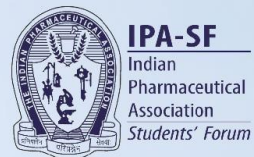


INNOVATION & INCUBATION CENTRE



FOCUS POINT

ABNORMALITY CHECK

ALBUMIN

NORMAL RANGE

3.5 - 5.2 g/dL

ABNORMALITIES

- Lower albumin levels may be a cause of malnutrition.
- Higher albumin levels indicate acute infections, burns, and stress from surgery or a heart attack

Your doctor may suggest the albumin test if you have symptoms like excess protein in the urine, swelling, yellow skin or eyes, feelings of weakness or exhaustion, rapid heartbeat, vomiting, diarrhea, nausea, appetite changes, thinning hair, etc.



SERUM BILIRUBIN

NORMAL RANGE

0.22 to 1.0 mg/dL



ABNORMALITIES

- Low bilirubin levels usually don't cause any symptoms.
- Higher than normal levels of direct bilirubin in your blood may indicate your liver isn't clearing bilirubin properly.

Your doctor may suggest a bilirubin test if you are experiencing signs of jaundice, have anemia, or low red blood cells, a toxic reaction to drugs, history of heavy drinking, exposure to hepatitis viruses, or have cirrhosis

GLOBULIN

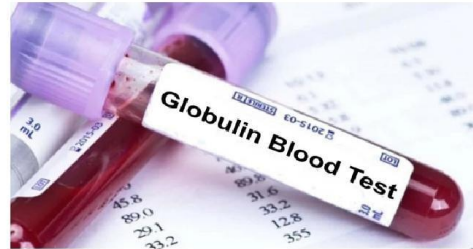
NORMAL RANGE

2.0 - 3.5 g/dL

ABNORMALITIES

- Low globulin levels can be a sign of liver or kidney disease.
- High globulin levels may also indicate certain types of cancer, such as multiple myeloma, Hodgkin's disease, or malignant lymphoma.

Your doctor may suggest the globulin test if you have symptoms like: Nausea and vomiting, itching, recurring fatigue, fluid buildup in the abdomen, feet, and legs, Loss of appetite, jaundice, etc.



ALP

FULL FORM: Alkaline Phosphatase

NORMAL RANGE: 44-147 IU/L

ABNORMALITIES

- Lower ALP levels in your blood are rare, but they can indicate malnutrition, which could be caused by celiac disease or a deficiency in certain vitamins and minerals.
- Higher levels of ALP in your blood may indicate a problem with your liver or gallbladder. This could include hepatitis, cirrhosis, liver cancer, gallstones, or a blockage in your bile ducts.

Your doctor may suggest this test if you have symptoms like nausea, vomiting, jaundice, abdominal pain.

SGOT

FULL FORM

Serum glutamic-oxaloacetic transaminase

NORMAL RANGE

8-45 Units/L

ABNORMALITIES

- Higher levels of SGOT indicate liver damage and damage to other organs like muscles, heart, brain, and kidneys.

Your doctor may suggest this test if you are experiencing symptoms like fatigue, weakness, a loss of appetite, nausea, vomiting, swelling of your abdomen, yellow skin or eyes, which is called jaundice, dark urine.



SGPT

FULL FORM

Serum glutamic-pyruvic transaminase

NORMAL RANGE

7-56 Units/L



ABNORMALITIES

- Higher levels of SPGT can indicate liver damage. Increased levels of SGPT may be a result of Hepatitis, cirrhosis, tumor, etc.

Your doctor may suggest this test if you are experiencing nausea, vomiting, yellowness of eyes, abdominal pain.



IPA-SF ST. PAUL'S CHAPTER PRESENTS

STEPS TO COMBAT STRESS DURING LOCKDOWN



1. Maintain a healthy lifestyle.
2. Restrict yourself from spending lot of time on social media.
3. Eat healthy food, drink plenty of fluids, maintain sufficient intake of vitamin C it helps to boost your immunity system.
4. Be physically active, do simple indoor exercises and meditate and yoga for calming down the stress levels.
5. If you are on medication, remember to take it as prescribed.
6. Make yourselves busy with all the professional office works or student academic works and some creative skills for relaxation.
7. Rediscover your good habits those that you left in the past due to your busy lifestyle.
8. People who have anxiety issues can use telehealth as an option to talk to a professional if anxiety becomes unmanageable.

CHILDREN AND YOUNGER ONES

- Educate your children and let them know the seriousness of COVID-19 and safety measures to be taken.
- Keep them busy with some creative skills like painting, reading, drawing etc.
- Make them feel responsible and acquire new skills.
- Parents should monitor students academic works regarding online classes, assignments, projects and preparation for upcoming exams etc,

ELDERLY (>60 YEARS OLD)

PEOPLE

- Elderly people may feel confused, lost and need help. Offer them help by getting them what they need, their medicines, daily needs etc.
- People with some associated medical problems like cardiovascular (hypertension), diabetes, cancer and specifically chronic respiratory diseases are more vulnerable to COVID-19 so, family members need to monitor their health frequently.



IPA-SF
#TOGETHER WE STAND VIRTUALLY



IPASF ST PAULS CHAPTER PRESENTS CLINICAL SIGNS AND SYMPTOMS OF COVID 19



FEVER 88%



DRY COUGH 67%



FATIGUE 38%



PHLEGM PRODUCTION 33%



SHORTNESS OF BREATH 19%



MUSCLE PAIN 15%



SORE THROAT 14%



HEAD ACHE 14%



IPASF
#TOGETHER WE STAND VIRTUALLY

SOURCE: WORLD HEALTH ORGANISATION
(WHO)



IPASF ST PAULS CHAPTER PRESENTS

కరోనా వైరస్ ప్రమాద కారకాలు



65 సంవత్సరాలకంటే ఎక్కువ వయస్సు ఉన్నవారు



పిల్లలు



ధూమపానం అలవాటు ఉన్నవారు



గుండె జబ్బు ఉన్నవారు



శ్వాసకోశ వ్యాధి ఉన్నవారు

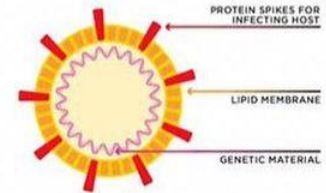


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#TOGETHER WE STAND VIRTUALLY

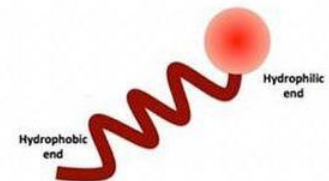


IPASF ST PAULS CHAPTER PRESENTS
How Detergents Can kill Covid-19

The corona virus has a membrane of oily lipid molecules which is studded with proteins that help the virus infect cells



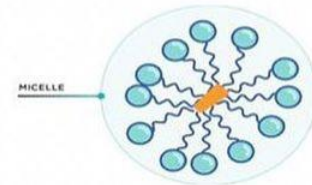
Soap Molecules have a hybrid structure, with a head that bonds to water and a tail that avoids it.



Soap Traps dirt and fragments of the destroyed virus in tiny bubbles called Micelles, which wash away in water.



Soap destroys the Virus when the water shunting tails of the soap molecules wedge themselves in to the lipid membrane and pry it apart



LEADS TO KILLING OF VIRUS

