



HEALTHPEDIA DECEMBER, 2024



A COMMITMENT TO CARE

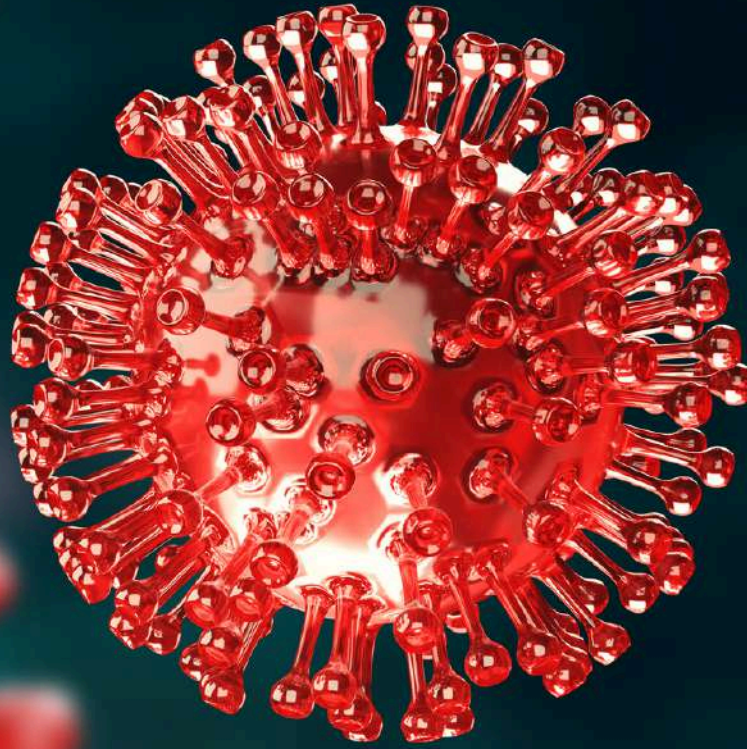


WORLD AIDS DAY DECEMBER 1



INTRODUCTION :

World AIDS Day, observed annually on December 1, raises awareness about HIV/AIDS, promotes global solidarity in combating the epidemic, and honors those who have lost their lives to the disease. The day emphasizes the importance of testing, treatment, and ending stigma associated with HIV/AIDS.



WHAT IS AIDS?

Human immunodeficiency virus (HIV) is the virus that causes acquired immunodeficiency syndrome (AIDS). When a person becomes infected with HIV, the virus attacks and weakens the immune system. As the immune system weakens, the person is at risk for getting life-threatening infections and cancers.

WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✓ **Checkup:** Get tested regularly for HIV, especially if you are sexually active
- ✓ **Cautious:** Avoid sharing needles or syringes.
- ✓ **Support:** HIV-positive individuals with empathy and without judgment.



**INTERNATIONAL DAY OF
PERSONS WITH DISABILITIES
DECEMBER 3**



INTRODUCTION :

Celebrated on December 3, this day promotes understanding of disability issues, supports the dignity and rights of persons with disabilities, and aims to create inclusive societies where everyone can thrive.



KEY FACTS ABOUT DIFFERENTLY ABLED :

- ✔ Over 1 billion people worldwide live with some form of disability.
- ✔ Disabilities can be physical, mental, sensory, or developmental.
- ✔ The UN's theme for 2024 focuses on sustainable development and empowerment of disabled individuals.



CONSTIPATION AWARENESS MONTH

DECEMBER 1-31



INTRODUCTION :

Constipation Awareness Month aims to educate people about this common yet often overlooked digestive issue, which can significantly impact quality of life if not addressed.



KEY FACTS ABOUT CONSTIPATION:

- ✔ **Maintain a Healthy Diet:** Increase dietary fiber intake through fruits, vegetables, whole grains, and legumes
- ✔ **Exercise Regularly:** Maintain regular physical activity to promote gut motility.
- ✔ **Health Care:** Consult a healthcare professional if symptoms persist or worsen



STAY AWARE, STAY HEALTHY!