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## Speakers Urge Lifestyle Modification and Regular Medical Tests on World Heart Day



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Doha: An awareness programme organized by Media Plus in association with Al Hilal Premium Medical Centre on the occasion of World Heart Day called upon the community to adopt lifestyle modifications and undergo regular medical tests to prevent heart diseases and premature deaths. Speakers highlighted that a sedentary lifestyle, unhealthy eating habits, smoking, alcohol consumption, uncontrolled diabetes, and hypertension are among the leading causes of

cardiovascular diseases. They stressed that embracing healthy habits can significantly reduce these risks.

Dr. Binish Aqeel, General Practitioner at Al Hilal Premium Medical Centre, urged the audience to regularly monitor their blood sugar and blood pressure and consult a doctor whenever the body shows warning signs. “It is dangerous to ignore the signals our body gives us from time to time,” he cautioned.

Adding another dimension to the discussion, Dr. Shafeeqe Hassan, Dentist at the medical centre, observed that various dental diseases are also linked to heart ailments, emphasizing the need to maintain proper dental health.

As part of the campaign, free blood sugar and blood pressure screenings were conducted for attendees.

The event also included engaging cultural activities. Local singers entertained the audience with melodious performances, while artist Prashob Kannur captured attention by creating a live paper collage of a heart.

To mark the occasion, noted social media influencer Angel Roshan, GRCC President Roshni Krishnan, along with the organizers, released a special awareness poster.

The programme was effectively coordinated and conducted by Dr. Amanulla Vadakkangara, CEO

of Media Plus, who reiterated the company's commitment to promoting health awareness and community well-being.