- Public health

DOH brings 'PuroKalusugan' health initiative to QC

Manila Standard · 22 Feb 2025 · A4 · By Ram Superable

THE Department of Health launched its PuroKalusugan program in Quezon City as part of the observance of National Heart Month and Cancer Awareness Month.



In partnership with the Quezon City local government, the initiative provided free healthcare services and educational activities to promote healthier lifestyles among the public.

"Our theme is committed to the new you— healthy, with proper nutrition, exercise, and self-discipline. This serves as a reminder for all of us that good health starts with our daily choices," said Dr. Lester Tan, Department of Health – Manila Metro Center Health Development (DOH-MMCHD) Regional Director.

"Many of our fellow citizens suffer from illnesses, and across the country, high blood pressure, hypertension, and diabetes continue to be leading causes of sickness and death," he added.

The event was held at the Loyola Heights Covered Court, offering a range of medical screenings and preventive health services to local residents.

Among the free health services available were body mass index (BMI) checks, blood pressure monitoring, random blood sugar tests, cholesterol tests, and personalized health risk assessments conducted by healthcare professionals.

Specialized cancer screenings were also offered, including cervical cancer screening for the first 100 participants, as well as breast and lung cancer screenings to aid in early detection and treatment.

A mobile blood donation activity was also conducted to encourage residents to donate blood and support the country's healthcare system.

The DOH said the campaign is part of its broader preventive healthcare program, which aims to help Filipinos detect potential health risks early and take necessary precautions before conditions worsen.