

## Upcoming events

DHS kicks off the year as she participates in the SIDCAIN conference early February in Ibadan, aimed at improving diabetes care in Nigeria. We will be supporting the effort with free blood sugar and blood pressure checks and administering questionnaires to help the experts arrive at conclusions to enhance the fight against diabetes.

We are also launching in February what we call 'DHS Know Your Numbers Campaign' where with the support of our partners we will help people acquire blood sugar and blood pressure machines at highly subsidized cost so they can keep track of their numbers. We also intend to give away lots of free machines to low income earners.

## Past Events

DHS ended 2010 giving support to the Catholic Action Committee on AIDS as they celebrated World AIDS day on December 1st in Sabon Lugbe, Abuja FCT. We benefitted 100 persons with our free health care services.



Our wrap up time came with a visit to RCCG at FMG Park Area 11 where we benefitted 23 persons, ending the month with 123 beneficiaries. A much needed slow month as we have had a rather full year.



## Quick health tips

### Complications of sickle cell anemia

- Acute chest syndrome
- Anemia
- Blindness/vision impairment
- Brain and nervous system (neurologic) symptoms and stroke
- Death
- Disease of many body systems (kidney, liver, lung)
- Drug (narcotic) abuse
- Erectile dysfunction (as a result of priapism)
- Gallstones, Hemolytic crisis
- Infection, including pneumonia, gallbladder inflammation (cholecystitis), bone infection(osteomyelitis), and urinary tract infection
- Joint destruction, Leg sores (ulcers)
- Loss of function in the spleen
- Parvovirus B19 infection, leading to low red blood cell production (aplastic crisis)
- Splenic sequestration syndrome
- Tissue death in the kidney

## Announcements

### DHS 2011 Goals

Our goals for this year are to reach more people with our free healthcare services, strengthen our support system for those who suffer from diabetes and hypertension and maintain high hopes for the recovery of primary healthcare in our country.

### DHS on TV

Don't forget to join us on AIT, KAAKAKI every Tuesdays and Thursdays by 7am for AT HOME WITH DHS (Our very entertaining and informative TV health segment), ITV Abuja on Mondays and Fridays 9.45am.

### On Print

Leadership Newspaper on Mondays and National Assembly Legislative Digest

Stay healthy and remember that at DHS; We Help Because We Care!

### Support us

Support us and help bring better health to all Nigerians. There is no wastage. In whatever shape and whatever means your support comes to us, we and our beneficiaries will be thankful to have it. Partner with us to give free community healthcare to your local community. Place your announcements and adverts in our newsletter. Catch you next month!