

# pharmanews

Nigeria's Leading Health Journal

FEBRUARY 2024 Vol. 46 No.2

pharmanewsonline.com

pharmanewsltd

pharmanewsltd

pharmanewsltd

## FG aggressively pursuing local pharma manufacturing – Health minister

The Nigerian pharmaceutical industry is soon to become the darling of the global market, going by recent

By Patrick Iwelunmor  
assurances from the Coordinating Minister of Health and Social Welfare, Prof. Muhammad Ali Pate.

During a consultative meeting with industry stakeholders, held in Lagos,

continued on page 8



Mr Ikpeeme Neto, founder/CEO Wellahealth Ltd, receiving his award from Joe Tsai, CEO Alibaba Group, during the African Business Heroes Competition Grand Finale, held recently at Kigali Convention Centre, Kigali, Rwanda.

45 YEARS OF UNINTERRUPTED MONTHLY PUBLICATION (1979-2024)



## pharmanews

Nigeria's Leading Health Journal

**Sir Ifeanyi Atueyi**  
Publisher  
08033015991

**Patrick Iwelunmor**  
Editor  
08135439281

**Ola Aboderin**  
Sub-Editor  
07033179360

**Moses Dike**  
Business Development Manager  
08028396755

**Temitope Obayendo**  
Online Editor  
08026748215

**Adebayo Oladejo**  
Senior Reporter  
08037648465

**Ranmilowo Ojalumo**  
Reporter  
08057700863

**Matthew Anani**  
Advert Manager  
08038572215

**Peter Ogbonna**  
Advert Executive  
08137814813

**Elizabeth Amuneke**  
Admin. Manager  
08057235128

**Chinedu Udeanyim**  
Accountant  
07066300374

**Nchekwube Atueyi**  
IT Officer  
07069499563

**Andy Benson-Idima**  
Graphic Artist  
08037151780

### CORRESPONDENCE:

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

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

### SUBSCRIPTION INFORMATION

1. Subscription rate for 12 editions is 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. After payment text, send us your full contact address.
- For subscription enquiry, call 08134835525

ISSN 0331-815X

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

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

### PHARM. VICTOR ADEKANYE

Pharm. Victor Olumuyiwa Adekanye, a seasoned sales and marketing professional, is the current trade marketing manager at World Wide Commercial Ventures Limited (WWCVL). He is a strategic thinker, product development strategist and transformational leader, with about 29 years of sales, marketing and management experience.

Adekanye, was born in Prestea, Ghana, on 27 July, 1967, to the family of Elder and Mrs Joel Oloyede Adekanye.

An indigene of Oyan, in Odo Otin North Local Government Area of Osun State.

Adekanye gained admission into the University of Benin, Edo State in 1988, and graduated with a Bachelor of Pharmacy degree in 1994. He further obtained an MBA from the Federal University of Technology (FUTA), Akure, Ondo State, in 2002.

He got his first exposure to the corporate world between 1994 and 1995, when he commenced his internship with May and Baker Plc, Lagos. He also observed his mandatory NYSC scheme at Roche Nigeria Limited, Lagos, from 1995 to 1997.

Adekanye has worked in various capacities as medical representative, product manager, national sales manager, marketing manager, key account manager and trade marketing manager. His career journey started at Nigerian German Chemicals, between 1997 and 1999, before he moved to Schering Africa, from 1999 to 2005. He joined World Wide Commercial Ventures Limited (WWCVL) for the first time, between 2005 and 2007, before moving to Crystal Foods and Drugs Limited, between 2007 and 2011. He returned to WWCVL in 2011 and has been there to date.

Adekanye has attended several products management and leadership training, seminars and workshops within the country and overseas. He is an active member of the Pharmaceutical Society of Nigeria (PSN) and the Association of Industrial Pharmacists of Nigeria (NAIP), as well as other professional bodies. He is regular at the annual PSN national conference, ACPN national conference, NAIP national conference and many others across the country.

He was chairman of the Antidrug Misuse and Abuse Committee of PANS, UNIBEN; internal auditor, NAIP (2008 to 2010); member, Committee for the Inauguration of President and Investiture of Fellows of PSN (February 2022); member, Development and Special Project Committee of the PSN; chairman, Conference Planning Committee for the 95<sup>th</sup> Annual Conference of the PSN, Tin City, 2022 in Jos, Plateau State

Adekanye, who has won many accolades and awards for his laudable services and contributions to the pharmacy profession, is a Merit Award Winner of PSN, Lagos State.

His hobbies include listening to music, travelling and sightseeing, watching football and playing table tennis. He is married to Pharm. (Mrs) Evelyn Adekanye and blessed with three children.



**Celebrating  
45 Years  
of Uninterrupted  
Monthly Publication  
(1979 - 2024)**

**No one regrets advertising in Pharmanews**

**follow us on linkedin @Pharmanews limited**

**like us on facebook.com/pharmanewsltd**

**follow us on twitter@pharmanewsltd**

**follow us on instagram.com/pharmanewsltd.**

**VIXA SKINEAL<sup>®</sup> Cream**  
Ketoconazole 10mg + Clobetasol Propionate 0.25mg + Neomycin Sulfate 5000IU

**Solution for skin diseases**

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

is available in leading pharmacies

**Mobile Authentication Service is available on VIXA SKINEAL**

**VIXA PHARMACEUTICAL CO. LTD.**  
130 Sunny Avenue, Ikeja, Lagos State, Nigeria. Tel: 08134835525  
Customer Care Line: 08134835525, 08134835525  
Email: info@vixapharma.com | info@vixapharma.com  
Website: www.vixapharma.com

## Inspiration

“What holds most people back isn't the quality of their ideas, but their lack of faith in themselves. You have to live your life as if you are already where you want to be.” – **Russell Simmons**

“You cannot change your destination overnight, but you can change your direction overnight. If you want to reach your goals and fulfil your potential, become intentional about your personal growth. It will change your life.” – **Jim Rohn**

“Set a goal so big that you can't achieve it until you grow into the person who can.” – **Zig Ziglar**

“Growth is the great separator between those who succeed and those who do not. When I see a person beginning to separate themselves from the pack, it's almost always due to personal growth.” – **John C. Maxwell**

“We all have something that we are meant to do. Your genius will shine through,

and happiness will fill your life, the instant you discover your higher purpose you will then direct all your energies towards it.” – **Robin Sharma**

“Of course motivation is not permanent. But then, neither is bathing; but it is something you should do on a regular basis.” – **Zig Ziglar**

“Don't let the negativity given to you by the world disempower you. Instead, give to yourself that which empowers you.” – **Les Brown**

“Success seems to be connected with action. Successful people keep moving forward. They make mistakes, but they don't quit.” – **Conrad Hilton**

“Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway.” – **Earl Nightingale**

**Supports**

- Proper Brain Development
- Improved Learning Ability
- Improved Memory

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

**hovid DHA Emulsion**

Available in Pharmacy Stores Nationwide

**Spotless Excellent Skin**

**BG Cream<sup>™</sup>**  
(TRIPLE ACTION CREAM)  
Anti-inflammatory, Anti-Fungal & Anti-Bacterial

**Uses:** Spots Removal | Eczema | Ringworm Infection | Bacterial Infections | Athlete's Foot | Razor Bumps | Itching | Rashes | Toning

**ABUJA OFFICE:** Plot 859, Goda District, Dansville Plaza, by AP Filling Station, Abuja, Nigeria. Tel: 08037145160  
**LAGOS OFFICE:** 9, Bopun Street, Ikeja, Surulere, Lagos State. Tel: 08033115234  
E-Mail: info@bgpharma.com | www.bgpharma.com

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**



The recent ban on the production, sales and distribution of alcoholic beverages in sachets and PET bottles, by the National Agency for Food and Drug Administration and Control (NAFDAC), is a step in the right direction. On 5 February, 2024, the Director General of NAFDAC, Prof. Moji Adeyeye, in a press conference, announced the agency's decision to outlaw the products, following the expiry date of 31 January, 2024, for the phasing out of products in these categories.

Adeyeye cited, as justification for the ban, the need to address the public health concerns associated with the consumption of these products, especially considering their high alcohol content. Moreover, their pocket-friendly sizes and prices, make them easily accessible to vulnerable populations, minors, and transporters, thereby constituting a menace to the society.

The NAFDAC boss further referenced the World Health Organisation (WHO)'s report that links the intake of alcohol by minors and other vulnerable populations to drug use, poor grades, injury or death, risky sexual activities, bad decisions and health problems. According to Adeyeye, "The alcoholic content in sachet or PET bottles less than 200ml is 30 per cent, while beer has 4-8 per cent alcohol."

In a disturbing twist, however, the ban has generated massive protests among civil society groups and industry players, calling for its withdrawal, as well as the removal of Adeyeye

## NAFDAC's ban on sachet alcoholic drinks

from office. According to them, the legislation is an anti-people policy, which has the potential of leading to the loss of job for 500,000 Nigerians, aggravate the sufferings of the people and create more problems for the nation's economy.

Even more alarmingly, stakeholders from the Nigerian Employers' Consultative Association (NECA); Manufacturers Association of Nigeria (MAN); Food Beverage and Tobacco Senior Staff Association and National Union of Food Beverages and Tobacco Employee (NUFBTE), among others, have described the ban as ill thought-out, due to the poor economic indices in the country. They argue that it is at the peril of private investors who muscled their hard-earned capital to invest in the business.

It must be emphasised, however, that regardless of opposition from critics who seem to be more concerned about profit than safety, NAFDAC's decision represents a significant milestone in the country's efforts to prioritise public health and well-being. By taking decisive action to regulate the production and sale of these products, NAFDAC is sending a clear message that the health and safety of Nigerians are more paramount than the business

interests of a few. Moreover, the decision aligns with global efforts to regulate the production, marketing, and consumption of alcohol to mitigate the adverse effects on individuals and communities.

Therefore, rather than capitulate to the cacophonies from detractors, NAFDAC must intensify awareness campaigns on responsible drinking and the risks associated with excessive alcohol consumption. The agency must continue to highlight the calamitous effects sachet and PET bottle alcoholic beverages pose to the health of Nigerians, especially underage persons who abuse them largely because of their handiness and affordability.

According to recent reports by WHO and other concerned analysts, just a few years back, Nigeria occupied the 27th position globally in adult alcohol drinking (age 15+) in litres per year. Following this, the country became one of the leading African countries in alcohol consumption. This is worrisome, as repeated studies have shown that periodic heavy drinking of alcohol causes very serious health conditions, such as liver cirrhosis, cancer, high vehicular fatalities, and trauma to family members due to medical bills, among others. More than 200 health conditions, including HIV/

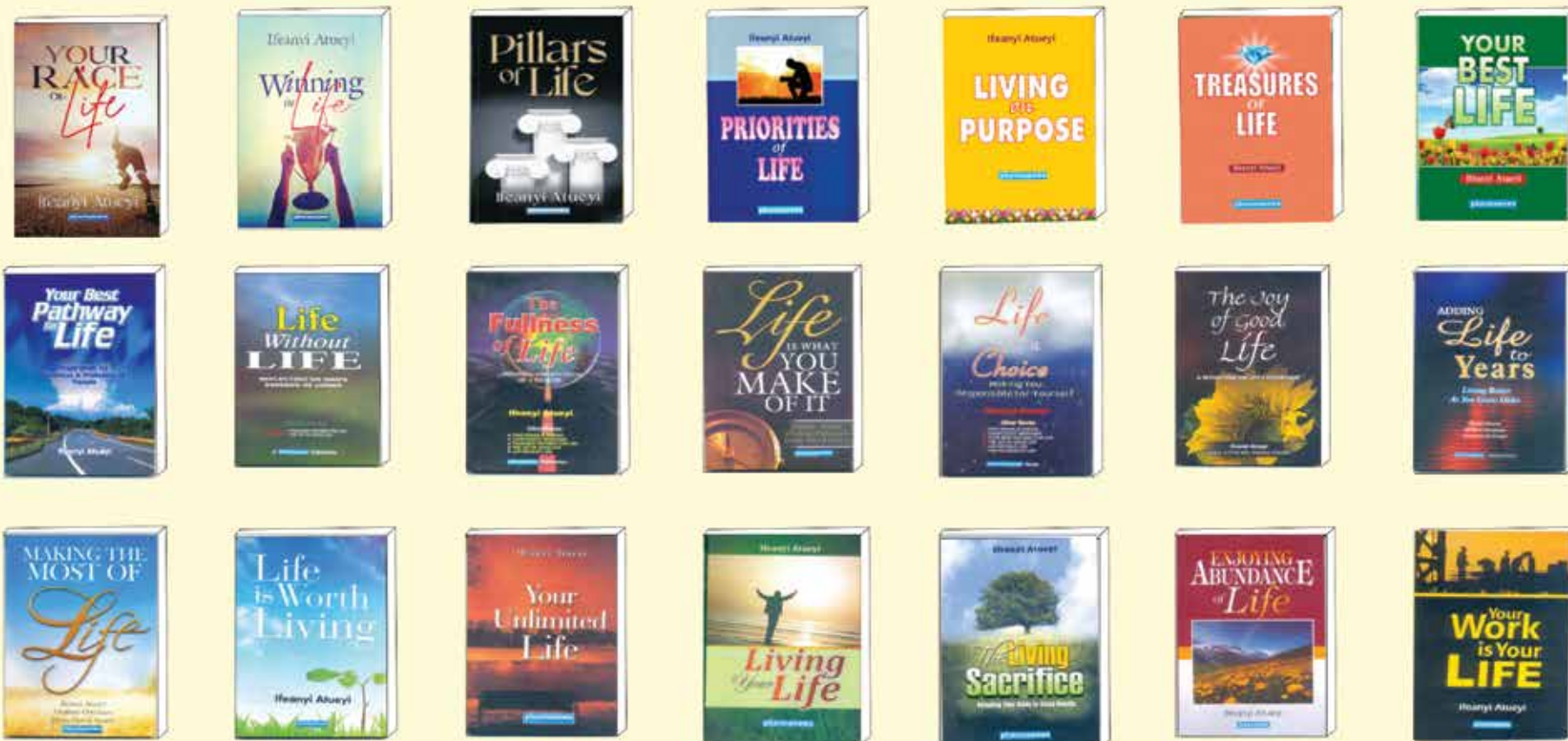
AIDS and tuberculosis are linked to reckless alcoholism, according to the WHO.

It is also important to note that the production and consumption of sachet and PET bottle alcohol lead to the scourge of unrecyclable plastic waste, which constitutes a major problem to the environment. This is due to the fact that these beverages are produced with single-use plastics and nylon, which eventually clog drainages and lead to the nuisance of flooding, environmental pollution and the spread of water-borne diseases.

NAFDAC has done well so far by spearheading this very important campaign in conjunction with the National Union of Road Transport Workers (NURTW). As a matter of social responsibility, the NURTW leadership should take this campaign seriously and call its members to order. A motorpark is a wrong place for the sale of alcoholic beverages. Beyond the ban, NAFDAC and law enforcement agencies should ensure that offenders are brought to book.

The several protests and agitations notwithstanding, we want to categorically state that economic concerns should not supersede the health and wellbeing of Nigerians. NAFDAC is on the right path as this clampdown has been long overdue. Economic hardship is a global reality and not peculiar to Nigeria alone; therefore, it must not be used as a yardstick to discountenance the scourge of health implications emanating from the abuse of sachet and PET bottle alcoholic beverages.

## Enrich your Life with these books



Payment to be made in favour of Pharmanews Ltd. to Zenith Bank Plc. A/C No: 1010701673

You can also pay through our Remita portal, simply visit:

<https://login.remita.net/remita/external/PHARMANEWS/collector/payment.reg>

For further inquiries contact,

Chiazor: 08134835525

Elizabeth: 08057235128

**N500:00**  
each

For delivery :  
N 500 (within Lagos)  
N 1500 (outside Lagos)

### Pharmanews Ltd.

8, Akinwunmi Street, Mende, Maryland, Lagos. P.O.Box 2213, Ikeja, Lagos.

Tel: 08134835525, 08057235128

Website: [www.pharmanewsonline.com](http://www.pharmanewsonline.com).

E-mail: [pharmanews@yahoo.com](mailto:pharmanews@yahoo.com), [info@pharmanewsonline.com](mailto:info@pharmanewsonline.com)

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



## Where are you going?

By Sir Ifeanyi Atueyi

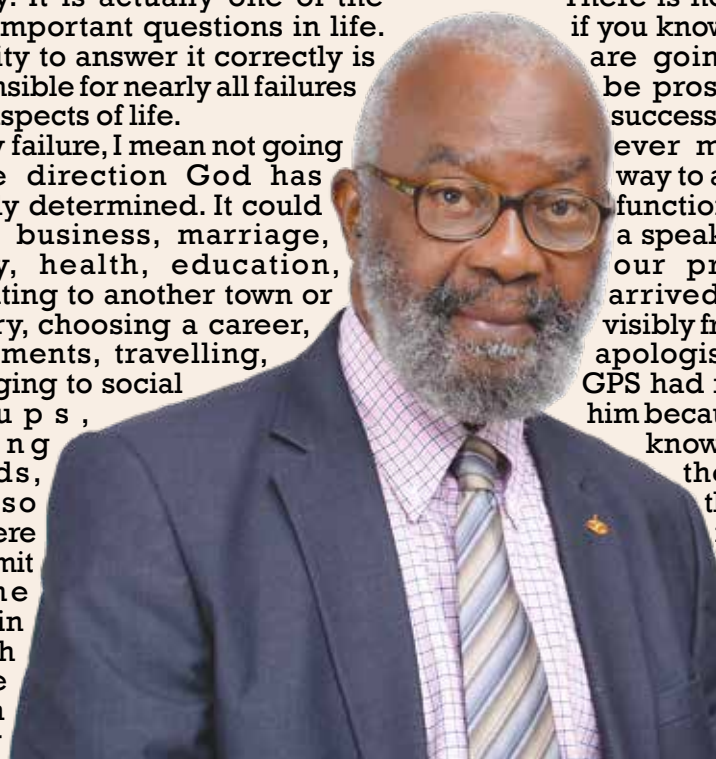
I am amused whenever I remember the question a woman, my mother's friend, asked me in 1956, when I was at home on holidays from school. I was visiting my uncle and this woman met me on the way, stopped and asked, "Where are you going?"

I politely replied that I was visiting my uncle. She smiled at my innocent error and rephrased the question, "I mean you're growing too tall for your age. Where are you growing to?" Then I understood what she meant.

Indeed, the question, "where are you going?" appears simple but I have found it to be very compelling for everyone to answer rightly. It is actually one of the most important questions in life. Inability to answer it correctly is responsible for nearly all failures in all aspects of life.

By failure, I mean not going in the direction God has already determined. It could be in business, marriage, family, health, education, relocating to another town or country, choosing a career, investments, travelling, belonging to social

groups, making friends, and so on. There is no limit to the areas in which people can fail or



succeed.

Today, many people waste their lives going in the wrong direction of life and doing things they are not supposed to be doing and consequently becoming the persons they are not created to be. Since they do not know where they are going, they can take any route or direction. Such people cannot offer the right answer to the critical question, "Where are you going?"

The place you're going is your destination, where God has already arranged for you, as His child. God desires to show you the way to your destination. In Psalm 32:8, He promises, **"I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye."** I love the New Living Translation version, which says, **"I will guide you along the best pathway for your life. I will advise you and watch over you."**

God is able to guide us because He sees what we cannot see and knows what we do not know. He knows and desires the best for us. No human being can guide and direct us as God. Therefore, if we put our trust in Him, follow His instructions

and apply His principles, we must succeed in everything we do. We will know exactly where we are going and subsequently arrive at our destination. We can never stumble or fall. Joshua 1:8 (NIV) says, **"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."**

Many a time, we wish someone long life and prosperity but mere wishing cannot guarantee long life and prosperity for anyone. The Bible has made it very clear what one should do to enjoy prosperity and success.

There is no doubt that if you know where you are going, you will be prosperous and successful. Have you ever missed your way to an important function? Recently, a speaker at one of our programmes arrived very late, visibly frustrated. He apologised that the GPS had misdirected him because he didn't know the way to the venue. In the same way, many people miss God's blessings because they do not have divine guidance and direction.

People who know where they are going make the best use of their time and resources because they remain focused and refuse to be distracted or diverted from their course. The resources provided by God are meant to be used to give Him glory. One of the commonest prayers of Christians is for the provision of needs. I believe that God considers how the provisions at our disposal are being deployed before granting the request for more.

Those who know where they are going put their resources at God's pleasure, knowing full well that He is the giver of all we have. There is nothing good we have that God has not given us. When God says that we should give Him back 10 per cent of what He has given us, He is only testing our faithfulness and understanding of the sources of our wealth.

The knowledge of where you are going can only be obtained when you have sincerely accepted Jesus Christ as your Lord and Saviour, by asking Him for forgiveness of sins and requesting Him to come into your heart.



### OUR PARTNERS

AAVA Brands Limited  
Adler Products Ltd.  
Alpha Pharmacy and Stores Ltd.  
BG Pharma & Healthcare Ltd.  
Bond Chemical Ind. Ltd.  
Btob Events  
Chemiron Care Ltd.  
Dana Pharmaceuticals Limited  
Elbe Pharma Nigeria Ltd.  
Emzor Pharmaceuticals Ind. Ltd.  
Euromed Ltd.  
Labeta Drugs Limited  
May & Baker Nig. Plc  
Maydon Pharmaceuticals Ltd.  
Mega Lifesciences Nigeria Ltd.  
National Association of Pharmacist in Academia (NAPA)  
National Institute of Pharma. Research and Develop. (NIPRD)  
Osworth Healthcare  
Phamatex (Nig.) Ltd.  
Phamatex Industries Ltd.  
Pinnacle Health Pharmaceutical Limited  
Sagar Vitaceuticals Nigeria Ltd.  
Superior Pharmaceuticals Ltd.  
Vangurad Pharmacy Limited  
Wellahealth Nigeria Ltd.  
Sam Pharmaceutical Ltd.  
Shalina Healthcare Nigeria Ltd.  
Therapeutic Laboratories (Nig.) Ltd.  
Unique Pharmaceuticals Ltd.  
United African Laboratories  
Vixa Pharmaceutical Co. Ltd.  
World Wide Commercial Ventures Limited (WWCVL)

**Thanks for your patronage**

**pharmanews**  
Nigeria's Leading Health Journal

### DISEASE OF THE MONTH 2024

MONTH	DISEASE
March	- Pain/Rheumatism/Arthritis
April	- Malaria
May	- Asthma
June	- Hypertension

### Pharmanews Facts

1. PN is the leading healthcare journal in Nigeria.
2. PN has been published monthly without interruption since 1979.
3. PN is the widest circulating healthcare journal in Nigeria.
4. PN has the highest readership among health journals.
5. PN is available online as mobile App and PDF.
6. PN has 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).

**pharmanews**  
Nigeria's Leading Health Journal

**MEGA We care**

Protect your Liver for a healthy life...

**LIVOLIN**  
Phosphatidylcholine 300 mg + B vitamins + Vitamin E Forte

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**



## Focus and consistency are indisputable for success

By George O. Emetuche, CES

*"It's not what we do once in a while that shapes our lives; what we do consistently." - Tony Robbins*

Brian Tracy once shared how a researcher came to a popular restaurant in the US to eat. When he settled in, he saw three wealthy men seated at a table. These men were among world's richest people. At the table were Bill Gates, Warren Buffett, and their friend. So, the excited researcher went to them to ask an important question bothering him. "Sirs, what would you say is the most important ingredient of success?" The three men looked at each other and responded at the same time: "Focus!"

Focus is an irrefutable attribute of success. It is being single-minded and concentrating on one thing until you get it done. Focus is directed attention. It helps the individual to concentrate attention and efforts on specific goals.

When I talk about focus, I like to include consistency. Consistency is the quality of behaving or performing in a particular way. So, if you discover your purpose and keep your eyes on the ball (focus), and keep doing what you need to do to achieve your goals (consistently), you will get to your destination. Success is deliberate.

### Focus and consistency propel purpose

Entrepreneurial spirit is about staying on a path and keep keeping on until something great happens. It's not just about discovering a business; it's about being consistent in giving value in the business. Focus and consistency are among the foremost factors that lead to success. The more focused and consistent you are, the better you become, and the more you succeed.

When I started our training, consulting and publishing business 12 years ago, after investing 15-and-a-half years in paid employment, we didn't have the needed financial capacity to get everything we wanted done. However, we fought on to stand out because of the power of focus and being consistent in sharing value. I have been writing this type of article you are reading consistently for 12 years. I have written over 3000 of it on many topics within this period because I decided to be focused and consistent. Building a brand requires smart hard work.

### Defeat distractions and keep your eyes on the ball

This is my 27th year as a professional and still counting. I have been privileged to see business leaders and professionals in diverse industries - because of my kind of job. I have also studied how and why businesses succeed or fail. Two elements that stand out in the reasons businesses succeed are FOCUS and CONSISTENCY.

Successful individuals and organisations are focused and consistent in pursuing their visions, missions, goals and objectives. They defeat distractions. They are consistent in keeping to their promises. They are consistent in innovativeness. They are consistent in sales and marketing. They are consistent in research and development. They are consistent in being up-to-date. They are consistent in hiring the right people. Being focused and consistent makes the difference; it makes you to keep your eyes on the ball.

### Focus and consistency are outstanding collaterals

I believe that a small businessperson who is focused, consistent and serious-minded in

his business will do better than a financially capable individual who lacks these great attributes in his business. As a business coach, I have seen this scenario play out on several occasions.

I see focus and consistency as the collateral of a financially disadvantaged person. An individual who is focused and consistent in chasing his dreams - even in an environment of inadequacy - will in no long time attract the forces of nature to his or her favour.

Denzel Washington said, "If you hang around the barbershop long enough, sooner or later you're going to get a haircut." Are you truly consistent in what you do? You have the answer.

Average people give up easily. They give up in the digging of the ground when they are so close to getting the gold. If you want gold, keep digging!

### Great attributes don't come easy

Focus and consistency are attributes that don't come easy. It takes discipline, determination, sense of mission and faith to stand out in this regard.

A lot of people have missed their callings because they left where they were supposed to excel as participators and champions, and went to places they would end up as spectators.

A lot of people lack the staying power that makes the difference. You can't jump from one business to another prematurely, and expect sustainable business growth. The ideal strategy is to build and consolidate a business before diversifying.

Remember the wise old saying, "Jack of all trades and master of none." Think about this and make a meaning out of it. Keep doing your best and ensure your best is good enough.

Move from good to better, then to best.

**Update**  
**The Selling Champion**  
**Consulting Limited Sales**



**Certification Courses start in April 2024. Become a Certified Sales Professional and increase your capacity and earning ability. The Selling Champion Consulting Limited is an award-winning Nigerian Council for Management Development accredited training and consulting firm. Register your sales team. Add great value to your career. We know the art of selling! We prepare productive professionals. Enquiries, 07060559429, 08186083133. [www.thesellingchampionconsulting.com](http://www.thesellingchampionconsulting.com). [www.nigeriasalesconference.com](http://www.nigeriasalesconference.com)**

**Ultimate nutritional support and skincare For Mums-to be**

**Pregnacare Max** - Maximum nutritional support during pregnancy.

**Pregnacare Liquid** - Alternative supplement format for those who may have difficulty in swallowing tablets

**Pregnacare Cream** - Gentle protection for stretching skin

Manufactured by Vitabiotics UK  
Marketed by:  
**PINNACLE HEALTH PHARMACEUTICAL & STORES LIMITED**  
8 Douglas Ezemba Ave., Off Alhaji Agbeke street, By Marcity B/Stop, Ago Palace Way, Okota  
Tel: 08021399703, 07082376664 E-mail: [phppharma@yahoo.com](mailto:phppharma@yahoo.com)





# Inquest

with  
**Patrick Iwelunmor**

Tel: 08135439281  
Email: iwelunmorpatrick@yahoo.com

## Understanding the medical humanities

be very useful in the treatment of medical conditions, such as depression and post-traumatic stress disorders.

Most medical scientists who have done research in this field confirm that the

musical composition by the legendary Boney M in the song "El Lute." Based on the true story of Eleuterio Sánchez Rodríguez, nicknamed El Lute, the song written by the German musician, Frank Farian, remains one of the most therapeutic songs in history, not only from the narrator's angle but also from the actor's (El Lute's):

*He had only seen the dark side of life  
The man they called El Lute  
And he wanted a home just like you  
and like me  
In a country where all would be free...*

*Soon the fame of his name  
Spread like wild fire all over the land  
With a price on his head people still  
gave him bread  
And they gave him a hand  
For they knew he was right  
And his fight was their fight*

*And then freedom really came to  
his land  
And also to El Lute  
Now he walks in the light of a sunny  
new day*

*The man they called El Lute*  
The lyrics of the song reflect a young man's battles with injustice and the travails that came with his refusal to be cowed by the system. His determination and grit in the face of social inequality and discrimination typify the resilience of the human spirit. Wherever he is today, El Lute will be super proud of his story, as told by Boney M. To a large extent, his mental health status may be as bright as the morning sun. Therefore, there are inexhaustible examples of how the humanities have and will continue to shape many more intellectual endeavours in the medical sciences.

In an age when eclecticism in knowledge has continued to stimulate more critical discourses in various fields of human endeavour, the faculty of proffering solutions to the human condition emanates from the dynamism which interdisciplinary studies confers on the intellect. The medical sciences are beginning to realise the inalienable significance of other fields in their practices and problem-solving capacities.

Therefore, the medical humanities can be simply defined as an evolving field of study which looks at the roles and functions of the humanities (philosophy, history, culture, anthropology and visual arts) within the context of medical practice and how these roles and functions deepen human knowledge and understanding towards the actualisation of an infinitely integrated approach to health and wellbeing.

Before now, there had been arguments about the functional value of the arts/humanities not only in the medical sciences but in life generally. This argument traces its origins to the Plato-Aristotle debate in ancient Greece. While Plato, in his famous book, *The Republic*, argues that the arts/humanities (literature, drama and poetry) offer nothing more than their appeal to emotions and therefore are not useful to the development of an ideal state, Aristotle counters him by identifying the important roles artistic/humanistic imagination and activities play in the evolution and growth of the

state.

Medical practitioners who understand the nexus between their profession and the humanities perform their functions better and broaden their knowledge of the field in tandem with modern realities. A good physician, in evaluating a patient's condition, will always delve into the patient's history, which may not be limited to his medical records but may also include family, cultural and religious backgrounds. A sound grasp of these backgrounds can enlighten the physician on the nature and scope of his patient's condition in order for him to determine the right course of treatment.

For instance, in his concept of catharsis as an ultimate feature of the Greek tragic theatre, Aristotle argues that the tears which emanate from the emotions of the audience as a result of their identification with the painful plight of the tragic-hero present an opportunity for them to purge themselves of such emotions in a harmless yet precautionary way. Catharsis therefore can be described as not just an invaluable asset in psychotherapy but can also be adjudged as one of the most cognitive activities that give birth to emotional balance. This Aristotelian concept has inspired many research activities in psychoanalysis and psychotherapy.

Therefore, the concept of catharsis in tragic drama as a subgenre of literature, which in turn is an aspect of the arts/humanities, has proved beyond doubt to

singular act of crying or weeping stimulates the parasympathetic nervous system, slowing breathing and heart rate and bringing relief by restoring one back to his/her normal balanced state.

Another aspect of the arts/humanities that has continued to offer therapeutic value in the medical sciences is the art of narration which has metamorphosed into what we now call narrative therapy. This is a very important tool in mental health management, especially for people who have encountered very catastrophic life experiences and are battling self-esteem challenges in telling their stories without the burden of blame hanging on their necks.

For instance, a man, who incurs the wrath of the authorities and is sent to jail for his activism against injustice may never stop blaming himself and others for his travails. To tell his story better without blaming himself and others, it is the duty of the narrative therapist to offer him expert counselling on seeing himself as a hero, rather than a victim. This technique will eventually help him build more confidence and have a better self-esteem. Rather than see himself as one of those rascals troubling the peace of society, he will then begin to see himself as a hero whose actions are inspiring change or provoking a rethinking of existing social order.

One of the best examples of the use of narrative therapy (from a third person narrative perspective) is captured in a

Something  
**NEW** is HERE

Cardiotan<sup>®</sup> 80/10 mg



• For the management of severe hypertension

- Delivers superior BP Reduction<sup>2</sup>
- Delivers True 24 Hrs BP Control<sup>1</sup>
- Delivers BP control within 2 weeks of therapy<sup>2</sup>
- Offers Cardio and Reno protection beyond BP reduction<sup>3</sup>

PRISA0CDT1N0204V1ERT

Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)



## How nutritional supplements help prevent eye problems

By Mrs Chima Ejimofor



cataracts.

### 4. Lutein and zeaxanthin

These carotenoids are found in high concentrations in the retina. They help protect against harmful high-energy light waves like ultraviolet rays. Lutein and zeaxanthin are associated with a lower risk of AMD and cataracts.

### 5. Nutritional supplements

While a balanced diet is the primary source of these nutrients, supplements can be beneficial, especially for those who have difficulty meeting their nutritional needs through food alone. However, it is crucial to consult with a healthcare professional before starting any supplement regimen.

Age-Related Macular

The role of nutritional supplements in preventing eye problems is a topic of growing interest as people seek ways to maintain and enhance their vision. Oxidative stress occurs when there is an imbalance between the production of free radicals (reactive oxygen species) and the body's ability to neutralise them through antioxidants. In the context of the eyes, oxidative stress can damage cells, proteins, and DNA in ocular tissues.

Prolonged oxidative stress is linked to various conditions like age-related macular degeneration (AMD), cataracts, and glaucoma. Free radicals generated by factors such as UV exposure and environmental pollutants can contribute to this stress, harming the delicate structures of the eyes and potentially leading to vision problems.

In essence, oxidative stress in the eyes is a contributing factor to age-related eye diseases, emphasising the importance of a diet rich in antioxidants to counteract these harmful effects.

Common eye problems include refractive errors (near-sightedness, farsightedness, and astigmatism), cataracts, glaucoma, age-related macular degeneration (AMD), diabetic retinopathy, and dry eye syndrome. Regular eye exams can help detect and manage these issues early.

### The main causes of eye problems are:

- malnutrition
- infections
- allergies
- high blood pressure
- diabetes
- Tooth infections (because they share the same vascular and nervous system)
- heredity problems
- a trauma caused by being hit or by an object getting into the eye
- problems in the ocular muscles
- unhealthy habit of reading with poor lighting.

Our eyes require a variety of nutrients to function optimally, and deficiencies in these nutrients can contribute to various eye conditions. Here, we'll explore key nutrients and their roles in supporting eye health, as well as the potential benefits of nutritional supplements.

### 1. Vitamins and antioxidants

- Vitamin A: Essential for maintaining the health of the retina. A deficiency can lead to night blindness.
- Vitamin C: An antioxidant that helps protect the eyes from oxidative stress, reducing the risk of age-related macular degeneration (AMD) and cataracts.
- Vitamin E: Another powerful antioxidant that may protect the eyes from free radical damage.

### 2. Omega-3 fatty acids

- DHA and EPA: Found in fish oil, these omega-3 fatty acids play a crucial role in maintaining the structural integrity of the retina. They are associated with a lower risk of AMD and dry eye syndrome.

### 3. Zinc

This is essential for the function of enzymes in the eye. Zinc deficiency is linked to poor night vision and

### Degeneration (AMD)

AMD is a common eye condition among older adults that can lead to severe vision impairment. Studies suggest that a combination of antioxidants, vitamins, and minerals may slow the progression of AMD in individuals at high risk.

### Cataracts

Cataracts, the clouding of the eye's lens, are influenced by oxidative stress. Antioxidants like vitamin C and E, along with lutein and zeaxanthin, may help reduce the risk of cataracts.

### Dry Eye Syndrome

Omega-3 fatty acids, specifically DHA and EPA, have been shown to alleviate symptoms of dry eye syndrome by reducing inflammation and improving tear production.

In conclusion, maintaining eye health involves a combination of a balanced diet rich in essential nutrients and supplementation. Regular eye check-ups, a healthy lifestyle, and protective measures, such as wearing sunglasses, are integral components of comprehensive eye care. By addressing nutritional needs, individuals can contribute to the long-term health



of their eyes and potentially reduce the risk of developing common eye problems.

References:  
Guide to Natural Remedies for Health and Well-Being - Enrique Garza Gutierrez BSc, C.Ht.  
Google, ChatGPT

Mrs Chima Ejimofor is the lead partner of Infinite Health Consult, and is available for the purchase of FLP nutritional supplements, health talks and wellness seminars. She is based in Lagos, Nigeria. Telephone/WhatsApp: 07033179632, email: infinitehealthconsult@gmail.com

# CYPRI GOLD®



Go  
for  
Gold



Available in  
100ml & 200ml

## CYPRI GOLD

SYRUP & CAPLETS

Fortified with  
LIQUID GLUCOSE  
&  
L-LYSINE

Anti histamine. .... Anti allergic



## Therapeutic... Cares for your health

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



# FG aggressively pursuing local pharma manufacturing – Health minister

continued from front page



The coordinating minister of Health and Social Welfare, Dr Muhammed Ali Pate and the former federal minister of Health, Prince Julius Adedoyi at the consultative meeting.

on 31 January, the minister hinted that issues, such as the rising cost of pharmaceuticals and the shortage of APIs, would soon become history. He emphasised the Federal Government's commitment towards collaborating with the pharmaceutical sector, to usher in a new dawn of self-sufficiency in local pharma manufacturing and API production.

In an interview held with **Pharmanews** after the meeting, Pate further explained why pharmacists and the generality of Nigerians should rest assured of brighter days ahead in the health sector. Below are the excerpts:

## What changes do we expect after this consultative forum?

Today, we had a great evening in the consultative forum, with stakeholders in the pharmaceutical industry supporting the presidential initiative to unlock the healthcare value chain and we are very grateful to the host, the industry players who have been playing a major role in the pharmaceutical industry in Nigeria. As part of the president's "Renewed Hope" agenda, the health and welfare

of Nigerians are key.

Local pharmaceutical manufacturing is something we are pursuing aggressively - one that will ensure that the industry thrives for Nigerians to have access to affordable medicines to improve the health of the population of this country. This forum is just the beginning. We will be having a second forum in three months' time.

As we know, the president has granted that an executive order be developed, which will begin to reduce the barriers to local manufacturing and enable the industry to thrive. We expect this development to eventually reduce the cost of pharmaceuticals.

The rising cost of pharmaceuticals is a major issue that bothers all of us in government. It is not just a Nigerian issue. It is a global issue and in the context of our administration, we are very focused on what we can do to reduce the burden on Nigerians, especially the poorest and most vulnerable. So, this is a very fruitful consultation that we have had with the industry.

## What is the Federal Government doing to curb the exit of pharmaceutical giants from Nigeria?

We have a very vibrant and working pharmaceutical industry and we have many that are beginning to show interest to come into our economy. In the last three months, we have had, at least, three major players exploring the opportunity of coming to manufacture in Nigeria.

We do hope that many others will come in and that our local industry will thrive. It is not that easy at this point but we know that this cloud will pass and Nigeria will rise again. So, we are very confident that the industry will weather the difficulties of today.

## Stakeholders raised concerns about the introduction of VAT on imported raw materials and other pharmaceutical products. What is the Federal Government doing in this regard?

This is a consultative forum and we have listened to all those concerns. This is a listening government and we are taking actions to see how we can reduce the burden. At the end of the day, our objective is to see that our local manufacturers are thriving.

## Players in the sector have said they require 600 billion naira to commence local APIs manufacturing. What is your take on this?

The issue of APIs that are being imported is one that has been going on for decades. It did not start in the last six months or in the last one year. We are now beginning to tackle it head-on. As we know, even some of the

advanced economies get their APIs from one or two countries but Nigeria is looking at how it can diversify the sources of the APIs and this will take time. In one year, you cannot solve what has not been done for decades.

We are very committed and the president has given his clear direction on the matter. He has urged us to encourage the private sector to be able to provide what is needed by Nigerians and that our regulatory standards are at the level that can guarantee the quality of what is being produced in Nigeria.

We are committed to doing this and this consultative forum is a great way to start. Remember, this is the first time government and the pharmaceutical industry are having this kind of dialogue and I can assure you that we are listening in a very constructive manner.

We have received very good suggestions on what needs to be done. The president himself has directed the Attorney-General to develop an executive order. Nigerians should just be assured that President Tinubu is listening and concerned about issues affecting their welfare and we are committed to delivering on this by working across sectors – between the public and the private sector, the Federal Government and the industry. This meeting today is a reflection of that commitment.

## What is being done about the rising cost of basic pharmaceuticals, like paracetamol?

The wider macroeconomics of this country is challenged and this has occurred over several years. We are now trying to see how we can reverse the trend. There are things that are influencing what we are experiencing beyond what the health sector has control over.

In the context of this administration, in 2024, we have already appropriated resources to improve procurement mechanisms for critical medicines that will bring succour to the poorest and most vulnerable Nigerians. The price of commodities and other things beyond pharmaceuticals have also risen and it is not just a Nigerian issue.

If you look at the media as a journalist, the cost of pharmaceuticals have also risen in the European, American and British markets. The cost of pharmaceuticals globally has been skyrocketing in the last few months because there is shortage of APIs.

So, as they are also struggling to resolve their issues, we have put in place mechanisms to improve procurement and also engage with the local manufacturers so that we will begin to find solutions from many angles, one of which is the executive order that is coming very soon.

# NAT B

High potency formula for Nerve Rejuvenation

1 CAPSULE DAILY

NAT B CAPSULES

MEGA VEGICAP

• COMPLETE RANGE OF VITAMIN B

The B vitamins synergistically work together as a complex.

• INOSITOL AND CHOLINE

Maintains structure and optimal functions of the neurons.

• BIOTIN

Improves clinical & laboratory findings in diabetic patient with neuropathy.

For:

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

MEGA We care MEGA LIFESCIENCES NIGERIA LIMITED

Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)



## Tamar Foundation donates drugs, foodstuff, wheelchairs, to over 700 Lagos residents

By Adebayo Oladejo

As part of its corporate social responsibility, Tamar Homes Foundation (THF) a non-governmental organisation, has donated wheelchairs to 10 persons living with disability, drugs worth several thousands of naira, as well as foodstuffs and other household items to over 700 residents of Ikota and its environs in Lagos State.

Speaking after the donations, which were part of the free medical outreach organised by the Foundation and held on the open field of Ikota Primary School, the Chief Executive Officer of THF, Olajumoke Rhema, stated that she has a strong passion for helping the less-privileged and children living with disabilities by supporting them in the realisation of their life ambitions.

Rhema, who had a hectic time attending to the hundreds of participants who thronged the venue of the programme, noted that the Foundation was established to assist the less-privileged because government cannot do it alone.

According to her, "As privileged members of the society, especially because we are based here on the Island, we have to rise and assist the government. So, today, we are on the Island for the outreach to Ikota Community, Ilaje Community, Lafiaji Community, Idi-Iroko Community and even Maroko Community and their environs.

"We had 25 medical and healthcare personnel here to cater for people, and this year, more than ever, the price of drugs has skyrocketed to the extent that we spent more than double to buy drugs. Aside from checking their blood sugar, blood pressure, body mass index, and other vitals, we have resolved to give out free drugs, offer drug advice and refer the cases that we could not handle. We also have relief materials in the form of foodstuffs and others worth millions of naira to give out to everyone here, she said."

Speaking further, Rhema revealed that THF was established in the year 2020 as an arm of Tamar Homes, which deals with real estates in Lagos State, adding that it specialises in giving back to society, through free medical outreaches, as well as provision of palliatives and foodstuff to the underprivileged.

"In 2021, we started with Atundaolu Special School, Surulere, Lagos, where we started with 12 wheelchairs, and in 2022, we donated 35 wheelchairs and support chairs to them," she said.

Asked about the motive for the gesture, she said, "I grew up with a mother who happened to be a giver, even though she didn't have much, she was fond of giving to the poor, paying their school fees. So, even, as a little child, I started doing the same, giving out our foodstuff to friends who didn't have enough."

She continued, "It's a thing of passion; once I sense a need, I won't be comfortable until I contribute my quota. Even during the COVID, we were regularly feeding the needy in Lafiaji Community, Ilaje Community, and others, she said.

Speaking in the same vein, Olabisi Abodunrin, a key official of THF, noted that the outreach is their way of saying thank you to the community that accommodated them, adding that they deemed it fit to come around and offer assistance medically, and other ways, by donating wheelchairs, free healthcare, drugs, food items and others to the people of Ikota Community, in Eti-Osa Local Government Area.

Unable to contain his joy, one of the beneficiaries of the wheelchairs, Alh. Gafar Balogun, a 67-year-old amputee, and an indigene of Ikota

Community, who before the donation had been experiencing difficulty moving around, disclosed that the wheelchair would give him a new lease of life.

Speaking further, Balogun, an artisan, noted that the condition had affected his job as a result of difficulty in moving around, adding that the donation of the wheelchair was a big blessing to him.

Also speaking, a beneficiary of the free drugs and free health check, who also came with two of her children, Mrs Temitope Agunbiade, expressed her gratitude to the Foundation and urged them to do more for the communities around who are yet to be privileged.

On behalf of the Chairman of the Community Development Association (CDA), Ikota Community, Mrs Mosunmola Suleiman, popularly known as 'Iron Lady', and Mr Muhideen Ganiyu, vice-chairman, Ikota Community Development Association (CDA), commended THF for always coming to the aid of the community. They called on

other companies, agencies, as well as individuals, to also give back to



Olajumoke Rhema, CEO of Tamar Homes Foundation (second from left), and members of her team with one of the 10 beneficiaries of wheelchair, Alh. Gafar Balogun, at the THF free medical outreach, at Ikota Primary School, Ikota, Lagos.



# Diclomol<sup>®</sup>

Therapeutic's

## Pain Buster

### Caplets & Gel



**Diclofenac Diethylamine 1.16% w/w**



**DICLOFENAC SODIUM (as enteric coated) 50mg**  
**ACETAMINOPHEN 500mg**

## KNOCKS OUT

## MUSCULAR & JOINT PAINS



**Therapeutic**  
Laboratories (N) Ltd.

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

*Therapeutic... Cares for your Health & Wellness*



# LOXAGYL<sup>®</sup>

## METRONIDAZOLE

**Trusted Metronidazole**



**For treating anaerobic bacterial infections including;**

- **Gingivitis and other oral-dental infections.**
- **Diahorrea (Amoebiasis, giardiasis & dysentery).**
- **Genito-urinary tract infections.**
- **Skin and soft tissue infections i.e. deep wound infections**

Manufactured by: **MAY & BAKER**



1, May & Baker Avenue,  
Off Idiroko Rd. Ota,  
Ogun State, Nigeria.  
<http://www.may-baker.com>  
Toll free: 0800 6292 632 2537

**CONTRA-INDICATION:** Chronic alcohol dependence  
Side effects include metallic taste, nausea, furred tongue  
Always read product insert for more information

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**





# Advances in cancer management

**C**ancer is a disease in which abnormal cells divide uncontrollably and destroy body tissue. The World Health Organisation (WHO) describes cancer as a disease that causes cells to divide without stopping, leading to tumour growth and reduced function in the immune system. The United States National Cancer Institute defines it as a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body. The Nigerian National Institute for Cancer Research and Treatment (NICRAT) adds that cancer is a formidable adversary that affects the lives of millions of people and their loved ones.

According to oncologists, cancer is a large group of diseases that can start in almost any organ or tissue of the body when abnormal cells grow uncontrollably, go beyond their usual boundaries to invade adjoining parts of the body and/or spread to other organs. Malignant tumour is another common name for cancer.

## Global overview

Figures from WHO show that cancer is the second leading cause of death globally, accounting for

an estimated 9.6 million deaths (or one in six deaths) in 2018 and nearly 10 million deaths in 2020. The most common cancers among men are lung, prostate, colorectal, stomach and liver cancer; while breast, colorectal, lung, cervical and thyroid cancer are the most common among women.

Around one-third of deaths from cancer are due to tobacco use, high body mass index, alcohol consumption, low fruit and vegetable intake, and lack of physical activity. Cancer-causing infections, such as human papillomavirus (HPV) and hepatitis, are responsible for approximately 30 per cent of cancer cases in low- and lower-middle-income countries.

"The cancer burden continues to grow globally, exerting tremendous physical, emotional and financial strain on individuals, families, communities and health systems. Many health systems in low- and middle-income countries are least prepared to manage this burden, and large numbers of cancer patients globally do not have access to timely quality diagnosis and treatment. In countries where health systems are strong, survival rates of many types of cancers are improving", the WHO said. The organisation however says

that many cancers can be cured if detected early and treated effectively.

The WHO's cancer agency, the International Agency for Research on Cancer (IARC), on 31 January, 2024, released the latest estimates of the global burden of cancer. WHO also published survey results from 115 countries, which show that the majority of countries do not adequately prioritise cancer financing and palliative care services as part of universal health coverage (UHC). The IARC estimates revealed the urgent need to address cancer inequities worldwide.

According to the IARC statement, in 2022, there were an estimated 20 million new cancer cases and 9.7 million deaths. The estimated number of people who were alive within five years following a cancer diagnosis was 53.5 million. About one in five people develop cancer in their lifetime. Approximately one in nine men and one in 12 women die from the disease.

The global WHO survey on UHC and cancer shows that only 39 per cent of participating countries covered the basics of cancer management as part of their financed core health services for all citizens. Only 28 per cent of participating countries additionally covered care for people who required palliative care, including pain relief in general, and not just linked to cancer.

## Cancer inequities by HDI

Global estimates reveal

striking inequities in the cancer burden according to human development. This is particularly true for breast cancer. In countries with a very high Human Development Index (HDI), one in 12 women will be diagnosed with breast cancer in their lifetime and one in 71 women die of it. By contrast, in countries with a low HDI, while only one in 27 women is diagnosed with breast cancer in their lifetime, one in 48 women will die from it.

"Women in lower HDI countries are 50 per cent less likely to be diagnosed with breast cancer than women in high HDI countries; yet they are at a much higher risk of dying of the disease due to late diagnosis and inadequate access to quality treatment," explains Dr Isabelle Soerjomataram, deputy head of the Cancer Surveillance Branch at IARC.

The WHO's global survey of hypothetical based problemsolving (HBPS) approach also revealed significant global inequities in cancer services. Lung cancer-related services were reportedly four to seven times more likely to be included in a HBP in a high-income than a lower-income country.

On average, there was a four-fold greater likelihood of radiation services being covered in a HBP of a high-income than a lower-income country. The widest disparity for any service was stem-cell transplantation, which was 12 times more likely to be included in a HBP of a high-income than a lower-income country.

"WHO's new global survey sheds light on major inequalities *continued on page 13*

## In The Management Of Neuropathic Pain

**Indicated in :**

- Diabetic peripheral Neuropathy.
- Post herpetic neuralgia.
- Post operative analgesia.

**FAST POWERFUL SUSTAINABLE**

for full prescribing information, Please write to :

**MEGA LIFESCIENCES NIGERIA LIMITED**

Gr. Floor, Ochendo House, Plot 6 - Guinness Road, Ogba, Ikeja-Lagos

Tel : (+234) 0805 359 6234, 0805 359 6236 info.ng@megawecare.com

www.ng.megawecare.com Mega Lifesciences Nigeria Ltd

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

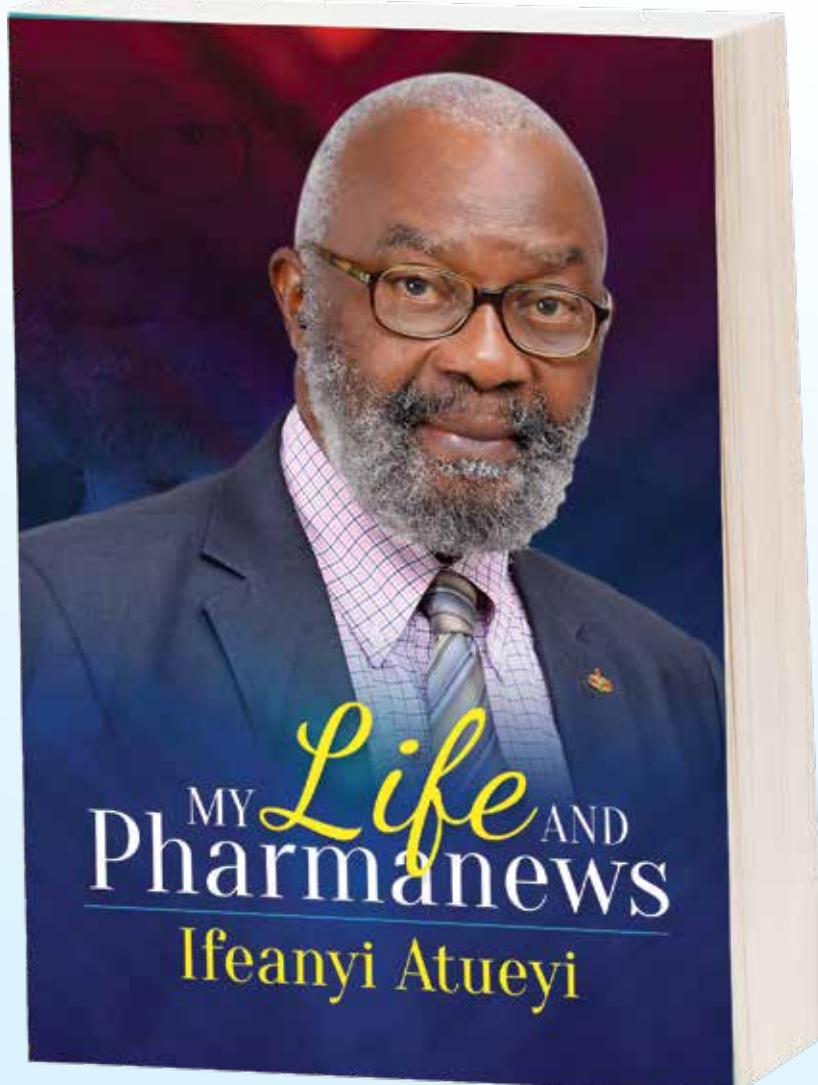


## PHARMANNEWS IS BORN (7)

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

However, in what would serve as a proof of God's hand in the establishment of **Pharmanews**, as well as the beginning of the wonders that would characterise the survival of the publication for many years to come, I received a leading that ended my search for the start-up capital. One afternoon, I remembered that I had seen the signboard of a pharmaceutical company on Town Planning Way, Ilupeju. Prior to this, I did not know of the existence of the company, and had no contact there. However, something inspired me to go there. And so, I went to the company (which I later discovered to be E. Merck) with the dummy of **Pharmanews**. When I told the receptionist that I wanted to see the managing director, she asked if I had an appointment and, of course, I said no. Then she offered me a seat while I waited.

When I finally met the MD, one Mr Ufflabauer, I discovered him to be a huge German. He received me warmly and this encouraged me to clearly share my vision and explain the essence of my visit to his company. I showed him the dummy, with spaces for adverts. Quite surprisingly, the man immediately caught the vision and seemed quite



impressed and optimistic about it. He immediately asked me how I intended to send the copies to my target readers (pharmacists and

Syrup.

I left Merck that day with indescribable joy. When I returned to the company the following day to

doctors) and I replied that I would wrap the copies in brown paper, label and distribute them through the post office. Right away, he told me not to use brown paper but rather get very good white paper which would carry his adverts. He assured me that placing adverts on the white paper would generate money for me. After that, he went through the dummy and selected page 2 bottom strip advert spaces and asked me to calculate the cost from May to December; the payment for which he said would be made in advance. Not only that, he promised to retain the spaces and to continue to pay upfront every January till he decided to stop. His product was Cosome Cough

show him the total cost of the adverts, with discount for payment upfront, he was taken aback because I used my name on the invoice. He said, "Mr Atueyi, I cannot deal with you as a person. Have you no company?" When I told him I had none, he said he would not deal with me if I had no company.

Now that I was so close to achieving my dream, I was not ready to allow anything to be a barrier. Fortunately, as at then registering a business name in Nigeria was quite easy. So it did not take me long to decide on a name and register it. I returned to Merck with an invoice bearing "Pharmanews Enterprises." When the MD saw it, he was pleased with me and immediately wrote a cheque for a very huge amount, which was more than enough to cover my projected publishing expenses for a period. I immediately went to the nearest bank, Afribank, Ilupeju, and opened an account in the name of Pharmanews Enterprises.

Let me mentioned here that God so blessed this seed money from E. Merck that we have never borrowed money from a bank or any person up to this day. That money has continued to grow and multiply all these 40 years of business.

With the problem of finance resolved in an extraordinary way, everything else concerning the first edition of **Pharmanews** went on smoothly. I contracted King & George Printers located at Mobolaji Bank-Anthony Way, Maryland, to do the printing and by May of 1979, the first edition of **Pharmanews** was published – two months earlier than my initial projection.

*Continues next edition*

## PHARMANNEWS AWARDS

YEAR	AWARD	WINNER
2015	Sir Ifeanyi Atueyi (SIA) Essay & Debating Competition	- Faculty of Pharmacy, UNIBEN.
2016	Sir Ifeanyi Atueyi (SIA) Essay & Debating Competition	- Faculty of Pharmacy, UNIBEN.
2017	Sir Ifeanyi Atueyi Essay (SIA) & Debating Competition	- Faculty of Pharmacy, OAU, Ile-Ife.
2018	Sir Ifeanyi Atueyi (SIA) Essay & Debating Competition	- Faculty of Pharmacy, UNIBADAN.
2018	Young Pharmacist Award	- Pharm. Isa Muhammad
2019	Ifeanyi Atueyi Essay & Debating Competition	- Faculty of Pharmacy, UNIBADAN.
2019	PANSITE Award	- Yusuf Wada (Faculty of Pharmaceutical Sciences, Usman Danfodio University, Sokoto)
2019	Young Pharmacist Award	- Pharm. Frank Eze
2020	PANSITE Award	- Izukanne Emembolu (Faculty of Pharmacy, UNIZIK, Awka)
2020	Outstanding Pharmacist Award	- Pharm. (Mrs) Olubukola George
2020	Young Pharmacist Award	- Pharm. Daniel Uchechukwu Eze
2021	PANSITE Award	- Martin Chukwunonso Nwofia (Chukwuemeka Odumegwu Ojukwu, University, Anambra State)
2021	Pharmanews Interschool Debate Competition	- Faculty of Pharmacy, UNIBEN
2021	Sir Ifeanyi Atueyi (SIA) Essay & Debate Competition	- Faculty of Pharmacy, UNIBADAN
2022	PANSITE Award	Jennifer Ukamak Ekuma (UNIUYO)
2022	Young Pharmacist Award	Pharm. Ozioma Onyedikachukwu Ezeofor
2022	Dean's Award	Prof. Festus B. C. Okoye (UNIZIK)
2022	Pharmanews Interschool Debate Competition	Prof. Dora Akunyili College of Pharmacy, Igbinedon
2023	PANSITE Award	Olasunkanmi Ahmed Ajilaran (UNILAG)
2023	Pharmanews Interschool Debate Competition	Faculty of Pharmacy, Enugu State University
2023	Sir Ifeanyi Atueyi (SIA) Essay & Debate Competition	Faculty of Pharmacy, UNIBADAN
2023	Dean's Award	Prof. Azuka Oparah (UNIBEN)

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**



# Advances in cancer management

continued from page 11

and lack of financial protection for cancer around the world, with populations, especially in lower income countries, unable to access the basics of cancer care. WHO, including through its cancer initiatives, is working intensively with more than 75 governments to develop, finance and implement policies to promote cancer care for all. To expand on this work, major investments are urgently needed to address global inequities in cancer outcomes" said Dr Bente Mikkelsen, director of the Department of Noncommunicable Diseases at WHO.

## Projected cancer burden increase by 2050

Meanwhile, the WHO has predicted over 35 million new cancer cases by 2050, a 77 per cent increase from the estimated 20 million cases in 2022. The rapidly growing global cancer burden reflects both population ageing and growth, as well as changes to people's exposure to risk factors, several of which are associated with socioeconomic development. Tobacco, alcohol and obesity are key factors behind the increasing incidence of cancer, with air pollution still a key driver of environmental risk factors.

In terms of the absolute burden, high HDI countries are expected to experience the greatest absolute increase in incidence, with an additional 4.8 million new cases predicted in 2050, compared with 2022 estimates. Yet the proportional increase in incidence is most striking in low HDI countries (142 per cent increase) and in medium HDI countries (99 per cent). Likewise, cancer mortality in these countries is projected to almost double by 2050.

## Cancer in Africa

The WHO estimates that human papillomavirus (HPV) infections cause approximately 68,000 cases of cervical cancer each year in Africa. However, these figures most likely represent a conservative estimate, due to the challenges in health information systems and cancer registries in the region.

Cervical cancer is a preventable disease. Yet it is the most common cause of cancer in the African Region, where it accounts for 22 per cent of all female cancers and 12 per cent of all newly diagnosed cancers in both men and women every year. In Africa, 34 out of every 100,000 women are diagnosed with cervical cancer and 23 out of every 100,000 women die from cervical cancer every year. This figure contrasts with seven out of every 100,000 women being diagnosed with cervical cancer and three out of every 100,000 women dying of the disease every year in North America. In Africa, most of these women are diagnosed at an advanced stage of cancer, which is associated with poor outcomes.

There is a safe and very effective vaccine that protects against HPV and has the potential to prevent one third of all cases of cervical cancer. Two HPV vaccines are certified safe by WHO and are intended for use in girls between ages nine and 13 years. The vaccine produces the highest immune response at this age and it is important to receive the vaccine before exposure to HPV.



The WHO has also said routine cervical cancer screening and early treatment can prevent up to 80 per cent of cervical cancers, if abnormalities of the cervix are identified at stages when they can be easily treated. It was on this basis that the WHO recommends screening for all women aged 30–49 years to identify precancerous lesions, which are usually asymptomatic. HPV vaccination is vital but does not replace the necessity of cervical cancer screening and early

treatment in women.

In many parts of Africa, cervical cancers are not identified or treated until advanced stages due to insufficient access to reproductive healthcare services, effective screening and early treatment. Meanwhile, approximately one third of all cancers can be prevented. This highlights the importance of legislative and regulatory measures, as well as health promotion interventions that advocate for HPV vaccination, improved access

to physical activity and healthy diet, and against tobacco and the harmful use of alcohol.

In order to reduce the cervical cancer burden in the African Region, WHO said it will continue to support Ministries of Health to implement priority cancer prevention and control interventions that cut across the continuum of prevention, early detection, diagnosis, treatment and palliative care services.

## Cancer in Nigeria

Jedy-Agba, E., et al, in their study, titled "Cancer Incidence in Nigeria: a Report from Population-Based Cancer Registries", noted that despite the threat to public health in developing countries, few of the poor countries have data on cancer incidence. Their study was therefore aimed to provide estimates on cancer incidence in Nigeria.

In the study, estimates of cancer incidence in Nigeria were calculated for 2009–2010, based on data from two population-based

continued on page 15

# WellKiD® & Wellbaby®

**WellBaby Drops:**  
Best nutritional supplementation  
with 15 bioelements suitable for  
babies of age 1 month to 12 months







**WellKid & Baby Infant Syrup:**  
Comprehensive range of 14 essential vitamins  
and minerals required for normal growth  
of babies and kids of ages  
3 months to 5 years.

**WellKid Multivitamin Liquid:**  
Formulated to complement your  
child's diet with 15 important  
nutrients suitable for ages 4  
to 12 years.





Manufactured by Vitabiotics UK

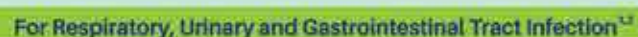
Marketed by:

**PINNACLE HEALTH PHARMACEUTICAL & STORES LIMITED** 

8 Douglas Ezemba Ave., Off Alhaji Agbeke street, By Marcity B/Stop, Ago Palace Way, Okota  
Tel: 08021399703, 07082376664 E-mail: phppharma@yahoo.com



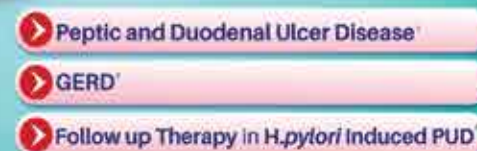
## SWIPHA Azithromycin Ranges



...where **Efficacy and Safety** meet **Affordability**

1. Green AJ (1992) Immune response to Goodpasture's disease.  
2. J. J. Goodpasture, PhD. Selective immunofluorescent and immunoelectron-microscopic studies of basement membrane. In (1991) Vol. 1, pp. 1-10.

**SWIPHA**  
**Omeprazole**  
Ranges

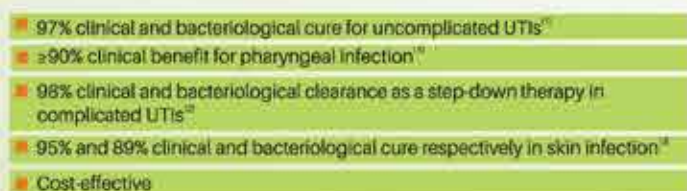


...Providing Quality and Affordable Solutions to Ulcer Related Diseases

**References:**

1. Global Leadership for Tomorrow (GLT). *GLT 2019*. Available at: <https://www.glto.org/>. Accessed 15 May 2020.
2. World Economic Forum. *Leadership for Tomorrow: A New Agenda for the 21st Century*. Geneva: World Economic Forum; 2019.
3. World Economic Forum. *Leadership for Tomorrow: A New Agenda for the 21st Century*. Geneva: World Economic Forum; 2019.

**Cefuroxime**  
500 mg



**Dosage:** 500 mg twice daily

### ...Bridging the Gap in the Treatment of Bacterial Infection

**Reference**

1. Infectious diseases in Obstetrics and Gynecology 6:211-214 (1997)
2. EAU guideline on urological infection 3:22 March 2020
3. Dermatological 1991;183:36-43

**Telmisartan**  
80 mg



- Type 2 diabetic nephropathy
- Left ventricular hypertrophy
- Intolerance to ACE inhibitors - cough
- Primary stroke prevention
- Hypertension

**References:**  
1) Boers et al. BMJ 2001;322:912-916  
2) ESC/ACC Guidelines. J Am Coll Cardiol 2002;21:1011-1054

### New Name/**New Look**

swi<sup>®</sup>pha Amlodipine

### New Name/**New Look**

**swiipa Metformin**  
Hydrochloride 500 mg



SPREADSHEET

*Your well-being, our everything*

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**



# Advances in cancer management

continued from page 13

cancer registries (PBCR), the Ibadan Cancer Registry (IBCR) in the south-west, and the Abuja Cancer Registry (ABCR) in the north-central, both of which are part of the Nigerian National System of Cancer Registries (NSCR).

In the result of the study, a total of 4,521 cases of invasive cancer in both registries were recorded - 2,985 (66 per cent) in females and 1,536 (34 per cent) in males. The researcher found that the most common cancers in Nigeria are cancers of the breast and cervix in women and cancer of the prostate in men.

According to the statistics obtained by **Pharmanews** from NICRAT, in 2018, Nigeria recorded 4849 liver cancer cases, 4789 colon cancer, 5508 ovary cancer, 4709 rectum cancer, 5294 leukaemia cancer, 1523 lung cancer and 1359 pancreas cancer.

As part of the move to further prevent cancer in Nigeria, President Buhari signed into law the National Institute for Cancer Research and Treatment (Establishment) Act of 2017 to ensure high school students receive compulsory education about breast, cervical and prostate cancers

As of May, 2023, the entire country was expected to incorporate the new teachings into the compulsory Civic Education subject at the senior high school level to promote awareness and prevention of these cancers.

Speaking on the development, Griffith School of Medicine and Dentistry Associate Professor, Chris Ifediora, said targeting high school students with enlightenment interventions is the most effective pathway toward prevention. "Our research revealed that maintained engagement can help, to not only reduce the poor outcomes from these cancers, but also to debunk damaging myths associated with them," Ifediora said.

He noted that cervical and breast cancers occur disproportionately in lower to middle-income countries (LMICs) where economies have limited resources. "Our research offers an important approach that can be affordable, cost-effective, culturally acceptable, and sustainable." Co-researcher and Griffith School of Medicine and Dentistry Professor, Lennert Veerman, said the new law is likely to save many lives annually in Nigeria.

## Causes of cancer

According to the WHO, cancer arises from the transformation of normal cells into tumour cells in a multi-stage process that generally progresses from a precancerous lesion to a malignant tumour. These changes are the result of the interaction between a person's genetic factors and three categories of external agents, including, physical carcinogens, such as ultraviolet and ionising radiation; chemical carcinogens, such as asbestos, components of tobacco smoke, alcohol, aflatoxin (a food contaminant), and arsenic (a drinking water contaminant); and biological carcinogens, such as infections from certain viruses, bacteria, or parasites.

The WHO, through IARC, maintains a classification of cancer-causing agents. The incidence of



cancer rises dramatically with age, most likely due to a build-up of risks for specific cancers that increase with age. The overall risk accumulation is combined with the tendency for cellular repair mechanisms to be less effective as a person grows older.

## How cancer form

Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and multiply (through a process called cell division) to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place.

Sometimes this orderly process breaks down, and abnormal or damaged cells grow and multiply when they should not. These cells may form tumours, which are lumps of tissue. Tumours can be cancerous or not cancerous (benign).

Cancerous tumours spread into, or invade, nearby tissues and can travel to distant places in the body to form new tumours (a process called metastasis). Cancerous tumours may also be called malignant tumours. Many cancers form solid tumours, but cancers of the blood, such as leukaemia, generally do not.

Benign tumours do not spread into, or invade, nearby tissues. When removed, benign tumours usually do not grow back, whereas cancerous tumours sometimes do. Benign tumours can sometimes be quite large, however. Some can cause serious symptoms or be life-threatening, such as benign tumours in the brain.

## Risk factors

Tobacco use, alcohol consumption, unhealthy diet, physical inactivity and air pollution are risk factors for cancer and other non-communicable diseases. Some chronic infections are also

risk factors for cancer. This is a particular issue in low- and middle-income countries.

Approximately 13 per cent of cancers diagnosed in 2018 globally were attributed to carcinogenic infections, including *Helicobacter pylori*, human papillomavirus (HPV), hepatitis B virus, hepatitis C virus, and Epstein-Barr virus (2).

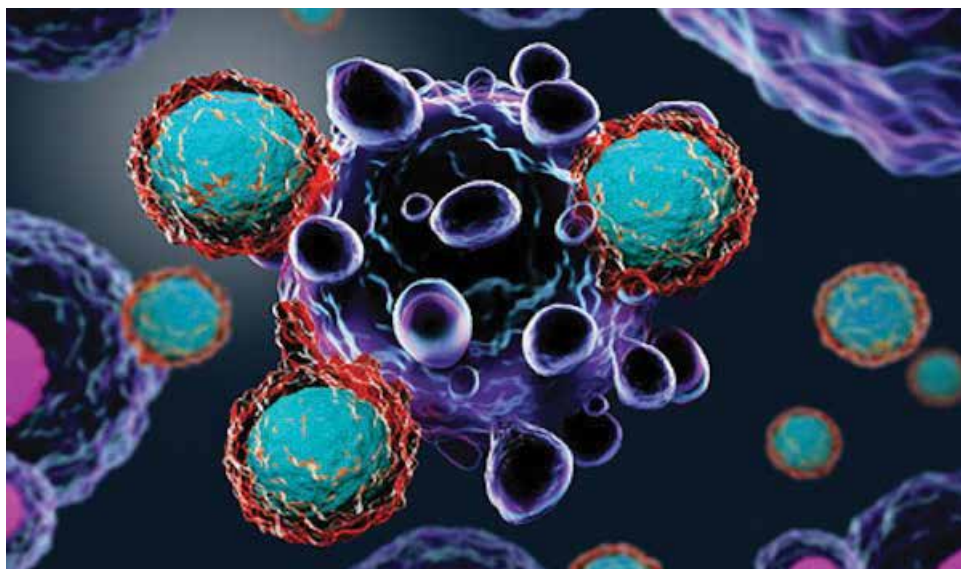
Hepatitis B and C viruses and some types of HPV increase the risk for liver and cervical cancer, respectively. Infection with HIV increases the risk of developing cervical cancer six-fold and substantially increases the risk of developing select other cancers, such as Kaposi sarcoma.

## Signs and symptoms of cancer

Symptoms and signs of cancer depend on the type of cancer, where it is located, and/or where the cancer cells have spread. For example, breast cancer may present as a lump in the breast or as nipple discharge, while metastatic breast cancer may present with symptoms of pain (if spread to bones), extreme fatigue (lungs), or seizures (brain). A few patients show no signs or symptoms, until the cancer is far advanced.

However, the American Cancer Society describes seven warning signs and/or symptoms that cancer may be present, and which should prompt a person to seek medical attention. The word **CAUTION** can help remember the symptoms, which are:

**C:** Change in bowel or bladder habits. **A** sore throat that does not heal. **U:** Unusual bleeding or discharge (for example, nipple secretions or a "sore" that will not heal that oozes material). **T:** Thickening or lump in the breast, testicles, or elsewhere. **I:** Indigestion (usually chronic) or difficulty swallowing. **O:** Obvious change in the size, colour, shape, or thickness



of a wart or mole and **N:** Nagging cough or hoarseness.

Other signs or symptoms may also alert you or your doctor to the possibility of your having some form of cancer. These include unexplained loss of weight or loss of appetite, new type of pain in the bones or other parts of the body that may be steadily worsening, or come and go, but is unlike previous pains one has had before, persistent fatigue, nausea, or vomiting, unexplained low-grade fevers that may be either persistent or come and go, recurring infections which will not clear with usual treatment,

Many cancers will present with some of the above general symptoms but often have one or more symptoms that are more specific for the cancer type. For example, lung cancer may present with common symptoms of pain, but usually, the pain is located in the chest. The patient may have unusual bleeding, but the bleeding usually occurs when the patient coughs. Lung cancer patients often become short of breath and then become very fatigued. Anyone with the identified signs and symptoms should consult their doctor; these symptoms may also arise from noncancerous conditions.

## Types of Cancer according to affected organ

There are many types of cancer. In fact, the American National Cancer Institute stated that there are more than 100 types of cancer and the types of cancer are usually named for the organs or tissues where the cancers form. For example, lung cancer starts in the lung, and brain cancer starts in the brain. Bladder cancer begins when healthy cells in the bladder lining—most commonly urothelial cells—change and grow out of control, forming a mass called a tumour. Breast cancer begins when healthy cells in the breast change and grow out of control, forming a mass or sheet of cells called a tumour. Prostate cancer begins when healthy cells in the prostate change and grow out of control, forming a tumour.

Also, kidney cancer begins when healthy cells in one or both kidneys change and grow out of control, forming a mass called a renal cortical tumour. Cervical cancer happens when cells change in the cervix, which connects the uterus and vagina. Uterine cancer on its part is a type of cancer that begins in the uterus.

Pancreatic cancer is a disease in which malignant (cancer) cells form in the tissues of the pancreas. Thyroid cancer on its part is a disease in which malignant (cancer) cells form in the tissues of the thyroid gland. Also, skin cancer is cancer that begins in skin cells and typically causes unusual growth or changes. There are also liver cancer colon cancer, ovary cancer, rectum cancer, and lung cancer

## Type of cancer according to specific types of cells

Cancers also may be described by the type of cell that formed them, such as an epithelial cell or a squamous cell. Some categories of cancers that begin in specific types of cells may include:

**Carcinoma:** Carcinomas are the most common type of cancer.



# SHALBACTAM TZ

Ceftriaxone Sodium USP Equivalent to Ceftriaxone 1g + Tazobactam Sodium Equivalent to Tazobactam 125mg

## Extending the Power of Ceftriaxone to Combat ESBLs

- Effective against Gram -ve bacilli and ESBL producers
- Empirical therapy
- Reduces severity in life threatening conditions
- Reduces length of ICU & hospital stay



Shalina

# ZANITIN<sup>TM</sup>

Amoxicillin + Clavulanic Acid **DUO**

**1<sup>st</sup> choice in  
Respiratory  
Tract Infections**



Shalina

Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)



# Advances in cancer management

They are formed by epithelial cells, which are the cells that cover the inside and outside surfaces of the body. There are many types of epithelial cells, which often have a column-like shape when viewed under a microscope. Carcinomas that begin in different epithelial cell types have specific names:

**Adenocarcinoma** is a cancer that forms in epithelial cells that produce fluids or mucus. Tissues with this type of epithelial cell are sometimes called glandular tissues. Most cancers of the breast, colon, and prostate are adenocarcinomas. Basal cell carcinoma is a cancer that begins in the lower or basal (base) layer of the epidermis, which is a person's outer layer of skin.

**Squamous cell carcinoma** is a cancer that forms in squamous cells, which are epithelial cells that lie just beneath the outer surface of the skin. Squamous cells also line many other organs, including the stomach, intestines, lungs, bladder, and kidneys. Squamous cells look flat, like fish scales, when viewed under a microscope. Squamous cell carcinomas are sometimes called epidermoid carcinomas.

**Transitional cell carcinoma** is a cancer that forms in a type of epithelial tissue called transitional epithelium, or urothelium. This tissue, which is made up of many layers of epithelial cells that can get bigger and smaller, is found in the linings of the bladder, ureters, and part of the kidneys (renal pelvis), and a few other organs. Some cancers of the bladder, ureters, and kidneys are transitional cell carcinomas.

**Sarcoma:** Sarcomas are cancers that form in bone and soft tissues, including muscle, fat, blood vessels, lymph vessels, and fibrous tissue (such as tendons and ligaments). Osteosarcoma is the most common cancer of bone. The most common types of soft tissue sarcoma are leiomyosarcoma, Kaposi sarcoma, malignant fibrous histiocytoma, liposarcoma, and dermatofibrosarcoma protuberans.

**Leukaemia:** Cancers that begin in the blood-forming tissue of the bone marrow are called leukaemias. These cancers do not form solid tumours. Instead, large numbers of abnormal white blood cells (leukaemia cells and leukaemic blast cells) build up in the blood and bone marrow, crowding out normal blood cells. The low level of normal blood cells can make it harder for the body to get oxygen to its tissues, control bleeding, or fight infections. There are four common types of leukaemia, which are grouped based on how quickly the disease gets worse (acute or chronic) and on the type of blood cell the cancer starts in (lymphoblastic or myeloid). Acute forms of leukaemia grow quickly and chronic forms grow more slowly.

**Lymphoma:** Lymphoma is cancer that begins in lymphocytes (T cells or B cells). These are disease-fighting white blood cells that are part of the immune system. In lymphoma, abnormal lymphocytes build up in lymph nodes and lymph vessels, as well as in other organs of the body. Meanwhile, there are two main types of lymphoma. They are Hodgkin lymphoma – People with this disease have abnormal lymphocytes that are called Reed-



Regenerative Medicine in Cancer Treatment

**Sternberg cells.** These cells usually form from B cells. The second one is Non-Hodgkin lymphoma – This is a large group of cancers that start in lymphocytes. The cancers can grow quickly or slowly and can form from B cells or T cells.

**Multiple Myeloma:** Multiple myeloma is cancer that begins in plasma cells, another type of immune cell. The abnormal plasma cells, called myeloma cells, build up in the bone marrow and form tumours in bones all through the body. Multiple myeloma is also called plasma cell myeloma and Kahler disease.

**Melanoma:** Melanoma is cancer that begins in cells that become melanocytes, which are specialized cells that make melanin (the pigment that gives skin its color). Most melanomas form on the skin, but melanomas can also form in other pigmented tissues, such as the eye.

**Brain and spinal cord cancers:** Cancer can start in the cells of the brain or spinal cord. The brain controls the body by sending electrical messages along nerve fibres. The fibres run out of the brain and join together to make the spinal cord, which also takes messages from the body to the brain. The brain and spinal cord form the central nervous system. The brain is made up of billions of nerve cells called neurons. It also contains special connective tissue cells called glial cells that support the nerve cells. The most common type of brain tumour develops from glial cells. It is called glioma. Some tumours that start in the brain or spinal cord are non-cancerous (benign) and grow very slowly. Others are cancerous and tend to grow and spread.

## Managing cancer

Cancer is more likely to respond to effective treatment when identified early, resulting in a greater probability of surviving as well as less morbidity and less expensive treatment. There are two distinct strategies that promote early detection: Early diagnosis identifies symptomatic cancer cases at the earliest possible stage. Screening aims to identify individuals with abnormalities suggestive of a specific cancer or pre-cancer who have not developed any symptoms and refer them promptly for diagnosis and treatment.

## Treatment for cancer

Treatment options for cancer according to oncologists include surgery, cancer medicines and/or radiotherapy, administered alone or in combination. A multidisciplinary team of cancer professionals recommends the best possible treatment plan based on tumour type, cancer stage, clinical and other factors. The choice of treatment the doctors however should be informed by patients' preferences and consider the capacity of the health system. Palliative care, which focuses on improving the quality of life of patients and their families, is an essential component of cancer care. Survivorship care includes a detailed plan for monitoring cancer recurrence and detection of new cancers, assessing and managing long-term effects associated with cancer and/or its treatment, and services to ensure that cancer survivor needs are met.

Meanwhile, according to the WHO, a correct cancer diagnosis is

essential for appropriate and effective treatment because every cancer type requires a specific treatment regimen. Below are some of the treatments that doctors can recommend.

**Biomarker testing for cancer treatment:** Biomarker testing is a way to look for genes, proteins, and other substances (called biomarkers or tumor markers) that can provide information about cancer. Biomarker testing can help you and your doctor choose a cancer treatment.

**Chemotherapy:** Chemotherapy is a type of cancer treatment that uses drugs to kill cancer cells.

**Hormone Therapy:** Hormone therapy is a treatment that slows or stops the growth of breast and prostate cancers that use hormones to grow.

**Hyperthermia:** Hyperthermia is a type of treatment in which body tissue is heated to as high as 113 °F to help damage and kill cancer cells with little or no harm to normal tissue.

**Immunotherapy:** Immunotherapy is a type of cancer treatment that helps your immune system fight cancer.

**Photodynamic Therapy:** Photodynamic therapy uses a drug activated by light to kill cancer and other abnormal cells.

**Radiation Therapy:** Radiation therapy is a type of cancer treatment that uses high doses of radiation to kill cancer cells and shrink tumors.

**Stem Cell Transplant:** Stem cell transplants are procedures that restore stem cells that grow into blood cells in people who have had theirs destroyed by high doses of chemotherapy or radiation therapy.

**Surgery:** When used to treat cancer, surgery is a procedure in which a surgeon removes cancer from your body.

**Targeted Therapy:** Targeted therapy is a type of cancer treatment that targets the changes in cancer cells that help them grow, divide, and spread.

Determining the goals of treatment, the WHO said, is an important first step but the primary goal is generally to cure cancer or to considerably prolong life. Improving the patient's quality of life is also an important goal. This can be achieved through support for the patient's physical, psychosocial and spiritual well-being and palliative care in terminal stages of cancer. Some of the most common cancer types, such as breast cancer, cervical cancer, oral cancer, and colorectal cancer, have high cure probabilities when detected early and treated according to best practices.

Some cancer types, such as testicular seminoma and different types of leukaemia and lymphoma in children, also have high cure rates if appropriate treatment is provided, even when cancerous cells are present in other areas of the body. There is, however, a significant variation in treatment availability between countries of different income levels; comprehensive treatment is reportedly available in more than 90 per cent of high-income countries but less than 15 per cent of low-income countries.

**Report compiled by Ranmilowo Ojalumo with addition report from Lancet, Nigerian Cancer Society, American National Cancer Institute, the World Health Organisation, Premium Times, cancer.net, healthline, medicine net, Nigeria National Institute for Cancer Research and Treatment (NICRAT),**





# DANACEE VITAMIN C Syrup

## INDICATIONS

- Prevention and treatment of scurvy in children
- Development of bones and teeth
- Healing of wounds and injuries
- Enhances resistance to infections

**BOOSTS IMMUNITY**

*Pleasantly Flavored*



## FERRODAN PLUS BLOOD BOOSTER



## Recommended for

- Weakness and fatigue
- Dysmenorrhoea
- Menorrhagia
- Conditions leading to blood loss
- Recommended during pregnancy.



If Symptoms persist after three days, consult your doctor. Read product leaflet before use. Available at a pharmacy near you



**DANA PHARMACEUTICALS LTD**  
...a commitment to healthcare

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



**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**





## Dana Pharmaceuticals Celebrates Triple Milestone, pioneering Healthcare Excellence - PARADANA® Celebrates 27 years in Nigeria - DanaCee®; Vitamin C Syrup & Ferrodan Plus® Capsules launched.

Dana Pharmaceuticals Limited, a part of Dana Group of Companies, is one of the foremost infusions and pharmaceuticals manufacturing company in Nigeria. Dana Group is an established name in the country with visible presence for over 41 years starting with pharmaceuticals manufacturing. Dana Pharmaceuticals division operates three ISO 9001:2015 certified, state of the art plants located between Ibadan and Minna serving all the geopolitical zones of the nation. With the company's motto of "**a Commitment to Healthcare**" in mind, and one of the best technologies in hand, Dana Pharmaceuticals is devoted to the production and marketing of genuine quality and effective products that are offered at the most affordable prices nationwide. The existing product range includes generic formulations (tablets, capsules and syrups) and intravenous infusion fluids. "**Unwavering commitment to healthcare at affordable prices**" is the organization's mission as mentioned by the Chief Executive Officer / Managing Director, Mr. Gautam Hathiramani. Dana Pharmaceuticals flagship brands include Danacid Tablets/Suspension, Paradana Tablets, Ferrodan Capsules, XPEL Cough Expectorant, LAM Suspension and leading range of Intravenous fluids have become leaders in their respective categories.

Dana Pharmaceuticals Limited, a prominent force in the Nigerian pharmaceutical manufacturing sector, joyfully commemorates three significant milestones, illustrating its steadfast dedication to health, longevity, and innovation for progress almost four decades into operation. We proudly added to their paediatric care segment – DanaCee, a delightful Vitamin C syrup meticulously crafted for young taste buds. Engineered to transform wellness into an enjoyable experience, DanaCee is a flavourful supplement for children. Brimming with the essential goodness of Vitamin C, DanaCee ensures that children receive vital nutrients with a smile. "Our commitment to children's health inspired the creation of a supplement that not only bolsters their immune systems but also makes nutrition enjoyable. DanaCee is offered in a child friendly orange flavor, making it an exciting addition to daily routines," affirms Bharat V, Country Head.

Concurrently, Dana Pharmaceuticals marks the 27th year for its flagship

paracetamol brand, Paradana®; a cornerstone in the company's pharmaceutical lineup that has played a pivotal role in shaping the healthcare landscape. The celebration, held at the same venue, pays homage to the enduring success of Paradana® Paracetamol, reaffirming Dana Pharmaceuticals' unwavering commitment to healthcare. In addition, Dana Pharmaceuticals showcases its dedication to innovation with the relaunch of Ferrodan Plus Capsules, a blood enhancer, featuring a bright packaging. The redesigned packaging reflects Dana Pharmaceuticals responsiveness to customer feedback and industry requirements, providing innovative and reliable pharmaceutical solutions and options. As Dana Pharmaceuticals marks these milestones, the company extends its gratitude to the millions of Nigerians who have consistently chosen Paradana® as their preferred analgesic painkiller. The company also expresses appreciation to patrons, medical professionals, distributors, and partners for their unwavering support in the value chain of healthcare delivery. The triple celebration stands as a testament to Dana Pharmaceuticals' commitment to advancing pharmaceutical care, pushing the boundaries of innovation, and maintaining uncompromising quality standards over the past decades.

From sourcing top quality raw materials to stringent manufacturing processes, Dana Pharmaceuticals has never compromised on its impeccable product standards and will continue to focus on improving the well being of our customers, by producing exceptional products at affordable prices. As **PARADANA** celebrates the significant milestone of **27** years this October, we would like to express our gratitude to the millions of Nigerians who have continually opted for **PARADANA** as their preferred drug for pain relief. As part of Corporate Social Responsibility efforts, DANA Pharmaceuticals donated Paradana formulations, Danacid tablets, LAM, XPEL and CPM Syrups in June 2021 during the Covid19 pandemic to the Lagos State Government, Ministry of Health, Ikeja, a small gesture that we came forward with in efforts to curb the spread of the virus.

- Quality Pharmaceuticals products from DANA Pharmaceuticals Limited, proudly Nigerian!

### Dana Pharmaceuticals Event Highlights at the triple celebrations of 27th year of Paradana and the launch of DanaCee Vitamin C syrup & Ferrodan Plus Capsules, recently held at Minna, Niger State.



Distributors and Staff of Dana Pharmaceuticals Ltd at the event



Mr. Malachy Omondia, The Marketing Manager, Dana Pharma Ltd; Mr. Ernest Onuoha, Deputy General Manager (Sales) East Dana Pharma Ltd; Pharm Ajiboye Rustum, Superintendent Pharmacist, Minna-Dana Pharma Ltd; Pharm. Emmanuel Bayode, Zonal Director PCN, North Central; Mr. Bharat Vaswani, Country Head, Dana Pharma Ltd; Chief Simon Chukwuemeka Uwadiogwu, MD Sajeb Pharmacy; Alh. Mustapha Abbas, MD Vinna Pharmacy.



Pharm. Emmanuel Bayode, Zonal Director PCN, North Central; Mr. Keitan Shetty, Deputy General Manager (Sales) Lagos/West Dana Pharma Ltd, Mr. Ajay Kumar, AVP Factory Operations, Dana Pharma Ltd; Mr Sani Ismail, Regional Sales Manager, Minna, Dana Pharma Ltd.



Pharm. Joseph Okoroanyanwu, Representative of MD New Health Pharmacy and Mr. Keitan Shetty, Deputy General Manager (Sales) Lagos/West, Dana Pharmaceuticals Ltd.



Mr. Suraj Vaswani, Deputy General Manager (Sales) North; Chief Simon Chukwuemeka Uwadiogwu, MD Sajeb Pharmacy; Mr. Keitan Shetty, Deputy General Manager Sales Lagos/West, Dana Pharmaceuticals Ltd.



Mr. Bharat Vaswani, Country Head, Dana Pharmaceuticals Ltd; Alh. Mustapha Abbas, MD Vinna Pharmacy





**Bio-Oil®**

35 years, 4 pioneering  
skincare products.



**Hexedene®**  
Hexetidine 0.1% Oral Antiseptic



Effective  
Medication for

**Mouth  
& Throat**  
INFECTIONS

FOR THE TREATMENT OF:

- Sore Throat
- Bleeding Gums
- Mouth Ulcer
- Sore Gums

**PHARMA  
DEKO**

Get  
**Brett®**  
**MOUTHWASH**  
**Confidence**

BRETT contains Thymol, the antiseptic that combats dental plaque and the residual smell of spicy foods, alcohol and tobacco. It destroys bacteria that cause plaque build-up and bad breath. BRETT is able to reach into areas of the mouth not accessible to the toothbrush



*Cleaner breath,  
whole Mouth freshness*

*Introducing*

**HEXEDENE ACTIVE®**  
**MOUTHWASH**  
**Chlorhexidine**



Available in  
120ML & 300ML

- Alcohol free
- Mint Flavour

- Treats bleeding and swollen gums, kills bacteria that causes dental plaque
- Use twice daily for best results
- Powerful Antimicrobial mouthwash
- Provides long lasting protection



**Worldwide**  
**Healthcare**

Abuja|Kaduna|Kano  
09053697943

Benin|Ibadan  
08077291074

Lagos  
09053921216

Onitsha|Enugu  
09053884791

Port Harcourt|Aba  
09053920628

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**



NEW

From

# Worldwide Healthcare



UNO1

Unosource Pharma Ltd.  
An Akums Enterprise

NAFDAC Reg. No.: B4-6767

In Sinusitis, Otitis Media, Pharyngitis &amp; Tonsillitis, rely on

## AZEECOR Suspension

Azithromycin Oral Suspension 200 mg

- Rapid & complete eradication of bacterial infection
- Excellent patient compliance due to easy once-daily dose, 3-5 days therapy

"Available as 15ml and 30ml packs"



"No reconstitution required"

In Allergic Rhinitis, rely on

## Levocetirizine

Levocetirizine 2.5 mg/5 ml syrup

Quick Relief...Brings back the kids in Action



NAFDAC Reg. No.: C4-0067



NAFDAC Reg. No.: C4-1940

## TAZOGARD

Piperacillin and Tazobactam for Injection 4.5 gm

- ◆ Excellent Tissue penetration, especially, in Synovial Fluid, Cancellous & Cortical Bone and intra-abdominal and soft-tissues
- ◆ Better efficacy & more cost-effective

In Management of Major Trauma

## UNOTATION

Tranexamic Acid Injection 100 mg/ml, Tablet 500 mg

Stops Traumatic Bleeding, Save the Life



NAFDAC Reg No.:B4-8451

Also Available as 500mg Tablets



NAFDAC Reg. No.: B4-6723

In URTI, LRTI, SSTI and UTI, rely on

## ZUROX 500

Cefuroxime Axetil 500 Tablets

- Excellent bacteriological eradication & clinical outcome
- Safer and well tolerated

In Bacterial Vaginosis &amp; Mixed Vaginal infections, recommend only.

## DAMPHOS Vaginal Suppositories

Clindamycin 100 mg + Clotrimazole 100 mg

Clears the Infection, Cleans the Symptoms

The fixed dose combination of clindamycin and Clotrimazole is effective and well tolerated in the treatment of mixed vaginosis due to bacterial and fungal origin<sup>1</sup>

1. J Clin Gynecol Obstet. 2015;4(2):217-225



NAFDAC Reg. No.: B4-8130

Unosource Pharma Ltd.  
An Akums Enterprise

**Unosource Pharma Nigeria Ltd**  
No.47, Babaponmile Street, Onipetesi Estate,  
Mangoro, Ikeja, Lagos, Nigeria.  
Telephone :+ 234 7012950008.  
Website: www.unosourcepharma.com



Distributor Partner in Nigeria

**Worldwide Commercial Ventures Ltd**Plot a1, Block, 9 Alh. Adejumo Ave, Ilupeju, Lagos, Nigeria.  
Mobile +234 805 759 7148

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



## Glulife-500 mg

Metformin

ACHIEVING EARLY GLYCAEMIC CONTROL AND MORE



More than 80% of patients progressing to T2DM from Impaired Glucose Tolerance (IGT) are insulin resistant.

Insulin resistance is linked to a range of cardiovascular risk factors (Hyperglycaemia, Dyslipidemia, Hypertension, Damage to blood vessels, Clotting abnormalities, Inflammation) that leads to Artherosclerosis.

Insulin resistance is closely linked to cardiovascular disease, it is as strong a risk factor for cardiovascular disease as smoking – approximately doubles the risk of cardiac events; Implicated in almost half of CHD events in individuals with T2DM.

An oral glycaemic agent that does MORE than achieving early glycaemic control in T2DM? choose Metformin

- The recommended first line therapy in the management of T2DM – with lifestyle modification
- Addresses insulin resistance
- Proven positive effect on cardiovascular protection – lowering risk factors for cardiovascular disease

## AMASUNAT®

Artemether + Lumefantrine

Protect  
your family  
against  
**MALARIA.**



**AMASUNAT DS** Artemether 80mg + Lumefantrine 480 mg Tablets

**AMASUNAT X 24** Artemether 20mg + Lumefantrine 120 mg Tablets

**AMASUNAT Dispersible** Artemether 20mg + Lumefantrine 120 mg Tablets

...effective ACT for malaria treatment.

Great Taste  
Great Energizer

## CeCe-1000 Vitamin C + Calcium

### Benefit:

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



## Ce Ce Vitamin C & Glucose Tablets

Glucose 150 mg + Ascorbic Acid 50 mg



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



**GREENFIELD PHARMACEUTICALS LIMITED.**

5, Gunning Street, Fegge, Onitsha, Anambra State, Nigeria. Tel: 234-1-08159739194, 09037655587

E-mail: greenfieldpharma101@gmail.com [f](#) greenfieldpharmaceuticalsltd [t](#) Twitter: @greenfieldpha\_

... promoting healthy living



## DEANS' PROF. GLORIA AYoola Corner

**P**rof. Gloria Abiodun Ayoola is the current dean of Faculty of Pharmacy, University of Lagos. She is a professor of Pharmaceutical and Medicinal Chemistry, with her research areas being medicinal chemistry, natural products drug discovery, nanomedicine and pharmaceutical analysis.

Ayoola obtained her first degree in Pharmacy from the prestigious pharmacy school of University College, London, in 1990. She bagged her PhD in Medicinal Chemistry in 1998, from the University of Bath, England, where she gained experience in the synthesis of cyclic-adenosine diphosphate ribose analogues.

Over the years, her research experience has been in the area of natural products, drug discovery, investigating plants used traditionally as antibacterial, anticancer, anti-inflammatory and antidiabetic agents, as sources of bioactive compounds and nanomedicine research.

She spearheaded research that resulted in the isolation of novel bioflavonoids and prenylated anthranols with potent anticancer, anti-inflammatory and antimicrobial properties from *Allanblackia floribunda* and *Harungana madagascariensis*;

as well as the identification of potent antimicrobial agents from aromatic oils of *Syzygium aromaticum* and *Citrus reticulata*, using gas chromatography-mass spectrometry. She was also involved in the green synthesis of metal nanoparticles with antimicrobial and anticancer activities.

Her current research interests are in the drug discovery of novel bioactive compounds to combat antimicrobial resistance, quality assessment of herbal medicinal products and synthesis of nanoparticles with antimicrobial and anticancer activities.

Prof. Ayoola recently served as a senior research fellow during her sabbatical year at the School of Cancer and Pharmaceutical Sciences, within the Faculty of Life Sciences and Medicine, at King's College, London, where she was involved in a medicinal chemistry project on the synthesis of new generation efflux resistant biocides.

Until she was elected dean of the Faculty of Pharmacy, University of Lagos, in 2023, Ayoola had served the department, faculty and the university in various capacities. She was the departmental postgraduate coordinator, from August 2007 to July 2009. She had also served two terms as acting

head of department, Pharmaceutical Chemistry, University of Lagos, from August 2009 to July 2011 and August 2016 to 2018.

Prof. Ayoola was a member of the Departmental Appointments and Promotions Committee. She was also the editor-in-chief of UNILAG Pharmacy News Bulletin, from January 2012 to July 2013.

She has equally served on several boards and committees of the University of Lagos, including the Board of the Postgraduate School, the Student Disciplinary Board, and the Board of Trustees of Ladipo Mobolaji Abisogun-Afodu

Annual Lecture in Pharmacy. She was also chairman of the Planning Committee of the Faculty of Pharmacy, as well as the Faculty Curriculum Review Committee. She was also chairman, 2nd Faculty of Pharmacy Scientific Conference (2021-2023).

Prof. Ayoola enjoys mentoring others to help them achieve their desired goals. She has supervised eight PhD students and over 100 MSc and undergraduate research projects to date.

A professional to the core, Ayoola is a member of the Nigeria Association of Pharmacists in



Academia (NAPA). She is also a member of the Pharmaceutical Society of Nigeria (PSN) and a council member of the Pharmacy Council of Nigeria (PCN).

Prof. Ayoola has benefitted from several awards, such as Tetfund, 2021 and 2023. Nigeria Wins! Imperial College, Executive Education Programme, 2022; Women for Africa and Cranfield University, Leadership Training for Female Professors, 2023.

She is married to Akinola Ayoola and they are blessed with four children.

## Industry News

### NAFDAC commissions Artemis facility in Ota

By Peter Ogbonna

**T**he Director General, National Agency for Food and Drugs Administration and Control (NAFDAC), Prof. Mojisola Adeyeye, has commissioned the ultra-modern manufacturing facility of Artemis Laboratories Limited, located in Ota, Ogun State.

Speaking at the commissioning and inspection tour of the facility, the NAFDAC boss, who was joined by the Consular General of India in Nigeria, Mr Chandramouli Kern, and other dignitaries, commended Artemis for taking the bold step of transiting from drug importation and marketing to manufacturing.

Adeyeye, who seized the occasion to reiterate NAFDAC's commitment to strengthening local pharma manufacturing, affirmed that getting companies in the country to produce quality products is a major strategy to ensure national drug security.

She added: "Investment in local manufacturing is extremely important for job creation in Nigeria, for increasing our GDP and it is also a step towards making quality products that can be traded internationally and globally.

"At NAFDAC, we are there to support, to guide and to ensure that the products that are made here are good enough for our people in Nigeria and are good to be traded internationally."

The DG, who appreciated Artemis for the local manufacturing facility initiative, said NAFDAC encourages local production because it is easier to supervise and monitor quality. She added that NAFDAC is evolving digital solutions to drug regulation and is prepared to help pharmaceutical companies achieve the highest quality standards.



**The Director General of NAFDAC, Prof. Mojisola Adeyeye; H.E. Mr Chandramouli Kern, the Consul General of India; and observers, unveiling the new syrup factory of Artemis Laboratories Sciences Nig. Ltd, recently held at Ota, Ogun State.**

In his remarks, Mr Kern said the COVID-19 experience has taught every country to work towards self-sufficiency in drug production through local manufacturing. He stated that India is ready to cooperate with the Nigerian government, regulators and stakeholders to improve the country's capacity in local manufacturing.

Kern, who commended Artemis for investing in local production by setting up the ultra-modern facility, called on NAFDAC and other regulators to give local manufacturers approvals to manufacture more products so that they can fully utilise their capacity. This, he said, will not only make them get more returns on their investments but will also make them work towards reinvestment.

Speaking also at the event, the Chief Executive Officer of Artemis Laboratories Limited, Mr Nandkumar Nair, said setting up the facility represents a forward leap in the company's mission to provide high-quality, accessible healthcare solutions.

He added that in setting up the facility, the company has demonstrated its commitment to helping Nigeria achieve self-reliance in pharmaceutical production, while contributing significantly to the national economy and public health.

"Artemis Laboratories is dedicated to expanding its manufacturing capabilities, anticipating the growing needs of the market and exploring new investment opportunities in the

healthcare sector.

"This inauguration is not only a milestone for Artemis Laboratories but also a testament to our dedication to improving healthcare standards in Nigeria. We extend our gratitude to NAFDAC for their unwavering support and look forward to fostering partnerships that will enhance the healthcare ecosystem," he said.

Speaking with *Pharmanews* in an exclusive interview on the sidelines of the event, eminent pharmacist and Secretary of the Nigeria Academy of Pharmacy (NAPharm), Prof. Lere Baale, commended NAFDAC for setting the standards for quality products in the industry and helping to deepen the cause of local manufacturing. He said such commitment not only boosts national economic development but also improves availability and affordability of quality medicines.

While lauding Artemis Laboratories for constructing the facility, Baale averred that if local pharmaceutical manufacturing is encouraged, Nigeria stands to gain by being the pharmaceutical hub of Africa through exportation of quality pharmaceutical products to other African countries.

The NAPharm secretary appealed to the government to provide the enabling environment for pharmaceutical companies through the provisions of good infrastructure, duty waivers and other incentives that will help boost productivity in the sector.

Artemis Laboratories Limited, formally known as Sewell Pharmaceuticals Limited, has presence in over 11 countries in Africa.



**Chemiron**  
FEEL GOOD... LOOK GOOD

*Serving Nigeria  
Since 1986*



**Anti-malarial  
TREATMENT  
YOU CAN  
TRUST**

A product of  
Chemiron Care Ltd.  
[www.chemironcare.com](http://www.chemironcare.com)  
[info@chemironcare.com](mailto:info@chemironcare.com)

+234 (0) 708 284 6304  
+234 (0) 703 794 9159  
[www.chemironcare.com](http://www.chemironcare.com)

**FEELING  
TIRED?  
SWITCH ON  
WITH CHEMIRON**



**Blood Tonic**

Available in 100 ML, 200 ML and 1 Litre



**Blood Capsules**



*Serving Nigeria Since 1986*  
[www.chemironcare.com](http://www.chemironcare.com)  
[info@chemironcare.com](mailto:info@chemironcare.com)

+234 (0) 708 284 6304  
+234 (0) 703 794 9159

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**





## Wellness

with

**Dr Patrick Ijewere**

(Specialty: Internal Medicine, from John Hopkins University)  
Tel: 0809 771 4455  
Email: thenutritionhospital@gmail.com

## For wellness, sleep is not negotiable

Once you understand that the body's natural sleep timing is led by melatonin levels, and is in alignment with

rhythm. The longer the violation of your circadian rhythm occurs, the closer you draw illness and poor health.

"The further you stray away from Mother Nature, The sooner she says, Return to sender." This quotation comes to light regarding our sleep behaviour. If you violate the rules of nature, you pay a price. Thus, if you desire your health and wellness back in all arenas of life - nutrition, lifestyle, mental health, spirituality, and even the environment - get back in alignment with nature or understand how nature works.

Be in bed, latest 10 pm; if possible, by 9 pm. Between 10 pm and 4 am, let your body be in that deep restorative rest. In the next write-up, I will explain what happens when you sleep.

What happens to your body, when your melatonin level rises normally? What happens to the body when you get adequate sleep? And what happens to the body biochemically and hormonally when you fail to get enough sleep? We will consider these shortly. (*Continues next edition...*)

In wellness, we acknowledge that sleep is a part of the normal healthy design of the body by our creator. We define wellness as his perfection and our starting point. In other words, Wellness is a perspective on our health that gives reverence to the source of our being. Which simply implies that everything God created is perfect.

All creatures God created have a sleep and wake cycle, also known as circadian rhythm. This means that in His perfection, there is a time to be awake and a time to sleep. Now, let's explore this with sleep. The circadian rhythm rules the world. And, the more you exist in alignment with that circadian rhythm, the more health you enjoy.

What is the normal sleep pattern for humans? Let's start with a discussion on the natural cue for sleep. Sunset is when the sun goes down, or when the moon starts to come up. That's when a

lot of mammals find their quiet spot to sleep. That was when ancient man, before the era of electricity and light bulbs, went to sleep.

Biochemically, a hormone called melatonin begins to rise in the blood from about 7 pm. By 10 pm to 2 am melatonin has reached its peak. That's when the human body should be totally fast asleep. By about 4 am, melatonin levels are dropping and dropping to the point where it's almost negligible, making room for another hormone called cortisol, which is the "wakeful hormone".

**Biochemically, a hormone called melatonin begins to rise in the blood from about 7 pm. By 10 pm to 2 am melatonin has reached its peak. That's when the human body should be totally fast asleep. By about 4 am, melatonin levels are dropping and dropping to the point where it's almost negligible, making room for another hormone called cortisol, which is the "wakeful hormone".**

## ► Infectious Diseases ◀

### Tetanus: History and immunisation

By Patrick Iwelunmor

Tetanus is a severe and fatal disease, caused by the exotoxin produced by the bacterium *Clostridium tetani*. Its symptoms include rigidity and convulsive spasms of the skeletal muscles. The muscle stiffness usually starts in the jaw (lockjaw) and neck and then becomes generalised.

In 1884, tetanus was produced in animals by injecting them with samples of soil. In 1889, Kitasato Shibasaburo isolated the organism from a human and showed that it produced disease when injected into animals. He would later report that certain antibodies could contain the toxin.

In 1897, Edmond Nocard demonstrated the protective effect of passively transferred antitoxin. Eventually, a technique for deactivating tetanus

toxin with formaldehyde was developed in the early 1920s. This led to the development of tetanus toxoid in 1924.

The *C. tetani* bacterium is a spore-forming, gram-positive, anaerobic rod. The spores are very resistant to heat and the usual antiseptics. They can survive autoclaving at 249.8°F (121°C) for 10 to 15 minutes. The spores are also moderately resistant to phenol and other chemical agents.

The spores are widely distributed in soil and in the intestines and faeces of animals such as horses, sheep, cattle, dogs, cats, rats, guinea pigs and chickens. In agricultural areas, a significant number of human adults may harbour the bacterium.

*C. tetani* produces two exotoxins, tetanolysin and tetanospasmin. Tetanospasmin is a neurotoxin and causes the clinical manifestations of tetanus. *C. tetani* usually enters the body through a wound. In the presence of anaerobic conditions, the spores germinate. Toxins are produced and distributed through blood and lymphatics.

The characteristic clinical manifestations of tetanus are caused when tetanus toxin interferes with the release of neurotransmitters, blocking inhibitor impulses. This leads to unopposed muscle contraction and spasm.

Based on clinical findings, three different forms of tetanus have been described. The most common type (more than 80 per cent of reported cases) is generalised tetanus. The disease usually appears with a sliding pattern. The first sign is trismus, or lockjaw, followed by stiffness of the neck, difficulty in swallowing, and rigidity of abdominal muscles. Other symptoms include high temperature, sweating, high blood pressure, and irregular rapid heart rate.

Localised tetanus is an uncommon form of the disease in which patients have incessant contraction of muscles in the same anatomic area as the injury. These contractions may continue for many weeks before gradually subsiding. Localised tetanus may precede the onset of generalised tetanus



but is generally milder.

Cephalic tetanus is a rare form of the disease, occasionally occurring with otitis media in which *C. tetani* is present in the flora of the middle ear or following wounds to the head. There is involvement of the cranial nerves, especially in the facial area.

Neonatal tetanus happens in infants born without protective passive immunity because the mother is not immune. It usually happens through infection of the unhealed umbilical stump, particularly when the stump is cut with an unsterilised instrument. In neonatal tetanus, symptoms usually appear from four to 14 days after

birth, averaging about seven days.

The diagnosis of tetanus is completely clinical and does not depend upon bacteriologic confirmation. *C. tetani* is recovered from the wound in only 30 per cent of cases and can be isolated from patients who do not have tetanus. Active immunisation with tetanus toxoid should begin or continue as soon as the person's condition has stabilised.

Transmission is mainly by contaminated wounds. Recently, a higher percentage of tetanus cases had minor wounds, probably because severe wounds are more likely to be properly managed.

Tetanus toxoid is combined with diphtheria toxoid as diphtheria and tetanus toxoid (DT) vaccine or tetanus and diphtheria toxoid (Td [Tetivac and Tdvax]) vaccine. Tetanus toxoid is also combined with both diphtheria toxoid and acellular pertussis vaccine as DTaP (Infanrix and Daptacel) or Tdap (Boostrix and Adacel) vaccines. Td contains reduced amounts of diphtheria toxoid compared with DT. DTaP and Tdap contain the same pertussis components, but Tdap contains a reduced quantity of some pertussis antigens and diphtheria toxoid. Boostrix contains a reduced quantity of tetanus toxoid compared to Infanrix.

Children younger than age seven years should receive DTaP vaccine or DT vaccine (in instances where the pertussis vaccine component is contraindicated or where the physician decides that pertussis vaccine is not to be administered). Persons age seven years or older should receive Td vaccine or Tdap vaccine, even if they have not completed a series of DTaP or DT (Tdap would be off-label for children age seven through nine years, but is still recommended by ACIP). Tdap (Boostrix) is approved for persons age 10 years or older; Tdap (Adacel) is approved for persons age 10 through 64 years.

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



## Unique Pharma restates commitment to quality

- As NAFDAC visits factory

Ranmilowo Ojalumo



The Chairman, Unique Pharmaceuticals Limited, Mr. L.C. Wadhvani, presenting an appreciation plaque to the NAFDAC DG, Prof. Moji Adeyeye, during the visit.

The management of Unique Pharmaceuticals Limited, one of the top pharmaceutical manufacturing companies in Nigeria, has reiterated its commitment to continually make quality its watchword, as it strives to meet the medicine needs of Nigerians.

The company gave the assurance during the recent visit of the Director General of the National Agency for Food and Drug Administration and Control (NAFDAC), Prof. Moji Adeyeye, and other directors of the agency to its factory in Ota, Ogun State. The NAFDAC team specifically visited Unique's intravenous fluid plant 3 facility to see what the company is doing.

Speaking during the visit, the NAFDAC DG commended the management of the company for the efforts and investment put in place to service the Nigerian pharmaceutical industry. She however urged the company not to relent but continue to improve, saying quality is not a destination but a continuous journey.

According to her, "With what I have seen, and based on what other NAFDAC directors have said, which is also based on what they had seen, it shows that Unique is thinking quality. That doesn't mean Unique is 100 per cent perfect, but they are on the right track. They are thinking quality all the time which is very important. Quality is very important because the health of Nigerians is the first and most important thing.

"Quality is very expensive, though; but once you have it, it is no longer expensive, and it will start bringing in money. So quality and trade cannot be separated. We can see the effort Unique is putting in place. It is equally important to ensure that Good Manufacturing Practices are built into whatever you are producing and in fact, you cannot separate quality management system from good manufacturing practices. I commend Unique."

The Chairman of the company, Mr L.C. Wadhvani, assured NAFDAC that Unique

will continue to prioritise quality and improve on every aspect of its operations.

Also speaking with *Pharmanewsonline*, the company's Executive Director of Operations, Pharm. Lawrence Hunyingan, expressed his pleasure at NAFDAC's visit, noting that the management of the company had resolved to prioritise quality and also take the company to greater heights continuously.

He said, "Unique Pharma has come a long way. From a small facility to a big facility. We appreciate the DG for her visit. With the new facility in place, it was really important that the DG of NAFDAC pay us a visit to see what we are doing by herself and the effort we are putting in place to enhance the growth of the pharma industry.

"Her coming has given us the requisite guide on the best practices in the pharma manufacturing in Nigeria. She has made a lot of comments and we will make amendments in the identified areas."

Also speaking, the Executive Director in charge of regulation and superintendent pharmacists, Pharm. Michael Dada, noted that the products from the intravenous fluid plant are all registered and already in the market, adding that the essence of the new plant, which is the company's third facility, is to expand its presence in the market, meet customers' demand and also expand customer base.

"With the increased output - because our output is now more than double with the new plant - we have more capacity to satisfy the market and we are also looking at the possibility of expanding our customer base to other countries.

"Unique is the pioneering company to manufacture IV in the country, using a 'Form - Fill - Seal' technology and we have been doing that since 1988. We are the first indigenous company to use the technology. Since then, we have been improving and expanding our quality without compromising. So Nigerians can depend on us 100 per cent," Dada said.



## Pharma West Africa Conference focuses on medicines supply in Nigeria

The Pharma West Africa Conference, a pivotal international gathering for professionals in the health and pharmaceutical sectors, is set to enhance access to quality medicines in Nigeria. Scheduled for March 20th-22nd at the Landmark Centre, Victoria Island, Lagos, the event offers free admission and is designed to illuminate the pharmaceutical industry's opportunities and challenges, particularly in the medicines supply chain.

The conference will be chaired by Pharm Ahmed Yakasai, the former president of the Nigerian Pharmaceutical Society. It will focus on the push towards universal health coverage and the significant role that medication and medicines suppliers play in this effort. The event is recognized for professional learning, offering pharmacists and other professionals the chance to earn Continuing Professional Development (CPD) points. Discussions will revolve around strategic partnerships, the adoption of advanced technology to develop the pharmaceutical industry in Nigeria, the importance of brands, regulatory aspects, and methods to enhance the availability of quality medicines. The third day of the conference, hosted by the Pharmaceutical Wholesalers Association of Nigeria (PWDAN), will delve into opportunities in medicine supply.

Pharma West Africa is the largest event in the region dedicated to pharmaceuticals, with over 150 exhibitors representing thousands of medicines brands and more than 2,500 pharmaceutical professionals expected. Between 25%-35% of exhibitors will be Nigerian companies and it is known that international businesses will be looking to discuss joint ventures, such as contract manufacturing, with local businesses.

An integral part of the conference will be presentations from health and medicines regulatory agencies from Nigeria, Cameroon, Ghana, and Sierra Leone, providing a comprehensive overview of the regulatory environment across these countries. Pharm Yakasai, also the founder and Managing Director of Pharmaplus Nigeria Ltd, highlighted the conference as a platform for opportunities and knowledge-sharing, emphasising the importance of regulatory updates from all ECOWAS countries to enhance professional involvement and facilitate ease of doing business.

Organised by BtoB Events, which is also behind three other highly successful trade events in Nigeria (Beauty West Africa, Food & Beverage West Africa, and the West African Automotive Show), Pharma West Africa is poised to offer numerous benefits to pharmacy and pharmaceutical professionals. According to Mr. Yakasai, the event will provide insights into cutting-edge technologies, new products, and advancements in the pharmaceutical industry, along with networking opportunities.

Admission to the conference and exhibition is free, but pre-registration at <https://www.pharma-westafrica.com/pre-register-now/> is recommended to allow for faster entry. Businesses interested in exhibition or sponsorship opportunities are encouraged to contact the BtoB Events team via their website for further information.



# NAFDAC bans production, distribution, sales of sachet alcoholic drinks

By Temitope Obayendo

The National Agency for Food and Drug Administration and Control (NAFDAC) says the manufacturing, distribution and sales of alcoholic beverages in sachets, small volume PET and glass bottles below 200ml, have been banned. This followed the expiry of the window period of 31 January, 2024, given to manufacturers and all dealers of the products in the country to completely phase them out.

Recall that the agency had, in 2018, declared its intention to regulate the production of sachet and PET bottled alcoholic beverages, due to their harmful impact on citizen's health and their role in fueling violence and criminality in the country. Accordingly, the agency held a stakeholders meeting to brief manufacturers on its policy and directed that from 31 January 2022, they reduced the production of these products to 5 per cent, while 31 January, 2024, was fixed for the total phasing out of the products.

The World Health Organisation (WHO) in its recent report states that alcohol consumption contributes to 3 million deaths each year globally, as well as to the disabilities and poor health of millions of people. It maintains that the harmful use of



Prof. Moji Adeyeye, NAFDAC DG, and some alcoholic beverages in sachets

alcohol is responsible for 5.1 per cent of the global burden of disease.

Harmful use of alcohol is accountable for 7.1 per cent and 2.2 per cent of the global burden of disease for males and females respectively, the apex health institution says, noting that alcohol is the leading risk factor for premature mortality and disability among those aged 15 to 49 years, accounting for 10 per cent of all deaths in this age

group.

In a media parley with pressmen recently, Director General, NAFDAC, Prof. Moji Adeyeye, said since the window period for the manufacturing and sales of sachet alcoholic beverages and those in bottles smaller than 200 ml had expired, engaging in such activities has become illegal and any violator is liable for prosecution.

Emphasising the banned status

of the products, Adeyeye said that, as at 31 January, 2024, the agency had stopped registering any product in the affected categories and, hence, they have become contraband. She further requested organisations and persons in possession of any of the products, including their containers, to return them to NAFDAC, saying doing otherwise exposes them to the risk of prosecution.

According to her, "The agency has started enforcement actions

for the implementation of this policy. The window period given to manufacturers by NAFDAC to sell off all alcoholic drinks in this category elapsed on the 31<sup>st</sup> January 2024.

"To this end on the first day, after the elapse of the window period, the agency commenced nationwide enforcement actions on 1 February, 2024, to enforce the implementation of the new policy. The manufacturers and printers of labels and packaging materials were the initial targets.

"It will surprise you to know that, in the course of the enforcement actions, it was discovered that some manufacturers of these banned products were still in production and still had stacks of both finished products and packaging materials of the products in their possession. This situation is, of course, not acceptable and the agency views this as flagrant disobedience to the laws of Nigeria. NAFDAC views this matter seriously and will engage all statutory means, which may include prosecution, to deal with the matter."

Expressing concerns on the harmful effects of the banned products on Nigerians, Adeyeye said the people mostly at risk are the under-aged and commercial vehicle drivers and riders. Corroborating WHO's stance on the use of the products, she said the global health agency has established that children who drink alcohol are more likely to use drugs, get bad grades, suffer injury or death, engage in risky sexual activity, make bad decisions and have health problems.

"The WHO also stated that harmful consumption of alcohol is linked to more than 200 health conditions, including infectious diseases (tuberculosis and HIV/AIDS) and non-communicable conditions (liver cirrhosis and different types of cancer). It is also associated with social problems, such as alcohol addiction and gender-based violence," she stated.

While calling on policymakers to draw up actions and strategies against alcohol abuse, the NAFDAC DG reiterated the recommendations of WHO on tackling the menace. These include regulating the marketing of alcoholic beverages (in particular to younger people), as well as regulating and restricting the availability of alcohol.

Adeyeye added that the banned drinks had gained much popularity among a section of the country because of its being economical, easily accessible and miniature in nature, stressing that NAFDAC had to take the bold step of banning them, in order to save vulnerable children and protect the health of the larger society.

## WellaHealth boss wins 2023 African Business Heroes Award - Renews commitment to quality healthcare via Pharmacy network

By Peter Ogbonna

The Managing Director and Chief Executive Officer of WellaHealth Nigeria Limited, Dr Ikpeme Neto, has beaten 27,000 contestants across Africa to win the prestigious African Business Heroes Award for 2023.

According to a press release made available to **Pharmanews**, the keenly contested award saw business founders across the continent undergo series of intense pitching rounds, leading to the semi-finals and the grand finale, which took place in Kigali, Rwanda.

Neto was honoured with the award, based on his immense contributions to enhancing access to quality healthcare in Nigeria. His emphasis has been how using quality and affordable health plans, powered by a strong pharmacy network, can save several lives, especially those who are at a greater risk of serious health challenges.

The communique revealed that, in 2017, Neto spent over 100 hours at various pharmacies in Abuja, Nigeria, talking to pharmacists and watching patients walk in and out of pharmacies for various needs. Following his observations, he birthed WellaEngage - a product that allows pharmacies better engage with their customers through automated pharmaceutical care software, leveraging short messaging services, two-way messaging systems, and chronic disease management and drug interaction functions, thereby improving patient retention and overall care experience.

That effort has, over the years, grown significantly. WellaHealth has community pharmacies working with it to provide drug fulfilment for HMO enrollees across the country, a Wella Partner programme that gives access to cheaper medications cost via group buys, and a chronic management dashboard for



L-R: Dr. Ibukun Awosika, CEO The Chair Center Group; Mr Thomas Njeru, Founder Pula Advisors; Mr Joe Tsai, CEO Alibaba Group; Mr Ikpeme Neto, founder/CEO Wellahealth Ltd; Mr Ayman Bazaraa, Founder Sprints; Diane Karusisi, CEO Bank of Kigali; during the African Business Heroes Competition Grand Finale; held recently in Kigali Convention Centre, Kigali, Rwanda.

pharmacies using Wella Engage, and a claim management services for the company's micro health plans.

"Today, WellaHealth has seen over 2,000 pharmacies join its network, across the 36 states of the federation and the FCT. The company has also disbursed over one billion naira to these partner pharmacies for the different health services they provided to patients and partners," the statement read.

Sharing his vision, Neto described pharmacies as the closest health service to the people, stressing that supporting them with tools, technology and training remains an important mission of WellaHealth, to ensure they provide the best healthcare for Nigerians.

Referencing Fortune, an anecdotal character he had mentioned at the award contest, Neto said: "With proper support and affordable health plans fulfilled

primarily by trained pharmacies, there will be less unfortunate deaths like Fortune's. When Fortune's mother lost him to malaria, she knew it was poverty that had denied her the joy of watching him grow and play with his peers into adulthood. The cost of healthcare is high and distance to the less-expensive secondary healthcare hospitals is even farther. Pharmacies are closer," he said.

A member of the panel of judges, Joe Tsai, commended the efforts of the WellaHealth boss in making quality healthcare accessible to the people of his community.

Tsai said, "Your leadership stood out during the roundtable discussions. You have a strong understanding of your customers - patients - and you approached your enterprise with a strong sense of mission, leaving comfortable well-paying jobs abroad to solve health challenges in Africa."



# ACIPEP®

## FAST RELIEF

FROM...

Heart Burn

Indigestion

Gas Acidity

Upset Stomach

Dyspepsia

Reflux Disorders



TRIPLE  
DRUG  
ACTION

OMO  
COOL DOWN



**sam**

PHARMACEUTICAL LTD.

Registered Office: 8/9, Oyediran Estate, Sabo, Yaba, Lagos.

LAGOS; 0704 500 0047, 0805 325 6665, 0806 026 6059

KANO: 0803 972 3200, 0814 538 5062

FACTORY: 2, Western Reservoir Road, Ilorin, Kwara State.

Tel: 08121521177, 08057075266 E-mail: sampharm@hyperia.com



# As a man thinketh: Unveiling the power of thought

By Pharm. Sesan Kareem

The ancient saying, "As a man thinketh, so is he", encapsulates a profound truth that transcends time and culture. This age-old wisdom, often attributed to King Solomon, highlights the profound influence of one's thoughts on shaping their reality. Delving into the depths of psychology, philosophy, and spirituality, we unravel the layers of meaning behind this timeless aphorism.

At its core, the proverb suggests a direct correlation between our thoughts and our actions, emphasising the pivotal role of the mind in moulding our character and determining the course of our lives. This concept finds resonance in various philosophical and religious traditions.

The Stoics, renowned for their emphasis on personal virtue and inner strength, echoed similar sentiments. Epictetus, a prominent Stoic philosopher, asserted that "We cannot choose our external circumstances, but we can always choose how we respond to them." This echoes the idea that our thoughts, the internal landscape of our minds, hold the key to our reactions and, ultimately, our destiny.

In the realm of Buddhism, the concept aligns with the notion of mindfulness and the awareness of one's thoughts. The Buddha himself declared, "All that we are is the result of what we have thought. The mind is everything.

What we think, we become." This profound insight underscores the transformative power of thoughts in shaping not only our actions but our very being.

The modern self-help movement has also embraced the wisdom encapsulated in this ancient saying. Influential figures like Napoleon Hill and Earl Nightingale have expounded on the idea that our thoughts act as a magnetic force, attracting circumstances and opportunities that align with our dominant mental attitude. They argue that cultivating a positive mindset can catalyse success, happiness, and overall well-being.

Psychology, too, offers insights into the intricate relationship between thoughts and behaviour. Cognitive-behavioural therapy (CBT), a widely practised therapeutic approach, posits that our thoughts influence our emotions and actions. By challenging and reshaping negative thought patterns, individuals can transform their emotional responses and behavioural tendencies.

Moreover, the neurological underpinnings of this concept are gaining recognition. The field of neuroplasticity reveals the brain's remarkable ability to reorganize itself based on experience. Positive and constructive thoughts can stimulate neural pathways associated with resilience, creativity, and problem-solving, fostering a more adaptive and empowered mindset.

However, the power of thought

is a double-edged sword. Just as positive thoughts can pave the way for growth and fulfillment, negative thoughts can become self-fulfilling prophecies, constraining one's potential and perpetuating a cycle of adversity. The saying serves as a cautionary reminder, urging individuals to cultivate mindfulness and take responsibility for the nature of their thoughts.

In practical terms, applying the principle of "As a man thinketh, so is he" involves a conscious and intentional approach to thought management. It requires self-awareness to monitor the quality of one's thoughts, identifying and challenging limiting beliefs. Mindfulness practices, such as meditation and journaling, can be valuable tools in this endeavour, providing a space for reflection and self-examination.

Furthermore, fostering a positive mental attitude involves surrounding oneself with uplifting influences and engaging in activities that nourish the mind. Reading inspirational literature, seeking knowledge, and cultivating a supportive social environment contribute to the nurturing of constructive thought patterns.

The impact of this age-old wisdom extends beyond the individual to societal and collective levels. The thoughts and beliefs held collectively by a community or a society shape its culture, values, and collective destiny. Recognising this, leaders and influencers have the responsibility to foster positive and inclusive



For questions or comments, mail or text [sesankareem2@gmail.com](mailto:sesankareem2@gmail.com) or [08072983163](tel:08072983163)

narratives, contributing to the betterment of the whole.

In conclusion, "As a man thinketh, so is he" encapsulates a timeless truth that reverberates across cultures and philosophies. It underscores the profound influence of thoughts on shaping individual destinies and collective realities. Whether drawn from ancient wisdom, philosophical doctrines, or contemporary psychology, the essence remains clear: the mind is a powerful force that can sculpt the course of our lives. By cultivating awareness, fostering positive thoughts, and taking responsibility for our mental landscape, we unlock the transformative potential inherent in this profound aphorism.

**AFFIRMATION:** I think creatively, act fearlessly and accomplish masterfully. 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.hubpharmafrika.com](http://www.hubpharmafrika.com), and the principal consultant of SK Institute, [www.sesankareem.com.ng](http://www.sesankareem.com.ng).

# WHEN MALARIA STRIKES REMEMBER THE NAME

# Arenax Plus®

Your well-being, our everything

AFFORDABLE | EFFECTIVE | FOR ADULTS AND CHILDREN

If symptoms persist after three days, consult your Doctor

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




[www.emzorpharma.com](http://www.emzorpharma.com)

## Emzobrex<sup>®</sup> capsules



INDICATED TO RELIEVE THE PAIN ASSOCIATED WITH:

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

## Emprofen<sup>®</sup> (Ibuprofen 200mg & 400mg)

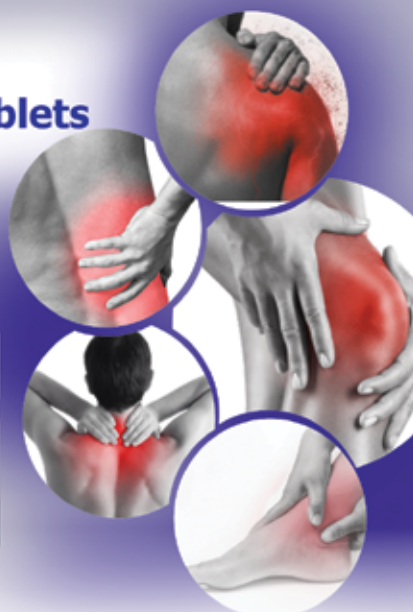


INDICATED TO RELIEVE THE PAIN ASSOCIATED WITH:

- Arthritis
- Back pain
- Inflammation
- Toothache

INTRODUCING...

## Zortafen<sup>®</sup> Tablets Diclofenac Potassium 50mg



Trusted for the relief of Pain and Inflammation!

Zortafen 50mg Tablets are indicated for:

- Relief of mild to moderate pain
- Relief of signs and symptoms of osteoarthritis
- Relief of signs and symptoms of rheumatoid arthritis
- Ankylosing spondylitis

## Emzor<sup>®</sup> PIROXICAM



INDICATED TO RELIEVE THE PAIN ASSOCIATED WITH:

- ARTHRITIS
- DYSMENORRHEA
- MUSCULOSKELETAL INFLAMMATION AND OTHER INFLAMMATORY CONDITIONS

Available in Pharmacies Nationwide

**Feel Better... Do Better**

Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)




[www.emzorpharma.com](http://www.emzorpharma.com)

**ParaNIGHT<sup>®</sup>**

**NIGHT-TIME PAIN RELIEF ... WAKE UP REFRESHED**

Non-habit forming

**Emzolyln<sup>®</sup> 4-WAY SYRUP**

Get 4-WAY Relief for the 4Cs

- C OUGH
- C OLD
- C ONGESTION
- C ATARRH

**Piramal<sup>®</sup>**  
Tablets & Suspension

**STOP MALARIA with Ease**

ONE DOSE DAILY Longer Protection From Malaria

**Para1000<sup>®</sup>**  
Paracetamol BP 1000mg

Enhanced release for rapid relief!

**MAXIMUM RELIEF in ONE Double Strength Caplet**

Now in 3's  
SMALLER SIZE CAPLET

[www.emzorpharma.com](http://www.emzorpharma.com)

EmzorNigeria
 EmzorNigeria
 EmzorNigeria
 Emzor Pharmaceutical
 EmzorNigeria

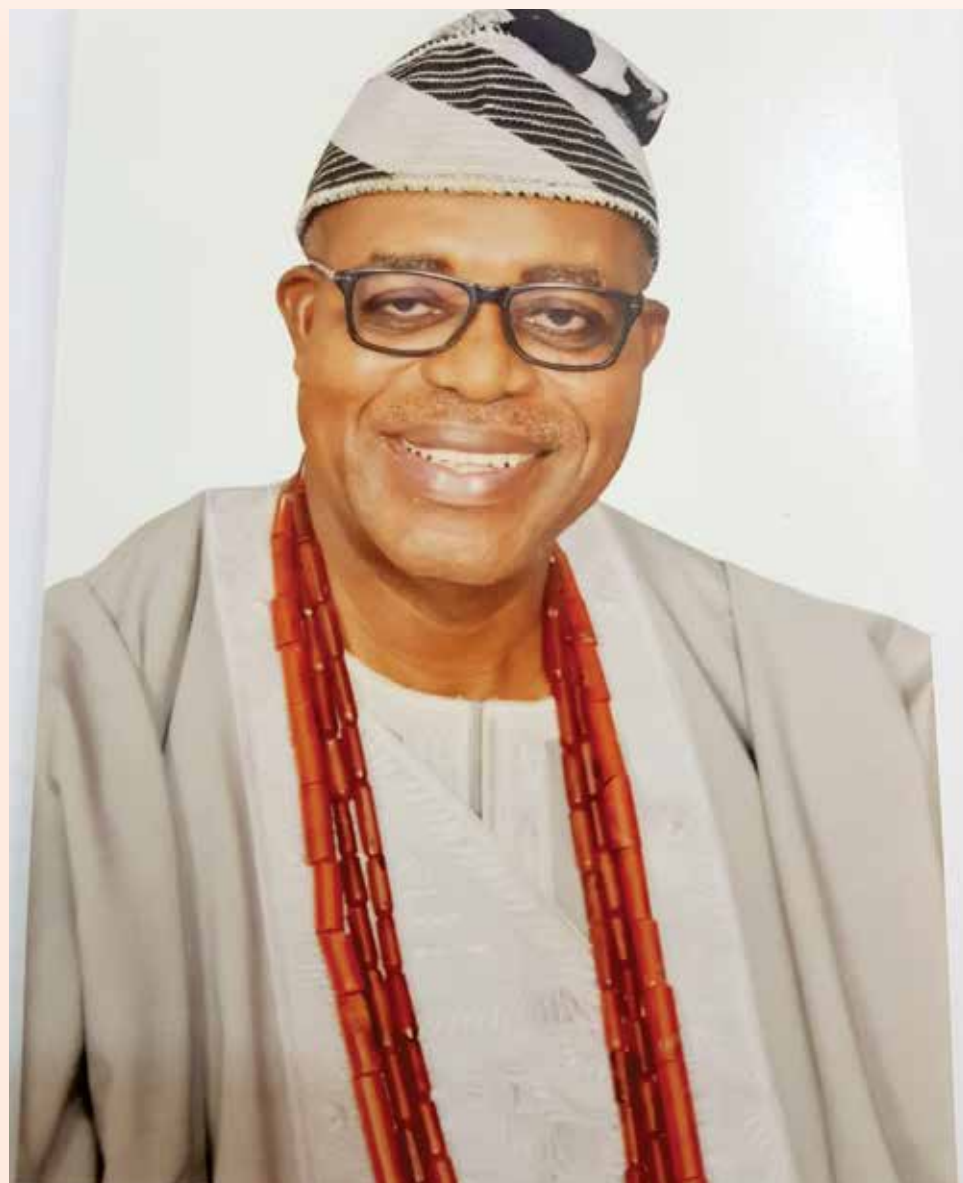
**Feel Better... Do Better**

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



# How destiny willed me into Pharmacy, instead of farming - Olaopa

**P**harm. (Chief) Olubunmi Olaopa is an accomplished pharmacist and first African managing director of Glaxo Wellcome Nigeria Limited. He is an astute business administrator and Fellow of many professional bodies, including the Pharmaceutical Society of Nigeria (PSN). In this exclusive interview with **Moses Dike**, Olaopa speaks about his childhood, education and illustrious career. He also offers valuable advice to the younger generation on how to have a successful career and life, in general. Excerpts:



**Pharm. (Chief) Olubunmi Olaopa**

**It is our pleasure to welcome you to our Senior Citizens column. Kindly tell us about yourself, your early childhood experiences, education and the events that have helped to shape your adult personality.**

I was born in Ibadan, Oyo State, on 17 January 1954, to Pa Josiah Oluyinka Olaopa, a civil servant with the Federal Ministry of Agriculture, and Mrs Eunice Ebunoluwa Olaopa, a teacher - both of blessed memories. At the age of five years, I started accompanying my mother to school. Being an underage, I could not be officially enrolled in Primary One, but I joined the class anyway. At the end of the academic year, I came top of the class. The headmaster insisted I got promoted to primary two. This was the beginning of my always being the youngest in my class, through my primary and secondary school years, and one of the youngest to graduate in the Great Ife Pharmacy class of 1975.

I attended Ansarudeen Primary School, Ifaki-Ekiti, and Salvation Army Primary School, Ikorodu, from 1959 to 1964. Thereafter, I attended Lagelu Grammar School, Ibadan, from where I obtained my West African School Certificate in 1969. I gained admission to the then University of Ife (now Obafemi Awolowo University) in 1971 and graduated with a Bachelor of Pharmacy (B.Pharm, Hons), in June 1975.

In the course of my illustrious career in the pharma industry, I

attended several senior executive development programmes and courses in Nigeria and overseas, including the Advanced Management Programme of the Lagos Business School and the Senior Executive Programme of Duke University, North Carolina, USA.

I lived my early life in an agricultural institute, my father being a senior agricultural superintendent. By extension, after my School Certificate exams, I spent a year at the School of Agriculture, Akure, before gaining admission to the University of Ife. My exposure was so limited that my choice of courses in order of priority was Agriculture, Pharmacy and Medicine.

I was offered my first choice, Agriculture. However, by the end of the first session, my horizon had broadened, and I no longer wanted to be a farmer. Fortunately, I had a good result and was allowed to change my course to Pharmacy. That marked a significant change in my future career in life.

**Hearty congratulations on your 70<sup>th</sup> birthday, which you marked recently. How has this new age affected your priorities and how are you adjusting to the realities of old age?**

Age, I believe, is only a number. My adjustment to life after my 70<sup>th</sup> birthday, can at best, be speculative because this happened only a few weeks ago. My routine has really not changed. However I expect slowing

down in certain areas like any vigorous exercise - playing squash rackets for example. I can also take the liberty of being more flexible in resumption at work and closing hours.

I look forward to taking more holidays and spending quality time with my children and grandchildren. Travelling is one of my hobbies and I hope to add more to the over 40 countries I have visited. As I advance in life, I also expect to allocate more time to my spiritual development and church activities.

**What inspired you to study Pharmacy and how would you describe your career in the Nigerian pharmaceutical industry?**

Honestly, I cannot put my finger on it. I think I was just destined to be a pharmacist. As I mentioned earlier, my first choice for university admission was Agriculture. Pharmacy was second and Medicine was third. This was lopsided, indicating my low level of exposure and career guidance. I must emphasise that I have no regrets about my eventual choice of becoming a pharmacist.

Upon graduation as a pharmacist, I did my internship at the Federal Manufacturing Laboratory, Yaba, Lagos, from 1975 to 1976 and my National Youth Service at the Military Hospital, Benin-City from July 1976 to June 1977.

I started a career in the pharmaceutical industry, joining Glaxo Nigeria Ltd as a medical representative in July 1977. I occupied several key positions in Nigeria and in the United Kingdom, on my way to becoming the first African managing director of Glaxo Wellcome Nigeria Limited, in January 1996. In January 2001, I was appointed managing director, GlaxoSmithKline Pharma Nigeria & Anglophone West Africa. I retired from the company in January 2004, after 27 years of meritorious service.

I was the pioneer managing director of Cipla-Evans Limited, a joint venture company between Evans Medical Plc and Cipla Pty Limited, a leading Indian pharmaceutical company, specialising on HIV/AIDS drugs. I was appointed the group managing director of Evans Medical Plc, one of the oldest pharmaceutical companies in Nigeria quoted on the Nigerian Stock Exchange, in April 2010 and retired in October 2017, after about 40 years of meritorious service in the pharmaceutical industry.

I served the Pharmaceutical Society of Nigeria (PSN) in various capacities. I was secretary, PSN-Lagos, from 1978 to 1981 and a member of National Council of the Society for the same period. I was member of the Lagos State Drug Abuse committee.

I am a multiple Merit Award Winner of the PSN, from Lagos, Oyo and Enugu states. I was also honoured by the National Association of Industrial Pharmacists, as well as receiving the Distinguished Alumnus

Award of the Obafemi Awolowo University Alumni Association. I also received the Ibadan Distinguished Fellow Award for contribution to the development of Ibadanland. I was honoured with the chieftancy title of *Abese Parakoyi* of Ibadanland, in April 2013 for my contributions to business development in Nigeria and the West African sub-region.

I am a Fellow of the PSN, the West African Postgraduate College of Pharmacists (WAPCP), and the Nigeria Academy of Pharmacy (NAPharm). I am a member of the Advisory Board of the United States Pharmacopodia on Regulatory of Drug quality in Sub-Saharan Africa. I am also a member of the Presidential Committee on Pharmaceutical Reforms.

In terms of positions held, I was chairman, Pharmaceutical Manufacturers Group of Manufacturers Association of Nigeria (PMGMAN), president, West African Pharmaceutical Manufacturers (WAPMA); secretary, Federation of African Pharmaceutical Manufacturers (FAPMA); council member, National Agency For Drug and Food Administration and Control (NAFDAC, 2010-2012); council member, Nigeria Institute of Drug Research and Development (NIPRID, 2010-2013); member, Ministerial Committee on National Drug Distribution; member, Ministerial Committee on Sustainability of Subsidised Artemisinin Combination Therapy for Malaria; member, Advisory Board, United States Pharmacopeia Centre for Pharmaceutical Advancement and Training (CEPAT); and global chairman, Great Ife Pharmacy Alumni Association (GIPAA).

**Can you share with us some of the most memorable events of your career?**

These include my appointment as the first African managing director of Glaxo Nigeria Plc, GlaxoSmithKline Pharma (GSK) Nigeria & Anglophone West Africa, and later, group managing director of Evans Medical Plc. There is also my appointment as chairman of PMGMAN. Indeed, under my leadership as PMGMAN chairman, four Nigerian pharmaceutical companies received WHO GMP certification for cGMP, the first of such in West Africa. Also, under my leadership, there was registration of locally manufactured HIV-AIDS drugs and supply of the drugs under a competitive tender to West African Health Organisation (WAHO).

My conferment with the fellowships of the PSN, WAPCP and NAPharm are also memorable highlights.

**With your experience in local pharmaceutical manufacturing, what are the key issues making it difficult for the sector to flourish and how can upcoming entrepreneurs navigate through these challenges?**

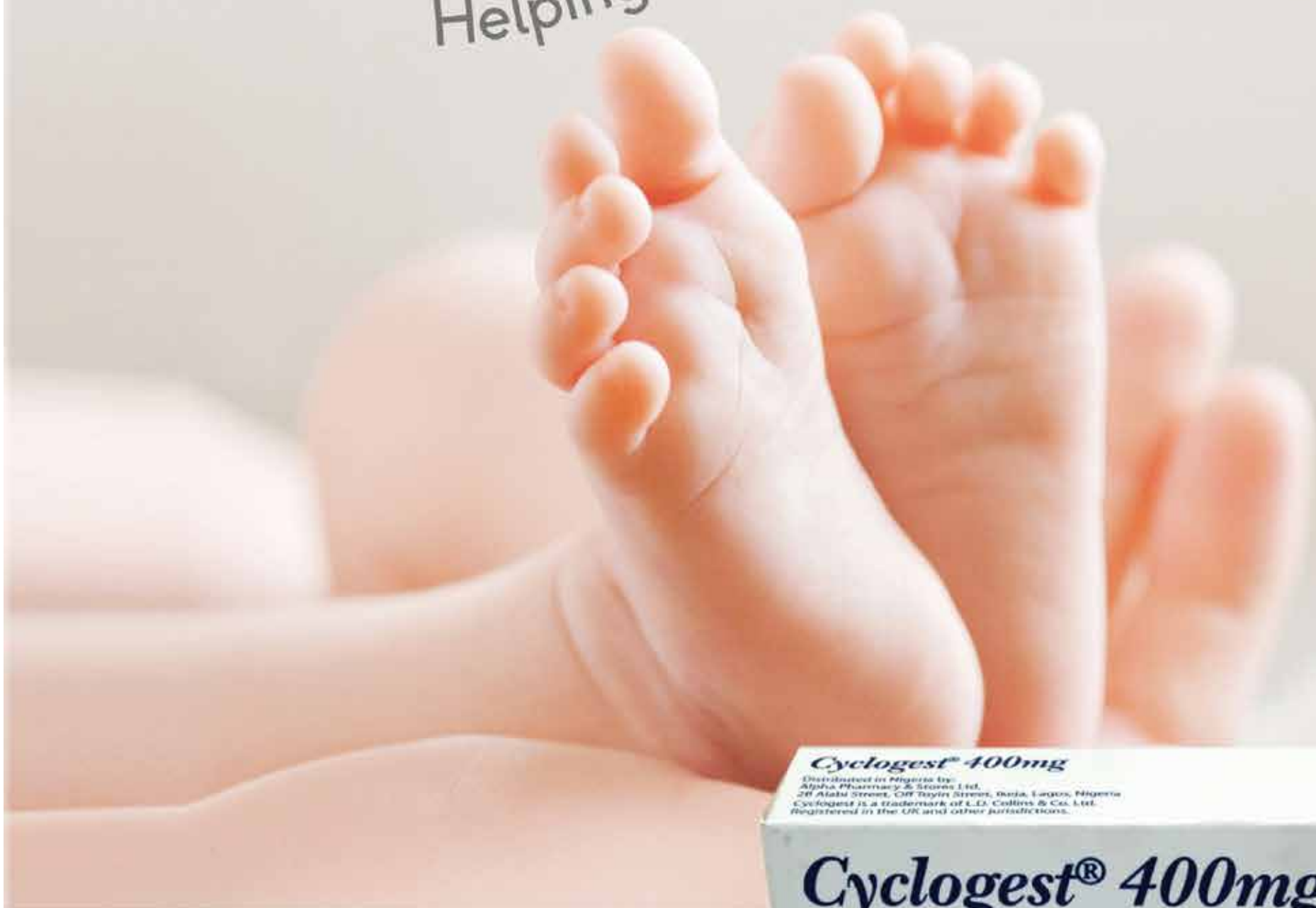
The challenges include lack of adequate infrastructure. Most companies still provide their water, electricity, roads etc. There is also high interest rate. Not many industries can survive with the bank interest rate of 30 per cent. Others are importation of almost 80 per cent of input into local manufacture; non assurance of patronage of local

*continued from page 32*



# Cyclogest®

Effective luteal support.  
Helping deliver little miracles.



- Effective Luteal phase support <sup>(8)</sup>
- Management of preterm birth <sup>(15)</sup>
- Management of threatened miscarriage <sup>(14)</sup>



#### REFERENCE

1. LD Collins. Cyclogest SmPC; 2. Child T, et al. *Reprod Biomed Online*. 2018;35(6):630-45; 3. Duijkers LM, et al. *Hum Reprod*. 2018;33(11):2131-40; 4. Gertzenase. Excipients for Rectal and Vaginal Drug Delivery; 5. Bullett C, et al. *Hum Reprod*. 1997;12(5):1073-9; 6. LD Collins, Data on file. Packs sold globally-June 2019; 7. Horvath Health Publishing. What are bioidentical hormones?; 8. Tavmiratou A, et al. *Hum Reprod Update*. 2000;6(2):139-49; Cyclogest 400 mg. Please refer to the Summary of Product Characteristics (SPC) before prescribing. Presentation: Each pessary contains 400mg Progesterone. Indication: Luteal phase support as part of an Assisted Reproductive Technology (ART) treatment for women; 15. NICE guidelines Ng25 pub 20th Nov 2015, updated 10th June 2022, Section 1.3, 1.2.2, 1.2.3; <https://www.nice.org.uk/guidance/ng-25/resources/preterm-labour-and-birth.pdf>; 14. NICE guidelines Ng126 pub 19th Apr 2019, updated 24th Nov 2021, Section 1.3.2, 1.3.3; [www.nice.org.uk/guidance/ng-126](https://www.nice.org.uk/guidance/ng-126) Dosage and Administration: 400 mg administered vaginally twice a day starting at oocyte retrieval. The administration of Cyclogest should be continued for 36 days if pregnancy has been confirmed. Contraindications: Hypersensitivity to progesterone or to any of the excipients. Undiagnosed vaginal bleeding. Known or suspected progesterone sensitive malignant tumours. Porphyria. Severe hepatic dysfunction or disease. Known missed abortion or ectopic pregnancy. Active arterial or venous thromboembolism or severe thrombophilia, or a history of these events.



2, Alabi Street, off Toyin Street, Ikeja, Lagos.  
08035062607, 08060479420  
[www.alphapharmacy.com.ng](http://www.alphapharmacy.com.ng)



# Hippolite Amadi: Iconic medical engineer keeping countless babies alive

By Ola Aboderin

One of the biggest highlights of the 2023 annual NLNG awards was the announcement of Prof. Hippolite Amadi as winner of the Nigeria Prize for Science, which comes with a \$100,000 reward. The announcement sent euphoric reverberations across the global scientific community, not only because of Amadi's track record as a powerhouse of critical neonatal interventions but also for the revolutionary nature of the innovations for which he was being specifically recognised.

Amadi had showcased to the panel of judges three respiratory technologies that have been saving the lives of premature babies by making the delivery of oxygen very cheap and easy. The first innovation is the non-invasive neonatal ventilator (the bubble PoliteCPAP), which delivers continuous positive airway pressure ventilation for very-low-birth-weight babies. The highly-effective but lower-cost alternative to similar devices which are not always accessible in the country, is now considered the gold standard in the care of premature infants with respiratory distress syndrome.

The second innovation is the oxygen delivery blender system, which allows for the safe delivery of oxygen to babies without the danger of toxicity. The third is the oxygen splitter system, which allows one oxygen source to treat many premature babies at once when piped oxygen is not available. Quite remarkably, the three devices are solar-powered, which significantly contributes to their lower cost.

While explaining the reason Amadi's innovations won the keenly contested prize, the Advisory Board for the award, led by Prof. Barth Nnaji, said his work had not only significantly advanced neonatal care in Nigeria and similar countries, but had also further improved access and lowered the cost of neonatal care by causing an observed reduction in the market prices of the competing and existing devices.

Nnaji stated further that the devices had been tried by practitioners at various hospitals across Nigeria and the feedback was that Amadi's PoliteCPAP is an improvement on the existing device as it provides access to ventilators and oxygen delivery simultaneously to neonates at an extremely reduced cost of N750,000, as against N6.5 million for the existing device, with comparable and better efficiency.

## Flurry of accolades

In his reaction to the prize-winning innovations, President Bola Ahmed Tinubu, through his Special Adviser on Media & Publicity, Ajuri Ngelale, said: "The President commends



Prof. Hippolite Amadi

Professor Amadi for leveraging his extensive background in medical engineering and technology, with a special focus on affordable medical systems, for the betterment, progress, and benefit of Nigerians and humanity in general. This significant work by this great Nigerian scientist will contribute to keeping more Nigerian children alive after birth and prepare them for a better future."

Also reacting, Mr Andy Odeh, NLNG's general manager, External Relations and Sustainable Development, said: "We are honoured and deeply moved by the judges' decision to recognise the ground-breaking innovation in respiratory technology that has been awarded the Nigeria Prize for Science in 2023. This invention not only represents a remarkable leap forward in medical science but also serves as a beacon of hope for the most vulnerable among us – our neonates. It reminds us that true progress is measured not only in scientific achievement but in the lives it touches and saves. Today, we celebrate the impact that innovation can have in enhancing healthcare therapy and safeguarding the futures of countless new-borns. At NLNG, we are proud to be part of a legacy that puts saving lives at the forefront of scientific pursuit."

## Litany of life-saving inventions

Amadi is an orthopaedic biomechanics specialist by training but better known globally as a researcher in neonatal technologies and global neonatal mortality

reduction. He is a distinguished professor of medical technology at Imo State University and a visiting professor of medical engineering and technology at Imperial College, London. His engineering and medical career has lasted over three decades, spanning medical engineering, orthopaedics and neonatology research.

Amadi has, over the years, been celebrated for innovations and discoveries across medical disciplines. Indeed, according to him, the entry that won him the prestigious NLNG Prize for Science constitutes just 23 per cent of all the frugal neonatal interventions he has innovated for neonatal survival in Nigeria. He has introduced several other interventions to cover all the segments of support that make up the "neonatal rescue scheme (NRS)", as he likes to call it.

Amadi is not just creating medical devices for neonatal practice but also creating antidotes and interventions to close gaps in medical treatment that cause new-born babies to die. According to him, "My vision is to rid Nigeria of the bad reputation of a high neonatal mortality rate, and I'm proud to say that I have essentially done that."

Amadi's present role at Imperial College London focuses on Frugal Medical Technology for low- and middle-income countries. Frugal innovation in healthcare creates affordable solutions that meet the specific needs of resource-constrained healthcare systems. These

innovations are not limited to technologies and products but also include processes or policies that aim to do more with less.

He is also the principal consultant at Neonatal Concerns for Africa, a charity collaboration between Imperial College and over 25 Nigerian university hospitals that aims to equip young Africans with the skills to create local medical technologies within their environments that focus on the survival of infants.

## Mission fuelled by passion

While Amadi has always been drawn to medical engineering, his foray into neonatal technologies and mortality reduction was triggered by certain disturbing discoveries he made, years after graduating from the university. He had studied Mechanical and Production Engineering at Enugu State University of Technology (ESUT), graduating as the best student in 1988. Three years later, he obtained a Masters of Engineering Technology and Management from the same institution.

By a chance sequence of events, he was brought face to face with the neonatal care environment and he discovered that premature babies were dying needlessly from lack of incubators and other factors. According to him, "That was when the passion gripped me... I saw babies die as a result of preventable causes and there are little things that could have prevented their death."

Knowing he needed formal medical training to excel in his new-found passion, Amadi proceeded to Imperial College, London, where he obtained a Master of Engineering in Medicine, in 2002; and a Doctorate in Orthopaedic Biomechanics, in 2006. Since then, he has committed himself to filling the technology gap in neonatology and thereby saving many premature babies in Nigeria and beyond from avoidable death.

## Awards and recognitions

Amadi has received diverse honours and recognitions for his life-saving innovations and selfless devotion. These include the Presidential Merit Award in Engineering Practice, by the Nigerian Society of Engineers (1999); special recognition for contributions to national development on health, by the committee of chief executives of federal tertiary hospitals of Nigeria (2007); the National Role Model Award in Medicine and Engineering, by Edumark (2008); Distinguished Alumnus Award (Academic/Professional Excellence), by the Alumni of Enugu State University of Science and Technology (2009); and the Distinguished Outstanding Excellence in Engineering Practice and Innovations Award, by Enugu State University of Science and Technology (2010).

Amadi is also a Fellow of the Royal Society of Medicine (FRSM) and the Institution of Mechanical Engineers.

Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)





# ZOMAL<sup>®</sup>

**Dihydroartemisinin 40mg +  
Piperaquine Phosphate 320mg**

Curative Antimalarial

**Super Effective  
Easy to use**

Dosage:  
**ONE DOSE** a day  
for  
**3 DAYS**



*\*See product leaflet for more details*

Edic Building, 9, Town Planning Way, Ilupeju, Lagos, Nigeria. Tel: +234-700-225-5369, +234-8129-72-2205  
f Zolon Healthcare Ltd.

[www.zolonhealthcare.com](http://www.zolonhealthcare.com)

INTELLIGENT SOLUTIONS 

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



# Prominent pharmacists, others celebrate Drugfield boss, Ekundayo, at 70

## - As company marks 30th anniversary

By Ranmilowo Ojalumo



From right: PSN President, Prof. C. Usifoh, Pharm. Julius Adelusi-Adeluyi, wife of the celebrant and the celebrant during the cutting of Pharm. Ekundayo's 70th birthday cake, anchored by Prof. Usifoh, recently.

It was celebration galore recently as prominent pharmacists, friends and family members gathered on 18 January, to mark the 70<sup>th</sup> birthday of the Managing Director of Drugfield Pharmaceuticals Limited, Pharm. Olakunle Ekundayo, even as the company's 30<sup>th</sup> anniversary was also celebrated.

Speaking at the event, President of the Nigeria Academy of Pharmacy (NAPharm) and former Minister of Health, Pharm. Julius Adelusi-Adeluyi, who was the chairman of the occasion, described Ekundayo as a humble and noble personality.

He also commended Drugfield Pharma for its outstanding contributions to the development of the Nigerian pharmaceutical industry.

"Ekundayo is surrounded by integrity in running his company, Drugfield Pharmaceuticals Limited. He's an example of the amazing grace of God. When you meet him, you can see someone who enjoys calm and tranquility", Adelusi-Adeluyi said.

He however charged the celebrant not to rest on his oars, saying his attainment 70 years is not the time to retire but to "refire".

Also speaking at the event, President of the Pharmaceutical Society of Nigeria (PSN), Professor Cyril Usifoh, said the mother of Ekundayo should be commended for raising and labouring for him to be a good



Prince Julius Adelusi-Adeluyi (3rd right) anchoring the cutting of Drugfield 30th Anniversary cake, recently

son. He also appreciated the celebrant for his contributions to the pharmaceutical industry and the level to which he has been able to take Drugfield.

The Chairman, Pharmaceutical Manufacturers Group of the Manufacturers Association of Nigeria (PMGMAN), Mr Oluwatosin Jolayemi, who is also the MD/CEO of Daily-Need Industries Limited, described Ekundayo as one of the pillars of the group, noting that the celebrant's words of wisdom are highly impactful.

The high point of the event was the presentation of a full-length portrait to the celebrant by the Great Ife Pharmacy Alumni. The celebrant who could not hide his joyous feeling, in return, pledged his continuous support to the institution. He pledged the sum of N5 million to support the faculty on any project of their choice.

Ekundayo also used the occasion to recognise some of those who had contributed positively to his life over the years. He presented a posthumous

award to one Zacchaeus Andrew Bello for being a destiny-helper. He also presented an award to one Mr Ferdinand. F, also for being a benefactor.

The celebrant also recognised Adelusi-Adeluyi with a special award for being an excellent inspiration and role model to him.

The longest-serving staff at Drugfield, Emilia Ako, was also presented with an award of recognition, for 30 years of unbroken, meritorious service.

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**



**Chemiron**  
FEEL GOOD... LOOK GOOD  
Serving Nigeria Since 1986

**Great tasting**

**C the difference**

Boost your immune system with Chemiron Vitamin C Syrup

**Orange flavour**

A product of Chemiron Care Ltd  
www.chemironcare.com +234 (0) 708 284 6304  
info@chemironcare.com +234 (0) 703 794 9159

**Chemiron**  
FEEL GOOD... LOOK GOOD  
Serving Nigeria Since 1986

**Chemadol**

**Comforts like mama**

Paracetamol oral suspension  
Raspberry flavoured

Junior 3 MONTHS TO 12  
Fever & pain relief

- ✓ General pain and discomfort
- ✓ Fever from malaria, cold or infection
- ✓ Teething pain and headaches
- ✓ Sore throat & stomach ache

A product of Chemiron Care Ltd  
www.chemironcare.com  
info@chemironcare.com  
+234 (0) 708 284 6304  
+234 (0) 703 794 9159

**Chemiron**  
FEEL GOOD... LOOK GOOD

*Serving Nigeria Since 1986*

**Chemiron**  
FEEL GOOD... LOOK GOOD  
Serving Nigeria Since 1986

**KICK THAT COUGH.**

**ExDryl COUGH SYRUP**  
MENTHOL FLAVOUR  
100ML

**ExDryl COUGH SYRUP**  
MENTHOL FLAVOUR  
100ML

**ExDryl COUGH SYRUP**  
JUNIOR 3 MONTHS TO 12 YEARS  
100ML

**FIGHT CHEST CONGESTION WITH EXDRYL COUGH SYRUP**

A product of Chemiron Care Ltd  
www.chemironcare.com +234 (0) 708 284 6304  
info@chemironcare.com +234 (0) 703 794 9159



## Abere to the rescue

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



*Hunteria umbellata*

**A**beré is a medicinal plant botanically called *Hunteria umbellata* K. Schum (Fam. Apocynaceae). It is called *nkpokiri* in Igbo, *abere* in Yoruba, *osu* in Edo. Other names are African orchid and miracle seed.

### Constituents

Phytochemical analysis of the *H. umbellata* plant extract revealed the presence of saponins, steroids, tannins, volatile oils, phenols and copious amount of alkaloids. Other constituents are hunteriasines A – D, sitosterol, arcein, plumbagin and Erinidine. The plant also contains potassium, calcium, magnesium and zinc.

### Preparations

*Aberé* is available as fruits

and seeds. It can be eaten raw or cooked in order to access its health benefits. It can be consumed either on its own or combined with other herbs to increase its effectiveness. *Aberé* is also available as the dry seeds, powder, capsules, oil and decoctions.

### Pharmacological actions and medicinal uses

In different parts of West Africa, preparations from different parts of the plant are used in traditional medicine for the treatment and management of malaria, fever, abscesses, hepatitis, diabetes, hypertension, high cholesterol otitis, hernia, food poisoning, venereal diseases, gonorrhea, worm infestation, gastrointestinal disorders, dysmenorrhea,

leucorrhoea in women, sterility in men, low libido, typhoid fever, cough, pneumonia and other chest-conditions, arrow poison, glaucoma, conjunctivitis, psoriasis and eczema.

Studies suggest that consuming *abere* seeds can help suppress appetite, increase satiety, promote fat-burning, and improve gut health – all of which could support body weight regulation. Scientists found that the presence of a chemical called sitosterol causes lowering of cholesterol by preventing its absorption by the intestines. Also the presence in *abere* seed, of a compound called 10-Hydroxy-2-decenoic acid (10H2DA), may help reduce inflammation linked to certain diseases of the eye. Studies showed that the active compound in *abere*, called plumbagin improved the blood sugar lowering effect of insulin.

Research also shows that *abere* seed may work against some types of bacteria that cause respiratory infections and help to lower inflammatory markers that are linked to diseases like rheumatoid arthritis and inflammatory bowel disease. This could help reduce symptoms of asthma, bronchitis, and chronic obstructive pulmonary disease (COPD).

Researchers report that the *abere*'s blood pressure lowering properties may be due to the presence of anti-inflammatory compounds which can help improve blood flow, reduce stress, and increase the production of more nitric oxide, which

helps blood vessels relax and widen. *Aberé* seed has become increasingly popular for its natural analgesic qualities, especially for chronic pain.

The antioxidant content helps to boost the immune system, protecting against free radicals which can damage cells in the body, thereby protecting against diseases such as cancer, diabetes, heart disease and possibly certain neurological conditions like Alzheimer's disease.

*Hunteria umbellata* plant is used by West African traditional midwives as phytomedicine in herbal remedies to treat pregnancy-related ailment and most especially to augment or induce labour in gravid uterus.

### Adverse effects

*Aberé* should be used with extreme caution. A study discovered that frequent consumption of the fruit led to thrombocytosis.

### Economic uses and potentials

A pack of dry *abere* seeds costs N3,000 per 300g. A paint bucket costs between N4,000 and N6,000. *Aberé* holds high potentials in the pharmaceutical and cosmetics industry. It can be used to boost the economy through harvesting, processing, sales, distribution and research.

### References

Cepil M.F. (2022). *Aberé* Seed Health Benefits. *October 28*. Retrieved on January 15, 2024 from <https://doctortells.com/abere-seed-health-benefits/>.

# KILL MALARIA

With No. 1 Fixed dose Combination Therapy of Artemether 80mg + Lumefantrine 480mg

## Artelumex-Forte Tablets



Artelumex Tablets 20mg/120mg IS ALSO AVAILABLE

Artelumex-Forte Tablets-Dose							
Adult	Total Tablets	Dosage Regimen					
		Day 1		Day 2		Day 3	
	0 Hour	8 Hours	24 Hours	36 Hours	48 Hours	60 Hours	
	6	1	1	1	1	1	1

Nafdac Reg. No. B4-6185



FROM THE MAKER'S OF



### VITABIOTICS (NIGERIA) LIMITED

35, Mobolaji Johnson Avenue, Oregun Industrial Estate,  
P. O. Box 3020, Ikeja, Lagos, Nigeria.  
Tel: 01-793 6620 E-mail: info.vitabiotics@yahoo.com

adler  
VITABIOTICS

### Adler Products Ltd.

32, Odunmakin Street, Off Oba Akran Road,  
Ikeja, Lagos, Nigeria  
Tel: 01-897 3895 E-mail: adler\_products@yahoo.com



Europa Medicals Limited, Kano  
Phone: 08075466222  
E-mail: pravinpandey88@yahoo.com

Europa Medicals Limited, Onitsha  
Phone: 08054061967, 07037851324, 08149614061  
E-mail: maqsood.ansari81@yahoo.com  
shoyabmomin@gmail.com

Europa Medicals Limited, Ibadan  
Phone: 07088607960  
E-mail: biswakennayak@gmail.com





## FANMET

Dihydroartemisinin  
+  
Piperaquine Phosphate

- ✓ Fast Relief
- ✓ Effective
- ✓ Indicated for uncomplicated and Multi-drug resistant malaria.

*...effective ACT for malarial treatment.*

## HALAR<sup>®</sup>

### TRIPLE ACTION CREAM

- ANTI-FUNGAL
- ANTI-BACTERIAL
- ANTI-INFLAMMATORY




**Restores, Protects & Maintains the beauty of your Skin**

## Cipronol<sup>®</sup>-TN

Ciprofloxacin 500mg and Tinidazole 600mg




### The Double Edge Weapon in Resistant Bacterial Infections

## Eryfast

### Erythromycin

*Assured Efficacy and Safety*

NAFDAC REG. NO.:A4-8607



NAFDAC REG. NO.:A4-9797

NAFDAC REG. NO.:A4-3007

#### Indications

- Infection of the eye lining
- Intestinal bacterial inflammations
- Non-gonococcal Urithritis
- Skin infections
- Respiratory Infections
- Oral infections
- ENT Infections



## Maydon Pharmaceuticals Ltd.

15 Wilmer Street, Off Town Planning Way Ilupeju, Lagos - Nigeria. Tel: 234-1-9037655587  
Email: [enquiries@maydonpharmaceuticals.com](mailto:enquiries@maydonpharmaceuticals.com), Website: [www.maydonpharmaceuticals.com](http://www.maydonpharmaceuticals.com)  
f [maydonpharmaceutical](#) v [maydonpharm](#) @ [maydonpharma](#)

*....Championing Healthy Living*



Endorsed by  
The Nigerian Medical Association



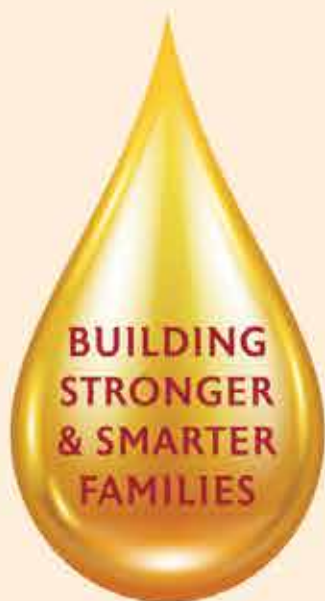
**Complan®**  
A Complete Meal in a Drink

Contains 25 vital nutrients and minerals that helps provide the right nutrition for everyday

\*Consumed daily with regular meals \*Complan contains Protein sourced 100% from Milk

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**





**Worldwide**  
Healthcare

## SEVEN SEAS FOR THE WHOLE FAMILY



**FROM 1 YEAR OF AGE**

### COD LIVER OIL LIQUID

#### HELPS SUPPORT

- Immunity
- Brain function
- Vision
- Muscles & bones



**FOR TEENAGERS AND ADULTS**

### COD LIVER OIL CAPSULES

#### HELPS SUPPORT

- Immunity
- Brain function
- Vision
- Muscles & bones

EST. 1935  
**SEVEN SEAS**

Marketed and Distributed by:  
**WorldWide Commercial Ventures Ltd**  
Plot A1, Block 9, Alh. Adejumo Ave,  
Ilupeju, Lagos, Nigeria.

**Worldwide**  
Healthcare



# NAFDAC set to attain WHO maturity level 4, says Adeyeye

## - Highlights benefits of certification

By Ranmilowo Ojalumo

As part of efforts to strengthen the Nigerian drug regulatory system to ensure the safety, quality and effectiveness of pharmaceutical products in the country, the National Agency for Food and Drug Administration and Control (NAFDAC) has disclosed that it will soon attain the World Health Organisation (WHO)'s maturity level 4 (ML4) certification.

The Director General of the agency, Professor Mojisola Adeyeye, disclosed this in Ota, Ogun State, on 30 January, when she visited a pharmaceutical manufacturing plant with other directors of the agency, assuring that better days are ahead for the pharmaceutical industry in Nigeria.

It will be recalled that, on 4 January, while unveiling her strategic goals for 2023 to 2028, in Abuja, Adeyeye set the first quarter of 2024 as the timeline to attain the WHO maturity level 4 (ML4) and the WHO-Listed Authority (WLA) status.

While speaking in Ota, the NAFDAC DG, disclosed that the ML4 certification will enable global trade of Nigerian-made pharmaceuticals through collaborative registration with other regulatory agencies, she added that the certification will also enable local pharma manufacturers to become more competitive in the Africa Continental Free Trade Agreement (AfCFTA).

Adeyeye explained that once NAFDAC attains ML4, any product approved by the agency will easily get WHO prequalification.

She said: "That is why going through our dossiers management system is very tasking now because we are supposed to be reciprocating through alliance with other agencies in other countries. If, for instance, we have maturity level 4 in Nigeria and Singapore has maturity level 4, and as a Nigerian company you want to sell in Singapore,



Professor Mojisola Adeyeye

you submit your application and you inform us and submit your application. Then we exchange data with Singapore because our data should not be different from that of Singapore.

"So, instead of taking one year before you can get registered in Singapore, it will only take one or two months. That is why what we are doing now and going through in Nigeria is extremely important

for Nigeria, for Africa and for the world. Then, when we get the WHO-Listed Authority (WLA), that will be a garnish on what we are doing, because WLA is not just what you put on paper and they have checked; it is what the world body can see because they will come."

She continued: "We have just started our observed audit.

We have gone to two companies with WHO's executives. They were watching, looking at how we were inspecting, to see if what we put down on paper matches what they are seeing. And they are going come to several times to check for good manufacturing practices, good clinical practices, good pharmacovigilance, among others. Because they want to have the confidence for the sake of the world that if a product is made in Nigeria, it can be used anywhere in the world. That is where we are now, in terms of our own maturity level.

"We started from minus 1, but we are happy that we have attained where we are now, but I must say that we are not there yet. So, please bear with us if we are harping on you about the dossier system."

As part of effort to make registration easier, the NAFDAC DG said the agency is intensifying its digitalisation efforts.

"The world is no longer analogue," she said. "It is digital, with immediate transparency. Our process of going fully digital is not perfect now but it is continuous. It is getting better every day. What we have now is volume one; we are definitely going to have volume two. Just bear with us.

Meanwhile, Adeyeye has called on pharma companies to pay more attention to their post-marketing surveillance (PMS) and pharmacovigilance (PV), insisting that the agency expects every pharma company to have both PMS and PV departments

"In terms of the post-marketing surveillance, we are going to do a training for marketing organisations on what we expect. Safety begins with the manufacturing facility, but we expect each company to have pharmacovigilance and post-marketing surveillance departments. If your regulatory is holding the two, it is time to separate one or two people that will be in charge of PV and PMS so that those persons will be answerable to you," Adeyeye said.

## How destiny willed me into Pharmacy, instead of farming - Olaopa

continued from page 32

manufacturers by government hospitals and parastatals; as well as the recent wave of brain drain or *japa* syndrome.

The upcoming entrepreneurs can navigate through these challenges through Joint Ventures with foreign companies, attractive staff retention schemes, and continuous strong advocacy for government support and intervention for single digit interest funding by specialised banks like Bank of Industry (BOI).

Recently, we have observed the exit of some major multinationals from the Nigerian business environment thus leaving some vacuum. As a stakeholder in the industry, how prepared are our local industries to reduce or fill this vacuum? Are there measures that can be put in place to increase our local capacity and ensure that these multinationals exiting does not turn around to make

the country a marketing hub for foreign made products, especially those we have local capacity to produce?

It is very unfortunate that some of them are leaving. However, it has happened before during the indigenisation decree saga. Because many of them had factories then, the effect was more telling. The reality on ground is that those leaving have no state-of-the-art factories that can manufacture their sophisticated lines. These are imported and will continue to be imported. The other products can be locally manufactured on contract. The indigenisation exodus gave birth to the Fisons, Emzors, Juhels of today. Only May & Baker, Glaxo (Evans) and Swipha survived. The exits will provide opportunities for local manufacturers.

As a pharmacy elder, which of the issues affecting Pharmacy and healthcare in general would you like the government and

stakeholders to address more frontally?

The government needs to address the issue of availability of drugs at affordable prices. APIs and essential drugs should be exempt from duties. Pharmaceutical manufacturers should be given access to funds at low interest rates to be able to compete with manufacturers from Asian countries.

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

I do take a 30 minutes' walk in the evenings and relax by watching my favourite programmes on television but I avoid my favourite teams live matches. I eat less and healthy nowadays and I have long become a social drinker. I also quit smoking because smokers die young. I could do with more sleep.

I am a life member of Ikoyi Club and belong to the Lagos Country

Club. I also belong to and have been past president of other socio-cultural clubs and served on the Board of Trustees of some of them like Jericho Businessmen Club and Ultimate Circle of Nigeria.

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

I am happily married to my dear wife, Oluremilekun, a lawyer and we have four children and many grandchildren. Unfortunately none of them studied Pharmacy. Maybe I will be lucky with grandchildren

Finally, 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 impact humanity positively?

The younger pharmacists should not put money before their professional calling no matter which aspect of Pharmacy they choose to practise Pharmacy is a noble profession and they must strive to keep it so.

Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)





**Making a Difference Right From the Start**

# FLOWEL-PLUS Caps

( Tamsulosin+Dutasteride 0.4mg/0.5mg )



- Improves Urine Flow
- Reduces Prostate Volume
- Maintains Reduction in Prostate Volume
- Reduces Long Term Risk of AUR and Need for BPH Surgery
- Prevents Diseases Progression
- Quick Onset Of Action
- Convenient Once a Day Dosage
- 25% Reduction in Incidence of Prostate Cancer.

**Improve LUTS, Rectify Urine Flow  
& reduce BPH Related Surgery**



9B, Robinson Gbagi Street,  
Ajao Estate, Lagos,  
Office: 081-27678822  
superiorpharmang@gmail.com  
www.superiorpharmang.com



# Mitigating climate change effects on maternal, children's health

By Temitope Obayendo

Climate crisis has introduced a new order of living for humans on earth in the past few years, with scary predictions about worse global health outcomes for everyone. Some of these predictions are already materialising, as the impact of the extreme weather condition is fast impeding access to quality food, safe drinking water and sanitation, clean air, and basic healthcare.

It is however unfortunate that people living in low-middle-income countries, especially women and children, bear the larger burden of the catastrophic climate. Especially in Africa, most governments are not living up to expectations in protecting their citizens from the harsh effects of the weather conditions. The World Bank, in one of its recent reports, predicted a gloomy future of 21 million additional deaths by 2050, from just five health risks, which are extreme heat, stunting, diarrhoea, malaria, and dengue.

It further warned that if no urgent steps are taken to mitigate the hazards of climate crisis in developing countries, it could lead 40 million people into extreme poverty, by 2030.

Of particular concern is the impact of the extreme heatwaves on pregnant women and children, which has the potential of leading to preterm labour, as well as having long-lasting effects on their unborn babies.

## Pregnant women's burden of climate crisis

Mrs Titilayo Ajayi, a seven-month pregnant woman narrated her ordeals since she took in last year to our correspondent. "I have never been my normal self since I became pregnant late last year, because it has been from one condition to the other, due to the extreme weather condition. As a seamstress with my shop just by the roadside, the continuous rains of last year affected my health in no small measure, with the muddy path to my shop always moving me to throw up whenever I was going to shop in the morning.

"That aside, due to lack of drainage on the street, the stagnant water created room for mosquitoes to breed, and before I knew it, while working to deliver to customers at the expected time, I got exposed to mosquito bite. In fact, I lost count of how many times I treated malaria last year.

"As if that was not enough, the climate episode for 2024 fell on me in another dimension, with unprecedented heatwaves and hazy weather, which usually make me weak and drowsy. As a result, I had to stop going to the shop for now, until I put to bed."

Ajayi is just one of the millions of pregnant women finding it tough to cope with the changing climate, a situation threatening their health and that of their unborn babies. This shows the urgent need for government's intervention.

Bruce Aylward, assistant director general for Universal Health Coverage Life Course at the World Health Organisation (WHO), affirmed this challenge, saying, "Climate change poses an existential threat to all of us, but pregnant women, babies and children face some of the gravest consequences of all."

## Climate change effects on nursing mothers and children

Nursing mothers also have their share of the climate disaster, with most of their children coming down with respiratory infections during this season. In an exclusive interview with one Mrs Chika

Innocent, she revealed how her two little boys, ages three and five, have been battling with cold and catarrh since last year.

Mrs Innocent informed our correspondent of how she had been frequenting pharmacies in search of an effective medicine against cold and catarrh, as there was no significant improvement in the children's conditions.

"I have bought several cough suppressants and decongestants, to no avail. In fact, sometime in January, the younger one just woke up with swollen red eyes, and soon, the other one got infected too. So, it was that bad that they had



a three-in-one infection of cough, catarrh and apollo (conjunctivitis).

"It was not funny at all, as they transferred all their frustrations to me, while I tried to alleviate their pains. To make matters worse, the nearby health centre to us in Agunfoye Adamo, Lagos, is yet to be in operation; so it was a huge challenge for me," she lamented.

The WHO's representative, Aylward, further emphasised the urgent need for governments and the civil societies to act in line with policies and actions to salvage children's future from the devastating effects of extreme weather condition.

"Children's futures need to be consciously protected, which means taking climate action now for the sake of their health and survival, while ensuring their unique needs are recognised in the climate response.

"What we know now serves as a justifiable basis for urgent action by stakeholders to invest

and develop climate action plans for all individuals that focus on improving maternal, newborn and child health (MNCH) – now and in the long-term," he said.

## Market women bemoan climate change health risks

Investigations on the deteriorating health conditions of some market women point to the rising temperatures. Most of them lamented the effects on their health. For Mrs Chioma Kalu, who sells roasted plantain along Lagos Road, Ikorodu, increase in her daily water intake could not suffice in neutralising the effects of the accumulated heat in her system. She said despite taking more than six sachets of water daily, her body system still vibrates in the evening due to the accumulated heat of the day. Unfortunately, being a widow with four children, she has no other source of income aside from her hazardous livelihood.

Tochi, a fair-complexioned young woman, who sells vegetables next to Kalu, also recounted her woes from the climate crisis, as well as her financial incapability in securing a shop for her business.

"This is how we face it every day. Although we have been warned against the effects but what do we do when we have to sell to survive?" she lamented.

Both Kalu and Tochi appealed to governments for the provision of low-cost sheds for women like them to reduce the effects of the climate crisis on their health.

## Governments' role in mitigating effects of climate crisis

In an exclusive interview with Mr Olumide Idowu, co-founder ICCDI Africa International Climate Change development Initiative, he highlighted several means by which the government can safeguard Nigerians from the risks of climate change. According to him, first among them is the promoting of sustainable and renewable energy sources. This can be done through promotion of electric automobiles and investment in renewable energy infrastructure like solar and wind power.

He advocated further that government should reduce air pollution and improve the air quality by using fewer fossil fuels, which can improve public health.

"The government can also invest in climate change adaptation strategies like improving healthcare infrastructure to better respond to climate-related health risks, implementing early warning systems

for extreme weather events, and educating the public about climate change and its health effects," he noted.

To protect vulnerable children and women who are disproportionately affected by extreme climate, due to their daily work schedules outside or by roadsides, Idowu called for the provision of safe and secure shelter, access to clean water and sanitation facilities, and the implementation of policies that ensure their rights and well-being are prioritised in climate change adaptation and disaster risk reduction effort.



Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)



# Shaltoux<sup>TM</sup> Natural

Glycyrrhiza glabra + Terminalia belerica + Zingiber officinale + Curcuma longa + Mentha piperita

**Inspired by Nature, Safe & Effective Sore Throat Reliever**



**5 Natural**  
Ingredients providing  
**Soothing Relief**



## IBUCAP<sup>TM</sup>

**COLD AND FLU**

## CATARRH GO SCATTER SHARP, SHARP



**Fast relief of catarrh, cold and fever**





# Navigating 2024: People skills for sales leaders in Nigeria's turbulent sales environment

**S**ales leaders in Nigeria face a challenging and unpredictable environment, where they have to deal with inflation, high prices, reduced disposable income, low spending on healthcare, and fierce competition. In such a situation, having a strong and cohesive sales team is crucial for achieving



sales targets and maintaining customer satisfaction. They will have to leverage their people skills, like team building, team leadership and management to stay ahead of result and competition.

However, building and leading a sales team is not an easy task. It requires a range of skills that can help sales leaders to form, develop, and motivate their team members. In this article, we will discuss some of the key relevant skills that sales leaders need to master, and how they can apply them to their sales teams.

## What is a team and why is it important?

A team is a group of people who work together towards a common goal, and who share responsibility for the outcomes of their work. A team can have different types of members, such as sales representatives, account managers, business development executives, and so on. Of course, teams also have different levels of hierarchy, such as sales manager, regional sales manager, national sales manager, and so on.

Whatever the configuration, a sales team is important for sales leaders because it can provide several benefits, such as:

- **Increased productivity:** A team can achieve more than an individual by pooling their skills, knowledge, and resources.
- **Improved quality:** A team can ensure that the products and services they offer meet the standards and expectations of the customers.
- **Enhanced creativity:** A team can generate new ideas and solutions by brainstorming and sharing their perspectives.
- **Higher morale:** A team can boost the motivation and confidence of its members by providing support, feedback, and recognition.
- **Greater loyalty:** A team can foster a sense of belonging and commitment among its members by creating a

shared vision, values, and goals.

A key aspect of team building is to guide your sales team through the four stages of team development: forming, storming, norming and performing. These are the phases that most teams go through as they evolve from a group of individuals to a cohesive unit. Each stage has its own characteristics, challenges and opportunities that require different leadership styles and interventions. Here is a brief overview of each stage:

- **Forming:** This is where the team members get to know each other, establish their roles and expectations, and define their purpose and goals. The leader should provide clear direction, guidance and support.
- **Storming:** This is where the team members start to express their

opinions, preferences and concerns, which may lead to conflicts, disagreements and tensions. The leader should facilitate constructive communication, feedback and resolution.

- **Norming:** This is where the team members start to develop norms, rules and procedures that govern their work processes, behaviours

**A key aspect of team building is to guide your sales team through the four stages of team development: forming, storming, norming and performing. These are the phases that most teams go through as they evolve from a group of individuals to a cohesive unit. Each stage has its own characteristics, challenges and opportunities that require different leadership styles and interventions.**

## Par Excellence

Pharm. Tunde Oyeniran  
*with*

Sales. Marketing. Leadership. Management



and interactions. The leader should encourage participation, collaboration and consensus.

- **Performing:** This is where the team members work effectively and efficiently towards their goals, delivering high-quality results and satisfying customers. The leader should empower, motivate and recognise the team members.

## An effective sales team

Not all teams are equally effective. Some teams may perform well, while others may struggle or fail. To build an effective sales team, sales leaders need to understand the characteristics that make a team successful, and how to assess their team's strengths and weaknesses. An effective sales team is characterised by:

**Clear roles and responsibilities:** Each team member knows what they are expected to do, how they contribute to the team's goal, and who they report to.

**Diverse skills and**

**competencies:** The team has a mix of talents and abilities that complement each other and cover the needs of the customers.

**Open communication:** The team communicates frequently and honestly with each other and with other stakeholders, such as customers, suppliers, or managers.

**Positive feedback:** The team gives and receives constructive feedback that helps them to improve their performance and

learn from their mistakes.

**Trust and respect:** The team trusts and respects each other's opinions, decisions, and actions, and avoids blaming or criticizing each other.

**Collaboration and cooperation:** The team works together as a unit, rather than as individuals or subgroups, and shares information, resources, and ideas.

**Conflict resolution:** The team handles disagreements or disputes in a respectful and constructive way, without letting them escalate or affect their relationships.

**Adaptability and flexibility:** The team adapts to changing situations or demands by adjusting their plans, strategies, or behaviours.

## Team building activities

Team building activities are exercises or games that can help the sales team members to improve their motivation, communication and problem-solving skills, as well as their relationships, trust and cohesion. Team building activities can be done in person or online. Some examples are:

- **Icebreakers:** These are activities that can help the team members to get to know each other better, break the ice and create a positive atmosphere. Some examples are: Two truths and a lie; Find someone who; or Human bingo.
- **Communication games:** These are activities that can help the team members to improve their communication skills. Some examples are: Blind drawing; Pictionary; or Charades.
- **Problem-solving games:** These are activities that can help the team members to improve their problem-solving skills. Some examples are: Escape room; Scavenger hunt; or Tower of Hanoi.

**Tunde Oyeniran, B Pharm. MBA, FSPMN, a Sales/Marketing Strategist, Selling/Sales Management Trainer and Personal Sales Coach is the Lead Consultant, Ekini White Tulip Consulting Limited (eWTC), Lagos. eWTC provides Training, Recruitment, Online CME/Medico-Marketing and Field Force Management Solutions services. Feedback Channels: 080-2960-6103 (SMS/WhatsApp) / ekiniwhitetuliptraining@gmail.com or check out <https://fb.me/EkiniWhiteTulipConsulting>**



# Introducing

**swipha**  
Your well-being, our everything

## The Supra Care



**Supra Care** ranges are the nutritional healthcare products from **Swipha**. Each Supra product is carefully formulated to provide optimum nutritional support for healthy living across different age ranges.

PRSA/SPRRNGS/2024/VER1



# Tolaram launches Nutrify in Nigeria

By Adebayo Oladejo

**T**olaram Group, a conglomerate with a wide range of consumer goods in its portfolio and best known for its Indomie noodles, has, through its subsidiary, Tolaram Wellness, entered the Nigerian pharma market, with the launch of Nutrify.

Nutrify is Tolaram Wellness's latest line of multivitamins and dietary supplements, developed to address nutritional needs and promote an active lifestyle. The product has 10 variants, including Nutrify Immunity Booster; Multivitamin for Men with Probiotics; Multivitamin for Women with Probiotics; Joint Ease Formula; Nourish Collagen Beauty Formula; Multivitamin for Women 50 plus; Multivitamin for Men 50 plus; Vitamin C and Zinc; Men Enhanced Formula, and Liv Detox Formula.

Speaking at the launching ceremony, held at Marriot Hotel, Lagos, Chief Haresh Aswani, managing director, Tolaram Group, assured that the company would maintain the reputation of unwavering quality, which the group had established over years. He assured that Nutrify would be a game-changer in the Nigerian nutraceuticals market.

"Tolaram Group is one of the largest manufacturers in Nigeria and the group has consistently produced strong household brands keeping in mind the consumers' needs. Keeping the same philosophy of being consumer-centric, we believe that this new addition to the group will create another success story," Aswani said.

Speaking further, the Tolaram Group MD appealed to Nigerians to continue to support the group



A cross-section of staff and guests at the launch of Nutrify in Lagos.

as it grows, while assuring that the company would keep to its mantra of giving the best.

Also speaking on the launched product, Mr Shobhit Jindal, project head, Tolaram Wellness, noted that the company is excited to introduce its latest line of multivitamins and dietary supplements, designed to address nutritional needs and promote an active lifestyle.

He noted further that the demands of modern day life need a more balanced approach, adding that with so much to do and so little time, health does not simply mean avoiding the doctor like it used to be before.

"With Nutrify, we strive to

make your daily nutrition more natural, complete and convenient. We are here to create a difference and make supplements a joyful experience in your daily life because. In the end, it's all about vitamins," he said.

In his reaction to the emergence of Tolaram in the Nigerian pharma market, Pharm. Lawrence Ekhatior, chairman of the Association of Community Pharmacists of Nigeria (ACPN), Lagos State branch, said it is always good when a new player comes in with new expertise and a newer combination of molecules into the market. He said this helps to galvanise the growth of the sector and increase the wellness

of the populace.

According to Ekhatior, "Sometimes we feel we have a lot of supplements but we tend to

forget that Nigeria is a country of over 200 million people, and the seemingly high number of supplements is not yet enough to meet the needs of the populace. So Tolaram coming in is a welcome development.

"There is a need for nutraceuticals because most of the micronutrients that are required from the food we eat are not there. So, that gap is there and the gap will always be there as time goes on and the population

increases. There are projections, that in some years to come, Nigeria will be the third largest nation in the world after India and China. So, there is a lot of space for Tolaram and for others."

The high point of the event was a panel discussion on the topic, "Do Supplements make a difference in people's daily life?" which was anchored by Dr Chinonso Fidelis Egemba, popularly known as Aproko Doctor. The discussants were Pharm. Timeyin Ogungbe, popularly called "Aunty Pharmacist"; Pharm. Lawrence Ekhatior; and Dr Sixtus Ozuomba, chairman of the Society of Family Physicians of Nigeria (SOFPON), Lagos State Chapter.

## Easy Switch

**swipha**  
Your well-being, our everything

**Ocexone®**  
Ceftriaxone

NEW PACKS



NEW PACKS



Ocefix® offers an **Easy switch** therapy from ceftriaxone while maintaining class benefits!

### Basis For Easy Switch from Ocexone® to Oral Ocefix® Tab

CHARACTERISTICS	OCEXONE IV/IM	OCEFIX TAB/SUSPENSION
Cephalosporin class	3 <sup>rd</sup> Generation	3 <sup>rd</sup> Generation
Half-life	>6 or <8	4 hours
Mode of Elimination	50%-60% Kidney and 40%-50% Liver	50% Kidney and 50% Liver
Dosing	Once Daily	Once Daily
Protein Binding	86%	65%
Spectrum of Activity	Gram +ve, Gram -ve & Anaerobes	Gram +ve, Gram -ve & Anaerobes
Beta-Lactamase Stability	Unaffected by Beta-Lactamases	Unaffected by Beta-Lactamases

Reference:  
1. FAJ Amor, J et al. Comparative Evaluation of Cefixime Versus Amoxicillin-clavulanate Following Ceftriaxone Therapy of Pneumonia - Department of Pediatrics, Hasharon Hospital, Israel, 1998 Dec.

Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)





# PHARMA WEST AFRICA

20th - 22nd March 2024  
LANDMARK CENTRE, LAGOS, NIGERIA

## THE GLOBAL PHARMACEUTICAL INDUSTRY IS COMING TO NIGERIA

### WHY VISIT?

MEET WITH 150+ SUPPLIERS FROM ACROSS THE WORLD  
AT WEST AFRICA'S LARGEST PHARMA EVENT



**150+**

International Exhibitors



**2500+**

Industry Attendees



**35+**

Countries Represented



**1000+**

New products in Nigeria  
for the first time!



Pharm Ahmed I Yakasai,  
mni, FPSN, FNAPharm (aKachallan Kano)  
Managing Director, Pharmaplus Nigeria and  
former President of the Pharmaceutical  
Society of Nigeria

### PHARMA WEST AFRICA CONFERENCE

- Presentations by 40+ Distinguished Leaders in the Pharmaceutical Industry
- Thought Leadership Presentations
- Expert-Led Panel Discussions
- Audience Engagement with Q&A Sessions

THE PHARMA  
WEST AFRICA  
CONFERENCE IS  
FULLY CPD  
ACCREDITED



APPROVED  
PROVIDER  
#783187

Verify @ <https://theappointing.com>

SCAN TO  
REGISTER FOR  
**FREE**



Or register on  
[www.pharma-westafrica.com/pre-register](http://www.pharma-westafrica.com/pre-register)



### PROUDLY SUPPORTED BY



[www.pharma-westafrica.com](http://www.pharma-westafrica.com)



[Info@Pharma-WestAfrica.com](mailto:Info@Pharma-WestAfrica.com)



Pharma West Africa Exhibition



070 3993 7379

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



# Ohuabunwa, Okafor extol The Roses Ministry's care for widows

– As over 3000 beneficiaries smile home with gifts

By Adebayo Oladejo

**I**t was a harvest of encomiums for The Roses Ministry, a faith-based non-governmental organisation, focusing on alleviating the plights of widows, orphans and vulnerable persons in the society, at its Annual Widows' Day Programme, held last December, at Oraukwu Hall, Surulere, Lagos.

Speaking at the programme, which had over 3000 widows spread across the length and breadth of the state in attendance, Mazi Sam Ohuabunwa, executive vice-chairman of Neimeth Pharmaceuticals Plc, and immediate past president of Pharmaceutical Society of Nigeria (PSN), commended the leadership of the ministry, for sustaining the initiative despite the economic challenges in the nation.

The respected pharmacist, who is also the chairman of the Board of Trustees, The Roses Ministry, lauded the doggedness of the coordinator of the ministry, Pharm. (Mrs) Regina Ezenwa, in sustaining the programme, adding that she is a woman of God who has a call and has responded to it.

"This is the true religion that Jesus Christ requested of us, and just like the Bible says, those who embrace the true religion are those who visit the widows, orphans, those in prison and the very poor ones. So, what has happened here today is practical Christianity, showing love, sharing love and giving hope to the hopeless, and it is part of the fulfilment of our profession, as pharmacists," he said.

In his speech, the Chairman of the event, Chief Simeon Eyisi, chief executive officer of SIMS Nigeria Limited, noted that the programme was significant in his life and that of his wife, Barr. (Mrs) Berna Eyisi, adding that both of them had learnt a real practical way of showing love to the needy. He encouraged Ezenwa and The Roses Ministry to keep doing the good work and rest assured that God who has called them will see them through.

On the reason for donating a sum of 5 million naira at the event, the chairman said he was moved by what he saw inside the hall, adding that the number of people he saw was overwhelming and the quantity of the materials and food items meant to be distributed was huge.

Speaking in the same vein, Pharm. Ernest Okafor, managing director of Nemitt Pharmaceuticals, described Ezenwa as an exemplary figure, who is beautiful inside and outside, adding that the dream of her ministry is huge and scriptural in fulfilment of Christian obligations.

The guest speaker of the event, Lady Gwen Ike-Nwachukwu, while commending The Roses Ministry for the kind gesture, took some time to comfort and advise the widows present on the need for perseverance and good character, adding that the two virtues are more important in the journey of life.

Speaking on how she came up



**L-R: Pharm. Regina Ezenwa, coordinator, The Roses Ministry; Chief Simeon Eyisi, chairman of the event; Barr (Mrs) Berna Eyisi, wife, and Mazi Sam Ohuabunwa, chairman, BOT, the Roses Ministry, at the 2023 Widows Day Programme in Lagos.**



**A cross-section of widows at the event**

with the vision to start the Ministry, the coordinator, Ezenwa said The Roses Ministry was a divine call she received, adding that, since inception, it had indeed come a long way as the initiative now has several children on scholarship.

She added that the annual event is organised to show love to widows who are helpless and vulnerable, by celebrating them and assisting them with foodstuff, wrappers, bread, and other necessities, adding that people have been coming every year to register, irrespective of their tribe, race, colour, denomination or religion. She said the concern of the ministry is to ensure they are all taken care of, as well as given a message of hope.

The visionary pharmacist disclosed that at the inception of the Widows Programme, some years back, only a few widows were in attendance, saying in subsequent years, the number

grew, which eventually increased to over 3000. She added that the number keeps rising because virtually all the women come along with fellow widows.

In her appreciation to The Roses' Ministry, one of the widows, Mrs Taiwo Ajala, a businesswoman who lost her husband in 2014 and joined The Roses in 2015, said she had no regret joining the ministry despite coming from a Muslim background. She added that since she became a member, the ministry has been catering for her and her family, including her daughter, Oluwadamilola Ajala, who got a scholarship from The Roses Ministry and recently graduated at OAU, Ile-Ife, Osun State.

Another beneficiary, Mrs Victoria Adatang, said she lost her husband in 2004, and left with two children, adding that life was difficult for her until she got in contact with The Roses Ministry.

She said: "Since I joined The Roses Ministry, God has been faithful to my family, to the extent that one of my children, a girl was given a scholarship by The Roses and today, she is through with her National Diploma, with the hope that she will continue her Higher National Diploma next year."

"Not only that, apart from numerous gifts and support, including spiritual support, I was given a sum of 100,000 to start a business. So I am indebted to The Roses Ministry and I pray that God will continue to bless and uplift the ministry."

The programme featured praise and worship, free medical care, counselling and giving out of relief materials, ranging from Bibles, Ankara fabrics, bags of rice, to drinks, loaves of bread, vegetable oil, toiletries and drugs to the widows.

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**





**CLEEPAIN NIGHT**  
Paracetamol 500mg +  
Diphenhydramine HCL B.P. 25mg



**Bond Ibuprofen 200**  
Ibuprofen 200mg Tablets



**Bond Ibuprofen 400**  
Ibuprofen 400mg Tablets



**VARSPAR**  
Amlodipine Tablets 10mg



**VARSPAR**  
Amlodipine Tablets 5mg



**CHOLEFIT**  
Atorvastatin 10mg



**Linvaspril**  
Lisinopril 10mg



**Diabond 500**  
Metformin Hydrochloride  
B.P. 500mg



**NIFEBOND**  
Nifedipine 20mg



**Bondpraz**  
Omeprazole Capsule 20mg



**Uriflow Capsules**  
Tamsulosin Hydrochloride 0.4mg



**Rifabon Capsules**  
Rifampicin 300mg



**HEAD OFFICE/BCIL FACTORY:**  
Adesakin Layout, Asaba, Awe,  
P. O. Box 878 Oyo, Oyo State.  
Tel: 07054394225, 07054394226  
[www.bondpharm.com](http://www.bondpharm.com)

**LAGOS CORPORATE OFFICE:**  
Bond House (1st Floor), 22A Alafia Street,  
Off Isolo Road, Mushin, P. O. Box 618 Yaba, Lagos  
Tel: 07054394212, 07054394205  
Email: [bondmarketingunit@gmail.com](mailto:bondmarketingunit@gmail.com)  
@bondchemicalindustrieslimited



## Authentic transformational leaders

By Prof. 'Lere Baale, FPSN, FPCPharm, FNAPharm, FNIM  
(Business School Netherlands)

A deep commitment to self-awareness, empathy, integrity, effective communication, positive energy, vision and adept relationship management characterises authentic transformational leadership. This leadership style inspires and motivates followers to achieve extraordinary outcomes, while driving organisational change. Let's delve into each aspect:

### 1. Self-awareness

Authentic transformational leaders keenly understand their strengths, weaknesses, values, and emotions. This self-awareness allows them to recognise their impact on others and make conscious decisions in alignment with their core principles. By being in tune with their feelings and behaviours, these leaders foster an environment of accountability and personal growth within their organisations.

Self-awareness is indeed a fundamental aspect of authentic transformational leadership. Leaders with strong self-awareness are better equipped to understand their strengths and weaknesses and how their actions and decisions impact those around them.

Self-aware leaders can recognise their own emotions, motivations, and values, allowing them to lead with authenticity and integrity. Understanding oneself helps them better connect with and inspire others, a critical component of transformational leadership.

Self-aware leaders are open to feedback and personal growth, constantly seeking to improve and evolve. They can acknowledge and learn from their mistakes, which fosters trust and respect among their team members.

Self-awareness is crucial for authentic transformational leadership, as it empowers leaders to cultivate meaningful relationships, inspire positive change, and lead with empathy and understanding.

### 2. Empathy

Empathy is a cornerstone of authentic transformational leadership. Leaders who exhibit empathy demonstrate a genuine understanding of their team members' emotions, perspectives, and needs. This enables them to build trust, improve morale, and create a supportive work environment. By acknowledging and validating the experiences of others, these leaders develop a sense of belonging and cultivate a culture of inclusivity and compassion.

Empathy plays a central role in authentic transformational leadership. Empathetic leaders can understand and share the feelings of others, creating a solid foundation for trust, collaboration, and motivation within their teams.

Empathetic leaders actively listen to their team members, seek to understand their perspectives, and consider their emotions

and experiences when making decisions. This enables them to create a supportive and inclusive environment where individuals feel valued and understood.

Furthermore, an empathetic approach allows leaders to connect with their team members on a deeper level, inspiring them to reach their full potential and fostering a sense of loyalty and commitment.

In the context of transformational leadership, empathy is essential for driving positive change and empowering others to grow and develop. By recognising and addressing the needs of their team members, empathetic leaders can influence and guide their teams toward meaningful and lasting transformation.

Empathy is a vital characteristic of authentic transformational leadership, as it builds strong relationships, encourages personal and professional growth, and ultimately contributes to the success and well-being of the entire team.

### 3. Integrity

Integrity is non-negotiable for authentic transformational leaders. They adhere to strong ethical principles and lead by example, earning the trust and respect of their followers. Their commitment to honesty, transparency, and moral courage establishes a foundation of integrity throughout the organisation, inspiring others to uphold the same standards.

Integrity is a cornerstone of authentic transformational leadership. Leaders who embody integrity consistently align their actions with their values and principles, inspiring trust and confidence in their leadership.

Integrity entails honesty, transparency, and a solid moral compass. Leaders who demonstrate integrity are seen as reliable and ethical, and they hold themselves and others accountable to high standards of behaviour and performance.

In authentic transformational leadership, integrity is essential for fostering a culture of openness and trust. When leaders consistently act with integrity, they set a powerful example for their team members, encouraging them to embody these values in their work and interactions.

Furthermore, leaders with integrity are better equipped to make difficult decisions and lead with conviction, as they remain true to their values despite challenges or adversity. Integrity is a critical characteristic of authentic transformational leadership, as it builds credibility and respect and serves as a guiding force for positive change and growth within an organisation.

### 4. Communication

Effective communication is essential for authentic transformational leadership. These leaders excel at articulating

their vision with clarity and passion, painting a compelling picture of the future and inspiring others to rally behind it. They also prioritise active listening, ensuring all voices are heard and valued. Through open and transparent communication encourage dialogue, collaboration, and a shared sense of purpose.

Communication is a fundamental aspect of authentic transformational leadership. Leaders who are effective communicators can articulate a compelling vision, convey their ideas and expectations clearly, and actively listen to their team members.

Clear and open communication is essential for aligning the efforts of a team toward a common goal. Leaders who excel in this area can effectively motivate and inspire their team members by sharing a clear vision of the future, engaging in open dialogue, and encouraging exchanging ideas and feedback.

Moreover, strong communication skills enable leaders to build trust and rapport with their teams, creating a supportive and collaborative



environment where individuals feel valued and understood.

In transformational leadership, communication serves as the vehicle through which leaders inspire and empower their team members to embrace change and pursue excellence. By fostering open and honest communication, leaders can effectively convey the significance of their vision and cultivate a shared commitment to transformation and growth.

Communication is a vital characteristic of authentic transformational leadership, as it enables leaders to build strong relationships, inspire meaningful change, and drive the collective efforts of their team toward a shared vision.

*continues next edition*

**pharmanews**  
Nigeria's Leading Health Journal


**Get the latest health news at your fingertips!**


**Visit**  
**www.pharmanewsonline.com**



# SUREX<sup>®</sup> NIGHT

Paracetamol 500mg + Diphenhydramine Hydrochloride 25mg





### INDICATIONS

For the treatment of pain such as headache, migraine, backache, rheumatic and muscle pain, neuralgia, toothache or period pain.

**...effective pain relief**

2/16/2024 6:28:42 AM



# Experts task community pharmacists on business survival

## - As Ikeja ACPN holds 2024 Business Summit

By Adebayo Oladejo

Two eminent pharmaceutical entrepreneurs, Pharm. Tolulope Ajayi, chief executive officer, Shekinah Specialties Limited; and Pharm. Gabriel Okoli, chief commercial officer of Synlab Nigeria, have tasked community pharmacists in the country to operate with sound business principles to survive the harsh realities in the Nigerian business landscape. They also charged the community practitioners to exploit technology for information gathering towards enhancing business opportunities and economic growth.

The duo spoke at the recent Annual Pharmaceutical Business Summit of the Association of Community Pharmacists of Nigeria (ACPN), Ikeja Zone, held at the Conference and Exhibition Centre of the Lagos Chamber of Commerce and Industries, Alausa, Ikeja, Lagos.

According to them, by nature and training, pharmacists are entrepreneurial and committed multipliers of resources.

In his keynote speech at the event, themed, "Plan and Manage for Sustainable Growth", Ajayi, a former branch business development manager with United Bank for Africa (UBA), noted that to ensure sustainability and growth, a community pharmacist must structure the business for growth, run with the future or destination in mind and ensure to document.

He said, "He or she should strengthen controls to eliminate or minimise leakages. If the Titanic could sink, without functional and effective controls, any business would. Grow laterally, Increase footfall and expand channels. Partnerships are important, as well as alternative channels, among others. Grow vertically - deepen relationships, and grow transaction volumes. Like the Chinese bamboo tree, keep building capacity - leadership and workforce."

Ajayi further noted that efficient and effective community engagement is key to accomplishing the objectives of the business, saying a successful community practitioner should be able to connect and engage with the people of his or her community.

He added that the community practitioner must be involved in a series of corporate social responsibility initiatives, adding that pharmacy is a professional service with a business side.

While urging community pharmacists to leverage technology as a vital tool and strategic approach for scaling up their businesses, the Shekinah Specialties boss urged them to identify their pharmacy's unique strengths and leverage them to stand out in the market. He added that the correlation between motivated teams and enhanced customer satisfaction is a cornerstone for sustained success.

In his lecture at the summit, Pharm. Okoli, who was the guest speaker, explained that the event was to help members of the zone grow successful pharmaceutical businesses and to embrace a



L-R: Pharm. Seye Agboola, managing director, Dortemag Pharmaceuticals; Pharm. Abiola Paul-Ozieh, chairman, HCPAN, Lagos State; Pharm. Imade Roy-Ekekwe, coordinator, ACPN, Ikeja Zone; Pharm. Sidi Rufai, treasurer; and Pharm. Tolulope Ajayi, keynote speaker, at the ACPN, Ikeja Zone Business Summit 2024.



A cross-section of participants at the ACPN Ikeja Zone Business Summit 2024.

paradigm shift to a more practical approach in the business world. He emphasised the need for community pharmacists to rewrite their narrative and thrive against all odds.

According Okoli, community pharmacists in Nigeria operate in a very turbulent environment, plagued by post-2023 elections issues, uncertainties, investment phobia, mass exodus of businesses from the country, security challenges, infrastructural challenges, unstable currency, rise in the interest rate, inflation, steady decline in GDP, shrinking middle class, assaults from big brands, and many others, emphasising the need for resilience as a cornerstone for

success.

He further urged community pharmacists to embrace change, seek innovative solutions, and view diversification as not just a strategy but a mindset for sustained success.

Speaking earlier, Pharm. Imade Roy-Ekekwe, zonal coordinator, ACPN, Ikeja, described the summit, which was the first by the zone, as laudable, saying the theme was especially apt, as community pharmacists in the zone were expected to be freed from all financial restraints, improve their businesses, and move with the trend of development.

She said, "First of all, we, as pharmacists, are also business men and women. As professionals,

we have the practice and we also have the business part of the profession. We are very in-depth when it comes to the practice - we know our onions; but when it comes to the business aspect, I see that there's a little issue. So we need to do more work in that area.

Speaking on the skyrocketing prices of drugs in the country, she noted that it is wrong to point fingers at community pharmacists, stressing that the challenge is not limited to pharmaceuticals.

"The consumers interface with us; so they pour all their grievances, concerns and complaints on us. But the truth is it is not only the pharmaceuticals; it cuts across all sectors and there is nothing we can do about it as professionals," she said.





## Unique Pharmaceuticals Limited



### Exiplon

#### EXPECTORANT & COUGH SYRUP

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

REFER TO THE PRODUCT INSERT FOR MORE INFORMATION



### Wormzap

#### ALBENDAZOLE

Suspension  
100MG/5ML

#### INDICATIONS

Albendazole is an anthelmintic drug prescribed for treating a variety of parasitic worm infestations such as ascariasis, trichuriasis or roundworm disease, giardiasis, trichuriasis, pinworm disease, neurocysticercosis, and hydatid disease. It is also used to treat strongyloidiasis, trichinosis, trichostrongylidosis, capillariasis, cutaneous larva migrans, and microsporidiosis including Septate intestinalis infection.

#### CONTRA-INDICATIONS & CAUTION

Albendazole has been shown to be Embryotoxic and Teratogenic in Animal Testing. Its Use is Therefore, Contra-Indicated in Pregnant Women Or In Women Of Child Bearing Age. Wormzap Suspension Should Only Be Administered Within The First Seven(7) Days Of Normal Menstruation.

In Iron deficiency Anaemia

### Haemaron

#### BLOOD TONIC • CAPSULES

Iron + Vitamins + Mineral



#### INDICATION

Haemaron is indicated in the treatment of iron deficiency anaemia and also as dietary supplement.

#### CONTRA-INDICATIONS

Hypersensitivity to any of the constituents, patients receiving repeated blood transfusion or currently on parenteral iron therapy.

REFER TO THE PRODUCT INSERT FOR MORE INFORMATION

...for a strong and healthy family

...where only the best is good enough



### Uniprof

#### IBUPROFEN

##### Pediatric Suspension

*Pleasantly Flavoured for Babies and Children*

#### Indications:

For the relief of pains, feverish condition, teething pains, cold symptoms, headache, minor injuries such as sprain and strain.

#### Contra-indications

Peptic Ulceration or history of Peptic Ulcer in Asthmatic patients in who attacks of Asthma, Urticaria or Acute Rhinitis is precipitated by Aspirin and other non-steroidal anti-inflammatory drugs or by other Drugs with Prostaglandin Synthetase inhibiting activity.

### LOTEMP PLUS

#### TABLETS

Ibuprofen 200mg  
Paracetamol 325mg

#### INDICATIONS:

Rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, cervical spondylosis, intervertebral disc syndrome and sciatica. Soft tissue injuries such as sprain, strains and sports injuries. Painful inflammatory conditions in gynaecology. Post-operative and post-traumatic inflammation and swelling. Pain and inflammation following surgery. Acute attack of gout, severe headache.

#### CONTRA-INDICATIONS:

Hypersensitivity to Ibuprofen or Paracetamol. Peptic Ulceration or History of Peptic Ulcers. In Asthmatic Patients in whom attacks of Asthma, Urticaria, or Acute Rhinitis are precipitated by Acetyl Salicylic Acid or by other drugs with Prostaglandin Synthetase inhibiting activity.



### Nutriyin

#### Multivitamin Syrup



• Multivitamin Deficiencies,  
• Convalescence &  
• Malnutrition.

#### CONTRA-INDICATION

Hypersensitivity to the vitamins

REFER TO THE PRODUCT INSERT FOR MORE INFORMATION

...where only the best is good enough



Marketed by:

**Unique Pharmaceuticals Limited**

11, Fatai Atere Way, Matori, Mushin, Lagos. Tel: 08097421000 Email: mail@uniquepharm.com

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



# Experts proffer solutions to multidrug-resistant TB, malaria in Africa

*continued from back page*

nature of the drugs and stigmatisation from the public.

Having discovered the major cause of multidrug-resistant malaria in Africa to be the use of unprecertified drugs with self-medication, the experts directed that malaria treatment should be administered only upon diagnosis, in compliance with WHO's recommendations.

In an exclusive interview with one of the scientists, Alfred Amambua-Ngwa, who is a professor of genetics and immunology of infectious diseases, he asserted that the only way to address the challenge is adherence to the recommendations from the WHO on malaria treatment.

He said, "Our investigation in support of the Roll Back Malaria Programme in different countries across Africa, including Senegal, Mali, Burkina Faso, Ghana, Nigeria, among others showed that people are using drugs that are not pre-certified with the right quality, and these are the things fuelling multidrug resistance.

"The solution we are proffering is that people should only get treatment with the recommended drug and they should only administer malaria treatment upon diagnosis.

"As you are aware, there is also a practice of self-treatment, where people buy drugs from the streets and drugstores. You should treat yourself only when you are properly diagnosed and shown to have malaria, while you must ensure to complete the treatment."

The Gambian researcher, who lauded Cameroon's historic introduction of malaria vaccine into its routine immunisation programme recently, noted that vaccination is an additional tool that will assist in getting that extra push for the decline of malaria in the West African sub-region.

Also, in a separate interview with a Professor of Molecular Microbiology and Global Health



**Prof. Alfred Amambua-Ngwa**

at the Medical Research Council, The Gambia, Martin Antonio, he emphasised the need for immediate family members of persons living with TB to desist from stigmatising or discriminating against them, saying these are some of the reasons found to be responsible for non-adherence to medications, which is a root cause of resistance.

According to him, the one-year study, conducted in The Gambia, Guinea Bissau, Senegal, Mali, Burkina Faso, Ghana, Benin, Togo, and Nigeria, also discovered that artificial intelligence can be a great tool in diagnosing TB accurately.

He said: "There are several reasons for multidrug-resistant TB. It could be due to reinfection or the patient's non-adherence

to the drugs. We found that some patients were not taking the drugs as prescribed because the drugs could be unpleasant to their taste and body. And you can imagine if you're taking a drug for six months, people could be tired of it and they may stop and that can develop resistance.

"So, we saw that the multidrug resistance was really quite high, due to some societal and cultural practices like stigmatisation of persons living with TB and others

"To end this vicious cycle of resistance, we are charging family members to desist from stigmatising their relatives with TB, while they encourage them to be committed to taking their drugs religiously.

"Now we use what we call artificial intelligence to predict TB diagnosis.



**Prof. Martin Antonio**

It's so powerful and accurate, but at the moment, it's done as a research. It's not done as a routine yet. It's still being used as a research tool.

Antonio further revealed that their work was the first ever clinical trial done in Africa on TB, stating that it was conducted in collaboration with other scientists who joined in a surveillance of multidrug-resistant TB in West Africa.

The infectious diseases expert however linked the higher prevalence of TB in the West African sub-region to cases of retreatment, which he said made its prevalence rate higher than the WHO's estimate.

"The WHO usually estimates the prevalence of multidrug-resistant TB in these countries we worked in to be around 5 to 20 per cent.

"But when we conducted our research, we found that the prevalence of multidrug-resistant TB to individuals on retreatment was between 20 to 65 per cent" he stressed.

## ACPN to Tinubu: Stabilise naira, shut open drug markets to stem price hikes

*continued from back page*

later this year, said: "As regards the hike in prices, we have observed, as an association, that those hikes are directly tied to the instability in the foreign exchange market and the devaluation of the naira.

"These are the two drivers and we want to encourage the Federal Government to stabilise the naira because when it is unstable, the people who are importing will definitely factor the instability into their operations and therefore prices will be high. So we want to appeal to them to put things in motion to ensure that our currency is stable."

Oladigbolu further noted that many drugs, especially for chronic illnesses like diabetes and heart conditions, are now both scarce and unaffordable. He stressed that both unavailability and unaffordability of medicines are regrettable issues.

"Talking about the scarcity of medicines, we are very worried, as an association, that ailments that ought not to kill people are now killing them. We are also worried that people stay longer in the hospital because medicines are not available; and we are so worried that people stay out of work just because they can't get the right medication. It is highly unfortunate and frustrating," he said.

While calling on the Federal Government, especially through the National Agency for Food and Drug Administration and Control (NAFDAC), to address the two issues as quickly as possible, the ACPN leader averred that the daily death toll in the nation is disturbing the economy.



**L-R: Pharm. Omokhafa Ashore, national secretary; Pharm. Grace Ikani, newly inaugurated chairman, CPC; Pharm. Wale Oladigbolu, national chairman, ACPN; Pharm. Taofik Odukoya, chairman, LOC; and Pharm. Adebayo Gbadamosi, chairman, ACPN, Oyo State, at the inauguration of the Conference Planning Committee for the Oluyole 2024 ACPN Conference, held at the ACPN national secretariat, Lagos.**

"Also, NAFDAC must begin to look at how to address the issue of companies that are folding up in Nigeria. A pharmaceutical company exiting the country should have a mechanism in place from NAFDAC to monitor what is going on there and to know how to address the scarcity of medicines that may arise after the exit. It is not good that when a company exits the country, the citizens should start crying over the scarcity of the products," he said.

While inaugurating the new CPC for the forthcoming ACPN conference in Ibadan, Oladigbolu urged the newly inaugurated

committee to work together with the Local Organising Committee (LOC) to reverse all the mistakes of the past conferences and ensure they present a befitting conference.

According to him, "The global goal for this conference is that we want the delegates to have the experience they have never had before, in terms of skills and knowledge acquisition, in terms of participation in the policy formulation for the association, in terms of review of the policy for the federal government; and we want the conference that will project the association to the world."

In her speech after the

inauguration, the CPC Chairman, Pharm. Grace Ikani, noted that their role is pivotal in shaping the future of ACPN, adding that it is a role that requires collaboration, innovation and a deep sense of responsibility.

"I firmly believe in teamwork, as, together, we can achieve a greater thing. So I am eager to work with all the concerned stakeholders to bring fresh ideas to the table and make informed decisions for the benefit of our association," Ikani said.

Also speaking, the duo of Pharm. Gbadamosi Adebayo, chairman of ACPN, Oyo State, and Pharm. Taofik Odukoya, Chairman, LOC, Oluyole 2024 ACPN Conference, said the conference presents an opportunity for professionals in the country to come together, share knowledge and engage in meaningful discussions that will shape the future of Pharmacy.

Other members of the newly inaugurated CPC include Pharm. Biodun Adediran, vice-chairman; Pharm. Moji Aladesanmi, secretary; Pharm. Richard Adeboye; Pharm. David Ndagi; Pharm. Patrick Ehitare; Pharm. Chidozie Okoye; Pharm. Nwachukwu Idemili; Pharm. Kingsley Ojueke; Pharm. Chigozie Agbanusi; Pharm. Jumoke Lawal; Pharm. Stella Emerole.

Others are Pharm. Usman Salihu; Pharm. Ogochukwu Odikpo; Pharm. Chris Iyalla; Pharm. Chris Onoja; Pharm. Abiodun Ajibade, adviser; Pharm. Chima Ogbu, adviser; Pharm. Umar Samira, adviser; Pharm. Omokhafa Ashore, national secretary, ACPN; and Pharm. Babatunde Samuel, national treasurer.



**FAST TRACK MALARIA TREATMENT****WITH****FALCITHER<sup>®</sup>****ARTEMETHER + LUMEFANTRINE**

Lumefantrine 120mg + Artemether 20mg Tablets  
Lumefantrine 480mg + Artemether 80mg Tablets

**W.H.O RECOMMENDED ACT**

**Parasam**  
Paracetamol Tablets B.P. 500mg

**96 Tablets**

**PROMPT  
RELIEF FROM  
PAIN, ACHES  
AND FEVER**

**sam**  
PHARMACEUTICAL LTD.

Registered Office: 8/9, Oyediran Estate, Sabo, Yaba, Lagos.

LAGOS; 0704 500 0047, 0805 325 6665, 0806 026 6059

KANO: 0803 972 3200, 0814 538 5062

FACTORY: 2, Western Reservoir Road, Ilorin, Kwara State.

Tel: 08121521177, 08057075266 E-mail: sampharm@hyperia.com



# YTACAN

## RELIABLE ANTIFUNGAL



- \* BROAD-SPECTRUM ANTI-FUNAL
- \* ESTABLISHED EFFICACY AND SAFETY
- \* EFFECTIVE IN THE TREATMENT OF DERMATOPHYTOSIS
- \* JOCK ITCH
- \* ITCHING AND RASHES
- \* ECZEMA



Tinea pedis



Tinea cruris



Pityriasis versicolor

### YTACAN PLUS

#### TRIPPLE ACTION CREAM



**CLOTRIMAZOLE**  
Time tested and trusted anti-fungal

**NEOMYCIN**  
Wide-spectrum antibacterial  
for preventing / treating infections

**BETAMETHASONE**  
Relives inflammation, itching and redness



Tinea Corporis



Ring worm



Tinea Pedis

### KETACON

#### TIME-TESTED ANTIFUNGAL



- \* Exhibits anti-inflammatory, anti-seborrheic and anti-proliferative properties
- \* Ketacon (Ketoconazole 2% cream O.D. for 2 weeks) is effective against Pityriasis versicolor
- \* Decreases erythema and scaling



Ring worm



Tinea Corporis



Tinea Pedis

## MOBILE AUTHENTICATION SERVICE AVAILABLE

Manufactured by / Fabriqué par :  
**SAGAR VITACEUTICALS NIGERIA LTD.**

Plot 2, Ladipo Oluwole Street, Ikeja, Lagos, Nigeria.  
+2347036567282 +2347066747157 +2349022977711

**Celebrating 45 Years of Uninterrupted Monthly Publication (1979-2024)**





# easadol<sup>®</sup>

...ease the pain  
for fast relief from pains & fever



If symptoms persist after 2 days,  
please consult your doctor.



**May & Baker Nig. Plc**

1, May and Baker Avenue, Off Idiroko Road,  
(Opp. Covenant University), Ota, Ogun State, Nigeria.

+234 (1) 2121290-1,  
0800 6292 632 2537

mayandbakerng

info@may-baker.com

www.may-baker.com

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



## ARTEMETIN BETA PLUS



Artemether 80mg  
Lumefantrine 480mg  
tablets



Artemether 180mg  
Lumefantrine 1080mg  
suspension

**Effective for the Treatment of Malaria**

Available in all leading Pharmacy Outlets and Chemist Stores Nationwide

NAFDAC REG. A4-8056

### Fight the Bite, **Stop** Malaria

Marketed in Nigeria by:  
**LaBeta Drugs Limited**  
125C Olaiyan Street, Surulere, Lagos, Nigeria.  
Tel: 08186577861, 08136245781  
E-mail: greenabeta\_nig@yahoo.com



## THE SECRET OF LONGEVITY RELIES ON CLEAN BLOOD VESSELS

### Effective Natural Treatment for High Cholesterol & Arterial Plaque

**Reduces:**  
**Risk of Heart Attack and Stroke**



**30 & 60  
DAYS  
SUPPLY**

**Dissolves & Removes**  
Arterial Plaque,  
Block Bad cholesterol  
(LDL) Absorption

**Marketed by**  
**ADVANTAGE PHARMACEUTICALS LIMITED**  
11, Maye Street, Ground Floor, Yaba, Lagos. Tel: 0802 373 8180

# Experts proffer solution to multidrug-resistant TB, malaria in Africa

By Temitope Obayendo

**T**owards surmounting the burden of multidrug-resistant tuberculosis and malaria in Africa, scientists from the West African sub-region have proffered new ways of tackling the diseases, with emphasis on the deployment of artificial intelligence as the most accurate method of diagnosing tuberculosis.

The experts, who led teams of researchers from the West African Network for Tuberculosis, AIDS, and Malaria (WANETAM) on different investigations on multidrug-resistant TB and malaria, found a 20 to 65 per cent prevalence of multidrug-resistant TB in West Africa, which, according to them, is higher than the World Health Organisation (WHO)'s estimated prevalence of 5 to 20 per cent.

The scientists say their findings revealed that multidrug-resistant TB can be treated with strict adherence to the six months prescription medications, stating that they recorded many cases of non-adherence to regimented medications due to the unpleasant



**L-R: Chairman of Unique Pharma, Mr L.C. Wadhvani; DG NAFDAC, Prof. Mojisola Adeyeye; MD of Unique Pharma, Mr T. V. Ramani and Special Adviser to NAFDAC DG, Dr Gbenga Fajemirokun during the DG's visit to Unique Pharma IV fluid facility in Otta, Ogun State recently.**

## ACPN to Tinubu: Stabilise naira, shut open drug markets to stem price hikes

- Inaugurates CPC for 43rd annual conference

By Adebayo Oladejo

**P**harmacists, under the auspices of Association of Community Pharmacists of Nigeria, (ACPN) have charged President Bola Tinubu to take urgent steps to stabilise the value of the naira and eliminate open distribution of drugs in the country. These, they say, will help to curb rising prices of drugs, especially as the purchasing power of the citizenry has diminished.


Making the call in Lagos, the

National Chairman, ACPN, Pharm Wale Oladigbolu, traced the depreciation of the naira to June 2023, when the Central Bank of Nigeria allowed a free fall of the national currency against the US dollar and other global currencies.

Oladigbolu, who spoke at a press conference to inaugurate the Conference Planning Committee (CPC) for the association's 43rd Annual Scientific Conference, scheduled for Ibadan, Oyo State,

*continued on page 56*

## HEALTHYKID BABY & INFANT



**For:**  
**Proper Brain development & Memory Function, Improve Immunity & Strong Bone**

with **Omega 3**

**Choline, Biotin, Inositol, Vit. A, D3, E, Calcium & Amino Acid**

NAFDAC REG. NO: B4-4044

Marketed by: United African Laboratories Ltd. Tel: 08129519318

## Aquaclav

### THE BEST AMOXICLAV IN YOUR BEST INTEREST'



Aquaclav Tablets  
Amoxicillin and Clavulanate Potassium 625mg  
Tablets 625 mg  
2 x 7 Tablets



AQUACLAV SUSPENSION 228.5 mg  
Amoxicillin 200 mg  
Clavulanic Acid 28.5 mg



Aquaclav Tablets  
Amoxicillin and Clavulanate Potassium 375mg  
Tablets 375 mg  
2 x 7 Tablets



Aquaclav Tablets  
Amoxicillin and Clavulanate Potassium 1000mg  
Tablets 1g  
2 x 7 Tablets

**Marketed by:**  
**PINNACLE HEALTH PHARMACEUTICAL LIMITED**  
16/18, Nuru Oniwo Street, Aguda, Surulere, Lagos.  
Phone: 07082376664, 08021399703 E-mail: phppharma@yahoo.com