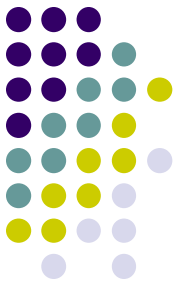




HEALTH AWARENESS PROGRAM



CENTRAL HEALTH BOARD PRESENTATION

Topic : Hajj Medical Talk

By Prof. Karim

**At The Ladies Imambargha
for Gents & Ladies**

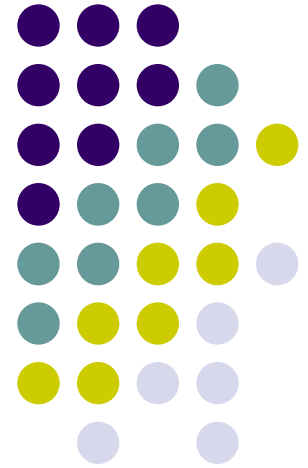
On Tuesday, 27th October 2009

At 7:15 pm

Please do not miss this important session

“Community’s health – CHB’s priority”

HAJF MEDICAL ADVICE



Prof. Karim. Manji

HAJJ. What it involves.

Two stages ; Umra-e-Tamattu and Hajj-e-Tamattu

General principles:

Make sure your money is clean

Intention

Sadaqat-u-Jaariya

Sil-e-Rahm

Huqooq

Forgiveness

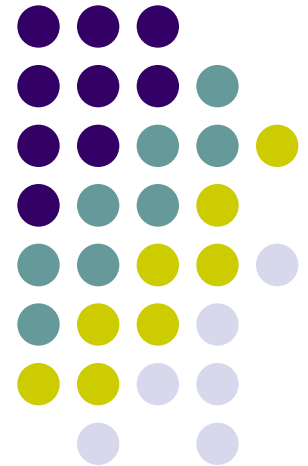
Will

Provision

Qiraat

Masaels

Good Health

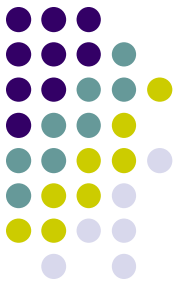


PRE-HAJJ

- Consulting your physician
- Vaccines
 - Meningitis
 - Hepatitis
 - Yellow Fever
 - H1N1 (Swine flu)
 - Cholera
- First Aid Kit
- Cleaning and Hygiene equipment
- Appropriate clothes



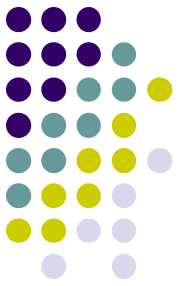
Meningitis



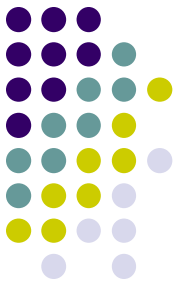
- **Infection of the covering of the brain and spinal cord**
- **Life threatening; severe headache, fever, NECK STIFFNESS progresses to coma and death within hours**
- **Vaccination prevent infection Meningococcal ACWY strain (commonest in congested areas) – 3 years protection.**
- **One dose of ciprofloxacin 500mg helpful in Killing the germs staying in the airways – prevent you from spreading the disease.**
- **Not recommended in pregnant women**

Viral Diseases

- Age group/Immune Status
- Contagion
- Incubation period
- Associated features
 - Lymph nodes
 - Flu-like
 - Malaise
 - Rashes
 - Parotid Swelling
 - Chills and Rigor – goose bumps, sweating



Common examples of Viral fevers

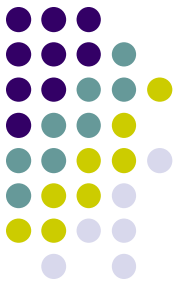


- Mumps
- Measles
- Rubella
- Chicken Pox
- Flu
- Adeno
- **H1N1 (Swine flu)**
- Herpes simplex, Zoster
- Yellow fever
- Infectious Mononucleosis

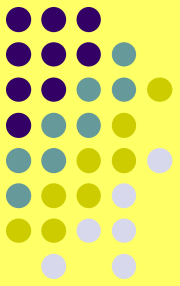


Hepatitis

- **Blood borne disease**
- **Transmission by intimate contact**
- **Blood transfusion.**
- **Highly infectious- a drop in a swimming pool can lead to liver damage, and late cancer of the liver.**

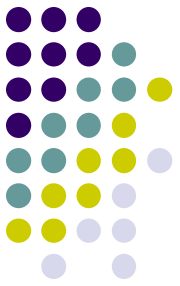


Yellow fever



- Virus exists
- Vector exists
- Potentially serious illness, and fatal in short period of time.
- Mimics many diseases- no cure.

Danger Signs



- Chills
- Neck Stiffness
- Intense headache
- Vomiting
- Confusion
- Loss of Consciousness




DURING HAJJ

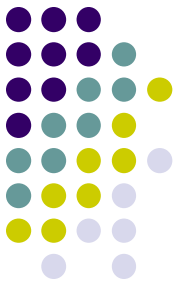


- Watch what you eat
- Drink plenty of water and fluids
- Safety and security
 - Fires
 - Fractures
 - Traffic accidents
- Observe cleanliness and hygiene rules
- Do not exhaust yourself
- Refrain from smoking



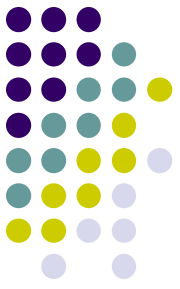
DURING HAJJ

- Keep your medicine safe
- Nose and mouth masks? 
- Be careful when having a shave





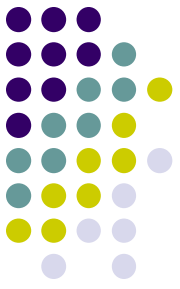




Acquired

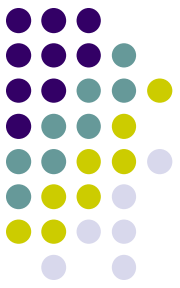
- Respiratory Infections eg. Flu/Colds, pneumonia
- Gastroenteritis
- Skin diseases e.g. Sunburn, scabies, fungal
- Sun stroke and heat exhaustion
- Meningitis
- Sprain and strain
- Post Hajj syndrome

PRECAUTIONS



- Avoid close contacts with patients and never use their belongings
- Avoid crowded areas
- Wash your hands
- Do not drink icy water
- Clean, safe food and personal hygiene
- Well-ventilated clothes
- Drink plenty of fluids





Specific Precautions

- Heat related diseases happen most while:
 - Performing Tawaf at noon
 - Standing in the sun at Arafah at noon
 - In Mina, the slaughter places and the Jamaraat
- For sprain and strain:
 - Stop moving
 - Press on the affected area
 - Cool
 - Raise the affected limb



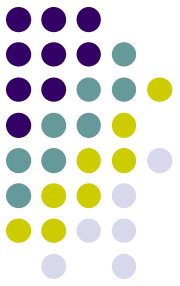


Post Hajj Syndrome

- Fatigue
- Muscle aches
- Headache
- Suntan
- Cold/flu
- Insomnia

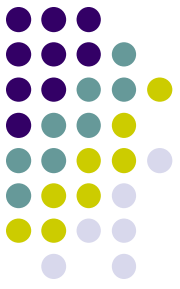


Advice for Pre-existing conditions



- Diabetes:
 - Take care of hypoglycemia
 - Foot cuts and blisters
- Hypertension/BP
- Heart Disease
 - Avoid exhaustion
 - Keep a diet of low fat and salts
 - Perform hajj rituals with the group
 - Take rest immediately when any chest pain arises



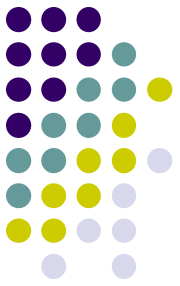


Advice for Pre-existing conditions

- Asthma
 - Must use inhalers before undertaking any strenuous efforts especially during Tawaf and Sa'ee
- Arthritis
- Varicose veins
- Allergies
 - Avoid places, times and activities that may trigger
- Malaria

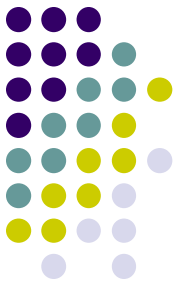


Women



- Delay of menstruation
 - Contraceptive pills
 - Menses regulating hormones
 - Consult gyneacologist before taking any drugs
 - Beware of side effects of the pills
- Pregnant women
 - Carry a complete report of your case
 - Avoid immobility of limbs to prevent clots
 - Drink plenty of fluids
 - Contact the physician in case of any abnormalities

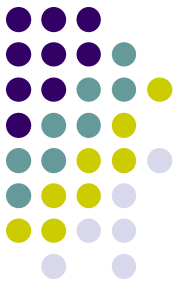
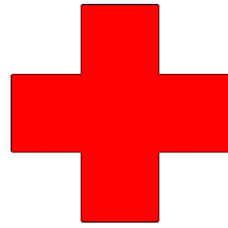
Problem - What to do?



- See the doctor if you are not well.
- Adhere to the Doctor's advice.
- Stick to the announced clinic timings – this way the services will be optimized by the doctors and staff.
- In case of emergency, consult the doctors with due consideration.....



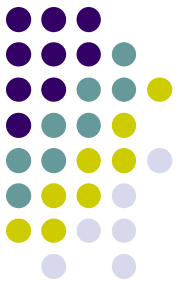
Clinics



- Timings on the wall, elevator and other areas.
- Usually accessible at various gatherings, for any minor questions or clarifications.
- Emergencies will be handled swiftly, and in case doctors not available at the residence/bus, please contact volunteer, who shall help.
- Care: i. Do not help yourself with medications at the clinic
ii. Please knock before you enter!!



Conclusion



- Good Health ensures a Good Hajj
- All ibadaat should be planned and should have a purpose
- Hajj is no exception

THANK YOU FOR LISTENING