

# The Bayat Foundation: Bringing Better Health To Afghanistan

?Good health and good sense are two of life's greatest blessings.? The writer Publilius Syrus offered the world this great advice well over 2,000 years ago?and I'm proud to tell you that The Bayat Foundation team has always followed Publilius' advice to the letter. During the last several months, The Bayat Foundation has launched two new health information campaigns which are giving millions of Afghans important information they can use to keep themselves and their families healthy and strong:

## **Diabetes: Prevention Through Better Diets, Early Detection And Learning To Live A Healthier Life:**

Diabetes is a disease which occurs when the body fails to produce enough insulin to regulate our blood sugar level, or if the body is unable to use the insulin it creates. Today, 300,000,000 people throughout the world suffer from Diabetes. If the disease is left untreated, it can cause severe damage to the heart, blood vessels, eyes, kidneys and nerves.

The Bayat Foundation, working together with Ariana Television and Radio created a series of radio and television announcements to mark World Diabetes Day: November 14, 2015. These public service announcements provided Afghans with practical, easy to follow advice on how to prevent diabetes, how to detect the illness, and also, how people with diabetes could seek proper medical treatment. The Bayat Foundation and Ariana also produced two special television programs, featuring a panel of doctors and patients, discussing how a good diet and other solutions were important to preventing and managing diabetes, and to maintaining the best health possible.

## **Wash Your Hands?And Save Lives:**

During National Handwashing Day (October 28, 2015), The Bayat Foundation helped support the efforts of many health and educational organizations, to remind everyone that washing our hands helps prevent the spread of disease. Studies have shown that when parents and caregivers wash their hands regularly, cases of childhood diarrheal disease are decreased by as much as **42 percent**. Washing your hands is also an important part of our personal care and is especially essential when we are preparing food. Remember, the key to preventing the spread of disease?and to ensuring our good health?is literally, in our hands.

Everyone at Afghan Wireless?in fact, everyone at The Bayat Group?is very proud of the work that our colleagues at The Bayat Foundation accomplish every day, which helps Afghans live healthier lives. Since 2005, The Bayat Foundation has completed over 300 community development projects, including the construction of 13 maternity hospitals, which have provided healthcare to over 1,000,000 mothers and children.

So now, here's a New Year's Resolution that's worth keeping: Let's all continue to put our good sense to use, by making sure we provide ourselves with the information?and make the necessary changes in our diet, exercise and lifestyle?which will help us enjoy great health every day that we live.

Until next time,

Ehsan

## **Dr. Ehsanollah Bayat**

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