral factor is considered since certain lymphomas have been shown by epidemiologic, electron microscopy, cell culture and immunologic studies to have features implicating viral etiologies.

### *Warning signals*

Usual presentation is painless, enlarged lymph nodes which may be associated with fever, night sweats, itching and weight loss. Other organs like the oropharynx, skin, gastrointestinal tract and bone may be involved.

### *Early detection*

Recognition of lymphadenopathy and careful histologic evaluation of a lymph node biopsy.

### *Treatment*

A multidisciplinary approach offers the most cure rates. Chemotherapy is the primary treatment, with adjunct radiotherapy in some instances.



## MAD COW

*Variant Creutzfeldt-Jakob Disease - disease in humans*

### *Cause*

A proteinaceous particle called "prion"

### *Mode of Transmission*

A person can be infected by eating meat/meat products from a cow with Bovine Spongiform Encephalopathy (BSE) or Mad Cow Disease.

### *Incubation Period*

It takes 10-30 years after exposure (eating contaminated meat) before signs and symptoms appear.

### *Signs and Symptoms*

affects the brain and the nervous system

### *Initial Stage*

- Insomnia
- Depression
- Confusion
- Personality changes
- Problem with memory, coordination
- Forgetfulness

### *Final Stage*

A patient:  
Loses all mental & physical functions  
Becomes paralyzed, comatose  
Dies from other causes

### *Prevention*

DO NOT EAT meat/meat products from countries with reported cases of Bovine Spongiform Encephalopathy (BSE).



### *Stage of Progression*

- Rapid & progressive dementia
- Involuntary & irregular jerky movements
- Worsening sight
- Muscular weakness
- Problems with speech

**THERE IS NO CURE  
FOR MAD COW  
DISEASE!**

*Fresh Beef sold  
in the markets are Safe*

## MALARIA

Malaria is a disease transmitted through a bite of an infected female Anopheles mosquito. It usually bites during nighttime.

### *Signs and Symptoms*

- Chills
- High fever grade
- Sweating
- Severe headache



### *Prevention and Control*

- Use mosquito nets. It is more effective if the mosquito net is treated with insecticide.
- Use long sleeves and pants.
- Use repellants/coils and screens on doors and windows.
- Clear hanging branches of trees along the streams.
- Have your blood examined if you have the signs and symptoms of malaria.
- Follow the advice of health workers on how to take anti-malaria drugs.

### **ENDEMIC AREAS with Malaria**

- |                       |                       |
|-----------------------|-----------------------|
| 1. Palawan            | 14. Sulu              |
| 2. Davao del Norte    | 15. Agusan del Norte  |
| 3. Compostela Valley  | 16. Cagayan           |
| 4. Agusan del Sur     | 17. Zamboanga del Sur |
| 5. Mindoro Occidental | 18. Bukidnon          |
| 6. Kalinga            | 19. Misamis Oriental  |
| 7. Apayao             | 20. Quirino           |
| 8. Isabela            | 21. Mt. Province      |
| 9. Quezon             | 22. Basilan           |
| 10. Ifugao            | 23. Zambales          |
| 11. Davao del Sur     | 24. Sarangani         |
| 12. Davao Oriental    | 25. Sibugay           |
| 13. Tawi-tawi         | 26. Surigao del Sur   |

If symptoms persists, go to the nearest health center

**Malaria Kills, Help eradicate it!**



## MEASLES

### A VIRAL DISEASE

A highly communicable disease with the history of the following:

- Generalized blotchy rash, lasting for 3 or more days
- Fever (above 38°C or “hot” to touch) and
- Any of the following:
  - Cough
  - Runny nose
  - Red eyes/conjunctivitis

#### *Mode of Transmission:*

- By droplets spread from person to person caused by sneezing, coughing, and close personal contact.

#### *Complications:*

- diarrhea
- atitis media
- pneumonia
- encephalitis
- malnutrition
- blindness

#### *Prevention:*

- Immunization with measles vaccine at 9 months old.
- Vitamin A supplementation during routine measles vaccination

#### *Treatment:*

- Nutritional support and oral rehydration to increase body resistance and replace lost body fluids caused by coughing, diarrhea and perspiration.
- Antibiotics as prescribed by physician to treat body infections.
- Giving of supplementation among infants and children diagnosed with measles.



## MENINGOCOCCEMIA

Is a disease brought about by spread of the bacteria (*Neisseria Meningitidis*) to blood stream causing severe signs and symptoms that may lead to death.

### *Transmission*

- Direct contact with discharges from the nose and throat of an infected person.
- It can be spread through coughing, sneezing, kissing, sharing of foods, drinks and utensils.

### *Signs and Symptoms*

- Fever
- Cough, sore throat, other respiratory symptoms
- Pinpoint rashes which become wider and appear like bruises starting from the legs and arms. (Large maplike bruise-like patches)
- Severe skin lesions may lead to gangrene.
- Unstable vital signs.
- May or may not have signs of meningitis such as:
  - stiff neck
  - convulsion (in some cases)
  - delirium
  - altered mental status
  - vomiting

### *Prevention and Control*

- Avoid crowded places.
- Avoid close contacts with meningococemia patients.
- Increased resistance by having healthy diet, regular exercise, adequate rest sleep, no alcohol and cigarette smoking.
- Maintain clean environment/surroundings.
- Don't share utensils or anything else that has been in the mouth of an infected person.
- Wash hands frequently with soap and water.

### *Treatment*

Early recognition of meningococcal infection and prompt treatment with penicillin greatly improves chances of survival.

If you are in areas where there meningococemia cases or have been to these places for the past 10 days, and manifest fever, and other signs and symptoms mentioned above immediately consult the doctor.



## MENTAL RETARDATION

- A condition of incomplete or halted development of the mind, which is characterized by the impairment of skills as manifested during the developmental period that contributes to the overall level of intelligence (WHO)
- Significantly below average intellectual functioning (IQ<70) with accompanying impairment in the person's effectiveness in meeting the standards expected of one's age, as is expected by social and cultural influences in the following areas: communication, self-care, home living, social/interpersonal skills, use of community resources, self-direction, functional academic skills, work, leisure, health and safety.
- Mental retardation is classified by the degree of intellectual functioning as mild, moderate, severe and profound.
- There are other physical defects associated with the mental retardation.

### *Causes*

Causative factors are genetic (chromosomal and inherited) conditions, prenatal exposure to infections and toxins, perinatal trauma (example prematurity), acquired conditions and social factors.

### *Prevention and Control*

- In general, people with mild and moderate mental retardation have the most flexibility to adopt to environmental conditions.
- In most cases, the underlying intellectual impairment does not improve, yet the affected person's level of adaptation can be positively influenced by an enriched and supportive environment.
- The best treatment of mental retardation is primary, secondary and tertiary.



## NEONATAL Tetanus

### A BACTERIAL TOXIN DISEASE

A newborn with a history of all three of the following:

- Normal suck and cry for the first two days of life
- Onset of illness between 3 and 28 days
- Inability to suck followed by stiffness of the body and/or convulsions

### *Signs and Symptoms*

- lockjaw
- stiffness of the neck
- difficulty of swallowing
- muscle spasm
- fever
- inability to suck

### *Mode of Transmission*

- Unhygienic cutting of umbilical cords
- Improper handling of cord stump, especially when treated or applied with contaminated substance

### *Complications*

- fracture of spine or other bones as a result of muscles spasms and convulsions
- pneumonia
- abnormal heartbeats

### *Prevention*

- Immunization of women of child bearing age (15-49 years old) with tetanus toxoid
- Clean delivery practices
- Immunization of infants with 3 doses of DPT (at ages 6 weeks old, 10 weeks old and 14 weeks old)



## PARAGONIMIASIS

- is a food borne parasitic disease of man and known as lung fluke disease



### *Cause:*

- the parasite, *Paragonimus Westermani* (PW) which can be found in freshwater or mountain crab

### *Ways of getting the disease:*

- Eating of raw or inadequately cooked fresh water or mountain crabs
- Use of contaminated utensils.

### *Signs and Symptoms:*

- early stages of the infection are usually asymptomatic
- heavy infections, patients may suffer dry cough
- blood stained or rust colored sputum with foul fish odor
- chest/backpain.
- PTB like signs not responding to anti-TB medications

### *Preventive Measures*

1. Thoroughly cook crabs.
2. Proper disposal of sputum and human waste.
3. Control snails which serve as hosts to the parasite.
4. Treat cases.

### *Treatment:*

- Praziquantel



## Paralytic Shellfish Poisoning (REDTIDE)

*Cause:* SHELLFISH (tahong, talaba, halaan)  
contaminated with red tide microorganisms

*Mode of Transmission:* Eating of contaminated shellfish



*Signs and Symptoms:*

### Neurological

- ◆ sense of numbness around the mouth or the face
- ◆ dizziness
- ◆ pricking sensation and/or paralysis of hands and feet
- ◆ body weakness
- ◆ rapid pulse beat
- ◆ difficulty of talking, swallowing, breathing
- ◆ headache

### Gastrointestinal

- ◆ abdominal pain, vomiting and diarrhea

### Preventive Measures

- ◆ Do not eat shellfish when there is a red tide warning.
- ◆ Avoid eating alamang and small fishes.
- ◆ Wash thoroughly and remove gills and intestines of fish, squids and crabs.
- ◆ Remove heads of shrimps.

These symptoms will be felt within 12 hours  
after eating red tide contaminated shellfish  
BRING PATIENT IMMEDIATELY TO THE NEAREST HOSPITAL



## PERTUSSIS

### A BACTERIAL (Toxin-Related) Disease

History of severe cough and history of any of the following : Cough persisting 2 or more weeks; fits of coughing, and cough followed by vomiting.

#### *Occurrence:*

- Worldwide
- Morbidity higher in developing countries

*Infectious Agent:* Bordetella pertussis

*Reservoir:* Man

#### *Mode of Transmission:*

- Primarily by direct contact with discharges from respiratory mucus membranes of infected persons
- Airborne route probably by droplets
- Indirect contact with articles freshly soiled with the discharges of infected persons

#### *Incubation Period:*

- Usually 7 days but ranges from 5 to 15 days

#### *Period of Communicability:*

- Highly communicable in early catarrhal stage, before paroxysmal cough
- Antibiotics may shorten the period of communicability from 7 days after exposure to 3 weeks after onset of typical paroxysms to only 5 to 7 days after onset therapy

#### *Susceptibility/Resistance:*

- Susceptibility is general.
- One attack confers a prolonged immunity although exposed adults may have another attack.
- Three doses of DPT confers immunity to pertussis.



## POLIOMYELITIS

### A VIRAL DISEASE

A suspect case of polio is defined as any patient below 15 years of age with acute flaccid paralysis including those diagnosed to have Guillain-Barre Syndrome for which no other cause can be immediately identified.

#### *Signs and Symptoms:*

- fever
- severe muscle pain and paralysis
- difficulty of breathing
- inability to move affected arm/leg

#### *Mode of Transmission:*

- Fecal-oral route
- Oral route through pharyngeal secretion
- Contact with infected persons

#### *Complications:*

- death may occur if respiratory muscles are affected
- paralyzed limb

#### *Treatment:*

- there is no treatment for polio but support treatment based on the symptoms presented/manifested by the patient

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## RABIES

### *Cause*

Rabies Virus

### *Mode of Transmission*

Through bite of a rabid animal or contamination of any wound/scratch with saliva containing rabies virus



Rabid Dog

### *Signs and Symptoms*

- ◆ Headache and fever
- ◆ Pain or numbness of bite site
- ◆ Delirium and paralysis
- ◆ Muscle spasms
- ◆ Hydrophobia and aerophobia

### *Prevention and Control*

#### **Be a Responsible Pet Owner**

- ◆ Have your pet dog immunized against rabies at 3 months old and every year thereafter.
- ◆ Never allow your pet dog to roam the streets.
- ◆ Take care of your pet dog: bathe, give clean food, and provide clean sleeping quarters.

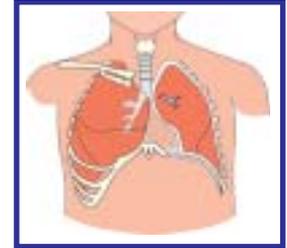
#### **When Bitten by a Dog**

- ◆ Wash the wound immediately with soap and running water.
- ◆ Observe the dog for 14 days and consult your physician if any of the following occurs:
  - dog becomes wild and runs aimlessly
  - drooling of saliva
  - bites any moving or non-moving object
  - does not eat or drink
  - the dog dies within observation period
- ◆ If dog cannot be observed (stray dog), or if suspected to be rabid, consult your physician immediately or go to the nearest Animal Bite Treatment Center in your area.

## SARS

### Severe Acute Respiratory Syndrome

- Severe Acute Respiratory Syndrome
- A newly identified respiratory illness characterized by fever and pneumonia which rapidly becomes severe and in some cases may lead to death.



#### *Signs and Symptoms*

If one has visited a country or area which is affected by SARS and/or had close contact with a SARS patient and within 14 days show the following signs and symptoms:

- High fever (38.0°C)
- Headache
- Overall feeling of discomfort
- Body aches
- Dry cough
- Difficulty of breathing after 2 to 7 days

#### *Cause*

SARS is caused by a new coronavirus associated with common cold virus.

#### *How does SARS spread?*

- SARS spreads through coughing or sneezing of droplets into the air and someone else breathes them in.
- SARS spreads by close person-to-person contact. Most cases of SARS have involved:
  - a. people who cared for or lived with someone with SARS.
  - b. had direct contact with infectious material (for example, respiratory secretions) from a person who have SARS.
  - c. touching the skin of other people or objects that are contaminated with infectious droplets and then touching one's eye(s), nose, or mouth.

#### *What is the treatment for SARS?*

No specific cure or treatment for SARS. SARS patients should be referred to the nearest DOH SARS Referral Hospital for clinical management.

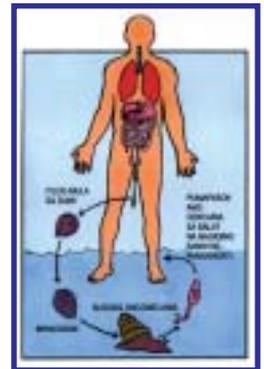
#### *Prevention*

- Health screening in airports and seaports of passengers from SARS affected countries during outbreaks.
- Quarantine of contacts of SARS patients and of new arrivals during outbreaks.

## SCHISTOSOMIASIS

### The Disease:

- It is caused by a blood fluke (parasite) called *Schistosoma japonicum*, transmitted through a tiny fresh water snail (*Oncomelania quadrasi*).
- It is transmitted to man or animal through skin penetration when they get in contact with schisto infested waters.
- It is closely related to personal habits and livelihood requiring contact with water.



### Signs and Symptoms:

#### a. Early Stage

- Abdominal pain
- Low grade fever
- Loose bowel movement
- Bloody stool

#### b. Late Advance Stage

- Inflammation of the liver
- Bulging of the Abdomen
- Enlargement of the Spleen
- Sometimes the brain is affected that caused epilepsy

**Diagnostic Method:** Stool examination through Kato Katz method

**Prognosis:** Curable at the early stage but fatal in the advanced stage

**Drug of Choice:** Praziquantel tablets  
(available at SCT or Health Centers for free)

### Prevention and Control:

- ◆ Submit stool for examination to the Schistosomiasis Control Team (SCT) or Health Centers.
- ◆ Construct and use sanitary toilets.
- ◆ Avoid contact or exposing oneself to schisto infested waters.
- ◆ Fencing or tying of stray animals.
- ◆ Keep environment clean and participate in community efforts of controlling the disease.
- ◆ Consult SCT or Health Centers for additional information.

Sama-samang Sugpuin ang SISTO!

## SORE EYES



- ◆ *term often used for viral conjunctivitis*

Incubation period or time from exposure to onset of symptoms: 5 -12 days

### *Mode of Transmission*

- ◆ Direct contact by one's eyes with hands contaminated with eye secretions of an infected person.
- ◆ Touching of eyes with hands getting contact with surfaces, instruments, eye solutions, make-ups contaminated with the virus from an infected person.
- ◆ Entry of the virus through the eyes by swimming in poorly chlorinated pools.

### *Signs and Symptoms*

- ◆ Begins in one eye and later affects both eyes.
- ◆ Watery to pus-like discharge.
- ◆ Redness of the eye with pain and/or itching sensation.
- ◆ Eyelids that are stuck together on awakening.
- ◆ In severe cases, pain of the eyes on exposure to sunlight and foreign-body solution.

### *Treatment*

- ◆ There is no specific treatment during the acute phase (1-2 weeks).
- ◆ If eye discharge is profuse and pus-like or patient develops blurring of vision or severe pain, consultation with an ophthalmologist is advised.

### *Prevention*

- ◆ Wash hands frequently and thoroughly with soap and water.
- ◆ Minimize hand-to-eye contact.
- ◆ Use only own towels, eye drops, make-ups and applicators, sunglasses or eye glasses.
- ◆ Wear eye/sunglasses on a windy day to protect one's eyes from foreign particles
- ◆ Avoid crowded places.
- ◆ Disinfect surfaces, doorknobs, counters, elevator buttons and hand rails with dilute bleach solution.
- ◆ Clothes, towels, pillow cases and anything else which may have come in contact with an infected person should be washed.



## SUBSTANCE ABUSE: ALCOHOL

### *Symptoms*

Mental disorder recognizable through the following symptoms:

- a. strong and persistent desire to drink alcohol despite harmful consequences
- b. inability to control drinking
- c. higher priority given to alcohol consumption than other obligations
- d. tolerance to alcohol, and a physical withdrawal reaction when alcohol is abruptly discontinued

### *Causes*

- First degree relatives affected with alcohol related disorders are 3-4x likely to have the disorder.
- Psychoanalytic theory points to people with harsh superego, who are self-punitive turn to alcohol to diminish unconscious stress.
- Conduct disorders and other childhood disorders increases risk of alcohol related disorder in adult.

### *Treatment*

- Treatment can be done in community settings.
- Prognosis is good if a person is pressured into treatment.
- Patients who come for voluntary treatment have the best prognosis.
- Voluntary mutual help organizations play a large role in the treatment.
- Effective alcohol control policies are also needed.

## SUBSTANCE ABUSE: ECSTACY

*a prohibited drug that belongs to the addictive amphetamine group and has been abused as stimulant*

### SCIENTIFIC NAME

3,4 Methylenedioxyamphetamine

### STREET NAMES

- “Love Drug”
- X-tacy
- XTC
- MDMA
- ADAM
- Rave
- Flying Saucer
- LBD “Libido”



### *Effects*

- Hallucinations
- Euphoria
- Nausea
- Anorexia
- Anxiety
- Insomnia
- Death to some extent due to cardiac arrhythmias and seizures

**The onset of effect occurs 20 minutes to one hour after intake and lasts for six hours.**

***DO NOT USE ECSTACY:  
IT COULD KILL YOU!***



## TUBERCULOSIS

### A BACTERIAL DISEASE

An ill child with:

- A history of contact with a suspect or confirmed case pulmonary tuberculosis
- Any child does not return to normal health after measles or whooping cough
- Losses weight, cough and wheeze which does not respond to antibiotic therapy for acute respiratory disease
- Abdominal swelling with a hard painless mass and free fluid
- Painful firm or soft swelling in a group of superficial lymph nodes
- Any bone or joint lesion of slow onset
- Signs suggesting meningitis or disease in the central nervous system

#### *Occurrence:*

- Worldwide
- Morbidity and mortality rates are higher in developing countries

*Infectious Agent:* Myobacterium tuberculosis

#### *Reservoir:*

- Man
- Diseased cattle

#### *Mode of transmission:*

- By droplets infection, that is through inhalation of bacilli from patients
- By dust inhalation of bacilli which have dried on the surface of the ground or floor and become suspended in the air

#### *Incubation Period:*

- About 4 to 12 weeks from infection
- A year or two after infection of pulmonary or extrapulmonary tuberculosis

#### *Period of Communicability:*

- A person who excretes tubercle bacilli is communicable.
- Degree of communicability depends upon:
  - \* The number of excreted bacilli in the air
  - \* Virulence of the bacilli
  - \* Environmental conditions like overcrowding

#### *Susceptibility/Resistance:*

- Susceptibility to infection is general.
- The risk of developing the disease is highest in the children under 3 years.



## TYPHOID Fever

*Cause:* salmonella typhi bacteria

*Mode of Transmission:*

- ◀ ingestion of food and water contaminated with human waste

*Signs and Symptoms:*

- ◀ sustained high fever
- ◀ headache
- ◀ malaise (weakness)
- ◀ anorexia (loss of appetite)
- ◀ diarrhea or constipation and abdominal discomfort



*Prevention and Control:*

- ◀ Boil water for drinking. (Upon reaching boiling point, extend boiling for two or more minutes) or
- ◀ Do water chlorination
- ◀ Cook food well and always use food cover to prevent flies and other insects from contaminating them.
- ◀ Wash thoroughly all vegetables and fruits especially those that are eaten raw.
- ◀ Avoid eating street vended foods.
- ◀ Wash hands with soap and water after using the toilet and before eating.
- ◀ Keep surrounding clean to prevent breeding of flies.

Bring suspected cases immediately  
to the nearest health center or hospital.



## VITAMIN A DEFICIENCY

### *Causes*

- not eating enough foods rich in Vitamin A
- lack of fat or oil in the diet which help the body absorb Vitamin A
- poor absorption or rapid utilization of Vitamin A due to illness

### *Signs*

- nightblindness (if child refuses to play in the dark or has difficulty seeing in the dark)
- bitot's spot (foamy soap-sud-like spots on white part of the eye)
- dry, hazy and rough-appearing cornea
- crater-like defect on cornea
- softened cornea; sometimes bulging

### *Prevention*

- exclusively breastfeed infants up to 6 months and continue breastfeeding up to 2 years.
- eat food rich in Vitamin A such as liver, eggs, milk, crab fat, cheese, malunggay, gabi leaves, kamote tops, kangkong, alugbati, saluyot, carrots, squash, ripe mango
- take correct dose of Vitamin A capsules as prescribed



## WATUSI Poisoning

It is a condition due to ingestion of watusi which is made up of an extremely poisonous and toxic chemicals.

### *Signs and Symptoms of Watusi Poisoning*

- Burns
- Burning pain in the throat and garlic odor from breath
- Nausea, vomiting diarrhea, abdominal pain and vomitus and excreta
- Shock

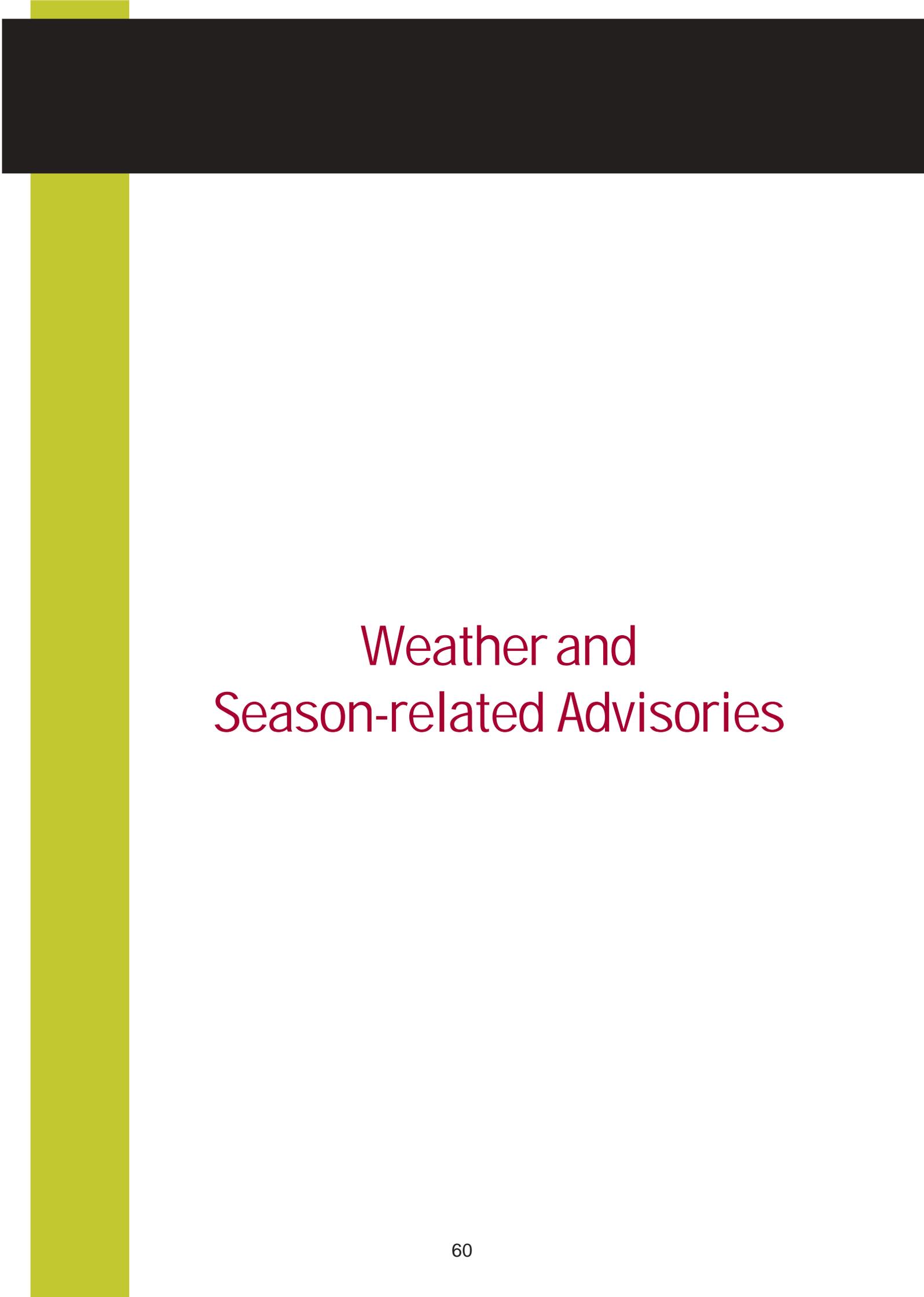


### *Immediate Treatment*

- If ingested, DO NOT INDUCE VOMITING
- Give 6-8 egg whites to children, 8-12 egg whites for adults
- If there is a dermal exposure, bathe the patient using alkaline soap like Perla or Ivory

Bring the child immediately to the nearest hospital even if the child seems to be well, ill-effects may not be seen at once.

WATUSI is extremely a dangerous firecracker!  
Do not let your child play with it.



# Weather and Season-related Advisories



## It's SUMMER time!

*March to May is vacation time and fiesta season in the country. To avoid food poisoning, diarrhea, heat-associated ailments and recreation-associated injuries, the public is advised to take the following precautions.*



### Food and drinks

- ◆ Cook food properly.
- ◆ Preferably, foods must be eaten immediately after cooking (while still hot).
- ◆ left-over food should be refrigerated and reheated before being eaten.
- ◆ Food handlers should wash their hands before and after food preparation.
- ◆ If sick, you should avoid preparing food for others.
- ◆ Avoid drinking water and iced beverages of doubtful quality.
- ◆ If water quality is doubtful, boil your drinking water for at least 2 minutes.
- ◆ Peel and wash fruits / vegetables before eating.
- ◆ Wash hands before and after eating.

### At the beach

- ◆ Do not allow children to swim without the company of an adult who can swim and is not drunk.
- ◆ Avoid staying under the sun with scanty clothes for more than 3 hours as this predisposes to sunburn, heat exhaustion and the worst, heat stroke.
- ◆ Should you want a tan, drink plenty of fluids so as not to dehydrate yourself.

### While on the road

- ◆ Check your vehicle very well before going on a trip.
- ◆ Bring your repair kit with you.
- ◆ When drunk, never attempt to drive.

# HEALTH ADVISORY

National Center for Health Promotion  
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## HEALTH FOR THE HOLIDAY SEASON

Here are some health tips  
for the Christmas Season:



1. Plan Christmas activities for yourself and your family to prevent tension and stress.
2. Take care of yourself and your family against changes in temperature. Children and adults may become susceptible to cough, colds and fever. If your cough, colds and fever is more than five days, consult your nearest health station.
3. Prepare a well-balanced Noche Buena and Media Noche meals. Make sure that vegetable and fruits are on the table together with your traditional ham and queso de bola.
4. Be kind to your heart. Eat a moderate amount of nutritious foods to sustain your daily activities.
5. Drink plenty of liquids. Drink plenty of water and fruit juices to facilitate excretion.
6. Have enough sleep. Give yourself enough sleep so that the mind and body can rest.
7. Avoid crowded areas because bacteria that cause diseases multiply and spread easily. Airy and well-ventilated areas are essential to healthy living.
8. Use environment-friendly Christmas decors that cost less and are not fire hazards. Save decors for next year and store them in a safe place.
9. Buy toys with no pointed or sharp edges; nor too small toys that can cause choking.
10. Do not use fireworks and firecrackers during the Holidays. Make some noise even without fireworks and firecrackers.

Stay alive and whole for the coming year.

## HEALTH ADVISORY DURING TYPHOON

### Water:

- Make sure drinking water is from a safe source.
- When in doubt, do not drink. Boil it for 3 minutes or chlorinate drinking water to make it safe.



### Food:

- Food should be well-cooked.
- Left-overs should be covered and kept away from household pests.
- Food waste should be disposed properly.

### Clothing:

Keep yourself dry and warm.

### Others:

- Consult a doctor at once if you, or any member of your household, have any sign or symptom to prevent the spread of infection in the evacuation area.
- Common infections or diseases that may spread in an evacuation area include: coughs and colds, acute gastroenteritis, skin and eye infections, measles, dengue, leptospirosis, hepatitis A.
- Do not allow children wade in floodwaters to avoid diseases such as leptospirosis.
- Dispose all waste properly.
- Maintain personal hygiene, always wash your hands before and after eating and using the toilet.
- Put safety first. Avoid hanging wires and unstable structures.



## EL NIÑO Phenomenon

*characterized by extreme climatic conditions;  
extreme temperature rise with a little rainfall,  
and at the opposite extreme, there is unusually  
heavy rainfall*



### Health Effects

- Diseases related to water scarcity or shortage such as diarrhea and skin diseases
- Red Tide Blooms : Paralytic shellfish poisoning
- Disorders associated with high temperatures: heat cramps, heat exhaustion, exertional heat injury and heat stroke

### What to do?

- Conserve water and use it wisely.
- Protect water sources from contamination.
- Drink more fluids.
- Listen to the updates on shellfish ban.
- Wear light clothing.
- Avoid strenuous physical activity.

Be prepared for the coming of  
El Niño phenomenon!



## LA NIÑA

*is a weather phenomena characterized by unusually cold ocean temperature in the Equatorial Pacific which causes increased numbers of tropical storms in the Pacific Ocean.*



### Health Effects

- ◆ Disease related to contaminated water due to flooding, such as acute gastroenteritis, typhoid fever, cholera and hepatitis A.
- ◆ Disease related to wading in floodwaters contaminated with urine of infected animals, such as leptospirosis.
- ◆ Disease brought by mosquitoes, such as dengue and malaria.
- ◆ Accidents and injuries such as contusions, lacerations, fractures, electrocution.

### Prevention

- ◆ Boil your drinking water (Upon reaching boiling point, extend boiling for two or more minutes) or
- ◆ Do water chlorination
- ◆ Wash hands before preparing food and after using the toilet.
- ◆ Avoid wading in floodwater. If you must, wear rubber boots.
- ◆ Clean-up all possible mosquito breeding sites, such as vases, empty coconut shells, old tires and tin cans.

### What to Do In Case of Flood

- ◆ Stay inside a house or building during heavy rains.
- ◆ Avoid wading and taking baths in floodwaters.
- ◆ When a flood advisory is issued, residents in low lying areas should seek for higher grounds.
- ◆ Avoid crossing low-lying areas and bridges during evacuation.



## HAZE

***HAZE due to forest fire can cause air pollution which can bring about increased risks for Respiratory Tract Infections and Cardiac Ailments.***



### What to do?

Elderly, children and those with respiratory (Asthma ,COPD) and cardiovascular diseases:

- Stay indoors with good ventilation.
- Wear appropriate dust masks when going outside the house.
- Refrain from physical activities (exercise, etc) in heavily polluted areas.

Motorists should exercise extreme caution whenever on the road to prevent accidents.

- Use headlights/foglights.
- Follow the required minimum speed level and extreme caution in low visibility driving.
- Ensure that vehicle is in good running condition.

Stay away from low-lying areas where smoke and suspended particles may settle.

Consult a doctor if there is:

- difficulty in breathing
- cough
- chest pain
- increased tearing of the eyes
- nose or throat irritation

Tune in to your radio or television for more health advisories.



## FOOD SAFETY

Is the assurance/guarantee that food will not cause harm to the consumers when it is prepared and/or eaten according to its intended use.



### *Food and Water-borne Diseases*

Is a group of illness caused by any infectious (bacteria, viruses and parasites) and non-infectious agents (chemical, animal and plant toxins)

### *Common Causes of Food and Water Borne Diseases*

- ◆ unsafe sources of drinking water
- ◆ improper disposal of human waste
- ◆ unhygienic practices like spitting anywhere, blowing or picking the nose
- ◆ unsafe food handling and preparation practices i.e. street vended foods

### *Five Keys to Safer Food* (Source: WHO)

1. Keep Clean.
2. Separate raw and cooked foods.
3. Cook foods thoroughly.
4. Keep food at safe temperatures.
5. Use safe water and raw materials.

### *In case of Suspected Foodborne Illnesses*

1. **Preserve the evidence.**  
If a portion of the suspected food is available, wrap it securely "danger" and freeze it.
2. **Seek treatment as necessary.**  
If symptoms persists or are severe (i.e. bloody diarrhea, excessive nausea and vomiting or high temperature), immediately consult a doctor.
3. **Report the incidence to the local health department.**

(Turn to next page for additional information)



## WATER SANITATION

Water sanitation deals with the promotion and provision of safe drinking water.



### Ways of protecting water from contamination during handling, transport and storage

- always use clean water containers provided with cover
- wash containers after every use
- clean and disinfect storage tanks at least every quarter
- avoid hand contact with water during transport

### Methods of water treatment

- boiling - water should be brought to a rolling boil for at least two (2) minutes
- disinfection - by using chlorine
  1. Prepare a stock solution by dissolving 1 level of powder Chlorine compounds (65 to 75 % available chlorine) to 1 liter of water.
  2. Add 2 teaspoons of stock solution to 5 gallons (20 liters) of water. Mix thoroughly and let it stand for atleast 30 minutes before using.

***"Drink Safe and Clean Water"***



## SUNBURN

Skin burned by exposure to the sun or other ultraviolet light.

### *Cause*

Amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin.

### *Signs*

- Skin starts to become painful and red.
- The pain is worst between 6 and 48 hours after sun exposure. In severe sunburns, blistering of the skin may occur.
- Swelling (Edema) of the skin, especially in the legs, is common.
- Skin peeling usually begins between three and eight days after exposure.
- May or may have no fever.
- Seek medical help if there is fever.

### *Treatment*

- Take a cool shower or bath or place wet, cold wash rags on the burn. (Aspirin should be avoided in children who are running a fever). Avoid products that contain benzocaine, lidocaine or petroleum (like vaseline).
- If blisters are present, dry bandages may help prevent infection.
- Ibuprofen may help to alleviate the pain from sunburn.
- If the skin is not blistering, apply moisturizing cream to relieve discomfort.

### *Prevention*

- Sunscreen, protective clothing, and ultraviolet-protected sunglasses are all recommended to prevent excessive sun exposure.
- SPF level of 30 or greater is recommended for sunscreen of application into exposed skin.
- Wear a hat and other protective clothing if exposed in the sun.



## HEAT STROKE

Most severe form of heat illness when the body overheats and can't cool down. The body cannot take off the excessive heat from the body by sweating because of dehydration and/or humid environment.

### *Causes*

- the risk of heat stroke goes way up in hot and humid weather
- vigorous exercise in hot weather
- if you're dehydrated
- if you've had too much direct exposure to the sun

### *Signs*

May start with the following signs of heat exhaustion:

- warm, flushed skin
- faintness
- dizziness
- weakness
- headache

May progress to an emergency condition of heat stroke:

- very high fever of 41°C
- rapid heartbeat
- convulsion
- delirium
- unconscious

Heat stroke is a medical emergency! Bring the patient immediately to the hospital after instituting emergency measures.

### *Prevention*

- Limit the amount of time you spend outdoors.
- Drink plenty of water. Avoid tea, coffee, soda and alcohol.
- Wear a wide-brimmed hat and long-sleeved clothing when outdoors.
- Schedule heavy-duty activities for the beginning or end of the day, when it's cooler.

### *Treatment*

Emergency measures:

- Move the person to a shady spot or indoors and have them lie down with their legs elevated. If they're conscious, have them sip cool water.
- Remove clothing, apply cool water to the skin and fan them.
- Apply ice packs to the armpits, wrists, ankles and groin.



## BOIL

A boil is a pus filled infection of the skin. It usually starts as an infection in a hair follicle and spreads in the surrounding area.

### *Causes*

- Usually caused by Staphylococcus bacteria through direct skin contact with infected persons or surfaces.
- Bacteria called Staphylococcus aureus are the usual cause.
- More common in kids with diabetes, malnutrition, or other reason to have their immune system not working at full strength.

### *Signs*

- Begins with swelling or redness of the skin.
- The center of the infection liquefies as pus collects.
- Boils are 1-5 cm in size, and are painful.

### *Prevention*

- Wash hands frequently and thoroughly with soap and water.
- Take a bath at least once a day.

### *Treatment*

- Do not touch the boil with dirty or bare hands.
- Never squeeze a boil, as this could well spread the infection.
- Apply warm compress to relieve pain.
- Cover the boil temporarily if it is in danger of getting dirty.
- Some boils may need to be opened and drained and may need antibiotics.
- Consult a physician if the boil does not drain itself.



## PRICKLY HEAT

A type of heat rash characterized by tiny bumps or even water blisters.

### *Causes*

- Brought about by clogging of sweat glands, resulting into tiny bumps.
- The forehead (under caps or visors), body folds, the upper back and chest, and the arms are the most common locations.
- Most common when it is hot and humid.

### *Signs*

- 'Prickly' sensation.
- The rash can look quite similar to one caused by infected hair follicles (folliculitis), there are no hair follicles in prickly heat bumps.

### *Prevention*

- Take a bath everyday.
- Limit exposure to the sun.
- Always dries up sweat from the skin.
- Wear light, loose clothing.

### *Treatment*

- Cleanse the skin gently.
- Apply corn starch or baking soda powder.
- If there is excessive itching or if the rash is infected, consult a physician.

# Blood Donation



## Did you know that...

- ◆ At present, an average of 4 cases need blood transfusion every month in any hospital.
- ◆ 3 out of 10 cases who need blood do not get it because there is not enough supply.
- ◆ Blood from a paid donor is three times more likely to have any four blood transmissible diseases, such as malaria, syphilis, hepatitis B, or AIDS.

**All commercial blood banks have been closed.  
Those who need blood will have to rely on  
government blood banks.**

**Share your blood.**

*Go to the nearest government hospital  
to donate blood.*



## How?

- Go to the nearest **BLOOD COLLECTION UNIT (BCU)** located in a government hospital.
- Register as potential blood donor.
- Your health history will be taken.
- A physical examination follows to check on your weight, temperature, pulse and blood pressure.
- A blood test will be done to know your blood group or type

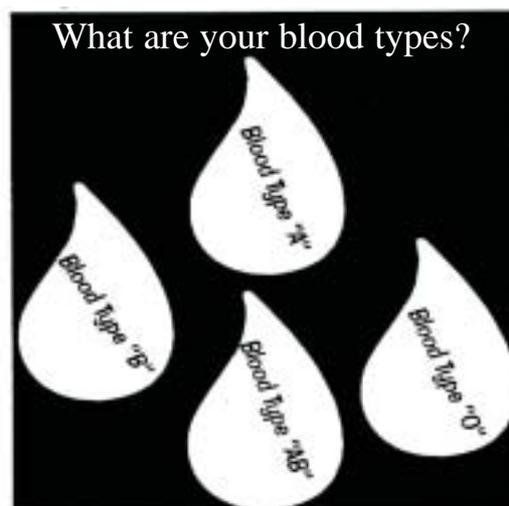
**Sharing or donating blood is easy and rewarding. You will not feel any ill effects after donating and you can save the life of someone who needs your kind of blood.**

*Go to the nearest government hospital to donate blood.*



## Do You Know Your Blood Type?

Knowing your blood type can be important, especially during emergencies. If you will need a blood transfusion, finding the right type for you will be faster.



**KNOW YOUR BLOOD TYPE.  
SHARE YOUR BLOOD.**

*Go to the nearest government hospital  
to donate blood.*



## *Are you Qualified to share your Blood?*

**Sharing or Donating blood is easy as ABC. If you are:**

- ◆ 16 to 65 years old; and,
- ◆ Weighs at least 45 kilograms or 100 pounds, then you can be a donor

If you decide to share your blood , you can go to the nearest **BLOOD COLLECTION UNIT** in a government hospital.

The doctors will take your:

- ◆ temperature (must not be more than 37 degrees Centigrade),
- ◆ pulse at regular rhythm (must be between 50 to 100 per minute),
- ◆ blood pressure (must be between 90 to 160mm Hg. for systolic and 60 to 100 mm Hg. for diastolic), and
- ◆ hemoglobin level (must be 125 grams per liter to 170 grams per liter).
- ◆ If you meet all these physical requirements and pass the medical examinations, you can share your blood. You don't pay any fee.

**After donating blood, you will be asked to rest for a few minutes and , if you become hungry or thirsty, take a light snack. You can now go home.**

***SHARE YOUR BLOOD.***

***Go to the nearest government hospital  
to donate blood.***



## Are You Afraid To Donate Blood?

Sharing your blood is easy. It takes only 5 to 10 minutes and 250 to 450 ml. (milliliters) of your blood. This amount is replenished by the body within 3 to 5 hours. No special food is required except the increase in fluid intake.

After donating blood, a few minutes' rest before getting up is recommended, after which snacks can be taken.

You can resume your usual activities immediately, unless your job requires you to be fully alert, such as in operating heavy equipment and driving. If this is your kind of job, you may resume your activities after at least 6 hours.

A normal and healthy person can give blood every three months without harmful effects to the body.

So, share your blood. It is rewarding when you know that someone out there needs your kind of blood.

*Go to the nearest government hospital  
to donate blood.*



## *What Happens After You Give Blood?*

Giving blood takes only 5 to 10 minutes. About 250 to 450 ml. of blood is extracted from you and this amount is easily replaced by the body within 3 to 5 hours. No special food is required, just drink more water.

After giving blood, rest for a few minutes and then may take your snacks. You may resume your usual activities afterwards, unless your job requires you to be awake and alert (such as machine operator, driver, etc.). If you are, you may resume your usual activities after at least 6 hours.

Keep the dressing on the needle mark (where blood was drawn) on your arm dry for 24 hours. The skin around the mark may become discolored. It is not dangerous and will disappear after several days.

### ***SHARE YOUR BLOOD.***

*Go to the nearest government hospital  
to donate blood.*



## Conditions

...that prevent you  
from sharing blood

- Diabetes
- Cancer
- Hyperthyroidism
- Cardiovascular diseases
- Severe psychiatric disorder
- Epilepsy/ convulsions
- Severe bronchitis & other lung disorders, such as TB
- AIDS, Syphilis & other sexually transmitted diseases (past or present)
- Malaria
- Kidney & liver diseases, such as Hepatitis
- Prolonged bleeding
- Use of prohibited drugs

*Go to the nearest  
government hospital  
to donate blood.*

