

اخبار اصفهان

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10 Pregnancy Do's and Don'ts That May Surprise You

بایدها و نبایدهای دوران بارداری



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ایران وارد جنگ نخواهد شد

کازار خواهند شد. ولی نکته دوم و خواندنی تر این است که من طی ۲۳ سال اخیر، هیچ بیانیه و واکنشی محتاط تر و پر هراس تر از بیانیه های این دو قدرت بزرگ دریایی تاریخ و امروز جهان، یعنی آمریکا و بریتانیا در مورد حملات به یمن ندیده بودم. واکنش و بیانیه های سرشار از رعب و بلکه وحشت و هراس، آمریکایی ها بیدرتگ گفتند: ضربات ما علیه اهداف یعنی پایان پذیرفت. جو بایدن حملات گسترده اف-۲۲ ها و شلیک موشک ها از زیر دریایی ها را حرکتی دفاعی و بازدارنده و موقت شمرد. ادامه در صفحه ۲

احتمال منطقه ای شدن جنگ و به ویژه ورود جمهوری اسلامی به آن نزدیک به صفر است. از سوی دیگر جمهوری اسلامی غرق در مسائل پیچیده داخلی است و در حل و فصل آن ها مانده است. به گمانم تنش و منازعه در فضای پیرامونی باب المندب و در شاخه ای عادی و نه خیلی سنگین همچنان استمرار خواهد یافت. دیشب (۱۲ زائویه) آمریکا و بریتانیا در عملیاتی مشترک، با پشتیبانی بحرین، استرالیا، کانادا و هلند، از دریا، هوا و زیر دریا، ۶۰ هدف، در ۱۶ مکان یمن را مورد حمله موشک های تاماوک قرار دادند. بدین ترتیب ۱۲ سایت

سرمقاله پدیده کریمی پور مدرس دانشگاه



چهاره روز

دکتر مجید کاراندیش

پیشگیری از بیماری های مزمن با رژیم غذایی و تغذیه سالم

عضو دفتر بهبود تغذیه وزارت بهداشت گفت: خدمات بهداشتی اولیه با پوشش تقریباً قابل قبول و رایگان به عامه مردم ارائه می شود و بیش از ۱۶۰۰ کارشناس تغذیه در نظام خدمات بهداشتی اولیه وجود دارد...

۱۵۵ مرکز تربیت کودک غیر مجاز در استان اصفهان شناسایی شد

رئیس دفتر هیات نظارت شورای نگهبان کاشان: اعضای نظارت در انتخابات به هیچ عنوان حق دخالت در اجرا ندارند

۷۰ درصد نقشه جامع علمی کشور اجرایی شده است

ما را به خیر تو امید نیست



منبع: اخبار اصفهان

مدیرعامل شرکت فولاد مبارکه در آیین گرامیداشت سی و یکمین سالروز آغاز بهره برداری این شرکت: رویای مادر فولاد مبارکه در خلق آینده ای بهتر برای ایران و ایرانی است

آگهی مزایده: شهر داری تودشک در نظر دارد با استناد مصوبه ۸۲ مورخ ۱۴۰۲/۶/۲۷ شورای اسلامی شهر املاک و مستغلات تحت اختیار خود را از طریق مزایده عمومی و شهر داری تودشک... تاریخ انتشار: ۱۴۰۲/۱۰/۱۷ مهلت دریافت اسناد مزایده: ۱۴۰۲/۱۱/۰۲ مهلت ارسال پیشنهاد: ۱۴۰۲/۱۱/۰۲ تاریخ اعلام برنده: ۱۴۰۲/۱۱/۱۵

آگهی اجاره (نوبت دوم): شهر داری سین به استناد بند یک مصوبه ۴۴۹ مورخ ۱۴۰۲/۲/۲۲ شورای اسلامی شهر و صورت جلسه کمیسیون معاملات شهرداری مورخ ۱۴۰۲/۹/۲۷ در نظر دارد... مسعود قنبری - شهردار سین

آگهی فراخوان ارزیابی کیفی مناقصه عمومی یک مرحله ای شماره ۰۲/۳۳/م/م/خصوص انجام عملیات رنگ آمیزی صنعتی و بلاستینگ بر روی سطوح لوله و برج ظروف، کوره و سایر ادوات پالایشگاهی در سطح شرکت پالایش نفت اصفهان و تأسیسات آبرسانی در چه شرکت پالایش نفت اصفهان در نظر دارد مناقصه فوق را بر اساس شرایط زیر به پیمانکار واجد شرایط واگذار نماید...

«جشنواره ملی صدای شهر» در ایستگاه پایانی: جشنواره ملی صدای شهر در اصفهان... جشنواره ملی صدای شهر... جشنواره ملی صدای شهر... جشنواره ملی صدای شهر...

Private sector calls on govt. to update monitoring processes in food industry

In a meeting of the Iran Chamber of Commerce, Industries, Mines and Agriculture (ICCI) Food Industry Committee on Thursday, the attendees called on the government to update monitoring processes to save time and money. The members of the mentioned committee demanded to prevent the multiple issuance of

licenses for all types of products that are produced by a company., the ICCI-MA portal reported. According to the business operators of this industry, the Food and Drug Administration of the Islamic Republic of Iran should be a facilitator and move in the direction of removing unnecessary licenses that do not affect the quality of products.



10 Pregnancy Do's and Don'ts That May Surprise You

Source: <https://www.healthline.com/health/pregnancy/dos-and-donts#pregnancy-donts>

By: PARISA JAMADI

There can be misconceptions about what is ok to do during pregnancy, but other things may surprise you.

Before your little bundle of joy arrives, you're responsible for helping them grow in a nurturing, healthy environment.

This list of pregnancy do's, and don'ts can illuminate what you should worry about — and what you shouldn't fret over.

Pregnancy Do's

1. Do take a multivitamin
Eating a balanced diet that's rich in vitamins and minerals is the best way to provide your body with all of the healthy nutrients it needs to support a growing baby. A healthy diet alone, however, may not be enough for pregnancy.

Prenatal vitamins contain higher levels of certain nutrients that expectant mothers require at higher doses, such

as:

- folic acid
- calcium
- iron

2. Do get lots of sleep

Changing hormone levels, anticipation, and anxiety can make sleep elusive during your 9 months of pregnancy. Pregnancy is demanding, especially in the final trimester, and you'll need your sleep.

Take a quick snooze if you feel tired and schedule naps whenever you can. Set bedtimes and stick to them.

3. Do work out

Gone are the days of pregnant women avoiding lifting a finger during their pregnancies: We now know that exercise is good for mama and baby.

In fact, regular exercise may help you combat many of the issues that arise during pregnancy, including:

- muscle pain
- excessive weight gain
- mood problems

4. Do eat seafood

Seafood is loaded with vitamins and minerals, such as heart-healthy omega-3 fatty acids, zinc, and iron. These are all important for both mom and baby. But undercooked or raw seafood can cause some problems.

Seafood may carry harmful bacteria and viruses, which are eliminated when thoroughly cooked. Also, pregnant women should avoid raw fish and fish that may contain high levels of mercury.

5. Do have sex

Sex during pregnancy is fine, as long as you don't have a complicating factor such as placenta previa or another type of high-risk pregnancy.

6. Don't smoke

Babies born to women who smoke during pregnancy are more likely to be born with a lower birth weight and are at a greater risk for learning disabilities than children born to non-smoking mothers.

Additionally, children born to women who smoke are more likely to try smoking at a younger age and become regular smokers earlier, due to physiologic nicotine addiction.

7. Don't eat raw meat

Raw and undercooked meat and eggs carry the risk of foodborne illness, such as listeriosis and toxoplasmosis. Food poisoning is also a possibility.

These conditions can cause serious, life-threatening illnesses that could lead to severe birth defects and even miscarriage. Make sure all eggs and meat that you eat while pregnant are well-cooked.

8. Don't eat unpasteurized milk products

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Calcium is very important for growing babies, but moms have to be careful how they get their calcium from dairy. Raw milk isn't recommended. Trusted Source for expecting mothers since it's unpasteurized.

9. Don't sit in a hot tub or sauna

Though relaxing, the high-heat environment of hot tubs, Jacuzzis, and saunas may be too dangerous for expecting mothers.

In fact, research suggests that using one of these during your first trimester may double your risk of miscarriage.

10. Don't drink a lot of caffeine

Caffeine can travel through the placenta and increase your baby's heart rate.

Current research suggests that women can safely consume a cup or two of coffee each day, but forego downing a triple-shot latte while you're carrying.

Flare gas recovery in SP to reach 17mcm per day by late Mar.

Iranian Oil Minister Javad Oji has said the recovery of flare gases in the South Pars gas field is going to be increased to 17 million cubic meters (mcm) per day by the end of the current Iranian calendar year (March 19), IRNA reported.

Putting the current recovery level of flare gas in the mentioned field at 11 mcm per day, Oji said the figure is going to increase to 40 mcm per day by the end of the current government administration (August 2025). According to Oji, the Oil Ministry requires \$20 billion of investment to further its plans for the increase of production in the giant South Pars gas field, which Iran shares with Qatar in the Persian Gulf.

Gas flaring is the process of burning the gas released through certain industrial processes, including oil extraction. In the past, when the demand for natural gas was low and, consequently, producers had little incentive to gather and sell it, it was generally — and more reasonably — dissipated through flaring.

Now, however, natural gas is known to be a valuable means of generating electricity and an important raw ingredient for the petrochemical industry. On the other hand, when released into the air, unrefined gas pollutes the atmosphere by releasing greenhouse gases such as carbon dioxide, causing extensive environmental damage.



Iran's oil industry requires \$275b of investment: NIOC



Iran's oil industry requires \$275 billion of investment to increase and maintain production in oil and gas fields in the next 17 years, an official with the National Iranian Oil Company (NIOC) said. According to Ahmad Rajabi, director of corporate planning at NIOC, the company has defined a plan to increase the country's crude oil production to 5.5 million barrels per day (bpd) by the Iranian calendar year 1410 (2031) and to maintain the mentioned production level until the Iranian calendar year 1420

(2041) for which a total investment of about \$150 billion is required.

As Mehr News Agency reported, a strategic plan to increase the country's natural gas production is also defined to achieve the production of 1.5 billion cubic meters of crude gas in the horizon of 1410 and to maintain the mentioned production level until 1420 with a total investment of about \$125 billion, Rajabi said.

According to the official, the Oil Ministry has invested \$600 million to in-

crease the country's oil production to 3.6 million bpd by the end of the current Iranian calendar year (March 19) and plans are underway to attract another \$3.0 billion to boost the output to about 4.0 million by the end of the next year (late March 2025).

"Since the beginning of the 13th government administration, the country's oil production has increased from about 2.1 million barrels per day to about 3.4 million barrels per day," Rajabi said.

Iranian economy expands 4.2% in 2023: WB



The World Bank, in its latest Global Economic Prospects (GEP) report released on January 9, said the Iranian economy grew by 4.2 percent in 2023, despite a sharp, long-lasting slowdown in the global economy.

Based on the WB data, the economic growth of West Asian and North African countries has decreased from 5.8 percent in 2022 to 1.9 percent in 2023, indicating that Iran's gross domestic product (GDP) growth in 2023 has been more than twice the economic growth of this region.

"Growth picked up in the Islamic Republic of Iran, as increases in oil production and exports more than offset weak external non-oil demand," the report said.

According to the estimates of this international organization, following the global economy, Iran's economic growth is also expected to recede slightly to 3.7 percent in 2024. The Islamic Republic's GDP growth in 2022 was 3.8 percent.

The economic growth of Europe and Central Asia, which decreased from 7.1 percent in 2021 to 1.2 percent in 2022, has also grown slightly to 2.7 this year however the figure is seen to fall to 2.4 percent in 2024.

According to the report, global growth is projected to slow for the third year in a row—from 2.6 percent last

year to 2.4 percent in 2024, almost three-quarters of a percentage point below the average of the 2010s. Developing economies are projected to grow just 3.9 percent, more than one percentage point below the average of the previous decade.

"After a disappointing performance last year, low-income countries should grow 5.5 percent, weaker than previously expected. By the end of 2024, people in about one out of every four developing countries and about 40 percent of low-income countries will still be poorer than they were on the eve of the COVID-19 pandemic in 2019. In advanced economies, meanwhile, growth is set to slow to 1.2 percent this year from 1.5 percent in 2023," the WB stated.

"As the world nears the midpoint of what was intended to be a transformative decade for development, the global economy is set to rack up a sorry record by the end of 2024—the slowest half-decade of GDP growth in 30 years," the entity said.

By one measure, the global economy is in a better place than it was a year ago: the risk of a global recession has receded, largely because of the strength of the U.S. economy. But mounting geopolitical tensions could create fresh near-term hazards for the world economy, according to the report.

