

The World Hypertension Day was observed by AAM-PHC Sakti through a screening and awareness programme conducted at Kharu Market under this year's theme, "Controlling Hypertension Together, Check Your Blood Pressure ,Defeat The Silent Killer " .

The programme was organized by the I/C Medical Officer, AAM-PHC Sakti along with the healthcare team with the objective of spreading awareness regarding hypertension and promoting early detection and prevention of the disease among the public.

During the programme, shopkeepers and vendors at Kharu Market were sensitized about hypertension, its causes, predisposing and risk factors, possible complications, and the treatment facilities available. The health team emphasized the importance of maintaining a healthy lifestyle, regular blood pressure monitoring, balanced diet, physical activity, and adherence to medications for effective control of hypertension.

Pamphlets containing important information regarding hypertension prevention and management were distributed among all shopkeepers and restaurant owners for display at their establishments to further enhance public awareness. In addition to awareness activities, screening for hypertension and diabetes was also carried out in the market area. Random Blood Sugar (RBS) tests were conducted for the participants to identify individuals at risk of diabetes and related health complications.

A total of 40 person were screened for hypertension during the programme. The programme highlighted the importance of early diagnosis and regular health check-ups in preventing non-communicable diseases and promoting healthier communities.



