



Thursday 21 May 2015

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Free check-ups, screening mark Health Day

Various events and awareness campaigns marked World Health Day that was observed on Tuesday across the City.

St Martha's Hospital did its bit by offering free health consultation on education and food safety to 120 children of the NGO, Don Bosco Mane. A team of four doctors from the hospital and 20 nurses from the nursing college on the hospital premises, headed to Don Bosco Mane, a home to 120 children between three and 15, in Chamarajpet.

A complete health check-up of the children was taken up for all ailments. The nurses educated the children on the importance of personal hygiene and healthy food.

Jayakar Jerome, Director, St Martha's Hospital, said, Basic health care is every individual's right. It is important to diagnose and treat any ailment at an early stage, to avoid further complications.

Also, a health report released on the occasion, points at key health issues being faced by several.

According to Indus Health Plus Abnormality Report, anaemia, vitamin B12, hyperlipidemia (abnormally elevated levels of any, or all lipids), obesity, eye problems due to continuous exposure to television screen, etc, are some of the most common ailments children suffer from.

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