

## CD3 - MONTHLY POA - DECEMBER 2016

### Post 1: (1<sup>st</sup> Dec: World Aids Day)

#### **Tagline:**

Let's drive out the darkness of ignorance with the enlightenment of knowledge!

#### **Post Description:**

The AIDS Dementia Complex (ADC) is one of the most common and clinically important CNS complications of late HIV-1 infection. It is a source of great morbidity and, when severe, is associated with limited survival.

For More: <https://www.aids.gov/hiv-aids-basics/staying-healthy-with-hiv-aids/potential-related-health-problems/dementia/>

#WorldAidsDay #NeuroProtection

\*\* Article is not that good. So please find something else.

### Post 2: (Celebrity)

#### **Post Description:**

Muhammad Ali lived with Parkinson's disease for more than 30 years.

For More: <http://www.nytimes.com/2016/06/05/health/parkinsons-disease-explainer.html?smid=fb-nytimes&smtyp=cur&r=0>

**Note: (Link will be shared along with the preview image)**

### Post 3:

#### **Tagline:**

It's not always necessary to be strong, but to feel strong.

-Jon Krakauer

#### **Post Description:**

Well begun is half done. Stay Positive. Hold your Ground and live everyday with full enthusiasm.

#MondayMotivation #NeuroProtection

**Post 4: (10<sup>th</sup> Dec: Human Rights Day)**

**Tagline:**

#DidYouKnow

Thousands of people with mental health conditions around the world are deprived of their human rights?!

**Post Description:**

This #HumanRightsDay, let's pledge to remove the stigma surrounding mental health and empower unfortunate victims, their right to being Humans!

#RightToBeHuman #NeuroProtection

**Post 5:**

**Post Description: (Case Study on Parkinson)**

<https://www.youtube.com/watch?v=bADVCx2G0og>

In this case study, Dr. Michael VanDerschelden a chiropractor at the Bergman Family Chiropractic clinic, explains the root cause of Parkinson's disease and explains how to properly adjust the cervical spine of a Parkinson's patient.

**Note: (Link will be shared along with the preview image)**

**\*\* Article needs to be changed. Keep the video with shorter duration.**

**Post 6: (Celebrity)**

Fighting back: Michael J. Fox told that he hasn't allowed Parkinson's disease to stop him!

For More: <http://www.dailymail.co.uk/tvshowbiz/article-3915144/Michael-J-Fox-talks-dealing-Parkinson-s-Disease-25-years.html>

**Note:** (Link will be shared along with the preview image)

**Post 7:**

**Title:**

Traumatic Brain Injury - Can Deep Sleep Be Neuroprotective?

**Post Description:**

Traumatic brain injury is a highly incidental condition. It is estimated that up to 60 million people worldwide may be suffering from any type of traumatic brain injuries each year, including mild injuries. Primarily due to motor vehicle accidents, falls or aggressions.

Ref: <http://brainblogger.com/2016/04/01/traumatic-brain-injury-can-deep-sleep-be-neuroprotective/>

#Neuroprotection #AvoidTBI

**Post 8:**

**Tagline:**

**It can be Alzheimer if:**



**Post Description:**

Forgetting things often or struggling to retain new information can be one of the early sign of Alzheimer's disease.

Let's make efforts on raising awareness about #Alzheimer

#NeuroProtection #AlzheimersDisease

**Post 9: (Celebrity)**

**Post Description:**

Actress Jill Gascoine in the advanced stages of Alzheimer's'

For More: <http://www.telegraph.co.uk/news/2016/11/08/actress-jill-gascoine-in-the-advanced-stages-of-alzheimers/>

**Note: (Link will be shared along with the preview image)**

**Post 10:**

**Tagline:**

**Tickle the Grey!**

**Img Content:**

Interview Scene:

Rahul was offered a coffee cup and asked "what is before you?"

He said "Tea"

Rahul got selected for the job.

Confused?

**Post Description:**

**Ans:** Alphabetically speaking... What comes before "U" is "T" isn't it?

Think Fresh! Think Different!

#PuzzleTime #NeuroProtection

**Post 11:**

**Tagline:**

#DidYouKnow

About 80% of strokes are ischemic in nature!

**Post Description:**

Ischemia is a restriction in blood supply to tissues, causing a shortage of oxygen and glucose needed for cellular metabolism (to keep tissues alive).

#KnowYourStroke #NeuroProtection

**Post 12: (25<sup>th</sup> Dec: Christmas)**

Conceptual Gif will be shared shortly