

pharmanews

Nigeria's Leading Health Journal

MARCH 2022 Vol. 44 No.3

pharmanewsonline.com pharmanewsLtd pharmanewsLtd pharmanewsLtd

AMATEM[®] SOFTGEL
Artemether + Lumefantrine in Softgel Capsule

THE ULTIMATE GAME CHANGER

Say NO to Malaria, YES to Life.

A PROVEN EFFECTIVE REMEDY USED WORLDWIDE IN SICKLE CELL DISORDER

OXYUREA CAPSULES

HYDROXYUREA 500mg, 250mg & 100mg

- Safe in Children and Adults.
- Increases total haemoglobin and haemoglobin F percentage.
- Reduces Anaemia and need for blood transfusion.
- Prevents strokes.
- Reduces the frequency and severity of pain crises.
- Prevents organ damage and the acute chest syndrome.
- Improves the quality of lives of people with sickle cell disorder.
- Increases life expectancy.
- Highly affordable.

IBUCAP
Power of 3in1
...e strong pass pain

YEEHH!!!
URGHH!!!
OOUCH!!!
OOOH!!!
CHINEKE MEEH!!!

No let pain give you yeye soundtrack

Ibuprofen
Paracetamol
Caffeine

At presidential inauguration, Usifoh preaches unity

- As PSN inducts 112 Fellows

By Patrick Iwelunmor

President of the Pharmaceutical Society of Nigeria (PSN), Professor Cyril Usifoh, has called on pharmacists to join hands together in charting an enviable course for their profession, as well as advancing the Nigerian society through unparalleled

patient care and provision of quality medicines.

Usifoh made the call as he officially mounted the saddle of leadership of the apex pharmaceutical body in Nigeria, at a glamorous ceremony held at the prestigious Transcorp Hilton Abuja on 10 February.

Speaking amidst accolades and encomiums from friends, colleagues and well-wishers, the professor of Pharmaceutical Chemistry from the University of Benin, said, "If we want a united and progressive pharma space where pharmacists are increasingly relevant and respected for their

continued on page 16

Exiplon
EXPECTORANT & COUGH SYRUP

... for relief of coughs & nasal congestion in children and adults.

REFER TO THE PRODUCT INSERT FOR MORE INFORMATION

Manufactured by:
Unique Pharmaceuticals Limited
11, Fatale Alere Way, Masori, Mushin, Lagos.
Tel: 0809 742 1000 E-mail: mail@uniquepharm.com



L-R: Mr Jerome Shogbon, group executive director, HR & Admin; Mr Rahul Savara, group managing director; Ms Opeyemi Akinyele, general manager Chi Pharmaceuticals; Mr Sunil Sawhney, executive director; Mr Puneet Sharma, CFO non agric business; during Chi's recent 25th anniversary celebration.

Daravit[®] FORTE

is a fortified multivitamin and mineral formula enhanced with Ginseng, Aloe Vera and Amino Acids for everyday well-being

LOVE YOURSELF

Follow us on @daraviforte

CYPRI GOLD[®]
Go for Gold

Fortified with LIQ. GLUCOSE & L-LYSINE

Anti histamine
Anti allergic

Flucor[®] day
Innovative Liquid Gel
NON-DROWSY

FAST ACTION

- * COLD
- * COUGH
- * CATARRH

hovid

43 YEARS OF UNINTERRUPTED MONTHLY PUBLICATION (1979-2022)

pharmanews

Nigeria's Leading Health Journal

Sir Ifeanyi Atueyi
Publisher
08033015991

Dozie David Atueyi
Executive Editor
07038576107

Patrick Iwelunmor
Editor
08135439281

Ola Aboderin
Sub-Editor
07033179360

Moses Dike
Business Development Manager
08028396755

Temitope Obayendo
Online Editor
08026748215

Adebayo Oladejo
Senior Reporter
08037648465

Ranmilowo Ojalumo
Reporter
08057700863

Matthew Anani
Advert Manager
08038572215

Peter Ogonna
Advert Executive
08137814813

Elizabeth Amuneke
Admin. Manager
08057235128

Chinedu Udeanyim
Accountant
07066300374

Emeka Atueyi
Account Assistant
08140210294

Chiazor Juliet Okeke
Subscription Officer
08134835525

Nchekwube Atueyi
IT Officer
07069499563

Andy Benson-Idima
Graphic Artist
08037151780

CORRESPONDENCE:
All correspondence on editorial matters should be directed to:
The Editor:-08135439281

Enquiries on advertisements should be directed to: The Advert Manager-08038572215
Only NAFDAC- approved advert materials are accepted.

SUBSCRIPTION INFORMATION
1. Subscription rate for 12 editions is N10,000 including postage within Nigeria.
2. Single copy costs =N=1,000.00 (without postage)
3. Payment to be made directly to **Zenith Bank Plc. A/c No: 1010701673**
4. You can also pay through portal, simply visit: <http://login.remita.net/remita/external/PHARMANNEWS/collector/>
5. After payment text, send us evidence.
For subscription enquiry, call 08134835525

ISSN 0331-815X

Pharmanews Limited
8 Akinwunmi Street, Mende,
Maryland, Lagos
P.O. Box 2213, Ikeja
Tel: 08057235128, 08055212962.

E-mail: pharmanews@yahoo.com,
info@pharmanewsonline.com
Website: www.pharmanewsonline.com

PHARM. ROSELINE OPUTA

Pharm. (Mrs) Roseline Oputa, is the executive director, sales & marketing, Neimeth International Pharmaceuticals Plc, one of the leading pharmaceutical companies in the country, and a trusted name in family medicines.



A proud indigene of Imo State, from Oguta Local Government Area, she was born on 13 December 1965. She attended Sacred Heart Primary School, Onireke, Ibadan, Oyo State, and finished at Lagos Progressive Primary School, Surulere Lagos. She proceeded to Queens College, Yaba, Lagos, where she obtained her West African School Certificate. She thereafter gained admission to the University of Nigeria Nsukka, where she bagged her Bachelor of Pharmacy degree.

Prior to garnering her rich pharmaceutical industry experience, she had a stint in the petroleum industry and academia. She did her compulsory National Youth Service at the Shell Petroleum Development Company of Nigeria, and her internship at the University of Port Harcourt Teaching Hospital, Port Harcourt, Rivers State.

Oputa started her pharmaceutical career at one of the multinational companies, Pfizer Products Plc. in 1992 as pharmaceutical sales representative in the eastern part of Nigeria. After spending five years at Pfizer, she moved on to join Neimeth Pharmaceuticals Plc. There, she rose through the ranks - from being ethical district manager to becoming a member of the board of directors; a journey of more than two decades.

A result-oriented Oputa, who has served Neimeth in various positions, is always keen about adding qualitative and nominal values to organisational goals through personal motivation in delivering results and set objectives. She has attended several trainings in the course of her career. These included High Level Dialogue on Natural Products in Clinical Medicine and Healthcare by the Bioresources Institute of Nigeria, 2019; Drug Discovery for Neurodegenerative Disorders, by the University of Lagos Faculty of Pharmacy, 2019; Health Curriculum to Increase Access to Controlled Medicines in Nigeria, by the United Nations Office on Drug and Crimes/ European Union/Fed. Min. of Health, 2019.

An industrious Oputa has got several awards as testimonials to her credit. They include: Howes Consulting Agile Transformation Award, 2021; NAIP Eminent Persons Award, 2019; Fight against Corruption Organisation Prestigious Leadership Award, 2019, and others.

She is a member, Pharmaceutical Society of Nigeria; Association of Lady Pharmacists (ALPS); and Association of Industrial Pharmacists.

VIXA SKINEAL Cream
Ketoconazole 10mg + Clobetasol Propionate 0.25mg + Neomycin Sulfate 5000IU

Solution for skin diseases

- Anti-Fungal • Anti-Pruritic
- Anti-Bacterial • Anti-inflammatory

is available in leading pharmacies

Mobile Authentication Service is available on VIXA SKINEAL

... topical treatment for fungal infection for the skin

VIXA PHARMACEUTICAL CO., LTD.
130 Sunny Agida Road, Off Central Bus, Ogudu Lagos. Tel: 08138481238
Customer Care Line: 08138481238, 08138481238
Email: info@vixapharma.com | info@vixapharma.com
Website: www.vixapharma.com
... health and wealth to go!

Inspiration

"When we strive to become better than we are, everything around us becomes better, too." — **Paulo Coelho**

"The only one who can tell you "you can't win" is you and you don't have to listen." — **Jessica Ennis**

"Failure is simply the opportunity to begin again, this time more intelligently." — **Henry Ford**

"Take your victories, whatever they may be, cherish them, use them, but don't settle for them." — **Mia Hamm**

"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently." — **Maya Angelou**

"Fear of what other people will think is the single most paralyzing dynamic in business and in life. The best moment of my life was the day I realized that I no longer

give a damn what anybody thinks. That's enormously liberating and freeing, and it's the only way to live your life and do your business" — **Cindy Gallop**

"It's fine to celebrate success but it is more important to heed the lessons of failure." — **Bill Gates**

"What you do makes a difference, and you have to decide what kind of difference you want to make." — **Jane Goodall**
g people in the end." — **Roy T. Bennett**

"Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong." — **Ella Fitzgerald**

"Find out who you are and be that person. That's what your soul was put on this earth to be. Find that truth, live that truth, and everything else will come." — **Ellen DeGeneres**

Celebrating
43 Years
of Uninterrupted
Monthly Publication
(1979 - 2022)

No one regrets advertising in Pharmanews

follow us on linkedin @Pharmanews limited

like us on facebook.com/pharmanewsltd

follow us on twitter@pharmanewsltd

follow us on instagram.com/pharmanewsltd.

Supports

- Proper Brain Development
- Improved Learning Ability
- Improved Memory

Daily Intake Recommended by National Institute of Health (NIH) Maryland, U.S.A

Improve your brain power with **hovid DHA Emulsion**

Manufactured by **hovid**

PHARMATEX (NG) LIMITED
Continuous Innovation & Quality
Available in Pharmacy Stores Nationwide

Pharmanews Facts

1. PN is the leading healthcare journal in Nigeria.
2. PN has been published monthly without interruption since 1979.
3. PN is the widest circulating healthcare journal in Nigeria.
4. PN has the highest readership among health journals.
5. PN is available online as mobile App and PDF.
6. PN has about 6 million monthly website hits.
7. PN is the journal of choice for advertisers.
8. PN is the Winner, 2017, 2018, 2019 and 2021 Nigerian Healthcare Media Excellence Award. (NHEA)

pharmanews
Your Global Health Journal

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

The recently commemorated World Kidney Day (WKD) 2022 has, again, underscored the urgent need for the Nigerian government and other stakeholders in the health sector to pay more serious attention to the prevention, detection and management of kidney disease in the country. Initiated in 2006 by the joint committee of the International Society of Nephrology and the International Federation of Kidney Foundations, WKD is celebrated every second Thursday of March. It seeks to raise awareness about the importance of the kidneys to overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.

The theme of this year's event – "Kidney Health for All: Bridge the Gap to Better Kidney Care" – is particularly significant for Nigeria. Recent statistics indicate that over 20 million of the country's citizens are battling with various stages of kidney disease but very few of these are getting the care they deserve. While the global organisers of WKD assert that "a persistent and ongoing chronic kidney disease knowledge gap exists, one that is demonstrable at all levels of healthcare" in Nigeria, however, the avalanche of barriers preventing kidney health for all, and requiring holistic intervention, is much more enormous than knowledge gap.

For instance, during a recent press conference held by the Nigerian Association of Nephrology (NAN), President of the association, Prof. Fatu Arogundade, stated: "As of today, there is little or no government involvement in renal (kidney-related) care unlike what happens in other countries. Indeed, chronic (long-term) renal

World Kidney Day: Towards a national policy on kidney care

care is not included in the NHIS. The state of affairs in Nigeria is that those who develop Chronic Kidney Disease (CKD) are left on their own to pay for renal care. Consequently, many of them die within weeks of that diagnosis. There are private hospitals and few government hospitals that have facilities for kidney transplantation but patients have to pay all bills, which only a small proportion of Nigerians can afford."

Arogundade added: "Also worrisome is the fact that chronic kidney disease is largely unrecognised and inadequately diagnosed. Most patients present to nephrologists already in advanced stage and at this stage treatment options are very expensive and out of the reach of most Nigerians."

To worsen the Nigerian situation, the nephrologist-patient ratio in the country is abysmally poor. Indeed, credible reports show that there are only about 250 active nephrologists (kidney care specialists) in Nigeria's estimated 200 million population – a far cry from the, at least, 120,000 nephrologists that should serve the population. Even at that, the available nephrologists are mostly located in the major cities, where the few kidney care centres in the country are concentrated. This poses the problem of accessibility to millions of Nigerians battling the debilitating condition.

For patients in the cities and

others who manage to find their way to the limited kidney care centres, there is another major challenge they must surmount – the astronomical cost of treating or managing their condition. Sadly, only dialysis or a transplant can suffice for a damaged kidney. Presently, dialysis costs as much as N50,000 per session, with about three sessions required in a week; a transplant, on the other hand, can be as costly as N7million or N10 million in Nigeria, and more outside the country. This continues to lead to needless loss of lives, as many patients cannot afford these prohibitive costs.

These grim realities call for decisive steps from the Nigerian government to curtail the rising incidence of kidney disease in the country, as well as mitigating the needless sufferings and deaths that often result from poor management of the condition. We agree with NAN that the Federal Government must, as a matter of urgency, develop a national policy that will ensure that standardised and comprehensive attention is given to kidney care in the country. And the first place to begin – even if it has been repeatedly mentioned on previous occasions – is an upward review of the currently miserable budgetary allocation to the health sector.

As part of this policy also, there should be improved accessibility to kidney care through provision

of the necessary facilities for treatment and transplantation in government hospitals across the country. Moreover, importation of such facilities into the country should be free of import duties. The policy should also include measures

that will ensure that more nephrologists are trained and retained in the country's health sector. Additionally, the cost of treating kidney disease should be subsidised by the government – particularly with the inclusion of chronic kidney disease in the National Health Insurance Scheme (NHIS) coverage to reduce financial burden on patients.

Most importantly however is the need for programmes and campaigns that will help to educate the general public about the functions of the kidney, kidney diseases, prevention and management strategies. With hypertension and diabetes identified as the leading causes of kidney disease, it becomes expedient for caregivers and relevant stakeholders to intensify their public enlightenment campaigns, especially in the area of lifestyle choices.

One area that must be addressed is the menace of illicit herbal concoctions which have been identified as potential poisons to the kidney. Many people who consume such concoctions are illiterates who do not understand the inherent grave dangers to their kidney health. Chronic infections and bleaching creams have also been identified as causes of kidney disease. Efforts must be made by the government to educate the public on these, while also taking necessary steps to make kidney care accessible and affordable for the citizenry.

For prevention & treatment of Iron Deficiency Anaemia

Ranferon[®]-12
Syrup & Capsules
Blood Builder for the Family

Blood is life
Treat it well



"Abbreviated Product Information"

Ranferon[®]-12

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

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

DOSAGE & ADMINISTRATION: Adults - therapy should be started with two 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 discoloration 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"

Ranferon[®]-12 Capsules

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

INDICATIONS: For the treatment of iron deficiency anaemia.

DOSAGE & ADMINISTRATION: The usual recommended dose is one capsule to be taken orally two or three times daily.

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 bisphosphonates, entacapone, fluoroquinolones, levodopa, methyldopa, mycophenolate mofetil, etidronate, levothyroxine. 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.

Available as Ranferon - 12
Capsules and Syrup

For full Prescribing Information, please write to:

Ranbaxy Nigeria Limited

a SUN PHARMA Company

1st Floor, Abimbola House, 24, Abimbola Street, Ilesamaja, Isolo P.O. Box 4452, Ikeja, Lagos, Nigeria.

The treasure in the poor

By Sir Ifeanyi Atueyi

During my university days at the University of Ife (now Obafemi Awolowo University), Ile-Ife, in the sixties, I had a mate who used to say, "Poverty has no advantage, even in heaven." Of course, poverty is not a blessing. It is a curse and no normal person desires to be poor. But some people must be poor. Deuteronomy 15:11 (NLT) says, "There will always be some in the land who are poor." Also, in Matthew 26:11 (NIV), Jesus says, "The poor you will always have with you, but you will not always have me."

Just as there will always be poor people, there will also be wealthy people. The poor will always serve the rich. The society must have masters and servants. The land must have blessed people and cursed people. Just as some people will die and go to heaven to enjoy eternal life, others will also die but go to hell for their own eternal suffering.

What determines poverty or hell partly depends on the individual's decisions and choices. Every person has been given the will to make decisions or choices and, of course, be responsible for their consequences. Deuteronomy 30:15-16 (NIV) says, "See, I set before you today life and prosperity, death and destruction. For I command you today to love the LORD your God, to walk in his ways, and to keep his commands, decrees and laws; then you will keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess."

The reasons for poverty are not my concern here. But the Word of God is clear on what should be our attitude towards the poor. People of God can enjoy tremendous blessings from relating with the poor and treating them according to the Scriptures.

I admire churches that have a good policy of taking care of the poor and needy around them. Some individuals, companies and organisations establish foundations for the purpose of helping the poor and needy. Today, there are many philanthropists all over the world in developed and developing countries taking care of the poor and needy.

Proverbs 14:21 (NLT) says, "It is a sin to belittle one's neighbour, blessed are those

who help the poor." The poor among us should not be maltreated, neglected or derided because of their condition. Those who help the poor and needy are sure to be blessed by God." I love Proverbs 19:17 (NKJV) which says, "He who has pity on the poor lends to the LORD, and He will pay back what he has given."

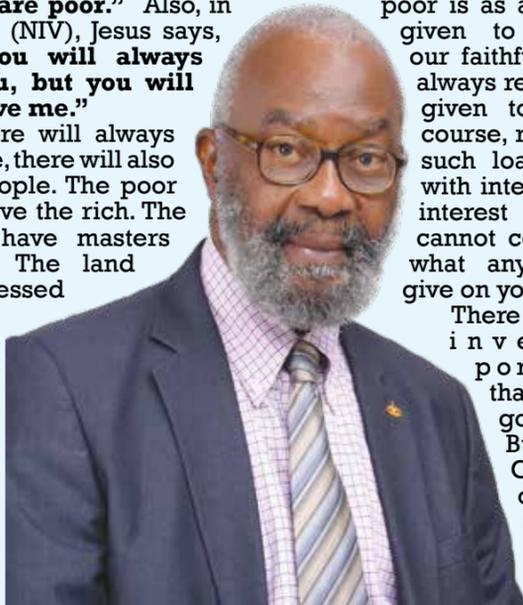
This gives the assurance that whatever you give to the poor is as a loan being given to God. And our faithful God must always repay the loan given to Him. Of course, repayment of such loan is always with interest; and the interest from God cannot compare with what any bank can give on your deposit.

There are many investment portfolios that assure good interest. But when God blesses or repays a loan, it may not be only in monetary forms. It may be in form of business ideas, protection from accidents and losses, good health, peace of mind and prosperity, in general.

In Job 31, Job rehearses a list of sins that he was not guilty of committing, but which many professing Christians today are committing. Job 31:16-22 (NLT) says, "Have I refused to help the poor, or crushed the hopes of widows? Have I been stingy with my food and refused to share it with orphans? No, from childhood I have cared for orphans like a father, and all my life I have cared for widows. Whenever I saw the homeless without clothes and the needy with nothing to wear, did they not praise me for providing wool clothing to keep them warm? If I raised my hand against an orphan, knowing the judges would take my side, then let my shoulder be wrenched out of place! Let my arm be torn from its socket!"

Job identified the poor, the widows and the orphans and asserted that if he hadn't fulfilled his obligations to them, he had sinned and deserved God's punishment. However, he did not fail to care for them.

I believe that the best investment of money should be on people who need our help and not on things. The Bible is very clear on the blessings we receive by giving to the poor and needy around us. They constitute hidden treasures.



OUR PARTNERS

- Adler Products Ltd
- Agewell Healthcare Ltd
- Alpha Pharmacy and Stores Ltd
- BG Pharma & Healthcare Ltd.
- Bond Chemical Ind. Ltd
- Dana Pharmaceuticals Limited
- Elbe Pharma Nigeria Ltd
- Emzor Pharmaceuticals Ind. Ltd
- Geneith Pharmaceuticals Ltd
- Goldmoore International Ltd
- Jawa International Ltd
- Jireh Technologies Ltd
- Juhel Nigeria Limited
- May & Baker Nigeria Plc
- May & Baker Nigeria Plc
- Maydon Pharmaceuticals Ltd
- Miraflash Nigeria Limited
- Mega Lifesciences Nigeria Ltd
- Neatline Pharmacy Limited
- Neimeth International Pharmaceuticals Plc
- Phamatex (Nig.) Ltd
- Phamatex Industries Ltd
- Pinnacle Health Pharmaceutical Limited
- Ranbaxy Nigeria Ltd
- Sagar Vitaceuticals Nigeria Ltd
- Shalina Healthcare Nigeria Ltd
- Swiss Pharma Nig. Ltd
- Synapse Technologies
- Therapeutic Laboratories (Nig.) Ltd
- Unique Pharmaceuticals Ltd
- United African Laboratories
- Vixa Pharmaceutical Co. Ltd
- World Wide Commercial Ventures Limited(WWCVL)
- Zolon Healthcare Limited

Thanks for your patronage



MEGA We care

Protect your Liver for a healthy life...



LIVOLIN
Forte

Phosphatidylcholine 300 mg + B vitamins + Vitamin E

pharmanews
Nigeria's Leading Health Journal

Be Visible Where It Matters

ADVERTISE ON

↓

pharmanewsonline.com

Nigeria's leading health news website

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

Winners are strategic (2)

By George O. Emetuche

"Hope is not a strategy." - Vince Lombardi.

(Continues from last edition)

Champions plan to win. They fight to win!

Nothing happens if we don't happen to things. Designing a smart strategy is the way to go in business and in personal life. No General goes to the battlefield without a war plan. The better the plan, the more chances the General has to defeat his opponents.

Life is a battlefield. We need to come to the battleground with smart strategies. No strategy is the same. The ideal thing to do is to look at your capacity, capability and environment, and design a strategy that fits your situation.

Achieving your goals requires two major steps. The first assignment is to know where you want to go. The second part is to determine how to get there. You need a compass to navigate to the right direction. You need a smart strategy to win in the marketplace.

Don't wait for someday

One of the attitudes that kill success is the "someday" attitude. Average people always say they will do the right things someday. *Someday, I will write my goals down. Someday, I will come up with a strategy. Someday, I will learn that skill. Someday, I will sharpen my talent. Someday, I will build capability and capacity. Someday, I will join a mastermind group. Someday, I will launch that business idea. Someday, I will start that business. Someday, I will register for that course. Someday, Someday, Someday. Fix it now! Someday fixes nothing!*

Successful people don't give excuses. They get inside the ring, fight hard and win. No excuses!

What's your strategy this year?

Are you planning to win? Are you ready to win?

What's your strategy to achieve your beautiful goals? You must till the ground and sow good seeds, if you want a bountiful harvest.

The good thing about strategy is that it tells you the things to do and the ones to avoid. Michael Porter, once said, "The essence of strategy is choosing what not to do." You need to know what to do and what you are not supposed to do. This is where some startups get it wrong. They follow the wrong path when they think they have started doing well. They do the right things at the wrong time. As a startup, you must master process if you truly want to succeed.

It's your duty to discover

the little efforts to make daily to sustain your strategy. This is where tactics come in. While strategy is holistic, tactic is in parts. Tactic is embedded in the strategy. Tactic is the little efforts we invest daily that get us closer to the strategy.

Try these steps in designing your strategy:

1. See the big picture. Know where you want to go.

2. Look at the whole project and identify your goals. You can't design strategy on nothing. Strategy must have a purpose. Strategy tells how to achieve your goals.

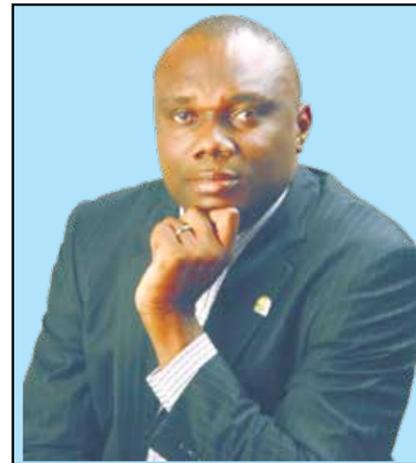
3. Find your competitive edge and feed it. When you

know your strength and deploy the right strategy in them, you stand out in the marketplace.

3. Set quantifiable goals. Your goals must be SMART-compliant; that is Specific, Measurable, Achievable, Realistic, and Time-bound.

4. Implement and evaluate. This is the crux of the matter. A great goal that is not pursued to a rational end, ends up a fantasy! You must take the right actions. The right actions get the right results.

5. Periodically review your tactics. You may not necessarily rethink the strategy, but you can alter your tactics for better performance. Be in the NOW!



Be intelligently strategic!

George O. Emetuche, CES, is a Brian Tracy endorsed bestselling author, accredited training consultant, life and business coach, sales and marketing consultant; and convener of Nigeria Sales Conference.

Vitabiotics **WELLKiD**[®]

BABY & INFANT

Syrup

- ✓ Contains a comprehensive range of 14 essential vitamins and minerals, plus Swiss Alpine Malt.
- ✓ Includes vitamin D which is needed for normal growth and development of bone in children.
- ✓ 150ml of delicious orange flavoured syrup. 5ml per serving that your little one will love.
- ✓ Iron contributes to normal brain development.
- ✓ Suitable for babies & young children aged 3 months to 5 years.

NAFDAC NO. A4-9087

VITABIOTICS wellkidnigeria.com

ACTIVE INGREDIENTS: Purified Water, Raw Cane Sugar, Glucose Liquid, Malt Extract (from Barley), Vitamin C (Ascorbic Acid), Flaxseed Oil, Ferric Ammonium Citrate, Citric Acid, Natural Flavours: Concentrated Vanilla Flavour, Orange Oil, Natural Colour: Betacarotene (Carriers: Polysorbate 80, Sunflower Oil, DL-Alpha Tocopherol, Ascorbyl Palmitate) Zinc Sulphate, Xanthan Gum, Preservative: Potassium Sorbate, Vitamin E (DL-Alpha Tocopheryl Acetate), Niacin (as Nicotinamide), Beetery Extract, Pantothenic Acid (D-Panthenol), Riboflavin, Thiamin (Vitamin B1 Hydrochloride), Vitamin B6, (Pyridoxine HCl) Vitamin A, Sodium Hydroxide, Copper Sulphate, Falocin (as Pteroylmonoglutamic Acid), Vitamin D3 (Cholecalciferol), Vitamin B12, (Cyanocobalamin).

Marketed by:
Pinnacle Health Pharmaceutical Ltd Phone: 07082376664, 08021399703 Email: phppharma@yahoo.com



Inquest

with
Patrick Iwelunmor

Tel: 08135439281
Email: iwelunmorpatrick@yahoo.com

The menace of penile enhancement merchants

In an era when women use different shades of sex toys to seek sexual pleasure, one can understand while penile augmentation has become a popular subject of discussion. With technology and human civilisation attaining crazy heights, what the human mind cannot conceive does not exist. We live in a dispensation when hitherto strange appetites have become the norm. We cannot blind our eyes to some of these sordid realities that have come to stay with us. It is not a culture-specific issue. In fact, it is a universal issue that many believe emanated from the unbridled sophistication of the western world.

Many Nigerian men have been swindled by sellers of penile enhancement products. Incidentally, there is a psychological angle to this saga. Many men believe that the size of their manhood matters a lot when it comes to sexual relations between them and their partners. In fact, there are

innumerable accounts of men whose partners have cheated on them because of inadequate endowment. Such men often have a feeling of low self-esteem and would usually want to go the extra mile to remedy the perceived deficiency.

Unfortunately, many of such men have become the target of charlatans and scammers who prowl the internet space, advertising all sorts of medicines, which they claim, can increase the size of the male organ. The trend is so dangerous that you hardly browse through social media channels like Facebook and Instagram without coming across these advertisers and their spurious claims. More dangerous is the fact that these advertisers have no known physical addresses, aside from their phone numbers, making it difficult to trace them in the case of any form of malpractice or fraud.

It must also be noted here that the health hazards associated

with the circulation of fake and unbranded penile enhancement products cannot be overemphasised. One can only imagine the level of harm men expose themselves to when they buy some of these products that do not come with any credible proof of safety or efficacy. Some men have inadvertently consumed poison in their quest to increase the size of their male organ.

The activities of such people have constituted a major threat to the food and drug sector in Nigeria, as most of the products advertised do not have NAFDAC approval and one wonders how they are smuggled into the country. The fact that medicines in this category are sold in covert outlets also shows that the syndicate behind them operates with the full knowledge of the food and drug laws in the country. They know that making such products available in major pharmacies would not be easy, going by the education and exposure of pharmacists who would not want to shelf any product that falls short of the PCN and NAFDAC's requirements.

By using the social media, they know that they can easily get away with their scams, especially because most victims would not want the public to know that they are battling such a mortifying challenge. In Nigeria, issues bordering on sex and organ size are usually approached with utmost secrecy and so, it is very easy for fake products to reign supreme in the market. This is one area where NAFDAC and the PCN should strengthen and improve their intelligence gathering mechanism.

In places like Lagos, some hawkers and sellers of these products no longer fear that their actions can land them in trouble. They operate openly in major markets, displaying signposts and urging members of the public to patronise them. Some even use public address systems for publicity. The fact that most of these charlatans and their customers are illiterate shows that there is serious danger around the corner. It is unhealthy for men to use drugs that they do not have sufficient information about. This issue, if not carefully checked, can lead to a grave public health challenge.

He **plays**,
because he is fit

thanks to
easadol[®]
Effective Acetaminophen Suspension for Infants and Children

Fast relief of fever and mild to moderate pain, including teething pain

★ strawberry flavoured
★ alcohol free

easadol[®]
...free from pain,
free to play

MAY & BAKER NIGERIA PLC
3/5 Sakara Street, Industrial Estate,
P.M.B. 21049, Ikeja, Lagos.
Tel: 01-4968130-5, Fax: 01-4962832,
E-mail: info@may-baker.com, Http://www.may-baker.com

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

Stay out of trouble, take risks, experts charge pharmacy graduates

– As PCN inducts 93 UI graduands, with 20 first class honours

By Adebayo Oladejo

Pharmacy graduates have been charged to develop the courage to think and act outside the box, rather than allowing their competencies to be confined by conventions and fears.

Delivering the keynote address at the recent induction and oath-taking ceremony of 93 graduands of the Faculty of Pharmacy, University of Ibadan, Oyo State, Pharm. Olugbenga Olaleye, strategy and marketing director for Fidson Healthcare Plc, urged the young pharmacists not to allow the B.Pharm. degree they newly acquired to limit the extent they would go in life.

Addressing the graduands at the Gamaliel Onosode Banquet Hall, International Conference Centre, University of Ibadan, Olaleye said: "You stand today on the shores of life; do not consent to any idea that seeks to keep you there. The treasures of life are never found on the seashore; you must take deep dives to lay hold on anything worthwhile.

"You need the courage to sail the sea of life, and fear is a natural part of life; only those who overcome their fears become successful in life."

Quoting the German poet and playwright, Johann Wolfgang von Goethe, the 1994 pharmacy graduate of the institution, said: "Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it."

He charged the newly robed pharmacists not to be scared of taking risks, stressing that the world's takers are risk-takers.

The industrial pharmacy guru added: "You will succeed to the extent to which you are willing to change. You are leaving the university to a world that is uniquely different from the one in you previously entered. You will start your career with a more diverse set of people, in a world of rapidly changing technology and skillsets. You will get married and raise your kids in a society that is very different from the one in which you were raised. There is one thing that you will be unable to avoid in the life you are going into and that is change."

He continued: "Let me also warn you against the vanity of social media connections; that is not what I am talking about. Do not fall for the deception of LinkedIn connections; you need to make real friends and build a network of physical and real-life intimacy.

"Technology will never replace human essence and interactions. Associate with people. Chat with strangers. Take people out for a drink or to dinner - not because you want a business deal, but simply to interact with them and enjoy their company. Invest in people; they return the best dividends. Make people feel special when they meet you."

In his remarks, Pharm. N. A. E. Mohammed, registrar, Pharmacists Council of Nigeria (PCN), represented by Pharm. (Mrs) Yejide Oseni, director, South West Zonal Office, PCN, congratulated the Vice-Chancellor, as well as the academic and non-academic staff of the institution, while urging the newly inducted pharmacists to abide by the ethics of the profession. He also advised them to develop leadership and interpersonal relationship skills, which he said are vital in pharmacy

practice.

The registrar further encouraged the graduands to shun all manners of practices that will tarnish their image and by extension, the image of the pharmacy profession.

According to Mohammed, "The second phase of your pharmacy training starts with the one-year statutory internship programme, which is compulsory for all pharmacists in Nigeria, including those who trained abroad without evidence of licensure in countries of practice. The internship must be undertaken in only PCN accredited internship training institutions. I enjoin all of you to take the one year seriously as there may not be an opportunity to make up for any time wasted."

He further stated: "In a world where change is about the only

constant phenomenon, the PCN is aware of the challenges posed to pharmacists by the dynamics of practice, technological advancements, increased disease burdens, adverse drug reactions, drug interactions, drug resistance, among others.

"Pursuant to the foregoing, the PCN has institutionalised the Continuing Professional Development (CPD) programme to ensure the continued relevance of pharmacists in the scheme of events in the health sector and government in general."

In his address, the Vice-Chancellor of the university, Prof. Kayode Adebawale, charged the graduands to be good ambassadors of the institution, adding that they should be found worthy in character and in the discharge of their responsibilities.

He noted that in order to demonstrate the seriousness of the university management to pharmacy education, a befitting ultra-modern faculty building was under construction and would be completed soon, adding that pharmacy practice is an integral part of healthcare and cannot be substituted in the healthcare sector.

Presenting the 93 graduands for the oath-taking and induction ceremony, Dean of the Faculty of Pharmacy, Prof. Olukunle Idowu, urged the inductees to continue to uplift the banner of the university wherever they found themselves.

Speaking on the topic, "Parable of the Ostrich: Striking Elegance, Hidden Flaws", Adebawale implored the young pharmacists to keep a critical eye on the flaws that are hidden in every situation,

continued from page 16

CYPRI GOLD®



**Go
for
Gold**

**Fortified with
LIQ. GLUCOSE
&
L-LYSINE**

*Anti histamine
Anti allergic*



**Therapeutic
Laboratories (N) Ltd.**

**Address: 372 Ikorodu Road, Maryland.
Phone No: 07013485527 , 07013485520
Email:therapeuticlaboratories@gmail.com**

Chikwe Ihekweazu: Foremost epidemiologist and game-changer in disease control

By Ola Aboderin



Dr Chikwe Ihekweazu

On 20 February 2019, an interesting article was published in the prestigious journal, *Nature*, about Dr Chikwe Ihekweazu, former director-general of Nigeria Centre for Disease Control (NCDC). Taking a panoramic view of his sterling personality and the remarkable achievements that had adorned his career trajectory so far, the writer captioned the piece, "This Nigerian doctor might just prevent the next deadly pandemic".

Months later, that prediction soon became a reality - perhaps in a way that was much bigger than either the writer or Ihekweazu himself could have imagined. In December of that year, COVID-19 happened. Beginning first as a cluster of cases of "viral pneumonia of unknown cause", affecting people in faraway Wuhan, China, the disease soon became a global pandemic, spreading across the world in the form of an unstoppable wildfire. By the following year, the pandemic had paralysed economies and stifled social life in many places. But worse of all was the infection rates and death toll. By December 2020, cases had risen to 83,832,334, with 1,824,590 deaths globally.

What made the situation more alarming was that the developed countries of the world with advanced healthcare systems were not spared the grim statistics of infections and deaths. For instance, the United States, by December 2020 ending had recorded 20 million infections and over 350,000 deaths. One can then imagine what the situation should be in the developing world. Indeed, forecasts from health and economic experts about Africa had been gloomy and really frightening. This was linked to the continent's generally weak health systems, high population density and informal economy.

Doomsday averted
Nigeria, especially, was expected

to be the worst affected by these doomsday forecasts, considering that the country is the most populous on the continent, with one of the least-funded health systems and consequently parading some of the worst health indices. Thankfully, however, four years earlier (precisely in August 2016) President Muhammadu Buhari had made a decision that would turn out to be one of the best things to happen to Nigeria in recent times. He had appointed Ihekweazu as the director-general of the NCDC.

NCDC is the national public health institute for Nigeria - a federal government agency under the Federal Ministry of Health. Modelled after the United States' Centres for Disease Control (CDC), the agency is saddled with the responsibility of protecting Nigeria's teeming population from the impact of communicable diseases through the coordination of public health preparedness, surveillance, laboratory, and response functions for all infectious diseases. As at when Ihekweazu was appointed, NCDC had just been made an independent government agency, even though its actual beginning can be traced to 2011, when some departments in the Ministry of Health (the Epidemiology Division, the Avian Influenza Project and its laboratories) and the Nigeria Field Epidemiology and Laboratory Training Programme (N FELTP) were moved to form its nucleus.

The appointment of Ihekweazu was particularly auspicious, not just because of the expanse of his expertise and experience as an epidemiologist and public health physician but because he had been brimming with concern over Nigeria's ill-preparedness for disease outbreaks. In terms of experience, before his appointment by the Nigerian government, Ihekweazu had, at different times, worked in senior public health and leadership positions in several National Public

Health Institutes, including Germany's Robert Koch Institute (RKI), the UK's Health Protection Agency and the National Institute for Communicable Diseases South Africa (NICD). He had also led several short-term engagements for the World Health Organisation (WHO), mainly in response to major infectious disease outbreaks around the world.

But, as already noted, it was his concern for the state of things in his country that first caught the attention of the government. He once wrote on a blog in 2010: "Nigeria needs a central, well-resourced centre for infectious disease prevention and control, or one day we will pay the price the hard way." As he would later reveal, shortly after publishing the post, the then Minister of Health,

contacted him and they had a robust discussion.

When the call to serve eventually came (first in July 2016), Ihekweazu jettisoned his concerns about poor health financing and bureaucracy for the greater good of his fellow countrymen. And even though he found the situation on ground to be similar to what he had envisaged, he determined that once he had accepted the call, there was no turning back. Despite very limited resources and mostly decrepit infrastructure, Ihekweazu motivated himself and the handful of staff he met on ground to give their very best. Unsurprisingly his tenure as the pioneer DG (2016-2021) brought comprehensive transformation, efficiency and recognition to the NCDC.

Before the emergence of COVID-19, Ihekweazu had led effective responses to large outbreaks of infectious diseases, as well as a re-emergence of monkeypox and yellow fever in the country. The NCDC soon became a household name in Nigeria and also drew the attention of world leaders and international organisations that were eager to provide funding for its operations. Indeed, in recognition of the great work Ihekweazu was leading at the NCDC, the Director-General of WHO, Tedros Adhanom Ghebreyesus visited the agency in 2018, while former Prime Minister of the UK, Tony Blair visited in 2019.

With the solid structures and the qualified and well-motivated workforce that Ihekweazu had put in place, Nigeria was already well prepared by the time the first case of COVID-19 was recorded in February 2020. To the surprise of many, Nigeria, through the NCDC, was one of the first countries to recognise and prepare for the risk posed by the pandemic. Ihekweazu and his team stirred the government and other stakeholders to start planning the response for

the outbreak, very early, albeit with limited resources. A multi-sectoral National Coronavirus Preparedness Group was established by NCDC as early as January 2020. This group included representatives from the Port Health Services of the Federal Ministry of Health, Office of the National Security Adviser, Federal Ministry of Agriculture and partners including World Health Organization (WHO), US Centres for Disease Control and Public Health England.

By the time the first case was confirmed, the NCDC preparedness group had transitioned to an Emergency Operations Centre, while the federal government instituted a Presidential Task Force on COVID-19 (PTF). Thus, with the high level of preparation and the constant efforts of the NCDC, led by Ihekweazu, Nigeria's infection rates and death toll were far lower than many had feared.

The NCDC, under Ihekweazu's leadership developed proactive and reactive communication strategies. The weekly press conferences with the Presidential Task Force provided him an opportunity to engage directly with the media. In addition to this, he ensured that the agency worked very hard to respond to several daily media requests, developing key communication messages every week, utilising various media channels to reach all sections of the Nigerian society, with necessary information and sensitisation that proved useful in averting what might have been a national tragedy.

Throughout his tenure, Ihekweazu more than doubled the size of the NCDC staff, set up a network of molecular-biology labs across the country and become the steward of multimillion-dollar grants intended to diffuse the threat of disease outbreaks in the country.

Background and recognitions

Ihekweazu was born in 1971 to Nigerian-German parents. His father was a Nigerian doctor and the mother, a German professor. His childhood was in the small university town of Nsukka where he obtained his foundational education; his secondary school education was obtained at the Federal Government College Enugu (FGCE) from 1983 to 1989.

Ihekweazu holds an MBBS from the University of Nigeria, Nsukka, a Diploma in Tropical Medicine at University of Heidelberg, Germany, a Masters in Public Health from Heinrich Heine University Düsseldorf, Germany, a Fellowship of the European Programme for Intervention Epidemiology Training, as well as a Fellowship of the UK's Faculty of Public Health.

The celebrated epidemiologist has been variously recognised for his efforts at building a lasting foundation for the success of the NCDC, as well as preventing and managing disease outbreaks in Nigeria and beyond. He was in November 2001 appointed assistant director-general at the World Health Organisation (WHO).

Ihekweazu is married to Vivianne Ihekweazu and they have two children.

NAT B

High potency formula for Nerve Rejuvenation

1

CAPSULE DAILY

NAT B CAPSULES
A Energy & Warning Formula

• COMPLETE RANGE OF VITAMIN B

The B vitamins synergistically work together as a complex.

• INOSITOL AND CHOLINE

Maintains structure and optimal functions of the neurons.

• BIOTIN

Improves clinical & laboratory findings in diabetic patient with neuropathy.

For:

- Diabetic Peripheral Neuropathy
- Alcoholic Polyneuropathy
- Pain associated with accident & trauma

MEGA We care
MEGA LIFESCIENCES NIGERIA LIMITED

PHARMACEUTICAL
MANAGEMENT SYSTEM

The e-Pharmacy Software enhances daily operations, streamlines drug dispensing, stock management, and overall efficiency.

PHC OFFICE
No 19, East West Road
Bankelewa,
Port Harcourt
0818 0000 757

LAGOS OFFICE
No. 2, Odelele Street,
Off 7 & 8 Bus Stop,
Airport Road, Lagos
0908 2995 629

www.jirehpharm.com
www.jirehpharm.com

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

Non-verbal intelligence (My secret as a star medrep) (3)

By Dipo MacJob (Dr Write)

In the last edition, I narrated an experience of infiltration into my territory while I was a medrep covering some of the southwestern states in Nigeria. In other words, the products I was meant to be supplying the wholesalers or pharmacy outlets directly in my territory were somehow finding "their way" to these outlets without me making the supplies. That automatically meant that I was losing sales and ultimately, the budget numbers would be affected at the end of the month.

It was bad enough that these wholesalers were getting stocks outside the territory; but it was worse because, in some instances, these products were parallel imports of our company products. So, the only way to gain access was by building a strong relationship with these individuals. All a medrep needed was just an LPO (Local Purchase Order); the rest was all about nurturing that relationship that had been built for many more LPOs to be issued at the appropriate time.

Relationship is key

So, let's face it, for any medrep reading this, let me say clearly that without a fantastic relationship skills with all the key stakeholders in the value chain, you are likely to struggle somewhere along the line in your career as a medrep. Your product knowledge, promotional materials, company name and any other thing you may consider that should serve as an edge in doing your work would not likely yield any commensurate benefit. So what strategy should you adopt?

Follow the money

One major error medreps make, especially the greenhorns, is that they build relationships with customers who have low potential or low propensity. What that means is that the customer you are seeing cannot really afford your product or does not see the kind of patients that would require your brand or product. So, you find out that so much time is spent visiting customers who cannot turn around your sales figures but you simply hang around them perhaps because they like your brand, or you have built some kind of relationship with them which unfortunately, may not have a strong bearing on your sales. The solution is, simply, follow the money.

At times, your big break may just be a particular medical doctor who consults at a clinic

among the list of clinics you are expected to visit weekly, depending on what products are under your custody. This consultant's acceptance of your brand or endorsement of it means that all the younger doctors are not likely to change whatever prescription that has been written by him. Even if the junior doctors do not agree with your brand, as long as the consultant has placed a patient on it, the patient would likely be on the brand of that medication for some time to come, except there are issues around safety or cost effectiveness.

Stakeholder mapping

It is very essential for

every medrep to do a value assessment of all the potential customers or the current customers in his territory. That can help you group them into different classes of importance and then, you focus on the ones that are more valuable to your business. After doing a stakeholder mapping of the customers, you must then determine how regularly you need to visit these customers weekly or monthly, having in mind the bigger picture of scaling up your business from A to Z, as it were.

Even though relationship building, stakeholders mapping and the likes are very germane to performing well



as a medrep, there are other requirements that serve as the icing on the cake. Find out what these are in the next edition; you do not want to miss it.

MacJob O.E (@dipomacjob) diptoy20m@yahoo.com, 070624567 (Text)



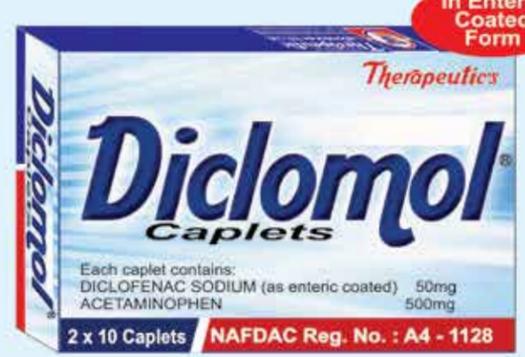


Diclomol[®]

**Pain Buster
Caplets & Gel**



Diclofenac Diethylamine 1.16% w/w



**Diclofenac Sodium BP 1.00% w/w
Paracetamol BP. 500mg**

KNOCKS OUT

MUSCULAR & JOINT PAINS



Therapeutic
Laboratories (N) Ltd.

372 Ikorodu Road, Maryland Ikeja.
Tel: 07013485520, 07013485527
therapeuticlabouratories@gmail.com

Therapeutic ... Cares for your Health & Wellness

Betaglip[®]
Glipizide 5 mg
3 x 10 tablets

Forbetic[®]
Metformin Hydrochloride 500 mg
100 tablets

CONTROL

- Effective control of blood Glucose together with diet and exercise¹
- The SU of choice in patient with CKD and Diabetes²
- Effective in combination with other anti-diabetic agents.
- Effective in monotherapy and in cases of intolerance or a contraindication to use metformin³
- Great option due to its lower cost, availability, and efficacy in control type 2 diabetes⁴
- Reduced risk of Hypoglycemia due to short half-life⁵

Betaglip-Forbetic Combination achieves a significant drop in HbA1c in patients uncontrolled on Metformin monotherapy.

References:
1. Metzger A, Wahren-Bell E. Clinical pharmacology of glipizide. Am J Med. 1983 Nov; 75(5):41-5.
2. Coma R, Quintana-Rodriguez BS, Nape TM. Glipizide. (Updated 2020 Oct 12). In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2021 Jan. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK459171/>

swi[®]pha

PRSAD/BTGP-FBTC/2022/VER1

Swibetic[®]
(Glipizide 5 mg + Metformin Hydrochloride 500 mg)

■ For Targeted Management of Type 2 Diabetes Mellitus

Swibetic[®]
Glipizide + Metformin Hydrochloride
5/500 mg
100 tablets

Swibetic[®]
Glipizide + Metformin Hydrochloride
5/500 mg
30 tablets

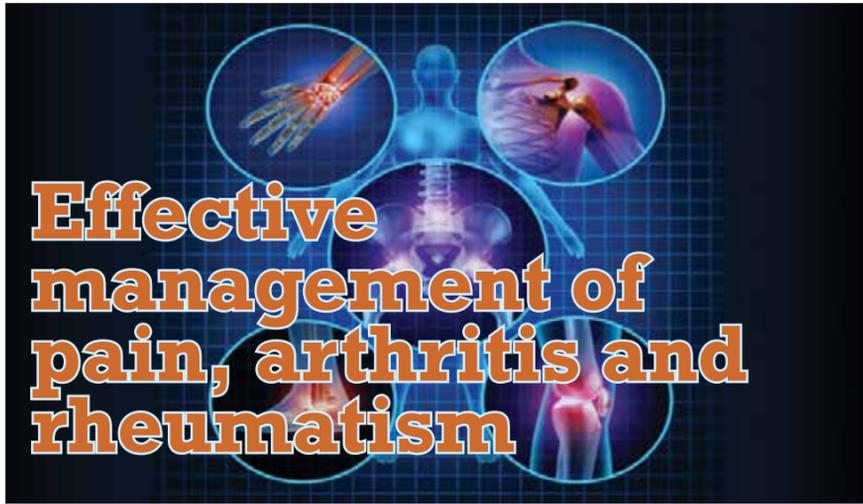
- ▶ Targets the two critical causes of Type 2 DM¹
- ▶ Drops HbA1c by 2.1%²
- ▶ 1.9 risk reduction in incidence of Hypoglycaemia³
- ▶ Affordable for long term management of Type 2 DM⁴

References:
1. Goldstein BJ, Flans M, Rubin CJ. Multicenter, randomized, double-masked, parallel-group assessment of simultaneous glipizide/metformin as second-line pharmacologic treatment for patients with type 2 diabetes mellitus that is inadequately controlled by a sulfonylurea. Clin Ther. 2002;25(3):890-903. doi:10.1016/S0149-2618(02)0112-1.
2. Sola D, Rossi L, Schiano GP, et al. Sulfonylureas and their use in clinical practice. Arch Mac Soc. 2015;11(4):340-348. doi:10.5114/ams.2015.03304
3. Individual sulfonylureas and serious hypoglycemia in older people. Short RIT, Ray WA, Daugherty JR. Geriatr Nurs.
4. Pevzner M, Daley G, Gellau W, Chinnathel W, Osei K, Taylor J, Chutkan R, Koulikas C. Effect of glycemic control on the addition of 2 long-acting GITS to metformin in patients with T2DM

swi[®]pha

PRSAD/SWIBTC/2020/VER1

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)



Pain, according to health experts, is an unpleasant bodily sensation that causes mild to severe physical discomfort. It is a distressing feeling often caused by damaging stimuli. The Johns Hopkins University's School of Medicine in Baltimore, Maryland, United State of America, says pain is an uncomfortable feeling that gives a signal that something may be wrong in the body. The health institution explains that pain can be steady, throbbing, stabbing, aching, pinching, or described in many other ways. It added, however, that sometimes, it is just a nuisance, like a mild headache. Pain can be physical suffering or distress. It can also be a distressing sensation in a particular part of the body.

According to the World Health Organisation (WHO), pain is an unpleasant sensory or emotional experience associated with actual or potential tissue damage; it essentially allows the body to react to and prevent further tissue damage. In its report on "estimate and prevalence of pain and rheumatic diseases" published in

2018, WHO, established that back pain is the most common cause of disability among young adults. It added that 80–85 percent of back pain has no known cause, whereas low back pain affects 80 percent of persons at some point in their life.

The International Association for the Study of Pain (IASP) also defines pain as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. According to IASP, pain is not just a physical sensation, it is influenced by attitudes, beliefs, personality and social factors, and can affect emotional and mental wellbeing.

The society, in its research published in July 2020 on the prevalence of chronic pain and the association between the pains, said it discovered that the prevalence of chronic pain was 18.3 percent (95 percent confidence interval). It also noted that women were more likely than were men to have chronic pain.

Arthritis, rheumatism and rheumatoid arthritis

Usually referred to as the

"disease of the joints", arthritis is the chronic or acute inflammation of the joints, which is often accompanied by structural damage and pain. Rheumatism, on the other hand, encompasses both inflammatory and non-inflammatory forms of pain and arthritis syndromes. In fact, modern medical literature does not generally use the term "rheumatism" anymore. Instead, arthritis is commonly used to refer to rheumatic conditions.

Due to the closely related nature of rheumatism and arthritis as diseases that affect joints tendons, ligaments, bones, and muscles, rheumatoid arthritis has been diagnosed long ago which is an autoimmune disease that can cause joint pain and damage throughout the body. It is a chronic inflammatory disorder affecting many joints, including those in the hands and feet.

In rheumatoid arthritis, the body's immune system attacks its own tissue, including joints. In severe cases, it attacks internal organs. Rheumatoid arthritis affects joint linings, causing painful swelling. Over long periods of time, the inflammation associated with rheumatoid arthritis can cause bone erosion and joint deformity.

Categories of pain

According to Pain Management Physician Associates of Reno Tahoe, United States of America, when describing pain, the types will fall into three categories, which are nociceptive pain, neuropathic pain and mixed pain, depending on the type of pain one is experiencing.

Nociceptive pain

Nociceptive pain arises from the stimulation of specific pain receptors. These receptors, called nociceptors, can respond to heat, cold, vibration, stretching and chemical stimuli released when tissues are irritated or injured. Some examples of nociceptive pain include sprains, inflammation, obstructions, bone fractures, burns, bumps and bruises, and pelvic pain caused by irritable bowel syndrome.

Neuropathic pain

Neuropathic pain (nerve pain) occurs as a result of structural damage and/or dysfunction within the nervous system. Neuropathic pain often presents in widespread dysfunction throughout the body and the initial cause of the pain is often difficult to track. An example of neuropathic pain is Reflex Sympathetic Dystrophy (RSD).

Mixed Pain

In some conditions, pain appears to be caused by a mixture of nociceptive and neuropathic factors. An initial nervous system dysfunction or injury may trigger the release of inflammatory mediators, resulting in a subsequent neuropathic inflammation, causing the quality of pain to change to burning, throbbing or tingling type of pain. Examples of mixed pain include migraine headaches and myofascial pain.

Types of pain

Acute pain: Acute pain is usually intense but short-lived. It is how the body alerts a person to an injury or localised tissue damage. Acute pain triggers the body's fight-or-flight mechanism, often resulting in faster heartbeats and breathing rates; however, treating

continued on page 13

IBUNOVA

Solubilized Ibuprofen **200/400**
equivalent to Ibuprofen

SPEED IS ESSENTIAL IN PAIN RELIEF



THE FASTER PAIN RELIEF



IBUNOVA 400

Adult above 12 years
1 Capsule every 4-6 hours
but don't exceed 3 capsules
in 24hrs unless directed by
a physician.

IBUNOVA 200

from 12 year and above
1 capsule every 4-6 hours
but don't exceed 6 capsules
in 24hrs unless directed by
a physician.

Facebook Mega Lifesciences Nigeria Ltd.
MEGA We Care | For Your Wellness

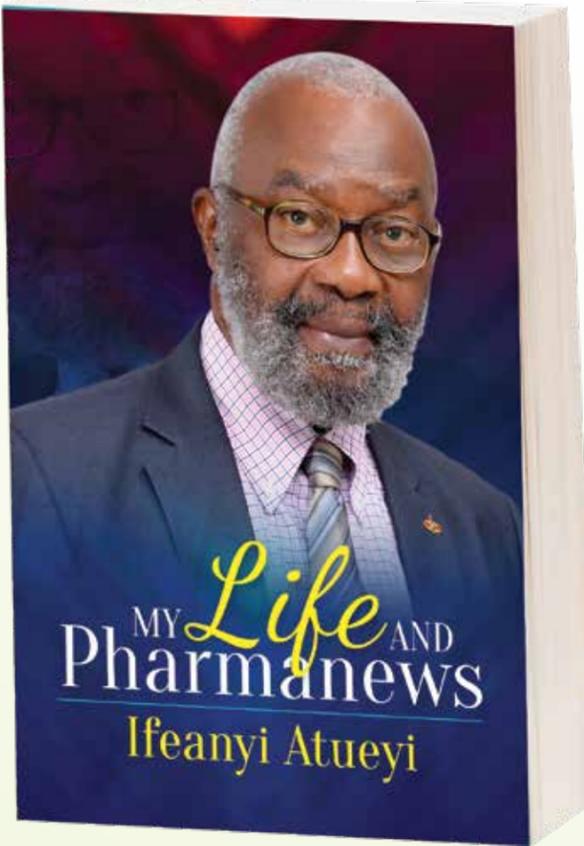
Pharmanews App now available on Google Play store, Apple Store, Windows Store

A TIMELY SECOND CHANCE (3)

(Excerpts from *MY LIFE AND PHARMANNEWS* by Sir Ifeanyi Atueyi)

After my disengagement from HB & Sons, I took some time to rest and to travel to my hometown, Okija, to enjoy a short holiday. Thereafter, I returned to Lagos. In the course of my discussions with two of my colleagues working at the Federal Ministry of Health, Moses Azuike and Lambert Eradiri, I found out that the government had promised to sponsor them for the one-year B.Pharm programme that would commence in October. Since I had nothing to do at this time, I considered it a good opportunity to try my luck as well, by applying for a job in the same Ministry of Health even though I did not like hospital pharmacy practice.

At that time, the Ministry of Health's secretariat was on Broad Street, Lagos. When I got there, the then Chief Pharmacist, Mr A. A. Oluwole, was surprised at my intention because he knew that I was coming from the private sector and, back then, government workers were not receiving much. When I affirmed my readiness to work with the ministry, he instantly ordered a letter of appointment for me. I was asked to start work at the Ebute-Metta Health Centre, along Cemetery Road, Ebute



Metta.

Surprisingly, when I got to the health centre, it was deserted. There was no activity going on there. When I reported back at the ministry, I was told to be patient because the building had some structural problems

which were being rectified. I was told not to worry, but I wondered why I should be worrying when I was being fully paid.

After a period of waiting in vain, the ministry transferred me to Surulere Health Centre, at Randle Avenue, Surulere. However, having been offered admission by University of Ife, I was already preoccupied with thoughts of finally getting my degree. In addition, as many had foreseen, the nation's political atmosphere had become dreadfully volatile again, culminating in the counter coup of July 29, 1966 and a general fear of pogrom against the Igbos. Indeed, that counter coup has been described as Africa's bloodiest coup. Many Igbo people abandoned their businesses, homes and properties and

returned to the east for safety. I watched the developments for some weeks and being an Igbo man, too, I seized the opportunity to run to Ibadan (as at then, the Pharmacy Department of University of Ife was at the campus of the former Nigerian College of Arts, Science, and Technology).

From the university I wrote a letter to the Ministry of Health, requesting for study leave with pay. Well, it did not come as a surprise that the request was not considered. I had just started work a few months back and requesting for a study leave with pay. I figured that this must have been the reason I did not get a reply; so I decided to request for leave without pay – after all, I had already accumulated more than enough money to meet my needs. When I didn't get a response to the second letter, either, I wrote a formal letter of resignation. And thus ended my two-year period of chequered experience, working for American, British and Lebanese companies and then Federal Ministry of Health in order to achieve my ambition of returning to the university for the B.Pharm degree.

(Continues next edition)

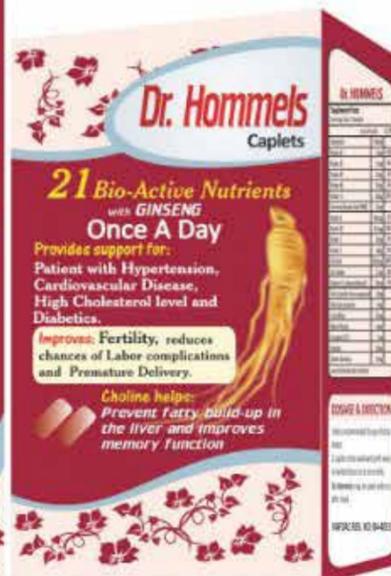
Dr. Hommels Advanced Liquid & Film Coated Caplets

21 Bio-Active Nutrients

Provides support for:

Patient with Hypertension, Cardiovascular Disease, High Cholesterol level & Diabetics.

Advanced Liquid formula



Film Coated Caplets

Improves:

FERTILITY & LIBIDO

Choline helps:

Prevent fatty build-up in the liver and improves memory function

Improves:

Immunity, reduces chronic fatigue syndrome.

Marketed By: United African Laboratories Ltd.

9, Tebun Bisiriyu Street, Shasha, Lagos. Tel: 08129519318

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

Effective management of pain, arthritis and rheumatism

continued from page 11

the underlying injury usually resolves acute pain.

Chronic pain: This type of pain lasts far longer than acute pain, and there is often no cure. Chronic pain can be mild or severe. It can also be either continuous, such as in arthritis; or intermittent, as with migraines. Intermittent pain occurs on repeated occasions but stops in between flares. The fight-or-flight reactions eventually stop in people with chronic pain as the sympathetic nervous system that triggers these reactions adapts to the pain stimulus. If enough cases of acute pain occur, they can create a build-up of electrical signals in the central nervous system (CNS) that overstimulate the nerve fibres. This effect is known as "windup," with this term comparing the build-up of electrical signals to a windup toy. Winding a toy with more intensity leads to the toy running faster for longer. Chronic pain works in the same way, which is why a person may feel pain long after the event that first caused it.

Central pain: This type of pain often occurs due to infarction, abscesses, tumours, degeneration, or bleeding in the brain and spinal cord. Central pain is ongoing, and it can range from mild to extremely painful. People with central pain report burning, aching, and pressing sensations.

Phantom pain: Phantom pain is completely different from every other pain considering the way it occurs. Phantom pain usually occurs after the amputation of a limb and refers to painful sensations that feel as though they are coming from the missing limb.

While pain types and categorisations may have been identified, pain can also be identified based on their locations. For instance, the Blaustein Pain Treatment Centre at the Johns Hopkins hospital has identified some forms of pain which include head pain / occipital neuralgia (scalp/head pain), hip pain, low back pain, intercostal neuralgia (rib pain), neck pain, shoulder and knee arthritic pain (osteoarthritis), myofascial (muscular) pain, anginal pain (chest pains), nerve entrapment syndromes, spasticity related syndromes/ pain, spinal cord injury (central pain), pelvic pain and thoracic outlet syndrome.

Diagnosis of pain

It is important to state that there is no specific instrument for diagnosing pain. Doctors have said the most effective way to accurately diagnose pain is for the patient and the doctor to communicate, as the description of the pain by the patient will help the doctor make a diagnosis. There is no objective scale for identifying the type of pain, so the doctor will take a pain history. The doctor will ask the individual to describe the nature of the pain.

Treating chronic pain

There are nondrug therapies that can help relieve chronic pain. These include:

Psychotherapy: Psychotherapy can help with the emotional side of constant pain. Studies have shown that chronic pain can lead to depression and that depression intensifies chronic pain. A psychotherapist can help a person implement changes to minimize the intensity of pain and build coping skills.

Surgery: One of the major



ways to get rid of chronic pain is by carrying out surgeries on the spot which could be on the nerves, brain, and spine. The forms of surgery that can be carried out may include decompression, rhizotomy, electrical deep brain and spinal cord stimulation procedures.

Acupuncture: According to experts, inserting very fine needles at specific pressure points may reduce pain.

Biofeedback: Biofeedback is a mind-body technique treatment for chronic pain. Through this biofeedback treatment technique, a person can learn to control their organs and automatic processes, such as their heart rate, with their thoughts more effectively. A 2019 research work showed that virtual reality may play a role in the use of biofeedback in pain management.

Relaxation therapies: Relaxation therapies treatment technique usually involves a wide range of controlled relaxation techniques and exercises, mostly in the realm of alternative and complementary medicine. A person can try hypnosis, yoga, meditation, massage therapy or distraction techniques; sometimes it may be a combination of one or two practices.

Heat and cold: Using hot and cold technique can help sometimes in treating chronic pain, depending on the type of injury or pain. Some topical medications have a warming effect when a person applies them to the affected area.

Physical manipulation: A physiotherapist or chiropractor can sometimes help relieve pain by manipulating the tension from a person's back.

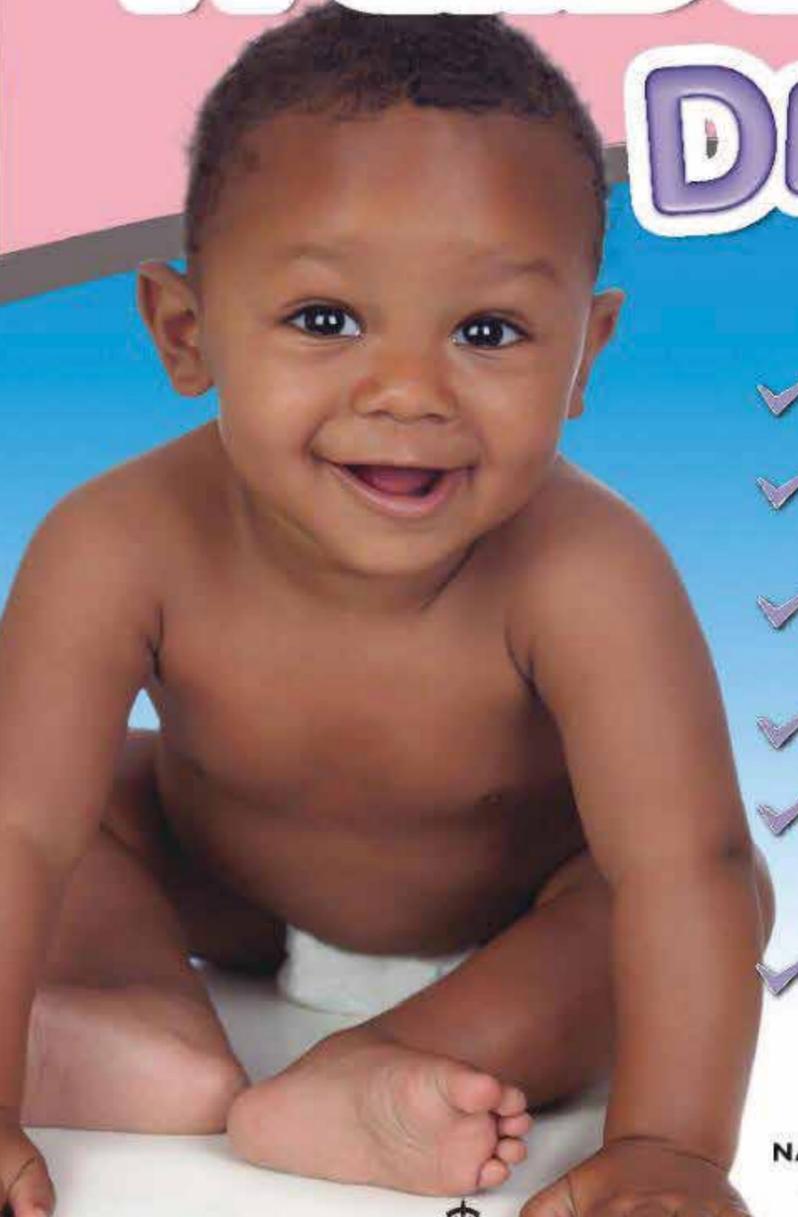
Rest: Rest is very important, especially in relieving pain. It may even be the best option if pain occurs due to an injury or overworking a part of the body.

Nerve blocks: These are

continued on page 15

wellbaby

Drops



- ✓ Contains 15 Essential Bioelements.
- ✓ With Vitamin D3 - Cholecalciferol, the preferred bioactive form.
- ✓ Contains Lysine—an essential amino acid for baby's development.
- ✓ Iron for normal cognitive development.
- ✓ Vitamins A, C and D as recommended by the UK department of Health for all babies 6 months and over.
- ✓ Suitable for babies within age 1 month to 12 months



NAFDAC No.: A7-2250




wellbabinigeria.com

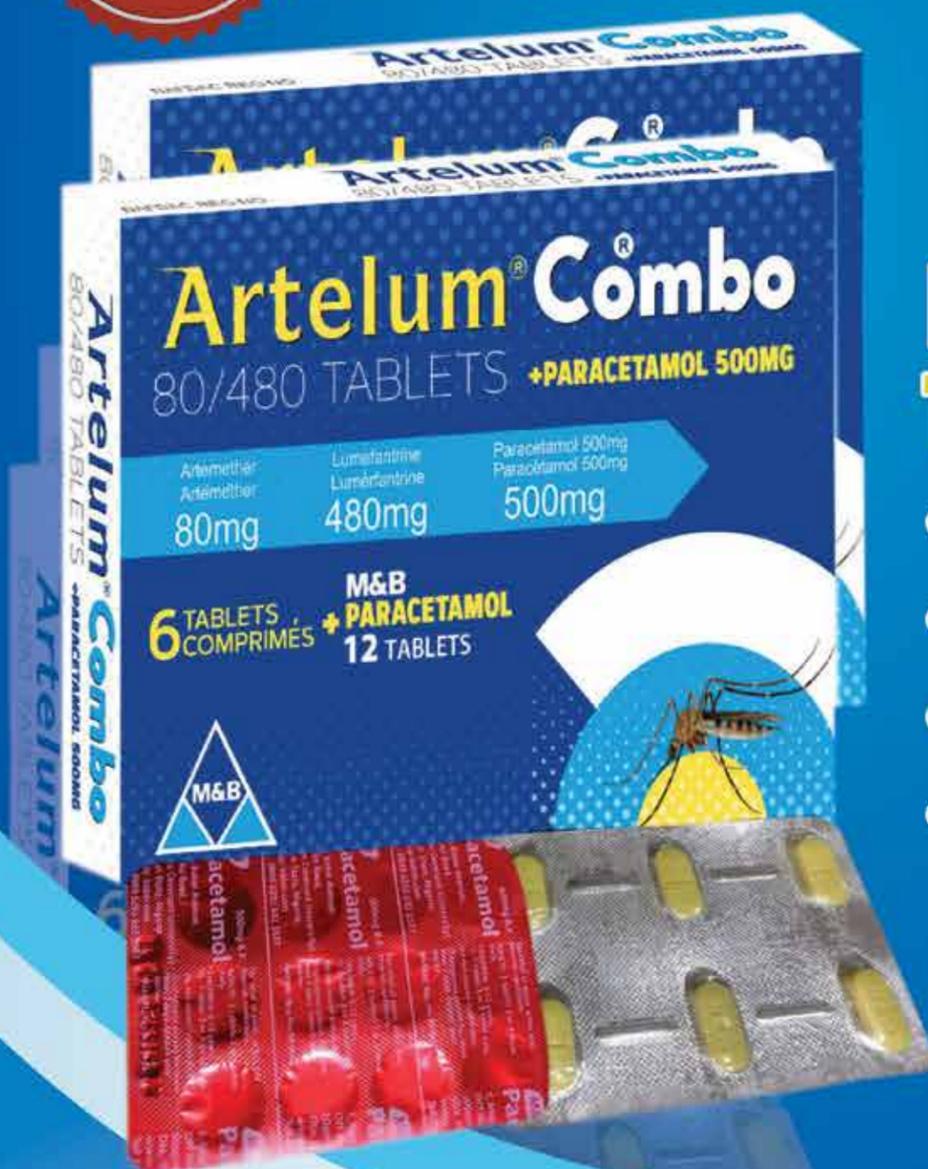
Active ingredients: Vitamin A (1167 IU), Vitamin D (as D3 280 IU), Vitamin E, Vitamin C, Thiamin (Vitamin B12), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Vitamin B6, Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Iron, Zinc, L-Lysine and Malt Extract.

Marketed by: PINNACLE HEALTH PHARMACEUTICAL LTD
Phone: 07082376664, 08021399703 Email: phppharma@yahoo.com

TAKE
TOTAL CONTROL
OVER
MALARIA
with

Artelum[®] Combo

Quality
and
Efficacy
Guaranteed



Effectively Treats

- Malaria
- Fever
- Headache
- Body Pains



Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

Effective management of pain, arthritis and rheumatism

continued from page 13

injections that can numb a group of nerves that act as a source of pain for a specific limb or body part.

Treating Acute pain

Treating acute pain usually involves taking a medication. Basically, acute pain results from an underlying health issue, so treating such underlying issue may relieve the pain without the need for pain management. A good example is bacterial infection that is causing a sore throat; antibiotics can treat the infection, easing the soreness as a result. Other treatments include:

Nonsteroidal anti-inflammatory drugs (NSAIDs): NSAIDs are suitable for minor acute pains, such as headaches, light sprains, and backaches. They are analgesic drugs. They can reduce pain and help a person regain daily function. They are available over the counter or on prescription at a range of strengths. NSAIDs can relieve localised inflammation and pain that is due to swelling. These drugs may have side effects relating to the digestive system, including bleeding. Therefore, a doctor will monitor a person taking a high dosage.

Acetaminophen: Acetaminophen is a popular type of pain reliever. It is an active ingredient in hundreds of medications, including over-the-counter and prescription drugs. Often known by the brand name Tylenol, acetaminophen can relieve pain and a fever. Combined with other ingredients, it can help treat allergy symptoms, coughs, flu symptoms, and colds. Doctors often prescribe drugs that contain acetaminophen and other



ingredients to treat moderate to severe pain. However, it has side effects, when taken in higher doses. It can cause serious liver damage. This is why a patient should not exceed the recommended dosage.

Opioids: Opioids are often prescribed for extreme acute pains, such as those that result from surgery, burns, cancer, and bone fractures. They require a prescription. In situations involving severe trauma and pain, the doctor will carefully manage and administer the dosage. Opioids can cause dangerous side effects in people with certain chronic diseases. For instance, they can cause respiratory depression.

Overview of arthritis

Arthritis is the swelling and tenderness of one or more joints. It is characterised by joint pain and stiffness, which typically worsen with age. According

to the Arthritis Foundation of Atlanta, arthritis is more than just wear and tear or an old person's disease. The Foundation posited that arthritis is very common but not well understood. In one of its publications, the foundation said, "Arthritis is not a single disease but an informal way of referring to joint pain or joint disease."

According Dr Olu Donald, a columnist in The Punch newspaper, arthritis is a term often used to mean any disorder that affects the joints. He noted that the types of arthritis range from those related to the wear and tear of cartilage (such as osteoarthritis) to those associated with inflammation resulting from an overactive immune system (such as rheumatoid arthritis), adding that arthritis make up the most common chronic illness.

Chikodi Anwasi, a health resource person described arthritis as the swelling of one or more joints,

which causes pain and stiffness of the joint and this gets worse as one grows older. He posited that a reduction in the normal amount of cartilage also causes arthritis.

Causes, symptoms and diagnosis

The causes of arthritis may include injury, leading to degenerative arthritis; abnormal metabolism, leading to gout and pseudogout; hereditary factors – such as in osteoarthritis; infections – such as in the arthritis of Lyme disease; immune system dysfunction – such as in rheumatic arthritis and systemic lupus erythematosus. However, pain is a common symptom in virtually all types of arthritis.

The symptoms of arthritis include swelling, joint stiffness and aching around the joint(s). Arthritic disorders like lupus and rheumatoid arthritis can affect other organs in the body, leading to a variety of symptoms. Other symptoms of arthritis may include inability to use the hand or walk; stiffness, which may be worse in the morning; malaise and fatigue; weight loss; poor sleep; muscle aches and pains; tenderness and difficulty moving the joint

According to Anwasi on the diagnosis of arthritis, when you feel any slight discomfort in your joint, immediately see a physician who will first perform a physical examination to check for fluids around the joint and range of motion in the joints, before referring you to a specialist if need be. Keeping a record of the level of inflammation in the blood, analysing joint fluids can help the specialist determine the type of arthritis a patient has.

continued on page 17

EXPRESSIONS of PAIN

Ooh! Aah! Ouch!

Muscular Pain

Low Back Pain

Sprains & Strains

Osteoarthritis of Superficial Joints

Need Topical Pain Relief

VOLINI^{GEL}

Diclofenac diethylamine, Linseed oil, Racemethol and Methyl Salicylate Gel

Effective Topical Pain Relief

VOLINI^{GEL} Offers:

Local Symptomatic Relief of Pain & Inflammation in:

- Tendon, Ligament, Muscle or Joint Traumas like - Sprains, Strains, Bruises*
- Localized soft tissue rheumatism*
- Osteoarthritis of superficial joints - knee joint*



*Abbreviated Prescribing Information

VOLINI GEL (Diclofenac diethylamine, Linseed oil, Racemethol and Methyl Salicylate Gel)

INDICATIONS

VOLINI GEL is indicated for the local symptomatic relief of pain and inflammation in: Trauma of the tendons, ligaments, muscles and joints, e.g. due to sprains, strains and bruises; Localized forms of soft tissue rheumatism; the treatment of osteoarthritis of superficial joints such as the knee.

DOSEAGE AND APPLICATION

Adults: VOLINI GEL should be rubbed gently into the skin. Depending on the size of the affected site to be treated 2-4g (a circular shaped mass approximately 2.0-2.5 cm in diameter) should be applied 3-4 times a day. Elderly: The usual adult dosage may be used. Children aged 14 years and over: If this product is required for more than 7 days for pain relief or if the symptoms worsen the patient/parents of the adolescent is/are advised to consult a doctor.

CONTRAINDICATIONS/WARNINGS & PRECAUTIONS/UNDESIRABLE EFFECTS

VOLINI GEL is contraindicated in, asthmatics, or other allergic-type reactions after taking aspirin, other NSAIDs or with known history of allergy to any ingredient of the gel; setting of coronary artery bypass graft (CABG) surgery; pregnancy and in children and adolescents less than 14 years of age. Concomitant use of oral NSAIDs or products containing diclofenac if required should be done with caution. VOLINI GEL contains propylene glycol, which may cause mild, localized skin irritation in some people. Menthol may give rise to hypersensitivity reactions including contact dermatitis. Ingestion of significant quantities of menthol is reported to cause symptoms similar to those seen after ingestion of camphor including severe abdominal pain, nausea, vomiting, vertigo, ataxia, drowsiness, and coma.

* Ref: Volini Gel prescribing information

For full Prescribing Information, please write to:

Ranbaxy Nigeria Limited

a SUN PHARMA Company

1st Floor, Abimbola House, 24, Abimbola Street, Ilasamaja, Isolo P.O Box 4452, Ikeja, Lagos, Nigeria.

Pharmanews App now available on Google Play store, Apple Store, Windows Store

At presidential inauguration, Usifoh preaches unity

continued from front page

invaluable contributions, then we need to work as a family. Let us strengthen the bond of unity, as men of honour.”

While calling for reconciliation among aggrieved pharmacists, Usifoh assured that his administration would prioritise the culture of listening more and doing the right things.

In his words, “We should reconcile, knowing you may be right today and wrong tomorrow. We must forget our ‘carryovers’, especially those of anger and bitterness. I encourage all pharmacists to embrace genuine dialogue, listen to one another and forgive one another, despite our differences. In this dispensation, we will always listen and act appropriately. Of all the skills of leadership, listening is the most valuable.”

Declaring the ceremony open earlier on, Chairman of the Inauguration and Investiture Planning Committee, Pharm. Joke Bakare, thanked all invited guests for finding time to grace the occasion. She thanked the new PSN president for reposing confidence in her and her team to successfully organise the event.

“We are looking forward to having the most formidable and united PSN, with the inauguration of our indefatigable president, Pharm. (Professor) Cyril Usifoh”, she enthused.

Bakare also acknowledged the presence of special guests, including the Minister of State for Health, Dr Olorunibe Mamora; the Minister of Works and Housing; Mr Babatunde Raji Fashola; and the Minister of Mines and Steel, Mr Lekan Adegbite, among others.

Delivering the keynote address, titled, “Igniting Our Society: Connecting the Dots”, Vice-Chancellor of the University of Benin, Professor Lilian Salami, extolled the contributions of pharmacists to national development. She added that the new PSN president, in particular, had made the university community proud.

She said: “My joy is extreme for many reasons. First, is the fact that the new president of the PSN, Professor Usifoh, is a senior and distinguished professor of the University of Benin who has been a source of pride, not only to the University of Benin but also to the pharmacy profession and indeed Nigeria. I congratulate him.”

“Pharmacists are the experts in drugs. They discover them, manufacture them and are the repository of knowledge on how they should be handled and used. Pharmacists counsel on the adverse effects of drugs and play clinical interventional roles that bring huge positive outcomes to patient treatment.

“Pharmacists are not just the custodians and fabricators of drugs. They are also great



L-R: PSN President, Prof. Cyril Usifoh, his wife, Pharm. (Mrs) Stella Usifoh and the immediate past President, Mazi Sam Oluwabunwa, at the inauguration of the new President/Investiture of Fellows, at Transcorp Hilton, Abuja.

administrators. A nation is as strong as its medicine security. In many ways, Pharmacists secure their nations and contribute to developing the economy.”

Bemoaning the precarious conditions of living in Nigeria, Salami offered suggestions on how the country can wiggle out of its numerous debilitating challenges.

According to Salami, “Our dear country has fallen short of its attainment, despite the resources, both human and material, available to it. We are all familiar with the numerous problems confronting us today as a nation. I wish to state however, that we can positively arrest the situation, if we ignite and dot the positive values in our society through conscientious, dedicated and patriotic reorientation of the values in our society.”

The highpoint of the event was the transfer of the leadership medal by the immediate past PSN President, Mazi Sam Oluwabunwa to Professor Usifoh. The moment was animated with contagious laughter and conviviality when Oluwabunwa, in his usual sense of humour, said he was handing over happily and eagerly to Usifoh, whom he described as a worthy successor full of the passion to succeed.

Meanwhile, at the event, a total of 112 new fellows were inducted into the PSN. Notable among them were the immediate past national chairman of the Association of Industrial Pharmacists of Nigeria, Pharm IG Anukwu; Professor Ray Ozuola and Professor Henri Okeri, both

distinguished professors of the University of Benin; as well as

Pharm Kingsley Amibor, ex-officio of the PSN national.

Stay out of trouble, take risks, experts charge pharmacy graduates

continued from page 7

saying they should not be swayed by the striking elegance of a cursory look, as a closer look will reveal the hidden flaws.

“If you do this diligently, you should stay out of trouble in the world of pharmacy practice. May God endow you with wisdom, and give you a share of good sense. And may your labour not be in vain,” he prayed.

While administering the oath, PCN registrar, Pharm. Mohammed urged the newly inducted pharmacists to abide by the ethics of the profession, while also developing leadership and interpersonal relationship skills, which he said were vital in pharmacy practice.

Also congratulating the graduating students, Prof. Cyril Usifoh, president, PSN, who was represented by Pharm. Gbenga Oguntoye, chairman, PSN, Oyo State, explained that aside from the induction marking the end of the graduands’ sojourn in the university, it also marked the beginning of their career in the pharmacy profession.

Usifoh however appealed to them to keep the pharmacy flag flying wherever they go, adding that the academic excellence they recorded in pharmacy school may not be a determinant of a successful career in real life. Their zeal and hunger to succeed at all cost, he said, were more important.

Also speaking, the duo of Chief Medical Director, University

College Hospital, Prof. Abiodun Olubanjo Otegbayo; and Director of Pharmaceutical Services, Oyo State Ministry of Health, Pharm. D L. Akinwande, charged the newly robed pharmacists to distinguish themselves from those who had gate-crashed their way into the profession by ensuring that they put the patients first in whatever they do.

The highpoint of the event was the presentation of the PCN, NAIP, Foundation Dean, and Prof. Herbert Akinlolu Odelola Memorial Prizes to Cynthia Chidera Okafor, the best graduating student; as well as the handing of the Board of Fellows Prize to Yusuff Olanrewaju Azeez, amid other numerous awards.

In all, 20 of the graduands came out with first class honours and were featured on the ‘Roll of Honour’. They included Cynthia Chidera Okafor, with a CGPA of 6.9, out of 7; Damilola Blessing Babatunde, 6.6; Udoka Joseph Ezeakunne, 6.6; Samuel Oladipupo Fagbemigun, 6.5; Deborah Ajayi, 6.5; Iretomiwa Olorunmodupe Alake, 6.4; Tolulope Ibirongbe, 6.4; Akinlolu Akinbitan, 6.3; Rukayat Yetunde Omotosho, 6.3; Mercy Oluwafemi Ogunlana, 6.2; Praise Olajide, 6.2; Joy Olayinka Gbenle, 6.2; Bunmi Seun Aransiola, 6.1; Uchechukwu Victor Abel, 6.1; Mathew Oluabusayo Akinola, 6.0; Latifat Olamide Fasasi, 6.0; Nurudeen Akinpelumi Oladimeji, 6.0; Joseph Olasupo, 6.0; Victor Ozoude, 6.0; and Anuoluwapo Oluwatobi Isola, 6.0.

Effective management of pain, arthritis and rheumatism

continued from page 15

Type of arthritis

Osteoarthritis: This is the most common form of arthritis. It occurs in older people, as well people with weight problems and joint injuries. It occurs mostly at the knees, spine, feet and hips. Its symptoms are worse in the mornings and can last up to 30 minutes, or when one rests for a long time. Osteoarthritis will involve clicking or popping of the joint when bending, limited movement, muscle weakness around the joints as well as bony growths in the fingers.

Rheumatoid arthritis: This is when the immune system attacks the joints. In this, the soft tissues in the joints that produce fluid to sustain the cartilage and lubricate the joints destroy both bones and cartilage inside the joints. This pain comes suddenly or gradually and causes pain, stiffness and swelling. Rheumatoid arthritis involves morning stiffness, fatigue, low-grade fever; inflammation of the eyes, mouth, heart muscles and blood vessels.

Psoriatic arthritis: This affects the skin and joints; causes itch and burn on the skin as well as patches. Most people develop psoriasis (a disease that causes red patches on the skin) years before being diagnosed with psoriatic arthritis but for some, joint pain begins before the patches appear.

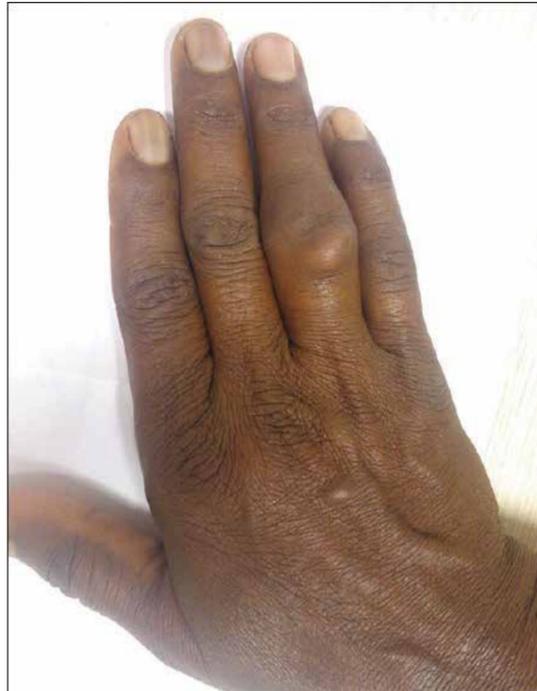
The Arthritis Foundation in Atlanta, USA, has further categorised all arthritis-related diseases into four, which are:

Degenerative arthritis: According to the Foundation, Osteoarthritis is the most common type of arthritis. When the cartilage – the slick, cushioning surface on the ends of bones – wears away, bone rubs against bone, causing pain, swelling and stiffness. Over time, joints can lose strength and pain may become chronic. Risk factors include excess weight, family history, age and previous injury.

Inflammatory arthritis: A healthy immune system is protective. It generates internal inflammation to get rid of infection and prevent disease. But with inflammatory types of arthritis, the immune system doesn't work properly and mistakenly attacks the joints with uncontrolled inflammation, potentially causing joint erosion. Inflammation can also damage internal organs, eyes and other parts of the body. Rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and gout are examples of inflammatory arthritis. Researchers however believe that a combination of genetics and environmental factors can trigger autoimmunity. Smoking is an example of an environmental risk factor that can trigger rheumatoid arthritis in people with certain genes.

Infectious arthritis: A bacterium, virus or fungus can enter the joint and trigger inflammation. Examples of organisms that can infect the joints are salmonella and shigella (food poisoning or contamination), chlamydia and gonorrhoea (sexually transmitted diseases) and hepatitis C (a blood-to-blood infection, often through shared needles or transfusions).

Metabolic arthritis: Uric acid is formed as the body breaks down purines, a substance found in human cells and in many foods. Some people have high levels of uric acid because they naturally produce more than is needed or the body cannot get rid of it quickly enough. In some people, uric acid



builds up and forms needle-like crystals in the joint, resulting in sudden spikes of extreme joint pain, or a gout attack. Gout can come and go in episodes or, if uric acid levels aren't reduced, can become chronic, causing ongoing pain and disability.

Treatment of arthritis

As a matter of fact, physicians have said there is no specific cure for arthritis. However, treatments are recommended. There are non-pharmacological treatment options and there pharmacological methods.

Non-pharmacological: These include lifestyle changes, supportive treatment e.g. physiotherapy, podiatry, occupational therapy and surgery

The pharmacological: These options include medicines, medications to relieve pain (analgesics and anti-inflammatory medicines), NSAIDs (Non-Steroidal Anti-inflammatory Drugs), corticosteroids, medications to decrease the progression of the disease, as well as DMARDs (Disease-Modifying anti-Rheumatic Drugs).

Prevention of arthritis

According to the Managing Director, Miraflash Nigeria Pharmaceutical Limited, Pharm. Moses Oluwalade, arthritis may not be 100 percent avoidable, but it can be reduced. He said, "It also comes with age. The older you are the likelihood that you will have arthritis. But it can be reduced, based on your lifestyle."

Rheumatologists (doctors of internal medicine who specialises in arthritis and other musculoskeletal conditions and systemic autoimmune diseases) believe that maintaining a healthy body and healthy weight and avoiding tobacco products as well controlling of sugar level may help to prevent arthritis. Hence, eating foods rich in Omega 3, fatty acids, eating vegetables and maintaining a healthy diet may help to prevent the disease.

Overview of rheumatism

As earlier stated, rheumatism is a painful medical condition that affects the joints, bones, cartilage, tendons, ligaments and muscles.

According to the World Health Organisation (WHO) report published in 2018, rheumatoid arthritis affects mostly persons of ages 20–40 years, with prevalence between 0.3 and 1 percent in women of developed countries.

Within 10 years, at least 50 percent of patients are unable to continue full-time work. WHO also revealed in the report that osteoarthritis (one of the types of rheumatic disease) is one of the ten most disabling diseases in the developed countries.

In a study titled "Decision Support System for Diagnosing Rheumatic-Musculoskeletal Disease Using Fuzzy Cognitive Map Technique", Dr Boluwaji A. Akinnuwesia and others posited that rheumatic diseases can be found everywhere in the world and are more prevalent in women, noting that while rheumatic diseases are non-communicable but can be hereditary.

Types of rheumatic disease

Lupus: Also known as systemic lupus erythematosus, lupus is an autoimmune disease. It can affect many organs in the body. The symptom of lupus include joint pain, fatigue, joint stiffness, rashes, rash across the cheeks, sun sensitivity, hair loss, blue or white fingers or toes when exposed to cold (called Raynaud's phenomenon); problems in other organs such as the kidneys, blood disorders such as anaemia and low levels of white blood cells or platelets. Others may include chest pain from inflammation of the lining of the heart or lungs, seizures or strokes.

Diagnosis of lupus: In diagnosing lupus, the doctor will ask about the patient's medical history, do a physical examination, and order lab tests of blood and urine samples. The doctor will recommend a suitable treatment.

Osteoarthritis: Osteoarthritis is not linked to problems with the immune system, unlike most rheumatic diseases. It results from damage to cartilage and the cushiony material on the end of your bones. As it wears down, the joints hurt and become harder to move. It usually affects the knees, hips, lower back, neck, fingers, and feet. The symptoms of osteoarthritis include pain, swelling, warmth and stiffness. Muscle weakness can make joints unstable. Depending on what parts of the body it affects, osteoarthritis can make it hard to walk, grip objects, dress, comb your hair, or sit.

Diagnosis of osteoarthritis: Like lupus, a doctor will ask about the patient's medical history and symptoms. The doctor will also examine you. You may also need to get blood tests or let your doctor take a sample of fluid from an affected joint. Usually, by the time someone with osteoarthritis seeks treatment, there are changes visible on an X-ray of the joint. The X-ray may show narrowing of the joint space or the presence of bone spurs. In some cases, the doctor might request an MRI (Magnetic Resonance Imaging) to provide a picture of the inside of your joint. After all examinations, the doctor will recommend suitable treatment.

Rheumatoid arthritis: This happens when the immune system attacks your own tissues and causes joint pain, swelling, and stiffness.

continued on page 19

JAWA CALAMINE LOTION

Calamine Lotion BP

Skin Moisturising Lotion with
CALAMINE + KAOLIN

Indications:

- Jawa Calamine Lotion is used for the relief of mild pruritus
- Used to treat itching and irritation caused by chicken pox, insect bites, sun burn, measles and other minor skin conditions
- Absorb excess oil secretion, remove acne causing dead cells, unclog pores by preventing bacterial growth and excessive drying of the skin to retain natural moisture.

Available in: 200ml
Nafdac No.: A11-1216

SKIN CARE FOR

BUMPY SKIN

DRY SKIN

DEHYDRATED SKIN

ROUGH SKIN

Manufactured by:
JAWA INTERNATIONAL LIMITED
Jawa House Compound, Plot No.6,
Abimbola Industrial Estate, Ibeju,
Lagos, Nigeria.
www.jawasil.com



LAM

Ibuprofen Suspension

EFFECTIVE RELIEF FROM:

- ✓ Dysmenorrhea, migraine, postoperative pain, headaches
- ✓ Musculoskeletal and joint pain
- ✓ Fever and symptoms of cold



...a commitment to healthcare

8A, Ilasamaja Industrial Estate, Itire, Lagos, Nigeria

+234 802 776 7777 | pharmacare@danagroup.com | www.danapharmaceuticals.com



DANACID

Antacid and Antiflatulent

EFFECTIVE RELIEF FROM:

- ✓ Hyperacidity
- ✓ Heartburn
- ✓ Gaseous distention
- ✓ Peptic ulcer



Available in:
Blisters & Jars



...a commitment to healthcare

8A, Ilasamaja Industrial Estate, Itire, Lagos, Nigeria

+234 802 776 7777 | pharmacare@danagroup.com | www.danapharmaceuticals.com



Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

Effective management of pain, arthritis and rheumatism

continued from page 17

It is not part of normal aging. The symptoms include pain and swelling in multiple joints. Other symptoms include problems in other organs such as the eyes and lungs, joint stiffness, especially in the morning, fatigue, lumps called rheumatoid nodules.

Diagnosis of rheumatoid arthritis: You will get a check-up and tell your doctor about your health history. The doctor may take X-rays and samples of your joint fluid. They will do blood tests that look for different signs of inflammation. The doctor will recommend suitable treatment for clients.

Sjogren's syndrome: Sjogren's syndrome causes parts of the body to dry out, like the eyes or mouth. The cause is unknown, but it happens when the immune system attacks those body parts. It's more common in women than men. And the symptoms include dry eyes, eye irritation and burning, dry mouth, tooth decay, gum disease, or thrush, swollen glands on the sides of your face, joint pain and stiffness (rarely) and internal organ diseases (rarely).

Diagnosis of Sjogren's syndrome: The doctor will carry out physical examination and ask about the patient's medical history. The patient may also get other tests. The doctor may do a biopsy, taking tissue from your inner lip to check in a lab. For treatment, the doctor will recommend suitable treatment.

Ankylosing spondylitis: This disease usually starts gradually as lower back pain. It usually involves the joints where the spine attaches to the pelvis, known as the sacroiliac joints. Ankylosing spondylitis



is more common in young men, especially from the teenage years to age 30. The symptom of Ankylosing spondylitis include gradual pain in the lower back and buttocks, lower back pain that worsens and works its way up the spine, pain felt between the shoulder blades and in the neck, pain and stiffness in the back, especially at rest and when getting up, Pain and stiffness that get better after activity, pain in the middle back and then upper back and neck (after five to ten years). And if the condition worsens, the spine may become stiffer. It may become hard to bend for everyday activities.

Diagnosis of Ankylosing spondylitis: The doctor will give you a physical examination and ask you about your medical history. You may get X-rays of your back, looking at the sacroiliac joints. A blood test for a protein called HLA-B27 may help confirm a diagnosis. Your doctor will recommend suitable

treatment.

Psoriatic arthritis: This is a form of autoimmune arthritis sometimes linked with skin symptoms of psoriasis. There are five types which are: **symmetric** which affects joints on both sides of your body; **asymmetric** this doesn't affect the same joints on either side. It may be milder than other forms; **distal** which affects the ends of your fingers and toes, along with your nails; **spondylitis**, which affects your spine and neck; and **arthritis mutilans**, which attacks the small joints at the end of your fingers and toes. It may be the most severe kind. The symptoms of this disease include painful swollen joints, stiffness, swollen fingers and toes. Most people may have skin symptoms before they get joint symptoms. Sometimes it affects the joints first. Some people never have skin symptoms.

Diagnosis of psoriatic arthritis: psoriatic arthritis is a hard

disease to pin down. Genes play a role in this disease, so your doctor will ask about your medical history and that of your relatives. They will look at your joints to see if they are swollen and inflamed, and might draw fluid from one to make sure gout or infectious arthritis is not the cause of your problems. They will also check your skin for signs of psoriasis. Imaging tests can show if you have joint damage. Your doctor will recommend suitable treatment.

Gout: This is a build-up of uric acid crystals in a joint. Most of the time, it is the big toe or another part of your foot. The symptom will include intense joint pain which will probably be in your big toe, but it could also be in your ankles, knees, elbows, wrists, or fingers. Even after the sharp pain goes away, your joint will still hurt.

Diagnosis of gout: Gout can look like a lot of other diseases. The doctor will ask if you have sudden joint pain. Lab tests for gout include Synovial fluid analysis to check for uric acid crystals in your joint, Uric acid to look for high levels in your blood among others. The doctor will recommend suitable treatment based on findings.

Report compiled by **Ranmilowo Ojalumo** with additional reports from Johns Hopkins Medicine, medical news today, Reno Tahoe Pain Associates, the street journal, Everyday Health, Creakyjoint.org, Arthritis Foundation of Atlanta, Webmed, Cleveland Clinic, Medical News Today, Healthline, Nigerian Journal of Orthopaedics and Trauma, The punch and the International Association for the Study of Pain (IASP).

SWIPHA Introduces

Cardiotan[®]

Telmisartan + Amlodipine






- Delivers superior BP Reduction²
- Delivers True 24 Hrs BP Control¹

- Delivers BP control within 2 weeks of therapy³
- Offers Cardio and Reno protection beyond BP reduction¹

...Unique Protection and Control beyond BP Reduction

PRGADICRD1N2022/VERT



References:

1. Krumholz H, Qureshi S. 24-hour ambulatory blood pressure lowering: a hard-to-reach goal. *Journal of the American Society of Hypertension*. 2015; 24(2): 107-112.

2. Anand S, Yusuf S, Brown S, et al. Telmisartan versus atenolol: effects on blood pressure, morbidity, and mortality. *Journal of the American Medical Association*. 2008; 299(12): 1555-1565.

3. Yusuf S, Yusuf T, Yusuf S, et al. Telmisartan versus atenolol: effects on blood pressure, morbidity, and mortality. *Journal of the American Medical Association*. 2008; 299(12): 1555-1565.

4. 2018 ESC Guidelines for the management of arterial hypertension.

Pharmanews App now available on Google Play store, Apple Store, Windows Store

AGEWELL

VIRGIN COCONUT OIL CAPSULES SOFT GELATIN CAPSULES 1000MG

BOOST YOUR IMMUNE SYSTEM TO FIGHT ALL VIRAL INFECTIONS

AVAILABLE IN CUP & SACHET

DOSAGE
00 00

COLD PRESSED COCONUT OIL

LOOK **10 YEARS** YOUNGER THAN YOUR AGE

- ✓ Anti-Aging
- ✓ Anti-Viral
- ✓ Supple Skin
- ✓ Stress Relief
- ✓ Anti-Bacterial
- ✓ Immune Booster
- ✓ General Wellness
- ✓ Strengthens Bone
- ✓ Controls Diabetes
- ✓ Improves Memory
- ✓ Improves Metabolism
- ✓ Gorgeous Healthy Hair
- ✓ Increases Energy Level
- ✓ Treats Candida Infection
- ✓ Reduces High Cholesterol

The Science of Aging Well...Secret to Longevity.

HERBAL SLIMMING DIETARY SUPPLEMENT FOR MALE

AGEWELL

SLIMFIT MAN/WOMAN CAPSULES

12X MORE CALORIE BURN
6X MORE WEIGHT LOSS
3X BELLY FAT REDUCTION

56D, Apartment 2B,
Olorunlogbon Street
Anthony, Lagos-Nigeria.
Tel: 09014628896

agewellhealthcare
agewellhealthcare
agewellhealthcare@gmail.com
agewellhealthcare.com

FAT BURNER DIETARY SUPPLEMENT

HERBAL SLIMMING DIETARY SUPPLEMENT FOR FEMALE

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

LIST OF FELLOWS OF THE PHARMACEUTICAL SOCIETY OF NIGERIA INDUCTED ON 10TH FEBRUARY, 2022

- | | | |
|----------------------------------|------------------------------------|--|
| 1. Abanum Pius (Late) | 38. Edem Edem Ita | 76. Okeke Anthony Ifeayichukwu |
| 2. Adebiyi Abdul-Rabb Ajao | 39. Egboh Ngozi Josephine | 77. Okeke Ifeanyi Justin |
| 3. Adenuga Adenike Olabisi | 40. Ehimen Christopher Eromonsele | 78. Okeke Kingsley Chima |
| 4. Adenugba Adewale Adekunle | 41. Ejieji Tony Chiedozi | 79. Okeri Henry Akpobor |
| 5. Adesina Afusat | 42. Ekeghe Nduka Ogboso | 80. Okey-Ewurum Ijeoma Galaxy |
| 6. Adeyemo Olumuyiwa Joseph | 43. Ekhuemelo Grace Ese | 81. Okoronkwo Ngozi Augustine |
| 7. Adimoha Theophilus Emeka | 44. Eniojukan Joshua Funsho | 82. Okotie Onoharhigho Matthew |
| 8. Adje Ufuoma David | 45. Esom-Ibe Agbomma Emmanuela | 83. Olili-Uhrorho Joel |
| 9. Agha Faith Otini | 46. Ezeani Ngozi Frances | 84. Ologunagba Modupe Oluyemisi |
| 10. Aghaebe Oluchukwu Rose | 47. Ezenweinyinya Chuma Ogbonna | 85. Oluwalade Moses Olurotimi |
| 11. Aigbavboa Solomon Chiolei | 48. Ezike Adaobi Chioma | 86. Omaruaye Oghenechuko Kesiena |
| 12. Aiyeku Abiodun Gbemileke | 49. Hamza Tijjani Yahaya | 87. Onedo Titilayo Abidemi |
| 13. Ajayi Ruth Feyisayo | 50. Hassan Istifanus Utan | 88. Onwumah Malachy Uche |
| 14. Akinbile Adebambo Oladeyin | 51. Idoko Anthony Sule | 89. Onyeji Eugene Chuks |
| 15. Akinniranye Foluke Adetola | 52. Imo Uchechi Enyinne | 90. Onyia Chijioke Cajetan |
| 16. Akinsipe Caroline Aduke | 53. Isang Isong Samuel | 91. Osele Patrick Okwudili |
| 17. Aladenola Folukemi Bosede | 54. Ishima Wilson Obadu | 92. Oseni Yejide Olukemi |
| 18. Amibor Chiedu Kingsley | 55. Isimi Christianah Yetunde | 93. Owunna Clement Ikechukwu |
| 19. Aminu Abdulsalam Yinka | 56. Kalu Ifeoma Onwuchekwa | 94. Oyelana Olakunle |
| 20. Amoo Olusola Adeyosola | 57. Kilani Jelili Adewale | 95. Oyewole Olanipekun Martins |
| 21. Andy Ebenge Tommy | 58. Kuranga Aduke Rahmat | 96. Oyim Elechi Kenneth |
| 22. Aninwike Onyemaechi Cyril | 59. Lan Mnena Scholastica | 97. Ozolua Raymond Iduojemu |
| 23. Anukwu Ignatius Kenechukwu | 60. Madehin Gafar Olanrewaju | 98. Salim Farouk A. |
| 24. Araromi Jokotade Ajike | 61. Madu Joseph | 99. Sodipo Olufunke Adebola |
| 25. Arazu Chukwuemeka Samuel | 62. Majekodunmi Stephen Olaribigbe | 100. Sonny-Afoekelu Uchenna Marilyn |
| 26. Aremu Olusola Isaac | 63. Medubi Grace Funmilayo | 101. Tometi Adekunle |
| 27. Asuelinmen Celina Ebodobhawe | 64. Moody Jones Olanrewaju | 102. Uchebo Obiageli Annmary |
| 28. Attahiru Umaru Sokoto | 65. Nosiri Priscilla Ejinwaemeonu | 103. Udoh Unwana Daniel |
| 29. Attama Anthony Amaechi | 66. Nwedozi Olisenekugo Fergus | 104. Ugwu Nnaemeka Bertrand |
| 30. Audu Innocent Garba | 67. Nwokolo Elsie Nonyelum | 105. Ukachukwu Christian Maduabuchukwu |
| 31. Ayinde Bolakale Salau | 68. Obiukwu Chukwudi Paulinus | 106. Ukamaka Gladys Okafor |
| 32. Babaye Yusuf | 69. Odeku Oluwatoyin Adepeju | 107. Ukwubile Henry Onuojo |
| 33. Dangiwa Dauda Audi | 70. Ofomata Chijioke Maxwell | 108. Ukwuoma Gloria Chioma |
| 34. Dokubo Ibidun Funmilayo | 71. Ogbeide Edosa | 109. Umoru Ali Barde |
| 35. Duaka Chiduo (Late) | 72. Ogbu Chima Agnellus | 110. Wannang Noel Nenman |
| 36. Ebuga Grace Musa | 73. Ogunseinde Victoria Oluyemisi | 111. Zakari-Jiya Aliyu |
| 37. Ebune Uwa Talatu | 74. Ohagwa Sunday Okoroama | 112. Zarewa Magaji Dahiru |
| | 75. Oke Mary Olubunmi | |

COMPLETE MANAGEMENT of INSOMNIA



Faster Sleep Onset

NEW



- ▶ Rapid action
- ▶ No next day sedation
- ▶ For patient requiring shorter sleep time
- ▶ Promotes restorative sleep¹

Longer Sleep Time



- ▶ Fast action
- ▶ Negligible next day sedation
- ▶ Promotes all night sleep
- ▶ Improves sleep efficiency

Reference:
1. Zolpidem: An Update of its Pharmacology, Therapeutic Efficacy and Tolerability in the Treatment of Insomnia Kristin J. Holm and Karen L. Gos

swi
pha

PRGAD/SWD-SWCL/2021/VERT1

Pharmanews App now available on Google Play store, Apple Store, Windows Store

Epiderm™

4 Way action for *flawless skin*



ZANITIN™

Amoxicillin + Clavulanic Acid **DUO**

**1st choice in
Respiratory
Tract Infections**



Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

The impact of COVID-19 on religion

By Patrick Iwelunmor

Beyond all fanatical prejudices, the impact of COVID-19 on religion has been deep and thought-provoking. In Africa, where religious doctrines have always been taken to outrageous levels, COVID-19 is seen by some people as another version of the fulfilment of the apocalypse prophesied by the prophets of yore.

Some religious people, inspired the teachings of their leaders, believe the virus was engineered by God to wipe out the sinful and unrepentant people of the world. To some others, however, it does not exist; it is the figment of some scientists' imagination to cause stampede and trepidation among the human race in order to exploit them economically. Some even hinted that it was the genesis of an economic war of attrition conceived by China and aimed at disrupting the supremacy of the United States of America in the global marketplace.

Even though the initial unrestrained spread of the virus led to international restrictions in terms of travel, economic activities and human interaction, most religious organisations which were directly affected still chose to hold on to their unfounded belief that the virus was more of a spiritual issue than a medical emergency.

It would be recalled that at the peak of the pandemic, most places of worship were either closed or operated partially and with reduced number of worshippers allowed to participate in church or mosque programmes. Many places of worship had to resort to online worship as a precautionary measure to ensure that not much of physical convergence took place. In fact, at that point, many clerics began to ascribe the emergence of the virus to Satan, saying it was a contagion from the pit of hell, aimed at frustrating soul-winning activities.

COVID-19 also had a very devastating effect on the finances of religious organisations as it reduced avenues for offerings and donations, due to social and physical distancing. Although there were religious bodies that provided their bank details to members and the general public for electronic transactions, inflows were not the way they were when there was no lockdown. This is understandable, bearing in mind the fact that almost everyone was under financial pressure during the lockdown and so, could not have been able to afford the pre-COVID luxury and abundance.

Many churches reported huge reductions in revenue and could



not carry out much of the charity works they were used to. According to Wikipedia: "The 2020 fiscal report for the Vatican showed a decrease in revenue of about 50 percent, but the Institute for the Works of Religion contributed more income. Expenses were reduced by \$3.88 million. The Vatican also planned to increase their liquid capital in response to market uncertainty in order to avoid selling Church assets in unfavourable market conditions."

It is unfortunate that while some educated clergy see the virus as a global medical emergency and as one of those plagues that affect humanity from time to time, the brainwashed ones see it as a ploy by science to deceive the human race. That was why

even when vaccines were eventually discovered for the virus and the vaccination process rolled out globally, some clerics objected to the idea, saying it was another way of inflicting the 666 mark of the beast on them. This school of thought posed a serious threat to the success of the vaccination process, thereby fuelling vaccine hesitancy and inequity among their followers.

However, in spite of the dogmatic excesses of certain religious fanatics which almost truncated the lofty ideals of the fight against the pandemic, it is worthy of note here that many religious organisations contributed in no small measure towards engendering a COVID-free world through their public enlightenment and charity efforts, which targeted the most vulnerable in the society.

Foremost Islamic humanitarian organisation, Islamic Relief, has been in the forefront of providing care and support for vulnerable people, especially Muslims all over the world. According to a statement on its website, islamic-relief.org: "The level of infection and death caused by COVID-19 is at varying stages in different regions of the world. We are working hard to provide preparation and response operations tailored to the challenges being experienced by different communities."

How religion has responded to COVID-19 and vice-versa remains one of the most interesting yet always neglected issues in the world. The World Health Organisation (WHO) knows the importance of this issue as it relates to the fight against a virus that has come to stay with us. And it must take it more seriously.

NEW &
IMPROVED
FORMULA

Doctor Recommended Eye Antioxidant

MaxiVISION®

WHOLE BODY FORMULA | TOTAL EYE & BODY SUPPORT

ALPHA PHARMA
...your trusted lifeline!



DAILY DOSE DELIVERS OVER
35 NUTRIENTS INCLUDING

- Vit. A - 2500iu
- Vit. C - 500mg
- Vit. E - 400iu
- Vit. D - 1200iu
- Zinc - 25mg
- Selenium - 70mg

RECOMMENDED FOR
BETTER EYESIGHT

COMPREHENSIVE FOR
STRONGER IMMUNITY

MAXIVISION Whole Body Formular delivers AREDS-2 based nutrients for better eyesight, and a comprehensive array of immune boosting Vitamins, Mineral & Antioxidants

CONSTITUENTS

Vitamin A - 2500IU | Vitamin C - 500mg | Vitamin D₃ - 1200IU | Vitamin E-400IU | Thiamin - 10mg | Riboflavin - 10mg | Niacin - 40mg | Vitamin B₆ - 10mg | Folate -300mcg | Vitamin B₁₂ -100mcg | Biotin -300mcg | Pantothenic acid -20mg | Calcium - 45mg | Iodine - 150mcg | Magnesium - 100mg | Zinc - 25mg | Selenium - 70mcg | Copper - 1.6mg | Manganese - 2mg | Chromium - 50mcg | Molybdenum - 50mcg | Potassium - 80mg | Lutein (FloraGlo) - 20mg | Zeaxanthin - 4mg | Lycopine - 1mg | Taurine - 410mg | Bilberry Extract powder - 300mg | N-Acetyl Cysteine | Acetyl-L-Carnitine | Alpha Lipic acid | Coenzyme Q10 | Quercetin | Resveratrol

33, Adeniyi Jones, Ikeja Lagos. 07015445688, 08034456024 www.alphapharmacy.com.ng

Pharmanews App now available on Google Play store, Apple Store, Windows Store

Why we unveiled Victoria Island outlet- Alpha Pharmacy boss

By Temitope Obayendo

The Managing Director, Alpha Pharmacy and Stores, Pharm. (Sir) Ike Onyechi, has revealed that the company's new outlet on Victoria Island was established to give hope to expectant parents, who had been seeking medical and divine assistance for conception.

Onyechi, who stated this in his welcome address at the recent launch of the new outlet, noted that, as a distributor of rare ethical pharmaceuticals, he had for long received the call to establish an outlet for the supply of medications for IVF patients in the community.

In his words: "There has been a call for about 15 to 16 years to come and establish a branch on the Island. People have been coming from here to buy from our Ikeja branch. They have been saying 'come to the Island, come to the Island', even before other big branches started springing up.

"Then, some of our consultants for three years sent their IVF patients to our Ikeja branch to buy their medications. The IVF clinic is located around Tiamiu Street, at the Bar Beach axis of the community.

"After some time, they complained about the distance, so we set up a small in-house pharmacy for them. The opening of this branch is the best service we can give patients of that clinic."

Explaining further, Onyechi said while the IVF clinic was the fulcrum of the company's presence on the Island, it had opened up the services of the retail outlet to other clients in the community, as residents can easily visit there to get their medications. He added, however, that the home delivery



The Managing Director, Alpha Pharmacy & Stores, Pharm. (Sir) Ike Onyechi, cutting the tape to unveil the new outlet, as guests and staff look with excitement.

service is still open for residents who prefer it.

In his remarks, Tajouddin Ansari, vice-president, Marketing and Operations, Kilitch Drugs, India Ltd, lauded the consistency of Alpha in providing rare ethical drugs for their customers across the country.

Ansari, who revealed that his company had been in a partnership with Alpha for over 10 years, said he was pleased with the strategic location of the new branch.

According to him, "This is a very nice place for Alpha Pharmacy and it will boost their business the more, because they have the strength of influence. We have been in association with Alpha for over 10 years, and we always ensure that we give them quality medications

for their clients. I'm sure this new outlet will open more business opportunities for better services to them."

The Executive Director, Alpha Pharmacy and Stores, Mrs Chinelo Onyechi, averred that the desire to render more services to Nigerians informed the decision to unveil the new branch.

She noted that although the company has a Lekki branch, the new outlet is basically for VI residents, adding that it also offers them a better opportunity to shop other items along their medications within its supermarket.

Lady Nkiru Illoh, a customer, who said she had known the pharmacy for over three decades, expressed delight at the launch of the new branch, saying the

company had been affecting peoples' lives positively through its choice of products.

"The opening of the branch is in furtherance of what they have been doing in affecting peoples' lives. I have known them for the past three decades. They have been affecting our lives positively in medication supplies and stores. They started from Allen Avenue to the main headquarters on Adeniyi Jones, to Lekki, Airforce base and here.

"Any rare ethical medication you are looking for, if you don't get it in Alpha, you can't find it anywhere. Everything they do is done humanely and with the fear of God. It's my prayer that they continue to expand and they don't regret opening this place", she said.

Earlier, Pharm. Ernest Okafor, head of Alpha Pharmacy and Stores' Business Division, led the guests in an intense praise and worship session to dedicate the outlet to God.

Assuring the company's customers, Okafor said, "We promise our usual quality of service, providing you with quality products to save lives. It is Alpha; it's the quality you know, the products you know. It is the growth that we are after. We promise you that expectation of your life line, we keep to it as much as necessary", he pledged.

Alpha Pharmacy and Stores presently has nine branches strategically located in the north (Abuja), east (Enugu), west (four branches in Lagos) and south (two branches in Port Harcourt) of Nigeria for ease of distribution to its numerous customers.

In Resource Limited area, medication cost is a major concern in achieving treatment goals in patients with type-2 diabetes mellitus

Introducing



CO-MEPIRYL®

CO-MEPIRYL FORTE®



SUPERIOR SOLUTION IN MANAGEMENT OF TYPE-2 DIABETES

Affordable option reducing long term cost burden

Starting therapy in newly diagnosed patients with severe hyperglycemia (HbA1C ≥9)

Go to therapy in patients not achieving treatment goals on monotherapy.

Fixed dose combination reducing pill burden (better patient's adherence)

Endorsed cardiovascular safety in Type-2 diabetic patients at high risk of heart diseases (CAROLINA, UKPDS)

Flexible option: step up or down based on patient's need.

Bilayer technology: sustained release formulation enhancing tolerability and efficacy

Superior glucose lowering effect (≥2% HbA1C)

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)



A member of the **mzor** Group



Completing The Cycle

“WHO recommends treatment of adults and children with severe malaria including infants with the use of intravenous or intramuscular Artesunate Injection for at least 24 hours until they can tolerate oral medication”¹



Step 1

“Severe Anaemia Contributes to 53% of Malaria-Related Deaths”³

Step 3



Step 2

“...Based on significantly lower proportion of children with recurrent infections after initial clearance of asexual parasitemia, DHP is more efficacious than AA and AL”²



In Malaria Treatment

Reference

1. WHO Guidelines for treatment of Malaria - 3rd Edition, WHO 2015.
2. Ebenebe C.A, et al. Efficacy of Artemisinin-Based Combination Treatment of Uncomplicated Falciparum Malaria in Under-Five Year-Old Nigerian Children Ten Years following Adoption as First-Line Antimalarials. *Am. J. Trop. Med. Hyg.*, 99(3), 2018, pp.649-664.
3. Breman JG, Atilio MS, White NJ et al. Defining and Defeating the intolerable Burden of Malaria 111: Progress and Perspective. *Am.J.Trop.Med. Hyg.*, 77(6), 2007.

* DHP: Dihydroartemisinin-Piperaquine Phosphate combination.

AA: Artesunate-Amodiaquine combination.

AL: Artemether-Lumefantrine combination.

www.zolonhealthcare.com

INTELLIGENT SOLUTIONS



Pharmanews App now available on Google Play store, Apple Store, Windows Store

Lagos AHAPN gets new executives - As Onedo hands over to Oyawole

By Temitope Obayendo



The newly elected chairman, Lagos AHAPN, Dr (Mrs) Modupe Oyawole (5th from right); Immediate Past Chairman, Lagos AHAPN (5th from left) flanked by other elected executives at the AGM.

Members of the Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN) Lagos State Chapter have elected new executives to pilot the association's affairs for the next three years.

The election, which took place during the Annual General Meeting (AGM) of the association, held at the Pharmaceutical Society of Nigeria (PSN) Lagos State Secretariat, Ogudu, saw the emergence of Dr (Mrs) Modupe Oyawole, as the new chairman, and Pharm. Kingsley Ekwunife, as vice-chairman

Other elected executives were: Pharm. Christopher Ugwu, secretary; Pharm. Temitope Akinboro, asst. secretary; Pharm. Abisola Akinsanya, treasurer; Pharm. Comfort Osanaiye, financial secretary; Pharm. Abidemi Ajayi, publicity secretary; Pharm. Ismaila Aderibigbe, editor-in-chief; Pharm. Olufemi Ojuoko, unofficial 1 and Oyetunde Ajayi, unofficial 2, as presented by the Screening Committee Chairman, Pharm. (Mrs) C.Z. Martins.

The AGM, which featured presentation of awards to past chairmen and other distinguished members, was attended by members and dignitaries, including the National Chairman, AHAPN, Pharm. Olabode Ogunjemiyo; National Secretary, AHAPN, Pharm. Oladele Obikoya; Chairman, Lagos State PSN, Pharm. Gbolagade Iyiola; and immediate past Chairman, Lagos PSN, Pharm. BFO Adeniran.

In his remarks, Ogunjemiyo lauded the Lagos Chapter of the association for its giant strides in promoting the image and practice of the profession, saying without the existence of the state chapter, AHAPN would find it difficult to survive, considering its numerous contributions.

Also speaking, the newly elected chairman of Lagos AHAPN, Oyawole, appreciated members of the association for the confidence reposed in her and other executives. While assuring them of an all-inclusive administration, as

she solicited their cooperation.

While acknowledging the huge work done by the previous executives, she noted that there is always room for improvement, and the onus is on the new executives to take the association higher than they met it.

Oyawole said: "It is a huge task going by what the previous 'excos' have done, but there is always room for more, and that is what we have come to do. We are going to try our best to hit the ground running, as there are many outstanding issues to be sorted out, while we endeavour to address everyone's interest."

Speaking of her aspirations for the group, the new chairman asserted: "Being a specialist and clinical pharmacist, I would like a lot of our members to expand their

practice in the clinical area. We will also do more on the welfare of members in order to carry everybody along."

The immediate past Chairman, Dr (Mrs) Titilayo Onedo, while giving an account of her tenure, appreciated all her executive members for their great contributions towards the success of the administration.

She listed some of the feats recorded by her team to include: Medical outreaches to mark the WHO World Health Days or cater for the health needs of the people; AHAPN Day of Lagos State PSN Scientific week; creation of an IT platform on Facebook (Talk to your Pharmacist) to meet the health information needs of people on different topics; members' health talks on some radio stations, such

as Rainbow FM and Wazobia FM; appearance of a larger number of members at Channels COVID-19 Update, among others.

Onedo particularly thanked heads of pharmacy units in the different institutions, states, federal hospitals and private hospitals. She also thanked the NIMR and regulatory bodies (PCN and NAFDAC).

"Special gratitude to the Director of Pharmaceutical Services, Health Service Commission; and the Director, Pharmaceutical Services, Lagos State Ministry of Health. My sincere gratitude goes to Pharm. Gbolagade Iyiola and Pharm. BFO Adeniran, for their unrelenting support, their listening ears, guidance and direction," she enthused.

Nigerian researchers to embark on phase 2 clinical trials of Immunozin

By Temitope Obayendo

Afolabi, who was a member of the pilot study team, said they used a study population of adults and paediatrics with SCD at Kaduna State University Teaching Hospital, Kaduna City, Nigeria.

Speaking further on the planned trials, Managing Director, Rahma Nutraceutical Concepts Limited, Pharm. Umar Ndagi, said the company is currently seeking approvals from the relevant Institutional Health Review Ethics Committees (IHRECs) for the approval of the study protocols, as the studies are scheduled to begin by the last quarter of the year 2022.

He described the herbal medicine as an immune booster and vitality promoter, developed 20 years ago for boosting CD4 count, diminish viral load in HIV patients and improve symptoms of hair loss, vaginal and mouth thrush, skin rashes and breakages and other common symptoms associated with HIV/AIDS.

"During this time, doctors

and other medical professionals reported the significant benefits observed when Immunozin was used for sickle cell management, ensuring that greater attention was channeled by the manufacturer to sickle cell therapy by conducting a phase I clinical trial", Ndagi stated.

Previous publications on the study by Dr Afolabi had also shown that Immunozin did indeed confer a significant reduction in the proportion of patients with fatigue, acute bone pain and acute chest syndrome (ACS). He noted, however, that a larger clinical study would be required and that it would be too early to opine on a mechanism of action.

Different journals have also published findings from the pilot study, including

Journal of Research in Medical Science (2020 Vol 5 Issue 1), *London Journal of Medical and Health Research (2021 Vol 21 Issue 2)* and the *Biomedical and Translational Research Journal (2021; 1(2):1-25)*.

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)



Liquid Chromatography (HPLC) Dissolution Apparatus 708-DS Automated Disintegration Apparatus



LAGOS OFFICE:
288B, Corporation Drive,
Dolphin Estate, Ikoyi. Lagos, Nigeria.

+234 8023100224, +234 8023894861

info@synapsenigeria.com

www.synapsenigeria.com



Pharmanews App now available on Google Play store, Apple Store, Windows Store

ROTEXMEDICA
Germany

OXYTOCIN

IM/IV Injection 10IU/1ml



NAFDAC No. 04-6981

Trusted for years
End-To-End Cold Chain Logistics

Marketed by:



o33, Adeniyi Jones, Ikeja, Lagos.
o 08134041020, 01-2951804, 01-2951801
v www.alphapharmacy.com.ng

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

Are you ready to pay the price of success?

By Pharm. Sesan Kareem

Success and greatness are achievable, attainable and possible for anyone who desires it strongly. However, the important question is, are you ready to pay the price of success?

It took me three years of writing, re-writing, learning, un-learning and re-learning to write and publish my first book, titled, "Maximise Your Life" in December 2010. Every month within this period, I spent more than half of my monthly allowance to buy books and tapes, attend seminars, research and travel.

I can vividly remember that in August 2009, I spent all my money on a seminar at the expense of celebrating my birthday. Most times, I had to travel once or twice a week to meet great, experienced and successful individuals to tap from their God-given knowledge and learn from their success stories. **I sacrificed frivolities for a better life and an expensive lifestyle for a rich knowledge bank.**

But here was what happened after. Three months after I published and launched "Maximize Your Life", I became an inspiration to many people. The media were anxious to know my story; television stations, radio stations and tabloids shared my efforts to inspire their audience.

Another valuable gain I enjoyed was the calibre of people from all walks of life that became my friends or mentors. From the managing director of a multi-billion naira company to the security guard, a lot of people were touched by the message of

my book. From revered pastors to well-respected imams, religious leaders agreed with the gospel of the publication. From emeritus professors to secondary school students, diverse people were challenged and inspired by the content of my book. They became my friends, advisors, mentors or protégés.

I enjoy easy access to men and women of high net worth, captains of industries, business magnates, technocrats par excellence, religious leaders, as well as ambitious boys and girls who aspire to become super achievers. I visited a Commissioner of Education, Science and Technology of a particular state in Southwest, Nigeria in April, 2014. The secretary said guests could not see him because he was very busy. I picked up my phone and called him. In the blink of an eye, he instructed the secretary to let me in and that was how I was able to see him. These are some of the numerous gains you will experience if you are ready to pay the price of success.

The life struggle of former South African president, Nelson Rolihlahla Mandela, lucidly illustrates that there is always a price to pay and that the higher the price, the greater the reward. Mandela was an African icon, a global leader, and a vital force in the fight against injustice, and the struggle for human rights and racial equality. He was the most significant African leader and won the prestigious Nobel Peace Prize and many accolades in his lifetime.

But success did not come on a platter of gold; it came to him at a solemn sacrifice and huge price. Mandela spent 27 years within prison walls. He was transferred from one prison to the other in South Africa.

During his days in prison he was given various options for freedom which he rejected. He personified the struggle of his people and led the fight against apartheid with extraordinary resilience and grit. He sacrificed his private life and youth for his people. The result of his unflinching sacrifice is a progressive South Africa, where the blacks are not inferior to the whites. And the whites are not superior to the blacks. Indeed, **there is always a price to pay for greatness.**

President Mandela paid the price of success and persevered through the tough times. In his book, "Long Walk to Freedom", he said, "I have walked the long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds out that there are many more hills to come. I have taken a moment to rest, to steal a view of the glorious vista that surrounds me, to look back at the distance I have come. But I can only rest for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not ended." If you are ready to always pay the price of success the world will continuously pay your prize.

It is worthy of note to say at this juncture, that it is not every



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

one of your achievements you have to struggle for. However, it is a truism that the most rewarding victories of your life will most likely come with a lot of sacrifices and pains. Merriment, fulfillments, greatness, joy, success and profound ecstasy are the final products for those who pay their dues and go through the pains stage of turning their dreams to realities and becoming high achievers.

Again, are you ready to pay the price of success? If yes, nothing and no one can stop you from achieving your ideal life.

ACTION PLAN: Be realistic about what sacrifices you need to pay in order to achieve your goals, vision and objectives. Then, go after your dream.

AFFIRMATION: I persevere during tough times. I am blessed and highly favoured.

Sesan Kareem is the Founder/CEO of HubCare Health, www.hubcarehealth.com and the Principal Consultant of Sesan Kareem Institute, www.sesankareem.con.ng

Pharmanews App now available on Google Play store, Apple Store, Windows Store



www.emzorpharma.com

Emzor Pharmaceutical Industries Limited

...Experience Unlimited Wellness

With our new ultra modern factory which sits on a 60 hectre site in Sagamu and has been built to WHO standards, Emzor is poised to further extend the local manufacturing of pharmaceuticals into therapeutic categories such as the full range of Antibiotics including Beta-lactams, Cardiovasculars, Haematinics, Anti-hypertensives, Anti-diabetics, Anti-malarials, Anti-tussives, Gastrointestinals, Vitamins and specialty drugs such as Misoprostol which is used in Postpartum Haemorrhage.

Emzipril[®] Tablets

INDICATED FOR THE TREATMENT OF:

- HYPERTENSION
- HEART FAILURE

Emzovasc[®] Tablets

INDICATED FOR THE TREATMENT OF:

- HYPERTENSION
- ANGINA

Emtrisol[®] Chewables

More than just an Antacid!

- 1 Relieves stomach gas
- 2 Soothes heartburn
- 3 Eases indigestion

Get Multi-Symptom Relief On-The-Go!

COOL MINT FLAVOUR!

Emzor[®] AZITHROMYCIN Capsules

INDICATED FOR THE TREATMENT OF

- OTITIS MEDIA (MIDDLE EAR INFECTION)
- SINUSITIS CAUSED BY SUSCEPTIBLE BACTERIA
- COMMUNITY ACQUIRED PNEUMONIA
- TONSILLITIS • LARYNGITIS • BRONCHITIS

Emzobrex[®] capsules

INDICATED TO RELIEVE THE PAIN ASSOCIATED WITH:

- RHEUMATOID ARTHRITIS • ANKYLOSING SPONDYLITIS
- JUVENILE RHEUMATOID • POST-SURGICAL PAIN ARTHRITIS
- REDUCED RISK OF GASTROINTESTINAL BLEEDING COMPARED WITH OTHER NSAIDS

Emzor[®] Zinc Capsules

Zinc 50mg

- Immune health support
- Helps digestive system
- Improves metabolism
- Enhances the senses of taste and smell

■ Available in Pharmacies nationwide

Feel Better... Do Better

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)



www.emzorpharma.com

World Sleep Day 2022

*Quality Sleep
Sound Mind
Happy World*

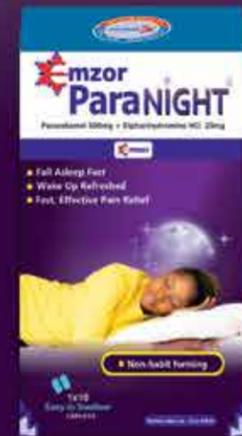
How well do your patients sleep?

Recommended Hours of Sleep (Body's Sleep Dose)

According to the National Sleep Foundation (NSF):

- Adult: 7 - 9 hours of sleep
- Teenager: 8 - 10 hours of sleep.

While **Sleep Duration** is undoubtedly important, **Sleep Quality** is also very critical to ensure that time spent sleeping is actually restorative. Night aches, pain, fever and stress can adversely affect the body's ability to attain the stages of sleep required for **Sound, Restorative Sleep**.



Feel Better... Do Better

Pharmanews App now available on Google Play store, Apple Store, Windows Store



PHARMACEUTICAL SERVICES

YOUR VACCINE PRODUCTION PARTNER



VACCINE PRODUCTION SERVICES



Engineering

- Basic & Detailed Engineering
- Building Information Modelling
- Design Reviews



Construction

- Special construction for critical environments with containment requirements
- Project Management
- Construction Site Supervision
 - Procurement
 - Start-up



Consultancy

- Site Master Planning
- Feasibility Studies
- Conceptual Design



Commissioning & Qualification Validation

- Commissioning & Qualification
- Qualification of Equipment & Facilities
 - Process Validation
- Computerized Systems Validation
 - Calibration Services
- Clean Room, Cabinets & Thermal Requalifications

+ OTHER TELSTAR PRODUCTS & SERVICES:

- Process Equipment
- Complete line Solutions
- Lyophilization and Sterilization process optimization/development Services
- Calibration Services
- Customer Service (including Equipment upgrade, retrofit & refurbishment)

WE ARE SOCIAL
follow us on



telstar@telstar.com www.telstar.com

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)



MirapainTM Gel

(Diclofenac Diethylamine BP)

INDICATIONS:

For treatment of Sprains, Strains, Bruises, Aches and pains of joint and muscles associated with arthritis, backache, rheumatism, lumbago, stiffneck, aching feet, tennis elbow, chilblains, fibrositis, sciatica, soft tissue rheumatism.

COMPOSITIONS:

Diclofenac Diethylamine BP- 1.16% w/w (eq. to Diclofenac Sodium BP- 1.00% w/w)
 Linseed Oil BP -- 3.00%w/w
 Methyl Salicylate BP-- 10.00% w/w
 Menthol BP --5.00% w/wGel Base -- QS

DOSAGE:

Apply 2 to 3 times a day to the affected area.



MIRAFLASH NIGERIA LIMITED

2-8 Success Estate, Off Brentfield Avenue, Oke-Afa Magboro, Ogun State.
 P.O.Box 977, Ikeja, Lagos-Nigeria Tel: +234 805 200 6942, +234 802 328 8913
 email: mirafashionigeriaid@yahoo.com website: www.mirafashionigeria.com

MirafixTM

Cefixime Trihydrate

A Third generation cephalosporin for treatment of infections caused by susceptible isolates of designated bacteria

INDICATIONS

- ◆ - uncomplicated urinary tract infections
- ◆ - otitis media
- ◆ - pharyngitis and tonsillitis
- ◆ - acute exacerbations of chronic bronchitis
- ◆ - uncomplicated gonorrhoea (cervical/urethral)

PRESENTATIONS

- 400mg x 10 capsules
- 200mg x 10 capsules
- 100mg/5ml x 100ml oral suspension
- 50mg/5ml x 100ml oral suspension



- Safe
- Improved compliance
- Affordable
- Available



Quality is our Concern



IN

IS

- Urinary Tract Infection
- Skin and Soft Tissue Infection
- Bone and Joint Infection
- Meningitis
- ENT
- Pneumonia
- Stable to Beta-Lactamases
- Only Secondary Generation Cephalosporin to cross the blood brain barrier
- Approved by USFDA as Monotherapy in Mixed Infection



INDICATIONS:

Lower and upper Respiratory Tract Infections, Urinary Tract Infections, Skin and Skin-Structure Infections, Septicaemia, Meningitis, Gonorrhoea, Bone and joint Infections.



MIRAFLASH NIGERIA LIMITED

2-8 Success Estate, Off Brentfield Avenue, Oke-Afa Magboro, Ogun State.
 P.O.Box 977, Ikeja, Lagos-Nigeria Tel: +234 805 200 6942, +234 802 328 8913
 email: mirafashionigeriaid@yahoo.com website: www.mirafashionigeria.com

Quality is our Concern

Fladinir

(Cefdinir Monohydrate)

A third generation cephalosporin for treatment of infections caused by susceptible strains of the designated microorganisms

INDICATIONS

- - community acquired pneumonia
- - acute exacerbations of chronic bronchitis
- - acute maxillary sinusitis caused by haemophilus influenza, Pharyngitis/tonsillitis
- - otitis media caused by haemophilus influenza
- - uncomplicated skin and skin structure infections caused by staphylococcus aureus.

PRESENTATIONS

- 300mg x 10 capsules
- 125mg/5ml x 100ml oral suspension



- Safe
- Improved compliance
- Affordable
- Available



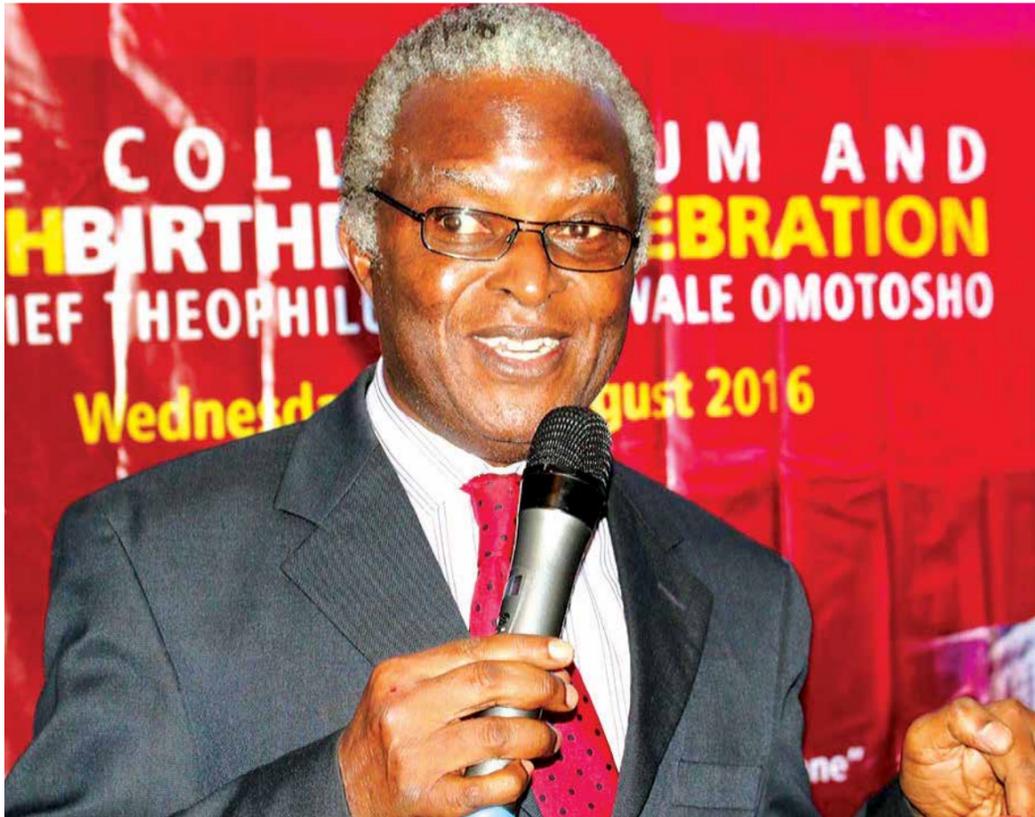
MIRAFLASH NIGERIA LIMITED

2-8 Success Estate, Off Brentfield Avenue, Oke-Afa Magboro, Ogun State.
 P.O.Box 977, Ikeja, Lagos-Nigeria Tel: +234 805 200 6942, +234 802 328 8913
 email: mirafashionigeriaid@yahoo.com website: www.mirafashionigeria.com



Pharmacists must accept and manage change - Fola Tayo

In this incisive interview with **MOSES DIKE**, erudite teacher and retired professor of Pharmacology, Reverend (Prof.) Fola Tayo, bares his mind on a number of issues affecting pharmacy practice and the Nigerian healthcare system in general. Tayo, who is currently the chief executive officer (CEO) of Health Systems Management Consultants and pro-chancellor of Caleb University also goes down memory lane to recall critical moments in his over 40 years of education at the highest levels, while suggesting ways to improve pharmacy practice in Nigeria and how the younger generation can make the best of their calling. Excerpts:



Reverend (Prof.) Fola Tayo

Sir, looking back at your early years, did you have some role models or personalities who influenced your choice of career, values and principles in life?

My father of blessed memory was a very bold, outspoken, hard-working, intelligent, diligent, very kind, compassionate, transparently honest and painstakingly thorough gentleman. Daddy would always call a spade a spade. He had no time for what I call "undiplomatic diplomacy" - which is actually lie - that has become the norm in this country these days. People would know that someone is guilty or wrong, but for some demonic and insane reasons, they would be silent and complain in a corner. This is a major reason why Nigeria is in the pit today.

My father loved the truth and had no time for mediocrity and indolence. He detested corruption in his day, yet the corruption of those days was "peanut", compared to what we see today in the same country called Nigeria.

My father was disciplined and he taught us contentment. Daddy loved education and he wanted us all in the family to enjoy good education which he could not have. He lost his own dad when he was under 12 months old and was raised by the combined efforts of his mum and her dad who was fairly well off. So after Standard Six, he had to leave school. Dad was my hero in those days. I see a lot of him in me these days; hence, I do not seek to be popular. If you stand for righteousness, forget about popularity. I thank God he was my father, the best father that anyone could have, a man worthy of emulation.

I can also point to Chief Obafemi Awolowo, an extraordinary gentleman, very unique, highly principled and

totally disciplined man. He was a visionary with a plan; a great leader who unfortunately came into this ugly world centuries ahead of his time, in a country that has no plan for progress but mediocrity and retrogression.

Those two civilised and cultured gentlemen (my dad and Chief Awolowo) were the people I saw near and afar and I was deeply attracted to them. I loved them with a passion for who they were. This is why I mock those stomach-politicians that parade themselves all over Nigeria's landscape these days who don't even understand the word socialism and go about stealing and looting our treasuries, yet calling themselves "socialists" or "Awoists". I am sure Awo would be turning in his grave when such criminals talk these days. They are opportunists that are using Awo's exceptional legacy for their selfish and devilish ends.

How would you describe your journey into Pharmacy? And what are some highlights of your career, so far?

Pharmacy, to me, was a divine choice, for obvious reasons. I had left Nigeria on 25 July, 1963, to study Law, which was my most natural choice because I wanted to be in the courts fighting for the rights of the poor and the underprivileged. I had a fairly revolutionary trait as a young school leaver.

My dad was a district councillor and, at a time, chairman of our Divisional Council. Our house was open to all and sundry and I had the opportunity of listening to cases brought to him. I was a very inquisitive little boy and wanted to know whatever was going on. Being daddy's boy, he wanted me to be a lawyer. Perhaps I would have made a better lawyer than pharmacist - only God knows - but I am sure I would have been killed in this godless

society where unrighteousness has temporarily suppressed righteousness and lawlessness is the order of the day.

While studying in the UK for GCE (Advanced Level) in Latin, English Literature and History, I shared a flat with some friends who were pursuing scientific careers. They were making fun of me that anybody could study Latin, "a dead language", and History, "past events". We set a bet and I told them I could also excel in their science and beat them in their specialty.

So, I enrolled with the then popular correspondence institute, Rapid

Results College, London; and after nine months, I passed Chemistry, Physics, Mathematics, Geography and English Language. My competitors were in their second year of a two-year GCE Advanced level when I joined their Chemistry, Physics, Zoology, Pure and Applied Mathematics and came out well. What I did was to prove a point that he who did not do science subjects in secondary school, could trash GCE A Level, well ahead of them!

I was not afraid to take on any task because my father had taught all of us his children doggedness in our pursuits. When we were all at home, we were made to study after school hours from 4 pm to 7 pm, every day - except Saturdays and Sundays that the period was extended from 11 am to 6 pm. You were not allowed to entertain visitors or engage in any social activity. If you broke the rule, your punishment was never corporal. You would have to be sentenced to study for much longer than others. It was a very disciplined life because Papa was a "no-nonsense man".

Then, I met a young Nigerian who was to become my lifelong friend and confidant, Pharm. Francis Olajide Ogunbanjo of LifeCare Chemist, Ilupeju, Lagos and later, Ventures & Trusts Ltd. (He passed away on 26 August, 2021). As at when we met, he had just completed his GCE Advanced Level in Chemistry, Physics and Biology at the then very popular Norwich City College and awaiting admission into the School of Pharmacy (University of London), Brunswick Square. He was the first to discuss Pharmacy with me.

When I completed the UK Central Universities Admission forms with the following options: Biochemistry, Medicine and

Pharmacy, I was interviewed by three universities for the three programmes. Offers were made that if I passed GCE A Level with not lower than Chemistry B, Physics C and Zoology B or Pure & Applied Maths C, I would get into Pharmacy or Medicine, while Biochemistry would happily admit me with 3 Ds.

So, on that fateful Saturday morning, I had told my friend that any university or course that would first send me a letter of admission would be my preference. Well, Pharmacy came first, and I said that was it. On Monday, Medicine came, I said "no way" and later, Biochemistry crawled in and it was not my portion. That was how I started this long but fateful journey of Pharmacy.

What was your education like in a foreign country?

My first degree in Pharmacy was not without challenges and protests for my rights in the contemporary relatively hostile British university system. I was very vocal as a student, a defender of the oppressed, a political activist in the days of apartheid in South Africa and others.

I was, to all intent and purposes, a revolutionary that hated capitalism for its inhuman activities in Africa. I was a fan of Che Guevara and Fidel Castro of Cuba. By some divine intervention, even though I was a celebrated unbeliever or a staunch believer in myself, and my intrinsic ability and capability to attain to any height, what my teachers meant for evil, God turned for good (Genesis 50: 20). I was billed to be examined by a very cultured gentleman, one of the greatest pharmacologists of his days. Contrary to the expectation of my teachers, he was so impressed with my performance and offered me a postgraduate position in his university! So, I became the first in my undergraduate set to advance to a PhD in Pharmacology!

We all knew this was God at work in the life of a stark unbeliever; but I was later to know that even when I knew not His Son, Jesus Christ, He already foreknew me from the foundation of the world, chose me in Him before the foundation of the world, and predestined me unto the adoption of a child by Jesus Christ to Himself, according to the good pleasure of His will (Ephesians 1:5). Halleluia! Amen.

Before my PhD in Pharmacology from the University of Strathclyde, Glasgow in 1975, my mentor, Professor William Cameron Bowman (of blessed memory) the co-author of the classical pharmacology text, *Textbook of Pharmacology*, had sent me to Jordanhill College of Education in Scotland in 1974 after I submitted my PhD thesis earlier than the stipulated 33 months. The goal was for me to learn teaching methods, curriculum development, educational psychology, and educational administration.

I was not very keen on this, however. I wanted to go into the industry or the USA to pursue a research career. Bill Bowman prevailed on me to return to Nigeria. He even communicated with my dad on one occasion. He was, to me, a resident father in those days.

It was Bill Bowman that introduced me to our own outstanding researcher and scholar, Professor Gabriel Ediale Osuide, FAS, FPSN, who was the Head of the Department of Pharmacy and Pharmacology at Ahmadu Bello University, Zaria, in September 1975. I was under domestic pressure to return to Lagos. Professor Ayodele Tella (of blessed memory) of the College of Medicine, University of Lagos, had met me in 1973 while I

continued on page 37

**Great Taste
Great Energizer**

CeCe-1000 Vitamin C + Calcium

Benefit:

- Reduces risk of cataracts
- Helps breathlessness
- Regulates sugar levels
- Improves blood flow
- Helps treat common cold symptoms
- Natural cure for skin problems



Ce Ce Vitamin C & Glucose Tablets Glucose 150 mg + Ascorbic Acid 50 mg

- Enhances immune response in infectious disease
- Treatment of fatigue during influenza or convalescence



Maydon Pharmaceuticals Ltd.

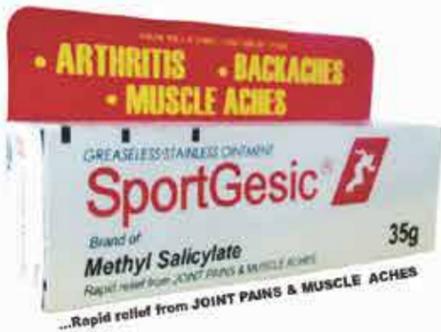
15 Wilmer Street, Off Town Planning Way Ilupeju, Lagos - Nigeria. Tel: 234-1-08074150577 09037655587
Email: info@maydonpharma.com Website: www.maydonpharma.com

....Championing Healthy Living

Pharmanews App now available on Google Play store, Apple Store, Windows Store

SportGesic®

METHYL SALICYLATE



- ARTHRITIS
- BACKACHES
- MUSCLE ACHES
- JOINT PAINS

Pancemol

Paracetamol Tablets 500mg
Paracetamol Elixir 120mg/5ml

For fast relief from Aches, Pains,
Cold Symptoms & Feverish Conditions



- Dissolves fast
- Acts fast
- Relieves symptoms fast

Obron-6®



ENRICHED MULTIVITAMINS
AND MINERALS ESSENTIAL
FOR NURSING MOTHERS AND
MOTHERS-TO-BE

plus iron



...healthy mother, healthier baby.

- Before Pregnancy
- During Pregnancy
- During Breastfeeding
- Supplement for blood loss during menstruation

Hemafolin®

BLOOD FORMING CAPSULES AND TONIC

Enriched with
• Vitamin B Complex
• Vitamin C
• Malt extract
Plus Iron



- Enriched blood
- Vigour
- Vitality



...the trusted name in family medicines

Neimeth International Pharmaceuticals Plc

16, Billings Way Oregon, P.M.B 21111, Ikeja, Lagos State, Nigeria

Customer Satisfaction Line: 09032523202

www.neimethplc.com.ng email: info@neimethplc.com.ng

@Neimethplc

@Neimethplc

Neimeth International Pharmaceuticals Plc

Pharmacists must accept and manage change - Fola Tayo

continued from page 34

was presenting part of my work at the British Pharmacological Society Summer Conference at the University of Edinburgh, Scotland. Tella had wanted me to join his team in Lagos. It was very attractive to be home with my parents as a lecturer (Grade 1). However, Professor Bowman knew both Osuide and Tella and he preferred Osuide. Even though I was to be financially worse off in Zaria, I went to Zaria.

Zaria was a great challenge. We had a dynamic and research oriented professor, coupled with several young men. The discipline in the faculty was exceptional and we had a very healthy competition.

My sojourn in Ibadan was another evidence of divine intervention in my life. My wife and I (with our three children) were going to visit our parents in the South. We were driving and as we got to UI gate along Oyo Road, my wife said "that is the University of Ibadan." I had never known Ibadan, so to say. My Nigeria before I left for the UK in 1963 had always been Lagos and its environs. So, out of curiosity we turned into the campus. I wanted to see the Department of Pharmacology. Hitherto, I had known (Profs) David T. Okpako and Lateef Akinola Salako through their scientific publications. They were domiciled in that great department at Ibadan. Salako was around, Okpako was on sabbatical at The Hospital for Sick Children in Toronto, Canada. Salako was very pleased to see me. He had read some of my publications. At the end of our visit, he offered me a position as a lecturer (Grade 1) in Pharmacology.

So, after two years in ABU, I joined Ibadan in September

1977. Ibadan afforded me a great opportunity to be mentored by the two eminent researchers and distinguished scholars, (Okpako and Akinola). These were two out of the great minds that made waves in Ibadan in those days. Theirs was a great academic department that was always appearing in *Current Contents* (a weekly publication of researches globally). Those gentlemen taught me science and diligence in research. They taught me how to think differently from the multitude. They sharpened my inquisitiveness. They helped to bring out the potential in me and mentored me for greatness in academia.

I finally came to Lagos on 13 January, 1989, fully convinced that the Lord was working with me, leading and directing my path. I was confident in spite of several negative reports I received from people.

How would you describe the current state of pharmacy education in Nigeria and what would be your recommendations on how to improve the lots of pharmacy education and practice in Nigeria?

Pharmacy education in Nigeria is a subject that is dear to my heart. I have been called names because of my radical view on pharmacy education in Nigeria. I am not surprised at all and it does not move me an inch because anyone who has my views must be considered eccentric by the ordinary people that surround him/her.

Just like every other profession, pharmacy education in Nigeria is still in its infancy. It is evolving and we - pharmacists in all spheres - must keep an open mind. To close

our minds rigidly and tightly against change, is to commit a major blunder that will pave the way to an inevitable extinct of the profession. Yes, there is need for a change, but change per se is not the challenge. The more important is change management, that is, how to manage the change. Why did I advocate a change? Education is a dynamic process that has no room for stagnation.

Change, as profitable and desirable as it can be, needs to be well planned. Very often in this country we, including the government, fail to plan before commencing a project or programme. This usually leads into a blind alley and we derail completely.

You will say that pharmacy education has just adopted the doctor of pharmacy (PharmD) programme. Yes, very good indeed, but did we plan it well? Did we do the needful? Let me take you back memory lane. Towards the end of Obasanjo's regime, I was invited by Professor Tayo Lambo, then Federal Minister of Health, to his office in Abuja. Among our discussion was pharmacy education, practice - vis-à-vis medicine - and medical practice in the country. We spoke at length. I remember advocating the need for the ministry to be fully involved for obvious reasons. I also gave solid and comprehensive recommendations that would ensure a successful commencement and sustenance of the programme.

In making such suggestions, I had looked into the future by some divine empowerment and considered that ad hoc arrangements would collapse when a "Pharaoh that did not know Joseph" ascended the throne. Neither would it be proper to train university undergraduates

in secondary hospitals! University education is a tertiary education and should be done at tertiary institutions, except for primary healthcare.

Today, the NUC and the PCN have, in their wisdom, approved and decreed that henceforth, PharmD shall be the only qualification recognised for registration to practise pharmacy in Nigeria. Sounds very good, but did they work out the logistics of the move? Are we not aware of the incessant and mostly barbaric and retrogressive moves of the Nigerian Medical Association (NMA) and the medical consultants in the country?

Today, we are back to square one. Memoranda are flying all over the place against pharmacy students having access to patients' bedside. Some of such memoranda are so illiterate and exhibit unpardonable barbarism considering that some of the authors are claimed to be "distinguished professors"! I weep for this purposeless country on a journey to retrogression. However, if we had addressed the issue *pre-terro* we would not be in the mess that we are plunged into now.

I also want to say that pharmacy teachers and generally teachers in Nigeria's tertiary institutions must develop a more friendly approach to their students. For example, I had cases from some of our pharmacy faculties where lecturers would curse students and declare, "Oh out of your 70 intakes this year, in three years times, you will be lucky if you have 40 graduating!" That is criminal. Such lecturers should never see the inside of a university. He or she is better chained down in a psychiatric hospital because he must be insane.

(Continues next edition)



Effective Pain Relief Medication



- Naproxen
- Safe and Effective for long term management of Pain
- Effective in Osteo Arthritis, Rheumatoid Arthritis
- Affordable



- Naproxen Sodium - faster onset of action
- Provides Rapid relief from aches and pain
- Effective in menstrual pain, headache, tooth ache, Migraine etc.
- Affordable

swipha

Introducing Swifen® Suspension In NEW PACK



■ Relief from Pain and Fever in Children

swipha

Pharmanews App now available on Google Play store, Apple Store, Windows Store

Moving up to extraordinary leadership

Why intellectuals need to lead professionally (2)

By Prof. 'Lere Baale

There is also much to be said about the strides Nigerians have made in entertainment. Their entrepreneurial and artistic drive has made Nollywood, the country's movie industry, the third largest film producer, just behind the American and the Indian filmmaking industries.

In music, names like Fela, Davido and TuFace ring bells across the world.

Singer Nico Mbarga's song *Sweet Mother* (released in 1976) grew so popular on the African continent that it was referred to as "Africa's Anthem" by the BBC in 2004. It sold over 13 million copies.

Nigerian songstress, Asa, has reached a global audience with her brand of soul, winning the highly rated French Constantin Award in 2008 for best French talent, and achieving impressive positions on music charts in Nigeria and Europe.

Cyprian Ekwensi, another great pharmacist, was also widely known as a great author in literature

Wole Soyinka's complex literary style won him a Nobel Prize for Literature,

Chimamanda Adichie's portrait of the ordinary Nigerian's struggle was recognised with an Orange Prize for Fiction.

Chinua Achebe's *Things Fall Apart* has become the most widely read African novel ever.

In attempting to reveal a Nigeria and an Africa that closely mirror reality, these great maestros have shone the light on the power of the mind and pen possessed by Nigerians eager to tell our stories to the world. We have a lot to be proud of and we should look forward to a future in which more great achievements will come from Nigerians who will shake the world with their exploits.

Strategy development

I am a student of strategy and would like to say simply that a strategy development process involves strategy creation, strategy planning with some basic steps. We should be asking:

Where are we?
Where are we going?
How do we get there?
How do we measure how well we are doing?

For intellectuals to be actively involved in successful implementation of the strategy for a nation, they need to be carried along at the Strategy Development stage. If not, this should mark the beginning of a great opportunity to start conversation in order to address any gap between the public sector and professional bodies.

Are professionals carried along in the contents of the inspiring strategy document called "National Development Plan – NDP 2021-2025"? If not, how do we start the conversation

now so that we can participate in the transformation of our nation?

National Development Plan – 2021-2025

Let's look at the summary of the core goals and objectives of the current NDP 2021-2025:

Part 1: Economic growth and development

Part 2: Infrastructure

Part 3: Public administration

Part 4: Human capital development

Part 5: Social development

Part 6: Regional development

Part 7: Plan implementation, communication, financing, monitoring and evaluation

These goals and objectives of the NDP led to several initiatives to address a number of issues, such as:

Jobs – Agriculture, technology, creatives, industrialisation, school feeding

Infrastructure – Rail, roads, bridges

Broadband infrastructure

Technology – Gig economy, policy, more tech hubs – digital economy

Power – Generation, transmission, distribution and metering, off grid, rural electrification

People Moni Bank – Establish, consolidate, assist

The Entrepreneur Bank – Debt & equity, bus planning, technology, skills and capacity building

Policy – Ease of doing business, MSMEs micro, small, medium enterprises.

Education – Pupils, teachers, classrooms transformed.

Health – Health insurance, 1 per cent consolidated revenue for health, PHCs, N-Power Medic

Security and anticorruption – Police, farmers-herders conflicts, systemic corruption, e-commerce

Inclusion in government – Females, youths, mentors...and so on.

Strategy execution

The NDP 2021-2025 strategy document is comprehensive and well developed. Although the development of any strategy document is driven mainly by a clear understanding of the environment, it is still less than half of the work. Strategy execution is practical. It is what makes strategy credible. It is, in fact, the main reason for strategy. Without execution, strategy

development becomes a wasted effort.

Strategy execution is impossible with contradictory culture. Culture would readily eat strategy for breakfast. For a great success with the NDP, I strongly recommend good daily conversations between the public sector and the professionals. Indeed, this article calls for a prompt collaboration that will lead to the setting



up of a Public-Professionals Partnership Group.

We cannot achieve the goals of the NDP when engineers are imported; when our public sector people go overseas to treat malaria, while there are expert professionals in Nigeria. Health insurance will not work without adequate conversation with the healthcare professionals in that sector. Foreign consultants can prepare beautiful strategies or develop the most beautiful models on paper, but the active practitioners within the country today should be engaged to look at the practicality of the theoretical strategies and models.

Global landscape

One of the greatest secrets of the rapidly developing nations of the world is that they celebrate their own intellectuals/professionals. They challenge them with assignments that transform their expertise. Take a look at the history of the growth of Asian countries like Japan, Indonesia, Malaysia and Singapore.

As a student of developmental economics and a perpetual learner, I am particularly interested in the secrets of these countries but time would not permit me to discuss each of them. Still, we could benchmark a country like Singapore that has moved from third world status to a new level by becoming a leading highly developed nation within 50 years.

What was the primary motivation of the intellectuals who provided professional leadership?

How did the country move from the lower level to the upper level?

What role did the intellectuals play in their journey to the zenith?

What lessons can we learn?

The Singapore transformation

Dean Kishore Mahbubani said, "The lesson of the history of the past few decades is relatively clear: independence, even if it comes after a hard-fought struggle, may still be a relatively easy victory. Success after independence, unfortunately, has been relatively rare."

The history of the post-colonial period shows that few newly-independent countries have succeeded. It is therefore remarkable how well Singapore has done. Singapore became independent in 1965. There was total gloom and doom when the country was expelled from Malaysia. At independence, Singapore was poor and struggling. The GDP per capita was a mere \$500. Majority of the Singaporeans could feel the pinch of poverty. Some children were so undernourished that in elementary school, they were placed on a special feeding programme. Singapore was also struggling in other aspects. There were also ethnic riots on the streets.

Today, Singapore has one of the highest HDIs in the world – 9th in the world. with a score of 0.901. Singapore has the 4th-highest GDP per capita in the world at \$76,237 (in PPP terms), nearly double that of its former colonial master, the UK (\$37,017). More than one in six households have \$1 million in cash savings.

In the past decade alone, the number of Singaporeans running their own businesses has doubled. The US is the only other country in the world with more entrepreneurs-per-capita. Singapore has consistently ranked as one of the best cities in the world to live in. People from all over the world go to this small city-state, attracted by the state-of-the-art education and health systems. Singapore is also ranked consistently as one of the safest countries in the world.

For intellectuals to be actively involved in successful implementation of the strategy for a nation, they need to be carried along at the Strategy Development stage. If not, this should mark the beginning of a great opportunity to start conversation in order to address any gap between the public sector and professional bodies.



No let **malaria** commot action for your body

Knack am with

Shal'Artem

Artemether + Lumefantrine



1st Choice in defeating **Malaria**

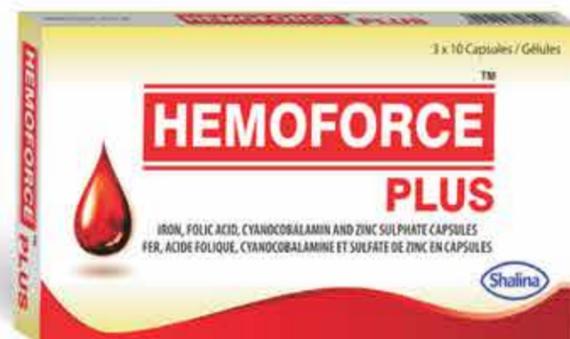
HEMOFORCETM

For your patients, suffering from post malaria anemia

THE PLUS FACTOR
with Hemoforce Plus soft gel capsules



Specialized Blood Tonic for Women



Also available!



- PATIENT FRIENDLY
- LEVEL OF ELEMENTAL IRON
- UNIQUE ADDED ZINC BENEFIT
- SPECIAL SOFT GEL ADVANTAGE



Pharmanews App now available on Google Play store, Apple Store, Windows Store

Sales management effectiveness (2)

In our last piece, it was said, inter alia, that:

* Sales and marketing – with sales usually being the larger part, though not necessarily the more crucial – are responsible for keeping a firm alive as they are 100 percent responsible for generating income for the company.

* Poor sales management effectiveness sounds will lead, inexorably, to failure of the sales function and ultimately to the death of the firm.

The foregoing underlines the importance of sales to a company. Thus, it is impossible to focus “too much” on sales management or sales effectiveness. The sales function comes in various forms and formats, depending on the industry, the legal environment and the awareness strategy. Sales representatives must sell aggressively in some situations, while others just need only take orders coming their way. Thus the driver-salesman for a soft drink bottler is mainly an order-taker because the product has been presold to consumers through mass advertising.

The pharmaceutical salesman calling on HCPs is much more of an order-getter; his main goal is demand stimulation. When the selling strategy relies heavily upon advertising to attract business and build demand, salesmen are primarily order-takers. When advertising is minimal or just used to back up personal selling, marketing channels contain fewer layers of middlemen, and sales-people concentrate more on order-getting.

What makes sales management challenging and difficult when personal selling is the major mode is that personnel in the field are pretty much on their own, with relatively little supervision. Other characteristics include:

Working hours are usually irregular and working time is hard to conserve because of the need to wait for interviews; there are also broken appointments.

Problem of dealing with customers, each of whom may have different needs and different buying motives.

Each territory has different potential and characteristics, making norms of performance more difficult to set up than in other activities of the business.

Thus the sales manager's most important functions are to find salespeople, who are likely to be productive self-starters, then train them, assign them to the right territories, motivate them, and keep track of their efforts. In short, sales management is a people-oriented profession. To be successful, those responsible for sales management must know not only what makes people buy, but also what keeps salespeople

happy and productive. They are also responsible for determining how the total selling job should be set up—by geographical areas, by product lines, by type of customer, consumer or industrial, and the like.

Basic objectives of sales management

The American Marketing Association's definition makes sales management synonymous with the management of the sales force, but the fact is that modern sales managers have assumed broader responsibilities. There are three basic objectives of sales management:

1. achieving, managing and increasing sales volume contributing to company profits
2. facilitating long-term growth of an organisation.

These objectives of sales management can be expanded as follows:

1. Revenue generation – The sales department is solely responsible for bringing in money.

2. Increasing sales volume – That is, increasing the number of units sold. This translates to higher market share and growth of the company. There other benefits of scale accruing from this.

3. Sustaining profits – Improving the profits of the organisation through effective planning, coordination and control. Sales management strives to increase sales and reduce costs. This ensures good profits for the organisation.

4. Organisational growth – The organisation wants to gain market shares and this results in growth of the organisation.

5. Market leadership – With increased sales volumes and profits, sales management enables an organisation to become the market leader.

7. Motivating the sales force – One of the core objectives of sales management is to motivate the sales force. Selling is a very stressful task, and achieving sales targets can become very challenging. Therefore, a sales management task is to ensure that the sales force is continuously motivated through proper incentives and reward systems.

8. Complementing marketing activities – Sales management's task is to support the marketing functions of the organisation. Marketing and sales need to go hand-in-hand to achieve the desired results.

The sales team management provides invaluable feedback to the higher management while achieving these objectives.

At the functional levels, sales managers are responsible for:

Marketing activities like advertising, sales promotion, marketing research, physical distribution, pricing and product merchandising.

Organising the sales effort both within and outside the

Par Excellence

Pharm. Tunde Oyeniran

with

Sales. Marketing. Leadership. Management



company.

Establishing contact with customers and other external publics.

Setting sales objectives

Planning sales and business development objectives. Sales management is instrumental in charting the course of future operations.

Setting sales and profit goals. Sales management and the financial results of a company are related.

Converting prospects to customers. Getting prospects to become customers is an art and a science; it requires good planning and sustained efforts. This is accomplished through sales management.

Sales management provides invaluable feedback to the higher management while achieving these objectives.

Preparing the sales plan and executing approved plan.

Recruiting and training the right people to execute the sales plan, as well as defining the remuneration and reward system for the sales force.

Defining the sales territories and specifying the sales quota to be achieved for each territory.

Analysing past performance with the current performance and making predictions on demand.

Coordinating with the marketing department and the consumers.

Establishing sales policies and SOPs.

Pricing policy and price fixing

Marketing research.

Selection and management of channels of distribution.

Tunde Oyeniran, a sales/marketing strategist, selling/sales management trainer and personal sales coach is the lead consultant, Ekini White Tulip Consulting Limited, Lagos. We deliver Training, Recruitment and Field Force Management Solutions. Feedback. Channels 080-2960-6103 (SMS/WhatsApp) / ekiniwhitetuliptraining@gmail.com or check out <https://fb.me/EkiniWhiteTulipConsulting>

Secwid[®]
Secnidazole 500mg Tablets

The Easy way

In the treatment of most Anaerobic Bacterial & Protozoal Infections

Guaranteed Efficacy in:

- Amoebiasis • Giardiasis • Vaginitis • Bacterial Vaginosis • Diarrhoea
- Trichomoniasis • Therapy & prevention of Anaerobic Infections

first Dose is Last dose

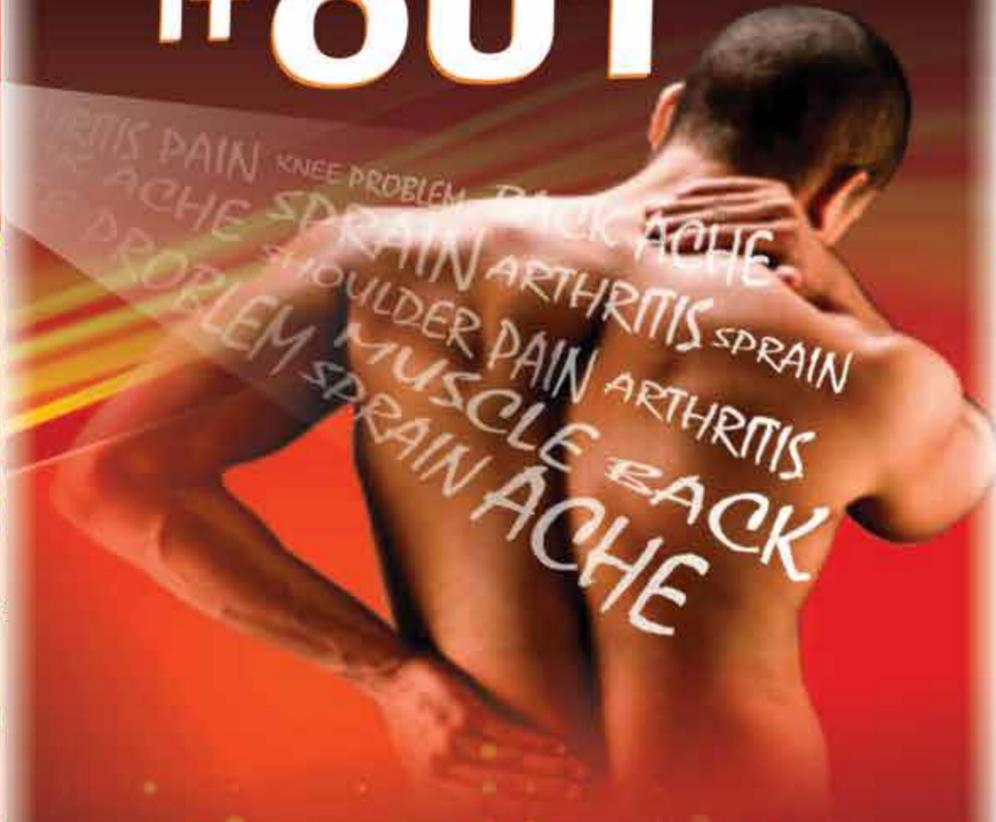
MAY & BAKER
3/5, Sapara Street, Industrial Estate, Ikeja, Lagos.
Tel: +234 (1) 2121290-1, Toll free no: 08062926322537
P.M.B. 21049, info@may-baker.com
www.may-baker.com

OSTEO

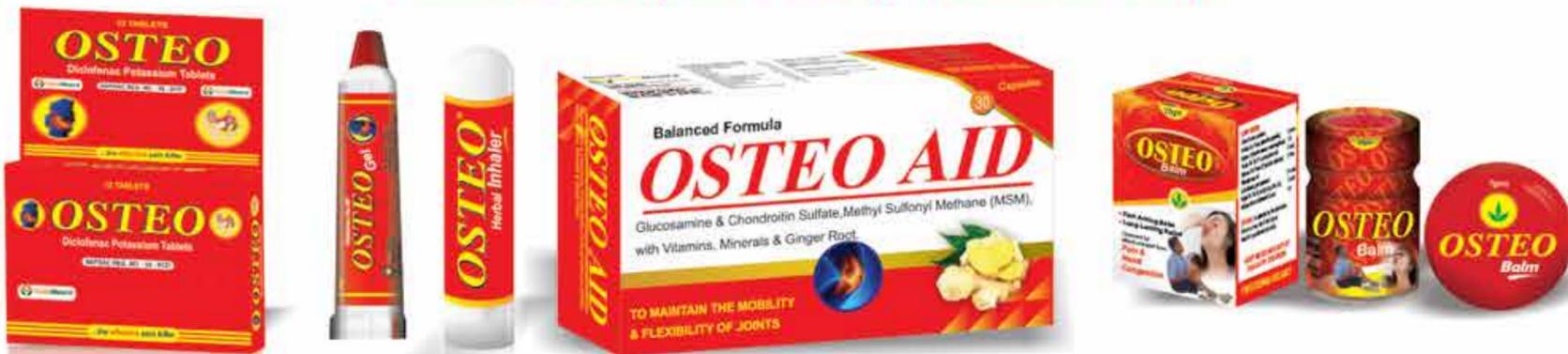
Deep Spray

Instant **PAIN**, relief **Spray**

JUST SPRAY IT OUT



Arthritis and general body painkiller range



GoldMoore
INTERNATIONAL LTD
...Think! Health, Wealth
www.goldmooreng.com



AVAILABLE IN
SPRAY OSTEO AID BALM GEL TABLETS INHALER
for more information; [0703 070 7732](tel:07030707732)
TEL: 09048878617 [@goldmooreintl](https://www.instagram.com/goldmooreintl) [goldmooreinternationaltd](https://www.facebook.com/goldmooreinternationaltd)

Pharmanews App now available on Google Play store, Apple Store, Windows Store

13 highly effective habits to manage diabetes (2)

(Editor's note: In the previous part of the topic, the tips were numbered while the habits were bulleted under each tip. Here, the habits have been numbered for better comprehension).

Here is the concluding part of a topic I started last month (if you missed it, check last month's edition for the first sets of habits). A healthy lifestyle is tough to sustain, but when broken down into bite-sized healthy habits, they become routine activities that soon become your lifestyle.

So, underneath these tips for successful diabetes management are habits that, once formed, make the management of diabetes a walk in the park.

Tip: Take medicines as prescribed

You should take your medications as prescribed by your physician. Side effects from taking the drugs may arise, but this should not prevent you from taking your prescribed medications. Instead, inform your doctor immediately.

Habits:

7. Set reminders for your medication:

Many times, you could forget to take your medications. This habit will reduce when you set daily reminders and take drugs at a specific time every day.

8. Keep medications in likely places:

Sometimes, it is not enough to set reminders. It is also a good idea to keep your medications in places where you are most likely to be when it is time to take them, whether at home, in the office or the car. This way, your medications are within arm's reach, so you have little to no excuse.

9. Keep a personal record of your drugs and their side effects:

Keep a written or typed record of all the medications (diabetes and non-diabetes) you are taking at a particular time. Also, look out for side effects and adverse reactions and note them down. Report to your doctor immediately or at your next appointment

Tip: Exercise regularly

Physical activity and exercises help your body to efficiently utilise glucose, as well as helping to regulate insulin levels. These help to lower your blood sugar level. The more exerting your work out is, the longer the effect. However, be careful not to overdo it; talk to your doctor about the most appropriate exercise plan for you.

Habits:

10. Stick to a feasible exercise plan:

Develop an exercise plan that seamlessly fits into your daily routine. For example, you could decide to walk for 30 minutes at a stretch or break it down to 15 minutes twice daily. If your goal is to strengthen your muscles, activities like weight lifting or resistance exercises will serve you better.

However, this will involve visiting the gym or having the necessary equipment. If you prefer the gym, sign up with a gym close to where you live. Or one that shares the same route you take to carry out most routine activities like work, market/malls or a relaxation spot. This way, you can smoothly fit your gym appointments with your other activities.

11. Take water breaks

By Pharm. (Dr) Onyinye Chiekwe



Dehydration affects blood sugar levels, so drink enough water while exercising.

Tip: Quit smoking and Alcohol Consumption

Do you smoke? Then you should quit. To make it easier, pick a date to quit smoking. Doing this prepares you for it both mentally and physically. Join support groups and programs that promote cigarette quitting and relevant

wellness centres.

Often, you will have to quit drinking or reduce alcohol consumption to the minimum. Get your doctor's opinion on whether you should discontinue or regulate alcohol consumption.

Habits:

12. Avoid daily stress: Cutting down on stress levels promotes successful diabetes

management in two ways. First of all, stress raises blood sugar. So, by effectively managing it, you are directly doing your health a favour. Secondly, stress can lead you to make poor food choices and binge on alcohol or pick up smoking again. These are bad for diabetes.

13. Never drink alcohol on an empty stomach:

If your doctor okays your alcohol consumption, make it a habit to take alcohol only with



food - never on an empty stomach because alcohol can reduce blood sugar levels. Also, always have some water close because of the thirst that results from alcohol consumption. It is also safe to note that, compared with other alcoholic drinks, light beers and dry wines contain fewer calories and carbohydrates.

Spotless Excellent Skin

BG CreamTM
Clotbetasol Propionate BP 0.05%w/w, Gentamycin BP 0.10%w/w, Miconazole Nitrate BP 2%w/w
 Anti-inflammatory, Anti-Fungal, Anti-Bacterial & Anti-pruritic

NAFDAC REG. NO.: A4-3340

BEFORE AFTER

ECZEMA

BEFORE AFTER

ACNE & PIMPLES

BEFORE AFTER

ATHLETE'S FOOT

BEFORE AFTER

RING WORM

BEFORE AFTER

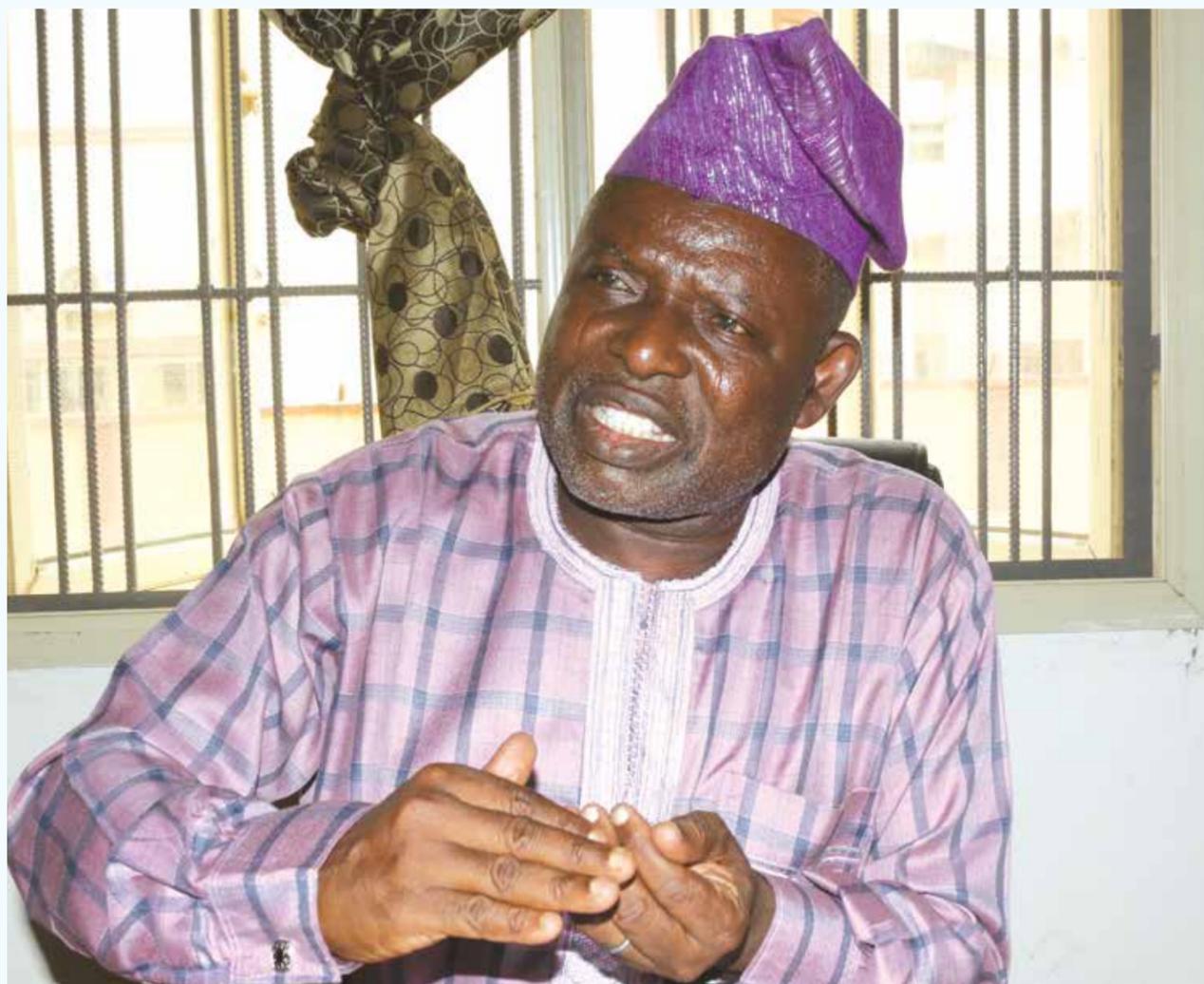
RAZOR BUMPS

BG PHARMA & HEALTHCARE LTD.
 ...panacea to healthcare needs.

REG. OFFICE: Plot 859 Gudu District, Danvil Plaza, Suit 16, Opp. Apo Legislative Quarters, by AP Filling Station, Abuja. ☎ 08037145160

LAGOS OFFICE: 9, Ikpoh Street, Ikate Surulere, Lagos State. ☎ 08033115234
 info4bgpharma@rocketmail.com | www.bgpharma.com

Losing 2008 May & Baker award to Sir Atueyi, a great honour - Oluyedun



Pharm. (Chief) Hamidu Adediran Oluyedun

Pharm. (Chief) Hamidu Adediran Oluyedun is a retired director of pharmaceutical services, Adeoyo Maternity Teaching Hospital, and current executive director, Harafat-GTB Pharmacy, Ibadan. He has served as a hospital pharmacist in different capacities, from 1989 when he worked as an intern, to 2021, when he retired amidst unfair, before venturing into community practice three years ago. He has also variously served the Pharmaceutical Society of Nigeria (PSN) and the Association of Hospital and Administrative Pharmacists (AHAPN) at different times. In this exclusive interview with **ADEBAYO OLADEJO**, the highly cerebral grassroots man, explores critical issues surrounding pharmacy practice in the country, as well as his reasons for venturing into community pharmacy practice, having spent over 30 years in the hospital setting. He also recounts the high and low moments of his life, including the year he lost the prestigious May & Baker Award to Sir Ifeanyi Atueyi, publisher of **Pharmanews**. Excerpts:

Can we have a glimpse into your background?

I am the only surviving child of my mother in a serious polygamous home, so the odds were against me. I was only lucky to attend the Universal Primary Education (now known as Universal Basic Education, UBE) programme, not the conventional secondary school. It was from the UBE programme that I picked interest in science subjects, and I worked a little to raise money to seek admission into the university.

To cut the long story short, I developed an interest in Pharmacy, and I gained admission to study Pharmacy at the University of Ife, now Obafemi Awolowo University, in 1984. I graduated in 1989, despite all odds; I was given a scholarship by the present Ashipa Olubadan of Ibadan land, Chief Eddy Oyewole, and a few other people before I could graduate.

Tell us about your pharmacy journey. How did you move from a young pharmacist to a director in the hospital setting?

My intention was to practise as a community pharmacist in Lagos but some of the people who

assisted me through the university requested that I serve people in their community, which I had to comply with. I had to travel back to Oyo State on 30 December, 1991, to start practising in the hospital setting and that was how it began.

I appreciate God because hospital practice was a fulfilling career for me - although there were ups and downs and we also stepped on toes because hospital pharmacy had suffered injustice in the past in Oyo State. I was a deputy director for almost 15 years because of this same injustice, but we fought greatly until about 12 of us were finally promoted to the position of director. So I retired as a director in the hospital setting.

As a retired director in the hospital setting, and now a community pharmacist, tell us some of the challenges facing pharmacy practice in this part of the world.

The major challenges that give me serious concern are the issues of drug distribution, and lack of recognition for the pharmacy profession. The public perception of pharmacy practice is still very poor. Although things

have improved, compared to the past, what is poor is poor.

A good number of the people we serve are not well educated about who a pharmacist is. In fact, there is, for instance, no Yoruba equivalent of what a pharmacist means, unlike other healthcare practitioners. Some people simply call us *akowe*, which actually means a learned person. Some call us *apogun*, that is, drug mixer; yet pharmacy is more than these.

Another challenge is low numerical strength, as we are not many compared to the population we are serving. There is also another challenge of the glass ceiling agenda for a particular set of professionals. This means that that some professionals are being frustrated or not allowed to go beyond a certain level in the workplace, even in the aspects of remuneration and promotion.

Imagine, I was on Level 15 for years, and it took serious effort - meetings here and there - before I was promoted to Level 16; whereas other professionals had reached Level 17. Can you imagine that? So, with the problem of glass ceiling, the motivation will be low, and it will be difficult

to convince the practitioners that we are one.

What is your take on the issue of internal wrangling among healthcare practitioners in the country?

Wrangling will continue, although it is not needed. It is due to the fact that we don't understand one another. We have forgotten that we should be patient-focused, not self-centred. Much of our conduct nowadays in the healthcare space is self-centred.

Wrangling is part of what we call "hospital conflict", which should be handled with proper interaction and regular seminars because the major problem is behavioural. Doctors believe the hospital and the patients belong to them; and with that, conflict or wrangling will continue until we understand one another, understand our differences, accept one another for what we are, cohabit and do things together.

What are your thoughts on the issues of drug abuse and misuse?

The reality is that the government and the society have got it wrong and if care is not taken, we are on a journey of no-return. We are celebrating drug addicts. The television stations and social media give them lots of time, especially through their music; and that is why you hear slangs that are not pleasant to the ears. I am a bit into the sociology and such music, when you hear it before you go and commit a crime it is highly destructive. We need to start from the primary schools, to produce a decent society; and we need to train the teachers, who will in turn train the pupils.

To tackle the challenge of drug abuse, we have a long way to go. Although the PCN, the PSN, NAFDAC and others are trying, we need to do more. We need to go down to the communities as drug experts, preach the message to the people and give them orientation that pharmacists are not just every Tom, Dick and Harry they see on the road; pharmacists are specially trained professionals on the issue of drug and everything related to it.

What is your take on the issue of pharmacist consultant cadre issue?

I have a doctor friend who confided in me that our training at the West African Postgraduate College of Pharmacists (WAPCP) is much more robust than their own. So, we only need to appeal to those who are not happy with it that there is enough space for everyone to practise, and being a consultant as a pharmacist does not prevent anybody from doing his or her work perfectly.

We all have our responsibilities shared and we can do it without interfering with one another. But our major problem is that we are not social enough. All this issue of rivalry is a social problem, as we don't know how to live and let others live, which is called social interaction. We should close our

continued on page 50

Kwara PSN awards N650,000 grants to PhD, masters, WAPCP students

By Adebayo Oladejo

The Pharmaceutical Society of Nigeria (PSN), Kwara State, under the chairmanship of Pharm. Adejuwon Otelaja recently awarded N650,000 in grants to nine beneficiaries of its PSN Kwara Educational Grant Scheme.

While speaking at the event, which was held at the PSN Secretariat, Ilorin, Kwara State, Otelaja, noted that the scheme was instituted by his administration, to support Kwara pharmacists that are currently enrolled in different programmes at masters and PhD levels, as well as the Fellowship of the West African Postgraduate College of Pharmacists (WAPCP).

This, he said, is a way of encouraging practitioners in the state to aspire to build their capacities, take up more challenges and help to uplift the profession.

Speaking further, Otelaja revealed that the current beneficiaries of the scheme were selected after a thorough screening process by a committee headed by Dr Mohammed Amali, dean, Faculty of Pharmaceutical Sciences, University of Ilorin, and made up of seasoned academics and Fellows of WAPCP.

While presenting the cheques to the students, the PSN chairman disclosed that the scheme was the second edition under his administration, adding that adequate funding and empowerment were necessary for continuous growth as well as stability of the healthcare sector.

"In this second edition of the scheme, two PhD students received cheques of N100,000 each; four Fellowship students at the WAPCP



L-R, Pharm Adejuwon Otelaja, Chairman PSN Kwara State; Dr Joseph Ole, an award recipient; and Pharm Lanre Alege (FPSN) at the Kwara PSN Educational Grant Scheme Award presentation.

received cheques of N75,000 each; while three master's degree students received cheques of N50,000 each," he said.

Also speaking, Dr Amali, said that the selection process had been open and transparent, adding that the nine recipients were the best and were considered.

According to the dean, the innovation of supporting practitioners in the state in the form of scholarship grants, which started in 2020, had never been done in the history of Kwara PSN.

In his words, "The Otelaja-led executive committee felt that it was important that pharmacists within the state should be able to benefit from the resources of Kwara PSN, primarily to enhance their professional growth and development in form of improving their professional competence.

"Talking about the criteria for picking the awardees, eight members of the committee, drawn from all arms of the PSN, sat and specified some criteria to be considered before an individual

would be considered a winner. We put in place the mechanism to detect if any of the awardees was under any other form of funding. We also assessed their contributions to the PSN, Kwara State, as well as the technical groups they belong to and points were awarded for that.

"We then gathered all the points, and those with the highest points were selected. So, it was very strict and we ensured that all the selected satisfied the minimum requirements.

"To God be the glory, all the awardees have been worthy ambassadors of the PSN Kwara. Therefore, we call on other well-meaning individuals who see a need for this cause to also assist so that the association can do better than it's presently doing."

One of the grants' beneficiaries, Joseph Ole, responding on behalf of his co-awardees, said that the grant was well appreciated and that they would make judicious use of it, work hard to achieve the desired results and continue to contribute meaningfully to the development of pharmacy practice in the state and Nigeria as a whole.

According to Ole, a PhD student of the Ahmadu Bello University, Zaria, Kaduna State, the grant came at the right time for him.

"I had been thinking of how to get a mobile tablet to complement my laptop so as to further enhance my academic pursuit, but the 50,000 naira I had with me was not enough. So, the 100,000 grant from the Kwara PSN came at the right time and I really appreciate it," he said.

Passion to save lives, parental care, pillars of my success - OAU second best graduating medical student

By Temitope Obayendo

Miss Tolulope Komolafe, who emerged second best graduating student among the 2021 graduates of the College of Health Sciences, Faculty of Clinical Sciences, Obafemi Awolowo University, has attributed her exceptional achievement to the passion to save lives, saying this was what propelled her to study Medicine in the first place.

Komolafe, whose parents are both healthcare professionals, also identified parental care and support as a major pillar of her milestone achievement.

According to her, the initial choice of Medicine as a course of study came from that healthcare ambience.

Komolafe's mother, Mrs Oluwatoyin Adekunbi Komolafe, who is the deputy director, Pharmaceutical Services, Federal Medical Centre, Owo, also attested to this, while urging parents, especially mothers, to always create time for their children irrespective of professional demands.

Narrating how her academic journey began young Komolafe, who is the firstborn of her parents, said:

"The journey started in 2014 after I got admission into OAU through Direct Entry, after my A-levels, to study Medicine.

"I would say the initial choice to study medicine stemmed from the environment I grew up in as both my parents are healthcare professionals. There was also the fact I thought that I wouldn't need to know much of Physics, compared to other science courses.

"However, what really helped to solidify the choice was my desire to save lives and put smiles on the faces of people who interact with me."

Komolafe however revealed that it was not all rosy for her while



Tolulope Komolafe, with her parents, displaying seven award plaques presented to her during her graduation.

on campus, as she was tempted to quit at certain times, the most notable being when she failed one of her initial courses, despite her rigorous study routine.

In her words: "Yes, there were a few times when I felt like quitting. My most memorable challenge would be when I failed my first Anatomy course, which was ironic as I read Anatomy more than any of the courses I was offering then.

I was disappointed but I had the support of friends who encouraged me to look forward and see the bigger picture. And here I am today telling the story with a smile."

She urged students who wish to be like her to pay serious attention to their studies and follow the best reading pattern that works for them.

Komolafe also mentioned the place of mentorship in her success, urging her juniors and contemporaries to ensure they have mentors they can always look up to for assistance and guidance in life.

In her words, "I have several people I look up to as mentors; so

I would say it depends on what aspect of life I needed guidance on. To be successful, students need such mentors at one time or the other in life to guide them along their studies."

She emphasised having a good relationship with God as an indispensable factor in achieving great success in life.

She reminisced: "My most memorable day on campus was 30

August, 2021, when the result of our Final Medical Board Examination was posted and I passed with distinction. I was so elated beyond measure and gave all the glory to God, who is my Alpha and Omega.

"For other students aspiring to achieve this feat my advice for them is to understand what works for them in terms of reading and assimilation, while they should endeavour to keep a close circle of friends with like mind."

Komolafe's mother recalled getting the news of her daughter's sterling performance through a phone call. She said she was filled with joy, as she appreciated God who had helped to actualise hopes and expectations for her daughter, whom she had supported all the way.

Going back memory lane, she described her daughter as having been a very inquisitive child, which necessitated her enrolment in school at the tender her of 18 months. She also recalled how she and her husband had always assisted the young scholar with her assignments and ensuring that they spent quality time with her and her siblings, despite their tight schedule.

According to Mrs Komolafe: "Growing up, we make sure we carved out time to spend with her, despite our tight schedule. We also gave her freedom to express herself. We disciplined her, when the need arose and we made sure all her needs were catered for.

"Today, we are most grateful to God on her behalf because without God, none of us can exist. That was why I taught her from childhood the importance of God in all that we do, and that there is no other way to succeed than to study well and pray."

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

Actiflu[®] Syrup

NON BREAKABLE SAFE FOR MOTHER & CHILD

FOR TREATMENT OF:

- Nasal Congestion & Alergies
- Common Cold
- Hay Fever & Rhinitis

Composition:
Each 5ml contains
Triprolidine HCL B.P.....1.25mg
Pseudoephedrine HCL B.P30mg

HEAD OFFICE
35, Nkwubor Road, Emene-Enugu.
P.O. Box 1549 G.P.O. Enugu, Nigeria
Tel: 08063388367, 08070592410

Actiflu[®] Syrup
Triprolidine HCL 1.25mg/5ml
Pseudoephedrine HCL 30mg/5ml

Composition:
Each 5ml contains
Triprolidine HCL B.P 1.25mg
Pseudoephedrine HCL B.P. ...30mg

Dosage:
Doses to be taken 3 times daily:
2-5 years: 2.5ml
6-12 years: 5ml
12 years and above: 10ml

If symptoms persists after 3 days, consult your doctor

Protect from light
Store in a cool dry place below 30°C
Keep out of the reach of children

ISO certified company
SON
NATIONAL CERTIFICATE SCHEME
Manufactured by
JUHEL
JUHEL NIGERIA LIMITED
35 Nkwubor Road Emene-Enugu
Box 1549 G.P.O Enugu, Nigeria
Tel: 08063388367, 08070592410
E-mail: info@juhelnigeria.com
www.juhelnigeria.com

NAFDAC REG NO:

NON BREAKABLE Safe for Mother & Child

NON BREAKABLE Safe for Mother & Child

STANDARDS ORGANISATION OF NIGERIA
NIS ISO 9001:2008 REGISTERED COMPANY
NATIONAL CERTIFICATE SCHEME
Certificate No: 0000345

E-mail: info@juhelnigeria.com, juhel.3@gmail.com
Website: www.juhelnigeria.com

Pharmanews App now available on Google Play store, Apple Store, Windows Store

BOF chairman urges new Fellows to lead by example

-As PSN confers Fellowship on Amibor, 111 others

By Temitope Obayeno

Chairman of the Board of Fellows (BOF) of the Pharmaceutical Society of Nigeria (PSN), Pharm. (Dr) Joel E.B. Adagadzu, has charged all new Fellows of the Society to live as worthy ambassadors, saying the onus is on them to show the way to younger pharmacists.

He made the remarks shortly after the investiture of 112 new PSN Fellows, at the Transcorp Hilton, Abuja.

Speaking with *Pharmanews* on the importance of the Fellowship award, Adagadzu noted that while it confers the highest honour of the Society on recipients, the Fellowship is not for mere showoff, but a call to the responsibilities of role-modelling for the younger ones and representing the Society accordingly wherever they find themselves.

Fellows must be far from all appearances of corruption and shady deals in the community, he stressed, adding that they should strive to lead in all aspects, including practice, behaviour, comportment and in financial dealings. He also emphasised for them to make more meaningful contributions to the Board.

Adagadzu said: "There is a saying that to whom much is given, much is expected. Right now, all eyes are on the new Fellows, as other pharmacists will be watching to see how they will comport themselves, especially in public; whether they will lead by example or not.

"The onus is now on them to lead others by example, practice what they preach, avoid unethical conduct unbecoming of Fellows, and also render a helping hand to junior colleagues and young ones as much as possible.

"They should be ready to act as role models, and engage in coaching and guiding our colleagues in the course of their rendering care. Mentorship of our junior colleagues should be one of their roles as new Fellows, if not the primary role."

In an exclusive interview with one of the newly decorated Fellows, Pharm. (Dr) Kingsley Chiedu Amibor, deputy director of Pharmaceutical Services at the Federal Medical Centre, Asaba, he pledged to fully justify the confidence reposed in him by the PSN, in conferring the Fellowship award on him.

A strong advocate of pharmaceutical care and clinical practice, Amibor described as unfortunate, previous scenarios where Fellows of the Society did nothing to justify the award conferment, saying the criteria for the appointment of Fellows should convince anyone that a Fellow of the PSN is not a run-of-the-mill pharmacist.

"He or she is usually time-tested, mature, experienced and has excelled in the chosen area of practice," he said.

On his objectives as one of the new Fellows, Amibor said, "I am prepared to lead by example, as well as ready to coach and guide the young and upcoming ones. Even though I am currently a clinical pharmacist practising in the hospital, I have a responsibility as a Fellow to ensure that pharmacists practise ethically and are above board in their practice.

"I have a responsibility to ensure that the practice environment for pharmacists is serene enough, I have a duty to ensure various managements



Pharm. (Dr) Kingsley Amibor, receiving a presidential handshake from the newly inaugurated President, Pharm. (Dr) Joel E.B. Adagadzu, shortly after the conferment of his Fellowship Award, as the Chairman, Board of Fellows of the PSN, Pharm. (Dr) Joel E.B. Adagadzu, looks in admiration.

furnish the pharmacists with adequate tools they need to discharge their responsibilities optimally.

"I will also strive to ensure that young pharmacists exhibit very

high professional conduct and discourage sharp practices among them. Issues such as 'register and go' must never be condoned, as well as other untoward practices.

"I will also advocate for a reward

mechanism to recognise and honour young pharmacists who are practising in line with professional dictates," he pledged.

Amibor, the immediate past national chairman of Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN), further stated that the Fellowship will boost his effort in securing collaboration with other well-meaning persons to permanently change the narrative of hospital pharmacy practice in Nigeria, adding that this will definitely require networking with the leadership of the AHAPN, the Committee of Heads of Pharmacy in Federal Health Institutions (COMHPFHI), the Board of Fellows (BOF), various hospital managements, the PSN, the Pharmacists

Council of Nigeria (PCN), as well as other stakeholders to achieve set objectives.

He also mentioned training and retraining of pharmacists as part of his objectives, saying there is need to continuously build capacity among colleagues, pledging that he will always bring this to the front burner in order to engage relevant organisations and sister associations.

University News

Unilag to start PharmD in 2023 – Adepoju-Bello

By Ranmilowo Ojalumo

Barring any unforeseen constraint, the Faculty of Pharmacy, University of Lagos (Unilag) will begin the Doctor of Pharmacy (PharmD) programme from the 2023 academic session.

Dean of the faculty, Professor Aderonke Ayinke Adepoju-Bello, revealed this to *Pharmanews* in a recent interview, saying that the faculty had been working with the school authorities to ensure a successful take-off of the programme.

She added that the university's Senate had approved the programme, while the Academic Planning Unit was finalising arrangement to send the necessary documentation to the National Universities Commission (NUC) for resource verification.

Adepoju-Bello, who took over as dean on 1 August 2021, said one of her main aspirations for the faculty is the commencement of the PharmD.

She noted that the Pharmacists Council of Nigeria had also given the faculty 2023 as the deadline to start the programme, adding that the reason the faculty had not begun the programme was to ensure that the groundwork was properly done.

According to the dean, "PharmD has protocols and we have to follow them. Some rules and regulations must be followed to start a new programme at the University of Lagos. The form for the new programme was filled and it went through various committees to be sure that everything was done properly.

"After the document had gone through the various committees, it went to the Senate of the university, which is the highest authority, for approval; and as I said earlier,

the Senate has approved it. So the Academic Planning Unit will send it to the NUC after which the NUC will come for resource verification. We are optimistic that the programme will start in 2023 to meet the PCN deadline."

In a related development, Prof. Adepoju-Bello has called on organisations and well-to-do individuals to support the faculty in its drive for expansion. She said the faculty, which currently operates at the university's College of Medicine, Idi-Araba Campus, has been provided with a piece of land at Akoka, which needs to be urgently developed.

In her words: "We need more space for laboratories and a GMP laboratory for production. We want our land in Akoka located in a water-logged area, very close to the lagoon, to be built. We need funds to reclaim the land and build.

"I am currently working with the Works and Services Directorate of the University of Lagos to put the building project into segments; so we are calling on the good people of Nigeria and organisations to assist us."

The dean, who is a professor of Pharmaceutical Chemistry, with special interests in pharmaceutical analysis, analytical chemistry, and natural product chemistry, said the faculty, in conjunction with the university's management, prioritises research. This she said, is evident in the number of research teams in the university working tirelessly to get discoveries.

According to her, Unilag has a Central Research Committee that gives grant to staff for research and conference attendance.

Adepoju-Bello also called on the government to support



Prof. Aderonke Ayinke Adepoju-Bello

pharmacy practice at all levels so that the health sector can be strengthened and positioned to provide quality service for every Nigerian.

She said: "Pharmacy practice at all levels needs funding. Academia needs funding for research, and to set up standard laboratories and many other things. The government needs to support pharmacy practice; that is the only way drug importation can reduce."

The dean also called on pharmacists to always attend training programmes, conferences and workshops in their areas of specialisation, in order to be abreast of latest ideas, methods and developments.

"Every pharmacist needs to go for more training because new things are coming up every day. We should continue to upgrade ourselves, attend conferences - both local and international - and also embark on research. That is the way to go," she urged.

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

BONDOMET

Effective in mild to moderate Hypertension.

**METHYLDOPA
TABLETS
B.P. 250 MG**

NAFDAC REG. NO.: 04-8442



BONDURETIC

Reliable combination anti-hypertensive over the years.

**AMILORIDE
HYDROCHLORIDE &
HYDROCHLOROTHIAZIDE
TABLETS**

NAFDAC REG. NO.: 04-8180



VARSPAR[®]

Amlodipine 5mg & 10mg Tablets ...preferred Anti-hypertensive & Anti-anginal agent.



NAFDAC REG. NO.: 04-5478

NAFDAC REG. NO.: 04-5479

CIPROBON[®]

Ciprofloxacin 500mg



PHYSICIANS' BROAD
SPECTRUM
ANTI-BACTERIAL
AGENT OF
THE MILLENNIUM.

NAFDAC REG. NO.: 04-4000

OXYUREA

(Hydroxyurea Capsules)



- 100mg NAFDAC REG. NO.: A4-5628
- 250mg NAFDAC REG. NO.: A4-5637
- 500mg NAFDAC REG. NO.: A4-0882

A proven effective remedy used worldwide
in Sickle Cell Disease.

ZOXINE[®]

(WHO Recommended Combination)

...Treats Malaria Effectively!



NAFDAC REG. NO.: 04-5476

NAFDAC REG. NO.: A4-6608

REMYTONE

Iron, Vitamin B-complex
With Amino Acid

(Capsules & Tonic)

...balanced supplement for
a healthy family!

NAFDAC REG. NO.: B4-0854

NAFDAC REG. NO.: B4-0833



RIFABON

Rifampicin 300mg

INDICATIONS:

- Tuberculosis
- Staphylococcal infections
- Meningococcal Infection prophylaxis
- H influenza prophylaxis
- Cholestasis - pruritus

NAFDAC REG. NO.: B4-0654



Manufactured by:

BondChemical
INDUSTRIES LIMITED
...We give hope.

Tel: 0705 439 4212, 0705 439 4205

Email: bondmarketingunit@gmail.com

www.bondpharm.com

Resurrection plant: The miracle plant

By Pharm. Ngozika Okoye

B. Pharm., MSc (Clinical Pharmacy), MPH, FPCPharm
(Nigeria Natural Medicine Development Agency)



Bryophyllum pinnatum

B*ryophyllum pinnatum* (Fam. Crassulaceae) is a succulent perennial herb, which grows up to 1m to 2m in height. It is known by several names such as "wonder of the world", "miracle leaf", "resurrection plant", "cathedral bells", "Goethe plant", "sacred plant", "good luck leaves", "never die plant", "air plant", or "life plant." It is known as *karan masarachi* in Hausa, *odaa opue* in Ibo, *ewe abamoda* or *odundun* in Yoruba, and *da bu si* in Chinese. To the Edo, it is *danweshin* or *ekpokpo*. It is *afiayo* in Efik and *umbu* in Ijo-Izon.

Constituents

The leaves of *B. pinnatum* have been reported to have flavonoid, phenolic compounds, alkaloids, terpenoids, carbohydrates, minerals and glycosides. Compounds identified include oleic acid, alpha-D-Glucopyranoside, methyl, n-Hexadecanoic acid, Octadecanoic acid, 3,5-Dihydroxy-6-methyl-2,3-dihydro-4H-pyran-4-one and Benzaldehyde. They also contain vitamins like ascorbic acid, thiamine, riboflavin and niacin; also minerals like calcium, zinc and phosphorus, potassium, sodium.

Preparations

B. pinnatum may be used as raw leaves. The leaves may be lightly roasted, heated, made into infusion, juice mixed with coconut oil. The roots and stem may also be used as infusions.

Pharmacological actions and medicinal uses

The leaves of *B. pinnatum* are known for their antinociceptive, anti-inflammatory and antidiabetic activity, antihypertensive activity, immunosuppressive effect, antibacterial, antiviral, antifungal, antihistamine, anaphylactic and anti-tumour activities. Antiulcer potentials of herbal drug have been reported in various scientific studies. *Bryophyllum pinnatum* is used for the treatment of cough, asthma, cold (with candy sugar), dysentery, fever, constipation, boil, wound, sore or cuts, leucorrhoea and roundworm infestation. It is a natural remedy for teething trouble (when mixed with honey) and ear pain.

Researchers have established the gastroprotective

effect of aqueous extract and mucilage from *Bryophyllum pinnatum* against peptic ulcers.

In a study, both the aqueous

and methanolic leaf extracts of *B. pinnatum* produced dose-related, significant decreases in arterial blood pressures and heart rates of anaesthetised normotensive and hypertensive rats. Another study concluded that *Bryophyllum pinnatum* may be a suitable treatment for sleep problems of cancer patients. It has importance in the treatment of certain types of cancer.

The rhizome of this plant can be used for the prevention and treatment of kidney and gall bladder stones. It has diuretic properties, alleviates difficult urination, helps to cleanse the bladder and intestines of harmful toxins. The intestinal cleansing properties can definitely contribute to weight loss; thus its usefulness in weight management. The root of this plant is believed to be hepato-

protective and proved useful for the treatment of jaundice and hepatitis. It is used as a home remedy for piles. The extract is used for the nourishment of the hair and treating grey hair.

Adverse effects

There are very scanty reports of discomforts such as fatigue, dry throat, agitation and difficult digestion from the use of *B. pinnatum*. It may interact or reduce the efficacy of Aspirin. The plant should not be used in pregnancy.

Economic uses and potentials

B. pinnatum is often used as an ornamental plant; it makes a very decorative addition to the garden. The pharmacological properties render it a possible candidate for the development of novel drug substances as well as for cosmetics. There are potentials in the large scale cultivation, research and development of resurrection plant for medicinal use.



BURNOUT

1% Silver Sulphadiazine 50
CREAM

Indicated in

- Prophylaxis and Treatment of Infection in Burn Infections
- Prevents Wound Septicaemia
- Faster Wound Healing
- Reduces Scar



The Answer For The Burn — burnout

— first line therapy for burn infection

JOLAX

Lactulose 100mL Solution



100ml

Promptly Relieves Constipation

Effective well-tolerated & safe laxative in the acute treatment of constipation

Also Effective in Symptomatic Treatment of hemorrhoids & Hepatic Encephalopathy



Jawadiclo

PAIN RELIEF GEL

Composition:

Diclofenac Diethylamine BP equivalent to
Diclofenac Sodium + Linseed Oil BP + Methyl Salicylate,
+ Menthol



20g

Indications:

- Low back & joint pain
- Sprain & strain
- Muscular pain
- Myositis, Fibrositis & Sciatica

Pray For Nigeria
Pray For Nigeria



JAWA INTERNATIONAL LTD
JAWA HOUSE
Plot 6, Abimbola Way, Industrial Estate Isolo Lagos-Nigeria.
Website: www.jawasil.com, E-mail: marketing@jawasil.com



ABSOLUTELY NATURAL PRODUCTS

All ingredients are sourced from natural extracts. No chemical synthesis involved. No 'chemical' added.

WHOLLY ORGANIC PRODUCTS

Neither synthetic chemical fertilizers nor pesticides are used in growing crops from which our ingredients are extracted.

NON-GMO VERIFIED

We do not source ingredients from Genetically Modified Organisms (plants or animals). Vendors' supplies are tested to confirm non-GMO compliance.

NON-IRRADIATED PRODUCTS

Our processes abhor irradiation of finished products. We rather adhere strictly to sanitation and hygiene (GMP) guidelines.

TESTING FROM START TO FINISH

Our products are subjected to extensive quality control checks at every step of the manufacturing process to ensure that they are free from contaminants.

cGMP COMPLIANT

Now products meet and exceed both industry and federal standards of current GMP.

NOW Foods! **N**atural, **O**rganic and **W**holesome Foods.



33, Adeniyi Jones avenue, Ikeja, Lagos
07015445688, 08034456024
www.alphapharmacy.com.ng

Pharmanews App now available on Google Play store, Apple Store, Windows Store

ACPN to NAFDAC: Payment for expired drugs disposal, double jeopardy

- As ACPN Lagos holds 2021 AGM, re-elects officers

By Adebayo Oladejo

Pharmacists, under the aegis of the Association of Community Pharmacists of Nigeria (ACPN), Lagos State Chapter, have reiterated their displeasure at the policy of the National Agency for Food and Drug Administration and Control (NAFDAC) which mandates payment before destroying expired drugs submitted by pharmacies, saying it is double jeopardy for someone to lose money over an expired product and still pay to have it destroyed.

Speaking during the 2021 annual general meeting (AGM) of the association, which was held at the indoor hall of the Pharmacy Villa, Ogudu, the Chairman, Lagos ACPN, Pharm. Lawrence Ekhatior, noted that huge payments requested by NAFDAC from members of the association for the destruction of drug products are unsustainable, saying this can discourage otherwise law-abiding pharmacists from surrendering their expired products.

The ACPN boss, who assured that the association's relationship with NAFDAC remains cordial, however called for a review of the contentious policy.

He also tasked the agency to activate the recall system by manufacturers and importers of pharmaceutical products with a view to mitigating the losses incurred by members upon expiry of the products.

Ekhatior added: "The attitude of NAFDAC officials during enforcement activities is also a cause for concern. The military style of enforcement should be played down. Although we had informed the director-general about this and she promised improvement, there has been a recent upsurge in the style of enforcement.

"We, therefore, appeal to the agency and its leadership to review this approach to enforcement with a view to maintaining the cordial relationship that exists between the ACPN and NAFDAC."

Also speaking on the issue, the immediate past Chairman, ACPN, Pharm. Olabanji Obideyi, described the situation as worrisome, saying pharmacists constantly incur financial losses on their products, despite being charged for registration of same by the regulators, adding that paying again for their destruction is unfortunate.

According to Obideyi, "In the first place, when a drug expires, it cannot be dispensed again. So, whatever investment that one might have on it is lost already; but asking such a person to pay money to have the drug destroyed is quite worrisome.

"Ordinarily, what should have been the situation is that drugs that are expired should be recalled back to the company where they are bought from to be destroyed. But today what we have is the opposite".

He added, "I remember that when I was the chairman, we had an agreement for a reduction in the charges; and when we distributed the money among our members who were involved, it



**Pharm. Lawrence Ekhatior
Chairman, Lagos ACPN.**

wasn't really a cause for concern. But it's a different ball game this time around, considering what they are asking for. That is why the issue has been dragging for this long and up till now, there has not been a headway."

In his remarks, the Chairman, Pharmaceutical Society of Nigeria (PSN), Lagos State Chapter, Pharm. Gbolagade Iyiola, stressed that the challenge being faced by ACPN members is worsened by the fact that the country does not have a good recall system.

"Imagine procuring about ten packs of a product, and two packs got expired in your hand. Ordinarily you have lost money, yet you are still expected to pay a huge sum of money to have the expired product destroyed. Can you imagine that? It's

a challenge of double jeopardy", Iyiola said.

Speaking earlier on the issue of illegal drug outlets, the duo of Pharm. Deji Osinoiki, chairman, board of trustees, Lagos ACPN; and Pharm. Aminu Yinka Abdulsalam, urged the Pharmaceutical Inspectorate Committee (PIC), of the Pharmacists Council of Nigeria (PCN), to scale up its efforts in ridding the country of such outlets. They added that without taking such a decisive measure younger pharmacists may not have a place to practice in the nearest future.

Osinoiki tasked pharmacists to

look inwards, especially as there are some bad eggs among the practitioners who perpetuate the register-and-go syndrome and allow the influx of charlatans in the respected profession.

In his words, "If we don't have discipline among ourselves, we can't keep blaming the PIC all the time. Let us enforce discipline and sit up as men of honour that we are," he advised.

A highpoint of the programme was the re-election of the executive members of the association for the next one year.

The re-elected executives were Pharm. Lawrence Ekhatior, chairman; Pharm. Paul Owolabi, vice-chairman; Pharm. Charles Oyeniyi, general secretary; Pharm. (Mrs) Mosunmola Dosumu, asst-general secretary; Pharm. Tolulope Ajayi, treasurer; Pharm. Moyinoluwa Oshin, publicity secretary; Pharm. Rebecca Akawa, financial secretary; Pharm. Chukwudi Ezenwanne, editor-in-chief, and Pharm. Olabanji Obideyi, immediate past chairman.



A cross-section of dignitaries and participants at the AGM.

Community Pharmacy Practice

Losing 2008 May & Baker award to Sir Atueyi, a great honour - Oluyedun

continued from page 43

social distance, personal distance and be intimate. Once this is done, nobody will see each other as a threat any longer.

Tell us about special recognitions, awards, titles and others that you acquired in the course of service.

I have received several awards and recognitions, both professional and non-professional. These include the Distinguished Service Award (DSA) by the National Association of Hospital and Administrative Pharmacists of Nigeria (NAHAP), now AHAPN in 2008. I was given "Grand Commander of the Youth", but later on, the Muslim community in Ibadan here hijacked it and turned it to "Asiwaju Odo" of Muslims. It was highly celebrated and it popularised me a bit.

At the 2008 PSN conference in Abuja, I was a runner-up to the eventual winner of the prestigious May & Baker Professional Service Award, Pharm. (Sir) Ifeanyi Atueyi,

publisher, *Pharmanews*; and I was happy I lost honourably. To the person the cap fits, I doff my hat. God has prepared me for so many things. I am a community pharmacist today; I had worked in the hospital for years, and I am a teacher. But Sir Ifeanyi Atueyi is a pharmacist to the core.

When the announcement was made that he won, somebody said I almost won it but I said, "No, Baba Atueyi deserves it more than me, even if it means winning it every year." As a mentor and leader, I was happy I lost to the right person. *Pharmanews* has exposed our greatness in the pharmacy profession and has covered our deficiency in the sense that wherever we are lagging behind, it covers our inadequacy and exposes our activities to the world.

Tell us about your Pharmacy, Harafat-GTB

Harafat-GTB Pharmacy, which was derived from the names of my mother, Harafat and my wife, Ganiyat Toyin Badmus, was

established three years ago, precisely 17 January, 2019, as my retirement package and a gift from people I had mentored who are scattered across the country. They did it so that I can still be in active service even after my retirement from the hospital where I practised from 1989 to February 2021, the great day I bowed out of service and was highly celebrated.

What is your advice to young pharmacists who are just coming out of the university?

They should allow themselves to be handled by God and they should not give themselves to demonic opinion. Money will come but it will come at the right time; but the love of humanity should come first.

They should know what they want in the profession, avoid fraudulent means of getting rich quick, avoid the register-and-go temptation, and look for money genuinely. Love of God and humanity should be put first.

Mohammed, Obono, Bright charge young pharmacists on excellence

- As PCN inducts 148 Unilag graduands

By Ranmilowo Ojalumo

Registrar of the Pharmacists Council of Nigeria (PCN), Pharm. (Dr) Elijah Mohammed; Chairman of the West African Postgraduate College of Pharmacists (WACPC), Nigeria Chapter, Pharm. Dr. Margret Obono; and Chief Executive Officer, LiveWell Initiative, Pharm Bisi Bright, have called on young pharmacists to distinguish themselves by doing things in unique ways, so as to achieve excellent results.

Delivering the keynote address at the recent pre-mentorship programme for the 2019/2020 graduands of the Faculty of Pharmacy, University of Lagos, with the theme "Stand Out from the Pack: Start Now", Bright charged the young pharmacists to do things differently, saying this is the only way they can stand out and not be stuck in the pack.

"To stand out from the pack, you must make yourself a brand and describe yourselves with adjectives," Bright said. "You can have a personal dress code. You must have a good self-esteem, and learn to use the right language. You must have a personal goal by setting one, five or 10 years development plans for yourselves. Get noticed."

The consultant clinical pharmacist also charged the young pharmacists to think radically. She said: "If you think like everybody, you will be like everybody. Imbibe core values; excel in spiritual hygiene by loving God and your neighbour. Keep learning, unlearning and relearning; endeavour to close knowledge gaps."

Also addressing the graduands, Obono, who was the chairman of the 2019/2020 Induction Ceremony and Alumni Lecture Series of the faculty, charged them to be confident and innovative at all times.

The WACPC-Nigeria chairman said, "To you the graduating pharmacists, you have just completed a phase in your life/career and about to move into another phase. The next phase may be what you dreamt of or may not fit into the picture of pharmacy practice that you have in mind, depending on where you carry out your mandatory internship. The fact is that the training you have received as a pharmacist can enable you to stand your ground anywhere. So be confident."

She added: "Pharmacy is a noble profession and no amount of the challenges in the healthcare sector can change that fact. I have never regretted studying pharmacy or practising as a pharmacist. You are going out as eagles. Be confident. Dream big. Come up with disruptive innovations and change the narrative. There is a great future for the pharmacy profession in Nigeria, create your own success story".

Addressing the inductees before handing them over to the PCN registrar for induction, Dean of the faculty, Professor Aderonke Adepoju-Bello, charged them to adapt themselves to evolving trends in pharmacy practice.

She told them, "The future is very bright and challenging. Be ready to participate in the new trends and the new normal that COVID-19 has imposed on all pharmacy practices. Learn more and diversify by going for out-of-school trainings, so that you will be able to fit in properly."



Deputy Vice-Chancellor (Academics and Research), Unilag, Prof. Oluwole Familoni, one of the Graduands receiving induction certificate from the Director, Lagos Zonal Office, of PCN, Pharm. (Dr) Ukamaka Okafor, Dean, Faculty, Professor Aderonke Adepoju-Bello, Chairman, WACPC, Nigeria Chapter, Pharm. Dr. Margret Obono and Assistant Chief Regulatory Officer, NAFDAC, Pharm. (Mrs) Folashade Osho, during the induction ceremony recently.

Also sensitising the inductees oath, the PCN registrar, Mohammed, shortly before administering the who was represented by the

Director, PCN Lagos Zonal Office, Pharm. (Dr) Ukamaka Okafor, charged the young pharmacists to be the best at what they do, saying they can excel beyond their imagination, if they do the right thing differently.

The PCN registrar also charged the graduates to take their internship serious, saying that the programme offers a lifetime opportunity that they may never have again.

"There is no limit to where you can get to," Muhammed charged them. "Take your internship programme serious because it may be the only opportunity you will have in that area of pharmacy practice. Be the best at quality assurance so as to be in compliance with global best practices."

A total of 148 graduands of the faculty were inducted by the PCN, 17 of whom came out with first class honours. Oluwatomisin Temidayo Ajayi was named best graduating student.

FUROXETIL



The Right Choice

in the management of most gram positive and gram negative infections.

Pleasant tasting, Same trusted efficacy, Tested and trusted source, Child-lock to improved safety, Excellent Compliance, Sugar Free.



May & Baker Nigeria PLC

@maybakernigeria

NAPA urges PSN to address challenges facing members - Pledges support for Usifoh

By Ranmilowo Ojalumo

The Nigeria Association of Pharmacists in Academia (NAPA) has called on the President, Pharmaceutical Society of Nigeria (PSN), Professor Cyril Usifoh, to provide lasting solutions to the myriads of challenges facing academic pharmacists in the country.

NAPA made the call during a recent courtesy visit to Usifoh at the PSN national secretariat in Lagos.

The NAPA delegate, led by the association's national chairman, Dr Ezekiel Olugbenga Akinkunmi, presented a document containing the various challenges facing pharmacists in academia to the PSN president, urging him to study the document and use his good office to address the issues highlighted therein.

In his remarks, the NAPA chairman said: "It is pleasurable to report that after a period of close to 30 years, NAPA has produced another PSN president in the person of our own Prof. Cyril Odianose Usifoh.

"We can confidently assure the PSN that she is in safe hands because it is only the lecturer who knows where the pains of his students are and how to solve them.

"As you all know, NAPA is

the mother of all other technical arms of our great profession. The community, hospital, administrative and industrial arms all suck from the breasts of the mother. So I want to congratulate the PSN for having one of us at the helm of affairs at a time like this. I am confident that PSN will experience quality leadership.

"Our president is aware of the problems and challenges that we have in NAPA because he was a national chairman of the association and he had also been editor-in-chief of the PSN. He is a professor and a former dean in the Faculty of Pharmacy; so he knows it all. However, to assist him in handling these issues, I am here with copies of documents where some of those challenges are detailed. We are presenting the document to him as our president."

Akinkunmi further used the occasion to assure the PSN president of NAPA's unalloyed support for his tenure, saying the association will work with the president to achieve greater success for the pharmacy profession in the country.

"We wish to present a challenge to the president that, as he begins the journey of a new facet of leadership, he should



L-R: Deputy National Secretary PSN, Pharm. Ikenna Mbata; Chairman Uniben Chapter of NAPA, Dr. Fabian Amaechina; PSN President, Prof. Cyril Usifoh; National Chairman of NAPA, Dr. Olugbenga Akinkunmi; National Secretary of PSN, Pharm. Gbenga Falabi; Editor in Chief of PSN, Dr. Margaret Ilomuanya and National Publicity Secretary of PSN, Pharm. Dr. Felix Ndiukwu during the NAPA Delegate visit to PSN president in Lagos.

ensure that his journey is not just made a fresh start, but also a great, enduring and refreshing start for pharmacy. You can safely count on our support", the NAPA chairman enthused.

Corroborating the national chairman, leader of the University of Benin Chapter of the association, Dr Fabian Amaechina, who was also member of the delegation, added that while the PSN president might be aware of the challenges facing the academic pharmacists, some of them have worsened. He therefore urged Usifoh to act on the challenges as highlighted in the documents presented to him.

Reacting to the association's

requests and the documents presented to him, the PSN helmsman appreciated the NAPA delegates for the visit, stressing that NAPA is the first technical group to visit the national secretariat in his tenure. He promised to study the documents and do the needful.

Assuring the visitors, Usifoh said: "We expect NAPA as one of the key stakeholders to drive the industry. Your present situation should not stop you from embarking on research that will uplift the industry. We will study the documents you have presented and we will work on them. Some of the issues will not be new to me but we will work on them."

KILL MALARIA

With No. 1 Fixed dose Combination Therapy of Artemether 80mg + Lumefantrine 480mg

Artelumex-Forte Tablets



Artelumex Tablets 20mg/120mg IS ALSO AVAILABLE

	Total Tablets	Dosage Regimen					
		Day 1		Day 2		Day 3	
		0 Hour	8 Hours	24 Hours	36 Hours	48 Hours	60 Hours
Adult	6	1	1	1	1	1	1

Nafdac Reg. No. B4-6185



FROM THE MAKER'S OF



VITABIOTICS (NIGERIA) LIMITED

35, Mobolaji Johnson Avenue, Oregun Industrial Estate, P. O. Box 3020, Ikeja, Lagos, Nigeria. Tel: 01-793 6620 E-mail: info.vitabiotics@yahoo.com

em Europa Medicals Limited, Kano
Phone: 08075466222
E-mail: pravinpardey88@yahoo.com

adler
VITABIOTICS

Europa Medicals Limited, Onitsha
Phone: 08054061967, 07037851324, 08149614081
E-mail: magsood.ansari51@yahoo.com
shoyabmomin@gmail.com

Adler Products Ltd.

32, Oduyemi Street, Off Oba Akran Road, Ikeja, Lagos, Nigeria. Tel: 01-897 3895 E-mail: adler_products@yahoo.com

Europa Medicals Limited, Ibadan
Phone: 07086607960
E-mail: biswakennayak@gmail.com

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)

Perfect Protection For the Bundle of Joy



The New Generation of Anti-D Immunoglobulin Solution

KamRho D I.M. is a ready to use, Ultra-filtered and preservative-free preparation of human Anti-D (Rh₀) immunoglobulin.

It is also used primarily for prevention of Rh D immunization in Rh-negative women carrying Rh-positive babies and as prophylaxis following potentially sensitizing events, including abortions.

KamRho D I.M. is also used to prevent the formation of antibodies resulting from transfusion of Rh+ positive in Rh- negative women of child bearing age.



- 📍 33, Adeniyi Jones Avenue, Ikeja, Lagos.
- ☎ 0803 347 2525, 0818 383 5935
- 🌐 www.alphapharmacy.com.ng

Pharmanews App now available on Google Play store, Apple Store, Windows Store

Gov. Abdulrahman, Usifoh task pharmacists on qualitative, affordable healthcare

continued from page 56

represented by his deputy, Mr Kayode Alabi, said his administration has continued to provide an enabling environment for pharmaceutical activities to thrive, adding that his office is widely open to them whenever they feel like coming around to discuss how to better improve healthcare delivery in the state.

Also speaking, Prof. Usifoh, who said he was happy to meet a dependable PSN leadership in Kwara State, noted that he had no regret visiting the state as his first official assignment inauguration, especially as the reception and other programmes had been top-notch.

Addressing the state governor and the PSN leadership, Usifoh said: "Your excellency, I must commend you for having the love of the pharmacy profession at heart and for creating an enabling environment for our people to operate.

"I must also commend the leadership of Kwara PSN, for the unity and peaceful co-existence the practitioners in the state are enjoying. I have observed that the practitioners here are united in pursuit of a common goal, and do things together as a family."

He continued, "As much as the state government is doing its best in the area of healthcare delivery, PSN, as the umbrella body of all pharmacists in the country would want you to address the issue of medicine security, drug faking and counterfeiting, hawking of drugs, inadequate electricity, high cost of living, as well as other professional challenges facing our people for the good of Nigerians; while we assure you of our willingness to work with your government, give expert advice when needed and contribute our quota to the development of healthcare in the state."

Speaking in the same vein, Dr Jetawo-Winter; and Pharm. (Mrs) Olubunmi Okeowo, former deputy president, PSN, appreciated the Kwara State government for running a pharmacy-friendly administration and giving listening ears to their agitations, adding that with the recent developments in the state, he had justified the faith the people had in his government.

Speaking earlier, Pharm. Adejuwon Otelaja, chairman, PSN Kwara State, appreciated the proactive steps of the governor at solving the challenges facing pharmacists in the state, saying he was happy that the government was partnering with the PSN to make the state one of the few in the country that have pharmacists in all their local governments.

Speaking further, Otelaja said the visit to the state government office was part of the programmes lined up for the three-day working visit of the PSN president to the state, adding that he had visited other places, including the Palace of Emir of Ilorin and Chairman, Kwara State Council of Traditional Rulers, Alhaji Ibrahim Sulu-Gambari; the office of the Vice-Chancellor, University of Ilorin, Professor Sulyman Age Abdulkareem, as well as Tuyil Pharmaceuticals Limited and Bioraj Pharmaceutical Limited.



Mr Kayode Alabi, deputy governor, Kwara State, and Prof Cyril Usifoh, president, PSN, during a courtesy visit to the government house by the PSN, Kwara State delegates.

According to the Kwara PSN boss, Prof. Usifoh had also come to the state to grace and be the special guest of honour at the second edition of Kwara Pharmacademy, an educational and capacity development programme designed to equip Kwara pharmacists and improve their capacity for the challenges ahead.

Otelaja said: "Kwara Pharmacademy was one of the initiatives that we introduced at the inception of my administration. I believe that

without information and capacity building, we cannot function well, as you cannot give what you don't have.

"Pharmacists are looking at becoming specialists, providing information, preventing medication error, helping in solving problems in the community; and we believe that there is a lot of deficiency which we need to cover. That is why we are bringing a lot of information and training into community, academic, industry, and hospital, even business pharmacy because our people need to learn.

"Although pharmacy is a professional service, the business component is also there, and a lot of pharmacists don't know how to balance these; so we started the first edition last year. This is the second edition and we are going to continue like this; and



L-R, Prof Cyril Usifoh, president, PSN; Mr Kayode Alabi, deputy governor, Kwara State; Oba Solomon Oluwagbemiga Oloyede, the Olusin of Isanlu-Isin; Oba (Pharm) Ajibola Ademola Julius, the Olusin of Ijara-Isin; Pharm. Adejuwon Otelaja, chairman, PSN Kwara State, and Pharm. (Mrs) Abiola Okeowo, former deputy president, PSN, at the commissioning of the Drug Information Centre, donated to Kwara State General Hospital, Ilorin.

I hopefully believe subsequent administrations would sustain this legacy."

Speaking on the pharmacist consultant cadre which he said would make pharmacy care and practice in the country more patient-focused, Otelaja, commended the government for looking into it, adding that the PSN is certain that the state government has the political will to implement it to the letter.

He said, "We are happy that there will be light at the end of the tunnel. However, it is not only about the approval; the onus now lies on us to train pharmacists to become consultants, because if we have consultant cadre approval and there are no pharmacists to become consultants, of what use is the approval? It's like an exercise in futility, and that's one of the

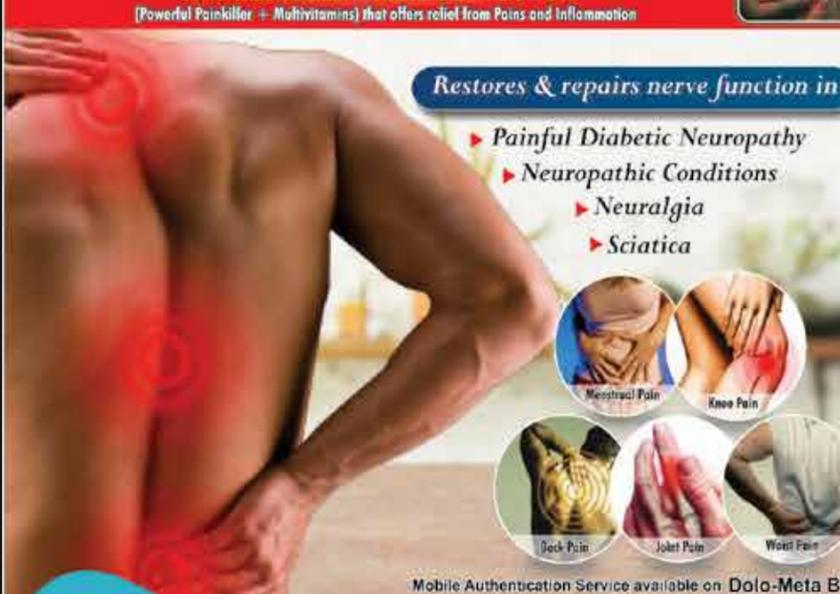
reasons for having the Kwara Pharmacademy programme - to put structures in place that will help to develop the capacity of pharmacists across the state.

"Also, based on my promises at the inception that I was going to work for the good of pharmacists in Kwara State, we are going to make an impact in all our communities and the state and I believe we are doing that to the best of our ability. I just want them to continue to keep faith with us and know that our best is yet to come."

The highpoint of the event was the official commissioning of the Drug Information Centre (DIC), donated to Kwara State General Hospital, by Oba (Pharm) Ajibola Ademola Julius, the Olusin of Ijara-Isin.

Dolo-Meta B[®]

Diclofenac Sodium + Vitamins B1 + B6 + B12
[Powerful Painkiller + Multivitamins] that offers relief from Pains and Inflammation



Restores & repairs nerve function in

- ▶ Painful Diabetic Neuropathy
- ▶ Neuropathic Conditions
- ▶ Neuralgia
- ▶ Sciatica



Mobile Authentication Service available on Dolo-Meta B

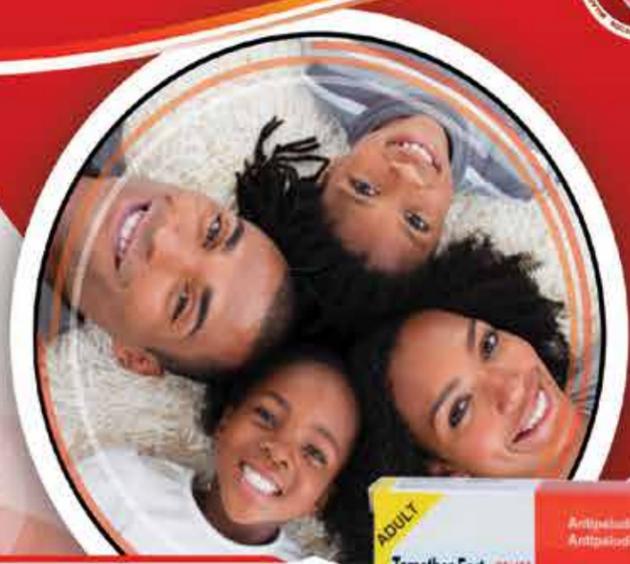


Think neuritic pain... Think Dolo-Meta B

Dolo-Meta B is contra-indicated in patients with hypersensitivity to any of its components.
Adverse effect includes: Gastrointestinal upsets - upper abdominal pain, nausea, diarrhea, light headedness or headaches at the start of treatment.
* Please refer to the product insert for more information.

Tamether

Artemether + Lumefantrine



Now in convenient dosage forms for the family

- Enhanced compliance
- Fewer tablets for adults



...trusted protection against Malaria

VIXA SKINEAL[®] Cream

Ketoconazole 10mg + Clobetasol Propionate 0.25mg + Neomycin Sulfate 5000IU

Solution for skin diseases

- Anti-Fungal
- Anti-Pruritic
- Anti-Bacterial
- Anti-inflammatory



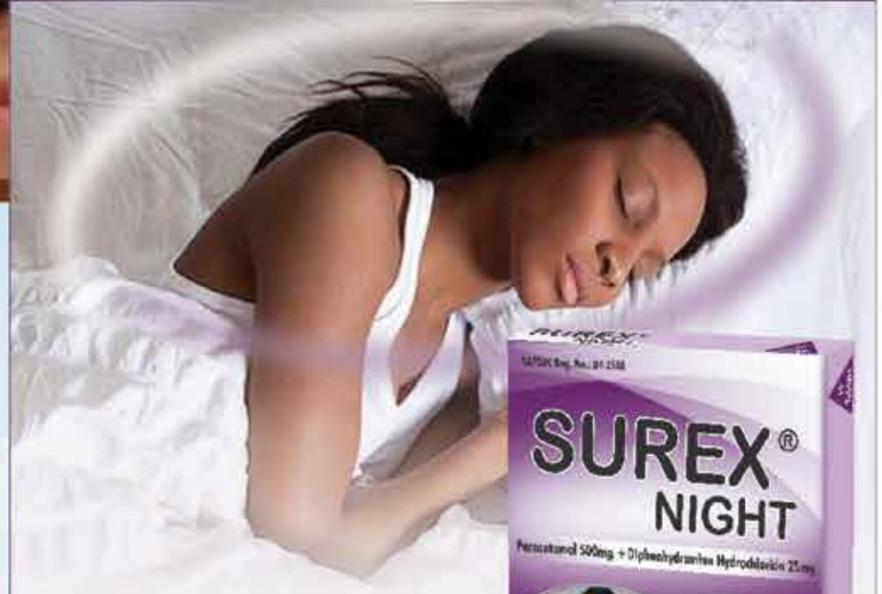
Mobile Authentication Service is available on VIXA SKINEAL

... topical treatment for fungal infection for the skin

VIXA SKINEAL cream is contra-indicated in patients with known hypersensitivity to any of its components.
As a topical antifungal cream that is well tolerated and has little or no side effects when used properly. On occasions, irritation may occur during treatment.
* Please refer to the product insert for more information.

SUREX[®] NIGHT

Paracetamol 500mg + Diphenhydramine Hydrochloride 25mg



INDICATIONS

For the treatment of pain such as headache, migraine, backache, rheumatic and muscle pain, neuralgia, toothache or period pain.

...effective pain relief



VIXA PHARMACEUTICAL CO. LTD.

13b Sunny Jigide Street, Off Celestial Way, Ogudu Lagos. Tel: 08150651200
Customer Care Unit: 08150651199, 08150651205. (email: customercare@vixagroup.com)
Website: www.vixagroup.com

...innovative and consistent in quality.

Yakasai, others harp on national drug policy, pharma sector development

continued from back page



A cross-section of dignitaries at the NAIP 2022 Economic Outlook in Lagos recently.

the event was “The Pharma Industry in a Turbulent Economy: Managing the Harsh Realities of a Post COVID-19 Global Meltdown”.

The former PSN president observed that COVID-19 had taught Nigeria and the entire world many lessons, adding that stakeholders in the nation’s health sector must take the lessons seriously by taking corresponding actions.

He called for a concerted effort that will lead to the formation of a national drug policy, which he said would enable the country to produce the larger percentage of its drug needs, thereby reducing dependence on importation.

The honorary consul-general of Pakistan in Nigeria said, “Looking at what COVID-19 has done to the pharmacy profession, Nigeria and the entire world, we all need to be concerned and seriously see how we can manufacture drugs and vaccines that will fight the virus.”

“If India, Pakistan and other countries can produce 70 percent of their drugs, then Nigeria, as the largest country in Africa, should be able to. We have the molecules and everything it takes. So we should all work together to achieve a national drug policy of having 70 percent of the drugs that are being used in the country.”

Corroborating this view, other stakeholders at the NAIP economic outlook charged pharmaceutical manufacturers in Nigeria to collaboratively develop means of maximising the huge potentials of the nation’s pharmaceutical industry towards improving the health of Nigerians through provision of quality and affordable medicines.

In his remarks at the event, the Chairman, Board of Trustees of NAIP, Prof. Lere Baale, called on pharmacists in the country to come together to address the challenges facing the pharma sector.

He noted that product development will be facilitated if the challenges in the industry are addressed, stressing that NAIP

alone cannot do everything for the industry.

Baale also harped on the need for pharmacists to provide verifiable data, stressing that availability of data will help to make valuable presentations to the government, as the government is always interested in data.

He added: “One of the solutions to the challenges in the pharma sector is to do a thorough analysis of the value chain. All stakeholders in the industry need to come together to do this because NAIP alone cannot do everything for the industry.”

“The drug manufacturers are the ones funding the pharma sector, so the Central Bank of Nigeria should approve special low interest rates for manufacturers of pharma products. More importantly, if the pharmaceutical industry must develop and get to greater heights, we must build and promote entrepreneurship for the sector from school.”

Addressing the issue of delay in product launch and registration, Baale described it as a discouraging factor in new product development, which can best be resolved by engaging the National Agency for Food and Drugs Administration and Control (NAFDAC) to accelerate the process.

Continuing, Baale, who is also the chief executive of Business School Netherlands International, Nigeria, said: “The major problem in the Nigerian pharma sector is lack of ability to identify the right thing to do in the right way. Companies are coming to Nigeria and thriving, making huge profits.”

“Nigeria is a giant in the pharma landscape. We must do what India is doing, and that is backward integration. It is high time we woke up. We must do everything to develop the industry. But we need a database because without a database, we can’t achieve great result. I charge you today, don’t hesitate to share data because that is what will help us to do things right.”

Also speaking at the occasion,

the Managing Director of SKG Pharma Limited, Pharm. Okey Akpa, who was the chairman of the event, reiterated the need for NAIP and its members to translate their talks into actions so that they will keep adding value to the sector.

According to him, “Post-COVID is quite a challenging time. COVID-19 has presented a lot of opportunities that we can’t afford to waste. When COVID came, we all saw how a country can be brought to a standstill.”

“No matter how you argue, the truth remains that whoever controls supply chain controls the value chain indirectly. The question now is, how do you control these two things- the value chain and supply chain? How do we minimise the level of vulnerability as an industry, as a country, and as a group of professionals?”

“When there is drug scarcity, the blame is always on pharmacists, with the question that why can’t we produce drugs? This is why we need to cooperate. I look forward to a meeting where we would be able to create harmony within the industry.”

“We need to create harmony in the industry such that the manufacturers will not take a stand, while the wholesalers and retailers take a different stand. We need a harmonious policy direction. Until NAIP gets it right, Nigeria will have problem in providing medicines and when we can’t provide medicines, we have failed as pharmacists.”

In his goodwill message, President of the Pharmaceutical Society of Nigeria (PSN), Prof. Cyril Usifoh, who was represented by the Deputy National President, South, Dr Egbuna Udeorah, commended the industrial pharmacists for their indispensable role in the industry, charging them to keep the flag of the nation’s pharma sector flying by providing quality drugs at all time.

Earlier in his address, the National Chairman, NAIP, Pharm. Ken Onuegbu, said the economic outlook of the association had,

over the years, helped to proffer ways to face the economic realities and overcome economic challenges.

He called on industrial pharmacists in the country to be resolute in their commitment to providing quality drugs and keeping the industry running.

In his keynote address, the Founder and Managing Director, Cowry Asset Management Limited, Mr Johnson Chukwu, urged industrial pharmacists to collaborate with other stakeholders in the sector to explore the huge potential of the nation’s pharma sector.

Chukwu observed that pharmacists made people all over the world to survive COVID-19 with the provision of various medicines to tackle the pandemic.

This gesture, he said, made the pharma sector globally to flourish, while other sectors were experiencing a decline.

He, however, noted that while the pharma sector might have advanced during the pandemic, there is an urgent need for industrial pharmacists in the country to take advantage of the opportunities that the pandemic has presented.

According to him, the pandemic has led to technological advancement in the pharma sector, adding that it has also brought about increased drug and vaccine production, increased funding to the sector, as well as improved research, especially in the developing countries like Nigeria among others.

Chukwu also said that while Nigeria shares same characteristics with India, a country with one of the largest pharma industries in the world, it is worrisome that the Nigerian pharma industry is lagging behind that of India, despite the huge potentials in the country.

He therefore challenged NAIP to embark on backward integration to address the anomaly.



Unique Pharmaceuticals Limited



Exiplon

EXPECTORANT & COUGH SYRUP

... for relief of coughs & nasal congestion in children and adults.

REFER TO THE PRODUCT INSERT FOR MORE INFORMATION



Wormzap

ALBENDAZOLE

Suspension 100MG/5ML

INDICATIONS:
Albendazole is an anthelmintic drug prescribed for treating a variety of parasitic worm infestations such as ascariasis, filariasis or roundworm disease, giardiasis, trichuriasis, pinworm disease, neurocysticercosis, and hydatid disease. It is also used to treat strongyloidiasis, trichinosis, trichostrongyliasis, capillariasis, cutaneous larva migrans, and microsporidiosis including Septata intestinalis infection.

CONTRA-INDICATIONS & CAUTION:
Albendazole has been shown to be Embryotoxic and Teratogenic in Animal Testing. Its Use is Therefore, Contra-indicated in Pregnant Women Or In Women Of Child Bearing Age. Wormzap Suspension Should Only Be Administered Within The First Seven(7) Days Of Normal Menstruation.

In Iron deficiency Anaemia

Haemaron

• BLOOD TONIC • CAPSULES

Iron + Vitamins + Mineral



INDICATION:
Haemaron is indicated in the treatment of iron deficiency anaemia and also as dietary supplement.

CONTRA-INDICATIONS:
Hypersensitivity to any of the constituents, patients receiving repeated blood transfusion or currently on parenteral Iron therapy.

REFER TO THE PRODUCT INSERT FOR MORE INFORMATION

...for a strong and healthy family

...where only the best is good enough



Uniprof

IBUPROFEN

Pediatric Suspension

Pleasantly Flavoured for Babies and Children

Indications:
For the relief of pains, feverish condition, teething pains, cold symptoms, headache, minor injuries such as sprain and strain.

Contra-indications:
Peptic Ulceration or history of Peptic Ulcer in Asthmatic patients in who attacks of Asthma, Urticaria or Acute Rhinitis is precipitated by Aspirin and other non-steroidal anti-inflammatory drugs or by other Drugs with Prostaglandin Synthetase inhibiting activity.

LOTEMP PLUS TABLETS

Ibuprofen 200mg
Paracetamol 325mg



INDICATIONS:
Rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, cervical spondylosis, intervertebral disc syndrome and sciatica. Soft tissue injuries such as sprain, strains and sports injuries. Painful inflammatory conditions in gynaecology. Post-operative and post-traumatic inflammation and swelling. Pain and inflammation following surgery. Acute attack of gout, severe headache.

CONTRA-INDICATIONS:
Hypersensitivity to Ibuprofen or Paracetamol. Peptic Ulceration or history of Peptic Ulcers. In Asthmatic Patients in whom attacks of Asthma, Urticaria, or Acute Rhinitis are precipitated by Acetyl Salicylic Acid or by other drugs with Prostaglandin Synthetase inhibiting activity.

Nutriyin

Multivitamin Syrup



• Multivitamin Deficiencies,
• Convalescence &
• Malnutrition.

CONTRA-INDICATION:
Hypersensitivity to the vitamins

REFER TO THE PRODUCT INSERT FOR MORE INFORMATION

...where only the best is good enough

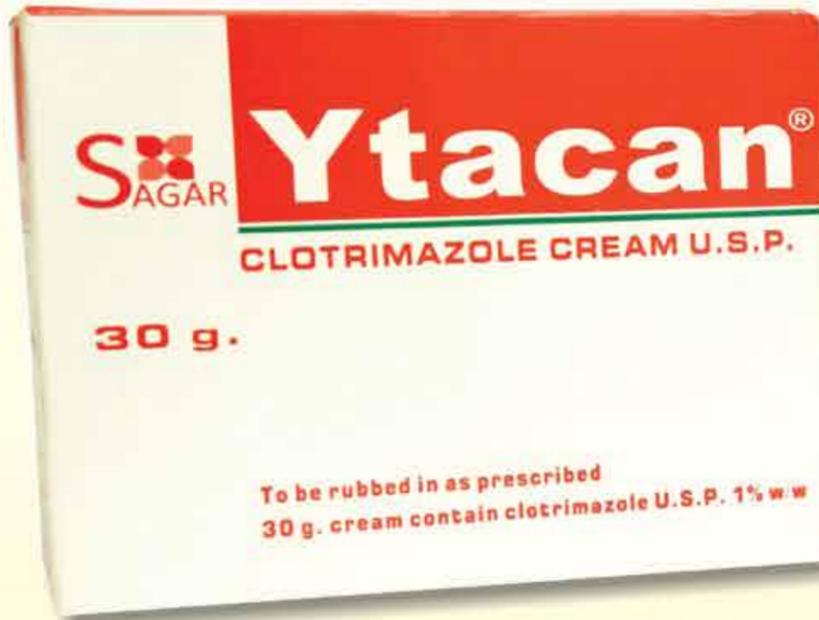


Marketed by:
Unique Pharmaceuticals Limited
11, Fatai Atere Way, Matori, Mushin, Lagos. Tel: 08097421000 Email: mail@uniquepharm.com

Pharmanews App now available on Google Play store, Apple Store, Windows Store

YTACAN

RELIABLE ANTIFUNGAL



- * BROAD-SPECTRUM ANTI-FUNAL
- * ESTABLISHED EFFICACY AND SAFETY
- * EFFECTIVE IN THE TREATMENT OF DERMATOPHYTOSIS
- * JOCK ITCH
- * ITCHING AND RASHES
- * ECZEMA



Tinea pedis



Tinea cruris



Pityriasis versicolor

YTACAN PLUS

TRIPPLE ACTION CREAM



- CLOTRIMAZOLE**
Time tested and trusted anti-fungal
- NEOMYCIN**
Wide-spectrum antibacterial for preventing / treating infections
- BETAMETHASONE**
Relives inflammation, itching and redness



Tinea Corporis



Ring worm



Tinea Pedis

KETACON

TIME-TESTED ANTIFUNGAL



- * Exhibits anti-inflammatory, anti-seborrheic and anti-proliferative properties
- * Ketacon (Ketoconazole 2% cream O.D. for 2 weeks) is effective against Pityriasis versicolor
- * Decreases erythema and scaling



Ring worm



Tinea Corporis



Tinea Pedis

MOBILE AUTHENTICATION SERVICE AVAILABLE

Manufactured by / Fabriqué par :
SAGAR VITACEUTICALS NIGERIA LTD.

Plot 2, Ladipo Oluwole Street, Ikeja, Lagos, Nigeria.
+2347036567282 +2347066747157 +2349022977711

Celebrating 43 Years of Uninterrupted Monthly Publication (1979-2022)



NASODYNE



Adult Expectorant

- CLEARS PHLEGM
- EASES COUGH



With Promethazine

- EASES COUGH



CHILD EXPECTORANT

- CLEARS PHLEGM
- EASES COUGH

Adult Expectorant

- CLEARS PHLEGM
- EASES COUGH

With Promethazine

- EASES COUGH

CHILD EXPECTORANT

- CLEARS PHLEGM
- EASES COUGH

Manufactured by  **MAY & BAKER NIGERIA PLC**

1 May & Baker Avenue, Off Idiroko Road, (Opposite Covenant University) Ota, Ogun State, Nigeria.
 Tel: +234 (1) 2121290-1 Toll Free: 08006292 632 2537 <http://www.may-baker.com> info@may-baker.com

immunace

Vitabiotics Immunace.
Shown to boost overall immune system and prevent infections including viral infections.

Available in Tablets and Capsules in all Pharmacy outlets in Nigeria
Manufactured by Vitabiotics UK
Marketed by:
PINNACLE HEALTH PHARMACEUTICAL LIMITED
16/18, Nuru Oniwo Street, Aguda, Surulere, Lagos.
Phone: 07082376664, 08021399703 E-mail: phppharma@yahoo.com

CHOLESTOFF
PHYTOSTEROL
with NATTOKINASE 2000 FU

THE SECRET OF LONGEVITY RELIES ON CLEAN BLOOD VESSELS
Effective Natural Treatment for High Cholesterol & Arterial Plaque

Reduces:
Risk of Heart Attack and Stroke

Dissolves & Removes Arterial Plaque, Block Bad cholesterol (LDL) Absorption

30 & 60 DAYS SUPPLY

Marketed by: United African Laboratories Ltd. Tel: 08129519318

Gov. Abdulrahman, Usifoh task pharmacists on qualitative, affordable healthcare

By Adebayo Oladejo

The Governor of Kwara State, Abdulrahman Abdulrazaq; Prof Cyril Usifoh, president, Pharmaceutical Society of Nigeria (PSN); Dr Olubunmi Jetawo-Winter, Executive secretary, Kwara State Health Insurance Agency, Dr Dr Olubunmi Jetawo-Winter and others have tasked pharmacists not to relent in their efforts towards provision of quality, accessible and affordable healthcare to Nigerians, adding that a healthy nation is a wealthy one.

The governor, while speaking during a courtesy call to his office in Ilorin by the PSN Kwara State executive committee, led by PSN President, Prof. Usifoh, noted that the role of pharmacists in any society is very crucial. This, he said, is responsible for the "soft spot" he has developed for pharmacists in the state.

Abdulrazaq, who was



Managing director, SKG Pharma Ltd. and Chairman of the occasion, Pharm. S. Okey Akpa (right) presenting award to the Registrar, PCN, Pharm. Elijah Mohammed, as the National Chairman, NAIP, Pharm. Ken Onuegbu looks in admiration at the NAIP 2022 economic outlook in Lagos.

Yakasai, others harp on national drug policy, pharma sector development

- AS NAIP examines post COVID-19 realities in pharma sector

By Ranmilowo Ojalumo

Former President of the Pharmaceutical Society of Nigeria (PSN) and Honorary Consul-General of Pakistan in Nigeria, Pharm. Ahmed Yakasai, has emphasised the need to start manufacturing vaccines in Nigeria, as well as ensuring that 70 percent of the

medicines used in the country is locally produced.

Yakasai gave the charge at the recent bimonthly meeting/economic outlook of the Association of Industrial Pharmacists of Nigeria (NAIP), held in Lagos. The theme of

continued on page 56

HEALTHYKID BABY & INFANT

For:
Proper Brain development
& Memory Function,
Improve Immunity
& Strong Bone

with Omega 3
Choline,
Biotin, Inositol
Vit. A, D3, E,
Calcium & Amino Acid

NAFDAC REG. NO: B4-4044
Marketed by: United African Laboratories Ltd. Tel: 08129519318

Aquaclav
THE BEST AMOXICLAV IN YOUR BEST INTEREST

Aquaclav Tablets
Amoxicillin and Clavulonate Potassium 625mg
2 x 7 Tablets

AQUACLAV SUSPENSION 228.5 mg
Amoxicillin 200 mg
Clavulanic Acid 28.5 mg

Aquaclav Tablets
Amoxicillin and Clavulonate Potassium 375mg
2 x 7 Tablets

Aquaclav Tablets
Amoxicillin and Clavulonate Potassium 1000mg
2 x 7 Tablets

Marketed by:
PINNACLE HEALTH PHARMACEUTICAL LIMITED
16/18, Nuru Oniwo Street, Aguda, Surulere, Lagos.
Phone: 07082376664, 08021399703 E-mail: phppharma@yahoo.com