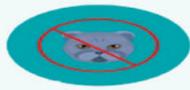


SUNDAY

Your Companion for a Funday

PROTECT YOURSELF FROM COVID-19



Liver cancer signs: THESE symptoms of liver cancer could be mistaken for indigestion



The liver is the football-sized organ in the upper-right area of the stomach. Liver cancer begins in the cells of the liver. Like any other disease, the sooner you identify you could be having liver cancer, the earlier you can seek help. However, symptoms may not appear until the later stages, making it especially risky and deadly. Here is more about the potential warning signs of liver cancer.

Signs which can be mistaken for indigestion

Indigestion refers to discomfort after eating. Here are two common symptoms of

liver cancer that could be mistaken for indigestion:

- Feeling very full after a small meal
- Nausea or vomiting
- These signs do not necessarily mean cancer
- Many of the above mentioned symptoms are more likely to be caused by other health conditions too, instead of just cancer. Still, if you experience any of these symptoms, it's important to have them checked by a doctor.

Other common symptoms

Liver cancer can also result in several other symptoms. These include

- Unexplained weight loss
- Loss of appetite
- An enlarged liver, felt as fullness under the ribs on the right side
- An enlarged spleen, felt as fullness under the ribs on the left side
- Pain in the abdomen
- Pain near the right shoulder blade
- Swelling or fluid build-up in the abdomen
- Itching
- Jaundice

Clearer signs of indigestion

Indigestion can have causes that aren't due to underlying disease. Common causes include eating too much, drinking too much, food intolerance or taking pills on an empty stomach. Here are some other signs of indigestion that you could experience:

- Heartburn – a painful burning feeling in the chest, usually after eating
- Burping and farting
- Bringing up food or bitter-tasting fluids into your mouth

Impact of liver cancer on body

If liver cancer develops in your body, it can lead to high blood calcium levels (hypercalcaemia). This can lead to nausea, confusion, constipation, weakness, or



muscle problems. Liver cancer can also result in low blood sugar levels (hypoglycaemia), which can cause fatigue or fainting.

Breast enlargement (gynecomastia) and/or shrinkage of the testicles in men can also result due to liver cancer. High counts of red blood cells (erythrocytosis) can cause one to look red and flushed. Lastly, liver cancer can also result in high cholesterol levels.

Financial lessons to teach your child before high school

Teaching and learning go beyond the barriers of age and space and can happen anytime in life. Mostly, schooling starts at the age of four to five years of age, but literacy can start as early as one wants. Education is not just formal education which is backed by notebooks, books and a fixed institution. It is also to be noted that formal education works through a fixed curriculum which cannot possibly be comprehensive, especially in terms of financial literacy. Financial literacy is a very prominent subject of concern which is not included in formal education and should be taught to children at home for parents most often start giving money to their children by the age of ten to twelve. Before your child reaches high school, it is imperative for it to know how to handle money wisely. Here are some tips for parents to teach your child the basics of money and all that it involves.

Saving

As children get access to more money, either through their home or from a part time job, they tend to be inclined towards spending most of it. Teaching them how to save and the importance of doing so is one of the most crucial things to do, for spending comes naturally but saving hardly ever does which it makes it even more necessary to teach them how to save especially in teen age when part time jobs make money an everyday reality.

Financial tools

Earlier, children would keep their savings in a piggy bank, but with time newer methods of managing money have come into existence. Private bank accounts and debit cards have now come into popular usage, all of which should be introduced to children. Giving them access to modern banking tools will familiarize them with these tools and build confidence in them.

Budgeting

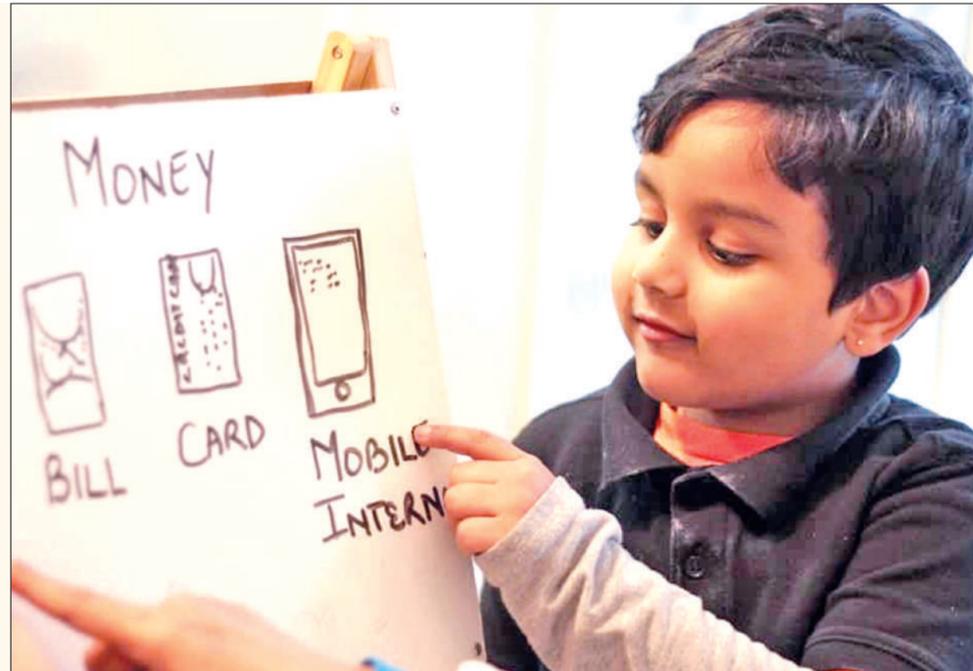
This comes after teaching the child the very basics of saving. After your child has set goals for saving money and has actually started practicing saving, it is time to teach them how to design a budget for themselves. It might sound extremely complicated but it is as simple as writing down all actual and expected expenses in one place and working around money with reference to it.

Allowance

If your child has not yet engaged in part time jobs and other sources of making money, it is advisable to start offering them a fixed allowance in exchange of chores that they perform around the house. But it is even better to not link the money with work and offer an allowance rather offer an allowance as a gift along with instructions about spending and saving. Direct and explicit conversations around money will help much more than anything.

Involve and talk

Involving your child in family budget planning and bills. It doesn't, in anyway, mean that you tell your children how much you're bearing but going over bills for the household in the presence of children is recommended as a good way of involving them in the family's expenses. Having conversations around managing bills and minimizing them is also important to involve and make children aware of the financial situation at home.



5 things to do instead of spending money

Finding meaningful and enjoyable activities that don't require spending money can be a refreshing and satisfying experience. If you are broke or low on money, you can open yourself to a multitude of possibilities that do not require money and are entertaining and fun. If you are a shopaholic and find yourself emptying your wallets on things you won't even need in a lifetime, you can explore a range of fulfilling and cost-effective alternatives, allowing them to make the most of their time and creativity while preserving their wallet. Here we list down 5 things to do instead of spending money.

Explore nature

You can take a hike, go for a bike ride, or have a picnic in a local park. One can discover hidden gems in their local area by going for a walk, visiting landmarks, or checking out free community events. Having a picnic with your family or friends offers a delightful and budget-friendly way to enjoy yourself, whether you opt for a beloved outdoor location or seize the chance to discover a new spot. One can always explore the free events such as art exhibitions, museums etc.

Practice activities to relax your mind

Dedicate time to relax, reflect, and practice mindfulness and meditation. This can help reduce stress and increase overall well-being. One can start a journal or blog, write down their thoughts, ideas, or experiences. You can always read that one book you wanted to read since long but never got time to. You can engage in physical activities such as jogging, practicing yoga at home, or following workout routines from fitness videos or apps.

Learn something new

Utilize online as well as offline platforms to learn a new skill or hobby, such as cooking, playing a musical instrument, painting, or swimming etc. You can volunteer and dedicate your time to a cause you care about. Learning something new can broaden your horizons, boost your confidence, and provide a sense of accomplishment.

Fun activities with friends and family

You can enjoy a cozy movie night with friends or family, watching your favourite films or exploring new ones. Connect with family and friends by organizing a game night, hosting a family dinner, or simply having meaningful conversations. You can play board games, card games, or puzzles, providing entertainment and fostering social interaction.

Declutter and organise

Spend some time decluttering and organizing your living space. This can give you a sense of accomplishment and create a more peaceful environment. You can spend time to update your budget, make to-do lists and planners. Decluttering and organizing your living space can bring numerous benefits, both practical and psychological and can help make your life much easier.

