



HEALTHPEDIA FEBRUARY, 2025

A COMMITMENT TO CARE

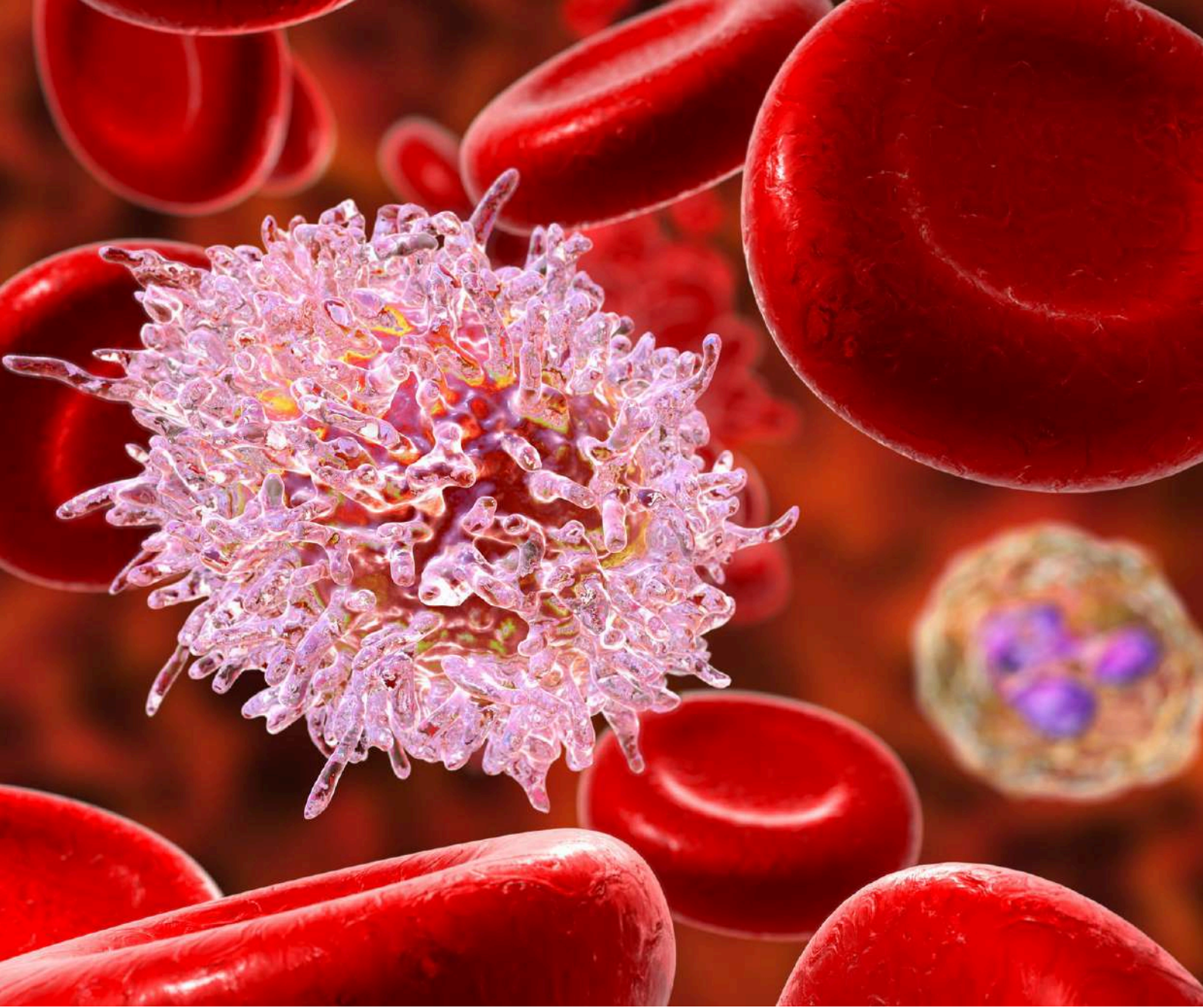


World Cancer Day

February 4th, 2025

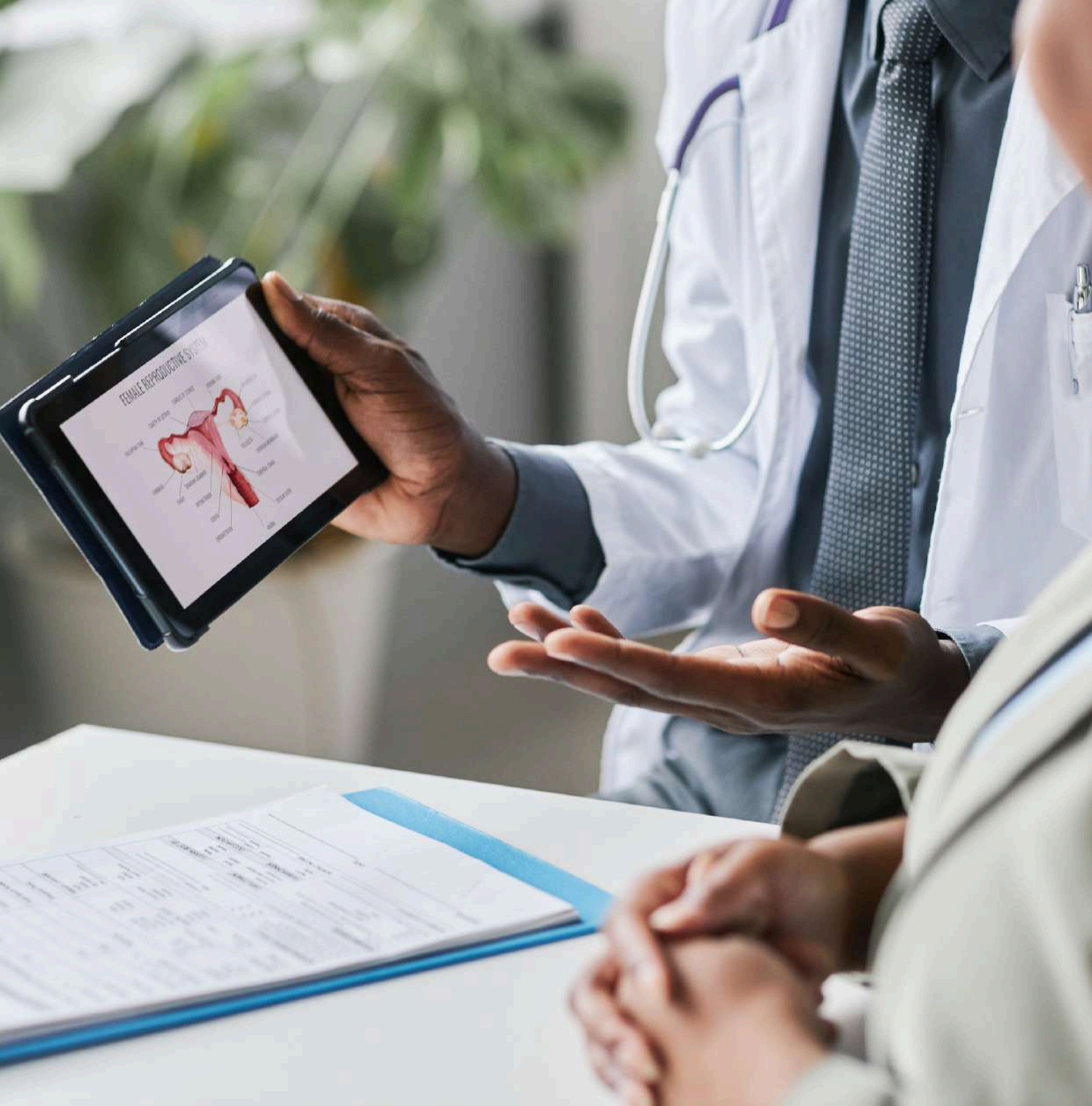
INTRODUCTION :

World Cancer Day is a global initiative led by the Union for International Cancer Control (UICC) to raise awareness and promote action for cancer prevention, early detection, and treatment. Cancer is one of the leading causes of death worldwide, but many cases can be prevented through lifestyle changes, screenings, and timely interventions. This day emphasizes the importance of equitable healthcare access and research advancements to fight cancer.



WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✔ **Eat a Healthy Diet:** Include antioxidant-rich foods like fruits, vegetables, nuts, and whole grains.
- ✔ **Exercise Regularly:** Engage in at least 30 minutes of physical activity daily to reduce cancer risk.
- ✔ **Quit Smoking & Limit Alcohol:** Tobacco is linked to many cancers, and excessive alcohol increases risk.



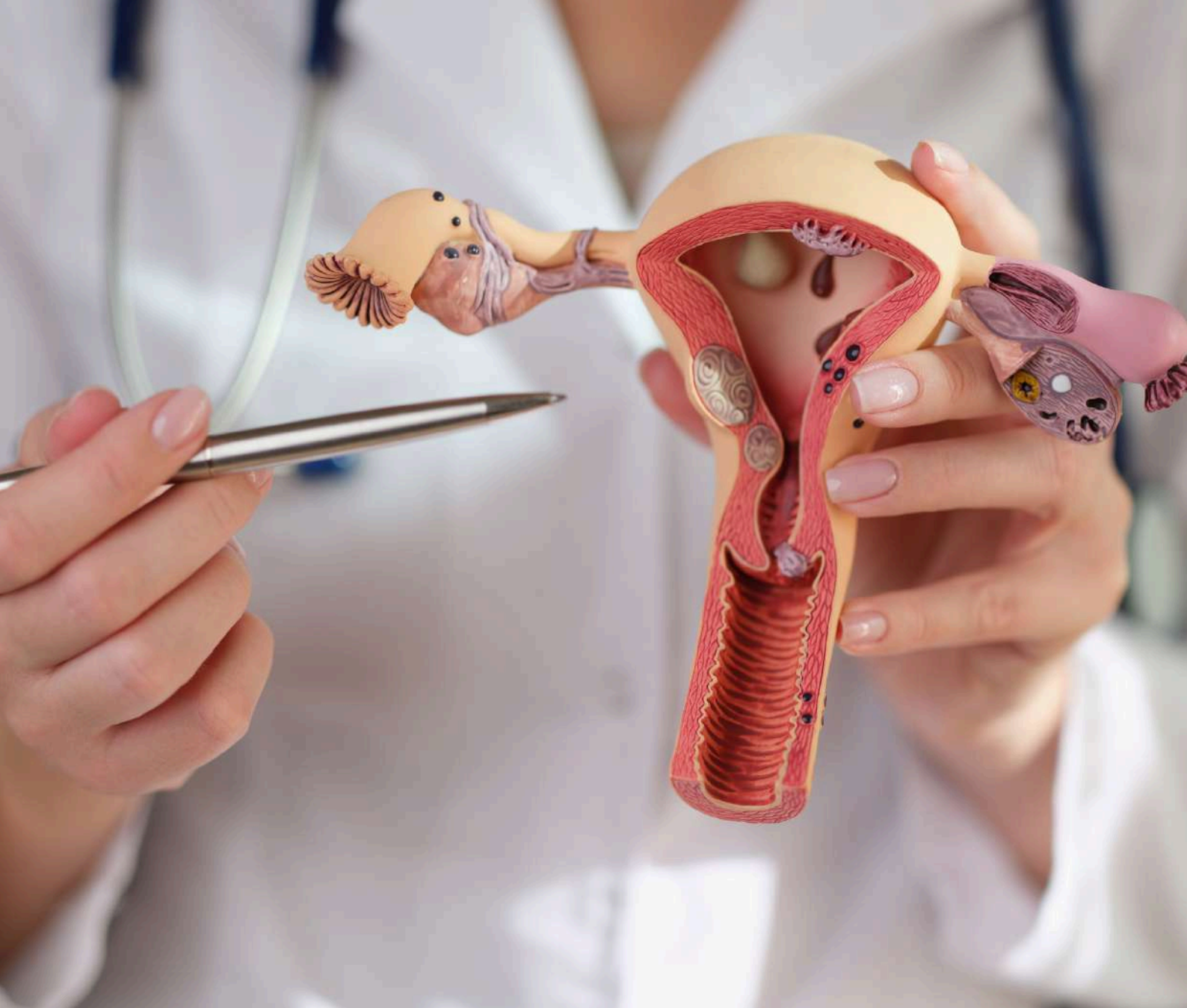
Sexual and Reproductive Health Awareness Day

February 12th, 2025



INTRODUCTION :

Sexual and Reproductive Health Awareness Day focuses on empowering individuals with knowledge about reproductive well-being, family planning, sexually transmitted infections (STIs), and safe sexual practices. Good reproductive health is essential for overall well-being and can prevent many complications like infertility, infections, and unwanted pregnancies.



WELLNESS TIPS:

- ✔ **Practice Safe Sex:** Use protection like condoms to prevent STIs and unintended pregnancies
- ✔ **Regular Health Check-Ups:** Visit a gynecologist or urologist for routine screenings and reproductive health assessments.
- ✔ **Maintain Hygiene:** Proper intimate hygiene can prevent infections and discomfort..



INTERNATIONAL EPILEPSY DAY

February 10th, 2025



INTRODUCTION :

International Epilepsy Day is observed to raise awareness about epilepsy, a neurological condition that affects millions worldwide. The day aims to educate people about seizure first aid, reduce stigma, and support individuals living with epilepsy. Early diagnosis and proper management can help improve the quality of life for those affected.



WELLNESS TIPS:

- ✔ **Take Medications as Prescribed :** Adhering to the treatment plan is crucial for seizure control.
- ✔ **Identify Triggers:** Common triggers include stress, lack of sleep, flashing lights, and alcohol; avoid them if possible.
- ✔ **Follow a Healthy Diet:** Some patients benefit from a ketogenic or balanced diet rich in nutrients. .



STAY AWARE, STAY HEALTHY!