

HIGH COMMISSION OF INDIA, BRUNEI DARUSSALAM

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Free Medical Camp for Indian community members at High Commission of India, Brunei Darussalam



The High Commission of India organized a free medical camp at the High Commission premises in Brunei Darussalam on Sunday, 8 December 2019 in collaboration with Gleneagles JPMC Hospital.



सत्यमेव जयते

FREE MEDICAL CAMP

FOR INDIAN COMMUNITY MEMBERS

ORGANISED BY
**HIGH COMMISSION OF INDIA
BRUNEI DARUSSALAM**

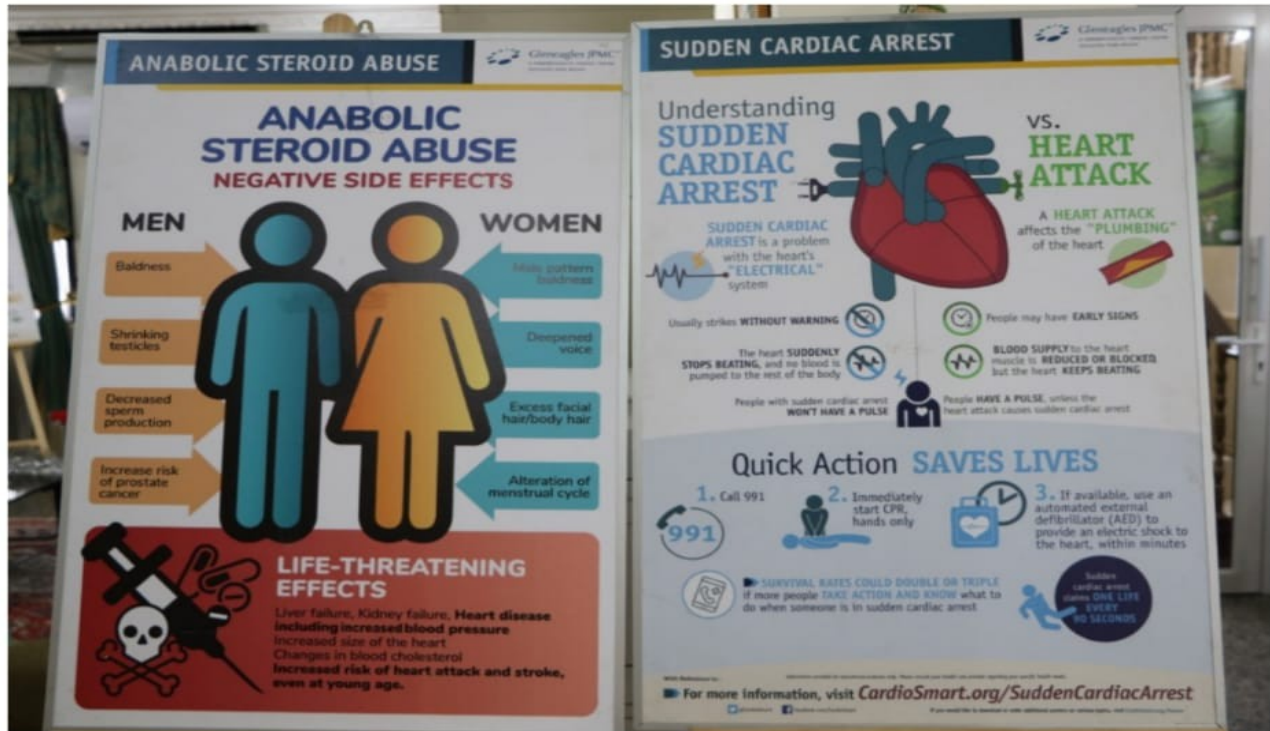
WITH THE SUPPORT OF
**GLENEAGLES JPMC HOSPITAL AND OTHER VOLUNTEER
DOCTORS & NURSES**

AT

BAITUSSYIFAA, SIMPANG 40-22, JALAN SUNGAI AKAR,
BANDAR SERI BEGAWAN BC3915



At the camp, paramedics administered basic medical tests, including for blood sugar and blood pressure and analyzed the body mass index of the participants. Thereafter, doctors/specialists provided consultations to each of the Indian nationals during which they were advised on the necessary lifestyle modifications as well as further treatment based on their medical test results.



KANDUNGAN SODIUM & GULA DALAM MAKANAN

1 Kibol! 1500mg sodium		22mg sodium 15.4g sugar	1 Kibol! 1750mg sodium		22.2g sugar	1 Kibol! 1500mg sodium	
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MEDICATION

MEDICATION DO'S

- READ EACH MEDICATION LABEL AND FOLLOW INSTRUCTIONS CAREFULLY**
- CALL YOUR DOCTOR, NURSE OR PHARMACEUTIST IF YOU ARE UNCLEAR ABOUT THE MEDICATION OR ANY OTHER PROBLEMS**
- NEVER SHARE MEDICATIONS WITH OTHERS. KEEP THEM AND PROTECT THEM FROM CHILDREN**
- STOCKS OF YOUR MEDICATIONS SHOULD BE KEPT IN ORIGINAL CONTAINERS AND SHOULD BE PROTECTED FROM LIGHT AND HUMIDITY**
- KEEP THE DATES OF YOUR MEDICATIONS WRITTEN IN ORDER TO KNOW WHEN TO STOP YOUR MEDICATION**
- CALL YOUR DOCTOR OR PHARMACEUTIST ABOUT ANY ALLERGY OR REACTION TO ANY DRUG OR MEDICINE YOU TAKE**
- NEVER TAKE MEDICATIONS BY YOURSELF WITHOUT BEING ADVISED TO DO SO BY YOUR DOCTOR**
- NEVER TAKE MORE THAN ONE MEDICATION AT THE SAME TIME UNLESS YOU HAVE BEEN ADVISED TO DO SO BY YOUR DOCTOR**
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MEDICATION DON'TS

- DON'T MISS ANY DOSES**
- DO NOT TAKE ANY MEDICATIONS OTHER THAN THOSE PRESCRIBED FOR YOU WITHOUT YOUR DOCTOR'S OR PHARMACEUTIST'S RECOMMENDATION**
- DO NOT STOP YOUR MEDICATIONS WITHOUT YOUR DOCTOR'S INSTRUCTIONS. ALWAYS TAKE A FULL COURSE UNLESS YOUR DOCTOR TELLS YOU OTHERWISE**
- DO NOT CHANGE THE WAY YOU TAKE YOUR MEDICATIONS WITHOUT YOUR DOCTOR'S OR PHARMACEUTIST'S INSTRUCTIONS**
- DO NOT TAKE MORE TABLETS THAN YOUR DOCTOR HAS PRESCRIBED FOR YOU**
- DO NOT CHANGE YOUR MEDICATIONS WITHOUT YOUR DOCTOR'S OR PHARMACEUTIST'S INSTRUCTIONS**
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HEART ATTACK

Roughly **735,000** Americans suffer a heart attack every year. That's **1 every 43 seconds!**

HEART ATTACKS happen when the heart's blood supply is suddenly cut off.

Watch for THE SIGNS

Most common IN MEN...
 Discomfort or pain in arm, back, neck, shoulder or jaw
 Chest pain
 Shortness of breath

Additional symptoms, most common IN WOMEN...
 Sudden dizziness
 Heartburn-like feeling
 Cold sweat
 Nausea or vomiting
 Unusual tiredness

Think you're having one? 991

1 IN 2 PEOPLE who die from heart disease die in the **1st hour** of having symptoms.

Every second matters.

Many patients wait so long for help that they die.

1 in 4 people die 9-9-11.

For more information, visit CardioSmart.org/HeartAttack

YOUNG ATHLETES & HEART HEALTH

While rare, **SUDDEN CARDIAC ARREST (SCA)** is the **#1 MEDICAL CAUSE OF DEATH** in young athletes.

SCA happens when the HEART SUDDENLY STOPS BEATING.

Tell your doctor if you've had any sudden or unexplained deaths in your family.

Speak up if you notice problems when exercising.

SCA often happens to young people who DON'T KNOW THEY HAVE A HEART PROBLEM.

WATCH FOR WARNING SIGNS

DURING EXERCISE

- Passing out**
- Dizziness**
- Chest pain**
- Shortness of breath**
- Seizures**

Go to CardioSmart.org/Sports to learn more about competitive sports and tips to stay heart-healthy.

The purpose of the camp was to provide timely screening for the participants so that they could be advised about common life style diseases and ailments like blood pressure, diabetes, hypertension, etc. which, if left unchecked, could lead to serious consequences including death.





Around 110 Indian nationals were medically examined. A team of 16 doctors and 6 paramedics provided services on a volunteer basis at the camp which was held from 8:30 AM to 11:30 AM.



CHOLESTEROL

What is CHOLESTEROL?

A fat-like substance in your blood. Too much cholesterol can clog your arteries and increase risk for heart attack or stroke.

LDL "Bad" Cholesterol + HDL "Good" Cholesterol + TRIGLYCERIDES/5 = TOTAL CHOLESTEROL

What Causes HIGH CHOLESTEROL?

- Being Overweight
- Age
- Family History
- Being Inactive
- Poor Diet

FOOD TIPS

✓ **HDL-RAISING:** Olive oil, avocados, walnuts, LDL AND TRIGLYCERIDE-LOWERING: Oatmeal, apples, oranges, almonds, fish

✗ **LDL-RAISING:** Egg yolks, fatty meats, processed meats, TRIGLYCERIDE-RAISING: Excessive drinking, sugary or high-fat products

How is it TREATED?

- Don't Smoke!
- Lose Weight
- Get Regular Exercise
- Eat A Heart-Healthy Diet
- Medication

For more information, visit CardioSmart.org/Cholesterol

HEART VALVE DISEASE

Know Your VALVES

Most heart valve problems involve the **aortic & mitral valves.**

AORTIC VALVE between the left ventricle and the main artery (aorta)

MITRAL VALVE between the left atrium and the left ventricle

SIGNS & SYMPTOMS

May vary, but often include:

- Heart murmur or unusual heart beat
- Shortness of breath
- Swelling in the legs
- Chest pain
- Unusual fatigue
- Fainting, dizzy or lightheaded

HEART VALVE DISEASE happens when at least 1 of the 4 valves in the heart no longer works the way it should.

Most Common VALVE ISSUES

NORMAL	Mitral REGURGITATION	Aortic STENOSIS
The valve fully opens & closes.	The valve doesn't fully close & leaks.	The valve doesn't open enough.

What YOU CAN DO

- MEDICAL & SURGICAL THERAPIES**: The valve may be repaired or replaced.
- LIFESTYLE CHANGES**: to support overall heart health.

For more information, visit CardioSmart.org/HeartValveDisease

UNDERSTANDING STROKE

What is a STROKE?

A stroke occurs when a blood vessel in the brain is blocked or burst.

A stroke occurs every 40 seconds in the U.S.

Stroke can occur in a matter of minutes.

Watch for the SIGNS

Stroke symptoms appear quickly and suddenly, so it's important to know the signs and act fast.

- Severe headache & confusion
- R numbness, tingling or weakness
- Loss of balance
- Vision changes
- Trouble speaking
- Loss of movement in face or limbs, especially on one side

Reduce YOUR RISK

- Adapt a healthy lifestyle, including proper diet and exercise.
- Lower your blood pressure & cholesterol.
- If you smoke, set a plan to quit and follow it!

If you or a loved one starts to experience one or more of these symptoms, CALL 911 IMMEDIATELY

For more information, visit CardioSmart.org/Stroke



Brunei Darussalam, 08 December 2019