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June: Non-Communicable Disease Awareness Month!

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NCDs: Time to Pay attention to the Silent Killers!



The good news is we can prevent Non-Communicable Diseases/Cancer, Cardiovascular, Diabetes, Chronic Respiratory Diseases, Kidney/ by taking simple measures and life style change such as:

- ◆ Maintain healthy diet, with an emphasis on plant sources, such as fruit, vegetables, grain, etc.
- ◆ Maintain a healthy weight throughout life.
- ◆ Adopt a physically active lifestyle.
- ◆ Stopping tobacco use and avoiding exposure to passive smoke.
- ◆ Avoid or limiting alcohol consumption.

City Government of Addis Ababa Health Bureau in collaboration with stakeholders



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World Health Organization



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ETHIOPIAN HEART ASSOCIATION



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