



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:01/08/2026



HEALTH EDUCATION

NCD AWARENESS AND PREVENTION



NCD AWARENESS

PREVENT TODAY, PROTECT TOMORROW

Non-Communicable Diseases (NCDs) are long-term diseases that **do not spread** from person to person.

The good news is – most NCDs are preventable and manageable. Small changes today can lead to a healthier, longer and happier life.



WHY IT MATTERS



NCDs are responsible for **over 70%** of all deaths worldwide.



They affect people of all ages and can cause lifelong disability and financial burden.



But up to 80% of heart disease, stroke and type 2 diabetes, and many cancers can be prevented with a healthy lifestyle.

MAJOR NCDs



HEART DISEASE

Includes heart attack, stroke and diseases of blood vessels.



HYPERTENSION

Persistently high blood pressure that can lead to heart attack or stroke.



DIABETES

A chronic condition that affects the way the body uses blood sugar.



CANCER

Abnormal cell growth that can spread to other parts of the body.



CHRONIC LUNG DISEASES

Includes asthma, COPD and other long-term lung diseases.

**YOUR HEALTH IS IN YOUR HANDS.
ACT TODAY FOR A BETTER TOMORROW!**



KNOW



PREVENT



PROTECT



LIVE WELL

COMMON RISK FACTORS



Tobacco use (smoking, chewing, vaping)



Unhealthy diet (high in salt, sugar, unhealthy fat)



Physical inactivity (sedentary lifestyle)



Overweight and obesity



Family history & genetics



Stress, poor sleep & mental health

HOW TO PREVENT NCDs



Eat a balanced diet



Be physically active (30 min. daily)



Avoid tobacco and alcohol



Maintain a healthy weight



Manage stress and get enough sleep



Get regular health check-ups

GET SCREENED. STAY AHEAD.

Early detection can save lives. Check your:



Blood Pressure



Blood Sugar



Body Weight



Cancer Screening (as appropriate)



KNOW THE WARNING SIGNS

Do not ignore these signs. Consult a doctor.



Chest pain, discomfort or shortness of breath



Persistent headache, dizziness or weakness



Unusual fatigue, weakness or difficulty in walking



Unexplained weight loss



Persistent cough or hoarseness of voice



Lumps or swelling in body (e.g. breast, neck, etc.)

CHOOSE A HEALTHY LIFESTYLE

Small steps today. Big difference tomorrow.



Eat Healthy



Be Active



Quit Tobacco



Get Screened



Stay Happy

Healthy choices build a healthy tomorrow.



AWARE TODAY. ACT TODAY. PREVENT NCDs.



Protect your heart



Control your sugar



Breathe better



Fight cancer

**You can prevent NCDs.
You can live better!**



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:03/08/2026



HEALTH EDUCATION

HYPERTENSION AWARENESS AND PREVENTION



HYPERTENSION

— THE SILENT KILLER —

KNOW IT. CONTROL IT. LIVE LONGER.

Hypertension means high blood pressure. It makes your heart work harder and can lead to serious health problems if not controlled.



WHAT IS HYPERTENSION?

Blood pressure is the force of blood pushing against the walls of your blood vessels.

NORMAL BP

Below 120/80 mmHg

HIGH BP

140/90 mmHg or higher

You may have high BP for years without any symptoms. That's why regular check-ups are important.

SYMPTOMS (May or may not occur)



WHEN TO SEE A DOCTOR?

- If your BP is 140/90 mmHg or higher
- If you have frequent headaches, dizziness, or chest discomfort
- If you have diabetes, kidney disease, or heart problems



RISK FACTORS

- Family history
- Overweight or obesity
- Smoking
- Excessive alcohol consumption
- Sedentary lifestyle (lack of physical activity)
- High salt diet
- Stress
- Increasing age

HEALTHY LIFESTYLE HABITS

- EAT HEALTHY**
Eat more fruits, vegetables, whole grains and low-fat foods.
- BE ACTIVE**
Do at least 30 minutes of brisk walk or exercise daily.
- MAINTAIN HEALTHY WEIGHT**
Lose weight if you are overweight and keep your weight in check.
- EAT LESS SALT**
Limit salt intake to less than 5 grams per day.
- QUIT SMOKING**
Smoking increases your risk of heart attack and stroke.
- MANAGE STRESS**
Practice yoga, meditation, deep breathing or do things you enjoy.
- REGULAR CHECK-UPS**
Check your blood pressure regularly and follow your doctor's advice.



**CONTROL YOUR BLOOD PRESSURE TODAY,
LIVE A HEALTHY AND HAPPY LIFE TOMORROW!**



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:04/08/2026



HEALTH EDUCATION

DIABETES MELLITUS AWARENESS AND PREVENTION



DIABETES MELLITUS

— BE AWARE. TAKE ACTION. STAY HEALTHY. —

Diabetes is a chronic condition that occurs when the body cannot use **blood sugar (glucose)** properly.

BE AWARE OF THE SYMPTOMS



Symptoms may be mild or absent.
Get yourself checked even if you feel healthy.

WHO IS AT RISK?

- Family history of diabetes
- Overweight or obesity
- Physical inactivity
- Unhealthy diet
- High blood pressure or cholesterol
- Age above 40 years
- Smoking and excessive alcohol use



**EARLY DETECTION
SAVES LIVES**

HIGH BLOOD SUGAR CAN LEAD TO SERIOUS COMPLICATIONS



GOOD NEWS:
DIABETES CAN BE **PREVENTED**
AND WELL **MANAGED**.

PREVENTION IS IN YOUR HANDS



EAT HEALTHY

Choose whole grains, fruits, vegetables, lean proteins and healthy fats. Avoid sugary drinks and processed foods.



STAY ACTIVE

Be physically active for at least 30 minutes a day, 5 days a week.



MAINTAIN A HEALTHY WEIGHT

Even a 5-10% weight loss can reduce your risk.



AVOID TOBACCO & LIMIT ALCOHOL

Say no to smoking. Drink alcohol only in moderation.



MANAGE STRESS

Practice yoga, meditation, deep breathing or hobbies you enjoy.



REGULAR CHECK-UPS

Monitor your blood sugar, blood pressure and cholesterol regularly.

PREVENT TODAY FOR A BETTER TOMORROW



Diabetes is not just about sugar,
It's about your future.
Small steps today,
lead to a
diabetes-free tomorrow.



GET SCREENED. STAY INFORMED. STAY HEALTHY.



If you notice any symptoms or have concerns,
CONSULT YOUR DOCTOR WITHOUT DELAY.
Early detection. Timely care. Better outcomes.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:05/08/2026



HEALTH EDUCATION

CA CERVIX AWARENESS AND PREVENTION



CA CERVIX. *Be Aware, Stay Protected*

EARLY DETECTION CAN SAVE LIVES

Cervical cancer is a cancer that develops in the cervix, the lower part of the uterus.

WHAT IS CA CERVIX?



Ca Cervix occurs when abnormal cells in the cervix grow uncontrollably. It is mostly caused by Human Papillomavirus (HPV) infection.

SYMPTOMS (MAY APPEAR IN ADVANCED STAGES)



- Unusual vaginal bleeding (after intercourse, between periods or after menopause)
- Foul-smelling vaginal discharge
- Pain during intercourse
- Pain in lower abdomen or pelvis
- Pain during urination

Note: Early stages may have no symptoms. Regular screening is the key!

RISK FACTORS

- Early age at first sexual activity
- Multiple sexual partners
- HPV infection
- Smoking
- Weak immune system
- Long-term use of oral contraceptives



CERVICAL CANCER IS PREVENTABLE.
TOGETHER, WE CAN END IT.

REGULAR SCREENING CAN DETECT EARLY CHANGES



PAP SMEAR TEST

Recommended for women 21–65 years, once in 3 years.



HPV DNA TEST

Recommended for women 30–65 years, once in 5 years.



Consult your doctor to know the right test and frequency for you.

PREVENTION IS IN YOUR HANDS



GET HPV VACCINATED

HPV vaccine is safe and effective. Best given between ages 9–14 (can be given up to 26 years).



PRACTICE SAFE SEX

Use protection and limit the number of sexual partners.



EAT HEALTHY

Eat a balanced diet rich in fruits, vegetables and antioxidants.



STAY ACTIVE

Regular exercise strengthens your immune system.



AVOID TOBACCO

Smoking increases the risk of cervical cancer.



MAINTAIN GOOD HYGIENE

Practice good personal hygiene and safe habits.

SCREEN TODAY. LIVE TOMORROW.

Early detection saves lives.



BE AWARE. GET SCREENED. STAY PROTECTED.



If you experience any symptoms, consult your doctor without delay.
EARLY DETECTION. TIMELY CARE. BETTER OUTCOMES.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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IEC ACTIVITY:06/08/2026



HEALTH EDUCATION

CA BREAST AWARENESS AND PREVENTION



BREAST CANCER

EARLY DETECTION CAN SAVE LIVES



EARLY
DETECTION
GIVES THE BEST
CHANCE OF
SUCCESSFUL
TREATMENT.

BE AWARE. GET CHECKED. STAY HEALTHY.

WHAT IS BREAST CANCER?

Breast cancer occurs when abnormal cells in the breast grow uncontrollably and form a lump or tumor. It can affect women of any age, but risk increases as you get older.



SIGNS AND SYMPTOMS



New lump or thickening in the breast



Change in size or shape of the breast



Nipple discharge (especially bloody)



Nipple changes or inversion



Dimpling or puckering of the skin



Pain or lump in the armpit



If you notice any of these changes, consult a doctor. Not all lumps are cancer, but every lump needs evaluation.

DO MONTHLY BREAST SELF-EXAM



1. LOOK

Look for changes in size, shape, or color in the mirror.



2. RAISE

Raise your arms and look for any changes.



3. LIE DOWN

Lie down and feel your breast with your fingers in a circular motion.



4. IN SHOWER

Feel for lumps while showering.



Do this once a month, a few days after your period.

PREVENTION & RISK REDUCTION



EAT HEALTHY

Eat more fruits, vegetables, whole grains and healthy fats.



STAY ACTIVE

Exercise regularly and stay physically active.



MAINTAIN A HEALTHY WEIGHT

Being overweight increases the risk.



AVOID TOBACCO & ALCOHOL

Smoking and alcohol increase the risk of breast cancer.



BREASTFEED IF POSSIBLE

Breastfeeding may lower the risk.



MANAGE STRESS

Take care of your mental health and get enough sleep.

REGULAR SCREENING IS IMPORTANT



- Women aged 40 and above should have a mammogram once a year or as advised by your doctor.



Early detection gives the best chance of successful treatment.



EARLY DETECTION. TIMELY TREATMENT. BETTER OUTCOME.
BE AWARE. TAKE CARE AND ENCOURAGE OTHERS TO DO THE SAME.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:07/08/2026



HEALTH EDUCATION LIFESTYLE MODIFICATION FOR NCD



NCD AWARENESS



PREVENT TODAY - LIVE TOMORROW

RISK ASSESSMENT

- High Blood Pressure
- High Blood Sugar
- Overweight / Obesity
- Unhealthy Diet
- Physical Inactivity
- Tobacco Use
- Excess Alcohol
- Stress
- Family History
- Age > 30 years
- Get regular check-up
Know your numbers

LIFE MODIFICATION

EAT HEALTHY



More fruits, vegetables,
whole grains and
balanced diet

BE ACTIVE



At least 30 minutes of moderate
exercise daily

MAINTAIN NORMAL WEIGHT



Keep your BMI
in normal range

AVOID TOBACCO



Quit tobacco
in any form

LIMIT ALCOHOL



Avoid or limit
alcohol
consumption

MANAGE STRESS



Practice yoga,
meditation and
relaxation



SLEEP WELL

7-8 hours of
quality sleep daily

NCDs CAN LEAD TO



Heart Disease
(Heart Attack)



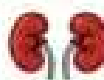
Diabetes
(High Blood Sugar)



Stroke



Chronic Lung Disease



Kidney Disease



Cancer

SMALL CHANGES TODAY,
BIGGER HEALTHY TOMORROW



CHOOSE HEALTH, NOT NCDs

REGULAR CHECK-UP CAN DETECT EARLY, TREAT EARLY & SAVE LIVES



EAT
HEALTHY



BE
ACTIVE



MAINTAIN
WEIGHT



AVOID
TOBACCO



LIMIT
ALCOHOL



MANAGE
STRESS



SLEEP
WELL



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:08/08/2026



HEALTH EDUCATION PREVENTION AND AWARENESS FOR NCD



PREVENT NCDs, PROTECT YOUR FUTURE!

NON-COMMUNICABLE DISEASES ARE PREVENTABLE.

A HEALTHY TODAY, A BETTER TOMORROW.

Small
Changes
Big
Difference

WHAT ARE NCDs?

Non-Communicable Diseases are long-term conditions that are not passed from person to person.

They include:

- Heart Diseases (Heart attack, Stroke)
- Diabetes
- Chronic Respiratory Diseases (COPD, Asthma)
- Cancers
- Other Chronic Diseases (Kidney disease, Liver disease and more)

KEY RISK FACTORS



EARLY SIGNS - DON'T IGNORE

- Chest pain, breathlessness
- Frequent urination, increased thirst
- Persistent cough
- Unexplained weight loss or gain
- Severe fatigue, dizziness, headache

EARLY DETECTION
CAN SAVE LIVES!

ACT TODAY FOR A HEALTHIER TOMORROW



WHAT YOU CAN DO



GET SCREENED, STAY PROTECTED

Regular check-ups help detect NCDs early and prevent complications.



Health is your greatest wealth.
Choose a Healthy Lifestyle. Choose a Better Tomorrow.



Together, we can
build a healthier nation!



EAT WELL. MOVE MORE. LIVE TOBACCO-FREE. GET CHECKED REGULARLY. STAY HEALTHY. STAY HAPPY.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:10/08/2026



HEALTH EDUCATION

HYPERTENSION AWARENESS



HYPERTENSION

SILENT TODAY, SERIOUS TOMORROW.

BE AWARE. TAKE ACTION. STAY HEALTHY.

Hypertension (High Blood Pressure) is a long-term condition in which the force of blood against artery walls is too high.

Early detection and healthy habits can prevent complications.



KNOW THE SIGNS (Often No Symptoms)



Headache



Dizziness



Fatigue



Blurred vision



Shortness of breath



Chest pain

Many people have high blood pressure without any symptoms.
Get your BP checked regularly.

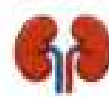
HIGH BLOOD PRESSURE CAN LEAD TO SERIOUS COMPLICATIONS



Heart Attack



Stroke



Kidney Disease



Vision Loss



Blocked Arteries



Heart Failure

WHO IS AT RISK?

- Family history of hypertension
- High salt diet
- Physical inactivity
- Overweight or obesity
- Stress, smoking and alcohol use
- Age above 40 years



CHECK YOUR BLOOD PRESSURE



- Adults should check BP at least once a year
- If you have BP more than 140/90 mmHg, consult your doctor
- Take medicines regularly as prescribed. Do not stop on your own.

KNOW YOUR NUMBERS

CATEGORY	SYSTOLIC (mmHg)	DIASTOLIC (mmHg)
Normal	Less than 120	Less than 80
Elevated	120 - 129	Less than 80
Hypertension Stage 1	130 - 139	80 - 89
Hypertension Stage 2	140 or higher	90 or higher
Hypertension Crisis	Higher than 180	Higher than 120

(As per guidelines - Consult your doctor for diagnosis and treatment)

PREVENTION IS IN YOUR HANDS



EAT HEALTHY

Choose fruits, vegetables, whole grains, low-fat dairy. Eat less salt (<5g per day) and less oily food.



STAY ACTIVE

Be physically active for at least 30 minutes a day, 5 days a week.



MAINTAIN HEALTHY WEIGHT

Loss extra weight and keep your BMI in healthy range.



AVOID TOBACCO & LIMIT ALCOHOL

Quit smoking. Drink alcohol only in moderation.



MANAGE STRESS

Practice relaxation techniques like yoga, meditation or deep breathing.



SLEEP WELL

Get 7-8 hours of quality sleep every night.



REGULAR CHECK-UPS

Check your blood pressure regularly. Follow your doctor's advice and take medicines on time.

Small steps today
can prevent big
problems tomorrow.

LIVE LONG, STAY STRONG!



GET CHECKED. | KEEP CONTROL. | LIVE BETTER.



If you have symptoms or concerns,
CONSULT YOUR DOCTOR WITHOUT DELAY.
Early detection. Timely care. Better outcomes.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:11/08/2026



HEALTH EDUCATION

DIABETES MELLITUS AWARENESS

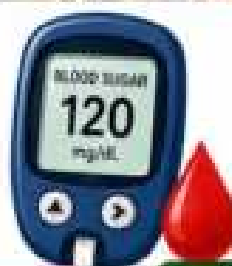


DIABETES MELLITUS

— BE AWARE. TAKE ACTION. STAY HEALTHY. —

Diabetes is a chronic condition that occurs when the body cannot use **blood sugar (glucose)** properly.

EARLY DETECTION CAN PREVENT COMPLICATIONS.



GOOD NEWS:
DIABETES CAN BE
PREVENTED,
MANAGED AND
CONTROLLED.

KNOW THE SYMPTOMS



Increased thirst



Frequent urination



Fatigue



Blurred vision



Increased hunger



Unexplained weight loss



Slow healing of cuts or wounds



Numbness or tingling in hands or feet



Symptoms may be mild or absent.
Get your blood sugar checked regularly.

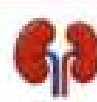
HIGH BLOOD SUGAR CAN LEAD TO SERIOUS COMPLICATIONS



Heart Disease



Stroke



Kidney Damage



Eye Damage (Retinopathy)



Nerve Damage (Neuropathy)



Foot Problems (Infections, Ulcers)

WHO IS AT RISK?

- Family history of diabetes
- Overweight or obesity
- Physical inactivity
- Unhealthy diet
- High blood pressure or cholesterol
- Age above 40 years



WHAT IS DIABETES?

When we eat, our food turns into glucose (sugar) that gives energy. Insulin, a hormone made by the pancreas, helps glucose enter the cells. In diabetes, either the body doesn't produce enough insulin or can't use it properly, causing high blood sugar.



CHECK YOUR BLOOD SUGAR



Everyone above 30 years should check blood sugar at least once a year. Early detection, Better management, Healthier life.

NORMAL BLOOD SUGAR LEVELS

Fasting (After 8 hours of fast)	70 – 99 mg/dL
Post Meal (2 hours after meal)	Less than 140 mg/dL
Random (Any time of the day)	Less than 200 mg/dL

SMALL STEPS TODAY, HEALTHY TOMORROW.

Together we can prevent diabetes and live a healthy life.



GET SCREENED. | STAY INFORMED. | STAY HEALTHY.



If you notice any warning signs or have concerns,
CONSULT YOUR DOCTOR WITHOUT DELAY.
Early diagnosis saves lives.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:12/08/2026
HEALTH EDUCATION
CERVICAL CANCER AWARENESS



CERVICAL CANCER AWARENESS & PREVENTION

KNOWLEDGE IS PROTECTION

1 PRIMARY PREVENTION HPV VACCINATION

Vaccinate girls (9-14 yrs) against Human Papillomavirus (HPV) for Cancer Prevention. Safe, Effective & Simple.

2 SECONDARY PREVENTION: REGULAR SCREENING

Screening Detects Early Changes Cervical Cancer, even before Symptoms appear. Stay Safe.
VIA: PAP Test, HPV DNA

3 RECOGNIZE EARLY SYMPTOMS

Abnormal bleeding
Foul-smelling discharge
Persistent foul smell, bleeding, pain, or discomfort? Seek medical advice early.
Early Detection Saves Lives.

4 STIGMA REDUCTION & SAFE HYGIENE

Cervical Cancer is Preventable & Treatable. Let's Talk, Good Hygiene and Regular Check-ups are Essential.
#Community Support

COMMUNITY
DETECTION
INITIATIVE

**ACT NOW! TALK TO YOUR ASHA/ANM WORKER.
GET VACCINATED. GET SCREENED. SAVE LIVES.**

DEPARTMENT OF
HEALTH &
FAMILY WELFARE

TAMIL NADU
GOVERNMENT

STAY HEALTHY

STAY PROTECTED

LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:13/08/2026



HEALTH EDUCATION

CARCINOMA BREAST AWARENESS



**BE AWARE
BE BRAVE**
Be a Survivor ♥

BREAST CANCER AWARENESS

EARLY DETECTION ♥ SAVES LIVES

Together, let's fight Breast Cancer
with Awareness, Screening & Support.

OCTOBER

is
**BREAST
CANCER
AWARENESS
MONTH**



RISK FACTORS

- Increasing age
- Family history of breast or ovarian cancer
- Alcohol consumption
- Early menstruation (before 12 yrs)
- Smoking
- Late menopause (after 55 yrs)
- Hormone replacement therapy
- No breastfeeding
- Obesity, physical inactivity

SIGNS & SYMPTOMS



SELF BREAST EXAMINATION

- 1. LOOK**
Look in the mirror with shoulders straight and arms on hips. Then raise your arms and look for changes.
- 2. FEEL - UP & DOWN**
Use the pads of your three middle fingers. Move up and down covering the whole breast.
- 3. FEEL - SIDE TO SIDE**
Move your fingers side to side from the armpit to the breastbone.
- 4. FEEL - NIPPLE**
Gently squeeze the nipple to check for any discharge.

Do this once a month,
a few days after your period.

Support patients
a few days after your period.

**EARLY DETECTION CAN LEAD TO
BETTER TREATMENT & COMPLETE CURE**

Get screened
regularly

Consult a doctor
if you notice any
changes

SCREENING SAVES LIVES

- Clinical Breast Exam - by doctor
- Mammography - as advised (above 40 yrs or earlier if at risk)
- Regular Self Examination



*You are stronger
than you think.*
**DON'T IGNORE.
GET CHECKED.**
STAY SAFE. STAY HEALTHY.

SUPPORT. CARE. HOPE.

Your awareness today
can save a life tomorrow.

*Let's defeat
breast cancer together! ♥*



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:14/08/2026

HEALTH EDUCATION

Risk assessment score and life style
modification patient education



KNOW YOUR RISK, CHANGE YOUR LIFE!

Assess Today, Protect Tomorrow

Small changes
today can
prevent
big problems
tomorrow.



RISK ASSESSMENT SCORE – KNOW YOUR NUMBERS

This simple score helps estimate your risk of developing heart disease, diabetes and other chronic conditions in the next 10 years.

RISK FACTOR	WHAT IS ASSESSED	POINTS
 AGE	< 40 years 40 – 54 years 55 – 64 years ≥ 65 years	0 2 3 4
 BODY MASS INDEX (BMI) kg/m²	< 23 23 – 24.9 25 – 29.9 ≥ 30	0 1 2 3
 BLOOD PRESSURE (mmHg)	< 120 / 80 120 – 139 / 80 – 89 140 – 159 / 90 – 99 ≥ 160 / ≥ 100	0 1 2 3
 BLOOD SUGAR (Fasting)	< 100 mg/dL 100 – 125 mg/dL 126 – 159 mg/dL ≥ 160 mg/dL / Known Diabetes	0 1 2 3
 CHOLESTEROL (Total)	< 180 mg/dL 180 – 199 mg/dL 200 – 239 mg/dL ≥ 240 mg/dL	0 1 2 3
 TOBACCO USE	- No - Yes	0 3
 FAMILY HISTORY (Premature CVD*)	- No - Yes	0 2

*CVD = Cardiovascular Diseases (heart attack, stroke) before age 55 in male or before age 65 in female in first degree relatives.

CALCULATE YOUR TOTAL SCORE

Add the points from all the factors.

INTERPRET YOUR RISK

0 – 4 POINTS LOW RISK		Keep it up! Maintain a healthy lifestyle.
5 – 9 POINTS MODERATE RISK		Take action! Lifestyle changes can prevent disease.
10 – 14 POINTS HIGH RISK		High chance of disease. Medical evaluation and lifestyle changes are essential.
≥ 15 POINTS VERY HIGH RISK		Very high risk! Consult your doctor immediately.

GET CHECKED REGULARLY

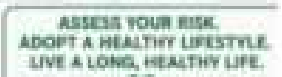


- Blood Pressure
- Blood Sugar
- Cholesterol
- Body Weight / BMI

Early detection
saves lives.

LIFESTYLE MODIFICATION – SMALL CHANGES, BIG BENEFITS

EAT HEALTHY  Eat more fruits, vegetables, whole grains and pulses. Choose healthy fats (nuts, seeds, olive oil). Limit salt, sugar, saturated and trans fats.	BE PHYSICALLY ACTIVE  • At least 150 minutes of moderate exercise per week. • Brisk walking, cycling, swimming, yoga, etc. • Avoid prolonged sitting.	MAINTAIN HEALTHY WEIGHT  • Aim for Body Mass Index in the normal range (18.5 – 24.9). • Even 5 – 10% weight loss improves health.	QUIT TOBACCO  • Tobacco is a major cause of heart disease, stroke, cancer and lung disease. • Quitting today, adds years to your life.	MANAGE STRESS  • Practice relaxation techniques – deep breathing, meditation, prayer. • Take enough sleep (7 – 8 hours).	LIMIT ALCOHOL  • Avoid or limit alcohol consumption. • If you drink, keep it within recommended limits.
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STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:15/08/2026

HEALTH EDUCATION

NCD AWARENESS AND PREVENTION



NCD AWARENESS & PREVENTION

Small Steps Today, Healthy Life Tomorrow

Non-Communicable Diseases (NCDs) are long-term conditions that are not passed from person to person. They are preventable and controllable.

Make healthy choices. Protect your future.



41 MILLION
deaths every year
globally are due to NCDs
(74% of all deaths)



77%
of NCD deaths
occur in low- and
middle-income
countries



NCDs can affect
anyone, at any age,
but early prevention
can save lives



NCDs cost health
systems and
families billions
every year

WHAT ARE NCDs?

NCDs are chronic diseases that typically have a slow progression and long duration.

- Heart Diseases
- Stroke
- Cancer
- Chronic Respiratory Diseases
- Diabetes
- Hypertension
- and others



THE MAJOR NCDs

HEART DISEASES



Includes heart attacks, coronary artery diseases, heart failure.

Key Signs

- Chest pain or discomfort
- Shortness of breath
- Fatigue
- Swelling in legs or ankles
- Irregular heart beat

DIABETES



A condition that affects how the body uses blood sugar (glucose).

Key Signs

- Increased thirst
- Frequent urination
- Extreme fatigue
- Blurred vision
- Slow healing of wounds

CANCER



A group of diseases where abnormal cells grow uncontrollably.

Key Signs

- Unexplained weight loss
- Persistent fatigue
- Lump or Mass
- Change in bleeding
- Change in bowel or bladder habits

CHRONIC RESPIRATORY DISEASES



Includes asthma, COPD and other lung diseases.

Key Signs

- Chronic cough
- Breathlessness
- Wheezing
- Chest tightness
- Frequent respiratory infections

HYPERTENSION



High blood pressure that can lead to heart disease, stroke and kidney failure.

Key Signs

- Often has no symptoms
- Spots/flashes
- Dizziness
- Chest pain
- Shortness of breath

RISK FACTORS



TObACCO USE

Smoking and tobacco use greatly increase the risk of NCDs.



UNHEALTHY DIET

High salt, sugar, and unhealthy fat lead to obesity, diabetes, and heart disease.



PHYSICAL INACTIVITY

Lack of regular exercise increases the risk of many NCDs.



HARMFUL USE OF ALCOHOL

Excessive alcohol can cause liver disease, cancers and heart problems.



OVERWEIGHT / OBESITY

Leads to diabetes, heart disease, hypertension and certain cancers.



STRESS

Chronic stress can increase blood pressure and lead to unhealthy behaviors.



HIGH BLOOD PRESSURE

A major risk factor for heart disease and stroke.



HIGH BLOOD SUGAR

Uncontrolled sugar damages organs, blood vessels and nerves.



HIGH CHOLESTEROL

Leads to blockages in blood vessels and increases heart attack risk.



These risk factors are largely preventable. Small changes can make a big difference!

PREVENTION - THE KEY TO A HEALTHY LIFE



EAT HEALTHY

Get a diet rich in fruits, vegetables, whole grains, proteins, nuts and healthy fats.

BE ACTIVE

Be physically active for at least 30 minutes every day.

MAINTAIN HEALTHY WEIGHT

Active and maintain a healthy body weight.

QUIT TOBACCO

Quit smoking and avoid all forms of tobacco.

LIMIT ALCOHOL

Limit alcohol intake. Don't drink and drive.

MANAGE STRESS

Practice yoga, meditation and relaxation techniques.

GET REGULAR CHECK-UPS

Regular screening helps in early detection and treatment.

FOLLOW MEDICATION

Take prescribed medicines regularly and follow advice.

Remember: Prevention is always better, easier and cheaper than cure.

CHECK - CONTROL - PROTECT



A healthy you, a happy family, a strong nation.

EVERY SMALL STEP COUNTS

- ✓ Choose healthy, not fatty
- ✓ Start today, stay healthy tomorrow
- ✓ Your health is your greatest wealth
- ✓ Together, let's build a healthier nation!



ACT TODAY. PREVENT NCDs. LIVE LONGER, LIVE BETTER.



Healthy Lifestyle



Early Detection

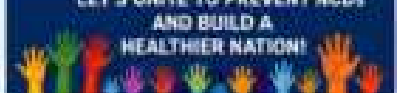


Timely Treatment



Better Quality of Life

**LET'S UNITE TO PREVENT NCDs
AND BUILD A
HEALTHIER NATION!**



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY: 17/08/2026

HEALTH EDUCATION HYPERTENSION AWARENESS



KNOW YOUR RISK, CHANGE YOUR LIFE!

Assess Today, Protect Tomorrow

Small changes
today can
prevent
big problems
tomorrow.



RISK ASSESSMENT SCORE - KNOW YOUR NUMBERS

This simple score helps estimate your risk of developing heart disease, diabetes and other chronic conditions in the next 10 years.

RISK FACTOR	WHAT IS ASSESSED	POINTS
AGE	< 40 years 40 - 54 years 55 - 64 years ≥ 65 years	0 2 3 4
BODY MASS INDEX (BMI) kg/m ²	< 18.5 18.5 - 24.9 25 - 29.9 ≥ 30	0 1 2 3
BLOOD PRESSURE (mmHg)	< 120 / 80 120 - 139 / 80 - 89 140 - 159 / 90 - 99 ≥ 160 / ≥ 100	0 1 2 3
BLOOD SUGAR (Fasting)	< 100 mg/dL 100 - 125 mg/dL 126 - 159 mg/dL ≥ 160 mg/dL / Known Diabetes	0 1 2 3
CHOLESTEROL (Total)	< 160 mg/dL 160 - 199 mg/dL 200 - 239 mg/dL ≥ 240 mg/dL	0 1 2 3
TOBACCO USE	- No - Yes	0 1
FAMILY HISTORY (Premature CVD*)	- No - Yes	0 2

*CVD = Cardiovascular Disease (heart attack, stroke) before age 55 in male or before age 65 in female in first-degree relatives.

CALCULATE YOUR TOTAL SCORE

Add the points from all the factors.

INTERPRET YOUR RISK

0 - 4 POINTS LOW RISK		Keep it up! Maintain a healthy lifestyle.
5 - 9 POINTS MODERATE RISK		Take action! Lifestyle changes can prevent disease.
10 - 14 POINTS HIGH RISK		High chance of disease. Medical evaluation and lifestyle changes are essential.
≥ 15 POINTS VERY HIGH RISK		Very high risk! Consult your doctor immediately.

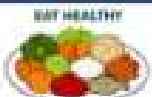
GET CHECKED REGULARLY



- Blood Pressure
- Blood Sugar
- Cholesterol
- Body Weight / BMI

Early detection
saves lives.

LIFESTYLE MODIFICATION - SMALL CHANGES, BIG BENEFITS



- Eat more fruits, vegetables, whole grains and pulses.
- Choose healthy fats: nuts, seeds, olive oil.
- Limit salt, sugar, saturated and trans fats.



- At least 150 minutes of moderate exercise per week.
- Brisk walking, cycling, swimming, yoga.
- Avoid prolonged sitting.



- Aim for Body Mass Index (BMI) in the normal range (18.5 - 24.9).
- Even 5 - 10% weight loss improves health.



- Tobacco is a major cause of heart disease, stroke, cancer and lung disease.
- Quitting today adds years to your life.



- Practice relaxation techniques: deep breathing, meditation, prayer.
- Take enough sleep (7 - 8 hours).



- Avoid or limit alcohol consumption.
- If you drink, keep it within recommended limits.



**HEALTHY TODAY,
HEALTHY TOMORROW**
Your health is in your hands.
Make the right choice, every day.



Stronger Heart



Better Mental Health



Stronger Immunity



More Energy & Productivity



Larger, Happier Life

BENEFITS OF A HEALTHY LIFESTYLE

**ASSESS YOUR RISK,
ADOPT A HEALTHY LIFESTYLE.
LIVE A LONG, HEALTHY LIFE.**



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL
COLLEGE AND HOSPITAL
DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:18/08/2026

HEALTH EDUCATION
DIABETES AWARENESS AND
PREVENTION



World
Diabetes
Day
14 November

Diabetes Awareness & Prevention

Small Choices Today, A Healthier Tomorrow



What is Diabetes?



Diabetes is a long-term (chronic) condition that occurs when the body does not produce enough insulin or cannot effectively use the insulin it produces, leading to high blood sugar (glucose) levels in the blood.



Know Your Numbers

- Fasting Blood Sugar: 70-99 mg/dL
- Post Meal Sugar: <140 mg/dL
- HbA1c: <5.7% (Normal)

Types of Diabetes

- Type 1 Diabetes**
Usually diagnosed in children and young adults
- Type 2 Diabetes**
More common, usually in adults (also seen in younger people)
- Gestational Diabetes**
Occurs during pregnancy

Prevention Tips



Eat Healthy
Choose whole grains, fruits, vegetables, lean proteins



Be Physically Active
At least 150 minutes of moderate exercise per week



Maintain Healthy Weight
Avoid obesity



Quit Smoking
Protect your health



Limit Alcohol
Keep it in moderation



Manage Stress
Keep your mind healthy



Get Enough Sleep
7-8 hours daily

Risk Factors

- Family history of diabetes
- Overweight or obesity
- Physical inactivity
- Unhealthy diet
- Age (risk increases after 45 years)
- High blood pressure
- High cholesterol

Early Signs & Symptoms

- Frequent urination
- Excessive thirst
- Unexplained weight loss
- Extreme tiredness
- Blurred vision
- Slow healing of cuts
- Frequent infections
- Tingling or numbness in hands/feet

Get Regular Screening

- Early detection and proper management can prevent complications.
- Check your blood sugar regularly – it could save your life.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:19/08/2026

HEALTH EDUCATION

CERVICAL CANCER AWARENESS AND PREVENTION



CERVICAL CANCER AWARENESS & PREVENTION

— Early Detection Today, Hope for Tomorrow —



CERVICAL CANCER IS PREVENTABLE, TREATABLE & BEATABLE

WHAT IS CERVICAL CANCER?

Cervical cancer occurs in the cells of the cervix (the lower part of the uterus that opens into the vagina). It usually develops slowly and can be prevented with proper care and screening.



CAUSE



Persistent infection with **High-Risk Human Papillomavirus (HPV)** is the main cause of cervical cancer.

WHO IS AT RISK?

- Sexually active women
- Smokers
- Weakened immune system
- Early marriage & multiple sexual partners
- Multiple pregnancies & long-term use of oral contraceptives

Most cases occur in women aged **30-65 years**

PREVENTION IS POWER



HPV VACCINATION
Safe & effective vaccine for girls (9-14 years) can prevent most cervical cancers.



SAFE PRACTICES
Practice safe sex and be faithful to one partner.



QUIT SMOKING
Smoking increases the risk of cervical cancer.



HEALTHY LIFESTYLE
Eat healthy, exercise regularly & maintain good hygiene.

EARLY DETECTION SAVES LIVES

Regular screening can detect changes in cervical cells early, when treatment is most effective.



PAP SMEAR TEST
Every 3 years for women 21-65 years



HPV DNA TEST
Every 5 years for women 30-65 years



Talk to your doctor about the right time to start screening.



KEY SYMPTOMS

- Abnormal vaginal bleeding
- Unusual vaginal discharge
- Pain during intercourse

**SCREEN TODAY,
LIVE TOMORROW**



Don't Delay.
Get Screened.
Get Protected.



**SPREAD THE WORD.
SUPPORT EACH OTHER.
BEAT CERVICAL CANCER.**



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY: 20/08/2026

HEALTH EDUCATION

BREAST CANCER PREVENTION AND
AWARENESS



♥ EARLY DETECTION CAN SAVE LIVES ♥

BREAST CANCER AWARENESS

♥ AWARENESS. CARE. HOPE. ♥



Stronger together

Breast cancer is the most common cancer among women worldwide. But when detected early, it is highly treatable.

Let's spread awareness, support each other and save lives.

KNOW THE SIGNS

- New lump or thickening in the breast or underarm
- Change in size or shape of the breast
- Nipple discharge (other than breast milk)
- Red changes (itching, redness, or peeling)
- Nipple changes (inversion or swelling)
- Widespread redness or scaling appearance
- Persistent pain in any part of the breast
- Swelling in armpit or around the collarbone

If you notice any changes, consult a doctor without delay.

RISK FACTORS

- Increasing age
- Family history of breast or ovarian cancer
- Genetic mutations (BRCA1, BRCA2)
- Early menstruation (before 12 years)
- Late menopause (after 55 years)
- No pregnancy or first pregnancy after 30 years
- Obesity, sedentary lifestyle, smoking & alcohol

SCREENING SAVES LIVES

- BSE (Self Breast Exam)**
Once every month
7-10 days after menstruation
- CBE (Clinical Breast Exam)**
Every 1-3 years
by a qualified health professional
- MAMMOGRAPHY**
Every 1-2 years
for women above 40 years (or earlier if high risk)

Early detection + Better treatment + Greater survival

DON'T IGNORE TODAY,
TO BE HERE TOMORROW.



BE AWARE
BE CAREFUL
BEAT BREAST CANCER

YOU CAN MAKE A DIFFERENCE

- SPREAD AWARENESS
- SUPPORT SURVIVORS
- ENCOURAGE SCREENING
- SAVE LIVES

You are stronger than you think. | #BreastCancerAwareness

LET'S SUPPORT, CARE & EMPOWER WOMEN EVERYWHERE.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



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DEPARTMENT OF COMMUNITY MEDICINE

IEC ACTIVITY:21/08/2026



HEALTH EDUCATION



Risk assessment score and lifestyle modification



Risk Assessment Score & Lifestyle Modification

Know Your Risk - Take Control of Your Health



Risk Assessment Score

Helps to estimate the risk of developing cardiovascular disease (heart attack, stroke) in the next 10 years.

Key Risk Factors



Age
Gender
Blood Pressure
Blood Cholesterol
Blood Sugar (Diabetes)
Smoking / Tobacco Use
Physical Inactivity
Obesity / Overweight
Family History of Heart Disease

Risk Score Interpretation

Risk Score (10 Years)	Risk Level
< 10%	Low Risk
10-20%	Moderate Risk
> 20%	High Risk



Get your risk assessed by a healthcare provider and know your score. Early action can prevent future complications.

Lifestyle Modification

Small Changes, Big Benefits - A Healthier You



Healthy Diet

- Eat more fruits, vegetables, whole grains
- Limit salt, sugar and unhealthy fats
- Choose lean proteins (fish, dals, chicken)
- Avoid processed and junk food



Regular Physical Activity

- At least 150 minutes of moderate exercise per week
- Include walking, cycling, yoga or any preferred activity
- Stay active - stay healthy



Maintain Healthy Weight

- Keep Body Mass Index (BMI) in normal range



Quit Tobacco & Limit Alcohol

- Stop smoking - it reduces heart disease and cancer risk
- Avoid or limit alcohol consumption



Manage Stress

- Practice relaxation techniques - yoga, meditation, deep breathing
- Spend time with family and friends, pursue hobbies



Regular Health Check-ups

- Monitor blood pressure, blood sugar and cholesterol
- Follow medical advice and take medicines regularly



Adequate Sleep

- 7-8 hours of quality sleep daily



Know Your Risk • Make Healthy Choices • Live Longer, Live Better



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:22/08/2026

HEALTH EDUCATION



LIFE STYLE MODIFICATION FOR NCD



Small Changes,
Big Difference!

LIFESTYLE MODIFICATION FOR NCD PREVENTION & CONTROL

NCDs are largely preventable.
Adopt a **healthy lifestyle** today for a **healthier tomorrow!**

NON-COMMUNICABLE DISEASES (NCDs)

Heart Disease • Diabetes
Cancer • Chronic Lung Disease
Hypertension and more...

CAN BE PREVENTED

KEY LIFESTYLE MODIFICATIONS

1

EAT HEALTHY



- Eat more fruits, vegetables, whole grains and pulses.
- Choose healthy fats (nuts, seeds, olive oil).
- Limit red meat, processed food, salt, sugar and trans fats.
- Eat fresh, home-cooked meals.

2

BE PHYSICALLY ACTIVE



- Do at least 150 minutes of moderate aerobic activity per week.
- Include strength training and flexibility exercises twice a week.
- Take the stairs, walk more, sit less.

3

MAINTAIN HEALTHY WEIGHT



- Achieve and maintain ideal body weight.
- Even 5-10% weight loss can reduce risk of diabetes, hypertension and heart disease.
- Avoid central obesity (do not ignore waist size).

4

SAY NO TO TOBACCO



- Tobacco in any form is dangerous.
- It increases risk of heart disease, stroke, cancer and lung disease.
- Quit today for a healthier tomorrow.
- Seek help; support is available.

5

LIMIT ALCOHOL CONSUMPTION



- Avoid alcohol or consume in very limited amounts.
- Excess alcohol increases risk of liver disease, hypertension, cancers and accidents.

6

MANAGE STRESS & SLEEP WELL



- Practice relaxation techniques: deep breathing, meditation, yoga.
- Take time for hobbies and connect with loved ones.
- Sleep 7-8 hours every night.



REGULAR HEALTH CHECK-UPS

- Check your Blood Pressure, Blood Sugar, Blood Cholesterol and Body Mass Index.
- Early detection helps in early treatment and prevents complications.
- Follow your doctor's advice and keep regular follow-ups.



Reduces risk of heart disease and stroke



Helps prevent type 2 diabetes



Improves lung function and overall health



Improves mental well-being and quality of life

WHY IT MATTERS?

EVERY SMALL STEP COUNTS!

- Choose healthy, live longer.
- Your health, your responsibility.
- Start young, stay healthy.
- Healthy lifestyle today, better life tomorrow.



NCDs are **NOT** inevitable.
They are preventable
and manageable.

EAT RIGHT. MOVE MORE. LIVE BETTER.

Choose Health, Choose Life!



Your healthy choices today
can give you a longer,
happier and disease-free life.

A HEALTHY LIFESTYLE IS THE BEST MEDICINE - ADOPT IT, STICK TO IT, BENEFIT FROM IT.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY: 24/08/2026
HEALTH EDUCATION
HYPERTENSION AWARENESS



HYPERTENSION AWARENESS

KNOW YOUR NUMBERS, PROTECT YOUR FUTURE

High blood pressure (Hypertension) is a silent condition that can lead to serious complications like heart attack, stroke, kidney failure and vision loss.



1 IN 3
adults worldwide
has hypertension



Normal BP
≤ 120/80 mmHg
Let's keep
it that way!

WHAT IS HYPERTENSION?

It is a condition where the force of blood against the artery walls is consistently too high.

BLOOD PRESSURE CATEGORY	SYSTOLIC (mmHg)	DIASTOLIC (mmHg)
NORMAL	< 120	and < 80
ELEVATED	120-129	and < 80
STAGE 1 HYPERTENSION	130-139	or 80-89
STAGE 2 HYPERTENSION	≥ 140	or ≥ 90
HYPERTENSIVE CRISIS	≥ 180	and/or ≥ 120

*Classification as per American College of Cardiology / American Heart Association

OFTEN SILENT, SOMETIMES DEADLY

Many people have high blood pressure for years without any symptoms.

Possible symptoms

- Headache
- Dizziness
- Chest pain
- Blurring of vision
- Nosebleeds
- Ringing in ears

Do not ignore regular check-ups.
Early detection saves lives!

RISK FACTORS

- Family history
- Overweight or obesity
- Stress
- High salt diet
- Unhealthy diet
- Physical inactivity
- Smoking
- Excess alcohol consumption
- Increasing age

SERIOUS COMPLICATIONS

Uncontrolled hypertension can lead to:



Heart attack & Heart failure

Stroke

Kidney damage / failure

Vision loss

Peripheral artery disease

PREVENT IT. CONTROL IT. LIVE LONGER.

Make healthy choices every day.

- Eat a healthy diet - More fruits, vegetables, whole grains, less salt
- Exercise regularly - At least 30 minutes, 5 days a week
- Maintain a healthy weight
- Quit smoking and limit alcohol
- Manage stress - Sleep well, relax and stay positive
- Monitor your blood pressure regularly and take medicines as advised



CHECK YOUR BLOOD PRESSURE REGULARLY

- Everyone above 18 years should get it checked at least once a year.
- If you are above 40 years or have risk factors, check more frequently.
- Follow up regularly and follow your doctor's advice.
- Take medicines regularly. Do not stop on your own.

KEY MESSAGE



Control your blood pressure
Control your life!

Small changes today, healthier tomorrow.

MEASURE TODAY
LIVE TOMORROW



BE AWARE. TAKE CARE.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:25/08/2026

HEALTH EDUCATION

DIABETES PREVENTION AND AWARENESS





DIABETES

CONTROL TODAY, PREVENT TOMORROW!



Small Steps Today, Lifelong Health Tomorrow

WHAT IS DIABETES?

Diabetes is a chronic condition in which the body either does not produce enough insulin or cannot use it properly, leading to high blood sugar levels.



RISK FACTORS

- Family history of diabetes
- Overweight / Obesity
- Physical inactivity
- Unhealthy diet
- High blood pressure
- High cholesterol
- Smoking and alcohol
- Stress and poor sleep





KEEP YOUR BLOOD SUGAR IN CHECK

For a Healthy, Happy
and Longer Life!

CONTROL YOUR DIABETES

- MONITOR**
Check your blood sugar regularly.
- MEDICATION**
Take medicines as prescribed. Do not skip or stop.
- HEALTHY DIET**
Eat balanced meals with more vegetables, whole grains, and fiber.
- BE ACTIVE**
Exercise at least 30 minutes a day.
- MANAGE STRESS**
Practice relaxation, meditation and get enough sleep.
- REGULAR CHECK-UPS**
Visit your doctor regularly. Early detection prevents complications.



HIGH BLOOD SUGAR CAN LEAD TO:

- Heart Disease
- Kidney Failure
- Nerve Damage
- Eye Problems
- Foot Ulcers and Amputation

PREVENT DIABETES – MAKE HEALTHY CHOICES TODAY



EAT HEALTHY
Choose fresh, whole, and natural foods. Limit sugar, salt and unhealthy fats.



BE ACTIVE
Stay active every day. 30 minutes of exercise makes a big difference.



MAINTAIN WEIGHT
Keep your weight in a healthy range. Even 5–10% weight loss helps.



AVOID
Say NO to smoking and limit alcohol consumption.



SLEEP WELL
Get 7–8 hours of quality sleep every night.



MANAGE STRESS
Stress can increase blood sugar. Stay calm, stay healthy.

KNOW YOUR NUMBERS

Fasting Blood Sugar	70–99 mg/dL (Normal)
Post Meal (2 hrs)	< 140 mg/dL (Normal)
HbA1c	< 5.7% (Normal)

*Targets may vary. Consult your doctor.



Healthy Lifestyle + Regular Monitoring + Timely Treatment = Diabetes Under Control
Take Care Today, Stay Healthy Forever!



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:26/08/2026

HEALTH EDUCATION

CA CERVIX AWARENESS



CERVICAL CANCER

AWARENESS & PREVENTION

Early Detection Today, Hope for Tomorrow



BE AWARE
GET SCREENED
STAY SAFE



CERVICAL CANCER IS PREVENTABLE, TREATABLE & BEATABLE



WHAT IS CERVICAL CANCER?

Cervical cancer occurs in the cells of the cervix (the lower part of the uterus that opens into the vagina). It usually develops slowly and can be prevented with proper care and screening.



CAUSE



Persistent infection with **High-Risk Human Papillomavirus (HPV)** is the main cause of cervical cancer.



WHO IS AT RISK?

- Sexually active women
- Smokers
- Weakened immune system
- Early marriage & multiple sexual partners
- Multiple pregnancies & long-term use of oral contraceptives

Most cases occur in women aged **30-65 years**

PREVENTION IS POWER



HPV VACCINATION
Safe & effective vaccine for girls (9-14 years) can prevent most cervical cancers.



SAFE PRACTICES
Practice safe sex and be faithful to one partner.



QUIT SMOKING
Smoking increases the risk of cervical cancer.



HEALTHY LIFESTYLE
Eat healthy, exercise regularly & maintain good hygiene.

EARLY DETECTION SAVES LIVES

Regular screening can detect changes in cervical cells early, when treatment is most effective.



PAP SMEAR TEST
Every 3 years for women 21-65 years



HPV DNA TEST
Every 5 years for women 30-65 years



Talk to your doctor about the right time to start screening.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:21/08/2026
HEALTH EDUCATION
BREAST CANCER PREVENTION AND
AWARENESS



♥ EARLY DETECTION CAN SAVE LIVES ♥

BREAST CANCER AWARENESS

♥ AWARENESS. CARE. HOPE. ♥



Stronger together

“Breast cancer is the most common cancer among women worldwide. But when detected early, it is highly treatable.”

Let's spread awareness, support each other and save lives.

KNOW THE SIGNS

- New lump or thickening in the breast or underarm
- Change in size or shape of the breast
- Nipple discharge (other than milk)
- Skin changes (itching, redness, or puckering)
- Nipple changes (inverted or enlarged)
- Visible veins or unusual lump appearance
- Persistent pain in any part of the breast
- Swelling in armpit or around the collarbone

📞 If you notice any changes, consult a doctor without delay.

RISK FACTORS

- Increasing age
- Family history of breast or ovarian cancer
- Genetic mutations (BRCA1, BRCA2)
- Early menstruation (before 12 years)
- Late menopause (after 55 years)
- No pregnancy or first pregnancy after 30 years
- Obesity, sedentary lifestyle, smoking & alcohol

SCREENING SAVES LIVES

- BSE (Self Breast Exam)**
Once every month 7-10 days after menstruation
- CBE (Clinical Breast Exam)**
Every 1-3 years by a qualified health professional
- MAMMOGRAPHY**
Early 1-2 years for women above 40 years (or earlier if high risk)

🛡️ Early detection = Better treatment = Greater survival

DON'T IGNORE TODAY. TO BE HERE TOMORROW.



**BE AWARE
BE CAREFUL
BEAT BREAST CANCER**

YOU CAN MAKE A DIFFERENCE

-  **SPREAD AWARENESS**
-  **SUPPORT SURVIVORS**
-  **ENCOURAGE SCREENING**
-  **SAVE LIVES**

You are stronger than you think. | #BreastCancerAwareness

♥ LET'S SUPPORT, CARE & EMPOWER WOMEN EVERYWHERE.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY: 28/08/2026

HEALTH EDUCATION

Risk assessment score and lifestyle
modification patient education



KNOW YOUR RISK, CHANGE YOUR LIFE!

Assess Today, Protect Tomorrow

Small changes
today can
prevent
big problems
tomorrow.



RISK ASSESSMENT SCORE - KNOW YOUR NUMBERS

This simple score helps estimate your risk of developing heart disease, diabetes and other chronic conditions in the next 10 years.

RISK FACTOR	WHAT IS ASSESSED	POINTS
 AGE	< 45 years 45 - 54 years 55 - 64 years ≥ 65 years	0 1 2 3
 BODY MASS INDEX (BMI) kg/m ²	< 23 23 - 24.9 25 - 29.9 ≥ 30	0 1 2 3
 BLOOD PRESSURE (mmHg)	< 120 / 80 120 - 129 / 80 - 89 130 - 139 / 90 - 99 ≥ 140 / ≥ 100	0 1 2 3
 BLOOD SUGAR (Fasting)	< 100 mg/dL 100 - 125 mg/dL 126 - 159 mg/dL ≥ 160 mg/dL / Known Diabetes	0 1 2 3
 CHOLESTEROL (Total)	< 180 mg/dL 180 - 199 mg/dL 200 - 239 mg/dL ≥ 240 mg/dL	0 1 2 3
 TOBACCO USE	- No - Yes	0 3
 FAMILY HISTORY (Premature CVD*)	- No - Yes	0 2

*CVD = Cardiovascular Diseases (Heart disease). *Premature before age 55 in males or before age 65 in females in both sexes/families.

CALCULATE YOUR TOTAL SCORE

Add the points from all the factors.

INTERPRET YOUR RISK

0 - 4 POINTS LOW RISK		Keep it up! Maintain a healthy lifestyle.
5 - 9 POINTS MODERATE RISK		Take action! Lifestyle changes can prevent disease.
10 - 14 POINTS HIGH RISK		High chance of disease. Medical evaluation and lifestyle changes are essential.
≥ 15 POINTS VERY HIGH RISK		Very high risk! Consult your doctor immediately.

GET CHECKED REGULARLY



- Blood Pressure
- Blood Sugar
- Cholesterol
- Body Weight / BMI

Early detection
saves lives.

LIFESTYLE MODIFICATION - SMALL CHANGES, BIG BENEFITS

EAT HEALTHY  Eat more fruits, vegetables, whole grains and pulses. Choose healthier fats (nuts, seeds, olive oil). Limit salt, sugar, saturated and trans fats.	BE PHYSICALLY ACTIVE  • At least 150 minutes of moderate exercise per week. • Brisk walking, cycling, swimming, yoga. • Avoid prolonged sitting.	MAINTAIN HEALTHY WEIGHT  • Also for Body Mass Index in the normal range (18.5 - 22.9). • Even 5 - 10% weight loss improves health.	QUIT TOBACCO  • Tobacco is a major cause of heart disease, stroke, cancer and lung disease. • Quitting today adds years to your life.	MANAGE STRESS  • Practice relaxation techniques - deep breathing, meditation, prayer. • Take enough sleep (7 - 8 hours).	LIMIT ALCOHOL  • Avoid or limit alcohol consumption. • If you drink, keep it within recommended limits.
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HEALTHY TODAY,
HEALTHY TOMORROW
Your health is in your hands.



Stronger



Better Mental



Stronger



More Energy &



Longer, Happier

ASSESS YOUR RISK,
ADOPT A HEALTHY LIFESTYLE,
LIVE A LONG, HEALTHY LIFE.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



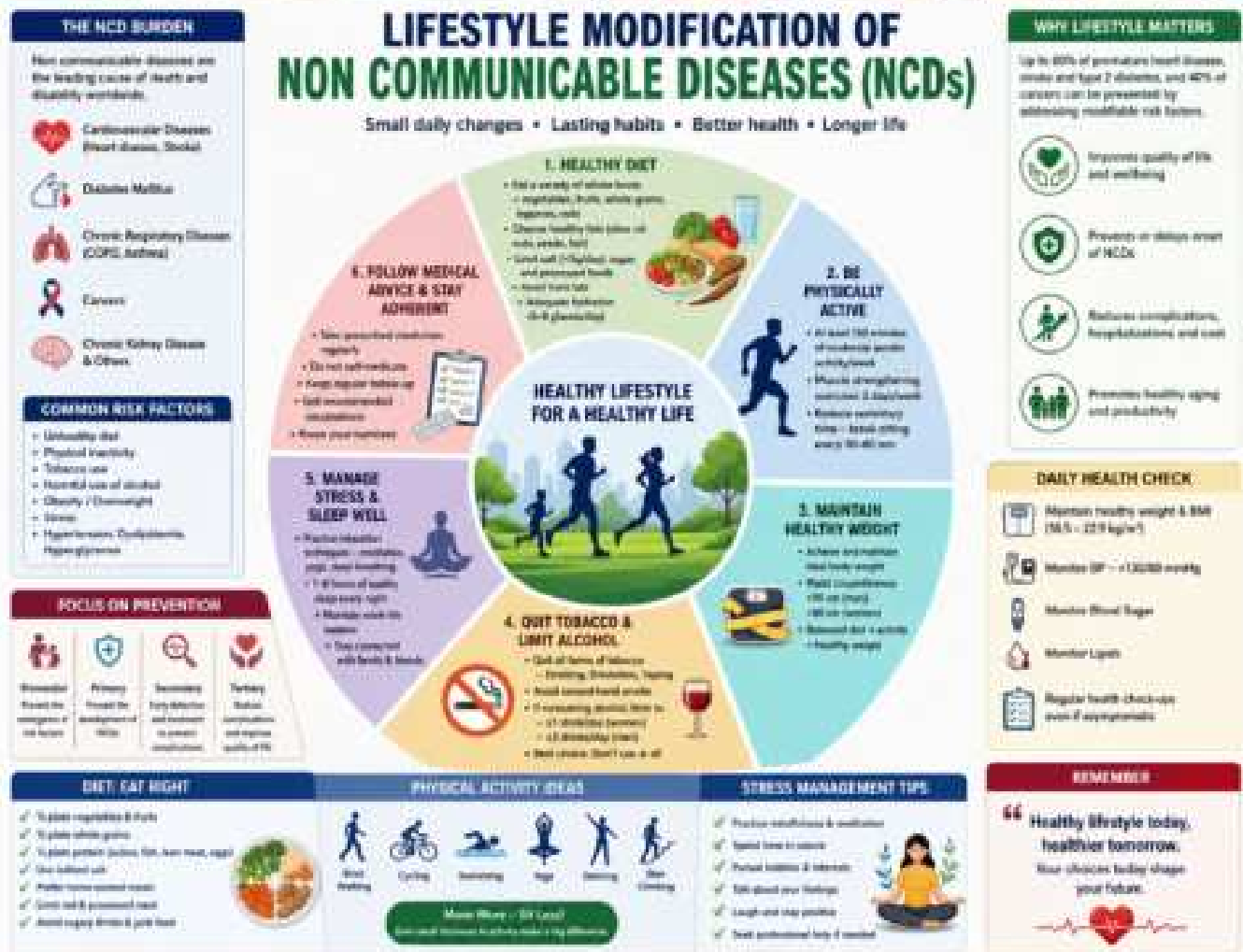
GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY: 29/08/2026

HEALTH EDUCATION
NCD AWARENESS



Adapt Healthy Habits • Be Consistent • Get Regular Check-ups • Build a Healthier Community

PREVENT NCDs - LIVE LONGER, LIVE BETTER



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE



GOVERNMENT THENI MEDICAL COLLEGE AND HOSPITAL

DEPARTMENT OF COMMUNITY MEDICINE



IEC ACTIVITY:31/08/2026
HEALTH EDUCATION
HYPERTENSION AWARENESS



HYPERTENSION PREVENTION & CONTROL

Small Steps Today. Healthy Heart Tomorrow

Hypertension (High Blood Pressure) is a "silent killer". It often has no symptoms but can lead to heart attack, stroke, kidney failure and other serious complications.

AWARE TODAY, HEALTHY TOMORROW!



PREVENT HYPERTENSION - ADOPT A HEALTHY LIFESTYLE



EAT HEALTHY
Eat more fruits, vegetables, whole grains and pulses. Reduce salt intake (4g/day).



BE ACTIVE
Do at least 30 minutes of brisk walk or any physical activity daily.



MAINTAIN HEALTHY WEIGHT
Keep your BMI in normal range. Lose weight if overweight.



AVOID TOBACCO & LIMIT ALCOHOL
Quit smoking. Avoid alcohol or consume in moderation.



MANAGE STRESS
Practice yoga, meditation, deep breathing and spend time with family and friends.



REDUCE SALT
Too much salt increases blood pressure. Avoid pickles, papad, processed and fast foods.



EAT POTASSIUM RICH FOODS
Include bananas, coconut water, leafy greens, beans and lentils.



DRINK ENOUGH WATER
Stay hydrated throughout the day.



SLEEP WELL
Get 7-8 hours of sound sleep every night.



REGULAR HEALTH CHECKUP
Check your BP regularly even if you feel healthy.

BE AWARE - WARNING SIGNS

(Any or many can be present)



Headache



Dizziness



Fatigue



Chest pain



Blurred vision



Regretions

Do not ignore these signs. Consult a doctor and check your BP.

CONTROL HYPERTENSION - FOLLOW 3 KEY STEPS



CHECK
Monitor your BP regularly. Keep a record.



TREAT
Take medicines regularly as prescribed. Do not stop on your own.



FOLLOW
Follow doctor's advice, healthy lifestyle and regular follow-up.

WHO IS AT RISK?

- Age > 45 years
- Family history of hypertension
- Overweight / Obesity
- Unhealthy diet & physical inactivity
- Stress
- Smoking
- Excess alcohol
- Diabetes / Kidney disease



**CONTROL YOUR BP,
CONTROL YOUR LIFE!**



Healthy Blood Pressure for a Healthy Life.
Let's Join Hands for a Hypertension Free Future.



Get your BP checked at least once in 6 months.



Early detection and control can prevent complications.



Your Heart. Your Health. Your Life.



STAY HEALTHY



STAY PROTECTED



LIVE A HEALTHY LIFE