

Upcoming events

DHS continues to paint her world with good health. This month the good people of Waru village and Chafuyi village are on our list to benefit from our free health checks and services. The list keeps growing as more communities and organizations reach out to us, and we respond swiftly.

In the nearest future, DHS will be publishing her findings from all the years of relentless hard work. We and the experts of the Department of Community Medicine, University College, Ibadan are processing through our data and will make this happen soon.

Meanwhile our 'Know Your Numbers Campaign' continues. Avail yourselves the opportunity to acquire highly subsidized and/or free blood sugar, blood pressure checking machines plus a free monitoring chart.

Past Events



Whilst June was full of paper work and data processing for us, July more than made up for the lack of field activities. We kicked off by benefitting the Bolingo Hotel and Towers community when we supported the Center for Research on Political Economy (CREPOL) as she hosted her conference on Regional Integration in West Africa. Our CEO, Adanma Odefa also pitched in and chaired a plenary session.

Next in our line sight was a section of Waru village. The second section will

benefit this month.

DHS and her partner, Quath Glucometers showed up strongly to support the conference of the National Association of Community Pharmacists in Nigeria. Whilst DHS ran free health checks and services, Quath gave away hundreds of free glucometers. This is certainly a match made in heaven!



The Grace Apostolic Fire Ministry in Dakibiu area also benefited from DHS as she hosted her first Women's Convention. Members of the Dakibiu community enjoyed our free healthcare services and medication were also given away as prescribed by our consulting doctor. It was like manna from above!



We wrapped up the month with ECWA Church in Garki village relentlessly rendering the good services we have become well known for.

Quick health tips

Lactose intolerance is the inability to digest lactose (a type of sugar found in milk and other dairy products).

Symptoms

Abdominal bloating, abdominal cramps, diarrhea, floating stools

Foul-smelling stools, gas (flatulence), malnutrition, nausea, slow growth, weight loss

Symptoms often occur after you eat or drink milk products, and are often relieved by not eating or drinking milk products. Large doses of milk products may cause worse symptoms.

Announcements

We wish our co-founder/global liaison Lothar Rapior a happy birthday! He added one year on June 27th. Congratulations to our health officer Belinda Audu as she celebrated her birthday on the 29th of July. Hip hip hooray!!!

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!