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MAY 05

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SMART HEALTH TIP : Eat a combination of different foods, including fruit, vegetables, legumes, nuts and whole grains.



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JUNE 06

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SMART HEALTH TIP : Practice safe sex to prevent HIV and other sexually transmitted infections like gonorrhoea and syphilis.



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JULY 07

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SMART HEALTH TIP : Drinking unsafe water can lead to water-borne diseases such as cholera, diarrhoea, hepatitis A, typhoid and polio.



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AUG 08

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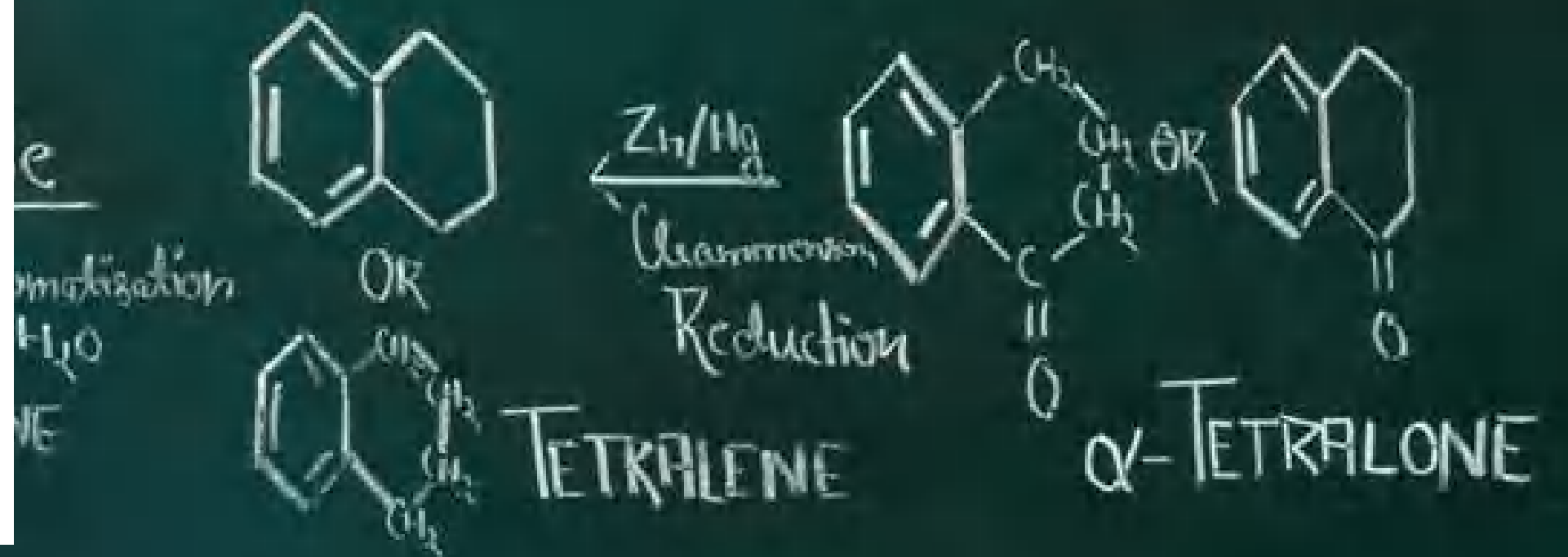
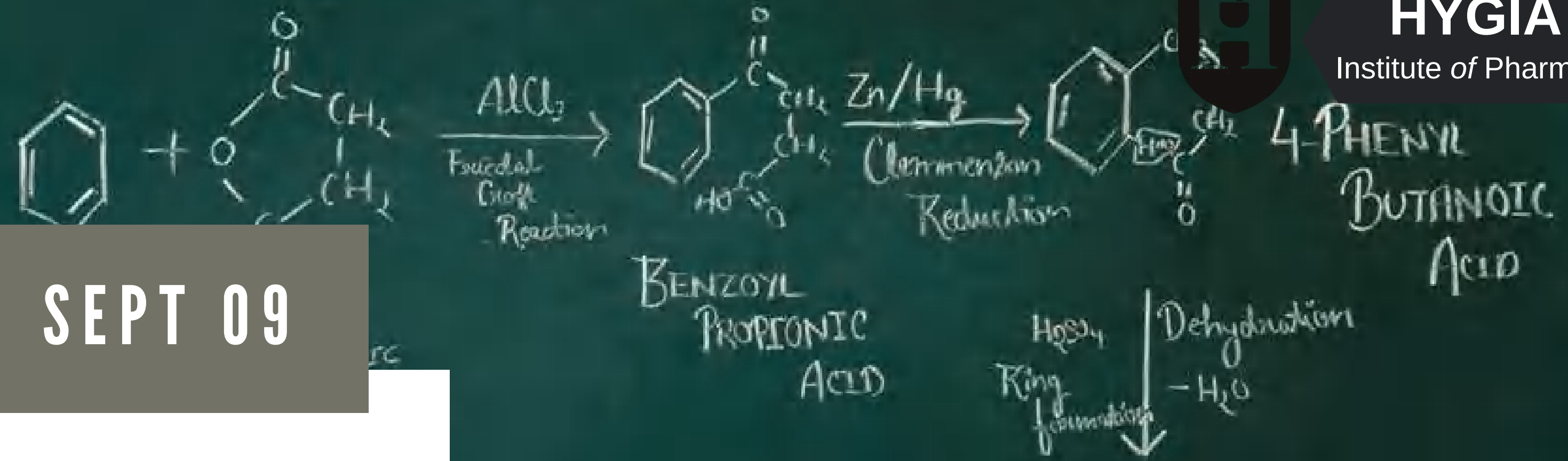
SMART HEALTH TIP : Breastfeeding for first six months is crucial for baby's growth and can be continued for up to two years and beyond.

SYNTHESIS OF TETRALINE



SEPT 09

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SMART HEALTH TIP : Depression is a common illness with over 260 million people affected, talk to someone you trust. You're not alone!



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OCT 10

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SMART HEALTH TIP : Hand hygiene is critical not only for health workers but everyone and can prevent the spread of infectious illnesses.



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NOV 11

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SMART HEALTH TIP : Road crashes claim over one million lives around the world and millions more are injured, drive mindfully!



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DEC 12

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SMART HEALTH TIP : Regular check-ups can help find health problems before they start, get diagnosed early for better treatment.



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JAN 01

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SMART HEALTH TIP : Herbal teas, such as mint, chamomile, and rooibos, are caffeine-free and help you be hydrated throughout the day.



FEB 02

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SMART HEALTH TIP : Consume less salt and sugar. Avoid salty snacks, artificial sugars, and choose low-sodium products.



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MAR 03

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SMART HEALTH TIP : Smoking tobacco causes lung and heart disease and stroke, and kills even non-smokers through passive smoking.



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APR 04

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SMART HEALTH TIP : Adults aged 18-64 years should do at least 150 minutes of moderate-intensity physical activity throughout the week.



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SMART HEALTH TIP : Hypertension can lead to heart, brain, kidney and other diseases; have your blood pressure checked regularly.



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SMART HEALTH TIP : Select a mix of colorful vegetables as vegetables of different colors provide a variety of nutrients.



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"We try to remember that medicine is for the patient. We try never to forget that medicine is for the people. It is not for the profits. The profits follow, and if we have remembered that, they have never failed to appear. The better we have remembered it, the larger they have been."

- George W. Merck