

MONITOR HEALTHCARE LIMITED

NEWSLETTER

www.monitorhealthcare.com


"CELEBRATING WORLD MENTAL HEALTH DAY & UPCOMING COMMUNITY HEALTH PROGRAM"

October 10th, 2024, marked a significant day as we joined the global community to observe World Mental Health Day! At Monitor Healthcare Limited, we prioritize mental well-being and strive to create a supportive environment for all.

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

BREAST CANCER AWARENESS CAMPAIGN

This October, we're amplifying the importance of breast health. Our Breast Cancer Awareness Campaign aims to educate and empower individuals to take charge of their breast health.

All women can take steps to protect themselves against the risks involved with developing breast cancer. Breast cancer is usually found in women older than 55, but it is never too early or too late to be proactive about your breast health.



COMMUNITY HEALTH PROGRAM – LAGOS EAST

We're excited to announce our upcoming Community Health Program, benefiting 1,000 individuals in Lagos East! Community health is a medical practice which focuses on people's well-being in a particular geographical area. This essential public health sector covers programs to help neighborhood members in protecting and improving their health, deter the transmission of infectious diseases, and plan for natural disasters.

MEN'S HEALTH (250 BENEFICIARIES):

Protecting Men's Health: Early Detection for a Healthier Life

Monitor Healthcare Limited is committed to empowering men to take charge of their health. Our comprehensive screenings address critical health concerns, ensuring early detection and timely intervention

Benefits of Screenings:

1. Prostate Screening

Prevents prostate cancer-related deaths through early detection
Reduces risk of advanced prostate cancer
Improves treatment options and outcomes

2. Blood Pressure Check

Identifies hypertension, a major risk factor for heart disease and stroke
Enables timely lifestyle changes and treatment
Reduces risk of cardiovascular complications

3. Blood Sugar Testing

Detects diabetes and prediabetes
Prevents complications like nerve damage, kidney disease, and blindness
Encourages healthy lifestyle habits

4. Eye Examination

Identifies vision problems and eye diseases (e.g., glaucoma, cataracts)
Prevents vision loss and blindness
Improves overall eye health

Why Screenings Matter:

- 1 in 8 men will develop prostate cancer
- 1 in 5 men have high blood pressure
- 1 in 10 men have diabetes
- 75% of vision loss is preventable

Take Control of Your Health:

Don't wait until it's too late. Schedule your screenings today and:

- Reduce health risks
- Improve treatment outcomes
- Enhance overall well-being
- Set a healthy example for loved ones

WOMEN'S HEALTH (250 BENEFICIARIES)

Monitor Healthcare Limited is proud to announce its upcoming women's health initiative, benefiting 250 women in Lagos East!

Comprehensive Screenings:

1. Blood Pressure Check
2. Blood Sugar Testing
3. Eye Examination
4. Breast Screening
5. Cervical Screening

"Healthy Smiles, Healthy Lives: 500 Children to Benefit from Dental Assessment and Deworming"

Comprehensive Services:

1. Dental Assessment
 - Visual examination
 - Oral hygiene education
 - Detection of dental cavities and anomalies
2. Deworming
 - Administration of antiparasitic medication
 - Prevention of intestinal worms
 - Improvement of overall health and well-being



"Connecting You to Better Health"

MHL is thrilled to announce our classes have taken a new dimension, you can now have your classes via our hybrid plan that combines our most essential and advanced health care services into one flexible, cost-effective package.

Whether you are an healthcare professional looking to enhance your skills or an organization seeking to boost teams expertise this plan is tailored to meet your needs.

OUR HYBRID PLAN FEATURES:-

- Basic Life Support Training.
- Basic Trauma Life Support Training.
- First-Aid and AED usage Training.
- Venipuncture Training
- Health care assistant Training .
- Quality improvement Training .



This hybrid service is extremely flexible and can be done via online training or in-person training to make it easier than ever to fit these high quality training's into your busy schedule .

This hybrid plan provides a perfect blend of comprehensive health-care training and practical services and upon completion you will receive internationally recognized certification that will boost your qualification and enhance your career prospects.

Unlock Your Potential

Join our comprehensive training programs, designed to educate and equip you with:

1. Expert knowledge on healthcare best practices
2. Essential skills for healthy living
3. Cutting-edge technology integration
4. Personalized support and guidance

SIGN UP TODAY AND TRANSFORM YOUR HEALTHCARE EXPERTISE

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