



Design Portfolio.



Hey, I'm Oj!

I'm a designer/front end developer with 5+ years of experience based in the Philippines, specializing in designing exceptional websites, applications, and everything in between. Currently designing websites and marketing materials for DBA.



Web Designs.



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Let's Chat?



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Careers How We Hire Benefits Explore Open Roles

Be the future of professional services

Finding your dream career doesn't have to be stressful. With DBA, you can discover opportunities that will help you grow, and a job that fits your lifestyle.

Explore Open Roles Life at DBA

The website is displayed in a browser window with a light gray header bar. The URL https://www.cruzoliverjohn.github.io/me is visible in the address bar. The main content area features a large, bold title 'Be the future of professional services'. Below the title is a paragraph of text: 'Finding your dream career doesn't have to be stressful. With DBA, you can discover opportunities that will help you grow, and a job that fits your lifestyle.' At the bottom of the page are two blue buttons: 'Explore Open Roles' and 'Life at DBA'. The background of the page is white, and there are several circular portraits of diverse professionals (men and women) arranged in a grid pattern.



https://www.cruzoliverjohn.github.io/me

NSC

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Collectively we can all #EmbraceEquity



IWD2023

#EmbraceEquity

International Women's Day

DBA

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women's equality.
Collectively we can all
#EmbraceEquity.



internationalwomensday.com





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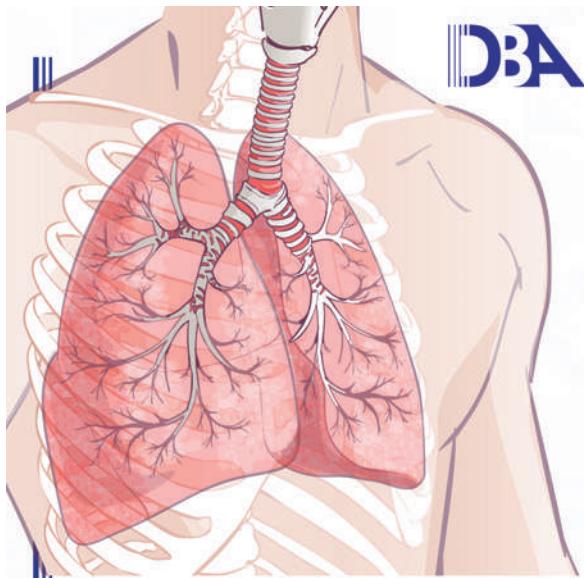


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5 MINUTES AGO



Infographics.



DBA

HEALTH ADVISORY

What are the symptoms of TB?

Indications of TB disease depend on the site of the body where the bacteria is proliferating but usually, the symptoms are:



How can I prevent TB?

Remember, latent TB infection is easily cured, and only active TB is contagious.

When tested positive with latent TB, do the following to reduce your risk of developing active tuberculosis:

- **Isolate.** Ensure other people's safety by staying at home and sleeping in a room without anyone's company.
- **Ventilate.** Closed space allows germs to spread faster so try to open the windows and use fan to for air to circulate.
- **Cover your mouth.** Use a clean piece of cloth or tissue anytime you laugh, sneeze or cough then put it in a sealed bag before throwing it.
- **Wear a face mask.** Wearing a face mask diminishes the risk of transmitting TB, especially if you are in the first three weeks of treatment.
- **Finish medication.** Follow the prescription of the doctor to protect yourself from developing drug-resistant strains of TB.

YES! We can end TB!

World Tuberculosis Day

What is Tuberculosis (TB)?

- Tuberculosis (TB) is a communicable disease responsible for the highest number of deaths worldwide, until the onset of coronavirus (COVID-19) pandemic.
- TB is the leading contributor to antimicrobial resistance.
- TB is caused by the bacillus (*Mycobacterium tuberculosis*) which typically affects the lungs but can also affect other parts of the body.
- About a quarter of the world's population has been estimated to contract the TB bacteria. However, most of these cases do not progress to TB disease, and some recover from it.
- A person cannot spread the illness if they are infected but not (yet) ill with TB.

10.6 Million

In 2021, an estimate of 10.6 million people had been infected with tuberculosis (TB) globally.

6M Men

were recorded to have TB in 2021.

3.4M Women

were recorded to have TB in 2021.

1.2M Children

were recorded to have TB in 2021.

MDR-TB

Multidrug-resistant TB (MDR-TB) remains a public health crisis and a health security threat.



Only about 1 in 3 people with drug-resistant TB accessed treatment in 2020.

Ending the TB epidemic by 2030 is among the health targets of the United Nations Sustainable Development Goals (UN SDGs).

TB is curable and preventable.

How can TB be acquired?

- TB is spread through the air when an infected person with lung TB coughs, sneezes, or spits.
- When another person became in contact with the droplet or inhaled the air containing the germs, they become susceptible to infection.
- People infected with TB bacteria have a 5-10% lifetime risk of falling ill with TB.
- Individuals with compromised immune systems, such as people living with HIV, malnutrition or diabetes, or people who use tobacco, have a higher risk of having TB.

Who is at most risk of having TB?

- All age groups are at risk for TB.
- Immunocompromised people are more likely to have TB.
- People who are infected with HIV are 16 times more likely to develop active TB.
- Alcohol use disorder and tobacco smoking increase the risk of TB.

When to be checked?

In deciding whether you need to be checked by a medical professional for TB, consider the following situations:

- If you experienced any manifestation of the symptoms.
- If you have been exposed to or became in contact with a person with TB.
- Have HIV/AIDS.
- Use IV drugs.
- Residing in a country where TB is common.
- Live or work in areas where TB is common, e.g., prisons or nursing homes.
- Work in health care and treat people with a high risk of TB.
- Children exposed to adults who are at risk of TB.



REFERENCE: <https://www.who.int/news-room/fact-sheets/detail/oral-health> | <https://www.cdc.gov/oralhealth/topics/adults-oral-health/tips.html> | <https://www.cdc.gov/oralhealth/fast-facts/index.html> | <https://www.cdc.gov/oralhealth/infographics/adult-adult-tooth-loss-by-smoking-tobacco-data.html>

19TH NATIONAL DENTAL HEALTH MONTH

Ngiting Protektado, Ngiting Panalo DBA

Facts about Oral Health:

Oral health is essential to general health and well-being.

Tobacco use and diabetes are two risk factors for gum disease.

Oral disease can cause pain and infections that may lead to problems with eating, speaking, social interaction, and employment potential.

Oral diseases affect nearly 3.5 billion people worldwide and are more deadly in men than women.

5 out of 10 Filipinos have gum or periodontal disease.



Common Oral Health Problems

1. Dental Caries (tooth decay)

- risk factors: unhealthy diet high in free sugars or high daily sugar intake

• plaque forms on the surface of a tooth and converts the free sugars contained in foods and drinks into acids that destroy the tooth over time.

2. Periodontal (gum) disease – risk factors: poor oral hygiene and tobacco use

• affects the tissues that both surround and support the teeth.
• bleeding or swollen gums (gingivitis), pain and sometimes bad breath.

3. Edentulism (Total tooth loss)

- risk factors: advanced tooth decay and severe gum disease

• Losing teeth is generally the end point of a lifelong history of oral disease and can be psychologically traumatic, socially damaging and functionally limiting.

4. Oral cancer – risk factors: tobacco, alcohol, and areca nut (betel quid) use, HPV infection

• includes cancers of the lip, other parts of the mouth and the oropharynx and combined rank as the 13th most common cancer worldwide.

HEALTH ADVISORY



How to Prevent Oral Complications:



eat a well-balanced diet low in free sugars and high in fruit and vegetables.



choose water (or fluoridated water) as the main drink over sugary drinks —e.g., soda, iced tea, etc.



quit smoking or chewing of areca nuts.



reduce alcohol consumption.



twice-daily tooth brushing with fluoride-containing toothpaste (1000 to 1500 ppm).



floss daily at least once to remove dental plaque between the teeth.



visit your dentist at least once a year.





REFERENCE: <https://www.mayoclinic.org/diseases-conditions/hemophilia/symptoms-causes/syc-20373327> <https://www.cdc.gov/ncbddd/hemophilia/facts.html>
<https://www.hemophilia.org/bleeding-disorders-a-z/types/hemophilia-a> <https://www.hemophilia.org/bleeding-disorders-a-z/types/hemophilia-b>



DBA National Hemophilia Awareness Month

What is Hemophilia?

- A bleeding disorder in which the blood cannot clot properly.
- It is a rare genetic disorder, but it can also develop later in life.
- Hemophilia can cause prolonged and spontaneous bleeding following an injury or surgery.
- This can also happen internally when an uncontrollable internal bleeding (hemorrhaging) in different parts of the body happens.

Types of Hemophilia

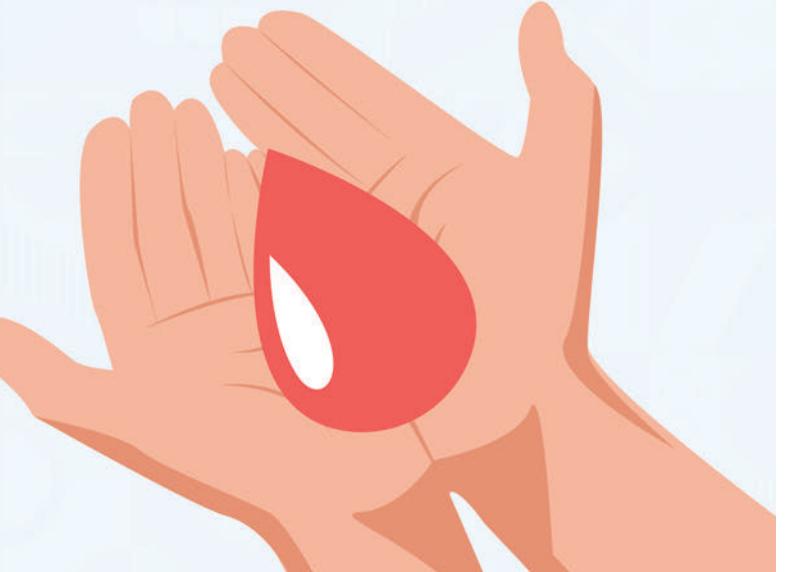
Hemophilia A or Classic Hemophilia

- Caused by missing or defective clotting protein factor VIII (FVIII).
- More than half of people diagnosed with hemophilia A have the severe form.
- Most common type of hemophilia—occurs every 1 in 5000 males.

Hemophilia B or Christmas Disease

- Caused by missing or defective clotting protein factor IX (FIX).
- People with hemophilia B experience less spontaneous bleeding.
- Less common—only affects 1 in every 25000 males.

Signs and Symptoms

Health Advisory	Bleeding into the joints, which cause swelling and pain or tightness.	Bleeding into the skin (bruising) or muscle and soft tissue.	Bleeding of the mouth and gums, and bleeding that is hard to stop after losing a tooth.	Bleeding after having shots, such as vaccinations.	Blood in the urine or stool.	Frequent and hard-to-stop nosebleeds.
						

Facts About Hemophilia

Hemophilia is the most prevalent bleeding disorder worldwide.	Males are more likely to have hemophilia than females.
WFH estimates around 10,000 Filipinos with undiagnosed hemophilia.	There is no prevention and cure for hemophilia but there are several treatments available.

The World Hemophilia Federation (WFH) reported 1,604 Filipinos to have hemophilia in 2020.



REFERENCE: https://www.who.int/health-topics/hypertension#tab=tab_3 <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>
<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/expert-answers/hypertension-crisis/paq-20058447>

Understanding Blood Pressure

Blood pressure is the force of blood pushing against blood vessel walls.

It is written like:

112

→ The top number is the systolic pressure, which pertains to the pressure when the heart beats.

78

→ The bottom number is the diastolic pressure, which is the pressure when the heart rests between beats.

When the pressure in your arteries is higher than it should be, it means you have high blood pressure (HBP).

Hypertension

- Also known as high or raised blood pressure, is a condition in which the blood vessels have persistently raised pressure.
- Termed as "Silent Killer" because there are no symptoms.
- It is a major cause of premature death worldwide.
- It can increase the risk of heart, brain, kidney, and other diseases.

Symptoms of Increase in Blood Pressure:

Take note that hypertension itself has no symptoms, but increase in blood pressure has, which are:

- severe headache
- shortness of breath
- nosebleed
- severe anxiety
- feeling of pulsations in the neck or head

HEALTH ADVISORY

In 2023, 1.28 billion adults aged 30–79 years old worldwide have hypertension.

46% of adults with hypertension are unaware of their condition.

In 2021, hypertension prevalence increased to 37% in the Philippines.

PROTECT YOUR HEART FROM THE SILENT KILLER

Hypertension Awareness Month

Blood Pressure Range

BLOOD PRESSURE CATEGORY	SYSTOLIC (UPPER NUMBER)	DIASTOLIC (LOWER NUMBER)
NORMAL	< 120	< 80
ELEVATED	120-129	< 80
STAGE 1 HYPERTENSION	130-139	80-89
STAGE 2 HYPERTENSION	140 OR HIGHER	90 OR HIGHER
HYPERTENSIVE CRISIS	HIGHER THAN 180	HIGHER THAN 120

NOTE: A DIAGNOSIS OF HIGH BLOOD PRESSURE MUST BE CONFIRMED WITH A MEDICAL PROFESSIONAL.

Hypertension Risk Factors



When to know if Emergency Care is needed



Observe Hypertension Day, Every Day

- Spread the word.**
People who have hypertension are usually unaware of their condition. Try to raise awareness about this disease to encourage individuals to get their blood pressure tested regularly.
- Control your blood pressure.**
Observe your diet and try to minimize or remove unhealthy habits as they increase the risk of high blood pressure or hypertension.
- Prevent hypertension.**
Since hypertension doesn't show any symptoms, it's vital to check if you have it. After that, follow the primary prevention of hypertension.

DBA



Events.









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one local at a time.**

Iba, Zambales
H&J De Guia Bldg, #48 Rizal Street, Palanginan, Iba, Zambales

Subic Bay
DBA Napier House, Block 2 Lot 79, Waterfront Road corner Washington Street, Subic Bay Freeport Zone, Philippines

Bataan
2F Unit 202-205, Casa Legre Arcade, Capitol Drive, City of Balanga, Bataan

Clark
Clark Tech Hub 2-2 GF Unit Loc. B2-110a, SM City Clark, MA Roxas Highway, Malabanas, Clark, Pampanga

Tarlac
2F Aquino Center & Museum, Luisita Industrial Park Road, Tarlac City, Tarlac

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Alan | South Africa
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William | South Africa
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