



HEALTH CAMP FOR DELHI FIRE FIGHTERS AT JANAKPURI



Star Wellness and Care Foundation has organised a Health Camp for Delhi Fire Fighters at Janakpuri Center with the noble purpose of creating awareness among the masses for preventive healthcare, as there is nothing which is more important than good health. As there was always a risk in their job as they work to save others life. Test which are performed CBC, Blood Sugar Random, BP Monitoring and Eye Check Up. Happy to see them taking preventive steps towards health.

There are many dangers to fire service, and they last long after returning from the scene of a fire or even retirement. Firefighters are at risk of long-term health problems associated with their time on the job. Heart disease is one of the main long-term health problems affecting firefighters. Repeated exposure to extreme temperatures, toxic chemicals and overexertion on the job contribute to heart disease among firefighters. Firefighters see some of the worst of society when they arrive on the scene of a fire or other emergency. This repeated exposure to trauma could be a factor in the levels of alcohol and substance abuse among some firefighters. Sometimes, while scurrying for work you may miss your breakfast or any meal and may opt for junk foods which can add to health problems.

While alcohol intake and thyroid issues among Indians seem to have reduced over the past year, a new health report has detailed a concerning increase in levels of blood pressure, cholesterol, and diabetes, despite fitness and health becoming a nationwide area of interest during the Covid-19 lockdown. As per the Health Risk Assessment (HRA) Score, 1 in 2 Indians is either in the 'High Risk' or 'Borderline' category. This is a massive 12 per cent improvement from last year's figures where 62 per cent Indians fell into the 'Unhealthy' category.

About 15 per cent of users have reported high BP in 2020 in comparison to 13.4 per cent in 2019. This figure, according to the report, has steadily increased over the last 4 years. About 35 per cent users also reported this disease runs in the family which is a significant figure. Blood pressure cases among older adults are just triple of those in adults. Safe to say, then, that people above 45 are at more risk of having hypertension.

The Campaign aimed at providing Preventive Health Check-Up facilities to identify people in an apparently healthy population who are at higher risk of a health problem or a condition, so that an early treatment or intervention can be offered and thereby reduce the incidence and/or mortality of the health problem or condition within the population.