



HEALTHPEDIA

APRIL, 2025

A COMMITMENT TO CARE

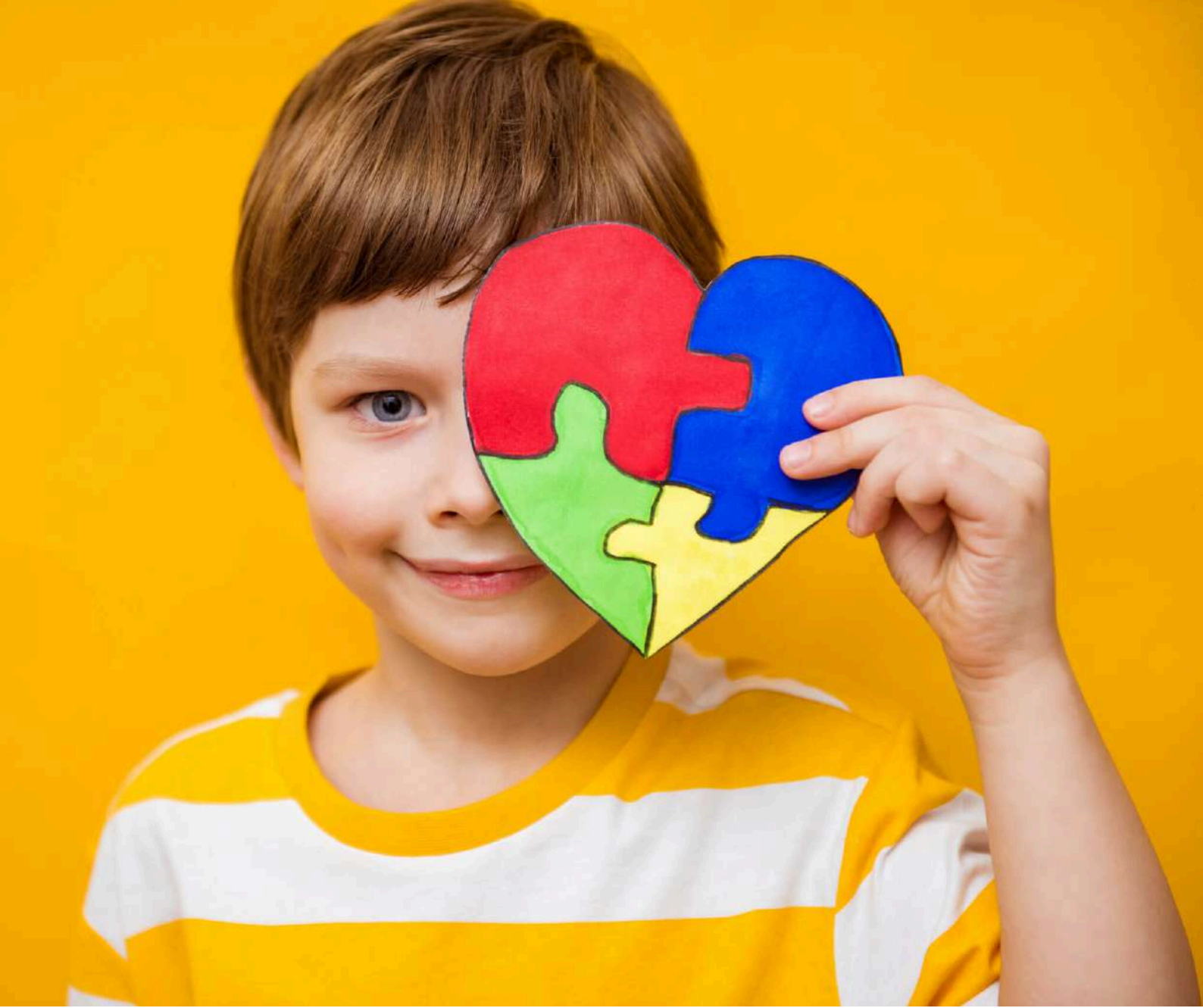


World Autism Awareness Day

April 2nd

INTRODUCTION :

World Autism Awareness Day, observed on April 2, was established by the United Nations in 2007 to promote awareness, inclusion, and understanding of Autism Spectrum Disorder (ASD). Autism is a neurodevelopmental condition that affects communication, social interaction, and behavior. The day emphasizes the importance of early diagnosis, therapy, and acceptance for individuals with autism.



WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✓ **Encourage Early Intervention :** Therapies like speech therapy, occupational therapy, and behavioral interventions can improve communication and social skills.
- ✓ **Support Inclusive Environments:** Schools, workplaces, and communities should be inclusive of autistic individuals.
- ✓ **Practice Patience & Understanding :** Be kind and accommodating to individuals on the autism spectrum.



WORLD HEALTH DAY

April 7th



INTRODUCTION :

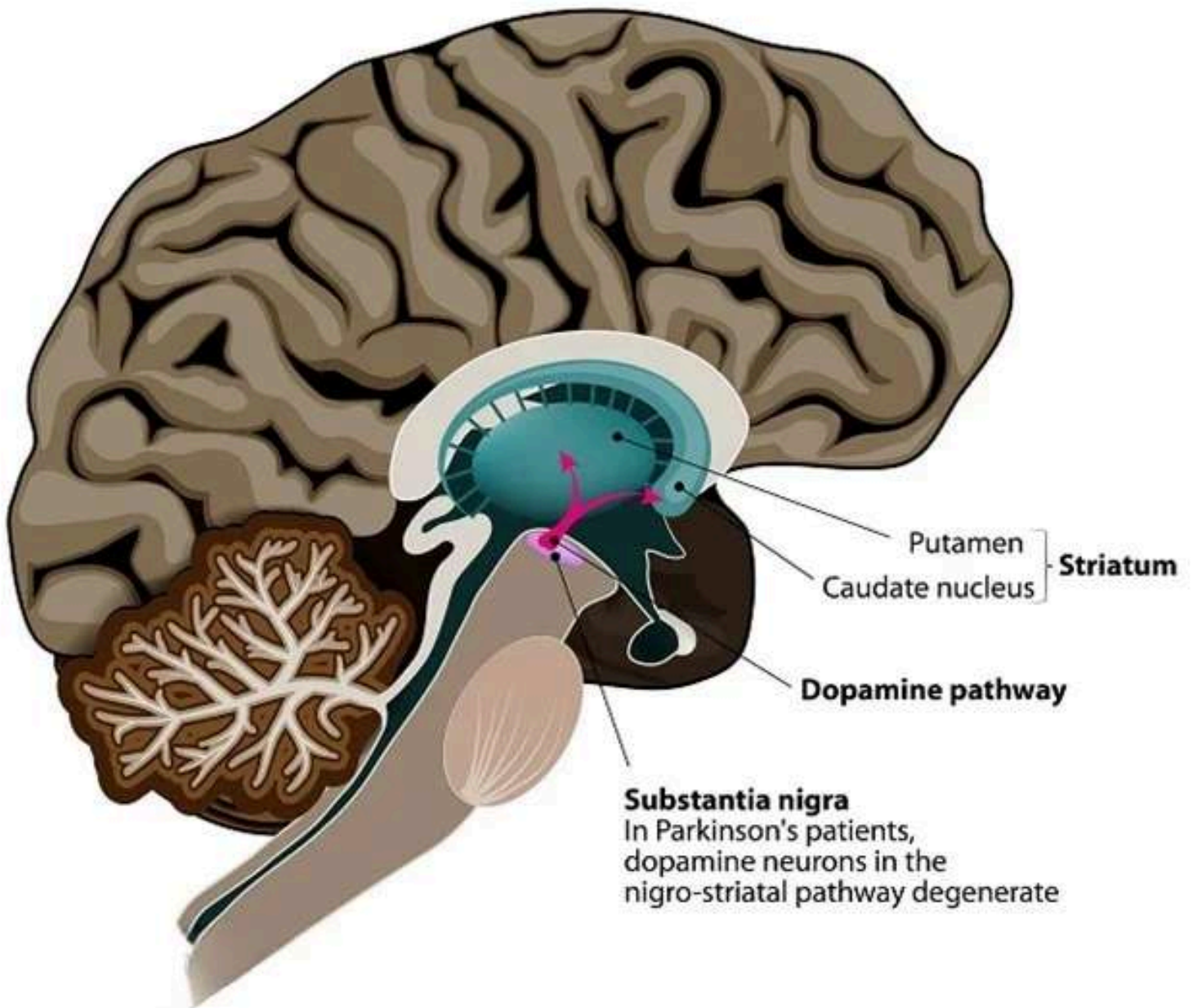
Established by the World Health Organization (WHO) in 1948, World Health Day is celebrated annually on April 7 to raise awareness of global health issues and encourage equitable healthcare access. Each year, the day highlights a specific theme, such as mental health, universal health coverage, and disease prevention.



WELLNESS TIPS:

- ✔ **Eat a Balanced Diet:** Include fruits, vegetables, whole grains, and lean proteins in daily meals.
- ✔ **Stay Physically Active:** Engage in at least 30 minutes of exercise daily.
- ✔ **Prioritize Mental Health:** Manage stress through meditation, deep breathing, and relaxation exercises.

PARKINSON'S DISEASE



WORLD PARKINSON'S DISEASE DAY

April 11th



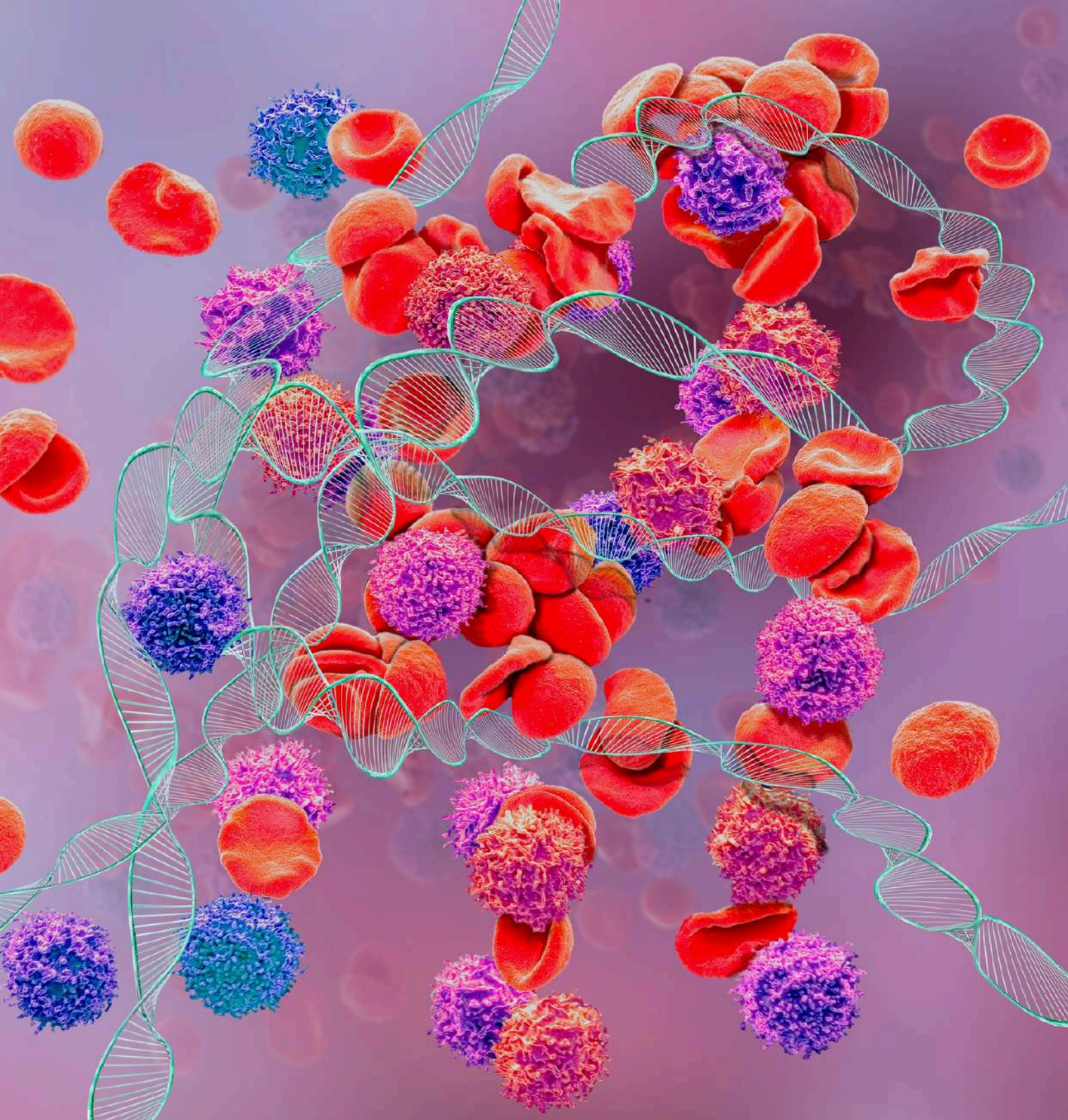
INTRODUCTION :

World Parkinson's Disease Day, observed on April 11, raises awareness about Parkinson's disease, a progressive neurological disorder affecting movement and coordination due to dopamine depletion in the brain. Symptoms include tremors, muscle stiffness, and difficulty with balance and coordination.



WELLNESS TIPS:

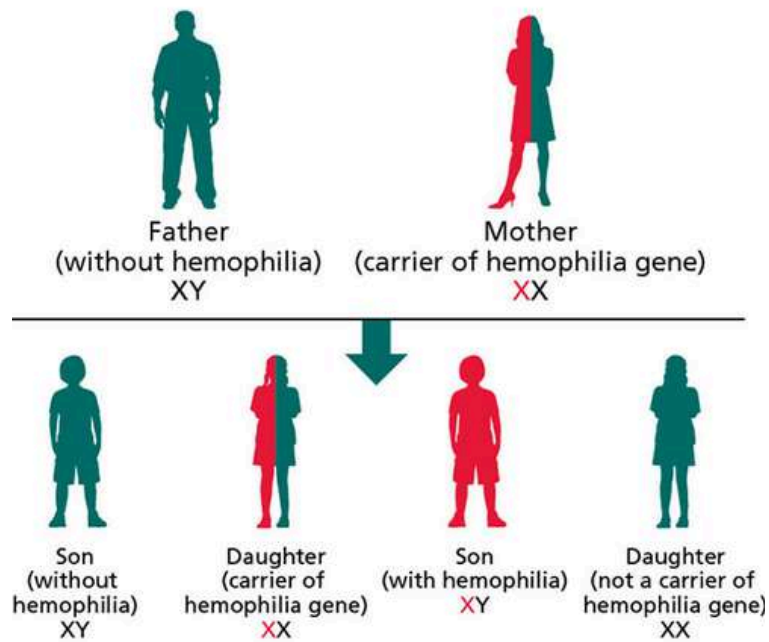
- ✓ **Engage in Gentle Exercises:** Activities like yoga, stretching, and tai chi improve mobility.
- ✓ **Follow a Brain-Healthy Diet :** Include omega-3-rich foods (fish, nuts, and seeds) to support cognitive health.
- ✓ **Seek Support Groups:** Connecting with others can provide emotional and mental support.



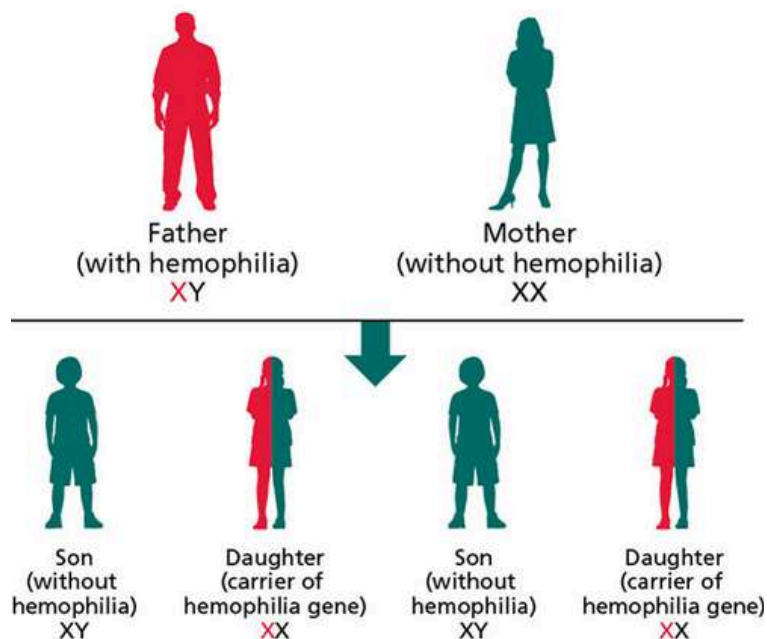
WORLD HAEMOPHILIA DAY

April 17th

Father Without Hemophilia and Carrier Mother



Father With Hemophilia and Mother Who Is Not a Carrier

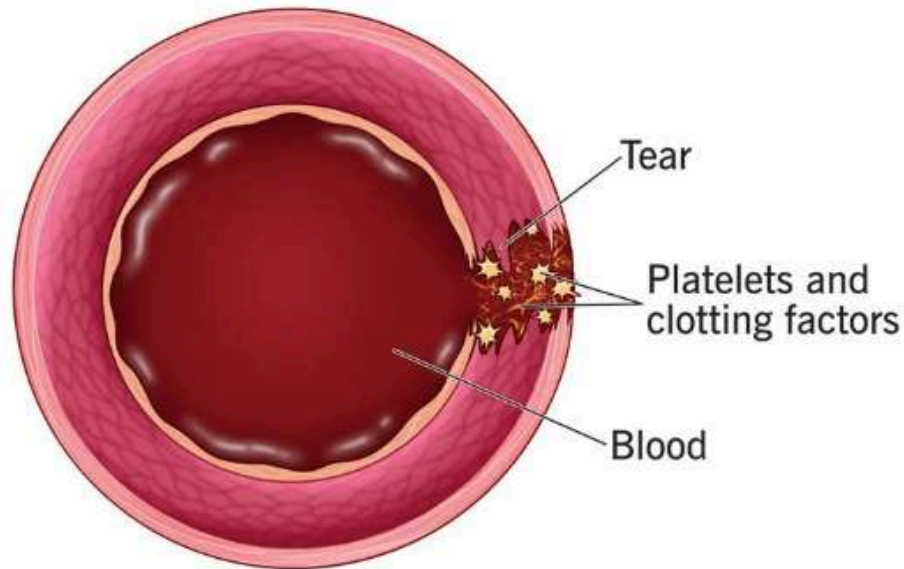


INTRODUCTION :

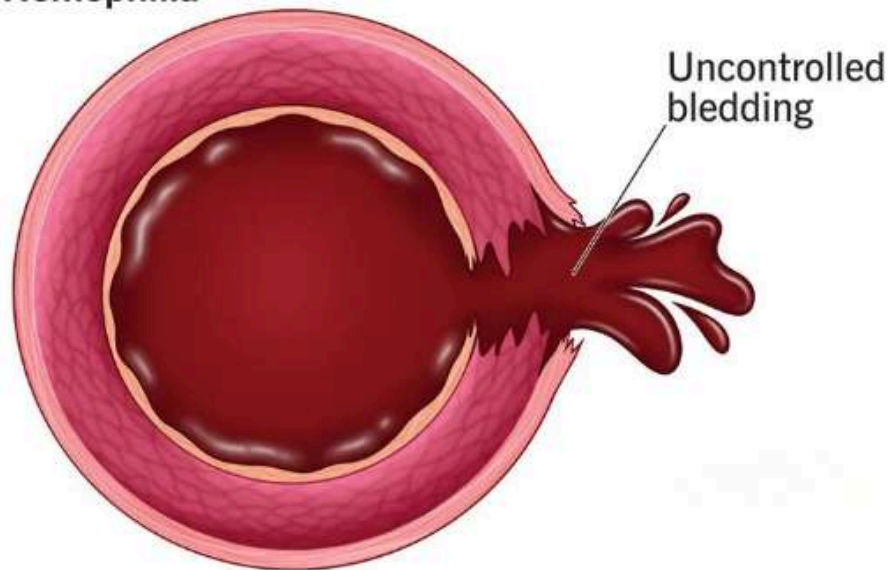
World Haemophilia Day, organized by the World Federation of Hemophilia (WFH), raises awareness about bleeding disorders, including hemophilia, von Willebrand disease, and other clotting factor deficiencies. It aims to promote better access to care and treatment.

Hemophilia

Normal blood vessel



Hemophilia



WELLNESS TIPS:

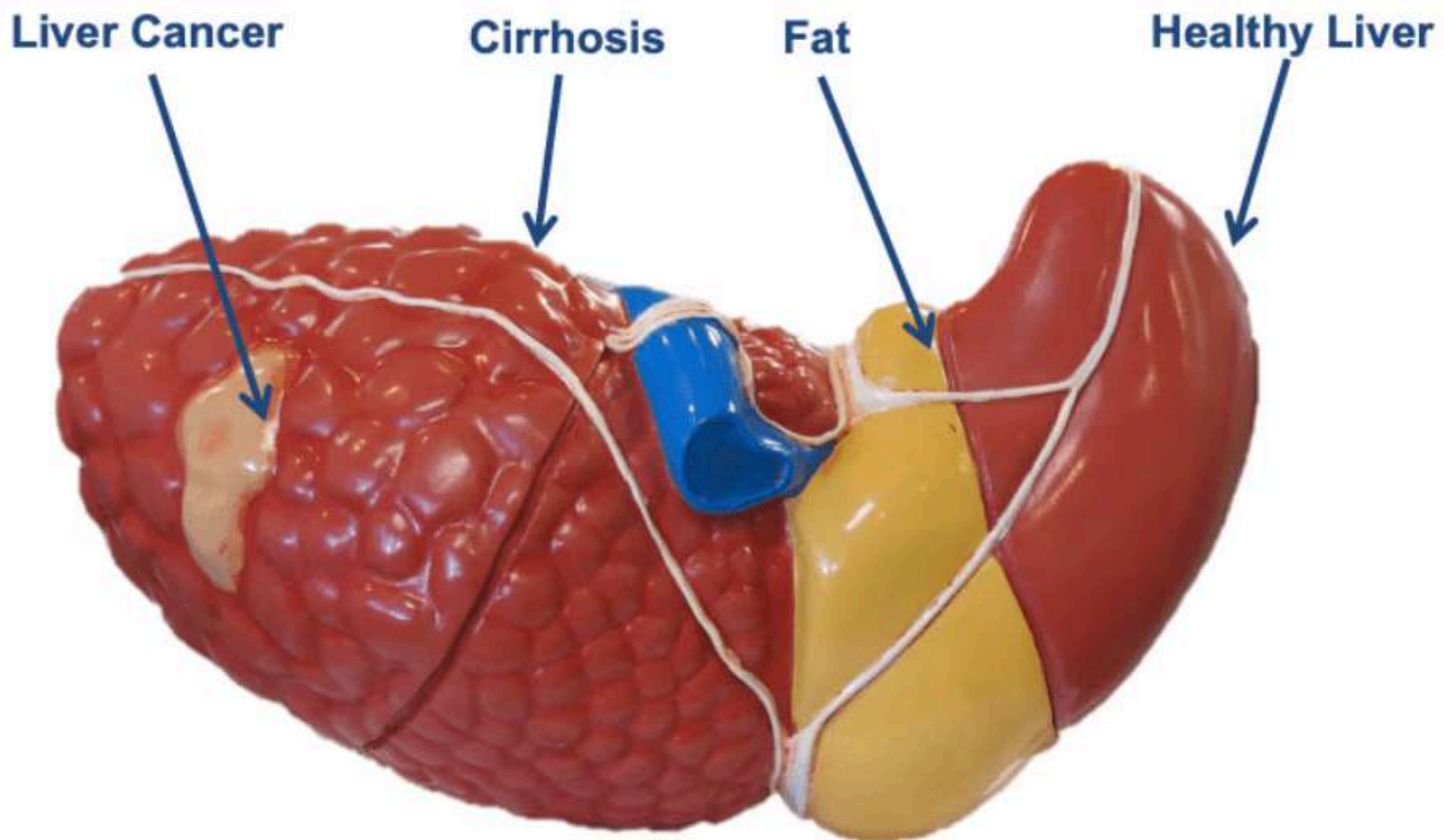
- ✓ **Avoid High-Risk Activities:** Opt for low-impact sports like swimming and yoga to prevent injuries.
- ✓ **Follow a Diet Rich in Iron & Vitamin K:** Eat leafy greens, lean meats, and dairy to support clotting.
- ✓ **Monitor Bruises & Bleeding:** Seek medical attention for unexplained bruising or prolonged bleeding.

WORLD LIVER DAY

APRIL 19



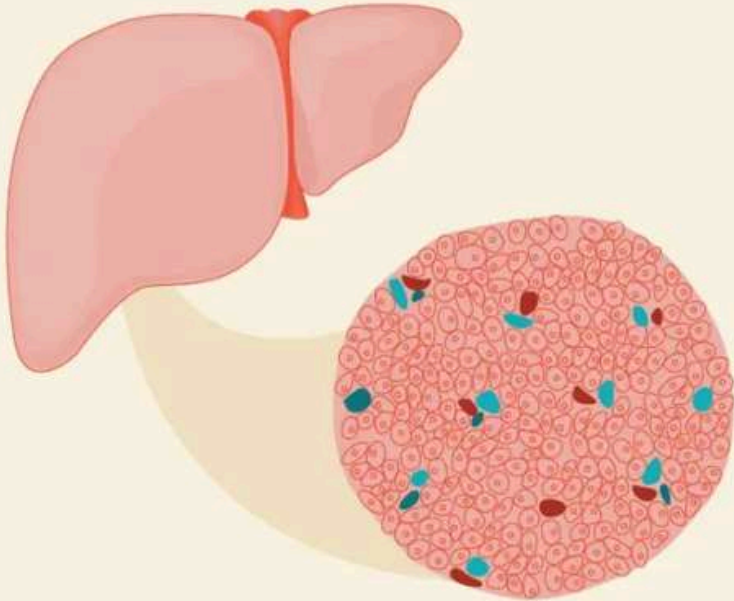
WORLD LIVER DAY
April 19th



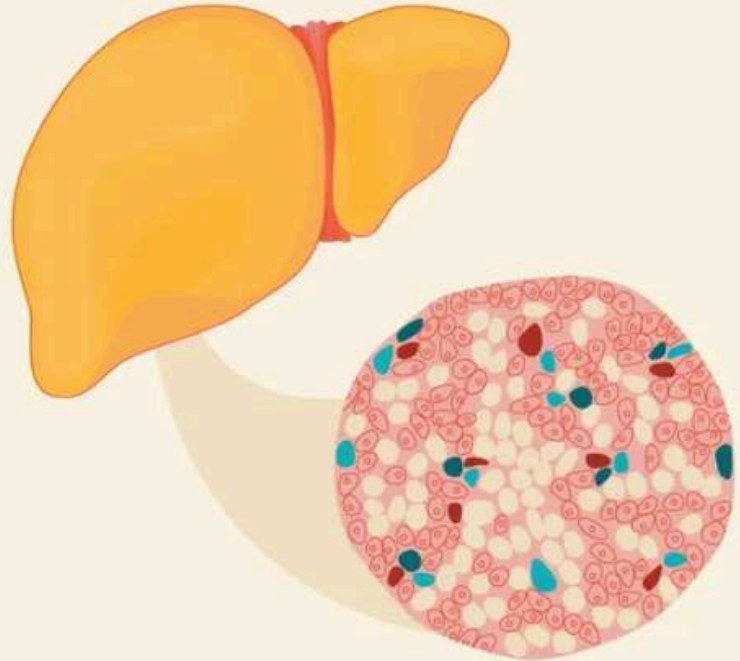
INTRODUCTION :

World Liver Day is dedicated to raising awareness about liver diseases, including hepatitis, fatty liver disease, cirrhosis, and liver cancer. The liver is essential for detoxification, metabolism, and digestion, making its health a priority.

Healthy Liver

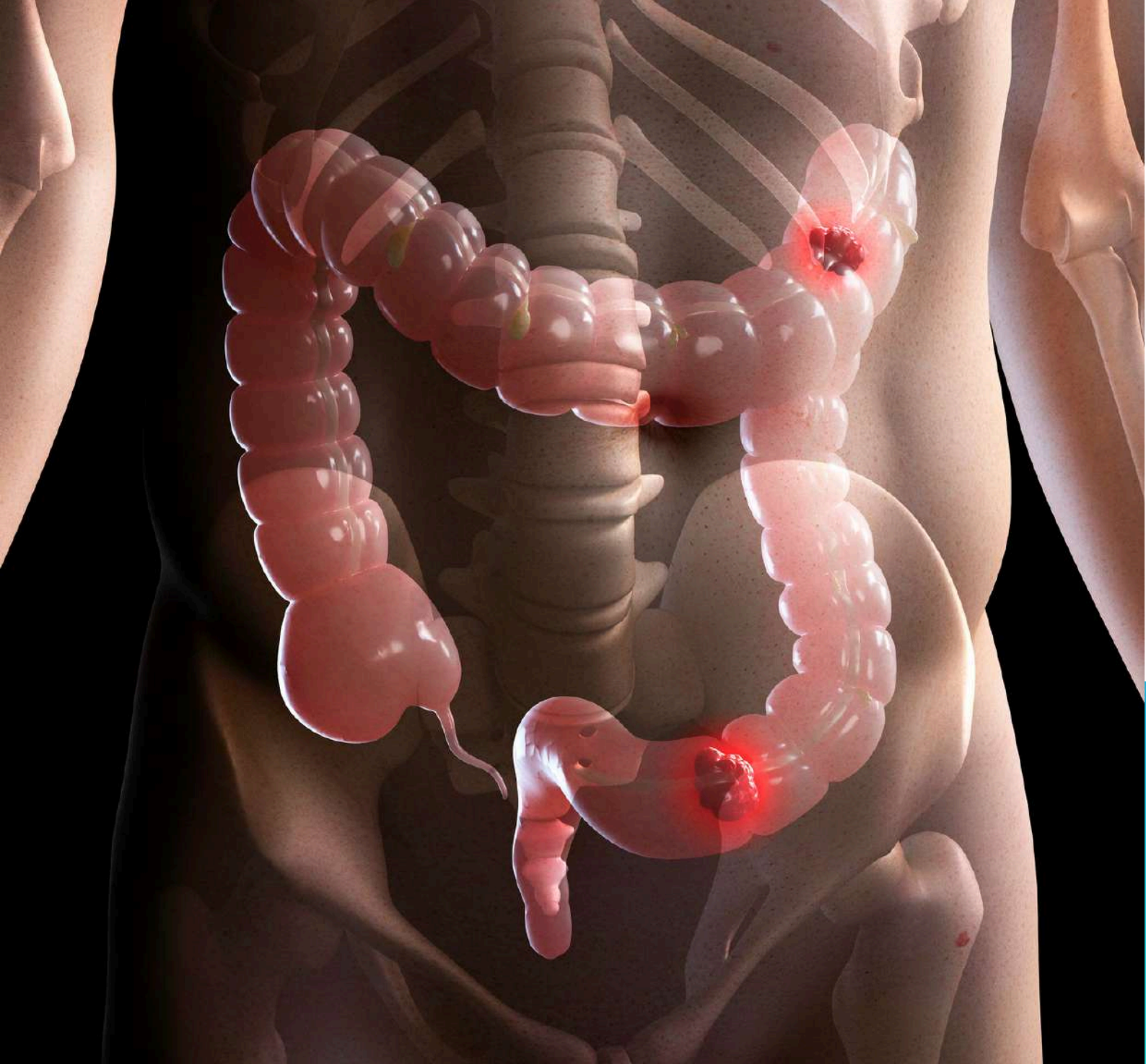


Unhealthy Liver



WELLNESS TIPS:

- ✓ **Limit Alcohol Consumption:** Excess alcohol damages liver cells.
- ✓ **Follow a Liver-Friendly Diet :** Consume garlic, turmeric, green tea, and leafy greens.
- ✓ **Stay Hydrated:** Water helps flush out toxins and keeps the liver functioning optimally.



**- WORLD IRRITABLE BOWEL
SYNDROME (IBS) DAY**
April 19th



INTRODUCTION :

IBS affects the digestive system, causing bloating, cramps, and irregular bowel movements. This day promotes awareness about managing IBS symptoms and improving gut health.



WELLNESS TIPS:

- ✓ **Identify & Avoid Trigger Foods:** Limit processed foods, dairy, caffeine, and high-fat meals..
- ✓ **Increase Fiber Intake:** Include whole grains, fruits, and vegetables in your diet.
- ✓ **Manage Stress:** IBS symptoms can worsen due to stress; practice deep breathing, yoga, and relaxation techniques.



EARTH DAY

April 22nd



INTRODUCTION :

Earth Day promotes environmental protection and sustainable living. A healthy planet contributes to clean air, safe drinking water, and reduced disease risks.



WELLNESS TIPS:

- ✓ **Reduce Plastic Waste:** Use reusable bottles, bags, and containers.
- ✓ **Eat Organic & Sustainable Foods:** Reduce exposure to pesticides and chemicals.
- ✓ **Engage in Outdoor Activities:** Activities like walking and cycling benefit physical and mental health.



NATIONAL DNA DAY

April 25th



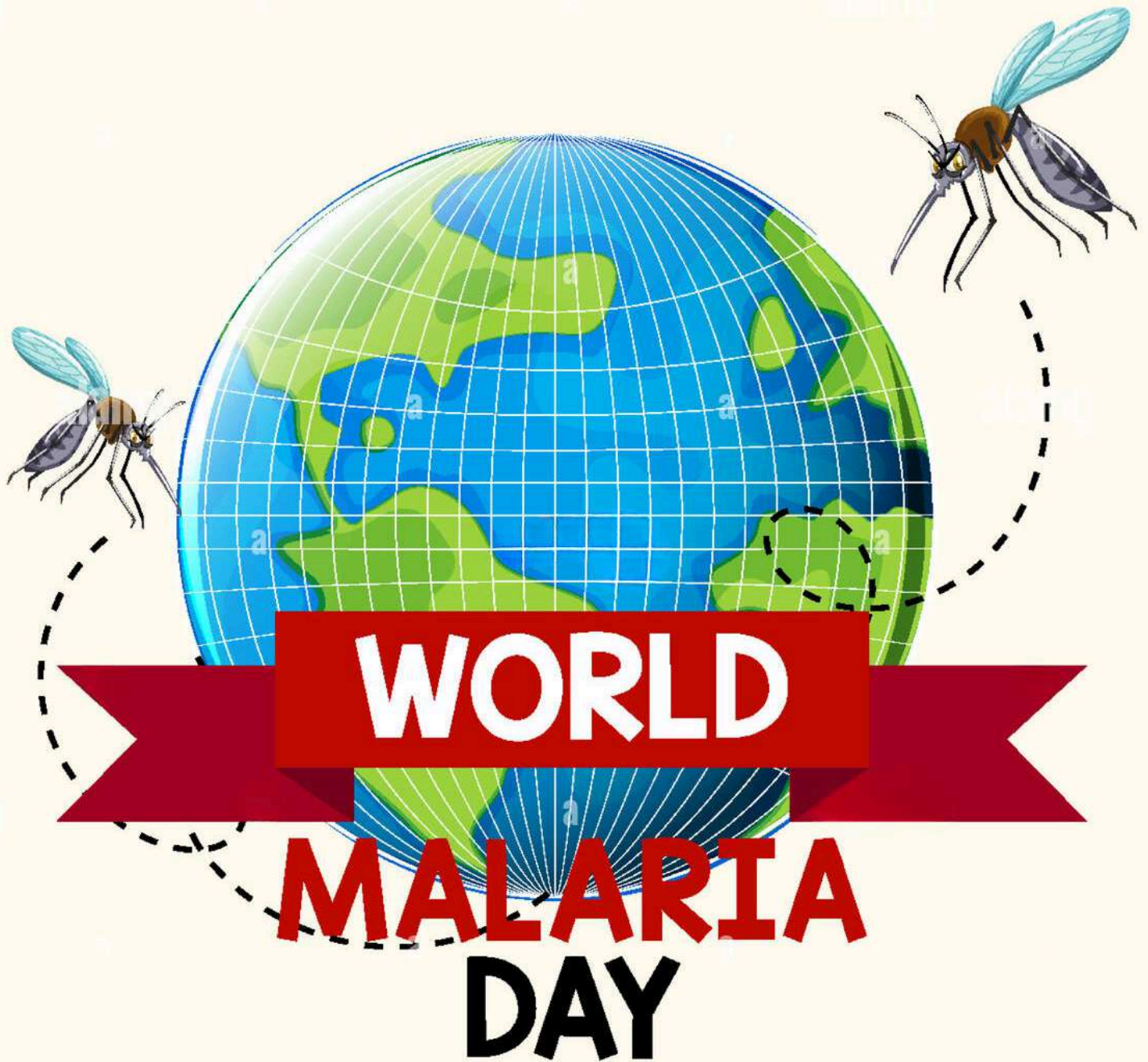
INTRODUCTION :

DNA Day celebrates the discovery of DNA's double-helix structure in 1953 and promotes awareness of genetics and genomics research in disease prevention and treatment.



WELLNESS TIPS:

- ✓ **Know Your Family Health History:** Understanding genetic risks can guide preventive healthcare.
- ✓ **Opt for Genetic Testing :** Identify potential health risks early.
- ✓ **Follow a DNA-Friendly Diet:** Personalize nutrition based on genetic markers.



WORLD MALARIA DAY
April 25th



INTRODUCTION :

Malaria is a mosquito-borne disease that affects millions worldwide, especially in tropical regions. Awareness campaigns focus on prevention, treatment, and eradication efforts.



WELLNESS TIPS:

- ✓ **Use Mosquito Repellents & Nets:** Protect yourself from bites.
- ✓ **Eliminate Stagnant Water:** Mosquitoes breed in still water.
- ✓ **Wear Protective Clothing:** Cover arms and legs in mosquito-prone areas.



WORLD DAY FOR SAFETY AND HEALTH AT WORK

April 28th



INTRODUCTION :

This day highlights the importance of occupational health and safety, reducing work-related injuries and stress. A safe workplace leads to higher productivity and well-being.



WELLNESS TIPS:

- ✔ **Practice Ergonomics:** Use a comfortable chair and maintain proper posture.
- ✔ **Take Regular Breaks:** Avoid prolonged screen time and stretch every 30–60 minutes. .
- ✔ **Manage Workplace Stress:** Maintain a healthy work-life balance.



STAY AWARE, STAY HEALTHY!