



BATANGAS STATE UNIVERSITY

The National Engineering University

BATSTATEU'S CONDUCTS FIRST EVER VOLUNTARY HIV SCREENING AND COUNSELING



On March 31, 2023, Batangas State University offered free HIV screening and counselling to its faculty, staff, and students. Simultaneously, Mr. Wilbert Balmes Alcantara from Wagayway Equality Inc. gave a lecture on HIV and AIDS. He gave an overview of these medical conditions and addressed common misconceptions. Misconceptions regarding HIV and AIDS range from believing that only particular groups of people (such as gay men) can catch the virus to believing that there is a treatment for AIDS.



A dialogue regarding Republic Act 11166, also known as the Philippine HIV and AIDS Policy Act of 2018 was also conducted. Mx. Rob Mortel discussed the Philippine HIV and AIDS Policy Act of 2018. The discussion covered various aspects of the act, such as its provisions related to gender and sexuality, as well as the challenges faced in implementing the law and addressing issues related to HIV and AIDS in the Philippines.



Let Me Aid(s) You by Jayve Bryan A. Bool

A digital art competition was also held to utilize multimedia in spreading awareness towards gender diversity, inclusivity, HIV, and AIDS.

30 individuals voluntarily counseled and screened for HIV

Source: Gender and Development Office



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BATSTATEU HOLDS WELNESS SEMINAR ON MENOPAUSAL HEALTH



Dr. Karina Acosta-Dinglasan, an Obstetrician-Gynecologist, giving a talk on menopause



Batangas State University faculty members listening to the talk on menopause, health, and nutrition

“May New Pause-ibilities”: A Talk on Menopause

Menopause and Nutrition

Ms. Rose Anne Reyes, a licensed nutritionist-dietitian, thoroughly discussed the nutrition appropriate for those who are experiencing menopause. She also discussed the importance of reading the nutritional label and taking note of the overall contents and not just merely looking at the calorific content of the food.

The College of Medicine hosted a wellness seminar, POWER UP: Potentiating Wellness Era, Unlocking Possibilities, on November 23, 2023. One session, held in HEB Room 401, focused on the topic of menopause. The seminar delved into the fundamental aspects of menopause, including physiological changes and recommended dietary practices. Attendees also gained insights into healthy food choices to support overall well-being during this life stage.



ano nga ba ang menopause?
 ang menopause ay ang **pagtala** kung kailan pamanerang humihinto ang isang babae sa kanyang **menstrual period** dahil sa mga pagbabagong hormonal.

46-54
 taong gulang sa normal na paglilit ng rehiya

isa sa 10 na babae na nasa edad na higit sa 60 ay naapekohan ng **osteoporosis** sa buong mundo.

alam moba
MAY NEW PAUSE-IBILITIES
 Ang **perimenopausa** ay panahon ng hanayin bago ang menopausa. Una bumababa ang bilang ng malaking flug sa obaryo ng isang babae, at magiging hindi regular ang ovulasyon.

1-2%
 mga babae na magkakaroon ng menopausa bago mag-40 taon

20%
 sa panahon ng menopausa, una humihina ang mga tubo ng istablisasyon.

ang malaking pagbababa ng antas ng estrogen ang pangunahing sanhi ng karamihan ng mga sintomas ng menopausa.

magadapat gawin
 pagpipis ng buhok
 pagbabago ng timbang
 paglit ng alibab
 pagpapawis sa alit
 pagpakit ng ulo
 problema sa paninipong

mga sintomas
 Bawasan ang paninigarilyo, at kung ano mang biya mayroon ang babae

Maglakad lakad tuwing hapon o kaya ay magwalis walis sa bakuran tuwing umaga

Kumain ng pagkain na puno ng protina kagaya ng isda, flug, at mga prutas at gulay

Uminom ng mga **multivitamins** at mga gamot o pagkain na sagana sa **Calcium**

Source: College of Medicine