

## **Celebrating our 100th blog post on docbeecee website**

**Categories :** [Health talks with Dr Chireka](#)

**Date :** 2nd June 2016

## Celebrating our 100th blog post

Your one stop centre for information about health.

<http://docbeecee.co.uk>

By Dr Brighton Chireka

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11th August 2015 was when I published my first article about [CERVICAL CANCER](#) on this docbeecee blog. Today , 2nd of June 2016 is when I am publishing my 100th post on this blog . This makes it 100 articles in 43 weeks which is at least 2 articles every week.

As we reach this milestone, on behalf of our technical team, guest bloggers , I would like to extend our gratitude to you the reader. You are the reason we began this blog and you are the reason we continue to publish more articles on health matters. It is our belief that health awareness is better than curative medicine . Our world needs committed professionals who are prepared to make real change in the world. So as we continue our blogging journey we invite you to share our blog with friends and colleagues . Our commitment is to raise health awareness and we invite you to join us weekly to read and respond and together let us make our health impact greater.

In wanting to do something special to celebrate our 100th I started reflecting on the name of our website - DOCBEECEE. Sometimes names are not often something we choose. They are given to us and may or may not truly fit us. Sometimes it becomes necessary to rename ourselves. This name is now associated with health information. DOCBEECEE website is now our one stop centre for health information. In celebrating our 100th blog post I am going to look at each letter in the name DOCBEECEE and link it to the articles that we have published already.

D- for Diet . We covered this in our article on [HEALTHY EATING DIET](#). D was covered in our article on [DIABETES MELLITUS](#) . D also was covered in our article on [VITAMIN D](#) . Also D was covered in our article on [DEPRESSION](#)

O - [OVARIAN CANCER](#) , overuse of painkillers causing [MEDICATION OVERUSE HEADACHE](#)

C - for [CANCER](#). Cancers covered are [BREAST CANCER](#) , oand [PROSTATE CANCER](#)

B-[BEAT DISEASE](#) , [BACK PAIN](#) , [BRONCO COUGH MIXTURE ABUSE](#)

E- [EBOLA VIRUS](#)

E- [ERECTILE DYSFUNCTION](#)

C- [CHILDREN AND PARENTAL ILLNESS](#) celebrating zimbabwe my [MY PAD STORY](#)

E- Exercise is mention in several articles as necessary to prevent [HYPERTENSION](#) and [DIABETES MELLITUS](#)

E- [EFFECTS OF SMOKING TOBACCO](#) , [END TUBERCULOSIS](#)

## When you google it do not forget to docbeecee it

Google is here to stay and our patients are well informed nowadays. It's up to us in the medical profession to keep up to date with medical knowledge and be able to "correct" any wrong information that our patients would have got from Internet. The internet is full of information which can overwhelm patients. I suggest that when you google it do not forget to docbeecee it. This allows easy pick up of articles that are on docbeecee website.

I would like to conclude this blog by saying thank you. Thank you to our readers for your contributions, feedback and comments which have allowed us to write regular blogs. Thank you to our bloggers and technical team for the passion in maintaining the discipline and commitment to writing regularly and challenging comfort zones to put forward ideas, thoughts and insights.

We look forward to continuing this journey and the next hundred!

This article was compiled by Dr Brighton Chireka , who is a GP and a blogger based in Kent in the United Kingdom. Feel free to contact him at [info@docbeecee.co.uk](mailto:info@docbeecee.co.uk) and you can read more of his work on his blog at [DR CHIREKA'S BLOG](#)

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