

GALINOS NEWSLETTER

The Galinos Medical Clinic Inc



RAINY DAYS AND MONDAYS

by Carolina R. Reyes, MD, MAN, MHA, DFM, FPAFP

Relatable, isn't it? The song from Carpenters echoes while staring at the glass window, hearing the rain pounding silently against the window sill and glass.

I believe that the beauty of the song is that it can relate to anyone at anytime. We can and do all feel "down" at many points in our lives. But when we find that special person, the depression goes away.

Indeed the song depicts depression.. which happens to anyone. Only when you talk to her/him, letting them feel that they are not alone is a big relief at some point.

Let's encourage the depressed person to talk about their feelings, and be willing to listen without judgment.

Let us be the special person to them.

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Leptospirosis

by Alvin Sotto, DMD

Leptospirosis is a bacterial infection we get from animals. It spreads through their urine, it came from dogs, rodents, and farm animals. The bacteria can enter the body through an open wound, the eyes, or the mucous membranes.

Leptospirosis can cause a wide range of symptoms, some of which may be mistaken for other diseases. Some infected persons, however, may have no symptoms at all. Without treatment, Leptospirosis can lead to kidney damage, meningitis (inflammation of the membrane around the brain and spinal cord), liver failure, respiratory distress, and even death.

SIGNS AND SYMPTOMS

You usually start showing signs of leptospirosis within 2 weeks, though in some cases, symptoms may not show up for a month or not at all.

- a fever and chills
- coughing
- diarrhea, vomiting, or both
- headache
- muscle pain, particularly lower back and calves
- a rash
- red and irritated eyes
- jaundice

Most people with Leptospirosis recover within a week without treatment but some develop severe leptospirosis.

Symptoms from severe Leptospirosis may include kidney failure, meningitis, and lung problems. If severe symptoms occur, you may have to visit the hospital.

How to prevent it?

Avoid contaminated water. Make sure that when you drink water, it's clean and safe. Leptospirosis can enter through other body openings, it's better to avoid swimming, waterskiing, sailing, or fishing in freshwater areas. Saltwater is generally safe.

Rats and other rodents are the main carriers of the bacteria. Try avoiding them as much as possible especially if they are ill.

Be aware of your surroundings, especially when you travel. In countries with poor sanitation, leptospirosis is more common and may be hard to avoid. So, recognize the symptoms and seek help if you become ill.

Use disinfectant. Bleach, Lysol, acid solutions, and iodine are deadly to the bacteria. Keep them on hand to clean up.

Treatment of Leptospirosis

Leptospirosis can be treated with antibiotics. Ibuprofen may also be recommended for fever and muscle pain.

If infection is more severe, you have to go to the hospital for immediate medical treatment.



HOW TO DETECT DEPRESSION

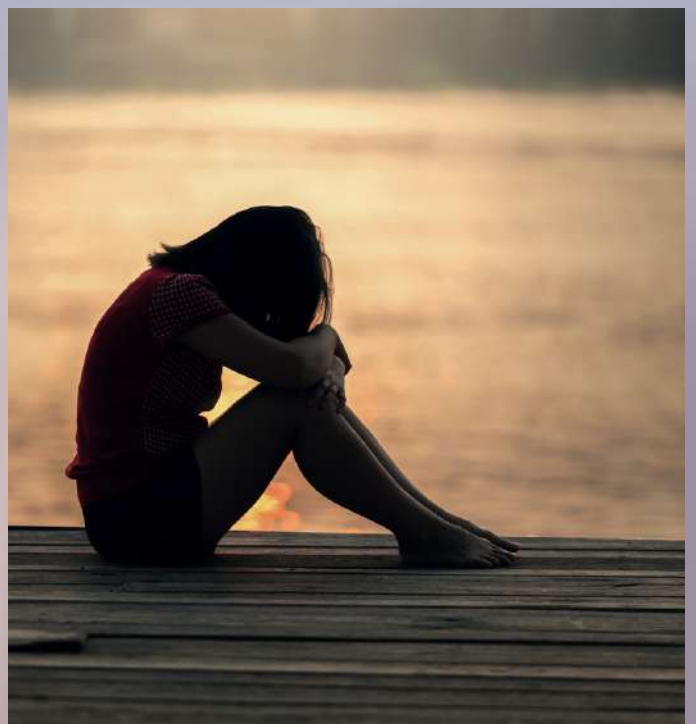
by Beth Vasquez



There's no pattern to depression, and this condition can vary in progression from person to person. Symptoms may gradually go from mild, such as choosing to stay at home to watch TV instead of going out for a walk with a friend, to more severe such as not even getting out of bed to shower or persistent thought of suicide.

Anyone can fall victim to it, and much like a mask people hide it with smile, using the word "Im fine". Nobody can detect it but yourself because disguising it is easy. The cheerier you are the less they suspect. But you can't hide it forever, because everybody reaches a breaking point, but that's ok, don't be ashamed. There are people out there who understand. There is love and support all around you by talking with others you will get the help and assurance that you need to fight through it "Together". You are precious, you are loved, you are not alone. Have patience with all the things, but most importantly have patience with yourself. See each and every new day as an opportunity to grow. The people you loved and valued you will always be waiting for you.

You would be surprised with how many people in your life could be going through depression at this very moment. People hide it like a paper bag over their heads out of fear of being judged, made fun of, seen as weak, or just not taken seriously. Depression should not be taken lightly, it holds us down from our purpose and potential in life. Those who tell you that is doesn't exist have never experienced depression in their life, therefore not understanding the symptoms and how it's something that cannot be fixed in a day. So, if you think you are depressed or if you think you know someone else who is, please talk to a friend, a family member, or anyone else in your life that you trust, never overlook the possibility of seeing a doctor for more professional help. Your feelings are real. Don't hide it, talk to someone about it. With the right help, you will be able to re-discover your confidence and begin a new life.



DEALING WITH DEPRESSION

by Iris Joy Montano

Carolina R. Reyes, MD, MAN, MHA, DFM, FPAFP

Battling depression is tough. Thankfully, there are many ways you can fight depression.

What works one day may not work as well the next, so you want as many tools in the toolbox to adapt and handle whatever depression throws your way. Similar to how symptoms of depression overlap and affect each other, some of the tips below overlap and can help address multiple symptoms.

Here are some tips for coping with depression:

CHALLENGING NEGATIVE THINKING

Being able to recognize when depression is pulling you down is the first step toward recovery. When depressed, all sorts of negative thoughts can get stuck in our heads, so it's important to be able to keep these in check. Here are five common depressed thoughts and what you can do about them.

SHIFT YOUR ATTENTION

If your mood is weighing you down to the point where it feels impossible to challenge your thoughts, then try taking a step back to concentrate on something else. This can be especially helpful when trying to deal with and overcome suicidal thoughts. Mindfulness exercises can be helpful in shifting attention away from negative thoughts.

SOURCE:
<https://headsugguys.org/cope-with-depression>



FOCUS ON THE BASICS

Sleep, food, physical activity – do your best to keep on top of these as they can make a huge impact on your ability to successfully manage depression.

Make sure to think ‘physical activity’ and not ‘exercise’. Going for a short walk, doing household chores, or anything that gets you up and moving counts.

KEEP DOING THINGS

This might seem hard at first, because you probably won't have the same amount of energy you normally do, but part of fighting depression is simply giving your mind something else to think about (and a rest from depressed thoughts).

Try concentrating your attention anywhere else – go for a walk, work on a hobby, meet a friend for coffee. The main thing here is that you want to avoid lying about and stewing in misery all day. Once you get going, you'll also usually find you have more energy than you thought you would.

REACH OUT TO FRIENDS AND FAMILY

A lot of guys hide feeling depressed from the very people that could help the most.

Talking about what's causing you stress or bringing you down can help lessen the intensity of these thoughts.[1] Give those closest to you a chance to help out.

KEEP SOME HUMOUR IN YOUR LIFE

Finding ways to make yourself laugh provides your mind with a break from all the negative thoughts depression brings.[3]

Whether this involves talking a friend, watching a funny show or movie, or following a humorous account on social media, it can all help.

GIVE YOURSELF CREDIT

We know how hard it is to fight depression, so we cannot stress this enough – be proud of any steps and progress you make, even if it takes longer than you hoped.

Recovering from depression takes time. The new habits and skills you learn now will help you throughout your life.

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