

OSHMed Health Magazine

by



DRINKING LEMON WATER IN THE MORNING WHAT ARE THE BENEFITS?

ADDITIONAL:

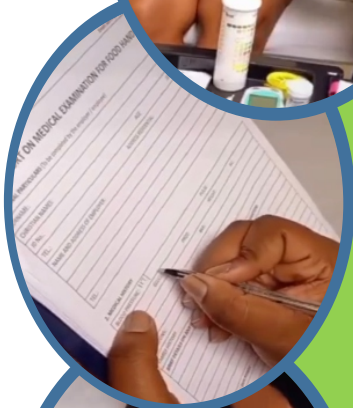
HEALTH SERIES - CHILDHOOD ILLNESSES: *RESPIRATORY INFECTIONS: RSV* • HEALTH & SAFETY: HORSEPLAY IN THE WORKPLACE • FUN TIME - JOKE OF THE WEEK • E.M.A. WEEKLY EMERGENCY STATISTICS

Your Magazine for the Health of your Family and Employees, Occupational Safety & Health, Emergency & Medical Care and much more

Advertisement



WEST CARE TRAVELING NURSES



We offer services such as traveling nurses and occupational health practitioners.

We travel to the lodge and perform tests for foodhandlers certificates.

Get in-touch today for a free quote and more information.

WFC WESTCARE CC
PO Box 97486 Maerua Mall



frontoffice@westcarenam.com



061 238 203
061 228 203



C/o Sam Nujoma Drive and
Beethoven street, Windhoek West



www.westcarenam.com



West Care Medical Centre



@westcaremedicalcentre



Emergency Call: 9 1 1 2

Drinking lemon water in the morning - what benefits does it have for your body?

Start your day with a vitamin C bomb in the form of a lemon water drink after getting up - there are many videos on Tiktok that recommend this. The drink is supposed to boost your metabolism, help you lose weight and make your skin more beautiful. What's the truth?



It sounds so simple: Mix the juice of half a lemon with a glass of lukewarm water in the morning - anyone who drinks this mixture is said to do a lot for their beauty and health. It also helps with weight loss. At least that's what many influencers claim on social media like Tiktok. What a nutritionist, a dermatologist and an endocrinologist think of the recommendations.

Lemon water in the morning - where does the trend come from?

Ayurvedic medicine and nutrition have always attached great importance to lemon water when it comes to keeping the body healthy. Hollywood stars such as Beyoncé, Jennifer Aniston and Gwyneth Paltrow are said to swear by the morning lemon water drink as a miracle cure for their well-being. Many influencers and beauty guides have taken up the topic and processed it in countless videos with sometimes sensational headlines. "This has created a hype about lemon water," says internist Prof. Dr. Johannes Georg Wechsler.

Does it have an effect to drink a glass of water with lemon in the morning?

"In general, it is beneficial to drink a large glass of water on an empty stomach in the morning," says endocrinologist Prof. Dr. Karsten Müssig, chief physician at the Franziskus Hospital. He is a member of the Society for Endocrinology (DGE). The water replenishes the fluid reserves. Water is also crucial for digestion. Because many people find mineral or tap water too bland, they mix lemon juice into the liquid. "The addition of lemon juice can also stimulate digestion by increasing gastric secretion and emptying rates," explains Müssig. Gastric secretion is the production of gastric juice.

Lemon juice is a good choice because it is rich in vitamin C, namely 51 milligrams per 100 grams. The juice of the yellow fruit also scores points with potassium, magnesium, and calcium, among other



things. "Vitamin C is good for the skin because it helps build collagen and intercepts free radicals that can damage tissue," says dermatologist and nutritional medicine specialist (DGEM) Dr. Yael Adler. The vitamin is like a natural anti-aging agent because collagen strengthens skin, connective tissue and bones. Vitamin C, as an antioxidant, neutralizes harmful substances in the body that are produced by metabolism, but also by stress, fine dust or inflammation.

Vitamin C can strengthen the immune system - so the body is better equipped to fight diseases. "Vitamin C also helps the body absorb iron," explains Müssig. The body needs iron for blood formation and metabolic processes, among other things. "Lemon juice can also significantly reduce nausea during pregnancy," says Adler.

Does lemon water in the morning also help you lose weight?

Lemon water is said to curb your appetite. "However, there is no scientific study that proves that drinking lemon water helps you lose weight," says Müssig. Evidence suggests that drinking apple cider vinegar water can be helpful in losing weight, says Yael Adler. "Vinegar water also provides the short-chain fatty acid acetic acid, which can have a positive effect on insulin sensitivity and blood sugar," says the dermatologist and nutritional doctor.

Are there any studies on the effects of lemon water?

According to a study with almost 47,000 male participants, increased vitamin C intake - for example in the form of lemon water in the morning - can reduce serum uric acid levels and thus the risk of gout. Another study with 100 female participants came to the conclusion that lemon water has a positive effect on insulin resistance and body fat, but also on the risk of cardiovascular disease.

"There are no studies from which the general statement that lemon water in the morning has a positive effect can be derived," emphasizes nutritional doctor Wechsler.

Advertisement

SAFMED PHARMACY
"Your health is in our hands."

FREE DELIVERY

MEDICATION DRIVE-THRU PICK UP SERVICE IN THE COMFORT OF YOUR CAR

OPEN TILL LATE

Mon-Fri: 08:00-21:00
 Fri Closed: 13:00-14:00
 Sat: 08:30- 13:00
 Sun: 10:00-12:00

Services Offered:

- Prescription & over the counter medication
- Free health advice
- Blood sugar tests
- Free blood pressure monitoring
- First Aid kits supplied
- Herbal & homeopathic medication, Health products, Baby products, Large range of incense sticks

Order your meds on WhatsApp for collection or delivery

For inquiries:
061-402786 / Whatsapp: 0816039466
safmedphy@gmail.com
 Shop 3 Hidas Centre
 Nelson Mandela Avenue, Klein Windhoek





Emergency Call dial **9112**

www.ema-organisation.pro

There when you need us



Open Up A

Rescue Lane



Emergency Call: 9 1 1 2

Is lemon water in the morning tolerable for everyone?

No. Not everyone can tolerate the vitamin C contained in lemons, also known as ascorbic acid. "If taken on an empty stomach, it can put a strain on the stomach and lead to diarrhea and vomiting," says Wechsler. Heartburn is also possible.

Does lemon water also pose risks?

The acid contained in lemon juice can attack tooth enamel. "That's why you should never brush your teeth immediately after drinking it, because the acid in combination with the brush increases the effect," says Müssig. Damaged tooth enamel can lead to tooth decay and other dental diseases. In the worst case, you risk tooth loss. It is therefore best to wait two hours before using your toothbrush. It is also a good idea to rinse your mouth thoroughly with clean water after drinking lemon water. You can also use a straw to reduce the contact of the lemon water with your teeth.



And: Lemons contain furocoumarins. "If they remain on your lips after drinking and you then expose yourself to the sun, this can cause painful redness or blisters," says Adler. So if you spend time in the sun after drinking lemon water, you should wipe your lips well beforehand.

Conclusion - is lemon water useful in the morning or not?

If you can tolerate lemon water, you can drink it every day on an empty stomach - "it doesn't do any harm if you also follow the rule of brushing your teeth," says nutritionist Wechsler. The water you drink can stimulate digestion. The lemon juice can spice up the taste of the water, but it is not a must for promoting digestion. And of course the vitamin C contained in lemon juice is good for your health. But whether it actually improves the complexion, helps you lose weight and has other positive effects has not been clearly proven scientifically. "Anyone who wants to do something for their health and beauty should make sure they eat a balanced diet - with lots of fruit, vegetables, fish and nuts," explains Müssig.

Important for anyone who relies on lemon water in the morning: The lemon juice should never be hot, because heat above 70 degrees Celsius destroys vitamin C," explains Adler. The best time to use lemon juice is lukewarm, but it can also be cold.



Advertisement



VITALITY

Wellness Centre



Bookings:
085 792 3793

40 Beethoven Street
Windhoek West

Massages | Waxes |
Manicure | Pedicure



Advertisement



 **ATA**
OSH-Med
INTERNATIONAL
Your future in health care.

**We offer the
healthcare turnkey solution
for you**

- **Medical onsite staffing & clinics**
(paramedics, nurses, doctors)
- **Medical project advisory**
(building clinics and hospitals)
- **TeleMed Health Centre**
(Telemedicine available across Namibia and beyond)
- **Emergency & Rescue Projects** from equipment to staffing and operating
- **Ambulance, Medical Vehicle, Fire & Rescue Vehicle conversion**

Service Hotline: 061 302 931
Email: ata@osh-med.pro



Emergency Call: 9 1 1 2

Health Series - Respiratory infections: RSV puts babies at risk

Wheezing coughs, heavy breathing and even shortness of breath: an infection with the RS virus is particularly risky for premature babies and newborns. What can protect the little ones?

The baby is coughing, has a fever and seems weak - always a cause for concern for the parents. But you don't expect the pediatrician to refer the little one to the hospital after a thorough examination. "Respiratory diseases in infants and small children can be caused by a particularly aggressive virus, RSV (respiratory syncytial virus)," explains Privatdozent Dr. Harald Ehrhardt, senior physician in neonatology at the University Hospital's Center for Pediatrics.



"The disease can be particularly serious in newborns, and in some cases it leads to severe breathing difficulties that require inpatient treatment." According

to the Robert Koch Institute (RKI), the spread of the RS virus was underestimated for a long time. Experts now estimate that almost 50 out of 1,000 children worldwide become ill in the first year of life alone.

Wheezing? Off to the pediatrician

Simple cold or RSV infection? Parents can hardly tell the difference. But as soon as wheezing - that is, whistling breathing sounds - occurs in addition to coughing and the baby is breathing irregularly or takes longer breaks when taking a breath, you should urgently go to the pediatrician. In acute cases, call the emergency services directly on 9112.

"RSV infection often leads to pneumonia or bronchiolitis, an inflammation of the small bronchial branches," says Dr. Tanja Brunnert from Göttingen, spokeswoman for the professional association of pediatricians in Lower Saxony. "The lower airways narrow. This can lead to life-threatening pauses in breathing and a lack of oxygen supply to the children."

Children at risk often have to go to the hospital if they have an RSV infection

The RS virus can be detected within a few hours using a rapid test in which a swab is taken from the throat. In adults or larger, generally healthy children, the infection is usually uncomplicated. However, infants in their first year of life and especially premature babies are in the risk group. "A premature birth increases the risk of respiratory



complications because lung development is often not yet complete," says Brunnert. "A congenital heart defect or an immune deficiency can also mean that sick children have to be monitored in hospital."

The virus itself cannot be eradicated with medication, only the symptoms can be treated. The first priority is to moisten and expand the airways, for example by inhaling saline solution. In severe cases, adrenaline may be given, a substance that has a bronchodilator and anti-inflammatory effect. "Seriously ill children usually need additional oxygen, which we usually administer via a mask. Very rarely, if the course is unfavorable, artificial ventilation is necessary," says Ehrhardt. Fortunately, the majority of the little ones recover quite quickly under medical care, so that they can usually leave the children's ward after about five to seven days.

There is still no vaccine against the RSV virus

Unfortunately, parents cannot reliably prevent an RSV infection because there is currently no vaccine. So what can you do during the peak season for RSV viruses between October and April? "It is possible to inject children with a history of RSV every four weeks during the season with synthetic antibodies against the virus. This is recommended for very small premature babies born before the 29th week of pregnancy," explains Brunnert. This measure does not provide

100% protection against infection, but only about half of the children treated become ill. In addition, the complication rate and the length of hospital stay are reduced.



Avoid sources of infection during the virus season

Since RSV infections are not covered by the reporting law and often go undetected, especially in older children, the pathogens like to romp around in childcare facilities from autumn to spring. "Frequent hand washing at least reduces the risk of infection," says Ehrhardt. "It is important to know that a single infection does not provide lasting antibody protection; repeated RSV infections are also possible."



Teltech
Telecommunications & Technology

PUSH-TO-TALK OVER CELLULAR RADIOS (POC)

FEATURES:

- GPS/Location Tracking
- Unlimited Range (Globally)*
- Voice Recording
- Lone Worker
- Web Dispatch Application
- 2-Way Voice
- Geo-Fence
- Panic/SOS Button
- Group Calls
- iOS/Android App

NO INFRASTRUCTURE REQUIRED

*Dependent on cellular network coverage

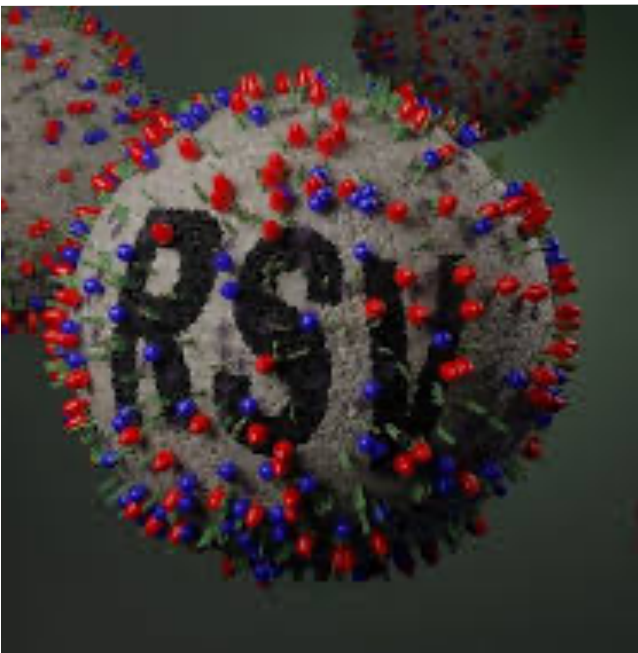
CALL FOR DEMO

GPS TRACKING
15 Liszt Street, Windhoek

UNLIMITED COVERAGE
+264 61 237 533/4

EMERGENCY DISPATCH
www.teltech.com.na

For small high-risk patients, Brunnert advises avoiding large crowds during the virus season in their first year of life. The doctor also believes that baby swimming courses and passing babies around at family gatherings, where everyone wants to cuddle and kiss, are avoidable sources of infection. A smoke-free environment should be a given.



OSH-Med
international
SERVICE • TRAINING • EXCELLENCE

Set new Standards

Train with the Elite

First Aid

Training Courses offered:
First Aid - LSM
First Aid - Level A
specialist First Aid
and more

more information on
www.osh-med.pro



Would you like to advertise in our Health Magazine?

We offer an ideal advertisement platform with over **8,000** receivers of this magazine.

The OSHMed Health Magazine reports every Thursday about health and safety information as well as information about the nonprofit organisation E.M.A. If you would like to advertise, please contact us for more information.

Email:

healthmagazine@osh-med.pro

Telephone: 061 302 931 and ask for Fabian

Your advertisement will assist our nonprofit organisation to help patients in need.

To all supporters and future supporters we say

THANK YOU!

Advertisement



SEC-MED SECURITY

OUR SERVICES:
RESIDENTIAL SECURITY
CCTV MONITORING
COMMERCIAL SECURITY
CONSTRUCTION SECURITY
EVENT MANAGEMENT & SECURITY
VEHICLE TRACKING & RECOVERY
SECURITY & SAFETY AUDITS
NEIGHBOURHOOD WATCH
STREET PATROLS

TRUSTED SECURITY GUARDS

Emergency Number: 0855454545 Office: 085 544 4444
Email: info@sec-med.com.na

In Windhoek West for Windhoek West

SEC-MED SECURITY

EMERGENCY NUMBERS

Sec-Med Security Emergency	085 545 4545
CERT (First Responder Medical & Rescue)	085 544 4444
EMA Rescue Services (Ambulance Service)	9112
MVA Fund Emergency Services	9682
Fire Brigade	211 111
City Police	302 302
Windhoek Police Station (NAMPOL)	209 4204
Water Leaks	290 3777
Electricity Power Failures	290 3777
SPCA Emergency	081 124 4520
WHK Animal Hospital:	081 124 9052

info@sec-med.com.na | 085 544 4444



Emergency Call: 9 1 1 2



Trust CarTech for Top-notch Auto Body Repair & more!

Your Reliable Partner - **Competent, Flexible, Affordable.**

At CarTech, we understand the importance of reliable vehicles, especially when it comes to deployment in medical services.

Our highly skilled technicians ensure that your vehicles are in top shape, ready for any mission.

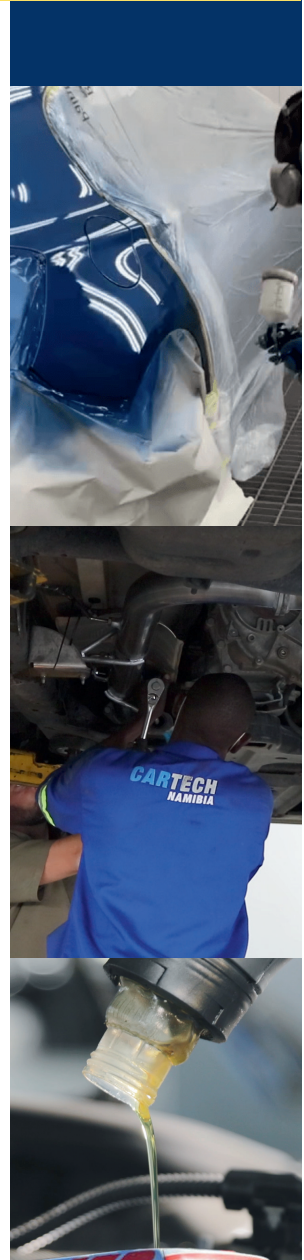
Our Services Include:

- Paintwork and body repairs
- Mechanical repairs
- Complete vehicle inspections
- Eco Tuning for optimized performance

Why Choose CarTech?

- Experienced team with expertise
- State-of-the-art equipment and technologies
- Fast and reliable service
- Dedicated partnership for long-term reliability

Trust us so you can focus on what matters - **your mission.**



www.carttech-namibia.com

**Auto
Body
and
more Repair**



061 377 230

36 Jule Street - Southern Industrial Area - Windhoek



Emergency Call: 9 1 1 2

Health & Safety - Horseplay in the Workplace

Workplace horseplay poses serious safety risks, requiring clear policies, education, and leadership to prevent injuries and liabilities.

When it comes to workplace safety, there is one recurring issue that often flies under the radar: horseplay in the workplace. While it may seem harmless or even a way to boost morale, horseplay can quickly escalate into serious injuries, OSHA-recordable incidents and significant liability for the organization. It's an issue that requires attention, education and a firm stance from leadership.

The Reality of Workplace Horseplay

Horseplay, by definition, involves rough or boisterous play that distracts workers

and creates unsafe conditions. This behavior often stems from employees feeling overly comfortable in their environment or failing to grasp the serious implications of their actions. While workplace camaraderie is essential, there's a fine line between friendly interactions and unsafe behavior.

OSHA does not have a specific regulation addressing horseplay, but the General Duty Clause of the Occupational Safety and Health Act of 1970 requires employers to provide a workplace free from recognized hazards likely to cause death or serious physical harm. When horseplay results in an injury, it becomes a reportable incident under OSHA guidelines if it meets the criteria for recordability, including requiring medical treatment beyond first aid, loss of consciousness, days away from work, restricted work or job transfer.



Common Injuries Resulting from Horseplay

The types of injuries associated with horseplay vary but can include:

- Slips, trips and falls. Running, pushing or engaging in roughhousing often leads to falls that result in sprains, fractures or worse.
- Struck-by incidents. Throwing objects or using equipment inappropriately can cause serious injuries to bystanders.
- Musculoskeletal injuries. Wrestling or other physical horseplay can cause strains or more severe injuries like herniated discs.

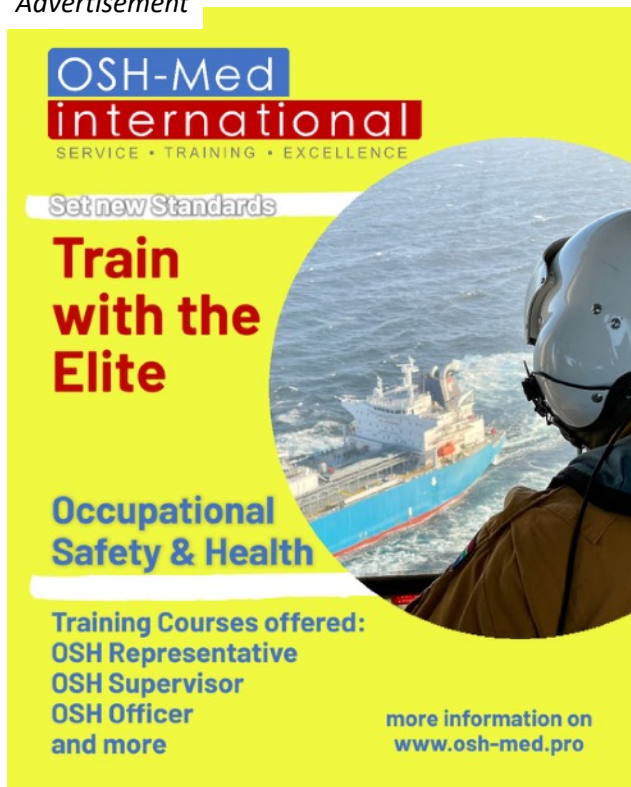
The consequences aren't limited to physical harm. These incidents can also lead to increased workers' compensation claims, OSHA inspections and potential legal action against the organization.

Best Practices for Preventing Horseplay

Preventing horseplay requires a combination of clear policies, consistent training and strong leadership. Here are strategies that have proven effective in addressing this issue:

- *Integrate horseplay prevention into safety training.* Employees must understand that safety isn't just about following rules; it's about protecting themselves and their coworkers. Incorporate discussions about horseplay into regular safety meetings and training sessions. Use real-life examples to drive home the message that what may seem like a joke can have serious consequences.
- Foster a culture of accountability. Encourage employees to take ownership of their behavior and hold one another accountable. This can be

Advertisement



OSH-Med
international
SERVICE • TRAINING • EXCELLENCE

Set new Standards

Train with the Elite

Occupational Safety & Health

Training Courses offered:
OSH Representative
OSH Supervisor
OSH Officer
and more

more information on
www.osh-med.pro

Advertisement



OSH-Med
international
SERVICE • TRAINING • EXCELLENCE

Set new Standards

Train with the Elite

Industrial Fire Fighting

Training Courses offered:
Basic Industrial Fire Fighting
Industrial Fire Fighting
Evacuation Planning
and more

more information on
www.osh-med.pro



Emergency Call: 9 1 1 2

- achieved through peer-to-peer safety observations or by empowering team leaders to address unsafe behaviors immediately. When workers see safety as a shared responsibility, they're less likely to engage in or tolerate horseplay.
- Leverage incident data for education. If horseplay-related incidents have occurred in the past, use them as learning opportunities. Share anonymized data about the nature of the incidents, the injuries sustained and the resulting consequences. This transparency reinforces the importance of maintaining a professional and safety-focused workplace.

The Role of Leadership

Leadership sets the tone for workplace behavior. When managers and supervisors model professionalism and prioritize safety, employees are more likely to follow suit. On the other hand, if leadership dismisses horseplay as harmless fun, it sends a message that safety takes a backseat to entertainment. Leaders must also be proactive in addressing horseplay. For example, if an incident occurs, the response should be swift and consistent with the company's policies. Employees should see that management takes these issues seriously and prioritizes the well-being of everyone on the team.

Final Thoughts

Horseplay in the workplace is more than just an annoyance. It's a safety hazard

with far-reaching implications. Safety professionals have a duty to educate employees and leadership about the risks and to implement strategies that prevent unsafe behavior. Fostering a culture that prioritizes safety over antics not only protects workers but also safeguards the organization from unnecessary liabilities.

Remember, a moment of laughter is never worth a lifetime of regret. Let's work together to ensure that safety always comes first.

Keeping up with latest safety standards can be a big challenge. Our platinum supporter OSH-Med international can assist you with this challenge. For more inquiries for Services and Training in Occupational Safety & Health.

E.M.A. recommends to contact our platinum supporter OSH-Med international. They can assist you with all your questions, requests, training and services in their expertise.

Contact details:

Service Hotline: 061 302 931

Email: info@osh-med.pro

Advertisement



www.osh-med.pro

+264 (0)61 302 931



Emergency Call: 9 1 1 2



Emergency Call dial 9112

www.ema-organisation.pro

There when you need us



Fasten your

Seat Belt



Emergency Call: 9 1 1 2

Fun Time - Joke of the week



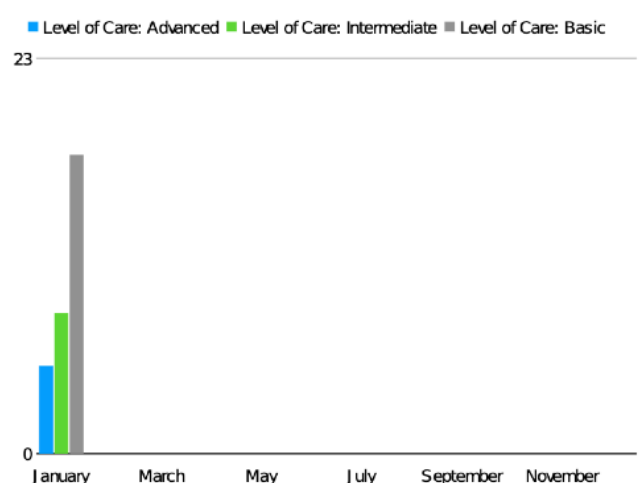
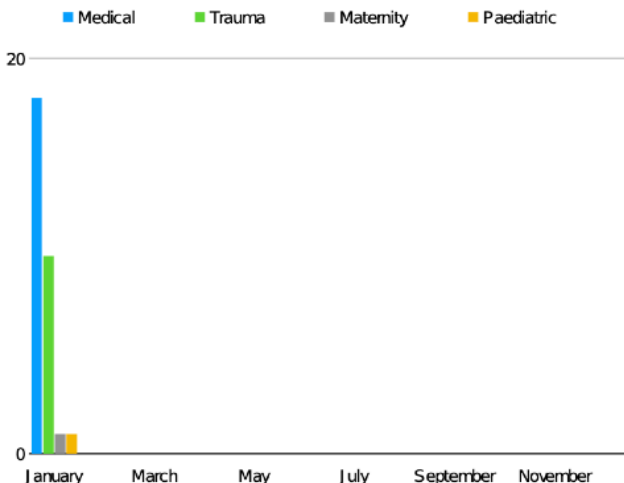
Why did the chicken cross the playground?

To get to the other slide.

You can help E.M.A. to help others by becoming a supporting member
 more information on www.ema-organisation.pro

E.M.A. Emergency Statistics, updated 14.1.2025

	Medical	Trauma	Maternity	Paediatric	Level of Care: Advanced	Level of Care: Intermediate	Level of Care: Basic
January	18	10	1	1	5	8	17
February							
March							
April							
May							
June							
July							
August							
September							
October							
November							
December							
Total per annum	18	10	1	1	5	8	17
Total	30				30		



Emergency Call: 9 1 1 2

DID YOU KNOW ?!

E.M.A. is the only nonprofit organisation for Emergency Medical Assistance in Namibia

#emarescue

**Please support
the good work
of the nonprofit
organisation
E.M.A.**

Please donate to:
Bank Windhoek
E.M.A. nonprofit org.
Maerua Mall Branch
ACC No 801 582 7019
Swift Code: BWLINANX

or become a supporting member



Emergency Call

SOS dial 9112



www.ema-organisation.pro



Emergency Call: 9 1 1 2

E.M.A. nonprofit organisation say THANK YOU to our supporters:

Platinum Supporter



www.osh-med.pro



www.westcarenam.com



www.metjeziegler.org



Gold Supporter

Silver Supporter



Bronze Supporter



Become a supporter

It is easy to become a supporter as private person or as company.
Apply with us to become a supporting member that we can fulfil our objectives.
Contact us:

Email: ema-organisation@osh-med.pro

Website: www.ema-organisation.pro

Telephone: +264 (0) 61 302 931



Emergency Call: 9 1 1 2



Emergency Call



Important information to give:

- **Where** is the emergency?
- **What** happened?
- **What** kind of injuries?
- **How many** injured person
- **Waiting** for further question

Emergency Numbers:

Ambulance services:

E.M.A. Rescue Service

9112

Fire Brigade:

Windhoek

061-21 1111

Police:

NamPol

10 111

City Police (Whk)

061-302 302

MVA Fund

9682

(all numbers are from GRN or non-profit organisations)



d.o.c.
Service Hotline
085 - 9112

OSH-Med International and Emergency & Medical Assistance Service Hotline: 061 – 302 931



Emergency Call: 9 1 1 2