

Te mirat e Vitamines D

- Zhvillon dhe ruan te shendetshme kockat dhe dhembet duke balancuar nivelet e kalciumit.
- Mbron lekuren nga plakja dhe demtimi diellor.
- Ndhmon sistemin imun kundrejt crregullimeve si te ftohtit e zakonshem.
- Luan nje rol kyc ne tru duke e ndihmuar ne mirefunksionimin e tij.
- Merr pjese ne mbajtjen normale te peshes trupore.
- Ul rrezikun per zhvillimin e Diabetit tip 1 ne femije.
- Ul gravitetin dhe frekuencen e simptomave te astmes.
- Mendohet te ngadalsoje zhvillimin e artritetit rheumatoid tek grate

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MRDC HEALTH UPDATE



STRIVING FOR THE INTERNATIONAL STANDARD

DUKE LUFTUAR PËR STANDARTET NDËRKOMBËTARE

Level I Trauma Drill



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Albanian Translation provided in Mirrored pages

JULY 2010 | QERSHOR 2010

ENGLISH VERSION

HELICOPTER DRILL

Since its foundation, MRDC has striven to bring Albanian medical care to the international standard. Through collaboration between Diplomatic/International Communities, governmental institutions and the best medical centers, we have had success.

Consistent with this goal, the helicopter exercise provided an excellent cooperation between the MRDC, UN, Ministry of Health, Banker Petroleum Albania, Hospital of Fier and Military Hospital.

DRILL SCENARIO

An automobile accident simulating an unresponsive victim with multiple injuries was used to test our responsiveness.

This trauma had to be correctly assessed and managed at every step of the transport, or this life would have been lost.

WHAT WAS ACCOMPLISHED

- The relevant organizations worked extremely well together to accomplish a successful evacuation of a complex trauma.
- The Ministry of Health readied the helicopter for flight within 15 minutes.
- Effective and safe helicopter transport performed in record time, 1 hour and 30 min, included primary evaluation, transport to Fier Hospital, transport to Tirana and medical assistance in The Military Hospital. T
- This response time was more than comparable to Western medical evacuation times.



“ Collaboration Saves Lives ”

Vazhdoni te levizni dhe te merrni pjese ne aktivitetet e perditshme. Ushtrimet e lehta ju kthejne fleksibilitetin dhe lehtesojne dhimbjen. Ushtrimet qe forcojne muskujt e shpines dhe te barkut ju ndihmojne me posturen dhe parandalojne nje dhimbje shpine ne te ardhmen. Analgjziket dhe anti-inflamatorët jo-steroid si ibuprofeni mund tju ndihmojne ne qetesimin e dhimbjes dhe enjtjes. Megjithate konsulta me nje doktor eshte ideja me e mire.

TEMA NE SERI**VITAMINAT**

Vitaminat jane themelore per jeten. Per arsye te ndryshme ne mund te krijojme deficenca ne disa vitamina qe behen shkak simptomash dhe semundjesh. Ne keto tema ne seri do mundohemi tu tregojme perfitimet kryesore te tyre.

VITAMINA D

Viamina D eshte nje vitamin e grupit te prohormoneve te tretshme ne yndyrna e cila ndihmon ne perthithjen dhe metabolizmin e kalciumit dhe fosforit. Vitamina D humane perfitohet nga ekspozimi ne diell ,ushqimi dhe suplementet. Per te mbajtur nje nivel normal te vit D ne organizem nevojitet nje ekspozim ne diell prej 15 min cdo jave. Per shkak se menyra e jeteses se njeriut ka ndryshuar drejt nje pune me ambiente te mbyllura prandaj keshillohet nje marrje ditore prej 25 µg(1000) nepermjet ushqimit apo suplementit te vitaminës .Ushqim i pasur me vit D eshte peshku si salmon ,toni ,makereli si dhe melcia e vicit, djathi dhe e verdha e vezes.



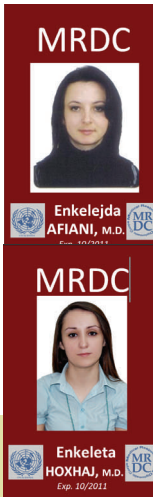
LAJME NGA MRDC

Me kenaqesi ju njoftojme marrjen ne pune te dy kolegeve tona te vecanta:

Dr. Enkelejda Afiani .: E specializuar ne pneumologji ajo eshte perfaqesuesja jone me kohe te plote ne Spitalin Amerikan(Djathtas Lart)

Dr.Enkeleta Hoxhaj .: Mjeke e pergjithshme dhe perfaqesuese me kohe te plote e MRDC.(Poshte Djathtas)

Ju lutemi ti pergezoni ne siper marrjet e tyre. Ato jane zgjedhur nder personat me te talentuar dhe te shkelqyer te Shqiperise.



DEMASKIMI I NJE MITI

Korrigjim i keqkuptimeve mjekesore

Miti:Regjimi i shtratit permireson dhimbjen e mesit

Dhimbja e mesit shkakton stress,shqetesim dhe humbje te diteve te punes.70-85 % e njerezve perjetojne nje dhimbje mesi gjate jetes se tyre. Gjate dy shekujve te fundit, qendrimi ne shtrat eshte pare si mjekimi standart per dhimbjen e lehte te mesit. Sipas kerkimeve me te fundit duket se kjo e perkeqeson me teper se e lehteson ate.

A PERMIRESON REGJIMI I SHTRATIT DHIMBJEN E MESIT?

Rezultatet e disa kerkimeve klinike rreth dhimbjes se mesit kane treguar se personat me dhimbje mesi qe qendruan aktiv gjate atakut ,e paten me te lehte kthimin ne aktivitetet normal ne krahasim me ata qe qendruan ne shtrat. .Qendrimi ne shtrat mund ta perkeqesoj dhimbjen sepse i lejon muskujt dhe artikulacionet te ngurtesohen. Nje qendrim i zgjatur ne shtrat ,per cfaredo arsye ngurteson dhe dobeson artikulacionet dhe muskujt , perfshire ketu muskujt e shpines duke predispozuar nje atak tjeter te dhimbjes.Qendrimi i zgjatur ne shtrat rrit gjithashtu rrezikun per tromboza dhe ulcera te lekures(dekubituset).

QENDRIMI NE SHTRAT MUND TE JETE I DOBISHEM?

Te qendruarit shtrire per pak kohe sidomos ne nje siperfaqe te forte mund te terheqi muskujt dhe te lehtesoj perkohesisht dhimbjen e mesit.

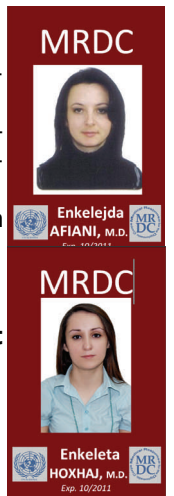
NEWS FROM MRDC

We are pleased to announce the hiring of two exceptional staffers:

Enkelejda Afiani, M.D.: She is a specialized pulmonologist and our full time interface with the American Hospital (Top Right).

Enkeleta Hoxhaj, M.D.: She is our full time corporate liaison (Bottom Right).

When you see them please congratulate them on their appointment. They were selected from some of the best and brightest talent in Albania



DEBUNK A MYTH

Correcting Medical Misconceptions

MYTH: Bed rest is good for back pain.

Back pain causes a lot of stress, distress and lost days at work. Seventy to eighty-five percent of people will have back pain at some point in their lives. During the last two centuries, bed rest has been thought to be the standard treatment for simple lower back pain. According to the new research it seems that it makes things worse rather than better.

DOES BED REST WORK FOR BACK PAIN?

The result of many clinical studies of back pain have demonstrated that lower back pain was reduced among those who stayed active throughout their pain attack. An extended stay in bed, for whatever reason, can allow all the joints and muscles to become stiff and get weaker, including those in the back, which increases the likelihood of recurrence. Extended bed rest can also increase the risk of blood clots and skin ulcers (bed sores).

IS BED REST EVER A GOOD IDEA?

Lying down for a short while, especially on a firm surface , can stretch out the muscles and temporarily ease back pain.

ALTERNATIVES TO BED REST

Remaining active by engaging in normal daily activities, like gentle exercise, will help flexibility and improve recovery. Exercises that strengthen the back and stomach muscles can prevent back pain in the future. Anti-inflammatory drugs, such as ibuprofen, also help with the pain and any swelling. However it is always a good idea to talk with your doctor.

TOPIC IN SERIES

VITAMINS

Vitamins are essential to life.

For a variety of reasons, we can become deficient in certain vitamins resulting in a host of symptoms and illnesses. In this serial review of vitamins, we will present some of their main benefits.

VITAMIN D

Vitamin D is a fat-soluble prohormone which encourages the absorption and metabolism of calcium and phosphorous. Vitamin D for humans is obtained from sun exposure, food and supplements. In order to maintain a normal level of vitamin D an exposure of 15 minutes of sunlight each week is needed. Since lifestyles have changed into more indoor work, an uptake of 25 µg(1000 IU) should be obtained from food and perhaps supplements. Foods rich in vitamin D are fish, beef liver, cheese, and egg yolks.

BENEFITS

- Maintains healthy bones and teeth through calcium balance.
- Protects the skin from aging and sun damage.
- Helps the immune system against disorders like the common cold.
- Has a key role in helping the brain to keep working well.
- Is linked to maintaining a healthy body weight
- Lowers the risk of developing Diabetes type I in children.
- Can reduce the severity and frequency of asthma symptoms.



VARIANTI SHQIP

STERVITJA ME HELIKOPTER

Qe nga themelimi i saj MRDC ka "luftuar" per te sjelle ne Shqiperi kujdes mjekesor te niveleve nderkombetare. Ja kemi dale mbane nepermjet bashkepunimit mes Komuniteteve Diplomatike Nderkombetare, institucioneve shteterore dhe qendrave me te mira shendetesore. Kembengules ne qellimin tone, stervitja me helikopter solli bashkepunimin e shkelqyer midis MRDC, UN, Ministrise se Shendetesise, Banker Petroleum Albania, Spitalit te Fierit dhe Spitalit Ushtarak.

SKENARI

Nje aksident automobilistik i simuluar me nje viktime te pandergjegjshme me demtime te shumefishta u perdor per te testuar gadismerine tone. Kjo traume duhej vleresuar ne menyre korrekte dhe duhej administruar ne çdo hap te transportit perndryshe viktima mund te humbiste jeten.

ÇFARE U ARRIT?

- Organizatat pergjegjese punuan jashtezakonisht mire me njera tjetren per te realizuar nje evakuim te suksesshem te nje traume te shumefishte.
- Ministrise se Shendetesise ju deshën vetem 15 min per te pergatitur helikopterin per fluturim.
- Transport i sigurve dhe efektiv me helikopter i realizuar ne kohe rekord 1 ore e 30 min duke perfshire vleresimin primar, transportin ne Spitalin e Fierit, transportin ne Tirane dhe asistencen mjekesore ne Spitalin Ushtarak.
- Koha e veprimit ishte mese e krahasueshme me kohet e evakuimeve mjekesore perendimore.



"Se bashku per te shpetuar jete"