

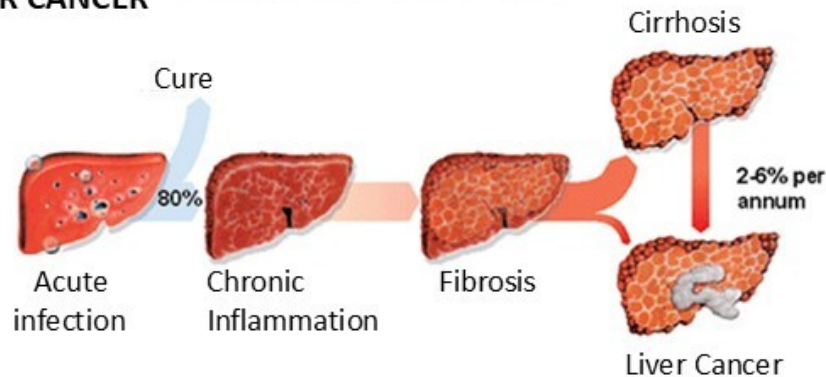
LIVER CANCER AWARENESS

WELLNESS TICKLER
JANUARY 2025



LIVER CANCER is a disease in which cells in the liver grow out of control. The liver is in the upper abdomen near the stomach, intestines, gallbladder, and pancreas.

STAGES OF LIVER CANCER



SYMPTOMS

- Losing weight without trying
- Loss of appetite
- Upper abdominal pain
- Nausea and vomiting
- General weakness and fatigue
- Abdominal swelling
- Yellow discoloration of your skin and the whites of your eyes (jaundice)
- White, chalky stools

RISK FACTORS

- Being overweight or having obesity
- Having a long-term hepatitis B virus or hepatitis C virus infection
- Smoking cigarettes
- Drinking alcohol
- Having diabetes
- Having hemochromatosis, a condition in which the body takes up and stores more iron than it needs

7 TIPS TO PREVENT LIVER CANCER

- Get vaccinated against hepatitis B
- Practice safe sex and avoid sharing needles
- Maintain a healthy weight
- Avoid drinking alcohol
- Reduce intake of fatty foods and increase consumption of fruits and vegetables
- Refrain from smoking
- Limit over the counter pain relievers

Sources: <https://www.mayoclinic.org/diseases-conditions/liver-cancer/symptoms-causes/syc-20353659> ;
<https://www.cancer.org/cancer/types/liver-cancer/about/what-is-liver-cancer.html> ;
<https://www.cdc.gov/liver-cancer/about/index.html>



Pneumonia Awareness

WELLNESS TICKLER - FEBRUARY 2025

WHAT IS PNEUMONIA?

It is a respiratory infection affecting lungs, caused by bacterial, viral, or fungal infections. According to the Philippine Statistics Authority pneumonia is the 4th leading cause of death in the Philippines.

KNOW THE SYMPTOMS

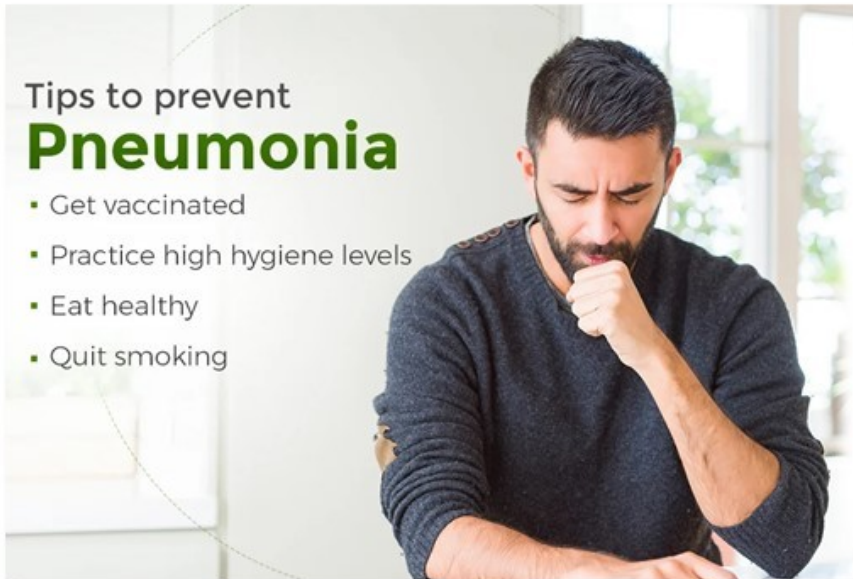
- Cough, which may produce phlegm
- Fever, sweating and shaking chills
- Difficulty in breathing
- Chest pain or discomfort
- Loss of appetite

WHO'S AT RISK?

- Children under age 5
- People with compromised immune system
- People with chronic disease condition
- Older adults

Tips to prevent **Pneumonia**

- Get vaccinated
- Practice high hygiene levels
- Eat healthy
- Quit smoking



Get Etiqa's Pneumonia Plan
for as low as Php 180



Sources: https://www.who.int/health-topics/pneumonia/#tab=tab_1;
<https://newsinfo.inquirer.net/1869142/doh-pneumonia-cases-up-better-keep-mask-on>;
<http://www.mayoclinic.org/diseases-conditions/pneumonia/symptoms-causes/syc-20354204>



Dengue Awareness

WELLNESS TICKLER - MARCH 2025

WHAT IS DENGUE? Dengue (break-bone fever) is the fastest spreading vector-borne disease in the world endemic in 100 countries which spreads from mosquitoes to people. As of February 15, 2025, the DOH had reported 43,732 cases this year, 56% more than the 27,995 cases recorded in the same period last year.

SIGNS AND SYMPTOMS:

The most common symptom of dengue is high fever (40°C/104°F) with two or more of the following symptoms:

- Headache
- Pain behind the eyes
- Nausea, vomiting
- Swollen glands
- Joint and muscle pains
- Rash

HOW TO PREVENT DENGUE:

- Use mosquito repellent
- Wear light-colored, long-sleeved clothes
- Use screens on windows and doors
- Sleep under a mosquito net
- Use household insecticide, aerosols, mosquito coils
- Remove objects from inside and around your house that collect water where mosquitoes can breed
- Drain, wash, and scrub water storage containers every week and cover when not in use.

Life Insurance

EZY DENGUE

Financial assistance to cover the high-cost of Dengue related hospital confinement

- For family and individuals ages 0 to 65 years old
- One-time payment renewable plan with one year of coverage

Protect yourself and your family from dengue!

Protect yourself and your loved ones from the financial burden of dengue-related medical expenses with our **E-ZY Dengue Plan**. Purchase online at <https://shop.etiqa.com.ph/dengue-plan/>

Sources: <https://www.cdc.gov/dengue/prevention/index.html>; <https://www.who.int/westernpacific/wpro-emergencies/surveillance/dengue>; [https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue#:~:text=Dengue%20EE%80%80\(break-bone%20fever\)%EE%80%81](https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue#:~:text=Dengue%20EE%80%80(break-bone%20fever)%EE%80%81); <https://doh.gov.ph/uhc/health-programs/dengue-prevention-and-control-program/>



HEAT-RELATED EMERGENCIES

HEAT EXHAUSTION VS HEAT STROKE

Wellness Tickler
April 2025

WHAT ARE HEAT-RELATED EMERGENCIES?

Heat – related emergencies are heat – induced emergencies which can happen when prolonged exposure to **high temperature** affects the body's natural temperature control system. When the body cannot effectively dissipate the excessive heat, its temperature rises, leading to an emergency.

WHO ARE AT RISK?

- Children
- Elderlies
- People with disabilities (PWDs)
- Outside workers

WHAT ARE THE SYMPTOMS AND HOW SHOULD WE MANAGE IT?

HEAT EXHAUSTION: can lead to heat stroke



Signs and Symptoms:

- Heavy sweating
- Paleness
- Dizziness
- Headache
- Fatigue
- Nausea and vomiting
- Cold clammy skin
- Fast, weak heartbeat

What to do?

- Move the person to a cooler place and rest
- Hydrate with water if fully conscious
- Loosen clothing
- Take a cool shower or place cold wet cloths on the skin, neck and armpits

HEAT STROKE: can cause death or permanent disability if emergency treatment is not given.



Signs and Symptoms:

- Absence of sweating
- Red, hot, dry and flushed skin
- Confusion and disorientation
- Vomiting
- Rapid heartbeat
- Rapid shallow breathing
- ❖ Coma and Death Possible

What to do?

- Call local emergency number and seek help immediately
- Take immediate action to cool the person
- Move the person to a cooler place
- Loosen clothing and remove extra layers
- Place cold wet cloths on the skin, neck and armpits

HOW TO AVOID HEAT – RELATED EMERGENCIES?



Stay hydrated



Stay in well – ventilated areas



Wear lightweight and light-colored clothing

Sources: <https://www.webmd.com/first-aid/understanding-heat-related-illness-symptoms>
<http://www.noaa.gov/stories/heat-exhaustion-or-heat-stroke-know-signs-of-heat-illness>
<https://www.cdc.gov/niosh/topics/heatstress/heatreillness.html>
<https://www.cdc.gov/disasters/extremeheat/warning.html>

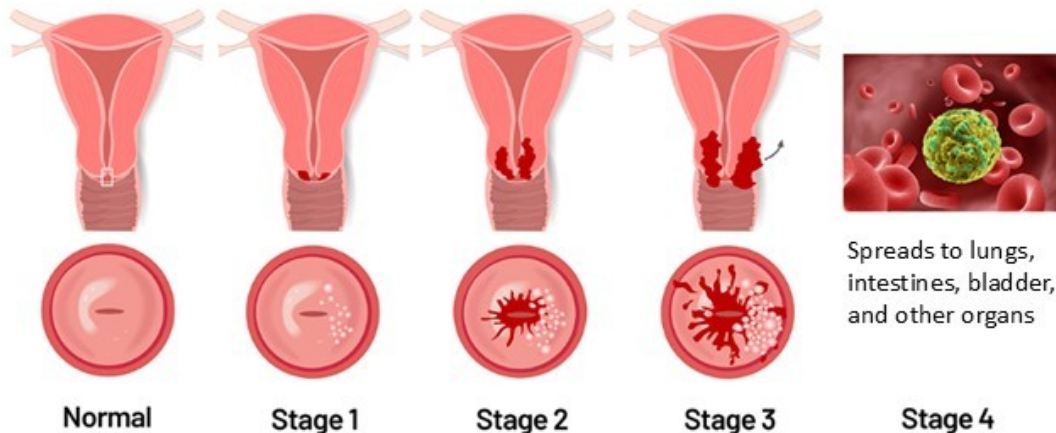
Cervical Cancer Awareness

Wellness Tickler
May 2025

What is Cervical Cancer?

Cervical cancer is the cancer of the lower part of the uterus called cervix. The cervix connects it to the vagina. When there is an abnormal uncontrolled multiplication of the cells of the cervix it develops into cancer. Cervical cancer is caused by sexually acquired infection with certain types of Human Papillomavirus (HPV).

What are the stages of cervical cancer?



What are the symptoms?

- Vaginal Bleeding
- Increased vaginal discharge
- Painful intercourse
- Abdominal/pelvic pain

What are the treatment?

- Surgery
- Chemotherapy
- Radiation Therapy

What are the risk factors?

- Multiple sexual partners
- Early sexual activity
- Other sexually transmitted infections
- Smoking
- Exposure to miscarriage using prevention drug

Can cervical cancer be prevented?

- **Vaccinations**
- **Screening:** Testing for HPV-infection in women aged 30 to 49 followed by the examination of the cervix for pre-cancers permits local treatment and is a second opportunity to prevent cervical cancer.

Sources: [https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-\(hpv\)-and-cervical-cancer](https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-(hpv)-and-cervical-cancer);
https://www.who.int/images/default-source/info-graphics/self-care-interventions/self-care-3.jpg?sfvrsn=dfa3079d_47 ;
<https://www.saintjohnscancer.org/gynecology/conditions-we-treat/cervical-cancer/>
<http://knowtreatment.com/diseases/cervical-cancer/>



Monkeypox Awareness

Wellness Tickler
June 2025

WHAT IS MPOX?

MPOX is an infectious disease caused by monkeypox virus, an Orthopoxvirus. Incubation period is 3 – 17 days.

WHAT ARE THE SYMPTOMS?

- 1 RASH**
- Located on or near the genitals or anus, hands, feet, chest, face, or mouth
 - Typically appears 1-4 days after fever. Can last 2 – 3 weeks

Stage 1 – Macule The rash starts as flat, red spots (last for 1-2 days)

Stage 2 – Papule The spots become hard, raised bumps (lasts for 1 -2 days)

Stage 3 – Vesicle The bumps get longer. They look like blisters filled with clear fluid (lasts for 1-2 days)

Stage 4 – Pustule The blisters fill with pus (last for 5 - 7 days)

Stage 5 – Scars The spots crust over and become scabs that eventually fall off (last for 7 - 14 days)

2 FLU – LIKE SYMPTOMS



Fever



Headache



Muscle Aches



Swollen
Lymph Nodes



Respiratory
Symptoms



Chills

HOW CAN YOU GET INFECTED?

- Direct contact with the skin lesions or upper respiratory secretions of affected person or animal
- Touching contaminated materials
- Contact with skin, face or mouth
- Exposure to respiratory droplets
- Transmission during pregnancy or after delivery

HOW TO DIAGNOSE?



**PCR of the
Skin Lesion**

WHAT TO DO?

- Isolate for at least 21 days or until skin lesions have healed and scar falls off
- Cover mouth when coughing or sneezing
- Wash your hands frequently with soap and water
- Ensure good airflow
- Consult your doctor immediately

Sources: Mpox – Philippine Society for Microbiology and Infectious Diseases (psmid.org)

<https://www.who.int/news-room/fact-sheets/detail/mpox>

<https://dole.gov.ph/> (Bureau of Working Conditions)

<https://www.cdc.gov/poxvirus/mpox/index.html>

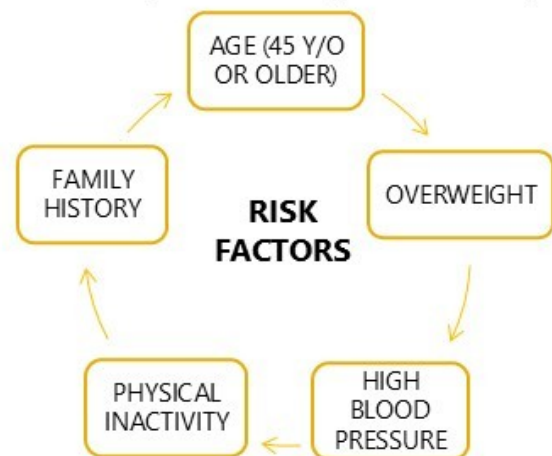
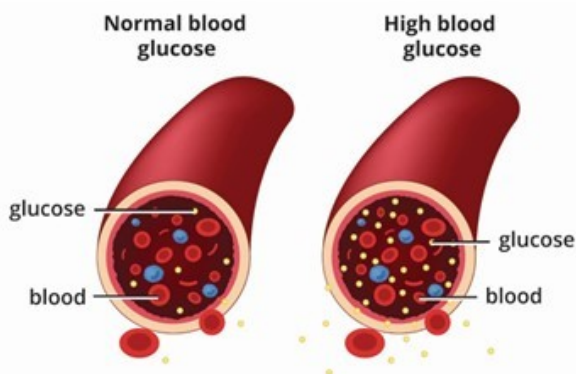


DIABETES AWARENESS MONTH

Wellness Tickler
July 2025

DIABETES is a disease that occurs when your blood glucose, also called blood sugar, is too high. **Glucose** is your body's main source of energy. Your body can make glucose, but glucose also comes from the food you eat. These are the following types of diabetes:

- **Type 1 Diabetes** – body does not produce enough insulin. Commonly diagnose in younger age.
- **Type 2 Diabetes** – body produces insulin but can't use it well. Commonly diagnosed in older age.
- **Gestational Diabetes** – a temporary condition in pregnancy.
- **Prediabetes** - have blood glucose levels that are higher than normal but not high enough to be diagnosed with type 2 diabetes.
- **Other types of diabetes** - a less common type of diabetes, called **monogenic diabetes**, is caused by a change in a single gene.



SIGNS AND SYMPTOMS

- Frequent urination
- Very Thirsty
- Lose weight without trying
- Very hungry most of the time
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dried skin
- Have sores that heal slowly
- Have more infections than usual

WHAT CAN YOU DO? Lower your risk...

- Eat healthy
- Be physically active
- Monitor your blood sugar and blood pressure
- Smoking cessation
- Weight management
- Take medications as prescribed
- Coping skills, self-care and mental health
- Consult your doctor



Sources: American Diabetes Association (ADA) <https://diabetes.org> ;
<https://www.cdc.gov/diabetes/php/data-research/> ;
<https://www.who.int> ; <https://www.niddk.nih.gov>

National Lung Month

National Lung Month is observed every August in the Philippines to raise awareness about lung health, promote preventive measures, and encourage early detection and treatment of respiratory diseases.

Why Lung Health Matters?



Your lungs work tirelessly to keep you alive — taking in oxygen and expelling carbon dioxide with every breath. But they're vulnerable to diseases like:

- Tuberculosis (TB)
- Pneumonia
- Asthma
- Lung Cancer
- Chronic Obstructive Pulmonary Disease (COPD)

Here's how you can keep your lungs strong and healthy:

- Quit smoking
- Avoid smoking and secondhand smoke
- Wear masks in polluted or dusty environments
- Get vaccinated against flu and pneumonia
- Practice good hygiene to prevent infections
- Exercise regularly to improve lung capacity
- Encourage early check ups

Early detection saves lives. Watch out for:

- Persistent cough
- Shortness of breath
- Chest pain
- Coughing up blood
- Fatigue or unexplained weight loss
- If you experience any of these, consult a healthcare provider.



Fun Fact: Laughing boosts lung capacity and clears stale air.
So breathe easy and laugh often!

Health and Safety Tips for the Rainy Season

The rainy season brings cooler weather and lush surroundings, but it also increases the risk of illness, accidents, and flooding. Let's take simple steps to protect ourselves and enjoy the season responsibly.



GEAR UP

Don't forget to bring the essentials, your raincoat and umbrella.

DRESS UP

Wear the proper clothes to stay warm and dry.

POWER UP

Drink lots of fluid and vitamins to avoid getting sick.

STACK UP

Eat healthy and warm food. A hot cup of chocolate or coffee is the best.

CLEAN UP

Get rid of stagnant water to avoid onset of dengue from mosquito bites. Wash hands frequently.

**Stay Dry,
Stay Safe!**



Rabies Awareness

What is Rabies?

Rabies is a deadly viral disease that affects humans and animals, transmitted mainly through the bite or scratch of an infected dog or other mammals.

What are the symptoms?

- Weakness
- Fever
- Irritability
- Headache
- Excessive salivation
- Pain or tingling at the bite site
- Hydrophobia (fear of water)
- Aerophobia (fear of fresh air)

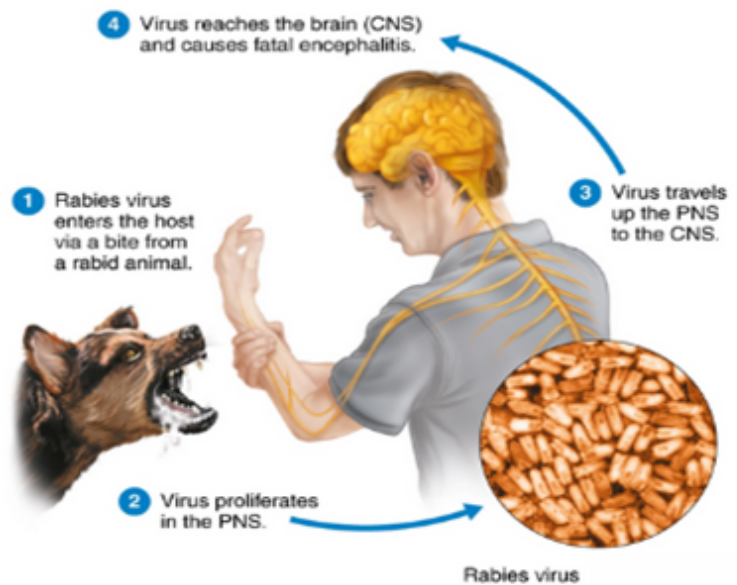
Category of Wound &

Type of contact/exposure:

- **Category I** – Touching or feeding animals, licks on intact skin
- **Category II** – Nibbling of uncovered skin, minor scratches or abrasions without bleeding
- **Category III** - Single or multiple transdermal bites or scratches, contamination of mucous membrane with saliva from licks, licks on broken skin

“Rabies is 100% fatal, but also 100% preventable.”

Protect yourself, your family, and your pets.



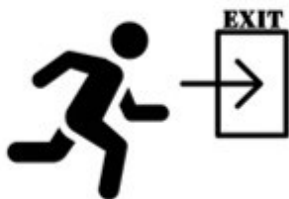
If You are Bitten or Scratched:

- Wash and clean the wound immediately with soap and water for at least 15 minutes.
- Seek medical attention—do not wait for symptoms.
- Start post-exposure prophylaxis (PEP) as soon as possible. It is a series of shots that can prevent rabies from developing.
- Obtain immediate rabies vaccination and immunoglobulin

Earthquake Preparedness Guide

What to do before, during and after an earthquake

BEFORE



Run towards the exit assemble at the safe place



Know where the fire extinguishers are and use it when required



Keep emergency kit handy with all the equipment which might be required.

DURING



Don't panic



When Inside, Drop, Cover and Hold under sturdy table



When Outside, move away from buildings to an open space

AFTER



While exiting building, avoid elevators and use stairs



If you have to evacuate your home, then leave a message stating where you are going and carry emergency kit



Get update from local authorities



<https://etiqa.com.ph/>
Etiqua Philippines

Stay Safe! Stay Healthy!

Source: Philippine Red Cross | Humanitarian Organization in the Philippines; Department of Health

Influenza-like Illness

ILI

Influenza-like illness (ILI) is defined by the World Health Organization (WHO) as an acute respiratory infection with onset within the past 10 days, presenting with fever greater than or equal to 38 °C and a cough

Signs & Symptoms



Dry Cough



Chills



Fever



Runny nose



Headache



Muscle aches

Transmission

The virus is transmitted by droplets produced when a patient cough or sneezes. Easily transmitted in crowded places.

Incubation Period

The time from infection to illness, typically lasts around 2 days but can range from 1 to 4 days.

Prevention



Regular hand washing



Keep wearing facemask



Ensure good ventilation



Get vaccinated



Cover mouth and nose when coughing or sneezing



Avoid crowded places



**Don't Spread It!
Defend Your Health!**

Source: <https://ilh.doh.gov.ph/14-doh-advisories/33-influenza-symptoms-prevention> ; <https://www.cdc.gov/quarantine/air/management/guidance-cruise-ship-influenza-update.d.html> ; [https://www.who.int/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal))

<https://etiqa.com.ph/>

f Etiqa Philippines

Stay safe when disasters strike

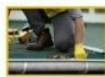
The Philippines faces frequent natural hazards from typhoons and floods to earthquakes and fires.

Knowing what to do before, during and after an emergency can save lives. Disaster preparedness starts with awareness & action, read on to know more.



FLOOD

BEFORE



Clear drains and gutters, prepare sandbags and elevate appliances

DURING



Evacuate early and avoid walking or driving through floodwaters

AFTER



Disinfect affected areas and watchout for electrical hazards

General Preparedness Guide

START WITH THESE THREE ESSENTIALS



- **Emergency Go Bag:** Include water, canned food, flashlight, batteries, first aid kit, medicines, radio, whistle, face masks, and important documents like government id/certificate and insurance policy.
- **Family Disaster Plan:** Assign roles and conduct drills. Identify evacuation routes and safe zones.
- **Stay Informed:** Monitor updates from concerned local government agencies and offices.



EMERGENCY HOTLINES

National Emergency Hotline
911

Philippine National Police
117

Philippine Red Cross
143 or (02) 8790-2300

Bureau of Fire Protection
(02) 8426-0246



TYPHOON

BEFORE



Secure your home by checking your roofs & windows. Prepare a go-bag

DURING



Stay indoors, turn off appliances and monitor updates

AFTER



Check hazards, assess damage, help neighbors and report to authorities



EARTHQUAKE

BEFORE



Know safe spots like under sturdy tables and away from windows

DURING



Drop, cover & hold. Stay indoors or move to open areas if outside

AFTER



Check for injuries, structural damage and anticipate aftershocks



VOLCANO ERUPTION

BEFORE



Stay updated and prepare goggles, thick masks and a go-bag

DURING



Stay indoors, close windows and doors or when outdoors, wear goggles and masks

AFTER



Monitor any health symptoms & clean ash carefully



FIRE

BEFORE



Install smoke detectors and fire extinguishers

DURING



Stay low to avoid smoke inhalation and evacuate immediately

AFTER



Do not re-enter until cleared by authorities and report the incident and assess damage

Be prepared, get protected!



Stay ready with an insurance plan that can protect your from financial loss due to property damages during natural calamities.

VISIT WWW.ETIQA.COM.PH OR SCAN THE QR CODE

DID YOU KNOW?

LUNG CANCER

remains the leading cause of cancer-related death & top 3 most diagnosed cancer in the Philippines in 2024.

This is primarily linked to tobacco use. Symptoms often appear in the later stages - early detection is key!

What are the common symptoms?

- Persistent cough that doesn't go away
- Chest pain that worsens with deep breathing, coughing or laughing
- Shortness of breath or wheezing
- Coughing up blood, even in small amounts
- Fatigue or general weakness
- Unexplained weight loss

What can you do to prevent lung cancer?

- **Quit smoking completely**, regardless of age or smoking history
- **Avoid secondhand smoke exposure** in homes, workplaces & public spaces
- **Using cessation support** such as counseling, nicotine replacement therapy or medication
- **Promoting smoke-free environments** and public awareness of tobacco-related risks

What's the risk from cigarettes, vaping & secondhand smoke?



CIGARETTES
Still the leading cause of lung cancer globally at 85%



VAPING
Emerging evidence shows increased risk among dual use



SECONDHAND SMOKE
Raises risk by 20 to 30% in on-smokers w/ prolonged exposure

How does quitting smoking affect life span & quality of life?



LIFE SPAN
Quitting before age 40 avoids nearly 90% of smoking-related mortality, quitting at 50 adds 6 more years



QUALITY OF LIFE
Improves lung function, boosts energy, enhances mood & reduces risk of chronic diseases like heart disease & stroke



Breathe is life - protect your lungs, protect your future

Find an Etiqa accredited medical facility or doctor near you or learn more about our life insurance and non-life insurance products at www.etiqa.com.ph