



Christ's School Ado-Ekiti Homecoming 2021

HOT FLASHES, BRITTLE BONES, POT BELLIES & BALD HEAD: THE HEALTH CHALLENGES OF MIDDLE AGE

Prof. Oluwadiya K.S.

1976-81 set

www.oluwadiya.com



**A presentation at the 40th Homecoming Event of the
1975-80 & 1976-81 sets of Christ's School Ado-Ekiti**

October 21 2021

Appreciation

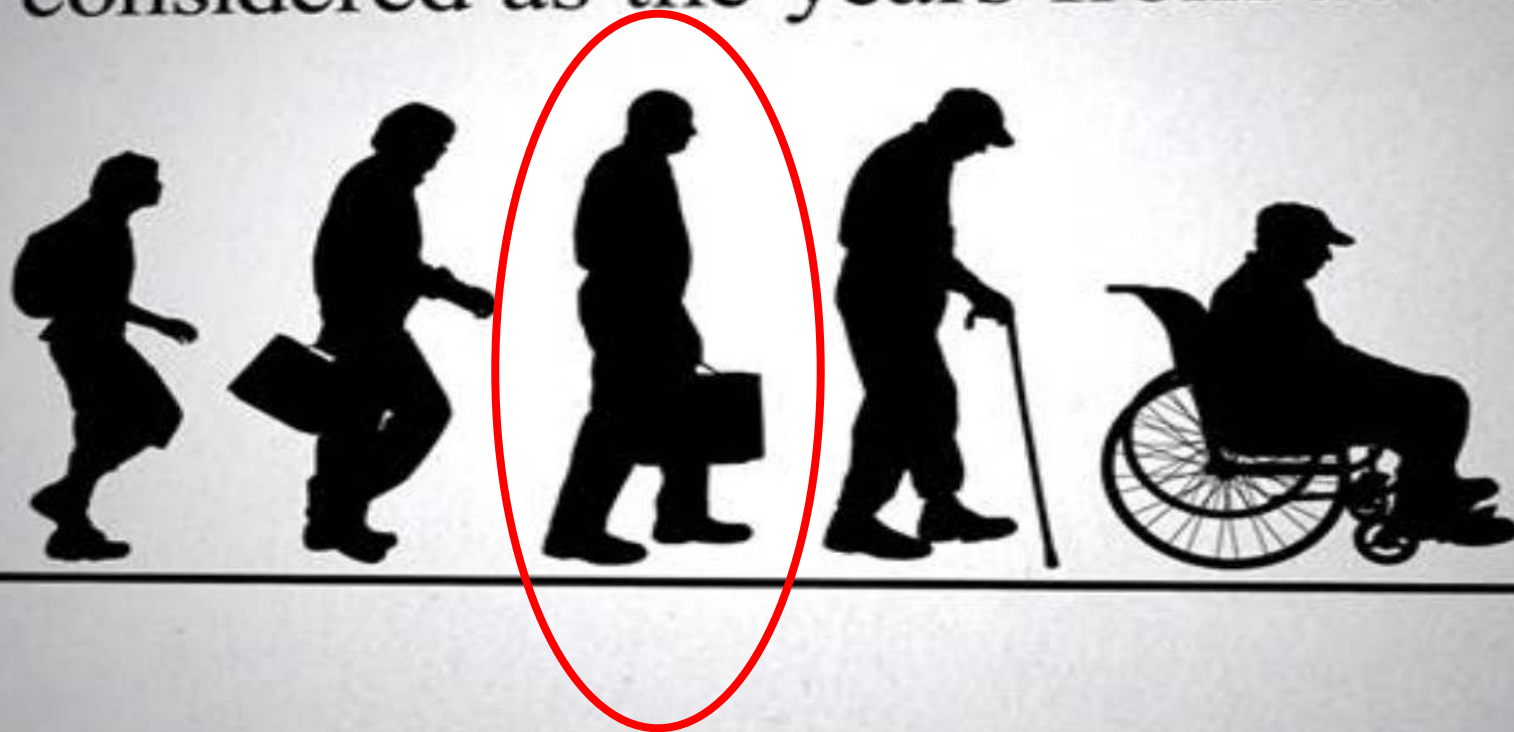
- Thank you for giving me the opportunity to give this talk
- I am honoured



mid • dle age

noun

the period between early adulthood and old age, usually considered as the years from about 45 to 65





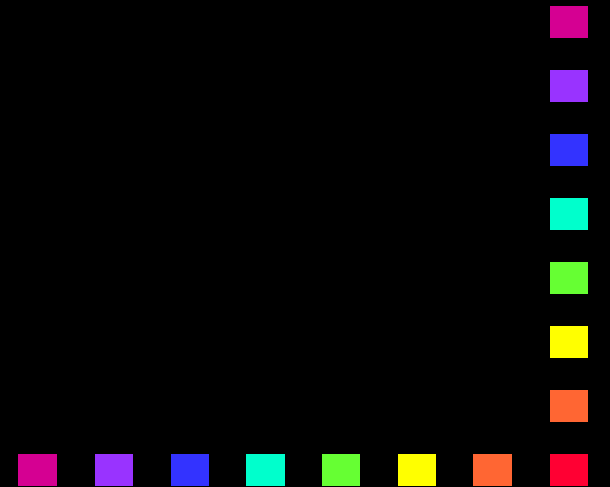
Objectives

1. Know why you need to keep healthy
2. Know what to do to keep healthy
3. Know what to do to prevent some common diseases of the middle aged
4. How you can use your smartphone to keep you healthy

How long would you expect to live: The promise

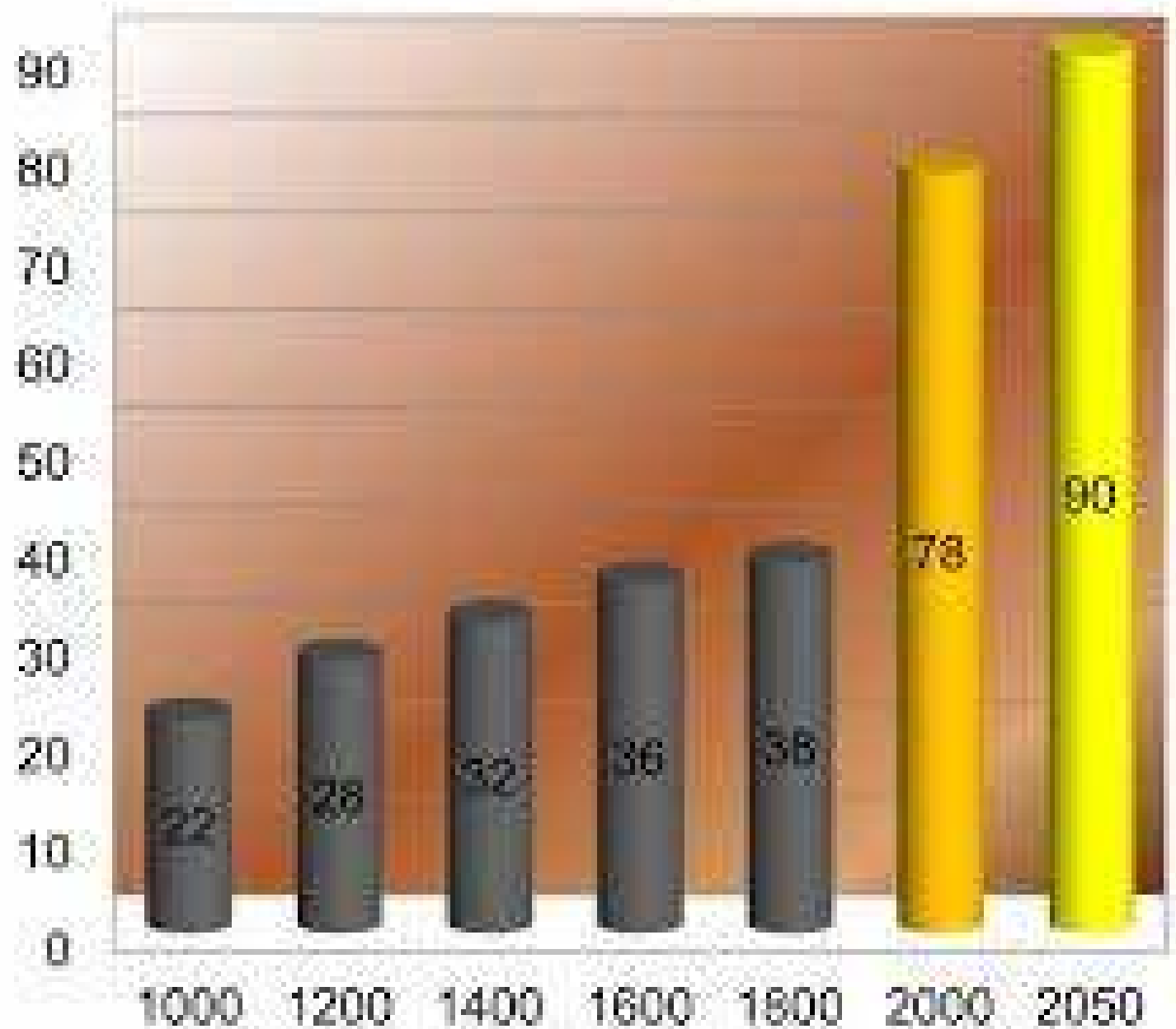
“The days of our years *are* threescore years and ten and if by reason of strength *they be* fourscore years.....”

Psalm 90:10



How long would
you expect to live:
The year factor

Life Expectancy at Birth














































How long would you expect to live: The country factor

54.4 Years

Figure 3. Life expectancy at birth by gender and ranked by selected countries, 1995.

Life Expectancy by Country and Gender

Female			Male		
Country	Years of Life Expectancy		Country	Years of Life Expectancy	
	Japan	82.9		Japan	76.4
	France	82.6		Sweden	76.2
	Switzerland	81.9		Israel	75.3
	Sweden	81.6		Canada	75.2
	Spain	81.5		Switzerland	75.1
	Canada	81.2		Greece	75.1
	Australia	80.9		Australia	75.0
	Italy	80.8		Norway	74.9
	Norway	80.7		Netherlands	74.6
	Netherlands	80.4		Italy	74.4
	Greece	80.3		England and Wales	74.3
	Finland	80.3		France	74.2
	Austria	80.1		Spain	74.2
	Germany	79.8		Austria	73.5
	Belgium	79.8		Singapore	73.4
	England and Wales	79.6		Germany	73.3
	Israel	79.3		New Zealand	73.3
	Singapore	79.0		Northern Ireland	73.1
	United States	78.9		Belgium	73.0
				Cuba	73.0
				Costa Rica	73.0
				Finland	72.8
				Denmark	72.8
				Ireland	72.5
				United States	72.5

Sources: World Health Organization, United Nations; Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System 1990-95 and unpublished

**THEREFORE, HOW LONG YOU WILL LIVE
DEPEND ON MANY THINGS**

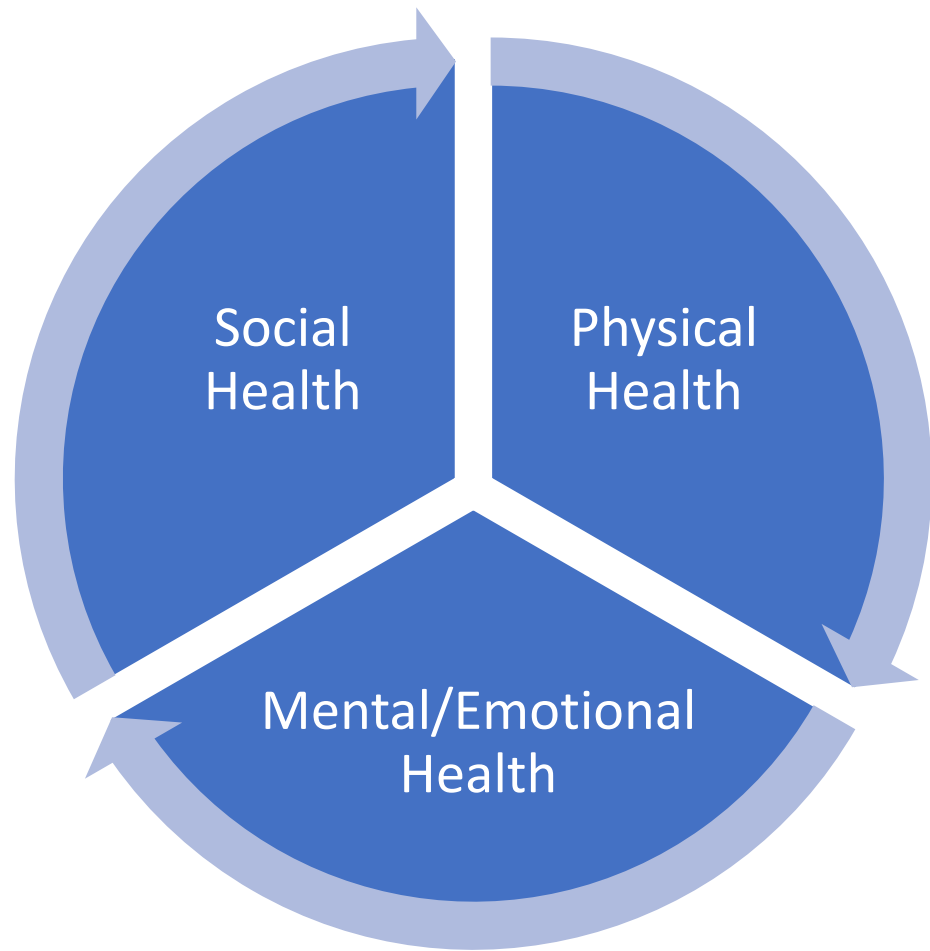


You must watch our health?

1. To live long
2. To enjoy yourself why you're at it



Components of Good health




Who is the Healthy Person?





In the 21st Century, it is predicted that you could live to be 100 years old.



Plan your life
as if you will
live to be 100
years old and
healthy





Leading Causes of Death

- Heart diseases
- Cancer
- Stroke
- Lung diseases
- Injuries
- Infections including HIV/AIDS

.....Often, these can be prevented by improving personal health habits.....

Keys to Good Health

Eating right (Nutrition)

Exercise

Avoid Addictions to Smoking, Alcohol and Drugs

Protect Yourself from Diseases

Get Enough Sleep

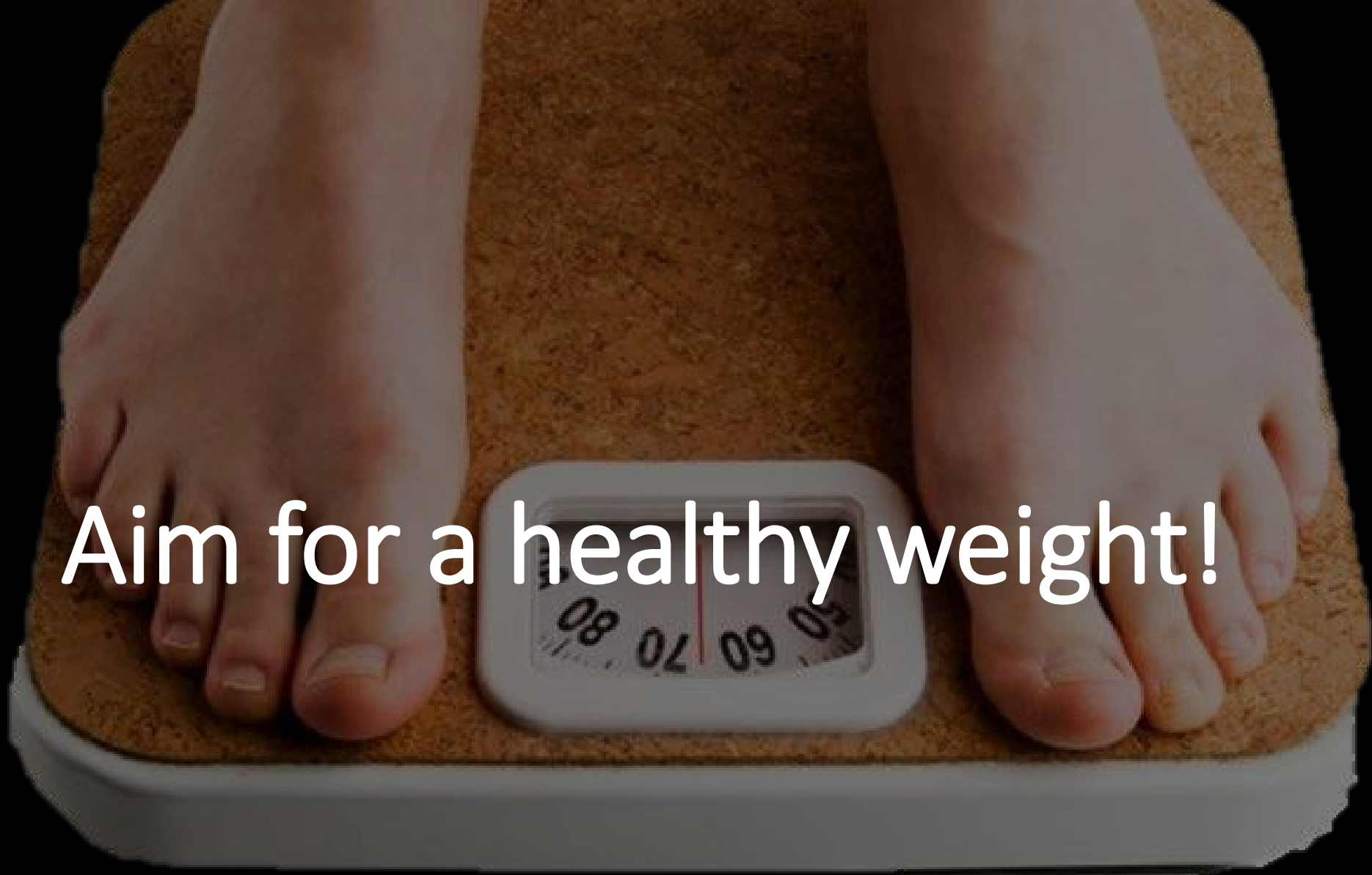
Manage Stress



Eating Right

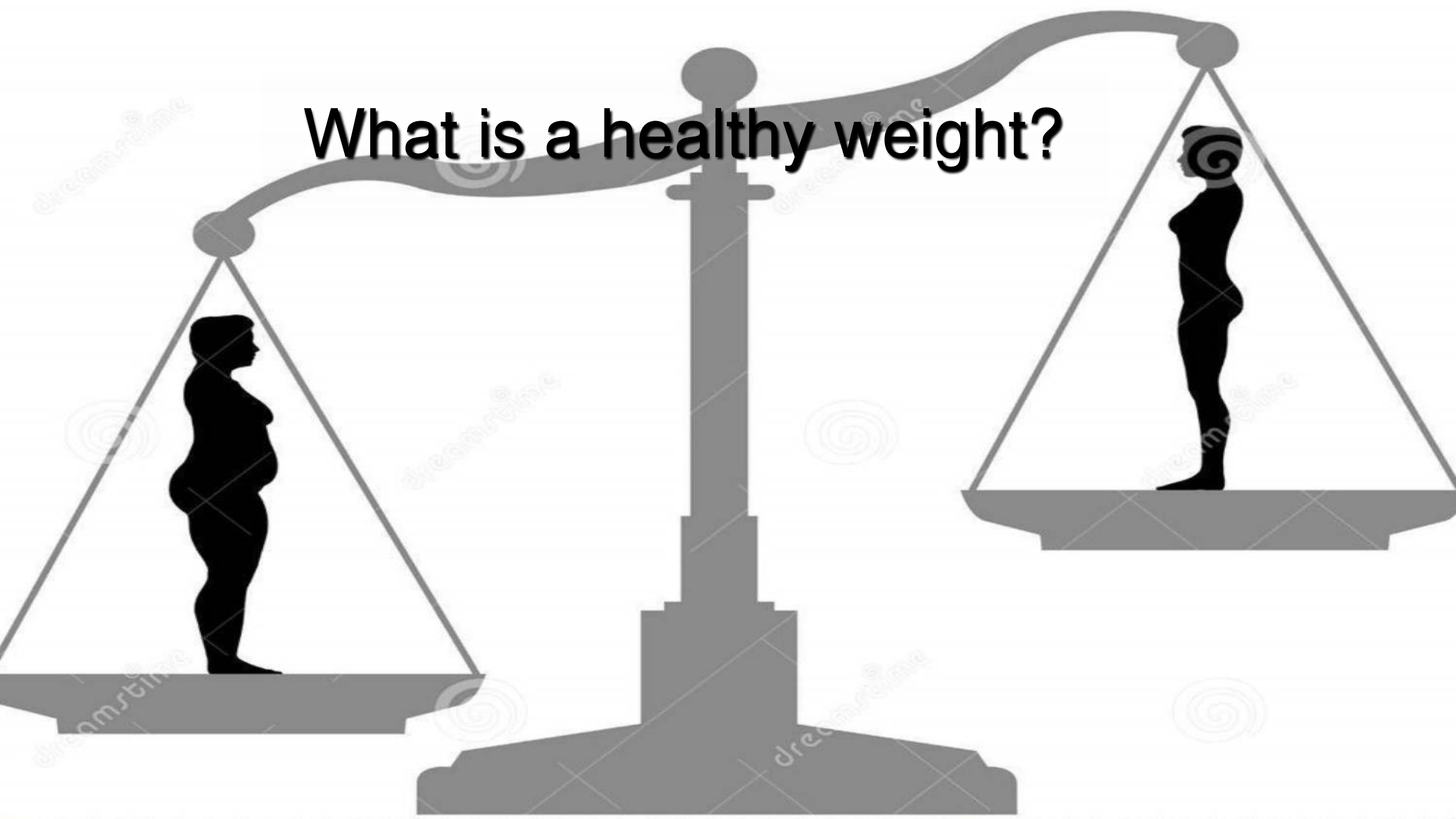
- What is the right way to eat?

Remember
You Are What You Eat



Aim for a healthy weight!

What is a healthy weight?




What is a healthy weight?




Whether your weight can be considered healthy depends on:

- i. Your height
- ii. Your age

A close-up photograph of a person's midsection. The person is wearing a blue, textured t-shirt. Their right hand is holding a yellow measuring tape around their waist. The tape measure is marked in inches, with numbers 27, 28, 29, 30, 31, and 32 visible. The person's left hand is also visible, holding the other end of the tape measure. The background is a plain, light-colored wall.

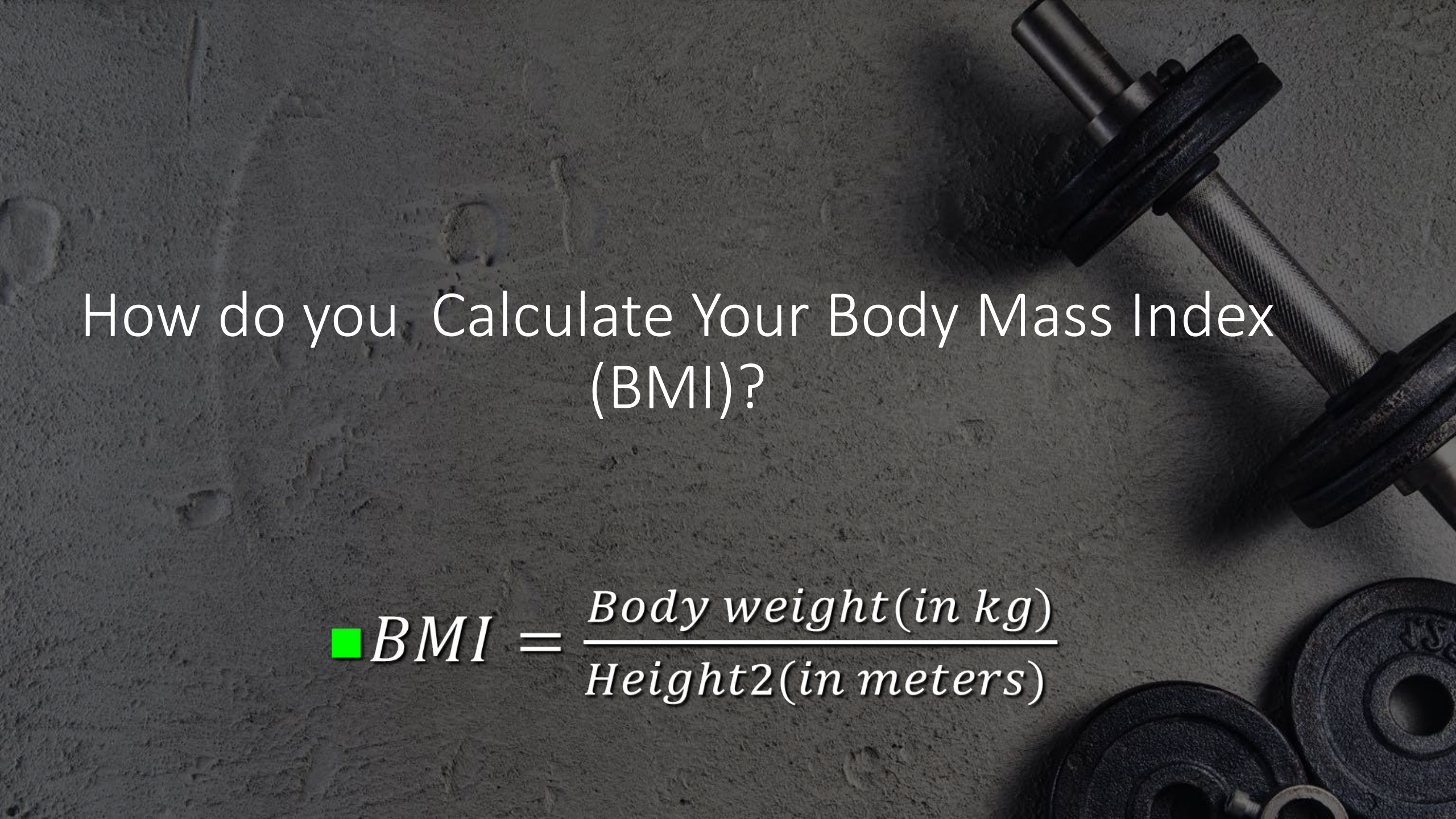
**The relationship
between height
and weight is the
Body Mass Index
(BMI)**



The Body Mass Index (BMI) is a convenient way to determine if your weight is OK

How do you Calculate Your Body Mass Index
(BMI)?



A dumbbell and several weight plates are positioned on the right side of the image, resting on a dark, textured surface. The dumbbell is oriented vertically, with its handle pointing upwards. The weight plates are stacked and partially visible at the bottom right corner. The background is a dark, mottled grey with some faint, circular patterns.

How do you Calculate Your Body Mass Index (BMI)?

■ $BMI = \frac{\text{Body weight (in kg)}}{\text{Height}^2 \text{ (in meters)}}$

Example of BMI Calculation



- Weight= 70kg
- Height = 1.8m



Example of BMI Calculation



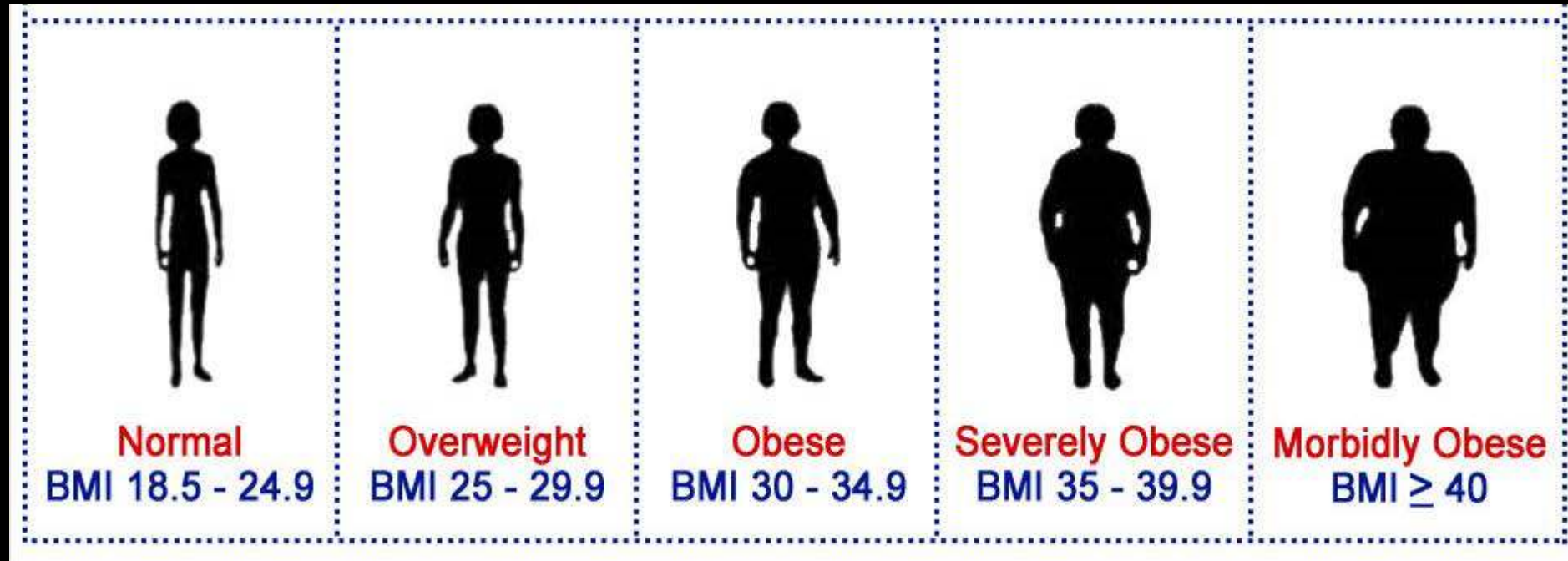
- Weight= 70kg
- Height = 1.8m

$$\blacksquare \text{ BMI} = \frac{\text{Body weight (in kg)}}{\text{Height}^2 \text{ (in meters)}}$$

$$\blacksquare \frac{70}{1.8 \times 1.8}$$

$$\blacksquare = 21.6$$

BMI Interpretation



What is the best way to maintain a healthy weight?

- **Healthy Eating (Nutrition)**

- **Exercise**

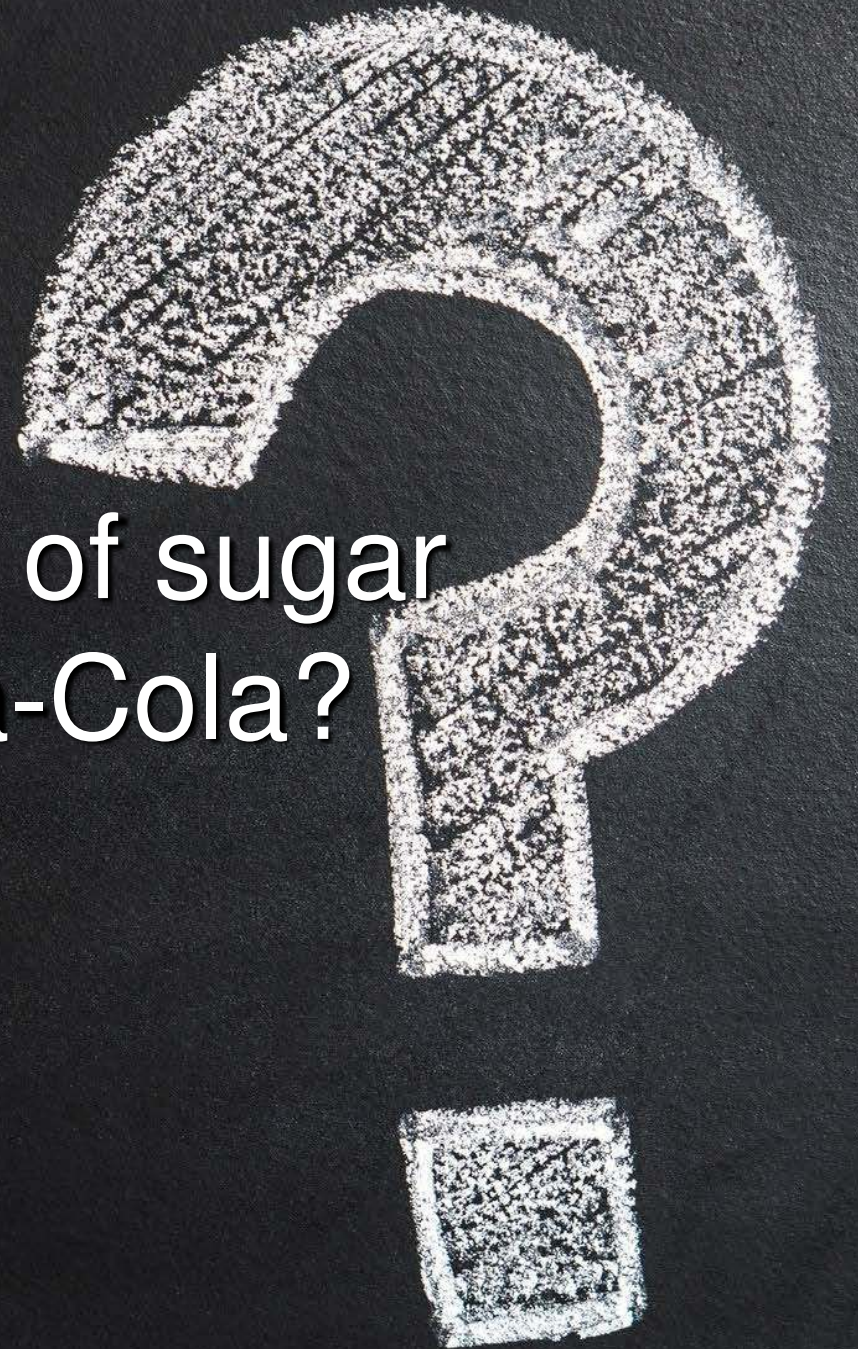


RULE ONE OF KEEPING FIT: Watch what you eat

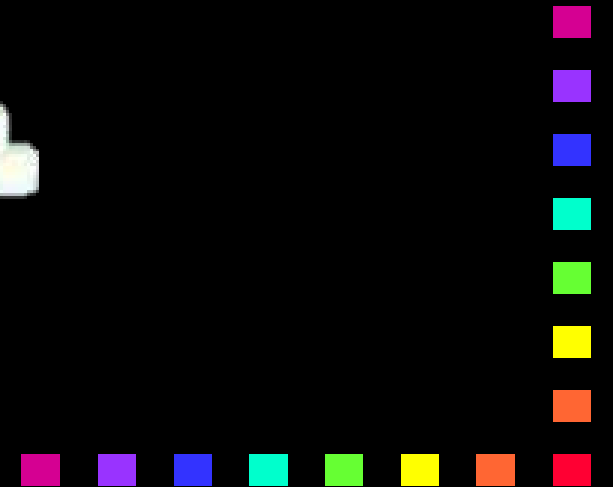


Nutrition Test

How many teaspoons of sugar are in a bottle of Coca-Cola?



Here we go.....



Think twice before you take that “soft” drink.....



Nutritional Guidelines

- It is never too late to start healthy eating.
- Here are some helpful tips.....



Nutritional Guidelines

- **Eat a variety of foods:**
 - Vegetables
 - Fruits
 - Beans and nuts
 - Whole grains

Ezekiel 4:9

Take thou also unto thee wheat, and barley, and beans, and lentils, and millet, and fitches, and put them in one vessel, and make thee bread thereof

Nutritional Guidelines

Eat foods low in fat, saturated fat, and cholesterol, especially:

- **Fish.**
- **Poultry prepared without skin and lean meat.**
- **Low-fat dairy products.**

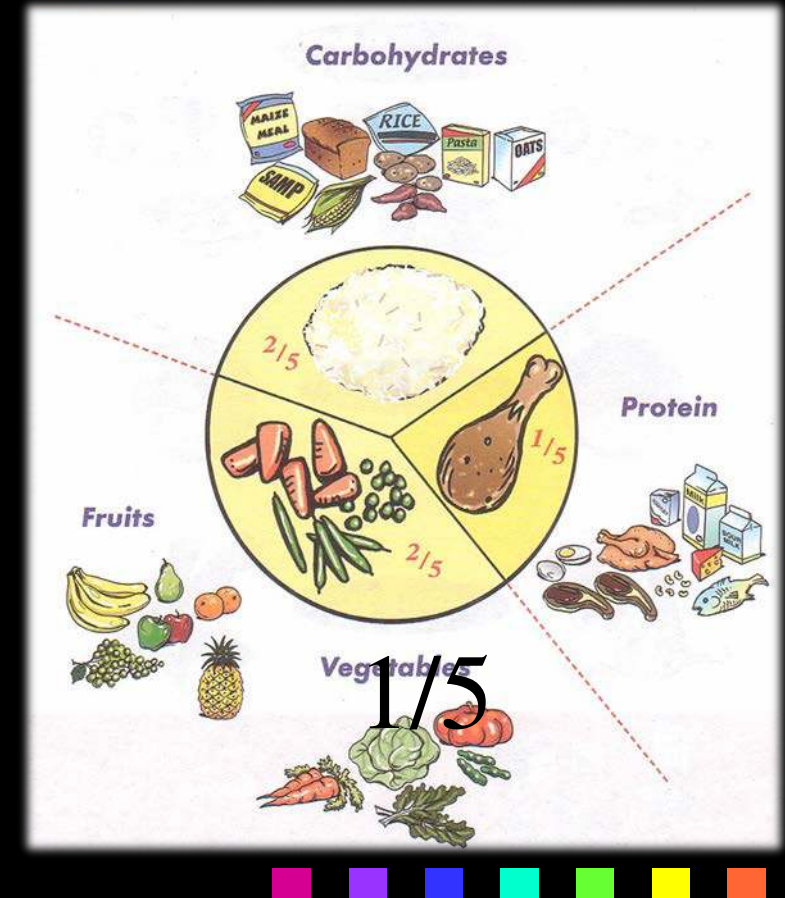
Leviticus 7:23–27:

“...you shall eat neither fat nor blood...”

Right proportion of food

Simple Guide

- More of
 - Vegetables
 - Fruits
- Moderate protein
- Less
 - Carbohydrates
 - Fats
- Little or no
 - Additive
 - Refined sugar
- Reduce salt intake



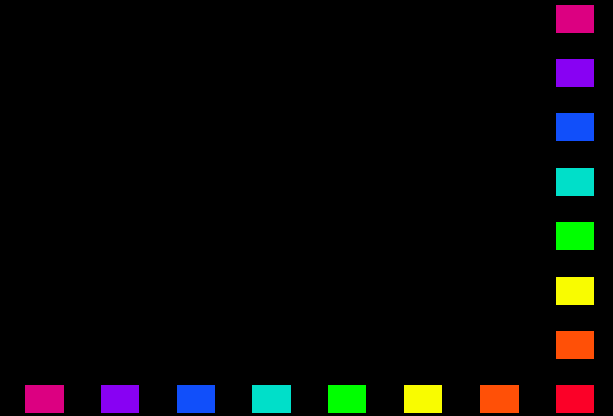
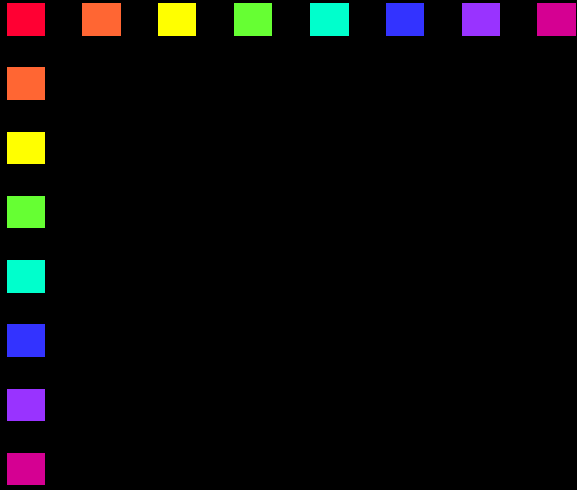
How much food you take depends on:

- Age
- Gender
- Level of physical activity



Assignment

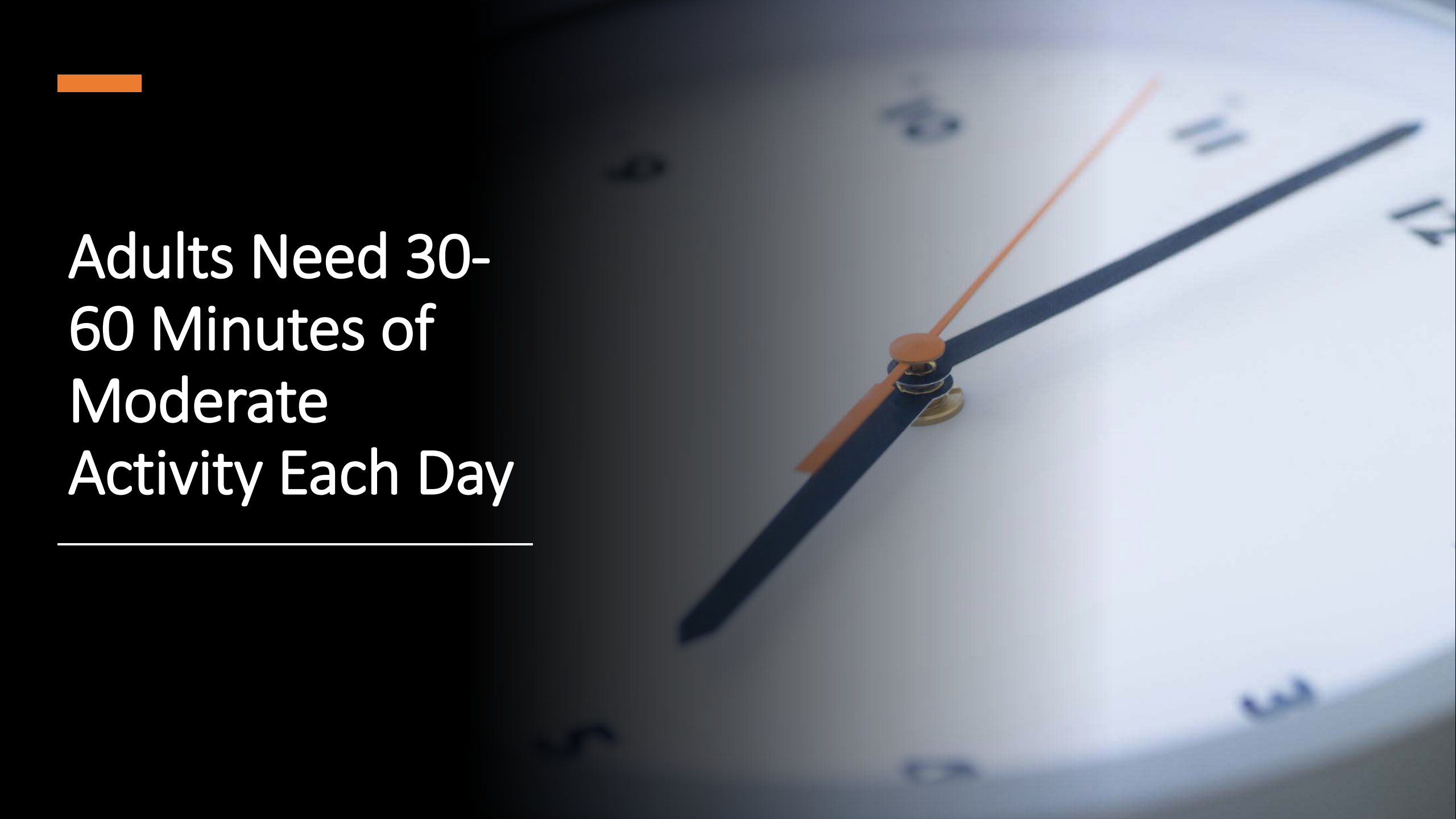
How Healthy is Your Diet?



RULE TWO OF KEEPING FIT:

Be physically active Everyday



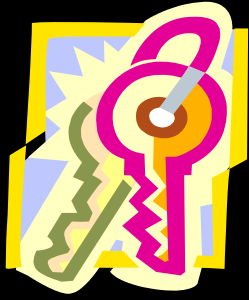


Adults Need 30-
60 Minutes of
Moderate
Activity Each Day

- Moderate activity is one that requires as much energy as walking 3-3.5 km in 30 minutes
- It should get you to sweat
- Increase your resting pulse rate by between 60-70 percent

Here's another assignment for you:

- Evaluate your health habits
 - Which habits promote your good health?
 - Which habits are harmful to your health?



2

Avoid Addictions

- Smoking
- Alcohol
- Drugs



Smoking is the leading
cause of preventable
death in most parts of the world



**Half of all
long-term smokers...**



will die a tobacco-related death.



....Causing more than five million deaths each year...



A black and white photograph of a crowded hospital ward. Numerous patients are lying in beds, some appearing to be asleep or resting. The room is filled with people, and the beds are closely packed together. The lighting is somewhat dim, and the overall atmosphere is one of a busy, crowded medical facility. The text is overlaid on the image in a large, white, sans-serif font.

....Causing more than five million deaths each year...

....from smoking related illnesses in the world.

Smoking Is Related to Many Illnesses:

- i. Respiratory System
- ii. Heart and Circulatory System
- iii. Strokes
- iv. Eyes and Vision
- v. Cancer
- vi. Osteoporosis
- vii. Damages Developing Fetus
- viii. Facial Wrinkling





Addiction: Be Careful with Alcohol

Proverb 20:1

Wine is a mocker,
strong drink a brawler;
and whoever is led astray by it is not wise.

Responsible Drinking?

- Can there ever be anything as such?
- Abuse of alcohol is one of the commonest health problems facing Nigerians today
- A leading cause of death among Nigerians is alcohol related road traffic crashes

Proverbs 23: 31-32

Do not look at wine when it is red, when it sparkles in the cup and goes down smoothly.

At the last it bites like a serpent, and stings like an adder



Some Problems

- Excessive drinking is a factor in family disruptions
- Heavy drinking causes brain damage and interferes with memory.

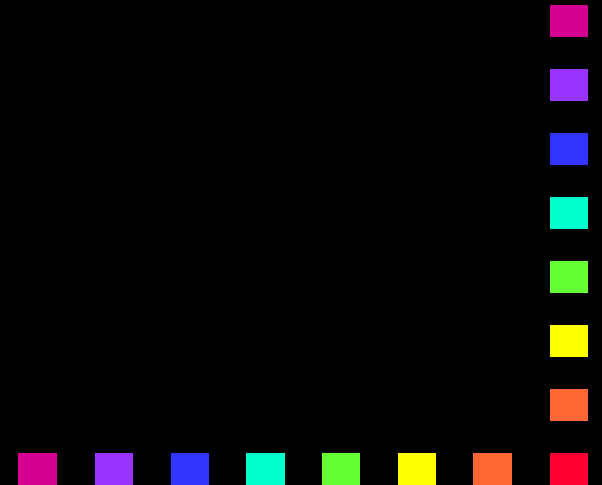
Proverbs 23: 29-30

Who has woe? Who has sorrow? Who has strife?

Who has complaining? Who has wounds without cause?

Who has redness of eyes?

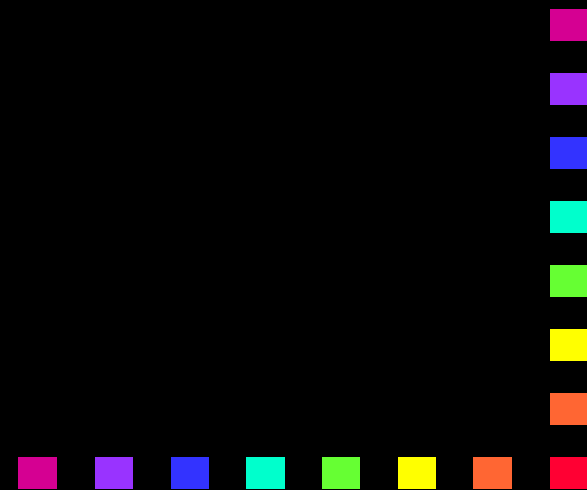
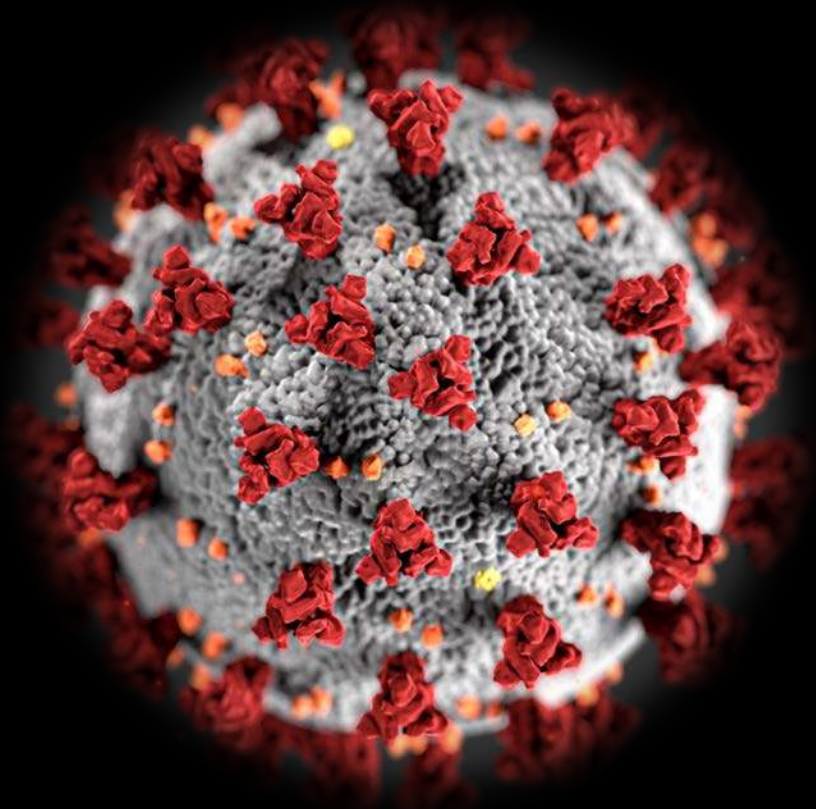
Those who tarry long over wine, those who go to try mixed wine.





3

Get COVID-19 vaccine



What is a vaccine and how does it work?

- Vaccines prevent diseases that can be dangerous, or even deadly. They work with your body's natural defenses to safely develop protection from a disease.
- A vaccine helps your immune system to produce antibodies, just like it would if you were exposed to the disease. After getting vaccinated, you have protection from that disease, without having to get the disease first.
- This is what makes vaccines such powerful medicine. Unlike most medicines, which treat or cure diseases, vaccines *prevent* them.

What are the benefits of getting a COVID-19 vaccine?

- COVID-19 vaccination will help keep you from getting sick from COVID-19.
- All COVID-19 vaccines have been shown to be very effective.
- The combination of getting vaccinated and following NCDC's recommendations to protect yourself and others will offer the best protection from COVID-19.
- The more people who get vaccinated, the faster we can get back to our normal lives.



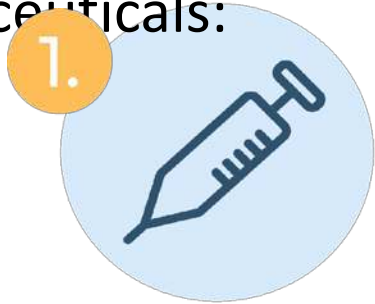
What vaccines are available?

- Three vaccines have been approved or received Emergency Use Authorization from the Food and Drug Administration named Pfizer, Moderna, Astrazeneca, and Johnson & Johnson.
- All four COVID-19 vaccines are safe and highly effective against serious illness, hospitalization, and death.
- The Pfizer, Moderna, Astrazeneca vaccines require 2 doses given at least 3-4 weeks apart. People should get both doses to be fully vaccinated in order to be effective.
- Johnson & Johnson is only 1 dose.

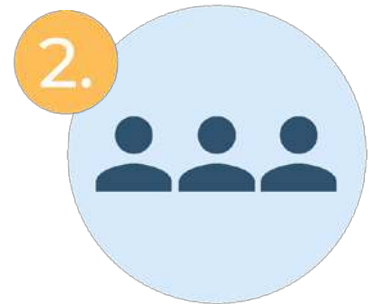


How do we know if the vaccine is safe?

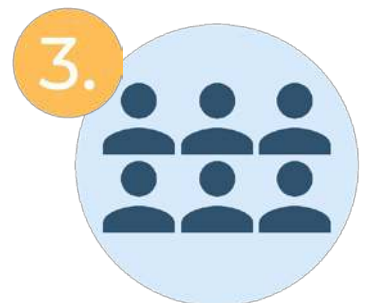
Vaccines go through more testing (Clinical trials) than any other pharmaceuticals:



Small groups of people receive the trial vaccine



The vaccine is given to specific groups of people (i.e by age, race, and physical health).



The vaccine is given tens of thousands of people and tested for effectiveness and safety.

How do we know if the vaccine is safe?



4. A country's Centre for Disease Control and Prevention (CDC) evaluates the clinical trial data to see if the vaccine is safe and works. They give advice to the Food and Drug Administration (FDA).



5. The FDA looks at the data and the advice from the CDC and decides whether to approve the vaccine.

The vaccine is only approved after **all of these steps** are done and various teams of reviewers are sure that it works and is safe.

How is it safe if it happened so fast?

The timeline was sped up but never cut corners on safety. Here is how:



We already had helpful information about coronaviruses, so we weren't starting from scratch.



Governments all over the world **invested a lot of money** to support vaccine companies with their work.



A lot of people participated in clinical trials and **we didn't need to spend time finding volunteers.**



Manufacturing happened **at the same time as safety studies**, so vaccines were ready to be distributed once they were approved.

Example COVID-19 vaccine timeline:



Traditional timeline:



Can you get COVID-19 from the COVID-19 vaccines?

No. The vaccines do not contain the live virus that causes COVID-19. This means that you can't catch COVID-19 from the vaccine.



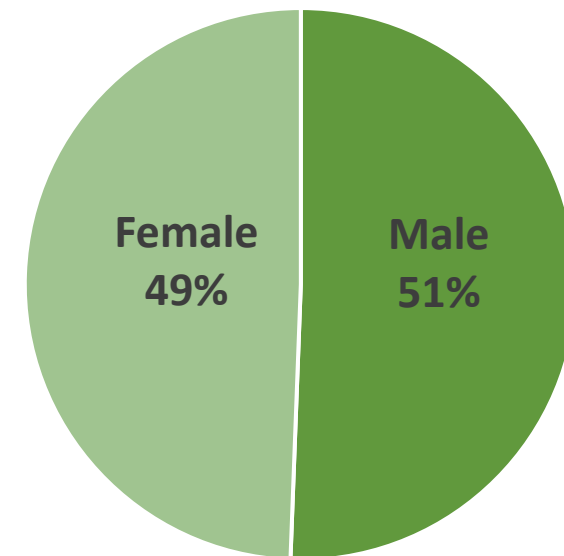
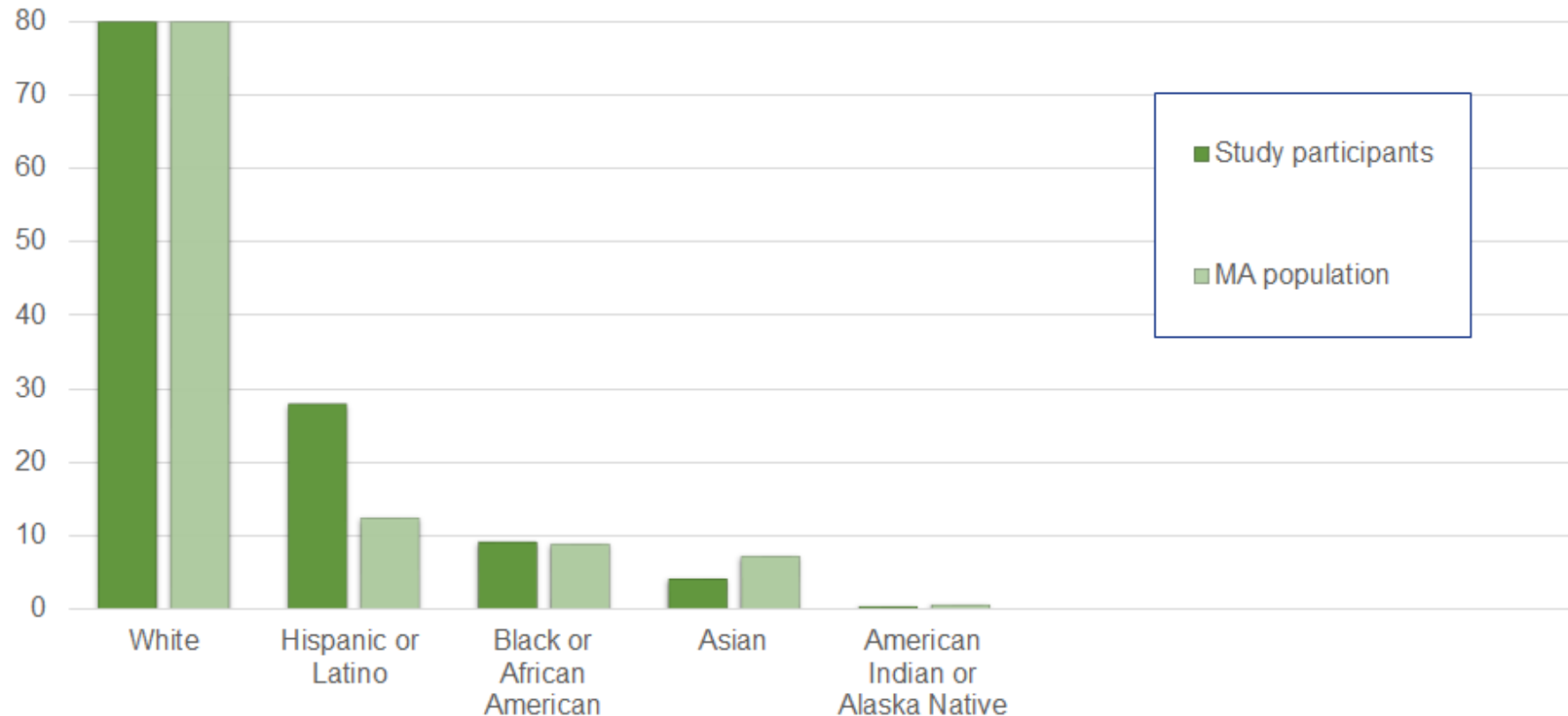
Do the COVID-19 vaccines have any side effects?

- Serious side effects from vaccines, including the COVID-19 vaccine, are rare.
- It is possible that some people may have side effects, which are normal signs that your body is building protection.
- These side effects may affect your ability to do daily activities, but they should go away in a few days.
- The most common side effects are minor and include:
 - Tiredness
 - Headache
 - Pain at the injection site
 - Muscle and/or joint pain
 - Chills
 - Nausea and/or vomiting
 - Fever



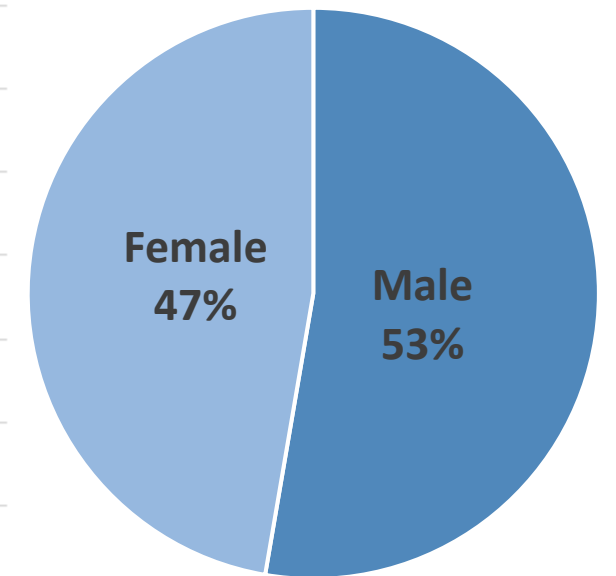
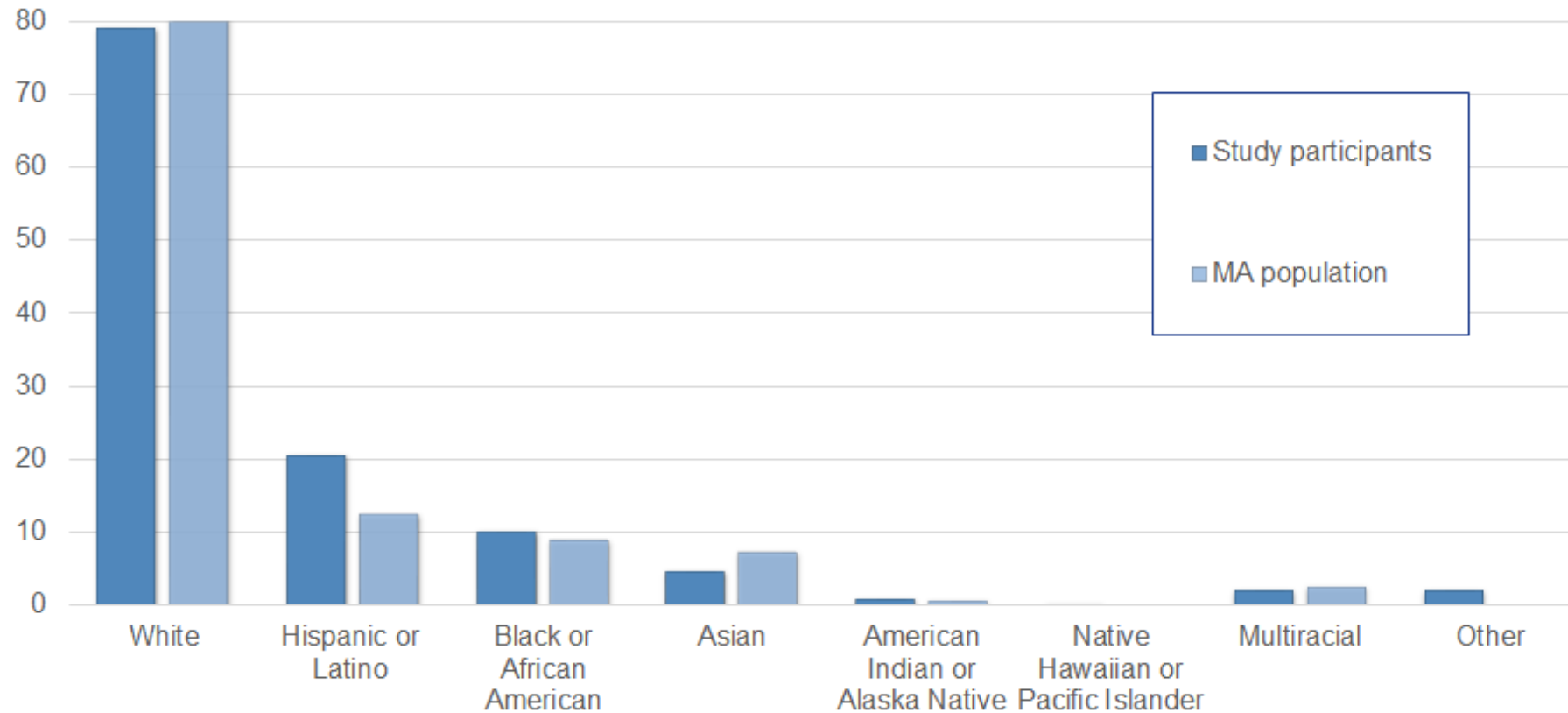
Who was the Pfizer vaccine tested on?

The safety of the **Pfizer** vaccine was evaluated in 43,448 people 16 years of age and older in two clinical studies conducted in the United States, Europe, Turkey, South Africa, and South America.



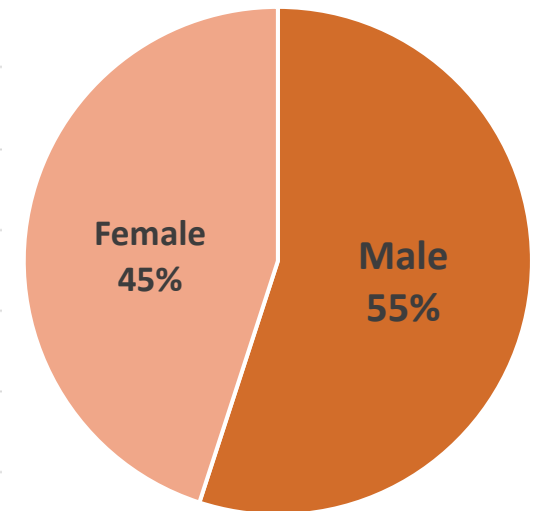
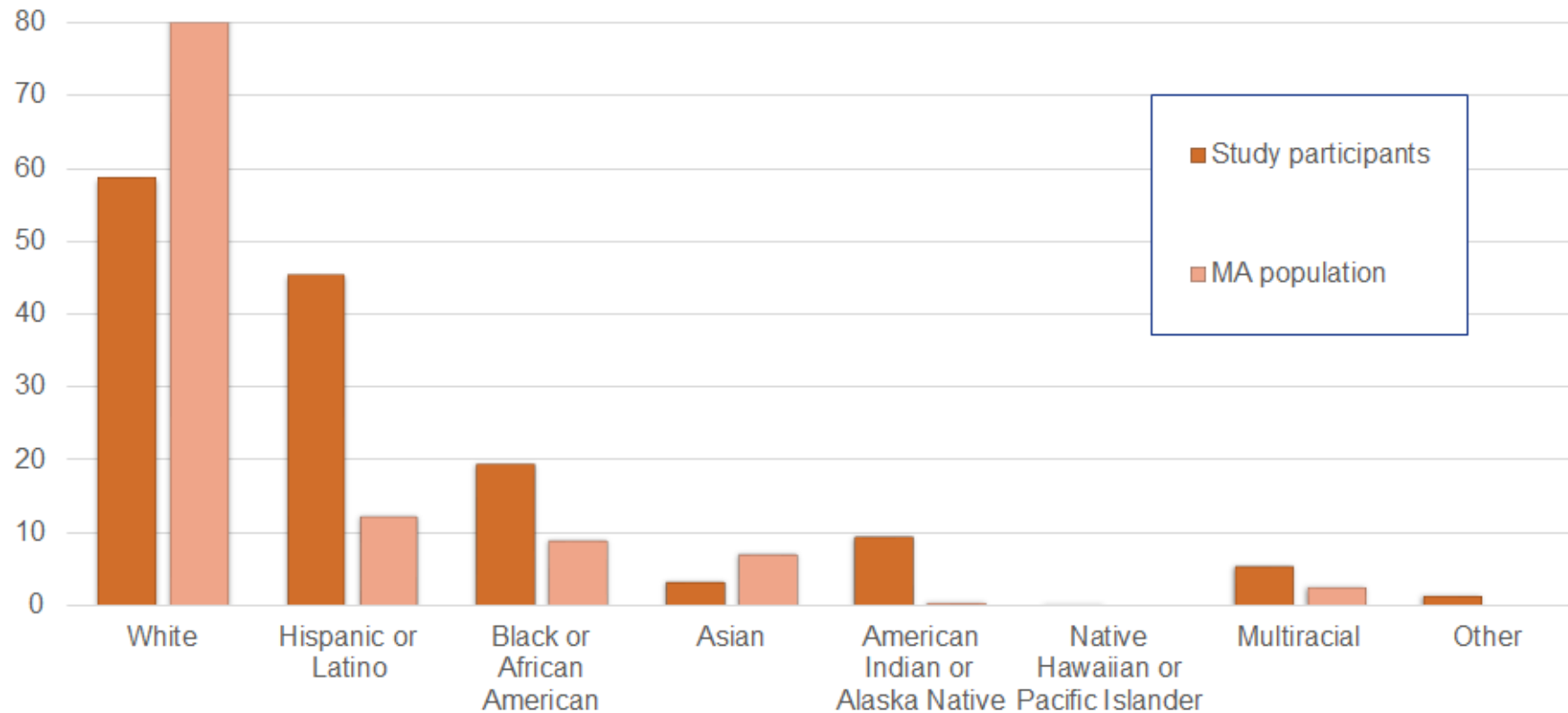
Who was the Moderna vaccine tested on?

The safety of the **Moderna** vaccine was evaluated in 30,351 people 18 years of age and older in the United States.



Who was the Johnson & Johnson vaccine tested on?

The safety of the **Janssen (Johnson & Johnson)** vaccine was evaluated in 43,783 people 18 years and older in the U.S., Brazil, South Africa, Colombia, Argentina, Peru, Chile, and Mexico



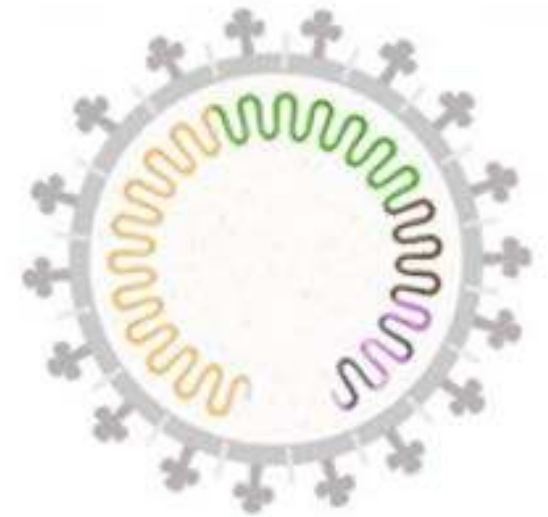


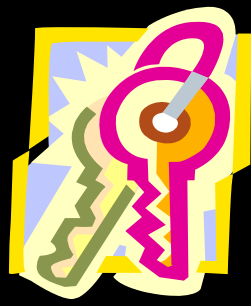
Will a COVID-19 vaccine change my DNA?

- No. COVID-19 vaccines do not change or interact with your DNA in any way.
- Vaccines teach our immune system how to fight against a specific virus.
- In order to do its job, the COVID-19 vaccine doesn't need to go inside the nucleus of the cell, which is where our DNA is kept. This means the vaccine never interacts with our DNA in any way and has no way to change it.

Will the vaccines work against COVID-19 variants?

- It is normal for viruses to change as they spread, and for new variants to appear.
- So far, studies suggest that the vaccines provide protection from the known variants (like the Delta variant).
- Even when a vaccinated person gets infected with COVID-19, they are very protected against severe disease and death.





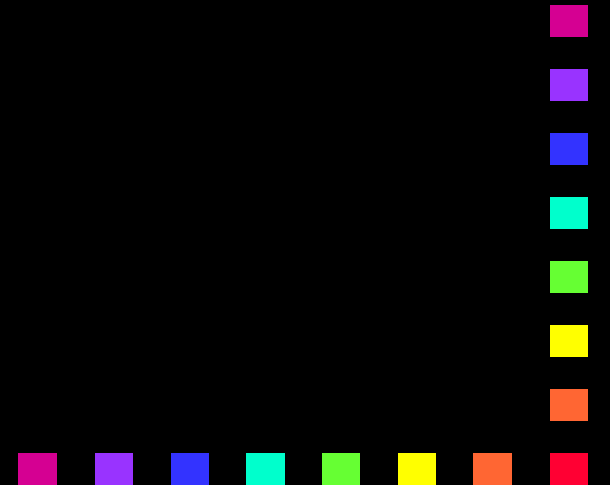
4

Get Enough Sleep

- It is important for learning and brain function
- It is important for good health

Mark 6:31

And HE said unto them,
Come ye yourselves apart into a desert place,
and rest a while: for there were many coming and going,
and they had no leisure so much as to eat.



Lack of Sleep Causes

- Difficulties with memory and learning
- Increased irritability
- Accidents
- Illness
- Lack of energy
- Stress





5

Avoiding stress

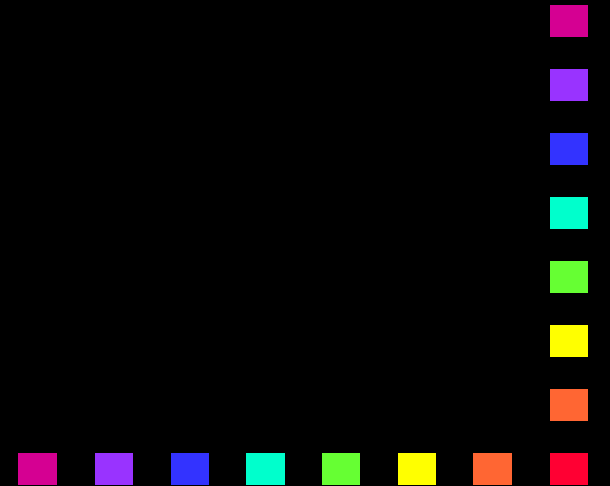


First you should understand stress

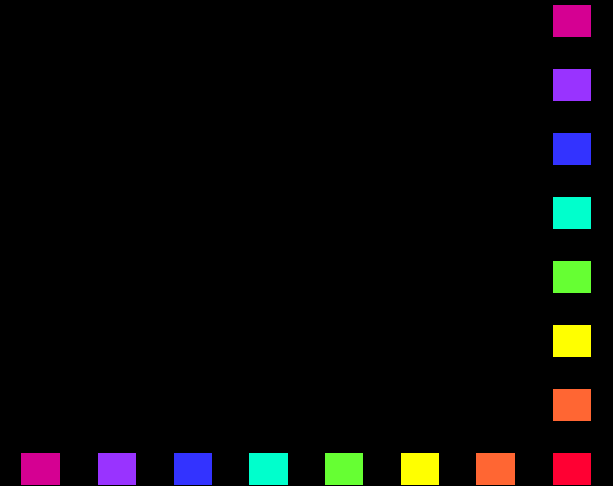
Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action



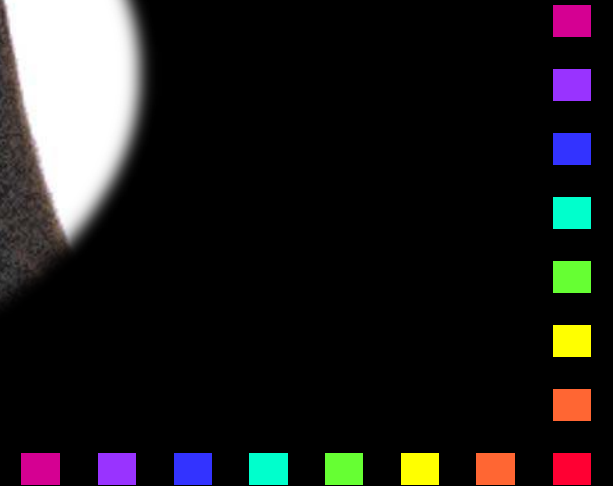
Why is stress a problem?



Stress interferes with learning and work

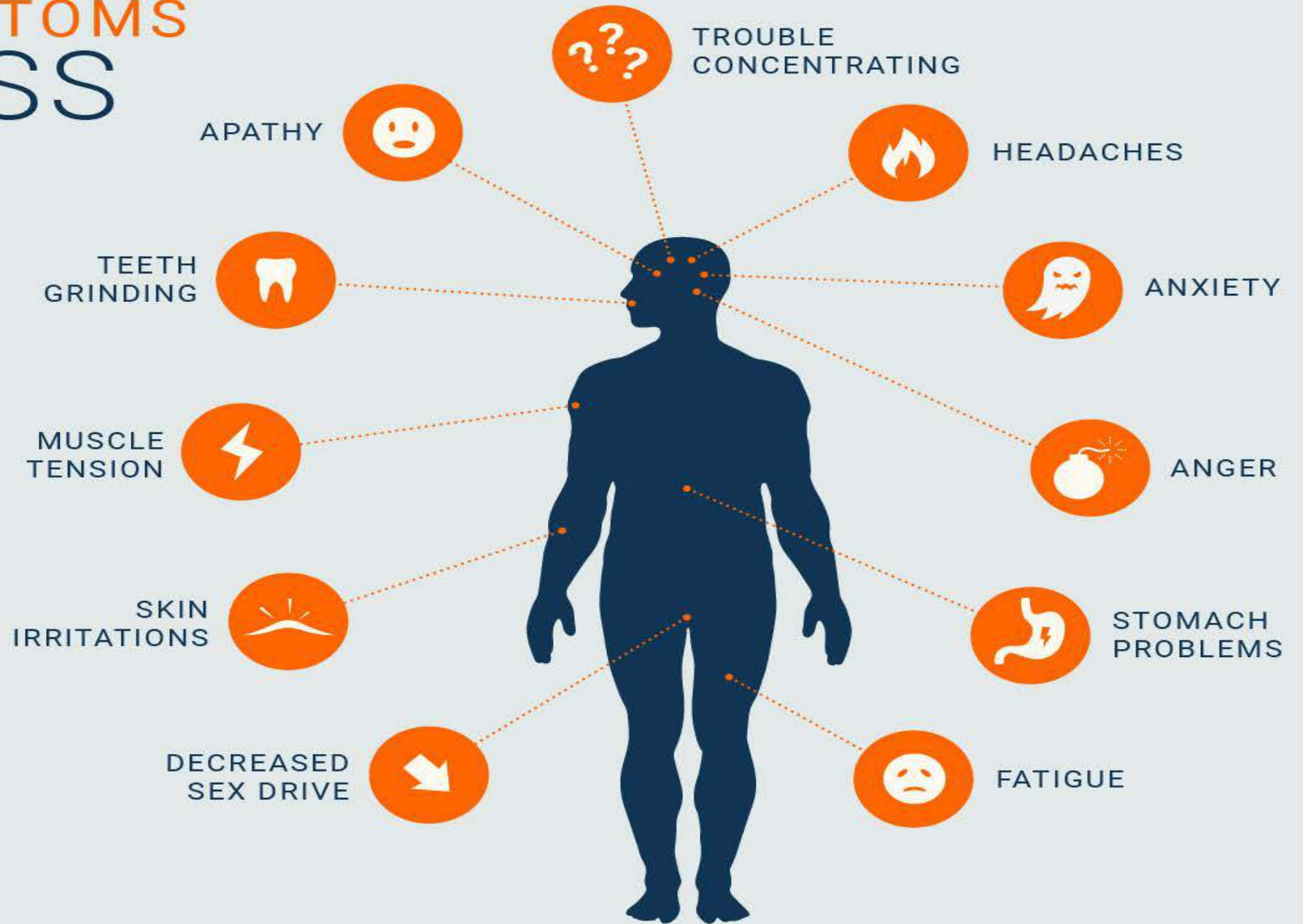


Stress interferes with our relationship



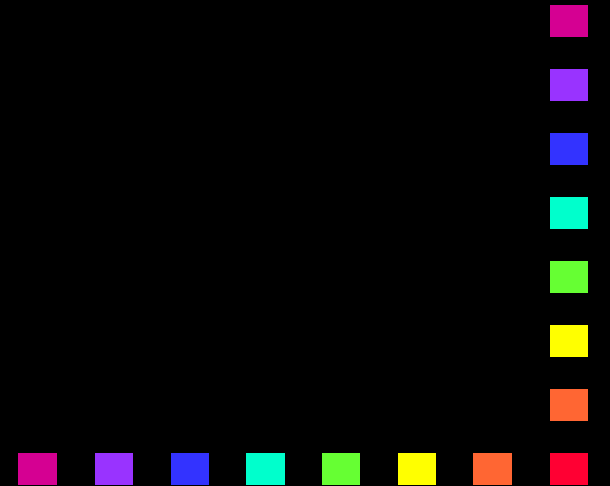
Recognizing

THE SYMPTOMS of STRESS

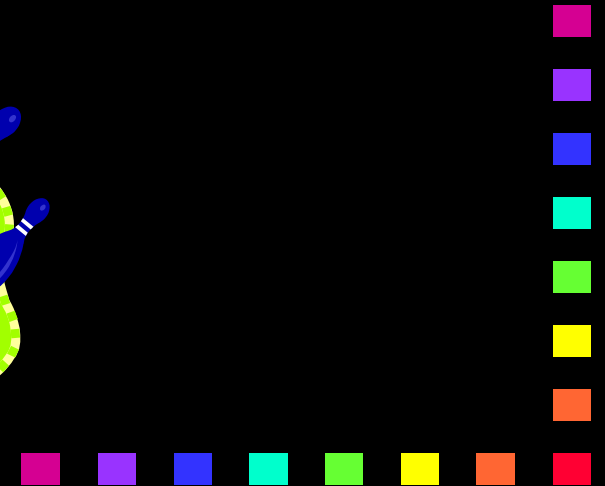
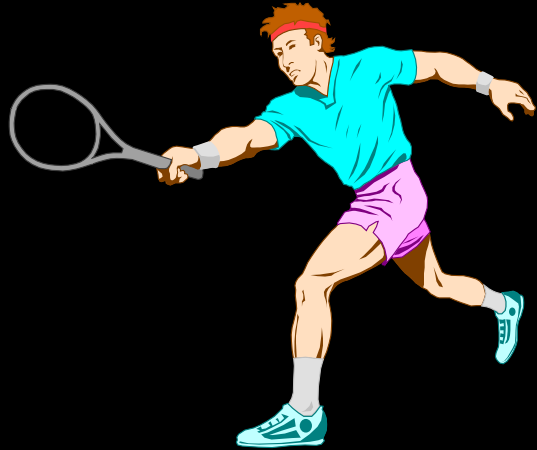


3 Ways to Deal with Stress

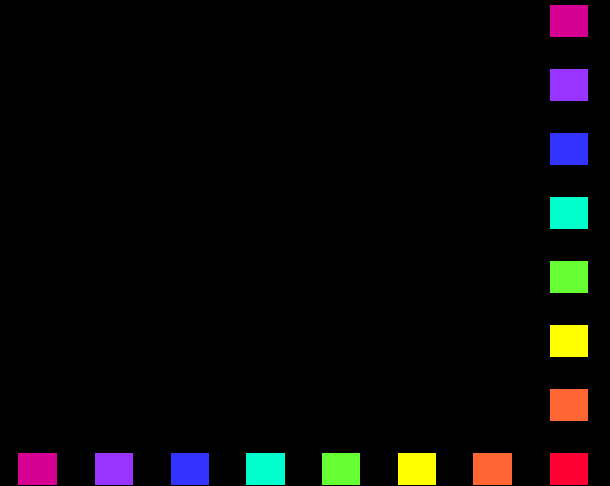
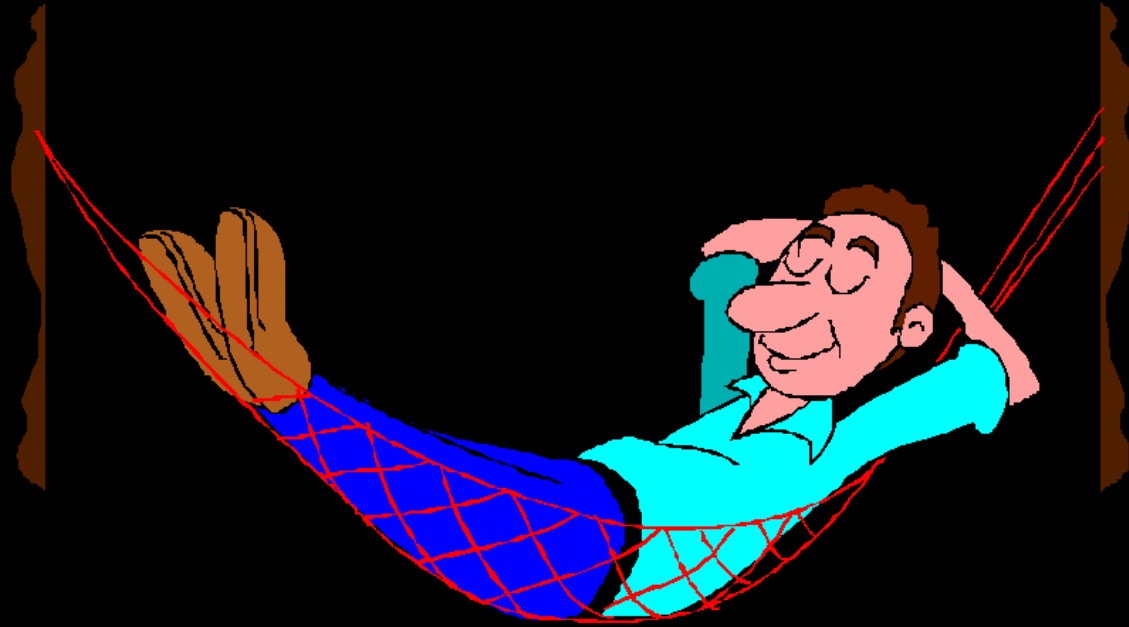
- Exercise uses up stress hormones
- Stress reducing thoughts
- Physical relaxation



Find some physical activities tat you like.

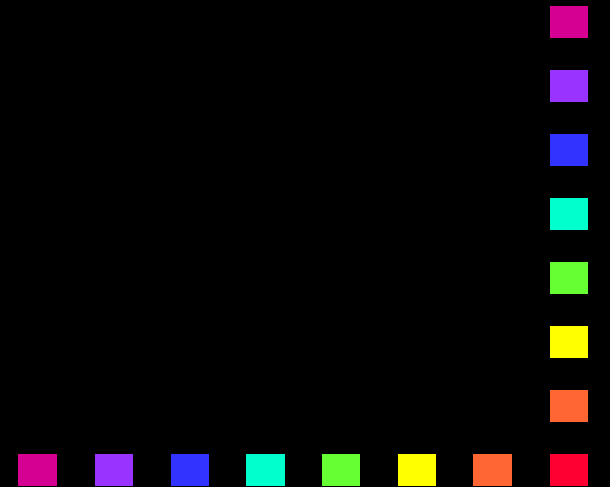


Physical Relaxation



Elements of Physical Relaxation

- Breathing
- Tensing and Relaxing Muscles
- Visual Imagery
- Positive Suggestions
- Music



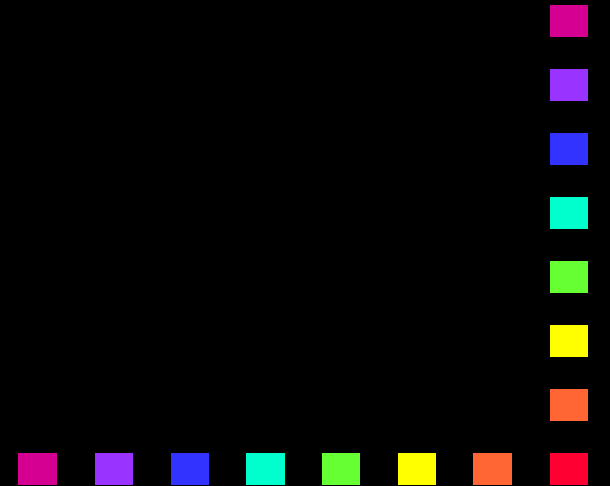
Breathing: The 4-7-8 of Relaxation

1. Adopt a comfortable position and relax your body.
2. Inhale quietly through your nose for 4 seconds.
3. Hold your breath for a count of 7 seconds.
4. Exhale through your mouth, making a whoosh sound, for 8 seconds.
5. Repeat the cycle up to 4 times.

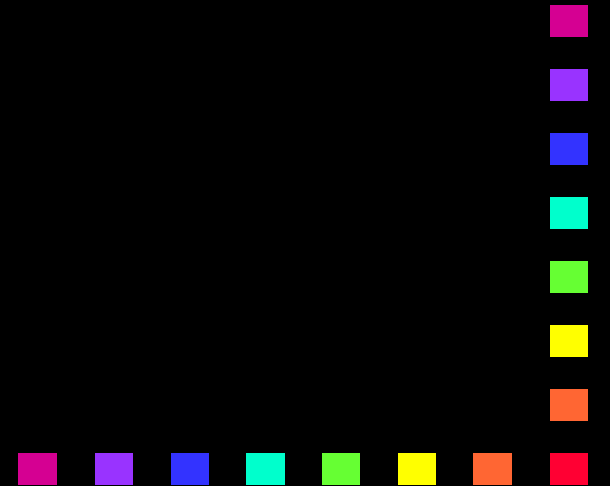


Use Visual Imagery

- Imagine your favorite place, person or activity
 - Family
 - Previous relaxing activity
 - Spirituality



Family:



Previous relaxing activity

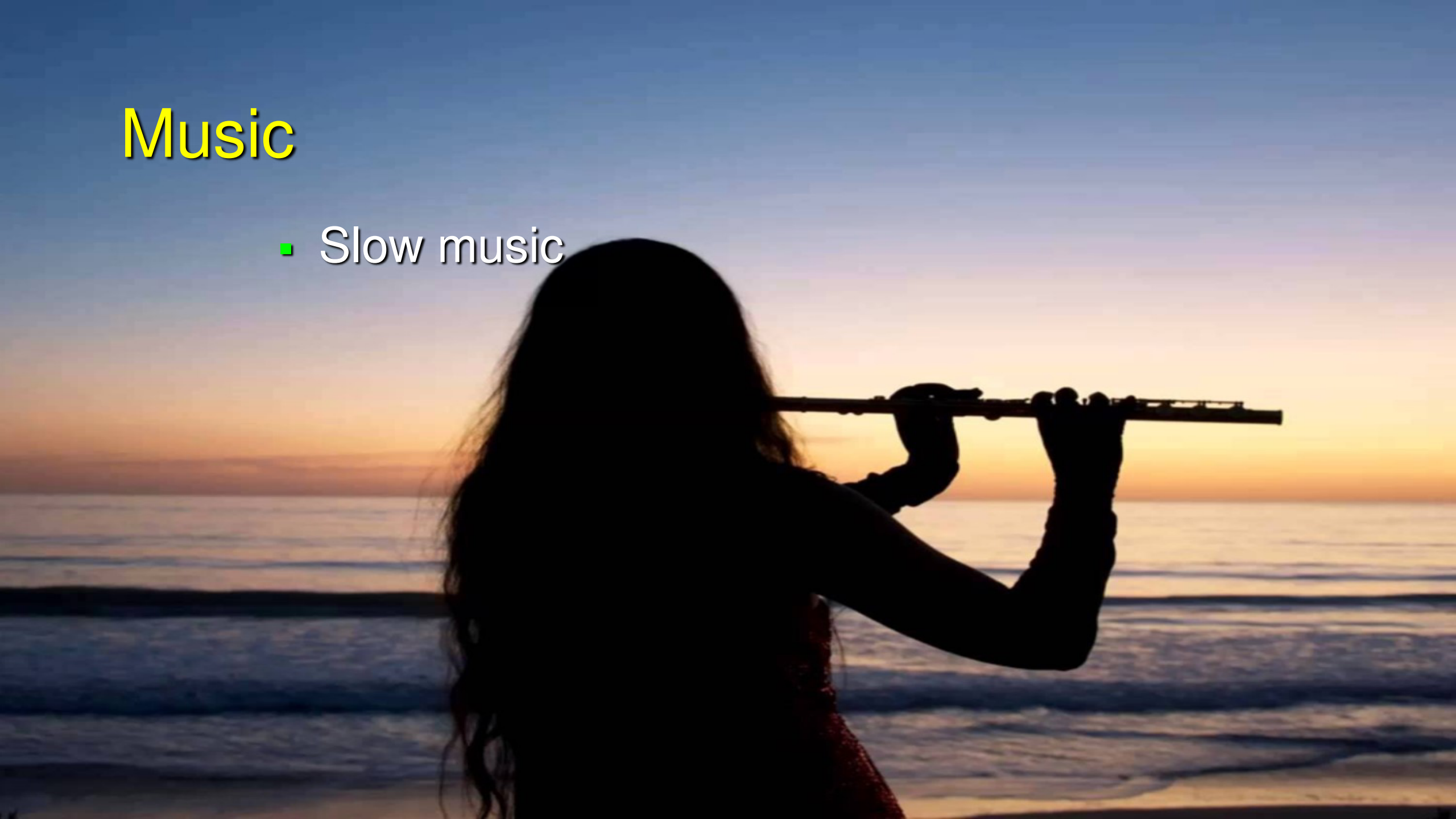


Remember this: Good memories are a great way to stay calm

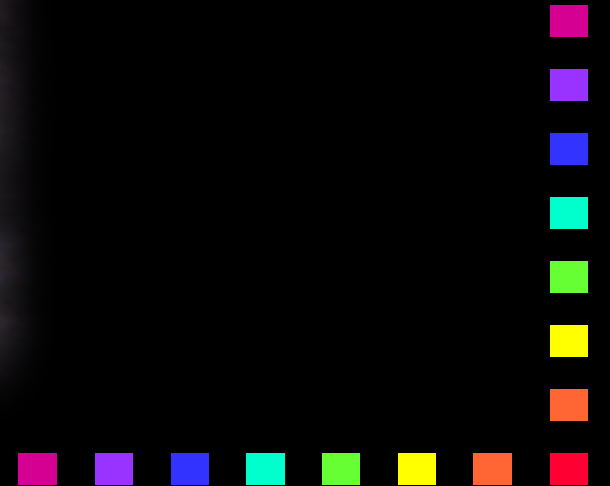


Music

- Slow music



Sometimes, it is beyond us.....



Avoiding injury

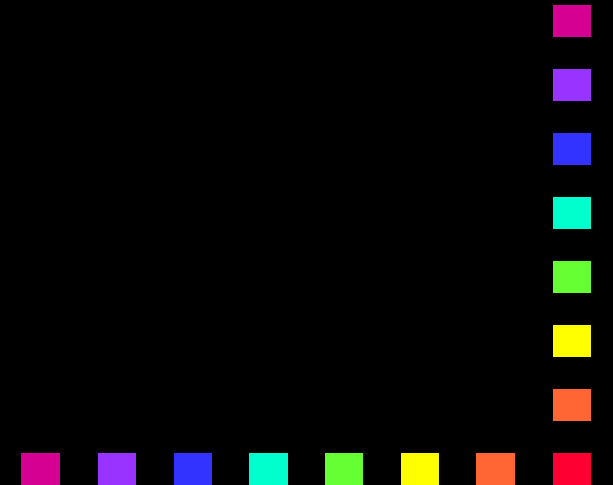


6



Facts about injuries

- Injuries are the sixth commonest cause of death and disability the world over
- In the active age group of 16-45 years, it is the most common cause of death



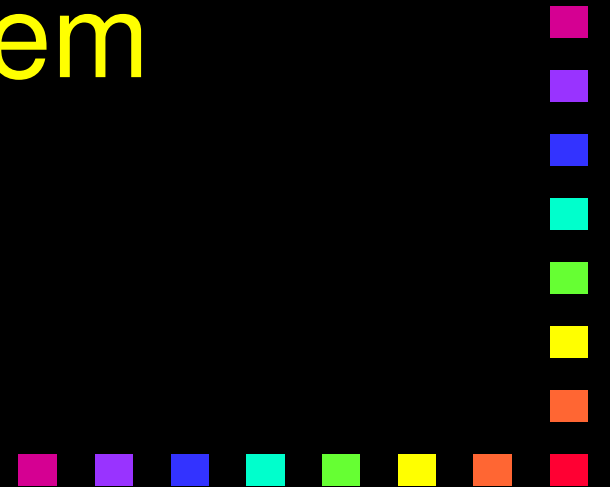
Causes of Injuries

- ❑ Falls
- ❑ Motor vehicle crashes
- ❑ Burns
- ❑ Assault
- ❑ Natural disasters
- ❑ Wars
- ❑ Suicide



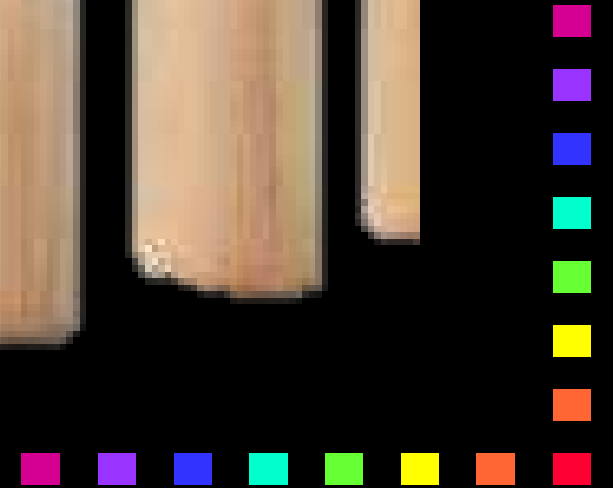
At our age, falls are our greatest scourge!

Take conscious steps to avoid them



Preventing injuries

- Accidents are no accidents
- They are preventable



Preventing injuries at Home....

Install Handrails

along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.



Use nonslip mats and treads

to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.



Falls are the leading cause of injuries

among older adults, sending more than two million people to the emergency department each year.



Improve lighting.

Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.



Install grab bars

near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.

Many of the fall hazards are right in our own homes, and a few inexpensive changes could lower your fall-risk.



Inexpensive fixes.

Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.



Repair steps and flooring.

Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.



**NOW LET'S TALK A
LITTLE ABOUT THE
COMMON KILLERS OF
THE MIDDLE AGED:**

Diseases are hinged on interaction between **GENETIC** and **ENVIRONMENTAL** FACTORS:



Genes load the **GUN**

the **ENVIRONMENT** pulls
the **TRIGGER**



Chronic and often debilitating diseases that are prevalent in our environment include:

1. Those with genetic and environmental interplay:

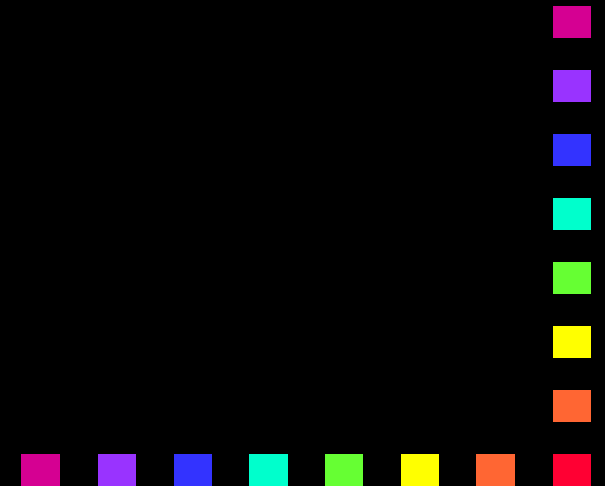
- Hypertension
- Diabetes mellitus
- Diseases of the prostate
- Cancers and other neoplastic diseases

2. Those that are purely genetic:

- Common example is sickle cell disease

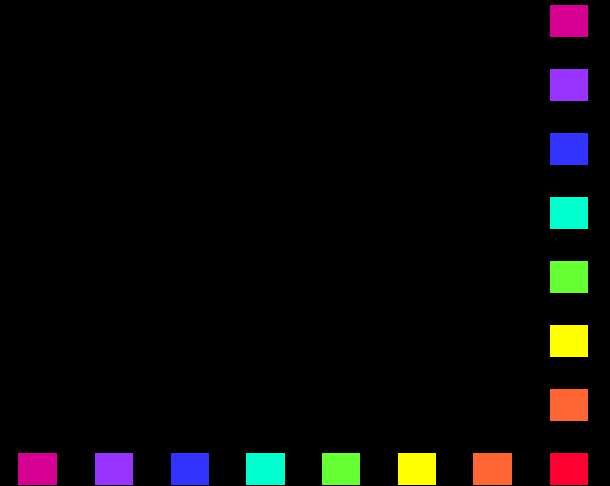
3. Those that are purely environmental:

- Infections and Industrial diseases



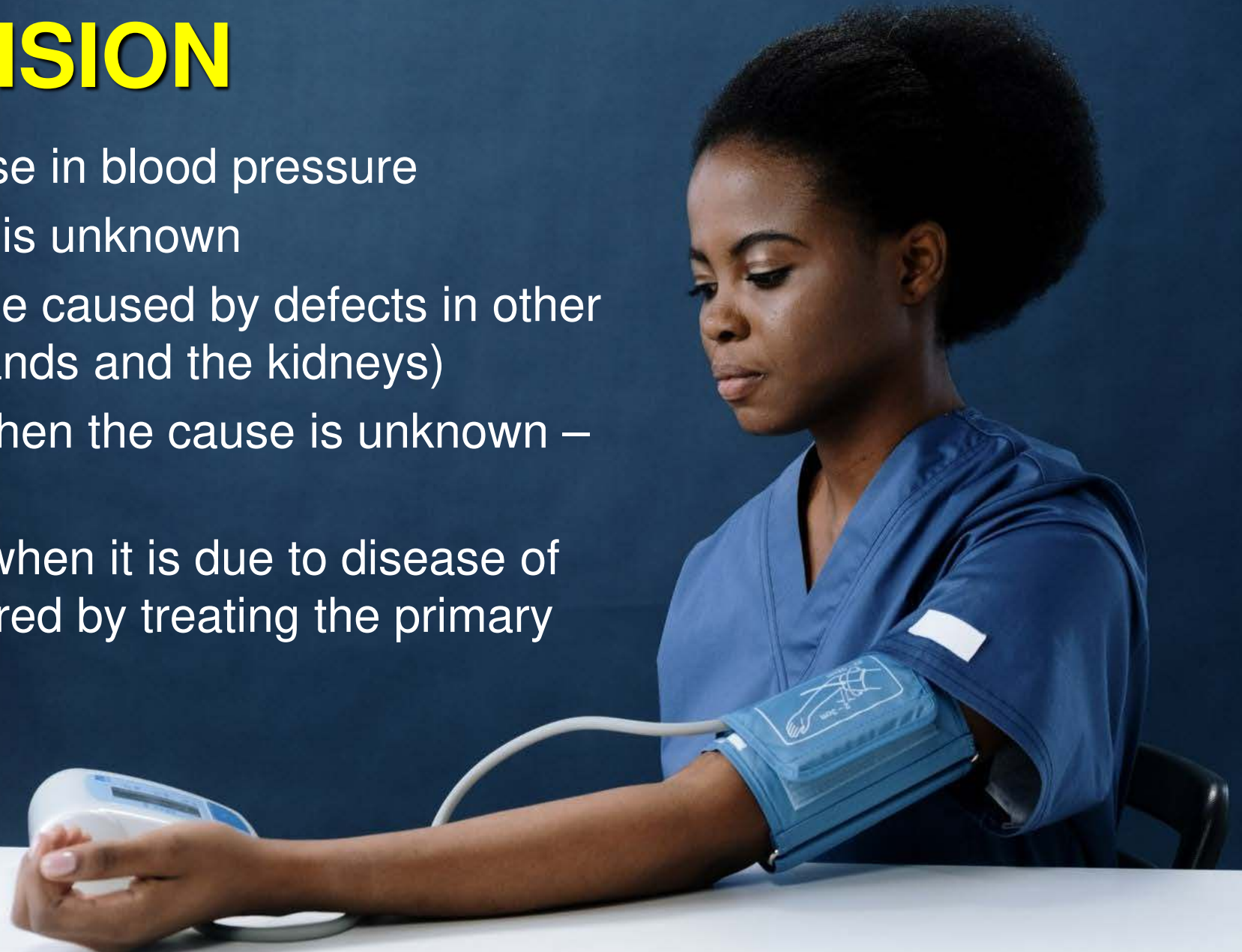
What conditions should you do checkup for after 40?

- Blood pressure
- Cholesterol
- Diabetes
- Prostate cancer
- Breast cancer
- Cervical cancer



HYPERTENSION

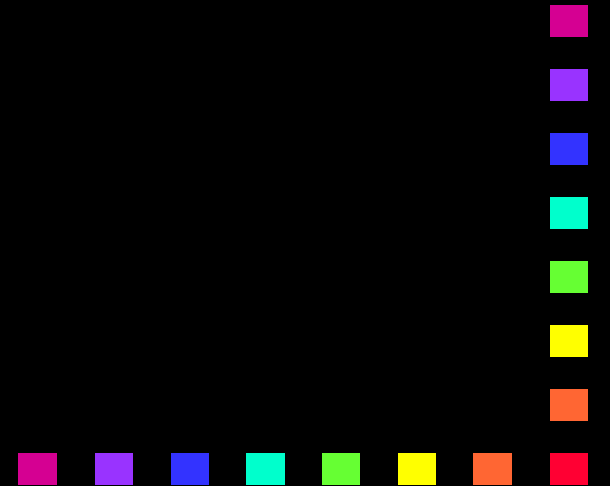
- State of sustained increase in blood pressure
- The cause in most cases is unknown
- In a few patients, it may be caused by defects in other organs (the endocrine glands and the kidneys)
- **Essential hypertension**, when the cause is unknown – management is for life
- **Secondary hypertension** when it is due to disease of other organs – may be cured by treating the primary organ disease



Essential hypertension

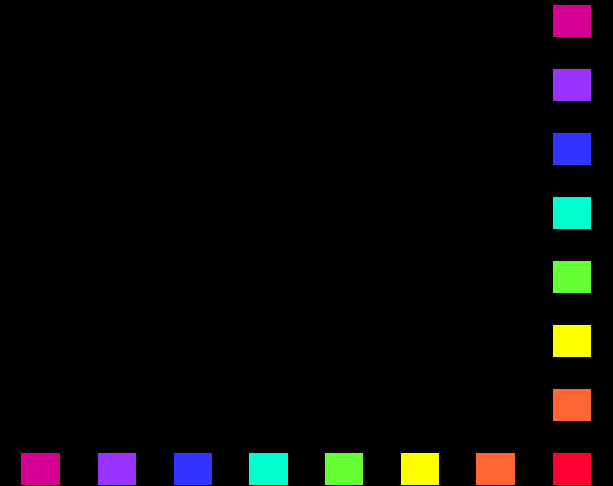
In essential hypertension the cause is unknown, but it is known that certain factors contribute to its development:

- Excessive intake of SALT
- Obesity and overweight
- Genetic susceptibility

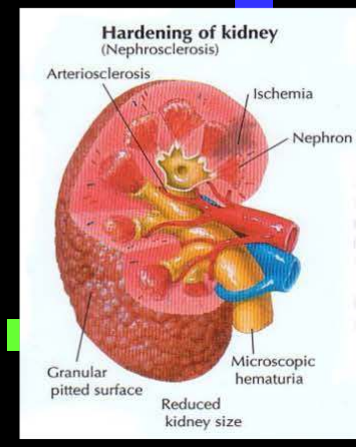
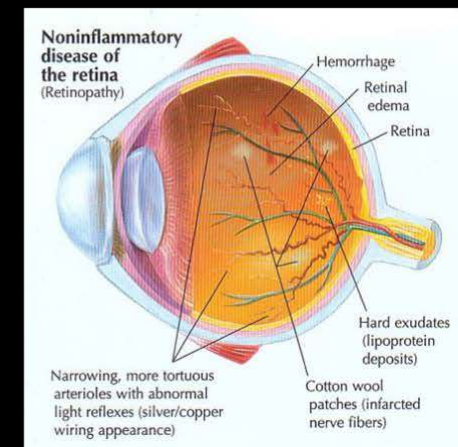
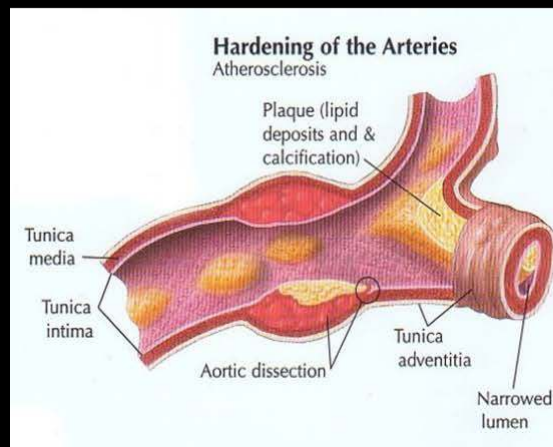
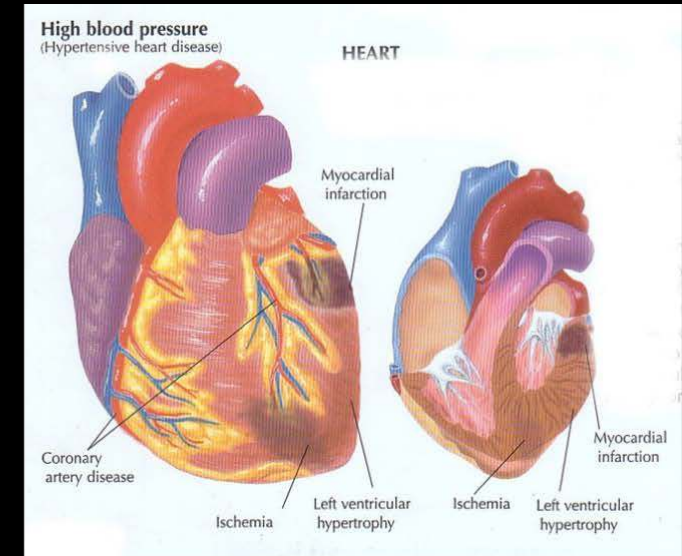
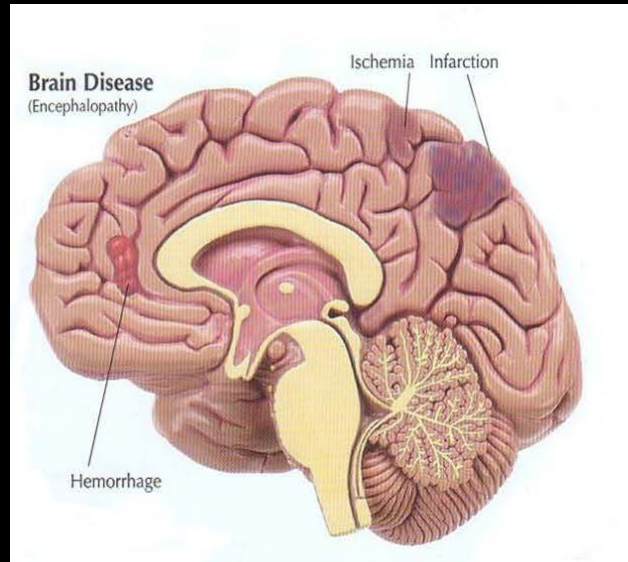


Persistent hypertension is one of the risk factors for

- Strokes
- Heart attacks
- Heart failure
- Arterial aneurysm
- Chronic kidney failure
- Eye (retinal) damage and loss of vision

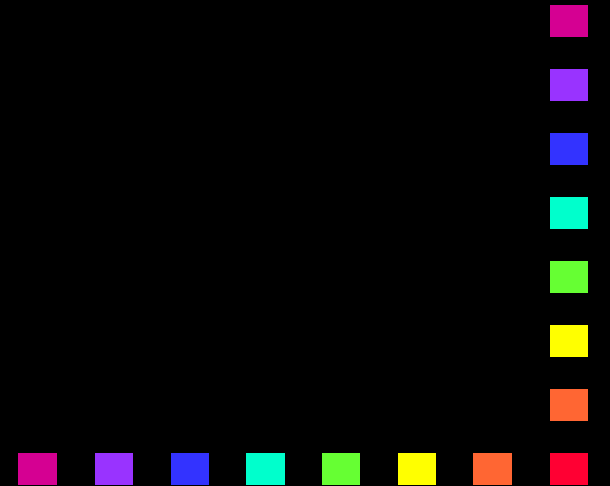


Organs that can be affected in hypertension

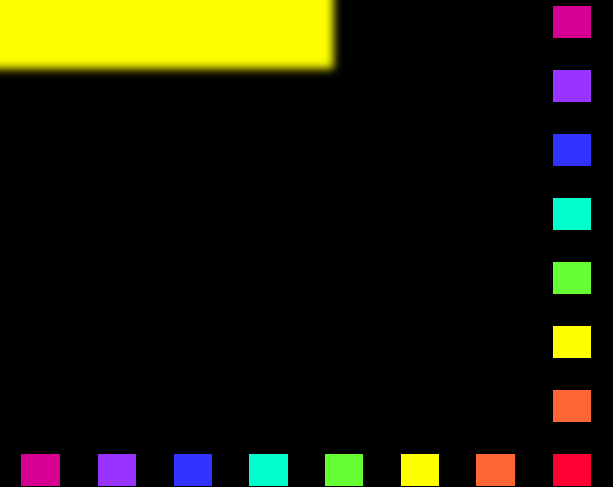


Symptoms of hypertension

- Mild to moderate essential hypertension is usually without symptoms
- Accelerated hypertension is associated with
 - headache
 - drowsiness
 - confusion
 - vision disorders
 - nausea and vomiting



Both dietary and lifestyle changes as well as medicines can improve blood pressure control and decrease the risk of associated health complications



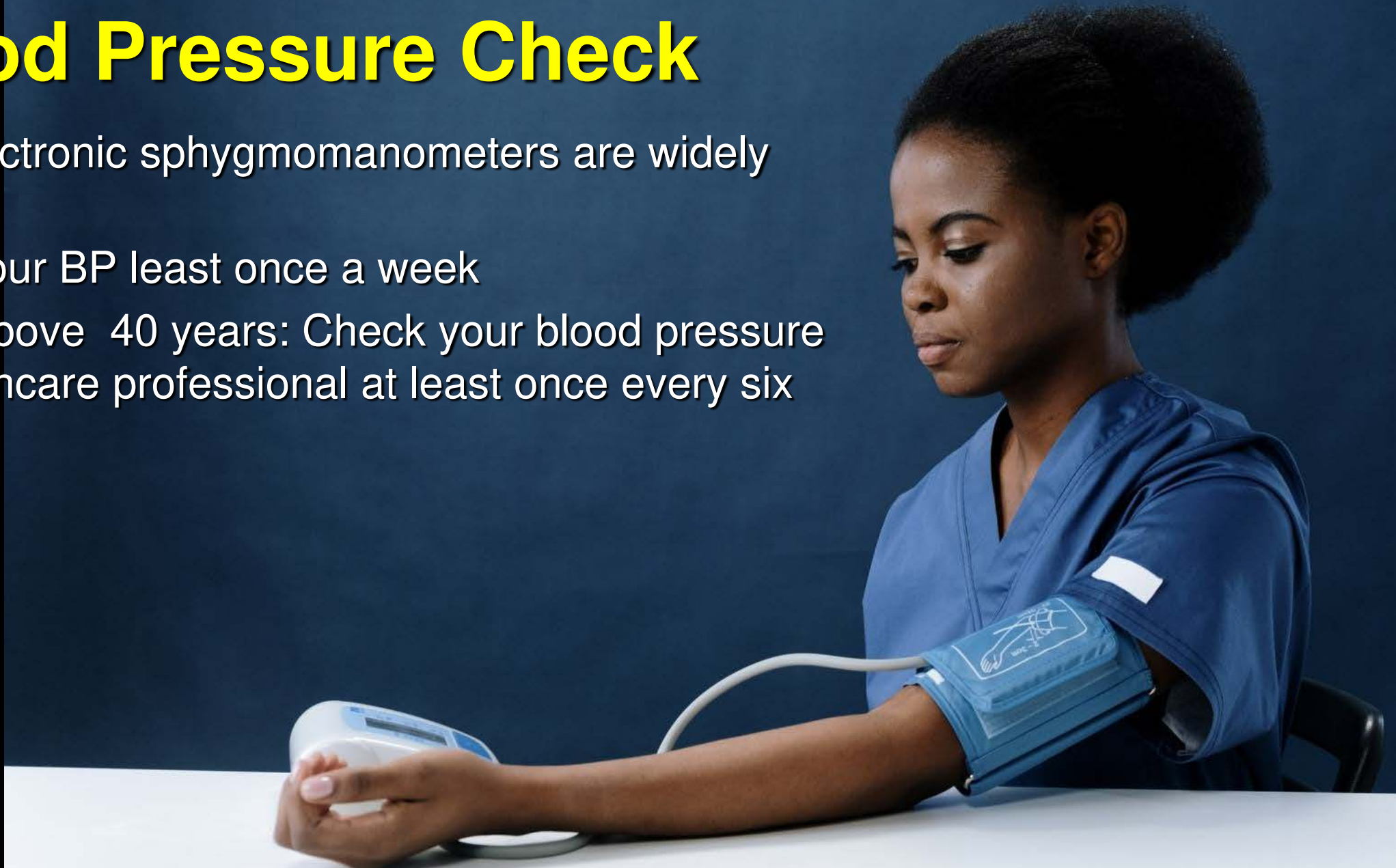
How to lower your risk...

- Regular medical checkup for BP monitoring
- Weight reduction and regular aerobic exercise
- Reducing dietary sugar
- Reducing sodium (salt) in the diet: This step decreases blood pressure in about 33% of people
- Discontinuing tobacco use and alcohol consumption



Blood Pressure Check

- Reliable electronic sphygmomanometers are widely available
- So check your BP least once a week
- For those above 40 years: Check your blood pressure with a healthcare professional at least once every six months



Cholesterol

- Too much cholesterol, which can clog blood vessels, is a major cause of heart disease in men and women
- You can lower your cholesterol level and keep a healthy level by eating the right foods, losing extra weight, and being physically active.
- Most experts recommend checking your cholesterol every 5 years



What causes diabetes?

It continues to be a mystery! Some factors however appear to play roles in its causation:

- Genetics
 - More common in relatives of diabetics
 - Certain genetic markers seen in some diabetics
- Environmental Factors:
 - Obesity
 - Lack of exercise



SYMPTOMS OF DIABETES



*Frequent
urination*



*Blurry
vision*



*Increased
hunger*



*Feeling of
pins & needle
in the feet*



*Excessive
thirsty*



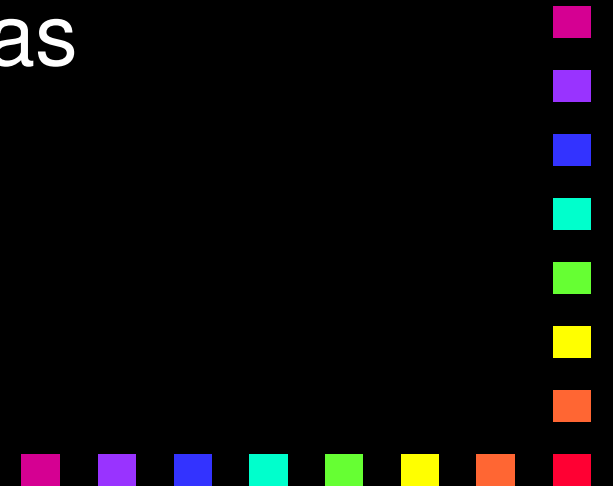
*Extreme
fatigue*



*Weight
loss*

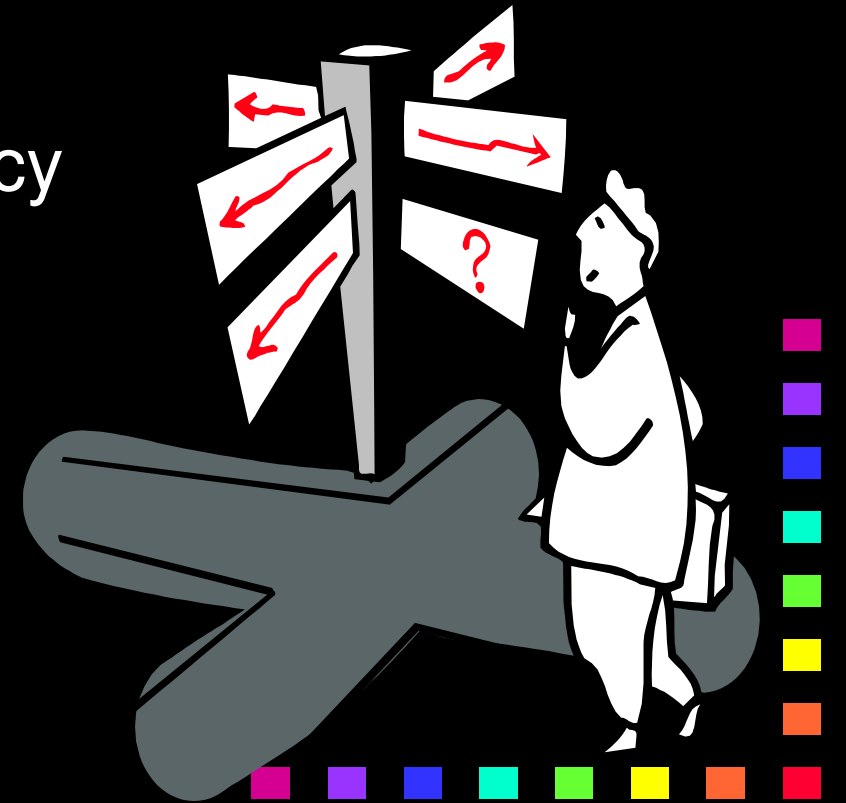
Diabetes mellitus

- The chances of getting the most common type of diabetes—type 2 diabetes—increase once you reach age 45.
- Almost 1 in 5 people aged 65-74 has diabetes
- Should you screen yourself?

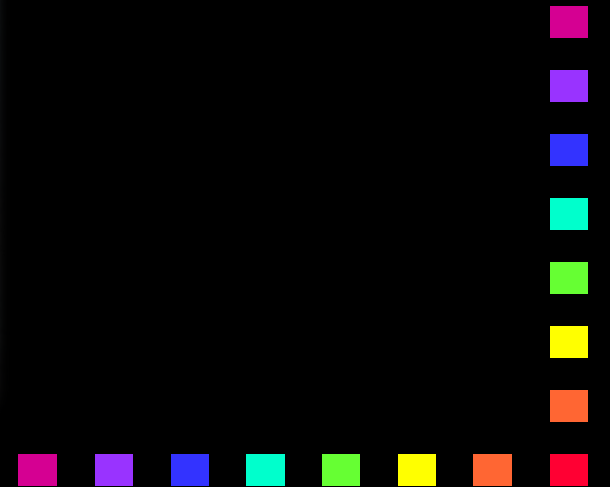


Yes, you do need to screen yourself for diabetes if you:

- i. Are over 40 years of age
- ii. Have symptoms of diabetes
- iii. Are overweight (Obese)
- iv. Have previous diabetes in pregnancy
- v. Do not exercise regularly
- vi. Have poor obstetric history
- vii. Have diabetic relatives
- viii. Endocrine problems
- ix. Are hypertensive



Breast cancer



Breast cancer

- As women get older, their chances of getting breast cancer increase. In fact, most breast cancers occur in women over the age of 50.
- Research shows that the best way to find breast cancer is to get a mammogram.
- All women aged 50 and older should have a mammogram every 1 to 2 years
- A more convenient (but not as reliable as mammography) screening activity is breast self examination



Breast Self Examination (BSE)

Breast Self-Examination



1. Lie down and put your left arm under your head. Use your right hand to examine your left breast. With your 3 middle fingers flat, move gently in small circular motions over the entire breast, checking for any lump, hard knot, or thickening. Use different levels of pressure - light, medium, and firm - over each area of your breast. Check the whole breast, from your collarbone above your breast down to the ribs below your breast. Switch arms and repeat on the other breast.



2. Look at your breasts while standing in front of a mirror with your hands on your hips. Look for lumps, new differences in size and shape, and swelling or dimpling of the skin.

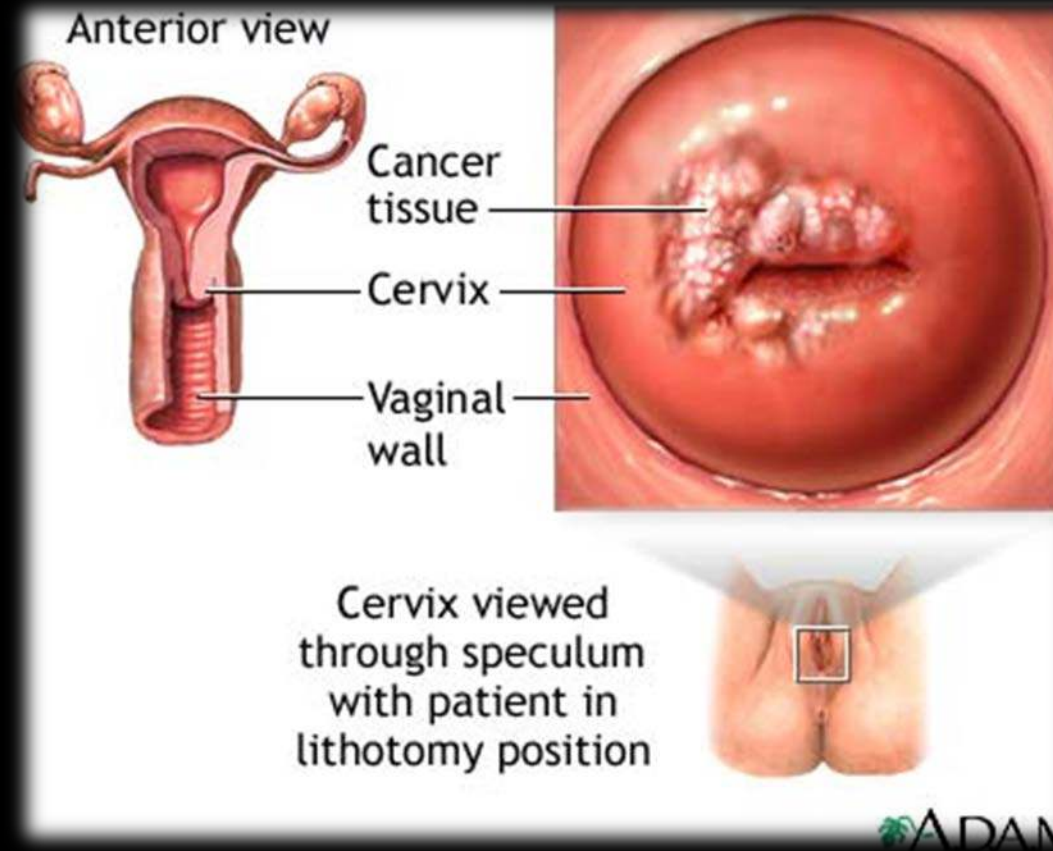


3. Raise one arm, then the other, so you can check under your arms for lumps.



4. Squeeze the nipple of each breast gently between your thumb and index finger. Report to your healthcare provider right away any discharge or fluid from the nipples or any lumps or changes in your breast.

Cancer of the Cervix

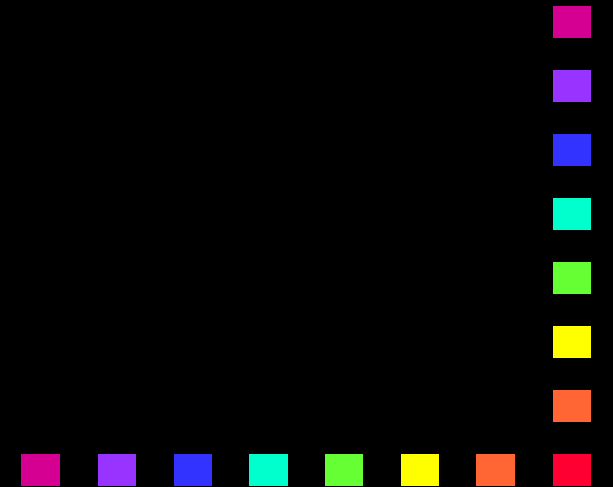
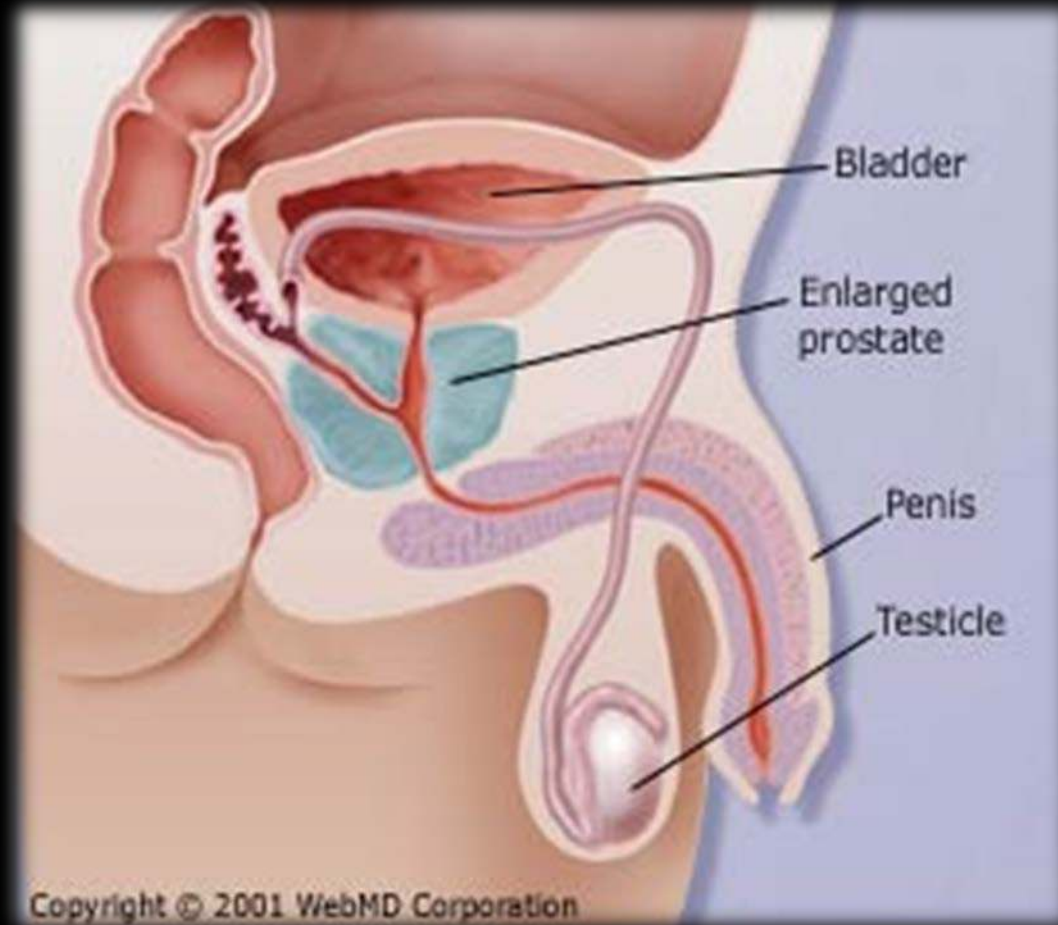


Cancer of the Cervix

- All sexually active women are at risk for cancer of the cervix.
- It is the most common cause of cancer deaths among women in Nigeria
- Most deaths from cancer of the cervix can be prevented if the cancer is found and treated early.
- A Pap test can find cancer of the cervix early—while it's easier to cure. This simple test saves lives.
- Women need to have a Pap test every 3 years, some more often.



Prostate Cancer



Prostate Cancer

- Prostate cancer is most common in men over age 50
- It is the commonest cancer in Nigerian men.
- Tests such as a rectal exam and PSA (prostate-specific antigen) blood test can help detect prostate cancer.
- These tests should be done once every two years in men over 40





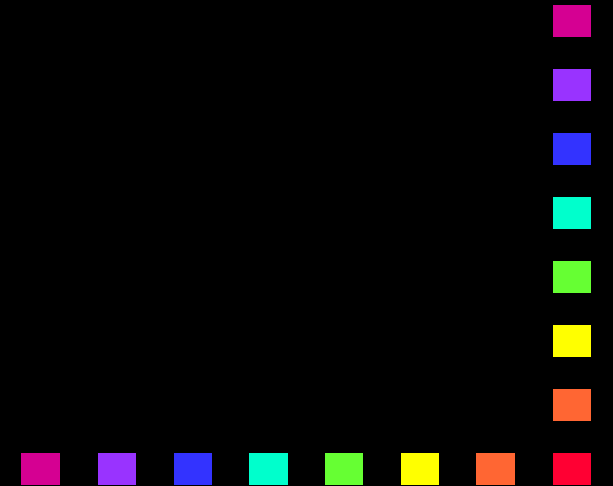
**How many
of us have
this
device?**



**In what ways
can your
smartphones
keep you
healthy?**

Keeping healthy: smartphone to the rescue

- Modern smartphones are versatile
- They have GPS receivers, gyroscopes and cameras and they also have access to the Internet.
- Since the phones are mostly with you, you should exploit these functions.



Activity Monitor

- Your phone can track your basic activity levels using its in-built sensors
- **Google Fit** (Android) and **Apple Health** (IOS) can monitor your steps, level of activities and log your details.
- You can also set goals with them



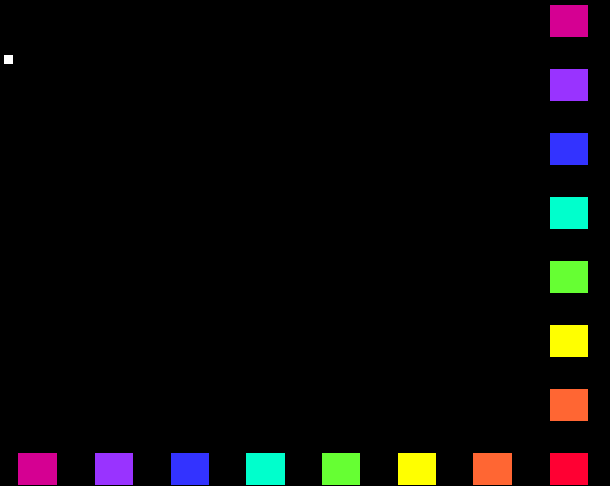
Heart rate monitor apps

- By placing your finger tip on the Camera, these apps let you check your pulse rate
- **Samsung Health, Runtastic Heart rate Monitor** and other apps do these for you.
- They can log the HR and keep the record for you



Sleep coach

- These apps help you sleep better
- By recording the conditions of your sleeping environment (like noise levels and temperature) and seeing which nights you sleep the best, they can help you identify what keeps you from sleeping.



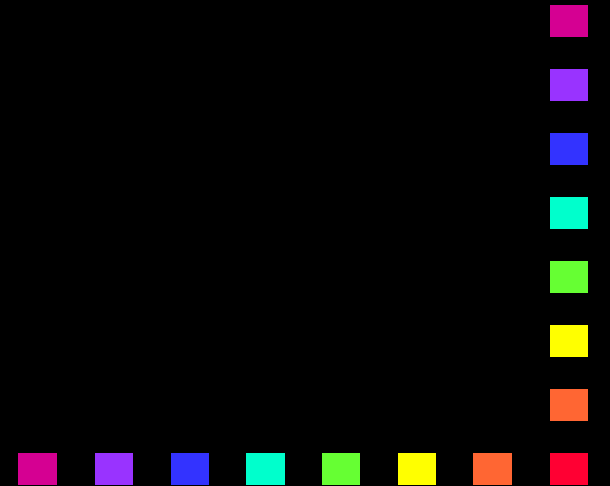
Exercise Coaching Apps

- These apps actively encourage you to take a more active lifestyle.
- They coach you, just like human coaches
- **7 Minute Workout** is an example .



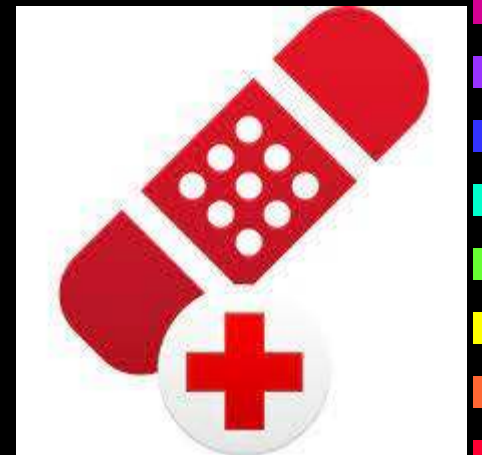
Apps to help you eat better

- These apps are bursting with nutritional information so you can make the healthier choice when it comes to eating
- These include **Calorie Counter Diet Tracker**



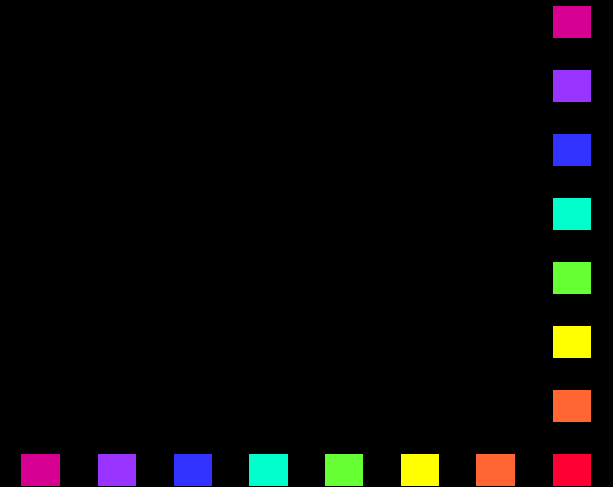
First Aid Apps

- These apps provide pre-loaded content providing instant access to all safety information at any time and expert advice for everyday emergencies.
- There are videos, diagrams, interactive quizzes and simple step-by-step advice to help users deal with and prepare for emergencies.
- **First Aid** by Red Cross is a very good example



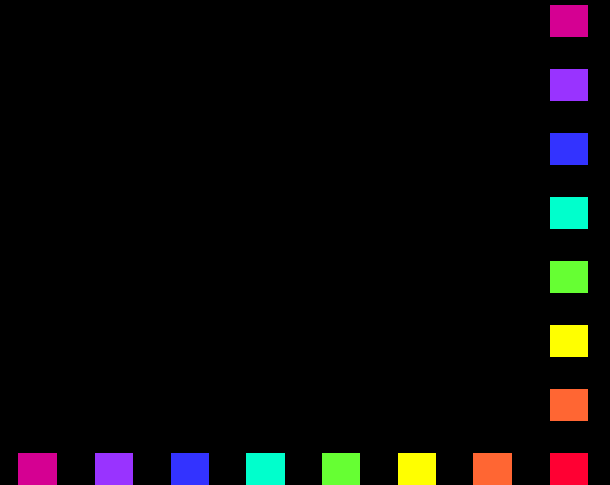
Reminders and Goal Setting Apps

- Calendar apps e.g., Google calendar includes the ability to set goals, like 'Go jogging twice a week'. Set one, and it'll suggest times for you to do said activity
- You can also set reminders for when to take your medicine, go for doctor's appointment etc.

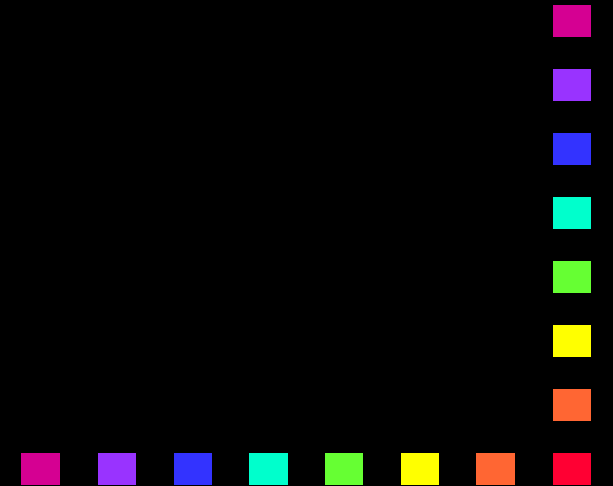


THE WISE PERSON

- **KEEPS A HEALTHY LIFESTYLE:**
 - **Diet**
 - **Exercise**
 - **Avoid smoking**
 - **Avoid alcohol intake**
- **TAKES HIS HEALTH SERIOUSLY**



Good Health to You!





T H A N K
Y O U

To ask questions, please join the forum at
www.oluwadiya.com

