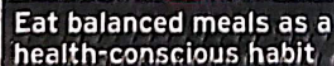


I (PSA) Test: This is a quick specialised machine that measures the strength of that of medica

Grace

At a time when HIV services are being integrated into general health care, HIV mainstreaming will actually mean "health mainstreaming", so that people are encouraged to be health-conscious instead of thinking about their health only when they are sick or not feeling well. Therefore, mainstreaming health could mean integrating health promotion and disease prevention messages and activities into government programmes like the Parish Development Model or religious activities, which involve many people.



Being health-conscious involves making daily choices like eating whole, non-processed foods, exercising regularly, avoiding smoking cigarettes or excessive alcohol consumption and managing stress. Additionally, one should have regular medical checkups for early diagnosis of diseases like cancer before it spreads.

