

HEALTH & BEAUTY

Health & Beauty Writing Portfolio



Health & Beauty Tips

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Create a newsletter on health, fitness, nutrition and beauty for your community. Include recommended products, upcoming events, exciting community news, or share health and beauty tips.

For the front page, give a breakdown of what others can expect from reading the entire newsletter. Keep the focus on a particular theme (may be seasonal, like summer foods or summer sports), and use it as a starting point to write interesting as well as heartwarming articles.

SNEAK PEEK

02

Don't Let Heat Stroke
Ruin Your Summer

03

Can Acne Be Cured?

04

Proper Nutrition for
the First 1000 Days of a
Filipino Child's Life

05

Ginger Root Pure
Extract Supplement

Don't Let Heat Stroke Ruin Your Summer

The hot summer months are here. Like me, you've probably been complaining about the hot, hot, hot temperatures we have here in the Philippines.

Maybe you've already made plans of hitting the beach or going on outdoor adventures. But you must be conscious of your health at all times, even when you're on vacation mode.

This summer, make sure you avoid heat stroke. Heat stroke continues to be a health hazard in the country. The Department of Health has been constantly reminding the public that heat stroke is considered a medical emergency and that anyone who experiences this must receive immediate medical attention.

What is Heat Stroke, Signs and Symptoms

Heat stroke is defined as the most severe form of heat injury. It occurs when the body fails to cool down.

The symptoms of heat stroke begin to manifest when the body fails to recover from a simple heat exhaustion. Victims of heat stroke are not able to sweat or release excessive heat due to humid temperature and dehydration.

Everyone is at risk of becoming a heat stroke victim. However, children and the elderly are considered high risk.

To prevent heat exhaustion, you must watch out for the early signs and symptoms of heat exhaustion. These include fainting, dizziness, headache, anxiety, weakness, discomfort, dehydration and intense thirst.

Signs and Symptoms to Watch Out For

When heat exhaustion is not remedied, this is typically followed by the signs and symptoms of heat stroke. These include delirium, loss of consciousness, very high core body temperature, rapid heartbeat, hot and dry skin, and convulsions. At the initial experience of heat stroke, first aid measures must be done.

First Aid Measures for Heat Stroke Victims

Infographic campaigns on heat stroke prevention and first aid measures help people understand more about the condition, especially that the Philippines is currently experiencing high environmental temperatures, as it is summer season in the country. When a person is experiencing heat stroke, the first thing that must be done is to move the person to a shady area or indoors.

The Department of Health promotes heat stroke awareness and dissemination of information regarding first aid measures for heat stroke victims.

The victim must be positioned lying down with their legs elevated. If the victim is still conscious, he or she must sip cool water. You should also remove constrictive clothing on the victim and apply cool water to the skin. Proper ventilation must also be initiated like fanning the victim. Ice packs may be applied to the victim's wrists, ankles, armpits and groin.

The victim must also be brought to the hospital immediately.

Preventing Heat Stroke

While heat stroke may be common especially during the summer months, this condition can be prevented.

One way to do so is to drink plenty of water and avoid alcohol, soda, tea and coffee. Wearing a wide brimmed hat and long sleeved shirt is also advisable when you go outdoors.

Lastly, proper time management must be considered. Limit the time that you spend outdoors.

Schedule outdoor activities at the beginning or perhaps at the end of the day, when the temperature is significantly cooler.

Make sure to avoid getting heat stroke. Don't let it ruin your summer adventures.



Can Acne Be Cured?

We often dismiss acne as something that all of us will have at some point in our lives. It is such a common condition that a study states that 90% of all people globally will have acne at some point. While about 85% of young people in the 15-24 age range have this inflammatory skin condition, acne still has a high incidence later in life.

The Negative Effects of Acne

Although not a life-threatening condition, acne has a negative psychosocial effect on those who have it. A study published in the British Journal of Dermatology showed that adolescents with acne had higher levels of emotional and behavioral difficulties compared to those without acne.

Remember those times in our adolescent years when we felt insecure because of acne, even if it was just one teeny, tiny pimple? And remember the school bullies who would mercilessly tease those who had severe acne? No one ever wants to go through that.

Most Common Acne Treatment Mistakes

1. Over-Using or Under-Using Prescribed Acne Medication

We like to see results fast. Acne treatments are most effective when consistently used over a period of time. Not sticking to the prescribed plan delays any likely improvements. Use the medication as instructed.

2. Stopping the Use of Acne Medication Once It Clears Up

Acne may appear to be gone only to reappear about a month later. Often, people need to keep using a small amount of acne medication to keep their skin clear.

We try to get rid of acne as soon as we see the first signs of it. And by doing that, we usually commit some common mistakes in treating acne.

3. Over-Cleansing the Skin

Washing the skin more than twice per day can cause it to dry out, which stimulates production of more oil and makes the problem worse.

Instead, when washing your face, gently do so using lukewarm water and a non-irritating, pH-balanced cleanser to minimize inflammation.

4. Using Too Many Products

Using two or more products at the same time is likely to cause flaking, redness, and irritation that results to skin trauma, making lesions bigger instead of smaller.

5. Using the Wrong Products

People with acne should look for products that are labeled non-comedogenic or “for acne-prone skin” because these don’t have ingredients that are known to clog pores.

6. Popping and Picking at Pimples

Touching the affected skin area should be avoided because it spreads bacteria and often make acne worse. It leads to more swelling and redness, and increases the risk of scarring.

7. Not Consulting A Dermatologist

Many people avoid visiting a dermatologist until their skin is very irritated and infected. Dermatologists can properly diagnose acne and figure out the best treatment for each person.

No Cure for Acne?

As common as acne is, there's no cure for it because the underlying causes are a person's genetics, hormones and stress levels. The right acne medication will treat breakouts and help one manage this skin condition that's likely to last for years.



The Department of Health launched the nutrition month theme which focuses on the importance of the first 1000 days of a child's life.

DOH Promotes Proper Nutrition for the First 1000 Days of a Filipino Child's Life

The 2016 nutrition month theme is 'First 1000 Days ni Baby Pahalagahan Para sa Malusog na Kinabukasan.' (Valuing Baby's First 1000 Days For A Healthy Future).

Rapid Growth and Development

The early stages of a child's life include the periods of rapid growth and development. Basically, this period starts from the day of conception until the child reaches 2 years old. During this period, the child's body organs and tissues are currently being formed and developed. This period offers a critical and unique window of opportunity to help shape a child's long-term health.

Proper Nutrition

The right nutrition during this period has a significant impact on the child's ability to learn, grow and thrive. Ultimately, it has a lasting effect on the country's health and prosperity.

With proper nutrition provided during pregnancy and in the first few years of child's life, you are providing the necessary and important building blocks that aid in efficient brain development, strong immune system and healthy growth.

Research shows that the foundations of a person's health, which includes their predisposition to certain chronic diseases, are set during this 'golden period of opportunity.'

Malnutrition

During the first 1000 days of a child's life, it is important that they get the right nutrition. Malnutrition early in life can cause irreversible damages to a child's physical growth and brain development. This can also result to the child's decreased capacity to perform and learn in school and make the child more susceptible to diseases and infections.

There are various causes of malnutrition like food, care, health, poverty and inequality. . The damage incurred by malnutrition during the first 1000 days of a child's life is associated with a country's economic burden, costing billions in the lost of productivity and avoidable health care costs. However, the damages can be prevented by focusing on improving nutrition on the first 1000 days of a child's life.

Nutrition Month

The Department of Health aims to create awareness on the importance of providing proper nutrition on the first 1000 days of a Filipino child's life.

With this aim, they have highlighted important factors that contribute to this goal like proper feeding practices like breastfeeding for the first 6 months and giving the right complementary foods after six months while still continuing breastfeeding.

This year's nutrition month celebration also serves as a venue for the launching of the ECCD-IP or Early Childhood and Development Intervention Package for the First 1000 Days program.

This program aims to contribute to the full development of the Filipino child by means of integrating services in nutrition, early education, health and social services. Ultimately, the program aims to improve the quality of the country's human resource base.

The program addresses the call for having a holistic approach in the provision of nutrition, health, education and social services to children ages 0 to 8 years old with a more refined focus on the first 1000 days of life.