

# OPERATION MEDUCATION

*Newsletter issued by Zainab Ashraf*



## What is Operation MEDucation?

*Check out our website for more info!*

A student-led organization that strives to empower, educate, and inspire young minds about the field of medicine.

Operation MEDucation gives every individual interested in going into the medical field opportunities that don't come by on a day-to-day basis. For an individual with no prior knowledge of how this field works, it can seem confusing by the vast amount of pathways.

On top of this, the spread of COVID-19 has limited in-person opportunities to learn about medicine and its field. As there weren't many virtual opportunities at the time, students were even more perplexed.

With the resources Operation MEDucation offers, this initiative is sure to empower, educate, and inspire the next generation of healthcare professionals.

### IN THIS ISSUE

**WHAT IS OPERATION MEDUCATION?**

**CONTACT INFORMATION**

**"HEALTHY FOODS" THAT AREN'T GOOD FOR YOU**

**WHY DO ONIONS MAKE YOU CRY?**

**SCLERODERMA AWARENESS**

**WHAT IS MISOPHONIA?**

**MIGRAINE AND HEADACHE AWARENESS**

**OFFICER OF THE MONTH**

## Contact Information

Contact us through our newly published website!

Instagram: @operationmeducation

Tumblr: <https://operation-meducation.tumblr.com/>

Twitter: @OperationMEDuc1

Facebook: @operationmeducation

Youtube: Operation MEDucation

Gmail: [operationmeducation@gmail.com](mailto:operationmeducation@gmail.com)

Pinterest: @OperationMEDucation

Website: <https://www.operationmeducation.org/>



## Narcolepsy

by Mariam Baloch

Narcolepsy is a condition where a person falls asleep in scenarios that are relaxed. Symptoms of narcolepsy are experiencing hallucinations, taking many naps throughout the course of one day, and sleep paralysis. The primary cause for narcolepsy is when there is a lack of a brain chemical known as hypocretin. This happens because sometimes the immune system accidentally attacks substances that produce hypocretin. Some treatments for Narcolepsy include going to therapy, support groups helpful as they make you feel not at alone and help share your experience. Taking medication also helps with this condition. Antidepressants are an example of medication someone can take. Narcolepsy is a rare condition and affects 200,000 people per year. It can be a lifelong condition. People with narcolepsy normally visit their local neurologist. Narcolepsy is dangerous because since you fall asleep in situations where you're relaxed, there's a chance of falling asleep when you're driving. This can lead to accidents. However, the disease itself isn't life-threatening but the things it can lead you to do are.



# REM Sleep Behavior Disorder

by: *Azhahini Krishnamoorthy*

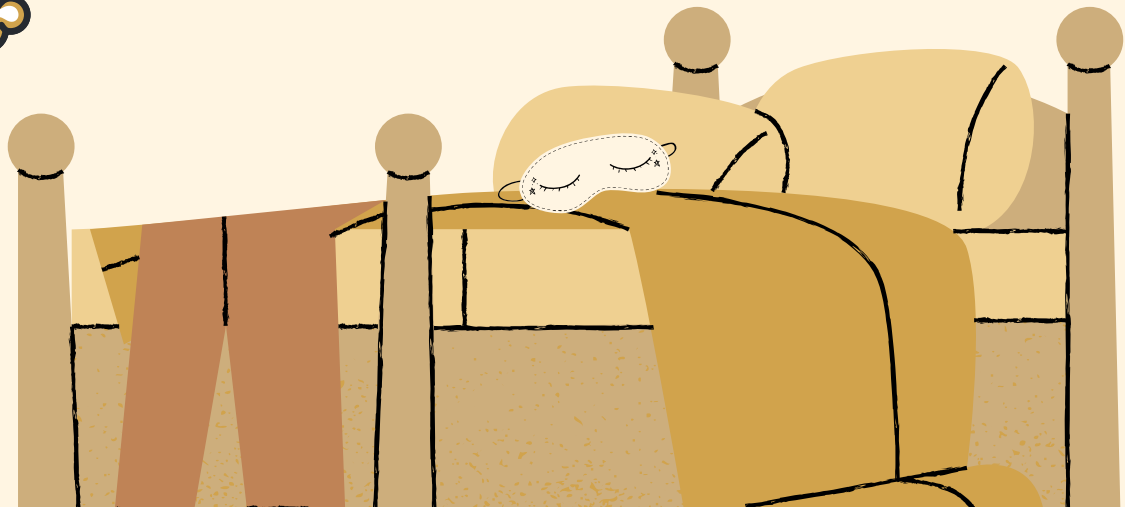
REM sleep behaviour disorder, also known as dream-enacting behaviour, is a sleep disorder in which you physically play out unpleasant dreams during REM sleep with vocal sounds and sudden, often abrupt body movements. During typical REM or dreaming sleep, nerve connections in the brain that inhibit muscles from moving are active, resulting in temporary paralysis of your body. Moreover, these circuits no longer function in REM sleep behaviour disorder.

This sleep condition manifests itself in a variety of ways, including small limb movements, more apparent body movements such as punching, sitting up, or jumping, and vocalizations such as talking or yelling. Many people aren't conscious and don't realize they have REM sleep behaviour disorder until a bed partner or roommate informs them! When a person is experiencing an episode, they may generally be readily awakened. When they awaken, they are generally aware, lucid, and able to recall the details.

Your body alternates between non-REM and REM sleep as you sleep. Non-REM sleep is generally the first stage of the sleep cycle. You go through the various stages of non-REM sleep before entering a brief period of REM sleep. The cycle then restarts at step 1. You'll experience more REM sleep and less deep sleep as the night progresses.

The REM sleep cycle typically begins approximately 90-110 minutes after falling asleep, and REM sleep phases lengthen in the second portion of the night. As a result, episodes of REM sleep behaviour disorder are more likely to occur later in a sleep session. During the night, episodes might occur once or numerous times. They may occur a few times every year or every night. REM sleep behaviour disorder might appear unexpectedly.

Since REM sleep behaviour disorder is a rare condition, there is no one miracle remedy. If you consult your doctor, he or she may prescribe melatonin to help with sleep. Another alternative for better sleep for those with REM sleep behaviour disorder is to avoid triggers such as the use of specific alcohol or prescription medications. Last but not least, creating a more secure sleep environment is key for preventing any dangerous sleep injuries.



## Sleep Paralysis

by: Kianna Yasis

One in five people has experienced the feeling of waking up or falling asleep and being unable to move a single muscle. Although it typically lasts a few minutes, or even a few seconds, this is known as an episode of sleep paralysis. When it occurs while falling asleep, it is known as **hypnagogic or predormital sleep paralysis**. Otherwise, if it happens when you're waking up, it's called **hypnopompic or postdormital sleep paralysis**.

Although studies have determined factors linked to a higher incidence of sleep paralysis, the exact reasoning for sleep paralysis is still unclear. However, numerous cultures have an explanation for the phenomenon. Aside from folklore, there are various factors that may lead to sleep paralysis, including lack of sleep, mental conditions, use of specific medications, substance abuse, and change in sleep schedule. The majority of the time, no treatment is needed for this condition. Nevertheless, if a person is concerned about sleep paralyzes, addressing any underlying issues, such as narcolepsy, may be beneficial.

When asleep, the body transitions between REM (rapid eye movement) and NREM (non-rapid-eye movement). If an individual wakes up before the REM cycle is complete, they may find themselves unable to move or speak. Sleep paralysis is able to affect people of any age group, however, it is most commonly seen during adolescence. Therefore, if you have sleep paralysis, start by obtaining enough sleep, attempting a new sleeping position, reducing stress, and seeing a doctor if your sleep paralysis is preventing you from sleeping efficiently on a regular basis.



## Sleep Walking

by: Claudia Hanna

Somnambulism or sleepwalking is a sleep disorder that causes you to walk or perform other actions while still asleep. It falls under the umbrella of Parasomnias: a group of sleep behaviours in children, teens, and sometimes adults. Therefore, it is more prominent in children than adults. It occurs during the first or second sleep cycle, specifically during deep sleep. Episodes can last from a few seconds to 30 minutes or longer. Family history, sleep deprivation and repeatedly wake up in the nighttime, all make you more prone to sleepwalking.

Symptoms of the disorder can vary but the most common is sitting up in bed with the eyes open, not responding or communicate with others, and being disoriented after. Sleepwalking can result in injuries caused by tripping, and loss of balance. Sleepwalking is diagnosed by physical exams and nocturnal sleep study known as polysomnography. Treatment for the disorder isn't usually necessary for children because it is said to go away in teen years. However, treatment options include medications such as benzodiazepines, adjusting medications if sleepwalking results from a certain medication, therapy or counselling, and anticipatory awakenings.

### FUN FACTS

- Almost all children have sleepwalked at some point in their life. In fact, 40% of children have sleepwalked.
- There is a type of sleepwalking call homicidal sleepwalking, which occurs when a person commits murder during an episode of sleepwalking. There are a few reported cases.
- Sleepwalking can make you gain weight.

