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## Intensify fight against drug abuse, Aisha Buhari, others tell pharmacists

### - As NAPharm holds symposium on substance abuse

**By Adebayo Oladejo**

The First Lady, Her excellency Mrs Aisha Buhari, recently joined a host of other dignitaries within and outside the health sector, to call for increased efforts towards curbing the drug abuse epidemic in the country.

The first lady made the call while speaking at a symposium on drug and substance abuse, organised by the Nigeria Academy of Pharmacy (NAPharm), and held at the Sheraton Lagos Hotel, Ikeja.

Hajia Buhari, who was represented by Chief (Mrs) Moji Tejuosho, wife of the immediate past chairman, Senate Committee on Health, Chief (Dr) Lanre Tejuosho, specifically urged pharmacists to assist the federal government in the fight, by teaming up with other health practitioners and stakeholders.

She emphasised that it would require teamwork and interprofessional collaboration to defeat the scourge.

Speaking on the theme of



Dr Stella Okoli, chairman, board of directors, Chike Okoli Foundation and Mrs Ibijoke Sanwo-Olu, First Lady of Lagos, at the 13th Annual Heart & Soul Gala held recently at Lagos City Hall, Lagos Island.

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## International scientists, NIMR empower youths with N2.5 million

**By Temitope Obayendo**

The Nigerian Institute of Medical Research (NIMR), in collaboration with scientists from Saint Louis University, University of North Carolina at Chapel Hill, and New York University Langone Health, has financially empowered five youth teams with a total sum of N2.5 million to embark on HIV self-testing campaign in their various communities.

The beneficiaries of this

grant were the top five teams who participated in the four-week HIV Self-Testing Innovation Bootcamp organised on the platform of For Youth By Youth (FYBY) Initiative, held at the Digital Bridge Institute, Oshodi, recently.

Organisers of the FYBY Initiative had staged a four-week "Designathon" competition for seven teams of youths to plan a

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L-R: Pharm. Rosemary Nikoro, secretary, Board of Fellows, Pharmaceutical Society of Nigeria (BOF PSN); Prof (Mrs) Mbang Nyong Ferni-Oyewo, chairman, BOF PSN; Pharm. (Sir) Nnamdi Obi, chairman, Mid-Year Planning Committee of BOF PSN and Pharm. Ngozi Onuorah, a member of the committee during a press briefing organised by the BOF PSN in Lagos, recently.

## LASUTH CMD, Reals, Shalina, others applaud Pharmanews on NHEA media award

By Adebayo Folorunsho-Francis

In a show of solidarity, several personalities and pharmaceutical companies have showered encomiums on Pharmanews Limited for clinching the 2019 Healthcare Media (Print) of the Year award.

The award, organised under the aegis of the Nigerian

Healthcare Excellence Award (NHEA), saw **Pharmanews**, the 40-year-old health publication beat other publications like *Punch*, *PharmaTimes* and *BusinessDay* to win the laurel.

This feat brings to three the number of back-to-back NHEA awards won by **Pharmanews** in the

last three years, thereby justifying its status as the leading global health journal.

Congratulations **Pharmanews**, Prof. Adetokunbo Fabamwo, chief medical director, Lagos State University Teaching Hospital (LASUTH) declared that

continued on page 21

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**Dr (Mrs) Ukamaka Okafor** is the director, Education and Training, Pharmacists Council of Nigeria (PCN). She is a public health consultant, researcher, author, editor, community development worker and a compassionate leader.

Born in St Luke's Hospital - Anua, Akwa Ibom State, on 28 February 1965, Okafor is a native of Ozubulu in Anambra State. She attended Girls' Secondary School, Ozubulu where she finished with distinction in 1982. Thereafter, she proceeded to study Pharmacy at University of Nigeria, Nsukka, and graduated with a Second Class Honours (Upper Division) degree in 1988.

After her one year mandatory internship training at the University of Nigeria Teaching Hospital (UNTH), Enugu, Okafor was posted to General Hospital, Lagos, for the National Youth Service Scheme (NYSC) in 1989. On completion of her NYSC programme, she practised in community pharmacy for a few years before joining the PCN in October 2001. She subsequently rose to the position of a director in January 2013.

Okafor holds a PhD in Public Health; a postgraduate diploma in Industrial Pharmacy Advanced Training and Health System Management; as well as certificates in Supply Chain Management from various prestigious institutions. She is currently rounding off her master's degree programme in Biotechnology Innovation and Regulatory Sciences from Purdue University. She is also a certified researcher with the Collaborative Institutional Training Initiative and African Malaria Network.

Okafor has received various grants, fellowships and awards of meritorious service and excellence both locally and internationally. In September 2005, she emerged the second prize winner of the prestigious award of Excellence In Research competition, organised by the Community Pharmacy Section of the International Federation of Pharmacists (FIP) based in Hague, Netherlands.

A regular paper presenter at the FIP congresses since 2005, Okafor was editor-in-chief of *African Pharmacists*, a newsletter of the African Pharmaceutical Forum of the FIP (2008—2012). She is also a Fellow of the West African Postgraduate College of Pharmacists where she serves as a part time lecturer in the Faculty of Public Health.

Pharm. (Dr) Ukamaka Okafor is married and blessed with children.

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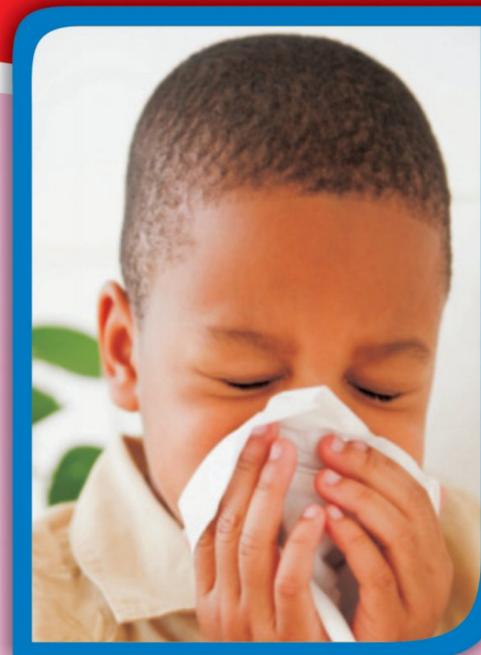
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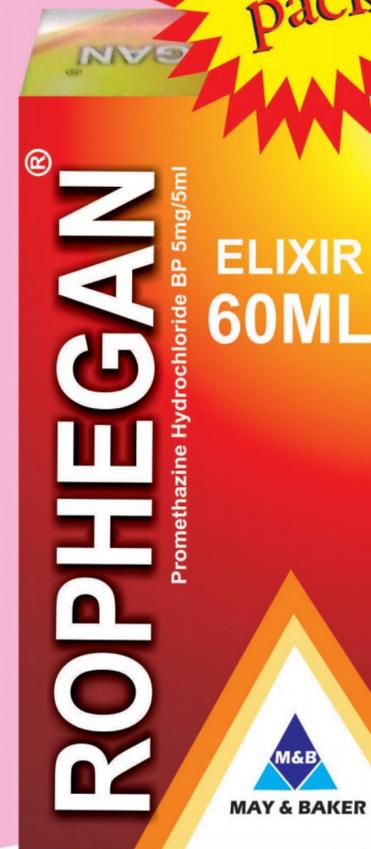
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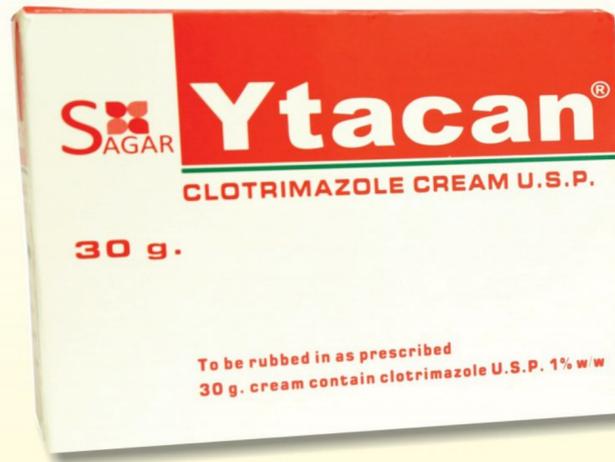
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## Combating the menace of drug abuse in Nigeria

The recent disclosure that a survey conducted by the National Bureau of Statistics (NBS) showed that an estimated 10.6 million Nigerians had used cannabis in 2018 has further emphasised how deep-rooted the problem of drug abuse is in Nigeria and why urgent, innovative strategies are needed to tackle this menace that has snowballed into a great health, social and security problem for the nation.

The Country Representative of the United Nations on Drug and Crime (UNODC), Oliver Stolpe, who made the disclosure at a programme organised in Abuja on 26 June to mark the 2019 International Day against Drug Abuse and Illicit Trafficking, disclosed that the NBS estimate had come from a survey funded by the European Union, for which the UNODC provided technical support.

The survey, he said, revealed that drug use prevalence in Nigeria stood at 14.4 per cent of the country's population in the age group of 15 to 64 years. He lamented that the prevalence of drug use in Nigeria is more than the global average of 5.5 per cent and that the use of cannabis and poly-drug has become a common phenomenon in the country, with large numbers of dependent users. He further stressed that a single substance-control approach, such as

placing a ban on codeine-containing syrups, cannot yield the desired result in terms of reduced drug use.

Stolpe's observations and concerns are pertinent and thought-provoking. Although drug abuse has grown to become a matter of global concern, the increasing incidence of this problem in Nigeria, as shown by the NBS survey and similar studies, is indicative of a time-bomb that must be deactivated to avert a national catastrophe. It is thus imperative for the Nigerian government and the entire citizenry to begin to take proactive steps to strengthen actions against drug abuse and create better awareness about illegal drug trade.

Undoubtedly, the increasing

incidence of antisocial and security issues, such as armed robbery, kidnapping, terrorism, rape, prostitution and other social maladies that have become pervasive in the country in recent times, is strongly connected to the way drugs and other substances are being abused. The reason for this is not far-fetched: Criminalities and anti-social behaviours are more likely to come from youths and adults who are addicted to abusing drugs.

Considering that the drug abuse challenge in Nigeria is now not just a health issue but a socio-economic and security problem, there is an urgent need to for all stakeholders to develop a holistic approach that will help ensure that the

**Fundamental to tackling this menace is promoting awareness on healthy living and ensuring that drugs and all controlled substances are not just available anywhere, anyhow. The Nigerian government must once and for all address the age-long problem of chaotic drug distribution which continues to allow all sorts of charlatans to deal in drugs.**

nation is not merely wasting time dealing with the symptoms of this malaise while the root continues to fester.

The fact that the UNODC decided to theme the 2019 World Drug Day as "Justice for Health, Health for Justice" has further affirmed the imperative of a more unified approach to tackling the drug abuse menace. It signifies that defeating this challenge will require health, justice and social service institutions working together in synergy to provide the needed solutions. Nigeria indeed needs this integrated approach that will ensure that drug abuse is tackled as a health, criminal, economic and social problem.

Fundamental to tackling this menace is promoting awareness on healthy living and ensuring that drugs and all controlled substances are not just available anywhere, anyhow. The Nigerian government must once and for all address the age-long problem of chaotic drug distribution which continues to allow all sorts of charlatans to deal in drugs.

Most importantly, the government must begin to demonstrate that it has the political will to ensure those who break the laws relating to drugs are appropriately and promptly sanctioned to serve as deterrent to others. The time to start is now.

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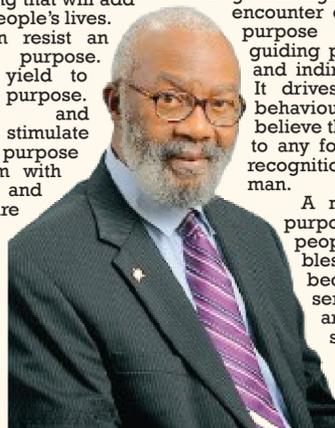
### Power of purpose

By Sir Ifeanyi Atueyi

James Allen (1864-1912) said, "Purpose is the keystone in the temple of achievement. It binds and holds together in a complete whole that which would otherwise lie scattered and useless. Empty whims, ephemeral fancies, vague desires, and half-hearted resolutions have no place in purpose."

Purpose is fundamental and gives life a meaning. It gives us the will to live. Purpose makes us want to get up in the morning and do something that will add value to other people's lives.

Nothing can resist an unshakable purpose. Circumstances yield to the power of purpose. Hindrances and challenges stimulate the man of purpose and supply him with greater zeal and resolve. They are the ingredients that propel him to excellence, success and greatness. A man of purpose is not subdued by pains, mistakes or failures for his mind is always occupied with the pursuit of his purpose.



Successful people are men and women of purpose. They hold fast to an idea or plan and refuse to surrender. Jesus Christ was a man of purpose. His mission on earth was very clear to Him and all His actions were centred on His purpose. When Pilate asked Him if He was a king, Jesus answered, "You say rightly that I am a king. For this cause I was born, and for this cause I have come into the world..." (John 18:37). He lived his purpose on earth.

The fundamental question of the cause for which you were born must first be settled before your life can have a meaning. It is the fulcrum about which the lever of life turns. Myles Munroe said, "The greatest tragedy in life is not death, but a life without purpose."

Purpose is God-given. It does not necessarily mean being successful. You can succeed in achieving your goals which you've set for yourself. Your goal may be to accumulate a lot of property or to distinguish yourself in your career or profession. But this may not mean fulfilling your life purpose. Your life purpose is about becoming what God created you to be.

I give glory to God for preserving and sustaining Pharmanews to mark its 40 years of uninterrupted monthly publication this year. Over the years, there have been tremendous challenges

from different quarters but determination and commitment to the purpose has enabled us to keep going. We believe that God has a purpose for Pharmanews and therefore divinely provides the enabling environment for its fulfilment.

On 21<sup>st</sup> December 1978 the Spirit of God led me to write the vision and mission statement for Pharmanews. This document crystallised the purpose of Pharmanews and has been my source of inspiration up to today.

I go through it whenever I encounter challenges. This purpose has been my guiding principle directly and indirectly in all I do. It drives my thinking and behaviour. And I strongly believe that service is key to any form of reward or recognition by God and man.

A noble or worthy purpose benefits people and attracts blessings of God because when you serve people you are indirectly serving God. But unworthy purpose cannot prosper and may even destroy the person in the end. That is why the purpose for any business or whatever we do must be critically examined.

Some years ago, I had an encounter with a former staff of our company. He was employed but later resigned because he got interested in printing contracts. At one time he requested for the contract to handle Pharmanews. I obliged him and gave him that opportunity but he messed up the job and I quickly cancelled the contract. Out of envy and bitterness he boasted that he would destroy my business by starting his own version of Pharmanews. His purpose was to kill Pharmanews. He actually proceeded to produce an edition of look-alike Pharmanews.

Unfortunately, that business ended with the maiden edition. There was no second one because his purpose was evil; just to destroy Pharmanews and not to provide a better serve to the health community. He was destroyed by his selfish ambition. He lost the little money he had and was heavily indebted to the printer. He learnt a great lesson of life.

Purpose is like the foundation of a building. If the foundation is faulty, there is possibility of damage or even collapse of the building. Businesses that are ill-conceived tend to have short life. If you have integrity, your success will bless and not harm others.

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**CONTRA-INDICATIONS**  
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**ADVERSE EFFECTS**  
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## Intensify fight against drug abuse, Aisha Buhari, others tell pharmacists

continued from back page

the programme, "Sustainable Approach to Eradication of Drug and Substance Abuse in Nigeria", the first lady disclosed that findings of a recent survey showed that about 14.4 per cent of Nigerians between the ages of 15 and 64 abused one drug or another in 2016, the figure she agreed was quite worrisome. "According to this survey report, it means, some 14.3 million people who make up the live wire of our workforce as a nation - fathers and sons, mothers and daughters - are affected. We really need to look around and see the devastation caused by drugs: Hundreds of thousands of our children battling with drug problem, which makes them burdens to themselves and to society," she noted.

Mrs Buhari further told the symposium participants, who were mainly health professionals that the presidency, in recognition of the dangers of drug abuse to the nation, had inaugurated the Presidential Advisory Committee for the Elimination of Drug Abuse (PACEDA), which is chaired by Gen. Buba Marwa, adding that there is an urgent need for a pragmatic and lasting solution to the menace.

Commending the Academy for organising the programme, the first lady assured the leadership that the presidency had promised to partner with them in their quest, while calling on stakeholders across professional boundaries to partner with NAPharm in ensuring that drugs are properly handled by the populace.

In his speech at the event, the executive Governor of Lagos State, Babajide Sanwo-Olu, said the Academy had written its name in gold for choosing to tackle the drug abuse menace headlong.

Sanwo-Olu, who was represented by the permanent secretary, Ministry of Health, Lagos State, Dr (Mrs) Titi Gonzalez, disclosed that the state had been at the forefront campaigning against substance abuse, a proof of which was the launch of the Lagos State Kick Against Drug Abuse (LASKADA) agency.

Sanwo-Olu however canvassed for the support of the citizenry to ensure the success of the government's efforts.

According to him, "For the efforts to yield meaningful results, everybody should be involved. Clerics, royal fathers, parents and even youths themselves should be ready to collaborate and work with the government to rid our society of the menace."

On his part, Prince Julius Adelusi-Adeluyi, president of NAPharm, called for the destigmatisation of drug abuse, noting that with the reported 14 per cent prevalence of drug abuse in the country, it means that in 100 million Nigerians, 14 million are drug users.

"We need a law that will make sure that we can trace, track and control these products from manufacturers all the way to consumption. We have been told that there are 11,926 drug items and about 200 of them are illicit drugs. It is difficult controlling them and we will need help. At this time, Nigeria needs



Prince Julius Adelusi-Adeluyi, president, NAPharm; Prof. Moji Adeyeye, DG, NAFDAC; and Sir Ifeanyi Atueyi, vice-president, NAPharm, at the symposium.

rebranding and repositioning, amongst others," Adelusi-Adeluyi said.

Also speaking at the occasion, the Director General, National Agency for Food and Drug Administration and Control, NAFDAC, Prof. Moji Adeyeye lamented that many Nigerian youths are involved in drug abuse, calling on pharmacists to help stem the tide.

"It is high time for us as pharmacists to look inward and see what we can do to make a

change," she said. "As custodians of drugs we have to take control. As professionals, we should be careful and serious on how we handle and distribute drugs, whether they are narcotics or non-narcotics."

Other dignitaries at the symposium were, Dr Martin Agwogwe, who was the keynote speaker; Sir. Ifeanyi Atueyi, publisher, *Pharmanews*, and vice-president, NAPharm; Mrs Dere Awosika, executive director, Access Bank Plc; Prof. Cecilia

Igwilo, distinguished professor, UNILAG; Prof. Kemi Odukoya; Pharm. (Chief) Bunmi Olaopa; Pharm. (Mrs) Victoria Ugwu, national chairperson, ALPs; Mazi Sam Oluwabunwa, president, PSN; Mr Femi Shoremekun, managing director, Biofem Groups; Dr Lolu Ojo, chairman, Drug and Substance Committee; Pof. Bola Aina, dean, Faculty of Pharmacy, UNILAG; and Pharm. Bola Oyawole.

## Psychologist, others caution youths against substance abuse, addiction

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the future of the country.

He added that the aim of the competition was to help the students succeed by staying focused and achieving their goals.

"We hope that, through this competition, you will be able to resolve in your mind and agree with us as your senior brothers, sisters, aunts and uncles that drugs are not for you," he stated.

Also speaking at the event, the duo of the ACPN DIC Chairperson, Pharm. (Mrs) Bukola Folorunsho, and her immediate predecessor, Pharm. (Mrs) Folashade Lawal, disclosed that drug abuse is one of the greatest challenges the country is currently facing, adding that there is no better time than now to start sensitising the younger ones about its dangers.

According to the duo, drug abuse has become a matter of urgent global public concern, especially among the young people.

Speaking further, Folorunsho, explained that the International Day against Drug Abuse and Illicit Trafficking is an effort of the United Nations aimed at strengthening action and spreading awareness about drug abuse and illegal drug trade in the world, adding that it is an expression of determination towards achieving an international drug-free society.

According to her, the observance of International Day against Drug Abuse and Illicit Trafficking is very significant because there are varied socio-economic and cultural issues related to illegal drugs and drug trafficking, stressing that drug abuse results in perhaps the worst kind of health problems and has become a major crime in almost all the country of the world.

In his goodwill message at the programme, Dr Lolu Ojo, chairman, Drug and Substance Abuse Committee, NAPharm., disclosed that listening to children and youth is the first step to helping them grow healthy and safe, saying based on the increased incidence of drug abuse among youths and children, it is important to listen to them, and give them proper parenting.

"Nigeria is full of opportunities, so we shouldn't allow drug to destroy it for our young ones", he advised.

The high point of the event was the presentation of cash prizes to the winners of the various contests, which included art painting, drawing, sculpture and presentation.

The first prize of N100,000, was presented to Abdulahi Opeyemi Agbalaya, of Unity Senior High School, Lagos, while Semenitari Nkemakonam of Maryland

Comprehensive High School, Ikeja, Lagos, and Adeolu Shittu Oluwatobi from Igbobi College, Igbobi, Lagos, were presented with prizes of N75,000, and 50,000, for coming second and third consecutively.

Ten students from various schools, were given consolation prizes. They were, Ifeoluwa Momoh, Ifako International School; Michael Akinsola, Baptist Boys High School; Destiny Okechukwu, Oxford International School; Abisayo Akinronbi and Toyosi Omolade, Vivian Fowler Memorial Secondary School; Princess Okonkwo, Maryland Comprehensive High School; Goodnews Shoko, Igbobi College; Divine Ojope Ogenevovwere, Queens College; Stephen Onyawanne, Igbobi College, and Edwin Ekpe Olisha, of Airforce Secondary School, Lagos.

Other dignitaries at the event included, Dr Tosin Adeyemi, who was the keynote speaker; Pharm. Solomon Shihii, PCN; Mr Seye Awe, a Psychologist from the Neuro-Psychiatric Hospital, Yaba, Lagos; Pharm. Funmbi Okoya, who represented the PSN Chairman, Lagos, Pharm. Bolanle Adeniran; Pharm. Charles Oluwaseyi, and many others.

## Dimensions of wisdom

Wisdom is the God-given ability to perceive the true nature of a matter and to implement the will of God in that matter.

Wisdom has two facets to it. First, it is the God-given ability to perceive the truth of a matter. What is real? What is true? And furthermore, what is real and true from God's perspective?

Man's reality and God's reality are often very different. Consider, for a moment, the story of the three young Hebrew men - Shadrach, Meshach, and Abednego - and the situation they faced when the king said, "I'm going to throw you into this fiery furnace if you don't bow down to my image" (see Daniel 3). Natural wisdom would say, "I'd better bow down. What good am I going to do for God on this earth if I don't bow and am burnt alive?" Natural wisdom looks at the facts and makes a choice that seems right for the welfare of the person (or persons) involved.

Spiritual wisdom, however, says, "Take your stand. You are commanded by God not to bow down to any idol at any time. Trust God in this. If you die, you die. The consequences are up to God. Your entire life is under God's control. So trust God and obey." Spiritual wisdom makes a decision based on the absolutes of God.

### Supremacy of divine wisdom

Nearly every situation or circumstance you face in life can be approached from these two angles: natural wisdom and spiritual wisdom. You need to know not only WHAT it is that God desires in a situation but also HOW to implement God's will. Specifically, you need to find God's methods and His perfect timing.

Some months ago the word of the Lord came very strongly to me that I was to resign a position I had held for nearly two years, the deanship of the seminar at Oral Roberts University. I had accepted that position after considerable prayer on my part and on the elders of my church.

When Oral Roberts first approached me about taking the deanship, he said that he thought my stay at Oral Roberts University might be a minimum of from 24 to 36 months. That was a considerable time commitment, especially since I felt no leading of God to resign my position at the Church on the Rock.

Still, I felt impressed in my spirit that I was to go, and when I discussed it with the elders, they had responded, "Yes, this is the will of God. We

don't completely understand it, but you are to go." They laid hands on me and sent me to accomplish a certain task.

When the day came that the Lord said, "Your work there is done," I had no doubt as to what God wanted me to do. His word to me was very certain. But I prayed, "Lord, I need and want Your wisdom as to how I am to resign and when."

Natural wisdom would have said, "Do this over a period of months. Make plans for a transition. Don't resign in November. Wait until the end of the school year." But God had said, "Your time is completed." I felt an immediacy in my spirit. Again, I consulted the elders of my church. I told them that the

Lord had spoken in my heart and that I felt an urgency in my spirit. They prayed about it and said to me, "Larry, we sent you there. We knew it was right. Now we know that it is the time for you to resign."

So I went to Tulsa the next week and resigned. And there was such a sense of peace and joy over that. Often when you resign a position, there are conflict and a lack of understanding. That wasn't at all the case this time. We parted in the full fellowship of the Holy Spirit.

You need to know WHAT God wants you to do in a certain situation. It is a God-given ability. It is the ability to perceive what is real and true from God's perspective. You also need to know HOW and WHEN to implement what God wants you to do. That's wisdom.

**You need divine wisdom**  
Wisdom has everything to do with you. God does not desire that He alone possess wisdom. If so, He never would have made wisdom available to you or have challenged you to obtain it. If wisdom were impossible to find, He never would have challenged men and women to seek it.

Furthermore, God does not withhold His wisdom from those who desire it. He hasn't set aside one class of people, one race, one nationality, one sex, one age group, or one socioeconomic segment of society to possess wisdom.

Wisdom is God's desire for you ... yes, YOU.

Culled from *WISDOM Don't Live Life Without It* by LARRY LEA

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## Be identified with the best

By George O. Emetuche

*You need to associate with people that inspire you, people that challenge you to rise higher, people that make you better. Don't waste your valuable time with people that are not adding to your growth.*

*Your destiny is too important. - Joel Osteen*

Excellence is infectious; same with failure. Success and failure are predictable. Why is it that most professional football players want to play for Manchester United, Chelsea, Arsenal, Barcelona, Real Madrid, AC Milan and some other top football clubs? The reason is simple; they want to identify with the best. Zig Ziglar said, "You can't fly with the eagles if you keep scratching with the turkey."

Just like in football and other spheres of life, the circle you mingle with, will play a big role in your career. The people you identify with in life will likely contribute to what you will become.

### Choose your crowd carefully

Successful people follow paths that lead to desired destinations. They go to places that will add value to their lives. Success identifies with folks who follow simple principles that lead to success. It doesn't matter if you are in sales or any other career path. The rule is the same. The path to a successful life follows defined principles. You must define your vision. You must design your mission. You must define your circle. You must choose your crowd. You must get better daily. All these are not achieved by accident. They are planned and pursued. Success is not by chance!

### Follow the leader

Who is your mentor? Who

is your role model? The person you look up to is likely going to have a lot of influence on you. If you identify with the best in your industry, there is every tendency that you will continue to improve. You will continue to learn new things that will make you relevant in your industry.

Birds of a feather, they say, flock together. When you brainstorm with the best brains in your industry, there is every tendency that you will begin to perform well. You will learn their success secrets and their general approach to issues. Identify with mastermind groups. Do everything to get better.

Maureen, my wife, encourages me to go to where I will learn something or impart knowledge. This wise counsel has really helped me in my career. I always go to people who I know have been there before me to learn from their experiences.

I also mentor a lot of people. I remember the day I went through a two-hour unscheduled session with a veteran salesman in the pharmaceutical industry, Mazi Udo-Chijioke. He was the national sales manager of his company. He led me into the strategy he used in selling a particular product that appeared tough to sell. The area managers had given him reasons they think the product would be a hard sale. He did not agree with the area

managers because he believed they had not done enough to sell the product.

He told me that he later invited the area managers and apportioned the presumed hard to sell product according to each area manager's territory. When that meeting ended, the area managers realised that they had the sole responsibility to sell all the products apportioned to them in their territory and that they could no longer give further excuses. The strategy worked! The product was subsequently sold. It was sold within a comfortable period for his company.

I listened to him attentively during this period and asked questions where necessary. I experienced a similar situation, months later, and, of course, I applied exactly the same strategy the veteran salesman taught me. Follow the leader. Learn from the best!

### Your circle is a big influence!

Psychology teaches that environment is a major determinant of behaviour. A lot of authorities have supported this thought. I have written a lot about it too.

One of the most significant aspects of life is people. I believe in mingling with the right people. I believe in quality people. I periodically take stock of my "Friends' List" for necessary adjustments. I keep friends who are like-minds; folks who understand my vision in life and whose vision I understand. I spend valuable time with people who want to add value; individuals who live for their dreams.

I mentor a lot of willing minds; people who want to go all the way to get better. I go the extra mile to assist them to discover themselves.



I stay far away from dream-killers and time-wasters! I run far away from the man or woman who lives without a purpose.

Some people wake up daily without dreams and plans. They just exist and consistently refuse to change! I have encountered a lot of individuals in my life. Some people have decided to remain the way they are, even when they know they are not making headway. In all honesty, some people plan to fail even when a lot of people are working hard to succeed. Mingle with the right people. The people you spend your time with matter a lot.

When you identify yourself with the right people and the right circle, you can't afford to fail because you have surrounded yourself with competent people. When you move with the best hands in your industry, you will be privileged to access the best strategy and privileged market information. This strategy has worked for many successful men we know today. Review your friends' list now! It's time to become a better you.

## International scientists, NIMR empower youths with N2.5 million

continued from back page

project on how to mobilise youths to participate in HIV self-testing.

At the end of the four weeks, the teams were asked to make presentations on their projects, and three winners emerged among the seven teams.

Following the presentations, Team Smart, the Lagos-based youth team, took the first position, which came with a prize of N1 million, while the second prize of N750,000 went to Team B-Star. Enugu-based youth team, Team Genra, took the third position with a cash prize of N500,000.

As a means of encouraging two other teams that performed very well with their projects but couldn't make it to the third position, Dr Chizoba Ezepe, consultant neurologist at Saint Louis University, gave cash prizes of N125,000 each to the fourth and fifth placed teams.

Aside from the financial support, all the finalists also received entrepreneurship start-up package, including HIV self-testing kits, condoms and products for STDs screening.

Speaking in an exclusive interview with *Pharmanews*, Principal Investigator for the project, Dr Juliet Iwelunmor, said the ultimate goal of the initiative is for young Nigerians to be the leaders and partners of the promotion of HIV self-testing in Nigeria.

In Iwelunmor's words, "We are now finally at the end of our Innovation Bootcamp, where we have been for the past four weeks. The winners of our Designation were selected to come for four weeks to get training on entrepreneurship, research and ethics, and they have been in engagement with key stakeholders, on how they can promote HIV self-testing among young people in Nigeria."



Genra team, which came second position at the competition.

"The whole project led by FYBY started on World AIDS Day, when we had the first challenge, by asking young people to give us their ideas on how to will promote HIV self-testing in Nigeria. We had over 903 entries on what they want to do."

"That then took us to March 2019 when we had a three-day Designation challenge, where 13 teams came and for three days, they expanded their ideas on how they intend to spread the message if they are selected winners. We had three top winners of which we selected a couple of other winners and finally at our Innovation Bootcamp, where for a month, they have been gaining skills on how they will promote HIV self-testing, if they are lucky to be selected."

On the reason for specifically promoting HIV self-testing, Iwelunmor explained that self-testing removes stigma around HIV

testing.

"In fact, it takes testing away from the clinic to the confines of your home," she said. "It is confidential. You take the test and in 20 minutes, you are sure of your results."

The principal investigator noted that while the organisers of the initiative do not just want to go out there to talk to people to raise awareness of HIV self-testing, they were also aware that using youths to reach the youths would make a great impact.

For Dr Oliver Ezechi, who is another principal investigator with the NIMR, focusing on the youths for the project is strategic because, according to him, youths believe more in their peers than adults.

"The three teams who emerged winners will go into the communities to actualise what they have presented, and among the three, we will pick the best two who have achieved what their goals

are. At that time, NIMR and their partners will absorb them. Scaling up their projects to the community, we are going to refine these ideas if we find them applicable to the community", he said.

21-year-old Mesoma Igbokwe, a member of the Genra Team, narrated the wealth of experience she and her team members had been able to gather for the period of the training:

"The experience has been wonderful. We never imagined we could make it this far. We started out as an experiment - let's try this - since the 1<sup>st</sup> of December, World's AIDS Day. When we came to the Designation in March, we came second, and we made it to the Innovation Bootcamp."

"The Innovation Bootcamp has taught us so much to work as a team and to engage stakeholders. We have learnt a lot of things that our peers will ordinarily not do, things that we didn't learn in the university, because we are medical students and computer scientists. Being here has widened our horizons than what we could have been. We can now say we are a little more proficient in some aspects of research and human engagement. Overall, the experience has been amazing."

"Initially when we started out, it was just an avenue to do something new, but after coming into the whole thing, we saw that there was a huge need to get youths tested. We consider ourselves ambassadors already, to spread the word out there, to correct people's misconception about HIV, because I tell you there are a lot of them. The whole campaign is not just about fishing out positive people; it is to encourage people to test, and when you are negative, we encourage you to remain so by reducing number of risks you take."

## Psychologist, others caution youths against substance abuse, addiction

As ACPN DIC organises art competition for students

By Adebayo Oladejo

A psychologist at the Federal Neuro-Psychiatric Hospital, Yaba, Lagos, Mr Seye Awe, has called on youths in the country to desist from drug abuse and addiction if they want to live a fulfilled life.

Speaking during the National Art Competition for Secondary Schools, organised by the Drug Information Centre (DIC) of the Association of Community Pharmacists of Nigeria (ACPN), to commemorate this year's International Day against Drug Abuse and Illicit Trafficking, held at Presken Hotel, Opebi, Ikeja, Lagos, Awe listed drug abuse and misuse, drug addiction, as some of the dangerous practices which had negatively impacted the health conditions of the youth and led to many deaths.

According to him, hard drugs trigger a number of vices, including armed robbery, kidnapping, rape, prostitution, and even health challenges like mental disorder.

Awe added that there is also a high risk of liver and kidney diseases, cancer, and other terminal illnesses, saying many of those engaged in drug abuse will not only have their lives' dreams cut short, but also become less contributory



L-R: Dr. Tosin Adeyemi, keynote speaker; Dr Lolu Ojo, chairman, Drug and Substance Abuse Committee, NAPharm; Pharm (Mrs) Folashade Lawal, immediate past chairperson, ACPN, DIC, and Pharm. Abosede Idowu, national secretary, ACPN, at the programme.

to the society.

Speaking in the same vein, National Chairman, Association of Community Pharmacists of Nigeria,

Pharm. Samuel Adekola, called for a more holistic approach to tackling the menace of drug use in Nigeria, adding that drug abuse is a major

health problem globally, and that it is no longer a secret that many Nigeria youths, especially those in secondary schools experiment with drugs at one point or the other.

"The International Day against Drug Abuse and Illicit Trafficking is an effort of the United Nations aimed at strengthening action and spreading awareness about drug abuse and illegal drug trade in the world. The United Nation's theme for this year is "Health for Justice, Justice for Health", but the topic for our programme today is, "A Drug Abuse Free Generation: Let's Start", he said.

Speaking further, Adekola, who was represented by Pharm. (Mrs) Abosede Idowu, ACPN national secretary, stated that the programme was aimed at imprinting the concept of a drug-free society on the minds of the students, who he described as

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# Chibawanye Ene – Pacesetter in brain cancer research

By Solomon Ojigbo



Chibawanye Ene

From 13 to 17 April, 2019, the American Association of Neurological Surgeons (AANS) had its annual scientific meeting where members came to present and share information on new innovations and advancement in neuroscience research. One of the major highlights was the research presentation by US-based Nigerian doctor and neuroscientist, Chibawanye Ene, titled: “Anti-PD-L1 Immunotherapy Enhances Radiation-induced Abscopal Response in Glioblastoma”.

According to *Applied Radiation Oncology*, a quarterly journal on cancer, Ene's research shows that “radiation combined with Anti PD L1 therapy induces an immunological response to unirradiated glioblastoma”. Consequently, his work has been hailed as a promising treatment option for deadly brain tumours, earning him the prestigious Ronald L. Bittner Award for 2019

**Ene's research interests include understanding the pathogenesis of glioblastoma multiforme (GBM), the most common primary brain tumours in adults. He is exploring conditions that synergise radiation therapy and immunotherapy for GBM treatment and evaluating susceptibility and resistance mechanisms of various GBM molecular subtypes to immunotherapy, including genetically engineered T cells and checkpoint inhibitors.**

## Road to recognition

Glioblastoma, also known as Glioblastoma Multiforme (GBM), is the most aggressive cancer that begins within the brain and is the second most common cancer of the central nervous system after meningioma. About three out of every 100,000 people develop the disease a year. It occurs more commonly in males than females and it most often begins around the age of 64 years. Most patients with the disease survive approximately one year, and only 5 per cent live for more than 5 years.

Standard first-line treatment for GBM is surgery, followed by radiotherapy and chemotherapy, usually with the drug Temozolomide. However, the disease recurs in almost all patients after treatment. Many efforts had been made to explore

other standard ways of treating the disease with little or no success. However, Ene's ground-breaking research on Immunotherapy in GBM treatment has been tipped to soon become the long-awaited second-line treatment option for the disease. Researchers are currently optimising other treatment combinations with Ene's research findings that could also be readily assessed in phase I human clinical trials.

## Background and career

Dr Ene was born and raised in Benin, Nigeria. He moved to the United States for college education in 2000 and completed his undergraduate studies at Wayne State College, Nebraska, USA with a major in Biology in 2004. That same year after graduating, he began medical school at the Indiana University School of

Medicine, Indianapolis, USA. In his third year, he received a Howard Hughes Medical Institute Research Fellowship to study the biology of glioblastoma-derived stem cells at the National Cancer Institute, National Institute of Health (NIH), Bethesda, Maryland, in 2007.

Ene received continued support through the NIH to continue his work for another four years towards a PhD at Cambridge University in the United Kingdom. After obtaining his doctorate degree in 2012, he returned to Indiana University for his final year of medical school and earned his medical degree (MD) in 2013.

Ene is currently a post-doctoral research fellow of Fred Hutchinson Cancer Research Centre, a prestigious institution where interdisciplinary teams of world-renowned scientists and humanitarians work together to prevent, diagnose and treat cancer, HIV/AIDS and other diseases. He is currently based at the Holland Lab.

Ene's research interests include understanding the pathogenesis of glioblastoma multiforme (GBM), the most common primary brain tumours in adults. He is exploring conditions that synergise radiation therapy and immunotherapy for GBM treatment and evaluating susceptibility and resistance mechanisms of various GBM molecular subtypes to immunotherapy, including genetically engineered T cells and checkpoint inhibitors.

## Awards and recognitions

Dr Ene is a recipient of many awards, including the Howard Hughes Medical Institute Research Scholar (Cloister Programme), Bethesda, Maryland, USA (2007); National Institutes of Health / Oxford / Cambridge Research Scholarship, Bethesda, Maryland, USA (2008); Best Poster in Biochemistry' at annual graduate student research symposium; and the National Institutes of Health, Bethesda, Maryland, USA (2012), Goodman Scholarship for Excellence in Neurosurgery, Indiana University School of medicine, Indianapolis, USA (2012).

Ene is happily married to Rachael Ene, and they blessed with two boys. He enjoys watching soccer, is an avid Chelsea FC fan and enjoys spending time with his family in his free time.

## LEADERSHIP INITIATIVES FOR EXCELLENCE (LIFE) SERIES

# Power of influential leadership

By Pharm. 'Lere Baale

I regularly teach, write, and talk a lot about leadership and the need for leadership in every part of our lives. I cannot discuss leadership in any capacity without referring to influence. As Denis Baker says, “Leadership is influence, nothing more, nothing less... There can be no leadership without influence, because that is how a leader leads...through their influence on others.”

The more we lead, the more influence we tend to have on people. Our ability to lead people is directly proportional to our ability to influence them. The more we lead, the more we influence.

I thought I should share some insights on what influence is and isn't - as well as what it takes to become a person of influence.

## Keys to influence

Many so-called leaders misinterpret what influence is. This creates confusion. Let me begin by sharing what influence is not.

Influence is not:

- **Force** – a leader cannot force a person to do something. Well, technically, they can initially. However, I always tell my staff that you will know you have influence on others, when they do what is expected when you're not around. Many professionals can force compliance, but can't force behaviour and attitude. When you leave people with no choice, many view it as a challenge.

- **Intimidation** – “My way or the highway.” This is the leadership method and style of many. In fact, I also had to struggle with this. Intimidation through position, can produce some results. “Don't do this or that, otherwise you're FIRED!” However, this method doesn't yield great results in the long run. TRUST ME ON THIS ONE.

- **Manipulation** – “There is a winner and a loser”; “You scratch my back, and I will scratch yours.” Manipulation only creates unrealistic expectations and promises. Once those promises can't be met, your employees are done with you. You have lost your ability to influence.

- **Position** – “Follow because we have to.” You can generate a desired outcome simply because of your position. However, it is not lasting. People need to follow because they want to. Your position can be a great starting point in adding value to those you lead or want to lead.

SO, what does it take to become a person of influence?

As professionals, we influence every day. Think about it. Every time we talk, train, coach, or present, we have an opportunity to influence. It is important to become a person of influence. In John Maxwell's book, “How to Become a Person of Influence,” he uses the acronym **I.N.F.L.U.E.N.C.E.R.** to outline what it takes to

**Mentor those you lead. Freely share your thoughts, ideas, and experiences with your staff. Give them assignments that stretch their capabilities as well as recognition. Give credit where credit is due. Place your staff and employees in a position to succeed. From there, you can influence your way to leadership.**

**Realise though that you can't enlarge everyone. Identify those who have the skill and a desire to be mentored.**

become a person of influence. These include:

- **Integrity** – Enron was an energy company based in Houston. It employed over 22,000 employees and was named the most innovative company for six consecutive years by Fortune magazine. However, in the span of 24 days in 2001, this company with claimed revenues of over \$100 billion was declared bankrupt.

What happened? The lack of integrity in the leadership of Enron caused one of the greatest corporations in the US to fall like a house of cards. The accounting scandal in Enron had enabled it to misrepresent its revenues and hide its losses in subsidiary organisations. Soon, this became public. As a result, there was a massive layoff. Everyone began not only losing their jobs, they would soon find out that they also lost their retirement funds.

Seven years later in 2008, the same greed and lack of integrity caused many giant investment banks to fall apart, sending ripples throughout the financial world. The investment bankers never learnt from what happened in Enron and while the times were different, the problem was the same. The problem was and is integrity.

If you have integrity, you will be successful. I believe a person of integrity will be successful. I heard integrity explained this way, “Integrity is what we do, what we say, and what we say we do.”

- **Nurturing** – To nurture someone is to motivate and encourage. A person who nurtures another will provide leadership in many aspects of their personal and professional life. They will nurture them in the good and in the bad times.

- **Faith** – Have faith that others will do the right thing. This used to be a difficult thing for me. I worked in the prison systems for

**Set your staff up for success. Make sure they know you trust their decisions and actions. Remember you can't empower everyone. Make sure you are in the right position, have a working relationship, have the respect of the person you are empowering, and be committed to the process through the good and bad times. When you empower people, you're not influencing just them; you're influencing all the people they influence.**



nine years before moving into the safety profession. In prison, everyone had an excuse or was innocent. I have learnt to have faith in people until they give you a reason not to.

- **Listening** – Listen to people. When people feel they're being listened to and heard, they feel their thoughts, actions, and suggestions are being followed up on. Listen to what is NOT being said. Many times, employees are not willing to come out and say what they feel, but rather give clues as to what they feel and believe.

- **Understanding** – Harry Truman said, “When we understand the other fellow's viewpoint, what he is trying to do, nine times out of 10, he is trying to do right.” Understanding is what drives our workforce and the people we lead. It ensures we create an atmosphere where their thoughts, actions, and desires are integrated into our vision and plans.

I frequently tell my staff to “get in the box, close the flaps and roll around a while, then think outside the box.” Only when we have experienced what our team is experiencing, will we ever be able to lead them.

- **Enlarging** – Mentor those you lead. Freely share your thoughts, ideas, and experiences with your staff. Give them assignments that stretch their capabilities as well as recognition. Give credit where credit is due. Place your staff and employees in a position to succeed. From there, you can influence your way to leadership.

Realise though that you can't enlarge everyone. Identify those who have the skill and a desire to be mentored.

- **Navigating** – Provide direction. Have a clear understanding of where you, the department, and company are going and clearly and concisely communicate that. Where are

you going? How are you going to get there? Have you thought about the course? Be willing to make course corrections. Stay with your people through thick and thin. They must know you have their back.

- **Connecting** – A person of influence connects with people. Don't take people for granted, possess a “make a difference mindset,” stay in touch with your people, look for common ground, respect differences in personalities, find out what makes them “tick”, be sincere in your communications, and share common experience. Once you have connected with an individual, stay connected. Leases create better leaders through influence but politicians try to create fanatical followers.

- **Empowering** – Set your staff up for success. Make sure they know you trust their decisions and actions. Remember you can't empower everyone. Make sure you are in the right position, have a working relationship, have the respect of the person you are empowering, and be committed to the process through the good and bad times. When you empower people, you're not influencing just them; you're influencing all the people they influence.

- **Reproducing** – Raise up leaders who reproduce leaders. Influencers reproduce other influencers. Develop your own leadership potential and find others with leadership potential. Teach to be a leader and not just to perform tasks...and then MULTIPLY!

Our ability to influence is directly proportional to the value we add to those within our leadership realm. If you want to lead, you must influence, because without followers you cannot be a leader.

I think it was John Hancock who said, “The greatest ability in business is to get along with others and to influence their actions.” I fully believe that is true. Influence is created by building relationships that create trust. Influence can only begin when there is trust in the relationship.

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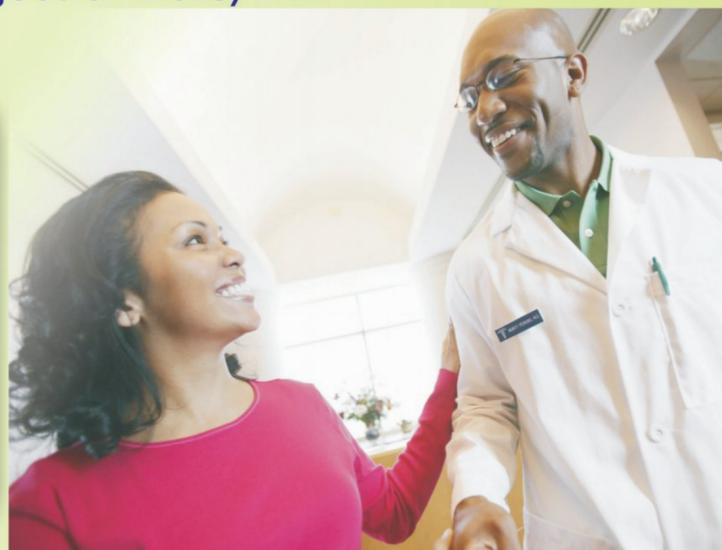
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## BOF-PSN mid-year meeting: Gambari to speak on harnessing Nigeria's potentials

By Yusuff Moshood

Distinguished scholar-diplomat, Prof. Ibrahim Gambari, who is the founder/chairman of the Board of Directors, Savannah Centre for Diplomacy, Democracy and Development, will deliver the guest lecture at the 2019 mid-year meeting of the Board of Fellows of the Pharmaceutical Society of Nigeria (BOF-PSN), scheduled to hold on 16 July, at Sheraton Hotel, Lagos.

Speaking with journalists at a recent press parley in Lagos, Pharm. (Sir) Nnamdi Obi, chairman, planning committee of the meeting, noted that the respected Gambari will deliver a lecture on the theme of the meeting, "Rebirth of Nigeria – Harnessing the Great Potentials".

Obi disclosed further that the topic had been carefully chosen to help find solutions to the myriads of challenges facing the nation, noting that except all sectors of the economy work properly and in synergy, it will be difficult for the nation to move forward.

While reiterating the commitment of BOF-PSN to monitor government's policies in relation to Pharmacy and pharmacists, Obi further stated that the BOF will continue to participate in national



L-R: Prof. (Mrs) Mbang Nyong Femi-Oyewo, chairman, BOF PSN; and Pharm. (Sir) Nnamdi Obi, chairman, Mid-Year Planning Committee of BOF PSN, during a Press briefing of the Board in Lagos, recently.

discourses to make positive contributions that will enhance the overall development of the nation.

Also speaking at the press

parley, Prof. (Mrs) Mbang Nyong Femi-Oyewo, chairman, BOF-PSN, said that the choice of Professor Gambari as the

guest lecturer at the mid-year meeting was hinged on the fact that he is a world class scholar, diplomat and Nigeria's former ambassador to the United Nations, adding that with the pedigree of the erudite professor, she is confident that the lecture will be incisive and discerning.

Femi-Oyewo disclosed further that Mrs Osaretin Afusat Demuren, chairman, Guaranty Trust Bank Plc, will chair the public lecture that will be attended by a number of distinguished Nigerians.

The BOF-PSN chairman, while lamenting the high incidence of drug/substance abuse in Nigeria, disclosed that the BOF unfolded a holistic approach of combating the problem at its mid-year meeting last year, adding that if the template is followed there will be better progress in checkmating the menace of drug abuse in Nigeria.

Femi-Oyewo also disclosed that at the forthcoming mid-year meeting, over 100 new Fellows will formally be received into the fold of the BOF-PSN, while some pharmacists and organisations that have contributed to improvement of humanity will receive awards of recognition.

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**Pharmacists to prioritise digital technology as FIP establishes technology forum**

By Yusuff Moshood

A new forum, comprising pharmacists, pharmaceutical scientists and pharmacy educators with expertise, experience and interests in technology, has been launched by the International Pharmaceutical Federation (FIP).

FIP's president, Mr Dominique Jordan, while speaking about the new technology forum, stated that among the objectives of the forum

**FIP launches global pharmacy workforce transformation programme**

FIP launches global pharmacy workforce transformation programme. A new programme designed to advance pharmaceutical workforces in countries around the world has been launched by the International Pharmaceutical Federation (FIP).

Speaking on the new programme, Professor Ian Bates, director of FIP's Workforce Development Hub, stated that the development of an adaptable, flexible and competent pharmaceutical workforce is key to achieving access to quality essential health services, and safe and effective medicines and vaccines, which, in turn, are fundamental requirements of universal health coverage.

"Investing in the pharmaceutical workforce contributes towards strengthening health systems and achieving universal health coverage by 2030, as outlined in the United Nations Sustainable Development Goals. Our vision is for every country to have a national strategy and action plan for pharmaceutical workforce development," he said.

FIP's new Workforce Transformation Programme (WTP) is a practical and flexible model, which will assist countries in assessing their individual pharmacy workforce needs and priorities; support them to develop needs-based national workforce strategies and infrastructure; and provide co-created solutions, tools, mechanisms and resources for implementation.

FIP's member organisation the Jordan Pharmacists Association (JPA) is the first national pharmacy leadership body to join the programme.

Mr Zeid Al Kilani, president, Jordan Pharmacists Association, said: "As the capacity of the Jordanian pharmacy workforce continues to increase and demand for quality health care rises to meet complex medicines and diseases, advancing the role of the pharmacists to ensure relevance and capability becomes more important than ever. The FIP WTP offers concrete solutions for proper planning and development of our national workforce."

FIP CEO Dr Catherine Duggan said: "FIP believes that the pharmaceutical workforce around the world requires a global vision with clear and consensus-based objectives consistent with global health strategies. FIP's Workforce Transformation Programme offers a realistic and achievable framework for real transformation. We congratulate the JPA on being the first of our members to join and look forward to stimulating and supporting progress in other countries."

will be to explore global initiatives in technology and pharmacists' involvement.

"Just as industrialisation did in the 20th century, a new tsunami technology and artificial intelligence is hitting Pharmacy. We must quickly consolidate our role and, just as the profession integrated industries into its environment, it will be necessary to take ownership of new trends, new technologies, new logistic models, and integrate them into our everyday work in the service of our communities. This new forum aims to support our profession to take that ownership," said Mr Jordan.

The forum, which is to be chaired by FIP vice president, Ms Jacqueline Surugue, currently comprises 18 members of FIP or representatives of FIP member organisations from 13 countries.

It will also be tasked with outlining technological trends and their potential impact on

pharmacy, and providing guidance for FIP members on technology matters, including digital trends, medical devices,

In this way, the FIP Technology Forum will comprise a number of working groups and projects under a programme of workstreams and policy development across the entirety of the federation.

"The explosion of technological advances is reshaping the future of healthcare. It is changing the way we work, our roles and our environment. In this shifting landscape, we must be able to ensure these advances fully contribute to tackling our health challenges, especially those we are facing in pharmacy. This international forum will be the perfect structure to fulfil this aim," Ms Surugue said.

The launch of the forum also coincided with the release of a new report, recently, on mHealth from FIP's Young Pharmacists



Mr Dominique Jordan  
FIP's president

Group. This report contains the findings of a survey of FIP member organisations in 22 countries about the use of mHealth applications by pharmacists.

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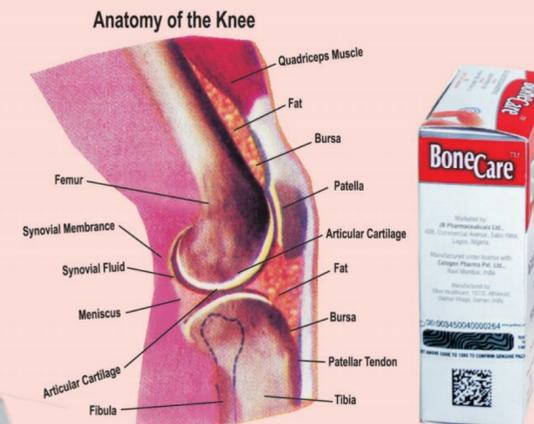
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# PCN, Emzor, Esimone endorse "Principles of Pharmacy Practice in Nigeria"

## As book launch attracts professors, pharmacists

By Adebayo Folorunsho-Francis

Following its recent official unveiling, scores of academic professors, pharmacy students and pharmacists from all the arms of the profession have endorsed and thrown their weights behind the book "Principles of pharmacy practice in Nigeria."

Authored by Pharm. Steve Okoronkwo, managing director, Al-Tinez, Centaur and Xcel Pharmaceuticals Limited, the book is a 190-page academic literature on contemporary pharmacy practice, jurisprudence, ethics, pharmacy management and administration, as well as pharmaceutical marketing.

Describing the 11-chapter book, publication, the reviewer, Dr Ibrahim Oreagba, said: "It is reader-friendly for both the pharmacy practitioner and the budding pharmacy students who wish to have an in-depth understanding of the principles guiding the practice."

"Practitioners will find it valuable in dealing with the ethical dilemma they encounter in their daily practice. This book will be a good resource for pharmacy interns preparing for pre-registration examination. It will also be useful to those undergoing primary level fellowship programme."

"Principles of Pharmacy Practice in Nigeria" is divided into 11 chapters, comprising: The regulatory and professional bodies of pharmacy in Nigeria; Pharmacy Education and Training



L-R: Sir Ike Onyechi, managing director, Alpha Pharmacy; Pharm. Steve Okoronkwo, author; his wife, Vivian; Dr Ibrahim Oreagba, book reviewer and Pharm. N.A.E Mohammed, registrar, Pharmacists Council of Nigeria (PCN) displaying the book shortly after its unveiling.

in Nigeria: Transition from B.Pharm Degree to PharmD Degree; Career Opportunities in Pharmacy; The Seven-Star Pharmacist Concept; Code of Ethics for Pharmacists in Nigeria; Professional Discipline; The Structure of Pharmaceutical premises; Inspection & Registration of Pharmaceutical Premises (Part II of the Poison & Pharmacy Act 1990); The Practice of Pharmacy Profession in Nigeria; Strategies in Pharmaceutical Marketing and Promotion; and National Drug

Distribution Guidelines (NDDG). Applauding the author who is also a barrister, Dr Stella Okoli, chairman of the occasion argued that over-dependence on information from the Internet is affecting many professions, including pharmacy today. "This is why I also think the new book - Principles of Pharmacy Practice in Nigeria - couldn't have come at a better time than now," she said. Okoli further disclosed that

a recent survey has identified research as the key to positive development and growth of any climate.

"This is why I commend the author for his painstaking research on rules that should guide the pharmacy profession. The aim is to advance the profession at all levels. I hereby challenge him to consolidate on this feat by writing more books," she charged.

Endorsing the academic literature, Pharm. N.A.E Mohammed, registrar, Pharmacists Council of Nigeria (PCN) said it is a book that he recommends for everyone.

"The difference between this book and other ones around is that the author practises the profession and also understands the laws surrounding it. I have no doubt that "Principles of Pharmacy Practice in Nigeria" will help to reposition the practice to the new frontier.

"We need rules to continue to guide this profession. It is out of place to be dragging fellow colleagues to court. This is also why the PCN and present hierarchy of NAFDAC have recognize the need to continue to work together," he stressed.

In the same vein, Prof. Charles Esimone, vice chancellor, Nnamdi Azikiwe University (NAU), opined that the newly launched book is a literature that should adorn the shelves of academic libraries across Nigerian universities.

The unveiling ceremony of the book took place at the Sheraton Hotel, Ikeja, Lagos, on 27 June, 2019.

# Sanwo-Olu, May & Baker, Alpha, others applaud Chike Okoli Foundation

By Adebayo Folorunsho-Francis

As the Chike Okoli Foundation (COF) recently clocked 13, eminent Nigerians have continued to applaud the vision that birthed the initiative.

According to Prof. Charles Esimone, vice chancellor, Nnamdi Azikiwe University (NAU), Awka, the foundation revolves around the death of a young man whose memorial has continued to impact people's lives across the country.

Speaking with *Pharmanews* at the 13<sup>th</sup> Annual Heart & Soul Gala held at the Lagos City Hall, Lagos Island, on 27 June, 2019, Esimone disclosed that the legacy left behind by the late Chike Okoli, an entrepreneur (through his foundation) had metamorphosed from sorrow into something beautiful.

"I believe in his cause. It is quite innovative and worth celebrating. In fact, it is an institution that has transformed from pain into gain. People are being enlightened and educated on the danger of cardiovascular disease. Thousands of young entrepreneurs are being empowered every year through the Chike Okoli Foundation," he stressed.

Alluding to the biblical anecdote of Jabez, the vice chancellor further highlighted that Okoli's death has turned to a sort of blessing.

"It has moved the families, relatives, friends and former associates from a point of pain (or sorrow) to gain just as it was written in the Bible," he emphasised.

Mrs Ibijoke Sanwo-Olu, First Lady of Lagos State, also shared the belief that today's youths have a lot to learn from the late Okoli.

While urging youths to desist from unhealthy lifestyle and drug abuse, she urged them to



L-R: Mrs Uzoma Ezeoke, executive director, Emzor Pharmaceuticals; Emeka Okoli, chairman, Emzor Pharmaceutical Industries; Dr Stella Okoli, chairman, board of directors, Chike Okoli Foundation; Mrs Ibijoke Sanwo-Olu, First Lady of Lagos; Chief (Mrs) Taiwo Taiwo, chairman, Aart of Life Foundation and Dr (Mrs) Onikepo Akande, former Minister of Industry at the event.

concentrate on innovative ideas to curb youth restiveness and rising case of unemployment in the country.

"I understand that the COF trains 5,000 young entrepreneurs every year. That is a laudable project which I think deserves some commendations. I want to thank Dr Stella Okoli and her family for having the courage to sustain this foundation," she said.

Pharm. Nnamdi Okafor, managing director, May & Baker Nigeria PLC, applauded the initiative adding that it is a beautiful project Nigerians need to support.

"I appreciate Dr Stella (Okoli) for starting and keeping up this programme every year. Cardiovascular disease kills a lot

of people without warning. Apparently impressed with the massive turnout of dignitaries at the event, Sir Ike Onyechi, managing director, Alpha Pharmacy thumbed up the ingenuity of Dr Stella Okoli, the chairman and the board of directors, Chike Okoli Foundation.

"She is a quintessential personality who has succeeded in turning her pain into gain. I think people can borrow leaf from her. As I was about leaving the hall, ideas have started coming into my head on the need to sponsor some youths to this kind of events to learn a thing or two," he revealed.

On his part, Pharm. Ebenezer Adeleke, Fellow of the Pharmaceutical Society of Nigeria (PSN) remarked that the chairman of

the foundation deserved special commendation for looking beyond the death of his son to create something beautiful for the society.

Meanwhile, Dr Stella Okoli, chairman, board of directors, Chike Okoli Foundation explained that when the Foundation was established 13 years ago, its activities had impacted close to 10 million youths, while 5,000 diligent youths are trained every year in entrepreneurship at the Chike Okoli Centre for Entrepreneurial Studies (COCES), located at the Nnamdi Azikiwe University, Awka.

The event which attracted a huge turnout of pharmacists, technocrats, political bigwigs, socialites

and professionals from all walks of life also had Dr Stella Okoli, chairman, board of directors, Chike Okoli Foundation; Dr (Mrs) Onikepo Akande, former minister of Industry; Mrs Uzoma Ezeoke, executive director, Emzor Pharmaceuticals and Chief (Mrs) Taiwo Taiwo, chairman, Aart of Life Foundation.

Established in furtherance of the ideals of Chike Edward Okoli who died five days to his 25th birthday from undetected coronary artery disease, the Foundation has risen beyond the grief of his untimely death. A Chike Okoli Foundation was set up by his family to promote the passion of his life - entrepreneurship - and to combat cardiovascular diseases which had led to his untimely demise.

# Management of Heartburn / GERD

continued from page 11

How is heartburn diagnosed?

Often all that a healthcare professional requires is a thorough history and physical examination to make the preliminary diagnosis of heartburn. To evaluate if there is any damage and how severe your heartburn is, the doctor may suggest some of the following tests:

**Endoscopy:** A flexible scope is passed down the oesophagus to examine the oesophagus as well as the stomach. Biopsies can be taken if indicated. This lets the doctor see if there is any obvious damage, and also eliminate other reasons for the patient's symptoms (foreign body, malignancy).

**Upper GI series (upper GI series):** After drinking a liquid that coats the inside of the digestive tract, X-rays are taken. These X-rays will show the outline of the digestive system.

**Ambulatory pH testing:** This test measures the acidity in the oesophagus via a small tube that goes through the nose into the stomach.

**Treatment of heartburn**  
Heartburn can be treated with lifestyle changes and medications (over-the-counter and prescription). In rare cases, surgical procedures are available to help with severe and chronic heartburn (GERD).

**Lifestyle changes**  
There are several ways to treat and avoid heartburn with lifestyle changes.

**Weight loss/keeping ideal weight:** Excess weight increases the pressure on the stomach, increasing the chance of acid reflux into the oesophagus.

**Quit smoking:** Smoking interferes with the proper functioning of the lower oesophageal sphincter.

**Food control:** Avoid foods that trigger heartburn (see previously). Consider keeping a food journal to alert you to foods that make your heartburn worse. Decrease the amount of food you eat.

**Elevate the head of the bed:** If you are experiencing heartburn at night, elevating the head of the bed will decrease reflux.

**OTC and prescription medications for heartburn**  
There are many over-the-counter and prescription medications available. These fall into three major categories:

**Medications that neutralise stomach acid (antacids):** Antacids (Mylanta, Maalox, Roloids, Tums) provide quick relief because they decrease the acid. These medications don't heal existing damage to the oesophagus nor prevent future episodes of heartburn.

**Medications that reduce the production of acid:** These medications are named after the receptor they block (H-2 blockers) and are available as over-the-counter as well as prescription medications. Their symptom relief tends to last longer than antacids, but it also takes longer for them to start working. They are



available as several brands and formulations (ranitidine [Zantac], nizatidine [Axid], cimetidine [Tagamet], famotidine [Peppid]). Depending on the strength, they are available over-the-counter and by prescription.

**Medications that block acid production:** Proton pump

How can heartburn be

inhibitors (for example, omeprazole [Prilosec], lansoprazole [Prevacid]) block the production of acid. This then allows healing of the damaged oesophagus.

**Surgical procedures to treat heartburn**  
Laparoscopic surgical procedures are available to treat heartburn. This

option is usually only chosen if lifestyle changes and medications have not helped. There also are endoscopic treatments for treating heartburn that don't require surgery, but endoscopic procedures are much less used than surgery.

**prevented?**  
The first step, as it is so often, is basic lifestyle changes. Stop smoking, lose weight, and watch what you eat. If these interventions do not fully alleviate heartburn symptoms, then the addition of medications that decrease heartburn or prevent it all together, under the guidance of a healthcare professional, should allow you to control heartburn.

**GERD**  
Gastroesophageal reflux disease (GERD) is a condition in which the acidified liquid content of the stomach backs up into the oesophagus. The cause of GERD is complex and may involve multiple factors. GERD may damage the lining of the oesophagus, thereby causing inflammation (esophagitis), although this is uncommon.

The symptoms of uncomplicated GERD include: heartburn, regurgitation, and nausea.

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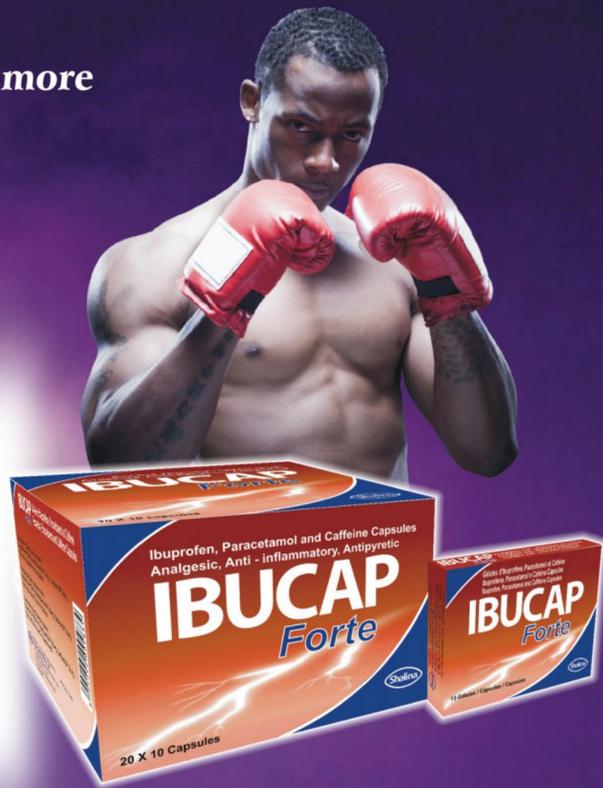
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## I rejoice with Pharmanews -Dr Emafo

I am reminded that 40 years ago, I was interviewed by a bearded young man, who was preparing to publish a pharmaceutical newspaper. I received a copy of the publication when it was published and I must confess that I have been an avid reader of *Pharmanews* ever since.

The bearded young man has now matured and wears a beard that has turned grey. That is probably why I always read the "Reflection" by Sir Ifeanyi Atueyi, a reminder of the hand of God on Ifeanyi Atueyi's life. Apart from the "Reflection", I find *Pharmanews* a good source of information on health matters.

*Pharmanews Limited* does not only publish *Pharmanews* but also publishes motivational books that make good reading. I am delighted that a pharmacist owns *Pharmanews Limited* as it reinforces my belief that a pharmacist can engage in any lawful business and succeed. I wish the publishers of

*Pharmanews* "more grease to the elbow".

As I rejoice with the publishers of *Pharmanews*, I pray that *Pharmanews Limited* outlives the founder and managing director.

I want to acknowledge the immense contribution of Lady Atueyi in what the husband conceived but might have failed without her unflinching support, doggedness and belief in the husband's ability to pull it off.

I congratulate the staff of *Pharmanews Limited*, the managing director and Lady Atueyi on this milestone achievement. Lady Atueyi has become an Associate Pharmacist since marrying Ifeanyi and being part of the Pharmaceutical Society of Nigeria's annual conference during which she promotes the sales of publications from the stable of *Pharmanews Limited*. God bless you all.

Dr Philip O. Emafo, OFR

## Congratulations to Pharmanews at 40: The mustard seed - Prof. Obiorah

When Sir Ifeanyi Atueyi, fondly called Atus, came up with the idea of establishing a pharmaceutical newspaper in 1979, I did not hesitate in giving him my full support. I was part of *Pharmanews* right from the planning stages of the enterprise.

Ifeanyi has been a close friend and confidant for well over 50 years. As editor-in-chief of the Nigerian Journal of Pharmacy for over three years, he discharged the assignment creditably and placed the journal on a high pedestal.

I chose the title of my message advisedly being there from the very beginning. The planning and execution of the project was done in Suta Pharmacy in Mende, Maryland, which was founded by Ifeanyi in 1973. Quite a number of colleagues were skeptical of a successful outing because of the high mortality of such journals before it.

*Pharmanews* started in a humble way but even then excellence was the watchword of the publisher. It was not long before health professionals took notice of the large volumes of useful information being churned out month after month. The pattern has been uninterrupted for the last 40 years.

From being the proverbial mustard seed in 1979, *Pharmanews* has grown into a massive tree with so many branches spanning different facets of our profession. It has been a credible resource for every aspect of Pharmacy.

Each volume of the journal has some unique information for different health professionals. Today, without equivocation, the journal has become the foremost pharmaceutical newspaper in Black Africa.

While congratulating the publisher, Sir Ifeanyi Atueyi, I must also pay warm compliments to the staff of *Pharmanews Ltd* and especially his wife, Lady Joan, for their dedication.

It is my fervent and earnest prayer that *Pharmanews* will remain relevant for very many years to come. May it continue to wax stronger and stronger.

Professor Bona Obiorah

## Bravo on 40 years of systematic and progressive growth - Pharm. Maduneme

I am highly delighted to be a part of this success story of *Pharmanews*. About 30 minutes ago, as I began typing this piece, a text message popped in that *Pharmanews* has again won the 2019 Nigerian Healthcare Excellence Award - Print category - for the third consecutive time. It is awesome.

I recall in 1979 in my 3rd year in pharmacy school at University of Ife, now Obafemi Awolowo University (OAU), I was one of the fans of *Pharmanews*. What captured my zeal was the unique brand name coined from two words, "Pharmacy" and "News".

I equally recall that my congratulatory message with my picture was published on the second page of the second edition. Ever since, I have not ceased my subscription. I have been receiving my monthly copies, including the national conferences complimentary copies.

In everything in life, we glorify God and appreciate

men. To the glory of God, I hereby appreciate the bearded chairman and publisher, Pharm. Ifeanyi Atueyi FPSN, the wife, Mrs Joan Atueyi, who though not a member of the editorial board, is the supportive backbone of *Pharmanews*. At every national conference, she is conspicuously and strategically positioned at the entrance of the conference hall doing her thing religiously surrounded by the staff.

The steady, progressive growth of *Pharmanews* amazes me. 'Aka Chukwu diya'. It started with something like black-and-white prints on a few pages and moved to semi-coloured pages and presently with full blown digital colour separation technology, with voluminous pages that take me up to two weeks from start to finish. Paper grammage is excellent with glazed surfaces.

It is presently not only pharmacy news but has delved into other areas, including religious write-ups. I look forward to reading "Reflection",

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## Pharmanews has established unrivalled quality - Pharm. Azuike

Please permit me if I have to be a bit personal. On this occasion of the celebration of the 40th year of uninterrupted monthly publication of *Pharmanews*, it is my heartfelt pleasure to rejoice with you and to congratulate you and the entire staff of *Pharmanews Ltd*.

I cannot remember any of similar ventures which made debut into the Nigerian pharmaceutical firmament at about the same time *Pharmanews* did that has not gone into oblivion. Certainly these past 40 years have not been 40 rosy years. There have been challenges here and there - particularly during the periods or years of economic meltdown when expected support from

the pharmaceutical industry was not forthcoming. But God has always been faithful. You have kept faith with Him and He has not abandoned you. To Him be all the glory.

As a result of your consistent hard work, unimagineable perseverance and unalloyed abiding faith in your vision, *Pharmanews* has been able to establish an unrivalled quality of presentation as well as a very wide coverage of content. No one is therefore surprised that for the past three consecutive years it has been adjudged to be the winner of the Healthcare Media Excellence Award - Print category.

I cannot conclude this message without appreciating your dear wife Joan, who I know, has been a big and firm pillar of support to you in all your endeavours.

Once again, please accept my congratulations and extend same to her and indeed to all the staff of *Pharmanews Ltd*.

May your light continue to shine in Jesus' name. Amen

Your sincere friend,

Pharm. M. C. Azuike,  
FPSN, FPCPharm

## Pharmanews now leading health-care publication in Nigeria- Pharm. Nwankwo

Atus, time indeed does go by fast. Your letter surprisingly reminds me that it has been 40 long years since the first publication of *Pharmanews*. I recall our chat when you mooted an idea to go into publishing. I was taken aback since, in my view, you lacked the training. I, of course, could not put in any word for or against it, as I felt incompetent to do so.

A short time after this visit, you again called to tell me that the decision had been made and that *Pharmanews* would be in circulation soon. You followed up with the request that I contribute to the maiden edition. As you now remind me, the title of my article was "Planning the Sale". My company, Ciba Pharmaceuticals, also took the front page advert space.

Looking back, you have, like many businesses, had your highs and lows but you have been undaunted and now run the leading healthcare publication in Nigeria.

Congratulations, my friend, and may *Pharmanews* live on and continue to grow.

CONGRATULATIONS!!

Pharm. Chukwudum J. Maduneme, FPSN  
Managing Director  
DUMJOS PHARMACY

Bruno Nwankwo, FPSN,  
FNAPharm



## Management of Heartburn / GERD

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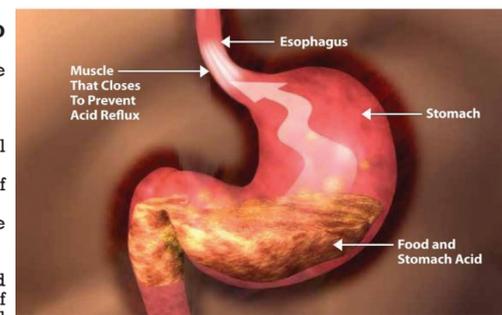
### Complications of GERD

include: ulcers and strictures of the oesophagus, Barrett's oesophagus, cough and asthma, throat and laryngeal inflammation, inflammation and infection of the lungs, and a collection of fluid in the sinuses and middle ear.

GERD may be diagnosed or evaluated by a variety of procedures and tests. It is treated with lifestyle changes, diet, over-the-counter (OTC) and prescription drugs (for example, antacids, proton pump inhibitors (PPIs), pro-motility drugs), and surgery.

One study found that reflux occurs as frequently in normal individuals as in patients with GERD. In patients with GERD, however, the refluxed liquid contains acid more often, and the acid remains in the oesophagus longer. It has also been found that liquid refluxes to a higher level in the oesophagus in patients with GERD than normal individuals.

As is often the case, the body has ways to protect itself from the harmful effects of reflux and acid. For example, most reflux occurs during the day when individuals are upright. In the upright position, the refluxed liquid is more likely to flow back down into the stomach due to the effect of gravity. In addition, while individuals are awake, they repeatedly swallow,



whether or not there is reflux. Each swallow carries any refluxed liquid back into the stomach.

Finally, the salivary glands in the mouth produce saliva, which contains bicarbonate. With each swallow, bicarbonate-containing saliva travels down the oesophagus. The bicarbonate neutralises the small amount of acid that remains in the oesophagus after gravity and swallowing have removed most of the acidic liquid.

Gravity, swallowing, and saliva are important protective mechanisms for the oesophagus, but they are effective only when individuals are in the upright position. At night, during sleep, gravity has no effect, swallowing stops, and the secretion of saliva is reduced. Therefore, reflux that occurs at night is more likely to result in acid remaining in the oesophagus longer and causing greater damage to the oesophagus.

Certain conditions make a person susceptible to GERD. For

example, GERD can be a serious problem during pregnancy. The elevated hormone levels of pregnancy probably cause reflux by lowering the pressure in the lower oesophageal sphincter. At the same time, the growing foetus increases the pressure in the abdomen. Both of these effects would be expected to increase reflux. Also, patients with diseases that weaken the oesophageal muscles, such as scleroderma or mixed connective tissue diseases, are more prone to develop GERD.

abnormal contractions, and slow or prolonged emptying of the stomach.

### Complications of GERD Ulcers

The liquid from the stomach that refluxes into the oesophagus damages the cells lining the oesophagus. The body responds in the way that it usually responds to damage, which is with inflammation (esophagitis). The purpose of inflammation is to neutralise the damaging agent and begin the process of healing. If the damage goes deeply into the oesophagus, an ulcer forms. An ulcer is simply a break in the lining of the oesophagus that occurs in an area of inflammation. Ulcers and the additional inflammation they provoke may erode into the oesophageal blood vessels and give rise to bleeding into the oesophagus.

Occasionally, the bleeding is severe and may require:

blood transfusions, an endoscopic procedure (in which a tube is inserted through the mouth into the oesophagus to visualise the site of bleeding and to stop the bleeding), or surgical treatment.

### Strictures

Ulcers of the oesophagus heal with the formation of scars (fibrosis). Over time, the scar tissue shrinks and narrows the lumen (inner cavity) of the oesophagus. This scarred narrowing is called a stricture. Swallowed food may get stuck in the oesophagus once the

continued on page 17

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Source - World Health Organisation, 2015

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## Contract manufacturing can help reduce fake drugs, boost local drug manufacturing - Nalis MD

To reduce Nigeria's dependence on imported medicines and strengthen the fight against fake and spurious medicines, entrepreneurs in the pharmaceutical sector must begin to embrace local contract manufacturing of drugs, the Managing Director/Chief Executive Officer (MD/CEO), Nalis Pharmaceuticals Limited, Mr Onwunali Obinna, has said.

Speaking with *Pharmanews* in an interview recently in Lagos, the Nalis boss, whose company's manufacturing facility located in Owerri, Imo State, started local manufacturing of medicines last December, said that contract manufacturing can significantly help to boost local manufacturing of top quality medicines and reduce the influx of fake and adulterated medicines from outside the country.

While stressing that a greater percentage of fake drugs in the country had been found to be imported, the Nalis CEO stated that local drug manufacturing, through contract manufacturing,



Mr Onwunali Obinna

will not only be a boost to the quantity of top quality medicines produced locally but will help reduce the quantity of imported

medicines required by Nigerians, thereby reducing the nation's dependence on imported pharmaceuticals.

Explaining further, Obinna said that by patronising local manufacturers with a strong capacity for contract manufacturing, players in the industry will be saving the huge financial outlay they would have required if they were to get companies outside the country to produce for them.

This, he said, is in addition to the fact that they will be producing their brands from sources they are sure of and whose processes can be easily verified by the regulatory agencies in the country.

He reiterated that his company, Nalis Pharmaceuticals, is one of the companies with huge contract manufacturing capacity, noting that the company presently

has a strong capacity to help many local players produce their own brands of oral liquid medicines as well as tablets.

The Nalis helmsman stated that the company's factory is not only a WHO standard plant but also a GMP (Good Manufacturing Practice) certified factory, adding that the plant has the approval of the National Agency for Food and Drug Administration and Control (NAFDAC), the Pharmacists Council of Nigeria (PCN) and other regulatory agencies.

He therefore charged entrepreneurs' in the pharmaceutical sector in Nigeria to stop looking towards travelling to India and China whenever they want to engage in contract manufacturing, stressing that they can get top quality pharmaceutical products produced for them in Nigeria by reputable and world class facilities like Nalis that have excess capacity to help meet their needs.

## Bond canvasses life-saving measures for sickle cell patients

- Says disease not death sentence

By Adebayo Oladejo

Poised to bring relief to people living with sickle cell disorder (SCD), Bond Chemical Industries Limited, a leading pharmaceutical company in the country, has stated that it would leverage its passion for research and development to continue to manufacture new, innovative and high-quality pharmaceutical brands as therapeutic option for SCD, saying its product, Oxymurea, is a proven remedy for sickle cell disorder.

Disclosing this in a press release issued to commemorate this year's World Sickle Cell Day, on 19 Mr. Andrew Aina Oladipo, Bond's acting national marketing manager, who represented the Managing Director, Pharm. Aderemi Omotosho, said that aside from increasing the life expectancy of sickle cell patients, Oxymurea also reduces the risk of anaemia and blood transfusion, as well as preventing stroke and organ damage.

Omotosho further noted that since the only possible cure for SCD is bone marrow transplant, which is only possible for a limited number of affected individuals who have a suitable donor, the only other alternative is to resort to using Oxymurea, a brand of hydroxyurea to significantly reduce the number of painful crises.

The Bond's MD also added that comprehensive and holistic management from birth will go a long way in minimising SCD crisis, saying the implication of this is that a mother must know her child's genotype from birth, in order for proper care to takeoff from birth.

"In 2018, the coalition of sickle cell non-governmental organisations in Nigeria, which comprises 13 NGOs, declared that at least 150,000 children are born with sickle cell disease in Nigeria every year, while about

40 million Nigerians are healthy carriers of the sickle cell gene.

"What this means is that the high number of carriers of the gene in Nigeria (about 40 million) could amount to five African countries. So it is something we sincerely think we must give our utmost attention to," he said.

While calling for increased advocacy on SCD prevention, treatment and management, Omotosho said concerted efforts must be made towards reducing the disease's prevalence, adding that government must, as a matter of urgency, place SCD on its priority list.

The Bond Chemical boss,



Pharm. Aderemi Omotosho  
Managing Director, Bond Chemical  
Industries Limited

however, noted that having SCD is not the end of the world, adding that the disease is not fatal, if adequately managed.

## How bioinformatics can revolutionise Nigerian healthcare sector - Experts

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factors currently hindering the implementation of bioinformatics in the Nigerian healthcare system, to include: Lack of dedicated bioinformatics laboratories; low quality computer system; poor internet connectivity in many tertiary institutions; erratic power supply, and limited number of trained bioinformatics/computational biologists.

The convener of the conference and President, Nigerian Bioinformatics & Genomics Network (NBGN), Dr Segun Fatumo, disclosed that the primary purpose of the conference was to close the existing gap in the delivery of healthcare in Nigeria. According to him, "There is a

technology called bioinformatics, and that technology is revolutionising the whole world, and we don't want Africans to be left out, especially Nigerians. So we organised the first ever bioinformatics symposium in Nigeria, and that is why people are here to apply this method to different areas of healthcare. For instance, to Medicine, to agro products, because it will enhanced the production rate of drugs, vaccines, and other essential care products."

Fatumo, who is also a scientist at the School of Technical Medicine, University of London, UK, admitted that knowledge of bioinformatics is Nigeria presently is very

low because people have little awareness of what is going on.

"This explains reasons for the conference, which will expose them to happenings in other places and how they will be able to apply that method to their own area research," he said.

He further reiterated the benefits of bioinformatics, stating that it will assist a great deal in the development and delivery of effective medicines for the treatment of various diseases in Nigeria and Africa as a whole.

For Prof. Adenike Oshofisan, University of Ibadan, who was the second keynote speaker, the need to develop the agricultural sector for effective production of healthy food items through the use

of sequencing and genomics, is paramount.

She explained that sequencing is about technology, which is useful in controlling flood, pests, inadequate water, and other natural hazards in agriculture.

In her words, "In enhancing agricultural produce, we use sequencing and genomics to develop them, and it has been discovered that genetically modified products are usually pest-resistant. Even if there is a pest attack, we are not going to lose all our crops. So we need to do a lot of research in this area, to create crops that will not need too much water; so that if there is water scarcity, those crops will still grow."

## Management of Heartburn / GERD

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narrowing becomes severe enough (usually when it restricts the oesophageal lumen to a diameter of one centimetre). This situation may necessitate endoscopic removal of the stuck food. Then, to prevent food from sticking, the narrowing must be stretched (widened). Moreover, to prevent a recurrence of the stricture, reflux also must be prevented.

### Barrett's oesophagus

Long-standing and/or severe GERD causes changes in the cells that line the oesophagus in some patients. These cells are pre-cancerous and may, though usually, become cancerous. This condition is referred to as Barrett's oesophagus and occurs in approximately 10% of patients with GERD. The type of oesophageal cancer associated with Barrett's oesophagus (adenocarcinoma) is increasing in frequency. It is not clear why some patients with GERD develop Barrett's oesophagus, but most do not.

Barrett's oesophagus can be recognised visually at the time of an endoscopy and confirmed by microscopic examination of the lining cells. Then, patients with Barrett's oesophagus can undergo periodic surveillance endoscopies with biopsies; although there is not agreement as to which patients require surveillance.

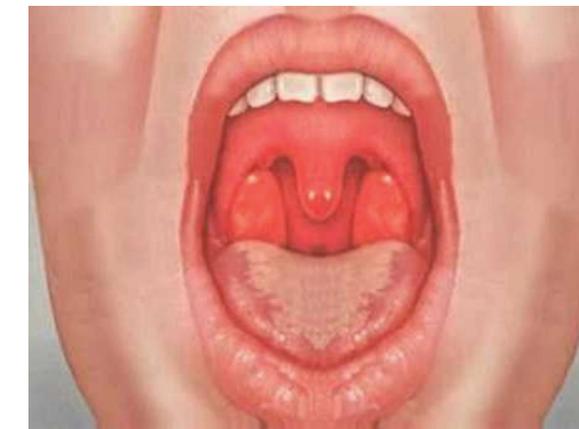
The purpose of surveillance is to detect progression from pre-cancer to more cancerous changes so that cancer-preventing treatment can be started. It also is believed that patients with Barrett's oesophagus should receive maximum treatment for GERD to prevent further damage to the oesophagus. Procedures are being studied that remove the abnormal lining cells. Several endoscopic, non-surgical techniques can be used to remove the cells. These techniques are attractive because they do not require surgery; however, there are associated with complications, and the long-term effectiveness of the treatments has not yet been determined. Surgical removal of the oesophagus is always an option.

### Cough and asthma

Many nerves are in the lower oesophagus. Some of these nerves are stimulated by the refluxed acid, and this stimulation results in pain (usually heartburn). Other nerves that are stimulated do not produce pain. Instead, they stimulate yet other nerves that provoke coughing. In this way, refluxed liquid can cause coughing without ever reaching the throat! In a similar manner, reflux into the lower oesophagus can stimulate oesophageal nerves that connect to and can stimulate nerves going to the lungs. These nerves to the lungs then can cause the smaller breathing tubes to narrow, resulting in an attack of asthma.

Although GERD may cause cough, it is not a common cause of unexplained coughing. Although GERD also may be a cause of asthma, it is more likely that it precipitates asthmatic attacks in patients who already have asthma. Although chronic cough and asthma are common ailments, it is not clear just how often they are aggravated or caused by GERD.

Inflammation of the throat



### and larynx

If refluxed liquid gets past the upper oesophageal sphincter, it can enter the throat (pharynx) and even the voice box (larynx). The resulting inflammation can lead to a sore throat and hoarseness. As with coughing and asthma, it is not clear just how commonly GERD is responsible for otherwise unexplained inflammation of the throat and larynx.

### Inflammation and infection of the lungs

Refluxed liquid that passes from the throat (pharynx) and into the larynx can enter the lungs (aspiration). The reflux of liquid into the lungs (called aspiration) often results in coughing and choking. Aspiration, however, also can occur without producing these symptoms. With or without these symptoms, aspiration may lead to infection of the lungs and result in pneumonia. This type of pneumonia is a serious problem requiring immediate treatment. When aspiration is unaccompanied by symptoms, it can result in a slow, progressive scarring of the lungs (pulmonary fibrosis) that can be seen on chest X-rays.

Aspiration is more likely to occur at night because that is when the processes (mechanisms) that protect against reflux are not active and the coughing reflex that protects the lungs also is not active.

### Fluid in the sinuses and middle ears

The throat communicates with the nasal passages. In small children, two patches of lymph tissue, called the adenoids, are located where the upper part of the throat joins the nasal passages. The passages from the sinuses and the tubes from the middle ears (Eustachian tubes) open into the rear of the nasal passages near the adenoids. Refluxed liquid that enters the upper throat can inflame the adenoids and cause them to swell. The swollen adenoids then can block the passages from the sinuses and the Eustachian tubes. When the sinuses and middle ears are closed off from the nasal passages by the swelling of the adenoids, fluid accumulates within them. This accumulation of fluid can lead to discomfort in the sinuses and ears. Since the adenoids are prominent in young children, and not in adults, this fluid accumulation in the ears and sinuses is seen in children and not adults.

How is GERD or acid reflux diagnosed and evaluated?

There are a variety of procedures, tests, and evaluation of symptoms (for example, heartburn) to diagnose and evaluate patients with GERD.

Symptoms and response to treatment (therapeutic trial)

The usual way that GERD is diagnosed is by its characteristic symptom, heartburn. Heartburn is most frequently described as a sub-sternal (under the middle of the chest) burning that occurs after meals and often worsens when lying down. To confirm the diagnosis, physicians often treat patients with medications to suppress the production of acid by the stomach. If the heartburn then is diminished to a large extent, the diagnosis of GERD is considered confirmed. This approach of making a diagnosis on the basis of a response of the symptoms to treatment is commonly called a therapeutic trial.

There are problems with this approach. For instance, patients who have conditions that can mimic GERD, specifically duodenal or gastric (stomach) ulcers, also can actually respond to such treatment. In this situation, if the physician assumes that the problem is GERD, the cause of the ulcer disease would be missed such as a type of infection called *Helicobacter pylori* (*H. pylori*), or nonsteroidal anti-inflammatory drugs or NSAIDs (for example, ibuprofen), can also cause ulcers and these conditions would be treated differently from GERD.

Moreover, as with any treatment, there is perhaps a 20% placebo effect, which means that 20% of patients will respond to a placebo (inactive) pill or, indeed, to any treatment. This means that 20% of patients who have causes of their symptoms other than GERD (or ulcers) will have a decrease in their symptoms after receiving the treatment for GERD. Thus, on the basis of their response to treatment (the therapeutic trial), these patients then will continue to be treated for GERD, even though they do not have GERD. What's more, the true cause of their symptoms will not be pursued.

### Endoscopy

Upper gastrointestinal endoscopy (also known as esophago-gastro-duodenoscopy or EGD) is a common way of diagnosing GERD. EGD is a procedure in which a tube containing an optical system for visualization is swallowed. As the tube progresses down the gastrointestinal tract, the lining of the oesophagus, stomach, and duodenum can be examined.

The oesophagus of most

patients with symptoms of reflux looks normal. Therefore, in most patients, endoscopy will not help in the diagnosis of GERD. However, sometimes the lining of the oesophagus appears inflamed (esophagitis). Moreover, if erosions (superficial breaks in the oesophageal lining) or ulcers (deeper breaks in the lining) are seen, a diagnosis of GERD can be made confidently. Endoscopy will also identify several of the complications of GERD, specifically, ulcers, strictures, and Barrett's oesophagus. Biopsies also may be obtained.

Finally, other common problems that may be causing GERD like symptoms can be diagnosed (for example ulcers, inflammation, or cancers of the stomach or duodenum) with EGD.

### Biopsies

Biopsies of the oesophagus that are obtained through the endoscope are not considered very useful for diagnosing GERD. They are useful, however, in diagnosing cancers or causes of oesophageal inflammation other than acid reflux, particularly infections. Moreover, biopsies are the only means of diagnosing the cellular changes of Barrett's oesophagus. More recently, it has been suggested that even in patients with GERD whose oesophagi appear normal to the eye, biopsies will show widening of the spaces between the lining cells, possibly an indication of damage. It is too early to conclude, however, that seeing widening is specific enough to be confidently that GERD is present.

### X-rays

Before the introduction of endoscopy, an X-ray of the oesophagus (called an oesophagram) was the only means of diagnosing GERD. Patients swallowed barium (contrast material), and X-rays of the barium-filled oesophagus were then taken. The problem with the oesophagram was that it was an insensitive test for diagnosing GERD. That is, it failed to find signs of GERD in many patients who had GERD because the patients had little or no damage to the lining of the oesophagus. The X-rays were able to show only the infrequent complications of GERD, for example, ulcers and strictures. X-rays have been abandoned as a means of diagnosing GERD, although they still can be useful along with endoscopy in the evaluation of complications.

### Examination of the throat and larynx

When GERD affects the throat or larynx and causes symptoms of cough, hoarseness, or sore throat, patients often visit an ear, nose, and throat (ENT) specialist. The ENT specialist frequently finds signs of inflammation of the throat or larynx. Although diseases of the throat or larynx usually are the cause of the inflammation, sometimes GERD can be the cause. Accordingly, ENT specialists often try acid-suppressing treatment to confirm the diagnosis of GERD. This approach, however, has the same problems as discussed above, that result from using the response to treatment to confirm GERD.

Article compiled by Adebayo Folunsho-Francis with additional contributions from medicinenet.com and webmd.com



# How bioinformatics can revolutionise Nigerian healthcare sector - Experts

By Temitope Obayendo

Rising from the recent First Nigerian Bioinformatics Conference, experts from the various fields of the life sciences have highlighted the crucial role of bioinformatics in surmounting the burdens of diseases, such as TB, malaria, Lassa fever, meningitis, diarrhoea and respiratory infections, in the country.

The scientists, from different parts of the world acknowledged how fast bioinformatics is transforming healthcare systems in other climes, and insisted that Africa, especially Nigeria, should not be left out of this technology-driven development, which they said has the potential to revolutionise healthcare delivery system in the country.

Notable among the researchers, who also doubled as keynote speakers at the international conference were: Prof. Nicki Tiffin, from University of Cape Town, South Africa; Prof. Ezekiel F. Adebisi, projects principal investigator and head, Covenant University Bioinformatics Research Group; Prof. Christian Happi, from Redeemer's University; Prof. Oyekanmi Nash, director, Genetics, Genomics and Bioinformatics Department at the National Biotechnology Development Agency (NABDA); Prof. Mayowa Owolabi, dean, Faculty of Clinical Sciences, University of Ibadan and pioneer director, Centre for Genomics and Precision Medicine, University of Ibadan; and Raphael D. Isokpehi, Bethune-Cookman University, Florida, USA.



Keynote speakers at the conference.

Delivering the opening keynote speech, the Director General, Nigerian Institute of Medical Research (NIMR) Prof. Babatunde Salako, said the conference was apt in bringing international researchers together for the purpose of exploring bioinformatics and genomics technologies through research collaboration and scientific innovations.

He explained further that bioinformatics represents a

new era of applied science in which multiple disciplines, such as Biochemistry, Cell Biology, Molecular Biology, Physics, Chemistry, Mathematics and Computer Science, come together to enable the organisation, storage, retrieval and analyses of biological data to obtain actionable information for health policy and development of diagnostics, drugs and vaccines.

The NIMR DG, who was represented by Dr Oliver

Ezechi, principal investigator, NIMR, submitted that it is very important for Nigerians to embrace strong Science, Technology and Innovation (STI) with Bioinformatics as a core component, in order to achieve the Sustainable Development Goals 2030, as well as overcoming the prevailing disease burdens in the country.

He however listed some

continued on page 36

# Healthcare financing: Between profit and public good (2)

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

According to Anyasor C.O (2017), there are about 200 countries on our planet and each country devises its own set of arrangements for financing healthcare. For all the local variations, healthcare systems tend to follow general patterns derived from four basic models, which are: the Beveridge Model, the Bismarck Model, the National Health Insurance Model and the Out-of-Pocket Model.

**The Bismarck model**  
Named after Otto von Bismarck, the model has the following characteristics:  
It uses an insurance system. The insurers are called "sickness funds".

Usually financed jointly by employers and employees through payroll deduction.

Covers everyone, with no profit made.

Doctors and hospitals are usually private.

Also known as the multi-payer model.

Found in Germany, France, Belgium, the Netherlands, Japan, Switzerland and Latin America.

**The Beveridge model**  
Named after William Beveridge, who designed Britain's National Health Service, its characteristics include:  
Healthcare is provided and financed by the government through tax payments

Most of all the hospitals and

clinics are government-owned. Have low costs per capita, because the government, as the sole payer, controls what doctors can do and what they can charge.

Countries using this model are Britain, Spain, most of Scandinavia and New Zealand.

**The National Health Insurance model**

This has elements of both Beveridge and Bismarck. It has the following characteristics:

It uses private-sector providers, but payment comes from a government-run insurance programme that every citizen pays into.

Cheaper and simpler administratively, since there's no need for marketing, no financial motive to deny claims and no profit.

Controls costs by limiting the medical services they will pay for, or by making patients wait to be treated.

This model is found in Canada, Taiwan and South Korea.

**The Out-of-Pocket model**

This is the model obtainable in most countries of the world. Only the developed, industrialised countries, perhaps 40 of the world's 200 countries, have established healthcare systems. Most of the other nations are too poor and too disorganised to provide any kind of mass medical care. The basic rule in such countries is

that the rich get medical care while the poor stay sick or die.

In rural regions of Africa, India, China and South America, hundreds of millions of people go their whole lives without ever seeing a doctor. They may have access, though, to a village healer, using home-brewed remedies that may or not be effective against diseases.

Healthcare financing in Nigeria

In Nigeria, healthcare services are delivered through the public and private sectors. Yunusa et al., while reviewing the challenges of public healthcare financing in Nigeria, noted that healthcare services in the public sector are provided at the primary, secondary and tertiary levels. These levels are under the control of the local, state and federal governments respectively.

Most local and state governments are purportedly running free health services, while the federal government subsidises the cost of healthcare services or runs a national health insurance scheme to cater for the cost of healthcare. The National Health Insurance Scheme as presently being run in Nigeria is still not totally effective and is yet to guarantee adequate cover or Universal Health Coverage.

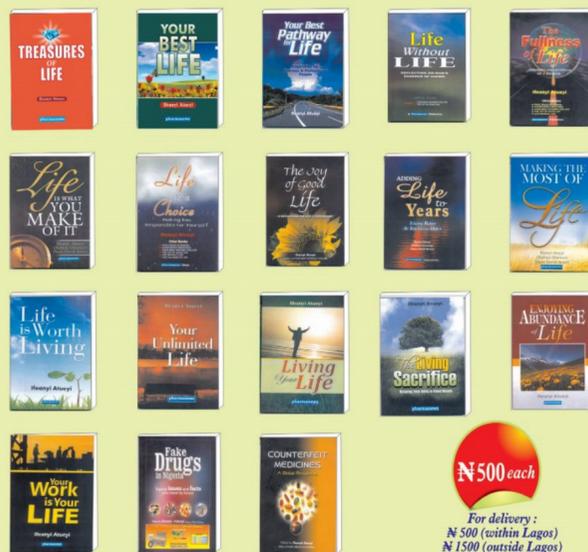
Unfortunately, because of poor management and corruption, the public healthcare system is highly ineffective and citizens who can afford choose the private sector over the public health system. As observed by Nduaka (2018) the government facilities that were supposed to provide free healthcare services turned out to be merely "consulting clinics" where drugs and other consumables were often unavailable with attendant gross infrastructural decay due to poor funding.

Incidentally, the healthcare delivery system as obtainable within the private sector is poorly regulated in terms of quality and cost. The citizens are therefore at the mercies of private practitioners who either provide substandard services or exploit their clients financially.



corruption, the public healthcare system is highly ineffective and citizens who can afford choose the private sector over the public health system. As observed by Nduaka (2018) the government facilities that were supposed to provide free healthcare services turned out to be merely "consulting clinics" where drugs and other consumables were often unavailable with attendant gross infrastructural decay due to poor funding.

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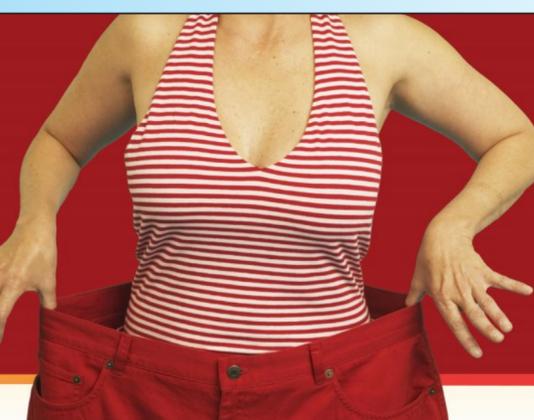
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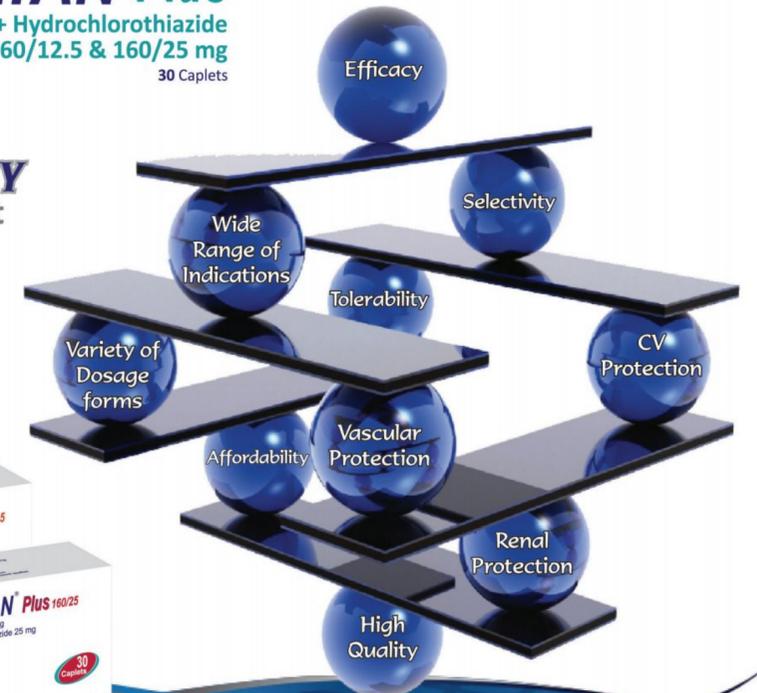


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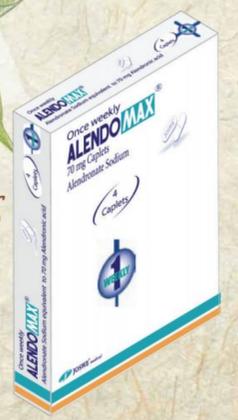
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## Events in Pictures



L-R: Sir Ifeanyi Atueyi, managing director, Pharmanews Limited; Pharm. Uche Uwana, managing director, Sylken Pharmacy Limited and Pharm. Paul Enebeli, chairman, New Heights Pharmaceuticals Limited at the 10th Annual Business Outreach of Christian Pharmacists Fellowship of Nigeria (CPFN) held at Sheraton Hotel, Lagos recently.



L-R: Dr Femi Olugbile, member, advisory board, Nigerian Healthcare Excellence Award (NHEA); Dr Stella Okoli, chairman, Emzor Group and Mrs. Noimot Salako-Oyedele, deputy governor of Ogun State at the 6th Annual NHEA held recently at Eko Hotel and Suites, Victoria Island, Lagos.



Dr John Nwaiwu, managing director, JB Pharmaceuticals, cutting his 70th birthday cake (3rd from right) while Pharm. Gbenga Falabi; Pharm. Kennedy Izunwa; Lady Joan Atueyi; Sir Ifeanyi Atueyi, managing director, Pharmanews Limited; and Pharm. Ade Popoola, managing director, Reals Pharmaceuticals cheer him up during the celebration.



L-R: Pharm. Ebenezer Adeleke, Fellow of the Pharmaceutical Society of Nigeria (PSN) and Prof. Charles Esimone, vice chancellor, Naamdi Azikiwe University (NAU) at the 13th Annual Heart & Soul Gala held recently at Lagos City Hall, Lagos Island.

## Coming Events

### AHAPN annual conference holds in Sokoto

The 21<sup>st</sup> 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.

### PMGMAN holds 2019 pharma expo in Ikeja

The 5<sup>th</sup> 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.

### Pharmacy Show 2019 holds in UK

From 6 October, 2019, a two-day Pharmacy Show will take place at the National Exhibition Centre (NEC), Birmingham, United Kingdom (UK). It provides the attendees an opportunity to join pharmacy experts and key opinion leaders, new and existing suppliers and

policymakers to keep up with all latest developments, grow attendees' businesses, improve patient outcomes and get all the practical training and advice attendees need.

### 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.

## LASUTH CMD, Reals, Shalina, others applaud Pharmanews on NHEA media award

continued from front page

a publication like *Pharmanews* that had spanned 40 years cannot be begrudged for picking up such an award multiple times.

Mahetalia Krunal Sureshbhai, plant head, Sagar Vitaceuticals equally declared that *Pharmanews* had done well by serving pharmaceutical industries and acquainting them with happenings in the pharmacy profession.

According to Dr Chimezie Anyakora, consultant and chief of party, United States Pharmacopoeia (USP), the NHEA award did not come as a shock adding that with what he had seen *Pharmanews* doing in the last 40 years, the award had been very much expected.

In his words, "It is not just a thing of pride alone to the company but to the profession in general. I also want to use this opportunity to thank the staff and management *Pharmanews* for all they do to promote health outcomes in Nigeria by projecting the great work done by all the stakeholders thereby encouraging them to do more. "The history of Nigerian pharma sector is incomplete without narrating the good work that *Pharmanews* has continually done."

Pharm. Ade Popoola, managing director, Reals Pharmaceuticals Limited equally sent a goodwill message applauding the feat.

He stated, "We felicitate with the entire management and staff of *Pharmanews* being voted the Best Healthcare Media by the Nigerian Healthcare Excellence



L-R: Prof. Adetokunbo Fabamwo, chief medical director, Lagos State University Teaching Hospital (LASUTH) presenting the 2019 NHEA award for Best Healthcare Media (Print) of the Year to the trio of Sir Ifeanyi Atueyi, managing director of Pharmanews Limited; Dozie Atueyi, director of the company and Moses Dike, business development manager.

Awards (NHEA) for a record third time. Congratulations, we are most privileged to be associated with you."

Pharm. Folorunsho Alaran, regional business manager, Shalina Healthcare was also full of accolades, saying the management of his company

was quite proud to associate with *Pharmanews* Limited and wishes it more successes in years to come.

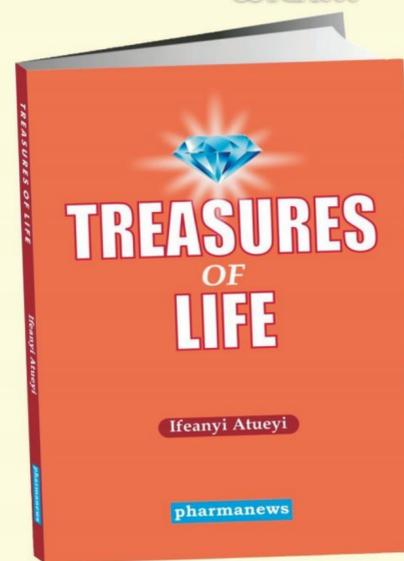
Similarly, Jaiprakash Pande, operations manager, Africure Pharmaceuticals Limited, who described *Pharmanews* as a wonderful health journal which covers burning topics and helps

health professionals to acquaint themselves with latest medicines and new researches.

"Even the online version of *Pharmanews* is excellent. Africure wishes best of luck to *Pharmanews* to continue serving

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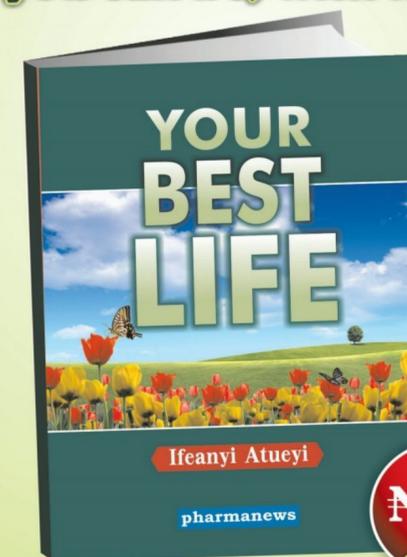
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# LASUTH CMD, Reals, Shalina, others applaud Pharmanews on NHEA media award

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Nigeria with quality healthcare information," he said.

In his opinion, Adeshina Opanubi, project coordinator, Pharmalliance, remarked that he would have been surprised if *Pharmanews* hadn't won the award. "*Pharmanews* remains one of the strongest brands ever to have come out of the Nigerian pharmaceutical industry. In the last four years, many publications have come and gone but for 40 years and still counting, *Pharmanews* is not just alive, it is thriving. It is definitely not accidental. We celebrate God's grace on the founder and his hardworking team," he said.

The colourful occasion, which was hosted at Eko Hotel and Suites, Victoria Island, Lagos on 21 June, had several doctors, hospital administrators, pharmacists, owners of health management organisations (HMOs), captains of industry and stakeholders in the health sector in attendance.

Reacting to the win, Sir Ifeanyi Atueyi, managing director of *Pharmanews*, said that he was delighted with the NHEA, which he said had carved out a niche for itself in the healthcare sector, adding that its performance had continued to improve every year.

"In 2015, this organisation selected me as the first pharmacist in the country to receive the most prestigious Lifetime Achievement Award. Although I have received more than 50 other awards, this particular one gave me the greatest joy because it embraces the entire healthcare sector.

"We are happy that in 2017 and 2018, *Pharmanews* won in the category of the Nigerian Healthcare Media Excellence Award - Print. This year, 2019, we have won it again. Indeed, this is a manifestation of God's grace. The world has recognised our unique contribution in the healthcare space," he enthused.

In the Lifetime Achievement category, the trio of Dr Stella Okoli, chairman, Emzor Group; Emeritus Prof. Oladapo Akinkugbe, University of Ibadan (UI) and Prof Eytayo Lambo, former minister of health were respectively decorated; while Special Recognition Awards were conferred on Dr Muhammad Ali Pate, minister of state for health and Dr Aranmolate Ayobami, managing director of Grandville Medical.

In other categories, Pathcare Laboratories/Synlab, bagged the Private Laboratory Service Provider Award; Nigerian Health Watch (Healthcare Media Excellence Award - Online); Nurses on Air (Healthcare Media Excellence Award - Broadcast); HealthPlus Pharmacy (Pharmaceutical Retail Outlet); Lily Hospital (Private Healthcare Provider); Total Health Trust (HMO of the year); Clinix Healthcare (Radiology Service Provider); Alpha Pharmacy (Most Improved Pharmaceutical Outlet) and Eye Foundation Hospital (Eye Care Service Provider); May & Baker Nigeria Plc (Pharmaceutical Manufacturing Company); GroFin Nigeria (Outstanding Healthcare Project-Friendly Financial Institution); Access Bank Plc (Outstanding Healthcare SME-Friendly Financial Institution).

Other winners were Nasarawa



**THE WINNERS: Sir Ifeanyi Atueyi, managing director of Pharmanews Limited; Pharm Bukky George, managing director, HealthPlus Pharmacy and Dr Stella Okoli, chairman, Emzor Group, shortly after picking up awards in their respective categories.**

State (Outstanding State Limited (Innovative Healthcare Government Healthcare Service Provider of the Year); Programme); CarePay Nigeria Solid Rock Hospital (Pharmaccess

Safecare Outstanding Facility); Smile360 Dental Specialists (Dental Service Provider); Tolu Adeleke-Air (Tolu the midwife), Nursing & Midwifery Excellence Service Award; Renal Dialysis Centre (Dialysis Service Provider); Wellpath Physiotherapy, (Physiotherapy Service Provider); JNC International (Biomedical Engineering Service Company); Drugstock E-hub (Technology-Driven Distributor Company); DCL Laboratory Products (Laboratory Equipment Marketing Company); University College Hospital (UCH), (Tertiary Healthcare Provider); The Bridge Clinic (IVF Service Provider); and GE Healthcare, (Hospital Equipment Marketing Company).

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# Tiger nut, the milky tuber

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

**Cyperus esculentus** (Fam: Cyperaceae), commonly known as earth almond, tiger nut or yellow nutsedge, is a marble-sized tuber which grows underground, like potatoes. It is known in Nigeria as *aya* in Hausa language, *ofio* in Yoruba and *akiausa* in Ibo. Though there are three varieties (black, brown and yellow), only two - yellow and brown - are readily available in the market.

**Constituents**

This tuber is rich in starch, fat, sugar, and protein, minerals (iron, phosphorus, potassium, Zinc and calcium), and vitamins E and C. It was found to contain saturated and unsaturated fatty acids, phytosterols, the amino acid arginine, antinutrients such as phytates, oxalates, saponins and tannins, and enzymes such as catalases, lipases and amylases.

**Preparations**

Tiger nut can be eaten raw, roasted, dried, baked or be made into a refreshing beverage called tiger nut milk. They are generally soaked in water before they can be eaten, thus making them much softer and giving them a better texture. They are a popular snack in West Africa that can also be used as toppings for a variety of dishes, such as breakfast cereal, smoothies, salads and yogurts. They may be ground and used in bread or other baked goods.



**Cyperus esculentus**

**Pharmacological actions and medicinal uses**

Milk derived from tiger nut is a healthy option for those who cannot drink cow's milk due to lactose intolerance. It has been reported to be a "health" food, since its consumption can help prevent urinary tract infection, heart disease and thrombosis; as well as helping to activate blood circulation and reduce the risk of colon cancer.

In ayurvedic medicine, tiger nuts are used in the treatment of flatulence, diarrhoea, dysentery, debility and indigestion. Tiger nuts are also said to act as a mild appetite suppressant because they contain resistant starch, a type of starch which resists

digestion. This helps keep us feeling fuller for longer, and also reduces the amount of calories we absorb from the food.

"Resistant starch is also a prebiotic, which helps our bodies to naturally develop probiotic (friendly) bacteria ensuring a strong immune system", a report says.

Tiger nuts reportedly have anti-diabetic, weight-losing and anti-sickling properties. Because of its high content of the antioxidant, vitamin E, it helps slow down the ageing of the body cells, favours the elasticity of the skin and reduces skin wrinkles.

Research has indicated that *Cyperus esculentus* may play an important role in enhancement of fertility. Research findings revealed that methanolic extract of *Cyperus esculentus* significantly increased serum estrogen level as the dose concentration of extract increased, but did not significantly increase follicle stimulating hormone, luteinizing hormone and prolactin levels.

Nigerian researchers have demonstrated how extracts of tiger nuts significantly increased gonadotropins, testosterone, and sperm parameters in a dose-dependent fashion. Men in Nigeria have used tiger nuts for generations to treat erectile dysfunction, increase sperm count and boost libido. They're used as aphrodisiacs in Ayurvedic medicine.

**Adverse effects**

Eating too many tiger nuts at a time can cause abdominal pain, bloating, flatulence, diarrhea or constipation. Tiger nuts contaminated with aflatoxins can cause side effects like liver damage, liver cancer, and fetal growth restriction during pregnancy.

**Economic potentials**

Tiger nut is useful in the food industry for baking, the production of jam, beer and fermented products, such as yogurt; as a flavouring agent in ice cream; and in the preparation of *kunnu* (a local beverage in Nigeria). The tubers can be useful in the pharmaceutical industry; the cosmetic industry - in making starch extracts and oil for soap. It is also a potential oil crop for the production of biodiesel.

According to the Director General of Raw Materials Research and Development Council (RMRDC), Prof. Peter Onwuaju, tiger nut and walnut can fetch Nigeria N100 billion annually and create direct and indirect employment for over 5,000 people.

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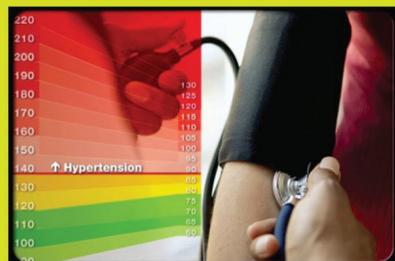
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Celebrating 40 Years of Uninterrupted Monthly Publication (1979-2019)

## Pharmacy Towers committee visits Pharmanews, seeks media support

Towards the commencement of fundraising for the construction of the Pharmacy Towers - an eight storey building, estimated to cost N1.8 billion - the Chairman, Pharmacy Towers Committee, Dr John Nwaiwu and some members of the committee, recently paid a courtesy visit to the Managing Director, Pharmanews Limited, Sir Ifeanyi Atueyi, to ask for his collaboration on the project.

While explaining the committee's mission to the Pharmanews boss, Nwaiwu stated that the delegation had come to solicit media partnership in reaching out to all pharmacists and friends of Pharmacy to participate in the fundraising exercise.

The committee chairman disclosed that his team had contacted banks for loan on the capital-intensive project, but that they had been directed to raise a 30 percent equity investment on the project first, as a sign of their commitment to it, after which the banks can loan them the 70 percent balance for the completion of the building.

According to Nwaiwu, to realise the 30 per cent equity investment, which is about N700 to N800 million, the committee agreed to use a strategy which categorises potential investors into two broad groups - Friends of Pharmacy and Pharmacy Group.

He added that the Friends of Pharmacy group is further divided into three groups: Gold Pillars - investors of N5 million and above; Silver Pillars - Investors of N3 million and above; while Bronze Pillars are



L-R: Pharm. Kennedy Izunwa, member; Pharm. Ade Popoola, vice chairman; Lady Joan Atueyi; Sir Ifeanyi Atueyi, managin; Pharm. John Nwaiwu, chairman; and Sir Ike Onyechi, member.

for investors of N1 million and above. The total sum projected for this group, according to him, is N200 million.

For the Pharmacy Group investors, Nwaiwu noted that since charity begins from home, PSN National will set the ball rolling with an investment of N100 million, to be followed by PMG-MAN, with N5 million; Board of Fellows, N1 million; PSN Lagos, N5 million; PSN Rivers, N2 million; PSN Kano N2 million, PSN Anambra N1 million; PSN Delta, N1 million; PSN Edo N1 million. Same goes for other state branches.

He further noted that all the technical arms of PSN will be involved in the fundraising exercise, while federal government institutions like NIPRD, NAFDAC, will not be left behind.

While appreciating the Towers team for visiting, Sir Atueyi said he had confidence in the committee because it had been well selected to include prominent pharmacists with the antecedent of giving, as it is difficult for someone who does not give to be a fundraiser.

Atueyi, who compared the current fundraising with the one held 40 years ago for the PSN secretariat

along in the exercise, "because it is people before money".

He assured the committee of Pharmanews' partnership, saying the Pharmanews team will do whatever it can to promote the course of the Pharmacy Towers.

Members of the committee at the meeting included: Pharm. John Nwaiwu, chairman; Pharm. Ade Popoola, vice chairman; (Sir) Ike Onyechi, member; Pharm. Gbenga Falabi, member; and Pharm. Kennedy Izunwa, member.

building, said he had always had a keen interest in such project.

He expressed his delight in the committee's visit to brief him on their activities towards the fundraising, which will take place on 8 August 2019, at the Sheraton Hotels, with the PSN President, Pharm. (Mazi) Sam Oluabunwa.

The Pharmanews boss, who stressed the need for team work towards the commencement of the project, said there is need for every pharmacist to be carried

## Pharmanews celebrates Nwaiwu on 70<sup>th</sup> birthday

By Temitope Obayendo

It was an exciting and amazing moment for Dr John Nwaiwu, chairman/chief executive officer of JB Pharmaceuticals Ltd, as the management of Pharmanews Limited organised a surprise 70th birthday celebration for him at the company's head office, in Mende, Maryland, Lagos.

Nwaiwu, who is the chairman of the Pharmacy Tower Committee, was on a courtesy visit to Pharmanews with his team, to seek media support towards the fundraising for the capital-intensive project.

Congratulating him on his attainment of 70 years of age, the Managing Director, Pharmanews Limited, Sir Ifeanyi Atueyi, acknowledged the rapid progress of the JB boss, but jokingly charged him to move faster, as he himself would be clocking 80 years by 1 October 2019.

In his response, Nwaiwu, expressed profound gratitude to the Pharmanews boss for the impromptu birthday celebration, saying he was happy to join the league of septuagenarians, like Atueyi, and other senior citizens in Pharmacy.

Nwaiwu, a native of



Dr John Nwaiwu, managing director, JB Pharmaceuticals, cutting his 70th birthday cake (3rd from right) while Pharm. Gbenga Falabi; Pharm. Kennedy Izunwa; Lady Joan Atueyi; Sir Ifeanyi Atueyi, managing director, Pharmanews Limited; and Pharm. Ade Popoola, managing director, Reals Pharmaceuticals cheer him up during the celebration.

Umuoti Inyishi Ikeduru Local Government Area of Imo state, is a renowned pharmacist, and Fellow of the Pharmaceutical Society of Nigeria (FPSN), Fellow of the Nigeria Academy of Pharmacy (FNAPharm) and member of the International Pharmaceutical Federation

(FIP). Following his immense contribution to the pharmaceutical profession, he has won to his credit, different national and international awards and membership of many national and international professional societies.

Nwaiwu had a meritorious career at the Nigeria Customs Service (NCS), where he retired as Deputy Comptroller General. During his time at the NCS, he was a member of the Nigerian delegate to Washington DC on Nigeria-USA agreement on Africa Growth and Opportunity Act (AGOA); Member, Nigerian

delegate to Algeria on Nigeria-Algeria Bi-lateral agreement, among others.

In attendance at the surprise birthday celebration were: Pharm. Ade Popoola, managing director, Reals Pharmaceuticals; Pharm. Gbenga Falabi; Pharm. Kennedy Izunwa; and Lady Joan Atueyi.

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# How I helped unite pharmacists in Anambra and secured N30 million for drug purchase - Okah

By Yusuf Moshood



Pharm. Chibuzor V. Okah

**P**harm. Chibuzor Valentine Okah is the senior special adviser (SSA) to the governor of Anambra State on pharmaceutical services. In this interview with *Pharmanews*, Okah, a pharmacy graduate of Nnamdi Azikiwe University, Anambra State, who also holds a master's degree in Pharmaceutical Chemistry and Medicine Control, from University of Bradford, United Kingdom, speaks on how he emerged the SSA to Governor Okezie Ikpeazu. He also reveals how he helped unite pharmacists in Anambra State and also facilitated the release of 30 million naira by the governor for the purchase of drugs in the state. *Excerpts:*

**As a young pharmacist, how did you get appointed as the SSA to the governor of Anambra State?**

Actually, I left the pharmacy school in the year 2012 so I am now seven years post-induction as a pharmacist. Let me also say that what I am doing now can be traced back to the experience I gained from my activities in campus politics when I was in the pharmacy school. At that time, my faculty was a new one and we were the second set. I was involved in a lot of student politics. My involvement was not for personal gain but to place the faculty within the fulcrum of student unionism and to get certain things that were not given to the faculty because it was located outside the main campus. The campus was located in Agulu.

I was the first elected pharmacy student member of the Students' Representative Council (SRC) in the students' union government (SUG). I am happy that I opened that line and many pharmacy students have followed that channel since then and they are making progress today.

After my tenure as SRC member, I tried to go for other positions in the SUG but was not successful. That was how my dream of always coming forward to serve as a pharmacist started. And I have always believed that I can aim high and go for anything I so desire. All it requires is focus, dedication and hard work. I am always ready with those.

However, to answer the question, after I left the pharmacy school, I did my internship at Nnamdi Azikiwe University Teaching Hospital, Nnewi. On completion of the internship, I left

for the United Kingdom to do my master's degree. I studied at the University of Bradford in England. It took 18 months of my life and I came back with a master's degree in pharmaceutical services and medicine control. I came back in January, 2015.

Few weeks after I came back, I had the opportunity to attend a political meeting and was able to get about two minutes to discuss with the governor who is from my area and who was also at the meeting. I was prepared for that talk, so I presented my certificates to him and told him that I would like to work with his government in whatever area he think I can help. He said there and then that he would like to work with me. He said he already had some young brilliant minds he was working with presently and I would be his personal assistant on pharmaceutical services in the state. He said he was unhappy with the pharmaceutical sector in the state and that someone had to be in charge of what was going on with the drugs in the state. He asked me to do that as his personal assistant. That was how I got the appointment.

**Since your appointment, what are the things you have done to deliver on the assignment given to you?**

My first focus after my appointment was how to ensure all the stakeholders in the pharmaceutical sector in the state work together. We have the Pharmaceutical Society of Nigeria (PSN) in the state and we also have the office of the state director of pharmaceutical services (DPS) in the health ministry. We also have other bodies involved in drugs in the state and I knew all of them

very well. I decided to meet with the leadership of all these bodies.

My first plan was to unite everybody because I knew there was no peace. I set up a peace committee and went round to ensure all pharmaceutical cases in courts were withdrawn and settled out of court because they were slowing down progress in the sector. This disunity was also preventing the sector from getting what it should get from the government.

I discussed with the DPS on what they want from the government and he gave me a copy of the memo they submitted to the governor requesting for funds to purchase some drugs for the state. They had a budget of about 60 million. I decided to make that a focal action-point of work for my office to make sure that they got what they were requesting for. So I kept on doing the needful and I was happy that the governor released the initial 30 million out of the 60 million for them to start.

Things went the way they went because of the politics involved in the ministry of health but I can tell you that we helped ensure things get moving.

Another thing I have done is that as a young person I believed that if I was given an opportunity, I should encourage and support other young persons. So, when I came in as personal assistant to the governor, I started meeting young pharmacists one-on-one and working with them to encourage them to be interested in what is going on in pharmacy and in Anambra State. I made them to know that they have to be ready for leadership position before they can get it. We have made progress and still making progress in that. These are the things that I have focused on primarily.

However, I have also been trying to handle the issues of taxes being collected from the pharmaceutical sector. I know the state need the internally generated revenue (IGR) from pharmacy and from the pharmaceutical industry but we don't want the sector to be over-taxed and over-levied. We are almost at the point of discussing with the chairman of the internal revenue service of Anambra state. We shall fashion out a single-unit IGR fee, not the various levies they presently get, that choke them and make them unhappy. That basically sums up what we have been trying to achieve and those we have achieved.

**What are your thoughts on how to encourage pharmacists, especially young pharmacists to get more involved in politics?**

Let me tell you, in this our profession, there are so many intelligent people that can do very well in politics, they just have to show more interest in it. There was a time I briefly went out of the profession and got involved in something completely unrelated to the practice. That was during the reelection of the governor. It has to do with the activities of the National Youth Council in the state. There is also a chapter in Anambra State.

There was a dispute within the council then, so they wanted a neutral person that can come in and help in that phase. So I was made the transition chairman because all the parties were comfortable with me helping to sort out the issues. I am very good

at making peace; so I worked hard to bring the factions together. I developed a lot of skills running the office of the state chairman of the National Youth Council of Nigeria. I worked with the Ministry of Youth and Social Development, the Ministry of Health, as well as for his Excellency. So I picked up a lot of skills - organisational skills, programme planning skills, as well as public relations skills.

I was the number one youth of the state and I sat on many boards in the state just because of that position. I worked hard to bring glory to that office by making good contributions before I left.

Based on what I have seen so far, to succeed, I have had to build a long line of relationship which I have been able to keep and nourish by the virtue of the fact that I know what to do at the right time when relating with people. It might be God's talent in me, but I believe all pharmacists and, especially young pharmacists, must develop these skills I mentioned earlier and also learn how to build and nurture relationship. I believe most pharmacists can do this.

**How will you describe your experience so far working as adviser to the governor on pharmaceutical issues? What are the challenges so far and what are your hopes for the future?**

I am happy that I have been able to cement the office of the senior special adviser on pharmaceutical services in this state. It is now a mainstay in this government and has now spanned over two tenures. It was previously that of a special assistant but is now that of a special adviser and a very big position. I have an office domiciled in the office complex of the government.

On challenges, I am someone that knows if you want to get something done, you have to do it yourself. So, before coming in, I know there would be challenges and my attitude is to personally face those by going to those concerned with the issues. This has helped. I am also happy with the level of pharmacy youth involvement in politics in this state, though we can do more.

For instance, during the election, I gathered the young pharmacists in Anambra for an enlightenment campaign for a drug-free election. This is because I know that for there to be violence, someone has to be intoxicated with something. It can be Tramadol, Indian hemp, codeine, or even alcohol. We did that and captured a lot of audience. The House of Assembly members who were pharmacists came around that time and we encouraged and supported them because we knew that if they were there they would be able to support Pharmacy-friendly policies and that would be a great benefit to Pharmacy. Although they were House members representing their various constituencies, they are part and parcels of this profession.

My hope and plan is to channel my energy into the politics of the state. We need to bring forth pharmacists as commissioners and other top positions in government. I want pharmacists to come out of their shops, factories and other places of work and come out to where decisions are being made. If I can make contributions towards us achieving that, I believe that will be very great for me personally and for the profession.



# Greatness is endurance for one more moment

By Pharm. Sesan Kareem

**E**ndurance is derived from *endure*, which has its ancestry in the French word *endurer*, meaning "ability to last" or "continued existence". The French *endurer* is in itself from the Latin *indurare*, meaning "harden", which comes from *durus*, "hard". While the word *endurance* is dated back to the 15<sup>th</sup> century, *endure* traced to the 14<sup>th</sup> century.

So, what exactly is endurance? Endurance is the ability to keep going through a tough situation involving hardship, stress, adversity or trial. It is the act of working hard without stopping, even in the face of difficult situation or pain. It is the quality or power of being patient.

Endurance is a staying power; the strength to hold on; the resolution to never give in; the tenacity to never give up; the determination to press on; the patience to keep on keeping on; the stamina to stay focused; the fortitude to bear tough times; the persistence to keep going; the tenacity to keep firing; the permanence to keep moving; the durability to always deliver; the perseverance to keep fighting for your dreams; and the continuity to keep pursuing your purpose. Endurance is to bite the bullet, to roll with the punches, to blow the gaff, and to take it on the chin.

**Purpose of endurance**

Endurance is a very significant principle in life as in sports. In sports, athletes and footballers must show endurance in training and on the field. From marathoners, to *Tour de France*

cyclists, to the soccer stars in the European Champions League, is clearly depicted the importance of endurance to success. We need to be strong in body and even more so in mind to achieve great heights and enviable accomplishments.

Over half of physical training in sport is geared towards endurance. Likewise, over half of what we require to become high achievers are based on our ability to *endure, persevere* and be patient in our pursuit of glory, success and excellence.

English actor and activist Stephen Fry rightly said, "I used many times to touch my own chest and feel under its asthmatic quiver, the engine of the heart and lungs and blood, and feel amazed at what I sensed was the enormity of power I possessed. Not magical power, but real power. The power simply to go on, the power to endure, that power is enough, but I feel I had also the power to create, to add, to delight, to amaze and to transform."

**Dynamism of endurance**

Greatness is endurance for one more moment. It is standing firm when others are sitting down. *Endurance goes beyond the ability to bear life's twists and turns*; it has more to do with our ability to turn our challenges to channels of progress. Endurance is a noble virtue of the strong.

Orison F. Whitney says, and I agree, "No pain that we suffer, no trial that we experience is wasted. It ministers to our

education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially we endure it patiently, builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable, more worthy to be called the children of God... and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire and which will make us more like our father and mother in heaven."

You can achieve anything you set your mind to in this world if you are ready to endure the challenges and setbacks that are part and parcel of the journey to success and happiness without losing your faith and enthusiasm. The world is filled of stories of people who endure setbacks and challenges without losing faith and focus. The story of Job in the holy books is an inspiration to anyone who is going through tough times now that there is light at the end of tunnel if you keep hope alive and never ever give up on God.

In modern times, the story of President Mohammed Buhari is also an inspiration to never ever give up on our dreams despite repeated failures and challenges. After losing 3 presidential elections in a row, President Buhari eventually achieved his dream in 2015, because he endured the tough times, and turn his setback as a set up for a comeback.

Oprah Winfrey was molested



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as a kid and had to endure great emotional pains at a tender age. Despite her challenges, she was able to become one of the most successful black women in history. If Steve Jobs, Mohammed Buhari and Oprah Winfrey could endure tough times and achieve great success, then you can do same. You can turn your challenges to channels of progress, your difficulties to determination, your trials to triumph; you're your problems to possibilities, if you endure through the dark moments because after the dark night comes the sunshine.

**ACTION PLAN:** Stay strong. Never ever give up. Keep believing in yourself. Study successful people who had passed through tough times and yet became successful. Always believe in yourself no matter the circumstances around you.

**AFFIRMATION:** I endure until I succeed. I am blessed and highly favoured.

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		Day 1 0 Hour 8 Hours	Day 2 24 Hours 36 Hours	Day 3 48 Hours 60 Hours			
Adult	6	1	1	1	1	1	1

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METHIONINE 250mg

Methionine is one of the essential amino acids, and as such is not synthesized by the human body in sufficient quantity



**Benefits:**  
 ■ Methionine enhances the synthesis of glutathione  
 ■ Alternative antidote to Acetyl Cysteine in management of paracetamol poisoning to prevent hepatotoxicity within 10-12hrs provided the patient is not vomiting.

**SIDE EFFECTS/PRECAUTIONS:**  
 Methionine may cause nausea, vomiting, diarrhoea and irritability. It should not be used in patients with asthma. Methionine may aggravate hepatic encephalopathy (patients with established liver damage). It should not be used in patients with severe liver disease.  
**CONTRA-INDICATION:**  
 Patients with established severe liver insufficiency

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LIPIVASTIN<sup>®</sup> Atorvastatin

Life can be sweet with firm control of blood cholesterol level.

- Cardiovascular disease is one of the leading causes of morbidity and mortality.
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- Atorvastatin is an appropriate first-line Lipid lowering therapy in numerous groups of patients at low to high risk of CHD.



**BENEFITS**  
 ■ High efficacy  
 ■ Decreased risk of heart attack and stroke  
 ■ Diminished mortality and morbidity in patients with established coronary artery disease  
 ■ Improved flow of blood along the arteries  
 ■ Improved survival rate and quality of life

**CONTRA INDICATIONS:**  
 - Hypersensitivity to Atorvastatin  
 - Patients with active liver disease or unexplained persistent elevation of serum transaminases.  
 - Pregnancy and lactation

**SIDE EFFECTS:**  
 The common adverse effects are constipation, indigestion abdominal pain, myalgia.

REFER TO THE PRODUCT INSERT FOR MORE INFORMATION.

LIPIVASTIN<sup>®</sup> ...when Diet and Life style modifications are not enough

ARTEMETHER-PLUS<sup>®</sup> Artemether + Lumefantrine

- Effective against multidrug - resistant malaria.
- 3 - day dosing regimen



**SIDE EFFECTS:**  
 Usually mild and transient,  
 -Rash, Nausea, vomiting  
 -Loss of appetite.  
**CONTRA-INDICATIONS:**  
 -Hypersensitivity to any of the ingredients of the product  
 -Pregnancy, especially in the first Trimester.

ALWAYS READ THE ENCLOSED INSERT FOR MORE INFORMATION.

ARTEMETHER-PLUS<sup>®</sup> ...effective treatment for Malaria

NEXFORT<sup>®</sup> Amlodipine 10mg + Valsartan 160mg



SIGNIFICANTLY IMPROVES BP CONTROL

SIGNIFICANTLY REDUCES CARDIOVASCULAR EVENTS

**CONTRA-INDICATIONS:**  
 Hypersensitivity to the active substances, Dihydropyridine derivatives, or to any of the excipients.  
 Severe Hepatic and Renal Impairment, Biliary Cirrhosis or Cholestasis, Pregnancy and Lactation.

**SIDE EFFECTS:**  
 Common: Hypotension, Headache, Dizziness, Fatigue, Edema, Hypokalemia, Indigestion, Uncommon: Increased blood lipids, Sleep disorders, Visual disturbance, Tachycardia, Shortness of breath, Nausea and Vomiting, Joint swelling/Muscle pain, Chest pain.

**INTERACTIONS:**  
 Caution should be exercised when combining with Potassium-sparing diuretics, Potassium supplements  
 Caution should exercised with Alcohol, Sleeping pills, Anticoagulants, NSAIDs, Antifungals, Antidiabetics, HIV/AIDS drugs.

NEXFORT<sup>®</sup> - Right Option, Right Result!