



INCLUSION | FEB 2020

HEALTH CARE



It is always said that the greatest wealth is health.

Creating awareness on various health issues in the communities and connect people in need with the right resources are a primary part of our goals as an organisation. Know more about it below!



Do you have our '25 years. 25 stories' yet? This book has stories of beneficiaries whom we have worked with back to 1994 to 2019. If you would like to purchase a copy, email us at communication@oasisin.org



Among the leading cause of death among women, breast cancer contributes to the highest percentage. As per the World Health Organisation (WHO) report, one in every 12 women are linked to have the risk of a breast abnormality. Indian women

have only about 50% chance of survival and early diagnosis is the only remedy to decrease mortality rates. NIRMAI, a novel breast cancer screening solution provides a radiation free breast cancer screening solution that is more accessible and helps in detecting breast cancer at a much earlier stage.

In collaboration with NIRMAI, we conducted a breast cancer awareness session with a screening camp was organised for the HGH beneficiaries.

Fathima, 28, who is part of our tailoring programme at Hallegudhahalli says, "I attended the cancer screening camp before classes and that was the first time I heard about breast cancer, its causes and symptoms. When I went through the screening, the doctors told me that I have certain symptoms of breast cancer and they advised me to take further tests. I feared what my results might be. A few days later, the doctors followed up asking if I had taken the tests and when I told them about my fears, they assured me that it is best to get the tests done. Oasis staff accompanied me to do the tests and thankfully the reports were normal. Now I encourage others like me to take the tests instead of living in fear. I want to thank Oasis India for empowering us."



In Mumbai's red-light areas, children and women are at a high risk of suffering from health issues as the brothels are extremely unhygienic. Some of the common health issues women in the red-light area face are:-

- Sexually transmitted diseases
- Fever and cold
- Infections
- Mental health issues
- Malnutrition

We have a drop-in center at Grant Road, Mumbai where women come in for counselling and guidance. Michael, our Project Coordinator at Grant Road says, "We have had women who have come crawling to us with unbearable pain. When we go for outreach to brothels, we find women with a serious health ailment unattended and uncared for. In such cases, we direct and even accompany them to the closest hospital where the women can receive treatment. These women sometimes need financial aid as well, for which we also help."

We have medical camps where women receive free treatment. We conducted a one at Falkland road where we met Riya*. She has been suffering from Human Immunodeficiency Virus (HIV) for the past five years. She was also diagnosed with piles and was treated at a private hospital. She had a swollen uterus and had serious bleeding causing pain. Learning of her situation, we counselled Riya on what the best treatment for her will be and referred her to a private hospital for ayurveda treatment. Riya is now on a three-month medication course. Our staff are continuing to follow up with her.

Many women in the red-light area do not prioritise their health. They always ignore the pain and continue to work because they are all in need of money to get through each day. Conducting awareness and talking through their everyday trauma gives them hope in the midst of their struggle.

*name changed

DID YOU KNOW?

Here are some myth-busters and facts about the new Coronavirus.



Myths

- Everyone should be worried about catching this coronavirus right now.
- If I have flu-like symptoms I have the new coronavirus.

Facts

- Outside of Asia, there's little concern about the spread of infection at this time. Health officials are closely monitoring the situation.
- If you've recently been to China and have flu-like symptoms, seek medical advice. If you haven't, it's more likely that you have something

else.

- To stay safe, everyone should wear masks.

- Good hygiene is the best way to prevent illness, and masks are most effective when worn by people showing symptoms.

- I should avoid eating Chinese food or receiving packages from China.

- The World Health Organisation does not caution against either of these things.

- Xenophobia and racism are understandable reactions to this outbreak.

- There is no excuse for racial discrimination or prejudice.

Source: Save the Children



Dhaniya, 6, living in Basin Bridge, Chennai was suffering from constant fever and cold. Her parents took her to a private hospital by for treatment. The doctors diagnosed it as a normal fever but in time, her health took a turn for the worse.

When our health department held a general medical camp at Basin Bridge, Dhaniya was brought to the doctor. The doctor advised the parents to take her to the hospital immediately as she might have dengue. They also suggested for her brother Tharun, 4, to be taken as well, since he also showed symptoms of the infection. The two children were taken to a government hospital and treated for Dengue. Dengue has become a common occurrence in many parts of India. The number of dengue cases reported to the National Vector Borne Disease Control Programme (NVBDCP) has increased over the years, especially that of children. Our focus in the health department is to always help individuals in the community like Dhaniya to diagnose the sickness immediately and receive the right treatment as soon as possible.



In Punganur, India, farming has been a major occupation for the people in that community. To promote healthy and pesticides-free products, we promote organic farming. Organic farming is built over time but chemical fertilisers have an immediate effect on the vegetables. Being exposed to these chemical for a long period of time increases the risk of cancer, causing complications especially in children and pregnant women.

At Muthukur, our new hub in Punganur, we have awareness programmes on organic

farming from time to time, vermicomposting trainings and health camps for not just farmers but also for children. Recently, we conducted an organic farming awareness sessions in the Muthukur village for farmers. Mrs. Rakeeba, Mandal agriculture officer facilitated the sessions and gave awareness on the issues farmers face with seasonal crops. Farmers learnt about the precautionary measures to take on healthy peanut cultivation and using government schemes for the same. Rama Kirshna, a farmer from Muthukur, says, “I am happy to attend these session as they are very informative and they give me hope for a healthy and a better future.”



Are you a medical professional? Are you interested in having a camp at our community or imparting the knowledge you have with our people?

Write to us at communications@oasisin.org. We would love to have you!
