

## HCA Calendar 2019

| 2019      | Topics   | Submission date                 |
|-----------|--|---------------------------------|
| JANUARY   | <ul style="list-style-type: none"> <li>Recharging for the year ahead</li> <li>Post-holiday weight management</li> </ul>                                    | 15 <sup>th</sup> January 2019   |
| FEBRUARY  | <ul style="list-style-type: none"> <li>Autism and Asperger's Syndrome among females</li> <li>Prostate cancer among men</li> </ul>                          | 12 <sup>th</sup> February 2019  |
| MARCH     | <ul style="list-style-type: none"> <li>Binge drinking and its effects</li> <li>Check-ups all women must do at specific times of their lives</li> </ul>     | 15 <sup>th</sup> March 2019     |
| APRIL     | <ul style="list-style-type: none"> <li>Pollution and its link to health problems</li> <li>Better stress management</li> </ul>                              | 16 <sup>th</sup> April 2019     |
| MAY       | <ul style="list-style-type: none"> <li>The role of Dialectical Behavioural Therapy (DBT) in improving mental health</li> <li>Childhood diabetes</li> </ul> | 16 <sup>th</sup> May 2019       |
| JUNE      | <ul style="list-style-type: none"> <li>Health check-list one must take note of before travelling</li> <li>Sexually-transmitted diseases (STDs)</li> </ul>  | 14 <sup>th</sup> June 2019      |
| JULY      | <ul style="list-style-type: none"> <li>Eczema and other skin disease</li> <li><b>APHM 2019</b></li> </ul>  | 16 <sup>th</sup> July 2019      |
| AUGUST    | <ul style="list-style-type: none"> <li><b>APHM 2019 recap</b></li> <li>Pre-menstrual syndrome (PMS) and Premenstrual dysphoric disorder (PMDD)</li> </ul>  | 15 <sup>th</sup> August 2019    |
| SEPTEMBER | <ul style="list-style-type: none"> <li>Mindfulness</li> <li>Childhood obesity</li> </ul>   | 13 <sup>th</sup> September 2019 |
| OCTOBER   | <ul style="list-style-type: none"> <li>World Mental Health Day</li> </ul>  | 10 <sup>th</sup> Oct 2019       |

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|-----------------|---|--------------------------------|
|                 | <ul style="list-style-type: none"> <li>• Stress among medical doctors and what is done to combat it</li> </ul>                                |                                |
| <b>NOVEMBER</b> | <ul style="list-style-type: none"> <li>• HIV/AIDs</li> <li>• Common non-strenuous exercises that you can do</li> </ul>                        | 15 <sup>th</sup> November 2019 |
| <b>DECEMBER</b> | <ul style="list-style-type: none"> <li>• 2019 health trends recap</li> <li>• How to set up health goals for 2019 and stick to them</li> </ul> | 18 <sup>th</sup> December 2019 |