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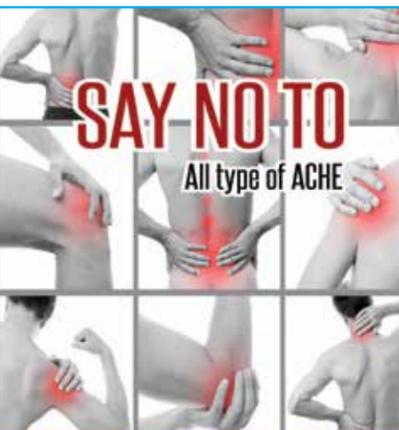
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L-R: Pharm. Lere Baale, Strategy Adviser to Pharmalliance and CEO of Business School Netherlands; Pharm. Adeshina Opanubi, project catalyst, Pharmalliance; and Pharm. Ogheneochuko Omaruaye, MD New Heights Pharmaceuticals at the recent unveiling of Moxie range of children's medicine, in Lagos.

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Say NO to Malaria, YES to Life.

Pharmanews remains unique, relevant, 40 years after – Adelusi-Adeluyi

By Yusuff Moshood & Omolola Famodun

Pharmanews has stood out as a unique, useful and relevant publication in its 40 years of existence, while positively influencing the way practitioners of Pharmacy receive, analyse and use information on pharmaceutical subjects because of its commitment to excellence, Prince Julius Adelusi-

Adeluyi, former minister of health and president, Nigeria Academy of Pharmacy, has said.

Speaking with **Pharmanews** recently in his office in Lagos, Adelusi-Adeluyi, a friend and associate of Sir Ifeanyi Atueyi, publisher of **Pharmanews**, for over 50 years, recalled how the journal

started, noting that the grace of God and the efforts of men had helped the paper to be published consistently every month without interruption for 40 years. It had been 40 years of hard work, he said.

Adelusi-Adeluyi who recalled **continued on page 23**

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Pharmacist (Mrs) Titilayo Onedo is the deputy director of pharmacy at the Burns and Plastic/Critical Care pharmacy unit of the National Orthopaedic Hospital, Igbobi (NOHI) Lagos. She is also the chairperson of the Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN), Lagos State branch.

A native of Ilaro, in Ogun State, Onedo had her elementary education at Lagos Anglican Girls Primary School, Surulere, Lagos. She attended Government College, Agege, Lagos, for her secondary education.

Thereafter, she proceeded to Obafemi Awolowo University, Ile-Ife, where she bagged her first degree in Pharmacy. She forged ahead to obtain her master's degree in Clinical and Biopharmacy from the College of Medicine, University of Lagos.

Onedo has consistently distinguished herself at the NOHI through the various innovations she introduced in her department for effective healthcare service delivery to patients. She designed, developed and successfully implemented pharmaceutical care for patients infected with tuberculosis of the musculoskeletal system, who presented to the NOHI.

She also pioneered pharmacists-patients counselling at the hospital, while also being a foundational member of the unit responsible for the weekly training of pharmacists in the hospital.

An assiduous Onedo initiated and implemented the publishing of the maiden edition of the Pharmacy Department Newsletter. She also designed and conducted drug utilisation studies for the drug and therapeutic committee of the hospital.

A preceptor for pharmacy residents and undergraduates, Onedo's professional affiliations span across Nigeria and abroad. She is a Fellow of the West African Postgraduate College of Pharmacists (WAPCP); member of the Pharmaceutical Society of Nigeria; past secretary, Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN), past treasurer, Association of Lady Pharmacists (ALPs); member, American College of Clinical Pharmacy; member, Commonwealth of Pharmacists Association; and member, European Society of Clinical Pharmacists.

Onedo has served the Pharmaceutical Society of Nigeria (PSN) in several capacities at both state and national levels. She is married to Pharm. Grant Onedo and the marriage is blessed with three children.



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The deafening silence over the new date for the implementation of the National Drug Distribution Guidelines (NDDG) is, to say the least, very worrisome. Since the Nigerian government failed, yet again, to keep to the last proposed date for the implementation of the guidelines, which was December 2018, it has decided not to announce a new date for its implementation.

It would be recalled that the NDDG policy was a cumulative effort of all the stakeholders in the health sector and was designed to ensure a well-ordered drug distribution system for the country. Its implementation was to help reduce the increasing incidence of fake, adulterated and substandard medicines, eliminate unregulated drug markets, facilitate oversight functions of government agencies like NAFDAC and PCN, and ensure that all drugs in the system are safe, efficacious, affordable and of good quality.

Formulating the policy became a matter of urgency as the decades of poor control over drug distribution in the country were not just causing severe medication and health problems for Nigerians but were found to be responsible for many social, security and economic challenges for the

What is happening to the NDDG?

nation.

The NDDG was eventually launched in February 2013 and considering the promises and prospects that accompanied the concept, stakeholders in the pharmaceutical sector, as well as millions of Nigerians, were hopeful that its implementation would be the ultimate solution to the age-long problem of drug distribution in Nigeria. Unfortunately, since that momentous launch, the concept has continued to face the "Nigerian syndrome" of poor policy implementation. The date for its implementation was first slated for 2014, then shifted to 2016, and again to December 2018, which, like the previous dates, came and went with government giving all sorts of

excuses again.

It must be stated that while the refusal of government to commit to a new date to commence the NDDG's implementation may be a clever way to avoid having another unrealistic implementation date and allow for the completion of required structures, the decision has created a lacuna that is capable of giving the impression that the government is no longer serious with the policy. This must not be allowed. We therefore urge the Nigerian government to promptly announce its unambiguous plan for the NDDG.

We must also emphasise that while it is right for the Federal Government (FG) to make the NDDG a public-private-

sector-driven initiative, it must also be aware that as long as medicine is on the exclusive list, the implementation of the policy is the responsibility of the presidency and the FG must arise and deliver on this responsibility.

We call on stakeholders in the health sector and indeed all Nigerians to make it their business to advocate for the implementation of the NDDG to prevent this noble concept from going the way of many brilliant ideas that could have helped this nation progress but died as a result of lack of the needed will to push for their implementation.

The NDDG idea must not be allowed to end up as one of the documents gathering dust on our national shelf. The Nigerian government must be told that delaying the implementation of this scheme is causing the nation more harm than good.

It is noteworthy that this present government has promised to take Nigeria to the next level; and we daresay that the next level to save Nigeria from the problem of chaotic drug distribution and its attendant effects of drug abuse and other social problems fuelled by people having access to drugs where drugs should not be is the prompt implementation of the NDDG.

It must be stated that while the refusal of government to commit to a new date to commence the NDDG's implementation may be a clever way to avoid having another unrealistic implementation date and allow for the completion of required structures, the decision has created a lacuna that is capable of giving the impression that the government is no longer serious with the policy. This must not be allowed. We therefore urge the Nigerian government to promptly announce its unambiguous plan for the NDDG.

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Your contribution matters

By Sir Ifeanyi Atueyi

One thing that makes each of us important and irreplaceable is that everyone is an original. No one is a duplicate or a copy of another person. This uniqueness makes the contribution you are created to make personal and specific. No other person is designed to do what you are created to do. Therefore, your absence creates a gap which only you can fill.

In order to perform your specific roles, God has created you with some natural abilities. Indeed, all our abilities are given by God. These abilities are given to us to serve God and our fellow men. Natural abilities are as important as spiritual gifts. Some people have the ability for architectural designs, while others have for painting, carpentry, writing, teaching, selling, managing, leading and so on. 1 Corinthians 12:6 (NLT) says, "God works in different ways, but it is the same God who does the work in all of us."

Nobody should give an excuse for not doing something because of lack of ability. The abilities are merely lying dormant inside them, waiting to be used. It is a pity that people are full of unused abilities which go with them to the grave. There is nobody created by God who cannot do certain things well. You only need to start doing things that you enjoy, not necessarily for monetary gains. Ask God to help you discover the areas you can apply your unique gifting.

In fact, the reason you are a human being and not a mere animal is that you were created in the image of God and endowed with some attributes of God like creative abilities. You can design something that does not exist. Like an architect who designs a building, you can design anything from your imagination. You can see things with the eyes of your mind. That is why Paul prayed in Ephesians 1:18 (NKJV) "the eyes of your understanding being enlightened..." God can open your eyes to see what others do not see.

Moses told the Israelites, "And you shall remember the Lord your God, for it is He who gives you the power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day" (

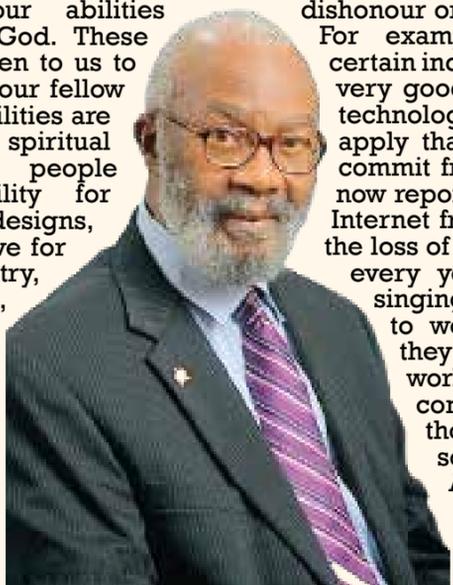
Deuteronomy. 8:18, NKJV). Some people have the ability to build businesses, create wealth and reap a lot of profits. Those with this ability must know that it is not by their power that they succeed. Therefore, they must remember to use their wealth for the glory of God and to the benefit of mankind. They must worship the Lord with their substance. Proverbs 3:9 (NKJV) says, "Honour the Lord with your possessions."

Abilities are misused or abused when they are used to dishonour or displease God. For example, there are certain individuals that are very good in information technology but they apply that knowledge to commit fraud. Our banks now report many cases of Internet fraud resulting in the loss of millions of naira every year. Some have singing ability meant to worship God but they choose to sing worldly songs and communicate evil thoughts with their sonorous voices. A lot of brilliant and intelligent fellows misuse their intelligence and do things that are contrary to the purpose for their lives. God-given abilities must be used to serve and please Him.

When you realise that no other person on earth can use the abilities God has specifically given to you, you will appreciate and value yourself. You are invaluable and indispensable. No one else can do what you are created to do because they don't have your unique makeup. That is why you must examine your life to know what you are good at and enjoy doing. This is a clue to discovering God's plan and purpose for your life.

God's calling or demands on your life are based on the unique abilities He has given you. He will not expect you to be a mathematician if He has not given you the ability to solve mathematical problems. He will not expect you to be a long distance runner if He has not shaped you for that purpose. God expects you to use the ability He has given you.

When you use your peculiar abilities, you discover your ministry or what you are born to do. It is then that you have satisfaction and fulfilment in your work. Ecclesiastes 3:22 says, "I perceived that nothing is better than that man should rejoice in his own works..."



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Why you need wisdom

Is wisdom a gift or something to be obtained? Is it fleeting or lasting? Can it grow?

These are vital questions to ask about wisdom.

Wisdom is always a gift. That is to say, it is something bestowed by God freely and from the depths of His own nature and mercy. And as in the case of all gifts from God, we have only one responsibility: to put ourselves into a position to receive His gift.

Can you imagine a Christmas-morning scene, with brightly wrapped presents surrounding a beautiful evergreen - the gifts just waiting to be opened? Imagine, then, that the children never come into the room - that they never see the presents or rip apart the ribbons and wrapping paper to see them, play with them, receive them, enjoy them.

Such a child might say, "My parents didn't give me anything for Christmas." In fact, they did! Such a child might say, "It isn't a free gift if I have to do something for it. My parents should have brought the gift to me, unwrapped it for me, and forced me to lift it from the box." That's not the way it works, child!

Such a child might say, "I didn't know the gifts were in that room. I didn't know they were for me." If you are questioning God today about the availability of His gifts to YOU, rest assured, they ARE for you! They do exist. He longs to have you receive them.

It is possible to walk in wisdom all of the time - every day - because you come to a full understanding about God's principles and how to apply them. It is possible to have God's wisdom for very specific situations, circumstances, problems, and opportunities. Wisdom is an on-going gift for your entire life and for every area of your life.

Now there is a special gift of wisdom that is a sovereign act of the Holy Spirit. Paul wrote about this gift to the Corinthians as a "word of wisdom."

The manifestation of the Spirit is given to each one for the profit of all: for to one is given the word of wisdom through the Spirit, to another the word of knowledge ... to another faith ... to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills (1 Cor. 12: 7-11).

Priority of wisdom

I have always found it interesting that Paul, in writing to the church at Corinth, chose to list the word of wisdom as the first gift of the Holy Spirit as he began to describe the diversities of gifts, ministries, and activities of the Holy Spirit to that church body.

When Brother Howard Conatser (my senior pastor at Beverly Hills Baptist Church,

where I served as a youth pastor for six years), received the fullness of the Spirit, the only gift of the Spirit that he prayed for was the gift of wisdom.

This gift of a word of wisdom is a distinguishable gift of the Holy Spirit that I describe in this way: a flash of revelation when we know without doubt what God wants us to do in a certain circumstance or situation.

It is a gift given for a specific place and time and to a specific person. It is not a gift to the one GIVING the word of wisdom as much as a gift to the one RECEIVING the word. Stated a little differently, the Holy Spirit may prompt you to give a word of wisdom. That word is not for YOU. It is for someone else. You are acting as a vehicle for the delivery of that word. You are a vessel being used by the Holy

Spirit.

Consider for a moment that wisdom is like a great river, available to each one of us. We each need to draw from it and to be baptised in it. A word of wisdom is like a bucket of water taken from that river and applied directly to the lips of someone dying of thirst. A word of wisdom is the application of wisdom to a specific person, situation, or church at a particular time.

On-going flow of wisdom

The broader flow of wisdom to our lives, however, is an on-going process. It is not limited in time or space. It is a gift imparted TO you, not THROUGH you. It is wisdom flowing from the throne room of God to encompass your entire spirit, soul, and body.

That does not make this broader flow of wisdom any less a gift. It is still very much an act of giving from God to persons. It is, however, a flow of wisdom into which we must position ourselves. We must get in the

river and splash around to get wet!

As such, wisdom becomes a PROCESS in our lives. It is not something that we get once and put on a shelf. It is not a onetime experience. It is an on-going growth process that is simultaneously daily, and eternal.

That on-going process of gaining wisdom relates directly to our hearts. As the writer of Proverbs stated, "Keep your heart with all diligence, for out of it spring the issues of life. Put away from you a deceitful mouth, and put perverse lips far from you" (Proverbs 4:23-24).

It is up to us to "keep our hearts." That is a command to us. And in keeping of our hearts, we position ourselves to experience the ongoing and ever-increasing flow of God's wisdom.

Culled from WISDOM DON'T LIVE LIFE WITHOUT IT by LARRY LEA

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Locate your ability

By George O. Emetuche

Make each day your masterpiece. – John Wooden

According to Worldometers, world population as at 2019 is 7.7 billion people. This is massive! But one special thing in this huge number is that we are created in our unique ways. We are distinctive. Something must distinguish you in the crown. Science has proved that no two humans are exactly the same. This truth also holds in personalities. People act in different ways.

We all are created with different character traits; we also grow up to develop various skills on our own. Individuals have their areas of strengths and weaknesses. You need to discover your strength zone and explore it. You also need to discover your areas of weaknesses and work on it. The things that will make you stand out are within you but you need to discover them. Identify your strong points and amplify them.

Identify your unique selling point

Every good product has a distinctive feature. Every outstanding product or service must have an attribute that will attract buyers to it. These attributes are Unique Selling Points (USP). People don't just buy; buyers buy for benefits. The concept of USP applies in individuals too. As a sales

professional, you must identify the qualities that distinguish you from the crowd. These traits are within you. You only need to nourish them. When you develop the strengths within, your abilities increase, and your performance is enhanced.

Tap into your *natural born abilities* as Keith Harrell puts it. Some people have skills in form of oral presentation; some have physical energy more than others while some have mental energy. The duty of salesmen is to identify where their skills lie and use them at all times in order to attain their best performance.

Successful salesmen are those who have been able to locate their strength and capitalised on it. Your abilities will help you a lot to excel in your career as a salesman. What sustains your energy in tough situations is this *natural born ability*. These abilities act like fire in you to propel you to perform. Some have the energy to work for a longer period of time while some have special ability to convince prospects to buy. Some are so gifted that they can exhibit several abilities at the same time. Find out where your abilities are and begin to apply them in your selling.

Are you brilliant on basics?

Locating your ability as a topic must follow apt direction. It

must be the capacity that helps to achieve corporate goals. You are required to put the right efforts in doing the right things at the right time. You must be brilliant on the basics.

So what are the basics a salesman should work for? They are the fundamentals that enable a salesman to be productive. You must know the art of selling. Your main goal is to discover yourself, your organisation, your products and services, your customer, and your industry. You must know what is happening in these areas. You must discover who you really are. You must know a lot about your organisation, the products and services you are offering to the market and of course, your customers.

You must also know your industry. This includes activities of competitors and the market in general. This is how to enhance performance in the workplace. You need to discover before you conquer. You need to know before you overcome.

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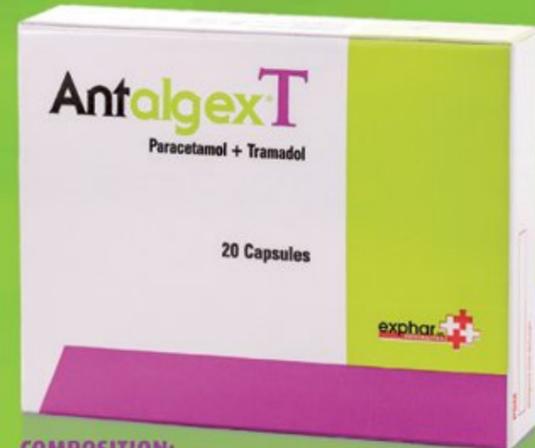


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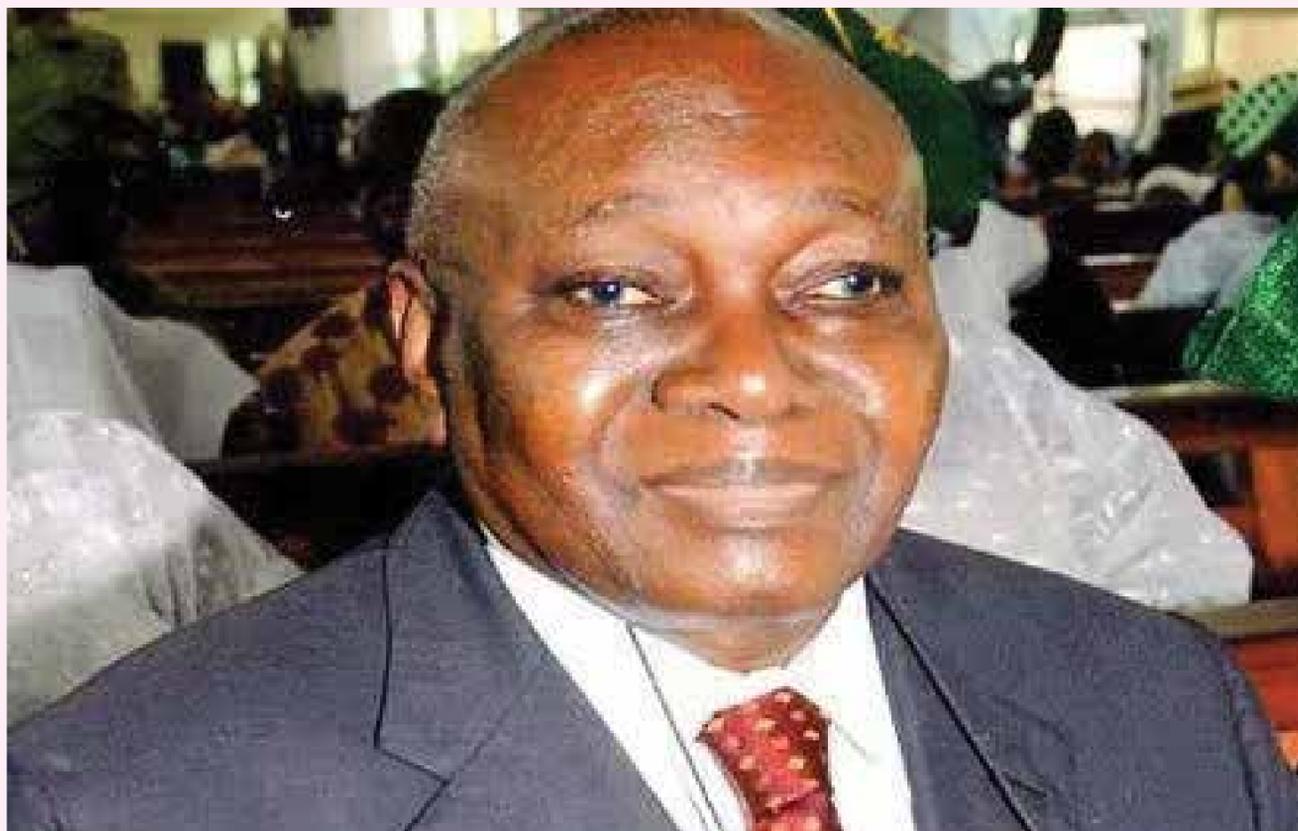
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Olu Akinyanju: Worthy hero of sickle cell management

By Solomon Ojigbo



Olu Akinyanju

Sickle cell disease (SCD) is one of the most common genetic disorders worldwide and it is highly prevalent in the Middle East, Mediterranean regions, Southeast Asia, and sub-Saharan Africa. Sickle cell anaemia is an inherited form of anaemia. It is a condition in which there is not enough healthy red blood cells to carry adequate oxygen throughout the body.

Nigeria has the highest burden of SCD in the world and is also the top sickle cell endemic country in Africa. About 40 million Nigerians are healthy carriers of the sickle cell gene, while about 150,000 children are born with sickle cell disease yearly according to the World Health Organisation. Moreover, it has been estimated that SCD is responsible for an annual infant death of over 100,000 in Nigeria, representing more than 8 per cent of infant mortality in the country.

Accordingly, as the world marks the World Sickle Cell Disease day on 19 June, it is fitting to recognise the efforts of medical professionals who have dedicated their lives and career in pursuit of better ways to manage SCD and improve the quality of life of people who suffer from it. One of such individuals is the world renowned haematologist

Indeed, it will be impossible for anyone to talk about management of sickle cell disease in Nigeria and indeed Africa without mentioning Professor Akinyanju. He is the founder and current chairman of the Sickle Cell Foundation Nigeria and it was his pioneering efforts that led to the establishment of the National Sickle Cell Centre in Lagos.

and clinical geneticist, Professor Olu Akinyanju.

Indeed, it will be impossible for anyone to talk about management of sickle cell disease in Nigeria and indeed Africa without mentioning Professor Akinyanju. He is the founder and current chairman of the Sickle Cell Foundation Nigeria and it was his pioneering efforts that led to the establishment of the National Sickle Cell Centre in Lagos. He has made numerous publications and presentations on sickle cell and he is also a member of World Health Organisation (WHO)'s expert committee on hereditary disease. He is currently advising the WHO on the introduction

of sickle cell programming in developing countries.

Road to Impact

Although the Nigerian Society for Haematology and Blood Transfusion had formed the Sickle Cell Club of Nigeria (SCCN) in 1972, SCD was not regarded as an issue of public health concern in Nigeria for a long time. In fact, the club - which was a non-governmental, non-profit making Patient & Parent Support and Advocacy organisation, with branches in university centres such as Benin, Ibadan, Lagos and Kaduna - was hampered by the lack of funding and government support. Notwithstanding, the branch in Kaduna remained active due to the passion and drive of its leader, Professor Alan Fleming.

Professor Akinyanju's passion and drive to help those with SCD led him, in 1985, to revamp the moribund sickle cell club in Lagos. He also organised an international symposium on sickle cell disorders, followed by annual training courses on genetic counselling from 1986. Before then, there had been no awareness programmes, screening centres/clinics and adequately trained healthcare personnel for the management of SCD in the country.

It must be noted however that Akinyanju's passion for sickle cell patients had considerably been stirred by the relentless efforts of Mary Jo Agba, a sickle cell patient, whom he had met in 1984 at the sickle cell clinic in LUTH. Jo Agba had just returned from the USA and was working for the Nigeria Television Authority. She had asked Akinyanju to join her in setting up an association but Akinyanju introduced her to the already existing Sickle Cell Club and persuaded her to help revive it. Thus, both of them, together with Chief Opral

Benson, resuscitated the sickle cell club and made it is today.

In 1991, Akinyanju founded the Federation of Sickle Cell Clubs of Nigeria (FESCCON) for mutual support and harmonisation. It was also for the same reasons that he co-founded, in 1996, the Federation des Association contre la lutte de la depreanocytose en Afrique (FALDA) which links the non-governmental sickle cell organisations in 13 West African countries.

The need to develop a national sickle cell centre in Nigeria to address important issues, such as capacity building, research, policy development, policy implementation, monitoring and evaluation necessary for the sustained management and control of sickle cell disorder (SCD) in Nigeria soon became necessary and Akinyanju founded the Sickle Cell Foundation Nigeria in 1994 for this purpose.

Education and career

Professor Akinyanju had his secondary education at Government College, Ughelli, where he graduated in 1949. The school, which was founded in 1945, was sited initially at Warri and was known as Warri Middle School, before it was later moved to Ughelli. As a growing child, Akinyanju wanted to become a doctor, who would conquer cardiac disease. This fascination for cardiology was developed by his regular perusal of his father's copies of the *Reader's Digest*. The health pages were full of the ravages of heart attacks.

Adeyanju's career journey to haematology was shaped by Providence. He found himself at the right place at the right time. He had received his medical training at the University of London's St. Mary's Hospital Medical School, now the Imperial College School of Science, Technology and Medicine. After medical school, he had gone on to specialise in internal medicine in the UK before returning to Nigeria to take up a joint appointment in the departments of medicine and pathology. This exposed him to many patients with sickle cell disorder and he proceeded to separate them from the general haematology clinic into a new dedicated sickle cell clinic.

This encounter with sickle cell patients had spurred him to travel to Toronto, Canada, for a formal training in haematology. On his return, he tackled the total absence of programmes for people with sickle cell disorder in the community and in 1985 resuscitated the Sickle Cell Club in Lagos, where he was elected president with Chief Opral Benson as vice-president and Mary Jo Agba as the publicity secretary.

Professor Akinyanju's relentless efforts to alleviate the burden of sickle cell disorder and to ensure that all affected persons can have a normal pain-free lives is indeed truly heroic and worthy of recognition.

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Igulube of Omor, the king who loves pharmacists

POLEMIC with **Yusuff Moshood**
yusuffng@yahoo.com/08055212962

On Wednesday, 1 May, I was in Omor town, an agrarian community in Ayamelum Local Government of Anambra State to cover a health outreach programme organised by the Association of Industrial Pharmacists of Nigeria (NAIP) as part of activities to mark its 22nd annual national conference.

That event was quite remarkable because it was a great demonstration of corporate social responsibility. The NAIP team, comprising pharmacists, doctors and nurses conducted health screening, treated and gave out medicines to hundreds of people of the community, who came out in droves to be part of the programme. Children of the town were dewormed and there was a health talk in the local language to educate the community people about how to better take care of their health.

As a journalist, I like covering events like this that directly touch the lives of the ordinary people. I therefore found covering the event soul-

stirring when I learnt that Omor Town is arguably one of the largest communities in Anambra State, both in population and landmass, yet is seriously lacking in healthcare services as it has no single primary healthcare centre or a general hospital.

What was also more remarkable for me was that the coverage of the event gave me the opportunity to meet Igwe Oranu Chris Chidume, Eze Ana-Ukwu Eze-Igulube of Omor, a friendly but fabulous traditional ruler. I have met a few traditional rulers but I must say that this king is an epitome of elegance in all ramifications. You could see that this is a sophisticated traditional ruler, yet his commitment to keeping to the traditional ethos was without doubt and was with great panache.

On arrival in Omor Town for the health outreach programme, I accompanied the NAIP team to pay the Igwe a courtesy visit and I was first struck by the magnificence of the palace.

It was such a marvel because it was tastefully constructed and furnished. But when the king came out to receive us I understand why the palace was so impressive as the palace was a reflection of the man.

I was however more impressed because not only was the Igwe quite welcoming, he personally led the NAIP team to Amikiwe Primary School, Omor, venue of the health programme and asked his subjects to go round and ensure people in the town came out to be part of the programme.

The Igwe knew what NAIP had come to offer the people of the town and wanted everyone in the community to get the benefit. That singular action ensured the success of the programme, as people in the community came out in their hundreds and the NAIP team worked the whole day to take care of them.

I interviewed the Igwe thereafter and he not only praised the NAIP for bringing

the health outreach programme to Omor but urged other professional bodies and organisations to follow the footsteps of the industrial pharmacists by organising such programmes.

To show his appreciation, the Igwe hosted the NAIP team to a lavish dinner in his palace and his queen personally served and ensured all those who came to help the people of Omor have a taste of his hospitality.

I learnt that this was not the first time Igwe Chidume would be throwing the doors of his palace open to pharmacists. He had, in fact, in 2018, honoured the immediate past president of PSN, Pharm. Ahmed Yakasai with a chieftaincy title, during an elaborate ceremony to show his love for Pharmacy.

I am happy to find out that pharmacists are reciprocating the affection by planning to have an outlet in the town to take care of the drug needs of Omor community.

Igwe Chidume is an industrial giant as the chairman of the Krisoral Group, but he is an amiable traditional ruler who wants the best healthcare for his people. It was an honour to know this king who loves Pharmacy and pharmacists.

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Effective management of asthma

Asthma is a disease condition that occurs when there is an obstruction of the airways that carry air to and from the lungs, or when there is a swelling or an inflammation of the airways and hyper-responsiveness. This results in asthma symptoms, such as coughing, wheezing, shortness of breath, and chest tightness. If it is severe, asthma can result in decreased activity and inability to talk.

These observations were affirmed by the President, Nigeria Thoracic Society (NTS), Dr Kingsley Osagie, who asserted that asthma remains a major health condition, with over 330 million people affected globally.

Osagie, who is also a consultant pulmonologist at the National Hospital Abuja, maintained that no fewer than 250,000 people die of asthma yearly in Nigeria, adding that the country contributes not less than 15 million, out of the over 330 million population affected, worldwide.

He, however, said that that deaths resulting from asthma are preventable and highly controllable.

According to him: "Asthma happens when one comes in contact with something that irritates the airways, called asthma triggers. This could occur frequently, making an individual to wake up at night with symptoms, such as feeling of tiredness with low energy, coughing, wheezing, chest tightness, shortness of breath and difficulty breathing.

"However, with intake of



right medications and correct use of inhalers, the patient can have relief from symptoms."

In the same vein, Dr Olanisun Adewole, secretary-general of NTS, said asthma could start at any age, adding that while some people get the symptoms in childhood, others develop the condition later in life.

Adewole, who is also a consultant, chest physician from Obafemi Awolowo University, Ile-Ife, added that individuals were more likely to develop asthma if they had a family history or environmental allergies.

Another expert from the Massey Street Children Hospital, Dr Cecilia Abimbola Mabogunje, stated that for better patients' outcome, there should be a management plan tailored specifically for each child suffering from asthma, such that they are adequately catered for

when there is an attack.

"Schools need to be enlightened and empowered to help children with asthma. It is not a death sentence; it can be controlled. There should be a rescue plan in place for acute episode," she noted.

Asthma attack

An asthma "attack" or episode is a time of increased asthma symptoms. The symptoms can be mild or severe. Anyone can have a severe attack, even a person with mild asthma. The attack can start suddenly or slowly. Sometimes a mild attack will seem to go away, but will come back a few hours later, and the second attack will be much worse than the first. Severe asthma symptoms need medical care right away.

During an asthma attack, the lining of the airways in the lungs

swells. The muscles around the airways tighten and make the airways narrower. All of these changes in the lungs block the flow of air, making it hard to breathe. Knowing what is happening in the lungs during an asthma attack will help you to know why it often takes more than one medicine to treat the disease.

Common triggers of asthma attacks

The more industrialised a place is, the higher the prevalence of asthma, because areas with industrial/air pollution trigger asthma. Also, the more developed a place is, the more likely they would have a higher rate of asthma cases. For example, Lagos would be expected to have a higher rate of asthma cases than, say, a village. Also, it is believed that in cleaner environments, people are less likely to be exposed to some germs and particles that will stimulate it.

Effluents from cars and industries have also been associated with asthma. Other factors, including heredity and the person's predisposition to allergies and certain conditions can equally trigger an attack. For example, a person could be sensitive to infections, virus, bacteria, cigarette smoke, or certain types of food and drugs. Some can also react to psychological factors.

Generally, common triggers of asthma attacks include:

- Animals (pet hair or dander)
- Dust

continued on page 13

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(Cardiovasc Diabetol. 2016; 15: 113.)

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(J Drug Assess. 2016; 3(1): 24-31.)

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DOSAGE:

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INDICATIONS AND USAGE
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CONTRAINDICATIONS
 TELMISARTAN tablets are contraindicated in patients who are hypersensitive to any component of the product.

OVERDOSAGE
 Limited data are available with regard to overdosage in humans. The most likely manifestation of overdosage with Telmisartan tablets would be hypotension, dizziness and tachycardia. STUDYCARDIA could occur from parasympathetic (vagal) stimulation. If symptomatic hypotension should occur, supportive treatment should be instituted. Telmisartan is not removed by haemodialysis.

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Effective management of asthma

continued from page 11

Changes in weather (most often cold weather)
Chemicals in the air or in food
Exercise
Mold
Pollen
Respiratory infections, such as the common cold
Strong emotions (stress)
Tobacco smoke

Causes

Asthma is caused by environmental and genetic factors. These factors influence how severe asthma is and how well it responds to medication. The interaction is complex and not fully understood.

Studying the prevalence of asthma and related diseases, such as eczema and hay fever, have yielded important clues about some key risk factors. The strongest risk factor for developing asthma is a history of atopic disease. This increases one's risk of hay fever by up to five times and the risk of asthma by three to four times.

In children between the ages of three and 14, a positive skin test for allergies and an increase in immunoglobulin E increases the chance of having asthma. In adults, the more allergens one reacts positively to in a skin test, the higher the odds of having asthma.

More allergic asthma is associated with sensitivity to indoor allergens and because western styles of housing favours greater exposure to indoor allergens, much attention has focused on increased exposure to these allergens in infancy and early childhood as a primary cause of the rise in asthma.

Primary prevention studies aimed at the aggressive reduction of airborne allergens in a home with infants have shown mixed findings. Strict reduction of dust mite allergens, for example, reduces the risk of allergic sensitisation to dust mites, and modestly reduces the risk of developing asthma up until the age of 8 years old.

However, studies have shown that the effects of exposure to cat and dog allergens worked in the converse fashion; exposure during the first year of life was found to reduce the risk of allergic sensitisation and of developing asthma later in life.

The inconsistency of this data has inspired research into other facets of Western society and their impact upon the prevalence of asthma. One subject that appears to show a strong correlation is the development of asthma and obesity. In the United Kingdom and United States, the rise in asthma prevalence has echoed an almost epidemic rise in the prevalence of obesity. In Taiwan, symptoms of allergies and airway hyper-reactivity increased in correlation with each 20 per cent increase in body-mass index.

Several factors associated with obesity may play a role in the pathogenesis of asthma, including decreased respiratory function, due to a build-up of adipose tissue (fat) and the fact that adipose tissue leads to a pro-inflammatory state, which has been associated with non-eosinophilic asthma.

Asthma has been associated with Churg-Strauss syndrome, and individuals with immunologically mediated urticaria may also experience systemic symptoms with generalised urticaria, rhinoconjunctivitis, orolaryngeal and gastrointestinal symptoms, and anaphylaxis. Additionally, adult-onset asthma has been associated with periocular xanthogranulomas.

Symptoms of asthma

The most common symptom is wheezing. This is a scratchy or



whistling sound when you breathe. Other symptoms include:

- Shortness of breath
- Chest tightness or pain
- Chronic coughing
- Trouble sleeping due to coughing or wheezing

Asthma symptoms, also called asthma flare-ups or asthma attacks, are often caused by allergies and exposure to allergens such as pet dander, dust mites, pollen or mould. Non-allergic triggers include smoke, pollution or cold air or changes in weather. Asthma symptoms may be worse during

exercise, when you have a cold or during times of high stress.

Children with asthma may show the same symptoms as adults with asthma: coughing, wheezing and shortness of breath. In some children, chronic cough may be

the only symptom.

If your child has one or more of these common symptoms, make an appointment with an allergist / immunologist:

- Coughing that is constant or that is made worse by viral infections, happens while your child is asleep, or is triggered by exercise and cold air
- Wheezing or whistling sound when your child exhales
- Shortness of breath or rapid breathing, which may be associated with exercise
- Chest tightness (a young child may say that his chest "hurts"

or "feels funny")

- Fatigue (your child may slow down or stop playing)
 - Problems feeding or grunting during feeding (infants)
 - Avoiding sports or social activities
 - Problems sleeping due to coughing or difficulty breathing
- Patterns in asthma symptoms are important and can help your doctor make a diagnosis. Pay attention to when symptoms occur:
- At night or early morning
 - During or after exercise
 - During certain seasons
 - After laughing or crying
 - When exposed to common asthma triggers

Diagnosis of asthma

An allergist diagnoses asthma by taking a thorough medical history and performing breathing tests to measure how well your lungs work. One of these tests is called spirometry. You will take a deep breath and blow into a sensor to measure the amount of air your lungs can hold and the speed of the air you inhale or exhale. This test diagnoses asthma severity and

continued on page 15

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Effective management of asthma

continued from page 13

measures how well treatment is working.

Many people with asthma also have allergies, so your doctor may perform allergy testing. Treating the underlying allergic triggers for your asthma will help you avoid asthma symptoms.

Prevention of asthma

Below are some common asthma triggers and the actions you can take to control them. Controlling your triggers will help you have fewer asthma symptoms and make your asthma treatment work better.

Foods

Sulphites and sulphating agents in foods (found in dried fruits, prepared potatoes, wine, bottled lemon or lime juice, and shrimp), and diagnosed food allergens (such as milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish) have been found to trigger asthma.

How to control it

- Wear a medic-alert bracelet that identifies your food allergies
- Carry injectable epinephrine to provide first aid during an emergency allergic reaction, see your doctor for more information about this. Did you know children can carry their asthma and allergy medications while at school?
- Read food labels closely to avoid eating hidden triggers

Pollen

Pollen are tiny particles produced by trees, grasses, weeds, and flowers. They are carried on the wind or by insects, and can



cause asthma attacks. Air pollution can also cause asthma attacks.

- Use air conditioning, if possible, during seasons when pollen is highest.

- Keep windows closed during seasons when pollen is highest.

- Consider staying indoors during the middle of the day and afternoon when the pollen count is highest.

- If you are outside when the pollen count is high, it might help if you wash your hair before you go to bed.

- Check the air indexes, and avoid going outdoors when the pollution or pollen counts are high.

Avoid the following indoor/outdoor pollutants and irritants:

- Wood-burning stoves or fireplaces
- Unvented gas stoves or heaters
- Other irritants (e.g., perfumes, cleaning agents, sprays)
- Volatile organic compounds

(VOCs) such as new carpeting, particle board, painting

- Newly manufactured materials found in floor, wall, and ceiling coverings and furniture have strong odours. Odours from glues, paints, or treatment processes give off chemical irritants, including volatile organic compounds (VOCs). This is called off-gassing.

- Air out new materials in areas with plenty of ventilation

- Maintain floor, wall and ceiling coverings properly

Asthma and pregnancy

During pregnancy, asthma symptoms will worsen for about one-third of all women. Symptoms may be most severe between weeks 29 and 36 (about the seventh to the ninth month) of pregnancy. Asthma symptoms such as coughing, chest tightness, wheezing, and shortness of breath can keep your baby from getting enough oxygen to grow well. A good rule of thumb to remember is, if you are feeling short of breath, your baby will be feeling it much more. If your asthma isn't under control, your baby could be less healthy and smaller when born, or could even be born too early. But these things don't need to happen because of asthma.

Asthma can be controlled so that it doesn't hurt your baby or you. Here are the steps you can take to control your asthma and protect your baby:

Work with your doctor and other healthcare providers.

Go over your Asthma Action Plan to make sure it is right for you as your baby grows.

1. Keep your appointments.

- Write down all the questions you have before each visit. It helps you remember to ask them all.

- Tell your doctor about any wheezing, coughing, or shortness of breath that you have.

- Tell your doctor if you notice any changes in your asthma or breathing patterns

- Tell your doctor any concerns you have about your medicines or the other parts of your Asthma Action Plan.

- Make sure you know what your doctor or asthma educator wants you to do before you leave the office.

2. Take your medicines.

- Follow the directions exactly in your Asthma Action Plan about when to take your asthma medicines and how much of each medicine to take.

- Don't stop taking your asthma medicines unless your doctor tells you to.

- Talk to your doctor before you take ANY new medicines, herbal treatments or over-the-counter drugs (those that you choose yourself at the store, such as headache, cough, or cold medicine).

Remember: Using asthma medicine during pregnancy is much safer than letting your asthma get out of control. Such asthma medicines as inhaled beta-agonists (quick relief medicines like Maxair or Proventil), cromolyn (medicines that prevent triggers from causing reactions in your lungs, like Intal), and inhaled steroids (long-term controller medicines like Flovent) are safe for pregnant women when you take them as directed by your

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"Abbreviated Product Information"

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DESCRIPTION: Ranferon[®]-12 is a comprehensive blood building tonic and each 5 ml contains Ferric ammonium citrate (equivalent to 41 mg of elemental iron), Folic acid, Vitamin B12 for rapid and optimum formation of healthy red blood cells.

INDICATIONS: Iron deficiency anaemias, Increased iron demand, For rapid recuperation during convalescence, Deficiency of blood iron stores.

DOSAGE & ADMINISTRATION: Adults - therapy should be started with two teaspoonful orally three times a day, for prophylaxis dose of one teaspoonful once or twice daily. Children (5-12 yrs)- one teaspoonful once or twice a day, as directed by the physician.

CONTRAINDICATIONS: Ranferon[®]-12 is contraindicated in patients known to be hypersensitive to any of the ingredients, anaemias not cause by iron deficiency.

PRECAUTIONS: May cause black discolouration of stools, indiscriminate use of prolonged high dose should be avoided as it may lead to iron overload.

SIDE EFFECTS: Is well tolerated at usual recommended doses, may cause gastrointestinal upsets due to iron intolerance, which can be controlled in many cases by reducing the dose or giving Ranferon[®]-12 after meals. Rarely allergic reactions or rash may occur.

Please refer to the product insert for more information.

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Effective management of asthma

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doctor.

3. Watch your asthma and treat symptoms fast.

Pregnancy is a time of change. Your asthma can get worse, better, or stay the same. If this is your first pregnancy, there is no way to predict what will happen with your asthma. If you have been pregnant before, your asthma is most likely to change—or not change—the same way it did with your last pregnancy. It is very important for you to watch your asthma closely.

Use a peak flow meter each day, if told to by your doctor, so you can see changes in your asthma and act early.

Know how to tell if your asthma is getting worse. Make a list with your doctor or asthma educator of the ways you can tell if your asthma is getting worse.

Make an Asthma Action Plan with your doctor for dealing with any sign or symptom that your asthma is getting worse. Make sure you know how to use it, and get a new one if there are changes in your asthma treatment.

4. Stay away from your asthma triggers.

Your asthma triggers are those things that make your asthma worse. House dust mites or damp places, animals, tobacco smoke, and very cold air are some examples of asthma triggers. You can stay away from some triggers. For other triggers, you can take action to keep them from starting your asthma. See our complete list of triggers and learn about how to avoid or reduce contact with them.

5. Do not smoke or stay around people who smoke.

Cigarette smoke makes it more likely that you will have asthma episodes.

Smoking during your pregnancy makes it more likely that your baby will be born too early and too small. Your baby is more likely to be sick more often, too.

If babies breathe in other people's smoke, the babies' lungs will not grow and work as well as they should. The baby is likely to have more colds and earaches.

When babies live with people who smoke, they have a greater chance of developing asthma.

If you smoke, now is the time to stop! Your health care provider will help you. Ask about it now, and find more on second-hand smoke and quitting.

Asthma and exercise

Anyone exercising hard enough may have shortness of breath. But when this happens sooner than expected, or happens along with other symptoms such as chest tightness, wheezing, or cough, then it may be asthma.

Exercise is a common trigger of asthma. The terms "exercise asthma" or "exercise induced asthma" are often used, but these are some common ways that exercise makes asthma worse:

Exercise sometimes makes asthma symptoms worse in someone who does not usually need asthma medications (Intermittent Asthma).

No matter which way it happens, breathing may be even harder when the air is colder and drier. At rest, breathing through the nose warms and humidifies (moistens) the air taken in. During exercise, breathing faster through the mouth lets air that is colder

and drier than usual into the lungs. The colder and drier air can trigger symptoms like coughing and wheezing.

Once the airways are triggered the airway lining may begin to swell (inflammation), smooth muscle bands around the airway can tighten (bronchospasm), and extra mucus can be made. The swelling, tightened muscle bands, and extra mucus can partially block the airways. This makes it harder to get air in and out of the lungs. The exact way this happens may be different in traditional asthma compared to Exercise Induced Airway Narrowing.

Activities like long-distance running, hockey, and cross-country skiing are more likely to trigger symptoms because they are held in cold temperatures or have the player working hard for longer amounts of time. Activities like walking and swimming are less likely to trigger symptoms because players use short bursts of action mixed with breaks, or are done in warmer and more humid places.

How to prevent symptoms during exercise

There are things that can be done to help prevent symptoms with exercise. Start with a warm up period of light activity before any harder exercise. Avoid exercising in cold and dry air. Avoid exercise when other triggers, such as respiratory infections or smoke, can cause more trouble breathing.

The goal is to be able to exercise without symptoms. Most people with asthma can take part fully in sports or be as active as they would like to be. They need to work with their health care provider and follow their Asthma Action Plan to be able to do this.

Treatment options for asthmatics

There is no cure for asthma, but symptoms can be controlled with effective asthma treatment and management. This involves taking your medications as directed and learning to avoid triggers that cause your asthma symptoms. Your allergist will prescribe the best medications for your condition and provide you with specific instructions for using them.

Controller medications are taken daily and include inhaled corticosteroids (fluticasone (Flovent Diskus, Flovent HFA), budesonide (Pulmicort Flexhaler), mometasone (Asmanex), ciclesonide (Alvesco), flunisolide (Aerobid), beclomethasone (Qvar) and others).

Combination inhalers contain an inhaled corticosteroid plus a long-acting beta-agonist (LABA). LABAs are symptom-controlling that are helpful in opening your airways. However, in certain people they may carry some risks. LABAs should never be prescribed as the sole therapy for asthma. Current recommendations are for them to be used only along with inhaled corticosteroids. Combination medications include fluticasone and salmeterol (Advair Diskus, Advair HFA), budesonide and formoterol (Symbicort), and mometasone and formoterol (Dulera).

Leukotriene modifiers are oral medications that include montelukast (Singulair), zafirlukast (Accolate) and zileuton (Zyflo, Zyflo CR).

Quick-relief or rescue medications are used to quickly relax and open the airways and relieve symptoms during an asthma flare-up, or are taken before exercising if prescribed. These include: short-acting beta-agonists. These inhaled bronchodilator

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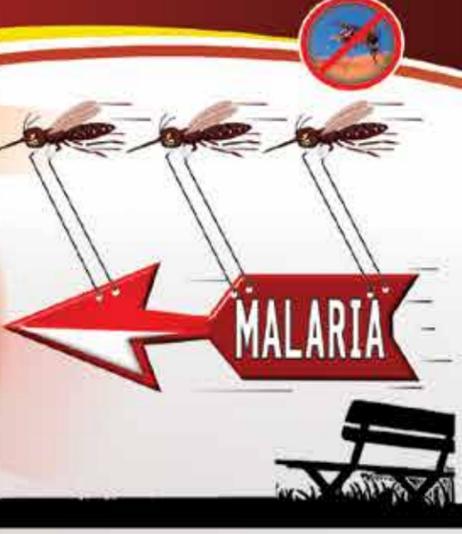
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Effective management of asthma

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(brong-koh-DIE-lay-tur) medications include albuterol (ProAir HFA, Ventolin HFA, others), levalbuterol (Xopenex HFA) and pirbuterol (Maxair Autohaler). Quick-relief medications do not take the place of controller medications. If you rely on rescue relief more than twice a week, it is time to see your allergist.

Oral and intravenous corticosteroids may be required for acute asthma flare-ups or for severe symptoms. Examples include prednisone and methylprednisolone. They can cause serious side effects if used on a long term basis.

People with asthma are at risk of developing complications from respiratory infections such as influenza and pneumonia. That is why it is important for asthma sufferers, especially adults, to get vaccinated annually.

With proper treatment and an asthma management plan, you can minimize your symptoms and enjoy a better quality of life.

Types of management available for asthma patients

There are several types. A clean environment is important and asthma occurs because the child is reacting to something. So, the first method is what is called environment manipulation, where those things the child reacts to are removed from the environment. For example, a child with asthma shouldn't be exposed to a room with rugs because of the particles and house dust in the rug. A carpet is more advisable or something that is cleaned regularly to be free of dust.

Parents who smoke should also

stop smoking in the house because it could trigger asthma attacks. So, it is important to modify the child's environment, especially if it is not a severe case.

Also, generators should not be kept near the windows because of the smoke and heat from it. Also, an affected child can be treated with drugs. The drugs are two types; the relievers and preventers. The relievers are those that work immediately. They are given to the child to relieve them to help their airways dilate. That's why it is called relievers to relieve that acute situation.

A common drug used is Ventolin, which is in tablet, injection and inhaler forms. Its generic name is Salbutamol. There are other types of drugs for treatment and there is an international treatment guideline that every doctor is supposed to know and follow its guideline. If it is an emergency, doctors use oxygen.

The preventers are usually those that work much later. What they do, as their name suggests, is to prevent asthma attacks. Many of the preventers are long active steroids. These steroids, as well as other anti-inflammatory drugs, can decrease the symptoms of asthma. Steroids have some side effects when it is taken periodically. Both types - relievers and preventers - cannot be substituted for one. The former relieves the immediate situation so the patient does not die, while the preventers are supposed to be given so that the asthma attack does not happen later. If it is an emergency case, the doctor would have to admit the patient and give oxygen and some injections.

Special methods of asthma management

Yes, it depends on the situation. Early detection and proper

treatment helps. There is what is called partnership in asthma management. In medicine, we say self treatment is not good, but this is encouraged in asthma because it helps a lot. So, members of the family must be carried along so that whenever there are any symptoms, they would know how to prescribe the drugs to the child or check the function of their lung and all that. For example, a three-year-old might not be able to use an inhaler, so there is a special device like a pipe, which the inhaler is pressed into and as the child breathes in from the pipe, he inhales the content. Some children are too young to use inhaler because there is a coordinated action of inhalation that the child may not be able to do alone.

Advice to parents of asthmatics

Parents shouldn't panic when they are told their child has asthma. Most children, by the age of six, are likely to outgrow asthma or later in life during their teenage years from the age of 13. Up to 90 per cent or nine out of 10 children will outgrow it by the time they become teenagers.

Asthma is a chronic disease, but it usually doesn't kill people. Deaths resulting from asthma are less than one per cent. But the major problem is that people don't follow up on treatment, they just go and buy the inhaler and that's it. The child should be taken to the hospital for regular checkups, say every three to six months. That would help to ensure that the child does not suffer many of the problems resulting from asthma.

Asthma could affect the psychology and even growth of the child if not properly managed. But if managed and treated properly, the child can outgrow it. Again, the

parents should comply with the drugs prescribed by the doctors. They should not wait until the child has the symptoms before they give the medications. They should also keep relievers drugs at home.

Prevention tips for asthmatics

You can reduce asthma symptoms by avoiding known triggers and substances that irritate the airways.

Cover bedding with "allergy-proof" casings to reduce exposure to dust mites.

Remove carpets from bedrooms and vacuum regularly.

Use only unscented detergents and cleaning materials in the home.

Keep humidity levels low and fix leaks to reduce the growth of organisms such as mould.

Keep the house clean and keep food in containers and out of bedrooms -- this helps reduce the possibility of cockroaches, which can trigger asthma attacks in some people.

If a person is allergic to an animal that cannot be removed from the home, the animal should be kept out of the bedroom. Place filtering material over the heating outlets to trap animal dander.

Eliminate tobacco smoke from the home. This is the single most important thing a family can do to help a child with asthma. Smoking outside the house is not enough. Family members and visitors who smoke outside carry smoke residue inside on their clothes and hair -- this can trigger asthma symptoms.

Persons with asthma should also avoid air pollution, industrial dusts, and other irritating fumes as much as possible.

Report compiled by Temitope Obayendo with information from: American Academy of Allergy Asthma & Immunology; Asthma Initiative of Michigan (AIM), the Eagle Online and The Guardian



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Ferring seeks more government intervention on infertility

- As company holds workshop for fertility experts

By Yusuff Moshood

Infertility has grown to become a serious public health issue in Nigeria and tackling it will require an increase in advocacy and government intervention to ensure people who need assistance are able to get it, Pharm. Yemi Aladeniyi, country manager, Ferring Pharmaceuticals, has said.

Speaking with *Pharmanews* in an exclusive interview during a fertility workshop organised by the company and held at Radisson Blu Hotel, Ikeja, Lagos, recently, Aladeniyi said it had become necessary for the Nigerian government to get involved in setting up necessary structures to help people who need assisted reproductive technology, considering its huge cost.

He further noted that the major challenge in infertility management is late presentation by patients, stressing that there is an urgent need to increase awareness and let patients know that the earlier they seek intervention the better.

"We need to engage in awareness campaign, using both the traditional media and social media. We need to educate people in the community and ensure they are conversant with the right parameters for action. They have to know that after trying for a certain number of months to conceive without the result they want, they have to seek help", he said.

Aladeniyi reiterated Ferring's commitment to help tackle the challenge of infertility in Nigeria, noting that helping patients is at the heart of Ferring's business operations in the country.

This commitment, he said, was one of the reasons the company organised the fertility workshop attended by a good number of fertility experts.

The Ferring boss also disclosed that one area the company decided to focus on when it commenced operations about three years ago was in helping to build capacity of medical personnel that would be attending to patients so that practice within the country could improve.

"We believe that the better the practitioners are and the more exposed they are, the better will be the quality of service and treatment to patients. Ferring is focused on making contributions to expand the knowledge within the specialty of assisted reproduction in Nigeria," he said.

Aladeniyi stated that assisted reproductive technology (ART) is an evolving science, hence the need to regularly bring experts together to have robust discussions and share ideas on the latest scientific discoveries on how to get better results in their practice.

Speakers at the workshop included Prof. Oladapo Ashiru, chief medical director, Medical Art Centre, Lagos; Dr Edem K. Hiadzi, medical director, Lister Hospital & Fertility Centre, Accra, Ghana; Dr Ibrahim Wada, founder/CEO, Nisa Medical Group; and Dr Kireki Omanwa, a fertility specialist from London, United Kingdom.



L-R: Pharm. Yemi Aladeniyi, country manager, Ferring Pharmaceuticals; Mr Godfrey Ayuka, promotional manager, Ferring, SSA; Prof. Oladapo Ashiru, chief medical director, Medical Art Center, Lagos; Dr Peter Platteu, senior consultant in reproductive medicine, UZ-Brussels, Brussels-Belgium and Prof Johan Smits, professor of endocrine physiology, UZ-Brussels, during the workshop.

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Celebrating 40 Years of Uninterrupted Monthly Publication (1979-2019)

Pharmanews remains unique, relevant, 40 years after – Adelusi-Adeluyi

continued from front page



Prince Julius Adelusi-Adeluyi

sharing ideas with Atueyi on how the journal would look when he was to start the it in 1979 said he was quite happy that the paper had not only survived for 40 years and still going strong but was now conveying pharmaceutical news at the local, regional, national and international levels.

Pharmanews, he said, had also helped shape the destiny of many young pharmacists over the years and had become the medium of choice to spread pharmaceutical and health information.

Adelusi-Adeluyi also spoke about what influenced his friendship with the **Pharmanews** publisher and why they had continued to remain close for over 50 years.

Below is the abridged interview:

You have been a friend and professional associate of Pharm. (Sir) Ifeanyi Atueyi for more than 50 years. Can you recall how the two of you met and became friends?

We thank God who brought us together more than 50 years ago. We met at the pharmacy school. The institution was formerly known as the Nigerian College of Arts, Science and Technology Ibadan, but later metamorphosed into University of Ife, before eventually moving to its permanent site, where it became Obafemi Awolowo University, Ile-Ife.

I was involved in student union affairs and that of the Pharmaceutical Association of Nigeria Students (PANS); therefore, I got to know most of the students who were members and that was how I got to know the gentleman,

Ifeanyi Atueyi.

Whenever you see him in a crowd, it is impossible for you to ignore him or not notice him. He is tall, handsome and bearded. That was how we met and became friends with a few other colleagues. Some of them are gone, but we thank God we are still alive and have continued to relate as friends.

Having known Sir Atueyi for so long, how would you describe him?

Ifeanyi is a quiet person. I should start with the fact that now that he is nearing 80 years, the first thing you will notice about him is that he has become more spiritual. So you can describe him as a spiritual person. However, anybody nearing 80 years will become more spiritual.

Ifeanyi is also a highly dependable person. A very responsible person and that is why when I was a minister and I had some responsibilities and I needed some people to work with, he was naturally one of the people I reached out to. That was because I know he is dependable and I also believe we share a few other things in common.

He is a person of character, someone that takes responsibility for his actions. Whenever he is a part of a group activity, he does his homework. He listens to the views of other people and expresses his views clearly. Whatever he says he will do, he does it to the best of his ability.

He also has a sense of contentment. Sometimes, people usually wonder why everything is so fast for some people and theirs

seem so slow. Most people have forgotten that all unhappiness is from comparison with other people. He is laid-back but he is a contented man. He is also a dedicated man. If you give him something to do, he faces it squarely.

He is also very loyal. That was why when I became the president of the Nigeria Academy of Pharmacy and we needed a vice president for the Academy, he was the one I picked and he has not let me down. In fact, I am proud of him.

I am a year younger than he is, but he is still simple and humble and you know if you are humble, you can never fumble. Among other things, he is also a gentleman and a family man. I saw his son doing very well in Boston, USA.

Sir Atueyi said you influenced his decision to accept the responsibility of serving as the editor-in-chief of Pharmacy Journal in 1974 during the PSN conference in Kano, an experience that proved invaluable when he started Pharmanews, can you recall that incident? Also, what prompted your decision to ask him to take that assignment, considering he had no previous experience in managing or editing a journal?

You know, as you grow older, there are some certain things you can't explain. I was the national secretary of the Pharmaceutical Society of Nigeria and I needed some things to change then. There was a certain guy I remember back then, Peter Ekwunife. He was the editor of the journal. Then I said there are several things that needed to be done. I wanted to make sure we had a good journal and I needed someone who could help get it done.

Although a few people were interested, something just told me to ask him to do it for us. I said "Atus, come, all this noise they are making about editor-in-chief, why don't you be the editor-in-chief?" He said: "No o, I no dey for wahala". And I said, "Look, I am in the centre of all this, I want this Society to be strong. I want people who can work together. I will do the work for you, if necessary, but please be there."

"On that note, he agreed to file his name in the nomination form." I knew I was involved, and as soon as he assumed office, we started doing a lot of work on the journal and he took the work seriously.

As I said earlier, he is also a very dedicated person. We were producing the journal and he quickly got used to the work. That was how it

started and I am happy that today he is a pharmaceutical journalist.

There were some other people involved in the journal then. There was someone called John Ogundibo, who was on the editorial bench before him.

It was good we worked together on the Pharmacy Journal then because it helped.

Sir Atueyi said you were one of the few colleagues he discussed with early in 1979 when the idea to start Pharmanews came to him. He also credited you with some ideas which eventually shaped the identity of Pharmanews as it is known today. Can you recall that discussion and what influenced some of the advice you gave?

I had planned to start a journal myself, but God orders everyone's life differently. When I was in the university, I was the editor of a newspaper called *Spitfire*. It was a newspaper everybody was afraid of. It came out every Monday and had satirical cartoons of people. But I couldn't further that cause, as I had a lot of things going on for me.

That was why when Ifeanyi came to inform me about **Pharmanews** I was happy and willing to share ideas with him. We had a series of discussions. We had that discussion on this table which has been my work desk for decades.

Firstly, when he told me the name of the paper would be "Pharma News", I told him to combine Pharma and News to be one word - **Pharmanews**. Another thing we discussed was the font for the masthead and we chose that font. And then, we discussed the colour. I encouraged him to choose blue. There is something about blue, even in this modern world.

I am so happy that **Pharmanews** has been a game-changer. I have been happy watching and seeing the paper grow up for these past 40 years. Many of our friends were surprised that Ifeanyi could be involved in the publication of a pharmaceutical newspaper, but I was not. As you know, *que sera sera* [what will be will be]. I am glad he has done well and is doing well. He knows how I cherish his success.

What are your thoughts on Pharmanews, having seen it published consistently every month for 40 years (May, 1979 to May, 2019)? Did you imagine the paper was going to survive this long when it started?

I am happy that, 40 years ago, when the journal started, I said all I said in the goodwill message I sent and I am happy we are still both alive. Both the problems we envisaged and the ones we did not envisage came our way, but then we overcame. Not because of being perfect, but by His grace.

In my goodwill message, I talked about mortalities of businesses, not just periodicals or journals, so I am happy **Pharmanews** has survived all these years. There were one or two journals in the pharma industry before **Pharmanews** and there have been others after. However, **Pharmanews** has remained unique, useful and relevant.

The truth is that I know it has not been easy to produce the

continued on page 28

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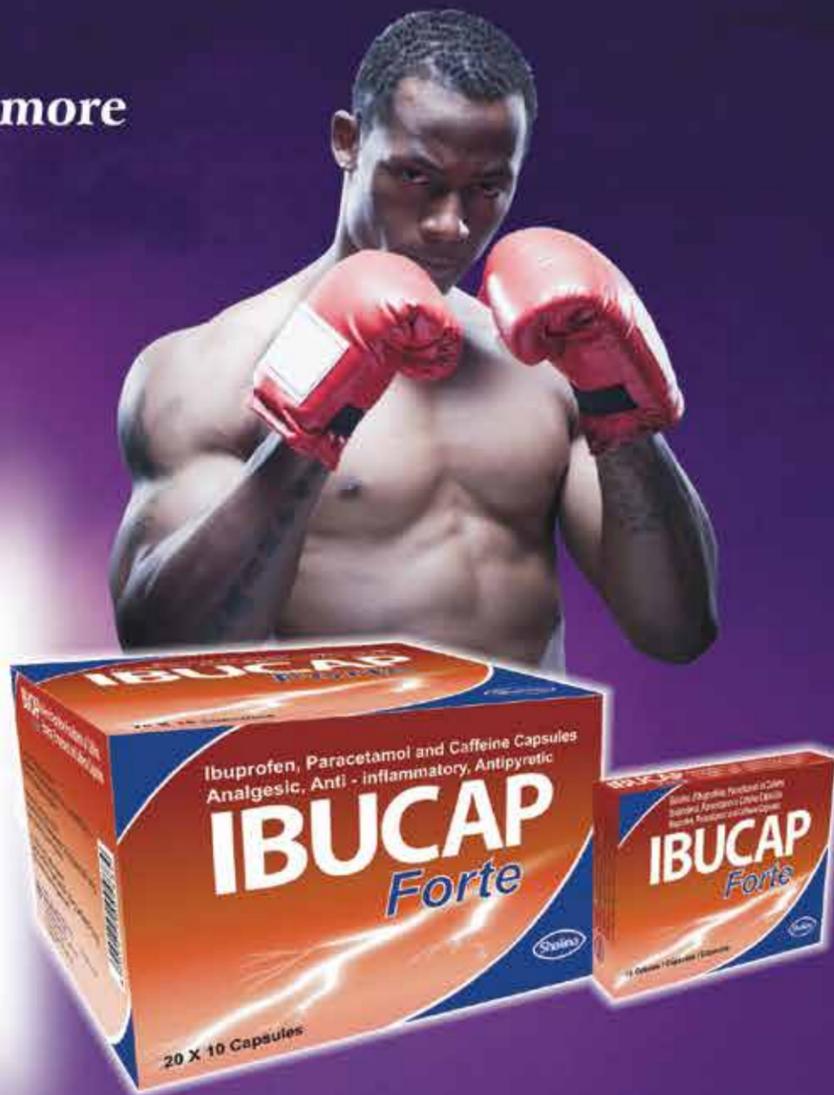
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Celebrating 40 Years of Uninterrupted Monthly Publication (1979-2019)

Achieving spiritual wellbeing

By Pharm. Sesan Kareem



For questions or comments, mail or text sesankareem2@gmail.com/08072983163

Spiritual health is germane in experiencing great health. We all are spiritual beings. I understand that some skeptics of religion may not be keen about this topic, but my advice is, kindly read on, ponder on what you have read and take your decision at the end of the day to either apply it or not.

My life's purpose is to equip and educate people to discover, develop and deploy their inherent greatness in order to achieve their full potentials and make a difference. Therefore, my major focus is how to keep creating value to the highest need of humanity (fulfillment)

According to Maslow's hierarchy of needs, the highest human need is self-actualisation (fulfillment). This can be achieved through a pattern of living which will focus on two spiritual needs:

Continuous growth (achieving our full potential)

The need to contribute beyond ourselves in a meaningful way (to make a difference in the lives of others).

In other words, for us to experience a better quality of spiritual health, we need to keep growing individuals in order to achieve our full potential and also be able to make a difference in the lives of others. Your spirituality feeds on fulfillment.

Another important key to spiritual health is contribution. Giving is living, sharing is caring. If you make it a point of duty to be

a giver, as well as a receiver, you will enjoy spiritual bliss.

More often than not, when people hear giving, what often comes to their mind is money. Yet, cash is just one of the various things we can give out. You can give a helping hand by volunteering for a non-governmental organisation (NGO), your community, an association you belong or your religious society.

Other things you can give out that cost little or nothing and can make a huge difference in the lives of others, sometimes more than money, are kind words, knowledge, experience, a smile, advice, empathy, encouragement, counsel, kindness and love. I believe right now that you are aware that you have so much to offer to the world and you have no excuse not to give and be a giver at a go.

Outlined below are simple ways to achieve optimum spiritual wellbeing. I believe with the entire fiber of my being that if the strategies elucidated below for optimum spiritual well-being are fully applied, anyone, rich or poor, young or old, able or disabled, tall or short, white or black, can live a healthy life and achieve optimum wellbeing with all its benefits.

Premium person: Who is that person that always brings out the best in you? Every moment you spend with the person catapults you higher. Intentionally spend more quality time with such a person. Treasure the relationship.

Bring out the best in the person, so that he or she too can bring out the best in you. My premium person is my wife. Her presence and contributions elevate my vibration of thoughts to a higher degree.

Premium place: Where is that place in this world that you are always at peace? Spend more time in that place. Connect with nature. Allow yourself to slow down and enjoy the beauty of nature. Where is that location in the whole earth in which you are filled with serenity and tranquility? Spend more time at your premium place. My premium place is my apartment and I've made it a point of duty to always stay in a peaceful and serene environment, free from the hustle and bustle of modern life. I also pay premium attention to the aesthetics of the interior of my apartment for soothing and conducive habitation.

Premium activities: What activity connects you to your core? What makes you feel fulfilled and takes you to your spiritual realm? For me, it is writing, teaching, inspiring, training and coaching. In short, helping others to grow and become better connects me to my core and I will keep doing these activities till my last breath. Find out those activities that connect you to your core and make a firm decision at this moment to submit to your purpose, to keep doing those activities that matter to your spiritual well-being.

Premium time: What particular time of the day are you always at your best? Is it in the early morning or late at night? Or perhaps in the middle of the night like my great friend, Deji Abimbola. My premium time is early in the morning, from around 4:30 am to 7:30 am. And I make it a point of duty to strategically use this period of the day to do some of the most important activities that matter to my spiritual health and productivity. These are writing, reading, learning, praying, inspiring, and practising my speech. Find out your optimum time of the day and schedule your most rewarding activities during this period of the day.

ACTION PLAN: I will spend more time with my premium person at my premium place during my premium activities at my premium time.

AFFIRMATION: I enjoy spiritual bliss and wellbeing. I am blessed and highly favoured.

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PHARMANEWS JUNE 1979 VOL. 1 NO. 2 PAGE 10

"My Concentrated Support for you can always be taken for granted"

— JULIUS ADELUYI ASSURES PHARMANEWS

During the past few months, I have had the privilege of comparing notes with you on the idea which has now culminated in the production of the glossy pages of the first edition of "Pharmanews." All along, I was quite moved by your high sense of determination and dedication, taste and timing, as amply reflected in this first issue.

The birth of "Pharmanews" is something to make both you and Pharmacy joyful. The baby has been well conceived and delivered. In Nigeria today, there is a high infant mortality rate. Many babies are born but few are chosen to remain alive. Similarly, many journals are born, several of them clothed in similarly glossy apparel but very few of them do survive. Your task would be to ensure that "Pharmanews" survives. Somehow I do not envy you.

All that the public wants is the finished product. Very few people are interested in knowing all the problems, frustrations, the headaches and the careful orchestration of ideas that must continuously challenge an editor like you.

However, I have no doubt that, given your accumulated knowledge, skill and experience, you will gainfully continue to run "Pharmanews" on a first class basis.

Please keep an eye on the need for high quality editorials as well as the need for a distinguished and fearless, though liberal style in editorial

content. You may also wish to consider including or retaining the following sections as permanent features in your future numbers: People in Pharmacy; news on the pharmaceutical society; latest drugs in use; research news; future events; book reviews; and international pharmaceutical matters.

For the avoidance of doubt, may I once more reiterate my undiluted belief that your efforts in this direction would not only be different but highly successful. My concentrated support for you can always be taken for granted.

Congratulations sor far!



Julius Adeluyi

MEDICAL STATISTICS

Figures released by the Medical Statistics Division of the Federal Ministry of Health and Social Welfare showed that in Nigeria from 1973 to 1977, there were 4,500 deaths due to measles. At the same period pneumonia caused 3,964 deaths, meningitis 1,933, malaria 1,923, tetanus, 1,917 and tuberculosis 1,275.

Congratulatory Message from

Pharm. Matthew O. Azoji

Dear Sir,

CONGRATULATIONS ON THE 40TH ANNIVERSARY MARKING UNINTERRUPTED PUBLICATION OF PHARMANEWS

On behalf of the Board, Management and Staff of Neimeth International Pharmaceuticals Plc, I congratulate you on the recent milestone to mark 40 years of uninterrupted monthly publication of your landmark healthcare journal - PHARMANEWS.

You have through this publication offered tremendous support to the healthcare industry by offering insights into Pharmaceutical products and helping healthcare professionals to make informed decisions on therapeutic entities that resolve diagnostic outcomes.

We are happy to be associated with your organisation and wish you many more years of excellence in service delivery.

We congratulate you once more, and wish you well.

Thank you.

Yours faithfully,

Neimeth Int'l Pharmaceuticals Plc.

Pharm. Matthew O. Azoji, FPSN, FPCPharm

Managing Director/CEO

Neimeth International Pharmaceuticals Plc

News

Pharmanews remains unique, relevant, 40 years after – Adelusi-Adeluyi

continued from page 23

journal every month for 40 years without a break. That was why I said, firstly, it is the grace of God. Also, it has been due to the efforts of men. There have been problems I know about. The thing is that that these challenges have to come and it is good the paper has surmounted the challenges.

It has been 40 years of hard work, of good returns on investment of money, time and emotions. Lucky is he because he has got a good business going.

What are your thoughts on the contributions of Pharmanews to pharmacy practice in Nigeria, in particular, and the health sector, in general? Has the paper fared well and could it have done better?

I think you have done what you can do. You have done the best you can in the circumstances. You have had enough impact but you can do better. *Pharmanews* has impacted on the way the practitioners of pharmacy receive and analyse information on pharmaceutical subjects and this is because *Pharmanews* has become a conventional media and popular.

It conveys pharmaceutical news to us at the local, regional, national, and now at the international level. It has changed the ways other pharmacists view, analyse and utilise pharma information. Not everybody can do that.

Pharmacists and other readers of *Pharmanews* have profited from the way you present the news, the

way you interpret the news and the way you provide ideas from your presentation. *Pharmanews* has done well in that.

The second one is the way *Pharmanews* has influenced the thinking and decision of readers, especially pharmacists. People read the news of Pharmacy in *Pharmanews*. You have carved a niche for yourself. Even leaders of Pharmacy, when they want to express their thoughts or advise the nation, they use the *Pharmanews* platform. That is a great impact.

Pharmanews has also been good in the area of advocacy. If you want something in the pharmaceutical sector to be loud and clear, it is usually through *Pharmanews*. I am not talking only about the advertisement published in the paper but also in the editorial content. *Pharmanews* has done all these.

You may not know, but you have affected and shaped the destinies of young people who are in Pharmacy. There are cases of many people that have seen *Pharmanews* and say they want to be a pharmacist because of the journal. So, the paper has been affecting the destinies of people and encouraging many others.

You are a role model to many people and young pharmacists. That's why some people who don't know Ifeanyi by his name know the name *Pharmanews*.

Having seen the idea of Pharmanews grown and sustained for four decades, what

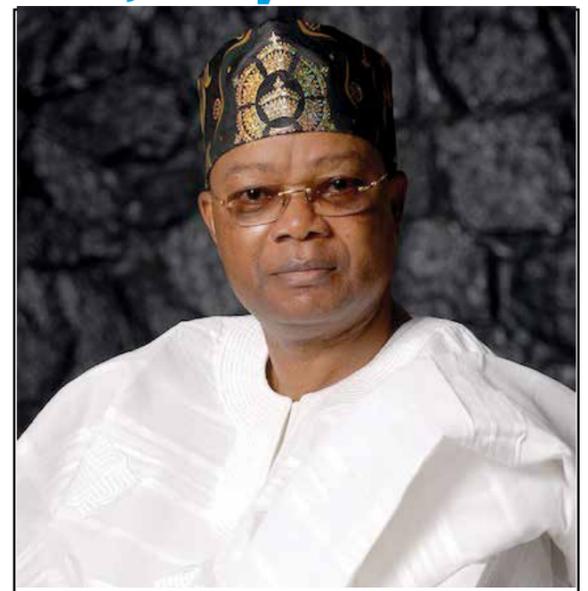
are the things the journal should be doing to make it outlive the founder?

Let me say that I believe *Pharmanews* is going to last longer than the life of the publisher. It is a prayer and at the same time a word of affirmation. It will definitely last long. You cannot stop *Pharmanews*. It is the responsibility of the younger generation to take it up and it is the responsibility of the publisher to encourage it, to strategically position the younger people for that.

Really, the challenges are there and for *Pharmanews* to continue to remain relevant, it has to make titanic efforts to reach out for excellence and maintain it. That is, by doing ordinary things in extraordinary ways.

Another one is to be aware of the time. What I mean is that the electronic world is taking over and it has affected the way newspapers circulate. Even if newspapers are given for free, some people won't read. So, the *Pharmanews*' online department has to be very strong. You must hire the best.

Let me also quickly add that there is always the temptation to lose focus in any business. Someone selling bags today can decide to start selling food tomorrow just



Prince Julius Adelusi-Adeluyi

because he wants to diversify or make more money but the truth is that you have to be known for something.

Pharmanews should be focused. Come rain, come sunshine, it should remain focused. It is only when you focus on your focus that you yourself will become the focus. *Pharmanews* should continue to work and have eye for details, work hard and work smart. *Pharmanews* should also continue to encourage teamwork, which is a fundamental key to success. Networking too is important and should be intelligently pursued for *Pharmanews*.

I wish *Pharmanews* and Ifeanyi Atueyi well.

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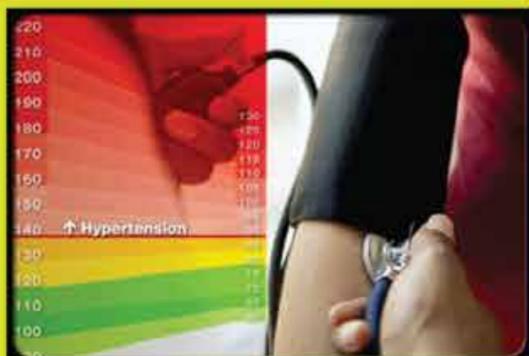
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Celebrating 40 Years of Uninterrupted Monthly Publication (1979-2019)

Mango, king of fruits

Pharm. Ngozika Okoye
MPH, MSc, FPCPharm
(Nigeria Natural Medicine Development Agency)

Mangoes, botanically known as *Mangifera indica* (fam: Anacardiaceae) make for one of the most popular fruits across the world. There are hundreds of types of mangoes, each with a unique taste, shape, size and colour. Colour of ripe mango could be yellow, orange or red, while unripe mango is green in colour.

Constituents

Mango contains calories, protein, carbohydrates, Fat, dietary fibre, folate, vitamins C, B1, B2, B6, B5, A, E, K, niacin, potassium, manganese and magnesium. Also contained in mango are antioxidants, such as isoquercitrin, quercetin, astragalin, gallic acid, fisetin, methyl gallate, tartaric acid, malic acid, citric acid and glutamic acid which is an important alpha-amino acid for the brain. The leaves of mango contain mangiferin and tannins.

Preparations

Mangoes are usually eaten raw. They could also be cut in pieces and added to salads or to ice creams.

Mashed mango may be mixed with milk and honey, forming a paste to be used as body scrub.

Mango leaves may be prepared as an infusion by boiling and soaking overnight.

Mango fruit may be dried



Mangifera indica

and served as snacks. It can also be juiced or canned and used to make sauces, stew and preservatives.

Pharmacological actions and medicinal uses

Mango, the king of all fruits, has been shown to have many health benefits.

Mangoes could help facilitate healthy digestion. They are reported to contain enzymes that aid the breakdown and digestion of protein, and also fibre, which keeps the digestive tract working efficiently to induce a feeling of satiety. The

phytochemicals in the mango skin act as natural fat busters. Thus, mangoes, when eaten in moderation, could also help in weight loss.

The dietary fibres in mango help regulate blood sugar levels. Studies in Japan and Mysore, respectively, proved that the extract of a mango peel has anti-diabetic properties with beneficial effects on type 2 diabetes patients. Mango leaves are reported to help regulate insulin levels. They also serve as stomach

tonic.

The beta-carotene in mangoes help in the production of Vitamin A, the powerful antioxidant that helps improve vision and boosts overall eye health. According to a Boston study, mangoes contain a carotenoid called cryptoxanthin that was found to reduce the risk of age-related macular degeneration in elderly Japanese.

Mango has antioxidants which protect the body against breast, colon, prostate cancers and leukaemia. Mangiferin has also been found to inhibit the

growth of colon and liver cancer cells and other tumour cells as well.

Mangoes have the ability to increase virility in men because of the vitamin E content. The fruit may aid menopausal and pregnant women because of its high iron and calcium levels.

In some parts of the Caribbean Islands, mango leaf decoction is used to treat diarrhoea.

Mangoes are also found to exhibit anti-ulcer activity, given the presence of tannins, flavonoids, and saponins.

Adverse effects

Excessive consumption of mangoes hinder weight loss plan, increase blood sugar levels. Indigestion and mango mouth can especially be caused by immature mango. Other adverse effects of excessive mango consumption include Salmonella infections, allergic reactions (watery eyes, respiratory problem, colds, sneezing and abdominal pain).

Economic potentials

Experts believe mango has enormous potential that can transform the economy like other traditional export produce, such as cocoa. It has been reported that a mango farm belonging to a former northern governor generated as much as ₦5 billion yearly.

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Events in Pictures



A cross-section of staff of the Faculty of Pharmacy, University of Ibadan, in a group photograph with the Vice-Chancellor, Prof. Abel Idowu Olayinka and Pharm. (Chief) Amaka Okafor, representative of the Registrar, PCN, Pharm. NAE Mohammed, at the oath-taking ceremony for 75 graduands of the Faculty of Pharmacy, University of Ibadan, Ibadan, Oyo State.



L-R, Pharm (Chief) Amaka Okafor, representative of the Registrar, PCN; Prof. Oluwatoyin Odeku, dean, Faculty of Pharmacy, University of Ibadan, and Prof. Abel Idowu Olayinka, vice-chancellor, University of Ibadan, after the official opening of the Faculty of Pharmacy's new laboratory building.



L-R: Distinguished Professor of Pharmacy, Cecilia Igwilo; President, Pharmaceutical Society of Nigeria (PSN) Pharm. Mazi Sam Ohuabunwa; Chairman, NAPharm Committee on Drug and Substance Abuse, Dr Lolu Ojo; and Secretary, NAPharm Committee on Drug and Substance Abuse, Pharm. (Mrs) Rosemary Achi-kanu, at a press briefing, held at the Pharmacy House, Lagos.



Members of Team Smart, winner of N1 million empowerment fund, at the HIV Self-Testing Innovation Bootcamp Finale, held at the Digital Bridge Institute, Oshodi, Lagos.

Coming Events

AHAPN annual conference holds in Sokoto

The 21st Annual National Scientific Conference of the Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN) is slated to hold at the International Conference Centre & Giginya Hotel, Sokoto State, from 28 July to 2 August, 2019.

IAPN Organises 13th Annual Scientific Conference in Abuja

The International Association for Psychiatric Nurses (IAPN) is billed to hold its 13th Annual Scientific Conference, at the Hotel De Bently, 892, Ngozi Okonjo Iweala Road, Utako, Abuja, Nigeria.

The conference, themed: "Mental Health, Nation's Wealth", is scheduled for 24 - 28 June 2019, and the keynote speaker is Dr Emmanuel Ejembi Anyebe, senior lecturer at the National Open University (NOUN) Abuja, Nigeria.

While registration fee is N50,000, early bird registration before 31 March is pegged at N40,000, and students early registration is N30,000.

Kano to host 2019 ACPN national conference

The ancient city of Kano has been chosen as venue of the 38th annual national conference of the Association of Community Pharmacists of Nigeria (ACPN).

Tagged "TUMBIN GIWA 2019," the 2019 conference which is scheduled to hold at Affluent Events Centre, Nassarawa, GRA, Kano City, from 30 June to 6 July, will focus on tackling the menace of drug abuse in Nigeria.

This particular conference has also been designed as a unified conference for pharmacists in the entire north-central, north-east and north-west states.

PMGMAN holds 2019 pharma expo in Ikeja

The 5th edition of the Nigerian Pharma Manufacturers Expo 2019 is scheduled to take place at New Haven on Oba Akinjobi Street, Ikeja GRA, Lagos from 28 to 29 August.

NAPharm AGM / induction ceremony holds at Sheraton Hotel

The annual general meeting (AGM) of Nigeria Academy of Pharmacy (NAPharm) will hold at Sheraton Hotel, Ikeja, Lagos on 5 September, 2019.

The AGM which will also feature an induction ceremony for new Fellows is slated have in attendance several dignitaries from the pharmaceutical industry and other socio-economic sectors.

Atlanta USA to host 2019 NAPPSA conference

The 2019 Annual Conference of the Nigerian Association of Pharmacists and Pharmaceutical Scientists in the Americas (NAPPSA) is slated to hold 12-15 September, 2019 at Sheraton Atlanta Hotel, Georgia, US. Participants are expected to be exposed to current advances in pharmacy practice and pharmaceutical education, as well as drug discovery, development, regulatory and safe utilisation.

In addition to distinctive networking opportunity with colleagues and friends, the NAPPSA Conference is designed to provide pharmacists and pharmaceutical scientists with timely information and resources to enrich their career and practice. A continuing pharmaceutical education programme of over 22 pharmacy credit hours, covering different areas of the pharmaceutical profession, including pharmaceutical care, funding for pharmaceutical projects, mentoring sessions, and Deans Workshop will be offered.

Abu Dhabi hosts 79th FIP Congress

The 79th FIP World Congress of Pharmacy and Pharmaceutical Sciences has been scheduled to hold in Abu Dhabi, United Arab Emirates from 22 to 26 September 2019.

Themed "New Horizons For Pharmacy - Navigating Winds Of Change", the event is billed to focus on topics such as "New Trends In Science, Practice And Education"; "New Roles, Opportunities, And Responsibilities"; "Responding To The Challenges Of Today" and "Targeting Special Interest".

92nd PSN Conference holds in Kaduna

The 92nd Annual Conference of the Pharmaceutical Society of Nigeria will hold at Kaduna Trade Fair Centre, Zaria Road, Kaduna State from Monday, 4 November to Saturday, 9 November 2019.

Themed "Navigating the Winds of Change in Professional Practice in a Volatile Economy,"

the opening ceremony is scheduled to feature dignitaries like Mr Boss Mustapha, secretary to the federal government and chief guest of honour; Sen. (Mrs.) Uche Ekwunife, special guest of honour; and His Excellency, Malam Nasir Ahmad El-Rufai, executive governor of Kaduna State and chief host.

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2019 pharma expo will benefit Nigerians, local manufacturers, says Ayebae

- As PMG-MAN seeks more support for local manufacturers

By Yusuff Moshood

The Nigerian Pharma Manufacturers Expo 2019, billed to hold on 28 and 29 August, will be of great value to Nigerians and local pharmaceutical manufacturers, including players in the allied industries of nutraceuticals, food and beverages, biotech and packaging machineries among others, Dr Fidelis Ayebae, chairman, Pharmaceutical Manufacturing Group of the Manufacturers Association of Nigeria (PMG-MAN), has said.

Ayebae gave the assurance while speaking with newsmen at a media parley about the upcoming event, themed "Strategic Collaboration for Medicine Security, Affordability and National Sufficiency", stressing that the expo will not only help to expose the activities of local pharmaceutical manufacturers to Nigerians but will also be an opportunity for visitors at the event to buy quality locally manufactured drugs at highly discounted prices.

The PMG-MAN chairman, who is also the founder and managing director/CEO of Fidson Healthcare Plc., disclosed further that the expo which will be holding at New Haven on Oba Akinjobi Street, GRA, Ikeja, will attract approximately 200 international pharma machineries exhibition companies from six countries and about 10,000 pharmaceutical and related sectors trade professionals from across the sub region, as well as about 150 Nigerian exhibitors.

He added that the event will create a platform for pharmaceutical stakeholders' collaboration and engagement that will facilitate the upgrade of pharma



L-R Mr Frank Muonemeh, executive secretary, PMG-MAN; Mr Adegunle Abibu, financial secretary, Pharma Expo Committee/MD Pharma Deko; Dr Fidelis Ayebae, chairman, PMG-MAN/MD-CEO, Fidson Healthcare Plc; Prince Agboade Orimadegun, managing director, Orfema Pharmaceuticals Ltd; and Mr Jacob Kurian, executive director, Jawal Pharmaceuticals, during the press briefing held at PMGMAN's secretariat in Lagos, recently.

manufacturing technologies in West and Central Africa, noting that the expo will also help encourage further development of local manufacturing capacity and production of high quality, safe and affordable medicines.

Major highlights of the expo to look out for, according to Ayebae, include special buyers-sellers sessions that will bring together over 500 pharma and allied products manufacturing companies; a technical symposium highlighting most recent cutting-

edge technologies and practices; as well as a PMG-MAN guided visits to factories and/or organisations for business networking.

The PMG-MAN boss stated that the expo will also help participants to discover new trends in pharma manufacturing and packaging innovation; provide opportunity to participants to meet turnkey consultants and providers of Good Manufacturing Practice (GMP) upgrades; as well as enable participants to meet suppliers and

government, the PMG-MAN chairman said, should also support local manufacturers in all sectors to boost local productivity and employment opportunities.

Ayebae also noted that with strategic collaborations with local and international partners, Nigeria can reverse the trend of 70 per cent to 30 per cent ratio of medicine importation against local manufacturing. This, he said, will also help the nation to achieve the Sustainable Development Goals (SDGs) 3, 8 and 9.

solution providers of packaging materials.

Ayebae, while congratulating President Muhammadu Buhari for his re-election for a second term, urged him to work hard to fulfil his promise to take Nigeria to the next level, adding that the next level should be reflected in the creation of more job opportunities for Nigerians, provision of better infrastructures, better security of lives and properties and enhancing of access to top quality affordable medicines to citizens.

Engage committed professionals for efficiency, Atueyi urges entrepreneurs

By Adebayo Folorunsho-Francis

To achieve the ultimate goal of excellence in any organisation, it is essential to involve the expertise of committed professionals, Sir Ifeanyi Atueyi, publisher of *Pharmanews* and member of Board of Trustees (BOT), Professional Excellence Foundation of Nigeria (PEFON), has said.

Atueyi made the assertion at the induction and investiture ceremony of new Fellows of PEFON, held at the Hotel Victoria Palace, Victoria Island, Lagos on 25 May, 2019.

Atueyi, who stood in for Prince Julius Adelusi-Adeluyi as chairman, maintained that the difference between a country like Dubai and Nigeria is the problem of leadership.

Accordingly, the distinguished PEFON-BOT member called for godly virtues on the part of leaders, citing the recent killings in Sri Lanka as being perpetrated by people without fear of God.

"This is why we call for only people of integrity and godly virtues to be part of PEFON. The more committed professionals we have at the helms of affairs, the better for this country," he said.

Speaking further, Atueyi stressed that PEFON was not interested in bringing in a crowd to join its fold but only few people who have proven themselves worthy in their chosen professions.

"I believe the five core values of PEFON - professionalism,



L-R: Yomi Badejo-Okusanya, group managing director, CMC Connect; Sir Ifeanyi Atueyi, member, Board of Trustees (BOT), Professional Excellence Foundation of Nigeria (PEFON); Godwin Ehigiamupoe; and Adesuwa Isokpa, advocate, Kayode Sofola & Associates, at the event.

integrity, mentoring, responsibility and empathy- say it all," he noted.

Thanking the leadership of the Foundation on behalf of the new Fellows, Mr Yomi Badejo-Okusanya, group managing director, CMC Connect, promised that the inductees would uphold every tenet of PEFON and continue to sustain its standard.

While noting that he had always followed Sir (Dr) 'Dipo

Bailey, Founder of the foundation religiously as a young man, the brand-perception expert praised him for revolutionising the insurance industry in his heyday.

"I quite agree with the chairman that Nigeria has the problem of leadership as the best man does not always get the job. I think what we indeed need is leadership with vision," he emphasised.

The Professional Excellence

Foundation of Nigeria (PEFON) is aimed at promoting collaboration among professionals who have excelled in their chosen careers at home and abroad.

In the last five years, the VI. undation has attracted bankers, surveyors, pharmacists, technocrats and other career professionals from all walks of life. Some Distinguished Fellows of the Foundation include Prince Julius Adelusi-Adeluyi, chairman, PEFON Board of Trustees; Pharm.

Ahmed I. Yakasai, president of PSN; Dr (Mrs) Stella Okoli, chairman, Emzor Pharmaceuticals; Dr John Nwaiwu, chief executive officer,

JB Pharmaceuticals Limited; Pharm. Olakunle Ekundayo, managing director of Drugfield Pharmaceuticals; Sir Nnamdi Obi, managing director, Embassy Pharmaceuticals; Pharm. Uche Nwana, managing director, Sylken Pharmacy; Dr Nelson Uwaga, former PSN president and president of Nigerian Institute of Management (NIM).

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Baale, others endorse Moxie range of children medicines

By Adebayo Folorunsho-Francis

Moxie, the much anticipated premium range of children medicines, has been introduced into the Nigerian market.

The product unveiling, held recently in Lagos, followed months of intensive sensitisation campaign by its trademark owners, Pharmalliance.

Speaking with *Pharmanews* in an interview, Pharm Adeshina Opanubi, project catalyst, Pharmalliance, disclosed that the newly launched Moxie is a revolutionary brand which seeks to cause a positive disruption across the entire value chain of the Nigerian pharmaceutical industry.

"This is because we believe that made-in-Nigeria shouldn't be synonymous with average outlook, performance or quality. As a group of forward-looking community pharmacists, we therefore decided to conceptualise and deliver a brand that would match anyone produced anywhere in the world.

"We support and commend the work NAFDAC is doing to promote local production and we believe the only way we can show clear support to the work of the agency is to throw our hat in the ring and lend credence to the campaign by NAFDAC," he said.

Opanubi further stressed that Pharmalliance, being a group of community pharmacists with over 100 stores in Lagos and environs, is committed to production of products that meet the stated and unstated needs of the consumer.

"In our quest to deliver a quality product, we kept an eye on our costs because we know we operate in a price-sensitive environment; hence the need to deliver a premium quality product



L-R: Lere Baale, strategy adviser to Pharmalliance and CEO of Business School Netherlands; Oghenechuko Omaruaye, MD New Heights Pharmaceuticals; Pharm Adeshina Opanubi, project catalyst, Pharmalliance; Pharm Jude Elue, CEO Rock Forth Limited and Dr Bola Keshinro, pharma manufacturing consultant at the launch.

at a price acceptable to the average Nigerian," he noted.

In a related development, Dr Bola Keshinro, the manufacturing consultant, who was responsible for the production process of Moxie, has reassured that Moxie's quality compares favourably with its counterparts in both Europe and America.

Keshinro stated that the raw materials, especially the Active Pharmaceutical Ingredients (API) and flavours, used for the production process were largely sourced from Europe, while other materials were directly taken from stockists in India who supply American and European manufacturers.

"Both formulations are capped with universally certified child resistant caps. In addition, the paracetamol comes with an easy dosing syringe which makes it very convenient for mothers.

"One of the unique selling points of the product is its taste. The child-resistant caps provide safety features and eliminates the risk of children opening or self-dosing," he said.

Applauding the depth of details that went into Moxie's pack design, Pharm. Lere Baale, Strategy Adviser to Pharmalliance and CEO of Business School Netherlands, who graced the event, was quite optimistic that the product would

gain prominence and acceptance in the health sector soon.

He opined that no matter how good the formulation of an over-the-counter medication is, the pack has to be visually appealing to attract the customer.

"This is known as the first moment of truth. The second moment of truth is when the customer consumes the product and, of course, the third moment occurs when the consumer has used the product and gives feedback on his experience.

"Since the product excels on the three important moments of truth, it therefore means that the chance of repeat patronage is high, once customer satisfaction is achieved," Baale emphasised.

In his concluding remarks, Opanubi declared that Moxie is the only registered children formulation in Nigeria that has a dedicated portion on the pack for pharmacists' labelling and dosage instructions.

According to the former Pfizer staff, this was specifically introduced to promote professionalism among colleagues.

Moxie is distributed nationally by New Heights Pharmaceuticals and Rockforth Limited and is available in registered wholesale and retail pharmacies all over Nigeria.

At the moment, only Moxie strawberry-flavoured paracetamol and orange-flavoured vitamin C are currently in the market.

Me Cure has revolutionised diagnostics, telemedicine in Nigeria, says Alabi

- As company marks 10th anniversary with app launch, free eye surgery

By Adebayo Oladejo

Me Cure Healthcare Limited, a leading healthcare company in Nigeria has recently disclosed how its dynamic approach to healthcare delivery laid a good foundation for better diagnostic services in the country.

Speaking with newsmen at a press briefing organised to commemorate the company's 10th anniversary, the Chief Medical Officer and Consultant Pathologist of Me Cure Diagnostic Centre, Dr Obiefuna Ajie said that, through the firm's different operation centres in Lagos, Kano and Umuahia, among others, Me Cure Diagnostic Centre had introduced state-of-the-art diagnostic equipment, paving the way for Nigerians to get quality care

Speaking further, Obiefunna said the diagnostics arm of the company was established to overcome the challenges patients faced in carrying out investigations and examinations, adding that this would help many Nigerians access proper treatment and reduce avoidable deaths.

Also speaking, Chief Operating Officer, Me Cure Eye Centre, Dr Adegboyega Alabi, said it had been an interesting journey in the last one decade for Me Cure as the company had been able to revolutionise the



Dr Adegboyega Alabi,

healthcare industry since it came on board, particularly in diagnostic care.

Alabi, who is a consultant ophthalmologist, stated that Me Cure had tremendously boosted the growth of the health sector, revealing that the company would be focusing its attention on cancer management by providing oncological services that would help save the lives of those living with the disease in the coming years.

According to him, the free eyes screening exercise was aimed

at celebrating the company's milestone in Nigeria as well as promoting good eye health and helping in the reduction of the burden of avoidable blindness through early detection of common eye conditions that result in blindness.

Speaking further, the ophthalmologist noted that despite growing awareness on glaucoma, many people do not have their eyes checked regularly, adding that glaucoma is a disease that affects the optic

nerve in the eye.

While speaking on the new application launched into the Nigeria healthcare space, Me Cure's Chief Technology Officer, Adil Shaiku said the company introduced 'Me Cure Smart Buy' as an e-commerce and telemedicine platform where Nigerians can communicate with pharmacists and doctors at no cost through their phones at their convenience and get healthcare services at affordable rates.

According to Shaiku, the product was launched in order

to make healthcare services convenient and affordable to Nigerians.

"We are providing access to a qualified panel of doctors completely free. You can book an appointment with the app download on your phone and then our doctors will give you a call to know your ailment and prescribe medication and diagnostic test if required," Shaiku said.

While lamenting that lack of modern equipment for treatment has limited positive outcomes for patients in the country, Mr Jide Fadirepo (rtd), chief operating officer, Me Cure Diagnostic Centre, Oshodi, said government should partner with private health facilities to provide an enabling environment for improved healthcare delivery.

This, he said, can be achieved by ensuring reduced tariffs on the importation of lifesaving equipment and consumables, as well as eliminating the long and worrisome process of clearing the commodities from the ports.

In her remarks, Head of Operations, Me Cure Healthcare Limited, Sucheta Trivedi, stated: "We have thorough professionals who not only offer care to patients but also put smiles on their faces, thereby reducing the pains and anxiety associated with their health issues."

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Pharmacy education at Igbinedion varsity now mirrors global standards –President, PANS

By Adebayo Oladejo



MacHenry Obinna Anetoh

MacHenry Obinna Anetoh is the president of Pharmaceutical Association of Nigeria Students (PANS), Igbinedion University, Okada, Edo State. In this exclusive interview with *Pharmanews*, the 500 level, Anambra State-born pharmacy student recounts how pharmacy education in private institutions used to be perceived as substandard in the past, as well as how much things have changed, especially at IUO. Excerpts:

What was your reason for choosing to study Pharmacy?

It had always been my dream to study Medicine or any related course because of my deep passion for saving lives. So, here I am, a pharmacist-to-be in a few months, by the grace of God. It's a dream come true for me. Furthermore, I am a very versatile person and I dislike being constrained. Pharmacy, as a profession, is very dynamic and offers several options. I think this is where I belong.

What were your motivations for contesting for the post of PANS president?

I contested for PANS presidency because I've always had the passion for selfless service. Not only to serve, but also to make huge impacts. I want to leave an enduring legacy that successive leaderships can build on.

How have you been juggling your studies with PANS activities?

I know that combining my studies with my responsibilities as PANS president requires a lot of hard work, smart work and proper time-management, so I have taken those into consideration. It has been tough but not too tough for me because I make sure I manage my time properly. One of the major secrets is to read during any free time I get, as long as

I am in the right frame of mind. I even read more while others sleep at night.

Also, I don't joke with my classes. I make sure I attend all my lectures and pay attention to every detail. Incidentally, I had been privileged to serve PANS IUO in my 300 level as director of socials, and I still excelled in my academics. I had also been serving in other capacities before becoming the president and have always excelled academically. So, with the grace of God, I have been able to multitask and end up achieving good results both ways.

Can you outline your achievements and challenges since you became president?

By the grace of God, we have recorded some achievements so far and still have a lot in the pipeline. Some

of the achievements include organising PANS tutorials for the first time in IUO. This involves students in higher levels tutoring students in the lower levels. This exercise helped students to perform better than they use to over the years.

We have also been able to manage the facilities that we have in the classrooms and the environs properly so as to provide conducive learning environment for students. We plan on fixing projectors in the classrooms so as to promote e-learning and easy understanding of lectures.

We have also improved the students-lecturers' relationship in Pharmacy Department of IUO. We have also enhanced social life, in general, to ease off some stress associated with studying Pharmacy.

On this note, my team and I would like to call on key stakeholders especially the alumni members of the faculty to provide us some support to enable us reach our goals.

The Dora Akunyili College of Pharmacy, Igbinedion University, started as a School of Pharmacy within the College of Health Sciences in 2004, and later transformed to a full-fledged college in 2007. Compared to other schools of pharmacy that started earlier, how would you assess pharmacy education in IUO?

I would say that the learning conditions here are fantastic. The teaching staff include some very renowned professors and other academic bigwigs who work really hard to impart knowledge to their students. Pharmacy education here has experienced tremendous growth, so students here can comfortably hold their own against their contemporaries from government and other privately owned institutions. The number of granduands annually

has also improved drastically in the last decade.

The initial student population of 24 (set A) was inducted by the Pharmacists Council of Nigeria (PCN) in March 2012 alongside the set B (39 students). Between that time and today, what would you say has changed about pharmacy education in IUO?

A lot has really changed. The quality of learning has improved as we now have a higher number of experienced lecturers and professors who teach us now. There is also improved laboratory equipment and apparatuses for practical sessions. Also, the classrooms are even more conducive now and in very good conditions for learning and understanding.

In fact, over the years, there has been continuous widening of the frontiers of knowledge through provision of excellent environment for learning and research.

What would you say are the challenges associated with studying Pharmacy in a private institution, compared to those studying in public universities?

The major challenge associated with studying Pharmacy in a private institution compared to public institutions is the school fees. The school fees are quite outrageous when compared to those of the federal and state universities.

Also, people have this notion that pharmacy students from private school are of below standard compared to students from other schools. I see this as a challenge and it is very wrong because these students from private school are as good as any student from any other pharmacy school. It is a very bad notion and the earlier there is a change, the better for the pharmacy profession.

What do you think is wrong with pharmacy education in Nigeria?

The major thing I think is wrong with the way pharmacy education is being run in Nigeria is how cumbersome the syllabus is. The workload is so much that most times students end up cramming just to pass these exams without having proper knowledge. If the syllabus can be properly broken down, starting from 200 level, I feel the workload will be optimally distributed and knowledge will be better impacted. Other issues include challenges faced getting internship placements and so on.

If you have the privilege of changing some things about pharmacy education in IUO, what would they be?

Well, judging by what is obtainable now, I see little or nothing to change about pharmacy education in IUO because the education system is up to standard. Rather, I would enhance and improve what we already have if given the mandate.

The major thing I think is wrong with the way pharmacy education is being run in Nigeria is how cumbersome the syllabus is. The workload is so much that most times students end up cramming just to pass these exams without having proper knowledge. If the syllabus can be properly broken down, starting from 200 level, I feel the workload will be optimally distributed and knowledge will be better impacted.

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Strength in unity: The 8-star young pharmacist

By Pharm. (Dr) Lolu Ojo, BPharm, MBA, PharmD, FPCPharm, FPSN, FNAPharm
(With inputs From Pharms Clement Hamidu, Obube Olumide and Yusuf Adeyemi)

This article was drawn from the address that should have been presented at an event by the Young Pharmacists Group (PSN-YPG). I had been invited by the Group's Lagos coordinator, Funmbi Okoya, whom I have known since his days as PANS president at Obafemi Awolowo University (OAU), and I can say, without any reservation, that he is like the proverbial smart kid who knows how to wash his hands clean and therefore deserves to dine with the elders.

I am also excited about the new leadership that is coming from PSN-YPG and from close quarters, I can say the future of Pharmacy is safe in your hands. They had chosen a contemporary and apt topic which really indicates their desire to move the profession forward. I want to assure the YPG that many of the older colleagues, myself inclusive, are one with you in this laudable endeavour and will be willing to render support as may be desired.

Strength and unity

Strength, in the common parlance, is described as "the quality or state of being physically strong". For the purpose of this discussion, however, we will look at strengths as tasks or activities that you can do well. These encompass areas of knowledge, proficiencies, skills and talents. You can complete work or relate with others using these traits and abilities. However, nothing beats a team player, the ability to work well with others is an indicator of success.

The evidence of unity or togetherness is all around us: animals cannot produce their offspring without the male and female coming together. The tree cannot bear fruits without some ingredients from the sun, the land, the atmosphere and efforts of the vineyard dresser.

Let us look at the broom which we use for cleaning purposes in homes and offices. It is a symbol of strength in unity. It is when the broom sticks are bonded together that they become a broom. As a separate items, each of the broom sticks is weak and almost useless. Unity yields a positive result as the result of the union is better than that of the individuals.

Closer home, in Pharmacology, we talk of addition, potentiation or synergy when two substances are used together. According to Haile Selassie, "History teaches us that unity is strength, and cautions us to submerge and overcome our differences in the quest for common goals, to strive, with all our combined strength, for the path to true African brotherhood and unity."

To date, Africa remains largely underdeveloped because the clarion calls like that of Selassie and those after him are not heeded. There is no time that can be more crucial than now when the household of

pharmacy in Nigeria needs to find strength in unity.

We can do much more if we are united in pursuing a common goal. We are pharmacists of different backgrounds, orientations, cultures, pedigrees, aspirations, languages, ideas and knowledge, who should be joined together in the pursuit of rendering the best pharmaceutical services to the teeming population of Nigerians in need.

It should also be our common goal to pursue ethical pharmacy practice and equitable share of the wealth associated with the profession. It is in unity that we will find the strength to fight for professional recognition and empowerment for our colleagues in the hospitals and administrative institutions.

In diversity, there is beauty and there is strength, says Maya Angelou; but Pharmacy in Nigeria is yet to harvest the beauty and strength embedded in our diversity. It may be a consolation to say that this is generally true for the Nigerian economy and nationhood, but we must not accept the status quo as a desired destination.

It is heartwarming, however, to know that young pharmacists are already thinking and talking about this subject. We need to harness the strength inherent in our diversity to confront all the ills currently ravaging the pharmacy profession in Nigeria.

I am a firm believer in the group process and the principle that the group can do much more than what an individual alone can achieve. It is for this reason that I have devoted my time and energy in mobilising pharmacists for action and we have succeeded in many ways. These include: Setting up an academy to update knowledge and develop skills and competencies; Pharmacy Estate, to provide accommodation; and Ultra Logistics Company Limited, designed to be a special purpose vehicle for commercial engagements for all pharmacists.

The ball is now in our court to move these concepts forward. Together, we can get pharmacists off the streets searching for internship placement or jobs, assist those with special needs (career renewal, new jobs, etc) and get the young graduates ready to take on the challenges of the practice environment.

There is every need to mobilise everyone, both young

and old, in the profession in a manner that guarantees greater cohesion for task accomplishment. I will urge you to stand in unity and unleash the adrenaline of innovation and progress into the life-blood of our profession.

Building the 8-star young pharmacist

The social relevance we seek in survival and growth of the pharmacy profession will be determined to a large extent by the training we receive from school and the relentless efforts we make

on fulfilling the responsibility of self-education. Apart from the curriculum review conference of the PCN many years ago that suggested decongestion of the curriculum and allotment of more time to clinical training, veterinary pharmacy, behavioural science, communication skills, information technology and practical internship, lots more are still needed to meet up with the challenges of the 21st century pharmacy practice.

The best definition for education is "the training of mind and character" and the first degree (or any level of education which trains the mind and character) prepares the holder for any future engagement and responsibilities. For this reason, you will find engineers excelling in a banking career and you have doctors, pharmacists, lawyers and others going into and succeeding in endeavours different from their primary course of study.

The success stories are all dependent on the readiness of the concerned individuals to learn on the job through honesty, hard work and sincerity of purpose. In building the 8-star young pharmacist, the above skills acquisition should be synergised and brought together with focus on the public health and supply chain management systems of the healthcare delivery system in our country. While doing this,



we must always remember that our greatest asset is **ethical professional practice**. This is how we can empower ourselves professionally, in addition to seeking mentors that will guide us through our journeys, to avoid costly mistakes.

It is necessary for all of us to appreciate that professional empowerment is the greatest weapon at the disposal of any professional group. This comes through no other way but through excellence and ethics. Ethics, as mentioned earlier, is the clearest indicator that differentiates professional practice from quackery, irrespective of educational background. A professor of pharmacy who throws off ethics from practice is no different from a school-leaver attempting to give and counsel on drug matters. You have a date with destiny; don't ever betray it, because you are the future.

Conclusion

Pharmacy has a rich heritage to bequeath to the present and future generation of pharmacists. Let us resolve to preserve such rich heritage and culture of excellence as exemplified by many outstanding colleagues who are renowned locally and internationally. They achieve all those feats of being stars and beacon of excellence in the pharmacy profession because of the long years of preparation and determination to succeed.

With the population of Nigeria in excess of 200 million, meeting the pharmaceutical needs of the people is by no means an easy task. Posterity is beckoning on us to accept this special responsibility. On this note, distinguished colleagues, I leave you with a humble prayer that, our search for excellence in Pharmacy shall not be in vain.

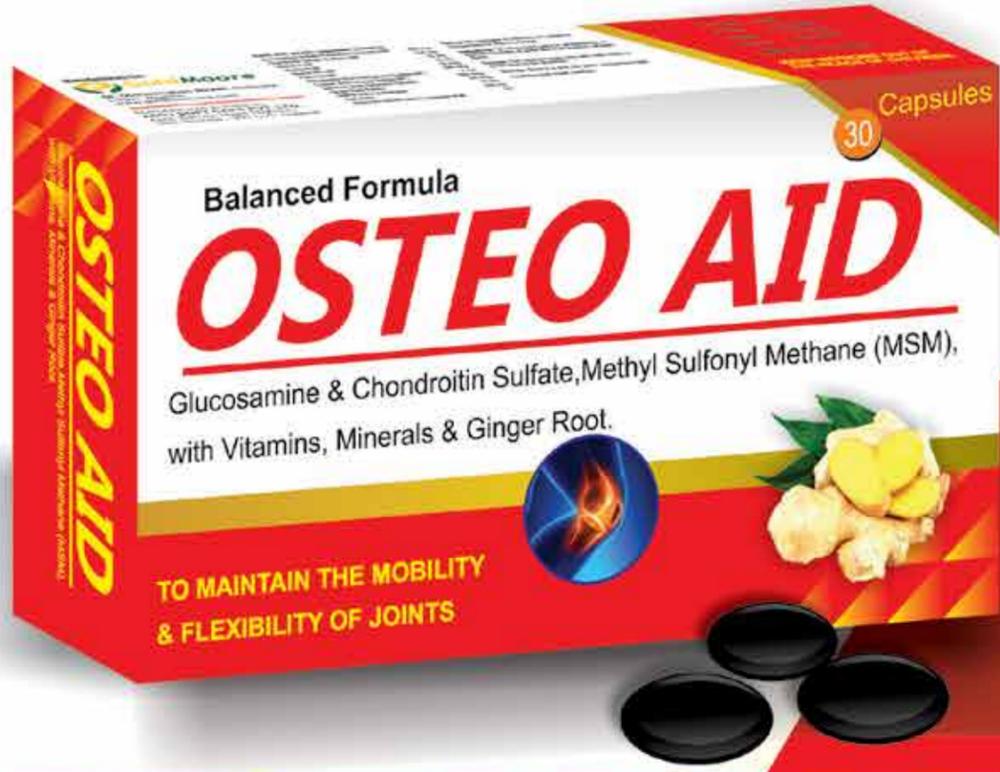
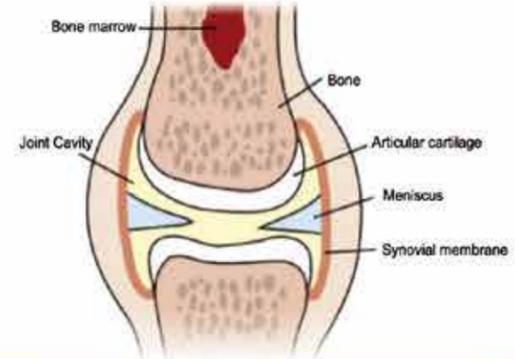
God bless Pharmacy.

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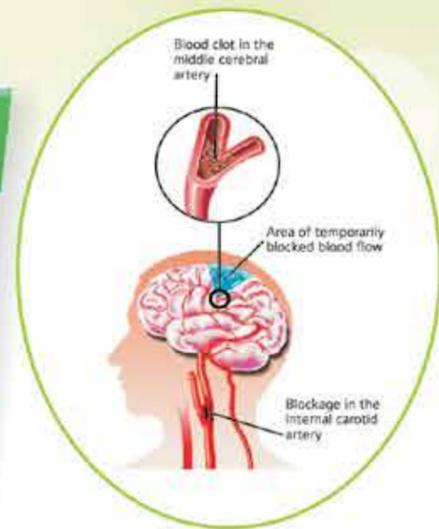
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Pharmacists bemoan rise in hypertension, urge regular checkup

continued from back page

Nigeria presently, emphasised the need for checkups, drug education, healthy diet and lifestyle to guard against it.

According to her, heart failure is one of the complications of hypertension, which could be avoided by early detection as well as prompt and appropriate treatment.

Oparah added that people do not have to see symptoms of hypertension before checking their blood pressure, noting that since regular check-up is the only way to know whether one is hypertensive, it should be done regularly.

Continuing, she said: "World Hypertension Day is celebrated annually on 17 May to educate the public and increase awareness on hypertension, commonly

known as high blood pressure. The theme for World Hypertension Day 2019 is 'Know Your Numbers', with the goal of increasing high blood pressure (BP) awareness in all populations around the world".

The keynote speaker of the event, Pharm. Olusola Moses Jaiyeoba, who is also managing director, CareSpace Pharmacy, Ejigbo, described hypertension as a situation in which there is sustained elevation of blood pressure above a threshold of 140 mmHg systolic and 90 mmHg diastolic in an adult.



L-R: The Iyaloja of Ile-Iwe Ultra Modern Market, Alhaja Alimoh Sanusi; Pharm. Olusola Moses Jaiyeoba, delivering his lecture with Pharm. Nwachukwu Nwabufor, secretary, Ikotun ACPN and Pharm. Fazazee Taofik, chairman, ACPN, Ikotun Zone.

Jaiyeoba also added that Nigeria accounts for about one-third of the adult population of hypertension patients in the

world, noting that there is poor awareness on the condition.

He advised Nigerians, especially the market women and men who besieged the venue, to avoid excessive consumption of salt, smoking and alcohol, as well as drug misuse and abuse, all of which he said are strongly linked to development of hypertension.

"The prevalence of cardiovascular disease in our part of the world is said to have reached epidemic proportions. In most African countries, cardiovascular diseases are the second most common cause of death after infectious diseases," he said.

While addressing the people, the Director of Information Centre (DIC), ACPN, who is also a practising pharmacist in the area, Pharm. (Mrs) Bukola Folorunsho, said the risk from hypertension is negligible if blood pressure is regularly controlled by adhering to lifestyle modifications and or drugs.

Folorunsho also urged people with hypertension to consult health practitioners for proper advice and take their medications regularly to achieve good blood pressure control, and to prevent complications like stroke, heart failure, heart attack and kidney failure.

While addressing the community pharmacists, the Iyaloja and the Babaloja of the market, Alhaji Lai Momoh and Alhaja Alimoh Sanusi, appreciated the experts for bringing the awareness campaign and free screening to their doorsteps in order to enlighten their people on the dangers of high blood pressure.

The duo further expressed delight in the free medical screening conducted for their people, adding that the exercise, if continued, would greatly help to prevent illnesses in the community and promote a longer, healthier life.

Other personalities at the event were Pharm. Michael Ajisegiri, managing director, May Suzzie Pharmacy, Agodo, Ogbé, who also delivered a lecture; Pharm. Omotayo Aderinoye, Prinsa Pharma, Ikotun, also a lecturer; Pharm. Fazazee Taofik, chairman, ACPN, Ikotun Zone; Pharm. Ademola Moyosade, and Mrs. Titilola Olaonipekun, one of the market leaders, among others.



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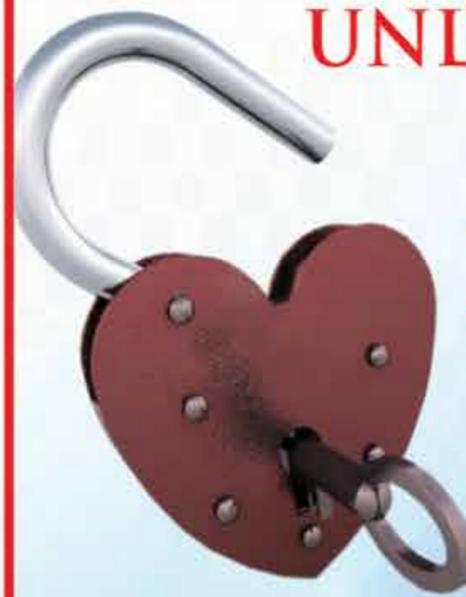
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Expect unprecedented improvements at Kano ACPN conference - Adekola

By Adebayo Oladejo



Pharm. Samuel O. Adekola

As community pharmacists, under the aegis of the Association of Community Pharmacists of Nigeria (ACPN), prepare for their much anticipated national conference, tagged "Tunmbin Giwa 2019", and holding in the ancient city of Kano, from 30 June to 6 July, its national chairman, Pharm. Samuel Oluwaoromipin Adekola, has assured members across the country to look forward to a well-planned and generally improved conference that will be unrivaled in the history of the association.

The national chairman, while speaking with *Pharmanews* in an exclusive interview in his office in Lagos recently, expressed gratitude to God for making the association witness another conference year, the first since he took over the reins of leadership from Dr Albert Kelong Alkali.

While inviting delegates, guests, sponsors and exhibitors to Kano City, for the 38th edition of the annual conference, Adekola said, "I assure them just like I said when I was campaigning that I would ensure that this conference remains memorable in the minds of our members, to the extent that no other conference before it would be able to match its success."

Speaking further, the new ACPN chairman, who had served as the national vice-chairman, as well as chairman, Pharmaceutical Society of Nigeria (PSN), Ondo State Chapter, said even though he was under intense pressure to take the hosting right away from Kano for security reasons, he had been assured by the host that the state was ready, stressing that he had also personally ascertained this from his recent visit to the state.

"When I made a trip to Kano to know what they have on ground, I was amazed by the standard of

the venue they have prepared for the conference and I make bold to say that not even the PSN have got that kind of place for a conference before. Talking about accommodation spaces, they are absolutely conducive, coupled with the fantastic state-of-the-art conference venue. There is no doubt that Kano is highly prepared for this event," he said

According to Adekola, the Kano ACPN conference, which has been designed as a unified conference for pharmacists in the entire north-central, north-east and north-west states, promises to be at par with conferences of international standard through friendlier and stress-free registration; spacious, air-conditioned and highly conducive exhibition stands; highly innovative and educative programmes; awards, leisure and side attractions; serene environment; hospitality and fun at its peak, as well as befitting accommodation, among others.

"One significant thing I cannot fail to mention about this conference is that we are going to have the maiden edition of the ACPN Faculty running Continuing Education Programme, which will afford every participant a minimum of 10 points unit.

"We have also secured the best deal for our members through the registrar, Pharmacists Council of Nigeria, Pharm. NAE Mohammed, who has approved a full module of MCPD during this conference. So Kano is set to make history.

"Another innovative idea we are planning to put into this conference is that the usual conference shirt that people normally struggle to get is made surplus, such that everybody will get. In fact, apart from the fact that it is going to be of great quality, it will form part of the materials that people will get at

the registration point," he said.

He added that the conference, which will hold at the Affluent Event Centre, Nassarawa, GRA, Kano City, with the theme, "Tackling the Menace of Drug Abuse in Nigeria: An Innovative Approach", will feature innovative and memorable events, including a one-day PCN accredited pre-conference workshop; clinical master classes; business strategy master-class; night of fun and relaxation.

Speaking further, the number one community pharmacist in the country said the theme was carefully chosen because of its importance to national development, adding that community pharmacists have always been at the receiving end whenever issues that relate to drug abuse is mentioned.

"As I have always said, the panacea for drug abuse is community pharmacy. If all drugs in the community are left in the hands of the community pharmacist, we won't have any

issue with drug abuse

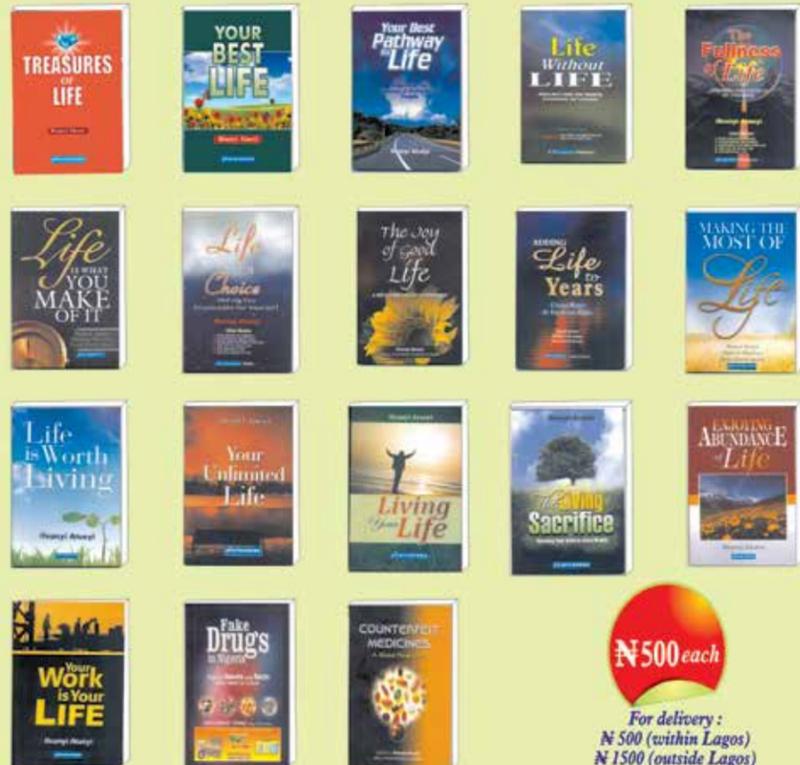
"We are looking at the innovative approach to bring an end to this menace and that is why we have decided to give the job to a capable hand, in person of Alh. Ahmed Yakassai, the immediate past president, PSN, and founder, Safe Medicine Foundation, who is going to deliver the keynote address during the opening ceremony.

"We are also going to celebrate him as an appreciation to what he has done for pharmacy, so it's going to be a round peg in a round hole," Adekola said.

The ACPN leader, who eulogised his immediate predecessor, Alkali, for bequeathing the association a befitting ultra-modern secretariat, which he said had made the running of the association's affair very easy, further said, "I have said it countless times and will continue to reassure my colleagues across the country that we have come to a season of rejoicing and possibilities, and that by the grace of God, we shall all rejoice together.

"A time has come to make community pharmacists in Nigeria to rejoice, and all I want from them is to cooperate with me and see where God is leading us to."

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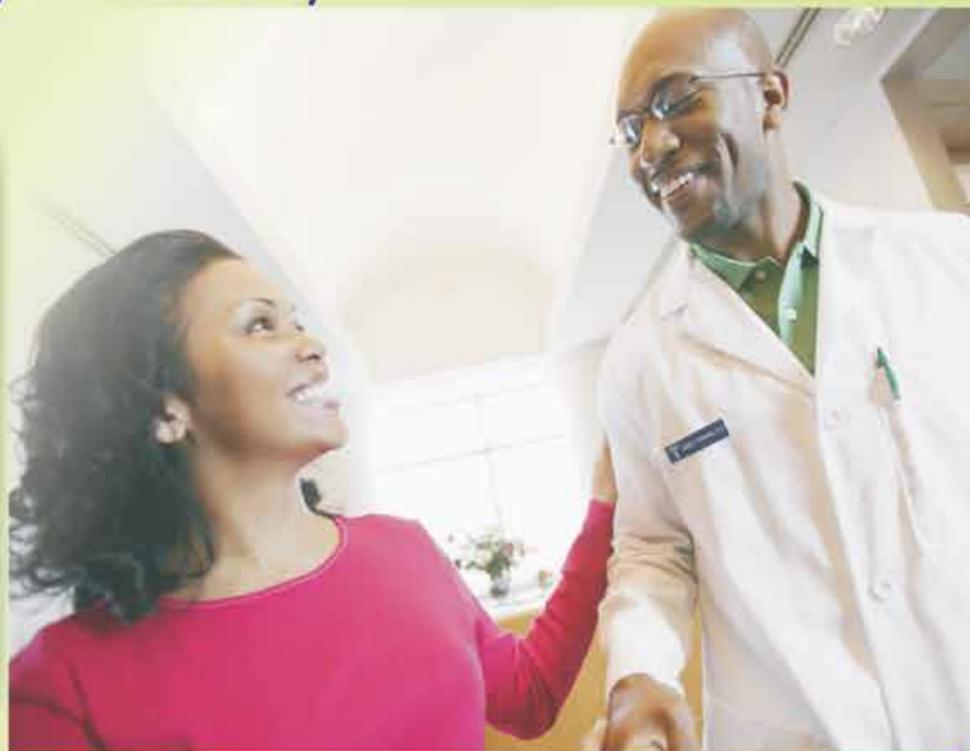
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Healthcare financing: Between profit and public good

By Comrade Olubunmi Akinola, Assistant Gen Secretary, Ogun State NANNM

The achievement of Universal Health Coverage (UHC) is dependent on how healthcare systems are being financed and this has a ripple effect on the economy of nations and the global economy. This was affirmed by Judith Shamian, former president of the International Council of Nurses (ICN), who stated that the wealth of nations depends on the health of their populations.

Selection of an adequate and efficient method of financing, in addition to organisational delivery structure for health services, is essential, if a country is to achieve its national health objective of providing healthcare for all, as posited by Carrin, Evans & Xu (2007).

To this end, various models or schemes exist in the financing of healthcare systems, depending on the countries involved and the resources available. Howbeit, basic models exist, with different countries adapting and domesticating them to suit their needs according to local realities and unique differences.

While some countries approach healthcare financing with the consideration that health is a basic human right, and therefore make healthcare services available to all citizens, irrespective of their economic status or ability to pay, some others have viewed healthcare

as a business and see no reason for governments to commit funds that will not yield profits into healthcare financing.

The latter approach have made governments to embrace privatisation of healthcare services or Public Private Partnerships (PPPs), a concept that has arguments for and against. However, it is imperative to note that the basic goals of healthcare financing systems are to keep people healthy, treat the sick and protect families against financial ruin from medical bills. It is also important to note that the goal of healthcare systems is not profit-making as healthcare delivery should be seen as a public service and not a business venture.

This article will consider healthcare financing in Nigeria with a focus on PPPs and privatisation initiatives, explore arguments for and against them, and attempt to show whether this new trend translates to people over profit or profit over people.

Healthcare financing

Healthcare financing involves the pooling, collection and deployment of funds from various sources, as well as the strategies and mechanisms employed to make payment for healthcare services and expenditures, as described by Yunusa et al (2014).

Obansa and Orimisan (2013) refer to health financing as the collection of funds from various sources (e.g. government, households, businesses, and donors) and pooling them to share financial risk across larger population groups and using them to pay for services from public and private healthcare providers.

They further identified the objectives of health financing to include: making funding available, ensuring appropriate choice and purchase of cost-effective interventions, giving appropriate financial incentives to providers and ensuring that all individuals have access to effective health services.

Nduaka (2018) posited that "health financing is the identification and mobilisation of resources for healthcare services. The application of these resources is also important. It should be geared towards meeting at least 80 per cent of medical needs of about 90 per cent of the populace."

Apart from involving funds allocation to various sections, regions, groups and specific types of healthcare, healthcare financing by any nation targeting economic growth and development must commit sufficient expenditure to health to achieve desired levels of health status and economic



development, because there is a relationship between health and economic growth, while ill-health is a major cause of poverty or bankruptcy (Agbatogun & Taiwo (2010).

Yunusa et al. (2014) identified three sources of healthcare financing according to international literature to include: public, quasi-public and private sources. These sources however have considerable adaptations across countries as regards how revenue is generated from them and the relative weight of each of the sources when considering the overall financing of healthcare.

Continues next edition

News

Get tested before treating malaria, Ikotun ACPN charges residents

By Adebayo Oladejo

In accordance with the recent World Health Organisation (WHO)'s guidelines which recommend a universal "test and treat" strategy for malaria, mainly by use of rapid diagnostic test (RDT), members of the Association of Community Pharmacists of Nigeria (ACPN), Ikotun Zone, Lagos, have stressed the need to conduct proper diagnosis and test before any malaria drug can be administered on anyone to avoid mistaking any other condition for malaria.

The advice was given during a recent "Walk Against Malaria Campaign" rally, held from Idimu to Ejigbo Market, to enlighten residents on how to prevent malaria infection, as part of activities to mark this year's World Malaria Day.

The Ikotun Zone of ACPN, which comprises Igando, Ejigbo, Abaranje and Egbe sub-zones, commenced the sensitisation walk from Acorn Pharmacy, Fadu/Ifosh Road, Idimu, and had a brief stopover at the Ile-Iwe Roundabout, a popular junction in the area, before the campaigner proceeded to Ejigbo main junction, where the walk was concluded.

In her address to the people of the area, the Director of Information Centre (DIC), ACPN, who is also a practising pharmacist in the area, Pharm. (Mrs) Bukola Folorunsho, spoke on the theme of this year's World Malaria Day celebration, "Zero Malaria Starts With Me" and particularly emphasising the



A cross-section of ACPN members, Ikotun Zone, before the rally

need for people to be properly enlightened on ways to prevent malaria, rather than looking for the cure.

She further added that malaria is overdiagnosed, as people often assume they have malaria anytime they are down with a fever and go ahead to treat it without first getting tested for confirmation.

She told the residents, "We know that malaria is very endemic and very dangerous especially to the young ones and pregnant women. We are here today to sensitise you on the essence of prevention, treatment and total eradication of malaria, especially

in sub-Saharan Africa.

"We are one of the stakeholders in the industry as community pharmacists and that's why we are joining the world to celebrate this day," she said.

Speaking further, Folorunsho stressed the need to keep the environment clean and avoid stagnant water, to prevent mosquitoes from breeding, adding that malaria is a disease that is transmitted through the bites of infected mosquitoes.

She also stated that the disease is life-threatening, and that its symptoms are similar to those of flu, which include high fever and

chills.

Fielding questions from pressmen at the campaign, the Chairman, ACPN, Ikotun Zone, Pharm. Fazazee Taofik, said the programme was very important as it was aimed at getting the attention of numerous residents of the area and ensuring that they have necessary information regarding their health.

Speaking further, the zonal chairman stated that the zone had always been interested in the well-being of those in its catchment areas, adding that the essence of marking the day was to enlighten them on how to reduce the prevalence of malaria.

He further said that "Zero Malaria Starts with Me" was an apt theme, adding that malaria can be defeated provided everyone can join hands together to work towards it.

Speaking in the same vein, the duo of Pharm. Muyiwa Victor Akeju, and Pharm. Isaac Ogunbiyi, the zonal vice-chairman, stressed the need for pharmacists to continue in advocacy and creating awareness.

"It is our responsibility as one of the foremost healthcare providers in the country to provide counseling and create awareness in every setting we find ourselves," Ogunbiyi said, adding that "malaria has huge impacts that cut across all sectors; causing a massive burden on health systems."

According to the duo, malaria is still endemic in the country as over 90 per cent of people visiting pharmacies daily do so to buy malaria drugs or enquire about them.

Herculean tasks await you, PCN, PSN, others charge UI pharmacy graduates

continued from back page

second phase entails undergoing a mandatory one-year internship programme under the supervision of a registered pharmacist at an accredited internship training facility.

"I urge you all to take this second phase very seriously as there may not be opportunities to make up for any time wasted. I also want to tell you that as you have completed the first phase of your training, you are already fit to compete favourably with your colleagues in all areas of practice for services to humanity and God. I also want you to know that there are no limitations to where each of you can get to in life," he stated

The registrar further urged the graduands to get acquainted with the code of ethics of Pharmacy, which prescribes their professional and moral responsibilities to the patients, pharmacist colleagues, other health professionals, their employer, and the general public, adding that strict compliance with the code is very important for anyone who wants to practice successfully.

"The Council frowns at professional misconduct in its entirety. So, any form of misconduct by any pharmacist will be investigated by the PCN Investigating Panel, and if the pharmacist has a case to answer, he or she will be referred to the Disciplinary Tribunal which has the status of the Federal High Court in Nigeria," Mohammed warned.

Stressing that the "Register and Go" syndrome had become a cankerworm in the profession, the PCN head further warned the inductees to reject the practice, adding that the syndrome had often brought the profession to ridicule.

"As young professionals, please ensure you do the right thing always, because if you are caught in a desperate attempt to use your licence in unethical practice, you will be in trouble," he said.

In his address, the university's vice-chancellor, Prof. Abel Olayinka, charged the graduands to be good ambassadors of the institution, stressing that they should be found worthy in character and in the discharge of their responsibilities.

He noted that numerous pharmacy graduates of the institution had started contributing in several ways to the development of pharmacy practice in particular and Nigeria as a whole, adding that pharmacy practice is an integral part of healthcare and cannot be substituted in the healthcare sector.

The university don, while congratulating the faculty on the new faculty building commissioned that same day, stated that his administration would continue its drive towards development in the institution and ensure that the status of the university remains number one in the country.

While presenting the graduands for the oath-taking and induction ceremony, the dean of the faculty, Prof. Oluwatoyin Odeku, described the newly graduated set whom she referred to as Eclatant 92, as most exceptional having recorded not only the highest number of graduands in the history of the faculty, but also the highest number of first class holders, with 21 of them recording a CGPA of 6.0, and above, out of the maximum of 7.0.

She however noted that of the 92 graduating students, 72 would be inducted, while the remaining 17 would join the 72 in November.

According to her, the faculty had come a long way since it was established in 1980, and



A cross-section of the newly inducted pharmacy graduands taking their oath at the programme

had produced over 800 graduates who were making waves within and outside the country in their chosen fields of practice, noting that with the training that the graduands had received, they were competent to contribute their quota to national and global healthcare development.

She therefore implored the inductees to maintain a high level of professionalism, even during their internship, adding that they should strive to be outstanding in their chosen field of practice and should not be money conscious, but rather demonstrate the

zeal to save lives and satisfy the professional ethics of pharmacy profession.

Reeling out some achievements the faculty had recorded under her administration, Odeku noted that the Doctor of Pharmacy (Pharm D) Programme had been approved by the university senate in March, 2019, saying she was grateful to the vice-chancellor, Prof. Abel Olayinka, for sponsoring 15 staff of the faculty for the special Pharm D conversion programme at the University of Benin, Edo State. She added that the Faculty now had the trained man-power needed for the commencement of the programme, which she said would begin in the 2019/2020 academic session.

The keynote speaker, Pharm. Olugbenga Falabi, while speaking on the topic, "Nigeria Pharmacists, Panacea for Building a Healthy Nation", explained that the pharmacy profession is a unique profession and an indispensable arm of the healthcare delivery system. He added that pharmacists are trained in the art of drug making in order to save lives.

According to Falabi, pharmacists are a unique set of professionals whose responsibilities cannot be performed by any other professional.

"The difference between a medical doctor and a pharmacist is that based on their training, doctors know a lot about disease, but little about drugs, while the pharmacist on the other hand knows little about disease, but knows everything



Pharm. (Chief) Amaka Okafor, representative of the Registrar, PCN, Pharm. NAE Mohammed (Right), presenting a certificate and plaque to the best graduating student, Adeboye Adekunle Bamgboye, while his mother, Mrs. A. Bamgboye and the keynote speaker, Pharm. Olugbenga Falabi, look on.

about drugs. So, as pharmacists, you are the custodians of drugs, so you have a bigger role to play as far as healthcare is concerned", he said.

The industrial pharmacist, who is a Fellow of the PSN also admonished the graduands to further train themselves in the act of communication, adding that developing effective communication skills is very important in the pharmacy profession.

He equally advised young pharmacists to work on their skills, build confidence and self-esteem, seek more knowledge, enroll for further training, and learn how to present effectively.

Speaking further, the respected pharmacist, who was part of the 1988 graduating set of the Obafemi Awolowo University (OAU), Ile-Ife, listed some of the seeds for professional impacts, which the newly inducted pharmacists can imbibe to include: competencies, integrity, attention to detail, dependability, team work, concern for others, self-esteem, good work ethics, confidence, satisfaction for service and reward.

In his goodwill message to the newly inducted pharmacists, the PSN president, Mazi Sam Ohuabunwa, who was represented by Pharm. Abiodun Ajibade, chairman, PSN, Oyo State, explained that the induction process was very important, not only because it marked the end of the graduands' sojourn in the university, but also

because it marked beginning of their career and sojourn in the pharmacy profession.

The PSN helmsman further appealed to the graduands to ensure that they keep the pharmacy flag flying wherever they go, adding that the academic excellence they recorded in pharmacy school will not be a determinant of a successful career in real life, but rather their zeal and hunger to succeed at all cost.

The high point of the event was the award of the much-coveted prize for the best graduating student, which was won by Adeboye Adekunle Bamgboye, with a CGPA of 6.8, out of a total 7.0.

Additionally, 21 graduands who graduated with first class honours were specially recognized. They included, Adeboye Adekunle Bamgboye, who had a CGPA 6.8; Simisola Temidayo Oloye, with a CGPA of 6.7; Ololade Samson Gbadebo, 6.5; Oluwatobi Ebenezer Oni, 6.5; Ifeoluwapo Olu Osikoya, 6.5; Oyindamola Abraham Adeyemi, 6.3; Chinedum Keneth Ebisike, 6.3; Damiliola Daniel Ojumoola, 6.3; Elizabeth Damilola Oke, 6.3; Ayomide Esther Bello, 6.3; Temiwumi Olaloluwa Akinmuleya, 6.2; Margaret Ebon Olawale, 6.2; Ayomide Tolulope Oyedele, 6.2; Oluwaseun Deborah Samue, 6.2; Oluwafunke Victoria Amusan, 6.1; AbdulWarith Folarin Kazeem, 6.1; Raheemot Ibilola Lawal, 6.1; Sarah Oluwagbeminiyi Onabajo, 6.1; Oluwaseyi David Akin-Ojo, 6.1; Oluwatosin Smith Adelowo, 6.0; and Adeola Oluwaseyi Bamisaiye, 6.0.

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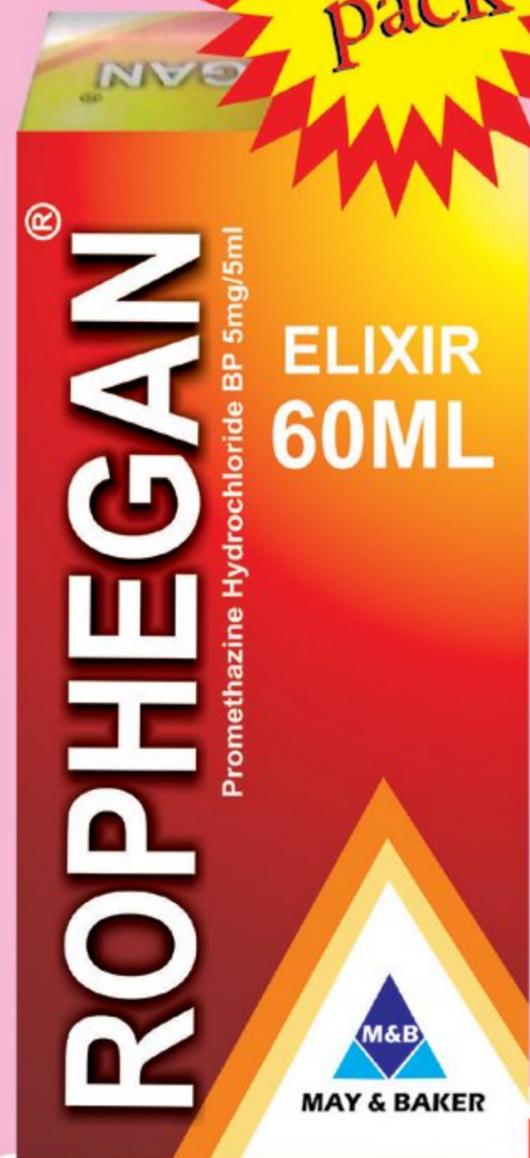
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Herculean tasks await you, PCN, PSN, others charge UI pharmacy graduates

By Adebayo Oladejo

Registrar of the Pharmacists Council of Nigeria (PCN), Pharm. Elijah Mohammed; President, Pharmaceutical Society of Nigeria (PSN), Mazi Sam Oluabunwa and a host of other dignitaries within and outside the pharmacy profession have urged graduating pharmacy students in the country to avoid putting monetary gain above the profession, saying a call to Pharmacy is a call to service.

The dignitaries made the call at the recent induction and oath-taking ceremony of 75 graduands of the Faculty of Pharmacy, University of Ibadan, Ibadan, Oyo State.

In his remarks, PCN registrar, Pharm. Mohammed, charged the newly robed pharmacists to distinguish themselves from those who had gate-crashed their way into the profession and ensure they put Pharmacy first in whatever they do.

The PCN boss who was represented by Pharm. (Chief) Amaka Okafor, a director at PCN, congratulated parents of the graduands for encouraging them to complete the first phase of pharmacy training, saying that the



Pharm. (Prince) Olugbenga Falabi, keynote speaker, receiving a plaque from the Vice-Chancellor, University of Ibadan, Prof. Abel Idowu Olayinka and Dean, Faculty of Pharmacy, UI, Prof. Oluwatoyin Odeku, at the oath-taking ceremony for 75 graduands of the Faculty of Pharmacy, University of Ibadan, Ibadan, Oyo State, recently.

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Pharmacists bemoan rise in hypertension, urge regular checkup - As ACPN-Ikotun takes campaign to market

By Adebayo Oladejo

Members of the Association of Community Pharmacists of Nigeria (ACPN), Ikotun Zone, Lagos, have advised Nigerians to avoid excessive alcohol consumption, smoking, sedentary lifestyle, drug abuse and stress in order to reduce the risk of hypertension.

Speaking at a free screening

and awareness programme, organised by the Egbe sub-zone, of the Ikotun ACPN Zone, at the Ile-Iwe Ultra-Modern Market, the sub-zone chairperson, Pharm. Elizabeth Oparah, who said hypertension is the most common non-communicable disease in

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