



HEALTHPEDIA

MAY, 2025

A COMMITMENT TO CARE



World Asthma Day

May 6th



INTRODUCTION :

World Asthma Day raises awareness about asthma, a chronic respiratory condition that affects millions globally. The day emphasizes improving asthma care, education, and management for a healthier, active life.



WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✓ Avoid known triggers like pollen, smoke, and dust.
- ✓ Follow your asthma action plan and take medications as prescribed..
- ✓ Practice breathing exercises to strengthen your lungs.
- ✓ Maintain a healthy weight to reduce pressure on your lungs.
- ✓ Stay physically active but know your limits.



WORLD RED CROSS DAY

May 8th



INTRODUCTION :

World Red Cross Day honors the humanitarian efforts of the Red Cross and Red Crescent societies worldwide. It reminds us of the importance of compassion, volunteerism, and helping communities during emergencies.



WELLNESS TIPS:

- ✓ Learn basic first aid skills to help in emergencies.
- ✓ Stay connected with your community; small acts of kindness matter.
- ✓ Prioritize mental health through mindfulness and stress management.
- ✓ Build an emergency preparedness kit at home.
- ✓ Donate blood if eligible—it can save lives.



Thalassemias

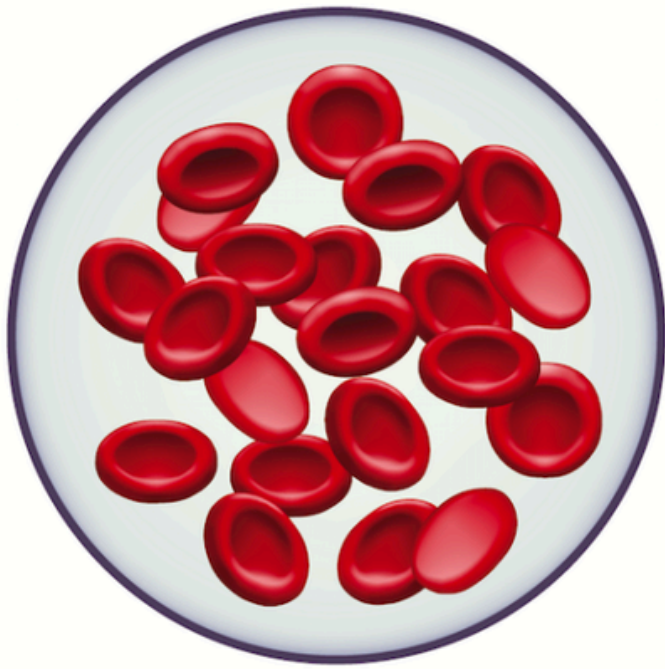
WORLD THALASSEMIA DAY

May 8th

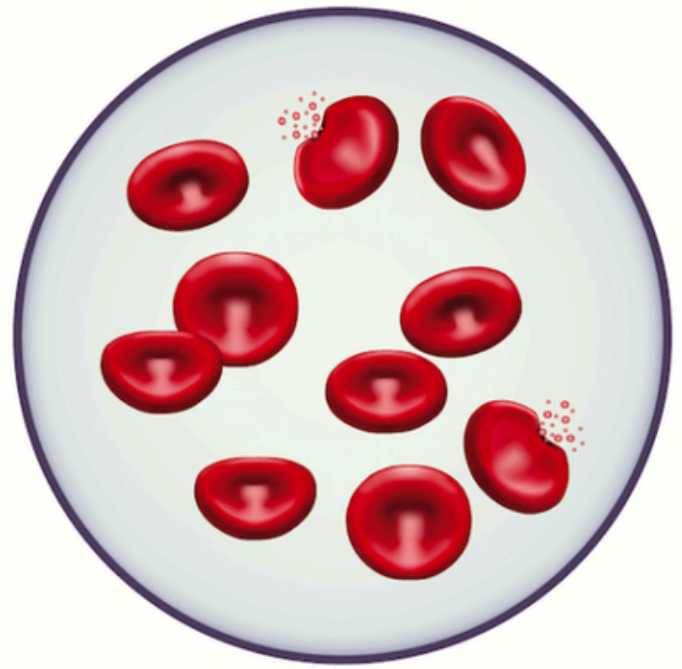


INTRODUCTION :

World Thalassemia Day brings attention to thalassemia, a genetic blood disorder that affects the body's ability to produce hemoglobin. The focus is on prevention, early diagnosis, and quality care for patients.



Normal



Thalassemia

WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✓ Schedule regular health screenings, especially if you have a family history.
- ✓ Follow a balanced, iron-controlled diet if advised by a doctor.
- ✓ Stay updated with vaccinations to prevent infections.
- ✓ Practice regular moderate exercise to improve stamina.
- ✓ Promote awareness and support blood donation initiatives.




WORLD CHRONIC FATIGUE SYNDROME AWARENESS DAY

May 12th



INTRODUCTION :

This day highlights Chronic Fatigue Syndrome (CFS), a serious, long-term illness marked by extreme tiredness, and also celebrates the dedication and compassion of nurses worldwide who play a critical role in healthcare.



CHRONIC FATIGUE SYNDROME

WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✓ Prioritize quality sleep and create a restful nighttime routine.
- ✓ Manage stress through yoga, meditation, or deep breathing exercises.
- ✓ Listen to your body—rest when you need to.
- ✓ Stay hydrated and eat nutrient-rich foods.
- ✓ Appreciate and acknowledge the nurses and caregivers in your life.



INTERNATIONAL WOMEN'S HEALTH DAY

May 28th



INTRODUCTION :

International Women's Health Day advocates for better healthcare access, awareness, and education for women worldwide, focusing on physical, emotional, and reproductive well-being.



WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✓ Schedule regular health check-ups, including breast and cervical screenings.
- ✓ Stay active with exercises that you enjoy.
- ✓ Balance your diet with iron-rich and calcium-rich foods.
- ✓ Practice self-care through mindfulness, hobbies, and social connection.
- ✓ Prioritize mental health and seek help when needed.



ANTI-TOBACCO DAY / WORLD NO TOBACCO DAY

May 31st



INTRODUCTION :

World No Tobacco Day highlights the health risks associated with tobacco use and advocates for effective policies to reduce tobacco consumption and promote a healthier lifestyle.



WELLNESS TIPS FOR YOUR DAILY LIFE:

- ✓ Avoid smoking and secondhand smoke exposure.
- ✓ Seek support programs to help quit tobacco if needed.
- ✓ Substitute smoking urges with healthy habits like chewing gum or exercising.
- ✓ Educate yourself and others about the dangers of tobacco.
- ✓ Celebrate each milestone in your tobacco-free journey.

nutrition snack food sport weight
vegetables exercise sports natural

HEALTHY LIVING

organic diet vitamins sleep
fruit produce rest
positive thinking wellness

STAY AWARE, STAY HEALTHY!