

VivaHealth Magazine

VIVA HEALTH MAGAZINE

JANUARY 2023 EDITION



MANAGING YOUR
FITNESS
OBLIGATION

AMIDST HECTIC SCHEDULES

10 MENTAL BENEFITS OF
EXERCISE FOR
PROFESSIONALS

THE TOP 5 CAUSES OF
KIDNEY
DISEASES
AND HOW TO AVOID THEM

THE
ORAL
HEALTH

BENEFITS OF FLOSSING



DR. ZACKSFEVER
MEDICAL DR. - FITNESS COACH

ADVERTISE
WITH **US**

VIVAHEALTH MAGAZINE

CHIEF EDITOR'S MESSAGE



Dear Ardent reader



I bring you good tidings from the Viva Health Magazine team and a warm welcome to 2023 all Viva fans.

After the storms of Covid 19 and difficult economic and social moments, most of us faced the previous year, 2022 with hope, especially to live a more healthier life, we at Vivahealth Magazine, as our mission dictates, brought you several articles on how to live healthier and happier.

The year 2022 saw us write even more articles for our website and also serve you with catchy fliers on our social media handles. It is a year that we saw over a 5 fold increment in our health posts and readership.

It is with unreserved elation that we as a team want to express our gratitude to all our readers, followers and our Clients. We do not take your likes, shares and referrals for granted.

In 2023 it is our fervent promise to serve all of you with authentic and simplified medical and wellness information. It is our hope that these pieces of information will ignite your health and wellness journeys and support you live a healthier 2023 and beyond.

To all our clients who advertise with us, we are committed to helping you sell your brand to the appropriate audience. Long live Vivahealth Magazine.

Long live Viva fans.
Cheers to 2023

Evangelina Nutsugah



02

Anticancer and other Benefits Of Cashew Nuts You May Not Know

Cancer is the major cause of death worldwide, researchers are working to develop more therapeutic components for cancer treatment with fewer side effects. Plants are the main sources of pharmacologically active molecules, used for therapeutic purposes.

08

How to Improve your Gut Health

Gut health is a huge topic that is quickly becoming more and more important. With so many people suffering from gut health problems, it is crucial that we all take steps to improve them.

20

How to Improve Your Mental Health and Develop Self-Compassion for a Successful Life

Ghana is a country of over 25 million people, with a population that is about 60% rural and 40% urban. Mental health in Ghana is affected by many factors including socioeconomic status, gender, culture, and religion.

05

HEALTHCARE TECHNOLOGY Trends You Should Know About

Over the past few years, there have been several healthcare technology trends that have caught the attention of consumers and professionals alike. Just yesterday 7th September 2022,

14

How Compassionate Healthcare Can Help You Navigate A Complex System

Compassion is defined as the sympathetic consciousness of others' distress together with a desire to alleviate it. Healthcare is the effort made to maintain or restore physical, mental, or emotional well-being, especially by trained and licensed professionals.

12

Does oral sex cause throat cancer?

Oral sex is a commonly performed act of foreplay involving the kissing or licking of the genital area to pleasure a partner. The human papillomavirus (HPV) can spread during oral sex, increasing the risk of throat cancer.



Anticancer and other Benefits Of Cashew Nuts You May Not Know

Cancer is the major cause of death worldwide, researchers are working to develop more therapeutic components for cancer treatment with fewer side effects. Plants are the main sources of pharmacologically active molecules, used for therapeutic purposes. Recently, cashew nuts have been gaining attention as a potential source for anticancer therapies. Interestingly, cashew fruit is tasty and rich in minerals, vitamins, and some essential nutrients. It has high vitamin C, nearly five times higher than oranges, and also

with high mineral content. The fruit comprises some volatile compounds, e.g., esters, terpenes, and carboxylic acids. Cashew bark and leaves have a rich amount of tannins as well

Cashew nuts are rich in Anacardium, which is a type of resin. Anacardium has been shown to have anticancer properties. In Vitro studies have shown that Anacardium inhibits the growth of several types of cancer cells. Additionally, Anacardium has been found to induce apoptosis in cancer cells. Apoptosis is the natural process by

which cells die and are disposed of.

Anticancer Activity of Anacardium Resin from Cashew Nuts
Anacardium resin is a rich source of antioxidants, including flavonoids and terpenes. These antioxidants can protect cells from damage caused by cancerous cells. In Vitro studies have shown that Anacardium resin can inhibit the growth of several types of cancer cells. Additionally, Anacardium has been found to induce apoptosis in cancer cells. Apoptosis is the natural process by which cells die and are disposed of.

Thus, cashew nuts are beneficial for both your health and weight loss goals. They are also high in antioxidants, which can help protect you from damage caused by cancerous cells.

Weight loss benefits of cashew nuts
Cashew nuts are also beneficial for weight loss. Cashew nuts are high in protein and fiber, which can help reduce calorie intake and help you control your weight. Additionally, cashew nuts contain monounsaturated fats, which can help you lose weight and prevent heart disease.

Antioxidant Activity of Cashew Nuts
The oxidation process produces free radicals which contain unpaired electrons. They can cause DNA damage and attack lipids and

proteins. Antioxidants can protect free radical-induced damages by transferring electrons or hydrogen. Thus, foods with antioxidants may provide defense against free radical damage in the body and may prolong the shelf life of food products.

Cashew nuts are also rich in antioxidants. Some of the antioxidants found in cashew nuts include vitamin E, beta-carotene, and selenium. Antioxidants protect cells from damage caused by free radicals, which are harmful molecules that can cause cancer and other diseases.

The potential benefits of consuming cashew nuts make them a valuable addition to a cancer treatment diet. While more research is needed to confirm these findings, cashew nuts may be an effective way to reduce the side effects of cancer treatments and promote healthy weight loss.

Conclusions and Future Perspectives
Cashew nuts are a valuable source of healthful nutrients and antioxidants. These nuts may be beneficial for cancer treatment, helping to reduce the side effects of treatments and promote healthy weight loss.



Further study is needed to confirm these findings, but cashew nuts may be an important addition to the cancer treatment diet.

Anacardium plants have extensively been largely reported for their antioxidant, anti-inflammatory, anticancer, and antimicrobial effects. A number of in vitro studies have been reported with promising results. On the other hand, the anticancer potential of Anacardium secondary metabolites is also quite prominent. Thus, Anacardium plants should be further studied to better elucidate their therapeutic potential not only in the Vitro and in Vivo studies, but also in the clinical application.





HEALTHCARE TECHNOLOGY

Trends You Should Know About

Over the past few years, there have been several healthcare technology trends that have caught the attention of consumers and professionals alike. Just yesterday 7th September 2022, Apple launched a new set of Gadget iPhone 14 and Apple SE 8 Series watches of which modern features were centered around health prediction and welfare of users. Here are ten trends in the Ghanaian health sector gathered by Viva health Magazine you should know about:

I. Health Records Integration:

Many hospitals are now using software that helps patients and doctors share medical information more easily. This lets doctors see all of a patient's medical history in one place, which can help them make better diagnoses and prescribe better treatments.

2. WEARABLE TECHNOLOGY:

More and more people are using wearable technology to monitor their health. This includes devices like fitness trackers and heart monitors, which can help patients stay on top of their health and make better decisions about their diets and exercise routines. These devices can track things like heart rates, steps taken, and calories burned. This information can help people stay healthier overall, and it can also help them recover from injuries more quickly.

3. MOBILE HEALTH:

Patients are also using mobile apps to manage their health records and keep track of their medications. This allows them to access information from anywhere in the world and helps them avoid complications down the road.

4. E-PRESCRIBING:

Physicians are now able to prescribe medications electronically, which is faster and easier than ever before. This helps patients avoid long wait times at the pharmacy and can also minimize the risk of medication errors.

5. ARTIFICIAL INTELLIGENCE IN HEALTHCARE:

AI has become increasingly important in healthcare technology over the past few years. AI is being used more and more in healthcare to help doctors make diagnoses and plan treatments. This technology can identify patterns in patient data that are otherwise difficult to see. It can also help doctors predict how a patient will respond to certain treatments.

6. PATIENT-CENTERED MEDICAL HOMES

These are hospitals that have been designed specifically with patients in mind. They often have more holistic care options than traditional hospitals, including virtual visits from doctors who can provide treatment advice remotely.

7. AUTOMATED ENROLLMENT FOR HEALTHCARE COVERAGE:

Many insurers are now using automated enrollment systems to help people sign up for healthcare coverage online without having to go through a human operator first. 10 trends in healthcare technology you should know about.

8. THE INCREASING POPULARITY OF VIRTUAL REALITY IN HEALTHCARE:

Virtual reality is quickly becoming an important part of healthcare. This technology allows patients to experience medical procedures or treatments from different angles. It can also help patients feel more comfortable during consultations or surgery. The Use of Video Calling and Telehealth for Patients: telehealth is a growing trend in healthcare that allows patients to receive care from doctors and other health professionals over the internet. This way, patients can avoid long travel times and inconvenient appointments.

9. THE GROWING IMPORTANCE OF MACHINE LEARNING IN HEALTHCARE:

Machine learning is a type of AI that is used to make predictions based on data. It is often used in healthcare to identify patterns and trends in patient data. This can help doctors make better diagnoses and plan treatments.

10. THE USE OF BLOCKCHAIN TECHNOLOGY IN HEALTHCARE:

Blockchain technology is being used more and more in healthcare to keep track of patient data. It is a secure way to store information that is decentralized and immune to interference from outside sources. This technology can help improve the trust between patients, doctors, and other healthcare professionals.

Story By : James Dakey

The Oral Health Benefits Of Flossing

Flossing is an important oral hygiene habit. It cleans and dislodges food stuck between your teeth, which reduces the number of bacteria and plaque in your mouth. Plaque is a sticky film that builds up on teeth and contributes to cavities and gum disease.

Flossing is one of the most important habits you can have for your oral health. Not only is it a great way to clean your teeth, but it can also help to remove plaque and other material from between your teeth.

Although many people brush their teeth daily, not everyone flosses their teeth as regularly as they brush. According to a departmental poll, about 1 in 50 Ghanaians floss their teeth at least once a day.

Here are the oral health benefits of flossing:

1. IT CAN HELP TO REMOVE PLAQUE AND OTHER MATERIAL FROM BETWEEN YOUR TEETH

Flossing can help to remove plaque and other material from between your teeth. This is especially important if you have dental issues, such as dental cavities or gum disease.

2. IT CAN HELP TO PREVENT CAVITIES

Flossing can help to prevent dental cavities. By removing plaque and other material from between your teeth, you can help to prevent the formation of cavities.

3. IT CAN HELP TO KEEP YOUR TEETH CLEAN AND HEALTHY

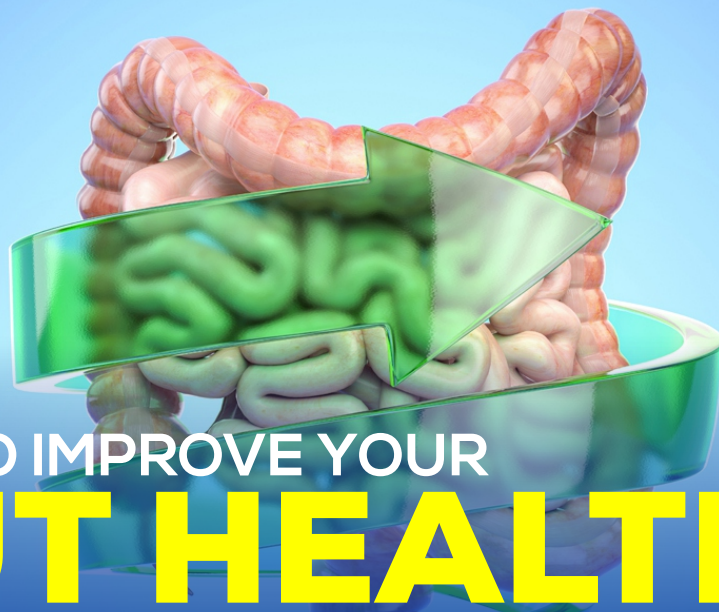
Flossing can help to keep your teeth clean and healthy. By cleaning between your teeth, you can help to prevent tooth decay and gum disease.



TAKEAWAY

Flossing is a great way to improve your oral health. Not only is it important for cleaning your teeth, but it can also help to prevent dental issues. If you are looking to improve your dental health, be sure to floss regularly.

Article By: Maj. Dr Carl Nutsugah



HOW TO IMPROVE YOUR **GUT HEALTH**

WITH THESE **5** TIPS

Gut health is a huge topic that is quickly becoming more and more important. With so many people suffering from gut health problems, it is crucial that we all take steps to improve them.

Gut health is essential for overall health. The gut is home to trillions of bacteria and other organisms, and their health affects everything from your mood to your immune system. Gut health is an essential part of overall health and wellness. It has been linked to a variety of health concerns, including weight loss, improved mental clarity, improved mood, and even better sex. Improving gut health is not only important for your own health, but it can also help improve the health of your loved ones.

Here are five easy steps that will help you improve your gut health.

1. EAT A BALANCED DIET

One of the most important things you can do to improve your gut health is to eat a balanced diet. Make sure to include plenty of fresh fruits and vegetables, whole grains, and low-fat dairy products.

2. DRINK PLENTY OF WATER

Water is essential for overall gut health and should be consumed in good quantities.

3. AVOID PROCESSED FOODS

Processed foods are often full of sugar and unhealthy fats. Instead, focus on eating foods that are naturally healthy and nutrient-rich.

4. GET EXERCISE

Physical activity not only helps to maintain your overall health, but it can also help to improve your gut health. Exercise has been linked to improved gut health. Not only does it help to maintain a healthy weight, but it also helps to improve your gut health by increasing your levels of gut-friendly bacteria.

5. TAKE PROBIOTICS

probiotics are beneficial bacteria that can help improve gut health. Taking them on a regular basis can help to restore balance and improve your digestion.

CONCLUSION

These five simple steps will help you improve your gut health and improve your overall health. If you want to take your gut health to the next level, start by following these tips. What steps do you take to improve your gut health? Let us know in the comments below!

10

Mental Benefits of Exercise for Professionals

Most of us know the many physical benefits of exercise: weight control, lower blood pressure, reduced risk of diabetes, and increased energy, just to name a few. But what about the psychological benefits of exercise? From easing symptoms of depression and anxiety to keeping your memory sharp, there's no shortage of mental benefits of exercise. Whether you need the motivation to get to the gym or to just take a brisk walk, the five psychological benefits of physical activity below will have you tying up your shoelaces and heading out the door.

In this era of exponential growth of “metabolic syndrome” and obesity, lifestyle modifications could be a cost-effective way to improve health and quality of life. Lifestyle modifications can assume especially great importance in individuals with serious mental illness. Many of these individuals are at a high risk of chronic diseases associated with sedentary behavior and medication side effects, including diabetes, hyperlipidemia, and cardiovascular disease.



An essential component of lifestyle modification is exercise. The importance of exercise is not adequately understood or appreciated by patients and mental health professionals alike. Evidence has suggested that exercise may be an often-neglected intervention in mental health care.

Mental health is important to everyone, but it's especially important for professionals. The mental benefits of exercise are well-documented, and they can help you be more productive and happier.

Do you feel mentally tired after a long day of work? Or perhaps you're struggling to concentrate during the day? If you're like most professionals, you probably feel this way from time to time.

There are many physical and mental health benefits to exercise. Here are 10 of the most common:

- 1.** Increased productivity. Exercise can help you stay focused and motivated.
- 2.** Improved mood. Exercise has been shown to improve mood and cognitive function.
- 3.** Reduced stress. Exercise can help you reduce stress levels and improve your overall mental health.
- 4.** Reduced anxiety. Exercise has been

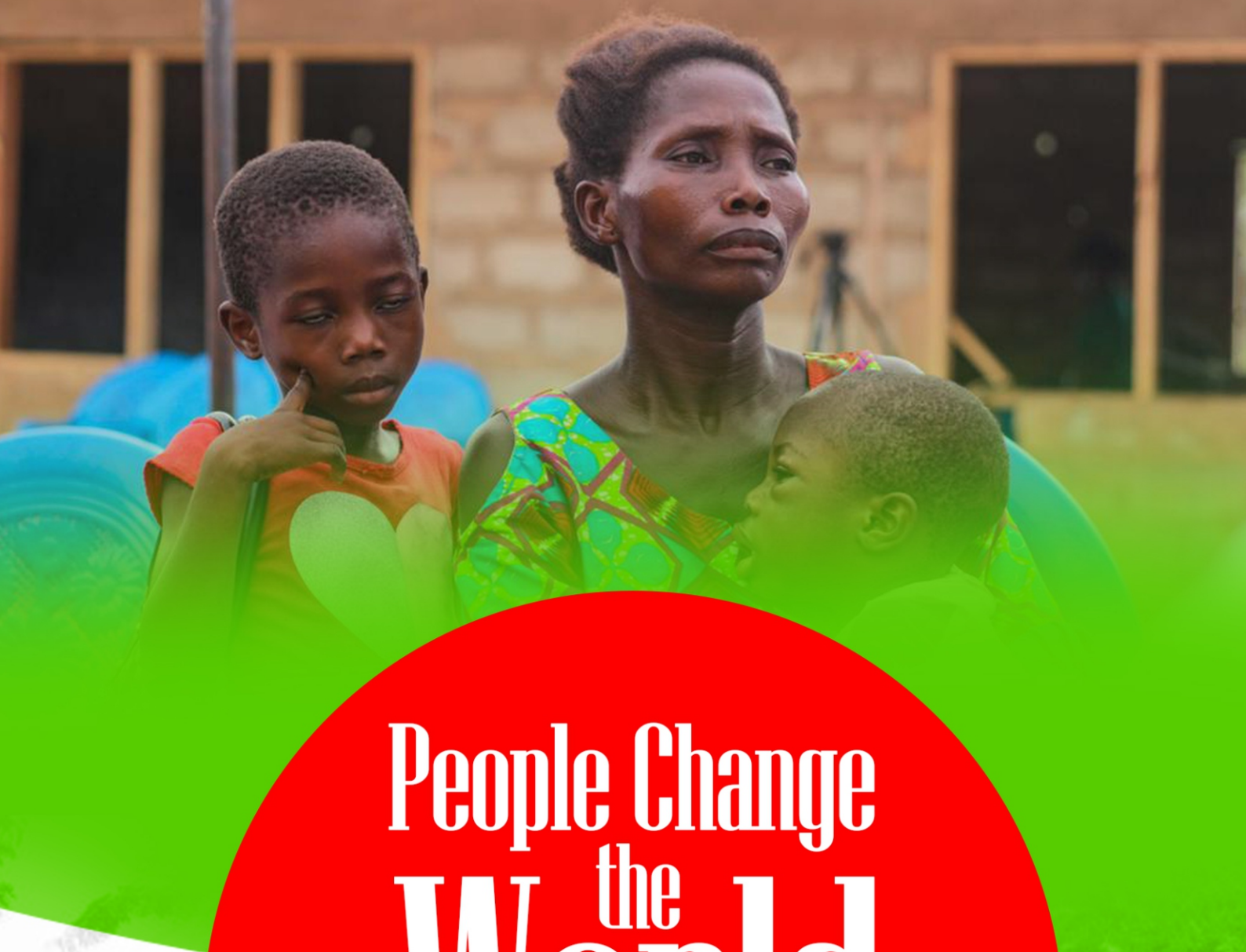
shown to help reduce anxiety and tension.

- 5.** Improved sleep. Exercise can help you get a better night's sleep.
- 6.** Increased sense of well-being. Exercise has been shown to increase overall happiness and well-being.
- 7.** Increased resistance to stress. Exercise can help you develop greater resistance to stress and anxiety.
- 8.** Improved cardiovascular health. Exercise can help improve your cardiovascular health.
- 9.** Greater self-confidence. Exercise can increase self-confidence and improve your sense of self-worth.
- 10.** Greater physical strength and endurance. Exercise can help you develop greater physical strength and endurance.

So whether you're looking to improve your physical health or mental health, exercise can be a great way to achieve your goals. So don't wait any longer – start working towards your fitness goals today!

Article By: Maj. Dr Carl Nutsugah





People Change
 the
World
 And Every Life Counts



VIVAHEALTH
 Medical Foundation





Does **ORAL SEX** Cause Throat Cancer?

Oral sex is a commonly performed act of foreplay involving the kissing or licking of the genital area to pleasure a partner. The human papillomavirus (HPV) can spread during oral sex, increasing the risk of throat cancer.

Viva health magazine delves into this controversial topic to try and lay the facts clear.

You likely think of cervical cancer when you hear about the rising incidence of Human Papilloma Virus (HPV). So you might be surprised to learn that this sexually-transmitted virus is also a leading cause of throat cancer (oropharyngeal cancer), and it spreads from person to person via oral sex.

Oropharyngeal cancer is cancer in the oropharynx, which is the middle part of your throat (pharynx). Symptoms include a sore throat that doesn't go away; a lump in the throat, mouth, or neck; coughing up blood; a white patch in the mouth, and other symptoms. Treatments may include surgery, radiation therapy, chemotherapy, targeted drug therapy, and immunotherapy.

Though oral cancers have long been linked to smoking, head and neck surgeons say current research shows that HPV is directly related to some throat cancers. In fact, these cancers are on the rise and soon will outpace new cervical cancer cases.



WHAT ARE THE RISKS

The No. 1 risk of contracting oral HPV and developing HPV-related throat cancer is having multiple oral sex partners, Dr. Prendes says. Having a higher number of partners increases the risk for both men and women. Smoking also raises the risk of developing throat cancer. You're at the greatest risk if you smoke at least a pack a day for 10 years.

HOW DO YOU LIMIT YOUR RISKS?

Here Dr. Kofi Agyeman, Viva Health Magazine ENT Surgeon Advisor offers five ways to help you limit your risk of HPV-related throat cancer:

1. LIMIT YOUR NUMBER OF LIFETIME SEXUAL PARTNERS

The increase in the risk involved with greater numbers of sexual partners is even greater for oral sexual partners. Also, use condoms or dental dams consistently for some protection.

2. GET CHILDREN AND YOUNG ADULTS VACCINATED

For males and females between ages 9 and 45, a three-round HPV vaccine can ward off an HPV infection and likely will lead to decreased risk of developing these HPV-related cancers.

3. GET SCREENED

Regular screening increases the chances you'll catch a tumor early. Your doctor will feel your

neck, examine your throat and inspect your mouth.

4. VISIT YOUR DENTIST AND ENT SURGEON

Get regular dental and ENT check ups because dentists and ENT surgeons are often the first practitioners to notice abnormalities with the tongue and tonsils.

5. QUIT SMOKING AND LIMIT ALCOHOL

Quit smoking and reduce alcohol consumption to cut your risk.

CONCLUSION

Overall, HPV-related throat cancers respond well to surgery and radiation. Between 90 and 95% of diagnosed cases have five-year, disease-free survivorship rates. Although researchers are still learning more about HPV-related throat cancer, the verdict about whether HPV is truly to blame is in, Dr. Agyeman says. "I don't think anyone in our field or any epidemiologist would argue the link between HPV and throat cancer at this point," he says. "It's a strong link."

"The good news is that when they are caught early, HPV-related oropharyngeal cancers respond well to treatment," says Dr. Agyeman.

Article By: Maj. Dr Carl Nutsugah



How Compassionate Healthcare Can Help You Navigate a Complex System

Compassion is defined as the sympathetic consciousness of others' distress together with a desire to alleviate it. Healthcare is the effort made to maintain or restore physical, mental, or emotional well-being, especially by trained and licensed professionals.

Compassionate healthcare is a critical part of navigating a complex healthcare system. We at Viva Health strongly believe that good health is not only about providing the best possible care for our patients but also about creating a compassionate environment where patients feel supported and understood.

There are many reasons why compassion is important in healthcare. Here are a few:

1. Compassionate care helps patients feel understood and supported.
2. It builds trust and communication between patients and healthcare professionals.
3. It reduces the emotional burden on patients.
4. It promotes positive patient outcomes.

5. It helps healthcare professionals to be more effective and efficient.

What Does Compassion Look Like in Healthcare?

There are concrete examples of what compassion looks like in practice. Below are three to keep in mind as a provider and something to look for as a patient.

- **Being an active listener**

As a student, you can be an excellent notetaker. But are you actually listening? Are you retaining the information being taught? People want to feel heard. Understanding how you tend to communicate and listen can make a difference in many facets of your everyday life. As a healthcare provider, having that level of self-awareness can go a long way in developing this skill which can help you create good and lasting impressions with patients. Paying attention, showing that you're listening, providing feedback, deferring judgment, and responding



appropriately are key steps to becoming a more active listener.

- **Providing emotional support**

In healthcare, the desire to “fix” a patient's problem may come naturally. While important, fixing isn't always the first answer. Think about times when you were struggling with a personal dilemma. Did you always want a solution to the problem, or rather support in how that problem was making you feel? Being there for a patient emotionally and showing your compassion can foster a positive relationship between the patient and the organization as a whole, which is what you represent when working at a facility. In addition, practicing this in your personal life with family and friends can be a good way for you to develop this skill. With time, this can become a more natural response that can be incorporated into the role of a healthcare provider.

- **Answering patient questions**

Ultimately, patients turn to healthcare providers for solutions. Though active listening and emotional support serve their own key functions, being able to answer a patient's question — if it is your place to do so — is crucial. If you are providing direct care to a patient, whether that be scheduling, billing, or something more hands-on, you are cultivating a customer experience. But when it comes to healthcare, there are certain topics such as medications, treatments, etc. that you may not always have the answer to or may not be at liberty to answer for a patient. Being transparent about this and directing them to someone who can provide answers is just as valuable.

Conclusion: By understanding the importance of compassionate care, healthcare professionals can effectively provide care for their patients. By outlining how compassionate healthcare can help you navigate a complex system, we hope that you will consider incorporating compassionate care into your practice. Thank you for reading!

Article By: Maj. Dr Carl Nutsugah



BUY ALL YOUR HOSPITAL EQUIPMENTS

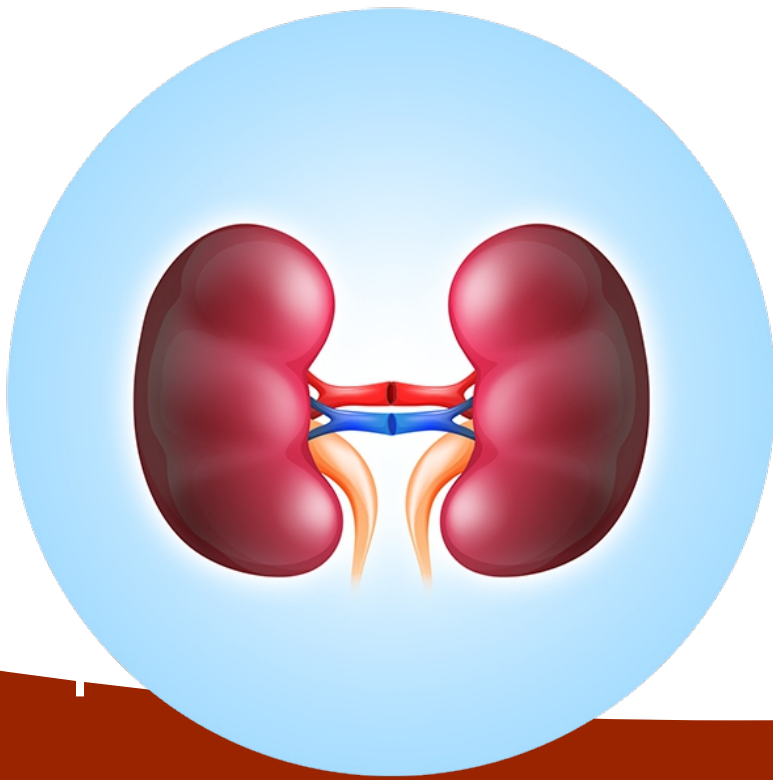
EQUIPMENTS

from Virgo Health Global

+233268818101

Best Deal





The Top 5 Causes Of KIDNEY DISEASES

And How to Avoid Them

Kidney diseases

Kidney disease is a major health problem in the world. Chronic kidney disease (CKD) is the most common type of kidney disease. It affects more than 25 million people in the US, and over 60 million people worldwide.

Kidney failure occurs when the kidneys can no longer keep up with the demands of the body. About 1 in 20 people will experience kidney failure at some point in their lives.

Kidney disease is a serious issue that can have a significant impact on your health and life. In this article, Vivahealth magazine, will provide you with the top 5 causes of kidney disease and how to avoid them.

CKD is caused by a variety of factors, including high blood pressure, obesity, diabetes, and toxins in the environment. There is no one cause of CKD. However, you can reduce your risk of developing CKD by reducing your risk factors.

What Are The Signs And Symptoms Of Kidney Failure?

Most people may not have any severe symptoms until their kidney disease is advanced. However, you may notice that you:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin
- need to urinate more often, especially at night

TOP 5 CAUSES OF KIDNEY DISEASE

Kidney disease is a concern even in Sub Saharan Africa and Ghana is not an exception. However, you can reduce your risk of developing CKD by reducing your risk factors.

Here are the top 5 causes of CKD:

1. High blood pressure: High blood pressure is the leading cause of CKD worldwide. It increases your risk of kidney damage by increasing the amount of salt and water that leaves your body through your urine. Reducing your blood pressure can prevent or delay CKD development.
2. Medications that can cause kidney disease

There are many medications that can cause kidney disease. Some of the most common are:

1. Acetaminophen (Tylenol, others) – This is a medication that is used to relieve pain and fever. It is often taken for long periods of time, which can lead to the development of kidney disease.
2. NSAIDs (non-steroidal anti-inflammatory drugs) – These medications are used to treat pain and inflammation. They can also lead to the development of kidney disease if they are taken for a long period of time or in high doses.
3. Some types of antibiotics and some types of chemotherapy drugs. They all can damage the kidneys if they are taken for a long period of time or in high doses.
4. Herbal preparations

There is a growing trend of herbal preparations being used as alternative remedies for a variety of ailments. However, there is evidence to suggest that some of these herbal

preparations can actually be harmful to the kidneys.

3. Diabetes: Diabetes is another major risk factor for developing CKD. Diabetes makes it easier for plaque to build up on the walls of your kidneys and this eventually leads to kidney failure.

4. Smoking: Smoking cigarettes is a leading cause of early death worldwide, but it's also a major risk factor for developing kidney disease later in life. Smoking cigarettes contributes to lung cancer and other types of cancer, as well as chronic obstructive pulmonary disease (COPD). Smoking can also damage your kidneys directly by damaging their function

5. Drinking too much alcohol: Your kidneys filter harmful substances from your blood. One of these substances is alcohol. Alcohol can cause changes in the function of the kidneys and make them less able to filter your blood. In addition to filtering blood, your kidneys do many other important jobs. One of these jobs is keeping the right amount of water in your body. Alcohol affects the ability of your kidneys to do this. When alcohol dehydrates (dries out) the body, the drying effect can affect the normal function of cells and organs, including the kidneys.

How to avoid kidney damage

There are many ways to avoid kidney damage, but the most important thing is to stay healthy overall. Make sure to get plenty of exercise, eat a balanced diet, and avoid smoking and drinking excessively. If you do develop kidney disease, make sure to see your doctor regularly for checkups and treatment recommendations.

How Is Kidney Failure Treated

There are many ways to treat kidney failure, depending on the severity and location of the disease. In most cases, patients will need to take various medications to help regulate their blood pressure, blood sugar, and fluid levels. They may also need to receive dialysis or a kidney transplant in order to stay alive.

Conclusion

kidney disease is a serious issue that can have a significant impact on your health and life. Make sure to know the top 5 causes of kidney disease and how to avoid them. If you do develop kidney failure, make sure to see your doctor regularly for checkups and treatment recommendations.

Article By: Maj. Dr Carl Nutsugah



How to Improve Your Mental Health and Develop Self-Compassion for a Successful Life

Mental Health

IN GHANA

Ghana is a country of over 25 million people, with a population that is about 60% rural and 40% urban. Mental health in Ghana is affected by many factors including socioeconomic status, gender, culture, and religion.

Mental health in Ghana has been neglected for a long time. There are only a handful of mental health facilities in the country and they are often overcrowded. People with mental health issues often have to hide their illness from their families or communities out of fear of discrimination or even violence.

There has been some progress made in recent years to improve mental health care in Ghana. In 2017, the government announced plans to

build 50 new psychiatric hospitals across the country. Additionally, there have been efforts made to increase awareness of mental health issues among both the general public and medical professionals. However, much more needs to be done in order to ensure that everyone who needs help has access to it.”

What is self compassion

Self-compassion is an essential skill for a successful life. It enables us to be kind to ourselves, no matter what. It can help us feel happier, more peaceful and connected to our feelings. Self-compassion can be practice at any time, in any situation. Here are four tips for practicing self-compassion that strengthen your mental health.



1. Remember Your Strengths

Start by identifying your strengths. What qualities do you have that make you successful? Notice how your strengths support your goals and help you get through difficult times.

2. Make A Connection

When you feel overwhelmed, take a moment to connect with your strengths. Recall what you have done well in the past. What have you been able to achieve despite difficult circumstances?

3. Give Yourself a Break

Sometimes it's hard to be kind to ourselves. It can be challenging to accept our own weaknesses and strengths. Don't beat yourself up when you make mistakes. Give yourself a break.

4. Cultivate a Mindfulness Practice


Mindfulness is a powerful tool for self-compassion. It helps us focus on our present moment, and it can help us connect with our feelings. Try practicing mindfulness for 10 minutes each day.

Conclusion

Practice self-compassion, and you will be on your way to a successful life. Thanks for reading! Living With Diabetes: How To Manage Your Symptoms And Lower Your Risk

Article By: Maj. Dr Carl Nutsugah

Managing Fitness Obligations amidst Hectic Schedules



To fit exercise into a busy schedule is to schedule it in advance and make it a priority. This could mean setting aside a specific time each day for exercise or incorporating it into your daily routine by taking a walk during your lunch break, for example. Another option is to find activities that you enjoy and can do easily and quickly, such as going for a run or doing a quick workout at home. Additionally, you can try to make physical activity a part of your daily life by taking the stairs instead of the elevator, walking or biking to work, or doing household chores that require movement. By making small changes like these, you can gradually incorporate more physical activity into your routine and make it a habit.

Here are 10 ways to fit exercise into your busy schedule without sacrificing your other activities:

1. Schedule your workouts in advance and make them a priority.
2. Find activities that you enjoy and can do easily and quickly, such as going for a



- run or doing a quick workout at home.
3. Incorporate physical activity into your daily routine by taking the stairs instead of the elevator, walking or biking to work, or doing household chores that require movement.
 4. Try doing short, intense workouts, such as high-intensity interval training (HIIT), which can be done in a short amount of time but still provide benefits.
 5. Use technology to help you stay active, such as using a fitness tracker to monitor your activity levels or using an app to follow a workout plan.
 6. Work out with a friend or family member to make it more fun and motivate each other to stay consistent.
 7. Take advantage of opportunities to be active throughout the day, such as going for a walk during your lunch break or doing a quick workout during a TV commercial break.
 8. Find ways to make physical activity a part of your daily life, such as taking a dance class or joining a sports team.
 9. Look for activities that can be done while multitasking, such as walking or biking while listening to a podcast or audiobook.
 10. Remember that any physical activity is better than none, so don't worry if you can't do a long or intense workout - even a short walk or a few minutes of stretching can benefit your health.



looking for a
Company
that can handle
all of your **IT needs?**


www.gotechpluz.com
has your back

**We are a Digital Agency that specializes
in Website Development, Digital Marketing,
Graphic Design, Photography, Videography, IT Support
(Computer, Printer, and Photocopier
Servicing & Repairs)**

VISIT US

✉ info@gotechpluz.com
🌐 www.gotechpluz.com

📍 **GOTECHPLUZ**
LA TEBU CR GL-054-1979,
CANTONMENT ACCRA

More info 
0247 233 996

Thank You

FOR TAKING TIME TO READ OUR MAGAZINE

VIVA IS A HEALTH FOCUSED MAGAZINE PRODUCED QUARTERLY THAT SERVES READERS WITH MEDICAL CONTENT, INSIGHTS FROM EXPERTS, CONTENT ON LIFESTYLE AND HEALTHY LIVING. EVERYTHING WE PUBLISH IS TO ENABLE YOU MAKE THE RIGHT AND HEALTHY CHOICE FOR YOU AND YOUR FAMILY. WE ARE DEDICATED TO DELIVERING ACCURATE, TRUSTED, UP-TO-DATE HEALTH AND MEDICAL INFORMATION, FOR CONSUMERS. WE WRITE IN SIMPLE LANGUAGE WITHOUT THE USUAL MEDICAL JARGONS, SO THE AVERAGE READER CAN UNDERSTAND, USING REAL-LIFE EXAMPLES.

For More Information Visit Our Website :

www.vivahealthmag.com

