



HEALTHPEDIA

AUGUST, 2025

A COMMITMENT TO CARE





WORLD LUNG CANCER DAY

August 1st

INTRODUCTION :

World Lung Cancer Day shines a light on prevention, early detection, and support for those affected. It's a call to raise awareness, break the stigma, and fight lung cancer together.



WELLNESS TIPS :

- ✔ Avoid smoking and exposure to secondhand smoke to protect lung health.
- ✔ Get regular health screenings, especially if you're at higher risk.
- ✔ Maintain a healthy diet rich in fruits and vegetables for lung support.
- ✔ Exercise regularly to keep your lungs strong and improve breathing.



WORLD BREASTFEEDING WEEK

August 1st–7th

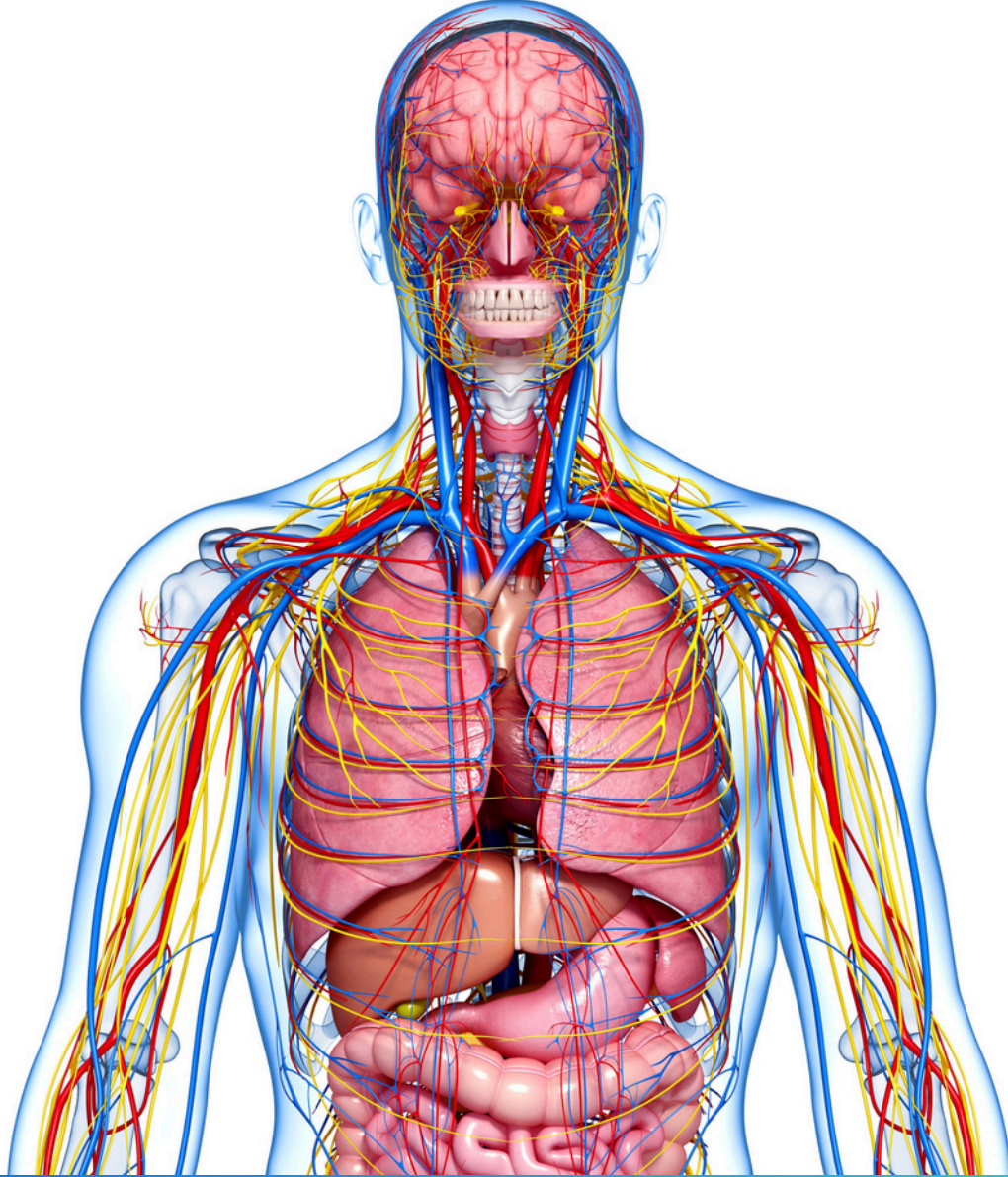
INTRODUCTION:

World Breastfeeding Week celebrates the vital role of breastfeeding in building a healthier future. It promotes awareness, support, and action to ensure every child gets the best start in life..



WELLNESS TIPS :

- ✔ Stay hydrated and eat nutritious foods to support milk production.
- ✔ Breastfeed on demand to build a strong milk supply and bond with your baby.
- ✔ Ensure proper latching to avoid discomfort and improve feeding efficiency.
- ✔ Seek support from lactation consultants or support groups when needed.



WORLD ORGAN DONATION DAY

August 13th

INTRODUCTION :

World Organ Donation Day honors the life-saving power of giving a part of yourself. It inspires hope and encourages everyone to pledge their organs for a second chance at life.



WELLNESS TIPS :

- ✓ Maintain a healthy lifestyle to keep your organs in top condition.
- ✓ Stay informed about organ donation and how you can register.
- ✓ Avoid alcohol and tobacco to protect vital organs like the liver and lungs.
- ✓ Share your decision to donate with your family for clarity and support.



STAY AWARE, STAY HEALTHY!

