

TESI N°2

1. Inquadramento clinico del paziente con diabete mellito: diagnosi e principi di terapia.
2. Il cancro dello stomaco: il candidato descriva i principali segni e sintomi ad esso correlati, l'iter diagnostico ed i principi di terapia.
3. Tubercolosi: il candidato ne descriva i fattori epidemiologici, la profilassi, i principali segni e sintomi ad esso correlati, l'iter diagnostico ed i principi di terapia.
4. Il referto.

What are the most frequent and serious causes of child poisoning?

Euronews.com

A new report from a French health agency highlighted the top causes of poisoning in children, which most commonly occurs in young kids.

The top three most frequent and serious causes of accidental poisonings in children in France were household cleaning products, human medications, and carbon monoxide, according to a new report.

France's National Agency for Food, Environmental and Occupational Health Safety (Anses) said that while most accidental poisonings are harmless, some can be serious or even fatal.

They outlined the top causes of accidental poisonings that led to a call to a poison control centre, a trip to the emergency room, or hospitalisation between 2014 and 2020.

Among cleaning products, laundry detergent was most often a cause of poisoning in children under 15, especially liquid detergent capsules.

Medicines such as ibuprofen, aspirin, paracetamol, antidepressants, and cardiovascular drugs caused the most frequent and serious poisonings in children under six, according to Anses.

Children are also vulnerable to carbon monoxide poisoning. The colourless and odourless gas can be made by appliances used for heating if they are not maintained or installed correctly.

In France, between 2014 and 2020 there were roughly 9,100 cases per year of children under six taken to the emergency department for poisoning and roughly 3,800 cases a year of children who were hospitalised.

The top cause of visits to the emergency room for children under six was due to contact with venom from stinging caterpillars, wasps, bees, hornets and other arthropods. This represented 30 per cent of trips to the emergency room for poisoning or some 2,800 per year.

The report also highlighted an increase in poisonings related to ingesting cannabis, especially in children under one. There were more than 250 hospitalisations a year for children under six due to ingesting cannabis. The drug was also the top cause of intensive care admission for poisoning in children under six. The number of cannabis poisonings and the number of children treated in intensive care for them increased between 2014 and 2020, Anses found.

The agency recommended putting products out of reach of children, putting away medications, and proper use of heating appliances.

TESI N°4

1. Inquadramento clinico del paziente con fibrillazione atriale: diagnosi e principi di terapia.
2. Le emorragie digestive: il candidato descriva i principali segni e sintomi ad esso correlati, l'iter diagnostico ed i principi di terapia.
3. Meningite: il candidato ne descriva i fattori epidemiologici, la profilassi, i principali segni e sintomi ad esso correlati, l'iter diagnostico ed i principi di terapia.
4. Le ferite da taglio

Several military horses run wild in London, injuring four people

Euronews.com

Several military horses bolted during routine exercises near King Charles III's main residence in London on Wednesday and ran loose through the centre of the city, injuring at least four people and colliding with vehicles during the morning rush hour.

Chaos erupted when about seven horses from the Household Cavalry became spooked by noise caused by nearby construction workers while the animals were taking exercise in Belgravia, a swanky neighbourhood just to the west of Buckingham Palace, British media reported.

The riderless horses galloped down main roads in central London, running into vehicles and stunning commuters as they headed to work. The horses were all captured shortly after and are undergoing medical tests, officials said.

Pictures and videos shared widely across social media showed two of the horses running at speed down Aldwych, in between London's historic financial centre and the busy West End theatre district.

The London Ambulance Service said it treated four people across three separate incidents in the space of ten minutes after the horses ran amok around 8:30 a.m.

The horses are from the Household Cavalry, the ceremonial guard of the monarch and a regular feature of state functions in London.

It wasn't immediately clear what happened, but it appeared that seven horses had bolted from their barracks in central London and ran amok.

"A number of military working horses became loose during routine exercise this morning," an army spokesperson said.

"All of the horses have now been recovered and returned to camp. A number of personnel and horses have been injured and are receiving the appropriate medical attention," the spokesperson added.

Tesina 1 – Psicologia

1. Il cognitivismo
2. L'interazione sociale
3. I test nella selezione del personale

Phone screens can impact your sleep so how can you stop doomscrolling in bed?

Euronews.com

By Euronews and AP

Here's what experts suggest to change your bedtime routine, and avoid screens and the inevitable late-night doomscrolling.

Despite warnings about excessive screen time at night, many people still use their phones before going to bed.

"There are a million and one ways screens create problems with sleep," said Lisa Strauss, a licensed psychologist specialising in cognitive behavioural treatment of sleep disorders.

The brain, she said, processes electric light as sunshine, which suppresses melatonin production, delaying deep sleep.

Insufficient sleep has long been linked to negative health outcomes. A **recent study** found that disrupted sleep in your 30s and 40s may even be linked to memory and thinking problems later in life. Smartphones are particularly disruptive to your circadian rhythm that regulates sleep and other hormones, research has shown.

Studies have also **linked** doomscrolling to poor mental and physical health outcomes. Though much of the scientific research on online media focuses on adolescents and young adults, Strauss said most of her clients struggling with insomnia are middle-aged.

Redesigning a bedtime routine to add rewarding behaviours such as reading a physical book can be helpful to break the habit.

Milanak suggests using that hour before bed to take a warm bath, listen to a podcast, make school lunches for the next day, spend time with family or call a relative in another time zone.

"Make a list of things you like that never get done. That's a great time to do stuff that doesn't involve screens," she said. Using a notepad to write down the to-do list for the next day helps keep you from ruminating in bed.

Experts recommend doing activities in another room so the bed is associated with sleep. But if there's no other private refuge at home, "establish a distinct microenvironment for wakefulness and sleep," Strauss said.

That could mean sitting on the other side of the bed to read, or even just turning the other way around with your feet at the headboard. Finally, put your phone in another room or far away.

Tesina 3 – Psicologia

1. L'approccio sistemico-relazionale
2. I test nella pratica clinica
3. I comportamenti devianti

'Small like a ball': Pearl the chihuahua becomes world's shortest dog.

The Guardian.

What do you call a chihuahua dog that's shorter than a popsicle stick and can fit in your pocket? The planet's shortest living dog, Guinness World Records has announced.

Pearl qualified for the title after a veterinarian at the Crystal Creek animal hospital in Orlando, Florida, where she was born, used a special dog-measuring wicket to determine she was just under 3.6in (9.14cm) tall and 5in (12.7cm) long. Those dimensions mean she is shorter than the standard television remote and about as long as a dollar bill, Guinness said in a statement.

She succeeds the late "Miracle" Milly, an identical sister of Pearl's mother, who held the record after being measured at 3.8in.

Pearl weighed less than an ounce when she was born in September 2020, shortly before Milly's death. She has since gone up to 1.22lbs (553g), thanks in part to her predilection for chicken, salmon and other similar "high-quality food", Pearl's owner, Vanesa Semler, said in a statement published by Guinness.

"We're blessed to have her and to have this unique opportunity to break our own record and share with the world this amazing news," added Semler, who also owned Milly.

Guinness recently presented Pearl on the set of its televised talent show in Milan. Semler carried Pearl on to the set of Lo show dei record in an elaborate seat shaped like an Easter egg, and said the two had just gone around Milan shopping.

Calling her dog "a bit of a diva", Semler said Pearl is "small like a ball" and barely taller than a teacup. Pearl kept calm in the face of the audience's applause, which impressed the crowd because chihuahuas have a reputation of being feisty and temperamental.

Semler said Pearl remains "a child at heart" though she is due to turn three later this year, and she is the "only small one" of her owner's four dogs.

Tesina 5 – Psicologia

1. Il comportamentismo
2. Il pensiero
3. Psicodiagnosi: ambiti e strumenti

Breaking bread: French bakers take back their title for longest baguette, dethroning Italy.

Euronews.com

By Anca Ulea

Five years ago, the unthinkable happened – France lost its title for longest baguette in the world. To Italy, no less.

On Sunday, that tragedy was remedied, as bakers in Suresnes, a suburb northwest of Paris, reclaimed their birthright with a baguette worth writing home about.

The baguette, measuring 140.53 metres, was registered in the Guinness World Records as the new record-holder for longest loaf. It was prepared in front of an audience at the Suresnes Baguette Show, an event organised by the National Confederation of French Boulangerie-Pâtisserie and Nutella.

It's unclear whether Nutella – which was founded in Piedmont, Italy – was invited for French bragging purposes, or because the chocolate spread is a favourite topping for baguettes in France.

Making the world's longest baguette is no laughing matter. The team of 18 boulangers from the Île-de-France region, which includes Paris, began preparing the dough at 3 am. They had to roll it out, score it and keep it moist in a process lasting two hours.

Ahead of the event, organisers said the loaf "will be made according to the rules of the art, with wheat flour, water, yeast and salt as the only ingredients." It also had to be at least 5 centimetres thick throughout its absurd length.

Once the dough was ready, the team took turns keeping an eye on the bread for hours while it baked in a portable oven built especially for the occasion.

"A record for the longest artisanal baguette requires real team spirit, during this Olympic year," said Dominique Anract, President of the National Confederation of French Boulangerie-Pâtisserie. "Bread is an engine of performance, our baguette is an inextricable part of our gastronomic heritage."

TEXTO N.3

HORCHATA DE CHUFA, LA BEBIDA DEL VERANO

Por María Sánchez-Izquierdo // Fotografías de Bárbara Menéndez

Según cuenta la leyenda, hace muchos años una mujer sirvió una bebida fresca, blanca y dulce al rey Jaime I de Cataluña y Aragón. Este, al probarla, preguntó por su nombre y la muchacha afirmó que era leche de chufa. El rey, maravillado con su sabor, le respondió “*no es llet, es or, xata*” (“no es leche, es oro chata”, en catalán). Y, a partir de ese momento, pasó a llamarse *orxata* (horchata, en español). Esta bebida refrescante típica del municipio Alboraya, en la Comunidad Valenciana, procede de los árabes. Al principio de su estancia (1) en España, desde el año 711 al año 1492, decidieron importar un tubérculo desde la región de Chuf (Sudán) hasta tierras levantinas. El nombre de este tubérculo es “chufa” y es el ingrediente clave (2) de la famosa ¡horchata... de chufa!. Pues bien, la horchata se prepara con agua, azúcar y chufas molidas (3) y es ideal para refrescarse durante el verano. La canela y el limón son claves para potenciar (4) su sabor, tiene un color blanco un poco tostado y, a simple vista, podemos intuir su cremosidad. Si viajas al Levante español, no dejes de probarla. Te encantará.



CHATA O CHATO: Expresión coloquial con la que uno se dirige familiarmente a una persona joven. Este apelativo cariñoso está ahora en desuso. El adjetivo chata se refiere, en origen, al tamaño pequeño de la nariz. Alguien chato es alguien que tiene una nariz pequeña.

LEVANTE, TIERRAS LEVANTINAS: En España, es la zona del Mediterráneo. Es un sinónimo de Este, uno de los puntos cardinales.

Las chufas

Las chufas son unos pequeños tubérculos de color marrón procedentes de las raíces de una planta, la juncia avellanada (*Cyperus esculentus*) que ya eran utilizados en el antiguo Egipto, donde se han encontrado escritos que hacen referencia a sus beneficios. Era empleada como bebida medicinal al atribuírsele propiedades desinfectantes, digestivas, energéticas y diuréticas.

Su contenido en grasas monoinsaturadas, ácido fólico, vitaminas del grupo B y vitaminas E y C, hacen de ella una bebida con propiedades muy saludables. Veamos cuáles son:

- Es alta en almidón (5) (carbohidratos complejos) y fibra. El almidón es astringente, mejora los procesos digestivos, aporta energía y controla los niveles de glucosa en sangre.
- Gracias a su contenido en vitaminas E y C, tiene un alto poder antioxidante.
- Está cargada de minerales. Es rica en calcio, potasio, magnesio, fósforo, hierro y zinc.
- Ayuda a disminuir el colesterol malo gracias a sus grasas monoinsaturadas (ácido oleico).
- Su contenido en las enzimas lipasa y amilasa mejora la digestión de las grasas y de los hidratos de carbono.
- Es apta para celíacos (6), para intolerantes a la lactosa y para diabéticos.
- Mejora la circulación sanguínea gracias a su contenido en arginina, un aminoácido con alto efecto vasodilatador. Tiene propiedades protectoras del corazón y favorece la creación de colágeno. Además, este aminoácido es esencial en la niñez, ayudando a desarrollar el sistema inmunitario y el crecimiento.

¿DÓNDE LA PODEMOS COMPRAR?

Actualmente podemos encontrar esta bebida en cualquier supermercado. Sin embargo, las industriales suelen estar cargadas de azúcares e ingredientes innecesarios. La horchata original sí lleva azúcar, aunque los propios azúcares del tubérculo y la canela ya le proporcionan un sabor dulce. Por lo tanto, es importante asegurarnos de escoger la correcta. Esta bebida en su versión más artesanal la encontrarás en horchaterías y heladerías de toda España. En las casas de los habitantes de la Comunidad Valenciana (Alicante, Castellón y Valencia), la horchata puede ser el postre de una comida familiar o la bebida esencial de una merienda (7). La horchata puede o no ser saludable según la opción que escojamos. Si nos atrevemos, podemos hacerla en casa nosotros mismos sin azúcar. Primero debemos ir a comprar las chufas a una tienda de frutos secos, ya que en supermercados no es habitual que las tengan.

TEXTO N. 4

NIÑOS INVISIBLES

El fenómeno de los "niños invisibles" confirma una triste realidad: hoy en el mundo según las estadísticas de la UNICEF existen alrededor de 520 millones de niños que vienen privados de sus derechos y muchas veces abusados, explotados y discriminados. Estas situaciones derivan a causa de la pobreza, de la ignorancia, del analfabetismo y sobre todo de la inconsciencia de la sociedad en la cual viven.

Debido a esta situación muchas organizaciones humanitarias se están preocupando y ocupando de contrarrestar este fenómeno y muchas de ellas acudiendo al llamado de la ODS (Objetivos de Desarrollo Sostenible) de la agenda 2030 que intentan parar y placar esta realidad haciendo cumplir dichos objetivos, pero la realidad es que confirman la falta de datos en 64 países, así como un progreso insuficiente. Sólo existen 37 en los que sí se puede recabar información.

Por tal razón, estas estadísticas nos hacen reflexionar para hacer presión de modo que los gobiernos y cada uno de nosotros nos ocupemos de los niños invisibles en el mundo entero.

Afortunadamente, en los últimos años la situación en ciertos aspectos ha mejorado gracias a que muchas asociaciones, han entendido el gran compromiso, y hoy casi todos los países del mundo han aceptado la Convención sobre los derechos de la infancia, firmada el 20 de noviembre de 1989, en la cual se empeñan en garantizar y han mejorado los siguientes puntos:

- ~Reducción de la desnutrición y de la mortalidad.*
- ~Los derechos de educación han aumentado la cobertura y más niños reciben un nivel de educación, para así salvarles del abuso.*
- ~Derecho a la protección contra la violencia, este es un proceso que está en evolución.*
- ~Derecho a vivir en un entorno seguro y limpio, con posibilidad de tener los servicios básicos como: agua potable y un techo donde vivir.*
- ~El derecho a una vida sana.*

En conclusión es importante que los diecisiete objetivos de la ONU en su Agenda 2030 puedan llevarse a cabo y así poder dar un parado a la violencia, al tráfico y a la explotación de los menores y de esta manera garantizar que cada niño venga registrado al momento de su nacimiento para que así pueda acceder a los servicios básicos.

En fin podemos decir que: "si sensibiliza, se da a conocer el problema y la esperanza es que los niños que sufren, no vengan ignorados y pasen de invisibles a visibles".