

MDC

MEDYA DIAGNOSTIC CENTER

Corporate Wellness Services

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MEDYADC

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 www.medyadc.com

OPEN
365 DAYS A YEAR

SAT-THU 8 AM TO 11 PM
FRIDAYS 8 AM TO 8 PM



Mamostayan Qr,
60 Meter Street, Erbil

Our Departments



LABORATORY



RADIOLOGY



CLINICS



PET/CT SCAN



NURSING

*“Motivate and inspire your
team to better health ,”*





BOOKLET INDEX

KEY CLIENTS	1	MAY PROGRAMS	10
INSURANCE PARTNERS	2	JUNE PROGRAMS	11
WHY CHOOSE MDC?	3	JULY PROGRAMS	12
HEALTH AWARENESS SEMINARS	4	AUGUST PROGRAMS	13
SEMINAR PROGRAMS	5	SEPTEMBER PROGRAMS	14
JANUARY PROGRAMS	6	OCTOBER PROGRAMS	15
FEBRUARY PROGRAMS	7	NOVEMBER PROGRAMS	16
MARCH PROGRAMS	8	DECEMBER PROGRAMS	17
APRIL PROGRAMS	9		



KEY CLIENTS



Carrefour



HALLIBURTON



INSURANCE PARTNERS



WHY CHOOSE MDC?

- ✓ It is the only CAP (College of American Pathologists) accredited laboratory in Iraq and Kurdistan, our test results are accepted worldwide.
- ✓ MDC strives to provide the most compassionate and patient-centered care.
- ✓ Unique services and being the pioneers in preventive healthcare.



HEALTH AWARENESS SEMINARS

Medya Diagnostic Center provides health awareness seminars to our clients' employees. Our seminars are delivered online or face-to-face. Seminar delivery is flexible and can be tailored to suit your requirements and delegate numbers.

All of our seminars are delivered by experienced subject experts.

BENEFITS

- ✓ Increases resilience at work and everyday life stressors.
- ✓ Builds resistance to ill mental health.
- ✓ Employees are more likely to seek help for themselves or others.
- ✓ Increases understanding of mental health issues.
- ✓ Helps teams function at a higher level.
- ✓ Reduces absenteeism and presenteeism.
- ✓ Shorten return to work periods of mental illness.
- ✓ Reduces staff turnover levels.
- ✓ Helps to retain and attract talent.



SEMINAR PROGRAMS

JANUARY

- 1- Thyroid Function, How does it affect you?
- 2- Asthma & Allergy, what are they? how to control them?

FEBRUARY

- 1- How to maintain a healthy heart
- 2- Migraines & Headaches

JULY

- 1- Emerging & Remerging Infectious Diseases
- 2- Vaccines and Immunization: Benefits and Risks

AUGUST

- 1- Sleep Disorder? What are they? How can you overcome them?
- 2- Substance Abuse & Addiction

MARCH

- 1- Back & Neck Pain Management
- 2- Workplace Ergonomics, How to minimize the damage of a desk job over the years?
- 3- A complete guide to Antibiotic Medication

APRIL

- 1- Polycystic Ovarian Syndrome Awareness
- 2- Lung Cancer Awareness

SEPTEMBER

- 1- Hepatitis B Transmission & Prevention
- 2- HIV Transmission & Prevention

OCTOBER

- 1- Women's General Health
- 2- Breast Cancer Awareness
- 3- Understanding Chronic Diseases Medications

MAY

- 1- Kidneys, how to protect them?
- 2- Mental Health Awareness

JUNE

- 1- Men's General Health
- 2- Prostate Cancer Awareness
- 3- Supplementation, All you need to know

NOVEMBER

- 1- Diabetes Awareness
- 2- Importance of Preventive Healthcare
- 3- Understanding Drug Interaction

DECEMBER

- 1- Proper Nutrition (Maintain a healthy weight)
- 2- Oral Hygiene & Dental Health

1 JANUARY

Thyroid Function, How does it affect you?

- ✓ Learn about thyroid hormones and their effects on metabolism and energy
- ✓ Understand common thyroid conditions and treatments
- ✓ Understand the relationship between thyroid function and other health issues

Asthma & Allergy, what are they? how to control them?

- ✓ Learn about the symptoms, triggers, and treatment options for asthma and allergies.
- ✓ Understand how to create an allergy- and asthma-friendly home environment.
- ✓ Learn how to manage symptoms of asthma and allergies.



2 FEBRUARY

How to maintain a healthy heart

- ✓ Learn tips and strategies for maintaining a healthy heart, including healthy eating, regular physical activity, and managing stress.
- ✓ Understand common risk factors for heart disease and how to manage them.
- ✓ Learn about the warning signs of a heart attack and how to get help quickly in case of an emergency.

Migraines & Headaches

- ✓ Learn about causes, symptoms, and triggers of migraines and headaches.
- ✓ Understand treatment options, such as medications and lifestyle changes.
- ✓ Learn how to prevent or reduce the frequency of migraines and headaches and how to work with healthcare provider to develop a treatment plan.



3 MARCH

Back & Neck Pain Management

- ✓ Learn about common causes of back and neck pain among office workers and strategies for managing and relieving discomfort.
- ✓ Understand treatment options for back and neck pain, including medications, physical therapy, and lifestyle changes.
- ✓ Learn how to work with a healthcare provider to develop a treatment plan for managing back and neck pain.

Workplace Ergonomics

- ✓ Learn the principles of ergonomics and how to apply them in the workplace to reduce the risk of musculoskeletal disorders and other health issues.
- ✓ Understand proper posture, ergonomic equipment and workspace setup, and how to take breaks and stretch throughout the workday.
- ✓ Learn how to create a healthy work environment.

A complete guide to Antibiotic Medication

- ✓ Understand the different types of antibiotics, how they work and their potential side effects and interactions with other medications.
- ✓ Learn how to use antibiotics safely and effectively, when to use them and how to minimize the risk of antibiotic resistance.
- ✓ Understand the importance of proper hygiene in preventing the spread of infections and alternative treatments for bacterial infections.



Polycystic Ovarian Syndrome Awareness

- ✔ Understand the basics of Polycystic Ovarian Syndrome (PCOS), including causes, symptoms, and treatment options.
- ✔ Learn about the link between PCOS and other health issues such as insulin resistance, obesity, and fertility problems.
- ✔ Learn about lifestyle changes that may help alleviate symptoms and improve overall health, and how to manage PCOS to improve health and well-being.

Lung Cancer Awareness

- ✔ Learn about the basics of lung cancer, including risk factors, symptoms, and treatment options.
- ✔ Understand the different types of lung cancer and their respective prognoses and treatment approaches.
- ✔ Learn about the importance of early detection, and the role of surgery, chemotherapy, and radiation therapy in treating lung cancer, and the potential side effects of these treatments.



5 MAY

Kidneys, how to protect them?

- ✓ Learn about the basics of the kidneys, common kidney problems and ways to protect them
- ✓ Learn how to maintain kidney health through diet, exercise, and avoiding harmful substances
- ✓ Learn how to prevent kidney problems and take care of your kidneys

Mental Health Awareness

- ✓ Learn about mental health and its importance.
- ✓ Understand different types of mental health conditions and the importance of seeking help.
- ✓ Learn about treatment options, addressing the stigma and self-care strategies.



6 JUNE

Men's General Health

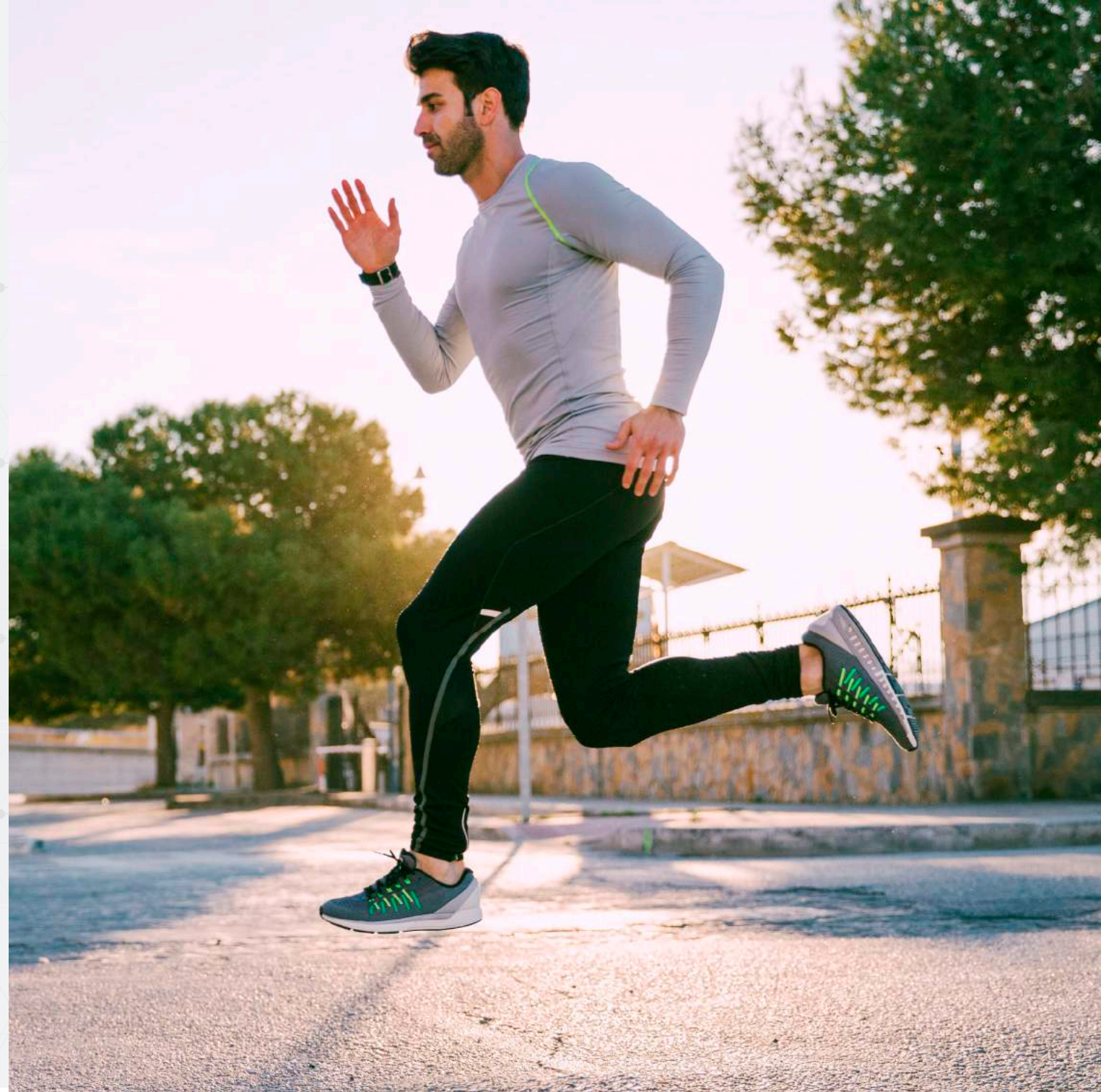
- ✓ Learn about common health concerns specific to men and how to maintain overall health and well-being.
- ✓ Understand the importance of regular check-ups and screenings for conditions such as prostate cancer, heart disease, and diabetes, and how to manage them.
- ✓ Learn about healthy eating, exercise, stress management and maintaining healthy relationships.

Prostate Cancer Awareness

- ✓ Learn about the basics of prostate cancer and how to manage it.
- ✓ Understand the different stages of prostate cancer, treatment options and importance of ongoing monitoring and follow-up care.
- ✓ Learn the importance of early detection and the role of screenings such as PSA test in identifying prostate cancer.

Supplementation, All you need to know

- ✓ Learn about dietary supplements, their benefits and risks and how to use them safely.
- ✓ Understand the different types of supplements and importance of obtaining nutrients from a varied and balanced diet.
- ✓ Learn how to make informed decisions about the use of supplements and how to choose and use them safely.



Emerging & Reemerging Infectious Diseases

- ✓ Learn about the ongoing global threat of infectious diseases and the challenges of identifying and responding to new and recurring diseases.
- ✓ Understand the importance of surveillance, prevention and control measures to reduce the risk of outbreaks.
- ✓ Learn about the role of public health agencies and the international community in responding to infectious disease outbreaks, and the importance of preparedness and response efforts.

Vaccines and Immunization: Benefits and Risks

- ✓ Learn about the basics of vaccines and their role in protecting against infectious diseases.
- ✓ Understand the importance of vaccination in preventing the spread of infectious diseases and the potential risks and side effects of vaccines.
- ✓ Learn how to make informed decisions about vaccination and understand current controversies and misconceptions surrounding vaccines.



8 AUGUST

Sleep Disorder? What are they? How can you overcome them?

- ✓ Learn about common sleep disorders and their effects on overall health.
- ✓ Understand the different types of sleep disorders and their symptoms.
- ✓ Learn how to manage sleep disorders and improve sleep hygiene for better sleep.

Substance Abuse & Addiction

- ✓ Learn about substance abuse and addiction and its impact on individuals and society.
- ✓ Understand the different types of substances that can be abused and how they are addictive.
- ✓ Learn about treatment options, signs and symptoms of addiction and how to prevent substance abuse and support loved ones struggling with addiction.



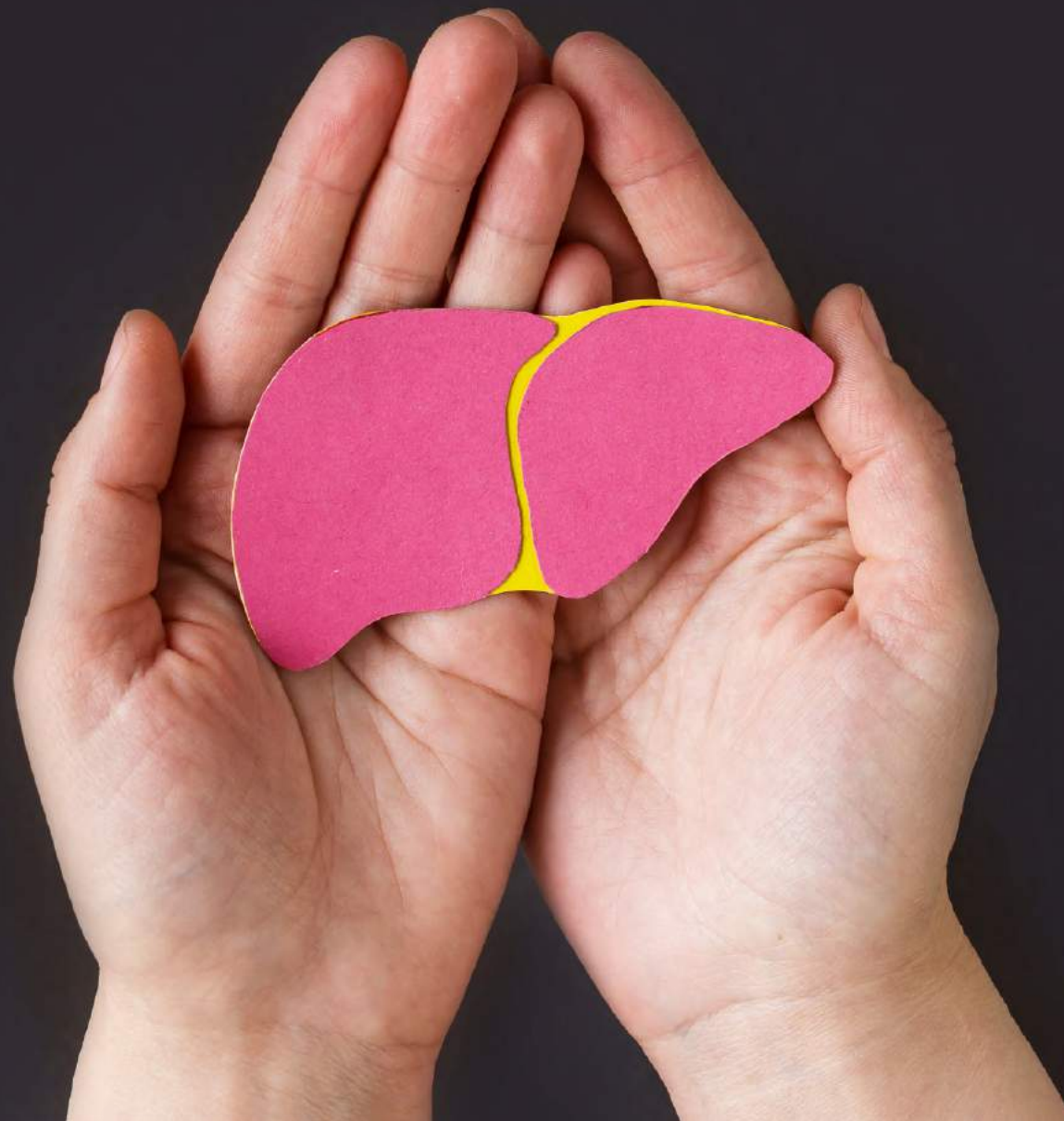
9 SEPTEMBER

Hepatitis B Transmission & Prevention

- ✓ Learn about hepatitis B, its transmission and prevention.
- ✓ Understand the hepatitis B virus, its symptoms and potential consequences such as liver damage and cancer.
- ✓ Learn how to prevent hepatitis B through vaccination and safe injection practices, access testing and vaccination services and how to protect oneself and others from infection.

HIV Transmission & Prevention

- ✓ Learn about HIV, its transmission and prevention.
- ✓ Understand the HIV virus, its symptoms and potential consequences such as AIDS and other health problems.
- ✓ Learn how to prevent HIV through testing, safe sex practices, access testing and prevention services and how to protect oneself and others from HIV infection.



10 OCTOBER

Women's General Health

- ✓ Learn about common health concerns for women and how to maintain overall health.
- ✓ Understand the importance of regular check-ups and screenings for conditions such as breast cancer, osteoporosis and heart disease.
- ✓ Learn how to take care of overall health and prevent or manage common health issues specific to women.

Breast Cancer Awareness

- ✓ Learn about breast cancer and how to detect, prevent and treat it.
- ✓ Understand the different types of breast cancer, causes and risk factors.
- ✓ Learn how to manage and prevent breast cancer through regular self-exams, mammograms, treatment options, lifestyle changes and support.

Understanding Chronic Diseases Medications

- ✓ Learn about common chronic diseases and their diagnosis and treatment.
- ✓ Understand the different types of medications used to manage chronic diseases and their benefits and risks.
- ✓ Learn how to manage chronic diseases by adhering to a treatment plan and making lifestyle changes.



Diabetes Awareness

- ✓ Learn about diabetes and its different types, causes and risk factors.
- ✓ Understand the signs and symptoms of diabetes and its potential consequences.
- ✓ Learn how to prevent and manage diabetes by controlling blood sugar, using treatment options like insulin therapy, oral medications, and making lifestyle changes.

Importance of Preventive Healthcare

- ✓ Learn about the importance of preventive healthcare and its benefits.
- ✓ Understand the different types of preventive healthcare services and the importance of accessing them regularly.
- ✓ Learn how to prevent health problems through lifestyle changes and how to access and utilize preventive healthcare services.

Understanding Drug Interaction

- ✓ Learn about drug interactions and their impact on health.
- ✓ Understand the different types of drug interactions, their potential consequences and how to identify them.
- ✓ Learn how to prevent and manage drug interactions by informing healthcare providers and using the pharmacist's help.



12 DECEMBER

Proper Nutrition (Maintain a healthy weight)

- ✓ Learn about the different types of nutrients and their importance in maintaining a healthy weight through a balanced diet.
- ✓ Understand the role of portion control and the importance of choosing nutrient-dense foods.
- ✓ Learn about the impact of physical activity on maintaining a healthy weight and the potential consequences of being overweight or obese.

Oral Hygiene & Dental Health

- ✓ Learn about the basic steps of maintaining good oral hygiene, such as brushing, flossing, and using mouthwash.
- ✓ Understand common dental health problems and the available prevention and treatment options.
- ✓ Learn about the link between oral hygiene and overall health, and special considerations for certain groups such as pregnant women, seniors, and people with certain medical conditions.

