



# Central Health Board of Khoja Shia Ithna-Asheri Supreme Council

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## CHB NEWS FLASH

### Ramadhan Mini Health Screening Program - A Great Success

The first ever Ramadhan Mini Health Screening program was introduced in Dar es Salaam in 2005, thereafter the program continued every year. For each passing year the participation increases, likewise the administration and quality improves. These factors enhance the confidence and entice the community members to participate in greater numbers. The fee for participation is less than a dollar per person just to cover the overhead admin cost, The program in Dsm was held daily from 8 pm to 10 pm for 18 nights of the holy month of Ramadhan 1430 (21<sup>st</sup> Aug to 8<sup>th</sup> Sept 2009). About 900 ladies and gents participated. A full report with statistics shall be issued in due course.

The program covered the following protocols:-

- Lifestyle Check – A brief Questionnaire
- Weight & Height = BMI
- Blood Pressure (BP) & Pulse Rate
- Blood Glucose (RBG)
- On the spot report of the results of the checkup
- Consultation with a Medical Doctor

#### The Objective of the Mini Health Checkup

To determine the prevalence and incidence rate of Diabetes, Hypertension, Abnormal Body Mass Index and Airway diseases.

Having sought the baseline information of the participant, if found necessary, the participating doctors prescribes further tests and investigations to rule out any major health conditions. Thereafter appropriate treatment or in some cases lifestyle changes are advised.

#### Organization of the Mini Health Checkup

CHB is grateful to Dr. Imran Hassam the Convenor of the above program, and to Dr. Shaina Yusuf who headed the ladies section of the program. We are also very grateful to the JAMSAA (Jaffery Medical Students Association of Africa) members, management of Ebrahim Haji Charitable Health Centre, Volunteers and Doctors from our community who whole heartedly participated in this program. We are also grateful to DSM Jamaat, Media Room and Br. Mushtak Damji, Br. Nizar Moloo and Br. Shabbir Bode for their assistance in facilitating the program in the Mosque compound.

The Convenor, Dr. Imran Hassam (seated third from the left) with the Chairman of CHB in a group photograph with some doctors, JAMSAA members and volunteers at the closing of the Mini Health Screening Program



**CHB has been a driving force for healthcare promotion. From old to young, ladies and gents – they all came forward for the healthcare checkup!!**



