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Health Awareness Calendar 2019

October



1- Domestic Violence Awareness Month

Don't stay silent. It's time to speak up all month long. October is National Domestic Violence Awareness Month, which first began in 1981. Domestic violence affects millions, both women and men, of every race, religion, culture and status. It's not just punches and black eyes -- it's yelling, humiliation, stalking, manipulation, coercion, threats and isolation.

2- National ADHD Awareness Month

ADHD (Attention Deficit Hyperactivity Disorder) is a very common disorder which affects children and adults. It has for many years been recognized as a childhood issue that affects focus, self-control and many other important skills. However, it has only recently been recognized as an adult problem too. The cause is an imbalance in the brains anatomy and its wiring.

3-Spina Bifida Awareness Month

Spina Bifida is the most common permanently disabling birth defect in the United States. spina Bifida literally means "split spine." It happens when a baby is in the womb and the spinal column does not close all of the way.

4-International Stuttering Awareness Day (Oct. 22)

Stuttering is a speech fluency disorder. People who stutter repeat sounds, syllables, or words; prolong sounds; and/or experience unwanted interruptions—known as blocks—in their speech. A person who stutters knows exactly what he or she would like to say but has trouble producing a normal flow of speech. The disorder can affect people of all ages but begins most frequently in young children between the ages of 2 and 6, as they are developing their language skills.

November



1- COPD Awareness Month

November is COPD Awareness Month. Chronic obstructive pulmonary disease (COPD) refers to a group of diseases that causes airflow blockage and lung-related problems. COPD covers several lung diseases, including emphysema, chronic bronchitis, and in some cases asthma. COPD can be prevented by avoiding inhaling tobacco smoke, home and workplace air pollutants, as well as avoiding respiratory infections.

2- World Prematurity Day (Nov. 17)

World Prematurity Day is observed on 17 November each year to raise awareness of preterm birth and the concerns of preterm babies and their families worldwide. Approximately 15 million babies are born preterm each year, accounting for about one in 10 of all babies born worldwide. Babies who survive often have lifelong health problems such as cerebral palsy, vision and hearing loss, and intellectual disabilities. WHO produces guidelines, tools and evidence-based recommendations to help prevent and care for preterm babies.

3- International Survivors of Suicide Day (Nov. 23)

In 1999, Senator Harry Reid, who lost his father to suicide, introduced a resolution to the United States Senate which led to the creation of International Survivors of Suicide Loss Day. Also known as Survivor Day, a day on which those affected by suicide can join Together to find connection, understanding and hope through their shared experience.

December



World AIDS Day (Dec 1)

It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day. World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education. World AIDS Day is an opportunity to show solidarity with the millions of people living with HIV worldwide. Most people do this by wearing an HIV awareness red ribbon on the day.

National Hand washing Awareness Week (Dec, 1-7)

In short, washing hands saves lives. If you had given birth or been born in 1847 in an overcrowded hospital in Vienna, Austria, you'd probably agree. The infant mortality rate was 26 percent at the time, and the average life expectancy was less than 40 years. Clean hands can stop germs from spreading from one person to another and throughout an entire community – from your home and workplace to childcare facilities and hospitals. The week observes and promotes the importance of hand washing in preventing the spread of diseases and infections such as the flu, common cold, conjunctivitis, bronchitis and pneumonia.

meducation

credit goes to : national heart and lung and blood institute (NHLBI)

COPD, or chronic obstructive pulmonary disease, is a progressive disease that makes it hard to breathe. COPD can cause coughing that produces large amounts of a slimy substance called mucus, wheezing, shortness of breath, chest tightness, and other symptoms. Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. However, up to 25 percent of people with COPD never smoked. Long-term exposure to other lung irritants—such as air pollution, chemical fumes, or dusts—also may contribute to COPD. A rare genetic condition called alpha-1 antitrypsin (AAT) deficiency can also cause the disease.

The airways and air sacs are elastic or stretchy. When you breathe in, each air sac fills up with air, like a small balloon. When you breathe out, the air sacs deflate and the air goes out. In COPD, less air flows in and out of the airways because of one or more of the following:

- The airways and air sacs lose their elastic quality.
- The walls between many of the air sacs are destroyed.
- The walls of the airways become thick and inflamed.
- The airways make more mucus than usual and can become clogged.



In the United States, the term COPD includes two main conditions—emphysema and chronic bronchitis. In emphysema, the walls between many of the air sacs are damaged. As a result, the air sacs lose their shape and become floppy. This damage also can destroy the walls of the air sacs, leading to fewer and larger air sacs instead of many tiny ones. If this happens, the amount of gas exchange in the lungs is reduced. In chronic bronchitis, the lining of the airways stays constantly irritated and inflamed, and this causes the lining to swell. Lots of thick mucus forms in the airways, making it hard to breathe. Most people who have COPD have both emphysema and chronic bronchitis, but the severity of each condition varies from person to person. Thus, the general term COPD is more accurate. COPD has no cure yet. However, lifestyle changes and treatments can help you feel better, stay more active, and slow the progress of the disease.



quitting smoking is the most important step you can take to treat COPD. Also, try to avoid secondhand smoke and places with dusts, fumes, or other toxic substances that you may inhale. if you have COPD, especially more severe forms, you may have trouble eating enough because of symptoms such as shortness of breath and fatigue. As a result, you may not get all of the calories and nutrients you need, which can worsen your symptoms and raise your risk for infections. in this case the doctor may suggest eating smaller, more frequent meals; resting before eating; and taking vitamins or nutritional supplements. bronchodilators are normally prescribed for COPD patients. They relax the muscles around your airways and this helps open your airways and makes breathing easier. further procedures and treatments like vaccines(which reduce your risk of getting the flu) , pulmonary rehabilitation , oxygen therapy and surgery may be essential in case of severity of the disease



Case history
A 56-year-old woman with a history of smoking presents to her primary care physician with shortness of breath and cough for several days. Her symptoms began 3 days ago with rhinorrhea. She reports a chronic morning cough productive of white sputum, which has increased over the past 2 days. She has had similar episodes each winter for the past 4 years. She has smoked 1 to 2 packs of cigarettes per day for 40 years and continues to smoke. She denies hemoptysis, chills, or weight loss and has not received any relief from over-the-counter cough preparations.

F.R.I.E.N.D.S

AT 25

Compiled by: Mohammadamin hemmati

Twenty-five years ago—on September 22, 1994—Friends made its NBC debut and forever changed the face of American sitcoms. It also turned its six stars—Jennifer Aniston, Courtney Cox, Lisa Kudrow, Matt LeBlanc, Matthew Perry, and David Schwimmer—into household names and eventually some of the highest-paid actors in television history!

An international study has discovered that Friends is the most popular television show for helping people learn English.

Jeff Astrof, an executive story editor and writer on several Friends episodes, explained that he was not surprised by the research as he has heard Friends catchphrases being used in the most unlikely situations.

He said of the research: "That's very interesting, but it makes sense. A couple of months ago in New York I had a cab driver of Middle Eastern descent say, "Could there be any more traffic?" in his best Chandler dialect.

The research also discovered that the influence of the show is so powerful that people who said Friends helped them learn English were more likely to want to travel to the USA to study the language.

Allow me to present to you two trends that were inspired by Friends.

Our Current Speaking Patterns

You can primarily blame Joey and Chandler for this one. Joey's catchphrase, "How you doin'?" apparently became a legitimate pick-up line and greeting. Meanwhile Chandler's brand of sarcasm, where he would let a sentence trail off for comedic effect, became often imitated, never duplicated.

But the most interesting thing? In a study by the University of Toronto, it was noticed that the characters used "so" the most as an adjective intensify, which means it operates like "very" or "really." Examples: "So cute I'm thinking about jamming this pen in my eye" or "This is so exciting, I haven't seen my monkey in almost a year." It was noted that use of this "so" was accelerated in popular vernacular, possibly as the result of the show's influence.

A Bunch of Babies Named Emma

In 2008, four years after the finale, Emma became the top baby name for girls. Emma, as you remember, is Ross and Rachel's adorable bastard child. Coincidence? Consider this: Emma soared into the top 10 the same year that Rachel gave birth to the child. I'm just saying.



Facts

1-Friends was supposed to have just four friends.

Phoebe and Chandler were originally written as supporting roles. Can you even imagine?

2-The cast took a trip to Las Vegas together before the show aired.

Director James Burrows, who went on to direct a handful of episodes for the show between 1995 and 1997, brought the six cast members to Vegas because he "had a feeling about the show." While they were at Caesar's Palace, he encouraged the group to enjoy themselves. "This is your last shot at anonymity," Burrows told them. "Once the show comes on the air, you guys will never be able to go anywhere without being hounded."

3-Lisa Kudrow hated the guitar at first.

In fact, she suggested that Phoebe play the bongos instead. Thankfully, the guitar stuck.

4-Bruce Willis guest starred on the show after losing a bet. The bet was with Matthew Perry, his co-star in The Whole Nine Yards (2000).

5-The orange sofa in Central Perk was found in the basement of Warner Bros. Studios.

You know what they say about one man's trash becoming one of the most famous couches on TV...

6-Matthew Perry admitted he barely remembers filming nearly three seasons of Friends due to drug problems

7-Friends was filmed in front of a live audience—except for cliffhangers.

8-If you type the names of the main characters on Google, there will be a specialized icon just below their name on the right-hand corner of your screen. All you have to do is click on the icons and wait for MAGIC!

9-For "the one with the dollhouse," the props department had to make six different cardboard dollhouses.

10-Matt LeBlanc spent several years hiding from his friend's fame. David Schwimmer had trouble dealing with his immediate fame, too.

11-There are central perk cafes based on the famous coffeehouse from the show

12-Ellen Degeneres turned down playing Phoebe

13-Gunther was actually a barista; James Michael Tyler was even cast because of it he was the only extra on set who knew how to work an espresso machine.

14-In both apartments of the main set, the refrigerators were stocked with actual refreshments for the cast and crew.

15-Matthew Perry's wit is so legendary that the script writers included many of his own made up jokes



Stories behind the songs

" Bohemian Rhapsody "

Compiled by : Hadis Tajalli

Queen's definitive song, "Bohemian Rhapsody" marries both of their principal musical impulses with a little opera to glue the hard and soft spots together. Mercury's creative triumph was put together in an analog era when layering ideas like this turned into excruciating tests of will. Often, his bandmates admitted that they had no idea where this was even headed. Thankfully, the others bowed to Mercury's then-unknownable, perhaps autobiographical vision, affectionately dubbing this "Fred's Thing." He drew in characters from



literature, history and his boundless imagination, then surrounded them with enough musical details for your average album-length concept. As such, it's impossible to pigeonhole this song by genre, or even by subject matter. "People should just listen to it, think about it, and then decide what it means," Mercury said in Is This the Real Life? Whatever it was, it worked: "Bohemian Rhapsody" topped the U.K. charts for a then-unheard-of nine weeks



Written by: Fatemeh Zahra Ehsani

Dear freshmen!

So you have graduated from high school and you are well prepared to take next step in your academic career. I know you are so excited for your first semester and going to college is an overwhelming experience of your life But there are some tips which are better to be considered :

Small but significant :

It takes time to adjust to college life Living faraway from your family is so hard but if you miss your parents and feel you are alone take part in extra-curricular activities like being an active member of university's club like: Kaaf charity, Qaghaz kahi, Islamic association and art & literature association. It's such a great way to meet people that it's worth the effort.

Take precedence over your health :

Remember to devote enough time on sleeping . There are so many harmful consequences in 10 years thanks to sleeping only four hours a night. Take into account the fact that you are here to learn how to be

the best in your feature job. So put enough time on studying.

Funny but important:

•It would be advisable to say " Don't fall in love in first semester!" because the beloved person may move to another university.

•Eating university's food is bothering only for first weeks, then your stomach will be adapted to glass as vegetable and every kind of animals' meat

•Every student should know Shahmirzad is located in north of Semnan ,in line with the fact that it's the only place to go on weekends.

Finally time will go so fast that your college life will be over before you know it. So do your best to have fun!

college life



Inspire zone

THE ELEPHANT ROPE

Compiled by : Amirhossein Bornak



A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains.

All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs.

As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead, they didn't try to at all.

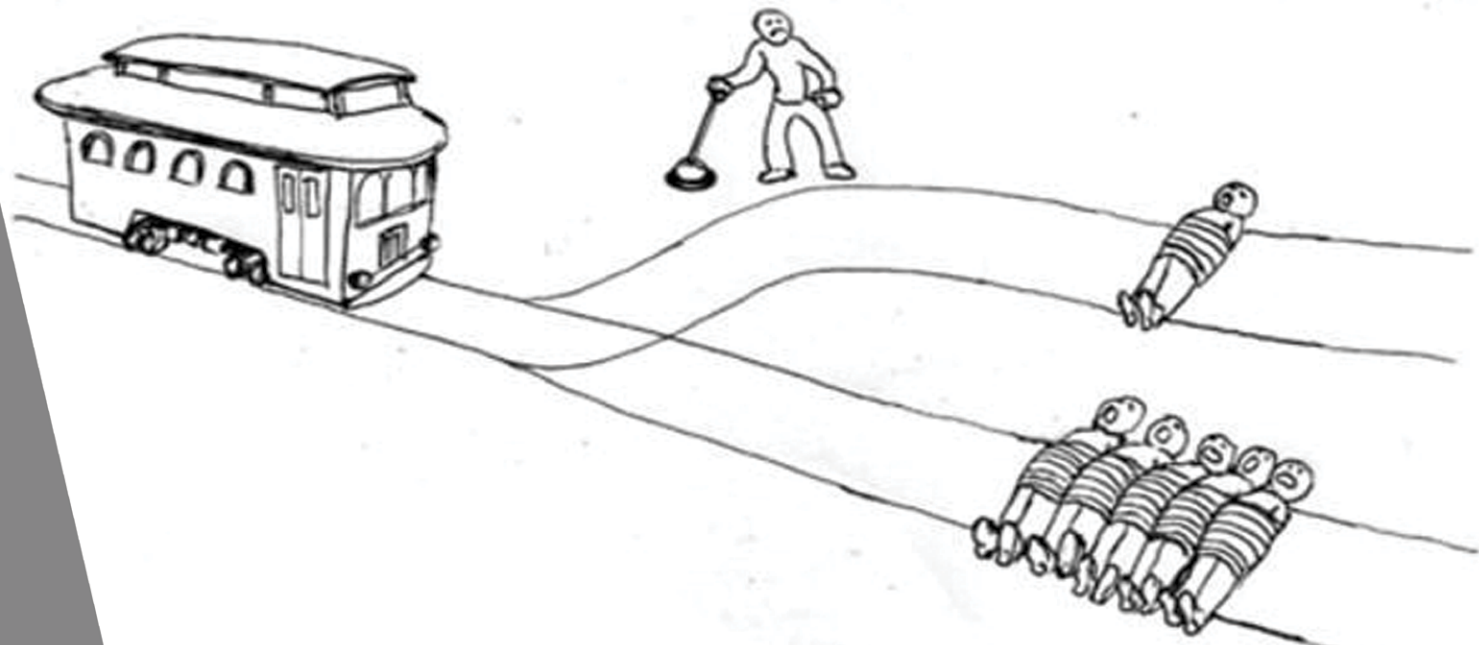
Curious and wanting to know the

answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape.

"when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible. Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

Failure is part of learning; we should never give up the struggle in life



TROLLEY PROBLEM

Written by : Taha Fandoost

Trolley Problem is one of the well-known thought in "ethical philosophy", which reflects the contradiction in our daily decisions and acts. This thought was introduced by Philippa Foot for the first time and then was being analysed by Judith Jarvis extensively. To understand this problem, please read these two scenarios and try to answer the following question.

Scenario number one:

Suppose you're standing by a railway and a lever. Meanwhile a train is moving toward you. Five men are lying in the main track while there's only one in the side track. You do not have the ability to stop the train or warn the people lying on the track. You only have the power of choice. The only thing you are capable of is pulling or not pulling the lever. Which one would you do? Doing nothing and letting five men die or pulling the lever and getting a man killed while saving the other five? Which is more ethical or simply which is the right thing to do?

Scenario number two:

Suppose you are a doctor. You have five patients which all need a specific organ transplant. Two of them need lung, two of them need kidney and the last guy needs a heart to live.

On the other hand, there's a patient that only suffers from a broken leg and his other organs carry their functions properly.

Will you sacrifice this man to revive the other five or you will simply do nothing and let them die?

Results of the Trolley Problem experiment:

Most people prefer to do nothing in scenario number two and let five people die, while they would sacrifice the only guy on the side train track and save the other five.

During a scientific research, volunteers' brain function was being analysed while facing the Trolley Problem.

During facing the first scenario, areas related to the logical areas in brain, seem to be stimulated more than the normal time. So you choose to save five guys and kill a man.

While in the second scenario, Sentimental areas of the brain which are related to someone's feelings and emotions are more active. So you would feel guilty if you wanted to kill a man, and prefer to do nothing which leads to death of five

In the actual life, we barely face such dilemmas; but we daily face tons of problems which represent the contradiction between our beliefs and acts, while we even don't notice the contradiction.

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