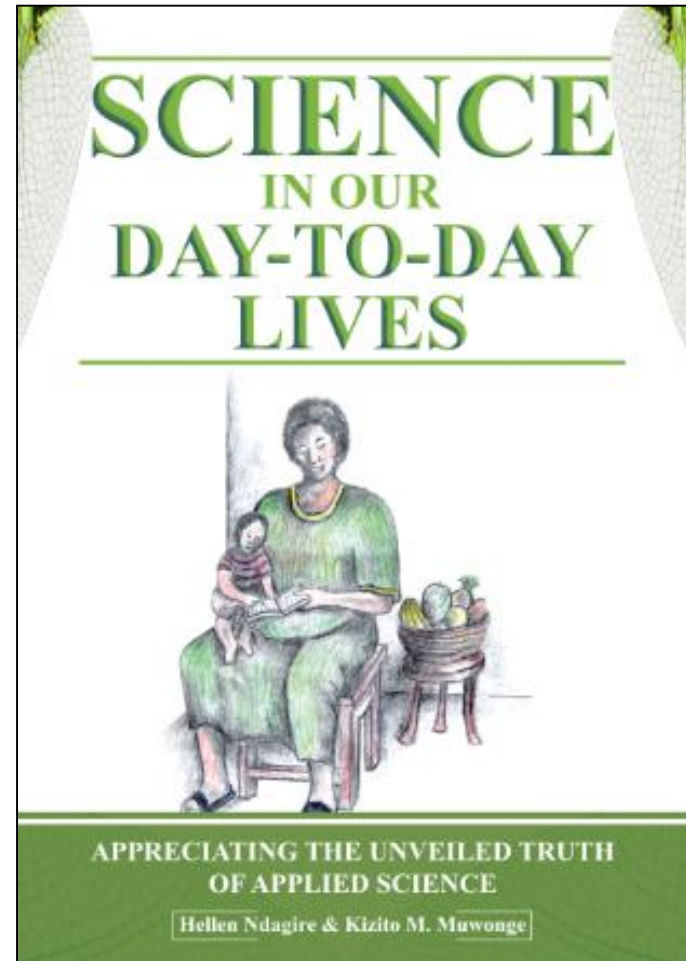


Day- To- day Science & Psycho- Social presentation

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Introduction

- ❖ How the science in our day-to-day lives affects our psychological well-being
- ❖ & Social presentation

Iron deficiency in the diet

- Iron is an essential nutrient for
 - ✓ Normal growth, health & survival
 - ✓ Mental & motor development, & cognitive functioning
- ❖ Outcome of deficiency: **Iron deficiency with anaemia (IDA)**

Iron deficiency in the diet

- ❖ **IDA is associated with (*among children*):**
- ✓ Poorer performance on psychomotor & mental dev't scales
- ✓ Poorer performance on behavioural rating scale
- ✓ Low scores on cognitive function test
- ✓ Low scores on educational achievement tests

Iron deficiency in the diet cont'd

- One is dizzy, confused, fatigued, lightheaded, weak, irritated, >> *pica*, etc.
- **Some sources of dietary iron:-**
 - ❖ Lean meat, lamb, pork & organ meats, poultry, fish, legumes: beans..., dark green vegetables

General observations done

- ✓ Lee et al (2020) associated IDA to increased risk of psychiatric disorders (iron supplementation recommended)
- ✓ Also, iron supplementation leads to lower risk of sleep disorders
- ✓ However, avoid self medication! Use dietary sources

➤ **Hindering iron absorption:**

❖ Tea, coffee, herbs

❖ Calcium rich foods (different times e.g. No milk near meals)

➤ **Enhancing iron absorption**

❖ vitamin C in citrus fruits - orange, lemon etc





Enhance iron absorption

Insufficient Roughage/ fiber in the diet

- Constipation: poor bowel movements, one loses appetite, is sad, uneasy, annoyed...
- Irritability, aggression, temper tantrums, disrupted sleep patterns, straining and withholding behaviour



- **Solution:** fiber in the diet:- fruits & Vegetables, plus extra fluids



The Rhesus Factor & loss of babies except the 1st

- ❖ A factor on blood grouping e.g. O^+ or O^-
- ❖ First seen among rhesus monkeys



- ❖ Mother's antibodies break down blood cells of 2nd, 3rd ...nth baby & dies

Presentation of the baby

- ❖ Has complications:-
 - ✓ Brain damage (athetoid cerebral palsy)
 - ✓ Abdominal swelling
 - ✓ Impaired mental function, movement, hearing, speech, seizures
- ❖ Family concludes “woman went for extra marital relationship, thus baby died!”...Psycho-social status (individual & family level)?

Animal Phobia & Animal attacks



- ❖ Animals smell Adrenalin/ Epinephrin
- ❖ Hormone (Natural chemical), the body produces in fear or excitement to enable fight or flight

Physical activity, Weight loss against meals timing

- ❖ Gaining weight: Excess food, not used up is taken up by cells & stored as fat

- ❖ Regular physical activity vs non-communicable diseases e.g. risk for cardiovascular diseases (Lee et al., 2012; PAGAC,2018)

- ❖ Type 2 DM/hypertension: Under medical guidance
 - The timing (Aqeel et al., 2020)
 - Regular pace
 - Regular duration

- ❖ Take home message: For carbohydrate rich diets: Only do exercise at least 30 minutes before or 30 minutes after physical exercise, the longer the better!