

OPERATION MEDUCATION

Newsletter issued by Zainab Ashraf



What is Operation MEDucation?

Check out our website for more info!

A student-led organization that strives to empower, educate, and inspire young minds about the field of medicine.

Operation MEDucation gives every individual interested in going into the medical field opportunities that don't come by on a day-to-day basis. For an individual with no prior knowledge of how this field works, it can seem confusing by the vast amount of pathways.

On top of this, the spread of COVID-19 has limited in-person opportunities to learn about medicine and its field. As there weren't many virtual opportunities at the time, students were even more perplexed.

With the resources Operation MEDucation offers, this initiative is sure to empower, educate, and inspire the next generation of healthcare professionals.

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OFFICER OF THE MONTH



Contact Information

Contact us through our newly published website!

Instagram: @operationmeducation

Tumblr: <https://operation-meducation.tumblr.com/>

Twitter: @OperationMEDuc1

Facebook: @operationmeducation

Youtube: Operation MEDucation

Gmail: operationmeducation@gmail.com

Pinterest: @OperationMEDucation

Website: <https://www.operationmeducation.org/>

"Healthy" Foods That Aren't Good For You

by Eugenia Lee

Society consuming unhealthy foods is the most crucial reason for health risks such as heart disease, the number one leading cause of death in the United States. Individuals are told that consuming healthy foods lead to a healthy diet; however, when it comes to picking healthy foods, some of them may just be junk foods in disguise. Labels on food packaging are a major factor to consider when choosing the right products. For example, foods that claim to be “**low-fat**” and “**fat-free foods**” are not healthy to one’s body; rather, another unhealthy substitute like sugar is added to replace the saturated fats that were removed. Furthermore, foods such as **commercial salads, processed breakfast cereals, gluten-free junk foods, whole wheat products, and sports drinks** are all misleading. To the human eyes, these food products seem beneficial and healthy to consume daily, but there are additives included that alter their message of “healthy”. In order to achieve this effect certain terms like, “gluten-free”, “organic”, and “whole wheat” are being used in the food industry to advertise their products. People should be aware of these “healthy” junk foods and cautious when purchasing them. As individuals become more considerate of these misleading messages and foods, they can find authentic beneficial foods that will lower health risks for their overall health in the future.

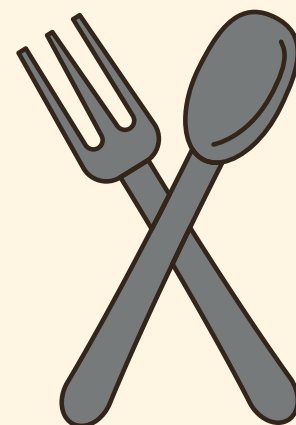




PHOTO BY MARTIN R. SMITH

Scleroderma Awareness

By: Isabelle Lopez

June 1st is the beginning of Scleroderma Awareness month, but what is Scleroderma? Well, Scleroderma is chronic hardening and tightening of the skin and connective tissues. Scleroderma is a group of rare diseases that more often affects women. It commonly occurs between the ages of 30 and 50. Symptoms include tightening of the skin, joint pain exaggerated response to cold, and heartburn. Treatments include medication, physical therapy, and surgery.

There is no cure for this chronic disease and as rare as it is, many people are still burdened by joint pain and swelling. Many cannot do simple day-to-day tasks and are desperate to find a cure.

The causes of Scleroderma are a result of overproduction and accumulation of collagen in body tissues. Collagen is a fibrous protein that is important for muscle function but can cause problems if there's too much or too little. A combination of one's immune system and genetics may present Scleroderma in an individual. Environmental factors can also cause Scleroderma. Scleroderma doesn't stop at the fingers, it can affect the lungs, kidneys, heart, teeth, digestive system, sexual functions in a variety of ways.

What can be done? It's hard when there's no cure but donations to Scleroderma research help fund doctors and researchers to find a way to better treat and cure this chronic disease. Encouraging awareness to people who can help contributes to the fight.

Fact: June 29th is World Scleroderma Day.

Why do onions make you cry?

by: Claudia Hanna

When we cut open onions, we break open the cells, releasing liquids. These liquids contain enzymes and sulphur-rich acids, and when they combine, they create syn-Propanethial -S-oxide (S-oxide). S-oxide is a chemical irritant, it is an irritating gas. S-oxide is known as the "sneaky chemical" because it easily vaporizes, and it floats in the air and comes in contact with your eyes. S-oxide turns into sulfuric acid when it touches the eye.

When this happens, your brain immediately triggers a tear response, as a form of protection for the eyes. These types of tears are called reflex tears and are stimulated by exposure to such irritants. A few home remedies to help with irritation include **rinsing your eyes with cool water, creating distance between you and the onion, placing a cool compress over your eyes, using eye drops to flush out the eyes.**

The way you cut onions can also reduce the reaction to an extent: slice in the direction away from you, chill the onion in a bowl of ice water for 30 minutes before use. Also, you can get a cooking hood, which increases ventilation.

Fun Fact: The onions that have the most sulphur compounds are yellow, red, and white. Green onions are considered to be one of the sweeter types, they contain less sulphur, and produce fewer tears. However, with the help of GMO crops scientists have created tear-free onions, that can only be found in specialty markets.



JUNE 2021 Migraine and Headache Awareness

VOL. 2

by Janice Lau

Did you know that June is headache and migraine awareness month? Ever wonder what they are? Migraine headaches are the causes of unbearable pain usually on one side of the head. It is sometimes accompanied by nausea, vomiting, and an excruciating sensitivity to light and sound. Sounds horrific right? In addition to that, they can last for about 72 hours without any treatment! That's three days! The National Institute Of Neurological Disorders and Stroke states that migraines are three times more common in women than men and happen to affect more than 10% of the population worldwide. Some people may think that migraines only affect a certain age group, people who actually go to work and are adults. However, they can actually affect anyone at any age! But the most commonly start occurring in the adolescent years. Auras are warning symptoms some people tend to have. They can occur before or with a headache. Auras can include sudden visual disturbances such as flashes of light, or tingling on one side of the face, arm, or leg. They can also cause difficulty in speaking. Adding on, ocular migraine is used interchangeably with 2 different types of conditions. Migraine aura, which causes visual disturbances and isn't as serious. And retinal migraine, which could prompt something that needed to be brought medical attention to. Retinal migraines are when there are repeatedly short bouts of blinding. In women, migraines can trigger hormonal changes such as stress, sleep deprivation, diet change, and more. They can also affect sensitivity to the weather.

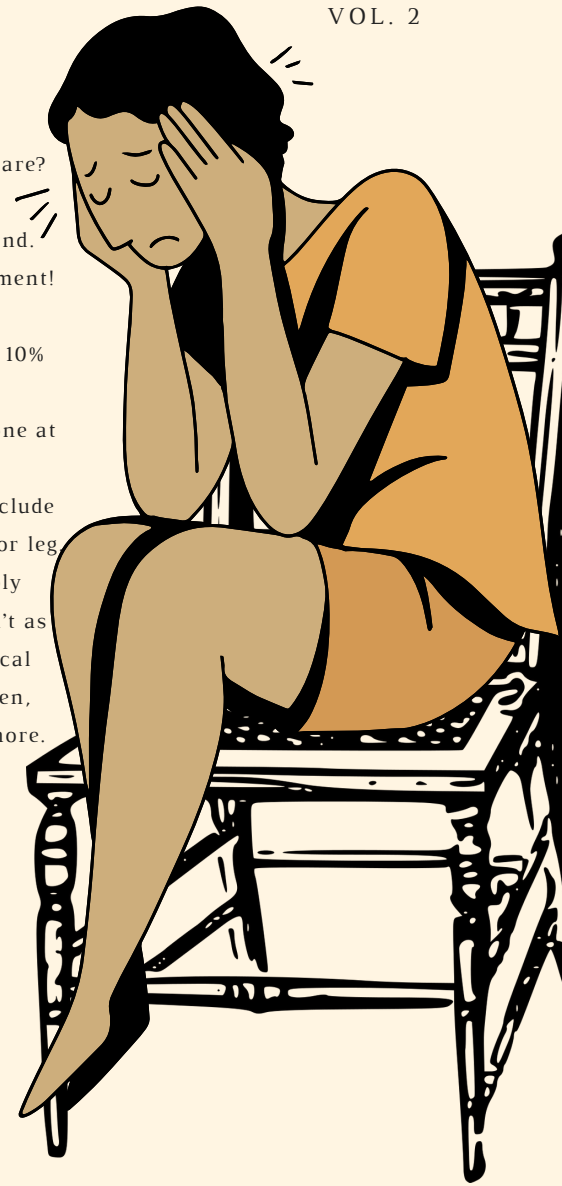
What is Misophonia?

by Zaynah Gillani

"The World is Too Loud"—Misophonia and its impact

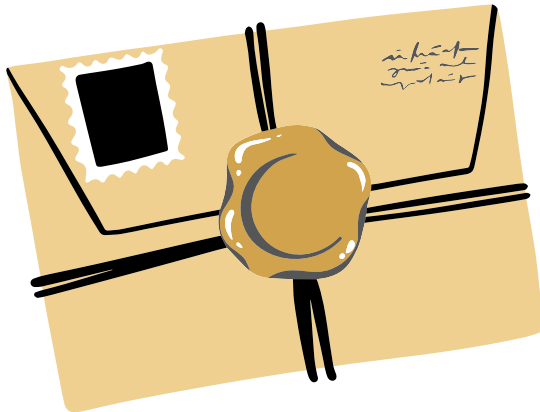
Misophonia, or Selective Sound Sensitivity Syndrome, is a disorder where the individual experiences extreme emotional, physical and/or mental discomfort after hearing certain sounds. It is possibly associated with the well-known restrictive disorder, autism. Some causes may include, (a) Linking a specific sound to an emotion which could potentially lead to major exasperation towards it, which automatically results in physical reactions such as shaking uncontrollably which indicates panicking. (b) Genetics, possession of other disorders such as OCD and tinnitus encourages chances of acquiring Misophonia. The illness is more common around the world than people realize. It is not recognized and classified as a major sickness because people are likely to confuse it with irritation and arrogance towards 'insignificant behaviours.' Developing treatments include therapy and medications to assist in anxiety and depression as a result of the disorder, given that there is no definite cure. Coping strategies all include ways to almost entirely overlook the annoyances and concentrate on other things. Wearing earplugs is one of the many ways to accomplish this. As there are many individuals globally that are unaware of this disorder, pinpointing and assisting those in need becomes difficult.

With that in mind, observe the people around you and always be considerate and kind-hearted.



Officer of the Month

June 2021



Kanishka Vinayak

@kanishka_vin

Kanishka is without a doubt, one of the most reliable officers at Operation MEDucation. When given a task, it is guaranteed she will complete it without any flaws.

As a Communications Manager, she has one of the most crucial positions at Operation MEDucation and has exceeded all of our expectations. We can't wait to see what she will accomplish in the future, here at Operation MEDucation!

- Olivia Rajan (Founder/President)