- Public health

DoH, QC focus on heart, cancer awareness drive

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The Department of Health (DoH) and the Quezon City government marked National Heart Month and National Cancer Awareness Month by offering free health and wellness services to residents of Barangay Loyola Heights through the PuroKalusugan program.



The initiative provided health risk assessments, including blood pressure monitoring, body mass index calculation, fasting blood sugar testing, cholesterol screening, and personalized health checkups with medical professionals.

Maternal health services and early cancer screening were also offered for free, reinforcing a preventive approach to healthcare.

To promote long-term wellness, the event featured interactive activities centered on TED — Tamang pagkain (proper nutrition), Exercise and Disiplina (discipline) to encourage sustainable healthy habits.

Participants took part in a Zumba session, while a live cooking demonstration showcased affordable, nutritious meals using local ingredients. Kadiwa booths offered fresh, locally sourced produce, supporting both healthy eating and local farmers.

Health Secretary Teodoro "Ted" Herbosa emphasized the importance of proactive healthcare.

"Preventive healthcare is essential in reducing the prevalence of heart disease and cancer. Through initiatives like PuroKalusugan, we are ensuring that communities have access to vital health information and services that can improve their quality of life," he said.

Quezon City Mayor Joy Belmonte highlighted the city's commitment to health awareness.

"A healthier city starts with residents who are aware, educated, and have access to essential health services," she said.