



# GFS CLINIC NEWSLETTER

25 SEP  
2023

## September Health Awareness Calendar

15 Sep 2023

### World Lymphoma Awareness Day

Lymphoma is a cancer of the lymphatic system, which is part of the body's germ-fighting network.

The lymphatic system includes the lymph nodes (lymph glands), spleen, thymus gland and bone marrow. Lymphoma can affect all those areas as well as other organs throughout the body.

Many types of lymphoma exist. The main subtypes are:

- Hodgkin's lymphoma (formerly called Hodgkin's disease)
- Non-Hodgkin's lymphoma

21 Sep 2023

### World Alzheimer's Day

Alzheimer's disease is a brain disorder that gets worse over time. It's characterized by changes in the brain that lead to deposits of certain proteins. Alzheimer's disease causes the brain to shrink and brain cells to eventually die. Alzheimer's disease is the most common cause of dementia – a gradual decline in memory, thinking, behavior and social skills. These changes affect a person's ability to function.

The early signs of the disease include forgetting recent events or conversations. Over time, it progresses to serious memory problems and loss of the ability to perform everyday tasks.

29 September

### World Heart Day

Cardiovascular diseases are the most common cause of death globally. In the early 2000s roughly 17 million people worldwide died from cardiovascular diseases annually. The majority of these deaths were the result of coronary heart disease or stroke.

To help prevent heart disease, you can:

1. Eat healthy.
2. Get active.
3. Stay at a healthy weight.
4. Quit smoking and stay away from secondhand smoke.
5. Control your cholesterol and blood pressure.
6. Drink alcohol only in moderation.
7. Manage stress.

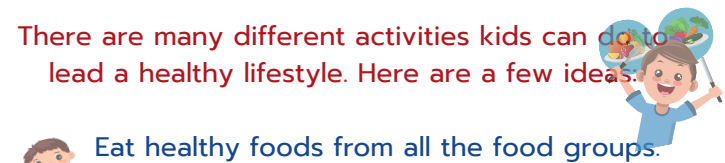
## Healthy Eating Habits



1. Eat breakfast daily
2. Eat lots of fruits and vegetables
3. Eat snacks in moderation
4. Drink plenty of water
5. Listen to your body's hunger cues
6. Avoid overeating
7. Eat meals together as a family
8. Avoid eating in front of screens
9. Prepare healthy meals
10. Have a positive attitude toward food

## Observing a Healthy Lifestyle

There are many different activities kids can do to lead a healthy lifestyle. Here are a few ideas.



Eat healthy foods from all the food groups.



Be physically active for at least 60 minutes a day.



Get at least 9 hours of sleep each night routinely.



Brush and floss teeth daily.

Wash hands often.



Limiting screen time to no more than 2 hours a day



Participating in family physical activities



Eating foods from all the food groups

## School Clinic Reminders:

- Fill out the Health Form on GEMS CONNECT APP under Student Info to update your child's health file.
- Please update the school clinic with the RECENT MEDICAL REPORT from treating doctor if your child suffers from any medical condition

**\*Let your child STAY AT HOME if they are sick, for any reason till they are symptoms free\***



# GFS CLINIC NEWSLETTER

25 SEP  
2023



## Mental Health Awareness Program

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

GFS in Partnership with DHA is encouraging all members of the school, staffs and parents, to participate in the program.

The schedule and registration link of upcoming Mental Health Training Program for school staffs and parents was sent already as a letter to all the parents.

**Date:** Sep 25, 2023

**Time:** 9 am to 11 am

**Registration Link:** [bit.ly/43NwOAU](https://bit.ly/43NwOAU)

**Language:** English

**Date:** Sep 27, 2023

**Time:** 12 pm to 2 pm

**Registration Link:** [bit.ly/3N9h3gG](https://bit.ly/3N9h3gG)

**Language:** English

**Date:** Oct 4, 2023

**Time:** 5 pm to 7 pm

**Registration Link:** [bit.ly/468Vfuh](https://bit.ly/468Vfuh)

**Language:** Arabic

**Date:** Oct 9, 2023

**Time:** 5 pm to 7 pm

**Registration Link:** [bit.ly/46dUMXG](https://bit.ly/46dUMXG)

**Language:** English

**Date:** Oct 12, 2023

**Time:** 5 pm to 7 pm

**Registration Link:** [bit.ly/3NBbKrT](https://bit.ly/3NBbKrT)

**Language:** English

## Human Papiloma Virus Vaccine

Human Papilloma Virus (HPV) is very common and causes cancer

### HPV Vaccine can prevent

- The currently available vaccine contains 9 viral species. It is effective against these species that cause most of the cervical cancer cases around the world
- HPV vaccine could prevent more than 90% of HPV cancers.
- HPV vaccine provides safe, effective and long lasting protection
- The vaccine is given in the upper arm

HPV vaccine is available in schools for the eligible UAE Male and Female students of 13 to 14 Years (Grade 8/ Year 9) given in 2 doses.

Non-national's eligible Male and Female students of 13 – 14 Years (Grade 8/ Year 9) can be vaccinated in DHA primary health care centers & private health care facilities.

(Note: HPV vaccine is against payment for non-national students)

Parents of eligible UAE Male and Female will receive an email for the details of the schedule of school vaccination.

Note: The brochure regarding the HPV vaccine will be shared as soon as it is received from the DHA.