

EDITOR'S WORD



The common trend is that we only go to the hospital when we only fall sick. But today's theme disagrees. It advises us to go for routine medical tests say every twice a year to check our bodies in case there are any diseases that is about to attack us.

Check-ups help one seek early treatment for illnesses such as cancer at early stages. This is because when detected late, the diseases cannot be healed.

I know that resources are scarce and we sometimes even fail to get money for a single medical check-up when unwell but whenever you can, encourage your parents to take you and your entire family for a check-up.

I wish you a blessed and healthy week.

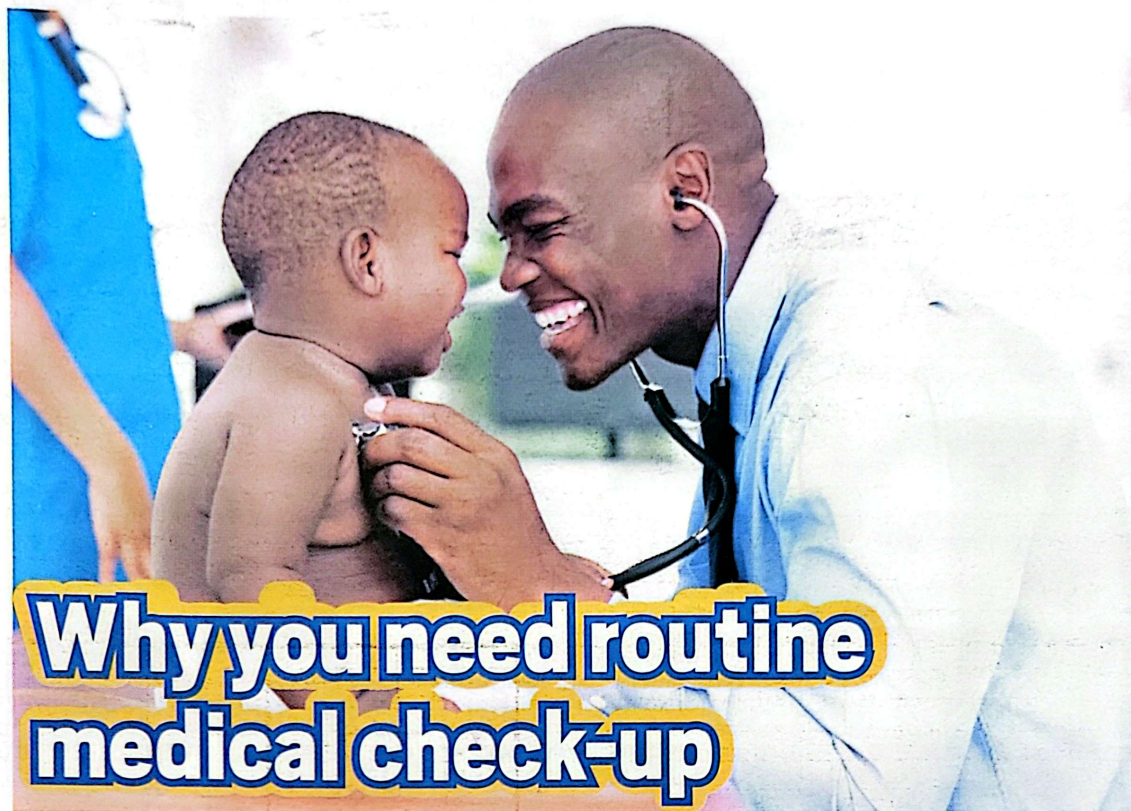
Lydia Ainomugisha

Developing Young Readers

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news

Experts say gathering around a dining table together has far reaching physical and mental health benefits, for every one of all ages. At the table, we share stories, build upon relationships, learn from each other's mistakes and create bonds.



Why you need routine medical check-up

BY SARAH AANYU
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Routine medical check-ups can be described as visiting the hospital when you are not sick for tests to find if you have any medical problems before their signs show. The visits help one to find sicknesses early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer and healthier life. Mr Emmanuel Achoro, a medical practitioner at J&B Clinic, Nsambya, says it is good for children to have regular test

to checks for diseases such as different cancers, dental examination, skin disorders, signs of obesity and others that could be discovered in the process.

"Children should not think that the checkups are only for adults because just like adults, they too can catch certain disease and so the earlier it is detected, the better," says Mr Achoro. He adds that there are many checkups that one can have and a doctor's main concern while checking a child is to see if there is any disease developing in their body. If there are chances that you will develop a disease, they can see to it and early treatment given. Also, when children has a routine checkup,

Mr Achiro says, they get to know their health's status hence keeping history and track of it. The records of each visit to the doctor should be kept and they should be taken a long every time you visit the doctor so that the doctor can be able to know the medical history of the child and follow up with other tests. According to Robert Odur, teacher at St. Francis Bulindo Primary School, routine checkups enable the child avoid chronic diseases in the body.

...Turn to Page 2

your letters

Why are routine medical checkups