



### **FDA HOLDS HEALTH TALK FOR STAFF**

As part of its Health and Safety Policy for staff, the Food and Drugs Authority (FDA) organized a health talk for its staff on the 10<sup>th</sup> of May, 2019 under the theme "Awareness of Cervical and Breast Cancer, its prevention and treatment".

Opening the session, the Head of the Human Resource Department of the FDA, Ms. Mary Mintah indicated that, the FDA is very interested in the well being of its staff and hence the need to put in different strategies to help promote healthy living. She noted that when employees are healthy, it makes them happier and eventually results in increased productivity within the organization.

It was noted that development of breast cancer can be prevented through early checkups and self examination for the detection of lumps in breast.

On Cervical Cancer, staffs were encouraged to undertake yearly Pap Smear to help in the detection of the condition at early stages which could help in its possible treatment.

It was explained to Staff how to give first aid including Cardiopulmonary Resuscitation (CPR) and how to use an Automated External Defibrillator (AED) to help people who suffer cardiac arrest.

The importance of Family Planning in the life of a career woman was also discussed.

The Resource persons who assisted in the education included Ms. Peggy Owusu, a midwife seconded from the Ghana Health Service to the FDA and Ms Alima Toure a professional trainer from Bright Corporate Services..

Staffs were encouraged to live healthy lifestyles, exercise regularly, incorporate fruit and vegetable into their diets, reduce alcohol intake, avoid smoking and generally maintain a healthy diet to help in preventing diseases.