

August 24, 2011

Susan Sahodra was happy woman yesterday when she discovered she had high blood pressure.

Not because of her blood pressure results, but because she found out about this potentially health-threatening situation through a Fiji National University free health check at the Hibiscus Festival.

After a brisk walk around the park with her daughter and granddaughter, the 63 year old stopped at the University's College, Medicine Nursing and Health Sciences tent. A free blood pressure check showed it was a little on the high side and she was given advice about how to correct it.

In Hindi she said it was good there was a free health at the Hibiscus as some people could not afford to go to the doctor.

She said she was told how to control the pressure and what medicine she needed. "And it didn't hurt at all," Ms Sahodra said.

Joseph Takai, a Year 4 student in the MBBS programme at the medical college said:

"This has been a good experience for me. A lot of people have been coming in since the start of the clinic.

"I have seen few cases that have alarming results for diabetes and high blood pressure. We refer them to our doctors here in the tent who advise them on their lifestyle".

CMNHS Lecturer Dr Sheikh Mohammed Munir Hassan said they saw 15-20 patients in an hour during the peak period so far.

"We have seen lot of people with non communicable disease related cases that are related to obesity, social habits such as smoking and drinking alcohol. At the nutrition booth in the tent clinic we advise patients on how to maintain lower weight," he said.

He said some patients had also been advised to visit the nearest health centre or their general practitioners for serious problems.