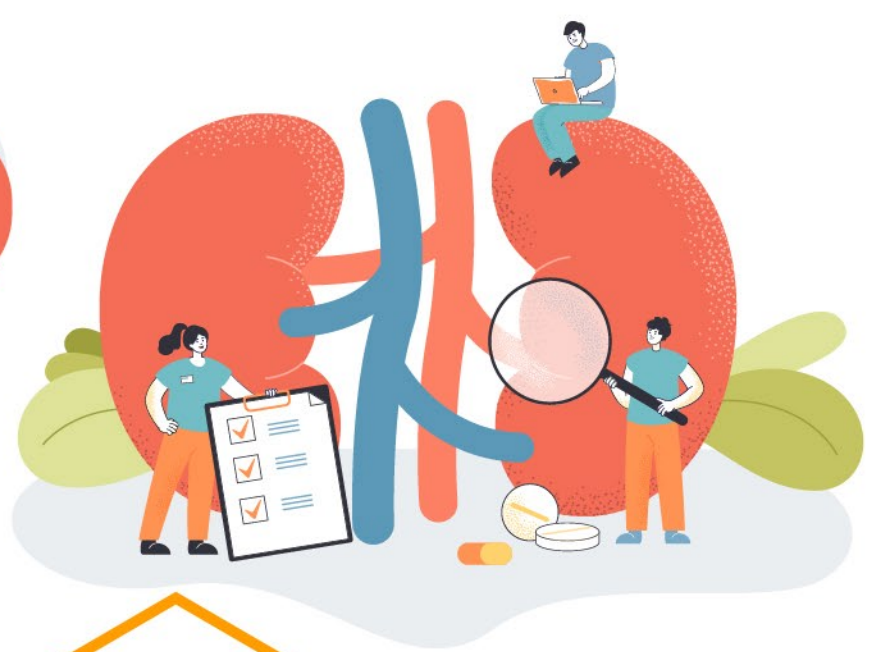


WORLD KIDNEY DAY 10th March

Tips to maintain good health of your kidneys

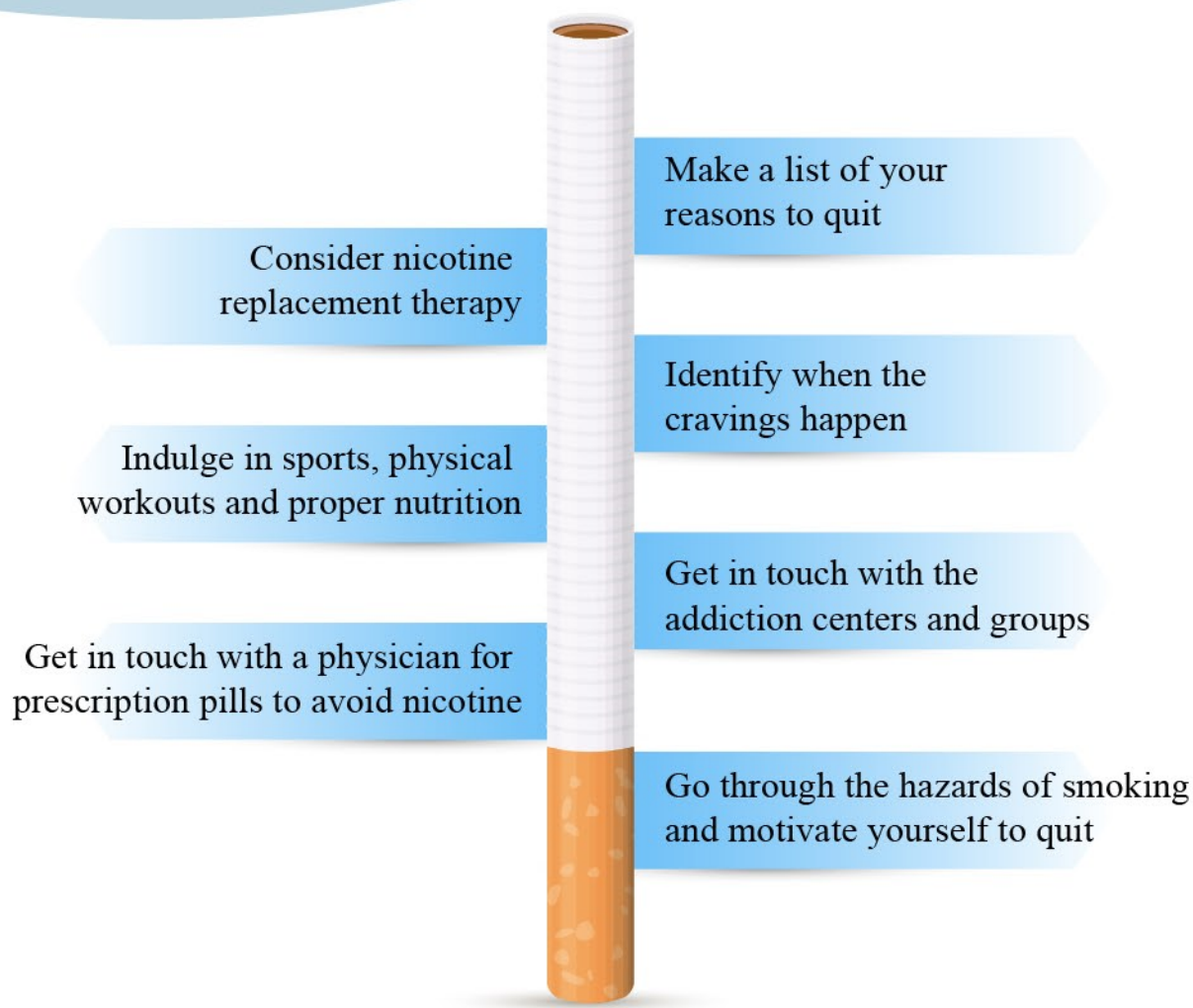


QUIT SMOKING



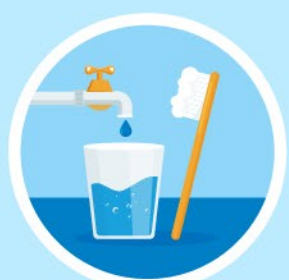
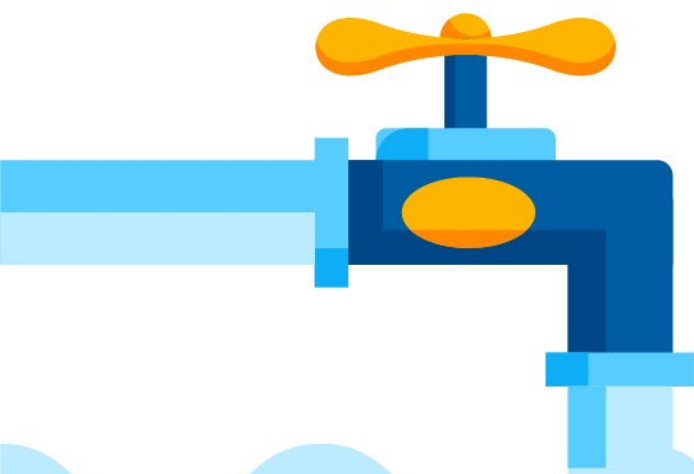
NO SMOKING DAY 10th March

Smoking: A silent killer
Tips to make quitting easy



WORLD WATER DAY 22nd March

Save water, save our future!



Don't keep the tap open while brushing your teeth or shaving



Keep checking for any leakages regularly



Use a bowl in the sink when washing fruit, vegetables or dishes. You can then use the waste water to water your plants.



Try investing in rainwater harvesting



Use dishwashers and washing machines only when the load is full



WORLD ORAL HEALTH DAY
20th March



WORLD DOWN SYNDROME DAY
21st March

All you need to know about Down's syndrome



What is Down's syndrome?
Down syndrome is a condition in which a baby is born with an extra chromosome.

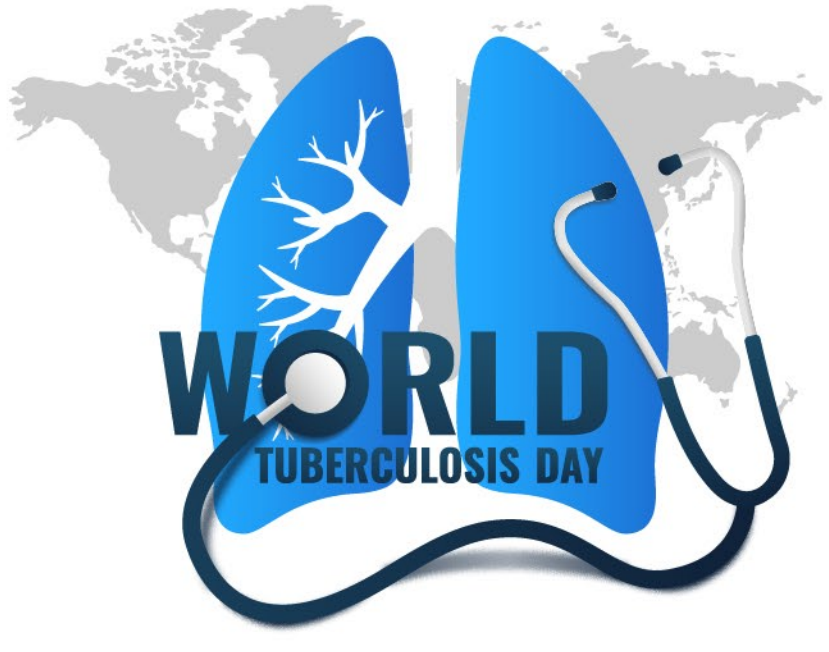
How does it affect the kids?

- Muscle weakness
- Learning disabilities
- Typical flat nose and facial features

What are the most common issues with Downs kids?

- thyroid problems
- stomach and intestinal problems, including celiac disease
- seizures
- breathing problems, including sleep apnea and asthma
- obesity
- infections, including ear infections and pneumonia
- childhood leukemia

What can kids with down's syndrome do?
They can draw, paint, learn and employ themselves when adults as well, taking into consideration their physical condition.



WORLD TB DAY
24th March

Busting myths around Tuberculosis

MYTH TB is genetic	FACT TB is bacterial		MYTH TB once treated can not reoccur	FACT TB can recur	
MYTH TB occurs only in the lower socio-economic class of the society	FACT TB can happen to anyone in the society		MYTH A TB patient cannot be touched	FACT TB does not spread with touch	
MYTH TB cannot be cured	FACT TB can be cured		MYTH Blood in spit always means TB infection	FACT Blood in spit could mean gum disease to lung issues	

WHAT YOU NEED TO KNOW ABOUT SUGARS?

How to avoid excess sugars?



Instead of sugary fizzy drinks or sugary squash, go for water, lower-fat milk, or sugar-free, diet or no-added-sugar drinks.



Instead of marmalades, jams and pickles prefer veggies or a cheese slice.



Try switching to stevia, a natural sweetener



Adults should have no more than 30g of free sugars a day, (roughly equivalent to 7 sugar cubes).

Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes).

Children aged 4 to 6 should have no more than 19g of free sugars a day (5 sugar cubes).



FUN WAYS TO EXERCISE



WHEN SHOULD YOU SEE A COUNSELLOR/THERAPIST?

You're facing difficulties in regulating your emotions

You are experiencing changes in your sleep and/or appetite

You are not able to perform your daily tasks properly

You no longer enjoy doing activities you did earlier

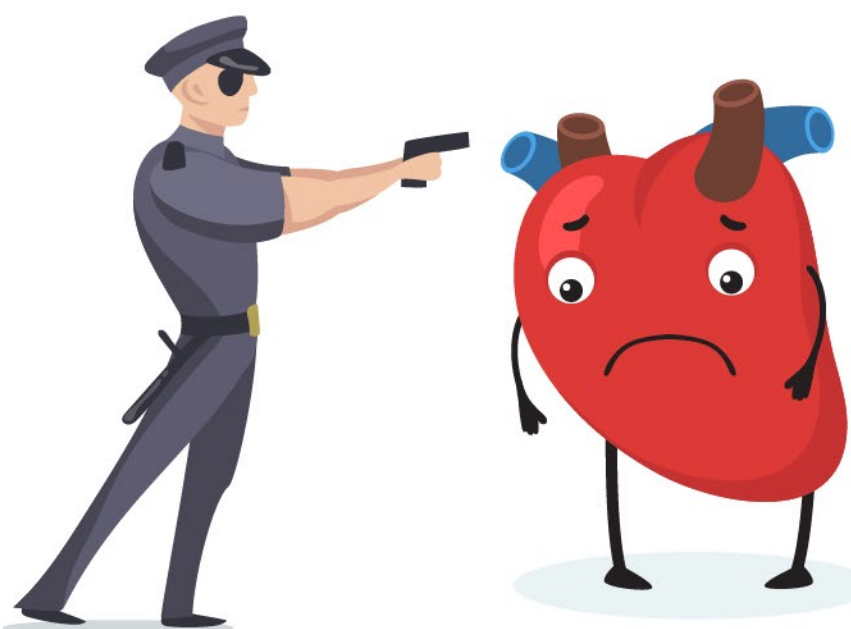
You have experienced mental trauma

You're not able to focus

You tend to isolate yourself



CHILL PILL



...and I would've gotten away with it too, if it weren't for that meddling defibrillator!

CARDIAC ARREST