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How prioritising has helped me remain active at 80 – Atueyi

By Yusuff Moshood

Pharm. (Sir) Ifeanyi Atueyi, founder and managing director of Pharmanews Limited, has said that a major reason he has managed to remain active at 80 years of age is his penchant for prioritising and concentrating on certain

important activities above others, noting that this attitude has not only helped him to conserve his time and strength but also his financial resources.

in an exclusive interview recently, Atueyi, who clocked 80 years on 1 October, revealed that rather than doing many things at a time, he focuses on just a few and does them well, saying that he was

Speaking with **Pharmanews**

continued on page 10

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Professor Isa Marte Hussaini is the new commissioner of Higher Education Ministry, Borno State. He was among the commissioners newly appointed by Governor Babagana Umara Zulum and cleared by the Borno State House of Assembly, recently.

Born in Maiduguri, the capital of Borno State, northeastern Nigeria, he had his elementary education at Yerwa Central Primary School Maiduguri, and thereafter attended Yerwa Government Secondary School Maiduguri, where he obtained the West African School Certificate in 1975.

Hussaini bagged a bachelor's degree in Pharmacy from Ahmadu Bello University, Zaria. He later obtained a master's degree in Pharmacology from Chelsea College, University of London in 1983, after having earlier completed the compulsory one year National Youth Service at the General Hospital Kontogora, Niger State in 1981.

Hussaini received his doctorate degree (PhD) in Pharmacology from King's College, London, in 1987 and in 1997, he received an MBA from Averett University, a private non-profit college in Danville, south-central Virginia, USA.

The Professor of Pharmacology joined the Department of Pharmacology, College of Medical Sciences, University of Maiduguri in 1981 but left in 1982 when he went for his PhD programme at Chelsea College University of London. On his return to the country in 1987, he joined the services of Ahmadu Bello University.

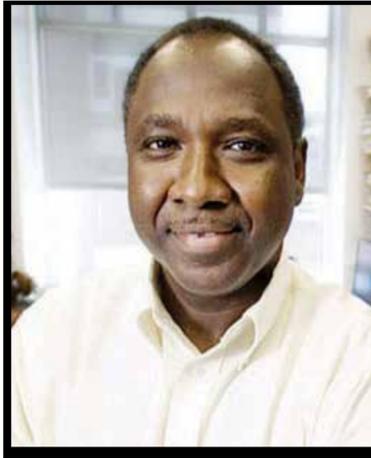
Hussaini's flair for research soon took him away from the university to join the National Institute for Pharmaceutical Development (NIPRD), Abuja as chief research fellow. He was later appointed head of Department of Pharmaceutics and Pharmaceutical Technology.

As an international scholar and researcher, he was invited to join the University Of Virginia School Of Medicine as a research associate in the Department of Pathology. He served in that capacity for two years before he was appointed in 1995 ad professor of research. After serving for five years in that capacity, he was appointed as visiting professor, Department of Pharmacology and Clinical Pharmacy, ABU Zaria.

In 2010, Hussaini relocated to Nigeria as Dean of Pharmacy and Professor of Pharmacology, Faculty of Pharmacy, University of Maiduguri, a position he held till 2014. A year before in , 2013, he had been elected as Fellow of the Nigerian Academy of Science, as well as visiting professor at the Department of Pathology, University of Virginia. In November 2015, he became a Fellow of the Nigeria Academy of Pharmacy NAPharm.

Hussaini, is a scientist with focus on the use of herbal plants in the treatment of cancer, and has made several presentations and findings locally and internationally on the subject. In recognition of his several findings and works, he has received numerous awards and fellowship to his merit.

He is a member of the Society for Neuroscience; American Association for Cancer Research (AACR); and the Pharmaceutical Society of Nigeria, to mention but a few.



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

The task of transforming the ailing Nigerian health sector has been assigned to the newly appointed Dr Osagie Ehanire and Dr Olorunnimbe Mamora, minister of health and minister of state for health respectively. These two men, recently appointed by President Muhammadu Buhari, certainly have their work cut out of them as the challenges facing the health sector are quite daunting.

Although both Ehanire, a distinguished anesthesiologist and vascular surgeon, who trained at University of Munich, Germany; and Mamora, a respected physician/general practitioner, who later ventured into politics, have impressive academic and professional records, the ministry of health has over the years proven to require more than impressive curriculum vitae to effectively manage.

Therefore, except these new helmsmen of the health ministry do something different from what their predecessors did, they will not only fail to change the narrative of the health sector, but will also end up as their predecessors whose tenures are remembered more for the failures of the nation's health system than for their great careers as professionals.

Top on the agenda of the new health ministers must be how to innovatively fund the health sector. They must as a matter of urgency devise ways to mobilise the needed funds for healthcare as the age-long problem of low budgetary allocation remains an

Challenges before the new health ministers

albatross for the sector.

It is disheartening that the Nigerian government's allocation to health in 2019 was just about 2 per cent of the total budget which is a far cry from the stipulated 15 percent agreed by African countries in April 2001 when the historic Abuja Declaration was made by African countries under the auspices of the African Union. Even though this historic agreement was signed in Nigeria, the Nigerian government has been a permanent defaulter. The health budget in Nigeria has never been above 5 per cent since that agreement was signed, while some smaller African countries have been complying and getting great benefits from it.

More worrisome is the fact that more than half of the

2019 budget (62 billion) is for recurrent expenditure, while a meagre 50.15 billion is for capital expenditure. Even though the sector will also get extra 1 percent of the consolidated revenue (51.22 billion), as stipulated by law, and already earmarked for the Basic Health Care Fund, the fact is that this money is still grossly inadequate to provide the healthcare needs of about 200 million Nigerians.

An important aspect of healthcare financing the new health ministry helmsmen must also focus on is how to reform the National Health Insurance Scheme (NHIS) to make it effective and efficient. Perhaps, it is necessary to retool the law establishing it to give it a clear direction, as the NHIS presently plays the dual role of a regulator

and provider. It will be better if the NHIS can just be a regulator, helping to ensure quality in the scheme as it is only when this is done that more Nigerians can embrace it and the hope of universal health coverage can be achieved. This will also help reduce the unacceptably high level of out-of-pocket payment for service delivery by patients.

Another germane area the new health ministers must address is the poor state of primary healthcare in the country. Considering the fact that majority of Nigerians needing healthcare are at the grassroots, it is inimical that this sub-sector is in such a sorry state. The hope that the National Primary Health Care Development Agency will help transform primary healthcare across the country has sadly not materialised. This is the time to properly fund the agency to enable it deliver on its mandate.

Beyond all these, however, the new health ministers must work to build relationships among healthcare practitioners and encourage interprofessional collaboration. The ministers must at all cost avoid the controversies of recent years that made other health workers perpetually suspect the motives of health ministers and accusing them of only protecting the interest of their medical doctor colleagues. The Nigerian health system can only thrive and deliver quality healthcare when all the stakeholders work in harmony and for the interest of the patient.

Beyond all these, however, the new health ministers must work to build relationships among healthcare practitioners and encourage interprofessional collaboration. The ministers must at all cost avoid the controversies of recent years that made other health workers perpetually suspect the motives of health ministers and accusing them of only protecting the interest of their medical doctor colleagues. The Nigerian health system can only thrive and deliver quality healthcare when all the stakeholders work in harmony and for the interest of the patient.

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You need destiny-helpers

By Sir Ifeanyi Atueyi

We usually surround ourselves with loved ones, relations, friends, associates and mentors who influence our goals, visions and dreams. These have the potential to support or kill our aspirations or dreams. Therefore, there is need to demonstrate discernment and discretion in relating with them.

You will always need positive people in your life. These are the people God has planned to help you achieve your dreams and fulfill your destiny. The law of association states that you become like those with whom you spend time. The influence of those you spend time with has a powerful effect on how you will end up in life. It determines whether you will succeed or fail. An adage says, "Show me your friends and I will show you your future."

You must be careful whom you allow to influence you because your vision will either be encouraged or destroyed by them. Proverbs 13:20 (NKJV) says, "He who walks with wise men will be wise, But the companion of fools will be destroyed."

There must be people who want you to succeed and those who want you to fail. This is why you must carefully and wisely choose those you associate with. Nevertheless, those who want you to fail should not be treated as enemies because it is spiritually wrong; but they should not be embraced as friends. Wisdom demands that you dine with them with the proverbial long spoon. Reduce interaction with them and regard them as distant and unfriendly friends.

Many a time we think that God can use only those people who want us to succeed. This is normal human understanding. But God works in mysterious ways. He says in Isaiah 55:8-9 (NKJV), "For My thoughts are not your thoughts, nor are your ways My ways, says the Lord. For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts." He does certain things in a way we cannot imagine. He can use that person you consider your enemy to do something remarkable in your life. He can also use the person you consider a friend to frustrate you.

Man is limited in knowledge. Only God is omniscient. But the consolation is in Romans 8:28 (NKJV) which says, "And we know that all things work together for good to those who love God, to those who are called according to the will of God."

In 2002, I decided to write a book on fake drugs. That was the period the menace of fake drugs was very topical and Prof. Dora Akunyili had just taken over from Prof. Gabriel Osuide, as the Director General of the National Agency for Food and Drug Administration and Control (NAFDAC). I looked round for those God might have planted to help me achieve my dream. Without doubt, Prof. Akunyili, a family friend, was in the right position. Therefore, I did not hesitate to take my proposal to her in her office. Expectedly, she welcomed the initiative with excitement and promised support.

With her assurance of moral and financial support, I returned to my office with great hope for a successful project. It took us two years to complete the book with 12 different contributing authors.

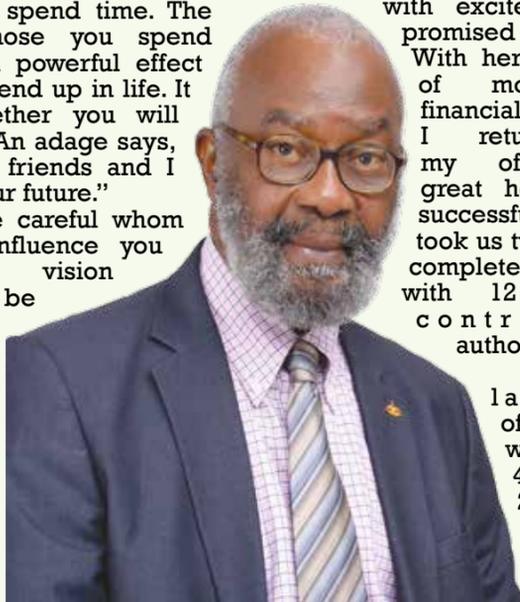
The formal launching of the book was fixed for 4 August, 2004, at the Lagos Airport Hotel, Ikeja and

invitations were sent out. It was at this stage that Prof. Akunyili not only changed her mind to support us but ordered the cancellation of the book launch, claiming that she was working on a similar book and that Kofi Anan, who was the secretary general of the United Nations, would be coming for the launch in December, 2004. The embarrassment, disappointment and financial losses we incurred can only be imagined.

Like a lamb destined for slaughter, I humbly accepted my fate and put everything into God's hands. And He demonstrated that He had a better plan for me. Consequently, He gave me an idea to write a 30-chapter inspirational book titled "Your Best Pathway For Life", which was completed and printed within one month and the launch fixed for 24 August, 2004, at the Muson Centre, Lagos.

I derived the title of the book from Psalm 32:8. The guests originally invited for the launch of the Fake Drugs in Nigeria book and celebration of the 25th anniversary of Pharmanews were invited to Muson Centre and the book was well appreciated.

With the successful launching of "Your Best Pathway For Life", I became motivated to write a book every year. By God's grace, we now have 19 books. Nobody can frustrate God's plan for your life.



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

Tenacity of purpose sustains Pharmanews - Abutiati

On this special occasion of the celebration of the 40th anniversary of **Pharmanews**, it gives me great pleasure to send you these special brotherly greetings!

I know it has not been easy. But with your tenacity of purpose, fortitude and hard work, you have reached where you are now successfully.

I can remember those early days from 1979 when you started distributing **Pharmanews** freely at FIP congresses. We in Ghana also enjoyed these free **Pharmanews** copies and I was covering and contributing pharma events from Ghana as international correspondent!! The variety of articles on topical medical conditions, write-up by Sir Ifeanyi Atueyi, the religious pieces of information and life experiences, as well as pictures of various events in Nigeria, Ghana, The Gambia, Sierra Leone and Liberia, made it imperative to always have a copy of **Pharmanews** to be abreast of all the happenings on the West Coast.

CONGRATULATIONS!
Long live Pharmanews!!
Long live Staff of Pharmanews!!!
Long live Sir Ifeanyi Atueyi, wife and the children for all the parts they are playing in the life of Pharmanews!!!!



Harrison Kofi Abutiati, FPCPharm, FPGH, FCIMG MD/Chief Executive Officer Paracelsus Pharmacy & Marketing Co. Ltd, Accra Ghana

Pharmanews remains a colossus - Mendie

What a wonderful remembrance on the giant strides Pharmanews has made on the landscape of pharmacy journalism! Indeed you have remained a colossus and torch-bearer in this area of Pharmacy.

Congratulations and happy anniversary.
Prof. U. E. Mendie

Blaze on, Sir Atueyi - Debtsalvon

A life of impact is a life worth living, as there cannot be fulfillment without it.

When men of your generation chose the shortcut of politics to amass wealth and unfounded popularity, you chose the painstaking path of building and influencing lives and businesses. As a good master builder, you have succeeded in constructing and consistently re-enforced the bridge between the pharmaceutical and publishing industries in our African continent. The seamless way you have stitched the two industries can be best described by the act of dexterity, exhibited by a master tailor with pieces of fabric.

We couldn't have asked God for more than an astute man like you, so detailed in excellence. No wonder, you are always the choice among men when

thoroughness and perfection is needed. This has made you to be in the board of many organisations and committees, too numerous to mention. As a result, you have bagged so many awards, such that our memories cannot keep track of.

Blaze on, Master Atueyi for your generation applauds you and the younger generation is keeping track and documenting your footprints of impact. History is also archiving it for generations yet unborn. As we celebrate you today, we still need more because for the many more years we wish you, we are poised to still learn from your wealth of experience.

At Debtsalvon Consult Ltd, we call you "Ifeatueyi". Like the elephant, that which hunts men down and deters them from achieving purpose in life has

only helped you to develop a thick skin, impenetrable to the bullets of hunters of destiny. Creation cannot deny the impact you have made in any path you have trailed and the marks are indelible.

You are an inspiration to us, just to say the least. We, at Debtsalvon, say Happy Birthday to you, Master Ifeanyi Atueyi, and we wish you many more fruitful, happy, fulfilling and healthy years ahead.

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Pharmanews now pharma industry's flagship - Onyido

Hurray...**Pharmanews** is 40! From humble beginnings to becoming the flagship in the industry, depicting tenacity of purpose, focus, commitment and resilience. Congratulations, sir, on this feat...and let God take all the glory.

I should also say that to be an octogenarian is more of grace of God than anything else. For reaching this enviable milestone, at 80, I, on behalf of my family, congratulate you and wish you more years of fruitful life of service to God and humanity in robust health and divine peace. Many happy returns, sir.

Ben Chii Onyido

Pharmanews, a shining light - Ukachukwu

Happy 80th birthday to you, my dear uncle. Happy 40th anniversary to Pharmanews. I pray the True and Living YAHWEH Most High to bless you with many more years, good health, peace, and happiness and grant that the light of Pharmanews will forever shine.

Hearty cheers to Pharmanews and Atueyi - Yakasai

On behalf of Pharmaplus Nigeria Limited and Safe Medicines Foundation, I write you to extend my profound appreciation to you for your contribution to the health industry in general and pharmaceutical industry in particular for the last four decades through the uninterrupted monthly publication of **Pharmanews**.

Let me also use this opportunity to congratulate you on the launch of your autobiography, "**My Life and Pharmanews**" in grand style, which will definitely add value to individuals, organisations, the pharmaceutical industry and the society at large.

Finally, my warmest congratulations go to you as you celebrate your 80th birthday in good health and fulfilment on the 1st of October, 2019. May the good Lord continue to grant you good health, peace of mind, wisdom and prosperity.

Thank you for your service to the pharmacy profession
Yours sincerely,

Pharm. Ahmed I. Yakasai,
FPSN
Chairman, Pharmaplus Nigeria Limited
Chairman, Safe Medicines Foundation



Pharmanews now household name in health sector - Ukachi

Congratulations, Sir. We thank God for your life and longevity. We also thank God for giving you good health, including the grace to scale up the publication of Pharmanews that has become a household name in the health sector within Nigeria and the West African region.

On behalf of myself and my family, we wish you many years of happy returns and continued grace of God upon your life and those of your family. Felicitations Sir!!!

- **Wilson Ukachi** of **WAPCP**



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Fabian Udekwu :- Pioneer of open heart surgery in sub-Saharan Africa

By Solomon Ojigbo



Fabian Udekwu

In January 1974, history was made in the medical profession in sub-Saharan Africa when a team of Nigerian surgeons carried out the first open heart surgery at the University of Nigeria Teaching Hospital (UNTH), Enugu. This remarkable surgical operation was spearheaded by Prof. Fabian Udekwu and Sir Magdi Yacoub (Egyptian-British citizen). It was performed on a 19-year-old man who presented with a history of dyspnoea, chest pains and fatigue, and was in heart failure.

After several hours of operation, the heart failure was reversed and the patient survived. Following the extraordinary feat, Udekwu led further open heart surgeries on

six patients at UNTH between 1974 and 1980.

Udekwu was, indeed, Nigeria's first fully certified cardiothoracic surgeon. He taught as a distinguished professor of surgery at the University of Nigeria Nsukka.

he attended Loyola University Chicago (Stritch School of Medicine), graduating as a medical doctor in 1957 and specialising in general cardiac and thoracic surgery in 1964. He did his surgical training at Cook County Hospital in Chicago.

After several unsuccessful attempts at sourcing funds to establish a modern surgical department from many organisations in the United States, United Kingdom, Europe and through church aid, he was able to scrape together funding from the Enugu campus, aided by the contributions of individual Nigerians, to build the operating theatre and buy the equipment needed to establish facilities for open heart surgery in Nigeria. He was one of the pioneers of cardiac surgery in Nigeria.

He was a Fellow of the American College of Surgeons, the American Association for Thoracic Surgery, the International College of Surgeons and the West African College of Surgeons. He was also a founding member and Fellow of the Nigerian Academy of Science, and has several publications to his credit.

Background and education:

Fabian Anene Ositadimma Udekwu was born in 1928 in Enugu-Agidi, Anambra State, Nigeria. He attended St. Charles Teachers Training College Onitsha, where he was retained as a faculty member after graduation in 1947, teaching mathematics and geography. He did his London Matriculation Exams by correspondence and after having saved enough money, he proceeded in 1950 to the United States for further studies.

Udekwu did his pre-medical studies in Biology, Chemistry and Physics in Los Angeles. Subsequently,

Career

After his training at Cook County Hospital, USA, Udekwu returned to Nigeria in 1965 where he began his career in the civil service as paediatric thoracic and cardiovascular surgeon at the University College Hospital of the University of Ibadan. He fled Ibadan to Biafra at the outbreak of hostilities that marked the beginning of the Nigeria-Biafra war.

From 1967, he served as a military surgeon and head of the Biafran Teaching Hospital in various locations, including Enugu and Emekukwu during the war. He was also the secretary to the Biafran Relief and Rehabilitation Association during the war.

After the civil war, Udekwu was appointed head of department of surgery of the University of Nigeria, Nsukka Teaching Hospital (UNTH) and was the administrative head of the Enugu campus of the university.

Udekwu is credited with building the department of surgery of the University of Nigeria. After several unsuccessful attempts at sourcing funds to establish a modern surgical department from many organisations in the United States, United Kingdom, Europe and through church aid, he was able to scrape together funding from the Enugu campus, aided by the contributions of individual Nigerians, to build the operating theatre and buy the equipment needed to establish facilities for open heart surgery in Nigeria. He was one of the pioneers of cardiac surgery in Nigeria.

Personal life

Udekwu was an avid sportsman, playing football and tennis throughout his life. He was a member of the Enugu Sports Club. He also played music as a hobby, attaining notability as the organist and choirmaster at the Holy Ghost Cathedral Enugu. Udekwu was married to Anna Brita. The marriage was blessed with ten children.

Udekwu passed away on 17 November 2006 in Uppsala, Sweden, at the age of 78.

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



Hospital pharmacists and innovative disruptions

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

I was in Sokoto from 29 July to 2 August to attend the 21st Annual National Scientific conference of the Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN), themed "Innovative Disruptions in Pharmacy Practice: A Road Map for Hospital and Administrative Pharmacy Practice in Nigeria".

The five-day conference, held at International Conference Centre, Sokoto and Gingiya Hotel and graced by hospital pharmacists from all over the country, will continue to be remembered in years to come in the ancient city for its impacts, especially as it was held in the state at a time there was a cloud of fear of insecurity in the northern part of the country.

While the Sokoto State Government must be commended for leaving no stone unturned to provide the enabling environment for the conference, the leadership of the AHAPN must be commended for not getting swayed by fear of insecurity and for mobilising hospital pharmacists from all over the country to the historic city of Sokoto for a very memorable conference.

I covered the street enlightenment campaign against drug abuse by the AHAPN members on the first day of the conference and was impressed with the determination of the AHAPN to educate the populace on the dangers of drug abuse and why they should stay away from substance abuse.

This is particularly important because Sokoto was one of the states the menace of drug abuse affected seriously when it came to the fore as a serious public health and security challenge last year, before NAFDAC prohibited the sale and use of codeine-containing cough preparations. At the peak of the codeine crisis, the wife of the Sokoto State governor, Hajiya Maryam Tambuwal, as well as other governors' wives in the north, had to step in to support the government to tackle the menace. They equally supported the establishment of a well-equipped rehabilitation centre in Sokoto to help address the growing incidence of drug abuse, which was threatening to spiral out of control in not only the state but other northern states. Thankfully,

the intervention efforts was fruitful and the incidence of drug abuse in Sokoto has been drastically reduced.

Nevertheless, I was happy that Sokoto residents on major roads like Western Bypass, Kalabaine Road, Maiduguri Road and Achida Road of Gawon Nnana Area trooped out in numbers to listen to the hospital pharmacists and get educative leaflets on the menace of drug abuse distributed by AHAPN members.

It was also fitting that the long enlightenment campaign walk was led by leaders of the AHAPN among whom were Pharm. (Dr) Kingsley Amibor, the national chairman; Pharm. Munir Elelu, deputy president, PSN; Pharm. Ibrahim Binji Haliru and Dr Daniel Orunwense, Fellows of PSN and other respected members of AHAPN.

The opening ceremony of the conference was no less memorable as it was graced by distinguished dignitaries among whom were Dr Muhammad Ali Nname, Sokoto State commissioner for health; Pharm. (Alh.) Almustapha Othman Ali, permanent secretary, Sokoto State Ministry of Health;

and President of the PSN, Pharm. (Mazi) Sam Oluabunwa, among others.

The icing on the cake at the opening ceremony was the thought-provoking presentation on the theme of the conference by Professor Noel Wannang. The distinguished keynote speaker told the AHAPN members what they needed to do to create a niche for themselves, noting that the health system, like every other system, is dynamic. He urged hospital pharmacists to let their training be their roadmap, stressing that Nigeria is in shortage of professionals that will do the right things to help the citizens.

The presentation of Professor Wilson Erhun, dean, Faculty of Pharmacy, Obafemi Awolowo University, the next day, was in the same vein with that of Professor Wannang, as he listed the ten vital steps that AHAPN members must follow to take their practice to the next level.

If the lessons in those two presentations and the contributions of other participants at the AHAPN conference in Sokoto are imbibed and implemented, I have no doubt that the hospital and administrative pharmacists can innovatively disrupt their area of practice and continue to remain relevant and crucial to quality healthcare delivery in Nigeria.

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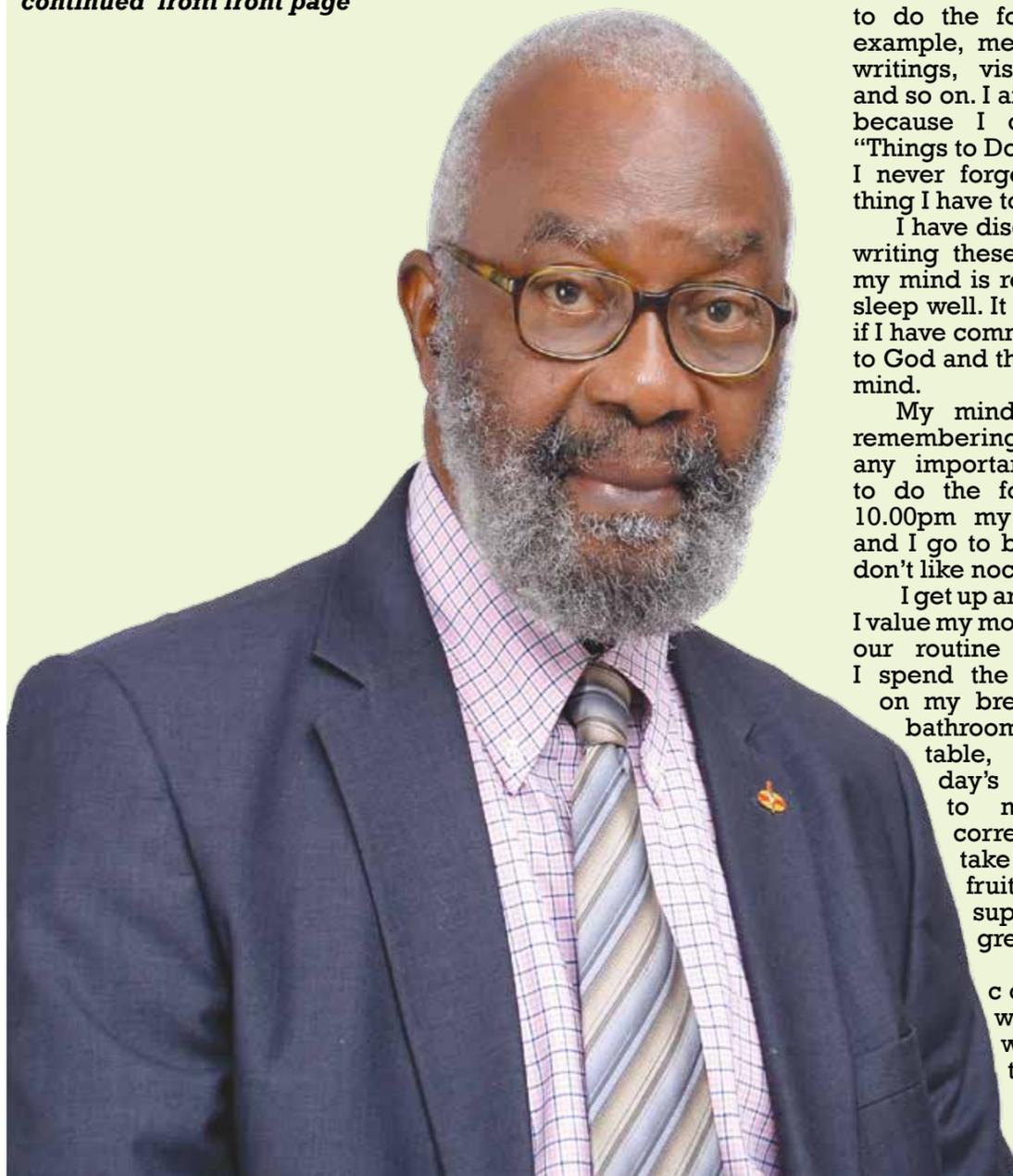
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How prioritising has helped me remain active at 80 – Atueyi

continued from front page



Pharm. (Sir) Ifeanyi Atueyi

grateful to God for the grace to excel in whatever he had been assigned to do.

The Pharmanews MD disclosed that aside from attending church service every Sunday and Bible study on Tuesdays - unless there is an unavoidable engagement - he is also very active in the Full Gospel Business Men's Fellowship International (FGBMFI), noting that as a national director, he attends weekly meetings of FGBMFI, in addition to chapter meetings some evenings and Saturday mornings.

"I give time to FGBMFI for my spiritual growth and development. We have annual conventions, which I do not miss. In FGBMFI, I enjoy the fellowship of good and trustworthy friends", he said.

Atueyi stated further that even though he has cut down on professional meetings, he has remained consistent in attending the annual national conference of the Pharmaceutical Society of Nigeria (PSN), describing it as his yearly pilgrimage, having not missed an edition since 1973. He added that by God's grace,

he would be at the next edition in November, which he said would be his 46th unbroken attendance.

The Pharmanews founder also spoke on some peculiar work and non-work related routines that have served him so well over the years, as well as giving advice on how to eat right to stay healthy and live long.

Below is the abridged interview.

Having published Pharmanews monthly and uninterrupted for 40 years, you must have some work and even non-work related routines that have served you well. Can you share with us how you manage your day?

Yes. I have some peculiar habits that are helping me to live my life and fulfil God's purpose for my life. As I get older, these routines or habits change also. Time is a very important and valuable resource and I like to use it to be productive and effective in my work and maintain good health.

I do not start the day without proper planning, which begins the night before. I have the habit of writing down the things I need

to do the following day, for example, meetings to attend, writings, visits, phone calls and so on. I am a man of paper because I carry about my "Things to Do" list. That is why I never forget any important thing I have to do.

I have discovered that after writing these activities down, my mind is relieved and I can sleep well. It appears to me as if I have committed my worries to God and then have peace of mind.

My mind has a way of remembering unconsciously any important thing I need to do the following day. By 10.00pm my activities cease and I go to bed. That is why I don't like nocturnal activities.

I get up around 5.30 am and I value my morning hours. After our routine family devotion I spend the next two hours on my breakfast table and bathroom. On the breakfast table, I prioritise my day's activities, attend to my emails and correspondence, and take my alkaline water, fruits, medicines, supplements and green tea.

I like to communicate with my staff in writing and/or text messages.

In the bathroom, I have a shelf for important books I read because I usually relax in the toilet.

Thereafter, I dress up and return to the dining table to continue with work while eating.

For the past 40 years, I have virtually been working from the house. Therefore, I regularly have a light lunch. After lunch, the next thing is siesta. Ideally, from 2.30 to 4.00 pm should be my lunch time, quiet time and siesta. During this time, I do not work; neither do I respond to or give appointments to people. In fact, people who are close to me know that I don't receive phone calls during this period. I resume work after 4.00pm.

Any day I disrupt my routines because of important conferences and meetings, it tells on me. Even when I go out for functions, I prefer to skip the lunch and return to my house to eat and rest. My rest is more important to me than the public food.

For an 80-year-old man, you are still very active and prominent in professional gatherings. You have attended the PSN conference for 45 years without interruption. You are still active in the church and in the FGBMFI. How are you able to keep up with these activities and how do you feel being able to do

all these?

It is a question of focusing, prioritising and concentrating on certain key areas. I have eliminated certain activities to conserve my strength, body, time and even financial resources. That is why I don't attend some functions now.

As a national director of FGBMFI, I attend our weekly meetings, in addition to chapter meetings, some evenings and Saturday mornings. I give time to FGBMFI for my spiritual growth and development. We have annual conventions which I do not miss. In FGBMFI I enjoy the fellowship of good and trustworthy friends.

Of course, I must attend church service on Sundays and Bible study on Tuesdays, unless there is an unavoidable engagement. As for my professional meetings, I have also cut down but the PSN annual conference is my yearly pilgrimage. I have not missed any from 1973. By God's grace, I will be in Kaduna in November month for the next edition.

I am currently the vice president of the Nigeria Academy of Pharmacy (NAPharm). After my tenure, I don't plan to hold any other elective position.

I started attending FIP congresses annually from 1977, until I decided to stop after many years. When the Nigerian Association of Pharmacists and Pharmaceutical Scientists (NAPPSA) in the Americas (NAPPSA) started their conferences in 2007, I shifted my interest there. I was in Atlanta, Georgia, last month, for the 13th annual conference.

I don't do many things; I focus on a few and try to do them well. I am not a Jack of all trades. Interestingly, God grants me the grace to do whatever He wants me to do.

It has been said that as people advance in age, they sometimes have to change their diet pattern. Has there been a change in your diet pattern and why? Also, what is your advice on how to eat right and healthy?

As you get older in years, your body gets older, too, even if you don't look it. Therefore, your diet must reflect these changes. The nutritional needs of the body change and the ability of the body to absorb, assimilate and use what you eat also changes.

A person of my age should not be eating and drinking like a young man. What you eat (quality), the quantity you eat, how you eat it and when you eat are all important health issues. Obviously, attention to these factors promotes longevity.

When I was a young man (under 40), I was careless with my body. I was overweight. I consumed sugary drinks and

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Effective management of GIT ulcers

Gastrointestinal Tract (GIT) ulcers are ulcers that affect the hollow organs of the digestive tract from the mouth, to the oesophagus, stomach, small intestine, and the large intestine. However, recent studies have classified all GIT ulcers as peptic ulcer. Hence, peptic ulcer describes a group of ulcerative disorders of the upper gastrointestinal tract.

Experts have defined an ulcer as an erosion of the mucous membrane which may be accompanied by inflammation and infection, and may occur at different locations.

Speaking recently on the management of ulcer, a consultant physician, Dr Olusola Talabi, gave reasons why some patients do not get cured of their ulcers, even after treatment. He noted that it is due to poor diagnosis, as there is need for proper diagnosis for the treatment of peptic ulcer.

“For example, if a patient presents himself or herself to the doctor as having stomach pains, the doctor is not supposed to place hands on the stomach and give treatment for ulcer. There ought to be a proper diagnosis.

“Such happens because there was never a proper care. If it's an ideal society where oxidation is properly treated, the ulcer patient is supposed to go through endoscopy, where a tube is passed to look at the stomach from a screen. At the lining of the stomach on the screen, one will see where the ulcer is and one will be able to



administer proper treatment. You look out for the mucosa bridge. If you cannot define a mucosa bridge, you cannot call it ulcer,” Talabi revealed.

While it is necessary to know the true prevalence rate of peptic ulcer disease (PUD) among the Nigerian populace, it is unfortunate that this information is not available due to dearth of data. However, it may suffice to say that, over three decades ago, Nigeria was listed as an area of high PUD prevalence, with perforation being the most frequent indication for surgery. More recent studies are beginning to show similar prevalence rates for different types of ulcers both in the southern and northern Nigeria.

Types of peptic ulcer

There are three types of peptic ulcers:

Gastric ulcers: ulcers that develop inside the stomach.

Oesophageal ulcers: ulcers that develop inside the oesophagus.

Duodenal ulcers: ulcers that develop in the upper section of the small intestine, called the duodenum.

Causes of peptic ulcer

Different factors can cause the lining of the stomach, the oesophagus, and the small intestine to break down. These include:

Helicobacter pylori (H. pylori), a type of bacteria that can cause a stomach infection and

inflammation.

Frequent use of aspirin (Bayer), ibuprofen (Advil), and other anti-inflammatory drugs (risk associated with this behaviour increases in women and people over the age of 60)

smoking
drinking too much alcohol
radiation therapy
stomach cancer

Other factors that may likely trigger ulcers include:

Genetic factors: Some people harbour strains of *H. pylori* that contain genes that may make the bacteria more dangerous, and increase the risk for ulcers. How important these genetic factors are in the development of ulcers depends on a person's ethnicity.

Immune abnormalities: Some experts suggest that certain individuals have abnormalities in their intestinal immune response, which allow the bacteria to injure the lining.

Lifestyle factors: Although lifestyle factors such as chronic stress, drinking coffee, and smoking were long believed to be the primary causes of ulcers, it is now thought that they only increase susceptibility to ulcers in some *H. pylori* carriers.

Shift work and other causes of interrupted sleep: People who work the night shift have a significantly higher incidence of ulcers than day workers. Researchers suspect

continued on page 13

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References: 1. J Gastroenterol Hepatol. 2003 Dec;18(12):1382-8. 2. World J Gastroenterol. 2005 May 23;11(20):3091-8. 3. Aliment Pharmacol Ther. 2003 Jun 15;17(12):1507-14. 4. Am Fam Physician 2002;66:273-81. 5. Therapeutics and Clinical Risk Management 2007;3(3): 380-379

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Effective management of GIT ulcers

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that frequent interruptions of sleep may weaken the immune system's ability to protect against harmful bacterial substances.

When *H. pylori* was first identified as the major cause of peptic ulcers, it was found in 90 per cent of people with duodenal ulcers and in about 80 per cent of people with gastric ulcers. As more people are being tested and treated for the bacteria, however, the rate of *H. pylori*-associated ulcers has declined. Currently, *H. pylori* are found in about 50 per cent of people with peptic ulcer disease.

Some researchers now believe that duodenal ulcers are not caused by *H. pylori*, but that the presence of the bacteria simply delays healing. This fact, they say, may explain why up to half of acute duodenal perforation cases show no evidence of *H. pylori*, and why duodenal ulcers can come back even after *H. pylori* has been eradicated.

Symptoms of peptic ulcers

The most common symptom of a peptic ulcer is burning abdominal pain that extends from the navel to the chest, which can range from mild to severe. In some cases, the pain may wake you up at night. Small peptic ulcers may not produce any symptoms in the early phases.

Other common signs of a peptic ulcer include:

- changes in appetite
- nausea
- bloody or dark stools
- unexplained weight loss
- indigestion
- vomiting
- chest pain

Peptic ulcers complications

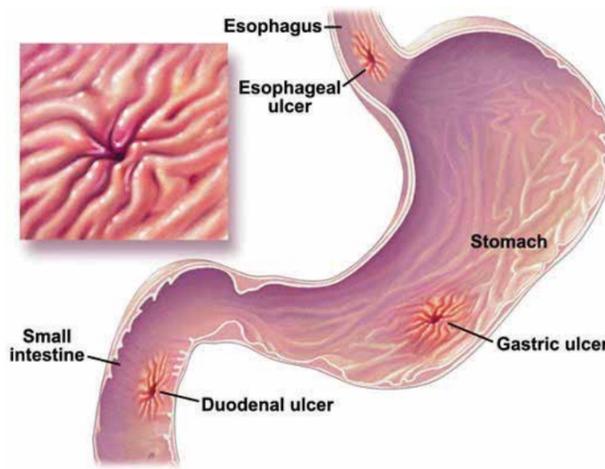
Most people with severe ulcers experience significant pain and sleeplessness, which can have a dramatic and adverse impact on their quality of life.

Peptic ulcers caused by *H. pylori* or NSAIDs can be very serious if they cause haemorrhage or perforate the stomach or duodenum. Up to 15 per cent of people with ulcers experience some degree of bleeding, which can be life-threatening.

Ulcers that form where the small intestine joins the stomach can swell and scar, resulting in a narrowing or closing of the intestinal opening. In such cases, the patient will vomit the entire contents of the stomach, and emergency treatment is necessary.

Complications of peptic ulcers cause an estimated 6,500 deaths each year in the United States, while African countries have lost much more lives due to this disease. These figures, however, do not reflect the high number of deaths associated with NSAID use. Ulcers caused by NSAIDs are more likely to bleed than those caused by *H. pylori*.

Because there are often no GI symptoms from NSAID ulcers until bleeding begins, doctors cannot predict which patients taking these drugs will develop bleeding. The risk for a poor outcome is highest in people who have had long-term bleeding from NSAIDs, blood clotting disorders, low systolic blood pressure, mental instability, or another serious and unstable medical condition. Populations at greatest risk are the elderly and



those with other serious conditions, such as heart problems.

Risk factors

Peptic ulcer disease affects all age groups, but is rare in children. Men have twice the risk of ulcers

as women. The risk of duodenal ulcers tends to rise, beginning around age 25, and continues until age 75. The risk of gastric ulcers peaks at ages 55 – 65.

Diagnosis for Peptic ulcers

Two types of tests are available to diagnose a peptic ulcer. They

are called upper endoscopy and upper gastrointestinal (GI) series.

Upper endoscopy

In this procedure, your doctor inserts a long tube with a camera down your throat and into your stomach and small intestine to examine the area for ulcers. This instrument also allows your doctor to remove tissue samples for examination.

Not all cases require an upper endoscopy. However, this procedure is recommended for people with a higher risk of stomach cancer. This includes people over the age of 45, as well as people who experience:

- anaemia
- weight loss
- gastrointestinal bleeding
- difficulty swallowing

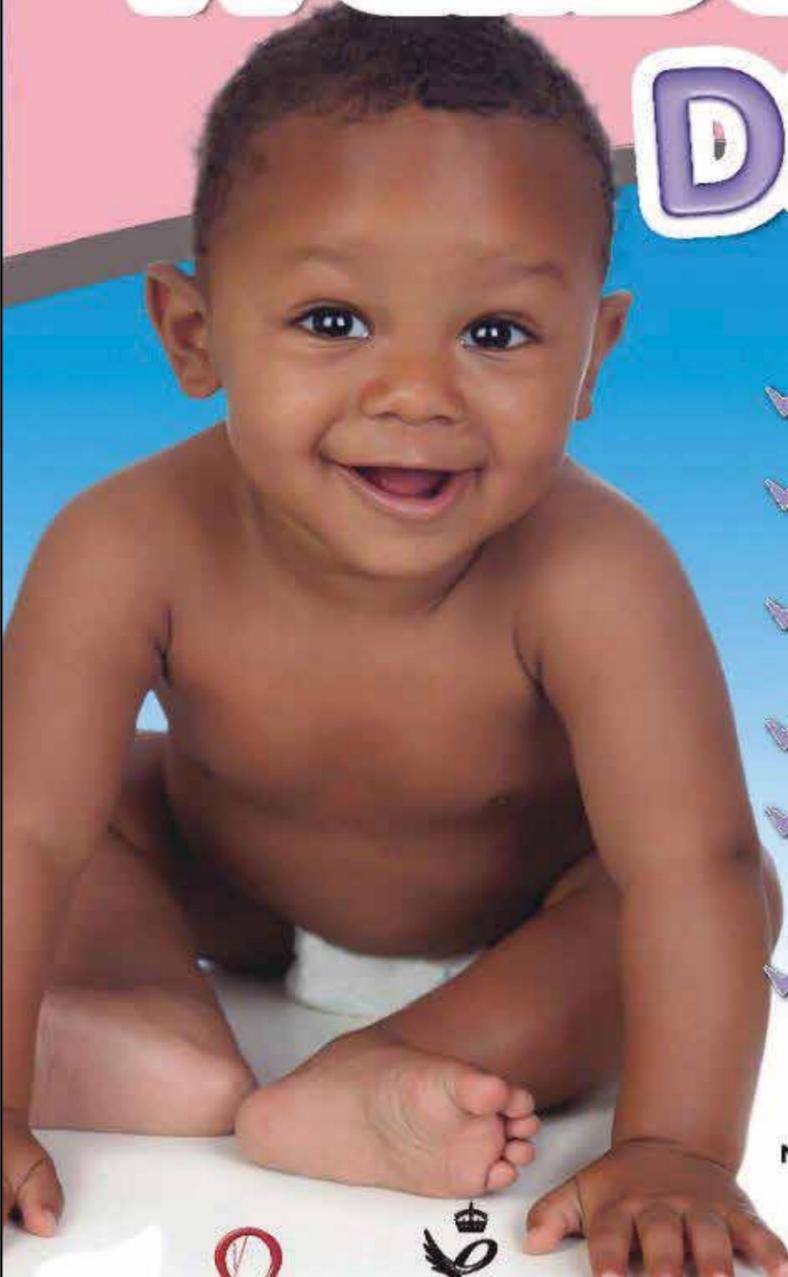
Upper GI

If you don't have difficulty swallowing and have a low risk of stomach cancer, your doctor may recommend an upper GI test instead. For this procedure,

continued on page 15

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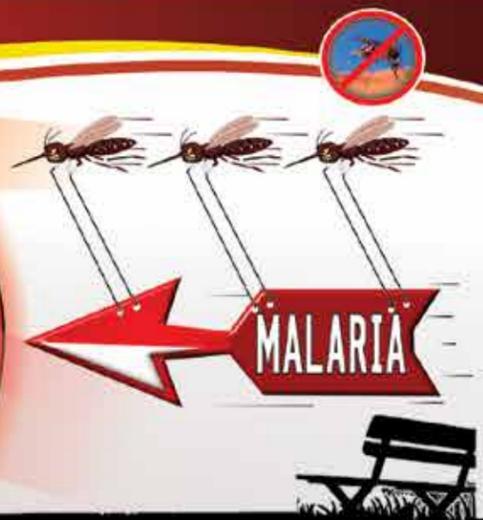
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Effective management of GIT ulcers

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you'll drink a thick liquid called barium (barium swallow). Then a technician will take an X-ray of your stomach, oesophagus, and small intestine. The liquid will make it possible for your doctor to view and treat the ulcer.

Because *H. pylori* is a cause of peptic ulcers, your doctor will also run a test to check for this infection in your stomach.

Other diagnosis procedures

Noninvasive tests for gastrointestinal (GI) bleeding

The doctor will order tests to detect bleeding. These may include a rectal exam, complete blood count, and faecal occult blood test (FOBT). The FOBT tests for hidden (occult) blood in stools. Typically, the patient is asked to supply up to six stool specimens in a specially prepared package. A small quantity of faeces is smeared on treated paper, which reacts to hydrogen peroxide. If blood is present, the paper turns blue.

Traditional radiology tests have not yet proven valuable for diagnosing ulcers.

Tests to detect H. Pylori

Simple blood, breath, and stool tests can now detect *H. pylori* with a fairly high degree of accuracy. It is not entirely clear, however, which individuals should be screened for *H. pylori*.

Candidates for screening:

Some doctors currently test for *H. pylori* only in individuals with



dyspepsia who also have high-risk conditions, such as, symptoms of ulcers, such as weight loss, anaemia or indications of bleeding.

Risk factors for stomach cancer or other complications from ulcers

Smokers and those who experience regular and persistent pain on an empty stomach may also be good candidates for screening tests. Some doctors argue that testing for *H. pylori* may be beneficial for patients with dyspepsia who are regular NSAID users.

In fact, given the possible risk for stomach cancer in *H. pylori*-infected people with dyspepsia, some experts now recommend that any patient with dyspepsia lasting longer than four weeks should have a blood test for *H. pylori*. This is a subject of considerable

debate, however.

The following tests are used to diagnose *H. pylori* infection. Testing may also be done after treatment to ensure that the bacteria have been completely eliminated.

Breath test: A simple test called the carbon isotope-urea breath test (UBT) can identify up to 99 per cent of people who have *H. pylori*. Up to two weeks before the test, the patient must stop taking any antibiotics, bismuth-containing medications such as Pepto-Bismol, and proton pump inhibitors (PPIs). As part of the test, the patient swallows a special substance containing urea (a waste product the body produces as it breaks down protein) that has been treated with carbon atoms. If *H. pylori* are present, the bacteria

convert the urea into carbon dioxide, which is detected and recorded in the patient's exhaled breath after 10 minutes. This test can also be used to confirm that *H. pylori* have been fully treated.

Blood tests: Blood tests are used to measure antibodies to *H. pylori*, and the results are available in minutes. Diagnostic accuracy is reported to be 80–90 per cent. One such important test is called enzyme-linked immunosorbent assay (ELISA). An ELISA test of the urine is also showing promise for diagnosing *H. pylori* in children.

Stool test: A test to detect the genetic fingerprints of *H. pylori* in the faeces appears to be as accurate as the breath test for initially detecting the bacteria, and for detecting recurrences after antibiotic therapy. This test can also be used to confirm that the *H. pylori* infection has been fully treated.

The most accurate way to identify the presence of *H. pylori* is by taking a tissue biopsy from the lining of the stomach. The only way to do this is with endoscopy. It is an invasive procedure, but it is the most accurate test. However, many patients are treated for *H. pylori* based on the three noninvasive tests listed above.

Misdiagnosis of peptic ulcer

The following disorders may be confused with peptic ulcers:

Gastroesophageal reflux disease (GERD): About half of patients with GERD also have dyspepsia. With GERD or other problems in the oesophagus, the main symptom is usually

continued on page 17

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"Abbreviated Product Information"

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

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

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

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

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

Please refer to the product insert for more information.

"Abbreviated Product Information"

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DESCRIPTION: Ranferon[®]-12 Capsules contain Ferrus fumarate BP (equivalent to 100 mg of elemental iron), Folic acid, Ascorbic acid, Cyanocobalamin and Zinc sulphate.

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CONTRAINDICATIONS: Ranferon[®]-12 Capsules are contraindicated in patients known to be hypersensitive to any of the ingredients, patients with porphyria tarda, anaemic conditions unless accompanied by iron deficiency, haemochromatosis or haemosiderosis, hyperoxaluria, glucose-6-phosphate dehydrogenase deficiency, or in iron overload.

WARNINGS: Caution is recommended from iron overload in patients receiving repeated blood transfusions, accumulation of zinc may occur in renal failure, and has been reported to cause haemolytic anaemia in patients with glucose-6-phosphate dehydrogenase deficiency and ascorbic acid may aggravate the condition in patients having hyperoxaluria.

DRUG INTERACTIONS: Compounds containing calcium, magnesium, antacids and mineral supplements, carbonates, oxalates, phosphates, egg, coffee, tea or whole grain breads, cereals, tetracyclines may impair the absorption of iron. Iron salts can also decrease the bioavailability of drugs like bisphosphates, entacapone, fluoroquinolones, levodopa, methylidopa, mycophenolate mofetil, etidronate, levthyroxine. Suitable interval is advised.

ADVERSE EFFECTS: It may cause gastrointestinal irritation and abdominal pain with nausea and vomiting, blackening of faeces. Rarely allergic reactions or rash may occur. Please refer to the product insert for more information.

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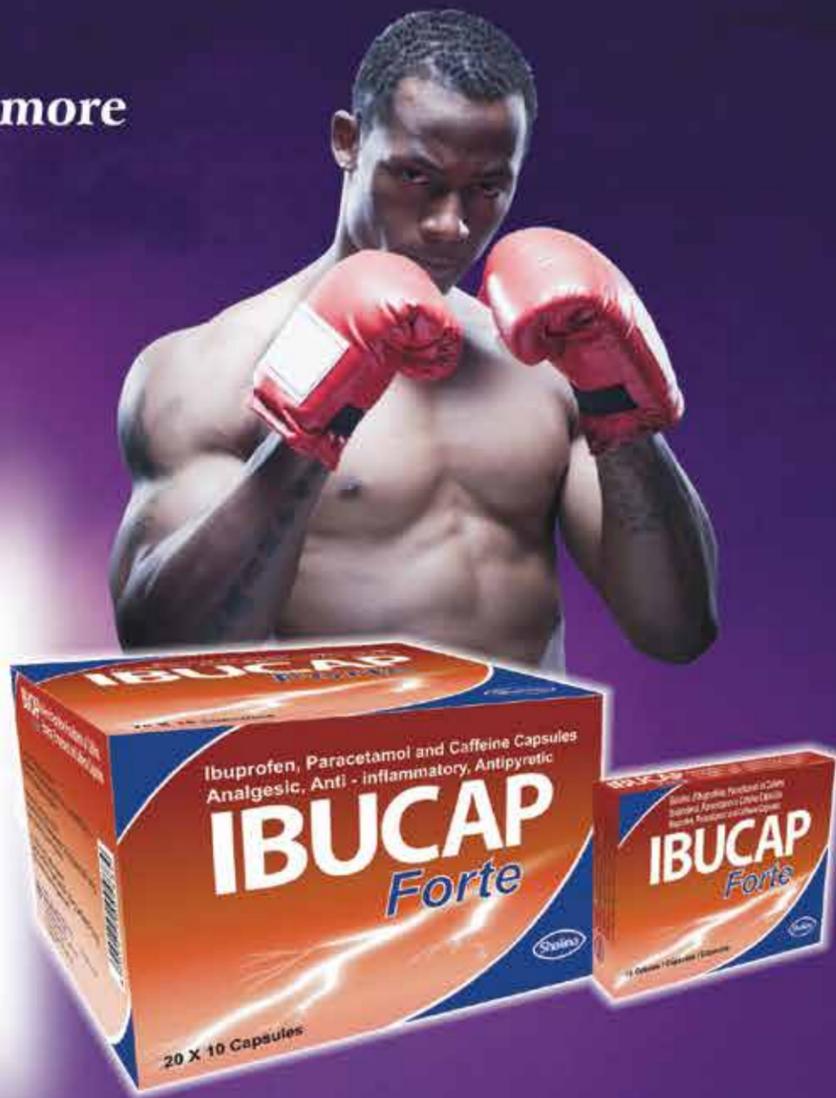
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Effective management of GIT ulcers

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heartburn, a burning pain that radiates up to the throat. It typically develops after meals and is relieved by antacids. The patient may have difficulty swallowing and may experience regurgitation or acid reflux. Elderly patients with GERD are less likely to have these symptoms, but instead may experience appetite loss, weight loss, anemia, vomiting, or dysphagia (difficult or painful swallowing).

Heart events: Cardiac pain, such as angina or a heart attack, is more likely to occur with exercise and may radiate to the neck, jaw, or arms. In addition, patients typically have distinct risk factors for heart disease, such as a family history, smoking, high blood pressure, obesity or high cholesterol.

Gallstones: The primary symptom in gallstones is typically a steady gripping or gnawing pain on the right side under the rib cage, which can be quite severe and can radiate to the upper back. Some patients experience pain behind the breast bone. The pain often occurs after a fatty or heavy meal, but gallstones almost never cause dyspepsia.

Irritable bowel syndrome: Irritable bowel syndrome can cause dyspepsia, nausea and vomiting, bloating, and abdominal pain. It occurs more often in women than in men.

Dyspepsia may also occur with gastritis, stomach cancer, or as a side effect of certain drugs, including NSAIDs, antibiotics, iron, corticosteroids, theophylline, and calcium blockers.

Treatment of peptic ulcers

Treatment will depend on the underlying cause of your ulcer. If tests show that you have an *H. pylori* infection, your doctor will prescribe a combination of medication. You'll have to take the medications for up to two weeks. The medications include antibiotics to help kill infections and proton pump inhibitors (PPIs) to help reduce stomach acid.

You may experience minor side effects like diarrhoea or an upset stomach from antibiotic regimens. If these side effects cause significant discomfort or don't get better over time, talk to your doctor.

If your doctor determines that you don't have an *H. pylori* infection, they may recommend a prescription or over-the-counter PPI (such as Prilosec or Prevacid) for up to eight weeks to reduce stomach acid and help your ulcer heal.

Acid blockers like ranitidine (Zantac) or famotidine (Pepcid) can also reduce stomach acid and ulcer pain. These medications are available as a prescription and also over-the-counter in lower doses.

An endoscopy to identify any ulcers and test for *H. pylori* probably gives the best guidance for treatment. However, dyspepsia is such a common reason for a doctor's visit that many people are treated initially based on their symptoms and blood or breath *H. pylori* test results. This approach (called test and treat) is considered an appropriate option for most patients. Patients who do not have any evidence of bleeding or other alarm symptoms, and who are over age 55 should have an



endoscopy performed first.

Approach to patients who are not taking NSAIDs

If an endoscopy is performed soon after the patient first visits a doctor for symptoms, treatment is based on the results of the endoscopy.

If no ulcer is seen and the patient is not infected with *H. pylori*, the first treatment attempt will usually be with proton pump inhibitors. These patients do not need antibiotics to treat *H. pylori*. Other possible causes of their symptoms should also be considered.

As mentioned above, most patients who do not have risk factors for additional complications are treated without first having an endoscopy. The decision of which treatment to use is based on the types of symptoms patients have, and on the results of their *H. pylori* blood or breath tests.

Patients who are not infected with *H. pylori* are given a diagnosis of functional (non-ulcer) dyspepsia. These patients are most commonly given 4 to 8 weeks of a proton pump inhibitor. If this dose is not effective, occasionally doubling the dose will relieve symptoms. If there is still no symptom relief, patients may have an endoscopy. However, it is unlikely that an ulcer is present. In this group of patients, symptoms may not fully improve.

Patients who test positive for *H. pylori* infection will receive an antibiotic regimen that eradicates *H. pylori*. Those who have an ulcer are more likely to respond to such treatment. Unfortunately, because an endoscopy is not performed before treatment in the test and treat strategy, patients who do not have an ulcer are also treated with antibiotics. Even if they are positive for *H. pylori*, these patients are less likely to have a full response.

When the test-and-treat approach is used, those who do not respond to treatment, or whose symptoms return relatively quickly, will often need an upper endoscopy.

There is considerable debate about whether to test for *H. pylori* and treat infected patients who have dyspepsia but no clear evidence of ulcers. Increased risk for gastroesophageal reflux disease (GERD). A number of studies suggest that *H. pylori* in the intestinal tract protects against GERD, which in severe cases can be a risk factor for cancer of the

esophagus. Eliminating *H. pylori* may also have other adverse effects.

Overuse of antibiotics: There is concern that using antibiotics when there is no clear evidence of ulcers will lead to unnecessary antibiotic prescriptions and increase the risk for side effects. Overuse may also contribute to a growing public health problem – the emergence of antibiotic-resistant bacteria.

Antibiotic and Combination Drug Regimens for the Treatment of H. Pylori

Reported cure rates for *H. pylori* range from 70–90 per cent after antibiotic treatment. The standard treatment regimen uses two antibiotics and a PPI.

PPIs: These drugs include omeprazole (Prilosec), lansoprazole (Prevacid), esomeprazole (Nexium), and rabeprazole (Aciphex). PPIs are important for all types of peptic ulcers, and are a critical partner in antibiotic regimens. They reduce acidity in the intestinal tract, and increase the ability of antibiotics to destroy *H. pylori*.

Antibiotics: The standard antibiotics are clarithromycin (Biaxin) and amoxicillin. Some doctors substitute the antibiotic metronidazole (Flagyl) for either clarithromycin or amoxicillin.

Patients typically take this combination treatment for at least 14 days. Many studies, however, suggest that a seven-day treatment may work just as well.

Follow-up: Follow-up testing for the bacteria should be done no sooner than four weeks after therapy is completed. Test results before that time may not be accurate.

In most cases, drug treatment relieves ulcer symptoms. However, symptom relief does not always indicate treatment success, just as persistent dyspepsia does not necessarily mean that treatment has failed. Heartburn and other GERD symptoms can get worse and require acid-suppressing medication.

Treatment of NSAID-induced ulcers

If patients are diagnosed with NSAID-caused ulcers or bleeding, they should get tested for *H. pylori* and, if they are infected, take antibiotics. Possibly use a PPI. Studies suggest that these medications lower the risk for NSAID-caused ulcers, although they do not completely prevent them.

Surgery

When a patient comes to the hospital with bleeding ulcers, endoscopy is usually performed.

This procedure is critical for the diagnosis, determination of treatment options, and treatment of bleeding ulcers.

In high-risk patients or those with evidence of bleeding, options include watchful waiting with medical treatments or surgery. The first critical steps for massive bleeding are to stabilise the patient and support vital functions with fluid replacement and possibly blood transfusions. People on NSAIDs should stop taking these drugs, if possible.

Depending on the intensity of the bleeding, patients can be released from the hospital within a day or kept in the hospital for up to three days after endoscopy. Bleeding stops spontaneously in about 70 – 80 per cent of patients, but about 30 per cent of patients who come to the hospital for bleeding ulcers need surgery. Endoscopy is the surgical procedure most often used for treating bleeding ulcers and patients at high-risk for re-bleeding. It is usually combined with medications, such as epinephrine and intravenous proton pump inhibitors.

Between 10 – 20 per cent of patients require more invasive procedures for bleeding, such as major abdominal surgery.

Major abdominal surgery

Major abdominal surgery for bleeding ulcers is now generally performed only when endoscopy fails or is not appropriate. Certain emergencies may require surgical repair, such as when an ulcer perforates the wall of the stomach or intestine, causing sudden intense pain and life-threatening infection.

Surgical approaches: The standard major surgical approach (called open surgery) uses a wide abdominal incision and standard surgical instruments. Laparoscopic techniques use small abdominal incisions, through which inserted tubes are that contain miniature cameras and instruments. Laparoscopic techniques are increasingly being used for perforated ulcers. Research finds that laparoscopic surgery for a perforated peptic ulcer is comparable in safety with open surgery, and results in less pain after the procedure.

Medications

The following drugs are sometimes used to treat peptic ulcers caused by either NSAIDs or *H. pylori*.

Antacids

Many antacids are available without a prescription, and they are the first drugs recommended to relieve heartburn and mild dyspepsia. Antacids are not effective for preventing or healing ulcers, but they can help in the following ways:

They neutralise stomach acid with various combinations of three basic compounds – magnesium, calcium, or aluminum.

They may protect the stomach by increasing bicarbonate and mucus secretion. (Bicarbonate is an acid-buffering substance.)

It is generally believed that liquid antacids work faster and are more potent than tablets, although some evidence suggests that both forms work equally well.

Basic salts used in antacids

There are three basic salts

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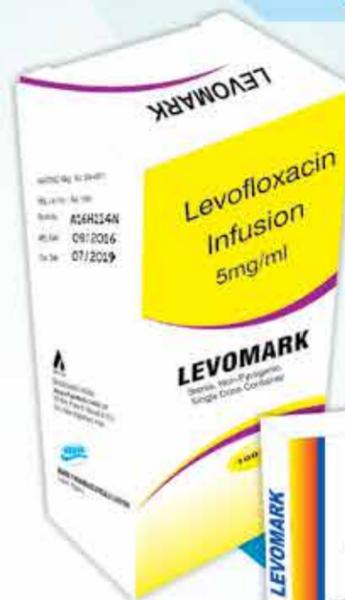


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Effective management of GIT ulcers

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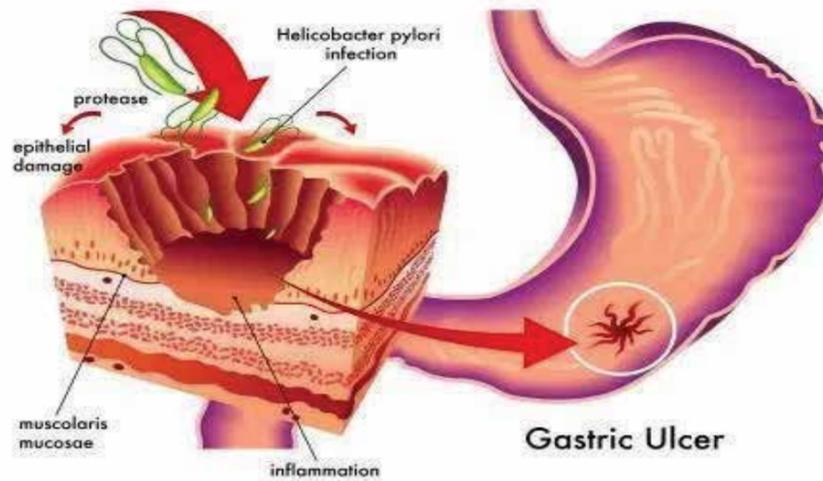
used in antacids:

Magnesium: Magnesium compounds are available in the form of magnesium carbonate, magnesium trisilicate, and, most commonly, magnesium hydroxide (Milk of Magnesia). The major side effect of these magnesium compounds is diarrhoea.

Calcium: Calcium carbonate (Tums, Titalac, and Alka-2) is a potent and rapid-acting antacid, but it can cause constipation. There have been rare cases of hypercalcemia (elevated levels of calcium in the blood) in people taking calcium carbonate for long periods of time. Hypercalcemia can lead to kidney failure.

Aluminum: The most common side effect of antacids containing aluminum compounds (Amphogel, Alternagel) is constipation. Maalox and Mylanta are combinations of aluminum and magnesium, which balance the side effects of diarrhea and constipation. People who take large amounts of antacids containing aluminum may be at risk for calcium loss and osteoporosis. Long-term use also increases the risk of kidney stones. People who have recently experienced GI bleeding should not use aluminum compounds.

Interactions with Other Drugs Antacids can reduce the absorption of a number of drugs. Conversely, some antacids increase the potency of certain drugs. The interactions can be avoided by taking other drugs one hour before or three hours after taking the antacid.



Outlook for peptic ulcers

With proper treatment, most peptic ulcers heal. However, you may not heal if you stop taking your medication early or continue to use tobacco, alcohol, and nonsteroidal pain relievers during treatment. Your doctor will schedule a follow-up appointment after your initial treatment to evaluate your recovery.

Some ulcers, called refractory ulcers, don't heal with treatment. If your ulcer doesn't heal with the initial treatment, this can indicate:

- an excessive production of stomach acid
- presence of bacteria other than *H. pylori* in the stomach
- another disease, such as stomach cancer or Crohn's disease

Your doctor may offer a different method of treatment or run additional tests to rule out stomach cancer and other gastrointestinal diseases.

Prevention of peptic ulcers

Certain lifestyle choices and habits can reduce your risk of developing peptic ulcers. These include:

- not drinking more than two alcoholic beverages a day
- not mixing alcohol with medication
- washing your hands frequently to avoid infections
- limiting your use of ibuprofen, aspirin, and naproxen (Aleve)
- Maintaining a healthy lifestyle by quitting smoking cigarettes and other tobacco use and eating a balanced diet rich in fruits, vegetables, and whole grains will

help you prevent developing a peptic ulcer.

Spices and peppers. Studies conducted on spices and peppers have yielded conflicting results. The rule of thumb is to use these substances moderately, and to avoid them if they irritate the stomach.

Garlic. Some studies suggest that high amounts of garlic may have some protective properties against stomach ulcer, although a recent study concluded that garlic offered no benefits against *H. pylori* and, in large amounts, can cause considerable GI distress.

Olive Oil. Studies from Spain have shown that phenolic compounds in virgin olive oil may be effective against eight strains of *H. pylori*, three of which are antibiotic-resistant.

Vitamins. Although no vitamins have been shown to protect against ulcers, *H. pylori* appears to impair the absorption of vitamin C, which may play a role in the higher risk of stomach ulcer.

Exercise. Some evidence suggests that exercise may help reduce the risk for ulcers in some people.

Stress relief. Stress relief programmes have not been shown to promote ulcer healing, but they may have other health benefits.

Report compiled by Temitope Obayendo with additional information from MedicineNet.com; MedicalNewsToday and Healthline.com

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Support pharmaceutical parks establishment, experts urge government, industry stakeholders

As NAIP holds 2019 CEOs Forum in Lagos

By Yusuff Moshood

Leading health experts have tasked the Nigerian government and stakeholders in the pharmaceutical industry to work together to establish pharmaceutical manufacturing parks in the country.

The experts, who included Dr Vincent Okpala, commissioner for health, Anambra State; Pharm. (Sir) Nnamdi Obi, managing director, Embassy Pharmaceuticals & Chem. Limited; Pharm. (Mazi) Sam Ohuabunwa, president, Pharmaceutical Society of Nigeria (PSN); Pharm. Ignatius Anukwu, national chairman, Association of Industrial Pharmacists of Nigeria (NAIP); and Prof Chimezie Anyakora, chief of party (PQM-Nigeria) United States Pharmacopeia, stated that such parks will not only boost local pharmaceutical manufacturing but also reduce cost of production.

The experts spoke at the recent 2019 CEOs Forum organised by NAIP and held at Radisson Hotel, Ikeja, Lagos, unanimously agreeing that the establishment of pharmaceutical industrial parks will help in tackling the challenge of infrastructural deficit facing the pharmaceutical manufacturing sector.

In his remarks at the event, Dr Okpala disclosed that the Anambra State Government was ready to provide the land needed for a pharma park in Anambra, adding that the state was also ready to engage NAIP in a discourse on how to provide the needed infrastructure for the park.

The Anambra State commissioner for health also pledged the support of the state government for the project, assuring the chief executive officers (CEOs) of the pharmaceutical companies present at the event of the support of the Anambra State governor, Dr Willie Obiano.

Okpala stated that all issues concerning the required infrastructure can be solved, noting that what was needed to make the pharmaceutical park project a success was the support of all the stakeholders.

Speaking in the same vein, Sir Nnamdi Obi, who chaired the event, equally urged all the CEOs to embrace the pharmaceutical park initiative, noting that they had to work for the positive change they desired in the pharmaceutical manufacturing sector and not depend on or wait for the government.

The chairman, while bemoaning the harsh operating environment for manufacturing in Nigeria, stated further that considering the pledge of the Anambra State government that



L-R: Pharm. (Dr) Lolu Ojo, past national chairman, NAIP; Dr Vincent Okpala, commissioner for health, Anambra State; Pharm. Ade Popoola, past national chairman, NAIP, presenting an award plaque to Pharm. (Sir) Nnamdi Obi, chairman of the event; and Pharm. Ignatius Anukwu, national chairman of NAIP during the event.



Chairman of the occasion, some NAIP executives and the celebrated new CEOs.

it would support the initiative, as reflected in not just the presence of the state's health commissioner but his message at the occasion, the CEOs should take advantage of the opportunity and collectively work towards making the project a success.

Also speaking at the event, Pharm. Ignatius Anukwu, national chairman, NAIP, stated that the pharma parks would significantly help reduce the cost of production and ensure

that locally produced medicines are competitive, noting that companies at the parks would be able to share infrastructure that they would have had to single handedly provide in individual factories.

He disclosed further that the CEOs Forum was organised as a follow up to discussions that started during the national conference of NAIP held in Anambra State on how to productively disrupt processes in the pharmaceutical industry

and take the pharma sector to the next level.

Speaking with journalists at the event, Mazi Ohuabunwa also backed the pharmaceutical parks initiative of NAIP, noting that having such manufacturing hubs would help revolutionise Nigeria's pharmaceutical manufacturing sector.

The PSN president stated that having such a revolution would be a good way to show

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YPG-Lagos partners NAFDAC on mental health training

The Lagos chapter of the Young Pharmacists Group (YPG) in collaboration with the National Agency for Food and Drug Administration and Control (NAFDAC) Youth Against Drug Abuse (YADA) recently held a mental health training, themed "Pharmacists' Intervention in Mental Health" in Lagos.

Speaking at the event, the Director-General of NAFDAC, Professor Christianah Mojisola Adeyeye, who was represented by Mrs Clara Anyanwu, assistant director of Drug Demand and Reduction Division of NAFDAC, encouraged all participants to make the most of the training.

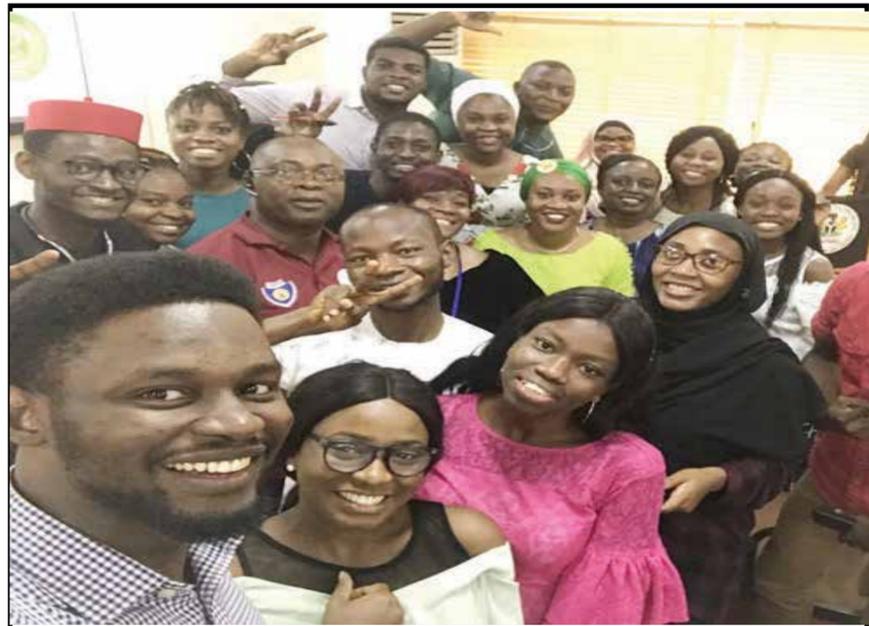
In her words: "Mental health, depression, suicide and drug use have consistently shown to be all intertwined in recent times. As custodian of drugs now handling the target group (the youth) through the NAFDAC YADA programme, the agency deemed it fit that an evidence-based training on mental health, a condition taken

for granted in the society, would be of immense value towards the NAFDAC YADA project and to young pharmacists handling various targets groups at large."

Facilitators at the training event who were from the Suicide Research Prevention Initiative of Nigeria (SURPIN), led by Dr Raphael Emeka Ogbolu, engaged participants on the theme and sub-themes of the training. Practical examples were used to explain depression and suicide.

The training also featured role play sessions to demonstrate how pharmacists can respond to suspicious prescriptions/drug requests at a retail pharmacy.

Also speaking at the event, the coordinator of the Lagos chapter of the PSN-YPG, Pharm. Funmbi Okoya, thanked the DG of NAFDAC for the initiative, while urging her to help ensure that the training is carried out in other states so that young pharmacists across the country



Some members of the PSN-YPG during the training programme

can get its benefits, noting that it would help equip them with the required skills to tend to the mental health challenges in Nigeria.

He also advocated for more

partnerships among relevant stakeholders, professionals and professional bodies, adding that this would help improve the quality of healthcare in the country.

How prioritising has helped me remain active at 80 – Atueyi

continued from page 10

fried foods, and smoked St. Bruno and Erinmore tobacco to prove that I was a young and successful pharmacist. I never subjected myself to medical checkup.

But because God had a good plan for my life and didn't want me to die prematurely, He afflicted me with hyperglycaemia, which I discovered by accident. My parents did not suffer from diabetes and none of our children is a diabetic. Therefore, generations before and after me are free from diabetes. I am the scape goat.

Like Apostle Paul, I pleaded with God to remove it from me but He bluntly refused. However,

He assured me that His grace would be sufficient for me to live with it, fulfill His purpose for my life and die of old age and not because of the disease.

We have free radical theory of longevity. The human body produces free radicals and we also acquire them from what we eat and the environment. These free radicals continuously destroy the cells of the body, thereby aiding diseases, accelerating old age and eventual death. Therefore, if you love your body and your life, you must take adequate quantity of antioxidants daily. God has placed a rich supply of these antioxidants in fruits and vegetables which have not been

destroyed by cooking at high temperature.

Anyone who desires to live long must be sure of what enters into his or her mouth. It has been said that you are what you eat. You must nourish your body with food that gives life. They are called living foods. These are foods that have their enzymes, vitamins and minerals. Most delicious and appetising fast foods are devoid of these and therefore dead. But we prefer to consume such junk foods and consequently suffer.

Praying to God may not take away this type of suffering because you have abused your body which is the temple of God. And God has clearly said

that He will destroy anyone that destroys His temple. If you doubt it, read 1 Corinthians 3:17.

The world of business has evolved over the years due to all sorts of reasons. However, the advent of computers has impacted business more than any other thing. How easy was it for you to embrace information technology (IT) for both your social and business life?

Businesses like Pharmanews that have run for 40 years have passed through the time we didn't have computers to the present time of "touch button" for most operations. **Pharmanews** was produced with typewriter and lithographic machine for typesetting and then with Letraset for bold headlines.

That was how we also produced Nigerian Drug Index and Nigerian Pharmaceutical Directory in the 80s. In fact, I used to devote several days to arranging the names of drugs and people by alphabetical order. Now this operation can be performed in seconds. Today, we do desktop publishing instead of manual. The transformation is incredible. Thanks to technology.

In **Pharmanews**, we have long realised that we must embrace information technology to keep going. **Pharmanews** is fully online as pdf and as an app. Our staff continue to improve their IT knowledge on daily basis.

For me to appreciate what is going on, I am also working hard in this area. I do a lot of social media activities for business purpose mainly (not for social reasons). If I don't do that, I will expire fast and become less useful to people.

Support pharmaceutical parks establishment, experts urge government, industry stakeholders

continued from page 20

that stakeholders in the sector were angry with the present state of things in the pharmaceutical sector and desirous of positive changes that can take the sector to the next level.

Also speaking at the event, Prof. Anyakora, who delivered a paper on how to set up pharmaceutical hubs in Nigeria, urged all stakeholders to see the setting up of pharmaceutical parks as a catalyst for change in the pharmaceutical manufacturing sector.

The pharma parks, he said, would not only help reduce the cost of production of locally manufactured medicines, but also help the growth of local manufacturers with international

good manufacturing practice (GMP) as well as help increase the volume of drugs procured by international procurement agencies from local manufacturers.

Anyakora added that pharmaceutical parks would also help the Nigerian nation to attract more foreign direct investments (FDI), while new pharmaceutical production technology companies would be able to engage in more partnership and joint venture agreement with foreign partners willing to come into the country.

A major highlight of the event was the recognition of six newly appointed CEOs in the

pharmaceutical industry by the NAIP.

The new CEOs recognised by the NAIP at the event were: Pharm. (Sir) Valentine Ezeiru, MD/CEO, Oculus Pharmacare Limited; Pharm. Folake Odediran, general manager/country chair, Nigeria-Ghana, Sanofi; Pharm. Matthew Azoji, MD/CEO, Neimeth International Pharmaceuticals Plc; Pharm. Gbenga Falabi, MD/CEO, Tiptop Nigeria Limited; Pharm. Olakunle Oyelana MD/CEO, Glaxosmithkline Group and Pharm. Micheal Heavens, MD/CEO, Chan Medi-Pharm Limited/GTE.

Digital tools crucial for optimum wellness, says ALPs-Lagos

- As lady pharmacists celebrate ALPs Day

Until Nigerians realise the huge health benefits in using their smartphones for more than just making of calls and surfing the Internet, they might not be able to leverage them for optimum wellness, Association of Lady Pharmacists (ALPs) Lagos branch, has stated.

Members of the association stated this while marking ALPs Day in the recent Annual Lagos State PSN 2019 Scientific Week.

The lady pharmacists who discussed the theme "Leveraging digital technology for improved patient care and safety", told residents of Mainland Local Government Area about the various ways they can

maximise digital tools, such as smartphones and mobile applications for the regular monitoring of their vital signs.

They also emphasised the importance of regular exercise and medical check-ups, while educating the participants on why they needed to report any strange development in their bodies early to their caregivers, noting that this would help to nip any abnormal growth in the bud.

The lady pharmacists also conducted free medical screening on blood glucose, blood pressure, Hepatitis B, and counselling on the patients, while also enlightening them on various health issues, such

as the use of mobile technology for healthy living, healthy nutrition and exercise, as well as drug abuse and misuse.

Speaking on the topic, "Leveraging digital technology for improved patient care and safety" the keynote speaker, Pharm. Aderonke Olowu explained how technological advancement had changed the mode and manner of doing things in the world, especially making life easy for people.

She further highlighted how lack of exercise has unknowingly affected several people negatively, while they go through their daily busy schedules, without remembering to engage

in exercise.

She noted that there are mobile applications that can be easily installed on mobile phones to monitor vital signs and even count steps daily. Such applications, according to her, include: *Hydration App, Speedometer, Step counter, Track it, Calories burner, Sleep time, Walkout, Glucometer, 30 Day lose weight, etc.*

She stated that all these applications can be easily used by people without the help of a doctor, adding however that test reports can be reported to their doctors anytime they visit the hospital.

In her welcome address, the chairperson of the occasion, Prof. Olukemi Odukoya expressed her delight with the choice of sub-theme for the programme: "Promoting wellness and healthy lifestyle, using tools of information, education, counselling, screening, and referrals", saying it was apt as things keep evolving every day.

The Professor of Pharmacognosy urged the participants to be very attentive to all the lectures, because, according to her, most diseases, including cancer, don't kill suddenly, as long as there is early diagnosis and presentation in the hospital.

She encouraged them to always pay attention to any strange development in their bodies and report same to their healthcare givers immediately for proper attention.

In her own contribution, the Chairman, Pharmaceutical Society of Nigeria (PSN) Lagos State, Pharm. (Mrs) Bolanle Adeniran, she expressed the position of the association on the high rate of sudden death in Nigeria, saying the spate of premature death in the country due to preventable diseases was what informed the decision of the group to come and educate them on how to use modern technology to promote healthy living.

Adeniran, who spoke extensively on the status of pharmacists in the community and hospital, as drug experts and manufacturers, urged people to always cooperate with pharmacists, during drug counselling in the hospital and community pharmacies.

She specifically told participants how to differentiate a pharmacist from other health workers in the hospital, and why they need to purchase their medicines from only registered and licensed pharmacies whenever they need to do so in the community.

Health talks bordering on different areas of health were presented by other members of the association including, "Meet your pharmacist", by Pharm. Omolara Ebitigha; "Hygiene", by Pharm. Oluyemi Onakoya; "Healthy nutrition and exercise", by Pharm. Hafsof Agbabiaka;

continued on page 36



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80 hearty cheers to an Icon: Sir Ifeanyi Atueyi

Exactly 21 years before Nigeria gained her independence, a boy child was born on 1 October, 1939, at Okija in Anambra State, whose life purpose would be to use the power of words to help individuals attain freedom from ignorance and negativity.

Sir, Ifeanyi Atueyi, the publisher of **Pharmanews** was born to touch lives and shape destinies. His writings, books and speaking engagements have shaped tens of thousands of people's lives for the last 40 years.

I first met Sir Atueyi through his column in **Pharmanews** in 2007 as an undergraduate studying Pharmacy at Olabisi Onabanjo University. His column is filled with wisdom, laced with biblical principles and crafted with so much simplicity and practicality. I always looked forward to his thoughts on a monthly basis.

In 2011, after publishing my own first book, titled, "Maximise Your Life", I paid him a visit at Pharmanews headquarters in Lagos to present my book to him and also learn from his wisdom firsthand. Sir Atueyi shared some suggestions with me on how I could improve myself as a writer. He also gave me advice on the path I had chosen in life.

He said, "Oh boy, writing books, teaching principles and helping people to grow and become better is not a calling that quickly yields return on investment. But it is a fulfilling path. However, if you have made up your mind that this is your purpose, you must focus on impact not money, but with time the money and all other rewards will definitely come."

"You must be patient, committed, consistent and persevere if you want to enjoy the reward of your efforts. I am looking forward to your next book. I have made it a point of duty to publish at least one book in a year."

The next time I called Sir Atueyi, he gave me feedback about my book.

By Pharm. Sesan Kareem

He said, "I was impressed about the truths in your book. They are going to help anyone who studies, understands and applies them. I am proud of you. Please keep it up."

Listening to those kind words from an icon of publishing and a man of great wisdom inspired me to learn more, do more, create more, research more, in order to contribute more. Today, I have seven published books and hundreds of articles in my name.

You see, in our world where many elderly, successful and well-respected people act like semi-gods, Pharm. Atueyi is above personal aggrandisement. He is accessible to the old and the young, the accomplished and the budding in the profession.

I remember when I had the plan to start Achievers Forum. I booked a meeting with him to share my plan. As usual, he listened attentively to my thoughts, gave me some suggestions on what to do and what not to do, accepted to be part of the event as a facilitator and supported us before, during and after the event. Since then, he has always honoured me with his presence at any of my seminars. Honestly, it takes a very humane elderly person to keep honouring a young man who is like a grandson to him.

I have learnt a lot from Sir Atueyi in the last 12 years from his words but more importantly from his actions. Below are seven life principles that we can learn from his long and meaningful life and apply to our own journey so that we can also enjoy a long life, filled with impact, influence, peace of mind, sound health, joy and love.

1. Follow your passion. Discover your calling, develop your gifts and deploy them to make other people's lives better. Our rent here is service to humanity. Sir Atueyi discovered his calling and pursued it wholeheartedly, even when success was not guaranteed. There is a worthy price for discovery.

When you do what you love, you will always be fulfilled. Follow your passion.

2. Never stop learning. If service is our rent here on earth, then, our means of paying our rent is commitment to lifetime learning. Sir Atueyi keeps learning and growing despite his age. Keep growing your mind. Keep improving yourself. Keep becoming better and better on a daily basis.

3. Help people to grow. Within and outside the pharmacy profession, Sir Atueyi has mentored many people. He has shared his wisdom, experience and time with others to improve them and guide them appropriately. Don't be selfish. Invest in people, especially young people coming behind who have shown seriousness and promise.

4. Humility will take you far. Sir Atueyi relates well with everyone, regardless of their age and stage in life. I strongly believe that there are very few people in the healthcare and publishing industry who are older than Sir Atueyi. But despite his age and experience, he doesn't look down on any one. Be humble. Stay humble. Live humbly.

5. Be a blessing to your profession. In various ways for the last five decades, Sir Atueyi has served the pharmacy profession nobly in various positions and roles. In recent times, during the PSN-led administrations of my mentor and boss, Pharm. Ahmed I. Yakasai, he played key roles in various committees and events. Do what you can to add value to your profession. Don't stand on the fence. Be part of the process. Do what you can do with honesty, discipline and probity.

6. Be a good family man. I always see Sir Atueyi and his wife, Mama Atueyi, at all the PSN conferences I have attended so far. The love and care he showers on his wife and family, including the Pharmanews family, is what we can all learn from and apply. Take care of your family, treat your



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

employers well and be a complete gentleman at home and work.

7. Befriend God. Sir Atueyi is a man with the fear of God. He knows His words and lives by the words as a good ambassador of the gospel on earth. Despite his strong faith as a Christian, he doesn't look down on other people's faith. You have to befriend God. With him, you are unstoppable. When you put your trust in Him and live a godly life, you will never regret your life.

Proverbs 4:18 states, "The path of the righteous is like the morning sun, shining ever brighter till the full light of day." May the life of Sir Ifeanyi Atueyi continue to shine brighter and brighter every day of his life because he is a righteous man.

May his wife and children continue to be sources of joy to him because he is a just man. May the good Lord continue to grant him long life in good health, joy, love and peace of mind because he is a good man.

Happy birthday to a mentor of mentors, a leader of leaders and a coach of coaches!

Happy birthday to a great son of Okija land, a great thinker of Anambra State, a great citizen of Nigeria and a great Ambassador of Africa.

Happy 80th birthday to my mentor, teacher and friend, Sir Ifeanyi Atueyi. I salute you, sir.

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How I influenced ACT adoption in malaria chemotherapy - Prof. Ogunbona

By Adebayo Folorunsho-Francis



Born on 30 October, 1944, at Ibogun Odejimi area of the present-day Ifo Local Government, Ogun State, Prof. Festus Adio Ogunbona is a pharmacist of high repute. An emeritus professor of Pharmaceutical Chemistry at Obafemi Awolowo University (OAU), Ile-Ife, he is an old boy of Igbobi College, Yaba, Lagos. Ogunbona, who bagged a B.Pharm from University of Ife (now Obafemi Awolowo University) in 1969 proceeded to obtain a PhD (in Pharmaceutical Chemistry) from Chelsea College, University of London in 1973. In this interview with **Adebayo Folorunsho-Francis**, the former dean and deputy vice-chancellor (administration) of Obafemi Awolowo University recounts his activities as chairman of Pharmacists Council of Nigeria (PCN), his apathy to vying for presidency of the Pharmaceutical Society of Nigeria (PSN), as well as the circumstances that led to artemisinin combination therapy replacing chloroquine in malaria chemotherapy. Excerpts:

Sir, you were the chairman of PCN for five years. Tell us about the intrigues of managing such a complex institution and what has changed between the PCN of your time and now.

I was chairman of PCN from 2003-2007, not for five years. And I would rather talk about the strategies, not intrigues, in managing such an important federal government agency.

Firstly, I got myself well-informed about the activities of the Council by reading through all the previous minutes of the Council. I consulted widely with the relevant stakeholders, such that at the first meeting held on the day of inauguration, 14 August, 2003, three main challenges were identified and dealt with in a period of six weeks.

The Council took very important decisions at the second meeting in terms of its modus operandi. For instance, it was decided that all meetings of Council were to hold at the PCN headquarters, Idu, Abuja. Before then, the meetings were rotated round state capitals.

No representation was allowed at Council meetings. For example, if a state director of pharmaceutical services sent someone to represent him at a meeting, he would be admitted to the meeting only as an observer and was not paid any allowances (both travel and sitting). The resultant effect was an almost 100 per cent attendance by the membership, as stated in the PCN

Law.

All matters placed before Council passed through its appropriate statutory committees, such that only their recommendations were discussed at the Council meeting. The statutory committees (serviced by appropriate departments of the Council) were carefully composed to ensure representation from the PSN, the state governments and the universities. Any fresh matters raised or arising from the deliberations from the statutory committee reports were referred to appropriate committees. This definitely cut down the time spent at Council meetings to a few hours (rather than days as in the past), while allowing a thorough discussion of all matters before decisions were taken.

What was your experience like working with the Nigerian Universities Commission (NUC) as a visiting professor?

In NUC, I had the opportunity of contributing towards the development of the entire Nigerian university system in several assignments I was given. I did so by participation at various meetings, seminars and workshops. I also went on sentry visits to some universities in the company of staff of appropriate departments in the agency.

As chairman of NUC standing committee on private universities, tell us about the

inherent challenges of such office and some anomalies you encountered.

My main duty as chairman, standing committee on private universities (SCOPU), was to guide the committee to carry out a thorough assessment of the various applications for establishment of private universities in the country, in accordance with the regulations in the NUC law on same. I was privileged to have, serving with me on the committee, highly intelligent and very experienced NUC staff (mostly deputy directors).

With the exception of Covenant University, University of Ibadan and University of Nigeria, no other Nigerian university made the list of Times 1,000 World University Ranking. From your experience as a former DVC, where did we get it wrong?

I would rather not comment on webometric rankings of Nigerian universities carried out on annual basis by some international organisations.

You have had a decorated career as deputy vice chancellor, dean and NUC professor. Of all these offices, which one did you find most challenging and why?

I do not know of any decorated career but all I know is that I served as the dean of my faculty, deputy vice chancellor (Administration) of my university and visiting professor to NUC at different stages of four decades of my academic career.

Each office presented itself with various challenges which were turned to opportunities. Definitely, the office of the DVC, where one was dealing with issues related to security of life and property on campus and various infrastructure serving both students and staff, such as electricity and water supply, posed the greatest challenge.

After a long wait, President Buhari has eventually announced his choice of candidates for the posts of health minister and minister of state for health respectively. Which areas do you think should be the focus of the ministers?

I am not a politician but I believe that the two ministers just appointed are quite conversant with the health situation in the country. One was a former minister of health in the first term of the current administration and the second was a former senator, who was very much involved during his four-year tenure in the health committee of the Senate.

I also believe that the two ministers are quite experienced to be able to sort out the priorities with adequate guidance from the officials of the ministry of health. I cannot pretend to be playing to the gallery. I am an academician who will make my comments and advise based on current information on ground.

For example, when I had the opportunity as the chairman of PCN in serving on a committee set up by the former minister of health (Prof. Eytayo Lambo) to look into the adoption of WHO directive on the use of Coartem (artemisinin-

lumefantrine) as the only artemisinin combination product to be used to replace chloroquine in malaria chemotherapy, I was able to convince the committee to modify the drug for Nigeria to artemisinin combination therapy (ACT). This was actually the original recommendation of the WHO.

The approval of our recommendation led to local manufacturing companies being able to manufacture and launch their own ACT products in the country. If the original recommendation from the FMOH had been approved, Nigeria would have been restricted to importing only Coartem to treat malaria. This was my humble contribution as an academic who had been involved in research on antimalarials for years.

How would you rate the Nigerian pharmaceutical industry, compared to your time?

I cannot assess the performance of the pharmaceutical industry now.

You have mentored quite a handful of successful pharmacists. Is there one or two that have impressed you so far? Tell us why.

I have many successful pharmacists who passed through my tutelage and are well placed in all the areas of the profession, including academic, industrial, community, hospital and administrative pharmacy. It is very difficult for me to pick even ten. I would rather not do that.

Is there any plan to take a shot at PSN presidency in future and what will be your reason(s)?

Never

Is there a particular reason for the apathy?

I believe that I have paid my own dues to the PSN in many spheres. Let our younger colleagues carry on the banner to higher and higher level.

You are yet to tell us about some laurels, awards and recognitions you have garnered over the years.

An academic, like I am, values only those honours related to my academic work. But I stated my fellowship of the PSN which I believe I earned, given my activities in the Society over the years, up to 1991. Recently, I earned the highest honour that could be bestowed on an academic by the university system in form of appointment as an emeritus professor. I consider this the greatest honour ever conferred on me.

If you were to be given a chance to practise Pharmacy in another dimension other than academia, what other arm of the profession would be your destination?

It is difficult for me to choose any other arm of the profession because some of my lecturers had been preparing me and some of my mates for the academia. I was not allowed to think of any other area, given the fact our VC had challenged those of us who were performing well in our set to be ready to go for our PhD.

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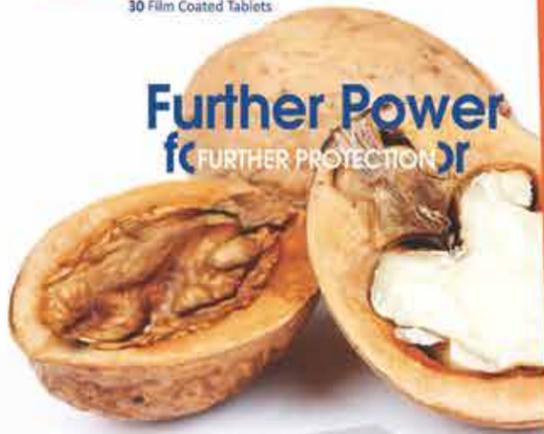
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Clove, a precious spice

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

Clove, botanically known as *Syzygium aromaticum* (Fam. Myrtaceae), is widely recognised all over the world for its medicinal and culinary qualities. It consists of a long calyx that terminates in four spreading sepals, and four unopened petals that form a small central ball. It is called *albaso* in Hausa, *kloovu* in Igbo and *ata ile* in Yoruba.

Constituents

Cloves contain calories, carbohydrates, fibre, manganese, vitamin K, vitamin C, calcium, magnesium and vitamin E. Other important essential oil constituents of clove oil include acetyl eugenol, betacaryophyllene and vanillin, crategolic acid, tannins, such as bicorin, galloannic acid, methyl salicylate, the flavonoids eugenin, kaempferol, rhamnetin, and eugenitin, triterpenoids, such as oleanolic acid, stigmasterol, and campesterol and several sesquiterpenes.

Preparations

As a supplement, the spice can either be used in its whole form, ground form, or reduced to its essential oil. It may also be simmered whole in boiling water for five to ten minutes to make a soothing cup of clove tea. It can easily be incorporated into many dishes, beverages, cookies and cakes for its flavour.



Syzygium aromaticum.

Pharmacological actions and medicinal uses

Some research shows that the compounds found in cloves can help protect against cancer. Test-tube studies found that clove extract helped stop the growth of tumours and promoted cell death in oesophageal, breast and cervical cancer cells, respectively.

Cloves can help the oesophagus produce more phlegm and act as an expectorant, making coughs less severe and more productive. It can be used for treating bronchitis and asthma. The oil soothes the respiratory tract and also has an anti-inflammatory effect. The oil has been used as an antiemetic with inconsistent

clinical results. Use of the oil in dentistry as an analgesic and local antiseptic continues today. It also has been used topically as a counterirritant.

A test-tube study showed that clove essential oil was effective in killing off three common types of bacteria, including *E. coli*, a strain of bacteria that can cause cramps, diarrhoea, fatigue and even death. Some animal studies show that clove extract and clove oil may increase the production of gastric mucus and help protect against stomach ulcers.

Cloves and nigericin were found to increase the uptake of sugar from the blood into cells, increase the secretion of insulin

and improve the function of cells that produce insulin, thereby lowering blood sugar.

Animal studies show that clove extract and manganese may help increase bone mineral density. Studies have shown that cloves can prevent premature ejaculation, enhance testicular function and ultimately boost testosterone levels.

Clove can work as a repellent and insecticide against ants, mosquitoes and fleas. A new application of clove as larvicidal agent is a strategy worth exploring to combat dengue, which is a serious health problem in some tropical countries.

Different studies have confirmed the traditional use of clove as food preservative and medicinal plant, making this plant stand out for different applications.

Adverse effects

Overdosing on clove oil may cause liver damage, especially in children. Its use may cause adverse effects if taken orally by people with liver disease, blood clotting and immune system disorders, or food allergies.

Economic potentials

Currently, the marketability of cloves brings a regular income to households, ensuring food security for them. Eugenol, found in clove, is a molecule of interest in a number of commercial sectors and poses great potential for the cosmetic industry, agricultural applications, human and veterinary pharmaceuticals and the food industry.



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Events in Pictures



L-R: Past President, NAPPSA, Dr Funmi Ajayi; incoming President, Dr Anthony Ikeme; Dr Teresa Pounds with her Fellowship Award certificate; and outgoing NAPPSA President, Dr Leo Egbujiobi, during the 2019 NAPPSA Conference in Atlanta, USA, recently.



Pharm. (Sir) Ifeanyi Atueyi and Lady Joan Atueyi with some NAPPSA members cutting the 80th birthday cake presented to Sir Atueyi by NAPPSA.



L-R: Dr Shelly Ikeme, Dr Anthony Ikeme and Mazi Sam Ohuabunwa, president, PSN.



L-R: Pharm. Kunle Tometi, representative of NAPPSA in the PSN Council; Mazi Sam Ohuabunwa, PSN president; Pharm. Ahmed Yakasai, representative of PSN in the NAPPSA Board; and Dr Leo Egbujiobi, outgoing president, NAPPSA.

Coming Events

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.

Nigeria Sales Conference holds in Enugu

Nigeria Sales Conference, the biggest sales conference for sales professionals and small and medium enterprises (SMEs) is billed to hold on 25, October, 2019 at the KOBBA Civic Centre, Polo Park, Enugu.

The conference is expected to have over 2000 participants and ten top speakers.

Among the keynote speakers expected at the conference are Dr Innocent Chukwuma, chairman/CEO, Innoson Vehicle Manufacturing Limited; Pharm. (Mazi) Sam Ohuabunwa, president, PSN; Bitrus Chinoko,

director-general, Centre for Management Development; Sir Robert Anwatu, chairman, Roban Stores and Chidi Okoro, former MD, UAC Foods.

Other speakers are Dr A. A. Olubanjo, chairman, Adebola Sobanjo Company; Prof. Okey Enudu, director of studies, Esut Business School; Vincent Onodugo, PhD, management consultant and George O. Emetuche, bestselling author/ accredited trainer and founder, The Selling Champion Consulting Limited.

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.

Nursing conference holds in Lagos

ATECAM's Global Nursing and Health Care Conference is scheduled to be hosted at the Lagos Chamber of Commerce & Industry (LCCI) Conference Centre, Dr Nurudeen Olowopopo Way, Agidingbi,

Ikeja on 11 December, 2019.

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L-R: Pharm. Valentine Ezeiru, MD/CEO, Oculus PharmaCare Limited; Mrs Yvonne Fayose, national secretary, NAIP; Pharm. Chinedu Nwulia, 2nd national vice chairman, NAIP; Pharm. (Sir) Nnamdi Obi, MD/CEO, Embassy Pharmaceuticals & Chemical Ltd/chairman of the occasion and Pharm. Ignatius Anukwu, national chairman, NAIP during the 2019 CEOs' Forum organised by NAIP in Lagos, recently.

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Afonchies Pharma take drug abuse campaign to Ajah community

- Conducts free medical screening on over 200 youths

By Adebayo Oladejo

As part of its corporate social responsibility (CSR), Afonchies Pharmaceuticals Limited, a leading community pharmacy in Ajah, Lekki, Lagos, has taken the campaign against drug abuse and misuse, to the people of Prayer City, Abijo Village, Ajah, Lagos State.

The health campaign and screening exercise were held during the yearly retreat of the national youth body of the Doers of The Word Evangelical Church, at the Prayer City, Abijo Village, Ajah, Lagos State.

Speaking on the rationale behind the initiative, Mr Kingsley Ugwu, manager, Afonchies Pharmacy, who was also the coordinator of the campaign, said: "We decided to organise the medical outreach and free screening exercise to give back to our community and to promote healthy living among Nigerians."



Some members of Afonchies Pharma Limited screening some participants at the event

According to him, regular health screening is good as it involves checking patients' current health status and risks, adding that "if any problems are found, the healthcare provider will provide

information on treatment plans and ways that you can prevent health issues in the future."

The free health screening featured screening for blood glucose level, hypertension, body mass Index (BMI), among others.

Also speaking at the programme, Dr Oyunovo Angela Evbodi, superintendent pharmacist, Afonchies Pharmacy, Ajah branch, who spoke on behalf of the managing director, Pharm. Adebayo Afon, explained that the free medical screening and awareness campaign were organised as part of the company's contribution to improving public healthcare.

Speaking further, Evbodi, who had her Pharm. D from the Kwame Nkrumah University, Ghana, noted that regular health screening and awareness can help detect health problems before they become complicated and sometimes untreatable, adding that by getting the right health services, screenings, and treatments, people are taking steps that will help them live longer and have a healthier life.

She noted that people need to consider their health first in everything they do, adding that looking healthy is not always an indication that one is free from diseases.

"We have discovered that many people do not know where to go to when they want to access drugs; therefore, it is necessary for us to be here to showcase our presence to the people of this community and to tell them that there are lots of things that they are missing by not regularly patronising registered pharmacists", she said.

Aside from health screening and treatment, the Afonchies team also gave health talks and educated the populace on what to do to prevent diseases and better manage their health. A major feature of the health outreach programme was a lecture on drug abuse and misuse as well as management of diabetes and hypertension.

In his lecture titled, "Management of Diabetes and Hypertension", Pharm. Peter Ogbole, spoke on the importance of regular physical exercise to the body, saying although it may not be easy initially, the benefits far outweigh any pain that may be involved.

Ogbole also urged the participants to have their blood pressure checked periodically, in order to avert cardiovascular diseases, which he said are very deadly.

While appreciating Afonchies for the good gesture, the pastor in-charge of the youth body, Pastor Leo Fadare, said he was quite happy with the team, noting that the free screening exercise and lecture were a big boost to the programme and would linger in the memory of the youngsters.

He further enjoined other healthcare providers and organisations in the country to take a cue from what Afonchies Pharma has done and reach out to assist people in enjoying better health as a way of giving back to society.



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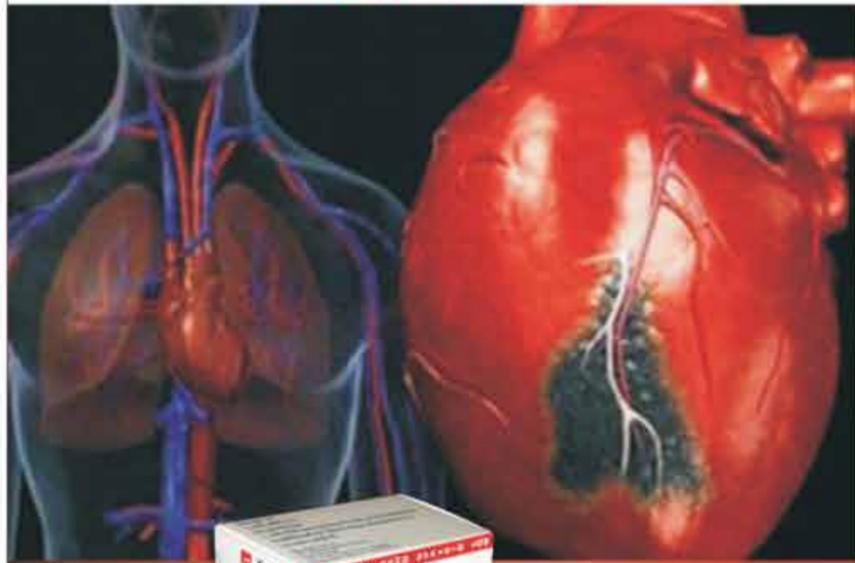


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Why Lagos PSN endorsed Amatem Softgel as antimalarial of choice – Adeniran

By Temitope Obayendo

Sequel to the special recognition given to Amatem Softgel as an antimalarial of choice by members of the Pharmaceutical Society of Nigeria (PSN), Lagos State chapter, Pharm. (Mrs) Bolanle Adeniran, chairman of the chapter, has explained reasons for the decision.

Adeniran noted that, as custodians of drugs, it is part of pharmacists' obligations to monitor adverse drug reactions and the degree of patients' acceptance of a drug, adding that, in both areas, Amatem Softgel was not found wanting.

The Lagos PSN leader stated further that Elbe, as a pharmaceutical company, had been at the forefront of fighting malaria in Nigeria through Amatem Softgel.

Adeniran who made the remarks during the official opening ceremony of the 2019 Lagos PSN Scientific Week, also asserted that with Lagos having the highest number of pharmacists in Nigeria, their seal of approval means so much for Elbe and its unique brand of antimalarial.

Her words: "Although the brand got the support of community pharmacists during the annual national conference of the Association of Community Pharmacists of Nigeria (ACPN) in Kano, it was imperative to get the approval of the 'Eko' pharmacists, because the company knows that we have the number and stand for the best. So we decided to give our absolute recognition to the brand. Congratulations to Elbe for the special endorsement."

The united support of the pharmacists for the brand, which was a major activity during the 2019 Lagos PSN Scientific Week, saw the drug experts take turn to speak on the efficacy of the medicine as they urged other manufacturers to follow Elbe's innovative example for better patient outcomes.

Presenting the findings of a comparative study conducted on the bioavailability, efficacy and toxicity of Amatem Softgel and another known brand of artemeter-lumefantrine tablet formulation, by a group of researchers from LASUTH, Dr Mutiu Bamidele, of the Parasitology and Microbiology Department of LASUTH, noted that Amatem Softgel was found to be more present in the blood stream than other brands of malaria tablets.

According to him: "It is expected that most of the drugs we take get to the blood stream; that is what we call bioavailability. What we found out from the bioavailability study is that Amatem Softgel is more present in the bloodstream than the tablets. The implication is that Amatem Softgel can quickly attack malaria parasite in the bloodstream than tablets."

He further stated that the toxicity study of Amatem Softgel did not reveal any side effects of the drug on patients, urging the pharmaceutical company to do an extension of the toxicity study in the future.

"The study was focused on how much of the product is found in the blood stream and its effectiveness in treating malaria, and these showed significant positive results," he said.



L-R: Pharm. Deji Osinoiki, former national chairman, ACPN, and B.O.T chairman, Lagos PSN; Pharm. Ejiro Foyibo, deputy PSN president; Pharm. (Mrs) Bolanle Adeniran, chairman, Lagos PSN; Pharm. Shiva Kumar, GM/COO, Elbe Pharma; and Mr Kayode Kolade, business head, Elbe Pharma, during the endorsement.

Pharm. (Mrs) Modupe Oyawole, deputy director, Pharmacy Department, LASUTH, also expressed her delight with the brand, saying, "I have known Elbe as a pharmaceutical company for a while, and for those of us in the hospital, Elbe is synonymous with quality products; so we know that any product they come out with is of good quality."

"For Amatem Softgel, we use it in my institution a lot, especially in the O&G unit. We use it for patients in the third trimester and it has been very effective. I know that Amatem Softgel will go places, because it's a product I am confident to talk about, anytime, any day."

Pharm. Ismail Sumonu, publicity secretary, Lagos PSN, also attested to the quality of the brand. "Basically, before the Lagos State chapter of the PSN will go all out in endorsing a product, we must have been aware of the efforts the company has made in improving the brand and the quality of their

products.

Considering the fact that artemether-lumefantrine combination generally has a bitter taste, one of the unique selling points of Amatem Softgel is that it comes in a gelatin capsule, which masks the taste and odour of the combination.

"Also in treating malaria, you realise that one of the challenges is vomiting, and for most patients, the odour of the drug triggers vomiting. But where you can mask taste and odour, you make the drug more acceptable to patients. So when we consider all of these, we realise it's a major advantage over other brands of artemether-lumefantrine in the market."

"So, PSN-Lagos is coming all out to say this is a brand to identify with; this is a brand to endorse, in addition to Elbe's corporate social responsibility to the Pharmaceutical Society of Nigeria", he emphasised.

Captain (Pharm.) Haruna Mbaya also joined in the quality

chorus for Amatem Softgel, noting that the endorsement was all about getting better patient outcomes.

"Elbe has been into pharmaceutical business for over 30 years, and they have various lines of pharmaceutical products. Basically, they started with Amatem Forte, now Amatem Softgel, where those aftertastes of drug are being eradicated, with high rate of absorption."

"Patient complaint is improved, and adherence is also improved. Rate of activity also increased, as when a patient takes his drug, it goes to the target site, and then it will elicit pharmacological response. I think it is a very good development."

"Actually, it is all about the patients, and since it's all about patients, we want good outcomes for our patients. Who does not want a good thing? Since it's a good product, then let everybody support the Amatem Softgel", he urged.

Digital tools crucial for optimum wellness, says ALPs-Lagos

continued from page 22

and "Drug abuse and misuse" by Pharm. Seliatu Ohimor.

Speaking earlier in her opening remarks, the Chairperson, ALPs-Lagos, Pharm. Modupe Alli, appreciated all the participants and members of the association for making the 2019 ALPs Day a reality, noting that it was important to put all the lectures delivered at the programme into use for better health outcomes.

Alli, who was represented by the Lagos ALPs vice-chairperson, Pharm. Nsese Mfon, said people should endeavour to exercise regularly, as well as put their mobile phones into better use to enhance their wellness.



Former and incumbent executives of the Lagos State ALPs, with Pharm. Gbolagada Iyiola, (right) former national secretary of PSN, as a guest, in a group photograph, at the programme.

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PSN, ACPN, cardiologist, others endorse Omron M7 Intelli IT

- As New Heights Pharma unveils product in Port Harcourt

By Adebayo Folorunsho-Francis



L-R: Mr Felix Anyanwu, national sales manager, New Heights Pharmaceuticals; Mr Ebenezer Olayinka, marketing manager, New Heights Pharmaceuticals; Pharm. (Mrs) Victoria Ukwu, director of pharmaceutical services and head of Pharmacy department, University of Port Harcourt (UPTH); Pharm. Ukah Igwe, managing director of Famatex Pharma and chief launcher of the occasion; Pharm. Chima Ogbu, chairman, Rivers PSN (4th from right) and Pharm. (Mrs) Agbomma Esom-Ibe, chairman, Association of Community Pharmacists of Nigeria (ACPN), Rivers State (extreme right), shortly after the product was unveiled.

The Pharmaceutical Society of Nigeria (PSN) and Association of Community Pharmacists of Nigeria (ACPN) have thrown their weight behind Omron M7 Intelli IT, a blood pressure monitoring device, during its recent launch in Port Harcourt, Rivers State.

The colourful ceremony, which was organised by the Pharmaceutical Society of Nigeria Rivers State and New Heights Pharmaceuticals Ltd - official business partners for Omron Healthcare in Nigeria - took place at Atrium Event Centre in Port Harcourt, on 13 August, attracting several healthcare professionals, which included cardiologists, physicians, pharmacists, nurses, lab scientists and medical equipment distributors.

Addressing journalists at the event, Pharm. Ebenezer Olayinka, marketing manager, New Heights Pharmaceuticals, explained that Omron M7 Intelli IT is the latest cutting-edge innovation in blood pressure monitoring.

"Among other things, it has the capacity to sync your blood pressure readings to your smartphone in such a way that you can easily track your results and monitor its progress by turning the results into meaningful graphs.

"It can also share the data via email to your healthcare professionals. What this simply connotes is that you are in control, especially with this new Intelli Wrap Cuff technology which assures consistent accuracy from any position around your upper arm," he noted.

An excited Olayinka further disclosed that the Omron Connect

app can be downloaded on mobile devices, making it portable and simple since it can easily connect with any iPhone or Android phone.

"The M7 Intelli IT blood pressure monitor is readily available in leading pharmacies nationwide," he said.

Applauding the event, Pharm. Chima Ogbu, chairman, PSN, Rivers State, remarked that the Port Harcourt launch of Omron M7 Intelli IT was a huge success.

Speaking with *Pharmanews*, Ogbu revealed that the product was well received by pharmacists and other healthcare practitioners in the state, given its advanced features and improved reliability in cardiovascular screening.

"We appreciate New Heights Pharma and Omron Healthcare for bringing this state-of-the-art blood pressure monitor home to Rivers State practitioners. It can only make our practice get better," he said.

In a related development, Pharm. (Mrs) Agbomma Esom-Ibe, chairman, ACPN, Rivers State, has described the launch of the M7 Intelli IT as a major breakthrough.

"The device will give both the healthcare practitioner and the patient a 'wow' experience. It is a device that elicits trust from the patient and builds the confidence of healthcare practitioners. We feel honoured that the first launch of the product took place in Port Harcourt. New Heights Pharma has developed a reputation over the years for providing good devices back to back," said Esom-Ibe.

Pharm. Ukah Igwe, managing director of Famatex Pharma and chief launcher of the occasion

remarked that Omron M7 Intelli IT has made it easy for physicians to monitor and assess patients' progress from remote locations through mobile telephony.

"Surely, Omron blood pressure device is a useful product for the average home because it tries to eliminate the incidence of white coat hypertension and provides the patient a regular check on the blood pressure outside of physician visit.

"It is a great privilege to be the chief launcher of such a device. I will readily recommend it because it is reliable and provides increasingly hi-tech data, in line with the world going digital," he stressed.

The Famatex boss further declared that he was eager to see the impact of the device, especially in improved control of high blood pressure among Nigerians and subsequent reduction of the end-organ damage that usually results from hypertension, leading to such conditions as stroke, arteriosclerosis, myocardial infarctions, and kidney failure.

After a brief presentation on cardiovascular diseases by Dr Maclean Akpa, consultant physician and cardiologist, University of Port Harcourt (UPTH), the Omron M7 IT blood pressure monitor was formally unveiled amidst a thunderous ovation from the appreciative audience.

Other dignitaries in attendance included Pharm. (Mrs) Victoria Ukwu, director of pharmaceutical services and head of Pharmacy department, University of Port Harcourt (UPTH);

Mr Felix Anyanwu, national sales manager, New Heights Pharmaceuticals; Mr Ebenezer Olayinka, marketing manager, New Heights Pharmaceuticals; and Pharm. David Effiong, regional manager (South East), New Heights Pharmaceuticals.

It would be recalled that New Heights Pharmaceuticals, in collaboration with Omron Healthcare Europe BV, donated several similar blood pressure monitoring devices to the Lagos State Primary Health Care Board in commemoration of the World Health Day celebration. The gesture was well applauded in the health sector and further received good reviews in the Nigerian media.

Omron Healthcare has been described as a global frontline brand in digital blood pressure monitors with over 200 million units sold. The blood pressure monitors have been in the market for over 80 years and have been made available to Nigerians in the last 10 years by the official business partner in Nigeria - New Heights Pharmaceuticals Limited.

"Omron blood pressure monitors come with a three-year warranty. The Omron blood pressure monitors are the only ones in Nigeria that is clinically validated.

"What this connotes is that these monitors give same blood pressure results as those conducted in hospitals. They are the only brands fully registered by NAFDAC and SON, making them the only brand in the Nigerian market with such regulatory and medical approvals," Olayinka said.

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Pharmawrap, Live Well Initiative, Oguaju Foundation hold healthcare conference in Anambra

In a bid to address the various public health dangers facing youths in Nigeria, three non-governmental organisations (NGOs) recently collaborated to hold a healthcare conference in Anambra State.

The two-day event, held at the Juhel Auditorium of the Faculty of Pharmaceutical Sciences, Nnamdi Azikiwe University, was used to raise awareness on contemporary health issues facing youths in the country.

Speaking at the conference, President of Pharmawrap, Comrade Somtochukwu Chimbiko, stated that quality healthcare information is fundamental to healthy living, adding that Pharmawrap is committed to providing health information to Nigerians.

Ms Nancy Amara, the public relations officer of Victor Oguaju Foundation reaffirmed the foundation's commitment to helping the nation achieve the goal 3 of the Sustainable Development Goals (SDGs), which is ensuring healthy living and promoting wellbeing.

On day one of the conference, Dr (Sir) E. O. Uzoechina, who spoke on hepatitis, while explaining the causes and treatment options for the condition, urged participants to take advantage of preventive measures available to avoid the disease, noting that prevention is always better than cure.

Also speaking at the event, Dr Ogbonna Brian who spoke on critical public health challenges facing youths in the country, noted that there is need for proper enlightenment of the nation's huge youth population on how to stay safe and healthy.

Day two of the conference had two lectures. Prof. J. B. Adimma spoke on reproductive health challenges facing youths in Nigeria, while Pharm. Nduka Tobena, who represented the PSN-YPG spoke on mental health challenges resulting from abuse of opioids.

The high points of the conference were the certified training on hepatitis screening and a digital healthcare seminar on how to use software for better healthcare delivery.



Some participants during the event.

Hospital pharmacists create Facebook page for patients' enlightenment

- As lists benefits of ICT in medication therapy

By Temitope Obayendo

Poised to bridge the gap between digital technology and medication therapy, members of the Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN) Lagos State Chapter, recently took to social media to create a Facebook page to advance their advocacy on medication use as well as, promoting interaction with patients.

The association's Facebook page titled: "Talk to your pharmacist", is aimed at disseminating appropriate information on medication use to patients, while also correcting misinformation about medication therapy.

The opening of the social media channel, alongside other activities such as "walk against drug abuse", free medical screening for Surulere residents, and health talks on different relevant topics, was carried out by the Lagos hospital and administrative pharmacists to mark the AHAPN Day during the 2019 Lagos PSN Scientific Week.

Addressing participants at the programme, held at the Surulere Local Government Area Secretariat, Pharm. (Mrs) Titilayo Onedo, chairman, AHAPN-Lagos, appreciated the people for coming, while explaining that the pharmacists were there to educate people on how to use their smartphones for the proper management of their health, stressing that there are many things they can do with their smartphones other than chatting.

"There is so much to be done with information technology. A lot of us have this technology but we don't know of what it can do for us. For instance, most people carry smartphones and they don't know its usefulness than just to receive calls. We are here today to tell you that with smartphones, you can access so much information, on social media and other useful sites", she noted.



Members of the Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN) Lagos State Chapter, during the walk against drug abuse in Surulere.

Citing the association's newly created Facebook page as one of the beneficial platforms to visit, she explained that it was created to have more engagement with patients, and resolve as many issues as possible surrounding medication therapy.

Commenting on the theme of the programme, "ICT in medication therapy management", Onedo outlined some available ICT tools that can be used by individuals for health management.

"There is the digital blood pressure monitoring device, even the glucose monitoring device is very important to have. You don't need to get to the hospital before checking your vital signs, such as your glucose level, blood pressure, body temperature, etc.

"If you monitor in your home by yourself, it makes you to be more disciplined and it makes you

to be able to take charge of your own health. In fact, it will enable you check the things that you are doing that you are not meant to do. If you wait till when you get to the hospital to do these tests, it might be counterproductive", she stated.

Speaking at the event, Dr Moyosore Adejumo, director of Pharmaceutical Services, Lagos State Ministry of Health, urged participants to always pay close attention to their health, adding that once they discover any strange development in their bodies, they should promptly visit the nearest primary health centre and desist from self-medication.

For the Lagos PSN chairman, Pharm. (Mrs) Bolanle Adeniran, her speech was centred on the roles and identification of a pharmacist in the hospital, while she enlightened the audience on how they could differentiate a pharmacist from other health workers.

Pharm. (Mrs) Yewande Olorunshola, chairman, planning committee, highlighted the improvements made on the 2019 AHAPN Day, compared with the previous ones, saying that the association had taken a step further on leveraging digital technology with the live streaming of the programme for public view through its newly created Facebook page.

Her words: "The theme of this year is leveraging digital technology to impact our practice as well as our patients. Now you can stream the programme live, even for our colleagues that are not here; and those ones that are in America can now follow us through our Facebook page.

"Now we are expecting people to

ask questions, and we will send the answers to their individual messengers. We want to employ the use of ICT on drug therapy to improve patient healthcare and also to improve pharmacy practice. Now that we are online, we can interact with colleagues all over the world, on latest drugs and their side effects", she quipped.

Other speakers who spoke on different health talks at the programme included: Pharm. (Mrs) Oyinlade Kehinde - "Who is a pharmacist and tips to identify fake drugs"; Chris Ugwu - "Drug and substance abuse"; Pharm. (Mrs) Modupe Oyawola - "Living with diabetes"; Pharm. Kingsley Okwunife - "Effective Medication use"; Pharm. Bolaji Oguntimeyin - "Your heart and your heart"; and Pharm. Ayo Olaniyi - "Prevention of kidney disease".

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Viral hepatitis still major killer disease in Nigeria – Olubowale

By Adebayo Oladejo

Pharm. Gbenga Olubowale, former chairman, Pharmaceutical Society of Nigeria (PSN), Lagos State Chapter, has noted that over 300 million people are unknowingly living with viral hepatitis worldwide, stressing that without identifying such people and linking them to care, millions will continue to suffer globally from the disease.

Olubowale disclosed this while speaking at a public awareness campaign on hepatitis, organised by the Rotary Club of Gbagada, District 9110, Nigeria, in partnership with the Association of Community Pharmacists of Nigeria (ACPN).

The hepatitis campaign simultaneously took place in August at the national secretariat of ACPN, Opebi, Ikeja, Lagos, Gbagada General Hospital, Gbagada Lagos and the New Iju Agege Garage, Agege, Lagos, with the focus being to enlighten and screen hundreds of patients as well as to administer vaccines free of charge.

Speaking further, Olubowale who is the chairman, Committee on Hepatitis Zero World Eradication Project, Rotary Club of Gbagada, defined hepatitis as an inflammation of the liver, which he said can either be self-limiting or progress to fibrosis, cirrhosis or liver cancer.

According to the former PSN chairman, the theme of this year's World Hepatitis Day, "Find the Missing Millions" was strategic,



Pharm. Gbenga Olubowale, undergoing screening during the programme.

coming at a time when there was need to create awareness among Nigerians on how to prevent hepatitis spread, adding that there was need to act immediately to stop people from dying needlessly from the disease.

Speaking in the same vein, President, Rotary Club of Gbagada, District 9110, Rotr Akinwale Odutola, said that the club had embarked on the initiative in collaboration with ACPN, as a way of carrying out its corporate social responsibility and improving the wellbeing of the people in the area

in which it is domiciled.

According to him, viral hepatitis has remained a major killer of people with a vast majority of patients being unaware of their infection status until it becomes chronic or fatal, adding that dying of viral hepatitis in Africa is becoming a bigger threat than dying of AIDS, malaria or tuberculosis.

Speaking further, Odutola lamented the increase in the number of people with the disease, stating that this is largely

due to ignorance of its mode of transmission, prevention and treatment.

In a show of gratitude, Rotr Odutola commended the leadership of ACPN, as well as Gbagada General Hospital, for creating an enabling environment for the hepatitis awareness campaign project. He also lauded the efforts of ACPN for the provision of vaccines and other logistic needs.

Speaking earlier, Pharm. Samuel Adekola, national chairman, ACPN, while admitting that the challenge of eradicating hepatitis had remained a tall order for mankind, however added that the global search for strategies to subdue the scourge, especially in Nigeria, necessitated the partnership with Rotary Club of Gbagada in order to organise the programme.

Highlighting the challenges currently facing Nigeria in tackling hepatitis, Adekola lamented that the cost of hepatitis test was out of reach of low-income Nigerians, saying many patients had abandoned treatment due to lack of fund or unaffordability of treatment cost.

According to the ACPN boss, the effort put in place by the association in collaboration with Rotary Club, Gbagada, by taking up the challenge to confront the scourge through mass awareness, enlightenment and screening, will yield positive results, one of which is reduction in incidence of hepatitis in the state.

PANS Focus

Pharmacy students need more time for social activities – PANS President, UNILAG

By Adebayo Oladejo

Yussuf Sultan is president of the Pharmaceutical Association of Nigeria Students (PANS), University of Lagos (UNILAG) Chapter. In this exclusive interview, the 500-level pharmacy student, who recently paid a courtesy visit to the corporate head office of *Pharmanews* shares his views on the state of pharmacy education in Nigeria, his reasons for the visit, as well as his assessment of the nation's healthcare system. Excerpts:

Tell us about your experience as a pharmacy student in the last four years

Pharmacy has been interesting, as well as being very stressful, reminding me of the times I have to stay up overnight filling laboratory manuals and others.

What prompted your decision to study Pharmacy?

I've always wanted to be in the health sector. My mum works in a hospital and I admire health professionals and what they do. More interestingly, when I was the health prefect of my secondary school, I had to research on topics about health for the school's notice boards, which further drew me to Pharmacy. Also, I loved Chemistry; so Pharmacy was my best choice.

Why did you contest for PANS-UNILAG presidency and what challenges did you face at the initial stage?

I have been interested in PANS since 200 level, when I was a member of some committees and I was very interested in PANS activities. I was a senator in 400

level and I decided to play my part in making PANS better. That's why I decided to run in 500 level. The challenge I faced initially was how to balance academics with presidency but, thank God, it's been going well so far.

It should be tough being the president of PANS in an institution like UNILAG. Tell us about your challenges and successes.

One of the challenges of every administration is sponsorship, which is still a challenge today; but we are hoping to get support from people we've met and written to. About successes, I can say that this administration has been able to achieve a lot from the programmes we've had and more that we are hoping to do.

Aside from pharmacy education, what is your view about the general standard of education in UNILAG?

University of Lagos is the university of first choice and the nation's pride. And, as we speak, it's still the same. The academic



Yussuf Sultan

standard is top-notch, with reliable and staff.

What do you think is wrong with the way pharmacy education is being done in Nigeria?

Pharmacy education is stressful as I said earlier but it's understandable because of the workload. There is little or no time for socials. We have to squeeze time and beg our colleagues to take part in PANS activities sometimes; and it's quite worrisome.

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

For now, more time for students to have extra-curricular activities and maybe reduce the number of courses every semester

Amidst a tight academic session, you recently paid a scheduled visit to the publisher of *Pharmanews*, Sir Ifeanyi Atueyi. What was the purpose and outcome of the visit?

Yes, we visited our dear Pharm. Sir Ifeanyi Atueyi, who is our patron, to keep him abreast of the activities we had had so far and the ones we'll be having this semester to improve our relationship with him and also seek his support. We were

very well welcomed and really appreciated it. He gave us words of encouragement and promised us his support

Where do you see PANS, UNILAG, by the time you will be leaving office?

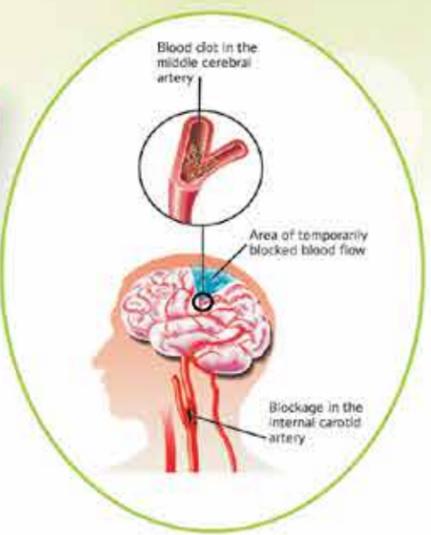
I see PANS as an association which focuses on welfares of its members and encourages members to take part in extra-curricular activities and leadership; and most importantly leaving it better than I met it.

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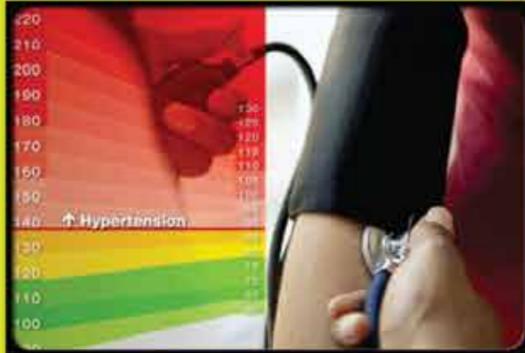
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Bond partners American researchers to tackle sickle cell disease

By Adebayo Oladejo

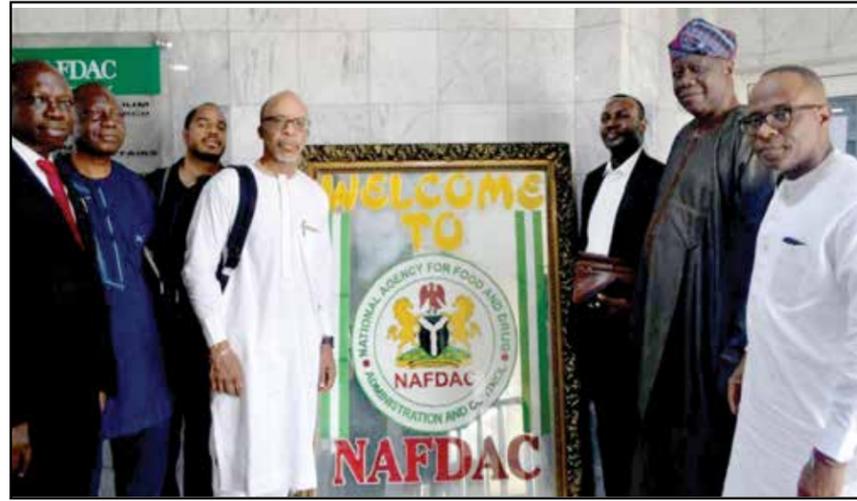
In its quest to reduce the alarming rate of mortality and morbidity in Nigerians living with sickle cell disorder (SCD), Bond Chemicals Nigeria Limited has received researchers from the Vanderbilt University School of Medicine, United States, to discuss how some of its products, especially *Oxyurea*, a brand of hydroxyurea, can be used for the management of SCD in Nigeria.

The working visit, which was in two parts, involved the researchers having a meeting at Bond's corporate head office, Mushin, Lagos, after which they had a stopover at the National Agency for Food and Drug Administration and Control (NAFDAC) Isolo, Lagos, for a strategic meeting with some NAFDAC senior officials.

Speaking on behalf of Bond during the visit, Pharm. C.O Adebayo, plant manager, noted that the visit of the international scientists was timely, as millions of Nigerians were still unaware of the great efforts that had been put together by the pharmaceutical company in reducing the burden of SCD.

According to him, aside from increasing life expectancy, *Oxyurea* also reduces the risk of anaemia and blood transfusion in patients. He therefore urged all caregivers to adopt the product in the management of SCD, adding that it is safe in children and adults.

Speaking further, Adebayo narrated some of the challenges



L-R: Pharm. S.O Oludepo, national sales manager, Bond Chemical Industries; Pharm. C.O Adebayo, plant manager, Bond Chemical Industries; Prof. Michael R. Debaun, founder and director, Vanderbilt-Meharry Centre of Excellence in Sickle Cell Disease, Department of Paediatrics (front); Dr Malcom Debaun (behind); Mr Andrew Aina, national marketing manager, Bond Chemical Industries; Chief Adebowale Omotosho, chairman, Bond Chemical Industries; and Prof. Adetula Kasim; during the visit to NAFDAC's office, Isolo, Lagos.

faced in the management of SCD in Nigeria, with particular emphasis on the presence of several wrong treatments for the disease, which he said threatens the lives of patients.

"A lot of what is done now is that patients only visit the hospital for prescription when they have crisis, and a lot of obsolete treatment methods are applied, such as the use of folic acid with paludrine or other herbal products that we know

have no efficacy," Adebayo said.

Leading the team of researchers, Professor of Paediatrics and Medicine, Michael R. Debaun, expressed delight about the visit, noting that Bond occupies a unique position as the manufacturer of the only NAFDAC approved hydroxyurea brand in Nigeria.

Debaun, who is also the founder and director, Vanderbilt-

Meharry Centre of Excellence in Sickle Cell Disease, Department of Paediatrics, stated that out of about 300,000 children born with SCD every year, 50 percent are born in Nigeria without any viable approach to preventing the attendant complications.

He noted that given Bond's reputation and track record in pharmaceutical manufacturing, the company was critical to the strategy the Vanderbilt University team wanted to employ to care for children and adults with the disease. "*Oxyurea* is a lifesaving medicine in the management of SCD worldwide," he remarked.

The American professor of paediatrics, also disclosed to *Pharmanews* in a chat that his team had also discovered a gap between the period paediatric patients are taken to India for transplant and when they return to Nigeria.

"Many times children are taken to India for SCD treatment and children that receive transplant are often undertreated for immunosuppressive agent. Instead of receiving immunosuppression for one year, they may actually receive it for six months, which is not best for them. We think it is appropriate for Nigerians to produce their own immunosuppressant, and Bond Chemical Industries is in the best position to do this assignment", he stated.

PSN tasks FG on patent medicine vending reform

continued from back page

with special attention to the strict applicability of statutes in the enforcement window presently available in the pharmaceutical sector.

The committee, according to the Chairman, PSN-Lagos, Pharm. (Mrs) Bolanle Adeniran, will also have the obligation of enforcing the spirit of the National Drug Distribution Guidelines (NDDG), with particular emphasis on strategies to attain closure of drug markets and achieve the movement to Co-ordinated Wholesale Centres (CWC) now approved in seven city centres of Nigeria.

She also noted that such a committee, which must operate within a timeline, will ensure the passage of the Pharmacy Bill 2017 into an Act of parliament that will rescue pharmacy practice from extinction.

Adeniran, who made this remarks on behalf of the association at the opening ceremony of the 2019 PSN-Lagos Scientific Week, held at the PSN Secretariat, Ogudu GRA, urged her colleagues to be wary of the delusional messianic complex which has ravaged the profession.

Speaking on the theme of the Scientific Week: "Leveraging Digital Technology for Improved Patient Care and Safety - A Disruptive Innovative Approach", the keynote speaker, Pharm. Inusa Bello, executive director, NTEL, x-rayed the gaps in the Nigerian health sector, which he said can be bridged by modern digital tools, if practitioners would take advantage of available tools to upgrade their practice.

A pragmatic Bello, who expressed dissatisfaction with what he considered poor performance of his colleagues on leveraging social media platforms for upscaling of their practice, said that after conducting a research on the use of Internet in Nigeria, he discovered that pharmacists had a long way to



Pharm. Chris Ehimen, chairman of the occasion; Pharm. (Mrs) Bolanle Adeniran, chairman, PSN, Lagos State chapter; and Pharm. Olugbenga Olayeye, sales & marketing director, Fidson Healthcare Plc. at the event.

go in using social media for their professional development.

Bello noted that while there may be negative disruptions on the Internet, which may be discouraging for some professionally-minded people, this is not enough reason for pharmacists to abstain from social media usage, as it has a lot of benefits to offer, regarding pharmacist-patient relationship and engagement.

The NTEL boss thus challenged his associates to do away with their conservative orientation and embrace modern digital tools like e-prescription system, telecare, automated dispensing, bulk sms, and adherence monitoring devices, for the uplifting of their practice in the face of disruptive technology.

Bello also encouraged pharmacists to get out of their comfort zones and meet the patients where they are in order

to profitably engage them for result-oriented discussions, adding that such discussion can then be continued on social media platforms.

He further listed strategies that could be employed by community pharmacists to encourage clients' patronage to include: awareness visit to different associations to enlighten them on the roles of pharmacists in the healthcare team, provision of free services for the benefits of clients, etc.

For the Registrar, Pharmacists Council of Nigeria (PCN) Pharm. NAE Mohammed, "the theme was a contemporary one which stimulated interest and draws attention on how we can deploy digital technology to ensure patients unhindered access to safe, quality and efficacious drug and solve drug therapy problems".

Mohammed listed various ways through which the PCN is also

leveraging digital technology in the implementation of its regulatory and monitory roles to include introduction of e-registration for pharmacists and pharmaceutical premises; online access to the Mandatory Continuing Professional Development (MCPD) programmes; Geographic Information System (GIS) mapping of pharmaceutical premises; Development of digital based quality assurance and quality improvement tools.

The PCN registrar however noted that most of the initiatives were yet to be completed due to shortage of funds.

The highpoint of the event was the presentation of Community Service Award, Young Pharmacy Service Award, Academic Pharmacy Service Award, and endorsement of Amatem Softgel as an antimalarial of choice.

OAU upsets UI to clinch 2019 Sir Ifeanyi Atueyi debate contest

- As UNN, UI, UNIBEN, OOU win in other categories

By Adebayo Folorunsho-Francis

Obafemi Awolowo University (OAU) has pipped two-time winner, University of Ibadan (UI), to emerge champion of the 2019 Annual Sir Ifeanyi Atueyi Debate Competition, while University of Nigeria (UNN) won the essay category.

Proudly sponsored by Emzor, Alpha and Sun (Ranbaxy) Pharmaceuticals, the annual contest took place at the Faculty of Pharmacy's new auditorium of UI on 11 September, 2019.

With 21 entries from various schools across the country, Oreoulwa Alabi, president, Pharmaceutical Association of Nigeria Students (PANS) UI Chapter, explained that five faculties of pharmacy, namely Olabisi Onabanjo University (OOU), University of Nigeria (UNN), Delta State University (DELSU), University of Benin (UNIBEN) and the host varsity (UI) were shortlisted for the essay competition.

When the judges reeled out names of the winners, Nancy Amadi from UNN was declared winner. She beat the likes of Soyebolu Abdul-Ahmed (UI), Saheed Sanyaolu (OOU), Olukoya Omotosho (UI) and Folagbade Praise, who emerged in to the second, third, fourth and fifth positions respectively.

While explaining the criteria for selecting the winners, the judges explained that the panelists considered factors such as number of points garnered, manner of presentation, dress code and composure to decide who the



Some members of the Pharmanews team flanked by organisers and winners of the competition displaying their various award plaques and certificates.

eventual winner would be.

In the debate category, the host team (UI) put up a strong showing after losing out in the essay contest.

The debate bordered on three burning national issues – "Solutions to Nigeria's internal security challenges," "Proliferation of cybercrime in Nigeria: Did youths fail Nigeria or Nigeria fail them?" and "Should there be childbirth restriction policy in Nigeria?"

Despite fighting tooth and nail to retain the crown for the debate contest which they had won last year, the UI team lost to the gallant OAU gladiators who, apparently, were better prepared for the tourney.

At the end of the heated debate, Adeolu Oyeniran (a final year student of OAU) clinched the 'Best Debater' award.

In the oratory category, the Obafemi Awolowo University team won the 'Best Orator' award while

University of Ibadan, Delta State University (DELSU) emerged first and second runners up respectively.

Shortly after certificates of participation were issued to all students from each participating school, the organisers took time to appreciate the patron of the contest, Sir Ifeanyi Atueyi.

"This is the reason we are honouring him with a special Award of Excellence for birthing the initiative of this essay & debate competition.

"To our esteemed sponsors - Emzor, Alpha and

Sun (Ranbaxy) Pharmaceuticals, we appreciate you. We also want to congratulate OAU for winning the 5th edition of the contest thereby becoming the next host," the PANS-UI president said.

It would be recalled that the Sir Ifeanyi Atueyi Debate & Essay Competition initiative was launched in 2014 with a mandate to allow each year's winner host the next edition.

Atueyi bags NIM's life membership award

- As institute confers Akpa, Momodu, Dogara, 109 others with fellowship

By Adebayo Folorunsho-Francis

In recognition of his various exploits and contributions as a management expert, the Nigerian Institute of Management (Chartered) has conferred a life membership award on Sir Ifeanyi Atueyi, managing director of Pharmanews, alongside seven others, just as two other top pharmacists made its fellowship list.

Atueyi received the award at the institute's 2019 Awards, Fellows & Spouses Day Luncheon, which took place on 22 August, at Muson Centre, Onikan, Lagos.

In his welcome address at the glitzy ceremony, which attracted the crème de la crème of the country's top professionals from all walks of life, NIM president, Prof. Olukunle Iyanda, explained that those being conferred with fellowship had been selected after a painstaking scrutiny of their management career and achievements.

"To have been found worthy for the most prestigious grade of Fellow of the NIM is a great honour and recognition of which anyone should be proud. I also congratulate eight of our elder statesmen who were conferred with the life membership award at this ceremony.

"Life membership is



L-R: Prof. Olukunle Iyanda, president, Nigerian Institute of Management (Chartered) presenting the life membership award to Sir Ifeanyi Atueyi, managing director of Pharmanews.

conferred on members who have attained the age of 70, financially up-to-date in payment of their subscription and adjudged to have participated and contributed significantly to NIM activities over the years," he noted.

Aside from Atueyi, the

remaining seven personalities who bagged life membership included Prof. Fola Lasisi, president, Nigeria Academy of Engineering (NAEng); Sir William Eghobamien, pioneer staff, Federal Capital Development Authority (FCDA); Chief (Mrs) Mary Idehen, retired school administrator; Mrs Ijeoma Ohaeri,

(Mrs) Christiana Akpa, general manager / head of medical division, Nigerian Ports Authority (NPA); and Dr (Mrs) Rametu Momodu, head, herbal & nutraceuticals, National Agency for Food and Drug Administration and Control (NAFDAC).

retired town planner; Mr Felix Ohiwerei, former chairman of Nigerian Breweries Plc; Mr Samuel Odukoya, veteran auditor; and Chief Joshua Ogunbayo, former manager of the defunct Nigerian Airways.

In the fellowship category, Hon. Yakubu Dogara, immediate past speaker, House of Representatives and two eminent pharmacists made the 112 list. The pharmacists were Pharm.

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UNILORIN produces 29 new pharmacists

continued from back page

explained that since inception in 2010, UNILORIN's Faculty of Pharmaceutical Sciences had witnessed tremendous growth in terms of physical infrastructure, quality teaching and dedicated non-teaching staff.

"Our admission quota has also increased from 10 students in the 2010/2011 academic session to 60 in the 2018/2019 academic session," he noted.

Speaking further, the acting deandisclosedthatthe curricula for postgraduate programmes in four departments in the faculty had been approved by the UNILORIN senate. They include Master of Science programmes in Pharmaceutical and Medicinal Chemistry, Pharmaceutics and Industrial Pharmacy, Clinical Pharmacy and Pharmacy Administration, as well as Pharmacology and Toxicology.

Also speaking at the event, Prof. Sulyman Abdulkareem, vice chancellor, UNILORIN, urged the new pharmacists to be good ambassadors of the institution by shunning acts that would tarnish the school's image.

Abdulkareem who bemoaned the infiltration of the pharmacy profession by quacks, admonished the new pharmacists to uphold the tenets of the profession in all circumstances.

"UNILORIN is the guiding light of excellence among Nigerian universities. You need to make good use of your mandatory one-year service (NYSC) and continuously update your training in line with current trends," he charged.

The vice chancellor also applauded the deans - present and past (with particular attention to Prof. Philip Olurinola), heads of departments and academic staff of the faculty, for conscientiously playing their roles.

Warning the graduands against professional misconduct, Pharm N.A.E Mohammed, registrar, Pharmacists Council of Nigeria (PCN), who was represented by Dr Anthony Idoko, stressed that perpetrators of such ignoble act would be referred to the PCN disciplinary tribunal which has the status of the Federal High Court of Nigeria.

"If you are found guilty, sentences such as removal of name from the pharmaceutical register for a given period could be passed.

"This is why you are expected to keep off the "register-and-go" syndrome which has tarnished the image of pharmacists and has brought the profession to ridicule," he



L-R: Yusuf Abdulganiy, overall best graduating student receiving the PSN prize money from Pharm. Bakau Alli, chairman, Pharmaceutical Society of Nigeria (Kwara Chapter) while Dr Olushola Aremu, acting dean, Faculty of Pharmaceutical Sciences and Pharm. Gbenga Falabi, keynote speaker look on.



R-L: Prof. Sulyman Abdulkareem, vice chancellor, UNILORIN; Olayinka Buhari, deputy vice chancellor (research, training and innovation); Dr Anthony Idoko, PCN representative and Dr Olushola Aremu, acting dean, Faculty of Pharmaceutical Sciences at the induction /oath-taking ceremony.

cautioned.

Shortly after the 29 pharmacy graduates took their oath, Yusuf Abdulganiy, the overall best graduating student was called up to pick his prizes. Among other recognition, the young brain clinched four categories of awards, namely PCN Registrar's Prize, PSN (Kwara Chapter) Prize, Late Prof. Abdulkarim Agunu Memorial Prize and

WAPCP Fellows' (Kwara / Kogi Branches) Prize.

Other prize money winners included Aishat Alaran and Oluwatomi Odunola who both won the Lubcon Award for Best Graduate in Pharmacy Management and the Okpaleke Foundation Award for Best Graduating Student in Clinical Pharmacy and Pharmacy Practice respectively.

Other dignitaries in attendance were Pharm.

Gbenga Falabi, who was the keynote speaker; Pharm. Susan Ayetoro, zonal coordinator, WAPCP Fellows; Dr L. O. Odeigah, deputy chairman, Medical Advisory Committee (C-MAC Clinical); Dr Mohammed Amali, sub dean of the faculty; Hakeem Sonde, bursar, UNILORIN; and Pharm. Bakau Alli, chairman, Pharmaceutical Society of Nigeria (Kwara Chapter).

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CONTRA-INDICATIONS:
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Pregnancy
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ADVERSE EFFECTS
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Hypersensitivity to the drug, metabolic acidosis, renal or hepatic impairment, pregnancy.

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Glycaemic Control

- Restores the First Phase Insulin secretion
- Increases β -cell sensitivity to glucose

ADVERSE EFFECTS
Gastrointestinal disturbances and allergic reaction.

CONTRA-INDICATIONS
Known hypersensitivity to the drug, severe renal or hepatic impairment, pregnancy and lactation.

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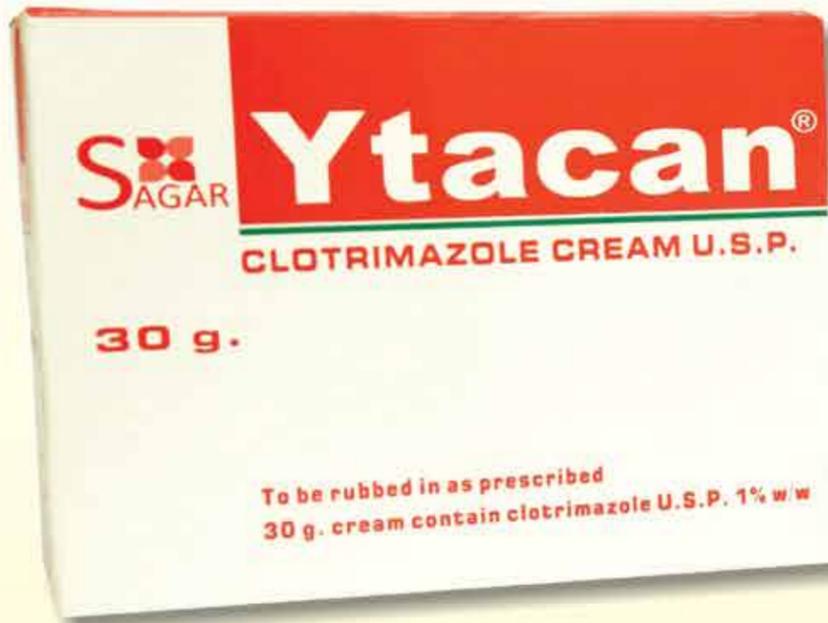
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UNI Lorin produces 29 new pharmacists - As Abdulganiy emerges overall best graduating student

By Adebayo Folorunsho-Francis

Consolidating on the gains of the last five years, the Faculty of Pharmaceutical Sciences of University of Ilorin (UNI Lorin) has once again inducted 29 fresh graduates into the pharmacy profession.

The 4th induction and oath-taking ceremony which held on 30 August, 2019 attracted eminent pharmacists, members of the Pharmaceutical Society of Nigeria (PSN), Kwara chapter, Fellows of the West African Postgraduate College of Pharmacists (WAPCP), medical officials from University of Ilorin Teaching Hospital (UI TH), academic staff of the school, parents and several pharmacists in academia.

In his opening address at the event, Dr Olushola Aremu, acting dean, Faculty of Pharmaceutical Sciences,



L-R: Dr Anthony Idoko, representative of Pharmacists Council of Nigeria (PCN); Dr Olushola Aremu, acting dean, Faculty of Pharmaceutical Sciences; and Pharm. Gbenga Falabi, keynote speaker, during the induction/oath taking ceremony of pharmacy graduates at University of Ilorin, recently.

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PSN tasks FG on patent medicine vending reform

By Temitope Obayendo

Worried by what it described as indiscriminate distribution of drugs in the country, the Pharmaceutical Society of Nigeria (PSN) Lagos State chapter, has called on the federal government to urgently reform the policies governing patent medicine vending, noting that this is the only way to forestall further devaluation in the drug distribution system.

The association lamented that while patent medicine vending in the country was initially meant to be a stop-gap mechanism in service rendition to people in underserved

areas, it had gradually become a huge challenge to practising pharmacists, as people now have easy access to all categories of medicines from OTC to other dangerous drugs and narcotics, without due monitoring.

As a way forward, the group further charged the federal government to constitute a Presidential Committee on Drug Distribution that will work out a sustainable reform in the business of patent medicine vending,

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