

## Upcoming events

DHS is very involved in the set up and running of the NCD Alliance in Nigeria collaborating with like minded organisations. We will put up a presence at the WHO's NCD meeting in Russia ending April.

DHS is also teaming up with Cool FM to keep running her ongoing 'Know Your Numbers Campaign'. This will hold in the third week of April and will be announced tirelessly on Cool FM. As always, we will benefit the public with free health care services. Also benefitting this April are the 2 000 member strong St. Mary's Catholic Church in Karu, Abuja FCT.

Please remember to take advantage of our free/highly subsidized blood sugar and blood pressure measuring machines courtesy our 'Know Your Numbers Campaign'!

## Past Events



In March, we threw our hearts into a four day field work, supporting one of our mother organisations ( Association of Public Health Physicians of Nigeria) when she held her 27th Annual Scientific Meeting. We benefitted a total of 228 persons.



## Quick health tips

An ovarian cyst is a sac filled with fluid that forms on or inside of an ovary. Functional ovarian cysts are not the same as ovarian tumors (including ovarian cancer) or cysts due to hormone-related conditions such as polycystic ovary disease.

An ovarian cyst can cause pain if it:

- Bleeds
- Breaks open
- Is twisted or causes twisting (torsion) of the fallopian tube
- Pushes on nearby structures

Symptoms can include:

- Abnormal uterine bleeding (change from normal menstrual pattern)
  - o Absent menstruation
  - o Irregular menstruation
  - o Longer than usual menstrual cycle
  - o Shorter than usual menstrual cycle
- Bloating or swelling in the abdomen
- Pain during bowel movements
- Pain in the pelvis shortly after beginning or ending a menstrual period
- Pain with intercourse or pelvic pain during movement
- Pelvic pain -- constant, dull aching

Note: Often there are no symptoms.

## Announcements

### 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. You can also partner with us to run free mobile clinics in your locality.

Place your announcements and adverts in our newsletter. Catch you next month!