Oct-2021
Mid Spring Edition
Vol-11

MARQUEE HEALTH MAGAZINE

EVER EVOLVING

Marquee Health

October

Magazine

Edited By

Iffat Ara

Editor, Administrative /Receptionist, Marquee Health Clinic

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About Us

MARQUEE HEALTH: IN THE INTERESTS OF BETTER HEALTH, CARE AND PREVENTION

At the Marquee Health Clinic, we strive to provide a positive direction for your health with a clear understanding through clinical diagnosis and a working treatment hypothesis to empower and place you in the best possible position regarding the self-management of your health.

Meet the Team

Ramon Tupac Perez holds a Diploma of Remedial Massage Therapy. His expertise also includes Reiki healing.

He looks forward to applying his diverse skills in the multi-disciplinary environment at Marquee Health. He will be managing the soft tissue arm of the clinic in close association with Marquee Osteopath Dr James Phillips. This will include continued professional development.

Olivier Lejus is a Nationally registered Acupuncturist and Chinese Medicine Herbal practitioner, and an accredited practitioner with the Toyohari Japanese Medical Association.

Olivier Lejus specializes in a Japanese style of acupuncture called Toyohari.

Sherry Gupta is skilled in all areas of beauty treatments and in helping clients improve their personal appearance. Sherry has completed her Diploma in Beauty Therapy in 2008 and qualified in Crystal Clear and Gatineau facials. Sherry has proven her ability by running a beauty clinic for 2 years by providing need-based beauty solutions.

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Meet Our Founder & Director
of Marquee Health Clinic
Dr. James C. Phillips – **Osteopath**

Osteopathy is a highly regarded, hands-on approach to holistic healthcare. It is the safest, fastest growing profession of allied health. Through the completion of a minimum of five years of university study in anatomy, physiology, pathology, general biophysical diagnosis and osteopathic practices and techniques, Dr James C. Phillips possesses the qualifications necessary to perform clinical examinations of the musculoskeletal, vascular, respiratory, and nervous systems and visceral symptoms. As a form of manual therapy, osteopathy may involve soft-tissue massage, mobilisation, and manipulation.

Treatment is effective yet gentle and should not cause unnecessary pain or discomfort. If you are experiencing symptoms of a painful nature, all due care will be taken to treat you in a way where you may remain as comfortable as possible.

James maintains his professional qualifications and practice through ongoing training and development to achieve optimal results for his patients. With extensive experience in conditions stemming from the imbalance/inflammation of the pelvis, the mobility of the spine and the functional capacity of the peripheral structures and tissues, James takes a holistic, broad investigative approach to gearing the body towards a more positive and functional state. Utilizing both direct and indirect manipulative techniques within a specialised soft tissue foundation, James works towards eliminating the body of negative influences and advises his patients of appropriate follow-up exercises and behaviours to support and maintain their progress.

MARQUEE HEALTH

WELCOMES

SPRING EDITION

Welcome to the mid spring edition of the month of October and autumn for those connected in the northern hemisphere.

The team at Marquee has again conjointly accumulated detail and information for the impartation of knowledge, awareness, and tips to progress and manage aspects of self-development.

The importance of this time of year towards the calendar finish prides itself on preparing to better accomplish with what you started and proceeded with.

Whether you experience warmer or milder weather through the change of season it can be beneficial to vary exercise activity and eating habits as your constitution may look to adjust and acclimatise.

This compilation, once again brilliantly edited by Ms Iffat, has continued to build connecting channels through both human and animal health, behaviour, and welfare, with benefit aimed at both progress and atonement.

The ever-evolving practice at marquee health does not recognise completion which leads to complacency or finite which brings fruitless realisation. The drive and compassion towards good health and wellbeing means you must pilot the progress through your existence.

Live to embrace the challenge or extinguish the threat while remaining a viable link in the chain to utilise to yourself and for others to full effect.

With respect

Dr James C Phillips

"The journey makes you understand,

The reason for the departure,

And the realisation upon arrival"

Marquee Health Ever Evolving

For Those That Served

DVA CARD HOLDERS

Marquee Health

Offers

Allied Ancillary Health Services

THE ODE

They shall grow not old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the
sun and in the morning,
We will remember them.
Lest We Forget.

MARQUEE HEALTH CARE

MARQUEE HEALTH CLINIC

EVER EVOLVING

Enhanced Primary care Plans

For

Chronic Pain Management

5 osteopathy Treatments

From

GP Referral

Valid on Calendar Year

(1st January-31st Dec)

Rebate –

- ✓ Medicare Card
- ✓ HICAPS

MARQUEE HEALTH CLINIC

EVER EVOLVING

A special Surprise for you on Your Birthday!

Any Time in the Month of October

Acupuncture | Ayurvedic Beauty Skin Therapy | Remedial Massage

Happy Birthday

It's Your

Birthday Month !

Marquee Health Would Like to Help You Celebrate with $20 Off for The Following Treatments!

Acupuncture
Remedial Massage
Ayurvedic Beauty Skin Therapy

Marquee Health

October

Awareness Month

Breast Cancer Awareness Month

October, Australia's Breast Cancer Awareness Month, provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.

Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer). Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis.

Finding breast cancer early provides the best chance of surviving the disease. Remember you don't need to be an expert or use a special technique to check your breasts.

Changes to look for include

•A new lump or lumpiness, especially if it's only in one breast

•A change in the size or shape of your breast

•A change to the nipple, such as crusting, ulcer, redness, or inversion

•A nipple discharge that occurs without squeezing

•A change in the skin of your breast such as redness or dimpling

•An unusual pain that doesn't go away.

•Most changes aren't due to breast cancer but it's important to see your doctor without delay if you notice any of these changes.

https://www.google.com/search?q=Breast+Cancer+Awareness+Month&rlz=1C1CHBF_enAU866AU866&source=lnms&tbm=isch&sa=X&ved=2ahUKEwil5ISXwYzzAhX-umMGHSp4A0oQ_AUoAXoECAEQAw&biw=1920&bih=937&dpr=

Great Cycle Challenge Australia 2021

The Great Cycle Challenge was established in 2013 to fund cancer research at Children's Medical Research Institute. The event has grown to become one of the biggest cycling events in Australia. People of all ages, abilities, and from every state across the country set themselves a personal riding goal and challenge themselves to pedal throughout October to fight kids' cancer.

In the past nine years, more than 60,000 riders from all six states and two territories have ridden a total of more than 13 million kilometres! Together, they have raised over $20 million in support of CMRI's research to develop better treatments and cures for childhood cancers.

Lupus Awareness Month

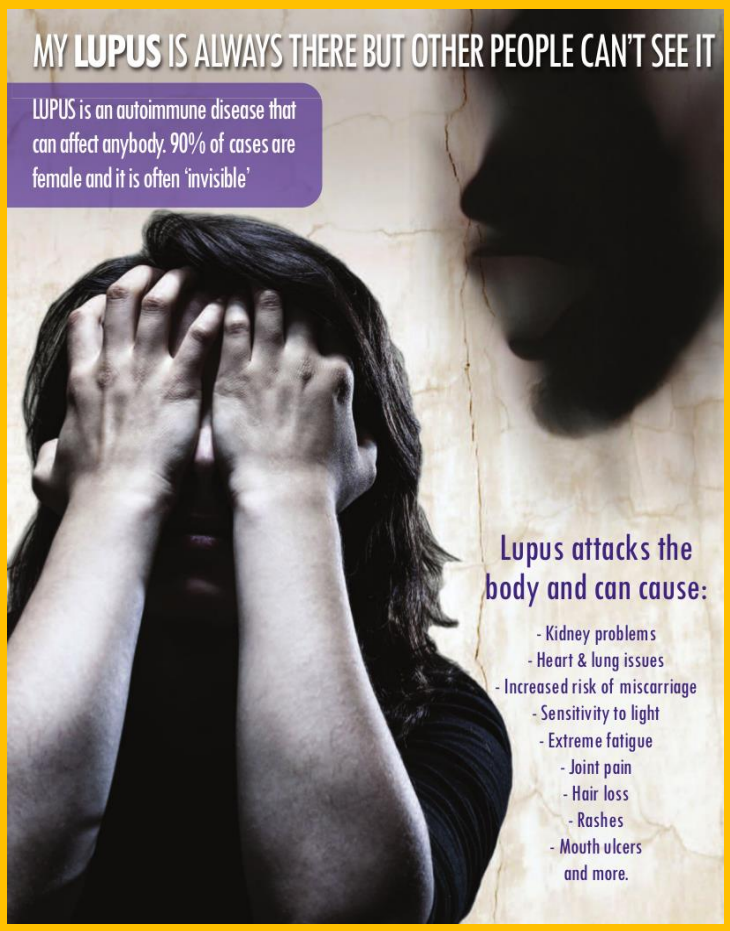
Lupus is a chronic, autoimmune disease that causes disabling fatigue, pain, and a wide range of other symptoms. It affects more than 1.5 million people in the U.S., 90% of them women. But according to the Lupus Foundation of America, 63% of Americans know little to nothing about lupus.

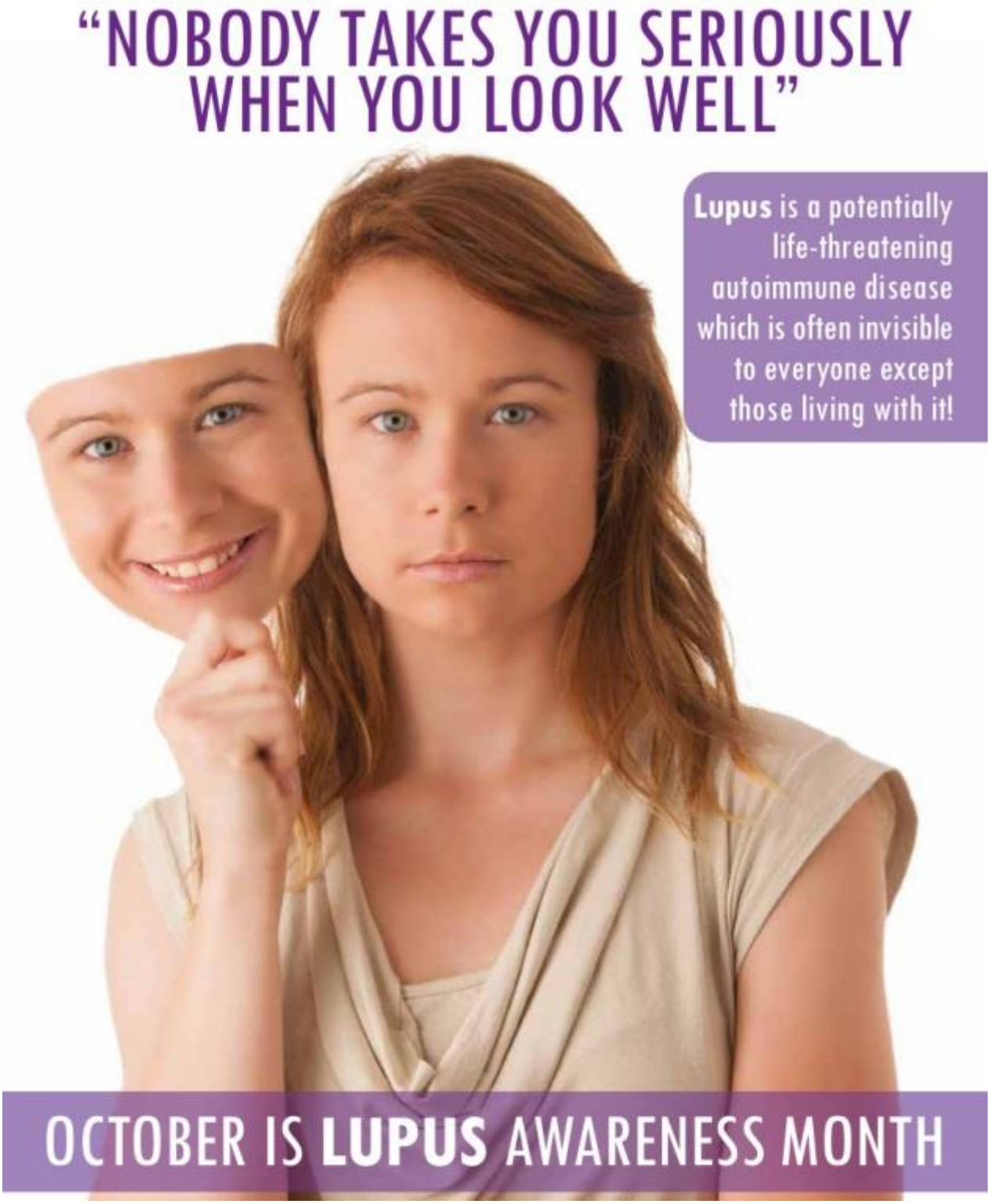
Lupus Awareness Month and World Lupus Day exist to raise awareness about the disease. Every year, events are held with the intention of informing the public about lupus and how it affects people. In addition, fundraising helps support research initiatives and families whose lives have been impacted by the disease.

When is Lupus Awareness Month for 2021?

Lupus Awareness Month is May in the U.S. It started in 1977 as Lupus Awareness Week and occurred in the fall months. Over time, it was extended to a month and moved to the spring. Lupus Awareness Month has been in May since 2009.

May 10 is World Lupus Day every year since its inception in 2004.





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Instagram

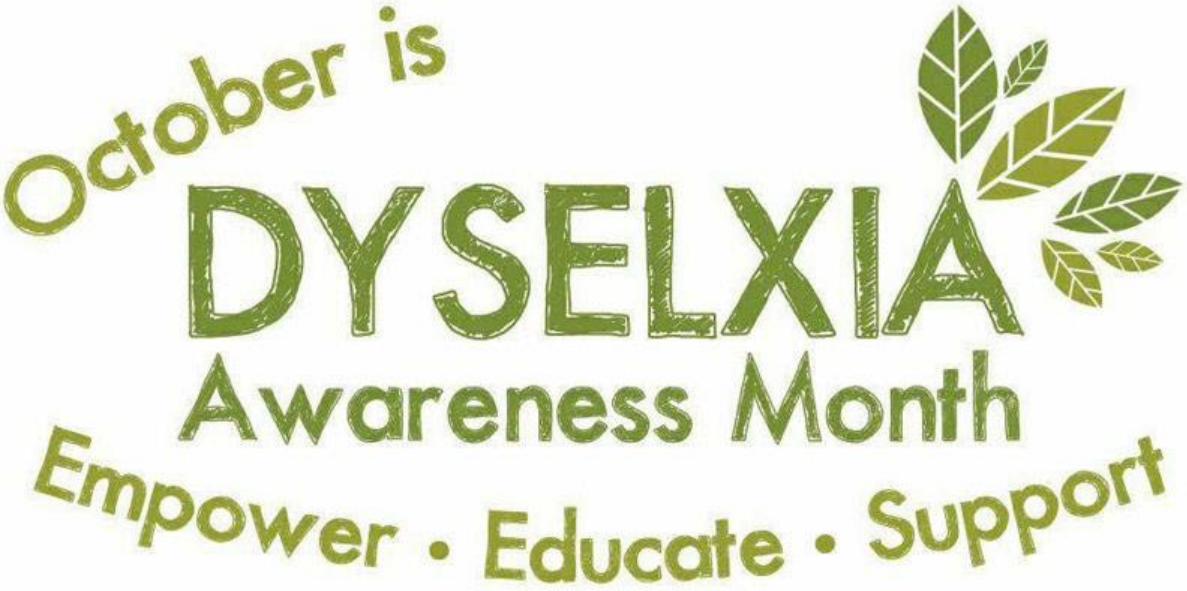
What is the goal of Lupus Awareness Month (and World Lupus Day)?

Lupus Awareness Month and World Lupus Day are dedicated to raising awareness and funds across the country and the globe.

These events help to raise awareness about the physical, emotional, and financial impact of lupus. With greater awareness comes better support, resources, and advocacy for people fighting the disease. Fundraising is also important to drive research initiatives and provide support and services to those who need it.

People with lupus often suffer from joint pain, extreme fatigue, and organ damage. Lupus can affect one's mental health as well. The disease tends to flare from time to time, making daily life unpredictable. Simply put, the physical, mental, and social impacts of the disease can greatly affect quality of life. Any amount of support can help.

INFO:https://www.goodrx.com/blog/lupus-awareness-month/



The Australian Dyslexia

Dyslexia Awareness Week will be held on October 7-12th 2021. It's an annual event which is aimed at building an understanding of what dyslexia is, what it means and how we can support those with dyslexia. In fact, dyslexia can take many forms. For some, dyslexia just slow down the pace of reading and writing. However, other severe sufferers can find themselves with visual interruptions, such as words and letters appearing blurry and illegible. Dyslexia Awareness Week aims to improve the lives of those with dyslexia - no matter the severity - and learn how to help those living with it.

Dyslexia diagnosis

Dyslexia is a common learning difficulty faced by people when reading and writing. It disrupts their phonological awareness, which can make it difficult to understand words on a page. Although around one in ten people have dyslexia, it's still a very misunderstood disorder. Lots of people assume that it affects intelligence, which is untrue. In fact, people with dyslexia often have slightly larger brains, and are more creative. However, due to this presumption, lots of people with dyslexia also struggle with low self-confidence, especially in schools.

https://www.twinkl.com.au/event/dyslexia-awareness-week-australia-2021

Chances are you know a few dyslexic people, so one of the best ways to get involved with Dyslexia Awareness Week is to show them support! Ensure that you're always being patient when reading with others, so that no one feels rushed or stupid for reading a little more slowly. If you're a teacher, you could put all your teaching materials in dyslexic-friendly fonts, to help improve accessibility and inclusivity. Or simply have a conversation with someone dyslexic, to find out what their life is like, and how best to support them.

Mental Health Week is celebrated each year in October around World Mental Health Day on October 10.

Coordinated by the Western Australian Association for Mental Health, with support from the WA Mental Health Commission, Mental Health Week provides a prime opportunity to address and highlight the important connection between social determinants and mental health; and promote effective prevention strategies to keep people mentally healthy.

Given how critical the early years are for lifelong brain development and functioning, learning, and wellbeing, the theme for Mental Health Week 2021 in Western Australia will be: Mental health starts with our children.

The theme recognises how a person's mental health reflects the interaction of a lifetime of individual and lifestyle factors with a range of environmental, community and family risk factors.

For both children and adults, taking care of basic needs for shelter, food, warmth, and rest are essential to mental wellbeing.

Mental Health Week will run 9-16 October 2021 and foster the creation, curation, and organisation of a range of resources, activities, events, factsheets, tips, and strategies in the lead up to, and during, the week.

Bleeding Disorders Awareness Week

Bleeding Disorders Awareness Week is an opportunity for individuals and families as well as Haemophilia Foundations and other organisations to take part in a campaign and activities to raise awareness about haemophilia, von Willebrand disease and related inherited bleeding disorders throughout Australia during the week of 10-16 October 2021.

With COVID-19 restrictions different in each state/territory we have once again developed a virtual campaign. This will involve many fun things that all ages can get involved in. Keep an eye on the events page and our social networks.

HOW CAN YOU BE PART OF THE WEEK?

- Run a virtual fundraising event ~ lots of ideas here
- Share information on your social networks
- Change your Facebook profile pic in support of the week (coming soon)
- Order Promotional items - click here
- Register to take part in the virtual Red Classic
- Children and their friends can take part in the colouring-in competition (coming soon)
- Do you know your facts? Do the online quiz! (Coming soon)
- Take part in activities

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Instagram

A bleeding disorder is a condition that affects the way your blood normally clots. The clotting process, also known as coagulation, changes blood from a liquid to a solid. When you're injured, your blood normally begins to clot to prevent a massive loss of blood. Sometimes, certain conditions prevent blood from clotting properly, which can result in heavy or prolonged bleeding.

Bleeding disorders can cause abnormal bleeding both outside and inside the body. Some disorders can drastically increase the amount of blood leaving your body. Others cause bleeding to occur under the skin or in vital organs, such as the brain.

What causes a bleeding disorder?

Bleeding disorders often develop when the blood can't clot properly. For blood to clot, your body needs blood proteins called clotting factors and blood cells called platelets. Normally, platelets clump together to form a plug at the site of a damaged or injured blood vessel. The clotting factors then come together to form a fibrin clot. This keeps the platelets in place and prevents blood from flowing out of the blood vessel.

In people with bleeding disorders, however, the clotting factors or platelets don't work the way they should or are in short supply. When the blood doesn't clot, excessive or prolonged bleeding can occur. It can also lead to spontaneous or sudden bleeding in the muscles, joints, or other parts of the body.

Most bleeding disorders are inherited, which means they're passed from a parent to their child. However, some disorders may develop because of other medical conditions, such as liver disease.

Bleeding disorders may also be caused by:

- a low red blood cell count
- a vitamin K deficiency
- side effects from certain medications

Medications that can interfere with the clotting of the blood are called anticoagulants.

Types of bleeding disorders

Bleeding disorders can be inherited or acquired. Inherited disorders are passed down through genetics. Acquired disorders can develop or spontaneously occur later in life. Some bleeding disorders can result in severe bleeding following an accident or injury. In other disorders, heavy bleeding can happen suddenly and for no reason.

There are numerous different bleeding disorders, but the following are the most common ones:

Hemophilia A and B are conditions that occur when there are low levels of clotting factors in your blood. It causes heavy or unusual bleeding into the joints. Though hemophilia is rare, it can have life-threatening complications.

Factor II, V, VII, X, or XII deficiencies are bleeding disorders related to blood clotting problems or abnormal bleeding problems.

Von Willebrand's disease is the most common inherited bleeding disorder. It develops when the blood lacks von Willebrand factor, which helps the blood to clot.

What are the symptoms of a bleeding disorder?

The symptoms can vary depending on the specific type of bleeding disorder. However, the main signs include:

unexplained and easy bruising
heavy menstrual bleeding
frequent nosebleeds
excessive bleeding from small cuts or an injury
bleeding into joints

Schedule an appointment with your doctor right away if you have one or more of these symptoms. Your doctor can diagnose your condition and help to prevent complications associated with certain blood disorders.

How is a bleeding disorder diagnosed?

To diagnose a bleeding disorder, your doctor will ask you about your symptoms and medical history. They will also perform a physical examination. During your appointment, make sure to mention:

- any medical conditions you currently have
- any medications or supplements you may be taking
- any recent falls or trauma
- how often you experience the bleeding
- how long the bleeding lasts
- what you were doing before the bleeding began

After gathering this information, your doctor will run blood tests to make a proper diagnosis.

These tests may include:

A complete blood count (CBC), which measures the amount of red and white blood cells in your body

a platelet aggregation test, which checks how well your platelets clump together

a bleeding time test, which determines how quickly your blood clots to prevent bleeding

How are bleeding disorders treated?

Treatment options vary depending on the type of bleeding disorder and its severity. Though treatments can't cure bleeding disorders, they can help relieve the symptoms associated with certain disorders.

Iron supplementation

Your doctor may prescribe iron supplements to replenish the amount of iron in your body if you have significant blood loss. A low iron level can result in iron deficiency anemia. This condition can make you feel weak, tired, and dizzy. You may need a blood transfusion if symptoms don't improve with iron supplementation.

Blood transfusion

A blood transfusion replaces any lost blood with blood taken from a donor. The donor blood must match your blood type to prevent complications. This procedure can only be done in the hospital.

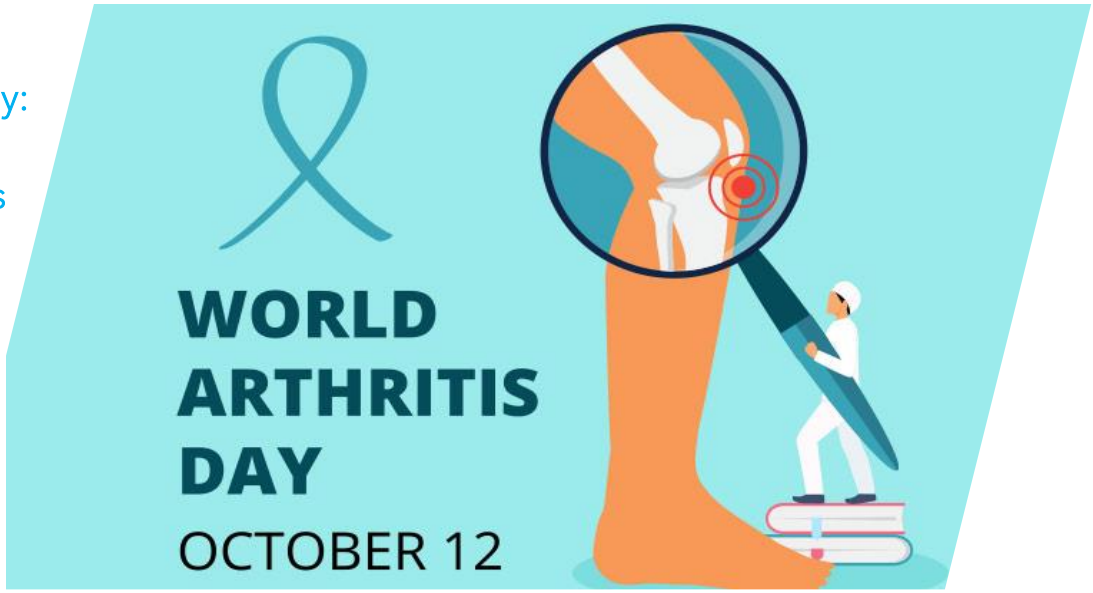
Other treatments

Some bleeding disorders may be treated with topical products or nasal sprays. Other disorders, including hemophilia, can be treated with factor replacement therapy. This involves injecting clotting factor concentrates into your bloodstream. These injections can prevent or control excessive bleeding.

You can also get fresh frozen plasma transfusions if you lack certain clotting factors. Fresh frozen plasma contains factors V and VIII, which are two important proteins that help with blood clotting. These transfusions must be done in a hospital.

https://www.healthline.com/health/bleeding-disorders#diagnosis

World Arthritis Day



World Arthritis Day: 12 October

World Arthritis Day, referred to as WAD, is a global awareness day held every year on 12 October. WAD aims to help raise awareness in all audiences across the world of the existence and impact of rheumatic and musculoskeletal diseases, often referred to as RMDs. The debilitating effects of these diseases, of which more than 200 exist, are little known; their impact, however, is largely – and silently – felt.

Too many remain undiagnosed in the EU alone with an RMD. With an estimated one-hundred million currently undiagnosed and trying to cope with symptoms that are often overlooked – and frequently misdiagnosed. A large part of the world's population is affected by diseases that impact their quality of life and participation in society – including access to the world of work. An inability to work reduces the self-esteem of the individual – and increases their dependency on state welfare, the healthcare system and their family and friends. People living with an RMD are therefore left unaware of their symptoms, opportunities for diagnosis and treatment, as well as the way to develop and execute a career plan to achieve independence.

Health Professionals in Rheumatology (HPR)

Seeking help to the health care system for those seeking help with unidentified symptoms is usually a family doctor. Healthcare systems are however often ill-equipped to provide the diagnosis, access, care, and treatment necessary to support those affected by RMD. Medical education has very little RMD teaching; this means that symptoms often go unintentionally undetected, misdiagnosed, or wrongly treated. The situation is further complicated by the fact that rheumatology specialists are few in most European countries – let alone in the world. People without access to rheumatologists, nurses, physiotherapists, psychologists, or to those trained in the RMD area are at a distinct disadvantage in their lives as a result.

https://www.eular.org/world_arthritis_day.cfm

Arthritis is very common but is not well understood. Actually, "arthritis" is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 types of arthritis and related conditions. People of all ages, sexes and races can and do have arthritis, and it is the leading cause of disability in America. More than 50 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older.

Common arthritis joint symptoms include swelling, pain, stiffness, and decreased range of motion. Symptoms may come and go. They can be mild, moderate, or severe. They may stay about the same for years but can progress or get worse over time. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs.

Arthritis can cause permanent joint changes. These changes may be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some types of arthritis also affect the heart, eyes, lungs, kidneys, and skin as well as the joints.

What are the symptoms of arthritis?

Joint pain, stiffness, and swelling are the most common symptoms of arthritis. Your range of motion may also decrease, and you may experience redness of the skin around the joint. Many people with arthritis notice their symptoms are worse in the morning.

In the case of RA, you may feel tired or experience a loss of appetite due to the inflammation the immune system's activity causes. You may also become anemic — meaning your red blood cell count decreases — or have a slight fever. Severe RA can cause joint deformity if left untreated.

What causes arthritis?

Cartilage is a firm but flexible connective tissue in your joints. It protects the joints by absorbing the pressure and shock created when you move and put stress on them. A reduction in the normal amount of this cartilage tissue causes some forms of arthritis.

Normal wear and tear cause OA, one of the most common forms of arthritis. An infection or injury to the joints can exacerbate this natural breakdown of cartilage tissue. Your risk of developing OA may be higher if you have a family history of the disease.

Another common form of arthritis, RA, is an autoimmune disorder. It occurs when your body's immune system attacks the tissues of the body. These attacks affect the synovium, a soft tissue in your joints that produces a fluid that nourishes the cartilage and lubricates the joints.

RA is a disease of the synovium that will invade and destroy a joint. It can eventually lead to the destruction of both bone and cartilage inside the joint.

The exact cause of the immune system's attacks is unknown. But scientists have discovered genetic markers that increase your risk of developing RA fivefold.

How is arthritis treated?

The main goal of treatment is to reduce the amount of pain you're experiencing and prevent additional damage to the joints. You'll learn what works best for you in terms of controlling pain. Some people find heating pads and ice packs to be soothing. Others use mobility assistance devices, like canes or walkers, to help take pressure off sore joints.

Improving your joint function is also important. Your doctor may prescribe you a combination of treatment methods to achieve the best results.

Shop heating pads for pain relief.

Medication

Several different types of medication treat arthritis:
Analgesics, such as hydrocodone (Vicodin) or acetaminophen (Tylenol), are effective for pain management, but don't help decrease inflammation.
Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil) and salicylates, help control pain and inflammation. Salicylates can thin the blood, so they should be used very cautiously with additional blood thinning medications.
Menthol or capsaicin creams block the transmission of pain signals from your joints.
Immunosuppressants like prednisone or cortisone help reduce inflammation.
If you have RA, your doctor may put you on corticosteroids or disease-modifying antirheumatic drugs (DMARDs), which suppress your immune system. There are also many medications to treat OA available over the counter or by prescription.

Shop capsaicin creams for pain relief.

Surgery

Surgery to replace your joint with an artificial one may be an option. This form of surgery is most performed to replace hips and knees.

If your arthritis is most severe in your fingers or wrists, your doctor may perform a joint fusion. In this procedure, the ends of your bones are locked together until they heal and become one.

Physical therapy

Physical therapy involving exercises that help strengthen the muscles around the affected joint is a core component of arthritis treatment.

Info:
https://www.healthline.com/health/arthritis#diet-and-exercise.

World Sight Day is an annual day of awareness held on the second Thursday of October, to focus global attention on vision impairment, including blindness. This year, World Sight Day will take place on October 14, 2021, with the theme: *Love Your Eyes*.

Globally, at least 1 billion people have near or distance vision impairment that could be prevented or has yet to be addressed. Vision impairment affects people of all ages, with the majority being over the age of 50. Vision impairment and blindness can have major and long-lasting effects on all aspects of life, including daily personal activities, interacting with the community, school and work opportunities and the ability to access public services.

Unoperated cataract and uncorrected refractive error are the leading causes of vision impairment. Other causes such as age-related macular degeneration, glaucoma, diabetic retinopathy, infectious diseases of the eye, and trauma, however, cannot be ignored and need to be addressed.

Recently at the 74th World Health Assembly, Member States adopted two new global targets for eye care by 2030—a 40 per cent increase in effective coverage of refractive errors and a 30 per cent increase in effective coverage of cataract surgery. These targets will play a key role in not only increasing global eye care coverage in the future but also in delivering quality services.

Pregnancy and Infant Loss Remembrance Day

Did you know that October 15 is National Pregnancy and Infant Loss Remembrance Day? Many people aren't aware that this day has been designated a National Day of Remembrance for miscarriage, stillbirth, and infant loss.

The resolution to declare October 15 a Remembrance Day passed the United States House of Representatives on September 28, 2006. It was the result of tireless efforts by a group of miscarriage awareness activists led by Robyn Bear, who had six first-trimester miscarriages in the span of 1997 through 1999 before ultimately receiving a diagnosis of balanced translocation.

In addition to October 15 begin declared a remembrance day, October is also National Pregnancy and Infant Loss Awareness Month thus making it an excellent time to reflect on your feelings, to do a little something to remember your baby, or to get involved in an pregnancy loss awareness or advocacy event, such as one of the many Walks to Remember around the nation, which raise money for non-profit organizations or support research into preventing miscarriage and stillbirth. These events tend to occur on weekends throughout the month of October.

What Is Miscarriage?

Miscarriage refers to the death of a baby in the womb before 20 weeks of age. About 10 to 15 of 100 known pregnancies end in miscarriage.1 The true number of miscarriages is likely higher because many people miscarry without knowing that they were pregnant.
Most miscarriages happen during the first trimester, or before 13 weeks of gestation. Between 1 and 5 % of miscarriages occur during 13 and 19 weeks of pregnancy.

What Are the Symptoms of Miscarriage?

Typical symptoms of miscarriage include the following:1
Vaginal bleeding or spotting
Abdominal pain
Abdominal cramping

Please note that many pregnant women experience these symptoms during pregnancy and go on to deliver healthy babies. However, if you experience any of these symptoms during pregnancy, please immediately contact your OB-GYN for evaluation.

What Are the Causes of Miscarriage?

We still don't understand all the reasons why miscarriage happens. Nevertheless, here are some possible causes of miscarriage:1

- Fetal chromosomal abnormalities
- Blighted ovum
- Alcohol
- Drugs
- Smoking
- Diabetes
- Thyroid disease
- Lupus
- Maternal hormone problems

https://www.verywellfamily.com/national-pregnancy-and-infant-loss-remembrance-day-2371333.

National Week of Deaf People and International Day of Sign Languages

National Week of Deaf People (20 - 26 September 2021) is an initiative that aligns with the World Federation of the Deaf (WFD) International Week of the Deaf People. It is celebrated annually by the Australian Deaf Community during the last full week of September to commorate the same month the first World Congress of the WFD was held. The National Week of Deaf People is celebrated through various activities by the Deaf community around Australia. These activities and events welcome the participation of all members of the community to celebrate Deaf culture, Deaf history, and Australia's Deaf language, Auslan.

National Week of Deaf People celebrates the same theme that the WFD endorses; this year the theme is "Celebrating Thriving Deaf Communities". There are also daily subthemes, and these can be read on the WFD website by clicking here.

To celebrate the 2021 National Week of Deaf People, we are running an Auslan Leaders Challenge where leaders and community members can learn to sign a message in Auslan and celebrate. To learn how you can get involved, click here.

International Day of Sign Languages (Thursday, 23 September) is a day recognised to support protect the linguistic identity and cultural diversity of all Deaf people and other sign language users around the world. According to the WFD, there are approximately 72 million deaf people worldwide. More than 80% of them live in developing countries. Collectively, they use more than 300 different sign languages.

Here in Australia, the sign language used by Deaf Australians is Auslan.
It is important to understand that Auslan is not an acronymn for Australian Sign Language and it should not be writted capitalised.
Auslan is not yet recognised as an offical language in Australia like other national sign languages are recognised in other countries.

https://www.instagram.com/m
https://www.facebook.com/Ma
https://marqueehealth.com.au

Hearing impairment, deafness, or hearing loss refers to the total or partial inability to hear sounds.

Causes

Hearing loss refers to either partial or total reduction in the ability to hear sounds.

Some diseases or circumstances that can cause deafness include:

- chicken pox
- cytomegalovirus
- mumps
- meningitis
- sickle cell disease
- syphilis
- lyme disease
- diabetes, as studies have shown that people with diabetes are more likely to have hearing loss

http://www.diabetes.co.uk/diabetes-complications/hearing-loss-and-deafness.html.

A treatment for tuberculosis (TB), streptomycin, that is believed to be a key
Risk factor
Trusted Source
Hypothyroidism
Arthritis
Some cancers
teenagers exposed to second-hand smoke
The inner ear is home to some of the most delicate bones in the body, and damage to the eardrum or middle ear can cause hearing loss and deafness in a range of ways.

Symptoms may be mild, moderate, severe, or profound. A patient with a mild hearing impairment may have problems understanding speech, especially if there is a lot of noise around, while those with moderate deafness may need a hearing aid.

Some people are severely deaf and rely on lip-reading to communicate with others. People who are profoundly deaf can hear nothing at all and can find themselves totally reliant on lip-reading or sign language.

In the United States, around 15 percent of people over the age of 18 years report some level of hearing loss.

Hearing loss vs. deafness

It is important to distinguish between the different levels of hearing loss.

Hearing loss: This is a reduced ability to hear sounds in the same way as other people.

Deafness: This occurs when a person cannot understand speech through hearing, even when sound is amplified.

Profound deafness: This refers to a total lack of hearing. An individual with profound deafness is unable to detect sound at all.

The severity of hearing impairment is categorized by how much louder volumes need to be set at before they can detect a sound.

Some people define profoundly deaf and totally deaf in the same way, while others say that a diagnosis of profound deafness is the end of the hearing spectrum.

https://www.medicalnewstoday.com/articles/249285

World Polio Day

Global physical distancing recommendations due to COVID-19 forced door-to-door polio immunisation programs to pause — causing more than 50 million children to be unimmunised. Critical polio funds were also redistributed to fight COVID-19 in vulnerable and polio-endemic communities, leaving eradication organisations in crucial need of new resources and funding.

On Oct. 21, Global Citizen Australia acknowledged all the work still to be done to eradicate polio during an online event.

Will Genia, an Australian Rugby Union player and UNICEF ambassador, meanwhile, drew attention to the health challenges in his home country of Papua New Guinea. The Pacific nation shook the world in 2018 after recording its first case of wild polio in almost two decades.

Polio, or poliomyelitis, is a disabling and life-threatening disease caused by the poliovirus.
The virus spreads from person to person and can infect a person's spinal cord, causing paralysis (can't move parts of the body).
Symptoms
Post-Polio Syndrome
egyption polio

Post-polio syndrome (PPS) is a condition that can affect polio survivors' decades after they recover from their initial poliovirus infection.

Most people who get infected with poliovirus (about 72 out of **100) will not have any visible symptoms.**

About 1 out of 4 people with poliovirus infection will have flu-like symptoms that may include:

- Sore throat
- Fever
- Tiredness
- Nausea
- Headache
- Stomach pain

These symptoms usually last 2 to 5 days, then go away on their own.

A smaller proportion of people with poliovirus infection will develop other, more serious symptoms that affect the brain and spinal cord:
Paresthesia (feeling of pins and needles in the legs)

Meningitis (infection of the covering of the spinal cord and/or brain) occurs in about 1 out of 25 people with poliovirus infection

Paralysis (can't move parts of the body) or weakness in the arms, legs, or both, occurs in about 1 out of 200 people with poliovirus infection

Paralysis is the most severe symptom **associated with polio because it can lead to permanent disability and death. Between 2 and 10 out of 100 people who have paralysis from poliovirus infection die, because the virus affects the muscles that help them breathe.**

Even children who seem to fully recover can develop new muscle pain, weakness, or paralysis as adults, 15 to 40 years later. This is called post-polio syndrome.

Note that "poliomyelitis" (or "polio" for short) is defined as the paralytic disease. So only people with the paralytic infection are considered to have the disease.

MARQUEE HEALTH

MELDING WITH EQUUS

“INTEGUMENTARY AFFLICTIONS”

The skin or integumentary system of the horse is vast and passes over many different structures and tissue developing various contours as it provides protection, stimulation, circulation, and immunity.

One of the most difficult things for the horse to defend against and exist with is insect bite. Particularly in hot humid climates, defence mechanisms against the variety of insects that exist to survive off the system of another animal often with infectious or allergenic reactions can be constant to tolerability and recovery.

When a horse is placed in a paddock or environment with limited scope to roam therefore potentially deflect the persistence certain insects may have, greater care and attention to their wellbeing will be required.

There also can be potential problems if not united with a herd that can assist communicably with the defence of insect attack. It can be part of the horse's defence in choosing the right environment and terrain relative to season in how insect affliction will be mitigated.

The equine immunity levels differ in contrast to condition and access to nutrition and aspects of shelter. Horses respond to insect bite with superficial itching and irritation, while others react with cellular level defence inflammatory mechanisms.

There is now a consensus that all horses react to insect bite in a way that creates a level of tolerance. For years there was the assumption that some horses react to insect bite and others do not, however recent studies and tests now know otherwise with a level of immunity developed over time for recovery to succeed.

Scientific data

In a pioneering study, researchers from the Netherlands have determined that insect bites can cause some horses to respond with inflammation and itching while others react with cellular-level defence mechanisms. Dietmar M.W. Zaiss, PhD, now affiliated with the Institute of Immunology and Infection Research at the University of Edinburgh, Scotland, said these itch-free horses aren't just tolerant.

Tolerant means the horse's body doesn't have any reaction to the bites at all. But, at least in the early stages of exposure to the bites, horses' bodies are reacting. They're actively fighting off the allergen "as if it were an intracellular pathogen," Zaiss said.

"This original response will then eventually lead to tolerance and ignorance (even less cellular acknowledgement of the allergen than tolerance)," he said. "Our study is the first to show how such tolerance is induced."

In their study, Zaiss and colleagues investigated Shetland ponies with sweet itch. They compared their skin to that of other Shetland ponies that did not have sweet itch. The scientists injected all the ponies (during and outside of IBH season) with biting midge extracts and then performed skin biopsies from the injection areas at various times after the injection. As expected, the biopsies showed a strong allergic reaction (Ige, white blood cells) in the sweet itch ponies. But to their surprise, the researchers found a strong immune response in the healthy ponies' skin cells, as well.

They called the two reactions "Type 1″ and "Type 2″ immune responses. In Type 1, the ponies' T-cells (a special type of white blood cell that can kill infected cells in the body) sent out fighting mechanisms intended for bacterial and viral infections, Zaiss said. As a result, the body successfully prevented a Type 2 (allergic) response. This means the IBH horses had a Type 2 response, while non-IBH horses had a Type 1 response.

"In those individuals that react with a Type 1 biased, allergen-specific immune response, regulatory T-cell populations can suppress local allergic immune responses and induce allergen-specific immune tolerance," the researchers reported.

Simply put, those T-cells went to work stopping the allergy before it could even get started and then trained the cells to just ignore the allergen altogether.

And that's exciting news for developing prevention methods, Zaiss said. "I believe via this approach a vaccine could very easily be developed," he told The Horse. "So, a key aspect would be to take horses that have not yet been exposed to the allergen and skew their immune responses toward the protective direction. In this way, we will then be able to prevent the development of allergies in these horses later point."

Assessments-interventions-management

The various dysfunction that can incur, accumulate, and potentially compound needs to be recognised to effectively intervene in any biophysical and/or biochemical disorder that persists in the ability for the equine system to initiate or activate a defence of infectious venom potentially afflicted.

The prevalence of vascular spasm blocked neural pathways, visceral spasm, and musculoskeletal dysfunction are some of the intrinsic pathologies inflicted or incrementally developed over the existence of the horse. Left unattended these pathologies can develop to elements of illness and disease of a chronic nature that may eventually require extensive attention in care and recovery. These biophysical problems that can reduce effect in function can also provide a deficit in immune and metabolic ability and therefore the horse's ability either to overcome any affliction or respond to various methodologies.

The treatment of joint compression, muscle facilitation becomes important in allowing range of movement potential capacity without restraints or resistance. This range of movement can improve circulation, which can aid in removal of harmful toxicity inflicted from bites, which would otherwise accumulate to chronic health disorders. Where the skin folds around joint contours, ribs and large bony prominences occur, the collagen content diversifies resulting in different vascular and neural supply. These areas can either be prevalent to reduced blood flow or potentially be avascular.

The constitutional applications that can be applied manually alleviating and resolving elements of congestion or blockage developed from vasospasm or visceral spasm can have an immense attribute in potential space moving from contraction to expansion liberating respiratory mechanics and diaphragmatic autonomics.

Resolving biophysical restriction and biochemical stasis can have major flow on effect to improved immunity and therefore defence mechanisms enhancing the innate system in dealing with what can often be a relentless attack from insects and their venom in certain environments. The horse's intrinsic and extrinsic ability to move improves their ability to offload and ward off insect attack.

Increasing cellular turnover, positive vascular influence – removal of stasis, neural pathways, endocrine axis, and visceral effect should be the criteria internally to deal with external affliction when defending against potential infection and foreign antigen.

There can be numerous essential oil and topical poultices that can assist in the recovery and defence of insect bit for the horse. These need to be researched and developed carefully to assess when, how and where they are applied and to what degree.

The horse's ability through element exposure develops natural oils that protect the coat. The look, feel and colour of the coat can be a good indication to underlying condition, physical ability and internal immunity and metabolism. It can benefit from regular inspection with sufficient grooming and additional alternative attention regarding oils and herbal applications when deficits become apparent regarding healing. For any topical, oral application to be

effective, systemic regulation must be accessible for metabolism to distribute for the intended purpose.

Dr James C. Phillips
Equine Osteopath

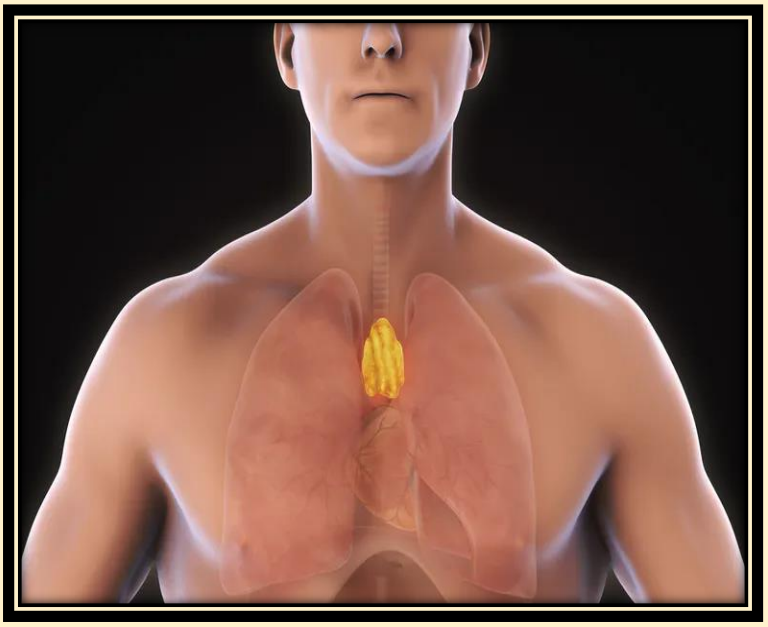
MARQUEE HEALTH

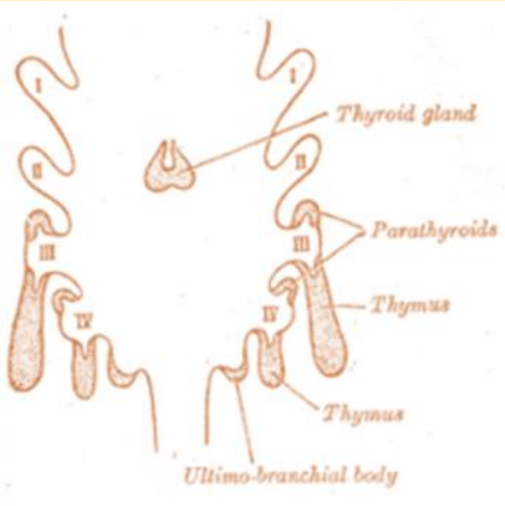
ORGAN OF IMPORTANCE

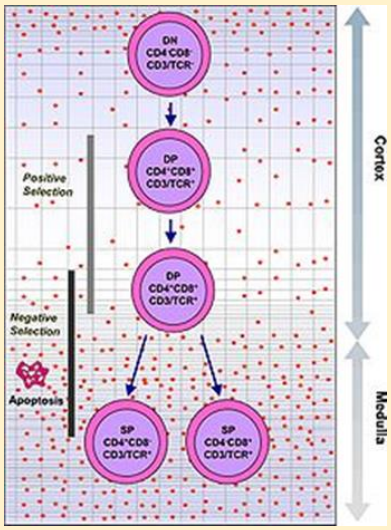
THE THYMUS GLAND

Dr. James C. Phillips
Osteopath, Director of Marquee Health Clinic

The Thymus gland is a primary lymphoid organ of the immune and endocrine systems that is most active from the time of conception until puberty. Located in the upper part of the chest between the lungs behind the sternum anterior to the heart, it is integral in facilitating the maturation of T cells called thymocytes, a specific type of white blood cell that protects the body from certain threats, including viruses and infection.







Thymosin is the hormone of the thymus which stimulates the development of disease fighting T-cells. Throughout the years of development and growth, white blood cells called lymphocytes pass through the thymus where they are transformed into T cells.

Once T cells have fully matured in the thymus, they migrate to the lymph nodes, which are groups of immune system cells, throughout the body, where they aid the immune system in fighting disease.

T cells are critical to the adaptive immune system where the body adapts through sensory hormonal regulation and conditioning to foreign antigen.

The thymus is made up of two lobes, each consisting of a central medulla and an outer cortex, surrounded by a capsule. The thymus reaches maximum weight of around 30 grams during puberty.

The thymus is made up of immature T cells which originate as hematopoietic precursors from bone marrow and migrate to the thymus, where they are referred to as thymocytes, as well as lining cells called epithelial cells which help the thymocytes develop.

T cells that successfully develop react appropriately with major histocompatibility complex immune receptors of the body, called positive selection.

The thymus is largest and most active during the neonatal and pre-adolescent periods. By the early teens towards end of puberty, growth and development, the thymus begins to decrease in size and activity and the thymus morphologically changes to fatty tissue. The thymus fortunately produces all your T cells by puberty.

Though the thymus gland is only active until puberty, its dual duty function as an endocrine and lymphatic gland plays a significant role in your long term health and immunity. Therefore, the thymus plays a vital role in the lymphatic and endocrine systems as your body's defence network.

Hormone secretion

Thymosin: This hormone assists in T cell production. It also stimulates the pituitary gland to release certain hormones such as growth hormone.

Thymopoietin: Assists in T cell maturation into specific types.

Thymulin: Enables the formation of specialised T cell types. Possibly the best characterised of all putative thymic hormones and seems to play a physiological role in thymus-pituitary communication, particularly during perinatal life.

Thymic Humoral factor: This hormone boosts the immune response, especially against viral infection.

The thymus in immune-neuroendocrine homeostatic network

The immune system is functionally linked to the nervous and endocrine system. This constitutes an integrated network. The neuroendocrine system monitors and controls the physical and chemical variables of the internal environment.

The immune system perceives, through antigenic recognition, an internal image of the macromolecular and cellular components of the body and reacts to alterations of this image, effectively participating in the biological homeostasis of the organism.

The influence of the neuroendocrine system on thymus and immune function seems to continue during adult life either through a direct action of pituitary hormones or via peripheral hormones, both of which act on the thymic epithelial cells and / or on immature thymocytes within the gland.

BLOOD AND NERVE SUPPLY

The arteries supplying the thymus are branches of the internal thoracic and inferior thyroid arteries, with branches from the superior thyroid artery. The branches reach the thymus and travel with the septa of the capsule into the area between the cortex and medulla.

The veins of the thymus end in the left brachiocephalic vein, internal thoracic vein, and in the inferior thyroid veins. Alternatively, into the superior vena cava.

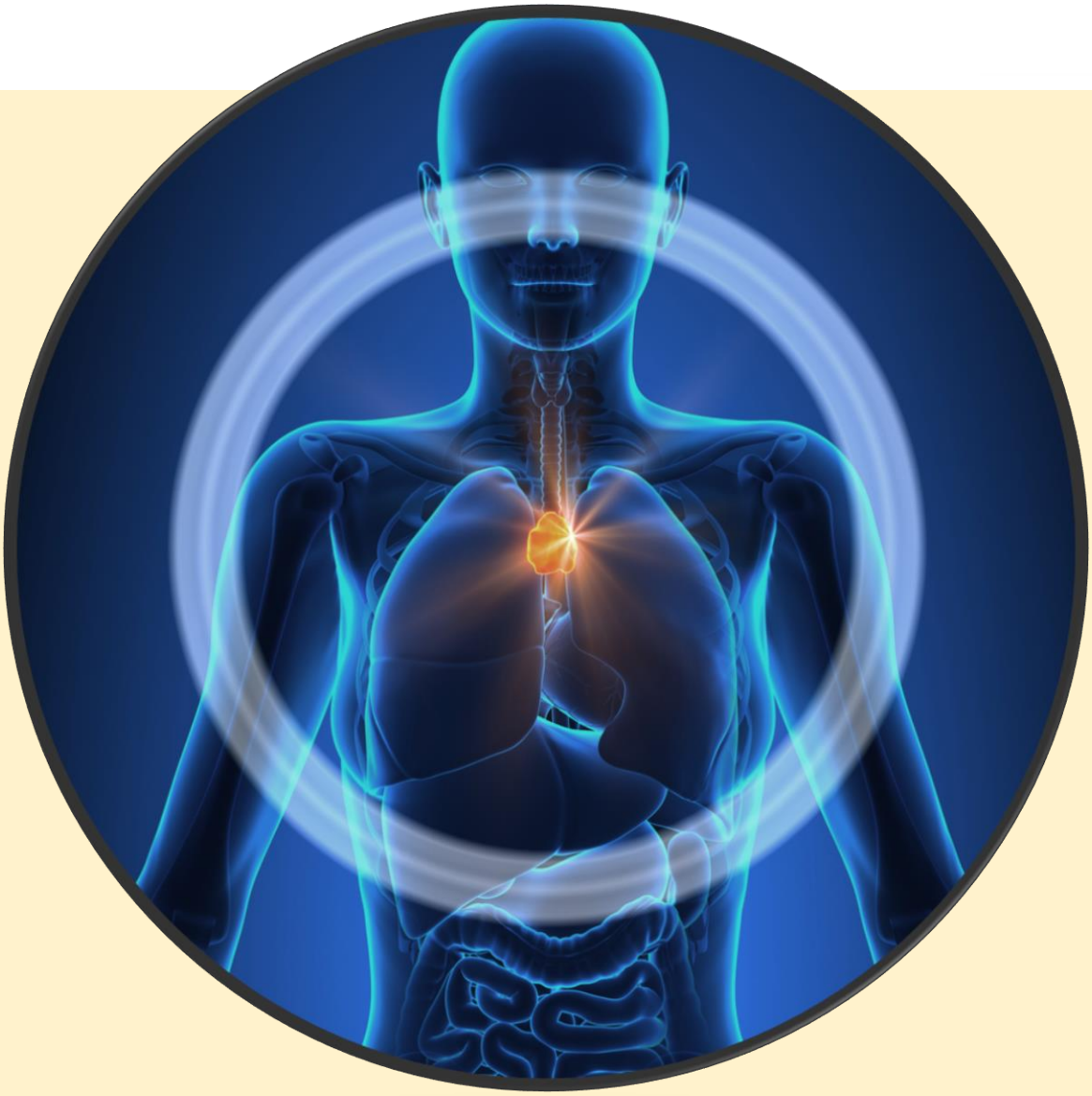
Lymphatic vessels travel only one way from the thymus, accompanying the arteries and veins. These drain into the brachiocephalic, tracheobronchial, and parasternal lymph nodes.

The nerves supplying the thymus arise from the vagus nerve and the cervical sympathetic chain. Branches from the phrenic nerves also reach the capsule of the thymus.

Clinical significance – Immunodeficiency.

The range of disease and disorders affecting the thymus gland include genetic disorders that are evident at birth, to cancers that develop epigenetically. These disorders can lead to problems with immunity and autoimmunity such as the following.

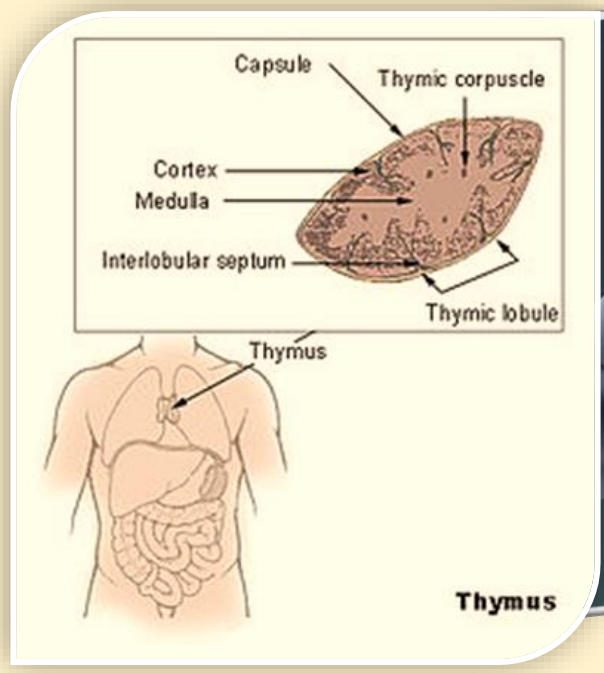
Thymic aplasia or hypoplasia: A condition in which the thymus gland does not develop or is underdeveloped. It may be seen in a genetic condition called DiGeorge syndrome. Those born with this disorder have significantly reduced or absent thymus function, resulting in severely reduced immunity and therefore prone to repeated infections and other health conditions.



Hypogammaglobulinemia: A problem with the immune system that prevents it from making enough antibodies called immunoglobulins.

Myasthenia Gravis: A neuromuscular condition characterised by weakness of the various muscles of the body. Studies have suggested that antibodies triggered by the thymus gland block the communication between the nerves and muscles. This leads to muscle weakness characterises by various symptoms such as difficulty speaking, chewing, swallowing, difficulty in walking and neck

Thymic follicular hyperplasia: This causes enlargement of the lymphoid follicles or cells of the thymus gland. This may lead to conditions such as Lupus, Grave's disease.

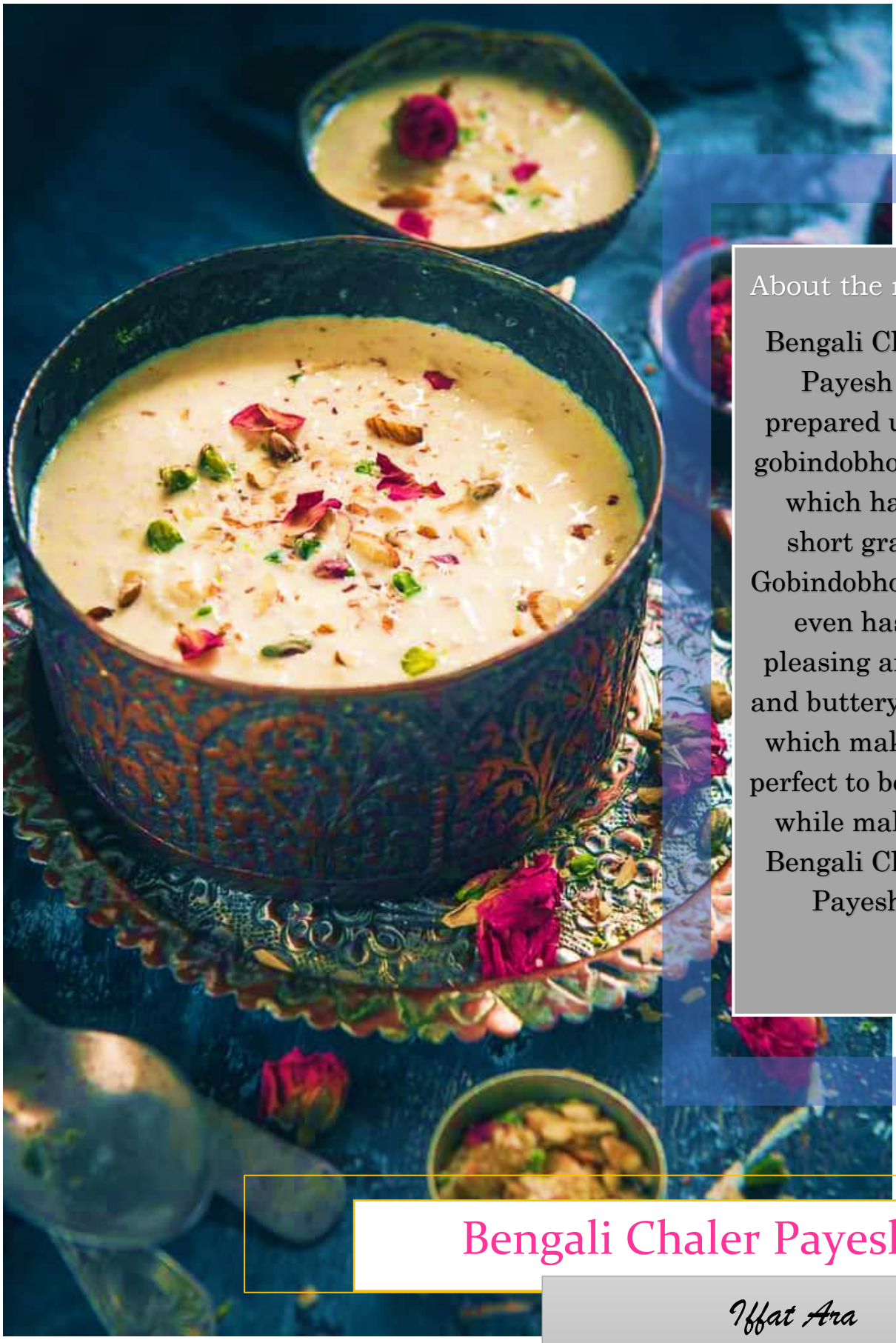


Thymic follicular hyperplasia: This causes enlargement of the lymphoid follicles or cells of the thymus gland. This may lead to conditions such as Lupus, Grave's disease.

Thymoma: Tumours of the thymus. They are generally benign, occasionally malignant. Symptoms may include shortness of breath, cough, chest pain, difficulty swallowing, loss of appetite and unintended weight loss. The tumour may apply inadvertent pressure on nearby blood vessels causing swelling, headache, and dizziness.

Thymic cysts: A fluid filled sac generally asymptomatic. May be relative to lymphoma or cancer.

Non-Hodgkin's lymphoma: A type of cancer that begins in your lymphatic system. The white blood cells called lymphocytes develop abnormally and can form growths / tumours throughout the body.



About the recipe

Bengali Chaler Payesh is prepared using gobindobhog rice which has a short grain. Gobindobhog rice even has a pleasing aroma and buttery taste which makes it perfect to be used while making Bengali Chaler Payesh.

Bengali Chaler Payesh

Iffat Ara
Administration, Receptionist

Gobindobhog rice blends quite well with ghee, full cream milk, sugar, and dry fruits to enhance the overall taste of Bengali Chaler Payesh. Mostly, Bengali Chaler Payesh is eaten after a proper Bengali meal, and it is best to serve it chilled. However, it can be eaten hot as well if you prefer.

Tips

Use gobindobhog rice for the traditional flavour. If it's not available, use any short grain sticky rice.

You can add a bay leaf while cooking the payesh. It will give a very nice taste to the dish.

Ingredients

- ☐2 teaspoon Ghee
- ☐1 litre Full Fat Milk
- ☐½ cup Sugar
- ☐1 teaspoon Cardamom Powder
- ☐10-12 Cashew Nuts (Chopped)
- ☐10-12 Pistachio (Slivered)
- ☐10-12 Almonds (Slivered)

Instructions'

- Wash the rice and soak in 2 cups of water for 15-20 minutes.
- Drain the rice and mix it with ghee.
- Heat milk in a heavy bottom pan.
- Once the milk starts to boil, add the rice, and cook on low heat until rice is nicely cooked, and the milk has reduced to almost half.
- It will take 30-40 minutes.
- Keep stirring in between.
- Add sugar and cook for another 3-4 minutes.
- Add cardamom powder and mix well.
- Garnish with cashew nuts, pistachio, and almond slivers.
- Serve hot or chilled.

Notes

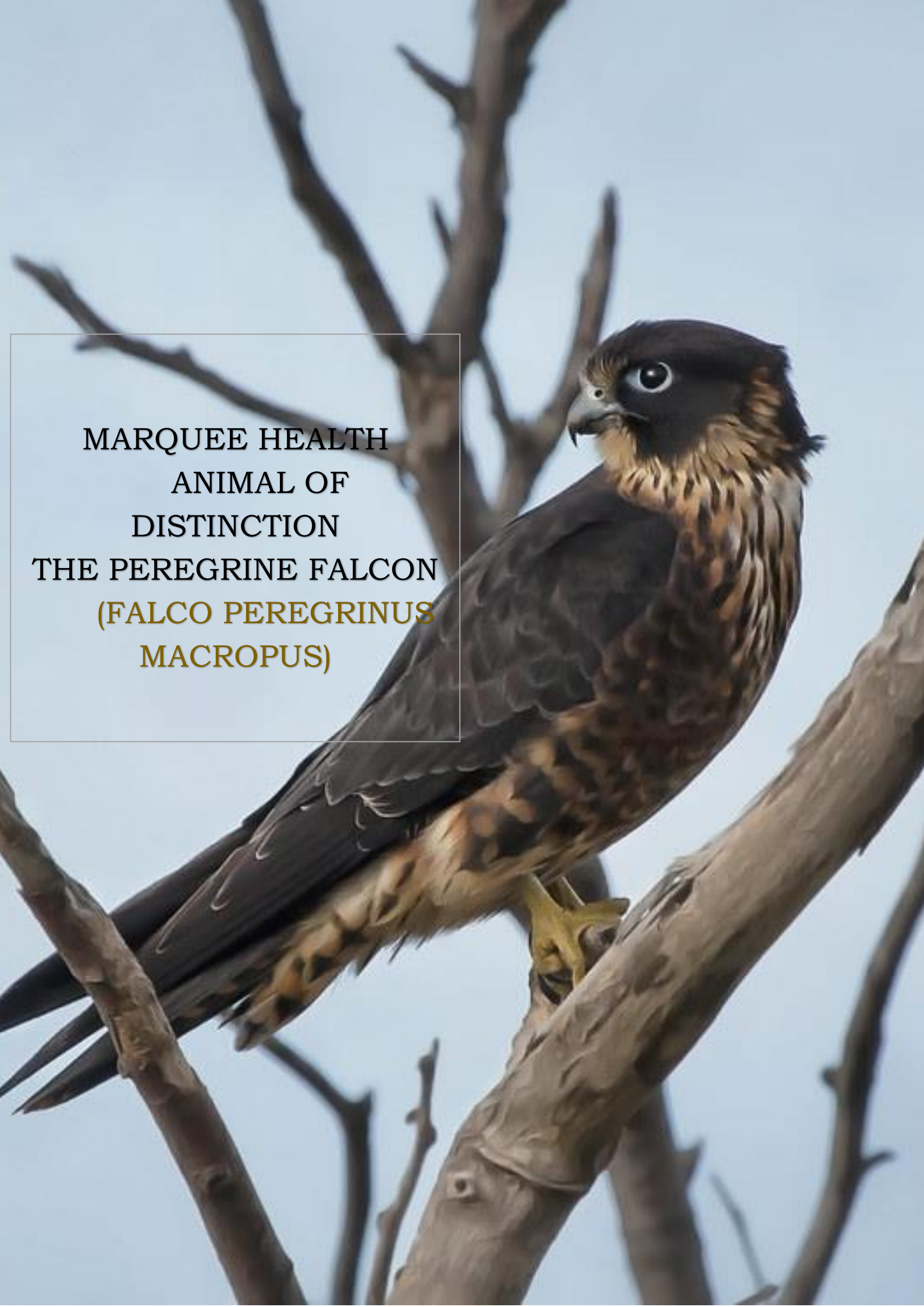
Traditionally Gobindobhog rice is used to make Chaler Payesh but if it's not available, you can use any fragrant short grain rice.

Cook the Payesh on low heat and keep stirring in between.

Add the sugar only when rice is nicely cooked and at the end of cooking. Adding sugar before prevents rice from cooking.

Nutrition

Calories: 209kcal | Carbohydrates: 36g | Protein: 2g | Fat: 6g | Saturated Fat: 2g | Cholesterol: 6mg | Sodium: 1mg | Potassium: 80mg | Sugar: 25g | Calcium: 12mg | Iron: 0.6mg



MARQUEE HEALTH ANIMAL OF DISTINCTION THE PEREGRINE FALCON (FALCO PEREGRINUS MACROPUS)

Description

The peregrine falcon or duck hawk is a powerful bird of prey or raptor. Although a cosmopolitan bird, they are not a common species. They occur singly, in pairs or as a family group.

They are native to Australia and are rare across most states and territories. They are a medium sized bird with a bluish black to slate grey back, white undercarriage, with a striking charcoal black head and face, and a contrasting pale cream bib on the neck and breast. The upper beak is notched at the tip, an adaptation for the enabling of taking prey at the top of the neck through the spinal column.

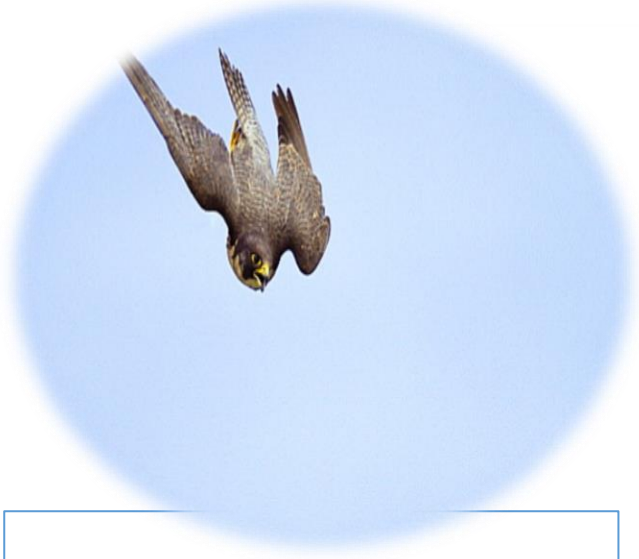
The peregrine is renowned for its speed, especially when stooping or high-speed diving, reaching over 200mph / 320kph making it the fastest bird in the world. The air pressure from such speeds induced from the stoop would potentially damage the lungs, however the peregrine falcon has small bony tubercles on the nostrils that, theoretically guide the powerful airflow away from the nostrils, enabling better breathing while diving by reducing the change in air pressure.

To protect their eyes, the peregrine falcon has a nictitating membrane or third eyelid to spread tears and clear debris from the eyes while maintaining vision. The distinctive malar stripe or "Moustache", a dark area of feathers below the eyes, is thought to reduce solar glare, improving contrast sensitivity when targeting fast moving prey in brighter light condition.

The peregrine falcon has a flicker fusion frequency of 129 Hz. The falcons' flight physics are in the proximity 400km/h for low altitude flight and 625 km/h for high altitude flight, with a stooping speed of 390 km/h.

The peregrine dimensions are 35-55cm in length, an 80-120cm long tapering wingspan, with a straight trailing edge in flight and a relatively short tail. Males and females look similar; however, like most birds of prey that hunt other birds, the females are up to 30% larger than the males. Peregrine falcons also have particularly large, yellow feet with black claws called talons. Males weigh up to 1,000g, while females are up to 1,500g.

The life span of a peregrine falcon in the wild can be up to 20 years. The threats to mortality are larger hawks and owls, with the potential to collision with man-made objects and toxicity from the spray of pesticides.



Breeding and habitat

The peregrine falcon is sexually mature at one to three years of age. A pair mates for life and returns to the same nesting spot annually. The courtship includes a mix of aerial acrobatics, precise spirals, and steep dives. The male passes prey it has caught to the female in the air. To make this possible, the female flies upside-down to receive the food from the males' talons.

During the breeding season the peregrine falcon is territorial with nesting pairs generally more than 1 km apart. This ensures sufficient food supply for the pair's chicks. There may be several nesting ledges which will be used over the term of the falcon's breeding existence.

The peregrine's breeding range includes regions from the arctic tundra to the tropics. It can be found anywhere on earth. They predominantly live along mountain ranges, river valleys, coastlines and increasingly in cities where urban life provides tall buildings and advantage sites for prey.

The peregrine falcon nests in a scrape, usually of cliff edges. The female will choose the nest site which will be made in a shallow hollow in loose soil, sand, gravel, or dead vegetation to lay the eggs. South facing sites are generally favoured. In remote, undisturbed areas such as the artic, steep slopes and low rock mounds may be used. They may also be found on tall buildings or bridges that resemble or provide suitability like natural cliff ledges. Only populations that breed in Arctic climates typically migrate great distances during the northern winter.

The breeding season runs from August to November in the southern hemisphere and February - March in the northern hemisphere. They lay two to three eggs which are incubated by both adults for around 30 days. The young will fledge in five to six weeks. In the early stages, the male brings all the food to the nest, while the female feds the nestlings. The pair will defend the nest against predators, which can include ravens, herons, and gulls. When nesting near or on the ground mammals such as foxes, wolverines, bears, wolf, and mountain lions can become a threat. The most serious predator to the peregrine falcon in North America and Europe are the Great horned owl and the Eurasian owl.

Juvenile peregrine falcons are darker and browner than adults on the undercarriage. After the second year, they start to moult their second set of feathers and gain the horizontal bars on their undercarriage and the characteristic slate-grey plumage of the adults with the distinct bars and bands through the breast, undercarriage and out to the wing tips.

HUNTING AND FEEDING

Hunting is mainly performed during the day, especially around dawn and dusk. They will also hunt nocturnally when homing in cities or urban areas especially when migration is under way. The peregrine falcon primarily feeds on medium sized birds such as galahs and pigeons, however, also will feed on insects and locusts and small reptiles and mammals.

The speed and manoeuvrability the peregrine falcon move at gives great advantage over prey with precision of strikes, while also being able to defend and avoid potential threats.

RELATIONSHIP WITH HUMAN

THE USE IN FALCONRY

The peregrine falcon is a well-respected falconry bird due to its strong hunting ability, high trainability, versatility, and availability via captive breeding. It is effective on most game bird species both small and large.

The peregrine falcon has been used as a highly admired falconry bird for more than 3000 years in

The peregrines advantages in falconry are not only its athleticism and eagerness to hunt, but an equable disposition that leads to it being one of the easier falcons to train.

The peregrine falcon has the additional advantage of a natural flight style of circling above the falconer for game to be flushed, and then performing an effective and exciting high-speed diving stoop to take the quarry.

The speed of the stoop not only allows the falcon to catch fast flying birds, but it also enhances the falcon's ability to exert manoeuvres to catch highly agile prey, while allowing the falcon to deliver a knockout blow with a fist-like clenched talon against game that may be much larger than itself.

Peregrine falcons handled by falconers have been used to scare away birds at airports to reduce the risk of bird-plane strikes, improving air-traffic control safety. They were also used to intercept homing pigeons during World War II.

CULTURAL SIGNIFICANCE

Due to its striking hunting technique, the peregrine has been associated with aggression and martial prowess. The ancient Egyptian solar deity Ra was often represented as a man with the head of a peregrine Falcon adorned with the solar disk.

The Native Americans of the Mississippian culture (c800-1500) used the peregrine falcon in imagery as a symbol of "aerial celestial power" and buried men of high status in costumes associating to the ferocity of raptorial birds.

In the late Middle Ages, the Western European nobility

that used peregrines for hunting considered the bird associated with princes in formal hierarchies of birds of prey. It was considered "a royal bird more armed by its courage than its claws".

The French used terminology to describe the peregrine falcon, as "of noble birth" and aristocratic.

The peregrine falcon is the national animal of the United Arab Emirates. Since 1927, the peregrine falcon has been the official mascot of Bowling Green State University in ohio.

The 2007 U.S. Idaho State quarter features a peregrine falcon. The peregrine falcon has been designated the official city bird of Chicago.

Conservation status

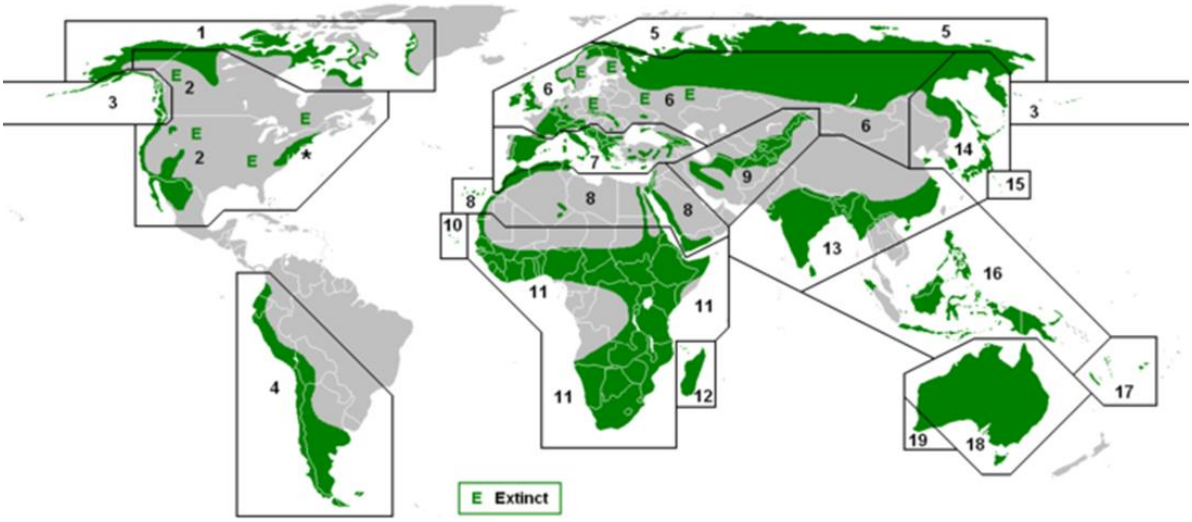
Least Concern (IUCN 3.1)[1]

Scientific classification

Kingdom:	Animalia
Phylum:	Chordata
Class:	Aves
Order:	Falconiformes
Family:	Falconidae
Genus:	*Falco*
Species:	***F. peregrinus***

Synonyms

- *Falco atriceps*
  Hume
- *Falco kreyenborgi*
  Kleinschmidt, 1929
- *Falco pelegrinoides madens*
  Ripley & Watson, 1963
- *Rhynchodon peregrinus*



1 *tundrius*
2 *anatum*
3 *pealei*
4 *cassini*
★ Re-introduced: mixed races

5 *calidus*
6 *peregrinus*
7 *brookei*
8 *pelegrinoides*
9 *babylonicus*
10 *madens*

11 *minor*
12 *radama*
13 *peregrinator*
14 *japonensis*
15 *furuitii*

16 *ernesti*
17 *nesiotes*
18 *macropus*
19 *submelanogenys*

Dr. James C. Phillips

Osteopath, Director of Marquee Health Clinic

MARQUEE HEALTH

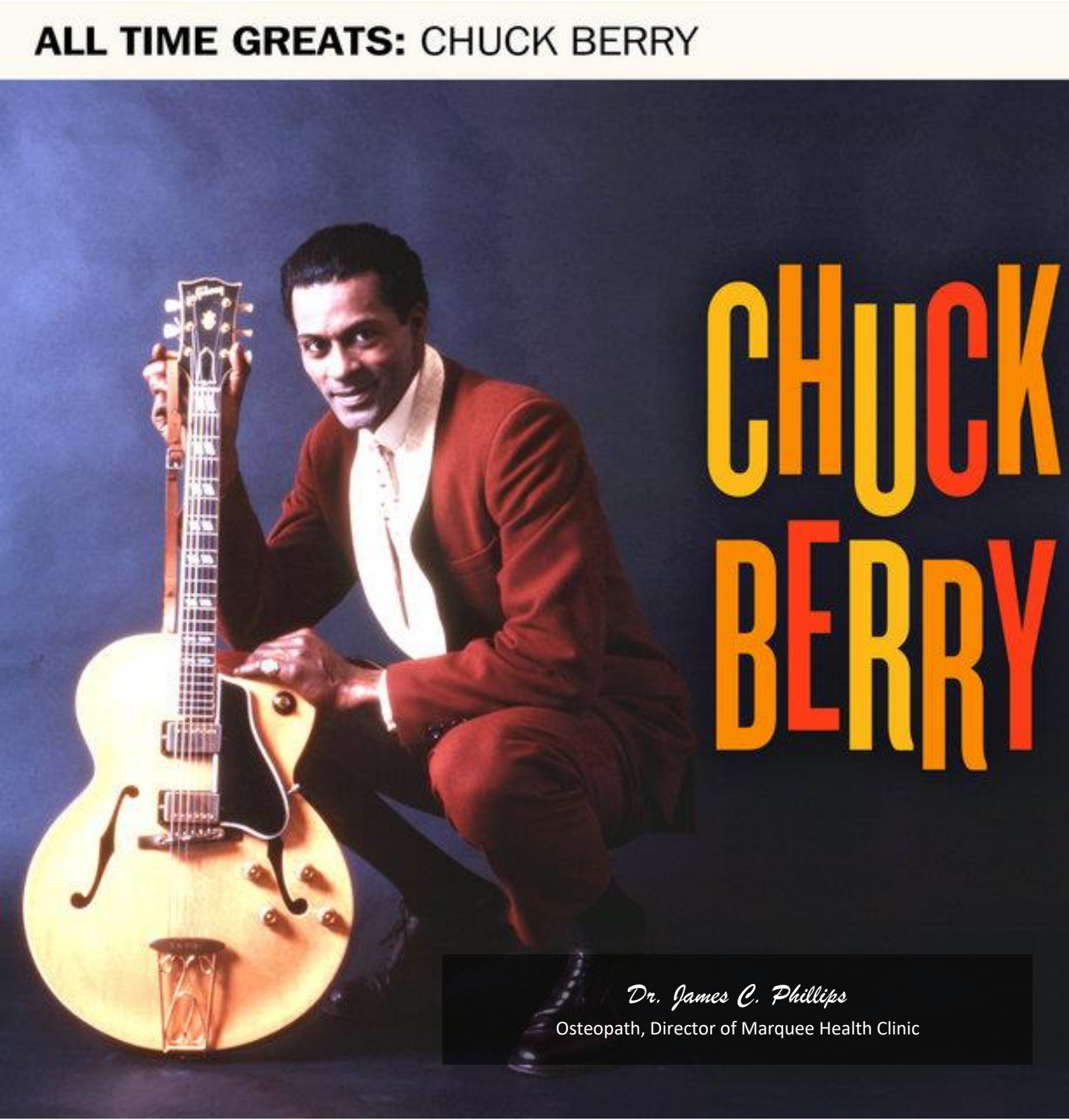
REMEMBERS

THOSE THAT MADE A DIFFERENCE

CHARLES EDWARD ANDERSON BERRY

"CHUCK BERRY"

(18/10/1926 – 18/03/2017)



Dr. James C. Phillips
Osteopath, Director of Marquee Health Clinic

Chuck Berry was an American musician, famous for his singing, song writing and unique guitar skills. He was a pioneer of rock and roll formulated and refined from rhythm and blues and many other styles around a golden era of music that was both traditional and developmental in musical influence.

Nicknamed the "Father of rock and roll" chuck rolled out distinctive such as Johnny be good (1958), Maybelline (1955) and roll over Beethoven that would remain timeless and etched in music history.

Chuck Berry would go on to be one of the major performers of his era with a unique showmanship along with his guitar solos that revolutionised not only music but also aspects of entertainment through his genuine all-out performance.

Chuck was born into a middle-class family in St Louis and was interested in music from an early age where he started performing at high school shows. He was heavily influenced by legendary blues musician T-Bone Walker and in 1953 he started performing with the Johnnie Johnson Trio. His big break came when he met another blues master in Muddy Waters in 1955 when travelling to Chicago who suggested he contact Leonard Chess, from chess records where he recorded Maybelline and an adaption of a country song Ida Red which sold over a million copies and went to number one on the billboard magazine's rhythm and blues chart.

By the end of the 1950's chuck was an established star. He established his own St Louis nightclub called Berry's Club Bandstand and continued consistently recording hits such as 'No particular place to go", "You never can tell" and "Nadine".

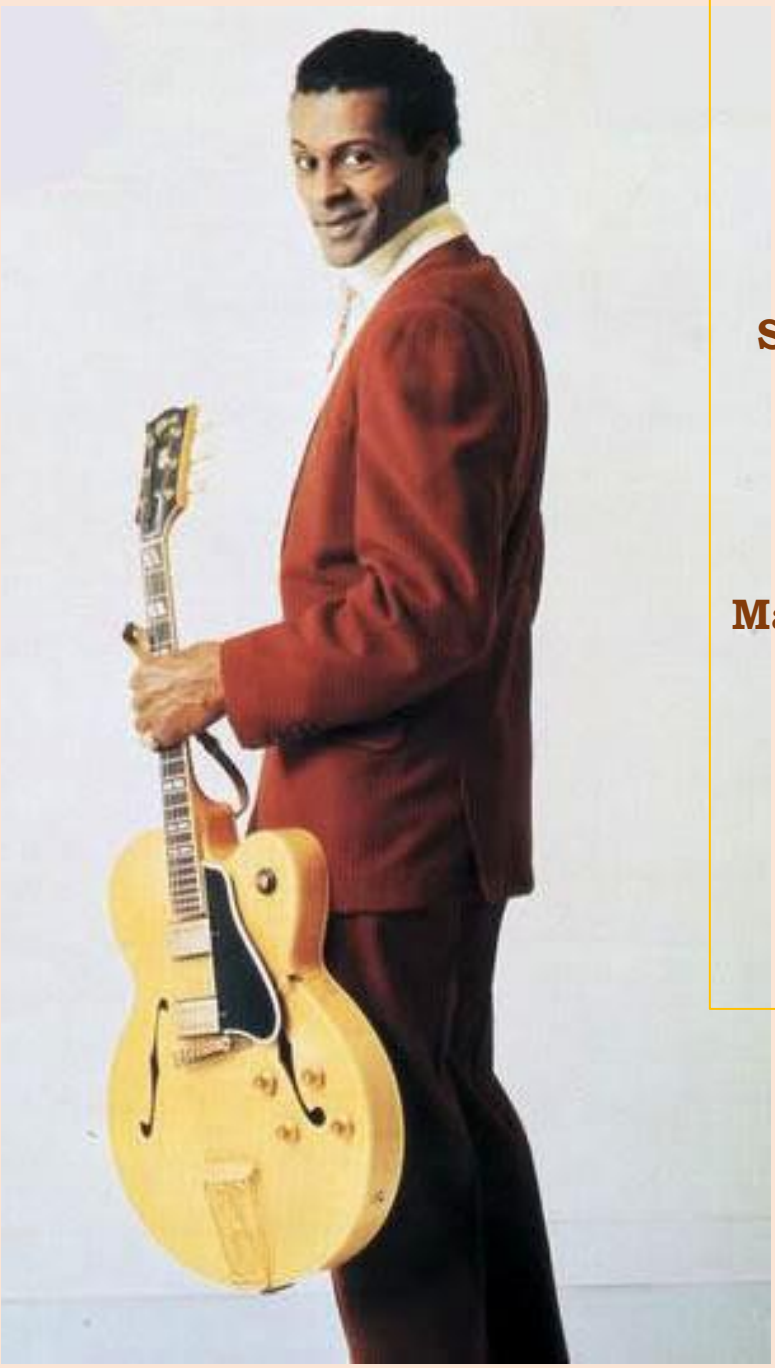
Chuck Berry was among the first musicians to be inducted into the Rock and roll hall of fame on the inaugural opening in 1986. He was cited as having formed the groundwork for rock and roll and the stance his music made in the evolution of that era.

Chuck Berry was a tireless performer and songwriter working with some of the most famous and influential musicians and performers of both the former era and current music stars of today including Etta James, Bruce Springsteen, Keith Richards, Ted Nugent, and Bob Dylan.

Chuck Berry has consistently made the Rolling Stones magazine greatest of all time with a legacy etched in the annals of music.

On July 29, 2011, Berry was honored in a dedication of an eight-foot, in-motion Chuck Berry Statue in the Delmar Loop in St. Louis right across the street from Blue Berry Hill. Berry said,

"It's glorious--I do appreciate it to the highest, no doubt about it. That sort of honor is seldom given out. But I don't deserve it."



Born

Charles Edward Anderson Berry

October 18, 1926

St. Louis, Missouri, U.S.

Died

March 18, 2017 (aged 90)

Near Wentzville, Missouri, U.S.

Resting place Bellerive Gardens Cemetery, St. Louis, Missouri, U.S.

Other names Father of Rock N' Roll
Occupation Singer-songwriter/musician
Spouse(s) Themetta Suggs(m. 1948)
Children 1. Darlin Ingrid Berry
2.Aloha Berry
3.Charles Berry
4. JrMelody Exes Berry-Eskridge

Parents-Henry Berry (father)
Martha Berry (mother)
Musical career
Genres Rock and roll
rhythm and blues

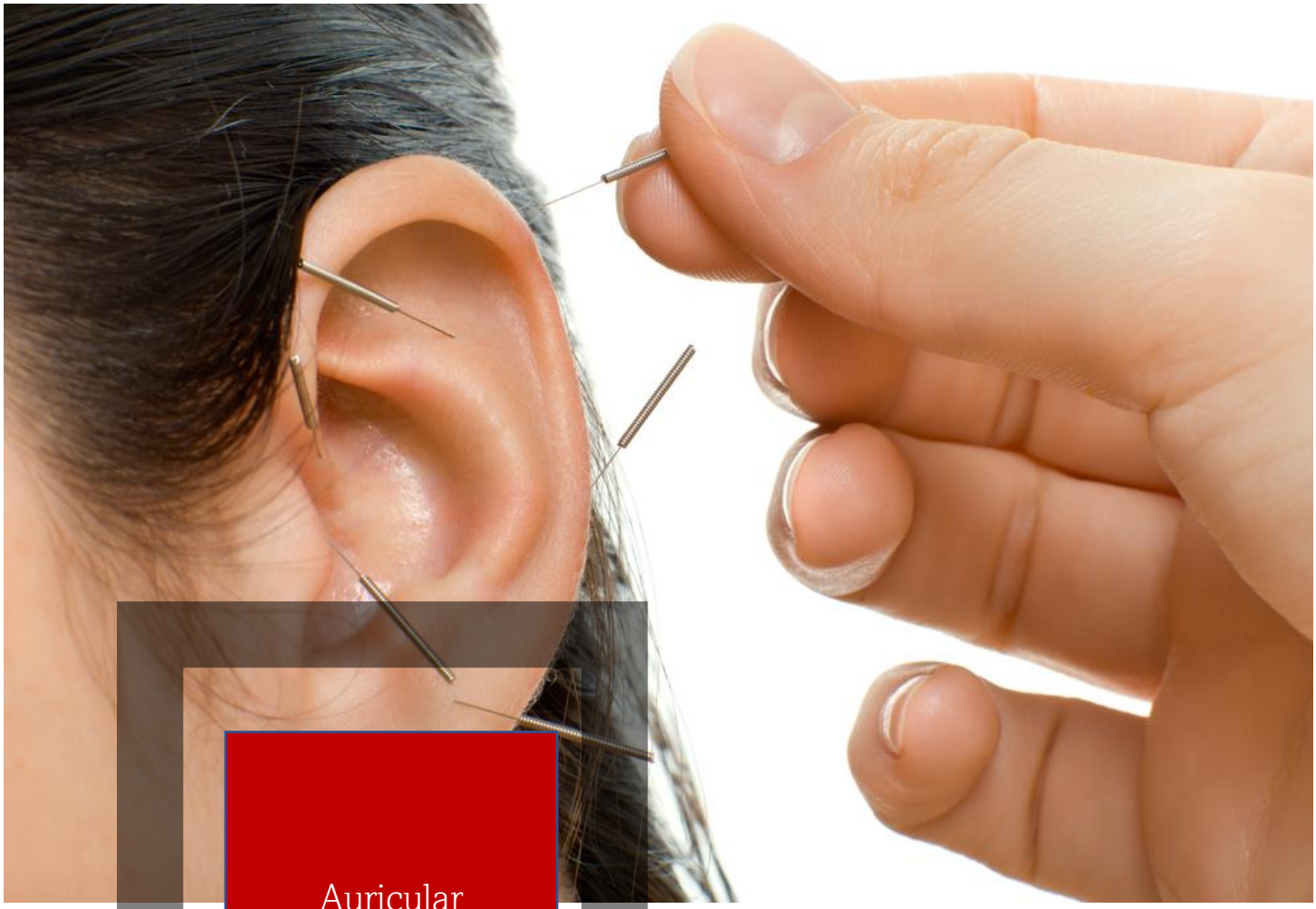
Instruments Guitar, vocals
Years active 1953–2017
Labels

- Chess
- Mercury
- Atco
- Dualtone

Associated acts •

- Johnnie Johnson
- T-Bone Walker
- Muddy Waters
- Little Richard
- Mel McDaniel

Chuck Berry wearing the Kennedy Centre Honors, 2000



Auricular Acupuncture by Olivier lejus

registered Acupuncturist practising in Sydney.

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Recently I read the story of a US army doctor, named Colonel Richard Niemtzow, who has achieved such success in treating American soldiers suffering from traumatic shock, that his acupuncture techniques are currently being incorporated in the American's army medical manuals. What I found the most interesting in that article was the doctor's unusual choice of treatment methods. This Western physician has been getting remarkable results by stimulating acupuncture points on the ear of his patients with adhesive pellets. This led me to investigate this unusual form of acupuncture more thoroughly, and I have become quickly fascinated by this remarkable technique.

Auricular acupuncture was developed by a French physician named Dr Nogier in the early 1950s, after he noticed recent scars on the ear of one of these patients who had been successfully treated for sciatic pain. From that observation emerged the concept of the ear being a unique micro system of our body's functions which could be used as a tool for the diagnosis, prevention, and treatment of human illnesses.

The human ear is the first organ to develop in our body. It starts hearing sounds in the womb after only eight weeks, and it became fully functional only approximately 18 weeks after our conception. In the Oriental medicine's framework, our sensory organ is a powerful centre of energy through which all the twelve main meridians intersect. This energy is concentrated in over hundreds of points located around its structure which can be stimulated for therapeutic purposes. Our French physician was the first to develop a map of the ear based on an inverted foetus. According to that concept, the area corresponding to the head is in the earlobe; the section associated with the spine follows the posterior ridge of the ear, while the hands and feet are positioned around the anterior and posterior of the apex. The correspondence between the human ear, and specific parts of the body has been verified in several medical experiments.

In one of them which was undertaken by Korean surgeon Dr. M. H Cho in the 1970s. The detector of an electric thermometer was taped to various auricular points, while the fingers, feet and knees of the patients were being stimulated by heat, or cold. After only 10 to 15 seconds of stimulation an increase or decrease of between 1.0 to 5.0 degrees centigrade of temperature was noted on the corresponding auricular points. When the experiment was reversed, and the heat or cold was applied on the auricular points, there was a similar increase of temperature on the related parts of the body.

Other experiments have demonstrated that when a disorder is present in the body. The electrical resistance in the corresponding auricular points will decrease.

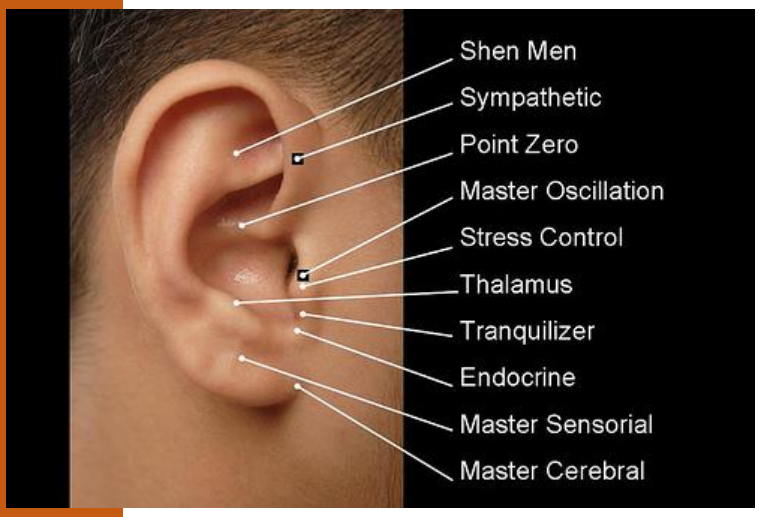
AURICULAR ACUPUNCTURE

A medical system that dates back nearly 4,000 years.

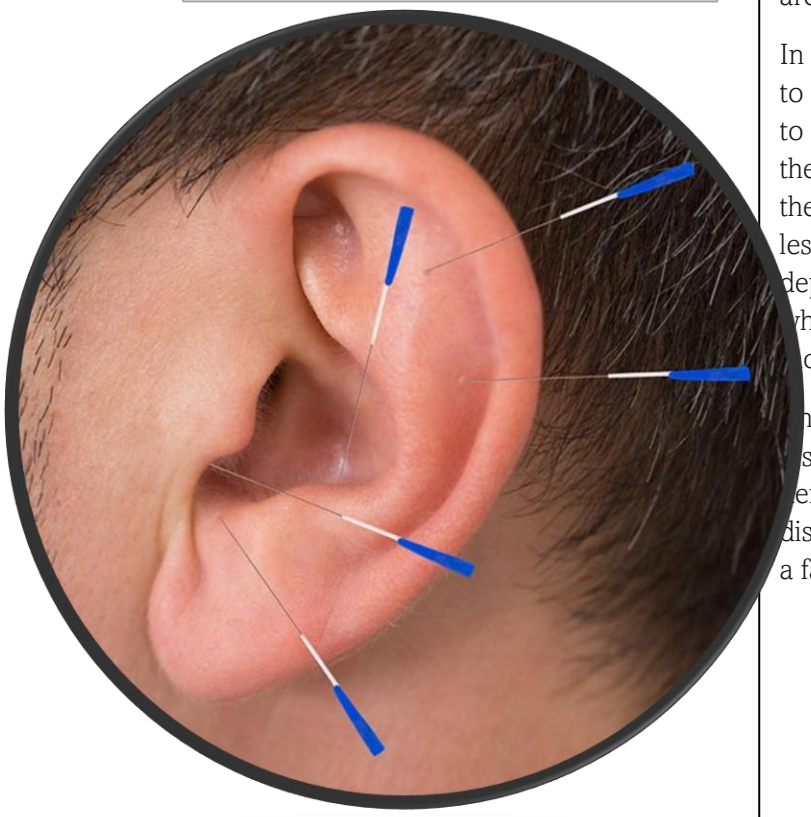
In the last thirty years this form of acupuncture has been successfully used for the treatment of numerous disorders, including the treatment of drug addiction in the United States, helping weight reduction, alleviating anxiety and depression, and to help cure chronic insomnia in elderly patients. Also, since auricular acupuncture increases the pain threshold in the body, it can be used as an alternative pain killer to reduce the dependence on chemical rugs

It is a very safe therapy. To avoid irritation of the tissues, both ears are often treated alternatively, with various methods, from tiny beads of selected metals, to vegetables seeds, or magnets. The applied pellets are taped and stimulated for one to two minutes several times a day by the patients who can control the effects, and be actively involved in the treatment.

During a successful experiment in a nursing home in Hong Kong for the treatment of chronic insomnia in older people in the 1990s, the researcher selected points in the area corresponding to the kidney, and the heart



The kidney's energy gradually declines as one gets older resulting in a hyperactivity of the heart with increased wakefulness and palpitations. The kidney is closely associated with the bladder, which becomes weaker as well. This leads to an increasing need to urinate during the night, and a disturbed sleep. Also, the auricular points corresponding to the liver were also stimulated. Overseeing the flow of Qi (energy) throughout the body, the liver it is easily unsettled by emotions such as stress, depression, or anger.



Other selected points included were the spleen, to promote digestion, as well as, various points associated with the brain, especially the subcortex area which is associated with sleep.

In that experiment, five tiny magnets were applied to the ears of the patients and replaced every three to four days to avoid irritation. After three weeks of therapy, most patients reported an improvement in their quality of sleep, but also a better appetite, with less headaches, dizziness, nocturnal urination, and depression. This improvement was still taking place when the follow up assessment occurred three months later.

This is another significant addition to the tools at our disposal for the treatment of the human body. It demonstrates once again how much there is still to discover in the field of Oriental medicine, and what a fascinating journey it turns out to be.

Kimsukadi Tail - Glow Boosting Facial Oil

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Use the dropper to dispense 2-3 drops on your palm. Apply to cleansed face. Gently massage in circular motion until absorbed.

BRIGHTENS DULL SKIN | BOOSTS FACIAL GLOW | REDUCES PIGMENTATION, DARK SPOTS & BLEMISHES | TONES | TEXTURISES | SUITS ALL SKIN TYPES | 100% NATURAL

Sherry Gupta

Ayurvedic Beauty Therapist

MARQUEE HEALTH

VESSEL OF VERIFICATION
CYSTERNA CHYLI
LYMPHATIC ATTRIBUTES

Dr. James C. Phillips

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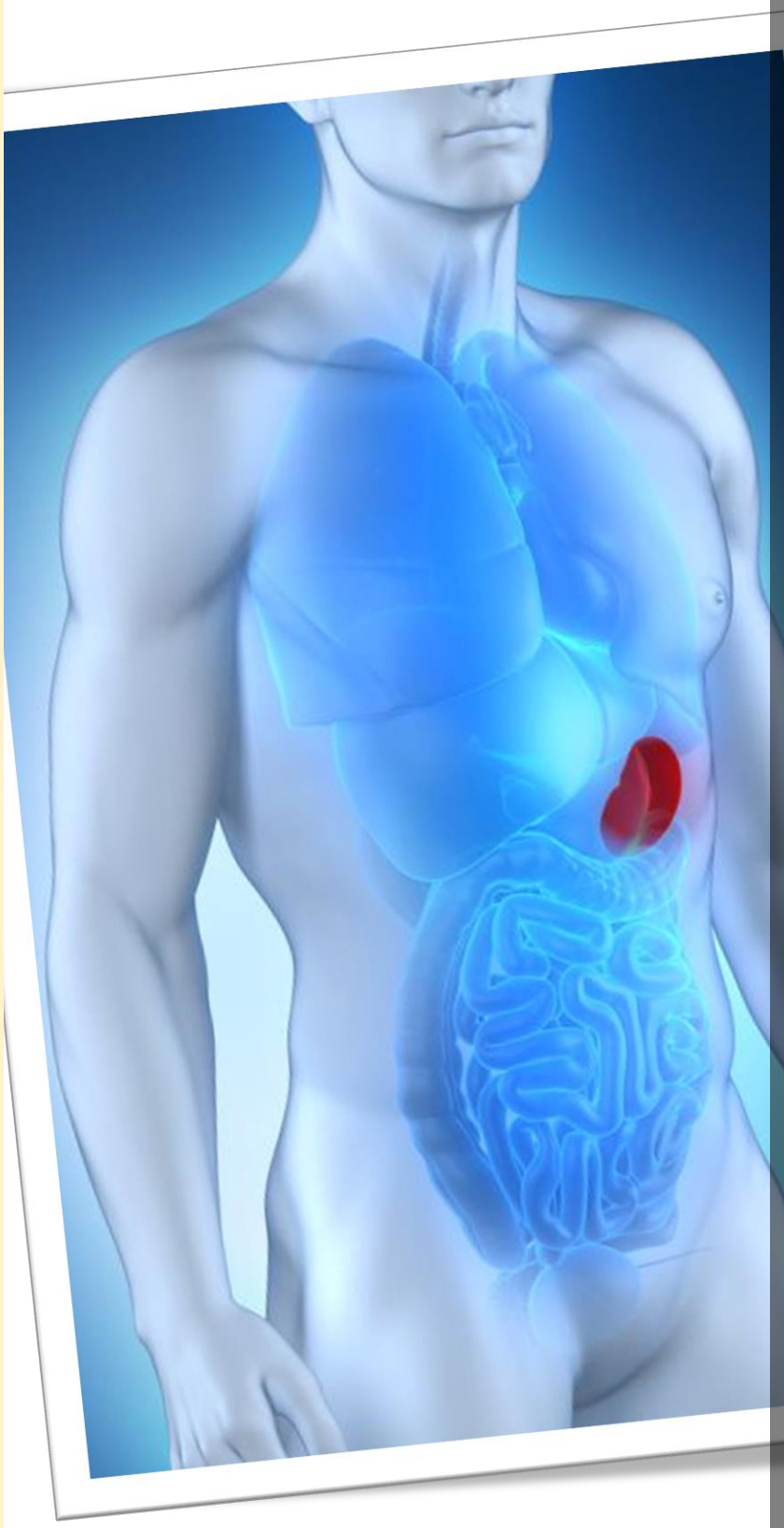


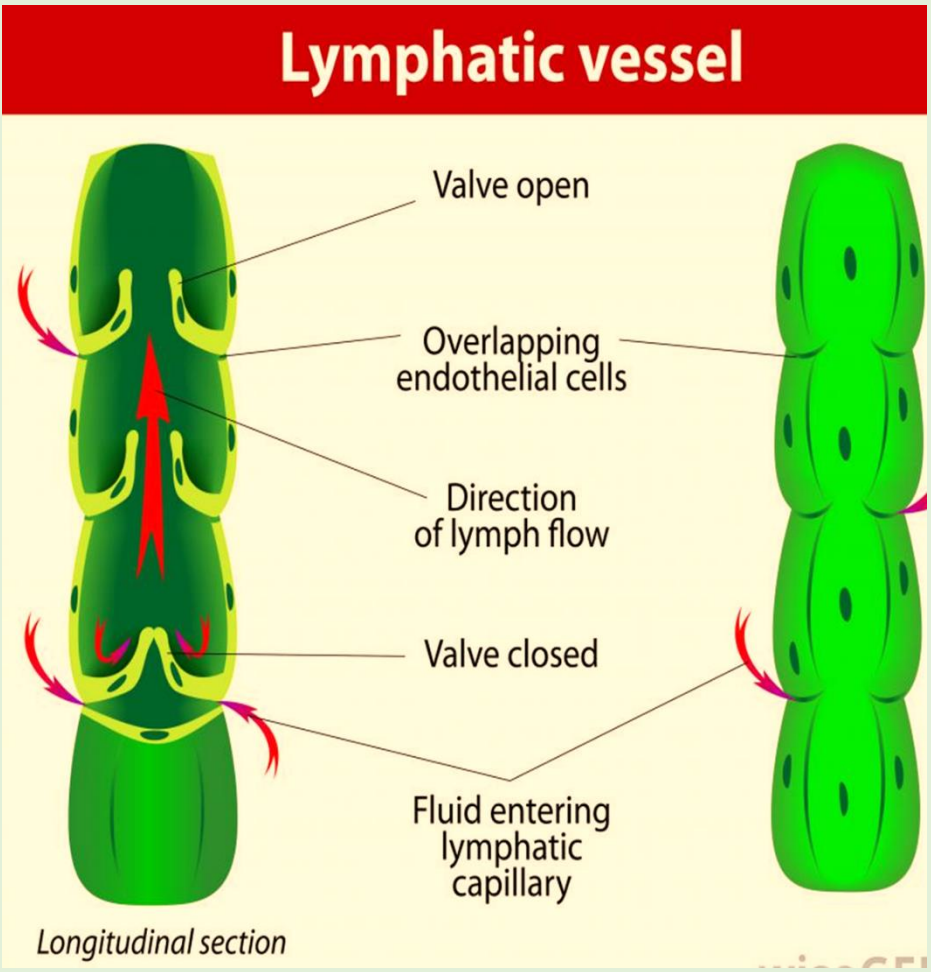
The cysterna chyli is a small, dilated sac which is part of the lymphatic system. It receives a milky fluid called chyle containing fat droplets which drains from the lacteals of the small intestine into the lymphatic system during digestion.

The main function of the cysterna chyli is the receipt and temporary storage of lymph as it traverses upwards through the body from the lower extremities, non-alimentary viscera, and the abdominal wall. It is one of the two reservoirs of body and lymph fluids. It is approximately 6 cm in length.

The cisterna chyli is a retro-peritoneal structure located posterior to the abdominal aorta on the anterior aspect of the bodies of the 1st and 2nd lumbar vertebrae. There it forms the primary lymph vessel as a conduit for the thoracic duct which transports lymph and chyle via the aortic hiatus of the diaphragm to the junction of the left subcalvian and internal jugular veins before going back to the heart.

The lymphatic system has many functions and is an essential component of the body. First and foremost, its main function is to maintain fluid and protein balance within the body. This intricate system returns excess tissue fluid to the blood, and it absorbs fats and vitamins from the digestive tract to deliver them to the circulatory system.

The lymphatic system is also renowned for being part of the immune system, as it acts as a defence mechanism against invading microorganisms and disease.



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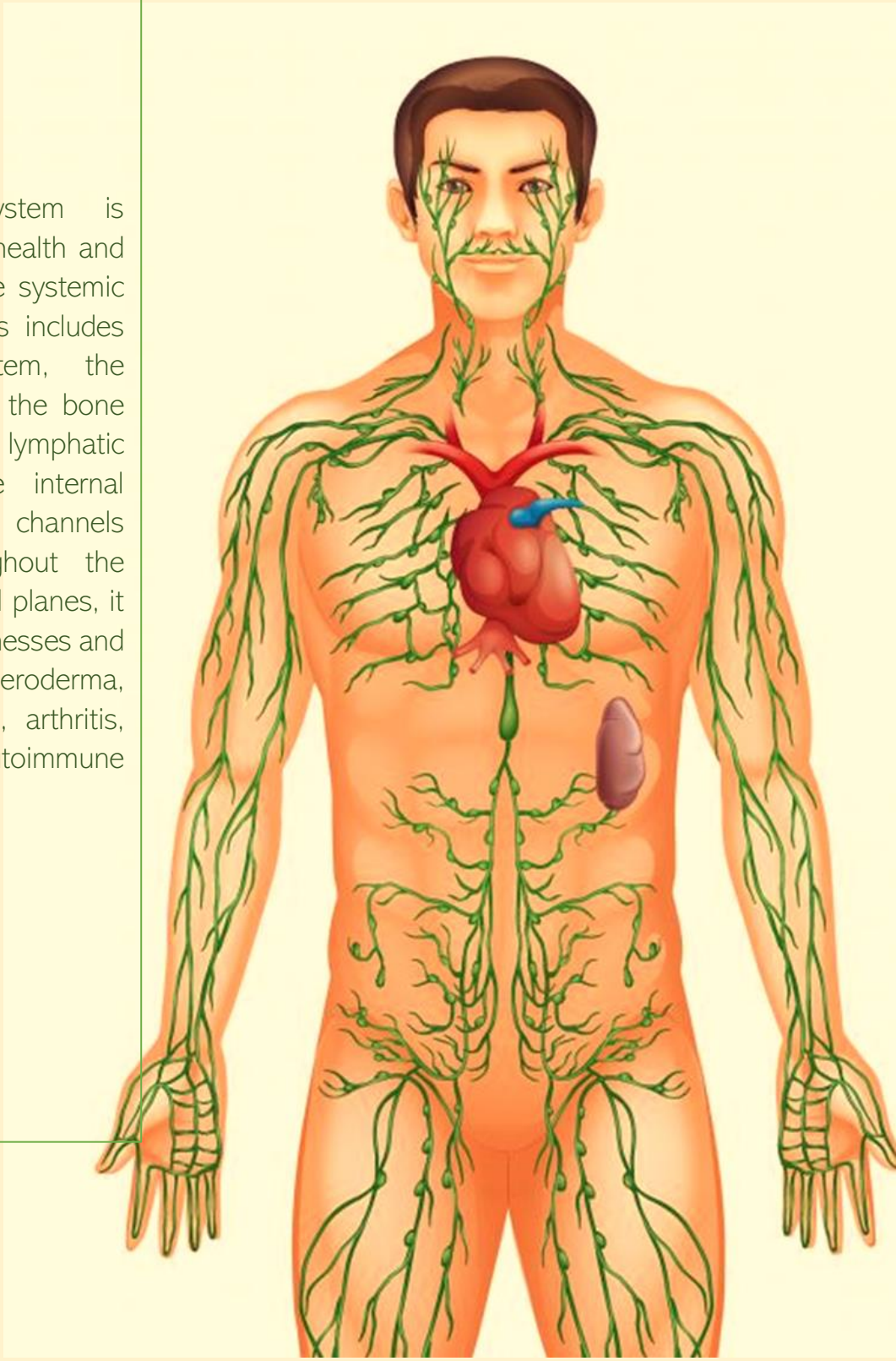
The lymphatic system is vital as it is the network that moves fats throughout the body. The lymphatic vessels often referred to as the "watersheds "deliver lymph from capillaries into large veins in the neck, where the lymph is coursed into the bloodstream and delivered to the heart.

Throughout this closed system, there are lymph glands strategically placed within the vessels that filter through the lymph as it traverses the system. About 10% of the fluid in the blood that is filtered by the capillaries, along with proteins, becomes trapped in the tissues of the body or within "interstitial space". This loss of fluid could potentially be life threatening, however the lymphatic system returns it to the circulatory system, where the cysterna chyli holds it before it is returned to the bloodstream.

The lymphatic system is associated with the health and function of the entire systemic vascular system. This includes the digestive system, the spleen, thymus, and the bone marrow. If a lymphatic insufficiency of the internal organs develops, or channels are blocked throughout the fascial interconnected planes, it can lead to various illnesses and diseases such as scleroderma, lupus erythematosus, arthritis, and various autoimmune disorders.



The Effects of Parent Drug Use to Their Children

What are alcohol and other drugs?

Alcohol and other drugs are psychoactive substances that have a physiological and psychological effect when ingested into the body. They act on the central nervous system and change the way a person thinks, feels, and behaves. Some of the commonly used Psychoactive substances are tobacco, alcohol, prescribed or over the counter medication (painkillers such as aspirin, Panadol, and morphine; sleeping tablets such as Valium; dexamphetamine and antidepressants), illegal drugs such as cannabis, ice, heroin, cocaine, performance, and image enhancing drugs, such as steroids, new psychoactive substances, such as synthetic or herbal cannabis or cocaine, caffeine.

Parental use of drugs

The use of alcohol or other drugs by a parent does not solely result in poor parenting practices but can also develop the risk of child abuse and neglect. The ability to care for a child can be impacted by the parents' misusing drugs. Parental use of drugs often indicates that a family may be experiencing other issues, such as poor mental or physical health, domestic and family violence, poverty and have limited social support. Some parents using drugs may hide the signs.

Furthermore, signs of substance use may be mistaken for other physical, intellectual, or mental health issues.

Some of the common signs indicating drug usage are:

- Shaking or shivering
- Red or watery eyes
- Weight loss
- Behavioural change
- unusual smells on breath, body or clothes (like smoke, alcohol, petrol or paint fumes dilated or tiny pupils
- injection marks

Qualified professionals like doctor or clinician experienced in specialist alcohol and other drugs treatment are responsible for assessments regarding substance use or misuse.

Effects of parental use of drugs on children

Certain signs or behaviours of child can help to identify about them not receiving adequate parental care or experiencing child abuse and neglect. Following are the impacts of parental use of drugs on children:

- Neglect and physical, sexual, or emotional abuse
- Experience Emotional stress
- Development delay
- Develop social, emotional and behaviour problems
- Inconsistency in attendance at School
- Child not being clothed properly
- Child might have poor personal hygiene
- Child's poor physical, mental, and nutritional condition
- Child may learn to use drugs from parents, and it becomes intergenerational problems
- Inability of parents to provide all the basic needs
- Lack of confidence

Sumita Gurung
Front Office Receptionist & Social Support work

Muscle of The Month

Scalene Muscle

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Scalene

The scalene muscles are three paired muscles (anterior, middle, and posterior) located in the lateral aspect of the neck. Collectively, they form part of the floor of the posterior triangle of the neck. The main functions of these muscles are flexion, lateral flexion, and rotation of the neck. Moreover, they are the accessory muscles of respiration, elevating the ribs during forced inspiration.

Scalenus anterior muscle

Origins and Insertions

The scalenus anterior muscle is the anterior most of the three scalene muscles. It originates from the anterior tubercles of transverse processes of the vertebrae C3-C6. The muscle takes an inferior, almost vertical, course towards the thoracic cage. It gives off a single flat tendon, that inserts onto the scalene tubercle and superior border of first rib, just anterior to the groove for subclavian artery. It inserts onto the inner border of the first rib behind the groove for subclavian artery, with a few slips also attaching to the pleural dome. Due to its pleural attachment, it is believed that this muscle tenses the pleural dome.

Function

The scalenus anterior muscle acts on the joints between the cervical vertebrae. Depending on the position of the head and the type of muscle contraction, the scalenus anterior can produce the following movements:

•When the costal attachment is fixed, bilateral contraction of the muscles causes the flexion of the neck.

•When the head is the anatomical position (upright and facing anteriorly), unilateral contraction of the muscle causes ipsilateral flexion of the neck (to the same side).

Blood Supply

The blood supply to all scalene muscles comes from the ascending cervical branch of inferior thyroid artery. The inferior thyroid artery itself is an indirect branch of the subclavian artery via the thyrocervical trunk.

Innovation

The scalenus anterior receives its nerve supply from the anterior rami of the spinal nerves C4-C6.

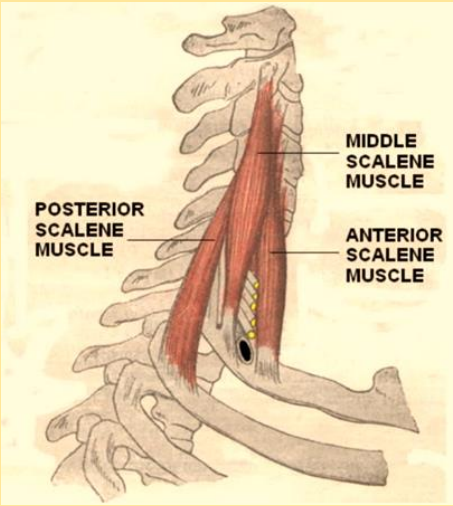
Scalenus Medius muscle

Origins and Insertions

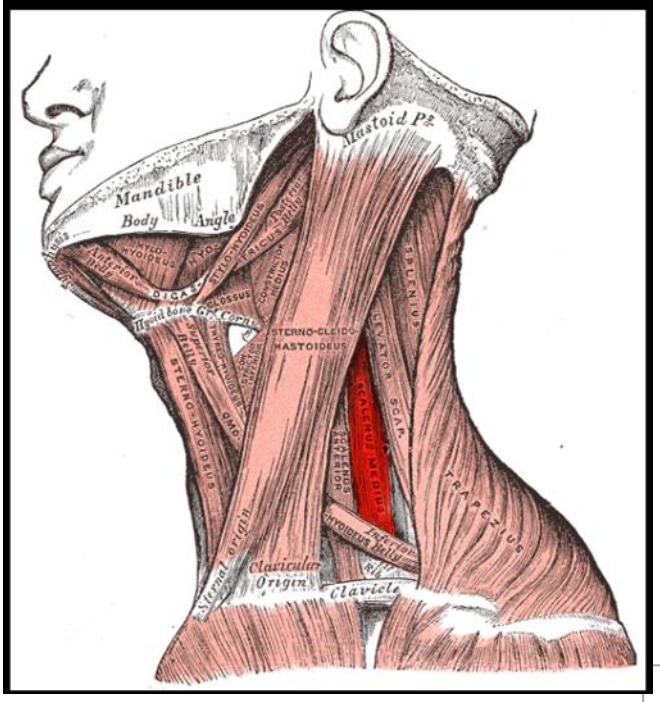
The scalenus Medius muscle is the largest and the longest of the scalenes. It originates from the transverse processes of axis (C2), transverse processes of atlas (C1), and the posterior tubercles of transverse processes of the vertebrae C3-C7. The muscle fibres extend posterolaterally to form a tendon, which inserts into the superior border of the first rib. The insertion site is located posterior to the groove for subclavian artery and anterior to the tubercle of first rib.

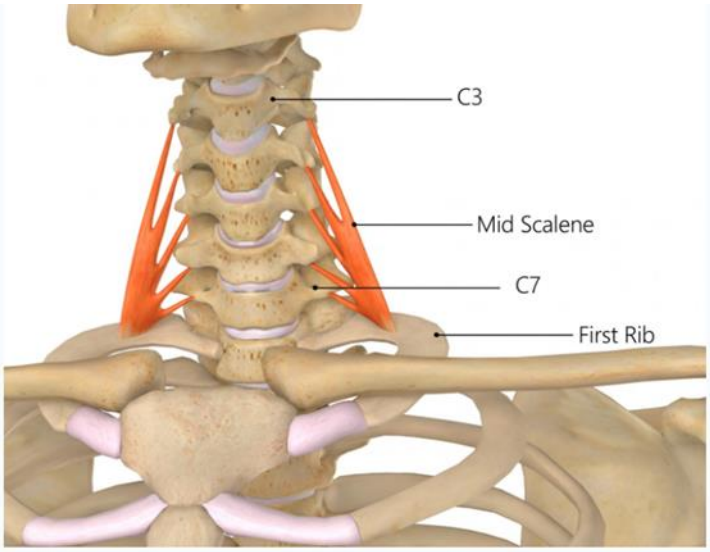
Function

The contraction of the scalenus Medius muscle produces strong ipsilateral flexion of the neck. In the same manner, as the scalenus anterior, this muscle helps to stabilize or raise the 1st rib during respiration, when its vertebral attachment is fixed.



Middle scalene





Blood Supply

Just like the scalenus anterior, the scalenus medius receives its blood supply from the ascending cervical branch of the inferior thyroid artery.

Innovation

The innervation to the scalenus medius is delivered by the anterior rami of cervical spinal nerves C3-C8.

Scalenus posterior muscle

Origins and Insertions

The scalenus posterior is the smallest of the scalene muscles. Its fibers originate from the posterior tubercles of transverse processes of cervical vertebrae C5-C7. The muscle extends posterolaterally and tapers into a thin tendon, which inserts into the external surface of the 2nd rib. The site of insertion is located posterior to the attachment of the serratus anterior muscle.

Function

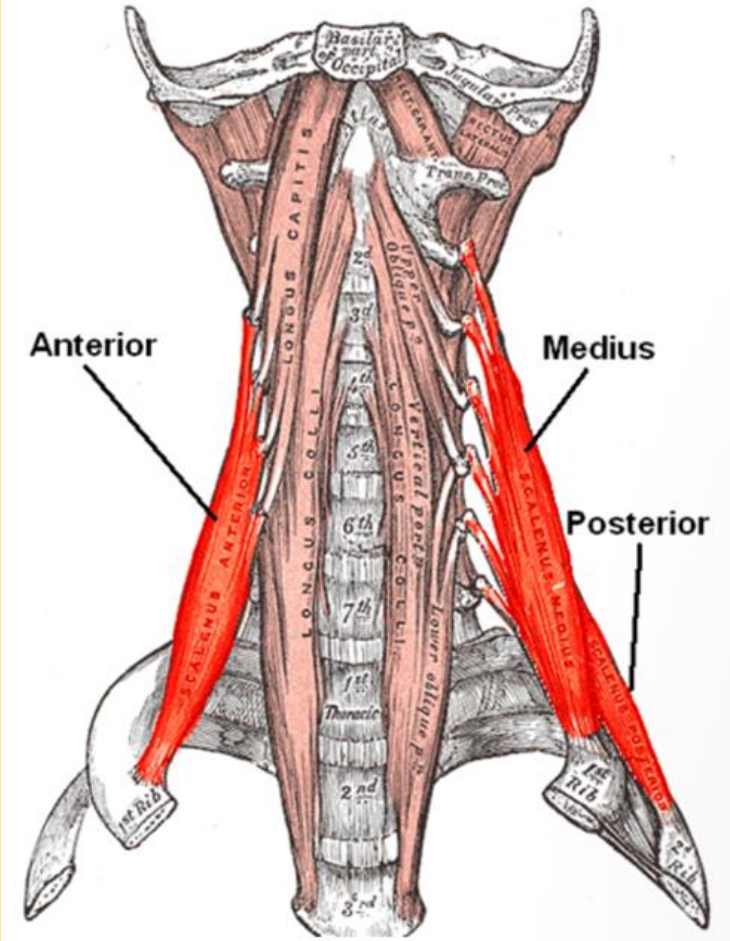
When the costal attachment of the scalenus posterior muscle is fixed, the unilateral contraction of the muscle results in the ipsilateral lateral flexion of the neck. When the vertebral attachment is fixed, the muscle helps stabilize or elevate the 2nd rib during respiration.

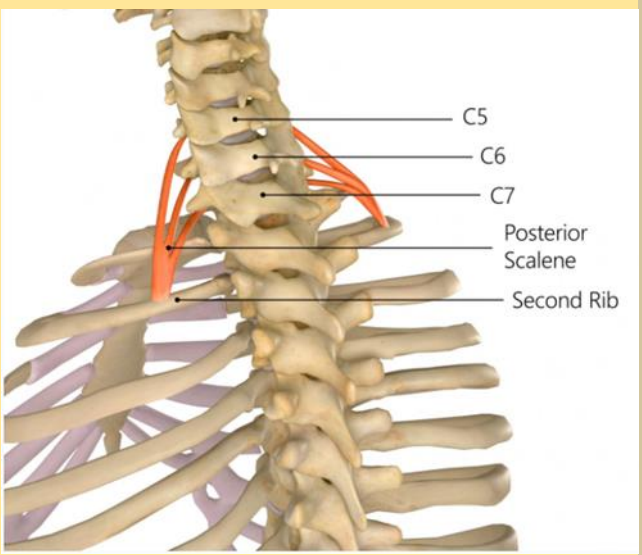
Blood Supply

Just like the other scalenes, scalenus posterior receives its vascular supply from the ascending cervical branch of the inferior thyroid artery. In addition, it receives some blood from the superficial branch of the transverse cervical artery, a branch of the thyrocervical trunk.

Innovation

The scalenus posterior muscle is innervated by the anterior rami of spinal nerves C6-C8.





Injuries/Poor Functionality

Scalene myofascial pain syndrome is a regional pain syndrome wherein pain originates over the neck area and radiates down to the arm. Scalene myofascial pain syndrome is a well-known medical entity, it is often misdiagnosed as being some other neck pain associated with radiculopathy, such as cervical disc prolapse, cervical spinal stenosis and thoracic outlet syndrome. Because scalene myofascial pain syndrome mimics cervical radiculopathy, this condition often leads to mismanagement, which can, in turn, result in persistent pain and suffering. In the worst-case scenarios, patients may be subjected to unjustifiable surgical intervention. Because the clinical findings in scalene myofascial pain syndrome are "pathognomonic", clinicians should be aware of ways to recognise this disorder and be able to differentiate it from other conditions that present with neck pain and radiculopathy. Trigger point activity in the Scalene muscle group plays a significant role in many upper body pain complaints.

Activities that cause scalene pain and symptoms:

- Whiplash injuries
- Excessive coughing
- Gasping for air (people who suffer with asthma, emphysema, or have bronchitis or pneumonia are especially susceptible to problematic scalene muscles)
- Working for long-periods with head turned to one side
- Sleeping on your stomach with your head turned to one side
- Carrying a heavy backpack or purse
- Wearing a tight collar or tie

Exercise Prescription

To strength scalene sit in a comfortable chair. Place the palm of your right hand on the right side of your head. This hand acts as a stabilizer in the exercise. Begin to move your right ear toward your right shoulder while maintaining the resistance provided by your right hand. Repeat 8 to 12 times on each side. By strengthening the scalene muscle, you will increase your ability to stabilize your cervical spine, which reduces the risk of a future injury.

Another exercise to strength scalene: sit or stand up straight with a resistance band looped around your head. Hold the ends of the band firmly to one side ensuring there is some tension in the band. Pull the band away from your head, resisting the movement by keeping your head in a neutral position. Hold this position, relax and repeat

Key facts about scalene muscles

Anterior Scalene Muscle

Origin: Anterior tubercle of transverse processes of vertebrae C3-C6.

Insertion: Anterior scalene tubercle o rib 1, superior border of rib 1 (anterio to subclavian groove).

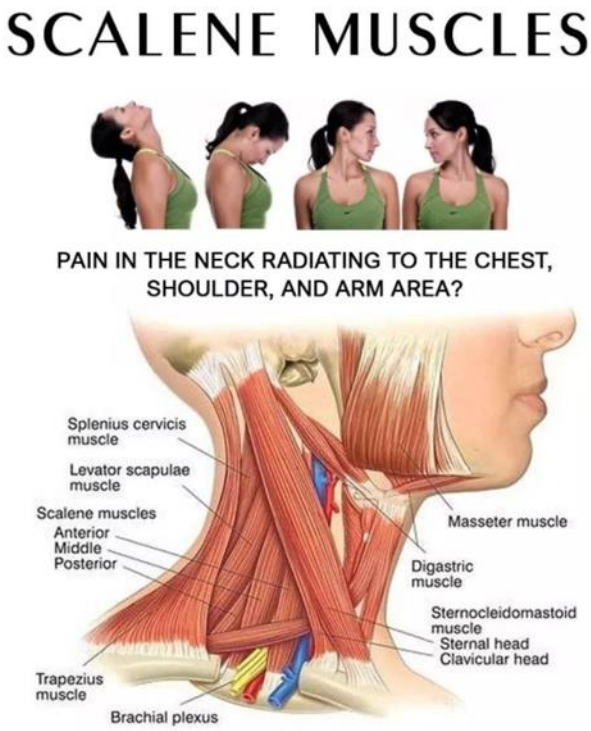
Innervation: Anterior rami of spina nerves C4-C6.

Blood supply: Ascending cervica branch of the inferior thyroid artery.

Function:

- Bilateral contraction - neck flexion

- Unilateral contraction - neck lateral flexion (ipsilateral), neck rotation (contralateral), elevates rib 1



Middle Scalene Muscle

Origin: Posterior tubercles of transverse processes of vertebrae C2-C7.
Insertion: Superior border of rib 1 (posterior to subclavian groove).
Innervation: Anterior rami of spinal nerves C3-C8.
Blood supply: Ascending cervical branch of the inferior thyroid artery.
Function: Neck lateral flexion, elevates rib 1.
Posterior Scalene Muscle
Origin: Posterior tubercles of transverse processes of vertebrae C5-C7.
Insertion: External surface of rib 2.
Innervation: Anterior rami of spinal nerves C6-C8.
Blood supply: Ascending cervical branch of the inferior thyroid artery; superficial cervical artery.
Function: Neck lateral flexion, Elevates rib 2.

Ramon Tupac Perez
Remedial Massage Therapist
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Ethics, simply defined, is a principle that describes what is expected in terms of right and correct and wrong or incorrect in terms of behaviour. It is a branch of philosophy dealing with the issue of morality. It consists of rules and behaviour which defines how a person should behave in specific situations.

Ethics are important not only in business but in academics and society as well because it is an essential part of the foundation on which a civilized society is built. Ethical behaviour is what all career people should aim to have. Not just the ethical attribute but exceptional behaviour with this regard.

Nursing Ethics

Nursing ethics is the applied discipline that addresses the moral features of nursing practice. It is a subset of health care ethics or bioethics. Three dimensions of nursing ethics interrelate as they prescribe ethical norms, describe ethical aspects of nursing, and generate ethical guidance.

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Principles of Nursing Profession Nursing Profession

Autonomy: respect for decisions a person makes concerning their own lives. This includes the duty not to interfere with the decisions of competent adults

Beneficence is the obligation to bring about good in all our actions.

Nonmaleficence The obligation not to harm others: "First, do no harm." Where harm cannot be avoided, we are obligated to minimize the harm we do.

Justice The obligation to provide others with whatever they are owed or deserve. In public life, we have an obligation to treat all people equally, fairly, and impartially.

Ethics are a fundamental part of nursing. All nurses have respect for their patients, protect their rights and maintain dignity. Nurses create a favourable environment for mutual trust and respect between the patients and

Nurses maintain a high level of professional competency by participating in professional development and continuing their education. The ethical responsibilities for nurses include promotion of health, alleviating suffering and preventing disease.

Code of Ethics for Nurses states that nurses have the responsibility to provide care to patients as well as their families or associated groups. The code lays emphasis on the fact that at times, patient care goes beyond an individual. At such times, it is essential to inform the family, community, or business associates about the treatment of a patient and its progress. Sharing patient information only occurs when it is appropriate and within patient privacy laws.

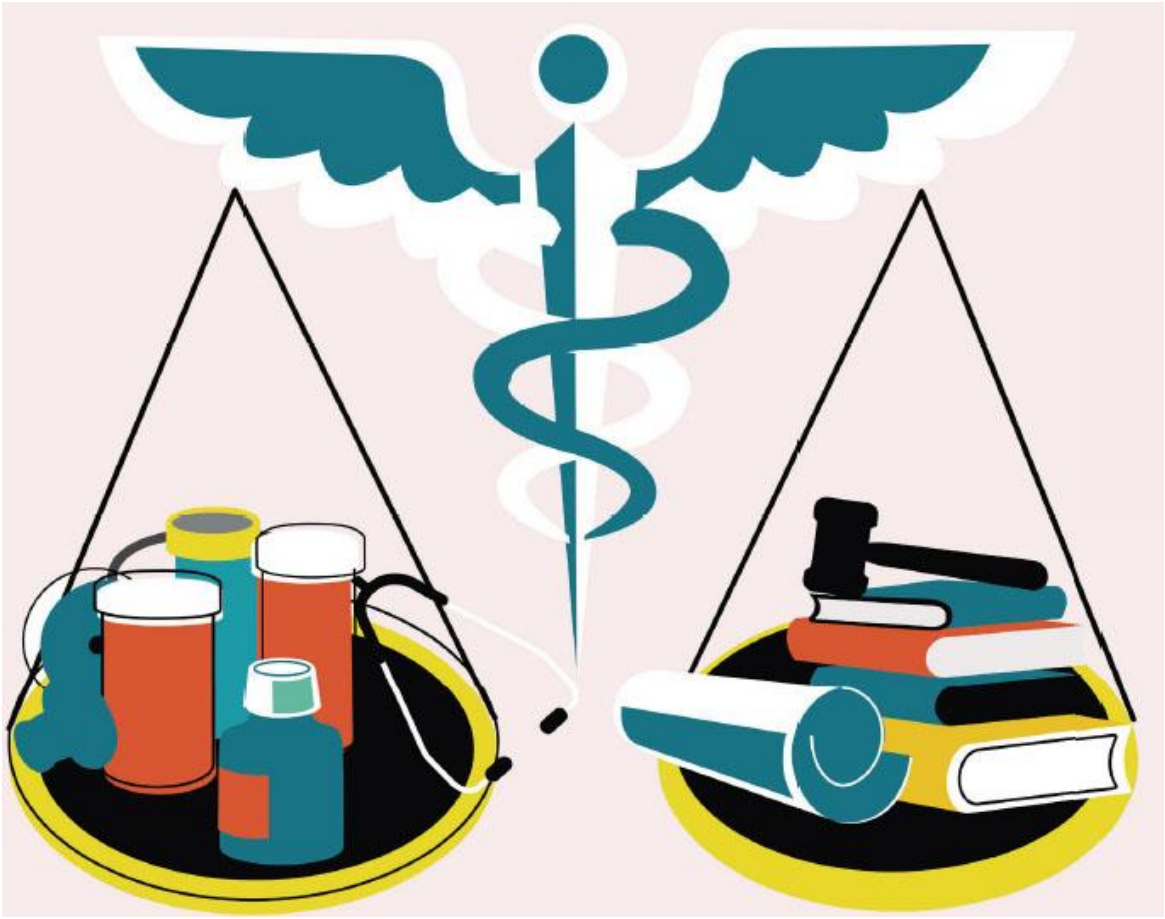
Ethics in Nursing and Morality

Nurses are responsible for reporting any immoral behaviour by other professionals. They inform their staff leader about healthcare professionals who they find engaging in illegal activities, work with non-reported impairment or demonstrate incompetence. Additionally, nurses intervene is they meet patients who are victims of sexual, domestic, child or elder abuse.

Balancing Job Performance and Nursing Ethics

Ethical nursing makes up a framework for maximum patient care. Ethics is at the forefront of nursing, but nurses balance the requirements of the healthcare systems that they work in and needs of their patients. For instance, Nurses Association recommends that the nurses should:

- Honour and support the rights of their patients
- Advocate for ethical nursing practice
- Serve on the ethics committees
- Resist any compromise on ethics
- Educate nursing students about ethics



Patient Rights

The priority of a nurse is to focus on the kind of care and rights of the patients. They put aside any prejudices on the situation and demeanor. For example, a nurse must treat an incarcerated patient in the same way as other law-abiding persons. They also find a way of taming a hostile patient and provide the same level of care they offer to amicable patients.

As a nurse, we offer advice, but a patient has a right to make their decisions about health care. Part of the decision includes accepting or refusing to get treatment. Patients expect to get accurate and full information about their health conditions. Since the nurses are knowledgeable about medical terminology, it is their role to explain information to their patients for them to understand and determine the best options.

The bar for sticking to ethics in nursing is high because, for 14 years in a row, Gallup poll rates it as the most ethical and honest profession.

Nursing is a profession that involves care for persons from all backgrounds and cultures who are suffering from a wide variety of conditions, including those who are dying. Thus, nursing is a discipline where difficult ethical dilemmas are commonplace. For nurses to successfully make decisions that impact the lives of others, they must obtain an in-depth understanding of healthcare ethics. Olsen states that "nurses invoke the term ethics when questions of morality—right and wrong—arise. Ethics often come into play when a nurse's passion or concern is aroused by issues of respect for a patient and her or his rights.

Ethics has been defined as moral principles governing a person's behaviour or the conducting of an activity. Ethics involves systematizing, defending, and recommending concepts of right and wrong behaviour and is concerned with what is good for individuals and society. Ethics in nursing may concern topics such as general moral provisions, clinical practice, administration, research, education, and interactions with patients, their families and fellow healthcare workers.

Societal ethics refer to the agreement to live by rules which may be externally imposed by laws and leaders or internally imposed by the common morality. Being a member of a profession constitutes a smaller society within the greater society which involves incorporating the obligations and virtues of that smaller "society." These obligations and virtues are added to our already assumed obligations as members of the larger society. Epstein and Turner posit that "to practice competently and with integrity, today's nurses must have in place several key elements that guide the profession, such as an accreditation process for education, a rigorous system for licensure and certification, and a relevant code of ethics."

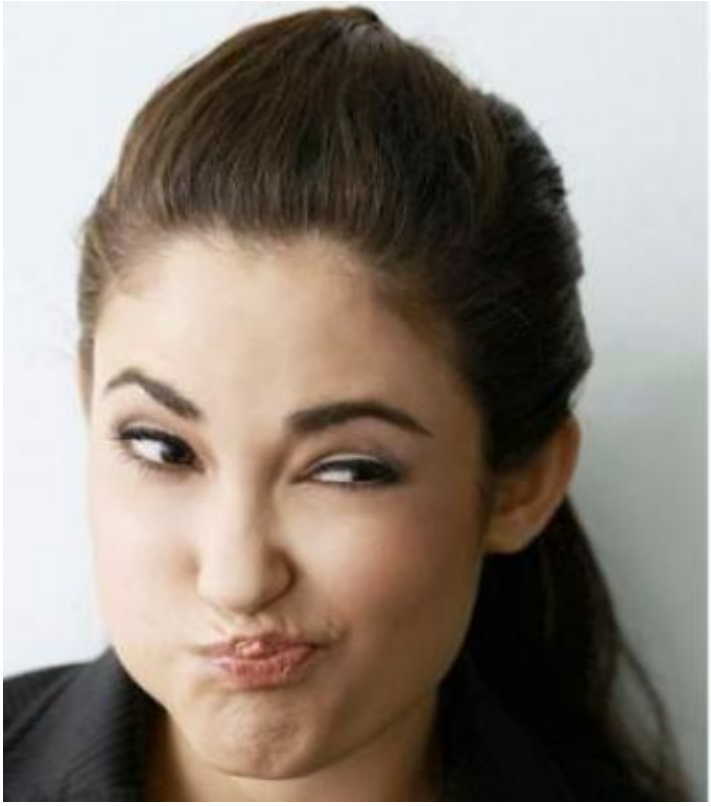
Florence Nightingale was the first to set out guidelines for ethical nursing practice....

"It may seem a strange principle to enunciate as the very first requirement in a Hospital is that it should do the sick no harm"

1859

Akriti Kafle

Front Office, Nursing Student



MARQUEE HEALTH

EXERCISE PRINCIPLES

FACIAL EXPRESSION

The human face is the most sophisticated and context-rich communication tool that ever existed. It has developed for its multi-faceted purpose over millions of years of evolution. Whenever we feel joy or sorrow, become scared or surprised, our facial muscles contract and relax with precision in general harmony. They deliver our message to the observer.

The presentation of the face and the ability to demonstrate an understanding or convey a message through expression can be an indication of functional ability on a systemic, neural, and musculoskeletal level.

Facial expression is imperative in the system's ability to react to emotion, stress, pain, and spontaneous response to sudden activity such as shock, danger, and the general ability to remain alert.

The muscles of the face, which are mostly innervated by the 7th cranial nerve known as the facial nerve splits into five primary branches: the zygomatic, buccal, mandibular, temporal, and cervical. The highly innervated region that also relies on a consistent blood supply to enact the multifaceted actions has many channels, contours, fossas, foramens, sockets, and sinuses to traverse to maintain the intricate network that facilitates the front of the cranial vault.

The muscles of facial expression are in the subcutaneous tissue, originating from bone or fascia, and inserting onto the skin. By contracting, the muscles pull on the skin and exert their effects. They are the only group of muscles that function this way.

The facial muscles can be broadly split into three groups: Orbital, nasal, and oral.

The orbital group of facial muscles contains two muscles associated with the eye socket. These muscles control the movements of the eyelids, important in protecting the cornea from damage. They are both innervated by the facial nerve.

The nasal group of facial muscles are associated with movements of the nose, and the skin around it. There are three muscles in this group, and they are all innervated by the facial nerve.

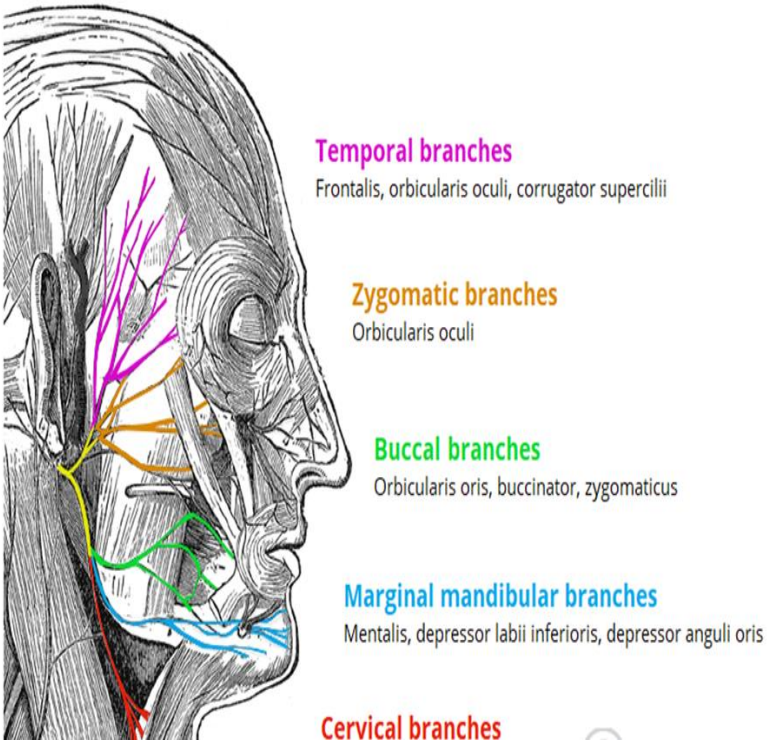
The oral group are the most important group of the facial expressors: responsible for movements of the mouth and lips. Such movements are required in singing and whistling and add emphasis to vocal communication.

Clinical relevance

If the facial nerve becomes damaged, the orbital muscles will cease to function. As they are the only muscles that can close the eyelids, this has some serious clinical consequences. If the eyelid cannot close the cornea tends to dry out which is known as keratitis.

When the lower eyelid droops it is called ectropion. Lacrimal fluid pools in the lower eyelid and cannot be spread across the surface of the eye. This can result in a failure to remove debris, and ulceration of the corneal surface.

The test for facial nerve palsy involves raising the eyebrows and closing the eyelids. If the facial nerve is dysfunctional, the oral muscles can become paralysed. The patient may present with difficulty eating, with food collecting between the teeth and cheeks. The tissue around the mouth and cheeks can sag and is drawn across to the opposite side while smiling.



Summary

The muscles and the network of nerves, blood vessels and connective tissue that enable their activity are at the forefront of human response and indicative to the health and wellness of the individual. The intrinsic sensory perception and detail from expression notably indicates the coordination and perceptive regulation systemically.

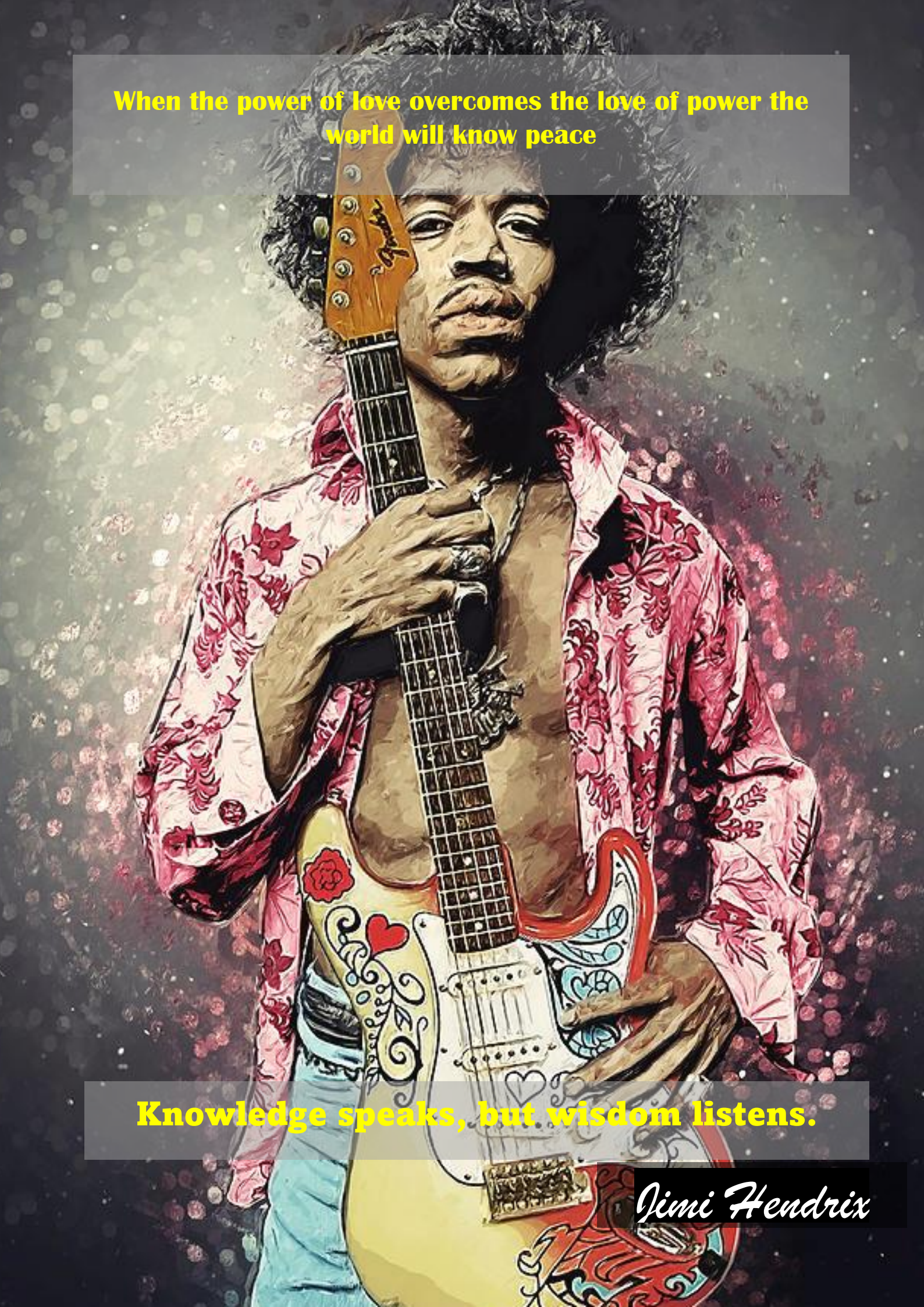
Osteopathic prescription

Exercise principles for the muscles and the innervative and circulatory mechanisms that enable the complex network can involve enhanced expression around expansion of the orbital / nasal and oral cavities.

Opening the eyes wide, lifting the nose with full expansion of the mouth through different diameters can encourage circulation and relieve aspects of stasis or congestion unblocking channels and pathways. This can take pressure and pain away from the eyes and the frontal sinus canals across the face, while potentially loosening nasal septa for better breathing habits.

The heightened practice of facial expressions may loosen skin enabling detoxification of peripheral substances such as lymphatic fluid, lactic acid enabling glands to work effectively through the pumping activity of repetitive expression.

Dr. James C. Phillips
Osteopath, Director of Marquee Health Clinic


When the power of love overcomes the love of power the world will know peace
Knowledge speaks, but wisdom listens.
Jimi Hendrix

MARQUEE HEALTH CLINIC

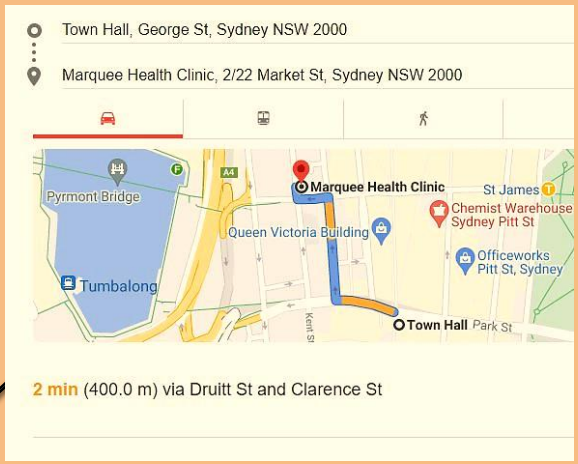
DIRECTION & SERVICES

Acupuncture

Ayurvedic Beauty Therapy/Skin Care

Remedial Massage Therapy

Osteopathy



Location Townhall Station to Marquee Health Clinic

Parking Available

383 Kent St, Sydney NSW 2000

Wilson Parking - 201-207 Kent St

Contact Us On 0292993557 or

Email: info@marqueehealth.com.au

Suite-3, Level-2, 22 Market St,
Sydney NSW 2000

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