

## PRESS RELEASE – FREE HEALTH CHECK FOR SIKH COMMUNITY

Our mothers, sisters, wives and daughters could be very sick and we might know it. There is a serious threat out there which has already struck many of our Punjabi women. The threat is breast cancer.

Another major concern is the high risk of Heart disease and diabetes among Sikhs, male and female, above the age of 50.

Both these health issues will be highlighted on Sunday 23 November 2014, at the Glenwood Gurdwara through a Health Expo/Pop-Up clinic. The major goal for this Health Expo is to provide a free health check for our community, especially those aged 50 and above.

Sikh Youth Australia and CultureCare have partnered with the Australian Sikh Association to help tackle this issue on a grander scale at Glenwood Gurdwara, the largest Gurdwara in Sydney. Dr Daman Bhatia said “This will allow CultureCare the opportunity to access a large segment of the Sikh community with the hope of bringing awareness about issues related to heart disease and diabetes and breast cancer to the forefront.”

At the Health Expo the CultureCare team will give a health report, which the participants can take to their doctor for further advice and action. A team of doctors and other health professionals will be present at the clinic to help with any queries. The health expo will assess basic measures of health such as blood pressure, body mass index (BMI), random blood sugar level, waist to hip ratio. A 5 year cardiovascular (heart and stroke) risk and diabetes risk will also be calculated.

A recent Health Expo held at the Revesby Gurdwara was very well received with more than 140 people attending the free health checks.

CultureCare is looking to not only to create awareness about heart disease and diabetes but to bring about a fundamental shift in the lifestyle that puts them at risk. With the Australian Sikh Association’s partnership, free pedometers will be given to people at the health clinic, to encourage them to exercise more and achieve the recommended goal of 10,000 steps per day.

On the question of breast cancer, a serious effort is being made in the Sikh community in Sydney to highlight the threat posed by this disease. Last month a special presentation was held at the Turramurra Gurdwara in which a group of ladies led by Mrs Kalwant Kaur and other ladies associated with The Pink Sari Project brought to the attention of our Sikh women the need to have themselves screened for breast cancer.

The Pink Sari Project is an undertaking launched by the Saheli Group. This is a South Asian ladies group and they are working with the Cancer Council of New South Wales to help raise awareness of breast cancer among Indian and Sri Lankan women in NSW. Breast cancer screening for women above 50 is free, but those below 50 are also encouraged to undertake breast cancer screening.



*Capt Sarjinder, President ASA with Dr Daman Bhatia, Dr Kunwar Bhatia and others planning the clinic.*



*Pink Sari Project*