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Med-ad Update

Clean Your Hands Day, May 5

Aimed at spreading awareness about diseases, World Health Organisations's (WHO) Save Lives: Clean Your Hands Day on May 5, 2014; is a world-wide campaign to prevent the deadly consequences.

The focus this year is on the anti-microbial resistant (AMR) bacteria, popularly known as "Superbugs". The WHO report on Superbugs has been startling in a revelation that the "world is headed for a post-antibiotic era", in which common infections and minor injuries which have been treatable for decades can once again kill". In a situation like this, while we might not be able to eradicate many but at least we can protect ourselves with the basic most cleanliness activity of washing hands properly. This is especially crucial in hospital environments or in the company of immunocompromised patients or for those who are at the risk of acquiring healthcare associated infections (HAI).

According to WHO, around 1.4 million people worldwide acquired morbidity due to complications associated with HAI. More disturbing is another data from WHO that says around 1 in 4 people globally acquire an infection due to ICU stay. A simple yet strict practice of washing hands could be life saving.

Jason Anthony Tetro, a microbiologist and author of "The Germ Code" mentions that "upto 80% of infections are spread through hands. Yet one simple wash consisting of 15 seconds of lather or sanitizer rub can reduce if not eliminate that risk". Though we, humans co-exist with germs in and on our bodies but anti biotic resistance is a great threat to our human existence.



The main purpose of this campaign is to spread awareness and enhance understanding among people on the correct usage of hand sanitization or washing. With this little effort itself, we might be able to curb or reduce the use of anti-biotics unnecessarily.

This drive of WHO is aimed at reducing the count of those 99,000 lives that were lost due to preventable

HAIs each year and some 45 billion dollars spent in turn on a yearly basis.

To aid this drive, Debmed has developed the only electronic hand hygiene monitoring solution that follows the Five Moments - WHO recommended standard of hand hygiene.

So get set and wash your hands properly!

Salon nail dryers may pose cancer risk



So you got your manicure done? And did you use the UV lamp to dry off your nails?

Risk of cancer development due to the usage of UV lamp has been detected and however small the chances of this may be, it is a threat anyhow. Some lamps emit less light while the others more, depending on their wattage each, as reported by Lyndsay Shipp et al. (Medical College of Georgia, USA).

Despite the concern regarding UV radiation being a hot debate from quite some time, there was nothing much that really came across as evidence. With this research however, UV-A irradiation was measured by seventeen different nail drying devices across sixteen salons, also recording bulb wattage and number of bulbs per device.

The measurement was done in a sense that

energy density delivered by lights based on UV-A irradiance was calculated and was then compared with energy density that may cause some DNA damage to skin cells.

The emitted radiation of UV-A differed much among the lamps, but generally what held as a convention was that higher the lamp's wattage, more was the radiation; as per the JAMA Dermatology reports.

Further, it was also found that on an average eleven uses of the lamps were good enough to emit UV-A dangerous enough for the DNA damage and risk of cancer development. Increment of cancer risk was also owed to the exposure time of the machine used; ranging from 8 minutes to 208 minutes.

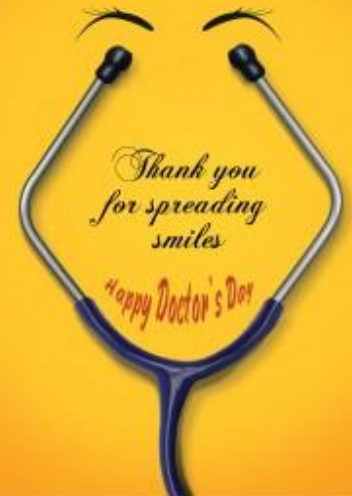
All in all, study suggests very minor risk of cancer development and so, even as previous researches suggested; a physical UV blocking aid should be sufficient for prevention as of now; may that be carcinogenesis or photoaging, either.



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DOCTOR'S DAY
1ST JULY, 2014



Doctor's Day, is celebrated in India on July 1st every year, it is on this day that doctors are celebrated for the exceptional role they play in our lives.

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<http://brandspeak.brandcare.net/2012/06/05/free-doctors-day-cards/>