

LEAP YEAR

● FEBRUARY NEWSLETTER ● 2024

Welcome to our special Leap Year edition newsletter! Every four years, we are granted an extra day in our calendar, and 2024 is no exception. It's time to embrace the uniqueness of Leap Year and make the most of this additional 24 hours.

Abu Dhabi
Insurance Brokers

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لوسطاء التأمين

IT'S TIME TO EXPECT MORE

THE SCIENCE BEHIND LEAP YEAR



WHY DO WE HAVE LEAP YEARS?

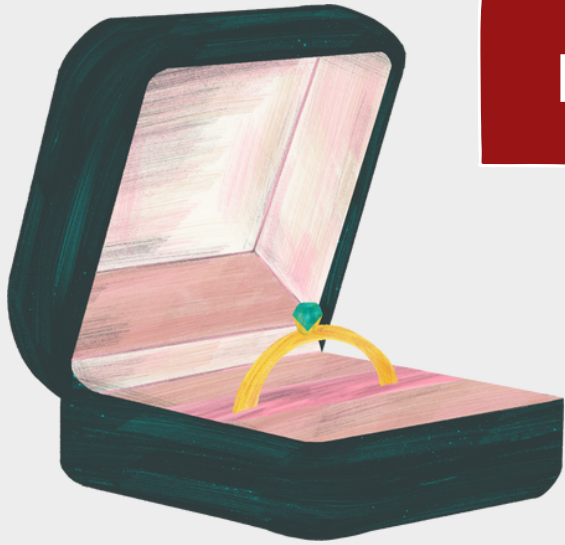
The Earth takes approximately 365.25 days to orbit the Sun. To keep our calendars in sync with the Earth's revolutions, we add an extra day to the calendar every four years. This adjustment helps ensure that our calendar year aligns closely with the astronomical year. If we didn't account for this extra time, the seasons would begin to drift.

This would be annoying if not devastating, because over a period of about 700 years our summers, which we've come to expect in June in the northern hemisphere, would begin to occur in December!



FUN FACTS ABOUT LEAP YEAR:

1.



LEAP DAY TRADITIONS:

In some cultures, Leap Day is considered an unusual day for traditions, like women proposing to men. Have you heard of any quirky Leap Day customs?

2.

LEAP YEAR BABIES:

People born on February 29 are called "leap day babies" or "leap year babies." Their birthdays only come around once every four years. Let's celebrate those special individuals this Leap Year!



3.



LEAP YEAR IN HISTORY:

Leap Year has played a role in history, with notable events occurring on this unique day. Some of those events include Julius Ceasar's Leap year introduction, Leap year Olympics, and the leap year women rights protests.

MAKE THE MOST OF YOUR EXTRA DAY:

Set Leap Year Resolutions:

Use this extra day to reflect on your goals and set new resolutions for the next four years. What milestones do you want to achieve by the next Leap Year?




Leap Into Learning:

Take a leap in personal development. Use the day to learn something new, whether it's a skill, a language, or diving into a subject you've always been curious about.

Time for a Leap Adventure:

Plan an adventurous activity or a spontaneous trip. Leap Year is a great excuse to do something out of the ordinary.






WORLD

CANCER DAY

4TH FEBRUARY



UNDERSTANDING WORLD CANCER DAY!

World Cancer Day, observed annually on February 4th, is a global initiative that aims to raise awareness, encourage prevention, and inspire action against cancer. It provides an opportunity for individuals, communities, and organizations to come together, reflect on the impact of cancer, and take collective steps towards its prevention and treatment.



TYPES OF CANCER:



1. Breast Cancer:



A type of cancer that starts in the cells of the breast. It can occur in both men and women but is more common in women.

Develops in the lungs and is often linked to smoking, but non-smokers can also develop lung cancer. It is the leading cause of cancer-related deaths worldwide.

2. Lung Cancer:



3. Colorectal Cancer:



Affecting the colon or rectum, colorectal cancer usually begins as a growth called a polyp and can be detected through screening.

4. Prostate Cancer:

Occurs in the prostate, a small gland that produces seminal fluid in men. It is one of the most common cancers in men.



5.Ovarian Cancer:



Affecting the ovaries, this type of cancer is often diagnosed at an advanced stage due to the lack of early symptoms.

6.Pancreatic Cancer:

Develops in the pancreas and is often aggressive. Symptoms may not appear until the cancer is advanced, making early detection challenging.



7.Leukemia:



A cancer of the blood or bone marrow, leukemia leads to the overproduction of abnormal white blood cells.

8.Skin Cancer (Melanoma):



Develops in the skin and is often aggressive. Symptoms may not appear until the cancer is advanced, making early detection challenging.

9.Bladder Cancer



Affects the bladder, the organ that stores urine. It is more common in older adults.

10. Cervical Cancer:



Develops in the cervix, the lower part of the uterus. Regular screenings, such as Pap smears, can help detect it early.

Originates in the thyroid gland, which produces hormones that regulate metabolism. It is often treatable, with a high survival rate.

11. Thyroid Cancer:



12. Brain Tumors:



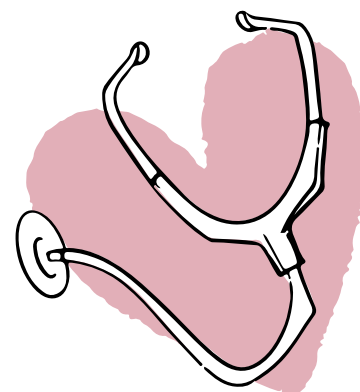
Abnormal growths of cells in the brain. They can be benign or malignant and may require surgical intervention.

IT'S IMPORTANT TO NOTE THAT THERE ARE MANY OTHER TYPES OF CANCER, EACH WITH ITS OWN CHARACTERISTICS, RISK FACTORS, AND TREATMENT APPROACHES. EARLY DETECTION AND AWARENESS ARE CRUCIAL IN IMPROVING OUTCOMES FOR INDIVIDUALS AFFECTED BY CANCER.

HOW YOU CAN PARTICIPATE

- **SPREAD AWARENESS:**

Share information about cancer prevention, early detection, and treatment options with your friends, family, and colleagues. Knowledge is a powerful tool in the fight against cancer.





- **SUPPORT CANCER RESEARCH:**

Consider donating to reputable cancer research organizations. Research is crucial for developing new treatments, improving existing ones, and ultimately finding a cure.



- **ENCOURAGE REGULAR SCREENINGS:**

Early detection significantly improves cancer outcomes. Encourage your loved ones to undergo regular screenings and check-ups for early identification and intervention.



FEBRUARY - VALENTINE'S DAY



Love is a language that transcends time, and with Valentine's Day just around the corner, we're thrilled to share the magic and meaning behind this special day. In this newsletter, we'll delve into the history, explore the significance, and offer some delightful gift ideas to make your Valentine's Day memorable.

THE HISTORY OF VALENTINE'S DAY:

Valentine's Day has a rich and romantic history dating back to ancient Rome. The day is named after Saint Valentine, a Christian martyr who lived during the Roman Empire. Legend has it that he defied Emperor Claudius II by performing marriages for soldiers who were forbidden to wed. Despite the tragic end to his story, Valentine became a symbol of love and devotion.



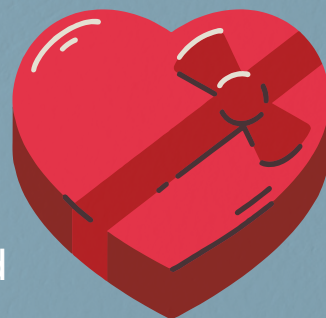
THE MEANING OF VALENTINE'S DAY:

Today, Valentine's Day is a celebration of love and affection. It's a day to express your feelings to those you cherish—whether it's a romantic partner, family member, or a dear friend. Beyond romantic love, it's a reminder to appreciate and show gratitude for the meaningful connections in our lives.

GIFT IDEAS TO EXPRESS YOUR LOVE:

- **PERSONALIZED GIFTS:**

Consider a custom-made gift, such as a personalized piece of jewelry, a monogrammed item, or a custom photo book capturing your special moments together.



- **A ROMANTIC GETAWAY:**

Plan a surprise weekend getaway or a day trip to a romantic destination. Create lasting memories together in a new and beautiful setting.

- **TIMELESS FLOWERS AND CHOCOLATES:**

Sometimes, classic is best. A bouquet of their favorite flowers paired with artisanal chocolates is a timeless and romantic gesture.



- **DIY LOVE COUPONS:**

Create a set of love coupons that your partner can redeem for special favors, like a home-cooked meal, a massage, or a movie night of their choice.



- **SUBSCRIPTION SERVICES:**

Surprise your loved one with a subscription to something they enjoy—whether it's a book club, a wine club, or a streaming service. It's a gift that keeps on giving.





CELEBRATING LOVE TOGETHER:

This Valentine's Day, celebrate love in all its forms. Whether you're sharing a romantic dinner, spending quality time with friends and family, or simply treating yourself to a day of self-love, let the spirit of love guide your day.