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Special Release

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RE: PREMARITAL HEALTH CHECK

As you may be aware, **premarital health checks are essential** for identifying potential risks and provide intervention where required. This simple yet crucial step can **significantly contribute to the well-being and happiness of couples** embarking on their life journey together.

It has however been observed that, for various reasons, **quite a number of intending couples present too close (and sometimes not at all) to the marriage**. Such late presentations make **intervention** where required very challenging or totally impossible.

In view of the above, all stakeholders are being called upon to please ensure the following:

- (1) **Creation of awareness starting from early in life** using sermons, counseling sessions, community gatherings, etc.
- (2) **Performance of some of the tests like** Genotype, Blood group, screening for Hepatitis, etc. for teenagers, adolescents and young adults **long before the time of marriage** to make necessary actions/interventions possible.
- (3) **Use Outreaches** to surrounding communities to conduct some of the tests. **The University Health Service (UHS) may be contacted on 07031171702 or 07030125730** for further clarification on this.
- (4) **Encourage couples** to undergo health screenings before marriage. **Couples should be specifically encouraged, instructed and supported** to present themselves for **premarital checks**.

Please be assured that all required tests can be performed in the University Health Service.

Thank you.

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Registrar and Secretary to Senate