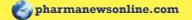
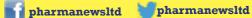
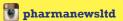
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Nigeria's Leading Health Journal

OCTOBER 2023 Vol. 45 No. 10













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Adelusi-Adeluyi, Baale, other stakeholders set agenda for new health minister

Totable stakeholders in the and their counterparts in nursing and midwifery have called on the Coordinating

By Ranmilowo Ojalumo

pharmaceutical sector Minister of Health and Social Welfare, Prof. Ali Muhammad Pate, to be democratic in his approach to tackling the country's

healthcare challenges, while also prioritising the revitalisation of primary healthcare and health insurance.

Speaking in a recent interview continued on page 16



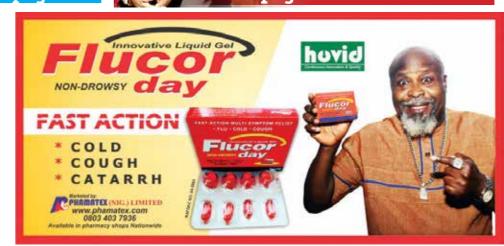
Prof. Cyril Usifoh, PSN president, presenting an Appreciation Award Plaque to Ernest Anyanwu, representative of Sir Ike Onyechi, MD, Alpha Pharmacy and Stores, while Pharm. Ignatius Anukwu and Pharm. Gbenga Falabi, PSN secretary, look in admiration, at the 24th Annual National Scientific Conference of AHAPN, in Lagos, recently.

FG, World Bank resume capacity building for local page 64

How my priorities and lifestyle are aligning with life at 70 - Ezenwa page 36







44 YEARS OF UNINTERRUPTED MONTHLY PUBLICATION (1979-2023)

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1. Subscription rate for 12 editions is N15,000 including delivery within Nigeria.

2. Single copy costs = N=1,500.00.

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/PHARMANEWS/collector/
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ISSN 0331-815X

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DR (MRS) FUNMILAYO OLUWATIMILEHIN

Dr (Mrs) Funmilayo Caroline Oluwatimilehin, an avid clinician and administrator, is the director of pharmaceutical services, Federal Medical Centre, Owo, Ondo State.

Born in Akure, Ondo State, on 24 October, 1963, Oluwatimilehin hails from Oyan, in Odo-Otin Local Government, Osun State. She had her early education at Yejide Girls Grammar School, Ibadan, Oyo State; and later, St George's English School, Rome, Italy.

She returned to Nigeria in 1980, having obtained her London GCE 'O' Level Certificate. She subsequently proceeded to the University of Ife, now Obafemi Awolowo University, where she obtained her B. Pharm

obtained her B. Pharm degree in 1986. She did her internship at the Ondo State Specialist Hospital, Ado-Ekiti.

A dedicated hospital pharmacist and supervisor at the West African Postgraduate College of Pharmacists (WAPCP), Oluwatimilehin has got several other qualifications, which have significantly contributed to the advancement of her career. These include Pharm.D, from the University of Benin, Edo State (2018); Fellowship of WAPCP (2004); and a Postgraduate Certificate in Health Planning and Management, from the University of Benin (2001).

An enthusiastic traveller and philanthropist, Oluwatimilehin has attended several professional seminars and workshops locally and globally. These equipped her with knowledge to make tremendous impact on pharmacy practice in her domain, Federal Medical Centre (FMC), Owo, through different initiatives; as well as on her students at the WAPCP.

Under her leadership, the pharmacy management team was, in 2007, able to convince the management of FMC Owo to construct counselling rooms at the General Out-Patient Department (GOPD) Pharmacy, so that pharmacists and patients can have a one-on-one relationship.

patients can have a one-on-one relationship.

Aside from her roles at FMC Owo, Oluwatimilehin has served the pharmacy profession in numerous capacities. She was the secretary, Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN), Ondo State (1991–1999); chairman, AHAPN, Ondo State (1999–2006); chairman, PSN, Ondo State (2006–2009). She was also chairman, Local Organising Committee (LOC) of the 12th Annual National Conference of AHAPN, Akure, Ondo State (2010); chairman, Ondo State PSN 2013 World Pharmacists Day/ Pharmacists Capacity Building Training Workshop; chairman, ACPN National LOC Entertainment/ Gala Night Committee (2015); Ondo State coordinator for PSN Board of Fellows (2017 to date); and chairperson, Conference Planning Committee, AHAPN National Conference, Ilorin, Kwara State (2021).

In recognition of her meritorious services, she has received several awards and honours to her credit. These include the AHAPN Distinguished Service Award (DSA); Ondo PSN Merit Award; Pfizer/PSN National Award of Excellence; the WAPCP Nigeria Charter Award, as well as being a Fellow of the PSN. Dr (Mrs) Oluwatimilehin is a dedicated wife, mother and grandmother.

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Inspiration

"The greatest pleasure in life is in doing what people say you cannot do".
- Walther Bageholt

"I don't think anything is unrealistic if you believe you can do it. I think if you are determined enough and willing to pay the price, you can get it done."-Mike Ditka

"When you give joy to other people, you get more joy in return. You should give a good thought to happiness that you can give out."— Eleanor Roosevelt

"You've got to get up every morning with determination if you're going to go to bed with satisfaction." — George Lorimer

"Life is like riding a bicycle. To keep your balance, you must keep moving."-Albert Einstein

"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."

— Rosa Parks

"We generate fears while we sit. We overcome them by action." — **Dr. Henry Link**

"What you get by achieving your goals is not as important as what you become by achieving your goals." - Zig Ziglar

"It is never too late to be what you might have been."— **George Eliot**

"It ain't about how hard you hit. It's about how hard you can get hit and keep moving forward."— Sylvester Stallone

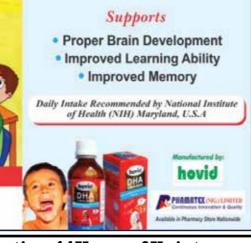
"Never bend your head. Always hold it high. Look the world straight in the eye."

- Helen Keller

"Make your life a masterpiece, imagine no limitations on what you can be, have, or do." - **Brian Tracy**



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▶ Editorial ◀

The call for climate change action in Pharmacy was the focal point of deliberations at the recently concluded 81st International Pharmaceutical Federation (FIP)'s World Congress of Pharmacy and Pharmaceutical

action in Pharmacy was the focal point of deliberations at the recently concluded 81st International Pharmaceutical Federation (FIP)'s World Congress of Pharmacy and Pharmaceutical Services. Held in Brisbane, Australia, the highlight of the event was the release of a new policy statement to propel immediate action in all areas of pharmacy practice, in line with the theme, "Pharmacy building a sustainable future for healthcare: Aligning goals to 2030".

It is indeed noteworthy that the Congress urged pharmacists to focus on the nexus between their roles in strengthening healthcare systems and the challenges posed by climate change. Prior to this time, the subject of climate change and environmental sustainability had seemed to be of little significance in pharmacy circles, with the bulk of attention being given to such issues as medicine security, drug abuse and drug counterfeiting. The FIP must therefore be commended for spotlighting this all-important

The implication of the FIP's clarion call is that the time to face reality is finally here. It is undeniable that the pharmaceutical industry has a huge impact on the environment, through greenhouse gas (GHG) emissions and pollution. These contribute to climate change and ecological degradation, both of which threaten human health.

Being the most significant health threat the modern world has ever faced, climate change

affects important human needs, such as the air we breathe, safe drinking water, food and shelter. Presently, it is estimated that the pharmaceutical industry contributes 4.4 percent of global carbon emissions. This becomes more disturbing as the World Health Organisation (WHO) has predicted that between 2030 and 2050, climate change is expected to cause approximately 250,000 additional deaths per year, from malnutrition, malaria, diarrhoea and heat stress. Moreover, aside from its high propensity to lead to the emergence and spread of infectious diseases, climate change has also been linked with violent crime and poor mental health concerns.

Given the prominent role of pharmacy professionals in promoting healthcare, this urgent call has become much more expedient. It would be paradoxical, if not hypocritical, for pharmacists, as esteemed caregivers, to knowingly or unknowingly contribute to the declining health of the populace through unethical activities along the supply chain.

It is significant that proper medical waste management procedures and means of mitigating GHG on healthcare have been stipulated in National Environmental Standards and Regulations Enforcement Agency (NESREA) Act of 2007 (as gazetted in April 2021). Strangely, however, hardly has any pharmaceutical company openly displayed its measures for complying with this regulation. And even more curious is that there has been no report of any company being sanctioned for non-compliance with the law.

Apparently, it was in realisation of the critical roles that pharmacists have to play in curbing climate change and ensuring environmental sustainability that prompted the urgent directives of the FIP President, Mr Paul Sinclair, to all sections of the pharmacy profession. According to him "Effective action on climate change must be a priority for the pharmacy profession. Every part of pharmacy has a responsibility. From pharmacy associations promoting environmental sustainability and the industry reducing its carbon emissions to net zero, to pharmaceutical scientists practising green medicines development and regulators collecting standardised national data on pollution.

"From educators teaching environmentally sustainable pharmacy practice to practitioners preventing waste

through ensuring the optimal use of medicines, every act will help. We can support the planet while supporting patients."

It is therefore incumbent on pharmacists across the globe - particularly those in the developing nations, like Nigeria, where health systems are generally weak - to deliberately devise innovative means of ensuring that the processes of drug design, production, distribution, prescription, consumption and waste disposal, are patient-friendly and environmentally sustainable. By paying strict attention to climate change, pharmacists would not only be forestalling environmental pollution and medical emergencies; they would also be developing novel solutions to critical healthcare puzzles staring the world in the face.

The Federal Government of Nigeria, through the Federal Ministry of Health and regulatory agencies, such as the Pharmacy Council of Nigeria (PCN) and the National Agency for Food and Drug Administration and Control (NAFDAC), must work together to ensure full compliance of all pharmacy stakeholders with the NESREA Act of 2007.

We also recommend the constitution of a special task force for the enforcement of the environmental law and allied regulations that categorically stipulate ethical procedures in pharmaceutical manufacturing and GHG emissions. Any organisation caught defaulting must be appropriately sanctioned, without fear or favour.



Reflection

Walking for health

By Sir Ifeanyi Atueyi

of the things I enjoy when I travel outside the country is the opportunity to walk. Of course, I try walking in Lagos but with okada, keke, and cars struggling for the same space on the road and with dirty drainage gutters, it is not safe, especially for the elderly ones.

This time, in Canada, I enjoyed two types of exercises. In Vancouver, I stayed in Downtown, on the 18th floor of a 43-storey building, and my exercise was in a gym with sophisticated equipment. I managed some simple ones, while watching the experts doing the difficult ones. It was frightening watching some ladies and men moving a very high speed on treadmill, and even sweating in an air-conditioned hall.

Later, I went over to Calgary, Alberta, and stayed in a residential area with walkways and playgrounds all over the neighbourhood. This place offered a wonderful opportunity for walking. I was able to compare what may be described as artificial and natural forms of exercises in Vancouver and Calgary, respectively. I concluded that the best exercise for health is the one that human beings are designed to do and not the one that requires machinery or gyms.

Walking outside at a comfortable pace is the best exercise for the body. It has been observed that a brisk half-hour walk every day (or two 15-minute ones) will keep the body fit and the spirits high. Walking increases flexibility and improves digestion, energy and cardiovascular health. It strengthens the bones. It is the ideal activity for everyone.

Strenuous exercise, which is usually aided by machines, is not even ideal for the body. If it were the panacea for good health, then professional athletes would be

among the healthiest people in the world. But it has been observed that the majority of them suffer serious chronic injuries and other health problems, and many even die young.

Results of research studies on the immune system of professional athletes have shown that their immune system is weaker than that of the average person. When the body is overworked, immunity is compromised. Pushing the body beyond its natural limits is not a healthful thing to do.

Thomas Jefferson said, "The sovereign invigorator of the body is exercise, and of all exercises, walking is the best." Walking helps balance the mind. When you feel anxious or worried, try taking a walk. After a short time, you will find yourself thinking more clearly. If you are depressed, taking a walk will refresh your spirits.

Walking outdoors is far more beneficial than walking indoors because nature has the best circulation. A walk outside in pleasant surroundings, like parks, amid grass and trees, is ideal. Even a walk on a busy city street is better than walking on a treadmill. When you walk, the quality of the air you take in is important. Of course, outdoor air is less polluted than indoor air.

Thinking seriously about exercise, when did the idea of taking exercise start? I believe that exercise became necessary when we started living unnatural and unhealthy lifestyle. Our parents and grandparents never thought about exercises, as long as they went about living their daily lives - going to farms, markets, shops, ceremonies, places of worship, meetings, visiting relations and friends, dancing etc.

When I was young, I went to the stream to fetch water every morning before going to school. I went to the farm, fetched firewood and also attended school and choir practice. I played football and practised dancing with my age grades and so on. I didn't do any of those for the purpose of exercise; I carried out those activities routinely. I might have been taking about 20,000 steps daily. Today, I work from my house and go out in my car. Recording even 2,000 steps a day is not easy.

Many people are living sedentary lives. Instead of walking, we ride or drive about. As a "big man", you move from your air-conditioned house to your air-conditioned office - no fresh air or sunlight. These unnatural ways of daily living have made it necessary to start artificial or modern exercises to compensate for losing our healthy lifestyle.

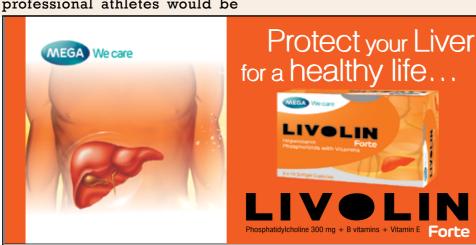
In Genesis 2:15, God took Adam and put him in the Garden of Eden to tend and keep it. Adam obtained the adequate body exercise he needed and did not need any other exercise. In the same way, depending on your daily activities, you may not need artificial or modern form of exercise.



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- 5. PN is available online as mobile App and PDF.
- 6. PN has over 10 million cumulative monthly website hits.
- 7. PN is the journal of choice for advertisers.
- 8. PN is the Winner, 2017, 2018, 2019, 2021, 2022, and 2023 Nigerian Healthcare Media Excellence Awards (NHEA).

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Selling Champion

Power of training and personal development beyond who always properties.

By George O. Emetuche
"The more you learn, the more you excel."

- The Selling Champion

our company, The Selling Champion Consulting Limited, hosted the 10th anniversary of our annual Masterclass, with the theme, "Selling in a Complicated Business Environment". The event hosted many professionals and entrepreneurs from diverse industries and environments. Mazi Sam I. Ohuabunwa, FPSN, MON, OFR, NPOM, declared the event open.

The anniversary was top-notch in programme design. Chidi Okoro, Austin Nweze, PhD, and George O. Emetuche gave outstanding value to participants when they made their presentations. Participants were recharged to do more for their organisations.

How are you preparing your team?

You cannot give what you don't have. To whom much is given, much is expected. If they are not trained, don't blame them. These truths stand out anywhere in the world. Agile organisations prepare their workforce to win in the market place. How are you preparing yours? You have the answer.

As an accredited training consulting firm and prominent player in the knowledge economy, we believe in personal and career development. We believe that our society and organisations get better when people know better. This is why we introduced the Distinguished Selling Champion Award for Excellence for organisations that build capabilities in their teams. Expanding from within is the attitude of champions. Knowledge is power. Successful people always seek to know more.

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The more you know, the more you can do

Truly, the place of personal development is imperative. I commend organizations that sponsor their staff for training. The more they are trained, the more they perform and the more successful the organisations become. I also advise individuals to periodically sponsor themselves to training programmes. This is how to be outstanding in the work environment.

You cannot perform beyond the deposits within you. The more you store information within, the more you perform. You just have to sharpen your skills. You need to continue to build capability in order to expand the capacity of your organisation. There's a thin line between expanding skills sets and the resources of an organisation. The more you develop the skills and knowledge of your team, the more productive they become, and the more capacity the organisation builds.

I often tell professionals that the skills and knowledge they develop overtime remain with them, even when they leave the companies that employed them. Keep getting better. Keep sharpening the axe!

Move from good, to better, then to best

Some people discover great skills at an early stage of their lives while others grow to learn how to develop the skills they need to move on in their careers. Developing skills does not happen overnight. It requires consistency and perseverance from the person who desires to learn.

John C. Maxwell writes, "If you want to lead, you must learn. If you want to continue to lead, you must continue to learn." If you want to maintain a leading position in your career, you must continue to develop your skills and knowledge.

Sales profession, just like any other job, is one that requires a lot of skills and information. If you want to improve in your sales career, you must devote your energy to learn. Most productive sales professionals we know today started by learning. Brian Tracy once told a story of how he learnt from a top salesman and his colleague who himself had been trained by a Fortune 500 company.

Training is as important as the job itself. You cannot perform

beyond what you know. I have always promoted this thought. You must find ways to enhance competence in your area of interest.

Knowledge is power

Knowledge is vital in development. The world is seen as a global village today because of knowledge. Personal development and information are interwoven. Information develops knowledge, while knowledge improves skills. Seek knowledge. Get better and take yourself to the top easier and faster.

Things are changing and advancing daily. It is expected that organisations and individuals should continue to improve, in order to compete in today's demanding marketplace. The importance of training and personal development cannot be overemphasised.

It is the skills you have garnered through training that will lead you through your career path, whether you are in sales or any other career. An individual who has been performing poorly



will likely improve on the job if he or she embraces training and personal development. What you earn or receive as remuneration, bonuses or incentives is directly related to your input and your effort is not detached from your skills, knowledge and the information you have. The more you improve your skills, the more you earn.

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s the times get tougher, due to economic hardship especially in Nigeria where the removal of fuel subsidy has led to the hike in the price of fuel and many other commodities -one area we have to be concerned about is the mental wellbeing of the citizens. It is no longer news that families are seriously grappling with survival strategies, to the extent that people are now selling their children just to be able to put food on the table. Marriages are crumbling, while many women have embraced coded prostitution (hookup) in order to make ends meet.

These days, majority of Nigerians are not even thinking about acquiring assets; they are more concerned about subsistence – food to eat and a good sleep. Unfortunately, these ingredients that enhance sound mental health have become difficult to come by in the country.

A Nigerian life that is filled with uncertainty, loss of jobs, inability to meet up with bills and other responsibilities will always breed anxiety, insomnia and depression. The ultimate end could be substance abuse

or suicidal thoughts.

A combination of insomnia and hunger can lead to mental breakdown. Many Nigerians now walk on the road, oblivious of happenings around them because their minds are busy calculating how to get money or their next meal. Many have been knocked down by oncoming vehicles because they could not hear the sound of vehicular horns.

Food commodities like beans and garri, which, before now, were considered to be the last resort of the poor man are now out of his reach. On the other hand, the rich politician and his family eat the best foods, drink the best wines and sleep on the best beds that guarantee them sweet dreams. Thus, you can never hear them complain about nightmares.

This is unlike the masses that eat anything that comes their way, drink locally made gin, popularly known as ogogoro and sleep on mats or tattered mattresses. It is not surprising that they are always having nightmares and dream of demons or masquerades chasing them. These are the same people who go to their religious houses and are told that their

Food insecurity and mental health

problems are spiritual. Their vulnerability and gullibility are legendary, as they become easy tools in the hands of fake clerics, who make undue financial demands from them, even in their

already impoverished state. King Solomon understood these things when he said, "The rich man's wealth is his strong city: The destruction of the poor is their poverty." (Proverbs 10:15).

According to the Global Hunger Index (GHI) 2022, Nigeria ranked 103rd out of 121 countries. This ranking shows that with a 27.3 percent score, the country has a level of hunger that is serious. More so, in the 11th edition of the Global Food Security Index (GFSI), published in 2022, Nigeria ranked 107th out of 113 countries. Statistically, this means that 12.9 percent of the global population in extreme poverty was found in Nigeria in 2022. In addition, the Food and Agricultural Organisation (FAO) has predicted that 25.3 million people in Nigeria will face acute food insecurity between June and August 2023, compared with the 19.45 million projected for 2022.

These figures are indicative of a plethora of dysfunctionalities in the Nigerian system, where the avarice of a political cabal is taking a negative toll on the majority of the citizens. A recent report by the Nigeria Extractive Industries

Transparency Initiative (NEITI) indicated that between 2009 and 2020, the country had lost a whooping sum of \$46b to crude oil thieves. This sum means that 619 million barrels of crude had been stolen from Nigeria. Definitely, this atrocious crime against the nation cannot be perpetrated by the poor masses.

With this humongous looting taking place, it should not be a surprise that some Nigerians find it difficult to eat one square meal. A man who struggles to find food cannot be in the best frame of mind and that is why most politicians weaponise hunger in order to use it as a cheap votebuying strategy. In the last general elections, people's votes were bought for as low as a thousand naira.

So, whenever you see people fill a stadium during a political campaign, just know that some pittances have been offered to them. These same people, after collecting these pittances, go on to suffer for years, while complaining of declining infrastructural and economic developments in the country.

There is no mentally sound person that would allow his or her vote to be bought. However, the sad reality is that Nigerian politicians are comfortable with it because without it, their aspirations to positions of power may never come to fruition.





World Pharmacists Day: Alpha holds free health screening, counselling



 ${\bf Some\ members\ of\ staff\ of\ Alpha\ Pharmacy,\ screening\ participants\ at\ the\ outreach.}$

Okafor said that, unlike in the past, most patients now tend to choose items in their prescriptions

Federation (FIP) passed in Instanbul, Turkey, in 2009, setting aside a day to celebrate the role

because of low

purchasing power. She

urged the government

to work towards an

improved economy,

so as to improve the

purchasing power of

people, especially their

ability to afford the

essential needs of life.

his views, the chief

pharmacist-in-charge

of Alabi Branch of Alpha

Pharmacy, Pharm.

Samuel Adewale,

traced the origin of

the World Pharmacists

Day to the resolution

of the International

Pharmaceutical

Equally presenting

of pharmacists in healthcare delivery.

On why Alpha Pharmacy organised the health outreach, Adewale remarked that Alpha Pharmacy and stores is not the regular kind of pharmacy that is merely dispensing drugs, noting that it has also enshrined, as part of its policy, the culture of engaging patients and having meaningful interactions with them, with a view to counselling them and offering useful professional advice on how to go about their medications.

He advised government to implement policies that will reduce the cost of healthcare services, including cost of drugs, as well as to reduce brain drain in the health sector. He observed that high cost of treatment is driving patients from quality healthcare services.

27 September every year is set aside by the International Pharmaceutical Federation (FIP) as World Pharmacists Day.

spartofactivities to mark this year's World Pharmacists Day and perform its corporate social reponsibility, leading pharmaceutical supplier and multiple award- winning community pharmacy, Alpha Pharmacy and Stores Limited, recently organised a free health outreach, involving health screening, pharmaceutical care and counselling services, across its branches.

The event, which witnessed a large turnout of patients, started as early as 10 am, with Alpha pharmacists and experts on ground to provide consultancy services and conduct free screening, such as blood pressure check, blood sugar test, hepatitis screening, eye screening, and so on.

Speaking with **Pharmanews** at the event, a senior pharmacist at Alpha and head of its regulatory affairs, Pharm. Olusola Adeniola, who was on ground attending to patients, said the World Pharmacists Day is a day to celebrate the profession of Pharmacy and the role of pharmacists in the healthcare delivery system.

She added that Alpha Pharmacy greatly values relationship and interactions with the patients, saying experience from such interactions has shown that, sometimes, finding the solution to the patient's health problems goes beyond medications to offering basic advice on lifestyle changes that could eventually help to improve their health.

Also speaking at the event, an intern pharmacist with Alpha Pharmacy, Jennifer Okafor said the World Pharmacy Day calls attentions to the roles of pharmacists in the healthcare space and called on the government to improve patient's access to quality healthcare by initiating policies which will reduce the costs of drugs and

make them more affordable.

She noted that oftentimes, the pharmacy is the patient's first port of call, adding that, when referred to hospitals, patients are sometimes reluctant to go because of cost and the difficulty in accessing quality medical services.

While noting that the economy is taking a toll on the patients,



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Isaac Ladipo Oluwole: Nigeria's father of public health

By Ola Aboderin

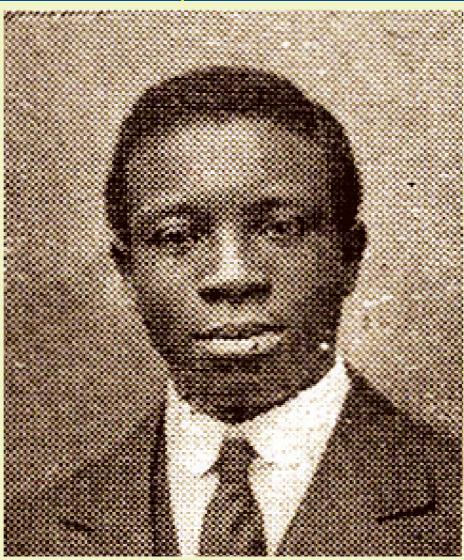
hen the Bubonic plague broke out and ravaged Lagos between 1924 and 1931, it was accompanied by shock waves of panic and pandemonium throughout the country. The first source of concern was the extremely high fatality rate of the disease (over 90 per cent). So deadly was the plague that many actually considered it a manifestation of God's wrath and judgement.

The second and more severe source of worry was that the unsanitary conditions in many parts of Lagos then made it easy for the disease to fester and spread. Aside from being the administrative centre of colonial Nigeria, the city had become a major trading hub in West Africa, with attendant overcrowding and grave public health implications.

It was within this watershed period in the country's history that Dr Isaac Ladipo Oluwole was appointed the first indigenous medical officer of health (MOH) in 1925. As the MOH, he became the primary custodian of public health and preventive medicine. His job was to ensure environmental health and prevention of communicable diseases. Consequently, he had the responsibility to oversee food control and hygiene; public health aspects of housing; prevention and control of infectious diseases; safe water supply and sewage disposal; maternal and child welfare clinics; tuberculosis dispensaries; venereal disease clinics; school health services; and administrations of clinics and hospitals.

Even before his historic appointment, Oluwole had been a notable and tireless crusader for public health. For instance, when the government passed the public health ordinance in 1917 to improve sanitation and disease control in Lagos, it was observed that implementation of the rules contained in the ordinance was hampered by the limited number of trained personnel. Oluwole, who had recently graduated from the University of Glasgow, Scotland, stepped in to establish the first School of Hygiene in Nigeria, at Yaba, Lagos.

The school provided training to sanitary inspectors from all parts of Nigeria. On graduation, they obtained the Diploma of the Royal Institute of Public Health, London. The school exists today as the Lagos State College of Health



Isaac Ladipo Oluwole

Technology, in Yaba.

Exploits as MOH

Undaunted by the enormity and unattractiveness of the task entrusted upon him, Oluwole immediately swung into action to combat the plague, also known as Black Death. He revamped port health duties and made sanitary inspection a vital instrument for the control of communicable diseases, especially the rampaging plague. He saw to it that many of the slums, from which the plague had broken out, were demolished. He also saw to the building of a new abattoir to improve food hygiene.

Through Oluwole's efforts, a department of antenatal and child welfare services was created to be part of the Massey Dispensary in 1926. This was the first measure in the city to create a distinct maternity and child service programme within the Lagos Public Health department. The new antenatal clinic's major objective was to reduce the incidence of child and maternal mortality in Lagos. From 1926 to 1930, the Massey

Dispensary created infant welfare programmes such that were held thrice weekly and in children's ward.

To enable him further disseminate his public health messages, Oluwole served as a radio doctor and also started school health services, with regular school inspections and the vaccination of children. In 1927 alone, he visited about 57 schools in the Lagos area, where he inspected the sanitary conditions of the schools; a year later, he made similar trips. Seeing shortcomings in the sanitary conditions of the schools, he made vital recommendations for improvement. Subsequently, in 1930, regulations were enacted regarding mandatory sanitary inspections of schools and also health inspection of students every three years.

Also worthy of note, as one of Oluwole's accomplishments, was the establishment of the West African Board of the Royal Society of Health (now West Africa Health Examinations Board, WAHEB), in

1925. The Board serves to train and certify public health inspectors and public health nurses in the West African sub-region. The Board became the foundation of standards of public health in Nigeria and West Africa.

Background and rise to prominence

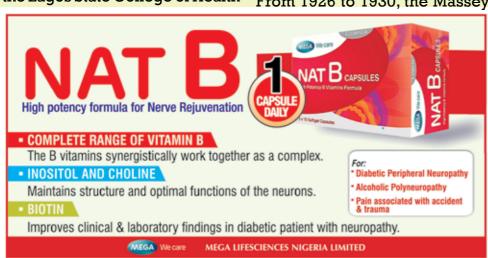
Oluwole was born in 1892 to Isaac Oluwole, an Anglican bishop, who was the principal of CMS Grammar School. He briefly attended CMS Grammar School before moving to King's College. He was one of the pioneer students at King's College, Lagos when it opened in September 1909. He was elected the first senior prefect of the school.

Shortly after his secondary school education, Oluwole secured admission into the University of Glasgow in 1913, where he studied Medicine. After graduating as MB, ChB, in 1918, he returned to Nigeria, and settled in Abeokuta where he was involved in a few community activities. He set up a general medical centre, where he attended to patients. He established the boys'scout troop that received the Prince of Wales when he visited Abeokuta. He also later returned to Glasgow for his Doctorate in Public Hygiene (DPH).

Oluwole returned to Nigeria in 1922 when the Lagos Town Council that was previously dominated by Europeans opened their doors to newly elected African members. The new members started to make a push for the employment of an African medical officer for public health in the Lagos municipal board of health. In 1924, the council decided to recruit an African who could speak the local language; Oluwole was elected and further trained in public health administration before he began his phenomenal role.

In recognition of his exceptional contributions to public health, Oluwole was, in 1940, conferred with the award of the Most Excellent Order of the British Empire (OBE). The award recognises outstanding contributions by individuals within their local communities or at a national level.

Oluwole died in 1953 and a street in Ikeja (Ladipo Oluwole Street) has subsequently been named after him.





Body Language

Handling rejection (3)

(Continued from last edition)

It's projection, not rejection: When people do us wrong, they are simply projecting who they really are; so, it's not necessarily about you. A lot of times, the fault is not from us but from those trying to project their fears, insecurities and low selfesteem on us. Again, it is not about you, it is about them. That you got "rejected" in getting a job offer doesn't necessarily mean you are not adequate or qualified for the job. It would do you good to view it that that organisation just lost the opportunity to employ one of the greatest staff of all time. You may think that sounds exaggerative but if you truly believe you are deserving of a good role in any great company, regardless of the salary they want to pay you, then such a statement should resonate with you - except, of course, you don't think you are worth it.

It's protection, not rejection: Again, many situations that people consider embarrassing and tag as rejection are actually for their protection. If you are jilted or abandoned, for example, it would do you a whole lot of good if you consider the matter as protection from someone who isn't meant to be in your space any longer. This is not about hating the fellow, but the reality is that not all your friends can be your caucus friends. For example, even though Jesus loved all His disciples equally, there was a reason some names frequently came up each time he wanted to get into some deeper dimensions of His mandate.

One challenge of many "victims" of rejection is that they find it hard to come to terms with the reality of someone saying no or rejecting them directly or indirectly. This could be either saying it to their face or by starving them the attention and time required to nourish the friendship or relationship. We must learn to see things the way they are and not fall into the trap of seeing them the way we are.

Celebrate and focus on your uniqueness. If there is a time you need a distraction from "rejection", it is right now. The feeling of rejection tends to hurt more when someone feels stuck. You look at yourself and cannot see yourself making any significant progress in life towards the attainment of your goals or dreams. The truth is, the time to stop blaming someone else for your issues is now.

How reasonable does it sound to you blaming your current predicament on the fact that your rich brother-in-law who sponsored your high school and college education didn't pay for your masters degree the same way he did for his own By Dipo MacJob (Dr Write)

do not see a need to accord him any credit whatsoever. Trust me, if you continue with this sense of entitlement, not only would you lose many more quality friendships - if you developed any at all - but also, you could self-destruct soon.

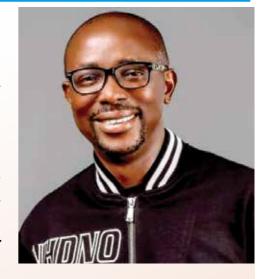
rejection, und approach might approa

I love the way Sylvester Stallone put the words in one of his iconic movies, Rocky 3. He told the fellow that played the role of his brother-in-law in that movie when he sensed he was feeling entitled, "Nobody owes nobody nothing". That's it. Let that sink into you right now. People don't owe you, they only do things for you because they want to.

Friend, get real and stop living in a bubble. Whatever

you cannot confront you cannot correct. To really deal with rejection, understand that the approach might have to be through insulation and not isolation. In order words, you must be honest enough with yourself to face realities than running away from the real issues or living in fools paradise.

Forgive people ahead of time. The earlier you realise that people will hurt you, the better. However, there is a higher dimension in handling this, it is by understanding that even though offences will come, an offence is best defined by the offended not the offender. In other words, it is still within your control. Giving, forgiving and thanksgiving only happen without struggle when we are conscious of one fact - humans do not have the capacity not to



offend fellow humans; we are not wired that way. That is why the saying goes that "to err is human but to forgive is divine".



Continues next edition.
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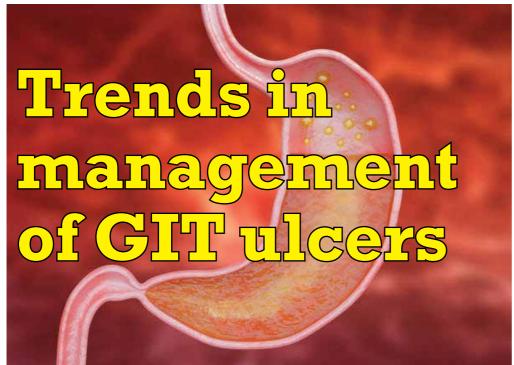


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Disease of the Month





he gastrointestinal tract (GIT) is a series of hollow organs joined in a long, twisting tube from the mouth to the anus. The hollow organs that make up the GI tract are the mouth, oesophagus, stomach, small intestine, large intestine, and anus. The liver, pancreas, and gallbladder are the solid organs of the digestive system.

Ulcers are painful sores that develop on tissues throughout the body. With multiple causes, these sores present as open, oozing lesions and can occur just about anywhere throughout the body where skin or mucous membranes occur. Ulcers can be indicators of an underlying disease. If left untreated, they can also develop

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into more complicated issues. A WebMD Medical Doctor, Dr Debra Jaliman, said ulcers are sores that are slow to heal or keep returning.

GIT ulcers are therefore the sores in any of the long, twisting tubes from the mouth to the anus; that is, the mouth, oesophagus, stomach, small intestine, large intestine, and anus. Ulcers can be on the lining of the stomach or small intestine and they can also be in the oesophagus (throat), but experts have said most ulcers are located in the small intestine and are called duodenal ulcers. The ulcers in the stomach are called gastric ulcers; whereas the ulcers in the throat are called oesophageal ulcers.

Doctor Judith Marcin, with a licence in Family Medicine in

Chicago, said ulcer occurs when tissue in an area of the mouth, stomach, oesophagus, or other part of the digestive system becomes damaged. According to her, the area gets irritated and inflamed and creates a hole or sore. She specifically pointed out that ulcers are at risk of bleeding, so those occurring in the stomach and intestinal tract need to be monitored.

Ulcers have become one of the most common medical conditions globally. Many sufferers even see it as an everyday ailment and therefore rely on self-medication without knowing ulcers can pose serious health risks, if not treated early and properly. While every disease has its own peculiar complexities, ulcers are by far one of the most misunderstood health conditions, and this is so because there are several complex mechanisms involved in the digestive system.

Symptoms of an ulcer

Common ulcer symptoms include discomfort between meals or during the night (duodenal ulcer), discomfort when you eat or drink (gastric ulcer), stomach pain that wakes you up at night, feeling full too quickly, bloating, burning, or a dull pain in your stomach that comes and goes days or weeks at a time.

According to the American Academy of Family Physicians, if an ulcer becomes perforated (torn), it becomes a bleeding ulcer. This can cause some symptoms, which include nausea, vomiting blood, unexpected weight loss, blood in your stool or dark stools, as well as pain in the back.

Causes of ulcers

A bacterial infection called Heliocobacter pylori (H. pylori) is typically what causes ulcers. Acids from the foods we eat can make the pain and discomfort worse. Long-term use of aspirin or anti-inflammatory medicines (ibuprofen) is also a common cause of ulcers. Stress and spicy foods can make an ulcer worse.

Diagnosing ulcers

To detect an ulcer, the doctor may first take a medical history and perform a physical exam. You then may need to undergo diagnostic tests. The American Academy of Family Physicians said the doctor will ask patients about their symptoms. The doctor may also carry out a test known as an endoscopy. This procedure involves inserting a thin, flexible tube attached to a camera down the patient's throat and into the stomach. The doctor will test the patient's blood, breath, or stool for Helicobacter pylori. The doctor can also test a sample of the stomach lining. The doctor will also ask you if you regularly take aspirin or antiinflammatory medicines.

Treatment for ulcer

Generally, according to Dr Jaliman, the healthcare provider will give a patient an antibiotic medicine to treat an ulcer caused by Helicobacter pylori and the patient has to take it for two to three weeks. The doctor also might suggest triple therapy. This is a combination of two antibiotics and a protein pump inhibitor (PPI). PPIs are pills that reduce the amount of stomach acid made by glands in the lining of the stomach.

The use of antacids is another treatment option for ulcers. Your doctor might suggest medicines

continued on page 13



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Autobiograph

PHARMANEWS IS BORN (4)

(Excerpts from MY LIFE AND PHARMANEWS by Sir Ifeanyi Atueyi)

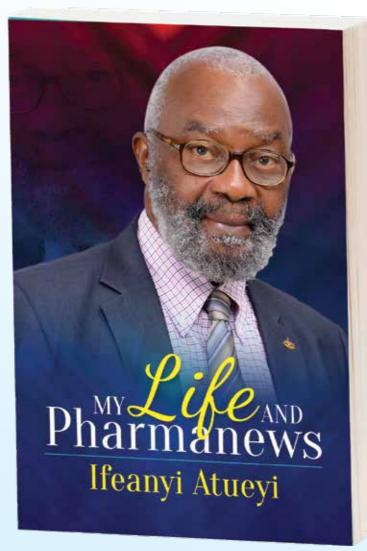
y trip to the United States turned out to be a worthwhile experience in every way. Not only did the training prove to be thoroughly enlightening and empowering, I also had a great time visiting relations and friends. The period gave me the opportunity to travel with Christopher Erinne (a much younger brother of the late Daniel Erinne) for the wedding of his elder brother, Edwin, in Mississippi. When it was time for me to return to Nigeria, I was filled with a deep feeling of renewal and rejuvenation, as well as a heightened understanding of the dynamics of effective and strategic marketing.

When I eventually presented myself at R.T. Briscoe, I was greeted with palpable excitement by virtually all the staff, but not so with my boss. It then became obvious to me that our relationship was no longer cordial.

Indeed, to describe my experience following my return from the overseas training as an anti-climax would be an understatement. As I mentioned above, with the

lacktriangle

received from the training, I had



comprehensive exposure I had so eager to begin to implement the ideas that I had acquired felt a reawakening within me in all to advance my performance. spent the rest of the year thinking

longer conducive. And so, instead of bustling about, executing ideas and strategies, I found myself in one of the darkest moments of my life. Thus, what should have become a period of accomplishments for me became a period of confusion and depression.

Pharmanews **Vision**

Rightly has it been said that it is darkest before dawn. Unknown to me, all that was happening in my place of work was a plan by God to pull me to a place where He would finally reveal my life's purpose to me. And so, with the current situation I found myself with my boss, I began to deeply reflect on my future. Although I continued to go to work, there was really nothing

exciting for me to do. Therefore, I areasofmarketing-andIhadbeen But the environment was no of what next I could do with my

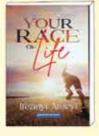
life, having explored all aspects of practising Pharmacy without finding fulfilment.

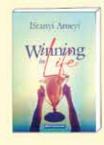
It was while meditating one of those days, that I heard a still, small voice saying, "Since you have experience in journal editing and enjoyed doing it, why don't you go into journal publishing?" Like a streak of light in a very dark tunnel, that idea immediately brightened up my mood and made me feel like I had found the elusive piece in the jigsaw puzzle of my life. I knew the idea was exactly what I needed at that time.

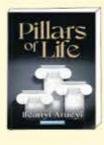
However, almost at the same time, a conflicting thought came to me to ponder the potential backlash I would get from the PSN and my colleagues who would naturally think that it was for this reason that I stopped editing the PSN journal. In fact, it occurred to me that they might think that I had even nursed the ambition from the very beginning and only used my service to the PSN as a decoy to gain experience in journal publishing.

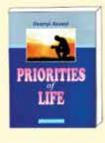
Fortunately, that conflicting thought couldn't withstand the force of the voice that was guiding me. I told myself that I would go ahead with the journal publishing idea and brave the repercussions. Having come to this resolution, it was as if I had just passed the first major test of commitment to the vision that had been given to me, and I began to receive series of ideas and guidelines on how to implement the vision.

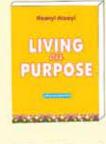
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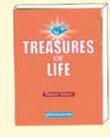


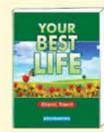


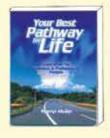


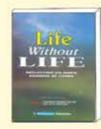




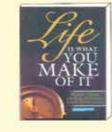






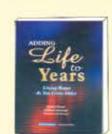


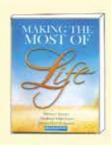


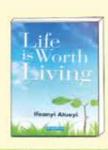


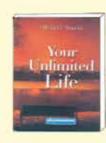


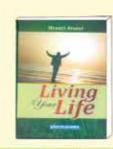


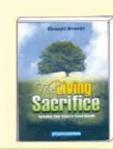


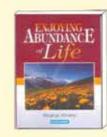


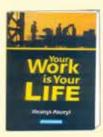












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Trends in management of GIT ulcers

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to reduce stomach acids and vou may have to take the medicines for up to eight weeks. Meanwhile, several other medicines can be used to help treat ulcers. Two types of medicines, namely H2 blockers (H2 blockers are medicines that work by reducing the amount of stomach acid secreted by glands in the lining of your stomach) and protein pump inhibitors (PPIs) reduce the amount of acid that the stomach makes.

According to the doctor, overthe-counter antacid medicine provides temporary relief, whereas, smoking and alcohol make the discomfort worse. Also, according to the American Academy of Family Physicians, in severe cases, a patient may also need surgery, adding that ulcers get worse without treatment. The academy also said if aspirin and anti-inflammatory medicine irritate your stomach, your doctor may suggest the medicine, misoprostol.

Complications of ulcers

Ulcers can cause serious problems if not treated. The most common complications from ulcers include:

- Bleeding: As an ulcer wears away the muscles of the stomach or duodenal wall, blood vessels may be hurt. This causes bleeding.
- Hole (perforation): Sometimes an ulcer makes a hole in the wall of your stomach or duodenum. When this happens, bacteria and partly digested food can get in. This causes infection and redness or swelling (inflammation).
- Narrowing and blockage (obstruction): Ulcers that are found where the duodenum joins the stomach can cause swelling and scarring. This can narrow or even block the opening to the duodenum. Food cannot leave your stomach and go into your small intestine. This causes vomiting.

Is ulcer preventable?

According to the academy, you cannot prevent an ulcer caused by a Helicobacter pylori infection. However, you can reduce your risks by limiting aspirin and antiinflammatory medicines. You also need to avoid foods that are acidic (orange juice) and spicy to reduce discomfort. Adding to that is the fact that you need to avoid caffeine

Treatment of GIT ulcers by

type

Ulcers are classified by where they occur in the body. However, the various types of ulcers that have been identified include peptic ulcer, stomach ulcer, arterial ulcer, venous ulcer, mouth ulcer, and genital ulcer.

Peptic ulcer

According to Johns Hopkins Medicine, a peptic ulcer is a sore on the lining of the stomach or the first part of the small intestine (duodenum). There are three types of peptic ulcers - gastric ulcers that develop inside the stomach; oesophageal ulcers which develop inside the oesophagus and duodenal ulcers, which develop in the upper section of the small intestines. The pain for peptic ulcer



starts between meals or during the night but can stop briefly if one eats or takes antacids. Peptic ulcer may last for minutes to hours and comes and goes for several days or weeks.

Symptoms of peptic ulcer

The most common symptom of this condition is a burning sensation. Johns Hopkins Medicine says another common ulcer symptom

belly between the breastbone and belly button (navel). Other symptoms may include bloating or the feeling of being full, belching, heartburn, nausea, vomiting, unexplained weight loss, and chest

Causes of peptic

H. pylori bacteria (Helicobacter

pylori): Most ulcers are caused by an infection from a bacteria or germ called H. pylori. This bacteria hurts the mucus that protects the lining of your stomach and the first part of your small intestine (the duodenum). Stomach acid then gets through to the lining.

NSAIDs (nonsteroidal antiinflammatory drugs): These are over-the-counter pain and fever medicines such as aspirin, is a dull or burning pain in the ibuprofen, and naproxen. Over time,

they can damage the mucus that protects the lining of your stomach.

Diagnosis

To see if you have a peptic ulcer, the doctor will look at your health history and give you a physical examination. You may also have some tests. According to Johns Hopkins Medicine, Imaging tests used to diagnose ulcers include:

Upper GI (gastrointestinal) series or barium swallow: This test looks at the organs of the top part of your digestive system. It checks your food pipe (esophagus), stomach, and the first part of the small intestine (the duodenum). You will swallow a metallic fluid called barium. Barium coats the organs so that they can be seen on an X-ray.

Upper endoscopy or EGD (esophagogastroduodenoscopy):

This test looks at the lining of your oesophagus, stomach, and duodenum. It uses a thin lighted tube called an endoscope. The tube has a camera at one end. The tube is put into your mouth and throat.

continued on page 15



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Trends in management of GIT ulcers

continued from page 13

Then it goes into your oesophagus, stomach, and duodenum. Your healthcare provider can see the inside of these organs. A small tissue sample (biopsy) can be taken. This can be checked for H. pylori.

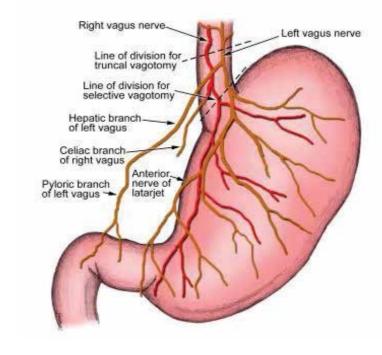
Patients may also have some lab tests to see if they have an H. pylori infection which include **blood tests**, which check for infection-fighting cells (antibodies) that mean you have H. pylori. **Stool culture** in this test, a small sample of your stool is collected and sent to a lab. In two or three days, the test will show if you have H. pylori.

Urea breath test: This checks to see how much carbon dioxide is in your breath when you exhale. You will swallow a urea pill that has carbon molecules. If you have H. pylori, the urea will break down and become carbon dioxide. You will have a sample taken of your breath by breathing into a bag. It will be sent to a lab. If your sample shows higher than normal amounts of carbon dioxide, you have H. pylori.

Treatment

lacktriangle

Treatment may include medicines to reduce stomach acids or antibiotics to kill H. pylori. For the majority of peptic ulcer cases, acid-lowering medication regimens are generally prescribed to help protect the mucosal lining from stomach acid so it has time to heal. Antacids and milk cannot heal peptic ulcers. Not smoking and avoiding alcohol can help. You may



need surgery if your ulcers don't

Johns Hopkins Medicine said treatment for peptic ulcer will depend on the type of ulcer you have. "Your healthcare provider will create a care plan for you based on what is causing your ulcer. Treatment can include making lifestyle changes, taking medicines, or in some cases having surgery. Lifestyle changes may include: Not eating certain foods. Avoid any foods that make your symptoms worse.

"Quitting smoking is also important because smoking can keep your ulcer from healing. It is also linked to ulcers coming back after treatment. Limiting alcohol and

caffeine is also important because they can make your symptoms worse. Avoid using NSAIDs (nonsteroidal anti-inflammatory medicines) and these include aspirin and ibuprofen."

-

Meanwhile, the medicines to treat ulcers may include:

Antibiotics: These bacteriafighting medicines are used to kill the H. pylori bacteria. Often a mix of antibiotics and other medicines is used to cure the ulcer and get rid of the infection.

H2-blockers (histamine receptor blockers): These reduce the amount of acid your stomach makes by blocking the hormone histamine. Histamine helps to make acid.

Proton pump inhibitors or PPIs: These lower stomach acid levels and protect the lining of your stomach and duodenum.

Mucosal protective agents: These medicines protect the stomach's mucus lining from acid damage so that it can heal.

Antacids: These quickly weaken or neutralise stomach acid to ease your symptoms.

In most cases, medicines can heal ulcers quickly. Once the H. pylori bacteria is removed, most ulcers do not come back. In rare cases, surgery may be needed if medicines do not help. You may also need surgery if your ulcer causes other medical problems.

Stomach ulcer

A stomach ulcer is also called a gastric ulcer. Stomach ulcer is a type of peptic ulcer that occurs within the lining of the stomach. A stomach ulcer occurs when gastric acid eats away at your protective stomach lining. The acid produces open sores that can bleed and cause stomach pain. Stomach ulcers are one kind of peptic ulcer disease. Duodenal ulcers and stomach ulcers are both types of peptic ulcers. They are named for pepsin, one of the digestive juices that are found in the stomach and that sometimes leak into the duodenum. These juices are a contributing factor in peptic ulcer disease. They're common and treatable, but they should be taken seriously.

Causes of stomach ulcer

Theseulcersaremostcommonly caused by a bacterial infection by the bacteria Helicobacter pylori. Helicobacter pylori is a spiral-



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Adelusi-Adeluyi, Baale, other stakeholders set agenda for new health minister

continued from page 1

with **Pharmanews**, President, Nigeria Academy of Pharmacy (NAPharm), Prince Julius Adelusi-Adelusi urged the minister to pragmatically engage all healthcare practitioners in repositioning the health sector.

Adelusi-Adeluyi, a former health minister, said, "The new minister is fit for purpose and he's a good choice. He will have many challenges but the first thing he needs to do is to bring all the practitioners in the health sector together.

"Over the years, a lot of time has been spent needlessly in settling disagreements among various professionals in the health sector. This time, the minister should bring the various professionals in the health sector together because I know if we can bring them together, we can address all the health issues in the country. Then he also needs to be democratic in his choice of people for the MDAs in the ministry".

Sharing a similar view, Chairman of the Lagos State Chapter of the National Association of Nigeria Nurses and Midwives (NANNM), Comrade Nurse Julius Awojide, congratulated the newly appointed Pate, urging him to be fair in discharging his duties.

Awojide, who spoke at NANNM-Lagos' recent conference, said: "We call on the minister of health and other appointed personnel in the health sector to ensure equity, fairness, and justice in the discharge of their duties towards all healthcare practitioners. The involvement of nursing in all decision-making in the healthcare sector is very important and I want to say that this is the pattern of the law."

Also speaking with **Pharmanews**, the Director, Business School Netherlands Nigeria, Prof. Lere Baale, said Pate's first concern should be revitalisation of primary healthcare in the country. This, he said, is crucial because primary healthcare affects a larger percentage of the populace.

Baale, who is also the secretarygeneral of NAPharm, added, "Aside from the revitalisation of primary healthcare, the second thing that should be taken seriously is the health insurance scheme. The scheme, as it is now, needs revitalisation. The scheme should be something that should be handled at the state level where many citizens will have access to it."

He also outlined other areas of concern for the health minister, saying, "Digitisation of healthcare is very important because everybody cannot be accepted in the hospital at the same time. People don't have to go and queue in the hospital when some cases can be resolved through electronic means – email, among others - and that is why we need to have proper identification.

"Workforce development is very critical, and that is training. It is important to train and retrain pharmacists, not just for them to play their roles in Pharmacy but also in administration and leadership, and this is now more critical than ever before.

"Another thing that is important for us to achieve medicine security is the issue of disease surveillance and control. It is important to have the date of the diseases, the pattern, where they are more prevalent, and what we need to do. With these, it will be easier for professionals to manage the situation when the need arises."

Also setting agenda for the health



Prince Julius Adelusi-Adelusi NAPharm, President

minister, Chairman of New Height Pharma Limited, Pharm. Paul Enebeli, said Pate must be understand that the health sector has become much more complex, hence there is need to democratise its leadership.

According to Enebeli, the healthcare landscape has gone beyond doctors saying "my patient," noting that the paradigm has changed to "our patient".

"The patient now belongs to every professional in the health sector," he said.

The New Height chairman further cited the challenges in obtaining forex for pharma manufacturing among other critical issues the new minister should urgently address.

"We all know how difficult it is now to get forex, we also know how important the pharmaceutical industry is to the health sector and healthcare delivery. So the minister should work with the Central Bank of Nigeria to ensure that the pharma industry has access to forex.

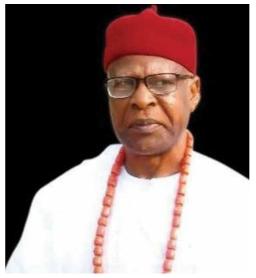
"The minister should also work with relevant stakeholders to curtail the open drug market and ensure effective drug distribution and good pharmaceutical practice. Medicine availability should be taken as a security issue. We need a policy to back drug availability and ensure that drugs are produced locally. The burden of unpaid debt should also be resolved," he stated.

On his part, the Managing Director and Chief Executive Officer, Merit Healthcare Limited, Dr Lolu Ojo charged the minister to ensure that the government patronises local pharmaceutical companies. He also urged him to put measures in place to ensure that government agencies and hospitals do not owe the companies.

Lamenting the country's excessive dependence on importation for medicines and other essentials that are needed in the country, Ojo stressed that Nigeria has a huge potential, especially considering its demand base.

In his words, "Our population that people think is a problem is one of our advantages. This is one of the things that Indian and other foreign companies see that make them come to Nigeria with their products. Roche Pharma, for instance, is one of the top 10 pharmaceutical companies in the world. It is a Swiss company. Switzerland has about seven million people, but the company's turnover in 2022 was about 67 billion dollars.

"If you multiply this by the current exchange rate of dollar to naira, it will be several trillions of naira, and that is just one company in a country with a population of about seven million.



Paul Enebeli

Imagine a company making about seven trillion in turnover in a year. Now, how can the pharma companies in Nigeria be vibrant when the biggest debtor to the pharmaceutical industry is the government?

"When I was the chairman of Research Documentation and Industry Liaison for the Pharmaceutical Society of Nigeria (PSN), we took our case to the minister and senate, but the situation has not changed much as expected.

"However, for the pharma industry to thrive, there must be patronage. The local industry must be patronised. The government at all levels and citizens must patronise the local industry. I am also sure

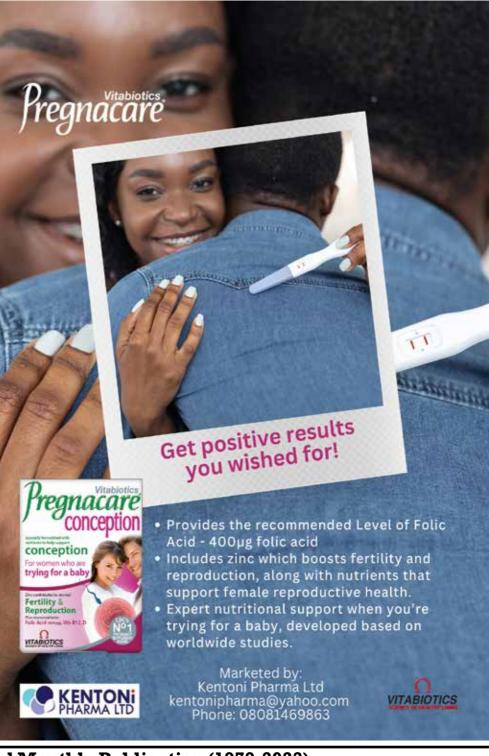


Prof. Lere Baale secretary-general, NAPharm

that if well-positioned, the pharma industry can take this country out of the doldrums."

, Prof. Baale however charged the private sector to support the government in building a vibrant health sector, saying the government cannot do it alone, noting that there is no government in the world that has successfully singlehandedly managed a healthcare system, whether in America or Europe.

"There is a need for privatepublic partnership. The government needs to partner with the various professionals in the country with industrial pharmacists to produce drugs, community pharmacists, hospital pharmacists, and all other professionals in the healthcare system generally", Prof Baale said.



Trends in management of GIT ulcers

continued from page 15

shaped gram-negative bacteria that breaks down the lining of the stomach and duodenum. The result is an open, oozing sore in the lining of the stomach that causes pain and discomfort when eating.

Overuse of non-steroidal antiinflammatory drugs is another cause of stomach ulcers. These include common over-the-counter pain relief medications such as ibuprofen, naproxen, and aspirin. NSAIDs contribute to ulcers in several ways. They irritate the stomach lining on contact and repress some of the chemicals that defend and repair the mucous lining. Up to 30 per cent of people who take NSAIDs regularly develop peptic ulcers. Up to 50 per cent of all peptic ulcers are caused by the overuse of NSAIDs.

Symptoms of stomach ulcer

The most common symptom of a stomach ulcer is stomach pain. Often, the pain starts in the centre of your stomach and can travel up to your throat or seemingly down your back. This pain can last for a few minutes to a few hours and is usually only temporarily eased by antacids. You may also feel ill if you have a stomach ulcer and may lose weight

Treatment for stomach ulcer

Ulcers can heal if they are given a rest from the factors that created them. Healthcare providers treat uncomplicated ulcers with a combination of medicines to reduce stomach acid, coat and protect the ulcer during healing, and kill any bacterial infection that may be involved. Medicines may include

Antibiotics: If H. pylori is found in your digestive tract, your healthcare provider will prescribe some combination of antibiotics to kill the bacteria, based on your medical history and condition. Commonly prescribed antibiotics include tetracycline, metronidazole, clarithromycin and amoxicillin.

Proton pump inhibitors (PPIs): These drugs help reduce stomach acid and protect your stomach lining. PPIs include esomeprazole, dexlansoprazole, lansoprazole, omeprazole, pantoprazole and rabeprazole.

Histamine receptor blockers (H2 blockers): These reduce stomach acid by blocking the chemical that tells your body to produce it (histamines). H2 blockers include famotidine, cimetidine and nizatidine.

Antacids: These common overthe-counter medicines help to neutralise stomach acid. They may bring some symptom relief, but they are not enough to heal your ulcer. They also might interfere with some antibiotics.

Cytoprotective agents: These medicines help to coat and protect your stomach lining. They include sucralfate and misoprostol.

Bismuth Subsalicylate: This over-the-counter medicine, commonly found as Pepto-Bismol, can help coat and protect your ulcer from stomach acid. (Note: Bismuth might turn your poop black, but this effect looks different from the sticky, tarry appearance of blood in your poop.)

Can stomach ulcers just go

away?

Some ulcers get healed



temporarily on their own and then return. This might happen if the factors contributing to your ulcer, such as NSAID use, smoking, and alcohol, are temporarily reduced and then resumed. You will not completely heal your ulcer until you eliminate the cause, whether that is chronic NSAID use, H. pylori infection, or an overactive stomach. Even after successful treatment, you can get another ulcer.

Arterial ulcers

Arterial ulcers, also known as ischemic ulcers, are open sores that primarily develop on the smaller side of arterioles and capillaries, most often around the outer side of your ankle, feet, toes, and heels. Arterial ulcer develops from damage to the arteries due to a lack of blood flow to the tissue. It is sometimes found in the gut in individuals who are ill and have poor blood pressure in general.

Symptoms of arterial ulcers These forms of ulcers can take months to heal and require proper treatment to prevent infection and further complications. Arterial ulcers have a "punched out" appearance accompanied by a number of symptoms, including red, yellow, or black sores, hairless skin, leg pain, and no bleeding.

Treatment of arterial ulcers Treatment of arterial ulcers depends on the underlying cause. Primary treatment includes restoring blood circulation to the affected area. While antibiotics may help reduce symptoms, your doctor may recommend surgery to increase blood flow to your tissues and organs. In more severe circumstances, your doctor may recommend amputation.

Venous ulcers

According to the American Academy of Family Physicians, venous ulcers are the most common type of leg ulcer. They are open wounds that often form on the leg, below the knee, and on the inner

area of the ankle. They typically painful.

ulcers

h symptoms of venous ulcers that one may

experience include inflammation, swelling, itchy skin, scabbing, and discharge. Unfortunately, according to doctors, venous ulcers can take months to fully heal and in rare cases, they may never heal.

Treatment for venous ulcers

Treatment for venous ulcers focuses on improving flow to the affected area. Antibiotics can help prevent infection and reduce symptoms, but they are not enough to heal venous ulcers. However, alongside medication, the doctor may recommend surgery or compression therapy to increase blood flow.

Mouth ulcers

Mouth ulcers are those that occur in the mucous membrane of the mouth. They are small sores or lesions that develop in your mouth or the base of your gums. They are commonly known as canker sores. These ulcers are triggered by a number of causes, such as stress, hormonal changes, vitamin deficiencies, and bacterial infection

Mouth ulcers are common and often go away within two weeks. They can be uncomfortable but should not cause significant pain. If a mouth ulcer is extremely painful or does not go away within two weeks, seek immediate medical attention. Minor mouth ulcers appear as small, round ulcers that leave no scarring. In more severe cases, they can develop into larger and deeper wounds.

Causes of mouth ulcers

These types of ulcers typically occur from trauma, such as biting the inside of your cheek or eating food that is too hot. Sometimes, these sores are evidence of a much more serious underlying disease, such as herpes or hand-foot-mouth disease. A doctor can evaluate an ulcer of the mouth to determine if it is minor, such as those caused by abrasion to the skin, or serious, such as those caused by an underlying infection or disease.

develop from damage to the veins, caused by insufficient blood flow back to your heart. In some cases, venous ulcers cause little to no pain, unless they are infected but other cases of this condition can be very

Genital ulcers Symptoms venous

infection.

Genital ulcers occur within the groin and are typically the result of a sexually transmitted infection. While some genital ulcers can be cured with medication, others present as flare-ups and are lifelong conditions. While often not present in other locations of the body, genital ulcers can be evidence of an underlying condition that affects multiple organ systems. Genital ulcers are sores that develop on genital areas, including the penis, vagina, anus, or surrounding areas.

Symptoms of mouth ulcers Symptoms associated with this type of ulcer may include unusually

slow healing (lasting longer than

three weeks), ulcers that extend

to your lips, difficulty with eating

or drinking, fever, and diarrhoea.

on their own, without treatment.

If they become painful, your

doctor or dentist may prescribe

an antimicrobial mouthwash or

ointment to reduce your discomfort.

It is however advisable to seek

medical attention to receive the

best treatment if your condition

is the result of a more serious

Treatment for mouth ulcers

Mouth ulcers often go away

Causes of genital ulcers

Genital ulcers are usually caused by sexually transmitted infections (STIs), but genital ulcers can also be triggered by trauma or inflammatory diseases.

Symptoms of genital ulcers

In addition to sores, symptoms that may accompany genital ulcers include rash or bumps in the affected areas, pain or itching, swollen glands in the groin area, and fever.

Treatment of genital ulcers

Just like other types of ulcers, treatment depends on the underlying cause of your condition. In some cases, these sores will go away on their own. If diagnosed with an STI, your doctor may prescribe antiviral or antibiotic medication or ointment. Patients are also to see a doctor for immediate medical attention if they feel they have been exposed to an STI.

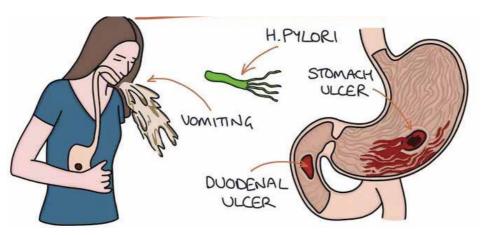
How long does it take for ulcers to heal?

The length of time it takes for your ulcer to heal depends on the type, as well as the severity of the ulcer itself. For many peptic ulcers, the healing time is around a month or so with treatment. Arterial ulcers can take several months to heal, or may not even heal at all. With compression therapy, venous ulcers can be healed in a few months, although some may not ieai ai aii.

Mouth ulcers, or canker sores, can take anywhere from a week to four weeks to heal with treatment. However, many people have reoccurring mouth ulcers.

The amount of time it takes to heal genital ulcers really depends on what is causing them. For example, individuals living with genital herpes, which is a sexually transmitted disease, can treat their ulcers but cannot cure them, so they may periodically reappear. Most ulcers will go away faster with the proper treatment.

Compiled by Ranmilowo Ojalumo, with additional reports from Heathline, the US National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), WebMD, medicine plus, US National Library of Medicine, Premium Times, Johns Hopkins Medicine and American Academy of Family Physicians.

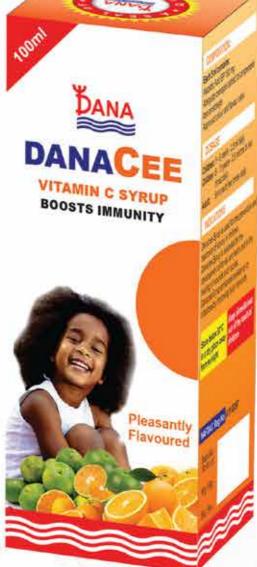


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Infectious Diseases Pharmanews October 2023 Volume Brucellosis: History and important facts

By Patrick Iwelunmor

aused by the bacterium Brucella Species, brucellosis was first discovered in Malta, in the 1850s. After the Crimean wars, British officers serving on the island got to know about the disease. The disease is one of the most common zoonotic diseases, affecting about 500,000 people annually. It was formerly known by names such as Malta fever, Mediterranean fever, Gibraltar fever, Cyprus fever and Undulant fever.

As time went by, more Maltese people became infected with the bacteria as preventive efforts were not very strong and committed. Dr Themistocles Zammit, through one of his works, showed that infected goats transmitted the disease and that its spread could be curtailed by banning the use of

Transmission and prevention

It was popularly ascertained that the most popular way to be infected with the disease is by eating or drinking unpasteurised raw dairy products from infected sheep, goats, cows or camels. More so, breathing in the bacteria that causes this disease can also lead to infection. Those at a higher risk of this type of infection include persons who work in laboratories where the bacteria is present as well as slaughterhouse and meat-packing employees.

The disease can also enter the human body through wounds in the skin/ mucous membranes whenever there is contact with infected animals. Hunters are also at risk of infection when they are in contact with infected animals.

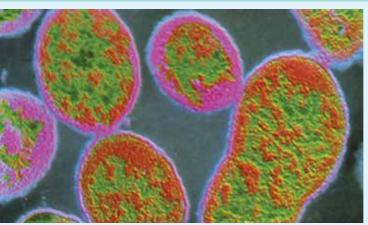
Being one of the most prevalent zoonotic diseases and transmitted by animals in endemic areas, human brucellosis constitutes a serious public health concern with severe consequences. It is made even more hazardous with the expansion of animal industries, coupled with urbanisation and the rising lack of hygienic measures in animal husbandry and food handling.

Human-to-human transmission of brucellosis is very rare, even though infected mothers who are breastfeeding may transmit the infection to their babies. In addition, sexual transmission has not been known to happen. This is not to say that uncommon transmission through tissue transplantation or blood transfusions cannot occur.

The best way to prevent infection with or transmission of brucellosis is to ensure that one does not consume undercooked meat, unpasteurised dairy products including milk, cheese and ice-cream. More importantly, animal tissue handlers such as hunters, butchers and herdsmen should protect themselves with rubber gloves, goggles and gowns or aprons. This will prevent bacteria from gaining entry into their eyes or through cuts or abrasion on the skin.

Symptoms and treatment

Brucellosis can cause a wide range of symptoms including fever, sweats,



malaise, anorexia, headache, muscular, joint and/or back pain. While some of these symptoms may persist for longer periods, others may go away or recur. Symptoms such as recurrent fevers, arthritis, swelling in the testes and scrotum area, swelling of the heart (endocarditis), neurological symptoms, chronic fatigue, depression and

swelling of the liver and/or spleen fall into this category.

The treatment of brucellosis is usually preceded by diagnosis, and this must be done by a qualified doctor. The major target of the test is to look out for the bacteria in samples of blood, bone marrow or

other bodily fluids. Additionally, a blood test can be carried out to detect antibodies against the bacteria. Once this is satisfactorily done, a doctor can then prescribe the appropriate antibiotics.

It is important to note that recovery from this disease depends on the timing of treatment, as well as the severity of infection. Recovery may take a few weeks to several months. Occurring in no more than 2 per cent of all cases, death from brucellosis is considered to be generally very rare.

Brucellosis is more common in countries where effective public health and domestic animal health programmes are a serious concern. Some of the areas marked as red points for the disease are found in the Mediterranean Basin - Portugal, Spain, Southern France, Italy, Greece, Turkey, North Africa.

In 2021, 165 confirmed brucellosis cases were reported in the EU/EEA. The highest number of cases were reported in Italy, Spain, Greece and France, representing a notification rate of 0.04 cases per 100 000 population. With a significant decline in notification rate recorded in 2020, largely due to the coronavirus pandemic, the EU/EEA notification rate recorded a slight increase in 2021.

The highest notification rates were detected in age-group 45–64-yearold in both genders, representing 0.06 and 0.03 per 100,000 population in

males and in females, respectively.

The World Health Organisation (WHO) has been providing technical advice to member states via the provision of standards, information and guidance for the management of brucellosis in humans and animals. This it has been doing by supporting the coordination and sharing of information between the public health and animal health sectors and in collaboration with the Food and Agricultural Organization of the United Nations (FAO), the World Organisation for Animal Health (OIE) and the Mediterranean Zoonoses Control Programme (MZCP).



Play card games and boost your immunity, brainpower

ne sure way of boosting your immune system, even without taking immunity-enhancing drugs, is by playing card games. Studies have shown that playing card games, especially bridge and spades, has immense benefits, among which are boosting the immune system, boosting mental wellbeing, and lowering the risk of dementia.

It has also been proven that, apart from boosting emotional and mental health, card games keep the mind active and serve as a social channel. Moreover, in addition to improving memory skills and relieving stress, playing card games can enhance mathematical skills, logical reasoning, and critical and strategic thinking skills.

Bridge and spades belong to the category of trick-taking card games. Bridge, in particular, is an internationally recognised sport that is also recognised by the International Olympic Committee (IOC). The game has an international body, known as the World Bridge Federation (WBF), which was established in August 1958, with its headquarters currently in Lausanne, Switzerland. The current president of the federation is Jan Kamras, a Swedish.

Bridge is a trick-taking card game, using a standard 52-card deck. In its basic format, it is played by four players, in two competing partnerships, with partners sitting opposite each other around a table. The World Bridge Federation describes bridge game as "the ultimate trick-taking card game, easily the greatest source of enjoyment that four people can have with a pack of cards". The game can be played at a competitive level or with friends at home and this makes it one of the world's most popular card games. In fact, a study found that bridge is the most played card game in America.

Just like bridge, spades game is traditionally played with four players and split into teams of two, with teammates on opposite sides of the table. One unique thing about card games is that it is sometimes difficult to differentiate between them. For instance, between bridge and spades, expert players say the thin line of difference is that spades has an unintelligent bidding process, with no communication between partners, whereas bridge uses a complex series of cues and meanings to convey specifics about the card holding.

Generally, in Nigeria, card games are simply called "card", "joker" or "whot", with just a slight, if any, variation in the way they are played.

Although it has not been established as a cure for dementia, there is evidence that playing bridge can contribute to helping to keep the brain healthy and remember things easily. According to a November 2000 study by a researcher at University of California, Berkeley, Marian Cleeves Diamond, playing bridge will ensure a higher numbers of immune cells.

Diamond specifically carried out an experiment where she chose to study bridge players from Orinda, a Californian women's bridge club after she earlier suspected that bridge is a game likely to stimulate an area of the brain. She specifically pointed out that she suspected that

By Ranmilowo Ojalumo



the dorsolateral cortex influenced the immune system. She also said that she selected women as subjects because most of her laboratory experiments had involved immunecompromised female mice.

Diamond and graduate student, Jean Weidner, divided 12 women, all in their 70s and 80s, into three groups, and had each group play a one-and-a-half-hour bridge set. Weidner, a former phlebotomist, drew blood samples before and after the sets and delivered them to immunology research associates, Peter Schow and Stan Grell, to measure the numbers of immune cells.

The results of the findings show that the levels of CD-4 positive T cells changed in the 12 subjects. In two of the groups, levels increased significantly. In the third group, T-cell levels increased only slightly.

Diamond specifically said an area of the brain involved in playing bridge stimulates the immune system, in particular – that is, the thymus gland that produces white blood cells called T cells, or T lymphocytes. T cells are white blood cells produced by the thymus gland and sent out to patrol the body in search of viruses and other invaders. T cells that sport a surface marker called CD-4 are "helper" cells that regulate the activity of antibodyproducing B cells and of other T cells.

According to Diamond, "Bridge was ideal for what we were after. It is the closest activity to a challenging card-sorting task that also contains multiple factors that should stimulate the dorsolateral cortex. Bridge players plan ahead, they use working memory, they deal with sequencing, initiation, and numerous other higher-order functions with which the dorsolateral cortex is involved."

Similarly, in 2011, researcher Alfred Schademan, found out that playing spades game has immense benefits, based on his study, titled, "What does playing cards have to do with science? A Resource-rich view of African-American young men".

The study examined the resources related to science that African-American young men learnt and developed by playing spades. The qualitative study examined what the spades players at a local high school considered when making decisions about what cards to play. A significant □nding of the study was that the players used, learnt

and developed resources, such as making observations, drawing inferences, and using empirical data to inform future actions and decisions.

Additionally, three researchers in India, Su T, Cheng MT, Lin SH., in their 2014, study titled, "Investigating the effectiveness of an educational card game for learning how human immunology is regulated", showed that students who play spade game get more understanding than their counterparts.

The researchers said "This study was conducted in an attempt to investigate the effectiveness of

an educational card game we developed for learning human immunology. Two semesters of evaluation were included to examine the impact of the game on students' understanding and perceptions of the game-based instruction. Ninetynine senior high school students (11th graders) were recruited for the first evaluation, and the second-semester group consisted of 72 students.

"The results obtained indicate that students did learn from the card game. Moreover, students who learnt from playing the game significantly

outperformed their counterparts in terms of their understanding of the processes and connections among different lines of immunological defence," the researchers said in their report.

With the many verified benefits of playing card games, it has become imperative indulge in them more often. One other good thing about card games, according to experts, is that it only takes rudimentary knowledge to begin playing and enjoying them, though mastering them may be harder. Moreover, in Nigeria, the price of a pack of any of the card games is readily affordable.





Celebrating 44 Years of Uninterrupted Monthly Publication (1979-2023)



ACPN-Ikeja elects new executives, as Ibeh bows out By Adebayo Oladejo

It was an emotional moment at the secretariat of the Association of Community Pharmacists of Nigeria, Ikeja, Lagos, as Pharm. (Mrs) Vivian Ibeh, zonal coordinator, ACPN, Ikeja Zone, handed over the rein of leadership, following the completion of her tenure.

Speaking during the recent Annual General Meeting (AGM) of the zone, where new executives were elected to coordinate the affairs of the zone for the next two years, Ibeh recalled the "challenging but rewarding" moments during her tenure of service to the association.

She disclosed that it had been two years of service to the foremost and most dynamic zone of ACPN in the state.

According to Ibeh, ACPN-Ikeja remains the most strategic, as it seeks to be the most vibrant of all zones in the state, adding that collaboration is key to achieving the goal.

Speaking further in an emotionladen voice, Ibeh, a fellow of the WAPCP, stated that every journey that has a beginning always has an end, noting that her journey of leadership that started on 31 July, 2021 had been handed over to another group of leaders, entrusted to keep the fire burning.

She said, "When we started, we had envisioned taking Ikeja Zone to the limelight and so we coined an acronym 'SIIIQ', which stands for Sensitisation by Inspiration, Impact and Implementation for Quantum Leap, which was our mission.



Pharm. (Mrs) Vivian Ibeh (left), immediate past coordinator, ACPN, Ikeja Zone, handing over to the new coordinator, Pharm. Imade Roy-Ekekwe.

"Also, part of our vision was to be that consortium of community pharmacists that remains dynamic, advanced, always learning, seeking to find empowerment for ourselves and staying updated on ways to protect the health of the public we serve, and noted for blazing a leadership trail in pharmacy practice within the communities we occupy."

Acknowledging the support of the elders and members of the zone, Ibeh noted that she owed a great debt of gratitude to the leaders of the profession, as well as her predecessors, for supporting her throughout her years of service.

Addressing the new executives,

she said: "I don't want you to give up or give in because the work isn't over until it's done. You have the support of the ex-officio anyway, and at any time required. But rest assured that, with God's help, you can achieve whatever your mind conceives.

"There's so much to learn in your new roles. Therefore, have an open mind, embrace change and be prepared for the next opportunity, because opportunities come unannounced."

In her acceptance speech, the newly elected zonal coordinator, Pharm. Imade Roy-Ekekwe, appreciated all members of the zone for the confidence reposed in her

to be elected as coordinator while assuring that she would not let them down.

While acknowledging the enormous task ahead of her, Roy-Ekekwe solicited the members' support for the progress of the zone, urging them to cooperate with the new leadership, so as to take the association to the next level.

In her speech, Pharm. Abiola Paul-Ozieh, former chairman, ACPN, Lagos State, and chairman, Healthcare Providers Association of Nigeria (HCPAN), extolled the virtues of the outgoing coordinator and said she would be greatly missed.

According to Paul-Ozieh, "Ibeh has paid her dues in the profession, as a committed leader and bridge builder, and she has done very well as she has taken the zone to the next level."

Speaking in the same vein, Pharm. Mrs Bridget Otote, national vice-chairman, ACPN, described the immediate past coordinator as a tireless pharmacist, who had sacrificed a lot for the association, adding that the zonal AGM and the conduct of the members were impressive.

The newly elected executives of the zone include Pharm. Imade Roy-Ekekwe, coordinator; Pharm. Benjamin Godwin, assistant coordinator; Pharm. Precious Oshomah, secretary; Pharm. Sidi Rufai, financial secretary; Pharm. Ugochukwu Obidiagha, assistant secretary, and Pharm. Esther Fatade, welfare secretary.



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Pharmanews October 2023 Vol. 45 No. 10

Dr Patrick Ijewere (Specialty: Internal Medicine, from John Hopkins University) Tel: 0809 771 44<u>5</u>5 Email: thenutritionhospital@gmail TNH-Wellness Tree™

The worst thing you can do to a child with fever is to treat the fever (give antipyretics like paracetamol) and fail to diagnose the underlying cause, like an ear infection or malaria. The worst thing we doctors do for clients with high cholesterol is give them drugs like the cholesterollowering drugs called "statin", and we fail to diagnose and reverse the underlying cause of the high cholesterol.

Cholesterol-lowering drugs are Band-Aids on cholesterol. Cholesterol lowering drugs, including "statins", do not address the underlying cause of high cholesterol. There are very few rare conditions that require a patient to be on statins. In fact, the statins are notorious for causing side-effects. They work by blocking a very important enzyme needed to make cholesterol and a very important coenzyme called CoQ10 and much more. Short- and long-term use of these drugs will affect all the facts mentioned above. Side effects include memory issues, muscle pains, drug-induced hepatitis (liver

lacktriangle



inflammation), nerve damage and weakness.

Action steps:

Get your comprehensive

Wellness and cholesterol: A misunderstood friendship (2)

medical and physical done (preferably twice a year).

1. Check your blood tests including cholesterol level, at least

twice a year.

2. If cholesterol blood level is high, ask your doctor, "Why?"

Then focus on diagnosing and fixing the "why", i.e. the underlying cause.

If the "why" is linked to food, see a nutrition consultant.

5. Detox: If the "why" is linked to inflammation, consider detoxing reduce t o inflammation.

6. If the doctor prescribes anticholesterol drugs without diagnosing the "why", reconsider:

7. If you are already on anti-cholesterol "statin" drugs,

Check your liver function

9. Ask your doctor for a

less toxic way to lower cholesterol.

10. Ask your doctor to address the underlying cause.

11. If you are having joint or muscle pains, stop it and see your doctor immediately.

12. If you are having memory or cognitive issues, stop it, and see your doctor immediately.

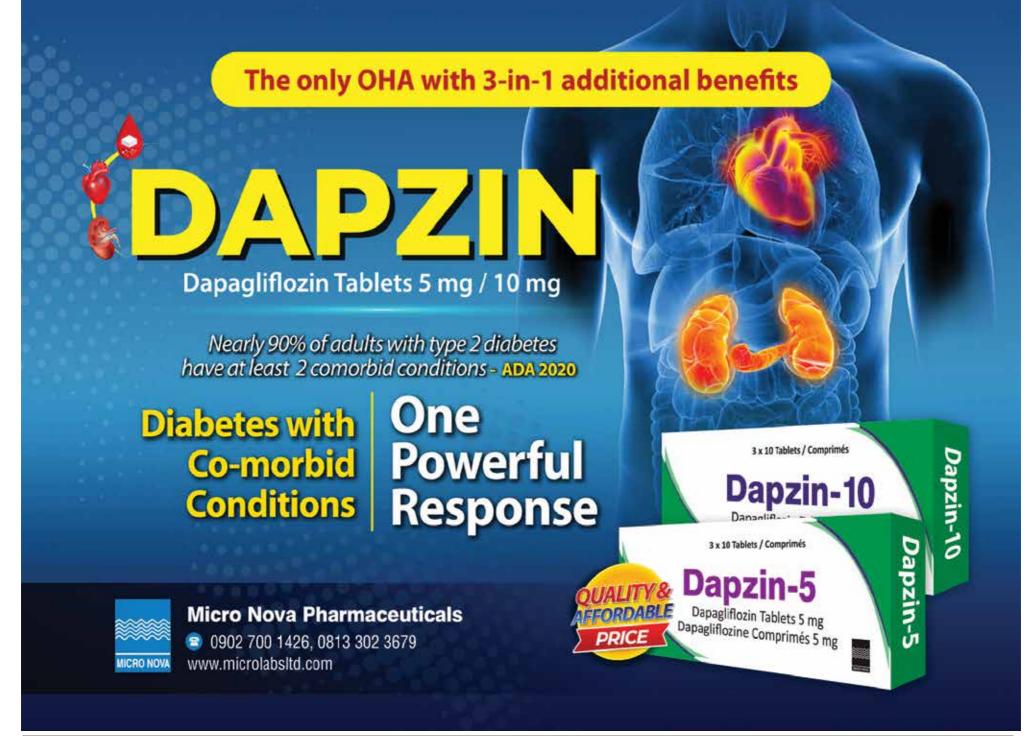
13. If you are having sexual difficulty, discuss with your

Cholesterol in the blood, manufactured by the liver, is actually a friend, a poorly understood friend; a very important friend we must stop vilifying. It is part of God's amazing complex simplicity of the magnificent human body. It serves very importance functions in the body's perfection. Without cholesterol, imagine what would happen!

Our God created perfection; we are undermining it and causing our diseases, with our earthly misunderstanding. Health is by choice.

(Continues next edition)

Dr Patrick Ijewere is host, "Wellness half-hour", Inspiration 92.3 FM, Lagos. Sundays 1pm (www.wellnesshourng.com). For personal consultations, comprehensive health checkup, seminars, wellness coach, interviews, call: 08096604455. To sign up for our newsletters, visit: www.caribhealthng.com



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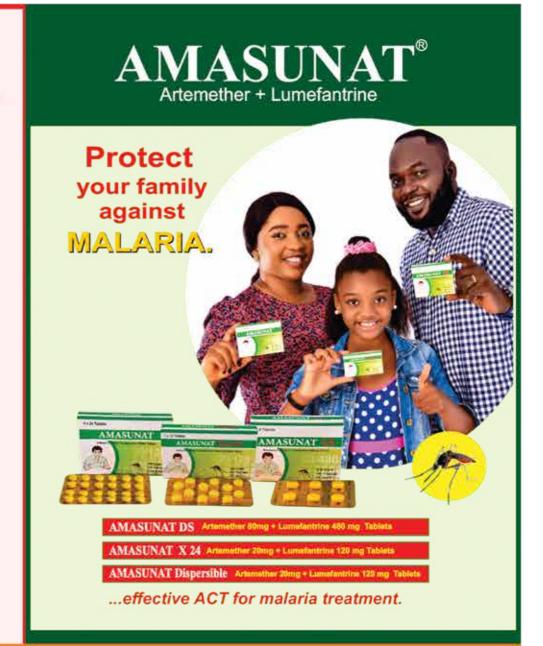
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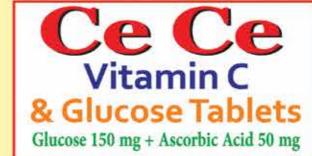
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PROF. SANI MALAMI of Bayero University, Kano. These include University

Prof. Sani Malami is the current dean of the Faculty of Pharmaceutical Sciences, Bayero University, Kano (BUK). He is also a traditional title holder, as the "Dallatun Rimin Gado" of the Rimin Gado, Karaye Emirate, in Kano State.

The professor of pharmacology attended Gwale Primary School and Science Secondary School, both in DawakinTofa Local Government Area of Kano State. Thereafter, he proceeded to Ahmadu Bello University (ABU), where he obtained his bachelor's degree in Pharmacy (B.Pharm).

He had his internship training at Murtala Muhammad Specialist Hospital, Kano, in 2001, and later observed his National Youth Service Corps programme at Jimah Yusuf Pharmaceutical Industry, Igara, Edo State, from 2002 to 2003.

After his NYSC, Malami returned to Ahmadu Bello University and obtained his Master of Science (M.Sc.) in Pharmacology. He continued his academic pursuit and later bagged his PhD, also in Pharmacology, from the same university. He won the award for best PhD thesis and also some research grants, including TETFUND, under the National

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Research Fund.

Malami's career began with the Kano State Hospitals Management Board, when he joined the board in 2003, and served till 2005. He joined the services of Ahmadu Bello University in 2006 and served until 2015, when he joined Bayero University, Kano, where he remains to date.

Malami was appointed visiting scholar at the University of Virginia, Charlottesville, Virginia, United States of America, between 2012 and 2013. He rose through the ranks and became a full professor in 2021. As an academician, He teaches pharmacology to pharmacy, medical, and allied health sciences students.

Malami's research areas are neuropharmacology, ethnopharmacology, and malaria, with special interest in drug discovery and development, pharmacotherapeutics, and pharmaceutical care.

The BUK pharmacy faculty dean was previously head of the Department of Pharmacology and Therapeutics. He was the pioneer faculty postgraduate coordinator, BUK. He was also the pioneer substantive head of the Department of Clinical Pharmacy and Pharmacy Practice.

Malami has served as a member of various committees

of Bayero University, Kano. These include University, Kano. These include University Management, Senate Business, Academic Development, BoardofResearch, and Budget and Monitoring. He is also a member of the University Senate.

In fulfilment of academic mentoring through research, he has supervised many undergraduate students, 12

M.Sc. and three PhD candidates to completion. He has published over 50 articles in peer-reviewed journals. He has also served as a visiting lecturer and external examiner to various universities in the country.

Malami has attended several conferences and workshops within and outside the country. A professional to the core, he is a member of various professional and academic bodies, including the Pharmaceutical Society of Nigeria, the National Association of Pharmacists in Academia, the West African Society for Pharmacology, as well as the West African Postgraduate College of Pharmacists, etc.

Malami has served as a member of the 7th Governing Council of the Pharmacy Council of Nigeria (PCN). He also served as a member of the 1st Governing Council of the PCN. He was also a member of the statutory committees of PCN - Education, Law and Ethics and Appointment, Promotion and Disciplinary. Additionally, he was a member of the Pharmacy Retreat Committee, organised by the Nigeria Academy of Pharmacy in 2020.

Professor Malami loves intellectual discussions and travel adventures. He is happily married and blessed with five children.





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Health & Wealth

20 skills most successful entrepreneurs have developed

By Pharm. Sesan Kareem

"The playing field is poised to become a lot more competitive, and businesses that don't deploy AI and data to help them innovate in everything they do will be at a disadvantage."

— Paul Daugherty,

chief technology and innovation officer, Accenture

Successful entrepreneurs possess a diverse set of skills that enable them to navigate the challenges of starting and growing a business. Here are some key skills commonly associated with successful entrepreneurs:

1.Leadership: Entrepreneurs often need to lead and inspire their teams, set a vision, and make important decisions. Effective leadership involves setting a clear vision for the business and inspiring others to work towards that vision. Successful entrepreneurs often lead by example, demonstrating dedication, work ethics, and a commitment to the company's mission.

2. Communication: Effective communication is crucial for pitching ideas, negotiating deals, and building relationships with customers, investors, and partners. Clear and concise communication is essential for conveying ideas, goals, and expectations to team members, investors, and customers. Active listening is a critical aspect of communication, as it helps entrepreneurs understand the needs and concerns of others.

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3. Adaptability: The business landscape is always changing, and entrepreneurs must adapt to new technologies, market trends, and customer preferences. Entrepreneurship requires the ability to pivot when necessary. This might involve changing business strategies, entering new markets, or adjusting product offerings. Staying informed about industry trends and emerging technologies helps entrepreneurs proactively adapt to changes.

Entrepreneurs encounter numerous challenges, so the ability to identify and solve problems creatively is essential. Successful entrepreneurs view challenges as opportunities for growth. They break down complex problems into manageable parts and work systematically to find solutions. Creativity plays a role in problem-solving, as it often leads to innovative solutions that give a business a competitive edge.

5. Financial management: Understanding finances - including budgeting, forecasting, and managing cash flow - is vital for the sustainability of a business. Entrepreneurs must be financially literate to make informed decisions

about investments, expenses, and revenue generation. Regular financial monitoring and the ability to interpret financial statements are crucial for maintaining a healthy bottom line.

6. Sales and marketing: Entrepreneurs must know how to sell their products or services and effectively market them to their target audience. Effective sales and marketing skills help entrepreneurs attract and retain customers. This involves understanding customer needs, creating compelling marketing campaigns, and closing sales. Entrepreneurs should also be able to differentiate their products or services from competitors and communicate their unique value proposition.

7.Networking: Building and maintaining a strong network can provide valuable resources, advice, and opportunities. Building a strong professional network can lead to valuable partnerships, mentorship, and business opportunities. Successful entrepreneurs actively participate in industry events, join business organisations, and connect with like-minded individuals.

8.Negotiation: Negotiation skills come into play when dealing with suppliers,



investors, partners, and even employees. Negotiation skills are crucial when dealing with various stakeholders. Entrepreneurs should aim for mutually beneficial agreements while maintaining a firm grasp of their own interests and limits.

(Continues next edition)

ACTION PLAN: Keep learning new skills necessary for your personal growth and business development. Go for short courses, attend seminars and webinars, read books and articles.

AFFIRMATION: Every day in every way I am getting better and better. I am blessed and highly favoured.

Sesan Kareem is the founder of HubPharm Africa, a digital pharmacy that provides medicine delivery and extraordinary care, www.hubpharmafrica.com, and the principal consultant of SK Institute, www.sesankareem.com.ng.











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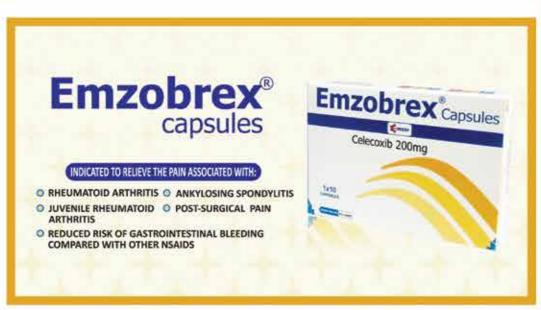


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I've remained focused, committed to the vision of *Pharmanews* - Atueyi

minent pharmacist, publisher, administrator and doyen of pharmaceutical journalism in Nigeria, **Pharm. (Sir) Ifeanyi Atueyi**, marked his 84th birthday on 1 October, this year. In this exclusive interview with **Moses Dike**, the illustrious octogenarian reminisces on life at 84 and the journey so far. He recounts memorable moments of his service to the service of pharmacy profession and how he has been able to sustain the vision of *Pharmanews* to achieve the enviable record of 44 years of uninterrupted monthly publication. Excerpts:

Congratulations on your 84th birthday, marked 1 October. What makes your birthday significant to you?

On the national level, 1 October became significant from 1960, when Nigeria celebrated her Independence Day. It was the greatest celebration that affected all Nigerians-students, workers, young, old, Christians, Muslims, government and private sector etc. That year, I was completing my HSC course at the Dennis Memorial Grammar School (DMGS), Onitsha. From that year, 1 October became the most celebrated public holiday in Nigeria, apart from Christmas and New Year.

As Isaid, I was completing my HSC course that year. The following year, I was given admission for Pharmacy at the University of Ife (now Obafemi Awolowo University), Ibadan Branch. We had just celebrated 1 October, and I left for Ibadan mid-October, 1961. When I was completing my registration form, I mistakenly filled 1 October as my birthday, instead of 3 September, my actual birthday, because of its popularity. October 1 was the day I was baptised.

I realised this mistake later but did not go back to change it. Instead, I have adopted it as my birthday because of its significance. The implication is that I lost one month in my age, technically.

How do you normally celebrate your birthday?

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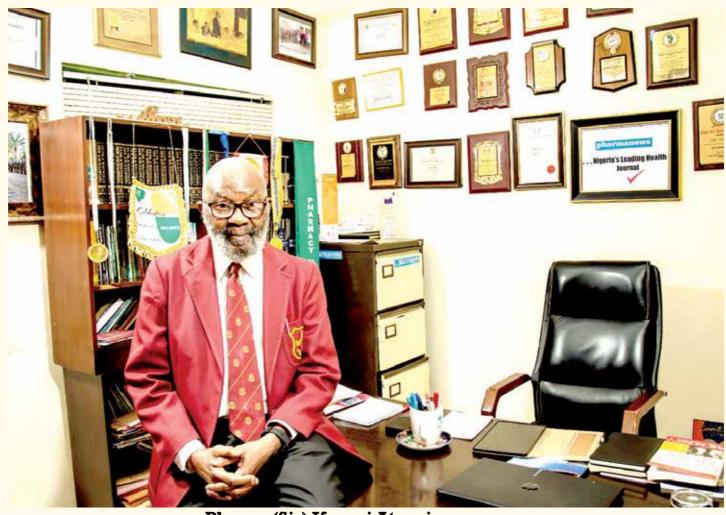
I don't remember ever inviting people for my birthday celebration. It has been strictly a family affair and routine thanksgiving during church service. However, in September 2019, at the Nigerian Association of Pharmacists and Pharmaceutical Scientists (NAPPSA) conference, held in Atlanta, Georgia, my relation there hinted that I was planning to celebrate my 80th birthday in Nigeria, on 1 October. Then she mobilised her friends and provided cake and drinks for the impromptu event, which was celebrated during the welcome party that night. The celebration was remarkable because I was the oldest, a foundation member and Fellow of the association.

I have publicly organised only two birthdays but those were in collaboration with *Pharmanews*. The first was in 2009 when I was 70 years and *Pharmanews* was 30 years. Another was in 2019 when I was 80 years and *Pharmanews* was 40 years. Celebrating my birthday was mainly an opportunity to promote *Pharmanews*. Actually, if not for *Pharmanews*, I might not have gone into such elaborate celebrations.

Iseized the opportunity of the 80th birthday to launch my autobiography titled "My Life and Pharmanews." I chose that title because the story of Ifeanyi Atueyi cannot be complete without **Pharmanews**; neither can the story of **Pharmanews** be complete without Ifeanyi Atueyi.

From your philosophy of birthday celebrations, when will you celebrate another birthday?

I am still enjoying the good memories of my 70th and 80th birthday celebrations. I believe that 90 years can never be as exciting as 70 and 80. God has given me the grace to enjoy them in good health and in active service. Only He knows how my life will be in 2029. I imagine that, at that time, the celebrant and his age mates, schoolmates and colleagues would be guided to the venue in their walking sticks and would be so few that the celebration would be enjoyed mainly by the young ones who actually organised it. Anyway, I would be trespassing into God's



Pharm. (Sir) Ifeanyi Atueyi

territory if I talk of what my life would be in six years' time.

You are today one of the oldest pharmacists in Nigeria. Please tell us briefly the important professional services you have rendered.

One thing about me is that I never push myself forward or lobby for any position. I have held several positions but never campaigned for any. My colleagues just consider me a suitable candidate.

My service started in 1972, as assistant secretary of the Lagos PSN, when O.T. Osasami was the chairman. In 1974, I was "drafted" by Prince Juli Adelusi-Adeluyi to serve the national body as the editor-in-chief of the PSN journal. I believe that during my tenure of 1974 to 1978, God tested me for my ability and suitability to manage **Pharmanews** in future.

I served as the publicity secretary for Nigerian Association of General Practice Pharmacists (NAGPP, now ACPN) and later the treasurer. From there, I became the national secretary of the PSN, with Chief Bayo Ogunyemi as the president. When the National Association of Industrial Pharmacists (NAIP) was formed in 1977, with Pharm. Odusina as the national chairman, Pharm. Akobundu was made the secretary but I took over from him in 1978, when he resigned.

I served the West African Postgraduate College of Pharmacists (Nigeria Chapter) as the first secretary for 13 years. I was in the PSN Council for 17 years. My attitude to positions is that wherever people considered me fit to serve, I tried to do my best.

Which of these positions did you find most interesting and why is this

Obviously, serving as the editorin-chief of PSN was the most divinely
planned intervention in my life. As I said
above, God used Prince Juli AdelusiAdeluyi as the instrument. God used
that service to order my calling. Through
that service, He opened many doors of
blessing for me. Of all the generations
of editors-in-chief before and after me,
God placed me in a special position. So
far, I am the only person publishing a
pharmaceutical journal.

As editor of **Pharmanews**, I enjoyed the WHO training for health editors in Copenhagen in 1984. That training exposed me to the European Association of Science Editors (EASE) and I started attending their annual conferences and seminars in European countries. I also joined the International Federation of Science Editors Association (IFSEA).

In 1992, I had another WHO training in Geneva, Switzerland, and was thereafter appointed a temporary consultant in 1993. There is no paid job that impacted my life as the voluntary service of editor-inchief. This justifies what the Bible says in Ecclesiastes 11:6, "Sow your seed in the morning and at evening let not your hands be idle, for you do not know which will succeed, whether this or that, or whether both will do equally well."

Are you in any way still serving

Yes. I am the current vice president of the Nigeria Academy of Pharmacy (NAPharm), which is the ultimate in the profession of Pharmacy. As I said before, I don't vie for any position. When NAPharm was starting in 2014, the foundation president, Prince Juli Adelusi-Adeluyi, invited me to his office for a chat. He requested me to help him, using my knowledge of many of our colleagues, to identify one suitable person to be the vice president. I named several of the big and renowned pharmacists. Juli thought over the names and eventually said to me, "Atus tell me honestly, do you think that any of the names you have mentioned is more suitable than you?" I kept quiet. He said, "You are the vice president" and the dialogue ended. Today, I am still serving as the vice president.

At your present age of 84 years, do you still attend your professional meetings?

Concerning professional meetings, PSN has technical groups like Association of Community Pharmacists of Nigeria (ACPN), Association of Industrial Pharmacists of Nigeria (NAIP), Nigerian Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN), Nigerian Association of Pharmacists in Academia (NAPA) and Clinical Pharmacists Association of Nigeria (CPAN). From my peculiar career of pharmaceutical journalism, I don't fit into any of those groups. I just provide my services to all of them but do not belong to any of them.

However, I am active in attending the annual conferences of PSN. As a matter of fact, I have attended the annual conferences without interruption from 1973 to 2022 - that is, 49 years. By the grace of God, I will attend the 2023 conference, holding in Gombe this November, and that will be my 50th. This is a record.

I used to attend FIP conferences but have stopped. The conference I now attend is the Nigerian Association of Pharmacists and Pharmaceutical Scientists in the Americas (NAPPSA), held annually in different cities of USA. I started attending it from its inception in 2007 in Houston, Texas. I use that opportunity to travel out and enjoy my holiday.

As you celebrate the 44th anniversary of uninterrupted publication of *Pharmanews* this year, can you tell us one major reason for the success of the publication?

The main reason is the God-factor. Anything in the will, plan and purpose of God prospers. God gave me a clear vision of **Pharmanews** towards the end of 1978. Fortunately, I wrote the vision down clearly for anyone interested to see.

I believe that the success of **Pharmanews** rests squarely on following that vision diligently. I have remained focused and committed to the vision of Pharmanews. I thank God also for the staff that are equally committed to the vision.

I avoid anything whatsoever that tends to take me away from this vision. I believe that **Pharmanews** is God's business and we must serve Him faithfully in order to give a good account of our stewardship. I take the business of **Pharmanews** as my ministry and give it priority among all my other activities.

continued on page 57

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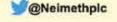
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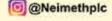


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How my priorities and lifestyle are aligning with life at 70 – Ezenwa

Pharm. (Mrs) Regina Ezenwa is a respected and well-known community pharmacist. A Fellow of the Pharmaceutical Society of Nigeria (PSN), she is the managing director of Rozec Pharmacy, Lagos. But perhaps she is best known as the founder and vision-bearer of The Roses Ministry, through which she is living her passion of helping the needy, the widows and the less-privileged in society. In this exclusive interview with MOSES DIKE, the veteran pharmacist, who recently joined the league of septuagenarians, recounts the major milestones of her life and how she is just adjusting to the realities of life at 70. She also expresses her desire for quality and affordable healthcare in Nigeria, while and offering valuable advice to the younger generation of pharmacists. Excerpts:



Pharm. (Mrs) Regina Ezenwa

It is our pleasure to welcome you to the senior citizens group. Kindly tell us about your background, career path and the events that have helped to shape your adult personality.

Thank you for welcoming me to this prestigious senior citizens group. I am Regina Ezenwa, nee Anyaegbuna. I am the second child and first daughter of seven children of the late Chief J.B.C. Anyaegbuna – also known as Apostle of Integrity, who retired meritoriously as a permanent secretary in Eastern Nigeria and as federal electoral commissioner in the 2nd Republic; and Ezinne Mrs Levinna Anyaegbuna (Chinyelugo) -a London trained seams rised-turnedbusinesswoman, who raised us to be God-fearing and with lots of love.

I attended the best schools of my time. By God's grace, starting school at St. Barth's School, Enugu - a prestigious primary school, where the likes of Ngozi Azikiwe, the first daughter of Nigeria's first president, had passed through - through Government Practising School, Uyo, and ending at WTC. Government Distinction in my First School Leaving Certificate Examination.

I passed the very competitive exams into the prestigious and only government girls' school in Eastern Nigeria, Queens' School, Enugu, and was awarded the Eastern Nigerian Government's full scholarship on merit, for my entire secondary school education

I left for St. Anne's School, Ibadan for my A' Levels. In my brief stay at St Anne's, I left indelible marks in my academics, winning the monthly prize for Chemistry throughout my stay. I was also active in sports like long jump and netball where I became the netball captain.

From St Anne's, I went on to University of Ife, Ile-Ife (now Obafemi Awolowo University) to study Pharmacy. I started with a Federal Government Scholarship but in my second year, I was awarded the university scholarship and graduated with a second class (honours) degree, B. Pharm. I was offered one of the limited opportunities to study for a master's degree in the same year as the mandatory pharmacy internship. I took up the offer and successfully completed both at the expected time, while serving as a graduate assistant.

For my national service (NYSC), I was a lecturer at the School of Health Technology, Akure. At the end of my service year, I got married to Obidi, who was an engineer with Schlumberger in Port Harcourt. So, I left the business of completing my PhD and lecturing, to joyfully join the Rivers State-owned Drug Manufacturing Laboratory. Working with bosses who gave me a free hand, I revitalised the manufacturing process, increased product types, as well as the quantity and frequency of production, to meet the needs of hospitals in Rivers State. In-between manufacturing processes, I helped out in the State Pharmaceutical Store, which was in the same premises.

I got an offer and took up the position as a hospital pharmacist at NNPC, Medical Division, Port Harcourt, but moved with my Practising School, Enugu, with husband to Lagos, transferring internally to NNPC Medical, Lagos. I later resigned from NNPC to fulfil my passion of community service, setting up Rozec Pharmacy Ltd in 1986. Rozec Pharmacy is known for its high standard of ethical practice, serving as a training centre for young pharmacists, pharmacy interns and

> Recently, you clocked 70 years of age. How has this affected your priorities and how are you trying to adjust to the realities of old age?

> Glory be to God who has graciously given me life for 70 full years. I look back with a sense of awe at God's goodness to me. My priorities have moved from placing physical and ephemeral (though important) things on the top burner to prioritising the purpose of God, as it is clear that I am nearer the end now than 70 years ago. So I have less time to finish the work God has placed in my hands, starting from my "Jerusalem" - family; "Judea" -

friends and acquaintances; "Samaria" – evangelism to all, especially the vulnerable and the despised; to "the ends of the earth" - all! (Acts 1:8).

I prioritise diet and exercise, and as a dedicated Christian, prayer. My diet

Christian, prayer. My diet includes much more vegetable than previously, less oil and salt, and no artificial sugars. In the last few years, I have included, in my diet, healthenhancing juices, made of raw vegetables, with 70 per cent carrots from slow masticating Hurom juicer; smoothies and more natural products. The health benefits of exercise cannot be overemphasised. I take brisk walks, at least, three

take brisk walks, at least, tillee to five times weekly.

My prayer life, which gained power at age 17, when I gave my life to Christ, as my Lord and Saviour, has as my Lord and Saviour, has gained momentum. I have covenant times of prayer and studying the Bible, in addition to set times for The Roses Ministry and church. I wish I could say that I have been totally obedient to my Lord

in my 70 years but thanks be to our compassionate and merciful God, I can say that I am more determined to live in greater obedience to the word of God.

I have learnt not to carry burdens I do not have solutions to; so I cast them to the Lord in prayer. I have learnt to love myself more and to dwell more on my strengths than cry over my weaknesses. I decongest my wardrobe, home and kitchen store from time to time and give out clothes and items. I am much more generous.

How did you come about your choice of Pharmacy as a course of study? Did you have any role models in your younger days who guided you to make the choice?

Incidentally, I did not have any pharmacists as role models in my growing up years. I was an all-round student, doing as well in the arts subjects as in the science subjects. I had to make my choice of course of study at the end of the civil war. This was influenced by practical experiences of life. As a Girls Guide, at the beginning of the war, we were taken to the hospital to assist in taking care of patients who were brought in daily from northern Nigeria during the pogrom, in which millions were brutally wounded. That was my first exposure to the wounded, the weak and the vulnerable and I was passionate about giving a helping hand.

During the war, I felt the pain of many refugees, as my mum would send me to the refugee camp to take food items to some of them. We joined in making "dry packs" of snacks to be sent to the soldiers in the warfronts. When a clinic was opened in our estate, I helped out in rolling up cotton wool balls and first aid packs to be used to treat the sick and the wounded around us from air raid, etc. The impact of these experiences on my compassionate nature made me desire to study Medicine, as I felt I would be able to help more people. However, my Dad advised me to consider Pharmacy.

Surprisingly, unlike the situation at Queen's School, Enugu,

students felt our first choice should be Medicine, at St. Anne's, Ibadan, where I went for my A' Levels, the first choice of the top science students was Pharmacy. Taking my dad's advice into consideration, the excitement for Pharmacy caught up with me. The Lord gave me what I desired and I got admission into the best pharmacy school at that time, the University of Ife (now OAU). And I will confidently say that becoming a pharmacist is one of my best choices in life. I am fulfilled as a pharmacist.

What is it about Pharmacy that gives you the biggest fulfilment or happiness?

As I mentioned earlier, I have worked in different aspects of Pharmacy but my greatest joy and accomplishment has been in community pharmacy, as it has offered me the opportunity to achieve definable positive health outcomes in the lives of patients. I remember countless patients who came in to buy medications that would have just given temporary relief but received pharmaceutical care that brought healing; women who came in to buy ovulatory stimulants but received pharmaceutical counselling and, for those who accepted, prayers too. And many came back to put their babies in my arms. I remember a particular lady who followed my counsel and had a son. She left Lagos but came back about over a decade later, with three boys when I had forgotten who she was.

You were at some point in academia before coming to community pharmacy practice.
What informed your decision to
make this switch?

Academia is fulfilling in research, as well as impacting the lives of young ones and training them to become pharmacists. But community pharmacy brings to fulfilment the passion for service, the compassion to be an instrument in changing lives, bringing healing and solutions; and, at the same time, it involves training younger colleagues.
I also revel in the number

of pharmacists who received some training at Rozec Pharmacy, which made impacts in their lives. Many of them have set up flourishing practices that give me joy. In fact, one of them once called me that they should have "Alumni of Rozec Pharmacy Pharmacists".

Community pharmacy is like becoming pregnant, carrying it to full term and giving birth to a baby; then nurturing the baby to responsible adulthood. My choice, any day is community pharmacy!

As a senior pharmacist, which of the issues affecting Pharmacy and healthcare in general would you like the government and stakeholders to address more frontally, especially as we have ushered in a new government in Nigeria?

I desire to see a new Nigeria with a healthcare system where medical care and medicines are affordable to the poorest, where lives are not lost when they can be saved through good healthcare. It is feasible, especially in the light of wasted resources and the humongous amounts of funds that are lost through corruption. These can be used in improving healthcare.

I desire to see a new Nigeria, where the rest of West Africa, Africa and beyond come to order their medicines, as a result of the high quality. Most medicines made in Nigeria are of international quality but the restrictions come from how the country is perceived and, of course, huge costs of production.

I desire to see a new Nigeria, where a minimum of 50 to 70 per cent of our drug needs are manufactured in Nigeria. Presently, it is 30 per cent. I desire to see a new Nigeria, where the

continued from page 54

<u>where many of us top scienc</u> Celebrating 44 Years of Uninterrupted Monthly Publication (1979-2023) 









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Nzu, the calaba

By Pharm. Ngozika Okoye MSc, MPH, FPCPharm (Nigeria Natural Medicine Development Agency)
Email: ngozikaokoye@yahoo.com

according to his rank, as a titled

man, native doctor or juju priest.

of large doses of nzu with

anaemia in pregnant women,

loss of iron and potassium from

Studies associate the intake

Adverse effects



zu is called earth clay, kaolin, calabash chalk, Calabar stone (English), nzu (Igbo of Nigeria), efun in Yoruba, ndom (Efik/Ibibio) and eko (Bini/Edo).

Constituents

Nzu contains little calcium and excessive amounts of heavy metals. It contains aluminum, lead, organic pollutants, silicon, iron, alpha lindane, chromium, arsenic endrin, and endosulfan. Nzu can be synthesized artificially by combining clay, sand, wood ash, and salt.

Preparations Nzu is available and used as powder or lumps.

Pharmacological actions and medicinal uses

In Nigeria and other parts of Africa, calabash chalk is used by women during pregnancy, after childbirth and some days after, to manage morning sickness, nausea and vomiting, diarrhoea and skincare. Eating calabash chalk allegedly stopped many pregnant women from spitting.

Traditionally, nzu is believed to ensure foetal development and help women in giving birth to beautiful babies. Studies have shown that geophagy (eating earth) can help increase nutrient absorption, which is important during early pregnancy and the childhood years for growth.

Nzu is said to help to detoxify the body by binding to toxins and pathogens, thereby preventing them from being absorbed, thus relieving stomach disorders and calming gastric pains. Studies have also shown that earth clay can strengthen the stomach lining or act as a barrier that stops the entrance of viruses and bacteria. Earth clay has a soothing effect on the stomach and also helps to combat heartburn because of its ability to influence the pH of the stomach acid.

Many people believe that eating chalk and soil can be good for losing weight, during pregnancy, for diarrhoea treatment and simple pleasure.

Nzu is very important in the Igbo custom. It is sometimes presented, instead of kolanut, to a titled visitor, as a mark of respect and social esteem. The visitor applies it on his eyelids and toes, and also makes certain traditional marks on the floor,

body, intestinal blockage, risk of high blood pressure, swelling, addiction, lead poisoning, nervous and kidney damage, gastric ulcer, among other debilitating medical conditions.

Nzu affects the unborn baby and may lead to health problems in new-borns and infants. It can lower femur bone density by reducing its minerals.

The presence of lead in clay and their lifespan.

Study showed that those who to worm infestation than those

who do not eat earth, due to poor handling and exposure to the environment by the dealers.

Economic potentials

In the Nigerian market, nzu is sold at N30 per four pieces. In big shops, a pack may be sold for N7,500. Though there appears to be a high volume of adverse effects associated with nzu intake, there are potentials for *nzu* in the pharmaceutical and cosmetics industries.

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interferes with bioavailability of micronutrients, leading to micronutrient deficiency. Lead also reduces the production of red blood cells (erythropoiesis), their size (microcytic anaemia)

eat clay could be more prone

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... immune booster

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Events in Pictures



A cross-section of NAPharm new and old Fellows at the recent investiture, held at the the J. F. Ade-Ajayi Main Auditorium, University of Lagos.



L-R: Pharm. Lekan Asuni, GIPAA global chairman; Prince Julius Adelusi-Adeluyi, GIPAA grand patron; Pharm. (Chief) Bunmi Olaopa; and Pharm. Adebayo Temenu, GIPAA global secretary, at the executives Visit to their grand patron in Lagos.



L-R: Pharm. (Dr) Ukamaka Okafor, PCN zonal coordinator in Lagos; Prof. Cyril Usifoh, PSN president; Osolo of Isolo, Oba Kabiru Kolawole Agbabiaka, and other dignitaries at the launch of AHAPN magazine, during the 24th Annual National Scientific Conference of AHĀPN, in Lagos, recently.



L-R: Pharm. (Dr) Maureen Nwafor; Pharm. (Mrs) Zainab Alabi, national publicity secretary, AHAPN; Pharm. (Dr) Titilayo Onedo, former chairman, Lagos AHAPN; and Pharm. Oladele Obikoya, national secretary, AHAPN, at the Cultural/Gala Night of the 24th Annual National Scientific Conference of AHAPN, in Lagos, recently. recently.

Coming Events

5th NAFTraph Conference Date: 12th - 14th October, 2023 Venue: Sheraton Hotel & Towers,

Ikeja, Lagos

96th Annual National Conference of PSN

Date: 30th Oct -4th November, 2023

Gombe Intel Conference Centre, Bauchi Venue:

Road, Gombe

08034000841 Phone:



L-R: Pharm. (Dr) Ugochinyere Ogudu, Ikorodu General Hospital; Pharm. (Mrs) Folashade Kotun, former chairman, Lagos AHAPN: Pharm. (Mrs) Modupe Bakare, director of Pharmaceutical Services, General Hospital, Gbagada, Lagos; and Pharm. (Mrs) Margaret Adedapo, at the Cutural/Gala Night of the 24th Annual National Scientific Conference of AHAPN, in Lagos, recently.



L-R: Pharm. Ojo Abimbola; Pharm. Umah Ndukwe; and Pharm. (Mrs) Oyebisi Omolambe, director, Pharmaceutical Services, Lagos State Ministry of Health, at the Lagos PSN Scientific Week opening ceremony, held at the Sheraton Hotel, Ikeja, recently.



L-R: Pharm.(Dr) Kingsley Amibor, former national chairman, AHAPN; Pharm. Thomas Ilupeju, director at PCN; Pharm. (Dr) Adeyinka Ishola, chairman, COMHPFHI; and Pharm. (Dr) Yejide Oseni, director at PCN, at the Cutural/Gala Night of the 24th Annual National Scientific Conference of AHAPN, in Lagos, recently.



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THE JOURNEY OF AGILE ORGANISATION

Legacy-driven leadership: Creating a lasting impact (2)

By Prof. 'Lere Baale, FPSN, FPCPharm, FNAPharm, FNIM

o help guide your sustainable success as a leader and keep you moving in the right direction, here are five stages of legacy building that will define the significance of your leadership:

1. Identity and values

You must know and be highly connected with who you are and what you represent as an individual and a leader. What values and beliefs influence your leadership, behaviour, and attitude? Do others know the real you and what you represent as a leader for the betterment of a healthier whole?

Many would argue that Steve Jobs constantly searched, until he discovered his identity and value system. As was captured by Walter Isaacson in Jobs' biography, he seemed to be in a constant treasure hunt for personal identity, which influenced many of his ideas and ideals. In many respects, Jobs was connecting the dots of his genius as a forward-thinking innovator throughout the various stages of his career.

Personally, I love productivity, honesty and dedication and have demonstrated those values throughout my career.

2. Guiding foundational principles

Once you have solidified your identity and values, how do they translate into a set of guiding principles that others can begin to expect from you? These principles should represent your most enduring ideas and ideals and set the tone for your performance expectations as a leader.

Former General Electric CEO, Jack Welch, was known for growing fast in the slowgrowth economy of the 1980s by eradicating perceived inefficiencies, trimming inventories and dismantling bureaucracy. Welch's guiding foundational principle was that a company should be either No. 1 or No. 2 in its particular industry, or else it should quit the industry. Other CEOs later adopted this approach and mindset across corporate America. I understand this as the principle of FOCUS.

3. Courage and risk-taking

As a leader, you must trust your gut and be courageous enough to take calculated risks. Sometimes, this requires you to trust yourself enough to challenge the status quo and push the envelope of conventional wisdom—even if this means putting your reputation on the line.

The legacy of Ronald Reagan is as strong as ever as U.S. political parties are searching for an arrative both sides can lean on to rebuild public trust in government and an example of how the president should lead. Reagan's legacy was one based on courage and timely risk-taking. Supporters have pointed to a more efficient and prosperous economy in the 80s due to Reaganomics' foreign policy triumphs, including a

Legacy building is about being mindful of the opportunity and the responsibility you have to serve your advancement by serving others. Only you can set the tone and define the performance standards you expect from others. As such, you must be incredibly selfdisciplined to hold yourself accountable to deliver to those standards every step of the way consistently.

peaceful end to the Cold War.

As a result of his courageous actions and charismatic personality, Edwin Feulner, president of The Heritage Foundation, said that Reagan "helped create a safer, freer world" and that "he took an America suffering from 'malaise'... and made its citizens believe again in their destiny." That is a principle embedded in far-sightedness and resilience.

4. Genuine care to advance others

Understanding what inspires happiness in those who support your leadership is critically important. Throughout your leadership journey, you must continue to learn how to serve others better and genuinely support their career advancement and overall engagement at work.

and overall engagement at work. For example, I've always been passionate about elevating the market value of my employees' talents. Though I never wanted my best talent to leave the organisation I was serving, I felt a genuine responsibility to reciprocate the value they added to my leadership success. This meant taking the time to understand them and working towards helping them accomplish their career goals. As their mentor and/or sponsor, I made sure to give them the additional time and guidance they needed to prepare them for the next phase of their careers.

5. Responsibility and accountability

Legacy building is about being mindful of the opportunity and the responsibility you have to serve your advancement by serving others. Only you can set the tone and define the performance standards you expect from others. As such, you must be incredibly self-disciplined to hold yourself accountable to deliver to those standards every step of the way consistently.

When you think about it, legacy is the establishment of traditions that can be passed on to future generations. The model is the family business, where history and experience are directly passed on to children and other family members so that they can successfully take over and grow the business. As a leader, it is your responsibility to uphold the legacy and traditions of those that came before you – but you must also hold yourself accountable to build upon those traditions to further strengthen the culture, human capital and brand of the organisation you serve.

80s due to Reaganomics' foreign We see examples of this all policy triumphs, including a the time that we can draw from.

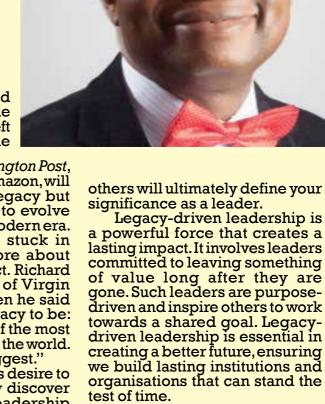
Tim Cook has continued to uphold and further the legacy that Steve Jobs left behind at Apple. As the

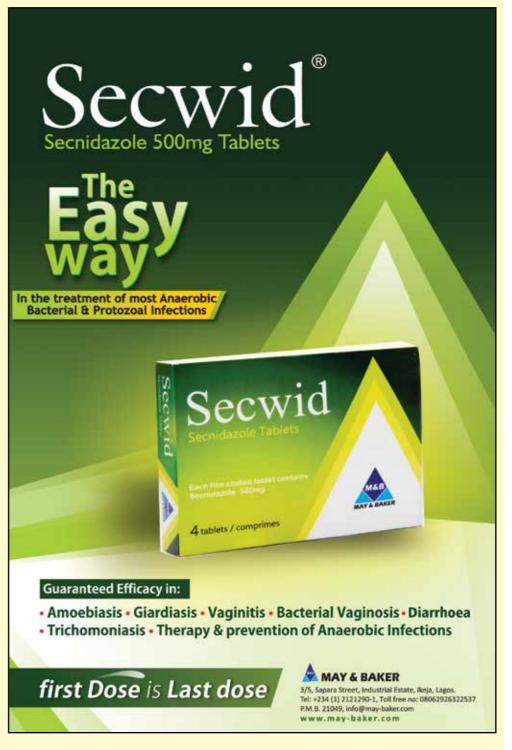
new owner of *The Washington Post*, Jeff Bezos, founder of Amazon, will not only carry on its legacy but plans to build upon it to evolve the newspaper to the modern era.

Leaders who feel stuck in their careers care more about recognition than respect. Richard Branson, the founder of Virgin Group, had it right when he said what he wanted his legacy to be: "To have created one of the most respected companies in the world. Not necessarily the biggest."

It is not until leaders desire to be significant that they discover the true meaning of leadership and legacy building. When this moment is realised, the lens you see through becomes crystal clear; you begin to understand that being accountable for the advancement and success of

Prof. Lere Baale is dean, Business School Netherlands International, Nigeria





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Nursing Practice ◀

Investment in Nursing crucial to achieving universal health coverage - Gitembagara By Temitope Obayendo

President of the African International Council of Nursing, Nurse Andre Gitembagara, has drawn the attention of African leaders to the priority of investing in Nursing, stressing that this is one of the major means of accelerating universal health coverage (UHC).

Gitembagara, who decried the shortage of nurses, not just in Lagos, Nigeria, but in the entire African continent, lamented that there is a wide gap between the number of nurses needed and what is currently available.

He argued that since statistics show that nurses provide 50 per cent of services in healthcare delivery, their unavailability or shortage will definitely jeopardise the UHC goal.

Gitembagara, who is also president of Rwanda Nurses and Midwives Union, made the observations while presenting the keynote address at the Scientific Week of the National Association of Nigerian Nurses and Midwives (NANNM), Lagos State Chapter, recently.

He said, "If we must achieve universal health coverage and the Sustainable Development Goals in the health sector, government at all levels must invest in Nursing".

The African nurse leader attributed what he described as huge deficiencies in healthcare to absence of nurses in top managerial positions, where decisions are taken, adding that there is an urgent need for training and retraining of more nurses that will be able to represent nurses' interest in the corridors of power.

Also speaking at the conference, President of NANNM, Nurse Michael Nnachi, urged the Nigerian government to give nurses in the country the recognition they deserve, saying nurses are the livewire of the healthcare system.

Nnachi equally averred that nurses, like other professionals in the healthcare sector, should be appointed into various key positions, including board membership, saying such a move would further serve to motivate nurses in the country.

Commenting on theme of the conference, "Our nurses, our future", the NANNM president highlighted various challenges bedevilling nursing and midwifery practice in Nigeria, which include brain drain and low remuneration, even as he called for the provision of appropriate tools for nurses to work.

Emphasising the need for improved remuneration for nurses across the country, Nnachi said, "There should be provision of life security for the nurses because they deserve to be protected. Nurses are not well paid; whereas, they deserve better remuneration. Paying the nurses well will prevent brain drain. Enhanced nursing salary packages should be provided for the nurses."

Continuing, he said, "Upward review of allowances for nurses should be implemented immediately. There should also be all forms of motivation in terms of housing, cars and other benefits that will encourage the nurses. The government should encourage



Nurse leaders cutting the Scientific Week Cake, at the 2023 Lagos NANNM Scientific Conference, held in Lagos, recently.

and empower the Nursing and Midwifery Council."

In his address, Chairman of NANNM in Lagos State, Nurse Olurotimi Awojide, corroborated that investment in Nursing is very important if quality healthcare delivery must be achieved.

He urged the Lagos State Government to invest more in nurses, through sponsorship to trainings and conferences, both local and international.

Awojide noted that the challenge of brain drain has put more pressure on the few available nurses, not just in Lagos State, but also across the country, stressing that the more brain drain in nursing

practice, the higher the mortality rate will be in the country.

Speaking in a brief chat with **Pharmanews**, Awojide lamented what he described as the global shortage of nurses.

He added that the high demand for nurses globally is depleting the number of nurses available in Nigeria, a situation he said is already taking its toll on the country's health sector.

According to him, based on the World Health Organisation's recommendation, a nurse is expected to attend to a maximum offour patients, so as to give optimum service and care, but in Nigeria, only two nurses could be attending to a 30-bedded ward, saying this means that one nurse is attending to about 15 patients, as against the recommended four.

Awojide further warned that the current shortage of nurses in the country could get worse, if nothing is done to address it, adding that without the nurses, quality service delivery may not be readily achievable in the hospitals.

"Despite the problem of the shortage that we already have, more nurses are still leaving the country every day. What does the future hold for us, if this ugly trend continue?" Awoiide asked.

Lagos govt reviews essential medicines lists, improves healthcare delivery

By Temitope Obayendo



L-R: Pharm. (Dr) Shakirat Adeosun, director, Pharmaceutical Services, Primary Healthcare Board, Lagos State; Pharm. (Mrs) Oyebisi Omolambe, director, Pharmaceutical Services, Lagos State Ministry of Health; Dr Funmilayo Shokunbi, director, Medical Administration, Training and Programmes, Lagos State Ministry of Health; Pharm. Segun Onakoya, DPS, Health Service Commission, and Pharm. Babayemi Oyekunle, chairman, Pharmaceutical Society of Nigeria, Lagos State Chapter, at the programme.

he Lagos State Government has reviewed and launched new editions of the Lagos State Essential Medicines List (LEML). This, it says, will enhance the attainment of Sustainable Development Goal (SDG)

target 3.8 that seeks to achieve universal health coverage (UHC), through access to quality essential healthcare services and access to safe, effective, quality, affordable, and essential medicines for all.

TheunveiledLEML, which include the third edition of the essential medicines list for adults and the first edition of the essential medicines list for children, consists of essential

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Oyekunle, Adepoju-Bello task academic pharmacists on access to safe, effective medicines

- As NAPA-Lagos holds 2023 NAPA Day

hairman of the Lagos State Chapter of the Pharmaceutical Society of Nigeria (PSN), Pharm. Babayemi Oyekunle, has called on academic pharmacists in Nigeria to prioritise facilitation of access to safe and effective medicines for the citizenry. He also urged them to play more active roles in pharmacy practice, so as to be able to positively transform the profession.

Oyekunle gave the charge at a recent symposium, which was part of activities organised to mark this year's NAPA Day, by the Lagos State Chapter of the Nigeria Association of Pharmacists in Academia (NAPA). The theme of the symposium was "The Role of Academia in Ensuring Access to Safe and Effective Medicines."

The Lagos PSN leader tasked the academics to focus more on applied research that can solve problems in the pharmaceutical industry and add value to the quality of healthcare delivery in Nigeria. He emphasised that research efforts that are not relevant to the needs of the populace or solve industrial and societal problem would be consigned to the shelves.

Oyekunle further urged the scholars to teach students what is relevant to the nation's environment and not just generalised theories.

Also speaking at the symposium, Dean of the Faculty of Pharmacy, University of Lagos, Prof. Gloria Ayoola, affirmed that pharmacists in academia are custodians of innovation and research, adding that this confers the responsibility for safe and effective medicines on them.

While delivering the keynote address at the event, the immediate past Dean of the Faculty of Pharmacy, University of Lagos, Prof. Aderonke Adepoju-Bello, explained the key concepts in the theme, saying access to drugs involves making sure that the populace gets medicines when needed and without stress. She added that drug safety encompasses the dosage, toxicity, efficiency, and expiry date of a drug.

Charging her academic colleagues, Adepoju-Bello said: "Academic pharmacists are expected to play several roles in ensuring that people can access medicines that are safe and effective. They serve as the hub for extensive pharmaceutical research and development. This is done by conducting thorough scientific investigations to discover and develop medicines that meet standards, and we can do this by collaborating."

The keynote speaker added that academic pharmacists' role in ensuring access to safe and effective drugs extends beyond the laboratory and classroom. She stressed the need for the researchers to also practise, so as to have practical knowledge.

The former dean further urged academic pharmacists not to be afraid to shine the light and educate healthcare workers on drug safety. She also averred that academia must be involved in drug discovery, design, and synthesis; stressing that such are the fundamentals of research.

Adepoju-Bello further asserted that pharmacists in academia should be more involved in herbal medicine. She said while herbal medicine is sometimes considered unsafe, in terms of dosage and other factors, it is the duty of the academics to come up with solutions to the anomalies, adding that they should also be



Distinguished Prof. Cecilia Igwilo presenting an award to Prof. Aderonke Adepoju-Bello; as Lagos NAPA Chairman, Dr Chukwuemeka Azubuike (left), and Eng. Humphrey Igwilo (right) look in admiration, at the 2023 Lagos NAPA day symposium held recently.

involved in the pharmacokinetics of drugs.

The keynote presenter equally harped on the need for academic pharmacists to collaborate with industrial pharmacists, as well as the regulatory bodies.

Earlier in his remarks, Chairman of the Lagos Chapter of NAPA, Dr Azubuike Chukwuemeka, recalled how Nigeria nearly got into trouble during the COVID-19 lockdown in 2020, noting that the experience was an eye-opener to the fact that concerted efforts must be made to ensure that drugs are readily available for Nigerians at every point in time.

Stressing the indispensable role of academic pharmacy as the mother of all other aspects of Pharmacy, Chukwuemeka revealed that academic pharmacists in Lagos have continually been at the forefront of ensuring that Nigerians have access to safe and effective medicines.

Also speaking on the sub-theme of the symposium, "Access to Safe and Effective Medicines in Nigeria: Collaboration Between Industry and Academia", the Commercial Controller of Fidson Healthcare PLC, Mr Ola Ijimakin, stated that, while pharmacists in academia have the professional knowledge and expertise, they often do not collaborate with the industry, which has the resources for sponsorship. He added that this often prevents academic knowledge from being optimally used to solve industrial and societal problems.

According to Ijimakin, areas in which academic pharmacists can collaborate with their industrial counterparts include new drug discovery and development of processes that are efficient and less-expensive. He added that pharmacists in academia can also conduct clinical trials.

The Fidson commercial controller called on the leadership of NAPA to find a way to resolve the challenge of who owns the outcome of sponsored research works, adding that NAPA also needs to have a platform where people in the industry will easily know that certain research areas are available for sponsorship.

Lagos govt reviews essential medicines lists, improves healthcare delivery

continued from page 44

medicines for the management and treatment of communicable and non-communicable diseases, maternal and child health services, mental healthcare, and emergency care for the state populace.

Stakeholders at the official launch and dissemination of the document, held recently at the Lagos Chamber of Commerce and Industry (LCCI), Alausa, Ikeja, disclosed that it is a guide to help with the treatment of various medical conditions prevalent in the state and cater to the basic healthcare needs of adults and children.

The Permanent Secretary, Lagos State Ministry of Health (LSMH), Dr Olusegun Ogboye, explained that the new editions of LEML will satisfy the priority healthcare needs of the population. He added that the new essential medicines lists were reviewed and developed with due regard to disease prevalence, public health relevance, evidence of efficacy and safety, and comparative cost-effectiveness, which are intended to be available in the state health systems at all times, in appropriate dosage forms and assured quality.

Ogboye, who was represented by the Director of Medical Administration, Training and Programmes in the State Ministry of Health, Dr Funmilayo Shokunbi, further explained that the review, development, and launch of the state essential medicines list, which was done in collaboration with the Smile for Mothers Programme, will provide a platform for policymakers, healthcare providers, public health programme managers and implementing partners to determine and prioritise the medicine needs of Lagos State for the improvement of health outcomes.

In his words: "The launched essential medicines list reflects the latest updates and new additions to guide and inform the state's medicines needs. This will help in

promoting and achieving UHC as well as improve access to a full range of quality healthcare, where and when the need arises."

Earlier, the Director of Pharmaceutical Services, Lagos State Ministry of Health, Pharm. Oyebisi Omolambe, noted that the upgrade and launch of the state essential medicines lists is geared towards SDG target 3.8, which seeks to achieve access to quality essential healthcare services and access to safe, effective, quality, and affordable essential medicines and vaccines for all.

She appreciated the Smiles for Mothers Programme and other stakeholders that collaborated with the state government in the realisation of the comprehensive state essential medicines list, noting that the government remains open to more productive collaborations, geared towards strengthening the healthcare system and improving health outcomes for the citizenry.

She said, "I wish to express my gratitude and appreciation to the organisers of the Smiles for Mothers Programme, for their immense support towards the development of this newly reviewed list (LEML). The Smiles for Mothers Programme has been instrumental in the realisation of this great task. We seek your continuous support and collaboration in the future as we continue in the journey of providing qualitative health to the citizens of Lagos State."

Also speaking, the State Lead, Smile for Mothers Programme, Dr Damilola Oyedele, affirmed the commitment of the organisation to support governments at federal and state levels in the reduction of maternal mortality and morbidity.

Oyedele disclosed that this will be done through partnerships that will create opportunities for the introduction of innovations that will positively impact healthcare delivery.





Achieving medicine security in Nigeria requires strategic planning - Ukeje

Tanayo Ukeje is an associate director, Global Pharmaceutical Technology (GPT) and Science & Technology (S&T) Abbvie Inc., with oversight responsibilities of global equipment/process qualifications and manufacturing activities in internal, CDMO/TPM/CMO sites. He has over 20 years of BioPhrama drug product development experience, ranging from concept to launch. He is also a director of HADO Pharmacy, UK, a rapidly growing pharmacy chain in Diss, Norfolk, and Felixstowe, Suffolk, UK.

In this interview with **TEMITOPE OBAYENDO**, Ukeje, who is also chairman, Board of Directors of West Africa Chamber of Commerce and Industry, Illinois, USA., and editor-in-chief, NAPPSA Digest, reveals the blueprint for achieving medicines security in Nigeria. He also gives clues into ways to address challenges surrounding local drugs development, from discovery to launch stages. Excerpts:



Dr Anayo Ukeje

Kindly share with us sir, key roles you have played in drug development.

As an award-winning global leader with over 20 years of experience in the pharmaceutical/biopharmaceutical Industry, I have broad experience in drug product/device development, from concept to product launch.

The roles I've played in drug/device development evolved with time and experience. I started my role in drug/device development from preformulation development, which involves physicochemical characterisations of active pharmaceutical ingredients (APIs) and excipients, to generate data required for selection of new chemical entities (NCEs).

The selected new chemical entities are then used for feasibility formulations to various dosage forms, ranging from simple (liquid/solid) to complex (suspension, emulsion, gel, etc) for pre-clinical testing and studies. The studies include, but are not limited, to Tox, Biocom, in vitro and in vivo studies. The data generated from these studies are used for filing investigational new drug application (IND) for drug product or investigational device

exemption (IDE) for device (FDA) or a clinical trial application (CTA for EU). These submissions are made to the competent national regulatory authorities to obtain authorisation to conduct a clinical trial in a specific country or region.

My role later progressed to drug/device development, process development and extensive physicochemical characterisations for again clinical trial, starting with first-in-man (FIM), small clinical trials, involving 20-30 people (phase 1), progressing to phase II (a &b), as appropriate, and largescale phase III studies. This sequence does not apply to generic drug development, as only Bioavailability (BA) and Bioequivalent (BE) studies are required.

Later in my career, I transitioned to leading technology transfer to manufacturing, scaling up the process to commercial process/batch size, manufacturing of demo/stability batches required for new drug application (NDA) or abbreviated drug application (ANDA), in the case of generics or pre-marketing authorisations (PMA) or CE Mark for device.

Once these applications are filed to the various competent

national regulatory authorities for authorisation to launch, I get busy with process validation activities. These activities are aimed at validating the commercial manufacturing process to ensure that the process can reproducibly manufacture drug product or device for launch/distribution. Whereas all manufacturing activities, from clinical trial batches to process validation batches, are considered part of process performance qualifications (PPQ) under the new process qualifications paradigm, only the last three consecutive successful validation batches are used for launch/distribution for human use.

In the last 10 years of my career in the industry, my role took a turn to drug product/device development engineering. This means that I am responsible for equipment design and qualifications, facility qualifications and process validation. Currently, as CMC/project lead, I have oversight responsibilities of global pharmaceutical/biopharmaceutical product and device project teams involved in equipment/process qualifications, tech transfer and manufacturing activities for internal, contract development and manufacturing organisations (CDMO), third party manufacturers (TPM) or contract manufacturing organisations (CMO) sites.

Could you tell us the place of technology transfer in drug development?

Pharmaceutical technology transfer, also simply known as a tech transfer, is a series of knowledge transfers of process, procedures, and methodologies from bench to pilot plant and from pilot to the manufacturing floor. In other words, technology transfer, in drug development, involves transfer of drug product and its established manufacturing processes and analytical methodologies, from development site to commercial production site. This process could happen internally within a company, or from external to internal, or vice

Tech transfer process is required to progress drug product from bench development to pilot scale (usually for clinical trial) and from pilot to commercial scale for launch. Even if clinical trial is not required in the case of some brand equivalent (ANDA) products, manufacturing process still needs to be transferred and scaled up from bench to pilot/launch batch size and validated prior to product launch and distribution for human use. The amount of work required for accomplishing tech transfer depends on the complexity of product/device and manufacturing process/analytical methodologies being transferred.

What are the major challenges often encountered in the process of drug development and how can

they be resolved?

The major challenges in drug development are development timescale (length/duration), which depends on type of drug (small/large molecules), aseptic processing/terminally sterilised dosage form, complexity and uncertainty of success, including manufacturing difficulties. Also, limited market potential and regulatory requirements (USA, EU and ROW) costs contribute to major challenges. On the technical side, safety and toxicity issues pose the greatest challenges.

The resolution of some of these challenges must start by reducing the timescale and costs of development, through innovative right first-time approach, quality by design, removal of barriers in knowledge transfer, and increase in regulatory harmonisation among major regulatory authorities like the use of European Medicinal Agency (EMA) to granting of medicine licence that is valid across all EU member states (centralized procedure).

Common EU-FDA "Mutual Recognition Agreements" Article 8.3 provides FDA and European Union the option to rely on inspection reports issued by a recognised authority for manufacturing facilities, thus strengthening use of each other's drug inspection expertise and resources, which results in greater efficiencies for both regulatory authorities. This provides a more practical means to oversee the large number of drug manufacturing facilities outside of the United States and the European Union.

Deployment of "African medicines regulatory harmonisation initiative" to facilitate and coordinate the harmonisation of medicines regulation and improve access to quality, safe, efficacious and affordable medicines in Africa, as part of the broader African Union Framework on Pharmaceutical Manufacturing Plan for Africa (PMPA), seeks to adopt a similar model to reduce cost of development and approval process.

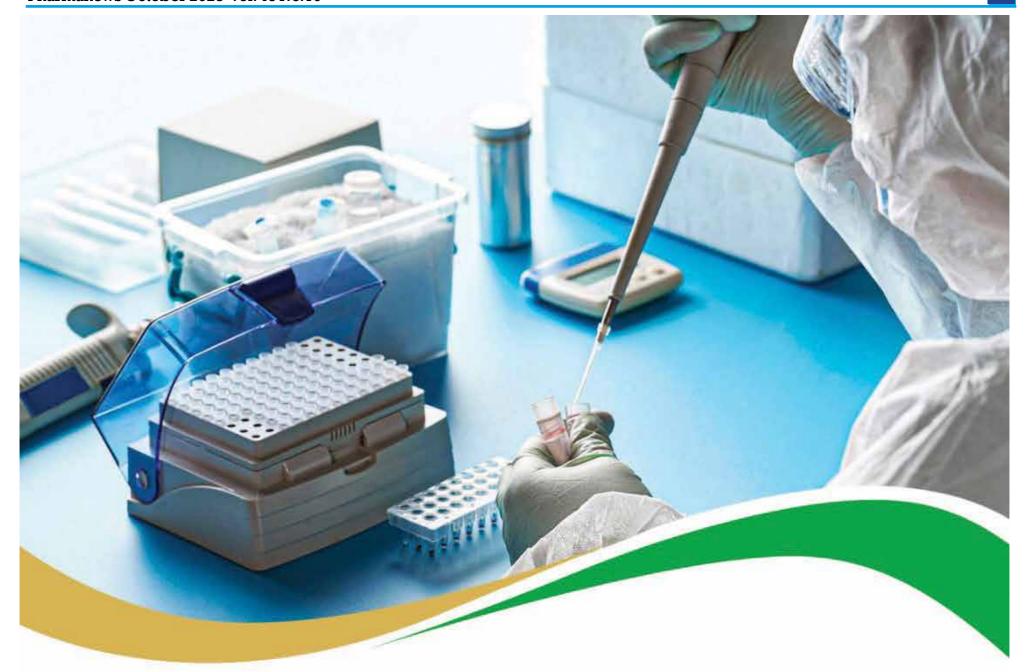
Could differentiate drug development from drug manufacturing?

Drug development involves the entire process of bringing a new drug or device to market. It is an integrated, multidisciplinary endeavour that includes drug discovery, chemistry and pharmacology, nonclinical safety testing, manufacturing, clinical trials, and regulatory submissions. In other words, there are four main phases of drug development: discovery, preclinical studies, clinical development and marketing approval.

Conversely, manufacturing involves making a drug product or device by use of standard operating procedure, manufacturing instructions or visual aids for distribution to customers upon completion and release. The steps required in a manufacturing process are usually illustrated in manufacturing process flowchart aka unit operation.

Legally, the term "manufacture" means the production, preparation, propagation, compounding, or processing of a drug or other substance, either directly or indirectly, or by extraction from substances of natural origin, or independently by means of chemical

continued on page 56



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NAPharm reaffirms commitment to pharmaceutical research, development

- Inducts Falabi, Adigwe, 12 others as Fellows

By Ranmilowo Ojalumo

he Nigeria Academy of Pharmacy (NAPharm) has reiterated its commitment to advancing pharmaceutical research and development in Nigeria, as well as strengthening the country's healthcare system and ensuring that the training of pharmacists follows global trends.

The academy gave the pledge at the recent induction of 14 new Fellows into its fold, in recognition of their contributions to the pharmaceutical industry over the years. The ceremony, was held on 7 September, at the J. F. Ade-Ajayi Hall of the University of Lagos.

According to a member of the Education Committee of NAPharm, who was also the Chairman of the 2023 investiture ceremony, Pharm. Paul Enebeli, the new Fellows were selected across the various fields of the pharmaceutical industry.

Enebeli disclosed that about 23 nominees were rigorously screened, with 14 eventually scaling through and making the inductees' list.

The newly inducted Fellows were Pharm. Abiola. A. Adebayo, Dr Obi Peter Adigwe, Pharm. Uchenna Uzoma Apakama, Prof. Martins Ochubiojo Emeje, and Pharm. Olugbenga Adebayo Falabi.

Others were Prof. I. Brahim Iliya, Pharm. Aisha Tukur Isyaku, Pharm. Gbolagade Michael Iyiola, Pharm. Folashade Olufunke Lawal, Pharm. Ernest Ogbonna Okafor, Dr Emmanuel Azubuike Omehe, Prof. Patience Ogoamaka Osadebe, Pharm. Adewale Bamidele Oyenuga, and Prof. Olufunke Adebola Sodipo.

While congratulating the Fellows, President of NAPharm, Prince Julius Adelusi-Adeluyi, said the induction of the 14 new members underscores the academy's commitment to advancing pharmaceutical research and development. He charged the Fellows to start contributing their quotas to the academy, as it seeks to fulfil its mandate to the pharmaceutical industry and the health sector at large.

Adelusi-Adeluyi, a former minister of health, also charged all pharmacists in the country to be more strategically and intentionally involved in contributing to pharmaceutical and scientific research, stressing that there are still many grounds

"Werecognise that in the quest to halt the march of disease and other afflictions, we pharmacists need to be increasingly strategic and intentional about how we contribute to the world of pharmaceutical and scientific research in general.

"We continue to recognise, support, and motivate our colleagues who are at the frontlines of pharmaceutical and other forms of scientific research", he said.

The NAPharm president also charged pharmacists to leverage



A cross-section of Fellows of NAPharm shortly after the 2023 investiture ceremony recently.

reality of Artificial Intelligence (AI) with passion and purpose.

He equally urged pharmacists to be more actively involved in drug discovery and traditional medicine.

According to him, "The aspect of traditional medicine taught in schools of pharmacy should be leveraged to contribute not only to the GDP of the country but to promote our skills and indigenous knowledge.

'In traditional medicine, Asian countries have successfully performed and have rescued the world. We know that as there are natural carcinogenic agents, so will there be anti-cancer vegetable medicines. Funds should not be a hindrance as the academy is involved in strategic advocacy to attract the same from both government and non-government organisations."

Adelusi-Adeluyi also assured that the academy is mindful of the myriads of challenges facing the Nigerian pharma sector.

'Nigeria needs all the FDI it can get at this time, not only to reflate the economy but also to avail our technology transfer. The recent decision of a giant pharmaceutical manufacturer, GSK, to exit Nigeria, obviously resulted from several hydra-headed challenges bedeviling the manufacturing sector locally," he said.

The former health minister said the academy is leaving no stone unturned to ensure that the challenges of the industry are examined and addressed. He added that this was what informed the theme of the 2023 investiture lecture, "The Nigerian Economy and the Future of the Pharmaceutical Ecosystem", which was delivered by the Managing Director/CEO, INC International Limited, Pharm. Clare Omatseye.

In her keynote address, Omatseye spoke about the huge opportunities in the pharmaceutical ecosystem. She however observed

technology and embrace the that, while Nigeria has huge potentials and the necessary resources, the nation and, indeed, the entire continent, do not have health sovereignty.

> Making specific reference to aftermath of the COVID-19 lockdown, when there was restriction on drug importation, she noted that it is the responsibility of pharmacists to ensure that people have access to quality healthcare, stressing that this starts with local production of medicines.

> While emphasising the need for Nigeria and the entire African continent to have sustainable healthcare systems that can meet the needs of their populations, Omatseye called for increased investment in pharmaceutical research and development.

> According to her, there are plans in place to reduce drug importation but such must be backed by necessary policies for effectiveness. She added that Nigeria as a nation also needs to start thinking beyond self-sufficiency, considering the opportunities being presented by the African Continental Free Trade Area (AfCFTA) agreement.

> The JNC CEO said Nigeria should begin to think of becoming a net exporter of pharmaceutical productsandmedicalconsumables to other African countries. She averred that NAPharm has a big responsibility to ensure that active pharmaceutical ingredients (APIs) are produced in the country and also influence the government to come up with policies that will reverse the negative trends in the pharma industry.

> She added: "To strengthen the Nigerian and African pharma industry, we need to strengthen regulation. We need medicine security. We must have zero tolerance for fake drugs, with harsh penalties; faking drugs has to be taken as a criminal offence.

> "To benefit from the African Continental Free Trade Area, there

is a need to reform the Nigeria pharma industry by ensuring that we are net exporters, not importers. We also need to build more strategic partnerships and lobby the government to implement a policy of preference for locally manufactured drugs. We must adopt a paradigm shift because it is not all about having opportunities but handling the opportunities better."

The Vice-Chancellor of University of Lagos, Prof. Folashade Ogunsola, lamented the rate at which knowledge is deteriorating, saying this makes it obvious that one single specialty cannot handle and optimise knowledge. She therefore called for collaboration in the health sector, saying this is the way to advance the sector.

In his remarks, President of the Pharmaceutical Society of Nigeria (PSN), Prof. Cyril Usifoh, said the PSN would always support NAPharm because of its prominent role as the think tank of the pharmaceutical profession.

Usifoh added that despite the disturbing exodus of pharmacists from the country, he remains optimistic about the pharmaceutical industry, considering its massive opportunities.

"If you are not present in the place where decisions are made in the boardroom, you will only pick the crumbles and things that fell from the table. I want to challenge pharmacists: we must begin to be proactive and put things where they are supposed to be. We must begin to participate in the life, history, and activities of this country.

"We are tired of sitting down. It is time to move forward. We must not castigate people but state what we can do and state how we can do it. We need to let them know that pharmacists are the most trusted professionals, not just in the United States, but also in Nigeria", Usifoh said.



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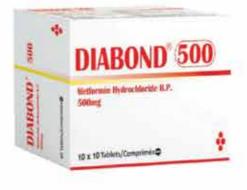


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Oyo pharmacists battle State Assembly over new drug law - Urge Gov. Makinde to wade in

By Adebayo Oladejo

he Association of Community Pharmacists of Nigeria (ACPN), Oyo State Branch, and the state's lawmakers are at loggerheads over the passage of the Veterinary Practice Premises Registration Regulation 2018 into law by the Oyo State House of Assembly.

The pharmacists believe that the law, which is meant to regulate the sale, storage, and dispensing of animal drugs in the state, contradicts legislation at the National Assembly level.

Shortly after the passage of the law, the state's Ministry of Agriculture and Rural Development had sealed FinRel Pharmacy Supermarket and Bakery, in Ibadan, stating that the company violated the new regulation.

The association noted during a recent press conference, held at its that the law passed by the Oyo State Ibadan, Oyo State. House of Assembly undermines the Federal Government's exclusive authority over drugs.

Speaking at the conference, Pharm. Adebayo Gbadamosi, chairman, ACPN, Oyo State, described the new law as an affront, stressing that only the Federal Government, through the National Assembly, has the power to legislate and determine who sells drugs.

ACPN The chairman, accompanied by other members of the association and Pharm. Adegboyega Oguntoye, the state's chairman of the Pharmaceutical Society of Nigeria (PSN), urged the police and other

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secretariat in Ibadan, the state capital, A cross-section of Oyo State ACPN members at the press conference in

security agencies not to assist the agriculture ministry in promoting illegality.

While calling on the State Governor, Engr Seyi Makinde, to intervene in the matter, he maintained that the harassment of members of the association by the Ministry of Agriculture and Rural Development could lead to a crisis in the state.

He said, "The Association of Community Pharmacists of Nigeria (ACPN), a technical arm of the Pharmaceutical Society of Nigeria (PSN), finds it necessary to address the general public regarding the improper actions of the Veterinary

Council of Nigeria (VCN), through the officials of the Oyo State Ministry of Agriculture and Rural Development.

"These actions have been taken against members of ACPN, using the Veterinary Practice Premises Registration Regulation 2018. This law was passed by the Oyo State House of Assembly without going through the appropriate process of public hearing and input from the various sectors of the state that would be affected by the law."

Gbadamosi continued, "Certain sections of this law passed by the Oyo State House of Assembly infringe upon the National Assembly's

exclusive legislation, which cannot be superseded by the Oyo State House of Assembly legislation.

"Drug matters, similar to national

security, fall under the exclusive legislation of the Federal Government. This includes both human and animal medicines. Only the National Assembly has the authority to legislate on such matters. If any state attempts to do so, the National Assembly's provisions naturally take precedence. State Houses of Assembly have the power to legislate on matters within the concurrent legislative list, but not when it comes to drugs.

"Community pharmacists remain steadfast and trust in the outcome of the court case. However, if the Veterinary Council, in any form, interferes with our premises without waiting for the court's verdict, we may take matters into our own hands to defend ourselves.

'Furthermore, we call on the Oyo State Commissioner of Police and all other security agencies to refrain from assisting the Oyo State Ministry of Agriculture in

achieving illegitimate purposes concerning our premises. As lawabiding citizens, we will comply with the court's verdict once it is reached."

According to the ACPN helmsman, only the Pharmacy Council of Nigeria (PCN), a federal government agency, has the mandate to determine who is qualified and premises where human and animal drugs are manufactured, stored, sold and dispensed. He added that the PCN is the governmental agency that registers all pharmacies, including those of his members, throughout Nigeria.





How bitter leaf reduces blood sugar in the body

By Prof. Ernest B. Izevbigie

There are two sources of glucose/sugar in the body: endogenous and exogenous sources. Endogenous source means internally-generated sugar, through biochemical processes called gluconeogenesis, which collectively means synthesis of new glucose. Endogenous means external source through diets. Glucose /sugar is required to be broken down in cascades of metabolic processes to provide nourishment and energy for the body. The intervention, interruption, or modulation of these processes may result in deleterious effects.

Generally, diabetes elicits its deleterious effects on the human body in multiples ways including these major points discussed below: suppression of glucose transportation into the cells and tissues for nourishment and energy provision; damage of the beta cells of the pancreas; suppression of antioxidant protection system; and the acceleration of gluconeogenesis (endogenous or internal glucose production).

1. Bitter leaf inhibits / suppresses endogenous glucose production (gluconeogenesis). Treatment of diabetic laboratory animals for seven and 14 days, with 200 and 400 mg/kg of body weight with bitter leaf extracts or Metformin (500 mg/kg of body weight) resulted in a striking decrease in the expression of the gluconeogenic enzymes (fructose 1,6 bisphosphate, phosphooenol pyruvate, carboxy kinase, and glucose-6- phosphatase) in the liver and muscle. These genes were found to be highly expressed in the tissues of untreated diabetic animals (Atangwho et al., 2014). This observation is quite significant as the liver is the major site for gluconeogenesis.

2. Bitter leaf stimulates glucose transportation. Glucose transportation in the brain is usually suppressed in type 2 diabetes. Erukainuru and Islam (2019) showed that extracts of bitter leaf improved glucose transportation in the brains and muscles of diabetic animals treated with bitter leaf, compared to control. Metformin served as positive control.

How my priorities and lifestyle are aligning with life at 70 - Ezenwa

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medical professionals restrict their practice to their profession, respect other members of the healthcare team, and work together as a team to offer the best possible healthcare to our people.

Tell us more about The Roses Ministry, the vision behind it and how you are managing to pursue this vision, especially in a difficult economy like Nigeria.

The Roses Ministry is a ministry founded from a vision to show God's love in practical ways to the hurting and the vulnerable. The ministry reaches out mainly to vulnerable women, especially widows and youths, with a focus on physical, mental and spiritual restoration and rehabilitation.

The Roses does this through business enhancement schemes for vulnerable women, especially widows; quarterly healthcare programmes for indigent widows, with focus on monitoring and free medicines for hypertension and diabetes especially; vocational trainings, seminars and crafts trainings for youths, as well as scholarships for children of indigent widows

We are able to pursue this vision and run with it as a result of passionate volunteers and partners that the Lord has raised at this very difficult time in Nigeria. We acknowledge Pharmanews that attends and publicises our programsme; pharmaceutical companies that graciously give us medicines and funds to enable us carry out our free healthcare to the indigent widows, keeping them alive and healthy-especially Jawa Pharma., Annie Pharma., Reals Pharma., Emzor Pharma., Sam Pharma., and New Heights Pharma.

Our annual healthcare outreach is carried out as a collaboration with ACPN, Surulere Zone, in offering pharmaceutical care, medicines and funds to all patients, sometimes running into over 1,000.

How do you relax? Tell us about some of the pastime activities and lifestyle modifications you have adopted to stay fit and active.

I take brisk walks and engage in writing. I have authored three books and I am a regular speaker on a wide range of topics. I love reading,

travelling and visiting new places. As much as this seems like work, I relax with prayers and communion with God and sharing experiences and testimonies of God's goodness with others, as well the joys of bringing solutions to the problems of others.

Tell us about your family. Did any of your children take after you to study Pharmacy or other healthrelated professions?

One of the greatest gifts God has given me is my family. I have been married to Engr Obidi Ezenwa for 44 years, and we are blessed with four outstanding children (altogether seven, through marriage - that is, inlaws) and five beautiful and loving grandchildren and counting, by the grace of God. These children are individually making their marks in their chosen careers, to the glory of God. Their love and successes strengthen me and add life to my None of my children chose to study Pharmacy or any health-related profession but each

Given your wealth of experience, what advice would you like to give to the younger generation of pharmacists on how to make the best use of their calling as healthcare professionals to mpact humanity positively?

very fulfilling for me.

Pharmacy is a profession and more. It is a calling. For several years, pharmacists have been at the top of the Gallup's annual survey of professionals that rank the highest in honesty and ethics" and among the top five most trusted professionals in the US. Of course, we know that availability, approachability and reliability have really helped to position pharmacists as trusted healthcare providers.

In my generation, I think I can boldly say that if these surveys are carried out in Nigeria, pharmacists may rank topmost as the most trusted professional. This seems to be changing, however. So, my challenge to the younger generation of pharmacists is to always do a selfcheck on their calling and focus on their impact on humanity, much more than profits. The impact of pharmaceutical care services lives on in the patients that are touched, whereas money is just for a short time and is soon spent and forgotten.

3. Bitter leaf elicits antioxidant property. Diabetes promotes generation or production of free radicals that cause cellular damage in the body, playing a significant role in the aetiology of many illnesses. Erukainuru and Islam (2019) showed that extracts of bitter leaf promote antioxidant activity by the stimulation/ activation of several antioxidant enzymes (reduced glutathione level, superoxide dismutase, and catalase activities, with concomitant depletion of malondialdehyde level.

These investigators concluded that the ability of bitter leaf extracts to stimulate glucose uptake and protect against diabetes-induced changes in the composition of functional groups in the liver gives more credence to its reported antidiabetic property. Thus,



bitter leaf can be a local and inexpensive source of nutraceutical for the treatment and management of type 2 diabetes and its complications.

4. Bitter leaf is insulinogenic; regeneration of the beta cells of the pancreas. The beta cells of the Pancreas function to produce insulin required for glucose metabolism. In diabetes, insulin secretion is compromised. There is evidence to show now that extracts of bitter leaf may be insulinogenic by the stimulation of cellular regeneration of the beta cells of the pancreas and thus contributing to cellular insulin level (Atangwho et al., 2010).

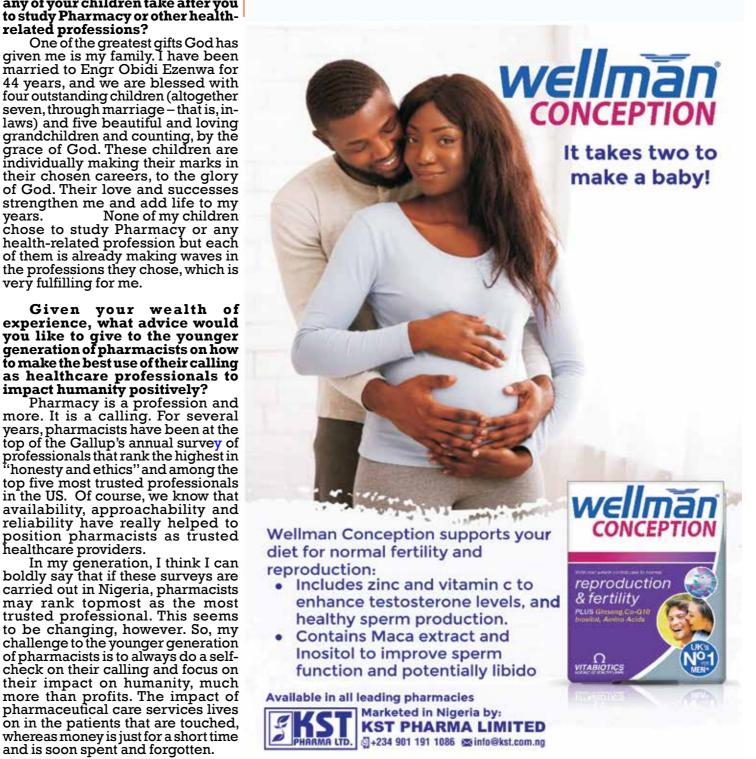
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Tackle medicine insecurity headlong, AHAPN tasks FG

embers of the Association of Hospital and Administrative Pharmacists of Nigeria (AHAPN) have charged the Federal Government of Nigeria to address issues surrounding medicine insecurity in the country, as a means of curbing the rising morbidity and mortality rates attributed to it. They maintained that government, at all levels, need to work with private

The drug experts gave the call at the opening ceremony of the recent 24th Annual National Scientific Conference of AHAPN, held at the Welcome Centre Hotel, Ikeja, Lagos.

organisations and other stakeholders

to achieve this objective.

Prominent among factors contributing to medicine insecurity in the country, according them, are high cost of production, unstable exchange rate of naira to dollar, non-enrolment of Nigerians in the National Health Insurance Act (NHIA) scheme, non-functional Drug Revolving Fund (DRF), braindrain in Pharmacy, proliferation of drug hawkers, insecurity, poor road networks, and others.

The practitioners agreed that, while governments have significant roles to play in addressing the challenges, other stakeholders, including health workers and citizens alike, must contribute in ensuring that fake drugs and drug abuse are curbed. Part of such contributions, according to them, is reporting any suspected substandard medicine to the appropriate institution for verification and sanction.

In her keynote address, titled, "Medicine insecurity: A major threat to public health", Pharm. (Mrs) Uzoma Ezeoke, executive director, **Emzor Pharmaceutical Industries** Ltd, juxtaposed the chaotic state of fake and substandard medicines distribution in the country with advanced technological production existing in a few indigenous companies like Emzor, arguing that while the poor drug circulation challenge is no longer news, practitioners must acknowledge that change is springing up gradually with local manufacturers.

She noted, however, that indigenous manufacturers need the support of government and practitioners to produce more genuine medicines for the populace, saying this will help to rid the country of medicine insecurity.

Asserting that medicine security is a fundamental right of all citizens, Ezeoke wondered how Nigerians had been so complacent over the years with the terrible state of pharmaceutical supplies, urging them to stand for their right and ensure that there is no Nigerian hindered from accessing the right medication for his or her healthcare.

The President, Pharmaceutical Society of Nigeria (PSN) Prof. Cyril Usifoh, corroborated the points made by the keynote speaker by outlining some drug abuse practices perpetrated by the populace, such as boiling of meat with paracetamol to soften it, mixing of cake with marijuana, repackaging expired drugs, among others.

While stressing that such practices could lead to organ damage and other grievous consequences, if not quickly addressed, Usifoh emphasised the need for pharmacists to act fast to prevent an epidemic of drug abuse.



AHAPN executives at the "Gala/Cultural Nite" of the conference in Lagos.

In an interview with the National Chairman, AHAPN, Pharm. Olabode Ogunjemiyo, at the conference, he elucidated on how to mitigate the challenge of medicine insecurity, asking government to rise to the task.

According to Ogunjemiyo, "One of the major reasons why we are having medicine insecurity is cost of the exchange rate. What we are saying here is that government should ensure that the exchange rate is normalised, because most of the ingredients in drugs production are imported and dollar-based. Government should agree to tackle that.

"The deplorable conditions of our roads are making the transportation of medicines to the rural areas extremely difficult. Government would do us a lot of good by ensuring that the roads are in good shape.

"Most importantly, we have what is called the universal health coverage. The National Health Insurance Act, actually, is meant to enrol all citizens to reduce out-of-pocket expenses; it is supposed to enrol, at least, 90 per cent of the Nigerian populace. This will improve the health of the people, because they will have easy access to medicines."

The duo of the Chairman, Conference Planning Committee, Pharm. Segun Onakoya; and Chairman, Local Organising Committee, Pharm. (Dr) Modupe Oyawole, affirmed the aptness of the conference theme, especially at this time with lots of activities on APIs, use of digital platforms, improvement in supply chain while ensuring medication safety need. They urged pharmacists to step up their games and ride on new innovations to attain medicine security for the country.

The conference was graced by dignitaries, including the Osolo of Isolo, Oba Kabiru Kolawole Agbabiaka; Registrar, Pharmacy Council of Nigeria, Pharm. (Dr) Babashehu Ahmed, represented by Pharm. (Dr) Ukamaka Okafor; Chairman, Association of Community Pharmacists of Nigeria (ACPN), Pharm. (Dr) Adewale Oladigbolu; Chairman, Lagos PSN, Pharm. Babayemi Oyekunle, among others.

Diaspora

Achieving medicine security in Nigeria requires strategic planning - Ukeje

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synthesis; or by a combination of extraction and chemical synthesis. Note that this includes any packaging or repackaging of such substance or labelling or relabelling of its container; except that such term does not include the preparation, compounding, packaging, or labelling of a drug or other substance in conformity with applicable state or local laws by a practitioner as an incident to his administration or dispensing of such drug or substance in the course of his professional practice. The term "manufacturer" means a person who manufactures a drug or other substance.

As a drug development expert, what is your advice to the Nigerian government in achieving national medicine security?

For the sake of efficiency, strategies to achieve medicine security in a developing nation like Nigeria should be split into short-term and long-term strategies. The short-term strategy should include, as a first step, the adoption of WHO policies aimed at increasing access to and use of high quality and affordable medicines and health products in the country. The users must be protected against high out-of-pocket expenses to prevent them from opting for cheaper adulterated/counterfeit alternatives.

Protect and increase capacity of local manufacturers, with a view to discouraging importation of adulterated medicines from notorious regions of the world. Enforce the existing laws on importation of drug products, particularly from certain countries already identified as sending sub-standard or outright adulterated drug products into Nigeria, using corrupt government officials or agents.

Prosecute all corrupt officials,

especially customs officers, who allow counterfeit/adulterated drug products into the country. Have zero tolerance for counterfeit/adulterated drug products and those who aid and abet local manufacturers or importations of these fake products.

But the above short-term strategies must then be followed by a long-term strategy, focused on building local capacity for pharmaceutical innovation, development and manufacturing. No country can achieve true healthcare sufficiency without substantial control over their pharmaceutical manufacturing and supply chain. In this vein, such initiatives like the current effort by NAIP to build a Pharmacity pharmaceutical manufacturing park should be strongly encouraged.

How would you advise young pharmacists who want to toe your path of success?

Young pharmacists with outstanding pharmacy degree wishing to work in the pharmaceutical industry may start, depending on their strength, with any of the following areas: drug discovery, research, pharmaceutics, formulation, process development, or manufacturing. Other available areas include, but are not limited to, analytical chemistry, quality, regulatory, clinical development, environmental, health and safety, medical, etc.

Apart from the minimum requirements of a five-year degree in Pharmacy (B.Pharm) or PharmD, others seeking a pharmaceutical job opportunity will need qualifications in the life sciences. A science degree in Chemistry, Biochemistry, Biology, pharmacology, Maths, Engineering, Biostatistics, etc. or advanced degrees in these or related fields will be necessary.





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Viewpoint ◀

ACPN's 42nd annual conference: Participants speak

In this edition of Viewpoint, our reporter, **Oladejo Adebayo**, who covered the recent 42nd Annual Scientific Conference of the Association of Community Pharmacists of Nigeria (ACPN), in Asaba, Delta State, spoke with participants on their assessment of the conference. Their responses are presented below:

Great in all aspects, except time management - Owolabi

ommunity pharmacy, generally, is evolving; and the ACPN conference has shown a lot of improvement over time. From the workshops, programmes and other different sessions, it was a great conference.

Asaba is homely. They have the facilities to host a conference of such a magnitude. The hall was big and spacious enough. The hotels were more than enough; all you needed to do was to pick any one that resonated with your pocket. And everywhere was clean and beautiful.

However, the management of some things should be looked into, towards subsequent conferences. These include some time management and welfare arrangement, especially in terms of food and others. But in all, it was



a great conference.

Pharm. Paul Owolabi,

Lagos State

All-round success, but attendance could be better - Nwachukwu

Conferences mean so many things to us individually as pharmacists, and I don't like missing them. This year's conference in Asaba, Delta State, allowed me to relax and rest my head, away from the usual busy schedule. Secondly, it was an avenue to meet people - old friends, older colleagues, younger colleagues, the experienced ones and many others. It gave me access to information that has prepared me for further improvement.

Give or take, the conference was a success. However, going by the number of practitioners that we have in the country, the attendance did not meet up to expectations. But, aside from that, it was a good one.



Pharm. Uzoh Nwachukwu, Lagos State

Thumbs up from me - Iriferi

The various lectures and the innovations that came with the way the sessions were organised - coupled with the highly conducive learning environment - were thumbs up for me. I am happy that I was part of the conference and I have no regret whatsoever, not minding the stress of moving from one session to the other.

Also, despite the situation in the country, the aspect of the food was not bad and the food was shared at the right time. So, generally, I commend the people of Delta for the great conference, as there were improvements on all fronts. Talking about improvement, the next conference should brace up for more participants and the preparation



should start earlier.

Pharm. (Dr) Faith Iriferi,
Warri, Delta State

Kudos to the organisers - Nanka



rom the opening ceremony, especially the keynote address, the conference was a success.

The keynote speaker, Dr Chidebelu Ufodike, gave us a lot and it was loaded. I couldn't miss any aspect of the conference, as it was rich and showed quality. They seemed to have learnt from the errors of the previous conferences. There were different sessions of training and seminars, and the attendance alone showed that it was a conference like never before.

In addition, the food was served at the right time and unlike previous conferences where delegates used their money to eat, this was a better one. I give kudos to the CPC and LOC. This was one of the best so far.

Pharm. Wuyep Nanka, FCT, Abuja

Impressive, but should include more younger pharmacists – Johnson-Osagie

was impressed with the organisation of the conference and the quality of the speakers that we had. They imparted great wisdom to us, the young ones. I give kudos to the leadership of the ACPN for putting this together and for their effort towards ensuring that pharmacy practice is improving.

I also observed that people were more attentive to the speakers and happenings at this conference the than the ones in the past. Nevertheless, the disparity of not carrying the younger ones along, and not doing much to address their needs and aspirations should be looked into. We should have a young speaker among the panel of speakers. That way, we will have a



sense of belonging.

Pharm. Jumai Johnson-Osagie,
Warri, Delta State

One of the best, except for feeding - Olaoluwa

he series of training and lectures was an eye-opener for me and I give kudos to the planning committee for their thoughtfulness. I would also like to commend the leadership of the ACPN for improving the learning aspect of the conference.

The conference was one of the best so far. The atmosphere was good for learning and socialising. The hall was big and conducive, and the ambience was lovely and welcoming. The only area requiring improvement is the aspect of serving food, which was not done in an orderly manner.

Pharm. Esther Olaoluwa, Ondo State



endeavour, we can always do better. So, there are still areas where there were gaps, but the truth is that those areas are only pointers to the fact that we need to improve, going forward. But, as much as there are issues that need improvement, the conference lived up to expectations.

Pharm. Jonah Okotie, Lagos State



It lived up to expectations - Okotie

oming to this conference in Delta State was like a homecoming for me because I am from this state. Without being sentimental, the conference was topnotch, in terms of the contents, organisation and facility. Almost all the participants are yet to get over the pragmatic keynote address by the erudite speaker, Dr Chidebelu Ufodike, and the out-of-this-world gala night organised for the delegates.

However, in every human

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FG, World Bank resume capacity building for local pharma manufacturers

Manufacturers' Quality Improvement and Capacity Building", was sponsored by the World Bank Group and facilitated by Bloom Public Health and the National Institute for Pharmaceutical Research and Development (NIPRD).

While speaking at the event, the Chief Executive Officer, Bloom Public Health, Prof. Chimezie Anyakora, said the programme was meant to support drug manufacturers in Nigeria to produce quality medicines that will ensure all-round stability for the nation's pharmaceutical industry.

According to Anyakora, "We can't continue to be a dumping ground as a country. This is the reason this massive effort is being put together and I am happy that the federal government is supporting it. It is a journey to make Nigeria a big leader in drug manufacturing.

"The intention is to make Nigeria the India of Africa in drug manufacturing. This is why we are training the manufacturers so that they will be well-grounded to produce drugs that can compete globally."

The Bloom CEO stated further that excellence in pharmaceutical manufacturing can be attained in Nigeria if the relevant industry players can scale up their games with passion and the right energy.



L-R: Prof. Chimezie Anyakora, CEO, Bloom Public Health; Dr Godwin Ntadom, national co-ordinator, National Malaria Eradication Programme, FMOH; Prof. Akin Abayomi, hon. commissioner, Lagos State; and Pharm. Bunmi Aribeana, director, Food and Drugs, FMOH, at the capacity building workshop organised for pharmaceutical manufacturers by Bloom Public Health, in conjunction with the World Bank and others, in Lagos.

He added that the Nigeria pharma but to also export and compete industry is underperforming because all stakeholders have not done enough to compete at the global level, despite their capabilities.

Also speaking at the event, the Lagos State Commissioner of Health, Prof. Akin Abayomi, said the essence of the event was to equip the pharmaceutical manufacturers in Nigeria with what it takes not only to produce drugs that will meet local needs

globally.

"The essence of this programme is to see how we can increase the production of drugs that will meet local consumption and also produce drugs that meet the World Health Organisation's GMP. It is also important for us to ensure that products that are produced in Nigeria have bioequivalence because it is not good to have a product that carries

500mg and what the patient gets after using it is just 30 per cent. We are ready to patronise local drug manufacturers, as long as their products are standard," Abayomi

In her remarks, the Director, Food and Drug Sevices, Federal Ministry of Health, Pharm. (Mrs) Bunmi Aribeana, stated that Nigeria has about 169 pharma manufacturers, producing different ranges of drugs in different areas, stressing however that bioequivalence remains a critical factor that must be addressed.

She urged all stakeholders to join hands together to

build a vibrant pharmaceutical industry that will compete globally.

Also addressing the participants, the Director General and Chief Executive Officer of Nigeria Natural Medicine Development Agency (NNMDA), Professor Martins Emeje charged stakeholders in Nigeria to work hard to build a stronger pharmaceutical sector in the

rug abuse epidemic looms in Nigeria, PSN warns

continued from back page

the morbidity and mortality rates in the country, the pharmacists charged NAFDAC to, as a matter of national emergency, suspend registration of alcoholic drinks in sachets and other small packs, saying their easy accessibility is fuelling drug abuse and crime.

Citing the report of a National Survey, conducted by the United Nations Office on Drug and Crime (UNODC) in 2018, which fixed rate of drug abuse in the country at 21,213,000, the Society saddled the regulators with the responsibility of ensuring the enforcement of extant pharmacy and drug laws in the country, with the ultimate goal of restricting access to hard drugs and

Speaking at the opening ceremony of the 2023 PSN-Lagos Scientific Week, held at the Sheraton Hotels, Ikeja, recently, Chairman or the body, Pharm. Babayemi Oyekunle, gave details of the UNODOC report.

According to him, "In 2017, 10.6 million people abuse cannabis, 4.6 million Nigerians abuse opiods, 2.4 million abuse cough syrup containing codeine, 2.4 million abuse sedatives and tranquillisers, 481,000 people abuse ecstasy, 340,000 abuse solvent and inhalants, 300,000 abuse prescription inhalants and amphetamines and 92,000 abuse cocaine."

Oyekunle, who spoke on the theme, "Access to safe and effective medicines in Nigeria: A call to action", stressed the need for regulators to de-emphasise disciplinary measures against drug users and rather formulate and implement laws to combat illicit access and use of drugs.

He further attributed the rising spate of drug abuse in the country to such factors as dysfunctional family structures, high unemployment rate,



L-R: Pharm. (Air Commodore) David Babalola, deputy director, Doctrinal Development, Air Warfare Centre, Nigeria; Pharm. Bábayemi Óyekunle, chairman, Lagos PSN; Pharm. Anthony Akhimien, former president, PSN; and Pharm. Olumide Akintayo, former president, PSN, at the event.

peer pressure, extreme poverty, poor regulatory control, poor drug distribution system, uncensored social media influence, porous border, poor implementation of pharmacy and other drug laws, diversion of legitimate exports to illicit use, corruption and compromise at port entries, ignorance on the dangers of hard drugs, among others.

The Lagos PSN boss also called the attention of the State Governor, Babajide Sanwo-Olu, to recent attempts by some groups in the health ministry to mutilate the configuration of the Pharmacists Consultant Cadre to Specialist Cadre, saying this is contrary to both national and international best practices.

"It is imperative to state that Specialist Cadre has never been on the cards at federal and state levels. For us at the LASG-PSN/JOHESU negotiations, which provided an MOU earlier on, was very unambiguous that our demand has always been and will remain Consultant Cadre and not Specialist Cadre", he said.

In his keynote address, titled, "Access to safe medicines, based on the PCN Act 2022", former PSN President, Pharm. Olumide Akintayo, enlightened the pharmacists on the various provisions of the pharmacy and drug laws, as they relate to the practice, while calling for the full implementation of NDDG as stipulated in the PCN Act.

Akintayo categorically flayed the activities of some foreign wholesalers and distributors, who, according to him, have now assumed the status of sole representatives of many companies. This, he said, encourages multinationals to exit the country and still have their products circulating

the Nigerian market.

Citing the PCN Act's provision that places drug matters on Exclusive List, he urged relevant government agencies to prevent pharmaceutical multinationals who exit the country from further doing business in Nigeria, saying such practice is inimical to the development of the economy.

Akintayo said, "Specifically, we demand that NAFDAC must not approve a marketing authorisation to alien parties to handle GSK products while the PCN must not register any pharma premises, which seeks to surreptitiously continue GlaxoSmithkline

business in Nigeria, if indeed it chooses to exit Nigeria. This is to protect consumers, the pharma industry and safeguard the economy of Nigeria.

"The quest for safe drugs compels us to encourage the Pharmacy Council of Nigeria to latch on its statutory powers to compel e-labelling of drugs in Nigeria. Proper label initiative will encourage patients to manage, maintain and understand how to use their medication to get the desired therapeutic outcome and create a verifiable measure of accountability for services rendered.'

Also speaking, the ACPN National Chairman, Pharm. Wale Oladigbolu, berated the indiscriminate circulation of drugs at bus stops and on the Internet, charging the PCN and NAFDAC to swing into action and ensure that drugs are not seen everywhere like other commodities.

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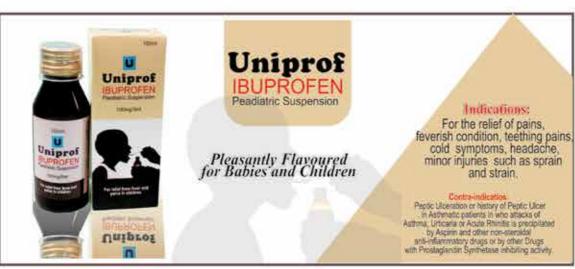


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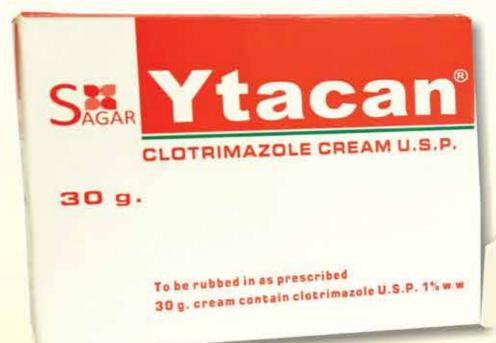




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FG, World Bank resume capacity building for local pharma manufacturers

By Patrick Iwelunmor

he Federal Government has reiterated its desire to work with relevant stakeholders in Nigeria to build a vibrant and formidable pharmaceutical industry that will not only meet local consumption but also thrive in the global market.

The Director, Chemical and Non-Petrochemical Industrial Development Department, Federal Ministry of Industry, Trade and Investment, Onuorah Francis, made this known at a recent capacity-building workshop organised for pharmaceutical manufacturing in Nigeria.

Onuorah said at the event, held in Lagos, that the Federal Government was ready to develop and make the industries in Nigeria work, adding that the ministry had met with stakeholders in the pharma industry and was ready to work with them to produce Active Pharmaceutical Ingredients (API).

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The programme, titled, "Nigeria Pharmaceutical

L-R: Dr Tomi Coker, honourable commissioner for health, Ogun State; Dr Pamela Ajayi, president, Healthcare Federation of Nigeria (HFN); Dr Salma Ibrahim Anas, special adviser to the president on health; Prof. Akin Abayomi, honourable commissioner for health, Lagos State; Tom Coleman, exhibition director, Medic West Africa & Medlab West Africa; and Dr Success Prosper-Ohayagha, commissioner for health, Imo State, at the 2023 edition of Medic West Africa.

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Drug abuse epidemic looms in Nigeria, PSN warns

- Charges NAFDAC to halt sachet alcoholic drinks' registration

By Temitope Obayendo

influence of certain drugs and substances, the country may soon be plunged into an epidemic of drug and substance abuse, the Pharmaceutical Society of Nigeria (PSN), Lagos State Chapter, has warned.

The Society stressed that only proactive and decisive efforts by

Tith over 21 million Nigerians regulatory agencies, such as the already living under the National Agency for Food and Drug Administration and Control (NAFDAC), the Pharmacy Council of Nigeria, and the National Drug Law Enforcement Agency (NDLEA), can avert the looming outbreak.

Decrying how what they described as in a dequate regulation of drugs and substances has worsened

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Published by **PHARMANEWS LIMITED,** 8, Akinwunmi Street, Mende, Maryland, P.O. Box 2213, Ikeja, Lagos State. Tel: 08033015991, 08057235128 E-mail:pharmanews@yahoo.com, info@pharmanewsonline.com. Website: www.pharmanewsonline.com. **Editor: Patrick Iwelunmor**-08135439281 **Printed by: Fine Print Limited,** Tel: 08023036852.