

World Heart Day – 29 September 2016



September 29 was World Heart Day, and the *BeatRHD Zambia* team and volunteers joined a large contingent of doctors and nurses from the University Teaching Hospital who were providing health screenings for the general public. They measured height, weight, body mass index, blood sugar levels, blood pressure and more. Physicians met one-on-one with each individual to discuss healthy lifestyle choices to improve heart health.



The *BeatRHD Zambia* team raised public awareness about the connection between strep sore throat, acute rheumatic fever, and rheumatic heart disease during the week of September 26.



The team visited Makeni Mall, George Level 1 Hospital, and East Park Mall where they joined with UTH clinicians at a public health screening for World Heart Day.



Follow this link to the [BeatRHD Zambia](https://www.facebook.com/BeatRHDZambia) FaceBook page and a new photo album of the RHD Commemoration Week activities held between Sept. 26 and 29.



On behalf of Dr. John Musuku and the BeatRHD Zambia team, we hope that you enjoy the photos!
<https://www.facebook.com/Beat-Rheumatic-Heart-Disease-Zambia-1059056567513887/>