

your letters



Andrew Bakabulindi, 11, P.6, Kitukutwe Church of Uganda Primary School, Namugongo

It is good for a person to go for a routine checkup because it helps them know his health status. If they have a disease, they get to know what treatment they should get. It is also good because you get to know hidden sicknesses that you did not know you hence getting early treatment.

We need medical check up so as to protect my body from infectious diseases such as HIV/AIDS, T.B, syphilis, gonorrhea, candida, hepatitis and non-communicable diseases like sickle cells anemia and cancer. I request teachers and parents to take their children for the checkups.



Aisha Hussein Sanyu, 16, P.7, Kabuga Primary School, Bundibugyo



Doreen Nasuuna, 11, P.6, St Francis Bulindo Primary School, Namugongo

Routine medical checkups help people to discover the diseases that could be hiding in their bodies and for people to monitor their lifestyle so that they cannot catch random diseases. They have helped many people to know their blood group so that they are able to donate and save lives in the country.



Daniel Turyamwajuka, 13, P.7, Rugonjo Islamic Primary School,

Regular health tests help people find out the disease they are suffering from before it is too late. They also help people to get treated early enough so that their chances of living for long are increased. If you take your child for a routine checkup, he or she cannot get some diseases such as tooth decay.

Why should you get a routine checkup?

It is very important to carry out a routine checkup because it stops people from continuing with the bad health practices such as alcoholism and smoking. If a person who has been

smoking is tested and cancer signs are detected, they will most likely stop smoking so as to save their lives. I would tell them that children who are immunized do not get polio and

this enables them walk well.

Derlan Musumba, 14, P.7, Katebe Primary School

Janet Nyakaisiki, 12, P.7, Rugonjo Islamic Primary School

Routine checkups help learners to be diagnosed before they say witchcraft is the source of their poor condition. Associating illness with witchcraft has caused a lot of problems in schools and homes. It also helps children know what to do so that they can stay free of diseases that may shorten their life span.

Medical checkups are good because they help one to know whether their body organs function well. They also enable one to get diseases early treatment for diseases such as heart diseases, cancer as they can be detected early. If my parents had enough money, I would encourage them to have a weekly routine checkup because it is healthy.

Mark Ayorekremukama, Ndella Peas High School, Mbarara

People require medical checkups because when their bodies are attacked by deadly diseases such as cancer, high blood pressure and others, they will not be able to know until they see signs and symptoms and yet it may be too late to treat them unlike those who have routine checkups.



your say

What is involved in a routine checkup?



Routine medical checkup involve: HIV/AIDS testing, high blood pressure, diabetes and testing for prostate, breast and cervical cancers as well checking blood groups.

Apophia Kamigisha, P.5, Rwengobe Primary School, Kamwenge

In a medical checkup, the doctor checks our bodies to make sure that we are safe from any diseases. They also counsel those who are living positively and give them drugs. You also get to know your blood type.

Marvin Kasazi, 13, St Francis Bulindo Primary School, Namugongo



In a routine checkup, the doctor checks and treats you early enough. This will help you save your life by giving you treatment in case you are sick because doctors advise you to keep eating a balanced diet and also sleep under a treated mosquito net.

Oscar Samuel Lugya, 14, P.7, Kitukutwe Church of Uganda Primary School

The activities involved in routine checkups are; body screening, blood testing, guidance and counseling, giving out drugs and blood donation.

Donah Ahabwe, S.3, Ndella Peas High School, Mbarara



When one goes for a medical checkup, they should expect their whole body to be checked. After the tests, some are given drugs to help them treat the discovered disease while others are counselled and tested for HIV/AIDS.

Moryn Tumwebaze, 14, P.7, Rugonjo Islamic Primary School

When having a medical checkup, all the reproductive organs of an individual's body are checked to make sure that they are in good shape. There is HIV/AIDS counseling and testing and free drugs in government health centres.

Agripina Ninshaba, St Thomas Aquinas Secondary School, Kabayunda

WRITE TO US!

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Medical checkups

"The people who carried out a medical checkup on us at our school gave us free counseling about the diseases that can be discovered in our bodies and then at the end of it, they checked us to see if we are free from those diseases that may be hiding in our bodies," says Esther Nankanga, a Primary Seven pupil at Kitukutwe Church of Uganda Primary School. She says it was so beneficial because she got to know her blood type and that her body is free from cancers and HIV/AIDS virus. She hopes to maintain a healthy life.

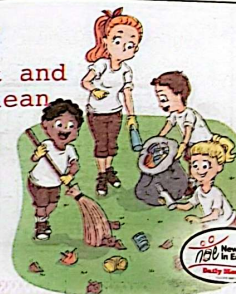
TERM 2

THEME: Healthy Living

WEEK 6: Keep the Environment and your Surroundings clean

Environment is a place where humans as well as plants and animals live. Keeping it clean and neat is our responsibility. It is necessary to keep our environment clean because we get fresh air and reduce pollution among others.

Question: What diseases do you get from dirty places? Send a letter to us about this.
Topic: Why should you keep the environment clean? What is your say?



Next week's topic >>>

Keeping the environment and your surroundings clean.



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