

DIAGNOSTICS



THE IMPORTANCE AND BENEFITS OF GETTING **VACCINATED** AGAINST COVID-19

- PG 04

COVID-19 PCR TESTING

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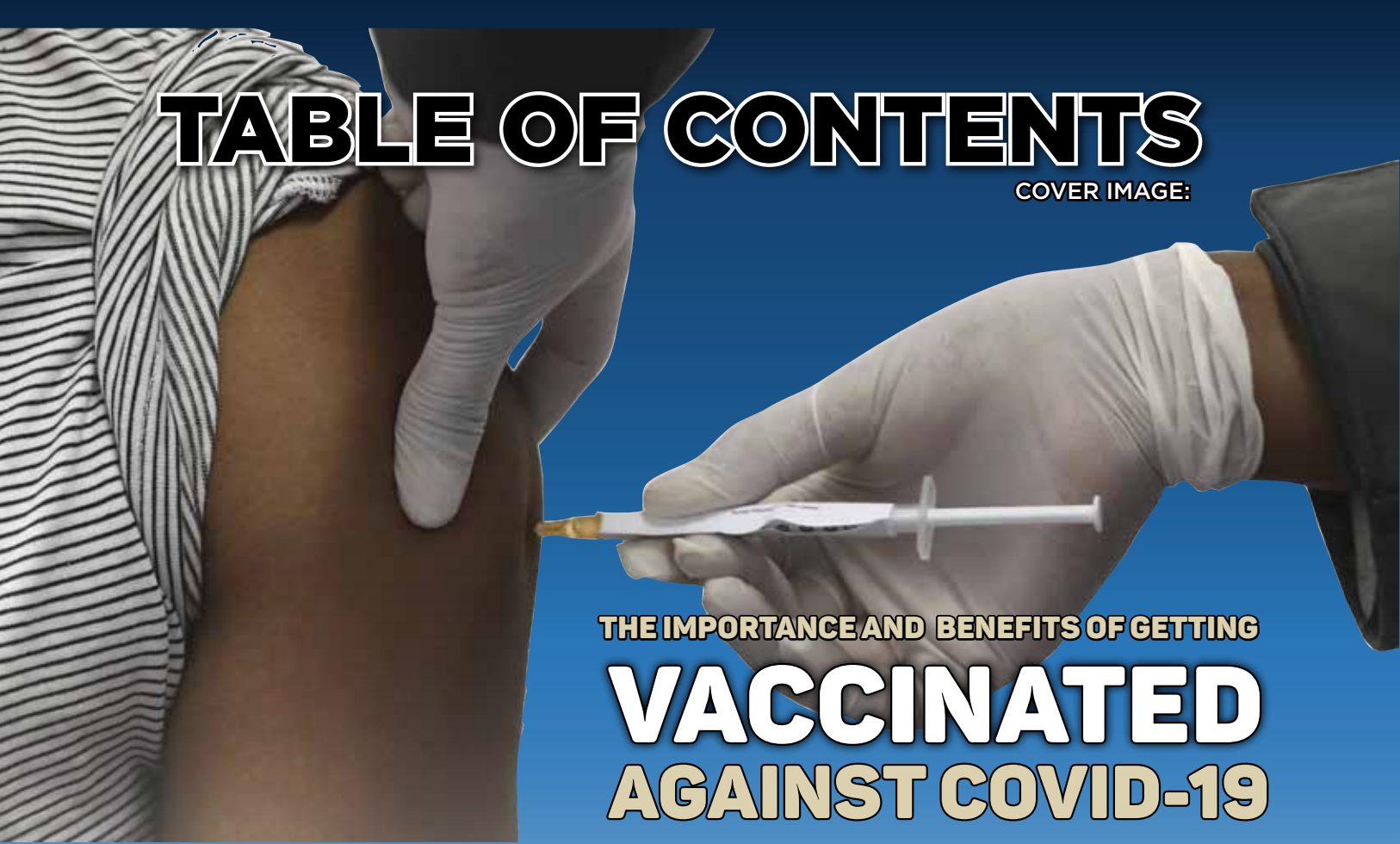
- Gaborone
- Maun
- Phikwe
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- Kazangula
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Dear Reader

One of the great aspects of this job is having the opportunity to talk with and listen to the many different manufacturers, distributors, and of course the huge network of dealers that is the backbone of our industry.

Years ago I never would have ever imagined I would be in this position, and it is amazing. To say I really enjoy this job is an understatement.

What makes Diagnostics Update.com so unique is their informative and educative ways to the nation.

The staff and management is always looking for ways to inform their readers on how to tackle different medical issues. Basically, you want more people to enjoy reading more and more.

That said, there is still the need to get more readers to embrace healthy routines within and outside the homestead.

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to diagnose, treat, cure, or prevent any disease without the supervision of a medical doctor. Please be advised that medical information changes rapidly and new discoveries are being made on a daily basis. Therefore, some information in this publication may have change by the time you read it.

The only laboratory in Botswana accredited with SADCAS ISO 15189:2012 for SARS-CoV-2(Covid-19)



Operating Hours

Mon - Fri: 0700 - 1800hrs
Sat: 0800 - 1500hrs
Sun: 0800 - 1300hrs

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SADCAS ACCREDITS FIRST MEDICAL LABORATORY FOR COVID 19 DIAGNOSTIC TESTING

SADCAS is proud to announce the accreditation of its very first medical laboratory for conducting Coronavirus disease 2019 (COVID-19) diagnostic testing.

Diagnofirm Medical Laboratories Gaborone situated at Plot Number 12583, Nyerere Drive, Middlestar, Gaborone, Botswana has been accredited to ISO 15189:2012 for SARS-CoV-2/COVID-19 testing using the PCR/Bioer Extraction and Amplification System. The accreditation is a scope extension in the "Molecular Biology" scope. Diagnofirm was first accredited by SADCAS on 25 June 2015 to ISO 15189: 2012 and granted the accreditation number MED 012 for the following scopes: Chemistry; Endocrinology; Haematology; Microbiology; Molecular Biology; and Serology.

Diagnofirm Medical Laboratories Gaborone was re-assessed and renewal of accreditation was granted on 31 July 2020.

For COVID-19 Testing, Diagnofirm Medical Laboratories Gaborone underwent a scope extension assessment on 8 December 2020 by a team of two including Technical Assessor competent in the scope molecular biology. The assessment which was conducted virtually involved a vertical assessment and witnessing the scientist undertaking the test. No findings were raised during the assessment after which a decision to accredit in the test method "SARS-CoV-2/COVID-19" using the PCR Bioer Extraction and Amplification System was made by the SADCAS Accreditation Approvals Committee on 11 December 2020 based on the assessment team's recommendation.

The COVID-19 pandemic caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), is now a major public health problem globally. Medical laboratories play a critical role in the healthcare delivery system by providing information for patient management, public health, disease control and surveillance. Reliable results of medical laboratories conducting tests to detect the SARS-CoV-2 virus are essential in the management of the pandemic. Accurate and early detection of SARS-CoV-2 in infected people are key in limiting transmission of COVID-19 and informing interventional measures.

Accreditation to ISO 15189:2012 is a vital tool for laboratories to improve quality performance, efficiency and reliability. The SADCAS. *Source: www.sadcas.org*



THE IMPORTANCE AND BENEFITS OF GETTING VACCINATED AGAINST COVID-19

The pandemic has been one of the greatest health crises in recorded history. Thanks to rapid advances in science and technology, the light at the end of the tunnel is getting closer. Major vaccination efforts are currently underway to immunize the world's population.

However, the World Health Organization (WHO) and expert health authorities around the world are urging people to get vaccinated as the best solution to end the pandemic. The sooner people are immunized, the faster it will be possible not only to slow the spread of the disease, but also to limit its impact on the economy.

THE BENEFITS OF VACCINATION

According to the WHO, vaccination is a simple, safe and effective way to protect against harmful diseases before coming into contact with them, as it activates the body's natural defenses to learn to resist specific infections and strengthen

the immune system.

In this sense, vaccination against COVID-19 will reduce the risk of becoming seriously ill and dying, since the person will be better protected. Immunity will not be 100%, since a vaccinated person

can still catch the disease; however, the consequences for the body are expected to be much less.

The main benefits are COVID-19 vaccines can also prevent you from becoming seriously ill even if you contract the virus.

By getting vaccinated yourself, you also protect the people around you. It is a safer way to develop immunity.

Source: <https://www.bbva.com/en>

WHAT ARE THE BENEFITS OF GETTING THE COVID-19 VACCINE?

If you've already received the vaccine, great job! Share these facts with others who might be hesitant. If you're unsure whether the vaccine is right for you, consider these four benefits the vaccine could provide you and your loved ones.

THE VACCINE REDUCES YOUR RISK OF INFECTION

Once you receive your first shot, your body begins producing antibodies to the coronavirus. These antibodies help your immune system fight the virus if you happen to be exposed, so it reduces your chance of getting the disease.

It's true that you can still become infected after being vaccinated, but once more of the population is vaccinated, those chances are further reduced, thanks to something called herd immunity.

So, getting vaccinated not only reduces your chance of being infected, it also contributes to community protection, reducing the likelihood of virus transmission.

THE VACCINE CAN HELP YOUR UNBORN BABY OR NEWBORN

Studies have found that expectant mothers who receive the COVID-19 vaccine create antibodies to the virus and pass those to their unborn baby through the placenta. Mothers were also shown to pass antibodies to their newborns through breast milk. This suggests those newborns have some immunity to the virus, which is especially important as young children cannot get the vaccine.

THE VACCINE PROTECTS AGAINST SEVERE ILLNESS

During studies, the three vaccines – Johnson & Johnson, Moderna, and Pfizer – have shown to be effective at preventing severe illness from COVID-19. So even if you were vaccinated and become infected, you are very unlikely to become severely ill. The clinical trials for the Pfizer-BioNTech and Moderna vaccines showed they were 100% effective at preventing severe illness. The Johnson & Johnson vaccine showed 85% effectiveness against severe illness.

The vaccines are also effective against variants. Much like the original strand, all three vaccines

will protect you against severe illness and reduce the likelihood for hospitalization.

Studies have shown vaccinated people who do get infected have mild to moderate cases of COVID-19 compared to those who aren't vaccinated. So, your risk of hospitalization and death because of COVID-19 is nearly eliminated once you are fully vaccinated.

THE VACCINE HELPED US DITCH THE MASK

The vaccine is the final step in our effort to get back to a more normal way of life. Public health measures such as mask wearing, physical distancing and hand-washing were implemented to slow the spread of the virus, and they have proven to work. Although masks are still recommended indoors in areas with high infection rates, the vaccine is our path toward eventually moving beyond them.

Evidence suggests that vaccinated people who might be infected with the coronavirus have fewer virus particles in their nose and mouth and are less likely to spread it to others. This finding is important as getting vaccinated now not only protects

you, but also limits spreading the virus to loved ones and friends.

As more people continue to receive the vaccine, we might reach herd immunity, which means the spread of the virus becomes unlikely. It's important we all receive the vaccine to help us achieve this public health goal.

THE VACCINE WILL HELP YOU RECONNECT WITH FRIENDS AND FAMILY

Once you've received the vaccine and waited the recommended time for your body to build immunity, you can visit in person with other people who have been vaccinated without wearing a mask. Also, if you've been around someone who has tested positive for COVID-19, you do not need to quarantine if you are fully vaccinated and not experiencing symptoms.

After a year of uncertainty, the vaccine has arrived and has clear benefits that should make everyone strongly considered getting the shot. By choosing to be vaccinated, you can protect not only yourself and your family but your community as well.

Source: <https://www.muhealth.org/>



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WHAT IS MENTAL HEALTH

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder.

Mental health can affect daily living, relationships, and physical health.

However, this link also works in the other direction. Factors in people’s lives, interpersonal connections, and physical factors can all contribute to mental health disruptions.

Looking after mental health can preserve a person’s ability to enjoy life. Doing this involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience.

Conditions such as stress, depression, and anxiety can all affect mental health and disrupt a person’s routine.

Although the term mental health is in common use, many conditions that doctors recognize as psychological disorders have physical roots.

Everyone has some risk of developing a mental health disorder, no matter their age, sex, income, or ethnicity.

Social and financial circumstances, biological factors, and lifestyle choices can all shape a person’s mental health.

A large proportion of people with a mental health disorder have more than one condition at a time.

It is important to note that good mental health depends on a delicate balance of factors and that several elements of life and the world at large can work together to contribute to disorders.

CONTINUOUS SOCIAL AND ECONOMIC PRESSURE

Having limited financial means or belonging to a marginalized or persecuted ethnic group can increase the risk of mental health disorders.

Modifiable factors for mental health disorders include:

- socioeconomic conditions, such whether work is available in the local area occupation
- a person’s level of social involvement education
- housing quality

Nonmodifiable factors include:

- gender
- age
- ethnicity

BIOLOGICAL FACTORS

genetic family history can increase the likelihood Trusted Source of mental health conditions, as certain genes and gene variants put a person at higher risk.

However, many other factors contribute to the development of these disorders.

Having a gene with links to a mental health disorder, such as depression or schizophrenia, does not guarantee that a condition will develop. Likewise, people without related genes or a family history of mental illness can still have mental health issues.

Mental health conditions such as stress, depression, and anxiety may develop due to underlying, life-changing physical health problems, such as cancer, diabetes, and chronic pain.

COMMON MENTAL HEALTH DISORDERS

The most common types of mental illness are as follows:

- anxiety disorders
- mood disorders
- schizophrenia disorders

ANXIETY DISORDERS

Anxiety disorders are the most common type of mental illness.

People with these conditions have severe fear or anxiety, which relates to certain objects or situations. Most people with an anxiety disorder will try to avoid exposure to whatever triggers their anxiety.

Examples of anxiety disorders include:

GENERALIZED ANXIETY DISORDER (GAD)

GAD is disproportionate worry that disrupts everyday living.

People might also experience physical symptoms, including

- restlessness
- fatigue
- tense muscles
- interrupted sleep

A bout of anxiety symptoms does not necessarily need a specific trigger in people with GAD.

They may experience excessive anxiety on encountering everyday situations that do not present a direct danger, such as chores or keeping appointments. A person with GAD may sometimes feel anxiety with no trigger at all.

PANIC DISORDERS

People with a panic disorder experience regular panic attacks, which involve sudden, overwhelming terror or a sense of imminent disaster and death.

PHOBIAS

There are different types of phobia:

Simple phobias: These might involve a disproportionate fear of specific objects, scenarios, or animals. A fear of spiders is a common example.

Social phobia: Sometimes known as social anxiety, this is a fear of being subject to the judgment of others. People with social phobia often restrict their exposure to social environments.

Agoraphobia: This term refers to a fear of situations in which getting away may be difficult, such as being in an elevator or moving train. Many people misunderstand this phobia as a fear of being outside.

Phobias are deeply personal, and doctors do not know every type. There could be thousands of phobias, and what might seem unusual to one person may be a severe problem that dominates daily life for another.

OBSESSIVE-COMPULSIVE DISORDER (OCD)

People with OCD have obsessions and compulsions. In other words, they experience constant, stressful thoughts and a powerful urge to perform repetitive acts, such as hand washing.

POST-TRAUMATIC STRESS DISORDER (PTSD)

PTSD can occur after a person experiences or witnesses a deeply stressful or traumatic event.

During this type of event, the person thinks that their life or other people’s lives are in danger. They may feel afraid or that they have no control over what is happening.

These sensations of trauma and fear may then contribute to PTSD.

MOOD DISORDERS

People may also refer to mood disorders as affective

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RISK FACTORS FOR MENTAL HEALTH CONDITIONS

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disorders or depressive disorders.

People with these conditions have significant changes in mood, generally involving either mania, which is a period of high energy and elation, or depression. Examples of mood disorders include:

Major depression: An individual with major depression experiences a constant low mood and loses interest in activities and events that they previously enjoyed. They can feel prolonged periods of sadness or extreme sadness.

Bipolar disorder: A person with bipolar disorder experiences unusual changes in their mood, energy levels, levels of activity, and ability to continue with daily life. Periods of high mood are known as manic phases, while depressive phases bring on low mood.

Seasonal affective disorder (SAD): Reduced daylight triggers during the fall, winter, and early spring months trigger this type of major depression. It is most common in countries far from the equator.

SCHIZOPHRENIA DISORDERS

Mental health authorities are still trying to determine whether schizophrenia is a single disorder or a group of related illnesses. It is a highly complex condition.

Signs of schizophrenia typically develop between the ages of 16 and 30 years. The individual will have thoughts that appear fragmented, and they may also find it hard to process information.

Schizophrenia has negative and positive symptoms. Positive symptoms include delusions, thought disorders, and hallucinations. Negative symptoms include withdrawal, lack of motivation, and a flat or inappropriate mood.

EARLY SIGNS

There is no physical test or scan that reliably indicates whether a person has developed a mental illness. However, people should look out for the following as possible signs of a mental health disorder:

- withdrawing from friends, family, and colleagues
- avoiding activities that they would normally enjoy
- sleeping too much or too little
- eating too much or too little
- feeling hopeless

MENTAL HEALTH

Fiction	Fact
 <p>Children are safe from having to worry about mental health disorders</p>	 <p>Any young child has a risk of developing a mental health disorder</p>
 <p>Those who suffer from a mental health disorder are violent & unsafe</p>	 <p>Individuals who struggle with mental health are no more prone to violence than others</p>
 <p>Weaknesses in character or lazy personalities can cause mental illness</p>	 <p>Mental health disorders have nothing to do with laziness or weakness</p>
 <p>I can't do anything for an individual with a mental health disorder</p>	 <p>Family members and loved ones can help someone with a mental health disorder in many different ways</p>

- having consistently low energy
- using mood-altering substances, including alcohol and nicotine, more frequently
- displaying negative emotions
- being confused
- being unable to complete daily tasks, such as getting to work or cooking a meal
- having persistent thoughts or memories that reappear regularly
- thinking of causing physical harm to themselves or others
- hearing voices
- experiencing delusions

TREATMENT

There are various methods for managing mental health problems. Treatment is highly individual, and what works for one person may not work for another.

Some strategies or treatments are more successful in combination with others. A person living with a chronic mental disorder may choose different options at various stages in their life.

The individual needs to work closely with a doctor who can help them identify their needs and provide them with suitable treatment.

TREATMENTS CAN INCLUDE:

Psychotherapy, or talking therapies. This type of treatment takes a psychological approach to treating mental illness. Cognitive behavioral therapy, exposure therapy, and dialectical behavior therapy are examples.

Psychiatrists, psychologists, psychotherapists, and some primary care physicians carry out this type of treatment.

It can help people understand the root of their mental illness and start to work on more healthful thought patterns that support everyday living and reduce the risk of isolation and self-harm.

MEDICATION

Some people take prescribed medications, such as antidepressants, antipsychotics, and anxiolytic drugs.

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WORLD AIDS DAY 2021: END INEQUALITIES. END AIDS

World AIDS Day 2021 has the theme of global solidarity, shared responsibility. World AIDS Day is marked on 1 December each year and has been an annual event since 1988. People around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses.

HIV remains a major public health issue that affects millions of people worldwide. Although the world has made significant progress in recent decades.

Division, disparity and disregard for human rights are among the failures that allowed HIV to become and remain a global health crisis. Now, COVID-19 is exacerbating inequities and disruptions to services, making the lives of many people living with HIV more challenging.

The theme of World AIDS Day 2021 is "End inequalities. End AIDS". With a special focus on reaching people left behind, WHO and its partners are highlighting the growing inequalities in

access to essential HIV services.

On 1 December 2021, WHO is calling on global leaders and citizens to rally to confront the inequalities that drive AIDS and to reach people who are currently not receiving essential HIV services.

Source: <https://www.who.int/campaigns>

WORLD AIDS VACCINE DAY 2021: History, Theme and Significance

It was in 1998, May 18 that the world witnessed the observance of the first World AIDS Vaccine Day. **The theme for this year is 'Global solidarity, shared responsibility'**

May 18 is observed as World AIDS Vaccine Day, every year, globally. The day is also addressed as HIV Vaccine Awareness Day, an initiative that is directed towards raising awareness regarding the requirement of HIV vaccines to prevent the HIV infection and AIDS.

The endeavor serves two-fold purposes. One, it predominantly attempts to honour those healthcare workers, scientists, and volunteers/supporters who have dedicated their lives in the effort to bring an effective and safe AIDS vaccine. And the other focuses on the importance of the vaccine- a shield to protect from the life-threatening virus.

Through this wonderful venture headed by the National Institute of Allergy and Infectious

Diseases (NIAID), people are informed that HIV can be prevented and that each one of us has a crucial role to play in the prevention process, and must share the global responsibility.

HISTORY AND SIGNIFICANCE OF WORLD AIDS VACCINE DAY

It was in 1998, May 18 that the world witnessed the observance of the first World AIDS Vaccine Day to protect the world from the deadly clutches of AIDS.

Since then, World AIDS Vaccine Day is celebrated all across the globe by various organizations to reiterate and remind people about the preventive measures, and spread education about AIDS, encourage researchers; and ensure common man's complete participation in this noble drive.

HIV stands for Human Immunodeficiency Virus which attacks the body's immunity. It can be contracted through sharing of needles, blood, unprotected sex; or can be

transmitted from mother to child during pregnancy. Symptoms of flu, fever, sore throat and fatigue mark the infection's outbreak within a few weeks.

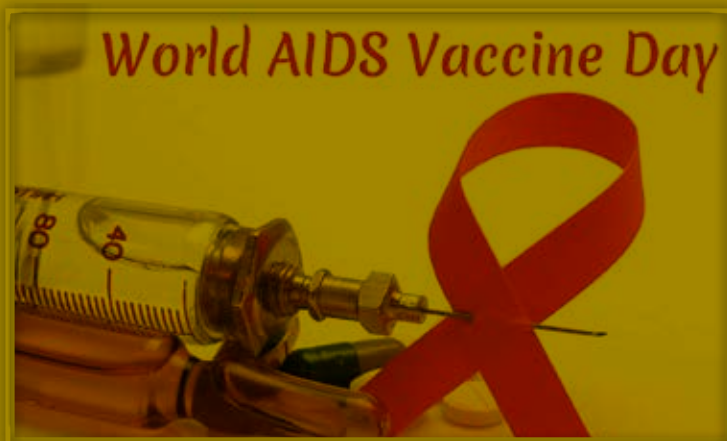
Acquired Immunodeficiency Syndrome (AIDS) is the next stage to which the virus progresses.

Anti-retroviral Therapies (ARTs) are known to hinder the development of the disease but no permanent cure has been discovered yet.

So the creation of a HIV Vaccine could serve as a preventive measure among people who do not have HIV. The efforts are aimed at expediting the vaccine creation.

THEME OF WORLD AIDS VACCINE DAY

In keeping with the goal of World AIDS Vaccine Day, every year a particular theme is chosen as part of its awareness campaign. World AIDS Vaccine Day theme this year is 'Global solidarity, shared responsibility'.



VALUE OF MEDICAL LABORATORY

Science Personnel and Clinical Laboratory Services in Healthcare

INTRODUCTION/BACKGROUND

Medical laboratory professionals provide clinical information and services that contribute to the effective delivery of care in today's complex healthcare system. They are indispensable partners in providing patient-centered care and in improving health outcomes and overall public health.

Clinical laboratory services are one of the most cost effective, least invasive sources of objective information used in clinical decision-making.

Clinical laboratory services have a direct impact on many aspects of patient care including, but not limited to, inpatient length of stay, patient safety, resource utilization, innovation in care, customer satisfaction and ultimately patient outcome.

Emerging and re-emerging diseases, pandemics, and bioterrorism agents with global impact showcase the crucial importance of identifying, tracking, and monitoring public health threats. Public health response and the need for ongoing surveillance highlights one of many critical needs for clinical laboratory services and qualified laboratory professionals.

RATIONALE

There are five common domains in which clinical laboratory services provide value within the healthcare system. 2-3 While the most commonly known is the provision of laboratory test results for clinicians.

CLINICAL DECISION SUPPORT – PROVIDING TEST RESULTS:

Medical laboratory professionals produce objective clinical data using state of the art technologies to guide clinical decision making. This information has a significant impact on patient diagnosis.

Tests, whether classified as screening or diagnostic, are essential elements of protocols used to prevent, diagnose, and manage specific diseases and conditions.

Algorithmic testing models, designed with other healthcare team member input, are used to guide the diagnostic process to obtain the right information at the right time for a given patient.

Additionally, clinical laboratory testing advancements allow for faster provision of results including options that are available at the patient bedside (inpatient settings) or within ambulatory locations.

These patient-centered models assist in rapid identification of disease, assessment of severity of disease, creation of a therapeutic plan, and management/monitoring of treatment outcomes.

CLINICAL DECISION SUPPORT – CONSULTATION AND COLLABORATION:

Medical laboratory professionals consult and collaborate with other healthcare professionals to ensure informed decision-making in patient care.

Medical laboratory professionals at all levels of the practice, including the DCLS (Doctor of Clinical Laboratory Science) decrease medical errors and improve patient outcomes through service on diagnosis (diagnostic) management teams, quality improvement committees, and by participating in direct patient care activities related to clinical laboratory testing.

Through these partnerships, medical laboratory professionals:

- explain the advantages and limitations of specific tests, to assure that the right test is selected at the right time
- provide guidance in the correct interpretation of test results
- develop clinical laboratory evidence-based practice guidelines
- utilize data to improve therapeutic practices through individualized precision medicine
- collaborate with other healthcare professionals regarding patient treatment options
- collaborate with specialty teams in bridging the gap between research and clinical application
- provide clinical data and support for risk management and patient safety
- support the professional development process of other healthcare professionals by assisting with education and

guidance relating to laboratory medicine

PATIENT SAFETY AND HEALTH OUTCOMES:

Clinical laboratory services are one of the leading diagnostic services in healthcare. Medical laboratory professionals are stewards of patient safety and are key healthcare team members in promoting a culture of patient safety and quality defined by the National Academy of Medicine (NAM) (formerly the Institute of Medicine) as "safe, effective, patient-centered, timely, efficient, and equitable" practice.

Primary emphasis is placed on providing clinical laboratory services that improve the diagnostic process in medicine and health outcomes for patients served. This is achieved by preventing:

- delayed diagnosis through the provision of timely services
- wrong diagnosis through clinical laboratory testing accuracy and the generation of laboratory data that supports the diagnostic process
- missed diagnosis through appropriate clinical laboratory consultation support

Patient safety competencies are practiced in the provision of all clinical laboratory services.4 Medical laboratory professionals:

- provide patient-centered care, recognizing the patient is the focus of the practice
- employ evidence-based laboratory practice to facilitate and support change
- apply quality improvement principles to processes to reduce opportunities for error and improve service delivery
- use informatics as an essential component of the practice to enhance communication and provide safe healthcare delivery
- participate on interprofessional healthcare teams to provide laboratory medicine expertise in developing innovative and improved healthcare services.

FINANCIAL VALUE:

Clinical laboratory services provide

needed information to assure correct clinical decisions that influence patient outcome and healthcare cost. Improved patient outcomes will ultimately lead to decreased medical treatment costs, decreased inpatient length of stay as well as reduced inpatient readmissions.

Decreased time to establishing a correct diagnosis and implementation of the most appropriate care for a patient will lead to decreased costs of care.

Effective and efficient clinical laboratory services maximize low cost, high quality, timely delivery for operational efficiencies of the parent organization that contribute to:

- preventing disease
- detecting disease early
- establishing an accurate diagnosis
- selecting the right treatment
- avoiding delays in treatment
- improving care pathways
- facilitating recovery
- reducing disability
- preventing relapse or retarding disease progression
- reducing the need for long term care

PUBLIC HEALTH & POLICY – RESEARCH AND DEVELOPMENT SUPPORT:

Clinical laboratory services provide clinical data to support public health decision making and healthcare policy development. Additionally, clinical laboratory services have an impact on the evolution of analytical technology, molecular epidemiology, and bioinformatics. Clinical laboratory data provides core clinical information analytics to improve:

- public health and regulatory policy
- public health surveillance programs (e.g. newborn screening, lead toxicity screening, infectious disease tracing, foodborne illness tracing, bioterrorism threats, antibiotic resistance)
- population health policy and global health strategies
- health disparities through provision of screening services in underserved communities (colorectal cancer, prostate cancer, infectious disease).

Source: <https://ascls.org/>

Diagnofirm

donating hand
sanitiser machine
to Kasane
International
Airport



Mr Tariro Bvunzani officially presenting the hand sanitiser machine donated on behalf of Diagnofirm to Kasane International Airport



Diagnofirm Chief Executive Office Dr Mohammed Chand giving a speech at the official opening of Diagnofirm Branch at Kasane International airport



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Diagnofirm Palapye Team

recently held a wellness campaign where they provided free glucose testing in commemoration of the World Diabetes Day.

Diagnofirm will be providing free glucose testing from the 13th to 30th of November





Diagnofirm donating hand sanitiser machine to Kasane International Airport



Minister of Health and Wellness Dr Edwin Dikoloti officially opening the Diagnofirm Kasane International airport.

In attendance at the official opening of Kasane International Airport Diagnofirm branch.

Diagnofirm team at work:

Ma Gao Lekgowe and Mr Kenias Sibanda offering free glucose testing at the commemoration of World Diabetes month at Airport junction



REASONS FOR REGULAR BLOOD TESTS

WHY POST COVID HEALTH CHECK UP IS IMPORTANT

Let's discuss why you need a regular blood test. Getting routine tests at intervals can allow a person to see the way a body changes over time and thus empower one to make an informed decision about your health and lifestyle.

Your doctor will typically recommend that you should get a routine blood test work at least once every year, around the same time as you would like to go for a physical body health check-up. But this is just a minimum value. There are many major reasons you might definitely intrigue you to get a blood test done more often than that:

PREVENTION IS BETTER THAN CURE

You want to reduce your risk of disease or complications. Regular blood tests can catch the early warning signs of almost any disease. Many hearts, lungs, and kidney conditions can be diagnosed using blood tests itself.

Regular lab testing can also take you a step further than just disease prevention. Taking tests annually will help you stay on top of your game and maximize the quality of your life. You can use them to improve your mood, libido, cognitive function, and overall energy levels.

It is always feasible that you go for regular blood tests to be sure instead of going nowhere with guessing. Without lab tests, it is hard to know exactly what is going on in our bodies.

FLUCTUATION IN WEIGHT

If you want to know the reason behind a sudden increase or decrease in weight than a blood test can definitely help you out.

A sudden increase in weight can increase your workout time and also be on a strict diet, also leads to many diseases related to heart and liver damage problems, and a sudden decrease in weight can also be a problem that leads to thyroid issues.

TOTAL BLOOD COUNT

With the help of this, you alone can prevent

many problems. Like from the count of WBC aware you from any kind of infection, Platelets counts will aware you from blood clotting issues, and many more just like that. You want to maximize your healthy life.

Knowing the levels of various blood components, such as HDL and LDL cholesterol, can allow you to take a look into your diet or fitness plan to diminish unhealthy habits (that you might not even realize are unhealthy). This can also optimize the nutrients you put in your body and well.

SEX HORMONES

The blood test keeps a record of testosterone and estrogen levels in the body. If you experience low libido levels, erectile dysfunction, infertility issues, or disinterest in sexual activities, the reason could be a drop in the levels of your sex hormones which can certainly be detected with a blood test.

DONOR

If you are a blood donor then you must be perfectly healthy and fit with nobody tattoos and your body should be as clean as a temple and by getting a blood test from time to time you will be more aware of your health status and also will be capable of donating blood and helping the world a lot more.

DIFFERENT BODIES WITH PHYSICAL APPEARANCES

If you are experiencing unusual and persistent symptoms. These could include anything from fatigue to an abnormal weight gain to completely new pain and vein. Every human body is different with respect to physical appearances.

From a regular blood test, you can have your exact requirements that your body needs. That will also be a profit to your physician and fitness trainer too.

HEALTH PROGRESS

You are getting older and older every day, with increasing in minor health issues. It's a common risk factor that bothers all human beings all the time.

Some of them are heart diseases, diabetes, and many more. If something wrong occurs someday then you can take proper treatment and precautions.

NUTRIENTS REQUIREMENTS

Nutrients are an essential part of the body that are necessary for their healthy and smooth functioning. If there is a deficiency in any of these important constituents, it can lead to issues like fatigue, headaches, insomnia, body odor, muscle cramps, and constipation.

From a regular blood test, you can have a look at the requirements of minerals and vitamins which you needed.

DECEPTIVE APPEARANCES

Common sicknesses like fever, cough, cold, and headaches are generally not given much importance, with the belief that it will automatically be cured.

From just a physical examination even Doctors can fail to detect as that may lead to a serious problem. From a proper blood test, the exact status can be found.

HEALTH IS WEALTH

The healthier you are the easier and happier your life will be. If you want to take care of yourself than have a blood test time by time, as you are taking care of yourself. From this, the vital importance/requirements can also be a good profit.

Lab test includes Blood Urea Nitrogen (BUN), Complete blood count, Fast Blood Sugar (FBS), Postprandial Blood Sugar (PPBS), Lipid Profile, Serum Creatinine, Uric Acid and more. Booking a blood test is much easier and quicker.

Well at least I would recommend you to take the blood test more than just once a year but definitely, talk to your doctor first if you want to get a certain test more often than once a year.

Source: <https://www.blallab.com/>

TIPS FOR HEALTHY SKIN

GOOD SKIN CARE – INCLUDING SUN PROTECTION AND GENTLE CLEANSING – CAN KEEP YOUR SKIN HEALTHY AND GLOWING.

Don't have time for intensive skin care? You can still pamper yourself by acing the basics. Good skin care and healthy lifestyle choices can help delay natural aging and prevent various skin problems. Get started with these five no-nonsense tips.

PROTECT YOURSELF FROM THE SUN

One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems – as well as increase the risk of skin cancer.

For the most complete sun protection:

- **Use sunscreen:** Use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours – or more often if you're swimming or perspiring.
- **Seek shade:** Avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- **Wear protective clothing:** Cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats. Also consider laundry additives, which give clothing an additional layer of ultraviolet

protection for a certain number of washings, or special sun-protective clothing – which is specifically designed to block ultraviolet rays.

DON'T SMOKE

Smoking makes your skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow and makes skin paler. This also depletes the skin of oxygen and nutrients that are important to skin health.

Smoking also damages collagen and elastin – the fibers that give your skin strength and elasticity. In addition, the repetitive facial expressions you make when smoking – such as pursing your lips when inhaling and squinting your eyes to keep out smoke – can contribute to wrinkles.

In addition, smoking increases your risk of squamous cell skin cancer. If you smoke, the best way to protect your skin is to quit. Ask your doctor for tips or treatments to help you stop smoking.

TREAT YOUR SKIN GENTLY

Daily cleansing and shaving can take a toll on your skin. To keep it gentle:

- **Limit bath time:** Hot water and long showers or baths remove oils from your skin. Limit your



bath or shower time, and use warm – rather than hot – water.

- **Avoid strong soaps:** Strong soaps and detergents can strip oil from your skin. Instead, choose mild cleansers.
 - **Shave carefully:** To protect and lubricate your skin, apply shaving cream, lotion or gel before shaving. For the closest shave, use a clean, sharp razor. Shave in the direction the hair grows, not against it.
 - **Pat dry:** After washing or bathing, gently pat or blot your skin dry with a towel so that some moisture remains on your skin.
- Moisturize dry skin. If your skin is dry, use a moisturizer that fits your skin type. For daily use, consider a moisturizer that contains SPF.

EAT A HEALTHY DIET

A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear

– but some research suggests that a diet rich in fish oil or fish oil supplements and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin. Drinking plenty of water helps keep your skin hydrated.

MANAGE STRESS

Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. To encourage healthy skin – and a healthy state of mind – take steps to manage your stress. Get enough sleep, set reasonable limits, scale back your to-do list and make time to do the things you enjoy. The results might be more dramatic than you expect.

Source: <https://www.mayoclinic.org/>

RISK FACTORS FOR MENTAL HEALTH CONDITIONS

FROM PAGE 07

Although these cannot cure mental disorders, some medications can improve symptoms and help a person resume social interaction and a normal routine while they work on their mental health.

Some of these medications work by boosting the body's absorption of feel-good chemicals, such as serotonin, from the brain. Other drugs either boost the overall levels of these chemicals or prevent their degradation or destruction.

SELF-HELP

A person coping with mental health difficulties will usually need to make changes to their lifestyle to facilitate wellness.

Such changes might include reducing alcohol intake, sleeping more, and eating a balanced, nutritious diet. People may need to take time away from work or resolve issues with personal relationships that may be causing damage to their mental health.

People with conditions such as an anxiety or depressive disorder may benefit from relaxation techniques, which include deep breathing, meditation, and mindfulness.

Having a support network, whether via self-help groups or close friends and family, can also be essential to recovery from mental illness.

Source: <https://www.medicalnewstoday.com/>

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Sat: 07:00AM - 03:00PM Sun: 08:00AM - 01:00PM

DEPOTS AROUND GABORONE

Independence Depot:

Plot 258/259/260, Molefi Close, Extension 5, Gaborone, Tel: 373 2973
Mon-Fri: 08:00AM - 05:00PM
Sat: 08:00AM - 12:00PM

Gaborone Airport

SSKIA, Gaborone
Tel: 395 0007
Mon-Fri: 08:00AM - 05:00PM
Sat: 08:00AM - 03:00PM
Sun: 08:00AM - 01:00PM

Broadhurst Depot:

Plot 13128/02, Legae Centre, Broadhurst, Gaborone
Tel: 3732975
Mon-Fri: 08:00AM - 05:00PM
Sat: 08:00AM - 12:30PM

Fairgrounds Depot:

Medswana House Fairgrounds Gaborone, Tel: 373 2970
Mon-Fri: 08:00AM - 05:00PM
Sat: Closed

Extension 2 Depot:

Plot 838, Pabalelo Way, Extension 2, Gaborone.
Tel: 373 2978
Mon-Fri: 08:00AM - 05:00PM
Sat: 08:00AM - 12:30PM

Broadhurst Industrial Depot:

Plot 4754, Dr. Kadiyala Surgery, Gaborone
Tel: 373 2979
Mon-Fri: 08:00AM - 08:00PM
Sat: 08:30AM - 12:30PM

Extension 10 Depot

Plot 2819, Thebe Circle Extension 10, Gaborone.
Tel: 373 2980
Mon-Fri: 08:30AM - 05:30PM
Sat: Closed

Karong Clinic Depot:

Plot 334, Marina Park, Extension 5, Gaborone.
Tel: 373 2971
Mon-Fri: 08:00AM - 05:00PM
Sat: Closed

CBD Depot:

Plot 54373, Matante Mews, Inside Zeta Clinic Gaborone, Tel: 373 2981
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Sat: 08:30AM - 12:30PM

Village Branch Depot:

Plot 4921, Village Medical Centre, Gaborone. Tel: 373 2977
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Sat: 08:00AM - 12:30PM

Game City Depot:

Unit 12 A, Game City Mall, Gaborone,
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Sat & Sun: 08:00AM - 03:00PM

Molapo Crossing Depot:

Unit 107, Molopo Crossing Mall, Gaborone,
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Bodiba Mall Depot:

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Phakalane Depot:

Plot 42794, Unit 2, Phakalane Medical Centre, Gaborone
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Kasane Airport

KIA, Kasane,
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