

NCD Screening program under Thimphu Thromde (From 9 am to 4 pm)

1	Thimphu Dratshang	14th Nov 2024	RCSC is organizing for Civil servants
2	Department of Tourism (Tarayana Hall) (South)	15th Nov to 21st Nov 2024	
3	Kuzu Kitchen (central)	15th Nov to 21st Nov 2024	
4	Agricultural Conference Hall (behind RCSC) (North)	15th Nov to 21st Nov 2024	

North Team

Sl. No	Location of health screening camp	Date for the camp	Overall Manager
1	RBG NCO Mess	23rd Nov 2024	Dr.Sonam Yoezer - North Group
2	Dangrena Community Hall	25th Nov to 27th Nov 2024	
3	BOC area	28th Nov to 2nd Dec 2024	
4	Jigme Namgyel LSS	3rd Dec to 4th Dec 2024	
5	Rinchen Kuenphen PS	5th Dec to 7th Dec 2024	

South Team

Sl. No	Location of health screening camp	Date for the camp	Overall Manager
1	Chang Rigphel Pry School	2nd Dec to 7th Dec 2024	Tshewang Dorji - South group
2	Babesa BoB area	27th Nov to 30 Nov 2024	
3	Depsi HS	26th Nov 2024	
4	Depsi Tshokpa house (near Tshendenshing)	25th Nov 2024	
5	RBP Camp	23rd Nov 2024	

Central Team

NCD Screening program under Thimphu Thromde (From 9 am to 4 pm)

Sl. No	Location of health screening camp	Date for the camp	Overall Manager
1	Kuzu Kitchen - (above BCCI office)	15th Nov to 21st Nov 2024	Kado - Central group
2	Tarayana Hall- (near Kaja Throm)	23rd Nov to 30th Nov2024	
3	Changzamtog MSS	2nd Dec to 7th Dec 2024	

The screening will include:

- 1 Blood Pressure Check
- 2 Blood Glucose Test (for diabetes)
- 3 Screening for overweight and obesity 4 Estimating 10 years risk for cardiovascular event (stroke and heart attack) based on WHO/ISH CVD risk chart

Who will be screened?

- 1 Adults aged 18 years and above
- 2 Individuals with risk factors such as family history of NCDs, overweight/obesity, or those leading a sedentary lifestyle are highly encouraged to come forward for screening.
- 3 **If you are hypertensive and diabetic with medication, you need not come for screening during the camp, please follow your routine following at health facility**

Prerequisites for screening:

To ensure accurate results, especially for blood glucose tests:

- 1 If you are 40 years and above, fasting is required: Please fast for at least 8 hours before the screening (no food, only water).
- 2 If you are not fasting on the first day, please return the next morning after fasting for at least 8 hours.
- 3 Bring identification: Please bring your identification card for registration purposes.