

UPDATE BULLETIN

SEPTEMBER 2023



Understanding Influenza

In recent times, the number of influenza cases has been on the rise with numerous cases being reported and many individuals requiring hospitalization. Families, particularly parents and their children, are often affected by this contagious respiratory illness. As in most parts of the world, influenza is a seasonal occurrence, usually peaking during the rainy season and cooler months.

Influenza, commonly known as the flu, is a viral infection caused by either the influenza A or influenza B virus strains. These viruses primarily target the respiratory system, affecting the nose, throat, airways, and even the lungs. The flu is highly contagious and can be transmitted through respiratory droplets when an infected person coughs, sneezes, or talks. Additionally, it can also spread by touching surfaces contaminated with the influenza virus and then touching the face, particularly the nose, mouth, or eyes.

Symptoms of Influenza

The symptoms of influenza are similar worldwide and include fever, cough, sore throat, body aches, fatigue, and sometimes respiratory symptoms like shortness of breath. It's important to note that these symptoms can also be caused by other respiratory viruses or infections.

Complications of Untreated Influenza

Untreated or inadequately managed influenza can lead to various complications, especially in individuals who are at a higher risk. Understanding these potential complications is crucial in recognizing the importance of timely management and seeking appropriate medical care.

Pneumonia

Influenza can weaken the immune system and damage the respiratory tract, making individuals more susceptible to secondary bacterial infections, particularly pneumonia. Pneumonia is a serious infection of the lungs that can cause difficulty breathing, fever, chest pain, and a productive cough.

Bronchitis

Influenza can lead to inflammation of the bronchial tubes, causing bronchitis. This can result in a persistent cough, increased production of mucus, and difficulty breathing.

Myocarditis and Pericarditis

In rare cases, influenza can lead to inflammation of the heart muscle (myocarditis) or the lining around the heart (pericarditis). These conditions can cause chest pain, heart rhythm abnormalities, and even heart failure.

Death

While most cases of influenza are mild and self-limiting, severe cases can lead to hospitalization and, in some cases, death.

Shielding Yourself and Others from Infection

Taking preventive measures is vital in reducing the risk of influenza transmission and protecting both yourself and those around you.

Here are some recommended strategies for preventing and controlling the spread of influenza:

Vaccination

Annual influenza vaccination is recommended for everyone over the age of 6 months, especially for individuals who are at higher risk of complications, such as the elderly, young children, pregnant women, and individuals with chronic health conditions.

Antiviral Medication

Antiviral drugs can be prescribed to treat influenza, particularly for those at high risk of complications. These medications can help reduce the severity and duration of symptoms if taken early in the course of the illness.

Good Hygiene Practices

Frequent handwashing, avoiding close contact with sick individuals, covering your mouth and nose when sneezing or coughing, and staying home if you're sick to prevent spreading the virus.

Boosting Immunity

Maintaining a healthy lifestyle with regular exercise, a balanced diet, adequate sleep, and managing stress can contribute to a stronger immune system, which may help reduce the risk of infection.

HOW DOES HDI PRODUCT HELP?

HDI Propoelix™ - sourced from natural ingredients and propolis extract, to help **boost your immune system**. This anti oxidant-rich supplement is known to have many health benefits and can be consumed by the whole family. HDI Propoelix™ contains eight bioactive compounds, namely, Galangin, Chrysin, Pinocembrin, Naringenin, CAPE (Caffeic Acid Phenethyl Ester), Cinnamic acid, Apigenin, and Rutin, which have anti-bacterial, anti-inflammatory, anti oxidant, anticancer, antidiabetic, antiviral, and antifungal properties. With these beneficial properties HDI Propoelix™ is effective as an immunomodulator for both prevention and curative for various diseases.

UPDATE BULLETIN

2023年9月份



了解流行性感冒

近来，流感病例数量不断增加，报告病例众多，许多人需要住院治疗。家庭，特别是父母和他们的孩子，经常受到这种传染性呼吸道疾病的影响。与世界上大多数地区一样，流感是季节性发生的，通常在雨季达到高峰。

流行性感冒，俗称流感，是由甲型流感或乙型流感病毒株引起的病毒感染。这些病毒主要针对呼吸系统，影响鼻子、喉咙、呼吸道，甚至肺部。流感具有高度传染性，当感染者咳嗽、打喷嚏或说话时，可以通过呼吸道飞沫传播。此外，它还可以通过触摸被流感病毒污染的表面，然后触摸脸部，特别是鼻子、嘴巴或眼睛来传播。

流感症状

流感的症状在世界范围内都很相似，包括发烧、咳嗽、喉咙痛、身体疼痛、疲劳，有时还包括呼吸急促等呼吸道症状。值得注意的是，这些症状也可能是由其他呼吸道病毒或感染引起的。

未经治疗的流感的并发症

未经治疗或管理不当的流感可能会导致各种并发症，尤其是对于风险较高的个体。了解这些潜在的并发症对于认识及时治疗 and 寻求适当医疗护理的重要性至关重要。

肺炎

流感会削弱免疫系统并损害呼吸道，使个体更容易受到继发细菌感染，特别是肺炎。肺炎是一种严重的肺部感染，可导致呼吸困难、发烧、胸痛和咳嗽。

支气管炎

在极少数情况下，流感可导致心肌炎症（心肌炎）或心脏周围膜炎症（心包炎）。这些情况会导致胸痛、心律异常，甚至心力衰竭。

死亡

虽然大多数流感病例都是轻度且具有自限性，但严重病例可能导致住院，在某些情况下甚至导致死亡。

保护自己和他人免受感染

采取预防措施对于降低流感传播风险并保护您自己和周围的人至关重要。

以下是预防和控制流感传播的一些推荐策略：

疫苗接种

建议6个月以上的所有人每年接种流感疫苗，特别是并发症风险较高的人群，如老年人、幼儿、孕妇和患有慢性疾病的人。

抗病毒药物

可以抗病毒药物来治疗流感，特别是对于那些并发症风险高的人。如果在病程早期服用这些药物，可以帮助减轻症状的严重程度和缩短症状的持续时间。

良好的卫生习惯

经常洗手，避免与病人密切接触，打喷嚏或咳嗽时遮住口鼻，生病时呆在家里，以防止传播病毒。

增强免疫力

保持健康的生活方式，定期锻炼、均衡饮食、充足的睡眠和控制压力，有助于增强免疫系统，从而降低感染风险。

HDI产品有何益处？

HDI Propoelix™ - 源自天然成分和蜂胶萃取，有助于**增强您的免疫系统**。这种富含抗氧化剂的补充剂具有许多健康益处，适合全家人食用。HDI Propoelix™ 富含8种生物活性成分：CAPE(Caffeic Acid Phenethyl Ester - 咖啡酸苯乙酯)、柚皮素、白杨素、高良姜素、咖啡酸、皮诺霉素，芹菜素和芦丁。它们具有抗菌、抗炎、抗氧化、抗癌、抗糖尿病、抗病毒和抗真菌特性。凭借这些健康有益的特性，HDI Propoelix™ 可作为免疫调节剂，能够有效预防和治疗各种疾病。

TESTIMONY | 见证



Flu Singapore

My son, Mathias was only 5 years old when he contracted this virus. His initial symptoms included high fever at 39 °C as well as red rashes began to appear on his face, palms and the soles of his feet the following day. His fever did not subside for 2 days, with more rashes appearing on his face and body. I immediately took Mathias to the pediatrician and was diagnosed with Singapore Flu and strep throat inflammation. The doctor prescribed some fever medication and lotion to reduce his rashes.

Since Mathias has been accustomed to taking HDI Honeybee PollenS and Clover Honey , I increased his dosage to speed up the healing process. I also added HDI Propoelix™.

On the 2nd day, Mathias's fever gradually subsided and he became more active. On the 4th day, the rashes began to diminish and he no longer complain of itching or feeling hot. By day 5, all rashes had disappeared.

HDI products are just amazing! Thank you HDI.

新加坡流感

我的儿子Mathias感染这种病毒时只有五岁，他最初的症状是39°C高烧。第二天，红疹出现在他的脸，手掌和脚底。他的发烧两天都还没有消退，脸上和身体上出现更多的皮疹。我立即带Mathias去见儿科医生，结果被诊断为新加坡流感和链球菌喉炎。医生开了一些发烧药和止痒膏以减轻他的皮疹。

由于Mathias已习惯服用HDI蜂蜜花粉和苜蓿蜂蜜，所以我增加他的剂量，以加快愈合过程。我还添加了HDI Propoelix™。

第二天，Mathias的发烧逐渐好转，变得更活跃。第四天，皮疹开始减少，不再抱怨瘙痒或感觉热了。到了第五天，所有的皮疹都消失了。

HDI产品真的是与众不同。谢谢HDI。

Marcellus Mathias A
5 years old

