

most common antibiotic for Bacterial vaginosis. It is available in the following forms: **Tablets:** Taken orally, twice daily for 7 days. *It is seen as the most effective treatment, and the preferred treatment if the woman is breastfeeding or pregnant.* **A single tablet:** Taken orally as a one-time dose. BV is more likely to return with this treatment, compared with the 7-day tablet course. **Gel:** Applied to the vagina once daily, for 5 days.

Food poisoning also known as foodborne illness is a disease caused by eating contaminated food. Infectious organisms such as bacteria, viruses and other microbes or their toxins are the most common causes of food poisoning. Infectious organisms or their toxins can contaminate food at any point of processing or production. Common foods contaminated with salmonella bacteria include undercooked eggs, poultry and any other food handled by an infected person.

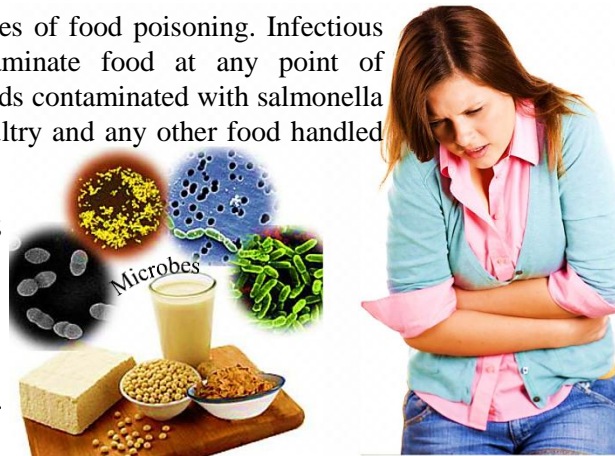
Common signs and symptoms include;

Frequent episodes of vomiting. Bloody vomit or stools (faeces). Diarrhea for more than three days. Extreme pain or severe abdominal cramping. An oral temperature higher than 100.4 F (38° C). Signs or symptoms of dehydration such

as excessive thirst, dry mouth, little or no urination, severe weakness, dizziness, or lightheadedness. Neurological symptoms such as blurry vision, muscle weakness and tingling in the arms.

Causes: Contamination of food can happen at any point of production such as growing, harvesting, processing, storing, shipping or preparing. Cross-contamination is the transfer of harmful organisms from one surface to another and it is often the cause. This is especially troublesome for raw, ready-to-eat foods, such as salads. Because these foods are not cooked, harmful organisms are not destroyed before eating and can there cause food poisoning. Many bacteria (such as *Campylobacter* in meat, chicken and eggs; *Clostridium botulinum* in home-canned foods; *Escherichia coli* i.e. *E. coli* in beef, mutton, pork and goat's meat;), viruses (such as Hepatitis A in Raw, ready-to-eat produce and shellfish; Rotavirus) or parasitic agents cause food poisoning.

Prevention: *Wash your hands, utensils and food surfaces often.* Wash your hands well with warm, soapy water before and after handling or preparing food. Use hot, soapy water to wash utensils, cutting boards and other surfaces you use. *Keep raw foods separate from ready-to-eat foods.* When shopping, preparing food or storing food, keep raw meat, poultry,

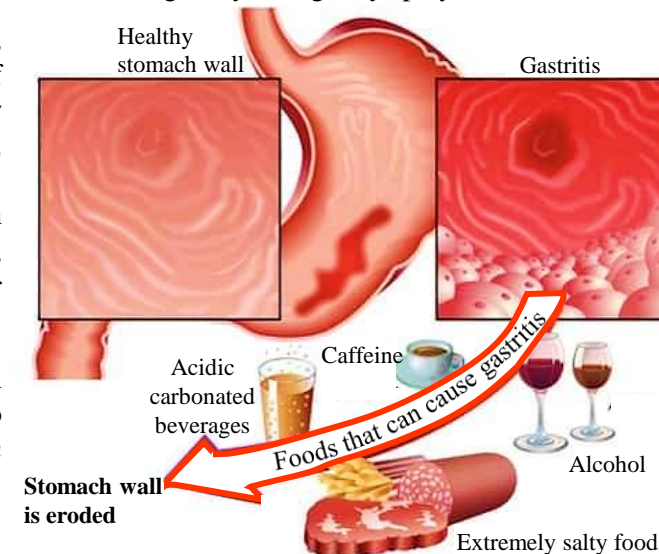


fish and shellfish away from other foods. This prevents cross-contamination. *Cook foods to a safe temperature.* The best way to tell if foods are cooked to a safe temperature is to use a food thermometer. You can kill harmful organisms in most foods by cooking them to the right temperature. *Refrigerate or freeze perishable foods promptly* i.e. within two hours of purchasing or preparing them. If the room temperature is above 90° F (32.2° C), refrigerate perishable foods within one hour.

Defrost food safely. Don't thaw food at room temperature. The safest way to thaw food is to defrost it in the refrigerator. If you microwave frozen food using the "defrost" or "50% power" setting, be sure to cook it immediately. *Throw it out when in doubt.* If you are not sure if a food has been prepared, served or stored safely, discard it. Food left at room temperature too long may contain bacteria or toxins that cannot be destroyed by cooking.

Note: *Food poisoning is especially serious and potentially life-threatening for young children, pregnant women and their fetuses, older adults, and people with weakened immune systems.* These individuals should take extra precautions by avoiding the following foods: Raw or rare meat and poultry. Raw or undercooked fish or shellfish, including oysters, clams, mussels and scallops. Raw or undercooked eggs or foods that may contain them, such as cookie dough and homemade ice cream. Raw sprouts, such as alfalfa, bean, clover and radish sprouts. Unpasteurized juices and ciders. Unpasteurized milk and milk products. Uncooked hot dogs, luncheon meats and deli meats.

Gastritis is an inflammation and erosion of the stomach lining, due to various causes such as bacterial infection, regular consumption of certain painkillers, drinking too much alcohol, regularly eating very spicy food, etc.



Causes of gastritis: Bacterial Infection such as being infected by *Helicobacter pylori*. Regularly using pain relievers which can erode the protective lining of the stomach. Aging, since in older adults the stomach lining tends to thin with age and older people also tend to suffer from autoimmune disorder. Drinking alcohol excessively which can irritate the stomach lining. Severe stress can cause acute gastritis. Viral infections like the herpes simplex